

Recipes For Health



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Pantry

A good, healthy diet always starts with making sure you have a stocked pantry. Buy local organic produce from local farmer's markets when possible. This includes vegetables, fruits, meats, eggs, nuts, seeds, legumes, honey, and chocolate. I advocate stocking up on cooked beans. Many of the cans used for foods leach chemicals such as free-glutamates and BPA. Having cooked beans on hand will assure you always have some readily available for easy meals. You can store the beans in the freezer for longer shelf life. Also, stocking up on good [bone broths](#) makes for some easy meals. Store in the freezer for longer shelf life (3 months).

I'm also partial to the [Vitamix](#) as a kitchen accessory. Smoothies, salsas, sorbets, sauces, nut butters, and soups are just a few food items made easy with this high-powered blender.



Supplies

Meats

When it comes to meat and eggs, know your sources when possible. Farmers markets offer good local sources. Cows, chickens and pigs should be fed a grass diet and contain no hormones. Fish sources should be wild caught.

Grass-fed meats - [US Wellness Meats](#)

Wild Albacore Tuna - [Wild Albacore Tuna](#)

Oils

Quality oils are important for health. Oils can oxidize contributing to free-radicals, which contribute to oxidative stress in the body. Ideally, oils should be in dark glass bottles and stored in cool dark places. The following are some suggestions for oils.

Olive Oil - [Bariani Organic Olive Oil](#) or [Wilderness Family Naturals](#)

Grapeseed oil - [Napa Valley Naturals](#)

Avocado Oil - [Swanson Health Products](#)

Walnut Oil - [Flora Organic Walnut Oil](#)

Coconut Oil - [Organic, Extra-Virgin Tropical Traditions Coconut Oil](#) or [Artisana](#)

Sesame Oil - [Wilderness Family Naturals Sesame Oil](#)

Lard - [Grassfed, Organic Lard from US Wellness Meats](#)

Sweeteners:

Raw Organic Honey - [YSEco Bee Raw Honey](#)

Coconut Sugar - [Big Tree Farms Coconut Sugar](#)

Dates - [United With Earth Medjool Dates](#)

Organic fruits - local farmer's markets

Seasonings and Baking:

Organic herbs and spices - [Simply Organic](#) or [Mountain Rose Herbs](#).

Unprocessed Salt - [Pink Sea Salt](#) or [Himalayan salt](#)

Almond Flour - [Bob's Red Mill Flour Almond Meal](#), [Love Raw Foods Almond Meal](#)

Coconut Flour - [Let's Do Organic](#), [Bob's Red Mill Organic Coconut Flour](#)



Rice Flour - [Bob's Red Mill Organic Brown Rice Flour](#)
Sorghum Flour - [Nuts.com](#), [Bobs Red Mill Sorghum Flour Gluten Free](#)
Corn meal - [Bob's Red Mill Organic Corn Meal](#)
Cocoa Powder - [Rapunzel Organic Cocoa Powder](#)
Arrowroot Powder - [Bob's Red Mill Arrowroot Powder](#)

Other Items:

Organic pecans, almonds, cashews, and other nuts - [Azure Standard](#) or [Blue Mountain Organic](#)
Flaxseeds, pumpkin seeds, chia seeds, and sunflower seeds - [Blue Mountain Organic](#), [Bob's Red Mill](#), or [Nuts.com](#)
Oats - [Bob's Red Mill Steel Cut Oats](#)
Rice Cakes - [Lundberg Rice Cakes](#)
Organic Rice - [Lotus Foods](#)
Organic Lentils/Dal - [Nuts.com](#)
Organic rice pasta - [Tinkyada](#)
Tomato sauce - [Organicville Pasta Sauce](#), [Eden Organic Crushed Tomatoes](#)
Organic beans - [Nuts.com](#)
Organic tea - [Traditional Medicinals](#)
Raw Organic Nut butters - [Artisana](#)
Breads - [Food For Life Millet](#), [Paleo Bread](#)
Tortilla - [Food For Life Sprouted Corn](#),
Dark Organic Chocolate - [Azure Dark Cacao Bar](#)

Milks:

It is quite challenging to find non-dairy milks on the market that don't have added or enriched free glutamates. I often make my own, especially coconut milk.

Rice milk - [Rice Dream Rice Milk Classic Organic](#) (note: this is the only type with no free-glutamates added)

With a [Vitamix](#) or other high powered blender, making your own milks is fairly simple and offers a tasty, healthy alternative to non-dairy milks on the market that are filled with additives. Milks such as [almond](#), [cashew](#), [rice](#), and [coconut](#), can be made with a few



ingredients and stored for 1 week in fridge. If sweetness is desired, add a touch of honey in lieu of cane or brown sugar.

Smoothies:

To give you an idea of the numerous smoothie combinations, here are some ingredients (raw & organic) that can be added from each category. You can add to the list. There are many varieties within each sub category. Smoothies are a great way to add green leafy vegetables, raw foods, and variety into the diet. Use fresh or frozen ingredients whenever possible, particularly for the herbs (as opposed to dried or powdered). For kids, disguise the color and add some fruit for sweetness. A mixture of the ingredients provides a variety of nutrients, antimicrobial, and anti-inflammatory properties.

Table 1: Smoothie Ingredients

Green Leafy Vegetables	Vegetables/ Fruits	Fruits	Nuts/ Seeds	Herbs
Kale	Cucumber	Berries	Chia	Cilantro
Collard Greens	Sweet potato	Melon	Sunflower	Basil
Mustard Greens	Yams	Cantaloupe	Pumpkin	Dill
Beet Greens	Cucumber	Apple	Flax	Fennel
Chard	Celery	Oranges	Sesame	Rosemary
Carrot greens	Carrots	Pears	Almond	Oregano
Spinach	Beets	Pineapple	Cashews	Mint
Bok Choy	Squash	Banana	Brazil	Parsley
Dandelion	Pumpkin	Peaches	Chestnuts	Ginger Root
Radish greens	Cabbage	Plums	Pine	Turmeric root
Turnip greens	Avocado	Grapefruit	Pecan	Cinnamon
Wheatgrass	Jicama	Grapes	Walnut	Nutmeg
	Broccoli	Lemon/Lime	Hazelnut	Chives
	Artichoke	Mango	Macadamia	Lemongrass
	Pomegranate	Kiwi	Hemp	Milk Thistle
	Persimmons	Tomato	Pistachios	Cloves
	Apricots	Dates/Figs	Millet	Cardamom
	Guava	Coconut	Fenugreek	

This is a two serving smoothie portion:

General Combo

1/3-1/2 cup of organic raw seeds/nuts in total (cashews, pecans, walnuts, brazil nuts, pumpkin seeds, chia seeds, flax seeds)

3 dates (such as medjool)

1 cup of organic frozen fruit (any combo)

add whatever amount of veggies you can get away with or tolerate (kale, spinach, carrots, swiss chard, beets)

add water to desired consistency

Variety Is The Spice of Life

5-6 kale leaves

1/2 cucumber

1 tomato (unless big than 1/2)

Lemon (s squirt 1/2 fresh lemon) actually takes away bitterness of kale or collards

5-6 leaves of basil

4 stems of cilantro

5-6 leaves of mint

1 carrot with green top

1 kiwi (add with peel)

1/3 c blueberries

1/4 apple

1/4 cup of flax seed

1/4 cup of pecans

Water to your consistency preference – if you want it more like juice than a thick smoothie you can also cut back on nuts. Add dates or more fruit if you want sweeter.



KISS #1 (Keep It Simple Smoothie)

1 cup of spinach

1 orange

4 leaves of mint



1/3 cup of flax seeds
add ice if you want cold
add water to desired consistency

KISS #2

5 leaves of kale
1/3 cup of almonds
10 frozen pineapple chunks (or to desired sweetness)
add water to desired consistency

Halloween Special

1 Squash (some are hard to cut unless steamed, but raw is good too)
3 leaves of chard
1/3 cup of pumpkin seeds
Dash of cinnamon
Dash of nutmeg
1 apple
Water and ice to desired temperature and consistency

Winter Holiday Splash

1 pomegranate
3 dates
5 leaves of kale
1/3 cup of cranberries
1/3 cup of hazlenuts

Breakfast

Banana Pancakes:

- 1 mashed banana
- 2 eggs
- 1 T coconut oil (for oiling pan)
- a dash of cinnamon

Mix banana and egg. Heat skillet on medium high heat. Add coconut oil to grease pan. Add mixture to thin layer and cook on one side until firm on top. Flip and cook briefly. Add fruit, honey, cinnamon, or chopped nuts for topping.

