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Personalized Recipe Guide



Sample Patient

GT3 Teacher (Blood Group A Rh Positive Secretor) Superfamily

**Samm Pryce
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A personalized cookbook for Sample Patient

Inside this Cook Book we've assembled a collection of helpful recipes for you to use in your meal-planning. These recipes are chosen because they contain ingredients right for your type. They have been presorted and should not contain any 'avoid foods' that appear in your diet printout. Because the ingredients have been 'tagged' by humans there is a slight chance that a recipe might not fit your report, and we'd appreciate it if you could alert us to any discrepancies you discover.

Each Recipe also lists the number of superbeneficial foods in it (up to three). These are indicated by the number of diamonds ◇ next to the recipe. Recipes with more diamonds are more healthful and should be used frequently in your meal planning.

Salads

- All-Type Oil and No Vinegar Dressing ◇◇◇
- Arugula and Red Onion Salad ◇◇◇
- Bean Salad ◇◇◇
- Beet Salad ◇◇◇
- Beet and Arugula Salad ◇◇◇
- Beet, Apple, and Pecan Salad ◇◇◇
- Beet, Currant, and Arugula Salad ◇◇◇
- Beneficial Salad Dressing ◇◇◇
- Broccoli Rabe and Grapefruit Salad ◇◇◇
- Carrot-Raisin Salad ◇◇◇
- Celery Salad ◇◇◇
- Chef Salad ◇◇◇
- Cherry Lemonette Dressing ◇◇◇
- Cucumber Salad ◇◇◇
- Endive Salmon Salad ◇◇◇
- Fruit Salad with Crispy Rice Cereal and Macadamia Nuts ◇◇
- Green Salad with Olives ◇◇◇
- Green Salad with Radishes and Hearts of Palm ◇◇◇
- Green Salad with Roasted Pepper ◇◇◇
- Green Salad with Roasted Pepper and Croutons ◇◇◇
- Heart-y Bean Salad ◇◇◇
- Kohl Slaw ◇◇◇
- Lima Bean Rice Salad ◇◇◇
- Mixed Green Salad with Pineapple Dressing ◇◇◇
- Mixed Green Salad with Pineapple Dressing (large Explorer) ◇◇◇
- Papaya and Kiwi with Honey and Lime ◇◇◇

Salad (continued)

Quinoa Tabouleh Salad ◇◇◇
Rice Salad ◇◇◇
Salad Dressing with Pineapple base ◇◇◇
Salmon Salad ◇◇◇
Salmon Salad ◇◇◇
Sardine Salad with Grapes ◇◇◇
Sauteed Curried Cabbage ◇◇◇
Spinach Salad with Croutons ◇◇◇
Spinach Salad with Peppers, Mushrooms, Cannellini Beans, and Sliced Egg ◇◇◇
Spinach and Grapefruit Salad ◇◇◇
Spinach and Grapefruit Salad with Roasted Pumpkin Seeds ◇◇◇
Spinach and Olive Salad ◇◇◇
Spinach and Olive Salad with Pine Nuts ◇◇◇
Three Bean Salad ◇◇◇
Three Bean Salad ◇◇◇
Tuna and White Bean Salad ◇◇◇
Vegetable Salad ◇◇◇
Warm Duck Salad with Fava Beans and Enoki Mushrooms ◇◇◇
Watercress Salad ◇◇◇
Watercress Salad with Beets and Hearts of Palm ◇◇◇
Watercress and Hearts of Palm Salad ◇◇◇
Watercress and Mushroom Salad ◇◇◇
Watercress and Mushroom Salad with Walnuts ◇◇◇
Wild Rice Salad ◇◇◇

Snacks

- Apricots and Walnuts ◇◇
- Beneficial Fruit, single or cup pieces ◇◇
- Beneficial Seeds or Nuts, handful ◇◇◇
- Carrot and Spinach Wrap ◇◇◇
- Carrot and Zucchini Sticks ◇◇
- Cranberry Trail Mix ◇◇
- Crispy Kale Chips ◇◇◇
- Cucumber and Cauliflower Dippers ◇◇
- Curried Pecans ◇◇◇
- Fresh Pineapple with Pecans ◇◇
- Fruit-Nut Snack Bars ◇◇◇
- Glazed Pineapple with Starfruit ◇◇
- Kasha with Parmesan Cheese ◇◇◇
- Melon-Mint Pinwheels ◇◇
- Nectarine with Walnuts ◇◇
- Papaya with Lime ◇◇
- Parmesan Toast with Egg and Asparagus ◇◇◇
- Pear and Walnuts ◇◇
- Persimmons with Pecans ◇◇
- Pineapple Chunks with Blueberries ◇◇
- Pineapple with Toasted Pecans ◇◇
- Plum and Walnuts ◇◇
- Rice Tortillas ◇◇◇
- Roasted Red Pepper-Walnut Dip ◇◇◇
- Spiced Almonds ◇◇◇
- Squash seeds ◇◇◇
- Trail Mix ◇◇
- Trail Mix ◇◇◇
- Turkey Bacon and Lettuce on Toast ◇◇

Entrees

- Adzuki Bean Casserole ◇◇◇
- African Pineapple Peanut Stew ◇◇◇
- Almond Flour Pizza Crust II ◇◇◇
- Apricot Glazed Salmon ◇◇◇
- Baba Ghanoush ◇◇◇
- Baked Chicken and Rice Casserole ◇◇◇
- Baked Cod with Basil ◇◇◇
- Baked Cod with Garlic and Fennel ◇◇◇
- Baked Cod with Lemon-Thyme Salt ◇◇◇
- Baked Lemongrass Snapper ◇◇◇
- Baked Tilapia ◇◇◇
- Baked Tilapia with Grapefruit Sections ◇◇◇

Entree (continued)

Braised Escarole ◇◇◇
Braised Kale ◇◇◇
Broccoli Stir-Fry with Green Onions and Bamboo Shoots ◇◇◇
Broiled Red Snapper with Parsley ◇◇◇
Broiled Salmon Steaks ◇◇◇
Buckwheat adzuki 'fried rice' ◇◇◇
Buckwheat/Kamut Soba Noodles with Veggies and Tofu ◇◇◇
Butternut Squash and Tofu with Mixed Vegetables ◇◇◇
Cactus Tofu ◇◇◇
Chicken Chop Suey ◇◇◇
Chicken Sandwich on Grilled Toast ◇◇
Chicken stew ◇◇◇
Chinese Chicken Fried Rice ◇◇◇
Congee ◇◇◇
Curried Chicken ◇◇◇
Curried Chicken Livers ◇◇◇
Curried Lentils and Carrots on Couscous ◇◇◇
Dill Salmon Steamed in Parchment (en papillote) ◇◇◇
Easy chicken curry ◇◇◇
Eggplant Parmesan ◇◇◇
Elegant and Easy Salmon Pesto ◇◇◇
Fish Fry ◇◇◇
Fish Stew ◇◇◇
Flax Pizza Crust ◇◇◇
Fried Cod ◇◇◇
Fried Pollock ◇◇◇
Fried Rice ◇◇◇
Ginger-Soy Tofu with Peanuts ◇◇◇
Gravlax ◇◇
Green Leafy Pasta ◇◇◇
Green Vegetable Pasta ◇◇◇
Greens and Beans ◇◇◇
Grilled Atlantic Salmon ◇◇
Grilled Chicken with Basil Dressing ◇◇◇
Grilled Chinook Salmon (4 oz.) ◇◇◇
Grilled Salmon ◇◇◇
Hearty Soy Bean Casserole ◇◇◇
Hearty Tofu Stir-Fry ◇◇◇
Herb Grilled Chicken Breast ◇◇◇
Italian Chicken ◇◇◇

Entree (continued)

Lean, Mean, and Green Beneficial Dinner ◇◇◇
 Lentil Bake ◇◇◇
Lentil Millet Brown Rice 'Meat'Loaf ◇◇◇
 Lentil Stew ◇◇◇
 Meatloaf ◇◇◇
Noodles with bean sauce ◇◇◇
 Oily Veg ◇◇◇
Ostrich Tenderloin with Honeyed Beets and Onions ◇◇◇
 Oven Steamed Whiting ◇◇◇
 Pan-Seared Tuna ◇◇◇
 Pinto Bean Delight ◇◇◇
Pompano with Ginger-Lime-Soy Sauce ◇◇◇
 Poultry Fried Rice ◇◇◇
 Poultry and Pesto Pasta ◇◇◇
 Poultry and Rice ◇◇
Quinoa Tempeh with Rice Noodles ◇◇◇
Rice Sticks and Tofu with Vegetables ◇◇◇
Rice with green peas and almonds ◇◇◇
Roast Chicken With Garlic and Herbs ◇◇◇
 Roast Halibut and Cauliflower ◇◇◇
 Roast Halibut with Sweet Peppers ◇◇◇
 Roast Monkfish ◇◇◇
 Roast Turkey ◇◇◇
 Sauteed Monkfish ◇◇◇
Sauteed Vegetables with Rice Pasta ◇◇◇
 Simple Sesame Chicken ◇◇
Soba Noodles with Green Onion and Sesame Sauce ◇◇
 Spinach Omelet ◇◇◇
 Spinach Rolls ◇◇◇
 Spinach and Sardine Frittata ◇◇◇
Steamed Cod with Ginger and Lemon ◇◇◇
 Stuffed Mackerel ◇◇◇
Sudden Turkey Breakfast Sausage ◇◇◇
 Tabouleh (1) ◇◇◇
 Tabouleh (2) ◇◇◇
 Teacher's Fried Rice ◇◇◇
 Tempeh Kabobs ◇◇◇
Tempeh with Lemon and Soy Sauce ◇◇◇
 Thai Chicken Lettuce Wraps ◇◇◇
 Tofu Stir Fry ◇◇◇

Entree (continued)

Tuna with Ginger Soy Sauce ◇◇
Turkey Burgers ◇◇◇
Turkey Cutlets ◇◇◇
Turkey Parmesan with Arugula ◇◇◇
Turkey Scallopine ◇◇◇
Turkey and Rice Casserole ◇◇◇
Turkey with Dried Cranberry Sauce ◇◇
Veggie Burgers ◇◇◇
Warm Duck Salad with Enoki Mushrooms and Pine Nuts ◇◇◇
Wasabi-Crusted Tuna with Ginger-Soy Sauce ◇◇◇

Soups and Broths

Apple and Apricot Soup ◇◇◇
Black Bean Soup ◇◇◇
Blender Lentil Veggie Soup ◇◇◇
Butternut Squash-and-Caramelized Onion Soup with Pesto ◇◇◇
Carrot Soup ◇◇◇
Carrot-Tofu Soup with Dill ◇◇◇
Chicken Noodle Soup ◇◇◇
Chicken Soup ◇◇◇
Cream of Whatever Soup ◇◇◇
Creamy Carrot Soup with Ginger ◇◇◇
Curried Lentil Soup ◇◇◇
Egg Drop Soup ◇◇◇
Fava Bean and Chicory Soup ◇◇◇
Garlic Cilantro Pumpkin Soup ◇◇◇
Jerusalem Artichoke Soup ◇◇◇
Jerusalem Artichoke Soup with Sage Croutons ◇◇◇
Lentil Sausage Soup ◇◇◇
Lentil Soup ◇◇◇
Lentil and Soy Bean Soup ◇◇◇
Miso Soup ◇◇
Miso Soup 101 ◇◇◇
Miso Soup with Tofu ◇◇◇
Nona's Pastina ◇◇◇
Portuguese Kale and Sausage Soup ◇◇◇
Potato Stew ◇◇◇
Pumpkin, Parsnip and Parsley Soup ◇◇◇
Quick Lentil Soup with Crispy Onions ◇◇◇
Quinoa Chicken Soup ◇◇◇
Spinach (Fay's Super Blender) Soup ◇◇
Tomatoless Vegetable Soup With Turkey ◇◇◇

Soups and Broths (continued)

White Bean and Escarole Soup ◇◇◇
Yellow Split Pea Soup ◇◇◇
Zuppa Ribolata (Lentil Soup with Vegetables) ◇◇◇

Desserts

Coconut Pie Crust ◇◇◇
Danish Apple Pie ◇◇◇
Energy Balls or Bars ◇◇◇
Gingered Grapefruit Sorbet ◇◇◇
Gluten Free Macadamia Pie Crust ◇◇◇
Kamut Pie Crust ◇◇
Lemon Squares ◇◇◇
Minted Watermelon Granita ◇◇
Papaya and Lime with Walnuts ◇◇◇
Peach-Almond Tart ◇◇
Peanut Butter and Honey Cookies (Gluten-free) ◇◇◇
Spelt Pie Crust ◇◇
Upside-down Pear Cake ◇◇◇

Breakfast

Amaranth Cooked Cereal ◇◇
Asparagus Omelet ◇◇◇
Biscuit-Muffins ◇◇◇
Broccoli Parmesan Omelet ◇◇◇
Buckwheat Pancakes ◇◇
Buckwheat Scandinavian Pancakes ◇◇◇
Egg White Omelet ◇◇
Egg and Onion Scramble ◇◇◇
Fried Egg Sandwich ◇◇◇
Fried Egg on Toast ◇◇
Havarti Cheese Omelet ◇◇
Hot Almond Oat Bran ◇◇◇
Hot Spelt Cereal with Almonds, Dates, and Honey ◇◇
Hot Spelt Cereal with Pineapple, Pecans, and Honey ◇◇◇
Kale, Eggs and Turkey Ham ◇◇◇
Mushroom Omelet ◇◇◇
Mushroom Scramble ◇◇◇
Oat Bran Cereal with Blueberries and Almond Milk ◇◇◇
One Yolk, Two Whites Omelette ◇◇
Sausage Stirfry ◇◇◇
Scrambled Eggs with Swiss Chard and Turkey Ham ◇◇◇
Spinach Omelet ◇◇◇
Sweet Pepper Omelet ◇◇

Appetizers

- Almond Coffee ◇◇
- Amaranth 'Tortilla Chips' or Crackers ◇◇◇
- Apple and Persimmon Slices with Pecans ◇◇
- Apricots and Almonds ◇◇
- Asparagus 'Fries' ◇◇◇
- Bean Dip ◇◇◇
- Black Eyed Peas with Turkey Bites ◇◇◇
- Broiled Lime and Soy Mushrooms ◇◇◇
- Broiled Salmon ◇◇◇
- Broiled Salmon with Curried Honey Glaze ◇◇
- Chickpea spread ◇◇◇
- Cilantro Dip ◇◇◇
- Deviled Eggs with Basil ◇◇◇
- Grape Leaves Stuffed with Rice and Pine Nuts ◇◇◇
- Grilled Portobello, Pepper, & Red Onion Panini ◇◇◇
- Hearts of Palm (serves 1) ◇◇
- Hearts of Palm (serves 2) ◇◇
- Herring on Toast ◇◇
- Lima Bean Hummus ◇◇◇
- Parmesan Artichoke Hearts ◇◇
- Parmesan Artichoke Hearts on Toast ◇◇
- Parsley and Mint Spread/Sauce ◇◇◇
- Peter's Escargot ◇◇
- Pineapple Salsa ◇◇◇
- Pinto Bean Hummus ◇◇◇
- Sardines and Onions on Toast (2 slices) ◇◇
- Sautéed Bok Choy ◇◇◇
- Sautéed Carrots with Dill ◇◇◇
- Sautéed Turnips with Honey ◇◇
- Spiced Pears with Cranberries ◇◇◇
- Steamed Artichoke with Lemon and Parmesan ◇◇◇
- Steamed Vegetables with Peanut Sauce ◇◇◇
- White Bean Spread ◇◇◇
- Zucchini and Celery Dippers ◇◇
- Zucchini and Roasted Peppers ◇◇◇

Side Dishes

- Asparagus Vinaigrette ◇◇◇
- Asparagus and Hearts of Palm Vinaigrette ◇◇◇
- Asparagus and Mushroom Sauté ◇◇◇
- Asparagus and Tofu Stir-Fry ◇◇◇
- Asparagus with Chopped Egg ◇◇◇
- Asparagus with Lemon-Parmesan Dip ◇◇◇
- Baked Acorn Squash with Honey ◇◇
- Baked Parsnips ◇◇
- Baked Spaghetti Squash ◇◇◇
- Beet (with or without Greens) Side Dish ◇◇◇
- Black Eyed Peas, Okra and Leek Melange ◇◇◇
- Braised Bok Choy ◇◇◇
- Braised Fennel ◇◇◇
- Braised Kale ◇◇◇
- Braised Kale (2 cups) ◇◇◇
- Braised Kale with Raisins ◇◇
- Braised Mixed Greens ◇◇◇
- Broccoli & Sweet Pepper Vinaigrette ◇◇◇
- Broccoli Rabe ◇◇◇
- Broccoli-Cauliflower Roast ◇◇◇
- Brussels Sprouts with Buttered Pecans ◇◇
- Brussels Sprouts with Lemon ◇◇
- Butter Beans with Parsley ◇◇◇
- Butter Beans with Thyme ◇◇◇
- Carrot & Celery Sauté ◇◇◇
- Carrot, Turnip, and Zucchini Sauté ◇◇◇
- Celery Root Puree ◇◇◇
- Chicken, Rice, and Escarole Soup ◇◇◇
- Chinese Broccoli ◇◇◇
- Collard Portobello Amazingness ◇◇◇
- Couscous with Cranberries and Pine Nuts ◇◇◇
- Cranberry Pineapple Sauce ◇◇
- Curried Chickpeas (serves 3) ◇◇
- Curried Lentils ◇◇◇
- Curried Mushroom Sauté ◇◇◇
- Curried Rice Noodles ◇◇◇
- Curried Tofu and Green Beans ◇◇◇
- Delicious Winter Squash and Onions ◇◇◇
- Eat Root for Your Type! ◇◇◇
- Fruity Quinoa ◇◇◇
- Fruity Quinoa Tabouleh ◇◇◇

Side Dish (continued)

Garlicky Collard Greens (serves 3) ◇◇◇
Garlicky Green Beans ◇◇◇
Garlicky Greens with Beans ◇◇◇
Garlicky Spinach ◇◇◇
Green Beans Almondine ◇◇◇
Green Beans and Mushrooms ◇◇◇
Green Beans with Lemon ◇◇◇
Green Beans with Walnut Oil and Grapefruit Vinaigrette ◇◇◇
Green Peas (serves 1) ◇◇
Green Peas (serves 4) ◇◇
Kasha with Onions (serves 1) ◇◇◇
Kasha with Onions (serves 2) ◇◇◇
Kickin' Kale ◇◇◇
Lemon-Garlic Spinach ◇◇◇
Lemon-Honey Glazed Carrots ◇◇◇
Lemony Garlic Collard Greens ◇◇◇
Lemony Okra ◇◇◇
Macro Seaweed Rice ◇◇◇
Mashed Parsnips ◇◇◇
Mashed Pumpkin with Cinnamon ◇◇◇
Mashed Pumpkin with Cinnamon ◇◇◇
Mushroom Sauté ◇◇
Mushroom Stir-Fry ◇◇◇
Mushroom and Sweet Pepper Sauté ◇◇◇
Onion and Mushroom Kasha ◇◇◇
Peanutty Tofu ◇◇◇
Pepper and Onion Sauté ◇◇
Pignoli Broccoli ◇◇
Quinoa Tabouleh with Pumpkin Seeds ◇◇◇
Quinoa Tortillas ◇◇◇
Quinoa with Onions and Pine Nuts ◇◇◇
Quinoa with Pineapple, Pecans & Havarti Cheese ◇◇◇
Refried Pinto Beans (serves 2) ◇◇◇
Refried Pinto Beans (serves 4) ◇◇◇
Rice 'dressing' ◇◇◇
Rice Dressing ◇◇◇
Rice and Peas with Parmesan ◇◇
Rice with Apples and Pine Nuts ◇◇◇
Roast Baby Carrots and Rutabaga ◇◇◇
Roast Cauliflower with Garlic and Rosemary ◇◇◇

Side Dish (continued)

Roasted Cauliflower and Carrots ◇◇◇
Sautéed Asparagus ◇◇◇
Sautéed Escarole ◇◇◇
Sautéed Bok Choy ◇◇◇
Sautéed Bok Choy with Peanuts ◇◇◇
Sautéed Broccoli Rabe ◇◇◇
Sautéed Carrots with Garlic ◇◇◇
Sautéed Sweet Peppers & Onions ◇◇◇
Sautéed Turnip ◇◇
Sautéed Zucchini ◇◇◇
Spaghetti Squash ◇◇◇
Spicy Cabbage and Onion ◇◇
Spinach Fried Rice with Egg ◇◇◇
Spinach Maria ◇◇◇
Spring Lemon Quinoa Bean Dish ◇◇◇
Steamed Artichoke with Lemon Oil ◇◇◇
Steamed Asparagus with Lemon ◇◇
Steamed Green Beans Vinaigrette ◇◇◇
Steamed Okra with Olive Oil and Lemon ◇◇
Steamed Zucchini ◇◇
Sweet Ginger Carrots ◇◇◇
Sweet and Sour Cabbage ◇◇◇
Swiss Chard ◇◇◇
Three-Bean Salad ◇◇◇
Tofu with Peanuts ◇◇◇
Tortillas ◇◇
Turkey Sausage ◇◇◇
Ulu (Breadfruit) patties ◇◇◇
Warm Green Beans Vinaigrette ◇◇◇
Warm Green Beans Vinaigrette (serves 2) ◇◇◇
Wild Rice and Three-Bean Salad ◇◇◇
Wilted Spinach with Lemon ◇◇◇
Yellow Rice ◇◇◇
Zesty Pesto Sauce ◇◇◇
Zucchini Fritters ◇◇◇
Zucchini-Mushroom Sauté ◇◇◇

Baked Goods

Almond-Oatmeal Pie Crust ◇◇
Amaranth Flatbread ◇◇◇
Apricot Raisin Muffins ◇◇◇
Better Biscuits ◇◇◇
Buckwheat thins ◇◇◇
Carob Brownies ◇◇◇
Easy Peanut Butter Cookies ◇◇
Fig Filled Cookies ◇◇◇
Garlic Stuffed Cheese twists ◇◇◇
Girdle (Griddle) Oatcakes ◇◇◇
Lemon Bars ◇◇
Mediterranean Bread ◇◇◇
Miracle Cookies ◇◇
Oatmeal Soy Cookies (High Protein) ◇◇◇
Oatmeal Soy Cookies (High Protein)*clone* ◇◇◇
Pumpkin-Oat Bread with Walnut Streusel Topping ◇◇◇

Beverages

Almond Mocha Shake ◇◇
Big Boost Smoothie ◇◇
Carrot Juice with Ginger ◇◇
Carrot Juice with Ginger (1/2 cup) ◇◇
Cranberry Chamomile Tea ◇◇
Cranberry Ginger Tea ◇◇
Dandelion and Ginger Tea ◇◇◇
Easy Green Smoothie ◇◇◇
Faux Orange Juice ◇◇
Grapefruit Special ◇◇
Green tea/use in vitamix or heavy duty blender ◇◇◇
Iced Almond Coffee ◇◇
Iced Cranberry Chamomile Tea ◇◇
Iced Pineapple Green Tea ◇◇
Lemon-Ginger Tea Cooler ◇◇
Limeade Sunset Slush ◇◇
Ohsawa Coffee (Yannoh) - (Grain Coffee) ◇◇◇
Peanut Butter Breakfast Shake ◇◇◇
Warm Rosemary Lemonade Sipper ◇◇
White Cranberry-Peach Spritzer ◇◇◇

Salads

All-Type Oil and No Vinegar Dressing ◇◇◇◇◇

Lemon-based salad dressing that's better than oil and vinegar and a very healing way to get your good oils into your diet.

Ingredients:

- 1/4 - 1/2 cup fresh-squeezed lemon juice (3-4 lemons)
- 1/4 cup Bragg Liquid Aminos [or wheat-free tamari]
- 1 cup cold-pressed olive oil
- 1 cup cold-pressed canola or blood-Type ok oil (not flax)
- 1/4 - 1/2 cup water
- 1 teaspoon garlic powder
- 1 teaspoon minced onion
- 1/2 teaspoon curry or turmeric

How to make it:

1. Use a quart sized container like a Tupperware liquid container with lid and pouring spout.
2. Mix all ingredients well and personalize the amounts.
3. Add your blood type's healing spices instead of the garlic, onion, or curry.
4. Keep in refrigerator, it's safe if refrigerated for 3-4 weeks.

Arugula and Red Onion Salad ◇◇◇◇

I have this salad almost every day for lunch. I love it!

Ingredients:

- Grapefruit juice, 2 tablespoon
- Oil, Olive, 2 teaspoon
- Salt, Sea, 1/8 teaspoon
- Lettuce, Arugula, 2 cup(s)
- Onion(s), Red, 1/4 thinly sliced cup(s)

How to make it:

1. In a medium bowl, combine the grapefruit juice, olive oil, and salt. Add the arugula and onion and toss to coat. Serve immediately.

Bean Salad ◇◇◇◇◇

This salad keeps very well in the refrigerator for several days

Ingredients:

- white beans
- onion, chopped
- celery with leaves, thinly sliced
- fresh sweet pepper, chopped (optional)
- fresh parsley leaves, finely chopped
- olive oil
- freshly squeezed lemon juice
- sea salt

How to make it:

1. Cook white beans until tender (I avoid canned food as much as possible, fish being the only exception)
2. Drain and cool (a fan helps them to cool quickly)
3. Chop an onion finely and add
4. Cut fresh celery (with leaves) into thin slices and add
5. Chop a fresh sweet pepper of your choice into small pieces and add
6. Chop fresh parsley leaves finely and add
7. Add olive oil and freshly squeezed lemon juice to taste, together with salt

Beet Salad ◇◇◇◇◇

I enjoy this salad so much, I always make a little extra for the next day.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 2 tablespoon
- Dill Weed, Fresh, 1 chopped teaspoon
- Salt, Sea, 1/4 teaspoon
- Beets, sliced, 2 cup(s)
- Carrot(s), 1 grated

How to make it:

1. In a medium bowl, stir together the lemon juice, olive oil, dill, and salt. Add the beets and carrots. Stir gently to mix. Serve cold or at room temperature.

Beet and Arugula Salad ◇◇◇◇◇

A salad that taste great and it easy to make.

Ingredients:

- Lemon juice, 1 tablespoon
- Oil, Olive, 2 teaspoon
- Salt, Sea, 1/8 teaspoon
- Lettuce, Arugula, 2 cup(s)
- Beets, sliced, 1/2 drained cup(s)
- Dill weed, fresh, 1 chopped tablespoon

How to make it:

1. In a small bowl, combine the lemon juice, oil, and salt. Add the arugula and toss to coat. Top with beets, sprinkle with dill, and serve.

Beet, Apple, and Pecan Salad ♦♦♦♦♦

A simple, lovely salad.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Apple(s), 2 diced medium
- Nuts, Pecans, 1/2 chopped cup(s)
- Watercress, 4 chopped cup(s)
- Beets, 1 canned or cooked, diced cup(s)

How to make it:

1. In a medium bowl, combine the oil, lemon juice, and salt. Add the apple and pecans and toss to coat.
2. Divide the watercress between two salad plates. Top with beets and apple and pecan mixture. Serve immediately.

Beet, Currant, and Arugula Salad ♦♦♦♦

A tasty, colorful salad.

Ingredients:

- Lemon juice, 1 tablespoon
- Oil, Olive, 2 teaspoon
- Salt, Sea, 1/8 teaspoon
- Lettuce, Arugula, 2 cup(s)
- Currants, dried, 1/4 cup(s)
- Beets, sliced, 1/2 drained cup(s)
- Dill Weed, fresh, 1 chopped tablespoon

How to make it:

1. In a small bowl, combine the lemon juice, oil, and salt. Add the arugula and currants and toss to coat. Top with beets, sprinkle with dill, and serve.

Beneficial Salad Dressing ♦♦♦♦♦♦

Quick and easy salad dressing.

Ingredients:

- 3/4 cup Walnut Oil [or Olive Oil]
- 1/3 cup lemon or Lime Juice, fresh-squeezed
- 2 Tablespoons Wheat-Free Tamari, optional or 1/2 teaspoon Sea Salt
- 3 large Cloves Garlic, pressed
- 2-3 Tablespoons Ginger Root, grated

How to make it:

1. Put all ingredients into a jar and shake well.
2. Keep in the refrigerator.

Broccoli Rabe and Grapefruit Salad ♦♦♦♦

A dish that is simple to make and gives so much.

Ingredients:

- Lemon Juice, 2 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/4 teaspoon
- Broccoli Rabe, 2 steamed cup(s)
- Grapefruit, 1 peeled and sectioned

How to make it:

1. In a medium bowl, stir together the lemon juice, oil, and salt until blended.
2. Add the broccoli and grapefruit sections. Toss and serve.

Carrot-Raisin Salad ♦♦♦♦

A delicious salad that is quick and easy.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/8 teaspoon
- Carrot(s), shredded, 1
- Raisins, 2 dark seedless type tablespoon

How to make it:

1. In a small bowl, combine the olive oil, lemon juice, and salt. Add the carrot and raisins and toss to coat.

Celery Salad ♦♦♦♦

It's good at room temperature.

Ingredients:

- Celery
- Lemon juice
- Olive oil
- Sea salt
- Raisins

How to make it:

1. After washing celery, slice thinly on the bias.
2. Blanch them for about a minute, more or less depending how crispy you want them.
3. Then drain the celery.
4. Add sea salt, lemon juice, raisins and olive oil to taste.
5. Mix.
6. For B's you may add some capers.

Chef Salad ◇◇◇◇◇◇◇◇

Tasty salad topped with turkey.

Ingredients:

- Oil, olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, sea, 1/4 fine teaspoon
- Lettuce, romaine, 2 chopped cup(s)
- Watercress, 1 chopped cup(s)
- Peas, 1/2 cup(s)
- Hearts of palm, 1/2 sliced cup(s)
- Onion(s), red, 1/2 thinly sliced cup(s)
- Turkey breast, roasted, sliced, 1 chopped cup(s)

How to make it:

1. In a medium bowl, combine the oil, lemon juice, and sea salt. Add the lettuce, watercress, peas, hearts of palm, and onion. Toss to coat. Top with turkey and serve.

Cherry Lemonette Dressing ◇◇◇◇

This is a vinaigrette-type dressing best on a spinach salad or greens.

Ingredients:

- 1/2 cup light Olive Oil or Canola Oil
- 1/4 cup Lemon Juice
- heaping Tablespoon Cherry Preserves (all fruit if possible), or to taste
- 1/4 teaspoon Sea Salt, or to taste

How to make it:

1. Combine all ingredients and whisk, or use food processor.

Cucumber Salad ◇◇◇◇

I enjoy this salad and make it often.

Ingredients:

- Cucumber(s), 1 medium
- Lemon Juice, 1 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/4 teaspoon
- Parsley, fresh, 1/4 finely chopped cup(s)

How to make it:

1. Peel, halve, seed, and slice the cucumber.
2. In a small bowl, combine the lemon juice, oil, and salt. Stir in the parsley. Add the cucumbers and toss to coat. Serve immediately.

Endive Salmon Salad ◇◇◇

A salad that can be eaten as a light meal.

Ingredients:

- 2 endives
- 2-3 thin slices of smoked salmon [smoked salmon is an avoid, try using cooked salmon]
- 1 small onion, chopped
- 1 Tablespoon mayonnaise

How to make it:

1. Chop the onion.
2. Slice the endives and smoked salmon very thin.
3. Mix all together.
4. Enjoy.

Fruit Salad with Crispy Rice Cereal and Macadamia Nuts ◇◇

A great salad for anytime of the day or as a snack.

Ingredients:

- Watermelon, seedless, 1 diced cup(s)
- Pineapple Chunks, 1/2 cup(s)
- Currants, dried, 2 tablespoon
- Lime juice, 1 tablespoon
- Nuts, Macadamia, 2 chopped, oil-roasted tablespoon
- Cereal, Rice Crisp, 1/2 cup(s)

How to make it:

1. Combine the watermelon, grapefruit, currants, and lime juice in a small bowl. Sprinkle with nuts and cereal and serve immediately.

Green Salad with Olives ◇◇◇◇◇◇◇◇

A great salad for lunch or a side dish at dinner.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Lettuce, Romaine, 4 chopped cup(s)
- Watercress, 2 chopped cup(s)
- Cucumber(s), 1 sliced cup(s)
- Olives, Green, pitted, 8 sliced

How to make it:

1. In a medium bowl, combine the oil, lemon juice, and salt. Add the lettuce, watercress, cucumber, and olives. Toss gently and serve.

Green Salad with Radishes and Hearts of Palm ♦♦♦♦

A great salad that goes with anything.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Lettuce, Romaine, 2 chopped cup(s)
- Lettuce, Arugula, 1 chopped cup(s)
- Hearts of Palm, 1 thickly sliced cup(s)
- Radish(es), 4 red, sliced

How to make it:

1. In a medium bowl, combine the oil, lemon juice and salt. Add the lettuce, arugula, hearts of palm, and radishes. Toss gently and serve.

Green Salad with Roasted Pepper ♦♦♦♦

Refreshing first course

Ingredients:

- Pepper(s), green, bell, 1 halved lengthwise and seeded. sweet red or green pepper
- Oil, olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, sea, 1/8 tablespoon
- Lettuce, romaine, 3 chopped cup(s)
- Onion(s), red, 1/4 sliced cup(s)

How to make it:

1. Preheat the broiler. Lay the pepper halves cut-side down on foil-lined broiler pan.
2. Broil 8 - 10 minutes or until pepper skins are charred. Set aside to cool slightly. Peel off and discard the charred skin. Thinly slice the pepper.
3. In a medium bowl, combine the oil, lemon juice, and salt. Add the lettuce and onion, and toss to coat. Top with roasted pepper and serve.

Green Salad with Roasted Pepper and Croutons ◇◇◇◇◇

Tasty!

Ingredients:

- Bread, Flax seed, 1 slice(s)
- Oil, Olive, 1 teaspoon
- Oil, Olive, 1 tablespoon
- Pepper(s), red sweet, roasted, 1 halved lengthwise and seeded
- Lemon juice, 1 tablespoon
- Salt, Sea, 1/8 teaspoon
- Lettuce, Romaine, 3 chopped cup(s)
- Onion(s), red, 1/4 sliced cup(s)

How to make it:

1. For croutons: Preheat the broiler. Brush the bread with 1 teaspoon of olive oil and place on broiler pan.
2. Broil four inches from heat for 1 to 2 minute or until bread is toasted.
3. Cut grilled toast into small cubes for croutons.
4. Lay the pepper halves cut-side down on foil-lined broiler pan.
5. Broil 8 - 10 minutes or until pepper skins are charred. Set aside to cool slightly. Peel off and discard the charred skin. Thinly slice the pepper. In a medium bowl, combine the remaining tablespoon of oil, lemon juice, and salt. Add the lettuce and onion, and toss to coat. Top with roasted pepper and serve.

Heart-y Bean Salad ◇◇◇◇◇

A tasty bean salad!

Ingredients:

- Lemon juice, 2 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Lettuce, Romaine, 2 chopped cup(s)
- Beans, Green, 1 steamed, cut up cup(s)
- Beans, Cannellini, 1/2 cup(s)
- Hearts of Palm, 1/4 sliced cup(s)

How to make it:

1. In a medium bowl, combine the lemon juice, oil, and salt. Add the lettuce, green beans, cannellini beans, and hearts of palm. Toss to mix.

Kohl Slaw ◇◇◇◇

Paul Buckless's delicious recipe for Kohlrabi, named by Suzanne Graham. A good substitute for Cole Slaw.

Ingredients:

- Kohlrabi
- lemon
- olive oil

How to make it:

1. Peel and grate the raw kohlrabi.
2. Toss it with olive oil and lemon juice.

Variations:

3. For a more lemony flavor, add grated lemon peel.
4. For a sweeter taste, add a little fruit-only preserves like plum or fig.

Lima Bean Rice Salad ◇◇◇◇

An appetizing salad that goes with any meal.

Ingredients:

- Rice, Wild, 1 dry cup(s)
- Beans, Lima, frozen, 1/2 thawed cup(s)
- Nuts, Pine Nuts, 1/4 cup(s)
- Oil, Olive, 1/4 cup(s)
- Lemon juice, 1/4 cup(s)
- Sage, dried, 1/2 crushed teaspoon
- Pepper(s), Red, Bell, 1 finely chopped
- Onion(s), Green, 1/2 chopped cup(s)
- Cheese, Grated Parmesan, 1/2 cup(s)

How to make it:

1. Cook the rice according to package directions, using 1/2 teaspoon of the salt. Let cool completely.
2. Cook the lima beans according to package directions. Drain and set aside.
3. Meanwhile, in a small dry skillet, heat the pine nuts over medium heat, stirring often, for 2 to 3 minutes or until lightly browned and fragrant. Remove the nuts from the skillet to cool completely.
4. In a large bowl, combine the olive oil, lemon juice, sage, and remaining 1/2 teaspoon salt. Stir in the rice, lima beans, pine nuts, red pepper, green onion, and Parmesan cheese.

Mixed Green Salad with Pineapple Dressing ◇◇◇◇

A delicious salad with a sweet taste.

Ingredients:

- Pineapple Juice, unsweetened, 2 tablespoon
- Oil, Olive, 2 teaspoon
- Salt, Sea, 1/8 teaspoon
- Lettuce, Green Leaf, 1/2 sliced cup(s)
- Lettuce, Iceberg, Leaves, 1/2 sliced cup(s)
- Watercress, 1/2 leaves cup(s)

How to make it:

1. In a medium bowl, combine pineapple juice, oil, and salt. Add the green leaf and iceberg lettuces and watercress. Just before serving, toss to coat leaves with dressing.

Mixed Green Salad with Pineapple Dressing (large Explorer) ◇◇◇◇

An easy, tasty salad.

Ingredients:

- Pineapple juice, unsweetened, 3 tablespoon
- Oil, olive, 1 tablespoon
- Salt, sea, 1/8 teaspoon
- Lettuce, green leaf, 1 sliced cup(s)
- Lettuce, iceberg, leaves, 1 sliced cup(s)
- Watercress, 1/2 cup(s)

How to make it:

1. In a medium bowl, combine pineapple juice, oil, and salt. Add the green leaf and iceberg lettuces and watercress. Just before serving, toss to coat leaves with dressing.

Papaya and Kiwi with Honey and Lime ◇◇◇

A great fruit salad

Ingredients:

-
- Papaya, 1 cut into chunks cup(s)
- Kiwi, 1 peeled, halved, sliced
- Honey, 2 teaspoon
- Lime Juice, 2 fresh teaspoon

How to make it:

1. Combine the papaya and kiwi in a small bowl. In a small dish, mix together the honey and lime and drizzle over the fruit just before serving.

Pineapple on a Bed of Arugula ◇◇◇◇◇

I make this salad often and have it for a snack too.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Lettuce, Arugula, 2 chopped cup(s)
- Pineapple Chunks, 1 1/2 fresh cup(s)

How to make it:

1. In a medium bowl, combine the oil, lemon juice, and salt. Add the arugula and toss to coat. Divide between two serving plates and top with pineapple chunks.

Quinoa Tabouleh Salad ◇◇◇◇◇

High protein dish with a great taste.

Ingredients:

- Quinoa, dry, 1 cup(s)
- Lemon juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/2 teaspoon
- Watercress, 1 finely chopped cup(s)
- Onion(s), green, 1/2 finely chopped cup(s)
- Nuts, Pine nuts, 1/3 cup(s)

How to make it:

1. Cook the quinoa according to package directions. Set aside to cool to room temperature.
2. Meanwhile, in a medium bowl, combine the lemon juice, oil, and salt. Stir in the watercress and green onion.
3. Toast the pine nuts in a dry skillet until they just begin to turn gold brown and become fragrant. Remove from skillet to cool.
4. Add the cooled quinoa and pine nuts to the watercress mixture. Toss gently to mix well. Serve at room temperature or refrigerate and serve chilled.

Rice Salad ♦♦♦♦

This is a very unique recipe for salad that is full of flavor due to the fresh ingredients used to prepare this divine side dish.

Ingredients:

- 1 cup Organic Rice
- 2 cups Water
- Olive Oil
- freshly squeezed Lemon Juice
- Sea Salt
- Spearmint Leaves
- Parsley

How to make it:

1. Cook organic rice until it's done (takes 45 minutes or so on low heat)
2. Place into a large bowl and allow it to cool. A small fan nearby will hasten the cooling process.
3. Add olive oil and freshly squeezed lemon juice, tasting to check whether you need more
4. Add salt
5. Place fresh spearmint leaves (lots of these) and fresh parsley leaves into a food processor or mini chopper and grind until very fine, then add to the rice mix
6. Stir and cool in the refrigerator until time to serve

Salad Dressing with Pineapple base ♦♦♦♦

Pineapple, nut butter, dill, and garlic salad dressing

Ingredients:

- 5 ounces Pineapple Juice
- 3 ounces Tahini [or BTD compliant substitute]
- 1 Tablespoon Dill (dry or fresh)
- 3 Garlic cloves

How to make it:

1. Add all ingredients into a blender and blend.

Salmon Salad ♦♦♦♦♦♦

Surprising salad

Ingredients:

- Oil, olive, 2 tablespoon
- Lemon juice, 2 tablespoon
- Salt, sea, 1/4 teaspoon
- Pepper(s), Red sweet, Roasted, 1/2 finely chopped cup(s)
- Onion(s), green, 1/4 thinly sliced cup(s)
- Lettuce, Romaine, 4 chopped cup(s)
- Fish, Salmon, sockeye, 1 16 oz. can(s)

How to make it:

1. In a medium bowl, combine the olive oil, lemon juice, and salt. Add the red pepper and green onion and toss to coat.
2. Gently stir in the salmon. Divide the lettuce among four serving plates. Top with salmon salad and serve.

Salmon Salad ◇◇◇◇◇◇

This is a salad that is loaded with healthy and great tasting additives to enjoy.

Ingredients:

- Oil, Olive, 2 tablespoon
- Lemon Juice, 2 tablespoon
- Salt, Sea, 1/4 teaspoon
- Mustard Greens, 4 cup(s)
- Artichoke Hearts, 4 cup(s)
- Asparagus, 4 diced cup(s)
- Fish, Salmon, Sockeye, 1 (16 ounces) can(s)

How to make it:

1. In a medium bowl, combine the olive oil, lemon juice, and salt.
2. Divide the greens among four bowls and top with the artichokes, asparagus, salmon, and the dressing.

Sardine Salad with Grapes ◇◇◇◇◇◇

As I think about it, were all 5 flavors represented? Sweet - the red grapes, Sour - the lemon, Pungent - the onion, Salty - the sea salt and the sardines, Bitter - the sesame seed (tahini). Someone once told me that if all 5 flavors were represented within a meal, then all major organs within the body have been nourished. (A Chinese philosophy, I suppose?) Obviously, I am no expert. But I can say one thing - That was one healthy lunch!

Ingredients:

- one can of sardines in olive oil or water
- two ribs of celery
- handful of parsley
- lemon juice
- red onion
- 2 teaspoons of minced garlic
- tahini (1 - 2 Tablespoons)
- sea salt
- red grapes

How to make it:

1. Dice the celery, parsley and 1/4 red onion.
2. Drain and mash the sardines.
3. Add it all together along with salt, tahini and lemon juice. Mash very well and adjust flavors to taste. (I added a little extra salt and lemon juice.) The tahini has a slight bitter aftertaste - so mix well or use a little less.
4. With some simple red grapes on the side, this was very satisfying.

Sauteed Curried Cabbage ♦♦♦

A dish I had at an Indian restaurant and I loved it.

Ingredients:

- 1/2 large cabbage
- 1 onion, diced
- 1 garlic clove crushed
- 1 Tablespoon curry powder
- 1 teaspoon caraway seed
- olive oil

How to make it:

1. Shred the cabbage (like coleslaw), dice the onion and crush the garlic.
2. Heat olive oil and sauté the onion for a minute, then add cabbage and garlic and let sautee for a while.
3. If it looks too dry, add some water and it will steam a little and sauté some more.
4. Add curry and caraway and cook about 5 minutes longer.
5. Enjoy!

Spinach Salad with Croutons ♦♦♦♦♦

An appetizing salad with healthy croutons.

Ingredients:

- Bread, Flax Seed, 1 slice(s)
- Oil, Olive, 3 teaspoon
- Lemon Juice, 2 teaspoon
- Spinach leaves, 2 chopped cup(s)
- Onion(s), red, 1/2 chopped cup(s)
- Cucumber(s), 1/2 thinly sliced cup(s)

How to make it:

1. Heat 1 teaspoon of the oil in a small skillet over medium heat. Meanwhile, cut the bread into 1/2-inch cubes.
2. Add the bread cubes to the skillet and sauté, stirring occasionally, for 5 minutes or until lightly toasted. Transfer to paper towel.
3. In a medium bowl, combine the remaining 2 teaspoons of oil, lemon juice, and salt. Add the spinach, onion, and cucumber and toss to mix. Sprinkle with bread cubes and serve.

Spinach Salad with Peppers, Mushrooms, Cannellini Beans, and Sliced Egg

◇◇◇◇◇◇◇◇

A delicious little salad

Ingredients:

- Oil, olive, 2 tablespoon
- Lemon juice, 2 tablespoon
- Salt, sea, 1/4 fine teaspoon
- Garlic, 1 minced clove(s)
- Spinach, 4 cup(s)
- Beans, cannellini, 7 1/2 organic, no salt added (1/2 can) ounce(s)
- Mushrooms, portobello, 2 or sliced white cup(s)
- Pepper(s), red, bell, 1 chopped cup(s)
- Onion(s), red, 1/2 thinly sliced cup(s)
- Egg(s), hard boiled, 2

How to make it:

1. In a large bowl, combine the olive oil, lemon juice, salt, and garlic.
2. Add the spinach, cannellini beans, mushrooms, red pepper, and onion. Toss to mix well.
3. Top with sliced egg and serve.

