

Recommended Recipes for People with Multiple Sclerosis

(and for general wellbeing)

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DIRECT-MS

(Diet REsearch into the Cause and Treatment of Multiple Sclerosis)

www.DIRECT-MS.org

Updated February 11, 2012

Calgary, Alberta, Canada

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The Basics You Need to Know Before Getting Started

The aim of this diet is to stop the consumption of foods whose molecular structures are so similar to the myelin in our own bodies that they could initiate the autoimmune process. The foods that have been identified as problematic include dairy, gluten and legumes. Eggs and yeast are allowed in limited quantities as long as the individual does not show any allergic reaction to them. Initially this diet appears very limiting in our present diet culture but hopefully the following tips and strategies will make the transition to new dietary habits easier.

Contributors

Many have contributed to this section by sharing their first-hand experience with the diet and generously sharing their recipes.

- Best Bet Diet Group in Britain www.ms-diet.org This site has many great recipes.
- Dr Loren Cordain author of “*The Paleo Diet*” a great resource.
- Betty Iams, author of “*I Can Cook Book*”.
- Many people who are using nutritional strategies for multiple sclerosis.

For those who want to bake, the book “*No Wheat...No Problem*” by Dr. Corrie Ann Materie is excellent.

Excluded Foods

Dairy

Cow's milk, and all dairy products are excluded. The concern with dairy products is the protein fraction of the cow's milk. Casein is a commonly used milk protein in the food industry: lactalbumin, lactoglobulin, bovin albumin, and gamma globin are other protein groups within milk.

To follow a milk - free diet, milk and all derivatives of milk need to be avoided (Lactaid, cheese, butter, cottage cheese, yogurt, ice cream)

It is important to read food labels to make sure that milk protein is avoided. On food labels, milk protein is identified as whey, caseinates, skim milk powder and milk solids.

Goat's milk and sheep's milk and any cheeses etc made from them are also excluded because they also contain proteins that must be avoided.

Soy milk is not allowed as a milk substitute as it is derived from soybeans, which are legumes.

Rice Milk: is a non-dairy fat free milk derived from rice that can be used as a good dairy substitute. It is light and naturally sweet and can be successfully used in most recipes. Rice Milk can be purchased or easily made. For some processed rice milk may be a problem because it can be filtered using a barley enzyme.

Rice Milk Recipe:

- 4 cups of hot water
- 1 cup of cooked white or brown rice
- 1 tsp of pure vanilla extract

Place all ingredients in a blender and mix well until smooth. Place the milk in the refrigerator and let stand for about 30 minutes until the milk has separated and appears at the top. Pour the milk through a strainer to catch the thicker blended rice sediment. Keep refrigerated in a container until ready to use.

Gluten

In order to be gluten-free wheat, rye, barley and oats and all the food products made from them need to be excluded. Also white and whole- wheat flours, Durham flour, Triticale and Bulgar need to be avoided. Spelt and Kamut are types of grains that are related to wheat. They contain gluten and are not recommended as part of a gluten-free diet.

Wheat-free and Gluten-free Flours

There are a wide variety of gluten-free flours to choose from. Most can be found at health food stores and grocery stores. The following information hopefully will be a resource for

those choosing to bake. For some people all grains may be problematic and it is recommended that choosing fruits for desserts would be the best choice.

Amaranth Flour

The seeds from this plant are milled into flour. It is high in fiber, protein, calcium and iron. This flour has a naturally nutty flavor. It can be used for baking bread.

Arrowroot Flour

This root is ground into white, fine powdery flour. It is used as a thickener in sauces and has no flavor

Brown Rice Flour

This flour comes from brown rice and contains the “bran” of the rice. Because it contains the bran of the rice, it offers more nutrients such as iron, calcium, niacin and thiamin than white rice flour. Due to the oil in the bran of the rice, this flour should be refrigerated.

White Rice Flour

This flour is an all purpose gluten-free flour. It can be used to make bread, cookies, and muffins and can be used as a thickener. It comes from milling polished rice. This makes it fairly bland.

Buckwheat Flour

Although it has “wheat” in the name, this flour is gluten-free. This flour has a strong flavor and can be used in combination with rice flour to make pancakes and other baked goods.

Potato Flour

This is not the same as potato starch. This flour is made from cooked, dried and ground potatoes. It is used as a thickener and adds moisture to batters and dough to prevent crumbling.

Quinoa

This flour originates from South America. It has a bitter flavor and is a very good source of protein. It contains more nutritional value than most gluten containing grains. Because of its bitter flavor it is used in small amounts in baked goods.

Tapioca Flour

This flour provides the spongy texture to gluten –free breads. It is white, soft flour that comes from the cassava root. This flour does not provide any flavor to baking.

Millet

This flour is harvested from an ancient wild grass, which has been on earth since historical record. When cooked, millet looks a lot like rice, and in fact can be used exactly like rice as a "starch" side dish, in soups, as a hot cereal, etc.

Millet tastes best if you prepare it as follows: The millet will be hulled when you buy it and will look like tiny birdseed. Wash it first in a bowl, drain and let it dry. Then heat a dry skillet and "toast" the millet over a high heat, stirring so that it all gets toasted and doesn't burn. This step improves the flavor. The ratio of millet to water is 1-cup millet to 3 cups water. Heat the water to boiling, slowly stir in the toasted millet (if you add it all at once it will boil over), return it to a boil, reduce the heat and cook in a covered pot about 40 minutes until the water is all absorbed. The little grains pop open like popcorn and will look almost like fluffy cooked rice.

Corn as a Concern

Those sensitive to wheat are often sensitive to other cereal grains rice, oats and especially to corn. It is recommended to limit the use of these grains. Even though corn flour and cornmeal are wheat and gluten-free it is advised to use other gluten free products. Cornstarch is often used as a thickener but arrowroot and potato flour and rice flour can be substituted for this purpose. The importance of reading labels to identify corn is very important as it is used a variety of products (margarine, baking powder, candy marshmallows, bourbon and some whiskies)

Soy Flour Must Be Excluded

This flour is made from soybeans and cannot be used because it is a legume.

Beverages, Foods and Additives to Avoid for a Gluten-Free Diet

Beverages

Malt-containing beverages: Postum, Ovaltine, beers and ales must be avoided.

Whisky and Beer have gluten in them.

Foods and Additives to Avoid that May Contain Gluten

Artificial color*	Brown	Matzo semolina
Artificial flavor*	Food starch	Modified food starch
Baking powder	Germ	MSG
Barley grass	Glutamate	Mustard powder
Barley malt	Glutamic acid	Natural flavoring
Beer	Glutamine	Sodium caseinate
Bran	Gravy cubes	Soya sauce
Brewer's yeast	Hydrolyzed plant protein*	Starch
Carmel color*	Hydrolyzed vegetable protein*	Stock cubes
Cereal binding	Inulin	Tabbouleh
Citric acid*	Kamut	Teriyaki sauce
Coloring	Malt	Vegetable starch
Couscous	Malt extracts	Wheat germ (oil)
Dextrin	Malt syrup	Wheat grass
Einkorn	Malt Flavoring	Wheat nuts
Filler	Malt Vinegar	Wheat starch
Flavoring	Miso	

*the manufacturing process may use products that contain gluten

Legumes (also need to be excluded)

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, navy beans pinto beans, red beans, string beans, white beans)
- Black-eyed peas
- Carob
- Chickpeas
- Lentils
- Peas
- Miso
- Peanuts and peanut butter
- Snow peas
- Sugar snap peas
- Soybeans and all soybean products, including tofu

There are many products that contain soybean so it is important to read labels to exclude Soya from your diet.

Egg Restrictions

Eggs are one of the most highly allergic foods. If you have sensitivity to eggs restrict them. Again, it is important to read labels. Products containing eggs, egg yolk, egg white, egg albumen or albumen need to be avoided. It is advised to use eggs only in moderation, no more than two a week.

Yeast Restrictions

Yeast is another highly allergic food and needs to be restricted.

Reduce Sugar

Reduce all sugar intake.

Butter and Fat

Replace butter, margarine, shortening, or lard with extra virgin olive oil. Extra Virgin olive oil can be used for baking. "Becel" does make margarine that is made from sunflower and canola oil and does not contain dairy.

Flax seed oil, walnut oil, canola oil, mustard seed oil and avocado oil may also be used.

Getting Started!

Once one becomes familiar with the foods that need to be excluded, it's time to create a meal strategy that meets your lifestyle. This section will provide you with various strategies and tips to get you started.

Changing to this diet will take time. It is hoped that once you and your loved ones understand the scientific principles of this diet, everyone will work together to create MS-friendly meals. Food has often been seen as a way of showing love. What better way of showing love to loved ones than creating a diet that works best for their body.

A recipe section follows but fortunately there are many food products on the market that make this diet easy to follow. Reading the labels of various products will make it possible to add many store-bought products to your meal planning. With a few substitutions many of your favorite recipes may be used.

Cooking Techniques

Steaming

Steaming is a desirable method of cooking vegetables; steam them using a stainless steel basket in a covered pot or bamboo steamers (stacked in a wok or pan). Most vegetables and fish steam in less than 10 minutes. Steamed foods retain their vitamins and minerals, as well as their flavours and colors.

Steam rises from boiling water to circulate around the food and cooks by direct contact. You require a covered pot containing boiling water. The ingredients are placed in the steel basket 2 –3 inches above the water. The steamer should be opened as little as possible during cooking. It is important to maintain the water level, so when cooking dishes for a longer time, the water level should be checked from time to time.

Poaching

Poaching tenderizes food and keeps them moist. Place the food in a pan on the stove and immerse the food in a liquid with no added fat (water, juice or stock for example). Cover the pan and simmer the liquid gently (never boil the liquid rapidly). Herbs may be added to the liquid for flavour. To create a sauce, remove the poached food and reduce the poaching liquid and this can be thickened using a thickening agent (arrowroot, rice flour)

Sautéing

Sautéing is a quick cooking method, which sears the surface and browns foods. The basic idea is to quickly sear the outside of the food with heat and oil. Use a large, shallow sided pan over medium to high heat. Use a small amount of oil and heat it (do not let it smoke). Fibrous vegetables or large pieces of food should be parboiled before sautéing to tenderize them and reduce sautéing time. If the foods brown too quickly, carefully add a tablespoon or two of water and continue cooking until the water evaporates. Stir the foods or shake the pan frequently to prevent the food from sticking. Non-stick sautéing minimizes the oil use. Using a non-stick pan allow you to sauté fish in a few drops of oil.

