

Foods that Love You Back

Recipe Collection

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"Foods that Love You Back" Recipe Collection
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Welcome!

"...no one is born a great cook, one learns by doing." – Julia Child

In my home, cooking has become our most central activity. It takes priority over almost anything else. I take comfort in knowing that what I prepare at home is rich in nutrients, tasty, affordable, and as free as possible of harmful chemicals.

Here's what you'll gain from the "Foods that Love You Back" ebook.

1. Exciting benefits for cooking at home
2. Suggested tools to use for home cooking
3. Mouth-watering recipes that are easy to prepare

Cooking at home saves money, obviously.

When I first realized my painful limitations in eating out on a strict gluten-free protocol, I felt initially depressed and inconvenienced over it. I would have to cook at home far more often in order to protect my health. However, I soon discovered that eating at home gave me a vast array of new options. Because my hubby and I weren't spending 50+ bucks eating out for dinner, we now had money for other priorities in life.

Eating out takes a lot more time than people realize.

Yes, it's true! Home cooking almost always saves me time. First, you have to drive to where you're eating. The rest is all waiting. You wait to be seated; wait to order; wait to be served; and wait for the bill. Then, you drive back to your home or office. With time and practice, your speed in the kitchen will improve, and you'll find yourself with more time on your hands than before!

What could you have done with the 90+ minutes it takes to eat out? Hmmm, let's see

... :

- You would have more time for **exercise**;
- You would be able to **finish a pet project** that's starting to collect dust;
- You would be able to **help your kids finish homework**;
- You could **read that book** on your nightstand faster;

- You could finally **call and talk to a loved one**;
- You could have made an incredibly delicious meal that would have lasted you most of the week.

Now, I'm not saying that people should never eat out. It's definitely relaxing and enjoyable to have someone else do the work. I still take relish in dining out from time to time. But, if you're doing this on a regular basis, you're spending a lot of time and money that you might really need.

Eating out is fun, sociable, and delicious. But when I discovered that I have a severe gluten sensitivity, eating out became much more difficult.

What could you do with the money that you're spending on eating out each week?

Let's explore some ideas:

- Is there a trip you'd love taking, but are putting it off due to finances?
- What would you fix up at home if you had more money?
- What debt would you pay off? How much would this relieve your stress?
- Do you want to save more money for retirement?
- Do you wish to save money for your child's education?

Another bonus: home-cooked usually tastes better.

Over time, I've become much better at cooking. This wasn't always true, however. When I was a teenager, I tinkered in the kitchen, but few people seemed to enjoy my food. Years later (as an adult), my brother finally admitted to me that some people thought I was a bad cook!

I'm glad no one told me they didn't like my food when I was younger. My ignorance of their opinions allowed me to continue exploring culinary alchemy without a complex. In college, I cooked to relieve stress (and then gained 25 pounds and 5 dress sizes - probably because I made HUGE meals and ate buckets of sugar). With the help of a few good cookbooks and experimentation, I've become a much better cook.

Meals cooked at home tend to be of much higher quality.

I do everything I can to avoid foods that are highly sprayed with pesticides, herbicides, or are processed with genetically-engineered (GE) ingredients. I also avoid damaged fats, such as smoking fats. This means that I purchase organic as often as possible. When cooking at home, you have almost total control over your food's fate. This is opposite when eating in a restaurant. When you eat out, you relinquish all control to the chef and food purchasing manager.

Unless it is clearly stated otherwise, you should assume that conventional food practices are followed at your restaurant of choice:

- Assume that the animals were raised in conventional methods (read: hormones, pesticides, antibiotics, low-nutrition, inflammatory).
- If you smell smoking fats coming from the kitchen, that means the cooking practices are creating carcinogens.
- The oils used for cooking and salads are quite likely Genetically Engineered (GE) oil, as most soy, corn and canola oils are GE in the US (read: pesticides).
- When enjoying that latte, the conventional milk contains growth hormones and antibiotics, which are linked to tumor growth and disturbances in immune-protective gut flora. Oh, and the coffee beans were almost surely sprayed with harmful insecticides.
- When eating salad, the conventionally-raised spinach and lettuce are highly sprayed with toxic pesticides.
- That yummy Thai iced tea (a favorite of mine!) contains red dye (a suspected carcinogen - see below).
- And of course, sugar is likely added to every element of the meal.

You get the picture. I thought I'd spell it out a little bit for you anyways, as most of my clients are shocked at just how many harmful ingredients are hiding in everyday foods.

There are health risks from food additives that customers usually aren't aware they are eating.

