



Standard Process 21-Day Purification Recipes



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Smoothies



Directions for all smoothies

Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring.

Tips for your shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick smoothie
- Mangos or peaches give your shake a nice zing
- Slice bananas and freeze for easy use
- If you like thinner shakes, add additional water/ice
- Increasing fruit will increase the sweetness, but will also increase the sugar content and may interfere with weight management. Also don't forget to consume twice as many vegetables as fruit. Fruit in the smoothies count!
- If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended to use a high-performance commercial drink blender. Spinach, Kale, cucumbers and carrots are especially good in smoothies
- Certain individuals may require additional protein during the program. Please consult with your health care professional about adding Whey Pro Complete to any SP Complete shake.
- For those with a dairy sensitivity, SP Complete Dairy Free can be used in place of SP Complete.

Original Recipe

8 oz. water (increase for desired consistency)

1 Tbs. high-quality oil (e.g. flaxseed or coconut oil)

1-1 ½ cups of your favorite fresh or frozen fruit or vegetables (optional)

2 rounded Tbs. (scoops) of SP Complete

Strawberry Twist

1 cup strawberries
1 cup freshly juiced carrots
1 Tbs. flaxseed oil
2 rounded Tbs. of SP Complete
Ice cubes or cold water

Triple Delight

½ cup fresh pineapple chunks
½ banana
½ cup frozen peaches
2 rounded Tbs. of SP Complete
Ice cubes or cold water

Carrot Shake

1 cup freshly juiced carrots
1 tsp. roasted sesame oil
2 rounded Tbs. of SP Complete
Ice cubes or cold water

Raw Soup

1 pear (cored and peeled)
1 apple (cored and peeled)
2 Tbs. of your favorite oil
1 cucumber (peeled)
1 head of parsley chopped
1 lemon (juiced)
2 rounded Tbs. of SP Complete
2 cups cold water

Dr. Agocs Special

1 banana or $\frac{3}{4}$ cup strawberries (or both)
40-50 grams freshly ground flaxseeds (1.5 Tbs. pre-ground)
2 rounded Tbs. of SP Complete
1 cup water

The No-Milk Shake (Makes 2 servings)

$\frac{1}{2}$ or 1 sliced ripe banana
1 cup frozen peaches (or other frozen fruit)
2 Tbs. high lignan flaxseed oil
2 Tbs. cod liver oil
4 rounded Tbs. of SP Complete
2 cups cold water

Citrus Berry Splash

$\frac{1}{2}$ cup blackberries
 $\frac{1}{4}$ cup blueberries
 $\frac{1}{2}$ cup strawberries
 $\frac{1}{2}$ banana (optional)
The juice from 2 freshly squeezed oranges
2 rounded Tbs. of SP Complete
Ice cubes or cold water

Banana Berry Blast

$\frac{1}{2}$ cup blueberries
 $\frac{1}{2}$ cup strawberries
 $\frac{1}{2}$ banana
2 rounded Tbs. of SP Complete
Ice cubes or cold water

Flecks o' Flax

1 small or ½ large banana

A handful of sweet grapes

½ ripe pear or apple (cored & peeled)

1 cup water

2 heaping Tbs. of organic milled flaxseed (not oil)

Add 2 rounded Tbs. of SP Complete and pulse blender 4-5 times for a smooth consistency

Triple Berry Banana Bliss

½ cup sliced ripe banana

1 cup organic berries (mixture of blueberries, raspberries, & huckleberries)

½ Tbs. flaxseed oil

2 rounded Tbs. of SP Complete

Ice cubes or cold water

Dr. Malmed's Frozen Fruit Blend (Makes 2 servings)

½ sliced ripe banana

1 whole ripe nectarine, cut up

2-3 frozen strawberries

Several slices of frozen peaches

Small handful of frozen blueberries

4 rounded Tbs. of SP Complete

1 Tbs. flaxseed oil

Pomegranate Blueberry Smoothie

2 Tbsp. SP Complete

¼ cup POM Juice

¼ banana

¼ cup frozen blueberries

2 Tbsp. flax oil or other high-quality oil

Ice cubes

Raw Soup

2 Tbsp. SP Complete
½ pear, cored and peeled
½ apple, cored and peel
½ cucumber, peeled
2 Tbsp. fresh parsley, chopped
1 lemon, juiced
2 cups water

Garden Chowder

1 cup water
4 stalks of celery with leaves, chopped
1 avocado
1 medium cucumber, with skin, chopped
1 lemon, peeled and seeded
1 handful of parsley
2 cloves of garlic
¼ teaspoon Himalayan salt

Banana-Orange Date Shake

1 frozen banana
4 large dates
1 cup orange juice

Additional Recipes & Notes:



Tigger Tea (Makes approx. ½ gallon)

8 green tea bags

3 inches of ginger root juiced (more or less can be use to your taste)

Juice of 5 limes

Water

Directions:

1. Steep tea bags in 32 oz. of boiling water for 15 minutes
2. In a 64 oz. container, combine the steeped green tea and lime juice
3. Add water and adjust flavors to your taste
4. Pour over ice and sweeten with Stevia (if desired)

Grapefruit Fizz

2 oz. grapefruit juice

5 oz. chilled sparkling water

Squeeze of fresh lemon juice

Grated lemon rind (zest)

Directions:

1. Mix cocktail together and enjoy!
2. Also tasty with pomegranate juice instead of grapefruit juice.

*Note: some recent studies have shown that grapefruit and its juice can interfere with some medications. If you are on medication, please consult with your prescribing physician regarding the safety of grapefruit for your specific case.

Ginger Lemonade

This is a perfect pick-me-up beverage if you feel hungry or tired

2 inches fresh ginger root
3 lemons
2 quarts of water
Stevia to taste

Directions:

1. Wash and peel the ginger root.
2. Grate it finely over a bowl.
3. Squeeze the grated ginger mash with your fingers to extract the juice. Discard the dry mash.
4. Bring water to a boil.
5. Remove from heat and add ginger and juice of 3 lemons.
6. Add Stevia and stir well.
7. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

Fresh Squeezed Orange Juice

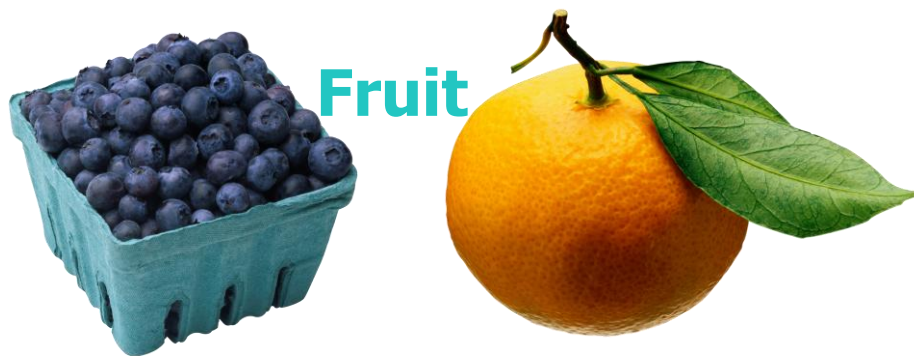
6 Oranges

*The oranges should be room temperature or warmer before the juice is removed. This will make it easier to squeeze the fruit and produce more juice.

Directions:

1. Roll the oranges on a solid surface using the palm of your hand until you feel the flesh softening.
2. After rolling the oranges, cut them in half crosswise.
3. Place one half of the orange on the juicer, apply pressure and twist the fruit to remove the juice. The juice can also be removed by squeezing the orange by hand.
4. Remove all the seeds from the juicer once you have finished.
5. If desired, some of the extra pulp that has collected in the bottom of the juicer can be added to the orange juice once the seeds have been removed.
6. Serve orange juice chilled.

*Remember the program calls for twice as many vegetables as fruits. This juice is good for a treat but should be balanced with vegetables.



- ❖ Fresh, organic, raw fruit in your diet is always preferred, as it is the most nutrient dense.
- ❖ Otherwise, frozen is a healthy alternative.

No-Cook Best-Ever Applesauce

4-6 medium apples, washed, unpeeled, cored and quartered

1 tsp. ground cinnamon

¼ tsp. ground nutmeg

2 T fresh lemon juice

Directions:

1. Place all ingredients in a large Ziploc bag.
2. Toss well to distribute evenly.
3. Place in freezer for at least 4 hours.
4. Remove from freezer and allow to thaw for an hour or more.
5. Gently rub skin from frozen apples and place apple pulp into glass serving bowl.
6. Mash with a fork or potato masher.
7. Serve cold.

Blueberry Applesauce (makes 8 ounces)

4 apples

½ cup blueberries

Pinch cinnamon

Directions:

1. Steam apples
2. Remove skin and core from apples
3. Blend apples in food processor or blender
4. Add blueberries and cinnamon

Balsamic Blueberries and Peaches

2-3 tablespoons honey

2 tablespoons balsamic vinegar

3 cups blueberries, about 1 pound (divided)

1 lb. peach, sliced (can substitute with nectarines)

1/2 teaspoon black pepper (optional)

Directions:

1. In a 1 to 1 ½ quart heavy saucepan, bring honey, vinegar and 1 cup of the blueberries to a boil while stirring constantly.
2. Boil 1 minute. Remove from heat.
3. Combine remaining 2 cups of blueberries with peach slices in a large bowl.
4. Toss with hot blueberry syrup and black pepper.
5. Let stand 30 minutes, tossing occasionally.

Cantaloupe with Honey and Ginger Dressing

6 cups cantaloupe, cut into bite-size cubes

Dressing

1/4 cup honey

1 teaspoon lime zest

1 teaspoon orange zest

2 teaspoons gingerroot, minced

Directions:

1. In a small bowl combine sauce ingredients and heat on the stove or for 30 seconds in the microwave; set aside to cool.
2. Place fruit in a mixing bowl, top with dressing and mix well.

Grilled Peaches with Raspberries

2 tablespoons honey sugar

2 tablespoons fresh lime juice

1 cup fresh raspberry, divided (or use frozen, thawed)

2 medium fresh unpeeled peaches, halved and pitted (about 10 oz.)

Olive oil cooking spray

Directions:

1. Combine honey and lime juice in a shallow dish, stir well.
2. Add 1/2 cup raspberries and mash.
3. Add peaches, turning to coat.
4. Marinate at room temperature, cut sides down, 30 minutes to 1 hour.
5. Remove peaches, reserving marinade.
6. Coat grill rack with cooking spray, and place on grill over medium low coals.
7. Place peaches, cut sides down in rack and cook 2 minutes.
8. Turn peaches over, cook 15 minutes or until tender, basting once with half of reserved marinade. Remove from grill.
9. Stir remaining 1/2 cup raspberries into remaining marinade and spoon over peach halves.

Vanilla Poached Pears

4 large pears, halved, peeled, and cored
Apple juice, to cover
1 1/2 inches piece fresh vanilla beans
Ground cinnamon
Mint sprig, to garnish

Directions:

1. Place the pears in a large saucepan and pour apple juice in to cover the pears.
2. Add vanilla bean and bring the pears to a simmer over medium heat. Simmer until tender, being careful not to burn.
3. Allow pears to cool
4. Spoon sauce over the pears and sprinkle with cinnamon powder, garnish with a sprig of mint.

Prunes in Orange Sauce Prep & Cook Time: 20 minutes

1 cup orange juice, preferably fresh squeezed
1 T fresh lemon juice
1 tsp. grated or minced lemon zest
1/4 cup honey

½ tsp. cinnamon
24 pitted prunes

Directions:

1. Combine orange and lemon juice, lemon zest, honey, and cinnamon in a medium sized saucepan.
2. Bring to a simmer on high heat and add prunes.
3. Turn the heat as low as possible and cover.
4. Simmer gently for only about 10 minutes. Keep an eye on them so prunes don't get soggy.
5. Remove prunes with a slotted spoon and turn the heat to medium-high; reduce the liquid to about half.
6. Pour the syrup over the prunes and chill or serve warm.

Additional Recipes & Notes:



Snacks, Dips & Side Dishes

Avocado and Smashed Peas Spread

- 1 16-oz pkg. frozen sweet peas
- 1 avocado, pitted and mashed
- 1 T olive oil
- 4 cloves garlic, sliced
- 2 T lemon juice
- 1-2 tsp. freshly ground black pepper
- ½ tsp. sea salt
- ¼ cup snipped fresh mint

Directions:

1. In a medium pot, cook peas in a small amount of water for about 5 minutes then drain, or for a healthier option steam until done.
2. Transfer to food processor and puree with avocado.
3. In a small skillet, heat oil over medium heat and sauté garlic 1-2 minutes.
4. Stir in garlic to puree, along with lemon juice, pepper, salt, and mint.

Bok Choy, Carrot and Apple Slaw

- 3 Heads baby bok choy
- 1 tsp. sea salt
- 1 apple, peeled and cut into matchstick pieces
- 1 carrot, peeled and cut into matchstick pieces
- 1 ½ T Lemon juice
- 1 ½ tsp. olive oil
- ½ tsp. fresh grated ginger
- Freshly ground pepper

Directions:

1. Cut bok choy in half lengthwise and cut stem off as well as any bruised leafy tops.

2. Rinse each half thoroughly and slice each half crosswise into thin strips. Place all in a colander and rinse lightly and shake until most of water has drained. Coat top with 1/2 tsp. salt, and cover with a plate that fits inside the colander.
3. Meanwhile place apple and carrot matchstick pieces in a medium bowl.
4. Add lemon juice, olive oil, and ginger.
5. Add bok choy to the bowl with the apple and carrot.
6. Add 1/2 tsp. coarse salt and some freshly grated pepper to taste.
7. Stir and refrigerate for at least 15 minutes before serving.

Boiled Brown Rice (We recommend that you always keep a stock of this boiled brown rice in your refrigerator—it is a great addition to almost any meal)

1 cup raw rice
2 cups cold water
1 1/2 tsp. sea salt

Directions:

1. Wash the rice well in a colander with small holes, or in a strainer.
2. Put the rice, water and salt into a pot and bring to a boil.
3. Boil uncovered for five minutes. Reduce the heat to simmer and cook the rice, tightly covered, until all of the water is absorbed and the rice is fluffy. This will take about 45 minutes. Do not peek until the very end of cooking, as this will break the water seal.

Tender Carrots with Apricots

1/2 cup dried apricot
1-1/2 cups carrots, cut into 1/2-inch rounds
1 1/2 tablespoons water
1/2 teaspoon unsalted butter
1/8 teaspoon sugar
1 1/2 teaspoons fresh parsley (optional)

Directions:

1. Cover apricots with hot water in a bowl and soak 1 1/2 hours.
2. Drain and pat dry.
3. Cut apricots into thin strips.

4. Combine next 4 ingredients in a heavy nonstick pan over medium heat.
5. Cover tightly, reduce heat to low and cook 12-15 minutes, or until carrots are just tender.
6. Add apricots and return to heat 1-2 minutes.
7. Serve carrots sprinkled with parsley if desired.