Spinach and Grapefruit Salad ◇◇◇◇◇

A salad full of iron

Ingredients:

- Oil, olive, 2 teaspoon
- Grapefruit juice, 2 tablespoon
- Salt, sea, 1/8 fine teaspoon
- Spinach leaves, 2 chopped cup(s)
- Grapefruit, 1/2 sectioned cup(s)
- Pepper(s), red, bell, 1/2 chopped cup(s)

How to make it:

1. In a medium bowl, combine the olive oil, grapefruit juice, and salt. Add the spinach and toss to coat. Top with grapefruit sections and red pepper.

Spinach and Grapefruit Salad with Roasted Pumpkin Seeds ◇◇◇◇◇◇

A salad that gives you so much. You will enjoy this salad as much as I do.

Ingredients:

- Oil, Olive, 2 teaspoon
- Grapefruit Juice, 2 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Spinach leaves, 2 chopped cup(s)
- Grapefruit, 1/2 sectioned cup(s)
- Pepper(s), Red, Bell, 1/2 chopped cup(s)
- Pumpkin Seeds, 1 1/2 roasted tablespoon

How to make it:

1. In a medium bowl, combine the olive oil, grapefruit juice, and salt. Add the spinach and toss to coat. Top with grapefruit sections and red pepper. Sprinkle with pumpkin seeds.

Spinach and Olive Salad ♦♦♦♦♦

A tasty salad for lunch or dinner.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Spinach Leaves, 2 chopped cup(s)
- Onion(s), Red, 1/2 thinly sliced cup(s)
- Olives, Green, pitted, 6 sliced

How to make it:

1. In a salad bowl, combine the oil, lemon juice, and sea salt. Add the spinach and onion and toss to coat. Sprinkle with olives and serve.

Spinach and Olive Salad with Pine Nuts ♦♦♦♦♦

A great salad with a meal or by itself.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Spinach Leaves, 2 chopped cup(s)
- Onion(s), Red, 1/2 thinly sliced cup(s)
- Olives, Green, pitted, 6 sliced
- Nuts, Pine Nuts, 2 tablespoon

How to make it:

1. In a salad bowl, combine the oil, lemon juice, and sea salt. Add the spinach and onion and toss to coat. Sprinkle with olives and pine nuts and serve.

Three Bean Salad ♦♦♦♦♦

Warm or cold, this is a delicious salad. Enjoy!

Ingredients:

- Beans, Green, 2 trimmed cup(s)
- Edamame, 1 shelled cup(s)
- Beans, Cannellini, 15 drained and rinsed (1 can) ounce(s)
- Lemon Juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Honey, 2 tablespoon
- Salt, Sea, 1/2 fine teaspoon

How to make it:

1. Steam or boil the green beans and soybeans for 5 minutes. Drain and rinse under cold running water to stop the cooking. Drain again.
2. Meanwhile, combine the lemon juice, olive oil, honey, and salt in a medium bowl. Add the cannellini beans, green beans and soybeans. Toss to coat. Serve at room temperature or refrigerate to serve chilled.

Three Bean Salad ◇◇◇◇◇

I will serve the salad warm or refrigerate and serve chilled.

Ingredients:

- Beans, Lima, frozen, 10 baby, thawed ounce(s)
- Beans, Green, 4 fresh, trimmed cup(s)
- Beans, Black, 2 cooked, drained cup(s)
- Onion(s), Red, 1/2 chopped cup(s)
- Lemon Juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/2 teaspoon

How to make it:

1. Cook the lima beans in a large pot of boiling water for 20 minutes or until tender. Add the green beans for the last 5 minutes of cooking time. Drain well.
2. Meanwhile, in a large bowl combine the black beans, red onion, lemon juice, olive oil, and salt. Toss gently.
3. Add the drained lima and green beans to the bowl with the black beans and toss to mix well.

Tuna and White Bean Salad ◇◇◇◇◇

An extremely quick, yet delicious salad.

Ingredients:

- Oil, Olive, 1/4 cup(s)
- Lemon juice, 1/4 cup(s)
- Salt, Sea, 1/2 fine teaspoon
- Fish, Tuna, light, packed in water, 12 drained ounce(s)
- Onion(s), red, 1/4 finely chopped cup(s)
- Beans, Cannellini, 15 organic, no salt added, drained (1 can) ounce(s)
- Lettuce, Arugula, 4 cup(s)

How to make it:

1. In a large bowl, combine the olive oil, lemon juice, and salt. Add the tuna and red onion and toss gently. Add the beans and toss again.
2. Divide the arugula among four serving plates and top evenly with tuna mixture.

Vegetable Salad ◇◇◇◇◇◇◇◇

Ingredients:

- cauliflower
- broccoli
- zucchini
- onion, finely chopped
- celery, finely chopped
- sweet pepper, finely chopped
- parsley, finely chopped
- olive oil
- freshly squeezed lemon juice
- sea salt

How to make it:

1. Steam tender vegetables until cooked but not soft (cauliflower, broccoli, zucchini).
2. Place into a large bowl and allow to cool.
3. Add finely chopped onion, celery, sweet pepper, parsley.
4. Add olive oil and freshly squeezed lemon juice to taste, together with salt.
5. Refrigerate before serving.

Warm Duck Salad with Fava Beans and Enoki Mushrooms ◇◇◇◇◇◇◇◇

A creative, mouthwatering salad.

Ingredients:

- Butter, 1 tablespoon
- Duck, breast halves, skinless, boneless, 6 ounce(s)
- Salt, Sea, 1/2 fine teaspoon
- Oil, Olive, 1 tablespoon
- Nuts, Pine nuts, 2 ounce(s)
- Escarole, 3 cup(s)
- Beans, Fava, 1/2 drained cup(s)
- Lemon Juice, 1 tablespoon
- Mushrooms, Enoki, 2 ounce(s)

How to make it:

1. In a deep skillet, heat butter over medium heat until butter melts. Add the duck, sprinkle with 1/4 teaspoon of the salt, and cook for 15 seconds on each side. Gradually add enough water to cover duck. Simmer gently over low heat for 10 to 15 minutes or until duck is just cooked through. Drain and set aside for 5 minutes before slicing.
2. In a medium skillet, heat the oil over medium heat Add the pine nuts and saute 1 to 2 minutes or until just golden. Add the escarole, fava beans, and remaining salt and cook 3 minutes or until escarole is wilted and mixture is warmed through. Stir in lemon juice. Remove from heat and divide between serving plates. Top with sliced duck and sprinkle with enoki mushrooms.

Watercress Salad ♦♦♦♦♦

Ingredients:

- watercress
- juice of one small lemon
- small amount of olive oil
- sea salt
- one medium clove of garlic, crushed

How to make it:

1. Chop one bunch of watercress (stems and all) and place into a bowl
2. Add lemon juice to cress
3. Add olive oil
4. Add salt to taste – not too much!
5. Add garlic
6. Stir

Comment:

This salad wilts very quickly, so it's best made just before serving, or keeping the lemon/oil out of it until the last possible second.

Watercress Salad with Beets and Hearts of Palm ♦♦♦♦♦♦♦♦♦♦

A healthy salad with a twist.

Ingredients:

- Oil, Olive, 2 tablespoon
- Grapefruit Juice, 1/4 cup(s)
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Watercress, 4 cup(s)
- Sprouts, Alfalfa, 1 cup(s)
- Onion(s), green, 1/4 cup(s)
- Beets, 1 drained canned or cooked fresh, diced cup(s)
- Hearts of palm, 1 thickly sliced cup(s)
- Nuts, Walnuts, chopped, 1/4 cup(s)

How to make it:

1. In a medium bowl, combine the oil, grapefruit juice, lemon juice, and salt. Add the watercress, sprouts, and green onions and toss to coat. Divide between two serving plates.
2. Top the watercress mixture with beets, hearts of palm, and chopped walnuts. Serve immediately.

Watercress and Hearts of Palm Salad ♦♦♦♦♦

A fresh, delicious salad.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Watercress, 1 chopped cup(s)
- Sprouts, Alfalfa, 1/2 cup(s)
- Hearts of Palm, 1/2 drained, thickly sliced cup(s)

How to make it:

1. In a medium bowl, combine the olive oil, lemon juice, and salt. Add the watercress and sprouts and toss to coat. Top with hearts of palm and serve.

Watercress and Mushroom Salad ♦♦♦♦♦

A flavorful salad.

Ingredients:

- Oil, olive, 2 teaspoon
- Lemon juice, 2 teaspoon
- Salt, sea, 1/8 teaspoon
- Watercress, 2 chopped cup(s)
- Mushrooms, 1 sliced cup(s)
- Onion(s), red, 1/4 thinly sliced cup(s)

How to make it:

1. In a small bowl, combine the olive oil, lemon juice, and salt. Add the watercress, mushrooms, and onion. Toss gently to coat.

Watercress and Mushroom Salad with Walnuts ♦♦♦♦♦♦♦

An interesting choice of salad. Delicious and goes well with any meal.

Ingredients:

- Oil, Olive, 2 teaspoon
- Lemon Juice, 2 teaspoon
- Salt, Sea, 1/8 teaspoon
- Watercress, 2 chopped cup(s)
- Mushrooms, assorted wild, 1 cup(s)
- Onion(s), red, 1/4 thinly sliced cup(s)
- Nuts, Walnuts, chopped, 1 tablespoon

How to make it:

1. In a small bowl, combine the olive oil, lemon juice, and salt.
2. Add the watercress, mushrooms, and onion. Toss gently to coat. Sprinkle with walnuts and serve.
- 3.

Wild Rice Salad ♦♦♦♦

The salad that goes with anything.

Ingredients:

- Rice, Wild, 1 dry cup(s)
- Nuts, Pine Nuts, 1/4 cup(s)
- Oil, Olive, 1/4 cup(s)
- Lemon Juice, 1/4 cup(s)
- Pepper(s), Red, Bell, 1 finely chopped
- Onion(s), green, 1/2 chopped cup(s)
- Cheese, grated Parmesan, 1/2 cup(s)

How to make it:

1. Cook the rice according to package directions, using 1/2 teaspoon of the salt. Let cool completely.
2. Meanwhile, in a small dry skillet, heat the pine nuts over medium heat, stirring often, for 2 to 3 minutes or until lightly browned and fragrant. Remove the nuts from the skillet to cool completely.
3. In a large bowl, combine the olive oil, lemon juice, and remaining 1/2 teaspoon salt. Stir in the rice, pine nuts, red pepper, green onion, and Parmesan cheese.

Snacks

Apricots and Walnuts ◇◇

Quick and easy snack

Ingredients:

- Apricot(s), dried, 3 sliced in half
- Walnuts, halves, 4

How to make it:

1. Serve apricot and walnuts together and enjoy!

Beneficial Fruit, single or cup pieces ◇◇

A healthy and beneficial fruit for your type can really blunt those between meal sugar cravings. Cut pieces and keep in a plastic container, or pack a single fruit in a coat pocket, knapsack or travel bag.

Ingredients:

- Apples, 1
- Pears, 1
- Peaches, 1
- Grapes, 1 bunch
- Pineapple, 1 cup

How to make it:

1. Combine all fruits together in a large bowl.

Beneficial Seeds or Nuts, handful ◇◇◇◇

A quick pick-me-up, nuts and seeds can be eaten raw, toasted with a bit of sea salt, or combined into a favorite trail mix

Ingredients:

- Pumpkin Seeds,
- Walnuts,
- Almonds,
- Sea Salt

How to make it:

1. A quick pick-me-up, nuts and seeds can be eaten raw, toasted with a bit of sea salt, or combined into a favorite trail mix

Carrot and Spinach Wrap ♦♦♦♦

Match stick carrots are perfect for this. It's yummy and sweet with the carrots, molasses and brown sugar. I have never measured the ingredients but put down what I thought was used.

Ingredients:

- olive oil
- slice of onion
- 1 to 2 cups match stick carrots
- 1 to 2 teaspoons brown sugar (non secretors omit)
- 1 to 2 teaspoons molasses
- sprinkle of oregano or Italian seasoning
- handful of spinach
- spelt or Ezekiel tortilla [O nons use a compliant substitution]

How to make it:

1. Saute a slice of onion in olive oil (or chop although I prefer the round pieces separated).
2. Add carrots, heat those just a bit.
3. Sprinkle oregano over carrots and onion rings.
4. Add brown sugar and molasses.
5. Heat for just a bit.
6. Add a handful of fresh spinach.
7. Stir until spinach is wilted.
8. Drain what you can then put all on tortilla and wrap.
9. You can us Ezekiel pita bread as well.

Carrot and Zucchini Sticks ♦♦

A fast, simple snack.

Ingredients:

- Carrot(s), baby, 8 halved lengthwise
- Zucchini, 1 thinly sliced cup(s)

How to make it:

1. Serve the carrots and zucchini on a small plate.

Cranberry Trail Mix ♦♦

A wonderful snack that is good for you.

Ingredients:

- Cranberries, Dried, 1/2 cup(s)
- Currants, Dried, 1/4 cup(s)
- Nuts, Pecans, 1/4 chopped cup(s)

How to make it:

1. In a small bowl combine the cranberries, currants, and pecans. Mix well and divide into two euqal portions.

Crispy Kale Chips ◇◇◇

Craving some potato chips? Try this beneficial snack swap for a salty, crunchy chip replacement!

Ingredients:

- 1 Bunch Kale
- Olive Oil Cooking Spray
- Pinch Sea Salt

How to make it:

1. Preheat Oven to 350 degrees.
2. Wash and dry Kale, cut leaves away from rib and cut leaves into chip sized pieces.
3. Line baking sheet with parchment or tin foil.
4. Spray Kale generously with olive oil spray and toss with salt.
5. Arrange in single layer, bake 20+ minutes until Kale is crispy.
6. Enjoy!
7. Note: They do not stay well, they'll get soft, so cook what will be eaten right away. Variations - Go nuts with spices, anything works well! Also great sprinkled with cheese or a cinnamon, agave, salt blends for sweet and salty!

Cucumber and Cauliflower Dippers ◇◇

Serve the dippers with assorted vegetable dips and dressings.

Ingredients:

- Cucumber(s), 1 sliced cup(s)
- Cauliflower, 1 cup(s)

How to make it:

1. Slice the cucumbers and cauliflower.

Curried Pecans ◇◇◇

A great snack for a party or on the go.

Ingredients:

- Oil, Olive, 2 teaspoon
- Curry Powder, 1/2 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Nuts, Pecans, 1/3 halved cup(s)

How to make it:

1. Heat the oil in a small skillet over medium heat. Stir in the curry powder and salt and cook 1 minute. Add the pecans and cook, stirring, until nuts are evenly coated with curry.
2. Transfer to small bowl to cool. Divide into two equal portions before serving.

Fresh Pineapple with Pecans ◇◇

A tasty treat.

Ingredients:

- Pineapple chunks, 1 fresh cup(s)
- Nuts, Pecans, 1 finely chopped tablespoon

How to make it:

1. Spoon the pineapple into a small bowl and sprinkle with pecans.

Fruit-Nut Snack Bars ◇◇◇◇

I bought a health bar the other day called a Lara Bar (larabar.com). I was ecstatic because the ingredients were not 'avoids.'

Ingredients:

- 2 cups dried pitted Prunes
- 2 cups unsweetened dried Apples (I used Granny Smiths from Trader Joes, no additives)
- 1/2 cup Almonds
- 1 cup Walnuts
- 1/2-1 teaspoon Cinnamon [or use a BTB compliant substitute]
-
- Date-Nut Snack Bar
- 2 cups Dates
- 1 1/2 cup dried unsweetened Apples (I used Granny Smiths from Trader Joes, no additives)
- 1 cup Raisins
- 1 cup Almonds
- 1 cup Walnuts
- 1/2-1 teaspoon Cinnamon [or use a BTB compliant substitute]

How to make it:

1. Prune-Nut Snack Bar
2. Put all ingredients in the Cuisinart.
3. Start with 2 cups prunes.
4. Blend until mixture is soft and sticks together when pressed together with fingers.
5. Add more prunes only if necessary to get mixture to stick together when pressed in a pan.
6. Press mixture into a 9-inch square pan or a 9-inch pie plate.
7. Cut into small squares or rectangles.
8. Wrap and refrigerate until ready to use.
9. Eat as a snack
- 10.
11. Date-Nut Snack Bar
12. Put all ingredients in the Cuisinart.
13. Start with 2 cups dates.
14. Blend until mixture is soft and sticks together when pressed together with fingers.
15. Add more dates only if necessary to get mixture to stick together when pressed in a pan.
16. Press mixture into a 9-inch square pan or a 9-inch pie plate.
17. Cut into small squares or rectangles.
18. Wrap and refrigerate until ready to use.
19. Eat as a snack.

Note:

Dates and raisins are to be used infrequently for many disease conditions, so I made up two recipes, one with the original ingredients, the other with prunes. I look forward to making up a version of this fruit bar using dried apricots and walnuts - as well as other dried fruits and nuts.

Glazed Pineapple with Starfruit ◇◇

A sweet treat for anytime of the day.

Ingredients:

- Starfruit, 1/2 medium
- Honey, 1 tablespoon
- Lime Juice, 1 tablespoon
- Pineapple Chunks, 1 cup(s)

How to make it:

1. Thinly slice the starfruit crosswise into star shapes. Remove and discard seeds.
2. In a small bowl, combine the honey and lime juice. Add the pineapple and starfruit and toss gently to coat.

Kasha with Parmesan Cheese ◇◇◇

A delicious snack.

Ingredients:

- Oil, Olive, 1 teaspoon
- Onion(s), 1/2 chopped cup(s)
- Kasha (Buckwheat Groats), 1 cooked cup(s)
- Cheese, grated Parmesan, 1 tablespoon

How to make it:

1. Heat the oil in a small skillet. Add onion and saute 5 to 8 minutes or until tender. Stir in the kasha and cook until warmed through. Spoon the kasha onto a plate and sprinkle with cheese. Serve warm.

Melon-Mint Pinwheels ◇◇

I make this dish when I have guest over, makes a nice display.

Ingredients:

- Melon, Honeydew, 1/4 firm ripe small
- Cheese, Romano, 3 1/2 or Manchego cheese thinly shaved ounce(s)
- Mint, fresh, 18 leaves large
- Lime(s), 1 cut into 6 wedges whole

How to make it:

1. Cut cantaloupe wedge in half lengthwise; remove rind from cantaloupe. Cut 18 long, thin strips from side edge of cantaloupe wedges using a vegetable peeler or cheese slicer. Reserve remaining cantaloupe for another use.
2. Divide cheese and mint leaves evenly among cantaloupe strips, placing cheese and mint at 1 end of each cantaloupe strip. Roll cantaloupe strips around cheese and mint, jelly-roll fashion, to create a pinwheel; secure with wooden picks. Arrange pinwheels on a platter, and serve with lime wedges.
3. Yield: 6 servings (serving size: 3 pinwheels).

Nectarine with Walnuts ◇◇

For the B's and Nomads as a great weight loss food.

Ingredients:

- Nectarine, 1 sliced
- Nuts, Walnuts, chopped, 2 tablespoon

How to make it:

1. Spoon the nectarine slices into a small bowl and sprinkle with walnuts.

Papaya with Lime ◇◇

A simple sweet treat for anyone to enjoy.

Ingredients:

- Papaya, 1 cubes cup(s)
- Lime Juice, 1 tablespoon

How to make it:

1. Toss the papaya and lime juice in a small bowl and serve.

Parmesan Toast with Egg and Asparagus ◇◇◇

A smart open faced sandwich

Ingredients:

- Asparagus, 1 cut into pieces cup(s)
- Oil, olive, 1 teaspoon
- Egg(s), 1
- Bread, Flax seed, 1 slice(s)
- Butter, 1 teaspoon
- Cheese, grated Parmesan, 2 tablespoon

How to make it:

1. Steam the asparagus over simmering water for 6 minutes or until tender. Drain well.
2. Meanwhile, heat the oil in a small skillet over medium heat. Add the egg and cook 1 minute or until the white is opaque. Turn the egg, if desired and cook 1 minute longer or until yolk is cooked through.
3. Toast the bread and spread lightly with butter. Sprinkle evenly with half the Parmesan cheese. Top with egg and asparagus and sprinkle with remaining cheese.

Pear and Walnuts ◇◇

A light and delicious between meal snack.

Ingredients:

- Pear(s), 1 peeled, cored, and diced medium
- Nuts, Walnuts, chopped, 1 tablespoon

How to make it:

1. Toss the diced pear and walnuts in a small bowl before serving
- 2.

Persimmons with Pecans ◇◇

A unique and sweet snack to enjoy.

Ingredients:

- Persimmons, Fresh, 2 Hachiya variety small
- Nuts, Pecans, 2 tablespoon

How to make it:

1. Remove and discard the stems from the persimmons. Slice the fruit and arrange on a small plate. Sprinkle with pecans and serve.

Pineapple Chunks with Blueberries ◇◇

A sweet and healthy treat.

Ingredients:

- Pineapple, 1 cubed cup(s)
- Blueberries, 1 cup(s)

How to make it:

1. Combine pineapple and blueberries in a small bowl.

Pineapple with Toasted Pecans ◇◇

A healthy treat with a nutty topping.

Ingredients:

- Nuts, Pecans, 1 1/2 chopped tablespoon
- Pineapple chunks, 1 cup(s)

How to make it:

1. In a small dry skillet, heat the pecans over medium heat, stirring occasionally, for 3 minutes or until fragrant and lightly toasted. Remove from skillet to cool completely.
2. Spoon the pineapple into a small bowl and sprinkle with toasted pecans.

Plum and Walnuts ◇◇

A great snack for any time of the day.

Ingredients:

- Plum(s), 1 medium
- Nuts, Walnuts, chopped, 2 1/2 tablespoon

How to make it:

1. Finely chop the plum and mix with walnuts in a small bowl.

Rice Tortillas ◇◇◇

These little pancakes work just like flour tortillas. You fry them in a little canola or olive oil (depending on the end result desired until crisp, then top them with sweet or savory toppings.

Ingredients:

- 2 cups Rice Flour
- 1 Egg white
- Water as needed
- Canola or Olive Oil for cooking
- 1 teaspoon coarse Sea Salt

How to make it:

1. Mix the flour and egg white with a fork and incorporate enough water to make a soft dough.
2. Roll out on rice-floured surface and roll thin as possible with rolling pin. (pasta machine won't work here).
3. Cut into small rounds with cookie cutter. As dough dries out, scrape back into the bowl and wet down with sprinkles of water until it holds together again. Continue until all dough is cut out.
4. It's a good idea to layer the already cut discs between sheets of waxed paper while working.
5. Fry the discs in canola or olive oil and top either with cinnamon sugar, jam, mozzarella cheese and sauteed onions, whatever you're in the mood for.
6. These are chewy-crisp and very satisfying when you need a 'carrier' for your allowed goodies. Makes 1 dozen more or less depending on size of your cutter.

Roasted Red Pepper-Walnut Dip ◇◇◇

I used to spend so much for dips, but now I make this as my dip that I bring to parties. It's a big hit!

Ingredients:

- Oil, Olive, 1/4 cup(s)
- Nuts, Walnuts, chopped, 1/2 cup(s)
- Garlic, 2 minced clove(s)
- Pepper(s), Red Sweet, roasted, 2 drained, if from a jar
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. In a small saucepan, heat the oil over medium-low heat. Add the walnuts and garlic and sauté 1 minute or until mixture starts to become fragrant and garlic begins to color. Remove from heat.
2. In a blender or food processor, combine the roasted peppers and oil-walnut-garlic mixture. Whirl until almost smooth. Serve warm or refrigerate to serve chilled.

Spiced Almonds ◇◇◇◇◇

Heated nutty treat

Ingredients:

- Oil, Olive, 1 teaspoon
- Allspice, ground, 1/4 teaspoon
- Paprika, 1/4 teaspoon
- Salt, Sea, 1/4 fine teaspoon
- Nuts, Almonds, 1/2 whole, natural cup(s)

How to make it:

1. Heat the oil in a small skillet over medium heat. Stir in the allspice, paprika, and salt. Add the almonds and cook, stirring often, for 2 minutes or until spices are fragrant and almonds are coated. Remove from skillet to cool completely. Divide into three equal portions.

Squash seeds ◇◇◇

Tastie and healthy

Ingredients:

- Sesame oil
- Squash seeds
- Seasoning or your choice

How to make it:

1. Place 1 T sesame oil with your choice of seasoning in shallow baking dish. Clean and wash and dry seeds. Stir into oil to coat and bake at 350 degrees for 20-30 minutes till golden. Stirring every 10 min. Eat shell and all for the benefit of the entire seed.

Trail Mix ◇◇

I don't leave home without this snack. It has helped me get through long days at work or shopping.

Ingredients:

- Apricot(s), dried, 1 finely chopped cup(s)
- Nuts, Walnuts, chopped, 1/2 cup(s)
- Currants, dried, 1/2 cup(s)

How to make it:

1. In a medium bowl, combine the apricots, walnuts, and currants. Mix well and divide into six equal (1/3-cup) portions.

Trail Mix ◇◇◇

I make this snack when I am on the go and need a pick me up in the afternoon.

Ingredients:

- Figs, dried, 1 chopped cup(s)
- Apricot(s), dried, 1 chopped cup(s)
- Raisins, 1/2 seedless, dark cup(s)
- Nuts, Walnuts, chopped, 1 cup(s)

How to make it:

1. Combine the figs, apricots, raisins and walnuts. Divide into fourteen 1/4 cup servings.

Turkey Bacon and Lettuce on Toast ♦♦

This is the BLT minus the T that my son will eat.

Ingredients:

- Bread, Sprouted Wheat, 2 slice(s)
- Oil, Olive, 1 tablespoon
- Turkey Bacon, 4 slice(s)
- Lettuce Leaves, 2

How to make it:

1. Preheat the broiler. Place the bread on a foil-lined broiler pan. Broil four inches from heat for 1 to 2 minutes or until lightly toasted.
2. Turn bread, brush evenly with olive oil, and broil 1 to 2 minutes longer or until lightly toasted.
3. Meanwhile, cook bacon according to package directions. Drain on paper towel.
4. Sandwich the bacon and lettuce between the two slices of grilled bread. Serve warm.

Entrees

Adzuki Bean Casserole ◇◇◇◇◇◇◇◇◇◇

A beanie winter casserole.

Ingredients:

- 125 grams dried Adzuki beans
- 1 medium carrot sliced
- green beans
- 1 medium onion
- 1 medium slice pumpkin
- 1/2 cup rolled oats
- 1 medium parsnip
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 dessert spoon miso
- swiss chard or spinach
- Large sprig of parsley
- small amount soy sauce for seasoning

How to make it:

1. In a medium sized casserole dish dissolve miso with boiling water.
2. Add Adzuki beans (these can be freshly cooked or frozen, however it is best to thaw first if possible).
3. Stir in rolled oats, paprika and herbs.
4. Chop vegetables and onion into medium sized dice and add to casserole.
5. Cover with water and cook in the oven at 160c for 1 3/4 hours.
6. Stir a couple of times during cooking and taste to adjust seasoning.
7. It may need thickening before serving use a small amount of cornflour or arrowroot, mixing in water first.
8. This is wonderful served with brown rice or fresh spelt and rye bread drizzled with a little olive oil.
9. This recipe is an ideal quantity for 2.
10. Any vegetables may be used but I find the sweeter root vegetables go with Adzuki's the best.

African Pineapple Peanut Stew ◇◇◇◇◇◇◇◇

Adapted from Moosewood Cooks At Home.

Ingredients:

- 1 cup chopped onions
- 2 garlic cloves minced
- 1 Tablespoon olive oil
- 1 bunch kale or swiss chard (4-5 cups)
- 2 cups undrained canned,crushed pineapple(20-ounce can)
- 1/2 cup peanut butter
- 2 Tablespoons soy sauce
- 1/2 cup chopped cilantro
- sea salt to taste
- crushed skinless peanuts
- chopped scallions

How to make it:

1. Sautee onions and garlic in oil for about 10 minutes stirring frequently until lightly browned.
2. While onions are cooking wash kale, discard large stems, stack leaves on cutting surface and slice crosswise into 1 inch thick slices.
3. Add pineapple and its juice to the onions and bring to a simmer.
4. Stir in the kale or chard, cover, and simmer about 5 minutes, until just tender.
5. Mix in the peanut butter, soy sauce, and cilantro and simmer for 5 minutes.
6. Add sea salt to taste.
7. Serve over your favorite grain and top with crushed peanuts and chopped scallions.

Almond Flour Pizza Crust II ◇◇◇◇

This is a very simple cracker-style thin crust. Because it is unleavened, it should be baked as long as possible to get a crispy texture and sauce and/or toppings added after baking to keep the crust from getting soggy. Keep an eye on it in the oven to prevent scorching.

Ingredients:

- Almond flour,1/2 cup
- Egg, whole, 1
- Extra Virgin Olive Oil, 1 teaspoon
- Sea Salt, 1/4 teaspoon

How to make it:

1. Mix the ingredients.
2. Press out between sheets of oiled waxed paper and place in a pizza pan.
3. Bake at 350 for 5 minutes or until crisp.
4. Top as desired.

Apricot Glazed Salmon ◆◆◆

An upstream hit

Ingredients:

- Preserves, Apricot, 1/4 cup(s)
- Lemon juice, 1 tablespoon
- Fish, Salmon fillet, 24 4 6-oz. fillets, Atlantic variety ounce(s)
- Scallion(s) (green onions), 1 thinly sliced

How to make it:

1. Preheat the broiler. Combine the jam and lemon juice in a small cup.
2. Place the salmon fillets on a foil-lined broiler pan. Brush one side of the fillets with half the jam mixture.
3. Broil the salmon four inches from the heat for 4 to 6 minutes. Turn and brush with remaining jam mixture.
4. Broil 4 to 6 minutes longer or until salmon is opaque in center and flakes easily when touched with a fork. Sprinkle with scallions and serve warm.

Baba Ghanoush ◆◆◆◆◆

A tasty eggplant dish.

Ingredients:

- Eggplant, 1 (about 2 pounds) large
- Parsley, fresh, 1 chopped cup(s)
- Garlic, 2 peeled and halved clove(s)
- Lemon juice, 1/4 fresh (about 2 lemons) cup(s)
- Tahini (sesame seed paste), 2 tablespoon
- Oil, olive, extra virgin, 1 tablespoon
- Salt, 1/2 teaspoon
- Cumin, ground, 1/8 teaspoon

How to make it:

1. Preheat oven to 400°.
2. Pierce eggplant several times with a fork; place on a foil-lined baking sheet. Bake at 400° for 1 hour or until tender. Cool slightly. Cut eggplant in half lengthwise, and place, cut sides down, in a colander; drain 30 minutes. Scrape out eggplant pulp; discard shell.
3. Place parsley and garlic in a food processor; pulse 6 to 7 times until minced. Add eggplant pulp, lemon juice, and remaining ingredients; process until smooth. Spoon into a bowl; cover and let stand at room temperature 30 minutes to allow flavors to blend.
4. Yield: 9 servings (serving size: 1/4 cup).

Baked Chicken and Rice Casserole ◆◆◆

It is very good and easy to prepare!

Ingredients:

- 3 Cups Swasons Chicken Broth
- 3 Chicken Breast
- 1 Cup Brown Rice
- 1 Cup Sliced Carrots
- 1 Cup Broccoli
- 2 Tablespoons Olive Oil
- Sea Salt to taste

How to make it:

1. Bake 375 degrees for about 45 minutes or until done.

Baked Cod with Basil ◇◇◇◇

An herbal bite to the fish

Ingredients:

- Oil, olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, sea, 1/4 fine teaspoon
- Basil, fresh, 2 chopped, or 1 tsp. dried tablespoon
- Fish, Cod, 24 (four 6-ounce fillets) ounce(s)

How to make it:

1. Preheat the oven to 400°F. Combine the oil, lemon juice, and salt in a glass baking dish. Sprinkle with basil. Add the cod fillets and turn to coat with oil mixture.
2. Bake for 8 to 10 minutes or until fish is opaque in center and flakes when touched with a fork. Serve immediately.

Baked Cod with Garlic and Fennel ◇◇◇◇

A tasty cod dish.

Ingredients:

- Fish, Cod, 4 fillet ounce(s)
- Lemon juice, 1 fresh tablespoon
- Oil, Olive, 2 teaspoon
- Garlic, 1 minced clove(s)
- Fennel seed, 1/8 crushed teaspoon

How to make it:

1. Preheat the oven to 375°F. Combine the lemon juice, oil, garlic, and fennel seeds in a small dish. Add the cod fillet and turn to coat.
2. Bake for 8 to 10 minutes or until the fish is opaque in the center and flakes easily when touched with a fork.

Baked Cod with Lemon-Thyme Salt ♦♦♦♦♦

You can use this recipe for any compliant white fish fillet. It's very easy to make. I found the recipe on the Whole Foods Website. They used Tilapia, but as an Explorer I use Cod.

Ingredients:

- 1 - 2 shallots, finely chopped
- 4 Cod fillets, skinless
- Olive Oil
- 1 teaspoon Thyme leaves (fresh)
- 1 teaspoon flaky Sea Salt
- Zest from 2 lemons

How to make it:

1. Preheat oven to 350
2. Sprinkle shallot in the bottom of a baking dish large enough to hold the fish in a single layer
3. Rub each fillet all over with olive oil
4. Place fillets on top of shallots in the baking dish
5. Bake for 15 minutes or until flesh is opaque and flakes with a fork
6. While fish is cooking combine thyme, salt and zest in a small bowl
7. When fish is done sprinkle a little of the thyme mix over each fish
8. Serve immediately

Note:

If you have left over thyme mix, it's great on green salads or cooked veggies

Baked Lemongrass Snapper ♦♦♦♦♦♦♦

Red snapper is a delicious fish and this recipe brings out the best of it for you to enjoy.

Ingredients:

- Oil, Olive, 2 teaspoon
- Lemongrass, 1/4 fresh/chopped & peeled about 2 stalks cup(s)
- Shallot(s), 1/4 fresh minced, about 2 large cup(s)
- Garlic, minced, 2 clove(s)
- Soy Sauce, reduced-sodium, 1 1/2 tablespoon
- Pepper, Red, crushed, 1/4 teaspoon
- Lemon, 1 thinly sliced whole
- Cooking Spray, 0
- Fish, Red Snapper, 12 two 6 ounce fillets ounce(s)
- Cilantro, fresh, 2 chopped tablespoon
- Onion(s), Green, 1 thinly sliced whole

How to make it:

1. Preheat oven to 425°.
2. Heat oil in a nonstick skillet over medium-high heat. Add lemon grass, shallots, and garlic; sauté 3 minutes or until tender. Remove from heat; stir in soy sauce and red pepper.
3. Place lemon in an 11 x 7-inch baking dish coated with cooking spray; arrange fillets over lemon slices. Spoon lemon grass mixture evenly over fillets. Bake at 425° for 15 minutes or until fish flakes easily when tested with a fork. Sprinkle with cilantro and green onions.
4. Yield: 2 servings (serving size: 1 fillet).

Baked Tilapia ◇◇◇

A quick and easy meal to prepare.

Ingredients:

- Fish, Tilapia, 12 divided into 2 equal-sized filets ounce(s)
- Lemon Juice, 2 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/8 teaspoon

How to make it:

1. Preheat the oven to 400°F. Place fillets on small, rimmed, foil-lined baking sheet. Whisk together the lemon juice, oil, and salt.
2. Brush on fillets; turn and brush remaining mixture on the other side.
3. Bake for 5 minutes or until the fish is opaque in the center and flakes when a fork is inserted into the flesh.

Baked Tilapia with Grapefruit Sections ◇◇◇◇◇

The sweetness of the fish and the tangy taste of Grapefruit.

Ingredients:

- Fish, Tilapia, 2 fillets, 4 oz. each
- Lemon Juice, 2 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/8 teaspoon
- Grapefruit sections, jar, 1 cup(s)

How to make it:

1. Preheat the oven to 400°F. Place fillets on a small, rimmed, foil-lined baking sheet.
2. Whisk together the lemon juice, oil, and salt. Brush on fillets; turn and brush remaining mixture on the other side. Bake for 5 minutes or until the fish is opaque in the center and flakes when a fork is inserted into the flesh. Serve fish with grapefruit sections.

Bok Choy Stir-Fry ◇◇◇

A quick, flavorful entree!

Ingredients:

- Oil, Olive, 1 light tablespoon
- Bok Choy, 4 thinly sliced cup(s)
- Water, 2 tablespoon
- Soy Sauce, 2 teaspoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the bok choy and stir-fry 1 minute. Stir in the water and soy sauce. Cover and cook for 3 minutes or until tender-crisp. Serve hot.

Braised Escarole ♦♦♦♦

A tasty vegetable dish.

Ingredients:

- Escarole, 2 trimmed and chopped (about 2 lbs.) head(s)
- Oil, Olive, 1 tablespoon
- Garlic, minced, 2 clove(s)
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Place escarole in a medium saucepan, and add just enough water to cover. Heat over medium-high flame and cook, boiling, for 10 minutes or until just tender. Drain.
2. Heat the oil in a large skillet over medium heat. Add the garlic and cook for 30 seconds. Stir in the escarole and salt.
3. Cook, stirring often, for 8 to 10 minutes or until escarole is very tender. Serve hot.

Braised Kale ♦♦♦♦

A quick, delicious fish dish.

Ingredients:

- Oil, Olive, 2 tablespoon
- Garlic, minced, 1 tablespoon
- Kale, 2 pounds
- Water, 1/2 cup(s)
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a large saucepot over medium heat. Add the garlic and sauté 1 minute. Add the kale and sauté, stirring, 5 minutes or until leaves are all wilted. Add the water and salt to the pot. Cover and cook 10 to 15 minutes or until kale is very tender. Serve hot.

Broccoli Stir-Fry with Green Onions and Bamboo Shoots ♦♦♦♦♦

A great homemade chinese dinner.

Ingredients:

- Oil, Olive, 1 tablespoon
- Broccoli florets, 6 cup(s)
- Garlic, minced, 1 tablespoon
- Bamboo shoots, 8 drained (1 can) ounce(s)
- Onion(s), green, 2 thinly sliced
- Water, 1/4 cup(s)
- Soy Sauce, 2 tablespoon

How to make it:

1. Heat the oil in a wok or very large skillet over medium-high heat. Add the broccoli and cook, stirring constantly, 2 minutes.
2. Add the garlic, bamboo shoots, and green onions. Cook, stirring constantly, 1 minute longer.
3. Add the water, stir, cover, and cook 1 minute. Uncover and cook, stirring, 1 minute longer or until liquid evaporates. Stir in soy sauce and serve hot.

Broiled Red Snapper with Parsley ◇◇◇◇

A simple entree

Ingredients:

- Fish, Red Snapper, 4, 4-oz. fillets
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/4 teaspoon
- Parsley leaves, 2 tablespoons minced

How to make it:

1. Preheat the broiler. Line a small broiler-proof pan with foil and lightly grease the foil with some of the oil. Place the fillets, skin side down, on the foil. Brush the fish with the remaining oil. Sprinkle with salt.
2. Broil the fillets about 4 inches from the heat for 8 minutes or until fish flakes easily when touched with a fork and is opaque in the center. Sprinkle with parsley and serve.

Broiled Salmon Steaks ◇◇◇◇

Serves 4

Ingredients:

- 4 Salmon steaks
- 1 Tbsp. Garlic-Shallot mixture
- 2 Tbsp. olive oil
- Juice of 1 lemon
- salt

How to make it:

1. Preheat broiler
2. Rub steaks with garlic-shallot mixture, oil, lemon, and salt
3. Cook 4 to 8 min. on each side
4. Test for doneness by prodding with a fork to see if flesh separates easily

Buckwheat adzuki 'fried rice' ♦♦♦♦♦♦♦♦♦♦

A tasty cousin to fried rice with lots of Type A beneficals. Vary the vegetables and seasonings to suit your taste and the contents of your refrigerator.

Ingredients:

- 2 cups cooked Buckwheat (kasha)
- 1 cup cooked Adzuki Beans
- 1 medium Onion, finely chopped
- 2 Carrots, shredded
- 2 stalks Celery, finely chopped
- 2 cups Broccoli, finely chopped
- 3 cloves Garlic, minced
- 1/4 cup Cilantro, finely chopped
- 3 Tablespoons Olive Oil
- 2 Tablespoons Soy sauce or to taste
- 1 Tablespoon Thai fish sauce (optional)

How to make it:

1. Saute the onion in the oil for a few minutes.
2. Add the other vegetables and fry until nearly soft, tossing in the garlic at the last minute.
3. Add the buckwheat and adzuki beans and stir fry for a few minutes.
4. Add the cilantro and season with soy sauce and fish sauce to taste.

Buckwheat/Kamut Soba Noodles with Veggies and Tofu ♦♦♦♦♦♦♦♦♦♦

A simple quick stir fry that is easy and delicious.

Ingredients:

- Organic Soba Noodles (buckwheat/kamut)
- Organic Garlic
- Organic Ginger
- Organic Onion
- Organic Broccoli
- Organic Baby Bok Choi
- Toasted Almonds
- Organic Tofu
- Organic Soy sauce
- Organic Olive Oil
- Sesame Oil
- Hot Sauce

How to make it:

1. Boil soba noodles in water for approximately 20 minutes.
2. While the noodles are boiling, chop up the ginger, garlic and onion and saute in the olive/sesame oil.
3. Cut up broccoli and baby bok choi on an angle and toss into the pan.
4. Saute quickly for 10 minutes.
5. Towards the end, toss in a square of the soft tofu, letting it scramble amongst the veggies.
6. Give it a quick toss and throw in the almonds.
7. Serve the veggies over the noodles with a dash of hot sauce.
- 8.
9. This is a quick satisfying meal in itself, or as a side dish.

Butternut Squash and Tofu with Mixed Vegetables ◇◇◇◇◇◇◇◇◇◇◇◇◇◇◇◇

This is a warm and hearty vegetarian entree great on cold winter days. The squash and tofu mashed, mixed with warming spices and served with fresh steamed vegetables. Pumpkin or other types of squash may be substituted for butternut.

Ingredients:

- 1 butternut squash
- 1 package of tofu (fresh and soft is best)
- 1/2 cup of soy or other nut milk
- 3/4 cup low salt soy sauce
- 1/2 cup raw honey
- 2 tbsp ground cinnamon
- 2 tbsp ground ginger
- 1 tsp ground nutmeg
- 1 pressed clove of garlic
- pinch of curry powder (optional)
- 1 head of organic broccoli
- 1/2 head of organic cauliflower
- 1 lb. green beans
- 6 large carrots julienned
- a handful of shelled sunflower or pumpkin seeds (ABs and B secs. substitute compliant seed instead)
- 1/4 cup fresh cilantro or parsley

How to make it:

1. Remove the seeds and clean the center of the squash.
2. Slice lengthwise, steam for 15-20 minutes or until soft. Remove the skin and cut into small pieces.
3. Add the squash and all of the other ingredients (except veggies) to a large mixing bowl.
4. Whip with an electric mixer until smooth and fluffy. Simmer on low 15-20 minutes.
5. Steam the broccoli, cauliflower, beans and carrots until 'al dente' (10-15 minutes) or until brightly colored and moist.
6. To serve, place 2 ladles of mashed squash in the center of a dinner plate.
7. Arrange steamed veggies around the squash.
8. Garnish with nuts or seeds and cilantro or parsley. Serves 6.

Cactus Tofu ◇◇◇◇◇

Stir fried tofu with cactus

Ingredients:

- 1 1/2 pounds Prickly Pear Cactus Pads (Nopales)
- 1 pound Extra Firm Tofu
- 2 Tablespoons Sesame Oil
- 2 teaspoons Chopped Ginger
- 4 Minced Garlic Cloves
- 2 Tablespoons Soy Sauce

How to make it:

1. De thorn the cactus pads and cut into strips about 1 cm wide.
2. Cut the tofu into cubes about 1 cm on each side.
3. Fry the tofu in oil (medium heat) and add the cactus strips and chopped ginger.
4. After the tofu, cactus, ginger have cooked a few minutes add garlic and soy sauce.
5. Serve when the cactus is fully cooked.

Note:

Variant: Green beans can be used instead of cactus. When using green beans remove the ends of the green beans, but do not cut up.

Chicken Chop Suey ♦♦♦♦

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into strips (turkey can be substituted)
- 1 Tablespoon light sesame oil
- 2 cup sliced celery
- 1 cup sliced onion
- 1 cup low fat, reduced sodium chicken broth
- 1 Tablespoon soy sauce {or wheat-free tamarl}
- 2-1/2 Tablespoons cornstarch [or arrowroot]
- 1/4 teaspoon ground ginger
- 1 Tablespoon molasses
- 1/4 cup water
- 1-1/2 cup fresh bean sprouts

How to make it:

1. Place oil and chicken in a large frying pan and brown chicken.
2. Add celery, onion, broth, and soy sauce.
3. Cover and simmer 5-10 minutes.
4. Meanwhile, mix together cornstarch, ginger, molasses, and water.
5. Stir into hot mixture and cook until thickened.
6. Add bean sprouts and heat thoroughly.
7. Serve over a bed of rice.