Wok-cooking

Wok-cooking can be used to sauté and then steam food. “ Stir-frying” – In a wok using 2-3 teaspoons of olive oil at high temperature sauté sliced chicken, fish or meat for 2-3 minutes then turn the heat down and introduce vegetables, beginning with the vegetables requiring the most cooking. Stir-fry vegetables briefly, then add a small amount of water or stock to the wok and cover it with a lid to finish the cooking by steaming.

Slow Cooking

Plug in a crockery cooker and start enjoying meals cooked the easy way. Once the food goes in the pot, the food cooks many hours, sometimes for 12 hours, depending on the recipe. You can leave the crockery cooker operating while you are away from home all day. The ingredients simmer slowly until they are rich, mellow and extremely tender.

Meal Planning

It will take a few months to scout out the ingredients and staples of this diet but once you do it will be like any other meal preparation you; you will organize your kitchen to meet your needs and shop to make sure you have everything you need on hand. Many of the essentials can be found at large supermarkets or at your local health food store.

Sample Breakfasts

1. A bowl of strawberries, blueberries and raspberries
Leftover chicken breast or fish from the night before
Herbal tea.
2. Rice cereal with fruit, and rice dream
Left over chicken breast or fish
Hot water with lemon
3. Fruit smoothie (strawberries and bananas with water or rice dream and ice in blender)
Rice crackers with almond butter.
Herbal tea
4. Cantaloupe stuffed with blackberries and pecans
Herbal tea

Sample Lunches

1. Tuna salad (or chicken, shrimp)
Blackberries and raspberries
Water
2. Chicken vegetable soup
Blueberries and cantaloupe
Tomato Juice

3. A slice of rice bread with mackerel
Melon slices
Water with a lemon slice

Sample Dinners

1. Stir fried chicken and vegetables with cashew nuts
Spinach salad
Vegetables
Fresh peach
Water
2. Broiled salmon (lemon dill marinate)
Green salad with avocado
Steamed broccoli
Cantaloupe
Water
3. Broiled chicken breast
Steamed spinach
Tossed green salad
Fruit in season
Water

Snacks

- Fresh fruit of any kind.
- Raw vegetables: carrots, Celery sticks, cherry tomatoes, mushrooms, broccoli, cucumbers, cauliflower (with salsa or guacamole dip).
- Cold slices of skinless chicken breast or lean beef.
- Nuts or seeds; walnuts, macadamia nuts, pecans, cashews, pistachio nuts, hazel nuts, pine nuts, chestnuts, pumpkin seeds, brazil nuts, sunflower seeds and almonds.
- Dried Fruit.
- No peanuts (they are legumes which are restricted)
- Coconut is high in saturated fats so use sparingly.

Trail Mix

- 2 cups of each almonds, walnuts, pecans or any other nuts you prefer.
- 1 cup of sunflower seeds and pumpkin seeds.
- ½ cup raisins and dried cranberries.

1. Mix the above ingredients together and put them in a plastic container.

Take to office and on holidays for a convenient snack

Any of your favorite nuts and seeds and dried fruit can be used

Recipes

Appetizers

When invited to a party bring one of these along and you are assured of something to eat!

Chicken Liver Pate with Rice Crackers

- 1 lb chicken livers
- 1 large onion – diced
- 2 cloves garlic – minced
- 1 chicken bullion cube,
- 1 - 2 oz brandy, cognac, port or other fortified wine, (optional).
- 2 tbsp olive oil
- 1 cup water
- 2 tsp unflavored gelatin
- some lemon juice

Spices

- 2 tsp thyme leaves
- 2 tbsp parsley
- 1/2 tsp allspice
- 1/2 tsp ginger
- 1/2 tsp salt
- 1/2 tsp cloves
- 1/8 tsp nutmeg
- 1 tsp paprika
- 1/2 tsp cayenne pepper

Grind in spice grinder:

- 1 bay leaf - broken up
- 1 tsp black peppercorns
- 1 tsp rosemary leaves

1. Rinse livers several times and soak in lemon juice and water for 10 minutes to remove bitter taste.
2. Drain well. Remove membranes and chop.
3. Sauté onions in oil a minute, add garlic, and remove all from pan before it browns.
4. Cook liver, onions mix, and spices together in pan over medium low until all pink is gone. Let cool.
5. Sprinkle gelatin over 1/4 cup of the water 3 minutes while you bring the rest to boil.

6. Add bullion and dissolved gelatin mixture, then the liquor. Stir until gelatin is completely dissolved and mixed.
7. Reserve 1/4 cup of this to top the pate.
8. Put liver and the remainder of the liquids together in blender, or use a hand blender. Blend until fairly smooth. This will be runny.
9. Taste for salt.
10. To top the pate you can either pour the 1/4 cup of gelatin into an oiled mould and let it set for hour before adding the cooled pate mixture, or you can put the pate mixture into an oiled mould first, and then pour the 1/4 cup of gelatin on top of it. Sprinkle the gelatin with some peppercorns or bay leaves. Let the pate set for at least 6 hours in the fridge. Don't use hot water to unmould it if you have gelatin on the bottom, as it will melt away.

Additions

Add just a little raw onion and garlic at the end of the blending. Take 1lb mushrooms, trimmed and finely chopped. Sauté in 1 tbsp oil until they shrink and brown. Season and add to pate either before or after blending depending on the texture you like.

Best Bet Diet, Christmas Fayre 2003

Guacamole Fiesta Dip

- 3 ripe avocados
 - 1 tsp freshly squeezed lemon juice
 - 1 tsp coarsely ground black pepper
 - 1 tsp garlic powder
 - 1 jalapeno pepper, finely diced, destemmed and deseeded
1. Take one small basket of cherry tomatoes.
 2. Remove stems from tomatoes.
 3. Cut each in half crosswise.
 4. Scoop out and discard seed filling.
 5. Lay cut side down on paper towels for about half an hour.
 6. Fill tomatoes with above dip recipe.

Spiced Shrimp

- 1 tsp each paprika and ground cumin
 - 1 tsp brown sugar 1/2 tsp each salt dry mustard and oregano
 - pinch each chili and cayenne pepper
 - 1 lb extra large shrimp (raw or cooked)
 - 1 tbsp extra virgin olive oil
 - Lime wedge (optional)
1. In small bowl, combine paprika, cumin, sugar, salt, mustard, oregano, chili powder and cayenne; sprinkle over shrimp in large bowl and toss to coat evenly. (Shrimp can be covered and refrigerated for up to 3 hrs.)
 2. In nonstick skillet, heat oil over medium- high heat; stir-fry shrimp until cooked through and no longer opaque, 3 to 4 minutes for raw, 2 to 3 for cooked. Serve hot with lime (if using). (Makes about 40 pieces)

Variation

Scallops can also be used. (follow cooking instructions for scallops)

Hot and Spicy Chicken Strips

- 3lbs chicken breasts
 - ½ cup ketchup
 - ¼ cup water
 - ¼ cup honey
 - ¼ cup lemon juice
 - 2 tbsp dijon mustard
 - 1 tbsp Worcestershire sauce
 - 2 tbsp hot pepper sauce
 - 2 gloves of garlic minced
 - 2 tbsp dry minced onions
1. Cut chicken breasts in long 1-inch wide strips and put them on wooden skewers.
 2. Cover a broiler pan with foil, poking holes in the foil. Broil chicken skewers till light brown.
 3. In a saucepan, mix all ingredients and bring to a boil.
 4. Reduce heat and simmer for 5 minutes.
 5. Using tongs, dip each chicken skewer in hot sauce and place on greased baking sheet.
 6. Bake at 350 for 35-40 minutes or until done.
 7. Baste with remaining sauce during cooking.

Duncan Embry

Soups

Home made chicken stock

- 2 lbs chicken (thighs neck, backs, wings)
- 8 cups water
- 2 large parsley sprigs or 1 tbsp. dry parsley
- ½ medium onion, chopped
- 1 carrot, unpeeled, chopped
- 1 celery stalk, chopped
- 1 bay leaf
- ½ tsp. pepper
- ¼ tsp. salt
- ¼ tsp thyme, dried
- ½ tsp. basil, dried
- ¼ tsp. garlic powder

1. Place the chicken and the water in a large stockpot.
2. Add the vegetables and spices and bring to a boil for ten minutes.
3. As the chicken cooks a foam will form. Occasionally skim off the foam with a spoon.
4. Replace the lid and cook over low heat for about 1 hour (if using chicken parts such as those listed above, the chicken will cook faster than if using a whole chicken. If using a whole chicken, it may be necessary to cook the chicken for about 3 hours).
5. Remove the chicken from the pot and set aside for another use.
6. Pour the mixture through a sieve and discard the large pieces of vegetables.
7. Refrigerate the broth for several hours.
8. A layer of semi-solid fat will appear on the surface of the broth. Remove this layer.
9. The broth can now be frozen for use in the near future for soups and gravy.

