

Yogurt Maker & Personal Slow Cooker Recipes

Model#: VS7600-2



Cook the healthy way, VitaClay chef way

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Introduction

We strive to make each of our recipes healthy and nutritious. Since “healthy” can mean different things to different people, we have included a variety of recipes that incorporate different types of diets and food philosophies. Under each recipe we will note in which types of diets it can be included. The categories are: **low glycemic, vegetarian, gluten-free, low carb, paleo, high fiber,** and **low fat.** If you are concerned about blood pressure and sodium, all of the recipes can be adjusted to use less salt, or you could consider switching to a sea salt or a non-white salt such as Himalayan salt, which is a more whole food and contains trace nutrients and minerals our bodies need.

A research team at the University of Tennessee set out to see whether consuming yogurt boosted weight loss. Their research results were published in the January 2005 issue of "International Journal of Obesity." The scientists discovered that those who consumed three servings of low-fat yogurt per day lost more weight -- especially fat around their belly -- than dieters who avoided yogurt. A paper published in the November 2001 issue of "Obesity Research" notes that adults who consume breakfast daily are more likely to maintain long-term weight control than those who skip breakfast.

Here's to your health,

Leah Wood

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Disclaimer:

We share our passion with healthy nutritious whole food cooking we love. These statements have not been evaluated by the FDA. The recipes in this booklet are not intended to diagnose, treat, cure or prevent any disease.

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Sauces and Dips

Barbecue Sauce

(gluten free, low carb, low glycemic, low fat, paleo, vegetarian)

Ingredients

- 1 tablespoon bacon grease, walnut or coconut oil
- 1 large onion, finely chopped
- 3 tablespoons minced garlic
- 3 tablespoons honey
- 1 5-6 oz tomato paste
- 1 cup chicken or beef broth
- 2 t mustard or ½ t mustard powder
- 2 tablespoons cider vinegar
- salt and pepper, to taste
- 1/4 tsp worcestershire sauce; pinch cayenne pepper

Directions:

1. Sautee onion and garlic in oil until translucent, 3-5 minutes
2. Reduce heat to medium and add tomato paste and honey, mix into a sauce.
3. Add all other ingredients, stirring constantly.
4. Heat to boiling, then reduce to a simmer.
5. Simmer for 20-30 minutes, until the sauce thickens to your liking.
6. Use immediately or refrigerate

For an extra kick, add small chunks of pineapple 5 minutes before it's finished cooking.

Spinach Cheese Dip

(gluten free, low carb, low glycemic, vegetarian)

Ingredients

- 16 oz cooked spinach
- 1 chopped shallot
- 2 cloves chopped garlic
- 1 t paprika
- ½ t garlic salt

- ½ t ground black pepper
- 2 packages of cream cheese or 16 oz. goat cheese
- 1 lb shredded cheese

Directions:

1. Add all ingredients into personal slow cooker dish.
2. Cook on high for 30 minutes.
3. Serve! Dip chips, pita slices, bread or crackers.

Traditional Cranberry Sauce

(gluten free, low fat, low glycemic if not using sugar, vegetarian)

Ingredients:

- 12oz fresh cranberries (one bag)
- 1 cup sugar (substitute Coconut sugar or Xylitol to avoid insulin response)
- 1 cup water

Directions: Add all of the ingredients into your personal slow cooker, cook on high, and go have fun! In 1-2 hours you'll have the best cranberry sauce you've ever tasted! Make extra to top yogurt and ice cream: when you jar and refrigerate, it will keep for up to 2 months.

Hearty White Bean Dip

(gluten free, low fat, high fiber, low glycemic, low carb, vegetarian)

Prep time: 15 min.