Chicken Sandwich on Grilled Toast ♦♦

A delicious sandwich, you can add sweet potato chips on the side.

Ingredients:

- Bread, Flax Seed, 2 slice(s)
- Oil, Olive, 1 tablespoon
- Chicken, Breast (cooked), 3 ounce(s)
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. Preheat the broiler. Place the bread on a foil-lined broiler pan and brush with oil.
2. Broil the bread 4 inches from the heat for 1 to 2 minutes or until toasted; turn and toast other side.
3. Sprinkle the chicken with salt and sandwich between the two slices of bread with oiled-sides in.

Chicken stew ◇◇◇◇◇◇◇◇

Ingredients:

- One bunch of celery
- grilled chicken (previously cooked with sea salt, garlic powder and turmeric)
- One large can of Swanson Natural Goodness Chicken Broth [check for avoids]
- ¾ of one large red onion (diced)
- Leftover fresh parsley (about 1/3 of a bunch)
- Sea salt
- Minced garlic
- ½ pound of baby carrots
- Olive oil
- Optional spices: ground coriander seed, curry powder
- Arrowroot powder (thickener)
- White rice
- 2 small bay leaves

How to make it:

1. I sautéed the red onion in olive oil. I just love the sweetness of the red onion.
2. Next, I added salt and garlic, warmed it up for a minute, and then turned off the heat.
3. I chopped my celery and parsley and then added them to the crock-pot. I suspect I should have salted the celery, but didn't.
4. I cut my grilled chicken into bite size pieces and added it to the crock-pot.
5. I placed the onion and garlic mixture on top, and then poured in the chicken broth.
6. Finally, add the bay leaves, set the crock-pot on low, and walk away
- 7.

Practical Tip:

Offer your children a taste of your stew BEFORE YOU SPICE IT UP. When you do spice it, place a ladle full in a bowl first and add a small amount of beneficial spice. My two year old liked the ground coriander seed, but did not like the curry.

8. Regarding rice: in the past I have cooked rice in the crock pot (white rice) and it has taken about two hours. But in my opinion, it just tastes better on the stove. What's fifteen minutes anyway at the end of the day? :)

Chinese Chicken Fried Rice ◇◇◇◇◇◇

Tastes good enough to be the main dish. Substitute the oyster-sauce if needed.

Ingredients:

- 3-1/2 Tablespoons olive oil, divided
- 2 eggs, beaten
- 1/2 cup frozen peas, defrosted slightly
- 2 green onions, sliced
- 3 Tablespoons oyster sauce [not in Typebase]
- 3 Tablespoons Tamari sauce
- 1 cup iceberg lettuce, finely shredded

How to make it:

1. In large skillet or wok heat 1/2 Tablespoon oil.
2. Stir-fry peas and onions for 1 minute.
3. Set aside.
4. Add 1/2 Tablespoon oil and stir fry eggs, set aside.
5. Add remaining 2 Tablespoons oil, fry cold rice for about 5 minutes on medium heat.
6. Combine oyster sauce and tamari, add to rice along with remaining ingredients.
7. Stir until hot.

Note:

Cook 2 cups long grain rice in 3 cups water, ahead of time and refrigerate (that is a secret to firm rice). Should yield 4 cups cooked rice.

Congee ♦♦♦♦♦

A multi-purpose version of 'Rice Congee' (a gruel or soup). Congee is considered a medicinal food and the ingredients are composed using the Chinese energetics method of medicinal food preparation (5 element system). The grains used in these congees vary according to the medicinal effect desired. The rice gruel alone (little or no meat and some vegetables) is often used for convalescing patients. Millet, barley and other grains are also traditional, but the creamy consistency of rice congee is a real treat. The best thing about this recipe is that you can easily tailor it to a mixed group of blood types, since just about everyone can tolerate rice, and there are other grains that are multi-type friendly. Just make sure there are a wide diversity of vegetables and meats on the table!

Ingredients:

- 2 quarts Water
- 1/2 cup Rice (probably more of millet, barley, quinoa)
- 1 knob of fresh Ginger crushed
- 2 large cloves Garlic peeled
- A few drops of Sesame Oil (if allowed by your type)
- A few drops of Tamari or Salt
- Additional ingredients (depending on your diet plan) which can be added later include: fresh, finely cut vegetables: mushrooms, bok choy, broccoli, cilantro, napa cabbage, asparagus, bamboo shoots, spinach, seaweeds, tofu, lightly cooked meats, straw mushrooms, seafood such as shrimp, and small pieces of fish.

How to make it:

1. Bring water, rice , ginger, garlic, and any stock meats or bones to the boil in a covered pot.
2. Cook over low heat until rice dissolves, and congee thickens and “climbs the side of the pot” (a Chinese saying!).
3. This rich thick soup is traditionally served in large flat soup bowls, with accompanying small bowls covering the table filled with all of the extras, including condiments, mentioned above.
4. Eggs, fish and meat may be poached in the hot soup before serving.
5. Congee is served hot enough so that the veggies get lightly cooked , this is a meal to be served when everyone is at the table!

Curried Chicken ♦♦♦♦♦

One pot curry with rich sauce

Ingredients:

- 1 1/2 pounds boneless, skinless Chicken Breast, cubed
- 2 cups Carrots, sliced
- 2 cups Celery, chopped
- 2 cups Onion, chopped
- 1 Tablespoon Curry Powder
- 1 Tablespoon Garlic Powder
- 1 teaspoon Salt (optional)
- 2 cups canned Pumpkin (100% pumpkin, unsweetened)

How to make it:

1. Put the first four ingredients in a 3 quart saucepan.
2. Sprinkle the spices over the ingredients.
3. Add sufficient water to cover.
4. Cook over medium heat for 20 minutes.
5. Stir in the pumpkin (to thicken) and cook for another 10 minutes.
6. Tastes great over rice!

Curried Chicken Livers ♦♦♦♦

A wonderfully flavoured warm dish, easy to prepare and perfect for cool fall nights!

Ingredients:

- 2 packages of chicken livers, rinsed
- 3 tablespoons of spelt flour [or use a BTD compliant substitute]
- 2 tablespoons of olive oil
- 1 large yellow onion, chopped
- 1 clove of garlic, chopped
- 4 cups of chicken broth
- 1 to 1 1/2 tablespoon of curry, to taste
- pinch of salt

How to make it:

1. Remove any fat from the rinsed chicken livers.
2. Dredge each in flour.
3. Brown in olive oil in heavy saucepan, about 5-8 at a time.
4. Add onion and garlic.
5. Cook stirring constantly until onion is slightly browned.
6. Mix curry and chicken broth together, pour over livers.
7. Simmer on medium low until reduced and sauce is thickened.
8. Serve over steamed brown rice.
9. Makes 4 to 6 portions (or 2 if you are feeding my husband!)

Curried Lentils and Carrots on Couscous ♦♦♦♦♦

You will love this curry dish. Enjoy!

Ingredients:

- Broth, Vegetable, 14 1/2 ounce(s)
- Lentils, 1/2 dry cup(s)
- Nuts, Pecans, 1/3 chopped cup(s)
- Water, 0.75 cup(s)
- Couscous, 1/2 uncooked cup(s)
- Oil, Vegetable, 1 1/2 teaspoon
- Carrot(s), 1.75 chopped cup(s)
- Onion(s), 1 chopped cup(s)
- Garlic, 1 minced clove(s)
- Sugar, 2 teaspoon
- Curry powder, 0.75 teaspoon
- Salt, 1/8 teaspoon

How to make it:

1. Bring vegetable broth to a boil in a saucepan. Stir in lentils; cover, reduce heat, and simmer 30 minutes or until tender. Drain lentils, reserving liquid. Set aside.
2. Place pecans in a large nonstick skillet; cook over medium heat, stirring constantly, 3 minutes or until toasted. Remove pecans from pan.
3. Bring 3/4 cup water to a boil in a saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Cover and keep warm.
4. Heat a large nonstick skillet over medium-high heat; add oil. Add carrot and onion; sauté 8 minutes or until tender. Add garlic, and sauté 1 minute. Stir in sugar, curry powder, salt, and lentil liquid; cook 1 minute.
5. Spoon lentils over couscous, and top with carrot mixture. Sprinkle with pecans; serve immediately.
6. Yield: 4 servings (serving size: 1/2 cup couscous, 1/2 cup carrot, 1/3 cup lentils).

Dill Salmon Steamed in Parchment (en papillote) ◇◇◇◇

Salmon fillets steam-cooked in oven, easy cleanup

Ingredients:

- 1 pound Salmon, plucked of pin bones
- juice of one lemon
- 2 Tablespoons clarified Butter or Olive Oil (turkey stock can be substituted for the Ghee/oil drizzled over the top for those looking to reduce their fat intake.)
- 1 Tablespoon Dill weed (dry or fresh)
- 1/2 teaspoon Sea Salt
- Note:Parchment paper, a piece large enough to envelop the salmon completely with 2 inches to spare all around.

How to make it:

1. Place parchment on cookie sheet so half of it hangs over the side of the pan.
2. Lightly grease the parchment paper where the salmon will be placed.
3. Wash salmon and pat dry with paper towels.
4. Place it on the parchment.
5. Drizzle oil or clarified butter over it.
6. Sprinkle dill weed and salt over it evenly.
7. Squeeze the lemon over the salmon.
8. Fold the parchment back over the top of the salmon and roll the edge of the paper to make a tight seal stapling it as you go.
9. Bake at 350 for approximately 25 minutes.
10. Comments:The seal needs to be tight to trap the steam that will cook the salmon. This creates a tender moist piece of fish. The steam infuses the flavors into the meat. Cooking times depend on the thickness of the fish. Ideally cooked fish separates into 'flakes' when pushed on gently with a finger. I like this with steamed brown rice and a side of Gingered carrots in a maple syrup/ghee glaze.

Easy chicken curry ◇◇◇

Free of all 'avoids', a curry that is fast and tasty without coconut milk or dairy. Wonderful texture!

Ingredients:

- 2 Chicken Breasts, cooked and cubed
- 3 cups chopped Veggies of choice (Onion, Snap Peas, Peppers)
- 1 cup baby Spinach
- 1 1/2 cups Water
- 1/4 cup 'Butter' or whatever you use
- 1/4 cup Hummus, Nut Butter, or other spread
- 2-4 tablespoons Yellow Curry paste, to taste

How to make it:

1. Combine curry, hummus, 'butter', and water in wok or large frying pan, bring to simmer. Sautee veggies until tender-crisp. Reduce heat, add in chicken, and simmer gently for 2-5 minutes, until veggies are cooked to your liking. Stir in baby spinach.
- 2.
3. Serve over wide rice noodles, brown rice, or quinoa.

Eggplant Parmesan ♦♦♦♦

A tasty entree, great when served with pasta.

Ingredients:

- Eggplant, 2 medium
- Salt, sea, 1 1/2 teaspoon
- Egg(s), 2
- Flour, oat, 1 cup(s)
- Oregano, 1 teaspoon
- Sage, 1 teaspoon
- Thyme, 1 teaspoon
- Oil, 1 tablespoon
- Oil, 1/4 cup(s)
- Cheese, Parmesan, 1/2 grated cup(s)
- Pepper(s), red sweet, roasted, 1 12 oz. jar(s)

How to make it:

1. Cut the eggplant crosswise into 1/2" thick slices and place in a large colander. Sprinkle 1/2 teaspoon of the salt over the slices and let stand in the sink for 30 minutes.
2. After 30 minutes, wipe any liquid from the surface of the salted eggplant with a paper towel.
3. Beat the eggs in a large bowl and set aside. In another large bowl, combine the flour, remaining 1 teaspoon salt, along with the oregano, sage, and thyme.
4. Preheat the oven to 400°F. Meanwhile, heat 2 tablespoons of the oil in a very large skillet over medium heat.
5. Working in batches and adding up to 2 tablespoons more oil as necessary, quickly dip eggplant slices in egg, then in flour mixture, and transfer to skillet. Cook 1 to 2 minutes or until light golden brown on the underside. Turn and cook 1 to 2 minutes or until other side is lightly browned. Transfer to foil-lined baking sheet. Sprinkle eggplant slices evenly with cheese.
6. Bake 20 to 30 minutes or until eggplant is browned and tender.
7. Meanwhile, in a blender or food processor, whirl peppers and the 1 tablespoon of oil for 1 minute or until smooth. Heat the puree in a small saucepan or in microwave oven. To serve, drizzle the eggplant slices with a little pepper puree and serve warm.

Elegant and Easy Salmon Pesto ♦♦

A simple and easy bakes salmon full of flavor. Perfect with brown rice and steamed vegetables.

Ingredients:

- 1 Pound Salmon Fillet, Skin Removed
- 1 teaspoon Olive Oil
- 1 Tablespoon Garlic, Minced
- 1 Cup Pesto (made with allowable ingredients)

How to make it:

1. Rinse salmon fillet under cold water and pat dry.
2. Place fillet in a glass pie pan and baste with olive oil and garlic.
3. Spread an even amount of pesto over the fillet until it is covered with a 1/4 inch layer.
4. Bake in a 350 degree oven for 12-15 minutes.
5. Do not cover and do not turn.
6. Cook until fish flakes easily with a fork.

Fish Fry ♦♦♦♦♦

A great, clean take on the classic recipe.

Ingredients:

- Egg(s), 1
- Salt, Sea, 1/2 fine teaspoon
- Fish, Cod, 24 4 6-oz. fillets, can also use halibut or perch ounce(s)
- Flour, oat, 1/2 cup(s)
- Oil, Olive, 2 tablespoon
- Lemon, 1 quartered

How to make it:

1. In a medium bowl, beat the egg and salt until well blended. Add the cod fillets to the egg mixture and turn to coat.
2. Spread the flour on a large plate or piece of waxed paper. Coat the fish fillets with the flour.
3. Heat the oil in a large skillet over medium heat. Add the fish and sauté for 3 minutes. Turn and sauté 3 minutes longer or until fish is opaque in center and flakes easily with a fork. Serve hot, with lemon wedges on the side.

Fish Stew ♦♦♦♦♦♦♦

sweet and spicy

Ingredients:

- chicken broth [or BTD compliant substitute]
- brown rice
- onions
- garlic
- sea salt
- carrots
- rutabagas
- mushrooms [compliant for your type]
- sardines
- Italian seasonings by McCormick [check for avoids]

How to make it:

1. I sauteed some onions and garlic together.
2. Then I sprinkled some 'Italian seasonings' by McCormick onto the onion.
3. Next, I poured in one cup of Chicken broth and I brought one cup of brown rice to a boil.
4. I also poured in a large helping of leftover root soup (rutabagas, carrots, onion, garlic, etc.)
5. I threw in some freshly sliced mushrooms
6. 40 minutes later, I sprinkled a little more Italian seasoning in, just a little salt, and a can of sardines.

Flax Pizza Crust ♦♦♦♦

Awesome individual pizza crust started in the microwave and finished in the oven..and no grains.

Ingredients:

- 3 Tablespoons Flax meal
- 2 Tablespoons Parmesan Cheese
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Onion Powder
- 1/4 teaspoon Baking Powder
- 1 teaspoon Granular Splenda (optional)
- 1 teaspoon Italian Seasoning
- 1 egg
- 2 teaspoons water
- 1-2 teaspoons olive oil (EVOO)
- Toppings

How to make it:

1. Heat oven to 350 degrees.
2. Mix the dry ingredients; add the egg, water.
3. Oil Spray a microwave dinner plate with cooking spray. Spread the batter on the plate in a circle.
4. Microwave on High 1 minute 40 seconds.
5. Meanwhile heat a little oil in a medium skillet, on medium heat; slide the crust off the plate into the skillet.
6. Brown on both sides.
7. Place the crust on baking sheet, add toppings of your choice, bake for about 15 minutes until hot and bubbly.

Fried Cod ♦♦♦♦

A good fish with a little crunch

Ingredients:

- Fish, Cod, 1 1/2 4 6-oz. fillets pounds
- Flour, Rice, 1/3 brown cup(s)
- Salt, Sea, 1/2 fine teaspoon
- Oil, Olive, 2 tablespoon
- Lemon, 1 quartered

How to make it:

1. In a large bowl, toss the cod fillets with the flour and salt until evenly coated.
2. Heat the oil in a large skillet over medium heat. Add the fillets and cook 2 to 3 minutes or until the underside starts to brown. Turn and cook 2 to 3 minutes longer or until the fish is opaque in the center and flakes easily when cut with a fork.
3. Serve with lemon wedges.

Fried Pollock ♦♦♦♦

A fun meal to prepare, testing your skill as a cook and rewarding you at the same time.

Ingredients:

- Egg(s), 1
- Salt, Sea, 1/2 fine teaspoon
- Fish, Atlantic Pollock, 24 4 6-oz. fillets ounce(s)
- Flour, Oat, 1/2 cup(s)
- Oil, Safflower, 2 tablespoon
- Lemon, 1 quartered

How to make it:

1. In a medium bowl, beat the egg and salt until well blended. Add the pollock fillets and turn to coat with egg.
2. Spread the flour on a large plate or piece of waxed paper. Coat the fish fillets with the flour.
3. Heat the oil in a large skillet over medium heat. Add the fish and sauté 3 minutes longer or until fish is opaque in center and flakes easily with a fork. Serve hot, with lemon wedges on the side.

Fried Rice ♦♦♦♦♦♦♦♦

Ingredients:

- 2 Tablespoons of any neutral flavor compliant oil (I like to use canola oil) OR water as needed
- 1/2 Cup each, diced carrot and green peas (if you use frozen you do not need to thaw them)
- 1/2 cup of any compliant mushroom(s)*, sliced
- 1/2 cup onion, cut into any shape you want as long as it's small enough to eat in one bite
- 1 teaspoon grated fresh ginger root or ground ginger (I think the fresh tastes better, but both work)
- 1/2 teaspoon dry mustard (mustard powder)
- 3 cups of cooked and well chilled rice, broken up into grains (not hunks, chunks, balls, or blobs)
- 3-4 eggs, slightly beaten OR 1-2 eggs, slightly beaten and 1 cup of cooked, diced dark turkey meat (I prefer not to use ground turkey, but it will do in a pinch)
- 1 Tablespoon plus 1 teaspoon soy or wheat-free tamari sauce (personally, I like Yamasa brand soy the best, but I have also used tamari and it tastes fine, too)
- dark sesame oil for the blood types that can have it
- 1-2 green onions, green and white part, sliced thin using a diagonal cut (optional garnish)

How to make it:

1. Prepare all of the ingredients before you actually start making this recipe (cup up the vegetables, find and measure out the spices, crack the eggs into a bowl and beat them a little, etc.)
2. Preheat the neutral oil over medium heat in a large pan. If you chose to use water, start out with about 1/4 Cup, but have more water easily accessible to add to the pan as needed because it will evaporate before you are done cooking.
3. When the oil (or water) is warm, add the vegetables. Sprinkle them with the ginger and mustard. Mix everything together very well in the pan.
4. When the vegetables are about half as cooked as you would like for them to be, add the cold rice to the pan and mix it into the vegetables. Then, add the turkey meat if you are using it.
5. When the rice has had time to reheat, push everything in the pan off to one side and add the eggs. Let them sit and cook for a bit in the pan, then start moving them around a bit like you are making scrambled eggs, but try not to mix them into the rice and vegetables.
6. Once the eggs are almost cooked, gently mix them into the rest of the items in the pan.
7. Sprinkle the soy sauce (or tamari) over the rice mixture.
8. Place 1/4 of the mixture onto or into your serving dish.
9. If sesame oil is not an avoid for your blood type, sprinkle the top with a bit of oil, if sesame oil is not a good idea for your blood type then just skip this part.
10. Garnish the top of the rice with some of the green onion. Serve with additional soy sauce and/or tamari.

*if this meal is intended for blood types that should have different types of mushrooms these can either be left out of the recipe entirely or you can cook them separately in another pan (or pans) and then mix the correct type of mushroom into each serving (just before adding the green onions if you are using them).

NOTE: As you get more familiar with this recipe, if you do not use a non-stick pan, you can cook this much faster on a high heat setting. DO NOT increase the cooking temperature until you feel that you are ready to do so...if you do not give yourself time to familiarize yourself with this dish, you could easily set of the smoke alarm.

Ginger-Soy Tofu with Peanuts ◇◇◇◇◇◇

A fun, tasty dish.

Ingredients:

- Oil, Olive, 2 light tablespoons
- Tofu, firm, 1 cut into thick slices pounds
- Soy Sauce, 1 tablespoon
- Garlic, minced, 1 clove(s)
- Ginger root, 1 grated fresh or 1/2 tsp. ground ginger tablespoon
- Nuts, Peanuts, 1/2 unsalted, dry-roasted cup(s)

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the tofu and sauté 3 minutes or until somewhat crisp on the bottom. Meanwhile, in a small cup, combine the soy sauce, garlic, and ginger. Turn the tofu, brush with soy sauce mixture, and sauté 2 minutes longer. Transfer to serving plates and sprinkle with peanuts.

Gravlax ◇◇

This is not smoked salmon but cured. Salt or a citrus juice can cure fish, they act as a catalyst and invariably they are not absorbed into the fish in any great extent.

Ingredients:

- 1 whole fresh salmon 4 pounds
- 1/3 cup sugar
- 1/3 cup coarse sea salt
- 1 bunch fresh dill
- 2 rectangular 12 inch long Pyrex dishes
- 2 large rubber bands
- 1 black plastic bag
- 2-5 pound weights or 2 bricks

How to make it:

1. I don't know where you are located, but go to your local fish store and buy a whole fresh salmon. Better if you see them bring it out and fillet it in front of you. Filleted each side should be a little over 2 pounds. You'll need:
2. Wash the salmon under cold water.
3. Remove the pin bones with your fingers, pliers or tweezers. You can feel these bones if you rub your fingers up and down the fish. Cut off any excess fat on the edge.
4. Mix the sugar and salt together in one cup. In the 12 inch dish sprinkle some of the sugar and salt and lay some of the dill in the dish. Place one side of salmon skin side down on top of the above.
5. Sprinkle some more of the sugar and salt mixture on this piece, lay on some more dill, and grind on some fresh pepper.
6. Place the second side on top of the first side-flesh to flesh- head ends to tail end, sprinkle the balance of the salt and sugar mixture on top and lay on some more dill. Take the other 10 inch glass dish-bottom side down and put on top of the fish. Wrap rubber bands around to hold the dishes in place.
7. Put it all into a black plastic bag. Fold the ends of the bag under the glass dishes and put into the refrigerator for 25 HOURS. Not 24, not 26 but 25 hours.
8. Put the bricks or the weights on top.
9. Every 8 hours or so take it all out unwrap and flip the fish. DO NOT drain any of the liquid. (There will be 2-flips) I usually make this at 4 in the afternoon, flip it at 12 midnight, flip it in the morning and by five the next day I unwrap it all and wash off all residue.
10. You now have cured salmon, you can freeze a half for up to 2 months.
11. We use a very sharp long knife and cut thin slices. In my previous life(before PD's book) we would get some fresh black bread, fresh sweet butter, capers, chopped red onion....it makes a fabulous repast with frozen vodka. Bread, buttered, onions, capers and a slice of salmon. If you leave it too long in the refrigerator it falls apart and if you take it out too soon it is not cured. We have experimented with other spices. We like it with dill the best. Bon appetite!!!
Elliot

Green Leafy Pasta ◇◇◇◇◇◇

Ingredients:

- 1 pound jerusalem artichoke pasta
- 1/4 cup olive oil
- 2 leeks washed and sliced [omit for BT]
- 2 cloves garlic chopped
- 1 bunch spinach washed and rinsed
- 1 bunch swiss chard washed and trimmed
- sea salt
- romano cheese

How to make it:

1. Bring large pot of water to a boil
2. Cook the vegetables as you cook the pasta, drain, and dress with a little oil
3. In a large skillet, heat oil over med. heat
4. Add leeks, turning to coat with the oil, and cook them gently several minutes until they begin to soften and wilt
5. Add the garlic and stir
6. A few moments later, add the spinach and swiss chard, tossing to coat with oil and garlic
7. The greens will begin to wilt
8. Steam uncovered several more min. until greens are fully cooked
9. Season to taste and grate on some romano
10. Serves 4

Green Vegetable Pasta ◇◇◇◇◇◇

Adding vegetables to a pasta dish enhances the nutritional value as well as the enjoyment of your meal.

Ingredients:

- 1/4 cup Extra Virgin Olive Oil
- 2 Scallions sliced
- 1 pound Asparagus, trimmed and cut on the diagonal into 1 inch pieces
- 2 Green zucchini sliced on the diagonal
- 4 Artichoke Hearts, quartered
- 1 pound Jerusalem Artichoke Pasta
- Sea Salt
- 1/4 cup chopped fresh Basil
- grated Romano Cheese

How to make it:

1. Bring large pot of water to a boil
2. In a large skillet heat oil over med. heat
3. Add scallions and cook gently until wilted, about 3 minutes
4. Add asparagus, zucchini, and artichoke hearts, cook 3 more minutes
5. Meanwhile cook and drain pasta
6. Toss pasta with a little olive oil and season with sea salt
7. Cover and keep warm
8. The vegetables should be tender but still a little crisp
9. Toss with pasta, sprinkle on the basil, and serve with grated cheese
10. Serves 4

Greens and Beans ◇◇◇◇◇◇◇◇◇◇

Delicious weekend brunch or quick dinner.

Ingredients:

- 1 Tablespoon olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 bunch greens (collards, beet greens, spinach, kale)
- 1 Tablespoon miso, dissolved in 1/2 cup warm water
- 1 cup cooked black beans [or BTB compliant bean for your type]
- 1 cup cooked brown rice

How to make it:

1. Heat oil over medium heat.
2. Add onions, saute until soft.
3. Add garlic, saute for about a minute, then add washed and coarsely chopped greens.
4. Reduce heat and add miso dissolved in water.
5. Let simmer until greens are limp.
6. Add beans and rice, mix, heat through and serve.

Comments:

Additional seasoning is not really necessary because of the intense miso flavor. This also works well with fresh organic eggs poached on top of the greens instead of (or in addition to) the beans and rice.

Serves 2.

Grilled Atlantic Salmon ◇◇

A quick, simple salmon dish.

Ingredients:

- Fish, Salmon fillet, 6 wild Atlantic ounce(s)
- Oil, Olive, 1 teaspoon
- Tarragon, fresh, 1 chopped teaspoon

How to make it:

1. Preheat the broiler. Place the salmon fillet on a foil-lined broiler pan. Brush with olive oil.
2. Broil 4 inches from the heat for 3 to 5 minutes or until the salmon is just opaque in the center.
3. Sprinkle salmon with tarragon and serve.

Grilled Chicken with Basil Dressing ◇◇◇◇◇◇

The basil dressing makes this taste like you're fine dining at a posh restaurant! Easy recipe and serves 6.

Ingredients:

- 2/3 cup extra virgin olive oil (light can be used)
- 3 Tablespoons plus 1/4 cup fresh lemon juice
- 1 teaspoon, grated lemon zest
- 1 1/2 teaspoons fennel seeds, coarsely crushed
- 1 1/2 teaspoons sea salt
- 6 boneless/skinless chicken breasts or turkey cutlets
- 1 cup lightly packed fresh basil leaves
- 1 large clove garlic

How to make it:

1. Whisk 1/3 cup of olive oil, lemon juice, fennel seeds, 3/4 teaspoon sea salt in a heavy-duty re-sealable plastic bag.
2. Add the chicken (or turkey) and seal the bag to marinade.
3. Refrigerate for at least 30 minutes up to 1 day, turning the meat occasionally.
4. Prepare the grill or oven (375 degrees) and bake meat until thoroughly cooked.
5. Transfer the meat to platter and drizzle the basil dressing over and serve.
6. Add brown basmati rice and string beans for a complete meal!
BASIL DRESSING: Meanwhile, blend the basil, garlic, lemon zest and remaining 1/4 cup lemon juice, 3/4 teas. salt in a blender (or whisk) until smooth. Gradulally blend in the remaining 1/3 cup olive oil. Add more salt to taste, if desired.

Grilled Chinook Salmon (4 oz.) ◇◇◇◇

A tasty fish dish.

Ingredients:

- Fish, salmon fillet, 16 4-oz. fillets, chinook variety ounce(s)
- Oil, olive, 2 tablespoon
- Salt, sea, 1/4 fine teaspoon
- Lemon, 1 quartered

How to make it:

1. Preheat the broiler or grill. Place the salmon on foil-lined broiler pan and brush with 1 tablespoon of the oil. Turn fillets and brush with remaining oil. Sprinkle evenly with salt.
2. Broil 3 to 4 minutes on each side, turning once, until salmon is opaque in the center and flakes easily when touched with a fork. Serve with lemon wedge on the side.

Grilled Salmon ◇◇◇◇◇

Salmon is fantastic when cooked on the grill.

Ingredients:

- Oil, Olive, 2 teaspoon
- Fish, Salmon Fillet, 4 Chinook, Alaskan, or Sockeye variety ounce(s)
- Salt, Sea, 1/8 teaspoon
- Dill Weed, fresh, 1 chopped teaspoon

How to make it:

1. Preheat an indoor or outdoor grill. Brush the oil on the salmon and sprinkle with salt.
2. Grill 6 to 8 minutes or until salmon is cooked through. Sprinkle with dill and serve warm.

Hearty Soy Bean Casserole ♦♦♦♦♦♦♦♦♦♦

Healthy winter casserole.

Ingredients:

- 125 grams dried soy beans
- 2 teaspoons miso
- 1/2 cup rolled oats
- 1/2 cup frozen/fresh peas
- 1 medium turnip
- 6 leaves bok choy (or collards)
- 2 medium carrots
- 2 medium slices pumpkin
- small zucchini
- 1 medium onion
- 1 clove garlic
- 1 teaspoon parsley (as much as you like)
- 1 teaspoon tarragon
- 1 teaspoon thyme

How to make it:

1. Once soy beans are cooked, drain and rinse.
2. In a medium sized casserole dish dissolve 1 teaspoon of miso with boiling water.
3. Add soy beans.
4. Add rolled oats and stir.
5. Chop or medium dice the vegetables, slice the onion, crush garlic and add to casserole.
6. Top up with water and add the herbs.
7. Taste halfway though cooking and add more herbs accordingly.
8. Cook at 150c oven for at least 2hours.
9. Stir occasionally and after 1-1/2hours check the flavour of the stock.
10. At this stage I have found it necessary to add the other spoon of miso.
11. Serve hot.

Hearty Tofu Stir-Fry ◇◇◇◇◇◇◇◇

Very tasty dish that makes you want more!

Ingredients:

- 1 clove diced garlic
- 1/2 cup thinly sliced onion
- 1/2 cup chopped Green onions
- 3 Tablespoons olive oil
- 1 Tablespoon sesame seed oil [omit for BT]
- 8 ounces cubed extra firm tofu
- 1/2 cup Broccoli pieces, broken to bite-size
- 1/2 cup Carrots - Fresh or frozen
- 1 cup pre-cooked durum wheat spaghetti pasta or brown rice
- 1/4 cup soy sauce
- 1 teaspoon ginger powder (adds nice color) or can use fresh ginger
- juice of 1/2 lemon
- 1 Tablespoon Molasses
- sliced almonds

How to make it:

1. Heat olive oil over medium heat, add garlic and onions and cook until slightly brown.
2. Add cubed tofu and sesame seed oil.
3. Cook for a minute or two and then add soy sauce and ginger.
4. Continue cooking until tofu is lightly browned.
5. Add pre-cooked pasta (or rice).
6. Stir gently to allow pasta to heat thoroughly then add lemon juice and molasses.
7. Allow flavors to blend together over medium heat.
8. Sprinkle sliced almonds on top and serve immediately.

Herb Grilled Chicken Breast ◇◇◇◇

Great chicken grilling!!

Ingredients:

- 4 -6 Large skinless Chicken Breast
-
- Sauce For Chicken
- 1 cup Olive Oil
- 1/2 cup Soy Sauce
- 1 tbls Garlic Powder
- 1 tbls Parsley

How to make it:

1. Wash chicken breast good and set aside. Make sauce and stir mixture. Get grill hot. Put chicken on grill and put sauce on top. Keep adding sauce as you flip chicken. Cook until there is no red or blood left in chicken. Apprx 20 min
- 2.
3. So moist and tasty.

Italian Chicken ♦♦♦

serves 4 to 8

Ingredients:

- 3 Tbsp. olive oil
- 1 chicken cut into 8 pieces
- 6 to 8 cloves garlic crushed and peeled
- 1/2 tsp. chopped fresh rosemary
- salt
- water or chicken broth

How to make it:

1. Heat 1 Tbsp. oil in heavy skillet over low heat
2. Add chicken and cook several minutes
3. When they begin to color, add remaining oil and garlic
4. Turn chicken in the oil, sprinkle with rosemary and salt
5. Add 1/2 to 1 cup water or stock and let come to a boil, then reduce heat and cover
6. Cook chicken 35 to 45 minutes, checking frequently to make sure there's still liquid in the pan
7. Add liquid as needed in small amounts(1 to 2 Tbsp)
8. Chicken will fall away from the bone, transfer chicken to dinner plates and deglaze the pan with a few Tbsp. of water or wine, pouring pan liquid over chicken as sauce

Kid Friendly Grilled Salmon on a Stick! ♦♦♦

Yes, I know - this is insanely easy. But my kids thought it was neat and they won't touch salmon baked or poached. If the skin bothers the kids, it will peel off nicely after it is cooked. Serve with a nice green salad.

Ingredients:

- One large salmon - ocean caught
- olive oil
- garlic powder
- sea salt

Supplies/Utensils:

- non stick indoor grill
- wooden sticks (I have forgotten what they are called?! skewers?)

How to make it:

1. Preheat grill, brush with olive oil.
2. Leave the skin on one side of the salmon. Cut into one inch strips.
3. Stick pieces on skewers. Wash hands and spice liberally.
4. Place skewers, meat side down, onto grill.
5. Do not flip too soon! Let the meat get nice and brown before flipping over.
6. On my gas stove top, I started the grill on 4 and then turned it down to 3.

Lean, Mean, and Green Beneficial Dinner ♦♦♦♦♦♦♦♦

Delicious easy dinner that offers a tone of beneficial foods in one tasty serving! Green Pesto cleverly hides kale and spinach and is poured over a grain and veggie bowl!

Ingredients:

- 1-2 cups Frozen spinach
- 1 Garlic clove
- 2 Tablespoons Walnuts
- 1 Tablespoon Lemon Juice
- 1 teaspoon Dried basil (or a few leaves fresh)
- 3 Kale Leaves
- 1/2 Tablespoon Olive Oil (I use rosemary flavored)
- Serving Cooked Quinoa
- Serving Steamed Broccoli (fresh or frozen)
- 1 Leek, sliced and sauteed

How to make it:

1. Cook your quinoa.
2. Steam the broccoli.
3. Sautee the leek and pile a serving size into a bowl.
4. Add the top seven ingredients to a blender or food processor and puree.
5. You can either drizzle in extra olive oil as needed to thin, or add water to cut calories.
6. Top your dish with pesto mixture.
7. Sprinkle on a few crumbled walnuts for decoration.

NOTE:

You can easily sub Kasha, Brown Rice or other grains. Great over brown rice pasta too! Any steamed veggies are perfect in your bowl. Instead of walnuts try almonds, pine nuts, or other favorites. Experiment with flavored Olive Oils!

Lentil Bake ♦♦♦♦♦♦♦♦

A tasty meatless loaf

Ingredients:

- 3/4 cup Brown Lentils
- 1/2 dessert-spoon Miso
- 1 medium Carrot
- 5cm piece Zucchini
- 1 small Apple
- 2 teaspoons dried Thyme
- 2 teaspoons Paprika
- 2 dessert-spoons Tahini [or BTD compliant substitute]
- Soy Sauce [or wheat-free tamari]
- Breadcrumbs [try Ezekiel bread]

How to make it:

1. Soak brown lentils in water for about 1 to 2 hours (this is not necessary but does reduce the cooking time).
2. Drain, rinse, and put into a medium saucepan, cover well with water, and bring to the boil.
3. Add the miso.
4. Simmer for about 30 minutes, they need to be very tender.
5. Drain and reserve stock.
6. Preheat oven to 160C or 325 degrees F.
7. Mash lentils in a bowl, it doesn't matter if they are not all completely mashed leaving some whole adds to the texture.
8. Grate carrot, zucchini and apple into the mixture and mix well.
9. Add thyme, paprika, and tahini, again mixing well.
10. Add a little wheat-free tamari and enough of the stock to make a soft, but not wet, mixture and enough of the breadcrumbs so that the mixture holds together but is not dry.
11. It should leave the sides of the bowl and feel a little moist.
12. Brush oil onto a 40cm long piece of foil, making sure to oil to all the edges, then turn out the mixture.
13. Press into a shape about 30cm long and 8-10cm wide (oblong or terrine shaped).
14. Then fold the sides of the foil over tuck the ends in and gently slide onto a baking tray.
15. Bake for 1-1/4 to 1-1/2hours.
16. Take out just before serving and very carefully peel the foil back; the result should be a browned, lightly crusted coating.
17. This will also cook in a loaf tin approx. 13cm x 26cm, make sure to cover with foil, this cooks in the same time. However you will not get a 'crusty' coating.
18. Serves 4.

Lentil Millet Brown Rice 'Meat'Loaf ♦♦♦♦♦

A thick, hearty, vegetarian loaf. Delicious sliced and served warm. Very easy to make and easy to modify for your blood type!

Ingredients:

- Lentil Millet Brown Rice 'Meat'Loaf
-
- 1 Cup Dry Lentils
- .5 Cup Dry Millet
- .5 Cup Dry Brown Rice
- 4 Cups Water
- 1 Small Onion
- 2 Cloves Garlic
- 2 Thin Carrots
- 2 Stalks Celery
- .5 Cup Chopped Walnuts (toasted or raw)
- 3 Egg Whites (or flax goo)
- Approx 2T seasonings (I used 1.5 tsp cumin, 1.5tsp mustard, 1tsp basil, 1tsp parsley, 1tsp rosemary, .5tsp garlic powder, .5tsp Alsosalt (or use sea salt)
- OPT - Other blood types might want to add tomato paste, tomato sauce, other herbs, and switch up the veggies and nuts. I'm sure other grains like quinoa would do nicely in this.)
-

How to make it:

1. Preheat over to 350 and spray loaf pan with olive oil spray
2. Bring 4 cups water to boil and add the dry millet/lentil/rice, simmer one hour covered.
3. Saute veggies then set aside.
4. Toast and chop walnuts and set aside.
5. Mix lentil/millet/rice mush with nuts, veggies, and add your seasonings. Taste and get your flavor right before adding the eggs.
6. Add eggs. Texture should be thick and moist, if too dry add more water, if too wet add a few tablespoon rice flour.
7. Smoosh down into loaf pan and bake about 1 hour.
8. Remove and let cool before slicing.
- 9.
10. Serve with all natural ketchup, homemade gravy, or even with agave syrup for breakfast!
- 11.
12. Great as leftovers! A trick is to take a leftover slice from the fridge and put it in a pan with some non-stick oil and grill on both sides. Or also you can toast a slice in a convection oven.
- 13.

Lentil Stew ◇◇◇◇◇◇

A quickly prepared, hearty vegetarian stew that satisfies as a complete meal, with an 'I Want More!...' quality. This is also my 'Chicken Soup', consumed at the slightest tickle, it works for me as a preventative of whatever is going around. The only down side of this recipe is that I can't stop eating it!

Ingredients:

- 2 large onions, chopped
- 2 large carrots, sliced round
- 1 head of garlic
- 1 package (16 ounces) lentils
- 1-2 Tablespoons olive oil
- 1 teaspoon each marjoram, thyme or to taste (Bell's Seasoning may substitute for Marjoram and Thyme)
- sea salt to taste
- water
- 1/4 cup red wine

How to make it:

1. In a crock pot, stock pot or dutch oven saute onions and carrots in a large fry pan or dutch oven with olive oil until the onions are translucent. I like to leave them just a little bit crunchy. It's okay if they turn a little caramel in color on the edges but do not brown the onions.
2. In the meantime peel and cut the garlic cloves in half or quarters to release the flavor. (it's very good, but not necessary to use all the cloves in a head of garlic, but I use as many as I can--time permitting.) Let garlic saute with the onion and carrot mixture for about 2 minutes, then add about a teaspoon each of thyme and marjoram and add about 2 teaspoons of sea salt.
3. Test and add salt to taste if needed, after lentils are done, before the last 15 minutes of cooking.
4. Mix and let it cook for another 2-3 minutes.
5. Mix in the lentils, and let them warm.
6. Scoop the whole mixture into a crock pot if using one (you can use a regular pot, but it requires more frequent stirring.) cover with water up to about 4-5 inches from the top. Cover and cook on high for 45 min. or until lentils are done.
7. Stir in 1/4 cup of red wine, and let it simmer for about 15 more minutes. Serves 4-6.

Note:

8. This recipe does not have to be very precise, ingredients can be adjusted according to taste.

Meatloaf ◇◇◇◇◇◇

An easy to make substitute for conventional meatloaf.

Ingredients:

- 2 pounds Ground Turkey
- 2 Egg Beaters
- 1 package Onion Soup Mix [check for avoids]
- 1 cup more or less Amaranth Flakes
- 1 cup Brown Rice cooked
- 1/4 to 1/2 cup Oat Bran

How to make it:

1. Preheat oven to 350 degrees F.
2. Mix all the Ingredients together and add a little water if necessary.
3. Bake in pan for about 45 minutes.

Noodles with bean sauce ◇◇◇◇◇

Ingredients:

- Cooked rice noodles
- Cooked pinto beans [or BTD compliant substitute]
- ghee or olive oil
- parsley
- diced onion
- garlic
- sea salt

How to make it:

1. Throw rice noodles in a non stick pan with a little ghee or olive oil
2. Puree cooked pinto beans in a chopper or blender, then add some diced onion, garlic and sea salt
3. Add some rinsed parsley
4. Add olive oil as you chop
5. Pour the bean mix into the warmed noodles and stir.
6. If you can eat cheese, I would have thrown some grated cheese on top

Oily Veg ◇◇◇◇◇

We are currently experiencing our late summer Zucchini glut and trying to find out what to do with them all. Bring out the old standby, what we call in our house 'oily veg'.....

Ingredients:

- Cooked rice noodles
- Assortment of vegetable including Zucchini/squash, carrot, onion, green Beans
- Diced Tofu
- Olive oil

How to make it:

1. Saute veg and tofu in olive oil to give a lovely oily sheen, toss the cooked pasta into the pan and stir briefly to mix.
2. Serve with a mixed green salad, guaranteed to have olive oil dribbling down your chin.

Ostrich Tenderloin with Honeyed Beets and Onions ♦♦♦♦♦

This meal is one of my favorites. It is so delicious!

Ingredients:

- Ostrich, tenderloin fillets, 24 cut into 4 equal-sized portions ounce(s)
- Lemon Juice, 2 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Beets, 4 sliced
- Onion(s), 2 halved and sliced
- Honey, 2 tablespoon

How to make it:

1. Preheat the broiler. Place the ostrich in a medium bowl. Add lemon juice, oil, and salt and turn the meat to coat. In another medium bowl, combine the beets, onions, and honey and stir gently to mix well.
2. Place the tenderloin on a foil-lined broiler pan. Broil 3 minutes. Turn tenderloin over. Surround with beets and onions.
3. Broil 3 to 4 minutes longer or until ostrich is just cooked (medium) and vegetables begin to char. Serve immediately.

Oven Steamed Whiting ♦♦♦♦♦♦♦

Steamed whiting with spinach, onion and mushrooms.

Ingredients:

- 1 pound whiting fillets
- 2 cups baby spinach
- 1 chopped onion
- 1 cup sliced mushroom
- ginger juice or minced ginger
- minced garlic
- 4 Tablespoons sesame oil
- splash soy sauce

How to make it:

1. Preheat oven to 350 degrees.
2. Use parchment paper or aluminum foil to make 2 envelopes. Put 1/2 pound of fish in each.
3. Pour the sesame oil over each.
4. Seal envelopes leaving small opening to vent and put in oven 10-12 minutes.
5. Take out and add spinach, chopped onion, mushrooms, ginger and garlic to taste with a splash of soy sauce to each envelope.
6. Return to oven for another 5-7 minutes or until fish flakes with a fork.

Pan-Seared Tuna ◇◇◇◇◇◇

A very popular dish that's loaded with flavorful ingredients.

Ingredients:

- Oil, Olive, 3 tablespoon
- Lime Juice, 2 fresh tablespoon
- Soy Sauce, 1 tablespoon
- Ginger, Minced, 1 teaspoon
- Ginger, Ground, 1/2 teaspoon
- Garlic, Minced, 1 teaspoon
- Fish, Tuna, Yellowfin, 24 four 6-ounce steaks ounce(s)
- Cilantro, 2 chopped tablespoon

How to make it:

1. In a large bowl, combine 2 tablespoons of the olive oil with the lime juice, soy sauce, garlic, and ginger. Add the tuna steaks and turn to coat. Let marinate at room temperature for 20 minutes or in the refrigerator for up to 2 hours.
- 2.
3. Heat the remaining 1 tabespoon of oil in a large skillet over medium-high heat. Add the tuna to the skillet and cook 1 minute. Reduce the heat to medium and cook 3 minutes. Turn the tuna and cook 3 to 5 minutes longer or until just cooked in center. Transfer to serving plates and sprinkle with cilantro.

