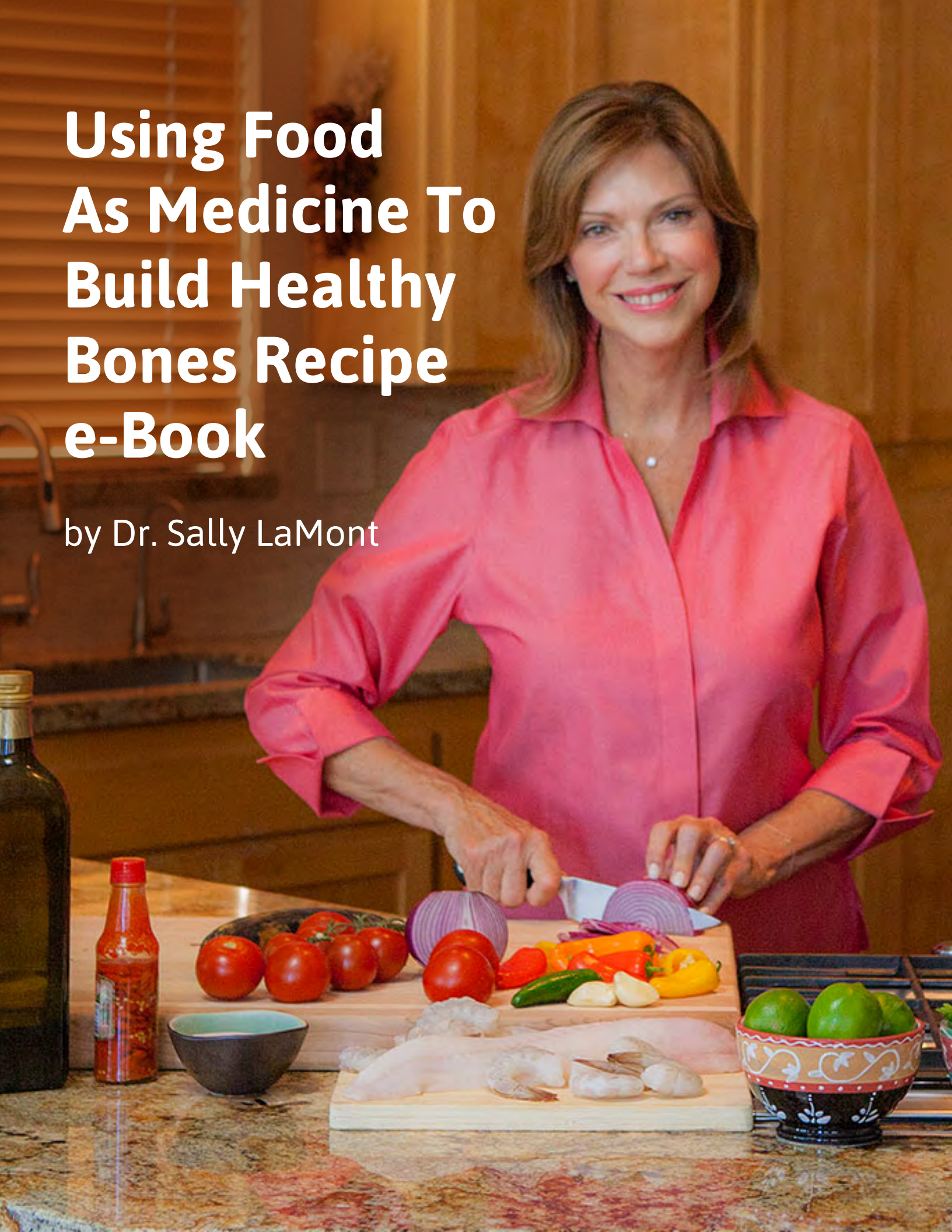



Using Food As Medicine To Build Healthy Bones Recipe e-Book

by Dr. Sally LaMont





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Dr. Sally LaMont, ND, LAc

Dr. Sally's Kitchen



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Contact info: sally@drsallyskitchen.com

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About Dr. LaMont

Hi, I'm Dr. Sally LaMont...a naturopathic doctor and acupuncturist, cook and mom. I'm on a mission to reverse the epidemic of chronic disease and help you create the health of your dreams!



A Tale of Two Kitchens

As a Kansas Girl raised in a "Father Knows Best" home, I had a unique vantage point to witness the devastating effect of bad food on good health.

We lived just down the street from my Dad's parents and learned by

observing their connection to the natural world.

Descendants of the pioneers, they'd both been teachers in the classic one-room schoolhouse, instilling in me a love of nature, food, and family. We spent our summers playing in their garden, picking ripe tomatoes from the vine, and helping Grandma can food for the winter.

My Mom's parents lived a very different life and the results were devastating. They worked themselves to the bone running a "greasy spoon diner" in Kansas City during World War II. Sadly, I never knew them because they both died of heart attacks in their early 50s. This shocked me as a young kid: what caused them to die so young?

My mom followed in their footsteps: she was the classic 1950's housewife, enamored with "modern" packaged food. We grew up eating Spam sandwiches on Wonder Bread with a big glass of milk and snacked on Twinkies and Ding Dongs. As a result, my mom had a slow march towards obesity, diabetes, and dementia. Eating that same way, my dad had two heart attacks, followed by esophageal and colon cancer.

Observing these two distinct families at the dinner table, I knew that food was playing a role in their health. But it was the early 1970's, and the connection between diet and health still wasn't accepted (and in fact, was being actively denied).

Watching the devastating effect that bad food had in destroying the health of my family, I knew I wanted to learn more about the connection between diet, health, and disease. So, I studied nutrition and microbiology and majored in human biology, in search of the root cause of dis-ease. I spent weekends devouring cookbooks. I watched Julia Child and Jacques Pepin on PBS and began to teach myself how to cook.

A Natural Calling

Luckily, my favorite professor told me about naturopathic medical school, a four-year, graduate level medical school that trained students to identify the root causes of disease and empower patients with the use of natural treatments to strengthen their body's innate healing capacities. Now that sounded interesting!

Once I realized that being a naturopathic doctor would give me the opportunity to study natural medicine and teach people how to grow their health, I knew I'd found my calling.

I've been in practice as a ND and acupuncturist for almost four decades now, integrating the best of the East with the West. I've helped thousands of people get their health back with the right diet, supplements, and lifestyle shifts. And I want to help you!

Recognizing the need for a broader platform to educate and empower the public with vital information, I created Dr. Sally's Kitchen.com, an educational website offering vital health information, "Rx Recipes" and "Food Pharmacy" with guidance for patients and practitioners alike.

My Mission

My mission is to empower you with the information and inspiration to take charge of your health and make the dietary and lifestyle changes that will prevent and reverse the tide of chronic diseases, including osteoporosis.

These powerful shifts result in so many upgrades to your health! If you're looking for greater vitality so you can travel, play with your kids and grand-children, and enjoy your future you're worked so hard to attain, then you've come to the right place.

Join me in reclaiming your energy, building bone, clearing your brain fog, losing weight, and reversing the tide of chronic disease!

Subscribe at www.drallyskitchen.com or to schedule an appointment with me personally, check out my practice at the [Marin Natural Medicine Clinic](#) in Larkspur, California.

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Using Food As Medicine To Build Healthy Bones Recipe e-Book

Are your diet and lifestyle contributing to bone loss? The answer is likely “yes”.