Ingredients

- 16 oz white beans of your choice (or ~ 2-3 cups cooked beans), rinsed and drained
- ½ cup broth (make your own! See recipes below)
- 1 T coconut or walnut oil
- 3 cloves minced garlic
- ½ t dried rosemary (or ½ t fresh rosemary, chopped)
- ¼ t dried marjoram (1 t fresh, chopped)
- ½ t ground black pepper
- olive oil for drizzling
- bread, crackers or pita chips

Directions:

1. Add beans, broth, coconut/walnut oil, garlic, herbs and spices to personal slow cooker.
2. Cook on low, covered for 3-4 hours.
3. Mash or blend bean mixture and serve, drizzling with olive oil and sprinkling with leftover herbs. Goes great with bread, crackers or pita chips.

Amazing Apple Butter

(gluten free, low fat, vegetarian)

Ingredients:

- ¼ cup brown sugar
- 2 T honey
- ½ T ground cinnamon
- ⅛ t ground cloves
- ⅛ t ground nutmeg
- ⅛ cup apple cider
- 1 lb apples, peeled and cut into chunks (~5 medium apples--a mix between sweet and tart varieties is great)

Directions:

1. Add all of the ingredients into the personal slow cooker. Cover and cook on low for 6-8 hours, or until apples are very tender.
2. For very smooth apple butter, spoon into a sieve and push it through, discarding pulp.
3. To retain more fiber, use a hand immersion or other blender to blend ingredients together.
4. Return to slow cooker pot and cook another 1-2 hours. Jar and refrigerate.
5. Eat it with everything.

Soups and Beverages

Butternut Squash Bisque

(gluten free, low fat, low carb, high fiber, low glycemic, paleo)

Ingredients

- 1 small butternut squash
- 2 cups broth
- 1 small onion, chopped and sauteed in 4 T of butter (saute optional)
- 1 clove garlic
- ¼ teaspoon dried thyme
- ⅛ tsp cinnamon
- ⅛ tsp cayenne pepper
- Sea salt to taste

Directions:

1. Load all ingredients into personal slow cooker, stir.
2. Cook on low for 2-3 hours. If you have a hand-held immersion blender you can then puree all of it to make it smooth and creamy.
3. Add milk or cream if desired and top with sour cream to serve.

Japanese Mushroom and Seaweed Miso Soup with Tofu

(low fat, vegetarian, gluten free, low glycemic, low carb)

Cook time: 1 to 2 hours

Ingredients:

- 3 cups vegetable broth
- ⅛ cup mirin
- 1 T tamari or soy sauce
- 3-4 oz shiitake or other mushrooms, sliced
- 1/2 head small napa cabbage, cored and coarsely shredded
- 1 12-ounce block extra firm tofu, cut into 1/2-inch cubes
- ¼ cup miso (optional)
- 2-3 oz seaweed (optional)
- 2-3 green onions, sliced diagonal , for serving
- 2 T toasted sesame oil for serving

Directions:

1. Combine broth, mirin, tamari, mushrooms, cabbage and seaweed in personal slow cooker.
2. Cover and cook on high for 1 hour
3. Remove from heat or transfer to serving bowl and stir in tofu and

miso. Serve immediately or let stand on warm for as long as 1 hour before serving. Ladle into bowls and garnish each serving with 1 Tb green onions and drizzle with 1 teaspoon sesame oil.

Spicy Hot Chocolate

(gluten free, low carb, low glycemic)

Ingredients:

- 2 cups milk
- 1 cup half & half
- ¾ cup dark chocolate chips
- ½ t ground cinnamon
- ¼ t ground chile powder (optional)

Directions

1. Combine all ingredients in the personal slow cooker
2. Cook on low for 4 hours or high for 2 hours.
3. Mid-way through, whisk contents thoroughly

Appetizers and Side Dishes

Sweet potato casserole

(gluten free, low fat, vegetarian, high fiber, low glycemic, paleo)

prep time: 10 minutes

Ingredients:

- 2-3 sweet potatoes, peeled
- 1 small to medium onion, diced
- 3 eggs
- ¼ t paprika
- salt and pepper to taste

