

I compiled these recipes over the years. The authors are many and nameless. I kept getting questions about recipes and had to find an easy way to share all that I know.

They are not *all* healthy for everybody. You can substitute anything as you see fit. These are meant to provide ideas and hopefully inspiration to begin or regain the art and dedication to savoring your food.

To let your food be your medicine it has to be clean and as free from impurities as possible. That being said, budget may not always agree. Check out the Dutchman's garden or ask your local retailer for a good organic selection. If you can only afford a little bit, focus more on organic meats and butter; as they are higher on the food chain they store more toxins. Fruits and Vegetables can be washed, peeled, brushed, soaked as you see fit.

The more you do at home taking care of yourself and eating well, the less you will need to pay me for appointments!

**Eating better is cheaper and sustainable...**

We speak with our dollars these days. Making conscious shopping choices benefits more people on the planet. Make your money count.

Wishing you Wellness - Dr. Sarah-Dash Arbuckle BA, ND, CH

# BREAKFAST

Recipe Courtesy of Winds of Change Health Services - *Wishing you Wellness* - Dr. Sarah-Dash Arbuckle ND

## **BREAKFAST IDEAS**

Do not skip this important meal; the rest of your day depends on it!  
The following recipes are for fall & winter eating. Local & seasonal is best.

### Cook:

Grains (amaranth, quinoa, millet, oats, etc.) 15-40 minutes

3:1 (boiling water to rinsed grain) & simmer till water is absorbed.

Bob's red mill cereals (follow cooking instructions) have wonderful blends of multiple grains.

### Add:

Almond, soy, cow, yogurt or rice milk for creamy texture

Nuts and seeds or nut butters

Fruits: fresh fruit (berries), frozen or dried fruits (raisins, cranberry, etc.),  
juices, bananas

Sweetener: **Stevia**, honey or maple syrup (small amounts), molasses

Have fun and get creative. Make faces with ingredients for kids.

It can take considerably more time to cook whole grains and rice – make sure you make time for this.

### **Homemade Whole-grain easy to eat cereal**

1 ¼ cups whole grain (brown rice, old-fashioned oats, barley, millet, quinoa, amaranth, buckwheat, spelt, etc.)

1-1 ¼ cups water

Grind grain in a blender for 1-2 minutes until finely ground. Bring water to a boil in a small saucepan. Turn heat to low and add ground grain, stirring with a whisk. Cover and cook about 10 mins, stirring often to prevent lumps and scorching.

For food introduction with infants you can call:

1-800-274-8440 for a kidco food mill (easy food mashing) or see [onestepahead.com](http://onestepahead.com)

## **Beicher Museli**

$\frac{3}{4}$  cup plain organic yoghurt or soyghurt  
 $\frac{1}{2}$  cup organic milk or unsweetened soy, rice or almond milk  
2  $\frac{1}{2}$  cups oats  
 $\frac{1}{2}$  cup ground flax seeds  
 $\frac{3}{4}$  cup orange or apple juice  
1 apple, grated  
2 cups berries

If you don't want to use yoghurt or soyghurt, you can also just add extra milk.

Mix everything together and let sit in the fridge overnight. Enjoy in the morning. This recipe lasts about 5 days in the fridge.

### **Apple Cinnamon – Overnight Oatmeal**

Throw everything in crock-pot b4 bed and wake to perfect creamy oatmeal.

2 apples, sliced

1 tsp cinnamon

1/4 cup brown sugar OR 2 tbsp maple syrup OR honey OR 1 tsp. stevia

2 cups old-fashioned rolled oats

4 cups water

Pinch salt

Mix apples, cinnamon and brown sugar in bottom of crock. Sprinkle the oats over the apples, and then pour in the water and salt. DON'T STIR – just leave it alone. Cook on low setting for 8 or 9 hours. Serve sprinkled with additional brown sugar, if you want, and some cream or yogurt, nuts, etc.

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### **Overnight Oatmeal – “Choose your own adventure”**

Throw everything in crock-pot b4 bed and wake to perfect creamy oatmeal.

2 frozen fruit (mango, strawberry, blueberry, blends)

Nuts or seeds (pecans, almonds, etc.)

1 tsp vanilla extract or spice of choice

2 tbsp maple syrup OR honey OR 1 tsp. stevia

2 cups old-fashioned rolled oats or any other grain of choice

4 cups water

Pinch salt

Mix fruit, sweetener, nuts and spices in bottom of crock. Sprinkle the oats over and then pour in the water and salt. DON'T STIR – just leave it alone.

Cook on low setting for 8 or 9 hours. Serve sprinkled with additional brown sugar, if you want, and some cream or yogurt, nuts, etc.

Try banana, coconut, pineapple and pine nuts with coconut milk

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## Granola

4 cups oatmeal, uncooked  
1 ½ cups wheat germ (raw or toasted)  
1 cup coconut, grated  
¼ cup nonfat dry milk  
1-2 tsp cinnamon  
1 tbsp brown sugar  
1/3 cup vegetable oil  
½ cup honey  
1 tbsp vanilla  
½ cup sesame seeds (optional)  
½ cup raw nuts, seeds, or raisins (optional)

Mix dry ingredients in a large bowl. Combine oil, honey, and vanilla in a saucepan and warm. Add these to the dry ingredients and stir until all particles are coated. (Hands are great if clean). Spread mixture in a long, low pan or rimmed baking sheet that has been greased. Bake at either 250° F for an hour or 300 for half an hour. Turn with a spatula from time to time. When finished toasting, add seeds, nuts, and dried fruits such as raisins and or cranberries. Cool and store in an airtight container.

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## **Granola Breakfast Bars**

2 cups granola  
2 eggs, beaten  
Dash of vanilla (optional)

Combine granola and eggs in a greased 8X8 inch pan. Bake at 350F for 15 mins. Cut into 8 bars. Serve topped with jam, honey, nut butter, etc.

## **Cereal Bars**

1 cup cereal, ground (shredded wheat, granola or wheat germ)

1 tbsp honey

1 tbsp nut butter (optional)

Milk (as much as needed) – feel free to sub rice, soy or almond milk here.

After grinding cereal, add honey and nut butter. Blend. Add milk until mixture can be rolled into balls. Refrigerate in a covered container. Roll in coconut or wheat germ for hand friendly package. Variation: use nonfat dry milk and brown sugar instead of nut butter, liquid milk and honey. Store in a plastic bag; convenient treat while traveling. Add water as needed for a breakfast food or snack.

### **Breakfast Rice Pudding (serves 4)**

1 cup uncooked short grain brown rice

1 ¼ cup coconut milk

1 ¼ cup of water

½ tsp. salt

1 tbsp. brown rice syrup (OR approx. 3 drops of liquid stevia)

1 tsp. cinnamon

Optional: chopped almonds, sunflower seeds or other nuts/seeds of choice

Combine water and coconut milk in heavy pot and bring to boil adding rice and salt. Simmer covered (do not stir) for about **45 minutes or more**, until liquid is absorbed and rice is soft. Remove from heat and allow to cool 15 minutes. Stir in brown rice syrup or stevia and cinnamon. Then top with nuts or seeds if desired.

*Enjoy your foods. Sit, breathe, chew and savor... this optimizes digestion.*

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## Almond Shake

½ cup almond meal  
1½ cup water  
1 cup ice  
½ banana  
1 tbsp agave nectar  
Pinch of nutmeg

Pour almond meal into blender. Add water and blend for 45 sec. Pour mixture into cheesecloth over strainer and push through to strain out the almond meal. Pour back into blender and add rest of ingredients and blend for 45 sec. or until liquid is smooth. Pour into glasses and sprinkle nutmeg on top.

## Hot Potato Nests

2 medium Yukon Gold potatoes  
1 cup grated cheese  
3 green onions, minced  
1 tbsp olive oil  
½ tsp salt  
freshly ground pepper

Preheat oven to 350°F. Fill a large bowl halfway with water. Grate scrubbed potatoes, placing grated pieces into the water as you work. In a large sieve drain potatoes, pressing to release as much water as possible. Lay out a clean tea towel; spread potatoes in a single layer, then roll up and squeeze out extra moisture. In a large bowl, combine potatoes, cheese, green onions, olive oil, salt and pepper. Mix. On a parchment paper lined baking sheet spoon out 1/6 of the mixture to create a nest. Repeat 5 times. Bake on middle rack for 35-40 minutes or until golden brown.

# SNACKS

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## **SNACK IDEAS**

Avocados and rice crackers

Carrots (other veggies) and hummus

Fruit and vegetables with yogurt or cheese (if tolerated)

Fruit and nuts or nut butter (if tolerated)

Nut bars

Toast with hummus or nut butters

Cracker pizzas

## **Chickpeas**

Instead of peanuts, serve this other snackable legume. Just open a can, rinse and drain. Or toss with a little oil, curry or garlic powder and salt, and roast in a 350F oven for 45 min. stirring every 15 min.

Also try: Toss chickpeas into salads, sauté with garlic and serve as a side dish.

## **Creamy Pesto Dip**

½ cup sour cream  
½ cup mayonnaise  
¼ cup prepared pesto sauce  
1 green onion, chopped

Stir all ingredients together in a bowl. Serve with tortellini dippers or fresh vegetable dippers.

## Hot Crab, Red Pepper & Onion Dip

1 ½ cups shredded cheese  
1 pkg softened cream cheese  
1 tsp garlic powder  
1 tsp Italian seasoning  
1 medium red pepper, chopped  
1 small onion, finely chopped  
1 can crabmeat, drained  
crackers

Preheat oven to 375°. Remove ½ cup pf the mozza cheese, cover and refrigerate for later use. Mix all remaining ingredients except crackers until well blended.

Spread into 9-inch pie plate

Bake 20 minutes or until dip is heated through and top is lightly browned. Sprinkle with reserved ½ cup mozza cheese. Garnish with chopped fresh parsley of desired. Serve with crackers.

## **Mixed Nut Muesli**

Combine in a bowl:

Puffed rice cereal  
Crispy brown rice  
Sliced almonds  
Chopped almonds  
Chopped walnuts  
Pumpkin seeds  
Dried apples

Store in a jar and snack as needed.

## **Crepes**

1 cup flour (Kamut, spelt or wheat)  
1 egg  
1 ¼ cup milk  
1/8 cup oil

Mix together to make batter. Heat skillet over med-high and pour a thin layer of batter and brown until bubbles pop on surface.

Fill with your choice of nuts, fruit, whipped cream, chocolate sauce or whatever you desire.

# LUNCHES

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## LUNCH IDEAS

Leftovers from dinners

Soups

Stews (see enclosed)

Salads (get creative with lettuce, nuts & seeds, fruit, meat, olives, avocado)

Sandwiches

Ayurvedic Dahl

## **Strawberry Pecan Salad with Sweet Red Wine Vinaigrette**

6 cups fresh salad mix  
1 ½ cups fresh strawberry halved  
1 ½ cups pecan pieces

### *Vinaigrette*

1 tsp sea salt  
½ cup honey  
¼ tsp dry mustard  
1 ½ tbsp minced onion  
1 cup extra virgin olive oil (flax, udo's blend or fish oils \*not heated)  
1/3 cup red wine vinegar

Mix salad greens and halved strawberries in large salad bowl. Top with pecans and sweet red wine vinaigrette. Serves 12.

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## **Carrot Salad**

2 cups shredded carrots  
½ cup diced celery  
¼ cup sunflower seeds  
3-4 tbsp. oil  
2 tbsp pineapple juice  
Raisins are optional

Mix then chill for 2-4 hrs. Serves 4.

## **Red Cabbage Salad with Apples**

2 tbsp tarragon vinegar or red wine vinegar  
2 tbsp vegetable oil (olive, udo's, fish, etc.)  
1 tsp sugar  
Salt and fresh ground pepper  
1 (8 oz.) package shredded red cabbage (4 cups worth)  
1 large apple (tart or sweet)  
Nuts or seeds (optional) pecans, almonds, or sunflower, etc.

In a large bowl, whisk vinegar with oil, sugar, and salt & pepper to taste. Add red cabbage and mix well, until cabbage is evenly moistened. Peel apple and cut into ½ inch dice. Add to salad and toss. Taste and adjust seasoning. Serves 4.

## Ayurvedic Dahl

1 cup red lentils, rinsed  
5 cups water  
1 tsp ground turmeric  
2 tsp ground coriander  
1 ½ tsp fresh ginger, grated  
1 ½ tsp salt  
2 tbsp ghee (clarified butter) or coconut oil  
1 tsp cumin seeds  
¼ cup cilantro, chopped

Combine the lentils, water, turmeric, coriander and ginger in a stockpot. Bring to a boil and reduce the heat to low and cover. Simmer for 30 min. or until lentils are soft.

Turn off the heat and add salt.

In a large saucepan, warm up the ghee over moderate heat and add the cumin seeds to sauté for a minute or so, or until they turn brown and release aroma.

Pour the lentils into saucepan and cover to allow seasoning to blend, about 2 minutes.

Garnish with cilantro. Serves 4-6

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## **Grilled Mango on Baby Spinach Greens**

2 large ripe mangoes  
8 cups baby spinach  
113g pkg goat cheese  
¼ cup oven-toasted pine nuts  
Salad spritzer

Peel mangoes and thickly slice from pit. Brush with oil and grill until just charred. Slice into strips. Place spinach in large salad bowl and add mango. Crumble cheese over top and spray with your favorite salad spritzer. Sprinkle with nuts and serve.

## Teriyaki Tofu

1 pkg extra-firm tofu  
1 tbsp canola oil  
4 tbsp teriyaki sauce, divided  
1 cup cooked brown rice  
4 green onions, chopped  
3 tbsp mayonnaise  
1 tbsp ginger, grated  
2 tsp fresh lemon juice  
freshly ground black pepper, to taste  
4 cups salad greens  
2 cups shelled edamame, thawed from frozen  
1 carrot, peeled and grated  
2 radishes, sliced

Slice tofu into 6 slabs, cut each slab diagonally to make 12 triangles. Gently press them between paper towels to remove water. In a large skillet sauté tofu in the oil until golden, 3-5 min. Gently turn tofu and add 3 tbsp of the teriyaki sauce. Simmer until sauce is thickened, 1-2 min. Add rice and green onions. Turn off burner. Make dressing by mixing together mayo, ginger, lemon juice, remaining teriyaki sauce and pepper. In a bowl or on a plate top salad greens with edamame, carrot, radishes and tofu mixture.

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## Orange Chicken Quinoa

1 cup quinoa  
450 g boneless, skinless chicken breasts  
freshly ground black pepper to taste  
 $\frac{3}{4}$  tsp kosher salt, divided  
12 green onions  
1 large navel orange  
1 tbsp fresh lemon juice, more to taste  
3 tbsp extra virgin olive oil  
4 cups baby lettuce  
 $\frac{1}{4}$  cup unsalted pistachios, toasted and roughly chopped

Boil quinoa in plenty of water until tender, about 12 min. Drain and put in a large bowl. While quinoa is cooking, season chicken with pepper and  $\frac{1}{4}$  tsp of the salt. Brush green onions with a bit of the olive oil. Cut 1 inch off each end of the orange. Squeeze into bowl to get about 2 tbsp of juice. Make dressing by whisking the orange juice with lemon juice, remaining  $\frac{1}{2}$  tsp of salt, olive oil and plenty of pepper. Peel the rest of the orange and slice thinly. Grill chicken until done and green onions until lightly charred. Slice chicken and roughly chop the green onions. Add citrus dressing and green onions to the quinoa and toss. Add more lemon juice if desired. Arrange lettuce on a platter. Spoon on the quinoa and garnish with chicken, orange slices and pistachios.

