

The Best
of
Primavera Kitchen



by Olivia Ribas from primaverakitchen.com

Making healthy foods taste delicious

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Table of Contents

Salad + Soup + Chili

1. Zucchini Couscous Salad	4
2. Quick Easy Quinoa Salad	5
3. Sweet Potato and Peas Soup	6
4. Spinach Sweet Potato Soup	7
5. Slow Cooker Sweet Potato Chili	8
6. Extra-lean Turkey Chili Kale	9

Main Dishes

7. Slow Cooker Beef Stew	10
8. Fusilli with Butternut Squash	11
9. Ground Turkey Sweet Potato Skillet	12
10. Spinach Zucchini Lasagna	13
11. Rice with Balsamic Onions and Shrimp	14
12. Baked Eggs with Veggies	15
13. Sweet Potato, Kale and Shrimp Skillet	16
14. Baked Potato with Lemon Shrimp	17

Brownie + Cookies + Bar

15. Flourless Chocolate Chip Brownie	18
16. Gluten Free Chocolate Chip Cookies	19
17. White Chocolate Chip Cookies	20
18. Peanut Butter Chocolate Chip Bars	21

Salad + Soup + Chili

Zucchini Couscous Salad

Ingredients

1/3 cup red onions
1 big zucchini, sliced
1 tbsp extra-virgin olive oil
Salt and pepper
1 tsp. dried oregano
1 cup whole wheat couscous
½ cup fresh corn
1/2 cup cherry tomatoes, cut in half
1 tsp green onion
3 tbsp feta cheese
1/3 cup **homemade vinaigrette**

Instructions

In a medium heatproof bowl, pour 1 cup boiling water over the couscous. Cover and let sit for 5 minutes. Uncover, fluff with a fork, and set aside to let cool for 5 minutes more. Heat a gas grill to medium high. In a medium bowl, gently toss the zucchini with 1 Tbs. olive oil, salt and pepper. Set the zucchini down on the grill and cook, flipping occasionally, until it is browned and softened but not mushy, about 5 to 7 minutes.

In the same bowl used to cook the couscous, add zucchini and all the remain ingredients.

Stir really well along with the homemade vinaigrette.

Taste and adjust the seasoning if you think it is necessary.

Serve immediately.



Salad + Soup + Chili

Quick Easy Quinoa Salad

Ingredients

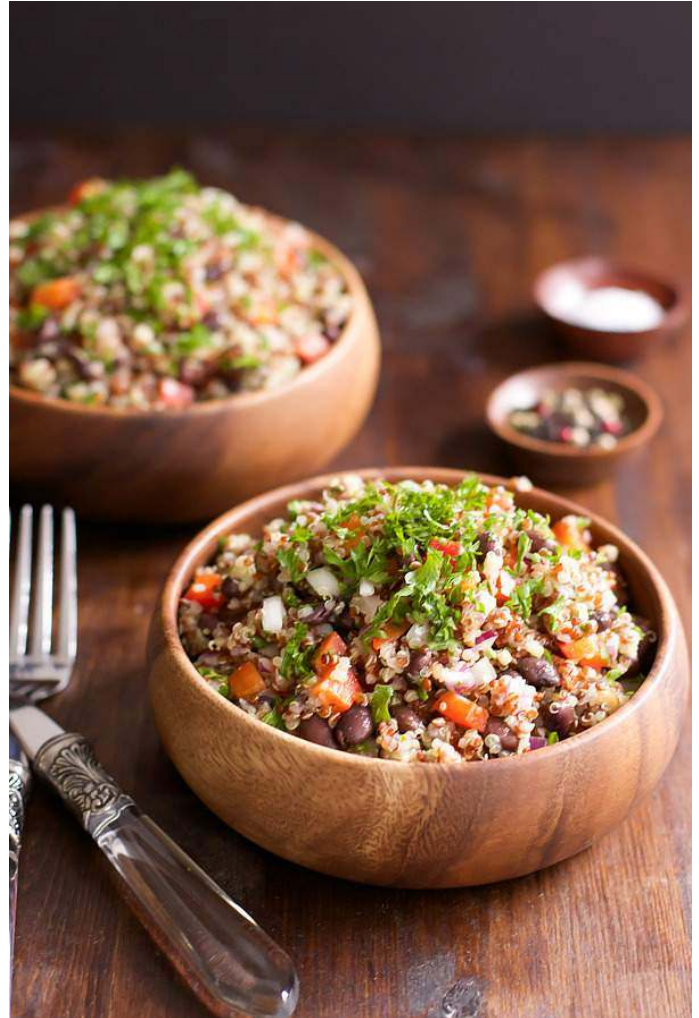
2 cups cooked quinoa - (I used a combo of red and white quinoa)
1 can black beans, rinsed and drained
½ cup red onions, chopped
½ cup red pepper, chopped
¼ cup fresh parsley (Save some for garnishing the dish just before serving)
1/3 cup **homemade vinaigrette dressing**

Instructions

Place the quinoa in a large bowl and add the black beans, red pepper, red onions, and parsley. Pour the homemade vinaigrette dressing over the quinoa salad and stir to combine.

