



Daily Ethics

Creating Intentional Practice for Behavior Analysts

Our Favorite Recipes (aka Get Your Food Prepped)

When the three of us work together, it usually involves food. So, we thought we'd share a few of our favorite dishes with you to make on your own or share in your book club.

EMILY'S FAVORITE RECIPES:

Peruvian Burritos with Aji Verde Sauce

(Vegan, BUT, I add steak, chicken, or pork!!)

www.feastingathome.com/peruvian-burritos

Classic Lasagna with Béchamel Sauce

(without ricotta) (also great with ground chicken)

www.joyousapron.com/lasagna-with-bechamel-sauce-without-ricotta

Coconut Poached Alaska Halibut with Mango-Avocado Salsa

(thanks to my brother, Ryan, for the Alaskan seafood!)

www.alaskaseafood.org/recipe/coconut-poached-alaska-halibut-with-mango-avocado-salsa

SARAH'S FAVORITE RECIPES:

Roasted Garlic Rosemary Bread

<https://noblepig.com/easy-artisan-roasted-garlic-rosemary-bread>

Delicious Authentic Masala Chai

www.feastingathome.com/authentic-masala-chai-recipe

Vietnamese Spring Rolls

www.feastingathome.com/spring-rolls-with-daikon-avocado-and-mint

TYRA'S FAVORITE RECIPES:

Top 9 Home-Made Drinks to Strengthen Your Immune System

(any of these drinks)

www.healthifyme.com/blog/top-9-home-made-drinks-to-strengthen-your-immune-system

Çilbir: Turkish Poached Eggs

(but try labneh in place of Greek yogurt)

www.themediterraneanandish.com/cilbir-turkish-poached-eggs

Spicy Mexican Oaxacan Bowl

www.feastingathome.com/vegan-oaxacan-bowl

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