

I'D RATHER SCRUB TOILETS
THAN COOK!



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Tips to Getting In and Out
of the Kitchen Quickly

A Simple Guide to Cooking

Make your life...

Simple

Easy

Delicious!



GINA VAN LUVEN

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First Edition

Cover photo by Paul Reklaitis

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To my husband and children,
Thank you for being my Guinea pigs...
whether you liked it or not!
Your love and support mean more
to me than you will ever know.

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Preface

Like many Americans, I grew up on typical American food – pizza, hot dogs, macaroni and cheese, bologna, canned foods, sweets and, of course, fast food. As a young adult out on my own, I tried cooking food for myself in order to try and be healthy. Unfortunately, I wasn't consistent and had a lot of bad habits.

At age twenty-seven, I was pregnant for the first time and ate better than I had in my entire life. I figured since I was responsible for the growing life inside my body, I'd better do whatever I could to ensure his or her health. That time was the healthiest time of my life and many of my health issues disappeared. Unfortunately, I reverted back to some of my old habits and my health issues returned.

By age thirty, I already had the beginnings of arthritis and had been suffering since childhood from asthma, allergies, acid reflux, digestive disorders, eczema and female problems. I was physically active and “appeared” to be healthy. But, I wasn't. I was miserable and just learned to live with it.

A few years later, my youngest son experienced some health issues that caused me to reflect and connected the dots. It was then that I saw the clear connection between food and health and decided to take some action.

From that point on, I was on a quest to see how better eating could affect our health. But, there was another problem. I stunk in the kitchen. Unfortunately, I did not get my mom's “cooking gene.” I struggled trying to make delicious, healthy food without pulling my hair out and would say, “I'd rather scrub toilets than cook!” Some of you may think I'm crazy to compare cooking to toilet scrubbing. However, I really did feel this way and it was largely due to my lack of skill and the “wall of frustration” I put up for years. Nevertheless, I was determined to “try.”

After years of “trying,” I came up with ways I could simplify preparation and better tools I could use to make my time in the kitchen more enjoyable. I also learned how to become more connected with the food I was preparing. This allowed me to be more creative in the kitchen.

While I can’t say I’ve “mastered” the kitchen, I’ve come a long way. Now, I feel compelled to pass along my experiences so that others can overcome their frustration in the kitchen.

The basis of this book is that almost ANYONE can learn to create delicious, healthy meals in a short period of time! Sure, eating out or from a can or box may seem easier. But, what price are you paying in the long run with your health? What will it cost you in time and money if you are suffering from a disease that could have been prevented by eating properly? We are all given the “opportunity” for good health. What you make of that opportunity is up to you.

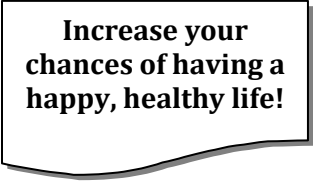
The bottom line is that eating fast food or processed food just doesn’t cut it nutrition wise. I’ll go into some detail on this in the chapters. Suffice to say, it’s better to cook at home with fresh ingredients than to eat from a can, box or restaurant...at least in most cases. So, how do you make this happen when you don’t have time or don’t like to cook? Well, keep reading on and find out how YOU can explore your inner chef.

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THAN COOK!

Introduction

WHY BOTHER?

Some of you may wonder why you should bother cooking when you can eat out or eat “already prepared” (processed) meals at home like canned or boxed food and TV dinners. Well, I’ll give you the short answer.



**Increase your
chances of having a
happy, healthy life!**

Most processed food is not healthy.

Once fruits and vegetables are harvested, they begin to lose nutrients. Because of this, many processed foods are “fortified,” meaning they add back in nutrients. Unfortunately, these nutrients are made in a laboratory and not from Mother Nature. While eating *some* fortified food is fine, a diet absent of “real” nutrition from fresh fruits and vegetables ultimately creates an imbalanced, malnourished body that is more susceptible to sickness and disease.

Additionally, many processed foods contain additives like dyes and preservatives that can wreak havoc on your body. The human body is confused by unnatural substances and has to work much harder to process them. When eating fresh food, you can avoid these potentially harmful additives and your body knows exactly what to do with them.

The bottom line is if you want to **increase your chances of having a happy, healthy life** well into your senior years, you may want to consider preparing at least 80% of your food at home from fresh ingredients. Note that frozen fruits and vegetables are fine, too, as long as you consume them within six months of purchase. However, they will not taste as good as when you buy and eat them fresh. Nevertheless, it

is nice to have some frozen options on hand for when you cannot get to the market.

A true “happy meal” is one cooked with love and fresh ingredients and shared in a pleasing environment.

If the thought of preparing your meals at home on your own seems overwhelming to you, please believe me when I say I can sympathize. Nevertheless, I encourage you to simply **take one step at a time**. First, read this book. Then start with one recipe and move on from there. Set a goal to try one new recipe every week or two. Plan to make that recipe every week until you are comfortable with it. Once you are adept with that recipe, move on to another. If you feel you can handle a couple of new recipes at a time, by all means, give it a shot!

Cooking isn't as hard as it seems. If you think about it, most situations in life appear intimidating when you don't know much about them. However, after you get familiar with a situation, it typically gets easier. With cooking, once you get the basics down, you can make just about anything.

Best wishes to you in your journey! I hope you enjoy this book and find some helpful tips you can use to enhance your life in some way.

CHAPTER 1

How YOU Can Create Delicious, Healthy Meals

You can create delicious, healthy meals even if you don't like to or don't have time to cook! I've detailed some great cooking tips in Chapter 3 that will help make your life easier in the kitchen. Plus, I'm giving you several ways to add more vegetables to your

**Before you know it,
you'll be cooking
meals you thought
you could only get
in restaurants!**

diet in order to stay healthy in Chapter 2. First, though, I want to start with some tips for making cooking fun and simple, just to get your creative juices flowing.

HAVE FUN WITH YOUR FOOD!

Food can be very exciting if you want it to be. By trying different recipes, you can add excitement to your food instead of having the same thing all of the time. Try cooking the same food three different ways and see how you like each style. How does it smell? Does it have an appealing texture? Does it look nice on your plate? What flavors can you pick up when you taste it?

If you prefer to stick with just a few recipes, you can try making some minor adjustments to each recipe to make each a little more exciting.

Examples: If you typically make “herbed” chicken, try adding some *hot* spices to change it up a bit. The herbs and spices you use can really change the flavor of the food! If you use “water” to cook, try using broth, wine or some type of juice instead. Also, be sure to have several herbs and spices on the table so everyone can add their own flare to their meal.

Before you know it, you'll be cooking meals you thought you could only get in restaurants!



Try creating a design on your plate with your food or hiding secret messages under the food that can only be uncovered by eating all the food. Wouldn't it be nice to get a secret message from your significant other in this way? Be creative!

Another idea to make eating fun is to try different “dips” with your food. This is especially helpful in getting children to eat foods they don't particularly enjoy. *My youngest son absolutely did NOT like vegetables when he was little. But, I kept putting them on his plate and would add little containers of dip. Eventually, he wanted to “dip” the veggies and began eating them.*

A note about dips: I realize dips are not always healthy. It is important to try and avoid condiments that contain preservatives and dyes. There are healthier alternatives available in most grocery stores.

Please keep in mind, though, that you can apply the “80/20” rule – do good things for your body 80% of the time and the other 20% you can slack off a little. Remember, life is about “balance.” I hope this makes sense.

KEEP IT SIMPLE

Cooking does not have to be complicated. *I can't tell you how many cooking shows I've watched and thought, “Yeah, like I'm going to make that!”* If you don't really like to cook or don't have much time to prepare meals, save the extravagant meals for special occasions and

**Simple,
Easy,
Delicious!**

stick to simple preparation on a daily basis. Food can be “simple” and still be delicious!

Making simple dishes means that you should:

- 1) Use only a few herbs/spices and
- 2) Have minimal preparation stages.

A simple dish will involve only one to two cooking stages.

Example: you may need to sauté some vegetables and then combine them with other ingredients in another dish to complete the cooking process. Anything more than that is too complicated when you’re trying to make quick meals.

I’ll detail herbs and spices in Chapter 3. However, if feel in is important to note some fail-safe herbs/spices to use that can make just about anything taste good:

Salt, Basil and Garlic.

Note that salt is actually not an herb or spice. It is a mineral. But, I think you get the point. These basic three ingredients are great on poultry, pork, fish, vegetables, grains, pasta and potatoes. Remember, **simple, easy, delicious!**

KEEP A VARIETY ON HAND

Variety is the key. If you never have anything in the house to cook, you will obviously run into problems. Visit your local market weekly and pick up your “staple” ingredients (items you use frequently). This way you will always have something in your house to cook.

Example: *You can walk into my home on any given day and you’ll be sure to find apples (because my children eat them daily), a variety of vegetables, onion, garlic, broth, rice, quinoa,*

oatmeal, dairy substitute (like rice milk), and a variety of herbs and spices. I also always have a variety of frozen “whole” foods on hand for when I’m in a pinch (like fruit, veggies, meat and fish). Note that this does not include TV dinners that have been prepared by machines. “Whole” means the food is in its minimally processed form (close to the way it was found in nature with NOTHING added to it).

Plan to visit your market weekly to get fresh fruits and vegetables. If you have difficulty with this, schedule a “meeting” with the grocery store every week, preferably on the same day and time. What would happen to you if you didn’t show up to a meeting with your boss? You might get fired...unless you had a really good excuse. Put the same level of importance on your “grocery meetings.” After all, you are priceless!

By keeping a variety of foods on hand, being creative and flexible with your food, and keeping food preparation simple, you can learn to create delicious, healthy meals in no time. By preparing your own meals, not only can food become more enjoyable; but you also create the opportunity to improve your health and longevity!

CHAPTER 2

Beef up the Veggies

Do you get the flu or cold every year? Do you have heart problems or high cholesterol? Do you have diabetes, cancer or autoimmune disease? I could name a couple dozen symptoms that are directly related to lack of nutrients, many of which come from fruits and vegetables.

Your body MUST receive the right nutrients in order to function properly!



Potato chips and French fries do NOT count as vegetables! Sorry to disappoint those of you who thought the contrary. Potatoes are heavy in carbohydrates. Corn is also high in carbohydrates and often mistaken for a vegetable. However, corn is actually a member of the “grain” family.

Without enough quality fruits and vegetables, the body can become malnourished and diseased. It is important to eat other foods, too, like grains and some animal protein. However, the bulk of most people’s diet should consist of fruits and vegetables instead of the mass carbohydrates and meat that make up today’s standard American diet.

