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SALAD DRESSINGS

- Basic Salad Dressing -

(Sally Fallon, *Nourishing Traditions*)

MAKES: ~3/4 cup

1 tsp. Dijon-style mustard, smooth or grainy
2 tbsp. + 1 tsp. wine vinegar 1/2 cup olive oil
1 tbsp. flax seed oil

Method:

Whisk mustard into vinegar.

Add olive oil in a thin stream, whisking constantly until oil is emulsified. Whisk in flax oil, and use immediately.

- Lemon Pepper Dressing -

Used in the Summer Salad recipe (page 12). (Joseph Mercola, Dr. Mercola's Total Health Program)

MAKES: ~3/4 cup

2 tbsp. fresh lemon juice
1 tbsp. wine vinegar
1/4 tsp. salt
1/2 tsp. cracked black peppercorns
1 dash stevia powder
1 clove garlic, minced
1/2-cup olive oil
1 tbsp. flax seed oil

Method:

Place all ingredients in a bowl, and whisk vigorously until the mixture emulsifies

MARINADE

- **Use-It-on-Everything Marinade** -

This delicious marinade works equally well on veggies, fish, poultry, and beef.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

MARINATING TIME: overnight

MAKES: enough for 10Kg of food

1 red onion, sliced
1 whole head garlic,
Cloves minced 4 tsp. salt
4 tsp. ground white pepper
4 tsp. freshly ground black pepper
4 tsp. paprika
3 tsp. dried basil
4 tsp. Worcestershire sauce
1 cup lemon juice
1 1/4 cups red wine vinegar
4 cups olive oil

Method:

Mix all ingredients until well blended.

Pour over food, and marinate overnight.

Tip: Place food in a gallon-size plastic zipper-top bag, cover with marinade, and seal. This package travels well in coolers and is less cumbersome than a pan in the refrigerator. Flip the bag several times while marinating to cover the food evenly.



- **Coriander Marinade** -

This marinade is delicious on Grilled Fish or Vegetables.

(Sally Fallon, *Nourishing Traditions*)

MAKES: 1/2 cup

1 bunch coriander, leaves only, finely chopped
Juice of 1 lemon
3 cloves garlic, minced
1/2-cup olive oil
1/4 tsp. freshly ground black pepper

Method:

Mix all ingredients together.



DRY MEAT RUBS

- **Out of this world dry rub** -

Dry rubs are low-calorie, low-carbohydrate seasonings that are simple yet flavorful.

(Joseph Mercola, Dr. Mercola's Total Health Program)

6 tbsp. minced garlic (or garlic powder)
6 tbsp. minced onion
6 tbsp. dried minced onion (or onion powder)
2 tbsp. allspice
1 tbsp. dried ground red chili pepper
2 tbsp. paprika
2 tbsp. dried thyme
2 tbsp. ground cinnamon
2 tsp. ground nutmeg
1 1/2 tsp. ground pepper
Zest of 2 lemons

Method:

Mix together all ingredients. Store in covered container, refrigerated, up to 1 month.

SAUSES

- **Béarnaise Sauce** -

(Sally Fallon, *Nourishing Traditions*)

MAKES: 1 1/4 cup

2 tbsp. finely chopped shallots (or green onions)
1 tbsp. finely chopped fresh tarragon (or 1 tsp. dried tarragon)
2 tbsp. white wine vinegar
2 tbsp. dry white wine (or vermouth)
5 egg yolks, at room temperature
4 oz. (1 stick) butter, cut into pieces
fresh lemon juice to taste
pinch of salt pinch of freshly ground black pepper

Method:

In a small saucepan, combine the onions, tarragon, vinegar, and wine.

Bring mixture to a boil, and reduce to ~1 tbsp. of liquid.

Strain into a bowl and set aside.

In a small bowl, whisk the egg yolks and set aside.

Set the bowl with the reduced liquid over a pan of hot water over low heat.

Piece by piece, add about half the butter to the liquid, whisking constantly until melted.

Add the egg yolks slowly, drop by drop or in a thin stream, whisking constantly.

Add the remaining butter, and whisk until well amalgamated.

Sauce should be warm and slightly thickened.

VEGATABLE DISHES

- Summer Salad -

This salad is best made several hours before serving. The secret to its success is to cut the vegetables in a fine dice. A food processor makes that task quick and easy.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

3/4-cup Lemon Pepper Dressing

1 bunch celery,

Finely chopped 2 cucumbers, peeled, quartered lengthwise, and finely chopped

2 bunches spring onions, finely chopped

2 green peppers, seeded and finely chopped

1 bunch radishes, finely chopped

10 Italian tomatoes

1 tbsp. finely chopped fresh chives



- Garlicky Steamed Stuffed Artichokes -

This dish is messy to eat but delicious.
(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 artichokes

1/2-cup olive oil (or melted butter)

4 cloves garlic, minced

2 cups breadcrumbs

(make your own from fresh or stale sprouted whole grain bread)

salt and freshly ground black pepper to taste



Method:

Remove the artichoke stems and place, stem side down, in a vegetable steamer or a large pot containing about 200ml of water.

Steam, covered, no more than 30 minutes, or until just barely tender.

Place artichokes in a colander to drain, stem side up.

Mix olive oil with garlic, breadcrumbs, salt, and pepper.

Pull artichoke leaves open a bit, and snip points off leaves with kitchen shears.

Press stuffing between leaves.

Return to steamer for another 5–10 minutes.



Vegetable Frittata -

A frittata is like a no-flip omelet or a no-crust quiche—a fast egg dish that can be made with any combination of vegetable, meat, and cheese that you can imagine.

(Joseph Mercola, Dr. Mercola's Total Health Program)

SERVES: 4

PREPARATION TIME: 15 minutes

2 tbsp. butter

3/4 cup chopped red onion sliced

500g mushrooms (or red peppers), sliced

4 cups chopped low starch vegetables (e.g., broccoli, cauliflower, zucchini, asparagus,

2 tbsp. minced fresh or dried marjoram

8 medium eggs

1/4-cup milk

3 tsp. dry mustard (or 2 tsp. prepared mustard)

1 tsp. freshly ground black pepper

1 tsp. vegetable seasoning (or salt)

Sauté until vegetables turn bright green and begin to soften.

