



Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself.

Purification Approved Recipes

Bon Appetit! ☺

- ❖ Good food is the source of good health and energy for your body.
- ❖ Choose foods that are high in nutrients compared to the number of calories they provide.
- ❖ Eat twice as many servings of vegetables as fruit.
- ❖ Raw vegetables lightly steamed or sautéed is always preferred.
- ❖ Microwaving denatures food and is not recommended.
- ❖ When a recipe calls for a olive oil to be heated, you can substitute it for unrefined organic Virgin Coconut Oil, as its' molecular structure does not change at high temperatures.
- ❖ In place of boiling vegetables, you can choose to lightly steam them. This will preserve their nutrient content. ☺



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ARTICHOKES

Artichokes

1 lb artichokes, or 4 oz frozen or canned
 ½ cup cider vinegar
 ¼ cup organic honey
 ¼ tsp dill seeds

½ tsp mustard seeds
 ½ tsp tarragon
 1 tsp parsley
 1 tsp chopped fresh dill
 Sea salt and black pepper to taste

If using fresh artichokes, scrub the artichokes well, but do not peel. Slice into quarter-inch thick slices. Blanch the slices in boiling water for a minute or so. Drain and set aside in decorative serving bowl. If using frozen or canned, thaw frozen and drain canned.

In a small saucepan, place vinegar, honey, and dill and mustard seeds. Bring to a boil. Remove from heat. Pour over artichokes. Add remaining tarragon, parsley and fresh dill to the dish. Season with salt and pepper. Toss lightly. Refrigerate.

****Tastes good served as a chilled salad on a bed of baby spinach.***

ASPARAGUS

Steamed Asparagus

1 bunch asparagus spears
 1 tsp butter

¼ tsp sea salt
 3 cups water

Place water in the bottom half of a steamer pan set. Add salt and butter, and bring to a boil. Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler. Place them in the top half of the steamer pan set. Steam for 5 to 8 minutes depending on the thickness of the asparagus, or until asparagus is tender.

Roasted Asparagus

1 lb. Asparagus

1 ½ T Olive oil
 ½ tsp Sea salt

Preheat oven to 425°. Cut off the woody bottom part of the asparagus spears and discard. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears; this keeps the asparagus from being "stringy". Place asparagus on foil-lined baking sheet and drizzle with olive oil. Sprinkle with salt. Roll the asparagus around until they are evenly coated with oil and salt. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them; they should be tender when pierced with the tip of a knife. The tips of the spears will get very brown but watch them to prevent burning. These are great plain, but if you want extra flavor, add some light vinaigrette or balsamic dressing over the asparagus.

Baked Asparagus with Spinach and Rice

1 T olive oil	½ cup vegetable broth
1 cup chopped onion	Sea salt
1 cup brown or wild rice	Dash of nutmeg
4 oz fresh spinach leaves	1 ½ cup asparagus, sliced into 1 inch pieces

Preheat oven to 400° F. Cook rice according to directions. Over medium low heat, sauté onions until softened; stir in rice. Add spinach, salt, nutmeg, and broth. Bring to a simmer and cook 7 minutes. Cover and bake 15 minutes. Stir in asparagus and bake for an additional 15 minutes or until liquid is almost absorbed.

AVOCADO

Guacamole

2 Ripe Avocados, pitted and mashed	2 T Green onions
1-2 Garlic cloves, minced	½ T Lemon juice
½ Tomato, diced	Salt

Mix ingredients, chill for an hour or two to allow flavors to blend. Enjoy with celery sticks, bell pepper strips, or another healthy choice that is SP Purification Approved.

Avocado and Zucchini Salad

1 lb of zucchini	6 tablespoons of olive oil
1 garlic clove, minced	2 tablespoons of white wine vinegar
1 large avocado	2 teaspoons of salt
2 ½ cups of water	1 teaspoon of honey
12 stuffed green olives	Lettuce leaves
4 sprigs of watercress, to garnish	Pinch of dried tarragon
	Freshly ground black pepper, to taste

Wash the zucchinis, then trim off the ends and cut into slices ½-inch thick. Bring the water to the boil and add the zucchini slices and 1 teaspoon of the salt. Cover and cook for 4-5 minutes, drain and set bowl aside. In a cup, mix together 1 teaspoon of salt, honey, the minced garlic, dried tarragon, black pepper, white wine vinegar and olive oil to produce the dressing. Pour the dressing over the zucchini and mix thoroughly. Marinate in refrigerator overnight. Peel the avocado, remove the stone, and cut into thin slices. Drain the zucchinis and reserve the marinade. Cut the stuffed olives in half. Place each of the lettuce leaves onto its own plate, then arrange the avocado slices, zucchinis and olives over. Garnish each plate with a watercress sprig.

Use the reserved marinade as dressing.

Avocado and Smashed Peas Spread

1 16-oz pkg. frozen sweet peas
1 avocado, pitted and mashed
1 T olive oil
4 cloves garlic, sliced

2 T lemon juice
1-2 tsp. freshly ground black pepper
½ tsp sea salt
¼ cup snipped fresh mint

In a medium pot, cook peas in a small amount of water for about 5 minutes then drain, or for a healthier option steam until done. Transfer to food processor and puree with avocado. In a small skillet, heat oil over medium heat and sauté garlic 1-2 minutes. Stir in garlic to puree, along with lemon juice, pepper, salt, and mint.

Simple Avocado and Tomato Salad

2 Medium ripe tomatoes, chopped
1 avocado, pitted and chopped
¼ cup red onion, diced

1 T balsamic vinegar
1 tsp lemon juice
Sea salt and fresh pepper

Combine all ingredients in small bowl and toss together. Let stand 5 minutes before serving.

**** Health tip: Avocados contain oleic acid, a monounsaturated fat that may help to lower cholesterol, and also contain high amounts of potassium, a mineral that helps regulate blood pressure.***

BEETS, RED

Steamed Organic Red Beets

Steam for 20-30 minutes or until soft. Add salt and pepper or other spices, if desired.

Roasted Beet, Onion, and Orange Salad

1 pound beets, *preferably very small ones*
1 tablespoon extra-virgin olive oil
Salt and freshly ground pepper
20 large pearl onions, *about 1/2 pound*
2 oranges, *peeled and cut into wedges*
2 tablespoons hazelnut oil

1 tablespoon coarsely chopped fresh coriander leaves (*also known as cilantro*) plus extra for garnish
1/2 cup freshly squeezed orange juice
2 tablespoons hazelnuts, *toasted and peeled*

Preheat the oven to 400 degrees F. Cut the stems and tails off the beets, do not peel. Line the bottom of a baking pan with foil and place the beets in the pan and toss them with half of the olive oil, salt and pepper. Roast for 25 minutes.

Trim both ends off the pearl onions. Then toss them with remaining olive oil and salt and pepper. Add pearl onions to the beets and roast an additional 15 minutes, until beets and onions are tender.

Peel and remove the membranes from the oranges with a sharp paring knife. Cut the oranges in half lengthwise and then crosswise into thin slices. Seed the slices, if necessary.

Peel and quarter the beets. Lay the beets on a large platter. Top the beets with the orange pieces. Scatter the roasted onions around the beets.

In a medium bowl, combine the hazelnut oil, coriander, and orange juice. Whisk until well combined and season with salt and pepper.

Drizzle the dressing on top and sprinkle with coriander. Serve immediately.

Glazed Baby Beets

20 baby beets, *scrubbed*
2 cups apricot juice

3 T white balsamic vinegar
2 T honey

In a large sauté pan, add the beets and the apricot juice. Cover and cook on medium high for 10 minutes. Add the vinegar and honey and cook for another 10 minutes. Pull off of the heat and keep covered for an additional 5 minutes.

**** Health tip: The purple pigment in beets, betacyanin, is a powerful cancer-fighting agent. Beets are also a good source of folate, which is essential to numerous bodily functions such as cell division and growth.***

BOK CHOY

Baby Bok Choy with Garlic

1/8 cup unsalted butter
5 tsp garlic, minced

12-14 baby bok choy, washed
1 ½ cups vegetable broth

Melt butter in heavy large skillet over moderate heat. Add minced garlic and sauté about 2-3 minutes until barely golden-brown. Add bok choy and vegetable broth and simmer until bok choy is tender, turning occasionally, about 8 minutes. Season with salt and pepper. Use a slotted spoon to serve.

Bok Choy, Carrot and Apple Slaw

3 Heads baby bok choy
1 tsp sea salt
1 apple, peeled and cut into matchstick pieces

1 carrot, peeled and cut into matchstick pieces
1 ½ T Lemon juice
1 ½ tsp olive oil
½ tsp fresh grated ginger
Freshly ground pepper

Cut bok choy in half lengthwise and cut stem off as well as any bruised leafy tops. Rinse each half thoroughly and slice each half crosswise into thin strips. Place all in a colander and rinse lightly and shake until most of water has drained. Coat top with 1/2 tsp salt, and cover with a plate that fits inside the colander.

Meanwhile place apple and carrot matchstick pieces in a medium bowl. Add lemon juice, canola oil, and ginger. Add bok choy to the bowl with the apple and carrot. Add 1/2 tsp coarse salt and some freshly grated pepper to taste. Stir and refrigerate for at least 15 minutes before serving.

BROCCOLI

Steamed Broccoli

1 cup broccoli florets

Sea salt and pepper to taste

Add enough water to come just below the bottom of the steamer basket. Bring to a boil. Reduce heat to medium. Add broccoli to basket and cover with a lid. Steam for 5-7 minutes, depending on your tenderness preference. Sprinkle with salt and pepper if desired.

Roasted Broccoli with Garlic and Chile

1 head of broccoli, cut into long florets
2 T olive oil
5 garlic cloves
Salt

Pepper
½ tsp red-pepper flakes
1-2 T Lemon juice

Preheat oven to 450°. On a rimmed baking sheet, toss together broccoli, olive oil, garlic cloves, and red-pepper flakes. Season with salt and pepper. Roast until broccoli is browned and tender, about 20 minutes, stirring halfway through. Toss with 1-2 T fresh lemon juice.

Broccoli, Mushrooms, and Tomatoes

2 bunches broccoli
2 onions, cut into slivers
8 mushrooms, washed and sliced

6 large tomatoes, *cut into small pieces*
3 Tbsp. oil
Sea salt

Cut broccoli into flowerettes. Use part of the stems, cutting on the diagonal, about 3/8 inch thick. Steam broccoli until almost tender. Sauté the onions and mushrooms in the oil until onions are barely transparent, and add the tomatoes and salt. Balsamic vinegar may also be added to taste, if desired. Let sauce cook down for 30 minutes. Add partially steamed broccoli and continue simmering for another 5-10 minutes to blend the flavors.

Broccoli Coleslaw Salad

1 bag of broccoli slaw
1 bag of coleslaw
½-1 Red onion, *chopped*

2-3 Apples, *chopped*
2 Garlic cloves, *minced*
4 T olive oil
2 T balsamic vinegar

Mix all ingredients together and allow it to sit overnight for flavors to blend.

