

Over 100
Gluten, Dairy
& Soy Free
Recipes

Simply Clean COOKBOOK

easy, fresh
favorific
RECIPES

LISA SPENCER

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Introduction

Buon Giorno!

In these pages you'll discover some recipes to make your sojourn into the cleansing journey even more fabulous. Most of my clients find that they really enjoy experimenting with new foods and different recipes. Take this time to expand the repertoire of foods that truly nourish you.

Be curious as you explore and experiment with the beautiful colors and flavors of REAL food. Let your creative juices flow when you are cooking it up in the kitchen; the heart of the home. If a recipe tastes too sweet or salty alter it. When I cook at home I rarely measure. Recipes are more like guidelines than rules. Toss and pinch. And keep in mind that your tastes will change as your palate develops and gets cleaner and wiser. But also, be brave and intuitive. This is the key to cooking in a way that truly satisfies us.

Try new ingredients and make them your own based on the guidance in this book. I find the enjoyment of cooking whole foods to be a nourishing experience all on its own. So be curious, be creative and most of all SAVOR the simple fresh flavors of nutrient dense nourishing food. HAVE FUN WITH IT!

Ciao... for now,

Lisa

Main
Events

Halibut en Papillote

Ingredients

1 pound fresh halibut (wild Alaskan halibut)
Kosher salt and cracked black pepper
2 stalks standard-size asparagus, sliced in half lengthwise, woody stems removed
1/2 white part of leek, julienned
3 lemon slices
4 to 5 sprigs fresh dill
1/8 cup low sodium chicken broth



Method

Preheat the oven to 450 degrees. Pull out a long piece of parchment paper, about 24 inches long.

Lay the parchment paper on the counter like a long rectangle, short ends on the left and right. Put the halibut piece in the middle of the parchment paper. Season it with salt and pepper.

Lay the asparagus slices, leeks, lemon slices, and dill on top of the halibut. Fold down the paper from the top, over the halibut. Roll the paper and crimp up all the edges like you are wrapping a present in a hurry. Leave the bottom open. Pour in the white wine and take care to not spill it out of the bag. Crimp the bottom to seal the bag.

BAKING THE HALIBUT

Put the parchment bag in a skillet. Slide it into the oven. Bake until the halibut is firm to the touch but not solid and dry, about 6 to 12 minutes depending on the thickness of the fish. (This should put the fish at a medium-rare to medium.)

Remove it from the oven.

Cut the parchment bag above the crimped edges. Be careful of the steam.

*Don't let the French phrase fool you. This is one of the simplest preparations you will find for a fabulous seafood dish. Once you have eaten this, you'll probably want to bake nearly every piece of fish you can find. **Do. Experiment. Play.** And stock up on parchment paper.*

Almond Flax Crusted Chicken

Ingredients

4 boneless chicken breasts, skinless
3 tablespoon ground flax
1/2 cup almond meal
1 tablespoon olive oil
1 tablespoon almond butter
1 teaspoon lemon juice
1 teaspoon sea salt
Pinch cayenne pepper
1 teaspoon parsley, fresh
1/4 teaspoon paprika
1 teaspoon thyme, fresh
1 tablespoon onion, finely chopped

Method

Pre-heat oven to 350 degrees.
Rinse the chicken and pat dry with paper towel.
In another small bowl combine the olive oil, almond butter, lemon juice, and all spices and herbs.

Mix in small food processor or by hand.

Once combined add the chicken breasts to this mixture. Remove chicken breasts from marinade bowl and place on baking tray.

Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts.

Pat each chicken piece with hand to better adhere the "crust" to the chicken.

Carefully turn over each chicken piece and repeat process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20–30 minutes or until an instant read thermometer reaches 168 degrees on the thickest part of the chicken.

You won't get any flax (sorry couldn't resist) from your family for showing up with this one!



*This one is easy and you can toss it all together
in a curry, oops, I mean in a hurry...*

Curried Coconut Chicken Breast

Ingredients

3 pounds chicken pieces, skin on
1/2 cup water
2 medium onions, halved and thinly sliced
8 garlic cloves, thinly sliced
16 thin slices peeled fresh ginger (about 1 ounce)
2 tablespoons curry powder, preferably Madras
1 teaspoon ground coriander
1 teaspoon ground cumin
Coarse salt
2 packages 10 oz frozen green peas
2 cups unsweetened coconut milk
1/2 cup toasted cashews (optional)
1/4 cup cilantro leaves (for serving)

Method

In a 5-quart slow cooker, toss chicken, 1/2 cup water, onion, garlic, ginger, curry powder, coriander, and cumin to coat. Season with 2 teaspoons salt. Cover, cook on high setting until chicken is fork-tender, about 4 hours (do not uncover while cooking).
Stir in coconut milk and peas; cover, cook until peas are heated through, about 20 minutes.
Transfer chicken to a large bowl; shred with fork. Return to pot; toss with sauce.
To serve, garnish with 1/2 cup toasted cashews and 1/4 cup fresh cilantro leaves, if desired

Ingredients

1 yellow onion, sliced in rings
1/2 bunch kale, chopped or torn into bite-size pieces (stalks removed)
1/4 cup olive oil
3/4 tablespoon sea salt
1 can navy or cannellini beans, drained and rinsed
6 cloves garlic, minced
1/4 cup water
1 package brown rice pasta
1/4 cup nutritional yeast (or to taste)
Lemon juice
Chili pepper flakes (optional)

Method

Cook pasta according to package directions. Heat olive oil in a saucepan over medium heat.
Add sliced onions and kale. Cook until onion is translucent and kale is bright green (some browning okay).
While onions and kale are cooking, add 1/2 can of beans and 1/4 cup water to blender or food processor, puree until smooth.
Add sea salt, garlic and 1/2 can of beans (whole). Cook until beans are warm, about 5 minutes.
Add bean puree to pan, if necessary add a little more olive oil so it does not stick to bottom of pan.
Add nutritional yeast and additional water if necessary for desired consistency (sauce will thicken the longer it is on the stove).
Strain pasta, toss with sauce.
Place in serving dishes, garnish with a sprinkle of lemon juice and a pinch of chili pepper flakes (if desired).

King Kale White Alfredo Pasta

Grilled Rosemary Chicken Breast

Ingredients

4 chicken breasts, boneless skinless
5 cloves garlic
1 tablespoon olive oil
1 tablespoon rosemary, fresh
1 tablespoon parsley, fresh
1 teaspoon sea salt

Method

Mince the garlic. Chop rosemary and parsley fine. Combine the garlic, olive oil, chopped herbs, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 1 hour to overnight if desired.

Grill the chicken breast for a total 8-10 minutes, turning once half way through. Chicken should be firm to the touch and opaque throughout: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

TIP

You can marinate the chicken in herbs and oil for up to 12 hours before cooking. This chicken can be baked, grilled, or broiled. You can also cook the chicken in the oven by baking at 350 degrees for 20-30 minutes or until juices run clear and internal temperature is 168 degrees Fahrenheit.



I make this all the time and freeze it in the marinade in serving sizes. It's so easy to thaw in a snap and grill or pan sear.

*I trust by now, you know how
AMAZING salmon is for your
beautiful bod.*

Poached Salmon with Fresh Dill

Method

Put wine, broth water, dill, parsley and onions in a saute pan, and bring to a simmer on medium heat. Place salmon fillets, skin-side down on the pan. Cover. Cook 5 minutes or to desired done-ness. Do not overcook. Serve with a little black pepper.



Ingredients

to 1 1/2 pounds salmon
fillets
1/2 cup dry white wine (a
good Sauvignon Blanc)
1/2 cup low sodium chicken
broth
a few very thin slices of
yellow onion and/or 1
shallot, peeled and sliced
thin
lots of fresh dill or big
sprinkle of dried dill
freshly ground black pepper

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If you get the REALLY good wild Alaskan Salmon, it's so fabulous to simply poach. I love it poached more than any other method because it is so tender and generous in salmon spirit. So many back yard "barbecue power rangers" over indulge the poor salmon with all kinds of "what have you" smothering the salmon and then they barbecue the heck out of it...no thanks.



I think this is such a glamorous recipe and so simple..effortless glamour..facile!

Roasted Cod with Olives and Lemon

Method

Heat oven to 400 F.

Place the fish in a small roasting pan. Add enough wine (about 3/4 cup) to reach halfway up the sides of the fish. Scatter the olives and lemon zest around the fish. Drizzle with the oil and season with 1/2 teaspoon salt, 1/4 teaspoon pepper, and the red pepper or cayenne. Roast until the fish is cooked through and flakes easily with a fork, about 20 minutes.

Remove from oven and sprinkle with the parsley. Divide the fish among individual plates and spoon the olives and wine or broth sauce over the top.

Ingredients

4 (6 oz each) Alaskan cod or Halibut
3/4 cup dry white wine or low sodium chicken broth
1/2 cup mixed olives
Zest from 1 lemon, cut into strips
1 tablespoon organic extra virgin olive oil
Sea salt and pepper
1/4 teaspoon red pepper flakes
1/4 cup fresh flat-leaf parsley, chopped

Wild Salmon with Lentils & Arugula

6

Method

In a medium pot, bring onion, carrot, celery, bay leaf, and lentils to a boil. Reduce to a simmer and cook until lentils are tender, about 25 minutes. Drain. Season with salt and pepper. Add olive oil and lemon juice. Stir in arugula and cover to keep warm. Meanwhile, heat oven to 375 degrees. Arrange fillets in a baking dish. Drizzle with olive oil and season with salt and pepper. Cover with foil and bake until cooked through, about 16 to 18 minutes. Serve with lentils and squeeze with lemon juice

Ingredients

4 6-oz. fillets wild salmon
1 medium red onion, diced
1 carrot, peeled and diced
1 stalk celery, diced
1 bay leaf
1 cup green lentils
Salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil, plus more for drizzling
1 tablespoon fresh lemon juice
3 cups baby arugula (1 1/2 oz.)

