



The Gleason Center

— *keto paleo* —

RECIPE COLLECTION

Mediterranean Seafood Chowder
Garlic Crusted Tenderloin with Port Sauce
Rosemary Roasted Root Vegetables
Flourless Honey Almond Cake
Chocolate Avocado Mousse and more



Asparagus

Lemon Lovers Asparagus (OD)

- 2 bunches asparagus, trimmed
- 2 lemons, thinly sliced
- 2 tbsp. olive oil
- 4 tsp. chopped fresh oregano (or 2 tsp. dried)
- ½ tsp. salt and freshly ground pepper

Preheat oven to 450. Toss asparagus, lemon slices, oil, oregano, salt and pepper. Place on a large rimmed baking sheet. Roast, shaking the pan occasionally until the asparagus is crisp tender, 18-20 minutes.

Chile-Spiced Asparagus (OD)

- 1 tbsp. olive oil
- 2 bunches asparagus, trimmed & cut into 1" pieces
- 1 tbsp. water
- 1 ½ tsp. chili powder or smoked paprika
- ¾ tsp. garlic powder
- ½ tsp. salt
- 2 tbsp. sherry or red-wine vinegar

Heat oil in a large non-stick skillet over medium high heat. Add asparagus and water; cook, stirring often, for 4 to 5 minutes. Add chile powder, garlic powder and salt. Cook until the asparagus is tender-crisp, about 1 more minute. Remove and add vinegar; stir to coat.

Lemon-Maple Asparagus

- 2 bunches asparagus, trimmed
- 2 tbsp. lemon olive oil
- 1 tbsp. maple balsamic vinegar
- ½ tsp. salt and freshly ground pepper

Preheat oven to 450. Toss asparagus, lemon olive oil, salt and pepper. Place on a large rimmed baking sheet. Roast, shaking the pan occasionally until the asparagus is crisp tender, 18-20 minutes. Pour maple balsamic vinegar over and serve.

Baked Deserts

Gluten-Free Apple Walnut Cupcakes (HC)

- 3 cups oat bran flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1½ tsp. salt
- 1 tsp. cinnamon
- 1½ cups sugar
- ¾ cup safflower oil
- 2 eggs
- 1 tsp. vanilla
- 1 cup chopped walnuts
- 4½ cups chopped apples

Preheat oven to 350 degrees. Mix flour, baking powder, soda, salt, cinnamon and sugar together. Add remaining ingredients, stirring with a wooden spoon or mixing with hands. (The batter will be stiff!) Spoon into paper muffin cups, filled 2/3 full and bake for 35-40 minutes. Makes 24 cupcakes.

To make cakes, spread batter into 2 8" round pans or 1 9" x 13" rectangular pan and bake for 40-45 minutes.
Served at our 30th Anniversary Celebration.

Nut Pie Crust (HC) (KD)

- 2 cups raw pecans
- 2 Tbsp organic butter
- 2 Tbsp organic brown sugar
- 1/2 tsp. cinnamon

Chop pecans in food processor.

Add butter and brown sugar and process briefly until mixture packs together.

Shape mixture in pie pan with the back of a spoon.

Bake at 350 for 15 minutes.

Add filling of choice and bake pie.

Flour-less Honey-Almond Cake (HC)

- 1 1/2 cups whole almonds, toasted
- 4 large eggs at room temp, separated
- 1/2 cup honey
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/2 tsp salt
- TOPPING
- 2 tbsp honey
- 1/4 cup sliced almonds, toasted

1. Preheat oven to 350F, spring-form pan with greased parchment paper in bottom
2. Finely grind almonds in food processor. Beat with electric beater 4 egg yolks, 1/2 cup honey, vanilla, baking soda, and salt in large mixing bowl. Add ground almonds and beat on low until combined.
3. Beat on medium speed with electric hand mixer 4 egg whites in another large bowl until foamy and white but not to the peak stage. Fold with rubber spatula into nut mixture and scrape into prepared pan.
4. Bake until golden brown and a skewer inserted into the center comes out clean, about 28 minutes. Let cool about 10 minutes, gently run a knife around the edge and remove the side ring. Let cool completely.
5. Transfer the cake to a serving platter, drizzle the top with the honey and sliced almonds.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Gluten Free Chocolate Chip Cookies (HC) (KD)

4 Cups almond flour
1 teasp.. baking soda
1/2 tsp. sea salt
4 eggs
1/2 cup coconut oil
1/4 cup coconut milk
2 teasp. vanilla extract
1/2 teasp. liquid stevia
10 oz. bittersweet or dark chocolate chips

From The Wheat Belly Cookbook by William Davis, MD Gluten Free Chocolate Bundt Cake (HC) (Heidi Adkins)

- 1 cup GF baking flour (Namaste Gluten Free Flour Blend)
- 3/4 cup almond flour
- 1/2 cup coconut oil
- 2/3 cup cocoa
- 1 cup plain yogurt
- 2 tsp baking powder
- 1/2 tsp xanthin gum
- 1 tsp salt
- 1 tsp vanilla
- 1/2 cup water
- 1 box GF chocolate pudding
- 3 eggs
- 1/2 cup "Sugar Leaf" (Raw cane and stevia)

Mix ingredients with electric mixer. Add to greased & floured Bundt pan. Bake at 350 for 40 min.

Gluten Free Almond Bundt Cake (HC) (Heidi Adkins)

- 1 cup GF baking flour (Namaste Gluten Free Flour Blend)
- 1 cup almond flour
- 1/2 cup coconut oil
- 1 cup plain yogurt
- 2 tsp baking powder
- 1/2 tsp xanthin gum
- 1 tsp salt
- 1 tsp vanilla
- 1/4 cup water
- 1 box GF pudding (vanilla, pistachio, butterscotch.....)
- 3 eggs
- 1/2 cup "Sugar Leaf" (Raw cane and stevia)

Mix ingredients with electric mixer. Grease and flour Bundt pan. Optional: line pan with almond slices. Bake at 350 for 40 min.

Cinnamon Ball Fat Bombs (KD)

- 1 cup Coconut butter
- 1 cup Coconut milk
- 1 cup coconut shreds
- 1 tsp vanilla extract
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp Stevia

Place a glass bowl over a sauce pan with a few inches of water inside, creating a double boiler. Place all ingredients except shredded coconut into the double boiler over medium heat.

Mix the ingredients as they melt, then remove from heat.

Place the bowl in the fridge until it's firm enough to roll into balls, about 20-30 minutes.

Form the mixture into 1 inch balls and roll through the coconut shreds.

Place the balls on a plate and refrigerate for one hour. Serve and enjoy. Keep refrigerated.

Breakfast

Joe's Scramble (MD) (KD)

Scramble 2oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach and 2 eggs.
Serve with chopped tomatoes. Add herbs as desired.

Yogurt Parfait (HC)

Mix plain yogurt with vanilla and cinnamon (add xylitol if you like it sweeter.)
Layer with ¼ cup berries, ¼ cup Kashi Go Lean cereal and 1 tsp. chopped nuts.

Berry Oatmeal (HC)

Mix 1 cup cooked oatmeal with 1 tsp. cinnamon, ¼ cup berries,
1 tbsp. chopped nuts, 1 to 2 tbsp. protein powder or PaleoMeal.

Nut Wrap (HC)

Fill a lo-carb tortilla with 1 tbsp. low fat cream cheese,
1 tbsp. organic peanut butter or almond butter and ¼ cup chopped apple.

Baked Apple (HC)

Split open baked apple and fill with 1 cup low fat cottage cheese,
½ cup Kashi Go Lean cereal and 1 tbsp. chopped nuts.

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Broths

Hippocrates Soup (OD)

- 3 quarts water
- 1 head green cabbage, chopped
- 2 parsnips, chopped
- 1 sweet potato, chopped
- 5 or more garlic cloves, crushed with the skins
- 1 large sweet onion, chopped
- 1 green pepper, chopped
- 4 tomatoes, chopped
- 1 handful fresh parsley, chopped
- 1 handful cilantro, chopped
- Salt and pepper to taste
- 1 or 2 chili peppers, if you like some kick

Add water and chopped veggies to a large stock pot. Simmer for 3 hours; then, in batches, strain through a fine colander into another pot. Store in plastic containers. Can be refrigerated for up to a week or frozen for several months.

Kitchen Tip: This is a delicious vegetable broth, good for sipping or as a base for many other soup recipes. It is especially good if you are sick with a cold or flu. Though it takes a while to prepare, it makes a gallon of broth that can be frozen in smaller portions.

Immune Power Soup (OD)

- 1 tbsp. extra virgin olive oil
- 2 cups sliced carrots
- 1 cup leeks, white and light green parts only, rinsed thoroughly and chopped
- 1 cup chopped celery
- 1 cup diced onion
- 4 garlic cloves, minced
- 1 tbsp. peeled, minced fresh ginger
- 1 cup chopped fresh parsley
- 1 cup finely sliced Shiitake mushrooms
- ¼ cup chopped fresh basil
- 8 cups water
- 1 tsp. salt
- Freshly ground black pepper
- ¼ cup chopped fresh chives, for garnish

Heat the extra virgin olive oil in a large pot. Add the carrots, leeks, celery, onions, garlic and ginger. Sauté for 10 minutes over medium heat, stirring frequently.

Add the Shiitake mushrooms, parsley, basil and water. Season with salt and pepper. Turn heat to high and bring to a boil; then reduce heat to medium-low and simmer, covered, for 20 minutes. Garnish with chives.

Serves 5.

Kitchen Tip: This soup takes the edge off your hunger and is a great way to get more vegetables into your day. Make it in advance and freeze in single-serving containers for use later on.

