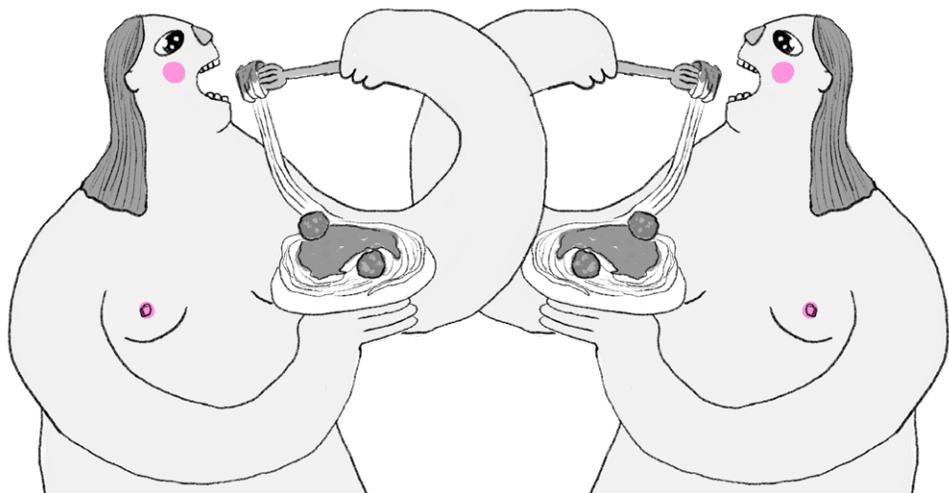
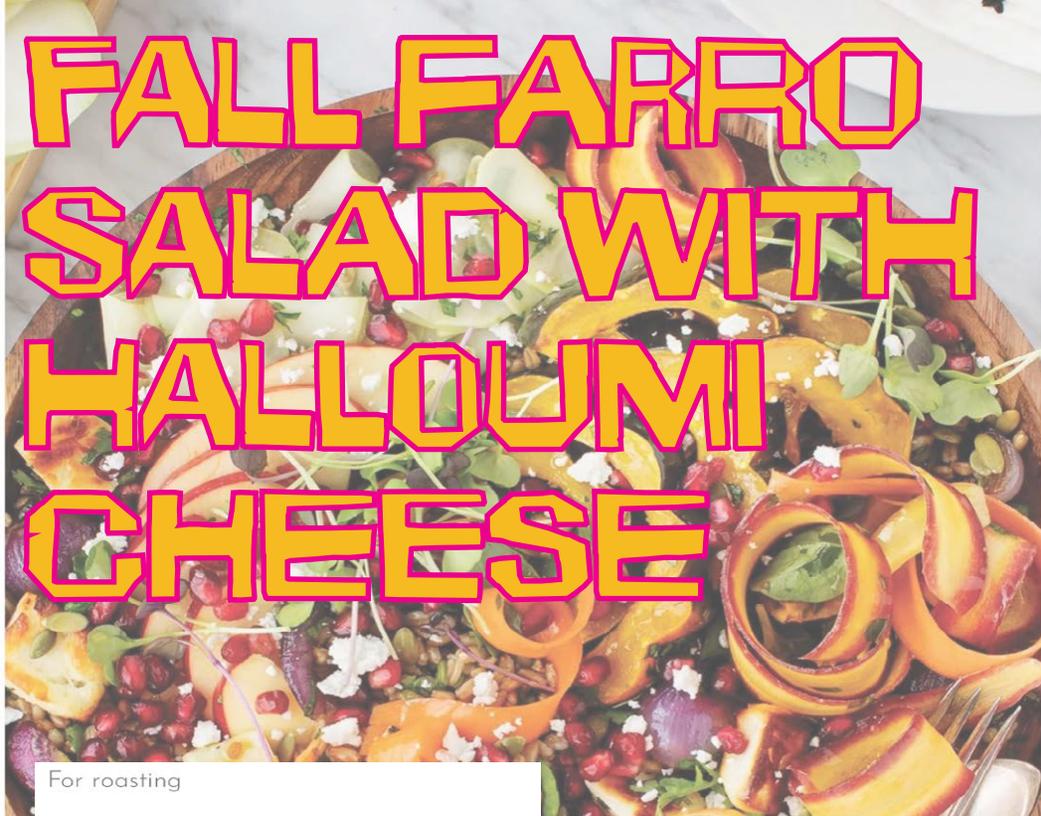


