



In the Kitchen

with





CONTENTS:

Hammer Nutrition dishes up fresh ideas for healthy, wholesome meals!

Hammer Whey Fruit Smoothies	3
Refreshing Drinks	4
Salads	5 - 14
Salad Dressings.....	15 - 18
Soups	19 - 25
Sides	26 - 31
Entrées	32 - 41
Vegetarian Entrées.....	42 - 45
Quinoa.....	46 - 51
Desserts	52 - 56

Food Allergen Disclaimer: These recipes may contain peanuts, dairy, wheat, or other ingredients that may be problematic for those with food allergies. Clients concerned with food allergies need to be aware of this risk. We will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while preparing recipes from *In the Kitchen with Hammer Nutrition*.

Hammer Whey Fruit Smoothies

Ways to incorporate Hammer Whey and its numerous health benefits into your daily diet.



Blackberry Banana Smoothie

From the Kitchen of Laura Lee Labelle

- 1/2 cup blackberries (frozen or fresh)
- 1 banana
- 1/2 cup rice milk
- 1 scoop Hammer Whey Protein (Vanilla or Unflavored)

Date Smoothie for Two

From the Kitchen of Laura Lee Labelle

- 1 1/2 cups lowfat milk (or soy, almond, rice)
- 1 cup ice
- 4 scoops Vanilla Hammer Whey
- 2 bananas
- 1/2 cup date pieces

Fruits and Peanut Butter Smoothie

Reader Recipe

- Frozen blueberries
- 1 banana
- 1 tablespoon peanut butter
- 1 cup nonfat yogurt (any flavor)
- 1% milk, to desired consistency
- 1 scoop Unflavored Hammer Whey

Strawberry Blonde Smoothie

From the Kitchen of Laura Lee Labelle

- 1 cup orange juice
- 1 banana
- 6 frozen medium strawberries
- 1 scoop Vanilla Hammer Whey

Strawberry Watermelon Smoothie

Reader Recipe - John Maniaci

- 3 strawberries
- 2 cups watermelon
- 2 tablespoons nonfat yogurt
- 1 scoop Unflavored Hammer Whey

Preparation for smoothie recipes:

Blend all ingredients in a blender. Enjoy!

Refreshing Drinks

Healthy and Delicious!



Almond Milk

From the Kitchen of Laura Lee Labelle

- 5 cups filtered water
- 1 cup raw almonds (blanched* or not)
- 1/3 cup pitted dates (Medjool recommended)
- 1/2 vanilla bean (or 1 teaspoon extract)

Mix all ingredients (if you use a bean, cut it open and scrape out the paste inside of it) in a blender for 2 minutes on high. Pour mixed ingredients through a fine sieve. This is a very creamy, slightly sweet version of almond milk that my kids love and so do I.

*Tip: Blanching almonds is easy. Just bring water to a boil, and then add almonds. Boil for 3 minutes. Cool, and then simply rub off the skins and discard them.

Horchata at Home

Reader Recipe - Steve Sundra

- 1 cup water*
- 1 cup vanilla rice milk
- 1 heaping scoop Unflavored Perpetuem
- 1 heaping scoop Unflavored or Vanilla Hammer Whey
- 2 tablespoons Apple-Cinnamon Hammer Gel

Extra cinnamon to taste

*This recipe is even better if half of the water is replaced with ice.

Iced Hammer Mocha Latte

Hammer staffer - Ry Watkins

- 2 scoops Chocolate Hammer Whey
- 1 cup organic 1% milk
- 1 cup cold coffee
- 1/2 cup crushed ice
- 1 packet natural stevia sweetener (optional)



Arugula Salad

From the Kitchen of Laura Lee Labelle
Makes 4 cups (6 servings)



Ingredients:

5 oz baby arugula
1 bunch watercress
2 Belgian endives
1 large heirloom tomato

Dressing:

1 tablespoon lemon juice
1 teaspoon Dijon mustard
1 large garlic clove, crushed
1/4 cup olive oil
Salt and pepper to taste

Preparation:

In a small bowl, whisk together lemon juice, Dijon mustard, garlic, and olive oil. Add salt and pepper to taste.

Remove thick stems from the watercress and discard. Slice endive into rounds and sliver tomatoes. Mix arugula, watercress, endive, and tomato together in a salad bowl. Toss with dressing and enjoy!

Beet Salad

From the Kitchen of Laura Lee Labelle
Makes 4 cups (6 servings)



Ingredients:

3 bunches beets

To taste:

Fresh parsley, chopped

Fresh basil, chopped

Lemon

Olive oil

Salt and pepper

Preparation:

Wash fresh beets and place in a large pot with enough water to cover beets. Boil until done. (When you can pierce them easily with a paring knife, you know they are done.) Remove beets from pot and run under cold water. Peel, rinse, and pat dry. Cut beets in half, place in bowl, and add remaining ingredients to taste.

Berry Salad

From the Kitchen of Laura Lee Labelle
Makes 4 cups (6 servings)



Ingredients:

1-2 small heads butter lettuce, cleaned
1 ripe avocado
3 sprigs green onions, sliced
1/4 cup raspberries
1/4 cup blackberries
1/4 cup sliced strawberries
1/2 cup slivered toasted almonds

Dressing:

1/4 cup olive oil
3 tablespoons rice vinegar
Salt and pepper to taste

Preparation:

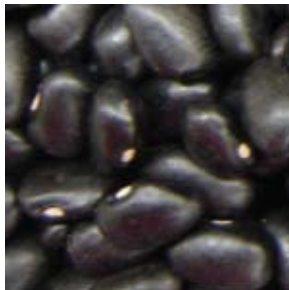
Wash and dry lettuce, onions, and berries, and put in a salad bowl. Halve avocado, remove the pit, cut into squares, and scoop out meat into salad. Add almond slivers. Mix dressing, and toss into salad just before serving.