Reduce heat to medium or medium-low.

Meanwhile, break eggs into a small bowl.

Add milk, mustard, and black pepper. Use a fork to break yolks gently, without whisking (mixture will look marbled), and pour



- Basic Spaghetti Squash -

Spaghetti squash is tasty low-carbohydrate substitute for pasta.
(Sally Fallon, *Nourishing Traditions*)

1 squash (any size) or butternut

butter, to taste

salt and freshly ground black pepper, to taste

Method:

Preheat oven to 350°F.

Cut spaghetti squash in half lengthwise; remove and discard seeds.

Place squash; cut sides down, in a baking pan with about 1/3 of water.

Bake for about 1 hour, or until tender when pricked with a fork.

Let squash cool slightly, then remove the strands of flesh, bit by bit, with a fork. Mix in butter, salt, and pepper.

- **Spinach-Stuffed Mushrooms** –

This delicious and elegant accompaniment to beef may be prepared in advance.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 8

- 1 cup steamed spinach
- 8 large whole fresh white button mushrooms
- 1 bunch spring onions, finely chopped
- 2 tbsp. butter
- 2 tbsp. olive oil
- 1/4 tsp. nutmeg
- Salt and freshly ground black pepper to taste
- 1–2 tbsp. butter (to grease the dish)

Method:

Preheat oven to 350°F.

Chop cooked spinach, place in a strainer, and press out liquid.

Wash mushrooms. Remove and finely chop stems; set aside whole mushroom caps.

Sauté mushroom stems with green onions in butter and olive oil until tender.

Add the spinach, and cook another minute or so, mixing well, until all moisture has evaporated.



- **Baked Sweet Potatoes** –

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

- 4 whole sweet potatoes
- 4 tsp. butter
- salt to taste

Method:

Preheat oven to 350°F.

Prick each sweet potato in several places with a fork.

Bake for 1 1/2 hours, or until soft when pricked with a fork.

Mash the flesh with butter and salt.



- **Sautéed Zucchini** -

Like all members of the squash family, boiling ruins zucchini. Even steaming gives watery results. Instead, sauté slices in butter or olive oil and finishes with a squeeze of lemon and salt and pepper.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

6 medium zucchini, washed and trimmed
2 tsp. salt
2 tbsp. butter (or olive oil)
Juice of 1/2 lemon
Salt and freshly ground black pepper to taste

Method:

Slice zucchini into thin matchstick-like pieces (or use the small julienne disk of a food processor).
Add salt, stir well to mix, and let stand 1 hour.
Rinse zucchini with water in a colander, and squeeze dry in a tea towel.
Melt butter slowly in a heavy skillet over low heat.
Raise heat to medium, and sauté zucchini for about 1 minute.
Remove to a serving dish, and season with lemon juice, salt, and pepper

- **Pumpkin Soup** -

This spicy pumpkin soup is a good way to use up all of that pumpkin left over from Halloween.

COOKING TIME: 30 minutes

SERVES: 6

1 1/2 pounds pumpkin (weighed before trimming)
1 leek, washed, trimmed, and sliced into rings
2 potatoes, peeled and diced
2 tbsp. olive oil
1-liter vegetable stock
1/2 tsp. salt 1 tsp. pepper
1/2 tsp. cayenne pepper

Method:

Cut the top off the pumpkin, scoop out the seeds and strings, peel the shell, and dice the flesh.
Sauté the pumpkin, leek, and potatoes in olive oil for 5 minutes, stirring frequently.
Add vegetable stock and bring to a boil. Cover and boil the soup for 15 minutes, until potatoes are soft.
Purée the soup and add spices and lemon juice.
Ladle into bowls and serve.

- **Basic Roasted Chicken** –

*This recipe is quick, easy, and delicious!
Refrigerate or freeze leftover chicken for quick meals during the week.*

(Joseph Mercola, Dr. Mercola's Total Health Program)

PREPARATION TIME: 10 minutes

SERVES: 11

1 2 -3 Kg roasting chicken
1 tbsp. butter, softened
1 medium garlic clove, minced
3/4 tsp. salt
4–5 grinds black pepper
2 tsp. minced fresh thyme leaves

Note: *For a golden breast, turn the chicken before the last 30 minutes of cooking.*

Method:

Preheat oven to 350°F.

Wash chicken, and remove fat from inside cavity. In a small bowl, combine butter, garlic, salt, pepper, and thyme to make a paste; rub it over the chicken.

Place chicken in roasting pan, breast side down. Roast, uncovered, basting frequently, for approximately 1 1/2 hours (20min for each kg). Chicken is done when leg pulls off easily and juices no longer run red when chicken is pricked with a fork.

Remove chicken from pan and let rest, covered, for 5–10 minutes.

Cut chicken into serving pieces, or slice and serve with gravy on the side.

Tip: *Deglaze the roasting pan and make gravy, if desired, thickened with 1 1/2 tbsp. mazina dissolved in 1 cups water.*



CHICKEN IDEAS

- Chicken Margarita -
SERVES: 4

1 tsp. ground cumin
1 tbsp. chilli powder
juice of 3 limes
10 cloves garlic, finely chopped
3 tbsp. olive oil, divided
3½ lb. chicken pieces
½ cup tequila, white or gold
½ cup water
fresh cilantro leaves (for garnish)

In a large bowl, combine cumin, chilli powder, limejuice, garlic, and 1 tsp. olive oil. Marinate chicken pieces in this marinade for 20 minutes. In heavy skillet, heat remaining olive oil. Brown chicken pieces on all sides. Add marinade, tequila, and water. Cook for approximately 10 minutes. Transfer chicken pieces to a platter. Reduce sauce over high heat until it thickens to a good coating consistency, pour over chicken, and serve garnished with cilantro.