*Dirty Nasty*  
*girl♥zine*



ARE  
GIRL  
CLIP  
ES

# FALL FARRO SALAD WITH HALLOUMI CHEESE



## For roasting

- 1 acorn squash, cut in half, seeds removed, sliced into ¼-inch pieces
- 1 cup halved cipollini onions or shallot wedges
- 8 ounces halloumi, cubed
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

## Dressing:

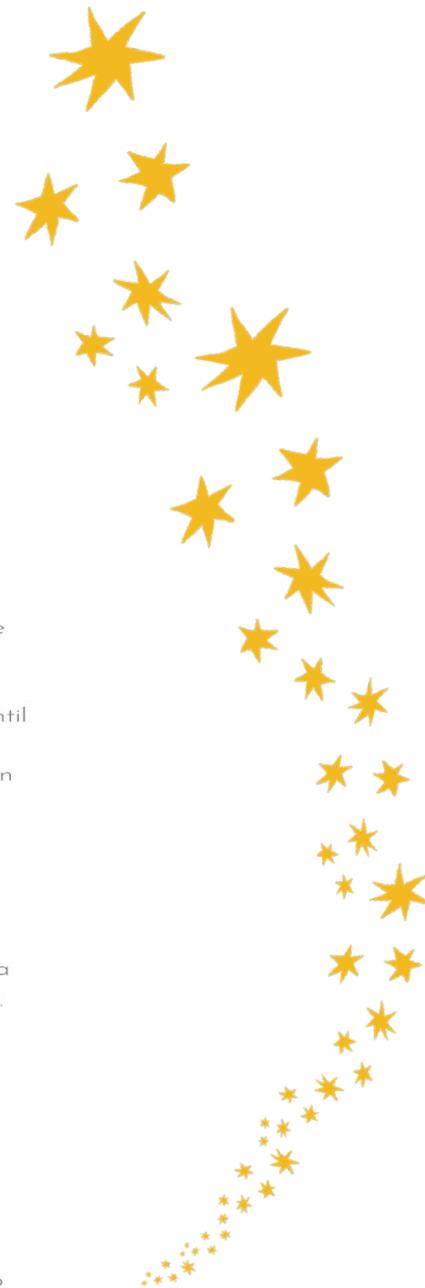
- ¼ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon maple syrup
- ½ teaspoon sea salt
- Freshly ground black pepper

## For the salad:

- 1½ cups cooked farro
- 1 cup finely chopped fresh herbs (parsley and/or cilantro)
- Handful of mixed salad greens
- 2 small kohlrabi bulbs, peeled and sliced paper thin (or 2 additional carrots)
- 2 carrots, peeled into ribbons
- ½ apple, thinly sliced
- 2 tablespoons toasted walnuts or pepitas
- ⅓ cup pomegranate arils
- ¼ cup crumbled feta cheese
- Handful of microgreens (optional)
- Fresh lemon juice, to taste

## Instructions

1. Preheat the oven to 425° and line 2 baking sheets with parchment paper. Place the squash and onions on one, and the halloumi on the other. Drizzle the squash, onions, and halloumi with olive oil and sprinkle with salt and pepper. Roast 20 to 30 minutes or until the squash is tender, the onions are soft, and the halloumi is golden brown around the edges.
2. Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, mustard, maple syrup, salt, and pepper to taste. Set aside.
3. In a small bowl, toss the kohlrabi with a drizzle of the dressing and toss to coat. In a medium bowl, combine the farro, herbs, and about ¼ of the dressing.
4. Assemble the salad on a large platter with the farro, mixed greens, squash, onions, halloumi, kohlrabi, carrots, apple, and the walnuts or pepitas. Drizzle with the remaining dressing, as desired, and sprinkle the pomegranate arils and feta cheese on top. Season to taste. I like to add a good squeeze of lemon at the end, or just before serving for extra pop. Top with the microgreens, if using.