That’s because osteoporosis is a “silent disease” that we don’t recognize until a fracture occurs. Bone loss is driven by many factors, including the lack of essential nutrients and exercise to keep bone healthy and strong over time. Since 1 in 3 American women over age 50 will suffer a fracture during their lifetime, now is the perfect time to influence this process by shifting the way we eat and live.

BONE IS LIVING TISSUE

When you see a skeleton, you’re observing dead bone: hard, calcified, breakable. But inside us, bone is living tissue, actively growing and remodeling on a daily basis.

How we eat plays a large role in providing the nutrients needed to build healthy bone and it influences the activity of specialized cells that orchestrate bone formation or destruction. *Osteoblasts* are the specialized cells that create new bone, while *osteoclasts* carve out and resorb old bone, making way for osteoblasts to lay down new bone.

Osteoporosis occurs when bone resorption overtakes new bone growth. Balance is the key.

From reading the popular (and medical) press, it’s easy to think that just taking a calcium supplement and vitamin D are the only dietary interventions needed to prevent or treat bone loss. But a closer look reveals that the kind of foods we eat on a daily basis sets the stage for either the loss of bone or the growth of bone.

SUGAR AND BONE LOSS

Our MAD (Modern American Diet), high in sugar, and refined and processed foods, and low in the nutrients essential for bone growth, is contributing to the high rate of osteopenia and osteoporosis (as well as a range of other chronic, degenerative diseases.) Think about it: we sit inside all day, eating our MAD diet and drinking way too many sodas, coffee, and alcohol. These factors combine to *create a highly acidic environment that encourages bone loss.*

This MAD diet leads to elevated blood sugar and insulin. Remember, insulin works to lower blood sugar by binding to “insulin receptors” on every cell membrane. When insulin attaches to the insulin receptor (like a key in a lock) it opens the “door” and carries sugar across the membrane and into the cell where it is used to produce energy.

But we now know that the high intake of sugar and processed foods dulls the insulin receptors, effectively turning them off, leading to the condition known as “insulin resistance”. When insulin can’t get the sugar into the cell, it leads to the high blood sugar levels seen in pre-diabetes and Type 2 or “age related” diabetes. High blood sugar promotes inflammation and drives both acute and chronic diseases, including osteoporosis.

Insulin resistance keeps blood sugar high and forces sugar that isn't taken into the cells to be stored as fat. We used to think that fat cells just stored and released energy, but we now know that fatty tissue is a reservoir for pro-inflammatory cytokines. These inflammatory chemical messengers aggravate bone loss by causing an imbalance between the osteoblasts and osteoclasts leading to bone loss.

TOP TEN FOODS TO BUILD HAPPY, HEALTHY BONES

The progression of osteoporosis can be slowed by consuming a whole food, *plant-based*, alkalinizing diet. Rich in color, flavor, and phytonutrients, this fruit and veggie-rich diet provides a range of nutrients that help fight inflammation and body build strong bones for life. These vitamins and minerals are essential for building bone mineral density. To ensure you're eating in a way that promotes bone growth, here are my top ten foods to include in your diet:

- 1. Dark, Leafy Greens:** Spinach, Swiss chard, collard greens, bok choy, beet greens, kale, arugula and dark lettuces like romaine and watercress are rich in key bone building minerals like calcium, magnesium, potassium, and vitamin K and folate. They're also loaded with antioxidants like vitamins C, A, as well as beta-carotene and lutein. Use them in salads, soups, or sautés.



- 2. Cruciferous Veggies (AKA, the Broccoli Family):** Cruciferous veggies, also known as the Brassica family of veggies, include broccoli, cauliflower, Brussels sprouts, cabbage, arugula, kale and romanesco. The intake of cruciferous vegetables is independently associated with lower risk of all fractures, especially in older postmenopausal women. That's partly because cruciferous veggies contain a set of sulfur-containing compounds called glucosinolates. The key one, sulforaphane, is formed when we chew these veggies. Sulforaphane has been demonstrated in cell culture and mice studies to stimulate osteoblasts to lay down new bone! So, make it a point to eat a few cups of these veggies every week.



- 3. Omega-3 Rich Fish:** One of the prime benefits of the Mediterranean diet is the intake of the essential "omega-3" fatty acids present in fish, seeds, and nuts. Intake of the omega-3 fats from fish is associated with lower levels of the pro-inflammatory cytokines (like C-Reactive Protein) that erode bone health. I'm a big fan of replacing tuna salad with "salmon salad". Salmon doesn't contain the high mercury level that tuna does, plus a 7-oz. can of sockeye salmon with the skin and bones, delivers around 100 mg. calcium, along with the anti-inflammatory omega-3 fatty acids. Check out my salmon salad recipe and beautiful Pan Roasted Salmon on Sautéed Carrots, Leeks and Zucchini in the recipes ahead.



4. **Nuts and Seeds:** These tasty little nuggets are rich in a range of key minerals, fiber and a great



balance of carbohydrate, protein, and fat. Almonds, pumpkin seeds, Brazil nuts, and cashews are richest in calcium and magnesium, two minerals essential for bone strength. Walnuts, flax, and chia seeds contain ALA (alpha-linolenic acid), a plant-based source of omega-3 fatty acids. Brazil nuts provide magnesium and a daily dose of selenium, a key antioxidant mineral. Eat them as snacks, in salads, smoothies and grain dishes. You'll find them scattered in the salads in this recipe booklet, so read on.

5. **Bone Broth:** Collagen is a structural protein in the bones, muscles, tendons, ligaments, skin, the digestive tract, and other connective tissues. Our body makes collagen by combining *amino acids*, the building blocks of protein from chicken, fish, beef, pork, eggs, and dairy, with vitamin C, zinc, copper, and other nutrients. By simmering bones for 24 hours, collagen is drawn out of bones and into the broth. When sipped, the collagen is incorporated into our bones, where it forms the collagen matrix into which minerals are deposited to make bones strong. Collagen production diminishes as we age, so help replace it by sipping a warm cup of bone broth a few times a week or consider a collagen peptide supplement. Note: *Be sure to buy organic bones for bone broth, so you don't ingest the antibiotics, pesticides and other toxins present in conventionally grown animals. And, while plants provide nutrients that the body uses to help produce collagen, plant foods do not contain collagen themselves.*



6. **Protein:** Speaking of protein, eating a plant-based diet does NOT mean that all flesh protein should be eliminated: it does mean that the *quantity* we eat needs to be greatly reduced (no more 16-ounce steaks) and the *quality* needs to be improved (say hello to organic and regenerative agriculture, and goodbye to "CAFO: confined animal feeding operations"). Animal protein contains the all the essential amino acids needed to create bone collagen, and muscle tissue, needed to stabilize us to help prevent falls and fractures. Veggies and fruits, grains, beans, nuts, and seeds don't contain all the essential amino acids, but when eaten together, the body can assemble the needed proteins.



7. **Spice it Up:** Turmeric, a cousin of ginger root, contains curcumin, the phytonutrient with the most powerful anti-inflammatory properties yet discovered in Nature. Curcumin inhibits the process of bone loss and is associated with a decrease in the markers of bone turnover. Integrate this bright orange spice into your diet today. Check out my delicious recipe for Indian red lentil dal, a soup featuring both turmeric, garlic, and ginger. When combined with rice, the dish forms a complete protein that is loaded with anti-inflammatory spices and nutrients. This may be your new go-to recipe for "Meatless Monday".