BRUSSEL SPROUTS

Steamed Brussels Sprouts

1 pint Brussels sprout, *halved, outer leaves removed, bottoms trimmed*

1/4 cup butter (*1/2 stick*)
1/2 teaspoon salt
1 lemon, *grated for rind, then halved*

In a medium pot with tight-fitting lid, set a steamer basket over 1 ½ inches of water. Add brussels sprouts and steam over high heat until tender, about 10 minutes.

Melt butter in a large skillet over medium-high heat. Add salt and cook, watching carefully, until butter sizzles, browns slightly, and gives off a nutty aroma. Squeeze the juice from the lemon halves into the pan and add the zest. Stir in the Brussels sprouts and cook, shaking the pan occasionally until warmed through.

Brussels Sprouts in Garlic Butter

15 Brussels sprouts, halved lengthwise
1 T Butter

1 T Olive oil
3 Garlic cloves, *smashed with the flat of a knife*
Sea salt and fresh ground pepper, to taste

Melt butter and olive oil in a medium skillet (over medium-high heat) until butter is foamy. Reduce heat to medium, add smashed garlic and cook until lightly browned. Remove garlic and discard. Add sprouts cut side down, cover, and cook without stirring on medium-low heat 10-15 minutes or until tender when pierced with a knife. The cut side of the sprouts should get nice and browned, with a nutty, buttery flavor enhanced by garlic.

CABBAGE

Frizzled Cabbage

1 T butter

1/4 Medium green cabbage

Core and very thinly slice the cabbage. Melt butter in a large skillet over medium heat until cooked at a desired consistency.

Chop Suey

2 cups cabbage, shredded

½ cup Chinese cabbage

½ cup bok choy

½ cup swiss chard

½ cup mushrooms, sliced

½ cup green bell pepper, *cut into ¼-inch strips*

1 cup bean sprouts

½ cup oil

5/8 cup arrowroot

½ cup soy sauce

2 ½ cups water

Heat the oil in a heavy skillet or a wok. Sauté the vegetables in the following order: first, the onion and green pepper; second, mushrooms; and third, the cabbage, bok choy, and swiss chard. Add the bean sprouts after taking the pan off the stove. As soon as the bean sprouts are added, pour in the sauce made from mixing the last three ingredients, making sure that the arrowroot is well dissolved in the liquid. Put the pan back over medium heat. Stir and cook until the sauce thickens. Serve over rice.

Cabbage Soup

1 Medium head cabbage, finely chopped

1 Large green pepper

½ Head celery

3 Large onions

One can diced tomatoes

4 cups vegetable broth

Salt

Pepper

Garlic powder

Parsley

Bay leaf

Olive oil for sautéing

Place washed and chopped vegetables in a stock pot, sauté for 4 minutes. Add broth, tomatoes and spices. Cook until soup is hot. Remove bay leaf.

CARROTS

Sautéed Carrots

Carrots

1 T Extra Virgin Olive Oil

Sea salt

Wash and peel desired amount of carrots. Cut into long, thin strips. Heat olive oil in sauté pan, 1 minute or until oil is hot. Add carrots, sauté for 8-10 minutes or until cooked al dente. Season with sea salt.

Carrot Raisin Salad

2 Cups carrots, grated

½ Cup raisins or currants

½ Cup honey

¼ Cup oil

¼ Cup lemon juice

Mix all ingredients together.

Vegetable Soup

6 cups or more chopped vegetables, such as
carrots, celery, onions, watercress, cabbage,
parsley, leeks, and/or cauliflower
6 Tbsp. butter or oil
(unrefined organic Virgin Coconut Oil)

8 cups water **OR** part water & tomato juice
Sweet basil
Paprika
Celery seed
Sea salt

Chop vegetables for soup. Sauté them for 5 minutes in butter or oil (but don't let them brown). Add to boiling water (or water/tomato juice mixture). Simmer the soup, partially covered, for about an hour. Season to taste with spices and salt.

Carrots with Honey Mustard Sauce

1 lb. carrots
1 tsp Dijon mustard

2 tsp honey
2 T extra virgin olive oil

Fill the bottom of the steamer with 2 inches of water. While steam is building up in steamer, cut carrots into ¼ inch slices. Steam carrots for 5 minutes. Combine mustard, honey, and olive oil. Remove carrots from heat and toss with honey mustard mixture.

CAULIFLOWER

Roasted Cauliflower

1 Head cauliflower
4 T olive oil

1 tsp garlic powder
1 tsp sea salt, to taste

Preheat oven to 425. Cut the cauliflower in half, top to bottom and place cut side down on cooking sheet. Drizzle olive oil over cauliflower and sprinkle on garlic powder and salt. Cook for 1 hour, turning 3 times, until it is cooked to a golden brown in color. Serve immediately and enjoy!

Mock Mashed Potatoes

2 cups Cauliflower, finely chopped

1-2 T Butter
Sea Salt and pepper

Steam or microwave cauliflower until very soft. Put cauliflower in blender or food processor with butter. Process or blend until creamy like mashed potatoes. Add seasonings to taste and serve immediately. Minced chives make a nice topping.

Grilled Cauliflower

1 Head cauliflower
¼ cup butter

1 ½ tsp sea salt
1 tsp pepper

Remove stem and leaves from cauliflower, wash and pat dry. Spread the butter over the cauliflower. Sprinkle with salt and wrap head of cauliflower in heavy duty aluminum foil. Grill over medium heat about 40 minutes or until desired tenderness (test with toothpick).

CELERY

Lemony Celery Soup

4 Sweet Potatoes	4 cups vegetable broth
8 Stalks celery, thinly sliced	3 T Lemon juice
4-6 Green onions, sliced	1 cup spinach leaves, steamed
2 T Butter	Slivers of fresh lemon rind
	Salt and pepper to taste

Peel and thinly slice potatoes. Combine with celery and onions. In saucepan, heat butter and add veggies and sauté, stirring for 2 to 3 minutes. Pour in the broth and lemon juice, bring to a boil. Cover and simmer for 15 to 20 minutes or till tender. Puree using blender, then return to pan and stir in seasonings. Add spinach, and heat till spinach is limp. Garnish with slivers of lemon rind.

Celery Slaw

¼ cup extra-virgin olive oil	1 garlic clove, finely chopped
3 T apple cider vinegar	6 ribs celery, thinly sliced
½ cup flat-leaf parsley leaves, finely chopped	Sea salt
	Pepper

In a medium bowl, whisk together ¼ cup olive oil and vinegar, then whisk in the finely chopped parsley and garlic. Stir in the celery and season with salt and pepper.

CUCUMBERS

Picnic Cucumbers

½ tsp salt	1 Spanish onion, thinly sliced
1-2 Long English cucumber, sliced very thin	8 T white vinegar
3 T honey	6 T water
2 T Olive oil	½ tsp Dill, optional

Slice cucumbers as thin as you can. Arrange cucumber slices in a bowl in layers, salting between layers. Sprinkle the cucumbers with salt, don't over salt them. Let stand 2 hours. Rinse with cold water until no salt remains. Make sure you rinse salt out of cucumbers extremely well or the salty taste will stay. Drain well and pat dry. Thinly slice red onions and break apart rings. In a separate bowl, mix honey, dill and oil, then add vinegar and water. Add more honey or vinegar if not sweet or sour enough. Add onions and cucumber to vinegar dressing. Mix well. Cover and refrigerate for a couple hours, stirring frequently to blend flavors. Then enjoy!

Chilled Cucumber-Red Onion Salad

1 large cucumber	1 T chopped fresh dill or mint
Vinaigrette dressing	1 plum tomato, thinly sliced, or 3-4 cherry tomatoes, halved
1/8 red onion, thinly sliced	

Peel the cucumbers, if desired, and thinly slice them. Place the slices in a salad bowl, along with the red onion and tomato. Sprinkle the dill or mint over the salad, then drizzle with the salad dressing and toss well. Cover the bowl and chill in the refrigerator for several hours for best taste.

EGGPLANT

Baked Eggplant

2 large, firm, dark purple eggplants (small eggplants have less bitter skin)

Tomato slices

Sea salt

Oregano

Olive oil

Basil

Preheat oven to 400 degrees. Cut eggplant into ½-inch thick rounds and place in a baking pan. Brush with oil. Bake 6-7 minutes, turn over, and brush with oil. Sprinkle salt and herbs on each slice, and put one tomato slice on each. Return to oven and bake until juicy and tender, about 8 minutes.

Pan Fried Eggplant

2 medium eggplants (white or purple)

1-2 teaspoon salt

3 tablespoons olive oil, divided

2 tablespoons capers

2 tablespoons lemon juice

1 tablespoon balsamic vinegar

2 tablespoons chopped fresh parsley

1 tablespoon chopped fresh basil

1/3 cup finely chopped red onion

1 teaspoon minced garlic

Peel eggplants and slice into 3/4 inch slices. Sprinkle both sides with salt and let sit about 20 minutes to draw out the water.

Blot both sides with paper towel. Heat 1 tbsp olive oil in large non-stick frying pan over medium-high heat. Cook eggplant about 4-5 minutes on each side, until cooked through and browned. Remove eggplant to serving dish.

While eggplant is cooking, combine capers, lemon juice, balsamic vinegar, parsley, basil and 1 tbsp olive oil. For a finely chopped sauce, you can pulse this mixture in a food processor, otherwise can leave as is (if not using capers, leave as is). Add last tbsp olive oil to pan, heat about 30 seconds, then add red onion and sauté 2-3 minutes. Add minced garlic and sauté another minute. Add caper mixture and heat through for about a minute. Pour sauce over eggplant and serve immediately.

Eggplant Casserole

1/3 cup oil

¾ cup onions, thinly sliced

2 cloves garlic, diced

3 green bell peppers, seeded, cored, and cut into strips lengthwise

2 ½ cups eggplant, peeled and diced

3 cups zucchini, cut in ½ inch slices

2 cups tomatoes, sliced

Sea salt

Put oil in a 10-inch cast-iron Dutch oven. Sauté onions and garlic in the oil until golden. Remove onions and garlic and combine in layers (in a deep-dish casserole) with the remaining vegetables, adding a sprinkling of sea salt to each layer. Sprinkle the top of the casserole with a little oil. Cover. Simmer the casserole over very low heat 35-40 minutes, or until vegetables are tender. Uncover and continue to cook for 10 minutes or so to reduce the liquid. Serve hot.

FENNEL

Baked Fennel with Thyme

3 Fennel bulbs, trimmed and split lengthwise

1 T softened butter

Coarse sea salt

4 springs thyme

Preheat oven to 450°F. Boil fennel bulbs, until tender, about 15 minutes. Drain fennel, cut side down, on paper towels, 5 minutes. Place fennel, cut side up, in a buttered 8-inch square baking dish and brush with 1 T softened butter. Season with coarse salt and ground pepper and top with thyme. Bake 20 minutes.

