

DoctorMurray's

—HEALING FOODS— COOKBOOK



The Future of Medicine is FOOD



Dear Health Enthusiast,

In order to help you eat for health, I am providing some of my favorite recipes to help you incorporate the principles and guidelines of the Synergetic Diet.

These recipes are easy to prepare, easy to follow, and taste great. Remember, you can modify or substitute a recipe based upon your own tastes; just try not to alter the caloric content too much in doing so.

Sincerely,

Michael T. Murray, N.D.

BREAKFAST

An age-old belief is that breakfast is the most important meal of the day. I agree with that entirely. Breakfast does set the stage for how the day is going to unfold in many ways. Here are my recommendations for breakfast:

- Focus on high quality protein. This recommendation is important for a lot of reasons. For example, I think focusing on protein for breakfast is a critical tool for weight loss. Protein has been well demonstrated to be vital in the maintenance of healthy appetite control. Starting the day with a high-protein breakfast can promote prolonged satiety. My day general start with either a whey protein based smoothie or a mixture of 1 organic egg and one cup of egg whites. I try to get 25 to 50 grams of high quality protein at breakfast. Twenty-five grams on the days I am working out in the morning usually from a protein shake or smoothie; fifty grams when I am on off days usually in the in form of my egg and egg whites. On the days I am working out, I usually have a protein bar after my workout that provides another 15 to 20 grams of protein.
- If your breakfast is a whey protein smoothie, add some frozen berries. If it is an omelet or scrambled eggs, add lots of fresh herbs, or black or red pepper, or other spices; and also have a side of either berries, fresh or sautéed tomatoes, or other non-starch vegetable (e.g., asparagus is an awesome choice!).
- Avoid grains and sugar. I know that many people are in the habit of cereal and oatmeal. But, I think it really sets you up for straining your blood sugar control later in the day. If you are going to eat oatmeal or other healthy whole grain cereal, please use PGX to reduce the glycemic load. On page 6, I offer a very healthful alternative to oatmeal and brown sugar that I call Whey-Enhanced Instant Oatmeal with PGX.
- Do not be afraid to try non-traditional breakfast choices. Poached salmon with grilled vegetables, grilled chicken with vegetables, or scrambled tofu with vegetables.
- If you are going to have toast, make it whole grain and limit it to one slice. If you are trying to lose weight, avoid it entirely. You don't need the calories.
- Drink green tea or coffee (regular if you can handle it, otherwise decaf).



Smoothies

Basic Smoothie Recipe

Mix the following in a blender and liquefy:

- 8 – 12 oz. unsweetened vanilla almond or coconut milk
- 20 – 30 grams vanilla whey protein
- 1 cup frozen fruit
- 3 – 4 ice cubes (optional)
- 2.5 – 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)

Tri-berry Boost Smoothie

Mix the following in a blender and liquefy:

- 20 – 30 grams of vanilla whey protein
- 8 – 12 oz. unsweetened vanilla almond or coconut milk
- 1 cup frozen strawberries, raspberries, and blueberries
- 3 – 4 ice cubes (optional)
- 2.5 – 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)

Strawberry Banana Smoothie

Mix the following in a blender and liquefy:

- 8 – 12 oz. unsweetened vanilla almond or coconut milk
- 20 – 30 grams of whey protein (any flavor, e.g., strawberry, vanilla, or chocolate)
- ½ cup frozen strawberries
- ½ cup sliced frozen banana
- 2.5 – 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)

Strawberry Mint Smoothie

Mix the following in a blender and liquefy:

- 8 – 12 oz. unsweetened vanilla almond or coconut milk
- 20 – 30 grams of whey protein (any flavor, e.g., strawberry, vanilla, or chocolate)
- ½ cup frozen strawberries
- 1 tablespoon fresh mint
- 2.5 – 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)

Peach Smoothie

Mix the following in a blender and liquefy:

- 8 – 12 oz. unsweetened vanilla almond or coconut milk
- 20 – 30 grams of vanilla whey protein
- 1 ripe peach (washed and sliced)
- 3 – 4 ice cubes
- 2.5 – 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)





Almond Butter Cinnamon Smoothie

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened almond or coconut milk
- 20 - 30 grams of vanilla whey protein powder
- 1 tablespoon creamy almond butter
- ¼ teaspoon ground cinnamon
- 4-oz. water
- 3 - 4 ice cubes
- 2.5 to 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)

Apple-Cinnamon Smoothie

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened vanilla almond or coconut milk
- 20 - 30 grams vanilla whey protein
- 1 small red apple, chopped
- ¼ to ½ teaspoon cinnamon
- 2.5 to 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)
- 3 - 4 ice cubes

Almond Butter Chocolate Truffle Smoothie

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened almond or coconut milk
- 20 - 30 grams of chocolate whey protein powder
- 1 tablespoon creamy almond butter
- 4-oz. water
- 3 - 4 ice cubes
- 2.5 to 5 grams PGX granules (optional and highly recommended if you need to lose weight or have blood sugar issues)

Peppermint Patty

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened almond or coconut milk
- 20 - 30 grams of chocolate whey protein powder
- 1 cup frozen or 1 handful fresh spinach
- 1 tablespoon fresh mint
- 3 - 4 ice cubes





Key Lime Pie

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened almond or coconut milk
- 20 - 30 grams of vanilla whey protein powder
- 2 tablespoons fresh squeezed lemon or lime juice
- ½ cup fresh spinach
- 3 - 4 ice cubes
- 2 teaspoons stevia-based sweetener (e.g., Whole Earth, Truvia, Swerve, etc.)

Raspberry Avocado Smoothie

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened almond or coconut milk
- ½ avocado
- ½ cup frozen raspberries
- 3 - 4 ice cubes

Spinach Avocado Smoothie

Mix the following in a blender and liquefy:

- 8 - 12 oz. unsweetened almond or coconut milk
- ½ avocado
- 1 cup frozen or 1 handful fresh spinach
- 3 - 4 ice cubes
- 2 teaspoons stevia-based sweetener (e.g., Whole Earth, Truvia, Swerve, etc.)

Eggs, Egg Whites & Egg Substitutes

Eggs have been vilified for far too long. They are an excellent food rich in nutrients. For years people were told to avoid eggs because of the cholesterol. Now it turns out that eggs appear to actually protect against heart disease. I do like using egg whites and substitutes like Egg Beaters, which are composed of egg whites, to pump up the protein content of my breakfast without getting too much fat and cholesterol. Either can be used in place of whole eggs in all of your favorite recipes. Here is the conversion chart for egg substitutes like Egg Beaters:

1 egg = ¼ cup egg substitute
1 egg white = 2 tablespoons egg substitute
1 egg yolk = 3 tablespoons egg substitute

Nutritional Comparison		
	½ cup Egg Beaters	2 Eggs
Calories	60	150
Total fat	0	10 g
Cholesterol	0	420 mg
Carbohydrates	2 g	2 g
Protein	12 g	12 g

One of my most common uses of egg whites is in scrambled eggs. I like to use one large organic egg along with the egg whites. Here are some ideas for creating a quick and easy version of scrambled eggs.

Dealer's Choice Scrambled Eggs

(1 serving)

- ½ cup egg whites or egg substitute
- 1 large organic egg
- 1 ½ teaspoons olive oil
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste

Heat the olive oil in a small skillet (or spray with cooking spray) over medium heat. Pour in the egg mixture. Here is what I mean by Dealer's Choice ... stir in one of the following:

- 1 tablespoon sliced green onions and 2 tablespoons diced green or red bell pepper
- 3 tablespoons fresh basil, thyme, dill, rosemary, or cilantro.
- 1 tablespoon curry mix or chili powder
- ½ cup chopped mushrooms, broccoli, spinach, sun-dried tomatoes, or potato

Scramble until the egg portion is thoroughly cook then add the salt and pepper.

Green Egg Scramble

(1 serving)

- ½ cup egg whites or egg substitute
- 1 large organic egg
- 1 ½ teaspoons olive oil
- 1 cup chopped spinach
- ½ cup black beans
- 1-2 tablespoons of salsa
- Salt to taste (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

Heat the olive oil in a small skillet (or spray with cooking spray) over medium heat. Pour in the egg mixture. Stir in the spinach and black beans. Add salsa as a topping and salt to taste.



Fajita Scramble

(1 serving)

- ½ cup egg whites or egg substitute
- 1 large organic egg
- 1 ½ teaspoons olive oil
- ¼ bell pepper, chopped
- ¼ onion
- A pinch of low-sodium taco seasoning
- 1-2 tablespoons of salsa (optional)
- ¼ - ½ sliced avocado (optional)

Heat the olive oil in a small skillet (or spray with cooking spray) over medium heat. Pour in the egg mixture. Stir in bell pepper and seasonings. Add the avocado and salsa if desired.

