

THE DIET SOLUTION

RECIPES

By Isabel De Los Rios



www.TheDietSolutionProgram.com

The Diet Solution

Recipe Guide

Isabel De Los Rios

version 1.0.1

Recipes

This guide includes some of my favorite recipes, adapted from cookbooks and online sources. Because the *Diet Solution* is not a diet in the traditional sense but a new way of eating that you want to adopt for life, it is essential that you keep your meals tasty, interesting, and creative. Eating the same foods again and again leads to boredom and abandonment. To prevent this from happening, I highly encourage you to try at least one new recipe per week that suits your meal plan. Also, be adventurous and try some foods that you have never tried before.

With all of the recipes presented here (and with any other recipe you may choose to use), adhere to all the principles taught in the manual. For example, organic ingredients are always best. Whenever possible, choose free-range, hormone- and antibiotic-free, fresh, and wild meats, poultry, eggs, and fish. Don't fear salt, but do use an unrefined sea salt or, preferably, Celtic sea salt. Oils should be cold expeller-pressed. Water should be pure and filtered. And the only breads you should consume should be made from organic sprouted whole grains (e.g., Food for Life brand's Ezekiel 4:9 products).

Also, remember that allowable food servings and portion sizes differ for each person, depending on metabolic type and the number of calories required daily. Please adjust recipe portions to suit your meal plan, as instructed in the **Chapter on Daily Meal Planning**, according to the **Allowable Servings Guide** and the **Food Choices** charts. For example, if you are a Carb Type allowed four 1-oz servings of protein for dinner and a chicken recipe makes 6-oz servings (or doesn't specify a portion size), eat only 4 oz of chicken with your meal.

Remember, fresh food is best, and the more whole and natural the food you eat, the healthier you will be—and the better you will feel. Bon appétit!

Recipe Contents

Beverage	5
Tea Juice	5
Dressings, Marinades, Seasonings, and Sauces	6
Basic Salad Dressing.....	6
Lemon Pepper Dressing.....	7
Use-It-on-Everything Marinade.....	8
Cilantro Marinade	9
Caribbean Jerk Rub.....	10
Béarnaise Sauce	11
Vegetable Dishes	12
Summer Salad	12
Garlicky Steamed Stuffed Artichokes	13
Asparagus with Sesame Seeds	14
Vegetable Frittata.....	15
Basic Spaghetti Squash	16
Butternut Squash Puree with Pecans.....	17
Wilted Spinach.....	18
Spinach-Stuffed Mushrooms	19
Mary Jo's Spinach.....	20
Baked Sweet Potatoes	21
Sweet Potato Dollars.....	22
Sautéed Zucchini.....	23
Zucchini with Tomatoes	24
Baba Ganouj - Roasted Eggplant Dip	26
Pumpkin Soup.....	27
Poultry (Chicken, Cornish Game Hen, Turkey)	28
Basic Roasted Chicken	28
Steamed Chicken and Vegetables	29
Grilled Caribbean Chicken	30
Bare Bones Low-Fat Chicken Salad	31
Easy Grilled Chicken Breasts	32
Garlic- and Herb-Marinaded Chicken Breasts.....	33
Tomato–Fennel Chicken with Cauliflower and Olives	34
Chicken Margarita	35
Chicken in Coconut–Lime Sauce.....	36
Coriander Chicken	37
Country Chicken	38

Roasted Chicken with Rosemary and Garlic	39
Cornish Game Hens with Grapes.....	40
Quick Turkey Cutlets.....	41
Tarragon Turkey Burgers.....	42
Stir-Fry Turkey	43
Slow-Cooked Turkey Stew	44
Turkey Chili	45
Herb-Roasted Turkey.....	46
Meat (Beef, Buffalo, Lamb, Venison, Pork, and Veal)	47
Quick Beef Steaks with Mushrooms and Wine	47
Herb-Seasoned Steak Broil	48
Grilled Cracked Pepper and Herb Steak	49
Garlic and Red Wine Filet Mignon.....	50
Roasted Garlic–Stuffed Rib Eyes	51
Indian-Spiced Beef Burgers.....	52
Buffalo Chili	53
Buffalo Steaks with Red Pepper Sauce.....	54
Horseradish Buffalo Burgers	55
Roasted Leg of Lamb (or Chevon)	56
Herbed Lemony Lamb Chops.....	57
Venison Stew	58
Grilled Pork Tenderloin with Rosemary–Mustard Rub.....	59
Marinated Pork Chops	60
Veal Chops.....	61
Fish.....	62
Easy Broiled Halibut.....	62
Mustard-Crusted Halibut	63
Grilled Swordfish.....	64
Easy Smothered Salmon	65
Salmon with Pecan Pesto	66
Baked Herbed Salmon	67
Broiled Lemon Salmon	68
Salmon Ceviche	69
Beans.....	70
Cooked Beans	70
Black Bean Veggie Burgers.....	73
Garbanzo Bean Burger.....	74
Veggie Vegetarian Chili	75
Quinoa Red Lentil Stew.....	80
Black Bean Dip	81

Cashew Chili	82
Dal	83
White Bean and Tomato Soup	84
Shepherd's Pie	85
Eggs.....	87
Spanish Tortilla.....	87
No Crust Squash-Leek Quiche.....	88
Homemade Mayonnaise.....	89
Tangy Egg Salad - No Mayo Recipe	90
Mini Vegetable Frittatas	91
Breakfast Burritos	92
Egg Lemon Soup.....	93
Deviled Eggs	94
Spanish Tortilla with Zucchini.....	95

Beverage

Tea Juice

Drink this when you have a sugar craving. It's a great substitute for unhealthy diet sodas and other sweet beverages.

5–6 bags caffeine-free herbal tea (e.g., peach, mint, chamomile, or fruit tea)

3 quarts boiling water

stevia powder (or liquid) to taste

Pour water over tea bags in a large pot. Add stevia while tea is hot. (Adjust amount according to the desired sweetness.)

Let the tea cool, remove tea bags, transfer tea to a serving pitcher or individual water bottles, and refrigerate.

Dressings, Marinades, Seasonings, and Sauces

Basic Salad Dressing

(Sally Fallon, *Nourishing Traditions*)

MAKES: ~¾ cup

1 tsp Dijon-style mustard, smooth or grainy

2 tbsp + 1 tsp wine vinegar

½ cup olive oil

1 tbsp flax seed oil

Whisk mustard into vinegar. Add olive oil in a thin stream, whisking constantly until oil is emulsified. Whisk in flax oil, and use immediately.

Variation: Mix 1 tsp of finely chopped fresh herbs (e.g., parsley, tarragon, thyme, basil, or oregano) into the basic recipe after the mix has emulsified.

Lemon Pepper Dressing

Used in the Summer Salad recipe (page 12).

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

MAKES: ~ $\frac{3}{4}$ cup

2 tbsp fresh lemon juice

1 tbsp wine vinegar

$\frac{1}{4}$ tsp salt

$\frac{1}{2}$ tsp cracked black peppercorns

1 dash stevia powder

1 clove garlic, minced

$\frac{1}{2}$ cup olive oil

1 tbsp flax seed oil

Place all ingredients in a bowl, and whisk vigorously until the mixture emulsifies.

Use-It-on-Everything Marinade

This delicious marinade works equally well on veggies, fish, poultry, and beef. It's particularly tasty on London broil, tri-tips, or chuck steak.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

MARINATING TIME: overnight

MAKES: enough for 20 lb of food

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
1¼ cups 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 the refrigerator. Flip the bag several times while marinating to cover the food evenly.*

Cilantro Marinade

This marinade is delicious on Grilled Swordfish (page 64) or eggplant.

(Sally Fallon, *Nourishing Traditions*)

MAKES: ½ cup

1 bunch cilantro, leaves only, finely chopped
juice of 1 lemon
3 cloves garlic, minced
½ cup olive oil
¼ tsp freshly ground black pepper

Mix all ingredients together.

Caribbean Jerk Rub

Dry rubs are low-calorie, low-carbohydrate seasonings that are simple yet flavorful. Use this recipe on Grilled Caribbean Chicken (page 30).

(Joseph Mercola, Dr. Mercola's Total Health Program)

6 tbsp minced garlic (or garlic powder)
6 tbsp minced onion
6 tbsp dried minced onion (or onion powder)
2 tbsp allspice
1 tbsp dried ground chipotle (or ground red chili pepper)
2 tbsp Hungarian paprika
1 packet Sweet Leaf stevia powder
2 tbsp dried thyme
2 tbsp ground cinnamon
2 tsp ground nutmeg
1½ tsp ground habanero pepper
zest of 2 lemons

Mix together all ingredients. Store in covered container, refrigerated, up to 1 month.

Béarnaise Sauce

Properly made, béarnaise sauce never attains more than medium heat, so the enzymes in the egg yolks are preserved. So delicious with meats and grilled fish, this sauce is worth mastering—and it's not difficult. Used in the Grilled Swordfish recipe (page 64).

(Sally Fallon, *Nourishing Traditions*)

MAKES: 1¼ cup

2 tbsp finely chopped shallots (or green onions)
1 tbsp finely chopped fresh tarragon (or 1 tsp dried tarragon)
2 tbsp white wine vinegar
2 tbsp dry white wine (or vermouth)
5 egg yolks, at room temperature
4 oz (1 stick) butter, cut into pieces
fresh lemon juice to taste
pinch of salt
pinch of freshly ground black pepper

In a small saucepan, combine the shallots, tarragon, vinegar, and wine. Bring mixture to a boil, and reduce to ~1 tbsp of liquid. Strain into a bowl and set aside.

In a small bowl, whisk the egg yolks and set aside.

Set the bowl with the reduced liquid over a pan of hot water over low heat. Piece by piece, add about half the butter to the liquid, whisking constantly until melted. Add the egg yolks slowly, drop by drop or in a thin stream, whisking constantly. Add the remaining butter, and whisk until well amalgamated. Sauce should be warm and slightly thickened. Remove from heat and whisk in lemon juice, salt, and pepper.

Set the bowl set over hot water to keep sauce warm, whisking occasionally, until ready to serve.

Vegetable Dishes

Summer Salad

This salad is best made several hours before serving. The secret to its success is to cut the vegetables in a fine dice. A food processor makes that task quick and easy.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

- ¾ cup Lemon Pepper Dressing (page 7)
- 1 bunch celery, finely chopped
- 2 cucumbers, peeled, quartered lengthwise, and finely chopped
- 2 bunches green onions, finely chopped
- 2 green peppers, seeded and finely chopped
- 1 bunch radishes, finely chopped
- 3 tomatoes
- 1 tbsp finely chopped fresh parsley (or chives)

Place the dressing in a large bowl. Add celery, cucumbers, green onions, peppers, and radishes. Toss well with dressing, cover, and refrigerate several hours.

Just before serving, slice the tomatoes thinly, then cut the slices in half. Arrange slices around the outer edge of six plates, and mound some salad in the center of each. Sprinkle with chopped parsley.

Garlicky Steamed Stuffed Artichokes

This dish is messy to eat but delicious.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 artichokes

½ cup olive oil (or melted butter)

4 cloves garlic, minced

2 cups breadcrumbs (make your own from fresh or stale sprouted whole grain bread)

salt and freshly ground black pepper to taste

Remove the artichoke stems and place, stem side down, in a vegetable steamer or a large pot containing about 1 inch of water. Steam, covered, no more than 30 minutes, or until just barely tender. Place artichokes in a colander to drain, stem side up.

Mix olive oil with garlic, breadcrumbs, salt, and pepper. Pull artichoke leaves open a bit, and snip points off leaves with kitchen shears. Press stuffing between leaves.

Return to steamer for another 5–10 minutes.

Asparagus with Sesame Seeds

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

2½ lb asparagus, trimmed
2 tbsp olive oil (or melted butter)
2 tbsp minced shallots
2 tbsp sesame seeds, lightly toasted
1 lemon
salt to taste

Preheat oven to 400°F.