Broccoli and Asparagus Soup

- 3 cups of chicken broth
 - 1 small onion
 - 2 celery sticks
 - 2 carrots
 - 3 cups of broccoli
 - 2 cups of asparagus
 - 2 tbsp. of extra virgin olive oil
 - 2 tbsp. of arrowroot
 - salt and pepper to taste
 - 2 cups rice cream (plain)
 - lemon slices and broccoli trees for garnish
1. Make chicken stock by combining chicken broth with, 1 small onion finely chopped, 2 celery sticks and 2 carrots chopped and let simmer for 1/2 hour and then strain the broth and set aside vegetable matter.
 2. In a large saucepan add broccoli and asparagus to the chicken stock and simmer until vegetables are soft.
 3. Blend this mixture and the vegetable matter from preparing the chicken stock in a blender to a smooth consistency.
 4. In the large saucepan over medium heat add the oil and arrowroot and salt and pepper and slowly add the Rice Cream until smooth and thickened.
 5. Then add the blended vegetable mixture and warm to serving temperature.
 6. Garnish with lemon slices and broccoli trees (Serves 6)

Joan Embry

Savory Carrot Soup

- 1 tbsp. extra virgin olive oil
 - 1 lb carrots, cut into small pieces
 - 1 large potato, cubed
 - 1 medium onion, chopped
 - 1 tsp. Tarragon
 - 3 cups vegetable stock
 - 1/2 cup orange juice
 - salt to taste
 - chopped fresh parsley or scallions to garnish
1. Heat the oil in large saucepan over medium heat
 2. Add carrots, potato, onion and tarragon
 3. Toss and cook for about 5 minutes. (do not brown
 4. Add the vegetable stock, lower the heat and simmer for about 30 minutes until the vegetables are tender
 5. Allow to cool and then pureeing in a blender or food processor
 6. Then add the orange juice, salt to taste, and garnish. (Serve 4)

This soup is beautiful and delicious and can be served either heated or chilled.

Variation

This soup can be made with pumpkin or sweet potato, adding pumpkin pie spices, for Thanksgiving time. (serves four)

Betty Iams "I Can Cook Book"

Chicken Vegetable Soup

- 6 cups water
- meat of 1 whole chicken, diced
- 2 cloves garlic, minced
- 1 yellow onion, diced
- 1 bay leaf
- 1 tsp black pepper
- 6 fresh tomatoes, diced
- 2 small zucchini, sliced thin
- 2 carrots, diced

1. In a large pot, combine water, chicken, garlic, onion, bay leaf, and pepper.
2. Bring to a boil.
3. Reduce and simmer for about two hours or until chicken is tender.
4. Remove bay leaf and discard.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat and cover.
7. Simmer for about twenty minutes or until vegetables are tender.

(Serves six)

Loren Cordain "The Paleo Diet"

Sweet potato, ginger & tomato soup

- 3 tbsps olive oil
 - 3 medium onions - finely sliced
 - 2 large sweet potatoes - peeled and diced
 - 1 tbsp of ginger root - peeled and chopped
 - 2 - 16 ounce cans of chopped tomatoes
 - 2 cups homemade vegetable or chicken stock.
 - sea salt and freshly ground black pepper to taste
1. Heat the oil in a wide pan; add the onions, sweet potato and ginger root.
 2. Cover the pan and simmer for 15-20 minutes or until the vegetables are quite soft.
 3. Add the tomatoes and stock. Bring to the boil and simmer for 30-40 minutes then purée in a food processor. Season to taste with salt and pepper, if needed.
 4. Serve either hot or cold. (Serves 4)

Christmas Fayre 2003 www.msrc.co.uk

Russian Borscht

- 4 cups green cabbage, sliced
 - 1-½ pounds beets, shredded
 - 4 carrots, peeled, cut lengthwise into 1” pieces
 - 1 parsnip, peeled, cut lengthwise into 1” pieces
 - 1 onion, chopped
 - 4 cloves garlic, minced
 - 1-2 pounds beef, cut into ½” cubes
 - 14 oz can of diced tomatoes, undrained
 - 6 cups beef broth
 - ¼ cup lemon juice
 - 1 tbsp sugar
 - 1 tbsp ground pepper
 - Fresh parsley for garnish
1. Layer ingredients in slow cooker in order listed above (all except parsley).
 2. Cook on low for 7 hours.
 3. Garnish with parsley.

Shrimp, Scallops and Crabmeat Chowder

- 2 cups water
 - 1 tsp salt (optional)
 - 1/4 lb shrimp, 1/4 lbs scallops
 - 2 1/2 cups tomato juice
 - 1 medium onion chopped finely
 - 3 medium potatoes, peeled and cut into 1 inch cubes
 - 2 large celery stalks diced
 - 2 large carrots diced
 - 1 tbsp. chopped fresh parsley
 - freshly ground pepper to taste
 - pinch cayenne pepper
 - 1 can crabmeat (120 grams)
 - 1-2 tbsps. rice flour or arrowroot to thicken
1. In large saucepan, bring water and salt to a boil
 2. Add shrimp and scallops and cook for 5 minutes
 3. Remove shrimp and scallops reserving water.
 4. Set shrimp and scallops aside to cool slightly.
 5. Add tomato juice, onions, potatoes, celery, carrots, parsley, salt & pepper, and cayenne to water in saucepan. Cover and simmer gently for five minutes
 6. Add shrimp and scallops and crabmeat and simmer 2-3 minutes.
 7. Stir rice flour or arrowroot into a small amount of cold tomato juice until thoroughly blended and then add mixture to soup to thicken.
 8. Cook, stirring over medium heat for five minutes, then serve.

do not bring to boil

Serves six

Joan Embry

Red Pepper Soup

- Olive oil for sauté
 - 1 onion, coarsely chopped
 - 2 cloves garlic
 - 1 tsp paprika
 - 4-5 red, orange or yellow bell peppers, coarsely chopped
 - ½ tsp cayenne
 - ½ tsp basil
 - ¼ tsp thyme
 - ¼ tsp oregano
 - Salt and pepper to taste
 - 8 cups chicken broth
 - 1 small can tomato paste
1. Sauté onion, garlic and paprika
 2. Add bell peppers and all spices and continue to sauté until soft.
 3. Cool mixture and blend until smooth
 4. Add blended mixture, soup stock and tomato paste in pot and warm over stove.

Cabbage Soup

- 2 pounds beef soup meat, left whole or cut into small pieces
 - vegetable oil
 - 1/2 green cabbage, chopped into fairly small pieces
 - 4 onions, chopped
 - 4 carrots, sliced or diced
 - 4 medium sized potatoes, peeled and cubed
 - 8 garlic cloves
 - 3 - 28 ounce cans tomatoes
 - 1 bouquet garni (made by tying together 12 sprigs parsley, 2 bay leaves and 2 celery stalks cut into thirds)
 - 1/2 teaspoon thyme
 - juice of 2 lemons
 - 2 tblsp Worcestershire sauce
 - 5 tablespoon sugar
 - salt and pepper to taste
1. Trim the fat off the meat and brown well, in batches, over medium high heat, using 2 to 3 tablespoons of the oil. Remove from the pan and set aside.
 2. Remove the tough outer leaves of the 1/2 cabbage, then core and shred it. Add 1 more tablespoon of oil to the pan and brown the cabbage well over high heat, stirring constantly. Remove from the pan and set aside.
 3. Peel and slice the onions. Add 1 more tablespoon of oil to the pan and brown the onions well. Return the meat and cabbage to the pot. Peel and dice the garlic and add to the pot. Add the tomatoes, other vegetables, bouquet garni, thyme, lemon juice, Worcestershire sauce and sugar.
 4. Cover and simmer for 2 hours. Add salt and pepper part way through the cooking time, then adjust the seasoning at the end if needed. Shred the meat if you have left it whole

Salads and Dressings

Homemade Mayo

- 1 large egg at room temperature
- 1 tsp. dry mustard
- ½ tsp. salt
- 1 tsp. lemon juice
- 1 tsp. white vinegar
- 1 cup extra virgin olive oil

(Let all the ingredients stand to acquire room temperature for best results).

1. In a blender, combine the egg, mustard, salt, lemon juice and vinegar.
2. Blend for a very short time until well mixed (about ten seconds).
3. With the blender on the “blend” or “mix” setting slowly add the oil a little at a time until ½ cup remains then add a continuous stream of oil.

You will notice that after the first ¾ cup of oil has been added that the mixture has started to thicken. It may be necessary to whisk the remaining ¼ cup of oil into the already formed mayo. This mayo can keep for 2 weeks if stored in an airtight container in the refrigerator. Store immediately in the refrigerator after making. This recipe forms the basis for the following Thousand Island Dressing and Tartar Sauce.

Thousand Island Dressing

To the Homemade Mayo recipe simply add:

- 3 tbsps. ketchup
- 1 tbsp. sweet relish

Tartar Sauce

Combine 2 tbsps. of the blender mayo with 1 tbsp. sweet relish

Italian Seasoning

- 2 tsp dried basil
- 2 tsp dried marjoram
- 2 tsp dried oregano
- 1 tsp dried sage

Caesar Salad Dressing (1)

- 1 clove of garlic minced
 - ½ cup of extra virgin olive oil
 - ½ tsp. salt
 - ¼ tsp. freshly ground pepper
 - ¼ tsp. dry mustard
 - 1 ½ tsps. Worcestershire sauce
 - 3 anchovies, drained and chopped
 - juice of ½ lemon (2tbsp.)
1. In jar add all of the above ingredients and shake vigorously.
 2. Refrigerate for an hour before serving so flavors can mix.

Caesar Salad Dressing (2)

- 2-3 cloves of garlic
 - 1 egg yolk
 - 200 mL canola oil
 - ½ lemon (remove rind)
 - 4 shakes tobasco sauce
 - 3 Tbsp Worcestershire (Lea & Perrins)
 - Rice bread croutons
1. Blend all ingredients listed above, excluding the croutons. (Dressing should be creamy not runny after blending)
 2. Add dressing and croutons to romaine lettuce, toss and serve.

