



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Recipe Book



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HealthyBodyHealthyLife.com

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Salad Dressings



Simple Salad Dressing

½ cup extra virgin olive oil
2-3 tbsp lemon
1 tsp oregano
1 tsp garlic powder

Place all ingredients in a jar and shake or whisk vigorously in a bowl with a fork.

Dried Herbs and Lemon

¼ cup expeller-pressed flax seed
¼ cup extra virgin olive oil
3-4 tbsp lemon or lime juice
1 tbsp water
1 tsp dry mustard
1 garlic clove minced
Your choice of dried herbs (oregano, basil etc)

Place all ingredients in a jar and shake or whisk vigorously in a bowl with a fork.

Creamy Avocado

2 avocados
2 tbsp lemon or lime juice
¼ cup extra virgin olive oil
¼ tsp Celtic sea salt
1 pinch pepper to taste
small amount of onion
¼ tsp tarragon
1 cup water

Place all ingredients in a food processor and blend until creamy.

Herb Dressing

1 tsp dry mustard
1 tbsp parsley (fresh or dry)
1 tsp dill weed
½ tsp sea salt
¼ tsp tarragon
¼ tsp pepper
1 pinch thyme
½ cup extra virgin olive oil
pinch oregano

Place all ingredients in a jar and shake or whisk vigorously in a bowl with a fork.



Basic Dressing

Sally Fallon, *Nourishing Traditions*

- 1 tsp Dijon-style mustard
- 2 tbsp plus 1 tsp. raw wine vinegar
- ½ cup extra virgin olive oil
- 1 tbsp expeller-pressed flax oil

Whisk mustard and vinegar in a bowl. Add olive oil in a thin stream, whisking until well mixed. Add flax oil, and use immediately.

Other variations:

Herb Dressing: add fresh herbs (parsley, tarragon, thyme, basil or oregano)

Garlic Dressing: add 1 clove garlic

Sun Dried Tomato Dressing: add 1 tsp. sun dried tomato flakes & 1 tsp. chives or green onion (finely chopped)

Balsamic Dressing

Sally Fallon, *Nourishing Traditions*

- 1 tsp. Dijon mustard
- 2 tbsp. plus 1 tsp. balsamic vinegar
- ½ cup extra virgin olive oil
- 1 tbsp. expeller-pressed flax oil

Whisk mustard and vinegar in a bowl. Add olive in a thin stream, whisking until well mixed. Add flax oil, and use immediately.

Lemon Pepper Dressing

Sally Fallon, *Nourishing Traditions*

- 2 tbsp fresh lemon juice
- 1 tbsp wine vinegar
- 1/4 tsp salt
- 1/2 tsp cracked black peppercorns
- 1 dash stevia powder
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1 tbsp expeller-pressed flax seed oil

Place all ingredients in a jar and shake or whisk vigorously in a bowl until the mixture emulsifies.



Mexican Dressing

Sally Fallon, *Nourishing Traditions*

- ½ cup extra virgin olive oil
- 1 tbsp expeller-pressed flax oil
- 3 tbsp raw wine vinegar
- 1 pinch stevia powder
- 1 clove garlic, peeled and mashed
- ½ tsp dried oregano
- ¼ tsp chile powder

Place all ingredients in a jar and shake or whisk vigorously in a bowl with a fork.

Caesar Dressing

Sally Fallon, *Nourishing Traditions*

- ½ to 1 tsp Dijon-type mustard
- 1 tbsp raw wine vinegar
- 1 tbsp fresh lemon juice
- 1 tbsp finely grated parmesan cheese
- ½ cup extra virgin olive oil
- 1 tbsp expeller-pressed flax oil
- 1 egg yolk
- 2 anchovy filets
- 1 clove garlic, peeled and mashed.

Place all ingredients in a food processor and blend.

Lemon Honey Dressing

Sally Fallon, *Nourishing Traditions*

- 1/3 cup fresh lemon juice
- 1/3 cup extra virgin olive oil
- 1 tsp expeller-pressed flax oil
- 1 tbsp or more raw honey

Mix lemon juice with olive oil and flax oil. Whisk in honey. Add more honey for more desired sweetness.

Salads



Mozzarella and Tomato Salad

Serves 4

2 oz. mozzarella, cut into thin slices (about half width of tomatoes)

2 medium tomatoes, cut in $\frac{1}{4}$ inch slices

1 tbsp balsamic vinegar

1 tsp extra virgin olive oil

$\frac{1}{2}$ tsp Dijon mustard

$\frac{1}{2}$ tsp dried basil

$\frac{1}{2}$ tsp dried parsley

pepper to taste

1. Place sliced tomatoes and mozzarella on a large plate, alternating each.
2. Mix remaining ingredients and drizzle over dish.



Taco Salad

Serves 4

1-2 tbsp extra virgin olive oil
½ lb ground beef or turkey
¼ tsp chili powder
¼ tsp garlic powder
¼ tsp Celtic sea salt
1 package of mixed greens
½ cup green onion, chopped
15 oz kidney beans, cooked and drained
4 oz raw cheddar, grated
¾ cup guacamole (see homemade recipe below)
¾ cup salsa (see homemade recipe below)

1. Cook meat with seasonings in skillet with olive oil.
2. Make salsa. (see page 11)
3. Make guacamole. (see page 12)
4. In a large bowl toss mixed greens with onion, beans and meat.
5. Place salad mixture on a plate and top with salsa, guacamole and grated cheese.



Fresh Tomato Salsa

SimplyRecipes.com

Makes approximately 3-4 cups

A. 2-3 medium tomatoes (from 1 lb to 1 1/2 lb), stems removed, finely diced

B. ½ red onion, finely diced

C. 1 jalapeño chili pepper (stems, ribs, seeds removed), finely diced

D. 1 serano chili pepper (stems, ribs, seeds removed), finely diced

E. Juice of one lime

F. ½ cup chopped cilantro

G. Salt and pepper to taste

H. Optional: oregano and or cumin to taste

1. Chop 2 medium sized fresh tomatoes.
2. Prepare the chilies. Be very careful while handling these hot peppers. If you can, avoid touching them with your hands. Use a fork to cut up the chilies over a small plate, or use a paper towel to protect your hands. Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours. Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for heat.
3. Combine all of the ingredients in a medium sized bowl. Taste. If the chilies make the salsa too hot, add some more chopped tomato. If not hot enough, carefully add a few of the seeds from the chilies, or add some ground cumin. Let sit for an hour for the flavors to combine.



Perfect Guacamole

SimplyRecipes.com

Serves 2-4

I.

J. 2 ripe avocados

K. 1/2 red onion, minced (about 1/2 cup)

L. 1-2 serrano chiles, stems and seeds removed, minced

M. 2 tablespoons cilantro leaves, finely chopped

N. 1 tablespoon of fresh lime or lemon juice

O. 1/2 teaspoon coarse salt

P. A dash of freshly grated black pepper

Q. 1/2 ripe tomato, seeds and pulp removed, chopped

1. Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.
2. Using a fork, mash the avocado.
3. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. (Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.)
4. Keep the tomatoes separate until ready to serve. Much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.
5. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.
6. Just before serving, add the chopped tomato to the guacamole and mix.



Hawaiian Chicken Salad

Serves 4

- 2 cups cooked chicken, cubed
- 2 cups cold brown rice (use stove-top kind)
- 1 cup celery, diced
- 8 oz water chestnut drained
- 15 oz pineapple chunks, drained
- 1/3 cup plain, full-fat yogurt
- 2 tbsp milk or coconut milk
- 1 tbsp lemon juice
- 1/2 tsp Celtic sea salt
- 1/2 tsp curry
- 1/4 tsp pepper

1. In large bowl mix chicken, rice, celery, water chestnuts and pineapple.
2. In smaller bowl mix remaining ingredients to make dressing. Pour over salad mixture and toss.



The FF360 Chef Salad

Serves 4

8 cups mixed greens (Carb Type) or spinach (Protein Type)
¼ cup radish, chopped
1 small tomato, sliced
¼ cup yellow pepper, chopped
¼ cup celery, chopped
½ cup small red onion, chopped
1 cup ham, sliced in strips
1 cup turkey, sliced in strips
2 pieces of bacon, crumbled
2 hard boiled eggs, sliced
¼ cup raw Monterey Jack cheese, grated
¼ cup raw cheddar, grated

This salad can be created in layers. Start with greens for your base and add toppings as they are listed.

Serve with the creamy avocado salad dressing.



Italian Salad

Sally Fallon, *Nourishing Traditions*

Serves 4

- 1 head romaine lettuce
- 1 bunch watercress, stems removed
- 1 red pepper, seeded, quartered lengthwise and finely sliced
- 1 heart of celery with leaves, finely chopped
- 1 small red onion, finely sliced
- ½ cup small seed sprouts
- 2 carrots, peeled and grated
- 1 cup red cabbage, finely shredded
- 1 cup cooked chickpeas
- ¾ cup basic or garlic dressing

1. Cut everything up small.
2. Remove the outer leaves of the romaine, slice off the end and open up to rinse out any dirt, while keeping the head intact. Pat dry. Slice across at ½-inch intervals.
3. Place romaine in a salad bowl and top with watercress and chopped vegetables in piles.
4. Strew the sprouts and chickpeas over the top for presentation.



Caesar Salad

Sally Fallon, *Nourishing Traditions*

Serves 6

2 large heads romaine lettuce

2 ounces parmesan, freshly grated

$\frac{3}{4}$ cup garlic or Caesar dressing (see under Salad Dressings)

1. Remove the outer leaves of the romaine, slice off the end and open up to rinse out any dirt, while keeping the head intact. Pat dry. Slice across at 1-inch intervals.
2. Grate cheese using the large-holed side of the grater. Reggiano cheese is best.
3. Toss romaine and cheese with dressing of your choice.



Black Bean, Sun-dried Tomato and White Fish Salad

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 ½ lbs white fish (any type) skinned and deboned (Carb Types), or salmon (Protein Types)
1 tbsp coconut oil
Salt and pepper, to taste
½ cup cooked quinoa
½ cup black beans (Protein Types), or reduce to 1/4 cup (Carb Types)
3 medium tomatillos
1 orange pepper, chopped
2 cups watercress (Carb Types), or spinach (Protein Types)

Vinaigrette:

1 chipotle chili
1 tbsp fresh lemon juice
1 tbsp champagne vinegar
1 tablespoon sun-dried tomatoes
½ tbsp ground cumin
¼ tsp ground coriander
1 tbsp cilantro, chopped
¼ cup flax seed oil
Salt and pepper

1. Preheat oven to 350°F. Season the fish with salt and pepper, place in an oven safe pan with 1 tbsp coconut oil, bake for 25–35 minutes.
2. Place one cup of quinoa in a pan with two cups water. Bring to boil and simmer for 15 minutes covered. When all the water is gone the quinoa is cooked. Use half a cup and save the rest for another quinoa recipe.
3. Mix together the black beans and quinoa, set aside. Blend all ingredients for vinaigrette in a food processor until well combined.
4. Mix together the white fish, tomatillos, orange pepper and water- cress or spinach.
5. Then add the black beans and quinoa.
6. Pour vinaigrette over mixed vegetables and fish.



Rainbow Salad

Sally Fallon, *Nourishing Traditions*

Serves 6

- 2 fennel bulbs
- 2 heads Belgium endive
- ¼ head red cabbage, shredded
- 2 large carrots, grated
- 1 red pepper, seeded and cut into thin strips
- 1 cucumber, peeled, cut lengthwise into quarters and thinly sliced
- 1 heart of celery with leaves, finely chopped
- 1 small red onion, finely sliced
- 1 bunch cilantro, chopped
- 1 tbsp crispy pine nuts
- ¾ cup balsamic dressing (see under Salad Dressings)
- 1 avocado, thinly sliced
- 1 tomato, cut into wedges
- ¼ lb Roquefort cheese (optional), crumbled

1. Cut the vegetables up very small.
2. Remove outer leaves from fennel bulbs, slice very finely and cut slices into quarters.
3. Remove outer layers of endive and slice across at 1/4-inch intervals.
4. Toss fennel, cabbage, Belgium endive, carrots, pepper, cucumber, celery, red onion, cilantro and pine nuts with dressing.
5. Divide into 6 plates and decorate with thin slices of avocado and tomato.
6. Garnish with crumbled Roquefort cheese.



Summer Salad

Sally Fallon, *Nourishing Traditions*

Serves 6

This salad is best made several hours before serving. The secret to its success is to cut the vegetables in a fine dice. A food processor makes that task quick and easy.

$\frac{3}{4}$ cup Lemon Pepper Dressing (page 6)

1 bunch celery, finely chopped

2 cucumbers, peeled, quartered lengthwise, and finely chopped

2 bunches green onions, finely chopped

2 green peppers, seeded and finely chopped

1 bunch radishes, finely chopped

3 tomatoes

1 tbsp finely chopped fresh parsley (or chives)

1. Cut vegetables into a fine dice.
2. Prepare dressing in a large bowl.
3. Add celery, cucumbers, green onions, peppers and radishes. Toss well with dressing. Cover and refrigerate several hours.
4. Before serving, slice tomatoes thinly and cut in half. Arrange slices around the edges of six plates and make a mound of salad in the center of each.
5. Garnish with chopped parsley or chives.



Watercress, Spinach, and Pear Salad

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 2 cups watercress, trimmed, use sprigs
- 2 cups spinach, rough chopped
- 1 ½ pounds pears, (1 large or 2 medium)
- Salt and pepper, to taste
- 1 carrot, shredded
- 1 tbsp sesame seeds, toasted

Ginger Dressing:

- 1 tbsp fresh ginger, roughly chopped
- ¼ cup seasoned rice vinegar
- ¼ cup smooth almond butter
- 1 ½ tbsp sugar (or raw honey)
- 2 tbsp water, or more if needed
- ½ tsp chili paste, or to taste
- ½ tsp salt
- 3 tbsp toasted sesame oil

Place all ingredients in a blender and blend until creamy.



Grapefruit and Arugula Salad with Avocado

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

5 ounces baby arugula (Carb Type), or 5 ounces spinach (Protein Type)
2 grapefruits, peeled and sectioned (Carb Type), or 1 grapefruit (Protein Type)
1 avocado, sliced

Dressing:

2 tbsp white wine vinegar
1 tbsp grapefruit juice
1 tbsp grated fresh ginger
1 tsp grated grapefruit zest
½ tsp Celtic sea salt
¼ cup extra virgin olive oil
Freshly ground black pepper

1. Grate 1 tsp of zest from the grapefruit, reserving for the salad dressing.
2. Peel the grapefruits by cutting off each end then working your knife around the perimeter. This removes the membrane from all outside edges. Hold the peeled grapefruit in one hand over a bowl. Use a paring knife and in a sawing motion cut each segment from the membrane on both sides. Let the juice drip into the bowl and place segments in another bowl.
3. When all segments have been removed from both grapefruits, squeeze the remaining juice from the membranes and reserve 1 tbsp of the juice for the dressing.



Gobble Up Your Greens And Peas

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 1 package of nitrate-free, dark turkey strips
- 2 tbsp olive oil
- 1 tbsp coconut oil
- 3 large bundles of collard greens, chopped (Carb Type), or spinach (Protein Type)
- 2 cups black-eyed peas
- 1 medium onion, chopped
- 2 cloves of garlic, minced (Carb Type), or 1 clove garlic (Protein Type)

1. In a medium saucepan, over medium heat, add 1tbsp olive oil and coconut oil. Add the turkey strips, cook for 3–5 minutes. Turn to cook evenly.
2. Reduce heat to low, remove turkey strips from the pan, and cover with a paper towel. Set aside.
3. In the same pan, over medium heat, add the remaining olive oil. When oil is hot, add the onion and garlic, sauté for about 2 minutes.
4. Add the beans; stir into the onion and garlic mixture.
5. Add about half of the collard greens to the pan. Lower heat, cover and let steam for about 1 minute. Add the other half of the greens, water to moisten, cover and steam again until all greens are steamed.



Crisp and Crunchy Green Salad

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 head butter lettuce

1 whole avocado, chopped into chunks

1 cup sunflower seed sprouts

1 medium tomato, chopped into small pieces

1 medium cucumber

¼ cup toasted pine nuts (4-5 minutes until lightly browned, no oil in skillet)

Dressing:

¼ cup olive oil

1/8 cup balsamic vinegar

1 clove garlic, crushed

1 tsp Dijon mustard



Chicken Salad With Herbs

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

2 lbs boneless chicken
2 tbsp olive oil
1 tbsp coconut oil
2 tbsp fresh tarragon, chopped
2 tbsp fresh mint, chopped
2 tbsp fresh rosemary, chopped
2 tbsp fresh oregano, chopped
2 tbsp fresh chives, chopped
2 tbsp fresh cilantro, chopped
1 red bell pepper, deseeded and chopped
2 cucumbers, chopped (Carb Type), or 8 oz. mushrooms, sliced (Protein Type)
2 small oranges, peeled and sliced (Carb Type), or green apple (Protein Type)
1 red onion, chopped
4-6 cups fresh salad greens (Carb Type), or spinach (Protein Type)
½ cup toasted almonds or sesame seeds

Dressing:

½ cup sherry wine
1 tbsp Dijon mustard
1 tsp kosher salt
2 shallots, finely chopped
½ cup extra virgin olive oil
¼ tsp freshly ground black pepper

1. In a medium saucepan, over medium heat, add the olive oil and coconut oil. Add the chicken breasts to the heated oil. Cook the chicken on both sides, until brown (about 10 minutes per side.)
2. Remove from pan and set aside to cool.
3. Meanwhile, mix the dressing ingredients in a covered jar and shake.
4. Slice the cooled chicken lengthwise into strips.
5. In a large bowl, combine the herbs, veggies, and salad greens. Toss gently. Add the chicken strips and dressing. Toss gently.
6. Top with toasted almonds and sesame seeds. Serve immediately.

