

# 30+ Surefire Recipes & Tips to Beat the Blood Sugar Blues



*Learn how to get cooking with easy recipes and foods your body will love to crush cravings, control blood sugars & get off the dieting merry-go-round for good...*

**Janet Sanders, C.H.C**

# 30<sup>+</sup> Surefire Recipes & Tips to Beat the Blood Sugar Blues

**CAUTIONARY NOTE:** Blood Sugar Central programs and the 30+ SureFire Recipes & Tips to Beat the Blood Sugar Blues guide is designed to promote awareness about blood sugar and diabetes control and to provide information, tools and techniques that will enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s). **Always seek the advice of a physician before beginning any diet, exercise, or nutritional program.** Diabetes and pre-diabetes are serious medical conditions. It is important that program participants do not reduce, change or discontinue any medication or treatment without consulting their physician.

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# INTRODUCTION

## Overview of Coach N' Cook Recipes

If the word “cooking” conjures up pulling out a recipe, scrambling to get the “correct” ingredients, and hours spent preparing foods from scratch you are among the millions who would rather dine out or get “take out” any day.

Cooking real food for yourself and your loved ones is a gift that will transform your health and is the true foundation of blood sugar health. So if you find yourself constantly craving foods that don't serve your well-being, but you “hate to cook”, Coach n' Cook free form recipes are for you.

### **First, let's talk about recipes.**

I am the first to admit that I am a big fan of recipe books. I have over 100 in my collection, and I love reading them and exploring new ideas. So it might surprise you if I said that when it comes to day-to-day cooking, I very rarely use a recipe for anything other than inspiration for a dish based on what is in my refrigerator, freezer and pantry.

For years I have been cooking using what I call a “Free Form Recipe” approach. Today, this approach is trending, and some cooks call this style of cooking improvisational cooking or recipe-less cooking. It is a fluid type of food preparation that will enable you to prepare satisfying and delicious meals more spontaneously with what you have on hand.

The common denominator for this type of food preparation is the idea that recipes are guides based upon a “formula” for a particular type of food. Once you know the basic formula underlying a recipe you can swap out ingredients and change amounts based on what is available as well as your own tastes and preferences.

I call my cooking instructions **Coach N' Cook™** recipes because they have both a coaching component where I explain the ingredients and basic formula for a preparing a dish (along with preparation techniques), and then I set forth a basic free-form recipe with some suggestions for swapping out ingredients. The key is to understand basic techniques and how recipes work, and then the possibilities are endless. The essential recipes are simple and require only a few ingredients. You can embellish and add from there based on your taste and creativity.

### **How I chose the Recipes and food ideas for this e-book**

In order to eat well every day, I have a number of “go to” basics that I can either use on their own or change up for variety. Understanding what to avoid eating is the first step. Next you need know how to make substitutions that taste good and are satisfying.

It is important as you begin live a low sugar lifestyle that you have some easy to make foods that support your efforts. This collection of recipe ideas will provide you with the basics to get you started.

# Working with the Recipes

**Measurements:** Some of the free form recipes include basic measurements so that you have an idea where to start and some do not. Either way, it is more than OK to vary the amount based on taste and how many people you are preparing food for. (The one exception is baking, where measurements generally should be followed for optimum results) If you are not sure how much of an ingredient or seasoning to add, the best technique is to add a little at a time. A little common sense comes in handy here. I very often do a taste test as I go along. ***But NOT, if I am preparing certain raw food.*** So, I might taste a spoonful of mashed sweet potatoes to see if I have added enough cinnamon, and I might taste a marinade **BEFORE** pouring over raw chicken. Don't taste ingredients once they are poured onto raw poultry or meat until it has been cooked thoroughly. Then, before serving you can taste to see if anything extra is needed.

**Ingredients:** It is always OK to swap out ingredients. (Baking is usually an exception, ***unless*** the recipe provides alternative ingredients) For example if you are making a stir fry that calls for string beans and you don't have any, use broccoli, it will be fine. If you find a great smoothie recipe that includes peanut butter and you only have almond butter on hand, use that instead. Don't want to thicken your smoothie with sugar laden bananas? I have a smoothie for breakfast every day, and I haven't had a banana in years. If I find a recipe with banana that looks good, I substitute ice and or chia for the thickener and stevia for sweetness. Have a great French Toast recipe? Swap out the grain-based flour bread and use a Paleo or sprouted grain bread instead.

**Use spices and extracts to add zip to your food.** Coriander, nutmeg, ginger, cardamom, natural vanilla and cinnamon are all spices that can make a dish taste sweeter and help satisfy your sweet tooth without adding any sugar. Almond, mint, maple, coconut, and lemon extracts can be used to add flavor to everything from oatmeal to yogurt and sweet potato dishes.

**Cooking "from Scratch":** With so many options available today ranging from salad bars to fancy in store deli's and other pre-made foods, cooking a delicious and healthy meal doesn't necessarily mean that every ingredient has be made from scratch. Roasted chicken is a great example. Many stores offer prepared free range roasted chicken that can be used in a variety of ways. For example I often shred the meat from the breasts to make Chinese Chicken salad. Then I use the bones and dark meat to make a hearty chicken soup. Or you can save time chopping and cutting by buying pre-cut vegetables and salad greens. Canned goods are also a great way to get a meal together quickly. Amy's makes a good chili that becomes delicious when you add your own seasonings, sautéed onions and carrots. Feel like some meat? Add grass-fed lean ground beef. The possibilities are endless.

**Using detailed recipes:** There are going to be times when you want a specific recipe. (such as for entertaining or baking). For these occasions, I definitely recommend having a few cookbooks on hand, or if you prefer you can go on-line to the hundreds of available cooking sites. I will also be building a library of resources in our membership community.

# THE RECIPES



## Lemon/Lime Spritzer

Sometimes you just want a sparkling drink with a hint of sweetness. Instead of reaching for a diet soda, try this refreshing twist on the popular sodas 7-Up and Sprite. (For variety, you can experiment with other fruits such as Oranges or Strawberries, and different flavors of Liquid Stevia as well)

### **Ingredients:**

8 ounces sparkling water

2-3 slices of lemon and/or lime

2-3 drops Liquid Stevia (Sweet Leaf Brand- Plain or Lemon Drop)

Ice cubes (as desired)

### **Directions:**

- ❖ Pour the sparkling water into a glass
- ❖ Slice the lemon/lime and squeeze some of the juice into the sparkling water, then add the lemon/lime into the sparkling water
- ❖ Add 2-3 drops of the Stevia to the sparkling water.
- ❖ Add ice cubes and enjoy!



## Sweet Vegetable Broth or Tea

Bone broth from chicken and beef bones is becoming very popular. Another type of broth that most people don't think about is an all natural broth brewed from vegetables. Sometimes this is also referred to as Sweet Vegetable Tea.

For a relaxing, energizing broth or tea that also quiets sugar cravings, try the following:

- ❖ Bring 3 cups water to a boil, then lower heat and add ¼ cup onions, ¼ cup carrots, ¼ cup cabbage, and ¼ cup either parsnips or butternut squash.
- ❖ The vegetables should be cut in chunks or small pieces.
- ❖ Simmer covered for 15-20 minutes. Strain the tea and enjoy.

If desired, you can add 1or 2 drops of Braggs Liquid Aminos to taste.

Note, the cabbage can be either green or red.  
If red is used, the tea will have a deep purple color  
as shown in the picture.



