

IGNITE FITNESS

Rosh Hashana

COOKBOOK



Enjoy a healthier holiday for you and your family

POMEGRANATE Beet **Spinach** S A L A D



Ingredients

½ Pack Spinach Leaves
1 Sliced Apple
½ C Pomegranate seeds
1 C Oven Roasted Beets (see beet recipe,
pg. 47)
C Natural Dried Cranberries.

Dressing:

¼ C Balsamic Vinegar
¼ C Olive Oil,
2 Tsp Raw Honey
¾ Tsp Granulated Garlic

Directions

Pre-roast beets and seed pomegranates so that they're ready when you make the salad.
Combine all salad materials, dress, and serve fresh!

PREP TIME - 15 MINUTES

Roasted Cauliflower CHICKPEA SALAD



Directions

Preheat oven to 200 C
Cut up cauliflower and slice onions in strips
Drizzle with olive oil, salt, pepper, and granulated garlic
and roast for 20-30 minutes (until just browned)
Sauté chickpeas in olive oil, cumin, paprika, granulated garlic, and salt for about 3 minutes.
Keep spinach separate until ready to serve and top with tahina dressing!

Ingredients

1 can chickpeas
1 bag of frozen cauliflower/
1 head of fresh cauliflower
1 red onion
Olive oil
Fresh spinach leaves
Cumin,
paprika,
salt, pepper,
granulated garlic
Dressing:
Raw tahina,
lemon juice,
water,
salt,
granulated garlic

PREP AND COOK TIME - 40 MINUTES

Simanim Salad



Ingredients

Salad:

- 3 carrots, peeled and shredded
- 1 beet, peeled and shredded
- 1 granny smith apple, peeled and shredded
- 2 leeks sautéed, white part only, washed well and sliced thinly
- 3 tablespoons pomegranate seeds
- 3 cups soft lettuce or greens
- 3 dates, diced (optional)

Dressing:

- ¼ cup olive oil
- Juice of two medium limes/lemons
- 2 tablespoons honey
- 1 tablespoon raspberry spread (sugar free jam)
- 1 teaspoon cinnamon
- 1 teaspoon salt

Directions

In a small bowl whisk together oil, lime juice, honey, raspberry spread, cinnamon, salt and pepper. You can prepare this in advance.

In a small pan, heat oil to very hot. Fry leeks until golden brown, 3-5 minutes, and drain on paper towels. Cool.

In a medium bowl, toss carrots, beets and apple with just enough dressing to coat. You may toss and store them separately to maintain their colors or toss them together in which case the apple and carrot will take on the ruby tint of the beets. Refrigerate until cold.

When ready to serve, assemble salad either on individual plates or on a serving platter. On a bed of lettuce, mound the carrot, beet and apple, sprinkle with pomegranate seeds, dates if using, and fried leeks. Serve extra dressing on the side.

PREP AND COOK TIME - **15 MINUTES**

ORANGE SOUP



Ingredients

2 Onions
1 Large Piece of pumpkin
4 Large Sweet Potatoes
6 Carrots
1.5 tbs Salt,
Garlic Powder,
Pepper

Directions

Chop the vegetables and fill the pot with water until it just about covers the veggies. Cook until veggies are soft. Salt, Garlic Powder, Pepper to taste.

PREP AND COOK TIME - 25 MINUTES

VEGETABLE LENTIL SOUP

(Pressure Cooker - but can be cooked in a regular pot as well)



Ingredients

2 onions chopped
2 zucchini chopped
2 carrots chopped
2 kohlrabi chopped
3 stalks celery, with leaves chopped
1-2 sweet potatoes chopped
Any other greens are optional (parsley, etc.)
2 cups red lentils, rinsed and picked through
8-9 c. boiling water
Garlic powder and Pepper to taste.
2 Tbsp. Kosher salt - to be added after the soup is cooked

Directions

Chop all vegetables. Add to pressure cooker and add water until the max line. Bring soup to high pressure, time 7-10 minutes. When pressure comes down, remove lid and add salt to taste.