Miso Soup (OD)

- 1 quart vegetable or chicken broth
- 4 green onions, chopped
- 5 or 6 Shiitake mushrooms, sliced
- 2 pieces Wakame sea weed
- 3 tbsp. Miso (mix paste with a little broth before adding)

Simmer the onions, mushrooms and Wakame in the broth for 15 minutes, then stir in the Miso paste and serve.

Serves 2.

Bone Broth (MD)

This broth can be used as soup stock or taken up to 4 times daily to improve joint, digestive and immune function.

- 5# bones from grass fed, free range, wild beef, chicken, venison, turkey, etc.
- 3qt. water
- 6Tbsp. vinegar

Soak in a stainless or ceramic pot for 30-60 minutes to hydrolase collagen and minerals. Bring to a boil. Simmer for 24 hours. Skim foam off top if desired. Can be refrigerated for up to 5 days or frozen. You may also add vegetables such as celery, onion, and herbs.

Cereal

Granola (HC)

- ½ c. (1 stick) butter
- ¼ c. coconut oil
- ¼ c. honey
- ¼ c. brown sugar

Preheat oven to 350 degrees. Cook 1st four ingredients in roasting pan until melted and lightly browned. Add dry ingredients, mix thoroughly and bake for 25-30 minutes, stirring once or twice.

- 5 cups oats
- ½ c. wheat germ or flax seeds
- ½ c. sesame seeds
- ½ c. sunflower seeds
- ½ c. almonds, cashews or other nuts
- 1 c. unsweetened flaked coconut

Store in Tupperware-keeps for 2 months but won't last that long!

Fruited Irish Oatmeal (HC)

*Requires a slow cooker.

- 5 cups water
- 2 cups steel-cut Irish oats
- 1 cup apple juice
- ¼ cup dried cranberries
- ¼ cup golden raisins
- ¼ cup dried apricots, chopped
- ¼ cup maple syrup
- 1 tsp. ground cinnamon
- ½ tsp. salt
- Brown sugar or maple syrup
- Toasted walnuts or pecans, chopped
- Milk

In a 3½ quart slow cooker combine water, oats, apple juice, cranberries, raisins, apricots, maple syrup, cinnamon and salt. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 ½ hours.

Serve with brown sugar or additional maple syrup, chopped nuts, and milk. Serves 8 to 10.

Kitchen Tip: Make this fancy oatmeal for weekend guests or anytime you want a hot, no-fuss breakfast. Be sure to use steel-cut Irish oats because no other type will stand up to long cooking.

Green Apple Breakfast Porridge (OD)

- 1 cup chopped green apples
- 1/2 cup chopped raw almonds
- 1/2 cup chopped dried figs or dates
- 1 tsp. fresh ground flax seed
- 1 tsp. lemon juice
- 1 pinch freshly grated ginger

Combine all ingredients and mix in food processor. Garnish with ground flax seed.

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Chicken Soups

Rich Homemade Chicken Soup or Stock (MD)

- 4 lbs. chicken thighs or leg quarters, cut in half
- 4 carrots, peeled and cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 2 onions, peeled and cut into eighths
- 6 sprigs fresh parsley
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 clove garlic, crushed and peeled
- 2 tsp. salt
- ½ tsp. fresh ground pepper
- 5 quarts water

Place chicken, carrot, celery, onion, parsley, thyme, bay leaf, garlic, salt and pepper in a stockpot. Add water. Bring to a boil over high heat, and then reduce heat to maintain a simmer. Skim any foam and fat that rises to the surface. Simmer for 2-3 hours.

For stock, place colander over a large bowl and strain the soup, pressing the solids to release as much liquid as possible. If not using immediately, cool the stock quickly by placing the bowl into a larger bowl of ice water. Refrigerate overnight, spoon off all congealed fat and seal in an airtight container.

Crazy Kim's Chicken Chile (HC)

- 3 cups great northern white beans (canned or cooked)
- 4 organic chicken breasts, chopped
- ½ cup chopped onion
- 2 tbsp. olive or coconut oil
- 4 cups chicken broth
- 1 tsp. cumin
- 1 tsp. Chile powder
- ¼ cup green chiles, chopped

Sauté chicken and onions in oil until tender and cooked thru. Drain and rinse beans. Place half of them into the pot, mash with a potato masher and then add remaining ingredients. Simmer for 30 minutes and serve.

Serves 6.

Charlie's Chicken Soup (MD)

- 6 cloves garlic, chopped
- 2 boneless, skinless chicken breasts, cubed
- 2 tbsp. olive oil
- 2 carrots, sliced thinly
- 2 celery stalks, chopped
- 1 cup Portobello mushrooms, sliced
- 1 cup fresh cabbage, cut in chunks
- 2 tsp. lemon juice
- lemon pepper, to taste
- sea salt, to taste
- 1 cup fresh spinach, chopped
- 64 oz. organic vegetable broth

Sauté chicken and garlic in olive oil for 15 min. over medium heat. Add carrots, celery and mushrooms and cook for 10 minutes more. Add broth, cabbage, lemon juice, salt and lemon pepper and cook for an additional 15 minutes. Just before serving add fresh spinach and simmer for 5 minutes. Serves 6.

Note: Eliminate the chicken breasts and double the mushrooms to make a delicious vegetable soup that's Optimal Detox.

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Coconut Shakes

Keto Detox Shake (KD)

- 2-4 tbsp. Full Fat Coconut Milk
- 1-2 cup Almond Milk
- 2 tbsp Avocado
- 1 tbsp Cocoa
- Xylitol (if needed)
- Ice
- 1 scoop Paleo Shake mix

Combine into a blender and process till smooth.

Coconut Banana Smoothie (OD)

- 1/2 c. coconut milk
- 1/2 c. water
- 1/2 banana, fresh or frozen
- 1 tbsp. shredded coconut, optional
- 2 scoops SP Complete powder

Combine all ingredients in blender. If using fresh banana, add 1/2 cup crushed ice and process till smooth.

Serves one.

Deviled Eggs

Guacamole Deviled Eggs (MD)

- 12 hard boiled Grass Fed Eggs
- 2 medium Avocados
- 1/4 cup Cilantro and onion chopped finely
- 2 Tbs Olive oil
- 1/4 tsp Sea Salt
- Squeeze of lemon
- 2 pressed Garlic cloves

Slice eggs lengthwise and put yolks in a bowl. Add avocados and smash together. Blend in Olive oil, then remaining ingredients. Spoon in to egg whites.

Eggs

Frittata with Zucchini & Goat Cheese (HC) (KD)

- 10 eggs
- 1 tsp. salt
- 1 ½ tbsp. olive oil
- 2 to 3 small zucchini, sliced 1/8th inch thick
- 2 tbsp. fresh oregano, chopped
- 2 tbsp. chopped fresh flat-leafed parsley
- 4 oz. goat cheese, crumbled
- Arugula salad

In a bowl, whisk together the eggs and ½ tsp. salt, set aside.

In a deep half of a frittata pan on medium, heat olive oil. When heated, add the zucchini and sprinkle with the remaining salt. Saute for 30 seconds, add the oregano and 2 tsp. parsley, and cook for 30 more seconds.

Add the eggs and stir quickly and lightly with a rubber spatula to combine with zucchini. Gently lift the cooked edges to allow the uncooked eggs to flow underneath. Sprinkle the cheese on top; do not stir. Reduce heat to low and cook, without stirring, about 4-5 minutes more.

Meanwhile, in the shallow half of the frittata pan, heat remaining olive oil over on medium heat. Place upside down on top of the deep pan and flip the frittata into the shallow pan. Reduce the heat to low and cook, covered for 3 minutes. Remove the top pan and continue cooking until the eggs are set, about 5 minutes.

Using the spatula, loosen the edges of the frittata and gently slide it onto a plate. Garnish with parsley and serve with arugula salad.

Serves 6 to 8.

Omelet (MD) (KD)

- 4 organic eggs*
- 1 tsp. olive oil
- Sea salt
- Black pepper, freshly ground
- Optional ingredients (see below)

Beat eggs in bowl. * If desired, separate eggs, discarding all but one yolk. Whisk together the 4 egg whites and 1 yolk.

Heat olive oil over medium heat in a nonstick pan, add egg mixture and cook until omelet starts to form. Lift sides and let uncooked egg slide underneath until cooked through.

Add your choice of optional ingredients and season lightly with salt and pepper. Flip half of omelet over to cover filling and allow to set. Remove from pan and serve.

Optional ingredients:

Fresh chopped basil, sage, thyme, oregano or rosemary

Fresh chopped tomato

Steamed, chopped broccoli

Red or green bell pepper, diced

Onion, red or yellow, diced

Asparagus, steamed

Bacon and Egg Fat Bombs (KD)

- 2 large eggs
- 1/4 cup butter or ghee, softened at room temp
- 2 Tbsp mayo
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 4 large slices of bacon

Preheat the oven to 375 degrees. Line a baking tray with baking paper. Lay the bacon strips out flat on the baking paper, leaving space so they don't overlap. Place the tray in the oven and cook for about 10-15 mins until golden brown. The time depends on the thickness of the bacon slices. When done, remove from the oven and set aside to cool down.

1. Boil the eggs.
2. Cut the butter into small pieces and add the peeled and quartered eggs.
3. Mash w/ a fork. Add the mayo, season and salt and pepper and mix well. Pour in the bacon grease and combine well. Place in the fridge for 20-30 mins or until it's solid and easy to form fat bombs.
4. Crumble the bacon in to small pieces and prepare for "breading". Remove the egg mixture from the fridge and start creating 6 balls. you can use a spoon or ice-cream scooper.