1. **Genetically Engineered (GE) foods are contaminated with huge amounts of pesticides.** This is the point of GE foods. Pesticides, fertilizers, and insecticides are

exactly what helps GE foods to work. GE crops are designed to be able to tolerate heavy pesticide spraying that would otherwise not be tolerated by normal crops.

2. **Pesticides penetrate the blood brain barrier**, and are highly toxic to our sensitive brains.
3. **Sugar promotes weight gain and damages multiple organs.** Fructose (which is concentrated in agave, corn syrup, and fruit juice) is especially harmful to our liver and brain. Oh, and it's bad for your weight-regulating hormones.
4. **Many artificial dyes are [carcinogenic](#)** and are linked with hyperactivity in children. The Center for Science in the Public Interest (CSPI) wrote a summary of studies on food dyes, reporting the following:

"The three most widely used dyes, Red 40, Yellow 5, and Yellow 6, are contaminated with known carcinogens ... and are still in the food supply."

Common food dyes in the US are banned in other countries. This includes Blue #1, Blue #2, Yellow #5 (Tartazine), Yellow #6 and Red #40. These dyes are linked with hyperactivity and behavioral disturbances.

You eat what your food ate before it came to your plate. Let's focus on meat. If you eat meat, you eat what the animal eats.

1. Animals who are raised conventionally (ie, not organically or sustainably) are fed GE crops: corn, soy, and alfalfa.
2. Conventionally raised animals are routinely fed antibiotics. Without antibiotics, animals would likely die before making it to the market for sale, as their living conditions are filthy and unbearably stressful.
3. Antibiotic usage in conventionally raised (aka "factory farmed") animals is at an all-time high. Antibiotic resistance is also at an all-time high. The harms to health for humans, animals, and the environment are far-reaching. The most obvious problem is that antibiotics assassinate your healthy gut bacteria. These are the good guys that help you fight off infection; maintain normal bowel patterns (ask anyone with

irritable bowel syndrome just how nice normal bowel patterns would be); help you absorb and make essential vitamins; and may play a role in mitigating weight gain.

I try to source animal products from farmers/ranchers who follow practices that are kind to animals, earth, and humans.

These practices include the following:

- They pasture their animals (allow them to graze in an open field);
- They avoid using growth hormones;
- They avoid using routine antibiotics (except when absolutely necessary);
- They feed their animals from non GE sources;
- They treat their animals humanely.

In our home, we joke that the farmers read their pigs, cows, or chicken bedtime stories. We care about supporting holistic, humane, and healthy animal practices.

Your health is your wealth.

Without health, it is more difficult to work, play, and enjoy many basic elements of life. You could say that without health, your wealth will be quickly drained in an effort to regain your health. How do you want to spend your time and money?

Pursuing these health promoting practices does cost more money, but as we have shifted away from eating out, we have the ability to afford healthier foods. We shift some of our entertainment money toward funding excellent, quality foods that are aligned with our health and environmental values.

What you don't know about your food is hurting you.

Please forgive me for being the bearer of bad news. Now, you may feel overwhelmed at all you've just read. Or, you may feel angry. Or scared. Ignorance about our food system is rampant, and this is costing us dearly. In 2007-2008, 1 in 5 children, and 9 in 10 older Americans reported using at least one prescription drug in the past month. ([CDC](#)).

You can avoid joining the ranks of Americans who have a chronic disease (the CDC states that 1 in 2 of us have one. Statistically-speaking, that's either you or me). If you have a chronic disease, you can greatly improve your outcomes of not developing another one, or avoiding complications, simply by paying attention to your food.

Here's where to start protecting yourself and your family.

Start with dinner. Simply become aware of what's on your dinner plate, and question if it's in line with your health goals for you and your family. If it's not aligned, then make changes with just that one meal.

Focus on just one of the following areas. When you feel confident with it, move to the next.

1. You could start by changing from GE ingredients to non-GE ingredients to reduce pesticide exposure. My clients have found [What is GMO?](#), by the Non-GMO Project, to be helpful.
2. Change from pesticide-sprayed foods to organic foods. My clients have loved [The Dirty Dozen Foods List](#) identifying foods with the most pesticides.
3. Make one extra meal, per week, at home. Then make it two meals per week, and so on.

Prioritizing eating at home has freed my family.

We feel uplifted as a result of cooking. For us, cooking in the kitchen is a revolution.

- We are verifiably healthier ([see my story here](#));
- We enjoy better tasting food (thanks to lots and lots of practice!);
- We feel immense reward at having made our own delicious meal;
- We feel gratified at the abundance in each meal;
- We feel enamored at the health offered by each ingredient;
- We appreciate self-sufficiency with food we improve our culinary skills;
- We enjoy a project (cooking) in which every member of our tribe can partake;
- We have fun and play with cooking

To ensure cooking is lots of fun, crack open a little wine (organic, of course!), and turn on your favorite tunes. Invite a friend into the kitchen to help you!

