

Back In Action Chiropractic

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Recipe Book

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SHAKE RECIPES

Original Recipe

2 rounded Tbs. of SP Complete
8 oz. water
1 Tbs. high quality oil
1-1½ cups fresh or frozen fruit or vegetables

Put in blender and puree. Makes 1 serving.

Kasia's Green Drink

2 apples, cored and cut into chunks
2 ripe pears, cored and cut into chunks
1-2 cups water
2 lemons, juiced
1-2 inch piece of fresh ginger, peeled and sliced
5 kale leaves, rinsed and torn
5 romaine lettuce leaves, rinsed
1 cup cabbage, chopped

Put in blender and puree. 15 minutes preparation time. Makes 2-3 servings.

Apple Cinnamon

2 rounded Tbs. of SP Complete
8 oz. water
1 scoop SP Whey Protein Complete
1 Tbs. flaxseed oil
2 apples cored, but not peeled
Splash of organic vanilla extract
Dash of cinnamon
Ice cubes

Put in blender and puree. 10 minutes preparation time. Makes 1 serving.

Pina Colada

2 rounded Tbs. of SP Complete
8 oz. water
1 scoop SP Whey Protein Complete
1 Tbs. coconut oil
1 cup fresh pineapple
Handful of organic, unsweetened shredded coconut
Ice cubes

Put in blender and puree. 10 minutes preparation time. Makes 1 serving.

Strawberry Surprise

2 rounded Tbs. of SP Complete
8 oz. water
1 scoop SP Whey Protein Complete
1 Tbs. flaxseed oil
1 cup frozen strawberries
¼ ripe avocado
Splash of organic vanilla extract

Put in blender and puree. 10 Minutes preparation time. Makes 1 serving.

Vegetable Breakfast

2 rounded Tbs. of SP Complete
4 - 8 oz. water
1 scoop SP Whey Protein Complete
1 Tbs. flaxseed oil
1 cup diced tomato
1 cup sliced carrot
1 stalk sliced celery
¼ ripe avocado
Ice cubes

Put in blender and puree. 15 minutes preparation time. Makes 1 serving.

BREAKFAST RECIPES

Breakfast Fruit Salad

2 oranges, cut into small bits
1 banana, sliced
1 Tbs. dried ground coconut

Mix banana and oranges in a small bowl. Sprinkle with coconut. 10 minutes preparation time. Makes 1 serving.

Fruit Salad

2 fresh peaches, peeled and sliced (canned with juice if fresh not available)
1 large apple, peeled and diced large
1 large pear, peeled and diced large
1 kiwi, peeled and sliced
¼ cantaloupe, cubed
2 cups watermelon, cubed
1 banana, sliced
¼ tsp. salt
¼ tsp. freshly ground pepper
½ tsp. ground cardamom
¼ tsp. ground ginger

Carefully combine all ingredients in a large bowl. Refrigerate for one hour. 1½ hours preparation time. Makes 6 servings.

SOUP RECIPES

Cauliflower Soup

2 Tbs. olive oil
2 garlic cloves, peeled and crushed
2 onions, peeled and chopped
3 leeks, washed, trimmed, and sliced
½ head of celery
1 cauliflower, trimmed and cut into small florets
4 cups water
1 cup brown rice, cooked
1 tsp. cumin
3 Tbs. parsley

Heat oil in a large saucepan with 1 Tbs. water over low heat. Add garlic, onions, leeks and celery. Cook over low heat for 20 minutes, stirring occasionally. Bring to boil and reduce heat and simmer for 10 minutes, or until cauliflower is tender. Add cooked rice. Leave to cool for 5 minutes then blend in a food processor or

blender until smooth. Add more water if necessary. 40 minutes preparation time. Makes 4 servings.

Fennel Leek Soup

1 fresh fennel bulb, trimmed
10 cups water
2 leeks, sliced down the center and well rinsed
1½ cups carrots, peeled and coarsely chopped
4 cups sweet potatoes, coarsely chopped
½ tsp. dried thyme
½ tsp. fennel seeds
1½ tsp. salt (or to taste)
2 Tbs. olive oil
2 cups spinach, rinsed and stemmed
2 Tbs. fresh dill, chopped
1 Tbs. fresh lemon juice
Freshly ground black pepper, to taste
Thinly sliced radishes, for garnish

Remove any tough outer layers from the fennel bulb, setting the tender inner bulb aside. Rinse the outer layers well and place in a large pot with the water. Cut off the dark green tops of the leeks and rinse well to remove any hidden sand. Add to the pot, along with the carrots, about ½ of the potatoes, the thyme, the fennel seeds, and salt. Bring to a boil and then lower the heat. Simmer, covered, for about 45 minutes. Meanwhile, cut the fennel bulb in half and slice thinly. Remove the root ends from the leeks and peel off the outermost layer. Chop the white and most tender green parts. In a large soup pot, sauté the fennel and leeks in the olive oil until tender, about 10 to 15 minutes. Strain the prepared stock and add to the fennel and leeks. Add the rest of the potatoes and simmer until soft, about 15 minutes. Stir in the spinach, dill, lemon juice and salt to taste. Puree in batches in blender until smooth and silky. Add salt and pepper to taste and finish with a few floating radish slices. 1½ hours preparation time. Makes 8 servings.

Quick Homemade Beef Soup

Leftover pot roast (or any cut of precooked meat)
6 cups natural beef broth
½ Tb. extra virgin olive oil (or butter)
Celery, chopped to desired amount
¼ cup chopped onion
1 garlic clove, minced
Fresh or dried parsley, as desired
Salt and pepper to taste
Chopped kale, Swiss chard, or spinach

Sauté onion, garlic, and celery till tender in olive oil. Add beef, broth, and seasonings to pot. Slow cook for at least half an hour. Just before finished cooking, add kale, Swiss chard, or spinach. Best if prepared the night before. 45 minutes preparation time. Makes 4 servings.

Lentil Soup

1 lb. lentils
2 Tbs. butter
¼ cup carrots, chopped
¼ cup onions, chopped
¼ cup celery, chopped
1 can diced tomatoes
2 quarts organic chicken broth
Salt, pepper, thyme, and oregano to taste

Sauté onions, carrots, and celery in butter 6 to 7 minutes. Add the remaining ingredients and cook over stove 30-45 minutes or until tender. 55 minutes preparation time. Makes 8 servings.

Vegetable Soup

2 tsp. olive oil
3 garlic cloves, minced
1 onion, chopped
3 celery stalks, chopped
1 medium zucchini, diced
½ head small green cabbage
2-3 carrots, sliced
¾ cup fresh parsley, chopped
1 Tbs. dried dill weed
1 container organic vegetable broth
1 container organic beef or chicken broth
1 28-ounce can diced or crushed tomatoes
5 leaves lacinato kale, cut and large end of stem removed
Pepper

In a large pot over medium high heat, sauté garlic, onions, and celery in oil. Once onions are translucent, add zucchini, carrots, and cabbage. Stir and heat for another 3-5 minutes. Add containers of broth, tomatoes, parsley, and dill weed. Season according to taste with pepper. Let simmer for at least 30 minutes. Approximately 5 minutes before serving, add the lacinato kale. 45 minutes preparation time. Makes 8 servings.

Chicken Soup

2 chicken breasts, halved, on the bone, skinned
2 containers organic chicken broth
1 small onion, chopped
2 celery stalks, chopped
2 carrots, chopped and diced
1-2 tsp. dried dill weed
Fresh parsley, chopped, to taste
Salt and pepper to taste
Kale, spinach, or Swiss chard, torn into pieces

Combine first seven ingredients and simmer for 1½ to 2 hours. Remove bones from chicken and discard. Season to taste. Add your choice of greens 5 to 10 minutes before serving. 2¼ hours preparation time. Makes 6 servings.

MAIN DISH SEAFOOD RECIPES

Cajun Salmon

8 ounces wild salmon fillets
2 tsp. ground cumin
2 tsp. ground coriander
2 tsp. Cajun spices
2 tsp. oregano
Butter to brush the pan.

Preheat a frying pan and brush with butter. Combine the spices for the salmon in a small bowl. Turn the salmon fillets in the spices, covering all sides. Place the salmon fillets (skin side under) in the hot frying pan. Fry for 4 minutes before turning over and frying for another 3 minutes or until done. 20 minutes preparation time. Makes 2 servings.

Flounder Almandine

1 lb. flounder fillets
3 Tbs. butter
2 Tbs. water
2 Tbs. lemon juice, freshly squeezed
¼ tsp. Salt
Freshly grated pepper, to taste

2 Tbs. fresh parsley, minced

Preheat oven to 450 degrees. Melt butter in shallow baking dish in oven. Remove baking dish from oven and add water, lemon juice, salt, and pepper. Arrange fish in baking dish; flip to coat with butter mixture. Bake in oven 10 minutes per side, or until fish flakes easily with fork. Remove fish from pan. Stir parsley into butter mixture. Spoon mixture over fish to serve. 25 minutes preparation time. Makes 4 servings.

Garlic Tilapia

1½ lbs. tilapia fillets
4 cloves garlic, thinly sliced
3 Tbs. butter
Salt and pepper to taste
Lemons, for serving
Parsley, chopped (to garnish)

Season tilapia fillets with salt and pepper. Heat butter in a skillet over medium heat. Put fillets in first, and when they start to turn color a bit (after 1 to 2 minutes) add garlic slices. Continue cooking about 4 minutes or so, and then flip fillets. Sauté until cooked through, and fish flakes easily with a fork. (This will depend entirely on the thickness of your fillets, so you will need to watch them carefully.) The garlic should turn a dark golden brown. Serve with freshly squeezed lemon juice and garnish with chopped parsley. 20 minutes preparation time. Makes 2-4 servings.

