

**TOP LEVEL**  
FITNESS

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# RECIPES



**Zack Todevski**

**TOP LEVEL FITNESS**

**8 WEEKS BODY  
TRANSFORMATION**

**RECIPE GUIDE**

# Recipes

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This guide includes some of our favorite recipes, adapted from cookbooks and online sources. Because this plan is not a diet in the traditional sense but a new way of eating that you want to adopt for life, it is essential that you keep your meals tasty, interesting, and creative. Eating the same foods again and again leads to boredom and abandonment. To prevent this from happening, I highly encourage you to try at least one new recipe per week that suits your meal plan. Also, be adventurous and try some foods that you have never tried before.

With all of the recipes presented here (and with any other recipe you may choose to use), adhere to all the principles taught in the manual. For example, organic ingredients are always best. Whenever possible, choose free-range, hormone- and antibiotic-free, fresh, and wild meats, poultry, eggs, and fish. Don't fear salt, but do use an unrefined sea salt or, preferably, Celtic sea salt or Himalayan Pink Salt. Oils should be cold expeller-pressed. Water should be pure and filtered. And the only breads you should consume should be made from organic sprouted whole grains (e.g., Food for Life brand's Ezekiel 4:9 products).

Also, remember that allowable food servings and portion sizes differ for each person, depending on metabolic type and the number of calories required daily.

Remember, fresh food is best, and the more whole and natural the food you eat, the healthier you will be—and the better you will feel. Bon appétit!

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## **Beverage**

### **Tea Juice**

*Drink this when you have a sugar craving. It's a great substitute for unhealthy diet sodas and other sweet beverages.*

5–6 bags caffeine-free herbal tea (e.g., peach, mint, chamomile, or fruit tea)  
3 quarts boiling water  
stevia powder (or liquid) to taste

Pour water over tea bags in a large pot. Add stevia while tea is hot. (Adjust amount according to the desired sweetness.)

Let the tea cool, remove tea bags, transfer tea to a serving pitcher or individual water bottles, and refrigerate.

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## ***Dressings, Marinades, Seasonings, and Sauces***

### ***Basic Salad Dressing***

(Sally Fallon, *Nourishing Traditions*)

MAKES: ~ $\frac{3}{4}$  cup

1 tsp. Dijon-style mustard, smooth or grainy

2 tbsp. + 1 tsp. wine vinegar

$\frac{1}{2}$  cup olive oil

1 tbsp. flax seed oil

Whisk mustard into vinegar. Add olive oil in a thin stream, whisking constantly until oil is emulsified. Whisk in flax oil and use immediately.

***Variation:*** *Mix 1 tsp. of finely chopped fresh herbs (e.g., parsley, tarragon, thyme, basil, or oregano) into the basic recipe after the mix has emulsified.*

## ***Lemon Pepper Dressing***

*Used in the Summer Salad recipe (page 12).*

MAKES: ~ $\frac{3}{4}$  cup

2 tbsp. fresh lemon juice  
1 tbsp. wine vinegar  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. cracked black peppercorns  
1 dash stevia powder  
1 clove garlic, minced  
 $\frac{1}{2}$  cup olive oil  
1 tbsp. flax seed oil

Place all ingredients in a bowl, and whisk vigorously until the mixture emulsifies.

## ***Use-It-on-Everything Marinade***

*This delicious marinade works equally well on veggies, fish, poultry, and beef. It's particularly tasty on London broil, tri-tips, or chuck steak.*

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

MARINATING TIME: overnight

MAKES: enough for 20 lb. of food

1 red onion, sliced  
1 whole head garlic, cloves minced  
4 tsp. salt  
4 tsp. ground white pepper  
4 tsp. freshly ground black pepper  
4 tsp. paprika  
3 tsp. dried basil  
4 tsp. Worcestershire sauce  
1 cup lemon juice  
1¼ cups red wine vinegar  
4 cups (32 oz.) olive oil

Mix all ingredients until well blended. Pour over food, and marinate overnight.

***Tip:*** *Place food in a gallon-size plastic zipper-top bag, cover with marinade, and seal. This package travels well in coolers and is less cumbersome than a pan in the refrigerator. Flip the bag several times while marinating to cover the food evenly.*

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## **Vegetable Dishes**

### **Summer Salad**

*This salad is best made several hours before serving. The secret to its success is to cut the vegetables in a fine dice. A food processor makes that task quick and easy.*

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

- ¾ cup Lemon Pepper Dressing (page 7)
- 1 bunch celery, finely chopped
- 2 cucumbers, peeled, quartered lengthwise, and finely chopped
- 2 bunches green onions, finely chopped
- 2 green peppers, seeded and finely chopped
- 1 bunch radishes, finely chopped
- 3 tomatoes
- 1 tbsp. finely chopped fresh parsley (or chives)

Place the dressing in a large bowl. Add celery, cucumbers, green onions, peppers, and radishes. Toss well with dressing, cover, and refrigerate several hours.

