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Energy Shake/Smoothie

This Shake/Smoothie provides essential protein for detoxification, omega 3 fatty acids from flax oil, fiber for healthy digestion, increased elimination from flaxseeds, and anti-oxidants and phytonutrients from the berries and fruit.

It will sustain you, even out your blood sugar, and help you control your appetite throughout the day.

You may alter the shake recipe to your taste preference or may even use one of the alternative breakfast recipes. These recipes will incorporate most of the healing ingredients in the shake. However, this shake is designed to be quick, easy, and contain powerful healing ingredients to help you with inflammation and detoxification.

Version 1: Using Rice Protein

This shake is the easiest to make and digest and quite satisfying.

2 Scoops of rice protein powder (The average is 2 scoops or 2 tablespoons, but you should follow the direction for the serving sizes of the product you pick.)

1 Scoop of Yellow Pea protein (optional)

1 Tbsp. of organic combination flax and borage oil. (buy Barleans Brand)

2 tbsp. of ground flaxseeds. (buy the whole seeds and grind them in your coffee grinder right at the time you use it)

Ice. (if desired)

6-8 ounces of filtered water to desired consistency. (some like thicker drinks, some thinner)

½ Cup of frozen or fresh, non-citrus organic fruit such as cherries, blueberries, raspberries, strawberries, peaches, pears, or frozen bananas.

Optional: Add 1 tbsp. of nut butter (almond, macadamia, pecan) or ¼ cup of nuts soaked overnight such as almonds, walnuts, pecans, or any combination of these.

For Better Tasting Shakes: Adding frozen cherries, ½ a frozen banana, and nut butters provides the best-tasting shakes.

Special Note on Rice Protein: I prefer detoxifying hypoallergenic rice protein. While it can be expensive, it replaces meals and facilitates your detoxifying and weight loss during the week.

Note: Use the flax seeds in up to two shakes a day, no more.

Energy Shake/Smoothie

Version 2: Fruit and Nut Smoothie

If you don't want to use rice protein (which needs to be purchased) you can simply use silken tofu. This is a nice creamy, shake made from real food.

¼ cup of silken drained tofu.

½ cup of plain, unsweetened, gluten-free soy milk. (such as Silk)

1 tbsp. of organic, combination flax and borage oil.

2 tbsp. of ground flaxseeds.

½ cup of fresh or frozen , non-citrus organic fruit such as cherries, blueberries, raspberries, strawberries, peaches, pears, or frozen bananas.

Optional: add 1 tbsp of nut butter (almond, macadamia, pecan) or ¼ cup of nuts soaked overnight such as almonds, walnuts, pecans, or any combination of these.

Ice.

2-4 ounces of filtered water to desired consistency.

Version 3: Nut Smoothie

This shake is designed to be soy-free. It requires no extra purchase of powder, and can be made from easily accessible ingredients.

½ cup of plain, unsweetened, gluten-free almond or hazelnut milk.

1-2 tbsp. of nut butter (almond, macadamia, pecan) or ¼ cup of nuts soaked overnight such as almonds, walnuts, pecans, or any combination of these.

1 tbsp. organic, combination flax and borage oil. (Purchase the Barleans brand)

2 tbsp. ground flax seeds.

½ cup of fresh or frozen, non-citrus organic fruit such as cherries, blueberries, raspberries, strawberries, peaches, pears, or frozen bananas.

Ice.

2-4 ounces of filtered water to desired consistency.

Blend



Hydrating and Alkalizing Vegi Broth

The following recipe can be varied according to taste. For every 3 quarts of water add:

Onion 1 large

Carrots 2

Daikon, or white radish, root and tops (ideal, but optional) 1 cup

Winter squash 1 cup

Root vegetables: turnips, parsnips, and rutabagas for sweetness 1 cup

Greens: kale, parsley, beet greens, collard greens, chard, dandelion, cilantro, and / or other greens 2 cups or 1 bunch

Celery 2 stalks

Seaweed: nori, dulse, wakame, kelp, or kombu** 1/2 cup

Cabbage 1/2 cup

Fresh ginger root 4 half-inch slices

Whole garlic (not chopped or crushed) 2 cloves

Fresh or dried shitake or maitake mushrooms, if available. (These have powerful immune-boosting properties.) 1 cup

Add all the ingredients at once and place on low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste. Cool, strain, throw out all cooked vegetables and store in a large tightly sealed glass container in the fridge. Simply heat gently and drink at least 3 to 4 cups a day. Take to work and drink through out the day.

It approximately makes 8 cups or 2 quarts. When you are done making the broth you may discard the vegetables as they are not intended to be eaten, but make sure you keep the broth.



Mineral Bath

The Mineral Bath is a key component of the program. It provides many powerful benefits in one easy, 20-minute solution every day. This may not sound important, but the Mineral Bath has been one of the most favorite features of those who have experienced the program.

The benefits of the Mineral Bath include:

- Relaxation of your nervous system and lowering of cortisol through the use of lavender oil, which promotes weight loss and lowers inflammation.
- Enhancement of detoxification through the effects of the magnesium and sulfur in the Epsom salts.
- Enhanced sleep through the effects of the hot bath and magnesium.
- Alkalinization of your body through the use of baking soda (sodium bicarbonate), which promotes a ideal pH for healing, detoxification, and optimal cellular function.
- Increased circulation and increased heart rate, which serves as a form of passive exercise.
- Lowered blood pressure and blood sugar levels.
- Increased heart rate variability, a sign of a healthy nervous system and reduced stress.
- Increased sweating and elimination of toxins.

Add: to bathwater as hot as you can tolerate.

2 cups of Epsom salts

1 cup of baking soda,

10 drops of lavender oil

Take a 20-minute Mineral Bath just before bed every night.

For extra-powerful detoxification wrap yourself in towels immediately after the bath, get in bed under the covers and stay more for 20 minutes, then remove the towels and go to sleep. You can go directly to sleep without rinsing off after the bath.

You can also take a sauna or steam bath for up to 30 minutes per day if it is available to you.



Simple Recipes, Alternate Food Choices, & Delicious Snacks You Can Eat on the Program

The meal plan outlined in this guide is meant to keep the program as simple and straightforward as possible. I developed it this way to keep preparation time down and make it fit the schedule of a typical working person.

However, over time I have found that some people like to have alternatives to this plan.

More than that, I know people love to have specific recipes they can follow to make delicious and healthy meals that may help them reduce inflammation, detoxify, lose weight, and get healthy.

As long as you stick to a few basic principles (such as being rigorous about which foods you enjoy and which ones you avoid), The Detox/Elimination Diet affords enough flexibility to accommodate anyone's desires.

And there are plenty of ways you can make real, whole foods taste absolutely delicious. In this section I am going to give you some alternative food choices to accommodate different lifestyles and desires (as well as recipes for the alternatives) and I am going to share some of my personal favorite recipes with you.



My Favorite Program Recipes

What follows are some of my favorite simple recipes as well as alternative food choices you can incorporate into the program if you wish to.

This food is delicious! Even the gourmets who are reading this are going to find some of these recipes a revelation. There seems to be a myth that eating well means the food should taste bad. How ridiculous! These recipes are healthy, they fit into your detox week, and they are going to satisfy your palate as well as your body.

Recipes for Alternative Breakfast Options

The Shake/Smoothie is easy to prepare and delicious and contains powerful nutrients that may help you reduce inflammation and detoxify your body.

However, some people prefer to have a hot breakfast in the morning, especially if they are doing the program in the winter in an area that is extremely cold. In these circumstances it can be a little daunting to face drinking a cold shake before going off to work.