With the standard American diet, it is just as much “what” you eat as “how much” of it you eat. Many people think *obese* people are “over-nourished,” which is an inaccurate assumption. It is very difficult to become over-weight on a balanced diet of whole foods. Obese people typically gain weight by eating too many simple carbohydrates (like bread, pasta, potatoes, white rice and sugar). Simple carbohydrates are often referred to as “empty calories,” which means they deliver calories without nutrition. Because **your body MUST**

receive the right nutrients in order to function properly, it is important to feed it plenty of fresh fruits and vegetables.

I used to be what I call a “carboholic.” I loved to eat carbohydrates, especially bread and pasta. I had a serious sweet-tooth, too. I used to think I would die if I couldn’t have bread or candy. Now, I rarely even want or eat them. How did I kick my carb habit? The most significant thing I did was increase my vegetable intake.

While most people seem to enjoy fruit, it’s the vegetables that may take some getting used to. So, how do you get more of vegetables into your diet? Well, read on...

TRY DIFFERENT PREPARATION TECHNIQUES

Sometimes people don’t like a particular food because it was prepared in a way that was not pleasing to them. If you don’t like a particular vegetable, try several preparation techniques to see if

Canned foods taste very different than frozen or fresh!

you can find one you like. For example, *my son doesn’t like green beans unless I first boil them so that they are somewhat soft, and then season them so that they are more flavorful. On the contrary, he will only eat carrots raw (never cooked).*

I’ve listed several preparation techniques in Chapter 3, which you can read about later. One technique my family often uses is *sauté* because it is quick and easy. Plus, *sautéing* retains more nutrients than boiling (which draws nutrients from the food into the liquid). For example, *I’ll add some garlic, salt and butter with asparagus and in a few minutes have a delicious, healthy serving of vegetables.* You can also try “blanching”, which brings out the flavor in vegetables and also retains more nutrients and enzymes. Be sure to read more about blanching and other techniques in Chapter 3.

We also try different seasonings and oils to change the taste of the vegetables. Zucchini will taste very different steamed with butter and salt versus sautéed in coconut oil, garlic, turmeric and cumin.

Additionally, if you grew up on “canned” foods, please keep in mind that **canned foods taste very different than frozen or fresh**. Canned foods are often mushy and contain a lot of sugar, salt and preservatives. *I never liked peas, Brussels sprouts or beets growing up because we always ate them from a can. YUCK! Once I started eating them fresh, I fell in love with them.* Try adding a little butter, garlic and tarragon or basil to steamed Brussels sprouts...YUM!!!

“CAMOFLAUGE” YOUR VEGETABLES

Let’s face it. There are just some vegetables that taste terrible by themselves. If you find vegetables you absolutely won’t eat, try “hiding” them in other foods. One trick to hiding vegetables is to *finely chop* (called “mincing”) or *grate* them. Finely chopping or grating causes the flavors to evenly disburse throughout the dish rather than being concentrated in one bite.

Example: *My children do not like kale. I, however, love it! Kale is PACKED with immune-boosting nutrition, too. In order to get my children to eat it, I chop it up and put it in spaghetti sauce or casseroles. They have no idea it’s even in their food, yet they reap the benefits of its rich nutrients.*

ROTATE YOUR FOOD

Eating the same thing every day can get boring. Plus, you have a greater chance of developing an allergy or sensitivity to a food you consume

**Eat a variety
of foods!**

every day (except water and maybe apples). It is best to **eat a variety of foods** and rotate them daily, if possible.

Example: If you have broccoli and carrots today, try squash, onions and red peppers tomorrow. The next day you can have a spinach salad with asparagus and so on.

If you find you eat a lot of a particular food, think about “why” you eat that food all of the time. When you determine why, you can then ponder alternatives.

Example: *My daughter LOVES ice cream! She enjoys the rich flavor and creamy texture of the ice cream. Instead of having ice cream every night, I can offer her alternatives like “mango cream” or “banana cream”, which is essentially frozen fruit that is blended. It gives her the same “sensation” while offering variety and nutrition.*

Again, the idea is to create *variety* so that you get all the nutrients your body needs to be healthy.

EAT FROM THE RAINBOW

Because not any one vegetable contains ALL essential vitamins and minerals, it is important to eat a variety, as mentioned above. You can include fruits in this category, too. However, many people eat more fruits (like apples and bananas) than vegetables (like broccoli and cauliflower), and it should be the other way around.

Generally speaking, if you eat a variety of different colored fruits and vegetables throughout the week, you will get most of the nutrients your body needs.

You need to eat ALL the colors of the rainbow on a regular basis in order to maintain optimal health!

Nutritional Target: Eat from each of the five colors (red, orange/yellow, green, blue/purple and white) every couple of days, and ensure you have seven to nine servings each and every day. Keep in mind that a serving size is about one-half cup, or about what you can fit in one hand.

Fruit and Veggie 101



Did you know that RED fruits and vegetables can reduce the risk of cancer, lower blood pressure and LDL (bad) cholesterol and reduce free-radicals?

In addition to the above benefits, ORANGE and YELLOW fruits and vegetables promote healthy collagen formation and help build healthy bones.

GREEN fruits and vegetables contain *chlorophyll*, which is a great blood cleanser that boosts the immune system, aids in digestion and supports the eyes.

BLUE and PURPLE fruits and vegetables are great anti-oxidants, fight inflammation, support retinal health, lower LDL (bad) cholesterol, improve calcium and mineral absorption and aid digestion.

WHITE fruits and vegetables (like cauliflower, jicama, onions and potatoes) contain powerful immune-boosting nutrients that can reduce the risk of cancer and balance hormones.

The bottom line is **you need to eat ALL the colors of the rainbow on a regular basis in order to maintain optimal health.** By *rotating* and eating a *rainbow* of food every day, you will have a better chance of living a longer, healthier life.

CHAPTER 3

Quick and Easy Cooking Tips

The first major tip I can give is to GET A GOOD KNIFE. People used to tell me this all the time and I would ignore them thinking about all the things I could do with the \$75 plus I would spend

on a knife. Did I ever make a mistake! It turns out that most of my kitchen frustration was due to using a dull knife. Once I got a good knife and could cut through my food quickly and efficiently, cooking became much more tolerable.

**Don't beat yourself
up if you burn
something!**

I remember when I used to cut tomatoes with my old knife and the tomato would "squish" and squirt seeds all over. I used to get so frustrated! I would try to slowly "saw" back and forth until I broke the skin and then continue to saw all the way through. Then, when I got to the bottom, I would have to press down really hard to get the skin to sever all the way. EEK!!! Now, my quality knife slices right through with no problems, and I get beautiful, thin slices in a matter of seconds!

You'll need more than a good knife to make things happen in the kitchen, though. Following are several other tips I've discovered to ensure my success in the kitchen.

HAVE BASIC COOKING TOOLS:

As stated earlier, a good quality knife (and sharpener) is essential. However, there are many other cooking tools that can make cooking easier and more pleasant.

With all the fancy gadgets out there, it can be difficult to

**Get a good knife
and a timer!**

know what really works and what is really “needed” in the kitchen. In addition to your knife, you should have the following items in your kitchen:

- *Pots (large, medium and small)
- *Skillet (small, medium and large)
- 8x8 oven-safe baking dish
- 9x13 oven-safe baking dish
- Basting brush
- Bottle opener
- Can opener
- Cookie sheet
- Cooling rack
- Crock pot
- Cutting board
- Dry measuring cups (usually opaque)
- Grater
- Kitchen shears
- Knives (paring, slicing and chef)
- Ladle
- Liquid measuring cup (glass is best)
- Measuring spoons
- Meat tenderizer
- Metal spatula
- Pot holders
- Rubber spatula
- Slotted spoon for straining and serving
- Spoon (large) for stirring and serving
- Stainless steel colander
- Stainless Steel mixing bowls (various sizes)
- Steaming insert (to be placed inside pot for steaming)
- Timer
- Tongs
- Vegetable Peeler
- Wire Whisk
- Wine Opener
- Wooden spoons

Other tools are considered a “nice to have” versus necessity. Of the “nice-to-haves,” I highly recommend a blender and an “apple corer/slicer,” which neatly and efficiently cores and slices your apples. My children love it!

*I HIGHLY recommend NOT using “non-stick” cookware, which contains toxic chemicals that can get into your food and into the air when used on high temperatures.

**Avoid non-stick
Cookware!**

If you currently use non-stick cookware, try this **taste test**:

1. Boil 1 cup of water in a non-stick pan AND 1 cup of water in a stainless steel pan (borrow one from a neighbor, if need be).
2. Add 1 tsp baking soda to each pan and mix.
3. Take a spoon-full of water from one pot, blow on it too cool it down, and take a sip.
4. Do the same for the other pot of water.

What does each taste like? You should be able to taste the chemicals in the water from the non-stick pan. If not, trust me and throw them out anyway.

You should also avoid cooking in aluminum cookware, as aluminum has been linked to Alzheimer’s disease. The following are better choices for cookware:

- Cast iron
- Porcelain
- Stainless steel



To avoid food sticking on the bottom of your pots and pans, put a generous coat of oil in the pan and heat before adding the ingredients. If food does get stuck, simply add some water to the pan and heat before cleaning. Use steel wool or other scrubbing sponge if needed.

LEARN BASIC FOOD PREPARATION TECHNIQUES

Understanding how to use basic food preparation techniques is essential to cooking. Each is used for specific reasons and should be easy to do, once you get the hang of it.

Please **don't beat yourself up if you burn something!** *I can't even count the number of times I've burned something, which is why I **use a timer**. When I don't use a timer, I get distracted and end up smelling smoke later. Or, I hear "MOM! You're burning something again!"* Best thing to do is watch your food. However, if you can't stay in the kitchen, be sure to use your timer and stay within ear shot.

The following is a list of basic preparation techniques. Each technique will be discussed in detail. Note there are many other techniques that will NOT be discussed to keep this simple. Other techniques are often variations of the ones listed below or are only used in more complex dishes.

- Bake
- Boil
- Blanche
- Fry
- Grill
- Raw
- Roast
- Saute'
- Slow Cook or Stew
- Steam

Before getting into the details, note that if you want your food "crispy," you should *fry* or *grill* it. If you want your food more "wet" or "saucy," you should *bake* or *stew* it in order to

create a sauce. You can also use the other cooking methods and then add sauce after the fact.

Baking

Baking is the process of cooking in an oven. Baking can tend to dry out food. Therefore, when baking, it is helpful to add moisture, like liquid or fats (butter or oil), to the dish.



Baking provides more “grounding” and “relaxing” qualities. Therefore, if you are feeling a bit spacey, eating something baked (preferably root vegetables, meat or beans) may help you feel more grounded and centered.

Boiling

Boiling is the process of immersing food in liquid and bringing it to a high temperature so that the liquid is bubbling for a long period of time. Boiling adds moisture to food; but can also leach out vitamins and minerals. Therefore, you can reserve the water used to boil vegetables for other dishes that use water like grains and beans, or create your own vegetable juice to drink.