This shit is to die for ^^^ eyes roll back in ur head kinda yum



# Creamy Cauliflower Pepper Soup

## Ingredients:

- 1-2 Tbsp of olive oil
- 1 head of cauliflower, roughly chopped
- 1 onion, diced
- 5-7 stalks of celery, diced
- 2 medium carrots, diced
- 2-3 cloves of garlic, minced
- 3-4 cups of water or broth
- 15 oz can of cannellini beans
- \*optional: 2 Tbsps of plain yogurt, chopped parsley for garnish
- Spices: (add until it tastes good)
  - 2-3 tsp sea salt
  - 1-2 tsp black pepper
  - 2 tsp white pepper
  - ½ tsp cayenne pepper
  - 2 tsp cumin
  - 1 tsp paprika
  - 1 tsp coriander

## What you'll need:

- 1 large pot
- Immersion blender \*ideal\* or normal blender

## Instructions:

- 1.Heat the pot on medium, add olive oil
- 2.Add garlic and carrots to the pot, let simmer for a few minutes with lid on
- 3.Add onions, celery and a large pinch of salt. Stir, then cover and let sit for ~2 minutes
- 4.Add the cauliflower and rinsed beans, cover and let steam for a few minutes
- 5.Add broth or water, simmer for ~20-30 minutes or **until cauliflower is tender** to pierce with a fork
- 6.**Blend** with the immersion blender until smooth
- 7.Optional: blend in yogurt for extra creaminess
- 8.Garnish with your favorite herbs + **enjoy** :)

i eat when i'm happy  
i eat when i'm sad  
i eat when i'm angry  
i eat when i'm glad  
i eat when i'm not hungry, and then  
i feel bad  
i eat when i'm anxious, and afraid to  
get fat

food makes me feel crazy, but also  
alive.  
i guess i'll eat it, at least to survive.

# GINGER CRINKLES

## COMBINE:

- 3 TSP BAKING SODA
- 2 TSP SALT
- 2 TSP CINNAMON
- 1 TSP POWDERED CLOVES
- 2 HEAPING TSP POWDERED GINGER

## IN A SEPARATE BOWL, COMBINE:

- 2 CUPS SUGAR
- 2 EGGS
- 1.25 CUPS CANOLA OIL
- 0.5 CUPS MOLASSES

PRE-HEAT OVEN TO 350

THEN ADD 4  
CUPS FLOUR TO  
DRY AND MIX

COMBINE WET AND DRY  
INGREDIENTS. ROLL DOUGH  
INTO SMALL BALLS AND THEN  
ROLL IN SUGAR. PLACE ON  
COOKIE SHEET LINED WITH  
PARCHMENT. BAKE ~9  
MINUTES.

## CREAMY TOMATO RIGATONI

### Ingredients

Tomatoes, halved (Roma or cherry)  
Olive oil  
Garlic (optional)  
Chicken broth (½–1 cup)  
Salt + pepper  
Italian seasoning or dried oregano  
Heavy cream  
Mozzarella or parmesan  
Fresh dill  
Rigatoni  
Burrata or torn mozzarella

### Instructions

1. Heat olive oil; place tomatoes cut-side down and blister until skins wrinkle.
2. Remove and discard skins.
3. Add garlic (optional), chicken broth, spices; simmer until tomatoes collapse.
4. Mash tomatoes now that skins are removed.
5. Stir in heavy cream and mozzarella/parmesan to create a silky sauce.
6. Boil rigatoni; add directly to sauce with a splash of pasta water.
7. Finish with dill, burrata or torn mozzarella, and olive oil.



# LIMONCELLO RICOTTA CHEESECAKE

I would only recommend the 1X batch of any of these, otherwise you end up with far too much for one serving! 1X batch of Choc olive oil cookies makes 1 dozen, the 1X limoncello makes (1) 9" cheesecake, and the 1X sticky toffee make 2 small Bundt cakes!