8. Fermented Foods: These foods provide key microorganisms to seed our gut microbiome, where they generate vitamin K2. Make your own kimchi (the Korean version of sauerkraut), which contains beneficial nutrients for the bone such as vitamins K2, B vitamins and minerals like manganese, phosphorus, magnesium and calcium and fiber. Tofu and other fermented soy products like tempeh and miso also contain a protein called “isoflavone”, which may help prevent bone resorption and stimulate bone production. Check out the kimchi recipe ahead.



9. Yogurt and Kefir: Yogurt and its liquid cousin, kefir, provide generous levels of bone-building nutrients like calcium, magnesium, zinc, vitamins D, K, B2 and B12, and protein. These fermented cow milk products are also rich in probiotic microbes. The fermentation process generates various peptides with calcium absorption enhancing activities. Make your own yogurt or kefir or buy one of the many delicious flavors blended with fruit.



10. Prunes and berries: Dried plums (or prunes) contain high levels of vitamin K, but they’re also rich in magnesium, boron, and potassium. Eating prunes has been shown to reverse bone loss present in osteoporosis. Here’s my favorite way to eat prunes: Just soak 4-6 prunes overnight in 1 cup water with a slice of lemon. This rehydrates the prunes and draws out some of the sugar. Just pour off that sugar water and enjoy them as a mid-AM snack, or mix them into a cooked morning grain, or mash them into almond butter or ricotta cheese and spread on gluten-free toast. Yum!



Let’s eat in a way that grows healthy bones for life!

Here are some recipes to get you started.



Updated Minestrone Soup with Pesto

(Italian Vegetable Soup)

Serves 2-4 in 60 minutes

My updated version of minestrone skips the pasta, while still satisfying the quest for a delicious bowl of colorful veggies to strengthen your immune response. Instead of macaroni, this minestrone features diced Yukon Gold potatoes, making it gluten-free. Cannellini beans (Italian white beans) are far more flavorful and easily digested than traditional red kidney beans. Leeks add a spring-green flavor and escarole (Italian lettuce) adds a silky texture. While this may seem like a lot of ingredients, each plays a vital role in making this dish sing! Finish your bowl with a dollop of "The Best Pesto" and shaved Parmesan Reggiano. *Buon Appetito!*

- ¼ c. extra-virgin olive oil
- 1½ c. onion, finely diced
- 1 c. celery, finely diced
- 1 c. carrots, finely diced
- 1 c. fennel root, finely diced
- 1 c. leeks, rinsed and thinly sliced, just slightly into the green
- 3 cloves garlic, minced
- 1 t. each of dried (or fresh) thyme and oregano
- 1-2 bay leaves
- 4 c. chicken broth ("Imagine" Organic Free Range Chicken broth is great)
- 4 c. purified water
- 1 c. zucchini, sliced
- 1 medium Yukon gold potato, diced into ½ inch cubes
- 1 - 15 oz. can white cannellini beans, drained and rinsed
- 1 - 28 oz. can diced tomatoes
- 2 - 4 c. escarole or chard, thinly chopped
- 2 t. sea salt
- ½ t. ground black pepper
- 1 T. pesto, per bowl as a garnish
- Freshly shaved Parmesan Reggiano cheese, as garnish



Updated Minestrone Soup with Pesto

(cont)

1. Heat the olive oil in a large soup pot over medium. When it shimmers (15 - 30 seconds), add the onion, celery, carrots and fennel and sauté for 10 minutes, stirring occasionally until it just starts to turn golden.
2. Add the zucchini, potatoes, leeks, garlic, thyme, oregano, basil, and bay leaves and sauté for another 10 minutes. Stir in the broth and water, bring to a low boil, and simmer for 10 minutes.
3. Stir in the cannellini beans, tomatoes, escarole, salt, and pepper and bring to a boil. Reduce heat and simmer for 20 minutes.
4. Adjust seasoning and garnish with a drizzle of pesto and shaved Parmesan.

The Best Pesto

Makes ~1 ½ cups in 10 minutes

Pesto is Italy's version of a "salsa verde" (or green sauce), made even more luscious with the addition of toasted pine nuts and Parmesan cheese. Pesto is the classic garnish to Italian minestrone soup, and it is so easy to make. The party starts with fresh basil leaves, which are packed with antioxidants and anti-inflammatory compounds. Add garlic for some powerful antimicrobial effects and pour in good quality extra-virgin olive oil to create a medicinal sauce with multiple uses. It wakes up simple pasta, especially zoodles (zucchini or any squash noodles) and is wonderful when layered between ripe red tomatoes and fresh mozzarella cheese. *Buon appetito!*

- 2 cups loosely packed fresh basil leaves (not dried)
- ¼ cup grated or shaved Parmesan Reggiano cheese
- ¼ cup lightly toasted pine nuts
- 2 cloves garlic, rough chopped
- ½ teaspoon salt
- 1/8 teaspoon fresh ground black pepper

2/3 cup extra-virgin olive oil (EVOO)



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The Best Pesto

(cont)

1. Put all the ingredients into a food processor along with half of the olive oil.
2. Blend on low, while drizzling in the remaining olive until it forms a beautiful puree (about 30 seconds).
3. Store and refrigerate the remaining pesto to use within a week or two.

Dr. Sally's Chicken Vegetable Soup

Serves 8 in 90 minutes

This hearty vegetable chicken soup is perfect when you crave something warm and nourishing. It's full of the nutrients and phytochemicals that have made chicken soup famous as a treatment for colds and the flu. This version employs the Chinese herb, astragalus, a root with potent immune-stimulating properties. It adds its medicinal qualities, while barely influencing the flavor. Purchase it at an Asian market or a Chinese herb store. This soup is intended to have a lot of broth, but if you prefer a thicker, stew-like consistency, add another potato or parsnips, which are gluten-free, rich in fiber and stabilize blood sugar levels. My version has an Italian twist with the addition of the leafy green, escarole, and tomatoes. If you prefer a more traditional style, omit these. Make a large batch on the weekend and freeze in small containers for those cold nights ahead!

2 lbs. organic, free-range chicken, or 8 bone-in chicken thighs
8 cups chicken broth (*Imagine brand Organic Free-Range Chicken Broth*)
8 cups filtered water
2 onions, chopped and divided in half
3 carrots, chopped and divided in half
2 stalks of celery, chopped and divided in half
2 T. garlic, minced
3 sticks *Astragalus root* (optional)
2 Yukon gold potatoes, diced
1 turnip or parsnip, chopped
1 zucchini, chopped
1 bay leaf
2 T. fresh Italian parsley, chopped
1 t. dried oregano
1 *14 oz. can tomatoes*, chopped and drained (optional)
1 head escarole, rinsed and sliced into 1 inch pieces
2 T. sea salt and
1 t. black pepper

Gather and prep the ingredients. Place the chicken in a large (8 qt.) soup pot and cover with cold water and broth. Add the bay leaf and astragalus, half of the onion, carrots, celery, garlic and salt and bring to a boil. Reduce heat to medium and cook for 1 hour, until chicken is almost falling off the bone. Transfer the chicken to large bowl and pull it apart to allow it to cool.