The first thing you can try is adding 1 cup of VegiBroth to your breakfast menu. This might do the trick and will keep you from preparing too many additional items. If the VegiBroth in the morning does not do the trick, there are at least 3 hot breakfast alternatives you could try. On the next page you'll find an example of a breakfast Tofu Scramble.

Rice Version #1

Makes: 4 servings

Prep time: 5 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

<i>Short-grain brown rice</i>	<i>1 cup</i>
<i>Water</i>	<i>2 cups</i>
<i>Olive oil</i>	<i>2 tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>
<i>Thyme, fresh</i>	<i>½ tsp.</i>
<i>Onion powder</i>	<i>¼ tsp.</i>
<i>Bay leaf</i>	<i>½ leaf</i>

Method

In a small pot with a lid add the uncooked rice, water, olive oil, salt, thyme, onion powder, and bay leaf. Cover and bring to a simmer for 25–30 minutes over medium heat. Once the rice is tender remove from heat and remove the bay leaf.

Chef's Tips

This rice can be cooked in a rice cooker as well.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 4g	4%	Total Carb. 36g	10%
Serving Size 1 (169g) Servings 1	Sat. Fat 1g	4%	Fiber 2g	8%
Calories 193 Fat Cal. 32	<i>Trans</i> Fat 0g		Sugars 0g	
	Cholest. 0mg	0%	Protein 4g	
	Sodium 132mg	4%		
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%			

Rice Version #2

Makes: 4 servings

Prep time: 5 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

<i>Short-grain brown rice</i>	<i>1 cup</i>
<i>Water</i>	<i>2 cups</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Turmeric</i>	<i>¼ tsp.</i>
<i>Cayenne pepper</i>	<i>¼ tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>

Method

Mince the garlic clove. In a small pot with a lid add the uncooked rice, water, garlic, turmeric, cayenne pepper, and salt. Cover and bring to a simmer for 25–30 minutes over medium heat. Once the rice is tender remove from heat.

Chef's Tips

This rice can be cooked in a rice cooker as well.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 1g	2%	Total Carb. 36g
	Sat. Fat 0g	0%	Fiber 2g	8%
	<i>Trans</i> Fat 0g		Sugars 0g	
	Cholest. 0mg	0%	Protein 4g	
	Sodium 132mg	4%		
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%			

Serving Size 1 (167g)
Servings 1
Calories 173
Fat Cal. 12

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Tofu Scramble with Veggies and Brown Rice

Makes: 4 servings

INGREDIENTS

MEASUREMENTS

<i>Spinach, chopped</i>	<i>2 cups</i>
<i>Mushrooms</i>	<i>½ cup</i>
<i>Red onion, thinly sliced lengthwise</i>	<i>½ small onion</i>
<i>Extra-virgin olive oil</i>	<i>2 Tbsp</i>
<i>Firm tofu, crumbled</i>	<i>1 package, 14 ounces</i>
<i>Raw pumpkin seeds or sesame seeds</i>	<i>¼ cup</i>
<i>Turmeric</i>	<i>1 tsp.</i>

Method

Combine spinach, mushroom, onions, and olive oil in a large, deep skillet or flat-bottom wok. Sauté over high heat for 3 to 4 minutes.

Drain and rinse tofu. Crumble by squeezing the tofu through your fingers. Add to skillet along with pumpkin seeds and toss to heat through. Sprinkle with turmeric and stir well.

Season with salt and pepper to taste. Serve with brown rice.

Leftovers from the Night Before

I know fish, rice, and broth might sound like a strange breakfast, but it's actually quite delicious!

Recipes for Lunch and Dinner

On the program, lunch and dinner are interchangeable. So enjoy any of the recipes below at either time of the day.

Almond-Flax Crusted Chicken

Makes: 4 servings

Prep time: 10 minutes

Cook time: 20–30 minutes

INGREDIENTS

MEASUREMENTS

<i>Chicken</i>	<i>4 breasts, 5 ounces each</i>
<i>Ground flax</i>	<i>3 Tbsp</i>
<i>Almond meal*</i>	<i>½ cup</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Almond butter</i>	<i>1 Tbsp</i>
<i>Lemon juice</i>	<i>1 tsp.</i>
<i>Sea salt</i>	<i>1 tsp.</i>
<i>Cayenne pepper</i>	<i>Pinch</i>
<i>Parsley, fresh</i>	<i>1 tsp.</i>
<i>Paprika</i>	<i>¼ tsp.</i>
<i>Thyme, fresh</i>	<i>1 tsp.</i>
<i>Onion, fresh</i>	<i>1 Tbsp, finely chopped</i>

Method

Pre-heat oven to 350 degrees.

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly flat across the breast using a kitchen mallet or other heavy kitchen utensil.

Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl combine the olive oil, almond butter, lemon juice, and all spices and herbs. Mix in small food processor or by hand. Once combined add the chicken breasts to this mixture (if time, allow the chicken to marinate with mixture for 10–15 minutes to further enhance flavor but the taste will still be great if you don't have an extra 10–15 minutes).

Remove chicken breasts from marinade bowl and place on baking tray. Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the “crust” to the chicken. Carefully turn over each chicken piece and repeat process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20–30 minutes or until an instant read thermometer reaches 168 degrees on the thickest part of the chicken.

Chef's Tips

*Almond meal can be found in many grocery stores in the organic or baking sections. Alternatively, you can make your own almond meal by finely grinding whole, sliced or crushed almonds in a food processor or magic bullet until the same consistency and size as the ground flax.

Marinate chicken—you can marinate the chicken in all ingredients, except the almond meal and flax, anywhere from 1–24 hours prior to making the dish to enhance the flavor or prepare the dish in advance.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (178g) Servings 1 Calories 349 Fat Cal. 165	Total Fat 18g	30%	Total Carb. 8g
	Sat. Fat 2g	8%	Fiber 6g	25%
	<i>Trans</i> Fat 0g		Sugars 1g	
	Cholest. 82mg	25%	Protein 40g	
	Sodium 197mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet	Vitamin A 2% • Vitamin C 4% • Calcium 8% • Iron 15%			

Curried and Coconut Chicken Breast

Makes: 4 servings

Prep time: 20 minutes

Cook time: 20–30 minutes

INGREDIENTS

MEASUREMENTS

<i>Chicken breasts, boneless / skinless</i>	4 breast about, 5 ounces each
<i>Olive oil</i>	2 tsp.
<i>Ginger, fresh</i>	1 tsp.
<i>Garlic</i>	1 clove
<i>Green onion or scallions</i>	½ green stalk only
<i>Parsley, fresh</i>	1 tsp.
<i>Curry spice</i>	2 tsp.
<i>Sea salt</i>	½ tsp.
<i>Cayenne pepper</i>	⅛ tsp.
<i>Coconut milk</i>	1 Tbsp

Method

Pre-heat oven to 350 degrees.

Trim chicken breast of any fat.

Mince the garlic clove, ginger, green onion, and parsley then combine in a bowl. Add the curry spice, salt, cayenne pepper, and coconut milk to the same bowl and combine evenly.

Place the chicken breasts in the bowl and let marinate for 10–15 minutes if desired.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper). Place the chicken breasts on the sheet pan.

Bake for approximately 30–30 minutes or until juices run clear: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

Chef's Tips

You can marinate the chicken in the curry spices and coconut milk for up to 2 hours before cooking. This chicken can be baked, grilled, or broiled.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (153g) Servings 1 Calories 189 Fat Cal. 45	Total Fat 5g	8%	Total Carb. 1g
	Sat. Fat 2g	8%	Fiber 0g	2%
	Trans Fat 0g		Sugars 0g	
	Cholest. 82mg	25%	Protein 33g	
	Sodium 221mg	8%		
	Vitamin A 2% • Vitamin C 4% • Calcium 2% • Iron 8%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Grilled Rosemary Chicken Breast

Makes: 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

MEASUREMENTS

<i>Chicken breasts, boneless / skinless</i>	4 each about 5 ounces per breast
<i>Garlic</i>	1 clove
<i>Olive oil</i>	1 Tbsp
<i>Cayenne pepper</i>	1/8 tsp.
<i>Rosemary, fresh</i>	2 tsp.
<i>Parsley, fresh</i>	1 tsp.
<i>Sea salt</i>	1/2 tsp.