Ingredients	grams		
	x1	x2	x3
cream cheese, rm temp	1353	2706	4059
sugar	984	1968	2952
salt (Tbsp)	2	4	6
<b>Ricotta</b>	1332	2664	3996
limoncello	600	1200	1800
lemon juice	342	684	1026
vanilla extract	84	168	252
eggs, rm temp (each)	30	60	90
yield in batter	4695		



- Combine the cream cheese, sugar and salt with the paddle attachment until light and fluffy, approx 3 minutes. Scrape down as necessary
- On low speed, add ricotta. Scrape to remove any lumps
- Combine the limoncello, lemon juice and vanilla extract in a separate container, then slowly add to the sugar/cream cheese mixture. Add the liquid on low speed and scraping after each addition
- Add the eggs a few at a time, continuing to mix on low speed and scraping after each addition

When ready to bake, pour custard onto the par baked and cooled crust in a springform pan 10"  
 Bake 275 low fan with a pan of hot water in the bottom of the oven  
 Bake for 50 minutes or until the cheesecake has a slight giggle

# STICKY TOFFEE CAKE

Ingredients	grams		
	x1	x2	x3
butter	114	228	342
sugar	288	576	864
eggs (each)	2	4	6
vanilla extract	9	18	27
pitted dates	435	870	1305
baking soda	10	20	30
hot water	560	1120	1680
AP flour	322	644	966
baking powder	9	18	27
salt (tsp)	3	6	9
aluminum pan 550g	500g		
8" springform	825g		
9" springform	950g		
10" springform	1400g		

- Soak dates, baking soda and hot water for 30 minutes. Blend until smooth
- With paddle attachment, cream butter and sugar until fluffy
- Add eggs one at a time, scraping as necessary. Add vanilla extract
- On low speed, slowly add date puree
- Add sifted dry ingredients
- Bake in deck 335/335 (sheet tray with a resting rack) for approximately 50 minutes or until skewer comes out clean
- Soak with warm toffee sauce and let cool completely

## Toffee sauce

454g butter: 976g heavy cream: 1400g brown sugar: 20g salt

# DARK CHOCOLATE OLIVE OIL COOKIES



## Dark Chocolate Olive Oil Cookies

Blue scoop, 300°, 10 min then pan bang, then 3 more minutes

	1x	2x	3x	4x (yield ~80)	6x
Brown sugar	330g	660g	990g	1320g	1980g
Olive oil	158g	316g	474g	632g	948g
Sugar	96g	192g	288g	384g	576g
Butter	86g	172g	258g	344g	516g
Eggs	2	4	6	8	12
Vanilla	1 ½ tsp	1 Tbs	1 Tbs + 1 ½ tsp	2 Tbs	3 Tbs
AP flour	10 oz	20 oz	30 oz	40 oz	60 oz (3 lbs, 12 oz)
Bread flour	5 oz	10 oz	15 oz	20 oz	30 oz (1 lb, 14 oz)
Baking powder	1 tsp	2 tsp	1 Tbs	1 Tbs + 1 tsp	2 Tbs
Baking soda	1 tsp	2 tsp	1 Tbs	1 Tbs + 1 tsp	2 Tbs
Salt	1 tsp	2 tsp	1 Tbs	1 Tbs + 1 tsp	2 Tbs
Dark choc discs	330g	660g	990g	1320g	1980g

1. In a bowl, sift together flours, salt, baking powder, and baking soda. Set aside.
2. In the bowl of a stand mixer, beat brown sugar, olive oil, butter, and sugar on medium speed for 3 minutes.
3. Add eggs one at a time, then add vanilla.
4. Add flour mixture and mix on low until about 75% mixed in.
5. Add dark chocolate discs and continue to mix until dough is uniform and no streaks of flour remain.
6. Scoop and, if baking immediately, sprinkle with Maldon salt, then bake.

# THE BEST SALAD DRESSING U CAN PUT ON LITERALLY ANYTHING U WANT

the best salad dressing you can put on literally any thing you want

① OLIVE OIL

② SALT

③ LEMON

↳ measure with your heart ♡

+ ENJOY!!! \*\*



# FRESH BROCCOLI-APPLE -FENNEL SLAW

## Ingredients

- 2 cups raw broccoli, finely chopped
- 1 green apple, julienned
- ½–1 fennel bulb, thinly sliced
- 2 green onions, sliced
- ½ cucumber (optional)
- Salt + pepper

## Dressing

- Mayo
- Greek yogurt
- Honey
- Mustard (Dijon or whole grain)
- Lemon (optional)
- Salt + pepper

## Instructions

1. Prep broccoli, fennel, apple, green onion, and cucumber if using.
2. Whisk dressing: mayo, Greek yogurt, honey, mustard, lemon, salt, pepper.
3. Toss everything together to coat.
4. Chill 30 minutes or serve immediately.