Scrambled Eggs and Sweet Potatoes

- 3 eggs
- 1 grated sweet potato
- 1 T coconut oil
- cinnamon

In medium heat skillet, melt coconut oil, and add sweet potato. Cook until tender or about 5 minutes. Crack 3 eggs in bowl. Scramble with fork. Place potato on serving plate and sprinkle cinnamon. Re-oil pan if necessary and add scrambled egg and stir. Cook to desired consistency.

Banana bread:

- 1 cup flour (coconut, almond, rice, flax mixed in equal proportions is great)
- ½ teaspoon baking soda
- pinch of sea salt or Himalayan salt
- 2 eggs
- 1 c mashed ripe bananas (2-3 medium)
- 3 T cup of grape seed or coconut oil
- 1/2 c of raw honey
- 2 peeled and shredded apples
- ½ t organic cinnamon



- ½ t crushed vanilla bean (optional)
- ¼ c chopped walnut (optional)

In a large bowl, combine the flour, baking soda and salt. In a small bowl, whisk the eggs, bananas, honey, applesauce, oil and vanilla. Stir into dry ingredients just until moistened.

Transfer to a 8-in. x 4-in. loaf pan coated with coconut or grape seed oil. Sprinkle with walnuts. Bake at 350° for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 1 loaf (12 slices)

Steel Oats and Shredded Apple

- 1 c of steel oats, cooked
- 1 apple, shredded
- ½ t honey

Mix in shredded apple and honey into warm oats. Instead of apple, you can add egg over easy on top for added protein. Also, mixing in a nut butter is another alternative.

Coconut Almond Granola

- 3 cups rolled oats (gluten-free)
- 1 cup large flake coconut (unsweetened)
- 1 cup coarsely chopped raw organic almonds
- ½ cup raw organic sesame seeds
- ½ cup honey
- ½ cup coconut oil

Combine all dry ingredients in a large bowl.

Melt the honey & coconut oil together in a small pot on the stovetop. When melted, drizzle over the dry ingredients and toss with your hands to coat thoroughly.

Spread the raw granola thinly and equally over two rimmed baking sheets

Bake at 350 F for 15 minutes, or until toasty golden brown. Check in after 10 minutes to monitor done-ness, and give a quick stir at this point to help everything brown evenly.

Rice Cake Cinnamon Twist:

Plain raw rice cake

Nut butter (such as cashew or almond butter)

Honey

Cinnamon

Spread nut butter and honey on a rice cake. Sprinkle cinnamon and smear in with honey.

Bread

3 c of gluten-free flour (mix rice, almond, coconut in equal parts, as an example)

1 T ground chia seeds

1 c warm water

½ t salt

2 t baking soda

1 T fresh squeezed lemon juice

1/3 c coconut oil or olive oil

honey or herbs (optional)

In a large mixing bowl, combine the dry ingredients. A coffee grinder or dry blender can be used to grind nuts and seeds to make your own flour mixture. Add lemon juice and oil to water and add slowly to flour mixture until it becomes a dough that's not sticky.

Don't overwork dough. Place dough in well greased loaf pan. Cut 'X' shape in top of dough. Bake 375 F for 40 minutes or until brown on top. You can add honey for a sweeter bread or herbs and spices for a savory bread.

Another Bread

3/4 c soaked almond butter, smooth (store bought works fine too)

6 eggs

2 T honey

1/4 c coconut oil, melted

1/2 t fresh squeezed lemon juice

1/4 c ground golden flax

3 T coconut flour

1 t baking soda
1/2 t sea salt

Preheat oven to 350°F. Line an 8 x 4" loaf pan with parchment, grease well with coconut oil.

In a large bowl, blend the almond butter, eggs, honey, coconut oil and lemon juice with a high-powered blender.

In a separate bowl, combine the flax, coconut flour, baking soda and sea salt. Mix the dry into the wet, pour into the greased and lined loaf pan and bake for 35-40 minutes.

Allow to cool in pan 10 minutes. Remove from pan by pulling up on the parchment. Set on wire rack to cool completely.

Store in an airtight container at room temperature for 3-4 days, in the fridge for 7-10 days or in the freezer for a month or so.

Chocolate Muffins (12) (remove the chocolate and you have Apple Honey Muffins)

2 cups of flour (almond, coconut, and brown rice flour is a nice mixture)

1 T pumpkin or flax seeds ground

¼ c of honey

¼ c of organic cane sugar

¼ c of organic raw cocoa powder

2 T of baking soda

½ t of ground vanilla bean (optional)

3 eggs

¼ c of grape seed oil or liquid coconut oil

2 peeled, shredded apples

Mix all the dry ingredients in one bowl. Mix all the liquid and apple shreds in another bowl. Add the liquid to the dry. Bake 350°F for 25 minutes or until brown on top.

Crepes (4)

¼ c organic brown rice or almond flour

¼ c of coconut flour (sneak some pumpkin seeds ground up to add magnesium and zinc)

- 3 eggs
- 1/3 c of grape seed oil or coconut oil
- 1 c of warm water
- 1 t cinnamon

Mix flour and cinnamon. Add warm water. In separate bowl, beat eggs and mix in water. Add wet ingredients to dry. Pour batter in thin layer on well-greased frying pan. Flip starting when firm on top. Cook briefly on other side. Place on plate. Spread nut butter, fruits, or honey on top.

Sweet Hash and Eggs

- 1 large sweet potato, chopped
- 1 c peppers and onions, chopped
- 1 large handful fresh organic spinach
- 1 tomato, finely chopped
- 1 1/2 t grape seed or coconut oil (or oil of choice)
- 2 garlic cloves, crushed
- Optional: 4 pieces nitrate-free bacon, pre-cooked and chopped
- Himalayan sea salt and freshly ground pepper, to taste

In a skillet, sauté onion with oil over medium heat until onion is translucent. Add in garlic and peppers and stir. Add in sweet potato and cook for 4-5 minutes. Add in tomato and let sauté for about 5 minutes, stirring occasionally. Mix in chopped bacon, let cook for 5-7 minutes, stirring often. Mix in fresh spinach, and cook for 2-3 minutes, or until sautéed. Serve hot with eggs over easy.

Frittata

- 8 eggs
- 1/2 c of meat such as ham, beef, or chicken cut into small pieces
- 1/2 red onion (diced)
- 1 large yellow squash (chopped)
- 1 tomato
- 2 small or 1 large zucchini (chopped)



2 c of spinach
1 T rosemary
1 avocado
5 sprigs of cilantro
1 clove of chopped garlic
2 t oregano
Salt and pepper to taste

Heat the oven to 350. Whisk all of the eggs together in a large bowl. Add the chopped veggies, bacon and spices. Stir everything together. Thoroughly grease the entire 8x8 baking dish (sides too) with coconut oil. Add the egg mixture to the baking dish. Bake for about 45 minutes or until the center has set and is firm. Once it is finished baking, remove from the oven and top with avocado, tomato slices and chopped cilantro. Another variation of cooking is pouring the entire egg mixture with all the ingredients into a large oiled skillet that can be placed in the oven such as an iron or an all metal skillet. Cook the mixture on medium heat until the edges begin to firm (about 10-15 min). Place in oven at 350F for additional 25-30 min.

Appetizers/Snacks

Nachos

Black Bean Mixture:

1/2 T olive oil
1 c chopped red onion
2 garlic cloves, minced
1 red sweet pepper, diced
2 c black beans cooked
2 t ground cumin, or to taste
1 t chili powder, or to taste
Fine grain sea salt, to taste

Toppings

Chopped: Tomatoes, Cilantro, Avocado, cucumber, shredded carrots



Sautéed mushrooms, Green Onions, Olives (glass jars when possible). Serve over [GMO free corn chips](#).