- Bare Bones Low - FAT Chicken Salad –
Serves 1

(David Kirsch, The Ultimate New York Body Plan)

150g Poached Chicken breast, cut into cubes
¼ cup coarsely chopped celery
1tsp finely chopped parsley
1 tbs. sliced almonds, coarsely chopped
2 tsp. Dijon-style mustard
2 tbs. chicken stock
1 or 2 dashes hot pepper sauce
Salt and freshly ground black pepper to taste

In a medium bowl, mix chicken, celery, parsley and almonds
In another bowl, whisk mustard, and the hot pepper sauce together until well blended
Combine mixtures, and stir well. Season with salt and black pepper.

- Easy Grilled Chicken Breasts –
Great with an asparagus or a side salad

(Wild Oats Marketplace Recipes)
Serves 4

4 Boneless Skinless chicken breast halves
¼ cup Olive oil
juice of 1 lemon
1 tsp. salt
1 tsp. freshly ground black pepper

Rinse chicken thoroughly with cool water.
Whisk olive oil, lemon juice, salt and pepper
in large bowl.
Refrigerate chicken in marinade for 1 hour
Preheat the grill until it reaches medium hot
Cook chicken for 6 – 8 min per side or until

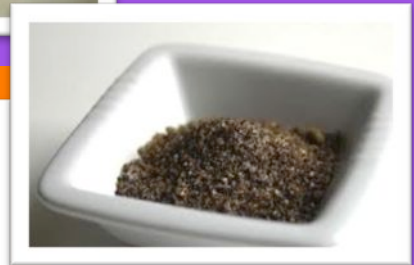


- **Tarragon Turkey Burgers** –
(Joseph Mercola, Dr Mercola’s total health Program)

Serves 4

500g Ground Turkey
½ Cup coarsely shredded zucchini
¼ cup Chopped red onions
1 tbsp. fresh or dried tarragon
2 tsp. Dijon style mustard
½ tsp. Spike vegetable seasoning or salt
3 grinds black pepper
2 large eggs

Preheat the grill or braai
In a large bowl combine all the ingredients and shape mixture into patties.
Cook 5 min per side or until browned. (Do not overcook.)



- **Stir Fry Turkey** –

Whether done in traditional wok or a hot skillet, a stir-fry is a quick and healthy meal. You could even use leftover Turkey.

Preparation time: 15 min
Serves 4

1 tbsp. Coconut oil or butter
3 slices fresh gingerroot, minced
1 large garlic clove, minced
1 medium red onion, chopped
2 cups celery sliced on the diagonal
1 medium carrot cut in half round slices
1 broccoli stem, peeled and sliced
2 medium kolrabi, peeled and diced
1-cup broccoli flowerets

3 cups chopped spinach
225g Mushrooms sliced or quartered
2 cups cooked Turkey or chicken, cubed
¼ tsp. curry powder
1 tbsp. tamari

Heat the coconut oil in a wok or skillet over high heat.
Add ginger and garlic
Add onions, celery, carrot, broccoli stems and stir fry for 3 – 4 min or until the vegetable colors brighten.
Add broccoli flowerets, mushrooms and continue to stir fry for 1 min.
Add the turkey or chicken. Thyme and curry powder. Cover
Reduce heat to medium-low and let steam continue to cook for about 2 min.



- **Slow Cooked Chicken Stew** -

This warm welcoming one dish meal is perfect for autumn and winter.

Serves 4

- 1 Kg Chicken Pieces
- 1 medium leek, slices
- 2 stalks celery, chopped
- 2 tsp. fresh thyme leaves
- 2 tsp. fresh oregano leaves
- 1 tsp. Vegetable seasoning or salt
- 1 Cup squash, peeled and cubed
- 1 medium carrot, chopped
- 1 stick cinnamon
- 400g-diced tomatoes (canned is fine)
- 2 cups chicken stock
- 1 cup cooked lentils

Place the chicken pieces, skin down in a slow cooker and set on high and sauté 3 – 5 minutes to release the fat.

Turn the chicken then add the leeks, celery, thyme, oregano and veg spices and continue to sauté until leeks start to become translucent.

Add the squash, carrots, cinnamon, tomatoes and water.

Cover and simmer for 2 – 3 hours

A few minutes before serving, remove the cinnamon sticks and stir in cooked lentils.

BEEF, LAMB, PORK AND VEAL



- **Quick Beef Steak with Mushroom and Wine – Serves 4**

Joseph Mercola – Total Health Program

4 large beef steaks (100g – 150g)
½ Cup red wine
120g Fresh Mushrooms
2 medium garlic cloves quartered
2 tbsp. fresh parsley, chopped
2 tbsp. butter

Place steak in a quart sized bag, set in a bowl to help stand up.

Add the wine, mushrooms, garlic and parsley.

Marinate mixture, refrigerate for at least 30 minutes and no longer than 24 hour.

Melt butter in a large skillet over medium heat. Braise steaks, two at a time, 2 minutes on each side

Remove steak to serving platter and keep warm.

- **Grilled Cracked pepper and Herb Steak –**

(Wild Oats Marketplace online recipes)

Serves 1

- 120g T Bone steaks
- 2 tsp. olive oil
- 3 tsp. coarse salt
- 4 tsp. cracked black peppercorns
- 1 tsp. garlic powder
- 1 tsp. dried rosemary, crushed
- 1 tsp. dried thyme
- 1 tsp. coriander
- 1 tsp. dried basil
- 1 tsp. dried oregano
- ½ tsp. ground cayenne pepper

Rub steak with oil, set aside on the counter for about 1 hour.
Pre-heat the grill or braai

Combine salt, pepper, herbs and cayenne – coat steak generously with dry rub.
Sear steak 4 – 5 min per side for medium rare. Allow the steak to rest 5 – 10 minutes before carving for peak juiciness.



- **Roasted Garlic –Stuffed Rib Eyes**

(Wild Oats marketplace)

Serves 3 – 4

- 2 x 250g Rib-eye steaks
- 2 whole heads garlic
- 4 tsp. olive oil
- Salt and freshly ground black pepper.

Rub each head of garlic with 1 tsp. of olive oil. Place in a covered casserole dish.
Bake for 15 – 20 minutes. Remove garlic from the oven to cool, uncovered but leave the oven on. Squeeze out roasted garlic, mash with a pinch of salt and pepper.

Slice in slit lengthwise in each rib eye steak. Fill each pocket with roasted garlic paste. Season both sides of each steak with salt and pepper.