A Healthy, Pumped-up Version of Oatmeal

Many people just have a bowl of oatmeal or cereal for breakfast. I recommend pumping the nutrition up. Here are a couple of sample recipes that I created that I sometimes have for a breakfast, but most often use as a late evening snack (I find that I sleep much better on a full stomach). NOTE: I use PGX, a special dietary fiber, in granule form to reduce the glycemic effect of the oatmeal.

Whey-Enhanced Instant Oatmeal with PGX

(1 serving)

- ½ cup instant oatmeal
- 10 grams whey protein (vanilla or unflavored)
- 1 to 2 tablespoons xylitol (or natural stevia-based sweetener to taste)
- 2.5 to 5 grams PGX granules
- 1 teaspoon ground cinnamon

Bring 1 ½ cups of water to a boil. In a bowl, mix the oatmeal, whey protein, sweetener, PGX, and cinnamon. Add water gradually to the bowl, stirring vigorously with a whisk or fork.

Happy Blueberry Breakfast

(Serves 2)

- ⅔ cup instant oatmeal
- 3 cups water
- 1 to 2 tablespoons xylitol (or natural stevia-based sweetener to taste)
- 5 grams PGX granules
- ¼ cup raw pumpkin or sunflower seeds
- 2 tablespoons organic flaxseed oil

Bring 3 cups of water to a boil. In a bowl, mix the oatmeal, sweetener, and PGX. Add water gradually to the bowl, stirring vigorously with a whisk or fork. Stir in the remaining ingredients and stir.

LUNCH
&
DINNER



Salads

Field Greens Salad with Healthy Oil Dressing

(Serves 2)

- 4 cups of mixed field greens

Most supermarkets and grocery stores now have mixed field greens in the produce section or in pre-packaged plastic bags. This convenience makes a simple mixed field green salad a perfect quick and easy salad. Your serving size should be two cups along with 1 tablespoon of olive (or flaxseed) oil salad dressing.

Healthy oil salad dressing

- 4 oz. olive or macadamia nut oil
- 4 oz. organic flaxseed oil
- 2 tablespoon lemon juice
- 2 tablespoon balsamic vinegar
- 2 garlic cloves, finely minced
- 1 tablespoon Italian herbs
- 1 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 1 teaspoon black pepper

Place all ingredients into a blender and blend for 2 to 3 minutes. Store in your refrigerator for a quick and easy, health promoting salad dressing.

Everything But the Kitchen Sink Thai Salad

(Serves 2)

- 1 small head romaine lettuce, chopped
- 1 red bell pepper, cut into strips
- 1 carrot, peeled and shredded
- 1 ½ cups bean sprouts
- 1 small cucumber, halved and sliced
- ⅔ cup trimmed and cut snow peas
- ¼ cup slivered red onions
- ⅓ cup chopped fresh cilantro
- ⅓ cup chopped fresh mint

Dressing

- 2 tablespoons lime juice
- 1 tablespoon coconut oil
- 1 tablespoon sesame oil
- 2 teaspoons xylitol (or natural stevia-based sweetener to taste)
- 1 teaspoon soy sauce
- 1 clove garlic, minced
- ½ teaspoon cayenne pepper

Toss salad ingredients in a large salad bowl. In a small bowl, whisk dressing ingredients until xylitol is dissolved. Gently toss salad with dressing and serve.

Healthy Greek Salad

(Serves 2)

- ½ red bell pepper, seeded and cut into 1-inch chunks
- ¼ green bell pepper, seeded and cut into 1-inch chunks
- ½ cup cherry tomatoes (cut half in half; leave the rest whole)
- ½ cucumber, peeled and thickly sliced
- ½ red onion, thinly sliced
- ½ cup crumbled feta cheese
- ¼ cup pitted kalamata olives
- 1 ½ teaspoons capers, rinsed
- 2 tablespoons red wine vinegar
- 1 very small clove garlic, minced
- 1 ½ teaspoons minced fresh dill
- ¼ teaspoon dried oregano
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 1 tablespoon olive oil

In a large bowl, toss the bell pepper, tomatoes, cucumber, onions, feta cheese, olives, and capers. In a small bowl, whisk together the vinegar, garlic, dill, oregano, salt substitute, and pepper. While whisking, slowly drizzle in the olive oil to make a thick dressing. Pour the dressing over the salad, toss and serve immediately.

Asparagus Salad

(Serves 2)

- ½ pound fresh asparagus, trimmed
- 2 cups mixed field greens
- 3 tablespoons balsamic vinegar
- 1 tablespoon fresh orange juice
- 1 tablespoon sesame seeds, toasted
- 1 teaspoon minced fresh ginger

Steam the asparagus until crisp-tender and immediately place asparagus in ice water. Drain and pat dry. Place salad greens on a serving platter; top with asparagus. In a small bowl, whisk the vinegar, orange juice, sesame seeds and ginger. Drizzle over the salad.

Tomato Salad

(Serves 2)

- 3 medium tomatoes, quartered
- ½ medium green pepper, seeded and thinly sliced
- ½ medium onion, thinly sliced and separated into rings
- ¼ cup balsamic vinegar
- ½ teaspoon celery seed
- ½ teaspoon Dijon mustard
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ⅛ teaspoon pepper
- 1 large cucumber, peeled and sliced

In a large bowl, combine the tomatoes, green pepper, and onion. In a small saucepan, combine the vinegar, celery seed, mustard, salt, and pepper; bring to a boil. Boil for 1 minute then pour over the vegetables. Let stand until mixture comes to room temperature. Stir in the cucumber. Cover and refrigerate for 2 hours or until chilled.

Jicama Salad

(Serves 2)

- 1 cup julienned peeled jicama
- 1 orange, peeled, sectioned, and cut into chunks
- 1 medium cucumber, seeded and thinly sliced
- ¼ cup chopped green onions (scallions)
- ¼ cup chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- ¼ cup fresh orange juice
- ¼ cup fresh lemon or lime juice
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ¼ teaspoon pepper
- ¼ teaspoon chili powder

Combine the first 6 ingredients (jicama through mint) in a large bowl. In another bowl, mix the orange juice, lemon juice, and spices. Pour juice mixture over jicama mixture, and toss gently. Cover and chill for at least 20 minutes.

Cucumber-Fennel Salad

(Serves 2)

- 1 large cucumber, sliced
- ½ medium sweet onion, thinly sliced
- 1 small fennel bulb, thinly sliced
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 teaspoon chopped fresh dill
- ¼ teaspoon grated lemon zest
- ⅛ teaspoon pepper
- ⅛ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

In a large bowl, combine the cucumber, onion, and fennel. In a jar with a tight-fitting lid, combine the lemon juice, olive oil, dill, lemon zest, pepper, and salt; shake well. Pour over the cucumber mixture and toss to coat. Refrigerate until chilled.

Orange and Fennel Salad

(Serves 2)

- 1 orange
- 1 small bulb fennel
- 1 small head romaine lettuce, cut up
- ¼ cup chopped fresh parsley
- 1 tablespoon Healthy Oil Dressing (page 9)

Remove the peel and white pith from the orange. Slice the orange and fennel, then toss with greens and dressing in a large bowl.

Field Greens Salad with Bell Peppers, Carrots, and Radishes

(Serves 2)

- 4 cups of mixed field greens
- 1 green bell pepper, chopped
- ½ cup chopped carrots
- ½ cup chopped radishes
- 2 tablespoons Healthy Oil Dressing (page 9)

Toss all ingredients in a large bowl. Your serving size should be about two cups.

Black Bean and Corn Salad

(Serves 2)

- 15-oz. can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 6 cherry tomatoes, quartered
- ½ cup minced green onion (scallion)
- 1 clove of garlic, pressed
- ½ cup diced red bell pepper
- ½ cup chopped cilantro
- 2 cups mixed field greens
- 1 tablespoon olive oil or flaxseed oil
- 2 tablespoons fresh lemon juice
- ¼ cup chopped cilantro
- Salt substitute and pepper

Mix all ingredients together in a large bowl and serve.

Mediterranean Salad

(Serves 2)

- 1 cup chopped fresh tomato (cut out excess flesh if pulpy)
- 1 cup chopped peeled cucumber
- ½ cup finely minced green onion (scallion)
- 1 garlic clove, finely minced
- 1 cup canned chickpeas, drained and rinsed
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley
- 1 teaspoon Italian herbs
- 1 tablespoon olive oil

Mix all ingredients together in a large bowl and chill for at least 15 minutes.

