



According to Tempur-Pedic's 2008 Wellness Survey, people who get a good night's sleep make better food choices the next day, which ultimately leads to healthier dieting and sleep cycles.

Night-time Renewal Recipes

Black Bean and Chipotle Puree

Chickpea and Garlic Soup

Arctic Char With Gremolata

Wilted Kale with Shiitake Mushrooms and Garlic

Orange-Chamomile Yogurt



BlackBean and Chipotle Puree

2 tablespoons olive oil
1/2 cup finely chopped yellow onion
2 cloves garlic, minced

2 - 16 ounce can black beans
1 cup chicken stock
1 - 2 tablespoon chipotle peppers, minced

In medium saucepan, heat olive oil until hot. Add in onion and cook over medium heat until soft and translucent, about 5 minutes. Add in garlic and cook another minute. Add in black beans and chicken stock; using a fork mash beans into a paste and cook until hot and thickened, about 5 minutes. Add in minced chipotles. Season with salt and pepper. Serve immediately or refrigerate until ready to serve.

Serves 6

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Chickpea and Garlic Soup

2 tablespoons olive oil
1 medium onion, diced
4 cloves garlic, chopped
1 teaspoon ground cumin
1 teaspoon ground coriander

2 quarts vegetable stock
1 (15 ounce) can garbanzo beans, drained
2 tablespoons tahini
1/2 pound baby spinach
Pinch cayenne pepper

Heat olive oil in a large pot over medium heat. Stir in onion. Cook until tender. Stir in garlic, cumin and coriander and continue to cook another 30 seconds. Add in stock and bring to a boil. Reduce heat and simmer about 10 minutes. Stir in the garbanzo beans, tahini and spinach and heat until cooked through. Serve immediately.

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Arctic Char With Gremolata

Gremolata Recipe:

Zest of 2 oranges
1/3 cup flat leaf parsley
6 garlic cloves, crushed

Arctic Char Recipe:

1 orange, sliced
6 (8-ounce) arctic char fillets
Olive oil
Salt and pepper

Gremolata Recipe: Chop all the ingredients in a bowl and set aside.

Arctic Char: Preheat oven to 400F. Place orange slices on baking sheet and top with the arctic char. Drizzle with olive oil and sprinkle with salt and pepper. Place in the oven and cook 7-9 minutes or until firm to the touch. Remove from the oven and top with gremolata.

Serve immediately.

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Wilted Kale with Shiitake Mushrooms and Garlic

2 tablespoons olive oil
1 1/2 pounds shiitake mushrooms
stem removed and thinly sliced

8 cloves garlic, minced
2 large bunches kale, stalk removed,
chopped and cleaned

In a large sauté pan, heat 2 tablespoons of olive oil over medium heat. Add mushrooms and cook until softened, about 5-6 minutes. Add garlic and cook another minute. Remove from the pan and set aside.

Heat over medium heat, add kale (making sure the leaves are still slightly wet from washing) and toss, cooking about 5 minutes, add in shiitake/garlic mixture to reheat.

Serve immediately.

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Orange-Chamomile Yogurt

1/4 cup milk
2 chamomile tea bags or 1 table-
spoon loose chamomile

2 cups plain yogurt
1 tablespoon orange zest

Heat milk in small saucepan just until steam begins to come off the surface. Remove from heat. Add in chamomile and cover pot; steep for 4 minutes. Strain out tea; reserving milk. Refrigerate milk until cold. In a medium bowl, whisk together cooled milk, yogurt and orange zest.

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