* Heath Tip: Apricots for your vision! High in vitamin A, apricots are a powerful antioxidant that helps prevent free radical damage to cells and tissues.

Carrots with Honey Mustard Sauce

- 1 lb. carrots
- 1 tsp. Dijon mustard
- 2 tsp. honey
- 2 T extra virgin olive oil

Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut carrots into ¼ inch slices. Steam carrots for 5 minutes.
3. Combine mustard, honey, and olive oil.
4. Remove carrots from heat and toss with honey mustard mixture.

Celery Slaw

- ¼ cup extra-virgin olive oil
- 3 T apple cider vinegar
- ½ cup flat-leaf parsley leaves, finely chopped
- 1 garlic clove, finely chopped
- 6 ribs celery, thinly sliced
- Sea salt
- Pepper

Directions:

1. In a medium bowl, whisk together ¼ cup olive oil and vinegar
2. Whisk in the finely chopped parsley and garlic.
3. Stir in the celery and season with salt and pepper.

Blackened Chicken with Avocado Salsa

4 skinless, boneless chicken breast halves
2 tsp. blackened steak seasoning
1 T olive oil
2 T rice vinegar
2 T olive oil
¼ tsp. ground cumin
Dash of sea salt
Dash ground black pepper
1 avocado, halved, seeded, peeled, and chopped
2/3 cup chopped fresh or refrigerated papaya
1/3 cup chopped red sweet pepper
¼ cup chopped fresh cilantro

Directions:

1. Preheat oven to 375°F.
2. Lightly sprinkle both sides of chicken with blackened steak seasoning.
3. In a large ovenproof skillet heat the 1 T olive oil over medium heat.
4. Add chicken; cook until browned, turning once.
5. Bake about 15 minutes or until chicken is no longer pink.
6. Meanwhile, for salsa, in large bowl whisk rice vinegar, the 2 T oil, cumin, salt, and black pepper.
7. Stir in avocado, papaya, sweet pepper, and chopped cilantro.
8. Serve with chicken. If desired, garnish with cilantro.

Dried Cranberries and Squash

2 acorn squash
¼ cup butter
½ cup unsweetened dried cranberries
2 tablespoons brown sugar
½ teaspoon cinnamon

Directions:

1. Preheat oven to 375 degrees.
2. Cut the squash in half, scoop out the seeds & fiber. Place cleaned squash cut side up in an oven-proof dish. If they are a bit wobbly take a small slice off the bottom.

3. Mix the butter, cranberries, sugar & cinnamon together, divide and place in each of the squash cavities.
4. Cover with foil and bake for 45 minutes to an hour or until the squash is tender. The time will depend on the size of the squash.
5. Uncover and broil 8" from broiler to give them a finished golden look - watch you do not burn them (this only takes approximately 10 minutes).

Picnic Cucumbers

- 1/2 tsp. salt
- 1-2 Long English cucumber, sliced very thin
- 3 T honey
- 2 T Olive oil
- 1 Spanish onion, thinly sliced
- 8 T white vinegar
- 6 T water
- 1/2 tsp. Dill, optional

Directions:

1. Slice cucumbers as thin as you can. Arrange cucumber slices in a bowl in layers, salting between layers.
2. Sprinkle the cucumbers with salt, don't over salt them. Let stand 2 hours.
3. Rinse with cold water until no salt remains. Make sure you rinse salt out of cucumbers extremely well or the salty taste will stay. Drain well and pat dry.
4. Thinly slice red onions and break apart rings.
5. In a separate bowl, mix honey, dill and oil
6. Add vinegar and water. Add more honey or vinegar if not sweet or sour enough.
7. Add onions and cucumber to vinegar dressing. Mix well.
8. Cover and refrigerate for a couple hours, stirring frequently to blend flavors. Then enjoy!

Fried Rice

1 cup mixed vegetables: carrots, onions & celery OR carrots, bean sprouts & peppers
2 Tbsp oil
1 ½ cups cooked or leftover brown rice
1 ½ Tbsp soy sauce substitute *see recipe under dressings and sauces

Directions:

1. Cut the vegetables into small pieces and saute them in the oil using a wok or skillet.
2. When they are slightly tender, add the cooked rice and continue cooking until the rice is heated throughout.
3. Add the soy sauce and mix well.
4. Cook for 30 seconds longer and serve.

Grapefruit Salsa

2 sweet red, large grapefruit
1 medium navel orange
½ cup purple onion, chopped fine
1 small red bell pepper, seeded and deveined, chopped fine
1 clove garlic, passed through a garlic press
Juice of one fresh lime
½ cup fresh cilantro, chopped fine
Sea salt and fresh ground black pepper to taste

Directions:

1. Using a sharp knife, pare the grapefruit and orange. Hold the fruit over a glass bowl to catch any dripping juices.
2. Remove skin, pith and tougher membranes.
3. Place the fruit in a glass serving bowl, along with the juices.
4. Squeeze any remaining juice out of the remnants.
5. Add remaining ingredients and toss to distribute.
6. Refrigerate if not using right away. Otherwise, serve cold or at room temperature.

* Note: some recent studies have shown that grapefruit can interfere with some medications. If you are on medication, please consult with your prescribing physician regarding the safety of grapefruit for your specific case.

Guacamole

2 Organic Avocados, peeled and mashed
1 clove minced garlic
1 tablespoon finely chopped onion
½ chopped tomato (use less if diabetic)
Salt
1 tablespoon lemon juice

Directions:

1. Mix all together thoroughly and put avocado seed back into bowl to prevent turning brown.
*Although you can't have tortilla chips (always a favorite with this dip) you can enjoy a nice crudité with your guacamole by slicing up some raw vegetables (or using them whole if you prefer). Whole cherry tomatoes, sliced carrots and celery are always favorites.

Kale Chips

1 bunch kale
1 T olive oil
1 tsp. sea salt
1 tsp. cayenne pepper

Directions:

1. Preheat oven to 350.
2. Line a non-insulated cookie sheet with parchment paper.
3. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces.
4. Wash and thoroughly dry kale with a salad spinner.
5. Drizzle kale with olive oil and sprinkle with sea salt.
6. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Kiwifruit Salsa

4 kiwi fruits, peeled & diced small
1 medium orange, peeled & diced small
1 cup jicama, peeled & diced small
1/2 cup red bell pepper, diced small

1/4 cup fresh cilantro, chopped
1 tablespoon lime juice
1 tablespoon olive oil
1/2-1 small jalapeno pepper, seeds & veins removed, minced (optional)
1/4 teaspoon salt

Directions:

1. In large bowl, combine all ingredients, mixing well.
2. Chill briefly before serving.

* Health tip: Packed with more vitamin C than an orange, kiwi is a powerful antioxidant!

Cooked Lentils

(Keep a constant supply of these cooked lentils in your refrigerator to supplement and use in meals.)

2 cups lentils
6-8 cups water

Directions:

1. Combine lentils and water in a pot with a tight-fitting lid.
2. Simmer for 15-20 minutes until tender.
3. Refrigerate up to 1 week and use as needed.

Curried Lentils

1 cup lentils
6 cups water
3 Tbsp. oil
1 cup onions, chopped
2 cloves garlic, minced
3 tsp. curry powder
1 tsp. chili powder
1 scant tsp. sea salt
1/2 tsp. ground coriander
1 Tbsp. molasses
Pinch cayenne

Directions:

1. Cook lentils in water until they are soft.
2. Drain and reserve any excess water.
3. In a skillet, sauté the onions and garlic in the oil until the onions are golden, about 2 minutes.
4. Add remaining ingredients.
5. Stir and fry until the spices are bubbly but have not turned brown.
6. Add the stock from the lentils and simmer for 5 minutes.
7. Add cooked lentils.
8. Adjust seasonings to taste and continue simmering for 10 more minutes.

Lettuce Wraps

Choice of Sautéed Vegetables:

- Peppers, cut in long strips
- Onions, thinly cut
- Carrots, shredded
- Zucchini, cut in long strips
- 2 T Fresh cilantro, if desired
- 1 T Olive oil, for sautéing
- 4-6 Iceberg or red lettuce leaves

Sesame Ginger Dipping Sauce (with Lettuce Wraps)

- 1/4 cup water
- 3/4 teaspoon cornstarch
- 1/3 cup honey
- 1/3 cup vinegar
- 1/4 cup soy sauce substitute, see recipe under dressings and sauces
- 1 teaspoon minced ginger
- 1 teaspoon oil
- 1/4 teaspoon minced garlic
- 1 dash red pepper flakes
- 1 dash parsley

Instructions:

1. Sauté vegetables.
2. Wash whole lettuce leaves and dry.
3. Combine all dipping sauce ingredients.
4. Put all sautéed vegetables in a serving bowl and spoon into individual lettuce leaves and roll up to eat.

Parsnip and Carrot Mash

8 ounces carrots, peeled, cut into 1/4 slices

1 pinch sugar

12 ounces parsnip, peeled and cut into 1/4 slices

1-2 tablespoons butter or margarine

Sea salt

Pepper

4 tablespoons chopped fresh parsley or 1 tablespoon dried parsley

Directions:

1. Boil the carrots in a little lightly salted water with a pinch of sugar in it, until soft and drain.
2. Boil the parsnips separately in lightly salted water until soft and drain.
3. Mash or puree them together.
4. Add the butter.
5. Season and sprinkle with the parsley. Serve.

Pineapple Salsa

2 cups minced fresh pineapple

2 medium cloves garlic, minced

3 T mint, minced

2 T lime juice

1/4 tsp. salt

1/4 tsp. cumin

Cayenne, to taste

Directions:

Combine all ingredients together, serve chilled.

Mock Mashed Potatoes

2 cups Cauliflower, finely chopped

1-2 T Butter
Sea Salt and pepper

Directions:

1. Steam cauliflower until very soft.
2. Put cauliflower in blender or food processor with butter. Process or blend until creamy like mashed potatoes.
3. Add seasonings to taste and serve immediately. Minced chives make a nice topping.

Salmon with Tomato Salsa

4 pieces of salmon
1 T lemon juice
1 large tomato, seeds and excess pulp removed, diced small pieces
3 T onion, minced
2 medium garlic cloves, minced
1 T jalapeno pepper, minced
1 T fresh ginger, minced
¼ Cup fresh cilantro, chopped
2 T lemon juice
1 T extra virgin olive oil
Salt and pepper to taste

Directions:

1. To Quick-Broil, preheat on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Rub salmon with 1 TBS fresh lemon juice and a little salt and pepper.
3. Using a hot pad, pull pan away from heat and place salmon on hot pan.
4. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness (10 minutes for every inch of thickness).
5. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
6. Combine all salsa ingredients.
7. Spoon over salmon.

8. Garnish with mint and sprinkle of extra virgin olive oil.

Homemade Slaw

½ head of red cabbage Pesto Sauce (can be used as a dip too!)
½ head of green cabbage
2 mustard greens, leaves chopped
½ bunch of kale chopped fine
4 oz. EVOO
2 carrots julienned
4 oz. balsamic vinegar
2 celery stalks finally chopped
½ lemon juiced
Sea salt and pepper to taste

Directions:

1. Puree in a food processor or blender.
2. Add vinegar and EVOO a little at a time. You may not need all of it.
3. Combine the cabbages, kale, carrots and celery and toss with pesto sauce.

Sushi with Cucumber and Avocado

2 cups brown rice
2 cups water
4 tablespoons rice vinegar
2 teaspoons salt
Kelp leaf
Vegetables: sliced jubilee style
Cucumber
Carrots
Scallion
Avocado
Asparagus
Seaweed wraps, Nori sheets
Bamboo mat

Directions:

Cooking Rice:

1. Rinse the rice 3-5 times; the water does not have to run clear.
2. Place rice to drain in a strainer.
3. Drain for one hour in the winter, 30 min in the summer.
4. While rice is draining, combine vinegar and salt together in a bowl and mix well.
5. The kelp leaf should be about 2 in long, wipe it lightly, cut small slits to make it look like a comb and add it to a pot along with the water.
6. Add rice to the pot.
7. Bring quickly to a boil and then reduce to a simmer. Cover the pot and do not touch it until the end, NO PEEKING. Cook for 15 minutes before removing the pot from the heat but keep the lid CLOSED.
8. Let rice rest for 10 min and then remove the cover.
9. Place in a glass dish to cool and lightly fan the rice while adding the vinegar mixture.
10. Mix rice gently, careful not to break it. Sushi rice is best used at body temperature.

Rolling Sushi:

1. Put a sheet of plastic wrap over the bamboo mat.
2. Place Nori down on the bamboo mat. Typically, the shinier side is put face down.
3. With damp hands, grab the cooked rice and spread it onto the Nori. The layer of rice should be thin enough so that you can see the nori underneath. Leave about half an inch of space at the edge of the nori furthest from you, and rub a bit of warm water on it. This will help the two sides of nori stick together.
4. Line up your ingredients in the middle of the nori.
5. Holding the closest edge of the bamboo mat, roll the sushi away from you. Tighten the roll as you go, be careful not to make it too tight, however, or fillings may start to fall out.
6. Once tightened, you should be able to unwrap the bamboo without the roll coming apart.
7. Cover your roll with the bamboo mat and press your hands over it to further pack the roll.
8. Move your full roll to a cutting board. Slice it first down the middle. From there you can cut it into sixths or eighths, whichever you prefer.

Sweet Potato Oven Fries

Cooking spray (olive oil in a spray bottle)

Enough sprigs of fresh rosemary to cover a baking sheet

1 tsp. chili powder

1 tsp. ground cumin

1 tsp. paprika

1 tsp. sea salt

1 tsp. freshly ground black pepper

2 medium sweet potatoes, scrubbed and blotted dry

Directions:

1. Preheat oven to 400 degrees.
2. Spray a baking sheet with cooking spray.
3. Spread rosemary sprigs on sheet in a single layer if you are using them, making sure entire surface is covered.
4. Mix together all other ingredients, except sweet potatoes, in small bowl.
5. Square off potatoes and slice into "steak fries."
6. Lay strips of potato on rosemary in single layer.
7. Sprinkle generously with seasoning mixture.
8. Spray generously with cooking spray.
9. Bake 20 minutes.
10. Spray again.
11. Return to oven for about 25 minutes more or until fries are golden and puffed.

*Sweet potato fries are also tasty just lightly tossed in olive oil and sprinkled with sea salt, and then baked for about 25 minutes on a cooking sheet at 350°F.

Thai Chicken Salad Bites

¼ cup olive oil

1 T chili garlic sauce

1 T fresh lime juice

2 tsp. honey

1 tsp. grated fresh ginger

2 cups finely chopped chicken breast, cooked

2 T finely chopped fresh mint

2 T finely chopped cilantro
1 cucumber, sliced into eighteen ¼-inch-thick rounds to put mixture on top

Directions:

1. In a medium bowl, stir together the oil, chili sauce, lime juice, honey, and ginger.
2. Stir in the chicken to coat.
3. Stir in the mint and cilantro.
4. Top each cucumber round with 1 T of the chicken mixture.

