

Fresh Corn, Kale and Sweet Potato Chowder

45 mins

*Use your leftover whey, if you saved it, in place of water or veggie stock. It might sound strange, but whey is so flavorful, and full of excellent milk proteins.

4 ears of corn
1 large sweet potato
½ Bunch of Kale
2 cloves garlic
1 T ghee
2 cups milk or rice/almond milk
2 cups water, whey OR veggie stock
salt and pepper to taste

In a large saucepan, saute the garlic in the ghee on medium heat. Do not let it turn brown. Feel free to experiment with adding an onion, a carrot if you have it, or a tiny bit of curry powder for added flavor. Cube the sweet potato, and add it after the garlic has cooked for 2 or 3 minutes. Stir in the ghee for another 2 minutes or so, then add the water, stock or whey. Bring to a simmer for 10 minutes. Then add corn, freshly sliced off the cob. Simmer for another 5 minutes, and check to see if the sweet potatoes are cooked through. Add the milk, and once it becomes warm, turn off the heat, and add the kale, chopped into small squares. Season with salt and pepper, and let sit for a few minutes. If you have a hand blender, you might choose to use it, just for added creamy texture. Leave some big chunks of veggies whole, though! Serve warm - it's enough for dinner, or have some whole grain bread on the side, perhaps with paneer, for a big, hearty lunch.

Simple Baked Sweet Potato

30-40 mins

*Sweet potatoes have good fiber content, as well as some protein! Sweet potatoes can help curb cravings for unnatural sweets.

Sweet potato
1 tsp ghee
¼ tsp cinnamon
sprinkle of salt, optional

Turn on the oven to 400 degrees. Wash the sweet potato well, leave the skin on. Simply place it in the oven, top or bottom rack is fine, and it does not even need a pan! You may choose to put a piece of aluminum foil, or a bake safe dish underneath it, to catch any drips. (*Pop in another, and use it to make your sweet potato biscuits later in the week!) Bake for 40 minutes, or until you start smelling it's sweetness in the kitchen. Open the oven

carefully, and pierce it with a fork to check for doneness. It should be very soft. Remove when finished with an oven mitt and place on a plate. Cut open and add your ghee, cinnamon and sprinkle of salt. You may allow it to cook for a few minutes, or mash it with your fork and eat right out of the skin!