Serves 2.

Fish

Baked Fish with Tomatoes, Olives and Fennel (MD) (KD)

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 fennel bulb, green stalks and outer layers removed and sliced thinly
- 4 plum tomatoes, chopped
- ¼ cup kalamata or other black olives, pitted and chopped
- 1 tbsp. chopped fresh basil
- 1 tsp. lemon juice
- Sea salt to taste
- Fresh ground black pepper to taste
- 1 lb. fresh fish fillet (halibut, monkfish or Chilean sea bass)

Preheat oven to 425. In a large skillet, heat oil over medium-low heat. Add onion, garlic and fennel and cook 3-5 minutes. Add tomatoes and cook stirring occasionally, 7-8 minutes. Remove from heat and stir in olives, basil and lemon juice. Season with salt and pepper.

Pat fish dry, cut into four pieces and season with salt and pepper. Place fish in a lightly oiled glass dish. Spoon equal amounts of sauce over each piece of fish. Place tight fitting lid on dish so no steam can escape. Bake until cooked through, about 15 minutes.

Serves 3.

Chili-Rubbed Tilapia with Asparagus & Lemon (MD) (KD)

- 2 lbs. asparagus, trimmed & cut into 1 inch pieces
- 2 tbsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. salt, divided
- 1 lb. tilapia, Pacific sole or other firm white fish fillets
- 3 tbsp. lemon juice

Steam asparagus until tender crisp and spread out on a plate to cool.

Combine chili powder, garlic powder and ¼ tsp. salt on a plate. Dredge fillets in the spice mix to coat.

Heat oil in a large skillet over medium high heat. Add the fish and cook until just opaque in center, turning halfway thru (5 to 7 minutes).

Divide on 4 plates. Immediately add lemon juice, remaining salt and asparagus to the pan and cook stirring constantly until asparagus is coated and heated through (about 2 minutes.)

Serves 3.

Julia's Mahi Mahi (MD)

- 2 pieces Mahi Mahi
- 3 tbsp. Tamari (soy sauce may have gluten)
- 1 clove crushed garlic, more if desired
- 3 tbsp. balsamic vinegar
- 3 tsp. olive oil
- 3 tbsp. honey
- 1 tsp. grated fresh ginger
- Salt and pepper to taste

In a shallow glass dish, stir together honey, soy sauce, balsamic vinegar, ginger, garlic and 2 tsp. olive oil. Season fish with salt and pepper and place into marinade for 20 minutes.

Heat 1 tsp. olive oil in small frying pan. Reserve the marinade. Sauté fish for 4 to 6 minutes per side turning only once until fish flakes easily with a fork. Remove and keep warm. Pour marinade into same pan and bring to a boil to thicken to a glaze consistency. Spoon glaze over fish and serve immediately with brown rice.

Serves 2.

Salmon with Roasted Garlic & Rosemary (MD) (KD)

- 2 cloves garlic, unpeeled
- 3 tbsp. freshly squeezed lemon juice
- 4 springs fresh rosemary (or 1 tsp. dried)
- ¼ cup extra virgin olive oil
- 2 8-10 oz. wild salmon fillets

Roast garlic in a 350 oven for 45 minutes. Remove from oven, cool and peel. In a food processor, combine the garlic, lemon juice, rosemary and oil.

Lightly oil a baking dish with olive oil. Place salmon in dish, spread with puree, and bake at 350 until flaky, about 20 to 30 minutes.

Serves 2.

Teriyeki Mahi Mahi (MD)

- 2 pieces Mahi Mahi
- 3 tbsp. soy sauce or Tamari
- 1 clove crushed garlic, more if desired
- 3 tbsp. balsamic vinegar
- 3 tsp. olive oil
- 3 tbsp. honey
- 1 tsp. grated fresh ginger
- Salt and pepper to taste

In a shallow glass dish, stir together honey, soy sauce, balsamic vinegar, ginger, garlic and 2 tsp. olive oil. Season fish with salt and pepper, place into marinade for 20 minutes.

Heat 1 tsp. olive oil in small fry pan. Reserve the marinade. Sauté fish for 4 to 6 minutes per side, turning only once until fish flakes easily with a fork. Remove and keep warm. Pour marinade into same pan and bring to a boil to thicken to a glaze consistency. Spoon glaze over fish and serve immediately.

Serve with brown rice.

Serves 2.

Fruit Deserts

Aunt Carrie's Lemon Sherbet (HC) (KD)

- 2 cups Xylitol
- juice of 4 lemons
- rind of 4 lemons
- 5 cups organic milk

Mix first 3 ingredients. Stir in milk and put in freezer. Stir occasionally and beat with rotary beater before solidly frozen.

Kitchen tip: store in Tupperware container. Take out of freezer for a few minutes to soften before serving. Delicious!

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Black Forest Banana Split (HC)

- 1 cup nonfat ricotta cheese
- 1 banana, split lengthwise
- 8 walnut halves
- 1/2 tsp. unsweetened cocoa powder
- 1/8 tsp. stevia powder
- 2 tsp. cherry concentrate

Spoon the ricotta into a dessert dish and place a banana half on each side of the cheese. Top with walnut halves and sprinkle with cocoa and stevia, which have been mixed together. Drizzle cherry concentrate on top.

Serves 1.

Poached Pears with Cherry Syrup (OD)

- 2 firm ripe pears
- 1 cup water
- 1 tbsp. cherry concentrate
- 1 tbsp. xylitol
- Juice of 1/2 lemon
- 1 tsp. ground cinnamon
- 1 tbsp. chopped almonds
- 2 mint sprigs

Peel and core the pears. Combine next four ingredients in saucepan and simmer pears in the mixture for 7-10 minutes, until fork tender. With slotted spoon, transfer pears to two shallow bowls. Simmer the liquid till reduced to a syrup, about 10 minutes, and spoon over pears. Top with chopped almonds and garnish with mint sprigs.

This delicious fruit dessert has layers of flavor and lots of antioxidants.

Serves 2.

Fruit Shakes

Blueberry Shake (OD)

- 8 oz. almond, rice or coconut milk or water
- ¼ banana, fresh or frozen
- ¾ cup blueberries, fresh or frozen
- 1 or 2 scoops nutritional powder

Combine all ingredients in blender. If using fresh fruit, add ½ cup crushed ice and process till smooth.

Serves 1.

Chocolate Berry Shake (OD) (KD)

- 12 oz. coconut, almond, rice milk or water
- 1 cup mixed berries, frozen or fresh
- 2 tsp. cocoa powder
- 2 tsp. Xylitol or ¼ tsp. Stevia
- 1 or 2 scoops nutritional powder

Combine all ingredients in blender. If using fresh berries, add 1/2 cup crushed ice and process till smooth.

Serves 1.

Southern Style Smoothie (OD)

- ½ cup peaches, fresh or frozen
- ½ cup pineapple, fresh or frozen
- 1 c. almond milk
- 2 tsp. fresh ginger, grated
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- 2 scoops nutritional powder

Combine all ingredients in blender. If using fresh fruit, add ½ cup crushed ice and process till smooth.

Serves 1.

Orange Ginger Smoothie (OD)

- One orange, peeled and halved
- 2 tsp. fresh ginger, minced or ¼ tsp. ginger powder
- 1 c. water, coconut or almond milk
- 1 scoop PaleoReds powder
- 2 scoops nutritional powder

Combine all ingredients in blender. If using fresh fruit, add ½ cup crushed ice and process till smooth.

Serves 1.

Mango Coconut Smoothie (OD)

- 1/3 ripe mango
- 2 TBS shredded coconut
- 1/3 ripe banana
- 1 c. water or coconut milk
- 2 ice cubes (optional)

Combine all ingredients in a blender

Serves 1.

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Healthy Grains

Heidi's Gluten-free Muffins (MD)

Basic Recipe:

- 3 eggs
- ½ c. honey
- ½ c. xylitol
- 1 c. coconut oil
- 1 tsp. vanilla
- 2¾ c. brown rice flour (Red Mill or Arrowhead Mills)
- 1½ tsp. cinnamon
- 1 tsp. salt
- 1 tsp. soda
- 1 tsp. baking powder
- ¼ tsp. Xanthin Gum or Guar Gum

Additions:

Add 2- 2½ cups of any of the following moist ingredients:
shredded zucchini, apples, carrots, applesauce

Optional:

Add 1 cup of extra dry ingredients:
Walnuts, pecans, coconut, cranberries

Pioneer Muffins: 1 c. carrots, 1 c. applesauce, 1 c. walnuts

Bake in pre-heated 375 degree oven. 15 min. for mini muffins; 25 min. for regular muffins.

Onion Bread or Crackers (OD) (KD)

- 2 ½ pounds sweet onions

Peel onions, cut into chunks and soak in water for 20 min. to take sharpness out. Put onions in food processor and process until small pieces, not too small or it becomes mushy.

- 1 c. ground sunflower seeds
- 1 c. ground golden flax seeds
- ½ c. ground Chia Seeds

Blend dry ingredients in large bowl to mix thoroughly. Add onions and following ingredients.

- ¼ to ½ cup olive oil (use less for crackers, more for bread-like consistency)
- 1 ½ oz Nama Shoyu or Tamari
- 3-4 tbsp. Agave nectar

Mix thoroughly till flax absorbs the liquid. Smooth onto Teflex (or parchment) sheets about ¼" thick and place in dehydrator for 5-10 hours, turning over for another 3-4 hours or until dry and crispy. Break into pieces or cut with pizza cutter, and store in airtight container in refrigerator.