Place oil and asparagus in an ovenproof baking dish, and toss asparagus to completely coat with oil. Bake for about 8 minutes, shaking the dish every 2 minutes or so. Add the shallots and sesame seeds, shake the dish again, and bake 1 minute more.

Transfer asparagus to heated serving bowl, and squeeze lemon juice all over. Season to taste with salt.

Vegetable Frittata

A frittata is like a no-flip omelet or a no-crust quiche—a fast egg dish that can be made with any combination of vegetable, meat, and cheese that you can imagine.

(Joseph Mercola, Dr. Mercola's Total Health Program)

SERVES: 4

PREPARATION TIME: 15 minutes

2 tbsp butter (or coconut oil)
¾ cup chopped red onion
1 lb mushrooms (or red peppers), sliced
4 cups chopped low-GI vegetables (e.g., broccoli, cauliflower, zucchini, artichoke hearts, asparagus, spinach)
2 tbsp minced fresh marjoram
8 medium eggs
¼ cup milk
3 tsp dry mustard (or 2 tsp prepared mustard)
1 tsp freshly ground black pepper
1 tsp Spike vegetable seasoning (or salt)

Heat butter in large skillet over medium-high heat. Add onion and mushrooms and cook, stirring, for 1–2 minutes, or until onions are translucent.

Add chopped vegetables and marjoram. Sauté until vegetables turn bright green and begin to soften. Reduce heat to medium or medium-low.

Meanwhile, break eggs into a small bowl. Add milk, mustard, and black pepper. Use a fork to break yolks gently, without whisking (mixture will look marbled), and pour eggs over vegetables in skillet. Cook over medium heat until eggs are set.

Basic Spaghetti Squash

Spaghetti squash is tasty low-carbohydrate substitute for pasta.

(Sally Fallon, *Nourishing Traditions*)

1 spaghetti squash (any size)
butter, to taste
salt and freshly ground black pepper, to taste

Preheat oven to 350°F.

Cut spaghetti squash in half lengthwise; remove and discard seeds. Place squash, cut sides down, in a baking pan with about ½ inch of water. Bake for about 1 hour, or until tender when pricked with a fork.

Let squash cool slightly, then remove the strands of flesh, bit by bit, with a fork. Mix in butter, salt, and pepper.

Variation: *Serve topped with grated Parmesan cheese, pesto, or tomato sauce.*

Butternut Squash Puree with Pecans

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

3 medium butternut squash
1–2 tbsp butter (to grease the dish)
3 eggs, lightly beaten
¼ tsp nutmeg
salt to taste
2 tbsp butter, melted
¾ cup raw pecans, chopped

Preheat oven to 350°F.

Cut squash in half; remove and discard seeds. Place squash, cut side down, in a buttered ovenproof baking dish with about ½ inch of water. Bake about 1 hour, until tender when pricked with a fork.

After squash is cooked, scoop out flesh into a food processor and blend until smooth. Add eggs and nutmeg, and season to taste with salt. Transfer puree to an ovenproof serving dish. Pour the melted butter over the puree and sprinkle on pecans. Bake for about 30 minutes.

Wilted Spinach

(Sally Fallon, *Nourishing Traditions*)

SERVES: 3

1 bunch (~10 oz) whole fresh spinach leaves
butter, to taste

Cut stems off spinach and wash well in water—even if prewashed, so that the leaves are moist. Place in a large pot, cover, and heat over a medium flame. (Do not add more water to the pot; the water on the leaves will be sufficient to steam the spinach.)

When spinach begins to simmer, reduce heat to low. Cook several minutes, until leaves are just wilted.

Using a slotted spoon, transfer spinach to a heated serving bowl. Press spinach with the back of the spoon and discard any liquid that accumulates. Make a few cuts through the spinach, and top with a generous pat of butter.

Spinach-Stuffed Mushrooms

This delicious and elegant accompaniment to beef may be prepared in advance.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 8

1 cup steamed spinach
8 large whole fresh white button mushrooms
1 bunch green onions, finely chopped
2 tbsp butter
2 tbsp olive oil
¼ tsp nutmeg
salt and freshly ground black pepper to taste
1–2 tbsp butter (to grease the dish)

Preheat oven to 350°F.

Chop cooked spinach, place in a strainer, and press out liquid.

Wash mushrooms. Remove and finely chop stems; set aside whole mushroom caps.

Sauté mushroom stems with green onions in butter and olive oil until tender. Add the spinach, and cook another minute or so, mixing well, until all moisture has evaporated. Add nutmeg, and season to taste with salt and pepper.

Fill the hollow of each mushroom cap with a spoonful of stuffing, and place in a buttered ovenproof baking dish. Add ¼ inch of water to the dish, and bake for about 20 minutes.

Mary Jo's Spinach

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

2 bunches fresh spinach

1 tbsp butter

1 clove garlic, minced

1 tbsp pine nuts

1 tbsp sun-dried tomato flakes (optional)

Steam spinach as described for Wilted Spinach (page 18). Melt butter with garlic, pine nuts, and tomato flakes. Pour over spinach, mix slightly, and serve.

Baked Sweet Potatoes

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 whole (4-ounce) sweet potatoes
4 tsp butter
salt to taste

Preheat oven to 350°F.

Prick each sweet potato in several places with a fork. Bake for 1½ hours, or until soft when pricked with a fork.

Mash the flesh with butter and salt.

Sweet Potato Dollars

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

3–4 whole (4-ounce) sweet potatoes
1 tbsp melted butter
2 tbsp olive oil
salt to taste

Preheat oven to 350°F.

Peel potatoes, and slice crosswise into ¼-inch rounds.

Combine butter and olive oil, and brush two cookie sheets with half of this mixture. Arrange the rounds in one layer, then brush tops with the remaining butter–oil mixture. Season lightly with salt. Bake about 45 minutes.

Sautéed Zucchini

Like all members of the squash family, zucchini is ruined by boiling. Even steaming gives watery results. Instead, sauté slices in butter or olive oil and finish with a squeeze of lemon and salt and pepper.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

6 medium zucchini, washed and trimmed
2 tsp salt
2 tbsp butter (or olive oil)
juice of ½ lemon
salt and freshly ground black pepper to taste

Slice zucchini into thin matchstick-like pieces (or use the small julienne disk of a food processor). Add salt, stir well to mix, and let stand 1 hour.

Rinse zucchini with water in a colander, and squeeze dry in a tea towel.

Melt butter slowly in a heavy skillet over low heat. Raise heat to medium, and sauté zucchini for about 1 minute. Remove to a serving dish, and season with lemon juice, salt, and pepper.

Zucchini with Tomatoes

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

2 medium zucchini, washed and trimmed
¾ tsp salt
2 tbsp butter, divided
2 tbsp olive oil, divided
2 medium onions, peeled and chopped
2 medium tomatoes, peeled, seeded, and chopped
1 or 2 cloves garlic, minced
½ tsp dried thyme
½ tsp freshly ground black pepper

Cut zucchini into quarters lengthwise, then slice each section into thin quarter-rounds. Mix with salt, and let stand about 1 hour. Rinse zucchini in a colander, and pat dry.

Warm 1 tbsp butter and 1 tbsp olive oil in a large skillet, and sauté zucchini in batches over medium-high heat until golden. Remove and set aside zucchini.

Sauté onion in 1 tbsp butter and 1 tbsp olive oil over medium heat until tender. Add tomatoes, raise heat, and cook a few minutes until liquid is almost all absorbed. Add cooked zucchini, garlic, thyme, and pepper. Sauté about 1 minute more to mix flavors. Don't overcook zucchini!

Roasted Red Pepper Dip

(From TheVeggieTable.com)

PREPARATION TIME: 5 – 10 Minutes

COOKING TIME: 30 Minutes

MAKES: 2 Cups

1 c home made mayonnaise ([link to recipe](#))

1/3 cup raw parmesan cheese, grated

12 oz artichoke hearts (unmarinated)

1/8 tsp garlic powder

2 tbsp red onion

1 cup roasted red peppers

Preheat oven to 350.

Place everything in the food processor and process until smooth.

Transfer to the baking dish and bake for 30 minutes. Serve warm.

Baba Ganouj - Roasted Eggplant Dip

A classic Middle Eastern dip made of roasted eggplant. Delicious!

COOKING TIME: 1 Hour

SERVES: 4

2 lbs eggplant
1 tbsp olive oil
½ cup fresh lemon juice
2 cloves garlic, minced
4 tbsp tahini
4 tbsp plain yogurt (optional)

Slice the eggplant in half lengthwise, score the face of each half with the knife, and brush each face with olive oil.

Bake or grill: If baking, place eggplant face up on cookie sheet and put on oven preheated to 450. If grilling, place eggplant face down over medium heat.

Cook for 40-50 minutes, until eggplant is black and soft. (Smaller eggplants will take less time.) Lay out on the platter to cool.

With a spoon, remove the eggplant flesh from the skin and place in blender or food processor. Discard skin.

Blend/process on low speed for a few seconds, until consistent.

Mix in remaining ingredients, taste, and add more tahini, lemon juice, and/or salt as necessary. Chill for about an hour.

Arrange baba ganouj in a shallow bowl, drizzle with olive oil and sprinkle with parsley. Serve with vegetables or sprouted grain toast.

Notes: The broiling/grilling step is the key to delicious baba ganouj: it makes the eggplant taste rich and smoky.

Baba ganouj keeps pretty well in the fridge, except for one thing: the garlic gets stronger with each passing day. If you're not planning to eat the baba ganouj right away, you might want to cut down on the amount of garlic for this recipe.

Pumpkin Soup

This spicy pumpkin soup is a good way to use up all of that pumpkin left over from Halloween.

COOKING TIME: 30 minutes

SERVES: 6

1½ pounds pumpkin (weighed before trimming)

1 leek, washed, trimmed, and sliced into rings

2 potatoes, peeled and diced

2 tbsp olive oil

1 qt vegetable stock

½ tsp salt

1 tsp pepper

½ - 1 tsp cayenne pepper

Cut the top off the pumpkin, scoop out the seeds and strings, peel the shell, and dice the flesh.

Sauté the pumpkin, leek, and potatoes in olive oil for 5 minutes, stirring frequently.

Add vegetable stock and bring to a boil. Cover and boil the soup for 15 minutes, until potatoes are soft.

Purée the soup and add spices and lemon juice. Ladle into bowls and serve.

Notes You can use leftover jack-o'-lanterns, but the soup will taste noticeably better if made with smaller, more flavorful pumpkins.

Poultry (Chicken, Cornish Game Hen, Turkey)

Basic Roasted Chicken

This recipe is quick, easy, and delicious! Refrigerate or freeze leftover chicken for quick meals during the week.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 11

1 6- to 8-lb roasting chicken
1 tbsp butter, softened
1 medium garlic clove, minced
 $\frac{3}{4}$ tsp salt
4–5 grinds black pepper
2 tsp minced fresh thyme leaves

Note: *For a golden breast, turn the chicken before the last 30 minutes of cooking.*

Preheat oven to 350°F.

Wash chicken, and remove fat from inside cavity.

In a small bowl, combine butter, garlic, salt, pepper, and thyme to make a paste; rub it over the chicken. Place chicken in roasting pan, breast side down.

Roast, uncovered, basting frequently, for approximately 1½ hours (about 20 minutes per pound). Chicken is done when leg pulls off easily and juices no longer run red when chicken is pricked with a fork. Remove chicken from pan and let rest, covered, for 5–10 minutes.

Cut chicken into serving pieces, or slice and serve with gravy on the side. Remove skin before eating.