Add the rest of the onions, carrots, celery, garlic and salt, along with the potatoes and return to a low boil, and cook for 15 minutes. Add the parsley and oregano, along with the parsnip and zucchini. Continue cooking for another 15 minutes, and then add the tomatoes and escarole. Simmer another 10-15 minutes. Remove the astragalus and bay leaves and discard. Pull the cooled chicken from the bones and save the bones to make bone broth later. Return the chicken to the soup. Adjust the seasonings and serve. *A Sante ~ To Your Health!*



Roasted Butternut Squash, Yam and Red Pepper Soup

Serves ~8 in 60 minutes

This rich golden puree is bursting with color, flavor and flavonoids! Flavonoids are the red, orange and yellow pigments found in vegetables and fruit. These phytonutrients reduce inflammation, improve blood flow to the eyes and enhance immunity. The olive oil activates key anti-cancer mechanisms within your body. The main flavors are from the squash and yam, with just enough roasted red peppers to add some punch.

If you're in a rush, use a jar of roasted red peppers, a box of cubed butternut squash and microwave the yams, cutting prep time considerably. It is equally delicious served hot on a cold winter night or chilled in shot glasses as an appetizer for a summer dinner party.

¼ cup extra virgin olive oil
¼ teaspoon fennel seeds
½ teaspoon red chili pepper flakes
½ teaspoon thyme
½ teaspoon smoked paprika (if not available, use good Hungarian paprika)
½ teaspoon cayenne (optional)
2 cups red onion, rough chopped
1 T. garlic, rough chopped
2 cups red peppers, roasted and peeled (or a small jarred roasted peppers)
2 cups yams (orange sweet potatoes), baked, peeled and rough chopped
2 cups butternut squash, cubed into 1 inch pieces
8 cups of chicken broth ("Imagine" Organic Free Range Chicken Broth)
2-3 teaspoons sea salt
½ teaspoon of fresh lime juice

Garnish with:

1 avocado, diced into ¼ inch cubes
½ cup cilantro leaves, rough chopped
1/3 cup toasted pumpkin seeds



Gather and prep the ingredients. Heat a large (8 qt.) stockpot for a minute over medium heat. Add the olive oil and heat until the oil shimmers (~30 seconds). Sauté the red chili flakes and fennel seeds for 30 seconds. Then add the onion and sauté over medium heat for 5 minutes or until it begins to brown. Stir in the garlic, thyme, cayenne and toast for 30 seconds. Add the broth and bring to a boil. Stir in the butternut squash, red peppers and salt and cook on medium for 20-30 minutes, until the squash is soft enough to blend. Add the smoked paprika and the cooked yams and simmer for 10 minutes. Allow to cool before blending.

Using a hand-held, wand-style blender, blend the soup until completely smooth. Or, begin transferring 2-3 cups of soup at a time to the food processor or blender and puree until smooth. Transfer the blended soup to another pan to keep warm. Stir well and adjust the seasonings. Adding a squeeze of fresh lime juice at the end often balances the flavors. Once the soup is thoroughly heated, ladle into bowls and garnish with a little avocado, cilantro and toasted pumpkin seeds. Serve immediately and enjoy.

Miso Soup

Makes 1 cup in 10 minutes

Long considered medicinal, miso is an ancient Japanese product made from fermented soybeans and brown rice. Rich in probiotics, miso soup is perfect to sip after taking a round of antibiotics. Ginger, garlic and scallions, each with their own immune stimulating properties, are then added to the warm broth. Keep miso on hand for a warming soup when the cold and flu season hits.

2+ teaspoons white miso paste (Westbrae Organic)

8 ounces boiling water, cooled 1 minute

1 scallion, sliced thinly

¼ teaspoon grated ginger

¼ teaspoon minced garlic

1 tablespoon cubed firm tofu

1/8 teaspoon rice wine vinegar

Gather and prep the ingredients. Boil 1 cup of water then cool for 1 minute so as not to kill the microbes in the fermented miso. Stir the miso into the hot water and mix thoroughly. Add the other ingredients to the miso soup and enjoy.

Note: many variations can be made by lightly sautéing the onions, ginger, garlic and thinly sliced snow peas, carrots, shitake mushroom. You get to choose!

Red Lentil (Curried Dahl) Soup (Sometimes called *Kitchari*)

Serves 4 in ~1 hour

This healing Indian red lentil soup or “dahl” (sounds like “doll”) is easy to prepare and packed with flavor and fiber. Because it uses the tiny salmon-colored lentils, it cooks in less than one hour. The anti-inflammatory spices are sautéed in ghee (or clarified butter), the nutty oil that remains after skimming the milk solids off of butter. Until you’re familiar with these spices, you can inexpensively purchase small quantities in the bulk section of most natural food stores. Enjoy the process of making something new and delicious! It is wonderful served with roasted asparagus and beets.

- 1 cup red lentils
- 5 cups pure water
- 1 carrot, sliced
- 1 stalk celery, sliced
- 1 tablespoon black mustard seeds
- 1 cup onion, diced small
- 1 tablespoon ginger root, minced
- 3 cloves garlic, minced
- 2 tablespoons organic ghee (clarified butter) or olive oil if ghee is not available
- 1 ½ tablespoons sea salt
- 2 tablespoons parsley, finely chopped
- ¼ cup cilantro, finely chopped
- 2 cups cooked basmati rice

Spice mix:

- 2 teaspoons cumin seeds (ground)
- 1 teaspoons fennel seeds (ground)
- 1 teaspoon ground turmeric (plus ½ teaspoon fresh grated turmeric root, if available)
- ½ teaspoon cayenne pepper, or to taste



Gather and prep the ingredients. Sort through and wash the lentils to remove any debris. Place them in a four-quart soup pot with 5 cups of water. Bring to a boil then reduce heat to medium and cook for 10 minutes, skimming off any foam that forms. Add the carrots and celery and simmer for another 10 minutes.

While the lentils are bubbling, prep the spice mix: grind the cumin and fennel seeds in your coffee grinder, and mix them with the cayenne and turmeric.

Now heat the ghee in a small sauté pan until hot. Quickly stir in the black mustard seeds and allow them to sizzle just 15 seconds before adding the garlic, ginger and onion. Reduce the heat to medium and sauté for 3-5 minutes. Now stir in the ground spice mix and let cook another minute or two.

Once the lentils have cooked about 30 minutes, stir in the sautéed spice mix, salt and parsley. Simmer an additional 5 minutes to let the flavors marry.

To serve, ladle the dahl into a flat soup bowl and place a half-cup size dollop of rice in the center. Garnish with chopped cilantro or parsley.

Dr. Sally's Chopped Salad Recipe

Did you know that the word “recipe” originated from French and means “medical prescription”? This is one of those recipes that fills the Rx: it’s filled with the flavors, colors and nutrients of Nature!

I throw together a chopped salad when I need a fast and easy lunch that also uses up last night’s dinner.

When you follow this formula, each unique variation will be a success:

Chop everything in roughly the same bite-size pieces...it is a chopped salad after all!
Then toss it all together in a big bowl, dress and serve.

- **Begin With a Base of Greens**

Tear, chop or shred: spinach, romaine, butter leaf lettuce, arugula, red cabbage, radicchio or baby greens into small, bite-sized pieces...no big leaves to deal with in a chopped salad, please! One cup of greens per person forms that base.

