

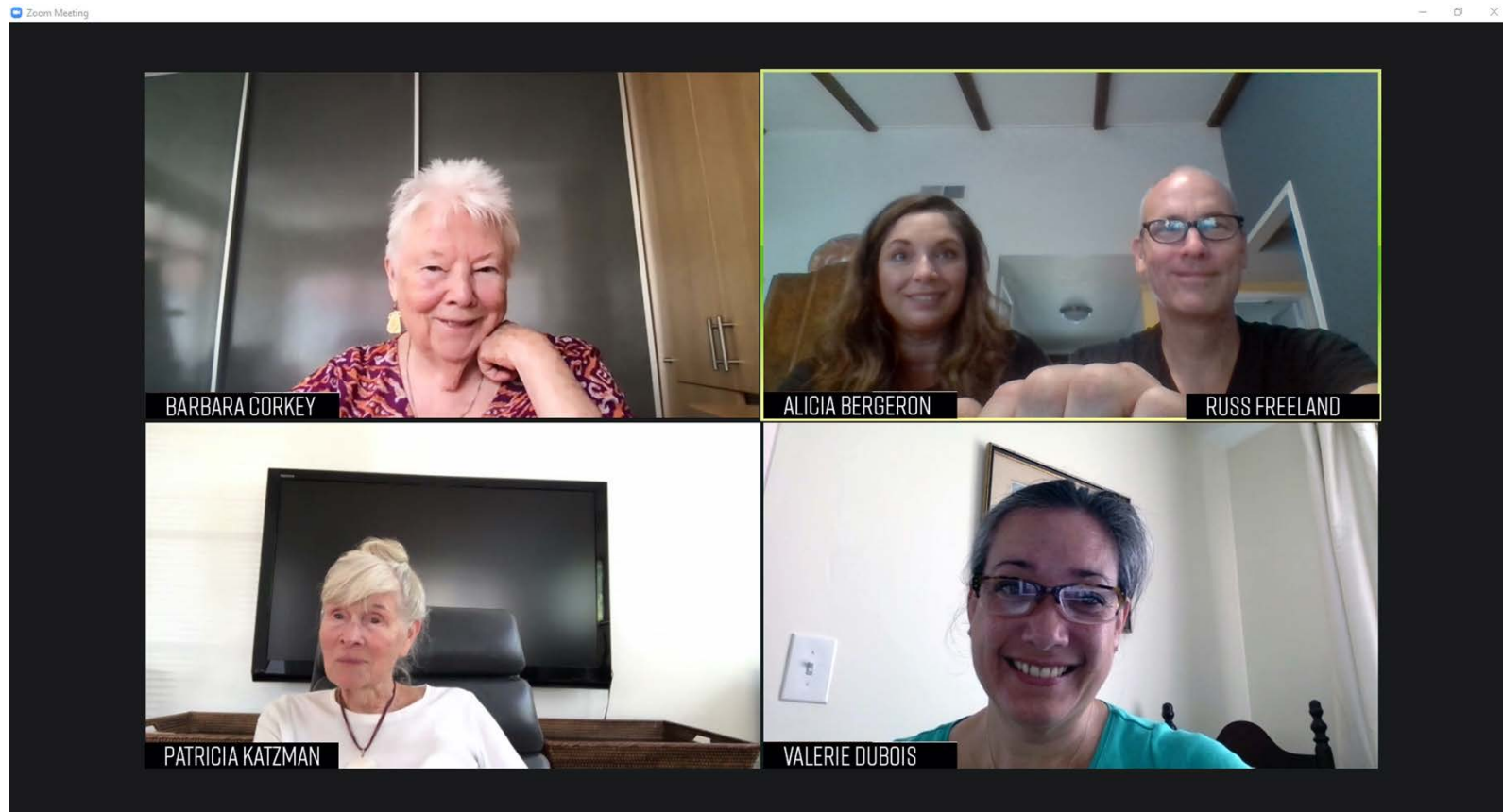
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Light

Plan

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Carbolight Gourmet

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Introduction

Author: Barbara E. Corkey was the Zoltan Kohn Professor of Medicine and Vice Chair for Research in the Department of Medicine at Boston University and is currently an Emeritus Professor. She has been a leader in the fields of diabetes and obesity research that encompasses over 50 years yielding 200 publications through 40 years of continuous government research support. The Corkey laboratory has been engaged in research at the cell level particularly the metabolic signaling among insulin producing β -cells, adipose tissue and liver cells. Recent work into the cause of Type 2 diabetes has focused on intercellular communication via circulating redox and the role of hyperinsulinemia in obesity and diabetes. Projects in metabolic regulation have been ongoing since 1981. A current major focus is on developing clinical/basic collaborative projects to explore novel approaches to promote Culinary Medicine in order to understand and treat metabolic diseases. In recognition, she has received numerous honors including the NIH MERIT Award, National Honorary Membership in Iota Sigma Pi, the National Honor Society of Women in Chemistry, Women in Science Lecturer at the Boston Museum of Science, the George Bray Founders Award of the Obesity Society, the Charles H. Best Lectureship and Award, University of Toronto and the Banting Medal for Scientific Achievement from the American Diabetes Association.

Goal: The Carbolight Plan is designed to improve metabolic health, to prevent development of diabetes and cardiovascular disease, and reverse diabetes, fatty liver and other metabolic abnormalities. The plan focuses on meals that are delicious, flavorful and easy to prepare.

Diseases: The causes of metabolic disease are not known and there are no known cures. Not surprisingly, the number of individuals suffering from these diseases continues to increase and the inclination to blame the patients for their diseases, which the medical profession cannot explain, continues to undermine essential research. Patients with metabolic disease frequently have high fasting insulin, central obesity (high waist to hip ratio), elevated blood and tissue lipids: too much fasting insulin and too much fat in sensitive locations like liver, blood vessels and pancreas. Metabolic diseases that have these features include central obesity, metabolic syndrome, prediabetes, type 2 diabetes, fatty liver (NAFLD), NASH, polycystic ovary syndrome (PCOS) and some cardiovascular diseases. There is increasing scientific evidence that decreasing fasting insulin and abnormal fat stores can improve these diseases. This eating plan is designed to lower fasting insulin and lipids stored in the wrong places. It can lead in many cases to sustained reversal of disease and prevention of worsening disease.

Science: The main changes that have occurred as the epidemic of metabolic disease has gotten worse and affected increasing numbers of individuals in all cultures including children, are environmental: food processing, preservatives, food additives, plastics and pollution. This eating plan eliminates or decreases exposure to many of these influences. Decreasing carbohydrate (sugars and starches) intake also decreases consumption of many of the most processed foods in our environment. In addition, the metabolic pathway that makes fat stores requires carbohydrate! Fat cannot be stored without carbohydrate and there are no essential carbohydrates. There is no harm to eliminating carbohydrate as much as possible. The body can synthesize as much glucose as needed from triglyceride and protein.

The main stimulus for insulin secretion is glucose derived from the sugars and starches we eat. This eating plan will cut carbohydrate intake and lead to lower fasting insulin levels. One important result of cutting carbohydrate is that our bodies will burn fat to create the energy it needs. This has the secondary benefit of decreasing fat stores especially in liver. Since fat requires carbohydrate for storage, without carbohydrate it will be impossible to store new fat. This may improve metabolic health but will not result in weight loss unless there is less calorie intake than usage.

The goal is to find an eating plan that improves health, satisfies hunger and is enjoyable!

The plates below illustrate two sample meals: Left: Chicken tenders, asparagus and roast vegetables with avocado-basil sauce; Right: Duck breasts with lemon sauce, puréed celeriac and green salad



The following introduction lists the specific tools and ingredients referred to in the recipes, that not everyone has, but assumes a usual collection of kitchen implements: pots, pans, knives, etc.

Also included are simple, quick, basic procedures that may be used with no special training or skills.

Tools

1. Blender
2. Food processor
3. Digital in-oven temperature probe
4. Deep fryer
5. Immersion blender
6. Spiralizer
7. Cast iron deep skillet
8. Dutch oven with cover
9. Table top induction burner
10. Box grater
11. Mezzaluna & cutting board
12. Vegetable chopper
13. Wooden mallet
14. Vegetable steamer insert
15. Wok
16. Covered casseroles
17. Single serve ramekin or au gratin dish

Examples from my kitchen

Vitamix with 64 oz container
 Breville Sous Chef
 Polder Digital In-Oven Thermometer/Timer
 DeLonghi Roto Deepfryer
 Bamix Professional 3-blade Blender
 Oxo 3-Blade Spiralizer
 Lodge cast iron deep skillet (10.5 and 14" width)
 Le Creuset-4 quart
 Duxtop portable (requires flat-bottomed steel pot)
 Oxo
 Vermont Bowl Company
 Chef'n VeggieChop

 Oxo
 Joyce Chen Non-Stick Wok
 Heath Ceramic
 Sur La Table

<i>Abbreviations</i>		<i>Equivalents</i>	<i>Temperature</i>	
			Fahrenheit	Centigrade
T	Tablespoon	15 ml/15 g	250°F	120°C
t	Teaspoon	5 ml/5 g	300°F	150°C
C	Cup	230 ml	350°F	175°C
Oz.	Ounce	30 g	400°F	280°C
Lb	Pound	464 g		
Min	Minute			

My Pantry

1. **Oils and vinegars:** Extra-virgin olive oil, minimally processed cooking oil (such as canola or avocado), peanut oil, walnut oil, roasted sesame oil, rice vinegar, mirin.
2. **Cans and jars:** Tuna in olive oil, anchovies in olive oil, tomato paste, diced tomatoes, tomato sauce, unsweetened coconut milk, whole Italian plum tomatoes, beef stock, chicken stock or vegetable stock.
3. **Spices and dried herbs:** Kosher salt, red-pepper flakes, ground cayenne, curry powder, bay leaves, black peppercorns, sweet paprika, ground cinnamon, ground cumin, garlic powder, dried thyme, single-chile powders (such as aleppo and maras), ground coriander, turmeric, smoked paprika, cardamom, za'atar, allspice, fennel seeds, garam masala, five-spice powder, nutmeg.
4. **Grains and starches:** Quinoa, couscous, bulgur wheat, Bomba rice, canned white beans, black beans, chickpeas, lentils, dry lentils.
5. **Nuts and nut butters:** Walnuts, slivered almonds, pecans, pine nuts, hazelnuts, roasted peanuts, peanut butter (smooth and crunchy), tahini.
6. **Sweeteners:** Honey, maple syrup, sugar substitute.
7. **Condiments and sauces:** Dijon grainy mustard, soy sauce, Worcestershire sauce, hoisin, Thai curry paste, fish sauce, anchovy paste, harissa, preserved lemons, miso, wasabi, dark soy sauce, Chinese oyster sauce, Asian chili sauce, black bean paste.
8. **Produce:** Garlic, onions, lemons, shelf-stable tofu, carrots, celery, limes, ginger, avocados, parsley, cilantro, scallions, jalapeños, shallots, mint, rosemary, lemongrass.
9. **Dairy:** Eggs, unsalted butter, cheeses: (Cheddar, Havarti, Gruyère, Parmesan, Feta, Roquefort cheeses), cream, plain full-fat yogurt, crème fraîche.
10. **Freezer:** Chicken parts, sausages, fish fillets, shrimp, spinach (and other vegetables such as corn and peas), berries (and other fruit such as peaches and mango), homemade stock, tomato sauce, truffle juice.
11. **Baking:** All-purpose flour, cornstarch, baking soda, baking powder, pure vanilla extract, brown sugar or substitute, bittersweet baking chocolate, semisweet chocolate chips, raisins and other dried fruit, unsweetened cocoa powder, almond flour, coconut flour, orange blossom water, gelatin.
12. **Better than Bouillon:** Chicken, beef, vegetable, mushroom, lobster flavors.

STRATEGIES

1. Plan ahead for at least 1 week
2. Make a one-week menu for dinners
3. Maintain a supply of breakfast foods
4. Make a grocery shopping list every week and shop
5. Prepare large salads without dressing to last for several meals. Dress only as you use it.
6. Use leftover meats, cheeses, tofu, nuts to add to salads for lunch
7. Include snacks in your plan: nuts, seeds, cheeses, chicharrones, hard-boiled eggs, raw vegetables
8. Handle foods only once if possible
 - a. Chop herbs when you bring them home: they can be frozen.
 - b. Chop onions and mushrooms for the week at one time (can be stored refrigerated or frozen)
 - c. Juice lemons and limes for the week at one time (can be stored refrigerated or frozen)
9. Prepare extra food where possible to freeze for a future quick meal.

AVOID:

- Most processed food: check the ingredients list and don't buy foods with odd ingredients.
- Sugar: use sugar substitutes if necessary or natural sweeteners like honey or maple syrup.
- Processed bread: use bread substitutes or less processed grains **without preservatives**.
- Pasta: use vegetables or noodles made from lentils, almond flour, beans, chickpeas, or wheat with no more than two ingredients.
- Candy: substitute desserts from the Carbolight Menu, or occasional dark chocolate.
- Sweetened and carbonated beverages: water is best, wine with dinner is fine.
- Limit high-carb fruits: apples, oranges, pears, bananas.
- Limit high-carb vegetables: potatoes, yams, winter squash, peas, corn.

BREAKFAST

A protein source is essential: eggs, cheese, yogurt, bacon, sausages, nut flour biscuits or muffins.
Plus fruits, nuts and vegetables: berries, melon, tomatoes, cucumber plus less-processed grains

LUNCH

- A protein is best but can be minor if you consume a high protein breakfast and dinner.
- Leftovers are great.
- Salad with protein: meat, cheese, tofu, eggs, nuts.
- Lettuce sandwich: sliced meat wrapped in lettuce.
- Cheese wrapped in meat.
- Breakfast foods are fine as well.

Simple Procedures

Meat and Seafood

Simply seared meat and seafood: Foie Gras; Ham; Veal, Tuna, Salmon, Scallops.

Seared and baked meat and fish: Steak; Lamb chops; Pork tenderloin; Turkey; Venison; Bluefish; Fish steaks greater than ¾" thick, Halibut, Salmon; Swordfish.

Preparation:

- Brown rapidly in skillet at high heat with 1 T oil, on both sides ~2 min (should be brown). This is sufficient for *Foie Gras*; Ham, Scallops and sushi grade Tuna or Salmon.
- Insert temperature probe in the thickest part of meats and fish.
- Place on serving dish in preheated oven at 250°F. Cook until designated temperature is achieved.
- Prepare sauce in pan used to sear meat or fish by deglazing with wine, stock or cream.

Meat or fish	Internal temperature °F
Beef-rare	130
Beef-medium	135
Beef-well	140
Foie Gras	No oven time
Ham	140
Lamb rare, medium	135, 145
Pork loin	135
Turkey Breast	145
Veal	145
Bluefish	145
Halibut	145
Salmon	125
Scallops	No oven time
Swordfish, Sea bass	145
Tuna	120 or No oven time

Simmered meat and fish: Chicken breasts and tenders; thin veal tenders, thin white fish filets: sole, tilapia

Preparation: Prepare desired sauce. Bring stock, clam juice or sauce to a simmer. Add meat or fish, when it returns to a boil, cover and turn off heat. Wait designated time, remove and serve. Should be cooked through when cut through the center.

- Chicken tenders: 5-6 min (cook in chicken stock or sauce)
- Chicken breasts: 12-15 min depending on thickness (cook in chicken stock)
- Veal tenders: 10-12 min depending on thickness (cook in meat stock)
- Fish: 5-10 min depending on thickness: (cook in clam juice or sauce)

Deep-Fried: Chicken wings; Shrimp

- Dry thoroughly.
- Place in deep fryer at 370°F.
- Cook for time listed.
- Drain on paper towels.
- Season and serve

Food	Cook time
Chicken wings	15 min
Shrimp	3 min

Roasted meats: Chicken¹, beef, lamb leg², whole ham³, pork, turkey.

- Season chicken and lean meat the night before, if desired, with marinade, spice and oil mixture, barbecue sauce, or brine, refrigerate.
- Allow roast to come to room temperature and let any sauce or marinade drain.
- For more even cooking of chicken or turkey, cut deeply into thigh joint to allow better heat penetration- thigh will flip over and the bird will be less attractive but cook more evenly.
- Place roast on rack in shallow baking pan (if no rack, place on a bed of leeks, cabbage, carrots or onions).
- Preheat the oven to 450°F.
- Cook for 20 min at 450°F, lower temperature to 275°F
- Insert temperature probe into center of meat, away from bone, or into center of the breast meat for chicken or turkey and cook to temperature listed below for desired doneness.

¹ Optional: marinate chicken in katsu sauce or a mixture of garlic, soy sauce, ginger and lemon juice

² Optional: marinate lamb in a mixture of fresh rosemary, chopped, minced garlic, lemon juice and lemon zest, olive oil. Insert into small slits cut into the lamb, then rub balance all over and refrigerate overnight wrapped in foil. Excess can be added to gravy.

³ Optional: insert whole cloves into ham before roasting.

- Remove from oven and let rest for 20-30 min before carving.
- Gravy can be prepared from pan drippings and stock as follows while meat is resting:
 - 2T melted butter or fat from the roast to 2 T flour. Add flour to hot fat, stir until well blended and cook until light brown about 2 min.
 - Add in 1 C liquid from the roast or stock, for each 2 T of fat and flour, stirring continuously until thickened.
 - Recipe can be increased or decreased maintaining the same proportions.
 - If there are abundant flavorful drippings, measure total, bring to an even number of cups and adjust the fat and flour accordingly. For best flavor, use the roasting pan to make gravy.

Meat	Temperature in °F
Chicken	150
Beef	130-140
Lamb	135-145
Ham	140
Pork	145
Turkey	150

Vegetarian Main Dishes

INGREDIENTS

- 1 C legumes or lentils (or 2, 15 oz cans)
- Salt and pepper
- 2 bay leaves
- 3 T olive oil
- 2-3 C onion, carrot, celery, chopped
- 2 cloves garlic, minced
- 2 T tomato paste
- 2 C red wine
- 1 T Dijon mustard
- 2 C vegetable stock
- Optional: Additional vegetables, as desired (cauliflower, green beans, asparagus, squash, etc.)
- Optional: 1 C grain (quinoa, bulghur wheat, couscous)

Cooking time: 45 min

PREPARATION

1. Put lentils or legumes in saucepan with 3 C water, salt and bay leaves and simmer until tender, about 25 min to 3 hrs.
2. Heat olive oil in large skillet over medium-high heat.
3. Add onion, carrot, celery, salt, and pepper and cook with frequent stirring until vegetables are browned.
4. Add garlic and tomato paste, cook 1 min more.
5. Add wine. Simmer until sauce is mostly reduced (about 10 min).
6. Stir in mustard, stock, cooked lentils or legumes plus any additional vegetables or grains, as desired.
7. Bring to a boil. Simmer until sauce is mostly reduced and adjust seasoning.

Vegetables

Stir-Fried vegetables: Bok choy, Cabbage; Green beans, Leeks, Mushrooms , Onions, Peppers, Swiss chard. Separate and chop the tough stems and leafy part of bok choy, Swiss chard and kale. Stir fry stems for about 5 min before adding leafy parts.

- Heat oil or butter in wok or fry pan at medium-high for 2 min, add vegetables and cook until soft or brown with constant stirring.
- Add 1 T soy sauce, 1 ½ t sesame oil, minced ginger, black bean paste, toasted sesame seeds, or roasted nuts.

Steamed vegetables: Artichokes, Asparagus, Cauliflower, Celeriac, Green beans, Kohlrabi, Sugar snap peas, Zucchini.

- Peel carrots, celeriac, corn, kohlrabi.
- Trim all vegetables and cut into serving size pieces.
- Remove strings from sugar snap peas, celery.
- Heat water in pot with steam basket or metal colander until boiling, add vegetables, cover and steam for time indicted below.
- Season with olive oil, butter, lemon juice, lemon zest, fresh herbs, balsamic vinegar, butter-browned sesame seeds or slivered almonds, roasted cashews, bacon bits, grated cheese or sauce.
- Carrots, Cauliflower and Celeriac can be puréed in a food processor with 2 T butter, 1 t salt, ½ C grated parmesan until homogeneous.

Roasted vegetables: Asparagus, Broccoli, Brussels sprouts, Carrots, Cauliflower, Delicata squash, Fennel, Peppers, Potatoes, Rutabagas, Turnip, Zucchini.

- Season roasted vegetables with olive oil, fresh herbs, balsamic vinegar, zaatar, butter-browned sesame seeds or slivered almonds, roasted cashews, bacon bits, or grated cheese.
- Unless noted below cook uncovered at 450°F. Peel as needed, cut in half, bite size pieces or slices, coat vegetables with olive oil, salt and pepper, place in a single layer on flat pan and roast till brown around the edges.
- Following cook best when covered initially, then uncovered, add 1T water to oil when covered.
 - Brussels sprouts: covered 10 min, uncovered 15 min.
 - Carrots: covered 15 min, uncovered 30 min.
 - Cauliflower: covered 10 min, uncovered 15 min.
 - Fennel: covered 20 min, uncovered 25 min.
- **For Roma tomatoes, cut in half, coat with olive oil and cook for 1 hr at 250°F.*

Deep-Fried Vegetables: Cauliflower; Lotus root; Okra; Turnip.

- Dry thoroughly, peel or slice as needed.
- Place in deep fryer at 370°F.
- Cook for time listed below.
- Drain on paper towels.

- Season and serve as is or with a dip.
- Vegetables can be pre-steamed for faster cooking.

Vegetable	Steamed	Roast (450°F)	Fried (370°F)
Artichokes	30 min		
Asparagus	5 min	8 min	
Broccoli	4 min	10 min	
Brussels sprouts	8 min	25 min	
Cabbage wedge	7 min		
Carrot sticks	5 min	30 min	5 min
Cauliflower	8-10 min	25 min	12 min
Celeriac	7-20 min		
Celery sticks	4 min		
Corn	5 min		
Delicata squash		30 min	
Eggplant		25 min	
Fennel		45 min	
Green beans	8 min		
Kohlrabi wedges	15 min		
Leeks		20 min	
Lotus root			18 min
Okra			15 min
Parsnip slices	8 min		
Peppers		30 min	
Potatoes		45 min at 500°	
Rutabagas			
Sugar snap peas	4 min		
Summer squash	5 min		
Tomatoes*		25 min	
Turnips			12 min
Zucchini	6 min	30 min	

Simple Green Salad

INGREDIENTS

- Greens: Arugula, Cabbage, Lettuce or Spinach
- Vegetables, chopped: peppers, cucumbers, tomatoes, radishes, jicama, fennel, onions, scallions

Dressing

- 2 T Acid: lemon or lime juice or vinegar
- 1-2 T Flavoring: soy sauce, ginger, herbs, avocado, bacon, strawberries, honey, sesame oil, truffle juice
- ¼ - ½ C Oil: olive, walnut, peanut, vegetable
- Spices: ½ t allspice, ½ t pepper, 1 t salt

PREPARATION

1. Wash, dry, trim and chop or julienne selected greens and vegetables. Toss together*.
2. Whisk together selected acid, flavorings and spices or place in blender to combine**.
3. Add oil, shake well and dress salad just before serving.



NOTES
*Saves well without dressing refrigerated for up to 5 days. Save dressing separately and warm if needed before use.
**Blender works best for combining fresh ginger, fresh herbs, strawberries or avocado into dressing

Main Course: Meat

Beef and Bean Spicy Stew

INGREDIENTS

- 2 T olive oil
- 2 lbs beef chuck roast, cubed
- 1 onion, chopped
- 1 pepper, chopped
- 2 14 oz cans pinto beans, drained and rinsed
- 1 ½ C beef stock or beer
- 14.5 oz can diced tomatoes
- 2 jalapeños, diced
- 2 T chili powder or Aleppo pepper
- 1 T zaatar or oregano
- 1 t cumin
- 1 T coriander

PREPARATION

1. Preheat oven to 250°F.
2. Heat a 4-qt pot on medium-high and add the oil.
3. Dry the beef and brown it on all sides, about 10 min. Remove from the pan to a casserole dish.
4. Add the onion to the pot and sauté on high for 3 min, add the pepper and cook until tender. Transfer to the casserole.
5. Add the beans, stock, tomatoes, jalapeños and spices to the casserole. Stir gently.
6. Cook covered for 6 hrs.

NOTES
Serves 6.
Time: 6.5 hrs.

