

# **2014 Recipes**

**From**

# **Foodtalk4you**

**By**

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*Reclaiming our health one meal at a time*

*because we are*

**“Designed for Health”**

## Contents

Brussels Sprouts with cranberries and prosciutto or bacon

Sesame, Leek, Onion, Bok Choy Stir Fry

Carrot, Beet, and Parsnip Fritters

Savory Parsnip and Carrot Fries

Better Bone Broth and Soup

Nut Dumplings for Chicken Soup

Zoodles

Cashew Gravy

Sweet Basil Pesto

Activated Nuts and Trail Mix

Magic Mousse

Thanksgiving Notes

Smoothies

Flavored Water

## **Brussels Sprouts with Cranberries and Prosciutto or Bacon**

### **Ingredients:**

- 1 bag Brussels sprouts, washed, stem and outer leaves removed and sliced or cut into quarters
- 2-3 slices of prosciutto torn into small pieces OR 2-3 slices of bacon cooked and crumbled
- 1-2 Tbs. Ghee (used in the pan)
- ¼ cup dried cranberries
- ¼ medium onion sliced and diced—optional
- Sea Salt
- 1-2 Tbs. water
- Optional: 1-2 Tbs. Balsamic Vinegar

### **Method**

Heat Ghee in large sauté pan and add prepared Brussels sprouts (and onion, if using), stirring occasionally until the sprouts become bright green. Add salt, cranberries, and 1-2 Tbs. water; put lid on pan and reduce heat a bit to allow a steaming process. When cooked to the desired doneness, stir in the prosciutto or bacon and serve.

If desired, when the sprout mixture is done cooking, remove lid, raise heat a bit, and add the Balsamic vinegar. Stir occasionally letting the moisture reduce, then add the prosciutto or bacon and serve.

## Sesame, Leek, Onion, and Bok Choy Stir Fry

### Ingredients:

- 1 Leek
- ¼ large onion
- 1 bundle of baby bok choy with three bunches
- ½ inch fresh ginger, peeled and finely minced
- 2 cloves garlic, minced
- 2 Tbs. extra virgin olive oil
- 2 Tbs. toasted sesame oil
- 1-2 tsp. sesame seeds

### Method

Prepare the leek by slicing in half lengthwise and holding each half under running water, fanning the leaves to remove any grit.

Slice the leeks across the grain, resulting in little half rounds.

Slice the ¼ large onion to give a similar shape as the leek slices.

Carefully wash the baby bok choy and slice across to give a similar shape to the other veggies.

Put olive oil in large sauté pan and add onions and leeks, cooking over medium heat. Stir occasionally until the onions start to become translucent.

Add the bok choy and continue stirring occasionally. As the bok choy starts to wilt and become brilliant dark green, add the toasted sesame oil, minced garlic, and the minced ginger.

When all of the ingredients have been combined and are fragrant, serve and garnish with sesame seeds.

## Carrot, Beet, Parsnip Fritters

This is a great time to pull out the food processor with the grater attachment! Just keep feeding in the veggies and dump the grated results a few times into a large mixing bowl. The rest is just toss, squeeze, and pan fry!

### Ingredients

- 2 carrots- peeled and grated
- 1 parsnip- peeled and grated
- 1 beet- peeled and grated
- ¼ of a large onion- grated
- 1-2 eggs
- 1-2 large cooking/serving spoons full of coconut flour
- Salt and pepper to taste
- Olive oil to coat the bottom of skillet

### Method

Toss the grated veggies well to combine. Add first egg and first large spoonful of coconut flour along with seasonings. Mix well to incorporate all ingredients. I just used my gloved hands throughout this process. If your mixture looks like it needs more “glue” to stick together into patties, add the additional egg and coconut flour. Quantities vary depending upon the size of the veggies.

I use my hands to form the patties but using a hamburger press might be a good idea to try. Just beware there will be beautiful, drippy, red juice coming out of the patties as you squeeze, so it is best to do this over another bowl or the sink.

Place patties in a hot skillet with olive oil and fry a few minutes on each side.

If your beet came with its leafy top, wash, chop, and sauté the tops in olive oil and season with sea salt, and a bit of crushed red pepper! Yum!

## **Savory Parsnip Fries**

Peel and cut about 4 parsnips into 3-4 inch fry shapes and place in bowl

Melt 2 Tbs. of Ghee and pour over fries

Sprinkle ½ Tbs. of curry powder and salt and pepper to taste over fries

Toss or mix the fries to coat evenly

Place fries in a single layer on parchment-lined baking sheet

Bake in oven set at 350 degree for about 15 minutes; stir fries around; continue baking for about 15 minutes more until golden and crispy.