Croutons

- 3-4 slices of rice bread or acceptable alternative.
 - 1-2 cloves of garlic minced
 - 2 tbsp of extra virgin olive oil
1. Toast the slices of rice bread.
 2. Cut up toasted bread slices into croutons.
 3. Heat oil in nonstick fry pan and add garlic
 4. Toss in croutons and stir lightly till croutons are covered evenly in oil mixture. (serve when warm)

Greek Dressing

- ½ cup olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon Dijon-style mustard
- ½ cup red wine vinegar

1. Combine all ingredients and mix well.

Spinach Salad Dressing

- 3 tbsps. dry mustard
- 1 clove garlic, minced
- 1 tbsp. black pepper
- 1 tsp. cayenne pepper
- 1 tsp. paprika
- 1 cup burgundy wine
- 1 cup fresh tomatoes, pureed
- 2 cups extra virgin oil
- 1 cup lemon juice

1. Combine all ingredients in blender.
2. Pour into large jar or plastic container
3. Shake well before using

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Tomato Dressing

- 1 cup fresh tomatoes
- ½ cup extra virgin olive oil
- 1/3 cup lemon juice
- 1 garlic clove
- 1 onion chopped

1. Put all ingredients in a blender and blend until smooth. Makes 1-½ cups.

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Colorado Spinach Salad Dressing

- 1/3 cup orange juice
- 1/3 cup lemon juice
- fresh ground pepper to taste
- fresh ground pepper to taste
- 1 tsp minced tarragon
- 2/3 cup extra virgin olive oil

1. Combine orange juice and lemon juice and mix well.
2. Add pepper and tarragon and stir.
3. Pour mixture into large or plastic container, add the oils, and shake vigorously to blend. Makes 1 cup.

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Romaine with Oranges and Pecans

- 2 heads of lettuce (wash and tear into bite size pieces)
- ¾ - 1 cup pecan halves toasted
- 2 oranges – peeled and sliced
- ¼ cup vinegar (lemon juice)
- 1/3 cup sugar
- 1 cup canola oil (mild flavored extra virgin olive oil)
- 1 tsp. salt
- ½ small red onion - chopped
- 1 tsp. dry mustard
- 2 tbsps. water

1. Place lettuce, oranges and pecans in salad bowl.
2. Combine vinegar, oil, sugar, salt, onion, mustard and water in blender. Blend until well mixed and refrigerate until ready to toss salad

Serves 6

chicken can be added to this salad

Fruit Salad

- 1 avocado
- 2 tbsps. lime juice
- 1 papaya
- 2 oranges
- 1 grapefruit
- 1 red onion
- 1 head of romaine lettuce

1. Peel and slice avocado.
2. Sprinkle with 1 tbsp. limejuice.
3. Peel, seed and slice papaya thinly.
4. Peel oranges and grapefruit. Cut fruit into segments.
5. Chop red onion.
6. In a large bowl combine avocado, papaya, orange and grapefruit segments and onion. Set aside.
7. Before serving, pour dressing over fruit and toss well.
8. Spoon onto lettuce lined platter (Serves 4).

great with chicken or as a luncheon salad

Dressing for Fruit Salad

- 2 tbsps. orange juice
- 2 tbsps. lime juice
- 2 tsps. honey
- ¼ tsps.hot pepper flakes
- ½ canola oil or mild flavored extra virgin olive oil

1. Whisk orange juice, limejuice, honey, pepper flakes and oil.

Fruit and Lime Chicken Salad

- 3 tbsp sugar
 - ¼ cup vinegar (lemon juice)
 - 2 tbsp lime juice
 - dash of salt
 - ¼ tsp. poppy seeds
 - ½ cup canola oil (mild tasting extra virgin oil)
 - 3 cups of cubed cooked chicken breast
 - 1 honeydew melon
 - 1 cantaloupe
 - 1 romaine lettuce
 - 1-cup strawberries, green grapes.
 - ½ cup pecan halves- toasted
 - ½ cup blueberries
1. Combine sugar, vinegar, lime juice, mustard, salt and poppy seeds in a blender. Blend to mix.
 2. Gradually add oil in a thin stream.
 3. Cover and blend 2 minutes until dressing is slightly thickened.
 4. Reserve 1/3 cup and pour remaining dressing over chicken. Chill.
 5. To serve, line 4 –6 salad plates with lettuce and arrange honeydew and cantaloupe wedges around edge.
 6. Spoon chicken into center.
 7. Toss strawberries, pecans and blueberries in reserved dressing.

Serves 6

Shrimp Stuffed Avocados

- 4 large avocados, peeled and halved, seeds removed
 - 1 ½ cups small salad shrimp, cooked and washed
 - 1tbsp. lemon juice
 - 1 tbsp. onion powder
 - 1 tsp. black pepper
 - 1 tbsp. paprika
1. Set avocados on serving plate with cut side facing up.
 2. Combine shrimp, lemon juice, onion powder, and pepper in medium-sized mixing bowl.
 3. Spoon shrimp mixture onto each avocado, covering generously.
 4. Sprinkle top of each stuffed avocado with paprika before serving

Serves 4

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Almond Chicken Salad

- 1 cup, diced chicken breast
 - 1 cup romaine lettuce, chopped
 - 1 cup butter lettuce, shredded
 - ¼ cup red cabbage
 - ½ cup sliced almonds
 - ¼ cup chopped dates
 - 1-2 tbsps. extra virgin olive oil (flaxseed oil)
 - 1-2 tbsps.freshly squeezed orange juice
1. Combine all ingredients except liquids in a large serving bowl.
 2. Toss with oil and freshly squeezed orange juice. (Serves 2)

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Waldorf Salad

- 2 cups diced, unpeeled red apples
- 2 tbsps. lemon juice mixed with 2 tbsp.extra virgin olive oil (flaxseed oil)
- 1 cup thinly sliced celery
- ½ cup chopped walnuts
- ½ cup raisins
- 2 cups iceberg lettuce leaves

1. Toss together first five ingredients. Serve on top of lettuce bed.(Serves 2)

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Kale Salad

- 2 lemons
- 1 bunch kale
- 2 tbsp olive oil
- 2 tbsp honey, melted
- ¼ cup pine nuts or sunflower seeds or crushed pecans
- ¼ cup sesame seeds, toasted
- ¼ cup dried cranberries
- 2 tsp cumin, ground
- ½ tbsp chili pepper flakes (less if you don't like spicy foods)
- ½ jalepeno, chopped (less if you don't like spicy foods)
- 2 cloves garlic, minced
- 1" ginger root, grated
- 1 ripe pineapple or mango, chopped
- ½ cup grape tomatoes, chopped
- ½ cup black olives
- 1 avocado, cubed

1. Squeeze lemon juice into a large bowl.
2. Tear kale into bunches and massage kale in lemon juice. Drain and discard excess juice
3. Add remaining ingredients and mix well

Seafood

To quote Loren Cordain, in *“The Paleo Diet”*, “fish and seafood are a lot like humanity’s original staple food –lean game meat. They’re high in protein, low in total fat, and typically high in omega 3 fats. Many scientific studies have shown that regular fish consumption reduces bad LDL cholesterol and triglycerides while simultaneously increasing the good HDL cholesterol. It lowers your risk of heart attack, stroke and type 2 diabetes. As he says, “Fish is just plain good for you”. So with this in mind the following recipes will help you make fish a staple in your diet.

Marinades

Seafood Herb-Wine Marinade

- 1 cup dry white wine
- ¼ cup lemon juice
- 2 cloves of garlic (minced or pressed)
- 1 tsp dry rosemary
- 2 tbsps. extra virgin olive oil.

1. In a small pan, combine wine, lemon juice, garlic cloves, rosemary and oil.
2. Heat to simmering, remove from heat, cover, and let stand for an hour.
3. Pour over fish; cover and refrigerate for 30 – 60 minutes.

Italian-style Marinade

- ¾ cup extra virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic (minced or pressed)
- ½ tsp. oregano leaves

1. Combine oil, lemon juice, garlic and oregano leaves.
2. Pour over fish, cover and refrigerate for 30 minutes to two hours.

Lemon-Onion Baste

- ½ cup lemon juice
- ¼ cup extra virgin olive oil
- ¼ tsp. salt and sugar
- Dash of pepper
- 1/8 cup chopped green onion

1. Combine lemon juice, oil, salt, sugar, and pepper and green onion.
2. Use to baste frequently during cooking.

Lemon Dill Marinade

- 1/3 cup extra virgin olive oil
- 1 tsp. lemon rind
- ¼ cup lemon juice
- 2 tbsps. chopped fresh dill or (2 tsp dried dill)
- ¼ tsp. each salt and pepper

1. Whisk together oil, lemon rind and juice, salt and pepper
2. Pour over fish and marinate for 30 minutes and use to baste while fish cooking.

Lime Cumin Marinade

- ¼ cup extra virgin olive oil
- ¼ cup lime juice
- 4 tsps. Worcestershire sauce
- 1 ½ tsp. ground cumin
- 1 tsp. grated lime rind
- 2 cloves of garlic minced
- ¼ tsp salt and pepper

1. Whisk together oil, lime juice, Worcestershire sauce, cumin, lime rind garlic and salt and pepper.
2. Pour over fish and marinate for 30 minutes and use to baste while fish cooking.

Kona Local Marinade

- ½ cup unsweetened pineapple juice
- ¼ cup extra virgin olive oil
- 3 tbsps. lime juice
- 2 tbsp fresh gingerroot, finely grated

1. Combine all ingredients in a small bowl and whisk until well blended. Use to marinate fish, beef and chicken when barbecuing. Makes about one cup.

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Busy Night Lemon-Baked Fish

- ½ tsp. grated lemon rind
- 1 tbsp. lemon juice
- 1 tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1lb fish fillets
- salt and pepper

2. Stir together lemon rind and juice, oil and garlic.

Oven method

Arrange fillets in shallow baking dish; sprinkle with salt and pepper to taste. Spread lemon mixture over fish. Bake in 450 degree F oven for 8 to 10 minutes or until fish is opaque and flakes easily when tested with fork.

Microwave Method

Arrange fillets in round microwave able dish with thickest part toward outside: sprinkle with salt and pepper to taste. Spread lemon mixture over fish. Cover with waxed paper; microwave at high for 4 to 6 minutes or until fish is opaque and flakes easily when tested with fork. Let stand covered, for 5 minutes.