Mediterranean Salmon

2 tomatoes, seeded and coarsely chopped
3 Tbs. olive oil
1 Tbs. red wine vinegar
½ cup Nicoise olives, pitted and coarsely chopped
¼ cup red onions, chopped
2 Tbs. capers, drained
¾ tsp. salt, divided
4 (6 ounces) salmon fillets
1/3 cup fresh basil, loosely packed and thinly sliced

Combine tomatoes, 2 Tbs. olive oil, red wine vinegar, olives, onion, capers, ½ tsp. salt, and ½ tsp. pepper. Set aside. Brush both sides of the salmon with the remaining olive oil. Sprinkle with remaining salt and pepper. Heat a large non-stick skillet over medium-high heat. Sauté salmon 3-4 minutes per side or until cooked through. Add basil to reserved tomato mixture. Serve with salmon. 16 minutes preparation time. Makes 4 servings.

Garlic Shrimp

12 garlic cloves, cracked away from skins
2 Tbs. extra virgin olive oil
2 Tbs. butter, cut into small pieces
¾ tsp. crushed red pepper flakes
1½ lbs. jumbo shrimp, peeled and deveined
1 tsp. kosher salt
Black pepper to taste

In food processor, finely chop the garlic. Meanwhile, heat a large skillet over medium heat. Add oil and butter, then garlic and crushed pepper. Season shrimp with salt and toss to coat. Add shrimp to the pan and cook, stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately. 20 minutes preparation time. Makes 4-6 servings.

Garden Tilapia

4 tilapia fillets
1 tsp. Old Bay Seasoning
1 tsp. garlic powder
1 onion, sliced

4 cups spinach leaves
10 baby carrots
1/8 cup green onions, chopped
1/8 green peppers, diced
1 zucchini, sliced
1 tsp. dried dill weed
1 Tbs. butter
1 yam, sliced in ¼ inch slices, pre-cooked
Salt and pepper to taste

Pre-heat oven to 350 degrees. Line a jelly roll pan with foil. Spray with cooking spray. Place fillets on foil covered pan and sprinkle with Old Bay Seasoning and garlic powder. Lay onion slices, sliced zucchini, sliced yam, spinach leaves, baby carrots, green onions, green peppers, and any other vegetables you may like over the fillets. Sprinkle with dill weed. Divide the butter into quarters and place the dots randomly over the dish. Cover tightly with foil. Bake for approximately 30 minutes. 1 hour preparation time. Makes 2-4 servings.

Salmon with Tomatoes and Rosemary

4 ¼-lb. salmon fillets
Salt and pepper, to taste
4 tsp. olive oil
1 tsp. lemon juice
16 slices lemon
4 sprigs rosemary
24 cherry tomatoes, halved

Preheat the oven to 475 degrees. Cut 4 12-inch-long pieces of nonstick aluminum foil or parchment paper. Rub each fillet with salt, pepper, 1 tsp. oil, and ¼ teaspoon lemon juice. For each packet, put 2 lemon slices in the center of the foil, top with salmon, a rosemary sprig, and 2 more lemon slices; surround with 12 tomato halves. Draw up the sides of the foil or parchment and seal the packets well—leaving room around the ingredients so they can steam. Put packets on a baking sheet. Bake 12 to 15 minutes, or until the salmon is cooked. Spoon into soup plates and serve immediately. 40 minutes preparation time. Makes 4 servings.

Fish Rub

½ tsp. salt
1/8 tsp. curry powder
¼ tsp. paprika
1/8 tsp. black pepper
A pinch or two of ground red pepper
¼ tsp. garlic, minced
¼ tsp. onion powder
1 lemon, juiced

Mix all ingredients well. Rub onto fish (salmon, halibut, tilapia, etc.) Bake, broil, or grill until done. Sprinkle with lemon juice. 20 minutes preparation time. Makes 2-3 servings.
Alternative: Put dabs of butter and dill weed sprinkled over fish and cook.

Fish Creole

1 Tbs. extra virgin olive oil
1/3 cup celery, thinly sliced
1 medium onion, chopped
¼ cup green pepper, chopped
1 garlic clove, minced
1 bay leaf
2½ Tbs. fresh parsley or 2½ tsp. dried parsley
¼ tsp. rosemary, chopped
1 28-ounce can fire roasted, diced tomatoes with liquid
1½ pounds fish fillets (tilapia, sole, etc., preferably wild vs. farm raised)
2 cups cooked short grain brown rice

In large saucepan, heat oil and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Leave uncovered and simmer for about 25 minutes. Add the fish fillets which have been cut into small pieces. Simmer till cooked through, approximately 10 to 12 minutes. Remove the bay leaf and serve with brown rice. 50 minutes preparation time. Makes 3-4 servings.

Garlic Salmon Fillets

2 salmon fillets, skinned
2 garlic cloves, minced or pressed
1/3 cup extra virgin olive oil

Combine olive oil and garlic. Marinade salmon fillets for 10 minutes. Broil or sauté to desired doneness. Preparation time 30 minutes. Makes 2 servings.

Salmon with Mustard Dill Sauce

1½ lbs. salmon filet, cut into 4 pieces, with skin and bones removed
2 medium garlic cloves, pressed
1 Tbs. Dijon mustard
1 + 2 Tbs. fresh lemon juice
¼ cup chicken broth
1 tsp. honey
1 tsp. fresh dill, chopped
Salt and white pepper, to taste

Press garlic and let sit for 5 minutes. Prepare the rest of the ingredients for the sauce. Preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless) under the heat for about 10 minutes to get it very hot. Rub the salmon with 1 Tbs. lemon juice, salt, and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan. Return to broiler. It will be done very quickly (about 7 minutes for each inch of thickness). Add garlic to a stainless steel skillet and stir for half a minute. Add mustard and whisk in 2 Tbs. lemon juice, broth, honey, salt, and pepper. Cook on high heat for a minute to reduce slightly and add dill. Pour over salmon and serve. 15 minutes preparation time. Makes 4 servings.

Salmon with Mint Salsa

1½ lbs. salmon, skin and bones removed, and cut into 4 pieces
2 tsp. fresh lemon juice
Salt and pepper to taste
Salsa:
1 Tbs. fresh mint, finely chopped
1 Tbs. fresh cilantro, finely chopped
1 Tbs. scallion, finely minced
1 tsp. fresh ginger, finely minced
1 medium ripe tomato, seeds and excess pulp removed, diced into ¼ inch pieces
3 medium cloves garlic, pressed
2 Tbs. extra virgin olive oil
3 Tbs. fresh lemon juice
Salt and white pepper, to taste

Preheat broiler on high and place a stainless steel skillet (with stainless steel handle) under the heat for about 10 minutes to get it very hot. Chop garlic and let sit for 5 minutes. Rub salmon with 2 tsp. lemon juice, salt and pepper. Using a hot pad, pull out the pan and place salmon in pan. Return to broiler. It will cook rapidly (usually 7 minutes for each inch of thickness). Mix together salsa ingredients in a bowl, and set aside. Serve on top of broiled salmon. 30 minutes preparation time. Makes 4 servings.

MAIN DISH FOWL RECIPES

Grilled Chicken with Cherries

½ cup chicken stock
1 cup fresh cherries, pitted

2 tsp. Balsamic vinegar
1 tsp. blue agave
2 Tbs. butter
2 boneless, skinless chicken breasts
Salt and pepper to taste

In a small saucepan combine chicken stock, cherries, vinegar, and blue agave, and bring to a boil. Reduce heat and simmer until cherries soften, about 5 to 7 minutes. While glaze is simmering, season chicken with salt and pepper, and grill until done. To serve, spoon cherry glaze on plate, place chicken breast in the middle and drizzle with more glaze. 1 hour preparation time. Makes 4 servings.

Chicken Rub

½ tsp. salt
¼ tsp. rosemary, crushed
¼ tsp. paprika
1/8 tsp. black pepper
¼ tsp. garlic, pressed
¼ tsp. onion powder
1 boneless, skinless, halved chicken breast

Combine all ingredients in small bowl and mix well. Rub onto chicken. Bake, broil, or grill until done. 35 minutes preparation time. Makes 4 servings.

Chicken Cacciatore

½ cup plus 2 Tbs. extra virgin olive oil
2 garlic cloves, pressed
2 Tbs. Balsamic vinegar
1½ Tbs. Worcestershire sauce
1 tsp. crushed red pepper flakes
3 tsp. fresh rosemary, 5 sprigs, stripped and leaves chopped
4 large portabella mushroom caps, wiped clean
4 boneless, skinless, halved chicken breasts
Coarse black pepper
Kosher salt
2 thinly sliced and seeded Italian cubanelle green peppers
1 medium red onion, thinly sliced
1 28-ounce can fire roasted, diced or crushed tomatoes, lightly drained
Handful flat-leaf Italian parsley, chopped

Heat heavy bottomed pan on stove on high. For marinade, in a large bowl, combine balsamic vinegar, Worcestershire, crushed red pepper flakes, and rosemary, then whisk in about ½ cup extra virgin olive oil. Run the mushrooms through the marinade and transfer to plate to reserve. Add chicken to remaining marinade and coat evenly. Let sit for 2-3 minutes. Season one side of the chicken with salt and pepper. Season the caps of mushrooms with pepper only until done cooking, then add salt. Place both mushroom and chicken season side down in pan. Place a heavy skillet on the mushroom caps to cook quickly, approximately 3-4 minutes per side until dark, tender, and cooked. While chicken and mushrooms cook, add 1Tb. Olive oil into another hot skillet. Add garlic, pepper, onions and season with salt and pepper. Cook and toss frequently for approximately 7-8 minutes. Add tomatoes and parsley and heat through, approximately 1 minute. Remove from heat. Thinly slice mushrooms and chicken and arrange on platter. Cover the sauce mixture and serve immediately. 45 minutes preparation time. Makes 4 servings.

