



# The Plant-Based Dietitian's™ Ten Favorite Recipes for Weight Loss

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# INTRODUCTION

There are myriad methods to lose weight, trends that come and go, strategies that emerge to facilitate achievement, and more books and products on the marketplace than one can realistically delve through in a lifetime. There are fancy explanations, metabolic mayhem, attributions to broken metabolisms, hormonal hackery, macroconfusion pandemonium, and then some. But, no matter your approach, it *always* comes down to creating a deficit. It always requires that one decreases consumption of food enough—and for a long enough period of time—so that the body can have room to dig into adipose tissue, our stored energy, that is there to use as a survival mechanism in times of scarcity.

There is one way to accomplish this goal that is superlative for success. One way that is sustainable, health-promoting, nutritious, *and* delicious. That is with a whole food, plant-based diet. Whole plant foods are primed for healthy weight loss because they are nutritionally dense, calorically light (save for the higher caloric-dense options, nuts, seeds, avocados), and contain ample fibers, which support satiety and satiation.

## HOW TO LOSE WEIGHT

A deficit must be created, and this can be done by reducing the frequency by which you eat as well as by reducing the portion sizes of your meals.

It really is this simple. Simple, yes. Easy? It *can* be. If you choose it day after day, meal after meal, bite after bite. This requires changing habits and allowing for the transition to occur, knowing there will be bumps, challenges, and achievements. And in this, knowing there will be a conclusion and you will move past this phase into a more comfortable, day-to-day, automated healthful eating lifestyle.

In my coaching and consulting practice, I offer unyielding accountability to the hundreds of clients I have helped successfully achieve their goals. But everything you need to know is in this document. Eat less. Eat plants. Watch the scale and adjust accordingly.



