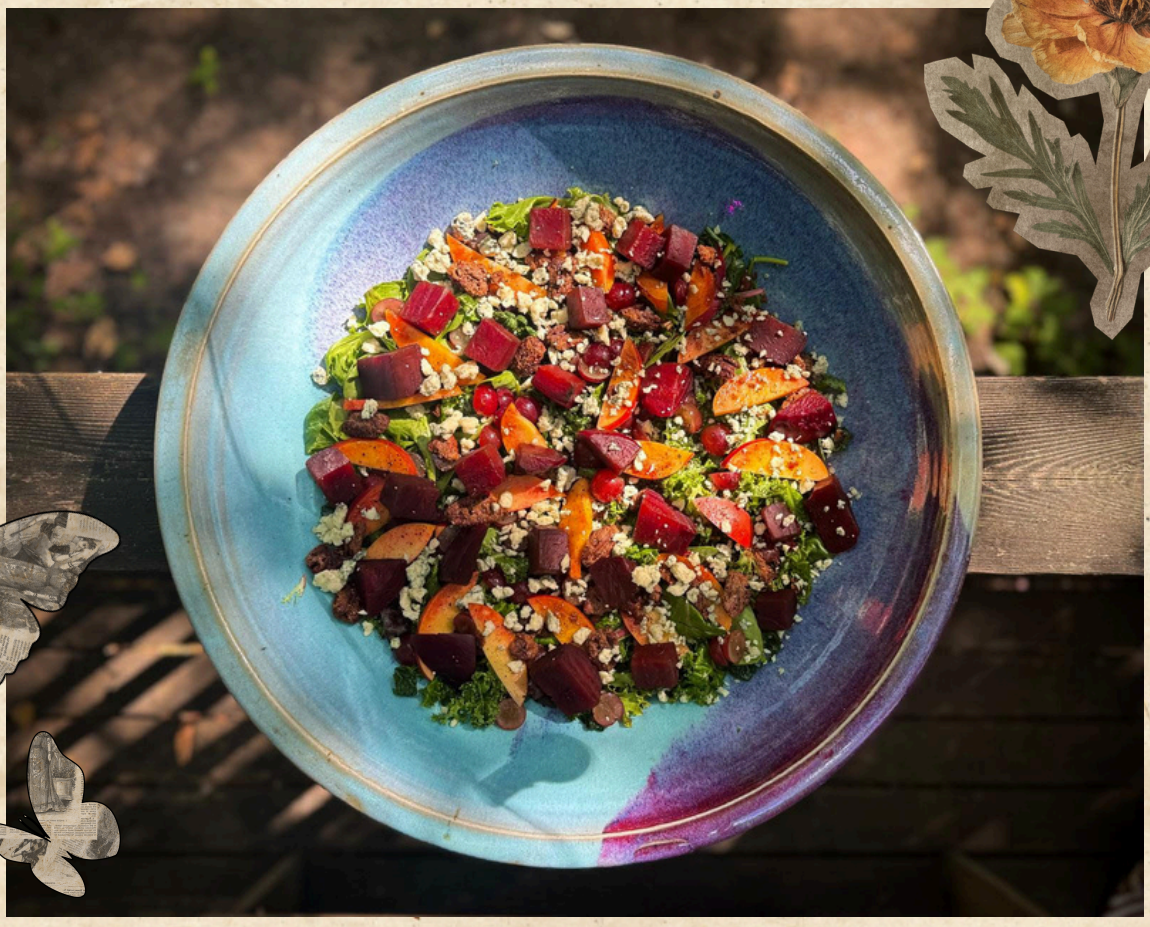
Jefferson County Community Cookbook



A Growing Collection of Community Recipes
Started in 2026

What Wellness Means to Our Community.....

Good food, good energy, good company, shared together

Energy and happiness!

Food, movement, and connection!

Finding/Being at ease ...opposite of frenzy & burnout.

Making the best choices one can.

Vitality!

Having all basic wellness needs met and focusing attention on the wellness of others

Simply, sunshine.

Fresh lemon & freshly grated ginger tea with a little honey on a cold PNW day.

Living within one's means

Good Mornings



Crispy Almond-Flour Waffles (Summer Ventura)

Serving

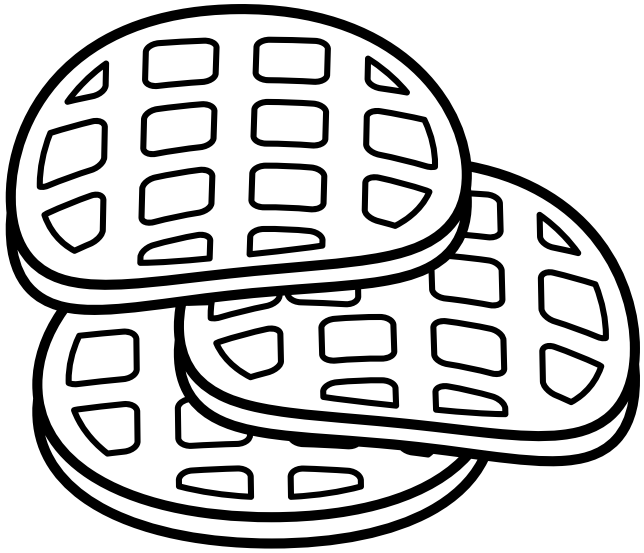
6-8 servings

Estimated Cost

$3.50-$5.00 per batch

Cook Time

20-30 minutes



Ingredients

- 1 cup blanched almond flour
- 1 lg. egg
- 1 tbsp. arrowroot starch
- 1 tbsp. olive oil
- 2 tbsp. maple syrup
- ⅓ cup water
- 1 tsp. baking powder
- ½ tsp. vanilla extract
- ¼ tsp. salt

