

*Happy Healthy Cooking!*



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Young Living Vitality Essential Oils can really kick your cooking up a notch.  
Here are some recipes you may enjoy trying!

## Roasted Chicken



### Roasted Chicken

#### Ingredients:

- 1 whole chicken
- 4 tablespoons olive oil
- 2 drops YL Lemon Vitality Essential Oil
- 4 drops YL Thyme Vitality Essential Oil
- Salt and pepper to taste
- Sprinkle Dried Oregano
- 1 lemon sliced
- 1 onion sliced

#### Instructions:

1. Preheat Oven to 350 degrees.
2. Mix the oils and salt and pepper together in a small bowl and set aside.
3. Place whole chicken in roasting pan breast side up and remove giblets from the cavity.
4. Using basting brush, cover the entire outside of the chicken with oil mixture.
5. If there's some left over, pour some in the cavity of the chicken.
6. Sprinkle in the chicken with a little dried oregano.
7. Place lemon and onion slices in the bottom of the roasting pan and in the cavity of the chicken.
8. Add a little water, just enough to barely cover the bottom of the pan.
9. Cook in Oven until the internal temperature reaches 180 degrees (approximately 1 hour 45 minutes).
10. Take it out and let the chicken rest 10 minutes before slicing.



### **Garlic & Thyme Creamy Mash**

#### **Ingredients:**

- 1 ½ pounds cauliflower florets
- ¼ cup nonfat Greek Yogurt
- 3 roasted garlic cloves
- 1 teaspoon fresh Chives, chopped
- 2 drops YL Thyme Vitality Essential Oil
- 1 or 2 drops YL Black Pepper Vitality Essential Oil (to taste)
- Fine sea salt (to taste)

#### **Instructions:**

1. Steam the cauliflower for approximately 6-8 minutes until the florets are tender when pierced with a fork.
2. Drain the steamed cauliflower and transfer to food processor.
3. Combine remaining ingredients and process to your desired texture.

4.



### Quinoa Black Bean Salad

#### Ingredients:

- ½ Cup uncooked quinoa
- 1 cup water
- 1 tablespoon olive oil
- 3 drops YL Lime Vitality Essential Oil
- ¼ teaspoon ground cumin
- 2 drops YL Coriander Vitality Essential Oil
- 1 tablespoon finely chopped fresh cilantro
- 2 tablespoons minced scallions
- 1 ½ up cook black beans (or 1 15 ounce can, drained)
- 2 cups diced tomatoes (seed tomatoes before dicing)
- 1 cup diced bell peppers (red, yellow, and/or orange)
- Salt and freshly ground black pepper to taste
- Lime wedges for serving

#### Instructions:

1. Rinse the quinoa well in a sieve under cold running water.
2. Bring the water to boil in a small saucepan.
3. Add the quinoa, reduce to a simmer and cook until all the water is absorbed (about 15-20 minutes)
4. Set aside to cool in a small bowl.
5. Combine the olive oils, cumin, lime oi, coriander oil, cilantro, and scallions in a medium bowl.
6. Combine the black beans, diced tomatoes, and diced bell peppers.
7. Stir in the olive oil mixture, and the cooked quinoa and stir to combine.
8. Season to taste with salt and pepper. Serve chilled with lime wedges.

## *Lemon Parsley Potatoes*



### **Lemon Parsley Potatoes**

#### **Ingredients:**

3 pounds small new red potatoes, quartered  
½ cup butter, melted  
2 tablespoons lemon juice  
2 tablespoons minced fresh parsley  
2 drops YL Parsley Vitality Essential Oil  
2 drops YL Lemon Vitality Essential Oil  
Salt and pepper to taste

#### **1. Instructions:**

2. Cook potatoes in boiling salt water until tender, about 15 minutes.
3. Drain, combine butter, lemon juice, parsley and vitality oils.
4. Pour over the potatoes and gently toss to coat.

5.



### **Parsley Garlic Bread**

#### **Ingredients:**

- ½ cup unsalted butter
- 1 head roasted garlic or as much as you would like
- Kosher salt (large pinch to taste)
- 1 loaf Italian or country bread
- 2 drops YL Parsley Vitality Essential Oil
- 1 tablespoon coarsely chopped parsley

#### **Instructions:**

1. Soften butter using a fork to mash the garlic into the softened butter, creating a paste.
2. Add a little coarse Kosher salt, YL Parsley Vitality Essential Oil, and chopped parsley.
3. Mix again.
4. Use a bread knife to score the bread deeply into thick slices that end right before the bottom crust of the loaf.
5. Spread the garlic butter on each side of each slice, making sure to get it down deep toward the bottom crust.
6. Use the remaining garlic butter to coat the exterior of the loaf and then wrap the whole thing in parchment coated aluminum foil and seal it up.
7. Bake in oven at 350 degrees F. for around 20 minutes. A little more, if your oven temperature is lower.
8. Serve hot.

## Spicy Dill Pickles



### Spicy Dill Pickles

#### Ingredients:

- 6-8 pounds of pickling cucumbers
- 1 white onion
- 24 sprigs of fresh dill
- 4 fresh jalapeños
- Fresh garlic cloves
- 2 drops YL Dill Vitality Essential Oil
- 1 drop YL Black Pepper Vitality Essential Oil
- 1 quart of distilled vinegar
- 1 quart of water
- 1 cup sugar
- 1 cup canning salted red pepper flakes

#### Instructions:

1. Cut pickles, onion, jalapeños and pack into jar with garlic and dill springs.
2. In a large pot heat vinegar, water, sugar and salt until sugar and salt dissolve and water/vinegar mixture is clear.
3. Pour into jars and let cool for 10 minutes.
4. Add 1 drop of YL Black Pepper Vitality Essential Oil, 2 drops of YL Dill Vitality Essential Oil, and a scoop of red pepper flakes.
5. Close jar and shake.
6. Put in fridge for minimum of 5 days and enjoy!

EAY BUTTON TIP: Add ingredients listed in step 4 to ready-made dill pickles to zest them up a notch!

## *Infused Chocolate Pots*



### **Orange Infused Chocolate Pots**

#### **Ingredients:**

- 6 oz. Bittersweet chocolate, finely chopped
- 1 cup coconut milk
- 2 tablespoons coconut oil
- 2 tablespoons coconut sugar
- Pinch of sea salt
- 2 large eggs, room temperature
- 2 tablespoons Orange Juice freshly squeezed
- 4 drops YL Orange Vitality Essential Oil
- Additional chocolate, shaved for garnish

#### **Instructions:**

1. Place the chopped chocolate in a blender.
2. Combine eggs, orange juice and orange vitality essential oil in a small dish and set aside.
3. In a saucepan combine the coconut milk, coconut oil, coconut sugar, and salt.
4. Heat over medium low heat, whisking continually until the mixture reaches a simmer.
5. Immediately pour the coconut milk mixture over the chocolate in the blender and blend on high until combined as the blender runs.
6. Pour the egg mixture through the hole in the top of the blender cover.
7. Continue blending until creamy and smooth.
8. Divide the chocolate mixture between four ramekins or mugs and refrigerate until set (about 2 hours).
9. Serve cold with shaved chocolate on top if desired.





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