Beef Stroganoff

INGREDIENTS

- 1 lb steak
- 1 T olive oil
- 3 T butter
- 1 onion, chopped
- 1-2 C mushrooms, sliced
- 2 T flour
- 1 C beef stock
- 1 T Dijon mustard
- 1 C crème fraiche or sour cream



PREPARATION

1. Preheat oven to 250°F
2. Sear steak, seasoned with salt and pepper, in skillet with 1 T hot olive oil, 2 min per side until browned.
3. Place on oven-safe dish in oven with temperature probe until desired temperature is reached (125°F rare).
4. Rest 5 min, slice, thinly.
5. While steak is finishing, melt butter in pan used to sear steak and sauté onions until soft.
6. Add mushrooms and cook until golden.
7. Add flour, cook, stirring until well mixed.
8. Slowly add stock with constant stirring.
9. Add mustard and crème fraîche, stir.
10. Simmer until thickened, about 5 min.
11. Pour over sliced beef.

NOTES
Serves 4
Time 30 min.

Bolognese Vegetable Noodles (Voodles)

INGREDIENTS

- 1 lb ground beef
- 1 lb ground pork
- ½ C tomato paste
- 2 T Worcestershire sauce
- 1 T ground cumin
- 1 T ground coriander
- 6 T olive oil
- 4 oz Parmesan cheese, finely grated (about 2 C)
- Salt and black pepper
- 1 carrot, chopped
- 1 onion, chopped
- 4 large plum tomatoes or 1 can peeled
- 4 garlic cloves

*For Vegetable Noodles (Voodles)**

- 1 C heavy cream
- ½ C parsley, chopped
- 3 C spiralized vegetables (Voodles)

PREPARATION

1. Heat oven to 475°F. Add the first 6 ingredients to a large roasting pan about 15x10 in, along with 3 T oil, 2/3 cheese, 2 t salt and plenty of pepper.
2. Add the carrot, onion, tomatoes and garlic to a food processor and blitz until finely chopped. Add to the roasting pan and mix to combine. Transfer to the oven and bake until browned on top and sizzling, about 25 min. Reduce heat to 375°F.
3. Use a fork to break the meat apart, stirring it into the liquid that has been produced.**
4. To cook voodles, pour cream on top of sauce, then add the voodles. Stir into the sauce until thoroughly coated; Cover with foil; Bake until tender, about 5-10 min.
5. Remove from the oven, stir in the ¼ C parsley, sprinkle with the remaining cheese and drizzle with the remaining oil.
6. Bake until the top is crisp in parts and beginning to brown (about 20 min).

NOTES
Serves 6.
Time 1 hr
*Suitable voodles include: butternut squash, carrots, celeriac, chayote, kohlrabi, parsnips, turnips, zucchini
**Bolognese sauce can be stored frozen at this stage and used with meat or vegetables.

Chicken Cordon Bleu

INGREDIENTS

- 2 chicken breasts
- 4 slices prosciutto
- 4 slices cheese, thinly sliced
- ¼ C Parmesan cheese, grated
- 1 egg
- 2 T cream



PREPARATION

1. Preheat oven to 400°F.
2. Butterfly each chicken breast (make a horizontal slit through the thicker side, cutting almost to the opposite side). Open breast to form two flaps. Pound to about ¼".
3. Place ½ of the prosciutto and cheese on one side of each breast half.
4. Wrap chicken around filling.
5. In a shallow bowl, mix egg and cream.
6. In a shallow plate, spread Parmesan cheese.
7. Carefully dip each piece of chicken first in egg mixture, then in cheese to coat.
8. Place chicken on baking sheet, seam down.
9. Bake about 20 min, until lightly browned on the outside.

NOTES
Serves 2-4.
Time: 35 min.

Chicken Piccata

INGREDIENTS

- 2 chicken breasts
- salt & pepper
- 1 T butter-melted
- 2 T olive oil
- ¼ C white wine
- 1 lemon, juiced



PREPARATION

1. Butterfly each chicken breast (make a horizontal slit through the thicker side, cutting almost to the opposite side). Open breast to form two flaps. Pound to about ¼ in.
2. Season each with salt and pepper.
3. Heat a skillet over high heat, add olive oil and chicken breasts in a single layer.
4. Brown each side for 2 min and set aside in warm oven.
5. To make sauce, add wine to skillet over medium heat, reduce for 2 min, stirring constantly, add lemon juice.
6. Remove from heat and add butter, stir until combined, season with additional salt and pepper and pour over chicken breasts.

NOTES
Serves 2-4.
Time: 30 min.

Chicken Roast – 3 ways

INGREDIENTS

- 1 whole chicken

Soy, garlic, ginger marinade

- ½ C soy sauce
- ¼ C minced ginger
- 3 cloves garlic-minced
- 1 T roasted sesame oil

Or Katsu sauce

- ¼ C tomato puree
- 2 T soy sauce
- 1 T mirin
- 1 T Worcestershire sauce
- 1 T grated fresh ginger
- 1 clove garlic, minced

Or Directly or on Cabbage Bed

- 1 Cabbage sliced in 1-2 in slabs
- 4 T butter, melted

PREPARATION

1. One day before cooking, remove giblets from cavity.
2. Rub all over with marinade or katsu sauce and refrigerate in 1 gal Ziploc bag containing marinade or sauce.
3. Preheat oven to 400°F.
4. Remove chicken from bag and place on roasting pan.
5. For a juicier chicken, cut thigh away from body to expose thigh to oven heat.
6. Insert temperature probe set to 150°F in thickest part of breast.
7. Remove from oven when temperature reaches 150°F, let sit at room temperature for 15 min, carve and serve.
8. Chicken can be cooked directly without marinating or on a bed of cabbage.
9. Grease roasting pan, brush chicken with butter, season with salt and pepper, baste every 15 min with butter.
10. Or place chicken on cabbage slices arranged to completely cover bottom of pan.

NOTES
Save and freeze giblets, carcass and bones to make stock.
Serves 6-8
Cooking time: 45 min

Chicken Satay with Peanut Sauce

INGREDIENTS

- 2 T coconut milk or cream
- 1 T lemongrass paste
- 1 T soy sauce
- 1 ½ t yellow curry powder
- 1 t turmeric
- 2 cloves garlic, minced
- 1 T freshly grated ginger
- 1 T brown sugar or sugar substitute
- 1 T fish sauce
- 1 lb boneless, skinless chicken thighs, cut into 1-inch chunks
- 1 T canola oil
- Salt and pepper, to taste

Peanut Sauce

- ¼ C oil
- 2 shallots, roughly chopped
- 2 garlic cloves, sliced
- 1 T lemongrass paste
- 1 jalapeño, trimmed
- 1 T fresh ginger (1 in), sliced
- 1 ½ C peanuts
- ½ C cream or coconut milk
- 2 T honey
- 3 T fresh lime juice
- 2 T Asian fish sauce
- 1 T soy sauce
- 1 T chili garlic sauce, or more, to taste.

PREPARATION

1. In a medium bowl, combine first 9 ingredients.
2. Add Chicken and marinate for at least 2 hrs to overnight, turning occasionally.
3. Drain the chicken from the marinade, discarding the marinade.
4. Preheat grill or broiler to medium high heat. Thread chicken onto skewers. Brush with canola oil; season with salt and pepper, to taste.
5. Cook, turning every 5 min, until the chicken is cooked, reaching an internal temperature of 165°F, about 10-15 min.
6. Serve with peanut sauce.

Prepare Sauce

1. In a medium saucepan, heat the oil. Add the shallots, garlic, lemongrass, jalapeño and ginger and cook over moderate heat, stirring, until softened and browned, about 10 min.
2. Scrape the mixture into a blender. Add all of the remaining ingredients along with ½ C of water and process until smooth.
3. Scrape the peanut paste back into the saucepan and cook over low heat, stirring occasionally, about 20 min. The peanut sauce will darken. Serve with chicken.

NOTES
Serves 4
Cooking time: 2.5 hr

Chicken Tenders – 3 ways

Chicken Tarragon

INGREDIENTS

- 1 lb chicken tenders
- 2 C chicken stock
- 1 garlic clove, minced
- 1 T butter
- 1 lemon, juiced
- 1 C cream
- ¼ C white wine
- ½ C chopped tarragon
- Salt and pepper to taste

PREPARATION

1. Heat a stock over high heat, when boiling, add chicken tenders in a single layer, bring to boil again, cover and let sit for 6 min.
2. Sauté garlic in butter until beginning to brown.
3. Add wine and cream plus ½ C or more of chopped tarragon plus 1 T “Better Than Bouillon” (chicken, flavor).
4. Reduce sauce for about 10 min to ½ C.
5. Add lemon juice, salt and pepper to taste.
6. Serve chicken tenders and celeriac with sauce.



Chicken Gruyère

INGREDIENTS

- 1 lb chicken tenders
- 2 C chicken stock
- ½ C cream
- 4 oz Gruyère cheese, chopped or grated
- Salt and pepper to taste

PREPARATION

1. Heat a stock over high heat in large sauté pan, when boiling, add chicken tenders in a single layer, bring to boil again, cover and let sit for 6 min.
2. Add cream to saucepan and heat.
3. Add cheese, lower heat to minimum with constant stirring.
4. Serve chicken tenders with sauce.

Chicken Tonnato

INGREDIENTS

- 2 oz anchovies in olive oil
- 3 oz tuna in olive oil
- 1 egg yolk
- 2 T grainy mustard
- 1 lemon, juiced
- ½ C olive oil
- 2 C chicken stock
- 1 lb chicken tenders

PREPARATION

1. Place first 5 ingredients in blender.
2. Blend while slowly adding olive oil until thick. Add water if needed to thin.
3. Bring stock to a boil in a wide covered pot.
4. Add chicken tenders and return to a boil. Cover, turn off heat and let sit 5 min.
5. Pour prepared sauce over chicken tenders and serve.

NOTES for all 3 recipes
Serves 2-3
Cooking time: 30 min

Chicken Thighs – 3 ways

Chicken Au Chien

INGREDIENTS

- 2 cloves garlic, minced
- 6 scallions, minced
- 1 T Asian chili paste
- ½ T allspice, ground
- 1 T peanut oil
- 2 lbs chicken thighs
- 1 t sumac
- 1 lime, juiced
- salt and pepper

PREPARATION

1. Preheat broiler or preheat oven to 425 °F.
2. Prepare sauce: combine garlic, scallions, chili, allspice and oil. Add ½ C boiling water.
3. Mix and set aside.
4. Sprinkle thighs with salt and sumac.
5. Broil, turning several times, until cooked, about 15 min, or bake 30-40 min.
6. Taste the sauce, and add salt, pepper or allspice, if needed. Stir in lime juice.
7. Serve the chicken and dip in sauce.

Chicken Carrots & Asparagus

INGREDIENTS

- 1 ½ lbs boneless chicken thighs chopped in 1 in cubes
- ¼ C soy sauce
- ¼ C almond flour
- 3 T oil
- 2 shallots, chopped
- 2 carrots, sliced
- 1 bunch asparagus, cut into 1" pieces
- ½ C port, sherry or wine
- ½ C cream

PREPARATION

1. Dip chicken in soy sauce, then flour.
2. Heat oil in skillet at medium/high.
3. Add chicken to skillet and brown.
4. Add shallots, simmer 10 min, covered.
5. Boil carrots in 1 C water 6 min, reserve water.
6. Steam asparagus 5 min. Transfer vegetables and chicken to serving dish in warm oven (170°F).
7. Add carrot water and wine to skillet and reduce by half. Add cream and simmer until thickened.
8. Serve over chicken and vegetables.

Chicken Soy Ginger

INGREDIENTS

- 1/3 C soy sauce
- 1/3 C dry sherry
- 1 ½ lbs boneless chicken thighs chopped in 1" cubes
- 3 T oil
- 2 in ginger peeled and sliced
- 12 cloves garlic, halved
- 6 scallions sliced thin: white and green parts separate
- 1 C basil leaves chopped
- 1 T sesame oil

PREPARATION

1. Mix soy sauce and wine in small bowl. Add chicken, set aside
2. Heat oil, cook ginger and garlic at medium/low until garlic is light brown 8-10 min.
3. Add chicken and marinade to skillet. Increase heat to medium and simmer for 10 min, add scallion whites and cook for 5 min more.
4. Remove chicken and reduce sauce for about 3 min. Add Basil, sesame oil and scallion greens and serve.

NOTES for all 3 recipes
Serves 3-4
Cooking time: 30 min

Coq au Vin-Lemongrass

INGREDIENTS

- 2 lbs boneless chicken thighs chopped in 1 in cubes
- 6 T olive oil
- 1 T butter
- 1 ½ C shallots, chopped
- 5 C mushrooms, chopped
- 1 T lemongrass paste.
- 1 T garlic, minced
- 3 C dry vermouth or wine
- 2 C chicken stock



PREPARATION

1. Dry and season chicken with salt and pepper.
2. Add 2 T oil and brown chicken until golden (about 3 min/side.) Remove to plate as browned.
3. Heat 2 T oil and 1 T butter in large skillet over medium heat, add shallots and mushrooms and cook until golden (7 min).
4. Turn heat to low, add the lemongrass paste and garlic to the skillet. Cook for 30 sec.
5. Turn heat to high and add vermouth and deglaze the pan. Boil until reduced by ¼ (8-10 min).
6. Return chicken to pan. Add stock. Cover and lower heat to a simmer for 30 min and serve.

NOTES
Serves 4-6.
Time: 1 hr.

Corn Chowder with Bacon & Shrimp

INGREDIENTS

- 4 rashers of bacon, diced
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 t paprika
- 1 t zaatar or oregano
- ½ t aleppo pepper
- 3 C stock*
- 2 ½ C corn kernels
- 1 lb shrimp, cooked, peeled and deveined
- 1 C cream

PREPARATION

1. Cook bacon until crispy, set aside.
2. Cook onion and garlic in same skillet over medium heat about 3 min.
3. Add paprika, pepper, zaatar and salt. Cook for 2 min.
4. Bring stock to a boil, add corn, contents of skillet and cream and bring to a boil and simmer 15 min.
5. Blend about half the soup in a blender until creamy and return to pot and reheat.
6. Add shrimp and bacon and serve.

NOTES
Serves 4
Time 45 min.
*Substitute 1 T "Better than Bouillon" plus 3 C water

Duck Breasts au Citron

INGREDIENTS

- 4 Pekin duck breast halves
- Cinnamon, sprinkle
- Coriander, sprinkle
- Ginger, sprinkle
- Mace, sprinkle

Sauce

- 2 C chicken stock
- ½ C lemon juice
- ¼ C balsamic vinegar
- 2 T maple syrup
- 2 T honey
- 1 t cinnamon
- 1 t coriander
- 1 t ginger
- 1 t mace



PREPARATION

1. Preheat oven to 500°F.
2. Dry breast halves and sprinkle both sides with each of the 4 spices.
3. Combine sauce ingredients, bring to a boil, reduce to about ½ C.
4. Heat oven-safe skillet on high and sear skin side down for 2 min.
5. Place in oven for 8 min.
6. Remove from oven, turn skin side up and sear other side 1 min.
7. Slice breasts and cover with sauce, serve.

NOTES
Serves 4
Time: 30 min.

Eggplant Rollatini

INGREDIENTS

- 1 large eggplant, peeled and cut lengthwise into thin slices
- 2 T olive oil
- 1 T Balsamic vinegar
- 2 cloves garlic, minced
- 1 C Ricotta cheese
- ½ C basil, chopped
- 1 C Parmesan cheese, grated
- ½ lb prosciutto, sliced thinly
- ½ C tomato sauce
- ½ C mozzarella, shredded



PREPARATION

1. Preheat the oven to 350°F.
2. Combine olive oil, vinegar and garlic in a small bowl.
3. Brush eggplant slices with mixture and roast in the oven for 20 min.
4. Combine Ricotta cheese, basil and Parmesan cheese in a bowl, mix well.
5. Spread a thin layer of the ricotta mixture onto each eggplant slice.
6. Roll eggplant up and wrap tightly with one or more slices of prosciutto.
7. Place seam side down in a baking dish containing the tomato sauce.
8. Top with shredded Mozzarella cheese.
9. Bake for 15 min until cheese is melted and lightly browned. Serve.

NOTES
Serves 4.
Time 1 hr.

Florentine Egg Drop Soup

INGREDIENTS

- 4 rashers of bacon, ventrêche, or 3 oz pancetta, diced
- 4 cloves garlic, minced
- 4 C stock*
- 6 large ripe tomatoes, chopped**
- 2 T soy sauce
- 2 T oyster sauce
- 4 eggs
- 2 T cornstarch, in 2 T water
- 1 bunch scallions, sliced



PREPARATION

1. Combine bacon and garlic in skillet over medium heat.
2. Cook until bacon is crisp, add tomatoes and cook about 5 min.
3. Bring stock to a boil, add soy and oyster sauce, add bacon, garlic and tomatoes and simmer 15 min.
4. Using a mixer, beat the eggs then add to soup whisking continuously.
5. Stir in corn starch and simmer until soup thickens, about 5 min.
6. Add scallions and serve hot.

NOTES
Serves 4.
Time: 45 min.
*Substitute 1 ½ T “Better than Bouillon” in water
**or Substitute 28 oz can tomatoes

Ham Steak – 2 Ways

INGREDIENTS

- 2 T butter
- ½ lb Ham steak per person

Cheddar Sauce

- ½ C heavy cream
- 4 oz Cheddar cheese, grated or in small pieces

Bourbon-Cream Sauce

- 2 T butter
- ¼ C bourbon
- ½ C heavy cream
- 1 T mustard



PREPARATION

1. Heat butter in skillet over high heat until foam subsides.
2. Dry ham steak and sear on both sides about 2 min, transfer to serving plate.

Cheddar Cheese Sauce

3. Deglaze pan with cream, lower heat to minimum, add cheese and melt with constant stirring.

Or Bourbon Cream Sauce

4. Or heat butter in skillet over high heat till foam subsides
5. Add bourbon and ignite.
6. When flames subside, add cream and mustard, warm and stir to a smooth consistency.
7. Pour sauce over ham and serve.

NOTES
Serves 1-2
Time: 20 min.

Hamburger Stew

INGREDIENTS

- 1 lb ground beef*
- 2 T olive oil
- 1 onion, chopped
- 1 large carrot, chopped
- 2 ribs celery, chopped
- 2 cloves garlic, minced
- 2 T tomato paste
- 1 C red wine
- 1 14oz can pinto beans**
- 1 T Dijon mustard
- 2 T butter
- ½-1 C Crumbled goat cheese*** (Optional)



PREPARATION

1. Heat olive oil in large skillet over medium-high heat.
2. Add onion, carrot, celery, salt, and pepper and cook until vegetables begin to brown.
3. Add ground beef and cook until no longer raw.
4. Add garlic and tomato paste, cook 1 min more then add wine. Simmer until sauce is mostly reduced (about 10 min).
5. Stir in mustard and beans; bring to a boil.
6. Simmer until sauce is mostly reduced, then add in butter and adjust seasoning.
7. Serve with crumbled goat cheese.

Cooking time: 45 min

NOTES
Serves 3-4.
Time: 30 min.
* substitute any ground meat for beef
** substitute chickpeas, white beans or black beans for pinto beans
*** substitute any shredded cheese for goat cheese

Lamb Garam Masala

INGREDIENTS

- 2 in ginger, peeled
- 3 garlic cloves
- 2 t plus 1 T garam masala or curry powder*
- 2 T oil
- 2 chiles, chopped
- 1 onion, chopped
- 2 T tomato paste
- 1 ½ lbs ground lamb**
- Salt and pepper
- 2 plum tomatoes, peeled and halved
- 1 C Greek yogurt
- 1 C peas
- ¼ C cilantro, chopped



PREPARATION

1. Combine ginger, garlic, 2 t garam masala and ¼ C water in blender and puree.
2. Heat oil in a large skillet to medium. Add chiles and cook with stirring until starting to brown (about 1 min). Add onion cooking until soft (about 5 min).
3. Add lamb, ¼ t salt, ¼ t pepper and cook and stir until beginning to brown.
4. Add ginger mixture and tomato paste and cook about 2 min. Add tomatoes and cook another 5 min.
5. Stir in yogurt, remaining 1 T garam masala, peas and cilantro.
6. Adjust seasoning. Serve.

NOTES
Serves 4-6
Time: 30 min.
* heat can be adjusted to taste: curry can be mild or hot; chilis can be mild (with seeds and white fiber removed) or hot
** can substitute ground beef, pork, turkey or chicken

Lamb-Sultan's Delight

INGREDIENTS

- 3-4 lbs lamb shoulder, boneless, cut into bite size cubes
- 1 C white wine
- ¼ C sugar or substitute (erythritol)
- ¼ C pomegranate molasses
- 2 C water
- 3 medium eggplants
- 2 T butter
- 2 T flour
- 1 C cream
- 1 C grated Gruyère or Manchego cheese
- 3 T toasted pine nuts
- 2 T basil, chopped

PREPARATION

1. Preheat oven to 350°F.
2. Add lamb, wine, water, sugar substitute, and pomegranate molasses to an oven-safe skillet, cover and braise for 3hrs.s in oven.
3. Move to cooktop. Skim excess fat and simmer and reduce until meat is glazed.
4. Meantime, peel eggplant and cut into large cubes. Bring a pot of water to a boil, add eggplant and simmer for 20 min, drain.
5. Melt butter in saucepan, add flour, stir, add cream and continue stirring until mixture thickens. Add cheese and stir until melted. Add eggplant and beat until smooth, season.
6. Spoon eggplant mixture onto plates, top with glazed meat, pine nuts and basil. Serve.

NOTES
Serves 8-10
Time: 3.5 hrs.

Lamb with Sumac – 2 Ways

INGREDIENTS

- 2 boneless lamb loins*
- 2 t + 2 T olive oil
- 2 T sumac, ground
- 1 t salt

Port demiglace

- 1 ½ C tawny port or sweet wine
- 2 T veal demiglace**
- 2 T butter

Blackberry demiglace

- 2 T butter
- 1-2 shallots, chopped
- 1 pint blackberries
- 1 C ruby port
- 2 T veal demiglace**



PREPARATION

1. Preheat oven to 250°F.
2. Brush lamb with 2 t oil, then roll in sumac in flat dish, let rest.
3. Heat 2 T oil at medium high in skillet to hold lamb.
4. Add lamb and sear all sides till brown.
5. Place in oven until internal temperature reaches 130°F.

Port demiglace

1. Deglaze pan at medium with wine then add demi-glace. Simmer until thick, add butter.

Blackberry demiglace

1. Deglaze pan with 2 T butter.
2. Add shallots and cook until transparent.
3. Add blackberries and wine and reduce to ¼ C.
4. Add demiglace, reduce until thickened, strain.
5. Slice lamb, pour sauce on top, serve.

NOTES

Serves 4

Time: 30 min.

* Can substitute tenderloins of beef (130°F), pork (140°F), or venison (135°F) 1 C good stock and reduce to about ¼ C.

Lamb Tagine

INGREDIENTS

- Lamb shoulder, boneless 3-4 lbs, cut into 1-1 ½ in cubes
- 4 T olive oil
- 3 onions, sliced
- 1 preserved lemon, chopped*
- 2 lemons, juiced
- 8 + 2 garlic, minced
- 1 T sweet paprika
- 1 t cumin, ground
- 1 t ginger, ground
- 1 t coriander, ground
- ½ t cinnamon
- ¼ C flour
- 4 C chicken broth
- 2 T honey
- 1 lb carrots, peeled and sliced
- 2 C pitted olives, halved
- 1 C dried apricots, chopped
- ¼ C cilantro, chopped



PREPARATION

1. Preheat oven to 325°F.
2. Heat 3 T oil in large Dutch oven over medium high heat. Season lamb with salt and pepper and brown in a single layer (10 min per batch). Transfer browned lamb to a bowl. Repeat until all lamb is browned.
3. Add 1 T oil to pan add onions and preserved lemon, cook with stirring until onions are softened-7 min. Add garlic and spices, stir 30 sec, add flour and stir about 1 min. Slowly whisk in stock and bring to a simmer. Add browned lamb and any juices and return to a simmer, cover and cook in oven for 1 hr.
4. Add carrots, stir, cover and continue cooking for 1 ½ hrs.
5. Remove from oven, stir in olives and apricots, cover and let stand 20 min.
6. Stir in cilantro, lemon juice and season to taste, serve.