# Low Sugar Power Smoothies

The key ingredients for a delicious and healthy smoothie are:

**Liquid + Protein/Fiber + Fruits and/or Vegetables + Thickener + .Other Flavorings/Nutrients**

You can add extras for different tastes, health benefits, and textures. If you are using ice as a thickener, make sure you have a blender with enough power to crush the ice so that the ice doesn't remain in chunks and you get a nice smooth drink.

There is no right or wrong way to make a smoothie. With one caveat, avoid ingredients high in sugar and/or fructose. If you want to fight cravings and are concerned about blood sugar control, stick with low glycemic fruits such as berries, and go easy on the bananas. Also, always try to add some protein or fiber.

Below are some options and ideas for combining ingredients to make a perfect smoothie.

## LIQUID:

Water  
Low Fat Milk  
Almond Milk-Unsweetened  
Soy Milk  
Rice Milk  
Fruit Juice  
Vegetable Juice

## THICKENER:

Ice  
Frozen Berries (Acai, Blueberries, or Strawberries)  
Frozen Banana (small portion, not overly ripe)  
Yogurt (unsweetened)  
Silken Tofu

## PROTEIN/FIBER

Protein Powder (such as Whey)  
Silken Tofu  
Yogurt (unsweetened)  
Wheat Germ  
Ground Flax Seed  
Spirulina  
Brewer Yeast  
Chia Seeds (ground or whole)  
Almond Butter

## FRUIT/VEGETABLES:

Frozen Acai Berry Puree  
Blueberries  
Strawberries  
Raspberries  
Peaches  
Apple  
Slightly Ripe Banana  
Apples  
Carrots  
Kale  
Spinach  
Avocado



## SWEETENERS:

Stevia (powder or liquid)  
*Try different liquid stevia flavors....*  
Truvia  
Agave Syrup  
(Or other Sweetener of choice depending on your health)

## OTHER:

Greens Powder  
Acai Powder  
Goji Berry Powder  
Cacao Powder  
Cinnamon  
Vanilla  
Cacao Nibs  
Lecithin  
Dark Chocolate

## ***Super Berry Smoothie:***

### **Ingredients:**

- ½ - 1 cup unsweetened Vanilla Almond Milk (depending on thickness\*)
- 1-2 scoops of Vanilla Protein Powder ( Plant Based or Whey Protein Powder)
- 2 teaspoons of almond butter
- ½ cup frozen blueberries (I like to use frozen wild blueberries)
- 1 packet frozen Acai Berry Puree
- ½ tsp cinnamon
- 1 1/2 tablespoons ground flax seed (optional)
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)

### **Directions:**

- ❖ Pour the Almond Milk into a blender.
- ❖ Add the remaining ingredients
- ❖ Mix the ingredients in the blender until smooth.
- ❖ Pour into a glass and enjoy!

## ***Choco-Green Smoothie:***

### **Ingredients:**

- ½ -1 cup low fat milk or unsweetened Chocolate Almond Milk
- 1-2 scoops of Chocolate Protein Powder (Plant Based or Whey Protein Powder)
- 2 teaspoons of almond butter
- 1 Scoop chocolate flavored Greens Powder
- 1 tbsp. raw Cacao powder
- 1 packet frozen Acai Berry Puree
- 1 tbsp. Goji Powder (optional)
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)
- Sweetener (Try Stevia (powdered or liquid, Truvia or NuNaturals)



#### **OPTIONAL:**

Add a small amount of frozen blueberries for extra sweetness and antioxidants

Try adding a small amount of avocado for extra creaminess, additional fiber, and healthy monounsaturated fat.

### **Directions:**

- ❖ Pour the milk into a blender.
- ❖ Add the remaining ingredients
- ❖ Mix the ingredients in the blender until smooth.

### **TIPS**

- ❖ \*If you like your smoothie thinner, use more Almond Milk
- ❖ \*If you like a thicker smoothie, use less liquid and/or add ½ cup Greek yogurt
- ❖ If you like your smoothie to have a sweeter taste, add a small amount of sweetener of choice

### **Tips for Selecting Whey Protein Powder**

Whey is a dairy protein that is a by-product of the cheese making process. In its raw state, whey contains substantial amounts of fat and lactose.

Whey Protein Powder is filtered and processed: to remove most of the lactose and fat.

There are two types of Whey protein products: Whey protein isolate and concentrate. The main difference is that the isolate is more pure. In other words, isolate contains more protein with less fat and lactose per serving.

When picking a Whey Protein Powder look for a product that:

- Is free of bovine growth hormones
- Has a good taste
- Mixes easily
- Contains no artificial chemical sweeteners
- Contains no refined carbohydrates such as fructose, sucrose or brown rice syrup



# Yogurt Pudding Parfait

The recipe below is great for a quick breakfast, as a snack, or you can serve it as an elegant dessert.

## Basic Yogurt Parfait Formula:

**[Yogurt + Protein Powder + Sweetener of Choice + Flavoring of Choice] + Layered Fruit + Garnish/Crunch**



## Ingredients:

- ❖ Plain Yogurt: One cup of yogurt will yield 2 small parfaits. I suggest using Greek Yogurt.
- ❖ Sweetener of Choice: The amount varies depending on how sweet you want the result to be. Suggested options: Vanilla Sugar Free Syrup by DaVinci or Torani. Walden Farms Sugar Free Maple Syrup, Coconut Nectar, Liquid or powdered Stevia.
- ❖ Protein Powder: Give the yogurt a pudding consistency, and adds more protein. If you use PGX Satisfast Whey Powder, you will add fiber as well, which is good for curbing appetite.
- ❖ Flavoring(s): In this recipe I use cinnamon to flavor the yogurt. I like to add cinnamon because it adds to the overall sweetness in the taste of the yogurt and it also helps to regulate blood sugars. For a whole different feel, you could add some raw cacao or other cocoa powder. But remember that cocoa is more bitter so when you add cocoa you usually need to add a little more sweetener. You could also use a flavored Stevia such as Vanilla or Chocolate Raspberry.
- ❖ Fruit: I generally use fresh or frozen blueberries and/or cut up strawberries: You need about a cup of fruit for 2 parfaits. You can really use any fruit, but my suggestion for the optimum health benefit is to use low glycemic fruits such as berries, kiwi, peaches and avoid high glycemic fruits such as melons, grapes and ripe bananas.
- ❖ "Crunch": Below is a "crunch" I make using Ezekial 4:9 Almond Sprouted Whole Grain Cereal. It is very easy to make and adds a healthy crunch to the parfait. If desired, in place of crunch you can substitute roasted or raw nuts walnuts or pecans or a very low sugar granola.

## How to Make the Parfait:

- ❖ Prepare the Crunch: Heat up a heavy skillet, and add 1/4 to 1/2 box of Ezekial 4:9 Almond Sprouted Whole Grain Cereal skillet. Sprinkle some cinnamon over the cereal, and add small amount of sweetener of choice over the cereal. Then mix the cinnamon and sweetener into the cereal, stirring it for about 5 minutes over low heat to to slightly roast the cereal mixture. Remove from heat, and put in bowl to cool. Depending on the sweetener used, the mixture may stick together when it cools down-use a fork to gently break it apart.
- ❖ Prepare the Yogurt & Fruit: Place the yogurt in a bowl and add the Protein Powder. Then add a small amount of sweetener and cinnamon. Mix the sweetener and cinnamon into the yogurt. Taste, and add more sweetener and cinnamon if needed. Wash & rinse the fruit. Cut the strawberries into small pieces.
- ❖ Assemble the Parfaits: Place a tablespoon of the crunch in the bottom of the glasses or parfait glasses. Next, place approximately 1/4 cup of the yogurt on top of the crunch. Top with 1/4 cup of the sliced strawberries. Repeat the layers. Optional: Top with shaved dark chocolate.

