



# Live Primal



# Fuels and Recipe Book



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# 1 Introduction

The *Live Primal Fuels and Recipe Book* is a compilation of great “primal” or “paleo” recipes. It can be used as a resource for [Live Primal](#) members and those researching and experimenting with the primal lifestyle.

If you have recipes you would like to share with the Live Primal community, just visit our [Live Primal Forum](#) or contact [Live Primal](#) directly.

Happy cooking!

## 1.1 Legend

c = cup

F = Fahrenheit

lb = pound

oz = ounces

T = Tablespoon

t = teaspoon



## 2 Fuel

### 2.1 Good Fuel

Meats	Fruit/Sweeteners	Vegetables	Nuts/Seeds/Oils/Eggs
<i>Lean or organic cuts of:</i>	Tomato	Artichoke	All eggs
Chicken	Avocado	Asparagus	
Turkey	Lemon/lime	Beets	Almonds
Duck	Apple	Broccoli	Brazil nuts
Beef	Apricot	Brussels sprouts	Chestnuts
Pork	Banana	Cabbage	Hazelnuts
Lamb	All berries	Carrots	Macadamia nuts
Veal	All melons	Cauliflower	Pecans
Venison	Fig	Celery	Pine nuts
Elk	Grapefruit	Collards	Pistachios
All other types of game meat	Guava	Cucumber	Walnuts
<i>All types of:</i>	Mango	Eggplant	
	Kiwi	Endive	
	Nectarine	Kale	Chia seeds
	Orange	Lettuce	Flax seeds
	Peach	Mushroom	Pumpkin seeds
Fish	Pear	Mustard greens	Sesame seeds
Crustaceans	Pineapple	Onions	Sunflower seeds
Mollusks	Plum	Parsley	
<i>(avoid canned and smoked due to salt)</i>	Pomegranate	Parsnip	Almond butter
	Tangerine	All peppers	
	Watermelon	Pumpkin	Nut flours (almond, pecan, chestnut)
	Dried fruits ( <i>in moderation due to sugar content</i> )	Radish	
	Raw honey ( <i>in moderation</i> )	Seaweed	Olive oil
	Stevia herb ( <i>in moderation</i> )	Spinach	Coconut oil
		Squash ( <i>all kinds</i> )	
		Watercress	



## 2.2 Not So Good Fuel

Grains	Beans/Legumes	Tubers/Starch	Dairy/Sugar/Additives/Fats
barley bran bulgur corn (maize) hominy oats rice rye wheat wheat germ <i>(this includes all processed breads, pastas, noodles, cereals, flours, baked goods, etc.)</i>  grain-like seeds including amaranth, buckwheat, quinoa	Alfalfa beans (string, kidney, garbanzo, black, etc.) peas black-eye peas chickpeas snow peas snap peas lentils peanuts peanut butter cashews soybeans and all soy products, including tofu carob clover lupins mesquite	potatoes and all potato products (french fries, potato chips, etc.)  sweet potatoes tapioca pudding yams arrowroot water chestnuts	milk cheese butter yogurt cream all processed foods made with dairy  salt and all processed foods coated with salt (dressings, bacon, hot dogs, pickled foods, salted nuts, etc.)  sugar and all foods made with sugar ( <i>including soft drinks and "fruit" drinks</i> )  honey vinegar fermented food/beverages (wine, beer, spirits)  vegetable oils trans fat (shortening, margarine) chemical food additives excessive added fat and preservatives <i>(pretty much anything you find in a box)</i>

## 2.3 Fuel Substitutes

Not So Good	Good Substitute
Salt	any spices, sea salt
Vinegar	fresh lemon or lime juice
Butter/margarine/lard shortening/vegetable oil	olive oil, coconut oil
Sugars	fruits/veggies – fruit purees, lemon juice and spices (cinnamon, nutmeg, mint leaves, ginger, vanilla, other spices), raw honey, stevia
Alcohol	occasional glass of wine or spirits; use wine to marinate meats
Rice/potatoes	cauliflower
Pasta	spaghetti squash, spinach
Bread/breadcrumbs	lettuce leafs/minced mushrooms, onions, garlic (sautéed)
Snack crackers	Celery
Ketchup	Organic fire roasted crushed tomatoes
Flour	Nut flours (almond, pecan, chestnut)



## 2.4 Live Primal Shopping List

<p><u>Eggs</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All eggs</li> </ul> <p><u>Fish</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Catfish</li> <li><input type="checkbox"/> Cod</li> <li><input type="checkbox"/> Grouper</li> <li><input type="checkbox"/> Haddock</li> <li><input type="checkbox"/> Halibut</li> <li><input type="checkbox"/> Herring</li> <li><input type="checkbox"/> Mackerel</li> <li><input type="checkbox"/> Perch</li> <li><input type="checkbox"/> Pike</li> <li><input type="checkbox"/> Pollock</li> <li><input type="checkbox"/> Salmon</li> <li><input type="checkbox"/> Sole</li> <li><input type="checkbox"/> Swordfish</li> <li><input type="checkbox"/> Trout</li> <li><input type="checkbox"/> Tuna</li> </ul> <p><u>Crustaceans/Mollusks</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Clam</li> <li><input type="checkbox"/> Crab</li> <li><input type="checkbox"/> Lobster</li> <li><input type="checkbox"/> Mussel</li> <li><input type="checkbox"/> Octopus</li> <li><input type="checkbox"/> Oyster</li> <li><input type="checkbox"/> Scallop</li> <li><input type="checkbox"/> Shrimp</li> <li><input type="checkbox"/> Squid</li> </ul> <p><u>Meat (lean or organic)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Beef</li> <li><input type="checkbox"/> Buffalo</li> <li><input type="checkbox"/> Chicken</li> <li><input type="checkbox"/> Duck</li> <li><input type="checkbox"/> Elk</li> <li><input type="checkbox"/> Lamb</li> <li><input type="checkbox"/> Pork</li> <li><input type="checkbox"/> Turkey</li> <li><input type="checkbox"/> Veal</li> <li><input type="checkbox"/> Venison</li> <li><input type="checkbox"/> All other natural meats</li> </ul> <p><u>Seeds</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flax seeds</li> <li><input type="checkbox"/> Pumpkin seeds</li> <li><input type="checkbox"/> Sesame seeds</li> <li><input type="checkbox"/> Sunflower seeds</li> </ul>	<p><u>Vegetables</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Artichoke</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Brussels sprouts</li> <li><input type="checkbox"/> Cabbage</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Cauliflower</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Chicory</li> <li><input type="checkbox"/> Collard greens</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Endive</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Leeks</li> <li><input type="checkbox"/> Lettuce</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Mustard greens</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Parsley</li> <li><input type="checkbox"/> Parsnips</li> <li><input type="checkbox"/> Peppers (all)</li> <li><input type="checkbox"/> Pumpkin</li> <li><input type="checkbox"/> Radish</li> <li><input type="checkbox"/> Seaweed</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Squashes (all)</li> <li><input type="checkbox"/> Watercress</li> </ul> <p><u>Nuts</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almonds</li> <li><input type="checkbox"/> Almond butter</li> <li><input type="checkbox"/> Brazil nuts</li> <li><input type="checkbox"/> Chestnuts</li> <li><input type="checkbox"/> Hazelnuts</li> <li><input type="checkbox"/> Macadamia</li> <li><input type="checkbox"/> Pecans</li> <li><input type="checkbox"/> Pine nuts</li> <li><input type="checkbox"/> Pistachios</li> <li><input type="checkbox"/> Walnuts</li> </ul> <p><u>Flour</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond flour</li> <li><input type="checkbox"/> Chestnut flour</li> <li><input type="checkbox"/> Pecan flour</li> </ul>	<p><u>Fruit (low to high sugars)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Limes</li> <li><input type="checkbox"/> Avocados</li> <li><input type="checkbox"/> Lemons</li> <li><input type="checkbox"/> Tomatoes</li> <li><input type="checkbox"/> Guava</li> <li><input type="checkbox"/> Grapefruit</li> <li><input type="checkbox"/> Figs</li> <li><input type="checkbox"/> Strawberries</li> <li><input type="checkbox"/> Nectarines</li> <li><input type="checkbox"/> Apricots</li> <li><input type="checkbox"/> Papaya</li> <li><input type="checkbox"/> Plums</li> <li><input type="checkbox"/> Papaya</li> <li><input type="checkbox"/> Starfruit</li> <li><input type="checkbox"/> Blueberries</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Peach</li> <li><input type="checkbox"/> Blackberries</li> <li><input type="checkbox"/> Cantaloupe</li> <li><input type="checkbox"/> Oranges</li> <li><input type="checkbox"/> Raspberries</li> <li><input type="checkbox"/> Kiwi</li> <li><input type="checkbox"/> Pomegranate</li> <li><input type="checkbox"/> Watermelon</li> <li><input type="checkbox"/> Banana</li> <li><input type="checkbox"/> Cherries</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Grapes</li> <li><input type="checkbox"/> Apples</li> <li><input type="checkbox"/> Dates</li> <li><input type="checkbox"/> Raisins</li> <li><input type="checkbox"/> Dried fruit</li> </ul> <p><u>Oils/Spices/Other</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All natural spices</li> <li><input type="checkbox"/> Coconut oil</li> <li><input type="checkbox"/> Coconut milk</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Raw honey</li> <li><input type="checkbox"/> Unsweetened coconut flakes</li> </ul> <p><u>Canned items (if in a pinch)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tuna/other fish in water</li> <li><input type="checkbox"/> Natural tomatoes</li> <li><input type="checkbox"/> Unsweetened applesauce</li> <li><input type="checkbox"/> Baby foods</li> </ul>
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## 2.5 Endurance Athlete’s Recovery Fuel

The following foods should only be used by endurance athletes before/after their long fitness exercises (for example - running, biking, swimming longer than one hour).

You should experiment with these different options and see which ones work the best for you and your individual sport.

<b>Good Recovery Fuel</b>	<b>Notes</b>
Applesauce/all fruits	Mix with protein powder
Baby food	These are excellent sources of nutritious carbs and quite convenient
Tea/coffee	Some say the added caffeine really helps before a long trek
Protein bars	Try organic protein bars made with almond butter and fruit
Protein mix	Make your own protein recovery shakes (see section 15.1)
Sports drink	Try to buy just the powder and brew your own sports drink mix
Sports gels	Some primals like these gels, others avoid them at all costs
Glucose/dextrose	Buy the powder and add to your homemade recovery protein shakes
Salt	Add just a pinch to your recovery protein shake
Raisins/dried fruits	Eat 30-120 minutes after your long session – balance with protein
Potatoes/Yams	Eat 30-120 minutes after your long session – balance with protein
Grains (bagels, pasta)	Eat 30-120 minutes after your long session – balance with protein



## 3 Fish

### 3.1 Bass

#### 3.1.1 Sautéed Bass with Shiitake Mushroom Sauce

- 2 t olive oil
- 1/8 t black pepper
- 4 (6-ounce) skinned bass fillets
- 2 c sliced shiitake mushroom caps
- 1 t olive oil
- 2 t ground ginger
- 1 t minced garlic
- 1 c chopped green onions
- 1/4 c water
- 1 T lemon juice

Bass: Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pepper over fish. Add fish to pan. Cook 2.5 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness. Remove fish from pan; cover and keep warm.

Mushroom sauce: Add mushrooms and oil to pan. Sauté 2 minutes. Add ginger and garlic to pan. Sauté 1 minute. Add the green onions and remaining ingredients to pan. Sauté 2 minutes. Serve with fish.

### 3.2 Catfish

#### 3.2.1 Broiled Catfish Fillets

- 1 t paprika
- 4 catfish fillets
- 1/2 t dried thyme
- 1/4 t garlic powder
- 1/4 t black pepper
- 1/4 t oregano
- 1/8 t cayenne pepper
- 1/4 c lemon juice

Mix spices together in a shallow dish. Put lemon juice in a bowl. Dip fillets in the lemon juice and then coat lightly with seasoning mixture.

Preheat broiler. Coat rack of unheated pan with oil. Put fish on rack and broil 4 inches from heat until fish flakes easily with fork (4-6 minutes). Turn once while broiling.

### 3.3 Cod

#### 3.3.1 Broiled Cod with Ginger

- 4 - cod fillets, (1/4 lb each)
- Black pepper (to taste)
- 1 t grated gingerroot or 1/2 t (2 mL) ground ginger



- 1 1/2 t olive oil
- 1/4 t paprika

Coat a shallow roasting pan with nonstick olive oil. Place cod in pan and sprinkle both sides with pepper and ginger root. Drizzle with oil and sprinkle with paprika. Broil until fish flakes easily with fork, 6-8 minutes. Serves 4.

### 3.3.2 Grilled Cod with Cayenne Citrus Marinade

- 1/4 c orange juice
- 1 1/2 T lemon juice
- 3 T lime juice
- 1/8 t cayenne pepper
- 2 minced garlic cloves
- 2 T olive oil
- 1 lb cod filets
- 2 T finely chopped chives
- 1 T finely chopped thyme

Combine orange, lemon and lime juices in a bowl with cayenne pepper, garlic, olive oil, and 1/3 c of water to make the marinade.

Place fish in a flat dish, pour in the marinade, and marinate the fish 15 minutes. Light grill and add the fish. Grill fish 3-4 minutes per side, basting often with the marinade. Serve the fish with a spoonful of marinade and sprinkle with chives and thyme.

## 3.4 Haddock

### 3.4.1 Baked Haddock

- 1 lb haddock fillets
- 2-3 T olive oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 lb can tomatoes, chopped plus juice
- 3 T parsley, chopped (or 1 T dried)
- 1/2 teaspoon dried basil
- 1/8 teaspoon black pepper
- 2 t lemon juice (optional if tomatoes are acidic)

Sauté onion and pepper in oil about 5 minutes until soft. Stir in everything else except fish and lemon juice and cook over medium heat 5-10 minutes until it thickens.

Spread half the sauce in the bottom of a 9 x 9-inch baking dish. Layer the fish on top and sprinkle with lemon juice. Top with rest of sauce. Bake uncovered 375 F for 10 minutes until flaky.

## 3.5 Halibut

### 3.5.1 Poached Halibut Steaks

- 2 or 3 green onions, cut into 2 inch long pieces
- 1 T olive oil
- 1 red onion, cut lengthwise into thin slices



- 1 carrot, cut into thin matchstick pieces
- 2 halibut steaks (1/2 lb)
- 2 lemons

Heat oil in a deep skillet over medium heat. Add onion and sauté three minutes. Add carrot and cook 3 more minutes. Stir in green onions. Spread vegetables evenly over bottom of skillet. Lay halibut steaks on the vegetable bed in the skillet. Add a small amount of water just to cover the bottom of the skillet. Cover and cook until the fish flakes easily with a fork (about 10 minutes). Transfer the fish to a serving plate and top with vegetables and lemon juice.

## 3.6 Perch

### 3.6.1 Baked Herb Perch Fillets

- 1 lb yellow perch (walleye or pike) fillets
- 1/2 c olive oil
- 1/2 t basil leaves
- 1/2 t oregano
- 1/4 t garlic

Preheat oven to 350 F. Arrange the yellow perch fillets in baking pan. Spread oil, basil, oregano and garlic over the fillets. Bake 25-30 minutes or until fish flakes easily with a fork. Serves 3.

## 3.7 Salmon

### 3.7.1 Baked Salmon

- 4 salmon steaks (about 1 3/4 lbs)
- 4 T lemon juice
- 1 t dill weed
- 2 T finely chopped chives
- lime wedges

Place individual salmon steaks on pieces of aluminum foil large enough to wrap each steak. Pour a T of lemon juice over each steak, sprinkle with dill, and seal each steak in an aluminum pouch.

Place the aluminum-sealed steaks in an oven dish and bake at 350 F for 30 minutes or until the fish flakes easily with a fork. Serve salmon with sprinkled chives and lime wedges.

### 3.7.2 Glazed Salmon

- 1/2 c apple cider
- 1 1/4 T raw honey
- 4 skinless salmon fillets (6 oz each)
- 1 t olive oil
- sea salt and pepper, to taste
- 2 lemons, cut in half
- 1 T olive oil
- 12 oz baby spinach
- 1 1/2 T white wine (or lemon/lime juice)



Preheat oven to 350 F. Place salmon fillets in a baking dish large enough to hold the salmon in one layer.

In a saucepan over medium-high heat, bring the cider and honey to a boil and let the mixture bubble until it reduces by half. Pour the cider over the salmon. Let it sit for 10 minutes.

Heat olive oil in a large skillet with an oven-proof handle on medium-high. Sprinkle the flesh side of the salmon fillets with salt and pepper. Place the fish in the pan. Cook for 2 minutes, brushing the top with cider glaze so that the fish begins to caramelize. Turn the salmon fillets over and brush with the remaining cider glaze. Add the lemon halves to the skillet.

Transfer the skillet to the oven. Bake 6-8 minutes or until the salmon flakes easily when tested with the tip of a knife.

While the salmon is cooking, add oil to another large skillet over medium-high heat. Add the spinach, salt, and pepper. Cook for 1 minute or until the leaves begin to wilt. Pour the wine over them and continue cooking for 1-2 minutes more or until tender. To serve, drain any excess liquid from the spinach and divide it among 4 plates. Arrange a piece of salmon on top and garnish with a lemon half. Serves 4.

### 3.7.3 Pan Seared Salmon with Avocado

- 2 large avocados, cut and peeled
- 3 T freshly squeezed lime juice (can substitute lemon)
- 3-4 T olive oil
- 1 T minced shallots or green onion
- 1 T minced parsley
- sea salt and pepper to taste
- 1-1 1/2 lbs of salmon fillets

Put avocado pieces and lime juice into a food processor or blender and pulse until blended. Slowly add olive oil, pulsing, until you reach desired consistency of sauce. Add minced shallots (or green onions) and parsley, pulse just until combined. Remove to a bowl, salt and pepper to taste.

Coat the bottom of a sauté pan with oil, heat on medium high until almost smoking. Season both sides of the salmon fillets with salt and pepper. Place the salmon into the pan, skin side down. Cook the salmon until about medium doneness, about 3-4 minutes per side. Serve salmon with avocado sauce. Serves 4.

### 3.7.4 Poached Salmon and Spinach

- 1 1/2 c water
- 1/2 white wine
- 2 cloves garlic, minced
- 2 scallions, sliced
- 2 salmon steaks (4-6 oz each)
- 1 c spinach
- 1 pinch nutmeg
- 1 dash chili powder, to taste

Boil the water, wine, garlic, and scallions in a skillet. Add the salmon and return to a boil. Reduce the heat, cover, and simmer until the fish flakes easily with a fork. Cook the spinach, drain, and stir in the nutmeg. Preheat the broiler.

Place the fish on a pan coated with oil, top with the spinach and chili powder and broil.



### 3.7.5 Salmon and Zucchini Fritters

- 2 eggs
- 1 1/2 c almond meal
- 100g freshly cooked salmon, thinly sliced
- 2 large zucchini, roughly grated, liquid squeezed out
- 1 T chopped dill
- Olive oil

Combine eggs and almond meal in a bowl and whisk until smooth. Stir with salmon, zucchini, dill and pepper. Place oil in a frying pan and heat over medium heat. Spoon 1 T of the salmon mixture into the pan, allowing room for spreading. Cook for 2-3 minutes each side or until golden underneath and cooked through. Remove and repeat with remaining smoked salmon mixture, adding oil to the pan between each batch.

### 3.7.6 Spicy Salmon Tacos

- 4-ounce salmon fillets (or halibut, snapper)
- 2 T olive oil, plus more to brush the fish
- juice of two limes
- 1 T chili powder
- 1 T cumin
- 1 t cayenne pepper
- 1 1/2 t sea salt
- 1/4 t freshly ground black pepper
- 1 head butter lettuce
- 1 head radicchio
- 1 tomato, diced
- 1 onion, diced
- 1/4 c chopped scallions

Preheat grill to 400 F. In 13x9 baking dish, combine olive oil, lime juice, and spices. Add fillets and turn them so every side is coated with marinade. Let marinate for 10 minutes.

Form lettuce cups by gently separating the heads of butter lettuce and radicchio. Line a whole leaf of butter lettuce with radicchio.

Brush fillets with olive oil before placing them on the grill. Cook until they begin to turn opaque on top (cooking time will vary, depending on thickness of fillets). Fish should be firm to the touch, flaking easily.

Flake a generous amount of fish into each lettuce cup, or cut the fish into small chunks and place them in each cup. Top with tomato and onion. Garnish with scallions. Serves 4.

## 3.8 Snapper

### 3.8.1 Spicy Red Snapper

- 4 red snapper fillets (4 oz each)
- 1/4 c lime juice
- 1 T lemon juice
- 1 t chili powder
- 1 plum tomato coarsely chopped
- 4 green onions, sliced in 1/2 inch sections
- 1/2 c chopped Anaheim pepper
- 1/2 c chopped red bell pepper



- cilantro

Place red snapper in a shallow baking dish. Combine juices and chili powder in a measuring cup. Pour over snapper. Marinate 10 minutes, turning once or twice. Sprinkle onions, tomato and peppers over snapper. Cover. Bake at 350 F for 30 minutes or until fish flakes in center. Let stand, covered, 4 minutes before serving. Garnish with cilantro.



## 3.9 Sole

### 3.9.1 Asparagus Sole Rolls

- 1 lb asparagus (1/2 in. thick)
- 1 1/2 lbs boned sole fillets (4-12, about 1/4 inches thick, 2-3 inches wide)
- white wine
- pepper

Rinse asparagus. Discard tough ends. In a 10x12 inch frying pan over high heat, bring 1/2 inch water to a boil. Add asparagus and simmer, stirring occasionally, until tender when pierced (about 2 minutes). Drain.

Rinse sole and lay pieces flat (if unskinned, skin up). Align an equal portion of asparagus, tips in same direction, at one end and across the narrow width of each fillet. Roll fillet to enclose asparagus. Set sole, seam down, in a shallow 2 1/2-3 quart casserole (prepped with olive oil). Cover tightly with foil.

Bake at 425 F until fish is opaque but moist-looking in center of thickest part (12-16 minutes). Spoon white wine over fish and season to taste with pepper.

### 3.9.2 Lemon Filet of Sole

- 1 lb sole fillets
- 1/4 c lemon juice
- 1 t olive oil
- 1 small onion, thinly sliced
- 1 t dried parsley flakes

Cut fish into serving-size pieces. Place in an ungreased baking dish. Drizzle with lemon juice and oil; sprinkle with pepper. Arrange onion slices over fish; sprinkle with parsley. Cover and let stand for 5 minutes. Bake at 350 F for 20 minutes or until fish flakes easily.



## 3.10 Trout

### 3.10.1 Almond Trout

- 6 trout
- 1 c sliced almonds
- 1/4 c raisins
- 2 T olive oil
- 2 shallots
- 1/2 bunch parsley
- 1/2 t pepper
- 1/4 c olive oil
- Lemon, parsley, and seedless red grapes for garnish

Rinse and dry trout and rub body cavity with olive oil. In a bowl, mix almonds, raisins and olive oil with chopped shallots, parsley and pepper. Stuff the trout with this mixture. Put 1/4 c olive oil in a skillet and sauté each trout for about 8-10 minutes on each side until nicely browned. Serve with a garnish of lemon, parsley, and seedless red grapes.

### 3.10.2 Trout in White Wine Sauce

- 2 trout
- 2 T olive oil
- 1/3 c minced shallots or onions
- 2/3 c minced carrots
- 2/3 c chopped mushrooms
- 1 c white wine
- 1 T thyme
- 3 T parsley

Sauté the shallots, carrots, and mushrooms in oil until the shallots are soft. Add wine and seasonings. Simmer for several minutes. Add trout and cook about 6 minutes per side.

## 3.11 Tuna

### 3.11.1 Tuna Stuffed Bell Pepper

- 1 medium-large bell pepper (orange, yellow or red)
- 3 oz Albacore tuna
- 1/2 c diced tomatoes
- 2 T snipped chives

Cut the pepper in half length-wise, removing membranes and seeds. In a bowl, mix together tuna and diced tomatoes until blended. Stuff each pepper half with the tuna mixture. Garnish each pepper with the snipped chives. Serves 2.

### 3.11.2 Baked Tuna Steak

- 2 lbs whole tuna
- 3 c wine
- 2 carrots, shredded
- 2 ribs celery, sliced thin
- lemons



Preheat oven to 450 F. Slice tuna into quarter portions and marinate in wine 15 minutes. Place tuna portions on tin foil and spread carrots and celery evenly over fish. Wrap loosely in foil. Bake 10 minutes per inch of thickness. Garnish with lemon slices.

## **3.12 White Fish**

### **3.12.1 White Fish with Macadamia Salsa**

- 2 white fish fillets
- 1/4 c macadamias, halved
- 1/2 c chopped tomatoes
- 1 avocado, peeled, seeded and diced
- 3 T coriander, chopped
- 3 T parsley, chopped
- Olive oil

Preheat grill to medium heat. Place fish on grill and cook for 3-4 minutes or until cooked. For the salsa, place macadamias, tomatoes, avocado, coriander and parsley in a mixing bowl, combine well. Add olive oil to coat. Place fish and salsa on a plate to serve.



## 4 Crustaceans/Mollusks

Crustaceans include crab, crayfish, lobster, prawn and shrimp.

Mollusks include abalone, clam, conch, cuttlefish, mussel, octopus, oyster, winkles, scallop and squid.

### 4.1 Clams

#### 4.1.1 Grilled Clams Gremolata

- 3 T parsley, snipped
- 2 cloves garlic, minced
- 1/2 t lemon peel, finely shredded
- 24 cherrystone or littleneck clams, cleaned

Gremolata: Mix parsley, garlic, and lemon peel.

Grill clams: Cook clams on a rack over medium-hot coals until shells open, 5-7 minutes. Remove and discard unopened clams.

Sprinkle gremolata over clams. Serve with hot-pepper sauce. Serves 4.

### 4.2 Crab

#### 4.2.1 Dill and Lime Crab

- 2 large crabs, cooked, cracked and shelled and chilled (3/4-1 lb)
- lime juice
- paprika
- dried, ground dill weed
- lime wedges
- parsley

Boil crab, prepare the meat and chill it or buy cooked crab. Drizzle meat with lime juice and sprinkle with paprika and dill. Serve with lime wedges and garnish with parsley.

#### 4.2.2 Tomato Crab Bake

- 2 large tomatoes , cut in half
- 1 c lump crabmeat , well-drained
- 1/2 c black olives, finely chopped
- 1/2 c mushrooms, finely chopped
- 1/2 c parsley, finely chopped
- 1 clove garlic , minced
- 1/2 t dried oregano
- 1/2 t dried basil

Preheat the oven to 350 F. Place tomato slices on a baking sheet. In a large bowl, combine crabmeat, olives, mushrooms, parsley, garlic, oregano, and basil. Spoon crab mixture evenly onto tomato slices. Bake 15 minutes or until hot.



## 4.3 Octopus

### 4.3.1 Octopus in Red Wine

- 2.25 lbs young octopus
- 8 T olive oil
- 12 oz small onions or shallots
- 150ml (0.25 pint) red wine
- 6 T lemon/lime juice
- 8 oz tomatoes, roughly chopped
- 2 T tomato puree
- 4 bay leaves
- 2 t dried oregano
- black pepper
- 2 T chopped parsley

Clean the octopus. Pull off the tentacles, remove and discard the intestines and the ink sac, eyes, and the beak. Skin the octopus, wash, and scrub it thoroughly to remove any traces of sand.

Cut it into 1.5-2 inch pieces and place in a saucepan over medium heat to release the liquid. Stir the octopus until this liquid has evaporated. Pour on the oil and stir the octopus to seal it on all sides. Add the whole onions and cook them, stirring once or twice, until they color slightly.

Add the wine, the lemon/lime juice, tomatoes, tomato puree, bay leaves, oregano and several grindings of pepper. Stir well, cover the pan and simmer very gently for 1-1.25 hrs, checking from time to time that the sauce has not dried out. If it does (if the heat is too high) add a little more wine or water.

The octopus is cooked when it can be easily pierced with a skewer. The sauce should be thick, like a runny paste. If any of the liquid separates, remove the lid from the pan, slightly increase the heat and stir until some of the liquid evaporates and the sauce thickens.

Discard the bay leaves and stir in the parsley. Taste the sauce and adjust the seasoning if necessary. Serves 4-6.

## 4.4 Scallops

### 4.4.1 Broiled Scallops

- 1 lb sea scallops
- 2 T lime or lemon juice
- 2 T cilantro or parsley, snipped
- 1 1/2 t olive oil
- t black pepper

Coat a shallow baking pan with olive oil. Toss scallops with lime juice, cilantro, oil, and pepper. Arrange scallops in a single layer in pan. Broil until scallops are opaque, 3-4 minutes. Serves 4.



## 4.5 Shrimp

### 4.5.1 Barbecued Shrimp

- 1/4 c olive oil
- 3 garlic gloves minced
- 2 T lemon juice
- 1/8 t of cayenne paprika
- dash of cayenne pepper
- shelled shrimp with tail left on (2 1/2 lbs)
- lime wedges
- parsley

Mix olive oil, spices, and lemon juice in a bowl. Fire up grill. Brush shrimp with mixture, place on hot grill, turn (1-2 minutes per side) at once and remove. Garnish with lime wedges and parsley.

### 4.5.2 Lime Shrimp

- 3 T lime juice
- 1 green onion, chopped
- 2 T chopped cilantro
- 1 t minced, seeded jalapeno peppers
- 1 t olive oil
- 1/2 t minced garlic
- 20 large shrimp (about 1 lb) peeled and deveined
- 1 T minced red peppers
- 20 cucumber slices

Stir together lime juice, green onion, cilantro, jalapeno peppers, oil and garlic in medium bowl. Toss the shrimp with two T of the dressing in another medium bowl. Cover and refrigerate shrimp for 30 minutes.

Preheat broiler or grill. Broil shrimp about 3 inches from heat for 1 1/2 minutes per side or until opaque. Immediately toss hot shrimp with the remaining dressing and red pepper and cool to room temperature. Arrange shrimp on cucumber slices.

### 4.5.3 Shrimp Tacos

- 1 t olive oil
- 1 lb small shrimp , peeled and deveined
- 1/4 c carrots, diced
- 1/4 c celery, diced
- 1 t garlic, minced
- 1 t gingerroot, minced
- 1 t wine (instead of soy sauce, wine vinegar)
- 8 large iceberg lettuce leaves
- toasted pine nuts (optional)

In a wok or large nonstick skillet, warm the oil over medium-high heat. Add the shrimp and stir-fry until they are opaque. Remove the shrimp and set aside. Add the carrots, celery, garlic, and gingerroot to the wok and stir-fry until the vegetables are crisp-tender. Return the shrimp to the wok and add the wine. Cook until heated through, about 1 minute. Divide the shrimp mixture among the 8 lettuce leaves. Roll each leaf around the filling and serve. Garnish with the pine nuts, if desired.



#### 4.5.4 Shrimp Scampi

- 24 large frozen shrimp (peeled and deveined)
- 1/2 c chopped baby spinach leaves
- 1 t olive oil
- 1 clove garlic, crushed
- 1/2 t dried basil

Mix all ingredients in a large pan (or bowl that you could microwave). Toss well to coat the shrimp. Cook for 1 minute. Remove and toss again. Cook for 1-2 minutes more.

#### 4.5.5 Shrimp Stuffed Avocados

- 3 medium size avocados
- 2 T lemon juice
- 1 1/2 lb small or medium sized shrimp, cooked, shelled, deveined and chilled

Cut avocados in half; remove seed and skin. Stuff with shrimp. Add lemon juice.



## 5 Meat Entrees

### 5.1 Beef

#### 5.1.1 Pot Roast

- 2 medium onions, sliced
- 3 lbs beef pot roast
- 3 c water
- pepper

Place onions and water in crock pot. Add roast, sprinkle with pepper. Cook overnight or until tender. Oven: Cook at 325 F in a covered roasting pan for 2-3 hours.

#### 5.1.2 Grilled Herb Steak

- 4 steaks
- 1 T olive oil
- 2 garlic cloves, minced
- 2 t minced rosemary or 1 t dried
- 2 t minced thyme or 1 t dried
- 2 t minced basil or 1 t dried
- pepper

Place steaks in shallow dish. Rub both sides with oil, garlic, and herbs. Add pepper. Marinate at least 1 hour.

Heat grill or preheat broiler. Cook steaks 2 inches from heat source to desired doneness.



### 5.2 Chicken

#### 5.2.1 Barbequed Spicy Honey Chicken

- 3 T raw honey
- 2 T lemon juice



- 1 T orange juice
- 2 scallions, finely chopped
- 1 t finely chopped tarragon
- 1 t finely chopped thyme
- 1 t finely chopped sage
- 1 t fennel seeds, toasted and crushed
- Freshly ground black pepper to taste
- 4 boneless, skinless, chicken breast halves (about 1 lb)

In a large bowl, combine honey, lemon and orange juices, herbs, scallions, pepper and fennel seeds. Put the chicken in the bowl and marinate for 1-2 hours.

Grill the chicken, turning constantly while basting with the marinade until cooked.

### 5.2.2 Chicken Breasts with Red Pepper Sauce

- 2 medium tomatoes, peeled, seeded and chopped
- 1 small onion, chopped
- 1 medium red bell pepper, chopped
- 1 T parsley, chopped
- 1 T basil, chopped
- 1/4 t dried thyme
- 1/8 t cayenne pepper
- 1/4 t pepper
- 4 skinless, boneless breast halves, pounded to 1/4 inch thickness
- 2 T olive oil
- 1/2 c white wine

Combine vegetables and spices in a medium saucepan. Bring to a boil, reduce heat, and simmer 20 minutes. Transfer to a food processor or blender, and puree until smooth. Pour into a small saucepan and keep warm over very low heat. In a large fry pan, heat oil. Add chicken breasts; cook three minutes a side until chicken turns white. Add wine; reduce heat and simmer for 10 minutes. Spoon red pepper sauce on plate and arrange chicken on top.

### 5.2.3 Chicken Breasts with Mushroom Sauce

- 3 T olive oil
- 1/2 c chopped shallots
- 8-10 oz mushrooms, thickly sliced
- 1 t chopped parsley
- 1 c dry white wine (or lemon juice)
- 2/3 c coconut milk
- 3 T chopped sage
- 1 T olive oil
- 1 1/4 to 1 1/2 lbs skinless, boneless chicken breasts, pieces pounded to an even 1/4 inch to 1/3 inch thickness
- Sea salt and freshly ground black pepper

Add oil to a large sauté pan on medium high heat. Add shallots and sauté for one minute. Add mushrooms and parsley and sauté for 5-10 more minutes, until the mushrooms have browned. Add wine/juice and deglaze the pan, scraping up any bits that may be sticking to the bottom of the pan. Stir in the milk. Bring to a boil and cook the sauce down until it is thick enough to coat the back of a wooden spoon (about 10 minutes).

While the sauce is reducing, heat olive oil in another large sauté pan on medium high heat. Sprinkle sea salt and pepper over both sides of the chicken breast cutlets. Add cutlets to pan and cook for about 3 minutes on each side, until browned and cooked through. Stir in



sage to sauce, season to taste with salt and pepper. Pour sauce over chicken to serve. Garnish with chopped parsley. Serves 4.

#### 5.2.4 Chicken Club Wrap

- 3 large lettuce leaves
- 1 c cooked chicken, chopped into bite-size pieces
- 1/2 c sliced red pepper
- 1 plum tomato, sliced
- 1/2 avocado
- bacon

Wash and pat dry the large lettuce leaves. In the center of each leaf, pile all of the ingredients. Top with a dab of primal mayonnaise (optional, see section 12.1.4).

#### 5.2.5 Chicken Fingers

- 2 boneless skinless chicken breasts, sliced into fingers
- 1 egg, beaten
- 1/2 c almond flour
- 1/2 t sea salt
- 1.5 t poultry seasoning
- 1 t dry mustard powder
- 1/4 - 1/3 c olive or coconut oil for frying

Heat the oil in a large pan over medium heat. Place the beaten egg in one bowl and the almond flour plus seasonings into another bowl. Dip each chicken breast in egg, then in the almond flour mixture. Cook the chicken in two batches until it is golden on each side.

#### 5.2.6 Coconut Chicken

- chicken pieces (or shrimp or fish)
- sea salt
- pepper
- egg
- coconut flour
- dried unsweetened coconut flakes
- coconut oil

Season the chicken pieces (or shrimp or fish) with salt and pepper. Dunk them in an egg bath, dredge them in coconut flour, then back in the egg bath, and then coat with coconut flakes. Cook them in coconut oil.

#### 5.2.7 Chicken Pancakes

- 1 chicken breast precooked (season as desired while boiling)
- 3 eggs

Using a food processor, blend ingredients together until completely smooth. Mixture will look like thick pancake batter.

Use 1/4 c of the mixture and cook in hot greased skillet like a pancake. Batter may need to be spread out a bit so that it is not too thick.

These cook much faster than nut flour pancakes. Watch them closely. Makes 4-5 pancakes.

For Chicken Pizza: Make the "crust" out of chicken like above. Spread the top with a nice tomato sauce and veggies.



### 5.2.8 Crock Pot Chicken

- 1 chicken
- 2 carrots, sliced thinly
- 2 med onions, sliced thinly
- 2 celery stalks with leaves, chopped
- 1/2 t salt
- 1/2 t black pepper
- 16 oz chicken broth
- 2 c water
- 1 t basil, crushed
- 1 t oregano
- 1 t garlic powder

In a slow cooker, put in half of the chicken broth. Place half of the carrots, celery and onions in the bottom. Place the chicken (back side down) in the slow cooker. Add remaining broth, vegetables, salt and pepper, basil, oregano and garlic. Place lid on cooker and cook on low heat for 7-10 hours or high heat for 2.5-3.5 hours. Serves 4.



### 5.2.9 Fruity Chicken

- 6 T olive oil
- 1 medium onion, chopped
- 1/4 c finely chopped celery
- 1 garlic clove, minced
- 2 medium apples, cored and chopped
- 1/4 c raisins
- 1/4 c chopped walnuts
- 1 egg, beaten
- 8 large chicken thighs
- 1 t dried tarragon

In a medium size frying pan, heat 2 T oil. Add onion, celery and garlic. Sauté about 3 minutes, until onion and celery are tender. Remove from heat and add apple, raisins, walnuts, and eggs. Mix well.

Preheat oven to 350 F. Prepare chicken thighs by pulling the skin away from the meat without removing it. Stuff apple mixture between the skin and meat. Arrange chicken pieces in a foil-lined 13x9x2 baking dish. In a small bowl, combine the remaining 4 T olive oil with tarragon. Brush over chicken thighs. Bake, uncovered, basting every 15 minutes, for 1 hour, until chicken is tender.



### 5.2.10 Ginger Chicken with Almonds

- 4 boneless, skinless chicken breast halves (1 1/2 - 2 lbs total)
- 2 t ground coriander
- 1 t grated ginger plus 1/4 c julienned ginger
- 4 t olive oil
- 2 t white wine (or lemon juice)
- 1/2 t sea salt
- 1/4 t freshly ground pepper
- 4 large scallions (or 6 small), trimmed
- 1/2 c mango chutney, large pieces chopped
- 1/4 c chicken broth
- 1 t minced garlic
- 1/4 c sliced almonds, toasted

Slice chicken crosswise into 1/2-inch thick pieces. Toss with ground coriander, grated ginger, 2 t oil, wine/juice, salt, and pepper in a medium bowl. Marinate at room temperature 15 minutes. Thinly slice white parts of scallions. Julienne green parts; set aside. Stir together chutney, broth, and garlic in a small bowl.

Heat remaining 2 t oil in a 12-inch nonstick skillet (or wok) over medium-high heat. Add scallion whites and julienned ginger; stir-fry 30 seconds. Add chicken and stir-fry until thoroughly cooked, 4-6 minutes. Add scallion greens and chutney mixture; cook, stirring, 2 minutes. Transfer to shallow bowls. Sprinkle with toasted almond slices and serve. Serves 4-6.

### 5.2.11 Green Chicken

- boneless skinless chicken breast
- olive oil
- salt-free herbal seasoning blend
- pinch of sea salt

Heat the broiler, line a baking sheet with foil, and position a rack over the pan.

Remove the tenders from the breasts and thinly slice them. Slice breasts into 2-3 slices.

Put some olive oil in a small bowl. Add a pinch of salt and enough dried herbs to make a thick paste. Drag the breast slices and tenders through the herb paste and coat both sides.

Place the chicken on the rack and broil for 8 minutes on one side until it cooks through and the side facing up gets a crust. Remove from oven, let cool, slice, and store.

### 5.2.12 Poached Chicken

- 44 boneless, skinless chicken breast halves
- 2 T olive oil
- 1 c sliced scallions
- 2 garlic cloves, crushed
- 1/8 t cayenne pepper
- 1 bay leaf
- 1/2 t ground cloves
- 4 medium tomatoes, peeled, seeded, chopped
- 1/8 t ground saffron (optional)
- 1/8 t ground pepper
- 1 T red wine

In a large frying pan, heat oil over medium heat. Add scallions and cook until lightly browned (about 3 minutes). Add garlic and cayenne pepper; cook 1 minute. Add tomatoes,



red wine, bay leaf, cloves, saffron and pepper. Bring to a boil; reduce heat and simmer uncovered for 15 minutes. Place chicken on top of sauce. Cover and simmer for 15-20 minutes until chicken is tender and opaque.

### 5.2.13 Pork and Chicken Stir Fry

- 1 lb boneless chicken
- 1 lb boneless pork chops
- 1 12 oz pre-cut broccoli
- 1 12 oz julienne vegetable mix (carrots, broccoli, cauliflower and cabbage - if using frozen vegetables be sure to allow moisture to evaporate before cooking)
- 1 6 oz container whole button mushrooms
- 5 T olive oil
- 1 t pepper
- 2 T chopped garlic
- 1 t crushed red pepper
- 1 T roasted sesame seeds

Preheat 12 inch non-stick skillet or wok to medium high. In batches so as not to crowd, stir fry chicken and pork with olive oil and pepper (3 batches requires 1 T olive oil for each). Takes 1-2 minutes for each batch.

Remove cooked meat from pan and set aside. Add 1 T olive oil to pan with broccoli and julienne vegetables. Cover skillet with lid 3 - 4 minutes. Remove lid and stir fry by tossing consistently for 1 minute. Clear area in center of pan with spoon and add garlic and red pepper. Cook 1 minute. Toss and then add mushrooms, olive oil and stir fried meat back to pan. Cover and heat 2-3 minutes.

Turn off heat and transfer stir fry to large serving platter and garnish with roasted sesame seeds. Serve immediately. Serves 6.

### 5.2.14 Roast Chicken with Grapes

- 1 roasting chicken, about 4-5 lbs
- 1 lemon, sliced
- sea salt and pepper to taste
- 1 onion, cut into eight wedges
- 1 large bunch of seedless grapes
- a few sprigs of rosemary, thyme, sage, and or tarragon
- 1 c of white wine (or lemon juice)
- Olive oil

Preheat oven to 350 F. Rub inside of chicken with olive oil. Sprinkle insides with salt and pepper. Remove about a cup's worth of grapes from their vines and cut in half. Insert grapes into cavity. Add a few onion wedges into the cavity, along with a few sprigs of herbs. You do not need to remove the rosemary from the stalk. Add a half of the lemon slices to the cavity. If you still have more space in the cavity, add more grapes.

Rub olive oil over the outside of the chicken. Line the bottom of a roasting casserole dish with onion slices and lemon slices. Place the chicken in the roasting pan, on top of the lemon wedges and onion, breast side down (or use a roasting rack).

Sprinkle outside of chicken with salt and pepper. Place sprigs of herbs and slices of lemon between the wings and the body of the chicken. Arrange any remaining grapes, lemon slices, and herbs around the sides of the chicken.

Roast at 350 F for about 20 minutes per lb. Baste with the juices from the chicken and the white wine several times during the cooking. The chicken is done when the juices run clear



(not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165-170 F for the breast and 180-185 F for the thigh.

### 5.2.15 Rosemary Chicken

- 1 chicken
- 1 bunch of rosemary
- 1 clove of garlic
- 1 whole onion
- 1 t kosher salt
- olive oil

After proper cleansing, rub chicken with olive oil inside and out. Place rosemary inside chicken cavity with a whole peeled onion. Crush or squeeze garlic and rub over chicken or place slices under skin of breast. Sprinkle with salt and place in roasting pan. Cook at 300 F for 3 hours.

### 5.2.16 Spiced Chicken with Peach/Pineapple Sauce

- 1 3-lb chicken, cut up
- 1 8-oz can crushed pineapple
- 1 c orange juice
- 1/2 c raisins
- 1/2 c sliced almonds
- 1/4 t cinnamon
- 1/4 t ground cloves
- pepper
- 1 lb of sliced pureed peaches, fresh, or frozen

In a large fry pan, combine chicken, pineapple orange juice, raisins, almonds, cinnamon, and cloves. Simmer, partly covered, for 45 minutes, turning chicken occasionally. Add peach puree to pan and stir until well blended. Simmer uncovered 15 minutes longer, until chicken is tender and sauce is slightly thickened. Season with pepper to taste.

### 5.2.17 Zanibar Chicken

- 3 lbs chicken thighs and/or drumsticks
- 2 t cinnamon
- 1/4 t ground cloves
- 1/4 pepper
- 2 T olive oil
- 1 medium onion, chopped
- 1 garlic clove, crushed thru a press
- 3/4 c pure orange juice
- 3 T raisins
- 1/3 c slivered almonds

Season chicken with the spices. In a large fry pan, heat oil over med-high heat. Add chicken, in batches if necessary, and cook, turning until browned, about 10 minutes. Remove and set aside. Add onion to pan. Cook until soft, about 3 minutes. Add garlic and cook 1 minute longer.

Return chicken to pan. Add orange juice and raisins. Cover, reduce heat, and simmer 15 minutes, until chicken is tender. Garnish with almonds.



## 5.3 Duck

### 5.3.1 Roasted Duck with Blueberry Sauce

- 2 whole ducks, cut into quarters, all excess fat removed
- dried shallot and black pepper spice mixture
- fresh or dried garlic
- ground ginger
- 1 Granny Smith apple
- 1/2 onion, peeled
- 2 c blueberries
- 1/2 c raw honey
- 1/2 t ground star anise or 2 whole star anise
- grated zest of 1 lime
- grated zest of 1 orange
- 1/2 c wine (white or red)

Quarter the ducks, remove any excess fat, and rub with a mixture of the shallot/pepper mixture, garlic, and ginger in a 1:1:1 ratio. Place the duck, skin side up, on a rack in a roasting pan (you may need two pans for the eight quarters). Cover them with plastic wrap, sealed tightly, and place into the refrigerator until three hours before serving.

Peel, quarter, and core the apple. Put the onion and the apple in a food processor and finely chop. Put them into a saucepan with the blueberries, honey, star anise, zests, and wine. Over high heat, bring the mixture to a boil, then simmer until pulpy and beginning to thicken, about 30 minutes. After 20 minutes, the mixture will appear liquid, but after 30 minutes, it will begin to thicken. When cool, it will be more of a sauce. Discard any whole star anise, pour the sauce into a sterilized jar, and cover tightly. If you are serving the duck within 24 hours, leave the sauce at room temperature; otherwise refrigerate.

Preheat the oven to 375 F. Approximately 2.5 hours before serving, put the duck into the preheated oven. Empty fat from the pans if needed to avoid spillage. A half hour before serving, raise the temperature to 450 F. The duck should be crispy and tender when done. Serve each quarter with about 1/4 c of sauce poured over. Serve extra sauce on the side. You can remove the rib bones from the duck before serving. Serves 4.

## 5.4 Lamb

### 5.4.1 Lamb and Asparagus

- 1 chopped red onion
- 3 garlic cloves crushed
- 1/2 c of dry white wine
- 3 c of steamed sliced asparagus
- 1 1/2 lb boneless lamb chopped into small cubes
- Freshly-ground black pepper to taste

Steam asparagus. Heat a large frying pan and add 1/2 of the wine. Bring to the boil and add the onion and garlic, cook until softened. Add the lamb and cook for about 6 minutes. Add the rest of the wine and the asparagus. Cover and cook for about 10 minutes, until lamb is tender. Pepper to taste.

### 5.4.2 Lamb Chops with Herb Vinaigrette

- 8 (4-ounce) lamb loin chops



- 1/2 t black pepper
- 2 T finely chopped shallots
- 1 1/2 T water
- 1 T red wine
- 1 1/2 t lemon juice
- 1 1/2 t olive oil
- 1 1/2 T finely chopped flat-leaf parsley
- 1 1/2 T finely chopped tarragon
- 1 T finely chopped mint
- 1 T finely chopped pimienta (red, heart-shaped chili pepper)

Preheat broiler. Sprinkle 1/4 t salt and pepper over lamb. Place lamb on the rack of a broiler pan or roasting pan; place rack in pan. Broil 5 minutes on each side or until desired degree of doneness.

Combine shallots, 1 1/2 T water, and wine in a small bowl; cook (or microwave) for about 30 seconds. Stir in remaining juice and oil, stirring with a whisk. Add parsley and remaining ingredients, stirring well. Serve vinaigrette over lamb.

### 5.4.3 Lamb Cutlets

- 2 boneless lamb cutlets
- lemon or lime juice
- olive oil
- parsley
- minced garlic
- ground turmeric
- crushed coriander seeds
- sea salt

Stab the meat all over with a fork. Put it into a plastic bag along with all the other ingredients: lemon/lime juice, 2 T olive oil, large handful of parsley, a few cloves of garlic, a t of turmeric, a small palmful of coriander, and a large pinch of sea salt. Let this marinate in the fridge for at least an hour.

Broil the lamb until it is pink in the center (2 4-oz cutlets take about 5 minutes on each side). Serves 2.

## 5.5 Liver

### 5.5.1 Rocky Mountain Chicken Livers

- 1 lb of chicken livers
- 1/4 c burgundy wine
- 1 medium yellow onion, diced
- 2 minced garlic cloves
- 1 Anaheim pepper, diced
- 1 T olive oil

Sauté the onions, garlic and green peppers in the oil mixture with 1/2 of the red wine. Add in the livers and remaining wine and sauté the livers until they are firm and brown.



## 5.6 Pork

### 5.6.1 Apple Glazed Pork Roast

- 3-4 lb pork loin roast (well trimmed)
- sea salt
- pepper
- 4-6 apples, cored and quartered
- 1/4 c pure apple juice
- 3 T raw honey
- 1 t ginger

Rub roast with salt and pepper. Brown under broiler to remove excess fat, then drain well. Place apples in bottom of crock pot. Add roast. Combine rest of ingredients, spoon over roast. Cook on low 10-12 hours.

### 5.6.2 Honey Pecan Pork Chops

- 1 1/4 lbs boneless pork loin, pounded thin
- 1/2 c almond flour
- sea salt
- pepper to taste
- 2 t olive oil
- 1/4 c raw honey
- 1/4 c chopped pecans

In a shallow dish, mix together flour, salt, and pepper. Roll pork in the flour mixture.

In a large skillet, add oil over medium-high heat. Add chops and brown both sides. Transfer to a warm plate. Mix honey and pecans in the pan drippings. Heat, stirring constantly. Pour sauce over cutlets.

## 5.7 Rabbit

### 5.7.1 Slow Cooked Rabbit

- 2 whole rabbits, cut into serving pieces
- sea salt
- pepper
- 8 oz tomato sauce
- 15 oz diced tomatoes
- 1 med onion, chopped
- 2 cloves garlic, chopped
- 1/2 t rosemary
- 1/2 t thyme
- crushed red pepper
- 1 lb carrots
- 1 cup dry white wine



Brown rabbit pieces in large skillet. Salt and pepper the rabbit to taste.



Place the rabbit in a crock pot. Mix the rest of the ingredients together and pour over rabbit, stirring to coat. Cover and cook on low for 6- 8 hours.



## 5.8 Turkey

### 5.8.1 Broccoli, Turkey Bacon and Nut Salad

- 1 broccoli, cut into florets and stalk diced
- 3 rashers of turkey bacon, fat removed, diced
- 1/2 c toasted almonds (or other nuts)
- 1 T olive oil

Boil broccoli in water on high heat for 5-7minutes or until tender and cooked through. Remove water and place broccoli in a large serving bowl. Cook bacon in a frying pan for 4-5 minutes or until crispy. Remove bacon from pan and place into serving bowl along with broccoli and nuts. Combine well.

### 5.8.2 Cabbage Meatloaf

- 1 lb of ground turkey burger



- 1/2 head cabbage
- 1 medium onion
- 2 cloves garlic
- 1 T thyme
- 1 T basil
- 1 T oregano
- 1 egg
- pepper

In a food processor, combine the cabbage, onion and garlic. Then sauté over medium heat until onions are cooked. Combine with turkey burger, egg and other spices to make loaf.



Add any other spices or desired ingredients. Bake at 350 F for about 45 minutes.



### 5.8.3 Chilled Turkey Loaf

- 4 lbs (about 4 small) turkey drumsticks
- 6 c water
- 2 chicken bouillon cubes
- 1 bay leaf
- 1 t sea salt
- 1 T lemon juice
- 1 t thyme
- 1 t sage
- 2 cloves of garlic, minced or pressed
- 1/2 c chopped green onions
- 1/2 c chopped parsley
- 1 small jar (2 oz) diced pimento
- 1/4 teaspoon freshly ground black pepper



In a 6-quart kettle, combine the turkey, water, bouillon, bay leaf, and sea salt. Cover and simmer until meat is very tender and begins to fall away from the bone, about 2.5 hours. Lift out meat and set aside to cool. Add lemon juice to cooking liquid and boil, uncovered, until reduced to 3 cups.

Remove meat from the bones, discarding skin, tendons, and bones. Tear meat into fine shreds and combine with the thyme, sage, garlic, onion, parsley, pimento (drained), and black pepper. Pack meat mixture into a 5x9-inch loaf pan, then pour in the cooking liquid. Cover and chill until set, at least 6 hours.

Run a knife around the pan sides to loosen. Dip pan into hot water for 5 seconds, then invert onto a serving plate and slice. Serves 6.

#### 5.8.4 Citrus and Herb Turkey

- 1 (7.5 lb) bone-in turkey breast
- 1 t freshly ground pepper
- 1 T olive oil
- 3 T chopped rosemary
- 3 T chopped sage
- 2 oranges, thinly sliced
- 2 lemons, thinly sliced
- 1 large onion, quartered
- 3 c Riesling

Sprinkle turkey breast evenly with pepper. Stir together oil, rosemary, and sage. Loosen skin from turkey without detaching it; spread mixture under skin. Arrange one-fourth of orange and lemon slices over mixture. Gently pull skin over fruit. Coat with oil. Place turkey in an aluminum foil-lined baking pan coated with oil. Place onion and remaining orange and lemon slices in pan. Drizzle with wine.

Bake at 325 F for 2.25 hours or until a meat thermometer inserted in thickest portion registers 170 F, basting every 30 minutes. Cover loosely with aluminum foil coated with oil to prevent excessive browning after 1.5 hours, if necessary.

#### 5.8.5 Meatloaf

- 1 lb ground turkey
- 1 medium onion
- 1 stalk celery
- 1 carrot
- 2 cloves garlic
- 1/4 c parsley
- 1/2 red pepper
- 1/2 c almond flour (or other thickener)
- 1 egg, slightly beaten
- 1 small (6 ounce) can tomato paste
- Salt and pepper to taste

Preheat oven to 375 F. Finely chop the onion, celery, carrot, garlic, parsley, and pepper in a food processor. In a large bowl, combine all ingredients. Form into a loaf and place in a 9x11 inch glass baking dish coated with oil. Bake for 1 hour. Serves 6.

#### 5.8.6 Spaghetti Squash with Turkey Sauce

For "spaghetti":

- 1 spaghetti squash



- pinch of salt

For sauce:

- 1 lb of ground turkey burger
- 1 large can of tomato paste
- 2 cans of water
- 1 c mushrooms
- 1 clove of minced garlic
- 1-2 T oregano
- 1-2 T basil

In a large pan, heat oil and add onions, garlic and turkey. Cook until meat turns brown. Add remaining ingredients, bring to a simmer and cook for 35 minutes, stirring occasionally.

While the sauce is simmering, cut the spaghetti squash in half. Place cut side up, covered with plastic wrap in a microwave safe dish for 10 minutes. Remove from microwave, and let sit, covered, for at least 5 minutes. To create the "spaghetti," rake a fork over the spaghetti squash until you have essentially emptied the shell.

Heap spaghetti into a bowl and top with marinara sauce.

### **5.8.7 Spinach and Turkey Spaghetti**

- 1 lb of ground turkey
- 1 large can of tomatoes
- 2 cans of water
- oregano to taste
- basil to taste
- minced garlic
- mushrooms
- green peppers
- spinach or spaghetti squash

Simmer all ingredients and then spoon over spinach or spaghetti squash.

### **5.8.8 Stir Fried Turkey/Chicken with Vegetables**

- 2 T olive oil
- 1 clove garlic, pressed
- 12 oz boneless turkey/chicken, sliced
- 1/4 c burgundy wine
- 1 yellow onion cut thinly into wedges
- 1 red pepper, seeded and cut into slender strips
- 2 celery stalks, chopped
- 4 oz of sliced mushrooms
- 4 oz thinly sliced carrots
- 3 T lemon juice

Sauté the meat in the oil with garlic and half of the red wine until the meat is browned. Remove from skillet. Heat the residual oil in the skillet. Sauté the onion, celery, red pepper, and carrots until the onion is tender (about 4 minutes). Add the remainder of the red wine. Add the mushrooms; stir-fry everything together for about another 3 minutes. Combine the vegetables with the meat.

### **5.8.9 Turkey Bacon and Egg Muffins**

- 4 oz turkey burger/bacon



- 1/4 c green bell pepper, chopped
- 1/4 c onion, chopped
- 4 eggs
- 12 oz mushrooms , sliced, drained

Preheat the oven to 350 F. Coat a 6-cup muffin pan with oil. In a medium nonstick skillet over medium-high heat, cook the meat, pepper, and onion 5 minutes, or until meat is browned.

Spoon mixture into a bowl and cool slightly. Stir in eggs and mushrooms. Spoon mixture evenly into the prepared muffin pan. Bake 20 minutes, or until egg is set. Serves 6.

### **5.8.10 Turkey Bacon/Sausage and Apple Stuffing**

- 10 slices turkey bacon (6 oz), diced
- 2 lbs sausage meat
- 2 large onions, chopped (2 c)
- 8 oz medium mushrooms, sliced (2 c)
- 3 medium ribs of celery, chopped (1 c)
- 1 t dried sage leaves, crumbled
- 1 t dried thyme leaves
- 1/4 t pepper
- 1 lb tart apples, cored and cut into 1/2 inch pieces (3 c)
- 1 c chopped parsley

Cook bacon until it just begins to brown. Crumble sausage meat in the same pan and cook until done. Add onions, mushrooms and celery cooking until onions and mushrooms are wilted. Stir in sage, thyme and pepper, then the apples. Remove from heat, add parsley.

### **5.8.11 Turkey Bacon with Garlic Mushrooms**

- 2c sliced mushrooms
- 3 rashers turkey bacon, finely chopped
- 3 T parsley, finely chopped
- 3 T olive oil
- 3 garlic cloves, finely chopped
- pepper

Preheat grill on medium-high heat. Place all ingredients in a bowl and combine well. Place on grill and cook, stirring occasionally for 5-8 minutes, or until bacon has become slightly crispy and mushrooms have slightly shriveled. Pepper to taste. Serve straight away.

### **5.8.12 Turkey Stuffed Cabbage**

- 1 large head cabbage (about 12 cups)
- 3 lbs ground chicken or turkey
- olive oil
- 1 egg
- 12 oz whole tomatoes
- 3 T fine herbs
- 4 c raw cauliflower, diced
- pepper

Boil 8 cups of water in an 8 quart pot. Mix ground chicken, egg and fine herbs in large mixing bowl. Add raw cauliflower and pepper to taste.

Remove core of cabbage with tip of knife. Reduce water in pot to medium. Carefully place head of cabbage in boiling water and simmer 4-5 minutes until outer leaves are soft.



Remove cabbage from water and peel outer soft leaves until you reach uncooked interior of cabbage. Place leaves on platter and return uncooked cabbage to pot. Boil 4-5 minutes more and repeat procedure above until all cabbage leaves are cooked.

Stuff leaves with 1/4 c to 1/2 c meat mixture by placing mixture in center of cabbage then folding over bottom, sides and top of cabbage leaf. Place stuffed cabbage in roasting pan. Season tomatoes with pepper then puree in pan with stick blender. Cover stuffed cabbage with pureed tomatoes and bake covered at 350 F for 1.5 hours. Makes 24 servings.

### 5.8.13 Turkey Stuffed Zucchini

- 1 zucchini about 12 inches long, or 6 medium ones
- 3 T olive oil
- 1/2 c chopped onion
- 3 cloves garlic, minced
- 1/2 c chopped mushrooms
- 2 T dry white wine
- 1 lb ground turkey
- 2 diced tomatoes
- 3 T chopped basil
- 1 t chopped rosemary
- 1 egg, lightly beaten
- 2 t sea salt
- 2 t pepper

Cut zucchini in half lengthwise. Scoop out insides, leaving shells about 1/4 inch thick. Reserve about half of the insides. Heat 2 T of olive oil in a skillet on medium high heat. Sauté onion and garlic until soft. Add mushrooms and reserved zucchini insides, and sauté another 2 minutes.

In a separate skillet heat a T of olive oil on medium high heat. Add the ground turkey. Cook until the ground turkey is lightly browned, about 6 minutes. Stir in the onion and mushroom mixture from the other pan. Add the wine. Stir in tomato, basil and rosemary and cook 1 minute longer. Drain any excess fat. Remove mixture from heat and set it aside.

When mixture has cooled, add egg, salt and pepper. Fill zucchini shells with mixture. Fill a baking pan with 1/4 inch of water. Place filled zucchini halves in pan and bake at 375 F for 40 minutes, until golden brown. Remove zucchini from pan and serve while hot. Serves 4.

## 5.9 Veal

### 5.9.1 Italian Veal Chops

- 8 veal chops
- pepper to taste
- oregano
- chopped parsley
- 2 garlic cloves, minced
- 1 can (1 lb, 12 oz) tomatoes

In skillet, brown chops. Season with pepper. Sprinkle with oregano and parsley. Add garlic and tomatoes. Cover and simmer until tender, about 2 hours.

### 5.9.2 Veal Roast

- 2 garlic cloves, minced



- 3 T olive oil
- 1/4 t pepper
- 1 t dried sage leaves
- 1 T dried rosemary
- 1 boneless veal shoulder roast, 2 1/2- 3 lbs, trimmed of fat, rolled and tied
- 3 c chicken stock or broth

Preheat oven to 350 F. In small bowl mix sage, rosemary, garlic, oil, and pepper. Rub surface of veal with this seasoned oil. Place roast in a large roaster pan with a lid. Pour 2 cups stock around veal. Roast partially covered for 1 hour, turning 2 or 3 times, until barely tender. Uncover and roast until lightly browned, about 15 minutes longer. Remove meat from pan, and tent with foil to keep warm. Put pan juices in a pan over medium heat, and bring juices to a boil, scraping up brown bits from bottom of pan. Add remaining stock to pan. Season with additional pepper to taste. Slice veal roast and serve with pan juices.



## 6 Vegetable Dishes

### 6.1 Asparagus

#### 6.1.1 Almond Asparagus

- 2 lbs asparagus
- 2 T olive oil
- 1 T lemon juice
- 3/4 c slivered almonds, toasted
- 1/4 t pepper

Snap off tough ends of asparagus. Cook asparagus in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge asparagus into ice water to stop the cooking process; drain.

Add oil to a large skillet over medium heat; add asparagus and sauté 3-5 minutes. Toss asparagus with lemon juice and remaining ingredients.

#### 6.1.2 Asparagus Frittata

- 2 t olive oil
- 1 small onion, thinly sliced
- 1/2 teaspoon sea salt
- 1 lb asparagus, tough ends snapped off, spears cut diagonally into 1-inch lengths
- 4 large eggs, lightly beaten

While cooking, preheat oven broiler. Heat olive oil into a 10-inch oven-proof frying pan over medium high heat. Add onions and salt. Cook, stirring occasionally, until onions are softened, about 3 minutes. Add asparagus, reduce heat to medium-low, and cook, covered, until the asparagus are barely tender, 6-8 minutes. Pour in eggs and cook until almost set, but still runny on top, about 2 minutes. Broil in oven 3-4 minutes. Remove from oven and slide frittata onto a serving plate. Cut into wedges. Serves 4.

#### 6.1.3 Garlic Bacon Asparagus

- 4 slices raw turkey bacon - chopped
- 1 lb asparagus
- 4 cloves garlic - minced
- 1 T chopped parsley
- Pepper to taste

In a sauté pan over medium heat, fry bacon for 2 minutes. Break tough ends off asparagus and add to pan, along with garlic and parsley; cover, and simmer, stirring occasionally, for 15 minutes, or until asparagus is tender. Season with pepper. Serves 2-4.

### 6.2 Broccoli

#### 6.2.1 Broccoli with Basil Mushrooms

- 1 lbs frozen broccoli spears
- 2 T olive oil
- 4-1/2 t basil, chopped



- 1/3 lbs whole mushrooms, drained

Cook broccoli spears as directed on package. Drain well. Add oil to a saucepan over medium heat. Stir in basil and mushrooms. Cook and stir until thoroughly heated. Spoon over broccoli.

## 6.2.2 Sautéed Broccoli

- 1 t olive oil
- 2 or 3 garlic cloves, minced
- 1 onion, diced
- 4 or 5 button mushrooms, thinly sliced
- 1 or 2 tomatoes, diced
- 1 head broccoli, cut into small flowerets, with stems peeled and thinly sliced

Bring a large pot of water to boil over high heat. Add broccoli and cook until bright green but not completely tender, about 3 minutes. Plunge into cold water to stop the cooking process and preserve the bright color. Heat oil in a skillet over medium heat. Add garlic, onion and cook, stirring for 2-3 minutes. Remove cover and stir in broccoli. Simmer uncovered for 2-3 minutes.

## 6.3 Brussels Sprouts

### 6.3.1 Italian Brussels Sprouts

- 12-15 chestnuts
- 1 t olive oil
- 2 cloves garlic, minced
- 2 lbs of Brussels sprouts, trimmed
- Juice and grated zest of 1 lemon
- 2 c vegetable broth or vegetable stock (no added salt)

Make a slit in the flat side of each chestnut. Cook in boiling water over high heat for 15 minutes. Drain the chestnuts, wrap in a towel to keep them warm, and set aside 10 minutes. Peel off both the hard outer shell and the inner papery layer. Set chestnuts aside. Heat oil in a deep skillet over medium heat. Add garlic and cook 1-2 minutes. Add sprouts and cook, stirring to combine. Add chestnuts and broth, cover and simmer over low heat until sprouts are just tender, 10-12 minutes. Simmer 3-4 minutes. Remove from heat and drain well if any liquid remains. Stir in lemon juice and zest and transfer to a serving bowl, serve warm.

### 6.3.2 Maple Glazed Brussels Sprouts with Chestnuts

- 3/4 c chestnuts (fresh roasted or canned)
- 1 lb Brussels sprouts
- 1/3 c maple syrup (raw honey)
- 1 t sea salt
- 1/4 t ground black pepper

Preheat oven to 375 F. Bring 2 quarts of water and 1 t of salt to a boil.

If fresh chestnuts are used, shell with a paring knife and toast on a cookie sheet in the oven until the meat pulls from the shell and the shell and skin can be easily removed. If canned chestnuts are used, drain and dry them.



Trim the outside leaves from the Brussels sprouts and cut 1/4-inch deep cross in the bottoms of each. Drop them in the boiling salted water and cook until they are fork tender. Drain the sprouts and drop into ice water to shock and cool. Cut each Brussels sprout in half.

Add the maple syrup to a 10-inch sauté pan and warm. Add the Brussels sprouts and bring to a boil. Quickly add the chestnuts and stir. The syrup will thicken and glaze the sprouts. Season with pepper and serve. Serves 10.

### 6.3.3 Pan-Fried Brussels Sprouts

- 500g Brussels sprouts, trimmed and sliced in half lengthwise
- 2 cloves garlic, finely chopped
- 1 red onion, sliced
- 1 red chili, sliced with the seeds included
- 2 T olive oil
- ginger (about a cubic inch, grated)
- 1 level T cumin seeds
- 1 T lemon juice

In a large frying-pan, lightly fry the red onion, garlic and chili just long enough for the onion to become translucent. Add ginger, cumin seeds and sprouts. Cook over medium heat for a few more minutes.

Turn the heat down to the absolute minimum, cover the pan and cook for 10 minutes. Stir the sprouts occasionally until tender. Pour over the juice and stir well. Let the juice begin to bubble. Sprinkle with some chopped chives or other herbs if desired. Serves 4.

### 6.3.4 Roasted Brussels Sprouts

- Brussels Sprouts
- olive oil
- pepper

Preheat oven to 425 F. Wash sprouts and cut the bottom off and then cut in half lengthwise. Place in a baking dish and give them liberal coat of pepper. Give them a nice thin coating with the olive oil, toss to cover evenly. Roast at 425 F for 15-20 minutes.

## 6.4 Cabbage

### 6.4.1 Cabbage Stir Fry With Ginger

- 2 carrots, in half inch slices
- 2-3 inch ginger piece (thinly chopped)
- 200 grams white or pointy cabbage (cut in wide strips)
- 1 apple chopped
- 2 t nutmeg
- handful sunflower seeds
- raisins (optional)

Start with the carrots in some oil, then work down the ingredient list in 30-60 second intervals.



## 6.4.2 Sweet-and-Sour Red Cabbage and Apples

- 1 T olive oil
- 1 large onion, chopped
- 1/2 med head red cabbage, cored and shredded
- 1/4 t freshly ground black pepper
- 1/4 t ground allspice
- 3 med sweet-tart apples (such as Golden Delicious), peeled, cored and cut into thin wedges
- 1/4 c apple juice, frozen concentrate
- 2 T red wine

In a large saucepot or Dutch oven, heat the oil over medium heat. Add the onion and cook, stirring frequently, for 6 minutes or until soft. Add the cabbage, pepper, and allspice. Cook, stirring frequently, for 4 minutes or until the cabbage begins to wilt and the color starts to change.

Add the apples, apple juice concentrate, and wine. Bring to a boil. Reduce the heat to low, cover, and simmer, stirring frequently, for 15 minutes, or until cabbage is tender.

## 6.5 Carrots

### 6.5.1 Cinnamon Carrots

- 6 med carrots, thinly sliced
- 6 T orange juice
- 1 1/2 t olive oil
- 3/4 t ground cinnamon
- t freshly ground black pepper

Place the carrots and orange juice in a medium saucepan. Cover and cook over medium-low heat for 6 minutes or until the carrots are tender-crisp. Add the oil, cinnamon, and pepper. Cook for 1 minute, stirring to coat. Serves 4.

### 6.5.2 Honey Dill Carrots

- baby carrots
- raw honey
- dill

Steam baby carrots, then drizzle with a bit of honey. Add dill.

## 6.6 Cauliflower

### 6.6.1 Caramelized Cauliflower

- 1 head cauliflower
- sea salt
- pepper
- olive oil

Separate the cauliflower florets from the stem. Preheat oven to 425 F. Toss florets in salt, pepper, and olive oil. Cook cauliflower in oven for about 45 minutes.



## 6.6.2 Spicy Cauliflower

- 1 head cauliflower, about 1 1/4 lbs
- 2 small bunches of scallions
- 2 t black mustard seeds
- 2 t cumin seeds
- 1 t fennel seeds
- 1/2 t turmeric
- 1/3 c warm water (105 F)
- 1/4 c olive oil
- 1/3 c chopped coriander or 8 curry leaves

Separate and cut the cauliflower into 1-inch florets. Peel the cauliflower stem and cut into thin slices. Set aside.

Trim the scallions and chop them, including the entire green part. Set aside.

Measure out the spices and place them, as well as the water, right next to the stove. Heat the oil in a wok or a sauté pan over high heat. When the oil is hot, add the mustard, cumin, and fennel. When the seeds stop sputtering, add the turmeric and immediately add the cauliflower. Stir fry the cauliflower until it is evenly coated with spice-infused oil. Add the scallions and water; mix and cover with a lid.

Cook over medium heat and toss a couple times until the cauliflower is soft, about 10 minutes. Uncover, fold in the coriander, and continue stir-frying until excess moisture evaporates and the cauliflower looks glazed, about 5 minutes.

## 6.7 Celery

### 6.7.1 Ants on a Hill

- celery cut in strips
- almond butter
- raisins

A fun treat! Stuff celery sticks with almond butter (or hazel or sunflower) and top with raisins.

### 6.7.2 Celery Sticks

- celery cut in strips
- almond butter

Stuff celery sticks with almond, hazel, or sunflower butter.

## 6.8 Collard Greens

### 6.8.1 Garlic Collard Greens

- 3 T olive oil
- 1 c diced tomato
- 1 large onion, diced
- 2-3 cloves garlic, diced
- 2 lbs collard greens (about 8-10 large leaves), remove tough stems
- 1-2 T herbs (thyme)



- pepper to taste
- 1/4 c raw sunflower seeds (optional)

In a large, non-stick skillet, add oil and tomatoes on low heat. Add onions and garlic, cook until onions just begin to turn clear. Add greens, cover and steam for 10 minutes. Add pepper and herbs and cover for 15 minutes to continue to steam or until the greens are wilted but not soggy. Add sunflower seeds, heating some more. Serve hot.

## 6.9 Eggplant

### 6.9.1 Eggplant Chips

- 1 large, ripe eggplant
- 2 eggs

Cut ends from eggplant and shred in a food processor. Mix shredded eggplant with egg. Lump mixture onto a pre-greased cookie shape and smooth out to make six 8-inch circles.

Bake at 450 F in a preheated oven for 12 minutes. Loosen and flip the circles. Bake on other side for a further five minutes. Remove from oven and cut rounds into triangles with a pizza cutter. Let cool on a rack for 6-8 hours. Once dried, sprinkle with seasoning of your choice. Eat immediately or store for up to one week in an airtight bag.

### 6.9.2 Eggplant Pizza

- 1 large sized eggplant
- 1 can pure tomato sauce
- 1 t basil
- 1 t oregano
- other toppings as desired

Slice the eggplant lengthwise, making probably 6-8 slices about 1/2 inch thick. Place on a greased cookie sheet and place under a broiler. Broil until light brown. Remove, flip and cover with tomato sauce, basil, and oregano.

Feel free to add more toppings – peppers, onions, pepperoni, diced ham. Place back under the broiler. Serves 3-4.

### 6.9.3 Spicy Sweet Eggplant

- 1 medium to large purple eggplant
- 1/4 c olive oil
- 1 inch of gingerroot, minced
- 3 cloves of garlic, minced
- 1 t hot sauce
- 1 t ground cumin
- juice of 1/2 lemon
- 2 T of raw honey
- 1/4-1/2 c water
- sea salt (optional)

Slice the eggplant into thick rounds. Using olive oil, brown the slices in two batches in a large skillet. Remove the eggplant to a plate.

Add about 1/4 c water to the pan and then throw in the garlic and ginger and stir until it is fragrant. Add the cumin, hot sauce, lemon juice, and honey and stir to combine.



Add just enough water to cover the bottom of the pan and make it look saucy. Place the eggplant back into the pan, nestling them all in together. Put the heat to medium and simmer for 10 minutes until the eggplant has absorbed all of the sauce. Flip the eggplant at some point if desired. By the end of cooking they should be very soft. Let the eggplant cool slightly and salt to taste, if desired.

## 6.10 Kale

### 6.10.1 Sautéed Kale

- 1 lb kale trimmed and chopped
- 1 large garlic clove, crushed
- 1 T olive oil
- 2 T walnuts, lightly toasted
- 2 T lemon juice

Cook the kale in a large pot of boiling water until tender (about 10 minutes); drain well.

Coat a large skillet with oil. Sauté garlic over medium heat until just golden (about 3 minutes). Add kale to skillet. Stir in the olive oil, sauté until heated through (about 5 minutes). Stir in pine nuts, remove skillet from heat. Sprinkle kale mixture with lemon juice. Transfer to a shallow serving dish and serve immediately.

## 6.11 Mushrooms

### 6.11.1 Chili and Garlic Mushrooms

- 1 c button mushrooms
- 3 garlic cloves, chopped
- 2 T olive oil
- 1/2 t ground paprika

Place garlic, paprika and oil in a mixing bowl and combine well. Add mushrooms and coat well in olive oil mixture. Place mushrooms in a frying pan, or on a grill on medium-high heat. Cook for 5-8 minutes, or until mushrooms have browned slightly and have started to shrivel.

### 6.11.2 Marinated Mushrooms

- 2 lbs mushrooms
- 1/2 c lemon juice
- 1 c olive oil
- 3 medium onions, thinly sliced
- 1/4 t ground black pepper
- 1 t dry mustard
- 1 t thyme
- 1/2 t oregano
- 1 T basil
- 2 t honey

Combine all ingredients and cook for 5-10 minutes over medium heat. Cool. Cover and refrigerate overnight.



## 6.12 Okra

### 6.12.1 Baked Okra

- 5 c sliced okra
- 1/3 c almond meal
- 1 t dill weed
- olive oil

Preheat oven to 375 F. Slice okra to get about 5 cups. Mix almond meal and olive oil. Add okra and cover with lid. Shake until well coated.

Oil a baking sheet. Put okra on sheet and drizzle olive oil on top. Bake at 375 F for 20 minutes. Flip okra with spatula and bake for 15-20 minutes more. Serves 4.

### 6.12.2 Dill Okra

- 1.5 c okra, cut into 1/2 inch lengths and steamed
- 1/2 c tomatoes, chopped
- 1 tsp dried dill

Put okra, tomatoes, and dill in a pot and simmer for 5 minutes. Serves 4.

## 6.13 Spinach

### 6.13.1 Baked Spinach Soufflé

- 2 eggs
- 2 c cooked and chopped spinach

Mix together and bake at 350 F for 30 minutes.

### 6.13.2 Spinach Frittata

- 1 brick of chopped frozen spinach, thawed
- 1 T olive oil
- 1 medium onion, chopped (about 1 cup)
- 1 large clove garlic, minced (about 1 T)
- 9 large eggs (use the yolk too)
- 2 T coconut milk
- 2 T sun-dried tomatoes, coarsely chopped
- Pepper to taste

Preheat oven to 400 F. Drain spinach and set aside. In a mixing bowl, whisk together eggs, and milk. Once combined, add in sun-dried tomatoes and pepper. In a skillet, sauté onions in olive oil on medium heat (about 2 minutes, or until translucent). Add minced garlic and sauté for one more minute. Add spinach.

In a pre-greased muffin pan, add spinach mixture to fill cups about one-third to half-way. Pour egg mixture over the top. Put back in the oven for 10 minutes or until muffins are puffy and golden.



## 6.14 Squash/Pumpkin

### 6.14.1 Acorn Squash with Cranberry Apple Stuffing

- 2 acorn squash
- boiling water
- 2 apples, peeled, cored and chopped into 1/4 inch pieces
- 1/2 c dried cranberries
- 1 t cinnamon
- 2 T olive oil

Cut squash in half and with a spoon, remove pulp and seeds. In a large baking dish place squash cut-side down. Pour 1/4-inch boiling water into baking dish (or use 1/4 inch room temperature apple juice for extra sweetness). Place dish in oven and bake squash for 30 minutes at 350 F.

In a large bowl, combine apples, cranberries, cinnamon, and olive oil to make stuffing. Remove squash from the oven after the 30 minutes. Turn halves over and stuff center of each squash half with apple mixture.

Return to oven and bake 30-35 minutes or until squash and apples are tender. Serves 4.

### 6.14.2 Butternut Soufflé

- 1 c of butternut squash puree
- 2 eggs
- 1/2 t sea salt
- 1/2 t mustard powder
- 1 t paprika
- 2 T coconut milk
- handful of chopped pecans

Beat together all the ingredients except the pecans. Spread into a small greased baking dish. Sprinkle the nuts on top. Bake at 350 F for 35 minutes. Serves 2-3.

### 6.14.3 Butternut Squash Bake

- 2 c cooked, mashed butternut squash
- 1/3 c raw honey
- 2 eggs, beaten
- 1/3 c orange juice
- 1/3 c almond flour
- 1/2 c raisins
- 2 T olive oil

Combine all ingredients and mix well. Pour into a greased 1 1/2-quart oven- proof casserole dish. Bake at 350 F until set, about 1-1.5 hours. To serve, spoon out so each serving contains some raisins (they sink to the bottom during baking).

### 6.14.4 Butternut Squash with Onions and Rosemary

- butternut squash, seeded and sliced
- red onions, peeled and sliced
- 4 T rosemary leaves, chopped
- 4 T olive oil



Preheat oven to 350. Line a baking tray with baking paper. Place pumpkin, onion, and rosemary leaves in the tray and coat with olive oil. Bake for 15-20 minutes or until squash has cooked and onions have browned.

### **6.14.5 Combine all ingredients and mix well. Delicata Squash with Cider Glaze**

- 2 medium delicata squash or other winter squash such as kabocha (about 2 lbs)
- 3 T olive oil
- 1/4 c sage leaves, very coarsely chopped
- 1 T rosemary leaves, coarsely chopped
- 1 1/2 c unfiltered apple cider or juice
- 1 c water
- 2 t sherry
- 1 t salt
- pepper to taste

Peel delicata squash with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch-thick slices.

Add the oil to a large frying pan over low heat. Add the sage and rosemary and cook, stirring, about 3-5 minutes. NOTE: Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

Add the squash to the frying pan, then the apple cider, water, and sherry. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, about 20-30 minutes. Remove from heat. Season with additional pepper if needed. Serves 6.

### **6.14.6 Pumpkin Puree**

- 1 pumpkin

Preheat oven to 375. Coat a baking sheet with oil. Use a knife to remove the stem of the pumpkin. Cut pumpkin in half and place face-side down onto the baking sheet. Cook for 45 minutes. Test for doneness by piercing with a fork. Let cool.

Turn over the pumpkin halves and gently scoop out seeds and strings and set them aside. Be sure to leave the pumpkin pulp intact while scooping. Scoop the pumpkin pulp into a separate bowl or measuring cup. Scrape skin of pumpkin clean.

Mash and stir the pumpkin pulp. For best results, use a blender or a food processor to blend pumpkin pulp and make puree.

### **6.14.7 Roasted Pumpkin Seeds**

- fresh pumpkin seeds
- sea salt

While carving a pumpkin, collect the seeds in a separate bowl or colander. Rinse them to remove all of the stringy pumpkin stuff.

Sprinkle sea salt at the bottom of a small bowl. Pour in a few pumpkin seeds. Top with more sea salt. Continue to layer pumpkin seeds and salt. Fill bowl to top with water and let seeds soak overnight.

Coat baking sheet with oil and spread soaked seeds on the sheet. Bake for 45 minutes at 300.



### 6.14.8 Rum Butternut Squash

- 1 butternut squash
- 1/2 c hot water
- 3 T olive oil
- 3 T raw honey
- 2 T dark rum (or brandy)

Wash squash and cut in half. Remove seeds. Place cut side down in a shallow baking pan. Add hot water. Bake at 350 F 45 minutes. Cool and peel.

In 9x9 inch baking dish, combine cubed or sliced squash, olive oil, raw honey and rum. Bake 15 minutes longer. Baste once or twice.

### 6.14.9 Summer Squash and Mushroom Frittata

- 2 T olive oil
- 1 small onion, chopped
- 1 yellow squash or zucchini (6 oz), thinly sliced
- 4 mushrooms (4-5 oz), large, chopped
- 1/2 large red bell pepper, chopped
- 1/4 t dried thyme
- 1/4 t ground black pepper
- 8 eggs, large

Place the broiler rack in the lowest position (6-7 inches from the heat source) and preheat the broiler. Melt 1 T of the oil in a large (10-12 inch) nonstick skillet with a heatproof handle over medium heat. Add the onion, squash or zucchini, mushrooms, bell pepper, thyme, and 1/8 t of the pepper. Cook, stirring occasionally, until the vegetables are tender and no juices remain in the pan, 8-10 minutes.

In a large bowl, combine the eggs and the remaining pepper. Pour the remaining oil in the skillet over very low heat. Pour in the egg mixture. Cook, uncovered and without stirring, until only the top remains runny, 15-20 minutes. Place the skillet under the broiler and cook until the eggs are just set, about 2 minutes. Slide the frittata onto a large serving plate and serve hot, warm, or at room temperature.

### 6.14.10 Stuffed Pumpkin

- Pumpkin
- Ground turkey
- Egg
- Raisins or sultanas
- Onion
- Olive oil
- Garlic
- Oregano

Combine and cook a mixture of ground meat, egg, raisins or sultanas, onion, olive oil and garlic, plus any herbs such as oregano.

Preheat oven to 400 F. Cut a lid off the pumpkin and scoop out all the seeds. Place the combined mixture in the pumpkin. Put lid on top of pumpkin and cook in oven for about 30 minutes.



## 6.15 Tomatoes

### 6.15.1 Grilled Tomatoes

- Tomatoes of choice
- Olive oil
- Pepper

Preheat a frying pan or grill on medium-high heat adding a little bit of oil to prevent sticking. Place tomatoes in the frying pan or on the grill. Cook for 4-5 minutes or until tomatoes have browned slightly.

### 6.15.2 Marinated Tomatoes

- 5 large ripe tomatoes
- 1/4 c olive oil
- 1 1/2 T lemon juice
- 1/2 clove garlic, minced
- 1/2 t oregano
- 1/8 t ground black pepper

Peel tomatoes and cut into thick slices. Combine remaining ingredients and pour over tomatoes. Chill thoroughly, stirring once or twice. Garnish with parsley.

### 6.15.3 Primal Pizza

Crust:

- 2 c almond meal/flour
- 2 eggs
- 2 t olive oil
- 1 t salt

Preheat oven to 350 F. Mix all ingredients in a large mixing bowl. You should have a ball of "dough." If it is too "mushy" continue to add almond flour until it is a good consistency.

Make a pizza sheet or baking tray non-stick. This is important if you want your pizza slices to come off in one piece.

Press your dough on the sheet nice and even about 1/4 inch in the middle and 1/2 inch at the edges. Put crust in the oven for 15 minutes. It should be slightly golden brown.

Sauce:

- 1 can tomato paste
- 1-2 c water (to desired thickness)
- 1 t dried oregano
- 1 t garlic

In a saucepan, combine all ingredients. Use water to desired thickness. Feel free to add more spice. Simmer on stove for about 15 minutes.

Put it all together:

After crust comes out of the oven, spread sauce evenly over crust. Add your toppings evenly on top of sauce. Pre-cook any meat going on your pizza. Veggies can go on fresh and raw, or cooked depending on your preference.

Put back in the oven and bake at 350 F for about 15 more minutes. Slice and enjoy.



## 6.16 Various Veggies

### 6.16.1 Grilled Polish Vegetables

- 1 small cabbage, cored
- 2 T olive oil
- 1/2-1 t onion powder (optional)
- 1/8-1/4 t black ground pepper
- 4 medium carrots cut into 1-inch pieces
- 2 celery ribs cut into 1- inch pieces
- 1 small onion cut into wedges
- 1/2 lb whole mushrooms
- 1 small green pepper cut into pieces

Cut cabbage into 6 wedges; spread oil on cut sides. Place cabbage on a piece of heavy-duty foil, about 24x18 inches. Sprinkle with onion powder, if desired and pepper. Arrange remaining vegetables around cabbage. Seal the foil tightly.

Grill, covered, over medium-hot heat for 30 minutes or until vegetables are tender, turning occasionally.

### 6.16.2 Grilled Vegetables

- 3 Japanese eggplants (about 5 cups) - cut into 10-12 slices
- 2 yellow peppers (about 3 cups) - cut in 4 slices
- 2 orange peppers (about 3 cups) - cut in 4 slices
- 3 zucchini (about 4 cups) - halved into long chunks
- 2 onions (about 2 cups) - peeled and cut in rings
- 4 T oregano, chopped
- 1-2 c olive oil
- pepper to taste

Cut eggplant and zucchini lengthwise then widthwise so each side makes 3 pieces. Cut peppers lengthwise and remove rib. Cut peeled onions into rings. Season vegetables with garlic oil, pepper, crushed garlic and oregano. Marinate for at least one hour in refrigerator.

Remove vegetables from refrigerator and place onto outdoor grill or grill pan on medium high heat (make sure to drain excess marinade off vegetables before putting on grill). Grill each side 4-5 minutes until browned (long tongs are essential).

### 6.16.3 Veggie Hash

- veggies (onions, red cabbage, carrot, broccoli, etc.)
- coconut oil
- eggs (optional)

Toss veggies into a big pan with coconut oil. Cook until everything is tender. Optionally, top it with eggs.

## 6.17 Zucchini

### 6.17.1 Chopped Jamaican Zucchini

- 1 medium zucchini squash, chopped
- 1/4 red onion, chopped



- 1/2 red pepper, chopped
- 1/2 to 1 jalapeno pepper, chopped (to taste)
- 1/4 c chopped cilantro (or more, to taste)
- 1 small clove garlic, minced
- pinch of ground coriander seed
- dash lemon juice

Toss all ingredients together; adjust seasonings as desired.

### 6.17.2 Stuffed Zucchini

- 2 large zucchinis
- 1 lb ground bison/buffalo (or ground turkey or other meat)
- 1/2 large onion, minced
- salt and pepper to taste
- dash of cayenne pepper
- 1/2 t of oregano
- 1 8 oz can tomato sauce
- 1 T tomato paste (optional)
- 1/2 c chopped olives or olive tapenade
- 1 egg
- coconut oil

Cut the zucchinis in half (long). Scoop out the insides to form a large trough in each zucchini.

Heat coconut oil in a skillet and sauté the onion and the scraped out zucchini insides. Caramelize it and make sure all the water cooks out. Remove the zucchini/onion mixture to a large bowl.

Add the meat to the skillet and brown, along with some salt and pepper to taste, the cayenne, and the oregano. Drain it if there is a lot of liquid after the meat is done cooking. Add the tomato sauce and paste and stir to combine.

Add the meat/tomato mixture to the bowl with the onion/zucchini mixture, along with the olives. Mix well and make sure it is slightly cool. Beat the egg and mix it in.

Mound each zucchini half with the mixture and put in a large baking dish with a little water on the bottom. Bake at 400 F for 40 minutes. You can make the filling and stuff the zucchinis in advance and hold them covered in the fridge until it is time to bake them. Serves 2.

### 6.17.3 Zucchini Hash

- 2 medium zucchini (3 c cooked, 4 c raw – peeled, chopped in 1/2 inch pieces)
- 1 medium onion peeled and chopped (about 1 c cooked)
- 1 c ham - diced
- pepper
- paprika
- 4 T olive oil

Preheat 10 inch sauté pan to medium high heat. Put 1 T of olive oil in pan and brown ham 2-3 minutes. Add zucchini and onion and rest of oil and cook for 8-10 minutes. Stir occasionally with wooden spoon (hash should be well browned). Season hash with pepper and paprika.



#### 6.17.4 Zucchini with Tomatoes, Apples and Onions

- 1 1/2 lb small zucchini, thinly sliced
- 2 T olive oil
- 2 T olive oil
- 1 medium onion, chopped
- 2 apples, chopped
- 2 tomatoes, peeled and chopped
- 2 T chopped parsley
- pepper to taste

Set a small pan of water to boil. Drop the zucchini slices into the boiling water for 30 seconds. Remove immediately and drain.

Heat the oil in a fry pan and sauté the onion until it is transparent. Add the apples and stir well to coat. Add the tomatoes and the blanched zucchini. Stir well, and then add the parsley. Season this mixture, and leave it to cook, covered over a gentle heat for 5-10 minutes, until the zucchini is soft. Serve hot.



## 7 Egg Dishes

### 7.1 Baked Eggs Florentine

- 1 slice turkey bacon
- 1/2 c spinach
- 1/2 c diced tomatoes
- 2 eggs
- Olive oil

Oil ramekins (small baking bowls) and place them on a cookie sheet. Preheat oven to 350 F. For each ramekin, tear bacon strip into small pieces and place in the bottom of ramekin. Add baby spinach, then tomatoes. Pepper to taste.

Crack the eggs over the top (do not break yolks). Place ramekins (on the cookie sheet) in the oven and bake for 12-14 minutes.

### 7.2 Banana Omelet

- 1 banana
- 3 eggs, separated
- dash cayenne pepper
- water
- pepper
- parsley (optional)

Cut banana in half lengthways and then cut each half into three (6 pieces total). Place on a baking tray lined with baking paper and bake in an oven preheated to 350 F until softened and brown. The riper the banana and longer it is left in the oven, the more it will dry out.

In a bowl, whisk egg yolks, cayenne pepper, pepper and a little water. In another bowl beat egg whites until light and fluffy and soft peaks form. Fold in the egg yolk mixture and pour into a frying pan on medium heat, with baking paper on top.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

When omelet is cooked, turn onto a plate and place banana pieces on top, sprinkling with some cinnamon and chopped parsley.

### 7.3 Green Eggs

- 1/2 c raw spinach
- 1 T coconut milk
- 1 egg

Put all the ingredients in a blender and puree. Then scramble like normal eggs.

### 7.4 Raisin Omelet

- 2 T raisins
- 3 eggs
- dash ground cinnamon



- dash ground allspice
- dash nutmeg

Boil raisins in water for 1 minute. Drain well. In a bowl, beat together eggs, cinnamon, all spice and nutmeg. Stir in raisins.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping and eggs onto it, then transfer it onto the heated frying pan and cook for another 2-3 minutes, or until browned on the bottom.

## 7.5 Scrambled Eggs with Basil and Walnuts

- 3 eggs
- 1/2 c chopped basil
- 1/3 c chopped walnuts
- pepper

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring continuously. When eggs have almost cooked through, add the basil and continue cooking for another minute, or until eggs are cooked through. Pepper to taste. Remove from heat and stir in walnuts before serving.

## 7.6 Scrambled Eggs with Veggies

- 2 spring onions, chopped
- 1 t olive oil
- 1/2 carrot, finely chopped
- 2 broccolini stalks, finely chopped
- 2 asparagus stalks, finely chopped
- 3 eggs
- pepper

Place oil and spring onions in a frying pan on medium heat and cook for 1 minute. Add chopped vegetables and cook for another minute, stirring continuously. Add the eggs and scramble them in the mixture, stirring continuously for 2-3 minutes or until eggs have cooked through. Pepper to taste. Serve straight away.



## 8 Salads

### 8.1 Fruit Salads

#### 8.1.1 Celery Apple Slaw

- celery, cut into matchsticks
- apple, cut into matchsticks
- parsley, minced
- lemon juice
- olive oil
- sea salt

All quantities are to taste. Toss everything together. You can also add in some thinly sliced fennel bulbs and then use minced fennel fronds instead of parsley.

#### 8.1.2 Chicken Salad

- 2 c of cooked diced chicken
- 1 large tart apple, cored and diced
- 1 c chopped celery
- 1/2 c chopped walnuts
- 1/4 c mayonnaise (see section 12.1.4)
- 2 t lime juice
- 2 t honey
- pepper

In a medium size bowl, combine chicken, apple, celery and walnuts. In a small bowl, combine mayonnaise, lime juice and honey; stir to blend well. Season to taste with pepper. Spoon dressing over chicken salad and toss to coat.

#### 8.1.3 Honey Apple Coleslaw

- 2 c packaged coleslaw mix
- 1 unpeeled tart apple, chopped
- 1/2 c chopped celery
- 1/2 c chopped green pepper
- 1/4 c olive oil
- 2 T lemon juice
- 2 T honey
- 1 t celery seed

In a bowl, combine the coleslaw mix, apple, celery and green peppers. In a small bowl, whisk remaining ingredients. Pour over coleslaw and toss to coat.

#### 8.1.4 Mandarin Spinach Salad

- 8 c spinach leaves, torn
- 1 c red onion, thinly sliced, separated into rings
- 1/2 c mandarin orange segments
- 2 T almonds, sliced, toasted

In a large bowl, combine the spinach, onion rings, oranges and almonds. Toss to combine.



## 8.2 Nut Salads

### 8.2.1 Colorado Spinach Salad

- 1 small bunch spinach
- 12 dandelion leaves
- 1/2 c pink sorrel leaves, loosely packed
- 1 apple, cored and cut into bite sized pieces
- 1/2 c walnut halves

You may substitute appropriate fresh greens for the dandelion and sorrel leaves. Wash and de-stem spinach. Coarsely chop dandelion leaves, and tear spinach, then toss dandelion, sorrel and spinach together in a stainless steel bowl. Put aside in refrigerator to drain and cool. When drained, pour off excess water and add apple and pecans. Toss with dressing (see section 12.3) and serve.

### 8.2.2 Spinach Salad

- 1/2 lb pork tenderloin sliced and chopped into fine pieces
- 1 T olive oil
- 1 lb spinach, washed, drained and torn into desired piece size
- 1 lb mushrooms, sliced thinly
- 4 hard boiled eggs, sliced

Sauté the pork tenderloin pieces in the oil mixture until lightly browned. Drain spinach well and put into a large bowl and mix well with the mushrooms. Top the salad with slices of hardboiled eggs and pork tenderloin pieces.

### 8.2.3 Watercress and Walnut Salad

- 1/4 c olive oil
- 1 lb watercress, finely chopped
- 1 large garlic clove
- 1/2 c cooked and finely diced chicken pieces
- 1/4 c walnuts, finely chopped
- 1/4 c hazelnuts, finely chopped
- 1/2 t pepper

In a heavy 12-inch skillet, heat the olive oil. Cut the garlic in half lengthwise and add it to the oil. Cook for two minutes, stirring constantly. Remove the garlic and discard. Add all the nuts and cook for 5-6 minutes or until they are browned. Add the chicken and pepper. Cook 2-3 minutes.

Dry watercress before adding it to the oil. Working fast, toss the watercress into the mixture in the pan, making sure it is well coated and barely heated through. If left too long it loses some of its crispness. Serve immediately.

## 8.3 Veggie Salads

### 8.3.1 Mushroom Salad

- 2 T lemon juice
- 1 1/2 T olive oil
- 1 minced garlic clove



- 2 T minced parsley
- 1 t chopped oregano or 1/4 t dry
- 1/4 t pepper
- 1 lb mushrooms, thinly sliced

Combine everything but mushrooms in a medium bowl, beat with a fork to blend. Then add the mushrooms, toss to coat with dressing and serve immediately.

### **8.3.2 Salsa Salad**

- 1 bunch cilantro
- 5-6 Roma tomatoes
- 1 small yellow or red onion
- 1 small chili pepper
- 2 ripe avocados
- Handful of whole dulse leaf

Chop cilantro, dice tomatoes, dice onion, and finely dice chili pepper, dice avocado. After dicing each ingredient, add them to a large bowl. Tear whole dulse leaf into bite size pieces, and add to the bowl. Toss.



## 9 Soups

### 9.1 Chili

#### 9.1.1 Spicy Chili

- 5 lb turkey (or beef)
- 3 c water
- 15 oz crushed tomatoes (drained and rinsed)
- 7 oz El Pato tomato sauce
- 7 oz El Pato Salsa de Fresca
- 4 oz green chilies
- 1 green pepper
- 1 red pepper
- 1 large onion
- 2 t ground cumin
- 2 t cocoa powder
- 1.5 t Chipotle chile powder
- 1.5 t ground nutmeg
- 1 t Ancho chile powder
- 1 t chile powder
- 1/2 t ground mustard
- 1/2 t ground cinnamon
- 1/2 t ground cloves
- 1 bay leaf
- sea salt
- pepper

Preheat pot to medium heat. Cut meat into strips and cubes, then season t with sea salt and pepper. Brown the meat, 4-5 minutes. Cut and add the onions, green and red peppers; cook for another 5 minutes. Add water and bay leaf. Cover and let simmer for 1 hour.

After an hour, add in all remaining ingredients and spices. Cover and simmer for 1.5 hours. To thicken the consistency, remove the lid, increase heat, and bring to a boil until desired consistency is reached.

#### 9.1.2 Turkey Chili

- 2 lbs of ground turkey
- 1 bell pepper
- 6 cloves garlic
- 2 T olive oil
- pepper to taste
- 3 T cumin, or to taste
- 1-1/2 T chili powder, or to taste
- 28-32 oz tomatoes

Light coals in grill. While coals are setting, 30-45 minutes, form ground meat into large patties. Clean, deseed, and chop the pepper. Mince garlic. In a large deep-shouldered skillet, heat olive oil and pepper to taste. Add bell pepper and sauté 5-7 minutes. Turn heat off and stir in minced garlic.

Grill patties over coals until medium rare, no more than 5 minutes on each side. Turn heat on high under skillet and place patties in skillet with garlic, oil, and pepper mixture. Break up patties into small pieces with spatula and brown meat thoroughly. Add tomatoes. Mash



and break up tomatoes with spatula, and mix in thoroughly. Add enough water to cover all ingredients, reduce heat to low, and let simmer 2 hours or more.

## 9.2 Seafood

### 9.2.1 Seafood Chowder

- 1 lb sea scallops- well drained
- 5 oz clams
- 1 medium onion (about 1 cup)
- 1/2 c leek - chopped
- 2 stalks celery
- 2 T red wine
- 28 ounce can chopped tomatoes
- 2 c seafood stock
- 1 clove garlic- crushed
- 8 slices cooked bacon with dripping reserved
- 1 T dry oregano
- 4 T flat leaf parsley - chopped and whole leaves for garnish
- pepper to taste

Cook bacon until crisp. Reserve drippings. Dice bacon and put aside.

Pour drippings in 6 quart soup pot over medium heat. Sear scallops 1/2 lb at a time for 2 minutes a side and place in bowl and cover with plastic wrap. Add onion, celery, garlic, dried oregano to pot and cook 4-5 minutes until soft.

Deglaze with red wine then add clams, stock and canned tomatoes. Cook uncovered on medium to medium high heat for 10 minutes until boiling. Skim soup as necessary. Reduce soup until flavors are strong. Turn off heat and add parsley and scallops to pot. Pepper to taste. Spoon soup into shallow bowls (about 3 scallops per person) and garnish with diced bacon and parsley leaves. Serves 6.

## 9.3 Veggies

### 9.3.1 Cauliflower Celery Soup

- 1 large head of cauliflower
- 2-3 celery stalks
- 1 carrot
- 2 cloves garlic
- 1-2 onions
- 1-2 t ground cumin
- 1/2 t pepper
- Parsley springs
- 1/4 t sage

Chop head of cauliflower (save a handful of tiny flowerets for a raw garnish) and put in soup pot. Chop and add: celery, carrots, garlic, and onions. Add spices. Barely cover with water, bring to boil and simmer until veggies are tender. Blend the contents of the pot and adjust seasonings to taste. Add a little hot water if the soup is too thick. Serve garnished with raw flowerets.



### 9.3.2 Gazpacho

- 4 ripe tomatoes, quartered
- 1 small onion, coarsely chopped
- 1 peeled garlic clove
- 1/2 c water
- 2 T lemon juice
- pepper to taste
- cayenne (optional)
- 1 sprig parsley
- 4 ice cubes
- 1 medium cucumber, peeled and coarsely chopped

Blend all ingredients in a blender or food processor, until vegetables are small but not pureed.

### 9.3.3 Zucchini Parsley Soup

- 1/4 c diced onion
- 1 c thinly sliced carrots
- 1 c thinly sliced zucchini
- 2 t chopped parsley
- 1/4 t thyme
- 1/8 t pepper
- 2 c water

In a 1 1/2 quart saucepan, cook onion until translucent. Add all other ingredients except water. Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes. Add water and bring to a boil. Reduce heat to medium and cook until vegetables are soft, about 20 minutes. Remove from heat and let cool slightly. Remove 1/2 c soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth. Combine pureed and reserved mixtures in saucepan and cook, stirring constantly until hot.



## 10 Fruit Dishes

### 10.1 Apple Breakfast

- 1 large apple, chopped into bite sized pieces
- 1 medium carrot, grated
- handful of raisins
- cinnamon

Mix the apple, carrot, and raisins in a bowl, sprinkle cinnamon over the top.

### 10.2 Apple Chips

- 2 c unsweetened apple juice (if possible, juice your own)
- 1 cinnamon stick
- 2 large apples

In a large pot, combine apple juice and cinnamon stick and bring to a low boil.

Meanwhile, remove top and bottom of apple and slice crosswise to make 1/8 thick "chips." With a slotted spatula, place apples into boiling juice and cook 4-5 minutes or until apples become near translucent. Use the spatula to remove apple slices from juice and place on a clean kitchen towel and pat dry.

Arrange slices on a cake cooling rack placed on a cookie sheet (to catch drips) and place racks on middle shelf in 250 F oven. Bake 30-40 minutes until apple slices turn golden brown and are almost dry to the touch. Let cool and serve either as is, or with a light dusting of cinnamon.

### 10.3 Baked Walnut-Cinnamon Apples

- 4 apples
- 1 c raisins
- 1/4 t cinnamon
- 1/2 t vanilla
- 1/2 c water
- 1/4 c walnuts

Heat oven to 375 F. Core and piece apples with a fork in several places around the center, to prevent them from bursting. Mix raisins, nuts, cinnamon, and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass-baking dish and pour water into pan. Cover with foil and bake about 30 minutes or until tender.

### 10.4 Banana Pear Ambrosia

- 1 ripe avocado
- 1 pear
- 1 banana
- 1 T raw honey
- pineapple or lemon juice

Blend all ingredients until smooth. Serve in sherbet glasses.



## 10.5 Blueberry Candies

- 5 c blueberries
- 4 t cinnamon
- 1 1/2 t ginger
- 2 egg whites
- 1/4 c raw honey
- 1 t vanilla extract

In a large bowl, whisk egg whites until frothy. Add in honey and vanilla and stir until combined. With a slotted spoon, add blueberries to the egg mixture. Remove and roll in a small bowl filled with a mixture of cinnamon and ginger.

Repeat until all blueberries are covered. Using the same slotted spoon, transfer the coated blueberries onto a plastic dehydrator tray. Dehydrate for 24 hours or until dry. After 8-12 hours, or when one side is dry enough, turn them over to dry other side. Serve or store in an airtight container.

## 10.6 Cantaloupe Stuffed with Blackberries and Pecans

- 1 half cantaloupe
- 1/2 c blackberries
- 1/4 c chopped pecans
- 1 T raw honey
- mint or spearmint leaves

Cut cantaloupe in half (serrated) and scoop out seeds. Fill cavity with blackberries and pecans. Spoon honey over top. Garnish with mint or spearmint leaves.

## 10.7 Carrot Ambrosia Salad

- 1 lb shredded carrots
- 20 oz pineapple
- 8 oz coconut milk
- 3/4 c flaked coconut
- 3/4 c raisins
- 2 T raw honey

Combine all ingredients, tossing well. Cover and chill.

## 10.8 Cinnamon Apple Chips

- 2 c unsweetened apple juice
- 1 cinnamon stick
- 2 Red Delicious apples

In large skillet or pot, combine apple juice and cinnamon stick; bring to a low boil while preparing apples.

With sharp knife, slice off 1/2 inch from top and bottom of apples and discard. Stand apples on either cut end, and gently slice crosswise into very thin (1/8 inch) rings, rotating the apple as necessary to get even slices. Drop apple slices into boiling juice. Cook 4-5 minutes until apple slices appear translucent and lightly golden.

Heat oven to 250 F. With slotted spatula, remove apple slices from juice and pat dry. Arrange slices on cake-cooling racks, being sure none overlap. With pot holder (rack will



become hot from chips) place racks on middle shelf in oven. Bake 30-40 minutes until apple slices are lightly browned and almost dry to touch. Let chips completely cool on racks before storing in airtight container.

## 10.9 Cinnamon Applesauce

- 6 apples
- 1/4 c raw honey
- 2-3 T lemon juice

Mix honey and lemon juice. Core and slice apples. Mix with honey and blend all until smooth. Sprinkle with cinnamon and serve.

## 10.10 Fruit Crumble

- fruit of your choice (1 c apricots or 1/2 c frozen raspberries)
- 1/4 c prunes or dates
- 1/2 c almond flour
- 1 c walnuts or pecans
- 1/2 t cinnamon
- stevia (sweetleaf, sugarleaf) to taste (or raw honey)

Preheat the oven to 350 F. Place your fruit of choice in an oven safe dish of the appropriate size. Puree the prunes or date in a food processor along with the almond flour. Add the whole nuts and cinnamon and pulse briefly to combine. Taste and adjust sweetness with stevia. The mixture should hold together when you squeeze it, but be crumbly if you rub it between your fingers. If it is too dry add, a little splash of juice; if it is too wet, add some more nuts.

Press the nut mixture down firmly over the fruit. Place in the oven and bake for 30 minutes. Let cool for 15 minutes before eating. This refrigerates well for at least one day and is excellent reheated for breakfast. Serves 3-4.

## 10.11 Fruit Salad

- 1/2 c pineapple, diced
- 1 kiwi fruit, diced
- 1 small banana chopped
- 1/2 c mango, diced
- 4 lychee (Chinese soapberry), seed removed
- 1/2 c green grapes, seeds removed
- 1 passion fruit pulp

Combine all ingredients into a medium sized mixing bowl.

## 10.12 Fruit Roll-Ups

- 2 large apples
- 2 c strawberries
- 1 t cinnamon
- 1/4 c purified water

Clean, core and dice apples. Add diced apples and strawberries in a blender and add a 1/4 c of purified water and cinnamon and process about 30 seconds or until smooth. Pour mixture



on a Teflex sheet (a Teflon-coated sheet commonly used to dehydrate delicate foods) and place in a plastic dehydrator. Dehydrate for 6-8 hours, remove sheet and flip fruit. Continue drying another 4-6 hours or until desired consistency is achieved. Use a pizza cutter to slice into snack-size pieces.

This recipe may also be done in an oven. A good rule of thumb when using an oven to dehydrate is to set the temperature between 100 and 150 F and keep the oven slightly cracked for the duration of the dehydration.

### **10.13 Peach Almond Treat**

- 3 peaches
- 4 oz slivered almonds
- 1 t vanilla
- 2 T diced dates
- Cinnamon

Wash the peaches and cut each one into 8 sections. Mix with the almonds and dates and drizzle with vanilla and sprinkle cinnamon on top.

### **10.14 Raspberry Treat**

- 1/2 c raspberries
- 1/2 c casaba melon chunks (bite-size)
- 1/4 c chopped hazelnuts
- 1 T raw honey

Combine raspberries, casaba melon, and hazelnuts in a medium serving dish and ladle honey over top.

### **10.15 Strawberry/Blueberry Treat**

- 1 c strawberries
- 1 c blueberries
- 1/2 tangerine, sectioned
- 1 T squeezed orange juice
- 1 t vanilla
- ground nutmeg
- mint

Mix strawberries, blueberries, tangerine sections in a bowl. Drip with orange juice and vanilla, and sprinkle with nutmeg. Serve chilled and garnished with mint.



## 11 Nuts

### 11.1 Almond Milk

- 1 c of almonds
- 4 c of water
- banana, prunes, or other dried fruit (optional)

To activate almonds, soak overnight and then pour off water. The next day, dip the almonds in boiling water, remove from water and peel away skins. Place in a blender with roughly 4 cups of water (less will make the "milk" thicker) and blend until smooth. To sweeten the milk, add half of a banana or a handful of prunes or other dried fruit.

### 11.2 Almond Protein Bars

- 2 c almonds (raw)
- 1/2 c flax meal (flax seeds ground in a blender)
- 1/2 c shredded coconut (unsweetened)
- 1/2 c unsalted almond butter
- 1/2 t sea salt
- 1/2 c coconut oil
- 4 drops stevia (or raw honey)
- 1 T vanilla extract

Place almonds, flax meal, shredded coconut, almond butter and salt in a food processor. Pulse briefly, about 10 seconds. In a small sauce pan, melt coconut oil over very low heat. Remove coconut oil from stove, stir stevia and vanilla into oil.

Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8x8 glass baking dish.

Chill in refrigerator for an hour or until mixture hardens. Remove from refrigerator, cut into bars and serve. Makes 20 bars.

### 11.3 Nut Butter

- 1 c roasted nuts or seeds
- 1 T coconut oil

Throw all ingredients into a food processor or blender, process at medium to high speed, stopping periodically to scrape down sides. Blend until smooth (about 10 minutes). Store mixture in a tightly sealed container in the refrigerator and warm to room temperature when ready to use.

### 11.4 Primal Bars

- 1/2 c slivered almonds
- 1/2 c pecans
- 1/4 c almond or sesame seed meal
- 1/4 c unsweetened shredded coconut
- 1/4 c almond butter
- 1/4 c coconut oil
- 1 t pure vanilla extract



- 1/2 t of raw honey
- 1/4 t sea salt
- 1/2 c dried cranberries or blueberries

On a cookie sheet, toast nuts and shredded coconut until golden brown. Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground.

In a mixing bowl, melt coconut oil and almond butter. Stir until smooth.

Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture and almond meal until mixed thoroughly. Fold in blueberries/cranberries.

Press mixture into an 8x4 inch loaf pan. Refrigerate for 20 minutes or until firm. Cut "loaf" widthwise. Makes 6 good-sized bars.

## 11.5 Primal Trail Mix

- 1 c raw or roasted almonds
- 1 c pumpkin seeds
- 1/2 c sunflower seeds
- 1 c blueberries
- 1/2 c raisins

Combine all ingredients in an airtight container and store in a cool, dry place.

## 11.6 Roasted Mixed Nuts

- 1 c mixed unsalted pecans, walnuts, and macadamia nuts
- 1 1/2 T apple cider, grape juice, or other fruit juice
- 1/2 t celery salt and/or curry powder

Preheat the oven to 350 F. In a small bowl, combine the nuts, cider or juice, and celery salt and/or curry powder. Toss to coat and spread in a single layer on a baking sheet. Roast until light golden, 4-6 minutes. Let cool before serving.

## 11.7 Spicy Pecans

- 4 t cinnamon
- 1-1/2 t ginger
- 3/4 t nutmeg
- 1/2 t ground cloves
- 1/2 t ground cayenne
- 2 egg whites
- 1/4 c raw honey
- 5 c pecan halves (or walnuts)

In small bowl, combine cinnamon, ginger, nutmeg, cloves, and cayenne. In large bowl, whisk egg whites until frothy. Add honey, whisk again just until egg whites and honey are combined. Add nuts a c at a time in the egg and honey mixture. Remove and toss in the spices. Repeat again until all the nuts have been coated. Spread on 2 lightly greased baking sheets. Bake at 250 F for one hour, rotating sheets halfway through baking, or until coating is crisp and nuts are fragrant. Let cool.



## 12 Dips, Marinades, Salad Dressings, Salsas

### 12.1 Dips

#### 12.1.1 Blueberry Barbeque Sauce

- 1 t olive oil
- 1/4 c minced onion
- 1 T minced jalapeno chile, seeded
- 1/4 c primal ketchup (see section 12.1.5)
- 1 T raw honey
- 1/4 t dry mustard
- dash cayenne pepper
- 2 c blueberries
- pepper

Heat the oil in a non-reactive saucepan. Add the onion and jalapeno and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the ketchup, honey, mustard and cayenne and bring to a simmer. Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes. Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season with pepper. Serve at room temperature.

#### 12.1.2 Garlic Oil

- 6 c olive oil
- 30 - 40 cloves garlic

Heat oil in 8 quart stock pot over low medium heat add whole garlic cloves and cook until cloves are golden brown and float. Turn off oil and let garlic steep in oil overnight. Strain garlic and funnel oil into decorative or old wine bottle and store in refrigerator for up to 1-2 months.

#### 12.1.3 Guacamole

- 3 ripe avocados
- 1 t squeezed lemon juice
- 1 t coarse ground black pepper
- 1 t garlic powder
- 1 finely diced, de-stemmed, de-seeded jalapeno pepper

Mash avocados together with a fork or potato masher until smooth and then stir in all other ingredients until well mixed.

#### 12.1.4 Primal Mayonnaise

- 1 whole egg
- 1 T lemon juice
- 1/4 t dry mustard
- 1/2-1 c olive oil

Put egg, lemon juice and mustard in blender and blend for 3-5 seconds. Continue blending and slowly add oil. Blend until the mayonnaise is thick. Scrape mayonnaise into a snap lock plastic container and refrigerate. The mayonnaise should keep for 5-7 days.



### 12.1.5 Primal Ketchup

- 3 1/2 lbs tomatoes (washed and sliced)
- 2 medium onions (sliced)
- 1/8 clove garlic
- 1/2 bay leaf
- 1/2 red pepper
- 1/4 c unsweetened fruit juice (white grape, pear, or apple)
- 1 t whole allspice
- 1 t whole cloves
- 1 t whole mace
- 1 t celery seeds
- 1 t black peppercorns
- 1/2 inch cinnamon stick
- 1/2 c lemon juice
- Pinch of cayenne pepper

Boil tomatoes, onion, garlic, bay leaf and red pepper until soft. Add fruit juice. Mix spices (allspice, cloves, mace, celery seed, peppercorns and cinnamon) and put them into a small cloth spice bag. Add spice bag to mixture, boiling quickly, and stirring frequently until it reduces to half the quantity. Take out the spice bag. Add lemon juice and cayenne pepper. Continue boiling for 10 more minutes. Bottle ketchup in clean jars with  $\frac{3}{4}$  inch of space above for expansion. Seal and freeze immediately. Always refrigerate container that is currently in use.

### 12.1.6 Pistachio Mayonnaise

- 3 egg yolks
- 1 c olive oil
- sea salt and pepper
- juice of 1/2 lemon
- 1 1/2 T basil, finely chopped
- 3 T parsley, finely chopped
- 3 T ground pistachio nuts

Whisk egg yolks in a bowl. Continue to whisk and pour in oil in a very slow trickle, until it has all been absorbed. Still whisking, add salt, pepper and lemon juice to taste. Stir through basil, parsley and nuts to give a smooth very thick sauce. If the mayonnaise curdles, continue its preparation to the finish. Beat another egg yolk in a clean bowl and gradually whisk in the curdled sauce. The mayonnaise keeps, covered and chilled, for up to 24 hours. It is less successful if made with a food processor or blender. Yield: about 1 cup.

### 12.1.7 Tartar Sauce

- 1 c mayonnaise (see section 12.1.4)
- 1/4 c finely chopped onion
- 1 T lemon juice
- 1/2 t dried dill

Mix ingredients together. The flavor is best after chilling for an hour before serving.



## 12.2 Marinades

### 12.2.1 Chicken Marinade

- 1/2 c lime juice
- 1/4 c olive oil
- 3 garlic cloves, minced
- 1 jalapeno pepper, cut in 1/8 inch slices (do not remove seeds)
- 1/4 c chopped cilantro
- dash pepper

Combine all ingredients. Pour over one lb skinless/boneless chicken breast halves. Marinate at least 2 hours. Remove chicken from marinade and either grill or broil. Brush with remaining marinade during cooking.

### 12.2.2 Coconut Marinade

- 1/3 c coconut milk
- 2 T lime juice
- 1 T raw honey
- 2 T ginger root, finely grated

Combine ingredients and marinate steak, chicken, fish or pork before barbequing. Baste with marinade during barbequing.

### 12.2.3 Shallot, Steak Marinade

- 1/3 c mince shallots
- 1/2 c olive oil
- 3 T thyme
- 1/4 t white pepper
- 3 T freshly squeezed lemon juice

Mix the marinade ingredients in a non-reactive pan. Score the meat, and place it in the pan and turn in the marinade. Marinate for at least two hours at room temperature or up to 24 hours refrigerated.

If refrigerated, turn the steak in the marinade occasionally. Remove the steaks from the marinade (retain marinade) and grill to taste. Bring the remaining marinade to a boil in a non-reactive saucepan and remove from heat. Carve the meat in thin diagonal slices across the grain (this makes for a tender cut) and arrange the slices on a warm platter. Pour the carving juices and the marinade over the meat. Garnish with parsley sprigs or watercress.

### 12.2.4 Shrimp Marinade

- 1/4 t dry mustard
- juice of 1 lime or lemon
- 1/4 c olive oil
- 1/2 t raw honey
- pepper
- dash cayenne pepper

Mix all ingredients together. Marinate shrimp for several hours.



## 12.3 Salad Dressings

### 12.3.1 Honey Mustard Dressing

- 1/2 c spring water
- 1/4 c olive oil
- 1 t mustard powder
- 1 pinch white pepper
- 1/8 t garlic powder
- 2 T raw honey

Mix all ingredients together in a cruet and thoroughly shake before using.

### 12.3.2 Honey, Paprika Dressing

- 1 c tomatoes
- 1/2 c olive oil
- 1/2 c lemon juice
- 1 T raw honey
- 1 t paprika
- 1 small green onion or 1 t onion powder
- 1 t horseradish powder (optional)
- 1 garlic clove (optional)

Put everything in a blender and blend until smooth.

### 12.3.3 Paprika, Basil Dressing

- 2 stalks celery and leaves, very finely chopped
- 2 small green onions and tops, very finely chopped
- 1 t paprika
- 1/4 t dried basil
- 1/8 t marjoram or rosemary
- 1/2 c olive oil
- 2/3 c lemon juice

Put all ingredients into a tightly covered jar and shake vigorously until well blended. Allow to stand in refrigerator until flavors are blended.

### 12.3.4 Ranch Dressing

- 1 c mayonnaise (see section 12.1.4)
- 1 c coconut milk
- 1 t dried dill
- 1/2 t garlic powder
- pepper to taste

Mix all ingredients together. Best if refrigerated at least one hour before serving.

### 12.3.5 Tomato Dressing

- 1/3 c tomato puree
- 1/2 c olive oil
- 1/3 c lemon juice
- 1 clove garlic



- 1 onion, chopped
- 1 T raw honey

Put everything in a blender and blend until smooth.

### **12.3.6 Spinach Dressing**

- 1 T raw honey
- 1/3 c lemon juice
- pepper to taste
- 1 t minced tarragon
- 1/3 c olive oil

Dissolve honey in lemon juice. Add pepper and tarragon and stir. Pour this mixture into a cruet, add the oil and shake vigorously to blend.

## **12.4 Salsas**

### **12.4.1 Asian Caramelized Pineapple**

- 1 1/2 t olive oil
- 1 1/2 T minced red onion
- 1 large garlic clove, minced
- 2 c diced pineapple
- 1 1/2 t chopped seeded red jalapeño pepper
- 1 1/2 t lime juice
- 1 t chopped peeled ginger
- 1 1/2 t chopped cilantro

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic to pan; cook 2 minutes. Add pineapple; cook 5 minutes or until lightly browned. Add pepper, juice, and ginger; cook 2 minutes. Remove from heat; stir in cilantro. Use for fish, pork chops.

### **12.4.2 Peach Salsa**

- 1 c peeled and finely chopped peaches
- 1/4 c chopped red onions
- 1/4 c chopped yellow or green peppers
- 1 T lime juice
- 2 t cilantro
- 1/2 t raw honey
- Cayenne pepper to taste

In a medium bowl, stir everything together. Cover and chill for up to 6 hours.



## 13 Desserts

### 13.1 Breads

#### 13.1.1 Almond Crackers

- crispy almonds, ground into a flour
- 1 T olive oil or coconut oil
- sea salt
- water

Combine almond flour, salt, oil and enough water to bind it together. Pat out on a cookie sheet lined with parchment paper. Bake at 300-350 F until crispy.

#### 13.1.2 Banana Bread

- 3 eggs, separated
- 1/4 c honey
- 1/4 c olive oil
- 2 small bananas or 1 large banana, mashed
- 1 t 100% vanilla essence
- 1 1/2 c almond meal

Preheat oven to 350 F. Cream egg yolks and honey in a large bowl until light and fluffy. Add oil, vanilla essence, mashed banana and almond meal, combine well. In a separate bowl, beat egg whites until stiff peaks form. Fold into banana mixture.

Line a loaf tin with baking paper and pour in banana mixture. Place in oven for 20-25 minutes or until cooked. Test by inserting a knife into the middle of the loaf.

#### 13.1.3 Coconut Bread

- 2 eggs
- 1/3 c olive oil
- 1/2 c honey
- 1 c coconut milk
- 1 t 100% vanilla essence
- 1 c almond meal
- 1/2 c coconut flour
- 1 t baking powder (or separate 2 eggs and beat the egg whites until stiff peaks form, then fold into the coconut mixture to help in aerating the bread)
- 1/4 c desiccated coconut

Preheat oven to 350 F. Cream eggs, oil, and honey in a large bowl until light and fluffy. Add coconut milk and vanilla essence. Add almond meal, coconut flour, baking powder substitute and desiccated coconut, combine well.

Line a loaf tin with baking paper and pour in coconut mixture. Place in oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the loaf.

#### 13.1.4 Flaxseed Focaccia (Pizza and Sandwiches)

- 2 c ground flaxseeds
- 1 t baking powder (or separate 2-3 eggs and beat the egg whites until stiff peaks)



- form, then fold into the Focaccia mixture to help in aerating the mixture)
- 4 eggs
- 1/2 c water
- 1/3 c olive oil
- Sea salt

Preheat oven to 350 F. Place dry ingredients in a large mixing bowl and combine well. Add water, olive oil and eggs and mix well. Line a baking tray with baking paper and pour in flaxseed mixture, run a spatula over the mixture to create an even layer with 1-1.5 cm thickness. Place in oven for 20 minutes or until cooked through.

**For pizza Focaccia** – Add these toppings (before placing bread in oven – or for meats and tomatoes, 10 minutes into cooking).

- sundried tomatoes and pitted black olives
- olives and rosemary leaves
- onions, olives, peppers
- oregano or any other spices
- bacon and walnuts
- tomatoes, olives, basil

#### **For bacon/mushroom Focaccia sandwich**

- 2 strips bacon
- 1 c sliced mushrooms
- 1 c baby spinach leaves
- 1 t pesto
- 1 slice flaxseed Focaccia, cut in half

Preheat grill to medium heat. Place bacon and mushrooms on grill and cook for 3-4min, or until bacon has cooked and mushrooms have wilted slightly. Spread pesto onto one slice of the Focaccia then fill sandwich with bacon, mushrooms and spinach. Place back on closed grill for 1-2 minutes.

#### **For tuna Focaccia sandwich**

- 100g can flaked tuna
- ½ c cherry tomatoes, cut in half
- 1 c baby spinach leaves
- 1 slice flaxseed Focaccia, cut in half

Preheat grill to medium heat. Place tuna, cherry tomatoes and spinach onto one slice of the Focaccia, place other slice on top and place into closed grill for 1-2 minutes.

#### **For Chicken, Avocado and Salad Focaccia sandwich**

- 1/2 chicken breast, grilled
- 2 T avocado
- 1 c chopped lettuce
- 1 small cucumber, sliced
- 1 slice flaxseed Focaccia, cut in half

Place chicken, avocado, lettuce and cucumber onto one slice of the Focaccia, place other slice on top and place into closed grill for 1-2 minutes.

#### **For tuna Focaccia sandwich**

- 100g can flaked tuna
- ½ c cherry tomatoes, cut in half
- 1 c baby spinach leaves
- 1 slice flaxseed Focaccia, cut in half

Preheat grill to medium heat. Place tuna, cherry tomatoes and spinach onto one slice of the Focaccia, place other slice on top and place into closed grill for 1-2 minutes.



### 13.1.5 Mock Walnut Bread

- 1 c walnuts
- 1 egg
- sea salt

Chop up the walnuts as fine as possible in a food processor. Add one whole egg. The dough will be a bit sticky. Lightly coat a small cast iron pan with oil. Press some of the dough into a flat round and cook it turning once. Salt to taste.

### 13.1.6 Sunflower Seed Crackers

- 2 part sunflower seeds
- 1 part sesame seeds
- sea salt
- pepper
- flax seeds (optional)
- chia seeds (optional)

Grind seeds in food processor. Add salt, pepper, and seeds. Add water until it forms a ball. Pat out on cookie sheet and bake at 300-350 F until crispy. You can also dehydrate these to make a raw cracker.

## 13.2 Cakes and Muffins

### 13.2.1 Almond Muffins

- 1 c almond butter
- 1 c sliced raw almonds
- 1 c pure coconut milk
- 2 c shredded unsweetened coconut
- 3 eggs

Beat and pour in muffin cups. Cook at 400 F for 15 minutes.

### 13.2.2 Almond Coconut Pancakes

- 1 egg
- 1/4 c of ground almonds
- 1/4 c of coconut milk

Cook as regular pancakes in coconut or olive oil.

To cook an oven pancake: Preheat oven. Heat the pan (a cast iron frying pan works the best) in a 425 F oven until hot, add some olive oil or coconut oil to the pan (1 T) and then add the egg mixture. Cook for 10 minutes. No turning. It will not puff up like the ones made with rice flour instead of almonds.

### 13.2.3 Banana Flaxseed Pancakes

- 1/2 c mashed banana
- 2 T almond butter
- 1 1/2 T ground flaxseeds
- 1 egg
- Coconut oil



Place ingredients in a bowl except for the coconut oil and combine well. Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1 minute before flipping over and cooking for a further 1 minute on the other side.

### 13.2.4 Blueberry Walnut Pancakes

- 1/2 c finely ground walnuts (should look like a coarse flour)
- dash of sea salt
- 1/2 t baking powder (no aluminum)
- 1 whole organic egg
- 1/2 c pure water
- 1 1/2 t olive oil
- chopped walnuts
- blueberries

You can vary the ingredients, but make sure the batter is thick enough to support the blueberries and chopped walnuts. Cook each pancake in a little oil, flip once and serve. Can add a small amount of warm, raw honey.

### 13.2.5 Carrot Cake

- 6 eggs, separated
- 1/2 c honey (or less)
- 1 1/2 c carrots, cooked and pureed
- 1 T grated orange rind
- 1 T frozen orange juice
- 3 c almond flour

Preheat oven to 325 F. Beat the egg yolks and honey together. Mix in carrot puree, orange rind, orange juice, and almond flour. Beat the egg whites until stiff and fold in. Spoon into a greased loose-bottomed 9-inch spring form pan. Bake for about 50 minutes or until a skewer inserted into the centre of the cake comes out clean. Cool in the pan for 15 minutes, then turn out onto a wire rack to cool completely.

Anything could be put in place of the carrots (pumpkin, zucchini, etc.) since the vegetable is pureed first.

### 13.2.6 Chestnut Cake

- 600g chestnut flour
- 3 T olive oil
- 70g raisins
- 40g pine nuts
- 40g walnuts
- rosemary

Sift the chestnut flour into a mixing bowl and gradually add 800ml of water, whisking continually to avoid lumps forming, until you have a smooth paste, neither too runny nor too thick, but forming ribbons when it falls from the spoon. Soak the raisins and squeeze out the excess water. Add two T of oil, and then the raisins, pine nuts and shelled walnuts to the batter.

Pour the mixture into a shallow, greased baking tray (the cake should only be about 1cm high), sprinkle some rosemary leaves on top and drizzle a T of oil over. Put in the oven for thirty minutes. Leave aside for about half an hour before serving, as the cake should be eaten either tepid or cold.



### 13.2.7 Tuscan Chestnut Cake

- 10 1/2 oz chestnut flour
- 2 T pine nuts
- 2 T dried raisins soaked in warm water
- walnut meats (optional)
- rosemary (to taste)
- tepid water
- olive oil

Sift the flour into a bowl and add enough tepid water to make a fairly liquid batter, using a whisk to prevent it from forming lumps. Add 3 T olive oil and the raisins and mix well. Grease a low 12-inch cake pan and pour the batter into the pan. Garnish with pine nuts, chopped walnuts and rosemary, and a drizzle of oil.

Bake at 365 F for about 40 minutes until it is dark, but not too dry.

### 13.2.8 Nut Flour Muffins

- 1 1/4 c of nut flour (walnuts, almonds, sunflower seeds, etc.)
- 2 eggs
- 1 banana
- 1/8 c of coconut oil
- handful of berries or fruit (blueberries, apple grated, peach, etc.)

Place everything except fruit in a food processor. Add fruit before pouring into greased muffin tins. Bake at 350 F for 12-15 minutes.

## 13.3 Cookies

### 13.3.1 Almond Cookies

- 1 c almond butter
- 1 whole egg or egg white (not extra large or jumbo - too much liquid)
- 2 T unsweetened applesauce
- 1/2 c raisins or other chopped dried fruit
- 2 T desiccated unsweetened coconut

Beat all ingredients together. It should be thick batter, but not as thick as cookie dough. Drop by T on a cookie sheet. Bake in oven (around 375 F) until they start to go golden, about 10-12 minutes. Allow to cool. You can add a couple of t of honey or fruit juice sweetened jelly, or some dried orange peel, cinnamon or allspice.

### 13.3.2 Almond Macaroons

- 1-1/4 c almonds
- 1/8 t cinnamon
- 2 T grated lemon peel
- 2 egg whites, beaten
- 1/4 c raw honey
- 2 T lemon juice

Grind almonds coarsely. Combine cinnamon and lemon and add. Beat egg whites very stiff, fold in honey and continue beating. Fold in lemon juice with almond mixture and blend. Drop from a t onto ungreased parchment paper. Bake 30 minutes at 250 F. Remove from paper while still slightly warm. Makes 30 macaroons.



### 13.3.3 Cinnamon Walnut Clusters

- 2 c walnuts
- 1 c raw honey
- 1/2 c cinnamon
- 1 t vanilla

In a large bowl, mix honey, cinnamon and vanilla into paste. Stir in walnuts until thoroughly coated. Form into small clusters and dehydrate at least 24 hours. Various spices and nuts can be substituted. Can add coconut and dried fruits.

### 13.3.4 Macaroons

- 1 7-ounce bag shredded unsweetened coconut (2 2/3 cups)
- 1 c sliced raw almonds
- 1/4 c raw honey
- 4 large egg whites

Preheat oven to 325 F. Grease 2 large cookie sheets. In a large bowl, measure coconut, almonds, and honey. With spoon, mix until combined. Stir in egg whites until well blended.

Drop mixture by heaping T, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool completely. Store cookies in tightly covered container. Yield: about 1 1/2 dozen.

### 13.3.5 Nutty Coconut Cookies

- 4 egg whites
- 1 t vanilla extract
- 1/2 t sea salt
- 1/2 c raw honey
- 1 c flaked coconut
- 1/4 c sesame seeds
- 1/4 c sunflower seeds
- More coconut for folding

Pre heat oven to 300 F. Place baking parchment over a cookie sheet and oil thoroughly.

Whip egg whites until firm peaks form. Toast coconut and seeds in a dry frying pan until fragrant and light brown. Add vanilla and salt to eggs and mix well. Fold in honey and coconut/seed mixture. Mix until just combined. Place by teaspoon on parchment sheet. Do not put them directly on a cookie sheet because they will stick. Bake at 300 F for 20-30 minutes until firm and browned. Do not remove from parchment until cool.

### 13.3.6 Tea Cookies

- 2 c raw honey
- 2 c ground walnuts
- 4 c almond
- 1/2 t nutmeg
- 1/2 t ginger
- 1/2 c dried fruit chopped

Preheat oven to 350 F. Lightly grease cookie sheets, or line with parchment paper.



Warm honey in a saucepan. Let mixture cool slightly. Sift together flour and spices. Place honey in mixing bowl; gradually add flour mixture and stir until well blended. Stir in dried chopped fruit.

Roll dough about 1/4-inch thick on a floured board; cut into squares and rectangles with a pastry wheel or sharp knife (or make drop cookies, dropping the dough by teaspoons). Bake ten minutes.

These cookies keep almost forever in a sealed container. Over time, they become softer and chewier--perfect for dunking in your tea or coffee. Makes four dozen.

### **13.3.7 Walnut Cookies**

- 2 c walnuts
- 1/8 c raw honey (more or less to taste)
- 1 T cinnamon
- 2 egg whites, whisked till frothy

Grind nuts and cinnamon in blender or food processor. Stir in honey. Combine with egg whites. Drop by t on oiled cookie sheet. Bake at 350 F for 15 minutes. Cookies will be soft; do not over bake. Makes 15 cookies. This works well for a pie crust too.

## **13.4 Pies**

### **13.4.1 Crusts**

#### **13.4.1.1 Flourless Pie Crust**

- 1 1/4 c almond meal
- 2/3 c coconut oil
- 1/4 t sea salt
- 5 T icy water

Combine almond flour and sea salt in a mixing bowl, stir in coconut oil and mix until mixture resembles coarse crumbs. Mix in water, 1 T at a time, until dough is formed. Refrigerate until ready to use. When ready, roll out and place in a pie dish. Fill your favorite fruit (apples, blueberries) and bake at 450 F for 15 minutes or until crust turns a rich golden brown.

### **13.4.2 Fillings**

#### **13.4.2.1 Apple Pie Filling**

- 3 cooking apples, sliced
- 1 t cinnamon
- 1/4 t grated nutmeg
- 1 T olive oil
- pecans (optional)

In a large bowl, combine apples, cinnamon and nutmeg. Toss until apples are evenly coated. Spoon into pie crust and dot top with olive oil. Bake 30 minutes at 350 F until apples are tender when pierced with a knife. Cool slightly before serving. Top with chopped pecans if desired.



### 13.4.2.2 Pumpkin Pie Filling

- 1.5 c pumpkin (not pumpkin pie filling that is pre-sweetened)
- 3 eggs
- 3/4 c maple sugar flakes
- 3/4 c coconut milk
- 1 t vanilla extract
- 1/2 t sea salt
- 2 t cinnamon
- 1/2 t powdered cloves
- 1/2 t nutmeg
- 1/8 t ginger

Mix all filling ingredients in a bowl. Pour into a lightly pre-cooked pie crust. Bake at 350 F for 30 minutes or until golden.

## 13.5 Puddings

### 13.5.1 Berry Custard

- 4 eggs
- 4 egg yolks
- 2 c berries - mashed up (boysenberries are good)
- 1/2 teaspoon stevia (or raw honey)
- 1/2 c coconut oil

Whisk all ingredients except the oil, in a bowl over simmering water until thick (about 10 minutes). Remove from heat, whisk in coconut oil and eat. Can serve cold.

### 13.5.2 Coconut Pudding

- 1 can coconut milk
- 1 egg yolk
- 3 or 4 T almond flour
- raw honey

Stir yolk, flour, and honey together to form a paste. Using a small pan, heat it over medium heat for one minute. Add the milk and turn the heat up. Once it starts boiling, stir continuously to get all the lumps out. When it is smooth, turn off the heat and serve. A few berries, nuts, or banana slices go well with this. Add a drop or two of vanilla, or even a pinch of cinnamon. Serve hot.

### 13.5.3 Coconut Banana Pudding

- 1 can coconut milk
- 2 banana

Chill coconut milk can in fridge. When can is cold, mix with slices of 2 bananas.

### 13.5.4 Green Pudding

- 1/2 large or 1 whole small avocado
- 1 ripe banana
- 1 rounded tablespoon favorite nut butter



Scoop out avocado pulp. Combine with nut butter and banana. Process in a blender to a smooth pudding consistency, adding a little water for consistency if required.

## 13.6 Sorbets

### 13.6.1 Coconut Sorbet

- 8 oz coconut milk
- 16 oz water
- 1/4 c toasted coconut

Combine the coconut milk and water and chill for several hours in the refrigerator. Freeze the mixture in an ice cream freezer according to the manufacturer's instructions. Add the toasted coconut to the frozen coconut sorbet by stirring using a spoon. Keep frozen until ready to serve.



## 14 Thanksgiving Dishes

### 14.1 Roasted Goose with Mushroom Stuffing and Autumn Brussels Sprouts

#### 14.1.1 Goose

- 1 goose (10 lbs)
- 1 T olive oil
- 1 t black pepper
- kitchen twine

Preheat oven to 325 F. Take neck and offal meat (gizzards and liver) out of goose and save for stock preparation. Trim excess fat off of neck and back of goose and place in separate small casserole.

Place goose in roasting pan on top of rack to keep goose off of bottom so air can circulate. Tie goose with kitchen twine by knotting legs together then following line between thigh and breast of goose with twine around the neck and then the back between thigh and leg on other side pulling under wings ending up back where legs are and knotting there again. Poke sides of goose near thighs with tip of sharp knife about six times each side. Rub oil and pepper onto goose and cover legs with foil.

Place goose in oven and cook 1 hour. Place casserole with goose fat in oven at same time. After one hour remove foil from legs and cook about 45 minutes to 1 hour longer until thermometer reads 175 F. Remove small casserole and reserve drippings to cook vegetables. Remove goose from oven and let rest 15 minutes.

#### 14.1.2 Mushroom Stuffing

- 10 slices low carb bread - stale or toasted and cubed (or substitute cauliflower)
- 2 stalks celery, diced
- 1/2 large onion (1 c), diced small
- 10 oz mushrooms (4 c raw), sliced
- 4 T marjoram, minced
- 1 1/2 c chicken stock
- 1 T olive oil
- pepper to taste

Pour 1 T olive oil into sauté pan and cook onion and celery until soft. Add pepper. Wash mushrooms and slice. Add sliced mushrooms to celery and onions in sauté pan and cook 4-5 minutes until soft. In a large bowl, add vegetables to diced bread and marjoram. Ladle 1 1/2 c of stock over stuffing and mix well. Grease bottom of casserole and fill with stuffing. Place in oven and bake with goose for last 30-40 minutes until hot.

#### 14.1.3 Brussels Sprouts

- 4 c Brussels sprouts- rinsed with cores removed
- 1 1/2 c turnips (2 each) - peeled and chopped 1/2 inch
- 3 T goose drippings
- 1 T olive oil
- 8 slices pancetta (1/4 lb), sliced (or turkey bacon)
- 3 cloves garlic – sliced



Bring 6 quart stock pot filled with water to boil. Take cleaned Brussels and diced turnip and blanch 4-5 minutes. Drain vegetables in colander. Preheat sauté pan and cook pancetta until brown. With slotted spoon remove pancetta and place to side on plate. Cut Brussels sprouts in 1/2. Add Brussels turnips and garlic with goose drippings to sauté pan and cook over medium heat until brown. Put in casserole dish and sprinkle with pancetta. Cover with plastic wrap until ready to serve with goose and stuffing.

#### 14.1.4 Gravy

- 1/2 onion (about 1/4 cup)
- 1 celery stalk
- 3 small carrots
- 3-4 whole peppercorns
- 2 chicken bouillon cubes or 2 T roasted chicken base
- 1 bay leaf
- 1 T olive oil
- 3 egg yolks

Add oil to stockpot and sweat onion, celery and carrot. Cook 3-4 minutes. Cut goose neck into large pieces and add to vegetables with peppercorns and bay leaf. Pour 6 cups of water into pot and cover. Bring to boil and cook until reduced to 3 cups. Strain stock add concentrated roasted chicken base and bring to boil. Add goose liver and poach 3 minutes then set aside. Remove stock from heat and thicken stock with egg yolks by whisking 3 oz warm stock into yolks in a separate bowl then pouring this mixture back into stock. Stir over low heat until thickened. Pepper to taste. Dice liver and put back into sauce. Stir and serve with goose and stuffing.

#### 14.2 Low Carb Cranberry Sauce

- 12 oz cranberries
- 1/4 c raw honey
- 1 c water
- zest of one orange (about 2 T)
- 1 star anise

Put all ingredients in 2 quart sauce pot, bring to boil. Reduce heat and cook on low-medium about 10 minutes. Remove star anise and serve warm or allow to refrigerate overnight. Serve with goose or turkey.

#### 14.3 Sausage and Cranberry Stuffing for Turkey

- 2 eggs, slightly beaten
- 4 med onions, finely chopped
- 6 stalks celery, finely chopped
- 2 lb turkey sausage, pan-fried and drained
- 8 oz cranberry sauce

Cook sausage, chopped onion and celery. Remove from heat. Add eggs and cranberry sauce. Stuff 18-20 lb turkey and cook as directed for weight of turkey. To stuff 8-10 lb bird, cut recipe in half. Any remaining stuffing can be baked separately in covered casserole for 30 minutes at 350 F.



## 15 Endurance Athlete Fuel

### 15.1 Recovery Shake

- 12 oz fruit juice (orange, apple, pineapple 100% juice w/ pulp)
- 2 T glucose (dextrose)
- Fruit (blackberries, blueberries, peaches, raspberries, strawberries, bananas)
- 1 T protein powder
- 2-3 pinches salt

Blend and drink up to 30 minutes after tough training session or race.

### 15.2 Citrus Sweet Potatoes

- 1 1/4 lbs sweet potatoes, peeled and cut into 2-inch (5-cm) pieces
- 1/2 c onions, chopped
- 1/2 t orange peel, grated
- 1/4 c orange juice
- 1 baking apple, cut into 1-inch (2.5-cm) pieces
- 1/4 c raisins
- 2 T olive oil

Simmer potatoes and onions in 1 inch of water in a covered saucepan until the potatoes are tender (about 8 minutes). Drain. Return vegetables to pan. Add orange peel and juice, apples, raisins, and oil. Cook over low heat, stirring often, until potatoes and apples are glazed. Serves 8.

### 15.3 Protein Penne Casserole

- 3 c cooked whole-grain penne pasta
- 1 lb ground turkey, browned with 1 small onion and 2 cloves garlic
- 1 can (15 oz) diced tomatoes with herbs (plus 1/2 can water)
- 1 package frozen spinach, thawed and drained
- 1/2 c sliced olives or olive tapenade

Preheat oven to 350 F. Combine pasta, cooked turkey-onion mixture, tomato, liquid, and spinach in a bowl and put in a two-quart glass casserole dish (coated with oil). Top with sliced olives. Cover with foil and bake for 15 minutes. Uncover for another 15 minutes until cheese is browned. Serves four. Protein: 42g Calories: 425

### 15.4 Runner's Casserole

Create a healthy casserole by picking one food from each category below (amounts are approximated for an 8x12 inch casserole dish).

#### Quality Protein

- 12 oz salmon or tuna
- 2 c cooked chicken, turkey, or cubed ham

#### Carb Choices

- 2-3 c cooked wild or brown rice
- 2-3 c cooked whole-grain pasta or mashed potatoes



- 1 tube polenta cut into 1/2-inch rounds
- 2 1/2 c steamed sweet potatoes

### **Veggie Options**

1 1/2 to 2 c of precut, slightly thawed frozen:

- broccoli
- carrots
- asparagus
- okra

### **Sauces**

- 1 10-ounce can of condensed, reduced-fat cream of mushroom, celery, broccoli, or potato soup
- stewed tomatoes
- 1 1/2 c pasta sauce
- 1 1/2 c salsa

### **Toppings**

- 1/2-1 c shredded cheese (reduced fat)
- 1/3 c wheat germ or chopped nuts
- 1/2 c whole-wheat seasoned bread crumbs

## **15.5 Smoked Salmon and Avocado Muffin**

- 1/2 whole or multi-grain English muffin
- 2 oz plain smoked salmon
- 1/4 c diced avocado
- 3 T (3 oz) cooked shrimp

Cut the avocado in half and remove pit and skin. Cut into cubes to fill a 1/4 measuring cup. Slice muffin in half and toast, if desired. Spoon avocado onto muffin. Top with the smoked salmon. 1/2 muffin=1 serving.

## **15.6 Two-Potato Pancakes**

- 1 white potato, peeled and grated
- 1 sweet potato, peeled and grated
- 2 egg whites, slightly beaten
- 1/2 c scallions, minced
- 1 t Italian seasoning

In a large bowl, combine the potatoes, egg whites, scallions, and Italian seasoning. Coat a large nonstick skillet with oil and warm the skillet for 1 minute over medium heat. Drop the potato mixture by T (about 15 mL) into the skillet and flatten it slightly (about half the mixture will fit in the skillet). Cook until the pancakes are golden and the potatoes are tender, 5-6 minutes on each side. Repeat with the remaining potato mixture, recoating the skillet with oil, if needed.



## 15.7 Fruit Shakes

For all fruit shakes, place ingredients in a blender and blend for about 1 minute.

### 15.7.1 Avocado Shake

- 1/2 c water
- 4 ice cubes
- 3-4 T avocado
- 2 scoops vanilla protein powder

### 15.7.2 Banana Berry Smoothie

- 1/2 c water
- 1/2 c frozen blueberries
- 1/3 c frozen raspberries
- 1 small banana
- 2 scoops vanilla protein powder

### 15.7.3 Banana Cinnamon Shake

- 3 ice-cubes
- 3/4 c water
- 1 banana
- 2 scoops vanilla protein powder
- Sprinkle with Dutch cinnamon

### 15.7.4 Blueberry Nutmeg Shake

- 1 small banana
- 1/4 c blueberries
- 1 T almond meal
- 1 T ground flaxseeds
- 1/2 t ground nutmeg
- 1 scoop vanilla protein powder
- 1 egg
- 2/3 c water
- 2 ice cubes

### 15.7.5 Cherry Shake

- 1/2 c water
- 1/2 c frozen cherries
- 2 scoops chocolate protein powder

### 15.7.6 Fruit Coconut Smoothie

- 1/3 c orange juice
- 1/3 c pineapple juice
- 5 T coconut milk
- 4 ice cubes
- 1/2 small banana
- 2 scoops vanilla protein powder



### 15.7.7 Melon Smoothie

- 1/3 c water
- 4 ice-cubes
- 1/2 c diced watermelon
- 1/2 c diced honeydew melon
- 2 T lime juice
- 2 scoops vanilla protein powder

### 15.7.8 Peach Mango Shake

- 1/2 c peach, diced
- 1/2 c mango, diced
- 1 scoop vanilla protein powder
- 2 T ground flaxseeds
- 2/3 c water
- 2 ice cubes

### 15.7.9 Raspberry Chocolate Shake

- 1/2 c water
- 4 ice cubes
- 1/2 c raspberries
- 2 scoops chocolate protein powder

### 15.7.10 Rhubarb Raspberry Shake

- 1/2 c water
- 1/2 c frozen rhubarb
- 1/3 c frozen raspberries
- 2 scoops vanilla protein powder

## 15.8 Nut Shakes

For all nut shakes, place ingredients in a blender and blend for about 1 minute.

### 15.8.1 Almond and Peach Smoothie

- 1/2 c water
- 1/2 c frozen peaches, diced
- 1/2 t almond essence
- 2 scoops vanilla protein powder

### 15.8.2 Almond and Coconut Shake

- 2 T shredded coconut
- 2 T almond butter
- 2 scoops vanilla protein powder
- 2/3 c water
- 2 ice cubes



### 15.8.3 Apple and Almond Shake

- 1/2 c water
- 4 ice cubes
- 1/2 c diced green apple
- 1/4 c raw almonds
- 2 scoops vanilla protein powder

### 15.8.4 Chocolate Almond Butter Shake

- 1/2 c water
- 4 ice cubes
- 1 1/2 T natural almond butter
- 2 scoops chocolate protein powder

### 15.8.5 Macadamia and Strawberry Shake

- 1/2 c water
- 1/2 c frozen strawberries
- 6 macadamia nuts
- 2 scoops vanilla protein powder

### 15.8.6 Nut Crunch Shake

- 1/2 c water
- 4 ice cubes
- 1 T almond butter
- 1/2 t cinnamon
- 2 scoops vanilla protein powder
- 1 T crushed nuts to sprinkle on top

### 15.8.7 Pecan and Date Shake

- 10 ice cubes
- 2/3 c water
- 5 dates
- 8 pecan halves
- 2 scoops vanilla protein powder

### 15.8.8 Sunflower Power

- 8 ice-cubes
- 2/3 c water
- 3 T sunflower seeds
- 2 scoops vanilla protein powder