NOTES
Serves 8-10.
Time: 3.5 hrs.
* can substitute zest from 3 lemons

Lamb Tomatillo Stew

INGREDIENTS

- ¼ C flour
- ½ t salt
- ¼ t pepper
- 3 ½ lbs boneless lamb, in 1" cubes
- ¼ C olive oil, plus more if needed
- 3 cloves garlic, chopped
- 2 onions, chopped
- 1 C dry white wine
- 2 C beef stock
- 1 C fresh tomatillos, chopped (6-8 small)
- 1 T cilantro, chopped
- 2 t thyme, chopped
- 1 bay leaf
- 1 C crème fraîche

PREPARATION

1. In a large Dutch oven, heat the oil over medium-high heat. Add lamb dredged in flour to hot oil in batches until the lamb is browned well on all sides, 7-10 min. Transfer the browned lamb to a plate.
2. Add another T of oil to the pan and add the garlic and onions. Cook, stirring, until the onions are soft, about 8 min. Pour in the wine to deglaze the pan, about 3 min.
3. Return the lamb to the pan along with any juices on the plate. Add the stock, tomatillos, chopped cilantro, thyme, and bay leaf. Bring to a boil, reduce the heat to low, cover. Cook for about 1 ½ hr, stirring occasionally, until tender.
4. Transfer the lamb to a serving bowl. Reduce the sauce over high heat until thickened, about 10 min. Strain the sauce over the meat, discarding the solids.
5. Return the meat and sauce to the Dutch oven. Garnish each serving with a dollop of crème fraiche.

NOTES
Serves 6-8
Time 2.5 hrs.

Lamb-Tomato Pie

INGREDIENTS

- 1 ½ C precooked lamb slices*
- 1 onion, sliced
- 2 C tomatoes, chopped
- ½ C grated Gruyère or other cheese
- ½ t salt, ¼ t pepper

PREPARATION

1. Place layer of lamb slices in ovenproof dish.
2. Fry onions until soft.
3. Layer onions on lamb.
4. Add layer of tomatoes and a layer of cheese on top.
5. Repeat until lamb is used ending with cheese.
6. Bake at 375°F for 30 min.

NOTES
Serves 4.
Time 45 min.
* Can substitute any sliced meat

Lamburgers

INGREDIENTS

Burgers

- 1 lb ground lamb*
- 1 C feta cheese, crumbled (4 oz)
- ½ C chopped mint
- ½ C chopped parsley
- 1 small onion grated
- 1 C mushrooms, chopped
- 2 cloves minced garlic
- 1 t salt, ¼ t pepper, 1 t Ras El Hanout

Sauce

- 1 cucumber, diced
- ¼ C yogurt
- ¼ C mint, chopped
- 1 T cilantro, chopped
- ½ t cumin



PREPARATION

1. Preheat oven to 400°F.
2. Place feta, herbs, onion, mushrooms and garlic in food processor and pulse 5-6 times until finely chopped.
3. Add feta mix to all remaining burger ingredients in a large bowl and mix with hands until evenly distributed.
4. Roll into about 12 patties: 1-2" diameter.
5. Cook in slotted broiler pan to allow drainage until brown (20 min).
6. Combine sauce ingredients manually, or in blender or food processor and mix.
7. Serve lamburgers with sauce.

NOTES
Serves 4
Time: 40 min.
*Can substitute ground beef or venison

Meat à la King

INGREDIENTS

- 2 C riced (grated) cauliflower
- ¼ C olive oil
- 2 T butter
- 1 ¾ C mushrooms, sliced
- ¼ C onion, chopped
- 1 rib celery, diced
- ¼ C pepper, chopped
- ¼ C flour
- 1 C stock
- 1 C heavy cream
- 2 C chopped meat*
- 1 C frozen peas

PREPARATION

1. Preheat oven to 425°F.
2. Combine riced cauliflower and olive oil, bake 25 min at 425°F.
3. Melt butter over medium heat, add mushrooms, celery, onion and pepper.
4. Cook and stir until soft and translucent.
5. Mix flour and stock until smooth and stir into vegetable mixture.
6. Add cream, cook and stir until thickened.
7. Add meat, peas and salt, warm and serve over riced cauliflower.

NOTES
Serves 4
Time: 45 min.
*can prepare with chopped ham, turkey, chicken, or beef

Meat Croquettes

INGREDIENTS

- 1 onion diced
- 2 T butter
- 2 C chopped meat*
- ¼ C heavy cream
- 1 C celeriac-pureed
- ¼ C flour
- 1 egg
- Almond flour
- Oil for frying

Gravy

- 1 C stock**
- 2 T flour
- 2 T butter

PREPARATION

1. Melt butter over medium heat, add onions and cook until soft and translucent.
2. Add ¼ C cream and meat and cook until liquid evaporates (2 min).
3. Transfer to bowl, cool, add celeriac, flour and egg.
4. Drop meat by T into almond flour, turn to coat, place in freezer for 15 min.
5. Heat oil in skillet over medium heat. Cook croquettes in a single layer till brown, about 2 min per side.
6. For gravy: melt butter, add flour and cook until starting to brown, slowly add stock with stirring and simmer until thickened.
7. Serve croquettes with gravy.

NOTES
Serves 4
Time: 1 hr.
* can prepare with chopped ham, chicken, turkey, or beef
** substitute 1 C water plus 2 t “Better Than Bouillon” or prepared gravy

Meat Hot Pot and Dips

BROTH & SAUCES

- Dashi or Stock (12 C)
- Kombu (3 X 6 in)
- Bonito flakes (¼ C)

Ponzu sauce

- ¼ C soy sauce
- ¼ C lime juice
- 2 T mirin
- 2 T dashi
- 1 t 5-Spice

Sesame Sauce

- ¼ C tahini
- 2 T miso paste
- 2 T soy sauce
- 2 t mirin
- 1 lime, juiced
- 2 t sesame oil
- 1 garlic, minced

INGREDIENTS

Vegetables

- Napa cabbage
- Spinach
- Tong hao
- Mushrooms: enoki, shiitake
- Carrot
- Leeks
- Baby bok choy
- Daikon
- Snow peas

*Meat**

- Beef
- Pork
- Lamb
- Chicken

PREPARATION

1. *Dashi*: Combine 12 C water with dashi ingredients, bring to a boil. Let stand 15 min. Strain into stainless steel pot and place on induction cooktop to simmer.
2. *Ponzu sauce*: combine all ingredients and mix.
3. *Sesame sauce*: combine all ingredients and mix.
4. Slice or chop 3-4 vegetables to bite size and arrange on platter.
5. Slice meats very thinly and arrange on platter.
6. Add vegetables to the pot: longer cooking vegetables first and meat last (needs about 20 sec).
7. Dip cooked meat and vegetables in sauce.
8. Add water to maintain level.

NOTES
Serves
Time: 45 min
Dashi can be frozen and reused or used to cook vegetables or make a pureed vegetable soup.
*Substitute tofu or seitan for meats to make a vegan hot pot

Meatballs

INGREDIENTS

- ½ lb ground beef
- ½ lb ground pork, turkey or veal
- ½ C grated Parmesan cheese
- 1 egg
- ¼ C chopped parsley
- 1 small onion grated
- 2 cloves minced garlic
- ½ t salt, ¼ t pepper
- ½ lb mozzarella, chopped

Sauce

- 4 slices bacon, chopped
- 1 C mushrooms
- 1 onion
- 6 cloves garlic, minced
- 8 anchovy filets
- 1 28oz can tomatoes, chopped (28 oz)
- ¼ C wine
- 1 C Parmesan cheese, grated
- ¼ C tomato paste
- 1 C basil-chopped

PREPARATION

1. Add all ingredients to a large bowl and mix with hands until evenly distributed.
2. Roll into about 12 meatballs.
3. Cook in large oiled frypan, turning frequently until brown.
4. Remove meatballs to ovenproof serving dish.
5. Add sauce to pan and stir to scrape up bits of meat.
6. Pour sauce over meatballs and top with mozzarella cheese. Melt briefly under broiler.

Sauce

1. Brown bacon till crisp, reserve bacon bits.
2. Process mushrooms and onions in food processor (about 4 pulses), add to the bacon fat and cook 6-10 min.
3. Add garlic and anchovies and cook until the anchovies dissolve about 3 min.
4. Add tomatoes and wine, bring to a boil. Cook 30 min
5. Stir in cheese, basil and tomato paste and cook 10 min.

NOTES
Serves 3-4
Time: 1.5 hr

Meatloaf

INGREDIENTS

- 1 T butter
- 1 onion, chopped
- 2 garlic, minced
- 2 eggs
- 1 t thyme, dried
- 1 t salt
- ½ t aleppo pepper
- 1 T Dijon mustard
- 2 t Worcestershire sauce
- ½ C yogurt
- 10 low carb crackers, crushed
- 2 lbs mixed ground beef, veal, pork
- ½ C parsley, chopped
- 6 slices bacon or more
- Gravy, if desired



PREPARATION

1. Preheat oven to 400°F.
2. Pulse onions and garlic in food processor until finely chopped.
3. Combine remaining ingredients, except bacon and gravy, and blend well.
4. Form meat mixture into a long flat loaf.
5. Place loaf on wire or perforated rack set in roasting pan above about 1 in water, wrap loaf with bacon strips.
6. Bake until bacon is crisp and meat is at 155°F, about 45 min.

Gravy

1. Remove drippings and allow fat to rise. Add 2 T fat to 2 T flour and cook over medium heat about 5 min. Add 1 C drippings with stirring and heat until thickened.
2. Slice meatloaf and serve with gravy.

NOTES
Serves 4-6
Time: 1.5 hr

Moussaka

INGREDIENTS

- 2 eggplants, peeled and cut lengthwise into ½ in slices
- ¼ C olive oil
- 2 T balsamic vinegar
- 2 garlic cloves, minced
- 1 T butter
- 1 lb ground beef or lamb
- salt and pepper to taste
- 1 onion, chopped
- 1 clove garlic, minced
- ¼ t @cinnamon & nutmeg, ½ t fines herbs
- 2 T dried parsley
- 1 C red wine
- 1 C tomato sauce

Béchamel Sauce

- ¼ C butter
- 3 T flour
- 2 C cream
- salt to taste
- 1 ½ C grated Parmesan cheese
- ¼ t nutmeg

DIRECTIONS

1. Preheat the oven to 350°F.
2. Combine olive oil, vinegar and garlic in a bowl.
3. Brush eggplant slices with mixture and roast in the oven for 20 min.
4. In a large skillet over medium heat, melt the butter and add the ground meat, salt and pepper to taste, onions, and garlic.
5. When beef is browned, sprinkle in the cinnamon, nutmeg, fines herbs and parsley.
6. Pour in the wine and simmer until mostly evaporated.
7. Pour in the tomato sauce and mix well. Simmer for 5 min.
8. For béchamel sauce, melt butter in a large skillet over medium heat. Whisk in flour until smooth. Lower heat; gradually stir in the cream, whisking constantly until it thickens, salt to taste.
9. Arrange a layer of eggplant in a greased 9x13 in baking dish. Cover eggplant with all of the meat mixture, and then sprinkle ¼ C of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another ¼ C of cheese on top. Pour the béchamel sauce over the top, and sprinkle with the nutmeg and the remaining cheese.
10. Bake for 40 min. until lightly browned.

NOTES
Serves 4-6
Time:2 hrs

Pork with Bacon and Mushrooms

INGREDIENTS

- 6 strips bacon, chopped or 4 oz pancetta
- 2 to 4 pork chops or loin
- salt and pepper
- 1 C mushrooms, sliced
- 4 garlic cloves, minced
- Fresh thyme (bunch)
- 1 T olive oil
- 2 T flour
- 1 C cream
- 1 T Demi-glacé or Better Than Bouillon



PREPARATION

1. Preheat oven to 250°F.
2. Cook bacon or pancetta at medium heat for about 3 mins.
3. Season pork with salt and pepper. Turn heat to high-medium heat, cook pork 2 min per side in fat.
4. Remove the pork to a plate and place in oven with temperature probe set at 140°F.
5. Add 1 T olive oil, mushrooms, garlic and thyme to the pan.
6. Cook on medium heat for about 5 min, stirring, until mushrooms soften and release juices. Sprinkle 2 T flour all over the mushrooms, and stir the flour in on medium heat.
7. Add cream and demi-glacé and raise the heat to bring to boil, stirring constantly. Reduce heat to low. Remove thyme.
8. Add back the pork and reheat if necessary.
9. Serve with mushrooms and bacon mixture on top.

NOTES
Serves 2-4
Time: 30 min

Pork Milanese

INGREDIENTS

- ¼ lb pork tenderloin, cut into ¾" medallions
- Salt and pepper to taste
- 1 eggs, lightly beaten
- ½ C panko
- ½ C Parmesan cheese, grated
- 8 T olive oil
- 6 oz green beans, cut in 1 in
- 4 cloves garlic, minced
- 1 pint cherry tomatoes
- ¼ C basil, chopped



PREPARATION

1. Place each medallion between 2 pieces of plastic wrap and pound with mallet to about ½" thick or thinner. Season with salt and pepper.
2. Place eggs and panko-Parmesan mix in two separate shallow dishes.
3. Dredge each medallion in egg then panko-Parmesan mix.
4. Heat 2 T oil in large skillet at medium-high.
5. Cook medallions in a single layer until brown (1-2 min/side). Drain on paper towel.
6. Repeat steps 4 and 5 with remaining medallions.
7. Heat 1 T oil in wok or separate skillet, add garlic and after 1 min add tomatoes and cook until they burst, add green beans. Reduce heat to medium. Reduce liquid with occasional stirring until thickened (6 min).
8. Stir in basil and season to taste.
9. Serve medallions with beans and topped with tomatoes and sauce.

Notes
Serves 3-4
Time 1 hr

Pork Ribs Char Siu

INGREDIENTS

- 1-2 lbs pork baby back ribs
- 2 T honey
- 2 T hoisin sauce
- 2 T soy sauce
- 1 T sesame oil
- 2 garlic cloves, minced
- 1 in ginger, sliced
- 1 T Shaoxing wine or sherry
- ½ t Chinese five spice

PREPARATION

1. Combine all ingredients into a marinade, then marinate the ribs overnight in the fridge.
2. Pre-heat the oven to 500°F.
3. Place the ribs on a wire rack or in a pan lined with aluminum foil. Roast 35 min.
4. Remove from oven and turn the ribs over, brush the remaining Char Siu Sauce on the pork. Continue to roast for 10-15 min.

NOTES
Serves 3-4
Time: 1 hr

Pork Tenderloin – 2 ways: Miso-Wine or Blackberry Port Reduction

INGREDIENTS

- 1 ½ lb pork tenderloin
- Salt and pepper to taste

Miso-Wine Reduction

- 2 C wine
- 2 T Miso

Blackberry-Port Reduction

- 4 T butter
- 1 pint blackberries
- 1 shallot, minced
- 1 C ruby port wine
- 1 C stock

PREPARATION

1. Heat oven to 250°F.
2. Heat lightly oiled skillet on high for 2 min.
3. Sear lightly seasoned pork for 2 min per side-should be browned.
4. Insert temperature probe in pork and place on serving dish in oven until 135°F, or desired temperature, is reached.

Miso-Wine Reduction

1. Prepare sauce in same pan used to sear pork.
2. Add wine and reduce to ¼ C.
3. Remove from heat and stir in Miso.
4. Slice meat and cover with sauce, serve.

Blackberry-Port Reduction

1. Prepare sauce in same pan used to sear pork.
2. Add 2 T butter over medium high heat, cook shallots until translucent.
3. Add wine and blackberries, raise heat and reduce by 75%.
4. Add stock and reduce by half, strain and further reduce until thick, add 2 T butter and season.
5. Slice meat and cover with sauce, serve.

NOTES
Serves 4-6
Time: 30-45 min

Prosciutto Wrapped Asparagus

INGREDIENTS

- Asparagus, trimmed (1 bunch)*
- ½ lb prosciutto, thin-sliced
- Havarti cheese, sliced ¼ in x 3 in



PREPARATION

1. Preheat oven to 375°F. Cover baking sheet with foil or parchment.
2. Lay out packets of 2-3 slices prosciutto (4-5" by 6-8").
3. Distribute asparagus among the prosciutto packs with tips sticking out (2-6/pack).
4. Place cheese strips between asparagus, if thin, or in the split of thick asparagus and wrap with prosciutto.
5. Lay prosciutto-asparagus packs on prepared baking sheet.
6. Bake for 20-25 min and serve.

NOTES
Serves 4.
Time: 45 min.
* Bunch may contain 10-24 thick or thin asparagus. Thick asparagus should be blanched for 2 min in boiling water, then split from stem to an inch before tip.

Quiche-Crustless

INGREDIENTS

- 1 T butter plus 2 T, melted
- 3 T Parmesan cheese, grated
- 1 C Gruyère cheese, shredded*
- 4 oz Ham, chopped**
- 4 scallions, sliced
- ½ C flour
- ½ t baking powder
- ½ t pepper
- ½ t salt
- 1 C cream
- 4 eggs, beaten
- 2 T Dijon mustard
- ½ t nutmeg



PREPARATION

1. Preheat oven to 350°F.
2. Grease a 9 in pie pan with 1 T butter and sprinkle with Parmesan cheese.
3. Combine Gruyère cheese, ham and scallions and distribute in pan.
4. Combine flour, baking powder, pepper and salt, stir in cream, eggs, melted butter, mustard and nutmeg and pour over ham and cheese.
5. Bake 30-35 min until starting to brown and set.

NOTES
Serves 6
Time: 1 hr
* Substitute Cheddar, Havarti or other cheese for Gruyère
** Substitute other chopped meat or cooked vegetables for ham

Sausage Frittata

INGREDIENTS

- 1 onion, chopped
- 2 C mushrooms, chopped
- 3 T oil
- 1 lb sweet Italian sausage without casing
- 1 zucchini, chopped
- 5 eggs
- 1 t salt
- 1 C Parmesan cheese, grated
- ½ C Parmesan cheese, shredded



PREPARATION

1. Preheat oven to 350°F.
2. In a deep 10 in oven-proof skillet, cook onions in oil until soft, about 5 min.
3. Add mushrooms and cook until starting to brown, about 8 min.
4. Add the sausage, cook and mix until no pink remains, about 3 min. Add zucchini.
5. Mix eggs, salt and grated Parmesan cheese, add to vegetables and mix quickly.
6. Cook without stirring until edges begin to solidify.
7. Sprinkle shredded cheese on top, place in oven, bake 20 min until firm and top browns.

NOTES
Serves 4-6
Time: 50 min

Steak – 2 Ways: Cheese Sauce or Gravy

INGREDIENTS

- 1 lb steak
- 1 T oil
- ½ C cream
- 4 oz Roquefort (or other meltable cheese), crumbled.
- Or ½ C gravy



PREPARATION

1. Preheat oven to 250°F.
2. Brown meat at high temperature for 2 min per side.
3. Insert temperature probe in thickest part of meat. Place on serving dish in oven until desired temperature is reached (125°F, rare).

Cheese Sauce:

1. Meanwhile prepare sauce in same pan used to sear meat.
2. Deglaze pan with cream. Add cheese. Stir over very low heat until melted. Pour over sliced meat.

Gravy:

1. Or use gravy

NOTES
Serves 2-3.
Time: 20 min

Turkey Lasagna

INGREDIENTS

- Turkey, thick slices*
- 1 C ricotta cheese
- 1 C Parmesan cheese, grated
- ½ C basil, chopped
- 6 thin slices tomato
- ½ C tomato sauce (see meatballs)
- 12 slices Fontina cheese (or Havarti, Mozzarella)

PREPARATION

1. Preheat oven to 375°F.
2. Combine ricotta, Parmesan cheese and basil until blended.
3. Lightly cover the bottom of an oven proof casserole with tomato sauce.
4. Place alternating layers of turkey slices, tomato slices, ricotta cheese mixture and small amount of tomato sauce in casserole.
5. Top with cheese slices
6. Bake at 375°F for 20 min.

NOTES
Serves 4-6.
Time: 45 min.
* Substitute other sliced meats for turkey

Turkey Pot Pie

INGREDIENTS

- 2 C leftover stuffing*
- 3-4 T chicken stock
- 4 oz cream cheese, softened
- ½ C turkey gravy
- 2 C turkey, cooked and cubed
- 1 C frozen vegetables, thawed
- ½ C shredded Parmesan cheese
- 2 C cauliflower, potato or celeriac purée**
- 2 T butter, melted



PREPARATION

1. Preheat oven to 350°F.
2. Combine stuffing and stock. Press into the bottom and sides of a greased 9" pie dish.
3. Bake for 15 min until lightly browned.
4. In a large bowl beat cream cheese and gravy till smooth. Add turkey, vegetables, cheese, salt and pepper. Spread into pie dish.
5. Top with purée.
6. Bake at 350°F for 25 min. Serve.

NOTES
Serves 6.
Time: 1 hr
*If stuffing is not available, any pie crust can be used.
**See carbohydrate alternatives for cauliflower or celeriac puree.

Veal Tenders with Mushroom Sauce

INGREDIENTS

- 2 veal cutlets-boneless
- 2 T almond flour*
- Salt and pepper
- 3 T butter
- 1 T olive oil
- ¼ lb mushrooms sliced
- ½ C stock
- 1-2 T minced parsley



PREPARATION

1. Flatten cutlets to 1/8" thickness with a wooden mallet.
2. Combine flour, salt and pepper in sealable plastic bag and shake veal in the sealed bag to coat.
3. Heat skillet over medium-high heat and add oil and 2 T butter.
4. Cook veal 1 min per side, set aside.
5. Add mushrooms to skillet. Cook and stir until tender, about 5 min. Add parsley, 1 T butter, and stock and cook until reduced and slightly thickened 3 min. Pour over veal and serve.

NOTES
Serves 2
Time: 30 min.
*Can substitute wheat flour

Wiener Schnitzel/Veal Parmesan*

INGREDIENTS

- 2 veal cutlets-boneless
- 1 egg, beaten
- Crumbs (nut or panko)
- Salt and pepper
- 6 T peanut oil
- 2 Lemon quarters
- Crème Fraîche



PREPARATION

1. Pound cutlets to 1/8 in thickness with wooden mallet
2. Dredge veal in eggs and coat with crumbs.
3. Heat skillet over medium-high heat and add oil.
4. Cook veal 1-2 min per side.
5. Serve with lemon and crème fraiche**.

NOTES
Serves 2
Time: 20 min.
* To make veal Parmesan, decrease cooking time to 1 min per side, cover veal with slices of mozzarella cheese, tomato sauce and grated parmesan cheese. Bake for 15 min at 375°F or until cheese is melted.
**Do not include if making Veal Parmesan

Main Course: Fish

Arctic Char

INGREDIENTS

- 1 lemon, juiced
- 1 preserved lemon peel, chopped*
- 1 shallot, finely chopped
- 2 t poppy seeds
- 1 T honey
- ¼ C + 1 T olive oil
- Salt and pepper to taste
- 1 fennel bulb, julienned or shaved in food processor
- 2 carrots, julienned or shaved in food processor
- ½ C parsley, chopped
- 4 arctic char fillets, skin on

PREPARATION

1. Combine lemon juice, preserved lemon, shallot, poppy seeds, honey, ¼ C oil and ½ t of salt and pepper.
2. Place fennel, carrots and parsley in salad bowl and toss with 3 T dressing.
3. Heat 1 T oil in large skillet at medium-high.
4. Cook char in a single layer skin side down until brown (5 min). Flip and cook for 2 min on other side.
5. Serve skin side up with remaining dressing and fennel salad.

NOTES
Serves 4
Time: 30 min.
* can substitute zest from 1 lemon

Chawan Mushi

INGREDIENTS

- ½ C basil or other herb, chopped
- 4 shallots or 1 onion, chopped
- 1 C mixed tiny or chopped shrimp, scallops, calamari, etc, dried with paper towel
- 6 eggs
- ½ C chicken stock*
- ¼ C soy sauce

PREPARATION

1. Heat oven to 400°F.
2. Distribute basil and shallots to 4 ceramic dishes.
3. Distribute seafood to dishes.
4. Beat eggs, stock and soy then distribute among the 4 dishes.
5. Transfer the 4 dishes into large baking dish half filled with water and bake 20 min or until center is set.
6. Serve.

NOTES
Serves 4.
Time: 30 min.
* or ½ C water plus 1 t Better than Bouillon

Clams in White Wine

INGREDIENTS

- 2 T olive oil
- 4 garlic cloves -sliced
- 2½ lbs Clams
- 1 C white wine
- Pepper
- Salt
- 2 T chopped cilantro
- 1 T lemon juice

PREPARATION

1. Heat oil in sauce pan with tight fitting lid.
2. Sauté garlic in hot oil 1 min.
3. Add clams, wine, pepper, salt.
4. Cover and cook until clams open (about 5-10 min).
5. Add lemon juice and cilantro.
6. Strain sauce.
7. Serve clams with sauce for dipping.

NOTES
Serves 2
Time: 15 min.

Cod with Ginger

INGREDIENTS

- 1 T olive oil
- 4 Cod fillets
- 2" piece of ginger, thinly sliced
- 8 cilantro sprigs
- 8 cherry tomatoes, halved
- Pepper
- Salt
- 2 T butter
- 1 T lemon juice

PREPARATION

1. Preheat oven to 400°F.
2. Oil 4 heavy aluminum wraps (approximately 10 X 10 inches)
3. Distribute ginger, place cod on top and distribute cilantro, tomatoes, salt, pepper, butter and lemon juice among the wraps.
4. Close wrappers tightly and cook 15 min.
5. Serving suggestion: salad dressed with ginger, lemon, soy sauce and cilantro

Notes
Serves 4.
Time: 25 min.