Directions

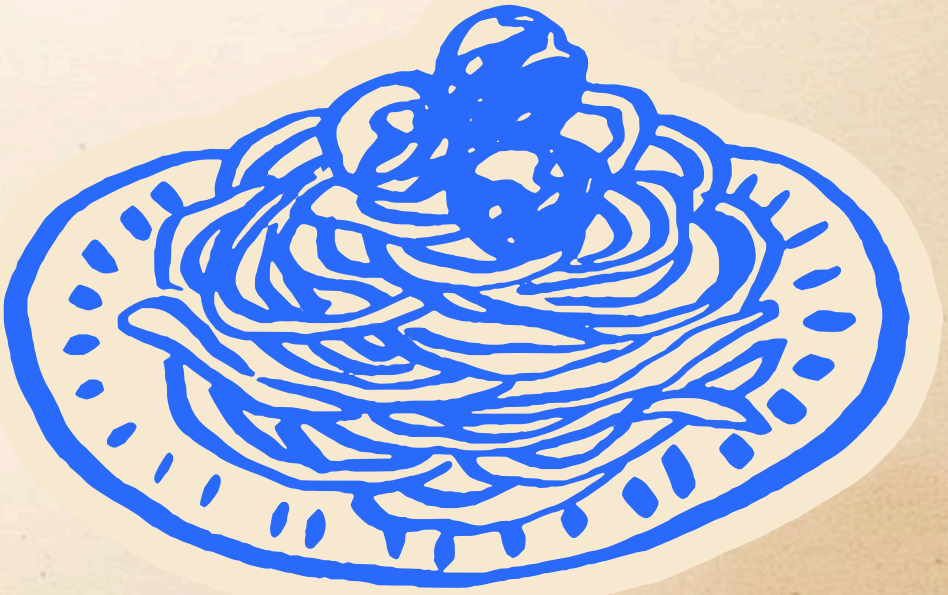
1. Mix dry ingredients
2. Mix wet ingredients
3. Blend wet ingredients into dry
4. Cook in an oiled waffle iron

Notes

This recipe is energizing, nourishing, delicious, fluffy, and crispy with no carb-crash after eating. Pair with fruit for fiber and micronutrients. Include Greek yogurt or nut butter for protein. Now you have a balanced breakfast!

☐ Vegetarian ☐ Vegan ☑ Dairy Free ☑ Gluten Free ☐ Low Carb

Warm & Wholesome



Quinoa Egg “Fried Rice” (Max)

Serving

4 servings

Estimated Cost

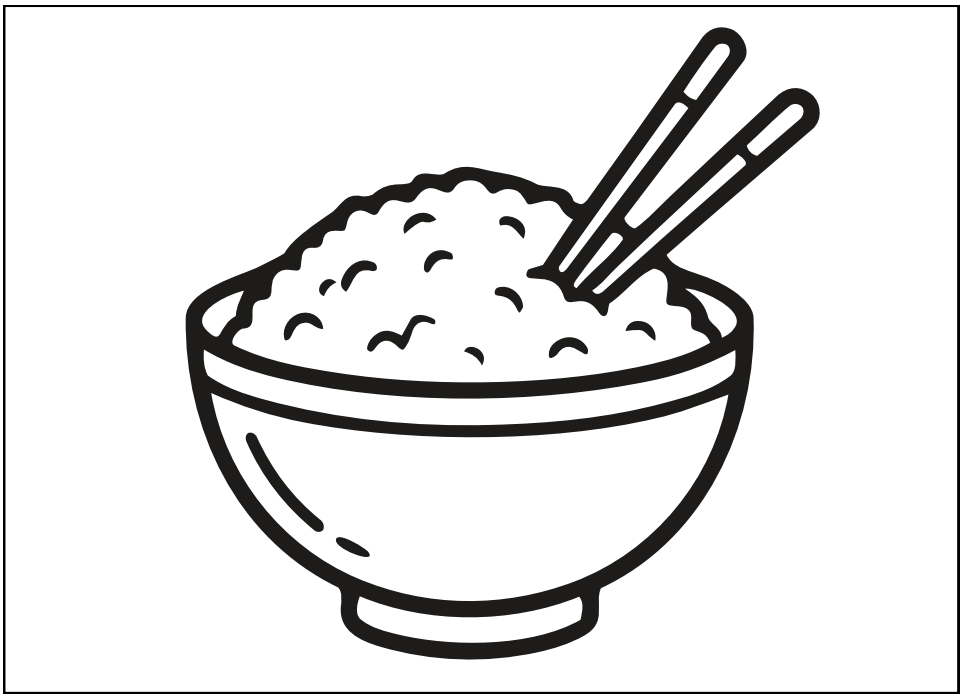
$3 per serving

Cook Time

30 minutes

Notes

Makes tasty leftovers!
This recipe is comforting, and nourishing.



Ingredients

- 1 cup organic quinoa, rinsed
- 2 cups broth of choice (vegetable, chicken, or bone)
- 2–3 eggs
- 1 cup peas (fresh or frozen)
- 1–2 carrots, diced
- 1–2 tbsp tamari (or soy sauce)
- 1 tsp fish sauce (optional, for umami)
- Optional: any additional vegetables or protein (e.g., bell peppers, zucchini, tofu, chicken)
- High-temp cooking oil (avocado, grapeseed, or refined coconut oil)
- Salt & pepper to taste

Directions

1. Cook the quinoa in the broth according to package instructions (~15 minutes), then set aside.
2. Heat a large pan over medium-high heat with a small amount of cooking oil.
3. Scramble the eggs, stirring constantly, and remove from the pan once cooked.
4. Add more oil if needed, then sauté the vegetables until slightly tender.
5. Add the cooked quinoa to the vegetables and stir to combine.
6. Season with tamari and fish sauce to taste.
7. Return eggs and optional proteins to the pan, mixing gently to combine.
8. Serve warm. Garnish with fresh herbs if desired.