Pinto Bean Delight ◇◇◇◇◇◇

Ingredients:

- olive oil
- white onion - diced
- minced garlic (I love garlic - one heaping tablespoon)
- cooked pinto beans (1/2 to 1 cup)
- sea salt
- brown rice (1 cup)
- finely chopped parsley (a lot)
- alfalfa sprouts
- dry mustard powder (optional)

How to make it:

1. Saute onions and garlic. Add cooked beans. Add salt.
2. After about five minutes, pour two cups of water into pan and add one cup of brown rice. Cook for 40 minutes.
3. Remove cover and add the chopped parsley and alfalfa sprouts.
4. Simmer five minutes, taste. I was surprised that it tasted good enough at this point. In my humble opinion, no other seasonings were required.
5. After the fact, I added a little bit of mustard powder and decided that was great for me, but too strong for my little one.

Pompano with Ginger-Lime-Soy Sauce ◇◇◇◇◇◇◇◇

A tasty fish dish.

Ingredients:

- Honey, 1 tablespoon
- Lime juice, 1 tablespoon
- Soy Sauce, 1 tablespoon
- Ginger root, 2 grated teaspoon
- Garlic, minced, 1 teaspoon
- Oil, Olive, 2 tablespoon
- Fish, Pompano, fillets, 1 1/2 6 4-oz. fillets pounds
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. In a small bowl, combine the honey, lime juice, soy sauce, gingerroot, and garlic.
2. In a large skillet, heat the oil over medium heat. Add the fish fillets and sprinkle with salt. Saute 2 minutes or until underside is golden.
3. Turn fillets and brush evenly with soy mixture. Cook 2 to 3 minutes longer or until fish is opaque and flakes easily when touched with a fork.

Poultry Fried Rice ◇◇◇◇◇◇◇◇

Get creative and add whatever vegetables you have around. Frozen peas can be easily substituted for pea pods. The secret to use is cold white rice.

Ingredients:

- 1 teaspoon sesame oil
- 1/2 yellow onion, chopped
- 2 chicken breasts (or other pieces), chopped [or turkey]
- 2 Tablespoons soy sauce
- 1 large carrot, diced
- 2 stalks celery, chopped
- 1-2 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 1/2 cup fresh pea pods, halved
- 1/4 cup slivered almonds
- 3 1/2 cups cooked white rice, cold
- 2 eggs
- 3 Tablespoons soy sauce [or tamari]

How to make it:

1. Heat oil in a large skillet over medium heat.
2. Add onion and saute until soft.
3. Add chicken and 2 Tablespoons soy sauce and stir fry for 5-6 minutes.
4. Stir in celery, peas, carrots, garlic, and ginger and stir fry another 5 minutes.
5. Then add rice and stir thoroughly.
6. Scramble eggs in a separate pan, then add eggs and 3 Tablespoons soy sauce to stir fry mixture.
7. Heat through and top with almonds.
8. Enjoy!

Poultry and Pesto Pasta ♦♦♦♦

Poultry and pesto pasta.

How to make it:

1. 50 grams chopped Chicken meat [or turkey]
2. 1 jar ready prepared Pesto [check for avoids]
3. 2 Tablespoons Olive Oil
4. 1/2 cup of Red Wine
5. 500 grams Pasta [Rice or Spelt]
6. Sea Salt

Poultry and Rice ♦♦

Variation of Southern Style Chicken and Rice

Ingredients:

- boneless chicken breasts [or turkey]
- 1 cup wild rice blend [or plain rice]
- 2 cups chicken broth
- pinch salt

How to make it:

1. Bring chicken broth to a boil.
2. Add chicken breasts.
3. When chicken breasts have completely cooked, add rice.
4. Reduce heat to low simmer and continue to cook for 30 to 40 minutes, stirring occasionally.

Quinoa Tempeh with Rice Noodles ◇◇◇◇◇◇

Serves 4

Ingredients:

- 1 Package Tempeh
- 2 Tbsp. Olive Oil
- 1 Onion thinly sliced
- 2 cloves Garlic crushed and peeled
- 3 Tbsp. chopped fresh Cilantro
- 2 Portobello Mushrooms
- 1/4 cup dry cooking Sherry
- 1 package fresh Spinach cleaned and chopped
- 1 Tbsp. Tamari sauce
- 1 lb. Rice Noodles

How to make it:

1. Bring a large pot of water to a boil
2. Boil tempeh 5 to 10 min.
3. With a large slotted spoon, lift tempeh out of boiling water, reserving water for the noodles set tempeh aside
4. In a large skillet heat oil over med. heat
5. Add onion, garlic, cilantro, and mushrooms and saute
6. Slice the tempeh and add to the mixture
7. Add sherry, spinach, and tamari
8. Cover and simmer 15 min.
9. Meanwhile cook noodles according to directions
10. Divide noodles among plates and serve with tempeh and vegetables

Rice Sticks and Tofu with Vegetables ♦♦♦♦

Serves 4

Ingredients:

- MARINADE
- 1/2 cup Tamari Sauce
- 1/3 cup Rice Wine
- 1 Tbsp. Turbinado Sugar
- 5 cloves Garlic crushed and peeled
- 5 Scallions thinly sliced
- 1 inch piece fresh Ginger grated
- 2 Tbsp. Canola Oil
- 2 containers firm Tofu, drained
-
-
- 1 package Rice sticks
- 1 package fresh Spinach, washed and stemmed
- 1 lb. Green Beans
- 1/4 cup chopped fresh Cilantro

How to make it:

1. Combine marinade ingredients in med. bowl
2. Add tofu and marinate at least 1 hour
3. Preheat grill or broiler, cook tofu 5 min. on each side
- 4.
5. Steam the vegetables
6. Cook noodles according to directions
7. Drain and rinse in warm water, transfer to a platter
8. Arrange vegetables around the noodles
9. Slice tofu and place on top of noodles
10. Pour marinade over tofu and top with chopped cilantro

Rice with green peas and almonds ◇◇◇◇◇

This fancy rice dish is ideal for party catering or a special lunch or dinner. Preparation time: 5 minutes Cooking time: 30 – 40 minutes Serves: 4 – 5 people or 2 hungry people as a main course.

Ingredients:

- 1 cup [250ml] Basmati or other long-grain white rice
- 4 green cardamom pods or ½ teaspoon of ground cardamom
- 2 cups [500ml] water
- ¾ teaspoon [3ml] sea salt
- ¼ teaspoon [1ml] turmeric
- 3 Tablespoon [60ml] ghee or olive oil
- 1 x 4cm [1-1/2 inch] cinnamon stick [or BTD compliant substitute]
- 1/3 cup [85ml] slivered or sliced raw almonds
- 1 cup [250ml] fresh or frozen peas

How to make it:

1. Wash, drain, and dry the rice.
2. Crush cardamom pods lightly if using whole pods.
3. Bring the water, salt and turmeric slowly to a boil in a 2 litre/quart saucepan over moderate heat.
4. Heat the ghee or oil in another 2 litre/quart saucepan over moderate low heat. Fry the cinnamon stick, cardamom and almonds in the hot ghee/oil until the almonds turn golden brown.
5. Add the rice and sauté for about 2 minutes until the grains turn whitish.
6. Pour in the boiling salted turmeric water and fresh peas, defrosted frozen peas should be added after the rice has been cooking for about 10 minutes.
7. Stir, increase the heat to high, and bring the water to a full boil.
8. Immediately reduce the heat to low, cover with a tight fitting lid and gently simmer, without stirring for 15-20 minutes or until all the water is absorbed and the rice is tender and flaky.
9. Serve hot.

Roast Chicken With Garlic and Herbs ◇◇◇◇◇

So delicious and serves 4 to 6.

Ingredients:

- 1 large Chicken
- 10 cloves Garlic, crushed and peeled
- 2 Tbsp. Herbes de provence (or use Rosemary, Thyme, Marjoram, and Oregano)
- 1 tsp. Salt

How to make it:

1. Preheat oven to 375' F.
2. Prepare the chicken for baking, and rub with a little of the garlic.
3. Place remaining garlic in the cavity and season the chicken with the herbs and salt.
4. Bake 1 hr. and 15 min., or until juices run clear.
5. Allow to rest 5 to 10 min. before carving.

Roast Halibut and Cauliflower ♦♦♦♦

A quick roast of a delicate fish

Ingredients:

- Fish, Halibut fillets, 24 4 6-oz. fillets ounce(s)
- Oil, olive, 2 tablespoon
- Salt, sea, 1 fine teaspoon
- Cauliflower, 4 flowerets cup(s)
- Garlic, 2 minced clove(s)
- Lemon juice, 1 tablespoon

How to make it:

1. Preheat the oven to 500°F. Place the halibut fillets on a foil-lined rimmed baking sheet. Rub with 1 tablespoon of the oil. Sprinkle evenly with 1/2 teaspoon of the salt.
2. In a medium bowl, combine the cauliflower, garlic, lemon juice, remaining oil, and remaining salt. Toss to mix well. Place the cauliflower on the baking sheet in a single layer alongside the halibut.
3. Roast for 5 minutes. Turn halibut fillets and roast 5 minutes longer or until fish is opaque in the center and cauliflower is browned on the edges. Serve hot.

Roast Halibut with Sweet Peppers ♦♦♦

A simple and creative fish recipe which is perfect with any side for any occasion.

Ingredients:

- Fish, Halibut Fillets, 24 4 6-oz. fillets ounce(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1 fine teaspoon
- Pepper(s), Red, Bell, 4 cored
- Garlic, 2 minced clove(s)
- Lemon Juice, 1 tablespoon

How to make it:

1. Preheat the oven to 500°F. Place the halibut fillets on a foil-lined rimmed baking sheet. Rub with 1 tablespoon of the oil. Sprinkle evenly with 1/2 teaspoon of the salt.
2. In a medium bowl, combine the peppers, garlic, lemon juice, remaining oil, and remaining salt. Toss to mix well. Place the peppers on the baking sheet in a single layer alongside the halibut.
3. Roast for 5 minutes. Turn halibut fillets and pepper slices and roast 5 minutes longer or until fish is opaque in the center and peppers are slightly browned on the edges. Serve hot.

Roast Monkfish ♦♦♦♦

A great fish with a light, great marinade.

Ingredients:

- Oil, Olive, 2 tablespoon
- Garlic, minced, 1 tablespoon
- Fish, Monkfish, 24 4 6-oz. fillets ounce(s)
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. In a large bowl, combine the oil and garlic. Add the monkfish fillets and turn to coat. Marinate in the refrigerator for at least 6 hours or up to 24 hours.
2. Preheat the oven to 450°F. Arrange the fillets on a foil-lined baking sheet. Sprinkle with salt. Roast for 10 to 12 minutes or until fish is opaque in the center and firm to the touch.

Roast Turkey ♦♦♦♦

Ingredients:

- 1 14lb turkey, thawed. (Organic Valley for me...)
- 20 fresh, whole sage leaves (all I could find were dried... Oh well).
- 1 red apple, quartered. [O nonnies omit]
- 1 onion, quartered (i'm using a big purple one)
- 1/4 cup butter, softened (I'll be using Purity Farms Ghee, YUM!)
- 1/4 Cup olive oil (cold pressed, unrefined, and organic, Spectrum is a good brand to look for...)
- 1 Cup turkey, chicken, or vegetable broth.

Supplies

- a large and heavy roasting pan
- 1 cheesecloth, large enough to cover the bird.

How to make it:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse and pat dry bird, remove liver, giblets, and neck.
3. Decoratively insert 10 sage leaves under the skin.
4. Season the cavities. I'll be using Herbamare. You can use whatever suits your fancy.
5. Stuff the bird with the apple, onion, and remaining sage leaves.
6. Skewer shut cavities, rub the bird with soft butter (Ghee) and thank and bless it for sacrificing itself for you.
7. Mix the olive oil and broth in a small sauce pan. Soak the cheesecloth in the mixture, squeezing out the extra, and blanket the bird like a beautiful, and tasty mummy, ha ha. Save the extra liquid for basting.
8. Put bird on the lowest rack, in a large and heavy roasting pan. Immediately reduce heat to 325.
9. Bake for about 3 hours (17 minutes per pound for larger or smaller bird), basting with oil/broth mixture every 20-30 minutes.
10. During last hour of cooking, cover the roasting pan with foil to prevent over browning.
11. Bird is done when the breast meat hits 171 degrees, thighs should be at 180.
12. Save pan juice to drizzle over slices before serving. Enjoy!

Sauteed Monkfish ♦♦♦♦

Serves 4

Ingredients:

- 1.5 lb. monkfish
- 3 Tbsp. olive oil
- 1 tsp. dried oregano
- Brown rice or spelt flour
- 1 to 2 eggs
- salt

How to make it:

1. Cut fish into 1 inch cubes
2. Heat oil in heavy skillet over med. heat
3. Combine oregano and flour
4. Beat eggs well
5. Dip fish into egg, then roll in flour mixture
6. Saute gently, several min. on each side until batter is crisp and fish is done
7. Season with salt

Sauteed Vegetables with Rice Pasta ◇◇◇◇◇◇

Delicious, elegant and filling.

Ingredients:

- 1/4 cup olive oil
- 4 cloves garlic crushed and peeled
- 1/4 cup chopped fresh parsley
- 2 portobello mushrooms thinly sliced
- 1/4 cup sherry
- 1 container firm tofu
- 1 small head radicchio washed and sliced
- 1 bunch spinach washed well and tough stems removed
- sea salt
- 1 pound rice pasta
- romano cheese

How to make it:

1. Boil water for the pasta
2. In a very large skillet, heat the oil over low heat and gently cook the garlic, being sure not to darken the cloves
3. Add parsley and cook 2 minutes
4. Add mushrooms and cook until soft about 5 minutes
5. Add sherry and cook about 1 minute to burn off alcohol
6. Add tofu, radicchio, and greens
7. Turn the greens over as they cook
8. Cover and cook 10 minutes
9. Season with salt to taste
10. Meanwhile add the pasta to the water and cook according to directions
11. Drain and rinse, then toss with a little olive oil
12. Place pasta on the plate, then smother with vegetables
13. Top with grated romano
14. Serves 4

Simple Sesame Chicken ◇◇

Serve with rice or spelt noodles and a salad. Serves 4 to 8.

Ingredients:

- 8 chicken pieces or breasts on bone
- 2 Tbsp. soy or tamari sauce
- 3 to 4 cloves garlic, crushed and peeled
- 1/4 cup sesame seeds

How to make it:

1. Preheat oven to 375' F.
2. Put chicken pieces in a baking dish
3. Sprinkle each piece with soy sauce
4. Rub with crushed garlic
5. Sprinkle sesame seeds over top and bake 50 min. or until done

Soba Noodles with Green Onion and Sesame Sauce ◇◇

Chicken on the side, makes this dish wonderful.

Ingredients:

- Soba Noodles, dried, 8 ounce(s)
- Tahini (sesame seed paste), 1/4 cup(s)
- Water, 2 tablespoon
- Lemon Juice, 2 tablespoon
- Oil, Toasted Sesame, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Onion(s), Green, 1/2 chopped cup(s)

How to make it:

1. Cook the noodles according to package directions. Drain well.
2. Meanwhile, in a small saucepan, combine the tahini, water, lemon juice, sesame oil, and salt. Cook over low heat, stirring, for 1 minute or until well mixed and heated through.
3. Toss the drained noodles and green onions with the sauce and serve warm.

Spinach Omelet ◇◇◇

Tasty O friendly quick breakfast entree

Ingredients:

- 1-2 teaspoons olive oil
- 1 teaspoon crushed cayenne pepper
- 1 teaspoon cumin seed
- 1 cup fresh chopped spinach
- 2 eggs beaten
- salt is optional

How to make it:

1. Put oil in skillet over lo-med heat.
2. Add cayenne and cumin, cook and stir for 2-3 min.
3. Stir in spinach, cook for 1 min.
4. Spread pepper, cumin, spinach evenly in skillet.
5. Add eggs and cook to desired firmness, fold, remove and serve. (salt if desired while cooking)

Spinach Rolls ♦♦♦♦♦

You want a dish that your children will love, here it is. Great for you and tastes great!

Ingredients:

- 2 to 3 bunches of fresh spinach leaves washed and drained
- 1 lb ground turkey breast
- 1 cup rice uncooked (white or brown)
- 2 16 ounce cans chicken broth [or vegetable]
- 1 large onion white or yellow
- 2 cloves garlic
- 1 egg
- pinch sea salt

How to make it:

1. Wash spinach and drain, set aside, you can leave the stems on if you like.
2. In a large bowl, mix together-ground turkey breast, onion chopped, garlic chopped, rice uncooked pinch of salt, and egg.
3. Mix together.
4. Use a spoon to dip out and place a rounded teaspoon of mixture into a spinach leaf and roll.
5. Place in a deep baking dish, keep rolling the spinach leaves and mixture layering them.
6. Pour 1 and half cans of chicken broth over the spinach rolls.
7. Preheat oven 350, bake covered for about 45 minutes.
8. Check the juices and add the rest of the chicken broth if needed.
9. Uncover the last 7 to 10 minutes of baking.

Spinach and Sardine Frittata ♦♦♦♦♦

Ingredients:

- olive oil
- diced onion
- minced garlic
- coarse sea salt
- mashed up sardines
- freshly washed spinach, torn into smaller pieces
- 5 eggs

How to make it:

1. Saute onion and garlic in oil. (On my gas stove, that is a level three or medium heat.)
2. Add sardines and stir.
3. Add wet spinach leaves and saute until wilted.
4. Add salt. Stir.
5. Beat your eggs with a little bit of water (if we could eat cheese, I would have added it here) and pour into pan.
6. Shake pan to distribute ingredients evenly.
7. Allow eggs to set (about 2 minutes) and place pan into a preheated 400 degree oven.
8. Bake for 10 - 15 minutes or until eggs have puffed up nicely.
9. Pull eggs out of the oven and allow to cool on stove top.
10. Cut into pizza like wedges and top with a little fine salt.

Steamed Cod with Ginger and Lemon ◇◇◇

Very quick and easy. Simply delicious.

Ingredients:

- fish, Cod, 6 fillet ounce(s)
- Ginger Root, 1 fresh, minced teaspoon
- Lemon, 2

How to make it:

1. Place the cod on a steamer rack. Sprinkle with ginger and top with lemon slices.
2. Steam over simmering water for 5 minutes or until the fish is opaque in the center. Serve hot.

Stuffed Mackerel ◇◇◇◇◇◇◇◇

Baked mackerel with walnut and cranberry stuffing

Ingredients:

- 2 small Mackerel
- Bouquet garnish
- 2 ounces fresh Cranberries
- 1 Tablespoons Lemon Juice
- 1 to 2 cloves Garlic
- 1 small Onion
- 1 ounce Walnuts
- 6 Prunes
- small stick Celery
- 1 teaspoon Tahini [or BTD compliant nut butter]
- Utensils:
- Food processor or blender

How to make it:

1. Preheat the oven to 300 degrees F.
2. Clean and gut the mackerel.
3. Place the fish and bouquet garnish in a baking dish with just enough water to cover the bottom of the dish.
4. Bake the fish covered in tinfoil for 20-25 minutes.
- 5.
6. Stuffing:
7. Put the cranberries and lemon juice in a saucepan and bring to the boil in order to soften the cranberries.
8. Remove from the heat.
9. Put the garlic, onion, walnuts, prunes, and celery into the food processor and finely chop.
10. Add this mixture to the cranberries and stir well.
11. Finally, stir in the nut butter.
12. When the fish has cooked, stuff the baked fish and cook for a further 5 minutes or until the stuffing has heated through.
13. Serves 2

Sudden Turkey Breakfast Sausage ♦♦♦♦♦♦

Quick and easy to make. I make the season packets in advance to be added later to my favorite ground meat.

Ingredients:

- 1 pound ground turkey
- 1 teaspoon sea salt
- pinch nutmeg
- pinch allspice
- 1 teaspoon garlic powder or minced
- 1 teaspoon sage
- 1/4 teaspoon thyme
- pinch dry mustard powder
- pinch lemon peel
- 1/8 cup warm water

How to make it:

1. Add spices to water and blend.
2. Pour into meat and stir until well blended.
3. Make into patties.
4. Fry or grill on a George Foreman.

Tabouleh (1) ♦♦♦♦♦

Allow to stand for at least one hour and it tastes better served at room temperature.

Ingredients:

- Bulgur Wheat
- Chopped fresh Parsley
- Mint
- Cucumber[optional]
- Extra Virgin Olive Oil
- Lemon juice

How to make it:

1. Soak the Spelt wheat in boiling water and then drain
2. A selection of chopped fresh Parsley, Mint and Cucumber[optional] stirred through the wheat then dressed with Extra Virgin Olive Oil and lemon juice.

Tabouleh (2) ◇◇◇◇◇◇

Ingredients:

- Bulghur wheat
- fresh mint
- assorted chopped dried fruits (pineapple, apricot, raisins)
- assorted chopped nuts (walnuts, almonds)
- Extra Virgin Olive Oil
- Pineapple juice

How to make it:

1. Soak wheat in boiling water, then drain
2. Then add a selection of fresh mint, assorted chopped dried fruits and nuts then dress with E V Olive Oil and Pineapple juice.
3. Allow to stand for at least one hour and it tastes better served at room temperature.

Teacher's Fried Rice ◇◇◇

brown rice, eggs, cheese, English peas, and soy sauce are very satisfying as breakfast, lunch or dinner.

Ingredients:

- 1 cup cooked Brown rice
- 1/4 cup grated Havarti cheese
- 1/4 cup frozen English peas
- 2 Eggs beaten
- 2 Tablespoons Safflower oil
- Soy Sauce to taste

How to make it:

1. in a nonstick skillet, heat oil with the eggs to scramble.
2. Add the cooked rice stirring as to not burn.
3. Turn off the burner and add the peas.
4. Cover and allow the peas to steam until hot.
5. Add the cheese, mix all together and transfer to plate.
6. Add soy sauce to taste and enjoy.

Tempeh Kabobs ♦♦♦♦

Serve over steamed rice Serves 4

Ingredients:

- 1 package tempeh
-
- BARBECUE SAUCE
- 6 oz. plum jam
- 2 oz. pineapple juice (from the pineapple)
- 3 Tbsp. tamari
- 2 cloves garlic crushed and peeled
- 2 scallions thinly sliced
- 2 inch piece fresh ginger grated
-
- FOR THE SKEWERS
- 1 large onion, quartered and separated into layers, 2 layers per piece
- 2 Portobello mushrooms cut into 1x1 inch pieces
- 2 med. Zucchini cut into 1 inch thick slices
- 2 cups 1x1 inch pineapple chunks

How to make it:

1. Steam tempeh 10 to 15 min.
2. Combine barbecue sauce ingredients and prepare vegetables
3. Slice tempeh into pieces same size as vegetables
4. Assemble the skewers, alternating tempeh, vegs., and pineapple
5. (When skewering zucchini do so through the green rind)
6. Brush with barbecue sauce and grill over med. heat until nicely browned

Tempeh with Lemon and Soy Sauce ♦♦♦♦

A great soy dish.

Ingredients:

- Oil, Olive, 1 tablespoon
- Tempeh, 4 ounce(s)
- Lemon juice, 1 tablespoon
- Soy Sauce, 1 teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the tempeh and cook 10 minutes or until browned on bottom. Sprinkle with lemon juice and soy sauce. Turn and sauté 5 minutes longer or until heated through. Serve warm.

Thai Chicken Lettuce Wraps ♦♦♦♦♦

A great meal for anytime.

Ingredients:

- Lime Juice, 3 fresh tablespoon
- Fish Sauce, 1 1/2 tablespoon
- Sauce, Oyster-flavored, 1 1/2 tablespoon
- Chile
- Garlic sauce, 1 teaspoon
- Oil, Dark Sesame, 1 or Olive Oil teaspoon
- Chicken, ground, 1 pounds
- Onion(s), green, 1/4 chopped (about 3 onions) cup(s)
- Cilantro, fresh, 1/4 chopped cup(s)
- Mint, fresh, 1/4 chopped cup(s)
- Nuts, Dry-Roasted Peanuts, 3 chopped tablespoon
- Lettuce, Iceberg, leaves, 12

How to make it:

1. Combine first 4 ingredients in a small bowl; stir well.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes or until done, stirring to crumble. Add onions, and sauté 3 minutes. Add lime juice mixture, cilantro, and mint; sauté 2 minutes. Remove from heat; stir in peanuts.
3. Spoon 1/4 cup chicken mixture onto each lettuce leaf, and roll up.
4. Yield: 12 servings (serving size: 1 chicken-filled lettuce wrap).

Tofu Stir Fry ♦♦♦♦♦

Ingredients:

- 3 tbsp canola oil, divided
- 1 cup instant brown rice
- 1 15oz can chicken broth
- 1 pkg of Teriyaki Baked Tofu, sliced
- 2 - 3 bunches of broccoli cut in to spears
- 2 large carrots, sliced
- 1 large onion, cut in half then quartered
- Sauce:
- 2-3 large garlic cloves, minced
- 1 tsp onion powder
- 1 tsp powder ginger
- 2 tbsp honey
- 1 tbsp sesame oil
- 3 tbsp tamari sauce
- 2 tbsp corn starch
-

How to make it:

1. In a small pot over medium heat saute the brown rice in 1 tbsp of canola oil. Stir frequently till lightly browned. Add chicken broth bring to boil and cover. Cook until all liquid has been absorbed.
2. In a small bowl, whisk together the sauce ingredients and set aside.
3. In a wok or large skillet heat 2 tbsp canola oil over medium high heat. Arrange tofu in a single layer. Pan fry till browned. Remove, taking care to leave behind as much oil as possible. Set aside.
4. Add the vegetables to the wok/skillet and cook over medium high heat stirring frequently until the vegetables are crisp tender. Return the tofu to the wok/skillet. Pour sauce over tofu-veggie mixture and stir until everything is covered and sauce has thickened.
5. Serve over rice.

Tofu Stir Fry with Bok Choy and Scallions ♦♦♦♦

Tofu is such a versatile food and a great source of protein that it makes this dish a true Asian style delight.

Ingredients:

- Oil, Olive, 1 tablespoon
- Scallion(s) (Green Onions), 1/2 chopped cup(s)
- Bok Choy, 8 trimmed and chopped ounce(s)
- Tofu, firm, 1 pounds
- Soy Sauce, 2 tablespoon
- Cilantro, 2 finely chopped tablespoon

How to make it:

1. In a large skillet, heat the oil over medium-high heat. Add the scallions and cook, stirring constantly, for 1 minute. Add the bok choy and cook, stirring constantly, for 1 minute longer. Add the tofu and soy sauce and cook, stirring often, for 2 to 3 minutes or until heated through. Stir in the cilantro and serve immediately.

Tuna with Ginger Soy Sauce ♦♦

A really quick, delicious meal!

Ingredients:

- Fish, Tuna, yellowfin, 4 ounce(s) 6
- Soy Sauce, 2 teaspoon
- Ginger, ground, 1/4 teaspoon

How to make it:

1. Place the tuna on a steamer rack. Combine the soy sauce and ginger and brush over tuna.
2. Steam over simmering water for 8 to 10 minutes or until tuna is just opaque in the center.

Turkey Burgers ◇◇◇◇

Serves 5 to 6.

Ingredients:

- 1 lb. ground turkey
- 2 slices of spelt or ezeziel bread
- 1 Tbsp. olive oil
- 1 med. onion finely chopped
- 2 eggs
- Handful of chopped fresh parsley
- Pinch of salt
- Olive oil for frying

How to make it:

1. Place ground turkey in a large bowl and shred the bread over the meat
2. In a skillet, heat oil over medium heat
3. Add onion and saute until soft and golden, add to bowl
4. Beat eggs until light and pour into bowl with turkey
5. Add chopped parsley and salt
6. With your hands mix ingredients gently but completely, using a very light touch
7. Do not condense the mixture; keep it fluffy
8. When ingredients are well mixed, shape them into 5 or 6 patties and cook in olive oil over medium heat until brown, about 5 min.
9. Turn and continue to cook another 5 min.
10. Cover pan, reduce heat, and let them steam just a little until juices run clear (this helps to keep them moist)

Turkey Cutlets ◇◇◇◇

Serves 4

Ingredients:

- 2 Tbsp. Olive Oil
- 1 package Turkey cutlets (about 1 lb.)
- 1/4 cup Spelt bread crumbs
- squeeze of Lemon
- Salt

How to make it:

1. In a large skillet, heat oil over med-high heat until very hot but not smoking.
2. Dredge each cutlet in bread crumbs and slip into pan, being careful not to overcrowd. Do 2 batches if necessary.
3. Cook 4 to 5 min. on each side or until nicely browned, turning once only.
4. Serve with a squeeze of lemon, salt to taste.

Turkey Parmesan with Arugula ♦♦♦♦

A wonderful one dish meal, that everyone will like.

Ingredients:

- Oil, Olive, 2 tablespoon
- Turkey, cutlets, 1 cut into 4 equal portions, pounded to 1/4-inch thickness pounds
- Salt, Sea, 0.75 fine teaspoon
- Cheese, grated Parmesan, 1/4 cup(s)
- Onion(s), Red, 1 thinly sliced cup(s)
- Lemon juice, 2 tablespoon
- Lettuce, Arugula, 8 ounce(s)

How to make it:

1. Heat 1 tablespoon of oil in a very large skillet over medium heat. Add the turkey cutlets and sprinkle evenly with 1/2 teaspoon of salt. Cook 2 minutes. Turn cutlets, sprinkle evenly with 2 tablespoons Parmesan, and cook 2 to 3 minutes longer or until the turkey is opaque in center.
2. Remove the turkey from the skillet; set aside and keep warm. Add the sliced onion to the skillet. Cook 1 minute, stirring often, or until onion just starts to wilt.
3. Meanwhile, combine the remaining oil, salt, Parmesan cheese, and all of the lemon juice in a medium bowl. Add the arugula and toss to coat.
4. Divide the arugula among four serving plates. Top with the turkey and onions. Serve immediately.

Turkey Scallopine ♦♦♦♦

When I make this dish with Quinoa, it is gone before I know it.

Ingredients:

- Oil, Olive, 2 tablespoon
- Turkey, Cutlets, 1 sliced thin pounds
- Lemon Juice, 2 tablespoon
- Salt, Sea, 1/2 teaspoon

How to make it:

1. In a large skillet, heat the oil over medium heat. Add the turkey and saute 2 minutes. Sprinkle with lemon juice and salt. Turn and saute 2 to 3 more minutes or until turkey is cooked through.

Turkey and Rice Casserole ♦♦♦♦

What to do with leftovers? If you've missed casseroles because of the milk in condensed soup, try this for a delightful reminder of "comfort food."

Ingredients:

- 2 cups cooked, chopped turkey
- 2 cups cooked rice
- 1 cups chopped broccoli (optional)
- 1/2 onion, chopped
- 1 egg or 1 Tablespoon flax meal mixed with 1/4 cup boiling water (let sit till thick)
- 2 Tablespoons rice flour
- 1-1/2 cups water
- extra rice flour if too soupy
- sea salt to taste
- poultry seasoning to taste

How to make it:

1. Gently saute broccoli and onion in a little oil.
2. When soft, add water, rice flour, and seasonings.
3. Bring to boil, stirring constantly, until slightly thickened (this is gravy and makes a great base for all sorts of casseroles).
4. Mix with turkey and rice.
5. Taste and adjust seasoning.
6. Stir in egg or flax mixture.
7. Pour into greased casserole dish.
8. Bake 30 minutes at 350.

Turkey with Dried Cranberry Sauce ♦♦

It's like Thanksgiving all year long.

Ingredients:

- Butter, 1 tablespoon
- Molasses, 2 teaspoon
- Cranberries, dried, 2 tablespoon
- Turkey Breast, roasted, sliced, 4 ounce(s)

How to make it:

1. In a small skillet, heat the butter over medium-low heat until melted. Stir in the molasses and cranberries. Cook 1 to 2 minutes or until cranberries are softened.
2. Slice the turkey and top with the cranberry sauce. Serve warm.

Veggie Burgers ◇◇◇◇◇◇◇◇

Ingredients:

- 2 cups cooked brown rice
- 2 cups old fashioned rolled oats (or any oats)
- 8 oz Button mushroom (common white)
- 1 can pinto beans, rinsed
- 1 large carrot, grated
- 2 stalks celery sliced thinly
- 1 cup (I used frozen) broccoli
- Salt
- Garlic (I used chopped from a jar)
-
- B's and O's will want to substitute for a more tolerable bean and mushroom. Mushrooms are the key to keeping this veggie burger together.

How to make it:

1. Saute the carrots, celery and garlic until just soft. Mix all ingredients in a food processor until you get a consistency of meatloaf. Form into patties. Separate with parchment paper and freeze in ziplock until needed. My recipe made 9 patties. I fried it on the stove in olive oil, but you can also bake them on a broiler pan at 350 for about a half hour. If frying, you will want to turn the heat fairly low and cook for quite a while. 30 minutes or so.

Warm Duck Salad with Enoki Mushrooms and Pine Nuts ◇◇◇◇◇

An enjoyable cooking experience for anyone to enjoy. With interesting ingredients and preparation it's a heartwarming and delicious accomplishment.

Ingredients:

- Butter, 1 tablespoon
- Duck, Breast Halves, Skinless, Boneless, 6 ounce(s)
- Salt, Sea, 1/2 fine teaspoon
- Oil, Olive, 1 tablespoon
- Nuts, Pine Nuts, 2 ounce(s)
- Escarole, 3 shredded cup(s)
- Lemon Juice, 1 tablespoon
- Mushrooms, Enoki, 2 ounce(s)

How to make it:

1. In a deep skillet, heat the butter over medium heat until melted. Add the duck, sprinkle with 1/4 teaspoon of the salt, and cook for 15 seconds on each side. Gradually add enough water to cover duck. Simmer gently over low heat for 10 to 15 minutes or until duck is just cooked through. Drain and set aside for 5 minutes before slicing.
2. In a medium skillet, heat the oil over medium heat. Add the pine nuts and sauté 1 to 2 minutes or until just golden. Add the escarole and remaining salt and cook 1 to 2 minutes or until just wilted. Stir in lemon juice. Remove from heat and divide between serving plates. Top with sliced duck and sprinkle with enoki mushrooms.

Wasabi-Crusted Tuna with Ginger-Soy Sauce ◆◆◆◆

A mouthwatering tuna dish.

Ingredients:

- Soy Sauce, reduced-sodium, 4 teaspoon
- Ginger root, 1/4 grated fresh teaspoon
- Bread crumbs, panko (Japanese-style), 1/2 cup(s)
- Wasabi powder, 1 tablespoon
- Parsley, fresh, 1 chopped tablespoon
- Fish, Tuna steaks, 24 four--6 ounce steaks ounce(s)
- Cooking spray, 0
- Oil, Canola, 1 divided tablespoon
- Onion(s), green, 0 optional--as garnish

How to make it:

1. Combine soy sauce and ginger in a small bowl; set aside.
2. Combine panko, wasabi powder, and parsley in a shallow dish.
3. Coat steaks generously with cooking spray, and dredge in panko mixture. Coat steaks again with cooking spray; dredge in panko mixture.
4. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add steaks; cook 2 to 3 minutes on each side or until desired degree of doneness, adding remaining 1 1/2 teaspoons oil to pan when you turn steaks. Drizzle steaks with soy sauce mixture. Garnish with green onions, if desired.
5. Yield: 4 servings (serving size: 1 steak and 1 teaspoon sauce).

Soups and Broths

Apple and Apricot Soup ♦♦♦♦

This is a favourite soup with family and friends, just delicious!, light refreshing, hot or cold.

Ingredients:

- 2 tbsps Olive Oil
- 6oz Onion- finely chopped
- 6oz Celery- cut into strips and thinly sliced
- 6oz Apricots-quarter, dried or ready to eat
- 8oz Cooking Apple/tart apple -peeled and roughly chopped
- 1oz Almonds, ground
- 1/2 Vegetable stock cube
- 2.1/2 pints of Boiling Water
-
- Garnish with Flaked Almonds.

How to make it:

1. Heat oil, cook onion and celery for 10 minutes covered, stirring occasionally
2. Mix in the 1/2 stock cube.
3. Add apple and apricots, and cook for a further 3 minutes
4. Stir in ground almonds, then remove pan from heat and add water.
5. Bring back to boil, then simmer covered for about 30 minutes.
6. Place mixture in liquidizer/blender, and blend until smooth.
7. Serve sprinkled with toasted flaked almonds.
8. Then enjoy, i know you will.

Black Bean Soup ♦♦♦♦

A quick recipe that warms you from the inside out.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Pepper(s), Red, bell, 1 finely chopped cup(s)
- Beans, Black, 4 canned, no salt added cup(s)
- Broth, Chicken, 2 cup(s)
- Cilantro, fresh, 1/4 finely chopped cup(s)

How to make it:

1. In a large saucepan, heat the oil over medium heat. Add the onions and cook 5 minutes. Add the red pepper and cook 5 minutes longer. Stir in the black beans and broth. Simmer for 10 minutes.
2. Ladle 2 cups of the soup mixture into a blender or food processor. Whirl until almost smooth. Return mixture to pan and cook 5 minutes or until heated through. Ladle evenly into bowls, sprinkle with cilantro, and serve.

Blender Lentil Veggie Soup ◇◇◇◇◇◇◇◇

Easy recipe that makes good use of frozen veggies for a fast, hearty soup.

Ingredients:

- 1.5 cups Lentils (cooked)
- 4 cups frozen veggies of your choice (I use Broccoli, Mustard greens, Carrots, Onions, and Peas)
- 1teaspoon Cumin
- 1teaspoon Cinnamon
- 1teaspoon Curry powder
- 2+ cups Water
- Lemon juice to taste
- Sea salt to taste

How to make it:

1. Defrost your frozen veggies and cook your lentils(Trader Joes sells precooked black beluga lentils in a microwaveable plastic pack. Only 90 seconds in the micro.)
2. Transfer everything to a heavy duty blender and blend until silky smooth, adding water to thin to your desired thickness.
3. Option - Leave very thick and serve as a puree under a baked poultry or fish for a fancy presentation.

Butternut Squash-and-Caramelized Onion Soup with Pesto ◇◇◇◇

A delectable soup with a splash of color.

Ingredients:

- Squash, Butternut, 1.75 halved lengthwise pounds
- Oil, Olive, 2 teaspoon
- Onion(s), sweet, 1 3 cups sliced large
- Wine, Dessert, 1/2 cup(s)
- Broth, Chicken, fat-free, salt-free, 29 ounce(s)
- Pesto, 2 tablespoon

How to make it:

1. Preheat oven to 375°.
2. Place butternut squash, cut side down, in a baking dish. Pour water to depth of 1/2 inch. Bake at 375° for 45 minutes or until very tender. Scoop out pulp; set aside.
3. Heat oil in a large skillet over medium heat. Add onion; cook 30 minutes or until golden brown, stirring frequently. Stir in wine and chicken broth. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until onion is tender. Cool 5 minutes.
4. Place half of onion mixture and half of squash in a blender; process at low speed until smooth. Return soup to pan; repeat procedure with remaining squash and onion. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until thoroughly heated. Ladle into bowls; spoon 1 teaspoon pesto into center of each bowl. Swirl soup and pesto together using the tip of a knife.
5. Yield: 6 servings (serving size: 3/4 cup soup and 1 teaspoon pesto).

Carrot Soup ♦♦♦♦♦

A hearty simple soup.

Ingredients:

- 2 Onions
- 1/2 Turnip
- 4 Carrots
- 1/2 cup Red Lentils
- 1 Clove Garlic
- Olive Oil
- 4 cups Vegetable Stock

How to make it:

1. Saute onions, carrots and turnip in olive oil until sweated out.
2. Add garlic, lentils and stock.
3. Simmer until done.
4. Puree when cool and adjust quantity of stock/water.

Carrot-Tofu Soup with Dill ♦♦♦♦♦

Here's a very tasty recipe for carrot-tofu soup with dill (if you don't like tofu (yet) and are still trying to find ways to eat more, this is a good one, you won't even know it's there). A bowl of this plus a nice salad makes a very satisfying meal. Numbers in [brackets] refer to my notes at the end of the recipe.

Ingredients:

- 1-1/2 pounds of carrots, peeled and sliced [1]
- 4 cups water [2]
- 1 teaspoon salt
- 1/2 small onion [3]
- 10-1/2 ounces of soft silken tofu, regular or low-fat [4]
- 1 scant Tablespoon fresh dill or 1 teaspoon dried dill weed [5]
- 1 teaspoon red miso or to taste

How to make it:

1. In a medium saucepan, combine carrots, onion, salt, and water.
2. Cook over medium heat until carrots are tender, about 15 minutes.
3. Scoop carrots and onion out of cooking water.
4. Place in a blender or food processor.
5. Add tofu, dill, miso, [white pepper], and a small amount of cooking water.
6. Puree. [6]
7. Return puree to cooking water, mix well and serve immediately.
8. Makes 4 to 6 servings.

Comments:

9. Nutritional information per serving: 129 calories, 16 grams protein, 2 grams fat, 21 grams carbohydrates, 0 cholesterol, 730 mg sodium, 5 grams fiber; vegan.

Notes:

10. [1] I forgot to peel the carrots, and it was fine - probably more nutritious, too.
11. [2] Vegetable broth instead of water would probably give more depth of flavor.
12. [3] Used a whole onion instead of half.
13. [4] The package of tofu was 12 oz. I didn't bother to take away the extra ounce-and-a-half, and it was fine. [5] 1 tablespoon fresh dill wasn't enough for my taste, I added another 1/2 Tbs or so.
14. [6] I don't know what kind of industrial-sized food processor they mean; my Braun Multipractic, (a fairly basic, average processor, I think) wasn't nearly large enough. I wound up pureeing it in batches.

Chicken Noodle Soup ♦♦♦♦♦♦♦♦

Rotisserie Chicken Noodle Soup with Veggies (Quick & Easy)

Ingredients:

- 1 Can Vegetable Broth
- Sea Salt
- Egg Noodles (No Yolks)
- 2 cans Chicken Broth
- 1 Rotisserie Chicken - removed from bone & cut into bite sized pieces
- 1 cup sliced baby Carrots
- 1 cup chopped Celery
- 1 cup chopped Mushrooms (Optional)
- 1 med Onion - diced
- Celery Salt (1 teaspoon or to taste)
- Basil (1 Tablespoon fresh chopped) (Optional)
- Fresh Garlic (1 Tablespoon)

How to make it:

1. Remove rotisserie chicken from the bone (remove skin). Cut into small pieces and add to a large pot.
2. Chop onion, celery, carrots, & mushrooms into small pieces and add to the pot.
3. Turn on Med-High heat.
4. Add chicken broth, celery salt, basil & garlic.
5. Stir and bring to a boil, then reduce heat, cover and simmer at least 30 minutes.
6. Add vegetable broth, egg noodles, and salt to a pot and boil until tender (Add water if needed).
7. Drain egg noodles and add to soup.
8. Stir, cover and simmer at least 10 minutes or up to 1 hour.
9. Add water if needed for desired consistency.
10. Can also be cooked in a crock pot- add egg noodles for the last 30 min to 1 hour.

Chicken Soup ♦♦♦♦♦♦♦♦

Ingredients:

- Swanson's Natural Chicken broth [check for avoids]
- 1 whole chicken, giblets already removed
- Carrots
- Onions
- Minced garlic
- Several handfuls of chopped parsley
- 1 big bay leaf
- Several shakes of dried basil seasoning
- Sea salt

How to make it:

1. Throw it all into a crock pot for 8 hours on low.
2. Pull the chicken out and debone.
3. Return chicken to the pot.

Cream of Whatever Soup ♦♦♦♦♦

This is my basic soup and gravy recipe. When I'm substituting cream of mushroom or cream of broccoli soup in a casserole, this is what I start with.

Ingredients:

- 1 (15 ounce) can chicken broth or water
- 2 Tablespoons plain rice flour mixed with 1/2 cup water
- sea salt to taste
- oregano, thyme, poultry seasoning, whatever
- broccoli, onion, mushrooms, whatever

How to make it:

1. Heat chicken broth or water.
2. Add seasonings.
3. Add mushrooms or broccoli or whatever.
4. Mix rice flour with water and pour slowly into broth while stirring.
5. Stir constantly, at a boil, until thickened.
6. Add more flour if necessary, until desired consistency is reached.
7. Adjust seasoning.

Creamy Carrot Soup with Ginger ♦♦♦♦♦

I make this soup on a cold winter day with spelt bread. You will enjoy it too!

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Garlic, 2 minced clove(s)
- Carrot(s), 4 finely chopped large
- Salt, Sea, 1/2 fine teaspoon
- Water, 4 cup(s)
- Ginger Root, 3 inch(es)
- Almond Milk, 1 cup(s)

How to make it:

1. In a large saucepan, heat the oil over medium heat. Add the onions and sauté for 5 minutes. Add the garlic, carrots and salt, and sauté 2 minutes longer.
2. Add the water. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer 20 minutes or until the carrots are very tender.
3. Meanwhile, grate the ginger onto a paper napkin or paper towel. Gather the paper into a bundle and squeeze juice from the ginger through the paper over a small bowl. Pour the juice into the saucepan with the carrots. Discard the ginger gratings.
4. In a blender or food processor, puree the soup, in batches if necessary, until smooth. Return the soup to the pot to reheat, if necessary. Stir in the almond beverage and serve warm.

Curried Lentil Soup ♦♦♦♦♦

this is an amazing soup!

