

CONQUER YOUR PCOS

50+ delicious & healthy recipes for optimal living



Gluten Free



Dairy Free



Artificial Food
Free



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Are you lost? Feeling fobbed off? Don't know where to turn next?

My name is Dr. Rebecca Harwin. When I was 17 years old, I was diagnosed with PCOS. I was given a diagnosis, then nought. Trying to find any information, let alone information that could actually help, was almost impossible. I consulted with many general practitioners, and an endocrinologist. Nought. So I began the long journey to discover how to naturally conquer my PCOS.

After eight years of University study, completion of three health degrees - Bachelor of Applied Science (Human Biology), Bachelor of Applied Science (Clinical Science) and Bachelor of Chiropractic Science, and years of additional study in nutrition, Chiropractic, paediatrics and wellness, I have discovered how to gain the upper hand in the battle against PCOS.

One of the critical keys to overcoming your PCOS is correct nutrition. This handy book is full of PCOS friendly recipes, recipes that not only help you overcome your PCOS, but also lead to a long, happy, healthy and well life. Enjoy!

Dr Rebecca Harwin



Polycystic Ovary Syndrome (PCOS) is the most common female endocrine disorder, affecting up to 10% of women of reproductive age. **Obesity, lack of regular ovulation, irregular or absent periods, acne, excessive hair and infertility are some of the many symptoms.** These symptoms and their severity can vary greatly among women.

PCOS has been on the rise over recent years. This is attributable to our lifestyle. Excessive intakes of unhealthy food and drink, the introduction of artificial hormones to our food and environment, loss of appropriate nutrition, the constant state of stress we live under, suboptimal gut function, increasing medications, lack of movement and increasing rates of overweight and obesity are taking their toll on our physical, psychological and spiritual health.

Good nutrition is critical to improving your symptoms, improving your health and Conquering Your PCOS. Removing toxic food and drink is also vital. Processed foods are not part of a healthy food plan, and items such as white sugar, and gluten based cereals, breads and pasta need to also be removed. Natural foods brimming with fibre, antioxidants, vitamins, minerals, good fat and healthy protein need to be eaten regularly.

One truth remains constant for all human beings - what you eat, how you move, what you think, and your environment, have dramatic effects on your body, mind and soul. The only real way to overcome PCOS is **lifestyle change**. Food is a nourishing and essential part of this positive change.

This recipe book has been written to empower you with healthy food ideas required for you to Conquer Your PCOS, plus space for your own notes, other recipes, and the tips and tools you gather along your journey.

I wish you all the very best of health, for now and into the future, for you, your family, and the community we call our world.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison,
Inventor

"Why not adjust causes instead of treating effects"

DD Palmer,
Founder of
Chiropractic

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breakfast

Recipe Notes



Omelette with Onions and Mushrooms

Serves 1
15 Mins

Prep/Cook

Ingredients

¼ cup of finely chopped onions
½ cup of chopped mushrooms
3 eggs
Sea salt and pepper to season
1 tbsp olive oil

Direction

Heat oil in frying pan on medium heat, fry ¼ of a finely chopped onion and ½ cup of chopped mushrooms for 3-4min or until lightly browned.

Whisk 3 eggs in a bowl then place in the frying pan with the onions. Add sea salt and pepper to taste.

Remove from heat and garnish with pine nuts before serving (alternatively, you can roast the pine nuts first, and then add at this step).

There are endless options you can add to make omelettes more interesting. Why not try these combinations: Omelette with smoked salmon and chives / Omelette with veggies including broccoli, carrot and asparagus finely chopped / Omelette with walnuts and basil.



Calories 230 Protein 16 g Cholesterol 0 mg Carbohydrate 15 g Sodium 3 mg Total fat 15 g Fiber 1 g

Quinoa Porridge with Cinnamon, Almonds & Blueberries

Serves 2
Prep/Cook 20 Mins

Ingredients

- ½ cup of almond or rice milk
- ½ cup of water
- ½ cup of quinoa
- 1 cup of fresh blueberries and raspberries
- ½ a tsp cinnamon
- 2 tbsp pumpkin seeds
- 8-10 almonds



Direction

Combine rice milk or almond milk, water and quinoa in a medium saucepan. Bring to a boil over high heat.

Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed.

Turn off heat; let stand covered 5 minutes. Stir in fresh blueberries, raspberries and cinnamon; transfer to two bowls and top with almonds and pumpkin seeds.

Calories 230 Protein 16 g Cholesterol 0 mg Carbohydrate 15 g Sodium 3 mg Fat 15 g Fiber 1 g

Mochi Waffle with Strawberry Syrup

Serves 1
20 Mins

Prep/Cook

Ingredients

1 piece Eden Sprouted Brown Rice Mochi, sliced or coarsely grated
1/2 cup fresh strawberries, remove stems
2 tsp maple syrup
1 tbsp fresh blueberries



Direction

Place the mochi in the sections of a hot waffle iron, close and cook until crispy and slightly golden, about 5 minutes.

While the waffle is cooking, place half the strawberries and the syrup in a blender and puree until smooth.

Slice the remaining strawberries and set aside.

Remove the waffle and place on a plate. Sprinkle sliced strawberries and blueberries over the waffle.

Pour strawberry syrup over.

VARIATION: Serve with any Eden Organic Fruit Butter or Apple Sauce in place of strawberry sauce.

Calories 61 Protein 2 g Sodium 4 mg Carbohydrate 40 g Fat 1 g Fiber 3 g Cholesterol 0mg

Rainbow Fresh Fruit Salad

Yield 10 cups Prep
10 Mins

Ingredients

- 3 cup mixed berries (fresh blueberries, raspberries, strawberries)
- 2 cup seedless grapes (red or green)
- 2 crisp sweet apples
- 3 peaches, nectarines or 6 apricots
- 2 bananas, sliced thin
- 1 cup freshly squeezed orange juice
- nutmeg (optional)

Direction

Chop fruit and mix gently in large bowl.

Pour fresh orange juice over fruit, stir and refrigerate.

Serve with dash of nutmeg.



Calories 105 per cup

Grilled Spicy Potato

Serves 2
Prep/Cook 25 Mins

Ingredients

- 2 cups small sweet potatoes (washed and cut into bite size pieces)
- 1 1/2 tsp paprika
- 1 1/2 tsp ground cumin
- 1/2 tsp ground ginger
- 1/2 tsp ground fennel
- 1/2 tsp chilli powder
- 1 tsp sea salt (or to taste)
- 2 tbsp olive oil



Direction

In a medium bowl, combine the potatoes and 1/2 tablespoon oil.

In a separate small bowl, mix the ground cumin, ginger, fennel, paprika, chilli powder and salt.

Add the spice mix to the potatoes and toss well to coat. Transfer the potatoes to an aluminium foil and seal the packet.

Grill the potatoes in foil for about 15-20 minutes (or until just tender).

Transfer the potatoes to a serving bowl and drizzle with the remaining 1 1/2 tablespoons oil.

Calories 177 Protein 5.8 g Cholesterol 0 mg Carbohydrate 42 g Fat 4.9 g Fiber 5 g

Celery with Almond Butter & Pumpkin Seeds

Serves 1
Mins

Prep 10

Ingredients

3 sticks of celery
2 tsp almond butter
2 tbsp pumpkin seeds



Direction

Simply fill between the celery with almond butter and place pumpkin seeds on top.

A perfect filling early morning snack before a workout or on the run. Almond butter is an excellent source of protein and heart-healthy polyunsaturated and monounsaturated fat. It also contains vitamin E, which is a great antioxidant.

1 wedge: Calories 16 Protein 50 g Cholesterol 0 mg Carbohydrate 3 g Fat .17 g Fiber 1.6 g Sodium 3mg

Quinoa, Herb & Pomegranate Salad

Serves 1
15 Mins

Prep/Cook

Ingredients

- 5 oz quinoa
- ½ cup vegetable stock
- 2.5 oz pine nuts
- 1 pomegranate, seeds removed
- small handful fresh mint, chopped
- small handful fresh coriander, chopped
- 1 lime, juiced
- extra-virgin olive oil



Direction

Cook the quinoa according to pack instructions adding the vegetable stock cube to the boiling water. Leave to cool, and then break up with a fork.

Meanwhile, toast the pine nuts in a dry frying pan until lightly golden. Mix the pine nuts, pomegranate seeds, herbs, lime juice and 4 tbsp oil through the quinoa.

Variations: Add chopped dried apricots instead of the pomegranate. Or try adding some cooked shredded chicken.

Calories 160 Protein 5 g Sugars 7 g Carbohydrate 9 g Fat 12 g Fiber 3 g

Brussels Sprout Salad

Serves 1 Prep/Cook
25 Mins

Ingredients

2 oz hazelnuts, preferably skin on
5 oz Brussels sprouts, trimmed, discoloured outer leaves removed
zest of 1 lemon
juice of ½ lemon
1 tsp fresh thyme leaves
good pinch of chilli flakes
1-2 tbsp extra-virgin olive oil
sea salt and freshly ground black pepper



Direction

Heat the oven to 180C/350F/gas mark 4. Scatter the hazelnuts on a baking sheet and roast in the oven until fragrant and browned – about nine to 11 minutes. Remove from the oven, wrap in a clean tea towel and leave for a minute.

Rub vigorously in the tea towel – this will remove the browned skins.

