

VOGUE

A New Cookbook from the Ranch at Live Oak, the Famous Wellness Spa in Malibu

The Ranch at Live Oak in Malibu has been the favored retreat among fashion insiders, celebrities, and those just looking for a little R&R in an upscale Californian setting. Aside from its intensive workout program, which includes daily hikes through the Santa Monica Mountains, the Ranch is also famous for its delicious and detoxifying vegetarian-based meals. After years of clients begging for the coveted recipes, owners **Sue** and **Alex Glasscock** decided to release *The Ranch at Live Oak Cookbook*. The new book of recipes, out today, features many of the Ranch's staples including Homemade Turmeric and Spice-Infused Almond Milk, Cauliflower Soup, and Eggplant Cannelloni with Spicy Tomato Basil Sauce. Every meal featured in the stunningly photographed book stays true to the retreat's code of vegetarian, organic, low-gluten, and sugar-free foods. Here, a sneak peek at some of the eats featured in *The Ranch at Live Oak Cookbook*, as well as the recipe for the Zucchini Spaghetti with Rich Garlicky Sauce.



Quinoa Beet Salad

Photo: Courtesy of Rizzoli



Buckwheat Flax Pancakes with Walnuts and Maple Syrup

Photo: Courtesy of Rizzoli



Coconut Ice Cream

Photo: Courtesy of Rizzoli



Zucchini Spaghetti with Rich Garlicky Sauce

Photo: Courtesy of Rizzoli

Zucchini Spaghetti with Rich Garlicky Sauce

This recipe is exciting because it's a pasta recipe without any pasta. It contains raw cacao powder, which adds richness and enough umami notes to keep your meat-eating friends satisfied, and it's heavy on the garlic, which contains a wealth of phytonutrients.

Makes 4 servings

Ingredients:

2 pounds zucchini (about 4 medium), tops and bottoms trimmed

2 T extra-virgin olive oil

2 small shallots, peeled and coarsely chopped

4 garlic cloves, crushed with a garlic press

3 cups coarsely chopped heirloom tomatoes (about 3 medium)

1 Portobello mushroom, coarsely chopped

1 T dried oregano

1 tsp. dried thyme

½ cup finely chopped fresh basil

2 T coconut sugar or honey

2 T raw cacao powder

1 tsp. finely ground pink Himalayan salt

½ tsp. coarsely ground black pepper

Finely grated Parmesan cheese or nutritional yeast, for serving (optional; see note)

To transform the zucchini into pasta, shave off long fettuccine-like strips with the slicing blade of a box grater or shred into spaghetti using a spiralizer or mandoline (see Cook's Tip). Whatever method you use, let the pasta stand on parchment paper or on a clean kitchen towel to absorb excess moisture.

To prepare the sauce, gently heat the oil in a saucepan over low heat. Add the shallots and cook for one to two minutes, and then add the crushed garlic and cook for one to two minutes more. Stir in the tomatoes, mushroom, oregano, thyme, and basil, along with the sugar, cacao powder, salt, and pepper. Cover the pot and allow the sauce to simmer slowly, stirring occasionally with a wooden spoon, for at least 20 minutes and up to two hours to allow the flavors to meld.

Serve the sauce over the zucchini pasta. Sprinkle with grated Parmesan, if desired.

Each Serving:

167 calories (kcal) • 9 g fat • 0 mg cholesterol

21 g carbohydrates • 4 g dietary fiber • 4 g protein • 514 mg sodium

1,299 IU vitamin A • 54 mg vitamin C • 61 mg calcium • 2 mg iron

Ingredient Note: Yeast extract powder is full of B Vitamins, and its flavor and texture make it a satisfying vegan replacement for grated Parmesan cheese.

Cook's Tip: A spiralizer (also called a spiral slicer) is a kitchen tool specifically used to transform vegetables such as zucchini into long, fine strands reminiscent of noodles.