Vitamin D-rich foods, like salmon, tuna, and egg yolks, play a key role in beating the winter blues.



Herbifilific Roasted Turkey Breast

Ingredients

1 whole bone-in organic turkey breast, 6 1/2 to 7 pounds
1 tablespoon minced garlic (3 cloves)
2 teaspoons dry mustard
1 tablespoon chopped fresh rosemary leaves
1 tablespoon chopped fresh sage leaves
1 teaspoon chopped fresh thyme leaves
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons good olive oil
2 tablespoons freshly squeezed lemon juice
1 cup dry white wine

Method

Preheat the oven to 325 degrees F. Place the turkey breast, skin side up, on a rack in a roasting pan.
In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan.
Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. (I test in several places.) If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

My Greek Wedding Lamb Kebobs

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Ingredients

2 pounds ground lamb
1 onion, grated onto paper towels to absorb excess moisture
2-3 garlic cloves, minced
1/2 teaspoon cinnamon
1 teaspoon Ras-el-Hanout (Morrocan Spice Blend)
1 teaspoon kosher salt
1/2 teaspoon cumin
several grindings black pepper
a small bunch of cilantro, finely chopped (about 3 tablespoons)
a small bunch of flat-leaf parsley, finely chopped (about 3 tablespoons)
veggies for skewers such as zucchini and onion
brown rice

Method

Mix the ground meat with all the other ingredients; knead vigorously, until very smooth and pasty. Cover and chill in the refrigerator for 1-2 hours. Wet your hands and divide the meat into golf-ball sized balls. This will make 24-30 balls. Alternatively you can shape the meat into mini-burgers (tangerine-sized balls).
Press the meat balls firmly around square-bladed skewers, and mold into a sausage-link shape (If your meat balls are too large, they will fall off). Prepare a grill for direct cooking at around 400°F. When the coals are ready, grill the kabobs for 4-5 minutes each side, turning once or twice, until browned. Be careful not to overcook or the meat may dry out. Serve immediately. To the skewers added veggies of your choice such as zucchini and onion.

Serve with brown rice. Serves 4-6

Perfectly Roasted Chicken

Ingredients

1 (5 to 6 pound) roasting chicken
Kosher salt
Freshly ground black pepper
1 large bunch fresh thyme, plus
20 sprigs
1 lemon, halved
1 head garlic, cut in half
crosswise
2 tablespoons olive oil
1 large yellow onion, thickly
sliced
4 carrots cut into 2-inch chunks
1 bulb of fennel, tops removed,
and cut into wedges

Method

Preheat the oven to 425 degrees F.
Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and pat the outside dry. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the bunch of thyme, both halves of lemon, and all the garlic. Brush the outside of the chicken with the olive oil and sprinkle again with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Place the onions, carrots, and fennel in a roasting pan. Toss with salt, pepper, 20 sprigs of thyme, and olive oil. Spread around the bottom of the roasting pan and place the chicken on top.
Roast the chicken for 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables.

Ingredients

BAKED HALIBUT

4 6-ounce halibut fillets,
each about 1 1/2 inches thick
2 tablespoons extra-virgin olive oil
1 teaspoon kosher salt
3/4 teaspoon freshly ground black
pepper
Arugula Salsa Verde, recipe follows
Lemon wedges for garnish, optional

FISH TOPPING

2 tablespoons chopped fresh chives
2 tablespoons finely chopped fresh
flat-leaf parsley
1 teaspoon lemon zest

ARUGULA SALSA VERDE

1 cup finely chopped arugula
2/3 cup finely chopped fresh flat-leaf
parsley
1/4 cup olive oil
1/4 cup capers, rinsed and drained
Juice of 1/2 large lemon (about 2
tablespoons fresh lemon juice)
Zest of 1 large lemon
3/4 teaspoon kosher salt
1/2 teaspoon dried crushed red
pepper

Baked Halibut w/ Arugula Salsa Verde

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Method

Baked Halibut

Position an oven rack in the center of the oven.
Coat the halibut fillets all over with the olive oil. Place the fish on a rimmed baking sheet. Sprinkle with the salt, pepper and chive-lemon topping, pressing slightly to adhere. Bake the fish just until opaque in the center, 9 to 10 minutes. Transfer 1 fish fillet to each of 4 plates. Spoon the Arugula Salsa Verde alongside. Serve with the lemon wedges, if using.

Fish Topping

Preheat the oven to 375 degrees F.
Mix the chives, parsley and lemon zest in a small bowl. Cover and chill. This can be prepared 4 hours ahead, but keep chilled.

Arugula Salsa Verde

Stir the arugula, parsley, olive oil, capers, lemon juice, lemon zest, salt and red pepper together in a small bowl. Cover and chill. The salsa can be prepared 4 hours ahead, but let it stand at room temperature 1 hour before serving.

Wild Cod with Fava Bean Puree

Ingredients

4 cups low-sodium chicken stock
3 pound fresh fava beans,
shelled or 1 pound frozen lima
beans, thawed
3 tablespoon chopped fresh mint
Salt and freshly ground black
pepper
4 (6-ounce) Wild Alaskan Cod
filets
Olive oil for frying

Nori is an incredible sea vegetable that has been dried and made into flat thin sheets. It is rich in minerals and lignans. Lignans are compounds that are cancer-protective. These rolls are very adaptable, so feel free to play with whatever vegetables and fillings appeal to you based on what you have on hand and what is fresh and in season.

Method

In a medium saucepan, bring the stock to a boil over medium-high heat. Add the beans. Reduce the heat to low, and simmer until the beans are tender, about 5 to 8 minutes. Drain the beans and reserve 1 cup of stock. Place the drained beans and reserved stock in a blender or food processor. Add the mint and blend until smooth. Season with salt and pepper, to taste.

In a large skillet, heat enough oil to fill the pan 1/4-inch deep, over medium-high heat. Season the fish with salt and pepper on both sides. Cook for 3 to 4 minutes each side until brown and the center is just opaque.

Divide the Fava bean puree between 4 serving plates. Place a filet of cod top of the puree. Serve immediately.

Nourishing Nori Rolls

Ingredients

2 cups sweet brown rice
1 cup short grain brown rice
pinch sea salt
6 cups water
3 carrots, sliced thin
1 avocado, sliced thin
2 green onions, sliced thin
2 cups red cabbage, sliced
thin
toasted nori sheets

Method

Place rice into a 3-quart pot with water and sea salt. Cover, bring to a boil, then reduce heat to low and simmer for 45 minutes. Remove from heat and let rice stand for 20 minutes.

Place a sheet of nori, shiny side down, on a clean surface. Spread a thin layer of rice to 2 inches below the top of the sheet. Place vegetables at the bottom of the sheet. Tightly roll from the vegetable end.

The nori can be sealed by running your finger with a little water along the seam side.

Repeat this process until you have the desired amount of rolls.

Slice nori rolls with a serrated knife that has been dipped in water.

Risque Millet Risotto with Amourous Artichoke Hearts

Ingredients

3 tablespoons coconut oil or olive oil
1/2 red onion, finely chopped
1 cup coarsely chopped fresh mushrooms (any kind)
1 cup millet
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1 1/2 cups artichoke hearts. Make sure they're sugar and additive free
sea salt and fresh pepper
4-6 cups french onion soup or organic vegetable broth

Method

In a large pot over medium-high heat, heat the oil with the shallots and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock 1/2 cup at a time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn't quite soup but stays very moist.

Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

VARIATION: Millet Risotto with Butternut Squash

Instead of the artichoke hearts, add 1 cup diced butternut squash (that's been cooked in the oil until lightly browned - about 5 minutes - adding the chopped shallots towards the end. Use sage or herb of choice.

This delectable dish combines the creamy comfort of risotto with the soft tang of artichoke hearts. Instead of butter and pasty white rice, this is made with omega 3 rich oil and protein packed millet. This recipe is incredibly versatile (a variation is below) and has won over many "traditional" die hard risotto lovers. And it's a quickie. Try it!

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Spicey Asian Turkey Lettuce Wrap

Ingredients

1 pound lean ground organic turkey
2 tablespoons coconut oil
2 carrots, finely chopped or grated
3 cloves garlic, minced
2 tablespoons fresh ginger, peeled and grated
1 teaspoon Chinese 5 spice powder
2 tablespoons coconut aminos
2 tablespoons apple cider vinegar
1 tablespoon coconut nectar
1 can water chestnuts, chopped
1 head Boston, bibb lettuce or endive
chopped cilantro
2 green onions, chopped

Method

Melt coconut oil in a medium skillet over medium-high heat. Add carrots and saute for several minutes. Add garlic, ginger, turkey and Chinese 5 spice to the pan and saute until turkey is cooked through - about 3 to 5 minutes. Add water chestnuts and cook for 3 more minutes. Stir in coconut aminos, vinegar and nectar. Cook for a couple more minutes, stirring well to thoroughly combine. Put one scoop of turkey mixture into lettuce and roll up.