Veggie Dip

4 cups spinach
1 large avocado or 1 1/2 small avocados
1/2 T lemon juice fresh squeezed
1/2 clove garlic
1/4 t curry
grated fresh ginger to taste
A dash each of: chili powder, cayenne, cumin

Blend all ingredients in a food processor. Serve with [corn chips](#), chopped vegetables or rice cake

Bean Dip

1 1/2 c cooked white beans
1 or 2 bulbs of roasted garlic
2 T fresh dill (chopped fine)
1/4 c cold pressed olive oil
1/2 t sea salt
Black pepper to taste

Blend ingredients in a food processor. Serve room temperature or cold. Dip cut carrots, GMO-free corn chips, cucumber, or serve on toasted rice bread or rice cake.

Spinach and Bean Dip

2 c. packed baby spinach
2 c cooked white beans
3 T extra-virgin olive oil
2 cloves garlic (finely minced)
3 T fresh lemon juice

1 t sea salt
1/4 t black pepper

Puree all and serve with chopped vegetables, corn chips, or use as part of a soft [corn tortilla](#).

Salmon Guacamole

(great with left over salmon)

3 avocados, diced
1 lime, juiced
1/2 t sea salt
1/2 t ground cumin
1/2 t cayenne (or to taste)
1/2 medium onion, diced
1/2 jalapeno pepper, seeded and minced
2 Roma tomatoes, diced
1 T chopped cilantro
1 clove garlic, minced
1/2 c of salmon

Mash avocados with a fork. Mix in the rest of ingredients. Serve room temperature with GMO-free corn chips, carrots, rice cakes or use to make sandwiches.

Applesauce

5 apples, cored, peeled
Cinnamon

Mash apples to desired consistency or toss in blender for a few seconds. Add a dash of cinnamon.

Kale Chips

1 bunch of kale
1 t of olive oil or avocado oil

dash of salt to taste

Instructions: Preheat oven to 350°F. Wash kale and remove tough stems. Cut kale into bite size pieces. Place on baking sheet. Drizzle with oil and salt. Massage oil and salt into kale. Bake for 10-15 minutes, or until kale is crispy. Serve hot.

Apple Chips

2 c of water

1 cinnamon stick

3 T of raw honey

2 large apples

ground cinnamon

Preheat oven to 250° F. In a medium size pot over high heat, combine water, cinnamon stick, and honey. Bring to low boil. Remove top and bottom of apple and thinly slice. Place apples slices into boiling liquid and cook 4-5 minutes until slices appear translucent. Remove apple slices allowing the liquid to drain. Place on cloth towel and pat dry. Place dried apple slices on a cooling rack with cookie sheet underneath. Bake 30-40 minutes until apple is golden brown and dry to touch.

Arugula Green Dip

1 avocado

1 c packed arugula

1/3 c tahini (or ground sesame seeds)

Juice of 1 lemon

Dash of ground cumin

2 T minced dill

salt and freshly ground pepper to taste

Rinse the arugula and cook until wilted

Place ingredients in a food processor/blender and blend until smooth.

Add water, as needed



Serve with tortilla chips and raw veggies.

Good Ol Fashioned Popcorn

1/3 c of coconut oil

1/2 c organic popcorn

1 t cinnamon

1 t honey

Heat tall pot to medium. Melt coconut oil and place one kernel of corn on bottom. Cover with lid. When one kernel pops, pour in remainder of corn. Heat until popping is done. While warm, drizzle honey and sprinkle with cinnamon.

Entrees

Cioppino

one onion chopped

4 cloves of garlic chopped

4 chopped (and peeled) large tomatoes

1 c fish or chicken broth (no additives)

6 clams

12 large shrimp

1/2 pound of rock, cod or snapper in 2 inch chunks

6 scallops

Sauté onion on medium heat until translucent. Add garlic and cook for additional minute. Add tomatoes and broth and simmer for one hour. Simmer 1 hour. Then add clams, shrimp, fish, and scallops. Bring to boil and simmer an additional 10-15 minutes. Serve with organic white jasmine rice.

Salmon Dinner

Broiled Salmon with fresh dill (don't overcook)

Potatoes Lyonnais (sauté an onion, then add finely sliced potato, and sauté until tender ~ add salt and pepper after cooking)

Spinach (fill colander in sink with fresh and organic spinach – pour boiling water over spinach just before serving)

Baked Salmon and Veggie Dinner

5 potatoes cut in French fry shape

1 fillet of wild caught salmon

1 T grape seed oil

1 eggplant, chunked

½ onion, chopped

1 clove garlic, chopped

1 summer or winter squash, sliced

salt to taste

Heat oven to 350F. Place cut potatoes in bowl. Drizzle oil until lightly coated and salt.

Mix. Place potatoes on baking sheet in single layer and place in oven. Cook 20 min.

Meanwhile, place cut and chopped vegetables in bowl, drizzle with oil and salt. Lightly

oil salmon. In a large baking dish add salmon and surround with vegetables. Bake for

additional 30 min or until salmon is cooked.

Stewed Fish

Poach 1 pound, wild caught, Rock, or Snapper in a broth of:

1 6oz Fresh or canned (glass jar, no additives) tomatoes

One medium sized yellow onion, chopped

2 cloves garlic

Zest of one lemon

½ cup of packed & chopped parsley or cilantro

Fish or chicken broth (no additives & homemade)

Sauté onion and garlic, add tomatoes, lemon zest and broth – bring to a boil

Add fish and simmer for 15 minutes or until fish is opaque. Serve over a bowl of lightly

salted, mixed brown and wild rice. Add favorite green vegetable.

Veracruz Sauce for Fish or Chicken

2 c tomatoes, seeded and diced
5 cloves of garlic, peeled and chopped
4 pickled jalapenos (canned or jarred) chopped
1/4 c of olive oil
5 green olives coarsely chopped
1 t oregano
1 t capers
1/4 c water

Warm the oil in a medium saucepan. Sauté the garlic briefly. Add in the ingredients and add salt to taste. Simmer for 20 minutes.

Serve over grilled fish or chicken (I simmer the sauce with red snapper for about 4 minutes a side.)

Fish & Chips

1 pound wild caught cod, rock, snapper (or even shrimp)
5 large red potatoes (cut length wise like fries)
1/3 c of coconut or brown rice flour (or mix)
grape seed or coconut oil
salt to taste

Place potatoes on greased baking pan. Salt. Bake fries at 350F for 30 minutes. (You can also fry). In a wide bowl, add flour and salt. Dip fish first in water, then in flour. Fry on medium heat in oil until golden (about 2-3 minutes/side). Serve with favorite salad.

Meat Loaf

1 lb grass-fed ground round
1/2 c sweet potato, grated
1/2 c carrots, grated
1/2 c tomato sauce
1 egg
1 T coconut flour (or almond flour)
1/2 t turmeric

½ t oregano
½ t thyme
salt and pepper to taste

Preheat oven to 350°F. Place all the ingredients in a large bowl and mix with hands until blended. Place in 8x8 pan and place in oven for 45 minutes or until meat is done.

- Herb Coated Chicken

2-4 boneless, skinless chicken breast halves (1 ½ pounds total)
½ c almond flour
½ t celtic sea salt
dash of oregano
dash of basil
dash of rosemary
dash of cumin
dash of mustard
dash of thyme
6 T grape seed oil
¼ c fresh squeezed lemon
1 c chicken stock
¼ cup fresh chopped parsley
2-4 boneless, skinless chicken breast halves (1 ½ pounds total)

Cut the chicken breasts in half horizontally, butterflying them open –if the pieces are large, cut them each into two pieces after you cut them in half. Put chicken pieces between two pieces of parchment paper and pound them until ¼ inch thick.

Mix together flour, salt and herbs. Rinse the chicken pieces in water, then dredge thoroughly in flour mixture, until well coated. Heat 3 T of grapeseed oil in a large skillet on medium high heat. Add chicken pieces and brown well on each side, about 3 minutes per side. Transfer from skillet to a plate. Place plate of chicken breasts in a warm oven while preparing the sauce. Add lemon juice, chicken stock and capers to the skillet and use a metal spatula to loosen the browned bits and incorporate them into the sauce.

Reduce the sauce by half then whisk in the remaining 3 T of grape seed oil. Plate the chicken, pour the sauce over it and sprinkle with parsley. Serve with browned potatoes

(1/4 potatoes, rub with coconut oil and sea salt, place in 8" X 8" pan and roast for 30-40 minutes @ 350F).

