

Recipes

Breakfast:

Super Smoothie Recipe – See additional handout in toolkit

Snacks:

Laura's Lox Wrap - 1 serving

Lox (wild caught salmon)
Sliced cucumbers
Sliced sweet red peppers
Thinly sliced onions
Sliced avocados
Capers
Boston lettuce, as a wrap

Assemble lox, cucumbers, sweet red peppers, onions, avocado, and capers carefully on top of a Boston lettuce leaf. Get ready to chase those errant capers!

Lunch and Dinner:

Grilled Lemon Chicken

2 ½ tbsp extra-virgin olive oil plus additional for drizzling
2 tbsp fresh lemon juice
1/2 tsp salt
1/2 tsp ground black pepper
6 large skinless boneless chicken breast halves, pounded to 1/3-inch thickness
3/4 cup plus 1/3 cup (loosely packed) chopped fresh cilantro
1/2 cup chopped toasted almonds (optional)
1 lemon, cut into 6 wedges

Place 2 1/2 tablespoons oil, lemon juice, salt, and pepper in large resealable plastic bag. Add chicken and seal bag, releasing any excess air; turn several times to coat. Let stand at room temperature 30 minutes. Alternatively, chill 1 to 3 hours and bring to room temperature before continuing. Prepare barbecue (high heat). Brush grill rack with oil. Transfer chicken from bag to barbecue with some marinade still clinging and grill until slightly charred and just cooked through, about 4 minutes per side. Transfer chicken to platter and let rest 10 minutes. Stir 3/4 cup chopped cilantro into couscous. Sprinkle almonds over, if desired. Drizzle chicken with oil, sprinkle remaining 1/3 cup chopped cilantro over, and garnish with lemon wedges.

Lemon Baked Tofu

2 blocks firm or extra-firm tofu, well pressed
2 tbsp **gluten free** soy sauce
2 tbsp lemon juice
2 tbsp olive oil
2 tbsp Dijon mustard
1 tsp sugar
1 tsp basil
1 tsp thyme
Salt and pepper to taste

Slice your pressed tofu into ½ inch thick strips. Whisk together all ingredients except for tofu. Transfer to a small shallow pan or zip-lock bag and add tofu, coating well. Allow tofu to marinate for at least 1 hour (the longer the better!), turning to coat well with marinade. Heat oven to 375 degrees. Transfer tofu and marinade to baking dish and bake for 20-25 minutes, turning halfway through and pouring extra marinade over the tofu as needed.

Soups and Broths: (It is best that all ingredients be organic when possible)

Chilled Watercress-Spinach Soup - 4 servings

2 tbsp (1/4 stick) butter
2 cups thinly sliced leeks (white and pale green parts only; about 3 medium)
1 7-to-8-ounce white-skinned potato, peeled, diced
3 cups (or more) low-salt chicken broth
2 cups (packed) coarsely chopped watercress with some of stems plus small sprigs (for garnish)
1 cup (packed) baby spinach leaves
1 1/2 tsp fresh lemon juice
2 hard-boiled eggs, peeled, chopped (for garnish)

Melt butter in heavy large saucepan over medium heat. Add leeks and potato; sauté until leeks are slightly softened but not brown, stirring often, about 5 minutes. Add 3 cups broth; bring to boil. Reduce heat, cover, and simmer until vegetables are very tender, 10 to 12 minutes. Add watercress and spinach; stir until wilted, about 1 minute. Cool slightly.

Working with 1 cup at a time, puree soup in blender until smooth. Transfer soup to large bowl. Stir in lemon juice; season with salt and pepper. Chill until cold, about 2 hours. Thin with more broth, if desired. Ladle soup into bowls. Garnish center of each with hard-boiled eggs and small watercress sprigs.

Alkaline Broth

2 quarts filtered water	Pinch of sage
3 stalks celery or bok choy	3 carrots
1 large onion	1 small beet, peeled
2 cloves garlic, minced	6 small/medium potatoes, unpeeled
1 cup fresh spinach leaves	1/4 cup fresh parsley, finely chopped

Wash all vegetables. Do not peel if organic (except beets). Coarsely chop all the vegetables. Cover with water in a non-aluminum pot; add sage. Bring to a boil, reduce heat and allow to simmer, covered, until broth has a rich flavor, about 20 minutes. Strain and drink hot or cold. For a heartier broth, remove 1/2 veggies, blend in blender or food processor, and return to soup

Bieler Broth (may restore alkaline reserves and improve general liver function)

Celery, cut into chunks	Green Beans
Spinach	Zucchini and yellow squash, cut into chunks
1 generous handful parsley	1 small handful of cilantro

Wash veggies. Combine equal amounts of the above vegetables and steam in a steamer basket. Make sure the water is below the level of the vegetables. Steam for a few minutes, until vegetables are cooked but still slightly crunchy. Combine vegetables, water, and herbs in a blender and puree until smooth to the consistency of pea soup. You may add more water or broth for a thinner consistency, if desired.