Stir Fried Chicken or Tofu (or Combo)

2 full boneless, skinless chicken breasts, sliced into strips and/or 1 pkg. firm tofu, diced
2 Tb. grated, fresh ginger
2 garlic cloves, minced
3 tsp. sesame oil to coat the pan
2 medium onion, sliced or diced
2-3 cups any combination of chopped vegetables (bok choy, celery, broccoli florets, Napa cabbage, etc.)
1 cup sliced shiitake mushrooms
1 red bell pepper, cut into strips

2-4 Tbs. tumari (soy sauce)

2 cups cooked short grain brown rice (optional)

Heat oil in wok or large skillet over high heat. Once heated, add garlic, ginger, and chicken, stir constantly until lightly browned or chicken cooked through. Add all vegetables and cook for 3-4 minutes—maintain crispness. Add tamari and tofu. Cook an additional minute. Serve with rice (if using grains). 45 minutes preparation time. Makes 4 servings.

Chicken Piccata

4 boneless, skinless chicken breast halves

½ tsp. dried thyme

¼ tsp. salt

¼ tsp. pepper

2 garlic cloves, pressed

1 cup cherry tomatoes

½ cup free range chicken broth

2 tsp. corn starch

½ tsp lemon peel

1 Tb. lemon juice

1 Tbs. butter

Preheat broiler. Brush broiler pan with small amount of olive oil. Season both sides of chicken with thyme, pepper, and 1/8 tsp salt. Place chicken on broiler pan about 2-3 inches from the heat for 5 minutes per side (or until 160 degrees at the thickest part). Remove from broiler and keep warm. Heat a large skillet, lightly oiled, over medium heat. Add garlic and stir constantly for 30 seconds. Add tomatoes and remaining 1/8 tsp. salt and cook for 3 minutes. Place tomatoes on platter with chicken. Combine corn starch and broth in a cup. Stir until dissolved. In the same skillet, whisk together the corn starch mixture, lemon peel, and lemon juice and bring to a boil over high heat, stirring constantly. Cook one minute or until sauce is slightly thickened. Add butter and any juice collected on platter and boil while stirring constantly. Cook until butter is just melted and sauce thickens. Pour over the chicken and serve. 35 minutes preparation time. Makes 4 servings.

Moroccan Chicken

12 oz. grilled chicken, cubed

2 cups brown rice, cooked

1 cup chicken broth

10 pieces sun dried tomatoes, chopped

2 medium tomatoes, chopped

1 medium onion, chopped

2 cloves garlic, finely chopped

1 can organic green peas, drained

1/3 cup coconut milk

1 bay leaf

4 cardamom pods

Dash of cinnamon

Dash of turmeric

Dash of chili powder

1 tsp. salt

1 tsp. ground coriander

Fry the onions and garlic in the olive oil in a large skillet. Cook until browned. Add chopped tomatoes. Stir until tomatoes are liquid and add broth. Bring to a boil. Add spices. Slowly stir in coconut milk, 1 Tbs. at a time. Add cooked chicken, sun dried tomatoes, and peas. Stir in cooked brown rice and simmer for a few minutes. Remove from heat and fluff with fork. Cover and let sit for a few minutes before serving. 25 minutes preparation time. Makes 4 servings.

Curried Chicken with Peppers and Peas

2 skinless and boneless chicken cutlets

12 red onion slices, cut thin and halved

½ red bell pepper, diced

1 cup peas, fresh or frozen
4 tsp. olive oil
1 tsp. curry powder
Salt and pepper, to taste

Preheat oven to 400 degrees. Cut 4 12-inch-long pieces of nonstick aluminum foil or parchment paper. Cut the chicken into long strips, then cut the strips in half. Mix all the ingredients together and spoon equal amounts onto the center of each piece of foil or paper. Draw up the sides and seal the packets well—leaving room around the ingredients so that they can steam. Put packets on a baking sheet. Bake for 17 to 20 minutes, or until the chicken is cooked. Spoon onto soup plates and serve immediately. 40 minutes preparation time. Makes 4 servings.

Chicken with Sweet and Sour Sauce

8 skinless chicken breasts
1 cup fresh orange juice
1 cup fresh lemon juice
1 cup vinegar
2 Tbs. fresh ginger, peeled and minced
2 Tbs. fresh garlic, peeled and minced
½ tsp. red chili pepper flakes
3 Tbs. extra virgin olive oil
2 cups chicken stock

Trim chicken breasts and pound lightly with small prong side of a meat hammer. Combine remaining ingredients (except olive oil and chicken stock) in a saucepan and bring to a boil. Reduce heat and simmer for several minutes. Allow to cool and stir in olive oil. Marinate the chicken breasts in this mixture for several hours or overnight. Remove from marinade and broil, about 7 minutes per side. Keep warm on a heated platter in the oven while making sauce. Place marinade and stock in a saucepan and boil vigorously until sauce is reduced by half. To serve, slice the chicken breasts across the grain, arrange on individual plates and spoon sauce over. 30 minutes preparation time. Makes 8 servings.

MAIN DISH BEEF RECIPES

Pepper Steak

4 small beef tenderloin steaks, cut at least 1-inch thick, or 2 rib eye or T-bone steaks
1 Tbs. dried green peppercorns, crushed
Juice of 1 lemon
1 tsp. olive oil
2 Tbs. butter
4 shallots or 1 bunch green onions, finely chopped
½ cup red wine
2 cups beef stock
Salt and pepper, to taste

Crush the peppercorns and mix them with lemon juice. Rub into the steaks and marinate at room temperature for several hours. Brush a cast-iron skillet with olive oil. Pat the steaks dry, leaving as much pepper adhering to the steaks as possible. Heat the pan and cook steaks in two batches over medium-high flame about 5 minutes to a side or until medium rare. Transfer to a heated platter and keep warm in the oven while making sauce. Pour out any grease from the pan. Add butter and gently sauté the shallots or green onions. Add wine and bring to a rapid boil. Add stock. Boil rapidly until sauce is reduced to about 2/3 cup. Season to taste. Transfer steaks to individual plates and spoon a little sauce over each. 20 minutes preparation time. Makes 4 servings.

Korean Beef

1 flank steak
½ cup naturally fermented soy sauce
2 Tbs. toasted sesame oil
1 bunch green onions, finely chopped
6 cloves garlic, peeled and mashed
2 Tbs. sesame seeds

¼ tsp. cayenne pepper
Pinch stevia powder

Using a very sharp and heavy knife, slice the flank steak as thinly as possible across the grain and on the diagonal. (This will be easier if the meat is partially frozen.) Mix other ingredients and marinate beef in the mixture, refrigerated, for several hours or overnight. Fold or "ribbon" the strips and stick them on skewers, making 4 brochettes. Cook on barbecue or under grill about 5 to 7 minutes per side. Meat should still be rare or medium rare inside. 30 minutes preparation time. Makes 4 servings.

Spice Rubbed Bison

1 tsp. ground dried chipotles
1 tsp. black peppercorns, freshly ground
½ tsp. allspice, ground
2 tsp. red chili powder
2 tsp. cumin seeds, toasted and ground
2 tsp. coriander seeds, toasted and ground
¼ cup paprika
1 Tb. salt
4 (8 ounces) bison tenderloin fillets

Combine spices and set aside. Heat grill pan or grill to medium-high heat. Place spices in a pie pan or large flat plate and dip both sides of each steak into mixture and shake off excess. Place steak on grill or in grill pan and lower heat (be careful spices don't burn). Grill for 4 to 5 minutes on each side. Remove from grill and let rest a few minutes before serving. 20 minutes preparation time. Makes 4 servings.

Pot Roast

2-3 lbs. chuck roast or English pot roast
1 container organic chicken broth
1 pkg. Fantastic Onion Soup & Dip Recipe Mix (or any other onion soup mix without MSG, sugar, or Hydrolyzed protein)

Heat over to 325 degrees. Place meat in Dutch oven or baking dish that can be covered with lid or foil. Add soup mix and pour broth over the top. Place in oven for 2½ to 3½ hours till very tender. Make sure to add more broth or water if necessary. Turn the meat over half way through cooking time. 3½ hours preparation time. Makes 6 servings.

Eye of Round Roast

2-4 eye of round roast (Coleman's free range beef or bison)
Garlic powder, to taste
Kosher salt, to taste
Pepper, to taste
¼ cup water
Mushrooms
Parsley

Preheat over to 425 degrees. Sprinkle garlic powder, pepper, and kosher salt over roast. Place in a shallow roasting pan on a small rack and add water to the bottom. Do not put roast directly in water. Place roast in oven for 20 minutes. After 20 minutes, turn the oven down to 275 degrees and do not open oven door for at least an hour. When meat thermometer reads medium temperature (approximately 140/150 degrees), take out of oven and let sit 5 minutes. Slice very thin. If it is still too rare, place slices in baking dish and pour the drippings over slices. Put back in oven (which has been turned off) for another few minutes. This meat is best on the slight pinkish side. Add mushrooms to the drippings for added flavor. 1½ hours preparation time. Makes 8 servings.