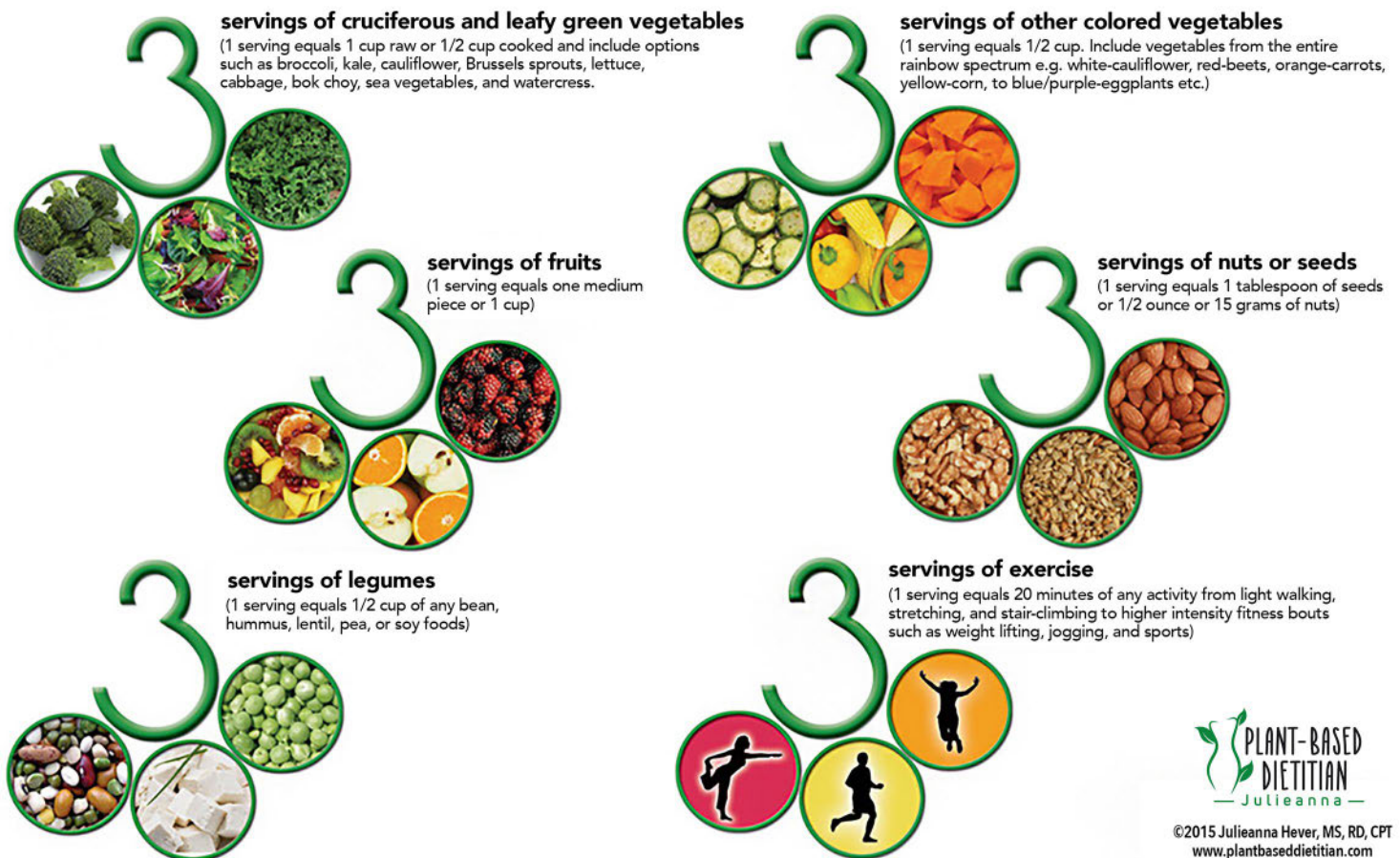


## WHAT TO EAT

Overall, aim to eat a diet based on vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs, and spices in infinite tasty combinations. Prioritize foods based on the 6 Daily 3's, including legumes (beans, lentils, peas, hummus), 1-2 ounces nuts and seeds (e.g. walnuts, cashews, hempseeds, tahini), leafy green and cruciferous veggies, other colored veggies, fruits, and movement (the single non-food group of the 6). However, the priority right now is to create a deficit, not aggregate *enough* nutrients. There will be plenty of time—the rest of your life—to optimize your nutrition for health. This is simply a foundational overview, a mnemonic, a system to think about when it comes to a healthful diet.

# THE 6 DAILY 3'S

A health-promoting lifestyle begins with these few goals for you your plate and your movement.  
Aim for just three servings of these six recommended choices every day to reduce your risk for chronic disease and to optimize your overall well-being.



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— Julieanna —

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## WHY THESE ARE PERFECT RECIPES FOR WEIGHT LOSS

Truly, it doesn't matter what you eat for weight loss if the goal is simply to lose weight. You can eat just meat, just brown rice, or just protein shakes and drop pounds. However, these methods are uncomfortable, unhealthy, and quite miserable for most people. Instead, you can enjoy the process by finding your favorite recipes, repeating them, and truly honing in on your inner wisdom on true hunger and "just enough" satiety.

The following ten recipes lend themselves deliciously well to the weight loss process for three main reasons:

1. They promote both satiation and satiety, an important part of the body's appetite control system. Satiation refers to the process that causes one to stop eating while satiety is equated with the feeling of fullness that persists when finished with eating. The latter suppresses consuming more. These two elements help determine total energy intake, which is key in creating a deficit for weight loss.
2. They are nutritionally sound and emphasize the food groups with high nutrient content and moderate those with high caloric density. Basically, you get the most nutritional bang for your caloric buck with these recipes, ala the 6 Daily 3's.
3. They are audience-tested to be tasty. These particular recipes have been aggregated from books I have written, co-authored, or published elsewhere that I have used with my weight loss clients to maximize their experience. We have seen extraordinary success.