Directions:

1. Coat the pot with butter or coconut oil
2. Peel and slice sweet potatoes into slices and line the pot with them
3. beat the eggs with paprika, salt and pepper, then pour the mixture over the sweet potato slices

4. Cover and cook on low for 3-4 hours, or until the sweet potatoes are tender
5. Turn off cooker and allow to cool 30 minutes before serving

For sweetness, drizzle a little honey or top with raisins

Lemony Brussel Sprouts

(gluten free, low fat, high fiber, low carb, low glycemic, vegetarian (without bacon), paleo)

Prep time: 5 minutes

Ingredients:

- ¾ lb brussel sprouts
- ½ red onion, diced
- 1 lemon
- 1 T coconut oil, melted
- salt & pepper to taste
- ¼ cup water
- crispy bacon bits (optional)

Instructions:

1. Wash and trim brussel sprouts, cut them in half and place in cooker
2. Add diced onions.
3. drizzle melted coconut oil over top and add salt and pepper
4. drizzle juice from lemons over top and stir ingredients to coat
5. pour in water, cover, cook on low for 2-3 hours on low or 1-2 hours on high
6. sprinkle with bacon crispies (optional)

Spiced Indian Lentils

(low fat, high fiber, vegetarian, gluten free, low glycemic, low carb)

Ingredients:

- 1 c Lentils
- 2 T Sambar Masala
- 1 c water or broth
- ½ c chopped eggplant (cut into 2" cubes)
- ½ c chopped potato (cut into 1" cubes)
- 5 pearl onions, peeled and cored
- 5-6 baby okra

- ¼ cup pumpkin
- 1 T tamarind
- 1.5 T clarified butter
- ½ t mustard seeds
- 4-5 curry leaves
- 1-2 dry red chillies
- Salt to taste
- Chopped fresh coriander leaves

Directions:

1. Add the lentils and Sambar masala to the personal slow cooker with tamarind puree and water/broth, potatoes and other vegetables. Add salt to taste.
2. Set cooker to high and cook for 1-2 hours.
3. When it is almost finished cooking, heat the butter in a small pan and add the dry red chillies, mustard seeds and curry leaves. Fry till the spluttering stops and add to the lentil mixture. Mix well.
4. Garnish with chopped green coriander and serve hot with Idlis, Vadas or plain boiled rice.

Easy, Delicious Entrees

Chicken Cacciatore

(gluten free, low fat)

Ingredients:

- 8 oz cooked spaghetti
- 2-3 chicken thighs
- 5-6 mushrooms, sliced (~4 oz)
- 1 clove garlic, finely chopped
- 1 jar marinara sauce
- 5-6 fresh basil leaves, chopped or 1 t dried basil leaves
- shredded cheese

Directions:

1. Add all ingredients except pasta into the personal slow cooker
2. Cook on high for 1-2 hours

3. Serve over pasta, sprinkle with cheese

Comfort Food Chili

(gluten free, high fiber, low fat, low glycemic, low carb)

Ingredients:

- ½ lb chicken or turkey breast cut in cubes or any ground meat
- 15 oz diced tomatoes
- 15 oz kidney, white or black beans, rinsed and drained
- 8 oz tomato sauce
- 1 small onion, chopped
- 1 clove of garlic, minced
- ¼ C frozen corn
- ¼ C chicken broth
- ½ T chili powder
- 2 oz. Monterey Jack cheese, shredded

Directions:

1. Place the the onion, garlic and corn into the personal slow cooker
2. Brown the meat in a skillet. Add to slow cooker.
3. Pour in the diced tomatoes with juice, add in the beans. Pour the tomato sauce into the mixture and stir to combine
- 4.. Stir in the chicken broth and sprinkle in the chili powder. Mix the ingredients together well
5. Cover and cook on high for 2 hours.
6. Sprinkle the cheese over the top just before serving.