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## Orzo Roasted Veggies

1 yellow pepper, chopped  
225 g zucchini, cut into bite-sized pieces  
½ red onion, chopped  
2 tbsp extra-virgin olive oil  
1/3 cup pine nuts  
1 cup whole wheat orzo  
1 bunch basil  
4 cups baby arugula  
¼ cup oil-packed, sun-dried tomatoes, drained and chopped  
½ tsp kosher salt  
freshly ground black pepper to taste  
1 tbsp balsamic vinegar

Preheat oven to 425°. Toss pepper, zucchini and onion with the oil in a large glass or ceramic baking dish. Roast the vegetables until tender, about 20 min, tossing about half-way through. Sprinkle with the pine nuts and roast until nuts brown, about 3-5 min. While vegetables are roasting, boil the orzo until just cooked, about 7 min. Drain and rinse with cold water. Roughly chop basil and arugula. Toss the orzo with the roasted vegetables, arugula, basil and sun-dried tomatoes. Season with salt and pepper. Drizzle with vinegar.

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## **Pork Tenderloin Salad with Spicy Ranch Dressing**

1 tbsp chopped garlic  
½ tsp asian chili sauce  
½ cup soya sauce  
2 tbsp brown sugar  
¼ cup fresh lime juice  
1 pork tenderloin  
½ cup mayonnaise or olive oil  
salt and freshly ground pepper

6 cups romaine, chopped or mixed greens  
¼ cup chopped fresh cilantro  
1 avocado, diced  
1 orange, diced

Combine first 5 ingredients in a blender. Place tenderloin in a Ziploc bag with ½ of the above mixture. Whisk remaining marinade with mayo or oil and salt and pepper to taste and refrigerate. Grill pork on medium heat, turning frequently until just cooked through and still pink, about 20 min. Set on cutting board and wrap with tinfoil to rest for 5-10 min, then slice thinly. Toss salad with cilantro and enough of the dressing to coat lightly. Top each salad with avocado and pork and arrange orange slices around the edges of the plates.

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# SAUCE & DRESSING

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## Chelating Pesto

4 cloves garlic  
1/3 cup Brazil nuts (selenium)  
1/3 cup sunflower seeds (zinc, magnesium)  
1/3 cup pumpkin seeds (cysteine)  
2 cups packed fresh coriander (*cilantro*) (vitamin A)  
2/3 cup Flaxseed oil (can use liquid fish oils, canola, olive etc.)  
4 tbsp. lemon juice (vitamin C)  
2 tsp. dulse powder  
Bragg's liquid aminos

Blend the coriander and flaxseed oil until coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until finely blended into a paste. Add a squirt of bragg liquid amino to taste and blend again. Store in a dark glass jar if possible. It freezes well, so purchase coriander in season and fill enough jars to last through the year. Coriander has been proven to chelate toxic metals. 2 tsp of this pesto daily is enough to increase urinary mercury, lead, and aluminum. It is delicious on toast, baked potatoes pizza base and pasta. Let food be your medicine.

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## **Maple Balsamic Vinaigrette**

3 tbsp. balsamic vinegar  
2 tbsp maple syrup  
1 tsp Dijon mustard  
2 cloves garlic, minced  
¼ tsp each salt and pepper

2/3 cup organic extra virgin canola, olive, (flax, udo's blend or fish oils \*not heated)  
¼ cup apple juice

Combine 1<sup>st</sup> set of ingredients, whisking, then gradually add oil till well mixed. To thin consistency, add apple juice until desired texture is reached.

This is great over salads, pasta, couscous, or as a marinade over meat (beef or pork tenderloin, pork chops, boneless, skinless chicken breasts or on surf and turf kabobs. Can also substitute shallots for garlic for a change.

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## Honey Mustard Dressing

3 tbsp honey  
2 tbsp apple cider vinegar  
2 tbsp Dijon mustard  
¼ tsp each salt and pepper

½ cup organic extra virgin canola, olive, (flax, udo's blend or fish oils \*not heated)  
2 tbsp chopped fresh basil

Whisk together first 4 ingredients in a bowl. Gradually add oil, whisking until well mixed. Whisk in basil.

Try over salad, marinade for poultry and fish. Try braised vegetables, roasted asparagus, or vegetable kabobs.

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## **Balsamic & Honey Dressing**

1 clove garlic minced or pressed  
¼ tsp. salt  
½ cup extra virgin olive oil (flax, udo's blend or fish oils \*not heated)  
2 tbsp. balsamic vinegar  
1 tbsp. honey  
1 tsp. Dijon mustard  
Freshly ground pepper

Put minced garlic on cutting board, sprinkle with salt and mash with a fork. Transfer to an empty jar. Add oil, vinegar, honey, mustard and ground pepper. Secure lid on the jar. Shake vigorously. Makes 10 servings of 1 tbsp.

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## Ginger Lime Dressing

2 tsp minced fresh ginger root  
1 tsp finely grated lime zest  
¼ cup fresh lime juice (1-4 limes depending on size)  
2 tsp honey  
1 clove garlic, minced  
¼ tsp each salt and pepper  
½ cup organic extra virgin canola, olive, (flax, udo's blend or fish oils \*not heated)

Wisk together first 6 ingredients in a bowl. Gradually add oil, whisking until well mixed.

Tip – this is delicious over firm-fleshed fish, pork, boneless, skinless chicken breasts, salads and noodles.

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## Sesame Tahini Dressing

½ cup tahini  
¼ cup lemon juice  
1 tsp Dijon mustard  
1 clove garlic, chopped  
2 tbsp tamari  
½ tsp pepper (or to taste)  
½ cup water

Combine ingredients in a blender until smooth. Add a little water if you desire.  
Pour over baked potato, steamed broccoli or on your favorite salads.

## Easy Curry Sauce

1 med. Onion – chopped and sautéed in ½ cup of butter add 4 tbsp. curry powder. Add 1 cup flour – stir.  
Add 1 cup of cream and whisk.  
Repeat 1 cup of cream until whisked.  
Slowly add 4 cups chicken broth and stir constantly.

Pour over vegetables, rice, noodles or chicken.

### **Easy Alfredo Sauce**

Chop and sauté 3 cloves of garlic (onion optional) in ½ cup of butter.

Slowly add 1/3 cup of parmesan cheese and whisk.

Add 4 cups of cream and whisk till blended and warm.

## **Classic Vinaigrette**

2 tbsp Dijon mustard  
3 tbsp red wine vinegar  
Freshly ground black pepper to taste  
¼ tsp salt  
2 tsp honey  
1 small shallot, minced  
½ cup extra virgin olive oil

## **Balsamic Vinaigrette**

1/3 cup balsamic vinegar  
1 clove garlic, minced  
1/2 tsp fresh thyme (optional)  
1 tbsp dark brown sugar  
1/2 tsp. salt  
2/3 cup extra virgin olive oil

## **Greek Vinaigrette**

2 tbsp fresh lemon juice

3 tbsp orange juice

1 clove garlic, minced

½ tsp fresh oregano

¼ tsp salt

Freshly ground black pepper to taste

¼ cup crumbled feta cheese

½ cup extra –virgin olive oil

## **Sesame Vinaigrette**

1 tbsp sesame seeds  
2 tbsp reduced-sodium soy sauce  
1 tbsp rice wine vinegar or cider vinegar  
1 tbsp minced ginger  
1/3 cup unsweetened apple juice  
1 tbsp toasted sesame oil  
1/3 cup canola oil

### **Creamy Citrus Vinaigrette**

¼ cup orange juice  
2 tbsp fresh lemon juice  
¼ tsp salt  
1 garlic clove, minced  
1/3 cup mayonnaise  
1/3 cup canola oil

## **Honey Mustard**

3 tbsp whole-grain Dijon mustard  
1 tbsp honey  
3 tbsp orange juice  
¼ cup mayonnaise  
1/3 cup canola oil

### **White Bean Dip**

19 fl. oz. white navy or white bean  
2 tbsp olive oil  
1 clove garlic, pressed  
Lemon juice to taste

Blend everything together and serve with your favorite crackers or veggies.

## **Homemade Guacamole**

Flesh from 1 avocado  
2 tbsp sweet onion, diced  
6 cherry tomatoes, diced  
juice from ½ lime  
1 jalapeno pepper, minced (optional)

Mash everything together and enjoy

## **Black-Eyed Pea Hummus**

1 19 fl. oz. can black-eyed peas  
1 clove garlic  
¼ cup extra-virgin olive oil  
2 tbsp lemon juice  
½ tsp ground cumin

## **Walnut Feta Spread**

1 cup walnut pieces or halves  
½ cup crumbled feta cheese  
½ cup water  
1 tsp paprika  
1/8 tsp cayenne pepper  
4 sprigs flat leaf parsley

## Simple herbed tomato sauce

¼ cup olive oil  
4 cloves garlic, chopped  
½ cup fresh basil leaves, chopped  
1 can diced plum tomatoes  
½ tsp salt  
¼ tsp black pepper  
2 tbsp fresh parsley, chopped  
1 lb pasta

Heat olive oil in large saucepan. Add garlic and cook, stirring for 2-3 min. Add basil and stir until wilted. Add tomatoes with juice, salt and pepper. Cook, stirring frequently, about 20 min. Stir in parsley and serve immediately with pasta.

## **Creamy Sesame Dip**

¼ cup mayonnaise  
¼ cup plain yogurt  
1 tbsp soy sauce  
1 tbsp sugar  
1 tbsp sesame seeds  
1 tsp sesame oil

In a bowl stir together all ingredients. Serve with wonton crisps, veggie dippers or pretzel rods.

## **Roasted Red Pepper Dip**

½ cup roasted red peppers, drained and roughly chopped  
1 clove garlic  
½ cup mayonnaise  
1 cup cream cheese  
½ tsp salt

In a blender blend peppers with garlic until smooth. Add mayonnaise, cream cheese and salt and blend until everything is evenly combined. Transfer to a bowl. Serve with veggie dippers, bread sticks or crackers.

## Hollandaise Sauce

½ cup butter  
4 egg yolks  
dash salt + white pepper  
2 ½ tbsp lemon juice

Put 1/3 of the butter with egg yolks on double boiler, stir constantly until melted.

Add 1/3 of the butter and stir until thick. Add last 1/3 of the butter and stir until glossy.

Remove from heat. Beat with wooden spoon until glossy. Add seasoning + lemon juice.

## Classic Tomato Sauce

2 tbsp olive oil  
1 garlic clove, chopped  
½ -1 onion, chopped  
chili peppers to taste  
1 can peeled, plum tomatoes  
fresh basil, torn by hand  
salt to taste

Heat oil over medium heat. Add garlic and onion and brown. Add chili peppers and gently sauté. Puree can of tomatoes and add to pot. Lastly add basil and salt to taste.

## **Tomato, Tuna Cream Sauce**

2 tbsp olive oil  
garlic, chopped  
pepper, cut into small chunks  
Sundried tomatoes, cut into big chunks  
Black olives  
Ladels of tomato sauce (above recipe)  
Big chunks of tuna or cooked chicken  
Cream

Saute garlic, pepper and tomatoes in oil. Add olives, tomato sauce and meat and bring to boil. Add cream to sauce and serve over hot pasta.

### **Ham and cheese ball (orange)**

1 brick cream cheese, softened  
250 grams Imperial cheese  
¼ cup mayo

1 can flaked ham  
1 tbsp chopped or crumbled parsley  
2 tsp grated onions  
¼ tsp dry mustard  
¼ tsp Tabasco sauce  
1 tbsp Worcestershire sauce

Beat first 3 ingredients until smooth. Add rest of ingredients, stir well and chill for several hours.

### **Ham ball (white)**

1 brick cream cheese, softened  
1 can flaked ham  
¼ cup mayo

2 tsp chopped or crumbled parsley  
2 tsp grated onions  
¼ tsp dry mustard  
1 tsp Worcestershire sauce

Beat first 3 ingredients until smooth. Add rest of ingredients, stir well and chill for several hours.

# SOUPS

Recipe Courtesy of Winds of Change Health Services - *Wishing you Wellness* - Dr. Sarah-Dash Arbuckle ND

## Lentil Soup

- 2 cloves garlic, minced
- 1 med. Onion, chopped
- 2 large carrots, sliced or chopped
- 2 stalks of celery, chopped
- 1 ½ cups red or green lentils (soaked ~24 hrs and rinsed 3 times)\*
- 8 cups of water or broth or soup base to taste
- Pinch thyme or any herbs of choice (cumin, pepper, celery seed, basil, oregano, marjoram, thyme, etc.)
- Salt to taste
- ½ cup or more of chopped ham (optional)
- 28 oz/796ml can chopped tomatoes and juice (optional)

Combine 1<sup>st</sup> 6 ingredients and bring to boil. Add seasonings. Reduce heat to med-low and simmer partially covered, until lentils are soft.

\*Green lentils need about 45 minutes to 1 hour.

Red lentils only need 20-30 minutes.

Puree half of soup in blender for creamier soup.

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**“Carrot” Soup – *could sub any vegetable for carrots***

2 lbs. carrots, scrubbed and quartered lengthwise

4 cups (*homemade- if time permits*) chicken stock

1 cup finely chopped onion

2 small cloves garlic, crushed

1 cup yogurt (if tolerated)\*

1/3 cup chopped almonds (if tolerated)

3-4 tablespoons butter

\*can add old baked potatoes and blend for creamier soup instead of yogurt

Salt chicken stock to taste. Parboil carrots in chicken stock about 12-15 mins. Cool. Sauté onion, garlic, and chopped almonds in 3-4 tablespoons butter until tender but not browned. Puree carrots, stock, (potato option), sautéed mixture and yogurt in a blender until smooth. Add seasonings \*\*of your choice. Heat very slowly in a double boiler or chill and serve cold.

Garnish with toasted nuts, parsley or cress (optional)

\*\* ½ - 1 tsp thyme, ½ -1 tsp marjoram, ½ -1 tsp basil OR grated ginger and garlic sautéed in butter.

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## Cauliflower Soup

1 cauliflower head  
¼ onion, minced (optional)  
6 cups broth  
Sea salt to taste  
½ cup oat flakes or flour  
2 tbsp tahini

Separate flowerets. Cut off as much stem as possible and chop into small pieces. Set flowerets aside. Bring 4 cups of broth to boil. Add stems, onion, oats and salt. Cover. Reduce heat and simmer 10 minutes until tender. While soup is cooking, bring the other 2 cups of broth to a boil. Drop in the flowerets and simmer 5 minutes. Remove with a slotted spoon and set aside. Add broth and tahini to soup. Remove soup from heat and puree all ingredients in blender. Garnish with flowerets. Serves 6.

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## **Carrot & Ginger Soup**

1 tbsp butter  
1 tbsp vegetable oil  
2 medium or 1 large onion – finely chopped  
1 leek, white part only, chopped  
¼ - ½ cup celery, chopped  
1 tbsp. fresh ginger, peeled, finely chopped  
1 large clove garlic, finely chopped  
3 lbs. carrots, peeled and chopped  
5 cups chicken stock  
½ cup (18 or 35%) cream  
Salt and pepper to taste at the end  
2 dashes of cumin and cayenne

Med. Heat, melt butter and add oil to large stock pot. Add onion, leek and celery and sauté until onion is translucent, about 5 mins. Do not brown. Add ginger and garlic and sauté for 1 minute more. Add carrots and chicken stock, bring to a boil. Remove any scum that comes to the surface. Reduce heat and simmer till carrots are tender (~30mins.). Remove stock pot from heat and allow soup to cool slightly. Puree in blender, a few cups at a time, until smooth. Pour into clean pot and add cream. Bring your soup back to hot, stirring often. Salt and pepper to taste. Serve garnished with sour cream or parsley.