Method

Pre-heat Grill to 350 degrees or medium hot fire.

Trim chicken breast of any fat.

Mince the garlic clove. Chop rosemary and parsley fine. Combine the garlic, olive oil, cayenne pepper, chopped herbs, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 10–15 minutes if desired.

Grill the chicken breast for a total 10–12 minutes, turning once half way through. Chicken should be firm to the touch and opaque throughout.: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

Chef's Tips

You can marinate the chicken in herbs and oil. Marinate for up to 2 hours before cooking. This chicken can be baked, grilled, or broiled. You can do this recipe in the oven by baking at 350 degrees for 20–30 minutes or until juices run clear and internal temperature is 168 degrees Fahrenheit.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 5g	8%	Total Carb. 0g	0%
Sat. Fat 1g	4%	Fiber 0g	0%	
<i>Trans</i> Fat 0g		Sugars 0g		
Cholest. 82mg	25%	Protein 33g		
Sodium 220mg	8%			
Vitamin A 2% • Vitamin C 4% • Calcium 2% • Iron 6%				

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Lemon Garlic Basil Chicken

Makes: 4 servings

Prep time: 15 minutes

Cook time: 20–30 minutes

INGREDIENTS

MEASUREMENTS

Chicken breasts, boneless / skinless 4 each about 5 ounces per breast
 Garlic 1 clove
 Olive oil 2 tsp.
 Cayenne pepper. ¼ tsp.
 Lemon juice 2 tsp.
 Basil, fresh 3 tsp.
 Sea salt. ½ tsp.

Method

Pre-heat oven to 350 degrees.

Trim chicken breast of any fat.

Mince the garlic clove. Combine the garlic, olive oil, cayenne pepper, lemon juice, basil, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 10–15 minutes if desired.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper). Place the chicken breasts on the sheet pan. Bake for approximately 30–30 minutes: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

Chef's Tips

You can marinate the chicken in the lemon garlic basil marinade for up to 2 hours before cooking. This chicken can be baked, grilled, or broiled.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 4g	6%	Total Carb. 3g	0%
Sat. Fat 1g	4%	Fiber 0g	0%	
<i>Trans</i> Fat 0g		Sugars 1g		
Cholest. 82mg	25%	Protein 33g		
Sodium 228mg	10%			
Vitamin A 2% • Vitamin C 20% • Calcium 4% • Iron 8%				

Serving Size 1 (187g)
 Servings 1
Calories 187
 Fat Cal. 37

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Baked Cod with Thyme

Makes: 4 servings

Prep time: 5 minutes

Cook time: 15 minutes

INGREDIENTS

MEASUREMENTS

<i>Cod fillet</i>	<i>1½ lb.</i>
<i>Thyme, fresh</i>	<i>1 tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>
<i>Onion powder</i>	<i>¼ tsp.</i>
<i>Olive oil</i>	<i>1 Tbsp</i>

Method

Pre-heat oven to 375 degrees.

Cut the cod into 5-ounce pieces or have your fish provider do this for you.

Combine the olive oil, thyme, salt, and onion powder in a bowl. Mix.

Rub or spray a cookie sheet with olive oil to prevent sticking (or cover the pan with parchment paper). Place cod fillets on the sheet pan. Evenly spread the herb and oil mixture over the cod.

Bake for approximately 12–15 minutes or until fish flakes easily with a fork: internal temperature of the cod should be 155 degrees Fahrenheit.

Chef's Tips

Fresh cod is the best but not always available. When substituting with frozen fish let the fish thaw completely in you refrigerator before cooking it.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (233g) Servings 1 Calories 232 Fat Cal. 59	Total Fat 7g	10%	Total Carb. 0g
	Sat. Fat 1g	4%	Fiber 0g	0%
	<i>Trans</i> Fat 0g		Sugars 0g	
	Cholest. 98mg	35%	Protein 40g	
	Sodium 250mg	10%		
	Vitamin A 2% • Vitamin C 4% • Calcium 4% • Iron 6%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Cod with Roasted Chili Peppers & Cayenne

Makes: 4 servings

Prep time: 20 minutes

Cook time: 20–30 minutes

INGREDIENTS

MEASUREMENTS

<i>Cod fillets</i>	<i>1½ pounds</i>
<i>Poblano pepper</i>	<i>1 medium pepper</i>
<i>Jalapeno pepper</i>	<i>½ a jalapeno</i>
<i>Olive oil</i>	<i>1 Tbsp plus 1 tsp. for roasting</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Shallot</i>	<i>½ shallot</i>
<i>Cayenne pepper</i>	<i>¼ tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>

Method

Pre-heat oven to 350 degrees.

Wash and dry peppers. Rub with small amount of olive oil to help roasting. Roast peppers over an open flame on a grill or stovetop gas burner or even in the oven. Roast until peppers are soft and skin is blistering. Cover and let sit for 5 minutes. Peel away skin and remove seeds and stems.

Combine the roasted peppers, remaining olive oil, garlic, shallots, cayenne, and salt in food processor and puree until smooth.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper), place the cod on the sheet pan. Evenly spread the puree of roasted peppers over the cod fillet top and sides.

Bake for approximately 20–30 minutes or until fish flakes easily when tested with a fork: internal temperature of the cod fillet should be 155 degrees Fahrenheit.

Chef's Tips

You can roast the fillet as one whole piece or cut into 8-ounce pieces. Have your fish provider cut them for you if you want portioned pieces.

Nutrition Facts	Amount/serving		Amount/serving	
		%DV*		%DV*
Serving Size 1 (248g) Servings 1	Total Fat 6g	8%	Total Carb. 2g	0%
	Sat. Fat 1g	4%	Fiber 0g	0%
Calories 234 Fat Cal. 55	<i>Trans</i> Fat 0g		Sugars 1g	
	Cholest. 98mg	35%	Protein 41g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet	Sodium 251mg	10%		
	Vitamin A 6% • Vitamin C 50% • Calcium 4% • Iron 6%			

Lemon-Dill Wild Salmon

Makes: 4 servings

Prep time: 5 minutes

Cook time: 20 minutes

INGREDIENTS

MEASUREMENTS

<i>Salmon, wild</i>	<i>1 pound</i>
<i>Garlic, fresh</i>	<i>3 cloves</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Lemon juice</i>	<i>2 Tbsp</i>
<i>Dill weed, fresh</i>	<i>½ tsp.</i>
<i>Parsley, fresh</i>	<i>½ tsp.</i>
<i>Tarragon, fresh</i>	<i>½ tsp.</i>

Method

Pre-heat oven to 325 degrees.

Mince the garlic. Combine the garlic, olive oil, lemon juice, and herbs in a bowl. Mix.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper). Place salmon skin side down on the sheet pan. Evenly spread the herb mixture over the salmon. Bake for approximately 15–20 minutes or until fish flakes easily when tested with a fork: internal temperature of the salmon should be 155 degrees Fahrenheit.

