



How to succeed with an anti-inflammatory diet

by Jeannette Birnbach MS DC CCN

Disclaimer

The information and recommendations contained in this document are not intended as a substitute for personalized medical advice and should not be construed as a claim or representation that any advice mentioned constitutes a specific cure. The information is not intended to diagnose, treat, cure or prevent disease. It is purely educational.

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getrealcookbook@mac.com

Persistence

This book was created with you in mind: busy, but motivated to be healthy. An anti-inflammatory diet is one of the best ways to reduce stress on your body, and load your diet up with antioxidants, vitamins, minerals, protein, and good fats -- the building blocks of life.

For most people, it's easier to get motivated than to stay motivated when the going gets tougher -- when the health food store is further away than you remember, when you have to confront your cravings for junk food, or when well-meaning friends say "go on, take a bite!"

Persistence with diet changes is a form of courage, and it's a rare form of courage. Persistence is the ability to keep working toward your goal before you get any feedback or results from your actions. In other words, you have to stick to it even after the initial forward momentum wears off.

When you work toward the goal of healthy eating with persistence, you will succeed even in the face of disappointment and unexpected setbacks. When you look back from your new health status, you will see that your achievement was the triumph of persistence.

Contents

"I was 32 when I started cooking; up until then, I just ate."

"You don't have to cook fancy or complicated masterpieces -- just good food from good ingredients."

Julia Child

"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are."

Adelle Davis

"Make [food] simple and let things taste of what they are."

Maurice Edmond Sailland

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas."

Author Unknown

"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It's a substitution of artificial therapy over nature, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

Dr. Royal Lee

"Food is an important part of a balanced diet."

Fran Liebowitz

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Quick, “*Don’t Skip it!*” Introduction

What would it look like if preparing and eating good food was easy? This book is a map of that vision. Before the vision takes form, you may have to let go of some pre-conceived notions about food, what constitutes a “meal,” and what it takes for you to feel satisfied after eating. If the Standard American Diet is going one way, you should probably go the other.

After years of working with patients to improve their diets, I know that the most common feedback I get is one or both of these two statements:

1. I don’t know what to eat
2. I’m bored

This book was created to address these two roadblocks to success. It contains the essentials of food preparation so that you can get organized. Every recipe in this book was made with 30 minutes of preparation time or less, and with inexpensive kitchen tools explained in later pages. The goal is that you can eventually prepare anything and everything you need to eat nutrient-dense anti-inflammatory meals *without* this book.

I strongly recommend that you host a dinner party as soon as you feel ready. Many motivational speakers and personal coaches tell us that 85% of our satisfaction in life will come from our relationships, and what better way to enjoy those than with the generous gift of nourishing food?

All the best,

Dr. Jeannette Birnbach

How to get the most out of this book

Whether you are completely clear about the ways you need to improve your diet or still in a fog about it, there is good news for you:

There is an enormous improved health potential available to you! And if you don't make the changes, well, it's just the opposite.

The keys to changing your diet for the better are contained in this book, where we attempted to waste no words and to only give you the most important information. Here is a summary of the skills you should have under your belt after working with this guide.

1. Planning ahead is key. Determine your meals for the week, make shopping lists and keep the junk food out of the house to resist temptation.
2. Avoid boredom through creativity and trying new things. For example, for dinner you might stick to one salad and one vegetable that you have prepared well a hundred times, but try a new protein dish that you have never used before. If it goes badly, there are always gluten-free chicken nuggets in the freezer.
3. Have the appropriate food preparation and storage tools on hand so that you can easily create your masterpieces and store the left-overs.

Allow yourself time to make the transition to a clean diet. Perfectionists want to have this done yesterday, and skeptics believe they will never get it right, but we have found that with reasonable effort, it takes most people about a month to get up and running. After using the book for several weeks to months, it's entirely likely that you no longer need the book at all.

Why do I need an “Anti-inflammatory” Diet?

Inflammation is the common denominator in the most insidious health problems of our time: cancer, heart disease, diabetes, arthritis, and cognitive disorders such as Alzheimer’s disease. Fortunately, one the best ways to reduce or avoid inflammation is totally in your control: **change your diet.**

Inflammation is a vascular and cellular response to injury that causes pain, swelling and tissue damage. Controlled inflammation that follows an injury for example is not a disease, but rather part of a normal healing process. Chronic inflammation however keeps the chemicals of inflammation constantly high in our bodies, resulting in increased oxidation, breakdown of cells, impaired function, and a downward spiral.

Diets high in sugar and low in phytochemicals (powerful plant chemicals that protect us from disease), fiber and nutrients contribute to the downward spiral of metabolism and excessive free radical production. Free radicals are both the result of and cause of inflammation, and they are a hallmark of all chronic degenerative diseases like cancer, heart disease and diabetes. Inflammation is like a forest fire raging out of control and a poor diet is like fuel on the fire.

By the time chronic inflammation typically shows up, you’re many years into the process. But the good news is it’s never too late to start taking steps to reduce inflammation and oxidative stress. We can slow down the degenerative process caused by chronic inflammation by increasing the intake of antioxidants and other nutrients. The anti-inflammatory diet provides just that.

Please know that although the research on which foods cause or contribute to inflammation for the majority of people is solid, you have a unique situation. Based on your health issues, lifestyle and other factors, your healthcare provider may modify the diet recommendations in this book.

Foods that are allowed

Foods to Include	
Fruits	Fresh, unsweetened, frozen or canned water packed fruits
Vegetables	All raw or steamed, fresh, juiced or roasted vegetables except those listed on page 10
Starch	Rice (brown), millet, quinoa, amaranth, tapioca, buckwheat, sweet potatoes
Bread/cereal	Products made from rice, buckwheat, tapioca, arrowroot, amaranth, quinoa
Legumes (vegetable protein)	All legumes including peas and lentils but no soy beans
Nuts and seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, nut butters (except peanut butter)
Meat and fish	All fresh and frozen fish, chicken, turkey, wild game, lamb; canned and water packed fish
Dairy	Milk substitutes such as rice milk, almond milk and hemp milk, eggs (limit to two times per week)
Fats	Oils; cold pressed olive, flaxseed, sunflower, sesame, walnut, or almond
Beverages	Filtered water, decaffeinated herbal teas, seltzer, mineral waters
Spices and condiments	Organic apple cider vinegar; all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, chutney (unsweetened)
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia, yacon syrup, coconut crystals, coconut palm sugar

Foods that are not allowed

	Foods to Exclude
Fruits	Fruit juices
Vegetables	Corn, white potatoes, creamed vegetables, tomatoes and their sauces, including seasonings, steak sauce and ketchup, meatloaf, baked beans, gravies and salad dressings that contain tomatoes; no peppers including red, green, yellow, jalapeno, chili, cayenne, curry, pimentos and paprika, eggplant
Starch	Wheat, oats (including oatmeal), corn, barley, spelt, kamut, rye; avoid any product containing gluten
Bread/cereal	Products made from wheat, spelt, kamut, rye or barley
Legumes (vegetable protein)	Tofu, tempeh, soybeans, soy milk and any product made from soy (watch out for protein bars!)
Nuts and seeds	Peanuts, peanut butter
Meat and fish	Beef, pork, frankfurters, sausage that isn't 100% chicken or turkey, canned meats (other than water packed fish), shellfish
Dairy	Milk, cheese, cottage cheese, cream, yogurt, ice cream, frozen yogurt, non-dairy creamers, soy milk
Fats	Margarine, shortening, processed and hydrogenated oils
Beverages	Soda, alcohol, coffee, tea, caffeinated beverages in general, including guarana
Spices and condiments	Chocolate, ketchup, relish, chutney with added sugar, soy sauce, BBQ sauce
Sweeteners	White or brown sugar, honey, maple, high fructose corn syrup, dextrose, white sugar

❧ *Notes* ❧



Tools and Technical Skills

In this section, we will cover the main tools and technical skills that you need to get food from your kitchen to your plate in a way that makes you and anyone else you invite to dinner proud. In fact, at the end of this book is a chapter on parties, and we strongly suggest that you host one, starring yourself as the chef.

A well-equipped kitchen contains carefully selected, high quality tools that are well-organized to be within reach.