Vegetarian ☐ Vegan Dairy Free Gluten Free ☐ Low Carb

Kitchari (Erin)

Serving

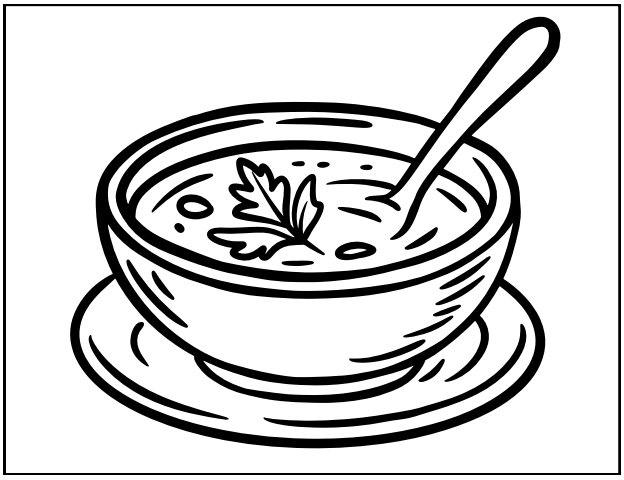
6-8 servings

Estimated Cost

$10 per batch

Cook Time

1 hour



Ingredients

- 1 cup split yellow mung beans (or green mung beans)
- 1 cup white basmati rice
- 1–2 tbsp ghee or olive oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds or ground coriander
- 1 tsp turmeric powder
- 1 tsp freshly grated ginger (or ½ tsp dried)
- 2–3 cloves garlic, minced (optional)
- 6 cups water or vegetable/chicken broth
- 1–2 cups easy-to-digest vegetables (carrots, zucchini, spinach, or peas)
- Salt to taste
- Optional garnish: fresh cilantro, a squeeze of lime

Directions

1. Rinse mung beans and rice thoroughly until water runs clear.
2. In a large pot, heat ghee or oil over medium heat. Add cumin seeds and coriander seeds. Sauté 1–2 minutes until fragrant.
3. Add turmeric, ginger, and garlic (if using). Stir for 30 seconds.
4. Add mung beans, rice, and water/broth. Bring to a boil.
5. Reduce heat and simmer, covered, for 25–30 minutes, stirring occasionally, until beans and rice are soft and porridge-like.
6. Add chopped vegetables and simmer another 5–10 minutes until tender.
7. Season with salt and stir in optional garnishes before serving.
8. Serve warm as a main meal or comfort dish.

Notes

This is a traditional Ayurvedic dish made in India. It's considered a comfort food, detox food, and digestive tonic. Each bite tastes different, and the whole spices add extra comfort and nourishment.

Vegetarian Vegan Dairy Free Gluten Free ☐ Low Carb

Magic Coconut Lentil Curry

Serving

6-8 servings

Estimated Cost

$10

Cook Time

45 minutes

Ingredients

- 1 tbsp. coconut oil or olive oil
- 1 cup lentils
- 1 tbsp. cumin
- 1 tbsp. coriander
- 2 tbsp. fresh grated ginger
- 1 tbsp. turmeric
- 1 head of garlic
- 1 can crushed tomatoes (or fresh)
- 1-2 cups canned tomato sauce or chicken broth
- 1 can coconut milk
- 2 tbsp. salt
- choice of vegetables



Directions

1. Cook lentils in boiling water for about 20 minutes, stirring occasionally. Drain and set aside.
2. Combine all ingredients except coconut milk and lentils.
3. Add any veggies you want to blend into the sauce, such as squash, onion, cabbage, cauliflower, bok choy, pumpkin, etc. The more veggies you add, the more chicken broth you will need.
4. When the veggies are soft, blend all ingredients in a blender until smooth.
5. Add back to the pot.
6. Add cooked lentils and coconut milk.
7. Adjust seasonings and salt to taste.

Notes

This energizing and nourishing recipe is great for kids and packed with nutrients, which is why it's called magic curry! Serve it over rice or eat it plain. Add extra coconut milk for added creaminess. It's a great excuse to clean out the fridge.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

Curry Lentil Soup (Orla)

Serving

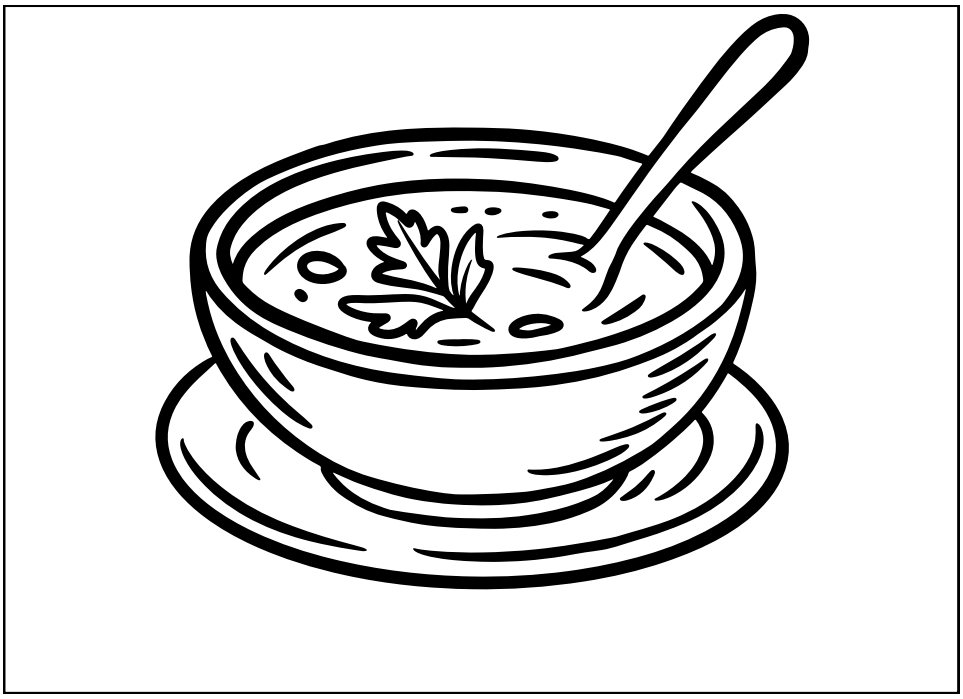
6 servings

Estimated Cost

$10

Cook Time

1 hour



Ingredients

- 1 ½ cups red lentils
- 2 large carrots thinly sliced
- 3 garlic cloves
- 2 tsp. freshly grated ginger
- 2 tbsp. tomato paste
- ½ lime juice
- 2 tbsp. curry powder
- ½ cup coconut milk
- 5 cups broth of choice
- leafy greens of choice