Savory
Soups

Chicken Rice Soup with Lemon Dill

Ingredients

1-1/2 tablespoons olive oil
2 cups finely chopped onion
1 cup finely chopped or diced carrot
1 cup finely chopped or diced celery
Kosher salt
1 large or 2 small bay leaves
3 quarts Homemade Chicken Broth or lower-salt chicken broth
3-1/2 to 4 cups shredded, cooked chicken
3 cups cooked tender brown rice
10 oz. baby spinach, stems removed, and chopped into 2-inch pieces
1/4 cup chopped fresh dill
1 to 4 tablespoons fresh lemon juice
Freshly ground black pepper
1/2 cup thinly sliced scallions for serving (optional)

Method

Heat the oil over medium-high heat in a large (at least 8-quart), heavy-duty pot or Dutch oven. Add the onion, carrot, celery, and 1/2 Tbs. salt. Cook, stirring occasionally, until the vegetables are softened and lightly browned in places, 4 to 6 minutes. Add the bay leaf or leaves and cook, stirring, about 30 seconds.

Add the broth and bring to a boil. Reduce to a simmer and cook, stirring, until the vegetables are completely tender, 20 to 30 minutes.

Stir in the shredded chicken, the rice, and spinach. Simmer, stirring occasionally, until all are tender and the flavors meld, 5 to 10 minutes. Stir in the dill and 1 tbs. of the lemon juice. Taste, and add more lemon juice, 1 tbs. at a time, if needed, up to 4 tbs. Season with salt and pepper to taste and garnish each bowl with 1 tbs. sliced scallion, if you like.



Feel free to make this soup with other types of winter squash such as pumpkin, acorn, delicata, etc. I used a 2 1/2 pound butternut squash for this recipe (weight is prior to peeling and de-seeding.) Experiment with other warming spices such as ginger and nutmeg. I used Braeburn apples in this soup; feel free to experiment with other types of apples.

Butternut Squash Apple Soup

Ingredients

2 tablespoons olive oil
1 medium onion, diced
1 medium butternut squash, peeled, seeded and diced into 2 inch cubes
3 apples, peeled, cored and sliced
1 teaspoon cinnamon
8 cups stock or water

Method

In a large pot warm oil. Caramelize onion, sautéing 10-15 minutes until golden brown. Add squash cubes, apple slices and cinnamon and cook for 10 minutes. Pour stock into pot and bring mixture to a boil. Reduce heat and simmer for 30 minutes. In a blender, puree soup in very small batches (for safety). Serve hot.



Artichoke Soup with Fresh Mint

Ingredients

2 tablespoons olive oil
2 celery stalks, chopped
1 medium onion, chopped
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 cups low-sodium chicken broth, plus extra, as needed
1 12-ounce package frozen artichoke hearts, thawed
1 packed cup fresh spinach (about 1 ounce)
1 tablespoon chopped fresh mint
Lemon wedges

Method

Heat the olive oil in a large saucepan over medium heat. Add the celery, onion, 1/4 teaspoon of the salt and the pepper. Cook the vegetables until just tender, about 4 minutes. Add 2 cups broth and the artichoke hearts and bring to a boil. Cover, reduce the heat to medium-low and simmer until the artichoke hearts are tender, about 12 minutes.

Puree the soup, 1 cup at a time, in a blender until very smooth, adding the spinach and chopped mint with the last cup. Return the puree to the same saucepan. Mix in the remaining 1/4 teaspoon salt. Warm over low heat, thinning with the additional broth by 1/4 cupfuls if the soup is too thick. Ladle the soup into bowls. Squeeze a lemon wedge over each bowl of soup before serving.

I Love Creamy Broccoli Soup

14

Ingredients

1 teaspoon black pepper
1/4 teaspoon salt
1 tablespoon extra virgin olive oil
5 cups vegetable broth
1/4 cup lemon juice
2 lbs broccoli, chopped
2 cloves garlic, minced
1 large onion, finely chopped

Method

Heat oil over medium heat in a large nonstick saucepan. Add onion and garlic, reduce heat to low, and cook until softened, about 7 minutes. Add broccoli, salt, and a pinch of pepper; stir well to coat. Add broth and raise heat and bring to a simmer. Partially cover, reduce heat to low, and simmer gently until broccoli is very tender, about 25 minutes. Transfer soup to a blender and puree, in batches if necessary, or use a hand blender. Serve hot, garnished with a small broccoli floret, if you want to decorate.



Yo Mama's Old Fashioned Navy Bean Soup

Ingredients

2 cups Great Northern Beans
1 cup yellow onion, chopped
1 cup carrots, diced
1 cup celery, diced
3 tablespoons olive oil
1 teaspoon. dried oregano
1/4 teaspoon. cayenne pepper
1/2 teaspoon. ground black pepper
4 cups filtered water
3 tablespoons Bragg's Aminos

Method

Cook beans until soft and drain. Sauté the carrots and onions in olive oil until soft. Add celery and cook for another 4 minutes.
Add seasonings and Bragg's Aminos (tamari can be used if preferred) and cook for 2 minutes. Add 3/4 of the water and the cooked beans.
Puree the soup with an immersion stick or a blender. Add water to achieve desired consistency.

Tuscan White Bean & Garlic Soup

Ingredients

2 tablespoons olive oil
2 shallots, chopped
2 sage leaves, stems removed
2 (15-ounce) cans cannellini beans, drained and rinsed
4 cloves garlic, cut in 1/2
4 cups low-sodium chicken broth
1/2 cup almond milk
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Method

Place a medium, heavy soup pot over medium heat. Add the olive oil, and shallot. Cook, stirring occasionally, until the shallots are softened, about 3 minutes.
Add the sage leaves, cannellini beans, and garlic and stir to combine.
Add the chicken stock to the pan. Bring the mixture to a simmer. Cook until the garlic is softened, about 15 minutes. Pour 1/2 of the soup into a large bowl.
Carefully ladle 1/3 to 1/2 of the soup from the bowl into a blender or food processor and puree until smooth (be careful to hold the top of the blender tightly, as hot liquids expand when they are blended). Pour the blended soup back into the pan. Once all the soup is blended and back in the soup pan, stir in almond milk, salt, and pepper.
Cover and keep warm over very low heat.

Beautiful
Beans & Grains

My Chianti White Beans

Ingredients

1 pound dried white cannellini beans
1/4 cup olive oil
4 cups chopped fennel, stalks, fronds,
and core removed (2 large)
2 cups chopped carrots (4 carrots)
1 tablespoon minced garlic (3 cloves)
1 cup chicken stock (preferably
homemade)
1 tablespoon minced fresh sage
leaves
1 tablespoon minced fresh rosemary
leaves
2 teaspoons kosher salt
1/2 teaspoon freshly ground black
pepper

Method

Soak beans see soaking methods (page 45). Cover and refrigerate.

Drain beans, rinse them well, and place them in a large stockpot. Add twice as much water as you have beans, bring to a boil, lower the heat, and simmer uncovered for about 45 minutes or until the beans are very tender. Skim off any foam that accumulates.

Meanwhile, heat the olive oil in a large pan or Dutch oven over medium heat. Add the fennel and carrots and sauté for 8 to 10 minutes, stirring occasionally, until tender. Add the garlic and cook for 1 minute more. Drain the beans and add them to the vegetables. Add the chicken stock, sage, rosemary, salt, and pepper and simmer, stirring occasionally, for 12 to 15 minutes, until creamy. Stir in the pecorino, season to taste, and serve hot.

Heartwarming French Lentils

Method

Heat the 2 tablespoons of olive oil in a medium sauté pan, add the leek and carrots, and cook over medium heat for 5 minutes. Add the garlic and cook for 1 more minute and set aside.

Meanwhile, place the lentils, 4 cups of water, the onion with the cloves, and the turnip in a large saucepan and bring to a boil. Lower the heat and simmer uncovered for 20 minutes, or until the lentils are almost tender. Remove and discard the onion and turnip and drain the lentils. Place them in a medium bowl with the leek and carrots, and add the butter.

Meanwhile, whisk together the 1/4 cup of olive oil, the mustard, vinegar, salt, and pepper. Add to the lentils, stir well, and allow the lentils to cool until just warm, about 15 minutes. Sprinkle with salt and pepper and serve. The longer the lentils sit, the more salt and pepper you'll want to add.

Ingredients

2 tablespoons plus 1/4 cup olive oil
1 leek, white and light green parts, sliced
1/4-inch thick
2 carrots, scrubbed and 1/2-inch-diced
1 teaspoon minced garlic
1 cup French green Le Puy lentils
1 whole onion, peeled and stuck with 6
whole cloves
1 white turnip, cut in half
1 teaspoon unsalted butter
4 teaspoons Dijon mustard
2 tablespoons red wine vinegar
1 tablespoon kosher salt
1 teaspoon freshly ground black pepper

Toasted Quinoa Salad

Method

Place the quinoa in a nonstick frying pan to toast it, stirring frequently. As soon as some of the seeds start to pop remove the quinoa from the pan. Put the toasted quinoa and water into a pot.

Bring the mixture to a boil, cover and simmer according to the Method on the package. Remove from the heat and leave the lid on for an additional 10 minutes. Fluff with a fork as you would for rice and let cool. Once the quinoa has cooled, mix in green onions, black beans, and cilantro.

Add salt, pepper, and roasted pepitas to the quinoa mixture. Cut the limes in half and squeeze out 3 tablespoons of lime juice. Add 1/4 cup of olive oil and the lime juice to the salad.

Mix well. Cut the avocado in half and remove the pit. Score the avocado while it is still in the skin and then scoop out the flesh and gently mix it in with the salad.

A colorful mix of Southwest ingredients. A perfect compliment to Mexican entrees or as a side dish at a BBQ.