Tip: *Deglaze the roasting pan and make gravy, if desired, thickened with 1½ tbsp arrowroot dissolved in 2 cups water.*

Steamed Chicken and Vegetables

Steaming the chicken with vegetables is a simple, healthy method that reduces excess fat, cooking time, and kitchen mess.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 4

1 medium head savoy cabbage, shredded
¾ cup baby carrots, split lengthwise
1 1-inch piece fresh ginger root, peeled, sliced, and cut into matchsticks
1 medium garlic clove, minced
6 scallions (or green onions), cut into thirds
½ cup coarsely chopped curly (or flat-leaf) parsley
1 tsp salt (or Spike vegetable seasoning, or Herbamare seasoned salt)
3–4 grinds black pepper
2 large boneless chicken breast halves, cut in half
2 tsp coconut oil (or butter)
½ cup chicken stock

Note: *The author suggests cooking in a Bundt pan as the steamer; however, a bamboo steamer tray or a metal colander also can be used in a covered stockpot.*

Bring 2–3 inches of water to a boil in a large stockpot. Lower heat to simmer.

Place shredded cabbage in the bottom of a Bundt pan. Meanwhile, combine carrots, ginger, garlic, scallions, parsley, and chicken in a large bowl. Add oil, and season with salt and pepper. Toss to mix. Pile mixture evenly on top of cabbage.

Place Bundt pan into simmering water. Pour chicken stock over the chicken and vegetables, cover, and steam lightly for 18–20 minutes.

Grilled Caribbean Chicken

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 5

2 broiler-fryer chicken halves

1 tbsp coconut oil (or butter)

6 tbsp Caribbean Jerk Rub (page 10)

Preheat grill to medium.

Rub broiler-fryer halves lightly with oil and then with Caribbean Jerk Rub.

Cook chicken, turning every 15–20 minutes until tender, approximately 1–1½ hours.

Bare Bones Low-Fat Chicken Salad

(David Kirsch, *The Ultimate New York Body Plan*)

SERVES: 1

4 oz poached chicken breast, cut into 1-inch cubes
¼ cup coarsely chopped celery
1 tsp finely chopped parsley
1 tbsp sliced almonds, coarsely chopped
2 tsp Dijon-style mustard
2 tbsp chicken stock
1 or 2 dashes hot pepper sauce
salt and freshly ground black pepper to taste

In a medium bowl, mix chicken, celery, parsley, and almonds.

In another bowl, whisk mustard, stock, and hot pepper sauce together until well blended.

Combine mixtures, and stir well. Season with salt and black pepper.

Easy Grilled Chicken Breasts

Serve alongside grilled asparagus or a side salad.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 10 minutes

MARINATING TIME: 1 hour

COOKING TIME: 15 minutes

SERVES: 4

4 boneless skinless chicken breast halves

¼ cup olive oil

juice of 1 lemon

1 tsp salt

1 tsp freshly ground black pepper

Rinse chicken thoroughly with cool water. Whisk olive oil, lemon juice, salt, and pepper in large bowl. Refrigerate chicken in marinade for 1 hour.

Preheat grill until it reaches medium heat.

Cook chicken for 6–8 minutes per side, or until golden brown.

Garlic- and Herb-Marinated Chicken Breasts

(Wild Oats Marketplace online recipes)

MARINATING TIME: 2 hours or overnight

COOKING TIME: 15 minutes

SERVES: 4

5 cloves garlic, minced
1 tsp dried basil
1 tsp dried thyme
1 tsp dried oregano
1 tsp dried tarragon
1 tsp salt
1 tsp freshly ground black pepper
juice and zest of 1 lemon
½ cup olive oil
6 boneless skinless chicken breast halves
1 tbsp olive oil

Mix the garlic, herbs, salt, pepper, lemon juice and zest, and olive oil in a large (1-gallon) plastic zipper-top bag. Add chicken, and marinate for at least 2 hours (up to overnight) in refrigerator.

Preheat a grill to medium-high.

Brush grate with oil. Sear chicken 5 minutes per side, or until its internal temperature reaches 165°F.

Tomato–Fennel Chicken with Cauliflower and Olives

(Finger Lakes Gourmet online recipes)

PREPARATION TIME: approximately 45 minutes

SERVES: 4

2 tsp olive oil
8 boneless skinless chicken thighs
8 cloves garlic, thinly sliced
1 cup dry white wine, divided
28 oz crushed tomatoes (canned is fine)
1 cup chicken broth
1 tsp fennel seeds
¼ tsp ground cayenne pepper
1 tsp sun-dried tomatoes, minced
zest of 1 lemon
1 cup pitted kalamata olives
¼ tsp salt
⅛ tsp pepper
4 cups cauliflower florets
1 tbsp chopped fresh parsley

Heat olive oil in a large pot over high heat. Brown chicken on both sides, cooking for about 3–4 minutes per side. Remove chicken from pot; reduce heat to low. Pour off excess oil.

To the same pot, add garlic and 1 tbsp wine. Cook 1 minute. Stir in remaining wine, crushed tomatoes, broth, fennel seeds, cayenne, sun-dried tomatoes, zest, olives, salt, and pepper. Return chicken to pot. Increase heat to high to bring sauce to a boil. Reduce heat to low; cover pot. Simmer 25 minutes.

Stir in cauliflower florets. Simmer 10 minutes more, until chicken is cooked through and cauliflower is tender.

Remove chicken to a serving platter, and top with sauce. Sprinkle with fresh parsley.

Chicken Margarita

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

1 tsp ground cumin
1 tbsp chili powder
juice of 3 limes
10 cloves garlic, finely chopped
3 tbsp olive oil, divided
3½ lb chicken pieces
½ cup tequila, white or gold
½ cup water
fresh cilantro leaves (for garnish)

In a large bowl, combine cumin, chili powder, lime juice, garlic, and 1 tsp olive oil. Marinate chicken pieces in this marinade for 20 minutes.

In heavy skillet, heat remaining olive oil. Brown chicken pieces on all sides. Add marinade, tequila, and water. Cook for approximately 10 minutes. Transfer chicken pieces to a platter.

Reduce sauce over high heat until it thickens to a good coating consistency, pour over chicken, and serve garnished with cilantro.

Chicken in Coconut–Lime Sauce

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

3 tbsp coconut oil
4 bone-in chicken thighs
4 bone-in chicken drumsticks
½ cup sliced green onions
½ cup prepared salsa
1 tbsp minced garlic
2 dried red hot peppers
1 tsp curry powder
½ tsp salt
¼ tsp freshly ground black pepper
13½ oz (1 can) coconut milk
½ cup fresh lime juice
a few lime slices (for garnish)
a few fresh red hot peppers (for garnish)
½ cup grated coconut (for garnish)

In large frying pan, warm coconut oil over medium-high heat. Brown chicken in batches, about 5 minutes on each side; remove from frying pan and keep warm.

To frying pan, add green onions, salsa, garlic, dried hot peppers, curry powder, salt, and black pepper; cook about 2 minutes, stirring, until onion is browned. Return chicken to pan; pour coconut milk and lime juice over chicken. Simmer over low heat about 30 minutes, or until fork can be inserted into chicken with ease. Remove and discard hot peppers.

Remove chicken to a platter. Garnish with lime slices and fresh red hot peppers, and sprinkle lightly with grated coconut before serving.

Coriander Chicken

Because cilantro is the leaf and coriander the seed of the same plant, either seasoning can be used in this recipe.

(Free-Gourmet-Recipes.com online recipes)

SERVES: 3–4

1 small (3- to 4-lb) chicken, cut into pieces
1 tbsp butter
4 tbsp olive oil
4 large cloves of garlic, crushed
1 tsp turmeric (or saffron)
salt and freshly ground black pepper to taste
1 sprig of fresh cilantro, finely chopped (or 2 tsp ground coriander)
1 cup (or more) water
¼ lb purple olives, pitted
1 lemon, sliced

Brown the chicken in butter and oil in a large heavy skillet over medium heat. Add garlic, turmeric, salt, pepper, and cilantro. Cook about 10 minutes, turning chicken occasionally to distribute sauce evenly. Stir in enough water to cover (about 1 cup), and simmer over low heat until the chicken is tender, adding more water if necessary.

Add olives and lemon slices, and cook 8–10 more minutes, or until sauce is reduced.

Country Chicken

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

4 slices bacon
1 small (3-lb) chicken, cut into 8 pieces
1 green bell pepper, seeded and chopped
1 onion, chopped
2 cloves garlic, minced
 $\frac{3}{4}$ cup minced celery
6 tomatoes (canned with juice is fine)
1 cup orange juice
2 tbsp curry powder
 $\frac{1}{2}$ tsp dried thyme
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup almonds, toasted and chopped coarsely
 $\frac{1}{4}$ cup minced parsley

In a skillet, sauté the bacon until crisp, then drain on paper towels. With the hot bacon fat that remains in the pan, brown the chicken pieces quickly, a few at a time, turning often. Set the browned pieces aside.

Drain all but 2 tbsp of fat from the pan. Add the pepper, onion, garlic, and celery, and sauté for 5 minutes. Coarsely chop the tomatoes, and add to the pan with a little of their juice and the orange juice. Season with curry powder and thyme. Bring mixture to a boil, then reduce the heat and simmer for 5 minutes.

Return the chicken to the pan, and stir to cover them with sauce. Cover and simmer 30 minutes more.

Remove chicken to a platter. Spoon sauce over chicken, and garnish with raisins, almonds, and parsley before serving.

Roasted Chicken with Rosemary and Garlic

(Free-Gourmet-Recipes.com online recipes)

SERVES: 8

1 large (5- to 6-lb) roasting chicken
1½ tbsp minced garlic
1½ tbsp chopped fresh rosemary
4 medium onions
2 whole heads garlic
1 tbsp olive oil

Preheat oven to 450°F.

Rinse chicken and pat dry. Remove and discard neck, giblets, and any excess fat. Loosen skin from breast and drumsticks. Place minced garlic and rosemary beneath skin. Lift wing tips up and over back; tuck behind chicken. Place chicken, breast side up, in a broiler pan.

Cut thin slices from the ends of each onion, and peel. Cut tops off garlic, leaving root end intact. Brush onions and garlic heads with olive oil; place around chicken.

Bake for 30 minutes. Reduce heat to 350°F, and bake an additional 1 hour and 15 minutes, or until the internal temperature registers 180°F.

Cornish Game Hens with Grapes

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

2 Cornish game hens, split lengthwise
2 tbsp olive oil
2 tbsp butter, melted
salt and freshly ground black pepper to taste
½ cup dry white wine (or vermouth)
2 cups chicken stock
2 cups red (or green) seedless grapes
2 tbsp arrowroot mixed with 2 tbsp water

Note: *Arrowroot is a fine white powder that resembles cornstarch. Because it thickens when heated in liquid, it is an excellent ingredient in sauces.*

Preheat oven to 375°F.

Place game hens, skin side up, in a roasting pan. Brush with a mixture of butter and oil, and season with salt and pepper. Bake for about 1½ hours. Remove to a heated platter, and keep warm in the oven.

Pour wine into the roasting pan and bring mixture to a boil, scraping up any accumulated juices in the pan. Add chicken stock, bring to a rapid boil, skim, and let the sauce reduce for about 10 minutes. Add the grapes, and simmer about 5 minutes more. Add arrowroot mixture by the spoonful until the desired thickness is obtained.

Transfer game hens to individual plates, and pour sauce over to serve.

Quick Turkey Cutlets

This tasty recipe could get dinner on the table in a hurry any weeknight.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

1¼ lb boneless turkey thighs

1¼ tsp salt

4–5 grinds black pepper

4 tsp butter (or coconut oil)

4 tsp minced fresh rosemary (or 2 tsp crushed dried rosemary)

¼ cup lemon juice

2 tbsp green olives, pitted, sliced in half

Pound turkey (between pieces of waxed paper or plastic wrap) with large flat knife or meat mallet to an even thickness of ⅛ inch. Season with salt and pepper.