Heat the remaining oil in an ovenproof skillet over medium heat. Sear steaks 3 min per side, then place in oven for 6 minutes for medium rare.
Allow steak to rest for 10 minutes.

- **Herb –Seasoned Steak Grill–**
(Joseph Mercola, Mercola’s Total Health Program)

Preparation Time : 10 Minutes
Serves 5

500g Top Sirloin Steaks
2 tsp. coconut oil
2 tbsp. Dijon-style mustard
2 tsp. grated horseradish
2 tsp. dried thyme
1 tsp. ground celery seed
1 tsp. onion diced
1 tsp. coarse salt
1\2 tsp. freshly ground black pepper.

Method:

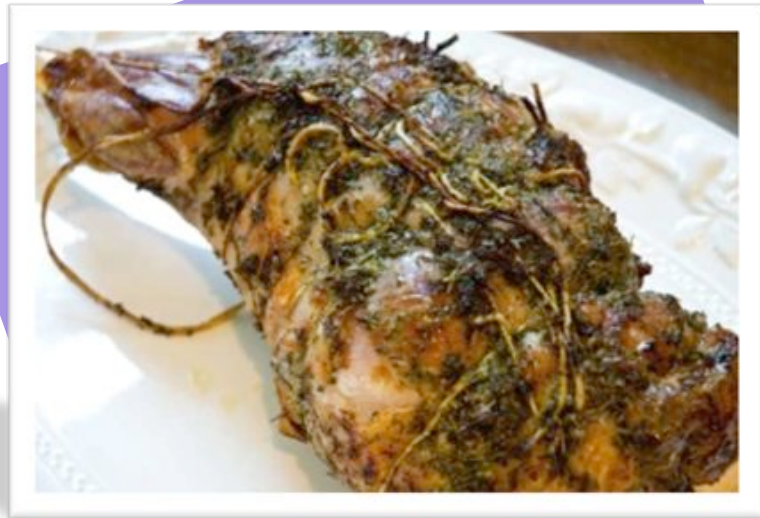
Take steak out of refrigerator at least 30 min before cooking. Preheat oven to grill. Set oven rack close to grill.

Rub both sides of steak with coconut oil. Combine the mustard, and horseradish, and spread evenly on both sides. Place steak on lightly greased grill pan.

In a small cup, mix thyme, celery seed, onion powder, salt and pepper. Divide mixture and sprinkling half on each side of the meat.

Grill steak 3 – 4 min per side, or until browning. Remove steak to serving platter, let rest 1 min. Slice and serve.





- **Roasted Leg of Lamb –** (Jordan S. Rubin)

Serves 4

2,7 Kg Leg of lamb
1\2 Cup Dijon Style mustard
1\4 Cup soy sauce
1 tsp. minced fresh rosemary
1 clove garlic slivered
5 cm piece of fresh gingerroot peeled and minced
2 tsp. olive oil.

Method:

Blend mustard, soy sauce, rosemary, garlic and ginger in a bowl.

Whisk in oil to make a creamy mixture, then set aside the sauce. Make 4 shallow slashes in the lamb with a sharp knife; tuck a sliver of garlic into each.

Brush the lamb liberally with the sauce and let it stand for 1 – 2 hours.

Roast lamb on a rack for 1 1\4 – 1 1\2 hours or until a meat thermometer reads 150F, allow roast to rest for at least 15min before carving.

- Herbed Lemony Lamb Chops –

Preparation Time: 30 – 35 Min

Serves 4

- 1 tsp. lemon zest
- 1\2 tsp. dried rosemary
- 1 tsp. dried oregano
- 1 tsp. dried tarragon
- 3 tbsp. lemon juice
- 1 tbsp. soy sauce
- 2 tbsp. butter
- 4 lamb shoulder chops

Combine lemon zest, herbs, lemon juice and soy sauce in a small bowl
– set aside.

Heat the butter in a large skillet over medium-high heat.

Brown lamb chops on both sides
and leave in the pan.

Pour seasoning over the chops,
cover and simmer over medium
low heat for 20 – 25 min, or until
chops are tender.



- Marinated Pork Chops – (Wild Oats marketplace online recipe)

SERVES 6

- 6 Pork chops
- 2 cloves garlic, minced
- 3 tsp. paprika
- Salt and freshly ground black pepper to taste
- 1 cup white wine

Place pork in one layer in a shallow ovenproof baking dish. Combine garlic, Paprika, salt and pepper and spread over chops.
Pour the white over all.
Cover and refrigerate for 6 hours.

Preheat oven to 200C
Uncover the dish and bake the chops uncovered in the marinade for 1 hour.



- **Grilled Pork Tenderloin with Rosemary-Mustard Rub** –
(Wild Oats marketplace)

Serves 4

4 Spring fresh Rosemary

3 tbsp. Olive Oil

2 tsp. coarse salt

2 tsp. crackled Black peppercorns

2 tbsp. stone-ground mustard

500g-pork tenderloin trimmed

Strip rosemary leaves from stems and place in a small food processor bowl with garlic, oil, salt, pepper and mustard. Pulse the mixture to make a paste. Smooth the paste over the pork, place on a baking sheet, cover and place in the refrigerator for 30 minutes.