Ingredients

1 cup quinoa, toasted
1 3/4 cups water
1/3 cup green onions, sliced
1/2 cup cooked or canned black beans, rinsed
1/4 cup fresh cilantro, chopped
kosher salt, to taste
ground black pepper, to taste
1/4 cup roasted pepitas (hulled pumpkin seeds)
1/4 cup olive oil
3 tablespoons lime juice
1 fresh avocado

Fabulous Quinoa & Avocado Salad

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Ingredients

1 cup quinoa
1 lb. (3 cups) shelled fava beans (fresh or frozen)
2 medium lemons
2 small ripe avocados
2 garlic cloves, crushed
2 bunches radishes, halved lengthways
1 cup purple radish cress (or small purple basil leaves)
1 tablespoon ground cumin
1/3 cup olive oil
1/4 teaspoon chili flakes
Salt and black pepper

Method

Place the quinoa in a saucepan with plenty of water, bring to a boil and simmer for 9 minutes.

Drain in a fine strainer, rinse under cold water and leave to dry.

Toss the fava beans into a pan of boiling water, bring back to a boil and immediately drain in a colander. Refresh with cold water and leave to dry. Then gently press each bean with your fingers to remove the skins; discard these. Take the lemons and use a small sharp knife to slice off the top and base. Stand each one on a chopping board and cut down the sides, following the natural curve, to remove the skin and white pith. Over a large mixing bowl, cut in between the membranes to release the individual segments into the bowl. Squeeze the juice from the membrane into the bowl with the segments.

Peel and stone the avocados. Slice thinly, then add to the bowl and toss to cover in the lemon juice.

Once the quinoa is dry, transfer it to the bowl. Add the fava beans, garlic, radishes, half the radish cress, the cumin, olive oil, chili flakes and some salt and pepper.

Toss very gently, without breaking the avocado. Taste and add more salt and pepper, if you wish. Plate and garnish with the remaining radish cress.

A clever fusion of East and West comes together in this colorful and savory dish.

Brown Rice w/ Chickpeas & Asparagus

Method

Cook Brown Rice.

Make the dressing by whisking together garlic, tahini, lemon zest, juice and olive oil. Add hot water to thin out, then add salt. Set aside.

In a large skillet, medium heat: add 3 Tablespoon of olive oil. Add chickpeas to oil and let sauté for 2-3 minutes. Add garlic and onions, stir. Then add asparagus with salt and cover with a lid for approx. 1-2 minutes to steam (asparagus will brighten and soften up). Uncover and stir in brown rice and almond slivers (reserving a few almonds for garnish). Add salt to taste. Serve in a large bowl drizzled with the tahini dressing.

Ingredients

3 tablespoons extra-virgin olive oil
1 – 14 oz can of chickpeas, drained
2 cloves garlic, minced
1 medium yellow onion, chopped
1 bunch fresh asparagus, cut into 1" pieces
3 cups cooked brown rice
1 cup almond slivers, toasted
Fine grain sea salt

TAHINI DRESSING:

1 garlic clove, smashed and chopped
1/4 cup tahini
Zest of one lemon
1/4 cup freshly squeezed lemon juice
2 tablespoons extra-virgin olive oil
2 tablespoons hot water
1/2 teaspoon sea salt



Vibrant
Veggies & Greens

Oven Roasted Broccoli or Cauliflower

Ingredients

1 bunch broccoli
1-2 tablespoons olive oil
1/2 teaspoon salt

Method

1. Wash and cut broccoli into smallish pieces with long stems
2. Toss broccoli in a large bowl with olive oil and salt
3. Spread broccoli out on a parchment paper lined baking sheet
4. Bake at 400° for 12-15 minutes until tender and slightly browned

*I LOVE Roasted Broccoli & Cauliflower. I hope you will try roasting your cruciferous veggies as they are so **SAVORY** and chock full of amazing healthful goodness. This type of simple recipe is really the heart of what I do on a day to day basis in my kitchen.*



Lacinato kale is my variety of choice here.

Kitchen Sink Kale Salad

Ingredients

2 stalks green garlic (or scallions),
rinsed and chopped (1/4 cup)
1/4 teaspoon fine grain sea salt, plus
more to taste
2 tablespoons fresh lemon juice
1/3 cup extra virgin olive oil
2 tablespoons ripe avocado
Stevia to taste
fresh pepper to taste
1/2 bunch kale, destemmed, torn into
pieces
1 cup cooked brown rice or quinoa
4-5 farmers' market carrots, very
thinly sliced
1 small bulb of fennel, transparently
sliced
1 avocado, cut into small cubes
a big handful of almond slices,
toasted

Ingredients

2 heads broccoli (1 bunch), stems
removed
1 head cauliflower, stems
removed
2.5 cups shredded carrots
1/2 cup sunflower seeds
1 cup currants
1/2 cup finely chopped fresh
parsley
4-6 tablespoon fresh lemon juice,
to taste
kosher salt, pepper (I used 1/2
teaspoon salt and lots of
pepper)
kelp granules or Herbamare
(optional), to taste

Method

Make the dressing by using a hand blender or food processor to puree the green garlic, salt, lemon juice, olive oil, avocado, and pepper until smooth. Taste, and adjust with more salt, or stevia, or lemon juice. Before you're ready to serve, combine the kale with about half of the dressing in a large bowl use your hands to work the dressing into the kale, softening up the kale a bit in the process. Add the brown rice or quinoa, carrots, and fennel, more dressing, and a couple pinches of salt, and toss again. Taste, and add the last of the dressing if needed. This is a salad I like quite heavily dressed. Add the avocados and almonds and give one last gentle toss.

Holy Grail of Health Salad

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Packing a powerhouse of nutrients, this light & energizing salad will have you bursting with pep. It makes a lot so you can enjoy it all week long for easy, "just right" lunches. I wouldn't recommend skipping the currants as they add a much needed sweetness to balance out the vegetables and lemon juice. Feel free to use any herbs and spices you wish.

Method

In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl. Now process the cauliflower (no stems) until fine and add into bowl. Do the same with the carrots. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste.

*These are the all time favorites of many of my clients.
I always get a delighted email after they try these
little sweet potato darlings...*

Savory Sweet Potato Falafel

Ingredients

2 medium sweet potatoes
1 1/2 pounds in total
1 1/2 teaspoons ground cumin
2 small cloves of garlic, chopped
1 1/2 teaspoons ground coriander
2 big handfuls of fresh cilantro
chopped
Juice of half a lemon
a scant cup chickpea flour
a splash of olive oil
a sprinkling of sesame seeds
salt and pepper

Method

Preheat the oven to 425F degrees and roast the sweet potatoes whole until just tender - 45 minutes to 1 hour. Turn off the oven, leave the potatoes to cool, then peel.

Put the sweet potatoes, cumin, garlic, ground and fresh coriander, lemon juice and chickpea flour into a large bowl. Season well, and mash until smooth with no large chunks. Stick in the fridge to firm up for an hour, or the freezer for 20-30 minutes. When you take out the mix, it should be sticky rather than really wet. Add a tablespoon or so more of chickpea flour if necessary (the water content of sweet potatoes varies enormously).

Reheat the oven to 400. Using a couple of soup spoons (put a well-heaped spoonful of mix in one spoon and use the concave side of the other to shape the sides) or a falafel scoop if you have one, make the mixture into falafilly looking things and put them on an oiled tray. Sprinkle sesame seeds on top and bake in the oven for around 15 minutes, until the bases are golden brown.

Lisa's Luscious Simple Salad

I have this salad often...

Ingredients

1 lemon, zested, plus 3 tablespoons
juice
1/4 cup extra-virgin olive oil
Coarse salt and freshly ground black
pepper
1/4 cup cooked chickpeas
1/4 sliced avocado
1/2 cup roast or grilled chicken
1/2 cup sliced red onion
3 cups chopped romaine (6 oz)
2 tablespoons or more freshly minced
cilantro

Method

Whisk lemon juice and 3 tablespoons oil in a small bowl. Season with salt and pepper
Throw it in a cool wood bowl. Drizzle with dressing and adjust seasoning as necessary. Top with
cilantro



If you're using a knife to prep here, do your best to slice things very, very thinly - not quite see through thin, but close.

Shaved Fennel Salad

Ingredients

- 1 medium-large zucchini, sliced into paper thin coins
- 2 small fennel bulbs, trimmed and shaved paper-thin
- 2/3 cup loosely chopped fresh dill
- 1/3 cup fresh lemon juice, plus more if needed
- 1/3 cup extra virgin olive oil, plus more if needed
- fine grain sea salt
- 4 or 5 generous handfuls arugula
- 1/2 cup toasted almonds

Method

Combine the zucchini, fennel and dill in a bowl and toss with the lemon juice, olive oil and 1/4 teaspoon salt. Set aside and marinate for 20 minutes, or up to an hour.

When you are ready to serve the salad, put the arugula in a large bowl. Scoop all of the zucchini and fennel onto the arugula, and pour most of the lemon juice dressing on top of that. Toss gently but thoroughly. Taste and adjust with more of the dressing, olive oil, lemon juice, or salt if needed. If the lemons are particularly tart, you may need to counter the pucker-factor by adding a tiny bit of stevia into the salad at this point. Let your taste buds guide you. Serve topped with almonds.