1. Knives
2. Pots and pans
3. Cooking tools

Knives

The best knives have forged blades (rather than stamped) and are made of high-carbon stainless steel. Although many types of knives exist, there are three basic types that you must have to prepare the recipes in this book (or any book).

Chef's knife

Paring knife

Serrated blade

If you decide you would like to learn more about the fine art of cutlery, check out "*The Professional Chef's Knife Kit*" from the Culinary Institute of America. In the meantime, the three knives listed above will be more than enough to make great food.

Pots and pans

All the recipes in this book can be made with the most basic kitchen equipment. You don't have to spend a fortune to have the right cookware, but you will need a few key items.

10–12 inch skillet

10 or 12-inch stainless steel wok

saute pan

small and medium sauce pans

large stock pot

steamer



All the pots and pans listed should have lids. It's important to choose stainless steel cookware over aluminum. Acidic and salty food erode aluminum and release it into your food. It's fine to have a cast iron frying pan unless you need to avoid iron in your diet.

Cooking Tools

Blender

Whisk

Spatula

Slotted spoon

Cutting board

Measuring spoons and cups

Steamer

Small hand mixer

Small meat thermometer

Glass storage containers (plastic lids are ok)

Garlic press

Cooking Methods

The purpose of this book is to get you up and running as quickly as possible with healthy, anti-inflammatory foods that heal your body. You can quickly prepare all of the meals in this book with a few simple techniques.

Saute

Quickness is key with this method of cooking; “saute” means “jump” in French. It’s best to prepare everything that will go in the pan ahead of time so that you can remain focused on the cooking. The ingredients should be bite-sized to go straight from the pan to the plate.

The goal is to cook the foods at the right temperature so that they are crispy on the outside but soft and juicy on the inside. Sauteed foods are cooked in sizzling hot pans in a small amount of butter or oil. Foods to be sauteed should not be wet because this will cause them to steam and leave them mushy. Dry your vegetables after you wash them to prepare for a saute. After you finish the saute, you can easily make a pan sauce that includes the drippings left in the pan.

Blanching / Parboil

This method of boiling foods very quickly takes the raw edge off vegetables intended for salads and crudites. Bring the water to a boil, and quickly drop in the chopped and washed vegetables for about one to two minutes, then remove from the heat and strain. Rinse under cold water to stop the cooking process and maintain crunch!

Poaching

To poach a food, you submerge it fully or partially in liquid that is barely simmering; water bubbles should just be forming on the bottom of the pan, but not breaking on the top of the water.

Steaming

Steamed foods are prepared in special bamboo or other steaming baskets that can be placed over boiling water. Most vegetables can be prepared this way. Proper steaming retains the crispness, color and nutrients of vegetables. Vegetables that are chopped into small chunks steam more quickly and evenly. You can also use steaming to reheat leftover rice and quinoa.

Stir-Frying

Stir-fried foods are quickly stirred and tossed in a small amount of fat on high heat in a wok or large pan. Quick cooking helps retain vitamins and minerals. As with a saute, it's best to prepare foods ahead of time by chopping and cutting into bite-sized pieces. Different foods need different amounts of time to cook, and so you add foods to the stir fry in the order of their cooking time, with the foods that take the longest to cook going in first.

- ◆ First into the wok: sweet potatoes, winter squash, onions, carrots, eggplant, celery, leeks
- ◆ Second into the wok: cabbage, green beans, cauliflower, broccoli, zucchini, summer squash
- ◆ Last into the wok: greens, green peas, snow peas, bean sprouts

Baking / Roasting

Roasting vegetables brings out the natural sugars while creating a crisp outer layer. Fish and chicken can also be baked, leaving you free time to get things done while dinner is cooking.

Storage Containers

The best containers are made of glass with BPA-free plastic lids. Most people find clear glass the most useful for quickly checking the contents of containers in the refrigerator. The cost of good storage containers can really add up, so keep your eyes open for good deals at places like TJ Maxx, Marshall's and Tuesday Morning.

Hand Mixer

The recipes in this book that required a blender were all made using an inexpensive tool -- a Magic Bullet -- purchased at Target for \$52.24. These are great for a family of four or less, but for a larger family I recommend investing in a more powerful blender such as a Vita-Mix or Blendtec.





Main Dishes

If you never thought you would use your name and the word *culinary* in the same sentence, you may have underestimated yourself. On an anti-inflammatory diet, you can eat well, get healthy and impress friends and family all at the same time.

Beans

What we commonly think of as beans -- kidney, black, navy, lentils, soy beans and peanuts -- fall into a category called legumes. Legumes are plants that have edible seeds contained in pods; they are also referred to as pulses. Some people need to heal and strengthen their digestive tracts in order to gain the nutrition from this food without intestinal discomfort. Others just need some digestive enzymes with their meal. Beans are a great source of dietary fiber, and work well for side dishes, winter stews, high-protein salads, and as ingredients in dips and sauces. Recommended serving size is 1/2 cup cooked.

Rules for cooking legumes

1. Don't add seasonings that are salty or acidic (lemon juice) until after the legumes are cooked. Adding salt before they have cooked will prevent them from becoming tender and greatly increase the cooking time.
2. If you use canned beans, make sure you buy organic with no salt or additives.

Beans and rice

This is one of the simplest preparations of beans. You can eat this dish warm for dinner, and make enough to take to work the next day.

1 teaspoon olive oil

1 chopped onion

2 cloves of garlic, minced

1.5 cups uncooked brown or wild rice, prepared ahead of time in a rice cooker

1 cup of vegetable or chicken broth

1 can black beans

Turkey bacon — optional

In a stock-pot over medium heat, heat the oil. Add the onion, garlic and turkey bacon and saute for four minutes. Add the cooked rice and saute for two more minutes. Add the vegetable broth and bring to a brief boil then cover and lower the heat for 10 minutes. Add black beans, and optional vegetables (you might try asparagus, broccoli or spinach) and heat through. Serves 4-6.

If you don't need all the rice and beans for the meal, save single serving sizes in small containers and add optional ingredients like sauteed chicken or chopped vegetables and take to work the next day.

How to make a complete vegetarian protein

1. Combine beans with brown rice, nuts, or seeds
2. Combine brown rice with beans, nuts, or seeds

Black-eyed peas and spinach

This recipe is tangy and satisfying and keeps well in the refrigerator for one day.

2 teaspoons olive oil

1 small chopped onion

2 cloves of garlic, peeled and chopped or run through a garlic press

1 can black eyed peas

1 bag of organic spinach

Salt and pepper to taste

Juice of one lemon

Optional: handful of dried cranberries or 2

tablespoons chopped almonds, unroasted and raw

Heat the olive oil, onion and garlic in a large pan or wok for two to four minutes over medium heat, then add the black-eyed peas and stir to coat. Cook while stirring occasionally for about five minutes until the beans are heated through.

Lower the heat, add the spinach and cover until the spinach has wilted (a large bag of spinach will wilt down to be the right proportion for the black eyed peas). Stir one more time in the wok to evenly mix the spinach and peas, and remove from the heat. Season with salt, pepper and lemon juice after placing on plates.



Poultry

Chicken, turkey, duck, and goose are all categorized as poultry. Legs and thighs contain more fat and are suitable for stews while breast meat which is leaner is best prepared by a quick technique such as grilling or stir frying.

It's important to learn to read labels to determine how the animals were raised and fed. We recommend purchasing Certified Organic, free-range poultry to avoid toxic ingredients and to avoid contributing to the terrible reality of factory farming.

Poultry labeling

Certified Organic: *meets USDA standards for organic poultry. Birds must be fed 100 percent organic feed, kept free of hormones and antibiotics, and treated in more humane ways than conventional livestock.*

Natural: *don't confuse this term with "organic." Poultry with this label is not subjected to the stringent regulation of USDA Certified Organic regulations.*

Basic preparation of chicken

Baked chicken dishes are great to prepare during times when you are home but can't keep your full attention in the kitchen. In other words, you can prepare chicken with the following two methods, and get your laundry done at the same time.

Chicken in garlic, shallots and herbs

This recipe combines two cooking methods: quick pan frying and baking.