Chef's Tips

Salmon can easily be grilled as well.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (127g) Servings 1 Calories 196 Fat Cal. 95	Total Fat 11g	15%	Total Carb. 1g
	Sat. Fat 2g	8%	Fiber 0g	0%
	Trans Fat 0g		Sugars 0g	
	Cholest. 62mg	20%	Protein 23g	
	Sodium 52mg	2%		
	Vitamin A 0% • Vitamin C 4% • Calcium 2% • Iron 6%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Brazilian Black Bean Soup

Makes: 4 servings

Prep time: 10 minutes

Cook time: 35 minutes

INGREDIENTS

MEASUREMENTS

<i>Celery</i>	<i>1/3 cup</i>
<i>Onion</i>	<i>1/4 cup</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Poblano pepper</i>	<i>2 Tbsp</i>
<i>Black beans, canned</i>	<i>1 can, 15 ounces</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i>	<i>2 cups</i>
<i>Chili powder</i>	<i>2 tsp.</i>
<i>Cloves, ground</i>	<i>1/8 tsp.</i>
<i>Cumin</i>	<i>1 tsp.</i>
<i>Cilantro, fresh</i>	<i>2 Tbsp</i>
<i>Paprika</i>	<i>1/4 tsp.</i>
<i>Red pepper flakes, crushed</i>	<i>1/8 tsp.</i>
<i>Sea salt</i>	<i>1/2 tsp.</i>

Method

Mince garlic. Dice onion, poblano pepper, and celery. Drain, rinse, and dry black beans.

In a stock pot, heat oil over medium heat. Sauté onions, peppers, celery, and garlic for 4–5 minutes or until vegetables start to soften.

Add vegetable broth, beans, and all herbs and spices EXCEPT cilantro. Simmer for 20–30 minutes or until beans are soft, stirring as needed.

Add cilantro and simmer an additional 1 minute.

Remove from heat and chill.

Chef's Tips

Good served warm or cold.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 2g	4%	Total Carb. 29g	10%
Sat. Fat 0g	2%	Fiber 9g	40%	
<i>Trans Fat</i> 0g		Sugars 2g		
Cholest. 0mg	0%	Protein 10g		
Sodium 771mg	30%			
Vitamin A 6% • Vitamin C 4% • Calcium 4% • Iron 15%				

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Curried Great Northern Beans and Carrot Soup

Makes: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

Carrots	3 carrots equal to 1 ½ cups
Yellow onion	¼ cup
Garlic	1 clove
Shallot	1 shallot
Great northern bean, canned and organic	1 can, 16 ounces
Olive oil	1 Tbsp
UltraBroth or organic vegetable broth	2 cups
Lemon juice	1 Tbsp
Curry powder	⅛ tsp.
Ginger, fresh	2 tsp.
Cayenne Pepper	⅛ tsp.

Method

Peel and dice ginger. Peel and slice carrots ¼" -thick. Dice onions, shallots, and garlic. Drain and rinse white beans.

In a medium stock pot, heat oil over medium heat. Sauté carrots, shallots, onion, garlic, and ginger. Cook for 4–6 minutes or until vegetables start to soften.

Add vegetable broth, beans, and all herbs and spices. Reduce heat to low and simmer covered for 15–20 minutes or until the beans are soft. Remove pot from heat.

Using an immersion blender, puree the soup. Add lemon juice and continue pureeing until smooth. (Alternatively, you may puree in a food processor or blender.)

Chill.

Chef's Tips

Best the next day.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 5g	8%	Total Carb. 16g
	Sat. Fat 1g	4%	Fiber 3g	15%
	Trans Fat 0g		Sugars 4g	
	Cholest. 0mg	0%	Protein 4g	
	Sodium 301mg	15%		
	Vitamin A 90% • Vitamin C 10% • Calcium 4% • Iron 6%			

Serving Size 1 (226g)
Servings 1
Calories 116
Fat Cal. 41

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Hearty Lentil Soup—Vegetarian

Makes: 4 servings

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

MEASUREMENTS

<i>Carrots</i>	<i>¼ cup</i>
<i>Red onion</i>	<i>½ cup</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Celery</i>	<i>⅓ cup</i>
<i>Poblano pepper</i>	<i>⅓ cup</i>
<i>Lentils</i>	<i>1 cup</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i>	<i>2½ cups</i>
<i>Rosemary, fresh</i>	<i>½ tsp.</i>
<i>Oregano, fresh</i>	<i>½ tsp.</i>
<i>Parsley, fresh</i>	<i>½ tsp.</i>
<i>Cayenne pepper</i>	<i>⅛ tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>

Method

Prepare lentils: In a large stock pot place dry lentils, cover the lentils with 4–6 inches of water. Simmer over medium / high heat for 30 minutes or until lentils are slightly tender. Cover pot as needed. Drain any excess water off lentils, most if not all will be absorbed.

Slice red onions into ½-inch rings. Slice poblano peppers into ¼-inch rings. Dice carrots and celery. Mince garlic.

Grill red onions and poblano peppers, char on both sides. Remove from grill and dice grilled onions and grilled peppers. (Alternatively, you may oven roast onions and poblano peppers.)

In a stock pot, heat oil over medium heat. Sauté carrots, celery, and garlic for 4–5 minutes.

Add vegetable broth, cooked lentils, grilled onions, grilled poblano peppers, and all herbs and spices. Simmer for 25–30 minutes or until lentils become soft and begin to breakdown thickening the liquid.

Remove from heat and chill.

Chef's Tips

Good served warm or chilled. This is a good soup to make a double batch and freeze into single portions for later.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 4g	6%	Total Carb. 34g	10%
Serving Size 1 (242g) Servings 1	Sat. Fat 1g	4%	Fiber 15g	60%
Calories 217 Fat Cal. 34	<i>Trans Fat</i> 0g		Sugars 5g	
	Cholest. 0mg	0%	Protein 14g	
	Sodium 1053mg	45%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet	Vitamin A 25% • Vitamin C 15% • Calcium 4% • Iron 25%			

Three Bean Vegetarian Chili

Makes: 4 servings

Prep time: 10 minutes

Cook time: 60 minutes

INGREDIENTS

MEASUREMENTS

<i>Onion</i>	<i>¼ cup</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Celery</i>	<i>¼ cup</i>
<i>Poblano pepper</i>	<i>⅔ cup</i>
<i>Black eyed peas, canned</i>	<i>1 cup</i>
<i>Chickpeas, canned</i>	<i>⅔ cups</i>
<i>Great northern beans, canned</i>	<i>½ cup</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i>	<i>2 cups</i>
<i>Chili powder</i>	<i>1 Tbsp</i>
<i>Parsley, fresh</i>	<i>¼ tsp.</i>
<i>Cumin</i>	<i>¼ tsp.</i>
<i>Thyme, fresh</i>	<i>¼ tsp.</i>
<i>Cayenne pepper</i>	<i>⅛ tsp.</i>
<i>Sea salt</i>	<i>¼ tsp.</i>

Method

Dice peppers, onions, and celery. Mince garlic. Drain and rinse beans.

In a stock pot, heat oil over medium heat. Sauté onion, peppers, garlic, and celery for 5–7 minutes.

Add vegetable broth, beans, and all herbs and spices. Cover. Simmer for approximately 1 hour or until beans are tender and liquid thickens slightly.

Remove from heat and chill.

Chef's Tips

Best the next day.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 3g		4%	Total Carb. 17g 6%
Sat. Fat 0g		2%	Fiber 4g 15%	
Trans Fat 0g			Sugars 3g	
Cholest. 0mg		0%	Protein 5g	
Sodium 545mg		25%		
Vitamin A 15% • Vitamin C 30% • Calcium 8% • Iron 8%				

Serving Size 1 (175g)
Servings 1
Calories 112
Fat Cal. 29

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Tuscan White Bean Stew

Makes: 4 servings

Prep time: 10 minutes

Cook time: 35 minutes

INGREDIENTS

MEASUREMENTS

<i>Carrots</i>	<i>½ cup</i>
<i>Onion</i>	<i>¼ cup</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Celery</i>	<i>⅓ cup</i>
<i>Great northern bean, canned and organic</i>	<i>1 can, 15 ounces</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i>	<i>2 cups</i>
<i>Rosemary, fresh</i>	<i>⅛ tsp.</i>
<i>Parsley, fresh</i>	<i>¼ tsp.</i>
<i>Thyme, fresh</i>	<i>¼ tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>

Method

Drain white beans, rinse, and dry.