Garnish with parsley before serving.

This salad is good served at room temperature or chilled.



Salad + Soup + Chili

Sweet Potato and Peas Soup

Ingredients

2 tablespoons extra virgin oil
¾ cup yellow onion, diced
3 cloves garlic, minced
½ cup red pepper, diced
1 cup sweet potato, diced
5 cups vegetable broth
1 cup brown rice pasta
1 cup beans
½ cup frozen peas
Pinch cayenne pepper
Salt and pepper

Instructions

In a large pot over high heat, add olive oil. When the pan and the oil are hot, turn the heat down to medium and add the onions and garlic. Sauté until onions are translucent. Add red pepper and sweet potato and cook for about 5 minutes.

Add broth and bring it to a boil. Add brown rice pasta, cover and cook according to the package instructions.

Add beans, peas, cayenne pepper, salt and pepper and cook for 4 minutes more.

Taste and add any extra seasonings, if necessary. Serve topped with fresh parsley.



For this recipe I used [this pasta rice](#) brand.



Salad + Soup + Chili

Spinach Sweet Potato Soup

Ingredients

2 tablespoons extra virgin oil
½ lbs extra-lean ground turkey
2 garlic cloves, minced
¾ cup yellow onion, diced
½ cup celery, diced
½ cup red pepper, diced
1 tsp dried parsley
1 cup sweet potato, diced
5 cups vegetable broth
2 cups spinach
Pinch cayenne pepper
Salt and pepper

Instructions

In a large pot over high heat, add olive oil. When the pan and the oil are hot, turn the heat down to medium. Add ground turkey and garlic. Stir occasionally and cook for about 10 minutes or so.
Add onions, celery, red peppers and dried parsley. Cook until onions are gold brown.
Add the sweet potato, broth and bring it to a boil. Cook for about 10 or 15mins.
Add spinach, cayenne pepper, salt and pepper and cook for 4 minutes more.
Taste and add any extra seasonings, if necessary.



Salad + Soup + Chili

Slow Cooker Sweet Potato Chili

Ingredients

1 tbsp olive oil
1 cup diced onions
2 garlic cloves, minced
3/4 lbs extra-lean ground turkey
1 cup red bell pepper, seeded and diced
1/2 cup celery, diced
1 cup carrots, diced
2 cups sweet potato, diced
1 can (19 oz/ 540 ml) diced tomatoes, undrained
1 cup tomato sauce
1/2 cup chicken broth
2 tsp red pepper flakes
2 tsp ground cumin
2 tsp paprika
1/2 tsp ground coriander
Salt and pepper
1 can (19 oz/540 ml) red kidney beans, drained and rinsed
Chopped green onions for garnishing

Instructions

Heat olive oil in a large skillet over medium-high heat.

Add onion and sauté for 3 minutes, then add garlic and sauté for 30 seconds longer. Add extra-lean ground turkey and cook, breaking up the turkey with a wooden spoon, until it is cooked through. Pour browned ground turkey into slow cooker. Add all the remaining ingredients, except the beans. Stir mixture, cover with lid and cook on low heat for 5 - 6 hours. Add red kidney beans and allow to heat through, about 10 minutes. Top with green onions.



For this recipe I used this [slow cooker](#) brand.



Salad + Soup + Chili

Extra-lean Turkey Chili Kale

Ingredients

1 tbsp olive oil
1 cup diced onions
2 garlic cloves, minced
3/4 lb. extra-lean ground turkey
1 cup red bell pepper, seeded and diced
1/2 cup diced celery
1 cup diced carrots
3 cups kale, chopped
2 tsp red pepper flakes
2 tsp ground cumin
1/2 tsp ground coriander
1 can (19 oz/ 540 ml) diced tomatoes, undrained
1 can (19 oz/540 ml) red kidney beans, drained and rinsed
Salt and pepper

Instructions

In a large skillet over medium-high heat, add olive oil and sauté onions until they are translucent.
Add garlic and sauté until you can smell garlic aroma.
Add ground turkey and cook for 10 minutes and stirring occasionally.
Add pepper, celery and carrots. Stir until combined.
Add all the spices, tomatoes and the beans and heat to a boil for a few minutes, stir constantly and then reduce heat to low.
Cook on low heat for about 2 hours. Add kale and cook for more 5 minutes. Add salt and pepper for taste and adjust if necessary.