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### **Split Pea Soup (6 servings)**

3 cups dry split peas – well soaked (~24 hrs) and rinsed (X3)  
2 quarts water  
1 tsp salt,  
1 bay leaf,  
½ - 1 tsp dry mustard  
2 onions, chopped fine  
4 cloves garlic, minced  
3 stalks celery, chopped  
2 med. Carrots, sliced  
Salt and pepper to taste  
3 tbsp. apple cider vinegar or rice vinegar

Combine peas, water, salt, bay leaf, and mustard in 6 quart pot. Bring to boil, reduce heat and simmer, partially covered for 40 mins. Add vegetables and simmer for 20 mins, stir occasionally. Add more water as needed; add more salt if needed, pepper and vinegar to taste.

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## **Red Hot Tomato Soup**

*Loaded with vitamin C, beta-carotene, lycopene and fiber*

4 tsp. extra virgin olive oil  
1 med. Onion chopped  
4 medium cloves garlic, crushed  
1 tbsp grated ginger root  
1 red bell pepper, seeded and chopped  
2 cups vegetable broth or water  
1 28 oz. can diced tomatoes  
1 tsp ground coriander  
¼ tsp ground cinnamon  
¼ tsp cayenne pepper  
2 cups freshly squeezed orange juice or orange juice with pulp  
Sea salt to taste

To save time, use a food processor to chop garlic, ginger, onions, and bell peppers. Heat oil in a medium soup pot, over medium heat. Add onion, garlic, ginger, and red pepper and sauté 5-8 minutes. Add vegetable broth, tomatoes, coriander, cinnamon, and cayenne pepper. Simmer 10 minutes. Add orange juice, warm through, season with salt to taste, and serve. Freeze remaining servings and reheat on stovetop. Serves 4.

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## Sweet Spring Pea Soup with Mint

2 tbsp extra virgin olive oil  
1 medium sweet yellow onion, chopped  
2 cups vegetable broth  
4 cups frozen peas thawed  
 $\frac{3}{4}$  cup mint leaves, loosely packed  
2 tsp lemon juice  
1 tsp sea salt  
1 tsp natural sugar

In a medium saucepan over medium heat, add oil and onion and sauté until onion is soft and translucent, about 5-8 mins. Add broth and simmer 5 minutes. In the jar of your blender, place peas, mint, lemon juice, salt and sugar. Carefully add hot broth to blender jar. Cover with lid, place a tea towel over the jar and blend until smooth. (hot liquids expand when blended, so tea towel is a precaution for spillage). Pour soup into bowls and serve or chill and serve later. Keeps 1-2 days. Serves 4.

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## Chunky Potato Soup

3 medium red potatoes  
2 cups water  
1 small onion  
3 tbsp butter  
3 tbsp all-purpose flour  
crushed red pepper flakes (optional)  
ground black pepper  
3 cups milk  
½ tsp. sugar  
1 cup shredded cheddar cheese  
1 cup cubed cooked ham

Peel potatoes and cut into 1 inch cubes. Bring water to a boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. Set aside potatoes. Measure 1 cup cooking liquid, adding water, if necessary; set aside. Peel and finely chop onion. Melt butter in saucepan over medium heat. Add onion to saucepan; cook, stirring frequently, until onion is translucent, but not brown. Add flour to saucepan; season with pepper flakes and black pepper to taste. Cook 3-4 minutes. Gradually add potatoes, reserved 1 cup cooking liquid, milk and sugar to onion mixture in saucepan; stir well. Add cheese and ham. Simmer over low heat 30 mins, stirring frequently. Store leftovers, covered in fridge. Serves 12.

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## Basic Cream Soup

½ cup butter

2 cups of half and half cream or table cream without cheese

4 cups chicken broth

White pepper to taste

Pinch of Curry powder (optional, variety)

1 cup of flour

Sautee vegetables (your choice) in butter, adding white pepper and spice. Then add more butter and flour till clumpy with balls. Add 1 cup of cream stirring incessantly, add another cup and keep whisking. Once thick, slowly add 1 cup at a time of chicken broth. As it thickens keep adding broth. Leave cheese for topping and add at the end. Garnish and serve.

## Roasted Butternut Squash Soup

3-4 lb. butternut squash  
2 tbsp butter  
1 tsp chopped garlic (about 2 cloves)  
1 large onion, chopped  
2 celery stalks, chopped  
¼ tsp ground cinnamon  
¼ tsp ground ginger or ¼ tsp minced fresh ginger  
2 cups reduced sodium chicken or vegetable broth  
½ tsp salt or to taste  
1 tbsp honey

Preheat oven to 400F. Line a rimmed baking sheet with foil and coat the foil with cooking spray. Slice the ends off the squash, stand it on one end, and slice the squash in half, lengthwise. Scrape out the seeds and place the two halves, cut side down, on the baking sheet. Bake until it is very tender when pierced with a fork, 50-60 minutes.

After the squash has baked for 50 minutes, melt butter over medium heat in a heavy saucepan. Add garlic and cook for about 1 minute. Add onion, celery, cinnamon, and ginger and cook, stirring occasionally, until the onion and celery are softened, 5-8 minutes. Once squash has cooled a few minutes, peel skin or scrape out flesh (whichever you prefer), chop coarsely, and add squash to pot with onion. Add broth and bring to a boil. Stir and simmer gently about 10 minutes.

Puree soup in blender and return it to pot. Stir in salt and honey. Serve immediately. Makes 12 cups

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## Roasted Root Vegetable Soup

¼ cup olive oil  
1 small butternut squash, peeled, seeded and cubed  
2 carrots, cut into thick rounds  
1 large parsnip, cubed  
1 small swede, cubed  
2 leeks, thickly sliced  
1 onion, quartered  
3 bay leaves  
4 thyme sprigs, plus extra to garnish  
3 rosemary sprigs  
5 cups vegetable stock  
salt and fresh ground pepper  
sour cream to serve

Pour olive oil into large bowl. Add prepared vegetables and toss until coated in oil. Spread out vegetables in single layer on large baking sheet. Tuck bay leaves, thyme and rosemary sprigs amongst vegetables. Roast @ 400F for about 50 min. turning occasionally. Remove from oven, discard herbs and transfer the vegetables to large saucepan. Pour stock into pan bring to boil, season to taste and simmer for 10 min. Blend soup in blender for a few minutes until thick and smooth. Return soup to pan and heat through. Serve with a swirl of sour cream and garnish with a sprig of thyme.

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## Chicken and Barley Soup

½ lbs ground chicken  
1 tbsp vegetable oil  
1 cup raw onions, diced  
2 cloves garlic, diced  
½ lbs large mushrooms  
1 large carrot  
1 large celery stalk  
1 tbsp fresh thyme  
2 tbsp tomato paste  
1 tbsp low sodium soy sauce  
1 tbsp balsamic vinegar  
1 tsp salt  
½ tsp pepper  
4 cups water  
½ cup pearl barley  
1 can black beans

Heat oil in large pot. Add chicken and cook until no longer pink. Add onion and garlic and reduce heat and cook for a further 5 min. Wash and slice mushrooms, celery and carrots. Mince thyme and add to pot and cook for another 15 min. Add tomato paste, vinegar, soy sauce, salt and pepper. Stir to coat vegetables. Add water and barley and bring to a boil. Reduce heat, cover and simmer for 45 min. or until barley is tender. Rinse canned beans, add to mixture and heat through.

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## Butternut Squash and Apple Soup

2 tbsp butter  
1 large onion, chopped  
3 lbs butternut squash, peeled, seeded and cubed  
3 medium apples, peeled, cored and chopped  
1 ½ tsp curry powder  
1 tsp salt  
3 cups chicken or vegetable broth  
1 ½ cups cider or apple juice  
sour cream or yogurt for garnish

In a large saucepan melt the butter over medium heat. Add the onion and cook, stirring, for about 5 min. or until just beginning to turn golden. Add squash and apples, stir to mix, then add the curry powder and salt. Cook for 5 min. stirring occasionally. The ingredients shouldn't brown, just soften. Finally add the broth and cider, bring to a boil, then lower the heat and cover the pot. Simmer, stirring once in a while, for about 30 min. or until the squash is soft and mash-able. Let cool for a few minutes. Transfer soup to a blender, in 2 or 3 batches, and blend until very smooth. Serve with sour cream or yoghurt on top.

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## Basic Cream of Lentil Soup

2 cups lentils, rinsed  
1 quart chicken stock  
1 quart water  
2 medium onions, chopped  
2 medium potatoes, chopped  
3 tbsp butter  
2 tbsp flour  
2 cups milk  
salt and pepper to taste  
sour cream or grated lemon rind for garnish

Cook together in stock pot lentils, chicken stock, water and vegetables for about 45 min. When cooked, blend thoroughly until smooth. Make a white sauce with the butter and flour. Add the sauce to the soup pot and simmer for 5 min. Add the milk, salt and pepper. Top the soup with a little sour cream and sprinkle with grated lemon.

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## Lentil Barley Soup

1 cup chopped onion  
1 cup chopped celery  
1 clove garlic, minced  
¼ cup vegetable oil  
1 can tomatoes or 4 cups diced fresh tomatoes  
¾ cup lentils, rinsed  
¾ cup pearl barley  
6 cups water  
6 bouillon cubes  
½ tsp dried rosemary, crushed  
½ tsp dried oregano, crushed  
¼ tsp pepper  
2 cups thinly sliced carrots  
1 cup shredded Swiss cheese, optional

In a large soup pot cook the onions, celery and garlic in hot oil until tender. Add water, tomatoes, lentils, barley, bouillon cubes, rosemary, oregano, pepper and carrots. Cook for 40 min. or until the barley, lentils and carrots are tender. Top with Swiss cheese if desired.

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## **Classic American Split Pea Soup**

1 cup green or yellow split peas, rinsed  
4 cups ham or chicken stock  
1/3 cup chopped onion  
1/3 cup chopped celery  
1/3 cup diced carrots  
1 medium potato, peeled and diced  
1 bay leaf  
1 cup diced cooked ham  
salt and pepper to taste

Combine all ingredients in a large soup pot. Bring to a boil. Reduce heat to low, cover and simmer stirring occasionally, until the vegetables are tender and the soup thickens about 45 min. to 1 hour. Add the salt and pepper at the end of cooking.

## Homemade Cream Soups

½ cup butter  
1/3 cup flour  
2 cups milk  
chicken stock  
vegetables

Melt butter in saucepan and whisk in flour little by little to make a paste. Add milk slowly little by little to ensure sauce doesn't create lumps. Slowly bring to a boil to thicken sauce and add chicken stock. Add leeks, mushrooms etc. to make your favorite cream soup.

## **Cold Potato Soup**

2 tbsp butter  
3 onions, diced (about 3 cups)  
3 to 4 new potatoes, peeled and cubed  
1 tbsp fresh lemon juice  
1 cup half and half  
salt and freshly ground pepper to taste  
dash of nutmeg  
garnish: fresh chive and flowers

In a large saucepan melt butte and sauté the onions over medium heat till softened but not browned, about 7 minutes. Add potatoes and 3 cups of water. Cover and simmer until potatoes are tender, 15-20 min. Add lemon juice, half and half, seasonings and puree soup in a blender. Chill and serve cold. Garnish by sprinkling with chives and flowers.

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## Hunan Hot and Sour Soup

6 cups vegetable or chicken stock  
2 cloves garlic, minced  
1 tsp ginger root, minced  
½ tsp black pepper  
2 tbsp tamari  
4 shiitake mushrooms, thinly sliced  
½ lb firm tofu, sliced into ¼ x 1 inch strips  
1 cup Napa cabbage, shredded  
1 carrot, thinly sliced  
1/3 cup frozen peas  
1/3 cup frozen corn  
2 tbsp rice vinegar  
1 tbsp mirin (Chinese cooking wine)  
1 tbsp cornstarch dissolved in 3 tbsp cold water  
1 egg, well-beaten  
½ cup green onion, chopped  
¼ cup cilantro, chopped

Bring stock to a boil. Add garlic, ginger, pepper, and tamari. Reduce heat and simmer 1 min. Add mushrooms, tofu, cabbage, carrots, peas, and corn. Stir and let simmer 5 min. or until vegetables are tender. Stir in vinegar, mirin and cornstarch mixture. Continue cooking until soup is thickened, about 1 min. Remove soup from heat. Slowly pour in beaten egg and stir. Garnish with green onions or cilantro and serve immediately.

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# SUPPERS

Recipe Courtesy of Winds of Change Health Services - *Wishing you Wellness* - Dr. Sarah-Dash Arbuckle ND

## **SUPPER IDEAS**

Soups or stews: crock pot or pressure cookers can make this easy

Beef stew

Seven Vegetable Curry

Chicken cacciatore

Chili

Rice pilafs with any protein sources

Squash with chicken or turkey patties

Greens (Kale, Swiss chard, spinach) and salads

Angel hair pasta with asparagus and sun-dried tomatoes

Red Lentil Curry

Zucchini Casserole

Broccoli Sesame Stir-fry

Lemon Garlic Chicken and Potatoes

Fried Rice

Turkey Patties

Chicken Lettuce Wraps

Fish – Maple glazed

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## **Crock Pot - Beef Stew**

2 lbs. beef stew meat, cut in 1 inch cubes  
¼ cup flour or corn starch in some beef broth to make liquid  
½ tsp salt  
½ tsp pepper  
1 ½ cup beef broth  
1 clove garlic, minced  
1 bay leaf  
1 tsp paprika  
4 carrots sliced      Also consider adding mushrooms, corn, green beans, etc.  
3 potatoes, diced  
1 onion chopped  
1 stalk celery, sliced

Put meat in crock pot. Mix flour, salt and pepper, and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover; cook on low 10-12hrs (high: 4-6hrs). stir stew thoroughly before servings. Makes 6 servings.

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## **Crock Pot - Seven Vegetable Curry**

2 tbsp olive or vegetable oil  
2 tbsp curry powder  
1 tsp whole mustard seeds  
1 onion, chopped  
14 oz. can coconut milk  
1 tsp salt  
2 medium potatoes cut into 1 inch chunks  
2 cups green beans cut into 1 inch pieces  
2 medium carrots, sliced  
19 oz. can chickpeas drained  
1 sweet potato, cut into 1 inch chunks  
1 cup frozen green peas  
½ cup chopped cilantro (optional)

Heat the oil in a skillet over medium heat. Add the curry powder and mustard seeds and cook, stirring until the seeds begin to pop (careful if kids are around). After a minute the popping dies down. Add the onion and continue to cook, stirring until softened. Stir in coconut milk and salt and bring to a boil. Cook until the mixture thickens slightly, set aside. In the crock-pot, layer all the vegetables in the order listed – potatoes, green beans, carrots, chickpeas, sweet potato, and green peas. Pour the coconut milk mixture over the top and place on lid. Cook on low 6-8 hrs or high 3-4 hours. Stir in cilantro, if using, just before serving. Serves 4.