Mince garlic. Dice onions, carrots, and celery.

In a stock pot, heat oil over low / medium heat. Sauté onions for 2–3 minutes. Add carrots, celery, and garlic. Sauté for an additional 4–5 minutes or until vegetables start to become soft.

Add vegetable broth, beans, and all herbs and spices. Simmer covered for 20–30 minutes stirring occasionally.

Remove from heat and serve or chill for later.

Chef's Tips

This stew has a delicate flavor. For a deeper flavor, try roasting the garlic.

Serve warm or chilled.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (232g) Servings 1 Calories 106 Fat Cal. 16	Total Fat 2g	4%	Total Carb. 18g
	Sat. Fat 0g	0%	Fiber 4g	15%
	Trans Fat 0g		Sugars 4g	
	Cholest. 0mg	0%	Protein 5g	
	Sodium 874mg	35%		
	Vitamin A 45% • Vitamin C 4% • Calcium 4% • Iron 8%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Black Bean Salad

Makes: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

<i>Black beans, canned and organic</i>	1 can, 16 ounces
<i>Carrots</i>	¼ cup
<i>Celery</i>	⅓ cup
<i>Garlic, fresh</i>	5 cloves
<i>Jalapeno pepper</i>	1 pepper
<i>Yellow onion</i>	2 cups
<i>Green onions or scallions, white parts only</i>	2 scallions
<i>Red onion</i>	2 cups

FOR THE DRESSING

<i>Lemon juice</i>	4 Tbsp
<i>Oil olive</i>	3 Tbsp
<i>Cumin</i>	¼ tsp.
<i>Oregano, fresh</i>	½ tsp.
<i>Cayenne pepper</i>	¼ tsp.

Method

Julienne the red and yellow onions. Mince the jalapeno and garlic. Peel and dice the carrots and celery. Thinly slice the green onions. Drain and rinse the black beans.

On medium heat, in a sauté pan, heat a small amount of the olive oil. Add the red and yellow onions and sauté for 4–5 minutes. Turn down the heat and cook the onions for an additional 15 minutes or until they are brown and caramelized. Stir frequently so the onions cook evenly—don't burn. Add the jalapenos and garlic and cook for 5 additional minutes so the garlic browns slightly. Cool mixture.

In a large bowl, mix thoroughly the beans, green onion, carrots, celery, and sautéed onion mixture.

Dressing: In a small bowl, add the lemon juice, cumin oregano, and cayenne pepper. Slowly whisk in olive oil.

Pour dressing over black bean mixture. Gently mix until dressing thoroughly covers all beans.

Chef's Tips

Best made ahead.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 10g	15%	Total Carb. 36g	10%
Sat. Fat 1g	8%	Fiber 12g	45%	
<i>Trans</i> Fat 0g		Sugars 3g		
Cholest. 0mg	0%	Protein 12g		
Sodium 20mg	0%			
Vitamin A 20% • Vitamin C 15% • Calcium 6% • Iron 15%				

Serving Size 1 (211g)
Servings 1
Calories 272
Fat Cal. 91

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Caribbean Black Eyed Peas (Cold Salad)

Makes: 4 servings

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS

MEASUREMENTS

Black eyed peas, canned and organic. 2 cans, 30 ounces
 Poblano pepper 4 tsp.
 Green onion or scallion. 7 stalks (white part)
 Red onion. 1/3 cup

FOR THE DRESSING

UltraBroth or organic vegetable broth. 3/4 cup
 Oil olive 1 Tbsp
 Garlic, fresh 1 clove
 Lemon juice 2 Tbsp
 Cilantro, fresh 3 Tbsp
 Oregano, fresh 1/4 tsp.
 Cayenne pepper. 1/4 tsp.
 Red pepper flakes, crushed 1/8 tsp.
 Sea salt. 1/2 tsp.

Method

Dice the poblano pepper, green onions, and red onion. Mince garlic. Drain and rinse black eyed peas.

In a large bowl, mix thoroughly black eyed peas, poblano pepper, green onions, and red onion.

Dressing: In a small bowl, add vegetable broth, garlic, lemon juice, cilantro, oregano, cayenne pepper, red pepper flakes, and salt. Slowly whisk in olive oil.

Pour dressing over black eyed pea mixture. Gently mix until dressing thoroughly covers all black eyed peas.

Chef's Tips

Best made ahead.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 4g	8%	Total Carb. 28g
	Sat. Fat 0g	2%	Fiber 7g	25%
	Trans Fat 0g		Sugars 3g	
	Cholest. 0mg	0%	Protein 10g	
	Sodium 322mg	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet				
Vitamin A 4% • Vitamin C 20% • Calcium 6% • Iron 15%				

Quinoa and Garbanzo Bean Salad

Makes: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

<i>Quinoa grain</i>	$\frac{3}{4}$ cup
<i>Water for preparing quinoa grain</i>	$1\frac{1}{2}$ cup
<i>Chickpeas, canned</i>	$\frac{3}{4}$ cup
<i>Onion</i>	$\frac{1}{2}$ cup
<i>Green onions or scallions</i>	3 scallions, $\frac{1}{4}$ cup
<i>Poblano pepper</i>	$\frac{1}{2}$ cup

FOR THE DRESSING

<i>Lemon juice</i>	3 Tbsp
<i>Oil olive</i>	2 Tbsp
<i>Chili powder</i>	$\frac{1}{2}$ tsp.
<i>Oregano, fresh</i>	$\frac{1}{2}$ tsp.
<i>Parsley, fresh</i>	1 tsp.
<i>Sea salt</i>	$\frac{1}{2}$ tsp.

Method

Bring water to a boil. Add quinoa and stir. Turn down heat to low. Cover. Simmer covered 25–30 minutes, until all water is absorbed and quinoa is tender. Cool cooked quinoa.

Dice the onions and poblano. Slice the green onions. Drain canned chick peas and rinse.

In a small amount of the oil olive, sauté onion and pepper over medium heat for 2–5 minutes or until onion is slightly soft.

In a large bowl, mix thoroughly onion-pepper mixture, green onions, cooked quinoa, and chick peas.

Dressing: In a small bowl, add lemon juice, chili powder, oregano, parsley, and salt. Slow whisk in olive oil.

Pour dressing over quinoa-chickpea mixture. Gently mix until dressing thoroughly covers all the salad.

Chef's Tips

Best made ahead. Quinoa can be cooked in a rice cooker as well.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 9g	15%	Total Carb. 31g	10%
Sat. Fat 1g	6%	Fiber 4g	15%	
<i>Trans</i> Fat 0g		Sugars 2g		
Cholest. 0mg	0%	Protein 6g		
Sodium 47mg	2%			
Vitamin A 4% • Vitamin C 20% • Calcium 4% • Iron 20%				

Serving Size 1 (174g)
Servings 1
Calories 227
Fat Cal. 85

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Garlic and Herb Hummus

Makes: 4 servings

Prep time: 20 minutes

Cook time: 0 Minutes

INGREDIENTS

MEASUREMENTS

<i>Chickpeas, canned</i>	<i>1 can, 15 ounces</i>
<i>Sesame tahini</i>	<i>¼ cup</i>
<i>Water</i>	<i>½ cup</i>
<i>Lemon juice</i>	<i>1 Tbsp + ½ tsp.</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Garlic, roasted</i>	<i>3 cloves</i>
<i>Paprika</i>	<i>½ tsp</i>
<i>Parsley, fresh</i>	<i>½ tsp</i>
<i>Cayenne pepper</i>	<i>¼ tsp.</i>
<i>Sea salt</i>	<i>¼ tsp.</i>

Method

Preheat oven to 350 degree.