Cut the prepared Brussels sprouts from top to root into slices about the thickness of a 50p piece. Put these into a bowl and toss with the lemon zest and juice, thyme leaves, chilli flakes, and a tablespoon of oil, and season with salt and pepper. Taste and add more olive oil, lemon juice and/or chilli flakes as desired.

Arrange on a plate, scatter the hazelnuts over and around. Trickle over a little more olive oil and serve immediately.

Calories 180 Protein 8 g Sugars 7 g Carbohydrate 11 g Fat 12 g Saturated Fat 2g Fiber 5 g

Eggplant Pepper Relish

Serves 4
35 Mins

Ingredients

- 12 oz sweet red peppers, cut in half lengthwise
- 12 oz sweet yellow peppers, cut in half lengthwise
- 18 oz eggplant, halved lengthwise
- 1 ½ tbsp olive oil
- ½ tsp garlic clove, minced
- 1 tbsp minced fresh parsley
- ¾ tsp minced fresh oregano
- ¾ tsp sea salt
- pinch fresh ground pepper



Direction

Place peppers skin side up on a broiler pan. Broil for 10-15 minutes or until tender and skin is blistered. Place in a bowl; cover and let stand for 15-20 minutes. Peel off and discard charred skin.

Broil eggplant skin side up for 5-7 minutes or until tender and skin is blistered. Place in a bowl, cover and let stand for 15-20 minutes. Peel off and discard charred skin. Cut peppers into strips and eggplant into cubes.

In a large bowl, combine the oil and garlic. Add peppers, eggplant, parsley, oregano, salt and pepper. Toss to coat. Serve at room temperature.

One Serving (1/3 cup) Calories 55 Protein 1 g Sodium 150 mg Carbohydrate 8 g Fat 3 g Fiber 2 g

Quick, Easy Vegan Greek Tofu Salad

Serves 1 Prep/Cook
25 Mins

Ingredients

- 400 gm firm tofu
- 1/3 cup olive oil
- 1/3 cup Balsamic vinegar
- 1 tbsp fresh basil
- 1/2 tsp black pepper
- 1 tsp oregano
- 1 tsp sea salt
- 2 tomatoes
- 1 cucumber
- 1/4 red onion
- 1 cup black olives



Direction

Cut 1 block tofu into small pieces the size of dice. Press the pieces gently with cloth to absorb any surplus water. Steam raw tofu for 5 minutes to kill food pathogens if you're not going to bake it.

Whisk remaining ingredients together in a bowl. Pour this marinade over the tofu and let sit for at least an hour, or overnight at most.

Meanwhile, chop veggies, stir them into the tofu mixture and toss. Or bake the tofu as below SV Suggestion:

For Greek Tofu Bake, cut the tofu into thin slabs instead of cubes. Prepare the marinade as directed above. Lay the slabs on a baking tray, cover with marinade, and bake at 350° for 25 minutes, flipping once. Cut into strips and serve over salad or in gluten free tortillas. Serve on top of a bed of fresh spinach leaves or other greens. This salad is a good source of Manganese.

One Serving (236 g) Calories 249 Protein 9 g Sodium 834 mg Carbohydrate 8 g Fat 22 g Fiber 3 g

Fresh & Tangy Fruit Salad

Yield **9 Cups**
15 Mins

Prep

Ingredients

3 medium red or pink grapefruits, peeled and sectioned
3 crisp sweet apples
2 sweet pears
Chopped walnuts (optional)

Direction

Cut all the fruit and mix in a bowl.

Refrigerate until all set to serve.

Top each serving with chopped walnuts.

Calories: About 90 per cup (add 50 calories for 1 Tbs. chopped walnuts)



1 Cup: Calories 90 (add 50 calories for 1 Tbs. chopped walnuts)



lunch

Recipe Notes



Hot & Sour Mushroom Soup

Serves 4
Prep/Cook 60 Mins

Ingredients

3 medium onions, peeled and cut into large pieces	
3 medium carrots, peeled and cut into large pieces	
6 sticks celery, roughly chopped	
6 garlic cloves, peeled	
3-4 tbsp ginger, peeled roughly chopped	
Vegetable oil	
3 lemongrass stalks, roughly chopped	
12 prunes	Juice of 2 limes
3 red chillies, roughly chopped	1 ½ tbsp coriander leaves
6 star anise	1 ½ tbsp Thai basil leaves
2 tbsp tamari	½ cup bean sprouts
6 lime leaves	½ cup green beans, blanched
2 tbsp chopped coriander root	4 tsp tamarind paste
1 cup enoki mushrooms	½ tsp salt
1 cup white mushrooms, sliced	Toasted sesame oil, to finish
1 ¼ cup shimeji mushrooms	



Direction

In a large pan, char the onion, carrot, celery, garlic and ginger in a tiny amount of oil. Cook for five minutes, or until the edges begin to colour. Add 2.25 litres of water, the lemongrass, prunes, chillies, star anise, tamari, lime leaves and coriander root.

Cook on a low simmer for at least 45 minutes, to infuse. Strain the stock, return to the pan (you can discard the vegetables, but I love the carrot and celery) and bring to a very low simmer. Add the enoki and white mushrooms and cook for a minute.

Add remaining ingredients apart from the sesame oil, and heat through for a minute. Taste, adjust seasoning, and ladle into warm bowls. Finish with sesame oil, not more than a few drops in each bowl, and coriander leaves.

Calories 152 Protein 12 g Carbohydrate 25 g Fat 1.5 g Fiber 9 g

Tomato Spinach Chickpea Simmer

Serves 2
Prep/Cook 50 Mins

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 chopped onion
- 3 minced cloves of garlic
- 1 tsp dried oregano
- 1/4 tsp hot pepper flakes
- 1/4 tsp salt
- 2 tbsp tomato paste
- 1 can (28 oz) diced tomatoes
- 1 can (19 oz) chickpeas, drained and rinsed
- 1 tsp paprika
- 1 8 oz bag spinach, trimmed (about 6 cups)

Can add some small amount of gluten free pasta



Direction

In large saucepan, heat 1 tbsp of the oil over medium-high heat; sauté onion, garlic, oregano, hot pepper flakes and salt until onion is softened, about 4 minutes.

Add tomato paste; fry for 1 minute. Add tomatoes, chickpeas and paprika; bring to boil. Reduce heat and simmer until thick enough that space remains after spoon is dragged through, about 25 minutes.

Meanwhile, in skillet, heat remaining oil over medium-high heat; sauté spinach until wilted, about 3 minutes. Stir into chickpea mixture.

Calories 265 Protein 10 g Sodium 739 mg Carbohydrate 41 g Fat 9 g Fiber 9 g Cholesterol 0 mg

Special Adzuki Bean Soup

Serves 4
Prep/Cook 60 Mins

Ingredients

3 cups beans
16 cups water
2 tbsp cumin
1 tsp white pepper
1 tbsp olive oil
sea salt to taste
2 diced carrots
2 tbsp of finely chopped fresh ginger
3 cloves of garlic, minced
1 large, finely chopped sweet onion
3 tbsp fresh cilantro
juice of 1 fresh lime



Direction

Soak beans in a large pot of cold water for 24 hours or overnight. Drain.

Add 8 cups of cold water with the beans to the pot and bring to a boil. Drain the beans, then add 8 cups of fresh cold water again.

Simmer for 30 minutes, then add cumin and white pepper.

In a frying pan, sauté the carrots, ginger, garlic and sweet onion in olive oil until tender:

Add the ingredients to the soup, then cover, and simmer for 30 minutes, or until beans are cooked through.

During the last 15 minutes only, add sea salt to taste. (Adding the salt any earlier will harden the beans.)

Just before serving, add juice of 1 fresh lime and 3 Tbsp. of fresh cilantro.

Calories 216 Protein 12 g Sodium 1210 mg Carbohydrate 42 g Fat .4 g Fiber 9 g Cholesterol 0mg Sugar 2 g

Hot Thai Noodle Salad

Serves 5
1 Hr 20 Mins

Prep/Cook

Ingredients

2 packages (7 oz.) Eden Bifun (rice) pasta or mung bean pasta (Harusame)
1/2 cup red bell pepper, diced
1/2 cup green bell pepper, diced
1/4 cup green onion, thinly sliced
1/8 cup fresh parsley, chopped
1 tbsp sesame seeds, lightly pan toasted

Dressing

1 tsp Eden hot pepper sesame oil
2 tsp Eden toasted sesame oil
2 tbsp Eden mirin
1/2 tsp Eden sea salt
2 tbsp Eden brown rice vinegar

Direction

Cook pasta as package directs, rinse and drain. Chop pasta coarsely, if desired. Add vegetables and sesame seeds.

Prepare dressing by mixing all ingredients together in a blender. Pour over salad, mix well and refrigerate 1 hour to chill before serving.



Calories 136 Protein 3 g Carbohydrate 23 g Fat 4 g Fiber 1 g Cholesterol 0 mg Sodium 249 mg

Garlicky Tomato Salad

Serves 4
15 Mins

Prep

Ingredients

- 1 large soft lettuce, large leaves torn into smaller pieces
- 4 large or 6 small ripe plum tomatoes, about 500 g in total, sliced
- 20 cherry tomatoes, about 225 g in total, halved
- 16 fresh basil leaves
- 1½ tbsp toasted pumpkin seeds
- 1½ tbsp toasted sunflower seeds
- garlic vinaigrette
- 1 small garlic clove, very finely chopped
- 1½ tsp red wine vinegar
- 2 tbsp extra virgin olive oil
- salt and pepper to taste



Direction

To make the garlic vinaigrette, whisk together the garlic, vinegar, oil, and salt and pepper to taste in a small mixing bowl.

