

## Recipes

### Fresh Spinach Salad

Yield: 2 Servings

2 cups spinach

½ cup mushroom, sliced

¼ cup green Onion, chopped

Sea salt, to taste (optional)

Toasted sesame seeds, for garnish

Thoroughly wash the spinach, tearing the larger leaves. Drain well. Add the mushrooms and green onions, and toss well. Sprinkle with tamari (wheat-free), if desired, and then sprinkle each serving with sesame seeds.

### Greek Salad

Yield: 2 Servings

1 large cucumber, diced

1 cup tofu, extra firm, crumbled ¼ cup olive oil

½ cup black olives, sliced, ¼ tsp sea salt

½ small red onion, thinly sliced, 3 tbsp lemon juice

1-3 cups fresh spinach, 1 clove garlic, minced

2 tsp dried mint, optional

Combine the salad ingredients in a large bowl. Mix the dressing ingredients in a small bowl and beat with a fork or whisk until well blended. Pour over the salad and toss.

### Carrot Salad

1 pound shredded carrots

1 fennel bulb (stalk and core removed), cut into thin strips, lengthwise

½ cup diced raw walnuts

½ cup finely chopped parsley

Combine carrots, fennel, walnuts and parsley. Toss with salad dressing and marinate in refrigerator 1 hour before serving.

### Cider Slaw

Serves 4-6

3 cups shredded cabbage

2 apples, cored and chopped

1 cup apple cider vinegar

1 tbsp arrowroot powder (available at Whole Foods)

1 tbsp raw honey

Lettuce leaves

In a large bowl, toss cabbage and apples to combine. Use about 3 tbsp of the cider to make a smooth paste with arrowroot powder. In a sauce pan, heat the remainder of the cider to boiling, add honey, stir in arrowroot paste, and cook until tender and clear. Cool and pour over the cabbage and apples. Mix well and serve on lettuce leaves.

### Black or Pinto Bean Salad

Makes 4 servings

1 can organic black or pinto beans, drained and rinsed  
½ cup chopped red onions  
1 cup diced celery stalks  
1 cup diced carrot  
½ cup minced fresh parsley  
1 cup seeded and diced cucumber  
1 cup diced red bell pepper  
In a large bowl, toss all ingredients with salad dressing.

#### Warm Red Cabbage Salad

Serves 4-6

1 head of red cabbage  
1 small red onion, sliced  
½ cup sweet peas  
5 tbsp of olive oil  
1 tbsp of plum vinegar or sea salt to taste  
½ cup roasted walnuts (optional)

Cut cabbage into quarters, and then slice into 1/3 inch strips. In a large sauce pan, steam until soft, 3 to 5 minutes. In a skillet, sauté onion until limp and transparent and add to cabbage together with peas. Combine olive oil, rice vinegar and umami plum or salt and toss with cabbage. Sprinkle toasted walnuts on top and serve warm.

#### Tuna Salad

1 can (6 oz) chunk light tuna - no salt added  
1 tbsp Mayonnaise or Miracle Whip - Olive oil can be substituted  
1 tsp Dijon mustard  
2 stalks celery  
¼ cup onion diced  
Dash of pepper  
Combine all ingredients and enjoy.

#### Mexican Salad Bowl

Serves 4-6

Dressing:

3 tbsp fresh lemon juice  
2 tsp mustard  
1 tbsp of plum vinegar (or apple cider vinegar and sea salt) or to taste  
3 tbsp tahini  
4 tbsp water  
2 heads of butter lettuce or other green lettuce, shredded  
2 green onions, sliced fine  
1 cucumber, grated  
4 cups cooked black beans  
2 tbsp minced cilantro or tsp ground coriander (optional)

In a small bowl, whisk lemon juice, mustard, vinegar, tahini and water together to make the dressing. (For a more Mexican dressing, use 3 tablespoons of salsa, 1 tbsp

sesame oil, and ½ tsp sea salt). Assemble all other ingredients in a salad bowl and toss with dressing.

### Wilted Spinach Salad

Serves 4–6

3 bunches spinach (about 12 cups), cleaned, dried, coarsely chopped

1 red onion, sliced into rings

1 red bell pepper, chopped

6 tbsp balsamic vinegar

Sea salt to taste

½ cup roasted walnut pieces (optional)

Place spinach in a saucepan or skillet over medium heat and stir until limp; it should be bright green. Combine with onion rings and pepper, and toss with oil, vinegar, and salt to taste. Sprinkle with walnut pieces on top and serve warm.

### Basic Balsamic Vinaigrette

1 tsp Dijon mustard

2 tbsp + 1 tsp balsamic vinegar

½ cup extra virgin olive oil

Whisk all ingredients together.

Options: Add whatever herbs you have on hand to taste. Add a clove of minced garlic and some fresh basil.