Browse through the following five sides, four salads, and one stew and see which ones suit your palate. Make them, enjoy them, and decide which ones are keepers, which may need some modification, and those that may not end up in your regular repertoire. No matter what, these can serve as sample recipes that you can use to maximize weight loss and optimize health.

## THE RECIPES









# Cream of Mushroom Cauliflower Rice

My all-time favorite recipe I recently stumbled upon while playing in the kitchen. Since it is chock-full of myriad mushrooms and brewing with Thanksgiving autumnal flavors, it was love at first bite. Months later, I still eat this recipe nearly every single day. I hope you love it as much as I do.

## INGREDIENTS

16 oz cauliflower or cauliflower rice  
1/2 cup cashews  
4 tbsp nutritional yeast  
1 tbsp lemon juice  
1 tbsp apple cider vinegar  
1 tbsp anchovy-free Worcestershire sauce  
1 tbsp low-sodium tamari  
1 tbsp poultry seasoning  
1/2 tsp red chili flakes  
1/2 tsp black pepper  
2 tsp arrowroot  
2 cups plain unsweetened almond milk  
1 medium yellow onion, diced  
2 celery stalks, diced (~1/2 cup)  
1 jalapeño, deseeded and diced small  
1 tbsp minced garlic  
40 oz fresh mixed mushrooms, de-stemmed and roughly chopped  
**Optional (but recommended):**  
1 tbsp fresh thyme, de-stemmed  
1 tsp fresh rosemary, de-stemmed  
1 fresh sage leaf  
2 cups kale, de-stemmed and chopped



PREP TIME

10 mins

COOK TIME

30-40 mins

SERVINGS

2-4

## DIRECTIONS

1. In a food processor, fitted with an S-blade, pulse cauliflower florets into rice. This usually needs to be done in batches, depending on container size. Alternatively, you can use one 16-oz package of pre-riced cauliflower and skip this step.
2. In a blender, combine cashews, nutritional yeast, lemon juice, apple cider vinegar, Worcestershire sauce, tamari, poultry seasoning, red chili flakes, black pepper, arrowroot, and almond milk. Purée until smooth and well-combined, about 60-90 seconds.
3. Heat a large saucepan or Dutch oven over medium-high heat. Once hot, sauté onions with as little water as possible, just enough to avoid burning, until they begin to brown, approximately 3-4 minutes. Add celery and jalapeño and continue sautéing, adding water as necessary, until soft, approximately 2 minutes. Add garlic and sauté for another 30-60 seconds, or until garlic is lightly browned, being careful not to scorch.
4. Add mushrooms and fresh herbs, if using, and cover. Allow mushrooms to sweat until the pan is filled with liquid. They will reduce significantly. Uncover and allow some liquid to evaporate, about 3-5 minutes. Combine cauliflower rice and blended sauce and stir to combine. Lower the heat and cook for 20 minutes, until thickened, stirring frequently. Add kale, if using, and stir until wilted.
5. Remove from heat and enjoy immediately or cool to room temperature and store in an airtight container in the refrigerator for up to 4-5 days.





# Simple Slaw

Sometimes, the best and healthiest meal is one you can throw together quickly, chew and savor slowly, and stay satisfied for hours. Pre-chopped veggies are one of the greatest convenience foods, as they save so much time and enable you to enjoy more of the healthiest foods on the planet. Tossed with hearty chickpeas, savory sun-dried tomatoes, and topped with a lovely light creamy dressing, this salad is a perfect toss-in-a-bowl treat.

## INGREDIENTS

### Salad

12 oz broccoli slaw  
1 (15-oz.) can chickpeas or white kidney beans, drained and rinsed  
1/4 cup chopped sun-dried tomatoes (not packed in oil)

### Dressing

4 tbsp tahini  
2 tbsp + 1 1/2 tsp lemon juice (or 2 tbsp lemon juice + 2 tsp balsamic, if you prefer a sweeter flavor)  
2 garlic cloves, minced  
2 tsp low-sodium tamari  
1/4 tsp ground black pepper  
6 tbsp water



PREP TIME

10 mins

COOK TIME

none

SERVINGS

2

## DIRECTIONS

1. In a blender, combine tahini, lemon juice (and balsamic, if using), garlic, tamari, black pepper, and water. Blend until smooth and well-combined.
2. In a large bowl, combine broccoli slaw, chickpeas, and sun-dried tomatoes. Pour in dressing and toss to combine. Serve immediately or store in the fridge (with dressing stored separately) for up to 3-4 days.