Boiling provides “light,” “flexible” and “creative” qualities. If you are feeling too grounded and lethargic, eating boiled foods can lighten you up a bit.

Blanching

Blanching is the process of immersing food into boiling water for only a couple of minutes. Once the water is boiling, submerge the vegetables in the boiling water for just a few

minutes. Use a straining spoon to lift the vegetables out of the boiling water and then IMMEDIATELY put them into a bowl of ice water to stop the cooking. Once in the ice water for a couple of minutes, the vegetables can be placed on a towel for drying and eaten whenever you are ready.



Blanching makes food a little more digestible without overcooking and losing nutrients. Blanching also enhances flavor and color, making it more appealing! If you're not one to eat "raw" veggies, I recommend trying blanched.

Frying

Frying is the process of cooking food in oil or fat to make it crispy. You simply heat the oil on medium high to high heat and then add the food to the hot oil. BE CAREFUL not to burn yourself when frying. It's also rather messy and best to have a screen or lid available to shield yourself.



Fried foods are generally not as healthy as foods prepared using other cooking techniques. However, instead of using **un**healthy oils (like vegetable oil and shortening), you can use healthier oils/fats like grape seed, canola or coconut oil.

One of my favorite fried foods to eat is fried tofu with "Spike" seasoning. If you think the idea of eating tofu is weird, try this out sometime. The key is to use "firm" or "extra firm" tofu and cut it into thin (about 1/8") slices. YUM!

Grilling

Grilling is the process of cooking food on a grill over coals, gas or propane. Almost any food can be grilled, including

fruits and vegetables. Grilling can be done plain or with herbs, spices or marinades.



Grilling brings out the flavor in foods and was the traditional method of cooking before stoves and ovens were invented.

Try grilling pineapple. *It's one of my favorite treats!* Grilling really brings out the sweetness in the pineapple and makes it less acidic.

Raw

Raw food is uncooked and best eaten fresh to maintain nutrient content. Raw foods can be prepared in many different ways to change the flavor and consistency of the food. For example, nuts can be pureed with a little water to make nut butter. Add some spices and you can create a dip.



Some people go crazy over raw food and eat it exclusively. However, it is important to understand that everyone's body is different.

Personally, I cannot consume exclusively raw food because it is too cold and harsh for my body. It actually causes me digestive distress when I have too much. I only consume raw foods in the spring/summer and limit consumption in the cooler months.

Roasting

Roasting uses “dry heat” and can be done on the grill or in an oven. Typically the meat is seasoned with a “rub” (rubbing

blended seasonings into the meat) or marinated in some sort of a sauce, then placed directly on the grill or in a roasting pan in the oven.



“Slow roasting” is best for large cuts of meat and helps the meat stay moist and juicy when roasted at lower temperatures. Higher temperatures are better for smaller cuts of meat and vegetables.

Sautéing

There are two types of sautéing: wet and dry. Dry sautéing is the process of frying food in a pan using NO oils or liquid. Wet sauté uses a small amount of liquid or oil/butter.



This is my favorite cooking method because I can generally create a dish in three to five minutes. LOVE THAT!

Sometimes I use a little wine, tequila or brandy when sautéing vegetables to add flavor to whatever I’m cooking. The alcohol burns off, so I don’t have to worry about intoxicating my children, and it tastes great!

Slow Cooking and Stewing

Slow cooking and stewing generally involves cooking food in a liquid for a long period of time. This process allows all the ingredients to meld together and become tender.



Like baking, stewing provides more “grounding” and “relaxing” qualities. Therefore, if you are feeling a bit spacey, eating something stewed (preferably root vegetables, meat or beans) may help you feel more grounded and centered.

I love slow cooking because I can simply throw a bunch of vegetables, protein, herbs and spices in a crock pot and let it cook all day. This is especially helpful when I know I won't have time to cook dinner.

Steaming

Steaming is the process of cooking a food above water covered in a church pan (pan with holes in the bottom) or steaming insert. The water would be in the bottom of the pan, with the food in the insert above the water. The food does not touch the water in this process. As the water boils, the steam from the boiling water cooks the food.



Like boiling, steaming provides “light,” “flexible” and “creative” qualities. If you are feeling too grounded and lethargic, eating steamed foods can lighten you up a bit.

I use steaming a lot because I don't have to “watch” the food as much. It's very easy; but takes a little more time to cook (generally 10-15 minutes for dense vegetables like broccoli).

HAVE BASIC HERBS AND SPICES ON HAND

Herbs and spices are what make a dish taste so good. Imagine what a potato tastes like with no salt!

A note about salt: Keep in mind that you can substitute other herbs and spices if you are trying to reduce your salt consumption. Additionally, it is better to use a quality “sea” salt versus standard table salt. There is more flavor in sea salt and you will, therefore, use less of it. Plus, sea salt is

generally more nutritious than in standard table salt. There are many varieties to choose from, too.

As mentioned in Chapter 1 “Keep it Simple,” the basic fail-safe herbs to have on hand are **basil, garlic and salt**. I also keep “**Spike**” on hand, which is a blend of spices that are great on a variety of foods. *One of the favored meals in my home is extremely simple and utilizes Spike. I simply place some chicken thighs in a pan and season them with Spike. They take about seven minutes to cook (flipping half way through). I love simple! I do the same thing with sliced tofu, because my daughter is a vegetarian. Both taste delicious!*

However, there are several other herbs and spices that you may want to have on hand. Review the following list and their uses and plan to purchase the ones you feel you will use. Also, experiment with the aroma and flavors of the ones you chose and see how different herbs and spices affect your meals and ultimately, YOU!

NOTES:

1. *Herbs* come from the leaves of a plant, while *spices* come from the root, flower, fruit or bark of the plant.
2. *Salt* is neither an herb nor spice; but a “mineral.”
3. Herbs I use regularly are in **bold**.
4. When I say “proteins,” I mean fish, poultry, beef, lamb beans and tofu.

The following can be used with just about anything:

Garlic

Sea Salt – Note that salt will enhance the sweetness of a food.

Pepper

Use one or more of the following “base herbs” for proteins, grains, veggies or salad:

Basil
Tarragon
Thyme
Rosemary
Oregano
Marjoram

The following are great as a “garnish” herb or to flavor fish, salads and sauces:

Parsley
Sage
Dill
Chives

The following are great for stews (stews don’t need many herbs/spices):

Bay Leaves (just use 1-2)
Salt
Pepper

The following are great for breakfast foods and baked goods.

Cardamom
Cloves
Cinnamon
Nutmeg
Vanilla

For an “**Italian**” flavor, use some of the following:

Basil
Fennel (makes food taste like sausage)
Garlic

Marjoram
Onion Powder (best to use fresh onion instead)
Oregano
Parsley
Rosemary
Sage (*when I use sage, it is always “fresh”*)
Savory
Thyme

For a “**Mexican**” flavor, use some of the following:

Celery Salt
Chili Powder
Cilantro
Coriander (seed of the cilantro plant)
Cumin
Oregano
Paprika

For an “**Asian**” flavor, use some of the following:

Chili Powder	Garlic
Cinnamon	Ginger
Cloves	Mustard Seed
Coriander	Pepper
Cumin	Tamarind
Fenugreek	Turmeric
Fennel	Vanilla

I don't cook Asian food as much because it requires more preparation. Sometimes I simply stir fry a bunch of vegetables with protein, rice noodles and a little rice wine and sesame oil. I'll add some ginger and garlic and that's it.

For a “**Middle Eastern**” favor, use some of the following:

Allspice
Caraway

Cumin

Nutmeg

Turmeric

Personally, I never make Middle Eastern food because I'm not as familiar with how to prepare it. I really enjoy it, though, and will sometimes eat it out on special occasion. I do, however, use cumin and turmeric (along with garlic and salt) with my omelets and when I make sautéed zucchini. YUM!

Note about spice “quality”: Because plastic containers can leach chemicals into whatever they are containing, it is best to purchase herbs and spices in GLASS containers. Then, you can purchase them in bulk (lose) and simply refill the jars. Doing this saves you money and is better for the environment, too!

CUT “STAPLE” VEGETABLES ALL AT ONCE

A “staple” vegetable is one you use frequently. For example, you may use onions, peppers and garlic in many of your dishes. If they are all cut up ahead of time, you can simply grab a handful or two and throw them in the meal, versus taking the time to cut them up every time you cook.

Example: Morning Omelets, which traditionally take a lot of time to prepare, can be done in just a few minutes. You can easily whip up some eggs, throw in some already cut veggies with some fresh spinach leaves or kale, a dash of salt and pepper (plus other herbs you enjoy) and have a tasty, healthy omelet in about 3 minutes!

You can also choose to cut up other vegetables you know you will use throughout the week. For example, *in the summertime, we often use cucumber, summer squash and zucchini. Therefore, I cut up a bunch of each and store them in a glass container for quick access.*

LEARN TO MEASURE BY SIGHT

Some foods will require exact measurements – like baked goods, grains and liquids. Other than that, you can use your hands to measure most of the time. Take a “pinch” of this and a “handful” of that!

When I was learning my way around the kitchen, I felt the need to 1) always use a recipe and 2) measure all ingredients exactly as instructed. Now, I use my hands a lot versus relying on measuring cups and spoons that I'll have to wash later.



Start by putting salt into a teaspoon or tablespoon and then pour into your “cupped” hand. Notice how much is there. Do the same thing with a dry measuring cup, except see how much you can “grab” in one hand. Generally, you should be able to pick up about $\frac{1}{2}$ cup in one hand.

Measuring by sight makes cooking so much easier!

COOK ONCE; EAT THRICE

The idea here is to cook more than what you need and utilize the left-over food later, saving you preparation time. Cook large batches of foods you can re-use and make different dishes out of throughout the week. You can also portion out some to freeze for the days you are really short on time. Note that when reheating frozen foods, you can simply add the food to a pot with a little water and steam down the food to defrost, stirring occasionally. Microwaves destroy nutrients; so I do my best not to use them. Honestly, it takes about the same amount of time to defrost in a pan on the stove and you don't end up with weird food.

Examples:

1. **Ground Turkey** – Brown a large batch of ground turkey with basic seasoning (like salt, garlic, basil, tarragon...or whatever you like). Portion out some for that evening and then split the remaining for future meals. With ground turkey you can make spaghetti, pitas, tacos, or add to a casserole. Simply add the appropriate spices (like oregano and fennel for spaghetti) and/or sauce and heat.
2. **Rice** – Cook rice as directed. Portion out some for that evening and store the remaining rice for later use. When reheating, simply add water (or broth) and whatever spices you want for that meal. You can also add cut vegetables for unique flavor and added nutrition. Remember, **simple, easy, delicious!**

What's for Lunch?

Unless you have very healthy meals prepared for you at work or school, it is best to bring your own lunch. If you don't have access to a microwave for reheating, you can use either a thermos and separate your food with foil (just packed it down in the thermos) or bring cold lunches.