Cooking at home can revolutionize your life.

- It opens the door for the whole family to participate on common ground;
- It allows your kids an opportunity to learn life skills (sadly, many children are not taught how to cook, which relinquishes them to relying on processed foods);

- It connects you with gifts from the natural world, brought to you in the form of fresh herbs, spices, colorful vegetables, fruit, and more;
- It connects you with rich cultural heritage;
- It frees you from feeling like your best options are to eat foods prepared by someone else's hands;
- It fascinates you as you gain the artistic skills found in the alchemy of food;
- It empowers you to control your own destiny: your health, your finances, your skills.

In short, cooking at home helps make you healthy, wealthy, and happy. Are you committed to it?

You've got this. You are smart and you can do this. No, I'm not promising that this will be a walk in the park. But has anything that's worth having ever been a walk in the park?

Challenge makes the reward of accomplishment even sweeter. So embrace it.

I'm your cheerleader, your food squad leader, your nutrition coach. I'm here by your side, ready to help you in any way that I can. You deserve to be healthy. But you have to take the actions required to achieve health. Your family and friends want you around, so do it for them. Do it for your dreams.

Give Thanks

I believe that giving thanks to wherever you place your faith is essential. Gratitude gives us a moment to pause and reflect on the countless beautiful gifts in our lives. When we feel grateful, we can't help but feel joyful. It's a habit worth practicing at every meal.

The simple practice

Take a moment to acknowledge the beautiful bounty before you. Whenever I give thanks, I enjoy my food much more than when I eat it mindlessly.

A grumbling heart cannot be grateful. A grateful heart cannot grumble.

If you'd like to say Grace, please feel free to use what I've created.

Gracious (Creator, God, Nature or _____),
Thank you for the food before me,
For nourishing my body, mind and spirit.
Please bless this food,
And the land that produced it,
And the farmers who nurtured it,
The truckers who shipped it,
And the cooks who loved it.
Please bestow upon this food
the light of the purest wisdom, love, and intelligence
the light of creation itself.
May this food bring us into harmony with all love, light and wisdom
contained within the Universe.

Or, try this blessing (adapted from D.Alsup)

Thank You for this meal.
There are so many people who are hungry across the world,
But we are so blessed to be able to eat when we want,
And to be able to eat what we want.
May we remember how fortunate we are
And remember to share our fortune with those who have less than us.

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Beverages



The fact that people dislike the taste of drinking water is not just because their taste buds are spoiled with soda and lattes (though this is probably a large factor). Water can taste nasty, thanks largely to the chlorine, fluoride, heavy metals and a zillion other unwanted products that can end up in our water supply. Even old pipes can lend a foul taste to otherwise great water.

The end result is that we think we don't like the flavor of water.

In my household, we prioritize filtered water for all beverages and cooking. Where I live, fluoride and chlorine are added to our water, and these taste nasty (and are unhealthy). In the past, we used a standard Brita filter, but it's such a lightweight. It doesn't filter pesticides, herbicides, heavy metals or fluoride.

After a lot of research, and consideration of the health risks that come with contaminants in water, we finally invested in a metal robust [Berkey filtration system](#). Our filters serve four adults for drinking and cooking. The [main filters](#) filter the following: Pesticides, herbicides, heavy metals, VOCs, parasites, viruses, pathogenic cysts, trihalomethanes, detergents, solvents, silt, foul tastes and odors. Each filter lasts for 3000 gallons.

We also purchase the additional [fluoride filters](#) to remove Sodium Fluoride, Sodium Fluorosilicate, Fluorosilicic Acid (aka Hydrofluorosilic Acid). These filters last for 1000 gallons.

Our water tastes amazing. I am grateful for the peace of mind I have in knowing that my water is among the healthiest, cleanest water available to me. The price of filtration is a small price to pay for the value of ensuring healthy water for our family.

If you have a hard time drinking enough water, this is a health risk. A general recommendation for a normal, healthy adult is to drink half of your body weight in water, daily. Consider getting yourself a robust filtration system, if you don't have one. Be sure to check that it is removing heavy metals, pesticides, herbicides, and fluoride, at the least.

Tea



Teas are a delicious addition to every cup of water. Some teas, such as caffeinated teas, and refreshing.

Some teas are diuretics, which cause you to release body water. Know if your tea is a diuretic. If it is, be sure to replace lost water. Finally, tea is medicinal, so drink up!