Carb Types: Eat only the white meat (breast).

Protein Types: Eat only the dark meat (legs and thighs).



Brown Rice and Fresh Veggies

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

2 cups water

¼ tsp salt

1 cup brown rice

1 cup fresh grapes, cut in halves (Carb Types), or pears, chopped (Protein Types)

½ cup red pepper, chopped (Carb Types), or asparagus, sliced (Protein Types)

2 celery ribs, chopped

½ cup cucumber, chopped

¼ cup red onions, chopped finely

1 tbsp chives, chopped

1 tbsp olive oil

3 tbsp lemon juice

2 tbsp apple cider vinegar

1. Bring water to boil with salt. Add brown rice and briefly return to a boil, then reduce the heat and cover pot, simmer for 40–45 minutes. Set aside. Allow to cool at room temperature.
2. Combine grapes, bell pepper, celery, red onion, oil and lemon juice or vinegar. Stir in brown rice and serve.



Beef And Cucumber Salad

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 lbs lean rare roast beef, thinly sliced
2 cups English cucumber, thinly sliced
1 small red onion, thinly sliced
¼ cup parsley, chopped
3 tbsp capers
½ tomato, thinly sliced
Lettuce for garnish

Dressing:

½ lemon, juiced
1 clove garlic, minced
½ tsp sea salt
1 tsp stevia
½ tsp ginger powder
2 tsp Dijon mustard
¼ cup olive oil

1. Combine salad ingredients. Cover and refrigerate for 1–3 hours.
2. Put a lettuce leaf on each plate and top with a serving of the salad.
3. Add all dressing ingredients to a bowl except for the oil. Gradually whisk in oil. Makes 1/3 cup.

Cooking Tips:

Proteins Types may decrease cucumber to 1 cup if desired.

Carb Types may use ½ pound roast beef or use slivered turkey breast instead.



High Enzyme Salad

Sally Fallon, *Nourishing Traditions*

Serves 4

1 cup sprouted sunflower seeds
4 carrots, peeled and grated
1 cucumber, peeled and finely chopped
1 red pepper, seeded and finely chopped
1 bunch green onions, finely chopped
2 ounces raw cheddar, grated
 $\frac{3}{4}$ cup balsamic dressing
1 avocado, sliced
radicchio or red lettuce leaves

1. Mix sunflower seeds, carrots, cucumber, pepper, onions and cheese with dressing.
2. Serve on radicchio or lettuce leaves and garnish with avocado slices.



Avocado Grapefruit Salad

Sally Fallon, *Nourishing Traditions*

Serves 4

2 ripe avocados, well chilled, peeled and sliced
2 grapefruit, well chilled, peeled and sectioned
1 head Boston lettuce
2 tbsp green onions, finely chopped
 $\frac{3}{4}$ basic dressing

Arrange avocado and grapefruit on Boston lettuce leaves, sprinkle with green onions, spoon on dressing and serve.

Soups



Pasta e Fagioli

Serves 6

3 tbsp extra virgin olive oil
1 large onion, chopped
2 carrots, sliced
2 celery stalks, sliced
2 garlic cloves, minced
2 small zucchini, sliced
½ lbs spinach, coarsely chopped
28 oz crushed tomatoes
15 oz cannellini beans
¼ cup chopped parsley
2 tbsp basil
1 tsp oregano
1 lbs rice pasta (ziti, spirals, shells)
Grated parmesan

1. Heat 3 tbsp olive oil in large pot. Sauté onions, carrots and celery for a few minutes.
2. Add garlic, zucchini and dried herbs. Sauté, stirring occasionally.
3. Add spinach and cook 30-60 seconds. Mix in tomatoes and white beans.
4. Add water to create desired consistency.
5. Flavor with parsley, basil, oregano, and lemon pepper. Simmer for 15-20 minutes while you cook the pasta.
6. Serve pasta in individual bowls topped with soup.
7. Top with grated parmesan if desired.



Chicken Stock

Sally Fallon, *Nourishing Traditions*

1 whole free-range chicken or 2-3 lbs of bony chicken parts, such as necks, backs, breastbones and wings
gizzards from one chicken (optional)
feet from chicken (optional)
4 qt cold filtered water
2 tbsp vinegar
1 large onion, coarsely chopped
2 carrots, peeled and coarsely chopped
3 celery sticks, coarsely chopped
1 bunch parsley

1. If you're using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. Use chicken feet if you can find them--they're full of gelatin. Or use a whole chicken with the head on. Free-range chickens produce the best results.
2. Cut chicken parts into several pieces. (If using a whole chicken, remove the neck and wings and cut them into several pieces.)
3. Place chicken or chicken pieces in a large stainless steel pot with water, vinegar and all vegetables except parsley. Let stand 30 minutes to 1 hour.
4. Bring to a boil, and remove scum that rises to the top.
5. Reduce heat, cover and simmer for 6-24 hours. The longer you cook the stock, the richer and more flavorful it will be.
6. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions into the broth.
7. Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from carcass. Reserve for other uses such as chicken salads or curries.
8. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals.
9. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.



Coconut Chicken Soup

Sally Fallon, *Nourishing Traditions*

Serves 4

1 qt chicken stock

1 ½ cups whole coconut milk or 7 oz creamed coconut (found in refrigerated section of Asian and Indian markets and in some health food stores)

¼ tsp dried chile flakes

1 tsp freshly grated ginger

juice of 1 lemon

Celtic sea salt

Several green onions, very finely chopped (optional)

1 tbsp finely chopped cilantro (optional)

1. Bring stock to a boil, skim any foam that rises to the top and add coconut milk or creamed coconut, lemon juice, chile flakes and ginger. Simmer about 15 minutes.
2. Season to taste with salt.

Ladle soup into soup bowls or mugs and garnish with onions and cilantro.



Chicken Rice Soup

Sally Fallon, *Nourishing Traditions*

Serves 6

2 qts chicken stock (page 31)

1 cup brown rice, preferably soaked for 7 hours

1 cup freshly diced chicken meat and/or chicken liver and heart (left over from stock)

1 ½ cups finely diced vegetables such as carrot, celery, red pepper or string beans

sea salt and pepper

1. Bring stock and rice to a boil and skim off any foam that may rise to the top.
2. Reduce heat and cook, covered, about 1 hour until rice is tender.
3. Add the vegetables and diced meats.
4. Season to taste and cook until just tender, about 5 to 10 minutes.



Miso Soup

Sally Fallon, *Nourishing Traditions*

Serves 6-8

1 ½ qts bonito broth (page 35)

4 tbsp naturally fermented soy

4 tbsp naturally fermented miso

1 onion, sliced

½ green or Chinese cabbage, coarsely shredded

1. Bring stock or broth to a boil, skim and whisk in miso.
2. Add remaining ingredients and simmer gently until vegetables are soft.



Bonito Broth

Makes 2 qts

About 1 cup shaved dried bonito (available in Asian section of grocery store or Asian markets)

2 qts cold filtered water

¼ cup vinegar

1. Place all ingredients in a stainless steel pot, bring to a boil and skim.
2. Cover and simmer for several hours. There is no need to strain this stock as the bonito flakes disintegrate in the broth.



Coconut Fish Soup

Sally Fallon, *Nourishing Traditions*

Serves 6-8

1 ½ qts bonito broth (page 35)

1 ½ cups coconut milk or 7 oz creamed coconut (found in refrigerated section of Asian and Indian markets and in some health food stores)

1 lb fresh fish, cut in small cubes

3 jalapeno chiles, diced

1 tbsp grated fresh ginger

2-4 tbsp lime juice

5-6 basil leaves chopped

sea salt

chopped cilantro for garnish

1. Combine stock or broth, coconut milk, fish, chiles, ginger, lime juice and basil. Simmer for 10 minutes.
2. Season to taste and garnish with cilantro.



Asian Chicken and Chili Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

6 cups chicken broth

2 red bell peppers, thinly sliced

2 tablespoons tamari soy sauce

1-3 teaspoons Asian hot chili sauce

3 cups poached chicken breast, diced (Carb Type), or chicken thighs/legs (Protein Type)

1 bunch watercress, large stems trimmed (Carb Type), or spinach (Protein Type)

2 scallions, thinly sliced

1. In a 3-quart saucepan, bring broth, bell peppers, tamari, and chili sauce to a simmer; cook until peppers are crisp-tender, about 6 minutes.
2. Add chicken and watercress (or spinach); cook 1 minute.
3. Ladle into bowls, and top with scallions.



Broccoli Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

- 1 ½ lbs broccoli (Carb Types), or cauliflower (Protein Types), cut into small florets
- 1 large yellow onion, coarsely chopped
- 2 medium potatoes, cut into 2-inch pieces
- 3 cups vegetable or chicken stock
- ½ cup white wine
- ¼ tsp freshly squeezed lemon juice
- ¼ cup basil, chopped
- Salt and pepper to taste
- 1 cup raw cream
- 1 fresh lemon for garnish

1. In a large pot combine the broccoli or cauliflower, onion, potatoes, vegetable stock, wine, lemon juice, salt, and pepper. Bring to a boil. Decrease the heat to low, and simmer covered until the vegetables are tender, about 25 minutes.
2. Remove the soup from the heat and add the cream. Using a high speed blender, blend the ingredients, wrapping a towel around the top of the blender to prevent spillage. You will probably have to do it in 2 or 3 rounds as you do not want to fill the blender to the top. Add half the basil and blend until smooth.
3. Serve in bowls garnished with lemon slices and basil leaves.



Chicken Soup with Yellow Lentils

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 1 whole chicken, cut up (marinate overnight in lemon juice if you have time)
- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 can crushed tomatoes
- 3 tbsp apple cider vinegar
- 1 tbsp balsamic vinegar
- ½ cup yellow lentils, soaked overnight
- 4 cups chicken stock
- ½ head medium cabbage, chopped (Carb Type), or ½ lb spinach (Protein Type)
- 4 cloves garlic, minced

1. Heat a large pot over medium heat and add olive oil. Place chicken in pot and brown each side for 5 minutes. Remove and set aside.
2. Place onions in the pot and sauté for 4–5 minutes. Add the tomatoes and sauté for another 5–10 minutes. Add both vinegars, lentils, stock, and chicken. Simmer for 1 hour on low heat.
3. Remove chicken and take off skin and bones. Then return the chicken to the pot.
4. Add the cabbage and cook for 15 minutes. Add the garlic and spinach (if using). Cook for another 10 minutes.
5. Serve over brown rice or alone with some parmesan cheese sprinkled on top.



Creamy Zucchini-Cashew Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

3 tbsp coconut oil or raw butter
6 cups sliced zucchini
1 cup celery, thinly sliced
1 tsp celery seeds, ground (optional)
½ green bell pepper, sliced
4 cups vegetable stock
1 ½ cups cashews, toasted (optional)
½ teaspoon salt

1. Melt the coconut oil or butter in a large soup pot. Add the celery seeds, zucchini, celery, bell pepper, and salt. Stir, cover and cook over low heat until the vegetables are tender, about 30 minutes.
2. Puree the cashews in the vegetable stock in a blender or food processor.
3. Combine the vegetables and the cashew-stock mixture in a blender. Puree thoroughly.
4. *Place a large sieve (wire mesh strainer) over the soup pot. Strain the vegetable-cashew mixture through it, stirring, and pressing the mixture down with the back of a spoon. Scrape bottom of sieve frequently. This step allows the soup to become creamy.
5. Discard the remaining “material” that pulls from the sieve.
6. Reheat the soup to serving temperature.

*If using cashew butter, mix in the cashew butter after step 3 and reheat in soup pot.



Hazelnut Squash Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 1 ½ cups mashed cooked acorn squash
- 1 cup finely chopped hazelnuts
- ½ cup finely chopped onion
- 1 qt chicken stock
- Salt, to taste
- ¼ tsp pepper
- 2 tbsp sherry
- 1 tsp white miso

1. Combine squash, hazelnuts, onion and stock in saucepan. Bring to a boil; cover and simmer 30 minutes, stirring occasionally.

2. Stir in salt to taste, pepper, sherry, and miso. Puree mixture in food processor.

Note: Hazelnuts are also known as filberts. If they are hard to find, cashews would be an acceptable substitution.



Hot and Sour Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*
6 servings

½ pound small shrimp, shelled and de-veined
2 qts chicken or vegetable stock
2 jalapeno peppers, deseeded and chopped
½ tsp salt
1 lime, zested
4 kaffir lime leaves* (optional)
3 lemongrass stalks*, bruised and chopped in 2" pieces
½ lb scallops
1 tbsp tamari
1 lime, juiced
3 tsp cilantro, chopped
1 red chili, seeded and slivered
6 shiitake mushrooms, sliced
2 green onions, sliced

1. Combine stock, jalapeños, salt, lime zest, lime leaves and lemon- grass in a heavy pot. Bring to a boil, reduce heat, cover and simmer for 20–30 minutes.
2. Strain. Return liquid to pot over medium heat and bring to a boil. Add shrimp and scallops and cook 1 minute. Stir in fish sauce, tamari, and lime juice.
3. Add cilantro, chili, shiitakes, and green onions.
4. Stir and pour into a tureen or ladle into individual dishes.

*Can be found at Asian markets. Note: Can be served as is or over wild rice or brown rice.



Tuscan Bean and Kale Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

1 lb dried cannellini beans
2 tbsp extra virgin olive oil
1 large onion, minced
2 large garlic cloves, minced
1 tbsp minced fresh sage
2 tsp minced fresh rosemary
7 cups chicken stock
½ lb kale, ribs removed, coarsely chopped
Salt and freshly ground black pepper

1. Soak beans overnight in water to cover generously; drain.
2. Heat 2 tbsp oil in a large pot over moderate heat. Add onion and sauté until soft, about 5 minutes. Add garlic, sage and rosemary and sauté 1 minute. Add beans and stock. Bring to a simmer, cover and adjust heat to maintain a gentle simmer. Cook until beans are almost tender, about 1 hour, then add kale. Cover and continue cooking at a gentle simmer until beans and vegetables are tender, about 20 minutes more. Add a little water if soup gets too thick.
3. Remove pot from heat. With a wooded spoon, mash some of the beans against the side of the pot until soup is as thick as you like. Season to taste with salt and pepper.

Carb Types: Reduce beans to 8 ounces and add 1 cup wild rice. Protein Types: Substitute kale with spinach.



Spinach-Basil Green Minestrone Soup

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 2 tbsp extra virgin olive oil
- 4 ounces thick cut nitrate/nitrate-free prosciutto, chopped into 1 inch pieces
- 1 medium yellow onion, chopped
- 2 stalks of celery with leaves, chopped
- 2 cloves of garlic, finely minced
- 1 medium zucchini, diced
- 1 bay leaf 1 can cannellini beans (or other white bean)
- 1 can garbanzo beans (chickpeas)
- Sea salt and freshly ground pepper
- 8 cups chicken broth
- 1 cup brown rice penne pasta (or other wheat-free pasta of your choice)
- ½ pound green beans, trimmed and cut into 1-inch pieces
- 10 oz spinach, stems removed and coarsely chopped (PT)
or chard (Carb Type)
- ½ cup grated Parmesan or Romano cheese (optional)
- ¼ cup chopped fresh basil (or parsley)

1. Heat a large pot over medium high heat. Add the oil and prosciutto. Sauté for 2 minutes, then add onions, celery, garlic, zucchini and the bay leaf into the pot. Season with salt and pepper, to taste. Sauté for 5 minutes, stirring frequently.
2. Next add the white beans, garbanzo beans and chicken broth to the pot. Cover and bring to a boil.



Cream of Vegetable Soup

Sally Fallon, *Nourishing Traditions*

Serves 6-8

2 medium onions or leeks, peeled and chopped
2 carrots, peeled and chopped
4 tbsp butter
3 medium baking potatoes or 6 red potatoes washed and cut up
2 qts chicken stock (see recipe above)
several sprigs fresh thyme, tied together
½ tsp dried green peppercorns, crushed
4 zucchini, ends removed and sliced
sea salt and pepper
crème fraiche (page 46)

1. Melt butter in a large, stainless steel pot and add onions or leeks and carrots. Cover and cook over lowest possible heat for at least ½ hour. The vegetables should soften, but not burn.
2. Add potatoes and stock, bring to a rapid boil and skim.
3. Reduce heat and add thyme sprigs and crushed peppercorns. Cover and cook until the potatoes are soft.
4. Add zucchini and cook until they are just tender—about 5-10 minutes.
5. Remove the thyme sprigs. Puree the soup with a handheld blender. If soup is too thick, thin with filtered water.
6. Season to taste.
7. Ladle into heated bowls and garnish with cultured cream.



Crème Fraiche

(European Style Sour Cream— “Crem Fresh”)

Makes 2 cups

1 pint good quality, raw cream
1 tbsp commercial or whole-milk buttermilk

1. Place cream in a glass container.
2. Add buttermilk, stir well, cover tightly and place in a warm spot for 20-24 hours.
3. Chill well.

Note: If can't find good quality raw cream, use the best American-style, additive-free sour cream you can find.



Asparagus Soup

Sally Fallon, *Nourishing Traditions*

Serves 6

2 medium onions, peeled and chopped
3 tbsp butter
1 ½ qts chicken stock (see recipe above)
4 red potatoes, washed and cut into quarters
2 bunches tender asparagus, tough ends removed and cut into ¼-inch pieces
2 cloves garlic, peeled and coarsely chopped
sea salt and pepper
crème fraiche (page 46)

1. Sauté onions gently in butter until tender. Add stock, garlic and potatoes.
2. Bring to a boil and skim. Simmer for about 15 minutes.
3. Add asparagus and simmer another 10 minutes or so until tender. Blend with a handheld blender.
4. Pass the soup through a strainer to remove any strings from the asparagus.
5. Season to taste.
6. Reheat gently, ladle into heated bowls and serve with cultured cream.