Serves 4 to 6

Baked Mustard Lime Chicken

1 pound skinless boneless chicken breast

1/2 c fresh lime juice

1/2 c fresh cilantro, chopped

1 T of mustard powder

1/4 c of water

1 T olive oil

1 T chili powder

1/2 t celtic sea salt

1/2 t pepper

Combine lime juice, water, cilantro, mustard, olive oil, chili, salt and pepper in a food processor. Pulse until ingredients are well combined. Rinse chicken breasts, pat dry and place in a 7x11 inch baking dish. Pour marinade over chicken, cover and refrigerate for at least 15 minutes or up to 6 hours. Bake at 350° for 18-20 minutes uncovered, or until an instant read thermometer reads 165°F. Serve with Rice Pilaf and extra sauce spooned over top.

Rice Pilaf

2 T coconut oil

1/2 c finely chopped onion

2/3 c chopped raw almonds

1 c uncooked brown or mixed wild rice

2 c chicken or vegetable broth (homemade).

1/4 t salt

ground pepper

1/4 t chopped parsley leaves

In a medium saucepan, melt the coconut oil over medium-high heat. Stir in the onion and almonds. Sauté for 5 to 7 minutes or until the onion is softened and almonds are

golden. Add the rice. Cook and stir for 1 minute. Slowly stir in broth and add salt and pepper. Bring to a boil. Cover, reduce heat to low. Simmer for 23-35 minutes or until liquid is absorbed. Fluff with a fork and garnish with parsley.

Fajita with Fried Polenta

Serves 4

1 pounds of round steak sliced 1/8 "thick (grass-fed)

1/2 pound bacon (nitrate-free)

3 large onions (sliced in quarters)

1/4 c water

3 bell peppers; 1/3" slices (mix of colors)

1 minced jalapeno

Marinade: Marinate the steak. (1 hr to overnight)

1/4 t lime juice

1/4 t water

1 t salt

cilantro

Garnish:

1/2 cup lime juice or 1/2 lime, peeled and blended

5 large green onions thinly sliced

small bunch chopped cilantro

Preheat oven to 250°F. Warm in an oven safe dish with a lid on low.

Heat a skillet to medium high, brown steak and place in an oven safe dish. Reduce heat to medium/medium low and cook the bacon. Reserve the bacon grease in a bowl and place the bacon in oven. Raise the skillet heat to medium high and add back 2 tablespoons of bacon fat and sauté the onions. Add a quarter cup of water when the onions are done, then let them simmer for about 30 seconds to de-glaze the skillet. Add the onions to the oven safe dish. Add peppers to skillet and cook until the peppers are tender. Add to the oven safe dish. Thoroughly mix the ingredients and allow to sit for one 1/2 hours. You can also let the mixture stay warm in the oven.

Polenta

6 c water
2 t salt
1 3/4 c yellow cornmeal
3 T coconut oil

Bring 6 cups of water to a boil in a heavy large saucepan. Add salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook until the mixture thickens and the cornmeal is tender, stirring often, about 15-20 minutes. Turn off the heat. Add the oil, and stir. Pour homemade polenta in an 8x8 inch bake pan for 1 hour and up to overnight. Slice in 1" by 3" slices. Fry in coconut oil for until golden brown on each side. Serve Fajitas mixture over the polenta.

Chicken & Broccoli Sauté

1 lb cooked shredded chicken
coconut oil
large bunch broccoli
salt

Chop the broccoli florets, and then steam for 1 minute or so. Drain and add to a skillet with some coconut oil. Add sea salt to taste, then toss and sauté briefly. Place the broccoli on a platter and top with the shredded chicken. Warm the chicken beforehand. Server with rice or quinoa

Skillet Sauté

1 onion chopped
1 lb grass-fed ground beef
5 red potatoes diced
1/2 lb peas
4 carrots chopped
Rosemary and/or Thyme to taste
Finish off with chopped parsley or cilantro



Saute onion until caramelized. Add beef and sauté until cooked through. Sauté all other ingredients until cooked. Then sprinkle with cilantro or parsley.

Roasted Chicken Dinner

One organic free range chicken
Himalayan salt
Pepper
Organic red potatoes
Organic sweet potato
Organic beets
Organic favorite seasonal squash
Organic apples or pears
Organic green beans
1 head of garlic

Roast chicken @ 350 degrees for 1 and ½ hours in large roasting pan. After 30 minutes, add chunked beets, squash, potatoes, and add whole head of garlic. Drizzle any chicken drippings or add a small amount of olive oil to coat vegetables. Sprinkle salt. Continue roasting. With 20 minutes remaining on the roasting of chicken, add sliced apples or pears, and cut green beans.

Alternatively, serve chicken with organic mashed potatoes & gravy (I use coconut flour), a vegetable of your choice.

Pork Roast

1 pork roast
5 red potatoes
favorite vegetable

Roast a pork loin @ 350 degrees according to weight. Bake with organic and salted potato wedges (turning once). Serve with a vegetable and applesauce. Add a salad.



Stuffed Cabbage Rolls (great for making a big batch for multiple meals)

1 head of cabbage
8 oz organic [tomato sauce](#)
2 lb organic grass feed ground round beef
2 cups of cooked rice
1 egg
1 onion
salt
pepper

Core cabbage and place in a large pot of boiling, simmering water. Peel off one leaf at a time as cabbage softens. Repeat until all leaves are peeled off the cabbage.

Stuffing Mixture:

Sauté onion until caramelized. Add ground beef and sauté until lightly browned. Turn off heat. Mix in cooked rice, one egg, [tomato sauce](#), and salt & pepper. Add a heaping spoonful to a cabbage leaf and fold leaf with mixture (like a burrito). Bake for two and a half hours @ 350 degrees. Serve with mashed potatoes with the au jus from the pan.

Spanish Rice

2 cups organic brown rice
One onion
One large green pepper
1/3 lb pork (no nitrates, no additives) fried and chopped
2 c organic tomatoes (peeled and cut)

Cook brown rice until almost done (four cups cooked). Sauté onion and green pepper. Combine and mix all ingredients. Place in oven @ 350 for 45 minutes and serve with a green salad

Chili Con Carne

One onion
2 large green peppers



1 lb grass fed ground beef

2 c of canned tomatoes

2 c water

2 c of cooked kidney beans (I use both red & white)

Sauté ground beef. Sauté onion and green pepper. Combine all ingredients and simmer for one hour.

Kale and Beans

1 lb kale chopped

1 onion

2 cloves garlic

2 c of cooked white kidney beans

squeeze of lemon (1 T)

Sauté onion. Add garlic remainder of ingredients. Stir until kale is tender and beans are warmed.

Fresh Wild Salmon Burgers with Quinoa

2 eggs

1 medium zucchini

4 T chopped parsley

1/2 t sea salt

black pepper

1 lb. skinless, wild caught salmon lightly poached

3/4 c cooked quinoa

2 T coconut oil

Beat the eggs in a medium mixing bowl until blended. Dice the zucchini. Add to the bowl of eggs, parsley, salt and pepper. Dice the poached salmon. Slightly mash the quinoa and add to the egg-zucchini mixture. Add diced salmon. Make a mixture that will hold together in patties.

On a cast iron griddle or skillet, heat coconut oil. Place the patties into the oil, flipping when needed until cooked through.

Meatloaf with Mashed Potatoes

- 1 onion, chopped
- 2 cloves of garlic
- 1 egg
- 1 T of organic dried or fresh oregano
- 1 lb ground, grass fed beef
- 2 c of cooked rice, then pulverized in blender
- 2 stalks of broccoli
- ½ c of organic [tomato sauce](#)
- 4-5 large red potatoes (or favorite kind)
- 1 head of cauliflower

In blender, blend rice and broccoli. Sauté onion in skillet until golden. Add garlic and sauté for an additional one to two minutes. Add hamburger, egg, oregano, and blended rice and broccoli. Season with salt and pepper to taste.

Mix thoroughly and place in a bread pan. Cover top of meatloaf with tomato sauce. Bake @ 350 for one hour.

Cut potatoes in quarters. Cut cauliflower in small flowerets. In medium size sauce pan, boil two inches of water. Turn heat to medium low. Add cauliflower and steam for 5 minutes or until tender. Remove cauliflower. Fill sauce pan with water and potatoes so that water covers potatoes. Boil until tender. Mash cauliflower and potatoes. Add coconut oil to desired consistency and mash until no lumps. Add salt to taste.

