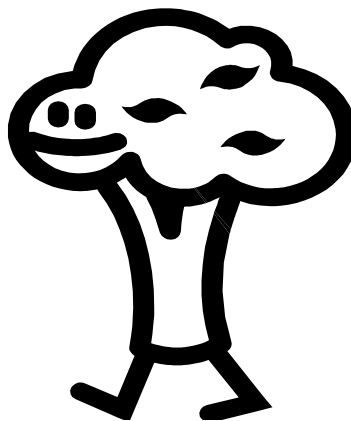


*Newfane Family
Chiropractic's*

Eat Healthy,
Feel Better
Cook book



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BREAKFAST RECIPES

Breakfast Fruit Salad

2 oranges, cut into small bits
1 banana, sliced
1 Tbsp. dried ground coconut

Mix banana and oranges in a small bowl. Sprinkle with coconut.
10 minutes preparation time. Makes 1 serving.

Fruit Salad

2 fresh peaches, peeled and sliced (canned with juice if fresh not available)
1 large apple, peeled and diced
1 large pear, peeled and diced
1 kiwi, peeled and sliced
¼ cantaloupe, cubed
2 cups watermelon, cubed
1 banana, sliced
¼ tsp. salt
¼ tsp. freshly ground pepper
½ tsp. ground cardamom
¼ tsp. ground ginger

Carefully combine all ingredients in a large bowl. Refrigerate for 1 hour.
1 ½ minutes preparation time. Makes 6 servings.

Granola Mix

Pecans
Raisins
Dried apples
Flax seed
Cinnamon

Put pecans, raisins, dried apples in food processor, then add flax seed and cinnamon.

Turkey Breakfast Sausage

2 pounds ground turkey
2 tsp. black pepper
2 tsp. salt
¼ cup finely chopped fresh sage

Using your hands, mix all ingredients together until well-blended. Cover and refrigerate overnight to enhance flavors. Use a 2 ounce scoop to make 16 even portions. Dip fingers in water (to prevent sticking) and press meat into thin patties the size of your palm. Sauté in batches on medium heat in a large frying pan with a bit of olive oil until golden brown and cooked through.

SOUP AND CHILI RECIPES

Cauliflower Soup

2 Tbsp. olive oil
2 garlic cloves, peeled and crushed
2 onions, peeled and chopped
3 leeks, washed, trimmed, and sliced
½ bunch of celery
1 cauliflower, washed, trimmed and cut into florets
4 cups of water
1 cup brown rice, cooked
1 tsp. cumin
3 Tbsp. parsley

Heat oil in a large saucepan with 1 Tbsp. water over low heat. Add garlic, onions, leeks and celery. Cook over low heat for 20 minutes, stirring occasionally. Bring to boil then reduce heat and simmer for 10 minutes, or until cauliflower is tender. Add cooked rice. Leave to cool for 5 minutes then blend in food processor or blender until smooth. Add more water if necessary. 40 minutes preparation time. Makes 4 servings.

Chicken Soup

2 chicken breasts, halved on the bone, skinned
2 containers organic chicken broth
1 small onion, chopped
2 celery stalks, chopped
2 carrots, chopped and diced
1-2 tsp. dried dill weed
Fresh parsley, chopped, to taste
Salt and pepper to taste
Kale, spinach, or Swiss chard, torn into pieces

Combine first seven ingredients and simmer for 1 ½ to 2 hours. Remove bones from chicken and discard. Season to taste. Add your choice of green 5 to 10 minutes before serving. 2 ¼ hours preparation time. Makes 6 servings.

Lori's Chicken Soup

1 whole chicken or 3 large bone-in breasts
1 bunch celery, chopped
1 large onion, chopped
10-12 large carrots, peeled and chopped
1 zucchini, halved and chopped
1 yellow squash, halved and chopped
2 Tbsp. minced garlic
1 Tbsp. basil
1 Tbsp. oregano
2 Tbsp. chicken base
2 cups cooked brown rice
Sea salt
Optional: mushrooms, root vegetables (turnips, parsnips), spinach

In a large soup pot, boil chicken in water (approx. 45 minutes) until chicken is thoroughly cooked. Remove chicken from pot-DO NOT discard water. Using a spoon, remove fat from top of water. Add vegetables to water along with garlic, basil and bouillon. Boil until vegetables are tender. Remove chicken from the bone and discard skin and bones. Add chicken to stock. Meanwhile in a separate pot, cook rice as directed. Add cooked rice to soup and let simmer 10 minutes. Salt and season to taste.

Lentil Soup

1 lb. lentils
2 Tbsp. butter
¼ cup carrots, chopped
¼ cup onions, chopped
¼ cup celery, chopped
1 can diced tomatoes
2 quarts organic chicken broth
Salt, pepper, thyme, and oregano to taste

Sauté onions, carrots, and celery in butter 6 to 7 minutes. Add the remaining ingredients and cook over stove 30-45 minutes or until tender.

55 minutes preparation time. Makes 8 servings.



Quick Homemade Beef Soup

Leftover pot roast (or any cut of precooked meat)

6 cups natural beef broth

½ Tbsp. extra virgin olive oil (or butter)

Celery, chopped to desired amount

¼ cup chopped onion

1 garlic clove, minced

Fresh or dried parsley, as desired

Salt and pepper to taste

Chopped kale, Swiss chard or spinach

Sauté onion, garlic, and celery till tender in olive oil. Add beef, broth and seasonings to pot. Slow cook for at least half an hour. Just before finished cooking, add kale, Swiss chard, or spinach. Best if prepared the night before. 45 minutes preparation time. Makes 4 servings.

Vegetable Soup

2 tsp. Olive oil

3 garlic cloves, minced

1 onion, chopped

3 celery stalks, chopped

1 medium zucchini, diced

½ head small green cabbage

2-3 carrots, sliced

¾ cup fresh parsley, chopped

1 Tbsp. dried dill weed

1 container organic vegetable broth

1 container organic beef or chicken broth

1 28-ounce can diced or crushed tomatoes

5 leaves lacinato kale , cut and large end of stem removed

Pepper

In a large pot over medium high heat, sauté garlic, onions and celery in oil. Once onions are translucent, add zucchini, carrots, and cabbage. Stir and heat for another 3-5 minutes. Add broth, tomatoes, parsley, and dill weed. Season according to taste with pepper. Let simmer for at least 30 minutes. Approximately 5 minutes before serving add the lacinato kale. 45 minutes preparation time. Makes 8 servings.

Ground Turkey Chili

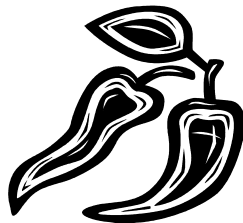
2 lbs. ground turkey
1 Tbsp. butter
1 clove garlic, minced
1 small onion, chopped
4 ribs celery, sliced
1 zucchini
1 yellow squash
1 red pepper
1 qt. chicken or turkey stock
1 can black beans
1 can cannelloni beans

Sauté turkey, onions, and garlic in butter until no longer pink. Add chicken stock, celery, zucchini, squash, pepper and beans to turkey. Season with oregano, basil, thyme, salt, pepper, parsley and red pepper. Simmer until vegetables are tender 20-25 minutes. Serve with rice, sliced carrots, crackers or nut thins.

White Bean Chicken Chili

2 chicken breasts, cooked and chopped
2 cans cannellini beans, drained (reserve one can and puree in processor or blender with a little water)
1 can chick peas, drained
1 large can chicken broth
1 small can diced green chiles
Cumin, salt, pepper, chili powder to taste

Add all ingredients (except 1 can cannellini beans) into crockpot. Simmer on low 6 to 8 hours. Add pureed beans in last hour for thickness. Or cook in large pot on stove for about 2 hours.