Pea Soup

Sally Fallon, *Nourishing Traditions*

Serves 6

2 medium onions, peeled and chopped
3 tbsp butter
2 lbs freshly shelled or frozen peas
1 ½ qts chicken stock (page 31)
½ tsp dried green peppercorns, crushed
sea salt and pepper
crème fraiche (page 46)

1. Sauté onions gently in butter.
2. Add peas and stock, bring to a boil and skim. Simmer about 15 minutes.
3. Puree soup with handheld blender.
4. Season to taste.
5. Ladle into heated bowls and garnish with cultured cream.



Squash and Sundried Tomato Soup

Sally Fallon, *Nourishing Traditions*

Serves 6

1 buttermilk squash
2 medium onions, peeled and chopped
3 tbsp butter
1 cup sun dried tomatoes, packed in oil
1 qt chicken stock (page 31)
¼ tsp red chile flakes
2 tbsp finely chopped basil
sea salt and pepper
crème fraiche (page 46)

1. Cut squash in half length-wise and place, cut side down, in a glass baking dish in about ½ inch water.
2. Bake at 350 degrees until tender, about 1 hour.
3. Meanwhile, sauté onions gently in butter until tender.
4. Add tomatoes, stock and chile flakes. Bring to a boil and skim.
5. Scoop cooked squash out of skin and add to soup. Simmer about ½ hour.
6. Puree soup with a handheld blender. Thin with water if necessary.
7. Add basil and season to taste. Simmer gently about 5 minutes, ladle into heated bowls and serve with cultured cream.



Cold Cucumber Soup

Sally Fallon, *Nourishing Traditions*

Serves 4

2 medium cucumbers, peeled and sliced
1 cup chicken stock (page 31)
1 cup crème fraiche (page 46)
2 cloves garlic, mashed
1 tbsp lemon juice
1 tsp lemon juice
1 tsp finely chopped mint or dill (optional)
sea salt and pepper

1. Place cucumbers, stock, cultured cream, garlic and lemon juice in food processor and blend until smooth.
2. Stir in the mint or dill and season to taste.
3. Serve well chilled.



Potato Leek Soup

Sally Fallon, *Nourishing Traditions*

Serves 8

3 leeks, peeled, cleaned and chopped
2 tbsp butter
2 tbsp extra virgin olive oil
4 potatoes, peeled and chopped
6 cups chicken stock (page 31)
several sprigs thyme, tied together
1 cup crème fraiche (page 46)
sea salt and pepper
finely chopped chives for garnish

1. Sauté leeks until soft in butter and olive oil. Add potatoes and stock, bring to a boil and skim.
2. Add thyme and simmer until all vegetables are soft. Let cool.
3. Remove thyme.
4. Puree soup with a handheld blender. Chill well.
5. Process in food processor in batches with crème fraiche until frothy.
6. Season to taste.
7. Serve in chilled soup bowls and garnish with chives.

Vegetables



Garlicky Steamed Stuffed Artichokes

Sally Fallon, *Nourishing Traditions*

Serves 4

4 artichokes

½ cup olive oil (or melted butter)

4 cloves garlic, minced

2 cups breadcrumbs (make your own from fresh or stale gluten-free bread)

salt and freshly ground black pepper to taste

1. Remove the artichoke stems and place, stem side down, in a vegetable steamer or a large pot containing about 1 inch of water.
2. Steam, covered, no more than 30 minutes, or until just barely tender.
3. Place artichokes in a colander to drain, stem side up.
4. Mix olive oil with garlic, breadcrumbs, salt, and pepper.
5. Pull artichoke leaves open a bit, and snip points off leaves with kitchen shears. Press stuffing between leaves.
6. Return to steamer for another 5–10 minutes.



Asparagus with Sesame Seeds

Sally Fallon, *Nourishing Traditions*

Serves 6

2 ½ lbs asparagus, trimmed
2 tbsp olive oil (or melted butter)
2 tbsp minced shallots
2 tbsp sesame seeds, lightly toasted
1 lemon salt to taste

1. Preheat oven to 400°F.
2. Place oil and asparagus in an ovenproof baking dish, and toss asparagus to completely coat with oil.
3. Bake for about 8 minutes, shaking the dish every 2 minutes or so.
4. Add the shallots and sesame seeds, shake the dish again, and bake 1 minute more.
5. Transfer asparagus to heated serving bowl, and squeeze lemon juice all over.
6. Season to taste with salt.



Vegetable Frittata

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

A frittata is like a no-flip omelet or a no-crust quiche—a fast egg dish that can be made with any combination of vegetable, meat, and cheese that you can imagine.

- 2 tbsp butter (or coconut oil)
- $\frac{3}{4}$ cup chopped red onion
- 1 lb mushrooms (or red peppers), sliced
- 4 cups chopped low-GI vegetables (e.g., broccoli, cauliflower, zucchini, artichoke hearts, asparagus, spinach)
- 2 tbsp minced fresh marjoram
- 8 medium eggs
- $\frac{1}{4}$ cup milk
- 3 tsp dry mustard (or 2 tsp prepared mustard)
- 1 tsp freshly ground black pepper
- 1 tsp Spike vegetable seasoning (or salt)

1. Heat butter in large skillet over medium-high heat.
2. Add onion and mushrooms and cook, stirring, for 1–2 minutes, or until onions are translucent.
3. Add chopped vegetables and marjoram. Sauté until vegetables turn bright green and begin to soften.
4. Reduce heat to medium or medium-low.
5. Meanwhile, break eggs into a small bowl.
6. Add milk, mustard, and black pepper. Use a fork to break yolks gently, without whisking (mixture will look marbled), and pour eggs over vegetables in skillet.
7. Cook over medium heat until eggs are set.



Basic Spaghetti Squash

Sally Fallon, *Nourishing Traditions*

Serves

Spaghetti squash is tasty low-carbohydrate substitute for pasta.

1 spaghetti squash (any size)

butter, to taste

salt and freshly ground black pepper, to taste

1. Preheat oven to 350°F.
2. Cut spaghetti squash in half lengthwise; remove and discard seeds.
3. Place squash, cut sides down, in a baking pan with about 1/2 inch of water.
4. Bake for about 1 hour, or until tender when pricked with a fork.
5. Let squash cool slightly, then remove the strands of flesh, bit by bit, with a fork.
6. Mix in butter, salt, and pepper.

Variation: *Serve topped with grated Parmesan cheese, pesto, or tomato sauce.*



Butternut Squash Puree with Pecans

Sally Fallon, *Nourishing Traditions*

Serves 6

3 medium butternut squash
1–2 tbsp butter (to grease the dish)
3 eggs, lightly beaten
¼ tsp nutmeg
salt to taste
2 tbsp butter, melted
¾ cup raw pecans, chopped

1. Preheat oven to 350°F.
2. Cut squash in half; remove and discard seeds.
3. Place squash, cut side down, in a buttered ovenproof baking dish with about 1/2 inch of water.
4. Bake about 1 hour, until tender when pricked with a fork.
5. After squash is cooked, scoop out flesh into a food processor and blend until smooth.
6. Add eggs and nutmeg, and season to taste with salt.
7. Transfer puree to an ovenproof serving dish.
8. Pour the melted butter over the puree and sprinkle on pecans.
9. Bake for about 30 minutes.



Wilted Spinach

Sally Fallon, *Nourishing Traditions*

Serves 3

1 bunch (~10 oz) whole fresh spinach leaves
butter, to taste

1. Cut stems off spinach and wash well in water—even if prewashed, so that the leaves are moist.
2. Place in a large pot, cover, and heat over a medium flame. (Do not add more water to the pot; the water on the leaves will be sufficient to steam the spinach.)
3. When spinach begins to simmer, reduce heat to low. Cook several minutes, until leaves are just wilted.
4. Using a slotted spoon, transfer spinach to a heated serving bowl.
5. Press spinach with the back of the spoon and discard any liquid that accumulates.
6. Make a few cuts through the spinach, and top with a generous pat of butter.



Spinach-Stuffed Mushrooms

Sally Fallon, *Nourishing Traditions*

Serves 8

This delicious and elegant accompaniment to beef may be prepared in advance.

1 cup steamed spinach
8 large whole fresh white button mushrooms
1 bunch green onions, finely chopped
2 tbsp butter
2 tbsp olive oil
¼ tsp nutmeg
salt and freshly ground black pepper to taste
1–2 tbsp butter (to grease the dish)

1. Preheat oven to 350°F.
2. Chop cooked spinach, place in a strainer, and press out liquid.
3. Wash mushrooms.
4. Remove and finely chop stems; set aside whole mushroom caps.
5. Sauté mushroom stems with green onions in butter and olive oil until tender.
6. Add the spinach, and cook another minute or so, mixing well, until all moisture has evaporated.
7. Add nutmeg, and season to taste with salt and pepper.
8. Fill the hollow of each mushroom cap with a spoonful of stuffing, and place in a buttered ovenproof baking dish.
9. Add ¼ inch of water to the dish, and bake for about 20 minutes.



Mary Jo's Spinach

Sally Fallon, *Nourishing Traditions*

Serves 6

- 2 bunches fresh spinach
- 1 tbsp butter
- 1 clove garlic, minced
- 1 tbsp pine nuts
- 1 tbsp sun-dried tomato flakes (optional)

1. Steam spinach as described for Wilted Spinach (see above).
2. Melt butter with garlic, pine nuts, and tomato flakes.
3. Pour over spinach, mix slightly, and serve.



Baked Sweet Potatoes

Sally Fallon, *Nourishing Traditions*

Serves 4

4 whole (4-ounce) sweet potatoes

4 tsp butter

salt to taste

1. Preheat oven to 350°F.
2. Prick each sweet potato in several places with a fork.
3. Bake for 1½ hours, or until soft when pricked with a fork.
4. Mash the flesh with butter and salt.



Sweet Potato Dollars

Sally Fallon, *Nourishing Traditions*

Serves 4

3–4 whole (4-ounce) sweet potatoes

1 tbsp melted butter

2 tbsp olive oil

salt to taste

1. Preheat oven to 350°F.
2. Peel potatoes, and slice crosswise into ¼-inch rounds.
3. Combine butter and olive oil, and brush two cookie sheets with half of this mixture.
4. Arrange the rounds in one layer, then brush tops with the remaining butter–oil mixture.
5. Season lightly with salt.
6. Bake about 45 minutes.



Sautéed Zucchini

Sally Fallon, *Nourishing Traditions*

Serves 4

Like all members of the squash family, zucchini is ruined by boiling. Even steaming gives watery results. Instead, sauté slices in butter or olive oil and finish with a squeeze of lemon and salt and pepper.

6 medium zucchini, washed and trimmed
2 tsp salt
2 tbsp butter (or olive oil)
juice of ½ lemon
salt and freshly ground black pepper to taste

1. Slice zucchini into thin matchstick-like pieces (or use the small julienne disk of a food processor).
2. Add salt, stir well to mix, and let stand 1 hour.
3. Rinse zucchini with water in a colander, and squeeze dry in a tea towel.
4. Melt butter slowly in a heavy skillet over low heat.
5. Raise heat to medium, and sauté zucchini for about 1 minute.
6. Remove to a serving dish, and season with lemon juice, salt, and pepper.



Zucchini with Tomatoes

Sally Fallon, *Nourishing Traditions*

Serves 4

2 medium zucchini, washed and trimmed
¾ tsp salt
2 tbsp butter, divided
2 tbsp olive oil, divided
2 medium onions, peeled and chopped
2 medium tomatoes, peeled, seeded, and chopped
1 or 2 cloves garlic, minced
½ tsp dried thyme
½ tsp freshly ground black pepper

1. Cut zucchini into quarters lengthwise, then slice each section into thin quarter-rounds.
2. Mix with salt, and let stand about 1 hour.
3. Rinse zucchini in a colander, and pat dry.
4. Warm 1 tbsp butter and 1 tbsp olive oil in a large skillet, and sauté zucchini in batches over medium-high heat until golden.
5. Remove and set aside zucchini.
6. Sauté onion in 1 tbsp butter and 1 tbsp olive oil over medium heat until tender.
7. Add tomatoes, raise heat, and cook a few minutes until liquid is almost all absorbed.
8. Add cooked zucchini, garlic, thyme, and pepper.
9. Sauté about 1 minute more to mix flavors. *Be sure not to overcook zucchini!*



Garlic Mashed Potatoes

WholeFoods.com

Serves 8

2 lbs Yukon Gold or red potatoes

4-6 garlic cloves

4 sprigs thyme

1 bay leaf

1 cup whole milk

4-6 tbsp extra virgin olive oil

Sea salt to taste

1. In a large saucepan, cover potatoes, garlic cloves, thyme, and bay leaf with heavily salted water and simmer over medium heat until fork-tender, about 20 minutes.
2. Drain thoroughly and return to pan, discarding thyme sprigs and bay leaf.
3. Set the pan over medium heat and add milk and olive oil. Mash with a potato masher.
4. Season to taste with salt.
5. Transfer to a serving dish and garnish with parsley or chives.



Asian-Style Green Bean Sauté

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

1 pound green beans trimmed and cut into 2-inch pieces (PT), or yellow squash, julienned (CT)
1 tablespoon unrefined extra virgin coconut oil 2 cloves garlic, minced
2-inch piece of ginger, minced 3 tablespoons tamari soy sauce
1/4 cup fresh lemon juice Sesame seeds
Sea salt and freshly ground pepper

1. Heat a medium heavy bottom sauté pan over medium high heat. Add oil and heat until glistening. Add green beans and cook for 2 minutes.
2. Add the garlic, ginger and tamari and continue to cook until beans are tender-crisp, about 4 minutes. Remove from heat and add lemon juice. Add salt and pepper to taste.
3. Put in a serving bowl and sprinkle with sesame seeds.



Creamed Spinach

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

$\frac{3}{4}$ cup raw whole milk (Protein Type), or low-fat milk (Carb Type)

$\frac{1}{4}$ cup water

2 medium garlic cloves, minced

1 tbsp butter

1 $\frac{1}{2}$ tbsp arrowroot

2 lbs spinach, steamed (Protein Type), or 2 lbs chard, steamed (Carb Type), drained

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{4}$ tsp ground nutmeg

Sea salt and freshly ground pepper

1. In a medium saucepan, combine milk, water and garlic. Heat slowly until very hot and steamy. Let stand, covered, for 5 to 10 minutes. This allows the garlic to soften.
2. Melt butter in another medium saucepan over medium high heat.
3. Whisk in flour, then add hot milk mixture, whisking until smooth.
4. Stir in spinach or chard, and cook until sauce is thick and bubbly and the spinach is tender but still green, about 6 minutes.
5. Stir in cheese and season with nutmeg, salt and pepper. Serve immediately.



Eggplant and White Bean Stew

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

2 cloves garlic, minced

1 tbsp olive oil

1 medium onion, cut into thin wedges

1 lb of eggplant, peeled and cut into 3/4-inch cubes* (Carb Type), or portabella mushrooms (Protein Type)

2 14 ½ -ounce cans of vegetable broth (no MSG)

1 15-ounce can navy, cannellini, or Great Northern beans, rinsed and drained

3 tbsp tomato paste

2 tsp fresh marjoram

½ tsp ground black pepper

Parsley sprigs for garnish

1. In a large saucepan cook and stir garlic in hot olive oil over medium heat for 30 seconds. Add onion.
2. Cook for another 2 minutes. Stir in eggplant. Cook for another 3 minutes.
3. Stir in vegetable broth, beans, tomato paste, marjoram, and pepper. Bring to boil; reduce heat. Simmer, covered, until egg-plant is tender, about 5 minutes.
4. Serve with fresh parsley sprigs.



Garlic Green Beans with Parsley (Protein Type)

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 lb green beans, stem ends removed
2 tbsp olive oil
2 medium cloves of garlic, minced
2 tsp lemon zest
Sea salt and freshly ground pepper
1 tbsp lemon juice
2 tbsp chopped Italian parsley

1. Bring a large pot of salted water to boil.
2. Add green beans and cook until tender but still crisp, about 4 minutes. Drain and set aside.
3. In the same pot, heat 1 tbsp of oil over medium low heat.
4. Add the garlic and cook until it begins to soften, about 2 minutes.
5. Return the beans to the pot. Add the lemon zest, remaining 1 tbsp oil, and season with salt and pepper.
6. Remove from heat and stir in the lemon juice and parsley.
7. Toss to coat and serve.
8. Sprinkle with $\frac{1}{4}$ cup almonds, toasted and chopped, and sprinkle with raw cheese of choice.



Garlic Spice Collard Greens

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

5 servings

1 large bunch collard greens (about 1.5 pounds) (Carb Type), or spinach (Protein Type)
2 tbsp olive oil
1 medium clove garlic, chopped
½ tsp dried chili flakes
Sea salt and pepper, to taste
Juice of 1 lemon Feta cheese (Protein Type)

1. Wash the greens thoroughly under running water and pat dry. Remove the stems and cut the greens into 1-inch strips.
2. In a large sauté pan, heat the oil over medium high heat until shimmering.
3. Add the garlic and cook only until it just begins to brown, about 30 seconds.
4. Add the collard greens and chili flakes and cook only until the greens wilt.
5. Add salt and pepper to taste and remove from heat.
6. Add the lemon juice and transfer to a serving bowl.

Protein Type: Sprinkle raw feta cheese on top.



Ginger Baby Bok Choy

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

6 heads baby bok choy
1 ½ tbsp seasoned rice vinegar
1 ½ tbsp tamari soy sauce
1 tbsp mirin*
½ tsp raw honey
2 tbsp toasted sesame oil
1 tbsp olive oil
1 pinch red pepper flakes
3 cloves garlic
1 tbsp minced ginger
2 scallions
1 tsp lemon juice
1 tbsp toasted sesame seeds

Note: Have all ingredients ready as the stir-frying is rather quick.