****Fennel tips: Licorice-flavored vegetable that is cultivated mainly for its bulb, which is eaten raw or cooked. Trim it by cutting off the root and removing any tough outer layers. The stalks are best thinly sliced and cooked, and the fronds make a tasty garnish.***

GARLIC

Roasted Garlic

Garlic cloves

1 tsp olive oil (for each clove)

Preheat the oven to 400°F. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic. Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil and bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.

Allow the garlic to cool enough so you can touch it without burning yourself. Using a small knife, cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. Eat as is or mash with a fork and use for cooking or a butter spread.

Pickled Garlic with Mediterranean Flavors

½ cup white vinegar

¾ tsp sea salt

¼ tsp black peppercorns

1 bay leaf

1 small hot chili pepper, of your choice, split up the side

1 cup garlic cloves, peeled

1 T fresh oregano or thyme or rosemary (or a combination of them), coarsely chopped

**** Garlic health tip: Garlic is an excellent source of manganese which helps protect your cells from free-radical damage, as well as keeping your bones strong and healthy.***

GREEN BEANS

Sautéed Green Beans

2 T olive oil

½ lbs. Fresh long stem green beans

Wash and de-stem green beans. Heat oil on medium temperature in sauté pan and add green beans when oil is almost completely hot. Sauté for 10-15 minutes, depending on how crunchy you want the green beans, stirring frequently.

Roasted Green Beans

1 teaspoon sea salt

2 lbs green beans

½ teaspoon fresh ground pepper

1-2 tablespoon olive oil

Preheat oven to 400°F. Wash, dry well, and trim green beans. Put green beans on a cooking sheet or casserole dish, drizzle with oil. Sprinkle with salt and pepper to taste. Use your hands to be sure all the beans are evenly coated and spread them out into 1 layer.

Roast for 20-25 minutes, turning after 15 minutes, until beans are fairly brown in spots and somewhat shriveled. Serve hot or at room temperature.

Colorful String Beans

2 quarts water

½ red bell pepper, seeded and deveined, cut into strips similar in size to string beans

Sea salt

½ yellow bell pepper, and deveined, cut into strips similar in size to string beans

1 lb fresh green and yellow beans, trimmed

1/3 cup chopped fresh cilantro

1 T extra virgin olive oil

Fresh ground black pepper

3 cloves garlic, passed through a garlic press

Fill a big bowl with cold water and a few handfuls of ice cubes. Meanwhile, in a large saucepan, bring 2 quarts salted water to a rolling boil. Add fresh beans and cook until they just turn color – about 4 minutes. Drain the beans and place them in the cold water bath. Drain again and place on a layer of paper towel.

In a large skillet, heat olive oil over medium heat. Add garlic and bell peppers. Sauté briefly and add the drained beans. Cook until all vegetables are heated through. Season with cilantro, sea salt and black pepper. Serve immediately or chill in the refrigerator.

KOHLRABI

Sautéed Kohlrabi

1 tablespoon chopped fresh chervil or parsley

4 small kohlrabies

Salt and freshly ground white pepper

3 tablespoons olive oil

3 tablespoons butter

Peel the kohlrabies and then slice them into 1/4-inch-thick rounds. Cut each round into 1/4-inch-wide strips. Drop into a large pot of boiling, salted water and cook, uncovered, for 10 to 12 minutes or until crisp-tender. Drain in a colander.

Heat the oil and butter in a large skillet until the butter is melted. Add the kohlrabi strips and toss to coat. Sprinkle on the chervil and season with salt and pepper. Stir over medium heat until warmed through. Transfer to a serving dish and serve immediately.

LEAFY GREENS

Sautéed Greens

Prep & Cook Time 15 minutes
 1 Cup Leeks, sliced (about 1 leek)
 4 Cups Kale, chopped
 1 T + ¼ Cup vegetable broth

2 Medium garlic cloves, minced
 1 tsp. Lemon juice
 1 T Extra virgin olive oil
 Sea salt and black pepper to taste

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Sauté sliced leeks in broth over medium-low heat for about 5 minutes, stirring frequently. Add kale and ¼ cup broth. Cover and simmer on low heat for about 7-8 minutes, stirring occasionally. Toss with pressed garlic, lemon juice, olive oil, salt, and pepper.

Lettuce Wraps

Choice of Sautéed Vegetables:
 Peppers, cut in long strips
 Onions, thinly cut
 Carrots, shredded

Zucchini, cut in long strips
 2 T fresh Cilantro, if desired
 1 T Olive oil, for sautéing
 4-6 Iceberg or red lettuce leaves

Sesame Ginger Dipping Sauce

*1/4 cup water
 3/4 teaspoon cornstarch
 1/3 cup honey
 1/3 cup vinegar
 1/4 cup soy sauce substitute, see recipe under dressings and sauces
 1 teaspoon minced ginger
 1 teaspoon oil
 1/4 teaspoon minced garlic
 1 dash red pepper flakes
 1 dash parsley*

Sauté vegetables. Wash whole lettuce leaves and dry. Combine all dipping sauce ingredients. Put all sautéed vegetables in a serving bowl and spoon into individual lettuce leaves and roll up to eat.

Kale Chips

1 bunch kale
 1 T olive oil

1 tsp sea salt
 1 tsp cayenne pepper

Preheat oven to 350. Line a non-insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Pan-Fried Greens

Choose 2 or 3 of the following:

Kale

Collard greens

Mustard greens

Spinach

Bok Choy

Swiss chard

Rhubarb chard

2 Tbsp. vinegar or lemon juice

*2 Tbsp. soy sauce *use soy sauce substitute listed under dressings and sauces*

½ Tbsp. oil

Sea salt

Wash 2 pounds of greens well and cut into 2-inch lengths. Do not drain, but place in a deep skillet with a tight-fitting lid and turn heat to med-high. Cover and steam greens in their own juices until nearly tender. Add remaining ingredients. Finish steaming until tender. Serve piping hot.

Spinach and Sweet Potato Salad

2 lg. sweet potatoes, *peeled & cut into 1" cubes*

¼ cup olive oil

1 tsp sea salt

1 red bell pepper, *chopped*

1 sm. Red onion, *halved and very thinly sliced*

1 T minced fresh ginger

1 tsp ground cumin

1/3 c orange juice (*from 1 orange*)

Freshly ground black pepper

Heat oven to 400°F. Put sweet potato cubes on baking sheet, drizzle with 2 T of the olive oil, sprinkle with ¾ tsp of sea salt, and toss to coat. Roast, turning occasionally, until crisp and brown outside and just tender inside, about 20-30 minutes. Remove from oven but leave on pan until ready to use.

In a nonstick skillet over medium-low heat, add remaining 2 T oil. When hot, add bell pepper, onion, ginger, and remaining ¼ tsp salt. Cook, stirring once or twice, until no longer raw but still crunchy. Stir in cumin and orange juice, turn off heat.

Put spinach in large bowl. Add sweet potatoes, warm dressing, and freshly ground black pepper to taste and toss to combine. Taste and add salt if needed.

Korean Spinach

1 lb. fresh spinach

3 Tbsp. olive oil

Juice of one lemon

1 small onion, *grated*

¼ cup toasted sesame seeds (*optional*)

Wash spinach well, but do not drain. Place over med-high heat in a deep skillet and cover tightly. Cook spinach in its own water until tender, about 3-4 minutes. Chill well and mix with remaining ingredients.

LEEEKS

Braised Leeks

3 Leeks
2 T butter

¾ cup water
Coarse sea salt
Pepper

Half leeks lengthwise; separate layers and rinse well. In a large skillet, melt butter over medium heat and add leeks and water; season with coarse salt and ground pepper. Cover and cook at medium simmer until leeks are very tender, 14-16 minutes.

**Cooking tip: Leeks have a delicate and sweeter flavor than onions, and add a subtle flavor to recipes without overpowering the other ingredients.*

Leek Cauliflower Soup

2 teaspoons olive oil
4 leeks, bulb only, chopped
2 cloves garlic, chopped
4 cups vegetable broth
1 head cauliflower, chopped

2 bay leaves
2 teaspoons ground cumin
½ cup wild rice
2 cups packed fresh spinach
Salt and pepper to taste

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks, cauliflower, and garlic; sauté until tender, about 5 minutes. Stir in the vegetable broth, rice, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the rice. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.

MUSHROOMS

Sautéed Mushrooms

1 tablespoon butter
2 cloves garlic, minced
1 1/2 lbs fresh mushrooms, *sliced*
½ Onion, *thinly sliced*

4 T vegetable broth
1 T balsamic vinegar
¼ tsp ground ginger
Garlic powder (*to taste*)
Black pepper (*to taste*)

Melt butter over medium heat in a large pan. Add garlic and onion, sauté for 1 minute. Add sliced mushrooms, stir to coat, and cook for about 5 minutes. Drizzle vegetable broth, balsamic vinegar and ground ginger into the mushrooms. Sprinkle with garlic powder and black pepper. Continue cooking over medium heat for about 10 minutes or until desired doneness is achieved. Remove from pan and serve.

Mushroom Kebabs

Cherry tomatoes
Small boiling onions
Mushrooms
Pineapple
Summer squash or cauliflower

Soy sauce substitute *see recipe under
sauces/dressings
Lemon juice
Oil
Honey
Arrowroot

Marinate mushrooms overnight in mixture of soy sauce substitute, lemon juice, and oil. Partially cook onions, squash, and cauliflower. Arrange vegetables on skewers. Prepare a sweet-and-sour sauce with remaining marinating liquid from mushrooms by adding honey to taste and enough arrowroot to thicken the mixture (about 3 to 4 Tbsp. per quart of liquid). Broil the vegetables on skewers until lightly seared, about 10 to 15 minutes. Serve on a bed of rice topped with sweet-and-sour sauce.

Portabella Mushrooms

4 portabella mushrooms
1/4 cup olive oil
3 tablespoons balsamic vinegar

2 tsp fresh thyme, *Chopped (or 1/2 tsp/2 mL dried)*
1 pinch salt
1 pinch pepper

Remove thick end of mushroom stem, leaving about 1/2 inch attached to cap. Place, smooth side up in large, shallow glass dish. Combine oil, vinegar, thyme, salt and pepper; pour over mushrooms, turning and brushing to coat evenly. Let stand for 15 minutes. Reserving marinade, place mushrooms, smooth side down, on greased grill over medium-high heat; close lid and cook for 5 minutes. Turn and baste with marinade; cook, covered, for about 3-5 minutes or until mushrooms yield to the touch when pressed.