SEAFOOD RECIPES

Fish rub

½ tsp. salt
1/8 tsp. curry powder
¼ tsp. paprika
1/8 tsp. black pepper
a pinch or two of ground red pepper
¼ tsp. garlic, minced
¼ tsp. onion powder
1 lemon, juiced

Mix all ingredients well. Rub onto fish (salmon, halibut, tilapia, etc.) Bake, broil or grill until done. Sprinkle with lemon juice. 20 minutes preparation time. Makes 2-3 servings.

Garlic Shrimp

12 garlic cloves, cracked away from skins
2 Tbsp. extra virgin olive oil
2 Tbsp. butter, cut into small pieces
¾ tsp. crushed red pepper flakes
1 ½ lbs. jumbo shrimp, peeled and deveined
1 tsp. kosher salt
Black pepper to taste

In food processor, finely chop the garlic. Meanwhile heat a large skillet over medium heat. Add oil and butter, then garlic and crushed pepper. Season shrimp with salt and toss to coat. Add shrimp to the pan and cook, stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately.
20 minutes preparation time. Makes 4-6 servings.

Garlic Tilapia

1 ½ lbs. tilapia fillets
4 cloves garlic, thinly sliced
3 Tbsp. butter
Salt and pepper to taste
Lemons, for serving
Parsley, chopped (to garnish)

Season tilapia fillets with salt and pepper. Heat butter in a skillet over medium heat. Put fillets in first, and when they start to turn color a bit (after 1 to 2 minutes) add garlic slices. Continue cooking about 4 minutes or so, and then flip fillets. Sauté until cooked through, and fish flakes easily with fork. (This will depend entirely on the thickness of fillets so watch carefully.) The garlic should turn a dark golden brown. Serve with freshly squeezed lemon juice and garnish with chopped parsley.
20 minutes preparation time. Makes 2-4 servings.

Garden Tilapia

4 tilapia fillets
1 tsp. Old Bay Seasoning
1 tsp. garlic powder
1 onion, sliced
4 cups spinach leaves
10 baby carrots
1/8 cup green onions, chopped
1/8 green peppers, diced
1 zucchini, sliced
1 tsp. dried dill weed
1 Tbsp. butter
1 yam, slice in ¼ inch slices, pre-cooked
Salt and pepper to taste

Alternative: Put dabs of butter and dill weed sprinkled over

Pre-heat oven to 350 degrees. Line a jelly roll pan with foil. Spray with cooking spray. Place fillets on foil cover pan and sprinkle with Old Bay Seasoning and garlic powder. Lay onion slices, sliced zucchini, sliced yam, spinach leaves, baby carrots, green onions, green peppers, and any other vegetables you may like over the fillets. Sprinkle with dill weed. Divide the butter into quarters and place the dots randomly over the dish. Cover tightly with foil. Bake approximately 30 minutes.
1 hour preparation time. Makes 2-4 servings.

Mango Shrimp Kebabs

1 ½ pounds large, peeled and de-veined shrimp
2 large red bell peppers, cut into 1-inch pieces
2 mangoes, peeled and cut into 1-inch cubes
1 small red onion, cut into 1-inch pieces
2 limes, cut into wedges
1/8 tsp. freshly ground black pepper
8 (12-inch) skewers

Prepare grill to medium-high heat. Sprinkle evenly with sea salt and pepper. Thread shrimp, bell pepper, mango and onion pieces alternating onto each skewer. Place skewers on a grill rack, 2 minutes on each side or until shrimp are done. Squeeze juice from lime wedges over kebabs before serving.

Salmon with Mint Salsa

1 ½ lbs, salmon, skin and removed, and cut into 4 pieces
2 tsp, fresh lemon juice
Salt and pepper to taste

Salsa:

1 Tbsp. fresh mint, finely chopped
1 Tbsp. fresh cilantro, finely chopped
1 Tbsp. scallion, finely minced
1 medium ripe tomato, seeds and excess pulp removed, diced into ¼ inch pieces
3 medium garlic cloves, pressed
2 Tbsp. extra virgin olive oil
3 Tbsp. fresh lemon juice
Salt and white pepper to taste

Preheat broiler on high and place a stainless steel skillet (with stainless steel handle) under the heat for about 10 minutes to get it very hot. Chop garlic and let sit for 5 minutes. Rub salmon with 2 tsp. lemon juice, salt and pepper. Using a hot pad, pull out the pan and place salmon in pan. Return to broiler. It will cook rapidly (usually 7 minutes for each inch of thickness). Mix together salsa ingredients in a bowl, and set aside. Serve on top of broiled salmon.

30 minutes, preparation time. Makes 4 servings

Salmon with Mustard Dill Sauce

1½ lbs. salmon filet, cut into 4 pieces, with skin and bones removed
2 medium garlic cloves, pressed
1 Tbsp. Dijon mustard
1 + 2 Tbsp. fresh lemon juice
¼ cup chicken broth
1 tsp. honey
1 tsp. fresh dill, chopped
Salt and white pepper to taste

Press garlic and let sit for 5 minutes. Prepare the rest of the ingredients for the sauce. Preheat broiler on high and place in all stainless steel skillet (be sure the handle is also stainless) under the heat for about 10 minutes to get it very hot. Rub the salmon with 1 Tbsp. lemon juice, salt, and pepper. Using a hot pad, pull pan away from heat and place salmon in hot pan. Return to broiler. It will be done very quickly (about 7 minutes for each inch of thickness). Remove salmon from skillet. Add garlic to stainless steel skillet and stir for half a minute. Add mustard and whisk in 2 Tbsp. lemon juice, broth, honey, salt, and pepper. Cook on high heat for a minute to reduce slightly and add dill. Pour over salmon and serve.

15 minutes preparation time. Makes 4 servings

Salmon with Tomatoes and Rosemary

4 ¼ lb. salmon fillets

Salt and pepper, to taste

4 tsp. olive oil

1 tsp. lemon juice

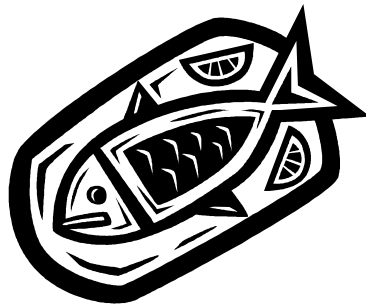
16 slices lemon

4 sprigs of rosemary

24 cherry tomatoes, halved

Preheat oven to 475 degrees. Cut 4 12-inch-long pieces of nonstick aluminum foil or parchment paper. Rub each fillet with salt, pepper, 1 tsp oil, and ¼ tsp lemon juice. For each packet, put 2 lemon slices in the center of the foil, top with salmon, a rosemary sprig, and 2 more lemon slices; surround with 12 tomato halves. Draw up the sides of the foil and seal the packets well – leaving room around the ingredients so they can steam. Put packets on baking sheet. Bake 12 to 15 minutes, or until the salmon is cooked. Spoon into soup plates and serve immediately.

40 minutes preparation time. Makes 4 servings.



POULTRY RECIPES

Atwood Chicken

2 boneless, skinless chicken breasts
Sea salt
3 cloves of garlic, minced
Sprinkle of pepper
Lemon juice
Water
Sprinkle of oregano

Sprinkle chicken with salt and pepper. Soak chicken in a casserole dish or large freezer bag in lemon juice diluted with a little water and garlic. Sprinkle chicken with oregano and refrigerate a couple of hours. Grill until brown on both sides, about 30 minutes. Serve with brown rice and favorite vegetables.

Chicken with Sweet and Sour Sauce

(Best to prepare day before.)