Serves 4

Spicy Roasted Halibut (swordfish or salmon steaks)

- 1 tbsp lime or lemon juice
 - 2 tsp. water
 - 1-1/2 tsp. chili powder
 - 1 tsp. each paprika, pepper, dried oregano, and dried thyme
 - ¼ tsp each garlic powder and salt
 - 4 halibut, swordfish or salmon steaks (1-1/2 lb)
1. In small bowl, whisk together lime juice, water, chili powder, paprika, pepper, oregano, thyme, garlic powder and salt; rub gently onto both sides of fish.
 2. Place fish on baking sheet; bake in 425 F oven for about 10 minutes or until fish is opaque and flakes easily when tested with fork.(Serves 4)

Tomato-Smothered Halibut

- 2 tbsps. extra virgin olive oil
 - 2 onions sliced
 - 1 ½ cups of canned plum tomatoes (including juice)
 - ½ tsp. each salt and pepper
 - 1 ½ lb halibut steaks
 - 1 tbsp. chopped fresh basil
1. In heavy saucepan, over medium heat add onions to oil and cook onions for about 10 minutes or until just beginning to brown.
 2. Stir in tomatoes and juice, breaking up with fork.
 3. Sprinkle with half of the salt and pepper.
 4. Cook for about 3 minutes or until slightly thickened.
 5. Cut halibut into 6 pieces, removing bones; sprinkle with remaining salt and pepper.
 6. Place in greased 13-x9 inch baking dish.
 7. Spoon tomato sauce over fish; sprinkle with basil.
 8. Bake in 450 F oven for 10 to 15 minutes or until fish is opaque and flakes easily when tested with fork.(Serves 6)

Salmon Steaks in Curry Sauce

- 2 8 ounce salmon steaks
- 2 tsp. curry powder
- 1 tsp. turmeric
- ½ tsp. cayenne pepper
- 1 cup chicken stock
- 4 tsps. white wine

1. Wash salmon and place in shallow baking dish.
2. Mix curry, turmeric, and pepper with chicken stock and pour over fish.
3. Pour in white wine and cover with foil.
4. Bake at 350 degrees for 20 to 30 minutes. Salmon should flake easily with fork.
(Serves two)

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Poached Salmon in Tomato Broth

- 2 cups canned tomatoes
- ¼ cup white wine or chicken stock
- 2 tsp. extra virgin olive oil
- 1 tsp fennel seeds
- 4 –6 salmon fillets or steaks (about 4 oz)
- ½ cup chopped fresh basil
- salt and pepper to taste

1. Puree the tomatoes in a blender or food processor
2. Combine the pureed tomatoes, wine or broth, olive oil, and fennel seeds in a large skillet over moderate heat.
3. Place salmon fillets in sauce.
4. Sprinkle with chopped basil and season with salt and pepper.
5. Simmer covered for 10 minutes. (Serves 4 to 6)

Betty Iams “I Can Cookbook”

Salmon Poached in Fennel

- 1 tbsp. extra virgin olive oil
 - 1/2 cup chopped onion
 - 1/2 cup chopped carrot
 - 1/2 cup chopped fennel
 - 4 garlic cloves, finely chopped
 - 2 lemons cut into thin rounds
 - 1 cup canned chopped tomatoes, drained
 - 1 bay leaf
 - 4 sprigs of fresh thyme or 1/4 tsp dried thyme leaves
 - 4 salmon steaks (12 oz each), cleaned and ready to cook
 - sprigs parsley
 - 1/4 tsp. salt
 - 1/4 tsp. freshly ground pepper
 - 2 cups chicken stock
 - 1 tbsp chopped parsley
1. Heat the olive oil in a large skillet. Add the onion, carrot, fennel and garlic, cover and cook over medium heat, stirring occasionally, until the vegetables are tender, 6 to 8 minutes.
 2. Add the lemon slices, tomatoes, bay leaf, thyme and parsley sprigs.
 3. Place the fish over the vegetables. Season with the salt and pepper.
 4. Pour the chicken stock over the fish. Cover the skillet and bring the liquid to a boil.
 5. Reduce the heat to low and simmer 10 to 15 minutes, or until the fish is firm to the touch and opaque.
 6. Remove the fish to a serving plate and spoon the vegetables over the fish, using a slotted spoon.
 7. Boil down the liquid remaining in the skillet until 1 cup remains.
 8. Pour this over the fish. Garnish with the chopped parsley and chives before serving. (Serves 4)

Grilled Salmon Fillets with Lemon Dill Marinade

- 1 lb salmon fillet
 - 1/3 cup extra virgin olive oil
 - 1 tsp. lemon rind
 - ¼ cup lemon juice
 - 2 tbsps. chopped fresh dill or (2 tsp dried dill)
 - ¼ tsp. each salt and pepper
1. Whisk together oil, lemon rind and juice, salt and pepper
 2. Pour into a shallow glass dish.
 3. Cut fillet into 4 pieces, removing any bones.
 4. Add to marinade, turning to coat.
 5. Cover and marinate for up to 30 minutes, turning occasionally.
 6. Reserving marinade, place fillets on greased grill over medium-high heat.
 7. Close lid and cook, turning halfway through basting frequently and using all the marinade, for 10 minutes per inch of thickness or until fish is opaque and flake easily when tested with fork

Serves 4

Grilled Cod with Spicy Citrus Marinade

- ¼ cup orange juice
 - 1 ½ tbsps. lemon juice
 - 3tbsps. lime juice
 - 1/8 tsp cayenne pepper
 - 2 minced garlic cloves
 - 2 tbsps. extra virgin olive oil
 - 1/3 cup water
 - 1 lb cod filets
 - 2 tbsps. finely chopped fresh chives
 - 1 tbsps. finely chopped fresh thyme
1. Combine orange, lemon, and lime juices in a bowl with cayenne pepper, garlic, olive oil, and water to make marinade.
 2. Place fish in a flat dish.
 3. Pour in all but ¼ cup of the marinade.
 4. Let stand in refrigerator for 15 to 30 minutes.
 5. Grill or broil fish for 3-4 minutes per side, basting often with the marinade.
 6. After removing fish from the grill or broiler, pour on remaining marinade and sprinkle with chives and thyme

Serves 2

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Lemon Ginger Fish Fillets

- Fillets of cod or similar fish
 - 1 onion, finely chopped
 - ¼ cup olive or grapeseed oil
 - ¼ cup Worcestershire sauce
 - 2 tbsp lemon juice
 - ¼ tsp ground ginger
1. Place fish fillets in baking dish.
 2. Combine all other ingredients and pour over fish.
 3. Bake at 450°F for 20 minutes.

Tuna Squares

- 2 eggs
- 1 cup rice milk
- 1 cup crumbs (from rice or similar bread)
- 1 onion, finely chopped
- 1 tsp parsley flakes
- 1 tbsp lemon juice
- 1 tsp salt
- 1 tsp pepper
- ¼ tsp thyme
- 3 cans tuna, drained

1. Beat eggs in bowl.
2. Add remaining ingredients, stirring after each addition.
3. Pour into casserole dish.
4. Bake at 350°F for 40 minutes.
5. Cut into squares

Breaded Fish Fillets

- Fillets of cod or similar fish
- 1 egg
- 1 cup corn flake crumbs
- 1 tsp garlic salt
- 1 tsp seasoning salt

1. Beat egg in bowl. Roll fish in beaten egg.
2. Mix dry ingredients in large bowl. Roll fish in dry ingredients.
3. Bake at 350°F for 20 minutes.

Maple-Glazed Salmon

- Salmon fillets
- 1 tsp paprika
- ½ tsp chili powder
- ½ tsp ground ancho chili
- ¼ tsp ground cumin
- ¼ tsp brown sugar
- 1 tsp kosher salt
- 2 tbsp maple syrup
-

1. Mix all powder ingredients. Rub on salmon.
2. Broil or barbeque salmon until salmon is nearly cooked. Rub maple syrup on salmon. Broil or barbeque for 1-2 minutes more.

Recipes

Dry Rub for Salmon

- 2 tablespoons sugar
- 1 tablespoon chili powder
- 1 teaspoon pepper
- ½ tablespoon cumin
- ½ tablespoon paprika
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- ¼ teaspoon cinnamon
- Salmon fillets

1. Mix all powder ingredients. Rub on salmon.

Poultry

Lemon Chicken

- 4 whole skinless chicken breasts
 - ½ cup extra virgin olive oil
 - salt and pepper (sprinkle to taste)
 - ½ tsp. thyme
 - 1 lemon, unpeeled, thinly sliced
1. Halve chicken breasts and arrange in a 9x13 shallow, greased, baking dish.
 2. Sprinkle with salt and pepper and thyme.
 3. Pour olive oil over all.
 4. Arrange lemon slices on top of chicken to cover all pieces.
 5. Cook, uncovered for 1 hour at 350 F

Serves 4

Chicken Cacciatore

- 4 whole skinless boneless chicken breasts cut into pieces
 - 1/3 cup rice flour
 - 1/4 cup extra virgin olive oil
 - 1 garlic clove minced
 - 1 red onion, sliced
 - 1 ½ cup sliced mushrooms
 - 4 celery stalks sliced
 - 1 28 oz can tomatoes
 - ½ cup white wine (optional)
 - 1 tsp. pepper
 - 1 tsp. each of oregano, basil and parsley
1. Place chicken and flour in plastic bag and shake coating chicken.
 2. In large non-stick fry pan add olive oil and cook chicken at medium heat till brown. Remove chicken.
 3. To remaining oil in fry pan add minced garlic, onions, mushrooms, and sliced celery stalks. Sauté vegetables till soft.
 4. Return chicken to fry pan adding remaining ingredients.
 5. Simmer for 1 hour. (Serves 4-6)

Yummy Chicken

- ¼ cup rice flour
 - 1 tsp. salt
 - ¼ tsp pepper
 - dash of thyme
 - 6 skinless boneless chicken breasts (halved)
 - ¼ cup canola oil (mild tasting olive oil)
 - 4 green onions, chopped
 - ¾ cup mushrooms, sliced
 - 2 tbsps. lemon juice
 - 1 tsp. sugar
 - 1 tsp. salt
 - ½ cup apple juice
1. Mix flour, salt, pepper and thyme in a plastic bag.
 2. Shake chicken to coat well.
 3. In fry pan brown chicken in oil and remove to casserole dish.
 4. Add green onions and mushrooms to fry pan.
 5. Cover and simmer for 3 minutes.
 6. Add mixture to casserole dish.
 7. Mix lemon juice, sugar, salt and apple juice.
 8. Pour over chicken and bake at 325 F for one hour. (Serves 6)