*This is a super light dressing as the ingredients of this salad are so flavorful. You may use any favorite dressing as a substitute.

Black Bean Salad

From the Kitchen of Sonia Frank

Makes 4 cups (6 servings)



Ingredients:

- 2 - 15 oz. cans black beans, drained and rinsed (or cook your own)
- 1 cup tomatoes, chopped
- 2/3 cup white onion, chopped
- 1 cup cilantro, chopped
- 2 cloves minced garlic (or as desired)
- 3 tablespoons olive oil (preferably extra-virgin)
- 1 tablespoon cumin powder
- 1 jalapeno pepper, finely chopped (optional)
- Salt and pepper to taste

Preparation:

Mix all ingredients in a bowl and refrigerate for at least 2-3 hours before serving.

Chinese Chicken Salad

From the Kitchen of Sonia Frank

Makes 11 cups (about 8 servings)



Ingredients:

- 2 cups cooked chicken breast
- 4 cups lettuce or cabbage, shredded
- 1 cup bean sprouts
- 1 cup cooked sugar snap peas
- 1 small can mandarin oranges, drained
- 1 cup cilantro, chopped
- 1/2 cup peanuts or cashews*
- 1/2 cup green onions, chopped

*The fat content of this dish can be significantly reduced by decreasing the amount of nuts to 1/4 cup or less.

Preparation:

In a small bowl, mix chicken breast with about 2 tablespoons of Honey Sesame Dressing (see page 11), and refrigerate for about 2 hours. In a large bowl, combine all ingredients including marinated chicken. Dress lightly with Honey Sesame Dressing.

Endive and Walnut Salad

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 4 large Belgian endives
- 1 cup arugula
- 1 large ripe Bosc pear
- 1/2 cup crumbled Gorgonzola cheese
- 1/2 cup walnut pieces

Preparation:

Wash and dry endive and arugula. Slice endive into fairly thin circles. Core and cube pear, and then toss in a small amount of lemon to avoid turning brown. Place all ingredients in bowl, toss with Dijon Vinaigrette (see page 16), and serve!

Healthy Tuna Salad

From the Kitchen of Sonia Frank

Makes 2 hearty servings



Ingredients:

- 1/2 head of lettuce, cleaned and shredded
- 8 oz can red kidney beans, drained
- 6 oz can solid white tuna in spring water, drained
- 1 carrot, chopped or grated
- 1/4 cup red onion, chopped
- 1/2 cup fresh parsley
- 1 cup cooked red potatoes, diced
- 1 small tomato, sliced
- 2 tablespoons lowfat Italian salad dressing
- 1 hard-boiled egg

Preparation:

Mix all ingredients, except egg, in a large bowl and toss well. Top with egg and fresh pepper. Add croutons or sunflower seeds if desired. Add your favorite herbs for extra flavor.

Kale Slaw Salad

From the Kitchen of Laura Lee Labelle

Makes 4 servings



Ingredients:

- 1 bunch kale
- 12 baby Brussels sprouts
- 1 large carrot
- 1 Fuji apple
- Juice of a lemon
- 1/2 cup dried cranberries

Dressing:

- 1/2 cup olive oil
- 1/4 cup seasoned rice vinegar
- Salt and pepper to taste

Preparation:

In a small bowl, whisk together olive oil, rice vinegar, salt, and pepper. Shred kale and Brussels sprouts either by hand or in a food processor, and grate carrot. Cube apple and toss with lemon juice as soon as possible to prevent browning. Mix kale, Brussels sprouts, carrot, apple, and dried cranberries in a large bowl, and toss with dressing.

Napa Cabbage Slaw

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 1 head Napa cabbage
- 1 bunch cilantro
- 1 bunch green onions
- 2 large carrots, grated
- 1/4 cup seasoned rice vinegar
- 1/2 cup olive oil

Preparation:

Cut cabbage crosswise into thin slivers, grate carrots, and chop green onions and cilantro. Mix all ingredients together and enjoy.

Warm Bread Salad

From the Kitchen of Sonia Frank

Makes 4 servings



Ingredients:

6 cups spelt bread, cut into 1" cubes

1 cup red onion, sliced

2/3 cup Greek olives

1/2 cup sundried tomatoes

1/4 cup capers (optional)

1 cup feta cheese, cut into 1/2" cubes

5 cloves garlic

2 tablespoons olive oil

2 tablespoons balsamic vinegar or red wine vinegar

Preparation:

Put all ingredients in a large bowl and mix gently. Sprinkle oil and vinegar on top and pour into a casserole dish. Bake at 350°F for 25 minutes.

Basil Vinaigrette

From the Kitchen of Ty Brookhart

Makes about 12 ounces



Ingredients:

5 cloves garlic

1/2 shallot

2-3 anchovies

3/4 cup balsamic vinegar

2 tablespoons Dijon mustard

Pinch of cayenne

Fresh (or dried) thyme and oregano
(pinch of both)

Juice of one lemon

6-10 fresh basil leaves

Olive oil

Preparation:

Add all ingredients except olive oil to a food processor. Blend until fairly uniform. Add olive oil until the dressing becomes somewhat thick, but be careful not to let the olive oil overpower the dressing.

Tip: If you want to add a little sweetness to the overall taste, add a splash of agave nectar or honey.

Dijon Vinaigrette

From the Kitchen of Laura Lee Labelle

Makes about 3 ounces



Ingredients:

4 tablespoons olive oil

2 teaspoons Dijon mustard

1 tablespoon red wine vinegar

Salt and pepper to taste

Preparation:

Put all ingredients in small bowl (or Hammer Blender Bottle!), and mix well.