Coquilles St.-Jacques

INGREDIENTS

- 4 T butter
- 2 T flour
- ¼ C clam juice
- ½ C heavy cream
- ¼ t curry powder
- 2 shallots, diced
- 6 oz mushrooms, sliced
- ¼ C brandy or cognac
- ½ C Cracker crumbs
- ¼ C chopped parsley
- 1 C gruyère cheese, grated
- ¼ t paprika, salt, pepper, cayenne, zaatar or oregano, and thyme
- ¼ C olive oil
- 1 lb scallops



PREPARATION

1. Preheat oven to 400°F.
2. Melt 2 T butter in small pan over medium heat. When it foams add flour and cook, stirring for 4 min.
3. Add clam juice stirring constantly until it thickens. Add cream, curry powder, bring to a simmer for 10 min stirring occasionally, set aside.
4. Melt 2 T butter in a skillet over medium heat. When it foams, add shallots and cook until clear and soft.
5. Add sliced mushrooms and cook for 8-10 min until starting to brown.
6. Add cognac or brandy and cook until alcohol is mostly gone.
7. Combine shallots and mushrooms with cream sauce, add spices, salt and pepper.
8. Mix crumbs, parsley and cheese and moisten with olive oil.
9. Grease gratin dishes, divide scallops among them, top with cream sauce, sprinkle with cheese mixture.
10. Cook for 20 min.

NOTES
Serves 2-4.
Time: 1 hr.

Fish Hot Pot

BROTH & SAUCES

- Dashi*
- Water 3 Qt
- Kombu (3 x 6 in)
- Bonito flakes (¼ C)

Ponzu sauce

- ¼ C soy sauce
- ¼ C lime juice
- 2 T mirin
- 2 T dashi
- ½ t 5-Spice

Sesame Sauce

- 4 T tahini
- 2 T miso paste
- 2 T soy sauce
- 2 t mirin
- 1 lime juice
- 1 T sesame oil
- 1 garlic, minced

INGREDIENTS

- Napa cabbage
- Spinach
- Tong hao
- Mushrooms: enoki, shiitake
- Carrot
- Tofu
- Leeks
- Baby bok choy
- Daikon radish
- Snow peas

Fish

- Salmon
- Scallops
- Fish Fillets
- Shrimp

PREPARATION

1. Combine broth ingredients, bring to a boil. Let stand 15 min off heat. Strain into stainless pot and place on induction cooktop to simmer.
2. Ponzu sauce: combine all ingredients and mix.
3. Sesame sauce: combine all ingredients and mix.
4. Slice or chop 3-4 vegetables to bite size and arrange on platter.
5. Slice or chop fish into bite size pieces and arrange on platter.
6. Add vegetables to the pot: longer cooking first and fish last (needs 10-30 sec).
7. Dip cooked fish and vegetables in sauce.
8. Add water to pot to maintain level.

NOTES
Time: 45 min.
* or Clam juice-3 Qt

Halibut Fillets with Basil Sauce

INGREDIENTS

- 1 lb halibut fillets
- 2 T flour
- 4 T butter
- Salt, pepper
- Green Basil Sauce
- ½ avocado
- ½ C basil
- ½ lemon, juiced
- 1 T olive oil
- 3 T water

PREPARATION

1. Dry fish and drench in flour.
2. Melt butter over medium-low heat.
3. When butter foams, place fish in skillet and cook for 2 min per side.
4. Combine all the sauce ingredients in blender and pulse until emulsified.
5. Remove fish, top with green basil sauce, salt and pepper.
6. Serve at once.

NOTES
Serves 2
Time: 20 min

Lobster Bisque

INGREDIENTS

- 3 T butter
- ½ C mushrooms, chopped
- ½ onion, chopped
- 2 celery ribs, chopped
- 1 carrot, chopped
- ½ C dry white wine
- 2 C clam juice or fish stock*
- ¼ t salt
- ¼ t aleppo pepper or other pepper
- 1½ C cream
- ½ lb lobster meat, cooked



PREPARATION

1. Melt butter in large saucepan over medium-low heat.
2. Add mushrooms, onion, carrots and celery and cook until soft, about 10 min.
3. Stir in wine and reduce until mostly evaporated.
4. Stir in stock and seasonings and simmer for 10 min.
5. Pour into a blender and add ½ of the lobster meat and puree.
6. Return to saucepan, add cream and simmer until thickened (30 min).
7. Add remaining lobster meat, chopped.

NOTES
Serves 2
Time: 1 hr.
* or substitute water plus 1 T Better Than Bouillon-Lobster flavor

Lobster Newburg

INGREDIENTS

- 2 egg yolks, beaten
- ½ C heavy cream
- ¼ C butter
- 1 T Amontillado sherry or wine
- 1 t Aleppo Pepper or other pepper
- ½ t Salt
- ¼ t nutmeg
- ½ lb lobster chunks, cooked

PREPARATION

1. Whisk egg yolks and heavy cream together. Set aside.
2. Melt butter in saucepan over low heat. Stir in egg yolk mixture and sherry.
3. Cook until it thickens stirring constantly; do not boil.
4. Remove from heat and add lobster and seasonings.
5. Warm and serve.



NOTES
Serves 2
Time: 20 min.

Monkfish with Saffron

INGREDIENTS

- Large pinch saffron
- ½ C white wine
- 1 clove garlic
- 1 lb monkfish
- 1 onion, chopped
- 1 preserved lemon peel, chopped*
- 1 lemon, juiced
- olive oil
- Salt and pepper to taste

PREPARATION

1. Preheat oven to 350°F.
2. Mix saffron and wine.
3. Rub garlic all over monkfish.
4. Make a bed for the fish with onions and preserved lemons. Place fish on top.
5. Drizzle fish with lemon juice, saffron, wine and olive oil.
6. Cook 30 min with frequent basting to internal temperature of 145°F.
7. Season with salt and pepper
8. Slice and serve with pan juices.

NOTES
Serves 3-4
Time: 45 min.
* can substitute zest from 1 lemon

Oyster Stew

INGREDIENTS

- ¼ C butter
- ½ C minced celery
- 2 T minced shallots
- 2 C heavy cream
- 12 oz fresh shucked oysters with their liquid
- ½ t Salt
- ¼ t Aleppo pepper

PREPARATION

1. Melt butter in a large skillet over medium heat.
2. Add in celery and shallots and cook until soft and tender.
3. Mix in cream off heat.
4. Cook until mixture almost boils.
5. Pour in oysters and their liquid and seasonings.
6. Cook until oysters curl at the ends and serve.

NOTES
Serves 2
Time: 20 min.

Red Snapper Tagine

INGREDIENTS

- ¼ C water
- 2 T olive oil
- 1 lemon, ½ juiced. ½ sliced
- 1 t paprika
- 1 t cumin
- Salt and pepper
- 1 preserved lemon peel, chopped*
- 1 jalapeño, chopped
- 2 cloves garlic, minced
- 1 lb red snapper, thickly sliced
- 1 t coriander

PREPARATION

1. Mix ¼ C water with 2 T olive oil, lemon juice, paprika, cumin, salt and pepper. Then add the lemon slices, preserved lemon and jalapeño. Set aside.
2. Heat 1 T oil in large skillet at medium. Brown garlic.
3. Place snapper on garlic and add the mixed ingredients. Sprinkle with coriander.
4. Cover and cook 20 min at low heat to internal temperature of 140°F. Serve.

NOTES
Serves 4.
Time: 45 min.
* can substitute zest from 1 lemon

Salmon with Pink Peppercorns

INGREDIENTS

- 4 t plus 2 T butter-room temp
- 4 salmon filets with skin
- 2 T crushed pink peppercorns
- 1 T minced fresh ginger

Dipping Sauce

- ¼ C soy sauce
- 1 lemon, juiced
- 1 T wasabi
- 2" fresh ginger, peeled

PREPARATION

1. Spread 1 t butter on each filet.
2. Sprinkle each with peppercorns.
3. Top with ginger.
4. Melt butter over medium high heat.
5. Add salmon-seasoned side down, cook 2 min; flip and cook other side 2-3 min or until internal temperature is 130°F.
6. Combine all sauce ingredients in blender, blend until smooth.
7. Dip salmon in sauce.

NOTES
Serves 4
Time: 30 min.

Salmon or Tuna Tartare with Avocado and Mango

INGREDIENTS

- 2T mirin
- 2T Soy sauce
- 1 lemon (juice + zest)
- 1 T olive oil
- 1 T sesame oil
- 6 oz salmon or tuna filets, cut into ¼ in cubes
- 1 avocado, peeled, pitted and cut into ¼ in cubes
- ½ mango, peeled, pitted and cut into ¼ in cubes

PREPARATION

1. Combine mirin, soy sauce, lemon juice, zest and oils, in serving bowl.
2. Add salmon and/or tuna, avocado and mango as prepared (minimum 1 hr to overnight).
3. Refrigerate, covered air tight with plastic wrap.
4. Serve on a bed of greens or in small bowls with crackers.



NOTES
Serves 4.
Time: 1.5 hr.

Scallops Seared with Pea Purée and Bacon

INGREDIENTS

- 1 C peas
- 1 t salt
- 3 oz bacon (3 slices chopped) or pancetta
- 1 shallot, chopped
- 1 garlic clove, chopped
- 2 T lemon juice
- ½ C clam juice or water
- 2 T tarragon, dill, chives or parsley, chopped
- 1 T olive oil
- 2 T butter
- 12 large sea scallops, dried pack



PREPARATION

1. Cook peas in boiling salted water 4 min.
2. Add bacon to large skillet and cook at medium-high until crisp, set aside.
3. Add shallot and garlic and cook until shallot is soft.
4. Purée lemon juice, herbs, shallots, garlic, ½ C peas and clam juice or water. Slowly add oil and purée until smooth. Distribute purée among plates and sprinkle with bacon
5. Heat skillet over high. Sear scallops in butter 2 min per side or until brown.
6. Place scallops in the purée, scatter remaining peas on top and serve.

NOTES
Serves 3-4.
Time: 40 min.

Shrimp Scampi on Zoodles

INGREDIENTS

- 6 cloves garlic, minced
- 4 T butter-melted
- 1 lb shrimp, peeled
- ½ C white wine
- 1 lemon, juiced
- 2 zucchini, spiralized

PREPARATION

1. Heat a skillet over medium high heat, melt 2 T butter, add garlic and cook about 1 min
2. Add wine and lemon juice to skillet, reduce for 1 min, add shrimp and cook for 2 min per side, remove
3. Heat a wok over high heat, add 2 T butter and zucchini to pan. Stir constantly for 5 min. Transfer to serving dish, top with shrimp and sauce

NOTES
Serves 3-4.
Time: 20 min.

Shrimp with Tomatoes and Feta

INGREDIENTS

- 2 T olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 can (28 oz), diced tomatoes
- ¼ C parsley, chopped
- 2 T fresh oregano, chopped
- 1 t Maras pepper or other pepper and salt
- 1 lb shrimp, raw, peeled, deveined*
- 5 oz feta cheese, crumbled
- ¼ C mint, chopped
- Lemon wedges to serve

PREPARATION

1. Heat olive oil in a skillet over medium heat.
2. Add onion and cook 4-5 min.
3. Add garlic and cook another minute.
4. Add tomatoes, parsley, oregano and pepper and season with salt.
5. Simmer on medium low until thickened, about 10 min.
6. Add shrimp, submerge in sauce and cook until opaque about 5 min.
7. Sprinkle with feta and mint and serve with lemon wedges.

NOTES
Serves 3-4.
Time: 30 min.
* or use precooked shrimp and just warm

Smoked Salmon Frittata

INGREDIENTS

- 3 T oil
- 1 onion, chopped
- 2 C mushrooms, chopped
- 1 zucchini, chopped
- 5 eggs
- 1 t salt
- 1 C Parmesan cheese, grated
- 12 oz smoked salmon, chopped
- ½ C Parmesan cheese, shredded

PREPARATION

1. Preheat oven to 350°F.
2. In a deep 10" oven-proof skillet, cook onions in oil till soft, about 5 min.
3. Add mushrooms and cook until starting to brown, about 8 min.
4. Add zucchini, cook about 2 min.
5. Mix eggs, salt and grated Parmesan cheese, add salmon then add to vegetables and mix quickly.
6. Cook without stirring until edges begin to solidify.
7. Sprinkle shredded cheese on top, bake for 20 min or until top browns.

NOTES
Serves 4-6.
Time: 45 min.

Sole Meunière

INGREDIENTS

- 4 sole fillets
- 2 T flour
- 4 T butter
- 1 lemon, juiced
- Salt, pepper



PREPARATION

1. Dry fish and drench with flour.
2. Melt butter over medium-low heat.
3. When butter foams, add filets and cook for 2 min per side.
4. Remove fish to serving dish.
5. Mix lemon juice, salt and pepper with butter in skillet.
6. Spoon over fillets and serve at once.

NOTES
Serves 2.
Time: 15 min.

Spicy Lobster or Shrimp Pasta

INGREDIENTS

- 6 oz pasta*
- Salt
- 1 T olive oil
- 1 T butter
- 1 shallot or onion, chopped
- 1 pint cherry tomatoes, halved
- ½ lb cooked lobster meat or cooked shrimp
- 1 t Maras, Aleppo or other pepper (or more)



PREPARATION

1. Cook pasta in boiling salted water.
2. Drain, reserving ½ C pasta liquid.
3. Meanwhile, heat oil and butter in a large skillet over medium-high heat and cook shallot stirring often, until softened.
4. Add tomatoes and cook, stirring often, until tomatoes are soft and juicy, 5-8 min.
5. Add lobster meat to skillet and toss to coat. Add pasta and reserved pasta cooking liquid if too thick, season with salt and pepper.
6. Cook, tossing constantly until sauce coats pasta, about 2 min.

NOTES
Serves 2.
Time: 25 min.
* Pasta should contain only 2-3 ingredients: semolina flour water and eggs.

Striped Bass baked with Salsa

INGREDIENTS

- 2 shallots, minced
- 1 red bell pepper, diced small
- 12 ounces cherry tomatoes, halved
- 2 garlic cloves, minced
- ½ C dry white wine
- ½ C vegetable, chicken or fish stock
- A few thyme sprigs
- 1 t salt divided
- 4 striped bass fillets, skin and bones removed
- 2 T butter, diced
- ½ C couscous*, swelled with ½ C hot stock
- ¼ C basil leaves, chopped
- Freshly ground black pepper

PREPARATION

1. Preheat oven to 400°F.
2. Into a large heavy pan with a lid, place shallots, bell pepper, tomatoes, garlic, wine, stock, thyme and ½ t salt. Bake, covered, for 20 min.
3. Pat sea bass fillets dry with paper towels. Carefully remove pan from oven and arrange filets in pan on top of sauce, nestling them in a bit. Sprinkle fish with remaining ½ t salt and dot with butter.
4. Return pan to oven, uncovered. Bake until fish reaches an internal temperature of 140°F, about 15 to 20 min.
5. To serve, place fish on couscous and sprinkle with basil and pepper.

NOTES
Serves 4.
Time: 1 hr.
* Substitute zoodles, quinoa or bulgur wheat for couscous

Swordfish & Herb Butter

INGREDIENTS

- 4 swordfish steaks
- 4 T butter
- 1 lemon, juiced
- ¼ C chopped fresh herbs (dill, thyme, oregano or rosemary)
- Salt, pepper

PREPARATION

4. Preheat oven to 250 °F
5. Dry swordfish
6. Melt butter over medium-high heat.
7. When butter foams, add steaks and brown for 2 min per side.
8. Remove to serving dish, place temperature probe in thickest section and place in oven until probe temperature reaches 140 °F.
9. Mix lemon juice, herbs, salt and pepper with butter in skillet for about 2 min.
10. Spoon over steaks and serve.

NOTES
Serves 4.
Time: 25 min.

Tilapia with Corn Salsa

INGREDIENTS

- 4 tilapia fillets
- 2 T flour
- 1 T olive oil
- ¼ t salt
- ¼ t pepper
- 15 oz black beans, rinsed and drained
- 11 oz corn, drained
- ¼ C oil
- 2 T balsamic vinegar or lemon juice
- 2 T green onion, chopped
- 2 T pepper, chopped

PREPARATION

1. Dry fish and drench with flour.
2. Heat olive oil at medium heat and place fillets in skillet.
3. Cook for 2 min per side.
4. Combine the remaining ingredients in sauce pan, warm gently.
5. Serve with the fish.

NOTES
Serves 2.
Time: 15 min.

Trout with Lemon Parmesan Sauce

INGREDIENTS

- 1 lb steel head trout
- 2 T butter
- 1 shallot, chopped
- 1 T basil, chopped
- ½ t salt
- ¼ t pepper
- ½ C Parmesan cheese, grated
- ½ C crème fraîche
- ¼ C cream
- 2 T lemon juice



PREPARATION

1. Preheat oven to 350°F.
2. Bake trout 20 min to internal temperature 140°F.
3. Melt butter in a skillet on stove. Add shallot, basil, salt and pepper.
4. Stir in crème fraîche, cream, lemon juice and Parmesan cheese. Cook over low heat until combined.
5. Serve over cooked fish.

NOTES
Serves 4.
Time: 30 min.

Tuna Seared with Ginger Wasabi Sauce

INGREDIENTS

- 4 tuna steaks
- 2 T crushed peppercorns on a plate
- ¼ C olive oil

Dipping sauce

- 1 T wasabi powder or paste
- 1 in fresh ginger
- 2 T soy sauce
- 1 lemon juiced

PREPARATION

1. Dip each filet into peppercorns on both sides.
2. Heat olive oil over medium high heat.
3. Add tuna, cook 1 min; flip and cook other side 1 min.
4. Add dipping sauce ingredients to blender, mix until smooth and serve with tuna.



NOTES
Serves 4.
Time: 15 min.

Main Course: Vegetarian, Vegan

Bean and Tarragon soup

INGREDIENTS

- 2 T butter*
- 1 T olive oil
- 5 scallions, roughly chopped
- 1 carrot, peeled and finely chopped
- 1 clove of garlic, minced
- 3 14-oz cans white beans, drained and rinsed
- 4 C vegetable stock
- 3 bay leaves
- ¼ C tarragon, roughly chopped

PREPARATION

1. In a large heavy soup pot, heat butter and olive oil over medium heat until the butter melts. Add scallions and cook for 2-3 min, then add the carrots and garlic. Cook until soft, about 5 min.
2. Add the beans and stock and bring to a boil. Add the bay leaves and tarragon leaves, simmer, and cook 15-20 min until the beans are falling apart. Blend with a hand-held blender or blender to desired consistency.
3. Taste for seasoning and adjust as needed. Serve with a drizzle of olive oil, and fresh black pepper.

NOTES
Serves 3-4
Time: 45 min.
* To make vegan, replace the butter with vegan butter or oil.

Black Bean Espresso Chili

INGREDIENTS

- ¼ C olive oil
- 1 onions, chopped
- 1 T instant espresso powder
- 1 T chili powder
- 1 T ground cumin
- 28-oz can crushed tomatoes
- 1 T vegan honey
- 1 garlic cloves, minced
- 1 14-oz cans of beans
- 1 C water
- 1 ½ t salt
- Pinch of ground cinnamon



PREPARATION

1. Heat a heavy pot over medium-high heat. Add the oil. Add onions and sauté for about 8 min.
2. Mix in the espresso powder, chili powder, cumin and cook for 1 min.
3. Add tomatoes, honey and garlic. Bring to a simmer. Reduce heat to medium-low, cover and simmer for 30 min.
4. Add the beans, 1 C water, salt and cinnamon.
5. Increase the heat to high and bring to a boil. Reduce heat and simmer, uncovered and stirring often, for about 30 min, or until mixture thickens a bit more.
6. Taste and adjust salt if necessary.

NOTES
Serves 4-6.
Time: 1.5 hr.

Broccoli and Cheddar Fritters

INGREDIENTS

- 1 head broccoli florets, grated
- ½ C Cheddar cheese, grated*
- 4 eggs*
- ½ C flour
- 1 small onion, grated
- 1 t sea salt
- 1 clove garlic minced
- ½ t ground black pepper
- 2-4 T olive oil, for cooking
- Greek yogurt*, for garnish



PREPARATION

1. Combine all ingredients except for the oil and yogurt in a large mixing bowl.
2. Heat skillet over medium-high heat and add oil.
3. Place approx. ¼ C of the mixture onto the skillet and press gently to flatten.
4. Cook 3-4 minutes on each side until cooked through and golden brown, flipping very carefully and forming back into a circle, as needed.
5. Repeat with remaining mixture.
6. Top with plain Greek yogurt.

NOTES
Serves 4.
Time: 45 min.
* To make vegan: use vegan Cheddar, vegan egg, and vegan yogurt
Popular vegan cheese brands: violife, follow your heart, daiya
Vegan egg: Just egg

Cabbage Pad Thai

INGREDIENTS

- 2 T toasted hazelnuts
- 1 t sesame seeds
- ¼ C olive oil
- 1 onion, chopped
- 1 head cabbage, shredded
- 4 eggs*
- 2 T soy sauce



PREPARATION

1. Brown nuts and sesame seeds in oil, set aside.
2. Brown onions, in olive oil.
3. Add cabbage and cook 15 min over medium heat, with stirring.
4. Beat eggs and soy sauce, turn heat to high, and add to cabbage and onions with constant stirring until eggs are solidified.
5. Mix in nuts and seeds and serve.

NOTES
Serves 4.
Time: 40 min.
* To make vegan: use vegan egg

Caulipizza

INGREDIENTS

- 1 head cauliflower, trimmed
- ½ C shredded mozzarella*
- ¼ C grated Parmesan cheese*
- ½ t zaatar or oregano
- ½ t salt
- ¼ t garlic powder
- 2 eggs, lightly beaten*
- Tomato sauce
- Toppings (cheese, meat, mushrooms, etc)

PREPARATION

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Cut the cauliflower into florets and pulse in a food processor until fine.
3. Steam in a steamer basket 10 min.
4. Drain well on a towel-squeeze out moisture.
5. In a bowl, combine cauliflower, mozzarella, Parmesan cheese, oregano, salt, garlic powder and eggs.
6. Transfer to the center of a baking sheet and spread into a circle, resembling a pizza crust. Bake 20 min turning once after 10 min.
7. Add tomato sauce, toppings and bake 10 min.

NOTES
Serves 2-4
Time: 1 hr.
*To make vegan use vegan Mozzarella, Parmesan cheeses, and egg.

Cauli-fried Rice

INGREDIENTS

- 4 T butter divided
- 4 eggs whisked*
- 2 carrots, peeled and diced
- 1 onion, diced
- 1 C frozen peas or corn
- 3 garlic cloves, minced
- 1 head cauliflower (4 C cauliflower rice)
- ¼ C scallions, sliced
- 3 T soy sauce
- 1 t sesame seeds
- ½ t toasted sesame oil

PREPARATION

1. Melt 1 T butter in large sauté pan over medium heat. Add the egg, stirring only occasionally until soft scrambled. Remove and set aside.
2. Melt two additional T butter and increase heat to medium-high. Add carrots, onion, and peas. Cook until slightly brown, stirring occasionally, about 3-5 minutes. Add garlic and cook for an additional minute.
3. Push the sautéed veggies to the sides of the pan, add the remaining T of butter to the middle of the pan, and add the cauliflower rice. Stir to distribute the melted butter evenly, and allow it to brown slightly by not stirring for a couple of minutes. Once the bottom of the cauliflower starts to brown, stir all the veggies together and allow them to cook for another 2-3 minutes.
4. Stir in the green onions, soy sauce, sesame oil, sesame seeds, and cooked egg. Remove from heat. Serve.

NOTES
Serves 3-4.
Time: 30 min.
*To make vegan use vegan eggs

Chili – Vegan

INGREDIENTS

- 2 T olive oil
- 1 onion, diced
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 1 (14 oz) can diced tomatoes
- 1 (14 oz) can crushed tomatoes
- 1 C vegetable stock
- 2 T chili powder
- 2 t ground cumin
- 1 t ancho chili powder
- ¼ C uncooked quinoa
- 1 C corn kernels, fresh or frozen
- 1 (14 oz) can black beans, drained and rinsed
- 1 (14 oz) can pinto beans, drained and rinsed
- ½ to 1 t liquid smoke, or to taste (optional)
- Salt and pepper to taste

PREPARATION

1. Coat the bottom of a large pot with oil and place it over medium heat.
2. When the oil is hot, add the onion and bell pepper. Sauté until the pepper is softened and the onion translucent, about 5 min.
3. Add garlic and sauté 1 min more.
4. Add the diced tomatoes, crushed tomatoes, stock, chili powder, cumin and ancho chili powder.
5. Raise the heat to high and bring the mixture to a simmer. Stir in the quinoa and simmer for 15 min.
6. Uncover and stir in the corn, black beans and pinto beans. Allow to simmer, uncovered, until the corn is tender and the quinoa is fully cooked, about 5-10 min.
7. Remove the pot from heat. and season with salt and pepper to taste. Ladle into bowls and top with your favorite chili toppings.