1. Cut the bottoms off bok choy heads. Separate the leaves and cut across into small pieces, keeping stems and leaves separate.
 2. Mix together the vinegar, tamari, mirin, honey and toasted sesame oil in a bowl and set aside.
 3. Over high heat, warm the sauté pan or wok, add the olive oil, making sure it covers the pan.
 4. Add the bok choy, red pepper flakes, scallions, garlic and ginger. Stir fry for 30 seconds.
 5. Add sauce mixture and cook for about 1 minute, until mixture thickens.
 6. Add bok choy leaves and for cook another 30 seconds, until the bok choy is wilted.
 7. Place the bok choy in a serving bowl, add a squeeze of lemon and sprinkle with sesame seeds.
- Serve immediately.

*Can be found in the Asian food aisle at the grocery store or in an Asian market.



Rainbow Chard with Red Onions

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 1 medium red onion, sliced into half moons
- 1 tbsp extra virgin olive oil
- 1 bunch chard, chopped finely (Carb Type), or spinach (Protein Type)
- 1 tbsp tamari soy sauce
- 1 tsp lemon juice

1. Place chopped onion into skillet with olive oil. Cook for about 3 minutes.
2. Add the chard, cook for another 2 minutes.
3. Add tamari and lemon juice. Cook for another 2 minutes.
4. Place into a medium-sized bowl and serve.



Roasted Asparagus and Fennel (Protein Type)

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

- 1 bunch asparagus, trimmed
- 2 medium oranges, sliced thinly
- 1 medium fennel bulb
- 1 cup orange juice, freshly squeezed
- ¼ cup olive oil, plus 2 tbsp
- 2 tbsp sherry vinegar, or apple cider vinegar
- ¼ tsp fennel seeds,* toasted and crushed in mortar and pestle or spice grinder
- ½ tsp raw honey (optional)
- ½ tsp sea salt
- ¼ tsp black pepper, freshly ground
- 1 tbsp pistachio nuts, chopped

1. Preheat oven to 450°F.
2. Toss asparagus with the 2 tbsp of olive oil and a pinch of salt.
3. Line an oven safe dish with parchment paper and spread the asparagus out in a single layer. Roast until tender, about 8–10 minutes.
4. Peel and section oranges over a bowl, to reserve juice.
5. Trim brown ends from the fennel bulb and cut vertically, into very thin slices.
6. To make dressing, bring 1 cup of orange juice to a boil over high heat. Reduce heat to medium low and simmer until juice is reduced by half, about 20 minutes.
7. Transfer to a small bowl and cool.
8. When cool, slowly add olive oil, whisking constantly.
9. When blended, add vinegar, fennel seeds, honey, salt, and pepper. Whisk to blend.
7. Place oranges and fennel in a large bowl and toss with dressing.
8. Serve and garnish with pistachio nuts.

*Can be found in the spice aisle of the grocery store, health food store, or Indian market.



Roasted Cauliflower with Celeriac and Dulse

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 1 large head cauliflower (Carb Type), or broccoli (Protein Type)
- 1 bulb celeriac (celery root)*
- 2 tbsp olive oil
- 1 clove garlic, pressed
- 2 tbsp dulse granules
- 1 tbsp fresh rosemary, chopped
- Salt and pepper to taste

*If you can't find celeriac, you can substitute: turnips or celery ribs

1. Heat the oven to 350°F.
2. Wash the cauliflower and cut into florets. Thinly slice the celeriac bulb.
3. Toss the celeriac with the olive oil, garlic and sprinkle with dulse.
4. Place the cauliflower and celeriac in a casserole dish and bake until brown. About 45 minutes.
5. Remove from oven and season with salt and pepper.



Rosemary Brussels Sprouts with Cream

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*
4–6 servings

1 ½ lbs Brussels sprouts (Carb Type), or cauliflower, chopped (Protein Type)
2 tbsp butter
1 cup low-fat coconut milk* (Carb Type), or regular coconut milk (Protein Type)
1 tbsp fresh rosemary, chopped
Salt and pepper to taste

1. Remove the ends and any tough parts from the Brussels sprouts. Slice crosswise and lengthwise to shred.
2. Melt the butter in a large pan.
3. Add the rosemary and the Brussels sprouts. Sauté over medium heat, stirring constantly until tender.
4. Add the coconut milk. Cook over high heat for about 1–2 minutes. Stir constantly until the coconut milk is slightly reduced.
5. Remove from heat and serve immediately.

*Half and half can be used in place of coconut milk.



Slow Roasted Garlic Tomatoes (Carb Type)

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*
6 servings

8 ripe Roma tomatoes
6 cloves of garlic
2 tbsp olive oil
6 tsp thyme
Salt and pepper

1. Heat the oven to 300°F.
2. Core out each tomato and cut a 3/4 inch deep X in the end of each tomato.
3. Sprinkle inside of tomatoes with salt and pepper.
4. Stuff each tomato with 1 clove of garlic and 1 teaspoon of thyme.
5. Coat olive oil in the bottom of a shallow baking dish, place the tomatoes in a row, and bake 1.5 to 2 hours.



Spinach with Butter and Garlic

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

2 pounds spinach (Protein Type), or Swiss chard/collard/kale (Carb Type), chopped

2 tbsp butter

2 cloves garlic, chopped coarsely

1. Melt butter in large skillet.
2. Add garlic, cook over medium heat for 1–2 minutes.
3. Add spinach and cook for 2 minutes, or until the leaves are wilted.



Sweet and Sour Brussels Sprouts

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 lb Brussels sprouts, ends trimmed
2 tbsp balsamic vinegar
2 tbsp maple syrup
1 tsp Dijon mustard
2 tbsp coconut oil
½ cup peanuts
Sea salt and freshly ground pepper, to taste

1. In a medium saucepan of boiling salted water, cook Brussels sprouts until tender but still slightly crisp, about 7 minutes. Drain and cut into quarters.
2. In a medium bowl, add the vinegar, syrup, and mustard. Whisk to combine then slowly drizzle the coconut oil until fully emulsified.
3. Add the Brussels sprouts, peanuts, salt, and pepper.
4. Toss to coat. Serve immediately.

** CT: Reduce oil and nuts by half.*



Zucchini Latkes

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4–6 servings

4 cups grated zucchini
1 head cauliflower
1 medium onion, thinly sliced
4 eggs
3 tbsp mint, chopped
1 tbsp sea salt
1 tbsp black pepper
2 tbsp butter
2 tbsp coconut oil
½ cup raw yogurt

1. Mix the zucchini in a bowl with the salt and let stand for 1 hour.
2. Rinse well, place zucchini in a tea towel (or clean cloth) and wring out the water.
3. Cut the cauliflower into florets and steam until soft. Drain, cool, and mash.
4. Squeeze as much liquid as possible from the cauliflower with the tea towel.
5. Heat the butter and 1 tbsp oil in a medium size frying pan over low heat.
6. Add the onions and cook for about 5–10 minutes.
7. Combine the zucchini, cauliflower, and onions in a bowl.
8. Add the eggs and mint.
9. Season with salt and pepper. Mix well.
10. Over medium heat, add remaining tbsp of olive oil to pan.
11. Spoon out individual patties and cook until browned on each side, about 8 minutes.
12. Serve with a dollop of yogurt.



Spaghetti Squash with Wicked Good Sauce (Carb Type)

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 spaghetti squash, about 3 pounds
¾-1 cup wicked good sauce (recipe follows)

1. Preheat oven to 350°F.
2. Rinse squash, poke with fork or metal skewer in about six places, and place in shallow baking pan with sides.
3. Bake for 90 minutes or until fork tender.
4. Allow squash to cool about 10 minutes, then transfer to cutting board.
5. Cut in half lengthwise and remove seeds and pulp with a large spoon or an ice cream scoop; discard. Using a fork, rake flesh onto a large platter or bowl to create spaghetti-like strands.
6. Toss the squash with Wicked Good Sauce. Serve warm.

Wicked Good Sauce:

¼ medium-sized onion, chopped
1 tsp extra virgin olive oil
1 clove garlic
½ tsp minced ginger
¼ green bell pepper
1 tbsp almond butter
1 tbsp tamari soy sauce
½ cup water (or more)
2 tbsp chopped celery leaves
2 tbsp Toasted Pumpkin Seeds

1. Sauté onion in oil with the whole garlic. When the onion is tender, smash the garlic with a fork. 2. Add the ginger and bell pepper and cook gently a minute more.
3. Stir in the almond butter and tamari, and then add the water and celery leaves. Stir until smooth; then simmer about 5 minutes.
4. Add the pumpkin seeds and heat through.

Eggs



Mushroom and Broccoli Frittata

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

6 eggs

2 cups broccoli (Carb Type), or cauliflower (Protein Type), steamed and chopped

4 medium potatoes, steamed and chopped

1 small onion, chopped

6 medium mushrooms, sliced

1 tbsp extra virgin olive oil

1 cup cheese (your choice), grated

1. Steam the potatoes and broccoli. Set aside.
2. Sauté the onions and mushrooms. Set aside.
3. Beat the eggs well and mix them together in a large bowl with the potatoes, broccoli, onions and mushrooms. Add to a skillet with a metal handle.
4. Cook over medium to low heat for about 15 minutes until the frittata is cooked but still a little moist in the middle.
5. Place grated cheese on top and put under the broiler till cheese browns lightly. Let it cool a little and serve.



Mushroom and Spinach Quiche

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

Pastry:

1 ½ cups spelt flour (or gluten free flour)

½ cup butter

3 tbsp cold water

Filling:

6 medium eggs, whisked

2 cups warm milk

½ tsp salt

¾ cup grated Gruyere cheese

½ lb spinach, chopped (Protein Type), or green peppers (Carb Type)

10 medium mushrooms, chopped (Protein Type), or onions (Carb Type)

1. Place the flour and butter in food processor and blend till pea-sized pieces are formed. Add water slowly till dough forms thick ball. Touch as little as possible. Put in refrigerator for 30 minutes.

Preheat oven to 350°F.

2. Roll out dough into pan. Poke small holes in the dough with a fork to prevent it from causing bubbles while cooking. Place in oven for 20 minutes, then remove and fill.

3. Combine eggs, milk, salt, pepper, and half the cheese. Add the vegetables and place the rest of the cheese on top.

4. Dot the top of the quiche with extra butter if you do not want a skin to form.

5. Place in oven for 30 minutes or until set. Remove when the outside is set and the middle still moves a little. Let stand for 10–15 minutes before serving.



Soft Boiled Eggs with Dulse and Nutritional Yeast

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

8 medium eggs
2 tsp nutritional yeast*
2 tsp dulse flakes*
2 tsp raw butter, melted
Salt and pepper

1. Place eggs in a pan of cold water. Place on high heat. Bring to boil, and cook for 4–6 minutes, depending on how hard or soft you want the eggs to be.
2. Remove shells. Place 2 eggs in each of 4 bowls, slice in half and put half a teaspoon of melted butter on each serving.
3. Sprinkle with yeast and dulse. Serve.

Note: Serve with steamed veggies or salad.

*Can be found at local health food store or online.



Zucchini Egg Omelet with Mushrooms

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

1 serving

2 organic free-range eggs

1 tbsp water

1/8 tsp sea salt

Freshly ground pepper

1 tbsp ghee, or butter

1/8 cup crumbled goat cheese

1/2 cup sliced zucchini

1/2 cup sliced button mushrooms

1 cup spinach (Protein Type), or 1/2 diced onions and bell peppers (Carb Type)

1 tbsp ghee, or butter

1. In a skillet melt ghee. Add sliced zucchini, mushrooms, and spinach (or onions and peppers).

Cook until tender but not brown. Set aside.

2. In a bowl combine eggs, water, salt, and a grind of pepper. Using a whisk, beat until combined but not frothy. In an 8- or 10- inch skillet with flared sides, heat ghee. Lift and tilt the pan to coat the sides.

3. Add egg mixture to skillet; cook over medium heat. As eggs set, run a spatula around the edge of the skillet, lifting eggs and letting uncooked portion flow underneath. When eggs are set but still shiny, spoon filling of zucchini and mushrooms across center of omelet. Sprinkle crumbled goat cheese atop filling. Fold omelet in half. Transfer onto a warm plate.



Deviled Eggs

Sally Fallon, *Nourishing Traditions*

Makes 12

6 medium eggs

½ cup crème fraiche (page 46)

½ tsp sea salt

¼ tsp cayenne pepper

1. Place eggs in a pan of cold water and bring to a boil. Reduce heat to a simmer and cook for 15 minutes.
2. Remove with a slotted spoon and chill in refrigerator.
3. Slice lengthwise and remove yolks carefully.
4. Place yolks, cultured cream, salt and cayenne pepper in a food processor and process until smooth.
5. Carefully return the yolk mixture to the hollow of the egg whites.



Parmesan Custard

Sally Fallon, *Nourishing Traditions*

Serves 6

4 egg yolks
1 ½ cup whipping cream
1 cups freshly grated Parmesan cheese
pinch of cayenne pepper

1. Beat yolks.
2. Stir in cream, cheese, and cayenne.
3. Pour into individual ramekins and place in a pan of hot water.
4. Bake at 350 degrees for 45 minutes.



Spanish Omelet

Sally Fallon, *Nourishing Traditions*

Serves 4

3 red potatoes, thinly sliced
1 medium onion, peeled and thinly sliced
4 tbsp extra virgin olive oil
6 eggs
½ tsp thyme
sea salt and pepper

1. Sauté the potatoes in olive oil in a cast iron skillet until golden.
2. Transfer to a bowl with a slotted spoon.
3. Sauté the onions.
4. Meanwhile, beat the eggs with seasonings.
5. Return potatoes to the pan, combine with onions, flatten to make an even layer and pour the egg mixture over the potatoes. Cook about 5 minutes over medium heat, lifting edges occasionally so uncooked top part can run under.
6. Finish by placing under broiler for a minute or two.
7. Cut into wedges and serve.



Vegetable Fritata

Sally Fallon, *Nourishing Traditions*

Serves 4

1 cup broccoli flowerets, steamed until tender and broken into small pieces
1 red pepper, seeded and cut into a julienne
1 medium onion, peeled and finely chopped
2 tbsp butter
2 tbsp extra virgin olive oil
6 eggs
⅓ cup crème fraiche (page 46)
1 tsp finely grated lemon rind
pinch dried oregano
pinch dried rosemary
sea salt and pepper
1 cup grated Monterey Jack cheese

1. In cast iron skillet, sauté the pepper and onion in 1 tbsp each of butter and olive oil until soft. Remove with a slotted spoon.
2. Beat eggs with cream and seasonings.
3. Stir in broccoli, peppers and onion.
4. Melt remaining butter and olive oil in the pan and pour in egg mixture. Cook over medium heat about 5 minutes until underside is golden.
5. Sprinkle cheese on top and place under the broiler for a few minutes until the frittata puffs and browns.
6. Cut into wedges and serve.



Thin Herb Fritatas

Sally Fallon, *Nourishing Traditions*

Makes 6

3 eggs
1 tbsp each chives and basil leaves, chopped
1 tsp fresh thyme leaves
1 tsp parsley, finely chopped
2 tbsp freshly grated Parmesan cheese
2 tbsp crème fraîche (page 46)
sea salt and pepper
2 tbsp extra virgin olive oil

These “egg pancakes” may be eaten as is or in a sandwich.

1. Mix eggs with herbs, cheese, cream and seasonings.
2. Heat a small, cast iron skillet and brush with olive oil.
3. Pour $\frac{1}{4}$ cup egg mixture into the pan and tilt the pan to spread the mixture.
4. When the frittata has set, flip over to brown the other side.
5. Transfer to a heated platter and keep warm in the oven while preparing the remaining frititas.

Poultry



Chicken with Eggplant

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

4 chicken breasts (Carb Type), or 4 whole legs (Protein Type)

2 tbsp coconut oil

5 cloves garlic

Salt and pepper

½ tsp saffron threads

3 medium eggplant, peeled and cubed

½ cup water

1. Sauté garlic cloves with chicken and coconut oil in a pan on medium heat.
2. When the chicken pieces have browned, season them with salt and pepper and saffron, and add eggplant. Add the water and cover the pan, cook gently on low heat for 35–45 minutes or until chicken is done and eggplant is soft and tender.
3. Serve over quinoa or brown rice.



Chicken with Crimini and Shiitake Mushrooms

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

8 skinless boneless organic chicken thighs (Protein Type), or breast (Carb Type)

Salt and pepper, to taste

6 tsp chopped marjoram, divided

2 tbsp coconut oil, divided

2 tbsp olive oil, divided

12 ounces crimini and shiitake mushrooms, thickly sliced

1 cup onion, chopped finely

$\frac{3}{4}$ cup chicken broth

$\frac{1}{2}$ cup organic raw whipping cream

3 tbsp dry sherry/marsala (optional)

1. Season chicken with salt and pepper, and add 2 tsp marjoram.
2. Melt 1 tbsp coconut oil with 1 tbsp olive oil in large pan over moderate to high heat.
3. Add chicken to pan and sauté until just cooked through, about 7 minutes per side. Transfer chicken to plate; cover with lid to keep warm.
4. Melt remaining 1 tbsp of coconut oil with 1 tbsp of olive oil in same pan. Add mushrooms, onions and 2 tsp marjoram. Sauté until mushrooms are brown and tender, about 6 minutes.
5. Season with salt and pepper. Transfer to bowl.
6. Combine broth, cream and sherry (if using) and remaining 2 tsp marjoram in same pan, boil until thickened and reduced to $\frac{1}{2}$ cup, about 5 minutes.
7. Season sauce with salt and pepper.
8. Divide mushrooms among four plates. Top mushrooms with chicken.
9. Spoon sauce over and serve.



