

Applied Functional Medicine in Clinical Practice
RECIPES for the Various Clinical Imbalances

Day 1-Assimilation, Digestion and Elimination Imbalances

GRANOLA - Serves 24

Ingredients

12 cups rolled oats (Bob's Red Mill gluten-free ONLY)	1 tsp ground cinnamon
2 cup coconut	¼ cup coconut oil, virgin, organic
1 ½ cups almonds, raw	¼ cup honey, raw
½ cup pumpkin seeds, raw	½ to ¾ cup unsweetened dried fruit, cranberries, raisins, etc

Directions

Preheat oven to 350°. Stir oats, almonds, pumpkin seeds, and coconut together in large bowl. Spread evenly on two ungreased baking sheets and bake for 8 minutes; allow to cool. Place mixture back in large bowl and stir in cinnamon. Reduce oven to 250° degrees. In a saucepan over medium heat, combine coconut oil and honey. Simmer for 2 minutes, stirring occasionally. Remove from heat and pour over dry mixture, stirring thoroughly. Spread evenly onto two baking sheets. Bake about 1 hour, until golden, stirring every 15 minutes. After ½ hour, stir in dried fruit. Allow to cool on baking sheets, then put in large bowl and stir well. Store in a jar at room temperature

BUTTERNUT SQUASH SOUP WITH GINGER - Serves 6

Ingredients

2 butternut squash, seeded and halved lengthwise (4-5 lbs total OR 6 cups cooked and cubed)	
2 tbsp olive oil	½ cinnamon stick
2 cups thinly chopped onion	1 tbsp raw honey
2 tsp fresh ginger, minced	5+ cups low sodium chicken broth
2 garlic cloves, minced	sea salt and pepper to taste
	chopped fresh parsley for garnish

Directions

Preheat oven to 375°. Oil a baking sheet. Place squash cut side down on baking sheet. Bake until squash is soft, about 45-50 min. Remove peel and cut squash in 2 inch cubes. Set aside. Heat oil in a large pot over med heat and add onion, ginger, garlic and cinnamon. Cover pot and cook until onion is tender, about 15 minutes. Add squash, honey, and 5 cups chicken broth. Bring to boil. Reduce heat to medium-low. Cover and simmer 10 minutes. Discard cinnamon. Working in batches, puree soup in blender or food processor until smooth. Return to pot and season with sea salt and pepper to taste. Bring to simmer, thinning soup with more chicken broth if needed. Ladle into bowls and sprinkle with fresh parsley to serve. From Epicurious.com

HEALING CHICKEN, WILD RICE, HERB SOUP - Serves 6

Ingredients

1 cup dry wild rice, rinsed	1 quart (4 cups) free-range chicken broth
½ tsp salt	½ tsp dried tarragon
2 tbsp olive oil	¼ tsp dried thyme
2 large organic carrots, thinly sliced	1/8 tsp pepper
2 cups fresh shiitake mushrooms, sliced	2 tbsp tapioca starch or arrowroot
1 ½ cup yellow onion, chopped	1 12- oz can light coconut milk
4 cloves garlic, minced	2 tbsp lemon juice, optional
½ lb free-range chicken breast, cubed	Sliced green onion for topping

Directions

Bring 3 cups water to a boil in a 2-quart saucepan. Add rice and salt. Reduce heat to low and simmer, covered, until rice is tender and most grains are split open, about 1 hour. Drain well and set aside.

While rice is cooking, heat oil in a medium saucepan or a wok, and sauté onions, carrots, and mushrooms for about 7 minutes, stirring frequently. Add garlic and chicken and continue to cook, stirring, until chicken is no longer pink & vegetables are tender. Add the prepared rice, broth, tarragon, thyme, garlic powder & pepper. Bring to a boil. In a separate bowl, combine starch & coconut milk until smooth. Stir into rice mixture. Return the mixture to a boil. Cook for 1-2 min or until slightly thickened. Garnish with green onions. Add optional lemon juice for tangy flavor. Adjust salt and pepper to taste.

CITRUS SALAD TOPPED WITH GINGER YOGURT - Serves 6

Ingredients

1 grapefruit, peeled	½ tsp ground cinnamon
3 tangerines or Mandarin oranges, peeled	pinch of ground allspice
4 oranges, peeled	16 oz plain, organic yogurt
1/3 cup dried cherries (unsweetened)	¼ cup crystallized ginger, chopped
1-2 tbsp honey	

Directions

Cut grapefruit, tangerines or Mandarins and oranges into 1 inch pieces. Do this over a bowl so you catch the juice. Add cherries, honey, cinnamon and allspice. Refrigerate to let the flavors blend. Mix yogurt and crystallized ginger in a separate bowl. Serve fruit salad with a dollop of ginger yogurt.

BEETS and GREENS - Serves 6

Ingredients

6-8 medium beets with greens	¼ tsp salt
½ cup extra virgin olive oil	pinch of pepper
2-3 tbsp red wine vinegar	1 tbsp fresh garlic, chopped or crushed

Directions

Remove greens from the beets and wash well. Place beets in a steamer and cook for 30-40 min until soft. During the last 3 min of steaming, add the greens. After the beets have cooled place them under cold water and rub off the skins. Slice the beets into bite size pieces and then chop up the greens. Mix the remaining ingredients into a vinaigrette dressing and pour over beets. Serve immediately.

GRILLED LEMON CHICKEN - Serves 6

Ingredients

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

Directions

Place 2 ½ tbsp oil, lemon juice, salt and pepper in large plastic bag. Add chicken and seal bag, releasing any excess air. Turn several times to coat. Let stand at room temp 30 min. Alternatively, marinate in refrigerator for 1-3 hours and bring to room temperature before cooking. Preheat barbecue over 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 min per side. Transfer chicken to platter and let rest 10 min. Sprinkle almonds over, if desired. Drizzle chicken with lemon juice and garnish with cilantro.

TURKEY LETTUCE WRAPS – Serves 4

Ingredients

1 tablespoon coconut or olive oil	1 pound ground turkey
2 medium carrots, shredded	¼ cup tamari or soy sauce

1 medium zucchini, shredded
4 green onions, thinly sliced

Dash of garlic powder
lettuce leaves, such as butter lettuce or red or green leaf

Directions

Heat oil in large skillet. Add carrots, zucchini and onions and sauté until tender. Add turkey and stir into the vegetables, breaking up the meat while sautéing. Add tamari or soy sauce and garlic powder, stir and cook for another 4-5 minutes until turkey is cooked through. Fill the lettuce leaves with the turkey mixture and enjoy!

MAHI MAHI IN COCONUT MILK - serves 6

Ingredients

1 14-oz. can coconut milk
½ cup water
2 tsp arrowroot or cornstarch
1 ½ tsp. curry powder
2 lbs mahi mahi fillets (any firm fish will work fine)
Salt and freshly ground pepper to taste
1 large tomato, chopped, OR 1 cup cherry tomatoes, cut in half
¼ cup chopped fresh basil or cilantro

Directions

Preheat oven to 350 degrees. Mix coconut milk, water, arrowroot or cornstarch and curry in a 2-3 quart ovenproof dish. Add mahi mahi and bake, covered, for about 35-45 minutes. Add salt and pepper to taste. Serve immediately with some of the sauce on top of each fillet and top with tomato and basil or cilantro. Remaining sauce may be used to top rice or veggies such as cauliflower, broccoli or green beans.

GRILLED GINGER TOFU - Serves 4

Ingredients

1 lb extra-firm tofu, cut into ½ inch slices
2 tsp fresh ginger, minced
2 tsp fresh garlic, minced
1-1 ½ tsp dried turmeric
1 tbsp sesame oil
tamari soy sauce, or gluten free tamari

Directions

Drain the tofu before cutting into slices. Wrap in paper towel and squeeze gently. Heat sesame oil in a wok or saucepan over medium-low heat. Stir in ginger, garlic and turmeric for about 1 min. Add tofu and sauté until golden, about 5 min. Serve immediately.

LEMON BAKED TOFU - Serves 4

Ingredients

1 lbs firm or extra-firm tofu, well pressed
2 tbsp gluten free tamari soy sauce
2 tbsp lemon juice
2 tbsp olive oil
1 tbsp Dijon mustard
1 tsp raw honey
1 tsp basil
1 tsp thyme
salt and pepper to taste

Directions

Slice the pressed tofu into ½ inch thick strip. In a shallow pan whisk together all ingredients except tofu. Add tofu, coating well, and allow tofu to marinate for at least 1 hour, (the longer you marinate, the better the flavor) turning to coat well with marinade. Heat oven to 375°. Transfer tofu and marinade to baking dish and bake for 20-25 min, turning halfway through and pouring extra marinade over the tofu as needed.

WILD RICE AND BLACK BEANS - Serves 4

Ingredients

1 ½ cups water	1 medium shallot, minced
¼ tsp salt	½ med orange or yellow bell pepper, diced
1 fresh sprig of rosemary	1 15- oz can black beans, rinsed and drained
½ cups wild rice	1/8 tsp fresh ground black pepper
1 tbsp coconut oil	sea salt to taste

Directions

Place the water and salt in a small saucepan over high heat and bring to a boil. Add rosemary and wild rice. Bring to boil, then reduce heat and simmer for about 40 -50 min or until tender. Remove rosemary.