NOTES
Serves 4
Time: 45 min.

Dal Makhani

INGREDIENTS

- 1 C lentils
- ¼ C dry kidney beans (optional)
- water to cover
- 5 C water
- 4 bay leaves
- 2 T salt
- 2 T vegetable oil
- 1 T cumin
- 2 T cardamom
- 1 t cinnamon
- 1 t ground cloves
- 1½ T ginger, grated
- 1½ T garlic, minced
- ½ t ground turmeric
- 1 C tomato puree, or more to taste
- 1 T chili powder
- 2 T ground coriander
- ¼ C butter (To make vegan replace butter with vegan butter or oil and omit cream)
- 2 T dried fenugreek leaves (optional)
- ½ C cream (optional)

PREPARATION

1. Place lentils and kidney beans in a large bowl; cover with plenty of water. Soak overnight. Drain.
2. Cook lentils, kidney beans, 5 C water, bay leaves and salt in a pot over medium heat until tender, stirring occasionally, about 1hr. Remove from heat and set aside.
3. Heat vegetable oil in a saucepan over medium-low heat. Add cumin, cardamom, cinnamon, cloves, ginger, garlic, and turmeric.
4. Stir tomato puree into spice mixture; cook over medium heat until slightly reduced, about 5 minutes. Add chili powder, coriander, and butter; cook and stir until butter is melted.
5. Stir lentils, kidney beans and any leftover cooking water into tomato mixture; bring to a boil, reduce heat to low. Stir fenugreek into lentil mixture. Cover saucepan and simmer until heated through, stirring occasionally, about 45 minutes. Add cream and cook until heated through, 2 to 4 minutes.

NOTES
Serves 4
Time: Overnight + 2 hrs.

Eggplant Parmesan

INGREDIENTS

- 6 Asian, 4 Italian or 2 globe eggplants (peeled), sliced.
- ½ C olive oil
- 1-2 C tomato sauce
- 1 C grated Parmesan cheese*
- 1 lb Mozzarella cheese*, sliced



PREPARATION

1. Heat oven to 400°F.
2. Brush eggplant slices with olive oil, place on cookie sheets, bake 20 min.
3. Pour a little tomato sauce in the bottom of a baking pan, put a layer of eggplant slices on sauce, pour on a few spoonful of tomato sauce, sprinkle with grated Parmesan cheese, repeat until all eggplant is layered.
4. Top with Mozzarella slices and a few more spoonful of tomato sauce.
5. Cook for 20 min at 375°F until bubbling and cheese is melted.

NOTES
Serves 4.
Time: 1.5 hr.
*To make vegan use vegan Parmesan and Mozzarella cheeses

Fennel – Baked

INGREDIENTS

- 3 Fennel bulbs, stalks removed and sliced
- 2C heavy cream*
- 1C grated Parmesan cheese*
- 1 14 oz can white beans (optional)
- ½ C shredded parmesan*



PREPARATION

1. Heat oven to 400°F.
2. In a large bowl toss fennel, grated cheese, beans (if used) and cream.
3. Transfer to large baking dish and cook covered 1 hr.
4. Uncover, sprinkle with shredded Parmesan cheese and cook uncovered for 30 min.
5. Should have a brown crust but no burn.

NOTES
Serves 4
Time: 1.45 hr.
*To make vegan, replace cream with canned coconut milk or cashew cream. To make cashew cream, soak 1 C raw cashews overnight then blend with ½-¾ C water and a pinch of salt. Also replace Parmesan cheese with vegan parmesan.

Greek Lentil Soup

INGREDIENTS

- 6 T lemon juice
- 1 bay leaf
- Sprigs of fresh rosemary and oregano
- 1 garlic clove, minced
- 7 C water
- 2 t salt
- 1 ½ C (12 ounces) brown lentils
- 1 bay leaf
- 1 cinnamon stick
- 2 T olive oil
- 1 onion, chopped
- 3 carrots, peeled and cut into bite-size pieces
- 2 large tomatoes (or a 14-ounce can diced tomatoes)
- Salt and pepper to taste

PREPARATION

1. Mix lemon juice, bay leaf, rosemary, oregano and garlic and let steep.
2. Set aside to steep at room temperature.
3. Bring water and salt to a boil.
4. Add rinsed lentils, bay leaf, cinnamon stick, olive oil, onion and carrots to pot. Cover and simmer for about 25 min.
5. Add grated or canned tomatoes to the pot and let simmer for another 20 min or until lentils are fully cooked.
6. Remove the cover and let cook for 5 to 10 min until the soup is thick and soupy.
7. Remove from the heat, stir in 3 T of the lemon mix. Taste and add more if desired, season with salt and pepper.

NOTES
Serves 4.
Time: 1.5 hr.

Lentil Dal

INGREDIENTS

- 1 T olive oil
- 1 onion, chopped
- 2 T fresh ginger, peeled, minced
- 1 t cumin
- 1 t turmeric
- ½ t pepper, 1 t salt
- 4 cloves garlic, minced
- 2 C cauliflower, chopped
- 2 C tomatoes, chopped
- 2 C water
- 1 C dried lentils
- 2 T lime juice
- 2 T cilantro, chopped



PREPARATION

1. Heat olive oil in large saucepan over medium-high heat.
2. Add onion, ginger, cumin, turmeric, pepper, salt and garlic.
3. Sauté 2 min.
4. Add cauliflower and tomatoes; sauté 1 min.
5. Stir in water and lentils; bring to a boil.
6. Cover, reduce heat, and simmer 35 min or until lentils are tender.
7. Stir in lime juice, cilantro, and salt to taste. Serve.

NOTES
Serves 3-4.
Time: 1 hr.

Lentils with Wine-Glazed Vegetables

INGREDIENTS

- 1 C lentils du Puy
- 3 C water
- Salt and pepper
- 2 bay leaves
- 1 T olive oil
- 1 onion, chopped
- 1 large carrot, chopped
- 2 ribs celery, chopped
- 2 cloves garlic, minced
- 2 T tomato paste
- 1 C red wine
- 1 T Dijon mustard
- 2 T butter*
- Crumbled goat cheese (optional)*

Tomatillo-Green Sauce

- 1 lb tomatillos, peeled, rinsed and boiled for 5 min.
- 1 avocado
- 2 jalapeños, trimmed
- 3 T soy sauce

PREPARATION

1. Put lentils in saucepan with 3 C water, salt and bay leaves and simmer until tender, about 25 min.
2. Heat olive oil in large skillet over medium-high heat.
3. Add onion, carrot, celery, salt, and pepper until vegetables are browned.
4. Add garlic and tomato paste, cook 1 min more then add wine. Simmer until sauce is mostly reduced (about 10 min).
5. Stir in mustard and cooked lentils with their water; bring to a boil.
6. Simmer until sauce is mostly reduced, then add in butter and adjust seasoning.
7. Place all sauce ingredients in blender and blend until smooth.
8. Serve with dollop of green sauce and crumbled goat cheese.

NOTES
Serves 3-4.
Cooking time: 45 min
* To make vegan, replace butter with vegan butter or oil.
* Vegan goat cheese is not widely available but could be replaced with vegan cream cheese or vegan mozzarella

Lotus Root Poutine

INGREDIENTS

- 1 lb poached lotus root slices, dried *
- ½ lb cheese curds
- 2 C stock**
- 1 T corn starch plus 1 T water, mixed
- Soy sauce to taste



PREPARATION

1. Quarter lotus root slices and deep fry in deep-fryer at 370 °F for 10 min or until golden, drain on paper towels.
2. Warm cheese curds in sealed plastic bag in warm water
3. While lotus root is cooking, reduce stock in saucepan to about 1 C. Lower heat to a simmer. Slowly add corn starch and continue cooking until thickened. Add soy sauce to taste.
4. Place lotus root on a plate, top with cheese curds and cover all with sauce. Serve hot.

NOTES
Serves 3-4.
Time: 30 min.
* substitute any vegetable that can be deep fried (celeriac, carrot, okra)
** substitute gravy, if available

Moroccan Lentil and Bean Stew

INGREDIENTS

- ¼ C olive oil
- 1 onion, chopped
- 2 celery ribs, chopped
- 5 garlic cloves, minced
- 1 T ginger, grated
- 2 t coriander
- 2 t paprika, smoked
- 1 t cumin
- ½ t cinnamon
- ¾ C cilantro, chopped
- ½ C parsley, chopped
- 4 C stock
- 4 C water
- 1 can beans* (14 oz), rinsed
- 1 C brown lentils, rinsed
- 1 can tomatoes (28 oz)
- 1 C quinoa**
- 4 oz Swiss Chard, chopped
- 1 lemon, juiced
- Salt and pepper to taste

PREPARATION

1. Heat oil in large Dutch oven at medium high
2. Add onion and celery and cook until starting to brown.
3. Add garlic and ginger and lower heat to medium.
4. Stir in spices and cook for 1 min.
5. Stir in cilantro and parsley and cook for 1 min.
6. Add stock, water, beans and lentils and bring to a simmer. Partially cover and cook for 20 min until lentils are tender.
7. Stir in tomatoes and quinoa and simmer partially covered for 10 min.
8. Stir in chard and continue cooking for 5 min.
9. Add lemon juice, season to taste and serve.

NOTES
Serves 4.
Time: 1 hr.
* black beans, white beans or chickpeas
** can substitute other grain or pasta

Mushroom and Goat Cheese Croquettes

INGREDIENTS

- 5 T butter*
- ¼ lb mushrooms, stemmed and caps thinly sliced
- 2 leeks, white and tender green parts only, thinly sliced
- 1 T Madeira wine
- Salt
- Pepper
- 1 T thyme, chopped
- 1 T Oregano, chopped
- 1 T parsley, chopped
- 4 oz goat cheese*
- ½ C flour
- 2 eggs beaten*
- 1 ½ C panko
- Vegetable oil for deep-frying

PREPARATION

1. Heat butter in skillet over medium heat. Add leeks and mushrooms and cook, stirring occasionally, for 2-3 min, then add Madeira, salt and pepper, and cook, stirring, until moisture is evaporated and the mushrooms begin to brown, about 5 min. Stir in herbs and transfer to a bowl to cool completely.
2. Transfer cooled mushroom mixture and goat cheese to a food processor and puree until combined. This can be as smooth or as chunky as desired.
3. Transfer to a bowl and roll into tablespoon sized balls. Arrange on a plate or baking sheet and chill in the freezer for about 15 min.
4. Make a dredging station by putting flour, egg and panko into three separate bowls. Remove balls from freezer and dip each one to coat in flour, followed by egg wash, and roll in panko.
5. Pour vegetable oil into skillet and heat over medium-high until oil shimmers but is not smoking. Working in batches, fry, turning often, until golden brown and crisp, 3-4 min. Drain on paper towels and sprinkle with salt. Cool slightly before serving.

NOTES
Serves 3-4.
Time: 1.5 hr.
*To make vegan, replace butter with vegan butter or oil. Also replace eggs with vegan eggs.
Vegan goat cheese is not widely available but could be replaced with vegan cream cheese or vegan mozzarella

Mushroom Ragout

INGREDIENTS

- ¼ C olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 lb mushrooms (mixture cremini, oyster, shiitake, etc.)
- Salt and pepper
- ½ C Marsala, Port or Sherry
- 2 C mushroom or vegetable stock
- ½ C cream
- ¼ C basil, chopped
- ½ C parsley, chopped
- 1 C Parmesan cheese, grated

INSTRUCTIONS

1. Heat oil in a large skillet over medium high heat.
2. Add onions and garlic and cook until soft-8 min.
3. Add mushrooms and season with salt and pepper. Cook until moisture evaporates.
4. Add wine and cook until wine evaporates, about 3 min.
5. Add stock and reduce by half for 30 min.
6. Add cream, herbs and Parmesan cheese and mix well.

NOTES
Serves 2-3.
Time: 1.5 hr.

Mushroom-Truffle Paella

INGREDIENTS

- olive oil
- 1 carrot, chopped
- 1 onion, chopped
- ¼ lb wild mushrooms
- ¼ C wine
- 1 tomato, grated
- 1 C Bomba rice
- 2 sprigs saffron
- 1 ½ C stock
- Black truffle oil



PREPARATION

1. Preheat oven to 400°F.
2. Add olive oil to paella pan* or large skillet (15”) heated to medium and cook carrots and onions and cook until they caramelize to a golden brown.
3. Add mushrooms to center and cook till golden brown.
4. Add wine, mix well and let mostly evaporate.
5. Add tomato and reduce slightly (about 5 min), then add saffron and rice, mix well.
6. Add stock, increase heat to medium-high, stir gently 3 min, then shake every min for 3-4 min or until it smells like toast.
7. Bake for 15 min in preheated oven.
8. Drizzle generously with truffle oil, serve **

NOTES
Serves 2-4.
Time: 1 hr.
* Use a portable induction cooktop to prepare at table. Guests can chop!
** Only drizzle oil on portions that will be eaten. Leftovers can be frozen and reheated without oil.

Peanut Bisque

INGREDIENTS

- 3 T butter*
- 2 celery ribs, trimmed and chopped
- 1 large onion, chopped
- 1 t curry powder
- ½ t cumin
- ½ t coriander
- ¼ t turmeric
- ¼ t aleppo pepper (or other pepper)
- ¾ C peanut butter
- 1 C vegetable stock
- ½ C chopped pecans
- ½ C cream*
- ½ t salt
- ¼ C chopped roasted peanuts

PREPARATION

1. Melt the butter in a large, saucepan over moderate heat. Add celery and onion and sauté for 8 to 10 min or until limp and golden. Blend in the curry powder, cumin, coriander, turmeric, and pepper, then cook and stir 1 min more.
2. Add the peanut butter, then gradually mix in the stock. Bring to a boil, adjust heat to a simmer. Cook uncovered, stirring now and then, for 20 min. Add pecans and cook, stirring occasionally, for 2 min more. Remove the soup from the heat and cool.
3. Purée the soup in batches in a blender at high speed. It will still be lumpy.
4. Return the soup to the pan, add the cream and salt, set over moderate heat, and bring to a simmer. Taste and adjust seasonings.
5. Sprinkle each serving with peanuts.

NOTES
Serves 4
Time: 1 hr.
*To make vegan, replace butter with vegan butter or oil and replace cream with cashew cream or canned coconut milk

Pesto Zucchini Zoodles

INGREDIENTS

- 2 T olive oil
- 2 cloves garlic, minced
- ½ onion, thinly sliced and halved
- 2 C cremini mushrooms, thinly sliced
- 1/3 C pesto*
- 2 zucchinis, spiralized
- 10 cherry tomatoes, halved
- ¼ C nut butter
- Salt, to taste
- Pepper (optional)
- Red crushed pepper (optional)

PREPARATION

1. Heat olive oil on medium-high heat in skillet.
2. Add minced garlic, sliced onions, and sliced mushrooms.
3. Sauté until the veggies are cooked and tender, yet still remain crispy. Set aside.
4. Heat ¼ C pesto, add the spiralized zucchini noodles, and sauté on medium-high heat for 3 minutes while stirring
5. Add the sautéed onions/mushrooms and cherry tomato halves.
6. Add the remainder of the pesto.
7. Add nut butter.
8. Sauté for another 1-2 minutes, tossing frequently.
9. Season with salt, pepper, and red crushed pepper.

NOTES
Serves 3
Time: 30 min.
* To make pesto combine 2 C basil leaves, 2 T pine nuts, 2 cloves garlic in blender. Slowly add in ½ C olive oil while blending until smooth, add ½ C grated Parmesan cheese and combine, briefly.

Portobello Mushrooms – Stuffed

INGREDIENTS

- 6 T olive oil
- 3 T Balsamic vinegar
- 3 cloves garlic, minced
- 6 large Portobello mushrooms, stemmed
- 1 C Ricotta cheese*
- 1 C Parmesan cheese*
- ½ C basil, chopped
- 6 thin slices tomato
- 12 slices cheese*
(Fontina, Havarti)



PREPARATION

1. Combine olive oil, vinegar and garlic in a small bowl.
2. Brush both sides of mushrooms with mixture until all is used.
3. Preheat oven to 375°F.
4. Combine Ricotta, Parmesan cheeses and basil till blended.
5. Place slice of tomato on the gill or stem side of mushroom on a baking sheet.
6. Mound all of the cheese mixture on tomatoes.
7. Top with cheese slices.
8. Bake for 30 min or until cheese is melted and golden.

NOTES
Serves 6.
Time: 45 min.
* To make vegan replace Ricotta cheese with vegan ricotta or medium-firm tofu, use vegan parmesan, and use vegan cheese slices.

Saag Tofu

INGREDIENTS

- 1 lb tofu, firm, diced
- 4 t garam masala
- 1 T salt
- 3 T olive oil
- 3 garlic cloves, sliced
- 1 onion, chopped
- 2 Roma tomatoes, chopped
- 1 T ginger, ground
- 1 lb baby spinach
- ½ C yogurt*

PREPARATION

1. Combine tofu with 1 T oil, 2 t garam masala and 2 t salt. Mix and set aside.
2. Heat a large skillet over medium high heat, add 1 T oil, add tofu in a single layer. Brown and transfer to a plate.
3. Wipe skillet, add 1 T oil, garlic and onion and cook until browned.
4. Stir in tomatoes and ginger and cook 2 min.
5. Add spinach and cook until liquid is gone.
6. Add tofu, remaining garam masala, salt and yogurt. Stir and serve.

NOTES
Serves 4
Time: 30 min.
*To make vegan, use vegan yogurt.

Spaghetti Squash Pasta

INGREDIENTS

- 2 spaghetti squashes -3 C cooked
- 1 T olive oil
- 5 cloves garlic, minced
- ¼ C fresh basil
- 1 t dried parsley
- ½ C sundried tomato (chopped)
- 1 t salt
- black pepper to taste
- 2 T or more pine nuts

PREPARATION

1. Preheat the oven to 400°F. Pierce the squash a couple of times, place on a baking sheet and bake 45 min. Check if a knife goes through easily.
2. Remove from the oven and cool a few minutes.
3. Halve the squash, scoop out the seeds. Use a fork to make shreds. Scoop shreds into a bowl.
4. Heat olive oil in a large skillet over medium heat. Add garlic and cook for 2 min until lightly golden.
5. Add basil, parsley and sundried tomato and cook for a minute. Add a few T of water and mix in. Bring to a boil.
6. Add the spaghetti squash, sprinkle salt, pepper and lightly toss. Serve garnished with pine nuts.

NOTES
Serves 4.
Time: 1 hr.

Tunisian Vegetable Stew

INGREDIENTS

- 2 T olive oil
- 2 onions, chopped
- 2 peppers, chopped
- 4 C cabbage, shredded
- 1 T zaatar or oregano
- 2 t coriander
- ½ t turmeric
- ½ t cinnamon
- 28 oz tomatoes, chopped with juice
- 1 14 oz can lentils or white beans
- ½ C raisins
- 1 T lemon juice
- Salt and pepper
- Feta, topping (omit for vegan)

PREPARATION

1. Sauté onions and peppers in olive oil over medium heat until soft and translucent.
2. Add cabbage and sauté 5-10 min more.
3. Add spices, sauté briefly.
4. Add tomatoes, lentils or white beans and raisins. Simmer for 20 min.
5. Add lemon juice and salt and pepper to taste.
6. Serve with feta sprinkled on top.

NOTES
Serves: 4-6.
Time: 45 min.

Vegetable Fondue

INGREDIENTS

Fondue

- 3/4 lb Gruyère cheese, grated
- 3/4 lb Emmentaler, raclette or Appenzeller cheese, grated
- ½ T cornstarch
- 1 clove garlic
- 1 C white wine
- ½ t nutmeg

Vegetables & Fruit

- carrots-cut into sticks
- celery- cut into sticks
- Asparagus, cauliflower, broccoli, green beans, zucchini steamed 3-5 min
- Lotus root fried 10 min
- Apples, sliced

PREPARATION

1. In a large bowl toss cheeses with cornstarch.
2. Rub cut side of garlic inside of pan, add wine and bring to a simmer over medium-high heat.
3. Add a handful of cheese at a time to the wine, stirring until melted, repeat.
4. Reduce heat to medium and stir till all melted and bubbling. Add nutmeg and serve.
5. Serve in a fondue pot with heat under it to keep warm. A portable induction cooktop is easiest.
6. Dip vegetables and fruit and eat.
7. The crusty cheese left in the bottom is the best, scoop it up.

NOTES
Time: 30 min for fondue.

Zucchini Alfredo

INGREDIENTS

- 2-3 zucchini (~1 lb)
- 1 T butter
- ½ C cream
- 2 oz cream cheese
- 2 T crème fraîche
- 1 C grated aged Gouda cheese
- 2 T truffle juice
- 2 T soy sauce
- 2 T lemon juice

PREPARATION

1. Use a spiralizer to make zucchini noodles.
4. Heat butter in a large pan over medium heat.
5. Add zucchini noodles to pan and sauté for about 5 min.
6. Remove noodles to serving dish.
7. Add remaining ingredients to pan and stir to combine.
8. Return noodles to pan and toss to combine.
9. Top with additional cheese, if desired.

NOTES
Serves 4.
Time: 20 min.

Zucchini Noodles & Avocado-Basil Sauce

INGREDIENTS

Sauce

- 1 avocado, pitted
- 1 ½ C fresh basil leaves
- ¼ C pine nuts
- 3 cloves of garlic
- ½ C olive oil + more to thin if necessary
- 1 lemon, juiced

Noodles

- 4 T olive oil
- 2 zucchinis, spiralized
- 1 C cherry tomatoes, sliced in half
- 1 C pine nuts
- ½ C fresh basil, chopped
- salt and pepper to taste

PREPARATION

1. Prepare the sauce by combining all ingredients in a food processor and processing until smooth. Taste test and adjust seasonings as necessary. Add a little more oil if too thick and set sauce aside.
2. Place the zoodles in a large pot with oil and stir fry at medium-high for 5 min.
3. Add cherry tomatoes, pine nuts, basil, salt and pepper. Add the avocado-basil sauce to taste, ¼ at a time



NOTES
Serves 4.
Time: 20 min.

Zucchini and Squash Fritters

INGREDIENTS

- 1 zucchini, grated
- 1 yellow squash, grated
- ½ C flour
- ½ C Parmesan cheese, grated*
- 4 eggs*
- 1 t salt
- ½ t black pepper
- 1 clove garlic, minced
- 2-4 T olive oil, for cooking
- Greek yogurt*, for garnish

PREPARATION

1. Combine all ingredients except oil and yogurt in a large mixing bowl.
2. Heat skillet over medium-high heat and add oil.
3. Place approx. ¼ C of the mixture onto the skillet and press to flatten.
4. Cook 3-4 min on each side until cooked through and golden brown, flipping very carefully and forming back into a circle, as needed.
5. Repeat with remaining mixture.
6. Top with Greek yogurt.

NOTES
Serves 3-4 as a main dish; 4-6 as a side.
Time: 45 min.
Substitute carrots, parsnips, beets, etc. for squash.
* To make vegan, replace Parmesan cheese with vegan parmesan, replace eggs with flax egg, and replace Greek yogurt with vegan yogurt. To make flax egg, combine 1T ground flax and 3T water per egg. Let sit for 5-10 minutes, until gelled.

Dinner Salads

Beef Salad

INGREDIENTS

- ¼ C + 1 T olive oil
- 1 lb steak
- salt and pepper
- 2 T lemon juice
- 2 T mirin
- 2 T Asian chili sauce
- 2 T soy sauce
- 8 oz snow peas
- 1 t Aleppo pepper
- 6 C arugula
- 1 cucumber, chopped
- ½ C roasted pecans
- 2 oz blue cheese, crumbled



PREPARATION

1. Preheat oven to 250°F.
2. Heat 1 T olive oil in skillet. Sear steak, seasoned with salt and pepper, in skillet 2 min per side until browned.
3. Insert temperature probe in meat, place in oven on oven-safe dish. Cook until desired temperature is reached (130°F rare).
4. When steak is placed in oven, combine next 4 ingredients and remaining olive oil.
5. When steak is done, rest 5 min, chop into bite size pieces.
6. Place arugula in large salad bowl, toss with dressing, snow peas, cucumber and steak.
7. Top with blue cheese and nuts, serve.