Mediterranean Mint Salad

(Serves 2)

- 3 tablespoons chopped fresh mint (any variety)
- 2 small cucumbers, diced
- 4 Roma tomatoes, diced
- 1 small red onion, minced
- 2 cloves garlic, minced
- ¼ cup sliced pitted kalamata olives
- ½ cup crumbled feta cheese
- 2 tablespoons olive oil
- ¼ cup fresh lemon juice
- ⅛ teaspoon pepper
- ⅛ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

Toss the mint, cucumbers, tomatoes, onion, garlic, olives, and feta cheese together in a large bowl. In a separate bowl, whisk the olive oil, lemon juice, salt and pepper. Combine with the salad and chill at least 3 hours.

Warm Mediterranean Bean Salad

Serves 4

- 7.5-oz. can of red kidney beans, rinsed and drained
- 7.5-oz. can of garbanzo beans, rinsed and drained
- 2 cups low sodium vegetable broth
- ½ medium onion, diced
- ¼ cup balsamic vinegar
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- ¼ cup red bell pepper, diced
- ¼ cup green bell pepper, diced
- ¼ cup corn kernels (frozen, thawed)
- ¼ cup celery, chopped
- ¼ cup parsley, fresh chopped
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste

In large pot combine beans, broth, and onions; bring to a boil and drain. Add the remaining ingredients and mix well. Season with salt and pepper to taste. The salad should be served and enjoyed while still warm.

Zesty Lima Bean and Tomato Salad

Serves 2

- 2 ½ cups cooked lima beans, fresh or frozen
- 2 tablespoons minced onions
- 2 large Roma tomatoes, seeded and chopped
- ¼ cup cider vinegar
- 2 tablespoons coconut oil
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon dried crumbled sage
- ¼ teaspoon pepper

Combine the lima beans, onion and tomatoes in a large bowl. In a small bowl, combine the vinegar, oil, garlic, mustard, sage, and pepper, and whisk to make the dressing. Combine the dressing and the salad. Allow to sit at least an hour before serving.

Spinach Chicken Entree Salad

Serves 2

- 2 medium tomatoes, cut in chunks
- 3 cups fresh spinach leaves
- 8 oz. grilled or baked boneless, skinless chicken breast, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- ⅛ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

In a large bowl, toss the tomatoes with the spinach. Add the chicken, olive oil, vinegar, and salt substitute; toss.

Turkey Waldorf Entree Salad

Serves 2

- 8 oz. cooked turkey breast, cut into 1-inch strips
- 1 cup chopped red apple (about 1 apple)
- 1 cup sliced celery
- 1 cup red seedless grapes, halved
- ½ cup coarsely chopped walnuts
- ⅓ cup reduced-fat mayonnaise
- ¼ teaspoon pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 4 cups mixed field greens
- 2 tablespoons chopped fresh parsley

In a large bowl, combine the turkey, apple, celery, grapes, walnuts and mayonnaise. Season with salt and pepper. Serve on a bed of greens. Sprinkle with chopped parsley.

Soups & Stews

Chilled Avocado-Cucumber Soup

(Serves 4)

- 4 medium cucumber, peeled, chopped
- 4 medium ripe avocado, cut into chunks
- 5 tablespoons chopped fresh cilantro (reserve ½ tablespoon for garnish)
- 5 tablespoons fresh lime juice
- 1 tablespoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 1 tablespoon small jalapeño, seeded, diced
- 3 cups water (or more if needed)

Place cucumber, avocado, 4 ½ tablespoons cilantro, lime juice, salt, jalapeño, and water in a blender or food processor, in two or more batches if necessary; cover with lid and blend until smooth. If consistency is too thick, add additional water. Pour into large bowl. Cover and chill 2 - 3 hours before serving if desired. Garnish with cilantro before serving.

Carrot-Ginger Soup

(Serves 2)

- 4 large carrots, peeled and chopped
- ½ to 1 inch fresh ginger root, chopped
- 1 clove of garlic
- 2 cups organic chicken or vegetable broth
- 1 medium onion
- A pinch of salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

Place a 1-quart sauce pan on medium heat and pour in the chicken or vegetable broth. Add the onion and chopped carrots. Boil until the carrot is soft then remove from heat. Once the mixture has cooled sufficiently, place in a blender or food processor along with the ginger and garlic then puree. Pour back into the sauce pan, add a pinch of salt substitute, and bring to boil on low heat while stirring occasionally. If it becomes too thick, add some water until the desired consistency is achieved. Note: The more ginger you add, the more intense this soup becomes.





Black Bean Chili

(Serves 2)

- ½ medium onion, chopped
- 2 cloves garlic, chopped
- 1 green bell pepper, diced
- 1 tablespoon olive oil
- 1 cup chicken or light vegetable broth
- 15-oz. can black beans, drained
- 1 cup frozen corn kernels
- ½ cup low-sodium tomato sauce
- 1 tablespoon ground cumin
- 2 tablespoons chili powder
- 1 tablespoon Italian herbs
- ½ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ teaspoon pepper
- ¼ cup chopped fresh cilantro
- 2 whole wheat tortillas

Sauté onion, garlic, and bell pepper in olive oil in a medium saucepan over medium-low heat for about 5 minutes, stirring frequently. Add the chicken or vegetable broth, beans, corn, tomato sauce, cumin, chili powder, herbs, salt substitute, and pepper and simmer for 15 minutes. Add the cilantro as garnish and season with additional salt substitute and pepper if needed. Serve with heated whole-wheat tortillas.

Red Bean and Tomato Soup

(Serves 2)

- ½ cup chopped onion
- 1 clove of garlic, chopped
- 1 stalk celery chopped
- 1 tablespoon olive oil
- 1 cup canned of red kidney beans, drained
- 2 tablespoons Italian herbs
- 10.75-oz. can of low-sodium tomato soup
- Salt (use No Salt, Nu-Salt, or Also Salt) and pepper to taste
- 2 Ry-Vita or Wasa whole grain rye crackers

Sauté the onions, garlic, and celery in olive oil over medium-low heat for about 5 minutes in medium saucepan, stirring often. Blend the kidney beans, tomato soup, and herbs in a blender for 2 – 3 minutes. Add to the pot along with one cup of water. Cook for 15 minutes. Season to taste. Serve with one cracker each.

Italian White Bean Soup

(Serves 2)

- ½ onion thinly sliced
- 1 tablespoon olive oil
- 4 cloves garlic, sliced
- 2 cups chicken or light vegetable broth
- 2 cups finely chopped collard greens or kale (cut out stem first)
- 1 cup canned diced tomatoes
- 2 teaspoons Italian herbs
- 15-oz. can navy or small white beans, drained
- Salt substitute and pepper to taste

Sauté onion in olive oil in a medium saucepan over medium-low heat for 5 minutes, stirring frequently. Add the garlic and continue to sauté for another minute. Add the broth, greens, tomatoes, and herbs. Simmer for 15 minutes over medium heat. Add beans and cook for another 5 minutes. Season to taste.

French White Bean Soup

(Serves 2)

- ½ cup onion, chopped
- 1 leek, chopped
- 1 garlic clove, minced
- 1 tablespoon. olive oil
- 7.5-oz. can white beans, drained and rinsed
- 1 small white potato
- ½ teaspoon. dried thyme
- 2 cups vegetable broth (low sodium)
- ¼ cup fresh parsley
- 2 teaspoon. lemon juice
- Dash of salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- Ground pepper to taste

In large saucepan or Dutch oven, sauté onions, leeks and garlic in olive oil for about 5 minutes over medium-high heat. Add beans, potato, ¼ teaspoon of thyme and 1 cup of vegetable broth; simmer 20 minutes. Purée in blender or food processor. When smooth, return to saucepan and add remaining broth and heat through. If necessary, add more water or broth to reach desired thickness. Before serving, stir in chopped parsley, lemon juice, salt, pepper and remaining ¼ teaspoon thyme.

Turkish Red Lentil Soup

(Serves 2)

- 1 cup red lentils, washed and cleaned
- 4 quart vegetable broth
- ½ cup peeled and diced white potatoes (1 small)
- ¼ cup finely chopped mild onions
- 1 teaspoon paprika

Salt substitute and pepperPlace the red lentils in a colander and rinse. Sift through to remove debris or damaged beans. Place the washed

and cleaned lentils into a medium saucepan with the broth, potatoes, onions and paprika. Bring the pot to a boil and reduce to a simmer. Loosely place a lid on the pot. Cook for 40 - 45 minutes until the lentils are tender. Then, place all but 1 cup of the soup into a blender or food processor and blend briefly. Return blended soup to the pot with the reserved cup of soup. Heat through.