Grilled Artichokes with Parsley and Garlic

Ingredients

- 2 lemons, halved
- 6 large artichokes
- 1/3 cup fresh lemon juice
- 3 tablespoons chopped fresh Italian parsley
- 1 teaspoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup extra-virgin olive oil

Method

Squeeze the juice from the halved lemons into a large bowl of cold water. Cut off the stem of 1 artichoke, leaving about 1 inch. Bend back the outer dark green leaves until the leaves are a pale greenish-yellow color. Cut off the top 1-inch of the artichoke to remove any dark green tops from the remaining leaves.

Prepare a charcoal or gas grill for medium-high heat or preheat a ridged grill pan over medium-high heat. Whisk the 1/3 cup of lemon juice, parsley, garlic, salt and pepper in a bowl. Gradually whisk in the oil. Brush the artichokes with some of the dressing. Grill the artichokes until tender and lightly charred in spots, turning occasionally, about 10 minutes. Place the artichokes on a platter and drizzle with the remaining dressing. Serve warm or at room temperature.

Using a vegetable peeler, peel the tough dark green areas from the stem and base of the artichoke. Quarter the artichoke lengthwise. Using a small sharp knife, cut out the choke and remove any purple prickly-tipped leaves from the center of the artichoke wedges. Place the artichoke wedges in the lemon water. Repeat with the remaining artichokes.

Bring a large pot of salted water to a boil. Drain the artichokes, add to the boiling water, and boil until crisp-tender, about 12 minutes. Drain. Transfer the artichokes to a rack and cool. (Can be prepared 1 day ahead. Cover and refrigerate.)

Roasted Garlic Beans

Method

Preheat oven to 450 degrees. Line a large rimmed baking sheet with parchment paper. In a bowl, toss the beans with the oil, shallots, garlic, salt and pepper. Spread the beans in a single layer on the baking sheet. Roast for 15-20 minutes or until the beans are tender and browned, checking and turning halfway through.



Ingredients

1 pound green beans or romano beans (meatier than green beans, delicious if you can find them!)
1/4 cup olive oil
4 garlic cloves, smashed
4 shallots sliced
Salt and pepper to taste

This colorful Autumn dish is one of my favorite seasonal recipes, and the easiest! I've served this at dinner parties, and I make it at least once a week in the fall. It's a veggie comfort food and it tastes great the next day for lunch. Feel free to substitute veggies here and there and to use dried herbs on hand.

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Roasted Roots

Ingredients

1 lb. carrots
1 lb. beets
1 lb. yams or any winter squash
1 onion or 5 shallots
1 tablespoon peeled garlic
1/4 cup olive oil
1 teaspoon sea salt
1 teaspoon ground black pepper
1 sprig fresh rosemary
4 sprigs fresh thyme

Method

Cut all vegetables into bite-sized chunks, toss all vegetables together with olive oil and fresh herbs for savory flavoring. Bake at 375 degrees until tender & lightly browned

Garlicky Greens

Ingredients

1 large bunch of kale, chard
2 tablespoons extra-virgin olive oil
fine grain sea salt
5 cloves of garlic, crushed and chopped
crushed red pepper flakes
To de-stem each leaf of chard/kale, grab the main stalk in one hand and strip the leaf from the stem all the way up with the other. then tear the big leaves into bite-sized pieces.

Method

To de-stem each leaf of chard/kale, grab the main stalk in one hand and strip the leaf from the stem all the way up with the other. then tear the big leaves into bite-sized.

In a large skillet heat the olive oil. Add salt and the greens. Stir continuously until their color gets bright green, and they just barely start to collapse - two, three, maybe four minutes. Then, just thirty seconds before you anticipate pulling the skillet off of the heat, stir in the garlic. Saute a bit, remove the pan from the heat, and add a big pinch of crushed red pepper flakes. Season to taste, and serve immediately if not sooner.

Raw Deal Salad

This salad will not leave you feeling ripped off...

LOVE it.

Ingredients

3 1/2 cups red chard shredded
1 avocado cubed
1 cup fresh spinach shredded
1/4 cup carrot shredded
1/4 cup raw cashews
1/4 cup dried pumpkin seeds
2 tablespoons lemon juice

Dressing

1/4 cup peeled garlic minced
2 sprigs fresh oregano minced
4 sprigs fresh mint minced
2 teaspoons sea salt
3 tablespoons grapeseed oil

Method

Combine and puree the dressing ingredients.
Toss together remaining ingredients and add dressing until thoroughly combined.

Hazelnut Roasted Brussel Sprouts

Ingredients

2 lbs Brussels sprouts, trimmed and halved
1/4 cup roasted hazelnut oil
1 tablespoon hot water
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup toasted hazelnuts, coarsely chopped

Method

Preheat oven to 500F.

In a large bowl, toss Brussels sprouts, oil, water, garlic, salt and pepper until sprouts are well coated. Transfer to a 9 by 13 inch glass or ceramic baking dish.

Cover dish tightly with aluminum foil and roast for 10 minutes. Then remove foil and continue to roast until lightly browned and tender, about 12 more minutes. Transfer to a serving dish, sprinkle with chopped toasted hazelnuts and season with salt and pepper to taste.

Sweet Potato Fries

Method

Preheat oven to 450 degrees. Line two large baking sheets with parchment paper. In a large bowl, toss sweet potatoes with just enough olive oil to coat. Sprinkle with sea salt. Place potatoes in a single layer on baking sheets, bake until tender and golden brown, about 20 minutes (turning occasionally). Let cool before serving.

Variations: For garlic sweet potato fries, mince four garlic cloves and sprinkle over the potatoes when they have about 5 minutes left of baking time. You can also add chopped hazelnuts or other nuts when the potatoes have about 5 minutes left of baking time. Try sprinkling 1/4 c raw apple cider vinegar once the potatoes are removed from the oven.

Ingredients

4 large sweet potatoes scrubbed sliced into 1/4 inch thick slices (I like to leave the skin on)

Olive oil
Sea salt

This recipe is surprising in so many ways. First, who thinks of cauliflower as flavorful? Second, roasting all that garlic in olive oil makes it delicious. And third, it's so easy! Roast the cauliflower with the garlic and then toss it with toasted pine nuts, parsley, and fresh lemon juice. You'll never think cauliflower is boring again.

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Garlic Roasted Cauliflower

Method

Heat oven to 450 degrees F. Bring a small pot of water to a boil and add the garlic cloves. Boil for 15 seconds; drain and peel. Cut the largest cloves in half lengthwise.

On a rimmed baking sheet, toss the cauliflower with the garlic, 3 tablespoon olive oil, 2 teaspoon salt, and black pepper. Spread into a single layer and roast, stirring twice, until the cauliflower is tender and the garlic is lightly browned, 20 to 25 minutes.

Transfer the cauliflower to a large bowl with the garlic and pan juices. Add the remaining 1 1/2 tablespoon olive oil, parsley, pine nuts, and lemon juice. Sprinkle with 1/2 teaspoon salt, toss well and serve hot or warm.

Serves 6.

Ingredients

1 head garlic, cloves separated but not peeled
1 large head cauliflower, trimmed and cut into large florets
4 1/2 tablespoons olive oil
2 1/2 teaspoons kosher salt
1 teaspoon ground black pepper
1/4 cup finely chopped flat-leaf parsley
3 tablespoons pine nuts, toasted
2 tablespoons fresh lemon juice

Nourishing
Nibbles & Nosh

Roasted Pumpkin Seeds

Method

The seeds scooped from a pumpkin, also known as pepitas, offer plenty of protein and magnesium, and 1/4 cup delivers a third of your daily requirement of immunity-protecting zinc. They are sold with or without their white shells.

For a tasty snack, rinse pepitas well, making sure to remove any pulp from the pumpkin. Let them dry overnight.

Spread the seeds onto a baking sheet sprayed lightly with olive oil, and sprinkle with salt, pepper, garlic, or other seasonings.

Cook for one hour at 250 degrees



Tuscan Kale Chips

Ingredients

1 bunch large Tuscan kale leaves (also known as dinosaur or Lacinato kale- the leaves are large and flat)

1 tablespoon olive oil

Salt and pepper to taste

Method

Preheat oven to 250 degrees.

Rinse, dry and cut kale leaves lengthwise in half, removing the center ribs and stems.

Line two large baking sheets with parchment paper.

In a large bowl, toss kale with olive oil and sprinkle with sea salt and pepper.

Arrange leaves in a single layer on the baking sheets.

Bake until crisp, about 30 minutes (check at about 20 minutes to make sure they do not burn).

Collard Crisps

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Ingredients

1 tablespoon olive oil

6 collard leaves, torn into 3-inch pieces

Salt

Method

Drizzle olive oil over collard pieces; season with salt. Bake in a single layer at 300 degrees until crisp, 15 minute



Avocado with Salt, Pepper & Lime

Halve or quarter a small avocado and remove pit. Drizzle with 1 teaspoon of your highest-quality olive oil and sprinkle with coarse salt and fresh pepper to taste. Spark with a squeeze of fresh lime.

Marinated Olives

Combine:

2 cups of olives- mixed varieties,
2 tablespoon olive oil 6 thin slices of lemon peel
2 cloves of garlic, slivered
1 teaspoon fresh lemon juice
1/4 teaspoon lemon zest
1/4 teaspoon whole coriander seeds
1 bay leaf

Mochi Mojo

Method

Preheat oven to 450 degrees.
Line large baking sheet with parchment paper.
Open package of mochi, cut into 1-2" squares.
Place in a single layer on baking sheet and bake for 8-10 minutes, until squares are puffed up and golden brown.
Stuff with one of the above fillings, or be creative!