# Easy Beans and Quinoa

A simple, satisfying one-pot wonder with the flavors of the Southwest, that lives up to its title using staple ingredients and being ready in 30 minutes.

## INGREDIENTS

1 small yellow onion, diced  
2 medium garlic cloves, minced or crushed  
¼ cup low-sodium vegetable broth or water  
½ cup dry quinoa  
1 (15-oz.) can no-salt-added pinto or black beans, rinsed or drained  
1 cup water  
½ tsp ground cumin  
¼ tsp salt (optional)  
¼ tsp freshly ground black pepper  
½ cup frozen corn kernels, thawed  
¼ cup chopped fresh cilantro  
(can replace with Italian parsley or omit)



PREP TIME

5 mins

COOK TIME

30 mins

SERVINGS

2

## DIRECTIONS

1. In a medium pot over medium heat, sauté onion in vegetable broth or water for 5 minutes, stirring regularly. Add more liquid as needed to avoid burning. When onions are browned and translucent, add garlic and stir for an additional minute.
2. Add quinoa, beans, water cumin, salt (if using), and black pepper. Bring to a boil, reduce heat to low, and simmer for 20 minutes, partially covered, stirring frequently, or until all liquid is absorbed. Let sit covered for a few minutes and fluff with a fork.
3. Stir in corn and cilantro until heated through. Remove from heat and serve warm.





# Wacky Wild Rice

With its Mediterranean flavors and mixture of textures, this grainy, slightly sour, chewy rice dish hits the spot with only five ingredients.

## INGREDIENTS

5 cups water or low-sodium vegetable broth, divided  
1 cup sun-dried tomatoes (not packed in oil)  
1 ¼ cups wild rice, rinsed well  
1 (15-oz.) can no-salt-added chickpeas,  
rinsed and drained  
1 (14-oz.) can artichoke hearts packed in water,  
rinsed and drained



### PREP TIME

10 mins +  
2-hr soak

### COOK TIME

60 mins

### SERVINGS

4-6

## DIRECTIONS

1. In a small bowl, combine 2 cups water and sun-dried tomatoes, and set aside to soak for 2 hours. Drain and discard water.
2. In a medium saucepan over high heat, bring remaining 3 cups water to a boil. Add wild rice, reduce heat to low, and simmer, partially covered, for 45 to 50 minutes or until nearly all liquid is absorbed.
3. Turn off heat and allow rice to stand for 10 minutes or until remaining liquid is absorbed.
4. Stir in sun-dried tomatoes, chickpeas, and artichoke hearts. Serve warm over steamed or raw salad greens.





# Hearty Red Lentil Stew

Hearty, earthy, smoky stew that can easily be batch cooked and served throughout the week hot in a bowl on its own, tucked into a baked potato, or plated as a topping over steamed or raw salad greens.

## INGREDIENTS

1 ½ cups yellow onion, chopped  
2 medium garlic cloves, minced or crushed  
1 ½ cups red bell pepper, seeded, ribs removed, roughly chopped  
4 cups low-sodium vegetable broth or water, divided  
1 ½ tbsp chili powder  
1 tsp ground cumin  
1 tsp smoked paprika  
½ tsp ground chipotle powder  
¼ tsp crushed red pepper flakes  
2 cups red lentils, rinsed  
1 (28-oz.) can fire-roasted or plain crushed tomatoes  
1 (15-oz.) can no-salt-added chickpeas, drained and rinsed  
2 tbsp freshly squeezed lemon (or lime) juice and zest  
¼ cup fresh cilantro (or Italian parsley), chopped, as garnish  
Salt and freshly ground black pepper, to taste



