



Eating for Stress & Anxiety Recipes

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Superfood Chocolate Bark

Ingredients:

- 16 oz (2 cups) dark chocolate chips (or chocolate bar, chopped)
- ¾ cup unsalted nuts and/or seeds (pistachios, pumpkin seeds, pecans, and almonds all work well!), roughly chopped
- ¼ cup dried fruit (goji berries, acai berries, dried blueberries, or cranberries all work well)
- 2 tbsp cacao nibs, optional
- ½ tsp flaky sea salt

Directions:

1. Put chocolate in a bowl and microwave in 30 second increments until it is 90% melted. Stir continuously between increments until it all melts. Be sure not to burn the chocolate.
2. Line a large sheet pan with parchment paper, and slowly pour the chocolate over the pan, using a silicone spatula to spread it evenly. The chocolate will not reach the edges, and will be about ¼ inch thick.
3. Sprinkle the nuts and/or seeds, dried fruit, optional cacao nibs, and salt evenly over the chocolate, and lightly press the toppings into the chocolate.
4. Place sheet pan on an even surface in the refrigerator to harden for at least 30 minutes. You can also let the chocolate harden at room temperature for 2-4 hours.
5. Once hardened, break the chocolate into smaller pieces. Eat immediately, or store in a covered container in the fridge.

Instant Pot Curry with Chickpeas, Tomatoes, & Spinach

Ingredients:

- 2 Tbsp. coconut oil
- 1 yellow onion, diced
- 1 ¼ tsp sea salt, divided
- 1 tbsp fresh ginger grated
- 4 garlic cloves, minced
- 2 tbsp curry powder
- 1 tbsp garam masala
- 14.5 oz canned diced fire-roasted tomatoes
- 13.5 oz. coconut milk
- 15 oz can chickpeas, drained & rinsed
- 8 oz. fresh baby spinach
- Optional: cooked rice and cilantro, for garnish

Directions:



1. Using sauté setting – add oil, onions, and ¼ teaspoon of salt and cook for about 3 minutes, until onions are soft and translucent. Then add ginger and continue cooking for another 2-3 minutes. Next, add garlic and cook for one minute more.
2. Add curry powder and garam masala and mix well, allowing to toast for about a minute.
3. Stir in tomatoes, deglaze the bottom of pot, then add chickpeas, coconut milk, and remaining salt. Mix well.
4. Lock the lid and cook at high pressure for 5 minutes. Once cook time is complete, quick-release pressure.
5. Add spinach and stir until wilted. Serve with rice, and garnish with cilantro.

Apple Cabbage Quinoa Salad

Ingredients:

- ½ cup quinoa
- 1 small head red cabbage (or half a large head), shredded (about 3-4 cups total)
- 1 large apple, diced
- 1.5 cups spinach, chopped
- ⅓ cup sunflower seeds
- ¼ cups raisins
- ¼ cups tahini
- 3 Tbs apple cider vinegar
- 2 Tbs olive oil
- 1 Tbs nutritional yeast
- 1 tsp salt
- 1 tsp pepper
- 3 Tbs water

Directions:

1. Cook quinoa according to package directions. Let cool and set aside.
2. Put quinoa, cabbage, apple spinach, sunflower seeds, and raisins in a large bowl and stir.
3. In a separate small bowl, mix together tahini, vinegar, olive oil, nutritional yeast, salt, pepper, and water. Whisk until well-mixed.
4. Add dressing to a large bowl, and stir thoroughly to combine.