Raspberry Fiber Muffins (MD)

- ½ c. almond milk
- ½ c. fresh apple juice
- ½ c. unsweetened apple sauce OR 3 eggs
- 2 tbsp. coconut oil
- 6 dates
- ½ tsp. vanilla extract
- 1 c. almond flour
- ½ c. roasted buckwheat kernels, ground OR rice flour
- ½ c. freshly ground flax seed
- ½ tsp. salt
- 2 tsp. baking powder
- 1 c. fresh or frozen organic raspberries

Preheat oven to 350 degrees. Combine first 6 ingredients in a blender and blend until smooth. In a large bowl combine all dry ingredients, then stir in mixture of wet ingredients. When smooth add raspberries and spoon into muffin cups. Bake 25 min. or until done.

Quinoa Wild Mushroom and Arugula (MD)

- 1.5 cup of quinoa
- 1 quart of fresh Crimean mushrooms
- 1 cup of dried mushrooms (shiitake, porcini, or mix)
- 2 large shallots
- Extra Virgin Olive Oil as needed
- 1 large container of fresh arugula
- Sea salt and pepper to taste

Soak the dried mushrooms in boiling water for 20-30 mins. Reserve liquid. Dice the shallots and slice the fresh mushrooms. Lightly sauté the arugula in olive oil until slightly wilted and set aside. Prepare the quinoa per the package instructions, using the reserved liquid from re-constituting dried mushrooms instead of water. Sauté the shallots in olive oil. Add mushrooms, salt and pepper to taste. Mix the mushroom mixture with the quinoa plus the arugula. Taste and adjust for salt and pepper.

Hot Drinks

Dr. Dan's Anti-Inflammatory Tea (OD) (KD)

- 3 c. water
- 2 green tea bags
- 10 whole cloves
- ¼ tsp. cinnamon or 1 cinnamon stick
- ¼ tsp. cardamom
- ¼ tsp. fennel seeds
- 1/8 tsp. turmeric

Boil water, add remaining ingredients and steep for at least five minutes.

Serves 3.

Kitchen tip: Can be stored in the refrigerator for up to a week and reheated later. For sweeter tea, add any of the following: Stevia, Xylitol, or cherry, blueberry or pomegranate concentrate.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Meat

Pepper and Garlic Crusted Tenderloin with Port Sauce (HC) (KD)

- 2 tsp. peppercorns (black or mixed)
- ½ tsp. salt
- 3 cloves garlic, minced
- 4 4 oz. beef tenderloin steaks, 1" thick
- ¼ cup Port
- ¼ cup organic beef broth
- 1 tbsp. chopped fresh thyme

Place peppercorns in a small zip-lock bag and seal. Crush the peppercorns using a meat mallet or small heavy skillet. Combine crushed peppercorns, salt and garlic and rub evenly over steaks. Heat large iron skillet over medium high heat and coat pan with olive oil. Add steaks to pan, reduce heat to medium low and cook 4 minutes on each side or until desired doneness. Remove and cover to keep warm.

Add Port and broth to pan, stirring to loosen browned bits. Cook until reduced to ¼ cup (about 3 minutes). Place steaks on plates or serving platter and drizzle with Port sauce.

Serves 4.

Miscellaneous Shakes

The Basic Shake (OD)

- 1 c. almond, rice or coconut milk or water
- 1 c. fresh or frozen fruit
- 1 or 2 scoops nutritional powder
- 1 tbsp. flax oil (not needed if you take flax or fish oil supplements)

Combine all ingredients in blender. If using fresh fruit, add ½ cup crushed ice and process till smooth.

Serves 1.

Kitchen Tip: You may add to any shake the following: ground flax seed, shredded coconut, fresh baby spinach, Paleo Greens or Paleo Reds, spices such as cinnamon and nutmeg.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Fall Spice Shake (OD) (KD)

- 1 recipe Dr. Dan's Anti-inflammatory Tea
- 2 scoops Paleo Cleanse, SP Cleanse, Paleomeal or Whey Cool
- 1 tsp. pumpkin pie spice
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 2 tbsp. canned or fresh pumpkin
- 1 tbsp. ground flaxseed

Brew a strong batch of inflammation tea.

In a blender, add 8-10 oz. tea, 2 scoops powder, spices, pumpkin and flaxseed. Blend till smooth.

Serves 3.

Kitchen Tip: You may add rice or almond milk for a creamier shake and Stevia if you like it sweeter. You can add star anise to the Anti-inflammatory tea recipe for a special taste.

Mix Vegetables

Dr. Dan's Five-Minute Stir Fry (OD)

2 cups raw veggies cut into bite size pieces: broccoli, onion, mushrooms, carrots, celery, Brussels sprouts, green beans, snap peas

- 1 or 2 cloves minced garlic
- 2 tbsp. olive oil or coconut oil
- Soy sauce or tamari to taste
- Salt and pepper to taste
- Fresh chopped herbs
- Sesame oil (optional)

Put oil in medium size frying pan or wok and heat until a drop of water sizzles. Add onions and garlic; cook until crisp tender. Add remaining veggies cook and until crisp tender. Add 2 tbsp. water, cover and simmer for 2 minutes. Season with salt, pepper and fresh herbs. Add a dash of sesame oil if desired.

Serves 2.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Spiced Vegetables with Coconut (OD)

- 1 red pepper, sliced
- 2 large carrots, sliced on the diagonal
- 6 celery stalks, sliced on the diagonal
- 1 bulb fennel, trimmed and sliced thin
- 2 tbsp. extra virgin olive oil
- 1" piece ginger root, peeled and grated
- 1 clove garlic, minced
- 3 scallions, sliced
- 1 tbsp. cilantro, chopped
- 1 14 oz. can lite coconut milk, thinned with water
- Sea salt and pepper to taste
- Cilantro sprigs to garnish

Heat a wok and add the oil. When hot add the vegetables and stir fry for two minutes. Gradually stir in the coconut milk and bring to a boil. Stir in the cilantro, salt and pepper.

Serves 4.

From The Vegan Cookbook by Nicola Graimes

Theresa and Tom's Roasted Root Veggies (OD)

- 2 beets, cut into wedges
- 2 large carrots, peeled and sliced on the diagonal
- 2 large parsnips, peeled and sliced on the diagonal
- 1 medium fennel bulb, trimmed and cut in wedges
- 2 medium sweet potatoes, cut into wedges
- 3 tbsp. olive oil
- Salt and pepper to taste

Pre-heat oven to 450 degrees. Toss cut veggies in olive oil. Put on a rimmed baking sheet and season with salt & pepper. Roast for 20 minutes, toss and roast for 20 min. more.

Serves 4.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Rosemary Roasted Root Vegetables (OD)

- 2 lg. carrots
- 2 lg. parsnips
- 2 medium sweet potatoes
2 medium red or yellow potatoes
- 1 lg. onion
- 3 tbsp. olive oil
- 1 tbsp. fresh rosemary, chopped or 1 tbsp. dried
salt and pepper to taste

Preheat oven to 450 degrees. Peel all vegetables and chop into large bite-sized pieces. Pour in olive oil and stir till coated. Add rosemary, salt and pepper. Bake for 20-30 minutes; stir and return to oven for additional 20-30 min., till brown.

Serves 4.

Ratatouille (OD)

- 3 tbsp. olive oil
- 4 cloves garlic
- 2 c. chopped onion
- 1 medium eggplant, cubed
- 1 ½ tsp. salt
- 1 ½ tsp. dried basil or 2 tbsp. fresh basil
- ½ tsp. thyme
- 1 ½ tsp. cumin
- 2 tsp. chili powder
- cayenne, to taste
- 2 zucchini, cubed
- 1 bell pepper, cubed
- 1 red pepper, cubed
- 1 14.5 oz. can tomatoes

freshly minced parsley-optional
minced olives-optional

Heat olive oil in deep skillet. Add garlic and onion and sauté over medium heat for 5 minutes. Add eggplant, salt, herbs and spices. Cover and cook over medium heat, stirring occasionally, for 15-20 minutes or until eggplant is soft. Add zucchini, peppers, cayenne and tomatoes. Cover and simmer for 10 more minutes or until zucchini and peppers are tender. Serve hot, warm or at room temperature-plain or topped with parsley and/or olives.

Serves 4-6. From *Moosewood Cookbook*, by Molly Katzen

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Mousse

Chocolate Avocado Mousse (HC)

- 2 Avocados
- 1/3 cup and 1 tbsp Cocoa
- 1/2 cup Maple Syrup
- 1/3 cup Coconut Milk
- 1 tsp Vanilla
- 1/4 tsp Sea Salt

Blend and refrigerate for 30 minutes

Nuts

Curried Roasted Nuts (OD)

- 2 cups raw mixed nuts (cashews, almonds, pecans and walnuts)
- 2 tsp. curry powder
- 1 tbsp. olive oil
- Salt and pepper to taste

Preheat oven to 325 degrees. Stir all together and roast for 30-45 minutes, stirring several times.

Served at our 30th Anniversary Celebration

Slow Roasted Pecans (OD)

- 6 C.raw pecans
- 5 tsp olive oil
- 5 tsp. rosemary, fresh or dried
- 5 tsp garlic powder
- 1 tsp. chili powder
- 1 - 1&1/2 tsp sea salt

Heat oven to 200 degrees. Put pecans and olive oil in baggie and massage to coat. Spread on baking sheet. Season to taste and roast for 1½ hours, stirring every 15 minutes.

Roasted Almonds (OD)

- 2 cups raw almonds
- 2½ tsp. olive oil
- 3 tsp. dried rosemary
- 2 tsp. crushed red pepper flakes
- 1 tsp. sea salt

Preheat oven to 200 degrees. Spread almonds on cookie sheet and roast for 45 minutes. Remove and cool. Place in large bowl, add remaining ingredients and mix well. Store in airtight container away from sunlight.