# Organic Egg-Veggie Scramble

## Ingredients:

- 2 organic, cage free eggs or egg whites
- 1 tablespoon olive oil
- 2 tablespoons onion, chopped
- 1/4 cup mushrooms, sliced
- 1/4 to 1/2 cup spinach
- 1-2 tablespoons fresh chopped or dried chives
- Sea salt & pepper to taste

## Directions:

- ❖ In a bowl, whisk eggs for 15 seconds (don't over-beat)
- ❖ Heat oil over medium heat.
- ❖ Add onions, cook for several minutes, making sure not to burn.
- ❖ Add mushrooms and spinach and cook for another minute.
- ❖ Stir in eggs and continue to stir in pan, scrambling all ingredients together until desired doneness.
- ❖ Add a little more olive oil during cooking if needed.
- ❖ Salt & pepper to taste and sprinkle on chives.



*Note: Get creative and use fresh veggie ingredients on hand.*

# Easy Tofu Scramble

Make this your own by adding any veggies you like. This is a basic go-to recipe.

## Ingredients:

- 1 block tofu, drained and pressed chopped into bite-size pieces
- 1/2 small onion, diced
- 1 clove minced garlic or 1/2 teaspoon of garlic powder
- 1/2 green, red or yellow bell pepper, diced
- 2 tablespoons olive oil
- 1 tablespoon soy sauce (optional-go for organic, gluten-free, low-sodium options like Tamari)
- 2 teaspoons nutritional yeast (optional)
- 1/2 teaspoon turmeric (optional)
- sea salt and pepper to taste
- Optional: 2 sprouted grain tortillas
- 2 tablespoons salsa - go for natural, no added sugar (optional, for topping tortilla)
- 2 tablespoons shredded dairy or vegan cheese (optional, for topping tortilla)

## To Prepare:

Slice the tofu into one-inch cubes. Using either your hands or a fork, crumble it slightly.

## Directions:

- ❖ Heat oil and sauté onion, & pepper
- ❖ Add crumbled tofu stirring for 3-5 minutes, stirring often.
- ❖ Add remaining ingredients, reduce heat to medium and allow to cook 4-7 more minutes, stirring frequently and add more oil if needed.
- ❖ Season with salt and pepper to taste.
- ❖ Divide the mixture onto two plates (or wrap in warmed tortilla).
- ❖ Top with salsa and cheese if adding.

# Egg Muffins



**Basic Preparation: Saute vegetables of choice + Whisk eggs with any desired spices + Pour all ingredients into Muffin containers+[Add grated cheese or protein such as ham/bacon if desired]**

## ***Ingredients:***

12 eggs  
1 cup red pepper, chopped  
1 cup mushrooms, sliced  
4 cups spinach (chopped into small pieces, or use baby leaf spinach) [feel free to substitute chopped broccoli or if you are not a fan of spinach]  
½ tsp garlic powder  
2 dashes pepper  
½ tsp turmeric

\*if you want muffins to be a little heartier, add some chopped ham/bacon or some grated cheese. These egg muffins are so versatile, change them up to add your favorite vegetables, cheese and/or protein.

## ***Directions:***

- ❖ Preheat oven to 350F. Place 12 muffin cups in muffin tin [Note: You can lightly grease or spray a NON-STICK muffin tray with a light coating of non-stick oil spray, or line each cup with paper liners. If you're going to line them, be sure to get good quality non-stick liners --the same texture as parchment or baking paper].
- ❖ Sauté pepper and mushrooms for about 3 minutes until crisp-tender. Add spinach and cook until wilted.
- ❖ Whisk eggs and spices together until blended
- ❖ Combine egg mixture with sautéed vegetables and then pour into 12 muffin cups. It's ok if they only fill half-way because these will expand in the oven.
- ❖ Place in oven and bake about 15-20 minutes, (or until eggs have set). Enjoy!

## Sprouted Grain English Muffins with Ricotta Spread:



Combine the following ingredients and spread on ½ of a toasted, sprouted grain English Muffin.

1 TBSP Almond Butter blended with ¼ cup part skim ricotta cheese and sweetened with sweetener of your choice. (add some vanilla whey protein powder. Cinnamon, or ground flax seed to the ricotta mix for extra flavor and nutrients).

For quick grab and go breakfasts, try the combos below on 1 slice of either a sprouted grain English Muffin or a piece of sprouted grain bread. (toasted). Two good sources for Sprouted Grain breads are: Food for Life's Ezekiel 4:9 and Alvarado Street Bakery's Sprouted Sourdough.

- ❖ Poached salmon with cucumbers (pour a little rice vinegar on the cucumbers for flavor)
- ❖ Hummus, avocado, red onion and tomato
- ❖ Tempeh or Turkey Bacon with lettuce and tomato
- ❖ Egg salad with micro greens (or any kind of lettuce of your choice)
- ❖ Smoked salmon, low fat veggie cream cheese, onion and tomato
- ❖ Egg cooked over easy with slice of Canadian Bacon or low fat cheese

# Oatmeal:



The best choice for oatmeal is either steel cut or rolled oats. Steel-Cut Oats are whole grain groats (the inner portion of the oat kernel) which have been cut into two or three pieces using steel discs. Rolled oats are flake oats that have been steamed, rolled, re-steamed and toasted. Steel-Cut oats are high in B-Vitamins, calcium, protein and fiber while low in salt and unsaturated fat. One cup of Steel-Cut oatmeal contains more fiber than a bran muffin and twice as much fiber as Cream of Wheat.

Here are some ways to prepare steel cut oats.

- ❖ **Basic Preparation:** Sprinkle one cup of steel cut oats into four cups of boiling water (for lesser amount you can use ½ cup of oatmeal to 2 ¼ cups of water). Stir the oatmeal until the porridge begins to thicken, then reduce the heat to a low flame, cover and simmer for approximately 30 minutes, stirring occasionally. For extra creaminess, add some unsweetened vanilla almond milk at the end of cooking. Take care that oatmeal does not “boil over” during cooking. Ways to avoid this are to: 1) angle the top so that a small amount of steam escapes 2) cook in a pot with vents on the side. Also using a flame tamer under the pot helps to even the flame and avoid burning and sticking
- ❖ **Quick Soak Method:** One of the quickest and easiest ways to prepare McCann's Steel Cut Oats is to soak the oats overnight. Before going to bed, boil four cups of water in a pot, add one cup of oatmeal. Stir until all the liquid has been absorbed. Turn off the heat, cover the pot and leave overnight. The next morning, bring oats to a brisk boil and cook until they are just tender and serve.
- ❖ **Slow Cooker Method:** Combine 1 cup steel cut oats with 4 cups water in a small round slow cooker. Cover and cook on low for 8-9 hours, or overnight until tender. Stir well when done and serve. To dress up oatmeal add any of the items below to the oatmeal at the end of cooking.

**Turn your breakfast oatmeal into a power breakfast** by adding one or more of the following to the oatmeal after cooking: ground flax seeds, whey powder, wheat germ, blueberries, chopped nuts (walnuts, almonds, pecans), cinnamon, roasted yams or squash.