Homemade Spaghetti Sauce

(wait for in-season fresh and organic tomatoes – or organic canned and in glass jars with no additives)

- 20 peeled and chopped organic tomatoes (easy to peel when placed briefly in simmering hot water)
- 2 chopped onions
- 6 cloves of garlic
- 1 t oregano
- 1 t thyme

1 t fennel
Cayenne pepper to taste
2 T fresh, chopped mint
1 c chopped parsley

Sauté onions until golden, then add garlic the last couple minutes. Take 1 c of peeled tomatoes and blend. Add puree to pot. Add the remaining ingredients except parsley and simmer for 3 hours. Add parsley the last 15 minutes. Serve over [rice pasta](#).

Beef Stew

1 1/3 lb. lean grass-fed beef chuck or round cut in 1 1/2' pieces
2 large onions cut in chunks
2 cloves of garlic finely minced
6 carrots
6 potatoes
1 t thyme
1/2 c rice or coconut flour
1 T of ground chia seeds

Simmer beef with onion, garlic and thyme for one hour. Add potatoes and carrots. Cook for 25 minutes more, or until fork tender. Mix flour and ground chia seeds with 1/2 c. cold water and 1/2 c broth from stew. Pour slowly into stew, stirring constantly until stew reboils and is thickened.

Chicken Cacciatore

4 chicken thighs
2 chicken breasts with skin and backbone, halved crosswise
2 t salt, plus more to taste
1 t freshly ground black pepper, plus more to taste
1/2 c brown rice flour, for dredging
3 T grape seed oil
1 large red bell pepper, chopped

1 onion, chopped
4 garlic cloves, finely chopped
3/4 c organic sliced, black olives (no additives)
2 lb diced tomatoes (blanche and peel before dicing)
1 1/2 c chicken broth (make your own from chicken bones)
squeeze of lemon
4 tablespoons drained capers
1 1/2 t oregano
1/2 c coarsely chopped fresh basil leaves

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the rice flour to coat lightly. In a large heavy sauté pan, heat the oil over a medium-high flame. Sauté the bell pepper and onion until tender, about 5 minutes. Add the garlic and cook for additional minute. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. Season with salt and pepper. Add the tomatoes, chicken broth, lemon juice, olives, capers, oregano and basil. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes. Place the chicken on a platter. Spoon the sauce over the chicken. Serve with vegetable.

Chicken Caruso with Rice

2 whole chicken breasts, cut into strips
1 c of hot, cooked rice
1 clove garlic chopped
3 T grape seed oil
1 jar organic tomato sauce
1 jar (med.) tomatoes (no additives)
1 t oregano
1 t basil
2 c sliced celery
1/2 lb mushrooms

Season chicken with salt and pepper. Saute celery until translucent. Add garlic and chicken. Stir in tomato sauce, tomatoes, mushrooms and herbs. Cover and simmer 10 minutes. Serve over rice.

Chicken Piccata

4 Chicken breasts, quartered

½ c organic rice flour, with salt and pepper added to taste

4 T coconut oil

4 cloves garlic

Zest of one lemon

1 c homemade chicken broth

½ c packed Italian parsley

Wet chicken. Dredge in rice flour then fry until golden in coconut oil. Add garlic and cook 1 minute with stirring. Add chicken broth, lemon zest and parsley. Cook until sauce reduces and thickens, (about 25 minutes).

Simple Hearty Soup

1 lb beef, cubed

2 qt water

2 lg onions, quartered

2 tomatoes, peeled and diced

1 lg sweet bell pepper, seeded and chopped

1 large poblano pepper, seeded and chopped

1 c okra

2 c diced potatoes

2 c sliced carrots

1 c chopped celery

Salt and ground pepper to taste

Put meat, water, and onions in a heavy soup kettle. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 3 hours. Remove meat, let cool, and discard

bones, returning meat to pot. Stir in remaining vegetables and simmer, partially covered for 1 ½ hours. Season with salt and pepper. 6-8 Servings

Pizza

Dough

½ c coconut flour

½ c rice or almond flour

½ c flax seed flour

½ c quinoa flour

3 T ground chia seed

1 t baking powder (aluminum free) could use baking soda also

1 c water

1 t oregano

1 t basil

1 t thyme

salt

Combine flours into bowl. Flours can be made by grinding portions in coffee grinder or in dry blenders for making flours. Make your own flour combination that works for you. Add ground chia seeds to flour mixture. Chia seeds are my substitute for xanthum gum and acts to keep the dough together. Add herbs and salt and mix dry ingredients together well. Add water slowly and kneed into dry mixture until a dough. Add only the water necessary to work into a dough. Place parchment paper on a pizza sheet or baking sheet. Work dough into desired shape.

Cashew Cheese

1 c of cashews soaked (I soaked for 30 minutes because I forgot to soak and it turned out fine. Can soak longer if more of a creamy cheese desired)

water

salt

Add soaked cashews and salt to high-powered blender. Add water to desired consistency.

Pizza assembly

Spread tomato sauce, cashew cheese and other favorite toppings and bake 425 °F for 10-12 minutes. For pesto and fresh tomato, add with only two minutes remaining in cook time to keep fresher taste.

Roasted Vegetables and Pesto

1 eggplant, cut in chunks
1 c of favorite squash, sliced or chunked
1 c of fingerling potatoes (if big, cut in ½)
1 c of cherry tomatoes
2 beets, cut in wedges
1 T grape seed oil
salt

Heat oven to 350F. Place eggplant, potatoes, squash, and beets in bowl, drizzle with oil and sprinkle with salt. Mix and place in 7x11 baking dish. Bake for 30 minutes. Make pesto (recipe below). Add tomatoes and pesto and bake another 10 min or until vegetables cooked to desired tenderness.

Pesto

1 c fresh basil leaves
½ c cilantro
1/2 c olive oil
1/3 c walnuts
3 garlic cloves
1 t fresh lemon
Salt and pepper to taste.

Fish Soup

4 large mushrooms, sliced
4 c any homemade stock
2 T minced parsley

2 clove garlic, minced
2 T fresh basil chopped
1 onion, thinly sliced
1/4 t salt
Pepper to taste
1 lb Haddock fillets
10 oz baby lima beans

Place the mushrooms, broth, parsley, garlic, basil, onion, pepper and salt in a large saucepan. Simmer for 10 minutes. Break up and add haddock, and lima beans. Simmer 20 minutes stirring occasionally.

Kale with Fish

1 pound of kale, chopped, thick stems cut off
3 T olive oil
1 medium onion, chopped
3 garlic cloves, minced
1/2 c olives, chopped
1/4 c capers, drained
1/4 t cayenne pepper
1 t honey
1/2 pound firm fish, poached (tuna, cod, snapper, halibut)
2 c cannellini or white beans, pre-cooked
Sea salt to taste

Sauté onions in large pan, until lightly browned. Add in garlic and sauté another minute. Add olives, capers and pepper flakes, cook for 2 minutes and then add in kale and honey. Stir and cover with lid. Sauté until kale is limp. Mix in fish and beans. Cook until just heated, about 3 more minutes. Add salt to taste. Remove from heat.

Puttanesca Sauce (Italian tomato sauce)

2 T extra-virgin olive oil
4 to 6 cloves garlic, chopped

1 tin flat anchovy fillets, drained
1 /2 teaspoon crushed red pepper flakes
20 oil-cured black olives, cracked away from pit and coarsely chopped
3 tablespoons capers
4 c chunky style crushed tomatoes
2 c diced tomatoes, drained
A few grinds black pepper
1/4 c (a couple of handfuls) flat leaf parsley, chopped
(For vegetarian options serve this over egg-battered-fried eggplant, quinoa, [spaghetti squash](#), or brown rice pasta). For meat options, pour sauce over ground beef meat balls, or baked chicken for a Chicken Caccitore, or Chicken Maribella.