Tomato and Turkey Soup

(Serves 2)

- 1 cup chicken broth
- 14-oz. can diced tomatoes
- 1 tablespoon tomato puree or tomato paste
- ½ cup instant brown rice
- 1 clove garlic, minced
- ¼ teaspoon caraway seeds
- 8 oz. extra-lean ground turkey breast
- ⅛ teaspoon pepper
- ⅛ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 1 tablespoon freshly chopped basil

Put the broth, tomatoes, and tomato puree into a large heavy saucepan and bring to a boil. Add the rice, stirring briskly for about 5 minutes, then reduce heat to a simmer. While the rice and tomatoes are cooking, in a mixing bowl, combine the garlic, caraway seeds, turkey, salt substitute and pepper. Mix together well. Shape into 16 small balls. Carefully drop them into the tomato stock and simmer for 8 - 10 minutes, until the turkey balls and rice are cooked. Garnish with chopped basil.

Creamy Chickpea & Rosemary Soup

(Serves 2)

- 1 tablespoon olive oil
- 2 cloves garlic, finely chopped
- ½ tablespoon minced fresh rosemary leaves
- ½ teaspoon crushed red pepper flakes
- 15- to 19-oz. can chickpeas, rinsed and drained
- 2 cups chicken or vegetable broth
- 1 tablespoon fresh lemon juice
- Salt substitute

In a large saucepan, heat the olive oil over medium heat and add garlic, rosemary and red pepper flakes. Cook, stirring constantly, until the garlic starts to brown, about 1 minute. Add the chickpeas and cook 2 minutes, stirring constantly. Add the chicken broth and bring to a boil. Reduce the heat and simmer 30 minutes. Let the soup cool slightly, then transfer it to a blender. Puree until just smooth. Return to the saucepan, reheat, and stir in the lemon juice and salt substitute to taste. Serve garnished with a fresh rosemary.

Spicy Black Bean Soup

(Serves 2)

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 15-oz. can black beans, rinsed and drained
- 2 cups chicken or vegetable broth
- 1 cup diced tomatoes (canned are okay)
- 1 teaspoon ground cumin
- ½ teaspoons Tabasco sauce

In a medium saucepan, heat the olive oil over medium heat. Add the onion and cook until the onion is soft and translucent. Add the garlic and thyme, cooking for 3 minutes more. Add the beans, broth, tomatoes, cumin, and Tabasco and bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 – 30 minutes; stirring occasionally. Remove 3 cups of the soup from the pot and puree in a blender until smooth. Add the puree back to the soup and reheat until the soup is thoroughly warmed.



Healthy Bean Soup with Kale

(Serves 2)

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ medium yellow onion, chopped
- 2 cups chopped raw kale, chopped (remove stems first)
- 2 cups chicken or vegetable broth
- 7.5-oz. (or ½ 15-oz.) can cannellini, navy or other white beans, undrained
- 7.5-oz. can diced tomatoes
- 1 teaspoons Italian herbs
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ cup chopped parsley

In a large saucepan, heat the olive oil. Add the garlic and onion; sauté until soft. Wash the kale, leaving small droplets of water. Add the kale to the pot and sauté, until wilted, about 15 minutes. Add the broth, beans, tomatoes, herbs, salt substitute and pepper. Cook until heated through. Garnish with the chopped parsley.

Free Food Soup

(Serves 2)

- 1 tablespoon olive oil
- 2 carrots, peeled and cut into 1-inch slices
- 2 stalks celery, sliced
- 1 large onions, chopped
- 1 clove garlic, minced
- 8-oz. can tomato sauce
- ½ medium head cauliflower, cut into bite size pieces
- 1 zucchini, cut into 1 inch chunks
- 5-oz. package spinach leaves, rinsed
- ½ cup chopped fresh parsley
- 1 quart chicken broth
- ½ teaspoon pepper
- 1 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

In a large saucepan, heat the olive oil over medium heat. Add the carrots, celery, onions and garlic. Cook, stirring occasionally, about 5 minutes. Stir in the tomato sauce. Add the cauliflower, zucchini, spinach, parsley, broth, pepper, and salt substitute. Bring to a boil over high heat, stirring occasionally. Reduce heat to low; cover and simmer, stirring occasionally, for 15 – 20 minutes or until the veggies are tender. Taste and add more salt substitute and pepper if needed. Note: the serving size for this soup is very large due, but the calorie content is quite low.

White Chicken Chili

(Serves 2)

- 8 oz. boneless skinless chicken breasts, cubed
- 14.5-oz. can chicken broth
- 1 small onion, chopped
- 1 clove garlic, minced
- ½ of a 4-oz. can chopped green chilies
- 15-oz. can white beans, drained
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ⅛ teaspoon cayenne pepper
- Bunch green onions (scallions), thinly sliced for garnish

Sauté the chicken in a nonstick skillet until lightly brown; remove from the heat and set aside. Pour half of the chicken broth into a large saucepan and add onion and garlic. Bring to a simmer and cook until the onion starts to soften. Add the chilies, stir, then add the remaining broth and the beans. Stir in the cumin, oregano, black pepper, salt substitute, and cayenne. Bring to a boil and add the chicken. Cover and simmer for 30 – 45 minutes. Serve garnished with sliced green onion.

Tuscan White Bean and Spinach Soup

(Serves 2)

- ½ shallot, finely diced
- ½ clove garlic, minced
- 1 teaspoon olive oil
- 1 ½ – 2 cups fat free chicken or vegetable broth
- 7.5-oz. can diced tomatoes, with juice
- 7.5-oz. can white beans (cannelloni or other)
- ½ teaspoon dried rosemary
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper
- Crushed red pepper flakes
- 1 ½ cups packed cleaned and trimmed baby spinach

In a large saucepan, sauté the shallot and garlic in the olive oil. Add the broth, tomatoes, beans and rosemary. Season as desired with salt substitute, black and red pepper flakes. Bring to a boil, reduce heat and let simmer for 2 minutes. If the soup seems too thick for your liking add a bit more broth. Add spinach and cook until wilted.

Addictive Mexican Stew

(Serves 5)

- 1 cup diced onions
- 1 or 2 cloves garlic, finely chopped
- 1 tablespoon olive oil
- 3 cups diced or shredded cooked skinless chicken or turkey
- 1.25-oz. package taco seasoning mix
- Two 14 ½-oz. cans diced tomatoes, undrained
- 15-oz. can black beans or kidney beans, drained
- 8 ¾-oz. can whole kernel corn, drained
- 4-oz. can diced green chiles, drained
- 1 cup chicken broth
- 1 ½ teaspoons cornstarch

Cook the onions and garlic in the oil in a large saucepan until tender. Add the chicken, taco seasoning, tomatoes, beans, corn, and chilies. Blend the broth and cornstarch; add to the saucepan. Bring to a boil; reduce the heat and simmer 15 minutes, stirring occasionally. Served with whole-wheat tortillas or Wasa Crispbread.

Black Bean-Chicken Chili

(Serves 8)

- 2 boneless, skinless chicken breast halves, cut into 1-inch pieces
- 1 cup chopped onions
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 tablespoons chicken broth
- Four 14.5-oz. cans stewed tomatoes
- Two 15-oz. cans black beans, drained and rinsed
- 1 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ teaspoon hot sauce, or to taste
- 2 cups medium salsa
- 2 tablespoons chili powder
- 1 teaspoon ground cumin

Simmer the chicken, onions, green peppers, and garlic in the 2 tablespoons of broth in a covered saucepan until the chicken is cooked through, 10 – 15 minutes. Add the tomatoes, black beans, salt substitute, hot sauce, salsa, chili powder, and cumin; mix well and simmer 30 – 45 minutes.



Kidney Bean, Barley, and Sweet Potato Stew

(Serves 2)

- 1 cup vegetable broth
- 2 tablespoons pearl barley
- 1 cup canned kidney beans, rinsed and drained
- ¼ large onion, diced
- 1 small sweet potato, peeled and diced
- 1 small stalk celery, diced
- ½ teaspoon pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon dried sage

In a medium saucepan, bring the broth to a boil. Stir in the barley, reduce the heat, and cover. Simmer for 30 minutes, stirring occasionally. Add the beans, onion, sweet potato, celery, pepper, salt substitute, thyme, and sage and simmer, covered, for 20 minutes, or until vegetables are tender. Stir occasionally, and add broth if the stew dries out.

Lebanese Chicken Stew

(Serves 2)

- 8 oz. boneless skinless chicken breast, cubed
- 1 very small leek, white part only, thinly sliced
- 1 medium clove garlic, crushed
- ¼ teaspoon grated fresh ginger
- 1 small red onion, peeled and quartered
- ¼ teaspoon saffron threads
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¾ cup chicken broth
- 1 small tomato, seeded and diced
- 1 dried date, seeded and minced
- 1 tablespoon fresh lemon juice
- Salt substitute and pepper

Heat 2 teaspoons olive oil in medium saucepan and brown the chicken. Set aside. Add a little more oil and gently sauté the leek, garlic, ginger and onion until softened, 5 - 8 minutes. Add the saffron, cinnamon, ginger, and broth. Cover the pot and simmer for 20 minutes or so, until the mixture has turned a beautiful saffron yellow. Return the chicken to the pot along with the tomato and date and simmer for 30 - 40 minutes until the chicken is tender. Add the lemon juice. Season to taste.

