

Italian Inspired Lunch Cook-Along

Lili Hanft, FNTF

Shopping List:

Italian Wedding Soup:

- Ground beef
- Ground pork
- Onion
- Carrots
- Garlic
- Savoy cabbage
- Kale or spinach
- Parmesan cheese
- Dried parsley
- Dried oregano
- Dried basil
- Garlic powder
- Chicken broth

Lemon Almond Cookies:

- Almond flour
- Egg white
- Honey
- Lemon zest
- Arrowroot powder
- Vanilla

Italian Wedding Soup



Serves 4

Meatballs:

Ghee or olive oil
1/2 lb ground beef
1/2 lb ground pork
1/4 c. (1 oz) shredded parmesan
1 Tbsp dried parsley
1 tsp each basil and oregano
1 tsp garlic powder
1 tsp salt
Black pepper

Soup:

1 onion, chopped
2 tsp minced garlic
3 carrots cut into 1/4 inch coins
1 qt chicken broth
3 large leaves of kale, chopped, or 2 large handfuls spinach
1/4 of a head of savoy cabbage, sliced
1 Tbsp dried parsley
1 tsp each basil and oregano
Salt and pepper to taste

Combine the meatball ingredients and form into 16 balls. Heat the ghee or olive oil in a large pot. Brown the meatballs. Remove from the pot and add onion, garlic, and carrots. Add the dried herbs. Saute for several minutes. Add broth, kale, cabbage, and meatballs. (If using spinach, add at the end of cooking.) Cover, bring to a boil, and simmer for 15 minutes or until veggies and meatballs are done. Season to taste with salt and pepper.

Lemon Almond Cookies



Makes 12

1 c. (3.5 oz) blanched almond flour
3 Tbsp plus 1 tsp (2.5 oz) honey
1 egg white at room temp
Zest of 1/2 a lemon
1/2 tsp vanilla
2 Tbsp arrowroot powder
Pinch of salt

Beat the egg white with the salt. Combine the almond flour, honey, and zest. Fold in the egg white. Scoop out 1 Tbsp balls and coat in arrowroot powder. Place on a parchment lined baking sheet and flatten slightly. Bake for 12 minutes at 350 degrees. Let cool on baking tray before removing to a wire rack.

Lili Hanft

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