## A Few More Breakfast Ideas

Everyone's biochemistry is different, and so there is no definitive answer to the question, What should I eat for breakfast?. Having said the best breakfast foods are those that do not cause huge blood sugar spikes, set the stage for balanced blood sugars the rest of the day, and leave you feeling satisfied. As a rule of thumb, the more nutritionally dense the foods are the better you will feel.

- ❖ Breakfast Quinoa Porridge: Cook the quinoa following the regular preparation directions. To prepare a serving of cereal, place a cup of the cooked quinoa in a saucepan. Add a splash of milk, coconut milk or other nut milk to the cooked quinoa and heat through stirring to make the mixture slightly creamy. Add one or more of the following for variety and added health benefits: cinnamon, ground flax seeds, whey powder, wheat germ, blueberries, roasted yams or squash, chopped nuts (walnuts, almonds, or pecans).
- ❖ Eggs or tofu scrambled with vegetables of choice. (TIP: keep some sautéed onions in the fridge. Heat them in the a.m., and toss them into scrambled eggs. For added flavor add chopped peppers, broccoli, or sun-dried tomatoes)
- ❖ Hard boiled deviled eggs (if desired, substitute hummus for mashed egg yolk)
- ❖ Crust free mini quiche (with vegetables and cheese of choice)
- ❖ Yogurt with protein powder, berries and chopped nuts
- ❖ Almond butter/ricotta spread ½ sprouted whole grain English Muffin or piece of Paleo bread. To make the spread, combine 1 TBSP Almond Butter with ¼ cup part skim ricotta cheese and sweeten with sugar alternative of your choice. (add some protein powder or ground flax seed for extra nutrients)
- ❖ Turkey breast rollup with low fat cheese, avocado and sprouts
- ❖ Non-Grain-Based French Toast or pancakes with Blueberries, or Easy Blueberry Syrup
- ❖ Smoked salmon, low fat veggie cream cheese, onion and tomato on non-grain bread or sprouted whole grain bread
- ❖ Poached salmon with cucumber salad
- ❖ Hummus, avocado, red onion and tomato on non-grain based bread or sprouted whole grain English Muffin
- ❖ Stir fry with roast chicken and vegetables
- ❖ Tempeh or Turkey Bacon with eggs of choice and side salad
- ❖ Miso soup or other vegetable soup (with some form of protein)





## Roasted Sweet Potatoes

Roasting sweet potatoes could not be easier. I usually roast up a batch on a Sunday and use them in a variety of recipes throughout the week. When I have leftovers, I put them in a blender with some chicken broth and a little almond milk for a delicious creamy soup.

**Basic Preparation: Cut Potatoes in Desired Shape & Size + Coat with Oil & Seasonings + Roast+[Add garnishes, if desired, such as toasted pecans]**

### “Cubed” Roasted Sweet Potatoes.

- ❖ **Prepare:** You can leave the skins on for added taste & nutrients or peel the potatoes, try it both ways and see which you prefer. If you are leaving the skins on, scrub the potatoes well with a vegetable brush, and then dry them with a paper towel before slicing them. If you are peeling them, you should wash them first.
- ❖ **Cut:** On a cutting board, cut off and discard the ends of the potatoes. Then slice into rounds. (How thick depends on how big you want your cubes) I usually keep them about ½ inch in thickness. Then slice the round lengthwise & across to make the “cubes”.
- ❖ **Coat with Oil & Balsamic Vinegar:** Next, place the cubes into a bowl and drizzle with olive oil. (approximately 1 tablespoon). Don't drown them in oil. They should look glossy, but they shouldn't be sitting in a pool of olive oil. ***Optionally, if you want to bring out the sweetness of the potatoes, you can also drizzle a very small amount of Balsamic Vinegar over the potatoes right after you coat with olive oil.***
- ❖ **Add Seasonings & Mix:** Season with a **pinch** of good quality sea salt and some pepper or with your favorite seasoning mix. ( I usually use a seasoning blend that contains a variety of herbs & spices.)Combine all the ingredients and make sure all of the potato cubes are well coated.
- ❖ **Roast:** Preheat the oven to 400°. (Some chefs roast at a little higher temperature, 425°. Try, both ways to see what works best for you.) Place the sweet potato cubes onto the baking sheet in a single layer. You can put a piece of parchment paper on the baking sheet, which makes cleanup easier. You can also use a pyrex dish, but the higher the side of the dish, the more the potatoes will “steam” instead of roasting. Also, don't overcrowd the potatoes, as that will also cause them to steam and become more mushy on the outside. Bake for 30-45 minutes, turning every 10 minutes with spatula so that potatoes brown, but do not burn. Serve warm.

***Janet's Sweet Potato Home Fries:*** Prepare roasted sweet potatoes. (You can prepare them ahead of time, refrigerate and sauté the rest of the ingredients before serving). Sauté chopped onions in a small amount of oil (I use olive oil or toasted sesame oil) until they are sweet and slightly browned. Then add chopped red and green peppers to the onions and sauté until the peppers are soft. Add in the sweet potatoes, and season with salt, pepper a (and if desired, a little garlic powder). Continue to sauté until the potatoes are warm and everything is mixed well together. This dish is satisfying, full of fiber and nutrients. Who needs white potatoes!



## More Roasted Vegetables.

The roasting technique works beautifully for a variety of vegetables:

- ❖ Brussel Sprouts: Cut in half and lightly steam. Next coat with olive oil, balsamic vinegar and seasonings. Roast until lightly brown and outer leaves are crispy.



- ❖ Cauliflower: Cut florets into pieces and lightly steam. Next coat with olive oil and seasonings.



- ❖ Roasted Vegetable Medley with Butter Nut Squash, Baby Carrots and Brussel Sprouts (Many stores have “cubed” squash that is ready to go). Roast each vegetable separately using basic roasting technique. At the end mix together in serving bowl.



# Vanilla Cinnamon Mashed Sweet Potatoes:



## Basic Preparation: Cook Sweet Potatoes + Add Liquid + Season + Blend + Bake

### Ingredients:

3 large sweet potatoes (or yams if you prefer)

½ teaspoon cinnamon

½ teaspoon vanilla

Vanilla Liquid Stevia, Powdered Stevia or sweetener of choice (to taste) NuNaturals now has a delicious Vanilla and Maple flavored stevia liquid sweetener.

Small amount of low-fat milk or dairy substitute such as Almond Milk, if desired for extra creamy consistency

1-2 tablespoons butter or butter alternative (optional)

(serves 4-6)

- ❖ Bake sweet potatoes, with skins, on a cookie sheet at 375 degrees for about an hour until done (Pierce with fork to test doneness after about 45 minutes.) Or if you prefer, steam cubed sweet potatoes, without skins, in steamer until they are tender. (approx. 15-25 minutes.)
- ❖ Let potatoes cool. Then cut baked sweet potatoes in half and scoop out the potato flesh and put in a large bowl. Discard the skins. (if steamed, cool and place in bowl.)
- ❖ Add in the rest of the ingredients and mash the potato mixture with a potato masher. When blended, add the mixture to an electric blender or food processor and blend until the mixture is a smooth consistency. (add in batches if needed)
- ❖ Spoon mixture into a casserole dish. Sprinkle top very lightly with some extra cinnamon.
- ❖ Cover and bake for ½ hour to 40 minutes.