Melt butter in a large sauté pan or skillet over medium-high heat. Sear turkey cutlets on one side. Turn cutlets, and cook for 1 minute.

Season cutlets with rosemary, lemon juice, and olives. Cook for 2–3 minutes more.

Remove cutlets to a serving platter and keep warm.

Scrape up any browned bits from the bottom of pan, and continue heating until sauce is reduced to about 2 tbsp. Pour sauce over cutlets, and serve immediately.

Tarragon Turkey Burgers

These burgers are delicious! And not much more trouble than making beef burgers.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 5 minutes

SERVES: 4

1 lb ground turkey
½ cup coarsely shredded zucchini
¼ cup chopped red onion
1 tbsp fresh (or dried) tarragon leaves
2 tsp Dijon-style mustard
½ tsp Spike vegetable seasoning (or salt)
3 grinds black pepper
2 large eggs

Preheat broiler or grill.

In a large bowl, combine all ingredients and shape mixture into patties.

Cook 5 minutes per side, or until browned. (Do not overcook.)

Stir-Fry Turkey

Whether done in traditional wok or a heavy skillet, a stir-fry is a quick and healthy meal. This recipe even makes use of leftover turkey!

(Joseph Mercola, Dr. Mercola's Total Health Program)

PREPARATION TIME: 15 minutes

SERVES: 4

1 tbsp coconut oil (or butter)
3 slices fresh gingerroot, minced
1 large garlic clove, minced
1 medium red onion, chopped
2 cups celery sliced on the diagonal
1 medium carrot, cut in half-round slices
1 broccoli stem, peeled and sliced
2 medium kohlrabi, peeled and diced
1 cup broccoli flowerets
3 cups chopped kale (or spinach)
8 oz fresh mushrooms, sliced (or quartered)
2 cups cooked turkey (or chicken), cubed
2 tsp dried thyme (or dried marjoram)
¼ tsp curry powder
1 tbsp tamari

Note: *Prepare and have all ingredients close at hand before beginning to cook.*

Heat coconut oil in a wok or heavy skillet over high heat. Add ginger and garlic; stir constantly for 30–45 seconds. Add onion, celery, carrot, broccoli stem, and kohlrabi and stir-fry, stirring constantly, for 3–4 minutes, or until vegetable colors brighten. Add broccoli flowerets, kale, and mushrooms, and continue to stir-fry for 1 minute. Add cooked turkey, thyme, and curry powder. Cover. Reduce heat to medium-low, and let steam continue the cooking for about 2 minutes.

Turn off heat. Stir in tamari, and serve immediately.

Variation: *To use uncooked meat or poultry, add uniformly cut up pieces after the dense vegetables have been cooking for a couple of minutes.*

Slow-Cooked Turkey Stew

This warm, welcoming one-dish-meal is perfect in fall or winter.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 4

- 2 lb turkey pieces
- 1 medium leek, sliced
- 2 stalks celery, chopped
- 2 tsp fresh thyme leaves
- 2 tsp fresh oregano leaves
- 1 tsp Spike (or Mrs. Dash) vegetable seasoning (or salt)
- 1 cup winter squash, peeled and cubed
- 1 medium carrot, chopped
- 1 stick cinnamon
- 16 oz diced tomatoes (canned is fine)
- 2 cups water (or chicken stock)
- 1 cup cooked lentils

Place turkey pieces, skin side down, in a slow cooker set on high, and sauté 3–5 minutes to release fat. Turn turkey, then add leek, celery, thyme, oregano, and Spike, and continue to sauté until leeks start to become translucent.

Add squash cubes, carrots, cinnamon, tomatoes, and water. Cover and simmer for 2–3 hours on high (or 6–8 hours on low).

A few minutes before serving, remove cinnamon stick and stir in cooked lentils.

Turkey Chili

(David Kirsch, *The Ultimate New York Body Plan*)

SERVES: 4

2 tsp butter, divided
1 lb lean ground turkey
salt and freshly ground black pepper to taste
1 cup coarsely chopped red bell pepper
1 medium onion, coarsely chopped (~ $\frac{3}{4}$ cup)
 $\frac{2}{3}$ cup coarsely chopped celery (~ $\frac{2}{3}$ stalk)
1 clove garlic, minced
2 tsp chili powder
1 tsp paprika
1 tsp ground cumin
 $\frac{1}{8}$ tsp ground cayenne pepper
14½ oz plum tomatoes, chopped (canned with juice is fine)
 $\frac{1}{2}$ cup chicken stock (or low-fat low-sodium chicken broth)
1 bay leaf

Heat 1 tsp butter in a 3-quart saucepan over high heat. Add the turkey, and season to taste with the salt and black pepper. Break up the turkey and cook for 2–3 minutes, or until browned. Remove to a bowl and cover to keep warm.

Reduce the heat to low, heat the other 1 tsp butter, and cook the red pepper, onion, celery, and garlic for 3–5 minutes, or until vegetables begin to soften. Add the chili powder, paprika, cumin, and cayenne and cook, stirring, for 1 minute. Increase the heat to medium, and add the tomatoes, stock, and bay leaf. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.

Add the browned turkey, and simmer 5 minutes more. Remove and discard the bay leaf before serving.

Herb-Roasted Turkey

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 20 Minutes

COOKING TIME: 2–3 hours

1 12- to 14-lb turkey, brined (see <http://bbq.about.com/cs/turkey/a/aa110103a.htm>)

1 lemon, cut into wedges

¼–½ cup olive oil

4 tbsp unsalted butter, softened

salt and cracked black peppercorns to taste

3 sprigs fresh rosemary

3 sprigs fresh thyme

3–5 cups chicken broth (enough to cover the bottom of the pan ¼ inch)

1 cup white wine

1 bay leaf

1 tbsp dried thyme

1 tbsp dried rosemary

1 tbsp dried basil

Note: To create a golden skin, uncover turkey and increase oven temperature to 450°F about 30 minutes before the turkey is expected to be done.

Preheat oven to 325°F.

Squeeze lemon juice over the turkey. Place juiced lemon wedges inside the chest cavity. Mix olive oil, butter, salt, and peppercorns, and rub over the entire turkey. Place fresh rosemary and thyme underneath breast skin. Tie legs together with kitchen string, and close cavity. Pour broth and wine in the bottom of the roasting pan; add bay leaf and dried herbs. Place turkey, breast side up, on a roasting rack in the pan, and cover the pan.

Roast turkey until juices run clear and a meat thermometer reads 160°F when inserted into the thickest part of the breast without touching the bone. (Estimate 15 minutes per pound; a 12- to 14-pound turkey should be done in 2–3 hours.) Allow the turkey to rest 20 minutes out of the oven before carving.

Meat (Beef, Buffalo, Lamb, Venison, Pork, and Veal)

Quick Beef Steaks with Mushrooms and Wine

Using cube steaks instead of the usual cuts can shorten cooking time and calories.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

4 large (4- to 6-ounce) beef cube steaks
½ cup red wine
8 oz fresh mushrooms, quartered
2 medium garlic cloves, minced
2 tbsp fresh parsley, finely chopped
2 tbsp butter

Place cube steaks in a quart-sized plastic bag, then set in a bowl to help bag stand up. Add wine, mushrooms, garlic, and parsley. Marinate mixture, refrigerated, for at least 30 minutes (to add flavor) and up to 24 hours (to tenderize the meat).

Melt butter in a large skillet over medium-high heat. Braise steaks, two at a time (reserving marinade for sauce), 2 minutes on each side. Remove steaks to serving platter and keep warm.

Pour reserved marinade into pan, and bring to a boil over medium-high heat. Cook for a couple of minutes, then pour over steaks. Serve immediately.

Variation: *If you are short on time, simply heat marinade ingredients together in a small pan for 2–3 minutes while searing steaks in butter as directed. Remove steaks from pan. Deglaze pan and add to the warmed marinade. Pour over steaks.*

Herb-Seasoned Steak Broil

This tasty center-of-the-plate dinner option is ready in minutes.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 5

1 lb top-sirloin steak
2 tsp coconut oil
2 tbsp Dijon-style mustard
2 tsp grated horseradish (or prepared horseradish sauce)
2 tsp dried thyme
1 tsp ground celery seed
1 tsp onion powder
1 tsp coarse salt
½ tsp freshly ground black pepper

Take steak out of refrigerator at least 30 minutes before cooking. Preheat oven to broil. Set oven rack 6 inches from broiler unit.

Rub both sides of steak with coconut oil. Combine mustard and horseradish, and spread evenly on both sides of steak. Place steak on lightly greased broiler pan.

In small cup, mix thyme, celery seed, onion powder, salt, and pepper. Divide mixture, sprinkling half on each side of meat.

Broil steak for 3–4 minutes per side, or until browned. Remove steak to serving platter; let rest 1 minute. Slice and serve.

Grilled Cracked Pepper and Herb Steak

(Wild Oats Marketplace online recipes)

COOKING TIME: 20 minutes

SERVES: 2–3

1 lb bone-in beef rib steak
2 tsp olive oil
3 tbsp coarse salt
4 tbsp cracked black peppercorns
1 tbsp garlic powder
1 tbsp dried rosemary, crushed
1 tsp dried thyme
1 tsp ground coriander
1 tsp dried basil
1 tsp dried oregano
½ tsp ground cayenne pepper (optional)

Rub steak with oil, and set aside on the counter for about 1 hour. (Bringing the steak to room temperature decreases grilling time and encourages even cooking.) Preheat grill to medium-high.

Combine salt, pepper, herbs, and cayenne (if using); coat the steak generously with this dry rub.

Sear steak 4–5 minutes per side for medium rare. Allow the steak to rest 5–10 minutes before carving for peak juiciness.

Garlic and Red Wine Filet Mignon

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 25 minutes

SERVES: 4

4 6-ounce filet mignon portions, each ~2 inches thick

4 cloves garlic, thinly sliced

salt to taste

½ cup olive oil

¼ cup balsamic vinegar

1 tbsp olive oil

4 oz white mushrooms, thinly sliced

½ bottle red wine (cabernet sauvignon)

Slice into each filet lengthwise, creating a small pocket. Stuff each pocket with the equivalent of 1 clove of garlic, and season filets with salt. Mix olive oil and vinegar, and brush liberally over each filet.

Heat olive oil in a large skillet over medium-high heat. Sear filets for 2 minutes per side. Remove filets from skillet; add mushrooms and cook for 3–4 minutes, or until soft. Push mushrooms to the edges of the pan, and return filets. Add the wine, cover, and simmer for 10 minutes for filets that are medium done.

Roasted Garlic–Stuffed Rib Eyes

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 30 minutes

COOKING TIME: 6 minutes

SERVES: 3–4

2 8-ounce rib-eye steaks

2 whole heads garlic

4 tsp olive oil

salt and freshly ground black pepper to taste

Preheat oven to 400°F.

Rub each head of garlic with 1 tsp of olive oil, and place in a covered casserole dish. Bake for 15–20 minutes. Remove garlic from oven to cool, uncovered, but leave the oven on. Squeeze out roasted garlic; mash with a pinch each of salt and pepper.

Slice a 3-inch pocket lengthwise in each rib-eye steak. Fill each pocket with roasted garlic paste. Season both sides of each steak with salt and pepper.

Heat the remaining oil in an ovenproof skillet over medium-high heat. Sear steaks 3 minutes per side, then place in oven for 6 minutes for medium rare; add 1 or 2 minutes for each degree of doneness. Allow steaks to rest 10 minutes before serving.

Indian-Spiced Beef Burgers

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

SERVES: 2

½ cup plain yogurt

⅓ cup chopped cucumber

¼ cup finely chopped onion

1 medium fresh jalapeño pepper, chopped

1 tbsp chopped fresh mint (or 1 tsp crushed dried mint)

½ tsp ground cumin

½ tsp minced garlic (or ⅛ tsp garlic powder)

¼ tsp salt

8 oz lean ground beef (or ground turkey)

Mix yogurt and cucumber in a small bowl. Refrigerate until ready to serve.