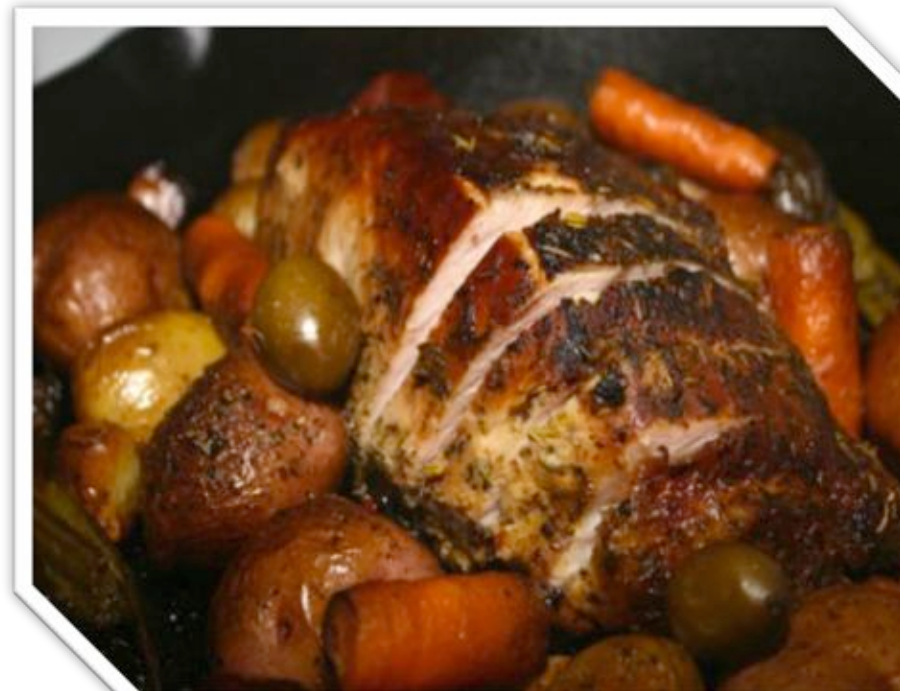
Preheat the grill to high.

Brush grated olive oil. Sear the pork for 3 min per side.

Reduce heat to medium, cover and cook pork for

8 – 10 min, or until cooked.

Let rest for 6 – 8 min before slicing.



- Veal Chops –

Sally Fallon , Nourishing Traditions)
SERVES 4

4 Veal chops
Juice of 1 lemon
½ Tsp. dried Thyme
2 Tbsp. Butter
2 Tbsp. Olive oil
½ Cup Dry White wine
2 Cups Beef stock

Marinate the veal chops for several hours in lemon juice mixed with Thyme.

Dry chops thoroughly. Heat the butter and oil in a heavy skillet, and Brown the chops, two at a time on both sides.
Remove chops to a plate.

Discard the browning oil from the skillet, and add wine and stock
Bring the mixture to rapid boil, stirring to scrape up veal juices.
Skim sauce and return the chops to the skillet. Reduce the heat to a simmer, cover and cook about 30min or until chops are tender.



- Grilled Swordfish -

(Sally Fallon – Nourishing Traditions)

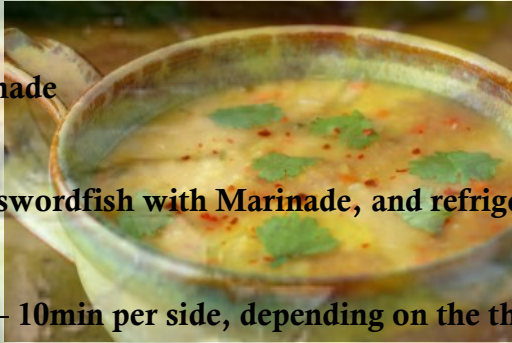
SERVES 6:

750g swordfish Steaks
¾ Cup Coriander Marinade
1-Cup Béarnaise Sauce

Brush both sides of the swordfish with Marinade, and refrigerate for a few hours.

Braai or grill the fish 5 – 10min per side, depending on the thickness of the steaks.

Served topped with the Béarnaise Sauce.



- Coriander Marinade -

This marinade is delicious on Grilled Fish or Vegetables.

(Sally Fallon, *Nourishing Traditions*)

MAKES: 1/2 cup

1 bunch coriander, leaves only, finely chopped
Juice of 1 lemon
3 cloves garlic, minced
1/2-cup olive oil
1/4 tsp. freshly ground black pepper

Method:

Mix all ingredients together.

- Béarnaise Sauce -

(Sally Fallon, *Nourishing Traditions*)

MAKES: 1 1/4 cup

2 tbsp. finely chopped shallots (or green onions)
1 tbsp. finely chopped fresh tarragon (or 1 tsp. dried tarragon)
2 tbsp. white wine vinegar
2 tbsp. dry white wine (or vermouth)
5 egg yolks, at room temperature
4 oz. (1 stick) butter, cut into pieces
fresh lemon juice to taste
pinch of salt pinch of freshly ground black pepper

Method:

In a small saucepan, combine the onions, tarragon, vinegar, and wine. Bring mixture to a boil, and reduce to ~1 tbsp. of liquid.

Strain into a bowl and set aside.

In a small bowl, whisk the egg yolks and set aside.

Set the bowl with the reduced liquid over a pan of hot water over low heat. Piece by piece, add about half the butter to the liquid, whisking constantly until melted.

Add the egg yolks slowly, drop by drop or in a thin stream, whisking constantly.

Add the remaining butter, and whisk until well amalgamated.

Sauce should be warm and slightly thickened.

Remove from heat and whisk in lemon juice, salt, and pepper.

Set the bowl set over hot water to keep sauce warm, whisking occasionally, until ready to eat.



- Easy Smothered Salmon –

(Stephen Byrnes)

SERVES 6:

2 Tbsp. Coconut oil or butter

2 Slices bacon Chopped

$\frac{3}{4}$ Cup diced celery

$\frac{3}{4}$ Cup Chopped onion

1 tsp. Salt

1 – 2 Tbsp. Butter

2 Cups Canned Salmon

$\frac{1}{2}$ Cup Boiled Water

Preheat the oven to 180 C

Melt oil in a heavy skillet, Add the oil the bacon, celery, onion, salt and fry until celery and onion are light brown.

Butter a covered ovenproof baking dish and place salmon in the center. Arrange vegetables Mixture around the salmon.

Add the water and cover.

Bake for 30 min, remove cover and bake another 10 min.



Salmon with Pecan Pesto

(Jordan S.Rubin, The maker's Diet)

Serves 4

125g Shelled Pecans
1 Sprig Rosemary
4 Salmon fillets
75g Butter
2 – 3 Fresh Jalapeno peppers, seeded and coarsely chopped
zest of small lemon
1 tbsp. Olive Oil
salt and freshly ground black pepper

Preheat oven to 180C

Toast the pecans on a cookie sheet about 20 – 30min, or until they release their aroma.
Set aside to cool.

Strip rosemary leaves from stems, and set aside.

