

FED & FULL

HEALTHY HOLIDAY

salads



created by

AMY LYNNE POWER



FED & FULL

A COLLECTION OF RECIPES FOR A HEALTHY LIFESTYLE

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LUXURY PERSONAL CHEF BASED IN LAKE TAHOE, CALIFORNIA



TABLE
of
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MEET

AMY LYNNE POWER



Amy Lynne Power

Hey there! I'm Amy Lynne Power, and I'm behind all the things delicious with Fed & Full. Bay-area-born turned mountain girl who loves to cook and loves to eat even more. I'm mama to Lincoln and wife to the best guy ever, Lane.

My favorite meal to cook is the food that makes my clients (or my family and friends) happiest.

For some, that's a healthy, balanced meal, and for others, that's an over-the-top indulgence. I can do it all, and I enjoy all the different challenges that come with every style of cooking ... and eating. (Don't forget the eating.)

INTRODUCTION

why this book

From parties to potlucks, the endless supply of food and EATING during the holiday season can be a little overwhelming - am I right?!

Granted, I love to party and partake in lots of eating - hello I live for food - but when I go to a potluck-style dinner the first thing that comes to mind is: "what the heck will I be able to eat!"

DO YOU KNOW HOW MANY TIMES I PRE EAT BEFORE PARTIES?

It's quite genius, I tell you. By pre eating, you avoid a situation and where you might turn into a hangry monster, seeing laser beams and wanting to smash through doors. I swear this has never happened to me :).

A FED AMY IS ALWAYS A HAPPY AMY. ASK MY HUSBAND.

So when I attend a holiday party or potluck, I put my hangry little belly first, making sure that I bring a healthy, filling, and delicious salad that, first and foremost, *I* can eat, because no one wants a hungry Amy around the party. Believe me.

LET'S BE REAL AND YOU PROBABLY DON'T KNOW THIS ABOUT ME.

I grew up having celiac disease my whole life without any clue; I thought that it was normal to feel that way. I know - how?! Long story short, it wasn't until April of 2017 that I removed all inflammatory foods from my diet, and a whole world of possibilities and food forever changed for me. Fast forward to today, I'm feeling great and I manage my autoimmune disease with an adapted way of eating.

I DON'T EAT LIKE MOST HUMANS.

Some call it limited, and most people look at me like I'm a little crazy when I tell them how I eat, but when you've experienced health rock bottom, making a change for the better is the easy part. My dietary non-negotiables with my diet are pretty cut and dry, with no gluten, dairy, refined sugar, caffeine, and a few other things I cut out. It seems like a lot of NO's, but there is a world of YES's that I get to eat. No, it's not dull, and I don't feel deprived. I am not miserable, trust me. I do NOT care when you eat that cake in front of me. No judgment here - get buck wild!

THIS WAY OF EATING HAS MADE ME SUCH A BETTER CHEF

The sky's the limit when it comes to my passion for cooking. You want healthy, fried, carb loaded, or a dessert table - I can make it all and it'll taste freaking fabulous. Try me! If you come to me wanting a cake that is gluten, dairy, and refined sugar free, it's not a big deal. I got you covered, and don't worry, it will be just as delicious if not more, than the original glutinous option. Even better, your guests will likely have no clue.

THIS BOOK IS DEDICATED TO...

All the people that want to stay healthy this holiday season without feeling deprived. Those that want to eat that piece of cake with some veggies on the side. More importantly, it's for those who struggle with autoimmunity or dietary 'limitations' and doesn't want to feel left out at the parties with tables piled high.