8 skinless chicken breasts
1 cup fresh orange juice
1 cup fresh lemon juice
1 cup vinegar
2 Tbsp. fresh ginger, peeled and minced
2 Tbsp. fresh garlic, peeled and minced
½ tsp. red chili pepper flakes
3 Tbsp. extra virgin olive oil
2 cups chicken stock

Trim chicken breasts and pound lightly with small prong side of a meat hammer. Combine remaining ingredients (except olive oil and chicken stock) in a saucepan and bring to a boil. Reduce heat and simmer for several minutes. Allow to cool and stir in olive oil. Marinate the chicken breast in this mixture for several hours or overnight. Remove from marinade and broil, about 7 minutes per side. Keep warm on a heated platter in the oven while making sauce. Place marinade and stock in a saucepan and boil vigorously until sauce is reduced by half. To serve, slice the chicken breasts across the grain, arrange on individual plates and spoon sauce over top.

30 minutes preparation time. Makes 8 servings.

Chicken Cacciatore

½ cup plus 2 Tbsp. extra virgin olive oil
2 garlic cloves, pressed
2 Tbsp. Balsamic vinegar
1 ½ Tbsp. Worcestershire sauce
1 tsp. crushed red pepper flakes
3 tsp. fresh rosemary, 5 sprigs, stripped and leaves chopped
4 large portabella mushroom caps, wiped clean
4 boneless, skinless, halved chicken breasts
Coarse black pepper
Kosher salt
2 thinly sliced and seeded Italian cubanelle green peppers
1 medium red onion, thinly sliced
1 28-ounce can fire roasted, diced or crushed tomatoes, lightly drained
Handful flat-leaf Italian parsley, chopped

For marinade; In a large bowl, combine balsamic vinegar, Worcestershire, crushed red pepper flakes, and rosemary, then whisk in ½ cup extra virgin olive oil. Run the mushrooms through the marinade and transfer to plate to reserve. Add chicken to remaining marinade and coat evenly. Let sit for 2-3 minutes. Heat heavy bottomed pan on stove on high. Season one side of the chicken with salt and pepper. Season the caps of mushrooms with pepper (when done cooking, add salt.) Place both mushroom and chicken season side down in pan. Place a heavy skillet on the mushroom caps to cook quickly, approximately 3-4 minutes per side until dark, tender, and cooked. While chicken and mushrooms cook, add 1 Tbsp. Olive oil into another hot skillet. Add garlic, pepper, onions and season with salt and pepper. Cook and toss frequently for approximately 7-8 minutes. Add tomatoes and parsley and heat through, approximately 1 minute. Remove from heat. Thinly slice mushrooms and chicken and arrange on platter. Cover with sauce mixture and serve immediately.

45 minutes preparation time. Makes 4 servings.

Chicken Rub

½ tsp. salt
¼ tsp. rosemary, crushed
¼ tsp. paprika
1/8 tsp. black pepper
¼ tsp. garlic, pressed
¼ tsp. onion powder
1 boneless, skinless, halved chicken breast

Combine all ingredients in small bowl and mix well. Rub onto chicken. Bake, broil or grill until done. 35 minutes preparation time. Makes 4 servings.

Chicken and Sausage Casserole

3 boneless chicken breasts, cut in half or thirds
6 chicken or turkey sausages
1 onion, sliced
1 clove garlic, minced
3-4 stalks of celery, sliced
1 small can tomato sauce
Olive oil

Spread olive oil around the bottom of a large casserole dish. Place chicken breasts and sausage in dish. Place brown rice and vegetables on top of the meat. Spread tomato sauce over rice and vegetables. Sprinkle top with oregano, basil, parsley, thyme or other preferred seasoning. Cover and bake for 2 ½ hours at 350 degrees. Check after 1 hour to see if water is needed to cook the rice.

Greek Turkey Meatballs

2 cups cooked brown rice
¾ tsp. dried oregano
1 pound lean organic ground turkey
2 medium zucchini (1 lb.) cut into thin slices
1 cup marinara sauce

Pre-heat oven to 450 degrees. In a large bowl, combine rice and oregano. Stir in turkey until combined. Scatter zucchini in a 13 x 9 baking dish in a single layer. Using a small ice cream scoop, shape meat mixture into 16 (1 ½ inch) balls. Place meatballs on top of zucchini and drizzle with marinara sauce. Cover with foil and bake 22 minutes or until meatballs are cooked through.

Sweet Basil Chicken

3 boneless chicken breasts
2 Tbsp. olive oil
3 to 4 Tbsp. dry basil
1 tsp. garlic powder
½ tsp. sea salt
1 tsp. coarse black pepper

Cut chicken into bite size pieces. Sprinkle top with basil, garlic, sea salt and pepper. Cover with plastic wrap and press spices into chicken. Discard plastic wrap. Heat oil in skillet. Sauté chicken for 10-15 minutes on medium heat, stirring often. Juices will evaporate and chicken will brown. Serve chicken over Basmati brown rice sautéed with diced red peppers or serve warm/cold on a tossed salad.

Stir Fried Chicken or Tofu (or Combo)

2 full boneless, skinless chicken breasts, sliced into strips and/or 1 pkg. firm tofu, diced
2 Tbsp. grated, fresh ginger
2 garlic cloves, minced
3 tsp. sesame oil to coat the pan
2 medium onion, sliced or diced
2-3 cups any combination of chopped vegetables (bok choy, celery, broccoli florets, Napa cabbage, etc...)
1 cup sliced shiitake mushrooms
1 red bell pepper, cut into strips
2-4 Tbsp. tumari (soy sauce)
2 cups cooked short grain brown rice (optional)

Heat oil on wok or large skillet over high heat. Once heated, add garlic, ginger, and chicken, stir constantly until lightly browned or chicken cooked through. Add all vegetables and cook for 3-4 minutes, maintain crispness. Add tamari and tofu. Cook an additional minute. Serve with rice (if using grains).

45 minutes preparation time. Makes 4 servings.

Turkey Breast Diane

1 pound turkey breast cutlets
2 tsp. lemon pepper
2 tsp. lemon juice
1 Tbsp. Worcestershire sauce
1 tsp. Dijon mustard
1 tsp. parsley
Lemon for garnish
Olive oil

Coat a large skillet with olive oil; let warm for 30 seconds. Add turkey; sprinkle with lemon pepper and cook for 3 to 5 minutes on each side until browned and no longer pink in the center. Combine remaining ingredients in a small bowl, mixing well. Add to pan and cook until heated through. Garnish with lemon and parsley.



BEEF RECIPES

Ginger Skirt Steak or Chicken Wrap

1- 8 oz. skirt steak or 2- 4 oz chicken breasts
1 avocado, halved and sliced
½ cup shredded carrot
2 romaine lettuce leaves (or lettuce of your choosing)
1 Tbsp. fresh ginger, grated
1 whole orange, zested and juiced
1 tsp. fresh thyme, chopped
Olive oil
1 pkg (10 in.) Ezekiel or Gluten-free wraps; warmed up

Marinate steak or chicken in ginger, orange and thyme for up to 2 hours, grill and cut into ¼ inch slices to serve. To assemble the wraps, lay the warmed tortilla out and fill with lettuce, shredded carrot, steak or chicken, and avocado. Roll tightly.

Alternative: Instead of tortillas, substitute Napa cabbage leaves. Blanch the leaves in boiling water for 10 seconds and immediately place in ice-cold water. Once cooled, drain on paper towel. You may need two or more leaves overlapped to attain the equivalent size of tortilla. Assemble as directed above.

Mexican Rice

1 bag brown rice
1 pound ground beef or ground turkey
¾ jar of pasta sauce (organic and low-sugar if possible)
½ onion, chopped
4 cloves garlic, minced
Crushed red pepper, to taste
Oregano, to taste
Basil, to taste

Place beef or turkey in a skillet and brown with onions and garlic on medium heat. Meanwhile, in a separate pan, prepare rice as directed. When meat is done, add sauce, seasoning, and cooked rice. Stir until blended.