Place a layer of lettuce leaves on a serving platter or on 4 plates and arrange the sliced tomatoes and then the cherry tomatoes on top. Drizzle over the vinaigrette.

Scatter the basil leaves and the pumpkin and sunflower seeds over the tomatoes, and serve at once

Calories 164 Protein 4 g Carbohydrate 5 g Fat 14 g Fiber 5 g Sugar 4 g Sodium 22 mg

Quinoa Vegetable Pilaf

Serves 4
Prep/Cook 40 Mins

Ingredients

1 cup quinoa
1 celery stalk, trimmed & chopped in small dice
1/2 sweet red pepper, chopped in small dice
1/2 cup cooked chickpeas
1 tbsp olive oil
2 - 3 garlic cloves OR 1/2 tsp garlic powder
1 tbsp peeled & minced fresh ginger OR 1/2 tsp dried ginger
1/2 tsp brown mustard seeds
1 bay leaf
1/4 tsp turmeric
1/2 tsp gm coriander
1/4 tsp cumin
1/4 tsp thyme leaf
1/2 tsp salt
1 3/4 cup water or homemade soup stock
Opt: 2 cups chopped spinach OR 1/4 c. minced cilantro OR 1/2 cup frozen peas. Fresh ground pepper to taste



Direction

Soak quinoa 15 minutes, rinse twice, leave to drain.

Heat olive oil on medium low in a saucepan or sauté pan. Peel and mince garlic and ginger, sauté with mustard seeds for 5 minutes. Chop celery and red pepper, add to pan and sauté another five minutes.

Mix in the bay leaf, turmeric, coriander & cumin. Turn the heat to medium high. Add the quinoa and stir until it's dry and starting to pop.

Add 1 3/4 cup hot water or stock, and salt. Bring to a boil, cover, and simmer 15 minutes. Stir in the optional greens, peas, parsley or cilantro, and fresh ground pepper. Cover and cook 5 more minutes, then serve

Calories 212 Protein 16 g Carbohydrate 90 g Fat 1.5 g Fiber 11 g Cholesterol 0mg

Raw Nori Maki (Sushi Roll)

Serves 3
Prep/Cook 20 Mins

Ingredients

- 3 sheets Eden Nori raw, untoasted
- 1 whole avocado, peeled, seeded and sliced
- 2 tbs freshly squeezed lemon juice
- 1 medium cucumber, sliced into lengthwise strips
- 1 small red bell pepper, seeded and sliced into strips
- 3 whole romaine lettuce leaves
- 1 to 2 tbsp raw sunflower seeds
- 1 tsp Eden Ume Plum Vinegar or raw Eden Apple Cider Vinegar



Direction

Sprinkle the lemon juice over the avocado to prevent from turning brown as soon as it is sliced. Place a sheet of nori on a sushi mat.

Place a lettuce leaf on top. Lay several strips of avocado, cucumber and bell pepper lengthwise across the lettuce leaf. Sprinkle a few sunflower seeds on top. Sprinkle with several drops of ume plum vinegar on the vegetables.

With cold water, very lightly moisten the end of the nori sheet furthest away from you. This will help seal the nori around the vegetables when rolled. Roll up in a jelly roll fashion. Wrap the sushi mat around and very gently squeeze for 2 or 3 seconds to seal the nori.

Remove the mat. Wet the knife, and slice the roll in 8 equal pieces. Arrange on a serving platter. Repeat with remaining ingredients until all three rolls are finished.

Yields: 24 equal size pieces of sushi

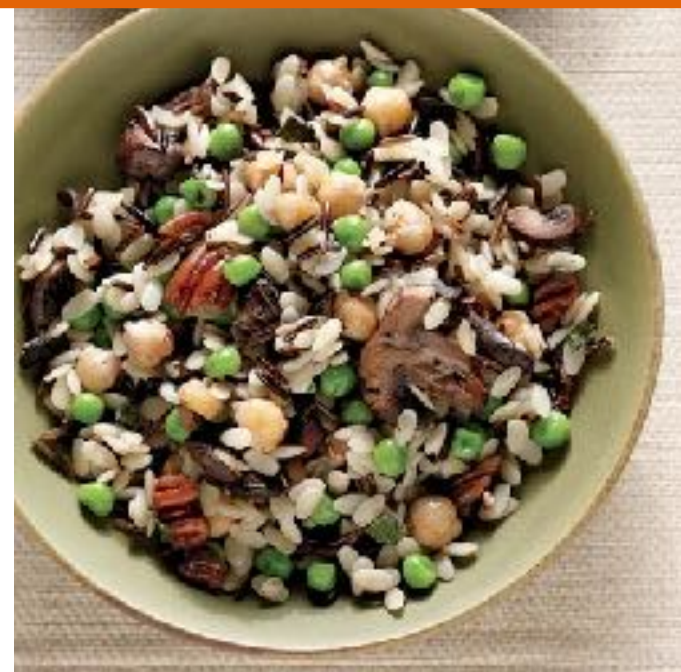
8 pieces: Calories 146 Protein 4 g Sodium 215 mg Carbohydrate 9 g Fat 12 g Fiber 5 g Cholesterol 0 mg

Wild Rice Pilaf

Serves 6
Prep/Cook 85 Mins

Ingredients

- 1/2 cup hazelnuts
- 1 tbsp olive oil
- 1/2 cup finely chopped onions
- 1 clove garlic, minced
- 1/4 cup diced carrots
- 1/4 cup diced celery
- 1 cup wild rice
- 1-2/3 cups sodium-reduced chicken stock
- 1 pinch salt
- 1/2 cup dried sour cherries
- 1/2 cup dried cranberries
- 2 tbsp finely chopped fresh parsley
- 1 pinch pepper



Direction

Spread hazelnuts on rimmed baking sheet; toast in 350°F (180°C) oven until golden and fragrant, about 12 minutes. Transfer to tea towel; rub with towel to remove most of the skins. Let cool and chop. Set aside.

In saucepan, heat oil over medium heat; fry onion, garlic, carrot and celery, stirring occasionally, until softened, about 5 minutes. Add rice; cook, stirring, for 1 minute.

Add stock and salt ; bring to boil. Reduce heat to low; cover and simmer until about 2 tbsp liquid remains and most of the rice is split open, about 50 minutes.

Add cherries; let stand, covered, for 10 minutes. Add hazelnuts, parsley and pepper; toss. (Make-ahead: Let cool for 30 minutes; refrigerate, uncovered, in airtight container until cold. Cover and refrigerate up to 2 days.)

Calories 237 Protein 7 g Sodium 202 mg Carbohydrate 34 g Fat 9 g Fiber 4 g Cholesterol 6 mg

Rice & Bean Stuffed Peppers

Serves 5
Cook 1 Hr 20 Mins

Prep/

Ingredients

30 ounces Eden organic Mexican rice & black beans, 2 cans
5 medium bell peppers, red, orange, yellow or green
1 medium onion, diced
2 tsp Eden extra virgin olive oil
1/2 cup sweet corn, fresh or frozen
1 cup Eden organic crushed tomatoes with basil
3/4 cup cold water
1/2 tsp Eden sea salt
1 cup Eden organic diced tomatoes w/ green chilies, drain well
and reserve 1/2 cup tomato liquid



Direction

Place the rice and beans in a mixing bowl.

Remove the tops from the peppers and discard the seeds. Blanch the whole peppers and tops in a pot of boiling water for 5 minutes. Remove and drain.

Heat oil in a medium skillet and sauté the onion for 3 to 4 minutes. Add sweet corn and sauté 1 to 2 minutes.

Place onions and corn in the mixing bowl with the rice. Add the drained tomatoes and mix thoroughly.

Preheat the oven to 350° F.

Stuff each pepper with the rice mixture and place in a casserole dish. Place the tops on the peppers. Combine reserved diced tomato liquid, crushed tomatoes, water, and salt. Pour into the baking dish.

Cover the dish and bake for 45 minutes to 1 hour or until the peppers are tender. Remove tops the last 15 minutes to brown. Spoon some of the tomato sauce over the peppers before serving.

Calories 226 Protein 9 g Sodium 547 mg Carbohydrate 42 g Fat 4 g Fiber 7 g Cholesterol 0 mg

Curried Garbanzo Spinach Stew

Serves 4
Prep/Cook 15 Mins

Ingredients

- 14 ½ ounces diced tomatoes w/green chilies, do not drain
- 15 ounces garbanzo beans, do not drain
- 1 clove garlic, minced
- 1/4 cup onion, minced
- 2 tsp mild curry powder
- 1/3 cup unsweetened dried coconut
- 1/2 tsp sea salt
- 10 ounces spinach leaves, fresh or frozen, chopped
- 2 tbsp fresh parsley, minced for garnish



Direction

In a large sauce pan, add all ingredients except the spinach and parsley.

Cover, bring to a boil and cook over medium heat for 5 minutes.

Add the spinach and simmer on low for 2 to 3 minutes, just until the spinach is bright green.

Serve and garnish with parsley. Great served over cooked brown basmati rice or Quinoa.

