

## FOOD

## Comfort Noodles

**Ingredients:**

- 2 small zucchini, julienned (about 2 cups) [Julienne peeler is essential.]
- generous 1/4 teaspoon salt
- 1 tablespoon almond flour or almond meal
- 1/2 teaspoon coconut oil
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, crushed
- 3 eggs, scrambled
- a handful of fresh parsley, minced for garnish (optional)
- salt & pepper, to taste

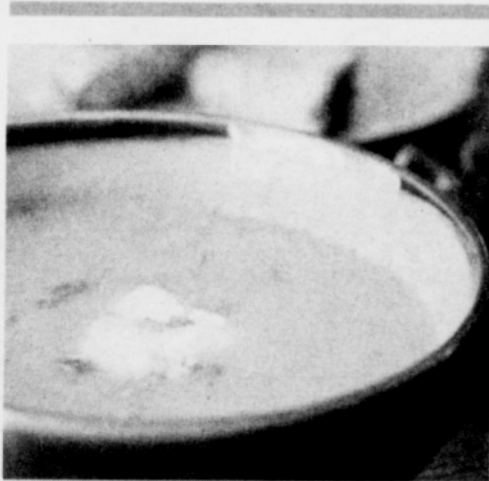
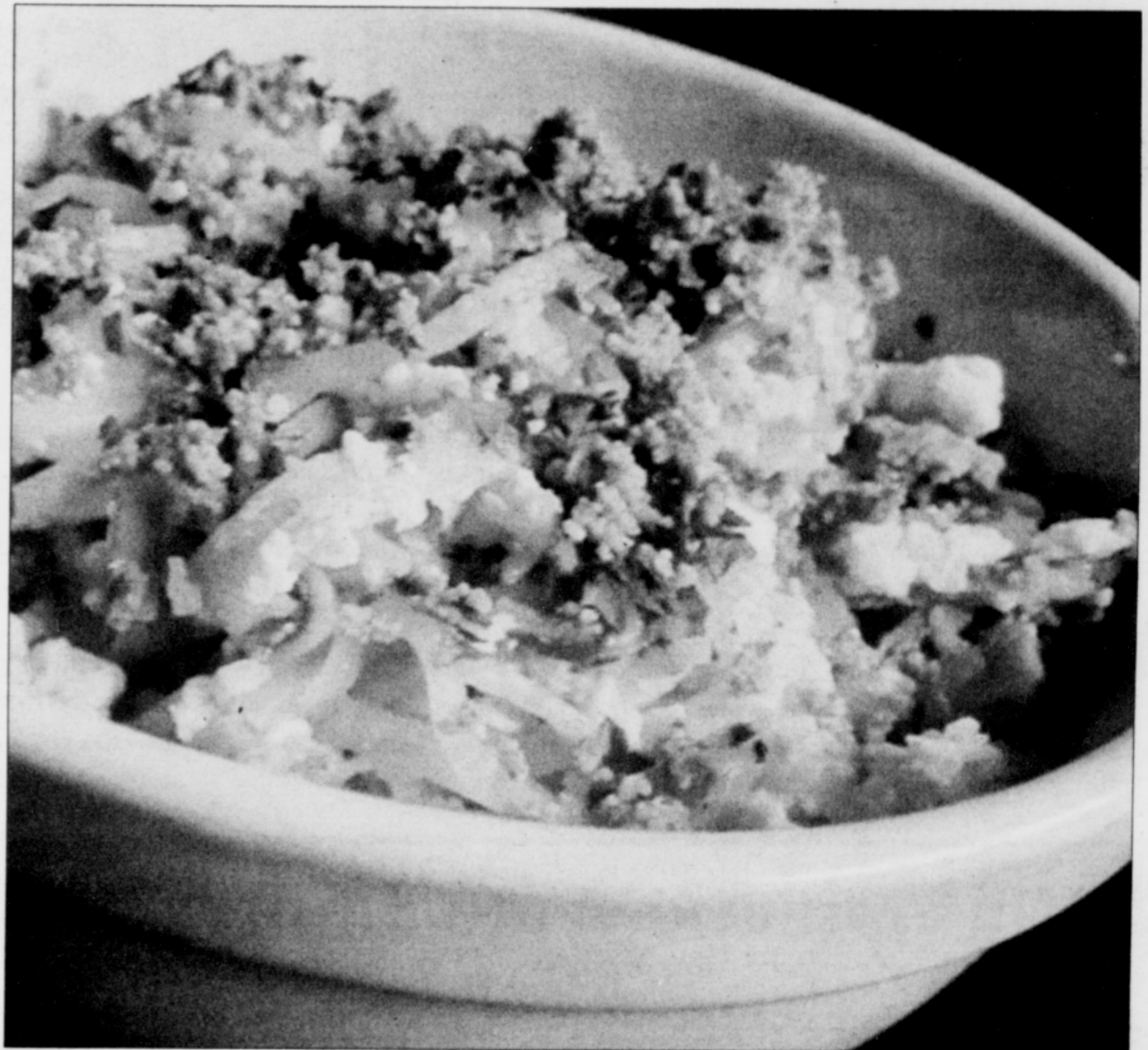
**Directions:**

1. Place the julienned zucchini in a colander or wire strainer and toss with the salt until coated. Allow to sit for 20 minutes to drain excess water, then rinse and pat dry with paper towels. (You may be tempted to skip this step; I strongly advise against it. This step insures tender, rather than watery, noodles.)
2. While the zucchini is sweating in the colander, heat a large skillet over medium-high heat.

Mix the almond flour with the coconut oil, sprinkle it with a smidgen of salt, then sauté in the pan, stirring often with a wooden spoon, until it's toasty brown, about 1 minute. Remove from pan and save for garnish.

3. Return the pan to the heat and add the zucchini noodles. Sauté until just tender, about 1-2 minutes. Push the noodles to the side of the pan, and reduce heat to medium-low. Wait a minute; it's essential that the pan cools down before adding the eggs. Add the olive oil and garlic. When the garlic is fragrant, about 20 seconds, pour in the eggs and allow them to cook until just beginning to set a tiny bit. Mix the zucchini noodles into the egg and continue to stir gently and continuously until the egg is set and clinging to the noodles. Taste, then add salt and pepper to your liking.

4. Serve noodles in a deep bowl and sprinkle with the almond flour crumbs and minced parsley. Slurping and ridiculously big bites heartily encouraged.



## Butternut and Apple Harvest Soup

*Pair this with crusty bread and a salad, and dinner is served*

**Ingredients:**

- 2 tablespoons butter
- 2 large leeks (white and pale green parts only), chopped
- 1 large onion, chopped
- 1 large potato, peeled and cubed
- 2 cups cubed butternut squash
- 1 cup diced carrots
- 1 Granny Smith apple, peeled, cored, and sliced 1/4-inch thick
- 1 quart chicken stock
- 1/4 cup dry white wine (optional)
- 1/2 cup light cream
- 1/4 teaspoon ground nutmeg
- salt and pepper to taste
- 2 tablespoons chopped chives

**Directions:**

1. Melt butter in a large pot over medium heat. Stir in leeks and onions, and cook until the onion softens and turns translucent, about 5 minutes. Add potato, squash, carrots, apple, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the vegetables are soft, about 20 minutes.

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