Coconut-Infused Chicken Lettuce Wraps

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

- 12 leaves of butter lettuce
- 2 tbsp extra virgin coconut oil
- 1 lb ground chicken breast (Carb Type), or chicken thighs (Protein Type)
- 2 medium green onions, chopped
- ½ cup canned water chestnuts, drained, rinsed and chopped
- ¼ cup chicken broth
- 2 tbsp tamari soy sauce
- 1 tbsp arrowroot
- 2 tbsp filtered water
- ¼ cup gomasio (sesame seeds and sea salt)

1. Wash lettuce leaves gently so as not to damage or tear them. Dry carefully with a towel.
2. Heat the oil in a sauté pan over medium heat. Add the chicken and sauté until browned, breaking up chicken while cooking. Add green onions, water chestnuts, tamari, and chicken broth. Simmer for 5 minutes.
3. Mix the arrowroot with water and add to chicken mixture. Cook over medium high heat until the sauce thickens.
4. Transfer chicken to a serving bowl set on a large platter and sprinkle gomasio on top. Arrange lettuce leaves on platter around the bowl.
5. Each person takes a lettuce leaf and puts a spoonful of the chicken mixture in it like a taco.



Cornish Game Hens with Rosemary and Shallots

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

4 Cornish game hens split lengthwise (Carb Type), or 6 chicken legs or thighs (Protein Type)

2 tbsp olive oil

2 tbsp raw butter, melted

1 tbsp fresh rosemary, chopped

2 tbsp shallots, chopped

1 tbsp raw butter

2 tbsp flour

2 cups chicken stock

½ cup white wine

1. Place game hen halves, skin side up, in a baking pan. Brush with mixture of butter and oil, season with chopped rosemary, salt, and pepper. Bake at 375°F for about 1 1/2 hours. Remove to a heated platter and keep warm in oven while making sauce.
2. Sauté the shallots in 1 tbsp butter for 3–5 minutes, turn off the heat, stir in the flour, then pour wine into the pan. Bring to a boil, stirring constantly with a wooden spoon.
3. Add chicken stock, bring to a rapid boil, and let the sauce reduce for about 10 minutes until it thickens (if the sauce needs to be thicker place 1 tablespoon of flour in a cup and add some of the sauce, blend sauce with flour and add to the pan). Transfer game hens to individual plates and pour sauce over.



Mom's Best Chicken

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

6 chicken breasts (Carb Type), or thighs (Protein Type)

4 eggs

½ cup almond meal

2 tbsp fresh parsley, or 1 tsp dried

1 tbsp dried garlic

2 tbsp coconut oil

1. Beat eggs in a shallow bowl.
2. Combine almond meal, parsley, and garlic on a large plate. Mix well.
3. To prepare chicken, dip one breast in beaten eggs, remove and dip into almond meal mixture. Coat both sides.
4. Over medium heat in a large frying pan, heat coconut oil, and add chicken. Sauté each side until brown, about 5 minutes.
5. Remove from heat and place on paper towel to cool. 6. Continue with remaining chicken.



Tarragon Chicken with Cream

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

4 chicken whole legs (Protein Type), or breasts (Carb Type)

2 tbsp coconut oil

Salt and pepper to taste

½ cup onions, chopped

½ cup dry white wine (optional), or water

1 ¼ cups chicken stock

1 tbsp Dijon mustard

¼ cup raw, organic cream

3 tbsp crème fraîche

1 tbsp fresh tarragon, minced

1. Heat the coconut oil in pan over medium high setting. Season the chicken with salt and pepper. When pan is hot, place chicken in pan. Let the chicken cook for 3 minutes on each side until chicken is brown and crusty. Remove from pan, cover, and set aside.
2. Remove all but 1 teaspoon of fat from pan. Reduce heat to medium low. Add onions and cook for 2 minutes, add the wine or water and reduce until almost dry, about 3 minutes.
3. Add the stock, mustard, cream and half the tarragon and mix well. Add chicken to the sauce, cover and cook until chicken is cooked through, about 15–20 minutes.
4. When done, remove chicken and stir in crème fraîche. Put the chicken on a plate and pour sauce over top. Sprinkle with remaining tarragon.



Basic Roasted Chicken

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 11

- 1 6- to 8-lb roasting chicken
- 1 tbsp butter, softened
- 1 medium garlic clove, minced
- ¾ tsp salt
- 4-5 grinds black pepper
- 2 tsp minced fresh thyme leaves

Note: For a golden breast, turn the chicken before the last 30 minutes of cooking.

1. Preheat oven to 350°F.
2. Wash chicken, and remove fat from inside cavity.
3. In a small bowl, combine butter, garlic, salt, pepper, and thyme to make a paste; rub it over the chicken. Place chicken in roasting pan, breast side down.
4. Roast, uncovered, basting frequently, for approximately 1 ½ hours (about 20 minutes per pound). Chicken is done when leg pulls off easily and juices no longer run red when chicken is pricked with a fork.
5. Remove chicken from pan and let rest, covered, for 5-10 minutes.
6. Cut chicken into serving pieces, or slice and serve with gravy on the side. Remove skin before eating.

Tip: Deglaze the roasting pan and make gravy, if desired, thickened with 1 ½ tbsp arrowroot dissolved in 2 cups water.



Steamed Chicken and Vegetables.

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

Steaming the chicken with vegetables is a simple, healthy method that reduces excess fat, cooking time, and kitchen mess.

1 medium head savoy cabbage, shredded

$\frac{3}{4}$ cup baby carrots, split lengthwise

1 1-inch piece fresh ginger root, peeled, sliced, and cut into matchsticks

1 medium garlic clove, minced

6 scallions (or green onions), cut into thirds

$\frac{1}{2}$ cup coarsely chopped curly (or flat-leaf) parsley

1 tsp salt (or Spike vegetable seasoning, or Herbamare seasoned salt)

3-4 grinds black pepper

2 large boneless chicken breast halves, cut in half 2 tsp coconut oil (or butter) $\frac{1}{2}$ cup chicken stock

***Note:** The author suggests cooking in a Bundt pan as the steamer; however, a bamboo steamer tray or a metal colander also can be used in a covered stockpot.*

1. Bring 2-3 inches of water to a boil in a large stockpot. Lower heat to simmer.
2. Place shredded cabbage in the bottom of a Bundt pan.
3. Meanwhile, combine carrots, ginger, garlic, scallions, parsley, and chicken in a large bowl. Add oil, and season with salt and pepper. Toss to mix.
4. Pile mixture evenly on top of cabbage.
5. Place Bundt pan into simmering water.
6. Pour chicken stock over the chicken and vegetables, cover, and steam lightly for 18-20 minutes.



Bare Bones Low-Fat Chicken Salad

David Kirsch, *The Ultimate New York Body Plan*

Serves 1

4 oz poached chicken breast, cut into 1-inch cubes

¼ cup coarsely chopped celery

1 tsp finely chopped parsley

1 tbsp sliced almonds, coarsely chopped

2 tsp Dijon-style mustard

2 tbsp chicken stock

1 or 2 dashes hot pepper sauce, salt and freshly ground black pepper to taste

1. In a medium bowl, mix chicken, celery, parsley, and almonds.
2. In another bowl, whisk mustard, stock, and hot pepper sauce together until well blended.
3. Combine mixtures, and stir well.
4. Season with salt and black pepper.



Easy Grilled Chicken Breasts

Wild Oats Marketplace online recipes

Serves 4

4 boneless skinless chicken breast halves

¼ cup olive oil

juice of 1 lemon

1 tsp salt

1 tsp freshly ground black pepper

1. Rinse chicken thoroughly with cool water.
2. Whisk olive oil, lemon juice, salt, and pepper in large bowl.
3. Refrigerate chicken in marinade for 1 hour.
4. Preheat grill until it reaches medium heat.
5. Cook chicken for 6-8 minutes per side, or until golden brown.



Garlic- and Herb-Marinated Chicken Breasts

Wild Oats Marketplace online recipes

Serves 4

5 cloves garlic, minced
1 tsp dried basil
1 tsp dried thyme
1 tsp dried oregano
1 tsp dried tarragon
1 tsp salt
1 tsp freshly ground black pepper
juice and zest of 1 lemon
½ cup olive oil
6 boneless skinless chicken breast halves
1 tbsp olive oil

1. Mix the garlic, herbs, salt, pepper, lemon juice and zest, and olive oil in a large (1- gallon) plastic zipper-top bag. Add chicken, and marinate for at least 2 hours (up to overnight) in refrigerator.
2. Preheat a grill to medium-high.
3. Brush grate with oil. Sear chicken 5 minutes per side, or until its internal temperature reaches 165°F.



Tomato–Fennel Chicken with Cauliflower and Olives

Finger Lakes Gourmet online recipes

Serves 4

2 tsp olive oil
8 boneless skinless chicken thighs
8 cloves garlic, thinly sliced
1 cup dry white wine, divided
28 oz crushed tomatoes
1 cup chicken broth
1 tsp fennel seeds
¼ tsp ground cayenne pepper
1 tsp sun-dried tomatoes, minced
zest of 1 lemon
1 cup pitted kalamata olives
¼ tsp salt
¼ tsp pepper
4 cups cauliflower florets
1 tbsp chopped fresh parsley

1. Heat olive oil in a large pot over high heat. Brown chicken on both sides, cooking for about 3-4 minutes per side. Remove chicken from pot; reduce heat to low. Pour off excess oil.
2. To the same pot, add garlic and 1 tbsp wine. Cook 1 minute. Stir in remaining wine, crushed tomatoes, broth, fennel seeds, cayenne, sun-dried tomatoes, zest, olives, salt, and pepper. Return chicken to pot. Increase heat to high to bring sauce to a boil. Reduce heat to low; cover pot. Simmer 25 minutes.
3. Stir in cauliflower florets. Simmer 10 minutes more, until chicken is cooked through and cauliflower is tender.
4. Remove chicken to a serving platter, and top with sauce. Sprinkle with fresh parsley.



Chicken Margarita

Free-Gourmet-Recipes.com online recipes

Serves 4

1 tsp ground cumin
1 tbsp chili powder
juice of 3 limes
10 cloves garlic, finely chopped
3 tbsp olive oil, divided
3 ½ lb chicken pieces
½ cup tequila, white or gold
½ cup water fresh cilantro leaves (for garnish)

1. In a large bowl, combine cumin, chili powder, lime juice, garlic, and 1 tsp olive oil. Marinate chicken pieces in this marinade for 20 minutes.
2. In heavy skillet, heat remaining olive oil. Brown chicken pieces on all sides. Add marinade, tequila, and water. Cook for approximately 10 minutes. Transfer chicken pieces to a platter.
3. Reduce sauce over high heat until it thickens to a good coating consistency, pour over chicken, and serve garnished with cilantro.



Country Chicken

Free-Gourmet-Recipes.com

Serves 4

4 slices bacon
1 small (3-lb) chicken, cut into 8 pieces
1 green bell pepper, seeded and chopped
1 onion, chopped
2 cloves garlic, minced
 $\frac{3}{4}$ cup minced celery
6 tomatoes
1 cup orange juice
2 tbsp curry powder
 $\frac{1}{2}$ tsp dried thyme
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup almonds, toasted and chopped coarsely
 $\frac{1}{4}$ cup minced parsley

1. In a skillet, sauté the bacon until crisp, then drain on paper towels.
2. With the hot bacon fat that remains in the pan, brown the chicken pieces quickly, a few at a time, turning often. Set the browned pieces aside.
3. Drain all but 2 tbsp of fat from the pan. Add the pepper, onion, garlic, and celery, and sauté for 5 minutes.
4. Coarsely chop the tomatoes, and add to the pan with a little of their juice and the orange juice. Season with curry powder and thyme. Bring mixture to a boil, then reduce the heat and simmer for 5 minutes.
5. Return the chicken to the pan, and stir to cover them with sauce. Cover and simmer 30 minutes more.
6. Remove chicken to a platter. Spoon sauce over chicken, and garnish with raisins, almonds, and parsley before serving.



Spiced Chicken Breasts

Sally Fallon, *Nourishing Traditions*

Serves 6

6 chicken breasts, with skin on
4 tbsp extra virgin olive oil
1 tsp turmeric
1 tsp cinnamon
1 tsp ground cumin
1 tsp paprika
1 tsp curry powder
½ tsp dried chili flakes
3 cloves garlic, peeled and mashed
½ tsp sea salt

1. Trim chicken breasts and pound lightly with prong side of a meat hammer.
2. Mix spices and garlic with olive oil and brush onto chicken breasts. Marinate in refrigerator or several hours or overnight.
3. Lightly cover skillet with olive oil and slowly heat up the pan.
4. Pat chicken breasts dry and cook over medium heat, two or three at a time, for about 7 minutes per side.
5. Transfer to a heated platter and keep warm in the oven.
6. To serve, slice across the grain and arrange slices on individual plates.
7. Dribble marinade over chicken.



Roasted Chicken with Rosemary and Garlic

Free-Gourmet-Recipes.com

Serves 8

1 large (5 to 6-lb) roasting chicken
1 ½ tbsp minced garlic
1 ½ tbsp chopped fresh rosemary
4 medium onions
2 whole heads garlic
1 tbsp olive oil

1. Preheat oven to 450°F.
2. Rinse chicken and pat dry. Remove and discard neck, giblets, and any excess fat. Loosen skin from breast and drumsticks.
3. Place minced garlic and rosemary beneath skin. Lift wing tips up and over back; tuck behind chicken. Place chicken, breast side up, in a broiler pan.
4. Cut thin slices from the ends of each onion, and peel.
5. Cut tops off garlic, leaving root end intact.
6. Brush onions and garlic heads with olive oil; place around chicken.
7. Bake for 30 minutes. Reduce heat to 350°F, and bake an additional 1 hour and 15 minutes, or until the internal temperature registers 180°F.



Cornish Game Hens with Grapes

Sally Fallon, *Nourishing Traditions*

Serves 4

- 2 Cornish game hens, split lengthwise
- 2 tbsp olive oil
- 2 tbsp butter, melted
- salt and freshly ground black pepper to taste
- ½ cup dry white wine (or vermouth)
- 2 cups chicken stock
- 2 cups red (or green) seedless grapes
- 2 tbsp arrowroot mixed with 2 tbsp water

Note: Arrowroot is a fine white powder that resembles cornstarch. Because it thickens when heated in liquid, it is an excellent ingredient in sauces.

1. Preheat oven to 375°F.
2. Place game hens, skin side up, in a roasting pan. Brush with a mixture of butter and oil, and season with salt and pepper. Bake for about 1 1/2 hours. Remove to a heated platter, and keep warm in the oven.
3. Pour wine into the roasting pan and bring mixture to a boil, scraping up any accumulated juices in the pan.
4. Add chicken stock, bring to a rapid boil, skim, and let the sauce reduce for about 10 minutes.
5. Add the grapes, and simmer about 5 minutes more.
6. Add arrowroot mixture by the spoonful until the desired thickness is obtained.
7. Transfer game hens to individual plates, and pour sauce over to serve.



Quick Turkey Cutlets

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

- 1 ¼ lb boneless turkey thighs
- 1 ¼ tsp salt
- 4-5 grinds black pepper
- 4 tsp butter (or coconut oil)
- 4 tsp minced fresh rosemary (or 2 tsp crushed dried rosemary)
- ¼ cup lemon juice
- 2 tbsp green olives, pitted, sliced in half

1. Pound turkey (between pieces of waxed paper or plastic wrap) with large flat knife or meat mallet to an even thickness of $\frac{1}{8}$ inch. Season with salt and pepper.
2. Melt butter in a large sauté pan or skillet over medium-high heat. Sear turkey cutlets on one side. Turn cutlets, and cook for 1 minute.
3. Season cutlets with rosemary, lemon juice, and olives. Cook for 2-3 minutes more. Remove cutlets to a serving platter and keep warm.
4. Scrape up any browned bits from the bottom of pan, and continue heating until sauce is reduced to about 2 tbsp.
5. Pour sauce over cutlets, and serve immediately.



Stir-Fry Turkey

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

- 1 tbsp coconut oil (or butter)
- 3 slices fresh gingerroot, minced
- 1 large garlic clove, minced
- 1 medium red onion, chopped
- 2 cups celery sliced on the diagonal
- 1 medium carrot, cut in half-round slices
- 1 broccoli stem, peeled and sliced
- 2 medium kohlrabi, peeled and diced
- 1 cup broccoli flowerets
- 3 cups chopped kale (or spinach)
- 8 oz fresh mushrooms, sliced (or quartered)
- 2 cups cooked turkey (or chicken), cubed
- 2 tsp dried thyme (or dried marjoram)
- ¼ tsp curry powder
- 1 tbsp tamari

Note: Prepare and have all ingredients close at hand before beginning to cook.

1. Heat coconut oil in a wok or heavy skillet over high heat.
2. Add ginger and garlic; stir constantly for 30-45 seconds.
3. Add onion, celery, carrot, broccoli stem, and kohlrabi and stir-fry, stirring constantly, for 3-4 minutes, or until vegetable colors brighten.
4. Add broccoli flowerets, kale, and mushrooms, and continue to stir-fry for 1 minute.
5. Add cooked turkey, thyme, and curry powder.
6. Cover. Reduce heat to medium-low, and let steam continue the cooking for about 2 minutes.
7. Turn off heat.
8. Stir in tamari, and serve immediately.

Variation: To use uncooked meat or poultry, add uniformly cut up pieces after the dense vegetables have been cooking for a couple of minutes.