Boneless Rib eye or Bison Steaks Chimichurri

4 boneless free range rib eye, tenderloin, or Bison steaks
1/3 cup extra virgin olive oil
2 Tbs. steak or grill seasoning

4 stems fresh oregano, stripped of leaves
5 sprigs fresh sage, stripped of leaves
5 stems fresh thyme, stripped
1 generous handful of flat leaf Italian parsley leaves
2 cloves garlic, split from skin
½ cup finely chopped red onion
Zest of 1 lemon
3 Tbs. red wine vinegar
¼ cup water
½ cup Worcestershire sauce

Drizzle olive oil on each side of steaks and season, set aside. Prepare Chimichurri: pile the herbs together and finely chop. Coarsely chop garlic and combine with herbs. Chop total mixture to even finer pieces and transfer into a small bowl. Add in finely chopped onion and zest of lemon. Add red wine and vinegar and water to olive oil and stir. Set aside. Heat a large, heavy bottomed pan and sear the steaks for about 4 minutes on each side for medium rare to medium. Do not over cook the bison. Add 2 minutes if you want medium to medium well doneness. Let meat rest 5 minutes before cutting. Top steaks with Worcestershire sauce and spoonfuls of Chimichurri and serve. 35 minutes preparation. Makes 4 servings.

VEGETABLE MAIN DISH RECIPES

Asian Fusion Salad

1 head red leaf lettuce
1 cup snow peas
1 large cucumber
1 sweet red bell pepper
1½ cups bean sprouts
2 carrots
8 oz. flavored, baked tofu of your choice (e.g., ginger, teriyaki, sesame, peanut, spicy Thai, etc.)
1 Tbs. balsamic vinegar
1 tsp. soy sauce
1 tsp. sesame oil
½ tsp. Thai chili paste (or other chili sauce)
½ cup bottled salad dressing of your choice (e.g., sesame shitake, lemon tahini, cilantro lime, etc.)

Wash and tear the lettuce into bite-sized pieces. Drain thoroughly and place in a large salad bowl. Trim the tips from the snow peas and cut on a diagonal into 1-inch slices. Peel the cucumber and julienne (cut into thin, narrow slices 1 to 2 inches long). Cut the red pepper in half and remove the seeds and pith. Cut into thin slices and then cut the slices diagonally into thirds. Rinse and drain the bean sprouts. Julienne the carrots and blanch them in submerging them in boiling water for 3 to 4 minutes. Rinse with cold water and drain. Add the snow peas, cucumber, red pepper, bean sprouts, and carrots to the salad and make an indentation in the center of the salad. Cut the tofu into ¼-inch slices and then cut crosswise to make bite-sized pieces. Stir together the vinegar, soy sauce, sesame oil, and chili paste. Pour over the tofu and toss. Add the tofu mixture to the center of the salad just before serving. Serve with salad dressing of your choice on the side. 30 minutes preparation time. Makes 8 servings.

Asparagus Curry

2 tsp. green curry paste
½ tsp. salt
1 14-oz. can coconut milk
1 large onion, sliced
14 oz. water or light vegetable broth
6 oz. firm tofu, cut into ½ inch cubes
1 cup peas, fresh or frozen
2 cups asparagus, cut into ½ inch pieces
Squeeze of fresh lime juice
¼ cup small basil leaves

In a large thick bottomed pot over medium heat, whisk the curry paste with the salt and a small splash of the

coconut milk. Simmer for just a minute. Add the onion and sauté until it softens. Add the rest of the coconut milk and broth and simmer for another five minutes. Taste and adjust spices for flavor. Stir in the tofu and just before serving, the peas and asparagus. Simmer for a few minutes, just long enough for the vegetables to cook. Finish the pot with a squeeze of lime juice and basil leaves. 25 minutes preparation time. Makes 4 servings.

Mediterranean Collard Greens

1 bunch collard greens, chopped (about 8 cups)
1 Tbs. lemon juice
1 tsp. soy sauce
1 medium cloves garlic, pressed
Extra virgin olive oil, to taste
Salt and black pepper, to taste

Press garlic and let sit for 5 to 10 minutes; bring lightly salted water to a boil in a steamer with a tight fitting lid. Separate the stems from the greens by folding in half and cutting along side of the stem, or pulling out stem. Roughly chop the greens. Add collard greens to steamer basket and steam covered for about 5 minutes, or until tender. Toss with rest of ingredients and place on a plate and cut more finely before serving. 15 minutes preparation time. Makes 4 servings.

Parsley and Celery Pilaf

1 Tbs. butter
1½ cups parsnip, peeled and chopped
1/3 cup celery, sliced ¼ inch thick
¼ onions, diced
1 ½ cups uncooked organic brown rice
¼ cup water
½ tsp. sea salt
3/8-1/2 tsp. dried thyme
1/8 tsp. fresh ground black pepper
3 cups organic chicken broth or vegetable broth
4 Tbs. diced water chestnuts, toasted

Heat the butter in a large saucepan over medium heat. Add parsnip, celery, and onions, and cook 4 minutes, stirring occasionally. Do not let the vegetables brown. Add cooked rice and the next 5 ingredients (rice through broth), and bring to a boil. Cover, reduce heat, and simmer 10 minutes. (Consult the package of your brown rice for exact cooking time.) Stir in water chestnuts. 35 minutes preparation time. Makes 6 servings.

Brown Rice and Lentils

1 Tbs. butter
1 large onion, diced
½ green pepper, diced
½ cup organic brown rice, uncooked
½ cup lentils, uncooked
1½ tsp. cumin
½ tsp. coriander
¼ tsp. turmeric
¼ hot sauce (or to taste)
2 cups chicken or vegetable broth

Sauté onions with butter in medium saucepan until translucent. Add green pepper, sauté for 3 minutes. Add rice; sauté 2 more minutes. Add lentils, spices, hot sauce, and broth. Cover and bring to boil; simmer 35-40 minutes, or until water is mostly absorbed. 55 minutes preparation time. Makes 3 servings.

Vegetable Angel Hair "Pasta"

3 zucchini
16 oz. cherry tomatoes

½ small white onion
A few fresh basil leaves
2 cloves garlic
1 red, orange, or yellow bell pepper
2 tsp. dried Italian spices
Salt and pepper to taste
A little olive oil

Use a spiral slicer to cut zucchini into angel hair like strands. Place all items in a good processor or blender, and chop to a “chunky” consistency. Don’t puree the mixture. Pour sauce into a bowl and allow to set for 30 minutes to allow sauce to thicken. Pour over pasta. 45 minutes preparation time. Makes 4 servings.

Lentil Stuffed Peppers

1 cup Lentils
4 bell peppers
1 Tbs. butter
1 cup chopped onions
1 Tbs. chili powder
1 tsp. ground cumin
1 tsp. dried basil
½ tsp. dried oregano
1 Tbs. wine vinegar
2 ½ cups cooked organic brown rice
1 pinch sea salt
1 medium ripe tomato, chopped

Prepare the beans as directed. Cut peppers in half lengthwise and remove seeds, then steam cut side down over ½ inch boiling water until nearly tender, about 9 minutes. Rinse with cold water, then drain and set aside. Preheat oven to 350 degrees. Heat butter in a skillet over medium heat, sauté the onion until translucent and soft, then add the chili, cumin, basil, oregano, beans and vinegar, mixing well. Stir in the rice, salt, and tomato, and remove from heat. Fill peppers with bean mixture and place on a shallow baking dish. Bake covered for 15 minutes or until tender. Serve immediately. Red Lentil load is a recommended accompaniment as well as a fresh salsa and a mixed greens salad. 35 minutes preparation time. Makes 8 servings.

Vegetable Brown Rice Risotto

1 cup organic brown rice
2 medium yellow squash, julienned
½ red onion, diced
1 medium carrot, grated
1 Tbs. tomato paste
3 garlic cloves
4 asparagus spears, chopped in fours
1 cup mushrooms, raw
1 pinch sea salt
1 cup water

Cook brown rice separately. Heat garlic and onions in pot until soft. Add carrots and tomato paste and stir. Add all vegetables, and water. Cook until soft. Add seasonings and stir. Mix into brown rice, and stir. 35 minutes preparation time. Makes 2 servings.

Black Bean Burgers

4 cups black beans, cooked and well drained
1 red onion, finely chopped
1 red bell pepper, seeded and finely chopped
1 poblano peppers, roasted and chopped (optional)
1 Tbs. ground cumin
1 Tbs. chili powder
2 Tbs. chopped fresh cilantro

1/4 tsp. cayenne pepper
Salt and pepper to taste
1 Tbs. olive oil

In a large bowl, mash the beans with a potato masher. Mix in the red onion, red bell pepper, polio, or other roasted pepper, cumin, chili powder, cilantro, cayenne, and salt and pepper. Heat the oil in a heavy skillet over medium high heat. Form the mixture into patties and fry, about 2 minutes per side.
30 minutes preparation time. Makes 3-4 servings.