My children generally take their lunch to school. While I don't really care for microwaves, I wish the schools had them for occasional re-heating. Nevertheless, we have done well with using thermoses to store hot food. I was surprised by how long the food would stay warm; but it works!



Many left-over foods taste great wrapped in a tortilla. Spoon the food into a tortilla, wrap it up like a burrito and then wrap it in aluminum foil. Great for eating on-the-go!

PRACTICE!

The idea is to *practice* your skills in the kitchen. If you feel like you're "all thumbs" in the kitchen, you merely need to practice! The more you cook, the more comfortable you will become. If

your dish does not come out like you expected, try again! Best rule of thumb is to **try cooking something at least *three times***. If you still don't like it by the third time, feel free to move on to something else. In any case, always keep an open mind and practice, practice, practice!

**Try cooking
something at least
three times!**

CHAPTER 4

Simple, Easy, Delicious Recipes

The subsequent pages are filled with a variety of healthy recipes that are **simple, easy and delicious!** These recipes are first categorized by “preparation technique”, including “non-cook” recipes and “desserts” so that you can make choices based on what technique you have time for.

Look for the “5 Minutes or Less” blast.



Note that this is 5 minutes “preparation” time and may not include cooking. However, some recipes only take about 5 minutes total, including cooking.

Recipes are also categorized by “food type” (like protein, grain, vegetable, etc.), and alphabetically indexed in the back by food for your convenience (ex: chicken, salmon, broccoli, etc). I hope you find several you enjoy!

Bake

Acorn Squash with Applesauce
Baked Beets
Cabbage Rolls with Ground Turkey, Beef or Lamb
Citrus Orange Roughy
Lemon Basil Halibut
Root Vegetable Bake
Tuna Melt

Boil

Boiled Green Beans
Buttery Brussels Sprouts
Herbed Green Beans

Herbed Quinoa
Lemon Herb Spinach
Mexican Rice
Rice Pilaf
Rice with Spinach & Pine Nuts

Fry

Coconut Herbed Tofu
Herbed Fried Chicken Thighs
Mexican Rice
Pan Fried Tilapia
Sesame Chicken

Grill

Basic Grilled Steak
Grilled Vegetables
Herbed Pork Tenderloin
Lemon Basil Halibut
Lemon Crusted Chicken
Lemon Herb Crusted Salmon
Teriyaki Glazed Ahi
Teriyaki Glazed Chicken
Teriyaki Glazed Salmon

Non-Cook Recipes

Chicken Salad Wrap
Hummus
Quinoa Salad
Salsa
Sprouting Endive Salad with Goat Cheese
Tuna Salad
Zucchini Salad

Roast

*Apple Rosemary Cornish Game Hens

*The Perfect Turkey

Pork Tenderloin

Sauté

Asparagus Almandine

Candied Carrots with Garlic

Kohlrabi Sauté

Sautéed Green Beans

Sautéed Kale with Onions, Cranberries and Pine Nuts

Sautéed Mushrooms and Onions

Sautéed Zucchini and Yellow Squash

Taco/Burrito Meat

Slow Cook or Stew

Broccoli Soup

Cream of Mushroom Chicken

Cream of Mushroom Pork

Fruit Stew

Hidden Veggie Spaghetti

Overnight Oatmeal

Roast Beef Stew

Thai Chicken Soup

Vegetable Soup

Vegetarian Chili

Steam

You can steam almost any vegetable or seafood. Simply add a couple of inches of water to a pot, place your steamer insert or church pan (pan with holes in the bottom) in the pot, add the vegetables or seafood, cover, bring to a boil, turn to low and simmer until "fork tender."

PROTEINS

Protein is an essential building block for the human body. Protein is broken down into 22 amino acids and is responsible for building and repairing muscle tissue, aiding in enzyme and hormone production, delivering oxygen to blood cells, building the immune system and generating healthy skin, hair, nails and cartilage.

Protein must be obtained through food and the body cannot “store” it. Therefore, it should be consumed on a daily basis. While everyone is unique and protein requirements may be different for everyone, the following are some basic serving guidelines based on an average-sized individual:

- Children need about 5 ounces daily.
- Teens and adults need about 6 ounces daily.
- Active teen and adult males need about 7 ounces daily.

As you can see from the guidelines, an “8 ounce steak” is likely more than what most people need for their daily requirements, and can be detrimental to the body. Really, you should only eat as much protein as equal to the size of the palm of your hand.

Note that “organic” animal proteins are always best. Be sure to understand the health benefits of eating organic (or, perhaps the detriment to not). Your life depends on it!



Herbed Salmon, page 55

Basic Grilled Steak

INGREDIENTS (Serves 4)
2 steaks (your choice of cuts)
1 tsp basil
1 tsp tarragon
 $\frac{1}{8}$ tsp garlic
 $\frac{1}{8}$ tsp salt
 $\frac{1}{8}$ tsp pepper



PREPARATION

1. Wash steak and pat dry.
2. Mix ingredients together.
3. Rub steak with mixture.
4. Grill both sides on medium-high heat for 5-10 minutes each, depending upon how cooked you want it.
5. Let rest for 5-10 minutes before eating.

VARITION: Top with sautéed onions and/or mushrooms (sauté in butter and a little wine).

Serve with your grain or potatoes and vegetables.

Roast Beef Stew

INGREDIENTS (Serves 6-8)

1 beef roast (whatever size will fit in your crock pot)
1 tsp salt
1 tsp pepper
Red wine (enough to fill one inch of pot WITH roast inside)
6 – 8 shakes of Worcestershire sauce
1 bay leaf
Carrots (baby or cubed)
Onions
Mushrooms
Potatoes
Salt and pepper to taste

PREPARATION

1. Wash roast and pat dry.
2. Mix salt and pepper together and rub all over roast.
3. Place roast in pot and add wine and Worcestershire.
4. Place bay leaf on top of roast.
5. Add as many carrots, onions, mushrooms and potatoes (and whatever else you like) as you can fit into the pot.
6. Sprinkle salt and pepper on top of vegetables.
7. Cover and cook on high for at least 8 hours. Meat should fall apart when done.

VARITION: Sauté roast in large pan with spices before placing in wine mixture. Doing this “sears” the spices into the meat and makes it more flavorful.

Cabbage Rolls

INGREDIENTS (Serves 6-8)

1 head cabbage
1 lb ground turkey, beef or lamb
½ onion, diced
½ tsp garlic salt
½ tsp parsley
½ tsp basil
¼ tsp sea salt
2 cups stewed tomatoes

PREPARATION

1. Preheat oven to 350°.
2. Combine all ingredients with ground meat and brown in a pan.
3. Put whole cabbage in boiling water for a couple minutes.
4. When steamed, cut end off, and remove leaves from core.
5. Put a scoop of meat mixture in a cabbage leaf, roll up, and secure with toothpick if necessary.
6. Lay seam down in a baking dish.
7. Pour stewed tomatoes over cabbage rolls.
8. Bake for 30-45 minutes.

Serve over rice.

Taco/Burrito Meat

INGREDIENTS (Serves 6-8)

1 pound ground turkey, chicken or beef
2 TBSP canola or olive oil
1 tsp basil
1 tsp coriander
1 tsp chili powder
½ tsp paprika
½ tsp celery salt
¼ cup cilantro, chopped
½ cup sweet peppers, chopped
½ cup onion, chopped
¼ cup green chilies, chopped
½ cup tequila (or just use water)

PREPARATION

1. Heat oil in pan on medium-high heat.
2. Add ground meat and herbs and spices and brown in pan.
3. Once meat is cooked, add chopped vegetables and blend together.
4. Add tequila or water.
5. Cover and simmer on low for 5-10 minutes.

NOTE: Add more liquid if the meat dries out. If there is too much liquid, leave the mixture uncovered to burn off the liquid. The mixture should be moist; but not wet when done.

VARIATION: You can use taco shells or tortillas and add a variety of toppings.

Serve with corn, rice and beans for a traditional Mexican meal.

Cream of Mushroom Chicken

INGREDIENTS (Serves 5-6)

4 chicken breasts or 5 chicken thighs

1 - 14 oz container cream of mushroom soup (non-MSG)

¼ cup Italian dressing (or just squirt some in)

1 tsp basil

1 tsp parsley

½ tsp dried mustard seed

½ tsp white pepper



PREPARATION

1. Wash chicken and pat dry.
2. Mix all ingredients together in crock pot.
3. Add in chicken and make sure is coated with sauce.
4. Cover and cook on high for about 8 hours.

VARIATION: Add baby carrots, fresh mushrooms and/or broccoli.

Serve over rice with vegetables.

Lemon Herb Crusted Chicken

INGREDIENTS (Serves 4)

4 chicken breasts
3 TBSP olive oil
1 TBSP fresh lemon juice
2 cloves garlic, minced
½ tsp dried basil
½ tsp parsley
½ tsp rosemary
⅛ tsp sea salt
Pepper to taste



PREPARATION

1. Rinse chicken in fresh water and pat dry.
2. Mix all ingredients together in small glass container.
3. Rub chicken with mixture.
4. Grill on medium heat for 6-8 minutes on each side. Juices should run clear when poked.

Serve with grain or potatoes and vegetables.

Sesame Chicken

INGREDIENTS (Serves 4)

- 4 chicken breasts
- 1 TBSP olive oil
- 1 clove garlic, minced
- 2 TBSP onion, minced
- $\frac{1}{4}$ cup sesame seeds
- 1 tsp lemon pepper



PREPARATION

1. Mix all ingredients together in small glass container.
2. Rub chicken with mixture.
3. Heat olive oil in pan (coat bottom).
4. Cook chicken in pan on medium heat for 6-8 minutes each side, browning both sides.

Serve with grain or rice noodles and vegetables.

Herbed Fried Chicken Thighs

INGREDIENTS (Serves 3-4)

5 chicken thighs

½ tsp basil

½ tsp parsley

½ tsp tarragon

¼ tsp salt

Coconut or Canola oil (enough to fill 1/8 inch of pan)



OPTIONAL: Can use "Spike" (a seasoning mixture) in place of the herbs listed above.

PREPARATION

1. Wash chicken and pat dry.
2. Heat oil on medium-high heat. Oil is hot when you flick a dab of water on it and it sizzles.
3. Carefully place chicken in pan.
4. Generously season with herbs.
5. Cover and cook for 3-5 minutes. Underside should look browned when ready to turn.
6. Flip chicken and season other side.
7. Cover and cook for another few minutes until done. Should be browned on both sides.

NOTE: Thighs do not need as much oil as breasts. Less oil may be better. It depends upon the type of pan used. My electric skillet requires NO oil at all. Therefore, experiment and see what works for you.

Serve with rice, pasta or potatoes and vegetables.