Spanish Almonds (OD)

- 1 tbsp. extra virgin olive oil
- ½ tsp. Spanish smoked paprika
- ½ tsp. sea salt
- ¼ tsp. ground cumin
- 2 cups blanched almonds

Preheat oven to 300 degrees. Combine all ingredients in large bowl and stir to coat almonds evenly. Spread on parchment-lined baking sheet in a single layer. Bake at 300 degrees for 35 minutes. Remove from oven and cool to room temp. Store in airtight container away from sunlight.

Cinnamon-Roasted Almonds (or pecans) (OD)

- 1 egg white
- 1 teaspoon cold water
- 4 cups whole almonds (2 Pounds)
- 1/2 cup xylitol
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon

1. Preheat oven to 250 degrees F. Lightly grease a 10x15 inch cookie sheet
2. Lightly beat the egg white; add water, and beat until frothy but not stiff. Add the nuts and stir until well coated. Mix the Xylitol, salt and cinnamon, and sprinkle over the nuts. Toss to coat, and spread evenly on pan.
3. Bake for 1 hour in a preheated oven, stirring occasionally, until golden. Allow to cool, then store nuts in airtight containers.

Pizza

Cauliflower Pizza Crust (HC) (KD)

- 1/2 tsp chopped garlic
- 1 cup grated cauliflower (either grated or riced in food processor)
- 1 egg beaten
- 1 tsp Italian Seasoning
- 1/2 tsp sea salt
- 1/2 cup Shredded Havarti cheese
- 1/2 cup shredded Parm. cheese
- Yields 1 pizza crust

Measure 1 cup grated cauliflower in glass bowl, microwave 5 minutes. Do not add water. Should be sufficiently moist on its own. 2nd bowl add cooked cauliflower, beaten egg, cheeses and seasonings. Mix with spoon. Bake at 450, 10 minutes or until golden brown. Spray a 9X13 pan if using all 3 cups or can make individual pizza crust by flattening on a cookie sheet. Add sauce and toppings, put back in oven for 10 minutes.

Red Pepper Sauce (HC)

- 2 Red Peppers
- 2 Tbs Olive Oil
- 2-3 Shallots or 1/2 onion diced
- 4 cloves of Garlic
- 2 Tbs Nutritional Yeast
- 1 1/2 Tbs Arrowroot powder
- 1 1/2 cup Almond or Cashew milk
- Add seasonings of choice or salt, pepper, red pepper flakes to taste

Broil whole peppers on cookie sheet for 10 min or until skin turns black. Remove and cover with foil to cool. Then half and scrape out seeds and remove skin, should fall off.

Meanwhile in pan sauté garlic and onions in oil till soft. Blend all ingredients together in food processor.

May add more yeast for flavor. Thicken over medium heat for 15 min.

Use on pasta, pizza or spaghetti squash.

Potatoes

Roasted Rosemary Potatoes (OD)

- Two large potatoes or four small (Yukon Gold are great)
- 1 tbsp. olive oil
- 1 tbsp. fresh rosemary, chopped
- salt and pepper to taste

Preheat oven to 375 degrees. Cut potatoes lengthwise-in half, then in quarters, then in eights so you have wedges. Put potatoes in large baking pan, pour remaining ingredients over them, and stir to coat evenly with oil and rosemary. Bake for 45-60 minutes, stirring every 15 minutes.

Serves 2.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Amazingly Delicious Sweet Potato Fries (OD)

- 1 large sweet potato, cut into French-fry-size strips
- 1 tbsp. olive oil
- Sea salt and pepper to taste

Preheat oven to 400 degrees. Put sweet potatoes strips in a large baggie, drizzle with olive oil and toss to coat. Spread in single layer on deep cookie sheet or roasting pan. Roast for about 35 minutes, turning frequently to assure even cooking. When they begin to look crispy they are done.

Serves 2.

Kitchen Tip: Sprinkle with fresh rosemary, Mrs. Dash, Spike, or your favorite seasoning mix.

Sweet Potato Chips (OD)

- 2 large sweet potatoes, scrubbed and thinly sliced
- 4 tsp. olive oil
- Sea salt

Preheat oven to 450 degrees.

Cut sweet potatoes in thin slices and toss in a bowl with olive oil. Spread on cookie sheet and sprinkle with salt. Bake for about 15 minutes, rotating pan as needed. Cool completely before serving.

Serves 4.

Poultry

Grilled Basil-Marinated Chicken (MD) (KD)

- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 2 tbsp. chopped fresh basil
- 2 tbsp. finely chopped red onion
- 2 tsp. kosher salt
- 2 tsp. whole peppercorns
- 2 cloves garlic, chopped
- 4 to 6 boneless, skinless chicken breasts

Whisk together first 7 items in a bowl. Transfer marinade to a gallon zip-lock bag, add the chicken and shake to combine and coat. Refrigerate for at least 3 hours and up to 12 hours. When ready to cook, preheat grill. Remove chicken from marinade. Grill, turning until browned and no longer pink inside. (Internal temperature should be 180.)

Serves 4.

Lemon and Garlic Roasted Chicken (MD) (KD)

- 1 5-6lb. roasting chicken (organic/ free range)
- Kosher salt
- Freshly ground black pepper
- 1 large bunch fresh thyme
- 4 lemons
- 3 heads garlic (cut crosswise)
- 3 tbsp. olive oil
- 1 cup white wine (alcohol will cook out)
- $\frac{3}{4}$ cup chicken stock

Preheat oven to 425.

Remove giblets, rinse chicken inside and out, remove any excess fat and leftover pinfeathers, and pat dry. Liberally salt and pepper the inside of the chicken and stuff the cavity with the thyme, 2 halved lemons and 2 halved garlic cloves. Brush the outside of the chicken with olive oil and sprinkle again with salt and pepper. Cut the remaining 2 lemons into quarters and scatter them and remaining garlic around the chicken. Roast for 1½ hours, checking at 1 hour for doneness.

If you are NOT detoxing: Remove all but 2 tbsp. of fat from the bottom of the pan. Add the wine and ½ cup chicken stock and bring to a boil. Reduce heat and simmer for 5 minutes or until reduced by half. Slice chicken on a platter and garnish with reserved thyme and lemon slices. Serve with gravy or drizzle over chicken.

Serves 4.

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Slow Cooker Turkey Breast (MD) (KD)

- 1 turkey breast (with or without the bone)
- Salt & pepper
- Fresh or dried herbs

Remove skin from turkey and season with salt, pepper, and herbs.

Place turkey in the bottom of slow cooker; add ½ cup water to the bottom and cook on low heat for 5 or 6 hours. (Be sure to use a slow cooker that heats from the sides as well as the bottom.)

Serves 4.

Tur-Chicken Burgers (MD) (KD)

- 1 lb. ground turkey
- 1 lb. ground chicken
- 1 tsp. smoked sweet paprika
- 2 tsp. poultry seasoning
- 1 large shallot, finely chopped
- 1 handful chopped parsley
- Sea salt and pepper to taste
- 1-2 tbsp. extra virgin olive oil

Combine first 7 ingredients, mix well and form into patties. Heat olive oil in large skillet over medium heat. Cook patties for 10-15 minutes, turning once.

Kitchen Tips:

If desired, serve with a sauce of soy sauce, Dijon mustard and balsamic vinegar.

To vary the taste, try adding chipotle, red pepper and a little green chili or jalapeño for Mexican or garlic, Italian seasoning and oregano for Italian.

Serves 6.

Easy Crockpot Chicken (MD) (KD)

- 1 whole Grass Fed Chicken
- 1 head Cauliflower, clean/in 1" pieces
- 1-2 Onions coarsely chopped
- 1-2 Tbs Coconut oil
- 1 tsp Sea salt
- Herbs (sage, rosemary, tarragon, chives)

Place Cauliflower and onions in bottom of crockpot. Sprinkle with spices. Place chicken on top of veggies. On dry chicken skin, rub coconut oil. Sprinkle on Sea salt. Place herbs on top, cover, cook on low all day. Chicken should be 160+ degrees.

Rice

Garlic Rice (MD)

- 1½ tsp. olive oil
- 2 cups uncooked long grain rice
- 6 garlic cloves, crushed
- 3¼ cups water
- 1½ tsp. salt

Heat oil in a medium saucepan over medium heat. Add rice and garlic and cook 3 minutes, stirring frequently. Stir in water and salt. Bring to boil; then reduce heat to medium low and simmer, covered, for 20 minutes or until liquid is absorbed. Fluff with a fork before serving.

Serves 8.

Vegetable Fried Rice (MD)

- 1 cup brown rice
- 2 cups vegetable broth
- 2 eggs, lightly beaten
- 2 tsp. olive oil
- 6 oz. asparagus spears, trimmed and cut into 1" pieces
- 1 medium red bell pepper, thinly sliced into 1" pieces
- 4 scallions, cut into 1" pieces
- 1 clove garlic, minced
- 1 tbsp. fresh ginger, minced
- 4 tsp. Tamari or soy sauce
- 2 tbsp. rice vinegar
- 1 tsp. toasted sesame oil
- Red pepper flakes to taste

Combine rice and broth and bring to boil. Reduce heat to low, cover and simmer till done, approximately 45 minutes. Spread onto a plate to cool.

While rice is cooling, coat a large nonstick wok or skillet with olive oil spray and place over medium heat. Pour in eggs and cook, stirring gently, until just set (about 1 minute.) Transfer to a small bowl.