### Flax Dressing

Serves 6, serving size 2 tbsp

¼ cup organic flax oil and olive oil

3 tbsp balsamic vinegar

3 tbsp water

1 tsp Dijon mustard

1–3 cloves fresh crushed garlic

Sea salt and pepper to taste

Add any herbs of your liking fresh or dried

In a jar that has a secure lid, add vinegar, water, mustard and shake well to thoroughly dissolve mustard. Then add oil, and remaining ingredients, and shake well again.

Store in the refrigerator for up to one week and let stand a couple of minutes before using if it has hardened.

### Apple Flax Vinaigrette

¼ cup apple cider vinegar

2 tsp Dijon mustard

½ tsp ground coriander

½ tsp ground black pepper

½ cup flax seed oil

¼ cup extra virgin olive oil

1 cup apple cider

2 tbsp Bragg's Liquid Aminos

In medium bowl, combine apple cider vinegar, mustard, coriander and pepper. Gradually whisk in both oils until well blended and emulsified (so the vinegar and oil do not separate). Whisk in cider and Bragg's Liquid Aminos until well combined. Store in an airtight container in the refrigerator up to one week.

#### Carrot Salad Dressing

3 tbsp fresh lime juice  
1 tsp ground cumin  
2 tbsp extra virgin olive oil  
Freshly ground black pepper, to taste  
Whisk all ingredients together.

#### Roasted Veggies (any in season)

Squash  
Asparagus  
Onions  
Green beans  
Cut squash into 1 inch chunks; leave asparagus whole, slice onions and leave green beans whole. Spray veggies with olive oil mist. Preheat oven to 400 degrees. Roast squash on olive oil misted pan for 10 minutes. Add the rest of the veggies and roast another 10 minutes or until done to your liking. Season with black pepper and herbs to your taste. (Note: Roasted Halibut can share the last 8-10 minutes of cooking with the veggies).

#### Broiled Fish

Yield: 2-3 Servings  
1 lb fresh fish fillets  
1 tbsp olive oil  
Place the fish in an aluminum foil lined broiling pan and light coat the top side of the fish with olive oil. Broil for 6-12 minutes until the fish is lightly browned on top and the meat is flaky and tender, but not dry.

#### Lentil Soup

Yield: 4 Servings  
1 cup lentils, dried  
2 carrots, sliced  
1 onion, sliced  
2 cloves garlic, pressed  
3 tbsp lemon juice, optional  
1 tsp fresh ginger root, sliced  
1 tsp Herbamare seasoning (available at Whole Foods)  
¼ tsp black pepper  
Bring 3 cups of water to a boil in a saucepan, and add the lentils, carrots, onion, garlic, lemon juice (if using), ginger root, Herbamare, and black pepper, turn the heat to low. Simmer for 1 hour and serve.

#### Crock Pot Lentil Soup

Serves 2-3

2 cups dry lentils  
4 cups water  
8 cups vegetable or chicken broth  
1 onion, diced  
3 stalks celery, sliced  
2 carrots, chopped  
2 cloves of garlic, minced  
1 tsp sea salt  
¼ tsp black pepper  
1 tsp oregano  
1 14 oz can of diced tomatoes  
2 tbsp red wine vinegar

Stir together all ingredients in a crock pot. Cook on low for 8 to 10 hours. This is a great recipe to throw together before bed and enjoy when you wake up or even take it for lunch in a thermos.

#### Salmon Burger

Whole Foods Market Salmon Burger (Whole Catch in the freezer)

½ tbsp mustard of choice  
½ of Ezekiel whole grain sprouted bun or bread  
2 fresh sliced onion rings  
1 piece of leaf lettuce

#### Black Bean Tortilla Roll-Up

1 brown rice tortilla  
½ cup black beans (hot or cold)  
3 oz rice cheese  
Fresh salsa  
½ cup mixed salad greens

#### Yam Supreme

Serves 4

4 yams  
3 tbsp extra virgin olive oil  
1 tbsp cracked pepper

Wash yams and slice lengthwise at ¼-inch intervals. Brush cookie sheet with olive oil and arrange the slices in one layer. Brush top side with olive oil and broil until slices become lightly browned (3-5 minutes). Turn over; brush again with olive oil and sprinkle cracked pepper. Just before serving, place under broiler for a few minutes or until golden.

#### Garlic Green Beans

2 tbsp olive oil  
4 cups fresh string beans  
½ tsp sea salt  
2 cups water

3–4 cloves of garlic  
½ tsp dried thyme  
Pepper (optional)  
Squeeze of fresh lemon juice

Heat oil in a sauce pan. Add garlic and beans and sauté over high heat to sear beans (2–3 minutes). Stir beans frequently so they do not burn. Add thyme, sea salt and pepper. Add water. Bring to a boil. Reduce heat, cover and simmer for 20–25 minutes until beans are tender. Add more water if necessary. Remove from heat. Drain excess fluid and place beans in a serving bowl. Add squeeze of lemon juice and toss.