Teriyaki Glazed Chicken

INGREDIENTS (Serves 4-5)

4 chicken breasts or 5 thighs

$\frac{1}{4}$ cup Soy Vey Island Teriyaki Sauce

$\frac{1}{2}$ tsp cornstarch or arrowroot



PREPARATION

1. Wash chicken and pat dry.
2. Coat chicken with teriyaki sauce (can also marinade prior to cooking)
3. Grill on medium-high heat for 3-5 minutes on ONE side.
4. Brink $\frac{1}{4}$ cup teriyaki sauce and cornstarch/arrowroot to a boil in sauce pan on medium heat, stirring constantly. Sauce will start to bubble and thicken. Sauce is ready when almost as thick as honey.
5. Flip chicken and coat cooked side with sauce.
6. Grill another 3-5 minutes.

NOTE: If you do not have access to the recommended teriyaki sauce, you can make your own by mixing traditional teriyaki with a little barbeque sauce and brown sugar. It's not as healthy; but it will work.

Serve with rice, pasta or potatoes and vegetables.

***For a special treat, grill some pineapple, too! Simply slice the pineapple in circles and place on the grill with the chicken (grill both sides). YUM!!!**

Thai Chicken Soup

INGREDIENTS (Serves 6-8)

4-5 chicken thighs, thawed & skinned
3 cups water
1 TBSP chicken bouillon or 1 bouillon cube
½ cup peanut, almond or tahini butter
1 can coconut milk
1 medium onion, chopped
1-2 carrots, thinly sliced or grated
1 medium sweet pepper, chopped
½ cup leeks, diced
½ cup shitake mushrooms, sliced
¼ cup cilantro, chopped
1 lemon grass stalk, cut into 1-inch pieces (omit, if you can't find any)
1-3 chilies (to taste)
2 TBSP lime juice
1 tsp sea salt
1 tsp powdered ginger or 1 two-inch freshly grated piece

PREPARATION

1. Combine nut butter with bullion and 1 cup warm water in slow cooker.
2. Once dissolved, add all other ingredients, mix well, cover and cook on high for 8-10 hours.
3. Chicken should fall apart when done.
4. Remove lemon grass and chilies when serving.

Serve over rice or egg noodles.

Apple Rosemary Cornish Game Hens

INGREDIENTS (Serves 2)

1-1 3/4 pound Cornish game hen, halved lengthwise
2-3 apples, peeled and diced
1 cup cranberries (fresh or frozen)
½ cup apple juice or cider
½ cup maple syrup
2 twigs fresh rosemary
2 teaspoons curry
Salt and pepper

PREPARATION

1. Preheat oven to 400°.
2. To create sauce, combine apples, cranberries, maple syrup, apple juice, curry and rosemary twigs in saucepan over medium-high heat. Bring to a boil, stirring frequently.
3. Decrease heat to low, cover saucepan and simmer, stirring frequently, until apple pieces are very soft and berries have broken open and released their juices (about 8-10 minutes).
4. To prepare the hen: Rinse halves and pat dry with paper towels. Sprinkle with salt and pepper.
5. Place the hen with rosemary twigs underneath, skin side up, on foil-covered baking sheet.
6. Cover each hen half with ½ sauce, coating generously.
7. Roast hen halves until golden and their juices run clear (about 25 minutes).
8. Add juice from roasting to the sauce and bring to a boil once again, then reduce and simmer for about 3 minutes, allowing it to thicken.
9. Transfer hen to plates. Serve with sauce and use rosemary twigs as a garnish.

Serve with wild rice or red potatoes and green vegetables (like green beans or asparagus).

The Perfect Turkey

Prep Time: 15 minutes

Cooking Time: Varies (generally 12 min per pound)

INGREDIENTS

Whole turkey

1 tsp sea salt

1 tsp pepper

1 stick butter

½ tsp garlic powder

½ tsp basil

Fresh rosemary sprigs

Stuffing (use your favorite recipe or simply stuff with quartered onions and celery)

PREPARATION

1. Preheat oven to 325°.
2. Pull out all the giblets from turkey cavity.
3. Wash turkey, including cavity.
4. Pat turkey dry.
5. Place on rack in roasting pan, breast side up.
6. Rub salt and pepper all over turkey and inside cavity.
7. Melt butter and add garlic and basil.
8. Baste with 1/3 butter mixture.
9. Make 5-6 cuts in the top (breast) of the turkey.
10. Add sprigs of fresh rosemary to cuts you just made.
11. Stuff cavity with stuffing.
12. Place “covered” in oven.
13. Baste w/ 1/3 butter mixture half way through cooking.
14. Last 45 min of cooking, uncover and baste with remaining butter mixture.
15. Remove from oven and let rest for 15-20 minutes before carving.

Great served with the Root Vegetable Bake, Baked Yams, and your favorite cranberry sauce.

Chicken Salad Wrap

INGREDIENTS (Serves 2)

1 large can of chicken or chopped whole cooked chicken
2 TBSP mayonnaise or Veganaise
2 TBSP pickle relish
 $\frac{1}{4}$ cup sweet peppers
 $\frac{1}{4}$ cup onion
1 tsp dried basil or tarragon (or $\frac{1}{2}$ tsp of both if you'd like)
1 tsp dried parsley
 $\frac{1}{2}$ tsp garlic powder
 $\frac{1}{4}$ tsp sea salt
Pepper to taste

Tortillas (can use flour or rice tortillas)

OPTIONAL INGREDIENTS (make this dish healthier):

Cucumbers
Lettuce, Kale, Spinach, or Bok Choy
Sprouts
Tomatoes
Walnuts
Cranberries

PREPARATION

1. Drain chicken, if canned.
2. Combine chicken with all ingredients (except tortillas and optional ingredients).
3. Scoop about a half-cup to one cup of mixture into tortilla.
4. Add optional ingredients, if you'd like.
5. Roll it up!

This is a great meal for lunch or dinner on-the-go!

Cream of Mushroom Pork

INGREDIENTS (Serves 5-6)

- 4 - 1 inch pork chops
- 1 - 14 oz can non-MSG cream of mushroom soup
- ¼ cup Italian dressing (or just squirt some in)
- 1 tsp basil
- 1 tsp parsley
- ½ tsp dried mustard seed
- ½ tsp white pepper



PREPARATION

1. Wash pork and pat dry.
2. Mix all ingredients together in crock pot.
3. Add in chicken and make sure is coated with sauce.
4. Cover and cook on high for about 8 hours.

VARIATION: Add baby carrots, fresh mushrooms and/or broccoli.

Serve over rice with vegetables.

Herbed Pork Tenderloin

INGREDIENTS (Serves 6-8)

2 pork tenderloins (they typically come in packages of two) – about 2 lbs total.

1 tsp basil

1 tsp parsley

1 tsp tarragon

1 tsp rosemary

½ tsp granulated garlic

½ tsp sea salt

½ tsp pepper

OPTIONAL: ½ cup Italian dressing

PREPARATION

1. Wash pork and pat dry.
2. OPTIONAL: Marinade in dressing at least 1 hour or overnight.
3. Mix all dry ingredients together.
4. Rub mixture all over loins.
5. Grill or Roast as directed below.
6. Slice into ¼ - ½ inch medallions and serve.

GRILLING: Grill on medium-high heat, turning after about 15 minutes for 30-45 minutes. You can also turn frequently, if you want all sides browned. Internal temperature should be about 155°, and loin should no longer be pink inside when cut. Let rest for 10 minutes before slicing.

ROASTING: Place loins on rack in shallow pan and bake at 425° for about 45-50 minutes. Internal temperature should be about 155°, and loin should no longer be pink inside when cut. Let rest for 10 minutes before slicing.

Serve with grain or potatoes and vegetables.

Teriyaki Pork Tenderloin

INGREDIENTS (Serves 6-8)

2 pork tenderloins (they typically come in packages of two)
½ cup teriyaki glaze (see NOTES below)

PREPARATION

1. Wash pork and pat dry.
2. Coat loins with glaze
3. **OPTIONAL:** Marinade in glaze at least 1 hour or overnight.
4. Grill or Roast as directed below.
5. Slice into ¼ - ½ inch medallions and serve.

GRILLING: Grill on medium-high heat, turning after about 15 minutes for 30-45 minutes. You can also turn frequently, if you want all sides browned. Internal temperature should be about 155°, and loin should no longer be pink inside when cut. Let rest for 10 minutes before slicing.

ROASTING: Place loins on rack in shallow pan and bake at 425° for about 45-50 minutes. Internal temperature should be about 155°, and loin should no longer be pink inside when cut. Let rest for 10 minutes before slicing.

NOTES:

1. A “glaze” is a thick sauce. To make a glaze out of a liquid (in this case standard teriyaki sauce), simply add a teaspoon of corn starch to “cold” liquid and heat on medium-high heat, stirring constantly.
2. Completely dissolve corn starch in liquid before heating. This is best done by using on a little liquid at first and then adding the remaining liquid once the starch is dissolved.
3. If you add corn starch to warm or hot liquid, the corn starch will not dissolve.

Serve with grain or potatoes and vegetables.

Lemon Basil Halibut

(Can substitute any white fish)

INGREDIENTS (Serves 4)

4 halibut steaks or filets
2 TBSP olive oil
¼ onion, minced
2 TBSP garlic, minced
4 TBSP fresh lemon juice
2 TBSP fresh basil, minced
½ tsp sea salt
Pepper to taste
ADD ½ cup water or white wine if not open-face grilling.



NOTE: Can marinate for 1-24 hours, or cook right away.

PREPARATION

1. Rinse fish in fresh water and pat dry.
2. Mix ingredients together in a shaker to pour on fish.
3. Grill or bake (see below).

GRILLING: For fish “steaks”, can direct grill. For “filets”, place fish on aluminum foil and makes “boats” out of the foil, sealing up the ends. Pour mixture over fish and seal top of foil boat. **ADD ½ cup water or white wine.** Grill on medium-high heat for about 5 minutes for filets or 10 for steaks. Flip steaks after 5 minutes.

BAKING: Place fish in glass baking dish. Pour ingredients on fish, coating both sides. **ADD ½ cup water or white wine.** Bake for 8-10 minutes at 350°.

Fish is done when it pulls apart easily.

Serve with your favorite grain or potatoes and vegetables. Also good over pasta with a simple garlic, basil, salt and olive oil mixture.

Citrus Orange Roughy

(Can substitute any white fish)

INGREDIENTS (Serves 4)

4 Orange Roughy filets

1 cup orange juice

4 orange slices (1 for each filet)

4 onion slices (1 for each filet), chopped in half

4 red, yellow or orange pepper slices (1 for each filet),
chopped in half

$\frac{1}{2}$ tsp of basil for each filet

$\frac{1}{2}$ tsp dill for each filet

$\frac{1}{8}$ tsp salt for each filet

PREPARATION

1. Rinse fish in fresh water and pat dry.
2. A. If grilling, place each filet in an aluminum foil "boat" (pinch sides of foil together and roll – leave an opening at the top).
B. If baking, place filets side-by-side in a baking dish.
3. Coat filets with juice ($\frac{1}{4}$ cup each if using foil boats).
4. Lay orange, onion and pepper slices (in that order) on top of fish.
5. Grill or bake (see below).