*** Health tip: Powerful phytonutrients promote optimal health and have shown to help protect our bodies against cancers.**

Vegetable Paella

3 T olive oil
1/2 red onion, *chopped*
1/2 green bell pepper, *chopped*
12 oz mushrooms, *sliced*
2 cloves garlic, *minced*
1 tsp paprika
1 tsp dried oregano
1 tsp dried thyme
1/4 tsp freshly ground pepper

1/8 tsp ground red pepper
1 1/2 cup brown or wild grain rice
2 1/2 cup vegetable stock
1 1/2 cup chopped tomatoes
1 1/2 tsp sea salt
9 oz baby spinach, *roughly chopped*
1 cup frozen peas
1 cup frozen artichoke hearts
2 T red wine vinegar
1/2 cup parsley, *chopped*

Heat oil in paella pan or Dutch oven over medium heat. Add onion and cook until softened, 5 minutes. Add bell pepper and mushrooms, season with salt to taste, and cook stirring until softened, 3-4 minutes. Stir in garlic, paprika, oregano, thyme, and black and red peppers and cook 1 minute.

Add rice and then stock, tomatoes, and salt. Bring to a boil, reduce heat, cover, and cook 15 minutes. Stir in spinach, peas, artichoke hearts, vinegar, and 2 tablespoons of the parsley. Season to taste with salt and ground black pepper. Cover and cook 5 minutes longer. Remove from heat and let stand, covered, 5 minutes. Serve sprinkled with remaining parsley.

PEPPERS

Stuffed Bell Peppers

6 bell peppers
4 cups raw brown rice
2 large onions, *chopped*
4 cloves garlic, *crushed*

8 cups soup stock
3 cups tomatoes, *chopped*
½ cup oil
Sea salt
Cayenne

Leave peppers whole and remove the tops, seeds, and membrane. Cover rice with hot water and allow to stand for 15 minutes. Drain and rinse in cold water. Drain again and dry thoroughly. Place onion and garlic in blender with ½ cup of stock. Puree and set aside. Blend tomatoes separately. Heat oil and sauté rice until golden. Transfer to 8-quart cooking pot. Add onion and tomato purees, stock, salt, and cayenne. Bring to a boil, reduce heat and cook, covered, until almost all the liquid is gone. Stuff peppers with the mixture, and place in a baking dish upright. Cover with Creole Sauce (see Dressings section) and bake at 350 degrees until thoroughly heated.

Stir-Fry Peppers and Mushrooms

2 T Olive Oil
3 Green onions, *sliced*
3 Garlic cloves, *minced*

1 Red bell pepper, *seeded and diced*
1 Yellow bell pepper, *seeded and diced*
1 cup mushrooms, *sliced*
1 tsp sesame oil

Heat oil and stir fry onions (1 minute), then garlic (20 seconds). Then add peppers and mushrooms. Stir-fry until it becomes a bit soft, (about 2 minutes). When done, remove from heat and add the sesame sauce mixing it all together, and serve.

Red Pepper Soup

10-12 medium sweet red bell peppers,
halved, seeds discarded
3 T olive oil or avocado oil
1 med. yellow onion, *peeled & finely chopped*
1 large sweet carrot, *peeled and crushed*
2 large garlic cloves, *peeled and crushed*
1 medium sweet potato, *peeled and diced*
2 tsp fresh thyme

1 T chopped fresh basil
4 cups vegetable stock
2 bay leaves
2 tsp red wine vinegar
1/8th tsp cayenne pepper
Sea salt and fresh ground pepper to taste
1 basil leave for garnish

Preheat broiler. Place peppers cut side down on baking sheet(s). Lightly coat the outside of each pepper with you oil of choice. Place baking sheet under the broiler and place all peppers in a large bowl immediately. Cover tightly with plastic wrap. This helps the peppers sweat, which loosens the skins. Wait until the peppers are cool enough to handle and gently remove the skin from each. Put skinned peppers in a bowl and set aside.

In a Dutch oven or stock pot, heat 1 T oil over medium heat. Add the onion and carrot and cook until the onion is soft and translucent. Add the garlic and sauté briefly. Add potato or sweet potato, herbs, stock, skinned, roasted peppers, and bay leaves. Simmer until all vegetables are soft. When ready, remove the bay leaves and puree the soup until it is smooth. Add vinegar and cayenne pepper. Season with sea salt and freshly ground black pepper. Garnish with a fresh basil leaf and swerve immediately.

****Also good as a base for many other soups! For premade soup of this type, look in the organic section at your grocery store.***

ONIONS

Onion Soup

- | | |
|---|------------------------------------|
| 1-2 T olive oil | 1/2 T honey |
| 4 lg. white onions, <i>sliced thinly into rings</i> | 4 cups vegetable broth |
| 3 garlic cloves, <i>cut in half for adding flavor</i> | Fresh ground black pepper to taste |

Add oil to pan and cook onions and garlic until caramelized. Approximately 1 1/2 - 2 hours. You can leave the garlic cloves in or discard them if you would prefer them not to be in your soup. Add vegetable broth and bring to a boil. Reduce heat, cover and cook for 10 minutes. Season with pepper.

Honey Glazed Pearl Onions

- | | |
|---------------------|------------|
| 2 lbs. Pearl onions | 1 T Honey |
| 1 T Butter | ¼ tsp Salt |

In deep 12-inch skillet over high heat, heat 1 inch water to boiling. Add onions; heat to boiling. Boil 1 minute; drain. Peel onions, leaving a little of the root ends to help hold shape during cooking. In same skillet over high heat, heat 1 inch water to boiling. Add onions; heat to boiling. Reduce heat to Low; cover and simmer 5 to 10 minutes until onions are tender; drain. Wipe skillet dry. In same skillet over high heat, cook onions, butter, and honey, until onions are browned and glazed, 10 minutes.

PARSNIP

Roasted Parsnips

- | | |
|--|---|
| 1 medium sweet potato, <i>cut in french fry size</i> | 2 tablespoons soy sauce <i>*see substitute under dressings and sauces</i> |
| 3 medium parsnips, <i>cut in 1 ½ by ½ pieces, core removed</i> | Salt & pepper |
| 1 teaspoon garlic powder | 1-2 T olive oil for coating vegetables |
| 3 teaspoons cajun seasoning | |

Put the prepared parsnips in boiling water for 5 minutes, drain well. Spread the veggies out in a single layer on paper towels. Spray lightly with olive oil. Sprinkle with the garlic powder, Cajun spice mix & salt/pepper. Transfer the veggies to a baking stone or cookie sheet, single layer. Bake in 350°F oven for 20 minutes, sprinkle with the soy sauce substitute return to oven for a further 10 minutes or until tender. Serve hot.

Parsnip and Carrot Mash

- | | |
|---|--------------------------------------|
| 8 ounces carrots, <i>peeled, cut into 1/4 slices</i> | Sea salt |
| 1 pinch sugar | Pepper |
| 12 ounces parsnips, <i>peeled and cut into 1/4 slices</i> | 4 tablespoons chopped fresh parsley |
| 1-2 tablespoons butter or margarine | <i>or 1 tablespoon dried parsley</i> |

Boil the carrots in a little lightly salted water with a pinch of sugar in it, until soft and drain. Boil the parsnips separately in lightly salted water until soft and drain. Mash or puree them together. Add the butter. Season and sprinkle with the parsley. Serve.

RADISHES

Sautéed Radishes

1 T butter	Sea salt
1 pound radishes, trimmed and quartered	Pepper
1 T apple cider vinegar	

In a medium skillet, melt the remaining 1 T butter over medium-heat. Add the radishes and vinegar; season with salt and pepper. Cook until crisp-tender, 5 to 7 minutes.

Radish Curry

A bunch of red radish – 6 to 8 radishes	1 T olive oil
1 small onion, sliced	Pinch of mustard seeds
2-3 small garlic cloves, <i>crushed</i>	Sea salt to taste
8 small green chilies, <i>crushed</i>	Spring of curry leaves
Pinch of turmeric powder	

The leaves: Roll all the leaves together and slice into long shreds.

Clean the radishes and cut them as you would slice an apple. Clean the leaves if you want to use them in the dish. In a pan, add some oil. When it is hot, add the mustard seeds.

When the mustard seeds splutter, add curry leaves and onions. Sauté for 3-5 minutes until edges of the onions turn slightly brown.

Add the crushed garlic and chilies, and turmeric powder. Sauté for about a minute or even less. Add the radishes, mix well and add salt. Cook covered for about 3-4 minutes. Once the radish seems soft, remove the lid and crank up the heat.

Sauté on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly sauté the leaves for a few seconds and add it to the top of the radishes. For best results, serve right off the stove. The dish takes less than 15 minutes.

SEA VEGETABLES

Seaweed Soup

½ cup dulse seaweed, <i>washed well</i>	4 tsp. nutritional yeast
3 Tbsp. oil	1 tsp. garlic powder
1 small onion, <i>cut into matchsticks</i>	1 tsp. thyme
½ medium parsnip, <i>cut into matchsticks</i>	1 tsp. marjoram
1/3 bunch green onions, <i>chopped fine</i>	Dash cayenne
8 Tbsp. soy sauce substitute	Sea salt
* <i>see recipe under sauces/dressings</i>	Soup stock

Soak the seaweed in warm water for 10 to 15 minutes. Drain and set aside. In a wok or frying pan, heat the oil and sauté the carrot, onion, parsnip, and green onions. When partially done, add 4 Tbsp. of the soy sauce. Add spices, yeast, garlic powder, and salt to vegetables. Cover and simmer until the vegetables are tender. In a soup pot, put the seaweed and soup stock and simmer. Add the vegetables and the remaining soy sauce. Adjust seasonings to taste and simmer 15 minutes longer before serving.

* **Sea Vegetable tip:** Keep a container of kelp flakes on the dinner table and use instead of table salt for seasoning foods.

SQUASH

Acorn Winter Vegetable Soup

- | | |
|--|--|
| 2 T butter
1 medium onion, <i>cut into 1/2-inch dice</i>
2 garlic cloves, coarsely chopped
Sea salt and ground pepper
1 pound acorn squash, peeled, seeded, and
<i>cut into 1-inch chunks</i> | 1 bunch kale (3/4 pound), <i>ribs cut away and discarded, leaves torn</i>
5 cups low-sodium vegetable broth or organic
1 cup (14 oz) wild rice, <i>precooked</i>
3 sprigs thyme |
|--|--|

In a large Dutch oven or heavy pot, melt butter over medium heat. Cook wild rice. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper. Add squash and kale and cook until kale is wilted, about 3 minutes. Add broth, rice, and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve!