Directions

1. Soak lentils for 30 minutes to reduce cook time.
2. Chop up garlic and ginger. *Let garlic sit for 15 minutes.
3. Chop up carrots
4. Throw in garlic, ginger, carrots, tomato paste, bone broth, and curry powder.
5. Bring to a boil, then let simmer for about 30 minutes, or until lentils are fully cooked.
6. Add in coconut milk, lime juice, and greens.
7. Stir until greens are wilted.
8. Serve and enjoy.

Notes

Letting garlic sit for 15 minutes increases allicin. Garnish with fresh cilantro, pumpkin seeds, or a drizzle of coconut milk. Make this recipe vegan by using vegetable broth. This recipe is warm, comforting, nourishing, and high in fiber. Give yourself a hug with this soup.

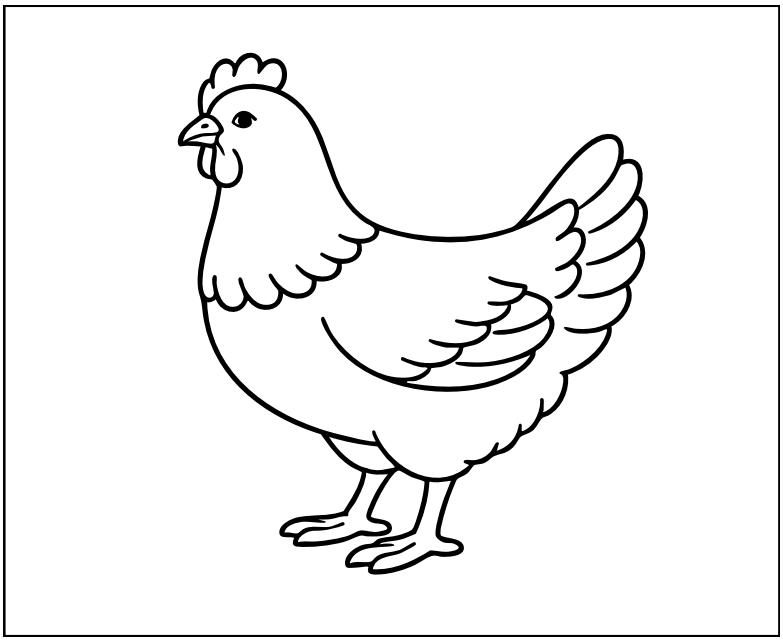
Vegetarian Vegan Dairy Free Gluten Free ☐ Low Carb

Sheet Pan Chicken Fajitas (P. Schmucker)

Serving
4-5 servings

Estimated Cost
$20

Cook Time
45 minutes



Notes

Eat the rainbow with this nourishing and energizing recipe!

Ingredients

- 1.5 lbs chicken breast or thighs, thinly sliced
- 3 bell peppers, sliced (any color)
- 1 large onion, sliced
- 2–3 tbsp olive oil or avocado oil
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt & pepper to taste
- Optional: lime wedges, fresh cilantro, or avocado for serving
- Optional: low-carb tortillas or lettuce wraps

Directions

1. Preheat oven to 425°F (220°C).
2. Prepare chicken and vegetables: Slice chicken, bell peppers, and onion into thin strips.
3. Make seasoning mix: In a small bowl, combine chili powder, cumin, smoked paprika, garlic powder, onion powder, salt, and pepper.
4. Toss everything together: In a large bowl, combine chicken and vegetables with oil and seasoning mix until evenly coated.
5. Arrange on a sheet pan: Spread chicken and vegetables in a single layer for even roasting.
6. Bake: Roast for 20–25 minutes, stirring halfway through, until chicken is cooked through and vegetables are tender.
7. Serve: Top with lime wedges, cilantro, or avocado. Serve on tortillas or in lettuce wraps for a low-carb option.

☐ Vegetarian ☐ Vegan Dairy Free Gluten Free Low Carb

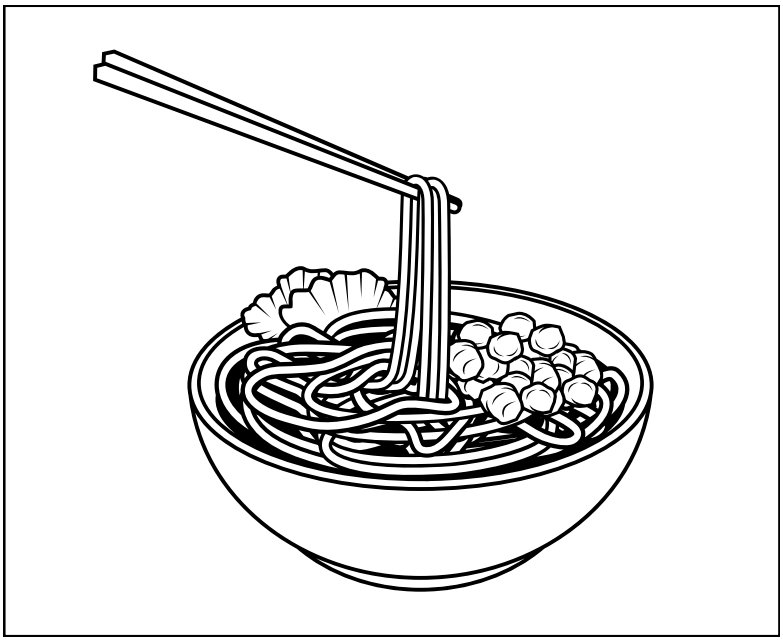
Asian Noodles with Peanut Sauce

Serving
4 servings

Estimated Cost
$15

Cook Time
20 minutes

Notes
Use veggie noodles for a low-carb variation. Add tofu, tempeh, shrimp, or chicken for a protein boost and balanced meal. Top with fresh herbs, sesame seeds, or peanuts. Serve warm or cold. This recipe is incredibly comforting when warm.