While the rice is cooking, melt the coconut oil in a medium skillet and add the shallot and diced pepper. Cook over low-medium heat gently for about 10 min until the shallots are softened. Remove from heat. When rice is cooked, add it to the shallot and pepper mixture. Heat gently over medium heat and add the drained black beans. Add pepper to taste and serve hot.

GLUTEN-FREE CORN BREAD - Serves 9

Ingredients

1 cup Bob's Red Mill gluten-free all-purpose baking flour	4 Tbsp coconut oil, melted
1 cup cornmeal	¼ cup agave nectar
2 tsp baking powder	½ cup water
2 eggs	½ cup regular coconut milk (not lite)

Directions

Preheat oven to 400 degrees. Grease an 8-inch square pan with coconut oil and set aside.

In a large bowl, stir together dry ingredients. In a small bowl, beat eggs lightly, and stir in oil, agave, water, and coconut milk. Pour egg mixture into the flour mixture and mix until moistened. Do not over-mix.

Pour batter into prepared pan and bake for 25-30 minutes or until a toothpick inserted in center comes out clean. Serve warm or at room temperature.

ROASTED ROOT VEGETABLES - Serves 4

Ingredients

1 tbsp olive oil	½ lb parsnips, scrubbed and cut into 1 in pieces
½ lb. new potatoes, cut into 1 in cubes, unpeeled	½ lb. shallots, peeled, whole
½ lb. yam or sweet potatoes, peeled and cut into 1 in cubes	2 tsp dried rosemary
½ lb carrots, scrubbed and cut into 1 inch pieces	¼ tsp salt
	freshly ground pepper to taste

Directions

Place a large roasting pan in the oven and preheat to 325°. When the pan is heated, add the olive oil and swirl to coat the bottom of the pan. Add remaining ingredients and toss well to coat with the oil. Roast the vegetables for about 30 to 40 min. Stir gently every 10 min.

SHREDDED BRUSSEL SPROUTS - Serves 4

Ingredients

1 lb large Brussels sprouts	¼ tsp salt
1 tsp pure maple syrup	1 tbsp olive oil

Directions

Lay the Brussels sprout on its side. Slice across the sprout beginning at the top and working toward the stem. Slice about 2-3 mm thick. Pick through and remove the stem part, breaking up into shredded pieces. Place the shredded sprouts in a steamer basket in a

medium saucepan with about 1 in of water in the bottom of the pan. Steam over high heat until slightly tender, about 7-10 min. While steaming, place the maple syrup, salt, and spread in a medium mixing bowl. Add the cooked Brussels sprouts to the bowl and toss until the sauce is melted and well blended. Serve immediately.

PRUNES IN ORANGE SAUCE - Serves 6

Ingredients

1 cup orange juice, preferably fresh squeezed	½ tsp cinnamon
1 tbsp fresh lemon juice	¼ cup walnuts, chopped
1 tsp grated or minced lemon zest	24 prunes, pitted
¼ cup honey	

Directions

Combine orange and lemon juice, lemon zest, honey and cinnamon in a medium saucepan. Bring to a simmer on high heat and add prunes. Turn the heat as low as possible and cover. Simmer gently for about 10 min, watching to make sure the prunes do not get soggy. Remove prunes with a slotted spoon and turn the heat to medium-high. Reduce the liquid to about half. Pour the syrup over the prunes and top with chopped walnuts. Chill or serve warm.

5 MINUTE GINGER PINEAPPLE - Serves 2

Ingredients

½ medium pineapple
1 tsp fresh ginger, finely minced

Directions

Cut pineapple into 1 inch chunks. Combine pineapple and minced ginger in a bowl and refrigerate for ½ hour.

EDAMAME IN THEIR PODS – serves 4

1 (10 oz.) package frozen edamame
Salt to taste

Bring a 3 qt pot of water to a boil and immerse frozen edamame. Simmer for about 5 minutes. Drain and sprinkle with coarse salt. Serve warm or chilled.

DIGESTIVE TRAIL MIX - Serves 24

Ingredients

1 cup pineapple, dried	1 cup almonds
1 cup apple pieces, dried	1 cup walnuts
1 cup cashew	

Directions

Mix all ingredients together in a large bowl. Store leftovers at room temperature.

Day 2-Food Allergies, Immunity and Inflammation and Core Food Plan

NUTTY SPICY GRANOLA - Serves 18-20

Ingredients

8 ½ cups rolled oats (gluten free)	½ cup maple syrup
1 cup walnuts, chopped	½ cup coconut oil

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1 cup almonds, chopped
1 cup hazelnuts, chopped
1 cup dried blueberries
½ cup ground flax seed

½ cup honey
½ tbsp cardamom
½ tbsp cinnamon
1 tbsp vanilla

Directions

Preheat oven to 275°. In a big bowl, combine oats, blueberries, nuts and flaxseed. In a saucepan, blend maple syrup, oil, honey and cinnamon. Cook on low heat until mixture starts bubbling. Remove from heat and stir in vanilla. Pour over oat mixture and mix well. Thinly spread on 2 baking sheets. Bake for 15 min. Stir, return to oven for additional 15 min or until oats are toasted. Repeat for another 15 minutes. Cool thoroughly. Store in an airtight container. Serve with plain, unsweetened yogurt and fresh berries.

Modified from www.recipezaar.com

GLUTEN-FREE NUT SNACK CAKES - Serves 14

Ingredients

1 cup brown rice flour
1 cup quinoa flour
5 tsp baking powder
1 tbsp gluten-free oats
1 tsp sesame seeds
1 tsp sunflower seeds
1 tbsp ground flaxseed meal
½ tsp sea salt

2 eggs
2 tbsp olive oil
½ cup honey
¼ cup water
¼ cup tahini
1 raw almond (or walnut) on each cake

Directions

Mix all the dry ingredients. Mix the eggs, olive oil, honey and tahini in a separate bowl. Combine wet and dry ingredients. Add water until it forms a smooth dough. It should remain sticky. Do not over-mix the dough. Form into about 14 small circles and place on greased pan for baking. Add an almond or walnut on top and sprinkle with coarse sea salt. Put in the oven and bake at 350° for about 30 min. The cakes are done when a knife or toothpick come out clean.

Modified from www.optiderma.com

CHILLED WATERCRESS AND SPINACH SOUP - Serves 4

Ingredients

2 tbsp buttery spread (Earth Balance or Smart Balance)
2 cups thinly sliced leeks (white and pale green parts only), 3 medium
½ lb new potato, peeled and diced
3 + cups low sodium chicken broth
Watercress stems and small sprigs, for garnish

2 cups packed watercress, coarsely chopped
1 cup packed baby spinach leaves
1 ½ tsp fresh lemon juice
2 hard-boiled eggs, peeled and chopped, for garnish

Directions

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

Working with ½ the soup at a time, puree in blender until smooth. Transfer soup to large bowl. Stir in lemon juice and season with salt and pepper. Chill until cold, about 2 hours. Thin with more broth, if desired. When chilled, ladle soup into bowls and garnish center of each with hard-boiled eggs and small watercress sprigs.

INDIAN-SPICED, GINGER CARROT SOUP - Serves 6

Ingredients

2 tsp coriander seeds
1 tsp yellow mustard seeds
3 tbsp coconut oil

1 ½ tsp lime peel, finely grated
5+ cups chicken or vegetable broth
3 kaffir lime leaves, optional

1 tsp curry powder (preferably Madras)
1 tbsp fresh ginger, peeled and minced
2 cups onion, chopped
1 ½ lbs carrots, peeled and thinly sliced

1 can coconut milk
2 tsp fresh lime juice
plain yogurt for garnish
cilantro, chopped, for garnish
Salt and pepper to taste

Directions

Grind coriander and mustard seeds to fine powder. Heat oil in large pot over medium-high heat. Add ground seeds and curry powder and stir for 1 min. Add ginger and stir for 1 min. Add onions, carrots and lime peel. Sprinkle with salt and pepper and sauté until onions begin to soften, about 3 min. Add 5 cups broth and bring to a boil. Add kaffir lime leaves and coconut milk. Reduce heat to medium-low and simmer uncovered until carrots are tender, about 30 min. Cool slightly. Working in batches, puree in blender or use submersible hand blender until smooth. Return to soup pot. Add more broth by ¼ cupfuls if too thick. Stir in lime juice. Season with salt and pepper. Garnish with yogurt and cilantro.

