

Recipes
from the
Patients
of

THE HAYDEN INSTITUTE

FOR HEALTH, NUTRITION, AND REHABILITATION



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Friends and Patients:

Thank you for participating in our first annual office party. Originally this gathering was planned to be the final event of our yearly office wide, 21 day detoxification program.

The more it was discussed in the office with the patients, the more it grew.

The following recipes were submitted by patients, and most were brought to the office party for everyone to enjoy. A majority of these recipes follow the gluten free, dairy free and soy free principles that we encourage in the office, but please be mindful of your specific food sensitivities when preparing these meals. They may need to be modified.

Thank you again for a successful gathering! We look forward to continuing this tradition for years to come.

Yours in Health,
Dr. Chase Hayden

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Quinoa Breakfast Cake

This cake is a hybrid of tastes and textures. It resembles an oatmeal cake. Tender and perfect for breakfast. Change up the raisins for dried berries or currants for variety.

Preheat oven to 350 degrees F. Line a 10x13-inch baking pan with greased parchment or foil. Set aside.

Whisk together the dry ingredients:

- 1 1/2 cups quinoa flakes
- 1/2 cup sorghum flour
- 1/2 cup tapioca starch
- 3/4 cup almond meal flour- or buckwheat to keep it nut-free
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1 tsp xanthan gum or guar gum
- 2 tsp ground cinnamon

In a large mixing bowl, beat to combine:

- 2 large organic free-range eggs- or vegan egg substitute
- 1/2 cup extra virgin olive
- 1 cup packed organic light brown sugar
- 1/4 cup sorghum molasses or raw organic agave
- 2 tsp bourbon vanilla extract
- 1/4 cup orange juice



Quinoa Breakfast Cake (continued)

Add the dry ingredients into the wet and beat to combine.

Stir in by hand:

1 cup grated carrots [I processed four slender carrots in the food processor]

1/2 cup grated sweetened coconut

1/2 heaping cup juicy seedless raisins

Preheat your oven to 350 degrees F. and allow the cake batter to rest in the bowl until the oven is preheated.

Pour the batter into a prepared 10x13-inch baking pan and spread evenly. Place the pan into the center of the oven and bake until set, and a wooden pick inserted into the center emerges clean, about 25 to 35 minutes. Here at high altitude [baked 25 degrees hotter at 375 F] the cake was done in 22 minutes. Please keep an eye on the cake and follow your own experience for baking bars and sheet cakes at your altitude. Cool the cake on a wire rack. This is a very tender cake, so if you cut it when it is still warm it will fall apart a bit. Just be warned. Cooling helps the slicing aspect. Cut into 16 pieces, wrap in foil, bag, and freeze for future breakfast snacks.

Perfectly Creamy Cauliflower Soup

2 Tbs butter
1 Tbs olive oil
1 medium onion, coarsely chopped
6 – 8 scallions, chopped
1 clove garlic, minced
2 stalks celery, chopped
2 medium cauliflower, cored & coarsely chopped
½ tsp sea salt
½ tsp curry powder (optional)
½ tsp fresh ground black pepper
½ tsp dried thyme
1 tsp dried basil
1 tsp dried savory or marjoram
6 cups water
2 Tbs white miso (preferable to vegetable bouillon
Because It will not turn the soup dark)
1/8 tsp fresh ground nutmeg (optional)

In heavy soup kettle, melt butter. Add oil. Add onion, scallions, and garlic. Add celery and cauliflower. Add seasonings. Mix well and cook, uncovered, over medium heat for several minutes, stirring frequently. Add water and miso. Bring to boil. Simmer, covered, over medium heat for 15 minutes or until cauliflower is tender. Remove cover and cool slightly. Puree in small increments in blender until smooth and creamy. Reheat, adding fresh ground nutmeg, if desired.

Serves 4.