2 to 4 ounces of chicken per person

salt and pepper to taste

1/4 cup per two small chicken thighs or one medium breast plus two tablespoons olive oil

Herbs of your choice, including parsley, sage, thyme

4–6 peeled cloves of garlic (no need to chop)

6 shallots, peeled and cut in half top to bottom

Preheat the oven to 375 degrees. While the oven is heating, season the chicken with salt and pepper and toss with two tablespoons of olive oil. Then brown the chicken on both sides by frying briefly in a skillet over high heat. Remove from the heat, add the garlic, shallots, herbs and the rest of the olive oil, then cover in the same pan and bake for 1 hour.

How to tell when poultry is done

Chicken should be cooked until the temperature reaches a minimum of 165 degrees; turkey should reach 170 degrees. Use a small meat thermometer placed in the center of the meat to determine the temperature.

Chicken Salad

This method of preparation is great if you intend to make a pan sauce (recipes in this chapter) or a cold dish like a chicken salad to take to work the next day.

2 to 4 ounces of chicken per person
2 tablespoons olive oil
garlic, salt and pepper to taste



Preheat the oven to 375 to 400 degrees (some ovens just run hotter than others; best bet is to get a meat thermometer and use it). Toss the chicken in the olive oil and garlic, add salt and pepper and place in a baking dish with no cover for about 30 to 40 minutes. You can tell when the chicken is done if your meat thermometer lets you know the temperature has reached 165 degrees (turkey to 170). Remove from the oven to cool.

While the chicken is cooling, in a medium-sized bowl, prepare the ingredients for the salad. There are so many options here that you can make a different salad every time.

Chicken salad ingredient options

- ◆ Grapes, washed and sliced in half
- ◆ Zucchini, washed and sliced in chunks
- ◆ Chopped celery
- ◆ Salt, pepper, and herbs to taste
- ◆ Chopped vegetables such as steamed snow peas or asparagus

Cut the chicken into bite-sized pieces after it has cooled, and toss all the ingredients together with one or two tablespoons of mayonnaise. Place the chicken salad into glass containers for transport or storage in the refrigerator.

Fish

The cooking method for fish is determined by the texture of the fish. The firmest fish like tuna, bluefish, and swordfish can stand up to grilling. The more delicate fish like flounder and scallops are better cooked by gentle methods such as steaming or poaching. Salmon is somewhere in the middle, so it can go on the grill or in the oven.

Seasoning of fish is determined by the strength of the taste of the fish. Mild tasting fish like halibut, grouper, snapper, bass, cod, flounder, and sole can be cooked with strong flavors like herbs and sauces. The fish with more oil and stronger tastes, like salmon, tuna, mackerel and sardines taste better when cooked with simpler flavors.

Freshness is imperative no matter what fish you choose. To tell if a fish is fresh, press into the flesh with your finger; it should not leave a lasting indentation. Frozen fish is a good choice if you can't get fresh fish, but frozen fish will lose some of its firmness and texture. A standard serving size for fish is six ounces per person. Fish should be cooked to 140 degrees.

Raspberry Balsamic Reduction for Salmon

1/2 cup balsamic vinegar

1/2 cup raspberries

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon basil, chopped

3 tablespoons olive oil

1/2 teaspoon coconut crystals

optional: 1 tablespoon chopped fresh parsley or use dried parsley to garnish

In a medium sauce pan, put vinegar, olive oil, raspberries, coconut crystals, salt and pepper. Cook slowly over medium heat until mixture has been reduced by half. Add basil and parsley. Remove from heat and allow to cool. Drizzle small amount over grilled, baked or pan fried fish.

Buckwheat Noodles

Buckwheat noodles are also called Soba, and they can be eaten warm or cold, in soups and salads, and used in traditional “pasta” dishes. They contain no wheat despite the name.

Soba and Spinach Salad

This recipe uses a soy sauce substitute, created from beef or vegetable bouillon, vinegar and pepper.

Dressing

1/2 cup creamy organic almond butter
1/4 cup brown rice vinegar
2-3 tablespoons yacon syrup
2 tablespoons warm water
2 cloves garlic
1 teaspoon beef or vegetable bouillon
1 teaspoon balsamic vinegar
pinch of black pepper
1 teaspoon sesame oil

8 ounces of soba noodles, cooked per package instructions (beware, some have wheat added)

Garnish

3/4 cup organic chopped almonds
1 small bunch of green onions
3 or 4 big handfuls of washed baby spinach

Blend all the ingredients except the soba in a medium bowl and thin with warm water if necessary. The goal is for the dressing to be the consistency of a fluid salad dressing. Taste and add salt or pepper (or even ginger) if needed.

In a large bowl, place the cooked soba noodles, almonds, green onions and spinach. Toss well with about half the dressing, and a little more at a time to get the right coating. Taste and serve.

Sesame Soba Noodles

- 8 ounces soba noodles**
- 6 tablespoons chicken or vegetable broth**
- 1 clove of garlic, minced**
- 1/4 teaspoon gingerroot**
- 1 tablespoon fresh lime juice**
- 2 tablespoons sesame seed butter**
- 1/4 teaspoon ground cumin**
- 1/8 teaspoon salt**
- 3 tablespoons warm water**
- 3 green onions, chopped**
- 1 teaspoon sesame seeds**

Prepare the soba noodles according to package directions and cook until al dente. Run the noodles under cold water for a few seconds (to help keep them from sticking together) then drain and return to a serving bowl. Toss the noodles with 2 tablespoons of broth and place them in the freezer to chill. In the meantime, combine the garlic, ginger, lime juice, sesame butter, cumin, salt and water. When the pasta reaches room temperature, toss it with the sesame sauce until well coated. Add the remaining broth and toss then garnish with green onions and sesame seeds.

If you would like to increase the protein in this dish, add some sliced hard-boiled eggs or sauteed chicken.



Soba with Zucchini Cream Sauce

This recipe makes a creamy sauce without the use of dairy.

8 ounces of soba
1 medium zucchini
1 medium carrot
1 medium onion
2 cloves of garlic
salt, pepper and any other seasonings you like — go for it!
Olive oil

Cook the soba noodles according to package instructions. You can either do this step and transfer the noodles to a serving bowl, or get the sauce ready while the noodles cook if you are comfortable with the recipe.

Roughly grate the zucchini and carrot. Wash the zucchini very well and leave the skin on -- it adds beautiful color to the sauce. You can also reserve a tablespoon each of the zucchini and carrot to garnish the dish before serving. Chop the onion and garlic.

In a skillet, saute the onion and carrot in two tablespoons of olive oil or butter until the onion becomes translucent. Add the grated zucchini and garlic and saute for five minutes. Add salt and pepper to taste.

Transfer the mixture to a blender and pulse until the sauce becomes creamy. Taste again and add salt and pepper if necessary. Place the sauce over the soba and serve.

Garlic Time-Saver

Most well-equipped kitchens have a garlic press, but when you're home late and need to have dinner ready, chopped garlic from the fridge is a good thing.



Pan Sauces

The easiest way to take plain fish, meat, beans, or vegetables to a gourmet level is with a classic pan sauce. Pan sauces often start with sauteing garlic or shallots in an empty skillet with oil or drippings from the meat, fish, beans or vegetables. For the pan sauces included in this book you will follow these steps:

How to make a pan sauce

1. Sauté your protein of choice until done. Remove from the pan and keep warm. If after removal of the protein there is insufficient liquid, add to the pan as described in each recipe.
2. Turn the heat to medium high, and deglaze with a flavorful liquid, scraping the pan with a spoon until the liquid is reduced by at least one third.
3. When the reduction is a bit syrupy, remove from the heat.
4. Taste and add salt and pepper, if necessary.
5. Swirl in a pat of butter to finish the sauce, and give it some added body.
6. Since pan sauces are strongly flavored, you really only need one or two tablespoons per serving. So, a 1/2 cup of sauce serves four.

Variations

1. In Step 2, add a little fat and sauté some minced shallot or garlic until softened and just starting to brown before deglazing.
2. In Step 2, add minced, sliced or diced mushrooms along with the shallot or garlic.
3. In Step 2, stir in some mustard, chutney or other flavor accent
4. In Step 4, add some fresh minced herbs.