Primavera Verde

Prep & Cook Time 60 Minutes

- | | |
|---|--|
| 1 spaghetti squash, <i>cooked & center shredded</i>
1 medium onion, <i>quartered and sliced thin</i>
1 small red bell pepper, <i>cut in 1 inch strips</i>
1 medium carrot, <i>cut very thin sticks 1-1/2"</i>
1 bunch thin asparagus, <i>cut 1-1/2", discard bottom fourth</i>
1-1/2 cup zucchini or summer yellow
squash, <i>cut in thin 1 inch strips</i>
3 medium cloves garlic, <i>chopped</i> | 1 15 oz can diced tomatoes, <i>with juice</i>
1 T +1/4 cup vegetable broth
1 cup fresh basil, <i>chopped</i>
3 T fresh sage, minced
1 cup fresh parsley, <i>minced</i>
3 T fresh oregano, <i>minced</i>
Sea salt and black pepper to taste |
|---|--|

Cut spaghetti squash in half, scrape out the seeds and pulp, and bake at 375 degrees for 30-45 minutes, rind side up. Meanwhile, chop onion and garlic, let sit for 5 minutes, and chop remaining vegetables. Heat 1 TBS broth in medium stainless steel skillet. Sauté onion in vegetable broth over medium heat, stirring frequently for 3 minutes. Add vegetables in order given, waiting about 1 minute between each. Add tomatoes and remaining broth and simmer for another couple minutes, until vegetables are barely tender, about 10 minutes. Add minced herbs. Season with salt and pepper. After spaghetti squash is finished baking, use a fork to separate strands, and mix in with the vegetable mixture. Enjoy!

Roasted Spaghetti Squash, Tomatoes, & Zucchini

- | | |
|---|--|
| 1 ½ pints cherry or grape tomatoes
¼ cup oil
2 tsp. minced garlic | 1 spaghetti squash, <i>about 3 ½ pounds</i>
1 large zucchini, <i>about 1 pound</i>
¼ tsp. each salt and pepper |
|---|--|

Position oven racks to divide oven into thirds. Heat to 425 degrees. Line two 15 x 10" baking pans with foil. Halve tomatoes; place tomatoes, 3 Tbsp. oil and garlic in a 13 x 9" baking dish. Halve spaghetti squash lengthwise and scoop out seeds. Brush cut surface of squash with a little of the remaining 1 Tbsp oil; place flesh-side down on a foil-lined pan. Quarter zucchini lengthwise and cut into ¾-inch pieces. Place on other foil-lined pan; toss with remaining oil. Roast tomatoes and spaghetti squash on top rack 40 minutes until you can easily pierce squash shell. Roast zucchini on bottom rack 30 minutes, tossing once, until tender and slightly browned. Scrape strands of spaghetti squash into large bowl. Toss zucchini with roasted tomatoes, the salt and pepper; spoon over spaghetti squash. Serve.

Spaghetti Squash – How to Cook

1 (4-8 lbs.) Spaghetti Squash

Salt & Pepper

Pierce the whole shell several times with a large fork or skewer and place in baking dish. Cook squash in preheated 375°F oven approximately 1 to 1 ½ hours or until flesh is tender. Then cut in half and scrape out inside with a fork.

*If your spaghetti squash is small, you can cut it in half with a large knife before baking, place cut side down on a cooking sheet and bake in a preheated oven at 375°F for 30 minutes. Then scrape out inside with a fork.

**Tastes delicious served with tomato sauce.

Summer Squash Sauté

6 small yellow summer squash, *cut into ½ in. slices*
1 large sweet onion, *chopped*
1 garlic clove, *minced*

1 T olive oil
1 T butter
½ tsp. salt
½ tsp. pepper

In a large skillet, sauté the squash, onion and garlic in oil and butter for 8-10 minutes or until tender. Sprinkle with salt and pepper.

Zucchini Marinata

1 lb zucchini, *washed - sliced paper thin*
1 large lemon, juice of, *more to taste*
2 garlic cloves, *crushed and cut in half*
1-2 tablespoon extra virgin olive oil

Sea salt
Fresh ground pepper
2-3 tablespoons fresh basil
or fresh parsley, chopped

Toss the thinly sliced zucchini with the lemon juice, garlic halves, olive oil; salt and pepper to taste. Cover bowl and refrigerate 4-8 hours, stirring occasionally. Once you are ready to serve the salad, remove the garlic cloves. Save one garlic clove, finely minced and toss back into the salad along with the fresh herb of choice. Important: stir in the fresh herbs with the zucchini mixture just before serving. Best eaten within 24 hours.

SWEET POTATO

Baked Sweet Potato

1 Sweet Potato or Yam
½ T butter

1 ½ tsp cinnamon

Preheat oven to 400F. Bake yams for 45 to 75 minutes (bigger yams take longer to cook). When they are done, the outside will have darkened and the inside will be soft. To serve, slice a potato down the center, add butter and sprinkle with cinnamon.

Sweet Potato Oven Fries

Cooking spray (*olive oil spray bottle*)
Enough sprigs of fresh rosemary to
cover a baking sheet
1 tsp chili powder
1 tsp ground cumin

1 tsp paprika
1 tsp sea salt
1 tsp freshly ground black pepper
2 medium sweet potatoes,
scrubbed and blotted dry

Preheat oven to 400 degrees. Spray a baking sheet with cooking spray. Spread rosemary sprigs on sheet in a single layer if you are using them, making sure entire surface is covered. Mix together all other ingredients, except sweet potatoes, in small bowl.

Square off potatoes and slice into "steak fries." Lay strips of potato on rosemary in single layer. Sprinkle generously with seasoning mixture. Spray generously with cooking spray. Bake 20 minutes. Spray again. Return to oven for about 25 minutes more or until fries are golden and puffed.

***Sweet potato fries** are also tasty just lightly tossed in olive oil and sprinkled with sea salt, and then baked for about 25 minutes on a cooking sheet at 350°F.

Rosemary Roasted Sweet Potatoes

1 ½ lbs. sweet potatoes, peeled and
cut into 1-in. cubes
1 large onion, cut into wedges
2 garlic cloves, minced
3 T. olive oil

3 tsp. minced fresh rosemary or
1tsp. dried rosemary, crushed
1 tsp. Creole seasoning
¼ tsp. salt
¼ tsp. pepper

In a large bowl, combine potatoes, onion and garlic; drizzle with oil. Sprinkle with rosemary, Creole seasoning, salt and pepper; toss to coat. Transfer to a greased baking pan.

Bake at 425° for 40-50 minutes or until tender, stirring occasionally.

TOMATOES

Tomato Salsa

2 large tomatoes, *chopped*
4 jalapenos, *seeded and chopped*
2 small white onions, *chopped*
2 garlic cloves, *peeled and minced*

18 sprigs cilantro, *chopped*
1 teaspoon salt
2 teaspoons lime juice or cider vinegar

Toss tomato, jalapeno, onion, garlic, and cilantro together.

Add salt and lime juice (or cider vinegar).

Stir, and let stand 30 minutes before serving.

*Also available in grocery stores as a Fresh Salsa in the organic refrigerated section.

Not So-Basic Tomato Soup

5 lbs fresh tomatoes – *use a mixture of Romas, field and cluster or heirloom tomatoes*
1T extra virgin olive oil
½ cup water

¼ cup fresh basil leaves
1 tsp organic honey
Sea salt and fresh ground pepper
Juice of one fresh lemon

Wash tomatoes under cold running water. Remove green crowns. Bring several cups of water to a boil in a large sauce pan. Place whole tomatoes in boiling water just long enough to split and loosen their outer skin. You may have to do this in batches. Once the skins are loose remove the tomatoes from the boiling water and drop them in a bowl of ice water. This stops the cooking process and accelerates the cooling of the tomatoes. When the tomatoes are cool enough to handle, loosen the skins with your hands. Quarter the tomatoes and remove the hard inner core.

In a Dutch oven, heat the olive oil over medium-high heat. Place all the tomatoes in the pot. Add ½ cup of water. Bring the mixture to a boil and immediately reduce the heat. Add fresh basil, cover the pot and allow the tomatoes to simmer for about 30 minutes. Stir the mixture occasionally. Remove from heat.

Place a food mill over a large bowl, or use a hand blender. Transfer cooked tomatoes to the food mill and slowly turn the handle to make a puree. Any remaining skins, seeds and other bits will not pass through the disc, and you can readily discard this. The soup will collect in the bowl.

Return the pureed soup to a saucepan and allow to simmer. Stir in the honey and lemon juice. Season with salt and pepper. Serve hot.

YAMS

Spring Stew

2 cups yams
1 cup radishes
1 cup zucchini
½ cup tomato
½ cup green bell pepper
1 cup onion
2 cloves garlic, minced
1 cup plus ¼ cup oil

½ cup soy sauce substitute **see recipe under sauces/dressing*
¼ cup honey
½ cup lemon juice
Sea salt
Sweet basil
Marjoram
Dash pepper
Dash coriander

Cut yams and radishes into large chunks and pre-cook in a steamer until half done. Skin and put into a bowl big enough to hold all the cut vegetables. Cut the zucchini into strips 2 inches long, 1 inch wide. Cut the tomatoes into 6 chunks each, and put everything in the bowl. Remove seeds and tops from the peppers, and cut both peppers and onions into lengths. Sauté the garlic, green pepper, and onion in oil for 3 minutes and gently mix with other vegetables. To make the sauce, combine the remaining ingredients and toss mixture lightly with the vegetables in the bowl. Transfer everything to a baking dish. Cover and bake at 375 degrees until all vegetables are tender.



- ❖ *Fresh, raw fruit in your diet is always preferred, as it is the most nutrient dense.*
- ❖ *Otherwise, frozen is a healthy alternative.*

APPLES

No-Cook Best-Ever Applesauce

4-6 medium apples, *washed, unpeeled, cored and quartered*
1 tsp ground cinnamon

¼ tsp ground nutmeg
2 T fresh lemon juice

Place all ingredients in a large Ziploc bag. Toss well to distribute evenly. Place in freezer for at least 4 hours. Remove from freezer and allow to thaw for an hour or more. Gently rub skin from frozen apples and place apple pulp into glass serving bowl. Mash with a fork or potato masher. Serve cold.

APRICOTS

Tender Carrots with Apricots

½ cup dried apricot
1 ½ cups carrots, *cut into 1/2 inch rounds*
1 ½ tablespoons water

½ teaspoon unsalted butter
1/8 teaspoon sugar
1 ½ teaspoons fresh parsley (*optional*)

Cover apricots with hot water in a bowl and soak 1 ½ hours. Drain and pat dry. Cut apricots into thin strips. Combine next 4 ingredients in a heavy nonstick pan over medium heat. Cover tightly, reduce heat to low and cook 12-15 minutes, or until carrots are just tender. Add apricots and return to heat 1-2 minutes. Serve carrots sprinkled with parsley if desired.

** Heath Tip: Apricots for your vision! High in vitamin A, apricots are a powerful antioxidant that helps prevent free radical damage to cells and tissues.*

BANANAS

Banana-Orange Date Shake

1 frozen banana

4 large dates

1 cup orange juice

In a blender or food processor, puree all the ingredients until thick and creamy. If you like a thinner shake, add ice cubes or water.