Mushroom Oven Rice

1 cup uncooked long grain rice
1/4 cup butter
1/2 cup finely chopped celery
1/2 cup finely chopped onions
1 cup sliced fresh mushrooms
1 (14 1/2 ounce) can chicken broth
1/3 cup water
2 Tbs. soy sauce or Bragg's amino acid
1 Tbs. parsley flakes

Preheat oven to 350 degrees. In a large skillet, sauté the rice in butter for 2 minutes or until golden brown. Add celery and onion; cook and stir for 2 minutes. Add mushrooms; cook and stir until the celery is tender. Pour into a greased 1 1/2 quart casserole dish. Stir in the broth, water, soy sauce, and parsley. Cover and bake for 45-50 minutes or until liquid is absorbed and rice is tender. 1 hour and 35 minutes preparation time.
Makes 4 servings.

Spinach Stir Fry

2 cups chopped fresh spinach
1 1/2 cups chopped Portobello mushrooms
1/4 cup chopped fresh basil
1/2 cup chopped onions
2 garlic cloves, crushed
2 Tbs. Bragg's amino acid or soy sauce
2 Tbs. butter
Salt and pepper to taste

In a large frying pan, place the butter and the onions, cook on medium heat until translucent. Add garlic, basil, salt and pepper. Cook 2 minutes and add remaining ingredients. Cook 5-10 minutes more. Serve with rice. 30 minutes preparation time. Makes 4 servings.

Quinoa Risotto

1 1/2 cups quinoa (available at health food stores)
1 tsp. butter
1 large onion, chopped
1 cup vegetable broth
3/4 cup almond or rice milk
1 1/2 tsp. sage, chopped
8 ounces asparagus spears

Place quinoa in strainer, rinse thoroughly, drain. Put quinoa in frying pan and cook over medium heat, stirring often, until darker in color (8 minutes).

Remove from pan and set aside. Increase heat to medium high. Melt butter and add onion and 2 Tbs. water. Cook; stir often, until onion is soft. (Add water, 1 Tbs. at a time if it seems dry.) To pan add broth, milk, quinoa, and sage (if using dried). Bring to boil, stir often. Reduce heat and simmer, uncovered; stir occasionally until quinoa is almost tender to bite. Meanwhile, snap off tough ends of asparagus, and cut stalks diagonally into 1-inch pieces. Add asparagus to quinoa mixture and cook, stir often, until asparagus is tender when pierced and almost all liquid is absorbed. Reduce heat and stir often until mixture thickens. Remove from heat, and stir in fresh sage. Transfer to serving dish. 70 minutes preparation time. Makes 4 servings.

Crock Pot Layered Dinner

4 sweet potatoes, sliced
1 large onion, sliced
2 carrots, sliced
1 green pepper, sliced
1 zucchini, sliced
1 cup frozen/fresh broccoli crowns
1 cup frozen/fresh cauliflower crowns

Sauce:

2½ cups tomato sauce
¼ cup Bragg's amino acid or soy sauce
1 tsp. ground thyme
1 tsp. dried mustard
1 tsp. dried basil
2 tsp. chili powder
½ tsp. ground cinnamon
1/8 tsp. ground sage
2 Tbs. parsley flakes

Layer vegetables in crock pot in order given. Mix together ingredients for sauce and pour over vegetables. Cook 6 hours on high. 6½ hours preparation time. Makes six servings.

Carrot Curry

1 lb. carrots, peeled and cut into sticks
2 Tbs. butter
2 Tbs. extra virgin olive oil
1 tsp. mustard seeds
2 tsp. ground cumin
2 tsp. ground coriander
2 tsp. turmeric
1 tsp. fenugreek seeds
1 tsp. dried dill
Pinch cayenne pepper
2 medium onions, sliced
2 red bell peppers, julienned
3-4 cups chicken stock
Grated rind of 1 orange
1 Tbs. freshly grated ginger
2 Tbs. arrowroot mixed with 2 Tbs. water
2 cups spinach leaves, chopped
Sea salt

Melt butter and olive oil in a large pot. Sauté spices for several minutes, stirring constantly. Add onion and sauté until soft. Add peppers and carrots and sauté a few minutes more. Add stock, ginger, and orange rind and bring to a boil. Reduce to simmer, uncovered, until liquid is partially evaporated and carrots and peppers are soft. Spoonful by spoonful, add arrowroot mixture until desired thickness is obtained. Season to taste. Stir in spinach and simmer another minute more. 40 minutes preparation time. Makes 6-8 servings.

Eggplant Curry

2 large eggplants
2 medium onions, peeled and chopped
2 tsp. fenugreek seeds
1 tsp. ground coriander
1 tsp. ground cumin
1 tsp. turmeric
¼ tsp. cayenne pepper
1 tsp. freshly grated ginger
4 tomatoes, peeled, seeded, and chopped
¼ cup cilantro, chopped
½ cup extra virgin olive oil

To peel tomatoes, bring a pan of water to a boil. Using a slotted spoon, dip tomatoes in one at a time for about 5 seconds each. The skin will peel off easily. Peel the eggplant and cut into ½-inch cubes. Place in a bowl and toss with a generous spoonful of fine sea salt. Let stand, covered, about 1 hour. Rinse in a colander and pat cubes dry with paper towels. Sauté eggplant cubes in batches in olive oil and transfer to a rectangular Pyrex baking dish. Sauté the onions and spices in olive oil until onions are tender. Add remaining ingredients to onions except chopped cilantro. Simmer a few minutes, stirring, until well mixed. Add to casserole and mix well. Bake, uncovered, at 350 degrees about 1 hour. Garnish with chopped cilantro. 2½ hours preparation time. Makes 6 servings.

Stir-Fried Tomatoes and Eggplant

1 Tb. Organic Extra Virgin Olive Oil
1 medium sized eggplant, peeled and diced
1 medium onion, diced
1 celery stalk, thinly sliced
1 28 ounce can of organic diced tomatoes with juice
2 Tbs. Organic red wine or Balsamic vinegar
2 finely sliced basil leaves or ¼ tsp. dried basil
2 tsp. dried oregano
Salt and pepper to taste.

In a wok, heat the olive oil and stir fry the eggplant, celery, and onion for 8-10 minutes. Add remaining ingredients, cover and simmer for 20-25 minutes while stirring occasionally. Serve immediately. Makes two servings.

Vegetarian Moussaka

1 large eggplant
½ tsp. salt
3 Tbs. butter
1 onion, chopped
3 garlic cloves, chopped
½ red pepper, chopped
½ yellow pepper, chopped
½ green pepper, chopped
1 tsp. paprika
¼ tsp. hot paprika (or squirt of something spicy)
1 egg, beaten
¼ cup tomato paste

Peel and cube eggplant. Rinse well and place in pot of water with ¼ tsp. salt. Simmer until tender, 15 minutes. While the eggplant is cooking, sauté the onion, garlic and peppers in 1 Tbs. butter till just starting to brown. Drain the eggplant in a strainer and mash it with a potato masher to make a mush and drain excess water. Place eggplant in pan with peppers. Add 1 Tbs. butter, tomato paste, and seasonings. Remove from heat and let cool slightly. Add egg. Oil a Pyrex dish with remaining 1 Tbs. of butter. Place eggplant mixture in it. Bake for 45 minutes at 350 degrees or microwave on high for about 12 minutes. 1½ hours preparation time. Makes 6-8 servings.

SIDE DISH RECIPES

Ratatouille

2 large eggplants
1 zucchini, cut lengthwise and thinly sliced
1 green pepper, seeded and cut into strips
2 onions, peeled and sliced
4 tomatoes, peeled, seeded and chopped
4 cloves garlic, peeled and mashed
1 tsp. dried thyme
¾ cup extra virgin olive oil

There are two secrets to a good ratatouille: One is to sauté all the vegetables separately; the second is to bake your casserole in a shallow open pan so that most of the liquid evaporates. Peel and cube eggplant, place in a bowl and toss with a generous spoonful of fine sea salt. Let stand, covered, about 1 hour. Rinse in a colander and pat cubes dry with paper towels. Sauté eggplant cubes in batches in several tablespoons olive oil. Remove with slotted spoon to an oiled rectangular Pyrex baking dish. Peel tomatoes by scalding in hot water. Sauté zucchini, pepper, onions, and tomatoes in succession, adding more olive oil as necessary and removing to casserole. Add mashed garlic and thyme to casserole. Mix well and bake, uncovered, at 350 degrees for a least 1 hour. Ratatouille often tastes better reheated the next day. 2½ hours preparation time. Makes 8 servings.

Red Cabbage with Orange

1 medium red cabbage, shredded
1 small onion, peeled and chopped
Grated rind of 2 oranges
Juice of 2 oranges, strained
1 tsp. sea salt
1 clove garlic, peeled and finely chopped
1 Tsp. raw honey
3 Tbs. raw wine vinegar
4 Tbs. butter

Combine onion, orange, rind, orange juice, garlic, salt, honey, and vinegar. Pour over the cabbage and toss well. Marinate overnight, tossing occasionally. Melt butter in a large saucepan or frying pan. Add cabbage mixture and bring to a simmer. Reduce heat, cover and cook gently for about 1 hour, uncovered, until cabbage is tender and liquid has evaporated. 1½ hours preparation time. Makes 6 servings.

Onion Compote

6 large onions, peeled and thinly sliced
4 Tbs. butter
2 Tbs. extra virgin olive oil

In a heavy skillet, cook onion in butter and olive oil on low heat for 1 hour or more, stirring occasionally. Onions will turn light brown and develop a caramel taste. 1½ hours preparation time. Makes 6 servings.