Red wine-Dijon pan sauce

Add 1/4 cup chicken broth unless you have this amount of broth in the pan after cooking

- 1/4 cup red wine vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon butter

Balsamic vinegar pan sauce

1/4 cup balsamic vinegar unless you have this amount in the pan after cooking

- 1/4 cup chicken or vegetable broth or 6 tablespoons apple cider
- 1 tablespoon butter
- optional: 2 tablespoons toasted pine nuts

Raspberry reduction

- 2 pints raspberries
- 1/4 cup coconut crystals
- 1 tablespoon lemon juice

Combine raspberries and coconut crystals in a saucepan. Cook until raspberries are broken down, about 10 minutes. Remove from the heat and strain through cheese cloth or straining bag from the canning aisle to eliminate seeds if desired.



Black pepper Molasses pan sauce

- 1/4 cup chicken or vegetable broth
- 1/4 cup full bodied red wine or apple cider vinegar
- 2 tablespoons molasses
- fresh ground black pepper
- 1 tablespoon butter

Curried chutney pan sauce

- 6 tablespoons chicken or vegetable broth
- 2 tablespoons rice wine vinegar
- 2 tablespoons prepared chutney
- 1/4 teaspoon curry powder
- 1 tablespoon butter

Buerre Blanc (Butter Sauce)

- 6 tablespoons shallots, minced
- 6 tablespoons dry white wine or vinegar
- 2 tablespoons fresh lemon juice
- 1/2 cup butter, preferably raw, cut into pieces
- salt and pepper to taste

Soups and Salads



Soups are a great way to prepare dinner when you don't know exactly what time you will be eating, and a great way to warm up in the winter. Canned soups cannot beat home-made.

Basic Soup Recipe

1 chopped onion

1 pound of poultry (boneless chicken thighs are more flavorful than breast meat) or other meat

Optional turkey bacon

1 pound of vegetables

1 quart of chicken or vegetable broth

herbs (thyme, oregano), spices, salt and pepper

1 cup cooked brown rice

1 can of black or white beans

Saute the onion, garlic and optional turkey bacon in the stock pot. While these ingredients saute, prepare the vegetables and add them to the pot as you finish chopping. Add the chicken or vegetable broth and all other ingredients, and simmer for 20 minutes. Season with herbs during the cooking process. Season with salt and pepper toward the end of cooking, especially if you added beans. Serves 4.

How many cups is a pound of vegetables?

For chunky vegetables like zucchini and cauliflower, one pound is about 3 cups sliced or 2 1/2 cups chopped.

For leafy greens like spinach, a pound is about 6 cups fresh or 1 3/4 cups cooked.

The Salad Pantry

Stock up your salad pantry and be ready to make a satisfying salad at a moment's notice. Choose from the following lists of fragrant oils, vinegars and spices to make incredible salad dressings every day. The oils in the following list can all be used raw on salads.

OILS

almond oil
flax seed oil
hazelnut
olive oil
sesame oil
sunflower oil (unrefined)
walnut oil

VINEGARS

balsamic
white wine vinegar
raspberry vinegar
apple cider vinegar

SPICES

cumin
garlic
ginger
mint
cilantro
onions
pepper
sea salt
parsley
lemon
basil

NUTS

walnuts
almonds
sunflower seeds
pine nuts

FRUITS

dried cranberries
goji berries
raisins

IN A JAR

artichoke hearts
olives
water chestnuts
bamboo shoots

BASIC RECIPE FOR SALAD DRESSINGS

The directions for all of the salad dressings in this book except the Avocado Vinaigrette and the aioli are the same:

1. Combine all ingredients except the olive oil and salt and pepper in a bowl and use a small whisk to mix.
2. If the recipe calls for it, drizzle the olive oil into the bowl slowly while whisking to emulsify all the ingredients. Add salt and pepper to taste at the end.
3. Most dressings keep for one to two days in the refrigerator.

Tahini dressing

2 medium cloves of garlic, minced
4 tablespoons tahini
6 tablespoons oil
3 tablespoons lemon juice
2 tablespoons fresh Italian parsley, minced
salt and pepper to taste

Orange - Tahini Dressing

3/4 cup extra virgin olive oil
1/2 cup fresh squeezed orange juice
2 tablespoons tahini
Celtic sea salt to taste

Carrot dressing

1/2 cup filtered water
1/2 cup almonds, chopped
1 cup grated carrots
2 teaspoons coconut nectar
juice of one lemon
Blend all ingredients

Balsamic vinaigrette

2 medium cloves of garlic, minced
1 teaspoon Dijon mustard
3 tablespoons Balsamic vinegar
1 teaspoon fresh thyme — feel free to add oregano, basil and mint
3/4 cup virgin olive oil
1.5 teaspoons of fresh lemon juice or 1 tablespoon orange zest
salt and pepper to taste

Raspberry vinaigrette

3 teaspoons raspberry vinegar
1 tablespoon orange zest
1/2 teaspoon coconut nectar
1 teaspoon minced fresh rosemary
3/4 cup extra virgin olive oil
salt and pepper to taste

Avocado vinaigrette

2 medium garlic cloves
1 teaspoon Dijon mustard
1.5 teaspoons balsamic vinegar
2.5 teaspoons fresh lemon juice
1 avocado, peeled, pitted and sliced into chunks
1/2 teaspoon salt
3/4 cup virgin olive oil
1 teaspoon lemon zest
black pepper to taste

Blend all ingredients except the olive oil, zest and pepper. Add the olive oil in a steady stream until the dressing emulsifies (thickens). Transfer to a medium bowl. Fold the zest in with a large spoon. Season with pepper. Keeps refrigerated for 2 days.

Salad Ideas

Chicken or Turkey and Rice Salad

Brown or wild rice, chicken or turkey (2 ounces per person); 2 cups snow peas, fresh or frozen, walnuts or almonds

Prosciutto and melon over asparagus

Try the asparagus raw for the most nutrition.

Lentil and tuna

Red onion, canned lentils (drained), fresh tuna, cilantro

Dressing: olive oil, lemon juice, mustard, garlic, cumin, coriander

Salmon and avocado

Salmon, avocado, lemon juice, spinach leaves, mixed greens, yellow squash, walnuts

Dressing: 3 tbsp unsweetened apple juice, balsamic vinegar, pepper

Wild rice, cucumber and orange salad

1 1/2 cups wild rice, cucumber, oranges (peeled and cubed), onion, parsley

Dressing: garlic, balsamic vinegar, olive oil, salt and pepper

Beets and spinach

1 pound cooked beets, spinach

Dressing: olive oil, orange juice, fennel seeds, salt and pepper

Side Dishes and Snacks



Herb Butters

Herb butters are the easiest way to flavor steamed, parboiled or baked vegetables, and just about any other dish you can think of. Prepare the herbs in the amount you need for the recipe by either chopping them yourself (relatively time-consuming) or pulsing them quickly in a small blender. Small leaves like thyme need no chopping.

To make any of the recipes here, place the herbs you want to use in a strainer and plunge it into boiling water for just a few seconds, rinse under cold water while still in the strainer, then dry the herbs with paper towel and chop by hand or mixer. In a mixing bowl, place softened butter (room temperature is good) and add the herbs. Measurements for herbs in the ingredients list are for chopped or pulsed herbs. Whip/cream the butter and herbs with a small hand mixer until well blended.



Chill in a glass bowl with a lid until ready to serve.

Herb butters are easy to make and can be frozen for up to six months. If you want to use the butter for one or two dishes only, use 1/4 pound but if you want to really go for it use 1/2 pound or more.