If desired, toast some chopped pecans and sprinkle them on top of the potatoes along with the cinnamon before baking.

\*\* For a dish that is almost dessert, I add some light cream cheese to the mixture prior to blending in the food processor. It makes the potatoes really creamy and it is almost like eating a piece of sweet potato pie..

# Basic Cauliflower Rice

If you are trying to cut back on rice, using versatile cauliflower is a great substitution. Don't expect it to taste like rice. But, the texture when cooked properly gives you the "rice" experience and it really does taste great. Below are instructions for "ricing" the cauliflower, but you also buy it already prepared (both frozen or freshly processed)

I like it best when the cauliflower rice is mixed with diced sautéed onions. Then you can add any garnishes or additional vegetables (for example, peas) as shown in the picture below.



## Preparation:

**Chop Cabbage + Lightly Steam + Press out liquid+ Prepare othe Vegetables + Saute + Season + Add Condiments**

- ❖ Cut one head of cauliflower in half and cut the florets off from core
- ❖ Break up the florets into somewhat evenly sized pieces
- ❖ Place florets in bowl of food processor in batches. Process until evenly chopped but not completely pulverized. ( I use a Vitamix for this step using the pulse feature and pulse the contents until they are reduced to the size of couscous or rice grains.)
- ❖ Next saute diced onions in olive oil (or coconut oil) until translucent. Season lightly with Braggs Liquid Aminos (or seasoning of choice) to bring out sweetness in onions
- ❖ Stir in the cauliflower "rice" into the pan with the onions, mixing the ingredients thoroughly.
- ❖ Lower the heat to medium, cover the pan, and cook until the cauliflower is tender, 5 to 8 minutes. (Don't overcook. Cauliflower should be cooked but still slightly crunchy.
- ❖ Optional:season with mix such as Trader Joe's 21 Salute or add Gomashio for flavoring- a mixture of sea salt and sesame seeds
- ❖ If desired garnish with other vegetables, nuts or sunflower seeds. I like to add cooked petite peas to the mix.

# Vegetable Pasta: Zucchini Noodles with olive oil, roasted tomatoes and sautéed onions



**Basic Preparation: Make “noodles” using spiralizer + Prepare other vegetables or protein as desired+ Saute or Steam the “noodles” + Mix with vegetables and/or sauce +Garnish and/or Sprinkle with Parmesan Cheese**

- ❖ **Make the Noodles:** cut the Zucchini with a spiralizer, a mandolin fitted with a julienne attachment, or shaved thinly with a peeler.
- ❖ **Prepare Sun Dried Tomatoes:** Chop sundried tomatoes packed in olive oil into small pieces (or purchase them already cut into smaller pieces)
- ❖ **Saute the Onions:** Dice onion (approximately 1 cup). Saute in olive oil until translucent. Season with a small amount of Braggs Liquid Amino Acids while cooking. (goal is not to make onions salty, but to use a small amount of the Braggs to bring out the sweetness of the onions.)
- ❖ **Saute the Zucchini Noodles** Heat a large skillet over medium-high with a few tablespoons of Olive Oil. Add the Zucchini and toss to coat in Oil..
- ❖ **Add Tomatoes and Onions:** Add sundried tomatoes and onions to skillet with zucchini noodles. Stir gently into the zucchini..
- ❖ **Garnish and Servie:** Place noodles into a serving bowl. If desired, sprinkle with parmesan cheese.
- ❖ **Below is a variation of this dish made with roasted cherry tomatoes and feta cheese.**

The Spiralizer is one of my favorite kitchen tools. They usually come with 3 blades so that you can make different shaped vegetable or fruit



# Greens & Quick Boiled Kale

Leafy green vegetables are high in calcium, magnesium, iron potassium, phosphorous, zinc, and vitamins A, C, E, and K. They are also great sources of fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals.

Kale, in particular, is a powerhouse vegetable, and in fact, is one of the highest ranking vegetables on the ORAC scale. This is a rating that is based upon a method of measuring the antioxidant capacity of fruits and vegetables. Foods are ranked according to their potential to mop up oxygen free radicals. Choosing foods with a high ORAC value gives you an extra boost. The top 10 ORAC scores per 4 oz. fresh produce include: blueberries, blackberries, garlic, kale, strawberries, spinach, Brussels sprouts, alfalfa sprouts, and broccoli.

Kale contains seven times the beta carotene of broccoli and ten times as much lutein and zeaxanthin. These are eye protecting carotenoids that are known to protect against macular degeneration. Most people are familiar with garden variety greens such as spinach and romaine lettuce, but shy away from other varieties of greens such as arugula, kale, bok choy, collards and mustard greens.

## *Serving Suggestions:*

- ❖ Make a salad of arugula, red onion, pine nuts and shaved parmesan cheese tossed with a light vinaigrette (olive oil/balsamic vinegar)
- ❖ Lightly boil some kale, chop it up finely and add it to some cooked grains. (such as barley or quinoa) For variety add other chopped vegetables or sun-dried tomatoes.
- ❖ Add some cooked chopped kale to your regular salad.
- ❖ Add some kale to winter soups such as minestrone
- ❖ Lightly sauté some kale in olive oil. Add pine nuts and minced garlic for extra flavor.
- ❖ Lightly boil kale. Chop finely and sprinkle with rice vinegar. For extra flavor sprinkle on some Gomashio. ( a seasoning made of ground sesame seeds and other spices)
- ❖ Mix chopped kale with finely chopped sauerkraut, coleslaw, or pressed red cabbage.

## *Basic “Quick” Boiled Kale:*

3/4 lbs. kale

2 cups water



- ❖ Wash kale well, checking on the underside of leaves for any grey/green aphids which sometimes cling to kale leaves.
- ❖ Either use your hands to strip the kale leaves off the stalk or use a knife to cut the leaves from the stalk. (you can cook the stalk in the boiling water separately and chop. The stalks take a little longer to cook)
- ❖ Chop or tear the kale into medium size pieces
- ❖ Bring the water to a boil.
- ❖ Add the kale to the water and bring it back to a boil. Allow the kale to remain in the water until it turns a bright green color. (3-4 minutes) **Do Not Overcook**
- ❖ Remove the kale from the water with a slotted spoon. Then, chop the kale into small pieces and use it in any of the recipes above.