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## **Crock Pot – Chicken Cacciatore**

1 large onion, thinly sliced  
1 ½ lb. skinless, boneless chicken breasts  
2 - 6oz cans tomato paste  
8 oz. fresh sliced mushrooms  
½ tsp salt  
¼ tsp pepper  
2 cloves garlic  
1 tsp oregano  
½ tsp basil  
1 bay leaf  
¼ cup dry white wine  
¼ cup water

Put sliced onions in bottom of crock-pot. Add chicken pieces. Stir together tomato paste, mushrooms, salt, pepper, garlic, herbs, white wine and water. Spread over chicken. Cover; cook on low 7-9 hrs (high 3-4 hrs). serve chicken pieces over hot whole wheat pasta or brown rice. Serves 4.

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### **Crock-Pot Chili**

1 ½ lb. lean ground beef, pork, chicken or turkey  
5 cloves garlic, minced or 1 tbsp bottled chopped garlic  
2 cooking onions, finely chopped  
2 stalks of celery, thinly sliced  
2 cans (19 oz.) red kidney beans, drained and rinsed  
1 can (28 oz.) tomatoes, coarsely chopped, with juice  
1 can (5.5 oz.) tomato paste  
2 cups frozen corn kernels  
½ cup salsa and 1-2 tbsp chili powder (optional)  
1 tsp each ground cumin, dried oregano  
½ tsp each salt, pepper and optional hot sauce  
1 each, red and green sweet pepper, finely chopped

Possible toppings: chopped tomatoes, avocado, green onion, jalapeno peppers or cilantro, grated cheddar cheese, tortilla chips, sour cream.

In large skillet, cook ground meat, garlic and onion over med-high heat, breaking up meat with spoon. Transfer to crock-pot, add remaining ingredients except sweet peppers and cook low 6-8 hrs or high 3-4. stir in peppers, cover and cook 15 minutes, serve with your choice of toppings. Serves 4.

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### **Brown Rice and Mushroom Pilaf**

2 tbsp. olive oil  
5 scallions, including tops, minced (or green onion, or leek if stuck)  
3 garlic cloves, minced  
1 cup brown rice  
2 cups chicken broth  
½ cup water  
½ tsp dried marjoram  
¼ tsp dried thyme  
¼ tsp fresh ground black pepper  
¼ tsp sea salt  
½ lb. mushrooms, stemmed, wiped clean and thinly sliced  
2 tbsp minced fresh parsley

Heat 2 tsp. of oil in a large, heavy saucepan over moderate heat for one minute. Add the scallions and garlic, and cook, stirring occasionally, until softened, about 3 minutes. Add the rice, stirring to coat. Stir in broth, water, spices and bring to a boil. Adjust heat so mixture bubbles gently, cover, and simmer 45 minutes or till liquid is absorbed.

Meanwhile, in a large heavy skillet over moderate heat, heat 4 tsp oil. Add mushrooms and sauté until lightly browned and mushrooms have given up their juices, 3-5 minutes. Stir mushrooms and any juices into simmering rice during final 10 minutes of cooking. Mix in parsley and serve in place of potatoes.

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## **Cauliflower “mashed potatoes”**

Delicious substitute for mashed potatoes

1 large cauliflower, cut into pieces

¼ cup butter or ¼ cup yogurt

Salt and pepper to taste

Parsley and paprika garnish

Steam cauliflower till just tender. Drain. Puree in blender or food processor.

Add butter or yogurt, salt and pepper and blend thoroughly.

Reheat and serve. Garnish with parsley and paprika.

The pureed cauliflower may be placed in a baking dish, sprinkled with grated cheese (if tolerated) or feta crumbled on top and/or within and heated until cheese melts

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## **Green Pulav**

1 large bunch cilantro, chopped  
1 green pepper, chopped  
1-inch piece of ginger, peeled and chopped  
1 tbsp vegetable oil  
2 sticks cinnamon  
2 garlic cloves  
3 cardamom pods, split open  
2 bay leaves  
1 cup uncooked basmati rice, soaked in 2 cups water for 15 mins.  
¼ lbs cauliflower  
¼ lbs broccoli  
½ peeled and diced potato  
¼ cup fresh green peas  
salt to taste

Combine cilantro, pepper and ginger in blender. Grind into paste. Saute cinnamon, garlic, cardamom and bay leaves in pan. Add cilantro paste and cook for 5 mins. Add rice and reserved liquid and rest of the ingredients; mix well. Reduce heat and simmer for 10 mins. or until veggies are tender. Serve hot with low-fat plain yogurt.

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### **Pumpkin or Squash** (any variety)

Cut in half using large sharp knife. Scoop out seeds and fiber rich part with spoon. These may be cleaned and baked with oil for 20-30 minutes at 450F for tasty seasonal seed treat. Preheat oven to 400F; place the squash cut-side down on an oiled baking tray. Bake for 30 minutes or until flesh is soft. Serve in the skin, or remove the flesh and mash with butter, salt and herbs. Nutritional yeast is a cheesy flavored source of natural B vitamins (can keep in a shaker container to top food as desired). Garlic butter, or maple syrup and butter can also be toppings

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### **Leafy Greens**

\*\*\* (multivitamin/mineral food) \*\*\*

Select dark greens like Swiss chard, kale, spinach can all be steamed 5-10 minutes then topped with butter or fish oil, lemon juice, nutritional yeast (optional) and salt. Or try tamari sauce (soy sauce substitute – wheat free).

### **Oven Fries**

Cut root vegetables into strips

Spray cookie sheet with olive oil. Place fries in a single layer. Spray with olive oil or dot with butter. Bake at 400F for 25-45 mins. (depends on size).

Salt and pepper as needed.

Also optional to sprinkle herbs or spices before baking.

## **Butternut Squash slices**

1 butternut squash  
Small amount butter  
Salt to taste

Sliced neck of butternut squash (not necessary to peel). If crispness is desired, slice very thinly (1/4 inch thick). Place on a cookie sheet or pizza pan, dot with butter, and bake in a hot oven (450F). until one side is brown. Turn and brown the other side.

### **Angel hair pasta with asparagus and sun-dried tomatoes**

1 ½ lb. Thin asparagus  
20 dry-packed sun-dried tomatoes  
1 tsp. dried oregano  
3 tbsp. extra-virgin olive oil  
Salt and freshly ground pepper  
2 (9 oz.) packages whole wheat angel hair pasta

Boil pasta for 8 mins. Strain and cool with cold water. Cut off bottom inch of asparagus stalks. Cut each stalk into 3 spears diagonally. Put dried tomatoes in a large pot of boiling water. Boil 2 mins. Add asparagus. Boil 3 mins. Meanwhile, in a large bowl, combine oregano, olive oil, salt, and pepper. Add pasta to pot of asparagus. Boil 1 minute or until pasta is tender but still firm to bite. Drain pasta and vegetables. Transfer mixture to bowl of seasoning mixture. Toss well using tongs. Taste and adjust seasoning. Serve as soon as possible. Makes 4 servings.

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## Red Lentil Curry

2 cups red lentils (sort, wash in cold water till water is CLEAR)  
1 large onion diced or 2 small onions diced  
1 tbsp of butter or vegetable oil  
2 tbsp curry paste  
1 tbsp curry powder  
1 tsp ground turmeric  
1 tsp ground cumin  
1 tsp chili powder  
1 tsp salt  
1 tsp white sugar  
1 tsp minced garlic  
1 tsp minced ginger root  
1 (10.75 oz) can tomato puree

Place clean lentil into 4 cups (till covered) boiling water then simmer for 30-60 minutes or until tender. In a large skillet, brown the onions in vegetable oil. While the onions are cooking, use a mixing bowl to combine the curry paste, curry powder, turmeric, cumin, chili, salt, sugar, garlic and ginger. Mix well. When the onions are cooked, add the curry mixture to onions and cook over high heat stirring constantly for 1-2 minutes. Stir in the tomato puree and reduce heat, allow the curry base to simmer until lentils are ready. When the lentils are tender, drain them briefly, mix base into lentils and serve immediately. Serves 4.

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## Zucchini Casserole

*Use your dish size to guide your amount of the vegetables specified.*

Zucchini squash, sliced

Fresh tomatoes, sliced

Onions, sliced

Green peppers, sliced (optional)

1 tbsp. salad oil (olive oil is best) for each 4 cups of vegetables

½ cup grated parmesan cheese (optional)

Seasonings: oregano, salt, pepper

Slice raw vegetables and layer in a casserole. A shallow one is preferable but any size may be used. Pour salad oil over vegetables. Sprinkle seasonings and grated cheese over top. Add a little water to casserole if there is not sufficient juices from the vegetables. There should be at least ½ inch liquid at the bottom of the casserole when you start baking. Place in hot oven 400F. Uncovered, and bake until vegetables are tender. Stir occasionally so that the top vegetables do not get too brown. If this recipe is made on the stove top, it turns out to be a vegetable stew and has a completely different consistency.

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## Broccoli Sesame Stir-fry

2 tbsp tamari soy sauce or Bragg's sauce  
1 tsp natural brown sugar  
3 tbsp cornstarch or arrowroot powder  
1 cup water  
1 tbsp unrefined sesame oil  
2-4 garlic cloves, crushed  
6 cups broccoli pieces, florets and stems  
Freshly ground black pepper  
2 green onions sliced diagonally  
3 tbsp sesame seeds

In a small bowl, mix together the tamari sauce, brown sugar, cornstarch, and water. Mix well. In a large wok, over medium high heat, add the sesame oil and then the garlic, sauté for 30 seconds. Add broccoli pieces, stirring quickly to cover with oil and garlic. Cover and let cook for 3 mins. Until broccoli is bright green. Add a little 1-2 tbsp. water if necessary. Add the tamari mixture and stir until thickened, about 30 seconds. Sprinkle with sesame seeds and black pepper and garnish with green onion. Serves 6.

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## Lemon Garlic Chicken and Potatoes

¼ cup olive oil  
1 ¼ lb. (600g) skinless, boneless chicken breast (~4 ) cut into 1 inch chunks  
1 tsp salt  
¼ tsp black pepper  
2 lbs. new potatoes cut into wedges – don't peel  
1 ½ cup baby carrots  
2 cloves garlic minced  
1 ½ tsp dried oregano crumbled  
1 cup chicken broth  
¼ cup lemon juice (1 lemon's worth)  
1 tbsp flour

Pour ½ olive oil into large skillet and place over high heat. Add chicken chunks, sprinkle with salt and pepper and cook quickly until slightly browned (it won't be fully cooked!). Remove chicken from pan, leaving as much oil as possible. Pour rest of olive oil into pan and return to high heat. Add potatoes, carrots, garlic and oregano and cook, stirring for 2-3 minutes. Add broth, lemon juice and sprinkle with flour, stirring until blended. Bring to a boil, then cover pan and lower heat to medium. Let cook 15 minutes. Add the brown chicken chunks, adjust seasoning with more salt or pepper, if necessary, and continue to cook, covered for 7-10 minutes, stirring occasionally until potatoes are tender. Serves 4.

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## **Fried Rice**

**Equal portions** of chopped: carrots, celery, mushroom, snap peas, green onion, frozen peas, frozen corn, broccoli, etc.

Pre-cook scrambled eggs, rice and meats (chicken, pork, beef, shrimp, etc.)  
(Basmati takes 20-30, brown and wild 45-60 minutes)

Warm up a pan or grill (200 degrees) and add oil and 1-2 cloves crushed garlic till brown

Chopped carrot and celery is added and cooked 1 minute.

Snap peas are added and cooked 1 minute.

Mushrooms are then added and cooked 1 minute

Add cooked rice and broccoli for 1 minute

Now add meats and egg to warm for 1 minute

Green onion and peas, corn etc. is last for 1 minute.

Top with tamari or Bragg sauce and serve. Serves 4-6.

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## **Turkey Patties**

1 lb. Turkey (ask the butcher to grind it or get heavy duty blender)  
3-4 Egg whites  
½ cup bread crumbs  
Onion  
Garlic  
Little peppers (banana peppers)  
Any spices you want

Mix wet separate from dry ingredients. Then combine into patties of desired size.  
Bake or BBQ. 350-400 F till done. Serves 4.

## Chicken Lettuce Wraps

### **Sauce:**

¾ hoisin sauce  
1.5 tsp rice vinegar  
1 tbsp liquid honey  
2 tbsp water  
1 tbsp fresh lime juice  
2 tsp sesame oil  
1 large clove garlic, minced  
1 tsp freshly grated ginger

### **Wraps:**

2 boneless chicken breasts  
1/3 cup grated carrot  
2 green onion, diagonally cut  
1 cup dry-steam fresh noodles  
½ cup unsalted peanuts, chopped  
1-3 romaine hearts, separated into whole leaves

In a small saucepan, over medium low heat, blend sauce ingredients. Set aside to cool. Poach chicken in small amount of water, until no longer pink. Cool. Cut each breast in half horizontally and then dice to about ¼ inch. In medium bowl, toss chicken, carrots, and onion with enough sauce to coat. Let stand 15 mins. Add noodles and peanuts; gently toss with more sauce to coat. Wrapping is half the fun – set everything out for each to do. Extra sauce can be set out for dipping.

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## Maple glazed fish

1/3 cup maple syrup  
1/3 cup soy sauce, tamari or bragg sauce  
2 tbsp. cider vinegar  
2 tsp grated ginger root  
2 cloves of garlic crushed

Marinate for a few hours

Bake at 350 F for 15 minutes uncovered

## Simple Saute

2 tbsp ghee (clarified butter)  
1 tsp cumin  
2 tsp coriander powder  
1 tsp turmeric powder  
1 bunch dark, leafy greens, rinsed  
Sea salt to taste

Melt the ghee over medium heat in a large saucepan. Add the cumin, coriander, and turmeric, and cook for 1 minute, until the seeds begin to brown.

Add the greens and sauté for a few minutes until tender.

Season with salt and serve right away. Serves 4

### **Spring Vegetable Stir-fry**

1 tbsp groundnut or vegetable oil  
1 tsp roasted sesame oil  
1 garlic clove, chopped  
1 in piece fresh root ginger, finely chopped  
225g baby carrots  
3 cups broccoli florets  
1/3 cup asparagus tips  
2 spring onions, cut on the diagonal  
1 ½ cups spring greens, finely shredded  
2 tbsp light soy sauce  
1 tbsp apple sauce  
1 tbsp sesame seeds, toasted

Heat a frying pan or wok over high heat. Add the groundnut or vegetable oil and the sesame oil, and reduce the heat. Add the garlic and sauté for 2 minutes. Add the chopped ginger, carrots, broccoli and asparagus tips to the pan and stir fry for 4 minutes. Add the spring onions and spring greens and stir fry for a further 2 minutes. Add the soy sauce and apple juice and cook for 1-2 minutes until the vegetables are tender; add a little water if they appear dry. Sprinkle sesame seeds on top and serve.

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## Hungarian Goulash

1 ½ lbs beef stew meat, cut into 1 inch cubes  
1 large onion  
2 garlic cloves, crushed  
½ tsp salt  
½ tsp pepper  
½ cup water  
2 tbsp tomato paste  
2 tbsp sweet Hungarian paprika

for thickening:

¼ cup all-purpose flour  
½ cup water  
¼ cup sour cream or plain yoghurt  
2 tsp dry dill

Place meat in slow cooker; cover with onions and garlic. In a small bowl mix spices, tomato paste and water. Pour over meat and cook on low 8-9 hours. Turn on high. Combine flour, sour cream and water and mix into meat mixture. Cook uncovered on high 10-15 min. Sprinkle with dill. Serve with rice or pasta.