GRILLING: Grill foil boats on medium-high heat for 5-7 minutes.

BAKING: Bake at 350° for 8-10 minutes.

Fish is done when it pulls apart easily.

Served with rice and vegetables.

Pan-Fried Tilapia

(Can substitute any white fish)

INGREDIENTS (Serves 4)

- 4 Tilapia filets
- 4 TBSP coconut oil (can also use olive oil)
- ¼ cup mayonnaise or Veganaise
- 1 cup fine bread crumbs
- 1 tsp basil
- 1 tsp parsley
- 1 tsp thyme
- ½ tsp granulated garlic
- ½ tsp sea salt

PREPARATION

1. Rinse fish in fresh water and pat dry.
2. Mix dry ingredients together in a shallow dish.
3. Heat oil in frying pan over medium-high heat.
4. Coat fish with mayonnaise or Veganaise
5. Dip fish into bread crumb mixture and coat completely.
6. Place in frying pan.
7. Repeat with other filets.
8. Flip first filet you put in, followed by the others. Filets should be crispy on the bottom before flipping.

NOTE: This is a very simple process. Once you prepare the bread crumb mixture, it takes about 30 seconds to coat the fish and put it in the pan.

Serve with your grain and vegetables. Also good over pasta with a simple garlic, basil, salt and olive oil mixture or with marinara sauce.

Tuna Salad

INGREDIENTS (Serves 4)

2 cans tuna in water

$\frac{1}{3}$ cup mayonnaise or Veganaise

$\frac{1}{4}$ cup pickle relish

$\frac{1}{2}$ tsp dried basil

$\frac{1}{2}$ tsp dried parsley

$\frac{1}{4}$ tsp granulated garlic

$\frac{1}{4}$ cup onion, finely chopped (optional)

$\frac{1}{4}$ cup sweet peppers, finely chopped (optional)

$\frac{1}{4}$ cup celery, finely chopped (optional)

$\frac{1}{2}$ cup apples, chopped (optional)

Salt and pepper to taste

PREPARATION

1. Drain water from tuna.
2. Place tuna in a bowl and mash.
3. Add all other ingredients and mix thoroughly.

Serve on toast, wrapped in lettuce or eat alone.

Tuna Melt

INGREDIENTS (Serves 4)

2 cups Tuna Salad

4 slices whole grain bread

4 slices cheese (any kind)

4 slices tomato

PREPARATION

1. Toast bread.
2. Place $\frac{1}{2}$ cup tuna salad mixture on toast and spread evenly.
3. Place cheese on top of tuna.
4. Place slice of tomato on top of cheese (or vice versa).
5. Bake at 350° in toaster oven or standard oven until cheese is melted.

Lemon Herb Crusted Salmon

INGREDIENTS (Serves 4)

- 4 salmon steaks or filets
- 3 TBSP olive oil
- 1 TBSP fresh lemon juice
- 2 cloves garlic (minced)
- ½ tsp dried basil
- ½ tsp parsley
- ¼ tsp sea salt
- ¼ cup fresh cilantro (minced)



PREPARATION

1. Rinse fish in fresh water and pat dry.
2. Mix all ingredients (EXCEPT cilantro) together in small glass container.
3. Baste fish with mixture.
4. Sprinkle on cilantro and press into fish.
5. Grill immediately, meat side down first on medium-high heat for about 3-4 minutes per side.

Serve with your favorite grain or potatoes and vegetables. Also good over pasta with a simple garlic, basil, salt and olive oil mixture.

Teriyaki Glazed Salmon

INGREDIENTS (Serves 4-5)

4 salmon steaks or filets

2 TBSP olive oil

¼ cup Soy Vey Island Teriyaki Sauce

½ tsp cornstarch or arrowroot



PREPARATION

1. Wash salmon and pat dry.
2. Brush salmon generously with olive oil (this helps keep it from sticking).
3. Grill IMMEDIATELY on medium-high heat for about 3 minute, flesh side down (if with skin).
4. Brink ¼ cup teriyaki sauce and cornstarch/arrowroot to a boil in sauce pan on medium heat, stirring constantly. Sauce will start to bubble and thicken. Sauce is ready when almost as thick as honey.
5. Flip salmon and coat cooked side with sauce.
6. Grill another few minutes. Salmon is done when it easily pulls apart.

NOTE: If you do not have access to the recommended teriyaki sauce, you can make your own by mixing traditional teriyaki with a little barbeque sauce and brown sugar. It's not as healthy; but it will work.

Serve with rice, pasta or potatoes and vegetables.

***For a special treat, grill some pineapple, too! Simply slice the pineapple in circles and place on the grill with the chicken (grill both sides). YUM!!!**

Teriyaki Glazed Ahi **(Can also use Mahi Mahi)**

INGREDIENTS (Serves 4-5)

4 ahi steaks

¼ cup Soy Vey Island Teriyaki Sauce

½ tsp cornstarch or arrowroot



PREPARATION

1. Wash ahi and pat dry.
2. Coat with teriyaki sauce.
3. Brink ¼ cup teriyaki sauce and cornstarch/arrowroot to a boil in sauce pan on medium heat, stirring constantly. Sauce will start to bubble and thicken. Sauce is ready when almost as thick as honey.
4. Grill on high heat for about 1 minute on ONE side.
5. Flip ahi and coat cooked side with sauce.
6. Grill another minute (longer for mahi mahi).

NOTES:

- Ahi is like steak. Some people like it rare, and others like it well done. Rare is “pink” in the middle. If you like it rare, cook for only a couple minutes each side.
- Mahi Mahi should be thoroughly cooked and should flake away when done.
- If you do not have access to the recommended teriyaki sauce, you can make your own by mixing traditional teriyaki with a little barbeque sauce and brown sugar. It’s not as healthy; but it will work.

Serve with rice, pasta or potatoes and vegetables.

***For a special treat, grill some pineapple, too! Simply slice the pineapple in circles and place on the grill with the chicken (grill both sides). YUM!!!**

Blackened Ahi

INGREDIENTS (Serves 4-5)

4 Ahi steaks
1 tsp paprika
1 tsp cayenne pepper
1 tsp onion powder
1 tsp white pepper
1 tsp black pepper
1 tsp basil
1 tsp oregano
1 tsp sea salt
Canola or Olive Oil



PREPARATION

1. Wash Ahi and pat dry.
2. Mix dry ingredients together.
3. Rub Ahi steaks both sides with mixture.
4. Coat pan with oil and heat on high.
5. Place Ahi in hot pan and sear both sides.

NOTES:

- Ahi is like steak. Some people like it rare, and others like it well done. Rare is "pink" in the middle. If you like it rare, simply "sear" it (about 30 seconds each side). If you like it more well done, cook for 1-2 minutes each side.

Serve with rice, pasta or potatoes and vegetables.

***Really delicious with "Mango Salsa" (recipe on page 89)**

Herbed Tofu

INGREDIENTS (Serves 1)

4 - 1/8 inch slices extra firm tofu

Basil

Parsley

Taragon

Garlic (granulated)

Salt and pepper to taste

2 TBSP coconut oil



PREPARATION

1. Heat coconut oil in pan on medium-high heat.
2. Lay tofu slices between two paper towel sheets and gently press out extra moisture.
3. Sprinkle herbs and spices in pan.
4. Carefully place tofu in pan, being careful of potential spattering.
5. Sprinkle herbs and spices generously on tofu.
6. Cook for a couple of minutes until beginning to brown on underside.
7. Flip and cook a couple more minutes
8. Remove from oil immediately when done.

Serve with your favorite grains or potatoes and vegetables.

Vegetarian Chili

INGREDIENTS (Serves 8)

- 1 TBSP olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 tomatoes, diced, (or one can diced tomatoes)
- 1 carrot, coarsely grated
- 1 TBSP chili powder
- 1 tsp ground cumin
- 3 cups cooked or canned red, black or kidney beans
- 1 cup water
- 2 TBSP tomato paste
- 1 tsp sea salt

PREPARATION

1. Heat oil on medium-high heat in a large heavy pan and sauté onions and garlic for 3 minutes.
2. Add tomatoes, carrots, chili powder and cumin and sauté for 5 minutes.
3. Slowly add beans, water, tomato paste and salt.
4. Cook on low to medium heat for 20 minutes or put in slow cooker on low for several hours.

VARIATION: Add as many veggies as you like such as bell peppers, zucchini and corn kernels. Like it spicy? Add your favorite hot peppers.

Quinoa Salad

Quinoa (pronounced Keen-wah) is an ancient grain that has grown in South America for over 5000 years. The Incas actually considered it sacred and called it the “mother grain.” Although it is considered a grain, it is actually a “seed” that comes in a variety of colors, the most popular being white and red.

Quinoa contains many nutrients, including high amounts of fiber, iron, phosphorous, and protein. It actually contains 5 grams of protein per $\frac{1}{4}$ cup (dry) serving, making it a good substitute for vegetarians.

INGREDIENTS (Serves 4)

- 1 cup dry quinoa (cook ahead of time and chill overnight)
- 1 large ripe tomato, chopped
- $\frac{1}{4}$ cup red onion or scallions, chopped
- $\frac{1}{2}$ red, yellow or orange pepper, chopped
- $\frac{1}{2}$ zucchini or cucumber, grated or chopped
- $\frac{1}{2}$ large carrot, grated
- $\frac{1}{4}$ cup cilantro, chopped
- 1 TBSP olive oil
- $\frac{1}{2}$ tsp granulated garlic
- $\frac{1}{2}$ tsp sea salt

PREPARATION

1. Mix cooked, chilled quinoa, olive oil and salt in a stainless or glass bowl.
2. Fold in chopped vegetables.
3. Best chilled prior to serving; but can be eaten immediately.

VARIATION: Add or omit vegetables to your liking. Black beans also taste great in this dish!

Hummus

INGREDIENTS (Serves 6-8)

2 cups cooked chickpeas (garbanzo beans)

3 TBSP tahini

2 TBSP lemon juice

1-2 TBSP olive oil

1-3 cloves garlic

½ tsp sea salt

½ cup or more of spring water or chickpea water

PREPARATION

1. Place all ingredients in a blender or food processor and purée until creamy.
2. Add water as needed to make mixture smooth and creamy.
3. Add more garlic, tahini or lemon juice to taste.

VARIATION: Add different ingredients to the blender to make the hummus taste different. Examples: red pepper, egg plant, pine nuts, sun-dried tomatoes, cilantro, etc.

Serve with pita bread crackers or vegetables. Can also use as a spread for sandwiches.