Slow-Cooked Turkey Stew

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

- 2 lb turkey pieces
- 1 medium leek, sliced
- 2 stalks celery, chopped
- 2 tsp fresh thyme leaves
- 2 tsp fresh oregano leaves
- 1 tsp vegetable seasoning (or salt)
- 1 cup winter squash, peeled and cubed
- 1 medium carrot, chopped
- 1 stick cinnamon
- 16 oz diced tomatoes
- 2 cups water (or chicken stock)
- 1 cup cooked lentils

1. Place turkey pieces, skin side down, in a slow cooker set on high, and sauté 3-5 minutes to release fat.
2. Turn turkey, then add leek, celery, thyme, oregano, and salt, and continue to sauté until leeks start to become translucent.
3. Add squash cubes, carrots, cinnamon, tomatoes, and water.
4. Cover and simmer for 2-3 hours on high (or 6-8 hours on low).
5. A few minutes before serving, remove cinnamon stick and stir in cooked lentils.



Turkey Chili

David Kirsch, *The Ultimate New York Body Plan*

Serves 4

2 tsp butter, divided
1 lb lean ground turkey
salt and freshly ground black pepper to taste
1 cup coarsely chopped red bell pepper
1 medium onion, coarsely chopped ($\frac{3}{4}$ cup)
 $\frac{2}{3}$ cup coarsely chopped celery ($\frac{3}{4}$ stalk)
1 clove garlic, minced
2 tsp chili powder
1 tsp paprika
1 tsp ground cumin
 $\frac{1}{8}$ tsp ground cayenne pepper
14 $\frac{1}{2}$ oz plum tomatoes, chopped
 $\frac{1}{2}$ cup chicken stock
1 bay leaf

1. Heat 1 tsp butter in a 3-quart saucepan over high heat. Add the turkey, and season to taste with the salt and black pepper. Break up the turkey and cook for 2-3 minutes, or until browned. Remove to a bowl and cover to keep warm.
2. Reduce the heat to low, heat the other 1 tsp butter, and cook the red pepper, onion, celery, and garlic for 3-5 minutes, or until vegetables begin to soften.
3. Add the chili powder, paprika, cumin, and cayenne and cook, stirring, for 1 minute. Increase the heat to medium, and add the tomatoes, stock, and bay leaf. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.
4. Add the browned turkey, and simmer 5 minutes more. Remove and discard the bay leaf before serving.

Seafood



Chili Garlic Ginger Shrimp

Joseph Mercola, *Dr. Mercola's Total Health Program*

4 servings

¼ cup extra virgin olive oil

2 inch piece of fresh ginger, minced

2 cloves of garlic, minced

2 fresh red chilies, seeds removed and thinly sliced

16 large shrimp (16 ounces), peeled and deveined (Protein Type), or 16 ounces of cod or other fish (Carb Type)

1-2 lemons, to taste

½ cup Italian parsley, roughly chopped

Sea salt and freshly ground pepper

1. Heat a large sauté pan over medium high heat. Add olive oil, ginger, garlic, chili and shrimp. Cook for about 3 minutes, stir- ring often.
2. Turn the heat to low and add the juice of 1 lemon. Stir in parsley. Remove from heat.
3. Taste the sauce and add salt and pepper, and more lemon juice if desired.

Carb Type: Serve over steamed collard greens.

Protein Type: Serve over steamed spinach.



Lemon Scallops with Parsley

Joseph Mercola, *Dr. Mercola's Total Health Program*

4 servings

- 1 tbsp coconut oil
- 2 lbs sea scallops (Protein Type), or a fish suitable for Carb Type, cut in pieces
- $\frac{3}{4}$ tsp sea salt
- $\frac{1}{2}$ tsp freshly ground pepper
- 1 tbsp butter
- 1 tsp minced garlic
- $\frac{1}{4}$ cup finely minced yellow onion
- $\frac{1}{3}$ cup dry white wine
- 2 tbsp fresh lemon juice
- 1 tbsp chopped flat-leaf parsley

1. In a large skillet, heat oil over medium high heat. Add scallops and sprinkle with salt and pepper. Sauté 2 minutes per side. Remove from pan and set aside.
2. In the same pan, melt butter. Add the garlic and the shallots and sauté for about 1 minute. Add wine and cook for 2 minutes more. Return the scallops to the pan and toss to coat. Remove from heat and add the lemon juice and parsley.

Protein Type: Serve over steamed spinach.

Carb Type: Serve over steamed chard.



Easy Broiled Halibut

Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*

Serves 6–8

2 lb center-cut halibut steak
salt (or Herbamare seasoned salt) to taste
freshly ground black pepper to taste
¼ cup (or more if desired) lemon juice
1 tbsp butter (or coconut oil)

1. Wipe halibut with a damp cloth.
2. Season with salt, pepper, and lemon juice, and dot with butter.
3. Broil, turning frequently, till brown.



Mustard-Crusted Halibut

David Kirsch, *The Ultimate New York Body Plan*

Serves 1–2

6 oz center-cut halibut steak
1 tsp whole-grain mustard
1 tsp chopped fresh thyme
1 tbsp chopped fresh oregano
1 tsp chopped fresh rosemary
½ tsp freshly ground black pepper
1 tsp water
1–2 tbsp butter

1. Preheat oven to 350°F.
2. In a small bowl, combine the mustard, thyme, oregano, rosemary, pepper, and water and blend well to make a paste.
3. Butter an ovenproof baking dish.
4. Place halibut in the dish and spread with the mustard–herb paste.
5. Bake for 15–20 minutes, or until fish flakes easily with a fork.
6. Serve on a bed of baby spinach, arugula, and water chestnuts.



Coconut-Macadamia Nut Crusted Halibut

Joseph Mercola, *Dr. Mercola's Total Health Program*

4 servings

2 lbs wild halibut
2 tbsp unrefined, extra virgin coconut oil
Juice of 1 lime
½ tsp sea salt
½ cup unsweetened flaked coconut
½ cup macadamia nuts, chopped

1. Preheat oven to 400°F.
2. Rinse and pat dry halibut and place in a baking dish. Drizzle coconut oil over the fish and then add the lime juice and salt. Let marinate for about 15 minutes, no longer. It is important to drizzle oil before lime juice because the lime juice will begin to “cook” the fish. The oil first provides some protection against this.
3. Mix coconut and macadamia nuts together onto a plate. Roll the fish in the nut mixture and then using your hands pat additional mixture into fish. Place back in baking dish and pour remaining nut mixture on top. Cover baking dish with foil.
4. Bake for 12 minutes then turn broiler on. Remove foil and allow the broiler to brown the coating. Serve immediately.

Carb Types: Reduce the coconut oil and macadamia nuts by one-half.



Broiled Lemon Salmon

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

- 1 tbsp tamari
- 1 clove garlic, minced
- $\frac{1}{3}$ cup fresh lemon juice
- 1 tsp olive oil
- 2 tbsp chopped chives
- 4 6-ounce salmon fillets
- 1 whole lemon, cut into $\frac{1}{4}$ -inch slices

1. Whisk tamari, garlic, lemon juice, olive oil, and chives. Pour over fillets, and marinate with lemon slices, turning occasionally, for 20–30 minutes.
2. Broil salmon (with lemon slices around broiling pan) with rack set 6 inches beneath broiler unit for 3–4 minutes. Turn salmon carefully, and continue to broil another 3 minutes, or until fillets are brown and flake easily with a fork.
3. Remove salmon to a serving platter. Place broiled lemon slices on top of fish. Pour any remaining marinade over. Serve immediately.



Easy Smothered Salmon

Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*

Serves 6

2 tbsp coconut oil (or butter)
2 slices turkey bacon, chopped
¾ cup diced celery
¾ cup chopped onion
1 tsp salt
1-2 tbsp butter
2 cups canned salmon
½ cup boiling water

1. Preheat oven to 375°F.
2. Melt oil in a heavy skillet. Add oil, bacon, celery, onion, and salt and fry until celery and onion are light brown.
3. Butter a covered ovenproof baking dish, and place salmon in center. Arrange vegetable mixture around salmon. Add water and cover.
4. Bake for 30 minutes. Remove cover and bake another 10 minutes.



Salmon with Pecan Pesto

Jordan S. Rubin, *The Maker's Diet*

Serves 4

5 oz shelled pecans
1 3-inch sprig of rosemary
4 salmon fillets (1 ¼ -1 ½ lb total)
3 oz cold butter, cut into ½-tbsp pats
2-3 fresh jalapeño peppers, seeded and coarsely chopped
zest of ½ small lemon (or small orange), finely chopped
1 tbsp olive oil
salt and freshly ground black pepper to taste

1. Preheat oven to 300°F.
2. Toast pecans on a cookie sheet about 20-30 minutes, or until they release their aroma. Set aside to cool.
3. Strip rosemary leaves from stems, mince, and set aside.
4. Rinse salmon and pat dry.
5. Butterfly fillets with a sharp knife, if desired. Rub salmon with olive oil; season with salt and pepper.
6. Heat heavy skillet over medium heat. Pan-fry fillets until firm to the touch.
7. Place the toasted pecans, rosemary, butter, jalapeños, and lemon zest in a food processor. Process for 5-8 seconds, scrape the bowl, and repeat two or three times until a paste (pesto) forms. Do not over-process.
8. Spread the pesto over the cooked salmon, and serve immediately.



Coconut Kale with Sesame Crusted Salmon

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

For the kale:

- 1 ½ cups coconut milk
- Salt and pepper to taste
- 3 tbsp extra virgin olive oil
- 2 tbsp minced fresh ginger
- 1 bunch kale, chopped

1. Heat the oil in a large skillet. Add the ginger and sauté over medium heat for 5 minutes.
2. Add the kale, sauté, stirring constantly for 5 minutes.
3. Add the coconut milk and season with salt and pepper. Bring to a boil. Cover and reduce the heat, and simmer until kale is tender.

For the salmon:

- 6 salmon steaks (Protein Type), or sole, perch, halibut etc. (Carb Type)
- 4 tbsp butter
- 4 tbsp coconut oil
- 4 tbsp minced ginger
- 1 cup sesame seeds
- Salt and freshly ground pepper, to taste

1. Preheat oven to 475°F. 2.
2. In a small pan melt the butter and oil with the ginger.
3. Brush the butter, oil, and ginger on the pieces of salmon. Roll the salmon in the sesame seeds. Place the salmon on an oiled sheet pan and refrigerate for about 15 minutes.
4. Place the salmon in the oven and roast until the sesame seeds are brown and the salmon is rare inside, about 3 minutes. Season to taste with salt and pepper.



Sautéed Salmon with Pesto

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

2 lbs salmon, skinned and boned (Protein Type), or snapper or tilapia (Carb Type)

4 tbsp lime juice

2 tbsp tamari

1 tsp coconut oil

Pesto:

2 bunches basil or cilantro

2 tbsp pine nuts

2 tsp miso paste

2 cloves garlic, sliced

5 tbsp olive oil

1. Marinate the salmon in the lime juice and tamari for 30 minutes to 1 hour. Remove from the marinade and pat dry.
2. Heat skillet and place the coconut oil in the skillet. When melted add salmon and cook both sides for about 3–4 minutes each.
3. Place all the ingredients for the pesto in a food processor and blend till creamy. Serve the salmon topped with pesto sauce, with brown rice and a salad or vegetable of your choice.



Baked Herbed Salmon

Joseph Mercola, Dr. Mercola's Total Health Program)

Serves 4

A traditional Mediterranean pesto makes a low-carbohydrate salmon dish that's quick, elegant, and tasty. The fish bakes with the sauce while you prepare the rest of the meal.

4 6-ounce salmon fillets
salt and freshly ground black pepper to taste
1 tbsp olive oil
2 medium garlic cloves, coarsely chopped
½ tsp Spike vegetable seasoning (or salt)
1 tsp ground cumin
½ tsp freshly ground black pepper
1 tbsp capers (or green olives)
1 cup coarsely chopped flat-leaf Italian parsley
1 cup coarsely chopped cilantro leaves
2 tsp lemon zest
5 oz fresh lemon juice

1. Preheat oven to 350°F.
2. Rinse salmon and place on lightly greased cookie sheet or in an ovenproof baking dish. Season with salt and pepper.
3. In food processor, process olive oil, garlic, Spike, cumin, pepper, capers, parsley, cilantro, lemon zest, and lemon juice until well combined. Pour sauce over fish.
4. Bake for 13–15 minutes, or until salmon flakes easily with a fork.



Salmon Ceviche

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

In South America, Japan, and elsewhere, marinated raw fish is served as an appetizer. It is a popular way to preserve the flavor, nutrition, and digestibility of fresh fish. Serve with butter lettuce or other leafy salad greens.

1 lb salmon

$\frac{1}{3}$ cup finely diced red onion

1 cup fresh lime juice

2 tbsp seeded and finely chopped serrano pepper (or 1 chili pepper, minced)

2 tsp salt

1 cup chopped tomatoes 2 cups chopped cilantro (or parsley)

1. Skin salmon, and chop into $\frac{1}{4}$ to $\frac{1}{2}$ -inch pieces. Combine salmon, onion, lime juice, hot pepper, and salt. Marinate for several hours or overnight.
2. About 10–15 minutes before serving, add chopped tomatoes and cilantro to salmon mixture, and stir to combine.



Roasted Cauliflower and Crab with Avocado-Yogurt Dressing (Protein Type)

Joseph Mercola, *Dr. Mercola's Total Health Program*

4 servings

1 head cauliflower
1 red bell pepper
1 ½ tbsp olive oil
1 avocado
1 tbsp fresh lemon juice
3 tbsp plain yogurt
¼ tsp paprika
⅛ tsp cayenne pepper
Sea salt and freshly ground black pepper, to taste
½ lb fresh lump crabmeat, rinsed

1. Preheat oven to 450°F.
2. Cut cauliflower into florets.
3. Cut bell pepper into ¼ -inch strips.
4. Lightly oil a baking pan and add the cauliflower and bell pepper. Drizzle with the olive oil, and season lightly with salt and pepper. Cook until cauliflower is lightly browned, about 15–20 minutes.
5. Meanwhile, mash peeled and seeded avocado into a small bowl. Add the lemon juice, yogurt, paprika, and cayenne pepper. Season to taste with sea salt.
6. In a large serving bowl, add the cooked vegetables, crab, and the dressing. Toss and serve in small bowls immediately.



White Fish and Garlic Stew

Joseph Mercola, *Dr. Mercola's Total Health Program*

4 servings

2 tbsp raw butter

3 tbsp olive oil

2 medium onions, halved and sliced thinly

10 cloves garlic, minced

½ medium cauliflower, peeled and cubed (Protein Type), or 1 medium green pepper, sliced
(Carb Type)

1 bunch Swiss chard, chopped

2 ½ lbs white fish

1 medium lemon, juiced

3 tbsp flat leaf parsley, chopped

Salt and pepper to taste

1. Melt the butter and 1 tbsp olive oil in large stewing pot or Dutch oven. Add the onions and garlic, cook over medium heat, stirring until softened, about 5 minutes.
2. Add the cauliflower or green pepper, season with salt and pepper, and cook, stirring gently until cauliflower/green pepper are about half cooked, 7–10 minutes. Add the chard and cook for another 3 minutes.
3. In the pot, place the fish over the vegetables, pour in the remaining 2 tbsp olive oil, and add enough water to just about cover the fish. Season with salt and pepper. Simmer semi-covered over medium low heat until the fish is flakey and the liquid almost gone, about 20 minutes. Adjust the seasoning and pour in the lemon juice. Garnish with chopped parsley. Serve hot.

Note: *Serve over quinoa or brown rice.*

Meat



Braised Beef Moroccan Style

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

3 tbsp coconut oil
2 ½ lbs chuck roast (Protein Type), or ostrich/chicken breast (Carb Type), cut into
 3/4 inch cubes
2 cups chopped shallots
4 cloves garlic, chopped
½ tbsp ground coriander
1 tbsp paprika
1 tsp ground cumin
½ tsp turmeric
½ tsp cayenne pepper
1 cup red wine
½ cup sherry
2 cups beef broth
1 can diced tomatoes in juice
1 ½ cups golden raisins
Salt and pepper, to taste

1. In a large pot, heat 2 tbsp coconut oil. Sprinkle meat with salt and pepper. Add meat to pot, sauté until no longer pink, about 5 minutes. Transfer meat to bowl.
2. Heat 1 tbsp oil in same pot. Add shallots and sauté till brown, about 8 minutes.
3. Stir in garlic and next 5 ingredients.
4. Add wine and sherry, boil until reduced to glaze, stirring occasionally, 8–10 minutes.
5. Add broth, tomatoes with juice, and raisins. Stir to blend. Add beef and juices, heat to simmer.
6. Reduce heat to medium low. Simmer uncovered, stirring occasionally, until sauce is thick and beef tender, about 1 hour and 15 minutes.
7. Season with salt and pepper.



Quick Beef Steaks with Mushrooms and Wine

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

Using cube steaks instead of the usual cuts can shorten cooking time and calories.

4 large (4- to 6-ounce) beef cube steaks
½ cup red wine
8 oz fresh mushrooms, quartered
2 medium garlic cloves, minced
2 tbsp fresh parsley, finely chopped
2 tbsp butter

1. Place cube steaks in a quart-sized plastic bag, then set in a bowl to help bag stand up. Add wine, mushrooms, garlic, and parsley. Marinate mixture, refrigerated, for at least 30 minutes (to add flavor) and up to 24 hours (to tenderize the meat).
2. Melt butter in a large skillet over medium-high heat. Braise steaks, two at a time (reserving marinade for sauce), 2 minutes on each side. Remove steaks to serving platter and keep warm.
3. Pour reserved marinade into pan, and bring to a boil over medium-high heat. Cook for a couple of minutes, then pour over steaks. Serve immediately.