- Green tea, ginger tea, dandelion tea, white tea
- Kombucha tea (this is one of my personal favorites)
- Herbal teas: Try flavorful blends. My FAVORITE blends ever are Yogi Teas – they are delicious blends!

Fruit and Vegetable Water



If you find that you get bored with plain water, try these yummy, nourishing flavored water ideas. Add any of the following ingredients:

- Orange, grapefruit, blood oranges, or lemon.
- Pineapple and mint.
- Cantaloupe or honeydew melon.
- Kiwi and basil.
- Fresh ginger, mint, and fennel.
- Blackberry and lime.

- Strawberry and basil.
- Peach and rosemary.

Cucumber Water: Add washed cucumbers and water in a beverage dispenser. Let steep for a few hours before serving. Just before serving, add ice to keep the water cool.

Lime Water: Add limes, mint, and water in a beverage dispenser. Let steep for a few hours before serving. Right before serving, add ice to keep the water cool and refreshing.

Creative Beverage Alternatives

- Mix jam from choice fruit into hot water or hot milk. Whisk well.
- Mix water or broth with savory spices for a warm, savory, broth.
- Heat your favorite milk in a pan, and stir in seasonings with vanilla, turmeric (anti-inflammatory), and 1 tsp sweetener.
- Make cashew milk. Blend cashews with water and preferred spices (try cardamom, cinnamon, vanilla and turmeric). For an adventure, top it off with a little cayenne pepper.
 - Hint: Don't like cashews? Any nut will work!



Smoothies



Tip: Eat fruit and vegetables in season. When food is in season, its flavor is delicious beyond comparison. When food is out of season, the texture and flavor usually disappoint.

In my kitchen, I use a [Vitamix*](#) as my food processor and hardy blender. We've had it for years, use it daily, and it's showing no signs of slowing down. It can pulverize practically any food, fresh or frozen. It saves me time from chopping and peeling. Whatever I blend turns out smoother than it ever did with a regular blender. It's more versatile in functionality than a food processor. Mine has required no maintenance beyond cleaning, and it has very few parts (making this a simple machine to use). I'm counting on it lasting for many more years. [Vitamix](#) machines are a spendy investment up front. But next to my knives and cutting board, the Vitamix has been one of my best kitchen tools.

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Amazing Smoothie Additions

Turmeric Root – an excellent supplement for combating chronic inflammation.	Spices: Cinnamon, ginger, turmeric, vanilla, clove, cardamom
Sprouted sunflower seeds	Soaked almonds or cashews
Lemon or lime	Kombucha
Spice: Chili pepper or radishes	Lemon- or orange- flavored fish or flax oil

Discover more about how to [build an amazing smoothie here.](#)

Snoopy Shake

Ingredients

1 ripe banana (fresh or frozen)
2 tbsp peanut butter;
1 tbsp unsweetened cocoa powder.
Milk of choice

Instructions

Add enough milk until it reaches your desired consistency. Enjoy!

Anti-inflammatory Green Smoothie



Ingredients

About 3 stalks of kale, beet greens, or Swiss chard (tear off of thick ribs at the base).

1/2 avocado

1-2 stalks organic celery (organic is essential, as celery is highly sprayed)

1/2-1 " ginger root

1/2-1 " turmeric root

2-cups(ish) preferred milk (I use coconut milk)

Instructions

Wash everything, including the avocado skin before you cut it open. If the ribs are thick on the greens, remove them and compost. Chopping and peeling is UNNECESSARY with a strong blender. If your blender needs it, chop large items into smaller chunks. Add all ingredients to the [strongest blender](#) you own. Add enough liquid to cover just about all of the veggies. Blend 60 seconds. Adjust liquid if needed. Blend until smooth.

Mango-Fig Smoothie

Ingredients

~ 1 cup mango

3 whole figs (fresh or frozen)

½ cup coconut milk

1-2 cups water (depending on the consistency you like)

Optional: 1 scoop vanilla protein powder (I use Vegalite from Thorne)

3 tbsp lemon fish oil

Instructions

Blend. Add more liquid until it reaches your desired consistency. Bless & enjoy!

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Breakfast

Omega-3 Porridge

Serves 2



Note: You can use any slow-cooking cereal grain. Here, I've suggested using steel cut oats or quick cooking oats, depending on your time. My favorite porridge is made with [amaranth seeds](#) or [teff](#), which are very small grains found in health food markets or on Amazon.com.