Peel the garlic and rub with olive oil. Wrap garlic cloves in foil and place in the warm oven for 20–25 minutes or until garlic is soft and slightly roasted. Remove from oven and cool.

Drain and wash chick peas and drain to dry.

In the food processor, add all ingredients and spices. Puree the mixture into a fine paste, no chunks. Remove from processor and turn into a small bowl.

Cover and chill.

Chef's Tips

Best made ahead to allow flavors to combine. For a tangier taste, use more lemon juice or add hot chili oil made with olive oil to spice it up.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (170g) Servings 1	Total Fat 15g	25%	Total Carb. 22g
Calories 255 Fat Cal. 139	Sat. Fat 2g	10%	Fiber 6g	25%
	<i>Trans</i> Fat 0g		Sugars 1g	
	Cholest. 0mg	0%	Protein 9g	
	Sodium 356mg	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet	Vitamin A 4% • Vitamin C 8% • Calcium 15% • Iron 20%			

Recipes for Additional Snack Options

The snack items outlined in the book are meant to keep things simple and healthy. However, there may be days where you can't face another cup of UltraBroth. If that's the case, you can try any of the following.

Raw Veggies and Hummus

Makes: About 1 cup

This is super easy. Just chop up raw veggies and dip them in hummus for a delicious and refreshing snack. You can buy hummus at most stores (but don't forget to read the label to see what's in it), or you can make your own by following this recipe:

INGREDIENTS

MEASUREMENTS

<i>Chickpeas, canned</i>	<i>1 can, 14 ounces</i>
<i>Tahini</i>	<i>2 Tbsp</i>
<i>Garlic, pressed</i>	<i>1 tsp.</i>
<i>Lemon juice</i>	<i>3 Tbsp</i>
<i>Cumin</i>	<i>½ tsp.</i>
<i>Extra-virgin olive oil</i>	<i>1 Tbsp</i>
<i>Sea salt</i>	<i>To taste</i>

Method

Put the skinned chickpeas in a blender or food processor with the tahini, garlic, lemon juice, and cumin and blend until smooth. Add salt to taste. If the mixture seems a little stiff or too dry for your blender to cope with it, then just add a little water. Drizzle with extra-virgin olive oil.

Seeds and Nuts

Seeds and nuts are filled with healthy omega-3 fats. These are the fats most Americans are deficient in, and nuts will help you fill that deficiency. Snack on almonds, walnuts, pecans, macadamia nuts, or pumpkin seeds. A handful is a serving.

Steamed Vegetables

You could always steam some extra veggies, spice them up with a little olive oil, lemon juice, and sea salt and snack on those throughout the day.

Artichoke Hearts with Caramelized Onions and Herb Dressing

Makes: 4 servings

Prep time: 15 minutes

Cook time: 50 minutes

INGREDIENTS

MEASUREMENTS

<i>Artichokes, canned</i>	<i>1 can, 9 ounces</i>
<i>Olive oil</i>	<i>2 Tbsp</i>
<i>Yellow onion</i>	<i>2 cups</i>
<i>Red onion</i>	<i>2 cups</i>
<i>Garlic</i>	<i>4 cloves</i>
<i>Olive oil</i>	<i>2 Tbsp</i>
<i>Lemon juice</i>	<i>2 Tbsp</i>
<i>Red pepper flakes</i>	<i>¼ tsp.</i>
<i>Paprika</i>	<i>¼ tsp.</i>
<i>Parsley, fresh</i>	<i>½ tsp.</i>
<i>Tarragon, fresh</i>	<i>½ tsp.</i>

Method

Julienne the red and yellow onions. Mince the garlic.

Drain and rinse the artichokes. Combine artichokes with the olive oil, garlic, and spices in a bowl. Spread out mixture onto a sheet pan and bake for 35 minutes at 350 degrees, artichokes will be slightly soft and browned—do not burn.

On medium heat, in a sauté pan, heat the olive oil. Add the red and yellow onions and sauté on medium for 5–6 minutes. When the onions start to brown, reduce the heat and cook for an additional 15–20 minutes, stir as needed to keep from burning. Once the onions are caramelized, stir in the lemon juice and cook until the liquid is evaporated. Do not burn the onions.

In a large bowl, combine the roasted artichokes and caramelized onion mixture. Gently mix until everything is evenly combined.

Chill.

Chef's Tips

Best made ahead. This can be part of a great anti-pasta.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 14g	20%	Total Carb. 21g	8%
Sat. Fat 2g	10%	Fiber 4g	20%	
<i>Trans</i> Fat 0g		Sugars 8g		
Cholest. 0mg	0%	Protein 3g		
Sodium 218mg	8%			
Vitamin A 4% • Vitamin C 20% • Calcium 8% • Iron 10%				

Serving Size 1 (252g)
Servings 1
Calories 211
Fat Cal. 123

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Asparagus with Roasted Shallots and Cayenne Pepper

Makes: 4 servings

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

MEASUREMENTS

Shallots	4 shallots
Olive oil	2 Tbsp
Asparagus	1 bunch
Cayenne pepper	½ tsp.
Thyme, fresh	1 tsp.
Basil, fresh	1 tsp.
Sea salt	½ tsp.

Method

Pre-heat the oven to 350 degrees.

In an oven safe pan add the shallots and a small amount of the olive oil. Roast in oven for 25–30 minutes or until the shallots start to become golden brown and soft. Stir them as needed to brown evenly.

Remove and slice into large rings and place in a bowl, keep warm.

Trim the asparagus ends. Bring a small pot of water to a boil and cook the asparagus for 3–4 minutes or until tender. Drain and arrange on a plate or platter.

Add the remaining olive oil, cayenne pepper, fresh herbs, and salt to the shallots and combine. Pour over asparagus and serve.

Chef's Tips

To trim the asparagus, break the root end off of 1 asparagus stalk. It breaks where the asparagus starts to become woody. With a knife trim the remaining asparagus stalks to match the length of the broken one so you are left with tender stalks of asparagus in a quick way.

	Amount/serving	%DV*	Amount/serving	%DV*
Nutrition Facts Serving Size 1 (142g) Servings 1 Calories 110 Fat Cal. 53 <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	Total Fat 6g	8%	Total Carb. 13g	4%
	Sat. Fat 1g	4%	Fiber 2g	8%
	<i>Trans</i> Fat 0g		Sugars 2g	
	Cholest. 0mg	0%	Protein 3g	
	Sodium 109mg	4%		
	Vitamin A 25% • Vitamin C 15% • Calcium 4% • Iron 15%			

Broccoli with Sautéed Carrots

Makes: 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

MEASUREMENTS

Broccoli	1 medium bunch
Carrots	2 large
Olive oil	2 tsp.
Thyme, fresh	½ tsp.
Onion powder	¼ tsp.
Sea salt	½ tsp.
Cayenne pepper	⅛ tsp.
Parsley, fresh	1 tsp.
Turmeric	¼ tsp.

Method

Trim the broccoli into small pieces or flowerets. Peel and slice the carrots on a bias to form oval shape pieces ¼-inch thick.

Bring a small pot of water to a boil. Blanch the broccoli in the boiling water for 2–3 minutes.