- **Layer in the Veggies**

Build in color, flavor and texture with a few raw, crunchy veggies. Simply grate, shred, dice, shave or chop ~ ½ cup each of 2-3 of these veggies: Carrots, celery, radishes, red or green onions, zucchini, red peppers, broccoli, cauliflower or Brussels sprouts. Feel free to dice and toss in last night’s steamed or roasted veggies - they add a mellow touch.

- **Yes to Seeds or Nuts!**

Add some protein, fat and crunch with nuts or seeds. Use a tablespoon per person of toasted pumpkin seeds or pine nuts, toasted walnuts or slivered almonds, chopped macadamia nuts or cashews. They’ll add their flavor, crunch and essential fatty acids!

- **Pile in the Protein**

Most of us benefit from some protein at lunch, so I often toss in some sheep feta or goat cheese when I want a lighter meal. Just cube or grate any cheese you have...it will add to this salad. Or, if desired, dice whatever protein you have from the night before; 2-3 ounces is all that is needed per person to provide that grounding energy.



- **Brighten the Flavor with Fresh Herbs**

Fresh tarragon, dill, marjoram, cilantro, parsley, basil or oregano all work beautifully in a chopped salad and really bring it to life! You'll find fresh herbs in every supermarket, but I love to grow them so I can always grab a handful for dishes like this! Just a tablespoon of 1-2 kinds of fresh herbs does the trick.

- **What About Fruit?**

Technically avocados, olives and tomatoes are fruit and each is incredible in a chopped salad. But some people like to add sweet. If you're one of them, then toss in one type of fruit: maybe some mandarin or tangerine sections, or cherry tomatoes, blueberries or strawberry slices in the summer, or try golden raisins, currents or cranberries in the fall and winter.

- **Bring It All Together With a Dressing**

Any dressing will do, but I like to use my lemon-shallot vinaigrette as a base. It brings in a subtle onion flavor, without being overbearing. I'm developing Green Goddess, Ginger Tamari and Balsamic Dressings recipes, so stick around!

Sockeye Salmon Salad on a Bed of Greens

Serves 2 in 10 minutes

This alternative to tuna salad has been my “go to” lunch for decades! Salmon is high in protein and the essential fatty acids, EPA and DHA but low in mercury, unlike tuna. The greens and almonds both contain compounds known to improve cognitive function. The combination works synergistically to provide great taste, satisfaction and better brain health! Enjoy!

- 1 (7.5 ounce) can of **Sockeye Salmon with skin and bones***
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 2 tablespoons red onion, minced
- 2 tablespoons celery, minced
- 1 tablespoon capers, minced
- 1 teaspoon dried tarragon
- 1/8th teaspoon cracked black pepper
- ¼ cup Marcona almonds
- 2 tablespoons red wine vinegar
- 3 cups dark leafy greens like arugula or spinach

Mix the olive oil, mustard, capers, onions, celery, tarragon and pepper with canned salmon that has been mashed with a fork. Once well mixed, place a big scoop in the center of a bed of greens and top with Marcona almonds and drizzle with red wine vinegar.

*available through the sustainable seafood company VitalChoice.com



Latin-Inspired Superfood Bowls With Chimichurri Dressing

Serves 4 in ~1 hour

Superfood bowls are a delicious, colorful, and versatile way to prep meals for the week ahead. Just follow this simple, master recipe and trade out ingredients to give it an international flair. Consider a Thai-Inspired Bowl with Roasted Tofu and my Ginger Tamari Dressing or a Mediterranean Bowl with Garbanzos, Sheep Feta, and a Lemon Shallot Dressing. Get creative and playful and let your guests make their own bowls!

1. Pick a whole grain (organic brown rice or quinoa)
2. Pick a bean and/or lean protein (black beans, garbanzos, roasted tofu, prawns, chicken, beef, or pork).
3. Pick your veggies (raw, roasted, steamed, or sautéed)
4. Pick a sauce or dressing
5. Pick your “flavor bombs” (fresh or dried herbs, spices, nuts, seeds, dried fruit)
6. Assemble into serving bowls or glass containers with lids for use later. If reserving for later, dress and garnish at the time of serving so it doesn't get soggy.

Bowl Ingredients Ideas:

- 3 cups cooked/cooled brown rice, quinoa or other whole grain
(~3/4 cup per person)
- 1 ½ cups cooked/cooled black beans
(or 1 12 oz. can black beans, drained and rinsed)
- 2 Persian cucumbers, sliced lengthwise into quarters, then sliced across
- ½ cup red bell pepper or baby bells
(seeded, deveined and diced into small pieces)
- 1 large carrot, peeled and shredded
- 3 scallions (green onions), sliced
- 1 cup plum or grape tomatoes, cut in half

Bowl Ingredients Ideas (cont):

- 1/3 cup toasted pumpkin seeds
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ¾ tsp. smoked paprika
- 1 tsp. sea salt
- ½ tsp. black pepper

Garnish:

- ½ cup chimichurri dressing (see recipe below for chimichurri) plus 1 lime, zested & juiced
- 2 avocados, sliced as garnish
- ½ cup pickled pink onions, as garnish (see recipe below)
- 4 cups of mixed salad greens or spinach as base of bowl

Instructions:

Dressing: Make the chimichurri and turn into dressing (recipe below)

Bowls: Prep the rice, beans and veggies. In a large bowl, mix the rice and beans together; then gently fold in the veggies, pumpkin seeds, spices, salt and pepper. Dress this mixture with the chimichurri dressing. Taste and adjust seasonings. This mixture can be made earlier in the day, refrigerated and then served later in the day at room temperature or slightly chilled.

To serve: Place ~1 cup of salad greens at the bottom of each of four bowls. Distribute the rice/bean/veggie mixture evenly between them. Garnish with sliced avocado and pickled onions and serve immediately.

Chimichurri Sauce

Makes ~1 cup in 15 minutes

This Argentinian “green sauce” is filled with flavor and key phytonutrients that support our health. It’s traditionally served with grilled meat but is equally good over veggies, beans and rice, eggs, fish, chicken, pork, or beef. Apigenin is the powerful phytonutrient in parsley and cilantro that reduces oxidative damage, supports a balanced immune response, and fights cancer. These herbs are packed with chlorophyll, vitamins A, C, magnesium, lutein, and fiber. Cilantro has a similar nutrient profile but also appears to bind heavy metals in animal studies.

Ingredients:

- 3 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ¼ cup shallots, minced
- 1 tsp. red Fresno chili, minced (or ¼ teaspoon red chili flakes)
- 1 tsp. kosher salt
- 2 cups flat-leaf Italian parsley leaves, chopped
- 1 cup cilantro (leaves only) chopped
- 2 Tbsp. oregano (leaves only) chopped
- ½ cup avocado oil
- ¼ cup olive oil

Gather and prep all ingredients. Mix the wine with the shallots, garlic, chili, and salt and let sit for 5-10 minutes. Pulse the herbs and vinegar mixture in a food processor or blender for 15 seconds, while drizzling in the oil. Adjust the seasonings then refrigerate immediately. Enjoy the rest over the coming week.

To make into Chimichurri Dressing for this recipe: To ½ cup of chimichurri, add the zest of one lime, 2 Tbs. lime-juice and an additional ¼ cup of olive oil. Shake to mix and then use to dress the bowls.