Potato Boats

2 large potatoes or yams
1 pound banana squash, approx ½ - ¼ cup
¼ cup butter, melted
¼ tsp cumin (optional)
1 tsp sea salt, seasoned salt or salt free
 seasoning, sweet Hungarian paprika
2 tsp butter, melted

Bake potatoes in preheated 425-degree oven until soft, about 60 minutes. While potatoes are baking, cut skin from squash. Cut squash into small cubes and place in vegetable steamer, covered, over boiling water for 15 minutes or until very soft.

Cool potatoes slightly. Cut them in half while still warm and gently scrape pulp from skin, taking care not to tear skin.

Combine squash, potato pulp, ¼ cup melted butter, cumin, and sea salt with potato masher or in food processor until you have a creamy yellow puree.

Heap potato-squash mixture into empty potato shells. Brush with 2 tsp melted butter and sprinkle with paprika.

Place under broiler for 10 minutes or until lightly browned.

Serves 2 -4, depending on size of potatoes.

Stew For Two

8 tiny potatoes or yams
3 large carrots
2 – 3 Tbs butter
1 small onion, chopped
1 stalk celery, chopped
4 broccoli stalks without florets, peeled and cut
into ½ inch pieces
2 small zucchini, sliced
1 cup frozen lima beans (optional)
½ cup frozen peas (optional)
¼ tsp celery seed
¼ tsp dried sage
¼ tsp dried marjoram
½ tsp sea salt, seasoned salt, or salt-free seasoning
1 Morga or Hugli vegetable bouillon or 2 tsp
Hauser Natural Vegetable Broth
1 – 2 cups water

Place potatoes and carrots, whole, in vegetable steamer, covered, over boiling water for 15 minutes.

Cut carrots into ½ inch slices. Peel potatoes and cut into 1 inch cubes. Set aside. Melt butter in large heavy saucepan.

Add potatoes, carrots, onions, celery, broccoli, salt, bouillon, and water. Bring to a boil. Then simmer, covered, for 5 minutes. Add zucchini and peas.

Return to boil, cover, and simmer for 10 minutes, stirring occasionally.

Serves 2

Harvest Soup

9 cups water
1 large onion, coarsely chopped
2 large cloves garlic, minced
2 stalks celery, coarsely chopped
1 medium celery root (celeriac), peeled and cubed (optional)
2 cups banana squash, cubed
1 small cauliflower, cored and cut into 1 inch florets
4 medium carrots, peeled and cut into ½ inch cubes
4 medium zucchini, cut into ¼ inch slices
4 medium golden zucchini or summer squash, cut into ¼ inch slices
3 medium potatoes or yams, peeled, halved and cut into ¼ inch slices
1 small head savoy cabbage, cored, quartered and sliced thin
½ tsp dried thyme
½ tsp dried basil
½ tsp dried summer savory
2 Tbs white miso or 2 vegetable bouillon
1 tsp sea salt (optional)
Dash of cinnamon
Dash of nutmeg
2 Tbs fresh lemon juice

In heavy soup kettle, bring water to a boil. Add all ingredients except lemon juice. Return to boil.

Simmer for 30 minutes, stirring frequently to break up squash and form thick stock. Stir in lemon juice at end of cooking. This soup can be made in large quantities, because it is a great leftover. **Serves 9**

Carrot Hash Browns

- 2 Tbs butter
- 1 tsp extra virgin olive oil
- 3 medium carrots, peeled and finely grated
- 3 medium potatoes or yams, peeled and finely grated
- ½ small white onion, finely grated
- ½ tsp sea salt (optional)

In large skillet, melt butter and oil. Add carrots, potatoes, and onions. Add seasoning. Sauté until browned on one side. Flip over, and sauté on second side until browned. Break apart into small chunks, or serve in wedges cut from the round.

Serves 3

Cole Slaw

- 1 lb Kroger Green Cabbage & Carrots Cole Slaw
- 3 Tbs of Extra Virgin Olive Oil
- 1 lemon or lime squeezed
- 1 Teaspoon Sea Salt

Mix together. Will store for 2 or 3 days in the refrigerator. You can also substitute broccoli slaw.