Main Dishes

Slow Cooker Beef Stew

Ingredients

- 1 medium onion, finely chopped
- 2 cups carrots, cut into bite-sized pieces
- 2 celery ribs, sliced
- 2 medium red potatoes, cut into bite-sized pieces
- 2 turnips, cut into bite-sized pieces
- 1 parsnip, cut into bite-sized into pieces
- ½ cup tomato paste
- 4 cups beef broth
- 1 teaspoon dried thyme
- 1 tablespoon dried parsley
- 1 teaspoon oregano
- 2 pounds beef stew meat, (cut into bite-sized pieces)
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp olive oil
- 2-3 cloves of garlic, minced



Instructions

Place the onions, carrots, celery, red potatoes, turnips, parsnip, tomato paste, beef broth, dried thyme, dried parsley and oregano into a large slow cooker.

Add the stew meat in a large bowl and season liberally with salt and pepper. Toss the meat until it is fully coated. Set the meat aside.

Over medium heat, heat the olive oil in a skillet.

Add the garlic and sauté for about 30 seconds, or until fragrant is released.

Add the meat and let the beef cook without stirring for a few minutes to allow the meat to brown on one side. Stir and repeat until all sides of the beef pieces are browned. Add the cooked beef to the slow cooker and stir to combine with the vegetables. Place the lid on the slow cooker and cook on high for five hours. After five hours, taste the stew and adjust the salt if needed.

Main Dishes

Fusilli with Butternut Squash

Ingredients

2 cups whole wheat Fusilli pasta
2 + 1 tbsp extra-virgin olive oil
2 cups, butternut squash, diced
Salt and pepper
½ cup onions, chopped
2 cloves garlic, minced
1 tsp chili pepper
1 cup mushroom, chopped
1 cup cherry tomatoes, cut in half
Green onions, chopped

Instructions

Preheat the oven to 350F (175C).
In a bowl, add the butternut squash and toss with 1 tbsp extra-virgin olive oil, salt and pepper.
In a roasting pan covered with parchment paper, spread the butternut squash out evenly and in a single layer on the baking sheet.
Roast in the oven for about 20-25 minutes or until tender.
Stir once halfway through cooking time to promote even cooking and browning.
Fill a large pot with salted water and bring to a boil over high heat.
Add the fusilli and cook according to the package instructions.
Drain pasta and set aside.
In a skillet, heat 2 tbsp extra-virgin olive oil over medium high heat.
Add onions and cook until translucent.
Add garlic, red pepper flakes, mushroom and cherry tomatoes.
Sauté for a few minutes.
Add reserved fusilli and roasted butternut squash and stir well for 1 minute.
Add salt and pepper to taste.
If necessary, adjust seasoning and add more olive oil to add more flavor.
Garnish with chopped green onions



Main Dishes

Ground Turkey Sweet Potato Skillet

Ingredients

2 tbsp extra-virgin olive oil
1 lbs extra-lean ground turkey
1 tsp clove garlic, minced
½ cup onions, diced
½ cup yellow pepper, diced
1 ½ cup sweet potato, diced
Salt and pepper
A pinch of chili pepper
½ cup shredded mozzarella cheese
Fresh parsley for garnishing

Instructions

In a skillet, heat olive oil over medium high heat.
Add ground turkey and garlic.
Stir occasionally and cook for about 10 minutes.
Add onions and yellow peppers and cook until onions are gold brown.
Add the sweet potato, cover the skillet and cook until they are tender.
Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato.
While the sweet potato is cooking pre-heat the oven to 400 degrees.
When the sweet potato is tender, add shredded mozzarella cheese and bring the skillet to the oven to melt the cheese.
When the cheese melts, remove from the oven and garnish with fresh parsley.