BLUEBERRIES

Balsamic Blueberries and Peaches

2-3 tablespoons honey
2 tablespoons balsamic vinegar
3 cups blueberries, *about 1 pound (divided)*

1 lb peach, sliced (*or nectarines*)
1/2 teaspoon black pepper (*optional*)

In a 1 to 1 ½ quart heavy saucepan, bring honey, vinegar and 1 cup of the blueberries to a boil while stirring constantly. Boil 1 minute. Remove from heat. Combine remaining 2 cups of blueberries with peach slices in a large bowl. Toss with hot blueberry syrup and black pepper. Let stand 30 minutes, tossing occasionally.

CANTELOUPE

Cantaloupe with Honey and Ginger Dressing

6 cups cantaloupe, *cut into bite-size cubes*

Dressing

1/4 cup honey
1 teaspoon lime zest

1 teaspoon orange zest
2 teaspoons gingerroot, *minced*

In a small bowl combine sauce ingredients and heat for 30 seconds in the microwave; set aside to cool. Place fruit in a mixing bowl, top with dressing and mix well. Serve alone or with vanilla ice cream.

CRANBERRIES

Dried Cranberries and Squash

2 acorn squash
¼ cup butter or margarine
½ cup unsweet dried cranberries

2 tbs brown sugar *or brown sugar substitute*
½ teaspoon cinnamon

Preheat oven to 375f. Cut the squash in half, scoop out the seeds & fiber. Place cleaned squash cut side up in an oven proof dish. If they are a bit wobbly take a small slice off the bottom. Mix the butter, cranberries, sugar & cinnamon together, divide and place in each of the squash cavities. Cover with foil and bake for 45 minutes to an hour or until the squash is tender. The time will depend on the size of the squash. Uncover and broil 8" from broiler to give them a finished golden look - watch you do not burn them (this only takes approximately 10 minutes).

FIGS

Fig and Mint Salad

6 strawberries, large, fresh, sliced
6 figs, fresh, sliced
2 tablespoons agave nectar

2 tablespoons balsamic vinegar
2 tablespoons mint, fresh, chopped

In a large bowl, toss together all ingredients until fruits are well coated! Chill or serve at room temperature & enjoy!

**Health tip: Figs are a good source of dietary fiber, which may have a positive effect of weight management.*

GRAPEFRUIT

Grapefruit Salsa

2 sweet red, large grapefruit
1 medium navel orange
½ cup purple onion, chopped fine
1 small red bell pepper, *seeded and deveined, chopped fine*

1 clove garlic, *passed through a garlic press*
Juice of one fresh lime
½ cup fresh cilantro, *chopped fine*
Sea salt & fresh ground black pepper *to taste*

Using a sharp knife, pare the grapefruit and orange. Hold the fruit over a glass bowl to catch any dripping juices. Remove skin, pith and tougher membranes. Place the fruit in a glass serving bowl, along with the juices. Squeeze any remaining juice out of the remnants. Add remaining ingredients and toss to distribute.

**Refrigerate if not using right away. Otherwise, serve cold or at room temperature.*

Grapefruit Fizz

2 oz grapefruit juice
5 oz chilled sparkling water

Squeeze of fresh lemon juice
Grated lemon rind (zest)

Mix cocktail together and enjoy! Also tasty with pomegranate juice instead of grapefruit juice.

KIWI FRUIT

Kiwifruit Salsa

4 kiwi fruits, *peeled & diced small*
1 med. orange, *peeled & diced small*
1 cup jicama, *peeled & diced small*
1/2 cup red bell pepper, *diced small*
1/4 cup fresh cilantro, *chopped*

1 tablespoon lime juice
1 tablespoon olive oil
1/2-1 small jalapeno pepper, *seeds & veins removed, minced (optional)*
1/4 teaspoon salt

In large bowl, combine all ingredients, mixing well. Chill briefly before serving.

* Health tip: Packed with more vitamin C than an orange, kiwi is a powerful antioxidant!

LEMONS/LIMES

Lemons/Limes

Combine lemon juice with olive or flax oil, freshly crushed garlic and pepper to make a light and refreshing salad dressing.

If you are watching your salt intake (and even if you are not), serve lemon wedges with meals as their tartness makes a great salt substitute.

Squeeze some lime juice onto an avocado quarter and eat as is.

ORANGES

Fresh Squeezed Orange Juice

6 Oranges

The oranges should be room temperature or warmer before the juice is removed. This will make it easier to squeeze the fruit and produce more juice. Roll the oranges on a solid surface using the palm of your hand until you feel the flesh softening.

After rolling the oranges, cut them in half crosswise. Place one half of the orange on the juicer, apply pressure and twist the fruit to remove the juice. The juice can also be removed by squeezing the orange by hand. Remove all the seeds from the juicer once you have finished. If desired, some of the extra pulp that has collected in the bottom of the juicer can be added to the orange juice once the seeds have been removed. Serve orange juice chilled.

PAPAYA

Papaya Fruit Salad

Juice of one fresh lemon
1 avocado
1 papaya
6 fresh figs

1 guava
2 nectarines or peaches
1 T organic honey
Pinch of grated nutmeg

Have a large decorative glass bowl handy. Put the juice of the fresh lemon in the bowl first. Peel and chop the fruit into bit-sized pieces and put everything in the bowl. In a small bowl soften the honey with 2 T of the lemon juice. Pour over salad and add spices. Toss gently. Serve!

PEACHES

Grilled Peaches with Raspberries

2 tablespoons honey sugar
2 tablespoons fresh lime juice

1 cup fresh raspberry, *divided (or use frozen, thawed)*
2 medium fresh unpeeled peaches, *halved and pitted (about 10 oz)*
olive oil cooking spray

Combine honey and lime juice in a shallow dish, stir well. Add 1/2 cup raspberries and mash. Add peaches, turning to coat. Marinate at room temperature, cut sides down, 30 minutes to 1 hour. Remove peaches, reserving marinade. Coat grill rack with cooking spray, and place on grill over medium low coals. Place peaches, cut sides down in rack and cook 2 minutes. Turn peaches over, cook 15 minutes or until tender, basting once with half of reserved marinade. Remove from grill. Stir remaining 1/2 cup raspberries into remaining marinade and spoon over peach halves.

PEARS

Vanilla Poached Pears

4 lg pears, *halved, peeled, and cored*
Apple juice, *to cover*
1 ½ inches piece fresh vanilla beans

Ground cinnamon
Mint sprig, *to garnish*

Place the pears in a large saucepan and pour apple juice in to cover the pears. Add vanilla bean and bring the pears to a simmer over medium heat. Simmer until tender, being careful not to burn. Allow pears to cool, and then serve in the center of a dessert plate. Spoon sauce over the pears and sprinkle with cinnamon powder, garnish with a sprig of mint.

PINEAPPLE

Pineapple Salsa

2 cups minced fresh pineapple
2 medium cloves garlic, *minced*
3 T mint, *minced*
2 T lime juice

¼ tsp salt
¼ tsp cumin
Cayenne, *to taste*

Combine all ingredients together, serve chilled.

PRUNES

Prunes in Orange Sauce *Prep & Cook Time: 20 minutes*

1 cup orange juice, *preferably fresh squeezed*
1 T fresh lemon juice
1 tsp grated or minced lemon zest

¼ cup honey
½ tsp cinnamon
24 pitted prunes

Combine orange and lemon juice, lemon zest, honey, and cinnamon in a medium sized saucepan. Bring to a simmer on high heat and add prunes. Turn the heat as low as possible and cover. Simmer gently for only about 10 minutes. Keep an eye on them so prunes don't get soggy. Remove prunes with a slotted spoon and turn the heat to medium-high; reduce the liquid to about half. Pour the syrup over the prunes and chill or serve warm.



- ❖ Legumes are high in nutritional value and are extremely high in both soluble and insoluble fiber.
- ❖ Brown rice has only the outermost layer, the hull, removed from its kernel and is therefore on average 80% more nutritious than white rice.

LEGUMES

Cooked Lentils

(keep a constant supply of these cooked lentils in your refrigerator to supplement and use in meals.)

2 cups lentils

6-8 cups water

Combine lentils and water in a pot with a tight-fitting lid. Simmer for 15-20 minutes until tender.

Refrigerate up to 1 week and use as needed.

Lentil Soup

2 T olive oil (*or unrefined organic coconut oil*)

2 lg. onions, *chopped*

3 carrots, *coarsely grated*

3/4 tsp. thyme leaves, *crumbled*

1 28-oz can tomatoes with juice

7 cups vegetable broth

1 1/2 cups dried lentils

1/2 tsp sea salt, *if desired*

1/2 tsp. ground black pepper

1/3 cup chopped fresh parsley (or 2 T dried)

1/2 head of green cabbage, *chopped in strips*

Heat oil in large sauce pan and saute onions, carrots and thyme. Add tomatoes, broth, and lentils. Bring soup to a boil, reduce heat, cover pan and simmer for 1 hour. Add sea salt, pepper, and parsley and simmer for 10 minutes. ***Serve and enjoy!***

Curried Lentils

1 cup lentils

6 cups water

3 Tbsp. oil

1 cup onions, *chopped*

2 cloves garlic, *minced*

3 tsp. curry powder

1 tsp. chili powder

1 scant tsp. sea salt

1/2 tsp. ground coriander

1 Tbsp. molasses

Pinch cayenne

Cook lentils in water until they are soft. Drain and reserve any excess water. In a skillet, sauté the onions and garlic in the oil until the onions are golden, about 2 minutes. Add remaining ingredients. Stir and fry until the spices are bubbly but have not turned brown. Add the stock from the lentils and simmer for 5 minutes. Add cooked lentils. Adjust seasonings to taste and continue simmering for 10 more minutes.

Meatless Loaf

1 ¼ cups dry red or yellow lentils
2 medium carrots, *shredded*
¾ cup snipped dried apricots
and/or golden raisins
1 medium onion, *chopped*
1 stalk celery, *chopped*
1 ½ tsp. garam masala
2 cloves garlic, *minced*
1 T olive oil

2 tbsp potato starch, *or 3 eggs OFF purification*
1 ½ cups cooked brown rice
½ cup mango chutney
¼ cup chopped red sweet pepper
¼ cup chopped peeled fresh mango
Cilantro leaves (*optional*)
** ¾ cup pecans, *toasted and chopped*
***after purification only!*

Preheat oven to 350°F. In medium saucepan bring 3 cups water and lentils to boil; reduce heat. Cover, simmer 10 to 15 minutes or until tender. Drain; set aside.

In 10-inch skillet cook carrots, apricots, onion, celery, garam masala, and garlic in hot oil over medium heat for 5 minutes or until tender, stirring occasionally. In large bowl combine potato starch, cooked lentils, carrot mixture, brown rice, (2/3 cup of the nuts), half the chutney, and 1 tsp. salt.