Tomato Cups (Recipe makes 12 cups)

Great for a side dish or for an excellent finger food use cherry or small tomatoes.

6 medium tomatoes
½ small cucumber
2 sticks celery
½ medium red onion or 2 scallions chopped
½ cup fresh parsley
1 tablespoon fresh mint (optional)
1 clove garlic
2 teaspoons kelp
1 tablespoon lemon juice
1 tablespoon olive oil (optional)
Celtic salt to taste (optional)

Directions:

1. Cut tomatoes in half and scoop out the center
2. Add tomato pulp to the other ingredients
3. Finely chop all ingredients, mix well and fill tomato halves

Tomato Salsa

2 large tomatoes, chopped
4 jalapenos, seeded and chopped
2 small white onions, chopped
2 garlic cloves, peeled and minced
18 sprigs cilantro, chopped
1 teaspoon salt

2 teaspoons lime juice or cider vinegar

Directions:

1. Toss tomato, jalapeno, onion, garlic, and cilantro together.
2. Add salt and lime juice (or cider vinegar).
3. Stir, and let stand 30 minutes before serving.

*Also available in grocery stores as a Fresh Salsa in the organic refrigerated section.

Waldorfesque Delight

1 apple
10 baby carrots
2 celery stalks
Handful of cilantro
1 cucumber
Handful of dried cranberries
1 avocado
Handful of chopped dried apricots

Directions:

1. Chop apple, celery, cucumber & avocado into bite sized chunks.
2. Pulse carrots & cilantro in food processor until minced.
3. Chop apricots into little bits.
4. Stir all ingredients together.

Wild Rice with Mushrooms and Parsley

1 cup wild rice, cooked
2 T extra-virgin olive oil
1 pound button mushrooms
Sea salt
Ground pepper
2 cloves garlic, minced
Fresh parsley, chopped
Fresh lemon juice

Directions:

1. Cook 1 cup wild rice according to package instructions.
2. Meanwhile, heat oil in a large skillet over medium-high.
3. Add mushrooms, trimmed and sliced, and season with coarse salt and ground pepper.
4. Cook, stirring occasionally, until mushrooms are browned, about 13 minutes.
5. Add garlic and cook until fragrant, about 30 seconds.
6. Stir in cooked rice and remove from heat.
7. Stir in 3 T chopped fresh parsley and 1 T fresh lemon juice and season with salt and pepper.

Additional Recipes & Notes:



Acorn Winter Vegetable Soup

2 T butter

1 medium onion, cut into 1/2-inch dice

2 garlic cloves, coarsely chopped

Sea salt and ground pepper

1 pound acorn squash, peeled, seeded, and cut into 1-inch chunks

1 bunch kale (3/4 pound), ribs cut away and discarded, leaves torn

5 cups low-sodium vegetable broth or organic

1 cup (14 oz.) wild rice, precooked

3 sprigs thyme

Directions:

1. In a large Dutch oven or heavy pot, melt butter over medium heat.
2. Cook wild rice.
3. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper.
4. Add squash and kale and cook until kale is wilted, about 3 minutes.
5. Add broth, rice, and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve!

Cabbage Soup

1 Medium head cabbage, finely chopped

1 Large green pepper

1/2 Head celery

3 Large onions

1 can diced tomatoes

4 cups vegetable broth

Salt

Pepper

Garlic powder

Parsley

Bay leaf

Olive oil for sautéing

Directions:

1. Place washed and chopped vegetables in a stock pot, sauté for 4 minutes.
2. Add broth, tomatoes and spices.
3. Cook until soup is hot. Remove bay leaf.

Harvest Soup

1 stalk of celery
1 cup of carrots
1 small zucchini, chopped
.5 red bell pepper, chopped
1/4 C olive oil
1/2 C water
1 shallot (or, 1-2 T of chopped onion)
1 clove of garlic
1 tsp. sea salt

Directions:

1. Blend all ingredients in blender until warm or blend and then heat on the stove
2. Drizzle with olive oil and garnish with chopped red bell peppers and lemon-pepper seasoning.

Leek Cauliflower Soup

2 teaspoons olive oil
4 leeks, bulb only, chopped
2 cloves garlic, chopped
4 cups vegetable broth
1 head cauliflower, chopped
2 bay leaves
2 teaspoons ground cumin
1/2 cup wild rice
2 cups packed fresh spinach
Salt and pepper to taste

Directions:

1. Heat olive oil in a large saucepan or soup pot over medium heat.

2. Add the leeks, cauliflower, and garlic; sauté until tender, about 5 minutes.
3. Stir in the vegetable broth, rice, bay leaves and cumin.
4. Bring to a boil, then reduce the heat to low, and stir in the rice.
5. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper.
6. Serve immediately.

Lemony Celery Soup

4 Sweet Potatoes
8 Stalks celery, thinly sliced
4-6 Green onions, sliced
2 T Butter
4 cups vegetable broth
3 T Lemon juice
1 cup spinach leaves, steamed
Slivers of fresh lemon rind
Salt and pepper to taste

Directions:

1. Peel and thinly slice potatoes. Combine with celery and onions.
2. In saucepan, heat butter and add veggies and sauté, stirring for 2 to 3 minutes.
3. Pour in the broth and lemon juice, bring to a boil. Cover and simmer for 15 to 20 minutes or till tender.
4. Puree using blender, then return to pan and stir in seasonings.
5. Add spinach, and heat till spinach is limp. Garnish with slivers of lemon rind.

Lentil Soup

2 T olive oil (or unrefined organic coconut oil)
2 lg. onions, chopped
3 carrots, coarsely grated
3/4 tsp. thyme leaves, crumbled
1 28-oz can tomatoes with juice
7 cups vegetable broth
1 1/2 cups dried lentils
1/2 tsp. sea salt, if desired

1/2 tsp. ground black pepper
1/3 cup chopped fresh parsley (or 2 T dried)
1/2 head of green cabbage, chopped in strips

Directions:

Heat oil in large saucepan and sauté onions, carrots and thyme.

Add tomatoes, broth, and lentils.

Bring soup to a boil, reduce heat, cover pan and simmer for 1 hour.

Add sea salt, pepper, and parsley and simmer for 10 minutes.

Serve and enjoy!

Onion Soup

1-2 T olive oil
4 lg. white onions, sliced thinly into rings
3 garlic cloves, cut in half for adding flavor
1/2 T honey
4 cups vegetable broth
Fresh ground black pepper to taste.

Directions:

1. Add oil to pan and cook onions and garlic until caramelized. Approximately 1 1/2 - 2 hours. You can leave the garlic cloves in or discard them if you would prefer them not to be in your soup.
2. Add vegetable broth and bring to a boil.
3. Reduce heat, cover and cook for 10 minutes.
4. Season with pepper.

Red Pepper Soup

10-12 medium sweet red bell peppers, halved, seeds discarded
3 T olive oil or avocado oil
1 medium yellow onion, peeled and finely chopped
1 large sweet carrot, peeled and crushed

2 large garlic cloves, peeled and crushed
1 medium sweet potato, peeled and diced
2 tsp. fresh thyme
1 T chopped fresh basil
4 cups vegetable stock
2 bay leaves
2 tsp. red wine vinegar
1/8th tsp. cayenne pepper
Sea salt and fresh ground pepper to taste
1 basil leaf for garnish

Directions:

1. Preheat broiler.
2. Place peppers cut side down on baking sheet(s). Lightly coat the outside of each pepper with your oil of choice.
3. Place baking sheet under the broiler and place all peppers in a large bowl immediately. Cover tightly with plastic wrap. This helps the peppers sweat, which loosens the skins.
4. Wait until the peppers are cool enough to handle and gently remove the skin from each. Put skinned peppers in a bowl and set aside.
5. In a Dutch oven or stockpot, heat 1 T oil over medium heat.
6. Add the onion and carrot and cook until the onion is soft and translucent.
7. Add the garlic and sauté briefly.
8. Add potato or sweet potato, herbs, stock, skinned, roasted peppers, and bay leaves. Simmer until all vegetables are soft.
9. When ready, remove the bay leaves and puree the soup until it is smooth.
10. Add vinegar and cayenne pepper.
11. Season with sea salt and freshly ground black pepper.
12. Garnish with a fresh basil leaf and serve immediately.

*Also good as a base for many other soups! For premade soup of this type, look in the organic section at your grocery store.

Seaweed Soup

1/2 cup dulse seaweed, washed well

3 Tbsp. oil
1 small onion, cut into matchsticks
½ medium parsnip, cut into matchsticks
1/3 bunch green onions, chopped fine
8 Tbsp. soy sauce substitute * see recipe under sauces/dressings
4 tsp. nutritional yeast
1 tsp. garlic powder
1 tsp. thyme
1 tsp. marjoram
Dash cayenne
Sea salt

Directions

Soup stock

1. Soak the seaweed in warm water for 10 to 15 minutes. Drain and set aside.
2. In a wok or frying pan, heat the oil and sauté the carrot, onion, parsnip, and green onions. When partially done, add 4 Tbsp. of the soy sauce.
3. Add spices, yeast, garlic powder, and salt to vegetables. Cover and simmer until the vegetables are tender.
4. In a soup pot, put the seaweed and soup stock and simmer.
5. Add the vegetables and the remaining soy sauce.
6. Adjust seasonings to taste and simmer 15 minutes longer before serving.

* Sea Vegetable tip: Keep a container of kelp flakes on the dinner table and use instead of table salt for seasoning foods.

Spring Stew

2 cups yams
1 cup radishes
1 cup zucchini
½ cup tomato
½ cup green bell pepper
1 cup onion
2 cloves garlic, minced
1 cup plus ¼ cup oil

½ cup soy sauce substitute *see recipe under sauces/dressing
¼ cup honey
½ cup lemon juice
Sea salt
Sweet basil
Marjoram
Dash pepper
Dash coriander

Directions:

1. Cut yams and radishes into large chunks and pre-cook in a steamer until half done.
2. Skin and put into a bowl big enough to hold all the cut vegetables.
3. Cut the zucchini into strips 2 inches long, 1 inch wide.
4. Cut the tomatoes into 6 chunks each, and put everything in the bowl.
5. Remove seeds and tops from the peppers, and cut both peppers and onions into lengths.
6. Sauté the garlic, green pepper, and onion in oil for 3 minutes and gently mix with other vegetables.
7. To make the sauce, combine the remaining ingredients and toss mixture lightly with the vegetables in the bowl.
8. Transfer everything to a baking dish.
9. Cover and bake at 375 degrees until all vegetables are tender.

Not So-Basic Tomato Soup

5 lbs. fresh tomatoes – use a mixture of Romas, field and cluster or heirloom tomatoes
1T extra virgin olive oil
½ cup water
¼ cup fresh basil leaves
1 tsp. organic honey
Sea salt and fresh ground pepper
Juice of one fresh lemon

Directions:

1. Wash tomatoes under cold running water. Remove green crowns.
2. Bring several cups of water to a boil in a large sauce pan.

3. Place whole tomatoes in boiling water just long enough to split and loosen their outer skin. You may have to do this in batches.
4. Once the skins are loose, remove the tomatoes from the boiling water and drop them in a bowl of ice water. This stops the cooking process and accelerates the cooling of the tomatoes.
5. When the tomatoes are cool enough to handle, loosen the skins with your hands.
6. Quarter the tomatoes and remove the hard inner core.
7. In a Dutch oven, heat the olive oil over medium-high heat. Place all the tomatoes in the pot.
8. Add ½ cup of water.
9. Bring the mixture to a boil and immediately reduce the heat.
10. Add fresh basil, cover the pot and allow the tomatoes to simmer for about 30 minutes. Stir the mixture occasionally. Remove from heat.
11. Place a food mill over a large bowl, or use a hand blender.
12. Transfer cooked tomatoes to the food mill and slowly turn the handle to make a puree. Any remaining skins, seeds and other bits will not pass through the disc, and you can readily discard this. The soup will collect in the bowl.
13. Return the pureed soup to a saucepan and allow to simmer. Stir in the honey and lemon juice.
14. Season with salt and pepper. Serve hot.

Vegetable Soup

6 cups or more chopped vegetables, such as carrots, celery, onions, watercress, cabbage, parsley, leeks, and/or cauliflower

6 Tbsp. butter or oil (unrefined organic Virgin Coconut Oil)

8 cups water OR part water and tomato juice

Sweet basil

Paprika

Celery seed

Sea salt

Directions:

1. Chop vegetables for soup. Sauté them for 5 minutes in butter or oil (but don't let them brown).
2. Add to boiling water (or water/tomato juice mixture).
3. Simmer the soup, partially covered, for about an hour.

4. Season to taste with spices and salt.

Dr. Alex's Vegetable Soup

2 cartons veggie broth

2 containers chopped onions, carrots, celery from Trader Joe's produce section (separate out onions)

1 bag cabbage, red or green

Spices and seasonings to taste (I use an organic multi-use seasoning and pepper)

About 2 C. cooked lentils

Directions:

Bring broth and onions to a boil, then add all other ingredients and simmer for ½ hour.

Saturday Vegetable Soup (Makes about 6 servings)

2 boxes Pacific Natural Foods brand Organic Vegetable Broth (8 cups)

1 – 16 oz. bag 365 Organic brand frozen organic vegetable blend (includes cauliflower, carrot, green bean, & bell pepper)

1 – 10 oz. bag Cascadian Farm Organic brand frozen Chinese-style stir-fry blend (green beans, broccoli, carrots, red peppers, onions, mushrooms, & bamboo shoots)

4 cloves of organic garlic, minced (optional)

1/2 large organic onion, diced

1/2 organic green pepper, diced

1 bunch organic celery, diced

4 tbsp. organic, unsalted butter

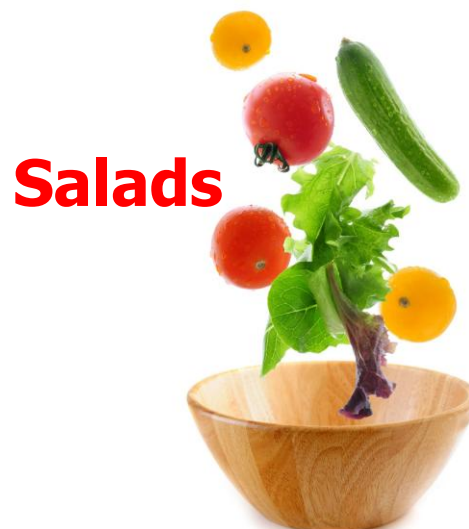
Sea salt or Herbamare

Directions:

1. Chop up the onion, green pepper and celery. Set aside in a bowl.
2. In a large skillet, place butter over medium/high stove and heat until completely melted.
3. Add the chopped onion, green pepper, and celery and sauté until soft.
4. Sprinkle sea salt over the contents to taste.
5. Stir in a splash of vegetable broth and lower heat to simmer.
6. In a large slow cooker, add both bags of frozen vegetables.