Sweet Basil Carrots

12 medium carrots, peeled
2 Tbs sweet butter
2 Tbs pure maple syrup
1 – 2 tsp fresh basil
¼ tsp sea salt

Cut carrots in 1/8 inch slices or run through slicer of food processor. Place them in vegetable steamer, covered, over boiling water for 10 minutes until tender but not mushy.

Remove from heat and set aside. Carrots may be steamed well in advance and combined with other ingredients immediately before serving. In large heavy saucepan, melt butter. Add maple syrup, carrots, basil, and sea salt. Stir well to coat carrots thoroughly with butter sauce.

Serves 4 – 6

Green Smoothie

4-5 Kale leaves
4 cups baby spinach
2 cups water
1 Tbs flaxseed oil
1 cup berries
1 banana
1 kiwi

Blend and enjoy!



dietSNAPS

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...and much more! If you are not following a specific plan, the Flash Diet is something you may want to consider! Studies show that the act of taking a picture of your food BEFORE you take a bite helps you to be more conscious of what you are eating and is more effective than keeping a written food journal. Actually “seeing” the food encourages you to make healthier choices. We hear every day from dietSNAPS users about how easy it is to use and how thrilled they are that they can actually stick to keeping a journal. We look forward to hearing from you too!

Use **dietSNAPS** to:

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Curried Vegetables

2 tsp extra virgin olive oil, butter or ghee (clarified butter)

½ tsp mustard seed (optional)

Pinch of asafetida (hing) (optional)

1 Tbs green chili, minced, bell pepper, chopped

1 small cauliflower, cored and cut into small, fine florets

¼ - ½ tsp sea salt

1 tsp coriander powder

1/8 tsp turmeric

1 Tbs water

1 ½ cups frozen petite peas

3 Tbs coconut, finely grated

2 Tbs fresh cilantro, finely chopped

Juice of ½ small lime

In large saucepan with lid, heat oil, butter or ghee.

Add mustard seeds, asafetida, and green chili or bell pepper.

Add cauliflower. Cover and dry-steam over very low heat, adding sea salt, coriander, and turmeric as vegetables cook. Stir frequently. Add water if vegetables begin to stick. Cook 5 – 10 minutes, stirring frequently until cauliflower is tender. Add peas, mix well, and cook for 3 -4 four minutes longer. Stir in coconut, cilantro, and lime juice.

Mix well and heat gently for a few minutes.

Serves 3 - 4

Sweet Spaghetti Squash

1 medium spaghetti squash
1 Tbs butter
4 medium carrots, finely grated
1 shallot, minced
¼ cup currants (optional)
1 tsp fresh dill
2 Tbs pure maple syrup (optional)
1 tsp cinnamon
½ tsp cardamom
½ tsp sea salt (optional)
¼ tsp fresh ground white pepper

Cut squash in half lengthwise. Remove seeds, and place facedown in vegetable steamer, covered, over boiling water for approx 20 minutes or until squash is tender.

Cool slightly, scrape squash from shell, and set aside.

In large saucepan, melt butter. Add carrots, shallot, and currants, and sauté briefly. Add water, cover, and simmer until carrots are almost tender. Add dill, maple syrup, cinnamon, cardamom, sea salt and pepper. Stir in squash and combine well.

Simmer, covered over low heat for 10 minutes, then uncover and continue simmering, stirring frequently until all water is absorbed.

Serve with curried vegetables or in place of rice or pasta. Serves 6 (Add left over to soup)

Golden Potato Soup

2 Tbs butter
1 tsp extra virgin olive oil
1 clove garlic, minced
1 large onion, coarsely chopped
2 cups celery, chopped
5 medium potatoes or yams, peeled and cut into 1 inch cubes
6 – 8 crookneck squash, cut into ¼ inch slices
1 Tbs white miso or 1 vegetable bouillon
1 tsp dried thyme
¼ tsp dried tarragon
½ tsp dried sage
Sea salt, seasoned salt, or salt-free seasoning
Dash of cayenne
6 -7 cups water

In heavy soup kettle, melt butter and heat oil. Add garlic, onion and celery, and sauté until they begin to wilt. Add potatoes, squash, miso or bouillon and seasonings. Add water to cover vegetables. Bring to a boil. Simmer, covered for 20 minutes or until vegetables are soft. Cool slightly, and puree in increments in blender to smooth golden cream. Reheat gently, stirring so soup doesn't stick.