Pepper Steak

4 small beef tenderloin steaks, cut at least 1-inch thick, or 2 rib eye or T-bone steaks
1 Tbsp. dried green peppercorns, crushed
Juice of 1 lemon
1 tsp. olive oil
2 Tbsp. butter
4 shallots or 1 bunch green onions, finely chopped
½ cup red wine
2 cups beef stock
Salt and pepper, to taste.

Crush the peppercorns and mix them with lemon juice. Rub into the steaks and marinate at room temperature for several hours. Brush a cast-iron skillet with olive oil. Pat the steaks dry, leaving as much pepper adhering to the steaks as possible. Heat the pan and cook the steaks over medium-high heat about 5 minutes to a side or until medium rare. Transfer to a heated platter and keep warm in the oven while making the sauce. Pour out any grease from the pan. Add butter and gently sauté the shallots or green onion. Add wine and bring to a rapid boil. Add stock. Boil rapidly until sauce is reduced about 2/3 cup. Season to taste. Transfer steaks to individual plates and spoon a little sauce over each.
20 minutes preparation time. Makes 4 servings.

Taco Filled Peppers

1 pound ground beef or ground turkey
Taco seasoning to taste (crushed red pepper, oregano, basil, cumin)
1 8-ounce can kidney beans, rinsed and drained
1 cup salsa
4 medium green peppers
1 medium tomato, chopped
½ cup shredded cheese
½ cup non-fat plain yogurt (optional)

Place beef or turkey in skillet and brown with onions and garlic on medium heat. Meanwhile, in a separate pan, prepare rice as directed. When meat is done, add sauce, seasoning, and cooked rice. Stir until blended.

Pot Roast

2-lbs chuck roast or English pot roast

1 container organic chicken broth

1 pkg. Fantastic Onion Soup & Dip Recipe Mix (or any other onion soup without MSG, sugar or hydrolyzed protein)

Heat oven to 325 degrees. Place meat in Dutch oven or baking dish that can be covered with lid or foil. Add soup mix to broth and pour over top. Place in oven for 2 ½ to 3 ½ hours till tender. Make sure to add more broth or water if necessary. Turn the meat over half way through cooking time.

3 1/2 hours preparation time. Makes 6 servings.

VEGETABLE MAIN DISH RECIPES

Crock Pot Layered Dinner

4 sweet potatoes, sliced
1 large onion, sliced
2 carrots, sliced
1 green pepper, sliced
1 zucchini, sliced
1 cup frozen /fresh broccoli crowns
1 cup frozen/fresh cauliflower crowns

Sauce:

2 ½ cups tomato sauce
¼ cup Bragg's amino acid or soy sauce
1 tsp. ground thyme
1 tsp. dried mustard
1 tsp. dried basil
2 tsp. chili powder
½ tsp. ground sage
2 Tbsp. parsley flakes

Layer vegetables in crock pot in order given. Mix together ingredients for sauce and pour over vegetables. Cook 6 hours on high.

6 ½ hours preparation time. Makes 6 servings.

Brown Rice and Lentils

1 Tbsp. butter
1 large onion, diced
½ green pepper, diced
½ cup organic brown rice, uncooked
½ cup lentils, uncooked
1 ½ tsp. cumin
½ tsp coriander
¼ tsp. turmeric
¼ hot sauce (or to taste)
2 cups chicken or vegetable broth

Sauté onions with butter in medium saucepan until translucent. Add green pepper: sauté for 3 minutes. Add rice: sauté 2 more minutes. Add lentils, spices, hot sauce, and broth. Cover and bring to boil; simmer 35-40 minutes, or until water is mostly absorbed. 55 minutes preparation time. Makes 3 servings.

Mediterranean Collard Greens

1 bunch collard greens, chopped (about 8 cups)
1 Tbsp. lemon juice
1 tsp soy sauce
1 medium cloves garlic, pressed
Extra virgin olive oil, to taste
Salt and black pepper to taste

Press garlic and let sit for 5 to 10 minutes, bring lightly salted water to a boil in a steamer with a tight fitting lid. Separate the stems from the greens by folding in half and cutting along side of the stem, or pulling out stem. Roughly chop the greens. Add collard greens to steamer basket and steam covered for about 5 minutes, or until tender. Toss with rest of ingredients and place on a plate and cut more finely before serving. 15 minutes preparation time. Makes 4 servings.

Parsley and Celery Pilaf

1 Tbsp. butter
1 ½ cups parsnip, peeled and chopped
1/3 cup celery, sliced ¼ inch thick
¼ cup onions, diced
1 ½ cups uncooked organic brown rice
¼ cup water
½ tsp. sea salt
3/8 to ½ dried thyme
1/8 tsp. fresh ground black pepper
3 cups organic chicken broth or vegetable broth
4 Tbsp. diced water chestnuts, toasted

Heat the butter in a large saucepan over medium heat. Add parsnip, celery, and onions, and cook 4 minutes, stirring occasionally. Do not let the vegetables brown. Add cooked rice and the next 5 ingredients (rice through broth) and bring to a boil. Cover, reduce heat, and simmer 10 minutes. (Consult the package of your brown rice for exact cooking time.) Stir in water chestnuts.

35 minutes preparation time. Makes 6 servings

Stir-Fried Tomatoes and Eggplant

1 Tbsp. Organic Extra Virgin Olive Oil
1 medium sized eggplant, peeled and diced
1 medium onion, diced
1 celery stalk, thinly sliced
1 28 ounce can of organic diced tomatoes with juice
2 Tbsp. Organic red wine or Balsamic vinegar
2 finely sliced basil leaves or ¼ tsp. dried basil
2 tsp. dried oregano
Salt and pepper to taste.

In a wok, heat the olive oil and stir fry the eggplant, celery, and onion for 8-10 minutes. Add remaining ingredients, cover and simmer for 20-25 minutes while stirring occasionally. Serve immediately. Makes 2 servings.

Vegetable Angel Hair "Pasta"

3 zucchini
16 oz. cherry tomatoes
½ small white onion
A few fresh basil leaves
2 cloves garlic
1 red, orange, or yellow bell pepper
2 tsp. dried Italian spices
Salt and pepper to taste
A little olive oil

Use a spiral sliver to cut zucchini into angel hair like strands and set aside. Place the rest of items in a good processor or blender and chop to a “chunky” consistency. DO NOT puree the mixture. Pour sauce into a bowl and allow to set for 30 minutes to allow sauce to thicken. Pour over pasta.

45 minutes preparation time. Makes 4 servings.

SIDE DISH RECIPES

Asparagus with Sesame Seeds

2 ½ lbs. asparagus, trimmed
2 Tbsp. extra virgin olive oil or melted butter
2 Tbsp. shallots, minced
2 Tbsp. sesame seeds, lightly toasted
Juice of 1 lemon
Sea salt

Place oil and asparagus in a glass baking dish and toss so that the asparagus is completely coated with oil. Bake at 400 degrees for about 8 minutes, shaking the dish every 2 minutes or so. Sprinkle on the shallots and sesame seeds and bake, with one or two shakes, for 1 minute more. Transfer to heated serving bowl and squeeze on lemon juice. Season to taste. 25 minutes preparation time. Makes 6 servings.

Baby Bok Choy, Snap Peas & Garlic

32 snap peas
12 baby white onions, peeled and halved
2 baby bok choy, quartered
1 clove garlic, very thinly sliced
4 tsp. olive oil
4 sprigs mint
2 tsp. grated orange zest
Salt and pepper, to taste

Preheat the oven to 400 degrees. Cut 4 12-inch-long pieces of nonstick foil. Mix all the ingredients together and spoon equal amounts onto the center of each piece of foil or parchment paper. Draw up the sides of the foil and seal the packets well: leave room around the ingredients so they can steam. Put packets on a baking sheet. Bake 15 minutes or until the bok choy is tender. Serve immediately. 30 minutes preparation time. Makes 4 servings.

