

SHOPPING LIST

COOKING FOR LONGEVITY

Spinach Dal
Coconut Mashed Sweet Potatoes
Roasted Beet Hummus

PRODUCE

- 1 yellow onion
- ` head garlic
- 1 knob fresh ginger
- 1 cup fresh baby spinach
- 1 bunch fresh cilantro
- 1 lime
- 4 lbs sweet potatoes
- 1 large beet
- 1 lemon

FROM YOUR PANTRY/GROCERY

- salt
- pepper
- extra virgin olive oil
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp red pepper flakes
- 1/4 cup coconut oil
- 1 can chopped tomatoes
- 1 cup lentils
- 1 can coconut milk
- 1/2 tsp ground cinnamon
- 1 can chickpeas
- 3 Tbsp tahini

SPINACH DAL

PREP TIME

10 mins

COOK TIME

40 mins

SERVINGS

4-6

INGREDIENTS

1 tsp garam masala
1 tsp turmeric
1 onion, chopped
4 cloves garlic, chopped
1-inch piece fresh ginger, peeled & chopped
1 tsp red pepper flakes
1/4 cup coconut oil

1 can chopped tomatoes
1 cup lentils
2 1/2 cups water
1 cup fresh spinach leaves
fresh cilantro
1 lime, sliced
salt & pepper

INSTRUCTIONS

1. In a medium pot, saute the garam masala, turmeric, onion, garlic, ginger, salt, and red pepper flakes in the coconut oil until the onions are transparent.
2. To the pot, add tomatoes, lentils, and water and bring to a boil. Reduce to simmer and cook for 30 minutes, partially covered.

3. Add spinach to the pot and stir to combine. Cook for 5 minutes until wilted.
4. Season with salt and pepper and serve over rice. Top with cilantro and lime. Enjoy!

COCONUT MASHED SWEET POTATOES

PREP TIME

10 mins

COOK TIME

30 mins

SERVINGS

4-6

INGREDIENTS

- 4-5 lbs sweet potatoes, peeled & cubed
- 1 can low-fat or regular coconut milk
- 1/2 tsp ground cinnamon
- salt

INSTRUCTIONS

1. Place the sweet potatoes in a large stockpot and cover with cool water by 1 inch. Bring to a boil then reduce to a simmer until sweet potatoes are cooked through, about 20-25 minutes.
2. Drain sweet potatoes using a colander and transfer to a large bowl (or back to the stockpot).
3. Add coconut milk to the sweet potatoes and use a potato masher or hand mixed to mash to your desired consistency.
4. Stir in the cinnamon and salt. Enjoy!

ROASTED BEET HUMMUS

PREP TIME

10 mins

COOK TIME

30 mins

SERVINGS

4-6

INGREDIENTS

- 1 large beet
- 1 can chickpeas, drained & rinsed
- 1 lemon, juiced
- 2 cloves garlic, minced
- 3 Tbsp tahini
- 1/4 cup extra virgin olive oil
- salt & pepper

INSTRUCTIONS

1. Preheat oven to 375° F. Rub beet with a little olive oil, wrap in foil and bake until fork-tender.*
2. When cooled, slice beet and add to food processor to blend until smooth. Add chickpeas, lemon juice, garlic, tahini, olive oil, salt, and pepper to food processor and blend to your preferred texture.
3. Spoon into serving dish and garnish with a drizzle of olive oil. Enjoy with pita and vegetables or in a sandwich or wrap!

*Alternatively, use pre-cooked beets from the produce section of the grocery store.