Main Dishes

Spinach Zucchini Lasagna

Ingredients

1 tbsp extra virgin olive oil
half onion, finely chopped
4 garlic cloves, minced
2 tbsp tomato paste
1 28oz. can crushed tomatoes with the juice or 1
¾ pound of fresh tomatoes, peeled, seeded and
diced
Salt and pepper to taste
1 tbsp chopped fresh basil
3 cups spinach
15 oz part-skim ricotta
1 large egg
¼ cup freshly grated Parmesan cheese
4 medium zucchini, sliced 1/8" thick
16 oz part-skin mozzarella cheese, shredded

Instructions

In a saucepan, heat olive oil over medium heat.
Add onions and cook 4-5 minutes until they are soft and golden.
Add garlic and sauté, being careful not to burn. Add tomato paste and stir well. Add crushed tomatoes, including the juice in case you are using tomato cans. Add salt and pepper.
Cover and bring to a low simmer for 25-30 minutes.
Finally remove from the heat and add fresh basil, spinach and stir well.
Adjust the seasoning if you think it is necessary.
Preheat oven to 375°. In a medium bowl mix ricotta cheese, parmesan cheese and an egg. Stir well. In a 9x12 casserole spread some tomato sauce on the bottom. Layer 5 or 6 zucchini slices to cover. Place some of the ricotta cheese mixture and top with the mozzarella cheese.
Repeat the layers until all your ingredients are all used up. Top with sauce and mozzarella.
Bake 50 minutes covered and 10 minutes uncovered.
Let stand about 10 minutes before serving.



Main Dishes

Rice with Balsamic Onions and Shrimp

Ingredients

2 tbsp + 1 tbsp olive oil
2 cups vertically sliced onion
1 tsp garlic, minced
1 tablespoon balsamic vinegar
2 cups fresh shrimp
Ground black pepper and salt
2 cups **cooked rice** with peas (optional)
2 tbsp green onions, chopped
Feta for garnishing

Instructions

Warm up a large skillet over medium-high heat. Add 2 tbsp olive oil and garlic. Sauté for 15 seconds.

Add the onions and sauté until onion begins to soften and become tender.

Reduce heat to low and add balsamic vinegar; cook for about 3 minutes, stirring frequently.

Remove the balsamic onions from the skillet and add 1 tbsp olive oil over medium heat.

Add shrimp and cook for 2-3 minutes, or until they turn pink.

Season shrimps to taste with salt and pepper.

Layer cooked rice with peas, balsamic onions, and shrimp evenly among on a plate. Garnish with fresh green onions and feta.



Main Dishes

Baked Eggs with Veggies

Ingredients

2 tbsp extra virgin olive oil
1 cup red onions, diced
3 garlic cloves, minced
1 ½ cup sweet potato, diced
1 cup turnip, diced
1 ½ zucchini, diced
2 cups diced tomato can
1 cup homemade tomato sauce
3 eggs
Pinch of chili pepper
Salt and pepper
Green onions for garnishing

Instructions

Preheat oven to 400 degrees F.
In a large pan, add olive oil over medium-high heat.
Add onions and garlic.
Cook until the onions are brown. Stir frequently.
Add sweet potato and turnip. Cook for about 5 minutes.
Add zucchini, diced tomato and tomato sauce.
Cook until veggies are tender. If necessary, add water to help to cook the veggies.
Spread vegetable mixture evenly in the greasy baking dish (casserole dish).
With the back of a large spoon, make 3 indentations in the veggies mixture.
Crack 1 large egg into each indentation, keeping the yolk intact.
Season eggs with salt and pepper.
Bake for about 15-20 minutes or until the eggs whites are set.
Remove from oven and garnish with green onions



Main Dishes

Sweet Potato, Kale and Shrimp Skillet

Ingredients

2 tbsp olive oil
½ cup onion, diced
Red pepper flakes, to taste
2 garlic cloves, minced
2 cups sweet potatoes, diced
2 cups fresh shrimp
3 cups trimmed and coarsely chopped kale leaves
Ground black pepper and salt

Instructions

In a saucepan, add the extra virgin olive oil over medium heat.
Add onions and red pepper flakes.
Cook until onions are soft and golden.
Add garlic and cook for about 30 seconds.
Add sweet potato and cook until soft. It is about 10-15mins. In case you need, add a few tablespoons of water to help steam the sweet potato.
Add shrimp and cook for 2-3 minutes, or until they turn pink.
Turn the heat to low and add kale, stirring until wilted.
Season to taste with salt and pepper.