Ingredients

- ½ cup natural peanut butter (no added sugar or hydrogenated oils)
- 2–3 tbsp tamari or soy sauce (use tamari for gluten-free option)
- 1–2 tbsp sweet chili sauce (look for low-sugar or make your own)
- ½–1 tsp red pepper flakes (adjust to taste)
- 1–2 tbsp fresh lime juice
- 1–2 tsp honey or maple syrup (optional, to balance acidity/spice)
- 8 oz noodles of choice (rice noodles, soba, or spiralized vegetables for lower carb)
- 2 cups vegetables of choice, sautéed (bell peppers, broccoli, carrots, snap peas, spinach)

Directions

1. Prepare noodles according to package instructions. Drain and set aside.
2. Blend sauce: Combine peanut butter, tamari, sweet chili sauce, red pepper flakes, lime juice, and honey in a blender or food processor until smooth. Adjust consistency with a splash of warm water if needed.
3. Sauté vegetables lightly in a small amount of high-quality oil (e.g., avocado or sesame oil) until just tender.
4. Combine noodles and vegetables in a large bowl or pan. Pour peanut sauce over the top and toss until evenly coated.
5. Serve warm or at room temperature. Garnish with fresh herbs (cilantro or basil), crushed peanuts, or sesame seeds if desired.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

Sunday Basic Pinto Beans (The Byers Family)

Serving

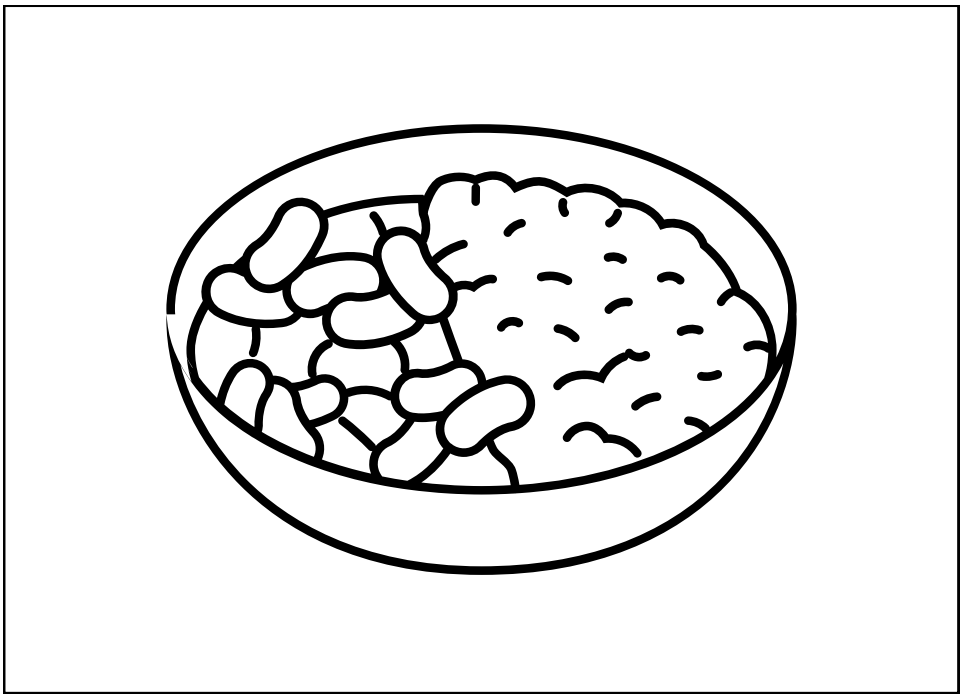
6-8 servings

Estimated Cost

$5

Cook Time

1 hour



Ingredients

- 1 lb. dry pinto beans (makes 6 cups of cooked beans)
- ½ onion, diced
- 1 can diced green chiles
- broth of your choice

Directions

1. Soak beans in water overnight to reduce cook time.
2. Add all ingredients to a pot with the beans covered by liquid.
3. Cook until beans are a desired tenderness.
4. Add salt to taste.

Notes

This recipe is nourishing, high in fiber, easy, and cheap. With practice, you can customize it with spices and added flavors. Add avocado or a dollop of greek yogurt for healthy fats.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