Friends! Holiday food *can* be healthy!

hope you enjoy + happy cooking

BUTTERNUT SQUASH & BACON SALAD

caramelized butternut squash with baby greens, Humboldt fog goat cheese, toasted pine nuts, crispy applewood smoked bacon tossed with a citrus basil vinaigrette

SERVES 6 - 8

ingredients

- 1 BUTTERNUT SQUASH, PEELED AND CLEANED
 - 2 TABLESPOONS AVOCADO OIL
 - 1 TEASPOON OF SEA SALT
 - 2 TABLESPOONS BUTTER
 - 1 CUP PINE NUTS
 - 1 POUND BACON, SLICED
 - ½ CUP CRUMBLED HUMBOLDT FOG GOAT CHEESE
 - 6 CUPS MIXED BABY GREENS
- CITRUS BASIL VINAIGRETTE
 - 1 CUP FRESH-SQUEEZED ORANGE JUICE
 - ½ CUP FRESH BASIL
 - ½ CUP CALIFORNIA OLIVE OIL
 - SEA SALT AND FRESHLY GROUND PEPPER, TO TASTE

instructions

Preheat oven to 425f.

Thinly slice the butternut squash and arrange on a parchment-lined baking sheet.

Coat the butternut squash with oil and salt, and roast in the oven for 20 minutes, until its tender and golden brown.

In a medium skillet on medium heat add butter, melt until lightly brown and then add the pine nuts. Toast until golden brown. Remove and set aside.

Cook bacon in a skillet until crispy. Drain fat and set aside.

For the vinaigrette, place all the ingredients in a blender and blend until smooth.

To assemble salad, place greens in a large bowl and top with butternut squash, goat cheese, pine nuts, and bacon.

Drizzle citrus basil vinaigrette on top just before eating and enjoy!

diet notes

DAIRY - FREE

Remove the cheese or leave on the side

VEGETARIAN + VEGAN

For vegans follow the DF recommendations and remove bacon or leave on the side

AIP

Leave out the dairy, pine nuts and check the bacon for added sugar

MAKE IT A MEAL BY ADDING CHICKEN OR ROASTED SEA BASS



CAULIFLOWER & CHIPOTLE CHICKPEA SALAD

with spicy baby arugula, sliced cucumbers, watermelon radish, wedges of avocado, feta crumbles, and creamy herb tahini dressing

SERVES 6 - 8

ingredients

- 1 HEAD OF CAULIFLOWER, CUT INTO FLORETS
 - 1 CAN (14 OZ) CHICKPEAS, DRAINED
 - ½ CUP AVOCADO OIL
 - 1 TABLESPOON SMOKED PAPRIKA
 - 2 TEASPOONS CHIPOTLE CHILI POWDER
 - 1 TEASPOON CUMIN
 - 2 CLOVES GARLIC, MINCED
 - 1 TEASPOON OF SEA SALT
 - 6 CUPS BABY ARUGULA
 - 1 PERSIAN CUCUMBERS, SLICED
 - 1 WATERMELON RADISH, THINLY SLICED
 - ½ CUP FRESH HERBS, SUCH AS PARSLEY, CILANTRO AND BASIL
 - 4 OUNCES FETA CHEESE, CRUMBLLED
 - 1-2 AVOCADOS, SLICED
- HERB TAHINI DRESSING**
- ½ CUP TAHINI
 - ⅓ CUP FRESH PARSLEY
 - ⅓ CUP FRESH BASIL
 - ⅓ CUP FRESH CILANTRO
 - JUICE OF 1 LIME
 - 3 TABLESPOONS APPLE CIDER VINEGAR
 - 3 TABLESPOONS HONEY
 - ½ CUP CALIFORNIA OLIVE OIL
 - SEA SALT & FRESH GROUND PEPPER, TO TASTE

instructions

Preheat oven to 425f.

On a parchment-lined baking sheet, combine the cauliflower, chickpeas, oil, chili powder, paprika, cumin, garlic, and salt. Toss all the ingredients together and place in the oven. Roast for 40 minutes, turning 1-2 times during the cooking process.

To make the dressing, combine all ingredients in a blender or food processor until completely smooth. Add water to thin out consistency, if needed. Taste and adjust the seasoning with salt and pepper.

To assemble salad, place greens in a large bowl and top with cauliflower, chickpeas, cucumbers, watermelon radish, avocado, feta, and extra fresh herbs.