7. Pour 1 box of vegetable broth over the frozen vegetables (don't worry that the broth doesn't completely cover the vegetables).
8. Add the contents of the skillet to the slow cooker.
9. Pour in the remaining box of vegetable broth.
10. Set the slow cooker to high stirring occasionally.
11. Cook for about 2 hours or until vegetables are softened. DO NOT OVERCOOK

Additional Recipes & Notes:



Avocado and Zucchini Salad

1 lb. of zucchini
1 garlic clove, minced
1 large avocado
2 ½ cups of water
12 stuffed green olives
4 sprigs of watercress, to garnish
6 tablespoons of olive oil
2 tablespoons of white wine vinegar
2 teaspoons of salt
1 teaspoon of honey
Lettuce leaves
Pinch of dried tarragon
Freshly ground black pepper, to taste

Directions:

1. Wash the zucchinis, then trim off the ends and cut into slices ½-inch thick.
2. Bring the water to the boil and add the zucchini slices and 1 teaspoon of the salt. Cover and cook for 4-5 minutes, drain and set bowl aside.
3. In a cup, mix together 1 teaspoon of salt, honey, the minced garlic, dried tarragon, black pepper, white wine vinegar and olive oil to produce the dressing. Pour the dressing over the zucchini and mix thoroughly. Marinate in refrigerator overnight.
4. Peel the avocado, remove the stone, and cut into thin slices. Drain the zucchinis and reserve the marinade.
5. Cut the stuffed olives in half. Place each of the lettuce leaves onto its own plate, then arrange the avocado slices, zucchinis and olives over. Garnish each plate with a watercress sprig.
*Use the reserved marinade as dressing.

Simple Avocado and Tomato Salad

2 Medium ripe tomatoes, chopped
1 avocado, pitted and chopped
¼ cup red onion, diced
1 T balsamic vinegar
1 tsp. lemon juice

Sea salt and fresh pepper

Directions:

1. Combine all ingredients in small bowl and toss together. Let stand 5 minutes before serving.

Health tip: Avocados contain oleic acid, a monounsaturated fat that may help to lower cholesterol, and also contain high amounts of potassium, a mineral that helps regulate blood pressure.

Roasted Beet, Onion, and Orange Salad

1 pound beets, preferably very small ones

1 tablespoon extra-virgin olive oil

Salt and freshly ground pepper

20 large pearl onions, about 1/2 pound

2 oranges, peeled and cut into wedges

2 tablespoons hazelnut oil

1 tablespoon coarsely chopped fresh coriander leaves (also known as cilantro) plus extra for garnish

1/2 cup freshly squeezed orange juice

2 tablespoons hazelnuts, toasted and peeled

Directions:

1. Preheat the oven to 400 degrees F.
2. Cut the stems and tails off the beets, do not peel.
3. Line the bottom of a baking pan with foil and place the beets in the pan and toss them with half of the olive oil, salt and pepper. Roast for 25 minutes.
4. Trim both ends off the pearl onions. Then toss them with remaining olive oil and salt and pepper.
5. Add pearl onions to the beets and roast an additional 15 minutes, until beets and onions are tender.
6. Peel and remove the membranes from the oranges with a sharp paring knife. Cut the oranges in half lengthwise and then crosswise into thin slices. Seed the slices, if necessary.
7. Peel and quarter the beets. Lay the beets on a large platter.
8. Top the beets with the orange pieces. Scatter the roasted onions around the beets.
9. In a medium bowl, combine the hazelnut oil, coriander, and orange juice. Whisk until well combined and season with salt and pepper.

10. Drizzle the dressing on top and sprinkle with coriander. Serve immediately.

Broccoli Coleslaw Salad

1 bag of broccoli slaw
1 bag of coleslaw
½-1 Red onion, chopped
2-3 Apples, chopped
2 Garlic cloves, minced
4 T olive oil
2 T balsamic vinegar

Directions:

Mix all ingredients together and allow it to sit overnight for flavors to blend.

Brussels Sprout and Red Cabbage Salad

15-20 Brussels sprouts
¼ tsp. garlic salt
2 cups of Red Cabbage sliced thin
3 Tbs. flax oil
¼ tsp. Sea Salt
3 Tbsp. EVOO
¼ Garlic Salt

Directions:

1. Slice Brussels sprouts very thin
2. Slice red cabbage thin
3. Place all ingredients in bowl and mix together for 1-2 minutes. Let sit for at least 1 hour.

Caesar Salad

¼ to 1/3 cup extra virgin olive oil
¼ tsp. ground pepper
½ tsp. anchovy paste
1 Tb. Lemon juice
1 tsp. Dijon mustard

2-3 drops Worcestershire sauce (optional)
1 garlic clove, minced
Romaine lettuce

Directions:

1. Mix the first seven ingredients thoroughly.
2. Toss mixture with the greens until coated.

Carrot Raisin Salad

2 Cups carrots, grated
½ Cup raisins or currants
½ Cup honey
¼ Cup oil
¼ Cup lemon juice

Directions:

Mix all ingredients together.

Chilled Cucumber-Red Onion Salad

1 large cucumber
Vinaigrette dressing
1/8 red onion, thinly sliced
1 T chopped fresh dill or mint
1 plum tomato, thinly sliced, or 3-4 cherry tomatoes, halved

Directions:

2. Peel the cucumbers, if desired, and thinly slice them.
3. Place the slices in a salad bowl, along with the red onion and tomato.
4. Sprinkle the dill or mint over the salad, then drizzle with the salad dressing and toss well.
5. Cover the bowl and chill in the refrigerator for several hours for best taste.

Fig and Mint Salad

6 strawberries, large, fresh, sliced
6 figs, fresh, sliced

2 tablespoons agave nectar
2 tablespoons balsamic vinegar
2 tablespoons mint, fresh, chopped

Directions:

1. In a large bowl, toss together all ingredients until fruits are well coated!
2. Chill or serve at room temperature & enjoy!

*Health tip: Figs are a good source of dietary fiber, which may have a positive effect of weight management.

Citrus Ginger Bok Choy Salad

Julienne cut Bok Choy
¼ tsp. sea salt
Juice from 1 large orange
¼ tsp. garlic salt
1 tsp. of minced Ginger
3 Tbs. Flax Oil
3 Tbs. Extra virgin olive oil

Directions:

1. Place all ingredients in bowl and massage together for 1-2 minutes.
2. Let sit for at least 1 hour.

Fresh Spinach and Avocado Salad (Makes 2 servings)

1 large avocado
4 scallions, sliced
1 lime, juice of
½ cucumbers cut into chunks
8 ounces fresh baby spinach leaves
2 ounces radishes, sliced
4 ounces cherry tomatoes

Directions:

1. Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices.
2. Transfer to a plate, drizzle with the lime juice and set aside.

3. Wash and dry the spinach leaves. Put into mixing bowl.
4. Cut the larger cherry tomatoes in half, and add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes.
5. Add avocados, add your dressing, and toss. 30 minutes preparation time.

Greek Salad (Makes 4 servings)

1 head romaine lettuce, torn into bite-size pieces 10 fresh mint leaves, finely chopped

1 cucumber, peeled, seeded, and sliced 15-16 kalamata olives

1 small red onion, thinly sliced 4-5 mild pepperoncini peppers, whole

1 red bell pepper, seeded and cut into thin strips

Sea salt to taste

2 tomatoes, cut into thin wedges Freshly ground pepper

Directions:

Combine salad ingredients in salad bowl, add your dressing and toss. 15 minutes preparation time.

Almost Greek Salad

Tomatoes

Cucumber

8-10 Kalamata olives

Basil or oregano

Olive Oil

Vinegar

Directions:

1. Slice tomatoes and cut cucumbers in quarter chunks on a plate
2. Add 8-10 kalamata olives.
3. Sprinkle with either basil or oregano and cover with oil and vinegar (red wine or balsamic).

*When detox is over you may add feta cheese!

Kale Goji Salad

Kale

1 apple

Add 1/8 Cup Goji Berries

3 Tbs. Agave

3 Tbs. flax seed oil

3 Tbs. Extra virgin olive oil

Directions:

1. Stem kale by pulling off green leaf from center

Take kale leaves and stack to cut. Roll the stack and cut in very fine ribbons

2. Cut one apple (or sweet fruit) into sticks
3. Mix all ingredients together and let sit. (Tastes better the next day.)

Kiwi Leek Apple Salad

1 Leek, cut thin

¼ tsp. garlic salt

2 kiwi peeled and diced

3 Tbs. flax oil

1 apple cut into thin slices

3 Tbs. EVOO

¼ tsp. Sea Salt

Agave to taste

Directions:

1. Place all ingredients in bowl and mix together for 1-2 minutes.
2. Let sit for at least 1 hour.

Mango Coconut Cucumber Salad (Makes 6 servings)

1 cucumber, peeled, seeded, and diced

½ tsp. chili pepper, minced

1 mango, peeled and diced

1 small red pepper, minced

1-2 Tbs. lime juice

1 Tbs. dried shredded coconut

1-2 Tbs. lemon juice

Directions:

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

Marinated Kale Salad

1 small bunch of kale leaves, shredded (small leaves have a milder taste)
1 avocado, diced
1/2 red bell pepper, diced
1/2 cucumber, diced
1 scallion, sliced
1 1/2 teaspoons lemon juice, freshly squeezed
1 1/2 teaspoons olive oil
1 pinch of black pepper

Directions:

1. Place the shredded kale in a mixing bowl; add olive oil and lemon juice. Toss gently by hand, massaging the kale to tenderize and incorporate the marinade.
2. Add half of the avocado and continue massaging to make a creamy dressing.
3. Continuing to toss, add remaining half of diced avocado, red pepper, cucumber, and scallion.
4. Season with pepper and serve immediately.

Papaya Fruit Salad

Juice of one fresh lemon
1 avocado
1 papaya
6 fresh figs
1 guava
2 nectarines, or peaches
1 T organic honey
Pinch of grated nutmeg

Directions:

1. Have a large decorative glass bowl handy.

2. Put the juice of the fresh lemon in the bowl first.
3. Peel and chop the fruit into bit-sized pieces and put everything in the bowl.
4. In a small bowl soften the honey with 2 T of the lemon juice.
5. Pour over salad and add spices.
6. Toss gently.
7. Serve!

Raspberry Salad

4 Tbs. Extra virgin olive oil
1 ½ cups of fresh raspberries
2 Tbs. raspberry puree
1-12 ounce package salad greens
2 Tbs. raspberry vinegar
¼ tsp. pepper
½ tsp. Sea salt

Directions:

1. To make the dressing, in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together.
2. In a serving bowl, toss the salad greens, and raspberries together.
3. Pour the dressing over the salad, toss to coat.

Shrimp and Rice Salad with Parsley

1 cup brown rice, cooked
2 T olive oil
1 garlic clove, minced
½ pound medium shrimp, peeled and deveined
1 cup packed fresh parsley leaves, chopped
1 cup fresh spinach leaves, whole
1 to 2 T fresh lemon juice
Salt
Pepper

Directions:

1. Cook rice according to package instruction.
2. In a medium skillet, heat olive oil over medium-high.

3. Add garlic and shrimp, and cook until shrimp are opaque throughout, about 2 minutes.
4. Add spinach until slightly wilted, 1 minute.
5. Transfer to a large bowl and add cooked rice, parsley, and lemon juice.
6. Season with salt and pepper.

Spinach Salad

1 10 ounce bags fresh baby spinach leaves, washed and stemmed
3 Tbsp. vinaigrette dressing
8 ounce button mushrooms, sliced
3 Tbs. walnuts chopped (not during cleanse)
½ medium cucumber, sliced
4 hard boiled eggs, sliced

Directions:

1. Spin spinach once washed to dry.
2. Place in salad bowl.
3. Add remaining ingredients and toss with dressing.

Spinach and Sweet Potato Salad

2 lg. sweet potatoes, peeled and cut into 1" cubes
¼ cup olive oil
1 tsp. sea salt
1 red bell pepper, chopped
1 sm. Red onion, halved and very thinly sliced
1 T minced fresh ginger
1 tsp. ground cumin
1/3 c orange juice (from 1 orange)
Freshly ground black pepper

Directions:

1. Heat oven to 400°F.
2. Put sweet potato cubes on baking sheet, drizzle with 2 T of the olive oil, sprinkle with ¾ tsp. of sea salt, and toss to coat. Roast, turning occasionally, until crisp and brown outside and just tender inside, about 20-30 minutes. Remove from oven but leave on pan until ready to use.

3. In a nonstick skillet over medium-low heat, add remaining 2 T oil.
4. When hot, add bell pepper, onion, ginger, and remaining $\frac{1}{4}$ tsp. salt.
5. Cook, stirring once or twice, until no longer raw but still crunchy.
6. Stir in cumin and orange juice, turn off heat.
7. Put spinach in large bowl. Add sweet potatoes, warm dressing, and freshly ground black pepper to taste and toss to combine.
8. Taste and add salt if needed.

Strawberry Spinach Salad (22 minutes preparation time)

1-6 ounce baby spinach
1½ cups strawberries, hulled and quartered
 $\frac{1}{4}$ cup red onion, sliced
 $\frac{1}{2}$ cup cucumbers, sliced and cut in half
 $\frac{1}{2}$ cup cucumber, sliced

Directions:

1. Hull strawberries into quarters.
2. Score cucumber lengthwise, remove seeds.
3. Slice cucumber and cut slices in half.
4. Slice onion into thin wedges.
5. Place spinach in large serving bowl, add strawberries, cucumber, and onion.
6. Whisk dressing you are using and pour over salad, gently tossing to coat.
7. Serve immediately.

Thai Chicken Salad Bites

$\frac{1}{4}$ cup olive oil
1 T chili garlic sauce
1 T fresh lime juice
2 tsp. honey
1 tsp. grated fresh ginger
2 cups finely chopped chicken breast, cooked
2 T finely chopped fresh mint
2 T finely chopped cilantro
1 cucumber, sliced into eighteen $\frac{1}{4}$ -inch-thick rounds to put mixture on top

Directions:

1. In a medium bowl, stir together the oil, chili sauce, lime juice, honey, and ginger.
2. Stir in the chicken to coat.
3. Stir in the mint and cilantro.
4. Top each cucumber round with 1 T of the chicken mixture.

Tomato and Onion Salad (Makes 4 servings)

1 box plum tomatoes, wedged

1 red onion, thinly sliced (or chopped scallions)

Directions:

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

Zucchini Salad (Makes 2 servings)

3 zucchini, thinly sliced

Cumin to taste

2 red apples, cut in small pieces

1 avocado, cut in small slices

Directions:

Mix all ingredients together and serve.

Additional Recipes & Notes:

Salad Dressings & Sauces



- ❖ Note: Annie's Naturals is a brand of delicious salad dressings, many of which fit in perfectly with the purification program.

Basic Vinaigrette

½ cup Organic Extra Virgin Olive Oil
3 tablespoons Organic Apple Cider or Vinegar without sulfites
1 teaspoon Oregano leaves
½ teaspoon Salt - preferably Celtic salt
1/8 Tsp. pepper

Directions:

1. Mix ingredients together in a container.
2. Refrigerate until you are ready to use.
3. When you are ready to use the dressing, take it out of the refrigerator a few minutes ahead of time.
4. Shake before serving.