fresh & Vibrant



Broccoli Slaw

Serving

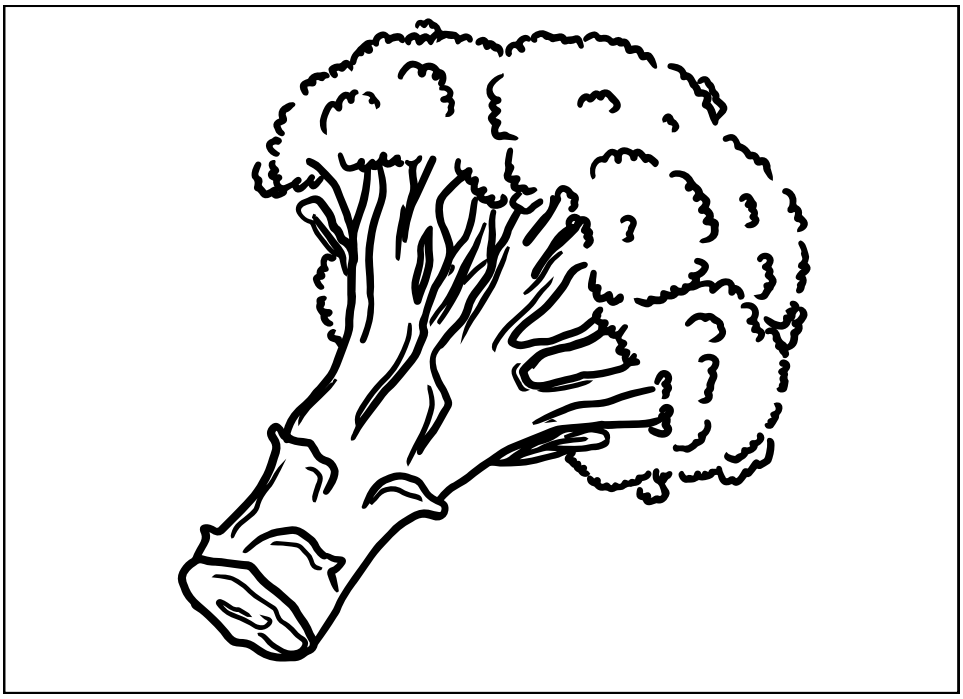
6-8 servings

Estimated Cost

$10

Cook Time

10-15 minutes + 30 minutes chill time



Ingredients

- 2 lbs broccoli, shredded or finely chopped (stems and florets)
- ½ cup mayonnaise (or avocado mayo for a healthier alternative)
- 2–3 tbsp vinegar (apple cider or white wine vinegar)
- ½ cup cranberries or craisins (unsweetened or lightly sweetened)
- ¼ cup sunflower seeds (toasted if desired)
- 1 tbsp sweetener (maple syrup, honey, or coconut sugar)
- Salt & pepper to taste

Directions

1. Prepare broccoli: Wash and shred or finely chop the broccoli, including tender stems.
2. Make dressing: In a small bowl, mix mayonnaise, vinegar, sweetener, salt, and pepper. Adjust to taste.
3. Combine ingredients: In a large bowl, toss broccoli, cranberries, and sunflower seeds with the dressing until evenly coated.
4. Chill: Let sit in the fridge at least 30 minutes before serving to allow flavors to meld.
5. Serve: Enjoy as a side dish, salad, or topping for grain bowls or sandwiches.

Notes

Add shredded carrots for extra color and nutrients! Use Greek yogurt for added protein. This recipe is quick, easy, nourishing, and fresh, and it stores in the fridge for 3-4 days.

☐ Vegetarian ☐ Vegan ☐ Dairy Free ☐ Gluten Free ☐ Low Carb

The Raw Vegetable Salad

Serving

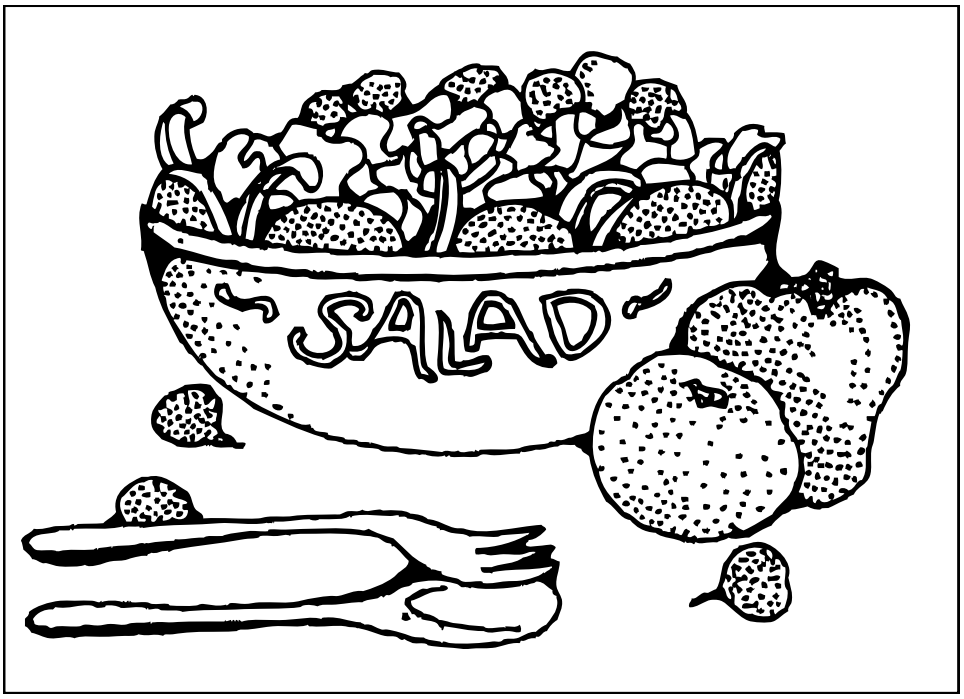
Make multiple servings to have leftovers later

Prep Time

20-30 minutes

Cook Time

Toast seeds for 5-10 minutes at 350°F



Ingredients

- Carrots
- Red/Green Peppers
- Celery
- Red/Green
- Cauliflower
- Broccoli
- Zucchini
- Summer squash
- Beets, peeled
- Fresh green beans
- Spinach or chard

Directions

1. Dice all of the vegetables into 1 inch bits
2. Add any combination of any other vegetables: radishes, scallions, mung bean sprouts, raw peas or snow peas.
3. Top the salad with toasted nuts, seeds, or oats (toast them in the oven)

Notes

If you add tomatoes or raw mushrooms, top the salad before eating, to avoid the vegetables getting mushy.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

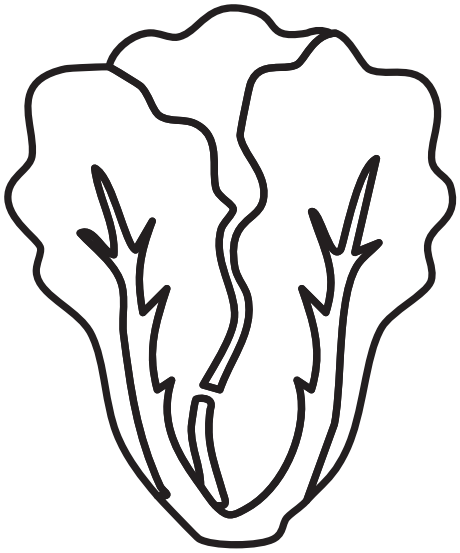
7+ Veggie Salad

Serving

As many as you desire.