Ingredients:

- 2 Tablespoons extra virgin olive oil
- 4 medium carrots diced
- 2 large celery stalks diced
- 1 large onion chopped
- 1 medium granny smith apple diced
- 1 Tablespoon ginger root peeled and grated
- 1 large garlic clove crushed
- 2 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 3 3/4 cups vegetable broth
- 2 cups lentils raw
- 1/4 cup chopped parsley or cilantro
- 1/2 teaspoon sea salt (optional)

How to make it:

1. In a 5 quart dutch oven or sauce pot, heat olive oil over medium-high heat.
2. Add carrots, celery, onion, and apple and cook, stirring occasionally 10 - 15 minutes until lightly browned.
3. Add ginger, garlic, curry, cumin and coriander and cook, stirring often.
4. Add vegetable broth, lentils and 5 cups of water; heat to boiling over high heat.
5. Reduce heat to low, cover and simmer 45-55 minutes until lentils are tender stirring occasionally.
6. Stir in parsley and salt.
7. Makes about 10 cups.

Note:

8. I used extra garlic (3 large cloves) and ginger (2 Tablespoons) and I used chicken broth instead of vegetable broth also, I used 1 cup red lentils and 1 cup green lentils

Egg Drop Soup ♦♦♦♦♦

Why go to a chinese restuarant, when you can make this soup anytime at home. And it is so much better.

Ingredients:

- Onion(s), 1 chopped cup(s)
- Celery, 1/2 chopped cup(s)
- Garlic, 1 minced teaspoon
- Ginger, fresh, 2 minced (optional) teaspoon
- Water, 5 cup(s)
- Soy Sauce, 2 tablespoon
- Egg(s), 2 lightly beaten
- Onion(s), green, 1 thinly sliced

How to make it:

1. In a medium saucepan, combine the onion, celery, garlic, ginger, if using, and water. Heat to boiling over high heat. Reduce heat to medium-low and simmer for 15 minutes.
2. Strain the soup into a bowl, discard the vegetables and return the broth to the saucepan. Stir in the soy sauce.
3. Bring the broth to a gentle boil over medium heat. Add the egg all at once, stirring gently. Remove saucepan from heat and continue to stir until egg is in fine shreds. Ladle into serving bowls. Sprinkle with green onion, and serve.

Fava Bean and Chicory Soup ♦♦♦♦♦♦

A very elegant slightly bitter tasting soup coming from southern Italy. May be an appetizer or an entree, it depends on quantity

Ingredients:

- 1 small Onion, cubed or thinly sliced
- 2 cups of dry Fava Beans halved and without skin (I find them always ready to use)
- broth or broth substitute
- 4 large cups of Chicory Greens (endive or radicchio can be a substitution)
- Extra Virgin Olive Oil
- Carrots, optional
- Celery, optional
- Tamari, optional
- Parmesan or Romano cheese, optional

How to make it:

1. Put in a deep pan the vegetables, the broth (or water plus broth substitute) and the beans so that the beans are covered by least two inch of broth.
2. Cook at low heat for 45-50 minutes watching the liquid.
3. After 30 minutes add the chicory greens washed and cut in small pieces.
4. It may be drizzled with a little tamari or Parmesan or Romano cheese.
5. Serves three as a main dish with compliant bread, rice crackers or focaccia or five as an entree.

Garlic Cilantro Pumpkin Soup ♦♦♦♦♦♦♦♦

Garlic Cilantro Pumpkin Soup will give you a fresh perspective on Pumpkin dishes. It is a family favorite and is also very easy to make and clean up. I also like it because it doesn't cost very much and it actually tastes better on day 2.

Ingredients:

- Makes 4 regular servings - all my ingredients are listed in the order used
- 3Tb Ghee or Butter or Olive oil
- 1 small Onion or 1/2 a big Onion chopped
- 3 or 4 cloves Garlic Minced
- 3Tb fresh Cilantro Minced
- 16oz can Organic Pumpkin Puree
- 3/4tsp Salt
- 3 dashes Cayenne (Omit for A type)
- 1/2tsp Allspice
- 16oz Stock/Broth (chicken or veggie)
- 1/4cup Toasted Pumpkin Seeds
- 4 small Cilantro Sprigs

How to make it:

1. In a medium pot, heat ghee or butter or oil over medium heat
2. add chopped onion to pot, saute & stir until it just caramelizes
3. add minced garlic and minced cilantro, saute & stir 45 seconds
4. add organic pumpkin puree, mix ingredients well
5. add stir in salt, cayenne, allspice
6. Slowly mix in broth
7. turn heat to high while adding broth, but don't allow to boil
8. after broth is added keep on high and stir until just before boiling. It's ready, but if you simmer for 5 min. on low the flavors really marry.
9. garnish with toasted pumpkin seeds and cilantro sprig

Jerusalem Artichoke Soup ♦♦♦♦♦♦

Something super to do with those beneficial Jerusalem artichokes.

Ingredients:

- 1 pound of Jerusalem Artichokes
- 1/2 Lemon, Juice
- 4 Tablespoons Butter (or oil)[or ghee]
- 2 Leeks, the White part, sliced
- 2 Carrots, sliced
- 3 cups of Chicken Stock
- Sea Salt
- 1 pound soft Tofu (the silken type blends best)

How to make it:

1. Scrub Jerusalem artichokes really well.
2. You don't need to peel them if they are really scrubbed. Slice Jerusalem artichokes and toss with lemon juice.
3. Melt butter in pan.
4. Add leeks, carrots, and Jerusalem artichokes.
5. Cover and cook over low heat 20-25 minutes.
6. Add 2-1/2 cups stock and pinch of salt, cover and cook 30 minutes longer.
7. Puree with rest of stock and tofu.
8. This can be put through a sieve if you don't want the bits but I like the texture).
9. Return to pan and heat.
10. Enjoy!
11. Makes 4 servings.

Jerusalem Artichoke Soup with Sage Croutons ♦♦♦♦♦

Creamy pureed winter soup similar to leek and potato soup, with croutons, taken from Cafe Boulud Cookbook by Daniel Boulud and Dorie Greenspan(I modified without meat -original recipe called for 3 ounces slab bacon or pancetta, and 1/2 cup heavy cream which I substituted for about 2 cups soy milk and 1/2 listed broth)

Ingredients:

- -4 tablespoons butter
- -1 large onion, thinly sliced
- -1 medium fennel bulb, trimmed and thinly sliced
- -1 medium leek, white part only, thinly sliced
- -1 celery stalk, trimmed, and thinly sliced
- -3 cloves garlic, peeled, split, and germ removed if necessary
- -salt and freshly ground white pepper
- -bouquet garni (2 sprigs sage, 2 sprigs thyme, and 1 bay leaf, wrapped in leek green and tied)
- -2 pounds Jerusalem artichokes, scrubbed and cut into 1/4-inch thick slices
- -2 quarts unsalted chicken or veg broth, or water
- -1 small potato, peeled and diced
- -1/2 cup heavy cream (I reduced the broth and substituted cream for about 2 cups of unsweetened soy milk)
-
- Croutons
- -2 tablespoons extra-virgin olive oil
- -2 slices bread, preferably country bread, crusts removed and cut in 1/4 inch dice to make 1 cup
- -3 leaves sage finely sliced
- -1 clove garlic, peeled and crushed
- -Salt and freshly ground white pepper

How to make it:

1. Make the croutons: Warm the olive oil in small saute pan or skillet over medium heat. Add the bread, sage, and garlic, season with salt and pepper and saute until bread is crispy and golden brown. Discard the garlic and drain the croutons on a double thickness of paper towels. Save the crisp sage leaves to garnish the soup.
- 2.
3. Make the soup: Melt butter in a Dutch oven or large casserole over medium heat. (Omit this part if not using meat - Add the pancetta or bacon and cook, stirring occasionally, until it renders its fat, 3 to 5 minutes). Add the onion, fennel, leeks, celery and garlic and season with salt and pepper. Toss in the bouquet garni and cook, stirring from time to time, for 5 minutes. Add the Jerusalem artichokes, and cook for 15 to 20 minutes more, stirring occasionally.
4. Pour in the stock or water, add the potatoes and 1-1/2 teaspoons salt and bring mixture to the boil. Lower the heat so that the soup simmers and cook, uncovered, for 30 to 35 minutes, skimming the foam from the surface as needed. (Spoon out the pieces of bacon or pancetta, cut them into small dice and set them aside until serving time.) Discard the bouquet garni.
5. Using a blender, hand-held immersion blender or a food processor, and working in batches, puree the soup until it is very smooth. Strain the soup through a fine mesh sieve into a large saucepan and taste for salt and pepper, adding seasoning as needed. Add the cream (or unsweetened soy milk) to the soup and bring to the boil, then lower the heat and keep soup warm while you make the croutons.
6. Yield: 4 servings

Lentil Sausage Soup ◇◇◇◇◇◇◇◇

Adapted from recipe of the same name by Ina Garten - Barefoot Contessa 8 to 10 servings, 4 quarts

Ingredients:

- 1 pound Green Lentils
- 1/4 cup Olive Oil, also for Browning Sausage
- 4 cups diced Yellow Onions
- 4 cups chopped Leeks, white and light green parts only
- 1 Tablespoon minced Garlic
- 1/2 Tablespoon Sea Salt
- 1 Tablespoon fresh Thyme Leaves
- 1 teaspoon Ground Cumin
- 3 cups medium Diced Celery
- 3 cups medium Diced Carrots
- 3 quarts Chicken Broth
- 1/4 cup no Tomato Sauce (recipe listed under Other)
- 1 pound Chicken Sausage
- 4 Tablespoons dry Red Wine

How to make it:

1. In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes.
2. Drain.
3. Cut the chicken sausage in half lengthwise.
4. Heat a little olive oil in skillet and brown sausage on both sides.
5. Remove from skillet to cool and then cut in 1/3 inch slices.
6. Add a little chicken broth to hot skillet to deglaze skillet and add to stockpot when the rest of chicken broth added.
7. In a large stockpot over medium heat, heat the olive oil and saute the onions, leeks, garlic, salt, thyme, and cumin for 20 minutes, or until the vegetables are translucent and tender.
8. Add the celery and carrots and saute for another 10 minutes.
9. Add the chicken broth, no tomato tomato sauce, and drained lentils, cover and bring to a boil.
10. Reduce the heat and simmer uncovered for 1 hour, or until the lentils are cooked through and tender. Check the seasonings.
11. Add the sausage and red wine and simmer until the sausage is hot.

Lentil Soup ◇◇◇◇◇◇◇◇

This hot soup is best for Type A.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Garlic, 2 minced clove(s)
- Carrot(s), 1 finely chopped
- Lentils, 2 dry cup(s)
- Salt, Sea, 1/2 fine teaspoon
- Rosemary, 1/2 (may substitute thyme) teaspoon
- Water, 8 cup(s)

How to make it:

1. In a large saucepan, heat the oil over medium heat. Add the onion and cook 5 minutes. Add the garlic and carrot. Cook, stirring occasionally, 5 minutes longer. Stir in the lentils, salt, and rosemary. Add the water.
2. Bring the mixture to a boil. Reduce the heat to medium-low and simmer 30 to 40 minutes or until lentils are very tender. Serve warm.

Lentil and Soy Bean Soup ◇◇◇◇◇◇◇◇

A hearty meal that has a subtle sweetness to it.

Ingredients:

- 1 can of cooked lentils or pre-cook cup of any of the lentil types
- 1 large brown onion, chopped
- 1 cup of finely chopped parsley
- 1 cup chopped celery
- 1 can of cooked soy beans including the jelly, (or cook your own, but this is very tedious)
- dash of soy sauce (such as Bragg aminos all purpose)
- sea salt to taste
- water or chicken stock
- Vegetarians and AB's can cook this soup in water and those As who like chicken broth can use that for the liquid.

How to make it:

1. Glaze the onions in a spoonful of olive oil before adding the vegetables.
2. Stir for a few minutes, then add the lentils, soy beans and seasonings.
3. Simmer for a while, taste test, skim any unsightly froth away, and serve with 100% rye bread or your choice of favorite acceptable bread.

Miso Soup ◇◇

A delicious soup, I add brown rice on the side.

Ingredients:

- Miso, 2 dark red paste tablespoon
- Water, 1 boiling cup(s)
- Onion(s), Green, 1 thinly sliced tablespoon

How to make it:

1. Pour the boiling water into a bowl and stir in the miso paste. Sprinkle with onions and serve.

Miso Soup 101 ◇◇◇◇◇◇◇◇

Very east to make and quite tasty.

Ingredients:

- 1 medium onion, sliced in half moons
- 3 cups chopped kale, collards, etc.
- 2 carrots, cut into thin rounds
- 1 3-inch piece wakame sea vegetable

or

- 4 stalks celery
- 1 leek (optional)
- 8 cups water
- 6 tbsp. light or dark miso

How to make it:

1. Place water, carrot, onion and wakame/celery in saucepan; bring to boil over high heat.
2. Reduce flame to medium and simmer for 10 minutes with lid on.
3. Add greens and simmer with lid off until tender.
4. In a small bowl, blend miso with 6 tbsp. of liquid from pot.
5. Reduce flame to low, add diluted miso and simmer briefly.

Miso Soup with Tofu ◇◇◇

Why go get chinese miso, when you can make it at home. You will throw away that take-out chinese menu.

Ingredients:

- Water, 1 boiling cup(s)
- Miso Paste, dark red, 2 tablespoon
- Tofu, firm, 1/4 diced cup(s)
- Onion(s), Green, 1 thinly sliced tablespoon

How to make it:

1. Pour the boiling water into a bowl and stir in the miso paste. Add the tofu, sprinkle with onions, and serve.

Nona's Pastina ◇◇◇◇

Now my grandmother was not a champion of chicken soup when her little bambinos were sick... in her book, chicken soup took too long to make. She had another concoction that was very easy to make in no time at all and very effective and tasty to boot.

Ingredients:

- 24 ounces of water
- 2 or 3 cloves of garlic
- Large Handful of fresh parsley
- 1 Tablespoon of Olive Oil
- Sea salt
- 1 serving of Rice Spaghetti or small spelt noodles or basmati rice

How to make it:

1. Pour the water into a medium pot and as it's heating up to a boil, start chopping up two to
2. three cloves of garlic into fine pieces (you can crush it as well).
3. Once the water looks like it's about to boil, put the garlic in the water along with the olive oil. Let it go for a few minutes.
4. Meanwhile start chopping up some fresh parsley (not dried) and when you have chopped up a nice large handful, place that in the pot as well.
5. Add the sea salt...I usually use a ¼ teaspoon but you can always add less depending on your tastes.
6. Once the whole thing has boiled well for 5 minutes, put it on low heat and start cooking your Spaghetti, spelt noodles or rice(cook as directed).
7. If you use the spaghetti, what I usually do is break it up into 2 inch pieces and then place it into the boiling water. Once this is cooked, usually 7 to 10 minutes, add it to your soup and let it stand for a few minutes before serving.

Portuguese Kale and Sausage Soup ♦♦♦♦♦

A fun, delicious dish.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 1/2 coarsely chopped cup(s)
- Garlic, 6 chopped clove(s)
- Salt, 1/2 divided teaspoon
- Water, 4 cup(s)
- Potato(es), red, 1 1/4 3 large, peeled and cut into 1/2-inch pieces pounds
- Broth, chicken, fat-free, salt-free, 3 cup(s)
- Pepper, red, crushed, 1/4 teaspoon
- Sausage, smoked turkey, 8 (such as Healthy Choice), thinly sliced ounce(s)
- Kale, 1 about 6 cups, thinly sliced pounds

How to make it:

1. Heat oil in a large Dutch oven over medium heat. Add onion, and sauté 3 minutes. Add garlic, and sauté 1 minute. Stir in 1/4 teaspoon salt.
2. Add water and potato; bring to a boil. Reduce heat, and simmer, uncovered, 8 to 10 minutes or until potato is tender. Add broth, crushed red pepper, and sausage; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes. Stir in remaining 1/4 teaspoon salt and kale, and simmer 8 to 10 minutes or until kale is tender.
3. Yield: 6 servings (serving size: 11/3 cups).

Potato Stew ♦♦♦♦♦

This potato stew is made with potatoes, vegetable broth, onions, a splash of white wine and seasonings.

Ingredients:

- 2 Tablespoons olive oil or ghee
- 1 large onion, cut in 1-inch chunks
- 4 to 6 green onions, sliced
- 3-4 ribs celery
- 2-4 cloves garlic
- 1 1/2 tablespoons spelt flour
- 2 bay leaves
- 1 teaspoon dried leaf thyme
- 1/4 cup dry white wine
- 3 pounds potatoes, cut in 1-inch chunks (red, yellow, or variety)
- 3 cups vegetable broth
- sea salt to taste
- sweet ground paprika, optional

How to make it:

1. In a large Dutch oven, cook onions until they soften somewhat, about 4 or 5 minutes.
2. Add garlic and celery.
3. Sprinkle flour over the onions, add bay leaves and thyme; increase the heat to high.
4. Pour in wine and stir to loosen brown bits from the bottom of the pan. Cook for about 2 minutes, or until wine has evaporated.
5. Add potatoes and broth Cover and bring to a boil. Reduce heat to medium low and simmer until potatoes are tender, about 45 to 60 minutes.
6. Sprinkle with paprika, if desired.
7. Taste and adjust seasonings.
8. Remove bay leaves before serving.
9. Serves 3 to 4.

Pumpkin, Parsnip and Parsley Soup ♦♦♦♦♦♦

Inspired by Mike Staffieri's 'Who needs chicken soup....redux!' blog, here is a multi-beneficial, immune boosting, feel-better soup. These measurements give 4 good 'doses'.

Ingredients:

- 600g Pumpkin (or Squash for B secretors)
- 250g Parsnips
- big bunch of fresh Parsley
- 4 large Garlic Cloves
- 1 teaspoon Curry Powder
- 1 teaspoon Sea Salt (I used herb salt)
- 1 liter filtered Water, boiled
- 1-2 Tablespoons Extra Virgin Olive Oil

How to make it:

1. Heat oil in a large saucepan.
2. Add curry powder and salt.
3. Peel and chop garlic, and add to the pan.
4. Pour in water and bring to the boil.
5. Meanwhile peel and chop parsnips and add.
6. Peel and chop pumpkin and add.
7. Wash and chop parsley and add.
8. Bring back to the boil, and simmer until the parsnips are soft.
9. Allow to cool slightly, then blend until the soup is a creamy consistency.

Quick Lentil Soup with Crispy Onions ♦♦♦

Great for a quick and warm meal.

Ingredients:

- Lentil soup, 1 organic cup(s)
- Oil, Olive, 2 teaspoon
- Onion(s), 1/2 chopped cup(s)

How to make it:

1. In a small saucepan, heat the soup over medium heat just until boiling.
2. Meanwhile, in a small skillet, heat the oil over medium-high heat. Add the onions and cook, stirring often, 5 minutes or until lightly browned and crisp.
3. Pour the soup into a bowl and top with onions. Serve warm.

Quinoa Chicken Soup ♦♦♦♦♦

Quick and easy soup that has plenty of flavor and nutrition. Will satisfy at any time of the year! Serves 2. Stella's Creation

Ingredients:

- 2 Tablespoons olive oil
- 1 white onion diced
- 1 red onion diced
- sea salt to taste or preferred seasoning
- big bunch of parsley coarsely chopped
- 3 medium carrots diced
- 1/4 cup of quinoa
- 5 cups of water
- 2 chicken drumsticks or 2 small chicken breasts [or turkey]

How to make it:

1. In deep wok or saucepan, saute two onions in oil.
2. Add seasoning and parsley, then add carrots.
3. Cook for several minutes until carrots become soft and onions are browning, about 5 minutes.
4. Next add the rest of the ingredients in the order above.
5. Cover and keep on medium boil for 30 to 40 minutes, or until the chicken and quinoa are entirely cooked.
6. Open steam vent or place cover slightly off center to help steam evaporate.
7. Take off heat and let cool for a bit then enjoy!

Spinach (Fay's Super Blender) Soup ♦♦

Easy and fast tasty soup. Looks fresh, too. You may send any free copies to anyone through mail or email, but I would like to reserve copy-write as I think I would like to start developing a cookbook!

Ingredients:

- 1 cup very hot water
- 1 package spinach
- 1 to 3 teaspoons olive oil or ghee
- seasoning for your type, if you want

How to make it:

1. Wash spinach in cold water and take off any tough ends. Set aside to drain.
2. Heat water to very hot, not boiling.
3. Steam spinach until just limp and still very bright green.
4. Do not overcook.
5. Throw spinach, hot water, olive oil or ghee, and any seasoning that you like with spinach (I only use ghee), all into blender and buzz. Serve in a cup or in a bowl with garnish if you like.

Easy cleanup

Put tap-water and soap into blender and buzz. You can run rinse in blender if you like, Bon Appetite

Tomatoless Vegetable Soup With Turkey ♦♦♦♦♦♦♦♦

A very tasty and hardy soup; perfect for a cold, rainy evening to warm up with.

Ingredients:

- 1 quart chicken broth [or vegetable broth]
- 3 cups carrot juice
- 2 large carrots, sliced
- 2 large onions, chopped
- 2 ribs celery, chopped
- 2 cans green beans
- 2 cans black beans [omit for BT]
- 2 cans sweet (green) peas
- 2 1/2 pounds ground turkey
- sea salt
- garlic
- basil

How to make it:

1. Open all cans and pour contents into a colander to drain, reserving the liquid; then, transfer to a large pot.
2. Pour in the chicken broth and the carrot juice.
3. Start heating this on medium heat.
4. Place the carrots, onions, and celery in a boiler. Pour in enough of the reserved broth from the canned vegetables to cook; (discard the remaining broth) bring to a boil.
5. Turn heat to low and cook for about 10 minutes. Put these into the soup pot.
6. While the veggies are cooking, brown the ground turkey in a skillet.
7. When you don't see any pink in the ground turkey, pour it into the soup pot. Cover and cook on low until done.
8. Add sea salt, garlic, and basil to taste.
9. Serve with rye cornbread.
10. Yield: About seven to eight quarts
11. Note: You can make it in a crock pot.

White Bean Chicken Soup ♦♦♦♦

Great filling soup.

Ingredients:

- 3 Tablespoons olive oil
- handful of diced onion
- 1/4 cup shredded carrot (or more if you prefer)
- 3 Tablespoons rice flour (or your preface)
- 1 can chicken broth
- 1 can white northern beans
- 1 precooked chicken (approximately 1 cup)[or turkey]
- Dash of parsley

How to make it:

1. Saute diced onion in olive oil in skillet.
2. Add flour.
3. Add broth and beans.
4. Add shredded carrots and chicken.
5. Sprinkle parsley.
6. Let it simmer for a few minutes then reduce heat and cook on low for approximately 20 minutes.
7. Serve in bowl.

Optional

May add shredded cheese of choice.

White Bean and Escarole Soup ♦♦♦♦♦♦♦♦

Delicious! Found in Blood types, Body Types and you by Joseph Christiano.

Ingredients:

- 2 Tablespoons olive oil
- 1 small onion, diced
- 2 to 3 cloves garlic, smashed
- 1 16-ounce can cannellini beans, or other appropriate white bean
- 4 to 5 cups water
- 2 Tablespoons mellow white miso
- 1/2 Tablespoon rosemary, fresh or dried
- sea salt, to taste
- 1/2 pound escarole or swiss chard, trimmed and coarsely chopped

How to make it:

1. Heat olive oil in large soup pot.
2. Saute onion and garlic for 3 to 5 minutes.
3. Add beans and cook until warm.
4. Heat 1 cup water.
5. Dilute miso in warm water.
6. Set aside.
7. Puree 2/3 of onions and beans in food processor (or mash well).
8. Slowly add miso water to thin beans. The consistency should be somewhat loose.
9. Add more water if necessary.
10. Add pureed bean mixture to soup pot with whole beans and onions.
11. Add balance of water, rosemary and salt to taste. Bring to simmer.
12. Add escarole or swiss chard.
13. Cook for 10 minutes more.
14. Serve immediately.
15. Makes 4-6 servings.

Yellow Split Pea Soup ♦♦♦♦♦

Simple and tasty Soup

Ingredients:

- 125 grams yellow split peas
- 1 onion
- 2 teaspoons turmeric
- 2 Tablespoons olive oil
- lemon juice
- 1 liter vegetable Stock

How to make it:

1. Saute onion in olive oil.
2. Add turmeric and lightly saute.
3. Add split peas and stock.
4. Cook until tender.
5. Add lemon juice.
6. When cool puree adjusting thickness with more stock as required.

Zuppa Ribolata (Lentil Soup with Vegetables) ◆◆◆◆◆◆◆◆

This soup is ideal for vegans as well. So flavorsome, any meat lover would still love this meal!

Ingredients:

- 1/2 cup green lentils
- generous 1 1/4 cup vegetable stock (made with vegetables compliant for your Blood Type)
- 2/3 cups vegetable stock to puree the lentils.
- 2 tbsp olive oil
- 2 carrots, peeled and diced
- 1 1/2 celery stalks, diced
- 3 shallots, peeled and diced
- 1 leek, white part only, diced (type O non can substitute with green onion, or simply omit this ingredient.
- 3 garlic cloves, peeled and chopped
- 1 cup lentils
- 5 cups water
- 1 bay leaf
- 1 fresh thyme sprig
- kale, 8 leaves thinly sliced
- croutons to garnish

How to make it:

1. Place the lentils and the generous 1 1/4 cups stock in a large saucepan and cook over a low heat until all the liquid has evaporated and the lentils are tender (about 25 minutes)
2. Remove from heat. Transfer the lentils to a blender and process, adding enough extra stock as needed, until smooth. Set the puree aside until required.
3. Heat the olive oil in a pan. Add the carrots, celery, shallots, leek, and garlic and sweat for 5 minutes over a low heat.
4. Add the lentils, bay leaf, and thyme and the measured water, and bring to a boil.
5. Simmer for about 25 minutes or until lentils are soft. Skim any impurities from the surface of the soup, and add the kale.
6. Cook for a further 5 minutes, or until the kale is cooked.
7. Mix in the puree. Place in serving bowls.
8. Add croutons, and serve.
9. This serves 4-6 as a starter.

Desserts

Coconut Pie Crust ♦♦♦

Raw juicy coconut meat melds with almonds, and flaxseed meal into a scrumptious pie (9") shell. Try it with 'BV's Avocado Chocolate Pie Filling'. You definitely won't be sorry! No cooking necessary. Vegan/Vegetarian

Ingredients:

- 1 cup shredded fresh Coconut
- 2 Tablespoons Spelt Flour
- 1 cup Almonds, toast and grind to flour consistency
- 1/4 cup Flaxseed meal
- 3 Tablespoons Coconut oil, melted

How to make it:

1. Mix the coconut, spelt, almonds and flax meal in a medium bowl.
2. Drizzle coconut oil over it and mix thoroughly.
3. Pour mix into pie pan and press to form crust.
4. Start at center going towards edge to gauge thickness.
5. Filling should be the chilled kind or precooked.
6. Cool shell in fridge 2 hours before cutting. It will set up nicely.
7. Enjoy your efforts!

Danish Apple Pie ♦♦♦♦

Danish Apple Pie quick, crustless, upside down pie. Very tasty!

Ingredients:

- 6 or 7 Apples, Sliced
- 1/2 cup Honey
- 1/2 cup Butter or Ghee
- 1/2 cup Soy Flour
- 1 cup Whole Spelt Flour
- pinch of Salt
- 1 teaspoon seasoning (Cinnamon or Cardemom, or Ginger, or Cloves or a mixture)
- 1/2 cup natural Sugar

How to make it:

1. Preheat oven to 375*.
2. Butter a baking dish.
3. Place the apples in the dish and drizzle with honey.
4. Mix together butter, flour, salt, seasoning, and sugar.
5. Sprinkle over the apples and stir lightly into the upper layer.
6. Bake at 375* for 1 hour or until done.

Note:

If there's too much juice, break the top crust with a fork and tilt the pan to allow the juice to bubble up and cook about 10 minutes longer.

Energy Balls or Bars ◇◇◇◇◇◇

Dried fruit, nut and seed snack, sweet but not as sickly as some bought bars. Any combination of dried fruit, nuts and seeds could be used.

Ingredients:

- 2 ounces dates
- 2 ounces prunes
- 1 ounce pumpkin seeds [or BTD compliant substitute]
- 1 ounce walnuts
- 1 ounce ground flaxseed or LSA [see note below]
- 2 ounces sultanas or raisins
- 2 ounces dried apricots
- 2 Tablespoons water
- 2 ounces sesame seeds

Note:

- The 'LSA' included in the recipe comes from 'The Liver Cleansing Diet' by Dr Sandra Cabot and consists of 3 parts flaxseed, 2 parts sunflower seeds, 1 part almonds, all ground up together. Store in freezer.

How to make it:

1. Put the dates, prunes, pumpkin seeds, walnuts and LSA/flaxseed into food processor.
2. Process until fruit is mashed and nuts and seeds are roughly chopped (or until all pureed together).
3. Add sultanas/raisins and apricots and process until combined.
4. Add enough water to bind together.

To make balls :

5. Roll spoonfuls of the mixture in sesame seeds until well coated.
6. Chill.
7. Makes about 20 small balls

To make bars:

8. Stir the sesame seeds into the mixture and press into a tin that has been lined with baking paper or lightly greased.
9. Chill.
10. These can then be cut into whatever size you wish.

Gingered Grapefruit Sorbet ◇◇◇

It is so great to have a ice cream treat, even if it isn't ice cream.

Ingredients:

- Mixed Fruit, assorted, 1 such as Melon, Peaches and Strawberries pounds
- Grapefruit juice, red, 2 cup(s)
- Honey, 1/2 cup(s)
- Lemon juice, 1 tablespoon
- Ginger, fresh, 1 grated tablespoon

How to make it:

1. Combine all ingredients in a large bowl; stir well. Pour one-third of mixture into an electric blender; cover and process until smooth, stopping once to scrape down sides. Pour mixture into a 13- x 9-inch pan. Repeat procedure in 2 batches with remaining mixture. Cover and freeze at least 8 hours or until firm.
2. Remove mixture from freezer, and let stand 10 minutes. Serve immediately, or spoon into an airtight freezer-safe container; cover and freeze for up to 1 month.
3. Yield: 6 servings (serving size: 1 cup).

Gluten Free Macadamia Pie Crust ♦♦♦

Submitted by: Crystal Elizabeth Teed, "Tastes just like a traditional pie crust without the gluten. Celiac friendly! Use in recipes that call for a graham cracker crust or shortbread crust. Perfect for any tropical pies." Original recipe yield: 1-9 inch pie crust.

Ingredients:

- 6 ounces macadamia nuts
- 2 eggs
- 1-1/2 cups soy flour [or use a BTD compliant substitute]

How to make it:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place the macadamia nuts into the container of a food processor, and blend until they reach a peanut butter like consistency.
3. Scrape out into a bowl, and stir in the eggs and soy flour until well blended.
4. Place the dough between two pieces of waxed paper, and roll out into about a 12 inch circle.
5. Remove the top piece of waxed paper, and invert the dough into a 9 inch pie plate.
6. Press into the bottom and up the sides. Remove any overhanging dough.
7. Bake for 5 minutes in the preheated oven, or until light golden brown.
8. Use in any recipe calling for a prebaked pie crust.

Note:

Remember to substitute compliant nuts and flours to this recipe.

Kamut Pie Crust ♦♦

Dad said it was the best crust he had ever tasted and I take that as a huge compliment because mom is a fantastic baker! This is a very tasty pie crust.

Ingredients:

- 3 tablespoons olive oil (I use regular extra virgin, not light)
- 2 tablespoons cool water
- 1/4 teaspoon sea salt
- 1 cup kamut flour (if needed add 1-2 tablespoons more flour)

How to make it:

1. Whisk olive oil, water and sea salt together until well blended.
2. Stir in flour.
3. Mix until all is moistened.
4. Press into an 8 inch pie plate or roll out with a rolling pin.
5. Fill and bake following filling recipe or poke holes all over and bake empty shell for 10-12 minutes at 375 F.
6. Fill when cooled.

Lemon Squares ♦♦♦

Adapted from Better Homes and Gardens New Cookbook.

Ingredients:

- 6 tablespoons Butter
- 1/4 cup granulated Sugar
- 1 cup white Spelt Flour
- 1/4 tsp. Salt.
- 2 Eggs
- Add 3/4 cup granulated sugar
- 2 tablespoons white spelt flour
- 1/4 teaspoon finely shredded lemon peel (I generally add a lot more)
- 3 tablespoons lemon juice (I sometimes add a little more)
- 1/4 teaspoon cream of tarter and 1/4 teaspoon baking soda (recipe calls for 1/4 teaspoon baking powder - I use the combination I have listed instead)

How to make it:

1. Beat butter for 30 seconds; add the 1/4 cup sugar and 1/4 tsp. salt, beating till fluffy. Stir in the 1 cup flour. Pat dough onto bottom of 8x8x2-inch baking pan. (I just use one of my corningware pans).
2. Bake in a 350 degree oven for 15 minutes.
3. Meanwhile:
4. Beat 2 eggs
5. Add 3/4 cup granulated sugar
6. 2 tablespoons white spelt flour
7. 1/4 teaspoon finely shredded lemon peel (I generally add a lot more)
8. 3 tablespoons lemon juice (I sometimes add a little more)
9. 1/4 teaspoon cream of tarter and 1/4 teaspoon baking soda (recipe calls for 1/4 teaspoon baking powder - I use the combination I have listed instead)
10. Beat 3 minutes or till slightly thickened.
11. Pour over baked layer. Bake in a 350 oven 25 to 30 minutes longer or till light golden brown around edges and center is set. Cool. Cut into squares. Makes 16.

Minted Watermelon Granita ♦♦

A sweet treat.

Ingredients:

- Sugar, 1/3 cup(s)
- Water, 1/3 or watermelon juice cup(s)
- Watermelon, seedless, 6 cubes cup(s)
- Lime juice, 1/4 cup(s)
- Peppermint extract, 1/2 teaspoon
- Mint, fresh, 2 chopped teaspoon

How to make it:

1. Combine sugar and watermelon juice in a small saucepan; bring to a boil. Cook, stirring constantly, until sugar dissolves.
2. Place watermelon cubes, lime juice, and peppermint in container of an electric blender; cover and process until smooth, stopping once to scrape down sides. Add sugar mixture; cover and process until blended. Pour mixture into a 13- x 9-inch pan; cover and freeze at least 8 hours or until firm.
3. Remove mixture from freezer, and scrape entire mixture with tines of a fork until fluffy. Toss mint into granita; serve immediately.
4. Yield: 6 servings (serving size: 1 cup).

Papaya and Lime with Walnuts ◇◇◇

A crunch to your tartness

Ingredients:

- Papaya, 1 cubed cup(s)
- Lime juice, 2 teaspoon
- Nuts, Walnuts, chopped, 2 tablespoon

How to make it:

1. Spoon the papaya into a small bowl. Sprinkle with lime juice and walnuts. Serve chilled.

Peach-Almond Tart ◇◇

A wonderful combination between peaches and almonds to make a divine dessert.

Ingredients:

- Pie Crust Dough, refrigerated, 15 1/2 of package ounce(s)
- Peach(es), 8 4 cups peeled and sliced (or frozen) whole
- Apricot(s), dried, 1/4 chopped cup(s)
- Sugar, 3 tablespoon
- Cornstarch, 4 teaspoon
- Sugar, Turbinado (raw), 1 or granulated sugar tablespoon
- Nuts, Almonds, sliced, 2 tablespoon

How to make it:

1. Unfold piecrust, and place on a lightly floured surface. Roll piecrust into a 12-inch circle. Place on a baking sheet or pizza pan coated with cooking spray.
2. Combine peaches, apricots, granulated sugar, and cornstarch; toss gently. Spread mixture over piecrust, leaving a 2-inch border. Fold a 2-inch border over fruit, pressing to gently seal where piecrust overlaps (piecrust will partially cover fruit). Coat edges lightly with cooking spray, and sprinkle with turbinado sugar. Sprinkle almonds over peach mixture.
3. Bake at 425° for 22 minutes or until pastry is lightly browned. Let cool on baking sheet on a wire rack 30 minutes.
4. Yield: 8 servings.

Peanut Butter and Honey Cookies (Gluten-free) ♦♦♦

These aren't too sweet and are the perfect afternoon snack.

Ingredients:

- 1/4 c. Butter or Ghee
- 1/3 c. Honey
- 1 Egg
- 3/4 c. Peanut Butter
- 1/2 tsp. Vanilla
- 1 1/2 c. Rice Flour
- 1/2 tsp. Salt
- 1/2 tsp. Baking Soda

How to make it:

1. Preheat oven to 375.
2. Cream together (or stir well) melted butter, honey, egg, peanut butter and vanilla.
3. Mix rice flour, salt and baking soda.
4. Add dry ingredients to moist and mix well. Allow to sit about 5 minutes.
5. Spoon onto greased baking sheet. If desired, flatten with a fork.
6. Place on middle or top rack in oven so the bottoms don't burn.
7. Bake about 10 minutes.
8. Allow to cool a few minutes before removing.

Spelt Pie Crust ♦♦

*Dad said it was the best crust he had ever tasted and I take that as a huge compliment because mom is a fantastic baker!
This is a very tasty pie crust.*

Ingredients:

- 3 tablespoons olive oil (I use regular extra virgin, not light)
- 2 tablespoons cool water
- 1/4 teaspoon sea salt
- 1 cup spelt flour (if needed add 1-2 tablespoons more flour)

How to make it:

1. Whisk olive oil, water and sea salt together until well blended.
2. Stir in flour.
3. Mix until all is moistened.
4. Press into an 8 inch pie plate or roll out with a rolling pin.
5. Fill and bake following filling recipe or poke holes all over and bake empty shell for 10-12 minutes at 375 F.
6. Fill when cooled.

Upside-down Pear Cake ♦♦♦♦

My friend gave me these sweet, small pears from his tree. This is the recipe his grandmother used to use.

Ingredients:

- Topping:
- 1/4 cup butter
- 1/2 cup brown sugar
- 4 pears, cored and sliced
-
- Cake:
- 1/4 cup butter @ room temperature
- 1/3 cup brown sugar
- 2 eggs
- 3/4 cup apple sauce
- 1/4 cup molasses
- 1 1/2 cup spelt flour
- 2 teaspoons ground ginger
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt

How to make it:

1. Preheat the oven to 350.
2. Melt the butter for the topping in a 9 inch cake pan in the oven while it's preheating.
3. When melted, stir in the brown sugar and spread evenly.
4. Arrange the pear slices, overlapping as necessary on the bottom of the pan.
- 5.
6. Cake:
7. In a bowl, put the butter, brown sugar and eggs. Beat until smooth. Mix in the applesauce and molasses.
8. In a separate bowl, mix together all the dry ingredients, then add those to the wet.
9. Spoon over the pears in the baking pan.
10. Bake for 35 minutes, check for doneness. Bake 5 to 10 minutes more if necessary (variance if you have convection or not.)
11. Remove from oven, cool 5 minutes. Invert over a serving plate and let sit 10 minutes more so the topping oozes down into the cake. Remove the pan and enjoy!

Breakfast

Amaranth Cooked Cereal ◇◇

A different yet tasty cereal.

Ingredients:

- Cereal, Amaranth, 1 cup(s)
- Water, 1 cup(s)
- Nuts, Almond, 1 chopped cup(s)

How to make it:

1. Amaranth based cereals, which cook like oatmeal or cream of wheat, can be found at many supermarkets and health food stores. Cooking instructions may vary, so be sure to check the package on your particular brand.

Asparagus Omelet ◇◇◇◇

Asparagus adds such an amazing texture and flavor to an omelet.

Ingredients:

- Oil, Olive, 1 tablespoon
- Egg(s), 2
- Asparagus, 1 steamed, chopped cup(s)
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat a small skillet over medium heat for 1 minute. Add the oil and swirl to coat pan.
2. In a small cup, beat the eggs. Pour into oiled pan. Let cook 30 seconds. Lift the edge of the egg to allow uncooked egg to run under cooked egg.
3. Spoon the asparagus over the egg. Sprinkle with salt. Cover and cook 1 to 2 minutes or until the egg is set.
4. With spatula, loosen omelet from pan and fold out onto a plate. Halve before serving.

Biscuit-Muffins ♦♦♦♦

A biscuit alternative (cooked in a muffin pan) that does not use wheat flour. Sort of like a wheat-free English muffin. Good for Teacher & Warrior.

Ingredients:

- 1-1/2 cup Oat flour
- 1 cup Rice flour
- 1/2 cup Ground flax seed
- 1 teaspoon Sea Salt
- 1/2 cup Soy Flour mixed with water to make 1 cup (may try milk, almond milk, or some other BTG/GTD-compliant alternative)
- 1 teaspoon Lemon juice
- 2 Eggs, separated
- 1 Tablespoon Honey (or other sweetener; may try omitting)
- 1 Tablespoon Baking soda

How to make it:

1. Combine oat flour, rice flour, flax seed and salt.
2. Set aside.
3. Combine soy flour with water to make 1 cup.
4. Add lemon juice and baking soda to the soy.
5. Separate the eggs (the yolks can go in the soy-water, along with the honey), and beat the whites stiff.
6. Combine flour mixture with the soy mixture and mix well until thick.
7. Fold egg whites into the batter.
8. Spoon into greased muffin pans, filling about 1/3-1/2 of the way, since these are biscuit alternatives.
9. Bake in a 350-375 degree oven about 15 minutes or until done (cooking times may vary).

Comments:

The non-compliant ingredients are

10. * soy flour (which I mixed with water to make a mock, heavy soy-milk), and you may be able to substitute... an extra egg or two with more water, or perhaps 3/4 c. milk, buttermilk, yogurt (thin), kefir, almond milk, some other milk alternative, or perhaps just plain water
11. * honey (may not need any sweetener, or substitute molasses, maple syrup, agave, glycerin, etc.);
12. * oat flour (O nonnies may be able to substitute some other type of flour)

Broccoli Parmesan Omelet ♦♦♦

A healthy, tasty omelet

Ingredients:

- Oil, Olive, 1 tablespoon
- Egg(s), 3
- Broccoli, 1/2 cooked, chopped cup(s)
- Cheese, grated Parmesan, 2 grated tablespoon

How to make it:

1. Heat a medium skillet over medium heat for 1 minute. Add the oil and swirl to coat pan.
2. In a small cup, beat the eggs. Pour into oiled pan. Let cook 30 seconds. Lift the edge of the egg to allow uncooked egg to run under cooked egg.
3. Sprinkle the broccoli and cheese over the egg. Cover skillet and cook 1 minute.
4. With spatula, loosen omelet from pan and fold out onto a plate. Cut the omelet in half before serving.

Buckwheat Pancakes ♦♦

Only 2 ingredients!

Ingredients:

- Buckwheat
- Water
- Olive Oil (to cook)

How to make it:

1. Place Buckwheat (husked) in a blender or food processor and gradually add water until of a creamy consistency (if you like thick pancakes make the consistency thick - the thinner consistency goes a little crunchy on the edges which is quite nice).
2. Please note, the consistency will not look like normal pancake mixture. It looks like it is - buckwheat and water blended.
3. Heat olive oil in a skillet (or heavy based pan) and pour the buckwheat into the center and spread (as if making flour pancakes).
4. Brown both sides. Top with maple syrup, tahini, jam or lemon juice.
5. Very different but very very delicious!

Buckwheat Scandinavian Pancakes ♦♦♦

Like Swedish pancakes but substituting milk with soy milk, wheat flour with buckwheat flour and adding tofu.

Ingredients:

- 3 eggs (you may leave out none, some or all of the yolks)
- 1/2 cup Soy milk
- 1/3 tub soft Tofu
- 3/4 cup buckwheat flour
- olive oil for seasoning pan
- (honey for sweetening and 1 Tablespoon cooking oil optional)

toppings

applesauce, jam, pure maple syrup, etc.

How to make it:

1. Beat eggs well
2. Add soy milk and tofu. Mix in well.
3. Add buckwheat flour and stir in until blended.
4. Add oil and sweetener if using.
5. Let sit overnight in refrigerator for best results. Be sure to stir again before cooking.
6. Heat oil in heavy skillet or electric fry pan. Cook about Med/High.
7. Pour in just enough of the thin batter to coat bottom of pan and roll it around pan by picking up pan and turning.
8. Put lid on pan (glass is best to see in) and cook for about 30 seconds. Turn pancake and cook other side about 20 seconds.
9. It should be just starting to brown.
10. Roll up after filling with your favorite topping.

Egg White Omelet ♦♦

Omelets are always a healthy choice for breakfast.

Ingredients:

- 3 Large Egg Whites
- 1 teaspoon Water
- 1/8 teaspoon Salt
- 1/2 cup Permissible Vegetable
- Vegetable Cooking Spray

How to make it:

1. Whisk egg whites, water, and salt together in a medium bowl until soft peaks form. Toss veggies together in a small bowl.
2. Lightly coat an omelet pan or small skillet with cooking spray and heat over medium heat 1 minute. Pour egg mixture into pan and cook until eggs begin to set on bottom.
3. Spread filling over half of omelet, leaving a 1/2-inch border and reserving 1 tablespoon mixture for garnish. Lift up omelet at edge nearest handle and fold in half, slightly off-center, so filling peeks out. Cook 2 minutes. Slide omelet onto a serving plate and garnish with permissible filling.

Egg and Onion Scramble ♦♦♦♦

A high protein start to your day.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Egg(s), 3 lightly beaten
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the onion and sauté 8 minutes or until very tender. Add the eggs and salt and cook, stirring occasionally, for 1 to 2 minutes or until the eggs are just cooked through. Serve hot.

Fried Egg Sandwich ♦♦♦♦

This protein enriched recipe is an instant favorite.

