



Holiday Side Dishes with a Healthy Twist

JASMINE SIMONE, FOUNDER, OF SALT AND SOIL WELLNESS SOLUTIONS

Jasmine Simone, Founder, Of Salt and Soil Wellness Solutions




Bio

Jasmine Simone is a plant-based celebrity chef, certified nutritionist, nutritious food justice advocate and a public health professional. Jasmine Simone's work has led her to make the meaningful connection between agricultural wellness and mental wellness. She is the founder of the wellness solutions organization SALT and SOIL and has conducted health and wellness trainings and speaking events for a number of organizations including NAMI (National Alliance on Mental Illness), Spelman College, Colin Kaepernick's, Know Your Rights Camp, The City of Atlanta, The City of New York, Harlem Grown Farm, Truly Living Well Center for Natural Urban Agriculture and Afro-Punk."

RECIPE : Holiday Greens that save you green\$

- 2 Large head of Collards, Rainbow Chards, Swiss Chards, or Spinach
- 14 Sundried tomatoes
- 2 Large Vidalia Onions
- 10 Large Mushrooms (mix of shitake and trumpet)
- 2 Orange Bell Peppers
- 2 Jalapeno peppers
- 2 Cups Broth
- 2 large Green Tomatoes
- 4 tbsp Coconut Oil
- 3 Garlic cloves
- 2 tbsp Salsa
- 2 tbsp of sea salt


- 
- ▶ Chop onions, Garlic, tomatoes, mushrooms, sundried tomatoes, and all peppers
 - ▶ Place coconut oil in a skillet on medium heat
 - ▶ Sautee chopped items in skillet for 5-10 minutes
 - ▶ Roll Collards on cutting board and make small chops. Repeat for Swiss Chard, Spinach, and Sweet Potato Greens.
 - ▶ Add cut greens to the skillet along with sauteed items
 - ▶ Add broth and sea salt and seasonings to flavor (also can add Liquid Aminos, Liquid Smoke, and/or Nutritional Yeast)
 - ▶ Stir Mixture for about 5 minutes
 - ▶ Let Simmer for an additional 5 minutes

Additional Healthy Holiday Option: Herbed Quinoa Savory Stuffed Sweet Potatoes w. Basil Aioli

- 4 sweet potatoes
- 2 tsp grapeseed oil
- 1 cup cooked Quinoa
- 3¼ cup broth (from September Recipe, Build Your Own Broth)
- 1 leek diced
- 1 shallot diced
- 3 cups wild mushrooms
- 1 tsp fresh rosemary
- 1/2 tsp sea salt
- 1 tsp black pepper

Basil aioli

- ½ cup mayo
- 1 cup fresh basil

- 
- ▶ Cut Sweet Potato in half and bake in oven at 325 F for 15 minutes
 - ▶ Chop Leek and
 - ▶ Heat up skillet on medium heat and add grapeseed oil
 - ▶ Chop up leek and shallots and sautee in skillet
 - ▶ Chop up wild mushrooms and add to skillet
 - ▶ Prepare Quinoa and mix with broth
 - ▶ Use previously made greens (see Holiday Greens recipe) and mix with quinoa
 - ▶ Add salt and pepper to taste
 - ▶ Mix Mayo and fresh chopped basil in separate bowl
 - ▶ Add mixture of quinoa, greens, to cut half of sweet potato
 - ▶ Dollop Basil Aoli mixture on top
 - ▶ Place Rosemary on top to garnish