Preheat grill or broiler.

Combine onion, jalapeño, mint, cumin, garlic, and salt in a medium bowl, then add the ground beef. Mix all ingredients well. Form mixture into two ¾-inch-thick burgers.

Grill burgers over medium heat, uncovered, for 14–18 minutes (or 8–10 minutes if using turkey), turning once, or until meat is no longer pink. Top each burger with yogurt sauce, and serve.

Buffalo Chili

With this recipe, you'll discover that buffalo tastes a lot like beef—only better.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 4

1 tbsp coconut oil
½ cup chopped onions
2 medium garlic cloves, minced
1½ cups chopped celery
1 cup chopped green bell pepper
1½ lb ground buffalo
2 tsp dried thyme leaves
2 tsp chili powder
2 tsp ground cumin
1 tsp salt
8 oz diced tomatoes (canned is fine)
12 oz (1 jar) prepared salsa

Melt coconut oil in a large skillet over medium-high heat. Sauté onions, garlic, celery, and green pepper 3–4 minutes, or until onion is translucent.

Add buffalo, thyme, chili powder, and cumin and cook for 5–6 minutes, stirring frequently.

Add salt, tomatoes, and salsa to pot. Cover, reduce heat, and simmer for a minimum of 1 hour.

Serve in bowls alone or over tiny steamed florets of cauliflower.

Buffalo Steaks with Red Pepper Sauce

A crust of crushed peppercorns, lemon, and salt and an easy sauce give these buffalo steaks a spicy kick.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 4

2–3 tbsp whole green and black peppercorns
1 tsp coarse salt
1 tsp lemon zest
1 lb buffalo rib-eye steaks
1 tsp coconut oil (or butter)
4 cups Chinese cabbage sliced on the diagonal into ¼-inch pieces
1 medium garlic clove, minced
1 pinch salt
8 oz roasted red peppers (jarred are fine)
1 tsp tamari (or Spike vegetable seasoning)

Crush peppercorns with the back of a spoon, with a mortar and pestle, or in a spice grinder; mix with coarse salt and lemon zest. Season both sides of the steaks with this mixture, then set them aside to marinate for up to 30 minutes.

Sear steaks by broiling, grilling, or frying in heavy cast-iron skillet over medium-high heat, 3 minutes per side. Set aside steaks and keep warm.

In a heavy cast-iron skillet, heat 1 tsp coconut oil over high heat, then stir-fry Chinese cabbage and garlic with a pinch of salt until cabbage is wilted.

Meanwhile, blend roasted red peppers in blender with tamari.

To assemble, pile serving platter with braised cabbage, top with steaks, and pour red pepper sauce over top. Serve immediately.

Horseradish Buffalo Burgers

This recipe goes nicely with Asparagus with Sesame Seeds (page 14) and a salad.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

1 lb ground buffalo

2 tbsp prepared horseradish

½ tsp Spike vegetable seasoning (or salt)

3–4 grinds black pepper

Mix the ground meat with the remaining ingredients. Form into patties.

Broil in the oven, grill, or fry in a hot cast-iron skillet over medium-high heat, 3–4 minutes on a side, until browned. Do not overcook. Serve immediately.

Roasted Leg of Lamb (or Chevon)

(Jordan S. Rubin, *The Maker's Diet*)

SERVES: 4–6

1 6- to 8-lb leg of lamb (or chevon [baby goat])
½ cup Dijon-style mustard
¼ cup soy sauce
1 tbsp minced fresh rosemary
1 clove garlic, slivered
1 1-inch piece of fresh gingerroot, peeled and minced
2 tbsp olive oil

Preheat oven to 350°F.

Blend mustard, soy sauce, rosemary, garlic, and ginger in a bowl. Whisk in oil to make a creamy mixture, then set aside the sauce.

Make four shallow slashes in the lamb with a sharp knife; tuck a sliver of garlic into each. Brush the lamb liberally with sauce, and let stand on the counter for 1–2 hours.

Roast lamb on a rack for 1¼ to 1½ hours, or until a meat thermometer reads 150°F (medium doneness). Allow the roast to rest for at least 15 minutes before carving; the temperature will increase to about 160°F as it rests.

Herbed Lemony Lamb Chops

The lemony seasoning makes delicious lamb chops, whichever cut you prefer.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 30–35 minutes

SERVES: 4

1 tsp lemon zest (or ½ tsp lemon pepper seasoning)
½ tsp dried rosemary, crushed
1 tsp dried oregano
1 tsp dried tarragon
3 tbsp lemon juice
1 tbsp soy sauce
2 tbsp butter
4 lamb shoulder chops

Combine lemon zest, herbs, lemon juice, and soy sauce in a small bowl; set aside.

Heat butter in a large skillet over medium-high heat. Brown lamb chops on both sides, and leave in skillet. Pour seasoning over chops in skillet. Cover, and simmer over medium-low heat for 20–25 minutes, or until chops are tender.

Variation: *The same seasoning ingredients could be used on lamb loin chops to be broiled. Reduce the amount of lemon juice to 1 tbsp and mix with herbs to make a paste. Spread on loin chops and broil 3–4 minutes per side, depending up thickness. Do not overcook.*

Venison Stew

Venison is low in fat and especially good in stews, where it is cooked in liquid.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 6

1½ lb stewing venison
1 pinch salt
1 pinch freshly ground black pepper
1 tbsp coconut oil (or butter)
1 medium red onion, sliced
3 stalks celery, sliced on the diagonal
2 tsp dried thyme
1 tsp ground cinnamon
1 tsp orange zest
½ cup fresh cranberries
3 medium kohlrabi, peeled and chopped
3 cups beef stock

Season venison with salt and pepper.

Heat coconut oil in large stockpot or Dutch oven over medium heat. Sauté onion and celery until onion starts to become translucent. Remove and set aside vegetables.

Add venison to pan, and sear until browned on all sides. Stir in thyme, cinnamon, orange zest, cranberries, kohlrabi, and stock. Return the sautéed vegetables to the pan.

Heat the mixture until it starts to bubble, cover, and lower heat to medium-low. Simmer for 45–50 minutes, or until venison is tender.

Grilled Pork Tenderloin with Rosemary–Mustard Rub

Pork is easy to prepare and offers a flavorful alternative to chicken.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

MARINATING TIME: 30 minutes

COOKING TIME: 15–20 minutes

SERVES: 4

4 sprigs fresh rosemary
2–3 cloves garlic, peeled
3 tbsp olive oil
2 tsp coarse salt
2 tsp cracked black peppercorns
2 tbsp stone-ground mustard
1 lb pork tenderloin, trimmed

Strip rosemary leaves from stems and place in a small food processor bowl with garlic, oil, salt, pepper, and mustard. Pulse the mixture to make a paste.

Smooth the paste over the pork, place on a baking sheet, cover, and place in the refrigerator for 30 minutes.

Preheat gas grill to high.

Brush grate with olive oil. Sear pork for 3 minutes per side. Reduce heat to medium-low, cover, and cook pork for 8–10 minutes, or until the internal temperature reaches 145°F. Transfer pork to a platter. Let rest for 6–8 minutes before slicing and serving.

Variation: Try the rosemary–mustard rub on turkey breast, a whole roasting chicken, or a fish fillet.

Marinated Pork Chops

(Wild Oats Marketplace online recipes)

SERVES: 6

6 pork chops, each ~ $\frac{3}{4}$ inch thick
2 cloves garlic, minced
3 tsp paprika
salt and freshly ground black pepper to taste
1 cup white wine

Place pork chops in one layer in a shallow ovenproof baking dish. Combine garlic, paprika, salt, and pepper, and spread over chops. Pour the white wine over all. Cover and refrigerate for 6 hours.

Preheat oven to 300°F.

Uncover the dish and bake chops uncovered in the marinade for 1 hour.

Veal Chops

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 veal chops
juice of 1 lemon
½ tsp dried thyme
2 tbsp butter
2 tbsp olive oil
½ cup dry white wine (or vermouth)
2 cups beef stock

Marinate the veal chops for several hours in lemon juice mixed with thyme.

Dry chops thoroughly. Heat the butter and oil in a heavy skillet, and brown the chops, two at a time, on both sides. Remove chops to a plate.

Discard the browning oil from the skillet, and add wine and stock. Bring the mixture to a rapid boil, stirring to scrape up accumulated veal juices. Skim sauce, and return the chops to the skillet. Reduce heat to a simmer, cover, and cook about 30 minutes, or until chops are tender.

Remove chops to a heated platter and keep warm. Bring the liquid to a rapid boil, and skim occasionally until sauce thickens. Spoon sauce over chops to serve.

Fish

Easy Broiled Halibut

(Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*)

SERVES: 6–8

2 lb center-cut halibut steak
salt (or Herbamare seasoned salt) to taste
freshly ground black pepper to taste
¼ cup (or more if desired) lemon juice
1 tbsp butter (or coconut oil)

Wipe halibut with a damp cloth. Season with salt, pepper, and lemon juice, and dot with butter. Broil, turning frequently, till brown.

Mustard-Crusted Halibut

Serve on a bed of baby spinach, arugula, and water chestnuts.

(David Kirsch, *The Ultimate New York Body Plan*)

SERVES: 1–2

6 oz center-cut halibut steak
1 tsp whole-grain mustard
1 tsp chopped fresh thyme
1 tbsp chopped fresh oregano
1 tsp chopped fresh rosemary
½ tsp freshly ground black pepper
1 tsp water
1–2 tbsp butter

Preheat oven to 350°F.

In a small bowl, combine the mustard, thyme, oregano, rosemary, pepper, and water and blend well to make a paste.

Butter an ovenproof baking dish. Place halibut in the dish and spread with the mustard–herb paste. Bake for 15–20 minutes, or until fish flakes easily with a fork.

Grilled Swordfish

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

1½ lb swordfish steaks

¾ cup Cilantro Marinade (page 9)

1 cup Béarnaise Sauce (page 11)

Brush both sides of the swordfish with Cilantro Marinade, cover, and marinate in the refrigerator for several hours.

Broil or grill swordfish for 5–10 minutes per side, depending on the thickness of the steaks. Be careful not to let the swordfish burn. Serve topped with Béarnaise Sauce.

Easy Smothered Salmon

(Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*)

SERVES: 6

2 tbsp coconut oil (or butter)
2 slices turkey bacon, chopped
 $\frac{3}{4}$ cup diced celery
 $\frac{3}{4}$ cup chopped onion
1 tsp salt
1–2 tbsp butter
2 cups canned salmon
 $\frac{1}{2}$ cup boiling water

Preheat oven to 375°F.

Melt oil in a heavy skillet. Add oil, bacon, celery, onion, and salt and fry until celery and onion are light brown.

Butter a covered ovenproof baking dish, and place salmon in center. Arrange vegetable mixture around salmon. Add water and cover.

Bake for 30 minutes. Remove cover and bake another 10 minutes.

Salmon with Pecan Pesto

(Jordan S. Rubin, *The Maker's Diet*)

SERVES: 4

~5 oz shelled pecans
1 3-inch sprig of rosemary
4 salmon fillets (~1¼–1½ lb total)
3 oz cold butter, cut into ½-tbsp pats
2–3 fresh jalapeño peppers, seeded and coarsely chopped
zest of ½ small lemon (or small orange), finely chopped
1 tbsp olive oil
salt and freshly ground black pepper to taste

Preheat oven to 300°F.

Toast pecans on a cookie sheet about 20–30 minutes, or until they release their aroma. Set aside to cool.

Strip rosemary leaves from stems, mince, and set aside.