COLORFUL QUINOA SALAD - Serves 4

Ingredients

1 cup red quinoa
1 cup yellow quinoa
2 avocados, diced
1/8 cup bell pepper, diced

5 fresh basil leaves, diced
1 handful cilantro, diced
1 green onion, sliced
1/8 cup pine nuts

Dressing

1/4 cup hemp or olive oil
Juice of 2 lemons
3 cloves garlic, minced

dash of sea salt
pinch of cayenne

Directions

Rinse both red and yellow quinoa in cold water and drain well. In saucepan, bring 4 ½ cups water and ½ tsp salt to a boil. Add quinoa. Partially cover and reduce heat to low. Cook until water is absorbed, about 15 min. Set aside to cool. While quinoa is cooking, mix ingredients for dressing and set aside. In a serving bowl, mix together the remaining ingredients with cooled quinoa. Toss with dressing.
Modified from www.optiderma.com

FRUITY SPINACH SALAD - Serves 6-8

Ingredients

1 lb. fresh spinach, washed, dried, torn into pieces
1 pint fresh organic strawberries or raspberries, washed
½ cup chopped walnuts or sliced almonds

Dressing:

2 Tbsp. sesame seeds
1 Tbsp. poppy seeds
2 scallions, chopped
¼ cup extra virgin, cold-pressed olive oil
¼ cup organic canola oil
¼ cup balsamic vinegar

Directions

Cut berries in half and arrange over spinach in a serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with nuts.

LAURA'S LOX WRAP - Serves 1

Ingredients

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Lox (wild caught smoked salmon)
Sliced cucumbers
Sliced sweet red peppers
Thinly sliced onion

sliced avocados
capers
Boston lettuce leaves for wrapping

Directions

Assemble lox, cucumbers, sweet red peppers, onion, avocado and capers carefully on top of a Boston lettuce leaf.

PAN-SEARED SALMON ON BABY ARUGULA - Serves 2

Ingredients

2 6 oz wild salmon filets
1 ½ tbsp fresh lemon juice

1 ½ tbsp olive oil
salt and freshly ground black pepper, to taste

For the Salad

4 cups baby arugula leaves
¾ cup grape or cherry tomatoes, halved
¼ cup thinly sliced red onion or Vidalia onion
Salt and freshly ground black pepper, to taste

1 tbsp extra virgin olive oil
1 tbsp red-wine vinegar
1 tsp dried oregano OR 1 tbsp fresh oregano, minced

Directions

Place the salmon filets in a bowl and coat them well with lemon juice, olive oil, salt and pepper. Let rest for 15 min. Cook the salmon, with some of the marinade, skin side down in a frying pan over medium-high heat for 2 to 3 min, shaking the pan and carefully lifting the salmon with a spatula to loosen it from the pan. If it sticks, add a bit more olive oil. Reduce heat to medium. Cover the pan and cook until the salmon is cooked through, 3 to 4 min more. The skin should be crisp and the flesh medium rare. Meanwhile, combine the arugula, tomatoes and onion in a bowl and place on 2 plates. Just before serving, season with salt and pepper, oregano and drizzle with oil and vinegar. Toss well. Top with cooked salmon.

VEGETARIAN CHILI - serves 4

Ingredients

1 Tbsp olive oil
1 medium onion, chopped
2 whole carrots, diced
4 cloves garlic, minced
1 sweet red pepper, chopped
1 green pepper, chopped
1 jalapeño pepper, fresh or canned, finely chopped

2 Tbsp chili powder
1 tsp cumin
1 cup cooked kidney beans
1 cup cooked pinto beans
1 28-oz can tomatoes, chopped (reserve juice)
½ tsp freshly ground pepper
2 Tbsp parsley, finely chopped

Directions

In a large soup kettle, heat oil over low heat. Add onion, carrot, garlic and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin, and cook an additional 2 to 3 minutes, stirring. Add beans and tomatoes and their juice. Simmer 20 - 30 minutes. Add ground pepper to taste. Top bowls of chili with fresh parsley. Serve over rice if desired.

VEGETABLE DAL CURRY - Serves 4

Ingredients

2 tsp. cold-pressed, extra virgin olive oil
1/2 cup chopped onion
2 tsp. turmeric powder
1/2 tsp. coriander powder
1/4 tsp. ground cumin
2 medium carrots, sliced

2 cups cauliflower florets
2/3 cup red lentils, well-rinsed
1 ¼ cups water (add more if needed)
Sea salt to taste

Directions

In a large sauté pan or wok, heat 2 tsp. olive oil over medium heat. Add onion and spices and sauté until onions are softened, about 5 minutes. Add carrots and cauliflower and stir to coat. Then add lentils and water and bring to a boil. Reduce heat to a simmer and cook for about 40 minutes. Add salt to taste and serve immediately with brown rice.

SAFFRON RICE – Serves 4

Ingredients

2 ½ cups water	2 tsp dried oregano
¼ tsp salt	1 cup brown basmati rice
1 tsp crumbled saffron threads	

Directions

In a medium saucepan heat the water, salt, saffron and oregano. Bring to boil and then add the rice. Stir and reduce heat to medium-low and simmer, partially covered, for about 45 min. Do not boil away all of the liquid and do not stir the rice. When a very small amount of liquid remains, remove the pan from the burner and let it stand, covered, for about 5 min before serving.

SUNNY SEED BREAD - Serves 12

Ingredients

2 cups gluten-free all-purpose flour mix	2 tbsp sesame tahini OR other seed butter
1 tbsp baking powder	1 cup water
1 tsp xanthum or guar gum	1/3 cup organic canola OR safflower oil
½ tsp salt	1/3 cup pure maple syrup
1/3 cup sunflower seeds	1 tsp apple cider vinegar OR fresh lemon juice
2 tbsp sesame or pumpkin seeds	

Directions

Preheat oven to 350°. Oil a metal loaf pan and set aside. Combine the flour mix, baking powder, xanthum gum and salt in a large bowl. Stir with a dry wire whisk. Then stir in the seeds. Place the sesame or other seed butter in a separate bowl. Gradually whisk in the water until smooth and milky. Whisk in the oil, maple syrup and vinegar or lemon juice, and beat until well combined. Pour into the dry ingredients and stir just until combined. Spoon into the prepared pan and smooth out the top with a spatula. Bake for 60-70 min or until a knife or toothpick inserted in the center comes out clean. Let cool in pan on a rack for 10 min. Remove from the pan and let cool completely on a rack before slicing or storing.

From Food Allergy Survival Guide

CALABACITAS (MEXICAN-FLAVORED VEGETABLE SIDE DISH) - Serves 6

Ingredients

1 medium onion, cut in half and sliced thin	1 tbsp + 3 tbsp chicken or vegetable broth
4 medium cloves garlic, chopped	¼ cup cilantro, chopped
2 cups zucchini, diced into ½ inch cubes	3 tbsp fresh oregano, chopped OR 1 tbsp dried
2 cups yellow squash, diced into ½ inch cubes	salt and pepper to taste
4 oz can diced green chilies	15 oz can diced tomatoes, drained
OPTIONAL drizzle with olive oil before serving	

Directions

Slice onion and chop garlic and let sit for at least 5 minutes while preparing other vegetables. Heat 1 tbsp broth in 10-12 inch skillet, and sauté onions in broth over medium heat for about 5 min, stirring frequently, until translucent. Add garlic and sauté for another

min. Add zucchini, yellow squash, remaining broth and green chilies and cook for another 3 min or until vegetables are tender, stirring often. Add tomatoes and continue to cook for 3 min. Stir in herbs, salt and pepper.

STIR-FRIED PEA PODS – Serves 5-6

Ingredients

2 tsp sesame oil, divided
1 bunch scallions, chopped
1 pound sugar snap peas, washed
¼ cup pine nuts

Directions

In a heavy fry pan or wok, heat 1 tsp. sesame oil over low heat. Add scallions and sauté for 3-4 minutes. Add nuts and continue sautéing for 2 more minutes. Remove from pan and set aside. Remove string from snap peas and stir-fry in 1 more tsp. sesame oil for 3-4 minutes. Toss scallion/nut mixture in and serve immediately.

Poached Peaches with Strawberry Sauce - serves 4

Ingredients

6-oz. can frozen, unsweetened apple juice concentrate, thawed	1 tsp. vanilla extract
1 cup water	medium ripe peaches, nectarines, or pears
1 Tbsp. lemon peel, finely grated	4 sprigs fresh mint for garnish (optional)

Sauce - makes 1.75 cups

2 cups fresh strawberries, hulled and washed	Pinch each of ground cinnamon and nutmeg
1/4 cup orange juice (unsweetened)	

Directions

In a medium saucepan, mix apple juice concentrate, water, lemon peel, and vanilla; bring to boil and reduce heat. Cover and simmer for 10 minutes. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes. (If using pears, peel them first). Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches or nectarines, cut in half lengthwise, and remove pits.

Combine all ingredients for the sauce in a blender or food processor. Process until smooth. (Excellent for any poached fruit.)

On each plate, arrange 2 peach halves in the center, spoon sauce on top and garnish with mint.

FRUIT MERINGUE (fresh or frozen fruit may be used) - Serves 8- 10

Ingredients

3 cup sliced strawberries
2 cups blueberries
2 cups diced mango or peaches
¼ cup frozen apple juice concentrate
1 Tbsp lemon juice
1 tsp. vanilla extract
1 tsp lemon extract
6 egg whites

Directions

Preheat oven to 375 degrees. Combine all ingredients, except egg whites, in a 3 qt pot. Stir and bring to a boil; reduce heat and simmer, stirring constantly, for 3-5 minutes until slightly thickened. Pour mixture in a bowl to cool slightly.