Borscht

2 cups finely shredded cabbage	2 cups boiling water
1/2 cup chopped onion	2 tbsp olive oil
2 tsp caraway seed	1 tsp honey, if desired
3 tbsp lemon juice	Salt and pepper to taste
1 pound cooked small beets, peeled, chopped (save the cooking water)	
1 quart chicken or vegetable stock (wheat-free)	

Cook the cabbage for ten minutes in boiling, salted water. Cook the onion in the oil for a few minutes, without browning. Drain the beets, saving the cooking liquid, and finely chop. Add the chicken or vegetable stock to the onions. Upon boiling, add the cabbage and its cooking liquid back in. Add the beets, one cup of beet cooking liquid, caraway seeds, honey, salt and pepper to taste. Simmer for ten minutes, skimming carefully. Remove the soup from the heat. Add lemon juice and heat just to the boiling point. Serve with dill weed garnish. Eat soup hot or cold.

Veggie Broth

2 quarts filtered water
2 Cups Broccoli
1 zucchini

2 cups spinach
3 cups celery stalks
2 cups red-skinned potato peels

Chop up all the veggies, place in a pot with the water, bring to a boil, cover and simmer for 20-30 minutes. Strain the liquid and drink the broth. You can drink this anytime during a cleanse or medical fasting program.

Apple Cucumber Juice

1 large organic cucumber, sliced lengthwise
½ organic apple, cut into chunks
several sprigs of parsley

Slice the cucumber and apple to fit the juicer. Use the apple and cucumber to push the parsley through the juicer. Drink immediately for maximum benefit.

Salads and Vegetables:

Raspberry Chicken Salad - Serves 4

1 chicken breast, skinned
2 bags prepared mixed greens
1 pink grapefruit, peeled and sectioned
2 green onions, thinly sliced
Paul Newman's Own light raspberry and walnut dressing

Sea salt and pepper
2 medium oranges, peeled and sliced
1 avocado, halved, peeled and sliced
Red raspberries

Trim chicken breast. Grill on each side for 5-7 minutes and remove from the heat. Let stand for 5 minutes then slice into strips. Salt and pepper to taste. Rinse and dry mixed greens and place in a large bowl along with green onion. Lightly dress with raspberry and walnut salad dressing and place on dinner plates. Arrange orange and grapefruit sections, avocado and chicken on top of greens. Drizzle additional salad dressing to taste. Garnish with fresh raspberries and serve. To make this a vegetarian option: leave out chicken and add garbanzo beans.

Quinoa Salad

1/2 cup quinoa
1 tbsp olive oil
2 tbsp orange juice
2 scallions, thinly sliced
2 tbsp raisins
1 orange, peeled and coarsely chopped
Salt and pepper

1 cup water
1 tbsp lemon juice
1 clove garlic, finely minced
1 tsp grated fresh ginger
2 tbsp toasted pine nuts
1 cup chopped cooked chicken (optional)

In a strainer rinse the quinoa under running water and drain. Combine the quinoa and water in a saucepan and bring to a boil. Reduce the heat to low, cover and simmer until all the water is absorbed. In a large bowl combine the remaining ingredients and season with salt and pepper. Stir in the quinoa and mix well. Serve chilled or at room temperature.

Chickpea, Beet and Citrus Salad - Makes 4 servings

2 naval oranges
2 tangerines
1 cup peeled and shredded raw beets
1 15-ounce can chickpeas, drained and rinsed

Dressing:

1/2 tsp lemon zest
1 tbsp fresh lemon juice

1/2 tsp orange zest
1 tbsp fresh orange juice
1/2 tsp tangerine zest
1 tbsp fresh tangerine juice
1 tbsp champagne or white wine vinegar
1 garlic clove, pressed
1/2 cup extra virgin olive oil
3-4 hearts of romaine, shredded
1/4 cup sesame seeds, preferably black

Cut a disk off the top and bottom of each orange, slicing through the colored peel and white pith to expose the flesh. Next, cut downward, following the contours of the fruit, to remove the skin and pith, thereby exposing the orange flesh. Repeat until all the skin is cut away. Cut the orange crosswise into slices, and then into bite-sized pieces. Add the oranges to the bowl. Cut the tangerines the same way, and add to the bowl with the oranges. Stir in the beets, chickpeas, and olives and set aside.

For the dressing, whisk together the lemon zest and juice, the orange zest and juice, the tangerine zest and juice, the vinegar, and garlic. Add the olive oil gradually, whisking thoroughly to combine. Divide the romaine onto plates, top with the chickpea mixture and drizzle with dressing. Sprinkle with sesame seeds and serve.