NOTES
Serves 4.
Time: 30 min.

Black Bean & Lentil Salad (Balela)

INGREDIENTS

- 2 cans (14 oz) lentils, drained
- 2 cans (14 oz) black beans, drained
- ½ C onion, chopped
- 1 jalapeño, chopped
- ½ C sun dried tomatoes in oil, chopped
- 1 pint grape tomatoes, halved
- ¼ C dill, chopped
- ¼ C basil, chopped
- ¼ C parsley, chopped
- 1 lemon, juiced
- ¼ C olive oil
- 2 garlic cloves, minced
- 1 T balsamic vinegar
- Salt and pepper to taste (~1/2 t each)
- Feta cheese (optional)-omit for vegan

PREPARATION

1. Mix first 9 ingredients in a bowl.
2. Whisk together lemon juice, olive oil, garlic, vinegar, salt and pepper.
3. Drizzle the dressing over the salad and stir.
4. Refrigerate overnight to meld flavors.
5. Add optional feta cheese when serving.

NOTES
Serves 4-6.
Time: 20 min (+overnight).

Chicken Salad – 3 ways

INGREDIENTS

Salad

- Lettuce, spinach, kale or cabbage
- ½ C cherries (pitted), raisins, mango (chopped), peach (chopped) or grapes (optional)
- 1 pint cherry or grape tomatoes, halved
- 1 pepper-chopped (optional)
- 1 bunch scallions-chopped (optional)
- 1 carrot-grated or chopped (optional)
- ¼ C chopped tarragon, cilantro, basil, parsley, and/or mint (optional)
- 2 C chicken cooked and chopped
- ¼ C salted nuts or roasted seeds (optional)

DRESSING

Soy Ginger

- ¼ C peanut oil
- ¼ C toasted sesame oil
- ¼ C soy sauce
- 1 lemon, juiced
- 3 T honey
- 3 cloves garlic
- 1-2" peeled ginger

Curry

- ¼ C peanut oil
- 1 T curry powder
- 1 egg yolk
- 1 clove garlic
- 1 lemon juiced
- 1 T honey

Tarragon, Cilantro or Basil

- ¼ C peanut oil
- ½ C fresh herb (or more)
- 1 egg yolk
- 2 cloves garlic
- 1 lemon juiced
- 1 T honey

PREPARATION

1. Combine all dressing ingredients in blender except oil
2. Puree gradually adding oil until smooth
3. In a large salad bowl, mix greens, fruit chopped vegetables, and chicken
4. Dress with pureed sauce and sprinkle nuts on top.

NOTES
Serves 4
Time: 30 min.

Chicken Strawberry Salad

INGREDIENTS

Salad

- 4 C chicken stock
- 1 lb chicken tenders (or 2 C chicken cooked and chopped)
- Arugula
- 1 pint strawberries, hulled and sliced
- 1 cucumber, chopped
- 1 pepper, chopped
- ¼ sweet onion, chopped
- ¼ C roasted salted sunflower seeds or nuts

Dressing

- ½ C strawberries, hulled
- 2 T balsamic vinegar
- ½ T Dijon mustard
- 1 T honey (sugar-free)
- 1 clove garlic, peeled
- ¼ C olive oil

PREPARATION

1. Bring chicken stock to a boil, add chicken tenders and when stock returns to a boil, cover, turn off heat and let stand 6-8 min.
2. Remove chicken, cool and chop.
3. Meanwhile combine all dressing ingredients in blender and puree until smooth.
4. In a salad bowl, arugula, strawberries, chopped vegetables, and chicken.
5. Dress with pureed sauce and sprinkle seeds or nuts on top.

NOTES
Serves 4
Time: 30 min.

Cobb Salad

INGREDIENTS

- greens (arugula, lettuce, spinach)
- 6 rashers cooked bacon, crumbled
- 1 avocado, chopped
- 1 pint cherry tomatoes, quartered
- 1 cucumber, chopped
- 1 pepper, chopped
- 2 eggs, hard boiled chopped
- 4 oz blue cheese, crumbled
- 2 C chicken or turkey, cooked and chopped

Green Goddess Dressing

- 2 scallions
- ¼ C tarragon
- 2 T chives, cilantro, parsley
- ¼ avocado
- ¼ C olive oil
- 1 lemon, juiced
- 2 T yogurt

PREPARATION

1. Dressing: Purée scallions, tarragon, chives, cilantro, parsley, oil lemon juice, yogurt and ¼ avocado in blender until smooth. Thin with water if necessary. Season.
2. In a salad bowl, mix all salad ingredients.
3. Dress and serve.



NOTES
Serves 4.
Time: 30 min.
Alternative Dressings: Caesar; oil and balsamic vinegar

Composed Chopped Salad

INGREDIENTS

- 2 C greens (arugula, lettuce, spinach)
- 1 C ham, shrimp, chicken or steak, chopped
- 4 rashers cooked bacon, crumbled
- 1 scallion, sliced
- 1 avocado, chopped
- 1 pint cherry tomatoes, quartered
- 1 cucumber or pepper, chopped
- 1 egg, hard boiled chopped
- 4 oz blue cheese, crumbled

Blue Cheese Dressing

- 2 ½ oz blue cheese
- 3 T crème fraiche or sour cream
- 3 T home-made mayonnaise
- 2 t lemon juice
- Salt and pepper

PREPARATION

1. Arrange ingredients aesthetically by putting a line of one ingredient, followed by the next until all are in place.
2. Top with cheese in the center of salad.
3. Dressing: In a small bowl, mash blue cheese, sour cream, mayonnaise, lemon juice until well blended. Season with salt and pepper.
4. Serve with dressing on the side.

NOTES
Serves 4
Time: 30 min.
Alternative Dressings: Caesar; lime vinaigrette; oil and balsamic vinegar

Couscous Meat Salad

INGREDIENTS

- 12 oz stock
- 8 oz couscous
- 1 lemon, zest and juice
- 6 C fresh spinach, chopped
- 1 14 oz can chickpeas or white beans
- 1 pint cherry tomatoes, quartered
- 1 cucumber, chopped
- 3 scallions, chopped
- 1 oz dried fruit, chopped
- ½ C mint, cilantro or basil, chopped
- olive oil
- salt and peppper
- 1 C cooked roast meat, chopped
- ½ C feta cheese, crumbled

PREPARATION

1. Heat stock. Place couscous in a bowl, add hot stock, lemon zest and lemon juice, cover until liquid is absorbed, 15-20 min.
2. Place chopped spinach, drained, rinsed chickpeas or beans, tomatoes, cucumber, scallions, dried fruit and herb in salad bowl. Add softened couscous
3. Moisten with olive oil-about 2 T.
4. Add salt and pepper to taste*.
5. Stir in meat and sprinkle with feta.

NOTES
Serves 4
Time: 30 min.
*for added spice, use ½ t aleppo or maras pepper

Crab, Mango and Avocado Salad

INGREDIENTS

Sauce

- 1 T olive oil
- 1 ripe mango, peeled pitted and sliced
- salt and pepper
- ¼ C water
- 1 t lemon or lime juice

Salad

- 1 lb Crabmeat*
- 3 T olive oil
- ¼ C chopped cilantro
- ¼ C chopped mint leaves
- 1 T minced shallot or onion
- 2 T lime juice
- Salt and pepper
- 1 ripe mango peeled pitted & diced
- 1 ripe avocado peeled pitted & diced



PREPARATION

1. Sauce: Heat oil in small pan over medium heat.
2. Add mango, salt, pepper and cook, stirring for 3 min.
3. Add water, bring to a boil and remove from heat.
4. Add lemon juice.
5. Puree in blender and chill.
6. In a serving bowl, mix crab meat, olive oil, cilantro, mint, shallot, lime juice, salt and pepper.
7. Then add in diced mango and avocado.
8. Serve mango-avocado and crab mixture topped with sauce.

NOTES
Serves 4
Time: 30 min.
* substitutes for crabmeat include lobster or shrimp (diced)

Lime Lentil Biryani

INGREDIENTS

- ¼ C toasted almond slivers

Quinoa

- 1 lime juiced
- 1 C quinoa
- 1 C water
- 1 T oil
- 2 t mild curry
- 1 t salt

Salad

- 4 carrots, shredded
- 1 bunch scallions, sliced thin
- 1 (14 oz) can lentils*, rinsed
- ¼ C currants or raisins, soaked in boiling water
- 1 lime, zest and juice
- 2 T oil
- salt
- honey

PREPARATION

1. Toast almond slivers 8 min at 350°F.
2. Zest one lime and juice both limes.
3. Combine quinoa, water, 2 T lime juice, 1 T oil, curry and salt in a saucepan. Bring to a boil, cover and simmer 15 min. Cool.
4. Combine cooled quinoa, carrots, scallions, almonds, lentils and drained currants and mix.
5. Add the remaining lime juice, zest and 2 T oil to the salad and toss.
6. Taste, add salt or honey to taste.

NOTES
Serves 4.
Time: 30 min.
*substitute chickpeas or other beans for lentils

Quinoa Salad with Meat or Fish & Fruit

INGREDIENTS

- 1 C water
- ½ C quinoa
- 1 pepper, chopped
- 4 scallions, sliced
- 1 lemon, juiced
- handful of leafy greens, chopped
- 1 ½ T olive oil
- 1 ½ t honey
- ½ t salt
- ¼ t pepper
- ½ ripe mango, pitted and chopped
- 1 avocado, peeled and chopped
- 1 C cooked chicken or shrimp

PREPARATION

1. Bring water and quinoa to a boil and simmer 15 min. Let cool.
2. Combine with all ingredients and toss*.



NOTES
Serves 4.
Time: 30 min.
*Saves well refrigerated for up to 5 days

Shrimp, Black Beans, Jicama and Avocado Salad

INGREDIENTS

- 5 T olive oil
- 1 lb shrimp, raw, peeled, deveined*
- 3 limes, juiced
- 2 T honey-sugar free
- salt
- 5 C arugula
- 1 jicama, julienned by food processor
- ½ C cilantro, chopped
- 1 14-oz can black beans, drained and rinsed (optional)
- 1 avocado, cut into cubes
- ¼ C pine nuts, roasted
- Smoked paprika

PREPARATION

1. Heat 1 T oil in skillet over high heat, cook shrimp until opaque about 2 min/side.
2. Dressing: combine remaining oil, lime juice, honey and salt, set aside.
3. Combine arugula, jicama, cilantro, beans and avocado in a large bowl. Add half the dressing and toss, gently.
4. Serve topped with shrimp and pine nuts and smoked paprika.



NOTES
Serves 4
Time: 30 min.
* or use precooked shrimp

Smoked Trout Salad

INGREDIENTS

- 2 beets, roasted and diced
- ½ C raw cashews
- 1 T honey or maple syrup
- 1 T water
- 8 oz arugula
- 4 oz smoked trout, skinned and chopped

Dressing

- 1 egg yolk
- 3" ginger, peeled
- 1 shallot
- 2 T soy sauce
- 1 t sesame oil
- 1 T honey
- 1 T Dijon mustard
- 1 chili, stem and seeds removed
- 1 lemon juiced
- ½ C olive oil



PREPARATION

1. Roast beets at 350°F for 1 hr*. Cool, peel and chop.
2. Dressing: Place all dressing ingredients except olive oil into blender, blend until smooth.
3. Slowly add olive oil while blending.
4. Thin with water if necessary.
5. Roast cashews at 350°F for about 8 min, till starting to brown.
6. Place nuts, honey and water in skillet over medium heat and toss till nuts are coated and liquid is gone.
7. Compose salad with arugula, beets, trout and dressing.
8. Toss with dressing and top with nuts.

NOTES
Serves 4
Time: 30 min excluding time needed to roast beets.
* Roast one day in advance if possible and store in refrigerator.

Taco Salad Recipe with Ground Meat

INGREDIENTS

- 1 T avocado oil (or any oil of choice)
- 1 lb ground beef (or other meat)
- 2 T taco seasoning (1 T chili powder, ¼ t each garlic powder, onion powder, pepper flakes, and oregano. 1 ½ t each paprika, cumin and salt)
- 8 oz Romaine lettuce (chopped)
- 1 pt grape tomatoes (halved)
- ¼ C Cheddar cheese (shredded)
- 1 avocado (cubed)
- ½ C green onions (chopped)
- ½ C sour cream

Salsa

- 1 medium tomatoes (halved)
- 1 small onion (cut into large chunks)
- 1 cup fresh cilantro
- 1 medium jalapeño (seeds removed)
- 3 cloves garlic
- 1 T lime juice
- ¼ t salt



PREPARATION

1. Salsa: Put all in a food processor. Pulse until chunky or smooth, as desired.
2. Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
3. Stir taco seasoning into the ground beef until well combined.
4. Combine all remaining ingredients in a large bowl. Add the ground beef, ½ C salsa and sour cream.
5. Toss everything together.

NOTES
Serves 4-6.
Time: 45 min.
*Saves well refrigerated for up to 5 days

Vegetables

Brussels Sprouts – Braised

INGREDIENTS

- 1 ½ lbs brussels sprouts, trimmed, and halved
- 4 rashers bacon, chopped
- 3 shallots or 1 onion, chopped
- 2 cloves garlic, minced
- 1 apple, diced
- ½ C apple juice or other juice
- ½ C stock

PREPARATION

1. Cook brussels sprouts, covered, in boiling water for 2 min, drain.
2. Crisp bacon in skillet on medium/high, set aside.
3. Add shallots and garlic, cook until soft.
4. Add brussels sprouts and apples and cook 5 min.
5. Add juice and stock and cook uncovered for 8 min.
6. Remove vegetables and apples from pan and boil down excess liquid to about ¼ C.
7. Pour on sprouts, add bacon and serve.

NOTES
Serves 4-6.
Time: 45 min.

Brussels Sprouts – Maple Hazelnut

INGREDIENTS

- 1 ½ lbs brussels sprouts, trimmed, halved
- ¼ C olive oil
- ¼ t salt
- ¼ t pepper
- 2 T maple syrup
- ½ C toasted hazelnuts

PREPARATION

1. Preheat oven to 375°F.
2. Toss brussels sprouts in a large bowl with olive oil, salt and pepper.
3. Spread brussels sprouts on sheet tray.
4. Roast 15 min, stir, roast 15 min more.
5. Stir in maple syrup and roast 15 min more.
6. Toss brussels sprouts with hazelnuts and serve.

NOTES
Serves 4-6
Time: 1 hr.

Chayote Squash

INGREDIENTS

- 1 T oil or butter
- 2 chayote squash (~1 lb) peeled, seed removed and diced
- 1 C cream or milk
- Chives or basil, chopped
- Salt

PREPARATION

1. Heat skillet to medium/high.
2. Add oil or butter.
3. When hot, add chayote and cook for 2 min with stirring.
4. Add cream and simmer about 6 min.
5. Add chives or basil, simmer 1 min.
6. Remove from pan add salt.

NOTES
Serves 4.
Time: 30 min.

Celery – Creamed

INGREDIENTS

- 1 bunch celery, cut in ¼ in slices
- ½ t salt
- 3 t butter
- 1 t flour
- 1 C cream
- 4 oz cream cheese
- ½ C almonds-slivered

PREPARATION

1. Cook celery in salted water for 5 min. Drain.
2. Melt butter in an oven-proof skillet, add flour and make a paste.
3. Add cream and cook until thickened, stirring constantly.
4. Add cream cheese, mix well, add celery and sprinkle with almonds.
5. Bake at 325°F for 20-25 min.

NOTES
Serves 4.
Time: 45 min.

Delicata Squash with Maple and Thyme

INGREDIENTS

- 2 delicata squash, washed*
- 1 T butter
- 4 sprigs fresh thyme
- 1 T maple syrup
- Salt and pepper to taste

PREPARATION

1. Preheat oven to 450°F.
2. Slice off stems and cut squash in half and remove seeds and strings with spoon.
3. Set squash in greased baking dish, distribute butter, thyme and syrup in the flesh side of squash.
4. Sprinkle with salt and pepper.
5. Bake for 30-45 min until soft. Serve.

NOTES
Serves 4.
Time: 45 min.
* skin on delicata squash is edible and tasty

Greek Baked Vegetables

INGREDIENTS

- Choose at least 5 vegetables cut into bite size pieces: onions, eggplant, fennel, green beans, mushrooms, okra, turnip, pepper, tomatoes, yellow squash, zucchini*

For every 6 C vegetables, add:

- 2 T olive oil
- 2 T tomato paste
- 2 T dill, chopped
- 4 T parsley, chopped
- Salt and pepper

PREPARATION

1. Heat oven to 375°F.
2. Toss all ingredients well.
3. Place in casserole and cover.
4. Cook for 2 hrs and serve.**

NOTES
* Other vegetables can include: asparagus, carrots, celery, leeks
** Sprinkle with feta or parmesan, if desired

Ratatouille

INGREDIENTS

- 1 onion, chopped
- 2 peppers, chopped
- 4 T oil
- 4 cloves garlic, minced
- 1 Eggplant, cubed
- 2 zucchinis, chopped
- ½ C tomatoes, peeled, chopped
- 1 C parsley
- 1 t salt

PREPARATION

1. In a deep skillet, cook onions and peppers in oil until soft, about 10 min, add garlic, ~1 min.
2. Add eggplant and zucchini, cook ~5 min on medium/high.
3. Add tomatoes and cook until some liquid evaporates, ~8 min.
4. Add parsley, salt.
5. Cover and simmer ~10 min.
6. Uncover, mix and simmer until excess liquid boils off, ~10 min.

NOTES
Serves 4.
Total cooking time: 1 hr.

Spinach Soufflé

INGREDIENTS

- 1 onion, chopped
- 1 T oil
- 1 T butter
- 3 egg yolks
- 1 C spinach, chopped, cooked, drained
- ½ C Parmesan cheese, grated
- White Sauce
- 2 T butter
- 2 T flour
- 1 C cream
- Salt and pepper

PREPARATION

1. Preheat oven to 350°F.
2. Stir fry spinach on high in 1 T of oil, until dry.
3. Sauté onion in butter in skillet, set aside.
4. White sauce: melt butter, stir in flour and heat until bubbly in oven-safe sauce pan. Gradually add cream stirring constantly until thick, 1-2 min.
5. Beat egg yolks until thick and lemon colored.
6. Stir into hot white sauce with spinach, cheese and onions. Add salt and pepper
7. Set pan in water bath and bake 50 min.

NOTES
Serves 4.
Time: 1 hr.

Zucchini Fritters

INGREDIENTS

- 2 T oil
- 1 zucchini, grated (~2 C)
- 3 eggs, beaten
- 1 onion, chopped
- ¼ C flour
- 2 T breadcrumbs
- ½ C Parmesan cheese, grated
- ½ C Mozzarella cheese, shredded
- 2 T parsley, chopped
- Salt and pepper to taste (½ t)

PREPARATION

1. Heat oil in skillet over medium-high heat.
2. Combine remaining ingredients and mix well.
3. Drop zucchini mixture in hot oil by heaping tablespoonsful and cook to a golden brown.
4. Serve with sour cream or Crème Fraîche.



NOTES
Serves 4.
Time: 45 min.

Side Salads

Greens

INGREDIENTS

- Greens: arugula, cabbage, lettuce or spinach
- Vegetables, chopped: peppers, cucumbers, tomatoes, radishes, jicama, onions, scallions

Dressing

- 2 T lemon or lime juice or vinegar
- 1-2 T Flavoring: soy sauce, ginger, herbs, avocado, bacon, strawberries, sesame oil, truffle juice
- ¼ - ½ C Oil: olive, walnut, peanut, vegetable
- Spices: ½ t allspice, ½ t pepper, 1 t salt

PREPARATION

1. Wash, dry, trim and chop or julienne selected greens and vegetables. Toss together*.
2. Whisk together selected lemon, lime or vinegar, flavorings and spices or place in blender to combine**.
3. Add oil, shake well and dress salad just before serving.

Notes
Time: 20 min.
*Saves well without dressing refrigerated for up to 5 days. Save dressing separately and warm if needed before use.
**Blender works best for combining fresh ginger, fresh herbs, strawberries or avocado into dressing

Asian Kale Salad

INGREDIENTS

- 1 bunch kale (about 8 oz), chopped
- 1 bunch cilantro (about 4 oz), chopped
- 3 green onions, thinly sliced
- 2 carrots, shredded
- ½ C roughly chopped roasted almonds

Dressing

- ¼ C soy sauce
- 2 T rice vinegar
- 2 T olive oil
- 1 T toasted sesame oil
- 1 lime, juiced
- 3 T peanut butter

PREPARATION

1. Mix soy sauce, vinegar, oils, lime juice and peanut butter.
2. Place all ingredients together in a large salad bowl. Toss with dressing. Let sit, tossing often, until slightly wilted, 15 to 30 min.

NOTES
Serves 4.
Time: 30-40 min.

Avocado-Watercress Salad

INGREDIENTS

- 6 C watercress (1 bunch), chopped
- 1 avocado, chopped

Dressing

- ¼ C rice vinegar
- 1 T sweet onion, grated
- ¼ C apple, grated
- 2 T soy sauce
- 3 T olive oil

PREPARATION

1. Dressing: Stir vinegar, onion, apple and soy sauce together, add oil.
2. Combine watercress and avocado. Add dressing and toss.
3. Serve at once*.

NOTES
Serves 4.
Time: 30 min.
* Dressed salad does not store well.

Cabbage, Vegetable & Herb Salad

INGREDIENTS

- Toasted pecans
- ¼ head cabbage, grated
- 3 carrots, grated
- Pint grape tomatoes, halved
- 1 bunch scallions, sliced thin
- 2 peppers, chopped
- 1 cucumber, chopped
- 1 C mint, chopped
- 1 C parsley, chopped
- 1 C cilantro, chopped
- 1 lemon, juiced
- 2T olive oil
- 1 T honey
- 2 T soy sauce
- 2 T truffle juice
- ½ C bulgur wheat, medium or fine

PREPARATION

1. Toast pecans (8 min), 350°F, chop.
2. Combine vegetables and herbs in a large salad bowl as they are prepared.
3. Add lemon juice, honey, soy sauce, truffle juice and olive oil.
4. Add bulghur, let sit 1-2 hr.
5. Toss, sprinkle with toasted pecans and serve.

NOTES
Serves 4-6.
Time: 1-2 hrs.

Caesar Salad

INGREDIENTS

Salad

- 2-3 Romaine hearts, chopped, washed and drained well.
- ¼ C Parmesan cheese, shredded

*Dressing***

- 1 lemon, juiced
- 6 anchovies
- 1 T Dijon mustard
- 4 garlic cloves
- ½ C Parmesan cheese, grated
- 2 egg yolks
- ¼ C olive oil

PREPARATION

1. Combine all dressing ingredients except oil in blender and purée.
2. Slowly add in oil while blender is running.
3. Add dressing to Romaine and toss.
4. Sprinkle with shredded Parmesan cheese and serve*.

NOTES
Serves 4.
Time: 20 min.
* Chopped Romaine without dressing stores well.
** Leftover dressing stores well refrigerated up to a week.

Coleslaw

INGREDIENTS

Salad

- ½ cabbage, small head, trimmed
- 2 carrots, peeled and trimmed
- 2 scallions, sliced

Dressing

- 2 T rice vinegar
- 2 t sweetener
- Salt and pepper

PREPARATION

1. Combine dressing ingredients.
2. Julienne cabbage and carrots in food processor.
3. Add dressing and scallions to cabbage and carrots and toss.

NOTES
Serves 4.
Time 20 min.

Haloumi, Grape and Cucumber Salad

INGREDIENTS

- Toasted almond slivers
- Haloumi cheese, sliced
- 1 cucumber, chopped
- 1 C grapes, halved
- Arugula
- Mint, chopped
- 2 T lemon juice
- 4 T olive oil
- 2 T honey
- Salt and pepper



PREPARATION

1. Toast almond slivers-8 min, 350°F.
2. Fry Haloumi cheese slices on both sides at low temperature until light brown, cool and chop.
3. Combine cucumber, chopped haloumi, grapes and mint with arugula in a salad bowl.
4. Add lemon juice, honey and olive oil, season with salt and pepper.
5. Toss, sprinkle with toasted almonds and serve.

NOTES
Serves 4.
Time: 30 min.

Jicama-Lime Salad

INGREDIENTS

- 1 jicama (~1/2 lb)
- Optional vegetables (cucumber, pepper, radish, etc.)
- 1 head Romaine lettuce
- 2 limes, juiced
- 1 T sweetener
- 1 t cumin
- 1t salt
- ¼ C olive oil

PREPARATION

1. Peel jicama.
2. Cut in halves or quarters.
3. Julienne jicama with food processor.
4. Chop any other vegetables that are available.
5. Tear lettuce into bite-sized bits.
6. Combine all vegetables, lime juice, spices and olive oil in salad bowl.