Rinse salmon and pat dry. Butterfly fillets with a sharp knife, if desired. Rub salmon with olive oil, season with salt and pepper. Heat heavy skillet over medium heat. Panfry fillets until firm to the touch.

Place the toasted pecans, rosemary, butter, jalapenos and lemon zest in a food processor. Process for 5 – 8 seconds, scrape the bowl and repeat two or three times until a paste. Do not over process.

Spread the pesto over the cooked salmon and serve immediately.



Baked Herb Salmon

A Traditional Mediterranean pesto makes a low-carbohydrate salmon dish that's quick, elegant and taste. The fish bakes in the sauce.

(Joseph Mercola)

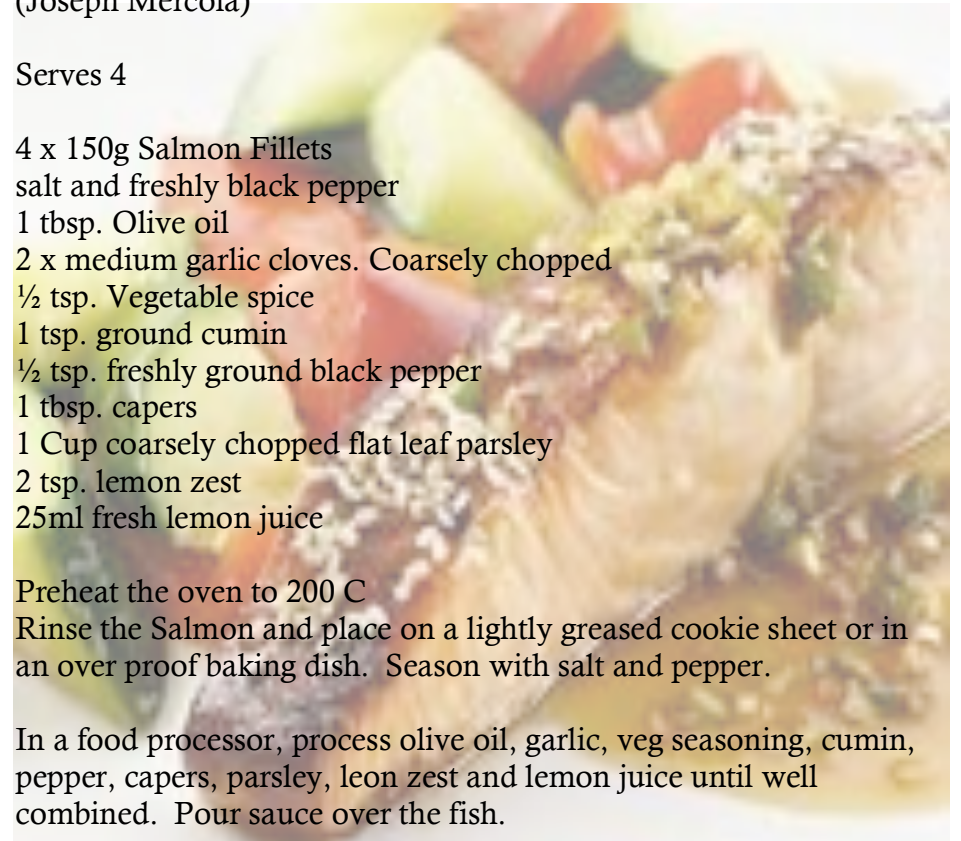
Serves 4

4 x 150g Salmon Fillets
salt and freshly black pepper
1 tbsp. Olive oil
2 x medium garlic cloves. Coarsely chopped
½ tsp. Vegetable spice
1 tsp. ground cumin
½ tsp. freshly ground black pepper
1 tbsp. capers
1 Cup coarsely chopped flat leaf parsley
2 tsp. lemon zest
25ml fresh lemon juice

Preheat the oven to 200 C

Rinse the Salmon and place on a lightly greased cookie sheet or in an over proof baking dish. Season with salt and pepper.

In a food processor, process olive oil, garlic, veg seasoning, cumin, pepper, capers, parsley, leon zest and lemon juice until well combined. Pour sauce over the fish.



Beans

Homemade Hummus

Makes 2 Cups

1 can Garbanzo Beans (Chickpeas) drained
½ Cup pitted Spanish Manzanilla Olives
1 tsp. minced garlic
3 tbsp. Olive Oil
2 tbsp. lemon juice
1 ½ tsp. chopped fresh basil
1 tsp. coriander
salt and pepper

Place beans, olives and garlic into a bowl of a blender or food processor. Pour in olive oil and lemon juice, season with basil, coriander, salt and pepper. Cover and puree until smooth. Hummus can be served immediately or covered and stored in the refrigerator until ready to use.



Kidney Beans and Mushroom Veggie Burger

Serves 4 – 6

1 Medium carrot
½ Cup Oats
1 can Kidney Beans drained
½ onion
½ red yellow bell pepper
1 ½ Cup mushrooms
1 egg
2 tbsp. tomato sauce
½ tsp. garlic salt

Process carrot in a food processor until grated. Add the oats and beans and pulse a few times.

Add the remaining ingredients and process until well combined but still slightly coarse.

Chill for at least 45 min then form into 4 – 6 patties.