Ingredients:

- Bread, Oat Bran, 2 slice(s)
- Oil, Olive, 1 teaspoon
- Egg(s), 1
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. Toast the bread, if you prefer.
2. Meanwhile, heat the oil in a small skillet over medium heat. Add the egg and cook until the white is opaque. Flip and cook 15 seconds to 1 minute longer, or until yolk is cooked as desired.
3. Transfer the egg to one slice of bread, sprinkle with salt, and top with the other slice.

Fried Egg on Toast ◇◇

A high protein breakfast.

Ingredients:

- Bread, Flax Seed, 1 slice(s)
- Oil, Olive, 2 teaspoon
- Egg(s), 1

How to make it:

1. Toast the bread. Transfer to serving plate.
2. Meanwhile, heat the oil in a small skillet over medium heat. Add the egg and cook 1 minute or until white is opaque. Sprinkle with salt. If desired, turn and cook 1 minute longer or until yolk is cooked through.
3. Top the toast with the egg and serve.

Havarti Cheese Omelet ◇◇

Quick and delicious

Ingredients:

- Oil, Olive, 1 tablespoon
- Egg(s), 2
- Dill Weed, fresh, 1 chopped teaspoon
- Cheese, Havarti, 1/2 grated cup(s)

How to make it:

1. Heat a small skillet over medium heat for 1 minute. Add the oil and swirl to coat pan.
2. In a small cup, beat together the eggs and dill. Pour into oiled pan. Let cook 30 seconds. Lift the edge of the egg to allow uncooked egg to run under cooked egg.
3. Sprinkle the cheese over the egg. Cover skillet and cook 1 minute.
4. With spatula, loosen omelet from pan and fold out onto a plate. Halve before serving

Hot Almond Oat Bran ◇◇◇

A deliciously sweet and nutritious breakfast.

Ingredients:

- Oat Bran, 1/2 dry cup(s)
- Currants, dried, 1 tablespoon
- Nuts, Almonds, sliced, 2 natural tablespoon
- Almond Milk, 1/4 cup(s)

How to make it:

1. Cook the oat bran according to package directions. Spoon into a bowl. Stir in the currants, almonds, and almond milk.

Hot Spelt Cereal with Almonds, Dates, and Honey ♦♦

A great, warm breakfast.

Ingredients:

- Cereal, spelt flakes, 1/2 uncooked cup(s)
- Almond milk, 1/4 cup(s)
- Dates, pitted and whole, 1/4 chopped cup(s)
- Nuts, Almonds, sliced, 2 tablespoon
- Honey, 1 tablespoon

How to make it:

1. Cook the spelt flakes according to package directions. Spoon into serving bowl. Stir in almond milk, dates, almonds, and honey. Serve warm.

Hot Spelt Cereal with Pineapple, Pecans, and Honey ♦♦♦

This breakfast is great for a cold wintery morning.

Ingredients:

- Spelt Berries (whole grain spelt), 1 cup(s)
- Salt, Sea, 1/4 teaspoon
- Honey, 2 tablespoon
- Pineapple, 1 fresh, chopped cup(s)
- Nuts, Pecans, 1/2 chopped cup(s)

How to make it:

1. Cook the spelt according to package directions, using the salt.
2. Stir the honey into the hot spelt, top with pineapple and pecans, and serve.

Kale, Eggs and Turkey Ham ♦♦♦♦

This is my Saturday morning breakfast with spelt toast. You will make this yours too.

Ingredients:

- Kale, 2 chopped cup(s)
- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Egg(s), 8 lightly beaten
- Salt, Sea, 1/4 fine teaspoon
- Turkey Ham, 2 chopped ounce(s)

How to make it:

1. In a medium saucepan, cook the kale in boiling water for 10 to 15 minutes or until tender. Drain well.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onions and sauté 5 minutes or until tender.
3. Stir in the eggs and salt and cook, stirring often, 1 minute or until eggs are almost set. Stir in the ham and drained kale and cook until eggs are set and mixture is heated through. Serve hot.

Mushroom Omelet ♦♦♦

A omelet that will melt in your mouth. I sometimes had tomatoes to add a little color and taste.

Ingredients:

- Oil, Olive, 1 teaspoon
- Egg(s), 1 large
- Egg White(s), 2 large
- Mushrooms, 1 sliced cup(s)

How to make it:

1. Heat the oil in a small skillet over medium heat.
2. Whisk together the egg and egg whites. Pour eggs into heated pan. Let cook 30 seconds. Lift the edge of the egg to allow uncooked egg to run under cooked egg.
3. Spoon the mushrooms over the egg. Cover and cook 1 to 2 minutes or until the egg is set.
4. With spatula, loosen omelet from pan and fold out onto a plate.

Mushroom Scramble ♦♦♦♦♦

A great protein-filled breakfast.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1/4 finely chopped cup(s)
- Mushrooms, 1 white, sliced cup(s)
- Garlic, minced, 1 teaspoon
- Egg(s), 1 lightly beaten
- Salt, Sea, 1/8 teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the onions and cook 5 minutes. Stir in the mushrooms and garlic. Cook, stirring often, 3 to 5 minutes or until the mushrooms are tender.
2. Add the egg and salt to the skillet. Cook, stirring gently, until the egg is just cooked through. Serve hot.

Oat Bran Cereal with Blueberries and Almond Milk ♦♦♦

An excellent breakfast to help you start the day.

Ingredients:

- Oat Bran, 1/2 dry cup(s)
- Almond Milk, 1/4 cup(s)
- Blueberries, 1 cup(s)

How to make it:

1. Cook the oat bran according to package directions. Spoon into a bowl. Stir in almond milk and blueberries.

One Yolk, Two Whites Omelette ♦♦

I add several items besides the eggs and my omelette are delicious.

Ingredients:

- 1 Egg -Whole
- 2 Egg whites

How to make it:

1. Add egg mixture to a bowl and add any other ingredients that are Genotype friendly.

Sausage Stirfry ♦♦♦♦♦♦

Delicious stir fry with a bite to wake you up in the morning!

Ingredients:

- 1 Package Roasted Red Pepper Chicken Applegate Sausage
- 1 Large Onion
- Several Garlic Cloves Minced
- 2 Medium or 1 Large Rhutabgas
- 2 Medium or 1 Large Turnips
- 3/4 Arame (Dried Seaweed) broken up
- olive oil
- ginger Powder
- turmeric powder
- cayenne powder
- 3 eggs
- 1/3 Cup egg whites

How to make it:

1. Chop up all vegetables and sausage and add to a large skillet with Olive Oil.
2. Add Arame and all spices, (spices to taste).
3. Stir fry until browned.
4. Add eggs at the end until cooked through.

Scrambled Eggs with Swiss Chard and Turkey Ham ♦♦♦♦♦♦

I wasn't big on Omelets before, but this one changed my mind.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Swiss Chard, fresh, 2 thinly sliced cup(s)
- Egg(s), 8 lightly beaten
- Salt, Sea, 1/4 fine teaspoon
- Turkey Ham, 2 chopped ounce(s)
- Cheese, grated Parmesan, 1/4 cup(s)

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the onion and sauté 5 minutes or until tender.
2. Stir in the chard and sauté, stirring occasionally, for 6 to 8 minutes or until the chard is just tender.
3. Push the chard to the side of the skillet. Add the eggs, remaining salt, and turkey ham. Cook, stirring occasionally, for 1 minute or until eggs are cooked through. Stir egg mixture into chard mixture, sprinkle with Parmesan, and serve.

Spinach Omelet ♦♦♦♦

Omelets are a delicious source of protein.

Ingredients:

- Oil, Olive, 2 tablespoon
- Onion(s), 1/2 finely chopped cup(s)
- Spinach, 1 chopped cup(s)
- Salt, Sea, 1/4 fine teaspoon
- Egg(s), 3 lightly beaten

How to make it:

1. In a medium skillet, heat 1 tablespoon of the oil over medium heat. Add the onion and sauté 5 minutes or until tender. Stir in the spinach and salt and cook 1 minute longer or until spinach wilts. Remove the vegetables from the skillet and set aside.
2. Wipe out the skillet and place over medium heat. Add the remaining tablespoon of oil. Pour in the eggs. Let cook 30 seconds. Lift the edge of the egg to allow uncooked egg to run under cooked egg.
3. Spoon the spinach and onion over the egg. Cover skillet and cook 1 minute.
4. With spatula, loosen omelet from pan and fold out onto a plate. Halve before serving.

Sweet Pepper Omelet ♦♦

My son will only eat peppers this way. A breakfast that I will make anytime for him.

Ingredients:

- Oil, Olive, 2 teaspoon
- Pepper(s), Red bell, 1/2 chopped cup(s)
- Egg(s), 2 lightly beaten

How to make it:

1. Heat a small skillet over medium heat. Add the oil and swirl to coat the skillet. Add the peppers and cook 5 minutes or until tender.
2. Add the eggs, cover, and cook 1 to 2 minutes or until the egg is set. Fold the omelet out onto a plate and serve.

Appetizers

Almond Coffee ♦♦

Coffee with a taste of almond.

Ingredients:

- Coffee granules, instant, 1 teaspoon
- Water, 1 boiling cup(s)
- Almond milk, 1/4 cup(s)

How to make it:

1. Mix the coffee granules into the water and stir until dissolved. Add the almond milk and stir until thoroughly mixed.

Amaranth 'Tortilla Chips' or Crackers ♦♦♦

These are fabulous with guacamole, yogurt and refried pinto beans (as appropriate). Sprinkle with some beneficial cilantro. Try squeezing some lime juice over the meal you eat with them to absorb more of the iron (48%!)

Ingredients:

- 1 cup Amaranth Flour
- Water (see directions - start with 3 Tablespoons)
- 1 Tablespoon Olive Oil
- 1/4 teaspoon Sea Salt

How to make it:

1. Preheat oven to 350 F.
2. Take one cup of the flour and mix it just enough water to form a ball.
3. Divide the ball into four balls.
4. To roll out a ball: coat it generously in more amaranth flour.
5. Roll it out as thin as possible with a rolling pin - scrape under it frequently and turn over - sprinkling with flour as you go.
6. Flip it onto a cookie sheet.
7. Brush lightly with olive oil. Give a tiny sprinkle of sea salt.
8. Cut into desired shapes and bake for 6 minutes (may need a skosh more) until golden brown and crunchy.
9. Yum! Zola.
10. Enjoy with healthy abandon!

Apple and Persimmon Slices with Pecans ♦♦

Quick and easy treat!

Ingredients:

- Apple(s), 1 medium
- Persimmons, fresh, 1
- Pecans, 1/2 tablespoon

How to make it:

1. Rinse the fruit in cool water. Slice apple and persimmon and serve with the pecan halves.

Apricots and Almonds ◇◇

There is no problem with a nut and fruit in harmony to the taste buds.

Ingredients:

- Apricot(s), dried, 8 halved
- Nuts, Almonds, dry roasted unsalted, 1/2 cup(s)

How to make it:

1. Coarsely chop the apricots and almonds and combine in a small bowl. Divide evenly into four portions.

Asparagus 'Fries' ◇◇◇

I love these substitutes for French fries. Kids will eat them if allowed to pick them up. In my opinion, they are best if made with the thin sort of asparagus. They are neutral for all, and can go from casual meal to dinner party menu.

Ingredients:

- Asparagus, however much you like
- 1 Tablespoon Olive Oil per pound of asparagus
- Sea Salt, to taste.

How to make it:

1. Cut off woody end of asparagus (hold below blossom and end of stalk and bend the stalk gently as if folding, discard the cut end).
2. Line a pan with foil and pre-heat broiler.
3. Lay out the asparagus in a line on the lined pan and sprinkle with olive oil first then flake sea salt.
4. Broil for 7-9 minutes, very close to the broiler coil then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalk).
5. Eat with fingers.

Bean Dip ◇◇◇◇◇

What an exceptional dip that's good for any occasion.

Ingredients:

- Oil, Olive, 2 tablespoon
- Garlic, minced, 1 tablespoon
- Thyme, dried, 1 crushed teaspoon
- Salt, Sea, 1/8 fine teaspoon
- Beans, Cannellini, 15 beans, drained and rinsed (1 can, about 2 cups) ounce(s)
- Lemon Juice, 1 tablespoon
- Water, 1/3 cup(s)

How to make it:

1. In a small skillet, heat the oil over medium heat. Stir in the garlic, thyme, and salt. Saute 1 minute.
2. In the container of a blender or food processor, combine the beans, lemon juice, water, and garlic-oil mixture. Whirl until pureed. Add a little more water, if necessary, to thin the dip. Taste and adjust the seasonings.
3. Transfer the bean dip to a small saucepan and heat over medium-low heat until just warmed through. Serve warm.

Black Eyed Peas with Turkey Bites ♦♦♦

The only way to eat black eyed peas:)

Ingredients:

- 1 Cup dry black eyed peas
- 1 strip kombu seaweed
- 1 package Shelton's turkey bites (or meat franks).

How to make it:

1. Soak peas overnight in water.
2. Turn crock pot on low with rinsed beans and plenty of water, add the seaweed.
3. After a few hours when peas to turn soft, add salt.
4. Add only boiling water if needed.
5. When peas are done, increase heat to high and add the turkey bites.
6. It is ready to serve once the turkey bites are heated through. Season to taste. Good with a few rice crackers.

Broiled Lime and Soy Mushrooms ♦♦♦♦♦

Great appetizer or entree accompaniment

Ingredients:

- Mushrooms, fresh, 16 ounce(s)
- Lime juice, 2 tablespoon
- Soy sauce, reduced-sodium, 2 tablespoon
- Oregano, fresh, 1 1/2 chopped teaspoon
- Cooking spray, 0
- Oil, olive, extra virgin, 2 teaspoon
- Parsley, fresh, 1/4 cup chopped

How to make it:

1. Wipe mushrooms clean with a damp cloth.
2. Combine mushrooms and next 3 ingredients in a large zip-top plastic bag. Seal; toss to coat well. Marinate in refrigerator 2 hours.
3. Place mushrooms on a baking sheet coated with cooking spray. Broil 5 and 1/2 inches from heat 10 minutes.
4. Drizzle mushrooms with olive oil, and sprinkle with parsley. Serve warm.
5. Yield: 6 servings.

Broiled Salmon ♦♦♦♦

Eat Upstream

Ingredients:

- Fish, Salmon Fillet, 16 4 4-oz. fillet ounce(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Lemon, 1 quartered

How to make it:

1. Preheat the grill or broiler. Place the salmon on foil-lined broiler pan and brush with 1 tablespoon of the oil. Turn fillets and brush with remaining oil. Sprinkle evenly with salt.
2. Broil 3 to 4 minutes on each side, turning once, until salmon is opaque in the center and flakes easily when touched with a fork. Serve with lemon wedge on the side.

Broiled Salmon with Curried Honey Glaze ♦♦

A sweet and spicy twist on a favorite cut of fish. Very quick, very easy, very tasty.

Ingredients:

- Honey, 1/4 cup(s)
- Curry Powder, 2 teaspoon
- Mustard, Dijon-style, 4 teaspoon
- Salt, 1/2 teaspoon
- Fish, Salmon Fillet, 24 four 6 ounce fillets- 1 inch thick ounce(s)
- Cooking Spray, 0

How to make it:

1. Preheat broiler.
2. Combine first 4 ingredients in a small bowl; stir until smooth. Place fillets on a broiler pan coated with cooking spray. Brush honey mixture over fillets. Broil 10 minutes or until fish flakes easily when tested with a fork.
3. Yield: 4 servings (serving size: 1 fillet).

Chickpea spread ♦♦♦

A great easy snack; so simple, yet so tasty.

Ingredients:

- Can of chickpeas, preferably without disodium EDTA
- 1 to 2 Tablespoons of olive oil,
- 1 pinch of french mineral sea salt
- dash garlic powder

How to make it:

1. Mash all ingredients together in a bowl with a fork.

Cilantro Dip ♦♦♦

Great Cilantro Dip with chips, veggies or rice crackers.

Ingredients:

- 1/2 bunch of cilantro with stems
- 1/2 package of soft Tofu
- 1/2 thin slice of white onion
- one clove of garlic
- 1Tbsp of Chipote Salsa w/o vinegar
- sea salt to taste

How to make it:

1. Put all in food processor and chill for at least one hour before serving.

Deviled Eggs with Basil ♦♦♦♦

A great appetizer for any party or occasion.

Ingredients:

- Egg(s), 3
- Oil, Olive, 2 teaspoon
- Basil, dried, 1/4 teaspoon
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. Place eggs in a saucepan. Fill with water until the eggs are completely submerged. Heat over medium flame until water boils. Lower to low flame and simmer about 15 minutes.
2. Remove eggs from pan and run under cold water to cool. Peel.
3. Halve the eggs and scoop the yolks into a small bowl.
4. Mash the yolks with the oil, basil, and salt. Spoon the yolk mixture back into the egg white hollows and serve.
5. Serving size: 3 deviled egg halves per serving.

Grape Leaves Stuffed with Rice and Pine Nuts ♦♦♦♦♦

A great start to your meal or you can make it part of the main meal.

Ingredients:

- Rice, long grain, 1/3 measured dry cup(s)
- Grape leaves, 16
- Oil, Olive, 2 tablespoon
- Onion(s), 1 finely chopped small
- Nuts, Pine Nuts, 4 ounce(s)
- Lemon Juice, 2 tablespoon
- Salt, Sea, 1/4 teaspoon
- Broth, Vegetable, 1 cup(s)

How to make it:

1. Cook the rice in 2/3 cup water in a small saucepan, following package directions.
2. Meanwhile, heat a large pot of water to boiling. Add the grape leaves and blanch for 5 minutes. Drain and set leaves aside to dry.
3. Heat 1 tablespoon of the oil in a large skillet. Add the onion and saute 5 minutes. Stir in the pine nuts and cook, stirring occasionally, 2 to 3 minutes or until nuts are fragrant and golden brown. Stir in the rice, 1 tablespoon of the lemon juice, and salt and cook, stirring occasionally, for 1 to 2 minutes longer. Transfer the mixture to a medium bowl.
4. Lay grape leaf on your work surface, shiny side down. Spoon 2 tablespoons of the filling near the bottom of the leaf. Fold the bottom then the sides of the leaf over the filling, then roll loosely to wrap filling completely.
5. Place the stuffed leaves in a medium saucepan. Add broth, remaining oil, and remaining lemon juice. Cover and simmer over low heat for 20 minutes or until leaves are tender when pierced with a fork. Serve warm or refrigerate or serve cold.

Grilled Portobello, Pepper, & Red Onion Panini ◇◇◇

A mushroom that is as good as any meat

Ingredients:

- Mushrooms, Portobello, 1 large
- Pepper(s), Red Sweet, Roasted, 1 thinly sliced
- Onion(s), Red, 1 1/4' thick slices
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/8 teaspoon
- Bread, Flaxseed, 2 slice(s)

How to make it:

1. Preheat indoor grill or broiler.
2. Combine the mushroom, pepper, and onion in a bowl. Add 1 Tbsp. the oil and salt and toss to coat.
3. Grill or broil the vegetables 5 to 6 minutes, turning once halfway through cooking. Sandwich the vegetables between the two pieces of bread. Brush the outside of the bread on both sides with remaining oil. Grill or broil the sandwich for 3 to 6 minutes, turning halfway through cooking time, if necessary, or until lightly toasted. Transfer to a plate, cut sandwich in half, and serve warm.

Hearts of Palm (serves 1) ◇◇

I little treat, but I usually put the Hearts of Palm in my salad.

Ingredients:

- Hearts of Palm, 1/2 canned, drained, thickly sliced cup(s)
- Oil, Olive, 1 teaspoon

How to make it:

1. Serve the hearts of palm in a small bowl, drizzled with olive oil.

Hearts of Palm (serves 2) ◇◇

A very elegant appetizer.

Ingredients:

- Hearts of Palm, 1/2 drained, thinly sliced cup(s)
- Oil, Olive, 1 teaspoon

How to make it:

1. In a small bowl, drizzle the hearts of palm with olive oil and serve.

Herring on Toast ♦♦

The appetizer that gives you the Omega-3s that you need. Great for parties or just to have on a relaxing afternoon.

Ingredients:

- Bread, Oatmeal, 2 slice(s)
- Oil, Olive, 2 tablespoon
- Onion(s), Red, 1/4 thinly sliced cup(s)
- Fish, Herring, Smoked, 3 ounce(s) 6

How to make it:

1. Preheat the broiler. Place the bread on a foil-lined broiler pan and brush with oil.
2. Broil four inches from heat for 1 to 2 minutes or until lightly toasted.
3. Top the toast with onion and herring and serve.

Lima Bean Hummus ♦♦♦♦

This recipe was posted by Deborah on the B mailing list some time ago.

Ingredients:

- 2 cups cooked lima beans (reserve the liquid)
- 1/4 cup lemon juice
- 1 - 2 Tablespoons Bragg's or wheat-free tamari
- pinch of curry or cumin
- 3 - 5 cloves garlic, minced
- 1/8 - 1/4 cup olive oil
- dash of sea salt

How to make it:

1. Blend together the cooked limas, garlic, lemon juice, olive oil, Bragg's or wheat-free tamari, dash of salt, pinch of curry or cumin.
2. Add more of the reserved liquid if necessary to achieve the desired texture.

Parmesan Artichoke Hearts ♦♦

Artichoke hearts can be served as an appetizer or a side dish. An elegant and healthy choice for any occasion.

Ingredients:

- Artichoke Hearts, Frozen, 9 thawed (1 box) ounce(s)
- Butter, 1 tablespoon
- Oil, Olive, 1 tablespoon
- Cheese, Grated Parmesan, 1/4 cup(s)

How to make it:

1. Heat the butter and oil in a medium skillet over medium heat. Add the artichoke hearts and sauté, stirring occasionally, for 5 minutes or until heated through. Sprinkle with Parmesan and heat 1 minute longer. Serve warm.

Parmesan Artichoke Hearts on Toast ♦♦

A tasty appetizer or side dish.

Ingredients:

- Artichoke hearts, frozen, 9 thawed (1 box) ounce(s)
- Butter, 1 tablespoon
- Oil, olive, 1 tablespoon
- Cheese, grated Parmesan, 1/4 cup(s)
- Bread, flax seed, 2 slice(s)

How to make it:

1. Heat the butter and oil in a medium skillet over medium heat. Add the artichoke hearts and sauté, stirring occasionally, for 5 minutes or until heated through. Sprinkle with Parmesan and heat 1 minute longer.
2. Meanwhile, toast the bread and place on serving plate. Top with artichokes.

Parsley and Mint Spread/Sauce ♦♦♦♦♦♦♦♦♦♦

A spread for crackers or a sauce for pasta/rice

Ingredients:

- 1 cup parsley, chopped
- 1 cup mint, chopped
- 1/4 cup approximately of linseed (flaxseed)/olive/walnut oil
- sea salt to taste
- 1 can of sardines
- 1 lemon, juiced
- 1 Tablespoon walnut butter, optional
- 1/4 cup of spelt or amaranth flakes (or other BTD compliant breakfast cereal).

Alternatives:

- Add a slice of [BTD compliant bread].

How to make it:

1. Put all the ingredients in a blender and blend to a desired consistency adding water, if needed, for a thinner sauce.

Comments:

2. The quantities of each ingredient can vary according to taste.
3. This serves as a delicious cracker spread, a sauce for meatballs or an equally delicious pasta sauce.

Peter's Escargot ♦♦

Easy, Tasty way to get snails into the A diet

Ingredients:

- 1/4 cup olive oil
- 12 escargot
- 2 tablespoon garlic, chopped and pressed
- parsley flakes

How to make it:

1. Preheat broiler.
2. Combine oil and garlic in a small bowl and mash into paste using back of spoon.
3. Arrange escargot on a broiling sheet and brush them with garlic paste.
4. Broil about ten minutes.
5. When almost done, sprinkle with parsley flakes and broil another 30 seconds.
6. Serves 2.

Pineapple Salsa ◇◇◇◇

This is a tasty salsa with chips or a topping to a meat dish.

Ingredients:

- Pineapple Chunks, 1 cup(s)
- Onion(s), Red, 1/4 finely chopped cup(s)
- Cilantro, 1 finely chopped tablespoon
- Ginger, Ground, 1/8 teaspoon

How to make it:

1. Finely chop the pineapple. In a small bowl, combine the pineapple, onion, cilantro, and ginger. Serve immediately or refrigerate for up to 1 hour.

Pinto Bean Hummus ◇◇◇◇◇◇

This is a wonderful replacement for Hummus made with Chick-Peas (Garbanzo Beans). It can be used as an appetizer, as a dip and, by thinning it, as a sauce over vegetables.

Ingredients:

- 3 Tablespoons Lemon juice
- 4 cloves Garlic
- 1/2 small Onion
- 3 Tablespoons Tahini (sesame seed nutbutter)
- 1 large can Pinto beans, drained and save juice
- dash of Tabasco [check for Avoids]
- Olive Oil
- Parsley, for garnish

How to make it:

1. Into a food processor put the lemon juice, garlic, onion, tahini, and tabasco if used.
2. Process for a few minutes add the drained beans gradually while the processor is running and thin with the juice until desired consistency is reached.
3. Transfer to a bowl.
4. Drizzle with olive oil.
5. Garnish with a few sprigs of parsley.

Sardines and Onions on Toast (2 slices) ◇◇

A quick meal or a nice appetizer for your quest.

Ingredients:

- Bread, Flax Seed, 2 slice(s)
- Onion(s), Red, 1/4 thinly sliced cup(s)
- Sardines, Boneless, Skinless, 6 drained

How to make it:

1. Toast the bread. Top each slice with half of the onions and 3 sardines, mashing the fish slightly. Serve open-face.
- 2.

Sautéed Bok Choy ◇◇◇

Quick and easy

Ingredients:

- Oil, olive, 1 teaspoon
- Bok choy, 2 thickly sliced, white and green parts separated cup(s)
- Garlic, 1 minced clove(s)

How to make it:

1. Heat the oil in a medium skillet over medium heat. Add the white part of the bok choy and saute, stirring often, for 3 minutes. Add the green part of the bok choy and the garlic. Saute, stirring occasionally, 3 minutes longer. Serve hot.

Sautéed Carrots with Dill ◇◇◇

A delicious dish that goes with any meal.

Ingredients:

- Oil, Olive, 1 tablespoon
- Carrot(s), 1 thinly sliced
- Salt, Sea, 1/8 fine teaspoon
- Dill weed, fresh, 1 chopped teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the carrot slices and salt. Cook, stirring occasionally, 5 minutes or until tender-crisp. Sprinkle with dill and serve.

Sautéed Turnips with Honey ◇◇

The root of this appetizer is in the honey.

Ingredients:

- Oil, olive, 1 tablespoon
- Turnips, 1 peeled and diced, can also use rutabaga pounds
- Salt, sea, 1/2 fine sea teaspoon
- Honey, 2 tablespoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the turnips, sprinkle with salt, and cook, stirring often, 15 to 20 minutes or until turnips are golden and tender. Stir in the honey and serve warm.

Spiced Pears with Cranberries ♦♦♦♦

The side dish that makes any main dish sweeter.

Ingredients:

- Pear(s), 3 firm, ripe Bartlett
- Cranberry juice, 1 cup(s)
- Wine, dry red, 1/2 cup(s)
- Sugar, 3 tablespoon
- Lemon juice, 1 fresh tablespoon
- Cloves, whole, 5
- Cinnamon sticks, 1 (3 inch)
- Cranberries, dried, 1/2 cup(s)

How to make it:

1. Peel pears, and remove cores. Cut each pear in half lengthwise.
2. Combine cranberry juice and next 5 ingredients in a large nonstick skillet. Add pears; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender, turning once. Remove pear halves with a slotted spoon, reserving juice mixture in pan. Place pears in a serving dish.
3. Remove cinnamon sticks and whole cloves from pan; discard. Add cranberries. Bring to a boil, and reduce liquid by one-third. Pour syrup over pears; cool 20 minutes.
4. Yield: 6 servings (serving size: 1 pear half and 1/3 cup poaching liquid with cranberries).

Steamed Artichoke with Lemon and Parmesan ♦♦♦♦

This is a dish that when put in front of you, you will enjoy each bit and it is so good!

Ingredients:

- Artichoke(s), fresh, 1 pointy leaves trimmed
- Lemon juice, 2 tablespoon
- Oil, Olive, 1 teaspoon
- Salt, Sea, 1/8 teaspoon
- Cheese, Parmesan, 1/4 grated cup(s)

How to make it:

1. Steam the artichoke over simmering water for 45 minutes or until leaves pull easily from core.
2. Meanwhile, combine the lemon juice, oil, and salt in a small bowl.
3. Place the artichoke on a plate and sprinkle with cheese. Pull the leaves and dip in the lemon oil before eating. Discard center choke before cutting and dipping the heart.

Steamed Vegetables with Peanut Sauce ◇◇◇◇◇

A new way to start of an evening of fine dining. Fresh steamed vegetables with home made peanut sauce for dipping.

Ingredients:

- Peanut Butter, Natural, 1 cup(s)
- Soy Sauce, 2 tablespoon
- Ginger, Fresh, 1 minced tablespoon
- Water, 0.75 boiling cup(s)
- Beans, Green, 4 cup(s)
- Cauliflower, 4 flowerets cup(s)
- Celery, 4 cut into sticks cup(s)

How to make it:

1. In a small saucepan, combine the peanut butter, soy sauce, and ginger. Stir in the water. Cook over medium-low heat, stirring often, until sauce is smooth and heated through. (Add more water if necessary, 1 or 2 tablespoons at a time, so the sauce is the right consistency for pouring.)
2. Meanwhile, steam the green beans and cauliflower over simmer water for 3 to 5 minutes or until tender but still crisp. Drain well.
3. Serve the green beans, cauliflower, and celery sticks with peanut sauce for dipping.

White Bean Spread ◇◇◇◇◇

A great spread for Spelt crackers.

Ingredients:

- Oil, Olive, 2 tablespoon
- Garlic, minced, 1 tablespoon
- Rosemary, 1 crushed teaspoon
- Salt, Sea, 1/8 fine teaspoon
- Beans, Cannellini, 15 drained and rinsed (1 can) ounce(s)
- Lemon Juice, 1 tablespoon

How to make it:

1. In the container of a blender or food processor, combine the beans, lemon juice, and garlic-oil mixture. Whirl until pureed. Add a little water, if necessary, for a softer spread. Taste and adjust the seasonings.
2. To serve warm, transfer the bean spread to a small saucepan and heat over medium-low heat until just warmed through.

Zucchini and Celery Dippers ◇◇

Great with yogurt, cheese or a Genotype friendly dip.

Ingredients:

- Zucchini, 1 sliced cup(s)
- Celery, 1 trimmed, halved lengthwise, and cut into 2-inch sticks stalk(s)

How to make it:

1. Serve the zucchini and celery sticks on a small plate.

Zucchini and Roasted Peppers ◇◇◇

Hot and tasty vegetable

Ingredients:

- Oil, Olive, 2 teaspoon
- Zucchini, 1/2 sliced cup(s)
- Pepper(s), Red Sweet, roasted, 1 chopped
- Salt, sea, 1/8 fine teaspoon

How to make it:

1. In a small skillet, heat the oil over medium heat. Add the zucchini and sauté 5 minutes. Stir in the roasted pepper and salt. Sauté, stirring occasionally, 3 minutes longer. Serve warm or at room temperature.

Side Dishes

Asparagus Vinaigrette ♦♦♦♦

Easy and delicious side dish

Ingredients:

- Asparagus, 1 cut up cup(s)
- Oil, Olive, 1 teaspoon
- Lemon Juice, 1 teaspoon
- Salt Sea, 1/8 teaspoon

How to make it:

1. Steam the asparagus over simmering water for 3 to 5 minutes or until tender. Meanwhile, in small bowl, stir together the oil, lemon juice, and salt. Add the asparagus and toss gently to coat. Serve warm or refrigerate to serve chilled.

Asparagus and Hearts of Palm Vinaigrette ♦♦♦♦

Nice and easy side dish

Ingredients:

- Asparagus, 1 cut into pieces cup(s)
- Oil, olive, 2 teaspoon
- Lemon juice, 2 teaspoon
- Salt, sea, 1/8 fine teaspoon
- Hearts of palm, 1/4 drained, thickly sliced cup(s)

How to make it:

1. Steam the asparagus over simmering water for 4 to 6 minutes or until tender. Drain and set aside to cool.
2. Meanwhile, in a medium bowl, combine the olive oil, lemon juice, and salt. Add asparagus and hearts of palm and toss to coat. Serve immediately.

Asparagus and Mushroom Sauté ♦♦♦

A wonderful and tasty side dish

Ingredients:

- Oil, Olive, 2 teaspoon
- Mushrooms, Portobello, 1 sliced; can substitute white or crimini 1 cup
- Asparagus, 1 sliced into pieces 1 cup
- Salt, Sea, 1/8 teaspoon

How to make it:

1. In a small skillet, heat the oil over medium heat. Add the mushrooms and sauté for 5 minutes, stirring occasionally. Add the asparagus and salt and sauté, stirring occasionally, 3 minutes longer or until vegetables are tender. Serve hot.

Asparagus and Tofu Stir-Fry ◇◇◇◇◇◇

Tasty, quick and easy vegetarian

Ingredients:

- 1 teaspoon mono/polyunsaturated oil(I use Olive oil)
- 360g Tofu - diced/sliced
- 500g fresh Asparagus spears
- 1/2 cup finely chopped spring onions (50g)
- 1/3 cup pine nuts (60g)[or walnuts]
- 2 Tablespoons soy sauce (40ml)[or Tamari]
- 1/3 cup water (85ml)
- 2 Tablespoons red wine (40ml)
- 2 teaspoons rice flour (5g)
- 1 teaspoon dry ginger (fresh can be substituted)

How to make it:

1. Heat oil in a non-stick fry pan or wok.
2. Add Tofu which has been blotted dry with kitchen paper and cut into cubes
3. Stir-fry for five minutes or until lightly browned
4. Cut asparagus spears diagonally into 1cm slices (or as desired).
5. Add asparagus, spring onions and pine-nuts to the tofu and continue to stir fry.
6. Mix together soy sauce, water, wine, rice flour and ginger.
7. Add to tofu mixture and stir-fry for 1-2 minutes or until liquid has reduced and thickened but still with a thin consistency.
8. Serve immediately.
9. Serves 2

Note:

Using lite soy sauce reduces the sodium by 50%. This recipe came from a book called Living into the 21st Century with Diabetes, by Peggy Stacey. Published 1998 By the West Australian Newspapers Ltd, Osborne Park (Perth), Western Australia. It is a good recipe for diabetics.

Nutrients per serve Kj: 933

/ Calories: 225 Protein (g): 18 Carbohydrate (g): 7 Fiber (g): 3 Fat (g): 16 Saturated Fat (g): 1 Cholesterol (mg): 0 Sodium (mg): 375 (using lite soy sauce)

Asparagus with Chopped Egg ◇◇◇◇

Egg added to Asparagus adds such a nice flavor to one of the most popular side dishes, not to mention some added protein.

Ingredients:

- Asparagus, 1 trimmed pounds
- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Egg(s), Hard Boiled, 2 finely chopped

How to make it:

1. Steam the asparagus spears for 6 to 8 minutes or until tender. Drain well.
2. Meanwhile, in a large bowl, combine the oil, lemon juice and salt. Add the asparagus and toss gently to coat.
3. Place the asparagus on serving plates, sprinkle with chopped egg, and serve warm.

Asparagus with Lemon-Parmesan Dip ♦♦♦

Simple and tasty side dish.

Ingredients:

- Asparagus, 6 trimmed spear(s)
- Cheese, grated Parmesan, 2 tablespoons
- Lemon Juice, 2 teaspoon
- Oil, Olive, 2 teaspoon

How to make it:

1. Steam the asparagus spears over simmering water for 6 minutes or until just tender. Drain and rinse under cold water.
2. Meanwhile, in a small bowl, stir together the cheese, lemon juice, and olive oil until mixed.
3. Dip the asparagus into the oil mixture and enjoy!

Baked Acorn Squash with Honey ♦♦

A simple side dish that is sweet and delicious!

Ingredients:

- Squash, Acorn, 1
- Salt, Sea, 1/8 fine teaspoon
- Honey, 2 teaspoon

How to make it:

1. Preheat the oven to 375°F. Place the squash halves cut-side up in a small baking dish. Sprinkle with salt and drizzle with honey. Pour enough water into the baking dish to come 1" up the side of the dish. Cover the dish loosely with aluminum foil.
2. Bake for 40 minutes or until squash is very tender. Serve hot.

Baked Parsnips ♦♦

Extremely good parsnip recipe

Ingredients:

- 2 to 3 pounds parsnips
- 1/2 cup stock (vegetable or chicken)
- nutmeg

How to make it:

1. Preheat oven to 350 degrees F.
2. Peel parsnips, quarter and remove any woody core
3. Parboil 15 minutes.
4. Put parboiled parsnips in oven-proof dish.
5. Pour in stock and sprinkle with nutmeg.
6. Bake for 20-30 minutes or until done to taste.

Baked Spaghetti Squash ◇◇◇◇

Cooking the squash this way gives the flavors a little more complexity. Almost like you roasted it.

Ingredients:

- 1 Spaghetti Squash
- 1 or 2 Tablespoons Ghee
- 2 peeled Garlic Cloves (optional)
- 1/2 cup Water
- Sea Salt by taste

How to make it:

1. Cut the ends off the squash (just barely)
2. Slice the squash lengthwise
3. Scrap out the seeds
4. Cut two pieces of foil large enough to completely wrap up each piece of squash
5. Set each half on a piece of foil
6. Put half the ghee, half the water, and 1 clove garlic in each squash cavity
7. Sprinkle salt over the top
8. Wrap tightly and place both in 13x9x2 dish and then into the oven
9. Bake for 1 - 1 1/2 hours at 375 until very soft
10. Cool slightly then scrap squash from it's shell (with a fork) into a bowl
11. Stir and adjust seasonings

Beet (with or without Greens) Side Dish ◇◇◇◇

Wonderfully delicious and simple side dish or vegetable soup (depending on amount of liquid you wish to use).

Ingredients:

- 1 bunch of beets, with or without greens
- 2 Tablespoons olive oil
- 1 cup broth (blood type specific)

How to make it:

1. Wash beets and greens thoroughly.
2. Trim top and bottom of beet (peel if desired), slice thin or julienne
3. Rinse greens thoroughly, then chop in thirds or smaller
4. In a heated stock pot add a bit of olive oil
5. Toss in beets and stir
6. When beets are simmering, add greens and bouillon or broth
7. Cover, stirring occasionally until beets are tender and taste slightly sweet.
8. Serve hot.

Black Eyed Peas, Okra and Leek Melange ♦♦♦♦

A yummy, quick and high protein meal - a must try!

Ingredients:

- 1 leek
- 1/2 small yellow onion
- 14 ounces frozen okra
- 16 ounce can of black eyed peas
- 1/8 teaspoon turmeric
- 1/2 teaspoon coriander
- 1/2 Tablespoon of fresh ginger
- 3 Tablespoons of Braggs Liquid Aminos or wheat-free tamari

How to make it:

1. Chop onions and saute for 2 minutes.
2. Add well washed and sliced leek and add dried spices.
3. Immediately add frozen okra.
4. Cook on high until okra is warm and soft, about 5 minutes.
5. Add black eyed peas, ginger, and Braggs or tamari and reduce heat to medium.
6. Cook until peas are warm, about 5 minutes.
7. Serve over rice.

Braised Bok Choy ♦♦♦

A simple, tasty side dish.

Ingredients:

- Oil, Olive, 1 tablespoon
- Bok Choy, 4 thinly sliced cup(s)
- Water, 2 tablespoon
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the bok choy, water, and salt. Cover and cook for 3 to 5 minutes or until tender-crisp. Serve hot.

Braised Fennel ◇◇◇◇◇

Easy and flavorful side dish.

Ingredients:

- Oil, olive, 2 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Garlic, minced, 1 teaspoon
- Fennel bulb(s), 2 trimmed and thinly sliced
- Salt, sea, 1/4 fine teaspoon
- Water, 1/2 cup(s)
- Lemon juice, 1 tablespoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the onion and sauté 5 minutes. Add the garlic and sauté 1 minute.
2. Add the fennel and salt and sauté, stirring, 5 minutes.
3. Add the water. Cover and cook over low heat for 10 minutes. Uncover and cook until water evaporates. Stir in lemon juice and cook 1 minute longer. Serve hot.

Braised Kale ◇◇◇◇

Easy to make, so I make Kale for breakfast or dinner dishes.

Ingredients:

- Oil, Olive, 1 teaspoon
- Garlic, 1 chopped clove(s)
- Kale, 1 steamed cup(s)
- Salt, Sea, 1/8 teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add garlic and cook 1 minute. Add the kale and salt. Saute until heated through. Serve hot.

Braised Kale (2 cups) ◇◇◇◇

A simple dish, we great benefits.

Ingredients:

- Oil, Olive, 2 teaspoon
- Garlic, 2 chopped clove(s)
- Kale, 2 steamed cup(s)
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add garlic and cook 1 minute. Add the kale and salt. Saute until heated through. Serve hot.

Braised Kale with Raisins ◇◇

A easy side dish that is great with a meat dish.

Ingredients:

- Oil, Olive, 1 teaspoon
- Kale, 1 steamed cup(s)
- Raisins, 3 tablespoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the kale and raisins. Saute until the kale is heated through. Serve hot.
- 2.

Braised Mixed Greens ◇◇◇◇◇◇

This side dish takes a while, but worth the wait.

Ingredients:

- Oil, Olive, 2 tablespoon
- Garlic, 4 minced clove(s)
- Onion(s), 1 finely chopped
- Salt, Sea, 1/2 fine teaspoon
- Turnip Greens, 1 1/2 trimmed and chopped pounds
- Kale, 1 1/2 trimmed and chopped pounds
- Lemon Juice, 1/4 cup(s)

How to make it:

1. In a large pot, heat the oil over medium heat. Add the garlic and onions and sauté 5 minutes. Sprinkle with salt. Stir in the turnip and kale greens. Add enough water to barely cover half the greens. Bring to a boil, stirring often.
2. Reduce the heat to low, partially cover the pot, and simmer 45 minutes or until greens are very well cooked. Stir in the lemon juice and cook 5 minutes longer. Serve hot.

Broccoli & Sweet Pepper Vinaigrette ◇◇◇◇

A nice healthy side dish.

Ingredients:

- Broccoli Florets, 1 cup(s)
- Oil, Olive, 2 teaspoon
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon
- Pepper(s), Red, Bell, 1 slices cup(s)

How to make it:

1. Steam the broccoli over simmering water for 3 to 5 minutes or until just barely tender. Drain, rinse under cold running water, and drain well again.
2. Meanwhile, in a medium bowl, combine the oil, lemon juice, and salt. Add the pepper slices and drained broccoli. Toss to coat. Serve immediately.

Broccoli Rabe ♦♦♦♦

I make this dish often, I love the benefits of this meal.

Ingredients:

- Broccoli Rabe, 1 1/2 well washed and trimmed pounds
- Oil, Olive, 1 tablespoon
- Garlic, 2 minced clove(s)
- Water, 2 tablespoon
- Lemon, 1 tablespoon

How to make it:

1. Steam the broccoli rabe over simmering water for 20 to 30 minutes or until tender. Drain well.
2. Heat the oil in a large skillet over medium heat. Add the garlic and cook 1 minute. Add the drained broccoli rabe, the 2 tablespoons of water, and the lemon juice. Cook, stirring occasionally, for 2 minutes or until liquid is mostly evaporated and broccoli rabe is heated through. Serve immediately.

Broccoli-Cauliflower Roast ♦♦♦♦

I would always boil by veggies, but this dish is wonderful!

Ingredients:

- Broccoli Florets, 4 cup(s)
- Cauliflower, 4 florets cup(s)
- Garlic, 2 minced clove(s)
- Oil, Olive, 2 tablespoon

How to make it:

1. Preheat the oven to 450°F. Combine the broccoli, cauliflower, and garlic in a large baking dish. Add the oil and toss to coat.
2. Roast for 15 minutes or until the vegetables are tender-crisp and lightly browned on edges.

Brussels Sprouts with Buttered Pecans ♦♦

3 ingredients and 10 minutes and you get a great side dish.

Ingredients:

- Brussels Sprouts, 4 cup(s)
- Butter, 1 tablespoon
- Nuts, Pecans, 1/4 finely chopped cup(s)

How to make it:

1. Trim the sprouts and cut a shallow 'x' in the stem end.
2. Steam the sprouts over simmering water for 8 to 10 minutes or until tender.
3. Meanwhile, melt the butter in a small skillet over medium-low heat. Add the pecans and cook for 3 minutes, stirring often.
4. Drain the sprouts and toss with buttered pecans. Serve hot.

Brussels Sprouts with Lemon ◇◇

A simple side dish that you will enjoy.

Ingredients:

- Brussels Sprouts, 1 cup(s)
- Lemon Juice, 1 teaspoon

How to make it:

1. Trim the sprouts and cut a shallow 'X' in the stem end.
2. Steam the sprouts over simmering water for 8 to 10 minutes or until tender. Toss with lemon juice and serve hot.

Butter Beans with Parsley ◇◇◇◇

A quick and simple side dish.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 chopped
- Beans, Butter, 15 organic, no salt added (1 can) ounce(s)
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/2 fine teaspoon
- Parsley, fresh, 1/4 chopped cup(s)

How to make it:

1. Heat the oil in a medium saucepan over medium heat. Add the onion and sauté 5 minutes or until tender. Stir in the beans, lemon juice, and salt. Cook 2 minutes or until beans are heated through. Stir in the parsley and cook 1 minute longer. Serve hot.

