Shaw's

SIMPLE SWAPS

SMALL CHANGES. BIG DIFFERENCES.

Salad Recipes

VEGAN JALAPENO CABBAGE SLAW

PREP TIME
10 mins
COOK TIME
8 hours
TOTAL TIME
8 hours 10 mins

Author: Elizabeth Shaw
Serves: 10-12 cups

Nutrition Facts
Serving Size (121g)
Servings Per Container

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 2% •	Vitamin C 70%
Calcium 4% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

- 1 head of purple cabbage, washed and sliced thin (1/4" strips)
- 2 whole jalapenos, seeded and chopped
- 1 large carrot, grated
- 1 cup of distilled white vinegar
- ½ cup apple cider vinegar
- 1 cup water
- 1 teaspoon mustard powder
- 1 teaspoon garlic powder
- 1 teaspoon thyme, dried

INSTRUCTIONS

1. In a large bowl, combine all liquid ingredients.
2. Combine dry spices together and then whisk into liquid ingredients.
3. Pour all ingredients including cabbage and jalapeno into the large bowl, making sure they are completely submerged in the liquid.
4. Refrigerate for at least 8 hours before serving.
5. Top with grated carrots!

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PICKLED BEET AND SWISS CHARD COLESLAW

PREP TIME
10 mins
COOK TIME
5 mins
TOTAL TIME
15 mins

Author: Elizabeth Shaw
Recipe type: Side, Salad
Serves: 4-6 servings, ½ cup

Nutrition Facts
Serving Size (73g)
Servings Per Container

Amount Per Serving	
Calories 50	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	

Vitamin A 30% • Vitamin C 35%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

- 3 oz Swiss chard, shredded
- 3 large Brussel sprouts, shredded
- 2 oz fennel bulb, shredded
- ¼ cup pickled beets, diced
- ¼ cup rice wine vinegar
- ⅓ cup balsamic vinegar
- 1 teaspoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon Nektar (or sugar of choice)
- ¼ teaspoon smoked sea salt
- 1 tablespoon chopped pecans
- *feta cheese (optional)

INSTRUCTIONS

1. In a food processor, begin by shredding the Swiss chard, Brussel sprouts and fennel together. Drain any liquid and place in a large bowl.
2. Add diced beets to the greens.
3. In a separate bowl, combine vinegar, garlic and sugar and mix. Set aside.
4. Here you have two choices depending on your mood.
5. - Serve cold as a stellar side, or top with cheese and quinoa to amp up the protein. Use the salt to toss salad once the dressing has been applied. Garnish with pecans.
6. - Heat greens and beets with salad dressing over medium heat in a skillet. Remove and drain excess liquid. Add salt at end to taste. Serve as a side with added grains for increased texture. Garnish with pecans.
7. Either way, I promise you'll enjoy!

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SPINACH EGGS NEST SALAD

PREP TIME
5 mins
COOK TIME
4 mins
TOTAL TIME
9 mins

Author: Elizabeth Shaw
Recipe type: Brunch, Lunch
Serves: 1

Nutrition Facts
Serving Size (218g)
Servings Per Container

Amount Per Serving	
Calories 200	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 185mg	**62%**
Sodium 310mg	**13%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 13g	
Vitamin A 160% •	Vitamin C 60%
Calcium 15% •	Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

- 2 cups washed spinach leaves
- ½ cup chopped roma tomato
- 1 tbsp chopped red onion
- 1 pasteurized egg
- 1 slice 100% whole wheat toast
- *black pepper, sea salt and garlic to taste

INSTRUCTIONS

1. In a small pan sprayed with cooking spray over medium-low heat, crack a pasteurized egg.
2. Allow the egg white to harden (usually about 2 minutes), and flip gently with a spatula.
3. Cook for 1-2 minutes longer, removing from heat so the yolk stays fluid.
4. Toast 1 slice of 100% whole wheat toast in the toaster.
5. Quarter toast and sprinkle with black pepper, garlic, and salt.
6. Assemble salad with spinach, tomatoes and onion on a large plate.
7. Center the egg in the nest of spinach, and place toast triangles on the sides.