Paella

1 (3-pound) frying chicken, cut into 10 pieces (see Spice Mix for marinade below)
1/4 cup extra-virgin olive oil
Himalayan salt and freshly ground pepper (to taste)
1 spanish onion, diced
4 garlic cloves, crushed
Bunch flat-leaf parsley leaves, chopped, reserve some for garnish
2 c peeled tomatoes, drained and hand-crushed
4 c short grain Spanish rice
6 c water, warm
Generous pinch saffron threads
1 pound jumbo shrimp, peeled and de-veined
1 c sweet peas, frozen and thawed or fresh
Lemon wedges, for serving

Rub the spice mix all over the chicken and marinate chicken for 1 hour in the refrigerator. (recipe follows for spice mix) Heat oil, in a large shallow pan, over medium-high heat. Add chicken skin-side down and brown on all sides, turning with tongs. Add salt and freshly ground pepper. Remove from pan and reserve.

In the same pan, saute the onions, garlic, and parsley. Cook for 2 or 3 minutes on a

medium heat. Then, add tomatoes and cook until the mixture caramelizes. Fold in the rice and stir-fry to coat the grains. Pour in water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid. Add chicken, and saffron. Add the shrimp, tucking them into the rice. The shrimp will take about 8 minutes to cook. Add peas and give the paella a good shake and let it simmer, without stirring, until the rice is al dente, for about 15 minutes. When the paella is cooked and the rice looks fluffy and moist, turn the heat up for 40 seconds until you can smell the rice toast at the bottom, then it's done.

Remove from heat and rest for 5 minutes. Garnish with parsley and lemon wedges.

Spice Mix For Chicken

1 T sweet paprika

2 t dried oregano

Kosher salt and freshly ground pepper

Combine ingredients in a small bowl. Rub the spice mixture all over the chicken; marinate for 1 hour, covered.

Rice and Asparagus

2 T grape seed oil

1 onion, chopped

2 cloves garlic, minced fine

½ c parsley, chopped

1 lb al dente cooked chunks of organic asparagus

3 c brown rice, cooked

½ c water

¼ c extra vegetables (such as carrots, broccoli, cabbage)

1 t Himalayan salt

Sauté onion in oil. Add garlic and sauté for 2-3 minutes. Add vegetables and stir 1 minute. Add water. Add asparagus, rice, and salt. Add parsley and simmer together until mixture blends well (about 4 minutes).

Chimichuri Sauce

1/3 c extra-virgin olive oil
1/4 c fresh lemon juice
1 T water
2 cloves garlic, minced
3/4 t hot red-pepper flakes
3/4 c chopped flat-leaf parsley
1/4 c chopped cilantro
1 small tomato, crushed

Place all ingredients in a blender on low speed to chop. Let sit for twenty minutes. Serve over meat, fish, lentils, quinoa or pasta.

Lentils and Rice With Veggies

2 c of [lentils](#)
1 c brown rice
1 T coconut oil
2 cloves garlic
1/4 c parsley
1 small red onion
1 carrot
1 celery stalk
1/2 head of red or green cabbage
1/4 t turmeric
1/4 t cumin
salt and pepper to taste

Rinse lentils well and throw out any floaters. Cover lentils with water a few inches above lentils, add salt and clove of garlic and let simmer until tender (about 20-30 minutes). Cook rice according to instructions. Finely chop onion, celery and garlic. Chop cabbage and shred carrot. On medium heat, add coconut oil and sauté celery and onion with cumin, turmeric and salt until celery is tender. Add cabbage and carrots and

cook until desired tenderness. Stir in desired amount of lentils and rice. Top with parsley and add desired salt and pepper.

Chicken, Squash and Bean Curry (serves 4)

1 c of soaked and then cooked [adzuki beans](#) (can use lentils if no soaked beans available)

4 chicken legs with skin (omit ingredient and cooking time for vegetarian/vegan)

1 c of cooked jasmine rice

¼ c shredded coconut

2 T of coconut oil

½ t turmeric

1 large onion, diced

¾ cup of coconut milk or water

2 tomatoes, peeled, cored and chopped

3 cloves garlic, chopped

1 ½ T curry powder, or to taste

2 t ground cumin

½ t salt

½ t black pepper

¼ t ground cloves

¼ t fresh grated ginger (or ginger powder)

2 c peeled, cubed (1-inch), seeded cooked butternut squash

2 carrots, chopped

2 c packed fresh spinach, chopped

In a deep pot over medium heat, melt coconut oil. Stir in the onion, and cook until tender and transparent, about 5 minutes. Add chicken and brown on each side, about 5 min each side. Add ginger, garlic and shredded coconut. Add coconut milk or water and simmer for 10 minutes. Stir in the tomatoes, cook 5 minutes more stirring occasionally. Mix in the curry powder, cumin, salt, pepper, and cloves. Add the cooked beans, squash, and carrots. Cover, and cook over medium-low heat until the carrots are tender and chicken is cooked, 15-20 minutes. Stir in the spinach. Adjust seasonings to taste. Serve over rice.

Lentil and Potato Masala (serves 4)

1 cup of favorite [lentils](#)
1.5-2 lbs of baked red or purple potatoes
1 T of coconut oil
1/2 chopped onion
1 c coconut milk or water
2 T of mustard seed
1 T of fenugreek seeds
2 t Urad Dal
1 t of crushed curry leaves
1 T green chiles (to taste)
dash of cayenne pepper (to taste)
1 t of minced ginger
1/4 t turmeric
2 T chopped cilantro
1 clove chopped garlic
1 whole clove of garlic
1/2 c chopped carrots
1/2 c shredded cabbage
salt

Bake potatoes. Keep aside. Rinse lentils until water runs clear. Place lentils in pot and cover three inches above lentils with water. Bring to boil. Add salt, clove of garlic, chopped carrots and shredded cabbage. Simmer for 20 min.

Meanwhile, in a skillet, heat oil on a medium flame. Once hot, add in mustard and fenugreek seeds and allow seeds to pop. Add in Urad Dal, turmeric, curry leaves, ginger and green chillies. Cook for 30 seconds. Add in the onions and cook till the onions start getting translucent. Add the coconut milk and salt. Cover and allow the liquid to come to a boil. Mash the potatoes into the liquid. Add strained lentils and vegetables. Add in the chopped cilantro. Mix and allow the Masala to reach the desired consistency. It will thicken a little over time. Use water from lentil cooking to add more liquid if desired. Remove from heat. Serve on coconut tortilla (see recipe below). Other options, serve on a crepe or [corn tortilla](#).

Coconut Flour Tortillas:

4 eggs (or 4 T of ground chia seeds mixed with 8 T water)

1/4 c coconut flour

1/4 t baking powder

1 c water (add water until batter is runny and easy to pour)

1/4 t salt

Coconut oil for pan

Whisk all the ingredients together and preheat a nonstick pan with some coconut oil. Pour about 3 T of batter into the pan and swirl around. Flip once golden brown. Tortilla will be hard to flip until cooked enough on bottom side.

Taco Night

Favorite cooked meat (fish, shrimp, chicken, beef)

1 carrot, grated

1/2 c cabbage, shredded

1/2 cucumber, chopped

1 tomato, chopped

1 avocado, chopped

1/4 c of cilantro, chopped

1 clove of garlic

1 c of black beans, cooked

1 c of rice cooked

salt to taste

[tortillas](#)

Warm tortillas in toaster oven or on griddle. Add your favorite goodies with ideas above in the proportions that make your taco night.

Salads

Tuna Salad

1 c chunk light [tuna](#)
1 medium shredded carrot
1 T of olive oil
1 avocado
1 chopped tomato
handful of chopped walnuts (optional)
salt to taste

Add tuna in a bowl. Add shredded carrot, mashed avocado, and olive oil and mix. Add tomato and nuts and mix. Serve on crackers, bread, rice cake, or bed of lettuce.

Cucumber Salad

2 cucumbers
1 small red onion
1 T fresh lemon juice
1 t raw honey
2 t dried dill or 2 T fresh

Thinly slice cucumber and onion. Combine the lemon and honey in a bowl and stir. Add the cucumber mixture and toss to coat. Stir in the dill.

Arugula Salad

2 parts Arugula
1 part Spinach
2 grapefruits
6 oz Shrimp, cooked
1 large avocado

In a large bowl, combine Arugula and Spinach. Peel and section grapefruit, then cut sections in half or thirds. Place cooked shrimp in salad. Mix grapefruit and shrimp

thoroughly. Place Avocado on top and serve (the juice from the grapefruit becomes the dressing).