Prep Time

10 minutes



Ingredients

- Salad greens of any choice or mixture (the stronger tasting the healthier)
- Carrot
- Radish
- Bell pepper of any color
- Cucumber
- Parsley
- Red Cabbage
- Green Onions
- Any other raw veggies you desire

Directions

1. Wash and spin dry salad greens.
2. Dice all desired raw veggies
3. Toss together in a large bowl
4. Take desired amount from large salad, and add optional toppings
5. Toss with dressing
6. Store undressed salad in fridge.

Optional Add-Ins

- Pumpkin seeds
- Feta cheese
- Chopped pear or apple

Vegetarian Vegan Dairy Free Gluten Free Low Carb

Dressings, Drizzles, & Toppers



Bright and Herbal Salad Dressing

Serving

3-4 cups

Prep Time

10 minutes



Ingredients

- 1 c. cider or wine vinegar
- 1 ¾ c. combined olive and vegetable oils
- 1 large garlic clove crushed
- salt, to taste
- black pepper
- 1 tsp. basil
- ½ tsp. oregano or marjoram
- pinch of celery seed
- fresh parsley, finely chopped
- juice from 1 lemon and 1 orange

Directions

1. Mix all ingredients

Variations/Optional Add Ins

1. Green Dressing: avocado, cucumber, zucchini, spinach pureed right into the dressing
2. Creamy Dressing: ½ cup of tahini or yogurt or mayo for a creamy dressing
3. Add pinches of dill, thyme, and/or dry mustard to taste

Notes

Using mayo will add carbs to this recipe.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

Basic Salad Dressing

Serving

As much as you desire.

Prep Time

5 minutes



Ingredients

- Extra virgin organic olive oil
- Acidity
  - Apple cider
  - Red wine
  - Balsamic
  - Champagne
  - Lemon Juice
  - etc.
- Salt and pepper to taste

Directions

1. Mix all ingredients

Notes

Store on the shelf in a cool dark place for 12-18 months. If using lemon juice, store in the fridge for up to 1 week.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

Tahini-Lemon Sauce

Serving

6 servings

Prep Time

5 minutes



Ingredients

- 1 ½ cups tahini
- 1 ½ cups yogurt or buttermilk
- 1 medium clove crushed garlic
- ½ cup fresh-squeezed lemon juice
- ¼ cup finely-minced scallions
- ¼ cup finely-minced parsley
- salt to taste
- dash or two of cayenne
- dash or two of paprika
- ½ tsp. ground cumin
- dash or two of tamari

Directions

1. Beat well, using a whisk, wooden spoon, or even an electric mixer. The more you whip, the thicker it becomes. Follow your own personal designs.
2. Serve room temperature on hot felafel or vegetables or serve chilled on salad.

☐ Vegetarian ☐ Vegan ☐ Dairy Free ☐ Gluten Free ☐ Low Carb

Homemade Mayonaise

Serving

3.5 cups

Prep Time

5-10 minutes



Ingredients

- ½ cup vinegar, lemon or lime juice
- 1 tsp. honey
- ½ tsp. salt
- 1 tsp. tamari
- 2 whole eggs
- 2 egg yolks
- 2 ½ cups olive and/or safflower oil

Directions

1. Beat all ingredients together in a blender
2. Gradually drizzle in olive and/or safflower oils while the blender is still running to emulsify the ingredients.
3. The mayonnaise will become thick as the oil is drizzled in. As soon as it is thick, stop beating it (or it will thin again).
4. Taste to adjust seasonings.

Variations

- Green Mayo: add ½ cup chopped parsley and/or ½ cup chives
- Sesame Mayo: add ¼ cup of sesame oil in place of ¼ cup olive/safflower

Vegetarian ☐ Vegan ☐ Dairy Free Gluten Free ☐ Low Carb

Nettle Pesto (Kira)

Serving

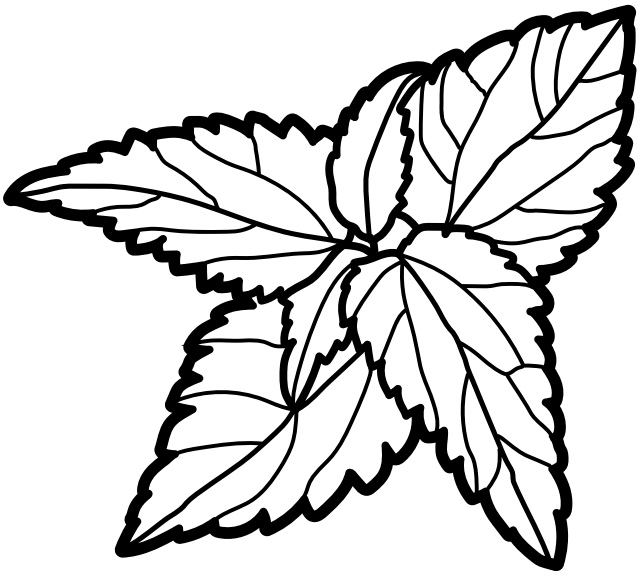
4-6 servings, ½ cup pesto

Prep Time

15 minutes

Estimated Cost

$4 per batch



Ingredients

- 1-2 cups blanched nettle tops/leaves
- 2-3 cloves of garlic
- 1 tsp. lemon juice
- ¼ c. olive oil
- salt to taste
- Optional: Nutritional yeast or parmesan
- Optional: Add walnuts or cashews

Directions

1. Add all ingredients to a blender
2. Adjust ingredients to get the desired taste and consistency.

Notes

Nettles are packed with vitamin A, K, B-complex, iron, magnesium, and silica. It's one of the most nutrient-dense plants that exists, and it grows in abundance right here in the PNW! This recipe is energizing, nourishing, and makes you feel cared for by the nettles.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