In a sauté pan add the olive oil and heat over medium / high heat. Sauté the carrots in the olive oil for 2–3 minutes. Add the blanched broccoli and all spices and herbs.

Sauté for 2 more minutes or until the carrots are tender.

Chef's Tips

Use pre-cut vegetable to speed up prep times.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 3g	4%	Total Carb. 13g
	Sat. Fat 0g	2%	Fiber 5g	20%
	Trans Fat 0g		Sugars 4g	
	Cholest. 0mg	0%	Protein 5g	
	Sodium 199mg	8%		
	Vitamin A 95% • Vitamin C 230% • Calcium 8% • Iron 8%			

Serving Size 1 (186g)
Servings 1
Calories 86
Fat Cal. 26

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Broccoli with Hot Peppers and Garlic

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

MEASUREMENTS

<i>Garlic</i>	<i>4 cloves</i>
<i>Shallot</i>	<i>½ shallot</i>
<i>Broccoli</i>	<i>2 medium bunches</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Sea salt</i>	<i>½ tsp.</i>
<i>Poblano peppers</i>	<i>1 medium pepper</i>

Method

Slice the garlic cloves and mince the shallots. Julienne the poblano pepper and cut the broccoli into pieces.

In a sauté pan heat the olive oil over medium heat. Add the peppers, garlic, shallots, and sauté for 1–2 minutes stirring as needed.

Add the broccoli and sauté for 3–4 more minutes so the broccoli is still crisp. Season with salt.

Chef's Tips

Broccoli is available in gourmet markets. You can substitute with broccoli or your freshest vegetable.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 3g		4%	Total Carb. 6g
Sat. Fat 0g		2%	Fiber 4g	
Trans Fat 0g			Sugars 2g	
Cholest. 0mg		0%	Protein 4g	
Sodium 140mg		6%		
Vitamin A 70% • Vitamin C 65% • Calcium 15% • Iron 15%				

Serving Size 1 (157g)
Servings 1
Calories 58
Fat Cal. 26

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Cajun Black-Eyed Peas

Makes: 4 servings

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

<i>Cilantro, fresh</i>	3 Tbsp
<i>Green onions or scallions</i>	7 stalks
<i>Red onion.</i>	1/3 cup
<i>Poblano pepper</i>	4 tsp.
<i>Garlic</i>	2 cloves
<i>Olive oil</i>	1 Tbsp
<i>Cayenne pepper.</i>	1/2 tsp.
<i>Red pepper flakes, crushed</i>	1/8 tsp.
<i>Sea salt.</i>	1/2–1 tsp.
<i>Lemon juice</i>	1 Tbsp
<i>UltraBroth or organic vegetable broth.</i>	3/4 cup
<i>Black eyed peas</i>	2 cans, 15 ounces each

Method

Dice by hand or food processor the red onion, green onion, cilantro and poblano pepper. Mince garlic.

In a large pot heat olive oil over medium heat until hot. Add all onions, garlic, and poblano pepper. Sauté the vegetables for 2–3 minutes until aromatic then add the vegetable broth.

Pour beans from can into strainer and rinse with cold water.

Add the beans, lemon juice, and all spices and herbs to the vegetable broth. Simmer 20–25 minutes while stirring occasionally until beans and vegetables are soft.

Remove from heat and either enjoy warm or chill and serve.

Chef's Tips

Serve this dish over brown rice for a hearty dinner or alone as a lite lunch.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 4g	8%	Total Carb. 28g
	Sat. Fat 0g	2%	Fiber 7g	25%
	Trans Fat 0g		Sugars 3g	
	Cholest. 0mg	0%	Protein 10g	
	Sodium 322mg	15%		
	Vitamin A 4% • Vitamin C 20% • Calcium 6% • Iron 15%			

Serving Size 1 (261g)
Servings 1
Calories 178
Fat Cal. 40

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Carrots, Hot Peppers, and Shallot Stir Fry with Ginger and Garlic

Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

MEASUREMENTS

<i>Jalapeños</i>	<i>½ a jalapeno</i>
<i>Shallots</i>	<i>3 shallots</i>
<i>Garlic cloves</i>	<i>2 cloves</i>
<i>Ginger, fresh</i>	<i>1½ tsp.</i>
<i>Baby carrots</i>	<i>4 cups</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Chinese 5 spice</i>	<i>½ tsp.</i>
<i>Sea salt</i>	<i>1 tsp.</i>
<i>Red pepper flakes</i>	<i>¼ tsp.</i>

Method

Mince the jalapenos, ginger, and garlic. Slice the shallots into rings.

In a large sauté pan heat olive oil over medium / high heat and add the carrots and shallots. Sauté for 4–5 minutes then add the garlic, ginger, jalapenos, Chinese 5 spice, salt, and red pepper flakes.

Sauté for 4–5 more minutes and add the green onion to finish. Carrots should be tender but still crisp in the center.

Chef's Tips

To peel ginger quickly and safely use the edge of a small spoon and scrape the peel away from the ginger root to remove all the skin before chopping.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
		Total Fat 4g	6%	Total Carb. 13g
	Sat. Fat 0g	2%	Fiber 2g	10%
	Trans Fat 0g		Sugars 5g	
	Cholest. 0mg	0%	Protein 1g	
	Sodium 346mg	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet Vitamin A 315% • Vitamin C 20% • Calcium 4% • Iron 8%				

Curried Vegetables with Coconut Milk

Makes: 4 servings

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

MEASUREMENTS

<i>Cauliflower</i>	<i>4 cups, ½ head</i>
<i>Carrots</i>	<i>⅓ cup</i>
<i>Celery</i>	<i>⅓ cup</i>
<i>Red onion</i>	<i>1 cup</i>
<i>Poblano pepper</i>	<i>2 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i>	<i>½ cup</i>
<i>Coconut milk, light</i>	<i>¼ cup</i>
<i>Cumin</i>	<i>¼ tsp.</i>
<i>Curry powder</i>	<i>1/4 tsp.</i>
<i>Garlic</i>	<i>1 clove</i>
<i>Ginger, fresh</i>	<i>2 tsp.</i>
<i>Cilantro, fresh</i>	<i>1 tsp.</i>
<i>Lemon Juice</i>	<i>1 Tbsp</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Cayenne pepper</i>	<i>¼ tsp.</i>
<i>Sea salt</i>	<i>½ tsp.</i>

Method

Julienne the red onions. Dice poblano peppers and celery. Peel and slice carrots into ¼-inch slices. Mince garlic. Peel and mince ginger. Cut cauliflower into 1½ inch pieces.

On medium heat, in a sauté pan, heat the olive oil. Add the peppers, onions, garlic, ginger, carrots, and celery. Sauté vegetables until tender, about 8–10 minutes. Add the cauliflower, vegetable broth, and all herbs and spices. Bring to a simmer (do not boil). Cover, cook an additional 10–15 minutes stirring as needed.

Once the cauliflower is tender, stir in the coconut milk, lemon juice, and cilantro. Bring contents of pan back to a simmer for 3–5 minutes and allow liquid to thicken slightly.

Remove from heat.

Chef's Tips

Good hot or cold.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 9g	15%	Total Carb. 12g	4%
Sat. Fat 3g	15%	Fiber 4g	15%	
<i>Trans</i> Fat 0g		Sugars 5g		
Cholest. 0mg	0%	Protein 3g		
Sodium 338mg	15%			
Vitamin A 35% • Vitamin C 90% • Calcium 4% • Iron 8%				

Serving Size 1 (215g)
Servings 1
Calories 134
Fat Cal. 83

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Gingered Carrots and Red Onions with Broccoli

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

MEASUREMENTS

Ginger	1 Tbsp
Garlic	2 cloves
Carrots	2 medium
Red onions	½ large
Broccoli	½ bunch
Olive oil	1 Tbsp
Paprika	½ tsp.
Red pepper flakes	⅛ tsp.
Parsley, fresh	1 tsp.
Sea salt	½ tsp.