Serves 4

Bean and Sausage Soup

1 cup sliced carrots
1 cup chopped sweet onion
2 medium garlic cloves, minced
7 ounces turkey kielbasa halved lengthwise and cut into 1/2-inch pieces
4 cups fat-free, low-sodium chicken broth
1/2 teaspoon dried Italian seasoning
1/2 teaspoon freshly ground black pepper
Two 15.8-ounce cans Great Northern Beans, drained and rinsed
One 6-ounce bag fresh baby spinach leaves
Pink Salt, optional

Spray a large saucepan with nonstick spray and heat to medium-high heat. Add carrots, onion and garlic and cook for 3 to 4 minutes, or until the vegetables begin to soften. Add the kielbasa and sauté for 3 additional minutes, stirring occasionally. Reduce the heat to medium; cook 5 minutes. Add the broth, seasonings and beans. Bring to a boil, reduce heat and simmer for 5 minutes.

Place 2 cups of the soup in a food processor or blender- be careful, as it will be hot! Process until smooth, then return the pureed mixture to the pan. Simmer the soup an additional 5 minutes. Remove the soup from heat and mix in the fresh spinach.

***Be sure to use brands of kielbasa, broth and beans that are known to be GF. Serves 5

Black Bean Salsa

1 can black beans – drained and rinsed

1 small bunch cilantro – chopped

1 small bunch green onions – finely chopped

3-4 medium tomatoes – diced

2-3 medium avocados – diced

1 packet Good Seasons Italian dressing mix – prepared as directed (or just garlic salt, pepper, and a little olive oil)

Optional – fresh jalapeños – finely chopped

Combine all ingredients and refrigerate for at least an hour.

Serve with tortilla chips or as a topping for grilled chicken, fish, eggs, etc.



Toll House® Style Chocolate Chip Cookies

¼ cup of butter
¼ cup white sugar
¼ cup brown sugar
1 egg
1 tsp vanilla
1-1/2 cups Pamela's Baking and Pancake Mix
1 cup semi sweet chocolate chips
½ cup chopped walnuts

Cream butter and sugar, add egg and vanilla and beat. Add Pamela's Baking & Pancake Mix, incorporate slowly and then add chocolate chips and nuts. Place scoops of dough on a lightly greased cookie sheet. Flatten. Bake at 325° for approximately 12-15 minutes. Let cookies cool slightly and use a spatula to remove from cookie sheet.

Try white chocolate chips, milk chocolate chips, butterscotch chips, or a combination for a change.



Stuffed Mushrooms

Remove the stems from 2 lbs. of fresh washed mushrooms. Set aside.

Saute:

4 Tbs butter
diced mushroom stems
1 bunch diced parsley, 10-12 chopped green onions
1 large bag chopped baby spinach
1 grated zucchini
1 grated butter or yellow squash
3 Tbs diced red onion.

Season: (add to taste)

2 tsp poultry seasoning
1 teaspoon salt
1 teaspoon pepper

When mixture is fully cooked, stuff mushrooms.

Bake at 350 degrees for 25 minutes.

Enjoy!



Peach Breakfast Cake

1 cup sorghum flour
½ cup almond meal
½ cup potato starch
3 Tbs tapioca starch
1/3 cup sugar
1 ½ tsp baking powder
½ tsp salt
½ tsp baking soda
½ tsp xanthan gum
3 Tbs olive oil
3 eggs
1 2/3 cups unsweetened almond milk
1Tbs vinegar
4c dried peaches

Mix all ingredients except peaches.

Preheat oven to 350.