Firmly press lentil mixture into a greased 9-inch deep-dish pie plate. Bake, uncovered, 25 minutes. In small bowl combine remaining chutney with sweet pepper, mango, and (remaining nuts). Evenly spoon chutney mixture on loaf. Bake 10 minutes more or until chutney mixture is heated through. Sprinkle with cilantro leaves. Let stand 15 minutes; cut in wedges to serve.

BROWN RICE

Boiled Brown Rice (*We recommend that you always keep a stock of this boiled brown rice in your refrigerator—it is a great addition to almost any meal*)

1 cup raw rice

2 cups cold water

1 ½ tsp. sea salt

Wash the rice well in a colander with small holes, or in a strainer. Put the rice, water and salt into a pot and bring to a boil. Boil uncovered for five minutes. Reduce the heat to simmer and cook the rice, tightly covered, until all of the water is absorbed and the rice is fluffy. This will take about 45 minutes. Do not peek until the very end of cooking, as this will break the water seal.

Fried Rice

1 cup mixed vegetables: carrots, onions & celery OR carrots, bean sprouts & peppers
2 Tbsp oil
1 ½ cups cooked or leftover brown rice
1 ½ Tbsp soy sauce substitute *see recipe under dressings and sauces

Cut the vegetables into small pieces and saute them in the oil using a wok or skillet. When they are slightly tender, add the cooked rice and continue cooking until the rice is heated throughout. Add the soy sauce and mix well. Cook for 30 seconds longer and serve.

Sushi with Cucumber and Avocado

2 cups brown rice
2 cups water

4 tablespoons rice vinegar
2 teaspoons salt

Kelp leaf

Vegetables: sliced jubilee style

Cucumber
Carrots
Scallion

Avocado
Asparagus

Seaweed wraps, *Nori sheets*
Bamboo mat

Cooking Rice: Rinse the rice 3-5 times; the water does not have to run clear. Place rice to drain in a strainer. Drain for one hour in the winter, 30 min in the summer.

While rice is draining, combine vinegar and salt together in a bowl and mix well. The kelp leaf should be about 2 in long, wipe it lightly, cut small slits to make it look like a comb and add it to a pot along with the water. Add rice to the pot. Bring quickly to a boil and then reduce to a simmer. Cover the pot and do not touch it until the end, NO PEEKING. Cook for 15 minutes before removing the pot from the heat but keep the lid CLOSED. Let rice rest for 10 min and then remove the cover.

Place in a glass dish to cool and lightly fan the rice while adding the vinegar mixture. Mix rice gently, careful not to break it. Sushi rice is best used at body temperature.

Rolling Sushi: Put a sheet of plastic wrap over the bamboo mat. Place Nori down on the bamboo mat. Typically, the shinier side is put face down. With damp hands, grab the cooked rice and spread it onto the Nori. The layer of rice should be thin enough so that you can see the nori underneath. Leave about half an inch of space at the edge of the nori furthest from you, and rub a bit of warm water on it. This will help the two sides of nori stick together.

Line up your ingredients in the middle of the nori. Holding the closest edge of the bamboo mat, roll the sushi away from you. Tighten the roll as you go, be careful not to make it too tight, however, or fillings may start to fall out. Once tightened, you should be able to unwrap the bamboo without the roll coming apart.

Cover your roll with the bamboo mat and press your hands over it to further pack the roll. Move your full roll to a cutting board. Slice it first down the middle. From there you can cut it into sixths or eighths, whichever you prefer.

WILD RICE

Wild Rice with Mushrooms and Parsley

1 cup wild rice, cooked
2 T extra-virgin olive oil
1 pound button mushrooms
Sea salt

Ground pepper
2 cloves garlic, minced
Fresh parsley, chopped
Fresh lemon juice

Cook 1 cup wild rice according to package instructions. Meanwhile, heat oil in a large skillet over medium-high. Add mushrooms, trimmed and sliced, and season with coarse salt and ground pepper. Cook, stirring occasionally, until mushrooms are browned, about 13 minutes. Add garlic and cook until fragrant, about 30 seconds. Stir in cooked rice and remove from heat. Stir in 3 T chopped fresh parsley and 1 T fresh lemon juice and season with salt and pepper.



Vinaigrette Dressing

2/3 cup olive oil or flax oil
 1 T Dijon Mustard
 ¼ cup balsamic vinegar *or lemon juice*

1 garlic clove, minced
 ¼ cup water
 Herbs to taste

Creole Sauce

1 onion, *chopped fine*
 2 cloves garlic, *minced*
 1 green bell pepper, *seeded and chopped*
 4 cups tomatoes, *chopped*
 ½ tsp. sweet basil
 ½ tsp. oregano

1 ½ tsp. molasses (*optional*)
 ¼ tsp. pepper
 ½ tsp. chili powder
 ½ tsp. sea salt
 ½ cup fresh mushrooms simmered in ¼ cup soy sauce and ¼ cup water

Saute onions, garlic, and green pepper lightly in oil in a deep skillet. Add remaining ingredients and cook for 15 minutes. Sauce may be simmered longer, but should be covered. Serve over stuffed peppers, on macaroni or spaghetti, or over eggplant with rice.

Italian Herbal Dressing Yield: 1 Quart

3 cups oil
 1 cup vinegar

3/8 cup fresh lemon juice
 2 ½ tsp. sea salt

1 ½ tsp. ground black pepper
 1 tsp. whole anise seed

1 cup of above mixture

4 cloves garlic
 ¾ bunch parsley
 ½ green bell pepper, *chopped*

2 large scallions, *chopped*
 1 tsp. whole mustard seed
 ½ tsp. whole dill seed

½ tsp. marjoram
 ½ tsp. sweet basil
 ½ cup water

Combine the top ingredients in a large container. In the blender, blend the remaining ingredients. Mix the 2 parts together in a quart jar. Chill well. Stir before serving each time.

Orange Honey Glaze

1 cup orange juice	3 ½ Tbsp. arrowroot
1/3 cup lemon juice	¼ cup honey
Dash sea salt	1/3 cup organic butter
1 cup water	

Combine all ingredients and mix well until the arrowroot is dissolved.
Cook over low heat until sauce thickens.

Soy Sauce Substitute

1½ cups vegetable broth	1 T dark molasses
1 tsp cider vinegar	1 dash pepper
2 T sesame oil	

In a small pot, mix together ingredients on low heat until all the ingredients are blended together nicely. Cool and pour into a jar with a tight-fitting lid; store in refrigerator and shake well before using.

Tarragon Salad Dressing

¼ medium onion, <i>diced</i>	¾ tsp. dry mustard	1 medium tomato, <i>cut into chunks</i>
¼ tsp. tarragon	2/3 cup cider vinegar	2 cloves garlic, <i>chopped</i>
½ tsp. paprika	1 cup safflower oil	2 tsp. honey
½ tsp. chili powder	½ cup soy sauce	

Blend the above ingredients in a blender. Store in a glass or metal container in the refrigerator. It will keep for several days.

**Note: Annie's Naturals is a brand of delicious salad dressings, many of which fit in perfectly with the SP Cleanse!*



- ❖ Wild caught fish have less fat and provide more omega 3 fats than farm raised fish.
- ❖ Wild caught fish also have less pesticides and are not given antibiotics. Farm raised salmon, for example, are given a salmon-colored dye in their food that gives them their color.
- ❖ Organic offers little or no pesticides.

Simply Grilled Salmon Steaks

Salmon Steaks

1 T Melted Butter

1 T Maple Syrup

Prepare grill, medium high heat. Clean and dry salmon. Melt about a tablespoon of butter and add in an equal amount of maple syrup. Brush one side of salmon with this glaze and place on grill, glazed side down. Brush other side and flip once they are nicely charred. Cook until they flake easily with a fork but are still quite moist.

****A good accompaniment is sliced, glazed, grilled pineapple (cooked in the same way).***

Salmon with Tomato Salsa

4 pieces of salmon

1 T lemon juice

1 large tomato, *seeds and excess pulp removed, diced small pieces*

3 T onion, *minced*

2 medium garlic cloves, *minced*

1 T jalapeno pepper, *minced*

1 T fresh ginger, *minced*

¼ Cup fresh cilantro, *chopped*

2 T lemon juice

1 T Extra Virgin Olive Oil

Salt and pepper to taste

To Quick-Broil, preheat on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source. Rub salmon with 1 TBS fresh lemon juice and a little salt and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness (10 minutes for every inch of thickness). Test with a fork for doneness. It will flake easily when it is cooked.

Salmon is best when it is still pink inside.

Combine all salsa ingredients. Spoon over salmon. Garnish with mint and sprinkle of extra virgin olive oil.

Sautéed Tilapia

1 lb tilapia fillet, <i>or any light white fish</i>	1 ½ tsp dried onion flakes
2 Tbls butter	1/2 tsp garlic powder
2 tsp olive oil	1/2 tsp parsley flakes
1/2 tsp basil	<i>lemon pepper, to taste</i>
2 tsp cajun seasoning	

In a large sauce pan, over medium heat, sauté together everything except the fish. Add the fish, and adjust the heat to medium-high. The fish will cook quickly. Brown each side cooking approximately 3-4 minutes per side. (Adjust temperature if needed).

Be careful not to over-cook the fish.

Blackened Ahi Tuna

4 ahi tuna filets 7 oz ea	½ tsp onion powder	1/8 oz thyme
½ tsp fresh ginger root	¼ C white wine vinegar	1/8 oz oregano
½ oz sea salt	¼ oz black pepper	½ cup olive oil
½ oz garlic powder	1 dash fresh lemon juice	3 T wasabi
½ tsp fresh paprika	1/8 oz cayenne pepper,	3 fluid oz water

To make cajun blackening spice, combine salt, garlic powder, paprika, onion powder, black pepper, cayenne pepper, thyme and oregano. Mix well.

To make wasabi vinaigrette, combine wasabi with water and put in blender. Add grated ginger, garlic, white wine vinegar and lime juice into the blender and drizzle in oil while on high speed. Adjust seasoning with salt and pepper.

Preheat cast iron skillet. Rub filets with Cajun Blackening Spice. Sear both sides (no butter or oil needed) until rare or medium/rare. Paint plate with Wasabi Vinegar. Cut filet into 2 triangular pieces; overlap.

Cold Seared Ahi Tuna with Lavender-Pepper Crust

1 ½ lbs center-cut fresh ahi tuna	1 ½ tsp dried lavender
1 tsp kosher salt	flowers (<i>Available in health food stores</i>)
2 tsp black peppercorns	3 Tbls Extra Virgin Olive Oil
1 tsp white peppercorns	4 cups savory mixed
2 tsp fennel seeds	fresh greens and herbs

If using the center-cut ahi tuna, trim and cut the tuna into a block approximately 2 inches across; then cut into 1-inch steaks. Crush the salt, peppercorns, fennel seeds, and lavender with a mortar and pestle or a rolling pin. Lightly oil the tuna with 2 teaspoons of the olive oil; evenly coat the tuna with the lavender-pepper mixture, patting off any excess.