Garbanzo Patties

Serves 4
Prep/Cook 25 Mins

Ingredients

- 2 cloves garlic, minced
- 1/4 cup scallions, coarsely chopped
- 1/4 cup red onion, chopped
- 3 Tablespoons fresh parsley, chopped
- 1/4 teaspoon ground cumin
- 3 Tablespoons Eden Extra Virgin Olive Oil
- 1/4 teaspoon Eden Sea Salt
- 15 ounces Eden Organic Garbanzo Beans, drained, reserve liquid, and rinsed
- 1 cup leftover mashed potatoes



Direction

Place the garlic, scallions, onion, parsley, 1 tablespoon of olive oil, sea salt and pepper in a food processor. Process until the mixture is finely chopped. Add the garbanzo beans and mashed potatoes. Process until smooth. The mixture should be stiff. If too stiff, add a small amount of the reserved garbanzo cooking liquid. Form the mixture into 8 patties approximately 2 inches across.

Place remaining oil in a cast iron skillet and heat up. Place the patties in the skillet and reduce the flame to medium-low. Cook until golden brown, flip over and cook the other side until golden brown. Approximately 5 to 7 minutes per side. Place the patties on a serving platter and serve.

The patties are delicious served as falafel in warm pita pocket bread with lettuce, tomatoes, cucumber slices and your favorite dressing.

Calories 240 Protein 7 g Sodium 248 mg Carbohydrate 26 g Fat 12 g Fiber 5 g Cholesterol 0 mg

Spring Asparagus & Wild Rice

Serves 4
Prep/Cook 45 Mins

Ingredients

2 cups water
1 cup wild rice
1 cup mushrooms, chopped
1 onion, diced
1 1/2 cups vegetable broth
1 pound asparagus, trimmed and chopped
1 tbsp olive oil
1 1/2 tbsp balsamic vinegar
1 tsp lemon juice
salt and pepper to taste



Direction

Bring the water to a boil in a medium saucepan. Add the rice and allow to simmer until rice is finished cooking, about 20 to 30 minutes.

In a large frying pan or skillet, simmer the mushrooms and onions in 3/4 cup of vegetable broth until mushrooms are cooked and browned, about 8 to 10 minutes. Add the asparagus and the remaining 3/4 cup vegetable broth. Cook for just a few minutes until asparagus is slightly soft.

In a small bowl, whisk together the olive oil, balsamic vinegar and lemon juice to make a dressing.

Toss together the rice, vegetables and olive oil dressing, stirring to combine well. Season generously with salt and pepper. Serve hot or cold.

Calories 226 Protein 11 g Carbohydrate 38 g Fat 4.5 g Fiber 5.5 g Cholesterol 0 mg

Black Bean Polenta Pie

Serves 4 Prep/Cook
55 Mins

Ingredients

1 1/2 cups organic finely ground corn grits (polenta)
2 cups water
1 pinch Eden sea salt

Topping

1 tbsp Eden extra virgin olive oil
1/2 cup onion, finely diced
1/2 cup green bell pepper, diced
1/2 cup red bell pepper, diced
15 ounces organic diced tomatoes w/green chilies, do not drain
1 cup organic sweet corn, fresh or frozen
1/3 cup Eden organic spaghetti sauce
15 ounces Eden organic black beans, rinsed and drained



Direction

Bring the water to a boil for the polenta. Whisk in the corn grits and salt, stirring constantly until it thickens. Cover, reduce the flame and simmer 10 minutes.

Preheat the oven to 375°. Evenly spread the polenta on the bottom and sides of a pie plate. Set aside.

Heat the oil in a medium skillet and sauté the onion for 1 to 2 minutes. Add the peppers and sauté another 2 to 3 minutes. Mix in the beans, tomatoes, spaghetti sauce and corn. Simmer for 5 minutes.

Pour the bean and tomato mixture over the polenta and evenly spread it out. Bake 30 to 35 minutes. Remove and allow to cool for 5 minutes before slicing.

2 slices: Calories 428 Protein 16 g Sodium 140 mg Carbohydrate 80 g Fat 5 g Fiber 17 g Cholesterol 0 mg

Baked Squash with Wild Rice Stuffing

Serves 4 Prep/Cook
1 Hr

Ingredients

- 1 tbsp Eden extra virgin olive oil
- 1/4 cup diced onions
- 1/4 cup diced celery
- 1/2 cup diced fresh mushrooms
- 2 cups cooked Eden wild rice
- 1/2 cup Eden organic dried cranberries or dried wild blueberries
- 1/2 cup dry pan roasted pecans, coarsely chopped
- 1 or 2 pinches Eden sea salt
- 1/2 tsp dried sage powder, or poultry seasoning
- Eden organic safflower oil, for oiling the squash skin



Direction

Heat oil in a skillet and sauté the onion for 2 minutes. Add celery and mushrooms and sauté another 2 to 3 minutes.

Place in a mixing bowl and add wild rice, pecans, cranberries, sage and salt. Mix. Lightly oil the skin of each squash half and stuff with the wild rice mixture.

Cover squash with foil wrap and bake at 350° F. for 45 minutes or until the squash is tender.

Calories 325 Protein 5 g Carbohydrate 52 g Fat 13 g Fiber 6 g Cholesterol 0 mg Sodium 54 mg

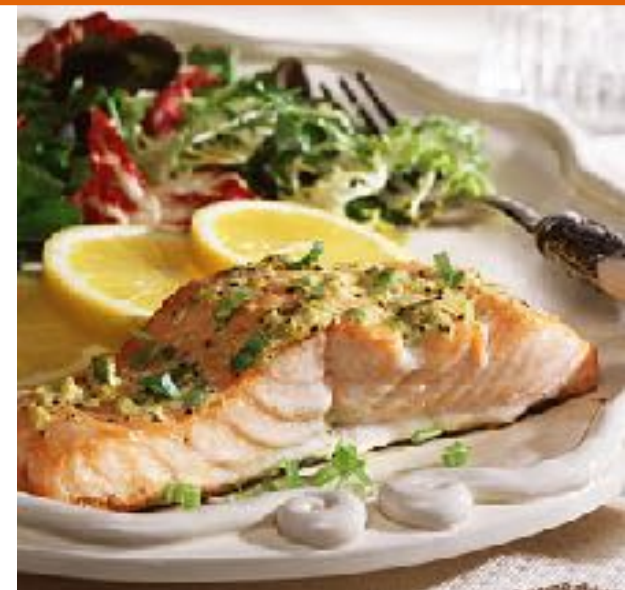
Baked Salmon with Southeast Asian Marinade

Serves 2
20 Mins

Prep/Cook

Ingredients

- 1/2 cup fresh pineapple juice
- 2 garlic cloves, minced
- 1/4 tsp ground ginger
- 2 salmon fillets, each 4 ounces
- 1/4 tsp sesame oil
- freshly ground black pepper, to taste
- 1 cup diced fresh fruit, such as pineapple, mango and papaya



Direction

In a small bowl, add the pineapple juice, garlic, soy sauce and ginger.

Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top. Put in the refrigerator and marinate for 1 hour. Turn the salmon periodically as needed.

Preheat the oven to 375 F. Lightly coat 2 squares of aluminium foil with cooking spray. Place the marinated salmon fillets on the aluminium foil. Drizzle each with 1/8 teaspoon sesame oil. Sprinkle with pepper and top each with 1/2 cup diced fruit.

Wrap the foil around the salmon, folding the edges down to seal. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes on each side.

Transfer the salmon to warmed individual plates and serve immediately.

1 Fillet: Calories 310 Protein 23 g Carbohydrate 24 g Fat 13 g Fiber 1 g Cholesterol 67 mg

Orange Chicken

Serves 2 Prep/Cook
20 Mins

Ingredients

- 1 chicken breast, boneless & skinless, all fat removed
- 1/2 cup Simply Orange 100% Orange Juice – grove made
- 2 tbsp extra virgin olive oil
- 1/2 tsp ginger, grounded
- 1 tsp oregano, grounded
- 1/2 tsp sage, grounded
- 1 tsp sea Salt
- 1 tsp dill weed, dried
- 1/4 tsp nutmeg, grounded
- 1 medium onion, raw, sliced thinly
- 1 cup raw carrots, strips
- 1 tbsp garlic minced
- 5 cloves
- 1 cup fresh baby spinach leaves
- 1/2 medium green peppers (bell peppers)



Direction

Preheat oven 300 degrees.

Place all ingredients into a glass baking pan. Cover with lid or aluminium foil.

Bake 1 hour, uncover and bake 10 more minutes at 400 degrees.

1 Serve: Calories 300 Protein 30 g Carbohydrate 24 g Fat 16 g Fiber 4.6 g Cholesterol 68 mg Sodium 1293 mg



snacks

Recipe Notes



Vegetable & Noodle Soup

Serves **6-8**
Prep/Cook 55 Mins

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 garlic cloves, crushed
- 1 1/2 lbs pumpkin, peeled and diced
- 1 red bell pepper, diced (or green)
- 6 cups water
- 1 tablespoon vegan chicken bouillon powder(or to taste)
- 1 cup dried red lentils
- 15 ounces kidney beans, drained & rinsed
- 15 ounces corn kernels, drained
- 4 ounces thin gluten-free pasta (spaghetti, broken into pieces)
- 2 cups baby spinach, roughly chopped
- salt and pepper, to taste

Direction

Heat oil in a large saucepan.

Add onion, garlic, pumpkin and bell pepper and cook for 5 minutes.

Pour in water and add remaining ingredients except spinach, salt and pepper.

Bring to the boil, then reduce heat and simmer covered for 20 minutes.

Stir through baby spinach and season to taste with salt and pepper.