Aduki Bean and Rice Salad - 4 servings

1 1/2 cups water
1 cup brown basmati rice, washed
2 tbsp unrefined sesame oil
1 tbsp grated ginger
2 garlic cloves, minced
1/2 cup carrot, small diced
1/2 cup red bell pepper, small diced
1/2 cup celery, small dice (optional)
1/2 cup scallions, whites and greens, thinly sliced
3 tbsp chopped fresh cilantro (optional)
1 15-ounce can aduki beans, drained and rinsed or 1/2 cup dried beans (see note below)

Dressing:

2 tbsp fresh lime juice
2 tbsp honey
1 tbsp sesame seeds, toasted
1/8 tsp toasted sesame oil
1 tbsp gluten-free tamari or gluten-free shoyu
1 tbsp water
2 tsp mellow miso

Bring water to a boil in a small pot and add the rice. Reduce heat to a simmer and cook covered for 30 minutes, or until rice is completely tender. Fluff the rice with a fork and reserve. Heat the oil in a medium skillet. Add the ginger and garlic and sauté for one minute over medium heat. Add the carrot and sauté for 2 more minutes, then add the red pepper and continue to cook until soft. Place the mixture in a large bowl. Add the rice, celery, scallions, cilantro and beans, mixing gently until well combined.

Make the dressing: Whisk all the dressing ingredients together in a small bowl until well combined and pour onto the salad, and stir to coat thoroughly. Serve immediately or refrigerate for serving later.

TIPS: Chose gluten-free tamari or shoyu if you are gluten-sensitive/intolerant. If you are using dried Aduki beans start those cooking first. They do not need to be soaked. (Clean and sort 1/2 cup of Aduki beans and add to 3 cups of boiling water with a bay leaf or a one inch piece of Kombu. Reduce the heat and let simmer for about 30 minutes or until beans are tender. Drain and set aside.

Grilled Summer Vegetables with Harissa Dressing

1/2 cup plus 3 tbsp extra-virgin olive oil

2 tbsp fresh lemon juice
2 tsp harissa powder
1 red bell pepper, quartered, seeded
1-1½ -pound eggplant, trimmed, cut crosswise into 1/2-inch-thick rounds
4 medium zucchini, halved lengthwise, then crosswise
6 large green lettuce leaves
3 tbsp chopped fresh cilantro
Lemon wedges (for garnish)

Harissa powder is a spice blend sold at Middle Eastern markets, specialty foods stores, and online at wholespice.com. If unavailable, combine 2 teaspoons ground coriander; 1 1/2 teaspoons ancho chile powder; 1 teaspoon each garlic powder, paprika, and cumin; 1/2 teaspoon salt; and 1/4 teaspoon cayenne pepper.

Whisk 1/2 cup oil, lemon juice, and harissa in medium bowl. Season dressing with salt.

Prepare barbecue (high heat). Grill bell pepper quarters, skin side down, until skin is blackened all over (do not turn). Reduce heat to medium (if using gas grill) or let coals cool slightly (if using charcoal grill). Pour remaining 3 tablespoons oil onto rimmed baking sheet. Place eggplant rounds and zucchini on prepared sheet; turn to coat.

Sprinkle vegetables with salt and pepper. Grill until charred in spots and cooked through, turning occasionally, about 10 minutes. Return vegetables to same sheet. Peel peppers.

DO AHEAD *Dressing and vegetables can be made 2 hours ahead. Let stand at room temperature. This frees up room on the grill for whatever meat you are grilling (lamb would be delicious with the vegetables)*

Line platter with lettuce. Cut eggplant rounds crosswise in half; arrange in concentric circles atop outside edge of lettuce, leaving center empty. Cut bell pepper and zucchini into 1-inch pieces; mound in center. Drizzle some of dressing over. Sprinkle with cilantro. Serve with lemon wedges; pass additional dressing.

Simple Salad Dressing - 2-3 servings
Author: Metagenics Detox Patient Guide

Whisk or shake in a jar:

¼ cup olive oil
1-2 tbsp apple cider vinegar
¼ tsp dry mustard
Salt, pepper, and herbs to taste

Refrigerate

Grains and Breads:

Gluten-Free Corn Bread - *Makes 10 slices*

2/3 cup rice milk
1 tbsp. apple cider vinegar
3/4 cup Bob's Red Mill gluten-free all-purpose baking flour
1/2 cup cornmeal
1/2 cup corn flour
2 tsp baking powder
1 tsp baking soda
1 tsp xanthan gum
1 tsp salt
1/2 cup coconut oil, plus more for the pan
1/3 cup agave nectar
1/3 cup homemade applesauce or store-bought unsweetened applesauce
2 tsp pure vanilla extract

Preheat the oven to 325°F. Lightly grease a 7x4x3-inch loaf pan with oil.

Pour the rice milk and apple cider vinegar into a small bowl, but do not stir; set aside to develop into "buttermilk." In a medium bowl, whisk together the flour, cornmeal, corn flour, baking powder, baking soda, xanthan gum and salt. Add the oil, agave nectar, applesauce and vanilla to the dry ingredients. Stir the batter until well combined. Pour in the "buttermilk." Mix gently until the ingredients are fully incorporated and a slightly grainy batter is formed.

Pour the batter into the prepared pan. Bake the corn bread on the center rack for 32 minutes, rotating the pan 180 degrees after 20 minutes. The finished corn bread will bounce back slightly when pressed, and a toothpick inserted in the center will come out clean.

Let the corn bread stand in the pan for 20 minutes, then gently run a knife around the edge of the bread. Cover the top of the pan with a cutting board, and invert the loaf onto the board.