Heat olive oil in the pan over medium high heat, add asparagus and cook, stirring, for two minutes. Add red pepper, scallions, garlic and ginger. Cook and stir until just tender (2 to 4 minutes.) Add the cooked rice, soy sauce and vinegar; cook until all liquid is absorbed and rice is slightly crispy. Stir in cooked eggs, sesame oil and red pepper flakes (if desired).

Serves 2.

Kitchen Tip: This is a great way to use leftover rice!

Yummy Good For You Casserole (HC)

- 1 pound Grass fed beef or lamb
- 1 large Onion chopped
- 2 cups organic rice (soak over night)
- 1-2 cloves organic Garlic chopped
- 1+ tsp Sea salt
- 1+ tsp Simply Organic All-seasons salt
- 1 big bunch of Kale or a small head of cabbage
- 1+ Tbs ghee or Coconut oil

Brown meat with onion in a large sauce pan. Start rice in a separate pan. Chop up greens and place on top of meat mixture. Add garlic and sprinkle with salt and spices. Cover and simmer on low heat. Add oil to rice when done. If you have room, stir the rice together with the meat/green mixture and let simmer another 15 min. Add 1/4 cup of water if you like. If you don't have room in the pan, put all the ingredients in a casserole and bake covered for another 15-30 minutes at about 300 degrees.

Salad Dressings

Ginger Garlic Dressing (OD)

- ½ orange
- 1 2" long piece of peeled, fresh ginger
- 5 cloves garlic
- 2 tbsp. Balsamic or cider vinegar
- 2 tbsp. extra-virgin olive oil
- Juice of ¼ lemon
- ½ tsp. sea salt

Peel orange by cutting off just the bright orange outside part of the peel, leaving the white pithy part. (This part contains all of the beneficial bioflavonoids.) Combine all other ingredients in a blender and process for 30 to 60 seconds.

Kitchen Tip: If you prefer creamier dressing, blend longer. If too thick, add a tablespoon of water and blend again. This is good on steamed vegetables.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Ginger Orange Dressing (OD)

- Juice of one orange
- 2 tsp. extra-virgin olive oil or walnut oil
- 1 tsp. peeled, minced fresh ginger
- Pinch of sea salt
- Freshly ground black pepper

In a small bowl, whisk together the orange juice and oil. Mix the fresh ginger, salt and pepper.

Lemon Spice Dressing (OD)

- Juice of one lemon
- 1/8 tsp. cumin
- 1/8 tsp. turmeric
- 1/8 tsp. garlic powder
- Pinch of sea salt
- Freshly ground pepper
- 1 Tbs. extra-virgin olive oil or walnut oil

Combine first 6 ingredients. Add oil and whisk until well blended

Tomato Vinaigrette (OD)

- Juice of 1/2 lemon
- 1 tbsp. Balsamic or cider vinegar
- 1 small clove garlic, minced
- 1/2 tsp. Dijon mustard
- 1/4 tsp. dried thyme
- 1/4 tsp. dried marjoram
- 1 large tomato, peeled and seeded
- Sea salt and fresh ground pepper to taste

Blend all ingredients in a blender or food processor.

Lemon Sherry Vinaigrette with Roasted Tomato Oil (OD)

- ¼ cup extra virgin olive oil
- 3 tbsp. roasted tomato oil
- 2 tbsp. sherry vinegar
- ½ tsp. dijon mustard
- 1 tsp. finely grated lemon zest
- Fresh ground black pepper
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 1 clove garlic, minced

Combine all ingredients in a jar with tight fitting lid and shake till combined. Serve on mixed greens, drizzled over grilled fish or steamed vegetables. Keeps in refrigerator for 1 week.

Greek Salad Dressing (OD)

- 3 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1-2 cloves of fresh minced garlic
- Sea salt and pepper to taste

Salads

Simple Crunch Salad by Val (OD)

Cabbage, carrots, celery, peppers any color, onion, jicama, spinach, lettuce, cucumber, cilantro.

Chop up in to small pieces. Layer the veggies in a shallow bowl. Mix with dressing and enjoy.

Val's Dressing: 2 parts EVOO to 1 part vinegar or lemon juice, salt, pepper, garlic powder.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Mexican Coleslaw (OD) (KD)

- 6 cups very thinly sliced green cabbage (about ½ head)
- 1 ½ cups peeled & grated carrots
- ½ cup finely chopped red onion
- ½ cup chopped cilantro
- ½ cup rice vinegar
- 2 tbsp. olive oil
- ¼ tsp. salt

Place cabbage and carrots in a colander; rinse with cold water to crisp. Let drain for 5 minutes. Meanwhile, whisk cilantro, vinegar, oil and salt in a large bowl. Add cabbage and carrots; toss well to coat.

Kitchen Tip: Can be refrigerated for up to one day, toss again to refresh. You can also use pre-packaged coleslaw mix.

Fiery Asian Slaw (OD)

- 1 tbsp. rice vinegar
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- 1-2 tsp. Sriracha (hot chili sauce)
- 1 tsp. fresh ground ginger
- ½ tsp. honey
- ½ tsp. sea salt
- ½ cup chopped cilantro
- 1 16-oz. package cabbage and carrot slaw
- 1 tbsp. toasted sesame seeds

Combine rice vinegar and next 5 ingredients in a large bowl, stirring with a whisk till smooth. Add salt, cilantro and slaw, tossing to coat well. Sprinkle with sesame seeds and serve.

Serves 4.

Lemony Carrot Salad with Dill (OD) (KD)

- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 clove garlic, minced
- ¼ tsp. salt
- Fresh ground pepper to taste
- 2 cups grated carrots (about 4)
- 3 tbsp. chopped fresh dill
- 2 tbsp. chopped fresh scallions

Whisk lemon juice, oil, garlic and salt & pepper in a medium bowl. Add carrots, dill and scallions; toss to coat. Cover and refrigerate for up to 2 days.

Puerto Rican Cabbage Salad (OD) (KD)

- 7 cups very thinly sliced cabbage
- ½ cup grated carrot
- 2 tbsp. finely chopped onion
- 1 tbsp. minced fresh cilantro
- ¼ cup fresh lime juice
- 1 tbsp. cider vinegar
- 1 ½ tsp. extra virgin olive oil
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper

Combine first 4 ingredients in a large bowl. Combine juice and remaining ingredients, stirring well with a whisk. Drizzle juice mixture over cabbage mixture and toss to combine. Cover and chill at least 15 minutes.

Serves 8.

Crunchy Cabbage Salad (OD) (KD)

- 2 Tbsp organic red or white vinegar
- 1/3 cup organic olive oil
- 1/2 tsp minced garlic
- Salt and pepper to taste
- 2 organic celery stalks, chopped
- 2 organic carrots, chopped
- 1 small red onion, minced
- 3 organic radishes, chopped
- 1 red or yellow bell pepper, chopped
- 1 small organic cabbage, cored and shredded

Combine vinegar, oil, garlic, salt and one pepper in a salad bowl and beat with fork until combined. Add vegetables, sprinkle lightly with more salt and pepper, and toss. Taste and adjust seasonings.

Kale and Mango Salad (OD)

- 1 bunch kale, stalks removed and leaves thinly sliced
- 1 large or 2 small lemons, juiced
- 1/4 cup extra virgin olive oil, plus extra for drizzling
- Kosher salt
- Freshly ground pepper
- 1 mango, finely diced
- 3 tbsp. toasted pepitas (preferably raw pumpkin seeds that you toast yourself)

In large serving bowl toss the kale with half of the lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In small bowl, whisk remaining lemon juice with lots of fresh ground pepper. Stream in the 1/4 cup of oil while whisking until dressing forms. Adjust seasoning.

Pour dressing over the kale, add the mango and pepitas. Toss and serve immediately.

Serves 4.

Turkey Taco Salad (MD) (KD)

- 1 lb. free range or organic ground turkey
- 2 tbsp. tomato paste
- 1 tbsp. chili powder
- 1½ tsp. ground cumin
- ¼ tsp. onion powder
- ¼ tsp. paprika
- 1 tsp. sea salt
- ½ tsp. black pepper
- ½ cup chicken broth or water

Brown the turkey in a skillet over medium-high heat. Drain meat and add remaining ingredients. Simmer about 15 minutes, stirring occasionally. Serve over lettuce, tomatoes, black olives and black beans. Top with salsa.

Serves 4

Sauerkraut Salad (OD) (KD)

- 1 can (80 oz.) sauerkraut, rinsed and drained
- ¼ c. chopped green pepper
- 1 tbsp. chopped red onion
- ¼ tsp. caraway seed
- 1 tbsp. xylitol or 1 tsp. stevia
- ¼ tsp. salt
- ½ tsp. salt
- dash pepper
- 2 tbsp. oil and vinegar dressing
- Crisp salad greens

Toss all ingredients except salad greens in bowl. Cover and refrigerate for at least 30 minutes. Drain and serve on salad greens.

Serves 6-8.

Raw Pad Thai Salad (OD)

- 2 zucchinis, sliced into strips with vegetable peeler
- 2 cups bean sprouts
- ¾ cup chopped almonds, peanuts or cashews
- 1 red or yellow pepper, sliced into thin strips
- 4 green onions, diced
- 1 shallot, finely chopped
- ½ cup fresh cilantro
- juice from 1 large lime
- 1 tbsp. cold-pressed olive oil
- ½ tsp. sea salt
- 2 tbsp. soy sauce
- 1 tbsp. brown sugar
- 1 tsp. Sriracha (SE Asian chili sauce)

Combine vegetables and nuts in a bowl. Whisk together last 6 ingredients and pour over vegetables. Adjust seasoning and enjoy!