Variation: *If you are short on time, simply heat marinade ingredients together in a small pan for 2–3 minutes while searing steaks in butter as directed. Remove steaks from pan. Deglaze pan and add to the warmed marinade. Pour over steaks.*



Herb-Seasoned Steak Broil

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 5

- 1 lb top-sirloin steak
- 2 tsp coconut oil
- 2 tbsp Dijon-style mustard
- 2 tsp grated horseradish (or prepared horseradish sauce)
- 2 tsp dried thyme
- 1 tsp ground celery seed
- 1 tsp onion powder
- 1 tsp coarse salt
- ½ tsp freshly ground black pepper

1. Take steak out of refrigerator at least 30 minutes before cooking.
2. Preheat oven to broil. Set oven rack 6 inches from broiler unit.
3. Rub both sides of steak with coconut oil. Combine mustard and horseradish, and spread evenly on both sides of steak. Place steak on lightly greased broiler pan.
4. In small cup, mix thyme, celery seed, onion powder, salt, and pepper. Divide mixture, sprinkling half on each side of meat.
5. Broil steak for 3–4 minutes per side, or until browned. Remove steak to serving platter; let rest 1 minute. Slice and serve.



Garlic and Red Wine Filet Mignon

Wild Oats Marketplace online recipes

Serves 4

4 6-ounce filet mignon portions, each 2 inches thick
4 cloves garlic, thinly sliced
salt to taste
½ cup olive oil
¼ cup balsamic vinegar
1 tbsp olive oil
4 oz white mushrooms, thinly sliced
½ bottle red wine (cabernet sauvignon)

1. Slice into each filet lengthwise, creating a small pocket. Stuff each pocket with the equivalent of 1 clove of garlic, and season filets with salt. Mix olive oil and vinegar, and brush liberally over each filet.
2. Heat olive oil in a large skillet over medium-high heat. Sear filets for 2 minutes per side.
3. Remove filets from skillet; add mushrooms and cook for 3–4 minutes, or until soft. Push mushrooms to the edges of the pan, and return filets. Add the wine, cover, and simmer for 10 minutes for filets that are medium done.



Roasted Garlic–Stuffed Rib Eyes

Wild Oats Marketplace online recipes

Serves 3–4

2 8-ounce rib-eye steaks
2 whole heads garlic
4 tsp olive oil
salt and freshly ground black pepper to taste

1. Preheat oven to 400°F.
2. Rub each head of garlic with 1 tsp of olive oil, and place in a covered casserole dish. Bake for 15–20 minutes.
3. Remove garlic from oven to cool, uncovered, but leave the oven on. Squeeze out roasted garlic; mash with a pinch each of salt and pepper.
4. Slice a 3-inch pocket lengthwise in each rib-eye steak. Fill each pocket with roasted garlic paste. Season both sides of each steak with salt and pepper.
5. Heat the remaining oil in an ovenproof skillet over medium-high heat. Sear steaks 3 minutes per side, then place in oven for 6 minutes for medium rare; add 1 or 2 minutes for each degree of doneness. Allow steaks to rest 10 minutes before serving.



Beef and Bean Chili

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*
4 servings

2 lbs ground grass-fed beef (Protein Type) 80/20 (17% fat),
or ground turkey breast (Carb Type) 8% fat
2 cups chopped onions
2 tbsp minced garlic cloves
1 medium jalapeno chili, ribs and seeds removed, minced
1 ½ tbsp chili powder
2 tsp ground cumin
2 15-ounce cans crushed tomatoes 1 15-ounce can tomato sauce
1 can kidney beans, drained and rinsed
¼ cup plain yogurt (Protein Type), or low-fat yogurt (Carb Type)
¼ cup grated grass-fed cheddar cheese (Protein Type),
or low-fat grass-fed cheddar cheese (Carb Type)

1. Heat a heavy 5-quart pot. Add the ground beef. Cook, stirring and breaking up meat, until browned. Drain excess fat, leaving a small amount to cook onions in.
2. Add the onions and cook about 5 minutes. Add the garlic and jalapeno; cook until just tender. Stir in the chili powder and cumin. Continue to cook until fragrant, about 1 minute.
3. Stir in the crushed tomatoes and the tomato sauce. Simmer for about 30 minutes.
4. Add the beans and continue cooking, uncovered, until meat and beans are very tender, and chili is thick, about 30 minutes more. Serve in small bowls. Garnish each bowl with 1 table- spoon each yogurt and cheddar cheese.



Horseradish Buffalo Burgers

Joseph Mercola, *Dr. Mercola's Total Health Program*

Serves 4

This recipe goes nicely with Asparagus with Sesame Seeds and a salad (page 55).

1 lb ground buffalo
2 tbsp prepared horseradish
½ tsp Spike vegetable seasoning (or salt)
3–4 grinds black pepper

1. Mix the ground meat with the remaining ingredients. Form into patties.
2. Broil in the oven, grill, or fry in a hot cast-iron skillet over medium-high heat, 3–4 minutes on a side, until browned. Do not overcook. Serve immediately.



Lamb Stew

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 2 lbs boneless lamb stew meat (Protein Type), or ostrich meat (Carb Type), marinated overnight in red or white wine
- 1 cup flour seasoned with salt and pepper
- 2 tbsp coconut oil
- 2 medium onions, chopped
- 4 cloves garlic, chopped
- 2 tsp Dijon mustard
- 3 sprigs rosemary, chopped
- 1 28-oz can crushed tomatoes
- 4 cups lamb or chicken stock
- 2 medium green peppers, seeded and chopped (Carb Type), or 1 lb mushrooms, sliced (Protein Type)
- ¼ cup chopped flat leaf parsley

1. Cut any excess fat from the lamb and coat in flour.
2. Heat a large high-sided skillet and add the coconut oil. Sauté the lamb, brown on all sides, then remove from pan. Set aside.
3. Sauté onions for 5 minutes. Add the mustard, rosemary, garlic, tomatoes, and sauté for another 5 minutes.
4. Add the stock and the lamb. Bring to boil, and simmer for 2–3 hours. Stir occasionally to make sure it doesn't stick to the bottom.
5. Thirty minutes before the lamb is done, add in the green peppers or the mushrooms.
6. Garnish with parsley.



Baked Lamb Shanks with Mushrooms and Cauliflower

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 4 lamb shanks (Protein Type), or ostrich/chicken (Carb Type)
- 1 cup red wine
- 4 tbsp olive oil
- 3 tbsp apple cider vinegar
- 2 cups lamb stock
- 2 tbsp tomato paste
- ½ tsp dried oregano
- 3 sprigs thyme, chopped
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- 4 cloves garlic
- 8 medium mushrooms, sliced
- 1 head cauliflower, cut into florets (Protein Type), or broccoli (Carb Type)

1. Place lamb shanks in red wine. Marinate overnight or for several hours. Remove lamb and pat dry with paper towels. Reserve marinade. In a heavy casserole, brown the meat in olive oil. Drain oil.
2. Add tomato paste, stock, marinade. Bring to boil and skim. Add all the seasonings except salt and pepper.
3. Bake at 300°F for 3–4 hours or until lamb shanks are falling off the bone. When there is one hour left of cooking time, place the mushrooms and cauliflower florets around the lamb.
4. Remove lamb and vegetables to a serving dish and set aside. Bring sauce to a boil, skimming if needed, until it has reduced by about half and thickened. Pour over the lamb and vegetables. Season to taste.



Roasted Leg of Lamb (or Chevon)

Jordan S. Rubin, *The Maker's Diet*

Serves 4–6

1 6- to 8-lb leg of lamb (or chevon [baby goat])
½ cup Dijon-style mustard
¼ cup soy sauce
1 tbsp minced fresh rosemary
1 clove garlic, slivered
1 1-inch piece of fresh gingerroot, peeled and minced
2 tbsp olive oil

1. Preheat oven to 350°F.
2. Blend mustard, soy sauce, rosemary, garlic, and ginger in a bowl. Whisk in oil to make a creamy mixture, then set aside the sauce.
3. Make four shallow slashes in the lamb with a sharp knife; tuck a sliver of garlic into each. Brush the lamb liberally with sauce, and let stand on the counter for 1–2 hours.
4. Roast lamb on a rack for 1 ¼ to 1 ½ hours, or until a meat thermometer reads 150°F (medium doneness). Allow the roast to rest for at least 15 minutes before carving; the temperature will increase to about 160°F as it rests.



Herbed Lemony Lamb Chops

Joseph Mercola, *Dr. Mercola's Total Health Program*)

Serves 4

- 1 tsp lemon zest (or ½ tsp lemon pepper seasoning)
- ½ tsp dried rosemary, crushed
- 1 tsp dried oregano
- 1 tsp dried tarragon
- 3 tbsp lemon juice
- 1 tbsp soy sauce
- 2 tbsp butter
- 4 lamb shoulder chops

1. Combine lemon zest, herbs, lemon juice, and soy sauce in a small bowl; set aside.
2. Heat butter in a large skillet over medium-high heat. Brown lamb chops on both sides, and leave in skillet.
3. Pour seasoning over chops in skillet. Cover, and simmer over medium-low heat for 20–25 minutes, or until chops are tender.

Variation: *The same seasoning ingredients could be used on lamb loin chops to be broiled. Reduce the amount of lemon juice to 1 tbsp and mix with herbs to make a paste. Spread on loin chops and broil 3–4 minutes per side, depending up thickness. Do not overcook.*



Moussaka

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

5 servings

2 eggplants, sliced
2 tbsp butter
1 lb ground lamb (grass-fed) (Protein Type), or ground chicken (Carb Type)
1 large onion, chopped
1 jalapeno pepper, chopped
1 tbsp tomato paste
1 tsp cumin
½ tsp cinnamon
2 tbsp chopped parsley
¼ cup red wine
¼ cup water
1 egg, beaten
¼ cup Gruyere cheese, grated
¼ cup bread crumbs from gluten-free bread
3 tbsp butter
3 tbsp flour
1 ½ cups warm milk
2 egg yolks

1. Slice eggplant into ½ -inch slices; salt, cover and set aside. Melt butter and sauté the lamb until browned. Add onion, jalapeno, tomato paste, cumin, cinnamon, parsley, wine, and water.
2. Simmer until liquid is absorbed. Stir in egg, cheese, and half the bread crumbs. Preheat oven to 350°F.
3. To prepare sauce, melt 3 tablespoons butter on low heat. Add flour, stir, and remove from heat. Stir in milk—return to heat. Cook sauce till thick, add salt, and pepper. Combine egg yolks with a little of the sauce and then stir into the rest of the sauce mixture. Cook for 2 minutes on low heat.
4. Brown eggplant slices on both sides in hot oil. Grease casserole dish. Sprinkle bottom with remaining bread crumbs, cover with layer of eggplant, then a layer of meat. Keep going until all is used. Finish with eggplant and cover with sauce, sprinkle with grated cheese and bake for 1 hour at 350°F.



Grilled Pork Tenderloin with Rosemary–Mustard Rub

Wild Oats Marketplace online recipes

Serves 4

- 4 sprigs fresh rosemary
- 2–3 cloves garlic, peeled
- 3 tbsp olive oil
- 2 tsp coarse salt
- 2 tsp cracked black peppercorns
- 2 tbsp stone-ground mustard
- 1 lb pork tenderloin, trimmed

1. Strip rosemary leaves from stems and place in a small food processor bowl with garlic, oil, salt, pepper, and mustard. Pulse the mixture to make a paste.
2. Smooth the paste over the pork, place on a baking sheet, cover, and place in the refrigerator for 30 minutes.
3. Preheat gas grill to high.
4. Brush grate with olive oil. Sear pork for 3 minutes per side. Reduce heat to medium- low, cover, and cook pork for 8–10 minutes, or until the internal temperature reaches 145°F.
5. Transfer pork to a platter. Let rest for 6–8 minutes before slicing and serving.

Variation: *Try the rosemary–mustard rub on turkey breast, a whole roasting chicken, or a fish fillet.*



Veal Chops

Sally Fallon, *Nourishing Traditions*

Serves 4

4 veal chops
juice of 1 lemon
½ tsp dried thyme
2 tbsp butter
2 tbsp olive oil
½ cup dry white wine (or vermouth)
2 cups beef stock

1. Marinate the veal chops for several hours in lemon juice mixed with thyme.
2. Dry chops thoroughly. Heat the butter and oil in a heavy skillet, and brown the chops, two at a time, on both sides. Remove chops to a plate.
3. Discard the browning oil from the skillet, and add wine and stock. Bring the mixture to a rapid boil, stirring to scrape up accumulated veal juices. Skim sauce, and return the chops to the skillet. Reduce heat to a simmer, cover, and cook about 30 minutes, or until chops are tender.
4. Remove chops to a heated platter and keep warm. Bring the liquid to a rapid boil, and skim occasionally until sauce thickens. Spoon sauce over chops to serve.

Snacks



Trail Mix

Makes 8 cups

- 1 cup almonds
- 1 cup walnuts
- 1 cup pecans
- 1 cup peanuts
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 1 cup cranberries
- 1 cup raisins
- 1 cup dark chocolate chips or carob chips

1. Combine all ingredients in a large bowl and mix well. Store in an airtight container.



Crispy Pecans

Sally Fallon, *Nourishing Traditions*

Makes 4 cups

4 cups pecan halves
2 tsp sea salt
filtered water

The buttery flavor of the pecans is enhanced by soaking and slow oven drying.

1. Mix pecans with salt and filtered water and leave in a warm place for at least 7 hours or overnight.
2. Drain in a colander.
3. Spread pecans on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container.

Variations:

Crispy Peanuts

Follow the same recipe above except *Crispy Pecans* use 1 tbsp of sea salt instead.

Crispy Almonds

Follow the same recipe above except *Crispy Pecans* use 1 tbsp of sea salt instead.

Crispy Cashews

Follow the same recipe above for *Crispy Pecans* except soak the cashews for no more than 6 hours (they will become too slimy and develop a disagreeable taste if allowed to soak too long or dry out too slowly). Also, use 1 tbsp of sea salt instead.



Holiday Pecans

Sally Fallon, *Nourishing Traditions*

Makes 4 cups

4 cups crispy pecan halves (page 161)

3 egg whites

pinch sea salt

½ cup maple syrup

1 tbsp vanilla extract

1. Beat egg whites with salt in a bowl until stiff.
2. Slowly beat in maple syrup and vanilla.
3. Fold in pecans until well coated.
4. Spread to two buttered, stainless steel baking pans and place in a warm oven (no more than 150 degrees) for several hours until the egg white coating hardens. Store in airtight container in the refrigerator.



Nut Butter

Sally Fallon, *Nourishing Traditions*

Makes 2 cups

2 cups crispy nuts (page 161)

$\frac{3}{4}$ cup coconut oil

2 tbsp raw honey

1 tsp sea salt

1. Place nuts and sea salt in food processor and grind to a fine powder.
2. Add honey and coconut oil and process until “butter” becomes smooth.
3. Store in an airtight container in the refrigerator.
4. Serve at room temperature.



Celery with Nut Butter

Sally Fallon, *Nourishing Traditions*

Serves 4

several large celery stalks

½ cup nut butter made from cashews or peanuts (page 163)

¼ cup dried sweetened coconut meat (coconut meat and ¼ cup maple syrup)

1. Wash celery well and cut into 3-inch lengths.
2. Fill hollow with nut butter and sprinkle with coconut meat.



Apple Slices

Sally Fallon, *Nourishing Traditions*

Serves 4

2 apples, peeled, cored and cut into slices
juice of 2 oranges

1. Dip each slice of apple in the orange juice and arrange on a serving plate. The orange keeps the slices from turning brown and combines well with the flavor of the apple.



Popcorn

Makes 8 cups

¼ cup popcorn
2 tbsp coconut oil
sea salt
¼ - ½ melted butter

1. Melt coconut oil in a large pot.
2. Add popcorn and cover tightly, cooking over medium flame and shaking constantly until popping starts.
3. Lower heat slightly and cook, shaking, until popping dies away.
4. Transfer popcorn to large bowl. Pour melted butter over popcorn and season with sea salt.
5. Mix well and serve.

Variations:

Sally Fallon, *Nourishing Traditions*

Cheese Popcorn

Add ¼ - ½ cup finely powdered Parmesan cheese to melted butter.

Sweet Popcorn

Add ½ cup maple syrup to melted butter. Omit salt.



Potato Skins

Sally Fallon, *Nourishing Traditions*

Serves 4

4 large sweet potatoes
2 tbsp melted butter
1 cup grated raw cheddar or Monterey Jack cheese
1 bunch green onions, finely chopped, for garnish
guacamole (optional)

Guacamole

Makes 1 ½ cups

2 ripe avocados
juice of 1 lemon
2 tbsp cilantro, finely chopped (optional)
pinch of sea salt

1. Peel avocados, place in a bowl and sprinkle with lemon juice.
2. Mash avocados with a fork—do not use a food processor. Guacamole should be slightly lumpy.
3. Stir in cilantro. Guacamole should be made just before serving as it will turn dark in an hour or two.

Potato skins instructions:

1. Wash and dry potatoes, brush with butter and bake at 350 degrees for 1 -1 ½ hours until tender.
2. Split lengthwise and scoop out flesh.
3. Brush skins with butter, inside and out and bake at 350 degrees for about ½ hour or until skins become crisp.
4. Serve with cheese, cultured cream and optional garnishes.



Salmon Jerky

Sally Fallon, *Nourishing Traditions*

Makes about 2 cups

- 1 ½ lbs fresh salmon, skin removed
- ½ cup coconut aminos
- 1 tsp freshly grated ginger
- 3 cloves garlic, peeled and crushed
- 1 tsp raw honey or pinch stevia powder

1. Mix soy sauce with ginger, garlic and honey or stevia powder.
2. Cut salmon into strips, about ¾ inches by 4 inches.
3. Dip into soy sauce mixture and place on a rack, set over a cookie sheet.
4. Place in a 150-degree oven for about 24 hours or until dehydrated, or dry in a dehydrator. Store in an airtight container in the refrigerator.



