

Stress & Anxiety Recipes

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Beef Bolognese

Ingredients:

- ¼ cup extra virgin olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 2 celery stalks, diced
- 2 carrots, diced
- 1 lb ground beef
- 1 28-oz can crushed tomatoes
- ¼ cup flat-leaf italian parsley, minced
- 8 fresh basil leaves, sliced thinly
- Salt and pepper, to taste
- ¼ cup nutritional yeast (optional)

Directions:

1. Add olive oil to a large saucepan and heat until hot.
2. Add onion and garlic, and saute over medium heat for 8-10 minutes, stirring frequently.
3. Add carrot and celery and saute for another 5 minutes.
4. Add ground beef, breaking apart with the back of a spoon. Sprinkle a generous pinch of salt and pepper over beef and vegetables.
5. Continue sauteing until beef is browned and no longer pink (5-8 minutes).
6. Add tomatoes, parsley, and basil, and cook over medium-low heat until sauce thickens (usually 20-30 minutes).
7. Add optional nutritional yeast, and more salt and pepper to taste. Serve over chickpea pasta, zucchini noodles, spaghetti squash, or with marinara sauce.



Sweet Potato & Spinach Frittata

Ingredients:

- 2 Tbs grass-fed butter, ghee, or avocado oil
- ½ red onion, diced
- 1 large sweet potato, peeled and diced into small pieces
- 2 cups packed baby spinach
- ½ tsp dried basil
- ½ tsp dried oregano
- 8 large eggs
- Salt and black pepper, to taste

Directions:

1. Preheat oven to 425 F.
2. Melt butter in a cast-iron pan over medium-high heat, then add onion and saute for 3-5 minutes. Add sweet potato and saute until sweet potato softens, stirring regularly.
3. Meanwhile, crack eggs into a bowl with a pinch of salt and pepper and whisk. Set aside.
4. Once the sweet potato is soft, add baby spinach and stir until wilted. Add basil, oregano, and a pinch of salt and pepper and stir.
5. Turn off burner, flatten out veggies, and then pour egg over veggies so it is evenly distributed throughout pan. Let set for a minute, then add to oven and bake until it is just set - about 12-18 minutes.
6. Remove from the oven and let cool before serving.

Grain-Free Lavender Olive Oil Cookies

Ingredients:

- 1 1/4 cup almond flour
- 2 tsp dried lavender, minced (I used @anthonysgoods)
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/4 cup olive oil
- 3 Tbs maple syrup
- 1 tsp lemon zest
- 2 scoops collagen peptides (optional)

Directions:

1. Preheat oven to 350 F.
2. Combine almond flour, lavender, baking soda, salt, and optional collagen in a bowl.
3. In a separate bowl combine olive oil, maple syrup, and lemon zest.
4. Mix wet ingredients into dry ingredients and stir thoroughly.
5. Form into 1/2 inch balls, and place on a parchment-paper lined baking sheet.
6. Bake for 8-10 minutes, then let cool and enjoy!