



Alternative Dish Health Coaching

Summer Recipe Challenge

BEGINS AUGUST 3RD, 2020 – \$17

Each week during this 4-week challenge, a different piece of seasonal produce will be featured along with five recipes that you can use it in. Recipes will be released on Monday mornings so you have a week to make the recipes before we get together and talk about them. At the end of the 4 weeks you'll have 20 healthy recipes that will nourish your body and soul.

The challenge includes:

- Weekly mini-recipe books with 5 plant-based and gluten free recipes, nutritional information and preparation tips.
- Weekly Facebook Lives with Chef Maggie to talk about the recipes, bounce ideas off each other, and connect about food. Facebook lives will be on Mondays at 9:00 am CST, replay will be available.
- Access to the private Recipe Challenge Facebook group to share photos of your recipes, get tips from each other and share ideas.
- Private access to Chef Maggie for the duration of the challenge for recipe help and other cooking related questions.

BONUS: Signup and receive a recipe eBook featuring 15 Healthy Plant-Based Smoothies for Summer.

[Sign up for the Summer Recipe Challenge](#)



Mediterranean Zucchini Noodles with Cashew Cream Sauce

Serves 4

Cashew Cream Sauce:

- 1 cup raw cashews, soaked for at least 2 hours if not using a high powered blender
- 1 cup almond milk, or other non-dairy milk, plus more for thinning
- ½ cup sun-dried tomatoes, drained and rinsed if packed in oil
- 1 tablespoon nutritional yeast, optional
- 1 teaspoon dried basil, or about 2 tablespoons fresh
- ½ teaspoon salt
- 1 clove garlic, or ½ teaspoon garlic powder

Zoodles:

- 4 medium zucchini (about 2 pounds)
- 1 teaspoon olive oil, or 1 tablespoon water
- ½ cup kalamata olives, halved
- ½ cup artichoke hearts, roughly chopped

Add all cashew cream ingredients to a blender and blend until smooth. Add more almond milk a tablespoon at a time as necessary to help blend and create a rich, smooth sauce. Set aside.

Trim off the ends of the zucchini and use a spiralizer or a mandolin to turn the zucchini into “noodles.”

Heat a large, deep skillet over medium-high heat. Add olive oil or water, zucchini noodles, olives and artichokes and toss with tongs. Cook until noodles are al dente, about 4-6 minutes — the noodles should be wilted, but still have a crunch. The noodles will get mushy if you cook them too long, so resist the temptation and stop when they still have a little bite.

Lower the heat to medium-low. Add ½ the sauce to the pan and toss to combine. Keep adding sauce until noodles are thoroughly coated. Serve immediately. Enjoy!