Drizzle creamy herb tahini dressing on top just before eating and enjoy.

diet notes

DAIRY - FREE

Remove the cheese or leave on the side

VEGETARIAN + VEGAN

For vegans follow the DF recommendations, replace honey with maple syrup

AIP

Leave out the dairy, chickpeas, nightshades, no tahini in dressing, make a vinaigrette

MAKE IT A MEAL BY ADDING CHICKEN OR GRILLED SHRIMP



DELICATA SQUASH & FIG SALAD

*roasted delicata squash, spicy baby arugula, sliced figs, Humboldt fog goat cheese
crumbles with a pomegranate vinaigrette*

SERVES 6-8

ingredients

- 2 DELICATA SQUASH, SLICED INTO ROUNDS AND SEEDS REMOVED
 - 1 PINT FRESH FIGS, WASHED AND SLICED IN HALF
 - 2 TABLESPOONS AVOCADO OIL
 - 1 TEASPOON OF SEA SALT
 - ½ CUP CRUMBLED HUMBOLDT FOG GOAT CHEESE
 - 6 CUPS OF BABY ARUGULA
 - 1 CUP POMEGRANATE SEEDS TO GARNISH
- POMEGRANATE VINAIGRETTE
 - ½ CUP POMEGRANATE JUICE
 - 2 TABLESPOONS HONEY
 - ½ CUP CALIFORNIA OLIVE OIL
 - SEA SALT AND FRESHLY GROUND PEPPER, TO TASTE

instructions

Preheat oven to 425f.

Arrange delicata squash on a parchment-lined baking sheet. Coat with oil and salt, and roast in the oven for 20 minutes, until its tender and golden brown.

After 10 minutes of cooking, toss the figs on the same baking sheet and cook for the remaining 10 minutes. Remove from oven to cool.

To make the vinaigrette, place all ingredients inside a bowl and mix until combined.

To assemble salad, place greens in a large bowl and top with squash, figs, goat cheese, and pomegranate seeds.

Drizzle pomegranate vinaigrette on top just before eating and enjoy.

diet notes

DAIRY-FREE

Remove the cheese or leave on the side

VEGETARIAN + VEGAN

For vegans follow the DF recommendations, replace honey with maple syrup

AIP

Leave out the dairy

MAKE IT A MEAL BY ADDING CHICKEN OR ROASTED SALMON



BEET & BLUE CHEESE SALAD

roasted beets with baby greens, maple-glazed pecans, sliced Asian pears, pomegranate seeds, and Point Reyes blue cheese tossed with a fig balsamic vinaigrette

SERVES 6 - 8

ingredients

- 2-3 BEETS, WASHED
- 2 TABLESPOONS AVOCADO OIL
- 1 TEASPOON OF SEA SALT
- 6 CUPS MIXED GREENS
- 1 CUP MAPLE-GLAZED PECANS, STORE-BOUGHT OR **FED & FULL** **RECIPE**
- 1 ASIAN PEAR, THINLY SLICED
- ½ CUP POMEGRANATE SEEDS
- ½ CUP CRUMBLED POINT REYES BLUE CHEESE

FIG BALSAMIC VINAIGRETTE

- ½ CUP FIG PRESERVES, **MITICA F&F** FAVORITE THAT IS SUGAR FREE
- ½ CUP BALSAMIC VINEGAR
- ¼ CUP CALIFORNIA OLIVE OIL
- SALT & FRESHLY GROUND PEPPER, TO TASTE

instructions

Preheat oven to 425f.

On a parchment-lined baking sheet, coat beets with oil and salt, and roast for 35-45 minutes or until fork-tender. Let the beets cool, peel and slice into wedges.

To make the vinaigrette, place all ingredients inside a bowl and mix until combined.

To assemble salad, place greens in a large bowl and top with beets, pecans, pear, pomegranate, and blue cheese.

Drizzle fig balsamic vinaigrette on top just before eating and enjoy.

diet notes

DAIRY-FREE

Remove the cheese or leave on the side

VEGETARIAN + VEGAN

For vegans follow the DF recommendations

AIP

Leave out the dairy and nuts

MAKE IT A MEAL BY ADDING CHICKEN OR GRILLED STEAK



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