Ingredients

1 cup steel cut oatmeal or amaranth seeds (rinse amaranth well before cooking)
1-2 handfuls [soaked almonds](#) (or other nut/seed)

5 dates and/or prunes (this is the main sweetener)
¼ cup flax or chia seeds, ground (ground helps release the omega-3 fatty acid)
1/2 tsp each: cinnamon, cardamom, ginger
½ cup coconut milk
1-2 tbsp grass-fed butter or coconut oil
1 whole apple, washed & chopped (reserve until the simmering point)

Instructions: Combine all ingredients and cover with water. Bring water to a boil and then reduce to a simmer. Add chopped apple (or add later, if you like your apple a little crunchy). Keep covered with fitted lid. Cook until it's a creamy consistency – the flax and/or chia will cause it to thicken as it cools. Stir in butter or coconut oil. Top with 1-2 tbsp canned coconut milk. Give thanks for the healing powers combined in this meal. Delicious alone, or with a side of eggs or bacon.

Veggies are front and center in my home. We strive for nine servings of veggies daily. Crazy, right? The best way to achieve that amount of veggie power is to start the day with them.

Rainbow Scramble

Serves 2



Ingredients

4 large eggs

2-3 Tbsp avocado oil for cooking

Veggies (fresh or frozen)

Select 3-5 veggies to add to your eggs:

½ cup broccoli or cauliflower, chopped	1/2 onion or 1 leek, diced	1-2 cups kale, chard or spinach (fresh or frozen)
6 oz mushrooms, sautéed	½ cup chopped tomatoes	½ bell pepper, diced

Seasonings

Add 1-3 tsp of any of these seasonings:

Pepper	Curry	Rosemary
Italian seasoning	Basil	Thyme
Mrs Dash	1 clove minced garlic	Oregano

Toppings

Add any of the following:

¼- ½ cup shredded cheese	¼ cup feta cheese	Avocado slices
Sauerkraut	Chopped olives	Pesto
Plain yogurt	Chopped green onion or chives	Salsa

Instructions

1. Heat 2 Tbsp oil in large skillet over med heat. Saute veggies until mostly softened. Season veggies to your liking. Spread veggies evenly in pan.
2. Combine eggs and stir with a fork until well blended. Add a pinch of pepper or Italian seasoning. Lovingly pour egg batter into skillet. Scramble eggs by stirring them repeatedly while they cook.
3. Add your choice toppings to eggs just before eating. Give thanks and enjoy!

Breakfast Nachos

Serves 2

Ingredients

Organic corn or quinoa chips

1 - 2 cups cheese (sliced or shredded)

Select your toppings

Sauerkraut	Pecans	Walnuts
Pinto Beans	Black beans	Sprouts (I love mung bean sprouts)
Chicken	Baby shrimp	Tempeh crumbles

Select your veggies (fresh or frozen)

Chopped broccoli or cauliflower	Chopped onion	Kale, chard or spinach
Sautéed mushrooms	Chopped tomato	Diced bell pepper
Shredded carrots	Chopped zucchini	Corn

Instructions

Preheat oven to 350 degrees. Spread 2-3 handfuls of chips out over an oven-friendly cake pan. Wash, chop, and sprinkle veggies over your chips. (With the exception of lettuce, greens cook fabulously.) So be bold and pile them on your nachos! When you can barely see what's underneath the greens, then you know you've probably got a good amount. Add a layer of cheese. Add more veggie or protein toppings. Add another layer of cheese. Bake until cheese is melted. Serve with side of salsa, if desired.

Congratulations! You've just made an ordinary pile of nachos into superfood!

Salads

Watermelon-Tomato Salad

Serves 4-5

Ingredients

- 1/2 seedless watermelon, cut into about 1-inch chunks
- 2 large and ripe tomatoes, cut into 1-inch chunks
- 1 tsp large-grain sea salt
- 4 Tbsp extra virgin olive oil
- 2 Tbsp balsamic or orange vinegar
- 3-4 Tbsp chopped herbs (I used fresh basil and parsley)
- 1 cup crumbled feta
- 1/2 cup roasted pistachios

Instructions

In a large bowl, combine melon and tomatoes. Combine salt with oil and vinegar, and pour over melon/tomato mixture. Sprinkle in the chopped herbs. Toss melon/tomato mixture to distribute. To serve, top the salad with feta cheese and pistachios.

Eat melon salad solo, or serve over a bed of fresh arugula. Best if served immediately.

Herbed Quinoa Salad

Serves 4

Ingredients

5 cups cooked quinoa (it's delicious when cooked in broth!)

2 cups chopped herbs of choice (thyme, basil, parsley, cilantro, oregano . . . you get the idea)

1 cup chopped red onion or garden chives

1 cup toasted almonds (almonds can be whole, sliced, slivered, green, purple, psychedelic . . . however you like)

Dressing

1/4 cup extra-virgin olive oil

1/4 cup lemon or lime juice

1-2 tbsp ginger juice

1-2 tbsp Tamari, Bragg's Amino Acids, or Soy Sauce

1-2 tbsp honey or maple syrup

1-2 cloves chopped garlic

A dash or two of cayenne pepper

Instructions

Quinoa: Cook the quinoa in either water or broth.