Pickled Red Onions

- 1 red onion, sliced in half vertically and then into thin vertical slices
- 1 cup white vinegar
- 1 tsp. sea salt
- 1 tsp. sugar

Heat the vinegar, salt and sugar in a small pan until simmering. Turn off heat and allow to cool one minute. Slice the onions and put them into a pint jar that has a lid. Pour the vinegar mixture over the onions and cover with the lid, loosely. Refrigerate for about 2 hours, then use within one week as a garnish for salads, superfood bowls, and sandwiches.



Asian Rainbow Slaw

Makes 4 cups in 15 minutes (serves 3-4)

Liven up your slaw this summer with a colorful Asian twist! Ginger and garlic pair perfectly with green and purple cabbage, carrot, red onion, and cilantro. Instead of vinegar, lime juice and zest are blended with tamari and mayonnaise lift this slaw to whole new level of yum! For best results, serve cold on a hot summer day. ☐

Ingredients for Salad

- 1 cup green cabbage, shredded
- 1 cup purple cabbage, shredded
- 1 cup carrots, shredded
- ½ cup red onion or scallions, finely shredded
- ¼ cup cilantro leaves, chopped

Ingredients for Dressing

- 2 tablespoon tamari (gluten-free) or Coconut Aminos (if soy sensitive)
- 1 teaspoon rice vinegar
- 1 teaspoon lime juice
- 1 teaspoon lime zest
- 1 teaspoon fresh ginger root, finely minced or grated (use a Microplane)
- 1 teaspoon garlic, finely minced or grated
- 3 tablespoons mayonnaise (or vegan mayo substitute if allergic to eggs)

Mix the ingredients for the dressing together, then toss thoroughly with the shredded veggies. Enjoy with any meal!



Quinoa Tabouli Salad

Serves 6 in ~ 1 hour

Are you craving tabouli salad, but avoiding it because it is made with wheat? This version substitutes quinoa, the ancient Incan “grain” for gluten-containing bulgur wheat and the result is fantastic. Quinoa is actually a seed that contains all 10 essential amino acids and is gluten-free. Be sure to rinse it well to remove the bitter coating from the quinoa. While it can be cooked like rice, this method, which includes a quick toasting, produces a fluffy texture and nutty flavor that is a delicious compliment to the finely chopped herbs, scallions, and tomatoes with lemony-olive oil dressing.

- 2 cups quinoa
- 2 ½ cups water
- ¼ cup extra-virgin olive oil
- 1/3 cup fresh lemon juice (1-2 lemons)
- ½ cup (1 bunch) green onions, finely chopped
- 2 cups curly parsley, rinsed and finely chopped
- 1-2 teaspoons fresh mint, marjoram, tarragon or dill, minced
- ½ cup Castelvetrano or Kalamata olives, pitted and chopped
- 1 cup of grape (cherry) tomatoes, finely chopped and drained of juice
- ½ cup pine nuts, toasted
- 1+ teaspoon sea salt ¼ teaspoon cayenne pepper

Gather and prep all the ingredients. To make perfect quinoa, rinse it well in a mesh strainer and spread it out to dry on paper-towel lined baking pan. In a few minutes, pour the semi-dried grain into to a skillet over medium high heat, and dry-toast it for 5 minutes, stirring frequently until it just begins to pop and smell like popcorn. Remove from heat.

Bring the water to boil in a 3-quart saucepan and add the quinoa. Reduce heat and simmer, partially covered for about 15 minutes, stirring occasionally until the water has evaporated. Remove it from the heat, fluff with a fork and cover for 5 minutes, then remove the lid and allow it to cool slightly.

While the quinoa is cooking, dry toast the pine nuts until golden brown in medium hot skillet, stirring regularly so they don't burn! Chop the scallions, herbs, olives and tomatoes. (Be sure to drain the juice from the tomatoes so the salad doesn't get soggy).



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Add the veggies to a large bowl. Mix the lemon juice, olive oil, salt and cayenne and pour over the veggies. Using a fork, stir in the cooked quinoa and pine nuts and mix well. Adjust the seasonings and enjoy!

Note: This salad can be twisted in different directions: go South of the Border with avocado, cilantro and peppers, or take it into the fall, substituting cranberries for tomatoes and adding thyme and toasted pecans.

**SUMMER SALAD WITH ARUGULA, GRILLED PEACHES,
GOAT CHEESE & MARCONA ALMONDS**
Serves 4

There's something magical about the combination of sweet peaches, tangy arugula, crunchy Marcona almonds and creamy goat cheese. But it's the blend of phytonutrients that make this salad good for your skin, eyes, heart and waistline!

4 fresh ripe peaches, pitted and quartered
½ cup Marcona almonds
2 cups baby arugula
2 cups butter leaf or little gem lettuce
4 ounces high quality goat cheese
Oil to brush the sliced peaches

Lemon Shallot Vinaigrette

Juice of 1 lemon (~ 2 or 3 tablespoons)
2 tablespoons minced shallots
2 tablespoons citrus champagne vinegar or white wine vinegar
1 teaspoon honey
¼ cup extra virgin olive oil
¼ cup avocado oil
Fresh ground black pepper to taste

Heat the grill to medium high. Gently pit and quarter the peaches and brush with olive oil. Grill the peaches for several minutes on each side, allowing to rest in one place to develop grill marks. This may take 6-12 minutes, depending on the heat of your grill. Turn once to grill the other side. Remove to cool.

While the peaches are on the grill, make the dressing. In a small jar, soak the minced shallots in lemon juice for at least 10 minutes (but up to an hour is fine). Add the vinegar, honey, oil, salt and pepper and shake vigorously. Store for up to a week in the fridge.

Form the goat cheese into loose balls. Toast the pine nuts in a hot skillet over medium high heat, stirring constantly for 2-3 minutes until starting to turn golden brown. Transfer to plate to cool. Toss the greens in the dressing and divide evenly between four plates. Arrange the peaches, goat cheese and almonds on top and serve immediately, knowing that you're gifting yourself a composed salad that will thrill your palette and help your body thrive!



Pan Roasted Salmon on a Cozy Bed of Sautéed Vegetables with Tarragon

Serves 2 in 45 minutes

Looking for an easy, delicious and healthy Valentine's dinner?

Look no further: here are two of my favorite recipes in one sumptuous meal. Perfect for V-day since it's on the table in 45 minutes so you can enjoy your evening having created a meal to nurture the heart of those you love. It's filled with the flavors, colors and textures of Nature; real food to support our body's natural healing systems and help us thrive. Here's to a healthy heart that's full of love!

Prep the salmon:

2 six-ounce wild salmon fillets, patted dry and salted with ½ teaspoon sea salt

2 sprigs of fresh tarragon or ½ teaspoon dried tarragon

4 lemon slices

1 tablespoon avocado oil

Prep the Veggies

½ cup shallots, finely chopped

1 cup leeks, white and light green part only, thinly sliced at an angle

1 cup carrots, sliced into sticks, 2 inches long by ¼ inch wide (think French fry)

1 cup zucchini, sliced into sticks, 2 inches long by ¼ inch wide

1 cup sliced mushrooms

1 tablespoon fresh tarragon, chopped or 1 teaspoon dried tarragon

3 tablespoons extra virgin olive oil, avocado oil or ghee

1 teaspoon sea salt

1 teaspoon fresh lemon juice



Sauté the vegetables:

Preheat oven to 250 degrees. Heat a large skillet over medium and add the oil. Stir in the shallots, leeks and carrots to coat evenly with oil, then arrange in a single layer. Cook for 2-3 minutes, undisturbed. Toss in the zucchini and rearrange in one layer and let sizzle another 2 minutes. Drizzle in a little more oil and stir in the mushrooms, tarragon and salt. Let it all sizzle another 2-3 minutes, until the carrots and zucchini are done. Drizzle in the lemon juice and adjust seasonings. Keep warm in the oven for 10 minutes while the fish cooks.