Beets

1 bunch beets

1 inch water

Wash beets thoroughly and cut the leaves off, leaving about 2 to 3 inches of the stems. Leave the root on to avoid excess loss of nutrients. Place beets in a steamer and fill water to where it touches the beets. Steam for approximately 20 minutes for a medium to small beet. More time is required for larger beets. Test with fork for tenderness. Raw beets can be grated on a salad; they are very sweet. Use the beet leaves as salad greens. 25 minutes preparation time. Makes 6 to 8 servings.

Broccoli with Garlic

1 head broccoli, cut into florets
2 garlic cloves, minced
1 Tbsp. extra virgin olive oil

Steam broccoli florets for 2 minutes in large pan over salted boiling water. Drain. Heat oil in pan, add broccoli florets and garlic. Cook until garlic is golden brown. 10 minutes preparation time. Makes 4 servings.

Coleslaw

1 cup shredded red cabbage
1 cup shredded green cabbage
1 carrot, shredded
¼ cup onion, finely chopped
1 lemon, juice of
1 tsp. salt
1 garlic clove, minced
1 tsp. paprika
1/3 cup olive oil
3 Tbsp. apple cider vinegar

Mix all ingredients together in a large bowl and serve. 25 minutes preparation time. Makes 4 servings.

Dr Steph's Famous Guacamole

2 avacados
2 cloves fresh garlic

Juice of 1 lime, freshly squeezed
1 Tbsp. fresh basil
Salt and pepper to taste

Mix all ingredients into a food processor and blend until smooth.
5 minutes preparation time. Makes 3 servings

Garlic-Chili Roasted Broccoli

1 large head of broccoli, cut into thin, long spears
¼ cup extra virgin olive oil
6 cloves garlic, finely chopped
1 Tbsp. chili powder
1 Tbsp. grill seasoning blend or grill creations

Preheat oven to 425 degrees. Place olive oil, garlic, chili powder, and grill seasoning in the bottom of a large bowl and add the broccoli spears. Coat broccoli evenly and place on a large nonstick baking sheet. Roast broccoli until ends are crisp and brown and stalks are just tender, approximately 15 minutes.
25 minutes preparation time. Makes 4 servings.

Glazed Turnips

2 lbs. turnips, peeled and quartered
4 Tbsp. butter
1 cup beet stock
1 Tbsp. parsley, finely minced

Plunge turnips into boiling salted water for 3 to 5 minutes. Drain and pat dry. Sauté in butter until lightly browned. Add stock and boil down until turnips are coated and liquid has almost completely evaporated. Sprinkle with parsley and serve.
20 minutes preparation time. Makes 6 servings.

Green Beans with Onions

1 ½ lbs. green beans, French cut
4 Tbsp. butter
½ cup dehydrated onions

Cut each end from the bean with a knife, being careful to remove any strings. Break or cut the beans sideways to fit into your food processor. Fit the processor with the regular

slicing blade and place the beans in sideways. When processed the result will be beautifully French-cut beans. Place beans in a vegetable steamer and steam for about 8 minutes until they have turned bright green and are tender. Melt butter in a frying pan; add onions and sauté, stirring, until lightly browned. Toss with beans and serve immediately.

25 minutes preparation time. Makes 6 servings.

Mashed Cauliflower

1 head cauliflower
3 ounces rice or almond milk
¼ tsp. white pepper
½ tsp. kosher salt
2 garlic cloves, minced
Paprika to taste

Preheat oven to 350 degrees. Cut cauliflower into florets or even size. Drop into boiling salted water and cook for about 15 minutes. Put rice milk in blender, add cooked cauliflower and garlic and blend until creamy. Add salt and pepper to taste. Pour into one quart greased casserole dish. Top with a light sprinkle of paprika and bake for about 20 minutes or until bubbly and hot.

35 minutes preparation time. Makes 6 servings.

Pepper and Onions

2 medium onions, peeled and thinly sliced
2 red peppers, seeded and sliced into strips
2 Tbsp. butter
2 Tbsp. extra virgin olive oil
½ tsp. dried fine herbs
2 cloves garlic, peeled and crushed
½ cup finely shredded basil leaves
Sea salt and pepper, to taste

Sauté onions and peppers gently in butter and olive oil for about 45 minutes until soft. Add herbs, crushed garlic, and basil, and cook another few minutes, stirring constantly. The consistency should be like marmalade. Season to taste. 1 hour preparation time.

Primavera Vegetables

2 zucchini, medium, sliced
2 celery stalks, diagonally sliced

1 red pepper, seeded and cut into strips
1 yellow pepper, seeded and cut into strips
½ green pepper, seeded and cut into thin strips
1 ½ cups broccoli florets, fresh or frozen
2 Tbsp. olive oil
4 garlic cloves, sliced
¾ cup fresh basil leaves or 3 Tbsp. dried
1 cup flat leaf Italian parsley, slightly chopped
1 15 oz. can fire roasted or regular crushed or diced tomatoes
Salt and pepper to taste
Parmesan cheese (sprinkle sparingly)

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring, just until vegetables soften, approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper and entire can of tomatoes. Cover and reduce heat to medium high for 2 to 3 minutes. Remove from heat and sprinkle with Parmesan cheese. Serve on top fish, chicken, or cooked and shredded spaghetti squash.
35 minutes preparation time. Makes 4 servings.

Red Cabbage, Dutch Style

1 medium red cabbage, shredded
1 bay leaf
½ tsp. cloves
½ tsp. sea salt
1 tsp. raw honey
¼ tsp. cinnamon
1 cup water
2 apples, peeled and quartered
1 Tbsp. butter
1 Tbsp. raw wine vinegar

Rinse cabbage and place in a heavy pan. In a small pan, mix bay leaf, cloves, salt, honey, and cinnamon with water and bring to a boil. Pour over the cabbage and cook gently about 2 minutes. Add the apple and cook another 10 minutes. Remove cabbage with a slotted spoon to a serving dish and toss with butter and vinegar.
4 minutes preparation time. Makes 6 servings.

Roasted Sweet Potatoes

4-5 medium sweet potatoes, peeled and cut into large pieces

2 sweet onions cut into one-inch pieces
1 ½ Tbsp. extra virgin olive oil
¼ tsp. garlic pepper blend
½ tsp. salt

Preheat oven to 425 degrees. In a large bowl combine all ingredients and toss thoroughly. Spread onto 9 x 13" baking dish and bake for 30 to 35 minutes or until tender. 45 minutes preparation time. Makes 4 servings.

Salsa

2 large diced tomatoes
2 scallions, thinly chopped
1 garlic clove, minced
1 Tbsp. chopped cilantro
1 Tbsp. extra virgin olive oil
2 tsp. fresh lime juice

Combine all ingredients in a bowl and let sit for a few minutes before serving. Great as a topping on fish. 15 minutes preparation time. Makes 4 servings.

Sautéed Asparagus with Garlic

1 small bunch asparagus
2 garlic cloves, minced
2 Tbsp. olive oil
Water, for blanching

Rinse and cut bottoms off stalks. Blanch in boiling water for 2 minutes. Heat olive oil in pan and add garlic and asparagus. Heat on medium until garlic is golden brown. Serve immediately. 10 preparation time. Makes 4 servings.