# How to Build a Salad



## Salad: Greens + Dressing + Veggies/Protein + Condiments

- ❖ **Use a variety of greens:** There are many delicious and highly nutritious varieties of leafy greens available as an alternative to traditional iceberg lettuce. Try Arugula, Butterhead lettuce, Curly Endive, Mache, Mesclun, Romaine, Spinach, Watercress or Kale.
- ❖ **Add a variety of healthy vegetables and/or protein and condiments:** Adding vegetables and/or protein and condiments such as nuts or seeds or cheese such as shaved parmesan or goat cheese makes your salad even more nutritious and provides a delicious balance of flavors and colors. Here are some ideas:
  - **GREEN:** Boston lettuce, Baby Spinach, Romaine, Watercress, Parsley, Mixed Field Greens, Arugula, Green Peppers, Chopped Kale, Pumpkin Seeds, Green Cabbage, Broccoli, Celery, Cucumber, Sprouts, Green Olives, Avocado.
  - **YELLOW/ORANGE:** Yellow Bell Pepper, Dried Apricot, Carrots, Mango, Sliced Orange, Small amounts of corn as a garnish, Pinto Beans.
  - **BLUE/PURPLE:** Blueberries, Red Grapes, Eggplant, Mission Figs, Blackberries, Arame (a type of sea vegetable often used as a salad ingredient in Japanese cuisine)
  - **WHITE:** Reduced Fat Goat Cheese, Jicama, Cauliflower, Firm Tofu, Mushrooms, Sunflower Seeds, Sesame Seeds, Garlic, Pine Nuts
  - **RED:** Tomatoes, Red Kidney Beans, Red Bell Pepper, Red Onion, Radicchio, Red Cabbage, Red Apple Slices, Red Onions, Sun Dried Tomatoes
- ❖ **Choose healthy oils for your salad dressings:** Extra Virgin Olive oil is a good choice. Try this simple recipe for a light, refreshing dressing:
  - 1 tsp olive oil, ¼ cup lemon juice/ or lime juice, 2 tbs. chopped fresh parsley, 2 tbs. finely chopped onion, 1 clove garlic- finely chopped. Combine all ingredients and mix thoroughly. Add salt and pepper to taste.
  - When buying ready-made dressings, choose dressings made with Olive Oil and little or no sugar. A good brand is Newman’s Own. You can add a little Apple Cider vinegar or Red Wine vinegar to give the dressing extra flavor.
  - Another fool proof way to “dress” your salad is to drizzle a small amount of extra virgin olive oil on the greens and mix in well. The greens should be lightly dressed, not soggy. Then add a small amount of vinegar of choice or lemon juice to taste. Finally, add any seasonings and your veggies/protein and/or condiments.

# Tomato, Avocado Salad with Tuna



Looking for a quick lunch that is filling and easy to prepare?

A basic tomato salad can be a springboard for a variety of salads depending on what you have on hand.

For a basic tomato salad, cut 10-12 cherry tomatoes in half. Place in a bowl with  $\frac{1}{2}$  avocado, cut into small pieces. Squeeze fresh lime juice over the tomatoes and avocado. Season with a dash of sea salt or Braggs Liquid Aminos. Top with a scoop of Tuna Salad.

For a more complex salad, add any of the following:

- ❖ Corn
- ❖ Black beans
- ❖ Chopped red onion
- ❖ Cucumber

Experiment with different dressings.

# Super Salad

## Ingredients:

- 4-6 cups fresh salad greens like butter lettuce, red-leaf lettuce, spinach or romaine, mix it up!
- 1 small to medium handful of arugula or kale
- 1/2 avocado, peeled and diced (or use the whole avocado if you like!)
- 1/2 (or more) tomato, diced OR hand full chopped cherry tomatoes
- 1/2 medium cucumber, chopped into bite-size pieces
- handful of shredded red/green cabbage (about 1/2 cup)
- 1/2 carrot, chopped or grated
- 3-4 chopped fresh basil sprigs
- 4-5 chopped fresh cilantro sprigs
- 2 tablespoons toasted sunflower seeds or almonds



## To Prepare:

- ❖ Get a big salad bowl with lots of room. Add the lettuce, arugula, kale, avocado, tomato, and cucumber and whatever other veggies you're playing with. Top with carrot shavings, and herbs. Sprinkle with the seeds and nuts. Lightly salt & pepper if you like.
- ❖ Drizzle the dressing (ideas below) directly onto the salad and toss. And voila! Your super salad is ready for you.



## More Dressing Ideas:

### Apple Cider Vinaigrette:

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- Whisk all together in a bowl until creamy.

### Oil/Citrus Dressing

- 2 1/2 tablespoons infused olive oil (basil, etc.) OR extra-virgin olive oil
- 1 1/2 tablespoons balsamic vinegar
- Juice of 1/2 lemon
- Juice of 1/2 orange (or a little more lemon if you don't have orange)
- 1/2 teaspoon grated vegan parmesan cheese (optional)
- whisk together until creamy.

### Avocado dressing

- 1 large ripe avocado
- 1 garlic clove
- 1/4 teaspoon hot pepper flakes
- 2 tablespoon lime juice
- 2 teaspoon olive oil
- 1/2 cup water

Place all the ingredients in a blender and process until smooth. Adjust the amount of liquid to obtain nice creamy dressing. Enjoy!

## Baked Salmon & Cucumber Salad

I will let you in on a secret, I love fish, but am not a big fan of cooking it. So I keep it pretty simple. Salmon is one of my favorite's and I usually try to buy one of the wild salmon varieties.

A really easy way to prepare delicious salmon with great results is to use a prepared marinade. My go to choice for Salmon is Drew's (All Natural Dressings and Quick Marinades) Sesame Lime or Shitake Ginger (neither have any added sugar)

Just place the salmon in a pyrex dish and pour the marinade over the fish. Let it marinate for at ½ hour to an hour and then bake in the oven at 350 degrees until it is done. (usually about ½ hour depending on the thickness of the salmon.

Garnish with lemon and/or lime slices.

Need to prepare dinner in a hurry. Roast sweet potatoes the night before and heat. Either the night before or while the salmon is cooking prepare a quick basic cucumber salad.

### Basic Cucumber Salad:



Slice cucumbers thinly. (The easiest way is to use a hand held mandoline. I own one made by Kyocera and it is invaluable for preparing vegetables quickly.)

NOTE: The blade is very sharp, ALWAYS use the guard that comes with the mandoline or wear a protective glove.

Next pour rice vinegar (use a brand without added sugar) over the cucumbers.

Next: season with a little Mirin and/or Bragg Liquid Amino All Purpose Seasoning to taste.

Alternatively you could season the cucumbers with Ponzu Sauce (an Asian seasoning that is a combination of Rice Vinegar, Mirin and Tamari) (use the liquid sparingly and season to taste)

That's it. Could not be easier.

Traditionally, sugar is added to cucumber salad. That is where the Mirin comes in. It is a Japanese rice cooking wine that adds a touch of sweetness. (purchase a brand with no added sugars, such as Eden brand). I prepare a batch of this salad at the beginning of the week and eat it for a snack or as a side salad throughout the week.



# Poached Salmon

Another really easy way to prepare salmon is to poach it. I often poach some salmon on a Sunday and then use it in a variety of ways throughout the week. Two of my favorite ways to use leftover salmon are in a salad or salmon cakes.

Makes 2 servings

## **Ingredients:**

1lb salmon  
1 clove garlic  
2tbsp lemon juice  
1tsp dill  
1dash salt & pepper

## **Directions:**

1. Add a few inches of water into a wide-rimmed saucepan. Cover and boil.
2. Carefully add salmon and cook until done (6-8 minutes depending on size of fish).
3. Drizzle with lemon juice and sprinkle with dill, salt and pepper.
4. Serve with salad and/or cooked quinoa. Enjoy!

Add some dill sauce for a little extra flavor..... (1/2 cup greek yogurt + 1/4 cup mayonnaise + 2tbsp fresh lemon juice + 1tbsp fresh dill + salt/pepper to taste)



# Broccoli & Other Cruciferous Vegetables

Broccoli is a member of the Brassica family of cruciferous vegetables. These vegetables are excellent sources of anticancer phytochemicals called isothiocyanates. Isothiocyanates fight cancer by neutralizing carcinogens in our bodies. In addition broccoli is a great source of the vitamin C, folate, potassium, fiber, vitamin E and vitamin B6 all of which promote cardiovascular health.