## **Spicy Carrot Fries**

Peel and cut about 5-6 carrots into 3-4 inch fry shapes and place in bowl

Drizzle about 2 Tbs. olive oil over fries so they are evenly coated after stirring them around

Sprinkle the following seasonings over the fries in amounts to taste:

Paprika, cayenne pepper, garlic powder, chili powder, salt, and pepper

Stir seasoned fries to coat all sides with seasonings

Place fries in a single layer on parchment-lined baking sheet

Bake in oven set at 350 degrees for about 15 minutes. Stir fries around and continue baking for about 15 minutes more or until crispy.

## **Better Bone Broth and Soup**

Many people advocate drinking one cup of bone broth everyday as an elixir for everything from stronger bones to improved over-all health! Make sure your bone broth is up to snuff and you know how to tell the difference!

### **Using a large stock pot, add the following:**

LOTS of bony pieces of meat, preferably from grass fed animals or free range chickens. We're talking more than one rotisserie chicken carcass! Today, I used a family pack sized tray of chicken wing parts containing just the two-boned half of the wing, not the single boned mini-drumettes. If possible, add 3-4 chicken feet (just don't tell your family!) which will give added nutrients and the desired "gelling" goodness. For a beef broth, beef knuckles and ox-tails work great.

- 2-3 carrots cut up into 1-2 inch chunks
- 2-3 ribs celery cut up into 1-2 inch chunks
- ½-1 onion cut up into 1 inch 'square' chunks
- 2-4 Tbs. apple cider vinegar which helps extract minerals from the bones
- 2 Tbs. unflavored gelatin (I use Great Lakes brand for its purity)
- Large handful of fresh parsley, chopped
- Salt and pepper to taste
- 1 tsp. ground porcini mushroom powder for an amazing "umami" factor!
- 2 tsp. poultry seasoning if using chicken
- 1-2 bay leaves, fresh thyme and/or oregano, and garlic if using beef
- 12-24 hours of cooking time, preferably divided.

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## **Method for broth**

Fill the remainder of the stock pot with water. I cook my bone broth for about 8 hours one day, cool it off in a cold water bath, refrigerate overnight, skim off congealed fat, check for gelling which shows how far along the way the broth is- the more gelled, the better- and return to a gentle simmer. IF using meaty bones and you want that meat as a part of a soup, remove the meat after 2-3 hours of simmering and return the bones, cartilage, and skin to the broth for the rest of the cooking time. Refrigerate the meat and use for the soup making later on.

Add the parsley in the last hour or two of the cooking time.

Strain the broth using a large colander to remove big chunks; and, if desiring a really clear broth for daily drinking, strain again using a fine mesh strainer.

## **Method for soup**

Add fresh cut up vegetables to the strained broth, simmer to desired doneness, return meat to the soup, adjust seasoning and serve.



## Nut Dumplings for Chicken Soup

Now that you have a rich and healthful chicken broth from the preceding recipe, you can create a hearty meal with the addition of nutritionally-dense veggie choices and add some fun dumplings that will add to the nutritive factor and will thicken the soup as well.

### Ingredients for Dumplings

- ½ cup tapioca flour
- 1 ½ cups slivered or sliced almonds
- ½ tsp. salt
- ½ tsp. poultry seasoning
- 1/3 cup cooled broth

### Method for Dumplings

Using a food processor, grind the almonds into a fine flour. Add the tapioca flour, salt, and poultry seasoning and pulse several times to combine. Add the cooled soup broth and pulse until a soft dough forms. Drop teaspoon-sized dumplings into soup that is at a gentle boil. Cook for about 10 minutes.

### Soup ideas

While bags of frozen veggies are a quick way to ‘flesh out’ a good soup, chopping up fresh veggies is too! But even if you use a bag of frozen veggies, you definitely will want to add some leafy greens and other sources of great nutrition. Consider these:

- Tear up several sheets of sea weed “paper”
- Add broccoli florets
- Slice up kale, chard, or spinach leaves into strips
- Grate a fresh beet to change the soup to Borsch!
- Add zoodles!
- Add a handful of chopped parsley

## Zoodles

Zoodles are not a recipe, but things! Zoodles are one of the best alternatives to starchy pasta. They can be used cooked or raw, are super-fun to make especially if you have a spiralizer, and will make using up those prolific zucchini and other summer squash a breeze! They are an easy way to add veggies to any dinner plate or summer buffet.