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## **Oriental Green Beans**

3 cups green beans  
1 tbsp olive oil  
1 tsp sesame oil  
2 garlic cloves, crushed  
1 in piece fresh root ginger, finely chopped  
2 tbsp dark soy sauce

Steam beans over saucepan of boiling salted water for 4 minutes or until just tender. Meanwhile, heat olive and sesame oils in heavy-based saucepan, add the garlic and sauté for 2 minutes.

Stir in ginger and soy sauce and cook for a further 2-3 minutes, stirring constantly until liquid has reduced. Pour mixture over beans and leave for a few minutes to allow flavors to mingle before serving.

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### **Thai Vegetable Curry with Lemon Grass Rice**

2 tsp vegetable oil  
1 2/3 cups coconut milk  
1 ¼ cup vegetable stock  
225 grams new potatoes, halved or quartered  
130 grams baby corn cobs  
1 tsp golden caster sugar  
185 grams broccoli florets  
1 red pepper, seeded and sliced  
115 grams spinach  
2 tbsp chopped fresh coriander  
salt and pepper

for the spice paste:

1 red chili, seeded and chopped  
3 green chilies, seeded and chopped  
1 lemon grass stalk, outer leaved removed and rest chopped  
2 shallots, chopped  
finely grated rind of 1 lime  
2 garlic cloves, chopped  
1 tsp ground coriander  
½ tsp ground cumin

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½ inch fresh galangal, finely chopped or ½ tsp dried (optional)  
2 tbsp chopped fresh coriander  
1 tbsp chopped fresh coriander roots and stems (optional)

for the rice:

generous 1 cup jasmine rice, rinsed  
1 lemon grass stalk, outer leaved removed and cut into 3 pieces  
6 cardamom pods, bruised

Make the spice paste. Place all ingredients in blender and blend to a coarse paste. Stir-fry paste in heavy-based pan for 1-2 minutes, stirring constantly. Add coconut milk and stock and bring to boil. Add potatoes and simmer for 15 min. Add corn and seasoning and cook for 2 min. Stir in sugar, broccoli, red pepper, and cook for 2 minutes more until veggies are tender. Stir in shredded spinach and half the fresh coriander. Cook for 2 minutes.

Prepare the lemon grass rice. Add lemongrass and cardamom pods to rice in a large saucepan. Pour in 2 cups water. Bring to boil, cover and simmer 10-15 min. until water is absorbed and rice is tender. Season with salt and let stand 10 minutes.

Remove spices from the rice, season with curry and sprinkle with the rest of the coriander.

## **Adzuki Bean, Butternut and Kale mix**

½ yellow onion, diced  
2 cloves garlic, minced  
1 tbsp olive oil  
1 large butternut squash, diced into 1-inch cubes  
2 cups kale, chopped  
2 tbsp Braggs liquid Aminos  
½-1 cup water  
2 cups cooked adzuki beans

Sauté yellow onion and garlic in olive oil for 5 minutes on med-low heat. Add squash and cover for 5 min. Add chopped kale, Braggs liquid and ½ cup water for 30 min while covered, stirring occasionally. After 20 min. add cooked adzuki beans and heat thoroughly for 5 minutes. Serves 4.

## Nut Cooker Recipe

### Sauce:

1 cup medium salsa

1/3 cup peanut butter

2 tbsp frozen orange juice, concentrate

2 tbsp soy sauce

2 tbsp honey

1 tbsp grated ginger root

½ tsp curry powder or paste

12 boneless, skinless chicken thighs or breasts.

Chopped green onions and or peanuts for garnish (optional)

Mix all sauce ingredients in slow cooker. Add chicken and mix in. Cover and cook on low 5-6 hours or high 2.5 - 3 hours.

Serve on a bed of rice.

## **Cilantro Beets with Roasted Roots**

2 medium red beets, quartered  
2 golden beets, quartered  
2 yams, quartered  
2 parsnips, quartered  
2 turnips, quartered  
2 carrots, quartered  
salt to season  
1 1/2 tbsp extra virgin olive oil  
1 1/2 tbsp fresh lemon juice  
1 tsp tamari  
1 tbsp whole cilantro leaves, no stems

Add parsnips, turnips, beets, yams and carrots to a baking dish. Season with salt and bake at 350°F until outer skins are lightly crisped, about 45-60 mins. In a small bowl combine olive oil, lemon juice, tamari and cilantro. Pour over root mixture and serve warm.

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## Spicy Mash

1 tbsp extra-virgin olive oil  
1 onion, diced  
3 garlic cloves, minced  
¼ tsp chili powder  
1 tsp garam masala or mild curry powder  
450 grams sweet potatoes, peeled and cubed  
450 grams butternut squash, peeled, seeded and cubed  
1 cup water  
¼ tsp salt  
Freshly ground black pepper to taste

Heat oil in medium pot and sauté onions until golden brown (about 10 min), stirring often. Add garlic and spices. Sauté until fragrant (about 1 min). Add sweet potatoes, squash and water. Increase heat to high and bring to boil. Reduce heat and simmer until vegetables are tender, stirring occasionally (about 20 min). Remove cover and boil off about half of the water. Mash vegetables and season with salt and pepper.

## **Pistachios over Roasted Beets**

450 grams red beets, well scrubbed  
225 grams golden beets, well scrubbed  
1 shallot, minced  
2 tsp Dijon mustard  
2 tsp red wine vinegar  
1/8 tsp salt  
3 tbsp extra-virgin olive oil  
Freshly ground black pepper to taste  
1/3 cup unsalted pistachios, roughly chopped

Preheat oven to 425°F. Put the beets in a baking dish and cover with tinfoil. Roast until tender (about 45 min). Let cool in baking dish, then peel. Roll golden beets in beet juice from the bottom of the baking dish, then pour the juice into a small bowl and set aside. Slice all beets into ¼-inch slices and arrange on large platter. Make vinaigrette by whisking together the shallot, mustard, vinegar, salt and 1 tsp of the set aside beet juice in medium bowl. Add the oil in a thin stream while whisking constantly. Taste and season with pepper. Drizzle the vinaigrette over the sliced beets. Sprinkle with pistachios.

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## Irresistible Brussels Sprouts

450 grams Brussels sprouts  
1 tbsp butter  
1 tbsp canola oil  
1 tbsp flour  
1 cup skim milk  
¼ tsp salt  
½ lemon, zested and juiced  
Freshly ground black pepper to taste

Trim Brussels sprouts, removing any discolored leaves. Cut into quarters and steam until tender, about 5 min. Put in a serving dish and keep warm. Melt the butter with the oil in a small sauce pot, whisk in the flour and cook until golden, about 1 min. Slowly whisk in the milk and heat until thickened, about 3-5 min. Add the salt and 1 tbsp of the lemon juice. Taste and season with pepper, adding more lemon juice to taste. Pour sauce over Brussels sprouts. Sprinkle with lemon zest.

### **Festive Potato Medley**

1 box (900ml) Campbell's ready to use Chicken broth  
3 cups 1-inch pieces of peeled Yukon Gold potatoes  
2 cups 1-inch pieces of peeled sweet potatoes  
2 cups 1-inch pieces of unpeeled red-skinned potatoes  
½ cup light sour cream  
2 tbsp butter or margarine  
generous dash of ground black pepper

Heat broth and potatoes to a boil. Reduce heat, cover and cook for 10 min. or until potatoes are tender. Drain, reserving broth. Mash potatoes with ¼ cup broth, sour cream, butter and black pepper. Add additional broth if desired.

## **BBQ Burger**

1 ½ lbs lean ground beef  
½ cup water  
2 tbsp soy sauce  
¼ tsp pepper

Stir together all ingredients. Form 4-6 patties and place on a baking sheet lined with waxed paper and refrigerate for at least 30 min. Grill on barbeque for 5 min on high, turn down heat and barbeque for a further 4-5 min. on each side. Serve and enjoy

## Sesame Soy Grilled Asparagus

1 tbsp sesame oil  
1 tbsp soy sauce  
2 cloves garlic, minced  
1 tsp brown sugar  
1 ½ lbs fresh asparagus, trimmed  
1 tbsp toasted sesame seeds

Preheat barbeque to medium. Lightly spray a grill-top cooking grid with non-stick vegetable oil spray. In a bowl mix together sesame oil, soy sauce, garlic and brown sugar. Add asparagus and toss until evenly coated. Arrange asparagus on cooking grid and cook, turning once or twice, until lightly grilled, but tender and still crisp – 8-10 min. Sprinkle with toasted sesame seeds to serve.

## Rosemary Potato Packets

6 medium potatoes cut into ½ inch chunks  
1 ½ medium onion, sliced  
3 tbsp olive oil  
1 tbsp fresh rosemary, chopped  
1 ½ tsp salt  
¼ tsp black pepper

Cut a double layer of tinfoil 18x24in. Lightly spray one side with non-stick spray. In a bowl, toss together all ingredients. Place on tinfoil and wrap tightly to secure. Place on preheated barbeque to cook, turning packet 3-4 times, for 25-30 min. or until potatoes are tender. Carefully unfold packet and serve.

### **Tropical Fruit Skewers**

½ medium pineapple  
2 firm ripe bananas  
2 ripe kiwi fruit  
1 ripe papaya or cantaloupe  
1/3 cup brown sugar  
3 tbsp orange or pineapple juice  
¼ tsp cinnamon  
¼ tsp ground ginger  
Ice cream or frozen yoghurt

Peel and prepare fruit in chunks. Thread chunks onto bamboo skewers and set aside. In a bowl mix brown sugar, juice, cinnamon and ginger. Brush mixture onto skewers and let sit while barbeque preheats to medium temperature. Grill skewers, turning to grill evenly on all sides, about 8-10 min. or until lightly browned. Serve immediately with ice cream or frozen yoghurt.

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## **Orange Beef Stir-Fry**

1 tbsp canola oil  
1 lb Beef Top Sirloin Grilling Steak, sliced into thin strips  
4 cups stir-fry vegetables  
Dried chili pepper flakes (optional)

### **Sauce:**

1 tsp grated orange rind  
¼ cup orange juice  
2 tbsp EACH soy sauce and rice vinegar  
1 tbsp EACH minced gingerroot, liquid honey and corn starch  
2 cloves garlic, minced  
1 tsp EACH sesame oil and Asian chili sauce

Whisk together all sauce ingredients in small bowl – set aside.

Heat canola oil in large skillet and stir-fry beef for 3-4 min. and transfer to a bowl. Add vegetables and 3 tbsp water to pan and bring to boil. Reduce heat, cover and cook for 4 min. or until tender-crisp. Return beef and any juices to pan. Stir in reserved sauce mixture and return to boil. Cook and stir for a few minutes until thickened. Sprinkle with chili pepper flakes to serve.

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## Oven Fried Drumsticks

12 chicken drumsticks  
½ cup buttermilk  
¼ vegetable oil  
dash hot pepper sauce (optional)  
¾ cup all-purpose flour  
1 tsp paprika  
1 tsp dried oregano, crumbled  
½ tsp salt  
¼ tsp black pepper

Rinse drumsticks, pat dry, and place in ziplock bag. Whisk together buttermilk, oil and hot pepper sauce. Pour into the bag with the drumsticks. Tightly seal bag and squish gently to cover chicken with mixture. Refrigerate at least 1 hour. Preheat oven to 425 F. Combine flour, paprika, oregano, salt and pepper in separate bag. Shake excess marinade off drumsticks and coat one at a time with the flour mixture. Place drumsticks on greased baking sheet and bake in preheated oven for 45-50 min., turning once.

### **Rosemary Garlic Grilled Chicken Breasts**

1 ½ lbs skinless, boneless chicken breasts  
2 cloves garlic, crushed  
1 tbsp chopped fresh rosemary  
1 tbsp olive oil  
½ tsp salt  
¼ tsp pepper

Place chicken breasts in ziplock bag. In a small bowl combine remaining ingredients and add mixture to ziplock bag with chicken. Seal bag and squish bag to evenly coat chicken with mixture. Refrigerate for at least 1 hour or overnight. Preheat barbeque to medium. Remove chicken from bag and transfer to grill. Discard marinade. Cook for 5 min, then turn over and continue to grill for another 5-7 min or until cooked through.

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## Sesame Chicken Wings

1/3 cup soy sauce  
2 tbsp honey  
2 tbsp cider vinegar  
1 tbsp sesame oil  
2 garlic cloves, peeled  
1 in piece fresh ginger, peeled  
2 ½ lbs chicken wings  
2 tbsp sesame seeds

In a blender combine first 6 ingredients. Blend until smooth. Place trimmed wings in a ziplock bag and add mixture. Seal, squish to evenly coat and let marinade for at least 2 hours or overnight. Preheat oven to 425F. Remove wings from bag and arrange on a rack over a baking pan. Sprinkle with half the sesame seeds and bake for 20 min. basting with a bit of the marinade after 10 min. Turn wings over, baste with remaining marinade and sprinkle with remaining sesame seeds.

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## **Moroccan Chicken Skewers**

4 chicken breasts, cut into 1-inch cubes  
2 tbsp olive oil  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp salt  
½ tsp cinnamon  
¼ tsp cayenne pepper  
2 cloves garlic, pressed  
12 bamboo skewers, soaked in water for at least 30 min.

### Dip:

½ cup plain yoghurt  
1 tbsp honey  
½ tsp curry powder

In a small bowl mix together spices and garlic. Place in ziplock bag along with the chicken and squish to evenly coat chicken with mixture. Refrigerate at least 2 hours or overnight, squishing bag occasionally. Remove chicken from bag and place onto skewers. Place on preheated barbeque and cook until just done, about 6-8 minutes, turning over once. In a small bowl combine dip ingredients and serve as dipping sauce with the chicken skewers.

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## Pork Souvlaki

1 1/2 lbs boneless pork loin, cut into cubes  
1/3 cup lemon juice  
1/4 cup olive oil  
2 cloves garlic, minced  
1 tsp crumbled dried oregano  
1 tsp salt  
1/4 tsp pepper  
8-10 bamboo skewers  
1 med. Green pepper, cut into squares  
1 med. Onion, cut into squares  
20 cherry or grape tomatoes

Place pork in ziplock bag. In small bowl mix together lemon juice, olive oil, garlic, oregano, salt and pepper. Pour marinade into bag with meat and mash bag to cover meat with marinade. Refrigerate for 2 hours or overnight. Soak skewers in water for at least 30 min. Drain marinade from the meat and discard it. Thread pork onto skewers, alternating with onions, green pepper and little tomatoes. Preheat barbeque, place skewers on grill and cook, turning once, 5 to 7 min. per side or until meat is cooked through.

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## Sweet & Sassy Dijon Chicken

2 lbs boneless, skinless chicken breasts or thighs  
¾ cup packed brown sugar  
¾ cup Dijon Mustard  
¼ cup apple cider vinegar  
¼ cup Franks RedHot Original  
2 tbsp each oil and Worcestershire sauce

Place chicken inside resealable bag. Whisk together ½ cup of the sugar, mustard, vinegar, Franks RedHot Original, oil and Worcestershire sauce in 4-cup measuring cup. Pour 1 cup mixture over chicken. Seal bag, place in refrigerator 1 hour or overnight. Pour remaining sauce into small saucepan. Stir in remaining ¼ cup sugar. Bring to boil, reduce heat and simmer 5 min. or until mixture thickens slightly, stirring often. Reserve to serve with chicken. Remove chicken from marinade and grill on greased barbeque or grill rack over med-high heat 10-15 min. (or bake @ 400° oven for 35-40 min) until chicken is no longer pink in centre, turning once. Serve with reserved sauce.