Entreés

Grilled Horseradish & Soy Salmon

(Serves 2)

- 1 tablespoon low-sodium soy sauce
- 2 teaspoons prepared horseradish
- Two 6-oz. salmon fillets

Mix the soy sauce and horseradish and spread over salmon. Cover and refrigerate 1 to 2 hours. Heat the grill to medium. Coat a fish basket or foil with cooking oil spray. Place the fillets in the basket or on the foil, skin side down. Grill for 6 - 8 minutes or until opaque in the center.

Pan-seared Salmon

- 8-oz. salmon filet cut in half
- 1 tablespoon olive oil
- 1 tablespoon drained capers
- 2 lemon slices for garnish
- 1 tablespoon fresh parsley
- Salt (use No Salt or Nu-Salt) & pepper to taste

Preheat a large frying pan or skillet over moderate heat for 3 minutes. Coat salmon filets with olive oil. Place filets in skillet and raise heat to high and cook for 3 minutes. Add capers and turn salmon over. Cook for an additional 5 minutes or until well browned. Transfer filets and capers to individual plates and garnish with lemon slices and parsley.

Asian Salmon

(Serves 2)

- 2 teaspoons low-sodium soy sauce
- 1 tablespoon Dijon mustard
- 8-oz. salmon filet, skinned and cut into 2 pieces
- ½ cup sliced onion
- 1 clove garlic, chopped
- ¼ teaspoon dried ginger (or 1½ teaspoons minced fresh ginger)
- 2 cups sliced fresh shiitake mushrooms

Preheat oven to 375°F. Mix the soy sauce into the mustard and coat salmon. Sauté the onion, garlic, ginger, and mushrooms in a medium skillet for about 5 minutes. Bake the salmon in a baking dish, depending on how thick it is (about 7 minutes for if less than an inch thick). When cooked, place on bed of sautéed mushrooms.

Baked Salmon

- 1 cup cooked brown rice
- 8-oz. salmon filet
- Juice from 1 orange
- ½ teaspoon dried dill weed
- ½ teaspoon dried basil
- ½ teaspoon pepper
- 1 tablespoon fresh parsley



Preheat oven to 350°F (175°C). In a large pan, add enough water to just cover the bottom of the pan. Lay the salmon filet in the pan, flesh side up. Place cooked rice around the outside of the fish. Sprinkle the orange juice over the fish and rice. In a small bowl, combine the dill weed, rosemary, basil, and pepper and sprinkle over the fish and rice. Cover with aluminum foil. Bake in a preheated oven for 30 – 40 minutes or until the salmon is tender and flaky. Garnish with fresh parsley.

Thai-Style Fish Fillets

(Serves 2)

- ¼ cup light coconut milk
- 3 whole almonds
- ½ small white onion, chopped
- ½ teaspoon ground ginger
- ⅛ teaspoon ground turmeric
- ½ teaspoon chopped fresh lemongrass, ¼ teaspoon dried, or ½ teaspoon grated lemon zest
- ⅛ teaspoon salt substitute
- Two 4-oz. fish fillets
- ⅛ teaspoon black pepper
- ¼ teaspoon crushed red pepper flakes

In a food processor or blender, combine the coconut milk, almonds, onion, ginger, turmeric, lemongrass, and ⅛ teaspoon of salt substitute. Process until smooth. Heat a large nonstick skillet over medium-high heat. Season the fish fillets with salt substitute and pepper on both sides, then place them skin side up in the skillet. Pour the pureed sauce over the fish. Use a spatula to coat the fish evenly with the sauce. Sprinkle with red pepper flakes. Reduce the heat to medium, cover, and simmer for about 15 minutes, until the puree is thickened and fish flakes easily with a fork.

Fish with Veggies

Serves 2

- 1 small zucchini, sliced
- ½ small onion, sliced
- ½ cup mushrooms, sliced
- 2 lemon slices
- 1 tablespoon olive oil
- ⅛ teaspoon pepper
- Large pinch garlic powder
- Two 6-oz. fish fillets (e.g., red snapper, halibut, or cod)

Preheat the oven to 375°F. Sauté the zucchini, onion, mushrooms and lemon slices in olive oil in a medium skillet until tender, about 3 minutes. Remove the lemon slices and set aside. Stir the pepper and garlic powder into vegetables. Spray a 13 by 9-inch baking dish with cooking oil spray. Place the fish in the baking dish and top with the vegetables and lemon slices. Bake until fish flakes easily, 30 – 35 minutes.

Tuna Salad Wrap

Serves 2

- 6-oz. can (or foil pouch) of low-sodium, chunk white tuna in spring water
- ¼ cup minced onion
- 1 stalk celery, chopped
- 1 teaspoon fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh parsley
- 2 tablespoons Dijon mustard
- ½ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ teaspoon pepper
- 2 whole wheat tortillas or 2 slices whole-grain bread

Mix all the ingredients except the tortillas in a bowl. Spoon onto the tortillas and wrap. Whole grain bread may be substituted to make open-face sandwiches.

Curried Chicken or Tofu over Brown Rice

(Serves 2)

- ½ cup uncooked quick brown rice
- 7 ½ oz. firm tofu, or 1 boneless, skinless chicken breast half
- ½ cup chopped onion
- Olive oil
- 1 clove garlic, minced
- ½ teaspoon powdered ginger
- 2 teaspoons curry powder
- 1 cup chicken or vegetable broth
- 1 medium bell pepper, chopped
- ½ cup coconut milk, (make sure it is mixed well before measuring)
- Salt substitute and pepper to taste

Follow the instructions on the package of quick brown rice. While the water for the rice is coming to a boil, cut the chicken or tofu into small cubes. Sauté the onion in a little olive oil in a medium skillet over medium-low heat for about 5 minutes, stirring frequently. Add the garlic and ginger and continue to sauté for another minute, then remove from heat and add the curry powder. Mix well. Return to the heat and add broth, chicken or tofu, bell pepper, and coconut milk. Simmer until chicken or tofu is done, about 10 minutes. Season to taste.

Place rice on plate and top with the curry mixture.



Polenta Puttanesca with Tofu

(Serves 2)

Sauce

- 1 onion, diced
- 1 clove garlic, crushed or minced
- Olive oil
- 1 green bell pepper, diced
- 1 ½ cups tomato sauce
- 7 ½ oz. firm tofu, cut into small cubes
- 1 tablespoon Italian herbs
- 1 bay leaf
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons capers, rinsed and drained
- 4 - 6 pitted Kalamata olives, coarsely chopped
- 1 tablespoon finely chopped fresh parsley
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ teaspoon black pepper

Polenta

- 1 cup instant polenta (adjust water amount if needed as per package instructions)
- 1 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

For the sauce: In a large sauce pan, sauté the onion and garlic in a little olive oil over medium heat for 3 - 4 minutes. Add peppers and sauté for 3 - 4 more minutes. Add 1 cup water and bring to a boil. Cover pot and simmer for 15 minutes. Add the tomato sauce, tofu, herbs, bay leaf, red pepper, capers, olives, parsley, salt substitute, and pepper, and simmer for another hour, stirring occasionally. Remove from the heat, remove the bay leaf, and allow to cool slightly before pouring over polenta.

For the polenta: Bring 3 cups water to a boil in a 2-quart saucepan. Add salt substitute and reduce heat until water is simmering. Add the polenta very slowly. To avoid lumps, stir quickly with a long-handled spoon. Cook, stirring continuously 5 minutes or until mixture is solid but still soft. Pour into large bowls or plates. Let cool about 10 minutes or until firm, before pouring on the sauce.

Spicy Black Bean and Lentil Burgers

(Serves 8)

- 1 cup dried black beans, or one 15-oz. can, drained and rinsed
- 1 cup dried lentils, or one 15-oz. can, drained and rinsed
- ½ small onion, chopped fine
- 2 jalapeño peppers, seeded and minced
- 2 teaspoons chili powder
- 2 teaspoons salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 1 teaspoon pepper
- 2 eggs, beaten
- ½ cup fine dry breadcrumbs
- Cooking oil spray

If using dried beans and or lentils, prepare them according to guide to cooking dry beans and drain. Mash the beans and lentils well in a large bowl. Stir in the onions, garlic, jalapeños, chili powder, salt substitute, pepper, eggs, and breadcrumbs. Roll the mixture into 8 patties. Spray a large, heavy skillet with cooking spray and heat over medium-high heat. Gently place the patties in the skillet and cook until firm and browned on the bottom. Carefully flip the patties and cook on the other side (5 – 8 minutes per side).