Serving Size: 6

Barbecue Chicken Wings

(gluten free, low carb, low glycemic)

Ingredients

- 1 lb chicken wings or drumettes
- 1 cup barbecue sauce (see recipe above to make your own!)
- ½ cup broth (make your own! recipe below)

Directions:

1. Add chicken, barbecue sauce and broth into personal slow cooker

2. Cook on high for 1-2 hours.
3. Enjoy!

Cheesy Lemon Cod

(gluten free, low carb, low glycemic)

Ingredients

- 2-3 cod filets
- 1 lemon (zest and juice)
- ½ cup cream cheese
- 1 small onion, chopped
- 2 pieces garlic, minced
- 1 t sea salt
- pepper to taste
- Mozzarella, muenster or other cheese to top

Directions:

1. In a bowl, mix cream cheese with lemon zest, juice, onions, garlic, salt and pepper.
2. Place cod filets in cooker and top with cheese sauce
3. Cook on high for 45 minutes
4. Top with cheese and allow to melt before serving.

Cajun Style Sausage and Rice

(gluten free, high fiber when using brown rice, low fat)

Ingredients:

- 4-6oz Kielbasa (or other) sausage, cut in 1/4" slices
- 1 large fresh tomato, diced
- 1 small onion, diced
- ½ green pepper, diced
- 1 celery stalk, thinly sliced
- 1 cup home-made or low-sodium chicken broth
- ½ T steak sauce
- 1 bay leaf or ½ t dried thyme
- ½ t sugar
- 1 t sea salt
- ¼ to ½ t hot pepper sauce
- ½ cup uncooked rice
- several sprigs chopped parsley (optional)

Directions:

1. Combine sausage, tomatoes, onion, green pepper, celery, salt, ½ cup of broth, steak sauce, bay leaves, sugar and hot pepper sauce in personal slow cooker.
2. Cover and cook on high setting for 2 hours.
3. Remove bay leaf; stir in rice and the rest of the broth.
4. Cook on low for 45 minutes to 1 hour
5. Stir in parsley if desired.

Easy Peasy Lasagna for 2

(low fat, low glycemic)

Ingredients:

- ½ lb ground beef
- 15 oz tomato sauce
- 6 oz tomato paste
- 1 small onion, chopped
- 1 clove garlic, minced
- ¾ t salt
- ½ t dried oregano
- 6 oz ricotta
- ¼ cup grated parmesan cheese
- 6 oz. uncooked lasagna noodles
- 8 oz shredded mozzarella cheese

Directions:

1. Brown beef, onion, and garlic on the stove
2. Add tomato sauce and paste with oregano, stirring for a couple of minutes
3. Spoon a layer of meat sauce into bottom of VitaClay personal slow cooker
4. Add double layer of uncooked lasagna noodles (break to fit)
5. add a layer of ricotta cheese on top
6. Repeat layers until all of the ingredients are used. Top with mozzarella.
7. Cover and cook on low 4-5 hours.

Creamy Mushroom Chicken

(gluten free, low fat, low glycemic)

Ingredients

- 2 chicken breasts
- 2 small potatoes, quartered
- 4 large mushrooms, sliced
- 1 stalks celery, chopped
- 1 small red or yellow onion, finely chopped
- 1 large carrot, sliced
- ½ cup chicken broth
- ½ cup whole milk or heavy cream
- ½ T your favorite spice blend
- ½ T sea salt (or celery salt)
- 1 green onion, chives or cilantro, chopped (optional)
- ground black pepper (optional)

Directions:

1. Brown chicken breasts over medium heat on both sides in a skillet.
2. Pour broth and cream/milk into personal slow cooker
3. Load carrots, mushrooms, red/yellow onions, celery & potatoes into pot; add the chicken
4. Add spices and salt
5. Cover, and cook 1 ½ - 2 hours high.
6. Serve over rice or pasta, sprinkled with green onions/chives/cilantro and ground black pepper if desired.