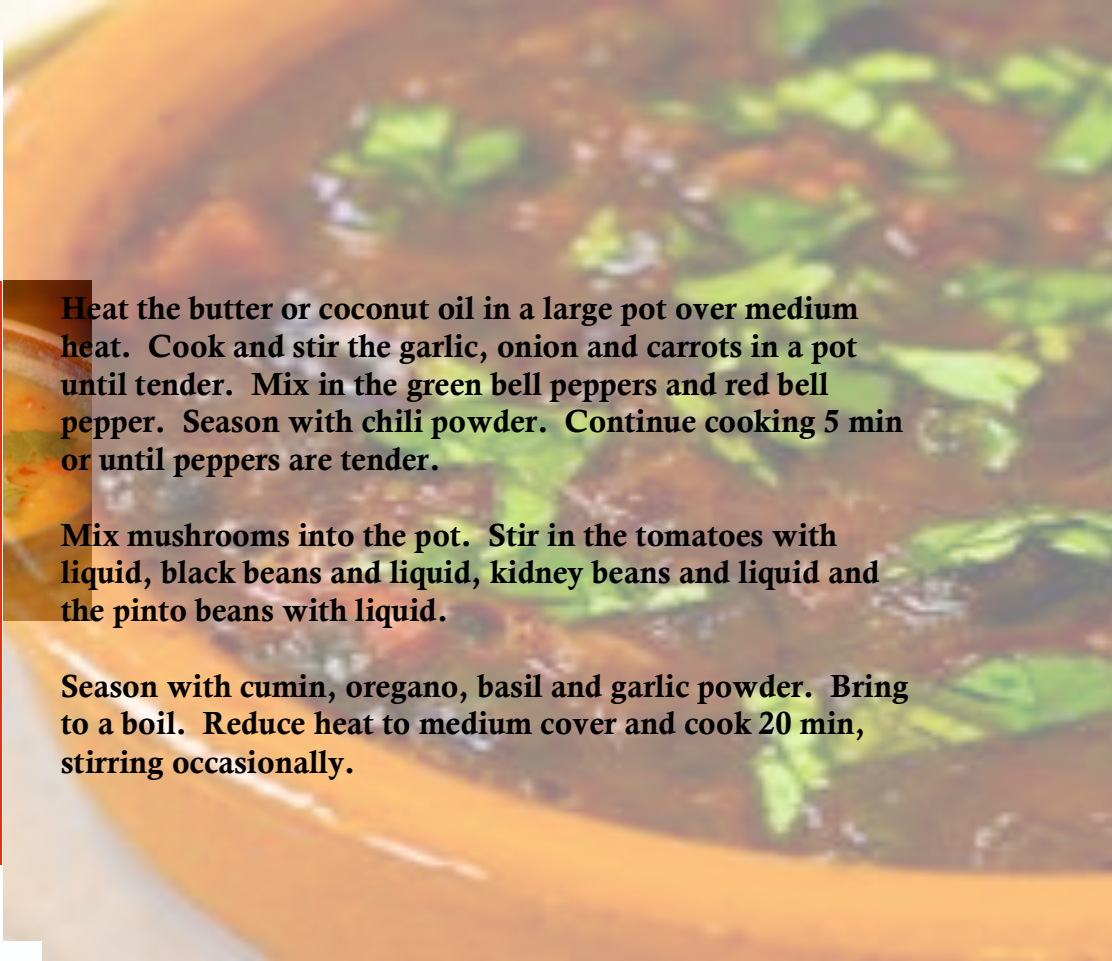
Braai or grill for 5 – 6 min on each side. You could also cook the burgers in a pan with olive oil.

Veggie Vegetarian Chili

You can freeze this chili and keep it on hand for a quick lunch or dinner.

Serves 16.

1 tbsp. butter or coconut oil
3 cloves of garlic
1 Cup chopped Onion
1 Cup chopped carrots
1 cup chopped green peppers
1 cup chopped red peppers
2 tbsp. chili powder
1-½ cups chopped fresh mushrooms
1 cans whole peeled tomatoes with liquid, chopped
1 can black beans untrained
1 can kidney beans untrained
1 can pinto beans untrained
1 tbsp. cumin
1 ½ tbsp. dried oregano
1 ½ tbsp. dried basil



Heat the butter or coconut oil in a large pot over medium heat. Cook and stir the garlic, onion and carrots in a pot until tender. Mix in the green bell peppers and red bell pepper. Season with chili powder. Continue cooking 5 min or until peppers are tender.

Mix mushrooms into the pot. Stir in the tomatoes with liquid, black beans and liquid, kidney beans and liquid and the pinto beans with liquid.

Season with cumin, oregano, basil and garlic powder. Bring to a boil. Reduce heat to medium cover and cook 20 min, stirring occasionally.





Lentil and Vegetable Soup

Serves 6

- ½ Cup red or green lentils
- 1 Cup Chopped onions
- 1 stalk celery chopped
- 2 cups shredded cabbage
- 1-can wholes peeled tomatoes chopped
- 2 cups chicken broth
- 3 carrots
- 1 clove garlic crushed
- 1 tsp. Celtic sea salt
- ½ tsp. ground black pepper
- ¼ tsp. white sugar
- ½ tsp. dried basil
- ½ tsp. dried thyme
- ¼ tsp. curry powder

Place the lentils into a stockpot or a pressure cooker and add the water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for about 15min. Drain and rinse lentils, return them to the pot. Add onions, cabbage, tomatoes, sugar, basil, thyme and curry. Cook simmering for 1 ½ to 2 hours or until desired tenderness is achieved.



Black Bean Dip

A Spicy black bean paste that works great as a dip, in burritos or with nachos.

Makes 2 Cups

2 Cups black beans canned and drained
½ cup Hot water
1 tbsp. olive Oil
¼ Cup onions sliced
1 tsp. ground coriander
1 tsp. ground cumin
¼ cup cilantro chopped
1 tsp. Chile puree or ½ tsp. cayenne pepper
2 – 3 limes, juiced
½ - 1 tsp. salt

Place the beans in a food processor or bowl; pour water over them and let sit

Meanwhile, heat the oil over low – medium heat, add the onions, coriander and cumin and sauté, stirring frequently until tender about 10 min.

Add spice mixture, cilantro and chili to the beans and puree until chunky, 10 – 20 seconds.

Add lime juice and salt, mix taste and add more chili \ cayenne, lime juice and salt as needed.

Bean dip keep well in refrigerator for up to 5 days, but it tastes best warm or at room temperature.





Dal

Dal is the Indian term for lentils, and in cooking refers to any of the many Indian dishes made with lentils. There are many variations from simple to complex.

Males 2 Cups

- 1 Cup red lentils or brown
- 3 tbsp. butter or olive oil
- 1 Small onion minced
- 2 cloves garlic sliced
- 1 chili seeded and chopped
- ½ tsp. turmeric
- 3 cups water
- 450 ml unsweetened coconut milk
- salt
- 2 shallots diced
- 1 dried red chili, crumbled or ¼ tsp. red pepper flakes
- 3 bay leaves
- 1 tsp. mustard seeds

Wash the lentils thoroughly and drain well
Heat 2 tsp. butter over medium – high heat the sauté onion, garlic and chili for 1 min.