PREP TIME

10 mins

COOK TIME

50 mins

SERVINGS

4-6

## DIRECTIONS

1. In a large, heated soup pot, sauté onion in water for 5 minutes, stirring regularly. Add more liquid as needed to avoid burning. When onions are browned and translucent, add garlic and stir for an additional minute. Add bell pepper and ½ cup vegetable broth over medium-high heat, until onions are translucent, approximately 5 minutes. Add chili powder, cumin, paprika, chipotle powder, and red pepper flakes, and cook for an additional minute.
2. Add lentils, crushed tomatoes, remaining 3 ½ cups vegetable broth, and chickpeas. Partially cover and bring to a boil. Once boiling, reduce the heat, and simmer, stirring occasionally, until lentils are soft, approximately 30 minutes.
3. Stir in lemon juice, and zest, and sprinkle with cilantro leaves. Add salt or pepper, to taste. Serve warm.





# Chipotle Salad Bowl

The perfect dish for anyone who loves southwest flavors and hearty, satisfying salads. You can batch cook the separate components (dressing, salad, and topping) so you can enjoy it over a couple of days or take it on the go.

## INGREDIENTS

### Salad

2 romaine hearts, chopped  
4 cups cruciferous greens or pre-chopped slaw mix  
1 cup red bell pepper  
(reserve top and bottom for dressing), diced  
1/4 cup red onion, thinly sliced in rings or diced  
5-6 pickled rings or 1 small fresh jalapeño pepper, diced

### Dressing

1/4 cup raw cashews  
3 tbsp nutritional yeast  
3 tbsp ketchup  
2 tbsp lime juice (about 1 lime)  
1/2 cup unsweetened, plain plant milk  
1 red bell pepper, top (stem removed) and bottom or  
2 from jarred roasted red peppers in water  
1/4 tsp cayenne  
1/2 tsp smoked paprika (hot)



PREP TIME

20 mins

COOK TIME

5 mins

SERVINGS

2

### Topping

1 cup corn kernels, canned or frozen  
1 cup no-salt-added black, pinto, or kidney beans,  
rinsed and drained  
1 tsp chili powder  
1/2 tsp chipotle powder  
(can adjust up/down for desired heat)  
1/4 tsp cayenne pepper (optional)

## DIRECTIONS

1. In two large salad bowls, layer chopped romaine lettuce, cruciferous greens mix, and onion. Romaine hearts can be cut twice lengthwise along the vertical axis without cutting through bottom root and then sliced from the tip back to the base for even sized pieces. Dice red bell pepper, reserving top and bottom for dressing, and put aside with jalapeños for topping after dressing is added.
2. Prepare the dressing by adding cashews, nutritional yeast, ketchup, lime juice, plant milk, bell pepper, cayenne, smoked paprika into a small blender and blend until smooth and creamy.
3. To prepare the topping, in a dry non-stick pan, roast the corn over medium-high heat for 3 to 5 minutes, until it begins to caramelize. It will have brown/blackish sides. Stir in beans with a little of the juice from the can and stir. Add chili powder, chipotle powder, and cayenne, if using, and cook just long enough to heat the beans, about 1 to 2 minutes.
4. Drizzle the dressing over the greens, divide evenly between the two bowls. Top with equal portion of the hot corn and bean mixture and add diced bell pepper and jalapeño slices. Serve immediately or store components separately in the refrigerator for up to 4 days.





# Quinoa and Chickpea Tabbouleh Salad

Light and herbed-infused, this salad is refreshing, nutritious, and delicious. Traditionally made with bulgur wheat, this gluten-free version boasts similar flavors, but it's friendly for those eschewing gluten and more substantial because of the added chickpeas.