Almonds: Spread almonds into an even layer. Toast them at 350 for about 10-12 minutes, stirring occasionally. The only rule is this: don't let them burn.

Dressing: Wash and chop herbs, garlic, and onion. Mix olive oil, lemon or lime juice, Tamari and ginger juice (this is your dressing).

Salad: Add chopped garlic and a dash of cayenne pepper. Shake well. Taste the dressing and adjust the seasoning to your liking BEFORE mixing into the salad. Pour the dressing over the quinoa and mix. Fold the rest of your ingredients into the salad and mix well.

Optional: Top with edible flowers (pansies, calendula, honeysuckle or nasturtium)

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Arugula and White Bean Salad with Honey Balsamic Vinaigrette

Recipe source: Karista Bennett, KaristasKitchen.com - reprinted with permission

Serves 4

Frances' Note: You can prepare this ahead of time (instructions for this are provided).

Ingredients

1 cup cannellini beans, cooked and drained
4 cups (packed) fresh arugula, either large leaf or baby arugula
1/2 red onion, peeled and sliced thin
1/4 cup extra virgin olive oil
2 tablespoons quality aged balsamic vinegar - pull out your good stuff for this salad
2 teaspoons honey
Salt and pepper to taste

Instructions

If you are using full grown arugula, wash the arugula in a large bowl of water to remove all the sand and grit. Dry the arugula well, preferably in a salad spinner. Transfer it to a large mixing bowl. Whisk together the balsamic vinegar, oil, honey. Taste for seasoning.

If you'd like to prepare the salad but won't serve it immediately, place the greens on a platter, top with the beans, season and then top with the sliced red onion. Before serving drizzle the vinaigrette over the salad and serve.

If you're serving the salad immediately, dress the greens by tossing them with the vinaigrette. Ladle the salad onto a platter and top with the white beans. Season with fresh cracked black pepper and a pinch of salt and then top the beans with the thin sliced red onion. Serve immediately.

Delicious with grilled steak, chicken, ribs, fish, or additional grilled vegetables.

For additional salad inspiration, see this post:

[Saucy Confessions of a Salad](#)



Salad Dressings

For all of the following dressings, you can just combine ingredients and blend. Otherwise, just chop ingredients, then add to a jar or bottle and shake to blend. Taste and adjust seasonings. Enjoy!



Cilantro Dressing

Ingredients

2 large garlic cloves
1/2 small yellow onion
1/4 cup lime juice
1/4 cup raw apple cider vinegar
1/2 cup olive oil
2 Tbsp Miso paste
2 Tbsp raw honey (add more if needed)
1 handful of cilantro, washed. Remove the lowest 3 inches of stem

Italian Vinaigrette

Ingredients

1/2 cup apple cider vinegar or red wine vinegar
1 shallot, minced
1 Tbsp. Dijon mustard
Salt and Pepper to taste
1 Tbsp. dried Italian seasonings (buy the pre-combined kind)
1 1/2 cups extra virgin olive oil

Basil Vinaigrette

Ingredients

2 cloves garlic, minced
3/4 cups extra virgin olive oil
1 Tbsp honey, molasses, or maple syrup

3 Tbsp balsamic vinegar
3/4 tsp salt
3/4 tsp freshly ground black pepp
1/4 cup finely chopped shallots
1/4 cup chopped fresh basil



Main Dishes

Lightning Quick Pecan-Kale Quesadilla

Serves 1



Ingredients

- 1 organic tortilla
- 2 cups chopped kale
- 1/2 cup chopped pecans or walnuts
- 1/2 cup shredded organic jack or mozzarella cheese

Instructions

Place corn tortilla on a hot griddle (over medium heat). Pile it with ~ 1 cup of chopped kale. You'll think this amount of kale is NUTS, but just you wait till you see the shrinkage!

Artistically line your sliced or shredded cheese over the kale and sprinkle with 1/4 cup chopped nuts. Cover pan with lid until kale wilts and cheese melts. Voila! Melts in just a few quick minutes. Fold over and press down with your spatula to seal the deal. Serve with salsa and a sprig of celery florette, salad, etc. Or, take it naked as a grab 'n go snack.