Lemon and Mint Butter

- 1/4 pound softened butter
- 2 tablespoons chopped fresh spearmint
- 1 tablespoon fresh lemon juice



Garlic and Thyme Butter

- 1/4 pound softened butter
- 2 tablespoons fresh thyme (if you really like an Italian taste, add 1 tablespoon oregano too)
- 2 cloves of garlic



Basil-Dijon Butter

- 1/4 pound softened butter
- 2 tablespoons chopped fresh basil
- 1 teaspoon Dijon mustard (or two teaspoons if you really like mustard)

Garlic and Cilantro Butter

- 1/4 pound softened butter
- 1/4 teaspoon lemon zest (finely grated lemon peel)
- 2 tablespoons chopped cilantro
- 1/4 teaspoon chopped garlic
- salt and pepper to taste

Garlic and Olive Butter

- 1/4 pound softened butter
- 2 teaspoons chopped black olives
- 1.5 teaspoons fresh rosemary
- 1 teaspoon chopped garlic
- 1 teaspoon black pepper



Crudités

Crudités are traditional French appetizers made of sliced or whole raw vegetables which are dipped in a tasty sauce. Try celery, asparagus, carrot sticks, snow peas, broccoli and cauliflower. You can serve the dip in a bowl for people to dip their own vegetables, or try giving each dinner guest an individual cup with his or her own vegetables and dip.



Dips and Spreads

Hummus

1/4 cup chicken or vegetable broth
14–16 ounce can of organic chick peas (garbanzo beans), rinsed and drained
3 cloves of garlic (or more — how much do you love garlic?)
3–5 tablespoons lemon juice
1.5–3 tablespoons tahini to taste
1/2 teaspoon salt or to taste
2 tablespoons olive oil

I'm guessing that after you make your own hummus, you will never go back to store-bought brands. Combine all ingredients into the large mixing cup of your small blender, or into the pitcher of your large blender. Pulse until smooth. This dish is traditionally served in a bowl and drizzled with olive oil and sprinkled with paprika, or you can garnish it with parsley.

Guacamole

Here is the basic recipe to make guacamole for four people. The most important ingredient is good, ripe avocados.

2 avocados, pitted and removed from the peel

1/8 to 1/4 cup extra virgin olive oil

Fresh cilantro or 1 tsp dried

Juice of 1/2 lime

Sea salt to taste



In a mixing bowl, mash the avocado and olive oil with a fork and whip until only slightly chunky (don't turn it into a liquid!). Fold in the cilantro, lime juice and sea salt. The idea is not to find the perfect recipe and reproduce it every time, but rather to create something special, depending on additional ingredients you choose (if any). If you are making the guacamole ahead of time, place plastic wrap over the bowl and directly on the mixture to prevent any air from reaching the mixture.

Optional ingredients to the mashed avocado/oil mixture:

1/4 cup chopped green onions

1/2 teaspoon ground cumin

How to choose a ripe avocado

The best way to tell a ripe avocado is by feel. Hold it in your hand and gently press in on the pointier top part. An unripe avocado feels like a stone. A nearly ripe avocado will yield slightly under the pressure, like a ripe tomato. A truly ripe one is as soft as the padded palm of your hand.

White Bean Spread or Dip

8 ounce can of cooked white beans (cannellini are great)
2 cloves garlic or one tablespoon pre-chopped garlic from a jar
1 small bunch of arugula (if you haven't tried this leafy green, it's time)
2 tablespoons olive oil
2 tablespoons of chicken or vegetable stock
1 tablespoon of capers, optional
salt and pepper to taste

Use a can opener to open the cannellini beans, and drain and rinse once while they are still in the can. Peel the garlic and squeeze through a press, unless you are using chopped garlic from a jar. Prepare the arugula by removing stems, then rinse and chop. Add all the ingredients except the salt, pepper and arugula to your blender or the large cup of a "Magic Bullet"-type blender and mix until pureed. Season with salt and pepper, and gently mix in the arugula. You can store this dish for up to one day. Try it as a vegetable dip or use it to garnish chicken.

Salsa

Salsa means "sauce" in Spanish and its earliest known use can be traced to the Aztecs, Mayans and Incas. There are many ways to prepare it that let you enjoy this feisty dish while staying away from potentially inflammatory ingredients.



It's so easy to make that you can easily create it fresh when you need it, but you can also make salsas a day or two ahead and keep them in the refrigerator. They can be chunky or smooth, spicy or mild, and use a variety of ingredients.



Mango Avocado Salsa

- 1 ripe mango, diced
- 2 avocados, diced
- 1 small shallot, finely chopped
- Juice of one lemon or one lime, depending on your taste
- 1 -2 cloves of garlic, chopped
- Salt and pepper to taste
- Chopped fresh cilantro

Mix all ingredients together in a bowl. Store any leftovers in the refrigerator.

Mango Cherry Salsa

This salsa can be served warm or cold, pureed or left chunky after mixing. Great with grilled chicken or fish. Makes one pint or 6-8 servings.

- 1 onion, chopped
- 2-3 cloves garlic, minced
- Juice of two limes
- Juice of one large lemon
- 2 tablespoons of vinegar (white wine or cider, but if you're brave try a flavored vinegar)
- 1 pound fresh cherries, seeded and cut in half
- 2 fresh mangos, cubed

Saute the onions and garlic in one tablespoon of olive in a saute pan over medium heat for about 5 minutes. Add the lime juice, lemon juice and vinegar. Bring to a boil and add the cherries and mangos. Simmer for 8 to 10 minutes, stirring occasionally. Remove the heat. Serve warm or cold.

Citrus Time-Saver

It's fun to juice fresh limes and lemons, but sometimes bottled organic juices are very convenient.



Pineapple Cucumber Salsa

- 1 cup pineapple, diced (fresh is best but canned is fine too)
- 1 cup of cucumber, diced
- 2 teaspoons of garlic, minced
- 2 teaspoons of fresh ginger, minced
- 8 mint leaves, chopped
- 4 teaspoons fresh cilantro, chopped
- Juice of two lemons
- 1/2 medium vidalia onion, minced

Mix the pineapple and cucumbers in a large glass bowl. Add the garlic and ginger, then fold in gently. Add the mint leaves, cilantro and lemon juice (taste as you go to get it just right), and onion. Carefully fold all ingredients so they stay fresh looking and unmashed.

Apple Salsa

- 2 medium red apples
- 2 tablespoons lime juice
- 1/2 cup chopped orange slices
- 1/2 cup finely chopped onions
- 1 clove garlic, minced
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon cider vinegar
- 1/2 teaspoon ground cumin
- 1 teaspoon of vegetable oil



Core and dice the apples into bite-sized pieces (about 1/4 to 1/2 inch in diameter). Toss immediately with the lime juice to keep the apples from browning. Stir in the remaining ingredients. Chill the mixture for 2 hours before serving. Great with fish or poultry.



Smoothies

For most people, the first word that comes to mind with smoothies is fruit, but here we have redefined smoothie as a blended salad. The point of smoothies is to eat your greens, with a little fruit to help the medicine go down.

These smoothie recipes make it easier to consume these healthy greens which are some of the most nutrient dense foods on the planet.

- | | | |
|------------------|---------------|----------------------|
| ★ Celery | ★ Spinach | ★ Collard greens |
| ★ Romain lettuce | ★ Chard | ★ Dandelion greens |
| ★ Kale | ★ Arugula | ★ Green and red leaf |
| ★ Parsley | ★ Beet greens | lettuce |



You can use these recipes as they are, but please feel free to experiment with your own combinations. You can add protein powders to any of the recipes. If the smoothies are too chunky you can add either filtered water or unsweetened almond milk (but no more than one cup of almond milk per quart of smoothie). You can also add a tablespoon of Barlean's flax seed oil (locally made in Ferndale, Washington: www.barleains.com/) for some healthy fats. These recipes are based on our own experimentation and Victoria

~ 2 cups your choice GREENS
1 banana
1 mango
2 cups water, almond or coconut milk

~ 1 stalk of celery
1 cup GREENS
1 cup of fresh blueberries
1 banana
2 cups water, almond or coconut milk

~ 8 romaine lettuce leaves or other GREENS
1 cup red grapes
1 medium orange
1 banana
2 cups water, almond or coconut milk

~ 4 ripe kiwis
1 banana
3 stalks celery
2 cups water, almond or coconut milk

~ ½ bunch of spinach
4 peeled apples
1 banana
2 cups water, almond or coconut milk

~ 4 mangos
1 handful of GREENS
2 cups water, almond or coconut milk

~ 6 to 8 romaine lettuce leaves or other GREENS
4 apricots
1 banana
¼ cup blueberries
2 cups water, almond or coconut milk