Pear Salad

Wild lettuce mix (mesclum)

3 pears

Dried cranberries (no chemical additives)

½ cup organic pine nuts

Place Mesclum on platter. Slice fresh pears and arrange around the platter. Sprinkle dried cranberries and Pine Nuts on top of salad For the dressing: *Good on its own but you could: Squeeze lemon or puree raspberries and add to top of salad.*

Fruit and Nut Salad

Use any assortment of fruit or nuts

1 c strawberries, sliced

1 c pineapple, chunks

1 c pear, chunks

1 c apple, chunks

1 c peaches, chunks

¼ c brazil nuts, chopped

¼ c almonds, chopped

¼ c cashew, chopped

¼ c shredded coconut

1 T raw honey

Combine fruit, nuts, and coconut in bowl. Drizzle with honey.

Mock Better Than Cesar

1 head of Romaine Lettuce

1 egg (3 minute egg if opposed to raw)

1 clove of garlic

1 small can anchovies

Salt to taste

Pine Nuts

Wash and tear lettuce to bite size pieces.

Puree egg, garlic and anchovies with a pinch of salt

Sprinkle Pine Nuts on top

Romaine and Radish Salad

One head Romaine

4 radishes

Wash lettuce and tear into bite size pieces

Thinly slice radishes on top of salad.

En Salada

1 head green lettuce (not iceberg)

2 carrots

1 large tomato

3 thinly sliced radishes

1 c. shredded red cabbage

¼ of paper thin sliced red onion (I use a mandolin)

1 large avocado

Mix all ingredients but avocado, which I usually place on top or pass around.

Pre-mix dressing below or pass around.

Sweet Potato Salad

3 large sweet potatoes (peeled and quartered)

1 large apple, cubed
1/2 c dried cranberries
1/4 c pecans (raw and chopped coarsely)

Dressing:

3 T lemon juice
2 T orange juice
2 T honey
1 t dry mustard
3/4 t salt
black pepper (freshly ground, to taste)
1/2 t cinnamon
2 T extra virgin olive oil

Cook sweet potatoes (baked or boiled), and let cool. For the dressing: whisk together lemon, orange juice, honey, mustard, salt, pepper, and [cinnamon](#) in a bowl. Slowly whisk in olive oil until well blended. Set aside.

Add the sweet potatoes, apple, dried cranberries, and pecans to the dressing. Serve warm or chilled

Rice and Apple Salad

6 cups cooked rice, cooled
3 carrots, small cubed
3 large apples, peeled, cored, and cubed
1 c chopped, organic and raw walnuts

Dressing:

3 T lemon juice
2 T orange juice
1 t dry mustard
3/4 t salt

black pepper (freshly ground, to taste)
2 T extra virgin olive oil

Mix rice, carrots, apple, and walnuts, together. Wisk dressing ingredients. Toss.

Salad Dressings / Sauces:

Orange Cilantro

One orange, peeled
½ c cilantro, washed and chopped
Salt and Pepper
Puree all ingredients and serve

Mustard

½ clove garlic
½ t organic mustard powder
½ c cold pressed, virgin olive oil
1 juice from lemon

Chop garlic, and add mustard, olive oil and lemon juice. Mix well and serve

Raspberry

2 c. fresh or frozen (and thawed) raspberries
½ c. olive or walnut oil
Salt and pepper
Puree all ingredients and serve

Mock Caesar

1 egg (3 minute egg if opposed to raw)

1 clove of garlic

1 small can anchovies

Salt to taste

Herb Dressing

½ c fresh herbs, minced fine (basil, thyme, oregano, mint)

½ t raw honey

Juice of one lemon

½ c olive or nut oil

Mayonaise

1 egg

1 cup of olive oil

¼ t of mustard seed (can use mustard powder too)

1 T of lemon juice (from fresh lemon)

1/8 t of salt

Add egg, lemon juice, mustard seed, and salt into food processor. Blend on medium and add oil while running. Blend until creamy. Transfer to container and can store in fridge for two weeks.

Anti-Inflammatory Ketchup

2 pounds fresh plum tomatoes, chopped;

1 large onion, chopped;

1/2 fennel bulb, chopped;

1 celery stick, cut in cubes;

Chopped fresh piece of ginger, about the size of a thumb;

2 cloves garlic, roughly chopped;

1/2 red chili, seeded and chopped finely (to taste)

Large bunch of fresh basil, picked leaves and chopped stalks;
1 tbsp coriander seeds;
2 cloves garlic;
1 tsp freshly ground black pepper;
Extra virgin olive oil;
1/4 wedge of fresh lemon (including the peel - wash first)
Sea salt to taste;

Preparation

Place the onion, fennel and celery in a large saucepan with some olive oil. Once soft, add ginger, garlic, chopped chili, basil stalks, coriander seeds, garlic cloves, and season with salt and black pepper.

Over a low heat, cook for about 12 minutes, until the vegetables have softened, stir occasionally.

Add 1 1/2 cups water and the tomatoes. Let simmer gently until the liquid is reduced by half.

Add the basil leaves and lemon, pour the sauce in a blender or food processor and process until very smooth.

Strain the sauce through a sieve into a new or cleaned container.

Adjust the seasoning to taste.

Cool in the refrigerator and enjoy. This ketchup recipe can be bottled in sterilized jars and kept for up to 6 months in a cool dark place.

Salsas

Mango Salsa

1 ripe mango, peeled, pitted, and diced (about 1 1/2 cup) (See: [How to Cut a Mango](#))

1/2 medium red onion, finely chopped

1 Jalapeño Chile, minced (include ribs and seeds for a hotter taste if desired)

1 small bell pepper, minced

4 T fresh cilantro leaves, chopped

3 T fresh lime juice

1 diced avocado

Salt and pepper to taste

Guacamole

Large avocado, diced

Large tomato, diced

Small sweet onion, diced

2 T cilantro, minced

1 small jalapeno, minced

2 T fresh lime juice

salt to taste

Combine all ingredients and serve. Great to add to baked potato or serve with corn chips.

Peach Salsa (Grilled)

6 firm, ripe peaches

2 shallots, peeled

1 red bell pepper, seeds removed, chopped

1 T. cold pressed virgin olive oil

1 large garlic clove, minced

1-2 Jalapeno peppers, minced

3 Tb. chopped cilantro

1 lime

1 T organic honey

Salt and Pepper

Preheat grill to medium. Cut each peach into 4 thick slices. Cut the shallots in half and the pepper in quarters. Lay the peaches, shallots and peppers on a baking sheets and toss with a little oil.



Carefully place the peaches, shallots and peppers on the grill. Grill the peaches 1-2 minutes per side until nice grill marks have formed, but the peaches are still firm. Grill the shallots and pepper 2-4 minutes per side. Remove and cool.

Chop the peaches, shallots and peppers into small ¼ inch chunks and place them in a bowl.

Mince the jalapeno peppers, add to the bowl along with the minced garlic, cilantro, the juice of 1 lime and honey.

Mix well and salt and pepper to taste.

For a “saucier” salsa, puree half the peaches with the lime juice then, mix with the rest.

Strawberry Salsa

2 c fresh strawberries, rinsed, hulled and diced

1 c cherry tomatoes, quartered

4 scallions, white and green portions, sliced thin

2 t fresh cilantro, minced

1 t fresh lemon juice

Drizzle of walnut oil

1 t honey

Combine all ingredients.

Desserts

Nut Butter Cookies

1 c of your favorite organic, raw, nutbutter such as cashew butter

1 large egg

1/3 cup of raw honey

1/4 c of crushed Azure chocolate for chocolate chip cookies (optional)

Place spoonful of mixture on cookie sheet and bake at 350°F for 20 min or until brown and firm.



Sugar Cookies

3 cups flour (1 c coconut, 1 c rice, 1 c almond flours)

1/2 t salt

1 t baking soda

1 c coconut oil

1/2 c sugar

1/2 c honey

2 large eggs, room temperature

2 t ground vanilla bean

Preheat oven to 350 degrees. Mix flour, baking soda and salt. In a separate bowl, melt the coconut oil and combine with and sugar and honey. Add the eggs and mix until batter forms. Fold the flour mixture into the batter and beat until a smooth dough forms. Divide the dough in half and wrap in cling wrap. Refrigerate for at least 1 hour. Lightly flour your surface. Roll out the dough to 1/4 inch thick. Use cookie cutters and transfer cookies to a greased baking sheet. Bake for 8-9 minutes, until edges start turning brown.