# TOMATO TONNATO SANDWICH

## TOMATO TONNATO SANDWICH

1 SEPTEMBER 2023

### TONNATO (SERIOUS EATS)

- 1 EGG
- ¼ C LEMON JUICE
- 2 ANCHovy FILLETS
- 1 TSP. DIJON MUSTARD
- 1 TSP. CAPERS
- ½ C. NEUTRAL OIL
- 4oz. OIL PACKED TUNA
- ½ C. EVOO
- S + P

### ASSEMBLY:

- TOMATO, THINLY SLICED
- ARUGULA
- LEMON JUICE
- CRUSTY BREAD
- S + P
- RED ONION, SHAVED
- SALSA MACHA

### TONNATO:

1. PLACE EGG, 2 TBS. LEMON JUICE, ANCHOVES, MUSTARD, CAPERS IN IMMERSION BLENDER. POUR NEUTRAL OIL ON TOP + ALLOW TO SETTLE FOR 15 SECONDS. BLEND, KEEPING BLENDER STILL. SLOWLY TILT HEAD AS OIL IS EMULSIFIED.
2. ADD TUNA + REMAINING LEMON JUICE. BLEND JUST UNTIL TUNA IS INCORPORATED, ~20 SECONDS. OVERBLENDING = GRAINY
3. TRANSFER TO BOWL + SLOWLY WHISK IN OLIVE OIL. SEASON W/ S+P. TONNATO CAN BE REFRIGERATED IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

### ASSEMBLY:

1. SALT TOMATOES, ALLOW SOME MOISTURE TO DRAIN OFF.
2. TOAST BREAD, ALLOW TO COOL. MASSAGE SALT INTO RED ONION. DRESS ARUGULA WITH LEMON JUICE. SLATHER BREAD WITH TONNATO, ADD SALSA MACHA ON ONE SIDE. LAYER ON TOMATOES AND RED ONION, SEASONING AS YOU GO. TOP W/ ARUGULA.

# ALMOND FLOUR BREAD

## Almond Flour Bread

\*full disclosure don't trust my recipes

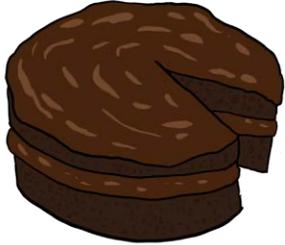
~~8 eggs~~  
~~5 tbs coconut oil~~  
~~1 tsp vin.~~  
~~1/4 tsp salt~~  
~~3/4 c. flour~~  
~~1/2 tsp baking soda~~  
~~350 for 30-40 min~~

~~1 egg~~  
~~2 tbs coconut oil~~  
~~1/4 c. flaxseed meal~~  
~~1 tsp baking soda~~  
TRIALS  
 4 tbs oil ✓  
 4 tbs oil, 4 egg ✓

4 eggs  
 4 tbs coconut oil  
 1 tsp vin  
 3/4 c. flour  
 1/4 c. flaxseed meal  
 1/2 tsp baking soda  
 1/2 tsp salt  
 350-30 mins  
 good ✓ ✓



this is a savory grain free bread that can be adapted. add herbs like rosemary, oregano, green onion to make it more savory. add tomatoes and garlic. add fish sticks for all i care. its got not one but TWO check marks from me so it must be somewhat ok\*



# ALMOND FLOUR AND SWEET POTATO CHOCOLATE CAKE WITH SWEET POTATO ICING

grain free gluten free refined sugar free sorta healthy-ish

Full cake - grain free 4/17/22

- + 3.5 c almond flour
- + 1/2 c tapioca flour
- + 1 banana
- + 1/2 c coconut sugar
- 2 tsp baking soda } or baking powder
- 2 tsp vin.
- + 1 tsp salt
- + 3 tsp vanilla
- + 1/2 c. milk

- ~~baking chocolate~~
- + 1/2 c. cocoa powder
- + 1/4 c. coconut oil + 1 tbsp
- + 5 eggs