Serve

1 Cup: Calories 300 Protein 16 g Sodium 229 mg Carbohydrate 55 g Fat 4 g Fiber 16 g Cholesterol 10 mg



Roasted Pumpkin Seeds

Serves 6
Prep/Cook 55 Mins

Ingredients

2 ½ cups pumpkin seeds (enough from 2 medium pumpkins or 1 large one)
3 tbsp. extra virgin olive oil
salt to taste



Direction

Separate seeds from strings and pulp. Thoroughly wash seeds and dry with paper towel. Mix seeds with oil.

Spread on un-greased cooking paper.

Sprinkle with sea salt to taste. Roast at 300 deg. F. for 45 - 55 minutes. Mix every 10 minutes.

1/2 Cup: Calories 206 Protein 5.9 g Sodium 572 mg Carbohydrate 17 g Fat 13 g Fiber 0 g Cholesterol 0 mg

Grilled Herbed Sweet Corn

Serves 4
Prep/Cook 20 Mins

Ingredients

- 4 ears organic sweet corn, leave husks on
- 2 quarts water, for boiling corn
- 2 Tablespoons Eden Extra Virgin Olive Oil
- 1 teaspoon fresh parsley, finely minced
- 1 teaspoon fresh basil, finely minced
- 1 teaspoon fresh thyme, finely minced
- 2 cloves garlic, finely minced
- 1/2 tsp Eden Sea Salt

Direction

Boil the corn in water for 5 to 7 minutes, remove, drain and allow to cool slightly. Remove the husks. Keeping the husks on while boiling holds the sweet favor and vitamins in the corn.

Mix the oil, garlic and herbs together. Drizzle the herbed oil over the ears of corn. Cook the corn on a tabletop or outside grill, turning the ears often until crisp and golden. Remove and sprinkle a little Eden Sea Salt on each ear.



Calories 106 Protein 2 g Sodium 158 mg Carbohydrate 10 g Fat 8 g Fiber 1 g Cholesterol 0 mg

Baked Banana

Serves 1 Prep/Cook
25 Mins

Ingredients

1 large banana
cinnamon

Direction

Preheat Oven to 350 degrees. (can also be cooked on a skillet)

Cut Large banana in half and then in half again to have 4 quarters. Place pieces on baking pan or cookie sheet. Sprinkle with cinnamon.

Bake at 350 for 15 minutes or until hot and bubbly. Enjoy



1 plate: Calories 128 Protein 1.4 g Sodium 1.7 mg Carbohydrate 32.8 g Fat .7 g Fiber 4 g Cholesterol 0 mg

French Toast

Serves 3
Prep/Cook 20 Mins

Ingredients

4 eggs (10 whites and 2 with yolks)
3 pieces gluten free bread
non-fat cooking spray

Topping:

cinnamon and xylitol



Direction

Mix eggs together. Spray non-fat cooking spray on non-stick pans. Set heat on medium.

Mix cinnamon and xylitol to taste. Place on a tray or plate.

Dip each slice of bread (both sides) in egg mixture and place in pan. Place bread in cinnamon/xylitol mix. Turn, and repeat.

Cook until browned on each side. Serve.

The extra French toast can be stored in the freezer or refrigerator for easy re-heating. Freeze individual portions for easy re-heating later. Heat in a Toaster Oven for approximately 5 minutes.

1 slice: Calories 102 Protein 9 g Sodium 112 mg Carbohydrate 16 g Cholesterol 44 mg Fat 22 g Fiber 2 g Sugar 1 g

Grilled Pineapple

Serves 4 Prep/Cook
15 Mins

Ingredients

For the marinade

- 1 tbsp olive oil
- 1/4 tsp ground cloves
- 1 tsp ground cinnamon
- 1 tbsp fresh lime juice
- 1 firm yet ripe pineapple
- 1 tbsp grated lime zest

Direction

Heat grill.

To make the marinade: Place in a bowl, olive oil, cloves, cinnamon and lime juice and whisk to blend. Set aside.

Remove the skin of the pineapple with a sharp knife. Cut off any remaining small brown "eyes" on the fruit. Stand the peeled pineapple upright and cut in half lengthwise. Place each pineapple half cut-side down and cut it lengthwise into four long wedges; slice away the core.

Place the pineapple in the bowl with the marinade and stir to coat the pineapple.

Place on the grill and cook about 3 to 4 minutes, basting once or twice with the remaining marinade. Turn the fruit and move it to a cooler part of the grill or reduce the heat. Baste again with the marinade. Grill until the pineapple is tender and golden, approximately 3-4 minutes.

Place pineapple on a platter or individual serving plates. Sprinkle with the lime zest. Serve hot or warm.

1 wedge: Calories 79 Protein <1 g Carbohydrate 15 g Fat 2 g Fiber 1 g Cholesterol 0 mg



Green Tea Fruit Smoothie

Serves 2
Prep/Cook 25 Mins

Ingredients

- 1 cup water
- 1 packet Eden Organic Sencha Green Tea
- 6 ice cubes
- 1 medium banana
- 2 cups unsweetened pineapple, cubed
- 2 cup strawberries, fresh or frozen
- 1 Tablespoon organic maple syrup

Direction

Bring the water almost to a boil. Turn off the flame. Place the tea bag in the water and allow to steep for 2 to 3 minutes. Remove and discard the bag. Chill the tea in the freezer for 10 to 15 minutes. Remove.

Place all ingredients in a blender or food processor and process until smooth. Pour into glasses and serve immediately.



Calories 201 Protein 3 g Sodium 11 mg Carbohydrate 51 g Fat 1 g Fiber 6 g Cholesterol 0 mg

Flax, Strawberry & Peach Smoothie

Serves 2
5 Mins

Prep

Ingredients

- 1 tbsp golden flax seed
- 1 cup strawberries, fresh or frozen
- 1 cup peaches, fresh or frozen
- 2 cups almond milk
- 1/2 cup crushed ice, if using fresh fruit, otherwise omit

Direction

Place the flax seed in a blender and grind several seconds.

Add all remaining ingredients and pulse several seconds. Pour into glasses and serve.

Flax provides extra fiber and beneficial essential fatty acids.



Calories 198 Protein 14 g Carbohydrate 19 g Fat 8 g Fiber 7 g Cholesterol 0 mg Sodium 9 mg

Miso Tahini Stuffed Dates

Serves 20 Prep/
Cook 15 Mins

Ingredients

20 pecan halves, 1 oz., dry pan roasted
20 pitted dates
2 tbsp Eden organic shiro miso
2 tsp Eden mirin
1 tsp orange peel, finely grated
2 tbsp roasted tahini (sesame butter) or almond butter



Direction

Combine miso, mirin, orange peel and tahini or almond butter.

Slit each date lengthwise and fill with a little of the miso mixture.

Top each date with a roasted pecan half.

A beautiful treat, perfect for gifts or parties.

Calories 47 Protein 1 g Carbohydrate 7 g Fat 2 g Fiber 1 g Cholesterol 0 mg Sodium 46 mg

The background consists of five vertical stripes of equal width. From left to right, the colors are: a medium green, a dark teal, a dark purple, a very dark purple, and a dark brown. A horizontal bar of a medium blue-purple color spans the width of the image, positioned in the middle. The word "dinner" is written in white, lowercase, sans-serif font, centered within this horizontal bar.

dinner

Recipe Notes



Coconut Split Pea Soup

Serves 4
Prep/Cook 70 Mins

Ingredients

2 cups dried split peas, rinsed, picked over
fresh boiling water, just enough to cover the dried split peas
3 cloves garlic, chopped
5 cups vegetable broth
1 ½ tsp Mae ploy to taste
1/2 tsp Old Bay Seasoning
1/2 tsp red pepper chilli flakes, or to taste
1 (420 ml) can coconut milk
1/3 cup jarred jalapeños, drained and chopped
sea salt and fresh ground pepper, to taste



Direction

Place split peas in a rice cooker and cover with boiling water. Turn cooker on low. If you are using a heavy soup pot on the stove, cover the pot, turn the burner on at the lowest setting. Hot soak the peas like this for one hour. Drain.

Place the soaked peas back into the rice cooker or heavy bottomed soup pot and add the chopped garlic, broth, curry, Old Bay Seasoning, and red pepper flakes. Bring the mixture to a simmer and cook until the liquid is reduced and the peas are so tender they break apart with a wooden spoon- about an hour.

If you'd rather cook this soup on the stove top, place the soaked peas, garlic, broth, curry, Old Bay Seasoning and red pepper flakes in a soup pot and bring to a gentle simmer; cook until the liquid is reduced a bit and the peas are soft- about an hour.

Stir in the coconut milk and gently heat through. If you like your pea soup thick, keep simmering, and reduce the liquid to your liking. If it needs more liquid, thin with water.

Serve in shallow warmed bowls with a spoonful of pickled jalapeños in the centre of the soup.

Calories 2140 Protein 7 g Carbohydrate 17 g Fat 1.5 g Fiber 9 g

Black Bean Soup

Serves 8
Prep/Cook 3 Hrs

Ingredients

2 cups dried black beans
2 quarts water
1 medium onion, chopped
1/2 pound lean pork cubes
2 tsp salt
3 garlic cloves, minced
1 tsp dried oregano
1 can (6 ounces) tomato paste
optional toppings: thinly sliced radishes, finely shredded cabbage
minced fresh chilli peppers and sour cream



Direction

Rinse beans. In a Dutch oven, combine beans and water. Bring to a boil. Reduce heat; cover and simmer until beans wrinkle and crack, about 1-1/2 hours.