In the meantime, beat egg whites in a large bowl until stiff peaks form. Fold half the mixture into the fruit. Carefully pour fruit mixture into 9x13 glass baking dish. Spread the remaining meringue on top and mix it gently into the fruit mixture, leaving some on top.

Set the dish into a larger baking pan filled with enough boiling water to reach ½ up the sides of the baking dish. Bake uncovered in preheated oven for 20 minutes. Remove from the water and place back in oven for 2-3 minutes to brown slightly. Remove from oven and allow to set for about 10 minutes. Serve warm or chilled.

TROPICAL FRUIT SALAD - Serves 6

Ingredients

1 avocado, cubed
8 pineapple slices, cubed
1 papaya or mango, cubed
½ cup diced celery
½ cup mango or pineapple juice

Directions

Combine all ingredients and garnish with optional mint leaves

QUINOA COFFEE CAKE – Yields 9 squares

Topping

½ cup quinoa flour
½ cup ground walnuts or almonds
¾ tsp ground cinnamon
1/3 cup pure maple syrup or agave syrup
¼ cup butter, cut into pieces
¼ cup chopped walnuts

Cake

½ cup pure maple syrup or raw honey
½ cup coconut oil or Spectrum solid vegetable shortening
2 large eggs
1 cup plain nonfat or low fat yogurt
1 tsp vanilla extract
1 ½ cups quinoa flour
1/3 cup tapioca flour
1 tsp. baking soda
¼ tsp. salt
Preheat oven to 350 degrees.

For topping, mix flour, ground nuts and cinnamon together. Stir in maple syrup or agave. Add butter and mix with a pastry blender until mixture is crumbly. Stir in chopped nuts and set aside.

For the cake, preheat oven to 350 degrees. Cream together maple syrup and shortening with an electric mixer. Add eggs and beat well. Stir in yogurt and vanilla.

In a separate bowl, combine remaining ingredients and add to the wet mixture, beating until well-combined. Grease and flour an 8 inch square pan and spoon half the batter into it. Sprinkle half the topping over the batter. Spoon remaining batter on top and then the remaining topping. Bake in preheated oven for 40 -50 minutes until a toothpick inserted in the center comes out clean. Cool 20 minutes and cut into squares

Day 3-Detoxification and Cleansing Imbalances

SWISS OATMEAL – serves approximately 16

Ingredients

1 quart rolled oats
2 cups soy milk, rice milk or almond milk
1/3 cup apple juice
¼ cup organic agave syrup
½ cup yogurt + extra for garnish
1/3 cup raisins or other dried fruit + extra for garnish

1/3 cup water
2 Tbsp. lemon juice

1/3 cup chopped almonds or toasted hazelnuts
2-3 apples, peeled and grated

Directions

Mix all ingredients together and allow to sit overnight. Serve with a dollop of plain yogurt and fresh fruit. Serve at room temperature or chilled.

FRESH FRUIT MEDLEY - Serves 18-20

Ingredients

1 1/3 lb strawberries, washed, hulled and sliced
1 1/3 lb blueberries, washed
1 1/3 lb mango, sliced and diced

1 1/3 lb papaya, sliced and diced
2 lb pineapple, large diced

Directions

Toss fruit lightly to mix. Serve chilled or at room temperature.

KALE AND SWEET POTATO SOUP - serves 8

Ingredients

1 medium onion, chopped
2 clove garlic, minced
1 medium green pepper, chopped
¾ lb dinosaur kale (or any type of kale), stems removed and chopped fine
3 medium sweet potatoes
6 cups vegetable broth
1 tsp salt
1 can (12 oz.) lite coconut milk
2 cups cooked brown rice

Directions

Combine onion, garlic, pepper, sweet potato, broth and salt in a large soup pot. Bring to a boil, reduce heat to low and simmer, partially covered about 20 -25 min. when potatoes are fork-tender add coconut milk and simmer for 5 minutes. Add kale and cook for about 5 minutes, until kale is softened.

While soup is cooking, cook brown rice separately, using 1 ½ cup rice and 3 ¾ cups water. When ready to serve, put ½ cup rice in each bowl and top with a generous serving of soup.

BORSCHT - Serves 6

Ingredients

2 cups finely shredded cabbage
½ cup onion, chopped
2 tsp caraway seed
3 tbsp lemon juice
1 lb cooked small beets, peeled and chopped (save water)

1 qt chicken or vegetable stock (wheat-free)
2 cups boiling water
2 tbsp olive oil
1 tsp honey
salt and pepper to taste

Directions

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

CHICKPEA, BEET AND CITRUS SALAD - Serves 6

Ingredients

2 navel oranges, peeled
 2 tangerines, peeled
 1 cup raw beets, peeled and shredded

1 (15 oz) can chickpeas, drained and rinsed
 3-4 hearts of romaine lettuce, shredded
 ¼ cup sesame seeds, preferably black

Dressing

½ tsp lemon zest
 1 tbsp fresh lemon juice
 ½ tsp orange zest
 1 tbsp fresh orange juice
 1 tbsp fresh tangerine juice

½ tsp tangerine zest
 1 tbsp champagne OR white wine vinegar
 1 clove garlic, pressed
 ½ cup extra virgin olive oil

Directions

Cut the oranges and tangerines crosswise into slices, and then into bite-sized pieces. Add both to a serving bowl. Stir in the beets and chickpeas and set aside.

For the dressing, whisk together the lemon, orange, and tangerine zests and juices, 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.

QUINOA SALAD - Serves 3**Ingredients**

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

1 tbsp olive oil
 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)

Directions

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.

HALIBUT WITH BROCCOLI – serves 4**Ingredients**

2-3 cups small broccoli florets (fresh or frozen)
 ¼ cup finely ground almonds (use blender to grind or purchase “almond meal”)
 2 tsp. minced fresh tarragon or basil (or 1 tsp. dried)
 1 Tbsp. olive oil or coconut oil
 1 pound halibut fillets
 ½ cup chicken broth or fish stock
 Fresh or dried basil for garnish
 1/3 cup lemon juice

Directions

Steam broccoli until slightly tender, but not too soft. Set aside.

In a small bowl, mix herbs with ground almonds. Dip each halibut filet into the almond mixture. Heat olive or coconut oil in a large skillet, over medium heat, and sauté halibut for about 4 minutes on each side depending on thickness. Transfer to serving dish and cover with foil to keep warm.

Add ½ cup of broth or stock to skillet and stir in broccoli to reheat. Add lemon juice and season to taste with salt, if needed, and pepper. Spoon broccoli with juices on top of halibut filets, garnish with sprinkle of basil and serve immediately.

CHICKEN CURRY WITH CAULIFLOWER AND PEAS - Serves 6

Ingredients

1 med onion, coarsely chopped	1 ½ lb chicken breast, partially cooked and cubed
1 1-in piece fresh ginger, peeled and coarsely chopped (2 tbsp)	3 cups cauliflower, broccoli and red pepper chunks
5 cloves garlic, peeled and quartered	½ tsp salt
1/3 cup water	¼ tsp freshly ground black pepper
2 tbsp olive oil	1 cup peas
1 tbsp curry powder	3 tbsp fresh cilantro OR basil
1 (14 oz) can unsweetened light coconut milk	

Directions

Place the onion, fresh ginger, garlic and water in a blender or food processor. Cover and blend or process until smooth. In a 12 inch skillet, cook the blended onion mixture in the hot oil over medium heat, stirring constantly for 1 min. Add the curry powder, cook and stir for 1 min more. Stir in the coconut milk. Add chicken, cauliflower, broccoli, and red pepper, salt and pepper to the skillet, stir to combine. Bring to boiling, reduce heat and simmer, covered, for 15 min. Add the frozen peas. Cook and stir for 2 min more. Stir in cilantro. Serve chicken mixture over cooked brown rice or quinoa.

ADUKI BEAN AND RICE SALAD - Serves 4

Ingredients

1 ½ cups water	½ cup red bell pepper, finely diced
1 cup brown basmati rice, rinsed	½ cup celery, finely diced
2 tbsp unrefined sesame oil	½ cup scallions, whites and greens, thinly sliced
1 tbsp grated ginger	3 tbsp fresh cilantro, chopped (optional)
2 garlic cloves, minced	1 (15 oz) can aduki beans, drained and rinsed
½ cup carrot, finely diced	

Dressing

2 tbsp fresh lime juice	¼ tsp toasted sesame oil
2 tbsp honey	1 tbsp gluten free tamari
1 tbsp sesame seeds, toasted	1 tbsp water
	2 tsp mellow miso

Directions

Bring water to a boil in a small pot and stir in the rice. Reduce heat to a simmer and cook covered for 40-45 minutes, or until rice is completely tender. Do not stir rice while cooking. 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 cooked 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.