* You can also substitute cream of mushroom, cream of celery or cream of chicken soup for cream, broth, spices, salt.

Tip: add a curry blend or a dash of turmeric to give it an Indian flavor!

Yummy Beef Stew

(low fat, low glycemic)

Ingredients:

- 1 lb beef stew meat
- ⅓ c flour
- ¼ t salt

- ¼ t ground black pepper
- 2 cloves garlic, minced
- 1 bay leaf
- ½ t paprika
- 1 small onion, chopped
- ¾ cups broth
- 2 small potatoes, diced
- 2 sliced carrots
- 1 chopped celery stalk
- ½ cup pearl barley, rinsed

Directions:

1. In a small bowl, mix together flour, salt and pepper. Mix beef into this and put it all in the personal slow cooker.
2. Stir in all other ingredients.
3. Cover and cook on low for 7-9 hours.

Sloppy Joe Filling

(gluten free, low carb, low glycemic without bread)

Ingredients:

- 1-2 lb pork roast (rump or any cheaper cut is fine--slow cooking makes it tender!)
- Seasonings: salt, pepper, garlic powder, onion powder
- dash of beer, cola, or broth
- ¼ jar or bottle of barbecue sauce (to make your own, see recipe above!)

Directions:

1. Season meat with spices, add to the personal slow cooker.
2. If meat is fatty, less liquid can be used. If leaner, add more liquid.
3. Cook on high 4 hours.
4. Open and shred with forks.
5. Add sauce to meat and cook on high another 30 minutes to let the sauce become one with the meat.
6. Serve over rolls or in sandwiches. Store in the refrigerator and eat it all week--it's even better the next day!

Healthy Breakfast

Apple Cinnamon Steel Cut Oats

(low fat, high fiber, vegetarian)

Prep time: 5 minutes

Cook time: 30 minutes

Ingredients:

- 1 cup steel cut oats
- 2-4 tablespoons light or dark brown sugar (optional)
- 1/2 to 3/4 teaspoon ground cinnamon, to your taste
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- Pinch of salt
- 2-1/2 cups water, or a combination of water and apple juice
- 1-1/2 tablespoons unsalted butter
- 1 medium-sized apple or pear: peeled, cored and chopped

Directions:

1. Night before: place steel cut oats in personal slow cooker. Add enough purified water to cover. Add salt and allow to soak overnight.
2. In the morning: add the rest of the ingredients
3. Cook on high for 30-45 minutes
4. Top with cream if desired, and serve.

Desserts

Paleo Slow Cooker Brownies

(paleo, gluten free, low carb, vegetarian, low glycemic, high fiber)

Ingredients:

- ¼ cup powdered cacao or baking cocoa
- ¾ cup almond flour
- 4 oz. unsweetened dark chocolate, chopped or in chips
- 2 T cocounut butter
- 1 extra large egg, beaten
- ½ cup honey

- ½ T vanilla extract
- ⅓ t baking soda
- ¼ t salt
- ½ walnuts, chopped

Directions:

1. coat bottom of pot with coconut oil and line with parchment paper
2. combine almond flour, cocoa powder, baking soda and salt in a bowl
3. Heat the chocolate and mix in honey and coconut butter in a double boiler over medium heat
4. Remove chocolate mixture from heat and stir in the egg, then the flour mixture, and finally the walnuts.
5. Pour the batter into the cooker.
6. Cover and cook on low for 2 hours. Uncover and cook another 20-30 minutes to create a crust on the top of the brownies.
7. Cool completely before removing from the cooker. Cut and serve.