Rinse salmon and pat dry. Butterfly fillets with a sharp knife, if desired. Rub salmon with olive oil; season with salt and pepper. Heat heavy skillet over medium heat. Pan-fry fillets until firm to the touch.

Place the toasted pecans, rosemary, butter, jalapeños, and lemon zest in a food processor. Process for 5–8 seconds, scrape the bowl, and repeat two or three times until a paste (pesto) forms. Do not overprocess.

Spread the pesto over the cooked salmon, and serve immediately.

Baked Herbed Salmon

A traditional Mediterranean pesto makes an low-carbohydrate salmon dish that's quick, elegant, and tasty. The fish bakes with the sauce while you prepare the rest of the meal.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

4 6-ounce salmon fillets
salt and freshly ground black pepper to taste
1 tbsp olive oil
2 medium garlic cloves, coarsely chopped
½ tsp Spike vegetable seasoning (or salt)
1 tsp ground cumin
½ tsp freshly ground black pepper
1 tbsp capers (or green olives)
1 cup coarsely chopped flat-leaf Italian parsley
1 cup coarsely chopped cilantro leaves
2 tsp lemon zest
~5 oz fresh lemon juice

Preheat oven to 350°F.

Rinse salmon and place on lightly greased cookie sheet or in an ovenproof baking dish. Season with salt and pepper.

In food processor, process olive oil, garlic, Spike, cumin, pepper, capers, parsley, cilantro, lemon zest, and lemon juice until well combined. Pour sauce over fish.

Bake for 13–15 minutes, or until salmon flakes easily with a fork.

Broiled Lemon Salmon

Fresh lemon juice is the key to making broiled salmon exceptional.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

MARINATING TIME: 20–30 minutes

COOKING TIME: 10 minutes

SERVES: 4

1 tbsp tamari
1 clove garlic, minced
½ cup fresh lemon juice
1 tsp olive oil
2 tbsp chopped chives
4 6-ounce salmon fillets
1 whole lemon, cut into ⅛-inch slices

Whisk tamari, garlic, lemon juice, olive oil, and chives. Pour over fillets, and marinate with lemon slices, turning occasionally, for 20–30 minutes.

Broil salmon (with lemon slices around broiling pan) with rack set 6 inches beneath broiler unit for 3–4 minutes. Turn salmon carefully, and continue to broil another 3 minutes, or until fillets are brown and flake easily with a fork.

Remove salmon to a serving platter. Place broiled lemon slices on top of fish. Pour any remaining marinade over. Serve immediately.

Salmon Ceviche

In South America, Japan, and elsewhere, marinated raw fish is served as an appetizer. It is a popular way to preserve the flavor, nutrition, and digestibility of fresh fish. Serve with butter lettuce or other leafy salad greens.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

1 lb salmon

1/3 cup finely diced red onion

1 cup fresh lime juice

2 tbsp seeded and finely chopped serrano pepper (or 1 chili pepper, minced)

2 tsp salt

1 cup chopped tomatoes

2 cups chopped cilantro (or parsley)

Skin salmon, and chop into 1/4- to 1/2-inch pieces. Combine salmon, onion, lime juice, hot pepper, and salt. Marinate for several hours or overnight.

About 10–15 minutes before serving, add chopped tomatoes and cilantro to salmon mixture, and stir to combine.

Beans

Cooked Beans

This is a great way to have delicious cooked beans ready at any moment to heat and eat or add to a recipe. Cook your favorite bean with the following indications.

PREPARATION TIME: Varies

COOKING TIME: Varies

SERVES: 4 – 6

1 cup dried beans (any variety)

Sort and clean the dried beans. Soak the beans in boiling water for 1 - 2 hours, or 6 - 12 hours in cold water, until they're doubled in size and wrinkle free - soaking time varies with the bean. Drain and rinse the soaked beans, place in medium saucepan, cover with cold unsalted water. Bring to boil uncovered, boil for ten minutes. Skim the foam off the beans with a ladle or large flat spoon. Cover and simmer the beans for 1 - 2 hours OR cook 8 minutes at high pressure in a pressure cooker.

Slow cooker or crockpot: Add the beans, cover and turn the heat to low. Cooking time will vary with the bean, but six hours in the crockpot on low is about right for pinto beans

Note: It's always worthwhile to double the bean recipe, and freeze in small containers or freezer bags for future vegetarian or vegan bean recipes.

Homemade Hummus

PREPARATION TIME: 10 minutes

MAKES: 2 Cups

1 (15.5 ounce) can garbanzo beans (chickpeas), drained

1/3 cup pitted Spanish Manzanilla olives

1 teaspoon minced garlic

3 tablespoons olive oil

2 tablespoons lemon juice

1 ½ teaspoons chopped fresh basil

1 teaspoon cilantro leaves

salt and pepper to taste

Place garbanzo beans, olives, and garlic into the bowl of a blender or food processor. Pour in olive oil and lemon juice; season with basil, cilantro, salt, and pepper. Cover and puree until smooth. Hummus can be served immediately, or covered, and stored in the refrigerator until ready to use.

Kidney Bean and Mushroom Veggie Burger

PREPARATION TIME: 1 hour

COOKING TIME: 12 minutes

SERVES: 4 – 6

1 medium carrot
1/2 cup oats
1 14 ounce can kidney beans, drained
1/2 cup mushrooms
1/2 onion
1 medium carrot
1/2 red or yellow bell pepper
1 egg
2 tbsp organic ketchup (optional as it adds sugar)
1/2 tsp garlic salt

Process carrot in food processor until grated. Add oats and beans and pulse a few times.

Add remaining ingredients and process until well combined but still slightly coarse.

Chill for at least 45 minutes then form into 4 - 6 patties.

Broil for 5-6 minutes on each side. You could also cook these mushroom veggie burgers on the grill, or pan fry in coconut oil.

Black Bean Veggie Burgers

PREPARATION TIME: 15 minutes

COOKING TIME: 20 – 30 minutes

SERVES: 10

2 cups black beans cooked

½ cup green pepper, chopped fine

½ cup red onion, chopped fine

1 large stalk celery, chopped fine

2 -4 cloves garlic minced (depends how much you like garlic)

1 tsp cumin

1 Tbsp cooking oil

¼ tsp cayenne pepper

Salt and pepper to taste

1/3 cup hummus

½ cup rolled oats

2 slices sprouted grain or spelt bread crumbled into tiny pieces (hint: blender or food processor works great)

Mash or puree half the beans, add reserved beans and all other ingredients EXCEPT hummus. Mix well by hand. Add enough of the hummus or other liquid ingredient to moisten mixture fairly well. Mixture may seem a little sticky, but it's better than a bit dry, because they WILL dry out while cooking. Cook on medium until brown, approx. 10 - 15 min per side. Fantastic with a little brown mustard or horseradish.

Garbanzo Bean Burger

PREPARATION TIME: 45 minutes

COOKING TIME: 30 minutes

SERVES: 4

1 (15 ounce) can garbanzo beans, rinsed and drained

1 red bell pepper, finely chopped

1 carrot, grated

3 cloves garlic, minced

1 red chile pepper, seeded and minced

2 tablespoons chopped fresh cilantro

1 tablespoon tahini paste

salt and black pepper to taste

1 teaspoon olive oil (optional)

Place garbanzo beans in the food processor with bell pepper, carrot, garlic, red chile pepper, cilantro, tahini, salt, and pepper. Pulse 5 times, scrape the sides, and pulse again until the mixture is evenly mixed. If the mixture looks dry, add olive oil.

Refrigerate mixture for 30 minutes. Preheat oven to 350 degrees F (175 degrees C).

Prepare baking sheet with parchment paper or lightly grease with coconut oil. Shape the mixture into patties. Bake for 20 minutes, then carefully flip burgers and bake 10 more minutes, or until brown.

Veggie Vegetarian Chili

You can freeze this chili and keep it on hand to reheat for a quick and easy lunch or dinner solution.

COOKING TIME: 30 minutes

SERVES: 16

- 1 tablespoon butter or coconut oil
- 3 cloves garlic, minced
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 2 tablespoons chili powder
- 1 ½ cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 (15 ounce) can pinto beans, undrained
- 1 tablespoon cumin
- 1 ½ tablespoons dried oregano
- 1 ½ tablespoons dried basil
- ½ tablespoon garlic powder

Heat the butter or coconut oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender. Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, and pinto beans with liquid. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

Lentil and Vegetable Soup

PREPARATION TIME: 30 minutes

COOKING TIME: 1 ½ - 2 hours

SERVES: 6

- ½ cup red or green lentils
- 1 cup chopped onion
- 1 stalk celery, chopped
- 2 cups shredded cabbage
- 1 (28 ounce) can whole peeled tomatoes, chopped
- 2 cups chicken broth
- 3 carrots, chopped
- 1 clove garlic, crushed
- 1 teaspoon Celtic Sea salt
- ½ teaspoon ground black pepper
- ¼ teaspoon white sugar
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- ¼ teaspoon curry powder

Place the lentils into a stockpot or a Dutch oven and add water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for about 15 minutes. Drain and rinse lentils; return them to the pot. Add onion, celery, cabbage, tomatoes, chicken broth, carrots and garlic to the pot and season with salt, pepper, sugar, basil, thyme and curry. Cook, simmering for 1 ½ to 2 hours or until desired tenderness is achieved.

Slow Cooker Lentil Rice Soup

(AllRecipes.com)

Dried lentils and uncooked brown rice are combined with vegetables, seasonings and broth in this easy and nutritious soup. Chopped mushrooms are added in the last of the 8 hours of cooking time.

PREPARATION TIME: 20 minutes

COOKING TIME: 7 – 8 hours

SERVES: 11

2 cups dry lentils
2 cups uncooked long grain brown rice
1 cup chopped carrots
½ cup chopped celery
½ onion, chopped
8 cups water
1 cup vegetable broth
1 teaspoon garlic powder
½ teaspoon ground black pepper
1 tablespoon salt
1 cup sliced fresh mushrooms

Place all ingredients except the mushrooms in the slow cooker and cook on low for 7 to 8 hours. Stir in the mushrooms 1 hour before serving.

Pinto Bean Soup

PREPARATION TIME: 20 minutes

COOKING TIME: 30 minutes

SERVES: 4 - 6

3 Tbsp olive oil
1 large yam or small butternut squash
2 stalks celery
½ head of cauliflower
1 jalapeno pepper, seeded. If you don't have it, use a pinch of cayenne
2 thin slices raw ginger, peeled, or ½ tsp dried, if you don't have fresh
1 - 2 cloves garlic
1 tsp brown mustard seed
½ tsp ground cumin seed
1 tsp. ground coriander seed
½ tsp turmeric
1 tsp paprika
½ tsp fennel
2 tsp dry basil leaves OR 2 Tbsp minced fresh
2/3 cup coconut milk
2 cups cooked pinto beans (OR 2 cans)
2 cups water
1 bay leaf
½ cinnamon stick
1 Tbsp gluten-free soy sauce
½ tsp salt or to taste
½ tsp fresh ground pepper or to taste
¼ cup chopped fresh parsley leaves

Combine pinto beans, water, coconut milk, bay leaf, cinnamon stick, and veggie cube, heat on low. Heat oil on low in a large sauté pan. Mince the fresh jalapeno, ginger, and garlic. Peel and cut the yam in 1 inch dice. Wash and thinly slice the celery. Remove stem and leaves from ½ head of cauliflower, cut in bite-sized pieces and set aside. Add all the veggies except cauliflower to the oil, plus the mustard seeds. Turn the heat up a bit and sauté for about ten minutes. Add the cauliflower and the remaining spices, and stir-fry for a few minutes. Add the beans and 2 cups water and coconut milk, then cover and simmer on low until veggies are tender, and soup has thickened, about 20 minutes, stirring several times. Chop the parsley and add with salt, pepper and soy sauce to taste.