CURRIED VEGETABLE STEW – serves 8

Ingredients

2 medium-large onions, diced	1 bunch baby bok choy, chopped
3 garlic cloves, minced	2-3 tsp. grated fresh ginger
3 small new potatoes, unpeeled, washed and diced	1-3 tsp. curry, (depending on your taste for curry!)
1 medium yam or sweet potato, peeled	½ tsp. turmeric
4 medium carrots, scrubbed and sliced	1 (15-oz.) can lite coconut milk
2 cups water	1-2 Tbsp. red curry paste, for added spice (optional)
1 small head cauliflower, broken into bite-sized pieces	1 ½ cups frozen baby peas, thawed
2 cups fresh green beans, cut into 1 inch pieces (or 1 (10-oz.) package frozen cut green beans, thawed)	
Salt to taste	

Directions

Sauté onion in oil for 3-4 minutes over medium heat in a large, heavy soup pot. Add garlic and sauté another minute. Now add the potatoes, carrots, and 1 ½ cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet. Add the cauliflower, bok choy, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. Allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

BAKING POWDER BISCUITS - serves 12

1½ cups brown rice flour
½ cup tapioca flour
4 tsp. baking powder
1/8 tsp. salt
3 Tbsp. organic canola oil
1 cup applesauce, unsweetened

Preheat oven to 425 degrees. In a medium-large mixing bowl, stir together dry ingredients. Sprinkle oil on top and mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoonfuls onto ungreased cookie sheet. With spoon, lightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.

CONFETTI RICE SALAD - serves 8

Ingredients

1 cup brown rice	2 Tbsp water
1 can (14 oz.) lite coconut milk + ½ cup water	2 Tbsp olive oil
¼ tsp salt	1 tsp Dijon mustard
1 cup small broccoli floweret's (lightly steamed if desired)	1/8 tsp pepper
2 Tbsp chopped fresh parsley (or 1 tsp dried)	1 cup finely chopped yellow summer squash
2 Tbsp minced fresh dill (or 2 tsp dried)	10 cherry tomatoes, halved
½ tsp shredded lemon peel	¼ cup chopped red or yellow bell pepper
2 Tbsp lemon juice	¼ cup finely chopped red onion

Directions

In a small saucepan, combine ½ cup water, rice, coconut milk, and salt. Bring to a boil, reduce heat to a simmer, stir with a fork, and cover. Cook for 40 minutes until liquid is absorbed. Do NOT stir again. When liquid is absorbed, rinse under cold water, drain, and set aside. While rice is cooking steam broccoli floweret's, for about 3 minutes, just to soften slightly.

In a large bowl, stir together parsley, dill, lemon peel and juice, 2 Tbsp water, olive oil, mustard, and pepper. Add the rice and remaining ingredients. Mix until well-combined. Cover and chill for at least 4 hours or up to 1 day, occasionally stirring to combine flavors.

GREENS AND TOMATOES – serves 8

Ingredients

1 large bunch of kale or collards, washed	2-3 cloves garlic, minced
1 large onion, diced	2 tsp. ground cumin
6 cups chopped tomatoes OR 1 (28-oz) can tomatoes, undrained	¼ to ½ tsp. salt and freshly ground pepper to taste

Directions

Remove the large stems and veins from the greens and cut crosswise into small strips. Set aside. Combine the tomatoes, diced onion, garlic, and cumin in a large saucepan. Bring to a simmer, cover and cook for about 5 minutes. Add greens and continue to simmer, covered, for about 25 minutes until tender. Add some water if mixture seems too dry. Add salt and freshly ground pepper to taste.

SESAME KALE AND SPINACH TANGO - serves 3-4

Ingredients

1 bag (8 cups) fresh organic spinach, washed, not dried
1 bunch (3 cups) dinosaur kale, washed, chopped, center vein removed, not dried
1 green onion, chopped
1 Tbsp. sesame oil
2 cloves garlic, peeled and minced
1 tsp sesame seeds

Directions

In a covered saucepan, cook kale on low-medium heat until wilted but still bright green. It is not necessary to add water. Add spinach and continue cooking until kale is tender. While greens are cooking, use separate pan to stir-fry green onion, garlic and sesame seeds in sesame oil until sesame seeds are slightly browned. Add to drained, cooked greens, mix well and serve either hot or chilled.

POMEGRANATE POACHED PEAR SALAD - Serves 3

Ingredients

3 pears peeled and cut
1 cup pomegranate juice
¼ cup honey

Directions

Put the pears, juice and honey in a pot, making sure the pears are completely covered (add more juice if need be). Bring the mixture to a boil and simmer on low. Cover with lid slightly opened and cook for 20 min or until the pears are firm but no longer crunchy.

BANANA AND STRAWBERRY CREAM - Serves 6-8

Ingredients

2 cups organic strawberries, washed, hulled, and sliced
3 medium organic bananas, sliced
1 ½ cups pineapple juice
2 medium organic apples, cut into chunks
½ cup raw cashew pieces
Fresh mint for garnish (optional)

Directions

Combine bananas and strawberries in a glass bowl. In a blender, mix pineapple juice, apple chunks and cashews. When well-blended, pour over sliced strawberries and bananas. Garnish with mint leaves if desired.

HUMMUS - Serves 6

Ingredients

2 cups canned chickpeas, well drained (or cook from scratch)
1/4 cup tahini
2 Tbsp. extra virgin olive oil
2 cloves garlic, minced or roasted
1 tsp cumin
1/3 cup lemon juice
sea salt and pepper to taste
paprika and parsley for garnish

Directions

Reserve liquid from beans. Process all ingredients in a food processor. If mixture seems dry, add some of the reserved liquid slowly to the food processor to make a smooth paste. Taste and adjust seasonings; may need more lemon juice or cumin. Garnish with a sprinkle of paprika and parsley.

SPINACH or KALE DIP – yields 2 ½ cups

Ingredients

2 tsp. olive oil
2 shallots, chopped
1 small onion, diced or 4 sliced green onions
1 Tbsp. minced garlic
8-oz fresh spinach or kale leaves
2 tsp. lemon juice
1 cup non fat Greek yogurt
½ cup crumbled nonfat feta cheese
2 Tbsp. chopped fresh dill
¼ tsp. salt (only if needed)
Freshly ground black pepper to taste

Directions

In a wok or large sauté pan over medium heat, cook shallots and onion in olive oil for 3-4 minutes. Add garlic and sauté for another minute. Add spinach or kale and cook until wilted. If using kale you will need to cook it for a few more minutes than the spinach until it softens. Scoop mixture into food processor and pulse until almost pureed. Add remaining ingredients and pulse once only. Add black pepper to taste.

Day 4-HPATG and IR Hormonal Imbalances

DIGESTIVE TRAIL MIX - Serves 24

Ingredients

1 cup pineapple, dried
1 cup apple pieces, dried
1 cup cashew
1 cup almonds
1 cup walnuts

Directions

Mix all ingredients together in a large bowl. Store leftovers at room temperature.

ALMOND BLUEBERRY MUFFINS – serves 14

Ingredients

2 cups almond flour (almond meal)
2 teaspoons baking powder
½ tsp. salt
½ cup coconut oil, melted
4 eggs
1/3 cup water
1/3 cup organic agave, maple syrup, or raw honey
1 cup fresh or unsweetened frozen blueberries

Directions

Preheat oven to 350 F. grease a muffin tin with coconut oil or other preferred oil. Mix dry ingredients together in a medium size bowl. Mix wet ingredients in another bowl. Add them to the dry ingredients and mix well to be sure there the egg whites are well mixed. Lastly, stir in the blueberries. Fill muffin cups about 2/3 full and bake for 15 -20 minutes, until center is not wet.

MINISTRONE SOUP - Serves 10

Ingredients

1 Tbsp. cold-pressed, extra virgin olive oil
3 carrots, sliced or diced
1 medium or large onion, chopped
2 stalks celery, diced
2 cloves garlic, minced
1 lb. fresh green beans, OR a 10-oz. pkg. frozen cut beans
6 cups vegetable stock
1 bay leaf
28-oz. (825 ml) can tomatoes with juice
1/3 cup brown rice (uncooked)
16-oz. (475 ml) can kidney beans, undrained

Directions

In a 6-quart (6 liter) pot, sauté onion, celery, carrot, and garlic in olive oil until browned. Meanwhile, cut green beans into 1-inch pieces and set aside. Add stock, tomatoes, rice, and bay leaf to vegetables. Bring to a boil and cover, reducing heat to a simmer for 50 minutes, stirring occasionally.

Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

ROASTED WINTER SQUASH AND APPLE SOUP - Serves 6

Ingredients

1 large butternut squash, about 2-3 lbs	2 tart apples, peeled, quartered, and cored
1 large onion, peeled and cut into 6-8 large chunks	2 Tbsp. olive oil
3 garlic cloves, peeled	Mild chili powder, about 1-2 Tbsp.
	4 cups vegetable broth

Directions

Preheat oven to 400 degrees. Peel squash and cut into 1-2 inch pieces, discarding seeds. In a large roasting pan, combine the squash, apple, onion, garlic, and oil. Season with chili powder to taste. The more chili powder, the more "bite."
Roast for 45 minutes, stirring every 10-15 minutes, until vegetables are tender and lightly browned.

In a food processor, combine half of the roasted vegetables with 2 cups broth and puree until smooth. Repeat with the remaining vegetables and heat over medium heat in a saucepan, stirring occasionally. Add more broth as needed if soup is too thick. Adjust seasoning if needed with salt or additional chili powder.