VEGETABLES

Next to water, the human body requires vegetables more than any other food source. Almost every vitamin and mineral that the body needs can be obtained from vegetables.

While the body needs a variety of vegetables from all colors of the rainbow (see Chapter 2), leafy greens (especially dark ones) are particularly helpful in cleansing and purifying the blood, balancing the body's pH level, improving kidney, gallbladder and kidney function and strengthening the immune system. Greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc and vitamins A, C, E and K, and are packed with fiber, folic acid, chlorophyll and many other micronutrients the body needs to stay healthy and vibrant.

Eat as many vegetables as you can every day! The general rule of thumb is to eat 4-6 handfuls of vegetables every day.

Vegetables can be eaten raw or cooked in a variety of ways (see Chapter 2). Note that overcooking will destroy nutrients. Cooked vegetables are best prepared "fork tender," meaning you can easily stick a fork in them, yet they are still firm enough to hold on to the fork if you lift it up.



Acorn Squash with
Applesauce, page 64

Acorn Squash with Applesauce

INGREDIENTS (Serves 2)

1 acorn squash

1 tablespoon olive oil (or butter)

1 cup **natural** apple sauce (no corn syrup)

Cinnamon



PREPARATION

1. Preheat oven to 350°.
2. Cut tips off each end of squash so that it will sit flat.
3. Cut squash in half and remove seeds with a spoon.
4. Place squash halves skin side down on a baking sheet.
5. Rub olive oil (or butter) inside squash flesh.
6. Fill squash "bowl" with applesauce.
7. Sprinkle cinnamon on top of each.
8. Bake for 45 minutes, or until a fork inserts smoothly through squash meat.

VARIATION: Try different flavors of apple sauce.

Asparagus Almandine

INGREDIENTS (Serves 4-6)

1 bushel asparagus, cut into 1-inch pieces

1 TBSP butter or olive oil

½ tsp basil

¼ tsp granulated garlic

Salt and pepper to taste

¼ cup sliced almonds



PREPARATION

1. Heat butter or oil in pan on medium heat.
2. Wash asparagus and pat dry.
3. Place asparagus and other ingredients (EXCEPT almonds) into pan and mix.
4. After 2 minutes, add almonds.
5. Cook for 1-2 more minutes.
6. Serve immediately.

NOTE: Can omit almonds.

Boiled Green Beans

INGREDIENTS (Serves 4)

1 lb fresh green beans
1 cup water
2 TBSP butter or olive oil
Salt and pepper to taste



PREPARATION

1. Wash green beans and place in pan.
2. Put about 1 cup of water in pan (water should be about $\frac{1}{4}$ to $\frac{1}{2}$ way up beans)
3. Cover and cook on medium heat until fork tender (10-15 minutes)
4. Drain water and add butter or olive oil.

Broccoli Soup

INGREDIENTS (Serves 4)

2 bunches broccoli
2 large white sweet potatoes
2 cloves garlic, diced
2 tablespoons tamari

PREPARATION

1. Cut off the florets of the broccoli so that you have almost no portion of the stalk and place in a separate bowl.
2. Cut the stalks of the broccoli and the sweet potato into small pieces.
3. Place stalks and potatoes in a medium pot and cover with water.
4. Bring to a boil and cook until soft (about 10-12 minutes).
5. Remove broccoli and potato from the water and blend in blender.
6. Slowly add the water from the pot to your blender until you get a good soup consistency.
7. Add garlic and tamari and blend.
8. Place soup back in the pot and add broccoli florets.
9. Leave on low heat for 5-10 minutes.
10. Serve hot with a sprinkle of cheese or enjoy plain.

VARIATION: Try adding other vegetables, like onions and peppers.

Buttery Brussels Sprouts

INGREDIENTS (Serves 4)

16-20 Brussels sprouts (depending upon size)

2 TBSP butter.

$\frac{1}{4}$ tsp granulated garlic

Salt & pepper to taste



PREPARATION

1. Wash sprouts and place in large pot.
2. Fill pot with water, covering sprouts.
3. Cover and cook on medium-high heat until fork-tender (about 15 minutes).
4. Drain water.
5. Add other ingredients and mix until butter is melted.

Candied Carrots with Garlic

INGREDIENTS (Serves 4)

1 bag baby carrots
2 TBSP butter
2 cloves garlic, minced
Salt and pepper to taste



PREPARATION

1. Heat butter in pan on medium heat.
2. Wash carrots and place in pan.
3. Add garlic and mix.
4. Cover and cook on low for about 15 minutes, stirring occasionally.

Grilled Vegetables

INGREDIENTS (Serves 4)

1 lb fresh vegetables (see list below)
1 cup water
2 TBSP olive oil
Salt and pepper to taste



PREPARATION

1. Wash vegetables and pat dry.
2. Slice vegetables, long ways into $\frac{1}{8}$ inch slices.
3. Brush with olive oil and season with salt and pepper.
4. Grill on medium-high heat for a few minutes each side.

The following vegetables work well on the grill:

Asparagus (does not need to be sliced)

Eggplant

Parsnips

Squash

Turnips

Zucchini

Kohlrabi Sauté

INGREDIENTS (Serves 4)

2 large kohlrabi bulbs
1 TBSP butter
2 TBSP onion, minced
1 garlic clove, minced
1 tsp lemon juice
Salt and pepper to taste



PREPARATION

1. Heat butter in pan.
2. Wash kohlrabi and grate (shred).
3. Place kohlrabi with other ingredients into pan.
4. Sauté on medium-high heat for 3-5 minutes.

Lemon Herb Spinach

INGREDIENTS (Serves 4)

1 large bunch spinach

4 cups water

1 tsp salt

1 TBSP butter

$\frac{1}{4}$ tsp basil

$\frac{1}{4}$ tsp tarragon

1 TBSP lemon juice



PREPARATION

1. Wash spinach thoroughly.
2. Stuff large pot with spinach and add water and salt.
3. Cover and cook on medium-high heat until spinach is wilted (about 10 minutes).
4. Drain water and add butter and herbs.
5. Mix in lemon juice.

Roasted Beet Chips

INGREDIENTS (Serves 1-2)

1 beet

2 TBSP butter or olive oil

½ tsp salt

¼ tsp garlic

PREPARATION

1. Wash beet and pat dry.
2. Slice beet into potato chip-like slices
3. If using butter, melt butter.
4. Mix salt and garlic with butter or oil.
5. Brush both sides of each beet chip with mixture.
6. Bake at 350° for 5-10 minutes (will depend upon chip thickness).

Root Vegetable Bake

INGREDIENTS (Serves 8)

1 acorn squash (can peel if you want; but don't need to)
1 small bag baby carrots
2 medium parsnips
2 medium turnips
1 large sweet potato
1 onion or small bag of pearl onions
1 tablespoon olive oil (or melted butter)
8 oz chicken or vegetable broth
½ teaspoon basil
½ teaspoon garlic
½ teaspoon thyme or rosemary
¼ teaspoon turmeric
Sea salt and pepper to taste

PREPARATION

1. Preheat oven to 350°.
2. Cut all veggies into 1 inch chunks.
3. Coat with olive oil or butter.
4. Mix spices with broth.
5. Pour broth mixture over veggies and mix to coat.
6. Bake for 60 minutes, stirring every 20 minutes

Sautéed Green Beans

INGREDIENTS (Serves 4)

1 lb fresh green beans
2 TBSP butter or olive oil
2 cloves garlic, minced
Salt and pepper to taste
 $\frac{1}{8}$ cup water



PREPARATION

1. Heat butter or oil in pan on medium heat.
2. Wash green beans and add to pan.
3. Add other ingredients and mix.
4. Sauté for about 5 minutes.
5. Add water and continue to sauté for 10-15 minutes, stirring occasionally.

Sautéed Kale with Pine Nuts and Dried Cranberries

INGREDIENTS (Serves 2)

- 2 large kale leaves, washed
- 1 TBSP olive oil
- 2 TBSP pine nuts (pignolis)
- 2 TBSP dried cranberries
- $\frac{1}{8}$ tsp garlic
- $\frac{1}{8}$ tsp salt



PREPARATION

1. Heat olive oil in pan on medium heat.
2. Hold thick end of kale stock and strip leaves from stalk.
3. Cut kale leaves into bite-size pieces.
4. When oil is hot, put in pine nuts, garlic and salt.
5. Add kale leaves and cranberries.
6. Stir for about one minute.
7. Eat immediately, while still warm.

VARIATION: Try adding onions and/or mushrooms

Sautéed Mushrooms and Onions

INGREDIENTS (Serves 4)

- 1 container mushrooms, sliced
- $\frac{1}{4}$ cup onion, diced
- 1 TBSP olive oil
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ cup wine or sherry (see notes below)



PREPARATION

1. Wash and slice mushrooms.
2. Add olive oil to pan on medium-high heat.
3. Place mushrooms, onions and salt in pan and sauté until onions are translucent (a few minutes).
4. Add wine, turn to low heat, and simmer for 3 minutes.

NOTES: White wine is better if serving with fish or poultry.
Red wine is better for red meat.

This dish is great over steak or on hamburgers.

Sautéed Zucchini and Yellow Squash

INGREDIENTS (Serves 4)

1 large (or 2 small) zucchini
1 large (or 2 small) yellow squash
2 TBSP olive or coconut oil
2 garlic cloves, minced
½ tsp turmeric
½ tsp cumin
Salt and pepper to taste



PREPARATION

1. Heat oil in pan on medium-high heat.
2. Wash zucchini and squash and coarsely grate.
3. Add turmeric and cumin to oil and mix.
4. Add zucchini, squash and garlic and stir.
5. Sauté for about 3 minutes.

NOTE: Can omit turmeric and/or cumin.

Vegetable Soup

INGREDIENTS (Serves 8)

10-12 cups water
2 chicken, beef or vegetarian bouillon cubes
2 cups fresh green beans (cut into 1 inch pieces)
1 bag frozen peas
1 bag frozen corn
1 zucchini, diced
1 white or yellow onion, diced
1-2 celery stalks, diced
1-2 carrots, diced
4 cloves garlic, minced
2 TBSP dried basil (or 3-4 leaves freshly chopped)
2 TBSP dried parsley (or ¼ cup freshly chopped)
1/s tsp sea salt
½ tsp turmeric
½ tsp cumin
4 bay leaves
Pepper as desired
(Optional: Can add meat or beans for added protein and flavor)

PREPARATION

Optional: Sauté onion, celery, garlic, carrots and green beans in olive oil or butter. When onions become translucent, add spices and stir for 1-2 minutes. Sautéing prior to adding to crock-pot will add more flavor to the soup.