Sauté the salmon

Place a sprig of tarragon on the pink flesh. Heat a skillet over medium high and add the oil. Place the fish, flesh side down and sauté for 2-3 minutes. Add two lemon slices to the oil. As soon as the fish starts to turn golden brown, flip the fish and the lemon and brown another two minute until the salmon is barely translucent in the center. It will continue to cook after it is removed from the heat. Serve on top of a bed of the sautéed vegetables. And enjoy!

Sheet-Pan Italian Chicken with Fennel, Tomato, Lemon and Thyme

Serves 4-6 in ~1 hour

This sheet-pan roasted chicken and veggies could be your new go-to weeknight dinner! Ready in less than an hour, it's elegant enough for a party but easy to pop in the oven after a long day's work (while you're winding down). This dish has the classic Italian flavors of tomato, fennel and thyme with citrusy tang that blends perfectly with the crisp roast chicken. *Mangia, mangia! (Eat, eat)!*

Ingredients

- 6-8 organic chicken thighs
- 1 fennel bulb, base and core removed, then sliced 1/8 inch thick
- 1 red onion, diced
- 1-2 carrots, cut like a thick French fry
- 6-8 small Yukon gold potatoes, quartered
- 1 lemon, ends and seeds removed, then cut into 1/8 inch slices
- 6-8 ripe red tomatoes, the stem end slice off and a tiny x-shaped cut on the bottom
- 2 cloves garlic, chopped
- ¼ cup extra virgin olive oil
- 1 teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 1 teaspoon fresh thyme leaves or ½ teaspoon dried thyme

Gather and prep the ingredients. Pre-heat the oven to 375 degrees (if you have a convection oven, set it to 350). In a large bowl, drizzle most of the olive oil over the fennel, onion, carrots, potatoes, garlic, salt and pepper and thyme. Toss well to coat with oil and spices then scatter the veggies onto a sheet pan. Put the chicken thighs into the bowl and toss well to coat evenly with the remaining olive oil and spices in the bowl. Clear a little spot to place each piece of chicken and tuck a lemon slice under each piece. Now place the tomatoes evenly around the pan, x-cut side up and pour a little drizzle of olive oil, a pinch of salt and little thyme into the tomatoes. Bake for 35 to 40 minutes or until the chicken and potatoes are starting to turn golden brown.

Indian Curried Chicken and Veggies

Serves 2-4 in 60 minutes

Curry is a blend spices and each Indian home uses its unique family recipe. Indian curries often include dried turmeric, cumin seeds, coriander seeds and fennel seeds. Each spice is full of flavor and phytochemicals that fight inflammation and reduce oxidative damage to your cells. Many Indian-style curries use a base of flour and (sacred) milk. But in this version, I use a gluten-free pancake mix, creating a gravy-like consistency when mixed with coconut milk or organic cream.

3 T. coconut oil or avocado oil
1 T. minced ginger
1 c. red onion, diced
1 c. green beans cut in 1-inch length
2 T. of high quality curry powder
2 T. ghee (clarified butter)*
1 T. garlic, minced
1 c. zucchini, diced
1 c. tomatoes, diced
1 c. shitake mushrooms, sliced
2 c. organic chicken breasts or thighs, boneless, skinless and diced
2 t. sea salt
1 t. maple syrup
1-2 T. gluten-free flour or pancake mix
2 cups chicken broth (*Imagine, Organic Free Range Chicken Broth*)
½ cup organic cream or coconut cream

Gather and prep ingredients. Heat a large (12-14 inch) skillet over medium heat for 30 seconds. Add the oil and when it begins to shimmer, stir in the ginger, onion and green beans and sauté for 5 minutes. Stir in the curry powder and sauté for 1 minute, adding ghee when it gets too dry. Add the garlic, zucchini, tomatoes, mushrooms and chicken and sauté for 7-10 minutes.

Stir in the gluten-free flour and brown for two minutes. Fold in the broth, cream or coconut cream, brown sugar and salt, incorporating any browned bits from the bottom of the pan. Cook for another 3-5 minutes; adjust seasonings and serve over rice or as a stew.

* Ghee is the traditional cooking oil in India. Ghee is made by simmering butter (ideally grass-fed, organic) over low heat for about an hour, removing most of the water and skimming off the milk solids, leaving pure nutty-flavored butter fat that burns at a higher temperature than regular butter.

Sautéed Rainbow Chard with Shitake Mushrooms

Serves 2 in 15 minutes

When fall comes, lettuce just isn't as appealing, so it's time to turn to dark leafy greens! I love Rainbow Chard, with its beautiful red, yellow and orange stalks, rich in colorful phytonutrients that nurture our eyes and help prevent macular degeneration, a common cause of blindness. Its bright green leaves are rich in folic acid (from the word "foliage") as well as other B vitamins and minerals like iron and magnesium. Just "strip" the leaf from its stalk and choose the more delicate, less "woody" stalks to dice and sauté before adding the leaves.

Winter greens are a natural when paired with shitake mushrooms, among the most powerful immune stimulants to combat cancer and inflammation. Feel free to substitute other mushrooms, like oyster, trumpet mushrooms if you can find them. I sauté the mushrooms first to develop their flavor and texture and then toss the leaves in at the end. In a rush, just use a bag of "baby greens" with a blend of chard, spinach and kale (not salad greens). They "melt" in a matter of minutes, making a delicious side dish or base for eggs the next morning!

Ingredients:

- ½ teaspoon fennel seeds
- Pinch of red chili flakes
- ¼ cup shallots, diced into ¼ inch pieces
- 2 cloves garlic, minced
- 1 bunch (about 4 cups) Swiss chard leaves, torn into bite sized pieces
- ½ cup colored chard stalks, diced into ¼ inch pieces
 - OR 6 cups mixed baby greens like kale, chard, and spinach
- 8 shitake mushrooms, sliced
- 3 T. avocado, olive or coconut oil
- 1 T. butter or ghee
- ½ teaspoon lemon juice
- ½ teaspoon sea salt.

**Instructions:**

Gather and prep all ingredients. Rinse the Swiss chard thoroughly under running water to remove all dirt and debris. Spin or pat dry. Tear or cut diagonally into 3 inch strips, reserving the most beautiful colored stems to dice and use in sauté. Or use 6 cups of pre-cleaned mixed baby braising greens.

Heat the oil in a large sauté pan over medium until shimmering. Sauté the chili and fennel seeds along with the diced shallots and chard stems for 2 minutes. Then add the garlic and mushrooms and sauté 2-3 minutes, until turning golden. Sprinkle lightly with salt and pepper. Toss in the Swiss chard leaves and sauté for another 3 minutes. To retain the bright green color, flavor and texture of the greens, don't overcook them. Squeeze a little lemon juice over the sauté, add a sprinkle of sea salt if needed and serve! A santé!...to your health!