350°  
15-20 mins

- icing
- 3 sweet pots - boiled
  - 1/4 c coconut oil
  - 1 bag ~~baking chocolate~~ semi sweet choc chips
  - 1 tsp vanilla
  - 2-3 tbsp cacao powder

Full cake cost ~\$26

could prob do up to 4 or 5 potatoes to 3+ bags of chips if you want to do it right had in fridge. If they have 3 you will need at least 4

## Sweet potato brownies GF

- 1 c sweet pot puree
- 2/3 c maple syrup or coconut sugar
- 1/3 c almond butter
- 1 tsp vanilla
- 3 ~~10~~ tbsp coconut oil
- 1/2 c. cocoa powder
- 1/4 tsp salt
- ~~2/3 cup flour~~
- 2/3 cup flour / (coconut + almond)
- 1/8 tsp tapioca flour
- 1 egg

350 - 26 mins  
1/17/24

- delicious
- V fudgy
- did not rise
- next time add 1 more egg? - fluffier, not as heavy
- but really good

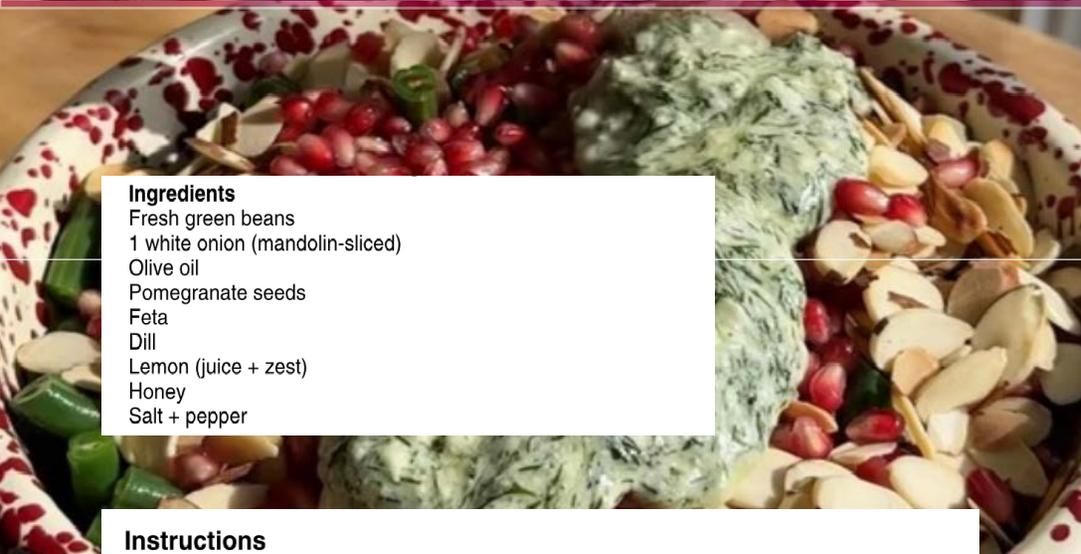
AGAIN 1/19/24

- same bat -
- 1/2 c sugar
- 2 eggs

Better ✓  
- maybe 3-5 mins longer in oven

# SWEET POTATO BROWNIES

# GREEN BEAN, POMEGRANATE & FETA SALAD

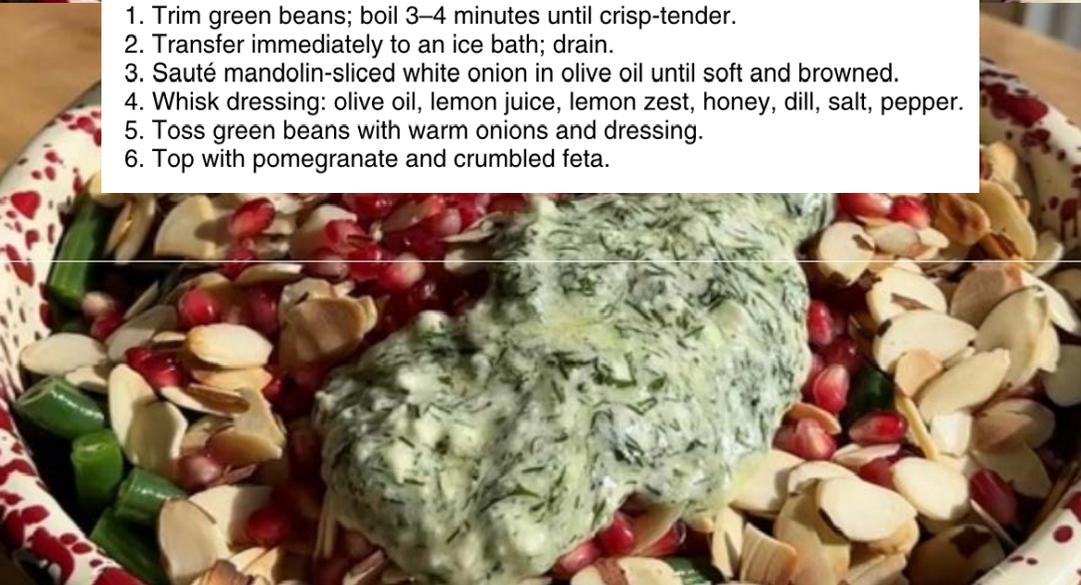


## Ingredients

Fresh green beans  
1 white onion (mandolin-sliced)  
Olive oil  
Pomegranate seeds  
Feta  
Dill  
Lemon (juice + zest)  
Honey  
Salt + pepper