Sautéed Spinach with Garlic

2 Tbsp. Olive Oil
4 cloves garlic, thinly sliced lengthwise
2 lbs fresh spinach, washed and leaves damp
Salt and freshly ground black pepper to taste

In a large sauté pan heat olive oil over medium heat. Add garlic and cook until golden brown, 2 to 3 minutes. Using a slotted spoon, transfer garlic to paper towels; reserve.

Discard oil. Place some olive oil in pan, and heat over medium heat. Coarsely chop spinach and stalks. Working in batches, add damp spinach to the pan. Cover and cook until spinach just begins to wilt, 4 to 5 minutes. Transfer the cooked spinach to a metal bowl, and cook remaining spinach. Season with salt and pepper. Sprinkle reserved garlic over spinach, and serve warm. 20 minutes preparation time. Makes 4 servings.

Sautéed Zucchini and Red Pepper

2 sweet red peppers, sliced into 1 inch strips
2 zucchini, medium, sliced into 1 inch strips
1 garlic clove, minced
1 Tbsp. extra virgin olive oil
1 tsp. dried oregano or sweet basil
Salt and pepper to taste

Sauté zucchini in olive oil for 5 minutes over medium-high heat, just until lightly browned. Add garlic and continue sautéing for 30 seconds. Add peppers and sauté an additional 4 minutes. Add salt and pepper and serve.
15 minutes preparation time. Makes 4 servings.

Spaghetti Squash

1 large spaghetti squash
Salt and pepper to taste

Preheat oven to 350 degrees. Cut spaghetti squash length-wise in half. Place on baking sheet and bake 25 to 30 minutes or until tender. Remove from oven and shred the squash with a fork. Serve with Primavera vegetables or Marinara sauce.
35 minutes preparation time. Makes 4 servings.

Sweet Potato Dollars

3-4 sweet potatoes
3 Tbsp. melted butter
3 Tbsp. extra virgin olive oil
Sea salt, to taste

Peel potatoes and slice crosswise at ¼ inch intervals into “dollars.” Brush two cookie sheets with mixture of butter and olive oil. Arrange the dollars in one layer and brush with the remaining butter, add oil. Season lightly with sea salt. Bake about 45 minutes at 350 degrees. 1 hour preparation time. Makes 4 servings.

Swiss Chard

1 bunch Swiss chard (This has a very mild, almost spinach-like taste.)

½ cup water

Wash leaves thoroughly. Cut width-wise into strips. Place in pot with water. Bring water to boil and steam for 3 minutes. 6 minutes preparation time. Makes 4 servings.

Tomato Cups

6 medium tomatoes

½ small cucumber

2 stalks celery, thinly sliced

½ medium red onion or 2 scallions, chopped

½ cup fresh parsley

1 Tbsp. fresh mint (optional)

1 clove garlic, minced

½ cup sunflower seeds

1 Tbsp. lemon juice

1 Tbsp. olive oil

Sea salt to taste

Cut tomatoes in half and scoop out centers. Add tomato pulp to the other ingredients and finely chop everything. Mix well and fill tomato halves. 15 minutes preparation time. Makes 12 cups.

SAUCES AND MARINADES

Use-It-On-Everything Marinade

1 red onion, sliced
1 whole head garlic, cloves minced
4 tsp. salt
4 tsp. ground white pepper
4 tsp. freshly ground black pepper
4 tsp. paprika
3 tsp. dried basil
4 tsp. Worcestershire sauce
1 cup lemon juice
1 ¼ cup red wine vinegar
4 cups (32 oz) olive oil

Mix all ingredients until well blended. Pour over food, and marinate overnight.

Tip: Place food in a gallon-size plastic zipper-top bag, cover with marinade, and seal. This package travels well in coolers and is less cumbersome than a pan in coolers. Flip the bag several times while marinating to cover the food evenly. Also can make ahead of time and store marinade in the freezer until needed.

Marinara Sauce

2 Tbsp. olive oil
3 garlic cloves, minced
1 medium onion, finely chopped
1 28oz. can crushed tomatoes (slightly drained)
1 cup fresh Italian flat leaf parsley, chopped
½ cup fresh basil leaves, rolled and thinly sliced
Salt and pepper to taste

Heat pan on medium high heat and add olive oil, garlic and onions. Stir until soft; add remaining ingredients. Stir occasionally and reduce heat to simmer for 10-15 minutes. Serve over pasta, chicken, or fish.

30 minutes preparation time. Makes 4 servings.

SALAD RECIPES

Asparagus and Spring Greens Salad

1 pound green and white asparagus, trimmed and cut into 2-inch pieces
1 (5-ounce) package mixed salad greens
2 ¼ tsp. sea salt, divided
2 Tbsp. minced shallots
2 Tbsp. white balsamic vinegar
2 Tbsp. extra virgin olive oil
½ tsp. grated lemon rind
¼ tsp. freshly ground black pepper

Cook asparagus and 2 tsp. sea salt in boiling water 2 minutes or until crisp-tender. Drain and rinse asparagus under cold water; drain. Combine remaining ¼ tsp. salt, shallots and rest of ingredients in a small bowl, stirring with a whisk. Combine asparagus and greens in a large bowl. Toss with desired dressing.

Caesar Salad

¼ to 1/3 cup extra virgin olive oil
½ tsp. anchovy paste
1 tsp. Dijon mustard
2-3 drops Worcestershire sauce (optional)
1 garlic clove, minced
¼ tsp. ground pepper
1 Tbsp. lemon juice
Grated parmesan cheese (optional)
Romaine lettuce, torn into pieces

Mix the first seven ingredients thoroughly. Add some of the grated parmesan. Toss mixture with the greens until coated. Add more cheese and serve.
20 minutes preparation time. Makes 4 servings.

Chicken, Tuna or Red Salmon Salad

1 can tuna, 1 cooked chicken breast, or 1 can red salmon (or use leftover baked salmon), cut into small pieces or mashed
½ stalk celery, chopped in fine pieces
1 Tbsp. onion, finely chopped (or green onion)
1 Tbsp. safflower mayonnaise (enough to just moisten)
NOTE: when using chicken, add ¼ to ½ tsp. dill weed

Mix all ingredients together. Serve on pieces of lettuce leaves.
15 minutes preparation time. Makes 2 servings.

Cranberry Chicken Salad

2 cups Spring salad mix or lettuce of your choice
1 cup baby spinach (raw)
¼ cup dried cranberries
3-4 oz. chicken chunks
1/3 cup sun-dried tomatoes
2 Tbsp. Feta cheese
Mandarin orange slices
1 Tbsp. olive oil
2 Tbsp. Balsamic vinegar
Salt, pepper, garlic powder

Place sun-dried tomatoes in boiling water to soften. Mix together spring mix, baby spinach and cranberries. Sprinkle with salt, pepper, drain and add to lettuce. Top with Feta and orange slices. Add oil and vinegar.

Cucumber and Mint Salad

4 ounces green beans, trimmed
1 cup torn fresh mint
1 small seedless cucumber, halved or quartered lengthwise cut ½ inch thick
1 head Boston lettuce, leaves torn into pieces
½ cup extra-virgin olive oil
Sea salt
Freshly ground pepper

Prepare an ice-water bath. Cook green beans in a pot of boiling salted water until bright green, about 4 minutes. Drain; transfer to ice-water bath, and drain again. Cut into thirds. Toss with mint, cucumber and lettuce. Pour ¼ cup oil into lemon juice in a slow, steady stream; whisking until emulsified. Season with salt and pepper. Drizzle dressing over salad; toss to coat.

Mango Coconut Cucumber Salad

1 cucumber, peeled, seeded, and diced
1 mango, peeled and diced
1-2 Tbsp. lime juice
1-2 Tbsp. lemon juice
½ tsp. chili peppers, minced
1 small red pepper, minced
1 Tbsp. dried shredded coconut

Mix everything in a bowl. Chill for 15-20 minutes before serving. Works very well with Brazilian, Thai, or Indian dishes. 10 minutes preparation time. Makes 6 servings.