Honey Sesame Dressing

From the Kitchen of Sonia Frank

Makes about 16 ounces



Ingredients:

3/4 cup seasoned rice vinegar
1 1/2 tablespoons honey
1/2 cup light vegetable oil
1/4 cup sesame oil
2 cloves garlic, minced
1 1/2 teaspoon sesame seeds
1 teaspoon soy sauce
Juice from half a lemon, strained

Preparation:

Combine all ingredients in a container with a secure lid. Shake well and refrigerate overnight. Use as salad dressing or marinade.

Strawberry Ginger Vinaigrette



From the Kitchen of Ty Brookhart

Makes about 12 ounces

Ingredients:

1/2 cup frozen strawberries

1 tablespoon fresh minced ginger

Juice of 1/2 lemon

1/8 cup apple cider vinegar

1/8 cup balsamic vinegar

1/8 to 1/4 cup raw honey

(to taste, depending on the sweetness of the strawberries and balsamic)

1 tablespoon fresh minced lemon thyme or mint

Black pepper to taste

1/8 cup walnut, grape seed, or olive oil

(if desired)*

Preparation:

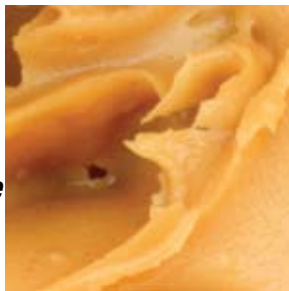
Start by adding strawberries, lemon juice, ginger, and vinegar to a food processor or blender. Blend until smooth. Add herbs, black pepper, and honey to taste while blending. *For thicker dressing or to increase calories, add oil.

Tip: You can also use raw walnuts instead of oil to add body and thicken the dressing.

African Peanut Soup

From the Kitchen of The Cycling House

Makes 3-4 servings



Ingredients:

- 1 yellow onion, finely chopped
- 2 bell peppers, finely chopped
- 2-3 garlic cloves, minced
- 28 oz canned chopped tomatoes with juice
- 8 cups vegetable or chicken broth
- 1 cup uncooked short-grain rice
- 2 chicken breasts, sliced (or one block of sliced tofu sautéed to crisp the outside)
- 2/3 cup peanut butter
- Pepper to taste
- Red pepper flakes to taste
- Roasted peanuts

Preparation:

Chop onions, bell peppers, and garlic. In the meantime, place just enough olive oil in the bottom of a pan to coat it and begin to heat it on the stove. Just before the oil begins to smoke, add the onions and bell peppers. After three or four minutes, add the garlic. When the onions begin to brown, add the tomatoes with their juice and the broth. As the soup heats up, add pepper and red pepper flakes to taste. Bring the soup to a boil and then allow to simmer, uncovered, for about 15 minutes. Add meat or tofu, and rice. Cover and allow to simmer 30 minutes. Whisk in the peanut butter and serve. Use the roasted peanuts for a garnish.

Chicken and Rice Soup

From the Kitchen of Sonia Frank

Makes 8 servings



Ingredients:

3 quarts (12 cups) water

1 cup onion, chopped

1 cup celery, chopped

1 cup carrot, chopped

2 bay leaves

2 cloves garlic

1 tablespoon dried basil leaves

1 teaspoon salt

1/4 teaspoon fresh ground pepper

1 chicken breast, halved and skinned

1/3 cup white rice

1 1/2 cups zucchini or summer squash, chopped

1/2 cup parsley

Preparation:

Combine first 9 ingredients in large sauce pan. Bring to boil and simmer for 10 minutes. Add chicken breast and simmer, covered for 20 minutes. Remove chicken and set aside to cool. Add rice and cook for 15 minutes. Shred chicken meat from bone. Add chicken meat, zucchini, and parsley to soup. Bring to a rapid boil for 1 minute, then remove from heat. Serve, adding salt and pepper to taste.

Hearty Tomato Soup

From the Kitchen of Sonia Frank

Makes 11 cups (8 servings)



Ingredients:

- 1 1/2 tablespoons canola oil
- 1 cup onions, chopped
- 1/2 cup celery, finely chopped
- 1/2 cup carrots, finely chopped
- 1 teaspoon dried basil
- 1 teaspoon dried dill
- 1 clove garlic, minced
- 2 - 28oz cans tomatoes (crushed if possible), pureed in food processor or blender
- 4 cups chicken stock or broth from bouillon
- 1 tablespoon sherry (optional)
- Pinch of pepper

Preparation:

In a large soup pot, sauté onions in oil. When transparent, add celery and carrots, and sauté for 5 minutes. Add herbs and garlic, and cook for a couple of minutes. Add remaining ingredients. Bring to a boil, then cook on low simmer for 35 minutes, stirring frequently. Add salt and pepper to taste. (See variations on page 16.)

Tomato Soup Variations

From the Kitchen of Sonia Frank



Curried Rice Tomato Soup

Add 1/4 cup white rice, 1/2 cup more water or stock, and 1 teaspoon (or to taste) curry powder.

Tomato Pasta Soup

Add 1 1/2 cups cooked pasta and 1/2 cup chopped parsley to soup. You can use macaroni elbows, fusili, shells, or any of your favorite pastas.

Creamy Tomato Soup

In a small sauce pan, make a roux by adding 2 tablespoons of flour to 2 tablespoons of melted butter. Over a low flame, whisk constantly for 2-3 minutes.

Blend prepared tomato soup, add roux and one cup of heavy cream, and stir well.

Pumpkin Soup

From the Kitchen of Laura Lee Labelle

Makes 4 servings



Ingredients:

2 large white onions

3 large garlic cloves

1 tablespoon pure olive oil, ghee, or coconut oil

16 oz pumpkin puree

(I like to cut up a pumpkin and roast it in the oven, until it is soft and mushy. Then I scoop it out and puree it.)