Cinnamon Flax Fruit

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

1 tsp ground cinnamon

4 tbsp flax seeds

Sliced banana or apple

1. Grind the flax seeds in a coffee grinder. Add cinnamon.
2. Top fruit with flax mix.

Protein Type: Use bananas and green apples that are not fully ripe (and therefore contain less sugar).



Deviled Eggs

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*
12 servings

6 eggs, hard boiled
1 ripe avocado, diced
1 tbsp fresh lemon juice
2 tbsp plain, raw yogurt
½ tsp Dijon mustard Sea salt and pepper, to taste Paprika, to garnish

1. Cut each egg in half lengthwise and remove yolks. Place yolks in a bowl and mash with a fork. Add the avocado and lemon juice and mash together with yolks.
2. Add the yogurt and mustard. Season to taste with salt and pepper.
3. Spoon yolk mixture evenly into egg white halves. Garnish with a sprinkling of paprika.



Grilled Skewers of Apples and Spinach-Chicken Sausage (Protein Type)

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

4 spinach-chicken sausages, each cut into 4 pieces

2 large green apples, each cut into 8 pieces

1 medium onion

lime wedges, for serving

1. Cut the onion in eighths: First, cut it from the top to root into quarters; then cut each quarter in half crosswise. This makes it easy to separate the onion into individual layers.
2. Thread the sausage pieces on skewers, alternating them with pieces of apple and onion.
3. Heat the grill to high. Place the sausage skewers on the grill until the sausage browns.
4. Remove and serve with lime wedges.



Pan Toasted Cayenne Almonds and Pumpkin Seeds (Protein Type)

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

½ cup raw almonds

½ cup raw pumpkin seeds cayenne pepper, to taste

1. Heat a small cast iron skillet over medium heat. Add almonds and pumpkin seeds with a sprinkle of cayenne pepper, to taste. Stirring frequently, toast until nuts and seeds are lightly browned.

Remove from pan immediately.

2. Divide into four portions and serve.



Summertime Avocado and Crackers

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

2 avocados, cut into ½-inch pieces
2 scallions, chopped
2 small tomatoes, seeded and diced
2 tbsp fresh lime juice
1 tbsp white wine vinegar
1 tbsp extra virgin olive oil
2 tsp hot sauce
½ tsp garlic powder
½ tsp salt
¼ cup chopped fresh cilantro
36 flax crackers

1. Combine all ingredients, except cilantro, in a bowl; toss gently to combine. Cover and chill for 2 hours.
2. Preheat oven at 375°F. Combine the 3 tablespoons of olive oil, garlic, and salt. Spread bread slices in a single-layer on a baking pan, and brush evenly with the olive oil and garlic mixture. Bake for 10 minutes or until toasted; cool.
3. Top each cracker evenly with avocado mixture. Sprinkle with cilantro before serving.

Protein Type: Instead of serving avocado mixture on bread or crackers, serve over a piece of grilled chicken thigh, or add 1 cup of cooked and diced chicken thigh to avocado mixture and serve in a romaine lettuce leaf.



Super Boost Power Smoothie

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

- 4 cups almond milk
- 1 large banana
- 4 raw eggs
- 1 tbsp bee pollen
- ¼ cup almond butter
- 1 tsp spirulina or other green powder
- 2 tbsp flax seeds
- 1 cup blueberries
- 1 inch piece fresh ginger
- 2 tsp lemon juice
- 2 fluid ounces aloe vera juice
- 2 cups water

Place all ingredients into a blender. Mix until smooth.



Yogurt-Spinach Dip

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

2 cups steamed spinach
1 tbsp olive oil
1 cup chopped green onions
1 tbsp minced garlic
1 cup plain, raw yogurt
2 tbsp fresh lemon juice
1/8 tsp cayenne pepper
Sea salt and freshly ground pepper

1. Place cooked spinach in a colander; squeeze out all excess liquid.
2. In a medium skillet over medium heat, heat oil until shimmering. Add the onions and garlic. Cook, stirring often until fragrant and softened, about 2 minutes.
3. Transfer into a bowl. Add the spinach, yogurt, cheese, lemon juice, cayenne pepper and salt, to taste. Mix well and put in serving bowl.

Protein Type: Serve with celery sticks and cauliflower florets.

Carb Type: Serve with bell pepper strips and broccoli florets.

Desserts & Sweet Snacks

Carob Chips

Sally Fallon, *Nourishing Traditions*

Makes 1 cup

$\frac{3}{4}$ cup carob powder

$\frac{1}{4}$ cup Rapadura (dehydrated cane sugar)

1 cup coconut oil

1 tbsp vanilla extract

1 tsp chocolate extract

1. Place all ingredients in a glass container and set in simmering water until melted. Mix together well.
2. Spread mixture on a piece of buttered parchment paper and allow to cool in the refrigerator.
3. When hardened, remove parchment paper and cut into chips.
4. Store chips in an airtight container in the refrigerator.



Carob-Banana Delights

Sally Fallon, *Nourishing Traditions*

Serves 8

4 bananas
toothpicks
1 cup warm carob sauce (recipe below)
½ cup finely chopped crispy pecans

Carob Sauce

Makes 2 ½ cups

⅔ cup carob powder
½ cup butter
⅓ cup maple syrup
1 tbsp vanilla extract
1 tbsp chocolate extract (optional)
pinch sea salt
1 cup raw cream

Sauce instructions:

1. Place all ingredients in the top half of a double boiler. Cook gently, stirring occasionally with a wooden spoon, until well amalgamated.

Banana-Carob instructions:

1. Slice bananas and stick toothpick in each.
2. Line cookie sheet with waxed paper, place slices on it and freeze.
3. Remove from freezer. Holding toothpick, dip each slice in carob sauce and then into nuts.
4. Place again on wax paper, cover and freeze again.



Carob Dipped Strawberries

Sally Fallon, *Nourishing Traditions*

Serves 8

24 large strawberries with stems

2 ½ cups carob sauce (page 181)

1. Wash strawberries and drain on paper towels.
2. Dip each strawberry in carob sauce and place on waxed paper.
3. Chill well before serving.



Sunflower Seed Brownies

Makes about 18

4 cups hulled sunflower seeds, freshly ground
½ cup carob powder
½ cup maple syrup
½ to 1 cup chopped crispy pecans
1 tbsp vanilla extract
¾ cup filtered water

This recipe is baked very slowly to preserve all enzymes and antioxidants.

1. Use a grain mill, fitted with a stainless steel grinder to grind sunflower seeds.
2. Mix sunflower meal with carob powder, Rapadura and nuts.
3. Mix vanilla with water.
4. Pour liquid into sunflower seed mixture and blend well. Dough should be very thick.
5. Line a 9-inch by 13-inch Pyrex pan with buttered parchment paper and pat dough to a thickness of ½ inch.
6. Bake at 150 degrees for about 12 hours, turn and bake for another 12 hours.
7. Allow to cool and cut into squares. Store in an airtight container in the refrigerator.



Carob Fudge

Sally Fallon, *Nourishing Traditions*

Makes about 1 dozen small squares

1 cup softened butter, preferably raw softened
1 cup raw honey
1 cup carob powder
1 tsp vanilla extract
2 tbsp chocolate extract (optional)
½ tsp sea salt

1. Place all ingredients in food processor and process until well blended.
2. Line a large loaf pan with parchment paper and spread mixture about ½-inch thick.
3. Wrap up with parchment paper and refrigerate several hours.
4. Cut into small squares and store in an airtight container in the refrigerator.



Almond Cookies

Sally Fallon, *Nourishing Traditions*

Makes about 18

1 ½ cups crispy almonds (see recipe above)
½ cup butter, softened, or coconut oil
1 cup arrowroot
½ cup maple syrup or honey
½ tsp sea salt
grated grind of 1 lemon
1 tsp vanilla extract
1 tsp almond extract
about 18 crispy almonds

1. Place almonds in food processor and process to fine meal.
2. Add remaining ingredients, except 18 almonds, and process until well blended.
3. Form dough into walnut-sized balls and place on buttered cookie sheets. Press an almond into each.
4. Bake at 300 degrees for about 20 minutes.
5. After 5 minutes in the oven, press cookies down lightly with a fork.
6. Let cool completely before removing to an airtight container. Store in refrigerator.



Ginger Snaps

Sally Fallon, *Nourishing Traditions*

Makes about 18

1 ½ cups crispy almonds (page 161)
½ cup butter, softened, or coconut oil
1 cup arrowroot
½ cup maple syrup or honey
1tbsp water
1 ½ tsp ground ginger
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp ground cloves
½ tsp sea salt

1. Place almonds in food processor and process until finely ground.
2. Add remaining ingredients and blend well.
3. Form into walnut-sized balls and place on buttered cookie sheets.
4. Bake at 300 degrees for about 20 minutes.
5. After 5 minutes in the oven, press cookies down lightly with a fork.
6. Let cool completely before removing to an airtight container for storage. Store in refrigerator.



Macaroons

Sally Fallon, *Nourishing Traditions*

Makes 2 dozen

4 egg whites
pinch of sea salt
2 tbsp arrowroot
½ cup maple syrup
1 tbsp vanilla extract
2 cups unsweetened coconut meat, finely cut

1. Line a baking sheet with buttered parchment paper.
2. Beat egg whites with salt in a bowl until they form stiff peaks.
3. Beat the arrowroot and slowly beat in syrup and vanilla. Fold in coconut.
4. Drop by spoonfuls on parchment paper.
5. Bake at 300 degrees for about ½ hour or until lightly browned.
6. Reduce oven to 200 degrees and bake for another hour or so until macaroons are completely dry and crisp.
7. Let cool completely before removing from parchment paper. Store in airtight container.



Apple Cobbler

Sally Fallon, *Nourishing Traditions*

Serves 6

8 tart apples
juice of 1-2 lemons
grated rind of 1 lemon
1 tbsp arrowroot
2 tbsp maple syrup or honey
½ tsp cinnamon
¾ cup arrowroot
6 tbsp butter, softened
¼ cup maple syrup or honey
¼ tsp sea salt
1 tsp vanilla extract

1. Peel and core apples and cut into slices. Toss with lemon juice.
2. Mix maple syrup or honey, lemon rind, arrowroot and cinnamon together and toss with apples.
3. Place in a buttered baking or soufflé dish.
4. Place almonds in food processor and process to powder.
5. Add butter, arrowroot, maple syrup or honey vanilla and salt, and process until smooth.
6. Crumble this mixture on top of the apples.
7. Bake at 350 degrees for 1 hour.
8. Serve with homemade whipped cream (page 170).



Whipped Cream

Makes 2 cups

2 cups quality heavy cream, preferably raw

1 tsp vanilla extract

pinch of stevia

1. Beat cream in a glass bowl with a whisk or an electric beater.
2. When cream makes soft folds, beat in vanilla and stevia powder.



Almond Fool

Sally Fallon, *Nourishing Traditions*

Serves 4

2 cups crispy almonds (page 161)
2 tsp gelatin, dissolved in ½ cup warm water
¼ cup maple syrup or honey
2 tsp vanilla extract
½ cup water
2 cups whipped cream (page 170)
1 10-ounce package frozen berries
½ cup water
¼ cup maple syrup

1. Pulverize almonds in food processor. Process with maple syrup or honey, vanilla, water and gelatin mixture until smooth and fluffy.
2. Fold whipped cream into almond mixture and chill well.
3. Meanwhile, puree berries with water and maple syrup and chill in a separate bowl.
4. To serve, spoon almond mixture into serving dishes and top with a generous spoonful of berries.



Tapioca Pudding

Sally Fallon, *Nourishing Traditions*

Serves 8

1 cup medium or small pearl tapioca
4 cups whole milk
3 eggs, separated, at room temperature
½ tsp sea salt
¾ cup maple syrup or honey
grated rid of 1 lemon
pinch of sea salt

1. Soak tapioca in milk overnight in the refrigerator.
2. In a separate bowl, blend egg yolks, salt, maple syrup or honey and lemon rind.
3. Cook tapioca about 45 minutes in a double boiler over simmering water until very thick, stirring almost constantly with a whisk toward the end of thickening.
4. Add a spoonful of hot tapioca to egg yolk mixture and then add warmed egg yolk mixture to tapioca.
5. Cook about 5 minutes more over simmering water, stirring constantly.
6. Beat egg whites with sea salt until softly stiff and fold into tapioca mixture. Serve well chilled.



Nut Butter Mousse

Sally Fallon, *Nourishing Traditions*

Serves 6

2 cups nut butter

3 egg whites, at room temp

pinch sea salt

6 merengues (page 174)

1. In a clean bowl, beat egg whites with a pinch of salt until stiff peaks form.
2. Carefully fold in nut butter and chill well.
3. To serve, place merengues on individual serving places and fill with a generous spoonful of nut butter mousse. Serve with fresh fruit.



Merengues

Sally Fallon, *Nourishing Traditions*

Serves 6

6 egg whites
pinch of sea salt
3 tbsp arrowroot
¼ cup maple syrup
1 tbsp vanilla extract

Merengues are a good way to use leftover egg whites. They should cook overnight in a warm over—about 150 degrees. Be sure to use a very clean bowl to beat eggs.

1. Line a cookie sheet with buttered parchment paper.
2. Beat egg whites with salt until they form stiff peaks. Beat in arrowroot. Slowly add maple syrup and vanilla, beating constantly.
3. Place six blobs of egg white mixture on parchment paper and form a little hollow in each one.
4. Cook overnight in a warm over, about 150 degrees.
5. Let cool before removing parchment paper. Store merengues in an airtight container until ready to use.



Strawberry Delights

Sally Fallon, *Nourishing Traditions*

Serves 6

6 merengues (page 193)

6 cups fresh strawberries

2 tbsp maple syrup or honey

2 cups whipped cream (page 170)

1. Wash strawberries and remove stems. Slice lengthwise into quarters.
2. Sprinkle with maple syrup or honey and let stand for 1 hour or more.
3. Spoon strawberries into individual merengues and top with whipped cream. Serve immediately.



Banana Ice Cream

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*
Makes 1 quart

4 over-ripe bananas
2 tbsp lecithin granules (optional, but adds creamy texture)
1 ½ cups milk (or coconut milk, or nut/rice milk, or half and half)
¼ cup sugar or stevia (see packing for conversion equivalents)
1 tsp vanilla

1. In a food processor liquefy the bananas and the lecithin granules. While processor is still running add the remaining ingredients. Or, in an Omega juicer homogenize the bananas and mix with the remaining ingredients.
2. Depending on the size of the bananas, this will make up to 4 cups liquid. Add more milk if necessary to make one-quart of liquid. Pour the mixture into baking sheets or ice-cube trays and freeze until solid.
3. If using baking sheets, cut the frozen mixture into strips, if using ice-cube trays just pop out the cubes. Place frozen pieces back into juicer or food processor and blend until homogenized. Serve immediately.

Note: Ice cream will be thicker and creamier if the juicer body, cutter, blank, and bowl are chilled in the refrigerator 30 minutes before using.

Variations:

Chocolate-Banana: Add ½ cup cocoa or carob powder and an additional tsp of vanilla to the above recipe.

Tropical: (Carb Type) Use 2 over-ripe bananas, ½ cup strawberries, ½ cup finely cut pineapple, 1 ½ cups milk, 2 tbsp lecithin granules (optional), and ½ cup sugar.

Coconut: (Protein Type) Use 2 eggs, 3 tablespoons lecithin granules, 3 cups coconut milk, ⅓ cup sugar, and 1 tsp vanilla.



Flourless Honey Almond Cookies

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

Makes one dozen cookies

- 2 large egg whites
- 1 pinch cream of tartar
- 2 tbsp honey
- ½ tsp vanilla
- 1 pinch salt
- 1 cup almonds, ground

1. Preheat oven to 250°F. If not using a nonstick sheet, then lightly butter a regular cookie sheet.
2. Beat egg whites and the cream of tartar until stiff peaks form, and then gradually beat in honey, vanilla, and lemon zest.
3. Gently fold in ground almonds.
4. Drop 1 tablespoon of batter at a time onto prepared baking sheet, spacing about 2 inches apart. Bake for about 30 minutes. These cookies are soft right out of the oven but harden as they cool.

Protein Type: Option to add 1 cup chopped walnuts.

Carb Type: Serve with fresh berries or peach slices.



Lemon Coconut Pudding

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

6 servings

2 cups coconut
½ tsp lemon extract
1 tsp vanilla
½ tsp almond extract
1 ½ tbsp lemon juice
2 drops stevia
½ tsp honey, to balance
1 pinch sea salt
1 cup water, in increments
1 cup ice cubes

1. In a high-speed blender, blend all ingredients, except ice, until smooth. Taste and adjust sweet balance. Add the ice and blend again until cool and creamy. Serve in small ramekin dishes.
2. Garnish with lemon zest.



Yam “Chips” with Cinnamon and Nutmeg

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

2 large yams, sliced ¼ -inch thick

olive oil, to drizzle

1 tbsp ground cinnamon

1 tsp grated nutmeg

Honey, to drizzle

1. Preheat oven to 450°F.
2. Place sliced yams in a rectangular glass dish. Drizzle lightly with olive oil. Sprinkle with cinnamon and nutmeg. Drizzle with honey. Place in oven for 20 minutes.
3. Allow to cool slightly before serving.



Yogurt with Vanilla, Cinnamon, Nutmeg, and Flax Seeds

Dr. Joseph Mercola, *Healthy Recipes for Your Nutritional Type*

4 servings

4 cups plain, raw yogurt
1 ½ tbsp vanilla extract
1 ½ tbsp cinnamon
2 tsp nutmeg
1 tbsp maple syrup
2 tbsp ground flax seeds

1. Mix all ingredients in a medium mixing bowl. Divide into 4 serving bowls. Serve immediately.

Carb Type: Add fresh berries.