PREP AND COOK TIME - 20 MINUTES

Quinoa Carrot LEAK PATTIES



Directions

Rinse quinoa under cold running water. Cook in a pot of boiling salted water for 15 minutes. Drain and set aside. Wash and finely chop the leeks. Peel and grate carrots. Wash, pat dry, and chop the parsley thinly. Crush 1 clove of garlic.

In a skillet, heat 1 tablespoon of oil. Stir fry the leeks and carrots for 15 minutes. Season with salt and pepper. Add garlic for last 30 seconds.

Combine quinoa, carrots, leeks, eggs and parsley. Form small patties.

Heat the remaining oil in a nonstick pan and cook the patties for 3 minutes on each side.

Drain on paper towels and transfer onto a serving dish.

Ingredients

6 servings
4 cup (400 g) quinoa
3 leeks
2 carrots 1 clove garlic (crushed)
2 tablespoons olive oil
3 eggs
3 springs parsley
Salt, pepper

PREP AND COOK TIME - 30 MINUTES

POMEGRANATE, **Mint**, Pistachio **QUINOA**



Ingredients

1 cup raw quinoa.
Olive oil
Lemon juice
Salt and pepper,
Dried or fresh parsley
Pomegranate seeds (whole pomegranate)
1 cup of pistachios
Fesh mint leaves

Directions

Cook the raw quinoa.
Drizzle with olive oil and lemon juice.
Add salt, pepper, and lots of parsley.
Throw in seeds from the pomegranate,
the pistachios, and torn up fresh mint
leaves

PREP AND COOK TIME - 20 MINUTES

Healthy **Rice** STIRFRY



Ingredients

2 tablespoons sesame oil
3 cloves garlic, minced
2 chicken breasts, diced
salt, to taste
pepper, to taste
1 cup carrot (120 g), diced
1 cup broccoli (175 g)
2 cups brown rice (400 g), cooked
½ cup peas (75 g)
3 tablespoons low sodium soy sauce

Directions

Heat sesame oil in a pan, and cook garlic until softened.

Add the chicken, salt, and pepper, and sauté for 5 minutes.

Add the carrots and broccoli, and sauté until tender.

Add the rice, soy sauce, and peas, and mix thoroughly.

PREP AND COOK TIME - 40 MINUTES

SWEET POTATO WEDGES



Ingredients

4-5 sweet potatoes
1/3 C olive oil
4 garlic cloves (crushed)
Salt & rosemary to taste

Directions

Preheat oven to 200C. Cut sweet potatoes into thick wedges and spread out on pan (make sure they don't overlap).

Combine crushed garlic and olive oil and drizzle over sweet potatoes. Coat the sweet potatoes with salt and rosemary to taste (you can grind the rosemary so that it doesn't taste like small sticks). Bake for 30 minutes.

PREP AND COOK TIME - 45 MINUTES

VEGETARIAN Chili



Directions

Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in red pepper, celery, chili powder and salt. Cook until vegetables are soft, about 7 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

PREP AND COOK TIME - 35 MINUTES

Ingredients

1 tablespoon olive oil
1 cup chopped onions
1 cup chopped carrots
4 cloves garlic, minced
1 cup chopped red bell pepper
1 cup chopped celery
1 tablespoon chili powder
1 (28 ounce) can whole peeled tomatoes with liquid, chopped
1 (19 ounce) can kidney beans with liquid
1 (11 ounce) can whole kernel corn, undrained
1 tablespoon ground cumin
1 teaspoons dried basil
1/2 tsp salt

HONEY SESAME GLAZED SALMON

Ingredients

1 salmon fillet
sesame seeds S
1/4 cup coconut aminos
1/4 c sesame oil
2 tbsp honey
2 tsp granulated garlic
salt and pepper to taste

Directions

Preheat oven to 200 C. Lay salmon on a baking sheet and cover with sauce. Bake for 25 minutes or until it reaches your preferred consistency. Remove from oven and sprinkle the top with sesame seeds.