Sweet Potato Blue-Cheese Burrito

Serves 2



Ingredients

- 4 eggs
- 1/4 cup cheese, shredded
- 1 cup leftover cooked sweet potatoes, diced
- 1/2 – 1 cup fresh summer tomato, chopped
- 1 cup onion, diced
- 1 cup salad greens (suggestions: spinach, salad mix, kale, collard, or shredded cabbage)
- 2 medium-large organic tortilla shells (can substitute with rice or salad mix)
- 2 -3 Tbsp Blue cheese crumbles
- 1 Tbsp fresh basil or handful of cilantro, chopped
- Salt & pepper to taste
- 1-2 Tbsp avocado oil

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4 Tbsp plain yogurt (divided into 2 Tbsp)

Instructions

Reheat your sweet potatoes until comfortably hot while eggs are cooking. Heat oil in a large skillet over medium heat. Sauté onion until soft. Add tomatoes and stir 1 min. Crack eggs directly over the veggies and scramble. If the pan begins to dry, 2 Tbsp water at a time. Remove pan from heat, add shredded cheese. Cover to allow cheese to melt.

While cheese is melting, arrange tortilla shells on plates. Top with salad greens. Divide Top with Blue cheese, cilantro and/or basil.

Soup



Vegetable Chowder

Ingredients

- 3 Tbsp sesame seed or avocado oil
- 1 medium onion, diced
- 3 stalks celery, chopped
- 3 cups veggie broth
- 16 oz marinara sauce (*read ingredients list to avoid added sugar*)
- 2 large carrots, chopped

16 oz organic frozen corn
1 tsp each: dried basil, thyme, and/or oregano
4 cloves garlic, chopped
2 Tbsp each: ground cumin, chili powder
16 oz canned beans (such as kidney, black or white beans)

Instructions

Heat oil over medium in a soup skillet. Saute onion until soft. Add basil, thyme, oregano. Toss in cumin, garlic and continue to saute. Add all ingredients to a crock pot, and simmer until finished cooking. Serve with a side of white fish, if desired.

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Side Dishes



Sweet Garden Peas with Mint

Serves 3

To discover the surprising health benefits of peas, [click here](#).

Ingredients

1 lb fresh or frozen shelled peas (thawed)

1-2 Tbsp coconut oil or grass-fed butter

2 Tbsp chopped mint (or, experiment with basil, thyme, or mexican oregano)

2 tsp toasted sesame seeds

Salt & black pepper to taste

Instructions

Place your peas into a medium-sized pan. Cover them with hot water. Simmer five minutes.

Strain peas. Stir in the coconut oil or butter, gently. Stir in chopped mint (or your alternative herbs). Season with salt and black pepper. Transfer to a serving bowl. Adjust seasonings.

Top with toasted sesame seeds and serve.

Lemon Cumin Brussels Sprouts

Serves 3

[\(watch Frances' video here on how to make this dish\)](#)

Ingredients

BS = Brussels Sprouts

1 pound or 1 stalk of BS, each sprout removed from the stalk and rinsed thoroughly

Zest and juice from of one lemon

1 tsp cumin seed (can substitute with caraway seed)

1-1/2 Tbsp ghee (you may substitute with coconut oil or olive oil)

Salt and freshly ground black pepper (to taste).

Instructions

Peel any loose or discolored outer leaves from each sprout. Remove any brown discoloration around the base of BS. If on a stalk: remove each BS head from the stalk. If your BS are loose: trim the ends from any brown or tough skin.

Bring a large pot of salted water to a boil over high heat. Add BS and cook until tender when pierced (8-10 min). Drain. Return to hot pot. Add oil, lemon zest, and cumin seed. Season with salt and pepper, to taste. If you are on a low salt diet, season with Mrs. Dash. Stir until well distributed and the oil is melted. Bless the farmers and farm land before eating.

Hummus

Cilantro-Lime Hummus with Olive Oil

Ingredients for basic hummus

- 1 can garbanzo beans, rinsed and drained
- 1/2 cup lime juice
- 1/2 cup olive oil
- 1 Tbsp chopped garlic
- 1/3 cup tahini
- 1 tsp Himalayan salt
- 1 Tbsp cumin powder

For cilantro-lime version, add these ingredients to those listed above:

- 1 bunch cilantro
- 2 de-seeded Jalapenos
- 1/4 cup lime juice

Instructions

Put all of your washed ingredients into a food processor or blender. Puree until smooth. Adjust seasonings as needed.

Snacks



Snappy Sweet Potatoes

Serves 1

Ingredients

1 sweet potato, already baked
1 Tbsp grass-fed butter or olive oil
Goat cheese, to taste
Pistachios or chopped walnuts
Cranberries (optional)

Instructions

Split the sweet potato open. Roughen up the orange flesh a bit so that the potato can absorb the oil and toppings. Add the butter or olive oil to each side. Top with cranberries, nuts, and goat cheese, if desired. Add freshly cracked pepper. Count your blessings. Enjoy!