Broccoli is also a bone builder. One cup of raw broccoli provides 41 milligrams of calcium along with 79 milligrams of vitamin C which promotes the absorption of calcium. Broccoli also provides vitamin K, which is important for blood clotting and also contributes to bone health.

**Other cruciferous vegetables** that are high in nutrients include: Brussels sprouts, kale, cabbage, cauliflower, collards, bok choy, mustard greens, arugula, watercress, daikon root, and swiss chard.

## *Serving Suggestions:*

- ❖ Puree leftover broccoli with some sautéed onions and mix with low-fat milk or almond milk with seasonings (try nutmeg) for a fast creamy soup
- ❖ Lightly steam or quick boil some broccoli and eat with low fat dip dressing
- ❖ Stir fry shredded cabbage (add onions for extra flavor)
- ❖ Roast broccoli, cauliflower with olive oil and a touch of balsamic vinegar
- ❖ Sauté very small pieces of chopped cauliflower as a substitute for rice.
- ❖ Server raw or lightly steamed broccoli florets with hummus dip
- ❖ Sprinkle lemon juice and sesame seeds over lightly steamed broccoli
- ❖ Sauté broccoli with garlic, olive oil and red pepper flakes. (Dress with small amount of lemon juice)



# Pressed Red Cabbage:

## Sliced Cabbage + Salt + Press + Rinse + Season + (Other Veggies or Condiments)

Like other cruciferous vegetables, red or purple cabbage is also a source of anthocyanins, pigment molecules that make blueberries blue and red cabbage red. The ability of Anthocyanins to act as antioxidants to fight free radical make them powerful weapons against cardiovascular disease, and they are also known for their anti-inflammatory effect. In addition to the many nutritional benefits of cabbage, it is a great source of fiber. One cup of cooked cabbage gives you almost 4 grams of fiber.

The recipe below is a very basic cabbage salad. I usually make up a batch on Sunday, and eat in in various ways throughout the week. You can dress it up by adding seeds, apples, or other shredded vegetables.

### Ingredients:

½ small head green  
cabbage

1 tsp sea salt

2 tsp vinegar of choice or  
lemon juice

1 tsp olive oil



- ❖ Slice the cabbage lengthwise.
- ❖ Put in bowl and sprinkle with enough salt to draw water from the cabbage. Mix well. Place a plate on top of the cabbage and weigh it down with something heavy that will press the plate down.
- ❖ Allow the cabbage to sit in the bowl for approximately ½ hour to 1 hour. (the salt removes water and acid from the cabbage)
- ❖ Next, squeeze the cabbage gently between your hands to release the water, or if desired, rinse cabbage lightly to remove most of the salt. Then drain & squeeze well. Combine the olive oil and vinegar or olive oil with lemon juice and pour over the cabbage & toss. (you can omit the olive oil for a lighter dressing)

# Quinoa Side Dishes



## *How to Prepare Quinoa:*

- ❖ Rinse one cup of quinoa well with cool water in a fine mesh strainer until the water runs clear. [ALWAYS rinse quinoa before cooking to thoroughly remove the bitter coating, called saponin. Saponin is a naturally occurring toxin that coats the quinoa grain. Quinoa is rinsed before packaging, to remove the saponin, but it is best to rinse again before cooking.]
- ❖ Combine the quinoa and 2 cups water in a saucepan. Cover and bring to a boil. (for extra flavor you can cook in vegetable or chicken broth)
- ❖ Reduce the heat to a simmer and continue to cook covered for about 15 minutes or until all the water has been absorbed.
- ❖ Remove from the heat and let stand for 5 minutes covered, then fluff with a fork.

## *Quinoa Side Dishes:*

**Basic Preparation: Cooked Quinoa + Prepared Vegetables (+ Protein, if desired) + Seasoning + Garnish**

**Emerald Quinoa:** Cook Quinoa. While quinoa is cooking, sauté diced onion until soft and sweet tasting. Set onions aside. Lightly boil some kale, chop it up finely. Lightly boil some Broccoli crowns and cut them into small pieces. Put ¼ cup frozen peas in a strainer and run under very hot water for 3-4 minutes until thawed. Mix the onions and all of the vegetables in with the quinoa. Season with Gomashio and your choice of: Bragg Liquid Amino All Purpose Seasoning, Ponzu Sauce (an Asian seasoning that is a combination of Rice Vinegar, Mirin and Tamari) or Tamari Soy Sauce. (use the liquid sparingly and season to taste)

**Super Quick Basic Quinoa with Peas, Onions & Chopped Arugula:** Prepare Quinoa per directions and store in refrigerator. Sauté onion and store in refrigerator. At mealtime: Defrost ½ cup of frozen peas by placing in strainer and running under hot water for 2-3 minutes. Put small amount of olive oil in skillet. Add the quinoa, onions and peas. Sauté lightly for 2-3 minutes. Add chopped arugula. Sauté for another minute. Season to taste. Garnish with Nuts or Seeds of choice. (if desired add some canned beans or leftover fish/chicken)..

**Quinoa with Sundried Tomatoes, Onions & Corn:** Cook Quinoa. While quinoa is cooking, sauté diced onion until soft and sweet tasting. Lightly steam 2 ears of corn and remove corn from the cob. Dice enough sundried tomatoes to measure ¼ cup. Add all ingredients to the Quinoa. Season to taste with an all purpose seasoning blend such as Trader Joes 21 Salute, Braggs Liquid Amino Acids or Tamari Soy Sauce.

# Cauliflower Mashed With Roasted Garlic

This is a simple, delicious and healthy alternative to mashed potatoes and comes in at about 1/4th the calories. It also has more vitamins and minerals and we all know how good garlic is for us.

\*(You can always whip this up without the garlic, still delicious, healthy and quick!)

## Ingredients:

(serves 2-4)

- 1 large head cauliflower, cut into florets
- 1-2 tablespoons organic butter
- 1/4 to 1/2 cup organic whole milk OR if you don't do dairy, try coconut or almond milk
- one head of garlic (*if making with roasted garlic*)
- drizzle olive oil
- fresh chopped chives (optional)
- sea salt and pepper to taste

## Instructions:

*\*(If adding garlic - if not, skip ahead to: "To Prepare" section.*

- ❖ Preheat oven to 400 degrees F.
- ❖ Peel away the outer layers of the garlic bulb, then cut off the very top of the head of garlic to expose the individual garlic cloves.
- ❖ Place in aluminum foil and drizzle with olive oil. Seal the foil around the garlic. Bake for 25-30 minutes (until the cloves are soft)
- ❖ Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin and set aside (or you can squeeze right into the pot when you blend it all together.)

## To Prepare:

- ❖ Place about 3 inches of water into a large pot and bring to boil.
- ❖ Place a steamer insert and then cauliflower florets into the pot and cover. (If you don't have a steamer, just plop the cauliflower right into the water, but steamed retains more of the nutrients and flavor).
- ❖ Steam for 12-16 minutes, until completely tender and soft, you want to be able to easily blend.
- ❖ Drain and return to pot.
- ❖ Add roasted garlic, (if adding) butter, and salt to the cauliflower.
- ❖ Slowly pour in a little of the milk as you are mixing, using a blender, immersion blender or food processor, combine ingredients until smooth.
- ❖ Top with chives (optional) and freshly ground pepper and extra salt to taste.