SPRING SALAD - serves 6

2 ½ tsp. fresh lemon juice	½ tsp. kosher salt
4 tsp. extra virgin olive oil, divided	¼ tsp. pepper
1 clove of garlic, crushed	3 scallions, sliced, white part only
1 lb. of asparagus, ends trimmed	1 cup fresh or frozen (thawed) peas
½ English cucumber, cut into to ¼'s and sliced (unpeeled)	1 ripe avocado, diced into 1-inch pieces

Directions

Combine lemon juice, 2 tsp olive oil, and garlic in a jar, shake vigorously, add salt and pepper then set aside.

Snap ends off asparagus and slice into 1" pieces diagonally. Heat remaining 2 tsp olive oil in a wok or large frying pan. Stir-fry over low-medium heat for 4-5 minutes. Remove from pan and set aside to cool.

If using fresh peas, blanch for 30 seconds and rinse with cold water. If using frozen peas, just defrost. Combine veggies in a bowl. Shake dressing and toss into salad. Add avocado right before serving.

ASIAN SALAD – serves 12

Ingredients

Dressing:

2/3 cup cold-pressed grapeseed or canola oil	1 clove garlic, minced
1/3 cup 'unseasoned' rice vinegar	1 3-inch piece of fresh ginger
1 Tbsp. sesame oil	1 tsp. organic agave syrup
3 Tbsp. Dijon mustard	Salt and pepper to taste

Salad

1 medium head of Napa cabbage	1 large red pepper, cut in half and sliced very thin
8 oz. bean sprouts	1 stalk of celery, sliced thin
1 small jicama or daikon, peeled and sliced into thin pieces	½ cup slivered almonds
1 bunch green onions, thinly sliced, dark green end discarded	1 bunch cilantro, chopped

Directions

Whisk all dressing ingredients together and set aside. This can be made several days ahead and stored in the refrigerator.

Cut ends off cabbage, and slice into quarters. Slice each quarter very thin and place into a large serving bowl. Add bean sprouts, jicama or daikon, green onion, pepper and celery and mix well to combine. Add half the cilantro and half the dressing and toss well. Allow to sit for a few minutes to blend. Add more dressing as needed, being careful not to make it too wet. It will become wetter as it sits; wait until serving before adding more if needed. Refrigerate if not serving immediately. Just prior to serving toss in almonds and garnish with remaining cilantro.

MANGO SALMON - serves 6

Ingredients

2 tbsp. tamari or regular soy sauce	1 tsp rice or cider vinegar
1 tbsp. minced fresh ginger	1 10-oz. bottle mango nectar
1 cinnamon stick (3 inches)	2 lbs salmon fillet, about 1 inch thick
	1 tsp. olive oil

Directions

In a small saucepan, stir together all ingredients, except for salmon and olive oil. Bring to boil, reduce heat and simmer, uncovered for 20-25 minutes, or until reduced to about $\frac{3}{4}$ cup. Pour mixture through a strainer and discard the solids. Return to saucepan and keep warm. Brush olive oil on broiler pan, and broil salmon 5 inches away from heat for 5 minutes. Brush salmon with mango mixture and broil 3 more minutes or until fish flakes with fork. Serve immediately and garnish salmon with remaining mixture as desired.

FISH CREOLE - serves 4 (any firm fish filet is fine in this recipe: mahi mahi, salmon, tuna, mackerel, etc.)

Ingredients

1-2 Tbsp. olive oil	2 Tbsp. fresh parsley (or 2 tsp. dried)
1 onion, chopped	1 bay leaf
$\frac{1}{2}$ cup thin sliced celery	$\frac{1}{4}$ tsp. rosemary, crumbled
$\frac{1}{4}$ cup chopped green pepper	1 28 ounce can tomatoes with liquid
1 garlic clove, minced	1 pound fish fillets, cut into bite-size pieces
	2 cups cooked brown rice

Directions

Heat olive oil in a large saucepan and lightly sauté the onion, celery, pepper and garlic until soft. Add parsley, rosemary and tomatoes. Simmer, uncovered about 20 minutes. Add fish fillets in small pieces and simmer until cooked through, about 5-10 minutes more. Remove bay leaf. Serve over rice or quinoa.

BLACK BEAN SWEET POTATO CHILI - serves 6

Ingredients

2 medium-large sweet potatoes or yams	1 (28-oz) can diced tomatoes, undrained
2 tbsp olive oil	1-2 small fresh hot chilies, (or 1 4-oz can green chilies)
1 cup chopped onion	2 tsp ground cumin
2-3 garlic cloves	$\frac{1}{2}$ tsp dried oregano
1 medium red bell pepper, diced	salt to taste
2 15-oz cans black beans, drained and rinsed	salt to taste
	fresh cilantro for garnish (optional)

Directions

Bake sweet potatoes at 350 degrees until slightly firm, but not soft. When cool, peel and dice into $\frac{3}{4}$ inch cubes. Set aside. Heat oil in soup pot or Dutch oven. Add garlic and onion and sauté over medium heat until golden brown. Chop chilies and add, along with remaining ingredients, except for cilantro, and bring to a boil. Reduce heat, cover and simmer for 15 minutes. Add diced sweet potatoes and continue to simmer until vegetables are tender, 10-15 minutes. Add salt to taste. Taste improves if allowed to stand for 1-2 hours before serving. Reheat and serve with chopped cilantro for garnish.

PINTO BEANS WITH COLLARD GREENS - Serves 4

Ingredients

1 medium-sized onion, chopped	2 cups pinto beans OR 15 oz can pinto beans, drained
4 cloves garlic, chopped	1 tbsp olive oil
1½ lbs collard greens	2 tbsp lemon juice
3 TBS + ½ cup vegetable broth	salt and pepper to taste
15 oz can of diced tomatoes, drained	

Directions

Chop onion and garlic and let sit for 5-10 min. Remove stems from collard greens, rinse and chop the greens. Let sit for 5-10 min. Heat 3 tbsp vegetable broth in large sauté pan. When the broth begins to steam, add onions and sauté for 3 min. Add garlic and continue to sauté for another min. Add ½ cup vegetable broth, tomatoes and pinto beans to the onion and garlic mixture and bring to a boil. Add collard greens and simmer for 5 min. Season with salt and pepper. Remove from heat and stir in olive oil and lemon juice. Serve hot.

QUINOA, MEXICAN STYLE - Serves 6**Ingredients**

½ pound onions, chopped	1 cup vegetable stock
1 tsp. minced garlic	1 cup drained canned Italian plum tomatoes
1 Tbsp. olive oil	1 cup tomato juice from canned tomatoes
1 cup quinoa, rinsed twice in cool water	2 Tbsp. chopped fresh coriander
½-1 whole jalapeno or serrano chili, seeded and chopped (optional)	

Directions

Sauté the onion and garlic in hot oil in a large heavy-bottom pot. When onions are soft, add quinoa, chicken stock, plum tomatoes, tomato juice, and chili pepper. Bring to boil; reduce heat; cover and cook for about 10 minutes, until quinoa is tender. Sprinkle the coriander over quinoa mixture and serve.

MEDITERRANEAN RICE SALAD - Serves 6-8**Ingredients**

1 ½ tsp salt	1/8 to ¼ tsp red pepper flakes
1 ½ cup brown basmati rice	2 cups spinach, chopped
¼ cup fresh lemon juice	1 red bell pepper, finely chopped
1/3 cup extra virgin olive oil	1 small cucumber, peeled, seeded and finely chopped
1 clove garlic, minced	½ cup green onion, chopped
1 tsp fresh oregano, minced	½ cup kalamata olives, chopped
¼ tsp freshly ground black pepper	1 cup crumbled feta cheese

Directions

In a medium saucepan bring 2 ½ cups water to a boil. Add ½ tsp salt and the rice. Turn heat to low, cover and simmer 15 minutes. Remove from heat and let sit 5 min. Uncover and fluff with fork. In a separate large bowl, whisk lemon juice, olive oil, garlic, oregano, pepper, pepper flakes and remaining tsp salt. Add rice to dressing and toss to combine. Add spinach, toss and let sit until no longer steaming, about 20 min. Add remaining ingredients and toss to combine. Serve at room temp or cold.

From www.myrecipes.com

SESAME BROCCOLI WITH GARBANZO BEANS – serves 6**Ingredients**

2 heads of broccoli (about 1 bunch)	1 (15-oz) can garbanzo beans, drained and rinsed
Salt to taste	¼ tsp. turmeric
2 Tbsp. olive oil	2 Tbsp. lemon juice
1 bunch green onions, sliced thin	1 Tbsp. sesame seeds
3 cloves garlic, slivered	1 Tbsp. sesame oil

Directions

Cut broccoli into bite-sized florets. Cut the stems into small pieces and peel if they are tough. You should have a total of 6-8 cups. In a large skillet, bring ½ cup water to boil. Add broccoli and sprinkle with salt. Cover and cook about 4 minutes, until broccoli is slightly tender but not soft. The water will have evaporated. Remove from pan to a serving dish.