1/2 tsp cumin

1/2 tsp cinnamon

1/2 tsp turmeric

32 oz chicken stock or water

Sea salt and fresh pepper to taste

Optional: 1 cup heavy cream, 1 cup unflavored almond milk, or 1/2 cup cashews

Garnish options: Fresh dill and toasted pumpkin seed oil

Preparation:

Dice onions and garlic, and sauté in oil in soup tureen until lightly brown. Add spices and puree, and then cover with stock or water, stirring to blend puree. Bring to a boil and reduce to a simmer for 20 minutes. Remove from heat and let stand 20 minutes. (If desired, add optional cream, almond milk, or nuts.) Puree with a blender, food processor, or handheld blender.

Potato Leek Soup

From the Kitchen of Sonia Frank
Makes 2 quarts (about 5 servings)



Ingredients:

1 bunch leeks (3-4 good size ones)
1/2 cup yellow onion, finely chopped
2 tablespoons canola oil
8 cups white potatoes, diced
5 cups water
3 teaspoons chicken bouillon
1 teaspoon salt
1 teaspoon dried dill (or 2 teaspoons fresh dill)
Pepper to taste

Preparation:

Chop white part of leeks and discard the rest. In a large pot, sauté leeks and onion in canola oil until transparent. Add potatoes, water, bouillon, and salt. Cook until potatoes are tender. Blend 3/4 of the soup in a food processor or blender, and return to pot. Add dill and pepper. Stir well and serve.

Tip: This soup tends to thicken overnight, so some water and salt may need to be added when reheating.



Zucchini Soup

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

6 medium zucchini
1 large onion
1 quart chicken broth
1 teaspoon pure (not virgin) olive oil, ghee, or coconut oil
2 sprigs fresh dill

Optional for a creamy version:

1/2 cup organic raw cream, or
1/4 cup cashews

Preparation:

Wash zucchini and cut into 1" round slices. Peel onion and cut into large slices (size or shape not important). Sauté veggies lightly in oil. Add chicken broth and dill, and bring to a rapid boil for 10 minutes. Remove from heat and let cool for 20 minutes. Puree with a hand mixer or in a blender, salt to taste, and enjoy! My children and husband usually will not eat zucchini, but they LOVE this soup; it's a great way to get a portion of an unpopular vegetable in. For a vegan version, substitute veggie broth for chicken broth.

Cumin Carrots

From the Kitchen of Laura Lee Labelle
Makes 2 servings



Ingredients:

3 bunches small organic carrots
2 tablespoons chopped cilantro
3 tablespoons virgin olive oil
1/2 teaspoon cumin
Salt and pepper to taste

Preparation:

Wash, peel, and boil carrots until done. Remove and rinse under cold water. Pat dry and slice into rounds. Add cilantro, olive oil, cumin, salt, and pepper.

Fresh Corn Salsa

From the Kitchen of Sonia Frank

Makes 4 cups (about 8 servings)



Ingredients:

- 1 1/2 cups raw corn, cut off the cob or canned
- 1 cup tomatoes, diced
- 1 cup cilantro (coriander), chopped
- 1/2 cup red onion, chopped
- 3 teaspoons chopped jalapeno pepper (or as desired)
- 2 tablespoons lemon juice

Preparation:

Mix all ingredients together. Serve with tacos, or by itself as a salad.

Hummus



From the Kitchen of Laura Lee Labelle

Makes varied servings

Ingredients:

- 1 (19-ounce) can garbanzo beans, half the liquid reserved
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic, chopped
- 1 teaspoon salt
- Black pepper to taste
- 2 tablespoons olive oil (or more depending on desired consistency)

Preparation:

Put all ingredients in a food processor and blend. It is ready to serve!

Roasted Cauliflower with Turmeric



From the Kitchen of The Cycling House
Makes varied servings

Ingredients:

Cauliflower

Olive oil

Diced garlic

Turmeric powder

Garlic powder

Ginger powder

Salt

Pepper

Preparation:

For this recipe you get to use your chef skills, because you don't actually measure anything out, you just season it to taste. Preheat oven to 425°F degrees. Cut up cauliflower into bite-sized pieces, place them in a bowl, and toss with just enough olive oil to coat. Dice one clove of garlic per head of cauliflower and add to the bowl. Season with turmeric, garlic, and ginger powders. Use about three times more turmeric than garlic or ginger. You want to use enough turmeric that your cauliflower takes on a nice yellow hue. Add salt and pepper. Taste often and adjust seasonings. Place on a baking sheet and bake for 30 to 40 minutes, turning once during that time. When the cauliflower is soft and has a roasted hint to it, it is done.

Simple Brown Rice

From the Kitchen of Sonia Frank

Makes 2 hearty servings



Though there are many ways to make brown rice, this simple version is quick and easy to prepare. Hearty and versatile, short grain (preferably organic) brown rice is a great source of fiber and carbohydrates, as well as a healthy alternative to wheat pasta. Eat it plain along with steamed veggies, or add to a variety of dishes.

Ingredients:

2 cups plus 1 tablespoon water
1 cup brown rice (preferably short grain)
1/2 teaspoon salt or bouillon

Preparation:

Bring water to boil, add rice and salt, and stir once. With lid off, wait for water to boil again. When it boils, put lid on and simmer for 45 minutes or until water is absorbed. Set aside and let cool.

Southwestern Brown Rice

From the Kitchen of Sonia Frank
Makes 4 servings



Ingredients:

- 1 onion, chopped
- 1 tablespoon canola oil
- 1 clove garlic, pressed or minced
- 1/2 cup red bell pepper, chopped
- 1 cup brown rice, cooked
- 8 oz can red kidney beans, drained
- 11 oz can whole kernel corn with liquid
- 2 teaspoons ground cumin
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon apple cider vinegar

Preparation:

Sauté onions in oil until transparent. Add garlic and red bell pepper, stirring constantly. Add rice, beans, corn, cumin, and parsley. Cook until thoroughly heated. Sprinkle vinegar on top and serve.

