

# Recipe for a Healthy Lifestyle



Written by MARIA ALLEN | Photography by KERRY BRETT AND JACK FOLEY

Wellness is big business these days, with countless people making resolutions to eat healthier, exercise more and live their best life. The truth is, changing your eating habits can be a challenging goal if you don't educate yourself and have a system in place to curb your cravings. Thankfully, two health-minded entrepreneurs have launched innovative business concepts on the South Shore that make eating healthy simple and delicious.

## Clandestine Kitchen Gives Meals a Makeover

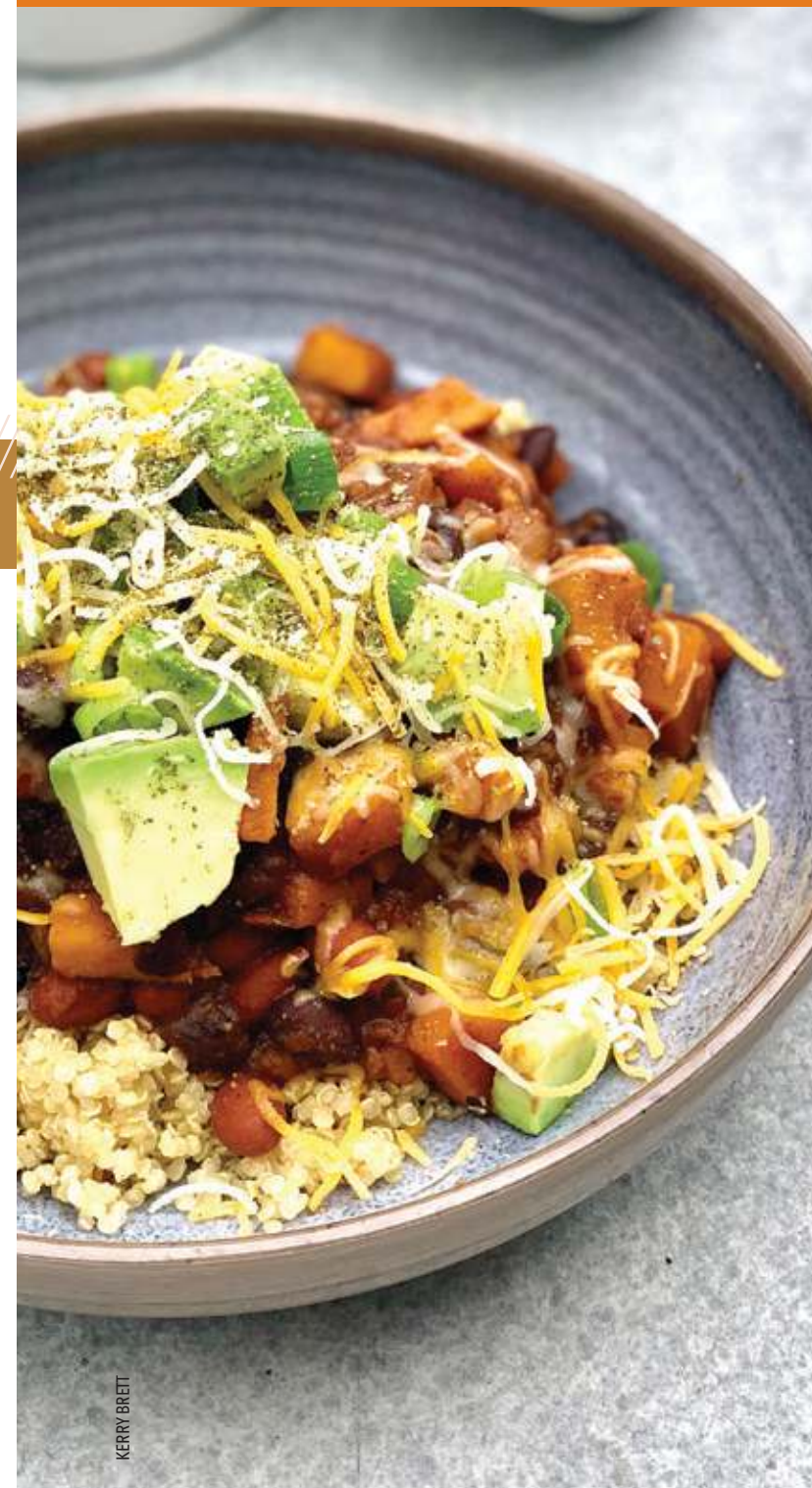


When Courtney Doyle moved from San Francisco, California, to Hingham 15 years ago, she longed for the fresh, organic purity of the resources that were readily available in northern California. A self-taught chef and passionate foodie, Doyle began testing out her own healthy recipes a few years ago, and in January of 2018 she officially launched Clandestine Kitchen, a clean and healthy (gluten-free, dairy-free, sugar-free) meal prep and delivery service serving the town of Hingham.