Raspberry Peach Crumble

(paleo, gluten free, low carb, vegetarian, low fat, high fiber, low glycemic)

Ingredients:

- ½ pint raspberries
- ½ lb fresh peaches, sliced
- ¾ cup almond meal
- 1 T coconut butter
- ½ t ground cinnamon
- honey for drizzling

Directions:

1. Coat the inside of the cooker with coconut oil
2. Add the blackberries and peaches to the pot
3. Combine the almond meal and cinnamon in a bowl. Massage or cut the coconut butter in. Add this mixture to the slow cooker.
4. Drizzle with honey.
5. Cover and cook on low for 1-2 hours.
6. Turn off to cool for 30 minutes before serving.

Molasses Custard

(low glycemic, vegetarian, low carb, gluten free)

Ingredients

- ramekin or custard dish that fits inside of personal slow cooker pot
- ½ cup water
- butter (for greasing the custard dish)
- 4 egg yolks (slightly beaten)
- 2 cups heavy cream OR 1 cup heavy cream and ½ cup whole milk
- 2 T molasses
- dash sea salt

Directions:

1. Pour water into personal slow cooker pot
2. Grease ramekin or custard dish with butter.
3. Gently stir beaten egg yolks, cream/milk together with blackstrap molasses and sea salt until well-blended and uniform in color.
4. Pour the mixture into dish, ensuring outer water is at least one inch below the top of the custard dish.
5. Cook on high for forty minutes or until a toothpick inserted into the center of the custard comes out clean. Serve immediately.

Baby Food recipes

Carrot Puree

(low fat, low carb, paleo, gluten free, low glycemic, high fiber)

Ingredients:

- 1lb baby carrots
- ¾ cups water
- 1 T coconut butter/manna
- pinch of cinnamon
- pinch of sea salt

Directions:

1. Place carrots in cooker, cover with water and cook on low for 3-4 hours, until carrots are tender
2. Drain the water and blend carrots in a blender or food processor, adding coconut butter, salt and cinnamon.
3. Fill baby jars or containers and refrigerate until ready for baby.

Sweet Potatoes, Baby!

(low fat, low glycemic, paleo, gluten free, vegetarian, high fiber)

Ingredients:

- 2 medium sweet potatoes, peeled and chopped
- 3 T butter or coconut oil
- 1 t cinnamon
- pinch of salt

Directions:

1. Add ingredients to personal slow cooker.
2. Cook for 1-2 hours, until sweet potatoes are very soft
3. Mash or blend in food processor/blender until smooth.
4. Serve immediately and place in baby jars and refrigerate for subsequent meals.

Banana blueberry puree

(low fat, low glycemic, paleo, gluten free, vegetarian, high fiber)

Ingredients:

- 2 Fresh bananas, peeled and chopped
- ½ cup fresh or frozen blueberries

Directions:

1. Add fruit into personal slow cooker
2. Cook for 30-45 minutes on high, until soft.
3. Mash or blend with food processor/blender
4. Serve and store the rest in refrigerator for subsequent meals.

Steamed Egg

(low fat, low glycemic, paleo, gluten free, vegetarian, low carb)

Easy to digest and delicious, this dish is easy, quick, and great for anyone, especially for upset tummies!

Ingredients:

- 1-2 eggs
- 2-4 T water or milk
- pinch of sea salt

Directions:

1. Add about an inch of water to the personal slow cooker.
2. Beat egg(s) with milk/water and salt
3. Add egg mixture into a pyrex or other glass bowl and place the whole bowl inside the personal cooker pot. Ensure the outer water is at least 1 inch below the top of the inner bowl.
4. Cook on high for 30 minutes, until a toothpick inserted into the middle of the eggs comes out clean.
5. Allow to cool for a few minutes: it's hot!
6. Serve with a spoon.