Remove pan and let cookies cool on the sheet for a few minutes then transfer to a wire rack. Once completely cool, frost if desired.

Cookie Frosting

1 c coconut butter

Honey or melted sugar to taste

1 T coconut oil

Blend together in blender or mixer until thick paste/frosting forms. This is white frosting. For red frosting, blend in raspberries or pomegranate seeds.



Fruit popsicles

2 c of seedless watermelon (or seeds removed)

1 c of cantaloupe

1 lemon squeeze

You can use any variation of fruit. Blend ingredients and pour into popsicle trays. Let freeze for four hours or until solid.

Cherry Strawberry Sorbet

1 ½ c ice cubes

1 (10 ounce) package organic frozen strawberries

1 (10 ounce) packages organic frozen cherries

¼ cup raw honey

1 tablespoon pure vanilla bean powder (optional)

Blend ingredients until smooth. Scoop into dish and serve. Try with various frozen fruit combinations.

Almond Bars

1 (16 ounce) jar almond butter



1 c honey

2 eggs

½ t sea salt

1 t baking soda (aluminum free)

In a large bowl, mix almond butter until creamy. Mix in honey and eggs.

Add salt and baking soda. Mix well until all ingredients are thoroughly combined.

Pour batter into a well-greased 9X13 inch baking dish. Bake at 325° for 35 minutes.

Cool and cut into about 24 bars.

Pumpkin Raisin Upside Down Cake

¼ c grape seed oil

½ c honey

3 eggs

2 c fresh baked pumpkin

1 c organic raisins

1 c organic, raw walnuts, coarsely chopped

½ c [honey](#)

2 T grape seed oil

3 c almond flour

½ t celtic sea salt

½ t baking soda (aluminum free)

1 t [cinnamon](#)

½ t [nutmeg](#)

¼ t cloves

Line an 8x8 inch baking dish with a piece of parchment paper. In a blender combine oil, honey, eggs and cooked pumpkin; blend on high speed for 30 seconds or until smooth like pudding. Pour pumpkin mixture into lined baking dish

In a medium bowl, combine raisins, walnuts, honey and grapeseed oil.

In a large bowl, stir together almond flour, salt, baking soda, [cinnamon](#), [nutmeg](#) and [cloves](#). Stir wet ingredients into dry.

Pour batter evenly over pumpkin mixture. Bake at 350° for 40 to 50 minutes. Remove from oven and let cool for 20 minutes. Run a knife around the edge of the baking dish, then place a large plate over the cake and invert cake and plate together. Remove the baking dish from the cake and peel off the parchment paper
Allow to cool to room temperature and serve.

Chocolate Pudding

1 avocado
3 T of organic cocoa powder or melted chocolate
1 banana
¼ c raw organic [honey](#)
¼ c of almonds, walnuts, macadamia or cashews



Blend ingredients in high powered blender until creamy smooth and one color. Serve warm or cool. (Hint: make sure there is no green visible or the kids will hesitate to try.)

Almond Orange Cake

2 oranges
1 ½ c raw almonds
6 eggs
½ c raw honey
¼ t baking soda
pinch of salt (optional)

Cut stems off oranges. Place whole orange in saucepan and cover with water. Bring to boil and then simmer on low heat for **2 hours**. Cut the oranges in quarters place with peel in Vitamix or other high-powered blender. Add all other ingredients. Blend until smooth. Consistency should be like a cake batter. Add more almonds or water to adjust for variability in the size and juice of oranges. Pour batter into well-greased cake pan (8'x8'). I use coconut oil to grease. Bake at 300F until fork test comes out clean (approximately 80 minutes).

Ice Cream Variety

Ice Cream Base:

- 1 ½ cups raw cashews, soaked for at least 30 minutes (1-2 hours makes more creamy)
- 2 cups water
- 3-4 dates (pitted)
- 2 T honey
- pinch of himilayan salt, *the salt actually brings all the flavors together*
- 2 t fresh ground vanilla bean

Some Variety Add In Options

- 2 T dark raw cacao
- 2-3 T shredded unsweetened coconut
- 1/3 cup chopped roasted nuts
- 1/4 cup chopped fruits

Blend ingredients in a blender until smooth. You can add sweetness or variety ingredients last and add to taste. Pour cashew mixture in an ice cream maker and churn according to manufacturer's instructions or place in a glass bowl and stir occasionally. Freeze for a couple of hours before serving for best results.

Strawberry Shortcake With Cashew Whip

Shortcake:

- 3 eggs
- 3 T [honey](#)
- 2 T coconut oil
- 1 ½ c almond flour
- 1/4 c coconut flour
- ¼ c flax flour (grind about 3 T in a coffee grinder)
- 1/2 t Baking Soda
- 1/4 t Salt

Mix wet ingredients and dry ingredients in separate bowls. Add dry to the wet. It will be a little clumpy. Form into biscuit like patties and place on parchment paper on a baking sheet. Bake at 350 degrees F for 15 minutes.

Strawberry Topping:

3 pints of strawberries

1 t of [honey](#)

squeeze of lemon

Slice strawberries and place in bowl. Add drizzle of honey and squeeze of lemon. Mix ingredients.

Cashew Whip:

1 c cashews (raw)

2/3 c water

1/2 t ground vanilla bean

1 T raw [honey](#)

Soak cashews for 15-30 minutes in water for a creamier whip. Place all ingredients in Vitamix or equivalent. Start on low and increase to high speed for 1 min or until blended into smooth whip.

Shortcake assembly:

Place shortcake on plate, scoop very generous strawberry mixture and top with cashew whip. For special occasions like birthdays, top with blueberries!



Butternut squash pie (1 pie)

Pie crust

1/2 c coconut flour

1/2 c of almond flour

1/2 c of rice flour

1/2 c coconut oil

sprinkle of salt

1 T of cane sugar

4 T of cold water

1 T of ground chia seeds (I use coffee grinder)

Add coconut, almond, and rice flour to bowl. Add ground chia seeds, salt, sugar.

Soften coconut oil for easier handling. Work oil into flour and add water until dough can be worked into pie dish. Grease 9 inch pie dish with coconut oil. Work dough into

thin pie-crust shape. Bake 350 F for 10 minutes. Top with cashew whip. See strawberry shortcake recipe.



Butternut squash filling:

- 1 butternut squash
- 1 t cinnamon
- 2 large eggs, lightly beaten
- 1 cup coconut milk or other [dairy-free milk alternative](#)
- 1/4 cup raw honey
- 1 t ground cinnamon
- 1 t. ground ginger
- 1/8 t ground cloves
- 1/8 t ground [nutmeg](#)
- 1/8 t salt



Steam butternut squash in a shallow tray of water at 350F for 45 minutes or until tender with fork. Preheat oven to 425F. Cut squash and scoop out seeds. Scoop out 2 cups of squash meat into Vitamix or equivalent. Add coconut milk, honey, egg and spices. Blend on high until mixed. Adjust spices to taste. Pour batter to rim and bake at 425F for 10 minutes. Lower heat to 350F and cook additional 40 minutes. Cook until custard comes out clean when pricked with toothpick or fork.

Apple Crisp

- 5 medium apples
- 1 1/2 c of almond meal
- 1 T of cinnamon
- 3 T of melted [honey](#)
- 4 T of melted coconut oil

dash of salt

1 lemon

Preheat oven to 300 degrees. Wash, core and thinly slice the apples. Layer all the apples in an 8x8 baking dish. Squeeze the juice of one medium sized lemon on top of all the layered apples. In a separate bowl mix together the almond meal, cinnamon, melted honey, melted coconut oil and salt. Spread the crumble topping on top of the layered apples. Bake for 50 minutes.

Candied Pecans

2 c of pecans

4 T coconut oil

3 T of raw honey

½ t of cinnamon

salt

cayenne pepper (optional)

Preheat oven to 350F. Cover cookie tray with parchment paper. Flatten out pecans on parchment paper. Melt coconut oil, honey and sugar. Pour over pecans. Sprinkle salt and cayenne pepper on top. Bake for 10 minutes. Turn over. Bake another 10 minutes watching to not over brown. Cool and eat.