Balsamic Chicken with Pears

From the Kitchen of The Cycling House

Makes 4 servings



Ingredients:

- 1 1/2 cups cooked whole wheat couscous
- 4 small boneless, skinless chicken breast halves
- 2 Bosc pears, peeled, cored, & cut into 8 wedges
- 1 cup chicken broth
- 3 tablespoons balsamic vinegar
- 2 teaspoons cornstarch
- Olive oil

Preparation:

Cook couscous according to the package directions, and set aside. Lightly coat a medium pan with olive oil and heat on medium high heat until the oil almost begins to smoke, and then add the chicken. Let the chicken cook for 6 minutes on each side. (Resist the temptation to move the chicken during this time. Leaving it in place will give it a good brown color). While the chicken cooks, mix the broth, balsamic vinegar, and corn starch in a small bowl. After approximately 12 minutes, pierce the thickest part of the chicken with a knife. If the juices run clear, the chicken is done. Remove it from the pan, and put another teaspoon of olive oil in the pan. Place the pears in the pan and cook until they begin to brown, about 5 minutes. Pour the balsamic mixture into the pan and heat to boiling. Allow the mixture to boil and thicken for about 1 minute, then add the chicken and any juice that has run out of it back into the pan. Coat the chicken in the balsamic mixture and heat thoroughly. To serve, place a chicken breast and a few slices of pears on the couscous and drizzle with the balsamic sauce.

Chicken with Fennel, Onions, and Olives



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

4 boneless, skinless chicken breasts
1 tablespoon olive oil
Salt and pepper to taste
1/2 - 1 cup chicken broth
2 bulbs fennel
2 onions
1 cup green olives, pitted
1 bunch tarragon

Preparation:

Cut each chicken breast into 3 pieces. Slice fennel into semicircles by cutting cross sections. Slice onions into slivers. In a cast-iron Dutch oven, heat olive oil and chicken until it begins to turn brown. Dust with salt and pepper. Add fennel, onions, and chicken broth. Cover and simmer on low heat for 20 minutes. Add olives and tarragon leaves, and stir. Cook for a few minutes and serve.

Glazed Curry Chicken

From the Kitchen of Sonia Frank

Makes 2 servings (or 1 serving for a really hungry athlete)



Ingredients:

2 skinless chicken breasts (free range or organic, if possible)

1/4 teaspoon poultry seasoning

1/4 teaspoon curry powder

1/3 cup water

2 tablespoons apricot jam or any chutney

Preparation:

Preheat oven to 375°F degrees. Wash chicken, place in baking dish, and sprinkle with poultry seasoning and curry powder. Add water to dish to keep chicken moist. Bake for 40 minutes. Remove from oven and glaze breast with jam or chutney. Return to oven for 10-15 minutes. Serve with salad, steamed vegetables, baked potatoes, or brown rice.

Kibbeh

From the Kitchen of Laura Lee Labelle
Makes 6-8 servings



Ingredients:

2 lb finely ground beef or lamb, lean, divided
1/2 lb bulgur cracked wheat (medium or #2), or cooked quinoa
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1 teaspoon allspice
1 teaspoon cumin seeds
2 medium onions, finely chopped
1/2 cup toasted pine nuts (optional)
1/2 cup raisins (I like golden, presoaked in water one hour.)
2 tablespoons olive oil

Preparation:

Combine ingredients in a large bowl and mix thoroughly. Form into a meatloaf shape. Place in a 13" x 9" Pyrex baking pan and press flat, leaving some space between the loaf and the edge of the pan. Bake at 375°F until done.

Lean Herbed Chicken

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

4 boneless, skinless organic chicken breast halves
1/2 large onion, diced
1/2 lemon
1 sprig rosemary
Pinch of salt (to taste, or optional)

Preparation:

In a 4-quart sauce pan, add all ingredients, along with just enough water to cover the chicken and bring to a rapid boil. Let boil 10 - 15 minutes depending on the size of your breasts (chicken that is!). Remove from heat and let stand 10 minutes. Remove chicken breasts and serve over steamed veggies, or chill and use for salads, sandwiches, or as a yummy lean source of protein with egg whites.

Tip: Broth can be used for rice or soup recipes.

Marinated Flank Steak

From the Kitchen of Sonia Frank



Ingredients:

- 1 flank steak
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey
- 1/2 teaspoon sesame oil
- 1 clove garlic
- 1/2 teaspoon grated ginger (optional)

Preparation:

Flank steak cuts are typically between 1 1/4 - 2 lb. If this is more than you need, cut in half and freeze one of the steaks. Allow about 1/3 lb of raw meat per person. In a small saucepan, combine all ingredients, except meat, and heat on low stirring constantly until honey melts. Pour over meat and let marinate for 20-30 minutes. Broil or barbecue until desired wellness. To serve, slice thinly at an angle, cutting across the grain.

Pepper Ahi Steak

From the Kitchen of Sonia Frank



Ingredients:

Fresh ahi tuna steaks

Canola oil

Peppercorns (allow about 2 tablespoons per person)

Preparation:

Brush ahi steak lightly with canola oil on both sides. On a cutting board, coarsely crush the peppercorns with the bottom of a small pot or pan. Lay Ahi on pepper, on both sides of steak. Grill, barbecue, or pan fry without oil. Cook for about 6 minutes on each side, or until done. Serve with lemon or tartar sauce.