Here are some zoodles tips:

- You can pre-peel the squash or not
- Create zoodles with a julienne peeler or spiral slicer
- Place zoodles in a colander and toss with about 1 tsp of sea salt and allow to rest for up to ½ hour. This coaxes the extra moisture out of the zoodles so your plate won't be soupy.
- Rinse zoodles under cold water and squeeze dry. Paper towels work, but I prefer using a clean kitchen towel to spread out the zoodles, roll up, and gently squeeze. The drier, the better.

The rest is up to you! Here are some zoodles ideas:

- Don't boil! Just lightly sauté
- Use as a replacement for spaghetti noodles. Lightly sauté in olive oil until al dente
- Use Sweet Basil Pesto while cooking for a stand-alone veggie
- Or combine with shrimp also cooked in Sweet Basil Pesto for a fabulous entrée
- Cook with minced garlic or garlic powder
- Experiment with different seasoning combinations, perhaps Penzey's Bavarian Spice with a splash of toasted sesame oil to finish
- Eat raw as a fun salad with different dressings and additions

## Cashew Gravy

Great on all kinds of meat; freezes and reheats well, this is a go-to gravy, indeed!

### Ingredients:

- 3 large onions, diced
- ¾ cup cashew butter (I make my own by processing cashews a very long time in the food processor; eventually the butter will form)
- 1/3 cup tamari- make sure it is gluten-free (it's like soy sauce)
- 3 Tbs. extra virgin olive oil
- ¼ tsp. pepper
- ¼ tsp. sage
- 2 ½ cup water

### Method

Using a large bottomed skillet over medium heat, sauté the onions for a long time- probably 20 minutes- until they caramelize. Not much stirring is needed early on in the process, but as they become more cooked, more frequent attention is needed.

Once the onions are starting to turn golden, add the water, cashew butter, tamari, pepper, and sage.

Add the cashew butter to the onions, stir to incorporate, and allow them to cook a few minutes; process in about three batches in the food processor or blender, blitzing until smooth. Pour the gravy into a sauce pan to finish cooking a bit. Use what you need, freeze the rest, and you will be in gravy for a while!

## Sweet Basil Pesto

Pesto can be a great spread on crackers or bread or as a great way to zip up the flavor factor in veggies, sea food, or an omelet!

### Ingredients:

- 2 cups fresh sweet basil leaves, packed
- ½ cup Parmesan, Parmesan-Reggiano, or Romano cheese, grated
- ½ cup extra virgin olive oil
- 1/3 cup walnuts or pine nuts (activate nuts first!)
- 3 cloves garlic
- Salt and fresh ground pepper to taste (I used not quite a ½ tsp. of Kosher Salt and about the same of black pepper)

### Method

Using a food processor, pulse the nuts a few times, then throw in the garlic cloves and pulse some more. Add the basil and pulse until in fine pieces. With the food processor fully on, slowly pour the olive oil through the shoot. Stop to scrape the sides down and add the grated cheese. Pulse until combined. Add salt and pepper and pulse a few more times.

The pesto is ready to use. I store mine in small jars and float additional olive oil on top as a seal.

## **Activated Nuts**

Raw nuts are better than nuts highly processed in ‘Franken oils,’ but raw nuts still have factors in them that inhibit proper absorption and can contribute to unhappy tummies. Enter the “Activated Nut” that has been handled in such a way as to eliminate the anti-digestive phytates and to activate beneficial digestive enzymes.

Activated nuts require soaking, at least, and dehydrating for long-term storage.

### **To Soak:**

Using glass bowls (I have learned that nuts will actually permanently discolor metal bowls!), dissolve about 1 tsp. of sea salt in 6 cups water, add raw nuts, and soak. I buy large bags of nuts, so this requires multiple bowls. Walnuts, almonds, and pecans can soak 12 hours; cashews take just 6 hours. The water will turn quite brown, and you may even want to drain, re-salt, and freshen up the water halfway through.

In any case, thoroughly rinse soaked nuts, and spread out on towels (I have a bath towel dedicated to this process—some staining may occur). Roll the towel up and let the towel soak up any extra moisture for a few minutes. If nuts will be used in a blender or food processor, they may be used now, but if long-term storage is desired, dehydrating is necessary.

### **To Dehydrate:**

If using a dehydrator, spread nuts out in a single layer on each tray needed, allowing for a good circulation of air around the nuts; do not crowd them. Place trays in the dehydrator. Set temperature for 115-125 degrees and set for 12 hours. Check for dryness at the end of the time and lengthen time as needed. Store in a closed container in a cool environment.