Lima Bean Stew

PREPARATION TIME: Varies

COOKING TIME: 6 – 8 hours

SERVES: 6 – 8

1 ½ cups dry lima beans
2 large carrots, peeled and diced
2 ginger slices, peeled
2 celery sticks, chopped in ¼ inch slices
1 small cauliflower, cut in large pieces
2 bay leaves
1 tsp thyme leaves
1 - 2 Tbsp olive oil
½ tsp turmeric
½ tsp ground cumin
pinch cayenne or to taste
1 tsp salt
Fresh ground pepper to taste
¼ cup minced fresh parsley

Soak the lima beans in 2 qt cold water, overnight or up to twelve hours. Preheat the crockpot on high. Add the lima beans to a saucepan, with water to cover. Bring them to a boil. Prep the veggies and add to the crockpot with lima beans and cooking water. Add more water if needed to cover. Add the bay leaves, ginger slices, and thyme. Reduce heat to low, cover and cook for 6 - 8 hours. Heat the oil on low in a small frying pan. Add the cumin, coriander, turmeric & cayenne. Heat gently for a few minutes. Using a spatula, transfer spices and oil to the crockpot. Add ¼ cup minced parsley, salt and pepper to taste. Stir gently, cover and cook for another 15 minutes. Remove the ginger slices and bay leaves when serving.

Quinoa Red Lentil Stew

(Insert Source)

PREPARATION TIME: 15 minutes

COOKING TIME: Varies

SERVES: 4 - 6

½ cup quinoa

¾ cup small red lentils (masoor dhal)

2 large carrots

2 stalks celery

1 small head cauliflower

2 bay leaves

2 inch piece cinnamon stick

4 green cardamom pods

2 thin slices fresh ginger

6 cups water

½ tsp ground cumin

½ tsp ground fennel seed

½ tsp turmeric

1 tsp salt or to taste

4 Tbsp minced fresh herbs: parsley, cilantro or basil

For a spicier flavor, Add ½ - 1 tsp green curry paste OR ¼ tsp cayenne powder

Rinse the quinoa and red lentils in a bowl or pan, then drain into a colander. Peel the carrots, slice lengthwise, then slice in thin pieces. Wash and trim the celery stalks, then slice crosswise in thin pieces. Break or cut the cauliflower into large chunks - these will break up into smaller pieces as they cook. Combine quinoa, lentils, cumin, fennel, turmeric, bay leaves, cinnamon stick, cardamom pods and fresh ginger slices in the crockpot, and cover with the 6 cups water. Cover and cook on low for 6 hours or more if needed. Just before serving, add the minced fresh herb, and optional greens. When serving, remove the ginger slices, bay leaves, cinnamon stick, and cardamom pods, as you come across them. If you don't have a crockpot, you can make this quinoa recipe on the stove. Bring to a boil, cover and cook on low heat for 20 - 30 min.

Black Bean Dip

(Adapted from Deborah Madison's Vegetarian Cooking for Everyone)

A spicy black bean paste that works great as a dip, in burritos, or on nachos.

PREPARATION TIME: 10 Minutes

COOKING TIME: 10 Minutes

MAKES: 2 Cups

2 c black beans, canned and drained or soaked and cooked ([link to cooked beans recipe](#))

½ cup hot water

1 tbsp olive oil

¼ cup scallions, sliced

1 tsp ground coriander

1 tsp ground cumin

¼ cup cilantro, chopped

1 tsp chipotle chile, puréed OR ½ t cayenne

2-3 limes, juiced

½-1 tsp salt

Place the beans in the food processor or bowl, pour water over them, and let sit.

Meanwhile, heat the oil over low - medium heat, add the scallions, coriander, and cumin, and sauté, stirring frequently, until tender, about 10 minutes.

Add spice mixture, cilantro, and chile to the beans and purée until chunky, 10-20 seconds. Add lime juice and salt, mix, taste, and add more chile/cayenne, lime juice, and salt as needed.

Bean dip keeps in refrigerator for up to 5 days, but it tastes best warm or at room temperature.

Cashew Chili

(From TheVeggieTable.com)

Cashew chili is easy, delicious, filling, and vegetarian. What more can you ask for?

PREPARATION TIME: 10 Minutes

COOKING TIME: 10 Minutes

SERVES: 4

- 1 tbsp olive oil
- 1 stalk celery
- 2 medium onions
- 1 green bell pepper
- 2 cups canned tomatoes, with juice
- 1-2 cans kidney beans, in water
- 1 tsp black pepper
- 1 tsp minced basil
- 1 tsp minced oregano
- ½-1 tbsp chili powder
- ¼ tsp cumin
- 1 bay leaf
- 1-2 tbsp cider vinegar
- ½-1 cup cashews

Chop the celery, onions, and bell pepper, then sauté them in olive oil until tender. Add tomatoes and beans (with water) and all spices. Cover and simmer for 5-10 minutes, until you're happy with the amount of liquid. Add vinegar and cashews. Taste and adjust seasonings, remove bay leaf, and serve. For a soupier consistency, use less beans and nuts.

Dal

(Adapted from Deborah Madison's Vegetarian Cooking for Everyone)

Dal is the Indian term for lentils, and in cooking refers to any of the many Indian dishes made with lentils. There are many variations ranging from simple to complex. This recipe is on the easy side.

PREPARATION TIME: 10 Minutes

COOKING TIME: 40 Minutes

MAKES: 2 Cups

1 cup red lentils (masoor dal) or brown lentils
3 tbsp butter or olive oil
1 small onion, minced
2 cloves garlic, sliced
1 chile, seeded and chopped
½ tsp turmeric
3 cups water
15 oz can unsweetened coconut milk
salt
2 shallots, diced
1 dried red chile, crumbled OR ¼ t red pepper flakes
3 bay leaves
1 tsp mustard seeds

Wash the lentils thoroughly and drain well.

Heat 2 tbsp butter over medium-high heat, then sauté onion, garlic, and chile for 1 minute. Add lentils, turmeric, and 3 c water. Bring to a boil, lower heat, cover, and simmer until lentils are soft, about 30 minutes.

Remove the cream from the top of the coconut milk and reserve for some other use. Add coconut milk to lentils and simmer, stirring occasionally, for 5 minutes. Add a bit of salt, taste, and remove from heat.

Heat remaining 1 tbsp butter over high heat. Add remaining ingredients and sauté about 1 minute, until mustard seeds turn grey. Stir into lentils and serve.

White Bean and Tomato Soup

(Adapted from *The Greens Cookbook* by Deborah Madison)

This white bean and tomato soup flavored with sage and thyme is an elegant alternative to minestrone soup.

PREPARATION TIME: 8 Hours

COOKING TIME: 1 – 1 ½ Hours

SERVES: 4 - 6

½ cup dry white beans, washed and soaked for at least 8 hours

8 cups water

10 sage leaves or 1 t dried sage

3 bay leaves

6 branches of thyme or ¼ t dried thyme

4 cloves garlic, peeled

3 tbsp olive oil

1 tsp salt

1 medium onion, chopped

1 pound fresh tomatoes or 2 c canned tomatoes, chopped, or 2 c plain tomato sauce

Drain and rinse the beans and place in pot along with water, 5 sage leaves, 2 bay leaves, thyme, 3 whole cloves garlic, and 1 tbsp oil. Bring to a boil, add ½ t salt, lower heat, and simmer about an hour, until beans just tender.

Set the colander over a bowl; strain the beans; and remove the garlic, bay leaves, and thyme stems. Set both the cooking water and beans aside.

Heat remaining oil along as you mince the last garlic clove. Add to pot along with the remaining sage and bay leaf. Sauté a minute or two, add onion, and cook, stirring frequently, for 8-10 minutes, until soft. Add the tomatoes, cooking liquid, and remaining salt, bring to a boil, and simmer for 20 minutes. Then add beans and cook another 10 minutes.

Serve hot or set aside to cool, then refrigerate in an airtight container - the flavor will actually improve over the next day or two.

Shepherd's Pie

(From TheVeggieTable.com)

This vegetarian shepherd's pie recipe is a simple yet delicious lambless version of the real thing.

PREPARATION TIME: 30 Minutes

COOKING TIME: 30 Minutes

SERVES: 6

2½ tbsp olive oil

2 cloves garlic, minced

½ cup onion, minced

1 large tomato, chopped

3 cups mixed vegetables, finely chopped

3 cups cooked legumes

1 cup vegetable stock or water

1 tsp gluten-free soy sauce

pepper

2 to 2½ cups mashed cauliflower ([insert link to recipe](#))

Heat 2 tbsp oil over medium heat, add garlic, and sauté for 2 minutes. Add onion and continue sautéing until soft, about 5 minutes. Add tomato and cook for two more minutes, stirring frequently. (If you need to make the mashed potatoes, start them now). Add stock and vegetables, bring to boil, cover, lower heat, and cook until vegetables are tender, about 5-10 minutes. Add soy sauce and pepper, taste, and adjust seasonings as necessary.

Preheat oven to 350. Use remaining ½ tbsp oil to grease pie plate. Arrange vegetables in it, then cover with a layer of mashed potatoes. Garnish.

Bake until bubbly, about 30 minutes. Serve hot.

Chickpea Mock Tuna Salad

(Adapted from Robin Robertson's The Vegetarian Meat and Potatoes Cookbook)

A vegetarian "tuna" salad made with chickpeas, almonds, and seeds. While this doesn't take exactly like tuna salad, it's close enough and delicious.

PREPARATION TIME: 24 Hours

COOKING TIME: 45 Minutes

SERVES: 4

½ cup almonds

½ cup sunflower seeds

¼ cup sesame seeds

several cups of water

1 cup soaked and cooked or canned chickpeas, drained and rinsed

2 tbsp lemon juice

1 tbsp water (can be from chickpea cooking water)

1 tbsp gluten-free soy sauce

2 tsp flaxseed or olive oil

1-2 tsp kelp powder

½ cup homemade mayonnaise

1 stalk celery, minced

1/3 cup red onion, minced

2 tbsp fresh parsley, minced

Rinse the almonds and seeds (a sieve or fine-holed colander is needed for the sesame seeds), place in bowl, cover with water, and let soak overnight. Rinse and drain.

Place the almonds, seeds, chickpeas, lemon juice, T water, soy sauce, oil, and kelp powder in food processor. Blend until well mixed but not quite smooth, 1-2 minutes. Combine the mayonnaise, celery, onion, and parsley in the bowl, then add chickpea mixture. Cover and refrigerate for at least 30 minutes.

This mock tuna salad will last 2-3 days in the refrigerator.

Eggs

Spanish Tortilla

This potato omelette is a traditional Spanish tapa, or appetizer, but it's equally good for breakfast or brunch.

PREPARATION TIME: 15 Minutes

COOKING TIME: 15 Minutes

SERVES: 6

1 pound potatoes (preferably sweet potatoes), peeled

1 large onion, diced

¼ cup olive oil

5 eggs

salt and pepper

Slice the potatoes as thin as possible and dry with a paper towel. Sauté potatoes and onions in olive oil over medium heat, turning frequently, until golden brown (about three minutes).

Meanwhile, beat the eggs with salt and pepper until foamy, 1-2 minutes. Pour the eggs over the potatoes, cover, lower the heat, and cook for about 5-7 minutes, until the omelette is set and the bottom is golden brown. Slide the omelette onto a plate, cover with the other plate, flip, and slide the omelette back into the pan, so that the cooked side is on top. Cover and cook for about 5 minutes longer. Cut into wedges and serve.

No Crust Squash-Leek Quiche

This quiche made with squash and leeks is a simple yet elegant main course.

COOKING TIME: 50 minutes

SERVES: 6

1 large squash

1 tbsp butter

2 medium or one large leek, cleaned and chopped

¼ cup yogurt

2 eggs

salt

pepper

½ cup raw cheddar cheese, grated (can be made without cheese as well)

Preheat oven to 425. Cut the squash in half, scoop out seeds, and then cut the halves into 1-inch pieces. Place in baking dish with ½ an inch of water. Bake until soft, 45-60 minutes.