Dijon Olive Oil Dressing

½ cup Organic Extra Virgin Olive Oil
6 tablespoons Organic Balsamic Vinegar or Lemon Juice
6 tablespoons Water
1 tsp. Organic Dijon Mustard
1/8 tsp. Oregano
Salt and Pepper to taste
1 minced garlic clove

Directions:

1. Combine all ingredients into an airtight jar or carafe.
Tip: If you do not have an airtight container you can also use a whisk.
2. Shake (or whisk) vigorously to blend.

Garlic and Red Wine Vinegar Dressing (Makes 2 servings)

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

Directions:

1. Place all ingredients in shaking jar; seal. Shake well.
2. Pour over greens. 10 minutes preparation time.

Greek Salad Dressing (Makes 4 servings)

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

Directions:

1. Whisk together the olive oil, oregano, garlic, wine vinegar, and lemon juice in a small bowl.
2. Season to taste with salt and pepper.
3. Toss with salad. 15 minutes preparation time.

Italian Herbal Dressing (Yield: 1 Quart)

3 cups oil
1 cup vinegar
1/8 cup fresh lemon juice
2 1/2 tsp. sea salt
1 1/2 tsp. ground black pepper
1 tsp. whole anise seed

1 cup of above mixture
4 cloves garlic
3/4 bunch parsley
1/2 green bell pepper, chopped
2 large scallions, chopped
1 tsp. whole mustard seed
1/2 tsp. whole dill seed
1/2 tsp. marjoram
1/2 tsp. sweet basil
1/2 cup water

Directions:

1. Combine the top ingredients in a large container.

2. In the blender, blend the remaining ingredients.
3. Mix the 2 parts together in a quart jar.
4. Chill well. Stir before serving each time.

Lemon Mint Dressing (Makes 6 servings)

2 cloves garlic, minced

Pepper to taste

½ cup fresh lemon juice

½ cup EVOO

Sea salt to taste

2 Tbs. finely chopped fresh mint

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

Lemon & Lime Sauce or Dressing

Combine lemon juice with olive or flax oil, freshly crushed garlic and pepper to make a light and refreshing salad dressing.

If you are watching your salt intake (and even if you are not), serve lemon wedges with meals as their tartness makes a great salt substitute.

Squeeze some lime juice onto an avocado quarter and eat as is.

Mustard Seed Dressing

4 tablespoons prepared whole grain mustard

2 tablespoons extra virgin olive oil

2 teaspoons toasted mustard seeds

2 tablespoons seasoned rice vinegar

3 tablespoons vegetable stock or water

1 teaspoon honey, to taste

Kosher salt

Fresh ground black pepper

Directions:

1. Preheat oven to 375°F.

2. Place mustard seeds in a baking pan.
3. Place in oven and roast for a couple of minutes (watch carefully so the seeds don't burn).
4. Remove from oven and let cool.
5. Whisk all the ingredients together and season to taste.

Oliveau Salad Dressing (Makes 6 servings)

2 Cloves garlic, minced
Pepper to taste
2 Tbs. Dijon mustard
2 Tbs. balsamic vinegar
½ tsp. celery salt
1 Tbs. wine vinegar
1 dash sea salt
½ cup EVOO

Directions:

1. Place minced garlic, mustard, celery salt, and sea salt and pepper, and vinegars of choice in bowl.
2. Very slowly whisk in olive oil, until emulsified (thick and creamy).
3. Place in glass container. Can be refrigerated for 2 weeks and brought to room temperature prior to dressing salad. 30 minutes preparation time.

Spicy Salad Dressing (Makes 2 servings, 10 minutes preparation time)

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

Directions:

Blend all ingredients thoroughly. Chill.

Tahini Dressing

2 tablespoons sesame tahini
Lemon juice

Directions:

1. Mix 2 tablespoons of sesame tahini with desired amount of lemon juice to your own taste.
2. Mix in a little water to achieve dressing consistency.

Tarragon Salad Dressing

¼ medium-sized onion, diced
¼ tsp. tarragon
½ tsp. paprika
½ tsp. chili powder
¾ tsp. dry mustard
⅔ cup cider vinegar
1 cup safflower oil
½ cup soy sauce
1 medium-sized tomato, cut into chunks
2 cloves garlic, chopped
2 tsp. honey

Directions:

1. Blend the above ingredients in a blender.
2. Store in a glass or metal container in the refrigerator. It will keep for several days.

Vinaigrette Dressing

⅔ cup olive oil or flax oil
1 T Dijon Mustard
¼ cup balsamic vinegar or lemon juice
1 garlic clove, minced
¼ cup water
Herbs to taste

Creole Sauce

1 onion, chopped fine
2 cloves garlic, minced
1 green bell pepper, seeded and chopped
4 cups tomatoes, chopped
½ tsp. sweet basil
½ tsp. oregano
1 ½ tsp. molasses (optional)
¼ tsp. pepper
½ tsp. chili powder
½ tsp. sea salt
½ cup fresh mushrooms simmered in ¼ cup soy sauce and ¼ cup water

Directions:

1. Saute onions, garlic, and green pepper lightly in oil in a deep skillet.
2. Add remaining ingredients and cook for 15 minutes. Sauce may be simmered longer, but should be covered.
3. Serve over stuffed peppers, spaghetti squash, or over eggplant with rice.

Honey Mustard Sauce

1 tsp. Dijon mustard
2 tsp. honey
2 T extra virgin olive oil

Directions:

5. Combine mustard, honey, and olive oil.
6. Remove carrots from heat and toss with honey mustard mixture.

Orange Honey Glaze

1 cup orange juice
1/3 cup lemon juice
Dash sea salt
1 cup water
3 ½ Tbsp. arrowroot
¼ cup honey

1/3 cup organic butter

Directions:

1. Combine all ingredients and mix well until the arrowroot is dissolved.
2. Cook over low heat until sauce thickens.

Sesame Ginger Dipping Sauce

1/4 cup water

3/4 teaspoon cornstarch

1/3 cup honey

1/3 cup vinegar

1/4 cup soy sauce substitute, see recipe under dressings and sauces

1 teaspoon minced ginger

1 teaspoon oil

1/4 teaspoon minced garlic

1 dash red pepper flakes

1 dash parsley

Soy Sauce Substitute

1½ cups vegetable broth

1 tsp. cinder vinegar

2 T sesame oil

1 T dark molasses

1 dash pepper

Directions:

1. In a small pot, mix together ingredients on low heat until all the ingredients are blended together nicely.
2. Cool and pour into a jar with a tight-fitting lid; store in refrigerator and shake well before using.

Additional Recipes & Notes:

Vegetable Preparation



Artichokes

1 lb. artichokes or 4 oz. frozen

½ cup cider vinegar

¼ cup organic honey

- ¼ tsp. dill seeds
- ½ tsp. mustard seeds
- ½ tsp. tarragon
- 1 tsp. parsley
- 1 tsp. chopped fresh dill

Directions:

1. Sea salt and black pepper to taste
2. If using fresh artichokes, scrub the artichokes well, but do not peel. Slice into quarter-inch thick slices. Blanch the slices in boiling water for a minute or so. Drain and set aside in decorative serving bowl. If using frozen or canned, thaw frozen and drain canned.
3. In a small saucepan, place vinegar, honey, and dill and mustard seeds. Bring to a boil. Remove from heat. Pour over artichokes.
4. Add remaining tarragon, parsley and fresh dill to the dish.
5. Season with salt and pepper & toss lightly.
6. Refrigerate.

*Tastes good served as a chilled salad on a bed of baby spinach.

Steamed Asparagus

- 1 bunch asparagus spears
- 1 tsp. butter
- ¼ tsp. sea salt
- 3 cups water

Directions:

1. Place water in the bottom half of a steamer pan set. Add salt and butter, and bring to a boil.
2. Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler. Place them in the top half of the steamer pan set. Steam for 5 to 8 minutes depending on the thickness of the asparagus, or until asparagus is tender.

Roasted Asparagus

- 1 lb. asparagus
- 1 ½ T Olive oil
- ½ tsp. Sea salt

Directions:

1. Preheat oven to 425°.
 2. Cut off the woody bottom part of the asparagus spears and discard.
 3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears; this keeps the asparagus from being "stringy".
 4. Place asparagus on foil-lined baking sheet and drizzle with olive oil. Sprinkle with salt.
 5. Roll the asparagus around until they are evenly coated with oil and salt. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them; they should be tender when pierced with the tip of a knife. The tips of the spears will get very brown but watch them to prevent burning.
- *These are great plain, but if you want extra flavor, add some light vinaigrette or balsamic dressing over the asparagus.

Steamed Broccoli

1 cup broccoli florets
Sea salt and pepper to taste

Directions:

1. Add enough water to come just below the bottom of the steamer basket. Bring to a boil. Reduce heat to medium.
2. Add broccoli to basket and cover with a lid. Steam for 5-7 minutes, depending on your tenderness preference.
3. Sprinkle with salt and pepper if desired.

Garlic-Chili Roasted Broccoli

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

Directions:

1. Preheat oven to 425 degrees F.

2. Place olive oil, garlic, chili powder and grill seasoning in the bottom of a large broccoli spears.
3. Coat broccoli evenly and place on a large nonstick baking sheet.
4. Roast broccoli until ends are crisp and brown and stalks are just tender, approximately 15 minutes.

Steamed Organic Red Beets

Steam for 20-30 minutes or until soft. Add salt and pepper or other spices, if desired.

Glazed Baby Beets

20 baby beets, scrubbed
2 cups apricot juice
3 T white balsamic vinegar
2 T honey

Directions:

1. In a large sauté pan, add the beets and the apricot juice. Cover and cook on medium high for 10 minutes.
2. Add the vinegar and honey and cook for another 10 minutes.
3. Pull off of the heat and keep covered for an additional 5 minutes.

* Health tip: The purple pigment in beets, betacyanin, is a powerful cancer-fighting agent. Beets are also a good source of folate, which is essential to numerous bodily functions such as cell division and growth.

Baby Bok Choy with Garlic

1/8 cup unsalted butter
5 tsp. garlic, minced
12-14 baby bok choy, washed
1 ½ cups vegetable broth

Directions:

1. Melt butter in heavy large skillet over moderate heat.

2. Add minced garlic and sauté about 2-3 minutes until barely golden-brown.
3. Add bok choy and vegetable broth and simmer until bok choy is tender, turning occasionally, about 8 minutes.
4. Season with salt and pepper. Use a slotted spoon to serve.

Steamed Brussels Sprouts

1 pint Brussels sprout, halved, outer leaves removed, bottoms trimmed
1/4 cup butter (1/2 stick)
1/2 teaspoon salt
1 lemon, grated for rind, then halved

Directions:

1. In a medium pot with tight-fitting lid, set a steamer basket over 1 1/2 inches of water. Add Brussels sprouts and steam over high heat until tender, about 10 minutes.
2. Melt butter in a large skillet over medium-high heat.
3. Add salt and cook, watching carefully, until butter sizzles, browns slightly, and gives off a nutty aroma.
4. Squeeze the juice from the lemon halves into the pan and add the zest.
5. Stir in the Brussels sprouts and cook, shaking the pan occasionally until warmed through.

Brussels Sprouts in Garlic Butter

15 Brussels sprouts, halved lengthwise
1 T Butter
1 T Olive oil
3 Garlic cloves, smashed with the flat of a knife

Directions:

1. Sea salt and fresh ground pepper, to taste
2. Melt butter and olive oil in a medium skillet (over medium-high heat) until butter is foamy. Reduce heat to medium.
3. Add smashed garlic and cook until lightly browned. Remove garlic and discard.
4. Add sprouts cut side down, cover, and cook without stirring on medium-low heat 10-15 minutes or until tender when pierced with a

knife. The cut side of the sprouts should get nice and browned, with a nutty, buttery flavor enhanced by garlic.

Frizzled Cabbage

1/4 Medium green cabbage

1 T butter

Directions:

1. Core and very thinly slice the cabbage.
2. Melt butter in a large skillet over medium heat until cooked at a desired consistency.

Sautéed Carrots

Carrots

1 T Extra Virgin Olive Oil

Sea salt

Directions:

1. Wash and peel desired amount of carrots.
2. Cut into long, thin strips.
3. Heat olive oil in sauté pan, 1 minute or until oil is hot.
4. Add carrots, sauté for 8-10 minutes or until cooked al dente.
5. Season with sea salt.

Roasted Cauliflower

1 Head cauliflower

4 T olive oil

1 tsp. garlic powder

1 tsp. sea salt, to taste

Directions:

1. Preheat oven to 425.
2. Cut the cauliflower in half, top to bottom and place cut side down on cooking sheet.
3. Drizzle olive oil over cauliflower and sprinkle on garlic powder and salt.

4. Cook for 1 hour, turning 3 times, until it is cooked to a golden brown in color. Serve immediately and enjoy!

Grilled Cauliflower

1 Head cauliflower
¼ cup butter
1 ½ tsp. sea salt
1 tsp. pepper

Directions:

1. Remove stem and leaves from cauliflower, wash and pat dry.
2. Spread the butter over the cauliflower.
3. Sprinkle with salt and wrap head of cauliflower in heavy-duty aluminum foil.
4. Grill over medium heat about 40 minutes or until desired tenderness (test with toothpick).

Baked Eggplant

2 large, firm, dark purple eggplants (small eggplants have less bitter skin)
Tomato slices
Sea salt
Oregano
Olive oil
Basil

Directions:

1. Preheat oven to 400 degrees.
2. Cut eggplant into ½-inch thick rounds and place in a baking pan. Brush with oil.
3. Bake 6-7 minutes, turn over, and brush with oil. Sprinkle salt and herbs on each slice, and put one tomato slice on each.
4. Return to oven and bake until juicy and tender, about 8 minutes.

Baked Fennel with Thyme

3 Fennel bulbs, trimmed and split lengthwise
1 T softened butter

Coarse sea salt
4 springs thyme

Directions:

1. Preheat oven to 450°F.
2. Boil fennel bulbs, until tender, about 15 minutes.
3. Drain fennel; cut side down, on paper towels, 5 minutes.
4. Place fennel, cut side up, in a buttered 8-inch square baking dish and brush with 1 T softened butter. Season with coarse salt and ground pepper and top with thyme. Bake 20 minutes.

*Fennel tips: Licorice-flavored vegetable that is cultivated mainly for its bulb, which is eaten raw or cooked. Trim it by cutting off the root and removing any tough outer layers. The stalks are best thinly sliced and cooked, and the fronds make a tasty garnish.

Roasted Garlic

Garlic cloves

1 tsp. olive oil (for each clove)

Directions:

1. Preheat the oven to 400°F.
2. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic.
3. Place the garlic heads in a baking pan; muffin pans work well for this purpose.
4. Drizzle a couple teaspoons of olive oil over each head; using your fingers to make sure the garlic head is well coated.
5. Cover with aluminum foil and bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.
6. Allow the garlic to cool enough so you can touch it without burning yourself.
7. Using a small knife, cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.
8. Eat as is or mash with a fork and use for cooking or a butter spread.