Method

Combine garlic and peeled ginger in food processor, mince. Peel and julienne the carrots. Slice the red onions the same size as the carrots. Cut the broccoli into bite size flowerets.

In a large sauté pan heat the olive oil over medium / high heat. Add the ginger, garlic, carrots, red onions, paprika, and red pepper flakes and sauté for 2–3 minutes. Add the broccoli and sauté for 2–3 more minutes.

Add the parsley and season with salt.

Chef's Tips

You can substitute the broccoli with your freshest vegetable. Use baby carrots to speed up the prep time.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 (158g) Servings 1 Calories 97 Fat Cal. 43	Total Fat 5g	8%	Total Carb. 13g	4%
	Sat. Fat 1g	4%	Fiber 4g	15%
	Trans Fat 0g		Sugars 5g	
	Cholest. 0mg	0%	Protein 3g	
	Sodium 178mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet	Vitamin A 195% • Vitamin C 120% • Calcium 6% • Iron 4%			

Hot Peppers and Sautéed Vegetables

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

MEASUREMENTS

<i>Broccoli</i>	<i>½ bunch</i>
<i>Red onions</i>	<i>½ large</i>
<i>Baby carrots</i>	<i>2 cups</i>
<i>Jalapenos</i>	<i>1 pepper</i>
<i>Garlic</i>	<i>2 cloves</i>
<i>Parsley, fresh</i>	<i>1 tsp.</i>
<i>Red pepper flakes</i>	<i>⅛ tsp.</i>
<i>Sea salt</i>	<i>1 tsp.</i>
<i>Paprika</i>	<i>½ tsp.</i>
<i>Olive oil</i>	<i>2 tsp.</i>

Method

Mince the jalapeno, garlic, and parsley. Combine the pepper flakes, salt, and paprika. Cut the broccoli into flowerets and julienne the red onion.

In a sauté pan heat olive oil over medium heat and add the carrots, onions, and broccoli to the pan. Sauté for 4–5 minutes. Add the parsley, spices, jalapeno, and garlic to the sauté pan and finish cooking for 2–3 more minutes so the carrots become tender.

Chef's Tips

To help control the amount of spice from the jalapeno remove the seeds before chopping, or keep them in to add more heat.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (95g) Servings 1 Calories 56 Fat Cal. 22	Total Fat 2g	4%	Total Carb. 8g
	Sat. Fat 0g	2%	Fiber 2g	8%
	Trans Fat 0g		Sugars 4g	
	Cholest. 0mg	0%	Protein 1g	
	Sodium 147mg	6%		
	Vitamin A 160% • Vitamin C 30% • Calcium 4% • Iron 4%			

Moroccan Spiced Carrots with Shallots

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

MEASUREMENTS

<i>Carrots</i>	<i>1 pound</i>
<i>Shallots</i>	<i>1 shallot, ½ cup</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>Cumin</i>	<i>¼ tsp.</i>
<i>Cilantro, fresh</i>	<i>1 tsp.</i>
<i>Mint, fresh</i>	<i>½ tsp.</i>
<i>Paprika</i>	<i>¼ tsp.</i>
<i>Parsley, fresh</i>	<i>½ tsp.</i>
<i>Red Pepper Flakes</i>	<i>¼ tsp.</i>
<i>Sea salt</i>	<i>1 tsp.</i>

Method

Dice the shallots. Peel the carrots and julienne by hand or food processor.

In a large sauté pan, heat oil olive on medium-high heat. Add carrots and shallots, sauté 2–3 minutes. Add all herbs and spices, cook an additional 2–3 minutes or until carrots are tender, but firm.

Serve warm or chilled.

Chef's Tips

Use this flavoring style on any of your favorite vegetables.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 5g	8%	Total Carb. 15g	4%
Serving Size 1 (144g) Servings 1	Sat. Fat 1g	4%	Fiber 4g	15%
Calories 101 Fat Cal. 42	<i>Trans</i> Fat 0g		Sugars 6g	
	Cholest. 0mg	0%	Protein 2g	
	Sodium 365mg	15%		
	Vitamin A 305% • Vitamin C 15% • Calcium 4% • Iron 6%			

Vegetable Curry with Chickpeas

Makes: 4 servings

Prep time: 25 minutes

Cook time: 35 minutes

INGREDIENTS

MEASUREMENTS

<i>White onion, fresh</i>	<i>1 cup</i>
<i>Poblano pepper</i>	<i>1–2 Tbsp</i>
<i>Celery</i>	<i>½ cup</i>
<i>Carrot</i>	<i>½ cup</i>
<i>Cauliflower</i>	<i>1½ cup</i>
<i>Ginger, fresh</i>	<i>2 tsp.</i>
<i>Garlic</i>	<i>1–2 cloves</i>
<i>Curry powder</i>	<i>1 tsp.</i>
<i>Cumin</i>	<i>½ tsp.</i>
<i>Cilantro, fresh</i>	<i>1 tsp.</i>
<i>Cayenne pepper</i>	<i>⅛ tsp.</i>
<i>Sea salt</i>	<i>1½ tsp.</i>
<i>Olive oil</i>	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i>	<i>¾ cup</i>
<i>Lemon juice</i>	<i>1 Tbsp</i>
<i>Coconut milk, light</i>	<i>¼ cup</i>
<i>Chickpeas, canned</i>	<i>1 can, 15 ounces</i>

Method

Julienne the onions. Dice poblano pepper and celery. Peel and half the carrots, then slice into ¼"-thick pieces. Mince ginger and garlic. Cut cauliflower in 1½-inch pieces.

In a stock pot heat olive oil over medium heat. Once the oil is hot add peppers, onions, garlic, ginger, carrots, and celery. Sauté vegetables until tender, about 8–10 minutes (cover pot as needed).

Add the cauliflower, chick peas, vegetable broth, and all spices. Bring to a simmer (do not boil) for 20 minutes stirring as needed.

Once the cauliflower is tender stir in the coconut milk, lemon juice, and cilantro. Bring pot back to a simmer for 3–5 minutes so the liquid can thicken slightly.

Remove from heat and eat warm or chill and eat later.

Chef's Tips

Serve with brown rice for a hearty meal.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 11g	15%	Total Carb. 22g	8%
Sat. Fat 5g	25%	Fiber 6g	20%	
<i>Trans</i> Fat 0g		Sugars 3g		
Cholest. 0mg	0%	Protein 7g		
Sodium 495mg	20%			
Vitamin A 35% • Vitamin C 40% • Calcium 6% • Iron 15%				

Serving Size 1 (233g)
Servings 1
Calories 209
Fat Cal. 101

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Tuscan Bean Dish

This one's in the book, but it's so easy and it's one of my favorites, so I decided to reprint the recipe here.

INGREDIENTS

MEASUREMENTS

White cannellini or navy beans, canned 1 can, 15 ounces
Extra-virgin olive oil. To taste
Rosemary, fresh. To taste
Sea salt. To taste

Method

Open the can of beans. Heat them.

Add extra-virgin olive oil, sea salt, and some fresh rosemary.

You can add sautéed or steamed veggies as well if you wish



Chickpeas with Olive Oil, Lemon, Salt, and Pepper

This is a tasty treat and it's easy to prepare. Just open a can of chick peas, rinse, add your ingredients, and eat.

A Special Note Regarding the Recipes above and the Shopping List

Remember, some of the items required for the recipes above **MAY NOT** appear on the shopping list in section 2 of this guide. Please double check the recipes and your shopping list and modify it as necessary to make sure everything you want is included.