Butter Beans with Thyme ◇◇◇◇

A great protein source that you don't have to wait for.

Ingredients:

- Oil, Olive, 1 tablespoon
- Onion(s), 1 chopped
- Beans, Butter, 15 canned, organic, no-salt-added (1 can, about 2 cups) ounce(s)
- Lemon Juice, 1 tablespoon
- Salt, Sea, 1/2 fine teaspoon
- Thyme, fresh, 1 chopped tablespoon

How to make it:

1. Heat the oil in a medium saucepan over medium heat. Add the onion and sauté 5 minutes or until tender. Stir in the beans, lemon juice, and salt. Cook 2 minutes or until beans are heated through. Stir in the thyme and cook 1 minute longer. Serve hot.

Carrot & Celery Sauté ♦♦♦♦♦

I put this dish over quinoa or rice and it is delicious.

Ingredients:

- Oil, Olive, 2 tablespoon
- Carrot(s), 3 thinly sliced
- Celery root, 2 thinly sliced
- Salt, Sea, 1/8 teaspoon
- Thyme, dried, 1 crumbled teaspoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the carrots and sauté, stirring occasionally for 3 minutes. Add the celery, salt, and thyme, and sauté, stirring occasionally, for 5 minutes or until vegetables are tender-crisp. Serve warm.

Carrot, Turnip, and Zucchini Sauté ♦♦♦♦♦♦♦

The simple but delicious dish that will make you want more.

Ingredients:

- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/2 teaspoon
- Carrot(s), 2 diced
- Turnips, 2 diced
- Zucchini, 1 diced (about 8 oz.)
- Oregano, dried, 1/4 teaspoon
- Sage, dried, 1/4 teaspoon
- Thyme, dried, 1/4 teaspoon

How to make it:

1. Heat the oil and salt in a large skillet over medium heat.
2. Add the carrots and sauté 1 minute. Stir in the turnips, zucchini, oregano, sage, and thyme. Sauté, stirring occasionally, for 5 minutes or until vegetables are tender crisp.

Celery Root Puree ♦♦♦♦♦

Lovely side for use around Thanksgiving or Autumn.

Ingredients:

- one good sized Celery Root
- Olive Oil to taste
- Sea Salt to taste
- Butter [or Ghee] to taste

How to make it:

1. Peel and cut the celery root into smallish cubes
2. Place in pot fitted with a steamer insert, with enough water to steam
3. Cook until soft
4. While preparing rest of meal, puree in food processor, or mash with a masher, adding enough olive oil to make a creamy mixture
5. Add salt to taste and butter or ghee.

Chicken, Rice, and Escarole Soup ◇◇◇◇◇

A meal in itself

Ingredients:

- Rice, Basmati, 1 cup(s)
- Salt, sea, 1 fine teaspoon
- Chicken, breast, 8 boneless, skinless ounce(s)
- Onion(s), 1 finely chopped
- Garlic, 4 clove(s)
- Rosemary, 1/2 dried, crumbled teaspoon
- Water, 4 cup(s)
- Escarole, 8 trimmed and chopped ounce(s)
- Lemon juice, 2 tablespoon
- Cheese, Romano, 1/4 grated cup(s)

How to make it:

1. Cook the rice according to package directions, using 1/4 teaspoon of the salt.
2. Meanwhile, combine the chicken, onion, garlic, rosemary, water and remaining salt in a large saucepan. Heat to a simmer over medium heat. Partially cover and cook 20 minutes or until chicken is just cooked through. Remove chicken from saucepan and set aside.
3. Add the escarole to the saucepan and simmer for 10 minutes.
4. Meanwhile, shred the chicken. Return the shredded chicken to the saucepan. Stir in the cooked rice and lemon juice. Add a little more water, if necessary. Simmer 2 minutes or until heated through.
5. Ladle hot soup into bowls and sprinkle with cheese before serving.

Chinese Broccoli ◇◇◇

Once I made this meal, I don't order out for Chinese anymore. I add Chicken with Soy sauce and it is a great meal.

Ingredients:

- Broccoli Rabe, 8 or Chinese broccoli ounce(s)
- Oil, Sesame, 2 teaspoon
- Garlic, 2 minced teaspoon

How to make it:

1. Blanch the broccoli in a medium pot of boiling water for 2 to 3 minutes or until tender but still crisp.
2. Heat the oil in a medium skillet over medium heat. Add the broccoli and garlic. Saute for 1 to 2 minutes, stirring often. Serve warm.

Collard Portobello Amazingness ♦♦♦♦♦

I've never really liked the taste of collard greens, but this seems to be a perfect combo, and is really easy to make!

Ingredients:

- 1/2 bunch of Collard Greens
- 2 to 3 portobello Mushroom Caps
- 1/4 to 1/2 cup of Chicken Broth [or other BTB compliant]
- 2 cloves of Garlic
- 2 teaspoons of Ghee
- 1/2 teaspoon of Sea Salt
- a few squeezes of Lemon Juice

How to make it:

1. Cut collards and mushrooms into 1/2 inch strips.
2. Mince garlic.
3. Put all ingredients into your favorite pan and saute 5 or 10 minutes, or until everything is cooked and well blended. Voila!

Couscous with Cranberries and Pine Nuts ♦♦♦♦♦

A nice dish with a sweet and nutty taste.

Ingredients:

- Broth, Chicken, fat-free, salt-free, 1 1/4 cup(s)
- Oil, Olive, 1 teaspoon
- Salt, 1/4 teaspoon
- Couscous, 1 uncooked cup(s)
- Cranberries, Dried, 1/4 cup(s)
- Nuts, Pine Nuts, 2 toasted tablespoon
- Parsley, Flat-Leaf, 2 chopped tablespoon

How to make it:

1. Bring first 3 ingredients to a boil in a medium saucepan. Stir in couscous and cranberries. Remove from heat; cover and let stand 5 minutes. Add pine nuts and parsley; fluff with a fork. Serve immediately.
2. Yield: 4 servings (serving size: 3/4 cup).

Cranberry Pineapple Sauce ♦♦

Tangy sweet fresh tasting cranberry sauce without the sugar.

Ingredients:

- 20-ounce can of crushed pineapple in natural juice with no sugar added
- 12 ounces of fresh cranberries

How to make it:

1. Cook both ingredients on high for about 5 minutes or until the cranberries pop.
2. Eat immediately warm or put in refrigerator for 1 hour to thicken it.
3. The 2 ingredients will blend together beautifully and make a rich sauce to put over entrees or serve by itself.

Serves 6

Curried Chickpeas (serves 3) ♦♦

Add a delightful Indian side dish to your meal. Curried chickpeas are a very popular choice.

Ingredients:

- Oil, Olive, 1 tablespoon
- Beans, Garbanzo (chickpeas), 1 cup(s)
- Curry Powder, 1/2 teaspoon
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the beans. Sprinkle with curry powder and salt. Cook, stirring often, for 3 to 5 minutes or until beans are heated through and seasoning is toasted but not burned.

Curried Lentils ♦♦♦♦

Quick and easy side.

Ingredients:

- Lentils, 1 1/2 dried cup(s)
- Salt, sea, 1 teaspoon
- Oil, olive, 1 tablespoon
- Onion(s), 1 cup(s)
- Curry powder, 1/2 teaspoon

How to make it:

1. Cook the lentils according to package directions, using 1/2 teaspoon of the salt. Drain well.
2. In a medium skillet, heat the oil over medium heat. Add the onion and saute 5 minutes or until tender. Add the curry powder and remaining salt and cook 1 minute. Stir in the drained lentils and cook 2 minutes longer. Serve warm.

Curried Mushroom Sauté ♦♦♦♦

A great mixture of flavors.

Ingredients:

- Oil, olive, 2 teaspoon
- Onion(s), 1 cup(s)
- Garlic, minced, 1 teaspoon
- Curry powder, 1/2 teaspoon
- Mushrooms, 1 assorted pounds

How to make it:

1. Heat the oil over medium heat. Add the onion and sauté 5 minutes. Add the garlic and curry powder and sauté 1 minute longer. Add the mushrooms and sauté, stirring occasionally, 10 minutes or until mushrooms are tender. Serve hot.

Curried Rice Noodles ◇◇◇

When you need a change from rice, this is the dish for you.

Ingredients:

- Rice Noodles, 1 fresh or dried pounds
- Oil, Olive, 2 tablespoons
- Garlic, 1 minced clove(s)
- Curry powder, 1 teaspoon
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. Cook the rice noodles according to package directions. Drain well.
2. Meanwhile, heat the oil in a small skillet over medium heat. Stir in the garlic and curry powder and cook for 1 minute. Stir in the salt and remove from heat.
3. Toss the noodles with the curried oil mixture and serve immediately.

Curried Tofu and Green Beans ◇◇◇◇

Green beans is a popular side dish. Now invigorated with tofu and curry for more enjoyable flavor and nutritional value.

Ingredients:

- Oil, Olive, 1 light tablespoon
- Beans, Green, 8 trimmed and cut into 1 1/2-inch lengths ounce(s)
- Onion(s), Green, 1 finely chopped
- Curry Powder, 1 teaspoon
- Salt, Sea, 1/8 teaspoon
- Tofu, Firm, 10 ounce(s)

How to make it:

1. Heat the oil in a large skillet over medium-high heat. Add the green beans and green onion. Stir-fry for 2 minutes. Add the curry powder and sea salt. Stir-fry for 1-to 2 minutes longer or until beans are tender-crisp. Gently stir in the tofu until well mixed. Cook 1 minute or until just heated through. Serve immediately.

Delicious Winter Squash and Onions ◇◇◇◇◇

Winter squash roasted then sauteed with onions and garlic.

Ingredients:

- 2-3 winter squashes (butternut, acorn, pumpkin)
- 1 large sweet onion
- 1-2 cloves garlic
- olive oil
- sea salt

How to make it:

1. Preheat oven to 420 degrees.
2. Lightly coat a cookie sheet with olive oil.
3. Peel and cube squash.
4. Lightly coat with olive oil and spread in a single layer on cookie sheet.
5. Roast in a 420 degree oven until just tender, approximately 30-40 minutes.
6. About halfway through cooking time, turn squash to allow other side to brown.
7. In the mean time, cut onion into 1 x 1/2 inch pieces and sautee with chopped garlic in olive oil over medium heat.
8. Allow onions to cook until slightly browned and tender. Add roasted squash to onions and sautee for a few more minutes.

Eat Root for Your Type! ♦♦♦♦♦♦

Highly beneficial and scrumptious assortment of root veggies - turnips, carrots, and beets.

Ingredients:

- 3 fresh beets with beet greens
- 1 fresh turnip
- 4 fresh carrots
- 1/2 large yellow onion
- 1/8 teaspoon cloves
- 1/4 teaspoon allspice
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ginger
- 1 Tablespoon tamari, wheat-free
- sea salt, to taste

How to make it:

1. Cut up onion for sauteing.
2. Wash all veggies including beet leaves.
3. Peel beets and turnip.
4. Leave skin on carrots.
5. Cut carrots into slices and cut beets and turnip into small bite size cubes.
6. Boil carrots and beets for about 10 minutes in salted water.
7. When just barely soft (al dente) pour into a strainer and set aside.
8. Saute onions on high until translucent, about 2 minutes, and then add turnip and all spices and tamari.
9. Add a couple of Tbsp. of water and cover.
10. Saute for about 5 minutes until just soft.
11. Add precooked beets and carrots and beet leaves and reduce to medium heat.
12. Finish cooking about 7 minutes.
13. You will have a beautiful red (beet), orange (carrot), and white (turnip) and green (beet leaves) melange of tasty veggies.
14. Put over rice or rice pasta or any highly beneficial or neutral grain.

Fruity Quinoa ♦♦♦♦♦♦

A sweet tasting dish that is high in protein.

Ingredients:

- Quinoa, dry, 1 cup(s)
- Lemon Juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/2 fine teaspoon
- Pineapple Chunks, 2 cut into small dice cup(s)
- Parsley, Fresh, 1/2 chopped cup(s)
- Nuts, Pecans, 1/2 chopped cup(s)

How to make it:

1. Cook the quinoa according to package directions.
2. Meanwhile, in a large bowl, combine the lemon juice, olive oil, and salt. Stir until well mixed. Add the pineapple, parsley, and pecans. Toss gently to coat with dressing.
3. Stir in the quinoa and toss to mix well. Serve warm or refrigerate for at least several hours to serve cold.

Fruity Quinoa Tabouleh ◇◇◇◇

Quinoa is a grain for all types and is full of protein making this recipe an excellent choice for a side or a snack.

Ingredients:

- Quinoa, Dry, 1 uncooked cup(s)
- Lemon Juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/2 fine teaspoon
- Apple(s), 1 cored and chopped large
- Parsley, Fresh, 1/2 chopped cup(s)
- Nuts, Pecans, 1/2 chopped cup(s)
- Currants, Dried, 1/3 cup(s)

How to make it:

1. Cook the quinoa according to package directions.
2. Meanwhile, in a large bowl, combine the lemon juice, olive oil, and salt. Stir until well mixed. Add the apple, parsley, pecans, and currants. Toss gently to coat with dressing.
3. Stir in the quinoa and toss to mix well. Serve warm or refrigerate for at least several hours to serve cold.

Garlic-Roasted Green Beans ◇◇◇◇

A quick dish that you can make when you are having several people for dinner.

Ingredients:

- Beans, Green, 36 3 (12-ounce) packages trimmed ready-to-eat ounce(s)
- Oil, Olive, 1 1/2 teaspoon
- Garlic powder, 4 teaspoon
- Salt, 1 teaspoon
- Cooking spray, 0

How to make it:

1. Preheat oven to 450°.
2. Combine beans and oil in a large zip-top freezer bag; seal and shake well. Add garlic powder and salt; seal and shake to coat.
3. Arrange seasoned green beans evenly on 2 large baking sheets coated with cooking spray.
4. Bake at 450° for 24 minutes, using 1 oven, switching pan positions after 12 minutes.
5. Yield: 10 servings (serving size: 1/2 cup).

Garlicky Collard Greens (serves 3) ♦♦♦♦

A simple side dish that is always a pleaser.

Ingredients:

- Oil, Olive, 2 tablespoon
- Garlic, 4 minced clove(s)
- Collard Greens, 1 trimmed and chopped pounds
- Water, 1/2 cup(s)
- Lemon Juice, 2 tablespoon

How to make it:

1. In a large saucepot, heat the oil over medium heat. Add the garlic and sauté 1 minute.
2. Add the collard greens and cook, stirring, 1 minute. Add the water, cover, and simmer for 10 minutes or until greens are wilted.
3. Uncover and cook until liquid evaporates. Stir in the lemon juice, cook 1 minute longer, and serve.

Garlicky Green Beans ♦♦♦

Quick and easy side dish.

Ingredients:

- Beans, Green, 1 trimmed and halved pounds
- Oil, Olive, 1 teaspoon
- Garlic, dried, minced, 1 teaspoon

How to make it:

1. Steam the green beans over simmer water for 2 to 3 minutes or until barely tender. Drain well.
2. Heat the oil in a large skillet over medium heat. Add the garlic and sauté 1 minute. Add the green beans and cook, stirring often, for 1 minute. Serve hot.

Garlicky Greens with Beans ♦♦♦♦♦

A great dish with a wonderful garlic taste.

Ingredients:

- Oil, Olive, 1 tablespoon
- Garlic, 4 finely chopped clove(s)
- Collard Greens, 8 chopped ounce(s)
- Kale, 8 chopped ounce(s)
- Beans, Pinto, 1 cooked or canned cup(s)
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the garlic and saute 1 minute. Add the collards and kale and saute 2 minutes. Cover and cook for 15 minutes or until the greens are just tender.
2. Stir in the beans and salt. Cover and cook 5 minutes longer. Serve hot.

Garlicky Spinach ◇◇◇

This dish is so easy, but you will enjoy it each time you make it.

Ingredients:

- Spinach Leaves, 10 fresh, stemmed (1 package) ounce(s)
- Lemon Juice, 1 tablespoon
- Garlic, 2 minced clove(s)

How to make it:

1. Combine the spinach, lemon juice, and garlic in a medium saucepan. Cover and cook over medium-low heat for 2 minutes or until spinach is wilted. Serve warm.

Green Beans Almondine ◇◇◇

Cannot eat enough of these because they are that good

Ingredients:

- Beans, Green, 1 cup(s)
- Oil, Olive, 1 teaspoon
- Nuts, Almonds, slivers, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. Steam the green beans over simmering water for 6 to 8 minutes or until tender. Drain well.
2. Heat the oil in a small skillet over medium heat. Add the almonds and cook 1 minute. Add the drained beans and cook, stirring, for 1 minute. Serve hot.

Green Beans and Mushrooms ◇◇◇◇

Quick and simple stir-fry.

Ingredients:

- 2 pounds green beans, de-stemmed
- 1 pound portobello mushrooms, sliced
- 1 onion or several shallots, chopped
- 2 Tablespoons olive oil
- 1 Tablespoon (or more) rosemary, fresh if possible
- wheat-free tamari sauce or sea salt, to taste

How to make it:

1. Add oil to a pan and heat.
2. Add all other ingredients except tamari or salt.
3. Stir fry about 5 minutes or until water starts to develop from the vegetables, then add the soy sauce and stir for about a minute and serve.

Green Beans with Lemon ◇◇◇

A tangy taste to an old favorite.

Ingredients:

- Beans, Green, 1 trimmed pounds
- Lemon Juice, 2 tablespoon
- Salt, Sea, 0

How to make it:

1. Steam the green beans over simmering water for 6 to 8 minutes or until tender-crisp. Drain, return to saucepan, toss with lemon juice and salt, and serve.

Green Beans with Walnut Oil and Grapefruit Vinaigrette ◇◇◇◇◇

An old favorite with a sweet tangy taste.

Ingredients:

- Beans, Green, 1/2 trimmed pounds
- Grapefruit Juice, 2 tablespoon
- Oil, Walnut, 1 or Olive Oil tablespoon
- Salt, Sea, 1/4 fine teaspoon
- Onion(s), green, 1/4 finely chopped cup(s)

How to make it:

1. Steam the green beans for 6 minutes or until tender. Drain well.
2. Meanwhile, in a large bowl, combine the grapefruit juice, walnut oil, and salt. Add the green beans and green onion and toss to coat. Serve warm.

Green Peas (serves 1) ◇◇

My family loves this recipe, so will yours.

Ingredients:

- Peas, 1 fresh or frozen cup(s)
- Salt, Sea, 1/8 teaspoon

How to make it:

1. Boil the peas in lightly salted water to cover for 5 to 8 minutes or until tender. Serve warm.

Green Peas (serves 4) ◇◇

An old favorite, simple and delicious. Sometimes I add onions and tomatoes to mix it up abit.

Ingredients:

- Peas, 2 fresh or frozen cup(s)
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. Boil the peas 6 to 8 minutes or until tender. Sprinkle with salt and serve.

Kasha with Onions (serves 1) ♦♦♦♦

A tasty Eastern European/Russian meal or side dish with an onion twist.

Ingredients:

- Kasha (buckwheat groats), 1/4 uncooked cup(s)
- Oil, olive, 1 teaspoon
- Onion(s), 1/2 chopped cup(s)
- Salt, sea, 1/4 fine teaspoon

How to make it:

1. Cook the kasha according to package directions.
2. Heat the oil in a small skillet. Add onion and sauté 5 to 8 minutes or until tender. Stir in the kasha and salt and cook until warmed through.

Kasha with Onions (serves 2) ♦♦♦♦

A simple side dish that tastes great.

Ingredients:

- Kasha (buckwheat groats), 1/4 uncooked cup(s)
- Oil, Olive, 1 teaspoon
- Onion(s), 1/2 chopped cup(s)
- Salt, 1/4 teaspoon

How to make it:

1. Cook the kasha according to package directions.
2. Heat the oil in a small skillet. Add onion and sauté 5 to 8 minutes or until tender. Stir in the kasha and salt and cook until warmed through.

Kickin' Kale ♦♦♦♦♦

The most scrumptious salad, appetizer, entre, or side dish I've ever eaten. Plus, it's great for raw-fooders as none of it is cooked.

Ingredients:

- 1 large bunch of curly kale (organic, of course)
- 3 small or 2 large lemons
- 1/2 cup raw, virgin, cold-pressed olive oil
- 1 teaspoon Celtic or Himalayan sea salt
- 4 small or 3 large cloves of garlic (peeled)
- 1/2 to 1 purple onion, sliced very fine

How to make it:

1. Wash and 'spin' dry the curly kale.
2. Remove the stems.
3. Stack the leaves on top of each other and slice them horizontally into fine strips
4. Place the strips into a glass or porcelain bowl
5. Juice the lemons to make about 3-4 oz of juice.
6. Add the 1/2 cup olive oil.
7. Peel and cut the garlic cloves into chunks.
8. Put the olive oil, lemon, garlic, and sea salt into the blender or Vita-Mix and combine on high to make a frothy liquid.
9. Pour 1/2 the liquid over the top of the kale.
10. Mix well with salad utensils.
11. Pour the remaining liquid over the kale and keep turning and mixing with the salad utensils.
12. Let the mixture sit for at least 2 hours before you eat it as the lemon and olive oil will 'cure' the kale so that it becomes much softer and more edible.
13. Garnish with as many of the onion slices as you like.

Lemon-Garlic Spinach ♦♦♦♦♦

Not a huge fan of cooked spinach, I find this one to be quite good

Ingredients:

- 2 bunches fresh Spinach, washed
- 4-5 cloves fresh Garlic, sliced thinly
- juice of one Lemon
- Olive Oil
- Salt to taste

How to make it:

1. On medium heat in a large pan, saute garlic in olive oil until tender.
2. Add spinach and turn continuously until it begins to wilt.
3. Sprinkle with salt, and add lemon juice.
4. Be careful not to over-cook the spinach, it should still have some crunch.
5. Remove from pan and serve. Goes great with chicken!

Lemon-Honey Glazed Carrots ◇◇◇

A quick and easy side dish, that taste great.

Ingredients:

- Carrot(s), baby, 16 ounce(s)
- Honey, 2 tablespoon
- Butter, light, 1 tablespoon
- Lemon Juice, 2 teaspoon
- Salt, 1/4 teaspoon

How to make it:

1. Combine all ingredients in a medium microwave-safe dish. Cover and microwave at HIGH 8 to 10 minutes or until tender, stirring after 4 minutes.
2. Yield: 4 servings (serving size: about 1/2 cup).

Lemony Garlic Collard Greens ◇◇◇◇◇

A nice vegetable side dish.

Ingredients:

- Collard Greens, 1 1/4 trimmed and chopped pounds
- Onion(s), 1 finely chopped
- Oil, Olive, 1 tablespoon
- Garlic, 4 minced clove(s)
- Water, 1 cup(s)
- Lemon Juice, 2 tablespoon
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. In a large pot, combine the collard greens, onion, olive oil, garlic, water, lemon juice, and salt. Cover and cook 30 minutes or until greens are tender. Serve hot.

Lemony Okra ◇◇◇

This is a healthy veggie dish to with any meal.

Ingredients:

- Okra, 1 trimmed pounds
- Oil, Olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. Steam the okra over simmer water for 8 minutes or until tender. Drain well.
2. Meanwhile, in a large bowl, combine the oil, lemon juice and salt. Add the steamed okra and toss to coat. Serve hot.

Macro Seaweed Rice ♦♦♦♦

Good for either side dish or salad. Serve either hot or cold.

Ingredients:

- 8 ounces organic short grain brown rice
- 2 medium organic onions, sliced
- 4 Tablespoons organic olive oil
- 4 Tablespoons organic parsley, chopped
- 2 Tablespoons wheat-free tamari
- 2 handfuls arame seaweed, soaked in water for 10 minutes and drained.

How to make it:

1. Cook the rice in boiling water (twice as much water as rice) for 40 minutes until tender.
2. Heat oil in frying pan and saute onions until transparent without browning them.
3. Crumble the arame and add to the onions continue to cook for ten minutes or until the seaweed is soft.
4. Add the rice to the onions and mix in the tamari.
5. When cool, add the parsley.
6. Serve hot or cold.

Mashed Parsnips ♦♦♦♦♦

They look like white carrots but taste like a cross between carrots and potatoes. They have a sweet taste and go good with meat and other veggies.

Ingredients:

- Parsnips
- Ghee (clarified butter) or Butter
- Salt
- Garlic powder
- Onion powder
- Parsley

How to make it:

1. Scrub parsnips and clip off the ends.
2. Cut into slices with a large flat bladed sharp knife and cutting board (they are rather hard to cut).
3. Steam parsnips (covered) until tender.
4. Mash slightly.
5. Add Ghee or butter and desired spices.
6. Finish mashing and whipping with electric mixer.
7. Serve instead of potatoes.

Mashed Pumpkin with Cinnamon ◇◇◇

Beneficial dish that is easy and delicious.

Ingredients:

- Pumpkin, 1 hot, cooked, mashed cup(s)
- Oil, Olive, 2 (can substitute melted Butter) teaspoon
- Cinnamon, ground, 1/4 teaspoon

How to make it:

1. Stir together the pumpkin, olive oil or butter, and cinnamon. Serve warm.

Mashed Pumpkin with Cinnamon ◇◇◇

I don't even miss potatoes since I made this dish. You will like it too!

Ingredients:

- Pumpkin, 1 hot, cooked, mashed cup(s)
- Oil, Olive, 2 teaspoon
- Cinnamon, ground, 1/4 teaspoon

How to make it:

1. Stir together the pumpkin, olive oil, and cinnamon. Serve warm.

Mushroom Sauté ◇◇

These mushrooms taste going over beef or chicken. I have done both and it is divine.

Ingredients:

- Oil, Olive, 2 tablespoon
- Mushrooms, assorted wild, 1 pounds
- Cheese, Parmesan, 1/4 grated cup(s)

How to make it:

1. In a very large skillet, heat the oil over medium-high heat. Add the mushrooms and cook, stirring often, for 3 to 5 minutes or until just tender.
2. Remove from heat and sprinkle with Parmesan cheese before serving.
- 3.

Mushroom Stir-Fry ♦♦♦

Simple and yet fulfilling

Ingredients:

- Oil, Olive, 2 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Mushrooms, assorted wild, 4 sliced cup(s)
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a large skillet over medium-high heat. Add the onions. Saute for 5 minutes or until tender. Add the mushrooms and salt. Cook, stirring often, for 5 minutes or until tender. Serve warm.

Mushroom and Sweet Pepper Sauté ♦♦♦♦♦

A tasty vegetable dish.

Ingredients:

- Oil, Olive, 2 tablespoon
- Butter, 1 tablespoon
- Onion(s), 1 finely chopped
- Garlic, 2 minced clove(s)
- Pepper(s), red, bell, 1 diced large
- Mushrooms, assorted wild, 1 pounds
- Thyme, dried, 1/2 teaspoon
- Oregano, dried, 1/2 teaspoon
- Cheese, Parmesan, 1/2 grated cup(s)

How to make it:

1. Heat the oil and butter in a large skillet over medium heat. Add the onion and sauté 5 minutes. Add the garlic and sauté 1 more minute. Stir in the pepper and sauté, stirring occasionally, 5 minutes longer.
2. Stir in the mushrooms, thyme, and oregano and sauté, stirring occasionally, 20 minutes or until mushrooms are very tender. Sprinkle with cheese and serve.
3. Sprinkle with cheese and serve.

Onion and Mushroom Kasha ♦♦♦♦♦

A healthy easy side dish

Ingredients:

- Kasha (Buckwheat Groats), 1 dry cup(s)
- Oil, Olive, 2 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Mushrooms, 4 finely chopped ounce(s)
- Salt, Sea, 1/2 fine teaspoon

How to make it:

1. Cook the kasha following package directions.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and cook 5 minutes or until tender. Stir in the mushrooms and salt. Cook 5 to 8 minutes later or until mushrooms are tender. Stir in the cooked kasha until well mixed. Serve warm.

Peanutty Tofu ◇◇◇

This recipe is great with spelt bread on the side.

Ingredients:

- Tofu, firm, 6 thickly sliced ounce(s)
- Tamari, reduced-sodium, 2 teaspoon
- Allspice, ground, 1/8 teaspoon
- Nuts, Peanuts, 2 finely chopped tablespoon

How to make it:

1. Place the tofu slices in the top of a steamer. Combine tamari and allspice and brush over tofu. Steam for 3 minutes or until heated through, brushing once or twice with soy mixture. Transfer to serving plate and sprinkle with peanuts.

Pepper and Onion Sauté ◇◇

I put this dish over Quinoa to give it added taste.

Ingredients:

- Oil, Olive, 2 tablespoon
- Onion(s), 1 sliced medium
- Pepper(s), Red, Bell, 2 sliced

How to make it:

1. In a large skillet, heat the oil over medium heat. Add the onion and saute 5 minutes. Add the peppers and salt and saute, stirring occasionally, 5 minutes longer. Serve warm.

Pignoli Broccoli ◇◇

A versital and simple dish. Pignoli broccoli can be made with raw or steamed broccoli and served as an appetizer or side.

Ingredients:

- Broccoli Florets, 1 cup(s)
- Nuts, Pine Nuts, 1 tablespoon

How to make it:

1. Top broccoli with pine nuts and serve.

Quinoa Tabouleh with Pumpkin Seeds ◇◇◇◇◇

A cool dish that is high in protein and taste good.

Ingredients:

- Quinoa, dry, 1 cup(s)
- Lemon juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1/2 teaspoon
- Parsley, 1 finely chopped cup(s)
- Onion(s), green, 1/2 finely chopped cup(s)
- Pumpkin seeds, toasted, 1/2 cup(s)

How to make it:

1. Cook the quinoa according to package directions. Set aside to cool to room temperature.
2. Meanwhile, in a medium bowl, combine the lemon juice, oil, and salt. Stir in the parsley, green onion, and pumpkin seeds.
3. Add the cooled quinoa to the parsley mixture. Toss gently to mix well. Serve at room temperature or refrigerate and serve chilled.

Quinoa Tortillas ◇◇◇

A nice substitute for corn tortillas.

Ingredients:

- 1-1/2 cups quinoa flour
- 1/4 teaspoon sea salt
- 3/4 to 1 cup of lukewarm water
- ghee or olive oil for cooking

How to make it:

1. Mix everything up with a fork.
2. Gather the dough into a ball and knead until it is no longer sticky, then cover with a towel and let it stand 1 hour. (If you have trouble with stickiness, try adding a little rice flour to the mix.)
3. When you are ready to roll out the dough, put a heavy skillet to heat on a medium setting and add a few drops of ghee or light olive oil.
4. Put down some plastic wrap on a flat surface like a counter or big bread board and sprinkle both the wrap and your rolling pin with a little quinoa flour.
5. Pinch off a ball about the size of a walnut and recover the bowl with the towel.
6. Place it in the middle of the plastic wrap and cover it with another piece of plastic wrap.
7. Roll it out carefully to about a 4-5 inch diameter.
8. The tortilla should be about 1/8th inch thick.
9. Place the tortilla in the heated skillet and let it bake for about 30 seconds. It will blister and rise a little.
10. Turn over and bake the other side.
11. Remove from the skillet and place on a plate lined with a paper towel.
12. Cover with a towel.

Comments:

13. It takes a few tries, but once you get the knack of rolling out and peeling the tortilla from the plastic, you can make a tortilla while one is baking in the skillet and have a nice assembly line going.
14. These tortillas are best eaten fresh, but they can be refrigerated for a day or two and frozen as well.
15. If you really like making them, it's a good idea to invest in a tortilla press, which helps simplify and streamline the process.
16. You can also make chips from these tortillas by cutting them into wedges and baking them in the oven at 350 degrees until crispy.

Quinoa with Onions and Pine Nuts ♦♦♦♦

If you need a great side dish and Protein, this would be the one. Simple but delicious.

Ingredients:

- Quinoa, dry, 1 well rinsed cup(s)
- Salt, Sea, 1 fine teaspoon
- Oil, Olive, 1 tablespoon
- Onion(s), 1 finely chopped
- Nuts, Pine Nuts, 1 ounce(s)
- Oregano, dried, 1/2 teaspoon

How to make it:

1. Cook the quinoa according to package directions, using 1/2 teaspoon of the salt.
2. In a large skillet, heat the oil over medium heat. Add the onion and sauté 5 minutes. Add the pine nuts, oregano, and remaining salt. Sauté, stirring often, 3 minutes longer.
3. To serve, stir the quinoa into the onion mixture. Reheat, if necessary, and serve warm.

Quinoa with Pineapple, Pecans & Havarti Cheese ♦♦♦♦

Serve warm or refrigerate for at least several hours to serve cold.

Ingredients:

- Quinoa, dry, 1 cup(s)
- Lemon Juice, 1/4 cup(s)
- Oil, Olive, 2 tablespoon
- Salt, Sea, 1 teaspoon
- Honey, 2 tablespoon
- Pineapple Chunks, cut into small dice 2 cup(s)
- Cheese, Havarti, 1 1/2 cup(s)
- Nuts, Pecans, 1/2 chopped cup(s)

How to make it:

1. Cook the quinoa according to package directions using 1/2 teaspoon of the salt.
2. Meanwhile, in a large bowl, combine the lemon juice, olive oil, honey, and remaining salt. Stir until well mixed. Add the pineapple, cheese, and pecans. Toss gently to coat with dressing.
3. Stir in the quinoa and toss to mix well.

Refried Pinto Beans (serves 2) ♦♦♦

I add the beans to a greens for a mexican salad. It is so good!

Ingredients:

- Oil, Olive, 1 tablespoon
- Beans, Pinto, 15 organic, no salt added (1 can, about 2 cups) ounce(s)
- Salt, Sea, 1/2 fine teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the beans and salt. Cook, stirring often and mashing beans with a fork, for 2 minutes or until the beans are mostly mashed and heated through. Serve hot.

Refried Pinto Beans (serves 4) ♦♦♦

Great side dish to the tortilla dishes on the Genotype recipes list.

Ingredients:

- Oil, Olive, 1 tablespoon
- Beans, Pinto, 15 organic, no-salt-added (1 can) ounce(s)
- Salt, Sea, 1/2 fine teaspoon

How to make it:

1. Heat the oil in a small skillet over medium heat. Add the beans and salt. Cook, stirring often and mashing beans with a fork, for 2 minutes or until the beans are mostly mashed and heated through. Serve hot.

Rice 'dressing' ♦♦♦♦♦♦

A corn-free alternative to cornbread dressing.

Ingredients:

- 2 cups cooked rice
- 1/2 chopped onion
- 1 celery stick, plus all leaves, chopped
- fresh parsley
- poultry seasoning, ground sage to taste
- sea salt to taste
- ghee or olive oil

How to make it:

1. In a large skillet, gently saute onions and celery in plenty of olive oil.
2. Add seasonings and stir till fragrant.
3. Add rice and stir well, making sure there's enough olive oil to prevent drying.
4. Adjust seasonings.

Rice Dressing ♦♦♦♦♦♦

A corn-free alternative to cornbread dressing.

Ingredients:

- 2 cups cooked Rice
- 1/2 Onion chopped
- 1 Celery stick plus all leaves, chopped
- fresh Parsley
- Poultry seasoning, ground Sage to taste
- Sea Salt to taste
- Ghee or Olive Oil

How to make it:

1. In a large skillet, gently saute onions and celery in plenty of olive oil.
2. Add seasonings and stir till fragrant.
3. Add rice and stir well, making sure there's enough olive oil to prevent drying.
4. Adjust seasonings.

Rice and Peas with Parmesan ◇◇

This rice dish is a favorite for the whole family.

Ingredients:

- Rice, Basmati, 1 raw cup(s)
- Peas, Frozen, 1 cup(s)
- Salt, Sea, 1/2 fine teaspoon
- Cheese, Grated Parmesan, 1/4 cup(s)

How to make it:

1. Cook the rice according to package directions, adding the peas and using the 1/2 teaspoon sea salt. Just before serving, stir in the cheese.

Rice with Apples and Pine Nuts ◇◇◇◇

A rice recipe that is updated with fruit and nuts.

Ingredients:

- Rice, long grain, 1 uncooked cup(s)
- Salt, Sea, 0.75 fine teaspoon
- Oil, Olive, 2 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Thyme, fresh, 1 or 1/2 teaspoon dried teaspoon
- Apple(s), 2 diced large
- Nuts, Pine Nuts, 2 ounce(s)

How to make it:

1. Cook the rice according to package directions, using 1/2 teaspoon of the salt.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onions and thyme and sauté 5 minutes or until tender. Stir in the apples, pine nuts, and remaining 1/4 teaspoon salt. Cook, stirring occasionally, 5 minutes longer.
3. Stir the rice into the apple mixture. Reheat, if necessary, and serve warm.

Roast Baby Carrots and Rutabaga ◇◇◇◇

Once I had this rutabaga dish, I was hooked. You will be too!

Ingredients:

- Carrot(s), baby, 1/2 pounds
- Rutabaga, 1/2 peeled and cut pounds
- Oil, Olive, 2 tablespoon
- Honey, 2 tablespoon
- Garlic, 2 minced clove(s)
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. Preheat the oven to 450°F. In a foil-lined baking dish, toss the carrots and rutabaga with oil, honey, garlic, and salt until well coated.
2. Roast for 20 to 30 minutes or until vegetables are browned and tender. Serve warm.

Roast Cauliflower with Garlic and Rosemary ♦♦♦♦♦

A dish that has a garlicky taste. You can add broccoli too.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Garlic, 2 minced clove(s)
- Salt, Sea, 1/2 fine teaspoon
- Rosemary, 1/2 dried, crushed teaspoon
- Cauliflower, 4 flowerets cup(s)

How to make it:

1. In a 1 1/2-quart baking dish, combine the oil, lemon juice, garlic, salt, and rosemary. Add the cauliflower and toss to mix well.
2. Roast for 15 minutes or until cauliflower is lightly browned around the edges. Serve hot.

Roasted Baby Carrots ♦♦♦♦

Good for your eyes and stomach

Ingredients:

- Carrot(s), baby, 1 pounds
- Oil, olive, 1 tablespoon
- Garlic, 2 minced clove(s)
- Salt, sea, 1/4 fine teaspoon

How to make it:

1. Preheat the oven to 500°F. In a foil-lined baking dish, toss the carrots with oil, garlic, and salt until well coated.
2. Roast for 20 minutes or until carrots are browned and tender. Serve warm.

Roasted Cauliflower and Carrots ♦♦♦♦♦

A tasty sidedish that is delicious.

Ingredients:

- Oil, Olive, 1 tablespoon
- Lemon Juice, 1 tablespoon
- Garlic, 2 minced clove(s)
- Salt, Sea, 1/4 fine teaspoon
- Cauliflower, 2 florets cup(s)
- Carrot(s), baby, 1 halved cup(s)

How to make it:

1. Preheat the oven to 450°F. In a large bowl, combine the oil, lemon, juice, garlic, and salt. Add the cauliflower and carrots and toss to coat.
2. Spread the vegetables in one layer on a foil-lined baking sheet. Roast for 20 minutes or until vegetables are tender and lightly browned.

Sauteed Asparagus ◇◇◇◇◇

Sauteed with oils and spices.

Ingredients:

- Asparagus
- Olive Oil
- grape seed Oil
- Ghee or Organic Butter
- Ginger (Fresh)
- Rosemary
- Dill Weed
- Peppermint Flakes

How to make it:

1. I measured no ingredients, sorry.
2. Equal small amounts of the oils.
3. Heat, then add asparagus and all spices.
4. Cook over medium to high heat.
5. Cook until tender and crispy. Crispy is important. Eat immediately and enjoy!!
6. Steamed asparagus is bland compared to this. I concocted this, as the steamed is probably better for you.

Sauteed Escarole ◇◇◇◇◇

Delicious side dish. Simple Italian recipe. Good for quick snack, side dish or add more liquid for a delicious soup, with sprinkled Romano cheese for more flavor.

Ingredients:

- 1 head Escarole
- 1 bulb Garlic (yes the entire bulb)
- 2 Tablespoons Olive Oil
- 1 teaspoon Miso, optional
- Sea Salt to taste

How to make it:

1. In a skillet, heat olive oil.
2. Add whole cloves or sliced cloves of garlic to hot oil. Add thoroughly rinsed and chopped (not too small) pieces of escarole into skillet.
3. Toss in oil and garlic, cover and simmer about 5 minutes. Add miso, or sea salt to taste, cover again and wait until tender.

Sautéed Bok Choy ◇◇◇

When the family wants Chinese food, this is the recipe that I use with a nice sesame chicken.

Ingredients:

- Oil, Olive, 1 teaspoon
- Bok Choy, 2 thickly sliced, white and green parts separated cup(s)
- Garlic, 1 minced clove(s)
- Tamari, reduced-sodium, 1 teaspoon

How to make it:

1. Heat the oil in a medium skillet over medium heat. Add the white part of the bok choy and saute, stirring often, for 3 minutes. Add the green part of the bok choy, garlic, and soy sauce. Saute, stirring occasionally, 3 minutes longer. Serve hot.

Sautéed Bok Choy with Peanuts ◇◇◇◇◇

A scrumptious, Asian-inspired side dish.

Ingredients:

- Oil, Olive, 1 teaspoon
- Bok Choy, 2 thickly sliced, white and green parts separated cup(s)
- Nuts, Peanuts, 2 raw tablespoon
- Garlic, 1 minced clove(s)
- Tamari, reduced-sodium, 1 teaspoon

How to make it:

1. Heat the oil in a medium skillet over medium heat. Add the white part of the bok choy and saute, stirring often, for 3 minutes. Add the green part of the bok choy, peanuts, garlic, and soy sauce. Saute, stirring occasionally, 3 minutes longer. Serve hot.

Sautéed Broccoli Rabe ◇◇◇◇◇

A great dish over rice or with sweet potatoes.

Ingredients:

- Oil, Olive, 2 teaspoon
- Garlic, 2 minced tablespoon
- Broccoli Rabe, 1 pounds
- Salt, Sea, 1/4 teaspoon
- Lemon Juice, 1 tablespoon
- Water, 1/4 cup(s)

How to make it:

1. In a large skillet, heat the oil over medium heat . Add the garlic and cook 30 seconds.
2. Add the broccoli rabe, salt, and lemon juice. Cook, stirring, for 1 minute. Add the water, cover, and cook for 15 minutes or until the broccoli rabe is tender. Serve warm.

Sautéed Carrots with Garlic ◇◇◇◇

This dish is great, and the best part is that it is so easy.

Ingredients:

- Oil, Olive, 2 teaspoon
- Carrot(s), 1 thinly sliced medium
- garlic, 1 minced clove(s)
- Salt, sea, 1/8 fine teaspoon

How to make it:

1. In a small skillet, heat the oil over medium heat. Add the carrots and sauté 3 minutes. Add the garlic and salt and sauté, stirring occasionally, 1 to 2 minutes longer or until carrots are tender.

Sautéed Sweet Peppers & Onions ◇◇◇

This dish can be used several different ways. Spelt rolls, over a main dish or over rice as a side dish.

Ingredients:

- Oil, Olive, 1 teaspoon
- Pepper(s), Red, Bell, 1 cut into strips cup(s)
- Onion(s), 1 halved and thinly sliced small
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a medium skillet over medium-high heat. Add the peppers and saute, stirring often, for 5 minutes or until tender-crisp. Sprinkle with salt and serve warm.

Sautéed Turnip ◇◇

This dish is goes the fastest at any family meal.

Ingredients:

- Oil, Olive, 1 tablespoon
- Turnips, 2 peeled and cubed (about 2 cups) medium
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. Heat the oil in a medium skillet over medium heat. Add the turnips and salt and cook, stirring occasionally, 5 to 8 minutes or until tender.

Sautéed Zucchini ◇◇◇

Light and quick side

Ingredients:

- Oil, Olive, 1 tablespoon
- Zucchini, 2 halved lengthwise and thinly sliced medium
- Salt, sea, 1/4 fine teaspoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the zucchini and salt and cook, stirring often, 8 minutes or until tender.

Spaghetti Squash ◇◇◇◇◇

Ingredients:

- 1 spaghetti squash
- olive oil or ghee
- shallots, leeks or onions
- fresh garlic
- basil, cilantro, whatever
- salt to taste
- freshly ground black pepper if allowed

How to make it:

1. With the hugest knife you can find, cut it lengthwise in half (this is difficult and dangerous).
2. Gently scrape out seeds (and only the pulp immediately around the seeds) and place cut-side down in 9X13 pan with some water in the bottom.
3. Bake at 350 until you can stab it with a fork and the fork goes through fairly easily.
4. While it's cooking, pour generous amount of olive oil or ghee into an iron skillet.
5. Saute plenty of fresh garlic and shallots (or leeks or onions) and add a little basil or cilantro if desired. Saute until tender.
6. Remove squash from oven and allow to cool enough to handle easily.
7. Flip over and scrape out 'spaghetti' with a fork.
8. Stir in onions and salt to taste.

Spicy Cabbage and Onion ◇◇

I've never been very specific with the quantities for this one, I'm afraid.

Ingredients:

- 1 Onion, sliced
- similar quantity(!) of White Cabbage, sliced
- Garam Masala
- Olive Oil

How to make it:

1. Saute the onion and garam masala in the olive oil
2. Add the cabbage and stir until it is really heated through but not fully cooked
3. Serve

Spinach Fried Rice with Egg ◇◇◇◇◇◇

This rice dish is #1 in my house when I make a rich side dish.