## Honey Mustard Grilled Salmon

2 tbsp Honey Mustard sauce  
2 tbsp Lemon juice  
1 tbsp vegetable oil  
1 tsp chopped fresh dill  
½ tsp crushed garlic  
salt and pepper to taste  
4 fillets fresh salmon, skin on  
garnish: fresh dill, sprigs. Lemon wedges

Mix together in small bowl, mustard sauce, lemon juice, oil, dill, garlic, salt and pepper. Place salmon pieces in shallow dish; pour over marinade. Cover and refrigerate 30 min. Place salmon fillets, skin side down, on heated grill; close lid. Cook 10-12 min. or until it flakes easily with fork. Remove skin for serving, if desired. Garnish with dill and lemon.

## Slow Cooker Pork Tenderloin with Sweet Potatoes and Apples

¼ cup light brown sugar  
½ tsp dried, crumbled thyme  
½ tsp salt  
¼ tsp black pepper  
¼ tsp cinnamon  
¼ tsp ground nutmeg  
¼ tsp ground ginger  
¼ tsp cayenne pepper (optional)  
2 lbs sweet potatoes, peeled and sliced ½ inch thick  
1 medium onion, chopped  
2 small or 1 large pork tenderloin  
2 medium apples, peeled and coarsely chopped  
¼ cup dried cranberries  
2 tbsp water

In small bowl stir together first 8 ingredients. Arrange potato slices in bottom of slow cooker.

Add onion and sprinkle everything with half of the sugar and spice mixture. Coat tenderloins with remaining spice mixture and place on top of potatoes in slow cooker. Top tenderloins with apples and cranberries, then add water and cover the cooker. Cook on high for 1.5-2 hours, then on low for an additional 5-6 hours.

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## Salmon, Broccoli and Potato Gratin

2 lbs potatoes, cut into large chunks or wedges  
1 bunch broccoli, stems sliced and tops cut into florets  
2 tbsp butter  
1 tbsp lemon juice  
1 tsp salt, divided  
black pepper to taste  
1 lb skinless salmon filets, cut into large chunks  
1 cup sour cream  
2 tbsp Dijon or grainy mustard  
¼ cup grated parmesan cheese

Preheat oven broiler to high and adjust rack so it is 6 inches below element. Grease metal or ceramic baking dish. In a steamer basket over boiling water, steam potatoes until almost tender; about 10-12 min. Add broccoli to steamer and steam another 3-4 min. Broccoli should be little tender but still bright green and potatoes should be fully cooked at that point. Transfer broccoli and potatoes to prepared baking dish and toss with butter, lemon juice and half the salt and as much pepper as you prefer. Nestle salmon chunks between potatoes and broccoli. In small bowl stir together sour cream, mustard and remaining salt. Dollop mixture over potatoes, broccoli and potatoes. Sprinkle with parmesan and place under broiler for 8-10 min. or until potatoes and sour cream are speckled brown and salmon flakes when poked with a fork.

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## Teriyaki Beef Pinwheels

1 1/2 lbs beef flank steak (or sirloin or top round)  
1/2 cup soy sauce  
4 green onions, chopped  
2 cloves garlic, minced  
2 tbsp sesame oil  
2 tbsp honey or brown sugar  
2 tbsp dry sherry, white wine or water  
2 tsp fresh ginger root, minced or grated

Cut steak into 1/4 inch slices and place in bowl. In a blender combine soy sauce, green onions, garlic, sesame oil, honey or sugar, sherry and ginger root. Blend well and pour over meat. Toss to coat all the meat, cover and refrigerate for at least 1 hour. Preheat barbeque to med-high. Divide the meat strips into about 6 equal portions and start rolling up, pinwheel style, using the longest piece at the end and secure with toothpicks. Place pinwheels on preheated barbeque, turning once or twice, 3-5 minutes per side.

## Grilled Chicken and Veggie Quesadillas

½ onion, chopped  
1 tbsp olive or vegetable oil  
1 cup corn kernels  
2 cups shredded cooked chicken  
4 cups baby spinach leaves, coarsely chopped  
1 cup salsa  
8 large flour tortillas  
2 cups Monterey Jack or cheddar cheese

Preheat barbeque to medium. In large skillet cook onion in the oil for 3-5 min. Add corn and cook for a minute or two, stirring often. Stir in chicken, spinach leaves and salsa and continue cooking until spinach is wilted. Place 4 flour tortillas on a platter. Spoon 1/4 of the mixture on each tortilla, sprinkle with cheese and place remaining 4 tortillas on top, pressing down lightly. Grill quesadillas on barbeque, flipping them over several times, about 4-6 min total. Cut into wedges and serve with salsa and sour cream if desired.

## Teriyaki Tofu

1 pkg extra-firm tofu, drained  
1 tbsp canola oil  
4 tbsp teriyaki sauce, divided  
1 cup cooked brown rice  
4 green onions, chopped  
3 tbsp mayonnaise  
1 tbsp ginger, grated  
2 tsp fresh lemon juice  
freshly ground black pepper to taste  
4 cups salad greens  
2 cups shelled edamame, thawed from frozen  
1 carrot, peeled and grated  
2 radishes, sliced

slice tofu into 6 slabs and cut each slab to make 12 triangles. Gently press them with paper towel to remove excess water. In a large non-stick skillet, sauté tofu in oil until golden, 3-5 minutes. Gently turn the tofu and add 3 tbsp of the teriyaki sauce between the tofu triangles.

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## Turkey Meatballs with Pineapple Sauce

1 tbsp olive oil  
1 medium onion, diced  
½ garlic salt  
¼ cider vinegar  
¼ brown sugar, packed  
2 tbsp ketchup  
1 can of crushed pineapple, not drained  
½ cup + 2 tbsp pineapple juice, divided  
750g bag of M&M turkey meatballs (frozen or thawed)  
1 tbsp corn starch  
optional chopped parsley for garnish

Heat olive oil over medium heat in a large covered saucepan. Add onion and sauté until translucent, about 3-5 minutes. Add garlic and sauté for 1 minute. Add vinegar, brown sugar, ketchup, pineapple and ½ cup pineapple juice and bring to gentle simmer. Add meatballs, cover and simmer for 10 min. Meanwhile, dilute cornstarch in 2 tbsp pineapple juice. Add mixture to meatballs and stir gently to combine. Cover and cook for an additional 5 min. Sprinkle with chopped parsley to serve.

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## Salmon and Roasted Veggies

454g small potatoes, cut into bite-sized pieces  
454g asparagus spears, trimmed and cut into 2-inch pieces  
1 red bell pepper, chopped  
1 tbsp extra-virgin olive oil  
freshly ground pepper  
½ tsp kosher salt, divided  
4 pieces salmon or arctic char  
¼ cup mayonnaise  
1 tbsp grainy Dijon mustard  
1 Granny Smith apple, peeled, cored and chopped  
1 stalk celery heart, chopped  
1 tbsp fresh lemon juice

Preheat oven to 425°. Toss potatoes, asparagus and pepper with the oil in a baking dish and roast until golden brown and tender, about 20 min. stirring once. Season with pepper and ¼ tsp. of salt and set aside. Heat a large pan over medium heat. Saute salmon for 4 minutes. Flip and sauté on the skin side for 3-5 min. more. Make a sauté by pureeing the mayonnaise, mustard, apple, celery heart, lemon juice, and ¼ tsp of salt in a food processor. Top the salmon with the sauce. Serve with the roasted vegetables.

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## Spring Vegetable Pesto Pasta

8 cloves garlic  
1/3 cup pine nuts  
340g whole wheat fusilli or penne pasta  
454g thin asparagus spears, trimmed and cut into 2 inch pieces  
2 cups peas, fresh or thawed from frozen, divided  
5 cups loosely packed basil  
1 cup loosely packed mint sprigs  
½ cup freshly grated parmesan  
¼ cup extra virgin olive oil  
Freshly ground black pepper  
1 tsp kosher salt, divided

Preheat oven to 300°. Lightly brush garlic with oil. Roast garlic and pine nuts on a baking sheet until golden brown, about 12min. Boil pasta. Add the asparagus 2 min before pasta is cooked. Add 1 ½ cups of the peas when the pasta is done. Turn off the burner, drain the pasta and vegetables and return them to the pot. In a food processor pulse the roasted nuts and garlic with basil, mint, ½ cup of peas, half the parmesan and the oil until uniformly chopped. Season with the pepper and ½ tsp of salt. Scoop out ½ cup of the pasta water and stir into the pesto. Toss pasta and veggies with the pesto. Sprinkle with salt and parmesan to serve.

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## Chicken Stew

1 pkg chicken, cut in 1-inch cubes  
2 cups chicken broth  
1 tbsp olive or canola oil  
1 lemon or ¼ cup lemon juice  
2 bay leaves  
2 cloves garlic, crushed  
1 ½ cups carrots  
1 tsp salt  
4 small-med potatoes, cut once  
¼ tsp pepper  
½ tsp ground oregano  
3-4 stalks celery, cut twice  
1 tbsp flour

Brown chicken in oil with onions and garlic. Add broth, vegetables and spices. Simmer for 20-30 min. Bring to a light boil while adding the flour until the sauce thickens.

### **Thai-ish meatballs in Peanut Sauce**

1 ¼ ground chicken, turkey or beef  
½ cup dried breadcrumbs  
¼ cup chopped green onions  
¼ cup chopped cilantro  
1 egg  
1 clove garlic, minced  
1 tbsp soy sauce  
1 tbsp minced or grated fresh ginger root  
¼ tsp red pepper flakes (optional)

#### Sauce:

1 cup chicken broth  
1/3 cup lime juice  
¼ cup soy sauce  
2 tbsp smooth peanut butter  
2 tbsp corn starch

Preheat oven to 350°. In a bowl combine rest of ingredients for meatballs. Mix well. Roll into balls and place on greased cookie sheet. Place in oven and bake for 30-35min, turning once. Meanwhile combine all sauce ingredients in blender or whisk by hand. Transfer sauce to saucepan and cook, stirring constantly until sauce thickens. Add meatballs and cook for 5-10 min. Serve with rice or pasta.

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## Salisbury Steak with Mushroom Gravy

1 lb ground beef, turkey, lamb or pork  
¼ cup dry breadcrumbs  
1 egg  
½ tsp salt  
¼ tsp black pepper  
1 tsp vegetable or olive oil  
1 medium onion, chopped  
250g fresh mushrooms, trimmed and sliced  
½ tsp crumbled, dried thyme  
1 tbsp flour  
1 cup beef or chicken broth  
2 tbsp chopped fresh parsley

Combine meat, bread crumbs, egg salt and pepper in a bowl. Form to oval patties about ½ inch thick. Heat oil in large pan and add patties when hot. Brown patties on both sides, turning over once – about 3 min per side. Remove from pan. Add onion to pan and cook, stirring, for about 5 min. Add mushrooms and thyme and cook, stirring often, for 3-5 min. Sprinkle in flour, stir well and add broth. Cook and stir. Add patties, return heat to low and simmer for 15-20 min. turning patties once and basting them with sauce regularly. Sprinkle with parsley and serve over fluffy mashed potatoes.

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## Chicken Meatballs

1 lb ground chicken  
1 egg  
¼ cup dry breadcrumbs  
¼ cup onion, finely chopped  
½ tsp dried oregano, crumbled  
½ tsp garlic powder or 1 clove fresh garlic, minced  
½ tsp salt  
¼ tsp pepper

Preheat oven to 375°. Combine ingredients in a medium bowl. Mix well and form into balls. Place meatballs on cookie sheet and bake for 15-20 min, turning once. Serve with your favorite sauce and pasta or rice.  
Can also be served cold with ketchup for dipping.

## Soft Taco Shells

1 cup cornmeal  
1 cup cornstarch  
1 cup milk  
2 eggs  
Canola oil

Mix together wet and dry ingredients separately, then mix together. Heat oil in large skillet and pour with a ladle one scoop of mixture into skillet. Cook for about 1-2 minutes on each side just like when cooking crepes. Serve warm with all your favorite taco toppings such as tomatoes, cheese, ground meat, lettuce sour cream and salsa.

## Lentil Burgers

1 cup lentils, rinsed  
2 cups water  
1 cup soft whole wheat bread crumbs  
½ cup wheat germ  
½ cup finely chopped onion  
1 ¼ tsp salt  
2 eggs, lightly beaten  
dash hot pepper sauce  
3 tbsp oil

Cook lentils in water for 40 min. and drain. In medium bowl mash lentils slightly. Stir in bread crumbs, wheat germ, onion, salt, eggs, and hot pepper sauce. Form into patties using ½ cup mixture for each. Heat oil in large skillet. Fry patties for about 5 min. on each side until golden brown.

## Lentil Burritos

1 cup lentils  
2 cups water  
½ cup finely chopped onion  
1 garlic clove, minced  
½ tsp ground cumin  
dash hot pepper sauce  
1 cup mild taco sauce  
1 cup chopped zucchini  
1 cup chopped green or red pepper  
4 oz Monterey Jack cheese, cubed or shredded  
8 flour tortillas

Cook lentils, water, onion, garlic, cumin and pepper sauce for 15-20 min. Drain if necessary. Toss lentils with taco sauce, zucchini, pepper and cheese. Spread about ½ cup of the lentil mixture down the center of each tortilla and roll up. Serve burritos cold, or wrap each in a dampened paper towel and heat in microwave for 1-2 each minutes each, or until the burritos are hot through and the cheese begins to melt. If desired serve burritos with diced avocado and sour cream on the side.

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## Lentil Lasagna

1 cup lentils, rinsed  
2 cups water  
1 can tomato paste  
1 can tomato sauce  
1 pkg spaghetti sauce mix  
1 cup red wine  
½ lb lasagna noodles, cooked  
2 cups cottage cheese  
¾ lb mozzarella cheese, sliced or grated

Cook lentils in water for 30 min and drain. Combine tomato paste, tomato sauce, spaghetti sauce mix and wine. Simmer on low for 20 min. Lay half of the noodles in a greased 8x12 baking dish. Layer the lentils, 1/3 of the sauce and then the cottage cheese. Lay the remaining noodles on top. Cover with the rest of the sauce, and then top with mozzarella cheese. Bake for 45 min at 350°.

## Wild Rice and Lentil Salad

¼ cup lentils, rinsed  
½ cup water  
½ cup cooked wild rice  
1 ½ cups cooked chicken  
½ cup mayonnaise  
¼ cup lemon juice  
1 can water chestnuts, drained  
¼ cup milk  
1 ½ tsp grated onion  
½ tsp minced garlic  
2/3 cup sunflower seeds  
1 tbsp chopped red pepper  
½ cup green grapes

Cook lentils in water for 25 min. Cool and toss lentils together with all the remaining ingredients except for sunflower seeds, red pepper and grapes. Add these just before serving.

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## Curried Lentil Rice Salad

1 cup lentils, rinsed  
2 cups water  
1 cup plain yoghurt  
2 tbsp lemon juice  
2 tbsp chopped fresh mint  
1 tbsp curry powder  
2 cloves garlic, minced  
dash of freshly ground black pepper  
1 cup cooked rice  
1 medium cucumber, peeled, seeded and sliced thin  
1 cup chopped red or green pepper  
1 cup chopped green onion  
salt and pepper to taste

Cook the lentils in the water for 20 min. or until just barely tender. Drain, if necessary. Combine the yoghurt, lemon juice, mint and seasonings. Add to the lentils along with all the remaining ingredients. Cover and chill several hours to blend the flavors.