ALTERNATIVE: Split the sweet potato and heap $\frac{1}{4}$ - $\frac{1}{2}$ cup of HEMP SEEDS into it. Crack a little sea salt and fresh pepper, and enjoy!

Green Goat Lettuce Wraps

Serves 2

Ingredients

4 large pieces of crisp lettuce
Goat cheese or hummus
Green onions or purple onions, sliced
Thinly sliced red bell peppers
Avocado

Instructions

Wash crisp lettuce leaves, taking care not to break them. Layer two lettuce slices upon each other. Spread goat cheese or hummus upon each. Sprinkle onions on each leaf. Layer avocado slices over the green onions. Layer thinly sliced bell peppers. Sprinkle a little cayenne pepper on the avocado and then roll it all together.

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Desserts

Easy Chia Seed Pudding Recipe

Serves 4

Ingredients

1/2 cup chia seeds

2.5 cups almond milk or coconut milk

3 tbsp organic sugar (avoid beet sugar – it is genetically engineered)

1/2 tsp vanilla extract

Topping: fresh raspberries or lemon zest.

Instructions

Combine all ingredients in a mixing bowl and mix well with a large spoon until all ingredients are combined.

Note: if you want SMOOTH pudding, blend all ingredients in a blender.

Cover and place in refrigerator for 4 hours minimum. Top with fresh berries or lemon zest. Keeps in the fridge for 3 days.

Chia Seed Fruit Crisp

Serves 4-6

Ingredients

4 skinned peaches – seeded & cubed
2 cups frozen cubed mango
2 cups frozen blueberries

Sauce:

1 cup coconut butter
½ cup coconut shreds
¼ cup blackstrap molasses
1-1/2 cups raisins
1-1/2 coarsely chopped walnuts
1 cup chia seeds
2 Tbsp each: cinnamon, cardamom, ginger, vanilla, maple syrup

Topping: fresh yogurt

Instructions

Preheat oven at 325 degrees. Simmer sauce over med-low heat for 10 minutes. While sauce is simmering, layer fruit into pan. Pour sauce over fruit. Cover and bake at 325 for 30 minutes, or until fruit is tender and sauce is bubbly. Serve with yogurt.

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What did you think of this ebook? Please send me your feedback at Frances@NamasteNutritionist.com. Your feedback will help me improve this ebook.

About the Author



I'm trained as a Registered Dietitian Nutritionist (RDN) and an experienced registered yoga teacher (ERYT). I'm certified to help people test for food sensitivities, and then follow an large exact food elimination plan.

Yoga was my first career, which began in 2000. I'm eternally grateful that Mom helped me get through yoga school, as it set an important foundation afor my life. Nutrition became my second career, in 2008. When I'm not in my kitchen, you might find me in my vegetable garden; watching my squawky chickens; hiking the Puget Sound; or reading. I LOVE reading.

At the time of this writing, I'm preparing to launch an online weight management course. **You can join the waitlist for that [here](#).**

Are you interested in getting on the healthy track much faster? I can help. Discover how you can [work with me here](#).

My Specialties

- Weight transformation
- Gluten sensitivity & Celiac Disease
- Stress management
- Pain reduction through nutrition
- Energy improvement through nutrition
- Professional speaking
- Private yoga instruction

Resources

1. [Soaking nuts, grains & seeds](#)
2. [Toxicology of Food Dyes](#), Int J Occup Environ Health (source: Pub Med)
3. [Are You or Your Family Eating Toxic Food Dyes? www.Mercola.com](#)
4. [Food dyes: Rainbow of risks www.CSPI.org](#)
5. [What is GMO?](#) by the Non-GMO Project
6. What foods have the most pesticides? [The Dirty Dozen Foods List](#)
7. [Eleven foods banned outside of the US](#) (often found in the US)
 1. Blue #1 food coloring
 2. Blue #2 food coloring
 3. Yellow #5 (Tartazine)
 4. Yellow #6 food coloring
 5. Red #40
 6. Brominated vegetable oil
 7. Azodicarbonamide
 8. Potassium Bromate (Bromated flour)
 9. Olestra (Olean)
 10. Butylated Hydroxyanisole (BHA) and Butylated Hydroxytoluene (BHT)
 11. rBGH and rBST
 12. Arsenic

References

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2. [The toxins that threaten our brains](#)
3. [Antibiotic resistance worldwide](#)
4. [Antibiotic resistance, farm animals](#)
5. [Food colors and hyperactivity](#)
6. [Guide for choosing safe fats](#)
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