



Recipes Contributed to the Brain Warriors Cookbook by WHE Chefs

***Breakfast***

- Muffin Tin Egg Frittatas by Chef Robyn pg49
- Brainberry Muffins by Chef Robyn pg 50

***Salads***

- Orange Fennel and Blueberry Salad by Chef Robyn pg 70
- Kale and Quinoa Tabbouleh by Chef Rebecca pg 73
- Shredded Rainbow Salad by Chef Robyn pg 77
- Chicken Quinoa Chard Toss by Chef Robyn pg 78
- Sweet Potato Salad by Chef Rebecca pg 84

***Soups and Stews***

- Creamy Coconut Curry Soup by Chef Robyn pg 91
- Moroccan Spiced Lamb Stew by Chef Rebecca pg 93
- Crock-Pot Chicken Shawarma with Cilantro Garlic oil by Chef Rebecca pg 96
- Chicken Yam Chowder by Chef Rebecca pg 99
- Mushroom Cashew Cream Soup by Chef Rebecca pg 100
- Peppy Meatball Soup by Chef Rebecca pg 103

***From the Sea***

- Salmon Sliders by Chef Robyn pg 125
- Curry Shrimp Kebabs by Chef Rebecca pg 130
- Coconut Cashew Halibut by Chef Robyn pg 132

***Poultry***

- Shrewd Shepherd's Pie by Chef Robyn pg 139
- Satisfying Stuffed Chard by Chef Rebecca pg 143
- Chicken Thigh "Parmesan" with Spaghetti Squash by Chef Robyn pg 144
- Ginger Chicken Meatballs and Broccoli Pasta with Almond Coconut Sauce  
by Chef Robyn pg 145
- Chicken Asada with Fajita-Style Veggies by Chef Robyn pg 147
- Mini Turkey Meat Loaves by Chef Robyn pg 148

Simple Citrus Chicken by Chef Robyn pg 149  
Turkey Stuffed Peppers by Chef Rebecca pg 150  
Tomato Basil Chicken Breast Rolls by Chef Robyn pg 153  
Savory Chicken Masala by Chef Robyn pg 154

### ***Meat, Lamb, and Pork***

Lamb and Quinoa Stuffed Cabbage by Chef Sarah pg 163  
Herbed Bison Sliders with Blueberry BBQ Sauce by Chef Robyn pg 167  
Braised Lamb Shanks by Chef Rebecca pg 171  
Apple Infused Pork Medallions with Onions by Chef Robyn pg 172  
Cinnamon Spice Flank Steak by Chef Robyn pg 175  
Fortifying Bison Meatballs by Chef Rebecca pg 179

### ***Staples, Not Sides***

Sweet Potato Hash by Chef Robyn pg 193  
Veggie Gratin by Chef Robyn pg 197  
Wide Veggie Noodles with Sesame Tahini Sauce pg 198  
Shredded Brussels Sprout Saute by Chef Robyn pg 201

### ***Snacks***

Refreshing Salmon Salad by Chef Rebecca pg 209  
Sesame Almond Bars by Chef Robyn pg 215  
Mac-N-No Cheese by Chef Rebecca pg 216

### ***Sauces, Spreads, and Condiments***

Tart and Tangy BBQ Sauce by Chef Rebecca pg 233  
Restaurant Style Salsa by Chef Robyn pg 235  
Simple Tomato Sauce by Chef Robyn pg 245  
Stimulating Lemon Basil Dip by Chef Robyn pg 248  
Piquant Chimichurri Sauce by Chef Rebecca pg 252  
Perfect Pesto by Chef Rebecca pg 254

### ***Bakery***

Double Chocolate Mini Muffins by Chef Robyn pg 268  
Revitalizing Lemon Almond Cookies by Chef Rebecca pg 272  
Scrumptious Pumpkin Muffins by Chef Rebecca pg 284  
Sweet Potato Coconut Flan by Chef Robyn pg 287