

# WEEK 1: 40 Days to Wellness Cooking Class Recipe

## GAZPACHO



PREP TIME 15 mins

TOTAL TIME 15 mins

Serves: 7-8

### INGREDIENTS

6 cups chopped tomatoes (we leave their skins on)-you may want to reserve about  $\frac{3}{4}$  cup to add some chunk to your soup-optional  
2 cups chopped, de-seeded and peeled cucumbers (we do this to avoid the toughness of the skin in the raw soup)  
 $\frac{3}{4}$  cup minced red onion  
3 cloves of garlic (~1 tbsp)  
1 cup chopped bell pepper (any color)-1 large  
 $\frac{1}{3}$  cup + 1 tbsp banana pepper (spicy)-this was 1 of ours  
 $\frac{1}{2}$  cup packed basil

$1\frac{1}{2}$  tbsp fresh lemon juice  
 $\frac{1}{2}$  tsp salt (optional, to taste)

### INSTRUCTIONS

1. Place tomatoes into blender 1st, adding in remaining ingredients in order given (this helps release the juice from the tomatoes, and allows all to blend easily. If the blender looks too full, push down on the tomatoes, or blend them a bit before adding in the remaining ingredients.
2. Blend on low, and then higher for a few seconds. Depending on how you like it, puree smooth, or rough. I kept ours a little chunky
3. Chill or eat right away (I couldn't wait!), and serve topped with fresh scallions and a big salad!

### NUTRITION INFORMATION

Serving size: 1 cup Calories: 52 Fat: .4 g Carbohydrates: 11 g Fiber: 2.7 g Protein: 2.7 g  
Cholesterol: 0 mg

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# MASSAGED KALE SALAD

PREP TIME 10 mins

TOTAL TIME 10 mins

Serves: 3-4

## INGREDIENTS

- 1 large bunch of kale around 6 cups
- 1 avocado
- 1 tbsp lemon juice
- 1 cup finely chopped cucumber
- Option: in season fruit, sunflower seeds
- freshly ground pepper and pinch of salt



## INSTRUCTIONS

1. Strip kale leaves from stems and place in a large bowl.
2. Add in avocado and juice of 1 lemon.
3. Massaging the leaves and squishing the avocado along with the leaves. You will notice the leaves softening and becoming darker
4. Add freshly ground pepper, and a pinch of salt, mix again
5. Add in cucumber and blueberries, mix and serve topped with seeds or nuts if desired

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