# Sautéed Baby Bok Choy with Garlic and Ginger



Serves: 4

## Ingredients:

- 4-5 bunches of baby bok choy OR 2 large bunches, chopped and rinsed well (*they can be gritty so make sure to pull apart leaves and rinse well.*)
- 1 tablespoon olive oil
- 4 garlic cloves, smashed
- 2 slices of fresh ginger, peeled and smashed
- Sea salt and pepper to taste
- 1 tablespoon (splash) of organic low-sodium soy sauce like Tamari (or liquid aminos or gluten free soy sauce)

## To Prepare:

- ❖ Heat the oil in heavy bottom skillet or wok pan.
- ❖ Add garlic and cook for 4-5 minutes.
- ❖ Add bok choy and ginger and cook until tender, stirring and coating all.
- ❖ Add a splash or two of the soy sauce.
- ❖ Season with sea salt and pepper to taste.



# Mexican Salad

Makes 2 large salads

## ***Ingredients:***

1tsp olive oil  
4oz lean ground turkey  
½ cup chopped sweet pepper  
¼cup onion, chopped  
½ tsp garlic, minced  
½tsp cayenne pepper  
½ tsp cumin  
1cup black beans, canned  
½cup salsa  
4cups romaine lettuce, shredded  
1dash salt & pepper

## ***Directions:***

- ❖ Heat oil in skillet.
- ❖ Saute pepper, onion, garlic & spices.
- ❖ Add turkey & cook until brown.
- ❖ Add black beans and cook until warm.
- ❖ Place lettuce on two plates and add turkey, bean & pepper mixture.
- ❖ Top with salsa. Enjoy!

# Lentil Salad

## ***Ingredients:***

1 ¼ cups dried brown lentils  
1 ½ tps olive oil  
½ tsp oregano (dried or fresh)  
Fresh lemon juice (about 3 tbsp)  
1 clove garlic (grated)  
Salt & Pepper (to taste)  
1 ½ cup cherry tomatoes (cut in half)  
1 cup diced cucumber  
½ cup crumbled feta cheese  
1 stalk thinly sliced celery  
½ medium red onion, thinly sliced

## ***Directions:***

- ❖ Rinse lentils (spread them on plate and make sure they are clean before using).
- ❖ Place lentils in a heavy bottom, large pot or dutch oven.
- ❖ Cover with water (about 2 inches above the lentils).
- ❖ Bring to a boil, cover and reduce heat.
- ❖ Simmer lentils until tender (about 20 minutes) Drain and set aside
- ❖ In a separate bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper and garlic.
- ❖ Add lentils, tomatoes, cucumber feta, celery and onion. Toss to coat.

## 3 Bean Vegetarian Chili

### *Ingredients:*

- 1 tablespoon extra virgin olive oil
- 1 sweet onion, chopped
- 1 red bell pepper (seeded and diced)
- 1 green bell pepper (seeded and diced)
- 2 teaspoons minced garlic
- 1 28 ounce diced tomatoes\*\*
- 1 8 ounce can tomato sauce
- 1 cup vegetable broth (if you want your chili to be a little thicker, you can omit the broth...)
- 1 15 ounce can black beans (rinsed & drained)\*\*
- 1 15 ounce can red kidney beans (rinsed & drained)\*\*
- 1 15 ounce can navy beans (rinsed & drained)\*\*
- 2 tablespoons chili powder
- ¼ teaspoon red pepper flakes



Optional: 2 teaspoons ground cumin

Optional: extra veggies such as 1 cup of corn or 1 cup Chopped carrots]

\*\*For less sodium opt for sodium free canned beans [also you can swap out beans for variety – sometimes I use garbanzo beans instead of navy or I exchange pinto beans for the black beans.]

### *Directions:*

- ❖ Place large skillet over medium-high heat & add the oil. Take care to make sure that olive oil does not smoke.
- ❖ Immediately add onions, peppers, and garlic and saute until vegetables are soft (about 5 minutes) [If needed, turn down heat- You don't want the olive oil to smoke or burn]
- ❖ Add the tomatoes, tomato sauce, vegetable broth, beans, chili powder, and red pepper flakes to pan. [If desired, also add cumin and/or coriander] [If you want the chili to be a little thicker, you can omit the broth]
- ❖ Bring to boil, then reduce heat to low. Simmer the chili, stirring occasionally, for about an hour. Serve Hot. For a “deeper” flavor, make chili the day before serving to let all the spices and flavors mellow with the beans.

### *Quick “Cheating” Chili*

I love the recipe above, but there are some days, when I want to make a quick bowl of chili. It's easy. Just take a can of your favorite vegetarian chili or pre-seasoned beans in chili sauce. Then add a cup of diced tomatoes, plus sautéed veggies of choice [I usually saute onions, peppers, and sometimes corn]. Simmer for about 20 minutes & enjoy.

# SUGAR FREE PUDDINGS & CREAMY DESSERTS

Puddings are very easy to make, and sugar alternatives blend well into pudding mixtures. Ideas for different puddings are almost endless. Below are a few suggestions.



***Creamy Yogurt puddings:*** Nothing is easier than jazzing up yogurt to satisfy a sweet tooth. There is no need to consume brands with lots of added sugar or aspartame, when you can so easily make your own creations. For a chocolate “pudding” add the following (with amounts to taste) to creamy greek yogurt: Cacao powder, chocolate whey powder, & sweetener of choice. I generally add approximately 1 tsp of cacao powder, ½ scoop chocolate whey powder, and chocolate liquid stevia to taste. If you are really craving chocolate, mix in a tablespoon of melted Lilly’s sugar free chocolate! For REAL decadence, add a swirl of whipped cream on top.

***Ricotta “pudding” whips:*** I really can’t take credit for this idea. It all started with South Beach and their Ricotta Whip recipes. Basically, this has been a go to snack for me from the beginning when I was first diagnosed, and I “jazz” it up based on what I am feeling like at that time

- ❖ The basic recipe is ½ cup half-skim Ricotta + flavoring of choice + Sweetener of Choice. (Example, Ricotta, plus Vanilla Extract plus Splenda or Stevia). You simply mix all the ingredients together, chill and enjoy.

I like to add Vanilla Whey Powder to the combination above which adds fiber to fill you up, and some whipped cream for extra creaminess. Sometimes I also add sugar-free chocolate chips to create a Ricotta Cannoli Cup recipe, which is amazingly delicious.

- ❖ Another option is to add some pureed pumpkin and pumpkin pie spice for a delicious pumpkin pie pudding.
- ❖ Another option is to add a ½ -1 tsp. flavored syrup, such as DaVinci Sugar-Free Vanilla Syrup

## Final Thoughts

*A healthy outside starts on the inside.*

---

*~ Robert Ulrich*

I hope that this recipe guide has helped you to get started on your journey to a low sugar lifestyle and getting the results you desire.

Busy days and hectic nights can make it challenging to stick to your goals, but with these quick and easy whole food recipes, you'll find that it doesn't have to be a super time-consuming task.

The key to healthy eating is planning ahead, so one thing that I find incredibly helpful is to make a double batch of a recipe, and use that for leftover lunches (or dinners) during the week.

I love the motto of cook once, eat twice (or more) so you save time, but still get to eat nutrient-dense foods that your body needs.

I have included recipes for breakfast, lunch, dinner, snacks and dessert so you can experiment and find some new favorites to add to your rotation. Remember to have fun with the process and enjoy your creations! And there are lot's more recipes and products to try at Blood Sugar Central in our blog and membership community.

Wishing you health and happiness,



*Janet*