Pickled Garlic with Mediterranean Flavors

1/2 cup white vinegar

3/4 tsp. sea salt

1/4 tsp. black peppercorns

1 bay leaf

1 small hot chili pepper, of your choice, split up the side

1 cup garlic cloves, peeled

1 T fresh oregano or thyme or rosemary (or a combination of them), coarsely chopped

* Garlic health tip: Garlic is an excellent source of manganese which helps protect your cells from free-radical damage, as well as keeping your bones strong and healthy.

Sautéed Green Beans

1/2 lbs. Fresh long stem green beans

2 T olive oil

Directions:

1. Wash and de-stem green beans.
2. Heat oil on medium temperature in sauté pan and add green beans when oil is almost completely hot.
3. Sauté for 10-15 minutes, depending on how crunchy you want the green beans, stirring frequently.

Roasted Green Beans

2 lbs. green beans

1-2 tablespoon olive oil

1 teaspoon sea salt

1/2 teaspoon fresh ground pepper

Instructions:

1. Preheat oven to 400°F.
2. Wash, dry well, and trim green beans.
3. Put green beans on a cooking sheet or casserole dish, drizzle with oil. Sprinkle with salt and pepper to taste.

4. Use your hands to be sure all the beans are evenly coated and spread them out into 1 layer.
5. Roast for 20-25 minutes, turning after 15 minutes, until beans are fairly brown in spots and somewhat shriveled. Serve hot or at room temperature.

Colorful String Beans

2 quarts water

Sea salt

1 lb. fresh green and yellow beans, trimmed

1 T extra virgin olive oil

3 cloves garlic, passed through a garlic press

½ red bell pepper, seeded and deveined, cut into strips similar in size to string beans

½ yellow bell pepper, and deveined, cut into strips similar in size to string beans

1/3 cup chopped fresh cilantro

Fresh ground black pepper

Instructions:

1. Fill a big bowl with cold water and a few handfuls of ice cubes.
2. Meanwhile, in a large saucepan, bring 2 quarts salted water to a rolling boil. Add fresh beans and cook until they just turn color – about 4 minutes.
3. Drain the beans and place them in the cold water bath.
4. Drain again and place on a layer of paper towel.
5. In a large skillet, heat olive oil over medium heat.
6. Add garlic and bell peppers. Sauté briefly and add the drained beans.
7. Cook until all vegetables are heated through.
8. Season with cilantro, sea salt and black pepper. Serve immediately or chill in the refrigerator.

Kale Chips

1 bunch kale

1 T olive oil

1 tsp. sea salt

1 tsp. cayenne pepper

Directions:

1. Preheat oven to 350.
2. Line a non-insulated cookie sheet with parchment paper.
3. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces.
4. Wash and thoroughly dry kale with a salad spinner.
5. Drizzle kale with olive oil and sprinkle with sea salt.
6. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Sautéed Kohlrabi

4 small kohlrabies
3 tablespoons olive oil
3 tablespoons butter
1 tablespoon chopped fresh chervil or parsley
Salt and freshly ground white pepper

Instructions:

1. Peel the kohlrabies and then slice them into 1/4-inch-thick rounds. Cut each round into 1/4-inch-wide strips.
2. Drop into a large pot of boiling, salted water and cook, uncovered, for 10 to 12 minutes or until crisp-tender. Drain in a colander.
3. Heat the oil and butter in a large skillet until the butter is melted.
4. Add the kohlrabi strips and toss to coat. Sprinkle on the chervil and season with salt and pepper. Stir over medium heat until warmed through. Transfer to a serving dish and serve immediately.

Sautéed Greens Prep & Cook Time 15 minutes

1 Cup Leeks, sliced (about 1 leek)
4 Cups Kale, chopped
1 T + ¼ Cup vegetable broth
2 Medium garlic cloves, minced
1 tsp. Lemon juice
1 T Extra virgin olive oil
Sea salt and black pepper to taste

Instructions:

1. Heat 1 TBS broth in a 10-12 inch stainless steel skillet.

2. Sauté sliced leeks in broth over medium-low heat for about 5 minutes, stirring frequently.
3. Add kale and ¼ cup broth. Cover and simmer on low heat for about 7-8 minutes, stirring occasionally.
4. Toss with pressed garlic, lemon juice, olive oil, salt, and pepper.

Pan-Fried Greens

Choose 2 or 3 of the following:

Kale

Collard greens

Mustard greens

Spinach

Bok Choy

Swiss chard

Rhubarb chard

2 Tbsp. vinegar or lemon juice

2 Tbsp. soy sauce *use soy sauce substitute listed under dressings and sauces

½ Tbsp. oil

Sea salt

Directions:

1. Wash 2 pounds of greens well and cut into 2-inch lengths. Do not drain, but place in a deep skillet with a tight-fitting lid and turn heat to med-high.
2. Cover and steam greens in their own juices until nearly tender.
3. Add remaining ingredients. Finish steaming until tender.
4. Serve piping hot.

Braised Leeks

3 Leeks

2 T butter

¾ cup water

Coarse sea salt

Pepper

Directions:

1. Half leeks lengthwise; separate layers and rinse well.
2. In a large skillet, melt butter over medium heat and add leeks and water; season with coarse salt and ground pepper.
3. Cover and cook at medium simmer until leeks are very tender, 14-16 minutes.

*Cooking tip: Leeks have a delicate and sweeter flavor than onions, and add a subtle flavor to recipes without overpowering the other ingredients.

Sautéed Mushrooms

1 tablespoon butter
2 cloves garlic, minced
1 1/2 lbs. fresh mushrooms, sliced
1/2 Onion, thinly sliced
4 T vegetable broth
1 T balsamic vinegar
1/4 tsp. ground ginger
Garlic powder (to taste)
Black pepper (to taste)

Directions:

1. Melt butter over medium heat in a large pan.
2. Add garlic and onion, sauté for 1 minute.
3. Add sliced mushrooms, stir to coat, and cook for about 5 minutes.
4. Drizzle vegetable broth, balsamic vinegar and ground ginger into the mushrooms.
5. Sprinkle with garlic powder and black pepper.
6. Continue cooking over medium heat for about 10 minutes or until desired doneness is achieved.
7. Remove from pan and serve.

Portabella Mushrooms

4 portabella mushrooms
1/4 cup olive oil
3 tablespoons balsamic vinegar

2 teaspoons fresh thyme, Chopped (or 1/2 tsp./2 mL dried)
1 pinch salt
1 pinch pepper

Directions:

1. Remove thick end of mushroom stem, leaving about 1/2 inch attached to cap. Place, smooth side up in large, shallow glass dish.
2. Combine oil, vinegar, thyme, salt and pepper; pour over mushrooms, turning and brushing to coat evenly. Let stand for 15 minutes.
3. Reserving marinade, place mushrooms, smooth side down, on greased grill over medium-high heat; close lid and cook for 5 minutes.
4. Turn and baste with marinade; cook, covered, for about 3-5 minutes or until mushrooms yield to the touch when pressed.

Honey Glazed Pearl Onions

2 lbs. Pearl onions
1 T Butter
1 T Honey
¼ tsp. Salt

Directions:

1. In deep 12-inch skillet over high heat, heat 1 inch water to boiling.
2. Add onions; heat to boiling. Boil 1 minute; drain.
3. Peel onions, leaving a little of the root ends to help hold shape during cooking.
4. In same skillet over high heat, heat 1 inch water to boiling.
5. Add onions; heat to boiling.
6. Reduce heat to low; cover and simmer 5 to 10 minutes until onions are tender; drain. Wipe skillet dry.
7. In same skillet over high heat, cook onions, butter, and honey, until onions are browned and glazed, 10 minutes.

Roasted Parsnips

1 medium sweet potato, cut in French fry size pieces
3 medium parsnips, cut in 1 ½ by ½ pieces, core removed

1 teaspoon garlic powder
3 teaspoons Cajun seasoning
2 tablespoons soy sauce *see substitute under dressings and sauces
Salt & pepper
1-2 T olive oil for coating vegetables

Directions:

1. Preheat oven to 350°F
2. Put the prepared parsnips in boiling water for 5 minutes, drain well.
3. Spread the veggies out in a single layer on paper towels. Spray lightly with olive oil.
4. Sprinkle with the garlic powder, Cajun spice mix& salt/pepper.
5. Transfer the veggies to a baking stone or cookie sheet, single layer.
6. Bake in 350°F oven for 20 minutes, sprinkle with the soy sauce substitute return to oven for a further 10 minutes or until tender.
7. Serve hot.

Sautéed Radishes

1 T butter
1 pound radishes, trimmed and quartered
1 T apple cider vinegar
Sea salt
Pepper

Directions:

1. In a medium skillet, melt the remaining 1 T butter over medium-heat.
2. Add the radishes and vinegar; season with salt and pepper.
3. Cook until crisp-tender, 5 to 7 minutes.

Spaghetti Squash

1 large spaghetti squash
Roasted garlic
Sea salt and pepper
Butter

Directions:

1. Preheat oven to 350 degrees

2. Cut spaghetti squash in half length-wise.
3. Place on baking sheet and bake 25-30 minutes until tender.
4. Remove from oven and shred the squash with a fork. It will look like spaghetti.
5. Add some roasted garlic, butter and/or salt and pepper to taste.
6. Serve with Marinara Sauce

Spaghetti Squash – How to Cook

1 (4-8 lbs.) Spaghetti Squash

Salt & Pepper

Directions:

1. Pierce the whole shell several times with a large fork or skewer and place in baking dish.
2. Cook squash in preheated 375°F oven approximately 1 to 1 ½ hours or until flesh is tender.
3. Then cut in half and scrape out inside with a fork.

*If your spaghetti squash is small, you can cut it in half with a large knife before baking, place cut side down on a cooking sheet and bake in a preheated oven at 375°F for 30 minutes. Then scrape out inside with a fork.

**Tastes delicious served with tomato sauce.

Korean Spinach

1 lb. fresh spinach

3 Tbsp. olive oil

Juice of one lemon

1 small onion, grated

¼ cup toasted sesame seeds (optional)

Directions:

1. Wash spinach well, but do not drain.
2. Place over med-high heat in a deep skillet and cover tightly.
3. Cook spinach in its own water until tender, about 3-4 minutes.
4. Chill well and mix with remaining ingredients.

Summer Squash Sauté

6 small yellow summer squash, cut into ½ in. slices
1 large sweet onion, chopped
1 garlic clove, minced
1 T olive oil
1 T butter
½ tsp. salt
½ tsp. pepper

Directions:

1. In a large skillet, sauté the squash, onion and garlic in oil and butter for 8-10 minutes or until tender.
2. Sprinkle with salt and pepper.

Baked Sweet Potato

1 Sweet Potato or Yam
½ T butter
1 ½ tsp. cinnamon

Directions:

1. Preheat oven to 400F.
2. Bake for 45 to 75 minutes (bigger yams take longer to cook). When they are done, the outside will have darkened and the inside will be soft.
3. To serve, slice a potato down the center, add butter and sprinkle with cinnamon.

Zucchini Marinata

1 lb. zucchini, washed, sliced paper thin
1 large lemon, juice of, more to taste
2 garlic cloves, crushed and cut in half
1-2 tablespoon extra virgin olive oil
Sea salt
Fresh ground pepper
2-3 tablespoons fresh basil or fresh parsley, chopped

Directions:

1. Toss the thinly sliced zucchini with the lemon juice, garlic halves, olive oil; salt and pepper to taste.
2. Cover bowl and refrigerate 4-8 hours, stirring occasionally.
3. Once you are ready to serve the salad, remove the garlic cloves. Save one garlic clove, finely minced and toss back into the salad along with the fresh herb of choice.
4. Important: stir in the fresh herbs with the zucchini mixture just before serving. Best eaten within 24 hours.

Additional Recipes & Notes:

Meals



Blackened Ahi Tuna

- 4 7oz cut Ahi tuna filets
- 1/2 tsp. fresh ginger root
- 1/2 oz. each, sea salt
- 1/2 oz. each, garlic powder

½ tsp. fresh paprika
½ tsp. onion powder
¼ cup white wine vinegar
¼ oz each, black pepper
1 dash fresh lemon juice
1/8 oz. each, cayenne pepper, thyme, oregano
½ cup olive oil
3 T wasabi
3 fluid oz. water

Directions:

1. To make Cajun blackening spice, combine salt, garlic powder, paprika, onion powder, black pepper, cayenne pepper, thyme and oregano. Mix well.
2. To make wasabi vinaigrette, combine wasabi with water and put in blender.
3. Add grated ginger, garlic, white wine vinegar and lime juice into the blender and drizzle in oil while on high speed. Adjust seasoning with salt and pepper.
4. Preheat cast iron skillet. Rub filets with Cajun Blackening Spice. Sear both sides (no butter or oil needed) until rare or medium/rare.
5. Paint plate with Wasabi Vinegar.
6. Cut filet into 2 triangular pieces; overlap.

Cold Seared Ahi Tuna with Lavender-Pepper Crust

1 ½ lbs. center-cut fresh Ahi tuna
1 teaspoon kosher salt
2 teaspoons black peppercorns
1 teaspoon white peppercorns
2 teaspoons fennel seeds
1 ½ teaspoons dried lavender flowers (Available in health food stores)
3 tablespoons extra virgin olive oil
4 cups savory mixed fresh greens (and herbs)

Mustard Seed Dressing:

4 tablespoons prepared whole grain mustard

2 tablespoons extra virgin olive oil
2 teaspoons toasted mustard seeds
2 tablespoons seasoned rice vinegar
3 tablespoons vegetable stock or water
1 teaspoon honey, to taste
Kosher salt
Fresh ground black pepper

Directions:

1. If using the center-cut Ahi tuna, trim and cut the tuna into a block approximately 2 inches across; then cut into 1-inch steaks.
2. Crush the salt, peppercorns, fennel seeds, and lavender with a mortar and pestle or a rolling pin.
3. Lightly oil the tuna with 2 teaspoons of the olive oil; evenly coat the tuna with the lavender-pepper mixture, patting off any excess.
4. In a heavy bottomed sauté pan or a cast-iron pan, heat the remaining 1 tablespoon olive oil.
5. Increase the heat to high and place the tuna in the pan. Sear for 1 minute, then turn over carefully, reducing the heat to medium. Sear the other side for 1 more minutes until medium rare.
6. To serve cold, remove from heat and immediately refrigerate the tuna for at least 1 hour but no more than 3 hours.
7. To serve, arrange the greens on chilled individual serving plates.
8. Drizzle with Mustard Seed Dressing.
9. Thinly slice the tuna and arrange on top of the dressed greens.

Mustard Dressing:

6. Preheat oven to 375°F.
7. Place mustard seeds in a baking pan.
8. Place in oven and roast for a couple of minutes (watch carefully so the seeds don't burn).
9. Remove from oven and let cool.
10. Whisk all the ingredients together and season to taste.