Garlic-Lime Grilled Chicken with Mango Salsa

(Serves 2)

- 2 boneless, skinless chicken breast halves
- Juice of 1 large lime
- 2 cloves garlic, minced
- ½ tablespoon olive oil

Salsa

- 2 ripe mangoes, peeled, seeded, and chopped
- 2 very ripe Roma tomatoes, chopped
- ½ red or yellow bell pepper, seeded and chopped
- ½ serrano chile, seeded and minced (or to taste)

- 1 green onion (scallion), chopped
- ⅓ cup chopped cilantro
- Juice of ½ lime
- Pepper and salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 2 cups steamed short grain brown rice

Marinate the chicken with the lime juice, garlic and olive oil in a resealable bag in the fridge for at least 2 hours or overnight. For the salsa, mix all the ingredients and set aside. Preheat a grill to low. Grill the chicken breasts, turning once until no longer pink (discard the marinade). Place 1 cup of rice on each plate cover with a chicken breast. Divide the salsa between the plates and serve.

Coconut Curry with Tofu (or Chicken)

- 15-oz. package of firm tofu, cut into ¾ inch cubes (or use 1 cup of cubed, cooked chicken breast)
- 1 bunch green onions, chopped
- 7-oz. can coconut milk
- 2 tablespoon soy sauce (low sodium)
- ½ teaspoon curry powder
- 1 teaspoon minced fresh ginger
- 1 teaspoon chili powder
- 2 Roma (plum) tomatoes, chopped
- 1 green bell pepper, thinly sliced
- 2 oz. fresh mushrooms, chopped
- ¼ cup chopped fresh basil
- ¼ teaspoon salt (use No Salt or Nu-Salt)

In a large wok or heavy skillet over medium heat, mix coconut milk, soy sauce, brown sugar, curry powder, ginger, and chile powder and bring to a boil. Mix tofu, tomatoes, bell pepper, mushrooms, and half of the chopped green onion into the wok. Cover, and cook 5 minutes, stirring occasionally. Mix in basil. Season with salt, and continue cooking 5 minutes, or until vegetables are tender but firm. Garnish with the remaining green onion pieces.



Lemon Turkey Breasts

(Serves 2)

- 1 tablespoon all-purpose flour
- 1/8 teaspoon pepper
- 1/8 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 2 turkey breast cutlets pounded to 1/4-inch thick (about 1/2 pound total)
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced fresh parsley

Combine the flour, salt substitute, and pepper on a plate. Dip the turkey cutlets into the flour, coating evenly and shaking off excess; set aside. Heat the olive oil in a large heavy nonstick skillet for 1 minute over medium-high heat. Add the cutlets and cook 1 - 2 minutes per side, until browned. Transfer to a plate lined with paper towels to drain. Reduce the heat to medium. Add the lemon juice and parsley to skillet, stirring with a wooden spoon to loosen the browned bits in the pan. Return the cutlets to skillet and cook 1 to 2 minutes, until heated through, basting often with the lemon-parsley sauce.

Grilled Chipotle-Lime Chicken Breasts

(Serves 2)

- 1/4 cup chipotle in adobo, minced
- 1/2 teaspoon adobo sauce from canned chipotle
- 2 tablespoons fresh lime juice
- 1/2 clove garlic, minced
- 1 tablespoon olive oil
- 1/8 teaspoon pepper
- 1/8 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- 1 lb. boneless, skinless chicken breast halves, (about 2)

Preheat a grill to medium-high. Mix the chipotle, adobo sauce, lime juice, garlic, olive oil, salt substitute and pepper. Pour half into a resealable bag with the chicken and allow to marinate for 15 minutes. Set aside remaining marinade. Remove the chicken from the marinade (discard the marinade) and place on the grill. Grill the chicken about 4 - 5 minutes then flip over and cook another 4 - 5 minutes. Baste chicken with the remaining marinade. Immediately flip chicken and drizzle on the other side. Grill until lightly browned, about 2 minutes. Remove from grill and pour any remaining marinade on top.

Turkey a l'Orange

(Serves 2)

- 1 large orange, cut in half crosswise
- ¼ cup chicken broth
- ¾ teaspoon cornstarch
- 1 teaspoon olive oil
- ½-lb. turkey breast cutlets, pounded to ½-inch thick
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste

Squeeze 2 tablespoons of juice from half of the orange. Cut remaining orange into ¼-inch-thick slices and set aside. In a small bowl, combine the orange juice, broth, and cornstarch. Stir until blended, set aside. In a nonstick skillet, heat the oil over medium heat until hot. Add the turkey cutlets, sprinkle with salt substitute and pepper. Cook cutlets for 5 to 8 minutes on each side, until lightly browned on the outside and no longer pink on the inside. Transfer to a platter and keep warm. Add the orange slices to the skillet and cook 2 minutes. Transfer the orange slices to the platter with the chicken. Stir the juice mix to blend. Add to the skillet. Heat to a boil for 1 minute, and add cutlets and orange slices back into the pan. Keep warm until ready to serve.

Bunless Chicken or Turkey Burgers

(Serves 2)

- ½ pound extra lean ground chicken or turkey breast
- 2 tablespoons ketchup
- 2 tablespoons seasoned dry bread crumbs
- 1 tablespoons grated or finely chopped onion
- 1 egg white
- 1 clove garlic, minced
- ¼ teaspoon pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- Two ¼-inch slices red or yellow onion
- Cooking oil spray

Preheat a grill to medium. In a large bowl, combine ground chicken or turkey, ketchup,

bread crumbs, onion, egg white, garlic, salt substitute and pepper. Mix well and shape into two patties about ½-inch thick. Coat the patties and onion slices with cooking oil spray. Grill the patties and onions over medium heat 6 – 7 minutes per side, until the patties are no longer pink in center.

Zoodles + Fresh Avocado Sauce

- 1 large ripe avocado
- 1 – 2 fresh garlic cloves
- ½ cup fresh cilantro leaves
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 2-4 tablespoon water, to thin the sauce
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- 3 fresh, crisp medium zucchini spiralized or cut into ¼-inch wide strips
- 1 ½ cup cherry tomatoes, cut into halves

In a food processor, blend avocado, garlic, cilantro, oil, lemon juice and 2-3 tablespoons water, until smooth. Season with sea salt and pepper to your taste. Heat a large pan over med-hi heat, add a teaspoon avocado oil or extra virgin olive oil, and add in zoodles. Sauté for just 1 to 2 minutes, until slightly soft and bright green. Drain all excess water. Add in the avocado sauce and cherry tomatoes and toss very gently to coat. Serve immediately.



Fish in Fresh Tomato Basil Sauce

(Serves 4)

- 2 tablespoons olive or avocado oil
- Four 6-oz. fish fillets
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- 2 tablespoons avocado oil, or olive oil
- ½ teaspoon crushed red pepper flakes
- 2 fresh garlic cloves, minced
- 1 pint cherry tomatoes, sliced in half
- ½ cup fresh basil, finely chopped
- 2 tablespoons fresh lemon juice
- ½ teaspoon fresh lemon zest
- ½ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ¼ teaspoon fresh ground black pepper

Preheat oven to 375°F. Heat oil in a large oven-safe saute pan over medium heat. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant. Add the cherry tomatoes and cook, stirring, until they're soft and blistering, but still hold their shape, about 4 minutes. Add in the white wine, stir, and allow the mixture to come to a light simmer. Stir in the fresh basil, lemon juice, lemon zest, salt, and pepper and cook for 2 more minutes. Transfer the sauce into a bowl and set aside. Heat remaining oil in a large oven-safe saute pan over medium heat. Season both sides of cod with salt and pepper. Place cod in the oil and cook until golden brown, about 5 minutes. Carefully flip the cod over and pour the white wine tomato basil sauce over the cod, then place the pan in the oven to continue cooking for another 3 minutes, or until just cooked through, and flaky. Serve hot.

Orange Fennel Roast Chicken

(Serves 4)

¼¼ cup avocado or olive oil + 1 tablespoon

¼¼ cup freshly squeezed orange juice

- 2 tablespoons grainy mustard
- 2 teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ¼ teaspoon freshly ground black pepper

- 4 small skinless chicken breasts
- 2 fresh oranges, sliced into rounds
- 4 sprigs of fresh thyme
- 2 yellow onions, peeled and cut into wedges
- 2 fennel bulbs, cut into wedges
- 2 ½ teaspoon fennel seed

Preheat the oven to 400°F. In a mixing bowl, whisk together the oil, orange juice, mustard, salt and pepper to taste. Heat a large cast skillet over med-high heat. Add 1 tablespoon oil and chicken thighs skin side down. Season with salt and black pepper. Brown the chicken breast for about 2 - 3 minutes, then turn it on the other side. Add the orange slices, thyme sprigs, onion and fennel wedges, and the fennel seeds into the pan. Pour the orange sauce over the top of the chicken and roast in the preheated oven for about 45 minutes, until chicken is tender and fully cooked.

One Pan Italian Chicken Skillet Dinner

(Serves 4)

- 1 pound chicken breast, cut into bite sized pieces
- 2 tablespoon olive or avocado oil
- 4 fresh garlic cloves, minced
- 8 oz. fresh button mushrooms
- 2 red bell pepper, chopped
- 1 bunch asparagus, ends trimmed and cut in halves
- 1 medium zucchini, sliced
- 1 tablespoon dry Italian seasoning
- 2 tablespoons balsamic vinegar
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and black pepper to taste

Heat oil over med-high heat in a large skillet. Add mushrooms and garlic, and saute for 5 minutes. Then, add chicken and cook for another 5 minutes until browned. Add Italian seasoning, balsamic vinegar and season with salt and pepper to your taste. Add in bell pepper, asparagus and zucchini, and cook for an additional 10 minutes or until veggies are tender and everything is cooked through. I like to squeeze a bit of fresh lemon on mine!

Side Dishes

I encourage you to simply steam, saute, or wok vegetables of your choosing. They are delicious on their own. That said, here are some of my favorite side dishes.

Dr. Murray's Favorite Greens

(Serves 2)

- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 1 large bunch kale, washed, trimmed, and coarsely chopped
- ½ cup diced green onion (scallions)
- 1 clove garlic, thinly sliced
- ½ cup coarsely chopped walnuts or almonds
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ½ teaspoon black pepper
- Lemon wedges

Heat the olive oil and balsamic vinegar in a large skillet or wok over medium-high heat. Add the kale, onions, garlic, and walnuts, and sauté until soft. Season with salt substitute and pepper. Serve with lemon wedges.

Quick Acorn Squash

(Serves 2)

- 1 acorn squash, cut in half with seeds removed
- 1 tablespoon honey
- Dash of cinnamon

Place the squash in a microwave safe dish with cut side up. Cover and cook in the microwave for 10 - 13 minutes on high or until fork tender. Top with the honey and cinnamon.

Olive Oil and Herbed Baby Carrots

(Serves 2)

- 1 lb. baby carrots
- 2 tablespoons olive oil
- 2 teaspoons fresh dill
- 2 teaspoons fresh thyme leaves

Heat olive oil in a large skillet over medium heat. Add carrots, dill and thyme and gently toss to combine. Cook, stirring occasionally, until carrots are tender, about 15 minutes.



Steamed Broccoli with Lemon

(Serves 2)

- 1 head of broccoli cut into large florets
- 2 teaspoons fresh squeezed lemon or lime juice
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)
- ¼ teaspoon pepper

Place broccoli florets into a vegetable steamer and sprinkle with lemon juice, salt and pepper. Lightly steam the broccoli until it is just warm through.

Green beans with Lemon

(Serves 2)

- 16 oz. green beans, ends trimmed
- 2 cups water
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

Place green beans and water in medium saucepan over high heat. Bring to a boil. Reduce heat to maintain a gentle boil; cook, covered, for 3 - 4 minutes or until tender-crisp. Remove from heat. Drain. Combine green beans, oil, lemon juice, grated peel in small bowl; mix well. Season with salt (if desired).

Kale with Pine Nuts

(Serves 2)

- 2 cups water
- 1 bunch green kale, center stalk removed, torn into pieces
- 4 tablespoon pine nuts
- 2 tablespoons fresh lemon juice

Bring water to a boil in a small saucepan over medium heat. Add kale; cook for 3 - 5 minutes or until Kale is tender and bright green. Remove from heat and drain. Place in a medium bowl. Toss the kale with pine nuts, lemon juice and serve.

Carrots with Cardamon and Ginger

(Serves 2)

- 1 lb. carrots, sliced diagonally 1/3 inch thick
- 2 tablespoons olive oil
- ½ teaspoon ground cardamom pods
- ½ tablespoon grated fresh ginger
- ½ cup fresh squeezed orange juice
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- Ground black pepper

In a large skillet, heat the olive oil. Add the ginger, garlic and cardamom and cook over moderate heat until fragrant but not browned, about 2 minutes. Add the carrots, cook over moderately high heat, stirring occasionally, until the carrots are barely tender. Cook no more than 5 minutes. Add the orange juice and bring to a simmer. Cover and continue to cook the carrots over low heat until the carrots are tender. Salt and pepper to taste.

Minted Carrots with Pumpkin Seeds

(Serves 2)

- 3 medium sized carrots peeled and cut into round slices
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh chopped mint
- 2 tablespoon coarsely chopped pumpkin seeds
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste

Steam carrots until still slightly crunchy. Chop rest of ingredients and toss with carrots when done.

Fennel and Leeks

(Serves 2)

- 2 tablespoon olive oil
- 1 small fennel, sliced
- 1 leek, sliced
- 2 tablespoons fresh thyme
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste

In a large skillet, heat the olive oil. Add the fennel and leeks, cook till tender. Add the thyme. Salt to taste.

Mashed Yams

(Serves 2)

- 1 large yam or 2 small sweet potatoes, peeled and sliced
- 1 tablespoon honey
- 1 tablespoon olive oil
- ¼ tsp salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute)

Steam (or microwave) yam or sweet potatoes. When tender, mash with potato masher or mixer, adding rest of ingredients. Add a little vanilla almond milk or non-fat yogurt if needed.

Roasted Broccoli with Lemon and Garlic

(Serves 2)

- 1 lb. broccoli florets
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- ⅛ teaspoon ground black pepper
- 1 teaspoon garlic, minced
- ½ teaspoon lemon zest, grated

In a large bowl, toss the broccoli with 1 tablespoon of olive oil, 1 tablespoon of lemon juice, salt, and pepper. Arrange the florets in a single layer on a baking sheet and roast, turning once, for 12 minutes, or until just tender. Meanwhile, in a small saucepan, heat the other

tablespoon of olive oil, and add the garlic and lemon zest, stirring, for about 1 minute. Let cool slightly and stir in 1 tablespoon of lemon juice. Place the broccoli in a serving bowl, pour the lemon dressing over it, and toss to coat.

Asparagus with Thyme

(Serves 2)

- 1 clove garlic, halved
- 1 lb. asparagus spears
- 1 tablespoon olive oil
- ¼ teaspoon dried thyme
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- ¼ teaspoon ground black pepper

Preheat oven to 400°F. Rub the cut sides of the garlic over a 13 x 9 inch baking dish, then place the garlic in the dish. Snap off tough ends of asparagus. Add asparagus to dish and drizzle with olive oil. Sprinkle the asparagus with thyme, salt and pepper. Toss gently and bake for 20 minutes, stirring once.

Roasted Jerusalem Artichokes

(Serves 2)

- 1 lb. Jerusalem artichokes, sliced
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- Ground black pepper

Toss sliced Jerusalem artichokes in a bowl with a little virgin olive oil, place on a baking sheet, and bake in a 375°F oven for 20 to 25 minutes, turning them half way through. Season with salt and pepper to taste.

Creole Vegetables

(Serves 2)

- 2 tablespoons olive oil
- 1 red bell pepper chopped
- 1 cup sliced celery
- 1 medium white onion, chopped
- ¼ teaspoon ground cayenne pepper
- Salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- Ground black pepper

In a medium skillet, heat the olive oil. Add the bell pepper, celery, onion, and until the vegetables are tender. Add the cayenne pepper and stir in thoroughly. Salt and pepper to taste.

Shredded Zucchini

(Serves 2)

- 4-5 small to medium zucchini
- 1 ½ tablespoons olive oil
- 3 – 4 cloves garlic, minced
- 2 teaspoons fresh dill, chopped
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- ¼ teaspoon ground black pepper

Shred zucchini on coarsest side of grater. Heat the olive oil in large skillet, then add the zucchini and garlic. Sauté on medium heat, tossing often for about 5 minutes, or until the excess moisture has evaporated. The zucchini should be bright green and firm-tender. Add the dill, grated feta, salt, and pepper. Serve immediately.

Cherry Tomato and Zucchini Sauté

(Serves 2)

- 1 tablespoon olive oil
- 3 small zucchini, halved lengthwise and thinly sliced
- 2 cups cherry tomatoes, halved
- 2 green onions, sliced
- 2 teaspoons balsamic vinegar

- ⅛ teaspoon ground black pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste
- 2 tablespoons chopped fresh basil

Heat olive oil in a large non-stick skillet over high heat. Add zucchini and cook, stirring, for 1 minute. Add cherry tomatoes, green onions and balsamic vinegar. Cook, stirring, for 1 – 2 minutes or until zucchini is crisp-tender and tomatoes are heated through. Season with salt and pepper. Sprinkle with basil and serve immediately.

Veggie Kabobs

(Serves 2)

- 2 cups button mushrooms
- 1 red bell pepper, cut into chunks
- 1 green bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced into thick rounds
- 1 cup cherry tomatoes
- ¼ cup olive oil
- 3 cloves garlic, pressed
- Juice of 1 lemon
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ⅛ teaspoon ground black pepper
- ¼ teaspoon salt (use Merisal, NuSalt, No-Salt, Also Salt or other salt substitute) and pepper to taste

Preheat oven to 400°F. Place the olive oil, garlic, lemon juice, oregano, basil, salt and pepper in a small bowl whisk together. Thread the mushrooms, tomatoes, bell peppers, onion and zucchini onto the skewers and place on a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10 – 15 minutes. Place into oven and roast until tender, about 10 – 12 minutes.

BEVERAGES

&

DESSERT



Hydration Mixers

It would be hard to overstress the importance of staying hydrated. Up to 60% of the human body is water; it serves as a lubricant for just about every bodily function. It also plays a vital role in flushing toxins out of your system. Furthermore, water promotes satiety, making life much easier when you're trying to keep portions under control.

To help you stay properly hydrated, I've created Hydration Mixers. Here you can find great ways to make your plain water more interesting. Simply select from the menu and before you know it, you will be an expert hydration-mixologist!

Hydration Base

- Flat water
- Sparkling water

Fruits / Veggies

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes

Herbs

- Mint Leaves
- Basil
- Grated ginger
- Rosemary

Extras

- Crushed ice
- Ice cubes
- Raspberry mint ice (fill an ice cube tray with water, fresh raspberries, and mint leaves, then freeze)

Choose any combination of mixers from the list at left to either flat or sparkling water. To help you get started, here are a few of my favorite water recipes:

The Flavor Infusion

Add strawberries, lemons, cucumbers, mint, ginger or watermelon to a gallon of water and refrigerate.

The Digestif

Sparkling water with two lemon slices and half a teaspoon of grated ginger.

The Summer Refresher

Ice water with orange, kiwi, and strawberry slices.

Cool as a Cucumber

Ice water with 2 to 3 thin cucumber slices.

Watermelon Cooler

Ice water with watermelon cubes and a sprig of rosemary.



Juices

Fresh juice also makes for a great mid-morning or mid-afternoon snack. Here are some of my favorite recipes. Each recipe yields 8 to 12 oz. of fresh juice. The actual yield will depend on the size of the fruits or vegetables and the kind of juicer used. Unless otherwise noted, all of the recipes call for medium-size fruits and vegetables. I have noted which ones are particularly good for weight loss and detoxification with an asterisk (*).

Better Red than Dead*

Rich in carotenes content, especially the red and orange ones, this drink “Better Red than Dead” because one of my professors, Dr. Ed Madison, once gave a lecture with this title on the benefits of carotenes. His lecture made an impression on me, and I have tried to maintain a high-carotene intake ever since. Be sure scrub and wash the beet and its greens well.

- 1 beet, including stems and leaves
- ½ medium sweet potato, cut into strips
- 3 carrots

Juice the beet first, then the yam strips, and then the carrots.



Juice up Your Morning

Pears and apples are excellent sources of water-soluble fibers like pectin, while prunes contain laxative properties.

- 2 pitted plums
- 2 apples, cut into wedges
- 1 pear, sliced

Juice plums, apples and pear alternately.

Color Me Pink*

If you are on a weight-loss program, start the day with this low-calorie, high-in- flavonoids juice. The natural fruit sugars will keep your appetite in check. Leave as much of the white pith under the peel as possible on the grapefruit, as it is rich in flavonoids.

- 1 cup raspberries
- 1 large pink grapefruit, peeled

Juice the raspberries first, then the grapefruit.

Digestive Delight

A fantastic drink for people who have trouble with indigestion. Packed with enzymes, ginger, and mint, this soothing drink will help ease spastic intestines and promote the elimination of gas.

- 1-inch slice ginger
- ½ cup mint leaves
- 2 kiwifruit, unpeeled
- ¼ pineapple with skin, sliced lengthwise

Juice the ginger and mint first, followed by the kiwifruit and then the pineapple.

Casanova

Ginger has been shown to possess some mild aphrodisiac effects and has a long history of use as a sexual aid in the Arabic system of medicine. The parsley will provide increased energy and awareness.

- 1-inch slice of ginger
- Handful of parsley
- ¼ pineapple with skin, sliced

Place the ginger in the middle of the parsley and feed into the juicer first. Then juice the pineapple.

Fennel Citrus*

Fennel combines really well with citrus to make a great breakfast or refreshing drink.

- 1 small fennel
- 1 large grapefruit
- 1 orange

Juice the fennel first followed by the grapefruit and oranges.

Everything but the Kitchen Sink*

What to do with one apple, three carrots, and other small amounts of vegetables in the refrigerator? If you have two apples and one carrot, no problem. This juice includes the best of everything.

- Handful of spinach
- 2 celery ribs
- 3 carrots
- 2 radishes with tops
- 1 apple, cut into wedges
- ½ cucumber
- 1 tomato, quartered
- ½ cup broccoli florets with stems
- ½ green bell pepper

Juice the spinach first, followed by the celery to push it through. Alternate the remaining vegetables with a carrot coming last.



Mint Foam

This great drink is “fun” tasting. Mint has a soothing effect on the intestinal tract and also exhibits some antiviral activity as well.

- Handful of mint
- 2 kiwifruits, peeled
- 1 green apple, cut into wedges

Juice the mint first, followed by the kiwifruits, then the apple. Pour over ice if desired.

Juicy Couture*

This drink supports the female glandular system. Both fennel and celery contain phytoestrogens, plant compounds that can occupy binding sites for female hormones and exert hormone like effects. This drink is helpful in a wide range of conditions specific to women, including menopause and PMS, due to the phytoestrogens and important nutrients (such as potassium, magnesium, folic acid, and vitamin B6) in the juice.

- 1 small fennel
- 1 apple, cut into wedges
- 4 celery ribs

Cut the fennel into narrow wedges and feed it into the juicer, followed by the apple and celery.

Ginger Ale*

This is a great drink for children, a super replacement for sugary soft drinks. It is also useful in relieving intestinal upset.

- ½-inch slice of ginger
- 1 lemon wedge with peel
- 1 green apple, cut into wedges
- 4 oz. sparkling mineral water

Juice the ginger first, followed by the lemon wedge and then the apple. Stir in the mineral water.

Go Green*

This is one of the healthiest juice you can have.

Handful of parsley or wheatgrass

- 1 Granny Smith apple, cut into wedges
- 2 kale leaves
- Handful of spinach
- 4 stalks celery

Juice the parsley first, then the apple, kale, spinach, and celery.

Ginger Hopper*

A classic drink to promote good health and may help to lower cholesterol without using garlic.

- 1-inch slice of ginger
- 1 apple, cut into wedges
- 3 carrots

Juice the ginger first, followed by the apple, then the carrots.

Ginger Hopper Plus*

A spicier version of the classic drink.

- ¼-inch slice of ginger
- 1 apple, cut into wedges
- 2 carrots
- ½ large Daikon radish cut into lengthwise pieces or 4 radishes with tops

Juice the ginger first, followed by the apple, then the carrots and radish.

Green Drink for Kids and the Finnick

It is tough to get many people to juice greens. Here is a great tasting green drink that even kids love.

- Handful of Swiss chard, kale, spinach or a combination
- 1 pear
- 1 cup strawberries
- ½ lemon, unpeeled
- 1 apple, cut into chunks

Juice the greens first, followed by the pear, strawberries, lemon, and apple.

Salad in a Glass*

If you have a hard time eating salads, try juicing one. There are huge nutritional benefits provided in this drink despite its low calorie content.

- 4 parsley sprigs
- 3 tomatoes, quartered
- ½ green bell pepper
- ½ cucumber
- 4 celery ribs
- 1 lemon wedge, unpeeled

Bunch up parsley and feed into juicer with the tomatoes, green pepper, cucumber, scallion, and lemon. Garnish with lemon if you desire.

Mike's Favorite

From the name of the recipe, it is obvious that I like this drink. Thick and filling, I frequently have it for breakfast, especially in the summer.

- ¼ pineapple with skin, sliced
- 1 cup blueberries
- 1-inch slice of ginger

Juice the ginger first, then the blueberries, and finally the pineapple.

DESSERT

Here are my thoughts on dessert. For the most part, one of my axioms for good nutrition is saying “no” to dessert. That said, an occasional treat or reward certainly has its place in our diet—just keep the portion size small. Now, if you absolutely must have something “sinful” at the end of a meal on a regular basis, I would suggest a piece of dark chocolate (minimum 73% cocoa) or a small bowl of berries with some coconut milk cream.