Add onion, pork, salt, garlic and oregano. Simmer, covered, 1-1/2 to 2 hours, or until beans and pork are tender. Stir in tomato paste; heat through.

Ladle into soup bowls. If desired, top with radishes, cabbage, peppers.

1 Cup: Calories 254 Protein 20 g Sodium 628 mg Carbohydrate 37 g Fat 3 g Fiber 9 g Cholesterol 27 mg

Ginger Carrot Soup

Serves 4 Prep/Cook
1 Hr

Ingredients

- 1 tablespoon olive oil
- 1 lb carrot, peeled and chopped
- 1 medium onion, chopped
- 3 teaspoons crushed gingerroot (fresh)
- 1/2 cup cooked rice
- 1 sweet potato, peeled and cubed by 1/2 inch
- 4 cups vegetable stock or 4 cups chicken stock
- 1/2 cup applesauce
- 1/2 teaspoon cinnamon
- 1/2 teaspoon turmeric
- ground black pepper (I use a lot and this gives it a little bite)



Direction

Take a deep pot, saute' chopped onions in olive oil on medium heat for about 5 minutes.

Mix fresh crushed ginger and give it a good stir.

Add carrots and potatoes and sauté each for 3 minutes.

Mix in the rice.

Add chicken stock, cinnamon, turmeric and ground black pepper. Mix well so the flavors mix through evenly. Simmer 25 minutes.

Once cooked through, puree the mixture in a blender for an even texture.

Re-heat and serve hot.

Calories 173 Protein 2.4 g Carbohydrate 34 g Fat 4 g Fiber 5.2 g Cholesterol 0 mg

Spinach & Beet Salad with Chicken

Serves 2
25 Mins

Prep/Cook

Ingredients

- 250 gm chicken breast boneless & skinless, all fat removed
- 2 tbsp walnut or canola oil
- 1 tbsp maple syrup
- 1 tbsp cider vinegar
- 1 1/2 tbsp coarse-grained mustard
- 1 1/2 tsp tamari
- 1/8 tsp salt
- 1/8 tsp freshly ground pepper
- 4 cups baby spinach
- 1 (250 gm) can whole beets, drained and quartered
- 2 tbsp chopped pecans, toasted



Direction

Place chicken in a small skillet or saucepan and add enough water to cover; bring to a simmer over high heat. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

Transfer the chicken to a cutting board. When cool enough to handle, cut into 1/4-inch-thick slices.

Meanwhile, whisk oil, syrup, vinegar, mustard, tamari sauce, salt and pepper in a large bowl. Reserve 2 tablespoons dressing in a small bowl. Add spinach to the large bowl; toss to coat with dressing.

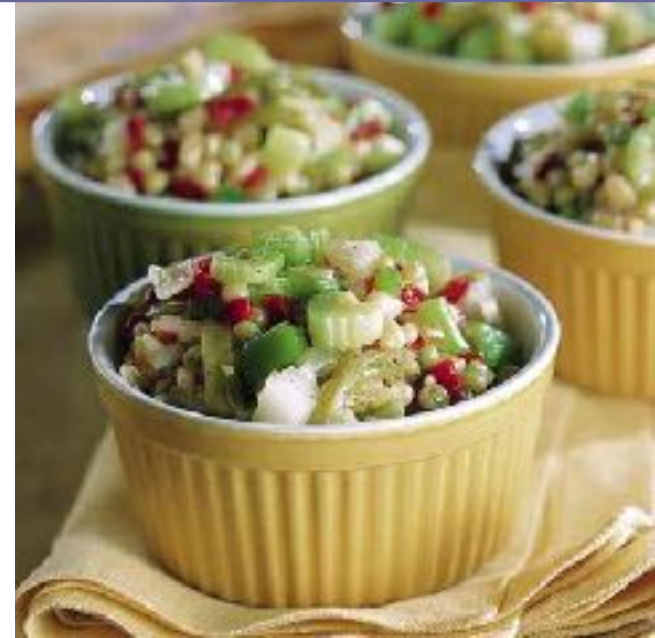
Divide the spinach between 2 plates, top with the chicken, beets and pecans. Drizzle with the reserved vinaigrette.

Mixed Vegetable Salad

Serves 4
Prep/Cook 15 Mins

Ingredients

- 2 oz French beans
- 3-4 carrots
- 1 small cabbage
- 4 oz Broccoli (cut into florets)
- 1 capsicum
- 2 tomato (cut into thin rings)
- 2 green chillies (slit vertically)
- finely chopped coriander leaves
- 1 lemon juice
- black pepper powder to taste



Direction

Cut and Steam the vegetables.

Add tomatoes, green chillies salt, pepper powder and lemon juice, and mix well.

Garnish with coriander leaves.

Calories 160 Protein 5 g Carbohydrate 9 g Fat 12 g Fiber 3 g Sugar 7 g

Vegetable Fried Rice

Serves 8
Prep/Cook 25 Mins

Ingredients

- 3 cups cooked brown rice
- 2 cups fresh vegetables, chopped
- 1 small onion, finely chopped
- 2 eggs, lightly beaten
- 2 tsp olive oil
- 3 tsp tamari



Direction

In a large pan, heat oil on medium-high heat. Add onion and rice. Stir and cook until onion is soft, about 5 minutes.

Reduce heat to medium and add vegetables to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh vegetables.

Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs.

Add the eggs, and scramble until cooked firm.

Mix the eggs with the rice and vegetables, then sprinkle with tamari.

Calories 137 Protein 4.5 g Sodium 147 mg Carbohydrate 23 g Fat 3 g Fiber 3 g Cholesterol 47 mg

Asian Rainbow Trout

Serves 4 Prep/Cook
20 Mins

Ingredients

- 4 (180 gm) fillets boneless, skinless rainbow trout
- 2 tsp soy sauce
- salt and pepper to taste
- 1 tsp olive oil
- 1 tsp crushed garlic
- 1 tsp crushed fresh ginger
- 4 green onions medium size, chopped



Direction

Pat trout fillets with soy sauce. Add salt and pepper. Keep aside.

Heat olive oil in a big skillet over medium-high heat. Add garlic, ginger, and green onions; cook and stir until golden brown.

Mix trout fillets and cook until browned and crispy, about 3 minutes. Turn fillets over, and continue cooking until the fish flakes easily with a fork, approximately 3 minutes more.

1 Fillet: Calories 222 Protein 35 g Carbohydrate 2.7 g Fat 7 g Fiber .4 g Cholesterol 99 mg Sodium 303 mg

Marinated Tuna Steak

Serves 4 Prep/Cook
30 Mins

Ingredients

- 2 ½ tbsp orange juice
- 2 ½ tbsp tamari
- 1 ½ tbsp olive oil
- ¾ tbsp lemon juice
- 1 tsp chopped fresh parsley
- 1 clove garlic, minced
- pinch chopped fresh oregano
- pinch ground black pepper
- 400 g tuna steaks



Direction

In a large non-reactive dish, mix together the orange juice, tamari, olive oil, lemon juice, parsley, garlic, oregano, and pepper. Place the tuna steaks in the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.

Preheat grill for high heat.

Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes. Discard any remaining marinade.

1 Steak: Calories 200 Protein 27.5 g Carbohydrate 3.7 g Fat 7.9 g Fiber .3 g Cholesterol 51 mg Sodium 945 mg

Chilled Mediterranean Kidney Bean Salad

Serves 6
1 Hr

Prep

Ingredients

- 2 cups/cans kidney beans, rinsed and drained
- 1/4 cup red onion, minced
- 1/2 cup diced tomatoes, drained
- 1 medium cucumber, peeled if waxed, chopped
- 1/3 cup pitted black olives, rinsed and sliced
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice, freshly squeezed
- 2 cloves garlic, minced
- 1/4 tsp freshly ground black pepper
- 1 tbsp fresh oregano or 1 tsp. dried oregano
- 2 tbsp green onion, finely chopped or fresh parsley



Direction

In a large mixing bowl combine the beans, onion, tomato, cucumber and olives.

In a small bowl whisk together the olive oil, lemon juice, garlic, pepper, oregano and green onions.

Pour over the bean mixture and toss to thoroughly mix.

Refrigerate for 1 hour before serving.

Calories 214 Protein 9 g Sodium 84 mg Carbohydrate 24 g Fat 10 g Fiber 12 g Cholesterol 0 mg

15-Minute Roasted Trout

Serves 4 Prep/Cook
40 Mins

Ingredients

2 cups thinly sliced onions
2 cloves garlic, minced
1 tbsp extra-virgin olive oil
1/4 tsp salt
1/4 tsp pepper
4 trout fillets or salmon fillets (175 g each)

Gremolada:

1/4 cup finely chopped fresh parsley
2 tsp finely grated lemon rind
1 clove garlic, minced

Direction

Pre-heat oven to 220°C.

In an oven-friendly bowl, combine onions, garlic, oil, salt and pepper; cover and place in oven, stirring twice, until softened, about 8-10 minutes.

Gremolada: Meanwhile, in small bowl, combine parsley, lemon rind and garlic; set aside.

Spread onion mixture in 13- x 9-inch (3 L) glass baking dish. Arrange fish over top; sprinkle with gremolada.

Roast fish in bottom third of 425°F (220°C) oven until fish flakes easily when tested, about 10 minutes.