In a heavy bottomed sauté pan or a cast-iron pan, heat the remaining 1 tablespoon olive oil. Increase the heat to high and place the tuna in the pan. Sear for 1 minutes, then turn over carefully, reducing the heat to medium. Sear the other side for 1 more minutes until medium rare.

To serve cold, remove from heat and immediately refrigerate the tuna for at least 1 hour but no more than 3 hours. To serve, arrange the greens on chilled individual serving plates. Drizzle with Mustard Seed Dressing. Thinly slice the tuna and arrange on top of the dressed greens.

Mustard Seed Dressing:

4 Tbls prepared whole grain mustard	2 tsp toasted mustard seeds	kosher salt
2 Tbls Extra Virgin Olive Oil	2 Tbls seasoned rice vinegar	fresh ground black pepper
	3 Tbls vegetable stock or water	
	1 tsp honey, <i>to taste</i>	

Mustard Dressing: Preheat oven to 375°F. Place mustard seeds in a baking pan. Place in oven and roast for a couple of minutes (watch carefully so the seeds don't burn). Remove from oven and let cool. Whisk all the ingredients together and season to taste.

Shrimp and Scallions

1 tsp vegetable oil	<i>Green parts thinly sliced for garnish (optional)</i>	½ pound cooked small shrimp, <i>peeled and deveined</i>
4 scallions, <i>white parts halved lengthwise and cut into 1 1/2 –inch pieces,</i>	1-inch piece fresh ginger, <i>peeled and cut into matchsticks</i>	1 T fresh lime or lemon juice

In a large skillet, heat oil over medium-high. Add scallions whites, ginger, and garlic; cook, stirring, until scallions begin to soften, about 3 minutes. Add shrimp and simmer until desired doneness. Add lime juice and garnish with scallion greens if desired.

Shrimp in Spiced Tomato Sauce

1 T olive oil	1/8 tsp cayenne pepper	1 pound large frozen raw shrimp, <i>peeled and deveined</i>
1 medium white onion, <i>cut into medium dice</i>	1 tsp finely grated lemon zest	
1 T plus 2 tsp minced peeled fresh ginger	1 28-oz can whole peeled tomatoes	<i>Chopped cilantro, for serving</i>
1 ½ tsp ground coriander	Coarse salt	<i>Wild Rice (optional), for serving</i>
	Ground pepper	

In a medium saucepan, heat oil over medium. Add onion and ginger; cook until onion is softened, about 3 minutes. Add coriander, cayenne, and lemon zest; cook, stirring frequently, until fragrant, about 2 minutes.

Add tomatoes, breaking them up as you go. Bring mixture to a boil; reduce to a simmer and cook 10 minutes. Season tomato sauce with salt and pepper. Add shrimp and bring to a simmer over medium-high; cook until shrimp are opaque throughout, about 3 minutes. Serve sprinkled with cilantro.

****Wild rice makes a good side with the shrimp.***

Shrimp and Rice Salad with Parsley

1 cup brown rice, <i>cooked</i>	1 cup packed fresh parsley leaves, <i>chopped</i>	1 to 2 T fresh lemon juice
2 T olive oil		Salt
1 garlic clove, <i>minced</i>	1 cup fresh spinach leaves, <i>whole</i>	Pepper
½ pound medium shrimp, <i>peeled and deveined</i>		

Cook rice according to package instruction. In a medium skillet, heat olive oil over medium-high. Add garlic and shrimp, and cook until shrimp are opaque throughout, about 2 minutes. Add spinach until slightly wilted, 1 minute. Transfer to a large bowl and add cooked rice, parsley, and lemon juice. Season with salt and pepper.



ORGANIC CHICKEN

Blackened Chicken with Avocado Salsa

4 skinless, boneless chicken breast halves
2 tsp. blackened steak seasoning
1 T olive oil
2 T rice vinegar
2 T olive oil
¼ tsp. ground cumin
Dash of sea salt

Dash ground black pepper
1 avocado, *halved, seeded, peeled, and chopped*
2/3 cup chopped papaya *fresh or refrigerated*
1/3 cup red sweet pepper, *chopped*
¼ cup fresh cilantro, *chopped*

Preheat oven to 375°F. Lightly sprinkle both sides of chicken with blackened steak seasoning. In a large ovenproof skillet heat the 1 T olive oil over medium heat. Add chicken; cook until browned, turning once. Bake about 15 minutes or until chicken is no longer pink.

Meanwhile, for salsa, in large bowl whisk rice vinegar, the 2 T oil, cumin, salt, and black pepper. Stir in avocado, papaya, sweet pepper, and chopped cilantro. Serve with chicken. If desired, garnish with cilantro.

Baked Chicken with Garlic and Rosemary

4 chicken portions
¼ cup olive oil
1 lemon, *juice of*
Salt *to taste*

Fresh ground pepper, *to taste*
1 lemon, *thickly sliced*
10 cloves garlic, *unpeeled*
4 sprigs fresh rosemary

Place chicken in a casserole dish. Mix oil, lemon juice, and seasoning together and drizzle over chicken. Add lemon slices, garlic cloves and rosemary. Roast in a preheated 400°F oven for about 35 minutes. You will need to shake the pan from time to time during the cooking process to prevent sticking.

Chinese Chicken and Rice

1 pound boneless, skinless chicken breasts, <i>cut into julienne strips</i>	
2 C water	1 ½ C broccoli florets
1 C brown rice, <i>precooked</i>	1 C sliced mushroom
½ tsp sea salt	½ C water chestnuts, <i>sliced</i>
2 T Extra Virgin Olive Oil	1 C carrots <i>penny-sliced</i>
2 cloves garlic, <i>minced</i>	1 C green onions, <i>sliced</i>

Marinade:

2 T extra virgin olive oil
1 T minced ginger
1 clove garlic, minced
Dash hot pepper sauce

Combine all marinade ingredients. Place chicken in marinade and let stand for 1 hour in refrigerator. Meanwhile, preheat oven to 350 degrees. Prepare a six-quart covered casserole dish with cooking spray. Add rice, water and salt and bake for 40 minutes or until all the liquid is absorbed.

Meanwhile, heat olive oil in a large skillet and sauté garlic for 1 minute. Add sliced chicken and sauté until no longer pink. Add chopped vegetables and cook until just soft. Remove from heat. Add the cooked vegetable mixture to the rice when it is finished baking. Serve hot for a delicious meal.

Thai Chicken Salad Bites

¼ cup olive oil
1 T chili garlic sauce
1 T fresh lime juice
2 tsp honey
1 tsp grated fresh ginger
2 C chicken breast, *cooked & finely chopped*
2 T fresh mint, *finely chopped*
2 T cilantro, *finely chopped*
1 cucumber, *sliced into eighteen ¼-inch-thick rounds to put mixture on top*

In a medium bowl, stir together the oil, chili sauce, lime juice, honey, and ginger. Stir in the chicken to coat. Stir in the mint and cilantro.

Top each cucumber round with 1 T of the chicken mixture.

Spiced Roast Chicken with Onions and Lentils

4 chicken legs, <i>separated into thighs and drumsticks</i>	
1 C dry lentils, <i>rinsed and drained</i>	1 T grated fresh ginger
2 cloves garlic, <i>smashed and peeled</i>	2 tsp ground cinnamon
Salt and pepper	1 onion, <i>chopped</i>
5 T extra-virgin olive oil	

Preheat the oven to 450°F. In a large saucepan, combine lentils and garlic with water to cover by 1 ½ inches. Bring to a boil, then lower the heat and simmer until the lentils are tender, about 20 minutes; drain. Discard the garlic, if desired, and set lentils aside. Save the sauce pan.

Meanwhile, season the chicken with salt and pepper. In a large bowl, whisk together 2 T olive oil, the ginger and cinnamon; add the chicken and toss. In a large ovenproof skillet, heat 1 T olive oil over medium heat. Add the chicken and cook until golden, 6 to 8 minutes; flip, then transfer the skillet to the oven and roast until cooked through, about 15 minutes.

In the reserved saucepan, heat the remaining 2 T olive oil over medium heat. Add the onion and cook, stirring, until golden, about 10 minutes. Stir into the lentil mixture with any reserved pan juices from the chicken; season with salt and pepper. Serve with the chicken.

Chicken Cutlets

8 chicken cutlets	Coarse salt
3 T unsalted butter, <i>melted</i>	Ground pepper
3 Garlic cloves, <i>thinly sliced</i>	1 T olive oil
2 tsp fresh thyme leaves	
Chopped parsley <i>for serving (optional)</i>	

Stack cutlets in a double layer in a zip-lock bag. In a small bowl, combine 2 T butter, garlic, and thyme and whisk to combine. Season with pepper. Pour marinade into bag with cutlets and marinate for at least 2 hours.

In two batches, heat 1 ½ tsp butter and 1 ½ tsp butter over medium-heat in a large skillet. Remove cutlets from bag and discard the marinade, add half the cutlets to pan and cook until browned and cooked through, 4 minutes total, flipping halfway through and adjusting heat as necessary to prevent pan from overbrowning. Serve chicken sprinkled with parsley if desired.



GOOD NUTRITION



Try these smoothie recipes to go along with your SP Cleanse!

Directions: Thoroughly blend all ingredients together, adding powders and water last.

Pomegranate Blueberry Smoothie

2 Tbsp SP Complete
¼ cup POM Juice
¼ ripe banana
¼ cup frozen blueberries
Ice cubes

High-Protein Smoothie

2 Tbsp SP Complete
¼ ripe banana
¼ cup ice
1 Tbsp flaxseed oil

Green Goodness

2 Tbsp SP Complete
½ cup spinach
½ pear, *peeled*
½ cup organic pear juice
Ice cubes

Watermelon Smoothie

2 Tbsp SP Complete
1 cup seedless watermelon
¼ cup fresh or frozen strawberries
Ice cubes or water

Veggies in an Instant

2 Tbsp SP Complete
1 cup tomato or vegetable juice
Dash of Tabasco sauce or Cayenne Pepper
Ice cubes

Apple-Cinnamon Smoothie

2 Tbsp SP Complete
1 cup 100% apple juice
½ ripe banana
½ tsp cinnamon

Raw Soup

2 Tbsp SP Complete
½ pear, *cored and peeled*
½ apple, *cored and peeled*
2 Tbsp flax oil or another high-quality oil
½ cucumber, *peeled*
2 Tbsp fresh parsley, *chopped*
1 lemon, *juiced*
2 cups water

Berry Delight

2 Tbsp SP Complete
¼ cup blackberries
¼ cup blueberries
½ cup strawberries
¼ banana
1 cup 100% grape or blueberry juice
3 tsp honey (optional)
Ice cubes

Tropical Paradise

2 Tbsp SP Complete
½ cup pineapple-orange juice
½ cup fresh pineapple
½ banana
Ice cubes