Fresh Spinach and Avocado Salad

1 large avocado
Juice of 1 lime
8 ounces fresh baby spinach leaves
4 ounces cherry tomatoes
4 scallions, sliced
½ cucumber, cut into chunks
2 ounces radishes, sliced
Herbs, sprigs to garnish

Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices. Transfer to a plate, drizzle with the lime juice and set aside. Wash and dry the spinach leaves. Put into mixing bowl. Cut the larger cherry tomatoes in half, and add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes. Add avocados, add your dressing and toss.
30 minutes preparation time. Makes 2 servings.

Greek Cranberry Salad

5 ounces salad greens (Spring mix is good)
¾ cup dried cranberries (no sugar added)
¼ cup thinly sliced red onion
1 cup coarsely chopped pecans (leave out)
¼ cup red wine vinegar
¼ cup olive oil
½ cup loosely packed parsley sprigs
2 dashes garlic powder
1 packet Stevia (if desired, for dressing)
½ tsp. dried oregano
½ tsp. salt
1/8 tsp. pepper

To prepare the dressing, pour the red wine vinegar, olive oil, parsley, garlic powder, oregano, salt and pepper into a blender. Blend well until the ingredients are combined and the parsley is well processed. Toss the greens, nuts, cranberries, onions, with the dressing. Serve immediately.

15 minutes preparation time. Makes 4 servings.

Greek Salad

1 head romaine lettuce, torn into bite-size pieces
1 cucumber, peeled, seeded, and sliced
1 small red onion, thinly sliced
1 red bell pepper, seeded and cut into thin strips
2 tomatoes, cut into thin wedges
10 fresh mint leaves, finely chopped
15-16 kalamata olives
4-5 mild pepperoncini peppers, whole
Sea Salt
Freshly ground pepper

Combine salad ingredients in salad bowl, add your dressing and toss.

15 minutes preparation time. Makes 4 servings

Puttanes Salad

4 ripe tomatoes, seeded and chopped
½ red onion, chopped
3 Tbsp. capers
½ cup kalamata olives, pitted and coarsely chopped
6 anchovies, chopped (or 1 tsp. anchovy paste)
1 garlic clove, minced
1/3 cup Italian or flat leaf parsley, coarsely chopped
Extra virgin olive oil for drizzling
12 fresh basil leaves, pile and roll into log to shred or tear
Salt and pepper to taste

Combine first 7 ingredients in a bowl. Drizzle enough olive oil to lightly coat salad, approximately 1-2 Tbsp. Sprinkle in basil, salt and pepper and toss again to mix thoroughly. Adjust seasoning to taste.

20 minutes preparation time. Makes 4 servings.

Spinach Salad

1 10 ounce bag fresh baby spinach leaves, washed and stemmed
8 ounce button mushrooms, sliced
½ medium cucumber, sliced
4 eggs, hardboiled and halved
3 Tbsp. walnuts, chopped (leave out)
3 Tbsp. vinaigrette salad dressing

Spin spinach once washed. Place in salad bowl. Add remaining ingredients and toss with dressing. 15 minutes preparation time. Makes 8 servings.

Raspberry Salad

4 Tbsp. Extra virgin olive oil
2 Tbsp. raspberry puree
2 Tbsp. raspberry vinegar
½ tsp. kale
¼ tsp. pepper
1 12 ounce package gourmet salad greens
1 ½ cups fresh raspberries

To make the dressing, in a small bowl whisk the olive oil, raspberry puree, raspberry vinegar, salt and pepper together. In a serving bowl, toss the salad greens and raspberries together. Pour the dressing over the salad, toss to coat. 20 minutes preparation time. Makes 4 servings.

Spinach Mango Salad

1 bag baby spinach
3 cups torn red lettuce or spring mix
1 cup cubed mango
1 Tbsp. poppy seeds
2 Tbsp. balsamic vinegar
2 Tbsp. rice wine vinegar
1 Tbsp. honey
1 ½ tsp. coarse-grain mustard
Pinch of freshly ground black pepper
Pinch of ground cardamom (optional)
Optional: Strawberries, orange slices, pears, avocado

In a large bowl, combine spinach, lettuce, mango, and poppy seeds. To make the dressing, in a small bowl, whisk together the seeds and other ingredients. Pour over salad and toss well.

Tomato and Onion Salad

1 box plum tomatoes, wedged
1 red onion, thinly sliced (or chopped scallions)

Combine with basic vinaigrette dressing and marinade at least 15 minutes at room temperature before serving.

Preparation time 20 minutes. Makes 4 servings.

Strawberry Spinach Salad

¼ cup sliced almonds, toasted (leave out)
1 ½ cups strawberries, hulled and quartered
½ cup cucumbers, sliced and cut in half
¼ cup red onions, sliced into thin wedges
1 6 ounce package baby spinach

Preheat oven to 30 degrees. Spread almonds in a single layer over bottom of small pan. Bake 10-12 minutes or until lightly toasted. Remove from oven and cool in pan. Meanwhile hull strawberries into quarters. Score cucumber lengthwise, remove seeds. Slice cucumber and cut slices in half. Slice onion into thin wedges. Place spinach into large serving bowl, add strawberries, cucumber and onion. Whisk dressing you are using and pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately. 22 minutes preparation time. Makes 4 servings.

Another Strawberry Spinach Salad

1 ½ cups quartered strawberries
1 Tbsp. finely chopped fresh mint
1 (6 oz.) package of fresh baby spinach
2 Tbsp. sliced almonds, toasted
¼ tsp. fresh ground black pepper
¼ cup herb vinaigrette (see dressings for recipe)

Combine strawberries, mint, spinach and vinaigrette in a large bowl; toss gently to coat. Sprinkle with almonds and pepper; serve immediately. Serves 4

Tuna Salad

1 6-ounce can Albacore tuna in water
1-2 tsp. red onions, finely chopped
3 Tbsp. fresh parsley, finely chopped
1 Tbsp. freshly squeezed lemon juice
3 Tbsp. olive oil (or 1 Tbsp. mayonnaise)
1 celery stalk, finely sliced

Mix all ingredients thoroughly and serve on lettuce leaves with wedges of tomato. Or mix with mayonnaise, if preferred. 15 minutes preparation time. Makes 4 servings.

Warm Mediterranean Chicken Salad

2 (4 oz) chicken breasts
1 medium zucchini
1 medium yellow squash
1 medium red onion
1 garlic clove, minced
1 Tbsp. fresh thyme, chopped
2 cups romaine lettuce (or lettuce of your choice)
2 Tbsp. sun-dried tomatoes, chopped
Olive oil
Lemon juice

Dice zucchini, yellow squash, onion and chicken in $\frac{1}{4}$ inch pieces. In a medium-hot pan, sauté seasoned diced chicken for 3-4 minutes. Add diced vegetables, garlic and thyme and continue to cook until vegetables are tender but not over-cooked. Season with salt and pepper to taste. Toss chicken mixture with chopped lettuce and sun-dried tomatoes. Add a splash of olive oil and lemon juice.

Zucchini Salad

3 zucchini, thinly sliced
2 red apples, cut in small pieces
1 avocado, cut in small slices
Cumin to taste
Braggs, to taste

Mix all ingredients together and serve. 15 minutes preparation time. Makes 2 servings

SALAD DRESSINGS

Basic Vinaigrette Dressing

½ cup extra virgin olive oil
3 Tbsp. apple cider vinegar
1 tsp. oregano
½ tsp. salt
1/8 tsp. pepper

Mix in a container and refrigerate. Let it sit out a few minutes before using and shake well.
10 minutes preparation time. Makes 4 servings.