Ingredients

1 package of unflavored mochi
POSSIBLE FILLINGS:
Better Than Cheese Sauce Dip (page 40)
with baby spinach and/or avocado
Almond Butter
Sautéed spinach, onion and garlic

Sumptuous

Smoothies & Drinks

Basic Clean Smoothie

Ingredients

1-2 scoops nutritional powder
1 scoop fiber or 1 tablespoon ground flaxseeds
6-8 oz filtered water
1/2 cup frozen or fresh organic fruit such as cherries, blueberries, raspberries, or peaches
Ice (optional)

Method

Blend all ingredients

Tip: Drinking your smoothie as fast as you can is not optimal for digestion. It is best to let each sip sit in your mouth for at least 30 seconds to allow for enzymes such as amylase to begin to break down the fruit sugars.



Green Genie

Ingredients

3 cups spinach
1 cup frozen blueberries (or raspberries, blackberries, mangoes, papaya, etc.)
1 tablespoon flax oil
1 tablespoon maca powder
1 scoop greens powder
1 cup almond milk (unsweetened)
1 date or a few drops of stevia to taste

Method

Blend until creamy.

Sexy Cilantro Smoothie

Ingredients

1 scoop nutritional powder
1 cup rice/nut/seed milk
1 cup coconut water
1 cup papaya (fresh), peeled and diced
1 cup fresh cilantro leaves
1/2 cup fresh or frozen mango or peaches

Method

Blend all ingredients together until smooth.

It's been shown that cilantro is incredibly detoxifying and can help pull metals from the body, so drink up, especially if you live in a city, have mercury fillings, or drink tap water!

Almondo's Favorite Smoothie

Ingredients

6 ounces almond milk (unsweetened)
a handful of blueberries
1/4-1/2 of a mango
handful of pineapple
1 tablespoon greens powder
1 tablespoon raw cacao powder
optional: 1 tablespoon coconut oil
1 scoop vanilla nutritional powder

Method

Blend and enjoy!

Beautilicious Beet Smoothie

Ingredients

1 medium beet, baked until soft, peeled and cut in chunks
1 cup mixed fresh or frozen berries
3 large or 4 medium kale leaves
1/2 medium cucumber, peeled and cut in chunks
juice of 1/2 lime
1 cup almond or hemp milk (unsweetened)
1 scoop vanilla nutritional powder
1 scoop fiber (or 1 tablespoon ground flax seed)

Method

Place all ingredients in a high powered blender and blend until smooth. (Note: If you use fresh berries, you may wish to add 1-2 ice cubes for a cold smoothie).

Moving On Smoothie

Ingredients

- 1 large aloe Vera leaf, scrape the flesh out as close to the skin as possible OR 2 ounces aloe juice or gel (you can buy it in any health food store in the supplement section)
- 1 cup coconut water OR 1 cup nut/rice/hemp milk
- 1 cup organic fruit of your choice, frozen (blueberries, raspberries, blackberries, mangoes, papaya, peaches)
- 1 lemon, juiced
- 2 handfuls of spinach, kale, chard, or any mix of organic greens
- stevia to taste

Method

Blend all ingredients except the aloe until smooth. Add the aloe in at the end and pulse for two seconds.

This is amazing for your digestion and getting things “moving” through the intestines, and it’s delicious as well!

Coconut Chai Smoothie

Ingredients

- 1 cup coconut milk (unsweetened)
- 1 tablespoon vanilla extract
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- a pinch of allspice
- 2 tablespoons almond or cashew butter
- 1/4 cup shredded coconut
- 1 scoop Vanilla Nutritional Powder
- 1 scoop fiber (or 1 tablespoon ground flax seed)

Method

Blend and enjoy!

Green Energy Smoothie

Ingredients

- 1 cucumber, seeded and sliced
- 3 cups raw spinach
- 2 cups honeydew melon, cubed [about 1/2 a medium sized melon]
- 1 cup organic green tea
- 1 teaspoon lemon juice
- 1/2 inch fresh ginger root
- 1 scoop Vanilla Nutritional Powder
- 1 scoop fiber (or 1 tablespoon ground flax seed)
- ground flax seed)

Method

Blend and enjoy!

Detoxifying Dandy Smoothie

Ingredients

3 cups dandelion greens
2 cups coconut water
1 mango, peeled and cubed
1 peach (fresh) OR 1 cup frozen peaches
1 scoop vanilla nutritional powder
1 scoop fiber (or 1 tablespoon ground flax seed)

Method

Blend until smooth.

Legalize It Smoothie

Ingredients

1 cup hempseed milk
1 cup fresh or frozen blueberries
1 cup fresh or frozen raspberries
1/2 cup fresh or frozen blackberries (optional)
3 pitted dates
1 teaspoon vanilla
1 scoop vanilla or chocolate nutritional Powder
1 scoop fiber (or 1 tablespoon ground flax seed)

Method

Blend all ingredients until smooth.

Mango Concango Blast

Ingredients

2 ripe mangoes, peeled and cut into pieces
1 cup coconut water
2 tablespoons dried and shredded coconut flakes
zest and juice of 1 lime
1/2 teaspoon cardamom powder
handful of ice cubes (optional)
garnish with lime zest and freshly ground black pepper
1 scoop Vanilla or chocolate nutritional powder
1 scoop fiber (or 1 tablespoon ground flax seed)

Method

Blend it up!

Drink Your Greens Smoothie

Ingredients

1 tablespoon Greens Powder from PhytoGenics
3/4 cup frozen blueberries
3 leaves lacinato kale (washed, stems removed)
1/2 - 1 cup unsweetened almond milk or hemp milk (enough to make it "pourable")
1 tablespoon almond butter (optional)
1 scoop chocolate nutritional powder
1 scoop fiber (or 1 tablespoon ground flax seed)

Method

Blend until smooth.

Cold Drink Options

- Herbal tea over ice- one of my favorites is Rooibos, steep two tea bags and add ice (the ice will dilute it). For flavoring, you can add vanilla extract and stevia or other sweetener.
- Sparkling water with lemon, lime, a slice of orange (for fun, freeze the lemon, lime, and/or orange slices)
- Cucumber water- blend 1 large peeled cucumber and 3 c water, serve immediately (add a handful of mint leaves while blending for a crisp taste, can also serve with a wedge of lime)

Hot Drink Options

- Herbal teas
- Again, Rooibos is one of my favorites, try it plain or with Chai spice (just make sure no added sugar)
- Another great tea is Tulsi tea, you can get it in a variety of flavors, it is an adaptogen and so helps balance out stress levels (who can't benefit from that?!)
- Steamed coconut, hemp or almond milk
- Add an herbal tea bag and have a tea latte
- Add a spoonful of pumpkin puree, 1/2 tsp of pumpkin pie spice and some vanilla extract for a pumpkin latte
- Add vanilla extract and a little honey for a soothing drink.



Delectable

Dressings, Sauces & Dips

Mustard Herb Salad Dressing

Method

Combine all ingredients and mix well before serving.
Can store in refrigerator for one week.

Ingredients

1 cup olive oil
1/2 cup raw apple cider vinegar
2 cloves of garlic, minced
1 tablespoon dry mustard
1/2 tablespoon dried thyme
1/2 tablespoon dried oregano
1 tablespoon sea salt
Stevia to taste (optional)

Basil Salad Dressing

Method

Combine all ingredients and mix well before serving.
Can store in refrigerator for one week.

Ingredients

1 cup olive oil
1/2 cup raw apple cider vinegar
2 cloves of garlic, minced
3 tablespoon chopped fresh basil or 1
tablespoon dried basil (in this recipe
fresh tastes best!)

Raspberry Vinaigrette

Method

Place the raspberries, olive oil, lemon juice, and stevia
in a blender. Blend until smooth. Season with salt and
pepper, to taste.

Ingredients

1/2 cup unsweetened frozen
raspberries, thawed
1/4 cup extra-virgin olive oil
2 tablespoons fresh lemon juice
Stevia to taste
Kosher salt and freshly ground black
pepper



Over the Top Hummus

Ingredients

15 (1 can) ounces chickpeas, drained, reserving 1/4 cup of the liquid
1/4 cup tahini (sesame paste)
1/4 cup fresh lemon juice
3 tablespoons extra-virgin olive oil
1 garlic clove, crushed
1/4 teaspoon ground star anise (optional)
1/4 teaspoon ground ginger
1/4 teaspoon ground cumin
1/4 cup cilantro leaves, finely chopped, plus whole leaves for garnish (optional)
2 scallions, very thinly sliced
Coarse salt and ground pepper

Method

In a food processor combine beans and reserved bean liquid, tahini, lemon juice, 1 tablespoon oil, garlic, star anise (if using), ginger, and cumin; puree until smooth.

Transfer to a serving bowl and stir in cilantro, tomato, and scallions; season with salt and pepper. Drizzle remaining 2 tablespoons oil over the top of the hummus. Before serving, garnish with cilantro leaves if desired.

The ginger, cumin, and cilantro in this recipe are anti-inflammatory, and the chickpeas are full of fiber.



Thai Sauce

Method/Ingredients

Combine all

2 tablespoons virgin coconut oil
1 large or 2 medium shallots, sliced
1 tablespoon tamarind concentrate
1 teaspoon sea salt
1/8 to 1/4 teaspoon Thai chili powder
or ground cayenne
Stevia to taste

Better than Cheese Dip

Ingredients

1 cup cashews, soaked (if not soaked, add 1/4 cup water)
1/4 cup diced red or yellow onion
2 dates, pitted
1/4 cup nutritional yeast
1/2 teaspoon black pepper
1 1/2 teaspoon sea salt
1 garlic clove
2 tablespoons lemon juice
1/4 cup water

Method

Place all ingredients in a high-speed blender or food processor and blend until smooth. Add water to desired consistency. For dip, add less water.