Add lentils, turmeric and 3 cup's of water. Bring to a boil, lower heat, cover and simmer until lentils are soft about 30 min.

Remove the cream from the top of the coconut milk and reserve for some other use.

Add coconut milk to lentils and simmer, stirring occasionally for 5 min. Add a bit of salt to taste and remove from heat.

Heat remaining 1 tsp. butter over high heat. Add remaining ingredients and sauté about 1 min until mustard seeds turn gray.

Shepherd's Pie

Serves 6

2-½ tbsp. Olive Oil
2 Cloves garlic, minced
½ cup onion, minced
1 large tomato, chopped
3 Cups mixed vegetable, finely chopped
3 cups cooked legumes
1-cup vegetable stock or water
1 tsp. soy sauce
Pepper
2 to 2½ cups mashed cauliflower

Heat 2 tbsp. oil over medium heat; add garlic and sauté for 2 min. Add the onion and continue sautéing until soft about 5 min. Add the tomato and cook for two more min, stirring frequently. Add stock and vegetables, bring to boil, cover. Lower heat and cook until vegetables are tender, about 5 – 10 min. Add soy sauce and pepper, taste and adjust seasoning as necessary.

Preheat oven to 180 C,.

Use remaining ½ tbsp. oil to grease pie plate. Arrange vegetables in it, then cover with a layer of mashed potatoes. Garnish

White Bean and Tomatoes Soup

Serves 4 -6

½ Cup dry white beans, washed and soaked for at least 8 hours
8 cups water
10 sage leaves or 1 tsp. dried sage
3 bay leaves
6 branches of Thyme
4 cloves garlic
3 tsp. olive oil
1 tsp. salt
1 medium onion, chopped
500g fresh tomatoes or 2 canned tomatoes chopped

Drain and rinse the beans, place in a pot with 5 sage leaves, 2 x bay leaves, thyme, 3 whole cloves garlic, 1 tsp. oil. Bring to a boil, add ½ tsp. salt, lower heat and simmer about 1 hour. Set a colander over a bowl, strain the beans and remove the garlic, bay leaves and thyme stems. Heat the remaining oil along as you mince the last garlic clove. Add to pot with the remaining sage and bay leaf. Sauté a min or two, add the onion and cook, stirring frequently for 8 – 10 min until soft. Add the tomatoes, cooking liquid and bring to the boil, simmer for 20 min.



Spanish Tortilla

Serves 6

500g Potatoes (preferable sweet potatoes) peeled
1 large onion diced
¼ cup olive oil
5 eggs
salt and pepper

Slice the potatoes as thin as possible and dry with a paper towel. Sauté potatoes and onions in olive oil over medium heat, turning frequently, until golden brown.

Meanwhile beat the eggs with salt and pepper until foamy, 1 – 2 min. Pour the eggs over the potatoes, cover, lower the heat and cook for about 5 – 7 min, until the omelet is set and the bottom is golden brown. Slide the omelet onto a plate, cover with the other plate, flip and slide the omelet back in to the pan, so that the cooked side is on top.

Cover and cook for about 5 min longer. Cut into wedges and serve.



EGGS



Tangy Egg salad – no mayo Recipe

Serves 4 – 6

2 hard Boiled Eggs, peeled
2 green onions, finely chopped – green part only
1 tsp. Worcestershire sauce
1 Tbsp. Dijon mustard + more for spreading
1 Tbsp. lemon juice
Salt and pepper to taste

Mash eggs together well in a medium sized bowl, using a fork or a potato masher

Add green onions and stir

Add remaining ingredients and mix well.

Cover and refrigerate overnight.

No Crust Squash-Leek Quiche

Serves 6

1 Large Squash
1 tbsp. butter
2 Medium or one large leek, cleaned and chopped
¼ Cup Yogurt
2 Eggs
salt
pepper
½ Cup raw cheddar cheese, grated

Preheat oven to 250 C
Cut the squash in half, scoop out seeds and then cut the halves into 1-inch pieces.
Place in baking dish with ½ inch of water. Bake until soft, 45 min – 60 min.

Meanwhile roll out pie crust and arrange in a pie plate.
Poke all over with a fork.
Melt butter and leeks and sauté until soft about 10 min.
Beat together eggs, sour cream, salt and pepper.

When the squash is done, lower oven to 180 C.
Transfer squash to the large bowl and mash. Beat the egg mixture, then stir in leeks.

Spread squash mixture into pie crust and sprinkle with cheese.
Bake until firm and golden, about 45 min. When it's nearly done, sprinkle with pine nuts.

Remove from oven and let cool for 5 min.
Slice and serve.
Butternut is perfect for the quiche.



Homemade Mayonnaise

Makes 2 Cups

1 Egg
1 Tbsp. Lemon Juice
2 tsp. Dijon Mustard
Sea salt and freshly cracked black
1 Cup extra virgin Olive oil

In a blender or food processor, process the egg, lemon juice, mustard and salt and pepper until well combined.

While the motor is running pour the oil in a slow thin stream and process until the mixture is thick and creamy.

TAKE YOUR TIME IF YOU TRY AND RUSH IT, IT WON'T WORK.



Mini Vegetable Frittatas

Makes 8 – 10

8 large organic Eggs
½ Cup milk
1 Tbsp. butter
1 Cup Zucchini diced
1 Cup red Peppers, diced
1 Cup sliced fresh mushrooms
1 leek diced
¼ cup fresh Italian flat leaf parsley, chopped finely
1 tsp. salt
½ tsp. black pepper

Preheat oven to 200 C, Grease a large muffin tin with butter

Whisk the eggs and milk together in a large mixing bowl. Set aside.

Heat butter in a medium skillet or frying pan over medium heat. Place zucchini, red peppers, mushrooms and leek in a skillet and sauté until the veg becomes soft about 5 min. Remove from heat and stir in parsley, salt and pepper. Fold vegetables into egg mixture.

Fill muffin cups three-quarters of the way full with vegetable frittata batter. Bake 20min- 30 min until frittatas are set and browned on top. Serve hot or let cool and store in the fridge.