Roasted Sea Bass

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

4 boneless, skinless sea bass fillets
1/2 cup cherry or grape tomatoes
1/4 cup Kalamata olives, pitted and sliced
1/4 cup bell peppers, diced
1/4 cup dry white wine
1/4 cup lemon juice
4 cloves garlic
1/4 cup parsley, chopped
1 teaspoon oregano
1 teaspoon thyme
Sea salt and fresh pepper to taste

Preparation:

Preheat oven to 400°F. Place fish in a Pyrex roasting dish large enough so that fish lays flat in one layer. Mix remaining ingredients in a bowl and pour over fish. Roast for 15-20 minutes, until fish flakes when prodded with a fork.

Spaghetti Squash Bolognese

From the Kitchen of Laura Lee Labelle

Makes 4 servings



Ingredients:

One large spaghetti squash, cut in half lengthwise, seeds removed
1 pound ground organic chicken (dark meat is best for flavor)
1 tablespoon olive oil (pure, not virgin)
2 teaspoons dry oregano
1 teaspoon fennel seeds
1 tablespoon tomato paste
6 ripe Roma tomatoes, quartered
4 cloves garlic, peeled
1/2 cup water
Salt to taste

Preparation:

Bake spaghetti squash facedown in a large (13" x 9") Pyrex with an inch of water at 375°F, until it is easy to scoop flesh out of the shell. (Another option is to puncture squash and bake whole in the oven). Blend quartered tomatoes, water, and garlic in a blender, and set aside. In a cast-iron skillet, sauté oil, ground chicken, oregano, fennel, and tomato paste. When meat is mostly cooked, add blender contents. Simmer on low for 20 minutes.

Put meat from squash on a platter, and pour sauce over the top. Garnish with extra virgin olive oil and Parmesan cheese.

Turkey Taco Meat

From the Kitchen of Sonia Frank
Makes 3 cups (about 3 servings)



Ingredients:

1 pound extra-lean ground turkey
1/4 cup white onion, finely chopped
3 tablespoons soy sauce
1 teaspoon cumin powder

Preparation:

Sauté turkey and onion in canola oil until turkey is cooked, about 10 minutes. (Turkey turns white when thoroughly cooked.) Add cumin and soy sauce for flavoring. Use as a meat for tacos, burritos, or tostadas.

Baba Ghanoush

From the Kitchen of Laura Lee Labelle
Makes 2 servings



Ingredients:

- 1 large eggplant
- 1/4 cup tahini (plus more as needed)
- 3 cloves garlic, minced
- 1/4 cup fresh squeezed lemon juice (plus more as needed)
- 1 pinch ground cumin
- Salt to taste
- 1 tablespoon virgin olive oil
- 1 tablespoon chopped flat leaf parsley
- 1/4 cup Kalamata black olives

Preparation:

Roast eggplant over stove flame or on grill, until skin is slightly charred on all sides. Wrap in aluminum foil and bake at 350°F degrees until soft. Blend eggplant and remaining ingredients in food processor until smooth and creamy. I love this dish served with Kibbeh. (See page 29.)

Roasted Root Veggies

From the Kitchen of Laura Lee Labelle

Makes 4 servings



Ingredients:

2 large carrots

2 large parsnips

1 smallish butternut squash

2 large onions

2 large leeks

1 small bunch fresh thyme

1 sprig fresh rosemary

4 sprigs fresh sage

(If fresh herbs are not available, use 2 tablespoons of each of a dried variety.)

1/4 cup pure olive oil, or ghee (For fat-free version, use 1 cup of stock.)

Sea salt to taste

Preparation:

Preheat oven to 375°F. Wash root veggies very thoroughly, as they tend to be sandy. Peel carrots, parsnips, and squash if desired. Chop all veggies into approximately 1" cubes. Finely chop herbs, mix all ingredients in a 9"x13" Pyrex baking dish with oil, and salt to taste. Bake until golden brown and tender, approximately 45-110 minutes depending on your oven, altitude, etc.

Spaghetti Squash

From the Kitchen of Sonia Frank

Makes 2 large servings



Seasoned Spaghetti Squash

1/2 medium spaghetti squash
1 tablespoon unsalted butter
1 tablespoon parmesan cheese
1 1/2 teaspoon Salt-free
seasoning (lemon pepper or
Italian)

Preparation:

Cut spaghetti squash in half again, and steam for about 25 minutes or until tender. Remove from steamer, and let cool for 5 minutes. Using a large spoon, remove squash meat from skin and put in bowl. Discard skins. To season add butter, parmesan cheese, and seasoning; stir gently.

Spaghetti Squash with Marinara Sauce

1/2 medium spaghetti squash
6 oz marinara sauce

Preparation:

Follow the same preparation instructions as Seasoned Spaghetti Squash. Spoon hot marinara sauce over squash; serve.

Sweet Potato with Swiss Chard and Ricotta



From the Kitchen of The Cycling House
Makes 4 servings

Ingredients:

4 medium sweet potatoes
2 garlic cloves
1 bunch Swiss chard
2 tablespoons balsamic vinegar
1/2 teaspoon red pepper flakes
1 cup part-skim ricotta cheese
Coarse salt and pepper

Preparation:

Preheat the oven to 450°F. Pierce the skin of each sweet potato several times with a fork and coat lightly with olive oil. Place on a baking sheet and bake for about 50 minutes. When you can pierce them easily with a paring knife, you know they are done. Remove and discard the stems of the Swiss chard, and tear the leaves into medium-sized pieces. Lightly coat a large pan with olive oil and heat until just before the oil begins to smoke. Peel and slice garlic into thin slices. Add to the pan and cook until golden, 1 to 2 minutes. Remove from the pan and set aside. Add Swiss chard to the pan and season with salt and pepper. Cook, tossing frequently until tender, 3 to 5 minutes. Remove from heat and stir in balsamic vinegar and red pepper flakes. Set aside. When the potatoes are done, slice partway through lengthwise and open them up. Season with salt and pepper, and then top with ricotta, Swiss chard, and garlic.