Main Dishes

Baked Potato with Lemon Shrimp

Ingredients

1 1/2 pounds shrimp, peeled and deveined
2 tbsp extra virgin olive oil
2 cloves garlic, minced
1 tbsp lemon zest
2 tbsp lemon juice
Salt and pepper
3 medium (about 1 & 1/2 lbs) potatoes, diced
1/2 jalapeno, sliced
Feta and green onions for garnish

Instructions

Preheat the oven to 450 degrees.
In a medium bowl, combine clean and dry shrimp, 1 tbsp olive oil, garlic, lemon zest, lemon juice, salt and pepper. Toss everything together.
Grease a 9-inch baking dish.
Add potato and drizzle with remaining oil, sprinkle salt, pepper and jalapeño.
Roast potatoes in the oven for about 15 minutes, until tender.
Remove potatoes from oven and top with shrimp and place back in the oven.
Roast an additional 10 minutes, until the shrimp is pink and roasted.
Remove from the oven and garnish with feta and green onions.



Brownie + Cookies + Bar

Flourless Chocolate Chip Brownie

Ingredients

500g almond butter
2 eggs
¾ cup of honey
1 tbsp vanilla extract
½ cup cocoa powder
1 tsp baking soda
½ tsp kosher salt
1 cup 50% cacao chocolate chips

Instructions

Pre-heat oven to 325F.
In a large bowl, pour almond butter and mix well with spatula until smooth.
Add all the remaining ingredients, except the chocolate chips and mix well to combine.
Fold in chocolate chips.
Grease the baking pan with cooking spray, butter or coconut oil.
Bake for about 30mins or until the brownies are cooked through.



For this recipe I used this [Almond Butter](#) brand.



Brownie + Cookies + Bar

Gluten Free Chocolate Chip Cookies

Ingredients

1 cup unsalted **almond butter**
¾ cup raw sugar or you can replace for brown sugar
1 egg
1 tsp. vanilla extract
1 tsp. baking soda
1 tsp. kosher salt
½ cup 70% dark chocolate chips or any other chocolate chips of your preference.

Instructions

First, pre-heat the oven to 350.
In a medium bowl, whisk all the ingredients together, except the chocolate chips.
When all the ingredients are combined, add the chocolate chips and mix well.
Scoop out 1 tablespoon of the batter onto the tray with silicone mat or parchment paper.
Bake for 9 minutes.
Let them cool completely to remove from the baking sheet.
Makes 22 cookies.



For this recipe I used this **chocolate chips** brand.



Brownie + Cookies + Bar

White Chocolate Chip Cookies

Ingredients

1 cup unsalted organic peanut butter
¾ cup raw sugar or you can replace for brown sugar
1 egg
1 tsp. vanilla extract
1 tsp. baking soda
1 tsp. kosher salt
½ cup white chocolate chips

Instructions

Pre-heat the oven to 350F.
In a medium bowl, whisk all the ingredients together, except the white chocolate chips.
When all the ingredients are combined, add the white chocolate chips and mix well.
Scoop out 1 tablespoon of the batter onto the tray with silicone mat or parchment paper.
Bake for 9 minutes.
Let them cool completely to remove from the baking sheet, otherwise the cookies may break apart.
Makes 22 cookies.



For this recipe I used this [Peanut Butter](#) brand.



Brownie + Cookies + Bar

Peanut Butter Chocolate Chip Bars

Ingredients

1/2 cup (100g) raw sugar or brown sugar
1 cup (250g) organic peanut butter
2 teaspoons vanilla extract
1/4 cup (120ml) coconut milk
1 cup (80g) old-fashioned rolled oats
1/2 cup whole wheat flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (90g) 70% cacao chocolate chips

Instructions

Preheat oven to 350F degrees.
In a large mixing bowl, cream together the peanut butter and the raw sugar.
Add vanilla and coconut milk and mix well.
In a separate bowl mix together the dry ingredients.
Add dry ingredients to creamy mixture.
Fold in chocolate chips.
Press the dough firmly into a greased 9x9" baking dish.
Bake for about 17-20 minutes.
Let cool and cut into squares.



For this recipe I used this [coconut milk](#) brand.



Thank You

Hello, There!!

I'd like to thank you for joining Primavera Kitchen Newsletter! It's great to have you here and I'm excited to share my recipes with you. I hope you've found this ebook helpful and look forward to hear what recipes you have tried. Please, post your pictures with [#primaverakitchen](#) on [Instagram](#) so I can share, comment and like your photos. It is always fun to see my reader's recreations.



About the blogger!

My name is Olivia and I am originally from Brazil, but I have lived in Canada for over 5 years with my French-Canadian husband Pierre. He is my official recipe tester and also the editor of the blog. I created this blog in June 2014 because I wanted to share my recipes and inspire people to make more homemade food and healthier dishes.

Do you want to know more about me?

To read more about my story and my personal health journey, please visiting my [About Page](#) on the blog!

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Olivia Ribas

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