## INGREDIENTS

3-4 tbsp lemon juice with zest  
½ tsp freshly ground black pepper  
¼ tsp salt (optional)  
1 garlic clove, minced (optional)  
2 cups cooked quinoa  
1 (15-oz.) can no-salt-added chickpeas,  
rinsed and drained  
1 large unpeeled cucumber, seeded and diced  
¾ cup halved grape or cherry tomatoes  
¾ cup finely chopped Italian flat-leaf parsley  
¾ cup finely chopped mint leaves  
¼ cup finely chopped scallions



### PREP TIME

10 mins

### COOK TIME

none

### SERVINGS

2-4

## DIRECTIONS

1. In a medium bowl, whisk together the lemon juice and zest, pepper, salt and garlic (if using). Fold in quinoa, chickpeas, cucumber, tomatoes, parsley, mint, and scallions, and combine well.
2. Serve immediately, or cover and refrigerate. Serve cold or at room temperature. Store in an airtight container in the refrigerator for up to 4 days.





# Baked Lentils and Rice

Rustic and hearty, with the flexible option to mix and match the type of rice and lentils you prefer, this simple baked dish will be a regular staple in your home. This is a recipe to make when you will be home for a while and can have a quick prep followed by a long bake, all the while, enjoying the aromas of Italy diffusing throughout your home.

## INGREDIENTS

- 1 medium yellow onion, diced
- 1 cup uncooked wild and/or brown rice
- 1 cup dried lentils (red, green, and/or caviar)
- 1 (14-oz.) can crushed tomatoes, with juice
- 1 tbsp chopped fresh or 1 tsp dried rosemary
- 1 tbsp chopped fresh or 1 tsp dried basil
- 1 tbsp chopped fresh or 1 tsp dried oregano
- 4 cups low-sodium vegetable broth



PREP TIME

5-10 mins

COOK TIME

90 mins

SERVINGS

4-8

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a large, deep baking dish, combine onion, rice, lentils, tomatoes, rosemary, basil, oregano, and vegetable broth, and stir to combine.
3. Bake covered, for 90 minutes, stirring every 30 minutes to prevent sticking, until bubbling and browned. Serve warm over steamed or raw salad greens.







# Herbed Potato Salad with Maple-Dijon Dressing

Perfect picnic-friendly dish that is herbaceous, fragrant, creamy, and incredibly satiating.

## INGREDIENTS

### Salad

1 lb red fingerling potatoes, quartered  
1 lb yellow fingerling potatoes, quartered  
1/3 cup carrots, diced  
1/3 cup celery, diced  
1/3 cup onions, diced  
1/4 cup (~4) green onions (scallions)  
1/4 cup fresh dill, minced  
1/4 cup flat-leaf (Italian) parsley, de-stemmed and minced

### Dressing

1 cup hemp seeds  
3 garlic cloves, minced  
2 tbsp apple cider vinegar  
2 tbsp dijon mustard  
1 tbsp maple syrup or molasses  
1 tbsp low-sodium tamari  
1 tsp chipotle tabasco sauce  
1/4 tsp ground black pepper  
1/2 cup water, or more according to preferred thickness



PREP TIME

20 mins

COOK TIME

15 mins

SERVINGS

4-6

## DIRECTIONS

1. In a large saucepan, place potatoes and enough water to cover potatoes by ~2 inches. Bring to a boil over medium-high heat. Reduce heat and simmer on low until potatoes can be pierced easily with a fork, about 15-20 minutes. Drain potatoes and set aside.
2. In a blender, combine all dressing ingredients and blend until smooth, about 60-90 seconds.
3. In a large serving bowl, place cooled potatoes, carrots, celery, onions, green onions, dill, and parsley. Pour dressing over mixture and toss to combine. Serve warm immediately or refrigerate to allow flavors to marinate and serve cold.







# Cheesy Hash Brown Bake

A soothing, creamy comfort dish, baked in the oven, browned to perfection, and packed full of chipotle goodness. You can vary the frozen vegetables to any type of single or blend you may prefer and enjoy this hot out of the oven.

## INGREDIENTS

1 batch Chipotle Cheesy Butternut Squash Sauce:  
1 small (approximately 2-lb) butternut squash, whole  
1/2 cup nutritional yeast  
1/2 cup raw cashews  
2 tbsp freshly squeezed lemon juice  
1 tbsp low-sodium tamari  
1/2–3/4 tsp ground chipotle powder  
2 cups unsweetened, plain plant milk

1 (14-oz) bag frozen broccoli or mixed vegetable blend, defrosted  
1 (20-oz) bag frozen shredded potatoes, defrosted



PREP TIME

10 mins

COOK TIME

30-40 mins

SERVINGS

2-4

## DIRECTIONS

1. Preheat the oven to 375°F. Line baking sheet with parchment paper or a silicone baking liner. Place the squash on the baking sheet (whole) and roast until the skin is brown and bubbling, approximately 40 to 50 minutes.
2. Once cool enough to handle, peel the squash, remove the seeds, and measure out 1 1/2 cups of roasted squash. (Remaining roasted squash can be transferred to an airtight container and refrigerated for a later use.)
3. In a blender, pulse the cashews and nutritional yeast until powdered, 10 to 20 seconds. Add the cooked squash, lemon juice, tamari, chipotle powder, and plant milk. Purée until smooth, about 60 seconds.
4. Preheat oven to 400°F. In a large mixing bowl, combine the thawed vegetable blend and shredded potatoes. Pour sauce over mixture and stir to combine. Pour into a medium casserole dish. Bake for 40 minutes, or until golden brown and bubbling. Serve warm.



# CONCLUSION

Every bite matters. Every choice serves as an opportunity to move you towards your goals. Find your favorite foods, eat only when you are truly hungry, and stop when you feel satisfied.

True hunger can be assessed. When you are headed towards food, ask yourself whether a stick of celery or a crisp apple sounds delicious? If yes, you are probably hungry and should eat. If not, create space between that impulse and the execution of placing food in your mouth. Reflect on what exactly your reason is to eat. Without judgement. Define the emotion you are striving to ameliorate. Most people eat to quell stress, loneliness, entertainment, sadness, or even to celebrate.

Instead of gravitating towards food—an old and loyal habit—find other real solutions to what you were reaching to food for and execute. Food is solely a solution for hunger and nourishment. It will not effectively help soothe you when you are stressed, accompany you when you are lonely, entertain you when you are bored, cheer you up when you are sad, or enhance commemoration. Keep exhaustive and ongoing lists on other ways to soothe, accompany, entertain, cheer, and celebrate with that are anything but related to food. Take a bath, rest, meditate, go out into nature, call a friend, read a book, binge watch a series, take a walk, dance to music. It doesn't matter what it is, find the activities that solve your emotion and that won't distract and worsen the issue at hand. Eating for any reason other than nourishment and hunger only adds to the stress, often amplifying guilt, regret, and frustration because you strayed from your plan.

Practice radical self-compassion. Forgive, move on, use this as an opportunity for growth and wisdom, and choose again. Choose yourself. Over and over (and over) again.

This is the key to long-term success and mastery over food and your weight.

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## ABOUT THE AUTHOR

**Julieanna Hever**, MS, RD, CPT, The Plant-Based Dietitian, has a BA in Theatre and an MS in Nutrition, bridging her biggest passions for food, presenting, and helping people. She has authored five books, including *The Healthspan Solution*, *Plant-Based Nutrition (Idiot's Guides)*, and *The Vegiterranean Diet*, and two peer-reviewed journal articles on plant-based nutrition for healthcare professionals. She was the host of *What Would Julieanna Do?*, gave a TEDx talk, and instructed for the eCornell Plant-Based Nutrition Certification Program. She's appeared on *The Dr. Oz Show*, *Harry*, and *The Steve Harvey Show*. Julieanna speaks and consults with clients around the globe.

Find her at [PlantBasedDietitian.com](http://PlantBasedDietitian.com).

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