1. Combined all ingredients together in crock-pot and cover
2. Simmer on low heat for at least 4 hours.

Zucchini Salad

INGREDIENTS (Serves 4)

4 small or 2 large zucchini

½ lemon - juiced

1 cup olive oil

1 tsp dried coriander or rosemary (can also use mint for a different flavor)

1 tsp garlic salt

½ tsp sea salt



PREPARATION

1. Shred all the zucchini (including skin).
2. Juice half a lemon and put it in a jar.
3. Add olive oil and spices to jar and shake.
4. Drizzle over zucchini to taste.

NOTE: You can save the dressing to use again in the future. Be sure to store in refrigerator.

GRAINS

Grains are rich in fiber and phytonutrients (which only come from plants), and play a key role in preventing cardiovascular disease, cancer and digestive disorders. Grains also contain many vitamins and minerals, including protein and trace minerals. However, in order to gain the most benefit from grains, they should be in their “whole” unrefined state.

Refined grains, such as enriched wheat or white rice have had the outer two layers of the grain (bran and germ) removed, leaving only the endosperm, which is nutrient deficient and high in carbohydrates. The refining process was created to keep grains from going rancid (spoiling); however, is not as healthy to consume.

Keep in mind that it is the outer two layers of the grain that slow down the conversion of carbohydrates to glucose (sugar). Refined grains (without the outer layers) convert to glucose quickly and are called “simple carbohydrates.” *Whole grains* are called “complex carbohydrates” and take much longer for the body to process and convert to glucose, making them a much healthier choice.

It is important to eat 3-4 servings of whole grains every day!



Quinoa Salad, page 84

Herbed Grains

INGREDIENTS (Serves 4)

1 cup grain (see below)

2 cups water

1 bouillon cube

½ tsp basil

½ tsp parsley

½ tsp tarragon

½ tsp granulated garlic

Salt and pepper to taste



PREPARATION

1. Boil water in pan on high heat.
2. Add all ingredients and mix.
3. Cover and simmer on low as directed.

GRAINS:

- Amaranth
- Barley
- Millet
- Quinoa
- Rice (any variety)

VARIATIONS: Try adding onion, sweet peppers, peas or other vegetables.

Mexican Rice

INGREDIENTS (Serves 4)

1 cup rice
2 cups water
1 chicken bouillon cube
¼ cup chopped onion
¼ stick butter
Olive or canola oil
½ tsp paprika
½ tsp oregano
¼ tsp salt
¼ tsp garlic
¼ tsp chili powder

PREPARATION

1. Add butter and dash of oil to sauce pan then sauté onions.
2. Add water and bouillon to pan and bring to boil on high heat.
3. Add all ingredients and mix.
4. Cover and simmer on low for about 20 minutes for white rice and 50 minutes for brown.

NOTE: The spices do not have to be exact just get it close and it will taste great!

VARIATIONS: You can try adding a pinch of coriander and/or cumin if you have it. If you want hotter spice add more chili powder or cayenne pepper, but be careful not to add too much!

Quinoa Salad

Quinoa (pronounced Keen-wah) is an ancient grain that has grown in South America for over 5000 years. The Incas actually considered it sacred and called it the “mother grain.” Although it is considered a grain, it is actually a “seed” that comes in a variety of colors, the most popular being white and red.

Quinoa contains many nutrients, including high amounts of fiber, iron, phosphorous, and protein. It actually contains 5 grams of protein per $\frac{1}{4}$ cup (dry) serving, making it a good substitute for vegetarians.

INGREDIENTS (Serves 4)

- 1 cup dry quinoa (cook ahead of time and chill overnight)
- 1 large ripe tomato, chopped
- $\frac{1}{4}$ cup red onion or scallions, chopped
- $\frac{1}{2}$ red, yellow or orange pepper, chopped
- $\frac{1}{2}$ zucchini or cucumber, grated or chopped
- $\frac{1}{2}$ large carrot, grated
- $\frac{1}{4}$ cup cilantro, chopped
- 1 TBSP olive oil
- $\frac{1}{2}$ tsp granulated garlic
- $\frac{1}{2}$ tsp sea salt

PREPARATION

1. Mix cooked, chilled quinoa, olive oil and salt in a stainless or glass bowl.
2. Fold in chopped vegetables.
3. Best chilled prior to serving; but can be eaten immediately.

VARIATION: Add or omit vegetables to your liking.

Rice Pilaf

INGREDIENTS (Serves 4)

1 cup white rice
2 cups water
 $\frac{1}{4}$ cup scallions, chopped
 $\frac{1}{4}$ cup celery, chopped
 $\frac{1}{2}$ cup frozen peas
1 bouillon cube
 $\frac{1}{2}$ tsp basil
 $\frac{1}{2}$ tsp salt



PREPARATION

1. Boil water in pan on high heat.
2. Add all ingredients and mix.
3. Cover and simmer on low for about 20 minutes.

VARIATIONS: Try adding a pinch of saffron (don't need much).

Rice with Spinach & Pine Nuts

INGREDIENTS (Serves 4)

1 cup Brown Rice
2 cups broth or water
2 TBSP olive oil
1/2 large onion, diced
1/2 red bell pepper, diced
3 cloves garlic, minced
2 TBSP fresh lemon juice
1 tsp oregano
1/2 tsp fresh ground black pepper
1/4 cup pine nuts
6 cups fresh spinach, washed and chopped
1 TBSP water

PREPARATION

1. Cook rice in 2 cups of broth or water for 50-60 minutes, until tender and all water is absorbed.
2. In skillet, sauté onion, bell pepper and garlic in the olive oil until onions are translucent (about 5 minutes).
3. Stir in lemon juice, oregano, pine nuts and pepper.
4. Add spinach and sprinkle 1 TBSP of water over it.
5. Toss until spinach is wilted.
6. Remove from heat.
7. Add rice and toss until mixed.

Serve warm or cold as a salad.

DRESSINGS AND SAUCES

Dressings and sauces add a little something special to your dishes. These, too, can be healthy if you make them fresh versus buy them from the store. You can actually buy “some” quality dressings and sauces from the store; however, many contain harmful preservatives. It is wise to become a label reader if you want to be healthy. It is best to try and make your dressings and sauces fresh from home and freeze them for future use. Plus, it is generally less expensive to make your own.



Basic Salsa, page 89

Lemon, Oil and Vinegar Salad Dressing

INGREDIENTS

½ cup olive oil

½ tsp sesame oil

½ freshly squeezed lemon juice

1 tsp apple cider vinegar (or whatever flavor you like)

¼ tsp dried basil, finely crushed

¼ tsp dried parsley, finely crushed

1 clove garlic, finely minced

PREPARATION

1. Blend all ingredients together in a blender and pour into a glass mason jar.
2. Can use immediately and refrigerate for later use.

NOTE: Feel free to play with ingredients, adding more or less of each ingredient to your taste.

Basic Salsa

INGREDIENTS (Yield 2 cups)

4 large tomatoes, diced

½ onion, diced

1 ¼ cup fresh cilantro, chopped

1 TBSP lime juice

2 cloves garlic, minced

½ tsp sea salt

2-4 jalapeno peppers, minced (OPTIONAL)

PREPARATION

1. Mix all ingredients together.
2. Refrigerate (best when it can sit for a while and meld).

NOTE: A food processor works great, if you have one. You can also use a blender if you like your salsa puréed.

Mango Salsa

INGREDIENTS (Yield 3 cups)

2 mangos, peeled, seeded and chopped

1 cup grape tomatoes, halved

$\frac{1}{4}$ red onion, chopped

$\frac{1}{4}$ cup fresh cilantro, chopped

1 tsp lime juice

PREPARATION

1. Mix all ingredients together
2. Refrigerate. Best when it can sit for a while and meld.
However, you can eat it right away.

DESSERTS

Desserts do not have to be bad for you! There are many “natural” ways to get your sweets. Having a plain piece of fruit (like an apple) is great. However, you can enhance the sweetness of a fruit by cooking it if you want a little something special.

Tropical fruits like papaya, plantains, and pineapple are great on the grill. Fruits like apples and pears are better baked or stewed. Figs, dates, raisins and other dried berries are great to sweeten other foods.

Examples: Try dates, figs and/or raisins in your oatmeal instead of sugar. Try dried cranberries in a salad or grain dish to add some sweetness.



Baked Apples, page 92

Baked Apples

INGREDIENTS (Serves 4)

4 apples

½ cup water or apple juice

¼ cup brown sugar, packed

¼ cup raisins, chopped

¼ cup pecans, chopped

2 TBSP butter

1 tsp cinnamon

Nutmeg

PREPARATION

1. Wash and core apples. Be sure NOT to core all the way through the apple. You will need the bottom in tact so that the mixture doesn't fall through.
2. Combine brown sugar, raisins, pecans and cinnamon.
3. Stuff apples with mixture.
4. Place ½ TBSP butter on top of each apple.
5. Place apples in baking dish.
6. Pour water or juice in bottom of dish.
7. Sprinkle nutmeg on top.
8. Bake at 350° for 30-40 minutes.
9. Baste with juice prior to serving.

Baked Pears

INGREDIENTS (Serves 4)

4 pears

½ cup apple juice

Cinnamon

Nutmeg



PREPARATION

1. Wash pears, peel, cut in half and core.
2. Place pears flat side down in baking dish.
3. Pour juice over pears.
4. Sprinkle cinnamon and nutmeg on top.
5. Bake at 350° for about 20 minutes.

Frozen Banana Cream

INGREDIENTS (Serves 4)

4 frozen bananas



PREPARATION

1. Mash to blend in blender and enjoy!

VARIATION: Add your favorite topping.

Fruit Salad

INGREDIENTS (Serves 4-6)

- 1 apple, cubed
- 1 banana, sliced
- 1 kiwi, skinned and cubed
- 1 cup grapes, sliced in half
- 1 cup pineapple, skinned and cubed
- 1 cup strawberries, topped and sliced

PREPARATION

1. Mix all in a bowl and enjoy!

VARIATION: Try adding different types of fruit and/or coconut.

Stewed Apples

INGREDIENTS (Serves 2-4)

2-4 apples

2 TBSP butter

Cinnamon



NOTE: If using Granny Smith apples, you must add some sweetener. Agave nectar is a good choice.

PREPARATION

1. Wash apples and core them.
2. Cut into large chunks (leave skin on if desired).
3. Place apples in small sauce pan.
4. Add butter and cinnamon (and sweetener).
5. Cover and cook on medium-low heat for 10-15 minutes.

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Gina Van Luven is a Holistic Health Counselor, certified with the American Association of Drugless Practitioners. She provides customized wellness programs with a “whole person” approach (diet, lifestyle and environment) for individuals and groups.



Gina also founded **YOUUnique Nutrition™** in 2007, and invented a one-of-a-kind nutritional shopping tool called “Nutrire™.” Nutrire helps you create a customized list of foods that may provide the most benefit for your unique body type.

Nutrire™
Nutritional Shopping Tool

For more information about Gina’s products and services, or to schedule her to speak to your organization, please visit her web site:
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