White Bean Dip

Ingredients

3 cups (cooked) or 2 cans beans Great Northern, garbanzos, black eyed peas, or a mixture of light colored beans
1/4 cup tahini
1/4 cup lemon juice
1 teaspoon lemon zest, optional
1/4 cup extra virgin olive oil
4 cloves of garlic
2 to 3 teaspoon whole cumin roasted and ground
1 teaspoon cinnamon
2 teaspoon paprika
Salt to taste

Method

In a food processor, add the cooked beans and all other ingredients. Process until creamy. Refrigerate until ready to use, or freeze in smaller portions. Use within 3 days.

Cashew Sour-cream Dip 40

Ingredients

1/2 cup cashews soaked
1 teaspoon raw apple cider vinegar
1-2 tablespoon fresh lemon juice
1/4 cup water
Dash of sea salt
Dash of onion powder (optional)

Method

Puree in high-speed blender or food processor until creamy and smooth.

I have to admit, I love good mayonnaise and I grew up enjoying beautiful California salads dressed with homemade Ranch Dressing. My Mom still makes the best salads EVER, and my Dad taught me to make the garlicky dill sauce below. These are two of my staple recipes and I SWEAR my Boy's will eat anything when my Garlic Sauce is involved.

Lisa's Favorite Garlicky Sauce

Method

Blend all ingredients until completely smooth. Chill.



Ingredients

1 cup Soy Free Veganaise
1/2 - 1 lemon juiced
2-5 cloves garlic mashed
3 teaspoons dried dill weed
OPTIONAL dash of Asian red chili sauce

This sauce is fabulous with salmon or for dipping steamed asparagus. I love lot's of garlic, but play with the amounts of garlic and lemon to see what you like.

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Lisa's Fabulous Ranch Dressing

Method

Blend all ingredients until completely smooth. Chill.



Ingredients

2 cups Soy Free Veganaise
1/3 cup green onion chopped
1 tablespoon shallots chopped
1 tablespoon lemon juice
2 tablespoons raw cider vinegar
1 clove garlic smashed and chopped
1 teaspoon ground black pepper
2 teaspoons spike seasoning
1/2 teaspoon ground cumin
1/2 teaspoon smoked paprika
1 tablespoon dried dill weed
1 teaspoon dried sage
1 teaspoon dried oregano
1/2 teaspoon celery seed
Add water to mix to desired consistency

Hummus with Green Goodness

Ingredients

1 pound dried chickpeas, soaked in water for at least 4 hours, drained
1 teaspoon baking soda
1 cup water
scant 1/2 cup freshly squeezed lemon juice
1 1/2 teaspoons fine grain sea salt
1/3 cup tahini
GREEN GOODNESS:
1/4 cup Italian parsley
1 large clove garlic
scant 1/2 teaspoon fine grain sea salt
2/3 cup extra virgin olive oil



Method

In a large pot cover the chickpeas with 2 inches of water. Bring to a boil over medium heat.
Add the baking soda, and reduce the heat. Simmer, skimming any foam from the surface, until the chickpeas are soft but still structured, roughly an hour. Drain.
Place 4 cups of the cooked chickpeas in a food processor. You can set aside any remaining chickpeas and have them as a snack or use them in a stew or soup. To the food processor add the water, lemon juice, and salt.
Process for three minutes or until completely smooth. Scrape down the sides of the bowl once or twice along the way. If you like your hummus thinner add more water a small splash at a time.
Add the tahini, process one more time. Taste and adjust the seasoning, add more salt or lemon juice if needed. Transfer the hummus to a serving bowl.
To make the "green goodness" rinse out the food processor bowl, and use it again, and if you don't have a food processor, you can certainly do a hand-chopped version.
Pulse the parsley, garlic, and salt in the food processor. Slowly drizzle the olive oil into the mixture while the processor is running, until an green emulsion is created.
Transfer to a jar, taste, and adjust the seasoning. Drizzle the hummus generously with the green goodness sauce.

Basic Insider Tips

Making Coconut Milk

Ingredients:

1 c dried, unsweetened coconut flakes/shreds

4 c warm filtered or spring water

Directions:

Soak coconut in water for 15 minutes.

Blend and strain through a fine strainer or mesh bag.

Making Almond Milk

Ingredients:

1 c raw organic almonds 3-4 c filtered or spring water

Directions:

Soak almonds overnight (12 hours) making sure that they are covered by water.

Drain and rinse almonds.

Place in blender with 3-4 c filtered or spring water for about 30 seconds.

Strain through a very fine strainer or mesh bag. Makes 3-4 cups of almond milk.

To flavor, add 1/2 tsp vanilla extract and a small amount of stevia or other sweetener.

WHERE TO FIND INGREDIENTS

Many commercial grocery stores are not carrying a lot of these products, so become familiar with the stores you frequent to make note of which stores carry the best brands and best prices. Natural foods stores should carry most everything on this list; if not then check online resources.

ALMOND BUTTER, TAHINI AND OTHER NUT/SEED BUTTERS

Find them right next to the peanut butter. Look for raw and organic whenever possible.

CHIA, HEMP AND FLAX SEEDS

Possibly in the bulk aisle, or in the refrigerated section of a health food store, these can also be found online. If you have a coffee or nut grinder, purchase your flax seed whole and grind as needed. If you purchase flax meal, freeze it to preserve

The nutrients. Chia and hemp seeds do not need to be ground.

"MILK"

Almond, hemp and coconut milk can be found in the breakfast aisle in aseptic cartons or in the refrigerated section. Your health food store will offer the best selection of unsweetened milks. I prefer to buy my coconut in the can as it is richer, creamier, and has no additives. You can find both regular and light options in the aisle with thai and asian foods.

I do not recommend rice milk as it is high in sugars. Try to avoid soy milk as it is highly processed and difficult to digest. Look for milks that are unsweetened.

COCONUT OIL

Sold in jars, does not need to be refrigerated. Usually next to the other oils, but sometimes found in the asian food aisle. Always purchase cold-pressed or unrefined.

OLIVE AND GRAPE SEED OIL

In the cooking oils section. Always purchase cold-pressed or unrefined, organic is preferable.

STEVIA AND ALTERNATIVE SWEETENERS

Stevia is found as a powder or liquid. It is usually by the alternative sweeteners, which are located with the honey, or in the baking aisle. Look for sweeteners that do not contain any fillers.

GRAINS

You can often find them in bulk bins or in Pre-packaged bags in the refrigerated section of health food stores.

MOCHI

Found in japan, mochi is made by pounding sticky short brown rice into a paste and then molding it into a flat cake. It can then be puffed in the oven or in a frying pan. It is found in the refrigerated section of health food stores.

NUTRITIONAL YEAST

Affectionately referred to as "nooch" by health nuts, nutritional yeast is yellow and comes as a powder or in flakes. It can be found in bulk bins or in sealed containers found in the baking aisle or supplement section. It is also called brewer's yeast. Check the package to make sure it is gluten.

HERBS

Fresh herbs are fantastic. If you purchase them and have too much, you can place them in a sealable bag and put them in the freezer. Dried herbs are also wonderful. There is no end to the combinations of herbs to try!

SOAKING

An absolute must: soaking!

I always recommended that you soak all grains and grain-like seeds in water for 8 to 24 hours, then rinse thoroughly before cooking. When the digestive tract is weak and lacking an inner ecosystem, it will not be able to break down the phytic acid found in all grains, beans, nuts, and seeds.

Soaking removes this enzyme inhibitor.

TIP: Soak enough grain-like seeds to cook enough for about 3 or 4 meals. Store the extra in containers in the fridge for easy food preparation over the course of several days. Before you run out begin soaking the next batch.

SOAKING & SPROUTING OTHER PROTEIN FOODS (PROTEIN FATS)

Nuts and seeds can be an excellent source of vegetarian protein, but for many people they can be too difficult to digest. Nevertheless, if you can digest them you can enjoy them if they are soaked and then eaten raw, dehydrated, or pureed into a pate'. Because they are a very concentrated food, eat them in small quantities.

Nuts and seeds are acidic, with the exception of almonds, which are alkaline. Soaking removes an enzyme inhibitor that makes them difficult to digest. Pureeing nuts and seeds after soaking and sprouting makes them much easier to digest.

Popular seeds eaten during the cleanse are flax (ground), chia, sunflower, and pumpkin. Flax and chia seeds have a special mucilage-like compound that helps improve elimination.

COOKING GRAINS

Rice Cooker Tip: Super handy with a delay timer. No burnt rice, and you can cook most grains in it. Refer to your handbook cheat sheet for cooking times and grain to water ratios. To add flavor, try adding any spice (cinnamon, nutmeg, cloves) or herb (dill, basil, oregano, parsley, curry). Play around!

Brown Rice

Ingredients:
1 c brown rice
2 c filtered water or broth

Directions:

Rice should be soaked prior, preferably overnight. Rinse rice and strain. Place all ingredients in a pot with a tight fitting lid. Bring to a boil, reduce heat to simmer. Cover and let simmer for 50 minutes or so, checking rice at about 40 minutes so it doesn't burn. Remove from heat and let stand 10 minutes prior to serving.

Quinoa

Ingredients:
1 c quinoa
2 c filtered water

Directions:

Rinse quinoa thoroughly in a strainer, drain excess water. Place quinoa and water in a pot and bring to a boil, reduce to a simmer, cover and cook until all water is absorbed (about 15 minutes). Quinoa is done when the grains have turned from light beige to transparent with little white rings.