Carrots Vichy

1 lb. carrots
Water
4 Tbs. butter
2 Tbs. honey
Sea salt

Peel carrots and slice into rounds. Cover with water and bring to a boil. Add butter and honey. Boil uncovered, skimming frequently, until liquid is reduced to almost nothing and carrots are well coated. You may want to add a tablespoon or two more of butter at the end. Season to taste. 20 minutes preparation time. Makes 4 servings.

Lacinato (Kale)

1 bunch lacinato (This is a flatter, milder flavored, darker green leaf than curly Kale.)
1 cup chicken broth
1 clove garlic, minced
Butter to taste

Cut the lacinato into strips, width-wise. Steam in broth for 3 minutes. Serve immediately. 12 minutes preparation time. Makes 4 servings.

Sautéed Spinach with Garlic

2 Tbs. Olive oil

4 cloves garlic, thinly sliced lengthwise
2 lbs. fresh spinach, washed and leaves damp
Salt and freshly ground black pepper to taste

In a large sauté pan heat olive oil over medium heat. Add garlic, and cook until golden brown, 2 to 3 minutes. Using a slotted spoon, transfer garlic to paper towels; reserve. Discard oil. Place some olive oil in pan, and heat over medium heat. Coarsely chop spinach and stalks. Working in batches, add damp spinach to the pan. Cover and cook until spinach just begins to wilt, 4 to 5 minutes. Transfer the cooked spinach to a metal bowl, and cook remaining spinach. Season with salt and pepper. Sprinkle reserved garlic over spinach, and serve warm. 20 minutes preparation time. Makes 4 servings.

Mashed Cauliflower

1 head cauliflower
3 ounces rice or almond milk
¼ tsp. white pepper
½ tsp. kosher salt
2 garlic cloves, minced
Paprika to taste

Preheat oven to 350 degrees. Cut cauliflower into florets or even size. Drop into boiling salted water and cook for about 15 minutes. Put rice milk in blender, add cooked cauliflower and garlic and blend until creamy. Add salt and pepper to taste. Pour into one quart greased casserole dish. Top with a light sprinkle of paprika and bake for about 20 minutes or until bubbly and hot. 35 minutes preparation time. Makes 6 servings.

Glazed Pearl Onions

30 pearl onions, peeled
1 Tbs. butter
1 Tbs. extra virgin olive oil
1 tsp. honey
½ cup beef stock
Pinch of sea salt

Remove ends of onions and plunge briefly into boiling water. Skins will come off easily. Mix honey with stock and heat until honey is dissolved. Place onions, butter, oil honey mixture, and salt in a skillet large enough to accommodate the onions in one layer.

Bring the mixture to a boil, cover and cook a few minutes until the onions begin to soften. Remove lid from pan and continue cooking, stirring frequently, until liquid has evaporated and the onions become coated with glaze.

Swiss Chard

1 bunch Swiss chard
½ cup water

Wash leaves thoroughly. Cut width-wise into strips. Bring water to boil and steam for 3 minutes. (This has a very mild, almost spinach-like, taste.) 6 minutes preparation time. Makes 4 servings.

Dr. Steph's Famous Guacamole

2 avocados
2 cloves of fresh garlic
1 lime, juice of, freshly squeezed
1 Tbs. fresh basil
Salt and pepper to taste

Mix all ingredients into a food processor and blend until smooth.
5 minutes preparation time. Makes 3 servings.

Salsa

2 large diced tomatoes
2 scallions, thinly chopped
1 garlic clove, minced
1 Tbs. chopped cilantro
1 Tbs. extra virgin olive oil
2 tsp. fresh lime juice

Combine all ingredients in a bowl and let sit for a few minutes before serving. Great as a topping on fish. 15 minutes preparation time. Makes 4 servings.

Beets

1 bunch beets
1 inch Water

Wash beets thoroughly and cut the leaves off, leaving about 2 to 3 inches of the stems. Leave the root on to avoid excess loss of nutrients. Place beets in a steamer and fill water just to where it touches the beets. Steam for approximately 20 minutes for a medium to small beet. More time is required for larger beets. Test with fork for tenderness. Raw beets can be grated on a salad; they are very sweet. Use the beet leaves as salad greens
25 minutes preparation time. Makes 6 to 8 servings.

Winter Root Medley

4 parsnips, peeled and cut into sticks
4 turnips, peeled and cut into quarters
1 rutabaga, peeled and cut into chunks
3 Tbs. butter
3 Tbs. extra virgin olive oil

In a heavy skillet, sauté vegetables in butter and olive oil until tender and golden brown. 30 minutes preparation time. Makes 4 servings.

Peppers and Onions

2 medium onions, peeled and thinly sliced
2 red peppers, seeded and sliced into strips
2 Tbs. butter
2 Tbs. extra virgin olive oil
½ tsp. dried fine herbs
2 cloves garlic, peeled and crushed
½ cup finely shredded basil leaves
Sea salt and pepper, to taste

Sauté onions and peppers gently in butter and olive oil for about 45 minutes until soft. Add herbs, crushed garlic, and basil, and cook another few minutes, stirring constantly. The consistency should be like marmalade. Season to taste. 1 hour preparation time. Makes 4 servings.

Sweet Potato Dollars

3-4 sweet potatoes
3 Tbs. melted butter
3 Tbs. extra virgin olive oil
Sea salt, to taste

Peel potatoes and slice crosswise at ¼-inch intervals into "dollars." Brush two cookie sheets with mixture of butter and olive oil. Arrange the dollars in one layer and brush with the remaining butter and oil. Season lightly with sea salt. Bake about 45 minutes at 350 degrees. 1 hour preparation time. Makes 4 servings.

Glazed Turnips

2 lbs. turnips, peeled and quartered

4 Tbs. butter
1 cup beet stock
1 tablespoon parsley, finely minced

Plunge turnips into boiling salted water for 3 to 5 minutes. Drain and pat dry. Sauté in butter until lightly browned. Add stock and boil down until turnips are coated with liquid has almost completely evaporated. Sprinkle with parsley and serve. 20 minutes preparation time. Makes 6 servings.

Burdock and Carrots

1 bunch burdock, julienned
1 bunch carrots, julienned
1-2 Tbs. sesame seed oil

Peel burdock and carrots, then slice julienne-style. Sauté burdock and carrots in oil until tender. 35 minutes preparation time. Makes 6 servings.

Red Cabbage, Dutch Style

1 medium red cabbage, shredded
1 bay leaf
½ tsp. cloves
½ tsp. sea salt
1 tsp. raw honey
¼ tsp. cinnamon
1 cup water
2 apples, peeled and quartered
1 Tbs. butter
1 Tbs. raw wine vinegar

Rinse cabbage and place in a heavy pan. In a small pan, mix bay leaf, cloves, salt, honey, and cinnamon with water and bring to a boil. Pour over the cabbage and cook gently about 20 minutes. Add the apple and cook another 10 minutes. Remove cabbage with a slotted spoon to a serving dish and toss with butter and vinegar. 45 minutes preparation time. Makes 6 servings.

Sautéed Asparagus with Garlic

1 small bunch asparagus
2 garlic cloves, minced
2 Tbs. olive oil
Water, for blanching

Rinse and cut bottoms off stalks. Blanch in boiling water for 2 minutes. Heat olive oil in pan and add garlic and asparagus. Heat on medium until garlic is golden brown. Serve immediately. 10 minutes preparation time. Makes 4 servings.

Sautéed Zucchini and Red Pepper

2 sweet red peppers, sliced into 1 inch strips
2 zucchini, medium, sliced into 1 inch strips
1 garlic clove, minced
1 Tbs. extra virgin olive oil
1 tsp. dried oregano or sweet basil
Salt and pepper to taste

Sauté zucchini in olive oil for 5 minutes over medium-high heat, just until lightly browned. Add garlic and continue sautéing for 30 seconds. Add peppers and sauté an additional 4 minutes. Add salt and pepper and serve. 15 minutes preparation time. Makes 4 servings.

Broccoli with Garlic

1 head broccoli, cut into florets
2 garlic cloves, minced

1 Tb. Extra virgin olive oil

Steam broccoli florets for 2 minutes in large pan over salted boiling water. Drain. Heat oil in pan, add broccoli florets and garlic. Cook until garlic is golden brown. 10 minutes preparation time. Makes 4 servings.

Spaghetti Squash

1 large spaghetti squash
Salt and pepper to taste

Preheat oven to 350 degrees. Cut spaghetti squash length-wise in half. Place on baking sheet and bake 25 to 30 minutes, or until tender. Remove from oven and shred the squash with a fork. Serve with Primavera vegetables or Marinara sauce. 35 minutes preparation time. Makes 4 servings.

Primavera Vegetables

2 zucchini, medium, sliced
2 celery stalks, diagonally sliced
1 red pepper, seeded and cut into strips
1 yellow pepper, seeded and cut into strips
½ green pepper, seeded and cut into thin strips
1½ cups broccoli florets, fresh or frozen
2 Tbs. olive oil
4 garlic cloves, sliced
¾ cup fresh basil leaves or 3 Tbs. dried
1 cup flat leaf Italian parsley, slightly chopped
1 15 oz. can fire roasted or regular crushed or diced tomatoes
Salt and pepper to taste
Parmesan cheese (sprinkle sparingly)

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring, just until vegetables soften, approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper and entire can of tomatoes. Cover and reduce heat to medium high for 2 to 3 minutes. Remove from heat and sprinkle with Parmesan cheese. Serve on top of fish, chicken, or cooked and shredded spaghetti squash. 35 minutes preparation time. Makes 4 servings.