Asian Cucumber Salad (OD)

- 1 cucumber, peeled and sliced
- 2 tbsp. chopped red pepper
- ¼ cup rice vinegar
- ¼ cup water
- 1 tbsp. pure maple syrup
- Pinch five-spice powder
- Pinch cayenne pepper
- Salt to taste

Combine all ingredients in a bowl, let stand for 15 minutes and serve.

Greek Salad (OD) (KD)

Campari Tomatoes or Tomatoes on the vine - diced

Diced English cucumber (seedless)

Kalamata olives (pitted)

Feta cheese (optional)

Combine all ingredients with favorite Spring Mix or Lettuce of choice. See Greek Dressing in Salad Dressings

Chopped Kale Salad with Edamame, Carrot and Avocado (OD) (KD)

- 1 bunch of kale
- sea salt
- 1 cup chopped snow peas
- 1 large carrot, peeled and ribboned with a vegetable peeler
- 1 small red bell pepper, chopped
- 1 cup organic edamame
- 1 avocado sliced into chunks
- 1 large shallot, finely sliced
- handful of chopped cilantro
- handful of chopped basil

Tamari-Ginger Vinaigrette (OD) (KD)

- 1/4 cup EVOO
- 2 Tbsp rice vinegar
- 1 Tbsp finely grated ginger
- 1 Tbsp tamari
- 2 tsp lime juice
- 3 garlic cloves minced

Chop the kale into small, bite-sized pieces and transfer to mixing bowl. Sprinkle the kale with a dash of sea salt and use your hands to mix. Toss remaining ingredients in with kale. Whisk all dressing ingredients together. Toss in salad and serve.

Savory

Roasted Pepper Macadamia Sauce (OD)

- 1 large roasted red pepper, peeled
- 4 cloves roasted garlic
- ½ lb. raw macadamia nuts
- ½ cup olive oil
- 6 large fresh basil leaves
- Salt & pepper to taste

Put roasted bell peppers, garlic, basil and ¼ cup of the oil in a food processor and process until well blended. With the machine still running add nuts down through the top and continue blending until well emulsified. Add remaining ¼ cup of oil with machine still running. If desired, add a little water to thin.

*Kitchen Tip: This is a rich, beautifully colored sauce that can be used for dipping, or thinned and used as a salad dressing.
From The PH Miracle: Balance Your Diet, Reclaim Your Health*

Guacamole (OD)

- 1 ripe avocado, quartered, pitted and peeled
- ¼ cup chopped tomato
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 tsp. lime or lemon juice
- 2 tbsp. chopped cilantro, optional
- Sea salt and pepper, to taste

Mash avocado in a bowl and add remaining ingredients. Can be made 1 hour ahead if chilled and covered with plastic wrap.

Simple Salsa (OD)

- 1 small Vidalia onion
- ½ cup chopped fresh cilantro
- 3 cloves garlic
- 3 cups tomato, diced
- 2-4 dashes cayenne
- ½ lime, squeezed
- ¼ tsp. sea salt

In food processor, chop onion, cilantro and garlic. Add tomatoes and the rest of the ingredients and process lightly. Chop by hand for chunkier salsa. Use jalapenos for hotter salsa.

Serves 8.

Cilantro Pesto (OD)

- 2 bunches cilantro, de-stemmed and cut in 2" lengths
- 2 cups walnuts, pecans or blanched almonds (or a combination of nuts)
- 1 tbsp. minced garlic
- ½ cup olive oil
- 2 tbsp. lemon or lime juice
- ½ tsp. sea salt
- Pepper to taste

Put cilantro in food processor and pulse. Add remaining ingredients and blend. Can be used as a dip or spread.

Add 1 cup grated parmesan cheese for Healthy Choice.

Served at our 30th Anniversary Celebration.

Hummus (MD)

- 3 gloves garlic
- 1 tsp. salt
- 2 1 lb. 3 oz. cans chick peas, drained and rinsed OR 1 cup dried chick peas boiled in water to cover for 2-3 hours
- 1/3 cup tahini, stirred
- 3/8 cup lemon juice, or to taste
- 1/4 cup olive oil
- 2 tbsp. water
- 2 tbsp. pine nuts, toasted lightly

Mince the garlic or put through a press and mash to a paste with the salt. In food processor puree chick peas, tahini, lemon juice, olive oil and water until smooth. Add salt to desired taste and additional water to desired thickness. Sprinkle with pine nuts and serve with toasted pita wedges.

*Hummus Cups (MD)

Served at our 30th Anniversary Celebration

Fill 2 oz. paper cups 1/3 full with hummus. Cut a variety of raw veggies in 4-5" sticks and put in cups to serve. Carrots, celery, jicama, snap peas, and red and yellow peppers make a colorful mix.

Creamy Garlic Sauce (OD)

- 15 cloves garlic, peeled and left whole
- 1/8 tsp. dried or 1/2 tsp. fresh sage
- 1/8 tsp. dried thyme or 1/2 tsp. fresh thyme
- 1 1/2 cups water
- 2 tbsp. dry white wine
- Juice of 1/2 lemon
- Sea salt to taste
- 2 tbsp. minced parsley
- Cayenne to taste

In a saucepan, combine the garlic, sage, thyme and wine. Simmer over a low heat for 20 to 30 minutes, until garlic is soft. Remove from heat, transfer mixture to a blender and puree. Stir in lemon juice, salt, and parsley. Season to taste with cayenne. Reheat over a low flame before serving.

Kitchen Tip: This is great over steamed vegetables or rice!

White Bean Spread (MD)

- 2 c. uncooked cannelloni beans
- 2 sage leaves
- ½ tsp. crushed red pepper flakes
- 2 tsp. minced garlic
- 2 tbsp. olive oil
- Fresh rosemary sprigs

Soak beans in cold water for one hour. Drain, place in large stock pot with sage leaves and water to cover by one inch. Bring to boil over high heat, reduce heat, cover and simmer until soft (1 to 1.5 hours), adding additional water if needed. When cooked completely, drain and rinse in cold water.

Heat olive oil in large sauté pan. Add garlic, rosemary and red pepper and cook until garlic is golden. Add beans and cook over low heat for 10 minutes or until beans are thoroughly coated and cooked through.

Remove rosemary and place mixture in food processor or blender. Process for 30 seconds or until desired consistency. Chill and serve with raw veggies. (Or rice crackers for Modified Detox.)

Seafood Chowder

Cioppino (Mediterranean Seafood Chowder) (HC)

- 1-1/2 cup red or yellow peppers, chopped
- 1 large onion quartered and thinly sliced
- 2 Tbsp high quality olive oil
- 3 cloves garlic, minced
- 3 large tomatoes chopped (or 1 28oz can organic crushed)
- 2 cups filtered water
- 1 4 oz homemade chicken broth (or organic canned)
- 1 cup uncooked long grain organic rice
- 1/2 cup white wine (organic)
- 1 tsp dry thyme or equivalent fresh
- 1 tsp dried basil or equivalent fresh
- 1 tsp dried oregano or equivalent fresh
- 2 bay leaves
- 1 bunch chopped fresh parsley
- 1/2 tsp sea salt
- 1/8 tsp red pepper flakes
- 8 oz uncooked medium shrimp, peeled, wild caught
- 8 oz cod fillets cut into pieces, wild caught
- Optional scallops, clams, crab

Sauté peppers and onions in oil until tender. Add garlic and cook for several minutes. Add water, tomatoes, water, rice, wine, broth and seasonings. Bring to a boil, cover and reduce heat to a simmer for 30-45 minutes until rice is tender. Add seafood and simmer for 5 more minutes.

Serves 10, Prep time 30 min.

Snacks

No-Bake Energy Balls MD

- 1 packed cup pitted dates
- 1 Cup cashews
- 1/2 cup unsweetened shredded coconut, plus more to roll in
- 1 Tbs raw honey or maple syrup
- 1/2 tsp vanilla
- 1/2 tsp Sea Salt
- Pinch of Cardamom
- *optional: 1/2 cup dried fruit (goji berries, cranberries or cherries work well)

Place cashews in a food processor and pulse until crumbly, not completely smooth. Next, add dates, coconut, honey, vanilla, cardamom, and sea salt. Process until combined. (It will be sticky.) Using a small spoon, scoop out the mixture and roll into bite-sized morsels, forming with your hands. Roll balls in additional shredded coconut.

Cilantro Lover's Guacamole

- 2 medium avocados
- 1 tbsp lime juice
- 3 tbsp finely minced red onion
- 1/4 cup finely minced cilantro
- 1/4 tsp Chile powder
- 1/2 tsp salt
- 1/2 tsp Green tabasco sauce

Peel avocados and dice into pieces. Place into a bowl and toss with lime juice. Add onion and cilantro to avocado. Add chile powder, salt and tabasco to the bowl. Using a fork, mash and stir until only small chunks remain.

Easy Cucumber Guacamole Appetizer Bites

- 1 large cucumber
- 1 cup guacamole
- Chile powder for sprinkling on top

Wash and dry the outside of the cucumber if needed. Peel off strips of the skin if you like that look, or don't like the taste of the skin. Cut cucumber into slices about 5/8" thick. Use a melon baller to carefully scoop out the center of each cucumber slice and create a small cup.

Put the guacamole into a small bag, then snip off the corner. Lay cucumber pieces out on a serving dish, scooped side up. Squeeze guacamole to fill the center. Sprinkle each one with Chile powder to taste.

Squash

Butternut Squash Puree with Orange and Ginger (OD)

- 1 medium butternut squash, peeled, seeded, and cut in to 1/2" cubes
- 1 1/2 tsp. grated fresh ginger
- 1 tsp. grated orange rind
- 1 tsp. salt
- Freshly ground black pepper

Steam squash until tender, about 10-15 minutes. Drain excess liquid.