Calories 281 Protein 33 g Sodium 347 mg Carbohydrate 6 g Fat 13 g Fiber 1 g Cholesterol 90mg

Spicy Herb-Grilled Salmon Steaks

Serves 1
Prep/Cook 20 Mins

Ingredients

1/2 cup basil leaves
1/3 cup mint leaves
3 tbsp minced seeded jalapeno pepper
2 tbsp white vinegar
2 1/2 tsp minced peeled fresh ginger
1 tsp gluten-free fish sauce
garlic cloves, chopped
(6-ounce) salmon steaks (about 1 inch thick)
1/2 tsp salt
1/8 tsp black pepper
cooking spray
1/4 cup finely chopped fresh basil
lime wedges



Direction

Prepare grill.

Combine the first 7 ingredients in a blender or food processor, and process until smooth. Set aside.

Sprinkle salmon steaks with salt and black pepper. Place the fish on a grill rack coated with cooking spray, and grill for 5 minutes on each side or until fish flakes easily when tested with a fork.

Spoon sauce over fish, and garnish with chopped basil and the lime wedges.

Calories 293 Protein 35 g Sodium 596 mg Carbohydrate 3.7 g Fat 14 g Fiber .3 g Cholesterol 111 mg Iron .9 mg

Grilled Lemon Honey Lamb Chops

Serves 4
Prep/Cook 30 Mins

Ingredients

- 3 tbsp liquid honey
- 2 tsp grated lemon rind
- 3 tbsp lemon juice
- 3 tbsp vegetable oil
- 1 tbsp chopped fresh thyme (or 1 tsp dried)
- 2 tsp Dijon mustard
- 1 clove garlic, minced
- 1/4 tsp each salt and pepper
- 8 lamb loin chops (750 g total)
- 4 cups baby spinach leaves
- half sweet orange or red pepper, sliced
- quarter red onion, thinly sliced
- 4 lemon wedges



Direction

In large bowl, whisk together honey, lemon rind and juice, oil, thyme, mustard, garlic, salt and pepper; remove 1/4 cup of the dressing and set aside.

Add chops to bowl, turning to coat; let stand for 10 minutes. (Make-ahead: Cover and refrigerate for up to 4 hours.)

Place on greased grill over medium-high heat; close lid and grill, turning once, until medium-rare, about 10 minutes.

In salad bowl, toss spinach, orange pepper and red onion with reserved dressing. Divide among plates; top with lamb chops. Serve with lemon wedges.

Calories 267 Protein 19 g Sodium 216 mg Carbohydrate 17 g Fat 14 g Fiber 1 g Cholesterol 68 mg

Garlic & Dill Salmon

Serves 4 Prep/Cook
40 Mins

Ingredients

- 1 kg salmon fillets
- 1 head garlic, peeled
- 2 tbsp fresh dill, chopped
- 6 tbsp olive oil
- $\frac{3}{4}$ - 1 tsp salt and pepper to taste



Direction

In a food processor, process garlic to a rough mince, add dill and olive oil and pulse a few times to combine.

Place fish fillets in a baking dish, skin side down. Rub garlic mixture over fish. Refrigerate for 2 hours.

Preheat an oven to 375 degrees F (190 degrees C).

Bake in preheated oven for 15 minutes. Do not overcook.

Calories 329 Protein 30 g Carbohydrate 2.3 g Fat 21.5 g Fiber .2 g Cholesterol 83mg

Balsamic Roast Chicken

Serves 6 Prep/Cook
1.5 Hrs

Ingredients

- 1 whole chicken (free range, organic) - approximately 1.8 kg
- 1 tbsp fresh rosemary or 1 tsp dried rosemary
- 1 garlic clove
- 1 tbsp olive oil
- 1/8 tsp freshly ground black pepper
- 8 sprigs fresh rosemary
- 3 tbsp balsamic vinegar



Direction

Preheat the oven to 350 F.

Rinse the chicken inside and out with cold running water. Pat it dry with paper towels.

In a small bowl, mince together the rosemary and garlic. Loosen the chicken skin from the flesh, and rub the flesh with olive oil and then the herb mixture. Sprinkle with black pepper. Place 2 rosemary sprigs into the cavity of the chicken. Truss the chicken.

Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, approximately 1 hour and 20 minutes. Whole chicken should cook to an internal temperature of 180 F. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter.

In a small saucepan, pour balsamic vinegar. Heat until warmed, but don't boil. Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

1 Serve: Calories 290 Protein 44 g Carbohydrate 4 g Fat 11 g Fiber 0 g Cholesterol 127 mg

Hot Tuna Steaks

Serves 6
Prep/Cook 35 Mins

Ingredients

6 tuna steaks (6 to 8 ounces each), cut 1 inch thick
2 tbsp extra-virgin olive oil
2 tbsp fresh lemon juice
Salt and pepper, to taste
1/4 cup whole black peppercorns



Direction

Place the tuna in a bowl to fit. Add the oil, lemon juice, salt and pepper. Turn the tuna to coat well in the marinade. Let rest 15 to 20 minutes, turning once.

Place the peppercorns in a double thickness of plastic bags. Tap the peppercorns with a heavy saucepan or small mallet to crush them coarsely. Place on a large plate.

When ready to cook the tuna, dip the edges into the crushed peppercorns. Heat a non stick skillet over medium heat.

Sear the tuna steaks, in batches if necessary, for 4 minutes per side for medium-rare fish, adding 2 to 3 tablespoons of the marinade to the skillet if necessary to prevent sticking.

Calories 280 Protein 51 g Carbohydrate 0 g Fat 7 g Cholesterol 100 mg

low-sugar treats

* Desserts should be enjoyed occasionally, not daily

Recipe Notes



Banana Rice Pudding

Serves 6
30 Mins

Ingredients

- 1 cup brown basmati rice
- 2 cups water
- 1/2 tsp salt
- 3 cups plus 1 tbsp gluten-free vanilla rice milk, divided
- 1/2 cup xylitol
- 1/2 tsp ground cinnamon, plus more for garnish
- 1 tbsp cornstarch
- 4 ripe bananas, divided
- 1 tsp vanilla extract

Direction

Combine rice, water and salt in a medium saucepan and bring to a boil. Reduce heat to low, cover and cook until the liquid is fully absorbed, 45 to 50 minutes.

Stir in 3 cups rice milk, xylitol and 1/2 teaspoon cinnamon and bring to a lively simmer. Cook, stirring occasionally, for 10 minutes. Stir cornstarch and the remaining 1 tablespoon rice milk in a small bowl until smooth; add to the pudding. Continue cooking, stirring often, until the mixture is the consistency of porridge, about 10 minutes. Remove from the heat.

Mash 2 bananas in a small bowl. Stir the mashed bananas and vanilla into the pudding. Transfer to a large bowl, press plastic wrap directly onto the surface of the pudding and refrigerate until cold, at least 2 hours.

Just before serving, slice the remaining 2 bananas. Top each serving with a few slices of banana and sprinkle with cinnamon, if desired.

Tip: Some brands of rice milk may contain gluten, so look out for the gluten-free labels.

Calories 208 Protein 3 g Sodium 182 mg Carbohydrate 49 g Fat 2 g Fiber 3 g Cholesterol 0mg



Black Bean Brownies

Serves 20 Prep/
Cook 1 Hr

Ingredients

- 1 (15 ounce) can black beans, drained and rinsed
- 3 eggs
- 5 tablespoons canola oil (or grape seed oil)
- 1 cup xylitol
- 1/2 cup Dutch-processed cocoa powder
- 1/2 cup fava bean flour (aka garbanzo bean flour)
- 1 teaspoon xanthan gum (or guar gum)
- 1 teaspoon vanilla
- 1/2 teaspoon baking powder
- 1/2 teaspoon cayenne
- 1/2 cup semi-sweet dairy free chocolate chips



Direction

Preheat oven to 350° before you start with the preparations.

Process black beans in a food processor until you have a thick paste.

Add all other ingredients (except for chocolate chips) and process again until smooth and mixed through.

Now fold in the chocolate chips into the batter and mix to spread evenly.

Grease an 8-inch round baking pan with non-stick cooking spray. Spread mixture into the pan and lay out evenly.

Bake for 30 minutes or until a toothpick inserted into the center comes out clean.

Cool and refrigerate for easier cutting. Brownies can be frozen in a Ziploc® bag or air-tight container.

Calories 158 Fat 7 g Cholesterol 35 mg Sodium 26 mg Carbohydrate 22 g Fiber 3 g Protein 3.6 g Sugars 15 g

Carrot Muffins

Serves 8
50 Mins

Prep/Cook

Ingredients

- 1 cup gluten-free flour
- 1/4 cup xylitol
- 1/4 cup brown sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 tablespoon cinnamon
- 1/2 cup grated carrot
- 1/4 cup dried shredded coconut
- 1/4 cup raisins
- 1/2 cup rice milk



Direction

Preheat oven to 190°C or 375° F before you begin preparations.

In a deep bowl, mix together xylitol, brown sugar, baking soda, baking powder, salt and cinnamon.

Now fold in the coconut, carrots and raisins and mix well.

Finally, add rice milk and stir a couple of times for an evenly spread out mix.

Grease a baking pan with non-stick cooking oil spray. Spread the mixture in the pan and bake for 30 minutes or until a toothpick inserted comes out clean. Be careful not to over bake,

Remove from the oven and let cool.