Garlic-Chili Roasted Broccoli

1 large head of broccoli, cut into thin, long spears
¼ cup extra virgin olive oil
6 cloves garlic, finely chopped
1 Tb. Chili powder
1 Tb. grill seasoning blend or grill creations

Preheat oven to 425 degrees. Place olive oil, garlic, chili powder, and grill seasoning in the bottom of a large bowl and add the broccoli spears. Coat broccoli evenly and place on a large nonstick baking sheet. Roast broccoli until ends are crisp and brown and stalks are just tender, approximately 15 minutes. 25 minutes preparation time. Makes 4 servings.

Cajun Crudités

1 package baby carrots
½ European cucumber, seeded and thinly sliced on an angle into ovals
3 small celery stalks, cut into ¾ inch pieces
½ green pepper, seeded and cut into thin strips
1 lime, juiced
2 tsp. chili powder
3-4 drops hot sauce or sprinkle with cayenne pepper
Salt to taste

Arrange sliced vegetables on a platter. Squeeze lime juice over them and season with salt, chili powder, cayenne, or hot sauce. 15 minutes preparation time. Makes 4 servings.

Roasted Sweet Potatoes

4-5 medium sweet potatoes, peeled and cut into large pieces
2 sweet onions, cut into one-inch pieces
1½ Tbs. extra virgin olive oil
¾ tsp. garlic pepper blend
½ tsp. salt

Preheat oven to 425 degrees. In a large bowl combine all ingredients and toss thoroughly. Spread onto 9 x 13" baking dish and bake for 30 to 35 minutes or until tender. 45 minutes preparation time. Makes 4 servings.

Coleslaw

1 cup shredded red cabbage
1 cup shredded green cabbage
1 carrot, shredded
¼ cup onion, finely chopped
1 lemon, juice of
1 tsp. salt
1 garlic clove, minced
1 tsp. paprika
1/3 cup olive oil
3 Tbs. apple cider vinegar

Mix all ingredients together in a large bowl and serve.
25 minutes preparation time. Makes 4 servings.

Tabouleh

2 cups curly parsley, chopped
2 cups flat leaf Italian parsley, chopped
¾ cup finely chopped tomatoes
¾ cup finely chopped cucumber
½ cup finely chopped celery
1 Tbs. pine nuts (leave out)
2 Tbs. fresh lemon juice
2 Tbs. olive oil
1 tsp. salt
Pinch of fresh ground pepper

Combine the parsley, tomatoes, cucumber, celery, and pine nuts in a medium bowl. Mix lemon juice, olive oil, salt, and pepper in a cup and toss over salad to mix well. Preferably, use a food processor to mix all ingredients into a finely chopped mixture.
15 minutes preparation time. Makes 4 servings.

Tomato Cups

6 medium tomatoes
½ small cucumber
2 stalks celery, thinly sliced
½ medium red onion or 2 scallions, chopped
½ cup fresh parsley
1 Tbs. fresh mint (optional)
1 clove garlic, minced
½ cup sunflower seeds
1 Tbs. lemon juice
1 Tbs. olive oil
Sea salt, to taste

Cut tomatoes in half and scoop out centers. Add tomato pulp to the other ingredients and finely chop everything. Mix all and fill tomato halves.

15 minutes preparation time. Makes 12 cups.

Baby Bok Choy, Snap Peas & Garlic

32 snap peas
12 baby white onions, peeled and halved
2 baby bok choy, quartered
1 clove garlic, very thinly sliced
4 tsp. olive oil
4 sprigs mint
2 tsp. grated orange zest
Salt and pepper, to taste.

Preheat the oven to 400 degrees. Cut 4 12-inch-long pieces of nonstick foil. Mix all the ingredients together and spoon equal amounts onto the center of each piece of foil or parchment paper. Draw up the sides of the foil and seal the packets well; leave room around the ingredients so they can steam. Put packets on a baking sheet. Bake 15 minutes or until the bok choy is tender. Serve immediately. 30 minutes preparation time. Makes 4 servings.

LETTUCE WRAPS

Oriental Lettuce Wraps

Dice small or grate: carrots, celery, broccoli stalks, mushrooms, or any variety of vegetable that you prefer. Toss with 1 tsp. good oyster sauce or tamari sauce (or to taste). Add fresh bean sprouts and toss. Spoon vegetables into fresh, washed lettuce leaves of your choice, preferably leaf lettuce. Roll cabbage style. 30 minutes preparation time. Makes 4 servings.

Greek Lettuce Wraps

Dice small: tomatoes, cucumbers, onion, and minced garlic. Toss with extra virgin olive oil, and a little lemon juice; add fresh chopped basil or any herbs that you prefer. Spoon vegetables into fresh, washed lettuce leaves, and add a few olives and grated feta cheese. Roll cabbage style. 30 minutes preparation time. Makes 4 servings.

African Broccoli

4½ cups small broccoli florets
2½ cups small cauliflower florets
1½ cups sliced carrots
1 Tbs. canola oil
1 tsp. salt
1 tsp. cumin
½ tsp. ground coriander
½ tsp. nutmeg
½ tsp. crushed red pepper flakes (or to taste)
1 cup vegan sour cream (Tofutti brand)
2 Tbs. cider vinegar
1 Tsp. agave nectar
½ cup green onions, thinly sliced

Steam the broccoli, cauliflower, and carrots until cooked but still crisp. Rinse under cold water. In a small skillet over medium heat, combine the canola oil, salt, ginger, cumin, coriander, nutmeg, and red pepper flakes. Cook for 2 minutes, until lightly browned. Stir constantly. In a large bowl, combine the spice mixture, vegan sour cream, vinegar, and agave nectar. Add the broccoli mixture and toss to coat. Stir in the green onions and serve immediately. 20 minutes preparation time. Makes 6 servings.

Asparagus with Sesame Seeds

2½ lbs. asparagus, trimmed

2 Tbs. extra virgin olive oil or melted butter
2 Tbs. shallots, minced
2 Tbs. sesame seeds, lightly toasted
Juice of 1 lemon
Sea salt

Place oil and asparagus in a glass baking dish and toss so that the asparagus is completely coated with oil. Bake at 400 degrees for about 8 minutes, shaking the dish every 2 minutes or so. Sprinkle on the shallots and sesame seeds and bake, with one or two shakes, for 1 minute more. Transfer to heated serving bowl and squeeze on lemon juice. Season to taste. 25 minutes preparation time. Makes 6 servings.

Green Beans with Onions

1½ lbs. green beans, French cut
4 Tbs. butter
½ cup dehydrated onions

Cut each end from the bean with a knife, being careful to remove any strings. Break or cut the beans sideways to fit into your food processor. Fit the processor with the regular slicing blade and place the beans in sideways. When processed the result will be beautifully French-cut beans. Place beans in a vegetable steamer and steam for about 8 minutes until they have turned bright green and are just tender. Melt butter in a frying pan, add onions and sauté, stirring, until lightly browned. Toss with beans and serve immediately. 25 minutes preparation time. Makes 6 servings.

SAUCES

Marinara Sauce

2 Tbs. olive oil
3 garlic cloves, minced
1 medium onion, finely chopped
1 28 oz. can crushed tomatoes (slightly drained)
1 cup fresh Italian flat leaf parsley, chopped
½ cup fresh basil leaves, rolled and thinly sliced
Salt and pepper to taste

Heat pan on medium high heat and add olive oil, garlic, and onions. Stir until soft; add remaining ingredients. Stir occasionally and reduce heat to simmer for 10-15 minutes. Serve over pasta, chicken, or fish. 30 minutes preparation time. Makes 4 servings.

SALAD RECIPES

Zucchini Salad

3 zucchini, thinly sliced
2 red apples, cut in small pieces
1 avocado, cut in small slices
Cumin, to taste
Braggs, to taste

Mix all ingredients together and serve. 15 minutes preparation time. Makes 2 servings.

Mango Coconut Cucumber Salad

1 cucumber, peeled, seeded, and diced
1 mango, peeled and diced
1-2 Tbs. lime juice
1-2 Tbs. lemon juice
½ tsp. chili peppers, minced
1 small red pepper, minced

1 Tbs. dried shredded coconut

Mix everything in a bowl. Chill for 15-20 minutes before serving. Works very well with Brazilian, Thai, or Indian dishes. 10 minutes preparation time. Makes 6 servings.

Fresh Spinach and Avocado Salad

1 large avocado
1 lime, juice of
8 ounces fresh baby spinach leaves
4 ounces cherry tomatoes
4 scallions, sliced
½ cucumber, cut into chunks
2 ounces radishes, sliced
Herbs, sprigs to garnish

Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices. Transfer to a plate, drizzle with the lime juice and set aside. Wash and dry the spinach leaves. Put into mixing bowl. Cut the larger cherry tomatoes in half, and add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes. Add avocados, add your dressing, and toss. 30 minutes preparation time. Makes 2 servings.

Tomato and Onion Salad

1 box plum tomatoes, wedged
1 red onion, thinly sliced (or chopped scallions)

Combine with basic vinaigrette dressing and marinade at least 15 minutes at room temperature before serving. Preparation time 20 minutes. Makes 4 servings.

Greek Salad

1 head romaine lettuce, torn into bite-size pieces
1 cucumber, peeled, seeded, and sliced
1 small red onion, thinly sliced
1 red bell pepper, seeded and cut into thin strips
2 tomatoes, cut into thin wedges
10 fresh mint leaves, finely chopped
15-16 kalamata olives
4-5 mild peperoncini peppers, whole
Sea salt
Freshly ground pepper

Combine salad ingredients in salad bowl, add your dressing and toss. 15 minutes preparation time. Makes 4 servings.