~ 1 cup apple juice
1 banana
1 mango
5 kale leaves or other GREENS
2 cups water, almond or coconut milk

~ 2 large peeled mangoes
1 bunch parsley
2 cups water, almond or coconut milk

~ 6 peaches (without pits)
2 handfuls of spinach leaves
2 cups water, almond or coconut milk

~ 4 pears
4-5 kale leaves or other GREENS
mint
2 cups water, almond or coconut milk

~ 2 pears
handful of raspberries
4-5 kale leaves or other GREENS
2 cups water, almond or coconut milk



Breakfast

Ideas and Inspiration

- ◆ 1-2 eggs, poached or soft boiled with steamed spinach, raw butter and sea salt
- ◆ Omelets with fresh vegetables (try zucchini)
- ◆ Huevos Rancheros: scramble some eggs and combine with brown rice (maybe left-over from dinner) and add ham, black beans and vegetables
- ◆ Breakfast sausages without additives or added sugar
- ◆ An avocado, pitted and filled with tuna
- ◆ Buckwheat pancakes, or other gluten-free packaged pancake mix; add berries or bananas to the mixture; sweeten with yacon syrup or coconut crystals if you like
- ◆ Coconut yogurt (try So Delicious brand) with berries and crushed almonds



Hearty Sweet Potatoes

1 large sweet potato, cut into cubes

2 tablespoons butter

2 tablespoons olive oil

1/2 an onion, chopped

half to one can of cannellini beans (depending on how much you like cannellini beans)

1/4 teaspoon cumin

sea salt to taste

parsley, chopped

Saute the sweet potato in butter until tender, add the onion and continue sauteing for two to three minutes until the onions are tender. Add the cannellini beans and warm through. Add the cumin, salt and pepper. Remove from the heat and add the chopped parsley and drizzle with olive oil before serving. Serves four.

Drinks



Coffee substitutes

Teecino: this coffee substitute is brewed from herbs that have been roasted and ground to brew and taste like coffee. It comes in many flavors and contains no coffee beans, caffeine or gluten.



Dandy Blend: made from dandelion, chicory and sugar beet, and two roasted grains – barley and rye. The drink is low in carbohydrate (one gram per cup) and naturally sweetened by the fructose released from the breakdown of the storage starch inulin when the dandelion and chicory roots are roasted. No caffeine or gluten

Bambu: prepared from organically grown Chicory, Figs, Cereals and Acorns from a recipe developed by Swiss Naturopath Alfred Vogel fifty years ago. Contains no caffeine or gluten.



Refreshing Drinks



For the simplest summer drinks you can prepare herbal teas either hot or iced, but if you have a few extra minutes, it would be worth the time to create something special.

Sparkling water "soda" with Stevia

6–8 ounces of Italian sparkling water per person
3–5 drops of flavored stevia liquid

Sparkling water soda with juice

6–8 ounces of Italian Sparkling water per person
2–3 tablespoons of fresh juice (not from concentrate; try Lakewood brand); try cranberry or pomegranate

Almond banana shake

2 cups almond milk
2 bananas
1/4 teaspoon nutmeg
1/2 teaspoon vanilla extract

Blend all the ingredients until smooth and serve immediately with a little nutmeg sprinkled on top.



Caribbean Cooler

1/2 cup rice or almond milk
1/2 cup unsweetened pineapple juice, chilled
3/4 teaspoon vanilla extract
3/4 teaspoon almond extract
1.5 teaspoons coconut crystals

Combine all ingredients in a blender until frothy, pour into glasses and serve.

Healthy Sweets



Inspiration for desserts and treats, healthy on-the-road food and parties is all around you. Let's start with a look at healthy sweeteners and the delicious desserts you can make with these.

Healthy Sweeteners

- ◆ Raw agave (brands: Wholesome, Madhava, Aunt Patty's)
- ◆ Stevia (sweet leaf, comes in a liquid with no after taste, powder bulk or packets)
- ◆ Molasses
- ◆ Yacón syrup
- ◆ Coconut crystals
- ◆ Coconut Palm Sugar

*Yacón is a sweetening agent extracted from the tuberous roots of the yacón plant (*Smallanthus sonchifolius*) indigenous to the Andes mountains. It's a functional food that is also considered a prebiotic and helpful to the digestive tract.*



A sweet-tasting alternative to sugar. Coconut Crystals are raw, chemical-free, gluten-free, non-GMO and unbleached.

Low glycemic cane sugar alternative made from the nectar of the palm tree



Melon in Coconut Milk

- 1 cantaloupe
- 1–2 teaspoons vanilla extract
- Zest of 1/2 lime plus lime juice to taste
- 1 can coconut milk
- 1 tablespoons yakon syrup or coconut palm sugar

You can prepare this dish up to one day ahead of time and keep covered in the refrigerator. This recipe serves four people and takes 20 minutes to prepare, plus at least one hour of refrigeration before serving.

1. Cut open the melon, scoop out the seeds with a spoon, peel and dice the fruit or use a melon baller for best presentation and set aside in a bowl.
2. Rinse the lime and create zest with half. Combine the lime zest and vanilla extract with the coconut milk and yacón syrup, heat and stir until the yacón dissolves. Allow to cool. Add the melon and lime juice to taste. Let refrigerate for at least one hour.

Banana Muffins

- 1 1/2 cups almond flour
- 1 tablespoon arrowroot powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 2 eggs
- 1/4 cup almond oil
- 1/4 cup coconut nectar
- 1–2 very ripe bananas, mashed
- 1 teaspoon cinnamon — optional

1. In a large bowl, mix together the almond flour, arrowroot powder, salt and baking sodas
2. In a smaller bowl, combine the eggs, almond oil and coconut nectar and then stir in the mashed bananas.
3. Mix the wet ingredients into the larger bowl with the dry ingredients.
4. Scoop the batter into muffin tins lined with papers (about 12 muffins)

5. Bake at 350 degrees for 15-18 minutes until there is a light golden brown color on the top of the muffins.
6. Lift muffins out of pans and place on wire rack to cool. Best to let them cool completely or they may be overly moist if stored in covered containers too quickly.

Poached Pears

4 large, firm pears

1 lemon

A few threads of saffron

2 whole cloves

1 cup pear juice

1/2 cup orange juice

3 tablespoons yacón syrup, coconut crystals or coconut palm sugar

You can prepare the pears the day before and store overnight in the refrigerator immersed in the cooking liquid. This recipe makes enough for four people and makes two types of poached pears, for two separate tastes.

1. Cut the pears in half lengthwise, remove the cores with a small knife and peel. Rinse the lemon under hot water, dry and remove a thin layer of zest, if possible in the shape of a long spiral (you don't have to do this, but sure looks like a party!)
2. Combine the pear juice, lemon zest and saffron in a pot. Add cloves. Place 4 pear halves in this liquid, heat, cover and cook over low heat for about 15 minutes until the pears are fairly tender but not mushy.
3. At the same time in another pot, heat the orange juice and yacón syrup. Add the remaining four pear halves and cook for 15 minutes. Cool and store pears in the liquid.

Poaching

To poach pears, you submerge them fully in liquid that is barely simmering; water bubbles should just be forming on the bottom of the pan, but not breaking on the top of the water

Rice Pudding

1 cup organic brown rice (short or long grain)
1 can organic coconut milk or rice milk
1/4 cup water
1 teaspoon salt
1/4 cup agave or yacon syrup
1/2 cup coconut crystals
1/2 teaspoon vanilla
5 cardamom pods
1 teaspoon cinnamon
3 tablespoons unsweetened coconut flakes

1. Prepare the brown rice in a rice cooker or on the stove according to package instructions.
2. Place all the ingredients except the coconut flakes and cinnamon in a large pot.
3. Bring it to a boil over high heat.
4. Cover the pan with a lid and reduce the heat to low. Simmer the rice for an additional 30 minutes until all the liquid is absorbed.

You can add more yacon syrup or coconut crystals to sweeten the pudding further, then spoon into bowls and allow to cool before serving or refrigerate and serve cold later. Decorate with the cinnamon and coconut flakes for a nice presentation.