If using the oven method, spread out the nuts on large baking trays; do not crowd them. Set oven for lowest temperature possible. Since oven heat will be higher than the dehydrator, the drying time will be shorter. Stir the nuts every hour and check on doneness after 6 hours. Store in a closed container in a cool environment.

## **Trail Mix**

**Please follow the “Activated Nuts” recipe prior for processing.**

### **Ingredients:**

- 2 cups walnuts
- 2 cups pecans
- 2 cups unsweetened coconut chips (large flakes)
- ½ cup dried blueberries
- ½ cup dried cherries
- 1/3 cup mini dark chocolate morsels

Just mix, put into handy baggies, and enjoy where ever you go!

## **Magic Mousse**

### **Ingredients for the Magic Mousse**

- 4 oz. dark chocolate
- 3 oz. water or 2 oz. water and 1 oz. spirits
- Pinch of salt

### **Ingredients for the Magic Whipped Topping**

- Coconut cream from one can full fat coconut milk that has been chilled 2-3 hours
- Vanilla or almond extract
- ½ tsp. sugar—optional

### **Method**

On low heat, slowly melt the chocolate and heat the fluid, stirring to incorporate. Remove from heat. Transfer the melted chocolate mixture into a small bowl and place that bowl into an ice bath (ice cubes and water). Using an electric mixer with the whip attachment: beat, beat, beat! This may take 5 minutes, but be patient! All at once the liquid will get thick and then very thick! It will be possible to beat past the mousse point and get something quite firm—in which case, melting and re-whipping will be needed.

Spoon the Magic Mousse into small ramekins (this is very rich and calls for wee tasting spoons).

Once all of the mousse is dished up, use the same bowl with the chocolate mousse scrapings left inside and spoon in the coconut cream from the chilled can of coconut milk. When chilled, it is easy to spoon out the cream, saving the rest for enriching rice, quinoa, or a smoothie. Place the coconut cream bowl into the ice bath and use the same whipping attachment to beat, beat, beat! When things start looking like whipped cream, add the vanilla or almond extract and optional sugar and beat some more!

Spoon on or pipe on the topping to finish this amazingly easy dessert and your guests will be amazed!

## Thanksgiving Notes

Feast Days do not have to ruin the good balance we have achieved in eating for health! Take note of the following ideas as you begin to plan for Thanksgiving or other holiday meals.

**Turkey:** Of course, if feasible, free-range would be a plus; but otherwise, make sure there are giblets with the bird! Use the neck, heart, and gizzard as a base for the gravy by placing them in a large sauce pan with water, chunks of one onion, and several ribs of celery along with salt, pepper, and poultry seasoning, simmering for several hours. Take out the giblets, remove and finely chop the meat. Return meat to the pot, raise the heat to a gentle boil, and stir in 2-3 Tbs. of arrowroot dissolved in ¼ cup water to thicken the gravy, lower heat and let it reduce. Gently sauté the liver in Ghee with salt and pepper; mash with a fork and a spoonful of mayo or yogurt along with your favorite herb for a quick pate to enjoy while waiting on the “bird” to finish cooking.

**Ham-** There DOES exist ham that is gluten-free! Apparently, gluten is often used in the processing of ham, so those with serious gluten concerns, beware! I know Sam's carries gluten-free ham, but always watch out for that packet of glaze. Geez! So many ingredients.....and probably wheat starch to boot, along with the high fructose corn syrup solids. Stick with a homemade glaze of honey and mustard!

**Cranberries-** You can use half the sugar and never miss it - if you just add the juice of one large orange. I have also come to love adding one diced pear, one diced apple, and a handful of raspberries to the mixture. Awesome! If you use that much fruit, you can cut the water down, too.

**Dressing-** Yes, it can be gluten-free! Use part of a recipe of Bob's Red Mill gluten-free corn bread mix package, let it dry out overnight, along with a few slices of gluten-free bread (from the freezer section of the grocery store) that has also dried out. Dice up the dried breads and place into a large bowl. Once you have sautéed one diced onion and about 3 ribs of celery in some Kerrygold butter and poultry seasoning, add ¾ cup broth or water and pour over breads mixture. Toss to combine and place into a buttered baking dish. Bake, covered, in a 350 degree oven for 30 minutes. This may be gluten-free, but this is a starch! So, invite a lot of people so the leftovers won't tempt you too badly!