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## Yellow Split Pea Curry

1 cup chopped onion  
2 tbsp butter  
2 tbsp oil  
1 cup yellow split peas, rinsed  
1 tbsp curry powder  
1 tsp ground cumin  
2 garlic cloves, minced  
3 cups water  
2 cups eggplant, cut in 1-inch cubes  
2 cups cauliflower, cut into florets  
½ cup raisins  
3 tbsp fresh lemon juice  
1 tsp salt  
½ cup shredded coconut  
¼ cup chopped parsley  
½ tsp white pepper  
pinch cayenne pepper  
4 ½ cups cooked rice

In a large deep skillet, sauté onion in butter and oil. Stir in peas, curry powder, cumin and garlic. Cook for 1 minute. Add water and bring to a boil; reduce heat and simmer the curry, covered, for 20 min. Carefully stir in the eggplant, cauliflower and raisins, coating the pieces with the curry. Simmer until peas and veggies are tender, for about 10 more min. Remove curry from heat and let stand for 5 min. Stir in remaining ingredients except for rice. Serve the curry on a bed of hot rice.

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## **Brown Rice and Lentil Stew**

$\frac{3}{4}$  cup brown rice  
 $\frac{1}{2}$  cup lentils, rinsed  
2 cups water  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{2}$  cup sliced celery  
 $\frac{1}{2}$  cup sliced carrots  
 $\frac{1}{4}$  cup fresh parsley  
1 tsp Italian seasoning  
1 clove garlic, minced  
1 bay leaf  
2  $\frac{1}{2}$  cups chicken broth  
1 can peeled whole tomatoes, undrained and chopped  
1 tbsp cider vinegar

Combine all ingredients in a large saucepan; bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally for 55 minutes to 1 hour, or until rice is tender. Remove the bay leaf.

## Corn Quiche

2 tbsp butter  
4 green onions, chopped  
1 clove garlic, minced  
3 cups corn kernels  
3 eggs  
1 cup plain yogurt  
1 tbsp sugar  
1 tbsp flour  
1 tsp salt  
¼ tsp black pepper  
¾ cup shredded cheddar  
1 unbaked 9 or 10 inch pie shell, homemade or store-bought

Preheat oven to 375°F. Melt butter in a skillet over medium heat. Add the green onions and garlic and cook, stirring, for about 2 minutes or until softened. Add the corn kernels and continue to cook for another 2-3 min. stirring occasionally. Remove from heat. In a large bowl beat together eggs, yogurt, sugar, flour, salt and pepper. Stir in corn mixture and cheese. Spoon onto pie shell and bake 40-45 min. or until filling is browned.

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## Mediterranean Pesto Strata

2 tbsp olive oil  
1 onion, chopped  
1 red pepper, chopped  
4 canned plum tomatoes, seeded and chopped  
250 g mushrooms, sliced  
salt  
freshly ground black pepper  
10 eggs  
3 ½ cups milk  
¼ cup basil pesto  
½ tsp salt  
8-12 slices Italian, sourdough or challah bread  
3 cups shredded Italian cheese  
¼ cup grated parmesan cheese

Grease a 4L baking dish. Heat a large frying pan, add oil, onions and red pepper and cook, stirring, 4 min; add tomatoes and mushrooms and cook, stirring, 5 min. or until mushrooms are golden brown and have released their juices, Season with salt and pepper. With a slotted spoon, arrange 1/3 of the onions mixture and 1 cup of the cheese on the bottom of the baking dish. Cover with a layer of bread. Repeat with onion-cheese layer, bread and final layer of onion-cheese. In a large bowl, whisk together eggs, milk, pesto and salt. Pour into baking dish. Using a large spatula press down on top of casserole to totally submerge bread in liquid. Cover and refrigerate 8-24 hours. Remove from fridge 30 min before baking. Preheat oven to 400°. Sprinkle the parmesan cheese over the top and bake, uncovered, for 60 min. or until set in the centre, puffy and golden brown. Let rest 5-10 min. before serving.

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## Sheppard's Pie

1 lb beef  
2 lbs potatoes  
onion  
garlic  
salt and pepper to taste  
buttermilk  
corn

Brown beef with onion and garlic. Add salt and pepper. Cut potatoes into small pieces and boil in pot for 20-30 min. then mash with buttermilk, making sure mixture is not too thick. Layer beef mixture with potato mixture in pan. Cover with tin foil, ensuring foil does not go over edges. Bake pie for 1 hour at 350°. Serve with corn and salad.

## **Bolognese**

Olive oil  
2 lbs ground pork or beef  
Onion  
Garlic, minced  
Celery, cut into pieces  
Carrots cut into pieces  
Fresh rosemary sprig  
2 chili peppers  
1 cup red wine  
1 large tin peeled tomatoes in sauce  
Fresh basil leaf

Heat olive oil in large pot. Saute onion and garlic. Add meat to brown. Add celery, carrots, rosemary sprig, chili peppers, red wine and tomatoes. Bring to a boil, add basil leaf and simmer for 45 min. to 1 hour.

## Herb Roasted Chicken

- 1 roasting chicken
- 1 pkg herbed bread stuffing
- 1 cup water
- 3 tbsp butter
- 1 large onion, chopped
- $\frac{3}{4}$  cups frozen chopped spinach, thawed
- 2 ounces prosciutto or baked ham, cubed
- 2 cloves garlic, minced
- 2 tsp dried sage
- $\frac{1}{2}$  tsp dried rosemary
- 2 tbsp each heavy cream and lemon juice

Preheat oven to 350\*. Place roasting rack in large roasting pan. Rinse chicken and pat dry. In large bowl toss stuffing with 1 cup water. In large skillet, melt butter. Add onion, spinach, prosciutto, garlic, sage and rosemary. Saute until tender, about 5 min. Add spinach mixture to stuffing. Stir in cream and juice, mix well. Spoon stuffing loosely into chicken, filling about  $\frac{3}{4}$  full. Fold skin over openings and close with metal skewers. Tuck wings under chicken and place on roasting rack. Roast chicken until golden, for about 1 – 2 hrs.

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## Sunday Pot Roast

1 beef chuck pot roast  
salt and pepper to taste  
3 medium baking potatoes  
2 large carrots  
1 large parsnip  
2 large celery stalks  
1 medium onion, sliced  
2 bay leaves  
1 tsp dried rosemary  
½ tsp dried thyme  
½ cup beef broth

Cut beef into serving-size pieces. Season with salt and pepper. Scrub potatoes and cut into quarters. Cut carrots and parsnip into thick slices, Slice celery into 2 inch pieces. Place potatoes, carrots, parsnips, celery, onion and bay leaves in slow cooker. Sprinkle rosemary and thyme over veggies. Arrange beef over veggies and pour broth over everything. Cover slow cooker and cook on low for 8 ½ - 9 hrs. Remove bay leaves before serving.

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## Pad Thai with Peanuts

12 ounces udon, cooked and drained  
1/3 cup tamari  
1/3 cup rice vinegar  
2 tbsp creamy peanut butter  
1 tbsp honey  
1 tbsp sesame oil  
3 eggs, beaten  
6 scallions, sliced into 1-inch pieces  
Red pepper  
Green onions  
Sprouts  
1/2 lb firm tofu, cubed  
1/4 cup roasted peanuts, chopped  
1/4 cup fresh cilantro, minced  
1 lime, cut into wedges

Combine tamari, vinegar, peanut butter, and honey in small bowl. Stir with whisk until well combined. Heat 1 tsp oil in large skillet. Cook eggs over medium heat, stirring until set. Remove eggs from skillet and set aside. Return skillet to heat and add 2 tsp oil. Add green onions, sprouts, garlic and red pepper. Sauté 1 minute, add tofu and continue cooking 3-4 min. Add pasta to skillet, tossing with a large fork to combine ingredients. Cook 5 min. more. Stir in peanut butter mixture and eggs. Cook until heated through, about 2 min. Serve immediately, garnished with peanuts, cilantro and lime wedges.

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## **Beef Stroganoff**

1 lb ground beef  
2 cans soup  
Chopped onion  
Sliced mushrooms  
Salt to taste  
1 cup sour cream  
½ tsp paprika  
¼ cup flour

Brown onion and beef in large skillet. Add soup, mushrooms and spices and simmer for 30 min. Thicken sauce with flour and serve over pasta or potatoes.

# SWEETS

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## Triple-Chocolate Brownies

1/3 cup cocoa powder  
4 ounces semi-sweet chocolate, chopped  
3 ounces unsweetened chocolate, chopped  
1 1/4 cup sugar  
1 cup silken tofu, blended  
1/2 cup sunflower oil  
2 tsp vanilla extract  
3/4 cup spelt flour  
1/2 tsp baking powder  
1/2 tsp salt

Line 8-inch baking pan with parchment paper and dust with a bit of cocoa powder. Melt the chocolate together in double boiler and continue to stir to prevent burning. Mix in 1/4 cup cocoa powder and remove from heat. Combine sugar, tofu, oil and vanilla in large bowl. Stir in the chocolate, then the flour, baking powder and salt. Pour batter into baking pan and bake at 350° for 35-40 mins, until slightly puffed. Remove from oven and let cool for 2 hours before cutting and serving.

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## Yogurt Popsicles

1 carton vanilla yogurt

1 6 oz. can concentrated fruit juice, unsweetened  
(orange seems to be a favorite)

Dash of vanilla and/or honey (optional)

Mix well and freeze in molds (3 oz. paper cups work well). For handles, insert wooden sticks or spoons when mix is partially frozen.

Best in spring (hot days) or summer.

## **Crumble**

½ cup whole wheat flour

2-3 cups oat mix (oats, flax, wheat bran, coconut, bran buds, etc.)

1 cup butter or oil

1 tsp cinnamon

½ cup nuts (all kinds) mix as a topping

Fruit (apples, blueberries, peaches, etc. with lemon juice to coat)

Choosing the riper fruits will produce a sweeter crumble.

½ cup brown sugar or maple syrup over fruit

Bake at 375 F till apples bubble through topping/crust.

You will smell it when it's done.

## **Cookies – Occasional treat**

### **Dry ingredients:**

- 2 cups whole wheat, buckwheat, kamut, or spelt flour
- 1 cup rolled oats
- 1 cup nuts and seeds (e.g. pumpkin, walnut, and sunflower) or 2 cups of trail mix
- 1 cup raisins or currants
- ½ cup dried fruit (mango, apricot, date, etc.) – optional
- 1 cup carob chips (optional)
- 1 tsp cinnamon
- 1 tsp pure vanilla extract

### **Wet ingredients:**

- 4 whole eggs
- 1 ½ cup crushed pineapple with juice
- 1 cup un-pasteurized honey (do not give to children under 2)
- ½ cup fresh squeezed orange juice (optional)

Try: adding 2 or 3 scoops of protein powder to the dry ingredients.

Add the dry ingredients to a large mixing bowl. In a small bowl, add beaten eggs, pineapple with juice and honey. Mix well. Add wet ingredients to the dry bowl and blend. Add orange juice if more liquid is needed. Spoon batter onto greased cookie sheet. Bake for 20-25 minutes or until golden brown. Let cool and enjoy once a month. Freeze remaining.

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## **Nut Bars**

***High*** in calcium and fiber and good fats

500 ml almond butter

250-400 ml dark honey or brown rice syrup

royal nut mix of your choice: blend raw and unsalted pumpkin, almond, hazelnut, sunflower, brazil, etc. or homemade trail mix

1-2 cups bran buds (Kellogg's) (13 g of fiber per 1/3 cup!!!)

Warm the honey slowly and then add the nut butter till softened.

In a lightly greased pan place a layer of nuts and bran buds. Add some warm honey and almond butter. Add another light layer of bran buds and nuts. Top with remaining honey and almond butter. Let cool then cut into squares and freeze portions for weeks to come. This bar can sustain you for hours. Variation: add coconut, dried fruit, etc. great for camping and hiking. Ooey and gooey when warm...

## **Blueberry Peach Crumble**

1 cup blueberries  
3 cups peaches chopped  
4 tbsp sugar or honey  
1/3 cup slow cooking oats  
1/3 cup chopped walnuts  
1/3 cup wheat germ  
pinch of cinnamon  
1 ½ tbsp safflower oil

Preheat oven to 350F and lightly oil 9X9 inch pan  
Toss fruit with 2 tbsp sugar/honey  
Combine remaining ing's  
Place fruit in pan then spread topping over it  
Bake 30-35 mins and enjoy.

## Winter Squash Delight

1 spaghetti squash  
2 Macintosh apples  
¼ cup almonds  
¼ cup raisins  
¼ cup maple syrup  
1 tbsp. cinnamon

Bake squash 350 F for > 1 hour. Scrape the insides out with a fork making long strands. Add the rest of the ingredients and stir. Reheat if needed and eat. Serves 2.

## Sweet Potato Pie

3 medium sweet potatoes  
3 tbsp butter, softened  
¼ cup fat free milk  
1 large egg, beaten  
¼ cup all purpose flour  
1 tbsp sugar  
1 tsp baking powder  
¾ tsp salt  
½ tsp ground nutmeg  
1 9" prepared pie shell

Place sweet potatoes in large pot with water; bring to a boil over medium heat. Maintain a low boil until potatoes are soft when pierced with a fork, about 50 minutes. Immerse potatoes in cold water and pull off skin. Put flesh of potatoes in large bowl and discard skins.

Preheat oven to 350F. Mash potatoes with butter and add all remaining ingredients except pie shell. Whip mixture by hand until fairly smooth. Smooth mixture into pie shell and bake for 1-1 ½ hours. Cool for 10 minutes and serve. Serves 8

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## **Brownie Muffins**

1 box devil's food cake mix  
1 15-oz can pure pumpkin

Preheat oven to 400°F. Mix the two ingredients together. Don't mix in anything else that might be mentioned on the box. Mixture will be very thick. Place batter into a 12-cup muffin pan lined with baking cups or sprayed with nonstick spray. Place in the oven and bake for 20 min.

## Maple-Roasted Nuts

1 cup whole almonds  
1 cup walnut halves  
1 cup pecan halves  
1 cup hazelnuts  
2 tbsp olive oil  
2 tbsp maple syrup  
1 tsp coarse or kosher salt

Preheat oven to 325°F. Lightly grease a cookie sheet. In a bowl toss together all ingredients until evenly coated. Transfer to cookie sheet and bake in the oven for 20-25 min. stirring the nuts once or twice during baking time. Let cool completely before transferring to jars for storage.

## Rice Pudding

1 cup uncooked brown rice

1 ¼ cup coconut milk

1 ¼ cup water

½ tsp salt

1 tbsp sweetener

1 tsp cinnamon

Optional: chopped almonds, seeds, all bran buds

Combine water and coconut milk. Bring to boil adding rice and salt.

Simmer covered (do not stir) 45 min or more until liquid is absorbed and rice is soft. Remove from heat and allow to cool. Stir in sweetener and spices and top with nuts.

## **Crispy Quinoa Cookies (wheat-free)**

½ cup honey  
1/3 cup brown sugar  
½ cup margarine (1 stick)  
½ cup peanut butter  
½ tsp vanilla  
1 cup rice flour  
¾ cup quinoa flakes  
1 tsp baking soda  
¼ tsp salt  
½ cup nuts (optional)

Heat oven to 350°. Beat honey, brown sugar, margarine, peanut butter, and vanilla in medium bowl until creamy. Combine rice flour, quinoa flakes, baking soda and salt in small bowl. Add to mixture and beat until well blended. If desired add nuts. Drop by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 12 to 15 min. or until light golden brown. Cool 1 minute before removing from cookie sheet. Yields about 3 dozen cookies.