Dijon Olive Oil Dressing

½ cup extra virgin olive oil
6 Tbsp. balsamic vinegar or lemon juice
6 Tbsp. water
1 tsp. Dijon mustard
1/8 tsp. oregano
1 garlic clove, minced
Salt and pepper to taste

Combine all ingredients into an air tight jar and shake vigorously to blend.
10 minutes preparation time. Makes 4 servings.

Garlic and Red Wine Vinegar Salad Dressing

2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1-2 cloves garlic, crushed
Salt and freshly ground pepper to taste

Place all ingredients in a sealed container and shake well. Pour over greens. 10 minutes preparation time. Makes 2 servings.

Greek Salad Dressing

1/3 cup extra virgin olive oil
1 tsp. dried oregano
1 tsp. minced garlic
1 Tbsp. red wine vinegar
1 Tbsp. fresh lemon juice
Salt and pepper to taste

Whisk together the olive oil, oregano, garlic, vinegar and lemon juice in a small bowl. Season to taste with salt and pepper. Toss with salad. Makes 4 servings.

Herb Vinaigrette

9 Tbsp. white wine vinegar
1 ½ Tbsp. wildflower honey
½ tsp. natural sea salt
1 cup olive oil
3 Tbsp. fresh basil
3 Tbsp. minced fresh chives

Combine the first 3 ingredients in a medium bowl; slowly whisk in oil until combined. Stir in basil and chives. Cover, and store in refrigerator for up to 5 days.

Lemon Mint Dressing

2 cloves garlic, minced
½ cup fresh lemon juice
Salt to taste
Freshly ground black pepper
½ cup olive oil
2 Tbsp. finely chopped fresh mint

In a small bowl, whisk together the garlic, lemon juice, salt and pepper. Slowly add the olive oil, whisking until blended. Stir in the mint. Taste for seasoning.
10 minutes preparation time. Makes 6 servings.

Lemon-Roasted Garlic Dressing

2 garlic cloves
1/3 cup olive oil
1/3 cup fresh lemon juice
1 Tbsp. honey
Sea salt to taste

Preheat oven to 400 degrees. Place garlic cloves inside a foil pouch. Drizzle with a little olive oil and salt lightly. Bake for about 15 minutes to roast. Place roasted garlic in a blender. Add lemon juice and honey and process until smooth. With blender running, slowly pour in remaining olive oil until dressing emulsifies.

Tahini Dressing

2 Tbsp. sesame tahini (pureed sesame seeds)
Lemon juice, to taste
Water, for consistency

Blend. 10 minutes preparation time. Makes 4 servings.

Oliveau Salad Dressing

2 cloves garlic, minced
2 Tbsp. Dijon mustard
½ tsp. celery salt
1 dash sea salt
1 dash freshly ground pepper
2 Tbsp. balsamic vinegar
1 Tbsp. wine vinegar
½ cup extra virgin olive oil

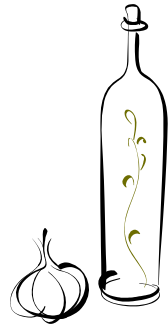
Place minced garlic, mustard, salts, pepper and vinegars in bowl. Very slowly whisk in olive oil, until emulsified (thick and creamy). Place in a glass container. Can be refrigerated for 2 weeks and brought to room temperature prior to use.

30 minutes preparation time. Makes 6 servings.

Spicy Salad Dressing

2/3 cup olive oil
1/3 cup vinegar
3 tsp. fresh squeezed lemon juice
Freshly ground black pepper
2 cloves garlic, minced
¼ tsp. dry mustard
1 dash Tabasco sauce
½ tsp. paprika
1 packet Stevia
¼ tsp. basil, leaves, crushed
¼ tsp. thyme, crushed
½ tsp. oregano, crushed
2 serrano peppers, minced

Blend all ingredients thoroughly. Chill. 10 minutes preparation time. Makes 2 servings.



DESSERT AND SNACK RECIPES

Almond Butter Balls

1 stick butter, room temperature
1 cup crunchy almond butter
1 tsp. pure vanilla
¼ cup honey
10 packets Stevia sweetener (.035 oz. each)
6 rounded handfuls Quaker Quick Oats
1 ¼ cups Nature's Path Organic Rice Puffs cereal, pounded into crumbs
¾ cup natural unsweetened coconut

Cream butter and almond butter together. Blend in vanilla, honey, Stevia, oats and crushed rice cereal. Roll thick dough into 24 one inch balls. Roll balls in coconut. Store in container in refrigerator.

Cinnamon Baked Apples

2 cooking apples
2 Tbsp. raisins
1 Tbsp. blue agave (organic sweetener)
¼ tsp. cinnamon, ground
1 tsp. butter

Preheat oven to 375 degrees. Core the apples and pare a one-inch strip of skin from around the middle to prevent splitting. Place the apples in two 10-ounce custard cups. Pack the raisins into the apples. Mix the blue agave and cinnamon, pour over the raisins and into the apples. Top with butter. Bake for 30 minutes.
40 minutes preparation time. Makes 2 servings.

Pumpkin Pudding

2 cups pure pumpkin (canned or fresh)
1 cup rice milk
3 fresh eggs, beaten (organic if possible)
¼-1/2 cup pure honey
1 ½ tsp. cinnamon
1 tsp. nutmeg
½ tsp. cloves

Preheat oven 350 degrees. Grease glass 8 by 8- inch baking dish. Mix all ingredients in a bowl until well blended. Pour into baking dish. Bake until knife comes out clean from the center of the pudding. Serve warm or cold.

Poached Pears with Blackberries

4 pears, peeled, but left whole
½ lemon, juice and zest of
9 ounces blackberries
1 1/3 cups water
1 ounce blue agave

Put the pears in a saucepan with the lemon zest and the lemon juice. Tip in half the blackberries and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over halfway so they cook evenly on both sides. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through leaving the seeds behind. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.

45 minutes preparation time. Makes 4 servings.

Rice Muffins

1 cups of brown rice, cooked
2 Tbsp. ground flax seed
2 Tbsp. baking powder
1 tsp. green stevia powder
1 tsp. xanthan gum
1 to 2 Tbsp. olive oil
1 to 2 Tbsp. unsweetened applesauce
1 cup rice milk, unsweetened
1 egg
1 cup of dates or carob chips, chopped

Mix egg, rice, milk, oil, applesauce and stevia together, well enough to dissolve stevia. Add remaining ingredients. Spray muffin tin with olive oil as ingredients may stick to muffin paper. Bake at 400 degrees for 15-20 minutes. Serve warm or reheat before serving.

Variation: mash 1 ripe banana and omit applesauce

Vanilla Poached Pears

4 large pears, halved, peeled, and cored

Water, to cover

1 ½ inches piece of fresh vanilla beans

Cinnamon, ground

Mint sprigs, to garnish

Place the pears in a large saucepan and pour water to cover the pears. Add vanilla beans and bring the pears to a simmer over medium heat. Simmer until tender, be careful not to burn. Allow pears to cool, and then serve in the center of a dessert plate. Spoon sauce over the pears, then sprinkle with cinnamon and garnish with a sprig of mint.

30 minutes preparation time. Makes 4 servings.

Rice Tortilla Chips

1 pkg. Food for Life brown rice tortillas

Olive oil spray

Sea salt

Herb blend of your choice

Use a pizza cutter; slice each tortilla into 12 wedges. Place in a single layer on a cookie sheet you have sprayed with olive oil. Spray top of wedges as well and sprinkle with salt and herb blend. Toast in a 450 degree oven until browned and very crispy. You will have to do several batches. Put the toasted chips in a large container that can be tightly sealed, after they have cooled, to keep them crisp.

Eat Well!