Focus on Quinoa - A Nutritional Superstar

By Sonia Frank / Steve Born

In the world of healthy foods, quinoa (pronounced either KEEN-wah or KEE-no-uh) has relatively few peers. For thousands of years in South America (originally from the Andean region—countries such as Peru, Bolivia, and Ecuador), this hardy plant was and continues to be a dietary staple. It's referred to as a pseudocereal, because its seeds are oftentimes ground into flour for use as a cereal. (True cereals are grasses.) Also, though it is oftentimes considered to be a grain, quinoa is actually more closely related to leafy green vegetables like spinach.

What these ancient civilizations knew about quinoa's superb nutritional value has fortunately been rediscovered in today's society. . . it is simply one of the world's healthiest foods. Unlike other grains such as wheat, rice, corn, rye, and others, quinoa



is high in protein (up to 18% is comprised of protein) and contains an attractive amino acid profile, one that is well-balanced in essential amino acids. (EAA, the eight amino acids, can't be synthesized by the body but must be obtained via the diet: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophane, and valine.)

Quinoa is a good dietary-fiber food source and, unlike far too many foods, is high in magnesium. The latter is important to note because magnesium deficiency is common in many foods. It's estimated that at least half of the U.S. population consumes inadequate amounts of this important mineral, with deficiencies being linked to cardiovascular disease, hypertension, diabetes, and other age-related diseases.

Quinoa's health benefits include:

- A low-glycemic food source (rating: 35)
- An alkaline-producing food source
- An amino acid profile that makes it an attractive food source for vegetarians and vegans
- A good source of both manganese and copper, the two minerals that serve as cofactors of the antioxidant SOD (superoxide dismutase)
- Gluten-free
- A good source of iron
- Has a delicious, nutty flavor
- Used in a number of food preparations such as hot breakfast cereal, as an alternative to "traditional" pastas, as a ground flour added to baked goods, and as a sprout sprinkled on salads

How to Sprout Quinoa

From the Kitchen of Sonia Frank

Makes about 2 cups



Ingredients:

1 cup quinoa

1/4 teaspoon salt

2 quart mason jar

Preparation:

Put quinoa and salt in large mason jar and fill with water. Cover with a clean cloth or cheese cloth, and secure with a rubber band. Let sit about 10 hours or overnight. Remove cloth and drain thoroughly. Replace cloth, or use a Sprout-Ease® Topper, size small. Place jar on its side, out of direct sunlight. Rotate jar occasionally so seeds are exposed to air. After about 36 hours, seeds will have roots about 1/4" inch long.

Sprouted quinoa can be placed in refrigerator for up to 2-3 days before cooking. Sprouted quinoa can be cooked like white rice, but requires less water and cooking time. Cooking time may be affected by altitude and humidity levels.

Breakfast Quinoa

From the Kitchen of Laura Lee Labelle
Makes 1 serving



Ingredients:

2 cups water

1 cup quinoa

Pinch of salt (optional)

1/3 cup raisins (or other dried fruit)

1/4 teaspoon cinnamon

Preparation:

In a sauce pan, boil 2 cups water with raisins, pinch of salt, and cinnamon. Once it is at a rolling boil, add quinoa, stir, and reduce to a simmer until water is absorbed (approximately 5 minutes, as every stove is different). Remove from heat and let stand 5 minutes. I like to garnish with rice milk and agave nectar. Enjoy!

Sprouted Quinoa Pilaf

From the Kitchen of Sonia Frank
Makes 4-6 servings



Ingredients:

- 1/2 cup onion, chopped
- 2 tablespoons grapeseed oil or vegetable oil
- 2 1/2 cups sprouted quinoa
- 1 1/4 cups water
- 2 tablespoons powdered vegetable broth or powdered imitation chicken bouillon (available at health food stores)

Preparation:

Sauté onions in oil in a medium pan until tender. Add sprouted quinoa, water, and powdered bouillon. Stir and bring to a boil. Lower heat and simmer uncovered, about 15 minutes, stirring occasionally. Cover and remove from heat. Let stand about 10 minutes.

Sweet Sprouted Quinoa

From the Kitchen of Sonia Frank
Makes 4-6 servings



Ingredients:

3/4 cup coconut milk
3/4 cup water
2 1/2 cups sprouted quinoa
1/4 cup celery, chopped
1/4 cup raisins or currants
1/4 teaspoon salt
1/2 cup shredded carrots

Preparation:

Combine liquids in a medium pan, and add quinoa. Stir well, and add celery, raisins, and salt. Bring to a boil, reduce heat, and simmer about 15 minutes uncovered. Cover, remove from heat, and let stand about 10 minutes. Transfer to a large bowl, and let cool for 10 minutes. Add shredded carrots and toss lightly. If desired, garnish with fresh chopped parsley, sunflower sprouts, shredded zucchini, etc. Serve as is, or on a bed of lettuce.

For a tasty breakfast or healthy dessert, prepare the same way but without celery or raw veggies. If desired, add a healthy sweetener such as honey, maple syrup, or agave nectar, and serve like oatmeal. Enjoy!

White Quinoa with Mango and Avocado Salad



From the Kitchen of Laura Lee Labelle

Makes 4 servings

Ingredients:

2 cups white quinoa

2 cups water

Pinch Celtic sea salt

2 large ripe mangoes (not overly ripe)

2 firm avocados (ripe but holds shape)

1/2 cup green onions, chopped

1/4 cup basil, chopped

1/2 cup olive oil

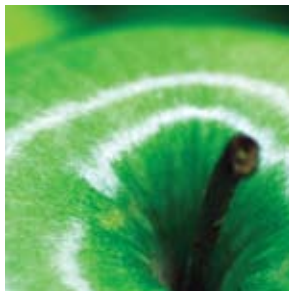
Fresh ground pepper and salt to taste

Preparation:

Bring water and salt to a boil. Add quinoa and stir, reduce heat to a simmer, and cook approximately 15 minutes on low simmer until all water is absorbed. Remove from heat and chill. Remove meat from mangoes and avocados, and chop into 1" cubes. Mix all ingredients together with chilled quinoa, and enjoy!