Baked Asparagus with Spinach and Rice

1 T olive oil
1 cup chopped onion
1 cup brown or wild rice
4 oz. fresh spinach leaves

½ cup vegetable broth
Sea salt
Dash of nutmeg

Directions:

1. 1 ½ cup asparagus, sliced into 1 inch pieces
2. Preheat oven to 400° F. Cook rice according to directions.
3. Over medium low heat, sauté onions until softened; stir in rice.
4. Add spinach, salt, nutmeg, and broth. Bring to a simmer and cook 7 minutes.
5. Cover and bake 15 minutes.
6. Stir in asparagus and bake for an additional 15 minutes or until liquid is almost absorbed.

Broccoli, Mushrooms, and Tomatoes

2 bunches broccoli
2 onions, cut into slivers
8 mushrooms, washed and sliced
6 large tomatoes, cut into small pieces
3 Tbsp. oil
Sea salt

Directions:

1. Cut broccoli into flowerettes. Use part of the stems, cutting on the diagonal, about 3/8 inch thick.
2. Steam broccoli until almost tender.
3. Sauté the onions and mushrooms in the oil until onions are barely transparent, and add the tomatoes and salt. Balsamic vinegar may also be added to taste, if desired.
4. Let sauce cook down for 30 minutes.
5. Add partially steamed broccoli and continue simmering for another 5-10 minutes to blend the flavors.

Carrot Curry with Brown Rice

Carrots – 3 or 4
Onion – 1 small (chopped)
Green chili – 3 or 4
Ginger – 1 inch piece (finely chopped)
Small Green lentils – 2 tsp.

Mustards seeds – ½ tsp.
Cumin seeds – ½ tsp.
Coriander seed, ground- ¼ tsp.
Sea Salt – to taste
Coconut Oil – 1 tbsp.
Brown rice – ½ cooked per serving

Directions:

1. Wash, peel, and grate carrots.
2. Cook rice according to directions
3. Place carrots in a sauce pan and add enough water to just cover the carrot, add a dash of sea salt, cover and cook till it is 80% done
4. Drain the water and set side.
5. Heat a separate frying pan on med, add oil or ghee
6. When heated, add lentil and fry for 30 sec.
7. Add mustard seeds, cumin seeds and let them crackle
8. Add chopped ginger, coriander, green chili and fry for 1 min.
9. Add chopped onion and cook till they are soft.
10. Add grated carrot, mix well, and adjust salt, add and cook for 5 min on medium heat.
11. Serve hot with ½ cup cooked brown rice.

Baked Chicken with Garlic and Rosemary

4 chicken portions
¼ cup olive oil
1 lemon, juice of
Salt to taste
Fresh ground pepper, to taste
1 lemon, thickly sliced
10 cloves garlic, unpeeled
4 sprigs fresh rosemary

Directions:

1. Preheat oven to 400°F
2. Place chicken in a casserole dish.
3. Mix oil, lemon juice, and seasoning together and drizzle over chicken.
4. Add lemon slices, garlic cloves and rosemary. Roast in a preheated 400°F oven for about 35 minutes. You will need to shake the

pan from time to time during the cooking process to prevent sticking.

Blackened Chicken with Avocado Salsa

4 skinless, boneless chicken breast halves
2 tsp. blackened steak seasoning
1 T olive oil
2 T rice vinegar
2 T olive oil
¼ tsp. ground cumin
Dash of sea salt
Dash ground black pepper
1 avocado, halved, seeded, peeled, and chopped
2/3 cup chopped fresh or refrigerated papaya
1/3 cup chopped red sweet pepper
¼ cup chopped fresh cilantro

Directions:

1. Preheat oven to 375°F.
2. Lightly sprinkle both sides of chicken with blackened steak seasoning.
3. In a large ovenproof skillet heat the 1 T olive oil over medium heat.
4. Add chicken; cook until browned, turning once.
5. Bake about 15 minutes or until chicken is no longer pink.
6. Meanwhile, for salsa, in large bowl whisk rice vinegar, the 2 T oil, cumin, salt, and black pepper.
7. Stir in avocado, papaya, sweet pepper, and chopped cilantro.
8. Serve with chicken. If desired, garnish with cilantro.

Chinese Chicken and Rice

1 pound boneless, skinless chicken breasts, cut into julienne strips
2 cups water
1 cup brown rice, precooked
½ tsp. sea salt
2 T extra virgin olive oil
2 cloves garlic, minced
1 ½ cups broccoli florets
1 cup sliced mushroom
½ cup sliced water chestnuts

1 cup penny-sliced carrots
1 cup green onions, sliced

Marinade:

2 T extra virgin olive oil
1 T minced ginger
1 clove garlic, minced
Dash hot pepper sauce

Directions:

1. Combine all marinade ingredients.
2. Place chicken in marinade and let stand for 1 hour in refrigerator. Meanwhile, preheat oven to 350 degrees.
3. Prepare a six-quart covered casserole dish with olive oil cooking spray.
4. Add rice, water and salt and bake for 40 minutes or until all the liquid is absorbed.
5. Meanwhile, heat olive oil in a large skillet and sauté garlic for 1 minute.
6. Add sliced chicken and sauté until no longer pink.
7. Add chopped vegetables and cook until just soft. Remove from heat.
8. Add the cooked vegetable mixture to the rice when it is finished baking.
9. Serve hot for a delicious meal.

Chop Suey

2 cups cabbage, shredded
½ cup each Chinese cabbage, bok choy, and Swiss chard
½ cup mushrooms, sliced
½ cup green bell pepper, cut into ¼-inch strips
1 cup bean sprouts
½ cup oil
1/8 cup arrowroot
½ cup soy sauce
2 ½ cups water

Directions:

1. Heat the oil in a heavy skillet or a wok.

2. Sauté the vegetables in the following order: first, the onion and green pepper; second, mushrooms; and third, the cabbage, bok choy, and Swiss chard.
3. Add the bean sprouts after taking the pan off the stove. As soon as the bean sprouts are added, pour in the sauce made from mixing the last three ingredients, making sure that the arrowroot is well dissolved in the liquid.
4. Put the pan back over medium heat. Stir and cook until the sauce thickens. Serve over rice.

Pan Fried Eggplant

2 medium eggplants (white or purple)
1-2 teaspoon salt
3 tablespoons olive oil, divided
2 tablespoons capers
2 tablespoons lemon juice
1 tablespoon balsamic vinegar
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh basil
1/3 cup finely chopped red onion
1 teaspoon minced garlic

Directions:

1. Peel eggplants and slice into 3/4 inch slices. Sprinkle both sides with salt and let sit about 20 minutes to draw out the water.
2. Blot both sides with paper towel.
3. Heat 1 tbsp. olive oil in large non-stick frying pan over medium-high heat. Cook eggplant about 4-5 minutes on each side, until cooked through and browned. Remove eggplant to serving dish.
4. While eggplant is cooking, combine capers, lemon juice, balsamic vinegar, parsley, basil and 1 tbsp. olive oil. For a finely chopped sauce, you can pulse this mixture in a food processor, otherwise can leave as is (if not using capers, leave as is).
5. Add last tbsp. olive oil to pan, heat about 30 seconds
6. Add red onion and sauté 2-3 minutes.
7. Add minced garlic and sauté another minute.
8. Add caper mixture and heat through for about a minute.
9. Pour sauce over eggplant and serve immediately.

Eggplant Casserole

1/3 cup oil

3/4 cup onions, thinly sliced

2 cloves garlic, diced

3 green bell peppers, seeded, cored, and cut into strips lengthwise

2 1/2 cups eggplant, peeled and diced

3 cups zucchini cut in 1/2 inch slices

2 cups tomatoes, sliced

Sea salt

Directions:

1. Put oil in a 10-inch cast-iron Dutch oven.
2. Sauté onions and garlic in the oil until golden.
3. Remove onions and garlic and combine in layers (in a deep-dish casserole) with the remaining vegetables, adding a sprinkling of sea salt to each layer.
4. Sprinkle the top of the casserole with a little oil. Cover. Simmer the casserole over very low heat 35-40 minutes, or until vegetables are tender.
5. Uncover and continue to cook for 10 minutes or so to reduce the liquid. Serve hot.

Eggplant "UN" Parmesan

Eggplant

Salt

Olive Oil

Zucchini

Onions

Mushrooms

Garlic

Marinara Sauce

Directions:

1. Preheat oven to 375 degrees

2. Prepare eggplant by cutting into $\frac{3}{4}$ inch slices. Salt both sides and place in a colander for 30 minutes to remove excess water.
3. Heat olive oil in sauté pan over medium heat.
4. Add eggplant slices to pan and sauté, browning both sides.
5. In the meantime, chop zucchini, onions, and mushrooms into small chunks.
6. Add desired amount of fresh garlic to veggie combo.
7. Then mix with Trader Joe's marinara sauce.
8. Pour marinara mixture into a 9x13 glass pan.
9. Add sautéed slices of eggplant.
10. Bake at 375 F for 35 min.

Lettuce Wraps

Choice of Sautéed Vegetables:

- Peppers, cut in long strips
- Onions, thinly cut
- Carrots, shredded
- Zucchini cut in long strips
- 2 T Fresh cilantro, if desired
- 1 T Olive oil, for sautéing
- 4-6 Iceberg or red lettuce leaves

Sesame Ginger Dipping Sauce (with Lettuce Wraps)

- 1/4 cup water
- 3/4 teaspoon cornstarch
- 1/3 cup honey
- 1/3 cup vinegar
- 1/4 cup soy sauce substitute, see recipe under dressings and sauces
- 1 teaspoon minced ginger
- 1 teaspoon oil
- 1/4 teaspoon minced garlic
- 1 dash red pepper flakes
- 1 dash parsley

Instructions:

1. Sauté vegetables.
2. Wash whole lettuce leaves and dry.
3. Combine all dipping sauce ingredients.

4. Put all sautéed vegetables in a serving bowl and spoon into individual lettuce leaves and roll up to eat.

Meatless Loaf

- 1 ¼ cups dry red or yellow lentils
- 2 medium carrots, shredded
- ¾ cup snipped dried apricots and/or golden raisins
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 ½ tsp. garam masala
- 2 cloves garlic, minced
- 1 T olive oil
- 2 tbsp. potato starch, or 3 eggs OFF purification
- 1 ½ cups cooked brown rice
- ½ cup mango chutney
- ¼ cup chopped red sweet pepper
- ¼ cup chopped peeled fresh mango
- Cilantro leaves (optional)
- ** ¾ cup pecans, toasted and chopped **after purification only!

Directions:

1. Preheat oven to 350°F.
2. In medium saucepan bring 3 cups water and lentils to boil; reduce heat.
3. Cover; simmer 10 to 15 minutes or until tender.
4. Drain; set aside.
5. In 10-inch skillet cook carrots, apricots, onion, celery, garam masala, and garlic in hot oil over medium heat for 5 minutes or until tender, stirring occasionally.
6. In large bowl combine potato starch, cooked lentils, carrot mixture, brown rice, (2/3 cup of the nuts), half the chutney, and 1 tsp. salt.
7. Firmly press lentil mixture into a greased 9-inch deep-dish pie plate.
8. Bake, uncovered, 25 minutes.
9. In small bowl combine remaining chutney with sweet pepper, mango, and (remaining nuts).
10. Evenly spoon chutney mixture on loaf.
11. Bake 10 minutes more or until chutney mixture is heated through.

12. Sprinkle with cilantro leaves.
13. Let stand 15 minutes; cut in wedges to serve.

Radish Curry

A bunch of red radish – contains 6 to 8 radishes

1 small onion, sliced

2-3 small garlic cloves, crushed

8 small green chilies, crushed

Pinch of turmeric powder

1 T olive oil

Pinch of mustard seeds

Spring of curry leaves

Sea salt to taste

Directions:

1. The leaves: Roll all the leaves together and slice into long shreds.
2. Clean the radishes and cut them, as you would slice an apple.
3. Clean the leaves if you want to use them in the dish.
4. In a pan, add some oil. When it is hot, add the mustard seeds.
5. When the mustard seeds splutter, add curry leaves and onions.
Sauté for 3-5 minutes until edges of the onions turn slightly brown.
6. Add the crushed garlic and chilies, and turmeric powder. Sauté for about a minute or even less.
7. Add the radishes, mix well and add salt. Cook covered for about 3-4 minutes.
8. Once the radish seems soft, remove the lid and crank up the heat.
9. Sauté on high heat for a couple more minutes. The radishes will be soft yet crunchy.
10. After you remove the radishes onto a plate, in the same pan quickly sauté the leaves for a few seconds and add it to the top of the radishes.
11. For best results, serve right off the stove. The dish takes less than 15 minutes.

Primavera Verde Prep & Cook Time 60 Minutes

1 spaghetti squash, cooked and center shredded

1 medium onion, quartered and sliced thin

1 small red bell pepper, cut in 1-inch strips
1 medium carrot, cut in very thin sticks 1-1/2 inches long
1 bunch thin asparagus, cut 1-1/2 inches long, discard bottom fourth
1-1/2 cup zucchini or summer yellow squash, cut in thin 1-inch strips
3 medium cloves garlic, chopped
1 15 oz. can diced tomatoes, with juice
1 T +1/4 cup vegetable broth
1 cup fresh basil, chopped
3 T fresh sage, minced
1 cup fresh parsley, minced
3 T fresh oregano, minced
Sea salt and black pepper to taste

Directions:

1. Cut spaghetti squash in half, scrape out the seeds and pulp, and bake at 375 degrees for 30-45 minutes, rind side up.
2. Meanwhile, chop onion and garlic, let sit for 5 minutes, and chop remaining vegetables.
3. Heat 1 TBS broth in medium stainless steel skillet. Sauté onion in vegetable broth over medium heat, stirring frequently for 3 minutes.
4. Add vegetables in order given, waiting about 1 minute between each.
5. Add tomatoes and remaining broth and simmer for another couple minutes, until vegetables are barely tender, about 10 minutes.
6. Add minced herbs.
7. Season with salt and pepper.
8. After spaghetti squash is finished baking, use a fork to separate strands, and mix in with the vegetable mixture. Enjoy!

Simply Grilled Salmon Steaks

Salmon Steaks (organic preferred over farm raised)

1 T Melted butter
1 T Maple Syrup

Directions:

1. Prepare grill, medium high heat.
2. Clean and dry salmon.

3. Melt about a tablespoon of butter and add in an equal amount of maple syrup.
4. Brush one side of salmon with this glaze and place on grill, glazed side down.
5. Brush other side and flip once they are nicely charred.
6. Cook until they flake easily with a fork but are still quite moist.

*A good accompaniment is sliced, glazed, grilled pineapple (cooked in the same way).

- ❖ Wild caught fish has more omega 3 fats than farm raised fish.
- ❖ Wild caught fish also have less pesticides and are not given antibiotics. Farm raised salmon, for example, are given a salmon-colored dye in their food that gives them their color.
- ❖ Organic offers little or no pesticides.