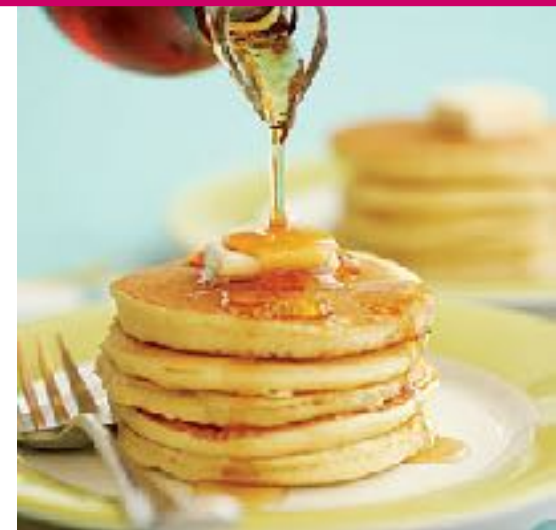
1 Muffin: Calories 140 Fat 4 g Fiber 1.2 g Cholesterol 0 mg Carbohydrate 22 g Sodium 142 mg Sugar 16 g

Cornmeal Pancakes

Serves 4
30 Mins

Ingredients

- 1 cup corn flour
- 1 cup corn meal
- 2 cups boiling water
- 1/4 cup oil
- 2 eggs
- 4 teaspoons baking powder
- 1/4 cup xylitol
- 1 teaspoon salt



Direction

Mix together the corn flour and corn meal in a deep bowl.

Boil water , and pour slowly over the cornmeal mixture. Keep stirring continuously and keep adding water till you have a smooth paste.

Add in the rest of the ingredients and mix everything together with a spatula. The texture of these pancakes is slightly coarse because of the corn meal.

For a smoother texture, cook cornmeal in 3 cups of boiling water for a few minutes. Drain and mix with the rest of the ingredients.

1 Pancake: Calories 431 Fat 14 g Fiber .5 g Cholesterol 90 mg Carbohydrate 72 g Sodium 989 mg

Apple Cinnamon Quinoa

Serves 6
30 Mins

Prep/Cook

Ingredients

- 1 cup of quinoa (washed)
- 2 cups unsweetened apple juice
- 2 cups light vanilla rice or almond milk
- 2 tsp ground cinnamon
- 1.5 cups (one package) of raisins
- 2 tsp gluten-free vanilla extract



Direction

Rinse quinoa

Bring quinoa and apple juice to a boil in a 12 quart pan

Reduce heat and simmer for 15 minutes or until most of the apple juice is absorbed.

Add rice or almond milk, cinnamon and raisins. Simmer, covered for another 15 mins, stirring occasionally

Remove from heat and stir in vanilla extract.

Serve this hot or cold. It's a nice dessert or snack.

Calories 228 Protein 9 g Sodium 36 mg Carbohydrate 50 g Fat 4.5 g Fiber 4.7 g Cholesterol 0mg

Coconut Macaroons

Serves 16 Prep/
Cook 23 Mins

Ingredients

1 cup unsweetened dried shredded coconut
1 egg white
2 tablespoons honey



Direction

Place egg white in a bowl. Use an electronic beater/whisker to beat the egg white until soft peaks form.

Fold in the shredded coconut and honey. Mix well.

Grease a cookie sheet or baking tray with non-stick oil.

Take a teaspoonful of mixture and drop it onto the cookie sheet.

Bake for 12-15 mins at 325 degrees or until the macaroons turn a light golden brown. Don't wait for them to brown completely or they will turn too stiff.

Cool for a few minutes or eat them hot off the oven. Enjoy!

Calories 44 Fat 3.4 g Cholesterol 0 mg Sodium 5.5 mg Carbohydrate 3.4 g Fiber .8 g Protein .6 g Sugars 2.5 g

Deep Dark Chocolate Chestnut Cookies

Yield **50 cookies**
Prep/Cook 55 Mins

Ingredients

2/3 cup bittersweet dark chocolate chips
1/8 cup chestnut flour
1/4 cup brown rice flour
1/3 teaspoon baking soda
3/4 teaspoon xanthan gum
1/4 cup corn oil
1/2 teaspoon fresh orange zest, organic

1/3 teaspoon salt
1/4 cup cocoa
1/8 cup cornstarch
1/4 cup light cane sugar
1/4 cup sucanat
1/2 teaspoon vanilla sugar
1 large egg



Direction

Preheat oven to 320.

Sift chestnut flour to avoid lumps from forming later. Mix the flours, salt, cocoa and baking soda in a medium sized bowl.

In a separate bowl, beat orange zest, sugars and margarine until well combined. Fold egg into the mixture. Beat with electronic beater till you get a creamy texture and color becomes a few shades lighter.

Melt chocolate chips in a double boiler or microwave.

Fold the melted chocolate slowly into the creamy mixture with smooth movements. Once mixed through, spoon the mixture into a cookie press. Put in the fridge for a few minutes till they set.

Place cookies on a greased cookie sheet. Leave space in between as the cookies will expand. Bake for approx 15 minutes. Turn off the oven.

Let the cookies rest inside the oven for another half an hour before you take your first bite!

Calories 13 Fat 1 g Cholesterol 4.2 mg Sodium 36 mg Carbohydrate 1 g Fiber .1 g Protein .2 g

Rice Custard

Serves 4
40 Mins

Ingredients

5 egg yolks
1/3 cup maple syrup
2 cups rice milk



Direction

In a medium saucepan, warm soy milk for a few minutes on low heat.

While the milk is warming up, take a bowl and whisk together the egg yolks and maple syrup with an electronic whisk.

Add the egg and maple mixture to the milk, and keep stirring on medium heat till the mixture thickens to a custard like consistency.

Keep stirring constantly to avoid lumping.

1 Serve: Calories 195 Fat 7.4 g Cholesterol 236 mg Sodium 79 mg Carbohydrate 25 g Fiber 1.5 g Sugars 17 g

Apricot & Almond Bread

Serves 1 loaf Prep/
Cook 3 Hrs

Ingredients

2 1/2 cups water, at room temperature
1/3 cup canola oil (or preferred oil)
1 teaspoon vinegar
1/2 cup brown rice flour
1/2 cup chickpea or garbanzo flour
1 tablespoon xanthan gum (or guar gum)
4 tablespoons brown sugar
1 1/2 teaspoons salt
2 teaspoons gluten free baking powder
3 eggs and reduce water by 3/4 cup
2 1/2 teaspoons dried yeast granules
1/2 cup dried apricot, chopped (organic)

1/4 cup xylitol
2 cups rice flour
1 cup arrowroot
1/2 cup soymilk powder
1/4 cup almond meal
1/2 cup slivered/flaked almonds



Direction

In a bowl , sift all the dry ingredients to avoid lumps from forming later.

In a separate bowl, whisk together 1/2 cup water and eggs until frothy (like frappuccino). Add all the liquid ingredients (except water)and mix slowly to combine well.

Once mixed through, beat on high until batter has a smooth consistency, adding more water if required. Once you reach the desired consistency, fold in the fruit and nuts.

Pour mixture into a loaf pan, cover with plastic wrap and keep in a warm place for 1 hour so it can rise.

Remove plastic wrap before placing pan in the oven. Bake at 190°C (375°F) for 50-60 minutes, or till a skewer placed into the centre of the bread comes out clean.

1 loaf: Calories 3758 Fat 127 g Cholesterol 0 mg Sodium 3572 mg Carbohydrate 617 g Fiber 37 g

Apple Crumble

Serves 6 Prep/Cook
1 Hr

Ingredients

6 apples
1/2 cup water
1/4 cup xylitol
1 1/2 teaspoons cinnamon

Topping

1 1/2 cups gluten-free self-raising flour
1/2 cup sliced almonds
1/4 cup agave syrup
1/2 cup Earth Balance brand vegan margarine

Direction

Preheat oven to 190°C (375°F).

Peel the apples and slice thinly. Lay them down in a pie dish and sprinkle xylitol, cinnamon and water on top.

In a separate bowl, mix together flour, almonds, brown sugar and margarine until the mixture becomes crumbly.

Drop the crumbly mixture on top of the layered apple slices.

Bake for 30 minutes or until golden brown on top.

Tastes great when served hot with dairy-free ice cream or served cold with hot dairy-free custard.



1 Serve: Calories 187 Fat 4.1 g Cholesterol 0 mg Sodium 9 mg Carbohydrate 39 g Fiber 4.5 g

facts & figures

Dry Measures

Metric	Imperial
15g	½oz
30g	1oz
60g	2oz
90g	3oz
125g	4oz (¼lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (½lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (1lb)
410g	13oz
440g	14oz
470g	15oz
500g	16oz (1lb)
750g	24oz (1½lb)
1000g (1kg)	32oz (2lb)

Liquid Measures

Metric	Imperial
30ml	1 fl oz
60ml	2 fl oz
100ml	3 fl oz
125ml	4 fl oz
150ml	5 fl oz (¾ pint / 1 gill)
190ml	6 fl oz
250ml	8 fl oz
300ml	10 fl oz (½ fl oz)
500ml	16 fl oz
600ml	20 fl oz (1 pint)
1000ml (1L)	1¾ pints



Oven Temperatures

Electric Degrees Celsius	Fan forced Degrees Celsius	Degrees Fahrenheit	Gas Mark	Description
110	90	225	¼	Very slow
120/130	100/110	250	⅓	Very slow
140	120	275	1	Slow
150	130	300	2	Slow
160/170	140/150	325	3	Moderate
180	160	350	4	Moderate
190	170	375	5	Moderately hot
200	180	400	6	Moderately hot
220	200	425	7	Hot
230	210	450	8	Hot
240	220	475	9	Very hot

credits & references

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