Place squash in food processor with ginger and orange rind. Process until smooth, add salt and pepper to taste. Serve immediately.

Serves 4.

Baked Spaghetti Squash With Slow Roasted Tomatoes (OD)

- 1 large spaghetti squash
- ¼ c. coconut oil
- 2 large tomatoes
- 2 cloves garlic
- fresh parsley and other herbs
- salt and pepper to taste

Cut squash in half lengthwise, and scoop out the seeds. Rub the inside of each half with coconut oil. Place cut side down in a large roasting pan.

Cut 2 large tomatoes into ½" slices and arrange in the same pan if possible. Sprinkle tomatoes with finely minced fresh herbs and drizzle with a little olive.

Roast at 375 till squash is very soft and tomatoes have condensed and browned slightly.

Scoop out the squash into the roasting pan and mix with the tomatoes. Transfer to a serving platter and serve.

A delightful variation: Cut eggplant into ½" slices, top each with a slice of tomato, minced garlic and parsley. Roast until soft and lightly caramelized. Serve with the squash.

Ginger-Lime Kale with Squash and chickpeas (OD)

- 2 cups chopped butternut squash, peeled and seeded (cut into 3/4-inch cubes)
 - 1 1/2 tbsp olive oil, divided
 - 1 medium onion, diced
 - 2 cloves garlic, minced
 - 1 tbsp fresh grated ginger root
 - 8 cups thinly sliced kale leaves
 - 1 1/2 cups organic canned chickpeas, drained and rinsed
 - 1 tbsp fresh lime juice
 - 1/4 tsp sea salt
 - 1/2 cup fresh pomegranate arils
1. Preheat oven to 400 F. In a medium bowl, toss squash with 1/2 tbsp oil. Spread squash on a parchment-lined rimmed baking sheet and roast for about 25 minutes, or until squash is fork tender and lightly browned. Remove squash from oven and let cool.
 2. Heat a wide and deep skillet over medium-low heat. Add remaining 1 tbsp oil to coat skillet. Add onion and cook, stirring, for 5 minutes. Add garlic and ginger, stirring for 30 seconds. Add kale, stirring for 1 minute until kale begins to wilt. Reduce heat to low, cover and cook for another 5 minutes or until chickpeas are heated through. Remove pan from heat and add squash, lime juice and salt. Transfer mixture to large serving bowl and sprinkle with pomegranate arils. Serve immediately.

Savory Butternut Squash (OD)

- 2 organic medium Butternut squash
- 1 large organic Sweet Onion, sliced or diced
- 1 large Fennel bulb, core and tough stalks removed, thinly sliced
- 3 Garlic clove, minced
- 4 cups organic Vegetable stock
- 6 oz. canned unsweetened organic coconut milk
- 2 Tbs Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Curry Powder
- 1 Tbs Ginger
- 1/4 tsp Cinnamon
- dash of Cayenne Pepper
- Sea salt and pepper to taste.

Preheat oven to 400 degrees. Drizzle a little olive oil in two 9X13 glass baking dishes. Add the fennel and butternut squash. Drizzle with a little more oil and toss to coat. Season well with salt and pepper. Roast for 30-45 minutes until the fennel and squash are tender. In a large pot caramelize onions and garlic with olive oil. Remove from oven and place in the pot of onions and garlic and cover with the stock or broth. Add spices and bring to a simmer for about 10 minutes. Puree soup using an immersion or traditional blender. In blender add coconut milk and transfer back to pan.

Sweet

Cinnamon Coconut Spread (OD)

- 2 tbsp. coconut oil, softened
- ¼ tsp. cinnamon
- 1 tsp. xylitol

Beat oil, cinnamon, and xylitol together until smooth.

Can be stored covered on the counter or in refrigerator.

Spread on gluten-free toast or muffins or use as a dip for apples and other fresh fruit.

No-Honey Mustard Sauce (MD)

- 2 tbsp creamy salted cashew butter or tahini
- 1 Tbsp spicy mustard
- 2 Tbsp maple syrup (or agave or honey if not vegan)
- Pinch of salt and pepper
- 1-2 Tbsp unsweetened almond milk

Vegetable Soups

Simple Cabbage Soup by Val (OD)

Carrots, celery, cabbage, onion, peppers any color, Brussel sprout, or any veggie that can be sautéed. Chop up some fresh garlic. Wash and prep the veggies by chopping in to bite sized pieces.

4 cups Veggie Organic Stock. Coat a pan with EVOO. Sauté veggies until they begin to brown. Add to soup stock and let simmer at least 15 mins, longer if you like.

Lentil Sweet Potato Soup (OD)

- 1 onion, chopped
- 2 tbsp. coconut oil
- 5 cups chicken broth
- 1/8 tsp. cumin
- 1/8 tsp. coriander
- 1/8 tsp. turmeric
- 2 bay leaves
- 2 tsp. sea salt
- 1 cup red lentils, uncooked
- 1 large sweet potato, chopped
- 4-5 carrots, chopped

In a large pot, sauté onion in coconut oil until tender. Stir in broth and spices. Add lentils, sweet potato and carrots and bring to a boil. Skim froth off the top, reduce heat and simmer, covered, for 50 to 60 minutes.

Serves 4.

Roasted Winter Squash and Apple Soup (OD)

- 1 large winter squash such as butternut or buttercup, peeled, seeded and cut into 2 inch pieces
- 2 medium onions, peeled and quartered
- 4 tart firm apples, peeled, cored and quartered
- 2 tbsp. extra virgin olive oil
- 3 cloves garlic, peeled
- Salt to taste
- Red Chile powder to taste
- 4 to 5 cups vegetable stock

Preheat oven to 400 degrees. In a large roasting pan toss the squash, onions, garlic and apples with the oil to coat. Season well with salt and chili powder. Roast, stirring every 10 minutes, until the veggies are fork-tender and lightly browned, about 40 minutes. Put half of the veggies and 2 cups of the stock in a food processor and puree until smooth. Pour into pot. Repeat with the remaining veggies and broth. Correct the seasonings and heat to a simmer.

Serves 4.

Kitchen Tip: Serve with dollops of Cilantro Walnut Pesto.

Thai Coconut Squash/Pumpkin Soup (OD)

- 4 cups cooked butternut squash and/or pumpkin
- 3 to 4 shallots, peeled and chopped
- 1 tbsp. olive oil
- 2 cups coconut milk (1 13 oz. can)
- 2 cups organic chicken broth
- 2 tablespoons Thai fish sauce, or to taste
- 1 tsp. brown sugar
- 1 tsp. chili garlic sauce
- ½ teaspoon salt
- Generous grindings of black pepper
- 1 cup loosely packed chopped cilantro leaves
- ¼ cup chopped scallion greens, optional
- ½ cup toasted pumpkin seeds, optional

Roast squash or pumpkin in oven till tender when pierced with a fork, remove from skin, and puree in food processor. Set aside.

In a large pot sauté shallots in olive oil till tender and clear. Add coconut milk, broth, and seasonings and simmer for 10 minutes. Gradually stir in pureed squash or pumpkin and cilantro and bring to a boil. Taste for salt and spice, adding a little more fish sauce or chili garlic sauce if you wish. The soup can be served immediately, but has even more flavor if left to stand for up to an hour. Reheat just before serving. Grind black pepper over generously, and, if you wish, garnish with a sprinkling of minced scallion greens or toasted pumpkin seeds.

Serves 4-6.

Kitchen Tip: Leftovers freeze very well.

Recipe Key: **OD** = Optimal Detox; **MD** = Modified Detox; **HC** = Healthy Choice.

Curried Butternut Squash Soup (OD)

- 4 tbsp. olive oil
- 2 c. chopped onion
- 4 tsp. curry powder
- 2 butternut squash, peeled and chopped
- 2 Granny Smith apples, peeled and chopped
- 3 c. vegetable broth
- 1 c. apple juice
- salt and pepper to taste
- 1 Granny Smith apple, shredded

Sauté onions and curry until tender. Add stock, squash and chopped apples. Boil, then reduce heat and simmer until tender. Cool; put in blender and process until smooth. Return to pot and add apple juice. Simmer till heated through. Top with grated apple to serve.

Serves 6-8.

Sweet Potato Soup (HC)

- 2 tbsp. butter or olive oil
- 1 medium onion, quartered
- 2 cloves of garlic
- 3 cooked, peeled, quartered sweet potatoes
- 4 c. chicken or vegetable stock
- 1/2 c. honey
- 1 tbsp. canned chipotles
- Optional: 1/2 c. creme fresh or sour cream
- Salt and pepper to taste

Roast the sweet potatoes one hour at 400 degrees. Peel and quarter.

In a large pot over medium heat, sweat the onion and garlic until translucent (6-10 min.) Add potatoes, stock and simmer for 30 minutes. Remove from heat and add the honey, chipotles, and creme fresh. Salt and pepper.

Process in batches in food processor or blender. Serve immediately or reheat before serving.

Lentil Soup (MD)

- 1 cup dry lentils
- 2 quarts chicken stock
- 1.5 cup chopped onion
- 3/4 cup chopped celery
- 3/4 cup chopped carrot
- 2 cloves minced garlic
- 1/3 cup olive oil
- 1/2 cup tomato sauce or paste
- 1 fresh lemon
- M Salt or other seasoning

Cook lentils in stock until tender (about 1 hour). Add remaining ingredients, except lemon juice and seasoning. Cook until veggies are done. Add lemon juice and seasoning.