Meanwhile, roll out pie crust and arrange in pie plate. Poke all over with a fork.

Melt butter, add leeks, and sauté until soft, about 10 minutes.

Beat together eggs, sour cream, salt, and pepper.

When the squash is done, lower oven to 350. Transfer squash to the large bowl and mash. Beat in the egg mixture, then stir in leeks.

Spread squash mixture into pie crust and sprinkle with cheese.

Bake until firm and golden, about 45 minutes. When it's nearly done, sprinkle with pine nuts. (They'll burn if they toast for more than a few minutes.)

Remove from oven and let cool for 5 minutes. Slice and serve.

Butternut is perfect for this quiche, though I managed to make a decent one with spaghetti squash.

Homemade Mayonnaise

PREPARATION TIME: Varies

MAKES: 2 Cups

1 egg
1 tablespoon lemon juice
2 teaspoons Dijon mustard
Sea salt and freshly cracked black pepper
1 cup extra virgin olive oil

In a blender or food processor, process the egg, lemon juice, mustard, salt and pepper until well combined.

While the motor is running, pour the oil in a slow, thin, steady stream and process until the mixture is thick and creamy

***Take your time with this recipe.** If you try and rush it, it won't come out right.

Tangy Egg Salad - No Mayo Recipe

PREPARATION TIME: 15 Minutes

SERVES: 4 - 6

2 hard boiled eggs, peeled
2 green onions, finely chopped-green parts only
1 tsp worchestershire sauce
1 Tbsp Dijon mustard, + more for spreading
1 Tbsp lemon juice
salt and pepper- to taste+plus additional pepper

Mash eggs together well in a medium sized bowl. I use a fork and/or potato masher.
Add green onions and stir.
Add remaining ingredients and mix well.
Cover and refrigerate overnight.

Mini Vegetable Frittatas

COOKING TIME: 30 – 45 Minutes

MAKES: 8 - 10 frittatas.

8 large organic eggs

½ cup organic milk, preferably raw (I'm going to try and use coconut milk next time and see if that works since I don't eat very much dairy, but I figured I would stick to the recipe exactly as it was written for the first time.)

1 Tbsp. butter

1 cup zucchini, diced

1 cup red pepper diced

1 cup sliced fresh mushrooms

1 leek diced

¼ cup fresh Italian flat leaf parsley, chopped finely

1 tsp. Celtic Sea Salt

½ tsp. black pepper

Preheat oven to 350 degrees F. Grease a large muffin tin with butter. Whisk eggs and milk together in a large mixing bowl. Set aside.

Heat butter in a medium skillet or frying pan over medium heat. Place zucchini, red pepper, mushrooms and leek in a skillet and sauté until vegetables become soft, about 5 minutes. Remove from heat and stir in parsley, salt and pepper. Fold vegetables into egg mixture.

Fill muffin cups three-quarters of the way full with vegetable frittata batter. Bake 20 to 30 minutes until frittatas are set and browned on top.

Serve hot or let cool and store in the fridge for later.

Breakfast Burritos

COOKING TIME: 5 – 10 Minutes

MAKES: 4 burritos

1-2 tbsp butter

½ cup onion, chopped

2-3 eggs

1 small tomato (preferably Roma), chopped

1-2 tbsp fresh herbs (thyme, rosemary...), minced

2 tbsp soy sauce (wheat free preferably)

¼ cup chopped walnuts or pecans

2-3 tbsp grated raw cheese (optional)

Heat the butter, add onion, and sauté for 3-4 minutes, stirring frequently.

Scramble the eggs.

Add eggs to onions. Cook for 2 minutes; add tomato, soy sauce, and herbs; and heat until warm. Stir in walnuts and optional cheese and remove from stove.

Place half of mixture in a line in the center of each tortilla, leaving 1 inch at either end of the line. Fold each end up to the filling, then fold in one side. Roll. Voilà your breakfast burritos!

Notes You can leave out the tomato and/or walnuts and/or add other veggies... pretty much whatever you like!

If you don't have any tortillas, you can just serve the filling with some sprouted grain toast or some raw veggies.

Egg Lemon Soup

This interesting, lemony soup is traditional in Greek cuisine. Serve with Greek salad, hummus, and spanakopita for a veggie Greek meal.

COOKING TIME: 45 minutes

SERVES: 4-6

6 cups vegetable stock

½ cup brown rice

1 egg

2 egg yolks

¼ cup lemon juice

Bring the stock to a boil, add rice, cover, and cook until tender, 30-40 minutes. You don't need to stir it, but do check on the rice regularly to avoid overcooking.

Just before the rice is done, beat the eggs and yolks until light and fluffy, beat in lemon juice, then beat in 1 cup stock.

Combine the egg lemon with the rice, bring to near boil, stir in parsley, and serve.

Notes Egg lemon soup is traditionally made with chicken broth, but since lemon is the main flavor, this veggie version tastes almost identical.

Deviled Eggs

PREPARATION TIME: 30 minutes

MAKES: 12 halves

6 eggs

¼ cup homemade mayonnaise

1 tbsp soy sauce

1 tsp dry, yellow, or Dijon mustard

2 tbsp red onion, minced

dash salt

Place the eggs in the pot and cover with cold water. Once water simmers, cook for 8-10 minutes. Drain the eggs, place in a bowl of cold water, remove one, tap lightly all over until shell cracks, and peel. If it gets too hot to handle, just hold it underwater for a few seconds and try again. (You may need to add more water to the bowl to keep it cold). Peel all of the eggs, then cut in half length-wise. Arrange on a plate.

Pop the yolks out of each half and place in the other bowl, being careful not to break the egg whites. Mash the yolks, then stir in mayonnaise, soy sauce, mustard, onion, and salt.

Take a spoonful of yolk mixture, and use the other spoon to scrape it into one of the egg white holes. Repeat with remaining yolk and whites. If you have some yolk left, just add a bit more to the deviled eggs that don't have enough.

Sprinkle with paprika and/or parsley, and serve.

Deviled eggs are the perfect finger food - you can just grab one and go, so they are great for picnics and buffets.

Spanish Tortilla with Zucchini

COOKING TIME: 1 hour 15 minutes

SERVES: 8

1 large or 3 small zucchini, grated (about 1 pound)
2 tsp salt
 $\frac{3}{4}$ cup olive oil
1 lb potatoes, scrubbed* and diced into $\frac{1}{2}$ -inch cubes
1 large onion, chopped
5-6 eggs
dash of nutmeg

Place grated zucchini in colander, toss with 1 tsp salt, and set in sink or over a bowl to drain.

Heat oil, reduce heat to medium-low, add potatoes, onion, and $\frac{1}{2}$ t salt, and sauté, stirring occasionally, for 30 minutes. If potatoes start to brown, reduce heat.

Squeeze handfuls of zucchini to get rid of as much water as possible, and add the zucchini to the potatoes. Sauté, stirring occasionally, for another 15 minutes. Remove from heat, and use the slotted spoon to transfer vegetables to a large bowl, allowing excess oil to remain in the pan.

In the small bowl, beat the eggs with remaining $\frac{1}{2}$ tsp salt, nutmeg, and pepper, then stir into the vegetables.

Pour into pan, press everything down lightly, and cook, covered, over very low heat. After 7 minutes, use a rubber spatula to gently lift up one side and check the color of the bottom. When the tortilla is just about set and the bottom is lightly golden (no more than 12 minutes total), remove from heat and let stand, still covered, 5-10 minutes, until set.

Run rubber spatula all the way around the pan to make sure the tortilla isn't stuck anywhere. Place plate upside-down over pan and quickly (and carefully!) flip both, so that the top of the tortilla is now the bottom.

Slide tortilla back into the pan and cook over low heat for another five minutes. Let cool and serve.

Notes *No need to peel the potatoes - they are soft and delicious in this tortilla, plus there's lots of nutrients in the skin.

This is a strange recipe in that it's good hot, but it's **great** at room temperature, so the leftovers are even better than the original dish.

Bibliography

- Batmanghelidj, F. (1992). *Your Body's Many Cries for Water*. Vienna, VA: Global Health Solutions, Inc.
- Byrnes, Stephen (2001). *The Lazy Person's Whole Foods Cookbook*. Ecclesia Life Man.
- Chek, Paul (2004). *How to Eat, Move and Be Healthy*. San Diego, CA: C.H.E.K. Institute.
- Daniel, Kaayla T. (2005). *The Whole Soy Story: The Dark Side of America's Favorite Health Food*. Washington, DC: New Trends.
- Fallon, Sally, with Mary G. Enig (2001). *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*, 2nd edition. Washington, DC: New Trends.
- Fife, Bruce (2001). *The Healing Miracles of Coconut Oil*. Colorado Springs, CO: Health Wise.
- Finger Lakes Gourmet (no date). Online recipes. www.fingerlakesgourmet.com, accessed January 2007.
- Free-Gourmet-Recipes.com (no date). Healthy Recipes. www.free-gourmet-recipes.com, accessed June 2008.
- Kirsch, David (2005). *The Ultimate New York Body Plan*. New York, NY: McGraw-Hill.
- Lanctôt, Guylaine (1995). *The Medical Mafia: How to Get Out of It Alive and Take Back Our Health and Wealth*. Morgan, VT: Here's The Key Inc.
- Mercola, Joseph (2005). *Dr. Mercola's Total Health Program: The Proven Plan to Prevent Disease and Premature Aging, Optimize Weight, and Live Longer*. Schaumburg, IL: Joseph Mercola. Available from www.mercola.com/forms/total_health_book.htm, accessed June 2008.
- Mercola, Joseph (no date). *The Truth About Coconut Oil: Why It Got a Bad Rep*. articles.mercola.com/sites/articles/archive/2003/09/13/coconut-oil-part-three.aspx, accessed June 2008.

- Mercola, Joseph, with Rachael Droege (2003). *Trans Fat: What Exactly Is It and Why Is It So Dangerous?* www.mercola.com/2003/jul/19/trans_fat.htm, accessed June 2008.
- Mercola, Joseph, with Alison Rose Levy (2003). *The No-Grain Diet: Conquer Carbohydrate Addiction and Stay Slim for the Rest of Your Life*. New York, NY: Dutton. Available from www.mercola.com/nograindiet, accessed June 2008.
- Quillin, Patrick (2005). *Beating Cancer With Nutrition*. Carlsbad, CA: Nutrition Times Press.
- Regenerative Nutrition (no date). *Celtic Ocean Sea Salt*. www.regenerativenutrition.com/content.asp?id=30, accessed June 2008.
- Rubin, Jordan S. (2004). *The Maker's Diet*. Lake Mary, FL: Siloam.
- Sears, Al (no date). Dr. Sears Made a Mistake ... *Doctor House Call* 78. [www.alsearsmd.com/content/index.php?id=doctor_house_call_78&no_cache=1&sword_list\[\]=Coconut&sword_list\[\]=Oil](http://www.alsearsmd.com/content/index.php?id=doctor_house_call_78&no_cache=1&sword_list[]=Coconut&sword_list[]=Oil), accessed June 2008.
- Simopoulos, Artemis P., and Jo Robinson (1998). *The Omega Diet: The Lifesaving Nutritional Program Based on the Diet of the Island of Crete*. New York, NY: Harper Collins.
- Wild Oats Marketplace (no date). *Online Recipes*. www.wildoats.com, accessed January 2007. (Editor's note: Wild Oats is now Whole Foods Market. Visit the Whole Foods Recipe Index: www.wholefoodsmarket.com/recipes/index.html, accessed June 2008.)
- Wolcott, William, and Trish Fahey (2000). *The Metabolic Typing Diet*. New York, NY: Doubleday.