Orange Rosemary Chicken

- 2 cloves of garlic
- 1 roasting chicken
- 1 orange, quartered
- 4 sprigs fresh rosemary or 1 tbsp. dry rosemary
- 1 tbsp. extra virgin olive oil
- 2 tbsps. orange marmalade
- 1 tbsp. chopped fresh rosemary or 1 ½ tsp. dry

1. Preheat oven to 325 F
2. Peel garlic cloves and place in chicken cavity.
3. Stuff unpeeled orange wedges into cavity with fresh or dried rosemary.
4. Close the cavity and loosely tie legs together
5. Place chicken on rack in roasting pan. Brush skin with oil.
6. Roast chicken, uncovered for two hours, basting frequently with pan juices.
7. Mix marmalade and rosemary. Brush over chicken and continue roasting, basting with mixture, about 10 more minutes. (Serves 6)

Baked Chicken Breasts Tarragon

- 4 skinless, boneless chicken breasts
- ¼ cup extra virgin olive oil
- ¼ cup dry mustard
- 1 tsp. tarragon (rosemary)
- ½ red onion, chopped
- 1 tbsp. parsley flakes

1. Preheat oven to 400 degrees.
2. Wash chicken breasts thoroughly and place in 9 x 13 inch glass baking dish greased with olive oil.
3. Combining remaining ingredients and brush over chicken, covering completely. Cover with foil and bake for 50 minutes or until chicken is tender. (Serves 3 – 4)

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Honey-Mustard Chicken

- 6 skinless boned chicken breasts
 - ½ cup liquid honey
 - ¼ cup canola oil (mild extra virgin olive oil)
 - ¼ cup dijon mustard
 - 2-4 tsps. curry powder
 - pinch cayenne pepper
1. Place chicken in a single layer in large ovenproof dish.
 2. Combine honey, oil, mustard, curry powder and cayenne.
 3. Pour over chicken.
 4. Bake, uncovered, at 350 F for 20 minutes, basting once.
 5. Turn chicken over, baste again and bake another 20 minutes or until pieces are no longer pink inside.

Serves 6

Moroccan Chicken Casserole

- 4-6 skinless boned chicken breasts
- 1 tbsp. extra virgin olive oil
- 1 crushed clove of garlic
- 2 tsps. each of paprika, ground coriander
- 1 tsp. ground ginger
- 1/4 tsp ground cloves
- 2 onions - thinly sliced
- 2 medium sweet potatoes - peeled and diced
- 3 tbsp arrowroot
- 2 cups of chicken stock
- salt and pepper to taste
- chopped parsley to garnish

1. Using paper towels pat the chicken pieces dry.
2. Heat oil over medium heat in large pan.
3. Add garlic and spices to the pan, stirring over a medium heat for 10-20 seconds.
4. Add chicken and cook 6-8 minutes, turning occasionally until coated with spices.
5. Transfer chicken to ovenproof dish, scattering vegetables over the chicken.
6. Mix arrowroot with chicken stock in fry pan, stir until thickened and boils. Remove pan from heat.
7. Season sauce with salt and pepper, and pour over vegetables and chicken.
8. Cover with lid, and cook at 350 F for one hour, until chicken cooked through.
(Serves 4)

Trish Appelbe www.ms-diet.org

Chicken Cutlets with Olives and Tomatoes

- 6 skinless boneless chicken breasts
 - 6 cloves garlic, chopped
 - 1 large onion, chopped
 - 3 tablespoons extra virgin olive oil
 - juice of 1 lemon
 - 16 ounce can plum tomatoes, drained and chopped.
 - 18 black olives, drained, pitted and chopped (about 1/2 can)
 - 3 tablespoons fresh parsley, chopped fine (divided)
 - 2 teaspoons fresh thyme (chopped)
 - salt and freshly ground pepper to taste
1. Set oven at 375 F and grease two 9 x 13 oven proof pans
 2. Marinate chicken in 2 tablespoons oil, lemon juice and salt and pepper for one hour, turning often.
 3. In a large skillet sauté garlic and onions in remaining 1 tablespoon olive oil.
 4. Add tomatoes and olives and sauté for 15 minutes, uncovered, stir often.
 5. Add 1 tablespoon of the parsley and the thyme, stirring to mix.
 6. Place the chicken breasts in the prepared pans and cover with sautéed mixture.
 7. Sprinkle with remaining parsley
 8. Bake for 35 - 40 minutes in a 375°F oven or until brown

Serves 8

Irwin Mortman

Chicken Tinga

- 4 skinless/boneless chicken breasts
 - 6 cups of water
 - 3 teaspoons salt
 - 2 garlic cloves, chopped
 - 1 onion, quartered
 - 2 large tomatoes, quartered
 - 3 large tomatoes, chopped
 - 3 onions, chopped
 - 2 - 7 ounce cans of chipotle peppers in adobo sauce
 - 1/4 cup of canola oil
 - corn tostadas, freshly made or store bought
 - lettuce, finely sliced
 - avocado, pitted, peeled and sliced
 - crumbled cheese substitute
 - salsa
 - radishes, sliced
1. In a medium sized pot: place chicken, 6 cups of water, 2 teaspoons of salt, 1 garlic clove, and 2 quarters of an onion. Cover and simmer for about 30 minutes on medium to high heat. Reserve the stock. Allow the chicken to cool, then shred it.
 2. In a blender add the remainder of the quartered onion and 1 tomato, a can of chipotle peppers in adobo sauce, 2 teaspoons of salt and 1 chopped garlic clove, and enough chicken broth to fill the blender half way and blend until smooth.
 3. Heat the oil in a large pan over medium heat. Once it is hot but not smoking, stir in the chopped onion and cook until soft and translucent, for about 5 to 6 minutes. Then add chopped tomato and cook for an additional 10 minutes. Add the cooked shredded chicken, the chipotle sauce from the blender and more chicken broth if it is too dry. Bring to a boil, reduce heat and simmer covered for 10 minutes. Add salt to taste.
 4. In heavy skillet heat one-quarter inch oil. Fry tortillas, one at a time, in hot oil for 20 to 40 seconds on each side or till crisp and golden. Drain on paper towels. Keep warm in foil in 250 degrees oven. Store bought tostadas can also be used.
 5. To assemble, place a warm tostada on a serving plate; spoon on chicken tinga, then lettuce), 1 or 2 slices of avocado and radish and crumbed cheese substitute. Drizzle with your favorite homemade salsa to taste.

Smokey Chicken Almond Mole

- 1 cup roasted almonds
 - vegetable oil
 - 2 dried Anaheim chiles, stemmed, seeded, and chopped
 - 2 cups chopped onion
 - 2 garlic cloves, crushed
 - 1 (7-ounce) can chipotle chiles in adobo sauce
 - 1 can of chopped tomatoes
 - 1 1/2 cups fire-roasted crushed tomatoes
 - 2 tablespoons sugar
 - 1 teaspoon ground cumin
 - 1 teaspoon salt
 - 1/4 teaspoon ground cloves
 - 8 corn tortillas, torn into small pieces
 - 4 cups vegetable broth
 - 2 tablespoons white wine vinegar
 - 3 cups chopped cooked chicken breast
 - Cilantro sprigs
1. Place almonds in a food processor; process until smooth (about 2 1/2 minutes), scraping sides of bowl once. Set aside.
 2. Heat oil in a large nonstick skillet over medium-high heat. Add Anaheim chiles; sauté 1 minute or until softened. Add onion and garlic; sauté 4 minutes or until onion is lightly browned.
 3. Remove 1 chipotle chile from can; cut chipotle chile in half. Add 1 chile half to onion mixture. Reserve remaining chiles and adobo sauce for another use. Add tomatoes and next 6 ingredients (tomatoes through broth); bring to a boil. Reduce heat; simmer 15 minutes, stirring occasionally.
 4. Spoon mixture into food processor; process until smooth. Return mixture to pan; stir in almond butter and vinegar; cook 1 minute. Stir in chicken. Garnish with cilantro.

Vegetables

Again quoting Loren Cordain in “The Paleo Diet”, “ fruit and vegetables – with their antioxidants, phytochemicals, and fiber – are some of our most powerful allies in the war against heart disease, cancer and osteoporosis.”

Luckily vegetables are one of the easiest foods to include in our diet. We can snack on carrots, celery, tomatoes, broccoli etc. For dinners, steamed vegetables are often welcome additions.

Roasted vegetables

- 2 large leeks, sliced in strips length wise
- 4 carrots, sliced length wise
- 3 tomatoes (halved)
- 4 parsnips, sliced length wise
- 2 cups broccoli spears
- 2 cups whole mushrooms
- ½ cup extra virgin olive oil
- 2 tsps. rosemary

1. Arrange vegetables in greased large baking sheet.
2. Cover vegetables with oil.
3. Sprinkle with rosemary
4. Bake in 350 F for 1 hr or till vegetables are soft.

Serves 6

Any of your favorite vegetables can be used

Oven Baked Parsnips French Fries

- 8 parsnips sliced length wise and halved in shape of French fries
 - ¼ cup extra virgin olive oil
1. Grease baking sheet with olive oil.
 2. Place parsnip fries in microwave dish and microwave for 1 minute.
 3. Spread parsnips on baking sheet.
 4. Bake in hot oven 425 F turning frequently for 5-10 minutes or until soft and crunchy.

Serves 6

Steamed Fresh Vegetables

- 2 medium carrots, peeled and sliced
- 2 medium parsnips, peeled and sliced
- 1 stalk broccoli, cut in florets
- 8 mushrooms
- 1 tbsp. extra virgin olive oil
- salt and freshly ground pepper

1. Steam carrots and parsnips for 3-5 minutes or until tender-crisp.
2. Add broccoli and mushrooms: steam for 3 minutes or until broccoli is bright green.
3. Transfer to serving bowl, sprinkle with olive oil and salt and pepper to taste.