Raspberry Salad

4 Tbs. Extra virgin olive oil
2 Tbs. raspberry puree
2 Tbs. raspberry vinegar
½ tsp. salt
¼ tsp. pepper
1 12 ounce package gourmet salad greens
1½ cups fresh raspberries

To make the dressing, in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together. In a serving bowl, toss the salad greens, and raspberries together. Pour the dressing over the salad, toss to coat. 20 minutes preparation time. Makes 4 servings.

Spinach Salad

1 10 ounce bags fresh baby spinach leaves, washed and stemmed

8 ounce button mushrooms, sliced
½ medium cucumber, sliced
4 eggs, hardboiled and halved
3 Tbs. walnuts, chopped (leave out)
3 Tbs. vinaigrette salad dressing

Spin spinach once washed. Place in salad bowl. Add remaining ingredients and toss with dressing. 15 minutes preparation time. Makes 8 servings.

Greek Cranberry Salad

5 ounces salad greens (Spring mix is good.)
¾ cup dried cranberries (no sugar added)
¼ cup thinly sliced red onions
1 cup coarsely chopped pecans (leave out)
¼ cup red wine vinegar
¼ cup olive oil
½ cup loosely packed parsley sprigs
2 dashes garlic powder
1 packet Stevia (if desired, for the dressing)
½ tsp. dried oregano
½ tsp. salt
1/8 tsp. pepper

To prepare the dressing pour the red wine vinegar, olive oil, parsley, garlic powder, oregano, salt, and pepper into a blender. Blend well until the ingredients are combined and the parsley is well processed. Toss the greens, nuts, cranberries, onions, with the dressing. Serve immediately. 15 minutes preparation time. Makes 4 servings.

Strawberry Spinach Salad

¼ cup sliced almonds, toasted (leave out)
1½ cups strawberries, hulled and quartered
½ cup cucumbers, sliced and cut in half
¼ cup red onions, sliced into thin wedges
1 6 ounce package baby spinach

Preheat oven to 30 degrees. Spread almonds in a single layer over bottom of small pan. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in pan. Meanwhile, hull strawberries into quarters. Score cucumber lengthwise, remove seeds. Slice cucumber and cut slices in half. Slice onion into thin wedges. Place spinach in large serving bowl, add strawberries, cucumber, and onion. Whisk dressing you are using and pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately. 22 minutes preparation time. Makes 4 servings.

Chicken, Tuna, or Red Salmon Salad

1 can tuna, 1 cooked breast chicken, or 1 can red salmon (or use leftover baked salmon), but into small pieces or mashed
½ stalk celery, chopped in fine pieces
1 Tb. onion, finely chopped (or green onion)
1 Tbs. Hain Safflower mayonnaise (enough to just moisten)
NOTE: When using chicken, add ¼ to ½ tsp. dill weed.
Mix all ingredients together thoroughly. Serve on pieces of lettuce leaves. 15 minutes preparation time. Makes 2 servings.

Caesar Salad

¼ to 1/3 cup extra virgin olive oil
½ tsp. anchovy paste
1 tsp. Dijon mustard
2-3 drops Worcestershire sauce (optional)
1 garlic clove, minced
¼ tsp ground pepper
1 Tb. lemon juice

Grated parmesan cheese (optional)
Romaine lettuce, torn into pieces

Mix the first seven ingredients thoroughly. Add some of the grated parmesan. Toss mixture with the greens until coated. Add more cheese and serve. 20 minutes preparation time. Makes 4 servings.

Puttanes Salad

4 ripe tomatoes (or plum tomatoes), seeded and chopped
½ red onion, chopped
3 Tbs. capers
½ cup kalamata olives, pitted and coarsely chopped
6 anchovies, chopped (or 1 tsp. anchovy paste)
1 garlic clove, minced
1/3 cup Italian or flat leaf parsley, coarsely chopped
Extra virgin olive oil for drizzling
12 fresh basil leaves, pile and roll into log to shred or tear
Salt and black pepper to taste

Combine first 7 ingredients in a bowl. Drizzle just enough olive oil to lightly coat salad, approximately 1-2 Tbs. Sprinkle in basil, salt, and pepper, and toss again to mix thoroughly. Adjust seasoning to taste. 20 minutes preparation time. Makes 4 servings.

Tuna Salad

1 6-ounce can Albacore tuna in water
1-2 tsp. red onions, finely chopped
3 Tbs. fresh parsley, finely chopped
1 Tb. freshly squeezed lemon juice
3 Tbs. olive oil (or 1 Tb. mayonnaise)
1 celery stalk, finely sliced

Mix all ingredients thoroughly and serve on lettuce leaves with wedges of tomato. Or mix with mayonnaise, if preferred. 15 minutes preparation time. Makes 4 servings.

SALAD DRESSING RECIPES

Basic Vinaigrette Dressing

½ cup extra virgin olive oil
3 Tbs. apple cider vinegar
1 tsp. oregano
½ tsp. salt
1/8 tsp. pepper

Mix in a container and refrigerate. Let it sit out a few minutes before using and shake well. 10 minutes preparation time. Makes 4 servings.

Dijon Olive Oil Dressing

½ cup extra virgin olive oil
6 Tbs. balsamic vinegar or lemon juice
6 Tbs. water
1 tsp. Dijon mustard
1/8 tsp. oregano
1 garlic clove, minced
Salt and pepper, to taste

Combine all ingredients into an air tight jar and shake vigorously to blend. Or use blender. 10 minutes preparation time. Makes 4 servings.

Tahini Dressing

2 Tbs. sesame tahini
Lemon juice, to taste
Water, for consistency

Blend. 10 minutes preparation time. Makes 4 servings.

Greek Salad Dressing

1/3 cup extra virgin olive oil
1 tsp. dried oregano
1 tsp. minced garlic
1 Tbs. red wine vinegar
1 Tbs. fresh lemon juice
Salt and pepper to taste

Whisk together the olive oil, oregano, garlic, wine vinegar, and lemon juice in a small bowl. Season to taste with salt and pepper. Toss with salad.
15 minutes preparation time. Makes 4 servings.

Garlic and Red Wine Vinegar Salad Dressing

2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1-2 cloves garlic, crushed
Salt and freshly ground pepper to taste

Place all ingredients in shaking jar; seal. Shake well. Pour over greens. 10 minutes preparation time. Makes 2 servings.

Oliveau Salad Dressing

2 Cloves garlic, minced
2 Tbs. Dijon mustard
½ tsp. celery salt
1 dash sea salt
1 dash freshly ground pepper
2 Tbs. balsamic vinegar
1 Tbs. wine vinegar (or boutique vinegar)
½ cup extra virgin olive oil

Place minced garlic, mustard, celery salt, and sea salt and pepper, and vinegars of choice in bowl. Very slowly whisk in olive oil, until emulsified (thick and creamy). Place in glass container. Can be refrigerated for 2 weeks and brought to room temperature prior to dressing salad. 30 minutes preparation time. Makes 6 servings.

Lemon Mint Dressing

2 cloves garlic, minced
½ cup fresh lemon juice
Salt to taste
Freshly ground black pepper
½ cup olive oil
2 Tbs. finely chopped fresh mint

Prepare the dressing in a small bowl, whisk together the garlic, lemon juice, stevia, salt, and pepper. Slowly add the olive oil, whisking until blended. Stir in the mint. Taste for seasoning. 10 minutes preparation time. Makes 6 servings.

Spicy Salad Dressing

2/3 cup olive oil
1/3 cup vinegar
3 tsp. fresh squeezed lemon juice
Freshly ground black pepper
2 cloves garlic, minced
¼ tsp. dry mustard
1 dash Tabasco sauce
½ tsp. paprika
1 packet Stevia
¼ tsp basil leaves, crushed
¼ tsp. thyme, crushed
½ tsp. oregano, crushed
2 serrano peppers, minced

Blend all ingredients thoroughly. Chill. 10 minutes preparation time. Makes 2 servings.

DESSERT RECIPES

Cinnamon Baked Apples

2 cooking apples
2 Tbs. raisins
1 Tb. blue agave
¼ tsp. cinnamon, ground
1 tsp. butter

Pre-heat oven to 375 degrees. Core the apples and pare a one-inch strip of skin from around the middle of each to prevent splitting. Place the apples in two 10-ounce custard cups. Pack the raisins into the apples. Mix the blue agave and cinnamon, pour over the raisins and into the apples. Top with butter. Bake for 30 minutes. 40 minutes preparation time. Makes 2 servings.

Poached Pears with Blackberries

4 pears, peeled, but left whole
½ lemon, juice and zest of
8 7/8 ounces blackberries
1 1/3 cups water
1 ounce blue agave

Put the pears in a saucepan with the lemon zest and the lemon juice. Tip in half the blackberries and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through leaving the seeds behind. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.
45 minutes preparation time. Makes 4 servings.

Vanilla Poached Pears

4 large pears, halved, peeled, and cored
Water, to cover
1½ inches piece fresh vanilla beans
Cinnamon, ground
Mint sprigs, to garnish

Place the pears in a large saucepan and pour water in to cover the pears. Add vanilla beans 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, then sprinkle with cinnamon powder and garnish with a sprig of mint. 30 minutes preparation time. Makes 4 servings.