NOTES
Serves 4.
Time: 20 min.
Add olive oil just before serving. Salad keeps well without olive oil for 2-3 days.

Quinoa Fruit Salad

INGREDIENTS

- 1 C water
- ½ C quinoa
- 1 pepper, chopped
- 4 scallions, sliced
- 1 lemon, juiced
- Handful of leafy greens, chopped
- 1 ½ T olive oil
- 1 ½ t honey
- ½ t salt
- ¼ t pepper
- ½ ripe mango, pitted and chopped
- 1 avocado, peeled and chopped

PREPARATION

1. Bring water and quinoa to a boil and simmer 15 min. Let cool.
2. Combine with all ingredients and toss*.



NOTES
Serves 4.
Time: 30 min.
* Saves well refrigerated for up to 5 days

Seaweed-Cucumber Salad

INGREDIENTS

- 2 oz wakame or assorted seaweeds
- 1 cucumber, diced
- ½ C onion, shallots or scallions, chopped
- 3-4 celery stalks, chopped
- ¼ C soy sauce
- 2 T rice wine vinegar
- 2 T mirin
- 2 T sesame oil
- 2 T sesame seeds, toasted

PREPARATION

1. Rinse seaweed and soak in large bowl for 5-10 min.
2. Drain seaweed and squeeze to remove water, chop if too large with scissors.
3. Toss in remaining ingredients except sesame seeds. Mix well.
4. Sprinkle sesame seeds on top.

NOTES
Serves 4.
Time: 20 min.
Optional additions include 1 lb chopped, cooked chicken or shrimp to serve as main course

Spinach Tabouleh

INGREDIENTS

- water
- 1 C bulgur
- 2 C tomatoes, grated
- 1 T tomato paste
- ½ t allspice
- 1 lemon, juiced
- 1 t salt
- ½ t pepper
- ½ C olive oil
- 2 peppers, chopped
- 8 C spinach, chopped
- 1 bunch mint, chopped



PREPARATION

1. Boil water
2. Place bulgur in bowl and add ½ C boiling water. Swell for 10 min.
3. Whisk together grated tomato, tomato paste, allspice, lemon juice, salt, pepper and olive oil.
4. Combine with peppers and bulgur.
5. Add spinach and mint and check seasoning*.

NOTES
Serves 4.
Time: 30 min.
* Saves well refrigerated for up to 3 days

Waldorf Salad

INGREDIENTS

- ½ C walnuts
- ½ C yogurt
- 2 T crème fraîche
- 1 t honey
- ¼ C parsley, chopped
- ½ lemon, zested and juiced
- Salt and pepper
- 2 apples, chopped
- 2 ribs celery, chopped
- ¼ C raisins or grapes
- 1 head lettuce, trimmed, washed, dried and chopped

PREPARATION

1. Preheat the oven to 350°F.
2. Toast nuts on a baking sheet 8-10 min, cool and chop.
3. Mix yogurt, crème fraîche, honey, parsley and lemon zest and season with salt and pepper.
4. Mix apples, celery and raisins in a salad bowl with lemon juice, add nuts.
5. Toss lettuce, with other ingredients and dress with yogurt mixture.

NOTES
Serves 4-6.
Time: 30 min.

Watermelon, Blueberry and Walnut Salad

INGREDIENTS

- 1 C walnuts
- 2 T lime juice
- 1 T honey (sugar-free)
- 3 C watermelon, cubed
- 1 C blueberries
- ½ C, chopped mint
- 1 C Feta cheese

PREPARATION

1. Preheat the oven to 350°F.
2. Toast nuts on a baking sheet 8-10 min, cool and chop.
3. Mix lime juice and honey in a small bowl.
4. Toss remaining ingredients together and dress with lime juice and honey mixture.
5. Does not store well with dressing.



NOTES
Serves 4-6.
Time: 30 min.

Soups

Vegetable Soup (Creamy)

INGREDIENTS

- 1 large onion, chopped
- 1 T butter or oil
- 1-2 lbs asparagus, broccoli, carrots, cauliflower, celery, leeks, mushrooms, tomatoes, watercress or zucchini, cut in ½ -1 in pieces (choose one or more vegetables)
- 1 C wine (optional)
- 4-6 C stock
- ½ C crème Fraîche, cream, yogurt, or grated cheese
- 1 t lemon juice
- 1 T zaatar or oregano, paprika, garam masala, Maras or Aleppo pepper, oregano, Ras el Hanout, Baharat, cumin, or coriander
- 2 t salt

PREPARATION

1. Cook onion in butter in large pot over medium low heat until soft, about 5 min.
2. Add selected vegetable(s), seasonings and cook stirring for 5 min.
3. Add wine to deglaze the pan and reduce almost completely
4. Add stock and simmer 30 min.
5. Puree in a blender.
6. Return to pot, add crème fraîche, cream, yogurt or cheese and lemon juice.
7. Select seasonings and season to taste, Serve hot or cold
8. **Option 1:** Skip first 3 steps. Add vegetables directly to stock.
Option 2: Skip first 3 steps and last 2 steps. Thicken by slowly adding 1 T cornstarch or arrowroot dissolved in 1 T water.
Option 3: To make a meal add cooked protein after seasoning: leftover chicken or meat, beans, lentils, and 1 C quinoa, bulgur, or couscous.

NOTES
Time: 1 hr.

Carrot Soup

INGREDIENTS

- 1 T olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 lbs carrots, peeled and sliced
- 2 C stock
- 2 C water
- 1 t salt
- Basil, cilantro or mint (optional)
- ¼ C peanut butter
- 1 T chili garlic sauce
- 1 C crème fraiche or sour cream

INSTRUCTIONS

1. Heat oil in large pot over medium heat.
2. Add onion and garlic and cook until soft.
3. Add carrots and cook for 5 min.
4. Add stock, water and salt and bring to a boil, cover and simmer and 20 min.
5. Puree in a blender.
6. Add herbs, peanut butter and chili garlic sauce to blender and combine.
7. Mix in crème fraiche and rewarm.
8. Freeze leftovers.

NOTES
Time: 45 min.

Carrot Soup with Tomatillo and Lime

INGREDIENTS

- 2 T butter
- 2 T olive oil
- 1 large onion
- 3 ribs celery diced
- 6 cloves garlic minced
- 6 tomatillos, quartered-hulls removed,
- 2 lbs carrots sliced
- 2 T zaatar or oregano
- 6-8 C stock
- 2 t salt
- Juice of 1 lime per 2 C. Add when serving

INSTRUCTIONS

1. Heat butter and oil in large Dutch oven, add onion and celery and cook until soft.
2. Stir in garlic and cook for 1 min.
3. Add Stock. Stir in tomatillo and remaining ingredients, bring to a boil, cover, lower temperature to simmer for 45 min.
4. Puree in a blender.
5. Serve hot or cold with the juice of 1 lime per 2 C.
6. Freeze leftovers.

NOTES
Time: 1 hr.

Lemon Soup

INGREDIENTS

- 4 C chicken stock
- 2 egg yolks
- 4 oz cream cheese
- 1 C Crème Fraîche
- 1-2 lemons, juice and zest

PREPARATION

1. Bring the stock to a boil.
2. Using a mixer, combine yolks, Crème Fraîche and cream cheese and slowly add to stock while stirring, off the heat.
3. Stir in lemon zest and lemon juice.
4. Reheat and serve hot.

Miso Soup

INGREDIENTS

- 6 C water
- 1 strip kombu
- 1 C shiitake mushrooms, sliced
- 1 T oil
- ½ C miso
- ½ lb silken tofu, cubed
- 3 carrots, shredded
- 1 turnip, shredded
- 3 in Ginger, peeled and minced
- 1 C edamame, cooked and shelled
- Scallions, chopped

PREPARATION

1. Bring 6 C of water to a bare simmer and add one strip kombu; let it soak 10 min, remove it and chop; set aside. Save water.
2. Sauté the sliced shiitakes in oil until crisp.
3. Whisk 1 C reserved water with ½ C miso in a bowl until smooth.
4. Pour the miso mix into the remaining water and add ½ lb silken tofu, carrots, turnip and ginger, the chopped kombu and edamame.
5. Let stand long enough to heat the tofu through, about a minute.
6. Add scallions and the crisp shiitakes and serve.

Tomato Soup

INGREDIENTS

- 4T butter
- 1 onion-diced
- 2 carrots-chopped
- 1 celery- chopped
- 24 Roma tomatoes, peeled and chopped*
- 1 C vegetable stock
- ½ t pepper
- ½ T salt
- ½ C cream

PREPARATION

1. In a large pot, melt the butter over medium-low heat. Add onions, carrots, celery and cook gently, stirring occasionally, until soft and translucent, about 20 minutes.
2. Stir in the tomatoes, stock, salt and pepper. Raise heat to medium until the liquid bubbles, reduce to simmer for 30 min, stirring frequently.
3. Stir in cream. Remove from heat and purée in batches in a blender. Return and heat gently. Serve hot.

NOTES
Time: 1 hr.
*or 2 28 oz cans of peeled tomatoes

Carbohydrate Substitutes

90-second Bread

INGREDIENTS

- 2 T butter, melted
- ¼ C Almond flour
- 1 T Coconut flour
- 1 egg
- 1 T cream
- ¼ t baking powder
- 1 T Cheddar cheese, grated (optional)

PREPARATION

1. Melt 1 T butter in a ceramic 14-16 oz coffee mug.
2. Add the rest of the ingredients and whisk until combined.
3. Cook in microwave for 90 seconds.
4. Remove from the microwave and allow to cool for a minute or two.
5. Invert cup and slice bread.
6. Heat 1 T of butter in a skillet and cook slices of bread on each side until crisp.

Almond Drop Biscuits

INGREDIENTS

- ¼ C butter, melted
- 2 C Almond flour
- 1 t salt
- ½ t baking soda
- 1 T honey
- 3 eggs
- 1 t lemon juice



PREPARATION

1. Preheat oven to 350°F.
2. Line a baking pan with parchment.
3. Melt butter.
4. Add to the rest of the ingredients and mix until combined.
5. Drop in heaping tablespoons on baking sheet 2" apart.
6. Bake 15 to 20 min or until light brown.

Coconut Popovers

INGREDIENTS

- oil or butter
- 4 eggs
- ½ C cream
- ½ t salt
- 2 T coconut flour
- 3 T corn starch

PREPARATION

1. Preheat oven to 425°F.
2. Generously grease 6 muffin cups.
3. Mix eggs and cream with immersion blender at slow speed.
4. Add salt, flour and corn starch while stirring continuously until smooth.
5. Fill muffin cups ½ to 2/3 full.
6. Bake for 20 min.
7. Serve immediately.

Farinata

INGREDIENTS

- 1 ½ C garbanzo flour
- 2 C water, lukewarm
- 1½ t salt
- 5 T olive oil
- 1 t pepper

PREPARATION

1. Combine flour and water in bowl and whisk until smooth. Let stand covered with plastic wrap for 2h.
2. Skim foam from top of batter with paper towel.
3. Whisk in salt, 3 T olive oil and pepper.
4. Preheat oven to 500°F.
5. Place 12" cast-iron skillet over high heat until smoking hot. Pour 2 T oil in hot skillet and swirl around to cover.
6. When oil shimmers, pour batter into hot oil and transfer to the oven.
7. Bake until browned and crusty (25-30 min).
8. Flip onto a cutting board and cut into wedges.
9. Serve immediately.

Less Processed Grains

Amaranth: Use 1 $\frac{3}{4}$ C water for 1 C of amaranth. Simmer for 25 minutes. Can be used to make porridge or polenta.

Pearl Barley: Most commonly used in soups and stews. Use 3 C water per 1 C of barley. Simmer for 90 minutes or until tender.

Buckwheat groats: Use 1 $\frac{1}{2}$ C water per 1 C of buckwheat. Simmer for 10 minutes. Can be used in salads, as a cereal or mixed with vegetables.

Bulgur: Use as an alternative to rice in pilafs and stir-fries. Use $\frac{1}{2}$ C water per 1 C bulgur. Swell in boiling water for at least 10 min.

Couscous: Use 1 C boiling water or stock for 1 C couscous. Swell in boiling water for 5-10 min. Use in salads or in place of rice or pasta.

Millet: Use 1 $\frac{1}{2}$ C water to $\frac{3}{4}$ C millet. Simmer, covered, for 15 min. Stir frequently while the grains cook, adding water if needed. Can be used like risotto, as a cereal or mixed with vegetables.

Quinoa: Use 1 $\frac{1}{2}$ C water to $\frac{3}{4}$ C quinoa. Simmer, covered, for 15 min. Excellent addition to salads.

Spelt: Also known as farro, and is also available ground into flour. Use 1 $\frac{1}{2}$ C water to 1 C spelt. Simmer 50 to 60 minutes. Spelt flour can be used as a substitute for wheat flour for bread or biscuits. Reduce water by 25%.

Teff: Can be cooked for porridge or added to baked goods. Teff flour, which is gluten-free, is also available. Use 4 C water for 1 C of teff. Boil for 20 minutes or until tender. Because teff grains are so small, use less than you would other grains for porridge.

Cauliflower pureé: Steam florets from 1 head of cauliflower for 10 min, until soft. Mix in food processor with 2 T butter and 1 t salt until smooth. Can add $\frac{1}{2}$ C or more of grated parmesan. Serve instead of mashed potatoes.

Celeriac pureé: Cut off skin and roots from 1 celeriac root. Cut into 1-3 in chunks. Boil covered with water for 20 min, until soft. Mix in food processor with 2 T butter and 1 t salt until smooth. Can add $\frac{1}{2}$ C or more of grated parmesan. Serve instead of mashed potatoes.

Stocks, Sauces, Dressings and Dips for Meat, Fish and Vegetables

Sauces, Dressings & Dips	Use for:
Avocado-Basil sauce	Fish or Vegetables
Avocado Salsa	Meat, Fish, Vegetables, Pasta
Bacon-Mushroom sauce	Meat
Blackberry-Port Reduction	Meat
Blue Cheese Dressing	Salad
Bolognese Sauce	Vegetables, Pasta
Bourbon cream sauce	Ham
Caesar Dressing	Salad
Cheese sauce	Meat, Fish, Vegetables
Citron Sauce	Duck, Chicken
Corn Salsa	Fish
Cranberry sauce	Turkey, Chicken, Fish
Curry Dressing	Chicken Salad
Curry Sauce	Chicken, Fish, Shrimp
Garlic Aioli	Fried foods
Ginger-Miso sauce	Fish
Ginger Wasabi Dip	Seafood
Gravy	Meat, Fish, Vegetables
Green Goddess dressing	Salad

Herb Dressing	Chicken Salad
Lemon-parsley sauce	Fish
Mint sauce	Lamb
Miso-wine sauce	Pork
Pea purée	Fish
Peanut Sauce	Chicken
Pesto	Meat, Fish, Vegetables
Port-Shallot sauce	Meat, Fish
Ranchero sauce	Meat, Fish, Vegetables
Salsa Dip	Hot Pot
Sesame Dip	Hot Pot
Soy-Ginger Dressing	Chicken salad
Strawberry dressing	Salad
Stroganoff sauce	Meat
Tarragon sauce	Chicken, Fish
Tonnato sauce	Chicken
Truffle-Cream-Soy sauce	Fish, Vegetables, Pasta
Watercress cream sauce	Fish
Wine-balsamic sauce	Meat, Fish
Yellow Mole sauce	Chicken, Fish

Chicken or Meat Stock

INGREDIENTS

- 4 lbs bones
- 1 onion unpeeled, roughly cut
- 2-3 carrots, cut into 2-3" pieces
- 3-4 stalks of celery cut in 2-3" pieces

PREPARATION

1. Place bones in a large ovenproof stockpot. Cook at 200°F for 6-12 hrs.
2. Remove from oven, add remaining ingredients and cover with water plus two inches, bring to a boil on stove top.
3. Lower heat to a simmer and cook for about 2 hrs.
4. Strain the solids in a colander or through cheesecloth, rinse solids with a small amount of water and add to stock.
5. Freeze until needed.

Mushroom Stock

INGREDIENTS

- ½ C dried wild mushrooms
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 1 bay leaf
- 4 C water

PREPARATION

1. Combine all ingredients and simmer 30 min.
2. Remove bay leaf.
3. Purée in blender.
4. Freeze until needed.

Vegetable Stock

INGREDIENTS

- 1-2 onions unpeeled, roughly cut
- 2-3 carrots, cut into 1-2" pieces
- 3-4 stalks of celery cut in 1-2" pieces
- 8 oz mushrooms halved
- 1 bulb fennel, roughly cut
- Small amounts of leftover vegetables
- 1 head garlic, halved
- 4-5 sprigs thyme
- 1 bay leaf
- 1 bunch of parsley
- 1 t peppercorns
- 1 T oil

PREPARATION

1. Combine all ingredients in a large pot, mix with oil.
2. Heat in the oven for 2-3 hrs at 200° F to enhance flavor (or you can skip this step).
3. Cover with water plus two inches, bring to a boil on stove top.
4. Lower heat to a simmer and cook for about an hour (not critical).
5. Strain the solids into a colander or through cheesecloth, rinse solids with a small amount of water and add to stock.
6. Freeze until needed.

Tomato Sauce

INGREDIENTS

- 4 slices bacon, chopped
- 1 C mushrooms
- 1 onion
- 6 cloves garlic, minced
- 8 anchovy filets
- 8 C Roma tomatoes, chopped
- ¼ C wine
- 1 C Parmesan cheese, grated
- ¼ C tomato paste
- 1 C basil-chopped

PREPARATION

1. Brown bacon till crisp, reserve bacon bits.
2. Process mushrooms and onions in food processor-about 4 pulses, add to the bacon fat and cook 6-10 min.
3. Add garlic and anchovies and cook until the anchovies dissolve about 3 min.
4. Add tomatoes and wine, bring to a boil. Cook 30 min.
5. Stir in cheese, basil and tomato paste and cook 10 min.
6. Freeze until needed.

Vegan Pasta Sauce

INGREDIENTS

- 2 T oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 8 C Roma tomatoes, (28 oz can)
- 1 pepper, chopped
- 1 t salt
- 1 t pepper
- ½ C basil-chopped
- 1 t dried oregano or zaatar

PREPARATION

1. Sauté onions and garlic in oil.
2. Add tomatoes and chopped pepper, salt and pepper, basil and oregano.
3. Simmer 40 min, stirring occasionally.
4. Purée in blender, if desired.
5. Freeze until needed.

Avocado Basil Sauce

INGREDIENTS

- 1 avocado, pitted
- 1 ½ C fresh basil leaves
- ¼ C pine nuts
- 3 cloves of garlic, minced
- ½ C olive oil + more too thin if necessary
- 1 lemon, juiced

INSTRUCTIONS

1. Add all of the ingredients to a blender and blend until smooth.
2. Taste and adjust seasoning or consistency.
3. Use as a sauce for fish or vegetables.

Avocado Salsa Dip

INGREDIENTS

- 2 avocados
- 1 C Greek yogurt
- juice from 1 lime
- 1 clove of garlic
- 1/8 of an onion
- 1-2 jalapenos depending on the desired level of heat
- 1/4 bunch of cilantro
- salt and pepper to taste
- 3 T of water you can add more if you want a thinner consistency

INSTRUCTIONS

1. Add all of the ingredients to a blender and blend until smooth.
2. Use as a dip-like guacamole or as a sauce for beef, chicken or pork

Bacon-Mushroom Sauce

INGREDIENTS

- 6 strips bacon or 4 oz pancetta, chopped
- 1 T olive oil
- 1 C mushrooms, sliced
- 4 garlic cloves, minced
- fresh thyme (bunch)
- 2 T flour
- 1 C cream
- 1 T Demi-glacé

PREPARATION

1. Cook bacon or pancetta at medium heat for about 3 min.
2. Add 1 T olive oil, mushrooms, garlic and thyme to the pan.
3. Cook on medium heat for about 5 min, stirring, until mushrooms soften and release juices. Sprinkle 2 T flour all over the mushrooms, and stir the flour in on medium heat.
4. Add cream and demi-glacé and raise the heat to bring to boil, stirring constantly. Reduce heat to low. Remove thyme.

Blackberry-Port Reduction

INGREDIENTS

- 2 T butter
- 1 shallot, chopped
- 1 C ruby port
- 1 pt blackberries
- 1 C stock

PREPARATION

1. Heat butter in skillet and cook shallots until transparent.
2. Add port and blackberries and reduce to $\frac{1}{4}$ volume.
3. Add stock and reduce to half.
4. Strain and remove solids.
5. Pour over meat and serve.

Blue Cheese Dressing

INGREDIENTS

- 1 lemon, juiced
- 1 T Dijon mustard
- 4 garlic cloves
- 4 oz blue cheese, crumbled
- 2 egg yolks
- ¼ C olive oil

PREPARATION

1. Combine all ingredients except oil in blender and purée.
2. Slowly add in oil while blender is running.
3. Add dressing to salad and toss.

Bolognese Sauce

INGREDIENTS

- 1 lb ground beef
- 1 lb ground pork
- ½ C tomato paste
- 2 T Worcestershire sauce
- 1 T ground cumin
- 1 T ground coriander
- 6 T olive oil
- 4 oz Parmesan cheese, finely grated (about 2 C)
- Salt and black pepper
- 1 carrot, chopped
- 1 onion, chopped
- 4 large plum tomatoes or 1 can peeled
- 4 garlic cloves

PREPARATION

1. Heat oven to 475°F. Add the first 6 ingredients to a large roasting pan (about 15x10"), along with 3 T oil, 2/3 cheese, 2 t salt and plenty of pepper.
2. Add the carrot, onion, tomatoes and garlic to a food processor and blitz until finely chopped. Add to the roasting pan and mix to combine. Transfer to the oven and bake until browned on top and sizzling, about 25 min. Reduce heat to 375°F.
3. Use a fork to break the meat apart, stirring it into the liquid that has been produced.**
4. Remove from the oven, stir in the ¼ C parsley, sprinkle with the remaining cheese and drizzle with the remaining oil.
5. Bake until the top is crisp in parts and beginning to brown (about 20 min). Store in freezer.

Bourbon-Cream Sauce

INGREDIENTS

- ¼ C bourbon
- ½ C heavy cream
- 1 T mustard
- 2 T butter

PREPARATION

1. Heat butter in skillet (can use same pan as meat) until foam subsides over high heat.
2. Add bourbon and ignite.
3. When flames subside add cream and mustard to skillet.
4. Warm and stir.
5. Pour over meat and serve.

Caesar Dressing

INGREDIENTS

- 1 lemon, juiced
- 6 anchovies
- 1 T Dijon mustard
- 4 garlic cloves
- ½ C Parmesan cheese, grated
- 2 egg yolks
- ¼ C olive oil

PREPARATION

1. Combine all ingredients except oil in blender and purée.
2. Slowly add in oil while blender is running.
3. Add dressing to salad and toss.
4. Sprinkle with shredded parmesan and serve.

Cheese Sauce

INGREDIENTS

- 1 C cream
- 4 oz Roquefort, Cheddar, Gruyère, American, or Raclette Cheese

PREPARATION

1. Deglaze pan with cream, reduce to about half (can use same pan as used for meat).
2. Add cheese. Stir over very low heat until melted. Pour over meat.

Citron Sauce

INGREDIENTS

- 2 C chicken stock
- ½ C lemon juice
- ¼ C balsamic vinegar
- 2 T maple syrup
- 2 T honey
- 1 t cinnamon
- 1 t coriander
- 1 t ginger
- 1 t mace

PREPARATION

1. Combine sauce ingredients, bring to a boil, reduce to about ½C.
2. Serve with chicken, duck or fish.
3. Freeze leftovers

Corn Salsa

INGREDIENTS

- 15 oz black beans, rinsed and drained
- 11 oz corn, drained
- ¼ C oil
- 2 T balsamic vinegar or lemon juice
- 2 T green onion, chopped
- 2 T pepper, chopped

PREPARATION

1. Combine ingredients, warm gently.
2. Serve with fish.

Cranberry Sauce

INGREDIENTS

- 1 C chicken stock or water
- 1 T Better than Bouillon (turkey)
- ¾ C sweetener
- 1 star anise
- 12 oz cranberries
- 3 T port wine

PREPARATION

1. Combine first 4 ingredients in medium sauce pan, boil until reduced by half.
2. Add cranberries and boil until they pop (about 10 min), remove star anise, add port.