The reception to Clandestine Kitchen's nutritious meal delivery service was wildly successful—so successful, in fact, that just one year later Doyle decided to move production out of a shared commissary in Norwell and into a private kitchen space in Duxbury. The move has allowed her team to rapidly expand, taking clients off of the waitlist and adding delivery to Cohasset and Duxbury. In January of this year, Doyle plans to have refrigerated vans delivering meals to Scituate, Marshfield and Hull as well.

More than just a healthy meal service, Doyle's mission is to make her company a total-body wellness brand. She regularly teams up with other wellness experts in the region to promote various aspects of healthy living, such as fitness, beauty, fashion and positive vibes. **For more information, visit [clandestinekitchen.com](http://clandestinekitchen.com).**

## CK Smoky Sweet Potato Chili



Here's a healthy and satisfying CK recipe to try at home.

### INGREDIENTS

- ½ Vidalia onion, chopped
- 2 cloves garlic, minced
- 2 medium sweet potatoes, peeled and diced
- 3 carrots, peeled and diced
- 2 15 ounce can black beans, drained & rinsed
- 1 15 ounce can small red beans, drained and rinsed
- 1 cup golden quinoa, prepared
- 2 tablespoons olive oil
- 1 box fire-roasted crushed tomatoes
- 3 cups vegetable stock (keep 1 additional cup on hand in case chili becomes too thick)
- 2 tablespoons chipotle hot sauce (we love the Siete Foods brand)
- 1 teaspoon Duxbury Saltworks seasonal salt blend, plus more for garnish
- 1 tablespoon smoked paprika
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ½ teaspoon coriander
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon cacao powder

### FOR TOPPINGS:

Diced scallions, diced avocado, grated cheese and/or Greek yogurt

### DIRECTIONS:

Prepare quinoa according to instructions, set aside.

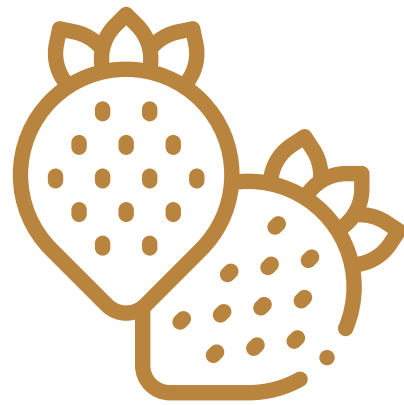
In a Dutch oven or heavy-bottom stock pot, heat olive oil over medium heat. Add onion and garlic and sauté until translucent, about 5 minutes.

Add sweet potato, carrot, black and red beans, all salt & spices and chipotle hot sauce. Stir to combine and cook to blend flavors, 3-4 minutes.

Add tomatoes & vegetable stock and stir to combine.

Bring to a gentle boil, then reduce to low and simmer 40-50 minutes (or transfer to a crockpot set to low. Cook for 5-6 hours).

Scoop ¼ cup prepared quinoa into individual bowls, top with chili, and add desired toppings. Sprinkle Duxbury Saltworks seasonal salt blend on top and enjoy.



JACK FOLEY

## Fresh is Best for Blendah Babes



JACK FOLEY

Inspired by her experience operating a smoothie food truck years ago, Kingston resident Carley Dunphy launched The Blendah Babes in 2018, offering ready-to-blend nutritious smoothie ingredients in the freezer section at local grocery stores. Dunphy is a young mother and a wellness advocate who understands how busy families can be and she hopes that her products make eating healthy a little easier.

Blendah Babes offers five different smoothie options, which are all made from organic product, plant-based protein and super seeds. The smoothies are all vegan, gluten-free, soy-free and dairy-free. They last for up to six months in the freezer. Favorite flavors include the Peanut Butter Cup and Strawberry Fields Forever. "I do all of the shopping and I wash and chop everything by hand," says Dunphy. The produce is then frozen and packaged in 16-ounce cups, which are sold locally at places like The Fruit Center in Hingham, The Market at The Pinehills in Plymouth, Scituate Village Market and more. Dunphy also offers a delivery service for orders of either or more smoothies. **For more information, visit [blendahbabes.com](http://blendahbabes.com).**



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