Mix to pancake batter consistency. Add peaches.

Bake for 35-45 minutes.



Crockpot Vegetarian Chile

1 large can pinto beans
1 large can kidney beans
4 roma tomatoes – pureed
3 roma tomatoes – diced
1 large butternut squash – halved and de-seeded
5 Tbs chile powder
3 Tbs garlic powder
1 large onion – diced
Salt to taste

Cut squash in half and bake face down on cooking sheet for 1 hour at 350.

Put all other ingredients in Crockpot. Cook on high 3-4 hours or low 8-10 hours.

After squash is cooked in the oven, remove skin and add the ‘meat’ to Crockpot.



Homemade Chocolate Chip Cookies

1 $\frac{3}{4}$ sorghum flour
1/2 cup rice flour
1 tsp xanthan gum
1 tsp salt
1 tsp baking soda
1 cup butter
1 $\frac{1}{2}$ cup sugar
1 Tbs molasses
1 tsp vanilla
2 eggs
1 bag of chocolate chips

Mix all ingredients, adding the chocolate chips last.

Bake at 350 for 10-12 minutes.

(Baking for too long will flatten the cookies)



High Protein Granola Bars

1 cup oats
1 cup quinoa
1 cup sliced almonds
1 cup shredded coconut
½ cup flaxmeal
2/3 cup honey
1 ½ tsp vanilla
¼ tsp salt
¼ tsp cinnamon
½ cup dried apricots
½ cup raisins
½ cup chocolate chips

Preheat oven to 350.

Toss oats, almonds, and coconut.

Spread on a baking sheet, and bake for 10 minutes.

Remove from oven and lower oven temperature to 300.

Place the heated ingredients in a large bowl, and mix the remaining ingredients thoroughly.

Line baking sheet (at least 1 inch deep) with oil and parchment paper, and then pack ingredients tightly. Bake 20-25 minutes. Let cool for at least 3 hours.

Sautéed Kale with Garlic and Onion

- 1 lb dark green kale leaves – stems removed, leaves chopped, washed and dried
- 1 Tbs extra virgin olive oil
- 1 chopped red onion (or ½ cup chopped shallots)
- 2 cloves fresh garlic – finely minced
- 1 ½ - 2 cups water, added ½ cup at a time

Chop the onion or shallots and finely mince the garlic, then heat oil in heavy frying pan until it is medium-hot and sauté onion 3-4 minutes until it starts to brown. When onion is turning slightly brown, add garlic and sauté 1 minute more.

While onions and garlic cook, cut away the center rib from each kale leaf and discard. Chop or tear kale leaves into bite-sized pieces, then wash and spin dry or dry with paper towels.

Add chopped kale leaves to the browned onion/garlic mixture, season generously with salt and fresh ground black pepper, and let kale wilt for 2-3 minutes, then add ½ cup water, stir and let the kale cook in the water until the pan is almost dry, about 5-10 minutes.

Add ½ cup more water and cook kale 5-10 minutes more, then add a third ½ cup of water and cook kale 5-10 minutes more. After you have added water and cooked it off three times, taste it to see if it is tender, if not, add water one more time and cook a bit longer. Serve warm.

Greek Tart

7oz feta cheese
10 oz fresh spinach, chopped
¼ cup onion, chopped
2 Tbs of coconut oil or butter
5 eggs
1 clove garlic, minced

PIE CRUST

3 cups blanched almond flour
½ tsp Celtic sea salt
4 Tbs of butter, cold and cut into small pieces
1 egg
1 clove garlic, crushed

Preheat oven to 325. In a medium sized bowl, mix almond flour, salt, butter, garlic, egg. Press pie crust into pie dish or tart pan. Bake the crust 12-15 minutes, or until light brown.

Sauté the chopped spinach and onions in oil until the onions are translucent. Turn the heat off and add the cheese and eggs to the spinach; mix until well combined. Pour the spinach filling into the pie crust and bake for 15-20 minutes, or until the filling is set and the eggs are fully cooked through.

Serves 12

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