PREP AND COOK TIME - **35** MINUTES

HONEY MUSTARD SALMON



Ingredients

1/3 cup whole grain mustard
1/4 cup honey
4 cloves garlic, peeled and
mínced
2 tablespoons fresh lemon juíce
1/4 teaspoon smoked paprika
1/4 teaspoon Kosher salt
1/8 teaspoon black pepper

Directions

Pour on Salmon and Bake for 15-18 mins

PREP AND COOK TIME - 20 MINUTES

One Pan Chicken & String Beans



Ingredients

- 1 bag frozen string beans
- 7-8 garlic cloves
- 10-20 cherry tomatoes
- 7-10 chicken legs (and or thighs)
- Olive oil
- Salt
- Granulated garlic
- Paprika
- Cumin
- Turmeric

Directions

Preheat oven to 200 C. Spread string beans on the base of the pan along with the whole garlic cloves and cherry tomatoes. Drizzle with olive oil, salt and granulated garlic to taste and mix with hands to make sure they're completely coated. In a separate bowl drizzle olive oil over chicken and add all spices to taste. Then rub the spices all over the chicken with your hands to fully coat. Place chicken on the bed of string beans and roast for 45-55 minutes until lightly browned.

PREP AND COOK TIME - 1 HOUR AND 20 MINUTES

Carrot CAKE Energy Bites



Ingredients

1 cup peeled and cut carrots
½ cup gluten free rolled oats
½ cup walnuts
½ cup pitted dates
¼ teaspoon nutmeg
¼ teaspoon cinnamon
¼ teaspoon allspice
Pinch salt
Cup finely shredded coconut

Directions

Mix carrots, oats, and walnuts in a food processor until they are finely ground.

Add the ingredients except the coconut, and mix until a ball forms. Place in the fridge for about 30 minutes to an hour.

Using a tablespoon, scoop out mixture and form a ball. Repeat with the rest of the mixture. Place in the fridge another 30 minutes to an hour.

Roll balls in finely shredded coconut. Store in the fridge.

PREP AND REFRIGERATE TIME - 1 HOUR 15 MINUTES

HEALTHY **Snickers** BARS



Ingredients

Dates

Peanuts

Natural Peanut Butter

85% Chocolate, Melted

Directions

Remove pits from dates.

Fill dated with peanut butter and

3-4 peanut halves.

Seal the dates closed and coat
in melted chocolate.

Freeze for 1 hour and then store
in the fridge.

PREP AND FREEZE TIME - 1 HOUR 30 MINS

APPLE KUGEL



Ingredients

6 large apples grated

3-4 eggs

1.5 tablespoons lemon juice

½ teaspoon salt

¼ Cup orange juice

¼ cup honey

Directions

Mix all together and bake

Apple **Crumble**



Ingredients

8-10 apples
1 cup oats
3 tsp natural jam

Directions

Pam a baking dish and set aside. Thinly slice apples (this works with other fruit as well - peaches, nectarines, etc.) Place in the designated dish. In a bowl - mix 1 cup whole oats with 2 tsp sugar free jam and a drizzle of olive oil (just enough to bind it together). Mix the mixture with your hands and crumble over the fruit. Bake at 350 for approximately 30 minutes - until golden brown and the fruit is soft.

PREP AND COOK TIME - 45 MINUTES

AppleCinnamon C a k e_{with} PEANUT BUTTER G L A Z E



Ingredients

2 cups Whole Wheat Flour
1 ½ cups Almond Flour
3 Tsp Cinnamon
½ Tsp Nutmeg
½ Tsp Ground Ginger
1 Tsp Baking Soda
½ Tsp Salt
4 Eggs
½ Maple Syrup or Honey
3 Tsp Vanilla Extract
1 C Coconut Oil, Melted
1 C Unsweetened Applesauce
1 C Grated Apples (without the peel)

Directions

Preheat the oven to 350 F
Combine all dry ingredients in a large bowl
Combine wet ingredients in a separate bowl
and then fold in with dry ingredients. Do not
over-mix! Bake 20-30 minutes until toothpick
comes out not sticky. Glaze: Natural peanut
butter, a drop of silan, water to dilute a bit.

PREP AND COOK TIME - 40 MINUTES

Wishing you all a sweet, beautiful new year

Shana Tova

Love the Ignite Fitness Team