Curry Dressing

INGREDIENTS

- 1 T curry powder
- 1 egg yolk
- 1 clove garlic
- 1 lemon juiced
- 1 T honey
- ¼ C peanut oil

PREPARATION

1. Combine all dressing ingredients in blender except oil.
2. Puree gradually adding oil until smooth.

Curry Sauce

INGREDIENT

- 1 shallot, chopped
- 1 in ginger, peeled
- 3 in lemongrass, peeled
- 1 T peanut oil
- 1 T Thai curry paste (Massaman or red are milder than green)
- 13.5 oz can coconut milk
- 1 lime, zested and juiced
- 1 t fish sauce
- 1 t soy sauce
- 12 oz carrots
- ½ C chopped cilantro or mint

PREPARATION

1. Sweat shallot, ginger and lemongrass in peanut oil for 5-10 min at low temperature.
2. Stir in curry paste, add coconut milk, ½ of the zest and the fish sauce and soy sauce.
3. Let simmer while you peel and chop carrots.
4. Add carrots to the sauce and simmer an additional 10 min.
5. Puree in blender and add remaining zest and lime juice.
6. Can be used to cook thin fish filets or shrimp.
7. Stir in chopped herbs and serve. Leftovers can be frozen.

Garlic Aioli

INGREDIENTS

- ¼ C basil, chopped
- 4 garlic cloves, minced
- 1/8 of an onion
- 2 egg yolks
- 1 lemon, juiced
- ½ t salt
- ½ C olive oil
- salt and pepper to taste
- 3 T of water you can add more if you want a thinner consistency

PREPARATION

1. Place basil, garlic, onion, egg yolks, lemon juice, and salt in food processor. Pulse to combine.
2. Turn processor on and slowly pour in olive oil. Process until aioli forms, about a minute.
3. Thin with water if desired.
4. Add salt and pepper to taste.

Ginger Miso Dip

INGREDIENTS

- ¼ C soy sauce
- ½ C miso
- ¼ C walnuts
- 2 in ginger, peeled

PREPARATION

1. Combine soy sauce, miso, walnuts and peeled ginger in blender, blend high until ginger is incorporated. Use as dipping sauce or toss with vegetables.

Ginger-Wasabi Dip

INGREDIENTS

- 1 T wasabi powder or paste
- 1 in fresh ginger
- 2 T soy sauce
- 1 lemon juiced

PREPARATION

1. Add all ingredients to blender, mix until smooth and serve with seafood.

Gravy

INGREDIENTS

- 2 T butter
- 2 T flour
- 1 C chicken, beef or vegetable stock

PREPARATION

1. Prepare in same fry pan if it was used to sear meat.
2. Melt 2 T butter, add 2 T flour, cook until starting to brown.
3. Slowly add 1 C stock. Bring to a simmer. Stir over medium heat until thickened. Pour over meat.

Green Goddess Dressing

INGREDIENTS

- 2 scallions
- ¼ C tarragon
- 2 T chives, cilantro, parsley
- ¼ C olive oil
- 1 lemon, juiced
- 2 T yogurt
- ¼ avocado

PREPARATION

1. Purée scallions, tarragon, chives, cilantro, parsley, oil, lemon juice, yogurt and ¼ avocado in blender until smooth. Thin with water if necessary. Season.
2. Dress salad and serve.

Herb Dressing (Tarragon, Cilantro, Basil)

INGREDIENTS

- ½ C fresh herb (or more)
- 1 egg yolk
- 2 cloves garlic
- 1 lemon juiced
- 1 T honey
- ¼ C peanut oil

PREPARATION

1. Combine all dressing ingredients in blender except oil.
2. Puree gradually adding oil until smooth.

Lemon Parsley Sauce

INGREDIENTS

- 3 garlic cloves, minced
- 1 Lemon, zested and juiced
- $\frac{3}{4}$ C parsley, chopped
- $\frac{1}{2}$ C olive oil
- 1 t salt

PREPARATION

1. Combine all ingredients in a small bowl.
2. Can be used as a marinade for fish

Mint Sauce

INGREDIENTS

- 2 T butter
- 1 C mint, chopped
- 1 T balsamic vinegar
- 1 C water or stock

PREPARATION

1. Prepare in same pan used to sear meat.
2. Melt butter, add mint, balsamic vinegar and water.
3. Reduce to half.
4. Serve with meat.

Miso-Wine Sauce

INGREDIENTS

- 2 C wine
- 2 T miso

PREPARATION

1. Prepare in same pan used to sear meat.
2. Add wine and reduce to $\frac{1}{4}$ C.
3. Remove from heat and stir in miso.
4. Serve with meat.

Pea Purée

INGREDIENTS

- 1 C peas, cooked
- 1 t salt
- 3 oz pancetta, chopped
- 1 shallot, chopped
- 1 garlic clove, minced
- 2 T lemon juice
- 2 T tarragon, dill or chives
- Salt and pepper

PREPARATION

1. Cook peas in boiling salted water, 4 min, drain.
2. Add pancetta to skillet on medium-high, cook until crisp, remove and set aside.
3. Add shallot and garlic and cook until soft.
4. Purée lemon juice, herbs, shallots and garlic in blender with enough water to blend. Add 1 T olive oil. Season to taste.
5. Serve fish or meat in pool of purée sprinkled with bacon.

Peanut Sauce

INGREDIENTS

- ¼ C oil
- 2 shallots, roughly chopped
- 2 garlic cloves, sliced
- 1 T lemongrass paste
- 1 jalapeño, trimmed
- 1 T fresh ginger (1 in), sliced
- 1 ½ C peanuts
- ½ C cream or coconut milk
- 2 T honey
- 3 T fresh lime juice
- 2 T Asian fish sauce
- 1 T soy sauce
- 1 T chili garlic sauce, or more, to taste
- ½ C water

PREPARATION

1. In a medium saucepan, heat the oil. Add the shallots, garlic, lemongrass, jalapeño and ginger and cook over moderate heat, stirring, until softened and browned, about 10 min.
2. Scrape the mixture into a blender. Add all of the remaining ingredients along with ½ C of water and process until smooth.
3. Scrape the peanut paste back into the saucepan and cook over low heat, stirring occasionally, about 20 min. The peanut sauce will darken.

Pesto Sauce

INGREDIENTS

- 1/4 C olive oil
- 2 C basil leaves, chopped
- ¼ C pine nuts
- ¼ C walnuts
- 3-4 garlic cloves, minced
- 1 T lemon juice
- Salt and pepper

PREPARATION

1. Place all ingredients in blender and combine thoroughly.

Port-Shallot Sauce

INGREDIENTS

- 1 bottle port
- 2 shallots, chopped
- ½ C stock

PREPARATION

1. Combine shallots, stock and port, bring to a boil and reduce to 1 C.
2. Strain and reduce further to ½ C.
3. Serve hot.

Ranchera Sauce

INGREDIENTS

- 2 T oil
- ¼ C onion, chopped
- 2 garlic cloves, minced
- 1 chile, seeded and diced
- 3 C tomatoes, peeled and chopped
- 1 T oregano
- Salt to taste

PREPARATION

1. Heat the oil in a medium saucepan over medium-high heat.
2. Add the onions, garlic, and fresh chile pepper; sauté for 2-3 min, stirring occasionally so that the ingredients soften but do not brown.
3. Reduce the heat to medium-low. Add the tomatoes and cook for 5 or 6 min, stirring once in a while, until they become soft.
4. Add the oregano and salt to taste.
5. Simmer 5 more min.
6. Use as-is or process it in a blender.

Salsa Dip

INGREDIENTS

- 2 (28-ounce) cans diced tomatoes
- 1 garlic clove
- 1 red onion, roughly chopped
- 1 jalapeño, seeded and chopped
- ½ C cilantro, chopped
- 1 lime, juiced
- 1 t sweetener
- Salt and black pepper, to taste

PREPARATION

1. Combine all ingredients except salt and pepper in blender and process until smooth.
2. Add salt and pepper to taste

Sesame Dip

INGREDIENTS

- 4 T tahini
- 2 T miso paste
- 2 T soy sauce
- 2 t mirin or sherry
- 2 t lemon juice
- 2 t sesame oil
- 1 garlic, minced

PREPARATION

1. Combine all ingredients in blender.
2. Blend on high until everything is incorporated

Soy-Ginger Dressing

INGREDIENTS

- ¼ C toasted sesame oil
- ¼ C soy sauce
- 1 lemon, juiced or 3 T rice vinegar
- 3 T honey
- 3 cloves garlic
- 1-2" peeled ginger
- ¼ C peanut oil

PREPARATION

1. Combine all dressing ingredients in blender except oil.
2. Puree gradually adding oil until smooth.

Strawberry Dressing

INGREDIENTS

- ½ C strawberries, hulled
- 2 T balsamic vinegar
- ½ T Dijon mustard
- 1 T honey
- 1 clove garlic, peeled
- ¼ C olive oil

PREPARATION

1. Combine all dressing ingredients in blender and puree until smooth.
2. Dress with pureed sauce and sprinkle with seeds or nuts.

Stroganoff Sauce

INGREDIENTS

- 3 T butter
- 1 onion, chopped
- 1+ C mushrooms, sliced
- 2 T flour
- 1 C stock
- 1 T Dijon mustard
- 1 C crème fraîche

PREPARATION

1. Melt butter in pan used to sear meat and sauté onions until soft.
2. Add mushrooms and cook until golden.
3. Add flour, cook, stirring vigorously until well mixed.
4. Slowly add stock with constant stirring.
5. Add mustard and crème fraîche, stir.
6. Simmer until thickened, about 5 min.

Tarragon Sauce

INGREDIENTS

- 1 garlic clove, minced
- 1 T butter
- ¼ C white wine
- 1 C cream
- ½ C chopped tarragon
- 1 t Better Than Bouillon (Chicken)
- 1 lemon, juiced
- Salt and pepper to taste

PREPARATION

1. Sauté garlic in butter until beginning to brown.
2. Add wine and cream plus ½ C or more of chopped tarragon plus 1 t “Better Than Bouillon” (chicken).
3. Reduce sauce for about 10 min to ½ C.
4. Add lemon juice.
5. Salt and pepper to taste.

Tonnato Sauce

INGREDIENTS

- 2 oz anchovies in olive oil
- 3 oz tuna in olive oil
- 1 egg yolk
- 2 T grainy mustard
- 1 lemon, juiced
- ½ C olive oil

PREPARATION

1. Place first 5 ingredients in blender.
2. Blend while slowly adding olive oil until thick. Add water if needed to thin enough to pour.

Truffle-Lemon-Soy Sauce/Dressing

INGREDIENTS

- 2 T truffle juice
- 2 T lemon juice
- 2 T soy sauce
- ½ C olive oil (optional)
- ½ C cream (optional)

PREPARATION

1. Combine first three ingredients, mix.
2. Use as dip for meat, fish or vegetables.
3. **Option 1:** Add olive oil, shake well and use as salad dressing.
4. **Option 2:** Deglaze skillet used to cook fish or meat with cream. Add 2 T truffle-soy-lemon mixture and reduce by ½. Pour over fish or meat or pasta.

Watercress Cream Sauce

INGREDIENTS

- 1 T Butter
- 2 shallots, chopped
- ½ C white wine
- ½ C cream
- Bunch of watercress, chopped

PREPARATION

1. Melt 1 T butter, add 2 shallots-chopped, cook about 3 min until soft.
2. Add ½ C white wine and ½ C cream, bunch of watercress (about 1 C), chopped and reduce to half.
3. Puree in blender and return to pan and reheat.

Wine Balsamic Reduction

INGREDIENTS

- 1 C red wine
- 2 T balsamic vinegar
- 2 shallots, minced
- 3 T butter

PREPARATION

1. Prepare in same pan if one was used to sear meat or fish.
2. Deglaze pan with wine, shallots and vinegar.
3. Reduce to about one third.
4. Add 3 T butter, serve warm.

Yellow Mole Sauce

INGREDIENTS

- 4 chiles, trimmed and seeded
- 1 lb tomatillos, husks removed
- 1 tomato
- 4 garlic cloves
- 2 whole cloves
- 1 t cinnamon
- 1 t oregano, dried
- 3 T oil
- 1 onion, chopped
- 5 C stock (vegetable, chicken or meat, depending on use)

PREPARATION

1. Cover chiles, tomatillos and garlic with water, bring to a boil and simmer 10 min.
2. Transfer vegetables and tomato to a blender, add cloves, cinnamon, oregano, 2 t salt and puree until smooth.
3. Sauté onion in 3 T oil over medium high heat until translucent, stir in tomatillo purée and cook until thickened (10 min).
4. Add stock and simmer 15 min.

Desserts

Berry Ambrosia

INGREDIENTS

- 1 pt raspberries
- 1 pt strawberries, hulled and sliced
- 1 pt blackberries
- 1 pt blueberries
- 1 lemon, juiced (about 2 T)
- 1 T orange blossom water
- 2 T sugar-free syrup*
- Whipped Cream
- 1 C heavy cream
- 1 T vanilla
- 2 T sweetener

PREPARATION

1. Rinse berries well in a colander with hot running tap water. Drain
2. Combine berries and all remaining ingredients in a container. Stir gently to distribute the lemon juice.
3. -Cover and refrigerate. Will keep up to one week. Serve alone or-
4. Serve with freshly whipped cream**.

NOTES
* Syrup should be equal in volume to lemon juice and just enough to balance the sourness of the lemon. 1-2 T of any sugar or substitute can be used.
** Beat cream until soft peaks form

Chocolate Mousse

INGREDIENTS

- 6 oz unsweetened chocolate, chopped or chips
- 2 eggs, separated
- 1 C erythritol or sugar free powder
- ½ t salt
- 1-1½ C syrup*-sugar free
- 1 T brandy or other liqueur
- 1 t espresso powder
- ½ t cream of tartar
- 1 C heavy cream
- 1 t vanilla

PREPARATION

1. Melt chocolate in the top of a double boiler at low heat, with constant stirring.
2. Whisk egg yolks with erythritol and salt.
3. Add brandy and syrup to melted chocolate off the heat.
4. Whisk espresso powder, followed by egg yolk mixture.
5. Whisk egg whites and cream of tartar until soft peaks form then slowly fold into chocolate mixture.
6. Beat cream with vanilla until soft peaks form. Fold into chocolate slowly.
7. Spoon into martini glasses and cool before serving.

NOTES
*Use unflavored syrup, caramel or vanilla flavored

Chocolate Strawberries

INGREDIENTS

- 4 oz unsweetened chocolate, chopped or chips
- 1/8 C heavy cream
- 3 T erythritol or sugar free powder
- 2 t vanilla
- 1 pint strawberries, washed and dried

PREPARATION

1. Melt chocolate and combine with next 4 ingredients in the top of a double boiler at low heat, with constant stirring.
2. Taste for sweetness and adjust if necessary.
3. Prepare parchment paper on a flat dish.
4. Dip strawberries into hot chocolate and set on parchment paper to cool.

Custard

INGREDIENTS

- 8 eggs
- 1 C heavy cream
- 1 C syrup-sugar free (vanilla or caramel flavor)
- 1 T vanilla
- ¼ t nutmeg
- ¼ t cinnamon
- 2 T erythritol

PREPARATION

1. Heat oven to 325°F.
2. Put all ingredients except erythritol in a blender. Blend on low until well combined.
3. Pour into ovenproof mugs or custard dishes.
4. Place mugs in a large baking pan half filled with water and bake 45 min or until center is set.
5. Sprinkle erythritol on top and place under broiler for a few minutes until melted and starting to brown. Watch carefully!

Fruit Cheesecake Cupcakes

INGREDIENTS

- 8 oz. cream cheese
- 2 t vanilla extract
- ½ lemon, juiced
- ½ C sweetener
- 2 eggs
- ½ C fruit (blueberries, cherries, etc)
- 6i cupcake liners

PREPARATION

1. Preheat oven to 375° F
2. Mix the cream cheese, vanilla, lemon juice and sweetener until smooth. Begin with all ingredients at room temperature.
3. Add 1st egg and beat until smooth
4. Add 2nd egg and repeat, fold in fruit
5. Place cupcake liners in cupcake pan. Gently spoon the mixture into liners.
6. Bake 30-40 min, until set. Enjoy.

Lemon Cheesecake

INGREDIENTS

Crust

- 1 ¼ C almond flour
- 3 T butter, melted
- 3 T erythritol or sugar substitute

Filling

- 3-8 oz. pkgs cream cheese*
- 1 ¼ C liquid sweetener** (vanilla)
- 1 T vanilla extract
- ½ t salt
- 4 eggs, room temperature
- ¼ C lemon juice
- 1 T lemon zest
- ¼ C heavy cream

PREPARATION

1. Preheat oven to 375°F.
2. Prepare a springform pan with parchment paper over the bottom (can stick out when closed). Grease sides and bottom and wrap the outside of pan in heavy-duty foil (bottom and sides).
3. Combine crust ingredients well and press evenly into bottom of pan. Bake for 10 min until starting to brown. Cool.
4. Beat the cream cheese until fluffy.
5. Add sweetener, vanilla, salt and 2 eggs and beat well.
6. Add remaining 2 eggs and beat well, then lemon juice, zest and cream. Should be smooth. Pour into pan over crust.
7. Place pan into a large baking pan in oven half filled with boiling water.
8. Bake for 60 min or until cheesecake is mostly firm.
9. Remove foil and open side of pan. Cool for at least an hour before serving.

NOTES
* Important to let warm to room temperature for ease of mixing
** such as DaVinci or Torani sugar-free vanilla syrup.

Lemon or Vanilla Custard Pudding

INGREDIENTS

- 3 eggs
- 1 C heavy cream
- ½ C sweetener
- 1 C cottage cheese, small curd
- 1 T lemon* juice or vanilla

PREPARATION

1. Heat oven to 350°F.
2. Grease 8 x 8 in baking dish.
3. Put all ingredients in a blender. Pulse on low until combined.
4. Pour into prepared baking dish.
5. Bake for about 1 hour until browned.

NOTES
** such as DaVinci or Torani sugar-free vanilla or caramel syrup.

Lemon Mousse

INGREDIENTS

Lemon Curd

- 4 T butter
- ½ C lemon juice
- 1 C sweetener*
- 3 eggs
- 1 egg yolk
- Pinch of salt

Mousse

- 2/3 C heavy cream
- 1 t vanilla
- 2-3 T sweetener
- Berries or mint (optional)

PREPARATION

1. Curd: Cut butter into 8-12 pieces, put in freezer while heating the curd ingredients.
2. Blend remaining ingredients together with an immersion blender in top of a double boiler.
3. Heat slowly with stirring to 170°F or until thick enough to coat spoon.
4. Remove from heat and add butter with stirring until butter is melted.
5. Refrigerate until cool with plastic wrap on surface to prevent skin forming (1-2 hr).
6. Mousse: Whip cream with vanilla and sweetener.
7. Fold chilled curd into whipped cream and top with berries or mint if using.

NOTES
* such as DaVinci or Torani sugar-free vanilla syrup.

Peanut Butter Fudge

INGREDIENTS

- 6 oz unsweetened chocolate, chopped or chips
- 1 C peanut butter
- ¼ C heavy cream
- ½ C sweetener*
- 1 C erythritol or sugar free powder
- 1 t vanilla

PREPARATION

1. Melt chocolate and combine with other ingredients in the top of a double boiler at low heat, with constant stirring.
2. Taste for sweetness and adjust if necessary.
3. Pour into greased 4x8 baking dish, spread and cool.
4. Cut into squares.

NOTES
* such as DaVinci or Torani sugar-free vanilla syrup.

Pecan Pie

INGREDIENTS

Crust

- 1 ¼ C almond flour
- 3 T butter, melted
- 3 T erythritol or sugar substitute

Filling

- 12 oz. bottle maple syrup
- 4 eggs
- ¼ granular sweetener
- 5 T butter, melted
- 1 t vanilla extract
- ½ t salt
- 2 C pecan pieces, roasted 8 min at 375°F*

PREPARATION

1. Preheat oven to 375°F.
2. Prepare a springform pan with parchment paper over the bottom (can stick out when closed). Grease sides and bottom and wrap the outside of pan in heavy-duty foil (bottom and sides).
3. Combine crust ingredients well and press into bottom of pan. Bake for 10 min until starting to brown. Cool.
4. Bring syrup to a simmer and reduce by half (10 min). Cool.
5. Whisk eggs, sweetener, butter, salt and vanilla.
6. Whisk in cooled syrup, slowly.
7. Add pecans, mix, and pour onto prepared crust.
8. Place pan into a large baking pan in oven half filled with boiling water.
9. Bake for 40 min or until pie is mostly firm.
10. Remove foil and open side of pan. Cool for at least an hour before serving.

NOTES
*Nuts have more intense flavor when roasted

Poke Cake

INGREDIENTS

- 1 ½ C almond flour
- ¾ C coconut flour
- 6 oz. cream cheese
- 1 C butter
- 1 C sweetener
- 1 T vanilla extract
- 1 ½ t lemon juice
- ½ t salt
- 9 eggs, room temperature
- 1 pkg strawberry* sugar free jello
- 1 C heavy cream, whipped
- 1 pint strawberries*, hulled and sliced

PREPARATION

1. Preheat oven to 350°F.
2. Grease a 9x13 in glass pan.
3. Mix first nine ingredients together until smooth, pour into prepared pan and bake 45 min.
4. Prepare jello according to package directions while cake is cooking.
5. When cake is baked, poke holes in cake every ½ in with round thin object like a pencil. Pour jello over cake. It will seep in. Cool.
6. Layer whipped cream and strawberries over each serving.

NOTES
*Can substitute raspberries or other fruit for strawberries

Pumpkin Cheesecake

INGREDIENTS

Crust

- 1 ¼ C almond flour
- ½ t ginger
- ½ t cinnamon
- 4 T butter, melted
- 4 T erythritol or sugar substitute

Filling

- 3 8-oz. pkgs cream cheese*
- 2 ½ t cinnamon
- 1 t nutmeg
- ¾ t ginger
- ¼ t allspice
- ¼ t cloves
- ½ t salt
- 1 ¼ C liquid sweetener**
- 1 can pumpkin (15 oz)
- 1 T vanilla extract
- 5 eggs, room temperature
- ½ C heavy cream

PREPARATION

1. Preheat oven to 375°F.
2. Prepare a springform pan with parchment paper over the bottom (can stick out when closed). Grease sides and bottom and wrap the outside of pan in heavy-duty foil (bottom and sides).
3. Combine crust ingredients well and press evenly into bottom of pan. Bake for 10 min until starting to brown. Cool.
4. Beat the cream cheese until fluffy.
5. Add spices and sweetener and beat well.
6. Add pumpkin and vanilla and beat well.
7. Add 3 eggs and beat again.
8. Add remaining eggs and cream and beat. Should be smooth. Pour into pan over crust.
9. Place pan into a large baking pan half filled with boiling water. Lower oven temperature to 325°F.
10. Bake for 60-90 min or until cheesecake is mostly firm.
11. Remove foil and open side of pan. Cool for at least an hour before serving.

NOTES
*Cream cheese needs to be at room temperature.
** such as DaVinci or Torani sugar-free vanilla syrup.

Rhubarb Fool

INGREDIENTS

- 16 oz rhubarb, chopped*
- 5 T sugar substitute
- 10 oz heavy cream
- ¼ C Greek yogurt
- mint leaves

PREPARATION

1. Put rhubarb in sauce pan with 4 T sweetener and simmer gently until rhubarb is very soft.
2. Separate liquid from rhubarb and save separately. Cool.
3. Whip the cream until soft peaks form, stir in yogurt and 1 T sweetener. Fold in cooled rhubarb. Cool.
4. Serve in wine or martini glasses topped with rhubarb liquid and mint.

NOTES
* Remove strings before chopping if desired

Strawberry Shortcake

INGREDIENTS

- 1 qt strawberries, hulled and sliced
- 1 lemon, juiced, (about 2 T)
- 2 T sweetener*
- 6 almond flour biscuits

Whipped cream

- 2/3 C heavy cream
- 1 t vanilla
- 2-3 T sweetener

PREPARATION

1. Rinse berries well in a colander with hot running tap water. Drain.
2. Combine berries, lemon juice and sweetener in a bowl. Stir gently to distribute the lemon juice.
3. Cut almond biscuits in half, place in 6 small bowls and distribute berries among the bowls.
4. Beat cream, vanilla and sweetener until soft peaks form.
5. Top with whipped cream and serve.

NOTES
* Sweetener should be equal to volume of lemon juice

Two-minute Cake

INGREDIENTS

- ¼ C almond flour
- 1 T coconut flour
- 2 T butter, melted
- 1 egg
- 1 T cream
- ¼ t baking powder
- 2 T Dutch cocoa
- 2 T sweetener
- 3 T dark chocolate chips

PREPARATION

5. Melt 1 T butter in a 14-16 oz cup.
6. Add the rest of the ingredients and whisk until combined.
7. Cook in microwave for 2 min.
8. Remove from the microwave and allow to cool for a minute or two.
9. Invert cup. Slice cake.
10. Optional: Top with berries and/or whipped cream.