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ABC BUDDHA BOWL

PREP TIME
1 hour
COOK TIME
5 mins
TOTAL TIME
1 hour 5 mins

Author: Elizabeth Shaw
Recipe type: Entree, Salad
Serves: 1 serving

Nutrition Facts

Serving Size (599g)
Servings Per Container

Amount Per Serving	
Calories 390	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 64g	21%
Dietary Fiber 12g	48%
Sugars 16g	
Protein 26g	

Vitamin A 740% • Vitamin C 170%
Calcium 30% • Iron 45%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS

- 1 cup amaranth
- 3 cups water
- 1 medium sweet potato, chopped
- 1 cup of carrots, chopped
- 1 cup of Brussel sprouts
- ½ teaspoon garlic powder (optional)
- ½ teaspoon sea salt (optional)
- 1 cup beets, cleaned and peeled
- 1 cup distilled vinegar
- For Assembly:
  - ¼ cup cooked amaranth
  - ½ cup cooked sweet potatoes
  - ⅓ cup roasted carrots
  - ⅓ cup roasted Brussel sprouts
  - 2 cups spinach
  - ½ cup cottage cheese
  - 2 tablespoons Balsamic Vinegar

INSTRUCTIONS

1. To prepare ingredients:
2. Heat 3 cups of boiling water and add 1 cup of amaranth. Stir and reduce heat to simmer. Turn off heat once 95% of liquid is absorbed.
3. Turn oven to 425*F. Place cut sweet potatoes, Brussel sprouts and carrots on baking sheet and spray with cooking spray.
4. Heat for 35 minutes and remove from oven. Sprinkle with sea salt and garlic if desired.
5. In a small pot, place distilled vinegar and 1 cup of water. Add beets and boil for 15 minutes.
6. Remove from heat and cover for 20 minutes.
7. Now you're ready to assemble your ABC Buddha Bowl!
8. Portion out your amaranth, sweet potatoes, carrots, Brussel sprouts, spinach and cottage cheese. You can combine them all but it looks prettier to keep them separated I think! (We eat with our eyes, remember that!)
9. Serve alongside your favorite dressing. I chose Balsamic but you can also do Tahini or Sesame as well, both great flavors with this.

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Soup Recipes

HEIRLOOM BEAN AND SPINACH SOUP

PREP TIME

24 hours

COOK TIME

90 mins

TOTAL TIME

25 hours 30 mins

Author: Elizabeth Shaw
Serves: 6 servings

Nutrition Facts

Serving Size (234g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 8g	

Vitamin A 50%	• Vitamin C 20%
Calcium 8%	• Iron 20%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

- ⅓ cup chopped yellow onion
- 3 fresh garlic cloves, chopped
- 4 cups vegetable cooking stock
- 1 cup Heirloom bean blend (soaked overnight)
- 1 teaspoon red pepper flakes
- ½ teaspoon dried sweet basil
- 2 tablespoons balsamic vinegar
- 4 oz fresh spinach leaves
- ¼ teaspoon sea salt

INSTRUCTIONS

1. Turn stovetop to medium heat and place a large pot on top!
2. In the pot, place the yellow onion and fresh garlic. Add ¼ cup of the cooking stock and cook until onions are translucent.
3. Once cooked, add the remaining portion of the cooking stock and the cup of dried, soaked beans, as well as the spices and vinegar. Place the top on the pot.
4. Simmer spices and beans together over low-medium heat for 1 hour.
5. Remove top and add in the fresh spinach, turning to low heat. Place the top back on to finish cooking for roughly 30 minutes.
6. Serve up with an onion beer biscuit (link in recipes) or keep it gluten free and vegan by pairing it with some fresh fruit!

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SMOKED FIREHOUSE CHILI

PREP TIME
20 mins
COOK TIME
2 hours
TOTAL TIME
2 hours 20 mins

Author: Elizabeth Shaw
Recipe type: Soup, Chili
Serves: 12 cups

Nutrition Facts
Serving Size 1 serving = 1 cup (81g)
Servings Per Container 12 servings

Amount Per Serving	
Calories 80	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 11g	

Vitamin A 6%	• Vitamin C 10%
Calcium 6%	• Iron 10%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

- 2 cups texture vegetable protein (TVP)
- 2 cups boiling water
- 1 teaspoon dried thyme
- ½ teaspoon dried basil
- ¾ teaspoon mustard powder
- 1 teaspoon jalapeno pepper powder
- ½ teaspoon cayenne pepper
- 1 teaspoon smoked paprika
- 4 oz 97% lean ground turkey, cooked
- ½ teaspoon onion powder
- ¼ teaspoon black pepper
- 2 cups water
- 1 teaspoon Mexican oregano
- 3 tomatoes, chopped
- 8oz can reduced sodium tomato sauce
- 1 teaspoon chili powder
- ½ teaspoon smoked sea salt
- 1 serrano pepper, washed and diced
- 4 tomatillos, washed and diced
- 2 cloves garlic, minced

INSTRUCTIONS

1. In a medium pot, bring 2 cups of water to a boil.
2. While waiting for water to boil, combine thyme, basil, mustard powder, jalapeno powder, cayenne pepper and paprika in a small bowl.
3. Remove from heat and add 2 cups of the TVP, stir until completely mixed.
4. Slowly stir in the spice mixture to the TVP.
5. In a crock pot set to low heat, add all ingredients together and stir.
6. Let simmer for at least two hours for the flavors to meld together.
7. Remove and enjoy with a fresh biscuit!