Serves 4

Other vegetables to substitute or add: celery, fennel, sweet red or green pepper, cauliflower, zucchini, cabbage or Brussels sprouts

Steamed Fennel with Zucchini and Green Onions

- 6 green onions cut in half lengthwise then cut into 2-inch lengths.
- 2 cups each julienne (thin strip) carrots, fennel, and zucchini
- 1 tbsp. extra virgin olive oil
- salt and pepper to taste

1. Steam all of the above vegetables for 6 to 8 minutes or until tender crisp.
2. Transfer to serving dish and toss with olive oil and salt and pepper to taste.

Serves 6

The mild taste of fennel makes a pleasing addition to zucchini and carrots.

No Big Dill Carrots

- 2 cups baby carrots
- 1 tbsp. dried dill
- 1 tbsp. lemon juice

1. Steam carrots and serve topped with a sprinkle of dill and lemon juice.

Serves 4

Loren Cordain “The Paleo Diet”

Savory Warm Mushrooms in Wine Sauce

- 3 tbsp. extra virgin olive oil
- 1 lb small mushrooms
- pepper to taste
- 1 clove garlic, minced
- 3 tbsp. white wine
- 1 tsp. lemon juice
- 1 tbsp. parsley flakes

2. In a skillet, heat olive oil on low heat.
3. Wash mushrooms well and cut off stems.
4. Place mushroom caps in heated olive oil and add pepper and garlic.
5. Simmer for five minutes.
6. Add wine and lemon juice.
7. Cover and let stand for five minutes.
8. Sprinkle with parsley. (Serves 4)

Loren Cordain “The Paleo Diet”

Zucchini (Courgette) Bake

- 6-8 medium zucchini's sliced thinly
- 4 juicy ripe tomatoes, chopped
- 2 cloves garlic crushed
- 3 tbsp. oil
- Sea salt and freshly ground black pepper
- ½ cup gluten free breadcrumbs

1. Heat oil in pan,
1. Add garlic and zucchini slices.
2. Sauté gently for 3-5 minutes.
3. Place in shallow ovenproof dish.
4. Add chopped tomatoes to pan with seasonings, simmer for 5 minutes.
5. Pour mixture over zucchini.
6. Top with breadcrumbs. When required, sprinkle top with small amount of oil, and heat under grill.

"Christmas Fayre" www.MS-Diet.org

German Red Cabbage with Apples

- 1 head red cabbage
- 3 tbsp red wine vinegar or red wine
- 3 tbsp water
- 2 tbsp sugar
- 4 slices turkey bacon chopped
- ½ tsp salt
- 1 medium Granny Smith apple peeled and cubed
- pinch pepper
- pinch cloves, ground

1. Chiffonade the red cabbage, peel and cube the apple.
2. Heat bacon in a saucepan over medium high heat. When it starts to crisp, add the red cabbage, vinegar (or wine), water, salt, pepper and cloves. Stir to combine.
3. Sprinkle the sugar over the top, but do not stir. Cover and turn down the heat to low, simmer for about 15 minutes.
4. Add apples and stir, cook for about 5 minutes more.

Yam Fries

- 3 cups yam or sweet potato spears
 - ½ tsp red pepper flakes
 - 1 tsp chili powder
 - 1 tsp salt
 - 2 Tbsp grapeseed oil
 - 1 Tbsp lime juice
 - 1 clove minced garlic
 - ¼ tsp cayenne pepper
 - 1 Tbsp spicy brown mustard
 - ¼ tsp pepper
 -
1. Preheat oven to 400°F.
 2. Blend all ingredients listed above in a ziplock bag.
 3. Arrange spears in a single layer on a large baking sheet.
 4. Bake twenty minutes in a preheated oven. Then, turn spears over and continue to bake for 10 more minutes, until crispy and browned.
 5. Season with salt and serve.

Fruits/Dessert

One large dietary change is to start to see fruit as your main dessert. Traditionally many of us consider, pies, cookies and cakes as a must after a really good meal. But it is hoped that with the few suggestions that follow, fruits will become a truly important part of the diets. In our family it was my need to try and prepare bakery items for special occasions. But it was on my sons (who are very sensitive to foods) request that we have fruit for dessert instead of the more traditional fare.

Fruit cocktail in pineapple shells

- 1 large fresh pineapple
 - 5 seedless oranges mandarine) peeled and sectioned. Reserve juice.
 - 3 kiwifruit, peeled and cubed
 - 3 cups whole strawberries, washed, hulled and cut in halves or quarters
 - 1 cup each green, purple and red grapes, washed and left whole
1. Cut pineapple in half lengthways right through stalk.
 2. In a large bowl, add all the fruit.
 3. Scoop pineapple out, adding juice and pineapple to bowl, discarding core. Mix all fruit well.
 4. Arrange pineapple halves on serving plate, top and tail fashion. Put as much fruit into shells as they will take.
 5. Serve remaining fruit and juice in a serving bowl.
 6. If making in advance, leave the fruit salad in a bowl in the refrigerator until required. Put fruit into pineapple shells when ready to serve.

“Christmas Fayre” www.MS-Diet.org

Winter Fruit Compote with Figs and Apricots

- ¾ cups each of dried figs, apricots and prunes
 - ½ cup rum
 - 1 ½ cups orange juice
 - 2 cups seedless green grapes
 - 1 cup purple or red grapes, halved and seeded
 - 1 can mandarin oranges, undrained
 - 1 grapefruit, peeled and sectioned
1. In saucepan, combine dried figs, apricots, prunes, rum and orange juice; cover and bring to boil.
 2. Simmer for 10 minutes; remove from heat and let stand for 20 minutes or until fruit is plump and tender. Let cool.
 3. In serving dish, combine fig mixture, green and purple grapes, mandarin oranges and grapefruit.
 4. Serve immediately or cover refrigerated up to 3 days. (Serves 8)

Loren Cordain “The Paleo Diet” has given us the following recipes to start us thinking about fruits as tasty desserts.

Peach Almond Delight

- 3 fresh peaches
 - 4 oz slivered almonds
 - 2 tbps. diced dates
 - 1 tsp. cinnamin
 - ½ tsp. natural vanilla extract
 - ½ cup water
1. Wash the peaches and cut each into eight sections.
 2. Mix with the almonds and dates, and drizzle with vanilla; sprinkle cinnamon on top.

Serves 2

Cantaloupe stuffed with Blackberries and Pecans

- 1 cantaloupe
- 1 cup blackberries
- ½ cup chopped pecans
- mint leaves for garish

1. Cut cantaloupe in half (serrated) and scoop out seeds.
2. Fill each cavity with berries and pecans.
3. Garnish with mint leaves. (Serves 2)

Strawberry-Blueberry Horizon

- 1 cup fresh strawberries
- 1 cup fresh blueberries
- ½ tangerine, sectioned
- 1 tbsp. orange juice
- 1 tsp. natural vanilla extract
- ground nutmeg and fresh mint

1. Mix the strawberries, blueberries, and tangerine sections in a bowl.
2. Drip the orange juice and vanilla and sprinkle with nutmeg.
3. Serve chilled and garnished with mint. (Serves 3)

Raw Brownies

- 3 cups walnuts
 - 2 cups shredded, unsweetened coconut
 - ¼ cup pecans, chopped
 - ¼ cup raw cacao powder
 - ¼ cup raw carob powder
 - 2 tsp cinnamon
 - 1 tsp allspice
 - 1 tsp coriander
 - dash cayenne
 - 1 Tbsp cacao nibs
 - 2 tsp vanilla
 - 5/8 cup agave syrup (just shy of ½ cup)
 - 6 Medjool dates, chopped
1. In a food processor, process walnuts and 1 cup of coconut until fairly smooth but not over processed. You don't want the natural oils to separate.
 2. In a medium bowl, combine cacao, carob, cinnamon, allspice, coriander, cayenne and remaining coconut.
 3. In a large bowl, combine processed walnut/coconut mixture and spice mixture (from Step 2), with remaining ingredients. Separate the chopped date pieces with your fingers as you add them to the mixture.
 4. Press into a 9" x 9" baking pan and refrigerate.

Tropical Fruit Shake

- 1/2 mango
 - 2 Tbsp frozen piña colada mix (non-alcoholic)
 - ½ banana -- frozen
 - 4 strawberries -- frozen
 - 6 ice cubes
 - 1 ¼ cup cold water
1. Combine all ingredients in a blender and blend until smooth.

Blueberry Smoothie

- 2 cups (10 oz.) frozen blueberries -- slightly thawed
 - 1 cup pineapple chunks in juice
 - ½ cup rice milk
 - ¼ cup coconut milk
 - 2 dates
1. Combine all ingredients in your blender and blend until smooth.