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### **Banana-quinoa muffins (wheat-free)**

½ cup quinoa flour  
½ cup quinoa flakes  
2 tbsp honey  
2 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
2 very ripe bananas  
2 eggs

Preheat oven to 400°. Mix flour and flakes with dry ingredients. In separate bowl mix together bananas, eggs and honey, add to dry ingredients. Pour into greased muffin tins. Bake 20-25 min. Note: Only fill muffin tins ½ full.

## **Lentil – Zucchini Bread**

½ cup lentils, rinsed  
1 cup water  
3 large eggs  
1 cup oil  
2 cups sugar  
2 cups zucchini, grated  
1 tbsp vanilla  
3 cups flour  
1 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
¼ tsp baking powder  
½ cup chopped nuts

Combine lentils and water in a saucepan and simmer for 30min. Drain and cool. Beat eggs until light and fluffy. Add the oil, sugar, zucchini and vanilla and mix lightly. Add the flour, salt, baking soda, cinnamon, baking powder, lentils and nuts. Pour into two loaf pans. Bake for 1 hour at 350° or until done.

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## Lentil Coffee Cake

½ cup lentils, rinsed  
1 ¼ cups water  
¾ cup margarine  
1 cup brown sugar  
¾ cup granulated sugar  
2 ½ cups flour  
1 tsp nutmeg  
¼ tsp ginger  
½ tsp salt  
½ cup chopped nuts  
½ tsp cinnamon  
1 cup buttermilk  
2 eggs  
½ tsp baking powder  
½ tsp baking soda

Combine lentils and water. Bring to boil, reduce heat and simmer covered for 40 min. or until soft. Reserve the liquid. Puree lentils in a blender, adding liquid if necessary. Melt margarine and blend in sugars. Mix in flour, nutmeg, ginger and salt. Reserve ½ cup of mixture, adding chopped nuts and cinnamon and set aside. To the remainder, add the buttermilk, eggs, baking powder, baking soda and lentil puree. Beat until smooth. Grease 8x12 microwave pan. Pour in the batter and sprinkle with reserved mixture. Microwave at 50% power for 10 minutes, rotating the dish once. Microwave on high for 8-10 min. until done, rotating once.

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## Lentil Brownies

4 eggs  
2 cups sugar  
1 cup canola oil  
2 tsp vanilla  
1 ½ cups flour  
½ cup + 2 tbsp cocoa  
1 tsp salt  
1 cup chocolate chips  
½ cup lentils, cooked 40 minutes and drained  
1 cup marshmallows

Beat eggs and sugar. Add oil and vanilla. Sift dry ingredients and add to the sugar and egg mixture. Stir in chocolate chips, cooked lentils and marshmallows. Bake in 9x13 inch pan at 350° for 35 min.

Makes 20 brownies

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## Harvest Cookies

¾ cup lentils, rinsed  
1 ½ cups water  
2 eggs  
½ cup honey  
¼ cup butter  
1 tsp vanilla  
1/3 cup canned pumpkin  
1 cup flour  
1 cup whole wheat flour  
¾ tsp salt  
2 tsp baking powder  
1 tsp cinnamon  
¼ tsp nutmeg  
¼ tsp ginger  
1 cup coarsely chopped walnuts  
½ cup raisins

Combine lentils with water in a pan and bring to boil. Cover and simmer for 30 min. Drain off excess liquid. In large bowl beat eggs and add honey and butter. Cream until smooth. Add vanilla, pumpkin and cooked lentils. In a separate bowl combine remaining ingredients except walnuts and raisins. Add flour mixture and mix well. Add walnuts and raisins. Drop the dough onto a greased cookie sheet and bake for 10 minutes at 350°. Makes 3 dozen cookies.

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## Paelentiful Spice Bars

½ cup split peas, rinsed  
½ cup lentils, rinsed  
2 cups water  
1 ½ cup sugar  
¾ cup oil  
3 eggs  
1/3 cup half and half  
1 tsp maple extract  
1 ½ cups flour  
1 tsp baking soda  
½ tsp baking powder  
½ tsp salt  
½ tsp allspice  
½ tsp nutmeg  
1 tsp cinnamon  
½ tsp ginger

Bring water to a boil, add peas and lentils and simmer for 45 min. Puree in blender. Cream sugar and oil. Add eggs and half-and-half; beat well. Mix with the puree and maple extract, beat on medium speed for 1 minute. Add all dry ingredients and beat for another 3 min. Pour mixture into greased and floured a 9x13 inch pan and bake for 35-40 min at 350°.

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## Chocolate Lentil Drop Cookies

1 ½ cups lentils, cooked for 45 min., drained and pureed  
2 cups sugar  
1 1/8 cup butter  
2 eggs  
2 tsp vanilla extract  
3 ¼ cup flour  
½ tsp salt  
½ tsp baking powder  
½ tsp baking soda  
5/8 cup cocoa powder  
2 cups finely chopped nuts, optional

In large bowl cream together sugar and butter with a mixer. Add eggs and mix low speed until blended. Sift together flour and dry ingredients. Add dry mixture to cream mixture, blend on low speed. Stir in nuts if desired. Drop by teaspoonfuls onto greased cookie sheet and bake at 350°. Do not overbake.

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## Muffins

2 cups flour, oat or grains  
3 tsp baking powder  
1 cup of fruit  
3 tbsp of spice or more (ginger, cloves, nutmeg, allspice, cinnamon)  
1 cup milk (cow, almond or rice)  
1 egg or yogurt (plain)

Stir wet with dry

Bake 30-50 minutes at 350°-400°

## Date Squares

1 ½ cups flour  
½ tsp baking soda  
1 tsp baking powder  
¼ tsp salt  
1 cup butter  
1 cup brown sugar  
1 ½ cups rolled oats  
Preheat oven to 325°F

Date filling:  
2 cups chopped dates  
¾ cup cold water  
2 tbsp brown sugar  
grated rind of ½ orange (opt)  
2 tbsp orange juice (opt)  
1 tsp lemon juice

Combine flour, baking powder, baking soda and salt. Rub or cut butter until mixture is crumbly. Add sugar and oats. Mix well.

Spread half crumbs in greased shallow 9-inch pan. Pat mixture until firm and smooth. Cook dates, water, orange rind and sugar in small sauce pan over moderate heat until thick and smooth. Remove from heat and add fruit juices. Mix well. Bake at 325° for 35-40 min. until lightly browned. Cut square while hot and allow to cool in pan.

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## Butter tarts

½ cup raisins  
1/3 cup melted butter  
1 cup pecan nuts  
3 eggs  
1 ½ cup brown sugar  
1 ½ tsp vanilla

Mix and fill into 24 3" tarts. Bake @ 350° for 15-20 min.

## Sautéed Apples

2 apples  
½ tbsp safflower oil  
2 tsp cinnamon  
2-3 tbsp apple juice

Thinly slice and sauté in oil until softened. Add cinnamon and apple juice and simmer, stirring uncovered for a few more minutes.

## Two-Berry Phyllo Wraps

12 sheets defrosted phyllo pastry  
¼ cup unsalted butter, melted  
1 tbsp water  
½ fine bread crumbs  
2 tbsp brown sugar  
2 cups frozen raspberries  
2 cups frozen blueberries  
½ cup brown sugar  
2 tbsp flour  
1 tsp lemon juice  
1 tsp lemon zest  
pinch salt  
1 tsp icing sugar (opt)

Preheat oven to 375°. Spread out a stack of 12 phyllo sheets flat on the counter and cover with damp tea towels. In a small bowl, combine the bread crumbs with the butter and water. In another small bowl combine the bread crumbs with the brown sugar. In a medium bowl mix together raspberries, blueberries, sugar, flour, lemon juice, zest and salt. Lightly baste a phyllo sheet with butter mixture, sprinkle with bread crumb mixture and repeat with 2 more sheets, layering each on top. Spoon a quarter of the berry mixture along the long edge of the top phyllo sheet, leaving about an inch from the edge to help make rolling easier. Roll it up. Slice into thirds. Slash each piece decoratively on the diagonal 3 times and arrange on a parchment paper lined baking sheet. Repeat 3 times. Bake 30 minutes or until golden brown. Dust with icing sugar before serving.

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## **Granola**

Quantities vary depending on taste and batch size.

Hemp hearts  
Sunflower seeds  
Oats  
Golden whole flax seeds  
Sweet coconut  
Pumpkin seeds  
Quinoa  
Dried fruits  
Brown sugar (optional)  
¼ cup butter or canola oil

Mix everything together and bake at 350° until lightly browned.

## Easy Cheese Pie

1 lb box frozen phyllo pastry, defrosted  
1/3 cup unsalted butter  
1/3 olive oil  
1 lb feta cheese, well-rinsed and drained  
1 lb tub ricotta cheese  
5 eggs, well beaten  
2 tbsp fresh dill (or 2 tsp dried)

Remove defrosted phyllo from fridge, lay out flat, cover with a damp tea towel and keep at room temperature for 1 hour. Preheat oven to 350°. Butter or oil a 4L baking dish. In a small saucepan melt butter. Whisk in olive oil. In a large bowl, crumble feta. Add ricotta, eggs and dill. Using a potato masher, combine until uniform and thoroughly blended. Line the bottom of pan with 2 sheets of phyllo laid crosswise with edges hanging over sides and two sheets laid lengthwise edges hanging over, brushing each sheet once it is in the pan with the butter-oil mixture. Spread about a cup of cheese mixture thinly and evenly across the phyllo base. Cover with another sheet, laid lengthwise, brush with butter-oil mixture and repeat layers until cheese is finished. Lay two sheets of phyllo crosswise over the cheese, brushing with butter-oil. Take all the pastry hanging over the edges and fold inward to create a neat parcel. Brush top with butter-oil mixture. Cover with 4 half-sheets of phyllo. Brush with butter-oil. Using a sharp serrated knife, cut the pie into sixths. Cut a diagonal slash across each sixth to create a diamond pattern, producing 12 triangles. Bake in oven for 50-60 min. or until golden and flaky.

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## Pear Delight

1 glass apple juice  
1 pear  
5 fl. Oz. yogurt

Peel pear and place in pan with apple juice and some water. Bring to a boil and simmer until pear is soft. Put into bowl and add yogurt.

## Spicy Ginger Cookies

10 tbsp maple syrup  
3 tbsp dark molasses  
¼ cup canola oil  
3 tbsp fresh squeezed orange juice  
1 ½ tsp zest of orange  
1 ½ cups kamut flour  
4 tbsp sucanot  
¼ tsp baking soda  
1 tsp cinnamon  
1/8 tsp freshly ground white pepper  
pinch ground cloves  
¼ tsp salt  
6 pieces crystallized ginger

Preheat oven to 350°. Place maple syrup, molasses, oil, juice, zest and ginger in a blender and blend well. Sift flour, sucanot, baking soda, cinnamon, pepper, cloves and salt in a bowl. Pour ginger mixture into dry ingredients and mix until smooth, Using a spoon, scoop 2 tbsp batter for each cookie onto a lined baking sheet. Top with crystallized ginger and flatten slightly. Bake 15-20 min.

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## **Pumpkin Pie 9”**

Pastry for one 9” pie crust

2 eggs

½ cup sugar

1 can pumpkin

1 can evaporated milk

1 tsp ground cinnamon

½ tsp salt

½ tsp ground ginger

1/8 tsp ground cloves

Preheat oven to 425°F. Prepare pastry and line in pie plate. Beat eggs slightly by hand. Beat in remaining ingredients. Place pastry-lined pie plate on oven rack. Pour in filling and bake for 15 min. Reduce oven to 350°F, bake for an additional 45 min. Refrigerate 4 hrs or until chilled. Serve with sweetened whipped cream.

## Apple Tart

2 ½ cups walnuts  
1 ½ cups dates  
3 green apples  
juice of 1 lemon in 3 cups water  
¼ tsp cinnamon  
1/8 tsp allspice  
1/8 tsp ground clove  
2 tbsp honey  
½ cup apple juice  
¼ cup raisins

Combine walnuts and dates in food processor. Make sure you remove pits if dates have them. Process until well-mixed and ground, but not smooth. Press evenly into 9" tart pan. Set in refrigerator while making the filling. Slice apples by cutting into quarters. Cut out core and slice crosswise. Put into lemon water while you finish cutting apples. Drain well in colander when done. Place apples in large skillet with rest of ingredients and cook for about 10 min, stirring frequently. Remove apples with a slotted spoon from hot pan to a bowl and cool completely. Reduce liquid to about half and cool separately. Spread apples evenly over crust. Brush syrup over apples. Serve or refrigerate covered until needed.

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## Easy Cheesecake

3 bricks cream cheese, softened

½ cup sugar

1 container of whipped cream

Beat cream cheese with sugar. Turn in cool whip gently. Pour into pan or pie plate and refrigerate.

# Helpful Hints

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## Replacements:

Eggs: Replace each egg with one small potassium-rich banana or 2 tbsp of ground flax seeds plus 2 tbsp water.

White flour: Whole-wheat flour is a great option because it adds protein without weighing down delicate treats when replacing half of the white flour. You can do the same with almond meal, which will allow you to cut back a bit on other fats and sugar, as almonds are naturally sweet and rich in monounsaturated fat that can reduce LDL (bad) cholesterol.

White sugar: Barley malt adds richness to gingerbread cookies, spice cake and pumpkin breads (1 cup sugar equals 1 1/3 cups barley malt). You need only 1/3 cup agave nectar to replace 1 cup sugar. The liquid sweetener has a low glycemic index and lets you cut back a bit on any liquid oils used to wet the batter.

Oil: Many recipes call for fats and oils to bind dry ingredients together. Vitamin- and fiber-rich applesauce and fruit purees perform the same function. Plus, they're naturally sweet. Use them to replace half the fat (and all the sugar if you're feeling adventurous) your recipe calls for.

## Fast Fat Facts

### **Enjoy in moderation and in good health:**

Omega 3's: Find them in fatty fish (salmon and sardines), nuts (walnuts and almonds), flaxseed, canola oil, omega-3 eggs, soy products and green leafy vegetables.

Monounsaturated fats: Find them in peanuts, walnuts, avocados, pistachios, and canola and olive oils.

Polyunsaturated fats: Find them in soy, safflower, sunflower and corn oils.

### **Try to limit:**

Saturated fats: Find them in high-fat dairy and meats. Choose low-fat milk products and lean meat more often. Avoid processed foods containing coconut oil, palm oil or lard.

### **Pass up:**

Trans fats: When shopping sniff them out by reading nutrition facts labels on packaging. When the info isn't there, think twice about doughnuts, pies, french fries and chicken nuggets.

## Tofu Ideas

Extra firm: This dense, sturdy block is the highest in protein, fat and calcium per serving because it's had more moisture pressed out. It holds its shape when sliced or diced, so extra firm is the best type of tofu to use for sautéing, grilling and baking.

Firm: Look no further for a nondairy cheese substitute. Firm tofu marinated in your favorite salad dressing makes a great sandwich or casserole filling. Cubes of firm tofu work well in stir-fries, too.

Soft: You have to have a light touch to keep cubes of soft tofu from turning into crumbles. The tender bean curd is great for scrambles or as a substitute for ricotta cheese. Pureed, it has the consistency of sour cream and can be used to replace eggs in baked goods (1/4 cup per egg)

Silken: A coagulant distinguishes this tofu from soft. With a custard like, melting-in-your-mouth texture, silken tofu can add protein to smoothies and make creamy puddings and dips.