If using baby "power" greens, only cook them for 2-3 minutes, until they wilt.

Fragrant Curried Cauliflower Rice

Serves 4 in 20 minutes

- 3 tablespoons of **ghee** (Indian clarified butter, organic)
- ½ teaspoon **turmeric**
- ¼ teaspoon **red chili flakes**
- ¼ teaspoon **coriander, fennel** and **cumin seeds** (optional)
- 1 teaspoon ginger root, minced
- 1-teaspoon garlic, minced
- ¼ cup shallots, minced
- 4 cups cauliflower, chopped into pea-sized pieces
- 1-teaspoon **sea salt**
- 2 tablespoons cilantro, chopped
- 2 tablespoons Italian parsley, chopped

Gather and prep the ingredients. Heat a large skillet over medium flame and melt the ghee for 15-30 seconds until it shimmers. Stir in the chili flakes and seeds and let them bubble for 15-30 seconds. Then add the ginger, garlic, turmeric shallots and sauté about one minute.

Now stir in the cauliflower and allow cook for 7-10 minutes, stirring occasionally. Toss in the sea salt, cilantro, and parsley and serve hot, while the cauliflower still has some crunch.

If you like this recipe blog, please ***share it and subscribe at*** www.drssallyskitchen.com for recipes and vital information on the healing power of food!



Roasted Butternut Squash with Shallots, Thyme Cranberries and Toasted Hazelnuts

Makes 6-8 servings in ~1 hour

Enjoy this sweet and savory dish featuring the golden goodness of butternut squash. When oven-roasted with shallots and thyme, then tossed with toasted pecans and cranberries, the result is delicious and oh, so nutritious! Just what the doctor ordered for an immune-supportive winter dinner.

Ingredients

- 2 pounds butternut squash (~4 cups), cut into bite-sized cubes (less than 1")
- ¾ cup shallots, dice
- 1 tablespoon fresh thyme, leaves pulled from stems or 1 teaspoon dried
- 2 Tbs. extra-virgin olive oil
- 1 tsp. maple syrup (optional)
- 1 tsp. sherry or balsamic vinegar
- 1 cup dried cranberries or tart cherries
- 1 cup hazelnuts or pecans, toasted and chopped
- 1 ¼ tsp. sea salt
- ½ tsp. ground black pepper

Preparation

Preheat oven to 400 degrees, using the convection roast setting if available*.

In a large bowl, toss the butternut squash with the shallots and thyme, EVOO, and a drizzle of maple syrup, vinegar, salt and pepper. Roll out onto on a parchment-lined cookie sheet and bake for 25 minutes or until the squash is soft and starting to brown. Remove from the oven and toss in the cranberries and toasted pecans and serve immediately. This can be prepped in advance and covered for a day until time to bake and serve.

* If your oven doesn't have a convection roast setting, then set the oven to bake at 425 degrees and turn once while roasting for 35-40 minutes until the squash is soft and starting to brown



Savory Roasted Brussels Sprouts with Shallots, Thyme and Pecans

Makes 6-8 servings in ~1 hour

Instead of bacon, these sheet-pan Brussels sprouts come alive with a blend of shallots, garlic, toasted nuts, and a sprinkle of bright red pomegranate seeds and shaved Parmesan. They're easy to make and full of flavor, fiber and fabulous phytonutrients to support liver detoxification. This makes them the perfect accompaniment to any holiday table. Plus they can be prepped in advance and baked right before serving.

Ingredients

- 1 ½ to 2 pounds Brussels sprouts, trimmed and halved (or quartered if large)
- 2 tablespoons extra virgin olive oil
- ¾ cup shallots, diced
- 1 tablespoon garlic, chopped
- 1 tablespoon fresh thyme, leaves pulled from stems or 1 teaspoon dried thyme
- 1 ¼ teaspoons sea salt
- ½ teaspoon ground black pepper
- 1 cup pecans or hazelnuts, toasted and chopped
- ¼ cup pomegranate seeds
- ½ cup shaved Parmesan cheese (optional)

Cooking Instructions

Preheat oven to 375 degrees, using the convection roast setting if available.

*In a large bowl, toss the Brussels sprouts with the olive oil, shallots, garlic, thyme and salt and pepper. Roll out onto on a parchment-lined cookie sheet and bake for 20-25 minutes or until the Brussels sprouts are soft and starting to brown. Remove from the oven and toss in the pomegranate seeds, toasted pecans and shaved Parmesan and serve immediately. This can be prepped in advance and covered for a day until time to bake, then toss in the final ingredients and serve.



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* If your oven doesn't have a convection roast setting, then set the oven to bake at 400 degrees and turn once while roasting for ~30 minutes until the Brussels sprouts are soft and starting to brown.

Fresh Rainbow Kimchi

Makes ~5 cups in 3 days

This fresh, California-style kimchi is more like sauerkraut than traditional Korean kimchi. Be sure to use organic vegetables that retain their natural microbes instead of pesticide residues. The alchemy of fermentation occurs naturally (without the addition of vinegar) when the bacteria adhering to the cabbage leaves (even when rinsed) digest it in the presence of salt water. I first tasted this delicious kimchi with my friend and colleague, Dr. David Field, who makes the most wonderful kimchi I have tasted!

Kimchi helps repopulate the large intestine with beneficial bacteria like *Lactobacillus plantarum*. Evidence suggests that fermentation increases myrosinase, the enzyme that releases the anti-cancer compounds from the cruciferous vegetables.

Fresh kimchi is made in two steps over two days, so the hardest part is waiting for it to ferment! From day 3 on you can enjoy it, but eat it in small portions as a tangy condiment in salad bowls, tacos, wraps and burgers. Remember to not overdo it – a little kimchi goes a long way!

- 1 - 2 pounds crisp organic Napa cabbage, sliced into ½ inch pieces
- 1 carrot, cut into small “match stick” size pieces
- 4-inch stalk daikon radish, cut into larger “match stick” size pieces
- 1 tablespoon ginger, minced
- 1 tablespoon garlic, minced
- 1 bunch scallions, chopped to the greens
- 1 small shallot, minced
- 5 shitake mushrooms, sliced thick (1/2 inch)
- 1 tablespoon Korean chili powder or cayenne pepper (to taste)
- ¼ cup cilantro, leaves chopped (optional)
- 6 cups purified water (avoid chlorine which kills microbes)
- ¼ cup + 1 tablespoons sea salt (regular salt has caking agents that hinder fermentation)



DAY ONE: “FINE BRINE”

Rinse and slice the cabbage. Peel the carrots and scrub the daikon and chop into “match stick” size pieces. In a large bowl, dissolve ¼ cup sea salt in 6 cups purified water. Add the cabbage, carrots and daikon to the salt water and loosely cover with a plate. Soak 12-15 hours in a cool, dark place.

DAY TWO: “NICE SPICE”

Drain the cabbage through a strainer, reserving the salty soaking water! Chop the ginger, garlic, scallions, shallots, cilantro and mushroom. Toss the cabbage with 1 tablespoon of sea salt and chili powder and massage slightly for a minute to help break down the cell walls of the veggies. Mix them with the rest of veggies and pack into a 2-quart jar. Cover with the retained salt water, leaving ½ inch headspace. Cover the jar and refrigerate. You can begin eating it the next day but finish it up within a couple of weeks, occasionally lifting the lid for gas to escape.