Non-gluten Flours

Remember to store non-gluten flours made of almond, flax, coconut etc in the refrigerator

Banana Rice Pudding

1 cup brown basmati rice

2 cups water

1/2 teaspoon salt

3 cups plus one tablespoon gluten-free vanilla rice milk or vanilla coconut milk

1/3 cup coconut palm sugar

1/2 teaspoon ground cinnamon, plus more for optional garnish

1 tablespoon arrowroot powder

4 ripe bananas

1 teaspoon vanilla extract

1. Combine the rice, water and salt in a medium sauce pan and bring to a boil. Reduce heat to low, cover and cook until the liquid is fully absorbed, 45-50 minutes
2. Stir in 3 cups rice or coconut milk, coconut palm sugar, and 1/2 teaspoon cinnamon and bring to a lively simmer. Cook, stirring occasionally for about 10 minutes to thicken the mixture.
3. Stir the arrowroot powder and 1 tablespoon of rice or coconut milk in a small bowl until very smooth; add to the pudding.
4. Continue cooking, stirring often, until the mixture is the consistency of porridge -- about 10 more minutes. Remove from the heat
5. Mash 2-3 bananas in a small bowl; how many you use depends on the size of the bananas and how much you like bananas. Stir the mashed bananas and vanilla into the pudding.
6. Transfer the whole mixture to a large bowl and cover with cut-to-fit parchment that you press down directly onto the surface of the pudding. Refrigerate for at least 2 hours.
7. Slice the remaining banana and place slices on the top of the pudding along with a sprinkle of cinnamon to serve.





Travel and On-the-Go

The key to traveling with good, healthy food is to prepare ahead of time. Before you hit the road, take the time to stock up on good travel snacks like the ones on the following list.

- ◆ Lara Bars, Amazing Grass bars, Vega bars; there are many quality bars out there, just make sure you read the labels to look for hidden gluten/wheat, peanuts, soy and other inflammatory ingredients.
- ◆ Organic nuts and seeds, raisins, goji berries, dried cranberries
- ◆ Sliced apples (try spritzing them with lemon juice to keep them from turning brown)

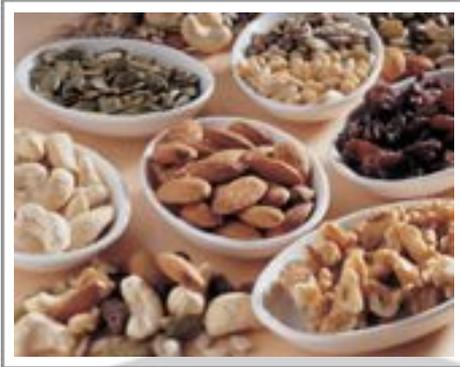
You can also use insulated lunch bags (these are soft and portable, but hold the cold in) and use frozen packs of food like edamame (soy beans) or other small frozen item as the ice pack (not a food source) and add any of these foods:

- ◆ Hard boiled eggs
- ◆ Gluten free crackers with nut butters spread on ahead of time
- ◆ Cold cuts like turkey
- ◆ Carrots, celery and other vegetables to dip in your home-made hummus (see recipe on page 39)
- ◆ Blue Diamond Nut Thin crackers
- ◆ Justin's Nut Butters (in to-go packages!)



Notes About Nuts

All nuts are high in B vitamins and they are a source of heart-healthy fats and antioxidants. They combine best with non-starchy vegetables, avocados and acidic fruits.



Peanuts are not allowed on this diet because they are susceptible to a fungus that generates poisons called aflatoxins. Chronic exposure to aflatoxins can damage the liver and they are potent human cancer-causing chemicals. Aflatoxins are a naturally occurring toxic metabolite produced by certain fungi (*Aspergillus flavis*), a mold found on corn and peanuts, including peanut butter.

Soak or Sprout Your Raw Nuts for Maximum Nutrition

If possible, it's best to choose nuts that are raw or dehydrated at a low temperature until dry and not roasted. Roasting destroys some of the vitamins and many of the valuable enzymes. Soak nuts for at least 8-12 hours or overnight in purified water with a pinch of sea salt. This makes them easier to digest, and removes an outer coating that contains a digestive enzyme inhibitor.

Try these ways to eat your raw nuts:

- Tossed with sea salt for flavor
- Pureed with vegetables into a pate -- then roll the pate into a lettuce leaf like romaine
- Chopped up into salads

ideas for quick snacks

- ◆ Hard-boiled eggs (with mustard and sea salt)
- ◆ Apples, pears, or berries with almond butter
- ◆ Brown rice, avocado and mango
- ◆ Sardines packed in olive oil with rice crackers
- ◆ Raw nuts mixed with Goji Berries (look in the bulk food section at the health food store)
- ◆ Gluten-free bread or crackers with 2 tablespoons of nut butter
- ◆ ½ cup of blackberries and sunflower seeds
- ◆ Nitrate-free chicken sausage
- ◆ 1 medium grapefruit and a hard-boiled egg
- ◆ Coconut butter (Artisana is a good brand)
- ◆ Celery ribs filled with almond butter
- ◆ 1/2 cup unsweetened applesauce and almonds
- ◆ Raw vegetables (cucumbers, snap peas, peppers) with hummus
- ◆ Organic cold roasted chicken with mustard for dipping
- ◆ Organic deli lunch meats (try them wrapped in lettuce leaves such as Romaine)
- ◆ Water-packed albacore tuna



Picnic Food

Fig Tapenade over nut crackers

1 cup dried figs

1/2 cup water

1 cup kalamata olives

1 tablespoon olive oil

1/2 teaspoon balsamic vinegar

1. Place the figs in a food processor and pulse for 30 seconds, until well chopped
2. Add the water and pulse to create a paste
3. Add olives and pulse until everything is mixed well
4. Add olive oil, vinegar and thyme; pulse again for 30 seconds until smooth
5. Serve over crackers

Deviled Eggs

- 8 eggs
- 1 tablespoon mayonnaise
- 1/2 cup basil leaves, finely chopped
- 1 tablespoon of mango chutney from a jar (with no sugar added)
- 1 teaspoon gluten-free curry powder
- salt and fresh ground pepper to taste

Place the eggs in a pot, cover with water and heat. After the water comes to a boil, let boil for about six minutes then plunge the eggs into cold water and let cool. Peel the eggs and cut in half lengthwise. Remove the yolks with a fork, mash and stir in the mayonnaise. Add basil and chutney to the yolk mixture and season to taste with curry powder, salt and pepper. Use a teaspoon to fill the egg halves with the mixture. Cover and store in the refrigerator until ready to serve.

Quinoa Salad Recipe with Broccoli, Olives, Basil and Mint

This awesome salad can be made ahead of time and refrigerated

- 1 clove of garlic, peeled
- 2 1/2 to 3 cups cooked quinoa
- 1 cup of chopped broccoli, blanched
- 1 carrot, grated
- 4 scallions, sliced thinly
- 1/4 cup kalamata olives, pitted and chopped
- 1/3 cup slivered nuts (you can try your favorite or pecans, almonds, or walnuts work well)
- sea salt and pepper to taste
- 1 tablespoon chopped fresh basil leaves
- Olive oil
- Juice of 1 to 2 lemons

1. Mix the cooked quinoa with the garlic in a glass or ceramic bowl.
2. Add the blanched chopped broccoli, grated carrot, scallions, olives, and slivered nuts to the bowl and toss lightly to combine.
3. Season with salt and pepper to taste and add the chopped fresh herbs
4. Drizzle the salad with olive oil enough to moisten and toss again.
5. Add the lemon juice, one more toss and chill before serving.



Party!

Why not show off your new cooking skills! The best party menus have no repetition. Indulge in a variety of colors, textures, and tastes for an incredible indulgence.

10 great reasons to have a party

Birthdays

Family

Celebrate milestones small and large

A new season, a new job, a new house

Children

Colleagues

Going away party

Surprise!

