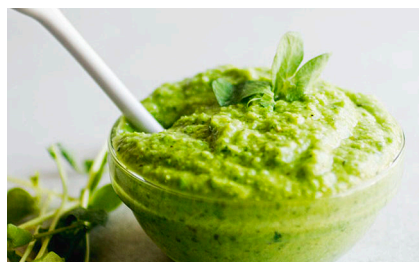


## Recipes

### Cooking methods:

1. **Healthy sauté:** instead of using oil to cook in pan, try using a stock or broth either vegetable, chicken or beef. If no stock is available using a little filtered water add onions, garlic, (optional: salt, pepper, spices) or fresh tomato puree. Once the broth begins to steam add in your vegetables or protein cover and cook for the time assigned. Depending on what you are cooking, you may want to uncover it and let the excess liquid evaporate.
2. **Blended:** for sauces, smoothies or soups. You can roast or steam vegetables then blend to a puree for a soup.
3. **Roasted:** You can use healthy oils and spices.
4. **Baked or Raw**

### Sauces/Dressings/Salsas:



#### Creamy Pesto Sauce

##### *What you'll need:*

2-3 cups of your choice of any greens:  
kale, spinach, mixed greens, arugula  
2 tablespoons of Pesto (*look for pesto made with olive oils, try to avoid canola or vegetable oils*)  
½ cup to start of Liquid (broth or water)

##### *Optional:*

Sea Salt and Pepper to taste  
¼ of small avocado  
½ cup cilantro

Add all ingredients into a blender. Consistency should be creamy like a pasta sauce. Adjust consistency by adding in the liquid a little at a time. If you prefer less or more pesto, adjust to your taste. Sauce will keep in refrigerator in a air tight container for about 1 week. Store in the freezer by pouring sauce into ice cube tray or freezer storage containers and keep for 6 months.

**TIP!** *This sauce is great for as a pasta sauce, veggie dip, salad dressing, or as a sandwich spread.*

**6 tablespoons serving size:** (*based on water as liquid, levels may vary if using broth*)  
70 calories, 5g total fat, 107mg sodium, 5g carbohydrates, 1g fiber, 0g sugars, 2g protein

**Health benefits of Cilantro:** Anti-diabetic, anti-inflammatory, lowers cholesterol

**Health benefits of Avocado:** May help lower cholesterol, good source of monounsaturated fatty acids, potassium, vitamin E, B and fiber. ½ avocado provides 160 calories, 2g protein, 14.7g fat, 8.5 carbs, 6.7g fiber and 485 mg potassium.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=70>

Murray, Michael T, Joseph E Pizzorno, and Lara Pizzorno. *The Encyclopedia Of Healing Foods*. New York: Atria Books, 2005. Print.

## Avocado salad dressing or dip

½ to 1 ripe avocado  
1 tbsp. extra virgin olive oil  
1 clove garlic  
Fresh lime juice: 1 lime  
Salt and pepper to taste  
Water ¼ - ½ cup  
Optional: ¼ cup Cilantro



Mix all ingredients in blender until smooth.  
Add water to get creamy consistency.  
Will keep in fridge for about a week.

**TIP!** Add to salads, eggs, veggie dip or as a sandwich spread!

### **1oz. serving size (2 tablespoons) provides:**

38 calories, 4g total fat, 2mg sodium, 2g carbohydrates, 1g fiber, 0g sugars

### **6 tablespoons serving size:**

135 calories, 13g total fat, 6mg sodium, 6g carbohydrates, 3g fiber, 0g sugars, 1g protein

.....



## Mango Salsa

3 ripe mangos, cut into bite size squares  
1 cup red bell pepper or 4 small sweet peppers (red, orange, yellow)  
½ cup red onion, chopped  
¼ to ½ cup cilantro leaves, chopped  
Lime juice of 1 large lime or 2 small limes  
Optional: sea Salt to taste, jalapeño or cayenne pepper or ground ginger

In a serving bowl, combine the prepared mango, bell pepper, onion, and cilantro. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.