Baked Apples

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 4 large Granny Smith apples
- 4 large Medjool dates
- 1 cup apple juice
- 4 teaspoons maple syrup

Preparation:

Preheat oven to 375°F. Core apples and stuff with dates. Place in baking dish and pour maple syrup over dates. Put apple juice in the bottom of the dish and bake until done, approximately 1 hour.

Gluten-free Blueberry Cobbler



From the Kitchen of Laura Lee Labelle
Makes 6 servings

Batter Ingredients:

1 cup Gluten-free Master Baking
Mix (or gluten-free Bisquick)
1/3 cup almond milk
2 tablespoons Sucanat

Topping Ingredients:

1/2 teaspoon cinnamon
2 teaspoons agave
2 tablespoons non-stick cooking
spray, coconut oil, or butter

Filling Ingredients:

3/4 cup water
1/2 cup agave
2 tablespoons cornstarch (or
arrowroot starch)
3 cups fresh or frozen blueberries

Preparation:

Preheat oven to 425°F. Lightly coat a small casserole dish with non-stick cooking spray or coconut milk, and set aside. In a small bowl, mix baking mix, almond milk, and Sucanat.

In a small saucepan, mix or whisk water, agave, and cornstarch. Cook over high heat, stirring constantly until boiling. Allow to boil for 1 minute. The cornstarch/water mixture will turn translucent and thicken. Remove from heat and add blueberries. Pour blueberry filling into the greased baking dish. Drop the batter by tablespoons on top of the blueberry filling and use a fork to spread evenly. (It doesn't have to be perfectly covered.)

Mix cinnamon and agave in a small bowl and sprinkle over the top of the cobbler. Dot with butter or coconut oil, or spritz the top of the cobbler with non-stick cooking spray. (This will help the cobbler to brown). Bake for 25 minutes or until the top of the cobbler is golden brown and the blueberry filling is bubbling around the edges. If your casserole dish is small, place a cookie sheet underneath the dish to keep it from bubbling over into your oven. Allow to cool for about 30 minutes. Serve with ice cream, frozen yogurt, sorbet, or my favorite—just plain the way it is!

Gluten-free Orange Almond Cakes

From the Kitchen of Laura Lee Labelle
Makes 6 servings

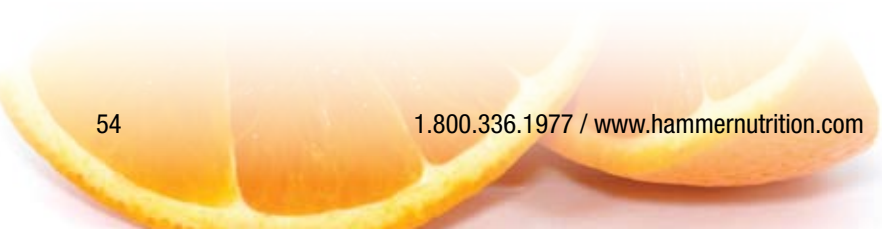


Ingredients:

1 cup butter
2/3 cup agave nectar
1/3 cup xylitol
4 eggs
1/4 cup sour cream
Zest of two oranges
1 cup almond flour
1 cup oat flour
1/2 cup potato flour
1 teaspoon xanthan gum
2 teaspoons baking powder
1/2 teaspoon salt
1 cup warm orange juice reduction (I take a 1/2 gallon of fresh juice and cook it down to a syrup.)

Preparation:

Preheat oven to 350°F. Beat butter, agave, and xylitol until fluffy. Add beaten eggs, sour cream, and orange zest. Fold in sifted dry ingredients. I pour them into cupcake pans with liners, but it can be made into a cake if preferable. Bake until done (until a toothpick comes out clean). Cakes will rise and fall a little, not to worry. Spoon hot syrup over cakes while fresh out of the oven.



Gluten-free Walnut Scones

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

2 cups brown rice flour
1 tablespoon non-aluminum baking powder
1 tablespoon baking soda
3/4 teaspoon xanthan gum
1/2 teaspoon salt

1 cup milk
1/3 cup agave nectar (or substitute)
1/3 cup oil
1 large egg

2 cups toasted walnuts
1 cup raisins
1 tablespoon anise seeds

Preparation:

Preheat oven to 350°F. In a large bowl, mix flour, baking powder, baking soda, xanthan gum, and salt. In a separate bowl, whip milk, agave, oil, and egg; when thoroughly mixed, add to the dry ingredients. Then add in walnuts, raisins, and anise seeds. An easy way to shape the scone mix for baking is to press into pie dish and cut into wedges. Bake the wedges on baking sheet for 30 minutes, or until a toothpick comes out clean.



Rice Flan

From the Kitchen of Sonia Frank

Makes 6 servings



Ingredients:

3 cups rice milk (we use Rice Dream brand, Original)

4 eggs

1/2 cup honey

1/2 teaspoon vanilla extract

1/2 teaspoon cinnamon

Preparation:

Preheat oven to 350°F degrees. Blend all ingredients thoroughly. Pour into individual custard cups, and place cups in a casserole dish. Add water to casserole dish to about 1" high. If you don't have custard cups, pour liquid into a small baking dish, and place in a larger baking dish with water in it. Bake for approximately 45 minutes, or until top starts to brown and gets firm. Remove from oven. Allow about 2 hours for the flan to cool and finish firming up before serving. Refrigerate any unused portions.