Add olive oil to the skillet and sauté garlic and green onions over low heat for 1 minute. Add garbanzo beans and continue to sauté for about 4-5 minutes. Return broccoli to skillet, and add lemon juice and turmeric. Cook for 2 more minutes until broccoli is warmed. Sprinkle with sesame seeds and season to taste with salt and pepper. Return to serving dish and drizzle sesame oil over before serving.

ROASTED CAULIFLOWER - Serves 6-8

This can be served as an appetizer or side dish, fresh out of the oven or at room temperature.

Ingredients

2 Tbsp. olive oil, approximately	Salt to taste
1 head of cauliflower	

Directions

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut or break cauliflower into 1 inch florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

DRIED FRUIT COMPOTE WITH GREEN TEA - Serves 8**Ingredients**

4 cups of water	2 tsp lemon juice
3 green tea bags	3 tsp lemon zest
4 cups of dried cranberries, cherries, apples, apricots, pears, pineapple, peaches, raisins, figs, etc	
1 cinnamon stick	1 Tbsp. honey
4 tbsp chopped walnuts or almonds	

Boil water in a saucepan. Steep tea for 3-4 minutes. Remove tea bags.

Cut fruit into bite sized pieces. Add fruit, lemon juice, zest, and honey to the saucepan. Cover and bring to boil and let simmer for about 20 minutes, stirring occasionally, or until fruit is soft. Remove cinnamon stick. Serve cold or warm, garnished with chopped walnuts or almonds.

TOFU CHOCOLATE DREAM – Serves 8

2 packages (12 oz. each) Lite Silken Tofu
 ½ cup brown rice syrup or organic agave nectar
 3 tsp. vanilla extract
 ½ cup cocoa powder
 ¼ cup unsweetened grated coconut

Beat tofu until smooth in blender. Heat sweetener in a small saucepan until warm but not bubbly; pour over cocoa powder and stir until smooth. Add vanilla. Blend chocolate mixture slowly into tofu, blending for about 1 minute. Pour mixture into a 1 quart mixing bowl. Sprinkle with coconut for garnish.

WALNUT SPREAD - makes 2.5 cups**Ingredients**

1 15-oz. can garbanzo beans	¼ cup olive oil
1 cup chopped walnuts	2 tbsp. lemon juice

1 cup lightly packed fresh basil leaves

¼ tsp. each salt and pepper

Directions

Drain beans, reserving liquid. In food processor, combine ¼ cup reserved liquid with remaining ingredients. Cover and process, scraping down sides and adding liquid as needed to make a smooth mixture. Store in refrigerator 4-5 days. Serve with rice crackers and/or raw baby carrots, cucumber sticks, and fresh string beans (or any raw veggie you like).

GUACAMOLE - Makes 1.5 - 2 cups

Ingredients

3 ripe avocados

1/3 cup chopped onions

Juice of 1 lime

1 small clove garlic

1/8 tsp cayenne (use more if you like more "bite")

1 Tbsp cilantro

2 Rome tomatoes, chopped finely

Directions

Cut the avocados in half, remove the pits and scoop the flesh into a food processor. Add remaining ingredients, except tomatoes, and process until smooth. Transfer to a covered container and stir in tomatoes. Chill and use immediately. If there is any leftover, to prevent darkening, coat top with a thin layer of oil. For a chunkier version, mash the avocado with a fork and finely chop onions and garlic; mix in with remaining ingredients.

Day 5-Hypothalamic-Pituitary-Gonadal Axis, ATP Production, and Mitochondria Support

Nutty Oats – Serves 3

Ingredients

2 cups water or almond milk

½ cup steel cut oats

Pinch of salt

2Tbsp. pumpkin seeds

2 Tbsp slivered or sliced almonds

2 Tbsp. sunflower seeds

2 Tbsp. raisins

6 Tbsp. chopped dried unsweetened apricots, apples, or cherries OR fresh blueberries

Cinnamon for garnish

Optional Ingredients

1 tsp. raw honey, maple syrup or organic agave syrup

Nonfat or low fat milk, or unsweetened soy milk or almond milk or plain yogurt

Directions

Bring water or almond milk to a boil and slowly stir in steel cut oats and salt. When mixture begins to thicken, reduce heat and simmer for about 20 minutes, stirring occasionally, until desired consistency. Try soaking the oats overnight in almond milk or water and then it will only take about 10 minutes to cook. While oats are cooking, heat a heavy cast iron skillet over very low heat and add almonds and seeds. Cook very slowly for about 5-7 minutes, until nuts and seeds are gently toasted. Remove from heat and reserve. Chop dried fruit and reserve.

When oats are cooked to desired consistency, serve topped with 2 Tbsp. mixed nuts and seeds and 2-3 Tbsp. fruit (dried or fresh). Sprinkle with cinnamon and add milk and or sweetener if desired. Leftover fruit, nuts and even oatmeal can be saved for another morning if you double the recipe. Be sure to refrigerate the oatmeal in an airtight container.

MISO SOUP WITH SHITAKE MUSHROOMS – Serves 4

Ingredients

4 cups vegetable broth

5 shiitake mushrooms, thinly sliced

1/4 cup organic miso paste (white or yellow miso)

4 teaspoons gluten free or regular soy sauce

½ cup firm tofu, diced

2 green onions, trimmed and thinly sliced

1-2 tsp wakame, seaweed, or sliced nori

Directions

Bring the vegetable broth to a boil in a saucepan. Add the mushrooms and seaweed, reduce heat to low, and simmer 4 minutes. Stir the miso paste and soy sauce together in a small bowl; add to the broth along with the tofu and continue cooking for 1 minute more. Pour the soup into bowls and top with the green onions to serve.

BEANS AND GREENS SOUP – serves 5**Ingredients**

2 Tbsp. extra virgin, cold pressed olive oil	2 medium carrots, diced
2 medium cloves garlic, crushed	1 tsp. salt
1 large onion, chopped	Freshly ground black pepper
1 bay leaf	6 cups water, vegetable, or chicken broth
1 stalk celery, diced	2 cups cooked white beans (or 1 [15-oz.] can, drained)
½ lb fresh kale, escarole, bok choy, or collards (or a combination), chopped fine	

Directions

In a 4-6 quart soup pot, sauté the onions in olive oil over low heat. When onions are soft, add bay leaf, garlic, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add beans and your choice of greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Serve immediately or refrigerate and reheat.

CHICKEN SALAD - Serves 6**Ingredients**

3-4 boneless chicken breasts (about 1.5 lb.)	1 cup frozen baby peas, thawed
2 cups chicken broth	1 to 1.5 cups hummus (roasted pepper flavor is tasty)
1 medium yellow bell pepper, diced	3 Tbsp chopped fresh basil or 2 tsp dried basil
1 pint cherry tomatoes (sliced in half if large)	Kosher or sea salt to taste
	Pepper to taste

Directions

This is a great way to use leftover chicken (or turkey). If not using leftovers, arrange uncooked chicken in a single layer in a shallow ovenproof pan and add broth to cover. Cover pan and bake about 30 minutes at 350° F. Remove from oven and cool in broth to room temperature. Cut diagonally into bite-sized pieces. In a large bowl, combine all ingredients and toss well. Add salt and pepper to taste (may not need salt if hummus is salty). Serve on top of mixed greens.

SALMON AND WHITE BEAN SALAD – Serves 4**Ingredients**

3 tbsp lemon juice	½ cup red onion, chopped
1 tbsp extra virgin olive oil	¼ cup Nicoise olives, pitted and chopped
1 tsp garlic, minced	2 cups tomatoes, peeled, seeded and diced
1 tsp Dijon mustard	12 oz canned salmon OR fresh cooked salmon
1 cup cannellini or other white beans, rinsed and drained	3 cups baby spinach

Directions

Mix lemon juice, olive oil, garlic and Dijon mustard. Flake salmon and mix with remaining ingredients, tossing with dressing.

STIR-FRIED TOFU WITH GINGER BROCCOLI - serves 4**Ingredients**

1 pound extra firm tofu	1 Tbsp. dry sherry
2 Tbsp. tamari (low sodium soy sauce)	½ tsp. cayenne or ¼ tsp. hot-pepper flakes
3 Tbsp. extra virgin, cold pressed olive oil, divided	2 cups broccoli florets
1 bunch scallions, thinly sliced	2 cups sliced mushrooms
2 tsp. peeled and minced fresh ginger	1 red bell pepper cut into thin strips

2 minced garlic cloves
1 Tbsp. arrowroot or cornstarch

1 tsp. sesame oil
Sea salt and pepper to taste

Directions

Slice tofu into cubes. Toss with tamari soy sauce and set aside for 5-10 minutes. In a wok or large skillet, heat 1 Tbsp. oil over medium heat and add scallions, ginger, and garlic; stir-fry for 30 seconds. Drain tofu, reserving tamari, and add tofu, stir-frying for 2 more minutes. Remove from pan and set aside.

Using a fork or small whisk, mix reserved tamari with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside. Heat 1 Tbsp. oil in wok over medium high, and add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water and bring to boil. Cover wok and reduce heat to low, simmering vegetables about 5 minutes until slightly tender. Return tofu to wok.

Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook vegetables. Add sesame oil, salt and pepper to taste and adjust seasonings if you desire a spicier dish.

Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

CURRIED LENTILS AND CAULIFLOWER - Serves 4-6

Ingredients

1 cup dried (brown/green) lentils
1 bay leaf
2 cups water
2 teaspoons olive oil
1 onion, chopped
1 clove garlic, minced
1/4 teaspoon sea salt

1 teaspoon curry powder
1 teaspoon cumin
1 teaspoon turmeric
1 small head cauliflower, cut into flowerets
½ - 1 cup tomato sauce (no sugar added)
1 teaspoon grated fresh ginger
½ - 1 cup water or coconut milk
Plain yogurt for garnish (optional)

Directions

Rinse lentils several times and place in a medium soup pot with bay leaf and water. Bring to boil, lower heat, and cover. Simmer 25-30 minutes until soft. While lentils are cooking, heat oil in another large pot. Add onion and sauté until soft. Add garlic, spices and remaining ingredients. Cover and simmer until cauliflower is tender, about 10 minutes. Stir cooked lentils into cauliflower-tomato mixture, and discard the bay leaf. Dress with plain yogurt if desired.

SWEET POTATO DELIGHT - Serves 8

Ingredients

1 large sweet potato or yam, peeled and cut into small pieces
1 small butternut squash, peeled and cut into small pieces
1 tsp cinnamon

½ tsp ginger
¼ tsp nutmeg + extra for garnish
¼ cup lite coconut milk, (add more as needed)
¼ cup sliced almonds

Directions

Preheat oven to 350 degrees. Steam sweet potato or yam and butternut squash until soft. OR roast both in the oven til soft and peel when cool enough to handle. Blend in a food processor (a blender will not do the job) with cinnamon, ginger, and nutmeg. While processing, slowly add enough milk (soy, hemp, hazelnut, rice, or almond) to make the consistency slightly looser than mashed potatoes. Place the mixture in a 1 ½ quart ovenproof dish. Sprinkle nutmeg and sliced almonds on top to garnish and bake at 350° for about 15 minutes. You may make ahead of time and store in refrigerator until ready to bake.

BAKED RICE – serves 5

This recipe is a good for using left over brown rice.

Ingredients

1 Tbsp. oil
1 medium onion, chopped
1-2 garlic cloves, minced
1 large tomato, diced, or 1 cup cherry tomatoes, halved

2 Tbsp. lemon juice
2 tsp. dried basil or 2 Tbsp. fresh basil, chopped
1/8 tsp. cayenne pepper, more if desired, according to taste
2 cups *cooked* brown rice

Directions

Preheat oven to 350 degrees. Heat olive oil in a large skillet over medium heat. Add onion and sauté, stirring frequently, until onion is softened. Add garlic, tomato, lemon juice, basil, and cayenne, and continue to cook, stirring constantly for about 3-4 more minutes. Add rice and mix well. Spoon into an ungreased 2 quart casserole. Cover and bake for 20-25 minutes.

BRAISED CABBAGE AND ONIONS - Serves 4**Ingredients**

1 head cabbage	¼ tsp dried thyme
1 Tbsp. extra-virgin, cold pressed olive oil	1/3 cup water
1 large yellow onion, thinly sliced	¼ tsp salt

Directions

Cut the cabbage in half and trim away the core. Slice ½ in thick and set aside. Coat a skillet with the olive oil and place over medium heat. Add the onions and thyme, cover and cook, stirring occasionally, for about 3 min or until the onions start to soften. Add the cabbage, water and salt to the skillet and reduce heat to medium-low. Cover and cook, stirring occasionally, for about 10 min or until the cabbage is wilted and tender. Add water if skillet becomes too dry during cooking. Serve hot.

From The Good Carb Cookbook

MUSHROOM AND BELL PEPPER SAUTÉ WITH ARUGULA - Serves 4**Ingredients**

3 Tbsp. olive oil, divided	1 Tbsp balsamic vinegar
½ lb mushrooms, cut in half; or 2 medium portabellas, thinly sliced	1 Tbsp. lemon juice
2 small yellow, red, or orange bell peppers, sliced very thin	¼ cup fresh basil, chopped or 1 Tbsp. dried
2 cloves garlic, minced	4 cups arugula leaves (or any combination of mixed greens)

Directions

Heat 2 Tbsp olive oil over medium heat in a large skillet. Add mushrooms and pepper and sauté until tender, about 7-10 minutes. Add garlic and sauté for 1 more minute. Stir in the dried basil (if using fresh basil, add just before serving), balsamic vinegar and lemon juice, cooking over low heat until liquid is reduced by half, about 2 minutes. Stir in fresh basil (if using), along with a pinch of salt if needed.

Divide greens among 4 plates and drizzle with remaining tbsp. olive oil. Top with warm peppers and mushrooms and serve immediately.

PEACH/APRICOT FROTHY - serves 8**Ingredients**

2 envelopes unflavored gelatin
 2 Tbsp. apple juice concentrate
 6 Tbsp. water
 7 cups sliced fresh peaches or apricots (or substitute fruit canned in its own juice)
 2 tsp. lemon juice

Directions

In small mixing bowl, soften gelatin in apple juice concentrate mixed with 6 Tbsp. water. Put peach or apricot slices in blender and blend until they become liquid. Bring to boil and add to gelatin; stirring until thoroughly dissolved. Stir in lemon juice. Chill until it begins to thicken. Beat on high speed with mixer until fluffy and doubled in volume. Chill again. Mound into 8 sherbet glasses or serve from glass serving bowl.

ORANGE CREAM - serves 6**Ingredients**

1 envelope unflavored gelatin
 1/2 cup orange juice
 8 oz. can mandarin oranges, water packed

2 cups plain yogurt
1/2 tsp. ground nutmeg or cinnamon

Directions

In a small saucepan, stir together gelatin and orange juice and mix until dissolved. Add liquid from mandarin oranges. Cook until gelatin is completely dissolved. Cool mixture, then stir in yogurt and orange segments (reserving a few for garnish), mixing well. Pour cream into four parfait glasses; garnish each glass with the reserved orange segments. Sprinkle with nutmeg or cinnamon and chill for several hours.

BRAINIAC SMOOTHIE

Ingredients

20 grams whey protein (may use soy or rice if dairy allergy)	1-2 tbsp raw pumpkin seeds
1 ½ cup blueberries or other berries	1 tbsp ground flax seed
½ banana or raw, unfiltered honey for sweetener	1 scoop powdered greens
½ cup greek yogurt	1 scoop powdered reds (optional)
2-3 tsp Fearn Brand liquid lecithin	

Directions

Put all ingredients in blender and mix well.

Serves 1

CAPONATA: COLD EGGPLANT APPETIZER

Ingredients

1 ½ lbs eggplant, peeled, cut into ½ inch cubes, sprinkled with salt	3 Tbsp tomato paste
½ cup olive oil	5 large green olives, rinsed and cut into slivers
2 ½ cups finely chopped celery	2 Tbsp capers
¾ cup finely chopped red or yellow onions	2 flat anchovy fillets, rinsed, pounded with mortar and pestle
1/3 cup wine vinegar	1 tsp. salt and freshly ground pepper to taste
1 can (28 oz.) plum tomatoes, drained	3 Tbsp pine nuts

Directions

Set salted eggplant cubes in a colander with paper towels underneath to drain for 30 minutes. Pat the cubes dry with paper towels and set aside.

In a large (12-14 inch) heavy skillet, heat ¼ cup oil over medium heat. Add celery and cook, stirring frequently for about 5-7 minutes. Then stir in onions and cook for another 8-10 minutes, until both are softened but not browned. Transfer to a bowl with a slotted spoon. Pour remaining cup olive oil into skillet and sauté eggplant cubes over medium-high heat, stirring constantly for about 8 minutes, until lightly browned. Add celery and onions back to skillet, along with remaining ingredients, except pine nuts. Add a dash of pepper and bring to a boil. Reduce heat and simmer uncovered, stirring frequently for about 15 minutes. Then stir in pine nuts, taste, and adjust seasonings as needed with more vinegar, salt or pepper. Refrigerate until ready to serve.

MARINATED CRUCIFERS AND FRIENDS – serves 20 appetizer portions

Ingredients

Marinade

½ cup olive oil	1 tsp. each dried oregano and basil (or 2 Tbsp. chopped fresh)
¼ cup balsamic vinegar (any vinegar is fine)	2 cloves garlic, slivered
	½ tsp. salt

Veggies

1 head of broccoli, blanched for 2 minutes
1 head of cauliflower, blanched for 2 minutes
1 (15-oz.) can hearts of palm, drained and cut into ¼-inch slices
1 (15-oz.) can pitted black olives, drained

½ lb. mushrooms, cleaned and quartered

Directions

Mix marinade ingredients in a jar. Steam or blanch broccoli and cauliflower until just tender but not soft, about 3-4 minutes. Mix with remaining veggies in a large bowl and pour marinade over. Mix well and marinate at least 8 hours (toss frequently). Serve with toothpicks. Leftover marinade may be used as salad dressing.

APFELSHORLE - serves 2

Ingredients

1 cup unfiltered apple juice

1 cup sparkling mineral water

Directions

Mix equal parts of chilled apple juice and sparkling water.