Ingredients:

- Rice, Brown Long Grain, 1 cup(s)
- Salt, Sea, 1/2 teaspoon
- Oil, olive, 1 tablespoon
- Onion(s), 1 finely chopped
- Spinach, 4 cup(s)
- Garlic, 2 minced clove(s)
- Egg(s), 2 lightly beaten
- Soy Sauce, 2 tablespoon

How to make it:

1. Cook the rice according to package directions, using 1/2 teaspoon of salt.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the chopped onion and sauté 5 minutes or until tender. Add the spinach and garlic and cook, stirring occasionally, for 5 minutes. Transfer mixture to a bowl; set aside and keep warm.
3. Add the eggs to the skillet and cook, stirring constantly, until scrambled. Stir in the rice and the spinach mixture. Add the soy sauce and cook for 2 minutes or until mixture is well combined and heated through. Serve hot.

Spinach Maria ◇◇◇◇

Spinach is a very healthy choice for a side dish.

Ingredients:

- 1 pack of frozen chopped spinach, thawed
- 1 egg
- 1/2 box of crumbled soft tofu
- 1/2 onion chopped
- 1/2 cup shredded soy cheese
- salt and other seasonings
- like Italian spices etc.

How to make it:

1. After the spinach is thawed and cooled off mix all ingredients.
2. Bake at 350 Fahrenheit for about 20-30 minutes until slightly brown and the consistency appears like a souffle.
3. Serve immediately. Enjoy!
4. serves 3-4 people)

Spring Lemon Quinoa Bean Dish ◇◇◇◇◇

A fresh, zesty salad/dish that is very light and refreshing!

Ingredients:

- 1 cup Quinoa
- 2 cups Water
- 1 can beans of choice (Garbanzo, Black Eyed Peas)[or use a BTD compliant substitute]
- 1/2 cup Cilantro, chopped (or use 2T dried)
- 1/2 red Onion, chopped
- Dressing:
 - 1 Garlic Clove
 - 1/4 cup Tahini [or use a BTD compliant substitute]
 - Zest of one Lemon
 - Juice of 1 Lemon
 - 1 tablespoons Olive Oil (flavored is nice here)
 - 2 tablespoons hot Water

How to make it:

1. Cook the quinoa with the 2 cups water approx 15 minutes until absorbed.
2. Chop onion and cilantro and set aside.
3. In a food processor, magic bullet, or with a whisk, blend the rest of the ingredients together.
4. Mix the cooked quinoa with the onion, cilantro, and dressing.

Note:

Delicious on its own or served over lettuce. Try making some extra dressing!

Steamed Artichoke with Lemon Oil ◇◇◇◇

This dish is a winner at my family night dinners.

Ingredients:

- Artichoke(s), fresh, 1 pointy leaves trimmed
- Lemon Juice, 2 fresh tablespoon
- Oil, Olive, 1 teaspoon
- Salt, Sea, 1/8 teaspoon

How to make it:

1. Steam the artichoke over simmering water for 45 minutes or until leaves pull easily from core.
2. Meanwhile, combine the lemon juice, oil, and salt in a small bowl.
3. Place the artichoke on a plate and sprinkle with cheese. Pull the leaves and dip in the lemon oil before eating. Discard center choke before cutting and dipping the heart.

Steamed Asparagus with Lemon ◇◇

Asparagus is a popular side dish. With fresh lemon for added flavor it becomes even better.

Ingredients:

- Asparagus, 1 spears, trimmed cup(s)
- Lemon, 1/4

How to make it:

1. Steam the asparagus over simmering water for 5 minutes or until tender. Serve hot with lemon on the side.

Steamed Green Beans Vinaigrette ♦♦♦♦

This recipe is very easy, and it works well with a lot of different meals.

Ingredients:

- Beans, green, 6 trimmed cup(s)
- Oil, Olive, 1 tablespoon
- Lemon juice, 1 tablespoon
- Salt, Sea, 1/2 fine teaspoon

How to make it:

1. Steam the green beans over simmering water for 4 to 6 minutes or until tender-crisp. Drain.
2. In a large bowl, combine the oil, lemon juice and salt. Add the green beans and toss to coat. Serve hot.

Steamed Okra with Olive Oil and Lemon ♦♦

An easy side dish that is very healthy for any type.

Ingredients:

- Okra, 1 trimmed pounds
- Lemon Juice, 2 tablespoon
- Oil, Olive, 1 tablespoon
- Salt, Sea, 1/4 fine teaspoon

How to make it:

1. Steam the okra over simmering water for 8 to 10 minutes or until very tender. Drain well.
2. Meanwhile, in a large bowl, combine the lemon juice, oil, and salt. Add the okra and toss to coat. Serve hot.

Steamed Zucchini ♦♦

I love to make this dish, because it is so easy and simple to make.

Ingredients:

- Zucchini, 1 thinly sliced medium
- Salt, Sea, 1/4 teaspoon

How to make it:

1. Steam the zucchini over simmering water for 4 to 6 minutes or until tender. Drain, sprinkle with salt, and serve hot.

Sweet Ginger Carrots ♦♦♦

It is a tasty side dish or a sweet snack.

Ingredients:

- Carrot(s), 1 thinly sliced
- Honey, 1 tablespoon
- Ginger, 1/8 ground teaspoon
- Salt, Sea, 1/8 fine teaspoon

How to make it:

1. In a small saucepan, simmer the carrots in water to cover for 5 minutes or until just tender. Drain.
2. Return the carrots to the pan with the honey, ginger, and salt. Cook over low heat, stirring, until lightly glazed. Serve warm.

Sweet and Sour Cabbage ♦♦♦

A dish that gives you both Sweet and Sour taste that you need.

Ingredients:

- Oil, Olive, 2 tablespoon
- Onion(s), 2 thinly sliced cup(s)
- Cabbage, Red, 6 thinly sliced cup(s)
- Lemon Juice, 2 tablespoon
- Honey, 1/4 cup(s)

How to make it:

1. In a large saucepan, heat the oil over medium heat. Add the onion and sauté 5 minutes or until tender. Stir in the cabbage and cook 5 minutes longer. Stir in the lemon juice and honey. Cover and cook, stirring occasionally, 10 minutes longer or until cabbage is tender. Serve warm or refrigerate to serve cold.

Swiss Chard ♦♦♦♦

A feel good food, healthy and easy. I cook leftovers in with an egg for breakfast.

Ingredients:

- 1 large bunch of Swiss chard (stems included)
- 2 Tablespoons olive oil
- 1/4 cup onion
- 1/4 cup red pepper
- 1/4 teaspoon cumin seed
- pinch of sea salt (or use your favorite spices like cajun)

How to make it:

1. Add spices and olive oil to a large skillet on medium heat (seeds are better if heated in oil first).
2. Cut up onion and red pepper and add to skillet.
3. While onions and red pepper are cooking, chop Swiss chard in approximately one inch strips cutting across the stems.
4. Cook approximately 10 to 15 minutes longer or as desired.

Three-Bean Salad ◇◇◇◇

A great, simple side dish that is sure to please.

Ingredients:

- Beans, green, 8 trimmed ounce(s)
- Oil, Olive, 2 tablespoon
- Lemon juice, 2 tablespoon
- Salt, Sea, 1/2 fine teaspoon
- Beans, Butter, 15 organic, no salt added (1 can) ounce(s)
- Beans, Cannellini, 15 organic, no salt added (1 can) ounce(s)

How to make it:

1. Steam the green beans over simmering water for 6 minutes or until very tender. Drain.
2. Meanwhile, in a large bowl, combine the olive oil, lemon juice, and salt. Add the butter beans, cannellini beans, and drained green beans. Toss to coat. Serve at once or refrigerate to serve chilled.

Tofu with Peanuts ◇◇◇◇

Tofu is an amazing food, rich with protein and flavors well with this recipe.

Ingredients:

- Oil, Olive, 2 tablespoon
- Tofu, firm, 1 cut into thick slices pounds
- Soy Sauce, 1 tablespoon
- Nuts, Peanuts, 1/2 dry roasted, unsalted, chopped cup(s)

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the tofu and sauté 3 minutes or until somewhat crisp on the bottom. Turn the tofu, brush with soy sauce, and sauté 2 minutes longer. Transfer to serving plates and sprinkle with peanuts.

Tortillas ◇◇

A great tortilla like flat bread for making wraps, quesadillas etc. Okay, so I missed wrapping things; it is such an easy way to eat because I'm just not a sandwich person. Makes two wrap sized flat breads.

Ingredients:

- 1 cup spelt flour
- 1/4 cup water
- 1/4 teaspoon salt
- dab of olive oil

How to make it:

1. Mix the salt and the flour together.
2. Add water. When it gets to the point that all the water has been absorbed, knead the dough
3. Divide the dough into two pieces and then put just a few drops of olive oil in your palm and slather between your hands and then take the two pieces of dough and knead one in each hand just so that the dustiness of the dough is gone and it sure be smoother. The oil prevents the bread from being too dry.
4. Roll the balls out with a rolling pin (the heavier the better) until they are about 1/8 of an inch thick.
5. Put them on a skill on a medium high flame and flip a couple of times until they have some firmness.
6. Then put them directly on the fire and flip as they start to 'poof' up.
7. I like to get the vegetarian refried beans and put those in their along with some tempeh that I've spiced with cajun spices and then pan-grilled .

Turkey Sausage ♦♦♦♦♦

This recipe is not just for breakfast.

Ingredients:

- Turkey, oven-roasted, 1 (8% fat) pounds
- Garlic, 1 finely chopped tablespoon
- Salt, Sea, 1 fine teaspoon
- Fennel Seed, 1 crushed teaspoon
- Thyme, dried, 1 teaspoon
- Oil, Olive, 2 tablespoon

How to make it:

1. In a large bowl, combine the turkey, garlic, salt, fennel, and thyme. Shape into 2-inch flattened rounds. In a large skillet, heat the oil over medium heat. Add the sausage rounds, in batches, if necessary. Sauté 2 to 3 minutes or until browned on bottom. Turn and sauté 2 minutes longer or until no longer pink in center. Serve hot.

Ulu (Breadfruit) patties ♦♦♦♦

Delicious 'burgers' made with the delectable 'ulu' or breadfruit. Now you will know how to make a lip smacking meal with this blessed fruit.

Ingredients:

- One ulu (breadfruit), ripe to the point where your fingers easily make dents in the fruit when you pick it up.
- 1/2 cup minced roasted red peppers (from a jar)
- 1/4 minced parsley
- 1 medium onion minced
- Sea salt to taste
- Cayenne pepper to taste
- One bag panko (Japanese style breadcrumbs)
- Olive or sesame oil for frying

How to make it:

1. Cut breadfruit in half, scoop or cut out brown core and discard.
2. If fruit is super soft, almost runny, you will not need to steam it. If it is not, steam ulu until it is soft.
3. Scoop out the insides and discard the peel.
4. Mix with roasted red peppers, parsley, onion, sea salt and cayenne pepper.
5. Form into patties and bread with panko crumbs.
6. Fry gently in olive oil until lightly brown.
7. Makes a great entree or side dish.

Warm Green Beans Vinaigrette ♦♦♦♦

A quick, delicious side dish!

Ingredients:

- Beans, Green, 1 trimmed pounds
- Oil, Olive, 2 tablespoon
- Lemon juice, 2 tablespoon
- Salt, Sea, 1/2 fine teaspoon

How to make it:

1. Steam the green beans for 6 to 8 minutes or until tender-crisp. Drain.
2. Meanwhile, in a large bowl, combine the oil, lemon juice, and salt. Add the drained beans and toss to coat. Serve warm.

Warm Green Beans Vinaigrette (serves 2) ♦♦♦♦

An old favorite with a zesty twist.

Ingredients:

- Beans, Green, 1 trimmed pounds
- Oil, Olive, 2 tablespoon
- Lemon Juice, 2 tablespoon
- Salt, Sea, 1/2 teaspoon

How to make it:

1. Steam the green beans for 6 to 8 minutes or until tender-crisp. Drain.
2. Meanwhile, in a large bowl, combine the oil, lemon juice, and salt. Add the drained beans and toss to coat. Serve warm.

Wild Rice and Three-Bean Salad ♦♦♦♦♦♦

I use it as a side dish, but you can use it as a main dish too.

Ingredients:

- Rice, Wild, 1 cup(s)
- Salt, Sea, 1 teaspoon
- Beans, Lima, frozen, 10 thawed ounce(s)
- Beans, Green, 4 fresh, trimmed and cut into 1 1/2' lengths cup(s)
- Beans, Black, 2 cooked, drained cup(s)
- Onion(s), Red, 1/2 chopped cup(s)
- Lemon juice, 1/4 cup(s)
- Oil, Olive, 1/4 cup(s)

How to make it:

1. Cook the rice according to package directions, using 1/2 teaspoon of the salt.
2. Cook the lima beans in a large pot of boiling water for 20 minutes or until tender. Add the green beans for the last 5 minutes of cooking time. Drain well.
3. Meanwhile, in a large bowl combine the black beans, red onion, lemon juice, olive oil, and remaining 1/2 teaspoon salt. Toss gently.
4. Add the drained lima and green beans and rice to the bowl with the black bean mixture, and toss to mix well. Serve warm or refrigerate and serve chilled.

Wilted Spinach with Lemon ♦♦♦♦

A tasty side dish.

Ingredients:

- Oil, Olive, 1 tablespoon
- Garlic, 1 clove(s)
- Spinach leaves, 1 rinsed and chopped pounds
- Lemon juice, 1 tablespoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add the garlic and saute 1 minute.
2. Add the spinach with just the water clinging to the leaves. Cook, stirring, until all the spinach fits in the pan and has begun to wilt. Stir in the lemon juice and cook, stirring, 1 minute longer. Serve hot.

Yellow Rice ♦♦♦

This rice is a slightly oily side dish that everyone loves. Very good with roast chicken.

Ingredients:

- 4 Tablespoons unsalted Butter [or other BTB compliant]
- 1/4 cup Onion, chopped
- 1 1/2 cup Basmati Rice, raw
- 2 cups Chicken Broth, home made, with fat [or other BTB compliant broth]
- 1/2 cup Water
- 1/2 teaspoon Turmeric
- 1 teaspoon Sea Salt, or more to taste

How to make it:

1. Melt butter in saucepan and saute onion for 2 minutes.
2. Add 1 clove garlic, finely minced.
3. Add rice and saute 2 minutes.
4. Add remaining ingredients and bring to a boil, stirring occasionally.
5. Reduce heat to simmer, cover and cook 20 minutes.
6. Let sit 5 minutes then serve.
7. A little lemon juice also good.

Zesty Pesto Sauce ♦♦♦♦♦♦♦♦

Zesty Pesto sauce is great on rice pasta, rice, fish dishes, squash, or vegetable medleys. Note: All measurements are approximate.

Ingredients:

- Fresh basil leaves, washed and stemmed, enough to almost fill a standard blender.
- 2 Tablespoons extra-virgin olive oil
- 2 limes or lemons, juiced
- 2 to 5 cloves (or more!) garlic, pressed
- sea salt, to taste
- 1/2 to 1 cup pumpkin seeds, walnuts, [or pine nuts]

How to make it:

1. Grind all ingredients in a blender until you have a course sauce.

Note:

Pesto sauce should never be heated, because this takes away from the freshness of the basil (although it is okay to reheat it along with any leftovers).

Zucchini Fritters ♦♦♦♦

Delicious

Ingredients:

- 1 med. to large Zucchini
- Salt to taste
- 1 Egg
- 1/4 cup Shredded Soy Cheddar
- 1/4 cup Whole Spelt Flour
- Chopped Onion (optional)

How to make it:

1. Shred zucchini, allow to drain in colander, squeeze in towel until most of moisture is absorbed and then put into a large bowl
2. Add egg, and salt mix well
3. Add other ingredients and mix well
4. In a large frying pan, heat about 1/4 inch olive oil until very hot
5. Pour mixture by spoonfuls into pan, about the size of a pancake
6. Fry on each side until golden brown, drain

Zucchini-Mushroom Sauté ♦♦♦♦♦♦♦♦

A flavorful side dish the whole family will love.

Ingredients:

- Oil, olive, 1 tablespoon
- Onion(s), 1 finely chopped cup(s)
- Garlic, 2 clove(s)
- Zucchini, 1 halved lengthwise and thinly sliced medium
- Mushrooms, white, 8 thinly sliced ounce(s)
- Thyme leaves, 1/2 fresh, chopped teaspoon
- Rosemary, fresh, 1/2 chopped teaspoon
- Salt, sea, 1/4 teaspoon

How to make it:

1. Heat the oil in a large skillet over medium heat. Add onions and saute 5 minutes. Add garlic and saute 1 minute longer.
2. Add the zucchini and saute 3 minutes. Add the mushrooms, thyme, rosemary, and salt. Saute, stirring often, for 10 minutes or until vegetables are tender. Serve immediately.

Baked Goods

Almond-Oatmeal Pie Crust ◊◊

Here is a pie crust I've been using for a couple of years. You need a food processor to make it. Just use the chopping blade.

Ingredients:

- 1-1/2 cups oatmeal ground into a coarse flour
- 3/4 cups almonds finely chopped in processor
- 1/4 teaspoon sea salt
- 1/2 cup water, approximately

How to make it:

1. Mix the ingredients and roll out between 2 sheets of wax paper.
2. Peel off the top sheet of paper.
3. Place a 9 inch pie pan upside down on top of it then flip both over.
4. Remove the other sheet of paper and trim to shape.
5. Bake unfilled for 10 minutes in a 350F oven.
6. Remove and fill with your pie filling and bake as needed.

Amaranth Flatbread ◊◊◊◊

Crisp, round tortilla-like flat bread.

Ingredients:

- 1/4 cup + 1 Tablespoon Amaranth Flour (or Spelt)
- 1/3 cup cool water
- pinch of Sea salt
- 1 teaspoon Parsley or other favorite herb
- 2 teaspoons Olive Oil

How to make it:

1. Heat oil over med high heat till a drop of water will dance on the surface of the pan.
2. Mix all ingredients except oil in a bowl. You want the batter to be quite thin.
3. Pour batter into pan and smooth out into a large circle with a spatula.
4. Cover pan and cook 2 minutes.
5. Do yourself a favor and use a timer for cooking times, these are easy to burn.
6. Spread remaining 1 t oil on top of flat bread with the back of a teaspoon.
7. Reduce heat to med-low and cook, covered for 5 minutes.
8. Turn flat bread and cook, covered for another 5 minutes.
9. They are good with a little cheese melted on top, or spread with your favorite bean concoction, and they make a yummy sandwich with beans, cheese and big raw spinach leaves placed on top.
10. You can also add 1T ground flaxseed or ground nuts to the mixture.
11. If you add dry ingredients, be sure to increase the water a little, you want the batter to be quite thin, whatever goodies you add.
12. For crispier bread you can continue to turn the bread every 4-5 minutes. Remove from pan as soon as the bread reaches desired crisp. It gets soggy fast if you let it sit in the pan with the cover on.
13. They are also really good when made with spelt flour or rye flour if you can eat these.

Apricot Raisin Muffins ◇◇◇◇◇◇

A delicious baked treat.

Ingredients:

- 1 cup of buckwheat flour [or BTD compliant substitute]
- 1 cup of brown rice flour
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 1/2 pinch of sea salt
- a little dark brown sugar (to taste) [or BTD compliant substitute]
- cinnamon (to taste)
- flax seeds (6 to 7 Tablespoons)
- raisins
- dried cranberries
- 2 eggs
- 1 Tablespoon of olive oil
- 1 can of apricots in fruit juice

How to make it:

1. Blend the eggs, oil and apricots together.
2. Combine dry ingredients in a separate bowl and shake gently until well mixed.
3. Add wet ingredients and mix lightly.
4. Spoon into lined muffin tins and bake at 350 for about 20 - 25 minutes.
5. Allow to cool before serving.

Better Biscuits ◇◇◇

I find the more flax meal I use, the better my baking. This one uses half rice flour and half flax meal.

Ingredients:

- 1 cup Rice Flour
- 1 cup golden Flax Meal
- 1 teaspoon Baking Powder
- 2 Tablespoon Ghee
- 2 Tablespoon Vegetable Glycerin
- 3/4 cup hot Water

How to make it:

1. Preheat oven to 350.
2. Mix ingredients gently together.
3. Spoon out onto greased baking sheet and bake about 20-25 minutes.
4. For cobbler topping, place one can of crushed pineapple in a dish (or 3 or 4 cups of other fruit, with some juice or water).
5. Squeeze a little agave, honey, or veg. glycerine over the top.
6. Spoon on biscuit topping and bake till biscuit is done.

Buckwheat thins ◇◇◇◇

A very satisfying snack on it's own with a beneficial glass of red, it would make a terrific cracker to use with dips and an ideal alternative to a bowl of potato chips.

Ingredients:

- 1-1/2 cups light Buckwheat Flour
- 1/4 cup Arrowroot powder
- 1/4 cup Sesame Seeds
- 1/2 teaspoon Sea Salt
- 3-1/2 Tablespoons Light Olive Oil (divided use)
- Water
- Soy Sauce

How to make it:

1. 20 minutes and the quantity makes about 100 small crackers.
2. Preheat oven to 425°F or 220°C.
3. Combine flour, arrowroot powder, sesame seeds and salt in a medium bowl.
4. Starting with a spoon, and eventually using your fingers, rub in 3 tablespoons of oil.
5. Gradually add about 2/3 cup of water to form a soft workable dough. Add a little more water if dough does not stick together.
6. Knead lightly.
7. On a well floured board, roll out half the dough at a time very thinly.
8. Brush dough with 1/2 teaspoon of additional oil (mix a little soy sauce with the oil) and sprinkle with a little sea salt.
9. Cut crackers into rectangles or any shape desired. Place on baking sheet.
10. Bake for 6 to 8 minutes, or until lightly browned. If thinner crackers turn brown first, remove them and continue cooking the rest.
11. Cool on wire racks and store in an airtight container. These will actually keep for 3 to 4 weeks in an airtight container although I have only managed to keep them for that length of time on one occasion.

Carob Brownies ◇◇◇◇

Ingredients:

- 3/4 cup carob powder
- 1/4 cup honey
- 1/4 cup applesauce
- 1/2 cup ghee
- 1 Tablespoon lemon juice
- 1/2 cup rice flour
- 1/2 cup flax meal
- 2 teaspoons [[baking powder Recipes](#)]
- 1/2 teaspoon salt
- (2 teaspoons vanilla, optional)

How to make it:

1. Mix dry ingredients.
2. Preheat oven to 350 degrees F.
3. Mix honey, applesauce and ghee (and vanilla, if using) in a glass measuring cup.
4. Microwave till hot (or heat in small pot on stove top).
5. Add lemon juice to liquids.
6. Quickly stir all ingredients together and pour into greased casserole dish.
7. Bake 20-25 minutes.

Easy Peanut Butter Cookies ◇◇

No flour in this cookie, and still tastes great!

Ingredients:

- 1 cup Peanut Butter [or almond butter]
- 1 cup Sugar
- 1 Egg
- 1 teaspoon Vanilla [or BTB compliant substitute]

How to make it:

1. Preheat oven to 325 degree F.
2. Mix all ingredients together thoroughly.
3. Drop by the teaspoonful two inches apart onto parchment paper covered baking sheet.
4. Flatten each cookie with a glass bottom dipped in sugar.
5. Bake cookies 14 to 16 minutes or until lightly browned.
6. Cool on rack.
7. Yield: 2-1/2 dozen cookies.

Fig Filled Cookies ◇◇◇◇◇

If you like 'Fig Newtons' this is a great recipe.

Ingredients:

- 2 cups dried figs, stems removed, chopped (food processor works very well)
- 1/2 cup sugar (your choice)
- 3/4 cup water
- Juice of 1 lemon
- 1/2 cup butter or ghee
- 1 cup brown sugar
- 2 eggs
- 1 tsp vanilla
- 2 1/2 cups spelt flour
- 1/4 tsp soda
- 1/2 tsp salt

How to make it:

1. In a saucepan, combine figs, sugar, water and lemon juice. Cook and stir over medium heat until mixture is thick and jam-like. Cool.
2. In a bowl, combine butter, brown sugar, eggs and vanilla. Stir in flour, soda and salt. Turn dough out onto a heavily floured surface and knead a few times to make a smooth ball.
3. With a floured rolling pin, roll dough out to a 14x12-inch rectangle. Cut dough with a knife into 4 strips, 3 1/2 inches wide and 12 inches long.
4. Spoon filling in a mound down the centre of each strip. Using a spatula, turn in side of each strip to enclose filling, press edges together. With a sharp knife, cut each strip into 10 pieces.
5. Place seam-side down on greased baking sheets and bake at 375F for 10-12 minutes, or until cookies are puffed and firm to the touch.
6. Cool on rack and store in an airtight container in a cool dry place.

Garlic Stuffed Cheese twists ♦♦♦

I love garlic bread! This recipe is a fun and fantastic.

Ingredients:

- Compliant pizza dough
- Compliant Ranch style dressing
- Garlic
- Extra virgin olive oil
- pecorino romano or manchego cheese [not in Typebase][or other compliant cheese]
- basil or other Italian seasoning(s)

How to make it:

1. Make your pizza dough mix.
2. While the dough is rising, go rummage in the 'fridge a bit and find yourself some Ranch style dressing. If you don't have any, make some.
3. Next, get yourself lots of fresh garlic. If you are a garlic lover like me, get yourself LOTS and LOTS of garlic. Peel all the garlic cloves. Get a cutting board and a sharp knife. Chop up the garlic cloves.
4. Reheat your oven if necessary so that your dough can finish rising.
5. In a small sauté pan, heat some EVOO (extra-virgin olive oil). When the oil is warm enough that you think the garlic will sizzle a bit, put the garlic in oil and stir them around a bit. Cook them at about medium until you can smell the garlic aroma coming up and out of the oil. Take them off the heat and set them aside to cool down.
6. Find yourself some pecorino romano or manchego cheese. Grate it using the largest holes your grater has. Toss some of it into a food processor. Chop it further in the processor for a few seconds...pulsing it off and on works best. Now you have two different coarseness of the cheese. Set it aside.
7. Start your oven preheating to the same temperature that you would use if you were making pizza.
8. When your dough has finished rising, oil your hands with some olive oil and remove the dough from the bowl. Divide the dough into two equal portions. Hint: so that you don't end up pulling the dough either separate one piece from another with a twisting motion or cut it with a sharp knife.
9. Next, roll out one piece of dough to the same thickness you would if you were going to make it into a pizza. Brush it or smear it well with some EVOO. Sprinkle it with some basil or other Italian seasoning(s) if you didn't add any of them to the dough already. Next, evenly sprinkle the oil with the chopped garlic. Then add the cheese that is the powder-like texture. Set it out of your way.
10. Roll out the second piece of dough, brush it with the oil as well, and set it on top of the first one. Pinch the edges together.
11. Cut the dough in half. Cut each half into strips that are about 3/4" to 1" wide. Being careful not to let all of the cheese and garlic come out from between the two pieces of dough, twist each strip and place it on a baking sheet as close together as possible. After all of the twists have been made, sprinkle them with a little bit of the coarser grated cheese. Bake them as if they are a pizza.
12. When they are finished cooking and still very hot, sprinkle them with the remaining cheese. Let the cheese melt for awhile.
13. When they have cooled enough to handle, serve the twists with the Ranch Dressing as a dipping sauce. You could also use some leftover tomato sauce if you have any you want to use up.

Comments:

I did not give you any specific quantities. That was not by mistake. I don't know how much garlic you would like to use. I don't know how much cheese you would like.

a hint how to easily peel lots of garlic cloves: if you have any of the foam type shelf liner that is for cushioning glassware that you're not using, cut a piece of it about 3-6" square. Place a few garlic cloves in the center of the middle of one square. Place the second square over the garlic and the first square - sorta a garlic sandwich. Firmly, but not too firmly, roll the garlic cloves around a bit between the two pieces of foam. As they rub against each other and the foam, the skins will loosen and be much easier to remove).

Girdle (Griddle) Oatcakes ♦♦♦

These oatcakes are a crispy, delicious snack or an accompaniment to soups of all kinds. The less water you use, the crispier and more 'curled' the oatcakes will be--the sign of a superior oatcake! Work quickly as it's easier to shape the dough while it's still warm.

Ingredients:

- 125g/4 1/2 ounces medium oatmeal
- pinch of sea salt
- 1 Tablespoon melted ghee or butter
- 125ml/4 fluid ounces boiling water

How to make it:

1. Put the oatmeal into a bowl and add the salt.
2. Make a well in the center, add the ghee or butter and mix through.
3. When well mixed, add the boiling water and combine to make the mixture come together into a firm, but not crumbly, ball.
4. Dust the work surface with oatmeal and press the mixture out roughly into a round.
5. Roll out to about 2mm/1/4 inch thick.
6. Keep pinching the edges together to keep them even.
7. Cut into four farls (triangles) and leave out to dry for an hour. This helps them to 'curl'.
8. Heat the girdle and grease.
9. Test heat by sprinkling on some flour which should turn a light brown in a few minutes.
10. Also judge heat by holding your hand over the girdle. It should feel hot, but not fiercely so.
11. Place the four farls on the girdle and leave to bake till they have dried out and are curled at the edges. That will only happen if they are thin enough.
12. Thick oatcakes will not curl and may need to be baked on both sides. If very thin and curled, remove and stand on end--a toast rack is perfect for this--in a warm place to dry out completely. Store in an airtight container or in oatmeal--the traditional method--which gives them a wonderful taste.
13. They may be dried out in a warm oven before use. Yield: 4 servings

Lemon Bars ♦♦

If you like Lemon, this is the recipe for you.

Ingredients:

- flour, all-purpose, 1 cup(s)
- sugar, powdered, 1/4 cup(s)
- sugar, powdered, 1 tablespoon
- lemon peel, 1 grated teaspoon
- Butter, 1/4 plus 1 tablespoon, stick cup(s)
- cooking spray, 0
- sugar, 1 cup(s)
- egg 2 large
- lemon juice, 1/4 cup(s)

How to make it:

1. Combine flour, 1/4 cup powdered sugar, and lemon rind. Cut in margarine with a pastry blender until mixture resembles coarse crumbs. Press mixture into a 9-inch square pan coated with cooking spray. Bake at 350° for 18 minutes.
2. Combine 1 cup sugar, egg substitute, and lemon juice, stirring well with a wire whisk. Pour over baked crust. Bake 25 additional minutes. Let cool completely on a wire rack.
3. Sprinkle with remaining 1 tablespoon powdered sugar. Cut into 16 bars. Store in an airtight container.
4. Yield: 16 bars.

Mediterranean Bread ♦♦♦

Ingredients:

- 2 cups oats
- 10 egg whites
- 10 green olives, pitted
- 2 cups of water

How to make it:

1. Preheat oven to 350 degrees F.
2. Mix oats, egg whites, water.
3. Cover and leave overnight.
4. Cut the olives into small pieces and mix with oats and egg whites.
5. Put the mixture in glass pan and bake it about 45 min till egg whites are baked.

Miracle Cookies ♦♦

Delicious, quick and easy! Originally a peanut butter cookie recipe. There is no flour in this recipe.

Ingredients:

- 1 cup Almond Butter or other nut butter
- 1 cup Sugar
- 1 Egg
- 1 teaspoon Vanilla [or use a BTM compliant substitute]

How to make it:

1. Mix all Ingredients.
2. Drop spoonful onto cookie tray.
3. Press down with fork dipped in flour or sugar.
4. Bake for 10-12 minutes at 350 degree oven.
5. Cool and enjoy. Makes about 2 dozen cookies.

Oatmeal Soy Cookies (High Protein) ♦♦♦

I was looking for a breakfast cookie that's high protein..How about these with some peanut butter on them? Yummo. These would be SUPER MAN COOKIES if one used Amaranth as the flour!

Ingredients:

- 1 1/2 cups All Purpose or Any Compliant Flour
- 3/4 c Soybean Flour
- 1 cup Granulated Sugar
- 2 cups Oatmeal
- 1 cup Compliant Oil
- 3/4 cup Brown Sugar
- 2 Eggs
- 1/2 cup Water
- 1 teaspoon Baking Powder
- 1 teaspoon Vanilla
- 1 teaspoon Nutmeg
- 1 teaspoon Salt
- 1 cup dried cherries or raisins (optional)

How to make it:

1. Combine flours, oatmeal, baking powder, spices and salt in mixing bowl.
2. Mix in large mixing bowl the oil and sugar.
3. Add eggs and vanilla to the creamed mixture and beat for two minutes.
4. Gradually add flour mixture, stir in cherries or raisins.
5. Mix well.
6. Drop by rounded Tablespoons onto greased cookie sheet. Press down slightly with fork.
7. Bake @ 350° F for 9-10 minutes for chewy cookies and 10/12 minutes for crunchy cookies.
Note:
Can also substitute chocolate chips for raisins/cherries.

Oatmeal Soy Cookies (High Protein)*clone* ♦♦♦♦

I was looking for a breakfast cookie that's high protein..How about these with some peanut butter on them? Yummo. These would be SUPER MAN COOKIES if one used Amaranth as the flour!

Ingredients:

- 1 1/2 cups Spelt Flour
- 3/4 c Soybean Flour
- 1 cup Granulated Sugar
- 2 cups Oatmeal
- 1 cup Compliant Oil
- 3/4 cup Brown Sugar
- 2 Eggs
- 1/2 cup Water
- 1 teaspoon Baking Powder
- 1 teaspoon Vanilla
- 1 teaspoon Nutmeg
- 1 teaspoon Salt
- 1 cup dried Cherries

How to make it:

1. Combine flours, oatmeal, baking powder, spices and salt in mixing bowl.
2. Mix in large mixing bowl the oil and sugar.
3. Add eggs and vanilla to the creamed mixture and beat for two minutes.
4. Gradually add flour mixture, stir in cherries or raisins.
5. Mix well.
6. Drop by rounded Tablespoons onto greased cookie sheet. Press down slightly with fork.
7. Bake @ 350° F for 9-10 minutes for chewy cookies and 10/12 minutes for crunchy cookies.

Note:

Can also substitute chocolate chips for raisins/cherries.

Pumpkin-Oat Bread with Walnut Streusel Topping ♦♦♦♦♦

I love this recipe. I make it all the time for my family.

Ingredients:

- Sugar, Brown, 3 tablespoon
- Flour, all-purpose, 2 tablespoon
- Flour, all-purpose, 1 1/2 cup(s)
- Nutmeg, ground, 1/4 teaspoon
- Cinnamon, ground, 1/4 teaspoon
- Cinnamon, ground, 1 teaspoon
- Butter, 1 chilled tablespoon
- Nuts, Walnuts, 1/4 chopped cup(s)
- Oats, rolled, quick cooking, 1 cup(s)
- Sugar, Brown (packed), 0.75 cup(s)
- Baking Powder, 2 teaspoon
- Salt, 1/2 teaspoon
- Baking Soda, 1/4 teaspoon
- Pumpkin, solid pack, 1 cup(s)
- Buttermilk, low-fat, 1/3 cup(s)
- Oil, vegetable, 2 tablespoon
- Vanilla extract, 1 teaspoon
- Egg(s), 1 lightly beaten large
- Cooking spray, 0

How to make it:

1. Prepare Streusel Topping; set aside.
2. Preheat oven to 350°.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 7 ingredients in a medium bowl; make a well in center of mixture. Combine pumpkin and next 4 ingredients; add to flour mixture, stirring just until moist.
4. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Top with Streusel Topping; lightly spray topping with cooking spray.
5. Bake at 350° for 50 minutes or until a wooden pick inserted in center comes out clean.
6. Yield: 1 loaf, 16 servings (serving size: 1 slice).
7. Streusel Topping:
8. Combine first 4 ingredients in a medium bowl; stir well with a whisk.
9. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in walnuts.
10. Yield: 1/2 cup.

Beverages

Almond Mocha Shake ◇◇

Nutty with a straw

Ingredients:

- Almond Milk, 1 cup(s)
- Coffee, brewed, 1/2 cup(s)
- Protein Powder, 2 tablespoon
- Almond Butter, 1 tablespoon
- Chocolate Syrup, 1 tablespoon

How to make it:

1. In a blender, combine the almond milk, coffee, protein powder, almond butter, and chocolate syrup. Whirl until smooth and serve.

Big Boost Smoothie ◇◇

An invigorating smoothie to start the day.

Ingredients:

- 1 1/2 cup of pineapple juice (3,5 dL)
- A handful of dried apricots (65 g)

How to make it:

1. Cut the dried fruit into small pieces and soak them covered overnight in the pineapple juice.
2. Blend it all in the morning and add a few icecubes if you prefer.

Carrot Juice with Ginger ◇◇

The drink that is instant energy. The smell of ginger clears our sinus.

Ingredients:

- Ginger root, 2 inch(es)
- Carrot juice, 1 cup(s)

How to make it:

1. Grate the ginger over a paper towel. Gather the edges of the towel to form a bundle and squeeze the grated ginger over a small bowl to catch the juice. Measure out 1/2 to 1 tsp ginger juice and stir into the carrot juice.

Carrot Juice with Ginger (1/2 cup) ♦♦

The drink with instant energy. The smell of ginger clears your sinus.

Ingredients:

- Ginger Root, 1 inch(es)
- Carrot Juice, 1/2 cup(s)

How to make it:

1. Grate the ginger over a paper towel. Gather the edges of the towel to form a bundle and squeeze the grated ginger over a small bowl to catch the juice. Measure out 1/4 to 1/2 tsp ginger juice and stir into the carrot juice.

Cranberry Chamomile Tea ♦♦

A wonderful drink that will help you relax.

Ingredients:

- Tea, Chamomile, 1 brewed cup(s)
- Cranberry Juice, unsweetened, 2 tablespoon

How to make it:

1. Pour the tea into a cup and stir in the cranberry juice.

Cranberry Ginger Tea ♦♦

A delightful and relaxing recipe for tea.

Ingredients:

- Tea, Ginger, 1 cup(s)
- Honey, 1 tablespoon
- Cranberry Juice, 2 unsweetened tablespoon

How to make it:

1. Pour the tea into a cup and stir in the honey until dissolved. Pour in the cranberry juice and serve.

Dandelion and Ginger Tea ♦♦♦

This is a great internal cleanser, refreshing and fabulous! My drink of choice in the morning rather than coffee---served hot or in the summer drink as ice tea.

Ingredients:

- 1 dandelion tea bag (organic preferable), or loose tea
- 2 Tablespoon ginger (fresh), sliced and crushed
- 1 dash turmeric, to taste

How to make it:

The following is for a large mug:

1. Boil distilled water.
2. Put tea bag (or loose in tea ball), ginger, and turmeric into cup.
3. Add boiling water.

Easy Green Smoothie ◇◇◇

A green smoothie good for all and easy to drink.

Ingredients:

- 1 cup 100% Pineapple Juice
- Handful Organic Romaine Lettuce
- Handful Organic Spinach Leaves

How to make it:

1. Put all in blender.
2. Blend until smooth.
3. Enjoy!

Faux Orange Juice ◇◇

Orange Juice substitute

Ingredients:

- 3 to 4 parts 100% pineapple juice
- 1 part lemon juice concentrate

How to make it:

1. Mix in glass and serve. This tastes very similar to orange juice!

Grapefruit Special ◇◇

Refreshing, satisfying drink!

Ingredients:

- Juice of 2 grapefruit
- Juice of 4 apricots
- 1 cup fresh or frozen strawberries
- 2 tsp blackstrap molasses
- Sections from 1 grapefruit
- 1/2 cup sliced strawberries

How to make it:

1. Place grapefruit juice, apricot juice, 1 cup strawberries and blackstrap molasses in blender and blend until smooth.
2. Strain into 2 chilled glasses.
3. Top with grapefruit sections and strawberries.
4. Serves 2
5. Chill the fruit first for cold juice or add some ice cubes while blending.
6. Try adding your favorite protein powder to make a light breakfast or snack

Green tea/use in vitamix or heavy duty blender ◇◇◇◇

Warm green tea with loads of vitamins.

Ingredients:

- 1 Handful of Fresh Spinach
- 1 slice of Ginger Root
- 1 small slice of Lemon with peel
- 1 slice of Pineapple
- 2 cups of Water
- Honey or additional sweeter(optional)

How to make it:

1. Place all ingredients in vitamix or heavy duty blender. Blend on high until hot or apprx 2 mins.
2. Pour and serve warm.

Iced Almond Coffee ◇◇

A very simple way to prepare a gourmet cup of coffee.

Ingredients:

- Coffee, Brewed, 1/2 cold cup(s)
- Almond Milk, 1 chilled cup(s)

How to make it:

1. Combine the coffee and almond beverage in a tall (12-oz or larger) glass. Serve chilled.

Iced Cranberry Chamomile Tea ◇◇

A delicious and refreshing way to relax.

Ingredients:

- Tea, Chamomile, 1 brewed and chilled cup(s)
- Cranberry Juice, Unsweetened, 2 tablespoon

How to make it:

1. Fill a glass with ice; pour the tea over the ice and stir in the cranberry juice.

Iced Pineapple Green Tea ◇◇

A beneficial drink that has a sweet taste.

Ingredients:

- Pineapple juice, unsweetened, 1/2 cup(s)
- Tea, Green, 1/2 brewed, chilled cup(s)

How to make it:

1. Combine the pineapple juice and green tea in a tall glass.

Lemon-Ginger Tea Cooler ♦♦

A nice tea that I enjoy on a warm night.

Ingredients:

- Lemon, 1 thinly sliced medium
- Water, 1 1/2 cup(s)
- Tea, Red Zinger, 3 bags
- Ginger root, 0.37 3 (1/8-inch) slices peeled inch(es)
- Sugar, 1/4 cup(s)
- Ginger Ale, 2 2/3 chilled cup(s)
- Ice cubes, 0

How to make it:

1. Reserve 4 lemon slices, and set aside. Combine remaining lemon slices, water, tea bags, and gingerroot in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Remove from heat, and stir in sugar. Let cool completely; chill at least 1 hour.
2. Strain tea mixture, discarding tea bags, lemon slices, and gingerroot. Stir in ginger ale. Place ice cubes and reserved lemon slices in 4 glasses; pour tea over ice. Serve immediately.
3. Yield: 4 (1-cup) servings.

Limeade Sunset Slush ♦♦

A cool refreshing drink.

Ingredients:

- Cranberry juice, 1 cup(s)
- Limeade or frozen tropical fruit juice concentrate, 6 undiluted ounce(s)
- Ice cubes, 2 cup(s)
- Ginger Ale, diet, 1 cup(s)

How to make it:

1. 23

Ohsawa Coffee (Yannoh) - (Grain Coffee) ◇◇◇

This 'grain coffee' recipe is gratefully posted with permission from the George Ohsawa Macrobiotic Foundation from the book 'Zen Macrobiotics--the Art of Rejuvenation and Longevity' by George Ohsawa, edited by Carl Ferre, copyright 1995. It is copied from page 91, Item 304.

Ingredients:

- Original recipe:
- 3 Tablespoons Rice
- 2 Tablespoons Spelt Wheat
- 2 Tablespoons Adzuki Beans
- 1 Tablespoon Chickpeas
- 1 Tablespoon Chicory
- 1 Tablespoon Olive Oil
- Modified Ingredients:
- 1 Tablespoon Spelt Berries
- 1 Tablespoon Buckwheat

How to make it:

1. In a pan, roast grains and beans separately until well browned.
2. Mix together and add oil.
3. Cool and grind into powder.
4. Prepare beverage to desired strength, using boiling water.

Peanut Butter Breakfast Shake ◇◇◇

I am glad that I am an A and can have peanuts. This is a great shake.

Ingredients:

- Protein Powder, 2 whey tablespoon
- Oat Bran, 2 uncooked tablespoon
- Peanut Butter, natural, 1 tablespoon
- Almond Milk, 1 cup(s)

How to make it:

1. In the container of a blender, combine the protein powder, oat bran, peanut butter and almond milk. Whirl at least 1 minute or until smooth.

Warm Rosemary Lemonade Sipper ◇◇

An enjoyable drink warm or cool.

Ingredients:

- Water, 3 2/3 cup(s)
- Lemon Juice, 1/3 fresh cup(s)
- Sugar, 1/2 cup(s)
- Rosemary, fresh, 1 minced teaspoon
- Rosemary, 0 (optional) sprig(s)

How to make it:

1. Combine first 4 ingredients in a medium saucepan. Bring mixture to a boil, stirring until sugar dissolves. Remove from heat; let stand 10 minutes. Strain mixture, discarding rosemary. Serve warm or chilled with fresh rosemary sprigs, if desired.
2. Yield: 4 servings (serving size: 1 cup).

White Cranberry-Peach Spritzer ♦♦♦

I get the organic juices and this is a great drink that you will enjoy on a warm day.

Ingredients:

- Cranberry fruit juice blend, 2 such as White Cranberry Peach juice (such as Ocean Spray) cup(s)
- Peach Nectar or Apricot Nectar, 2/3 cup(s)
- Water, sparkling, 2/3 cup(s)
- Peach(es), 1/2 fresh or frozen sliced cup(s)
- Lime(s), 1 cut into 4 wedges

How to make it:

1. Combine first 3 ingredients in a 1-quart pitcher; stir gently. Pour about 3/4 cup juice mixture into each of 4 tall glasses. Divide peach slices evenly among glasses, and squeeze a lime wedge into each glass. Fill glasses with ice. Serve immediately.
2. Yield: 4 servings (serving size: 3/4 cup juice mixture, about 2 peach slices, and 1 lime wedge).