

Beet & Carrot Turkey Bites with Kale

8 oz extra lean ground turkey
1/2 carrot (medium, peeled and grated)
1/2 beet (medium, peeled and grated)
1/4 tsp Sea Salt
1/4 tsp dried thyme
1 1/2 tsps Dijon mustard
2 tbsps extra virgin olive oil (divided)
1 tbsp lemon juice
3 cups kale leaves (chopped, massaged)

In a large mixing bowl, use your hands or a spatula to combine all the ingredients except the oil, lemon juice, and kale.

Divide the mixture and form patties about four inches wide. The patties will shrink after cooking.

Heat half of the oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about four to five minutes on each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.

Meanwhile, add the remaining oil and lemon juice to the kale.

Transfer the burger patties a plate lined with paper towel and serve immediately over the kale. Serves 2. Enjoy!

Recipe courtesy of That Clean Life.

Salmon & Roasted Root Veggie Salad

- 1 sweet potato (medium, peeled and diced)
- 1 beet (medium, peeled, and diced)
- 3 tbsps extra virgin olive oil (divided)
- sea salt & black pepper (to taste)
- 10 ozs salmon fillet
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1/8 tsp turmeric
- 3 cups baby spinach
- 2 tbsps pumpkin seeds

Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.

Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.

Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.

Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.

To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing.
Serves 2. Enjoy!

Recipe courtesy of That Clean Life.

Pumpkin Pie Baked Oatmeal

2 cups pureed pumpkin
2 eggs
1/2 cup maple syrup
1 tbsp pumpkin pie spice
1 tsp vanilla extract
3/4 tsp baking powder
1/2 tsp sea salt
1 cup unsweetened almond milk
2 1/2 cups oats (rolled or quick)
1/4 cup ground flax seed
1/4 cup pumpkin seeds

Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)

In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.

Bake in the preheated oven for 40 minutes or until the center feels set and the edges are slightly golden Serves 6. Enjoy!

Recipe courtesy of That Clean Life.