Spaghetti Squash with Marinara

1 spaghetti squash

Marinara sauce

Optional: zucchini, mushrooms, bell peppers, onions, garlic

Directions:

1. Cut spaghetti squash in 2 halves, lengthwise. Remove the seeds. Put upside down on baking dish. Bake at 375 degrees until inside is somewhat soft (about 45 min for a 2.5 lb. squash)
2. Scrape out inside and serve as a pasta replacement with Trader Joe's marinara sauce.
3. Add texture and nutritional bulk to TJ's marinara sauce by adding chopped veggies (zucchini, mushrooms, peppers, onions, garlic).

Roasted Spaghetti Squash, Tomatoes, & Zucchini

1 ½ pints cherry or grape tomatoes

¼ cup oil

2 tsp. minced garlic

1 spaghetti squash, about 3 ½ pounds

1 large zucchini, about 1 pound

¼ tsp. each salt and pepper

Directions:

1. Position oven racks to divide oven into thirds. Heat to 425 degrees. Line two 15 x 10" baking pans with foil.
2. Halve tomatoes; place tomatoes, 3 Tbsp. oil and garlic in a 13 x 9" baking dish.
3. Halve spaghetti squash lengthwise and scoop out seeds.
4. Brush cut surface of squash with a little of the remaining 1 Tbsp. oil; place flesh-side down on a foil-lined pan.
5. Quarter zucchini lengthwise and cut into $\frac{3}{4}$ -inch pieces.
6. Place on other foil-lined pan; toss with remaining oil.
7. Roast tomatoes and spaghetti squash on top rack 40 minutes until you can easily pierce squash shell.
8. Roast zucchini on bottom rack 30 minutes, tossing once, until tender and slightly browned.
9. Scrape strands of spaghetti squash into large bowl.
10. Toss zucchini with roasted tomatoes, the salt and pepper; spoon over spaghetti squash. Serve.

Chicken Cutlets

8 chicken cutlets
3 T unsalted butter, melted
3 Garlic cloves, thinly sliced
2 tsp. fresh thyme leaves
Coarse salt
Ground pepper
1 T olive oil
Chopped parsley for serving (optional)

Directions:

1. Stack cutlets in a double layer in a zip-lock bag.
2. In a small bowl, combine 2 T butter, garlic, and thyme and whisk to combine.
3. Season with pepper.
4. Pour marinade into bag with cutlets and marinate for at least 2 hours.

5. In two batches, heat 1 ½ tsp. butter and 1 ½ tsp. butter over medium-heat in a large skillet.
6. Remove cutlets from bag and discard the marinade, add half the cutlets to pan and cook until browned and cooked through, 4 minutes total, flipping halfway through and adjusting heat as necessary to prevent pan from overbrowning.
7. Serve chicken sprinkled with parsley if desired.

Spiced Roast Chicken with Onions and Lentils

1 cup dry lentils, rinsed and drained
2 cloves garlic, smashed and peeled
4 chicken legs, separated into thighs and drumsticks
Salt and pepper
5 T extra-virgin olive oil
1 T grated fresh ginger
2 tsp. ground cinnamon
1 onion, chopped

Directions:

1. Preheat the oven to 450°F.
2. In a large saucepan, combine lentils and garlic with water to cover by 1 ½ inches.
3. Bring to a boil, then lower the heat and simmer until the lentils are tender, about 20 minutes; drain.
4. Discard the garlic, if desired, and set lentils aside. Save the sauce pan.
5. Meanwhile, season the chicken with salt and pepper.
6. In a large bowl, whisk together 2 T olive oil, the ginger and cinnamon; add the chicken and toss.
7. In a large ovenproof skillet, heat 1 T olive oil over medium heat.
8. Add the chicken and cook until golden, 6 to 8 minutes; flip, then transfer the skillet to the oven and roast until cooked through, about 15 minutes.
9. In the reserved saucepan, heat the remaining 2 T olive oil over medium heat.
10. Add the onion and cook, stirring, until golden, about 10 minutes.
11. Stir into the lentil mixture with any reserved pan juices from the chicken; season with salt and pepper.
12. Serve with the chicken.

Stuffed Bell Peppers

6 bell peppers
4 cups raw brown rice
2 large onions, chopped
4 cloves garlic, crushed
8 cups soup stock
3 cups tomatoes, chopped
½ cup oil
Sea salt
Cayenne

Directions:

1. Leave peppers whole and remove the tops, seeds, and membrane.
2. Cover rice with hot water and allow to stand for 15 minutes. Drain and rinse in cold water. Drain again and dry thoroughly.
3. Place onion and garlic in blender with ½ cup of stock. Puree and set aside.
4. Blend tomatoes separately. Heat oil and sauté rice until golden. Transfer to 8-quart cooking pot.
5. Add onion and tomato purees, stock, salt, and cayenne. Bring to a boil; reduce heat and cook, covered, until almost all the liquid is gone.
6. Stuff peppers with the mixture, and place in a baking dish upright.
7. Cover with Creole Sauce (see Dressings section)
8. Bake at 350 degrees until thoroughly heated.

Stir-Fry Peppers and Mushrooms

2 T Olive Oil
3 Green onions, sliced
3 Garlic cloves, minced
1 Red bell pepper, seeded and diced
1 Yellow bell pepper, seeded and diced
1 cup mushrooms, sliced
1 tsp. sesame oil

Directions:

1. Heat oil and stir fry onions (1 minute), then garlic (20 seconds).
Then add peppers and mushrooms. Stir-fry until it becomes a bit soft, (about 2 minutes).
2. When done, remove from heat and add the sesame sauce mixing it all together, and serve.

Sushi with Cucumber and Avocado

2 cups brown rice
2 cups water
4 tablespoons rice vinegar
2 teaspoons salt
Kelp leaf

Vegetables: sliced jubilee style

Cucumber
Carrots
Scallion
Avocado
Asparagus
Seaweed wraps, Nori sheets
Bamboo mat

Directions:

Cooking Rice:

11. Rinse the rice 3-5 times; the water does not have to run clear.
12. Place rice to drain in a strainer.
13. Drain for one hour in the winter, 30 min in the summer.
14. While rice is draining, combine vinegar and salt together in a bowl and mix well.
15. The kelp leaf should be about 2 in long, wipe it lightly, cut small slits to make it look like a comb and add it to a pot along with the water.
16. Add rice to the pot.
17. Bring quickly to a boil and then reduce to a simmer. Cover the pot and do not touch it until the end, NO PEEKING. Cook for 15 minutes before removing the pot from the heat but keep the lid CLOSED.
18. Let rice rest for 10 min and then remove the cover.
19. Place in a glass dish to cool and lightly fan the rice while adding the vinegar mixture.

20. Mix rice gently, careful not to break it. Sushi rice is best used at body temperature.

Rolling Sushi:

9. Put a sheet of plastic wrap over the bamboo mat.
10. Place Nori down on the bamboo mat. Typically, the shinier side is put face down.
11. With damp hands, grab the cooked rice and spread it onto the Nori. The layer of rice should be thin enough so that you can see the nori underneath. Leave about half an inch of space at the edge of the nori furthest from you, and rub a bit of warm water on it. This will help the two sides of nori stick together.
12. Line up your ingredients in the middle of the nori.
13. Holding the closest edge of the bamboo mat, roll the sushi away from you. Tighten the roll as you go, be careful not to make it too tight, however, or fillings may start to fall out.
14. Once tightened, you should be able to unwrap the bamboo without the roll coming apart.
15. Cover your roll with the bamboo mat and press your hands over it to further pack the roll.
16. Move your full roll to a cutting board. Slice it first down the middle. From there you can cut it into sixths or eighths, whichever you prefer

Sautéed Tilapia

- 1 lb. tilapia fillet, or any light white fish
- 2 tablespoons butter
- 2 teaspoons olive oil
- 1/2 teaspoon basil
- 2 teaspoons Cajun seasoning
- 1 1/2 teaspoons dried onion flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon parsley flakes
- Lemon pepper, to taste

Directions:

1. In a large sauce pan, over medium heat, sauté together everything except the fish.

2. Add the fish, and adjust the heat to medium-high. The fish will cook quickly. Brown each side cooking approximately 3-4 minutes per side. (Adjust temperature if needed). Be careful not to over-cook the fish.

Shrimp and Scallions

1 tsp. vegetable oil
4 scallions, white parts halved lengthwise and cut into 1 1/2 -inch pieces, green parts thinly sliced for garnish (optional)
1-inch piece fresh ginger, peeled and cut into matchsticks
1/2 pound cooked small shrimp, peeled and deveined
1 T fresh lime or lemon juice

Directions:

1. In a large skillet, heat oil over medium-high.
2. Add scallions whites, ginger, and garlic; cook, stirring, until scallions begin to soften, about 3 minutes.
3. Add shrimp and simmer until desired doneness.
4. Add lime juice and garnish with scallion greens if desired.

Shrimp in Spiced Tomato Sauce

1 T olive oil
1 medium white onion, cut into medium dice
1 T plus 2 tsp. minced peeled fresh ginger
1 1/2 tsp. ground coriander
1/8 tsp. cayenne pepper
1 tsp. finely grated lemon zest
1 28-oz can whole peeled tomatoes
Coarse salt
Ground pepper
1 pound large frozen raw shrimp, peeled and deveined
Chopped cilantro, for serving
Wild Rice (optional), for serving

Directions:

1. In a medium saucepan, heat oil over medium.
2. Add onion and ginger; cook until onion is softened, about 3 minutes.

3. Add coriander, cayenne, and lemon zest; cook, stirring frequently, until fragrant, about 2 minutes.
4. Add tomatoes, breaking them up as you go.
5. Bring mixture to a boil; reduce to a simmer and cook 10 minutes.
6. Season tomato sauce with salt and pepper.
7. Add shrimp and bring to a simmer over medium-high; cook until shrimp are opaque throughout, about 3 minutes.
8. Serve sprinkled with cilantro.

*Wild rice makes a good side with the shrimp.

Vegetable Angel Hair Zucchini "Pasta"

3 zucchini

16oz. cherry tomatoes (very flavorful) or 1 lb. regular tomatoes

½ small white onion

A few fresh basil leaves

1-2 cloves of garlic

1 red, orange or yellow bell pepper (not green)

2 tsp. dried Italian spices or oregano, basil, sea salt & pepper

A little extra virgin olive oil (optional)

Directions:

1. Use a Spiral slicer to cut Zucchini into angel hair like strands.
2. Place all other items in a food processor or blender, and PULSE CHOP to obtain a "chunky" consistency. We don't recommend pureeing the mixture.
3. Pour sauce into a bowl and allow to "set" for 30 minutes to allow sauce to thicken.
4. Pour sauce over your Zucchini "pasta".

Vegetable Brown Rice Risotto (Makes 2 servings)

1-cup organic brown rice

2 medium yellow squash, julienned

½ red onion, diced

1 medium carrot, grated

1 Tbsp. tomato paste

3 garlic cloves

4 asparagus, chopped in fours

1 Cup mushrooms, raw

1 pinch sea salt
1-cup water

Directions:

1. Cook Brown Rice separately.
2. Heat the garlic and onions in pot until soft.
3. Add Carrots and tomato paste and stir.
4. Add all vegetables and add water.
5. Cook until soft, add seasoning and stir.
6. Once rice is cooked mix into the pot and stir - serve.

Vegetable Paella

3 T olive oil
½ red onion, chopped
½ green bell pepper, chopped
12 oz. mushrooms, sliced
2 cloves garlic, minced
1 tsp. paprika
1 tsp. dried oregano
1 tsp. dried thyme
¼ tsp. freshly ground pepper
1/8 tsp. ground red pepper
1 ½ cup brown or wild grain rice
2 ½ cup vegetable stock
1 ½ cup chopped tomatoes
1 ½ tsp. sea salt
9 oz. baby spinach, roughly chopped
1 cup frozen peas
1 cup frozen artichoke hearts
2 T red wine vinegar
½ cup parsley, chopped

Directions:

1. Heat oil in paella pan or Dutch oven over medium heat.
2. Add onion and cook until softened, 5 minutes.
3. Add bell pepper and mushrooms, season with salt to taste, and cook stirring until softened, 3-4 minutes.
4. Stir in garlic, paprika, oregano, thyme, and black and red peppers and cook 1 minute.

5. Add rice and then stock, tomatoes, and salt.
6. Bring to a boil; reduce heat, cover, and cook 15 minutes.
7. Stir in spinach, peas, artichoke hearts, vinegar, and 2 tablespoons of the parsley.
8. Season to taste with salt and ground black pepper.
9. Cover and cook 5 minutes longer.
10. Remove from heat and let stand, covered, 5 minutes.
11. Serve sprinkled with remaining parsley.

Vegetable Sauté with Quinoa

3 Zucchini, diced
1/2 red onion, diced
3 garlic cloves, minced
2 cups sliced mushrooms
1 cup grape/cherry tomatoes, halved
Kale or spinach, 1- 2 cups
Trader Joe's Healthy 8 Mix (1/2 container)
3-5 Artichoke Hearts, sliced
Juice of 1 lemon, squeezed
Sprinkle of herbs (thyme, fresh cilantro, salt, pepper)
2 cups quinoa, cooked

Directions:

1. Cook quinoa separately.
2. Sauté garlic and onions in olive oil.
3. Add the other vegetables (except the greens) and continue to sauté.
4. When vegetables are soft, add greens for 1-2 minutes. Do not overcook.
5. Add seasonings and lemon juice.
6. Then add quinoa. Stir and enjoy!

Bachelor Portobello Mushroom

Portobello Mushroom
Garlic/Olive Oil Crushed
Butter, organic
Marinara Sauce

Tip: If you want to buy sauce instead of making it, look for a brand that has

no sugar, high fructose corn syrup, "Natural Flavors" etc....(It must be just tomatoes, garlic, onions, salt, water, etc....) Copollo Brand is an example of a 'clean' sauce. Trader Joes makes an excellent one that is detox approved. It has vegetables, salt and spices ONLY.

Directions:

1. Medium Heat- Portobello Mushroom in pan for 5 minutes per side.
2. Add Marinara Sauce over Mushroom in pan and put over low heat for a couple of minutes.

Mushroom Kabobs

Cherry tomatoes

Small boiling onions

Mushrooms

Pineapple

Summer squash or cauliflower

Soy sauce substitute *see recipe under sauces/dressings

Lemon juice

Oil

Honey

Arrowroot

Directions:

1. Marinate mushrooms overnight in mixture of soy sauce substitute, lemon juice, and oil. Partially cook onions, squash, and cauliflower. Arrange vegetables on skewers.
2. Prepare a sweet-and-sour sauce with remaining marinating liquid from mushrooms by adding honey to taste and enough arrowroot to thicken the mixture (about 3 to 4 Tbsp. per quart of liquid).
3. Broil the vegetables on skewers until lightly seared, about 10 to 15 minutes.
4. Serve on a bed of rice topped with sweet-and-sour sauce.

Additional Recipes & Notes: