

# Healthy Alternatives Cookbook

Recipes Compiled by Julie Formby

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## BEVERAGES:

### Super Healthy Sweet Almond Milk

A dairy-free, high calcium milk substitute

#### Blend in blender until creamy:

1 ½ c. almond meal (almond meal is the cheaper option, but may use whole almonds instead)  
4 c. distilled or filtered water

Strain through a fine mesh strainer or cheese cloth. Pour strained liquid into a ½ gallon jar or pitcher and fill to the top with more distilled or filtered water.

#### Add:

1 t. stevia powder  
1 t. vanilla

Blend and refrigerate.

#### Options:

Whole almonds can be used instead, if desired. Soak almonds in distilled water for 18-24 hours, drain, then rinse. Follow the instructions above to blend using 1 c. almonds instead of almond meal.

For creamier milk, after soaking almonds, slip off the outer coating and discard. Follow the instructions above to blend using 1 c. peeled almonds instead of almond meal.

### Hot Cocoa

1 tablespoon Virgin Coconut Oil  
1 tablespoon Cocoa Powder (or carob powder)  
pinch salt  
1/4 teaspoon xylitol (minimum)

Pour boiling water into a mug and let sit for about 20 seconds. Empty the water and put one tablespoon full of the virgin coconut oil in it. It melts quickly as you stir in

one tablespoonful of cocoa powder and a pinch of Himalayan salt. Use a minimum of 1/4 tsp. of whole organic sugar to cut the bitterness of the cocoa and then add stevia drops to taste. Usually about 12 drops. Other sweeteners can be used.

Florence, Las Vegas, NV

### Homemade Zevia (for when you crave that fizz!)

8 oz. sparkling water (comes in flavors)  
1/2 t. stevia powder (or a few drops of stevia extract—Sweet Leaf comes in flavors!)  
I add lemon or lime juice for extra flavor.

You can make 8 glasses of homemade Zevia for about \$1.00.

## BREAKFAST IDEAS:

### Yummy Baked Oatmeal

#### Combine:

1/4 c. coconut oil  
1/4 c. honey (or 3 pureed bananas)  
2 eggs  
1 c. milk  
1/4 c. applesauce (or 1/2 c. pureed pumpkin instead)  
1-2 tsp. vanilla

#### Add the following and mix well:

3 c. uncooked oats  
2 tsp. baking powder  
1 tsp. cinnamon  
2 scoops of protein powder

Bake at 350 degrees for 25 minutes. Serve warm topped with milk, applesauce, yogurt, etc.

Leftovers are great served like granola as well.

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**Variations:**

Chopped nuts, raisins, dried fruit, marble jam or jelly once batter is in pan.

## Crispy Granola Bars

**Stir together:**

7 c. crisp rice + 2 c. oat flour  
1 1/2 c. dried berries (use a combination of what you have on hand-- raisins, cherries, cranberries, blueberries, etc.)  
4 scoops protein powder  
1/2 c. nuts  
1/2 c. sunflower seeds  
1 tsp. cinnamon

**Melt in saucepan over low heat:**

3/4 c. brown rice syrup, honey, or Rice Mellow  
3/4 c. nut butter  
2 T. coconut oil  
2 tsp. vanilla

**Variations:** chocolate chips, cocoa powder, crystallized ginger

Combine wet and dry ingredients, then press into a greased 9X13" pan with damp hands. Freeze for 30 minutes, then cut into bars.

**NOTE:** Lazy housewives can substitute granola for dry grains and fruits.

## Banana Coconut Protein Breakfast Souffle

2 eggs  
1 banana (or 1/2 banana + same amount of pineapple)  
1 scoop protein powder  
1/4 c. multigrain pancake mix (I use coconut flour or gluten-free all-purpose baking flour)  
1/2 tsp. baking powder  
1 c. milk of any kind

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1/2 c. unsweetened coconut, toasted  
1/4 tsp. nutmeg  
dash cinnamon  
1 tsp. vanilla  
1/4 tsp. almond extract

**Variation:** I like to add nuts!

Bake in a water bath like custard for 45 minutes at 375 degrees. If you in a hurry, try cooking this in a frying pan instead like scrambled eggs. This is how I do it most of the time.

## Havellah's Favorite Fluffy Gluten-Free Pancakes

**Mix together dry ingredients:**

4 T. coconut flour  
1 T. sorghum flour  
1 T. brown rice flour (I substitute Bob's Red Mill gluten-free all-purpose baking flour for the sorghum and rice flour)  
1 t. baking powder

**Add liquid ingredients, and mix till mostly smooth:**

1 T. coconut oil  
1/2-3/4 c. milk of your choice (goat, coconut, almond, even cow!)  
2 eggs  
1 t. vanilla  
dash of cinnamon, if desired

Pour onto a greased griddle and cook until bubbles pop on one side, then flip. Cook until both sides are golden brown. Pancakes should be golden and fluffy when done!  
Makes 3-4 good-sized pancakes

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## Pumpkin Protein Bars

### Mix:

3 1/2 c. oats  
1 1/2 c. instant nonfat dry milk  
4 scoops protein powder  
1/4 c. ground flaxseed meal  
2 1/2 tsp. pumpkin pie spice  
Stevia to taste

### Fold together:

2 egg whites, beaten stiff  
1/2 c. pureed pumpkin  
1 tsp. vanilla  
1/4 c. apple juice  
\* this recipe calls for 1 c. of flavored coffee syrups-- I increase stevia or use maple syrup instead.

Combine moist and dry ingredients, pour into a prepared pan. Bake at 325 degrees for 30 minutes or until top is dry. Cut into bars when cooled.

## Make Ahead English Muffin Breakfast Casserole

### Cut into semi-circles and layer alternately like shingles in a buttered casserole dish:

6 whole wheat English muffins  
12 slices turkey ham  
Sprinkle with 1 c. shredded cheddar

### Whisk together and pour on top of English

muffins and turkey ham:  
1 c. sour cream  
8 eggs  
2 c. milk  
1 T. Dijon mustard  
salt & pepper

dash of hot pepper sauce

Cover and refrigerate overnight. Bake at 350 degrees for 1 hour and 30 minutes (maybe less-- check for doneness!)

## Sweet Potato & Sausage Hash with Fried Eggs

Adapted from Barb Shrout's Sugarloaf Mountain Classics Cookbook

### Brown:

2 tsp. olive oil  
8 oz. breakfast sausage

### When done, add and cook until tender:

1 medium sweet potato, peeled, cubed  
1 small red onion, finely diced  
2 tsp. chili powder  
1 tsp. ground cumin  
2 tsp. ground coriander  
salt & pepper to taste

Add 1/2 c. cilantro, stir to combine and transfer to baking dish or platter. Sprinkle with 1 1/2 c. Monterey Jack cheese or cheddar and cover with foil. Keep warm in 150 degree oven while frying 4 large eggs. Transfer eggs to top of hash and serve topped with sour cream.

\* Lazy housewife version: Combine all ingredients but cheese, cilantro, eggs and sour cream. Cook in crock pot over low heat. Turn up heat to high and add eggs one hour before serving. Top with cheese, cilantro and sour cream before serving. You can also combine all of the first ingredients, then bake in 350 degree oven instead of crockpot for one hour, then add eggs and bake 30 minutes more. Top with cheese, cilantro, and sour cream before serving.

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## COCONUT RECIPES:

### Coconut-Lime Smoothie

½ coconut meat (more or less to taste)  
¼ c. coconut kefir (can increase amount as you get better)  
1 handful of blanched almonds soaked for several hours  
¼ c. water  
Stevia to taste  
A little alcohol-free vanilla

You can add some cranberries, cranberry juice (unsweetened), or cocoa if you like. Blend very well until smooth and enjoy.

### Coconut Oil Candy

Stir 4 heaping Tbsp. coconut oil in a bowl until smooth. Add xylitol or stevia as a sweetener to taste. You can add cocoa powder or a block of unsweetened baker's chocolate if you like a chocolate taste.

Lay it flat about ¼" thick on wax paper or in a flat dish. Put in freezer. Break off a piece and eat as your coconut oil consumption for the day.

Goal is to try and eat 3 Tbsp. of coconut oil a day.

From the kitchen of Lorna Silva

### Better-than-Candy Nut Crunchies

2 cups organic pecans & almonds  
1 cup (or more) Coconut Cream Concentrate  
1 tablespoon (or as needed) coconut oil  
1 - 2 tablespoons xylitol (or to taste)  
1/4 teaspoon Himalayan salt  
1/2 cup (or more) shredded coconut or coconut flakes

Process sugar in a food processor until very fine. Spread nuts in a cookie sheet and toast very lightly in a low heated oven. Place Coconut Cream Concentrate jar in hot water to soften. In a medium sized bowl, beat desired amount of Coconut Cream, your choice of sweetener (see below), coconut oil, and salt with a mixer until creamy.

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Make sure the sugar and salt are mixed in well. Fold the toasted nuts into the mixture and mix well with a large spoon until all nuts are well coated. Spread mixture evenly on a cookie sheet covered with parchment paper. Sprinkle the coconut shreds or flakes toasted lightly if desired over the Nut Crunchies and place cookie sheet in the refrigerator.

When cold, break apart the Nut Crunchies into bite-sized pieces and store in covered containers in the refrigerator.

Note: all measurements are approximate and can be varied to suit your taste. It is pretty hard to mess these up.

#### Variations:

Use any nuts you prefer, and/or use stevia instead of sugar to taste.

Stir dried coconut toasted into the mixture before spreading out.

Add flavoring such as a tablespoon or two of lemon juice and some lemon zest for Lemon Nut Crunchies.

Melt some organic dark chocolate, and spread over the mixture before or instead of sprinkling on the coconut and refrigerating.

Stir bits of dried pineapple into the mixture for Pina Colada Nut Crunchies

Use your imagination!

Beware: They are addictive! But sooo healthy too. Enjoy!

**Submitted by Carol**, Palm Bay, FL

### Chocolatey Coconut Truffles

1 c. raw walnuts  
3/4 c. Medjool dates, pitted (for lower sugar content, try substituting a smooth nut butter and increasing glycerine)  
1/4 c. coconut milk  
4 T. carob powder  
4 T. glycerine  
1/2 c. shredded coconut

Blend all ingredients (except coconut) in food processor. Refrigerate until cold. Roll into balls, then roll into shredded coconut. Store in refrigerator until served.

Yield: 12-15 truffles.

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## Crunchy Energy Balls or Bars

- 1 c. nut butter (I love sunflower butter!)
- 1 T. Coconut oil
- 1 T. minced fresh ginger
- 2 T. chia seeds
- 1/4 c. oats
- 1 c. dried cherries
- 1/4 c. shredded coconut
- 2 T. glycerine
- Pinch of sea salt
- 1/2 tsp. vanilla
- 1 T. carob powder
- 2 scoops protein powder (I use Jay Robb Egg White protein powder—chocolate or vanilla)

Mix all ingredients in bowl. Roll into balls or press into a greased 9X13" pan. Refrigerate until set—cut into squares if you choose to make bars vs. balls.

Yield: 12 bars or balls

## Coconut Flour Chocolate Cake (Gluten-free)

- 1 cup ghee - *softened*
- 1 2/3 cups xylitol (less if combining with stevia)
- 10 eggs (at room temperature)
- ½ teaspoon non-alcoholic vanilla extract
- 2 cups coconut flour
- 1 cup unsweetened cocoa powder
- 1 ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1 1/3 cup coconut milk
- Coconut oil

Pre-heat oven to 350 degrees. Grease two 9 inch or 8 inch layer pans with coconut oil and dust with cocoa powder. In an electric mixer fitted with the paddle attachment, combine butter and sugar, and beat together for about 2 minutes. Add eggs in one at a time and beat high speed for about 3 minutes. Add in the vanilla while beating the eggs and butter mixture. In a separate bowl, combine the dry ingredients together and add alternately with the milk to the butter mixture. Beat batter for about five minutes on high speed. Spoon batter into the two prepared cake

pans and smooth out tops. Bake at 350 for 30-35 minutes, or until toothpick inserted into the center of cake comes out clean. Place pans on wire rack and cool for 10 minutes before removing from pans. Cool cakes completely before frosting. Use your favorite frosting to frost the cake.

Peppermint Chocolate cake variation: add 1 teaspoon peppermint extract to batter before pouring into pans and mix well. Frost cake with peppermint frosting or frosting of your choice.

Cupcakes: Make recipe as directed but spoon batter into muffin cups and bake for about 26-30 minutes. Frost after cupcakes have cooled completely. Makes about 24 cupcakes.

## Coconut Treats

- 1/8 cup chopped nuts (almonds or pecans are good) (optional)
- 2 teaspoons unsweetened coconut flakes; 4-5 teaspoons if rolling in coconut flakes
- 1 tablespoon coconut oil; melted or softened if hard
- 1 teaspoon ground flax seeds
- 1/2 teaspoon pure non-alcoholic vanilla extract
- 1/4 - 1/2 teaspoon stevia and/or xylitol (sweeten to taste)
- 1/4 teaspoon non-alcoholic almond extract (optional)
- 1/8 teaspoon salt

Set the chopped nuts and 2-3 teaspoons of the coconut flakes aside, if rolling the coconut balls in the mixture. Or you may combine all ingredients in a small bowl and mix well. Form the mixture into a shape similar to a flattened macaroon and freeze. The ingredients freeze in about 5 minutes. The coconut treat will pop right out of the bowl and you can eat it like a cookie. Or you can divide the ingredients into two or three small balls. Mix together the chopped nuts and remaining coconut flakes on a flat plate and roll the balls in the mixture; freeze for at least 5 minutes.

## Chocolate Flour Brownies (Gluten-free)

- 8 oz. box soy cream cheese *softened*
- ½ cup ghee (1 stick) *softened*
- 1 cup coconut flour

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¾ cup xylitol (less if using stevia too)  
4 eggs  
2 tsp vanilla  
1/3 cup heavy coconut cream  
1/3 cup cocoa powder  
½ cup walnuts *chopped*  
Coconut oil

Preheat oven to 350 degrees. Brush both sides and bottom of 11x7 pan with coconut oil. Whip butter, sugar, and cream cheese with electric mixer on high speed until light and fluffy, scrape bowl after each addition. Add cocoa powder, and heavy cream; beat well. Add eggs one at a time and whip until the mixture looks like a smooth, creamy, fluffy chocolate pudding. Add flour and vanilla to the chocolate mixture and whip on medium speed and then turn up to high speed and beat until mixture becomes stiff and color becomes a little more pale. Pour chocolate mixture into prepared pan and sprinkle chopped nuts on top and pat nuts gently into batter. Bake at 350 degrees for 30 minutes, or until toothpick inserted in center comes out clean. When done, place pan on wire rack and cool completely. Enjoy!!

TIPS: These brownies taste best a day later so if you're making them for company dessert, bake them the day before and when cool, cover the top of the pan with aluminum foil and refrigerate. If you want to get a little fancy, melt 2oz of bittersweet chocolate and cool. Meanwhile, get a little zip lock bag and pour the cooled chocolate inside and snip a little hole in one corner and give the bag a little squeeze while drizzling over the brownies. Have fun!!

VARATIONS: Chocolate Muffins: Make as directed but place batter in muffin cups and bake for about 20-25 minutes, or until toothpick inserted in center comes out clean.

## Chocolate Bark

4 T. (1/4 Cup) Virgin Coconut Oil  
1-1.5 T. Cocoa Powder  
2 oz. nuts (optional)  
1/4 t. stevia

Melt the coconut oil to a liquid, add in cocoa powder and sweetener. Stir to combine and blend well. Blend nuts into chocolate mixture. (optional) Have chilled a metal bakeware lasagna or cake pan or pans in freezer for ten minutes or so. Remove from freezer and line with waxed paper. Then pour mixture into chilled pan and spread to desired thickness. Pop it in refrigerator or freezer on level shelf and let it sit 10 minutes or so. It will harden quickly and breaks with a snap.

## Chocolate Fudge Brownies (Gluten-free)

YIELD: 24 bars  
1 cup butter  
2 cups xylitol (less if using stevia too)  
8 ¼ oz. bittersweet chocolate  
2+ tbsps glycerin  
4 eggs  
2 tsp vanilla extract  
1 ½ cup coconut flour  
4 tbsps unsweetened cocoa  
1 tsp baking powder  
¼ cup heavy coconut cream

Preheat oven to 350 degrees. Grease and dust an 11x8 pan with coconut oil and cocoa powder. Place butter, sugar, chocolate, and glycerin in a medium sized pot and melt on low heat, stirring until everything is well blended and smooth. Sift in the cocoa powder. Remove from heat and set aside to cool. Beat the eggs and vanilla extract together with an electric mixer until frothy. Then on low speed, mix in cooled chocolate mixture and sweeteners. Alternatively add in the flour, heavy cream, baking powder, beating mixture after each addition. Pour mixture into the prepared pan and bake the brownies in the preheated oven for 30 minutes or until the top of the brownies is crisp and the edges begin to pull away from the pan. (The inside of the brownies will be dense and soft to the touch.) Cool the brownies in the pan on a wire rack until cool. Dump the brownie out of the pan and cut into bars and serve. Frost with chocolate or vanilla frosting if desired. Enjoy!!

## Pumpkin-Coconut Squares

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1 can - 15 oz pumpkin  
1/2 cup Organic Coconut Flour  
1¼ tsp. aluminum free baking powder  
4 eggs  
8 Tbsp. of Coconut Cream  
2 Tbsp. butter  
2 Tbsp. Virgin Coconut Oil  
1-1/2 Tsp Pumpkin pie spice (cinnamon, cloves, nutmeg, ginger, allspice)  
¼ c. xylitol

**Procedure:**

Pre-heat oven at 350 degree F. Mix the coconut flour with baking powder. Set aside. Blend all the rest of the ingredients and then mix with the coconut flour and baking powder mixture. Mix well. Grease an 8 x12 rectangular pan with coconut oil. Pour the mixture on the pan. Bake at 350 degree F for 45 minutes. Test to see if it is already done by inserting a clean toothpick in the middle. When the toothpick comes out clean or with no residue, the mixture is done. Cool down. Cut into squares.

## Lemon-Lime Coconut Flour Muffins

2/3 cup Organic Coconut Flour  
6 eggs  
1/3 cup xylitol or lakanto  
2 Tbsp. Virgin Coconut oil  
2 Tbsp. melted butter  
2 Tbsp. coconut milk  
1 Tbsp. lemon juice  
2 tsp. lime juice  
1 tsp. grated lemon peel  
1 tsp. grated lime peel  
1 tsp. aluminum free baking powder  
1/8 tsp. salt

**Procedure:**

Pre-heat oven at 350 degrees F. Mix coconut flour and baking powder, and then set aside. In a mixing bowl, beat the eggs and gradually add sugar, milk, butter, lemon juice, lime juice, grated lime peel, grated lemon peel, and salt. Continue mixing. Gradually add the coconut flour with baking powder. Blend well. Grease 12 muffin cups

with coconut oil. Fill the greased muffin cups with batter. Bake at 350 degrees F for 20 minutes. **Yield:** 12 muffins

## Coconut Macaroons

3 cup shredded coconut  
6 Tbsp. warm water  
3 whole eggs  
½ cup. glycerin  
1 tsp. coconut oil (for greasing the cookie sheet)

Mix warm water and glycerin together. Add the coconut flakes. Beat in the egg. Mix thoroughly. Form into balls and drop it by spoonful on the well-greased cookie sheet. Bake at 400 degree Fahrenheit for 12-15 minutes. Approximate yield: 3 dozen

## Gluten-Free Pie Crust

**Whiz in food processor and pulse until well-combined:**

¾ c. sifted coconut flour  
½ c. shredded coconut  
¼ t. sea salt

**Add and pulse until it forms a ball:**

½ c. palm shortening  
2 eggs

Split into two balls for a double crust, or use it all for one thick crust. Press into pie plate, poke holes with fork, and bake at 375 degrees until golden brown. Let cool completely if adding cream fillings. May bake first or pour pumpkin filling into unbaked crust and bake all together.

## Pecan Meal Pie Crust

**Grind together in food processor:**

2 c. toasted pecans (money saver: start with pecan meal)  
1 T. br. sugar (substitute with pure maple syrup)  
2 T. granulated sugar (may substitute with stevia or xylitol)

**Mix with:**



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3 T. unsalted butter, melted (may substitute with coconut oil)

Press into 9" pie pan and bake at 350 degrees for 10 minutes for a cream pie shell. If baking a pie, use unbaked pie crust, otherwise it will burn!

## Pumpkin Pie

2 cups cooked, mashed butternut squash  
2 teaspoon cinnamon  
½ teaspoon ginger  
½ teaspoon cloves  
¼ teaspoon nutmeg  
¼ teaspoon stevia, 2T. xylitol  
1 tablespoon vanilla flavoring  
Pinch sea salt  
2 eggs  
1-1/2 cup coconut milk

Place all filling ingredients in a blender and blend until smooth and well-combined. Pour the filling into the crust and bake for 45 minutes at 350 degrees or until knife inserted near center comes out clean. If you want a quick dessert, take out the eggs, forget the crust, don't bake it, just blend all ingredients, eat and enjoy!

## Guilt-Free Chocolate Pecan Bourbon Pie

**Beat 4 eggs, then pour in & continue to beat:**

3 T. melted butter

Add:

1 c. xylitol crystals  
1/3 c. vegetable glycerin (in place of corn syrup; glycerin is a ZERO glycemic index sweetener)  
3 T. pure maple syrup (may omit for a truly sugar-free pie)  
1 oz. Bourbon  
1 tsp. vanilla extract

Pour into an uncooked gluten-free pie shell lined with:

1 bar of Lily's Dark Chocolate bar (Original, or try the Coconut for a twist!), broken into small pieces. This chocolate is sweetened with stevia and is delicious!

Arrange 1 c. pecan halves on top, then place into a preheated 400 degree oven. Immediately turn down the temperature to 275 degrees, and bake at least one hour until filling is set in the center.

## Healthy Sweet Raw Pumpkin Pie

**In food processor, pulse together, then press into a pie plate:**

3 c. pecans  
1 c. dates (or date paste)

**In blender, puree until smooth:**

3 c. raw pumpkin, peeled and chopped  
1 ¼ c. coconut milk (I used canned)  
6 T. vegetable glycerin (ZERO glycemic index sweetener)  
1 T. mashed ginger  
2 t. cinnamon  
2 t. vanilla  
½ t. nutmeg  
¼ t. cloves  
1/8 t. salt

**Once smooth, slowly pour in:**

3/4-1 c. coconut oil (liquified)

This will form an emulsion, like mayonaise. Blend until thick, then pour into the pecan and date pie crust. Refrigerate until set, then serve.

Alternative: Make the filling with no crust, then top with pecans instead.

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## CRACKERS:

### Flax Seed Cracker

Courtesy of Alissa Cohen

- 2 Cups whole flax seeds (soaked in 2 cups water for 4 hours)
- 2 cloves garlic
- ½ lemon, juiced
- 2 Tablespoons Nama Shoyu
- 1 Tablespoon fresh ginger

1. Place all ingredients in a food processor and blend until well combined, and until the garlic and ginger are completely ground.
2. Remove from processor and place on a Teflex sheet on top of a mesh dehydrator screen. Spread batter into a thin sheet about 1/8 inch thick ( or less... I like to make these very thin: the 'goopy' substance from the flax seeds holds these crackers together even if they have holes). 3. Dehydrate at 105  $\frac{238}{92}$  for 10-16 hours, depending on degree of crispness desired. Flip crackers and peel off Teflex sheet after 7-8 hours.

### Veggie Flax Cracker

Courtesy of Alissa Cohen

These crackers are packed with nutrition!

- 2 Cups whole flax seeds (soaked in 2 Cups water for 4 hours)
- 3 Cups cilantro
- 2 Cups broccoli, chopped into small pieces
- 2 Cups celery, diced
- 2 Cups spinach, torn
- 1 Cup sun dried tomatoes, soaked
- 1 orange bell pepper, diced
- 1 carrot, shredded
- ¼ teaspoon sea salt

1. Place flax seeds in a food processor with cilantro, tomatoes, and sea salt. Blend until the cilantro and tomatoes are well ground. Place mixture into a large bowl.

2. Place all other ingredients into the bowl with above mixture and stir until well combined.
3. Remove from bowl and place on a Teflex sheet on top of a mesh dehydrator screen. Spread batter into a thin sheet about 1/8-1/4 inch thick.
4. Dehydrate at 105  $\frac{238}{92}$  for 10-16 hours, depending on degree of crispness desired. Flip crackers and peel off Teflex sheet after 7-8 hours.

### Almond Crackers

Courtesy of Brigitte Mars

Yield: 24 crackers

- 6 Tablespoons flaxseeds
- 12 Tablespoons water
- 2 Cups almonds, soaked overnight, or 2 cups almond pulp left over from making Almond Milk
- 1 Cup chopped carrots
- 1 teaspoon Celtic salt
- ½ Cup chopped onion
- ½ Cup water

Soak the flaxseeds in the water for 15 minutes. The seeds will soak up this water and will not need to be drained. Combine the remaining ingredients in a blender or food processor and puree. Stir the flaxseeds and the soak water into the puree. Drop the mixture in 3-inch, flat rounds onto the solid dehydrator sheets and dehydrate until the rounds are crisp on one side. Remove the dehydrator sheets, turn the crackers over onto the dehydrator tray, and continue dehydrating until they are crisp on both sides (12-15 total hours).

### Flax Crackers

Courtesy of Brigitte Mars

Yield: 2-3 trays of crackers

- 2 Cups flaxseeds
- 4 Cups water
- ¼ Cup dried kelp

Soak the flaxseeds in the water for 15 minutes. Stir the dried kelp into the water and seeds. Spread the mixture onto 2-3 solid dehydrator sheets and dehydrate for 4

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hours. Remove the dehydrator sheets, flip the crackers over onto the dehydrator tray, and continue dehydrating until they are crisp (about 4-6 more hours). Break crackers into pieces as needed. When dry these crackers will keep indefinitely.

## Variations on Flax Crackers:

Any of the following ingredients can be substituted for kelp in above recipe.

Basil (1 tablespoon) Cilantro (1 Tablespoon)  
Celtic salt (1 teaspoon) Cinnamon (1 teaspoon)  
Chili powder (1tablespoon) Corn kernels (1/4 cup)  
Chives (1 tablespoon) Garlic (1 Tablespoon)  
Chopped onions (1/4 cup) Raisins (1/4 cup)  
Chopped red peppers (1/4 cup) Sliced Apples (1/4 cup)  
Chopped tomatoes (1/4 cup) Sliced Bananas (1/4 cup)

## SALADS & VEGGIES:

### Baked Onions & Red Potatoes

4 medium size yellow onions  
6-8 small red skin potatoes  
Olive oil  
Salt  
Paprika

Cut onions and potatoes in half. Cover baking pan (a stoneware pan works great) with olive oil, salt and paprika. Roast at 350 for about 40-45 minutes. The onions will be very sweet and the potatoes will be crisp on the bottom.

### Julienned Vegetables

2 medium carrots  
2 medium red peppers  
2 medium yellow squash  
2 medium zucchini  
2 tablespoon butter  
½ teaspoon dill

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Julienne all of the vegetables. Put in a dish to bake in the oven. Top with butter and sprinkle with dill. Bake covered 30-40 minutes or until vegetables are tender.

### Carrot Salad

4 carrots  
2 teaspoon poppy seeds  
¼ teaspoon cinnamon, optional  
3 tablespoon melted coconut oil  
Stevia to taste

Finely shred the carrots. Add poppy seeds and cinnamon and toss with oil.

### Blender Mayonnaise

**In blender, add:**

1 egg  
1 tsp. dry mustard  
1 tsp. salt  
Dash of cayenne  
¼ c. oil (any kind—olive, avocado, coconut, grapeseed, etc.—whatever fits your particular dietary needs!)

**Cover and blend on “high.” With blender still running, slowly drizzle in:**

½ c. oil

**Then add and blend thoroughly:**

3 T. lemon juice

**Slowly add and blend til thick:**

½ c. oil

Transfer to a jar and refrigerate.

### Paula’s Dressing

1/4 c. olive oil  
1/4 c. water

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juice of 1/2 small lemon  
1/4 tsp. lemon pepper  
1/4 tsp. herbamare  
1/4 tsp. oregano  
1/2 tsp. onion powder  
1/4 tsp. paprika  
1/8 tsp. thyme  
1/8 tsp. rosemary  
1 clove garlic, minced  
1 cucumber, peeled  
1 avocado

Mix in food processor

## Lemon Vinaigrette

3 tablespoons fresh lemon juice  
1 tablespoon xylitol (or less stevia)  
2 tablespoons finely minced red onion  
1/2 teaspoon lemon zest  
1/4 teaspoon Himalayan salt  
1/4 cup extra virgin olive oil or Virgin Coconut oil (melted if solid)

1. In a small bowl, whisk together all the dressing ingredients except the oil.
  2. Slowly drizzle in the oil, holding it several inches above the bowl and pouring in a thin, steady stream, while whisking vigorously until the mixture thickens.
- Makes about 8 servings

## Strawberry, Steak & Spinach Salad

1 lb. grilled steak, thinly sliced  
1 lb. strawberries, sliced  
4 oz. bleu cheese  
Red onion, thinly sliced in rings  
8 oz. pecans (candied pecans are delicious!)  
**Toss together with:** Baby spinach

## Lemon Zinger Dressing:

Steep: 2 Lemon Zinger tea bags in 1/2 c. vinegar.  
Squeeze out juices from tea bags, then combine with:  
1 c. olive oil  
salt & pepper  
1 T. honey  
1 tsp. dill weed

## Claim Jumper Salad

1 Granny Smith apple, finely chopped  
1 avocado, cubed  
1 orange, peel cut off, then finely chopped  
1 bunch green onions, chopped  
8 oz. candied pecans  
4 oz. bleu cheese  
1 c. dried cherries

**Toss together with:** Romaine lettuce, chopped or shredded

## Nut Paté

**Soak in water overnight:**

1 c. walnuts  
1 c. almonds  
1 c. steel-cut oats or groats

Drain water and whizz in food processor until smooth with:

½ onion  
1 tsp. basil  
1 tsp. oregano  
2 cloves garlic  
3T. olive oil  
3T. tamari (or Bragg's liquid amino acids)  
1 dash of cayenne pepper

Serve with crackers, Farinata (Tuscan Chickpea Street Bread—gluten-free), vegetables, as a spread on bread, etc.

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**Variations:** Add other vegetables to the mix, such as roasted red peppers, jalapeños, crushed ginger, etc.

## NOURISHING SOUPS:

### Green Chile Mexican Soup

1 lb ground beef  
4-5 roasted green chilies  
1 medium onion, diced  
3 cloves garlic  
1 tablespoon cumin  
1 tablespoon chili powder  
1 teaspoon paprika  
½ teaspoon oregano  
1 teaspoon salt  
2 carrots, diced  
2 ribs celery, diced  
4 leaves kale, chopped fine  
6-8 cup homemade or canned chicken or beef broth  
(preferable homemade, if boiling a chicken save the broth and freeze it for later use)

Cook beef, chilies, onion and garlic in large pot until onions are translucent and beef is cooked. Add the carrots and celery and continue to cook until these are soft. Add the spices. Add the broth and bring to a boil and then simmer. Add the kale shortly before ready to serve, bring to boil and simmer for another 15 minutes.

### Cream of Zucchini Soup

1 large onion, coarsely chopped  
1 ½ tablespoon butter  
3-4 medium zucchini (1½ lbs cubed) not peeled  
2 large fresh basil leaves or 1 teaspoon dried basil  
1 clove garlic, peeled  
½ teaspoon curry powder  
Pepper  
1¾ cup chicken broth  
1 cup cooked (wild rice) (optional)  
½ cup coconut milk  
Salt  
1 tablespoon butter

Sauté onion in butter in soup kettle or large saucepan over medium heat until soft and transparent, about 5 minutes. Add zucchini and give it a few turns, add basil, garlic, curry, pepper and broth. Bring to light boil, reduce to a simmer, cover and cook 12 – 15 minutes or until tender. Pour into blender container and puree. Return to pan. Add cooked rice and salt or if you want a more elegant potage, omit rice but add coconut cream and salt to taste. Reheat slowly, add butter and serve. To serve chilled, omit rice and butter, chill in refrigerator until ready to serve.

### Creamy Pumpkin Soup

**Cover with cream and broth:**

1 small pumpkin, peeled and cubed  
1 onion, cubed  
3 carrots, cut  
3 potatoes, peeled and cubed (lazy housewives use potato flakes at the very end)

Cook for 40 minutes or until soft, then blend with a stick blender.

**Add:**

dash of nutmeg  
salt & pepper  
grated cheese of your choice (gruyere, parmesan, etc.)

Serve with fresh chives, Artisan bread, and green salad.

### Wild Rice Chowder

**Saute:**

3 carrots, finely minced  
3 stalks of celery, finely minced  
1 yellow onion, finely minced

**Add:**

4 c. cooked wild rice blend  
chicken broth to volume desired  
1 pt. cream or half & half  
1 pkg. frozen peas  
8 oz. sliced mushrooms  
parsley  
slivered almonds

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salt & pepper  
1-2 cups white wine (chardonnay, for example)

Bring to a simmer, then serve.

## MAIN DISHES:

### Easy Thai-Style Baked Fish

Lay out fish of any kind in a 9X13" baking dish. (I love this with salmon!)

#### Mix and pour over the top:

1 can coconut milk (add more if you want it to be like a soup)  
3-4 pieces of galangal root  
3-4 kaffir lime leaves  
Juice from one lime  
2-3 pieces of cut lemon grass (if you don't have fresh or frozen on hand, then King Soopers sells it in a tube in the herbs section of the produce aisle)  
1-3 T. fish sauce  
Diced jalapenos to taste

**\*NOTE:** All of the Asian ingredients should be available fresh or frozen at your local Asian food store for cheap! East-West Imports in Fort Collins is awesome!

Bake at 375 degrees until bubbling and fish is done, about 1 hour if fish is frozen. Spoon out the leaves and grasses and serve over your choice of rice, steamed vegetables, a bed of spinach, quinoa, etc. Delicious!

### Beef Stroganoff

1 ½ lbs beef tenderloin  
2 tablespoon clarified butter or oil  
1 cup diced onion  
3-4 tablespoon cornstarch  
1 tablespoon cider vinegar

1 cup beef broth  
½ teaspoon paprika or pinch of cayenne or ½ teaspoon chili rojo  
½ teaspoon salt  
1 teaspoon garlic clove  
¾ lb shitake mushrooms, sliced (I use sliced frozen ones from vitamin cottage)  
¾ - 1 cup soy sour cream

Cut meat into 1½ inch pieces. Sauté meat in clarified butter. Add onion, sauté, and sprinkle with cornstarch. Add vinegar and broth, stir to combine. Add seasonings and simmer until slightly thickened. Add mushrooms and cook until mushrooms are tender. Stir in sour cream. Serve over shiritake noodles.

### Chile Seasoned Pot Roast

5 roasted green chilies  
2 bay leaves  
2 tablespoon olive oil  
1 tablespoon apple cider vinegar  
½ large onion  
4 garlic cloves  
1 tomato  
1 – 1 ½ teaspoon oregano  
½ teaspoon Chile flakes  
¼ teaspoon allspice  
½ teaspoon salt  
¼ cup water  
2-3 lb chuck roast

Blend the above ingredients (except for roast) in food processor. Pour over chuck roast and roast in 350 oven for 3-4 hours or until tender

### Tacos

1 lb ground beef  
1 tablespoon onion flakes  
1 teaspoon oregano  
1 tablespoon cumin  
1 tablespoon chile powder  
½ teaspoon paprika  
Pinch chile flakes  
2 cloves garlic  
Salt to taste

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Cook beef and add all of the above seasonings. Serve with sprouted corn or masa corn tortillas. You may also serve this over greens for a taco salad. Serve with tomatoes, avocados and scallions. Masa is a corn flour soaked in lime so all the enzyme inhibitors are removed. If you can handle grains it is easy to digest.

## Masa-Coated Chicken Breasts

2-3 chicken breasts  
1 – 1 ½ cup masa flour  
1 teaspoon oregano  
½ tablespoon paprika  
Pinch of salt  
2 eggs  
Olive oil

Mix masa with spices. Dip chicken in eggs and then in masa mixture. Pour enough olive oil in skillet to generously cover the bottom of a skillet. Put chicken in skillet with hot oil and cook on both sides until brown and crunchy. Cool and slice. This is really good with guacamole served on top of the chicken. It's also good served on top of a salad with one of the above salad dressings.

## Quiche

### Crust

1/8 cup butter  
1 cup spelt flour  
3 oz kefir cheese  
Mix all together ingredients in food processor and press in pie plate. Bake at 350 for 10 minutes.

### Filling

½ onion  
½ red pepper  
½ bunch spinach, chopped  
5 eggs  
6 tablespoon kefir cheese  
4 tablespoon butter  
½ teaspoon salt  
½ lb cooked and crumbled gluten and additive-free bacon, optional

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Sauté onion and red pepper until soft. Add spinach and sauté. Combine eggs, kefir cheese, butter, salt and cooked bacon. Add vegetable mixture. Put in pie crust and bake at 325 for ½ hour or until knife comes out clean.

**Variation:** Spelt is not gluten-free, so if you don't tolerate grains or gluten, just make this crustless.

## Italian Pie

### Crust:

2 cup shredded yellow squash  
3 eggs, beaten  
½ teaspoon salt  
½ teaspoon oregano

Mix all ingredients together and press into a pie plate.

### Filling:

1 lb ground beef or Italian sausage (Beeler Italian sausage is sugar free)  
1 large can tomatoes, pureed  
1 onion  
2 cloves garlic  
½ teaspoon oregano  
½ teaspoon thyme  
½ teaspoon basil  
Pinch of salt or to taste

Sauté onion and garlic until soft. Add herbs and meat and cook until meat is done. Add tomatoes and salt. Simmer until the sauce thickens. Spoon into the squash mixture and bake at 350 for ½ hour.

## Spaghetti Sauce

1 lb hot Italian sausage (see sausage recipes below to make your own from beef or turkey)  
2 lbs mild Italian sausage (see sausage recipes below to make your own with beef or turkey)  
1 large onion  
2 teaspoon oregano  
2 teaspoon thyme  
2 teaspoon basil  
4 cloves garlic

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2 can or 2 cup beef broth  
Pinch of stevia  
Large pinch of salt  
¼ cup fresh parsley  
3-28 oz. can tomato sauce

Cook sausage and onion together until sausage is fully cooked. Add oregano, thyme, basil, garlic, beef broth, stevia, salt and parsley, tomato sauce. Simmer with lid off until the sauce thickens. Cover and simmer.

### Variations:

May add 1 red pepper, diced, to onion and meat when cooking.

May cook 4 strips bacon with onion and meat mixture.

## Julie's Favorite Spicy Italian Sausage

### Seasoning

<sup>35</sup>/<sub>17</sub> 5 pounds ground meat, at least 80% lean  
<sup>35</sup>/<sub>17</sub> 2 tablespoons cracked fennel  
<sup>35</sup>/<sub>17</sub> 1 tablespoon salt  
<sup>35</sup>/<sub>17</sub> 1 tablespoon fresh fine ground black pepper  
<sup>35</sup>/<sub>17</sub> 1 tablespoon granulated garlic  
<sup>35</sup>/<sub>17</sub> 4 tablespoons crushed red pepper flakes  
<sup>35</sup>/<sub>17</sub> 1 cup ice water (use broth, stock or wine for poultry sausage)

### Sweet Italian Sausage Seasoning

<sup>35</sup>/<sub>17</sub> 5 pounds ground meat, at least 80% lean  
<sup>35</sup>/<sub>17</sub> 2 1/2 tablespoons of dried anise seeds  
<sup>35</sup>/<sub>17</sub> 2 teaspoons of red pepper flakes  
<sup>35</sup>/<sub>17</sub> 1 tablespoon of pickling salt  
<sup>35</sup>/<sub>17</sub> 1 teaspoon of fine ground black pepper  
<sup>35</sup>/<sub>17</sub> 1 teaspoon dried thyme  
<sup>35</sup>/<sub>17</sub> 1 teaspoon dried oregano  
<sup>35</sup>/<sub>17</sub> 1 cup ice water (use broth, stock or wine for poultry sausage)

### Breakfast Sausage

<sup>35</sup>/<sub>17</sub> 6 lbs ground meat, at least 80% lean  
<sup>35</sup>/<sub>17</sub> 2 tablespoons salt (I prefer pickling salt)  
<sup>35</sup>/<sub>17</sub> 1 tablespoon rubbed sage  
<sup>35</sup>/<sub>17</sub> 1 tablespoon fresh fine ground pepper

<sup>35</sup>/<sub>17</sub> 1 cup ice water (use broth, stock or wine for poultry sausage)

### Chorizo

<sup>35</sup>/<sub>17</sub> 5 pounds ground meat, at least 80% lean  
<sup>35</sup>/<sub>17</sub> 4 teaspoons hot ground pepper (I use cayenne)  
<sup>35</sup>/<sub>17</sub> 5 teaspoons granulated garlic (or 4-6 fresh cloves)  
<sup>35</sup>/<sub>17</sub> 1 teaspoon dried Mexican oregano  
<sup>35</sup>/<sub>17</sub> 2 tablespoons good quality commercial chili powder  
<sup>35</sup>/<sub>17</sub> 1 teaspoon medium grind fresh black pepper  
<sup>35</sup>/<sub>17</sub> 2 tablespoons paprika  
<sup>35</sup>/<sub>17</sub> 2 to 3 tablespoons Kosher salt  
<sup>35</sup>/<sub>17</sub> 1 cup cider vinegar, very cold or chilled with ice

## Baked Turkey

2 turkey thighs  
1 heaping tablespoon sage  
½ teaspoon paprika  
1 teaspoon salt  
Olive oil  
2 medium carrots  
1 medium onion  
2 ribs celery  
6 redskin potatoes

Rub olive oil on turkey. Mix sage, paprika and salt and massage into turkey thighs. Dice carrots, onions and celery and pile on top of the turkey thighs. Cut potatoes in half and place around outside of turkey. Bake in 350 oven for 2-3 hours.

## Chicken Pate Rolls

2 cup cooked chicken  
1 tablespoon red or green onion  
1 teaspoon Dijon mustard  
½ teaspoon dill  
Pinch or salt or Herbamare  
Collard greens

Puree all ingredients except collard greens in food processor until it is a smooth pate. Wash collard greens and cut out center stalk and then steam in water. Put a



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large spoonful of pate in middle of a strip of collard greens and roll up. These really good for traveling.

## Chicken Curry

Meat from 1 cooked chicken, cut up  
3 tablespoon butter or olive oil  
1 onion, chopped  
1 clove garlic  
1 red pepper, chopped  
1 zucchini, chopped  
2 carrots, sliced diagonally  
1 tablespoon turmeric  
1 tablespoon ground fenugreek  
¼ teaspoon cayenne pepper  
¼ teaspoon cloves  
1 tablespoon ground coriander  
1 teaspoon ground cardamom  
2 cup chicken stock  
1 – 1 ½ cup coconut milk  
Salt to taste

Sauté the onions in oil, add garlic. Cook until onions are translucent. Add vegetables one at a time and cook until soft. Stir in spices. Add chicken stock and coconut milk and bring to a boil and then simmer. Stir in chicken and season to taste. May serve brown rice or as is.

## Thai Chicken Wraps

½ head green cabbage, sliced thin  
2-3 large carrots, julienned  
1 onion, sliced thin  
2 cloves garlic  
2-3 cup brown or wild rice, cooked  
4 chicken breasts  
Olive oil  
Cilantro  
Rice paper or lettuce or steamed cabbage leaves

Sauté onions in olive oil until translucent and then add garlic. Add cabbage and carrots and sauté until all vegetables are soft. Rub chicken breasts with oil and garlic and bake until done. Slice the chicken in long strips after they are cooked. To assemble the wraps, put rice paper in a skillet of warm water for approximately 60 seconds or

until it softens. (if using lettuce or cabbage skip this step) Place the wrap on a towel and put rice on it, then the cabbage mixture. Put the chicken on top of this and place a piece of cilantro on top. Fold in the sides of the wrap and roll up. Cut in half when cool.

## Peanut Sauce

¼ cup peanut butter  
¼ cup honey (or vegetable glycerin if on candida diet)  
3 tablespoon wheat-free tamari  
4 cloves garlic  
3 tablespoon water  
2 tablespoon oil

Mix all ingredients together. This is a great sauce for those who are not on a yeast-free diet to enjoy. For myself, I use almond butter instead of peanut butter and a bit of stevia or glycerin instead of honey. Tamari is not on the yeast free diet so you will have to omit this as well. You may also serve with a mustard sauce.

## Healthy Baked Eggrolls

### Filling:

Saute: ground beef or turkey  
coconut oil

### Add:

cabbage, shredded  
carrot strings  
onion, minced

### When veggies are tender, add:

garlic, ginger, salt & pepper, soy sauce

Place a spoonful of filling mixture in the middle of an eggroll wrapper, then fold over two opposite corners and roll. Spread a small amount of water on the loose end, and glue it down to the rolled part of the eggroll. Brush with oil, then broil until skin is bubbly and crispy. Dip in sweet chili sauce, egg roll sauce, hot mustard, or sweet and sour sauce.



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## Quick & Easy Bok Choy Stir Fry

### Saute:

coconut oil  
chicken, thinly sliced  
onion, chopped

### Add:

bok choy, chopped  
carrot strings

### Sauce:

Chicken broth, arrowroot powder, ginger, garlic, soy sauce, black pepper, dash of cayenne. Pour over chicken and veggies and simmer til thickened. Serve over rice.

## Chicken with Red Pepper Sauce

1 fryer chicken, cut in pieces or 4 whole chicken thighs, cut in pieces  
2 tablespoons Dijon mustard (I use Eden brand)  
2 tablespoons butter  
2 cups chicken stock  
1 heaping tablespoon cornstarch or 2 tablespoons kudzu  
Pinch of salt  
1 red pepper

Melt mustard and butter and brush on chicken pieces. Cut up red pepper and put in bottom of large pan. Put chicken pieces on top. Bake uncovered at 350 for 1 hour or until chicken is done. When fully cooked take chicken out of pan. Leave the peppers and drippings in the bottom of the pan and put on the stove. Add chicken stock and bring to boil. Reduce to half. Puree this in a blender and then put back in pan. Mix cornstarch or kudzu with ¼ cup water and add to pan, stirring constantly until mixture thickens. Add salt. Serve sauce over chicken pieces.

### Variation:

You may also use a whole chicken and cut the chicken in small pieces after it is cooked. Add this to the finished sauce and serve over brown rice.

## Jambalika: Quick Jambalaya

2 Tbsp. Extra-virgin olive oil

1 full, large boneless, skinless chicken breast (2 pieces), cut into bite size pieces.

2 pieces boneless, skinless chicken thighs, diced  
¾ lb. turkey Andouille sausage (can be purchased at Whole Foods or Esh's, if you are lucky!)

1 celery heart, 4 or 5 small, tender stalks, chopped

1 medium yellow-skinned onion, chopped

1 red or yellow pepper, seeded, diced

4 cloves garlic, minced

14 oz. chicken broth, homemade is preferable

1 Tbsp. Or to taste, each cumin and chili powder

A few shakes cayenne pepper

28 oz. can diced tomatoes

1 bay leaf

6-8 sprigs of thyme, leaves stripped from stems and chopped

2 Tbsp. Gumbo file (powdered sassafras) or ½ lb. okra

Chopped scallions for garnish

Wild rice or brown rice, cooked

In a deep pot, heat 1 Tbsp. Olive oil over medium low heat. Brown chicken and sausage for 3-5 minutes. Remove meats from pot. Add a little more olive oil and the celery, onion, pepper, and garlic. Let veggies hang out in pot for 3 to 5 minutes to soften and sweeten them, giving the pot a shake every now and then. Return chicken and sausage to pot. When the meats are all combined with the veggies, add broth, seasonings, tomatoes, and herbs. Bring to a boil. Drop heat to a simmer. Stir in the file powder or okra. Cook until the mixture thickens, about 3 minutes. Discard bay leaf. Serve with rice dropped in the center of the bowl and Jambalika poured over it. (For those just starting the candida diet, eat it without rice) Garnish with scallions. Serves up to 6.

## Sofrito (to be used in Puerto Rican Beans & Rice)

4 cups cilantro

4 cups culantro (recao, Eryngium) or 4 more cups cilantro

3 very large onions, peeled and cut in chunks

2 heads garlic, peeled

3 pounds red and green sweet peppers, seeded and cut up

1 cup olive or vegetable oil

1 tablespoon salt

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1 cup ajies dulces (small sweet cooking peppers), tops removed  
or an additional cup of sweet red peppers plus  
1 tsp cayenne

Combine all ingredients in a blender or food processor and puree. Freeze in ice cube trays. Add 3-5 cubes to a large pot of chicken and rice soup, 2-3 cubes to each pound of cooked rice (I put it right into the rice cooker with raw rice). It goes well with almost everything.

Makes 8-10 cups

## Puerto Rican Beans & Rice

Inspired by my Puerto Rican cousin, Vanessa

1 med. onion, chopped  
1/2 green pepper, chopped  
1 sm. white potato, chopped  
2 lg. cloves garlic, minced  
1 T. cumin, ground  
1 T. coriander, ground  
¼ c. sofrito  
1 can dark red kidney beans  
1 sm. can tomato sauce  
Salt to taste  
\* I add turkey ham when cooking beans for extra flavor

Saute onion, pepper and potato. Add garlic. Heat beans, tomato sauce and salt.  
(Rinse can with water and add to mixture.) Combine ingredients.  
Simmer 45 minutes. Serve over rice.

\*Lazy Housewife Version: Soak beans overnight, drain, then cook in crock pot with sofrito until soft. Add the rest of the ingredients 1-2 hours before serving, and cook until potatoes are soft.

## Jamie's Quick & Easy Hash

From my sister who ate this on a regular basis while she trained for several bodybuilding competitions in the Denver area

### Saute:

ground beef or turkey

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### Add:

Rotel tomatoes  
black beans

### Serve over:

fresh baby spinach

Serve with chips, tortillas or Julie's favorite low-fat rice crackers and feta cheese! A truly quick and easy recipe for a hurried day!

## Grilled Salmon with Garden Mayonnaise

4 – 6 8 oz. skinless salmon or tilapia fillets, cut 1 inch thick  
12 oz. asparagus spears  
1 Tbs. olive oil  
Sea salt and fresh ground pepper to taste  
1 recipe garden mayonnaise

1. Rinse fish; pat dry. Snap off and discard woody bases from asparagus. Brush asparagus and both sides of salmon with oil. Season both with salt and pepper.
2. For charcoal grill, place salmon on greased rack of uncovered grill directly over medium coals. Place asparagus on grill next to salmon. Grill 8 to 12 minutes or until asparagus is tender and fish flakes easily, turning fish once halfway through grilling, and turning asparagus occasionally. (For gas grill or inside grill, preheat grill. Reduce heat to medium. Place fish and asparagus on grill rack. Cover; grill as above.)
3. To serve, arrange asparagus on plates. Top with salmon. Spoon Garden Mayonnaise mixture on top of salmon. **Makes 4 servings.**

## Garden Mayonnaise

In small bowl combine:  
½ cup finely chopped celery (1 stalk)  
¼ cup thinly sliced green onions  
1/3 cup mayonnaise  
1 Tbsp. lemon juice  
2 tsp. snipped fresh thyme or ½ tsp. dried sage crushed.

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Makes  $\frac{3}{4}$  cup.

## Hazelnut-Brown Butter Trout

Other fish to try with this recipe: salmon, halibut, and catfish.

Prep: 30 minutes Cook: 20 Minutes

- 4 10 to 12 oz pan-dressed trout or other mild fish
- $\frac{3}{4}$  to 1 tsp. ground cumin
- $\frac{3}{4}$  tsp. salt
- 1 Tbsp. olive oil
- 1 bunch green onions, cut into thin strips
- 4 Tbsp. clarified butter
- $\frac{1}{4}$  cup hazelnuts, soaked 8 hours, then coarsely chopped
- 2 Tbsp. lemon juice
- 2 Tbsp. cider vinegar

1. Spread trout open; sprinkle meaty side with cumin, salt, and  $\frac{1}{8}$  teaspoon of the pepper. Heat oil in large nonstick skillet over medium-high heat. Add two trout, skin-side-up; cook for 2 minutes. Turn skin-side-down; cook 2 to 3 minutes more or until fish flakes easily when tested with fork. Line 4 plates with green onion tops. Transfer fish to plates, skin-side-down. Cover; keep warm. Add additional oil, as needed, to fry remaining fish. Cook as above.

Transfer to plates. Cover; keep warm.

2. Reduce heat to medium. Add butter and hazelnuts to skillet; cook, stirring often,  $1\frac{1}{2}$  to 2 minutes, until butter and nuts begin to brown. Stir in lemon juice and vinegar; cook for 30 seconds until slightly thickened (aroma will be strong). Add remaining  $\frac{1}{8}$  teaspoon pepper. Pour nut mixture over trout; serve immediately.

Makes 4 servings.

## Trout Almondine

- 6 rainbow trout or mild fish
- $\frac{1}{4}$  cup buckwheat flour
- 1 teaspoon salt black pepper
- 1 cup clarified butter (divided) or oil and salt
- 1 cup sliced blanched almonds, soaked
- 1 tablespoon lemon juice lemon wedges

Combine flour, salt and pepper. Roll trout in seasoned flour until thoroughly coated. Sauté trout in a 12-inch skillet. (do not put all the butter in at once; use about  $\frac{1}{4}$  cup butter for three trout, then add additional  $\frac{1}{4}$  cup for

remaining three trout). Sauté over medium heat about 5 minutes on each side. Carefully remove cooked fish to a heated platter and cover to keep warm. When all the fish are cooked, discard browned butter and wipe out skillet. Add remaining  $\frac{1}{4}$  cup butter and almonds to skillet. Cook over lowest heat, stirring frequently, until almonds become a pale golden color. Remove from heat and stir in lemon juice. Pour almond butter over trout. Serve immediately with lemon wedges.

## Trout Meuniere

- $\frac{1}{2}$  cup clarified butter
- 2 brook trout ( $\frac{3}{4}$  – 1 lb each)
- Salt
- Buckwheat Flour
- 1-2 tablespoon lemon juice
- 2 tablespoon chopped parsley

In a 1 –  $1\frac{1}{2}$  quart saucepan, clarify butter by melting it slowly, skimming off the surface foam. Spoon the clear butter on top into a heavy 6 – 8 inch skillet and discard the milky solids at the bottom of the pan. Set aside. Wash the trout under cold running water and dry them completely with paper towels. Season them inside and out with salt, dip them in flour and then shake them to remove all but a light dusting of the flour. In a heavy 10 – 12 inch skillet, melt the remaining 3 tablespoon of butter with the oil over moderately high heat. When the foam subsides, add the trout and sauté them over high heat, turning them with kitchen tongs, for 5 – 6 minutes on each side, or until they are a golden color and just firm when pressed lightly with a finger. Transfer them to a heated platter and cover lightly to keep warm. Cook the clarified butter over low heat until it browns lightly. Do not let it burn. Sprinkle the trout with lemon juice and parsley, pour the hot butter over them and serve immediately.