



# Food Revival

## 7 RECIPES

**For Whole Health, Not Just Weight Loss**

## **What Is Food Revival?**

revival literally means renewal or awakening

**The People Of God Used To Eat Wholesome Real Food  
It's Time We Get Back To That.**

**Glenda Hill, Host of Thirty Pounds Down  
A Christian Weight Loss Podcast**



# Food Revival

## Brussel Sprout Salad with Tahini Sauce

### Ingredients    Directions

5 cups brussel sprout, shaved  
½ cup grapeseed oil  
½ cup lemon juice  
1 cup roasted walnut or almonds  
Salt and pepper  
Tahini Sauce on last page

1. When the Brussels are finished roasting, remove them from the oven. Season to taste with black pepper and/or sea salt.
2. Arrange them on top of the salad greens along with red bell pepper and sweet onion and the nuts on top.
3. Squeeze lemon on top of Brussels
4. Add tahini sauce as desired

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## Stir-fry Cabbage & Romaine Salad

### Ingredients    Directions

- Shredded Cabbage
- Red Bell Pepper
- Carrots
- Romaine Lettuce
- sesame oil
- rice vinegar
- tamarind paste
- fresh ginger
- Maple Syrup

1. Stir-fry Cabbage Pepper and Carrots in the oil and other ingredients.
2. When the stir-fry is finished, remove them from the oven. Season to taste if needed.
3. Arrange stir-fry on top of the Romaine lettuce. Top off with peanuts

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## Cooked Kale & Sweet Potato

### Ingredients

- fresh garlic, crushed
- onions, chopped
- Baked sweet potato
- 2 cups steamed chopped kale
- Juice of 1 lemon
- peanut butter with honey

### Directions

1. Oven-bake the sweet potato, scoop out of the skin.
2. steam kale add garlic salt and pepper to taste.
3. Mix Tsp of peanut butter with honey
4. Arrange vegetables in a bowl. Top off peanut butter and honey on the sweet potato

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## Seasoning Collard Greens

### Ingredients

- 10 oz Collard greens, cooked
- 2 tbsp grapeseed or coconut oil
- 2 tsp garlic, minced
- 1 medium yellow onion, chopped
- 1 tsp smoked paprika
- ½ tsp ground cardamom
- 1 tsp ground cumin
- ½ tsp red-seeded pepper flakes
- 1 slice of kombu
- The juice of 1 lemon
- Sea salt, to taste

### Directions

1. Sautee the onions first, then the garlic. Add the remaining spices.
2. Cook chopped Collards with Kombu until tender. Then,
3. Combine onions and spices with the cooked, chopped collard greens, stir well, cover the pan and cook for about 5 minutes until the collard greens are well covered with the spices.
4. Add juice of 1 lemon to taste

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## Zucchini & Yellow Squash Salad

### Ingredients      Directions

- medium-sized squash
- dried Italian season
- cherry tomatoes halved
- mixed salad greens
- ¼ cup fresh parsley
- 1 tbsp pine nuts
- 1 tbsp lemon juice

1. When the squash and tomato have finished roasting, remove them from the oven. Season to taste with black pepper and/or sea salt.
2. Arrange them on top of the salad greens along with the pine nuts on top.
3. Squeeze Lemon on top

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## Roasted Butternut Squash & Coconut Oil

### Ingredients

- large squash, chopped or sliced
- dried sage
- 2 tbsp coconut oil
- 1 tbsp sea salt

### Directions

Evenly coat the squash lightly, with coconut oil and roast in the oven until tender and golden brown. When squash finished roasting, remove them from the oven. Season to taste with sage and/or sea salt.

Health Benefits of  
Coconut Oil



<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-coconut-oil>

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## Tahini Salad Dressing or Sauce

### Ingredients      Directions

- 1 clove garlic, minced
- 1 tbsp grapeseed oil
- 2 tbsp tahini
- 2 tbsp water
- ¼ cup lemon juice
- sea salt and black pepper to taste

Whisk together all ingredients for the dressing and serve chilled.



# ***Did You Enjoy The Recipes?***

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