Yogurt Recipes

Yogurt flavored with jam and jelly (or honey, or syrup)

Ingredients:

- 4-5 tablespoons of jam and jelly, (or honey or syrup)
- 5 tablespoon of unflavored yogurt or 1 tablespoon of culture
- 32 oz of milk

Heat the milk until it boils (82°C-180°F), for 1-2 minutes and starts to climb the sides of the saucepan. Remove the saucepan from heat and allow the milk to cool lukewarm (43°C-110°F). To accelerate the cooling down, place the saucepan in cold water. Warm the jam and jelly (or honey or syrup) over low heat. Add half of the milk and stir until smooth; let cool again to (43°C-110°F), stir together the culture, jam or jelly and remaining milk until smooth. Add the jam or jelly (or or honey or syrup) while stirring. Add the mixture in VitaClay cooker. Cover the cooker. Set "Yogurt" for 6 – 8 hours.

Yogurt flavored with fresh fruits

Ingredients:

- ½ cup chopped fresh fruit
- 4 tablespoons of sugars or to taste
- 1-3 cup water
- 5 tablespoons of unflavored yogurt or 1 tablespoon of culture
- 32 oz of milk

Heat the milk until it boils (82°C-180°F), for 1-2 minutes and starts to climb the sides of the saucepan. Remove the saucepan from heat and allow the milk to cool lukewarm (43°C-110°F). To accelerate the cooling down, place the saucepan in cold water. Cook the fruit in the sugar and water over low heat for 10-15 minutes or until thickened. Let cool again to (43°C-110°F). Stir together the culture and milk until smooth. Stir in the chopped fruit. Add the mixture in VitaClay cooker. Cover the cooker. Set “Yogurt” for 6 – 8 hours.

Yogurt Parfait

In a large glass, layer 1 cup yogurt, 1/2 cup granola and 4 blackberries or chopped fruit. Repeat layers.

Fresh and Fruity Morning Smoothie

Yields: 2 Tall Glasses Ingredients

- 1 banana
- 1 c orange juice
- 1 c fresh blueberries
- 2 c Organic Low Fat Strawberry Yogurt

Directions

1. Combine all ingredients in a blender, and purée on high until smooth.
2. Divide between two tall glasses

Mediterranean Flavors: Tzatziki

Ingredients

- 1 pound of cucumbers, ends removed and sliced lengthwise (6 "baby" cucumbers)
- 2 cups of strained yogurt (Greek or otherwise)
- 4 cloves of garlic, minced fine
- 1 large handful of dill, minced
- Juice of one lemon

Directions:

1. With a teaspoon, scoop out the seeds of the cucumbers. You should be left with a neat half-moon shape. Slice them thin, but not paper-thin—they should still have some crunch.
2. Add the cucumbers to a mixing bowl along with the rest of the ingredients. Taste for acid and seasoning, then either serve, or (preferably) cover and let it sit in the refrigerator for a few hours

Beet Tzatziki

Ingredients

- 4 medium beets, roasted and grated
- 2 garlic cloves, minced
- 3 tablespoons lemon juice
- 1 1/2 cups Suzme (recipe follows)
- Sea salt and freshly ground pepper
- 2 to 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons coarsely chopped walnuts

Combine the beets, garlic, lemon juice and suzme, and season. Serve drizzled with the olive oil, and sprinkled with the parsley and walnuts.

Mediterranean Flavors: Spinach and Artichoke Dip

Ingredients

- 1/3 cup of olive oil
- 10 ounces of spinach, large stems removed

- 6 cloves of garlic, peeled and crushed
- 1 6 1/2 ounce jar of marinated artichokes, drained
- 1/2 cup of Greek yogurt
- 1 teaspoon of lemon juice

Directions:

1. Heat olive oil on medium-low heat, then add spinach. Add a good pinch of salt and stir often until the spinach wilts down. Let it cook till it becomes glossy, limp, and feathery in texture.
2. Add the garlic and cook another minute or two, just until the raw taste is cooked out. Then add the artichokes to heat them through, which allows their brine to easily mix with the olive oil.
3. Transfer the mixture to a food processor and add the yogurt and lemon juice. Pulse six to nine times or until just combined. Add additional salt and lemon juice if need be, then serve immediately or at room temperature.