

Pantry 101 Recipes

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Sweet Potato Curry

Ingredients:

- 1 tablespoon coconut oil
- 1 tablespoon ginger, peeled and minced
- 2 cloves garlic, minced
- 3 tablespoons Thai red curry paste
- 2 medium sweet potatoes (about 1 pound total), peeled and cut into 1/2-inch cubes
- 1 (15-ounce) can chickpeas, drained and rinsed well
- 1 (14-ounce) can full-fat coconut milk
- 1/2 cup water
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (5-ounce) bag baby spinach (about 5 packed cups - fresh or frozen)
- Juice from 1 medium lime
- Cooked rice, for serving (optional)

Directions:

1. Heat the oil in a large, deep skillet over medium heat. Add the ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in the curry paste and sauté for another minute.
2. Add the sweet potatoes, chickpeas, coconut milk, water, salt, and pepper and stir to combine. Bring the mixture to a simmer, cover, and cook until the sweet potatoes are tender and cooked through, about 15 minutes.
3. Remove from heat, stir in the spinach and stir until just wilted, about 1 to 2 minutes. Stir in the lime juice. Serve over rice if desired.

Olive Oil Chocolate Chip Cookies

(gluten-free, grain-free, dairy-free)

Ingredients:

- 1/2 cup olive oil
- 1/2 cup coconut sugar
- 1 large egg
- 2 tsp vanilla extract
- 2 + 3/4 cups almond flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 3/4 cup semi-sweet dark chocolate chips



- Flakey sea salt, for topping

Directions:

1. Preheat oven to 350°F and line a large baking sheet with parchment paper.
2. Whisk olive oil, egg, coconut sugar, and vanilla together until smooth.
3. Stir in the dry ingredients until everything is well combined, then fold in chocolate chips.
4. Scoop dough out into about 1.5 tbsp sized balls. Roll with your hands to make them smooth. leave room between each cookie for them to spread while baking.
5. Sprinkle with flakey sea salt and gently press down on each cookie.
6. Bake for 11-12 minutes, and let cool before eating.

Salmon Patties

Ingredients:

- 1 egg (large)
- 1 (15-oz) can salmon, drained
- ½ cup almond flour
- 1 tbsp dijon mustard
- 2 tbsp mayonnaise
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp lemon juice
- 1 tbsp dried parsley (or 2 tbsp fresh)
- 2 tbsp avocado oil, for frying
- Fresh lemon wedges, for serving

Directions:

1. Crack and whisk egg in a large bowl.
2. Add drained salmon, almond flour, dijon, mayonnaise, garlic powder, onion powder, parsley, and lemon juice, and stir, breaking down salmon.
3. Heat a skillet over medium-high heat, and once warm add avocado oil and swirl pan so the bottom is fully covered.
4. Form salmon into ⅓ cup patties, about ½ inch thick. Place in the skillet and cook over medium heat on each side for 3-4 minutes, or until lightly browned and cooked through.
5. Remove from the skillet, squeeze fresh lemon over it, and serve immediately.