The quickest way to create great grains is to experiment and find what works for you. Remember one cup of dry grain yields enough for 2 to 4 people. Here are basic directions:

1. Measure the grain, check for bugs or unwanted material, and rinse in cold water using a fine mesh strainer.
2. Optional: soak grains for one to eight hours to soften, increase digestibility and eliminate phytic acid. Drain grains and discard the soaking water.
3. Add grains to recommended amount of water and bring to a boil.
4. A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (salt interferes with their cooking time).
5. Reduce heat, cover and simmer for the suggested amount of time, without

stirring during the cooking process. (See Chart A, p.46)

Cooked grains keep very well. Busy people can prepare larger quantities of grains and simply reheat with a little oil or water later in the week. Also, keep in mind that roasting grains makes them more alkaline. Cooking larger grains like brown rice in a pressure cooker speeds up cooking time and creates softer grains.

*The texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. Do not add kasha to cold water, as it will not cook properly. For a softer, more porridge-like consistency, boil the grain and liquid together.

PREPARING NUTS & SEEDS

Nuts have an outer coating that contains enzyme inhibitors to prevent it from germinating and sprouting at the wrong time. Once the nut is in the proper environment, which includes moisture, the enzyme inhibitor is neutralized. When it is neutralized, we have an easier time digesting and are more able to absorb the vitamins and minerals present in the nuts.

Soaking times vary depending on the density of the nut. It is easiest to soak your nuts or seeds that you will be using the next day in water overnight. (See Chart B, p.46)

Directions:

- Rinse nuts or seeds with cold water to remove any residue from manufacturing.
- Place nuts or seeds in a glass bowl and cover with filtered water (2-3 inches above the nuts/seeds).
- Sit the bowl uncovered (or Select a clean cloth and lay it over the bowl as a

cover. This type of lid allows the contents of the bowl to breathe) and leave on your kitchen counter overnight approximately 12 hours

- In the morning, drain the water from the bowl and rinse with clean water
- If you are planning to use your nuts within a few days, set the bowl or jar of nuts in your refrigerator. To keep your nuts for a longer period of time, dry the nuts in single layers on low (under 115 degrees Fahrenheit or 46 degrees Celsius) in your dehydrator (or oven), and then store them in your refrigerator. Dehydrating the nuts returns their crispiness.

PREPARING BEANS

Beans are a wonderful way to add high-quality, plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are versatile enough that you may never tire of them. Dry beans stay fresh longer when stored in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking.

(See Chart C, p.46)

Directions:

1. Check beans for rocks and shriveled or broken pieces, then rinse.
2. Soak for six hours or overnight, with water covering four inches higher than the beans. Small and medium-size beans may require less soaking- about four hours should be enough. Note: if you've forgotten to presoak the beans, you can bring them to a boil in ample water, turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3-4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a small piece of kombu (seaweed)

and a few bay leaves or garlic cloves for flavor and better digestibility.

7. Cover, lower the temperature and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.

8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt and then cook beans until tender.

All times are approximate. Cooking lengths depend on how strong the heat is and how hard the water is. A general rule is that small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.

If you have a hard time digesting beans:

- Soak beans for several days, changing the water twice daily, until a small tail forms on the beans
- Use a pressure cooker (also cuts down on cooking time)
- Chew beans thoroughly and know that even small amount have high nutritional and healing value
- Experiment with your ability to digest smaller beans like adzuki, lentils, mung beans and peas, as they digest most easily (soybeans and black soybeans are the hardest to digest)
- Season with unrefined sea salt at the end of cooking- when used correctly salt is a digestive aid
- Add fennel or cumin near the end of cooking to help prevent gas
- Add kombu or kelp seaweed to the beans to help improve flavor and digestion, and to add minerals and nutrients (adding seaweed also speeds up the cooking process)
- Pour a little apple cider into the water in the last stages of cooking, as it softens the beans and breaks down protein chains and indigestible compounds

- Take a digestive enzyme supplement with your meal
- Follow the Food Combining Rules

What if I am using canned beans?

Ideally prepare your own beans as outlined above. But for when that is not an option, rinse the canned beans before using them. When possible buy cans that are BPA free (most that are BPA free have it noted on the label- your best bet is a natural foods store).

TIPS FOR TORTILLAS

I know it can be frustrating to make a wrap with a cold, and somewhat dry brown rice tortilla only to look away for a second and find the whole thing in pieces.

For best results steam them, in a steamer basket or over a pan of piping hot food. Flip them, and wait until they get ultra pliable before removing and proceeding with your wrap or fajita or whatever your meal may be.

Another trick is to run a clean dish towel under very hot water, ring it out, and place it underneath the tortilla while you are putting the filling in.

Cooking & Prep Charts

COOKING GLUTEN-FREE WHOLE GRAINS (CHART A)

Grain (1 cup dry)	Water (or other fluid)	Cooking Time
Amaranth	2 cups	20-30 minutes
Buckwheat	2 - 2 1/2 cups	15-20 minutes
Millet	2 cups (dinner grain) 3-4 cups (porridge)	20-30 minutes 30-40 minutes
Oats	2 - 2 1/2 cups (rolled oats) 2 1/2 - 3 cups (steel cut oats)	10-20 minutes 25-30 minutes
Rice (brown)	1 1/2 - 2 cups (long grain) 2 - 2 1/2 cups (short grain)	45-60 minutes 45-60 minutes
Quinoa	1 3/4 - 2 cups	15-20 minutes
Sorghum	2 1/2 - 3 cups	30-45 minutes
Teff	2 1/2 - 3 cups	10-20 minutes
Wild Rice	3 cups	40-60 minutes

All liquid measures and times are approximate. Cooking length depends on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and toward the end, making sure there is still enough water to not scorch the grains, but don't stir. Taste the grains to see if they are fully cooked or starting to burn.

PREPARING NUTS & SEEDS (CHART B)

Nut	Soaking at room temperature
Almonds	12 hours
Cashews	3 hours
Chia Seeds	10 minutes
Flax Seeds	30 minutes
Hazelnuts	8 hours
Hemp Seeds	No soaking necessary/no phytic acid
Macadami	4 hours
Pecans	8 hours
Pine	2 hours
Pistachio	2 hours
Sesame Seeds	8 hours
Sunflower Seeds	4 hours
Walnuts	8 hours

COOKING BEANS (CHART C)

1 cup dry beans	Cooking Time
Adzuki	45-60 minutes
Anasazi	60-90 minutes
Black (turtle)	60-90 minutes
Cannellini	90-120 minutes
Chickpeas (garbanzos)	120-180 minutes
Cranberry	60-90 minutes
Fava	60-90 minutes
Great Northern	90-120 minutes
Kidney	60-90 minutes
Lentils*	30-45 minutes
Lima Beans	60-90 minutes
Mung	60-90 minutes
Pinto	90 minutes
Split Peas	45-60 minutes

* do not require soaking

GLUTEN-FREE WHOLE GRAIN FOOD PRODUCTS (CHART D)

AMARANTH

Arrowhead Mills:	Amaranth grain Amaranth flour
Bob's Red Mill:	Amaranth grain Amaranth flour
Nature's Path:	MesaSunrise Cereal
Nu-World Amaranth:	Amaranth grain Amaranth flour & starch Puffed amaranth Amaranth cereal snaps Amaranth flatbreads Amaranth sideserve (various flavors) Amaranth mini-ridges Amaranth snackers

BUCKWHEAT

Arrowhead Mills:	Buckwheat groats Buckwheat flour Creamy buckwheat cereal Kasha Maple buckwheat flakes cereal
Bob's Red Mill:	Buckwheat groats Kasha Might Tasty Hot cereal Creamy buckwheat cereal
The Birkette Mills:	Pocono Cream of Buckwheat cereal Pocono Kasha Pocono Buckwheat flour Pocono Buckwheat groats
Eden:	100% Buckwheat Soba Noodles

MILLET

Arrowhead Mills:	Millet grain Millet flour Puffed Millet cereal
Bob's Red Mill:	Millet grain Millet flour Millet grits

RICE (BROWN)

Arrowhead Mills:	Rice and Shine Hot Cereal Puffed Rice cereal Rice Flakes Sweetened Cereal
Bob's Red Mill:	Brown Rice flour Creamy Brown Rice Farina cereal
Lundberg:	Brown, Red and Black Rice (many varieties and blends) Brown Rice cakes Brown Rice chips Rice Xpress (various flavors)
Tinkyada:	Brown Rice Pasta

QUINOA

Atiplano Gold:	Instant Hot Quinoa Cereal (various flavors)
Ancient Harvest:	Quinoa grain (Traditional, Inca Red and Wild Black) Quinoa flakes Quinoa flour Quinoa pasta
Arrowhead Mills:	Quinoa grain
Bob's Red Mill:	Quinoa grain Quinoa flour
Marys Gone Crackers:	Seed crackers (various flavors)
Norquin Brand:	Quinoa grain Quinoa flour Quinoa flakes

SORGHUM

Bob's Red Mill:	Mighty Tasty Hot Cereal
Shiloh Farms:	Sorghum grain

TEFF

Bob's Red Mill:	Teff grain Teff flour
The Teff Company:	Maskal Teff grain (ivory or brown) Maskal Teff flour

WILD RICE

Arrowhead Mills:	Wild Rice Pancake and Waffle Mix
Lundberg:	Wild Rice grain Wild Rice cakes

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SIMPLY CLEAN COOKBOOK

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