## Instructions

1. Trim green beans; boil 3–4 minutes until crisp-tender.
2. Transfer immediately to an ice bath; drain.
3. Sauté mandolin-sliced white onion in olive oil until soft and browned.
4. Whisk dressing: olive oil, lemon juice, lemon zest, honey, dill, salt, pepper.
5. Toss green beans with warm onions and dressing.
6. Top with pomegranate and crumbled feta.

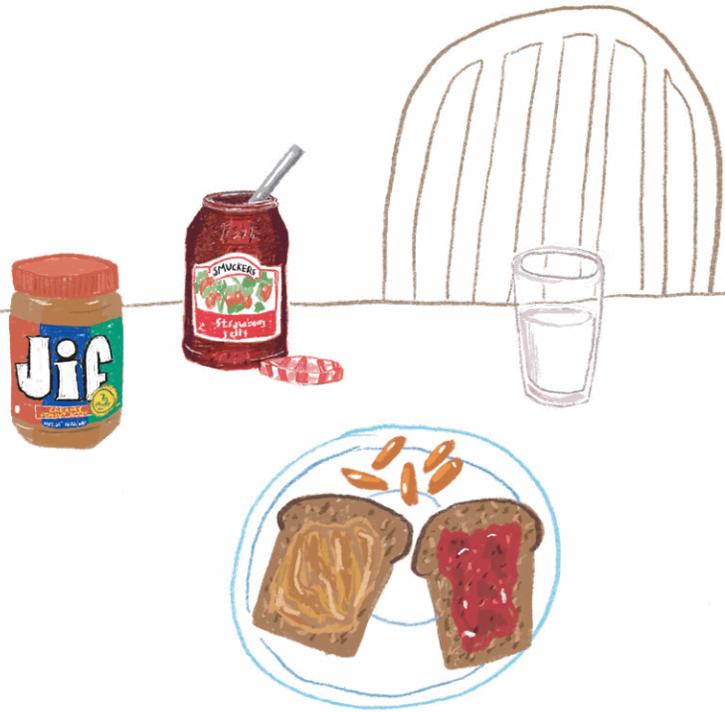


# CHICKPEAS AND MAYO



you thought it wouldn't  
make it in but here is  
the only recipe you ever  
really need. chickpeas,  
mayo, lemon, and a dash  
of salt. goodbye and  
goodnight.

# GIRL DINNER





I have to geek with you guys ... ~~\_\_\_\_\_~~  
called me tonight and goes "what did u tell ur mom about Ozempic? And I was like "nothing but I sent her a screenshot saying that it causes thyroid cancer and the people are suing them for it" and then she goes "Oh well she needs to be taking it to help her stop drinking" 🤪🤪🤪🤪  
literally living in the twilight zone

No recipes, just GLP-1 shots

Edited



2019

every time i am eating alone  
i think about what would  
happen if i started choking



# JANUARY 2026

leah  
alexandra  
kate  
cami  
indy  
camille  
haley