#### Wilted Greens

Use any of the following, or combine several different kinds;  
Beet greens, Swiss chard, spinach, other greens, garlic, onion, sliced. Cut into bite size pieces and sauté all in large pan with a little olive oil. Pepper to taste.

#### Lemon–Broiled Chicken

Serves 4

1 lb of chicken breast  
1 large onion, sliced  
2 zucchinis, sliced  
1 red pepper, chopped  
2 lemons & 1 orange, squeezed  
2 tbsp tamari

Black pepper & red pepper flakes

Cut chicken into bite size pieces. Combine all ingredients in glass dish and marinate overnight. Heat oven to 400 degrees. Transfer to baking pan and bake for 30 minutes. Optional – broil last 5 minutes of cooking time.

#### Roasted Halibut

6 oz halibut fillets

Lemon

Dried herbs

Sear the halibut fillets with a little olive oil. Transfer to baking pan, sprinkle with your choice of herbs (Italian Herb Blend, oregano, basil, etc.) and squeeze lemon juice over the top. Bake at 400 degrees for approximately 8 minutes. Check for doneness by flaking with a fork.

#### Crock Pot Chicken with Herb Rub

One 3–4 pound roasting chicken

Herb Rub: 1 tsp of the following herbs mixed together: thyme, rosemary, oregano, seasoning salt (msg free) and sea salt. Rinse chicken under cold water, remove any giblets and pat dry with paper towels. In a small bowl combine herb rub ingredients. Rub the mixture on the top and bottom of the chicken. Place in a roaster or crock pot for 3–4 hours at 225°F. Bones can be saved by freezing to make a bone broth at a later date.

### Baked Salmon

Serves 4

4 6 oz salmon fillets (wild caught)

2 tsp grated lemon zest

4 tbsp chopped fresh mixed herbs (any combo of oregano, basil, parsley, chives, tarragon)

Freshly ground black pepper to taste

4 tbsp dry white wine

4 tbsp olive oil

1 tbsp Dijon mustard

1 lemon cut into wedges, for garnish

Preheat oven to 375°F

Rinse fish under cold water and pat dry with paper towel. Arrange each salmon steak on a sheet of parchment paper. Sprinkle with lemon zest, fresh herbs, and black pepper. Combine wine, olive oil and mustard and pour over fish, making sure the edges of the paper are folded up to hold sauce. Tightly seal the parchment paper to create a packet by double folding edges and sides. Arrange on a baking sheet and bake about 15 minutes, until fish is tender and easily flakes with a fork. Garnish with fresh lemon and serve immediately.

### Mexican Quinoa with Spinach

Serves 4–6

1 ½ tbsp olive oil

1 medium onion

2 cloves of garlic, minced

1 jalapeno pepper, minced without seeds

1 tsp ground cumin

1 tsp ground coriander

1 cup quinoa

1 bell pepper, seeded and diced

2 cups of vegetable stock or water

Sea salt to taste

2 cups fresh spinach, chopped

2 tsp minced fresh parsley

In a large saucepan, heat the oil and sauté the onion, garlic and jalapeno pepper with the cumin and coriander, until onion is translucent and garlic is slightly golden. Add quinoa, bell pepper, stock and salt; cover and simmer for 10 minutes. Add spinach, cover and simmer 5–10 minutes, or until liquid is absorbed. Adjust seasoning as desired, stir in parsley and serve.

### Beef Stew

1 pound of beef roast (grass-fed from farmer's market is the best)

5 small red potatoes, chunked

1 yellow onion, chopped

4 carrots, sliced (one inch long pieces)

Season with herb rub: 1 tsp of the following herbs mixed together: thyme, rosemary, oregano, seasoning salt (msg free) and sea salt.

Combine all ingredients and make sure the herb rub is mixed in well. Place in a crock pot and cook on high for 3–4 hours until meat is cooked through and potatoes are soft.

### Mushroom Avocado Chicken Sausage Scramble

Serves 3

2 tbsp olive oil

¼ cup diced onion

2 cups sliced brown or white mushrooms

2 small diced zucchinis

1 package of Apple Gate Farms Organic Sweet Italian Chicken Sausage (4 links)

Fresh ground black pepper to taste

2 tbsp fresh basil or 2 tsp dried basil

1 diced ripe avocado

Heat olive oil over medium heat in skillet. Add onion, garlic, mushrooms and zucchini. Sauté until softened, about 5 minutes, stirring often. Add sausage, black pepper, and basil and sauté until heated through, stirring gently with a wooden spoon. Garnish with avocado and serve hot.