Slow Cooking

Lemon Chicken

- 2 (2 1/2 to 3 lb) ready to cook broiler – fryer chickens, cut up
- 1/4 cup rice flour
- 1 1/4 tsp. salt
- 2 tbsp. extra virgin olive oil
- 1 6 – ounce can frozen lemonade concentrate, thawed
- 3 tbsp brown sugar
- 3 tbsp ketchup
- 1 tbsp vinegar
- 2 tbsp cold water
- 2 tbsp arrowroot
- hot cooked rice

1. Combine the flour with salt; coat chicken thoroughly.
2. Brown chicken pieces on all sides in hot oil; drain.
3. Transfer chicken to crockery cooker.
4. Stir together the lemonade concentrate, brown sugar, ketchup, and vinegar.
5. Pour over chicken.
6. Cover; cook on high-heat setting for 3-4 hours.
7. Remove chicken; pour cooking liquid into saucepan.
8. Return chicken to cooker; cover to keep warm.
9. Skim fat from reserved liquid.
10. Blend cold water slowly into arrowroot; stir into hot liquid.
11. Cook and stir till thickened and bubbly.
12. Serve chicken with sauce over rice. Makes 6 servings.

sauce recipe may be doubled

Lamb-stuffed Grape Leaves

- ¼ cup regular rice
 - ¼ finely chopped onion
 - 2 tbsp. snipped fresh mint leaves or 1 tbsp. dried mint, crushed
 - 2 tbsp. snipped parsley
 - 1 tsp. salt
 - ½ lb ground lamb
 - 24 fresh or canned grape leaves
 - 2 tbsps. canola oil
 - 2 cups water
1. Combine rice, onion, mint, parsley, ¼ tsp salt, 3 tbsp water, dash of pepper.
 2. Add lamb; mix well.
 3. Rinse fresh grape leaves; drain and open flat.
 4. Spoon 1 tbsp filling in center of each leaf.
 5. Fold in sides; roll up.
 6. Line crockery cooker with double thickness of cheesecloth.
 7. Place stuffed leaves in cooker.
 8. Mix oil, remaining ¾ tsp salt and 2 cups water; pour over grape leaves.
 9. Tie corners of cheesecloth together.
 10. Cover; cook on high-heat setting for 2½ hours.
 11. Remove the bag.
 12. place stuffed leaves on platter ;garnish with cherry tomatoes

This recipe can be doubled and is a real favorite at pot-lucks

Slow-cooked Veal with Salsa

- 2 lb veal, sliced ½ inch thick
- 2 cups salsa (recipy below)

1. Place veal slices in crock-pot, cover with salsa, and cook on low heat for five hours. Remove from pot and pour remaining salsa over meat before serving.

Serves 4

Salsa

- 6 large tomatoes, sliced
- 1 yellow onion, minced
- 2 cloves garlic, minced
- 1 tsp. black pepper
- ½ cup lime juice
- 1 tsp. cayenne pepper
- 1/3 cup fresh cilantro, finely chopped

1. Combine all ingredients and mix well. Makes 2 cups

Loren Cordain “The Paleo Diet”

Beanless Chili

- 1 lb ground beef
- tomatoes
- onions
- mushrooms
- green peppers
- salt & pepper
- chili powder
- minced garlic with jalapeño
- cayenne pepper
- Louisiana hot sauce
- Red Rooster hot sauce
- cajun season
- red pepper sauce (1/2 jar)

1. Brown meat in frying pan; added all species when browned.
2. Add mushrooms, onions, green peppers, tomatoes and sauces.
3. Pour into slow cooker for 2-3 hrs.

Leftover Beef Casserole

- 2 cups steak or roast beef, cubed
 - 1 thinly sliced onion
 - 2 cups cubed potatoes
 - ½ cup chicken stock or water
 - ½ cup tomato sauce
 - 1 chopped red pepper
 - 1 tbsp Worcestershire sauce
1. Adjust all ingredients based on amount of leftover beef. Add all ingredients to pot. Bake at 350 degrees for 45 minutes or slow cook.

Irish Stew

- 1 teaspoon vegetable oil
 - 1 roast, cubed
 - 2 teaspoons sage
 - 5 potatoes, peeled and cubed
 - 4 carrots, diced
 - 1 (4 ounce) can sliced mushrooms, drained
 - 1 onion, chopped
 - 1 teaspoon celery seed
 - 1 tablespoon Worcestershire sauce
 - 1 can corn
 - 1 cup chicken or beef stock to cover
 - 1 teaspoon salt
 - 1 teaspoon ground black pepper
 - 1 tablespoon cornstarch
1. Heat the oil in a skillet over medium-high heat. Add the beef to the oil and season with the sage; cook the beef until browned on all sides; drain.
 2. Add all remaining ingredients except cornstarch to slow cooker.
 3. Whisk together the cornstarch and warm water in a small bowl until smooth; stir through the stew.

Special Occasions

Festive Leg of Lamb

- 1 onion finely chopped
 - 2 garlic cloves crushed
 - 3 tbsp canola oil
 - 1 package (300g) frozen chopped spinach
 - 1 lemon (finely grated peel)
 - 1 tsp dried mint
 - ½ tsp salt and pepper
 - 1 ½ cup cooked rice
 - 1 package of lean cooked chicken or turkey
 - 3-5 lb boned leg of lamb
 - Stuffing
2. Sauté onion and garlic in oil.
 3. Cook spinach in a small amount of water. Cool, squeeze liquid from spinach and chop.
 4. Add spinach to onion and garlic along with lemon peel and mint.
 5. Add salt and pepper.
 6. Add cooked rice.
 7. Chop cooked chicken or ham and add to stuffing mixture.
 8. Lay out roast and place stuffing in the middle of the boned roast and then tie roast up with string.
 9. Place roast meat side down in 325-degree oven. Roast uncovered and roast 30 minutes a lb.

Serve with mint sauce and gravy from the drippings

Serves 8

Veal Scaloppini

- 1 ½ lb veal steak (½ inch thick)
 - 1 tsp. salt
 - 1 tsp. paprika
 - ½ cup extra virgin olive oil
 - ¼ cup lemon juice
 - 1 clove garlic clove minced
 - 1 tsp prepared mustard
 - ¼ tsp. nutmeg
 - ½ tsp. sugar
 - ¼ cup rice flour
 - ¼ cup oil
 - 1 medium onion, sliced thin
 - 1 red pepper cut in strips
 - 1 10 oz chicken broth
 - 1/2 lb mushrooms, sliced
 - 1 tbsp.oil
 - (optional parsley and lemon wedges)
1. (Sauce) Combine salt, paprika, oil, lemon juice, garlic, mustard, nutmeg and sugar in a jar. Shake to combine thoroughly.
 2. Cut veal into serving pieces.
 3. Spread veal in shallow dish-pour sauce over-coat well and let stand 20 minutes. Remove garlic.
 4. Heat oil in large skillet.
 5. Lift veal from sauce and dip in flour.
 6. Brown in skillet and add onion and red peppers.
 7. Combine chicken broth with remaining sauce and pour over veal.
 8. Continue cooking slowly (covered) until veal is tender (about 30 minute).
 9. Brown mushrooms lightly in oil.
 10. Add mushrooms to veal.
 11. Serve on large platter surrounded with noodles and garnish with parsley and lemon wedges.

Serves 6

Cornish Game Hens with Rice Stuffing

- 2 - 1 lb. Cornish game hens
- salt
- pepper
- 2 tbsps. slivered almonds
- 2 tbsp. finely chopped onion
- 1/3 cup uncooked long-grain rice
- 3 tbsps. canola oil (or mild flavored extra virgin olive oil)
- 1 cup water
- 1 chicken bouillon cube
- 1 tsp. lemon juice
- 1/2 tsp salt
- 1/2 cups sautéed sliced mushrooms

1. Season game hens inside and out with salt and pepper.
2. In small saucepan, cook almonds, onion, and rice in oil for 5 to 10 minutes, stirring frequently.
3. Add water, bouillon cube, lemon juice, and salt.
4. Bring mixture to a boil, stirring to dissolve bouillon cube.
5. Reduce heat; cover and cook slowly about 20 – 25 minutes or till liquid is absorbed and rice is fluffy. Stir in the drained mushrooms.
6. Lightly stuff birds with rice mixture.
7. Place breast up on the rack in shallow baking pan.
8. Brush with oil.
9. Roast covered in hot oven (400 F) for 30 minutes
10. Uncover and roast 1 hour longer or till drumstick can be twisted easily in socket.
11. Brush with oil during last 15 minutes of roasting time.

Serves 2

Cabbage Rolls

Wrapping

- 1 large or 2 small heads cabbage

Sauce

- 2 tbsp butter
- 2 large white onions, sliced
- ¼ tsp caraway seeds, crushed
- ¼ tsp salt
- ¼ tsp pepper
- 2 cans (each 28 oz/796 mL) tomato juice

Topping

- 3 tbsp packed brown sugar
- 1 can (28 oz/796 mL) sauerkraut, squeezed dry

Filling

- 8 strips turkey bacon
- 2 tbsp margarine
- 3 onions, chopped
- 4 cloves garlic, minced
- ½ cup finely chopped red pepper
- 1-½ tsp dried marjoram
- ½ tsp dried thyme
- 1 pinch cayenne pepper
- ½ cup rice
- 1-¼ cups chicken stock
- 1-½ lb lean ground pork or beef
- ½ cup chopped fresh parsley
- 2 tbsp chopped fresh dill
- 1 egg, beaten
- 1 tsp salt
- 1 tsp pepper

Sauce

In large shallow Dutch oven, melt butter over medium-high heat; sauté onions, caraway seeds, salt and pepper for about 10 minutes or until onions are golden.

Cook for 2 minutes. Add tomato juice and bring to boil; reduce heat and simmer for about 30 minutes or until thickened. Set aside.

Filling

In saucepan, fry bacon; add margarine and cook onions, garlic, red pepper, thyme and cayenne pepper, stirring occasionally, for about 10 minutes or until softened.

Add rice; cook, stirring, for 1 minute. Add stock; bring to boil. Reduce heat; cover and simmer for about 20 minutes or until rice is tender and liquid is absorbed. Transfer to large bowl; let cool for 5 minutes. Stir in pork, parsley, dill, egg, salt and pepper

Wrapping (do this last unless you are very good at multitasking)

Core cabbages. In large pot of boiling salted water, blanch cabbages, 1 at a time, for 5 to 8 minutes or until leaves are softened. Remove and chill under cold water.

Working from core end, carefully pull 12 leaves off each cabbage, returning cabbage to boiling water for 2 to 3 minutes when leaves become difficult to remove. Drain leaves on tea towels; cut out coarse veins. Set leaves aside. Reserve enough leaves from remaining cabbage to cover cabbage rolls in pan.

(continued on next page)

Preparation of Rolls

Spread 1 cup (250 mL) of the tomato mixture in 24-cup (6 L) roasting pan or Dutch oven.

Spoon 1/4 cup (50 mL) filling onto centre of each of the 24 reserved leaves; fold 1 end and sides over filling and roll up. Arrange half, seam side down, in pan; top with half of the remaining tomato mixture. Arrange remaining rolls on top; pour remaining tomato mixture over top. Top with reserved cabbage leaves to prevent scorching.

Cover and bake in 350°F (180°C) oven for about 2 hours or until tender.