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**Roasted Root Vegetables** can be a feast in and of themselves and are certainly better for us than Aunt Jean's Sweet Potato Fluff, which is sweet enough to be a dessert! The smell of root vegetables tossed with olive oil and fresh spices such as rosemary and thyme will set everyone's mouth to watering!

**Green Veggies-** Repeat after me, "Veggies do not require a can of creamed soup..." Enjoy nature's bounty by lightly sautéing veggies in Ghee or olive oil, steaming with 1-2 Tbs. of water to complete cooking, and possible finish with a splash of toasted sesame oil.

**Pumpkin Pie-** My favorite can actually be enjoyed without a pie crust, although gluten-free crust mixes are out there. Try baking your pie with reduced sugar. Try making a meringue out of the egg whites first and then fold in the rest of the ingredients! Using a meringue as a base makes baking it without a crust very easy. I love pumpkin fluff!

**Mince Meat Pie-** An old favorite from when I was growing up, but now I use ½ of a jar of mince meat mixture to flavor about three chopped up apples that have been tossed in 2-3 Tbs. of arrowroot as thickening. This makes a lower sugar alternative and a great way to have apple pie, too!

## Smoothies

Smoothies can be a convenient way to pack in the nutrients in something easy to prepare, easy to transport, and easy to ingest. They can also be a wolf in sheep's clothing. They are about nutrition, not added sugar! If you add a protein powder to your smoothie, make sure it's not loaded with carbohydrates. For serious weight loss, it has been recommended to stick with 50 grams of carbohydrates a day, not per meal!

You can get a good serving of fruit, green veggies, fiber, protein, good fats, and all the vitamins, minerals, and tons of anti-this and pro-that all in one glass!

A good, heavy-duty blender like a Vitamix will take your smoothies to the next level! They are a worthy investment. You can get totally reliable re-manufactured ones! No more grainy smoothies!

### Basic Smoothie Choices

**Fruit-** All kinds of berries rule, including kiwi! Some banana is good and cherries, too. Slow down on excess banana, pineapple, papaya and the like because of their high glycemic index.

**Fat-** can be in the form of a nut butter, nuts, coconut milk/cream, coconut flakes, avocado, or seeds

**Protein-** can come from the nuts and seeds (don't forget flax, chia, and hemp) but also as powdered additive (see caution above about carb count)

**Veggies-** Try to switch these around a bit so as to not have kale each day: spinach, kale, or salad greens; some people go for beets or carrots, even!

**Flavorings-** A pinch of salt wouldn't be amiss; as well as some "sweet spices" (cinnamon, nutmeg, cardamom, Chinese 5 Spice), and vanilla or almond extract is always a plus

**Fluid-** water, coconut water, coconut milk, almond milk

**Extras-** fresh mint leaves, yogurt, canned pumpkin puree, cucumber, fresh ginger, cocoa powder, unflavored gelatin

- ✓ \*A note about nuts and seeds: soak what raw nuts and larger seeds you will be using for several hours before use to activate the enzymes that ease and maximize digestion.

## Flavored Water

Especially if you are new to drinking water –yes, those people exist- you may want something more from your water other than the pure joy of great hydration. You can acquire a taste for water, but if you need a boost, here are a few ideas other than Southern (say SWEET) Iced Tea!

Before going to bed, put your flavor ingredients into a glass container, fill with water, put in refrigerator, and get ready to enjoy in the morning!

Make sure the fruits and herbs are very clean of bugs and/or toxins. Organic items would be safer by far. Muddle leaves by using the back of a spoon to smash/rub the leaves on the side of the container. Fruits can be slightly muddled to release some of their juices.

**Mint leaves-** Make sure to muddle the leaves before adding water to release the flavor-containing oils

**Cucumber, mint leaves, lime-** Slice up 2-3 inches of cucumber, do the mint leaf thing, slice some lime

**Strawberries, lemon, basil-** Slice several berries, ½ lemon and ¼ cup basil leaves (muddle everything)

**Lemon-** Juice of ½ of a lemon and slice up the rest

**Ginger-** Slice about one-inch piece of fresh ginger and smash slices like garlic cloves before putting into container

**Raspberry, lime-** A handful of raspberries along with at least one lime: squeeze juice into container and then add the squeezed quarters.

**Pineapple, mint-** Add about ½ cup fresh, cubed pineapple to the muddled mint

**Blackberry, sage-** A handful of blackberries added to desired amount of fresh muddled sage is good

**Orange, mint-** Slice a whole or half of an orange and use desired amount of muddled mint