Friendship

Theme party

Party preparation to save time

The day before:

1. Clean lettuces, wash and chop firm vegetables (parboil briefly then rinse in cold water if desired)
2. Make dessert

Early on the day of the party:

1. Make salad dressing and refrigerate
2. Make cold side dishes and refrigerate

Party Menus

Menu

Fruit smoothies in margarita glasses

Lentil salad

Artichokes with dip

Baked chicken meatballs

Banana rice pudding

Lentil Salad

This dish is very inexpensive and simple to make but it does take a little longer to prepare than other recipes in this book (one and one-quarter hours). You can prepare it one day ahead and refrigerate in a covered container but keep the endive separate.

1 cup black or green lentils
2 cloves garlic
8 sprigs thyme (leave some for the garnish)
1 dried red chile pepper
1 bunch green onions (5–6)
1 tablespoon coarse mustard
2 tablespoons white wine vinegar
Salt and pepper to taste
1/4 cup olive oil
1 head of endive

1. Pour the lentils into a pot and cover generously with water. Peel the garlic, rinse the thyme and add garlic and 4 thyme sprigs to the lentils. Bring to a boil, cover, and cook over medium heat for about 35 minutes until al dente (do a taste test along the way). Remove chile pepper. Drain and let cool.

2. Remove roots and dark green parts from onions; rinse and cut into rings. Mix the mustard, vinegar, salt and pepper. Vigorously whisk in the oil. Add a pinch or more of palm sugar to taste.
3. Remove the thyme sprigs and garlic from the lentils. Combine lentils with dressing and green onions and salt and pepper to taste.
4. Rinse endive, separate leaves and arrange around the sides of a small bowl. Pour lentil salad in the middle. Garnish with the fresh thyme sprigs.

Artichokes with dip

8 meaty artichokes, the biggest you can find

1/2 cup fresh mixed leafy herbs

1 small onion

1/4 cup white wine vinegar

2 teaspoons spicy mustard

Salt and freshly ground pepper

Coconut nectar

1/3 cup olive oil

1. Remove the bottom leaves from the artichokes and cut off the stems. Trim the leaf tops with scissors
2. Bring a large pot of salted water to a boil and add 4 of the artichokes. Cover and cook for 30-40 minutes. The artichokes are finished when you can pull off one of the outer leaves easily.
3. Rinse the herbs, pat dry between paper towels and mince. Peel the onion and chop. Stir together the vinegar, mustard, salt and pepper and about one tablespoon of coconut nectar. Whisk in the oil and herbs and onion.
4. Drain the artichokes upside down in a colander. Cook the other four artichokes while you are eating the first four.
5. Pull off the leaves one at a time, dip in the sauce and scrape the meat of the leaf off with your teeth. Don't forget about the very tender artichoke heart at the center!

Baked Chicken Meatballs

- 1 cup zucchini, chopped coarsely
- 1 cup carrots, chopped coarsely
- 1/2 cup parsley, chopped coarsely
- 3 medium cloves of garlic
- 1/4 cup blanched almond flour
- 1 egg
- 1 pound boneless skinless organic chicken breast
- 1 teaspoon sea salt
- 1/2 teaspoon ground pepper

1. Preheat oven to 350 degrees
2. In a food processor, pulse the zucchini, carrots, parsley and garlic
3. Add almond flour, egg and chicken to the food processor
4. Then add salt, pepper, and process thoroughly
5. Drop tablespoon sized balls of the chicken mixture onto a parchment lined baking sheet
6. Bake the meatballs for 20-25 minutes



These are great served warm but can be eaten later cold (makes a great travel snack!)

☞ Menu ☛

Caribbean coolers
Crudite with garlic aioli dip
Haricot vert (green beans) with almonds
Grilled salmon with herb butter
Poached pears

Haricot verts with almonds

1 pound French style green bean, rinsed and parboiled for two minutes and set aside

2-4 garlic cloves, minced

1/4 cup sliced almonds

2 tablespoons olive oil

1/8-1/4 cup water or 1/8-1/4 cup chicken broth

coarse sea salt, to season

pepper to taste

1. In a large pan over medium high heat, heat oil adding almonds and toss for 1 minute
2. Add garlic to lightly brown then add the beans and water or broth cover for 5 minutes on low heat.





Behind the Kitchen Curtain

Resources

The links below are provided for educational purposes, and don't necessarily exactly conform to the anti-inflammatory diet guidelines.

Weston A. Price Foundation

<http://www.westonaprice.org/>

Whole Foods Market

<http://www.wholefoodsmarket.com/>

Raw Vegan Source (great source for health sweeteners used in the recipes in this book)

<http://www.rawvegansource.com/cgi-bin/commerce.cgi?display=home>

The True Food Shopper's Guide -- download a free pdf file that shows you how to avoid genetically modified food

<http://truefoodnow.org/shoppers-guide/>

Environmental Working Group guide to the "Dirty Dozen" and "Clean 15" -- helps you choose which foods best bought organic

<http://www.ewg.org/foodnews/>

Ordering Gluten-Free Online

www.bobsredmill.com

Bob's Red Mill Natural Foods produces more than 400 products, including a full line of certified gluten free products and an extensive line of certified organic products.

www.cravebakery.com

"At Crave, our mission is for our products to be so scrumptious that you'll forget your cravings for traditional baked goods made with wheat and butter!"

www.thecravingsplace.com

The Cravings Place is committed to creating delicious gluten free products to satisfy the cravings of many without sacrificing the taste and appearance of home baked goodness"

www.ener-g.com

"Our mission at Ener-G Foods, as one of the foremost producers of foods for diet-restricted individuals, is to provide a wide range of ready-made foods and mixes that are wholesome, nutritious, delicious, and risk free. We are constantly responding to the demand for special diets with research, innovative products and convenience foods."

www.glutenfreemall.com

"The Gluten-Free Mall has the best prices and selection of gluten-free, wheat-free, casein-free and other allergy-related health foods and special dietary products on the Internet!"

www.glutenfree.com

Everything for gluten-free cooking and baking

www.teffco.com

"No matter whether your goal is to run a marathon, to avoid common allergens like gluten, or simply to eat good tasting food, teff provides all you need for accomplishing these goals."

www.wowbaking.com

"At WOW BAKING we are dedicated to creating the best tasting All Natural Wheat and Gluten-free baked goods found anywhere"

Restaurants

The number of people who are taking charge of their diets, including people who are removing gluten, is constantly growing and the restaurant industry is learning to cater to this group more and more. Even a mainstream restaurant like Outback Steakhouse has a gluten free menu that you can download online: <http://www.outback.com/foodandmenus/nutritionalinfo.aspx>. Here is a more comprehensive list of down-loadable gluten free menus from other mainstream restaurants: <http://www.glutenfreetravel.com/restaurants/>.

In general, these are unsafe choices at any restaurant

1. Fried foods
2. Sauces, stews, pot pies
3. Pastry-covered foods (you need to be able to see inside any dish!)
4. Desserts
5. Buffets in general (unless you're at a gluten-free restaurant)

Online Resources for gluten-free dining out

<http://www.triumphdining.com/gluten-free-restaurants> Gluten-free dining guide for the U.S.

<http://www.glutenfreeonthego.com/> Celiac-friendly guide to cafes, restaurants, and hotels

<http://www.glutenfreepassport.com/> The Gluten Free Lifestyle Worldwide

<http://www.glutenfreerestaurants.org/> More and more restaurants are on board

Avoid Common Gluten Pitfalls

The two biggest obstacles that people run into during the process of removing gluten from their diet and keeping it out are these:

1. Missing the hidden gluten in foods
2. Replacing gluten-containing foods with gluten-free foods that are just as processed, just as high in calories, and just as low in nutrition

Avoiding Hidden Gluten In Foods

The more ingredients a product has, the more likely that it contains gluten. As you learn to read labels and look at the ingredients in packaged foods, the less you will want to eat them, gluten-free or not.

Gluten hides in:

Malt flavoring (made from barley)

Hydrolyzed vegetable protein unless made from corn or soy

Vegetable protein unless made from corn or soy; vegetable gums

MSG made outside the US

Natural flavors

Caramel coloring made outside the US

Dextrins (watch out in vitamin supplements and prescription meds);
maltodextrin

Malt vinegar

Modified starch or modified food starch unless made from arrowroot, corn, potato, tapioca, or maize

Soy sauce unless the bottle specifically states the product is gluten free

Baking powder

Curry powders