Fermented Ketchup (Priscilla Kreft)

Serving

2 cups

Prep Time

5-10 minutes + over night rest

Estimated Cost

$4 for 2 cups, with ingredients leftover



Ingredients

- 1 ½ cups tomato paste, homemade or canned
- ½ cup maple syrup (helps activate fermentation)
- 1 tbsp. Worcestershire sauce
- 2 tbsp. sauerkraut juice
- 2 tbsp. apple cider vinegar
- ⅛ tsp. ground cloves
- ⅛ tsp. cinnamon
- salt to taste

Directions

1. Mix ingredients
2. Spice to taste
3. Add water to the desired consistency
4. Add to the mason jar and do not screw the lid on tight
5. Let it sit out at room temperature (68–75°F) for 8-10 hours for fermentation to occur
6. Put in the fridge and enjoy

Notes

If you notice bubbles forming and a tangy aroma, this means healthy fermentation is happening. The kraut juice is optional, but will help kickstart the fermentation.
No high-fructose corn syrup here! It's so easy and has more nutritional value than American ketchup. Nourish you and your family's biome with this healthy and easy alternative for your corn dogs, chicken nuggets, and French fries!
This will last in the fridge for 2-3 weeks. Always use a clean utensil when scooping to preserve the biome.

Vegetarian Vegan Dairy Free Gluten Free Low Carb

High Protein, Low Calorie Dressing

Serving

1.5 cups

Prep Time

10 minutes



Ingredients

- ¼ tsp. minced garlic
- 1 cup yogurt or buttermilk
- 1 cup cottage cheese
- 1 ½ tsp. vinegar
- ½ tsp. salt
- black pepper
- ¼ tsp. dill weed

Directions

1. Puree all ingredients in a blender

Optional Add-Ins

- parsley
- fresh or dried chives
- onion powder
- dried onion flakes

☐ Vegetarian ☐ Vegan ☐ Dairy Free ☐ Gluten Free ☐ Low Carb

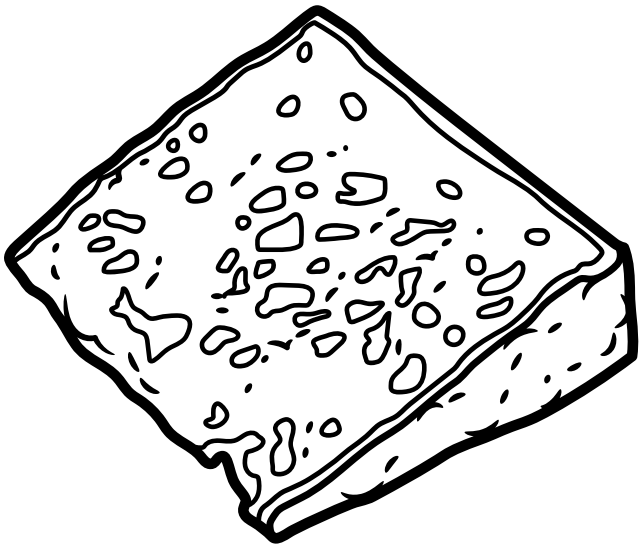
Bleu Cheese Dressing

Serving

2 cups

Prep Time

10 minutes



Ingredients

- 1 large clove crushed garlic
- 1 cup yogurt
- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- 2 tbsp. vinegar or lemon juice
- 1 tsp. honey
- black pepper

Directions

1. Puree all ingredients in a blender

☐ Vegetarian ☐ Vegan ☐ Dairy Free Gluten Free Low Carb

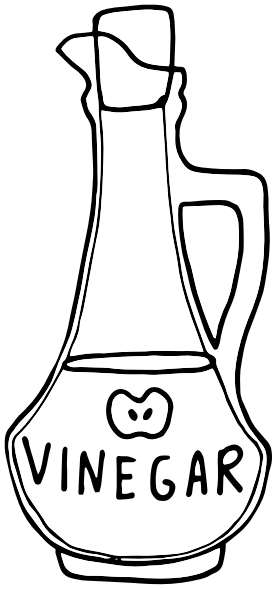
Dressing for Salad, Bitter Greens and Veggies

Serving

¾ cup

Prep Time

10 minutes



Ingredients

- 8-10 garlic cloves
- 6-10 anchovy filets
- 1 cup organic extra virgin olive oil
- ⅓ cup red wine vinegar
- ⅓ cup balsamic vinegar
- ⅓ cup umeboshi vinegar (Japanese section at store)
- ½ to 1 tbsp. ground peppercorns

Directions

1. Place garlic and anchovies in a blender
2. Add oils and vinegars
3. Blend at low speed
4. While blending, add pepper, continue to blend until creamy texture is achieved.

Notes

- Can store for up to 6-8 weeks, but fresher is always better.
- Vegans can use 12 large capers in place of anchovies.

☐ Vegetarian ☐ Vegan Dairy Free Gluten Free Low Carb

Nourishing Treats



Sesame Cookies

Serving

8-10 small cookies

Cook Time

20 minutes

Estimated Cost

$7 per batch



Ingredients

- ½ cup tahini
- ½ cup maple syrup
- ¾ almond flour
- ¼ tsp. salt
- ¼ tsp. vanilla

Directions

1. Mix all ingredients
2. Bake at 350 for 10-12 minutes.

Notes

Can sprinkle chopped nuts on top for texture. This recipe is comforting, grounding, nourishing, and makes you feel connected to family, culture, and prosperity. It's also tasty and healthy! "Open sesame!"

Vegetarian Vegan Dairy Free Gluten Free Low Carb

CONNECTIVITY SUMMIT

Priscilla Kreft lovingly curated this cookbook as part of the 2026 Connectivity Summit experience.
It celebrates the knowledge, nourishment, and connections shared within our community.
Keep an eye out for ways to add your own recipes, ideas, and wellness reflections at the Port Townsend Farmer's Market!
May this book inspire healthy, joyful, and connected meals—from our hearts to your table.