**TIP!** Works well when served with fish, grains, or as a snack.

### **1oz. serving size (2 tablespoons) provides:**

15 calories, 0g total fat, 1mg sodium, 4g carbohydrates, 0g fiber, 3g sugars, 0g protein

### **6 tablespoons serving size:**

55 calories, 0g total fat, 3mg sodium, 14g carbohydrates, 2g fiber, 11g sugars, 1g protein

**Health benefits of Mango:** Great source of vitamins A, B, C, E and contains a high water content of 82% and high in fiber, rich in iron. Good source of copper, potassium and antioxidants. Lowers cholesterol and heart healthy. Diabetics can enjoy half a cup, twice a week. There are 15g carbs in ½ cup of cubed mango

<http://www.mayoclinic.org/diseases-conditions/diabetes/expert-answers/diabetes/faq-20057835>

**Health benefits of Bell Peppers:** High in vitamin C. Vitamin K that help prevent blood clotting, aid in lowering cholesterol. High in Vitamin B6 and folic acid.

They are in the nightshade family, if you have arthritis consuming nightshade family vegetables may aggravate symptoms. (Other nightshade vegetables are eggplant, tomatoes and potatoes). Concerns: it is a high oxalate food if you have kidney stones, avoid over consuming.

Murray, Michael T, Joseph E Pizzorno, and Lara Pizzorno. *The Encyclopedia Of Healing Foods*. New York: Atria Books, 2005. Print.

### **Peruvian Pico de Gallo**

4-5 tomatoes, chopped

½ large red onion, chopped

Juice of 2 limes

1-2 bunches of cilantro

Sea salt and pepper to taste

Optional: 1 tsp of minced garlic, and for spicy heat try serrano chilies or cayenne pepper

In a serving bowl, combine all prepared ingredients. For best flavor let it rest in the refrigerator for 10 minutes.

**TIP!** This salsa keeps in refrigerator for about a week and can be added to almost anything from soups to beans, or add tuna, salmon or sardines for a protein meal.

**Health benefits of Tomato:** Heart health, prostate health, bone health, anti-cancer  
.....



### **Veggie Egg Baked in Muffin Pan**

Preheat oven to 350 degrees.

In a large bowl whisk eggs, add in chopped onions (optional).

Pour egg mixture into muffin holes.

Add into each muffin hole your choice of ingredients:

*Vegetables:* mushrooms, bell peppers, sweet peppers or greens like kale, collard greens, cilantro or spinach.

Try adding protein like turkey or chicken.

Optional: salt and pepper to your taste, grated cheese

Bake for 10-15 min. depending on oven

**PLAN AHEAD!** *Store in freezer ahead of time, healthy & ready to eat.*

### **Other breakfast or snack ideas:**

Add egg muffin to a salad or serve as a side to rice and beans

Sardines with salsa over salad or with a slice of low carb bread, or crackers

Avocado stuffed with tuna salad, chicken salad

Beans slow cooked in broth over a bowl of quinoa



## Zucchini "Pasta"

Cut zucchini into thin, noodle-like strips, or you can use a grater, peeler, spiralizer or mandoline.

Add your choice of sauce.

Try the creamy pesto sauce.

Add in a fish for a refreshing summer salad.

**Health benefits of Zucchini:** Anti-oxidant, anti-inflammatory, high in fiber, rich in vitamin B, helps with blood sugar regulation, prostate health



.....



### **Cauliflower Rice**

Add onion and sauté approximately 10 minutes or until soft. If adding other diced vegetables, add with the onions. Grate cauliflower with a hand grater or in a food processor. Until the cauliflower is small and has the texture of rice. Place into bowl. After onions and vegetables are done, add in the cauliflower and cook for 5 minutes. Tossing occasionally. Do not

overcook as nutrients will reduce.

Optional: Add turmeric for a lovely golden color and for extra anti-inflammatory boost.

**Health benefits of Cauliflower:** Vitamin C, anti-oxidant, anti-inflammatory, heart health, digestion support

.....



### **Cabbage-healthy sautéed**

Slice cabbage (red or green) into long ribbons like for cole slaw.

Do not cook with oil, as it will just make the cabbage oily and limp.

In a sauce pan, add ¼ cup broth or water, chopped onions, bell peppers, minced garlic. After 2 mins, add in cabbage and cook for 5 minutes.

Do not over cook, as nutrients will be lost.

**Health benefits of Cabbage:** Diabetic friendly food, high fiber, heart health, rich in Vitamins C, K, B6

.....