Just before serving, slice the tomatoes thinly, and then cut the slices in half. Arrange slices around the outer edge of six plates, and mound some salad in the center of each. Sprinkle with chopped parsley.

## ***Garlicky Steamed Stuffed Artichokes***

*This dish is messy to eat but delicious.*

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 artichokes

½ cup olive oil (or melted butter)

4 cloves garlic, minced

2 cups breadcrumbs (make your own from fresh or stale sprouted whole grain bread)  
salt and freshly ground black pepper to taste

Remove the artichoke stems and place, stem side down, in a vegetable steamer or a large pot containing about 1 inch of water. Steam, covered, no more than 30 minutes, or until just barely tender. Place artichokes in a colander to drain, stem side up.

Mix olive oil with garlic, breadcrumbs, salt, and pepper. Pull artichoke leaves open a bit, and snip points off leaves with kitchen shears. Press stuffing between leaves. Return to steamer for another 5–10 minutes.

## ***Asparagus with Sesame Seeds***

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

2½ lb. asparagus, trimmed  
2 tbsp. olive oil (or melted butter)  
2 tbsp. minced shallots  
2 tbsp. sesame seeds, lightly toasted  
1 lemon  
salt to taste

Preheat oven to 400°F.

Place oil and asparagus in an ovenproof baking dish, and toss asparagus to completely coat with oil. Bake for about 8 minutes, shaking the dish every 2 minutes or so. Add the shallots and sesame seeds, shake the dish again, and bake 1 minute more.

Transfer asparagus to heated serving bowl, and squeeze lemon juice all over. Season to taste with salt.

## **Vegetable Frittata**

*A frittata is like a no-flip omelet or a no-crust quiche—a fast egg dish that can be made with any combination of vegetable, meat, and cheese that you can imagine.*

SERVES: 4

PREPARATION TIME: 15 minutes

2 tbsp. butter (or coconut oil)

$\frac{3}{4}$  cup chopped red onion

1 lb. mushrooms (or red peppers), sliced

4 cups chopped low-GI vegetables (e.g., broccoli, cauliflower, zucchini, artichoke hearts, asparagus, and spinach)

2 tbsp. minced fresh marjoram

8 medium eggs

$\frac{1}{4}$  cup milk

3 tsp. dry mustard (or 2 tsp. prepared mustard)

1 tsp. freshly ground black pepper

1 tsp. Spike vegetable seasoning (or salt)

Heat butter in large skillet over medium-high heat. Add onion and mushrooms and cook, stirring, for 1–2 minutes, or until onions are translucent.

Add chopped vegetables and marjoram. Sauté until vegetables turn bright green and begin to soften. Reduce heat to medium or medium-low.

Meanwhile, break eggs into a small bowl. Add milk, mustard, and black pepper. Use a fork to break yolks gently, without whisking (mixture will look marbled), and pour eggs over vegetables in skillet. Cook over medium heat until eggs are set.

## **Basic Spaghetti Squash**

*Spaghetti squash is tasty low-carbohydrate substitute for pasta.*

(Sally Fallon, *Nourishing Traditions*)

1 spaghetti squash (any size)

Butter, to taste

Salt and freshly ground black pepper, to taste

Preheat oven to 350°F.

Cut spaghetti squash in half lengthwise; remove and discard seeds. Place squash, cut sides down, in a baking pan with about ½ inch of water. Bake for about 1 hour, or until tender when pricked with a fork.

Let squash cool slightly, and then remove the strands of flesh, bit by bit, with a fork. Mix in butter, salt, and pepper.

**Variation:** *Serve topped with grated Parmesan cheese, pesto, or tomato sauce.*

## ***Butternut Squash Puree with Pecans***

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

3 medium butternut squash  
1–2 tbsp. butter (to grease the dish)  
3 eggs, lightly beaten  
¼ tsp. nutmeg  
salt to taste  
2 tbsp. butter, melted  
¾ cup raw pecans, chopped

Preheat oven to 350°F.

Cut squash in half; remove and discard seeds. Place squash, cut side down, in a buttered ovenproof baking dish with about ½ inch of water. Bake about 1 hour, until tender when pricked with a fork.

After squash is cooked, scoop out flesh into a food processor and blend until smooth. Add eggs and nutmeg, and season to taste with salt. Transfer puree to an ovenproof serving dish. Pour the melted butter over the puree and sprinkle on pecans. Bake for about 30 minutes.

## **Spinach-Stuffed Mushrooms**

*This delicious and elegant accompaniment to beef may be prepared in advance.*

(Sally Fallon, *Nourishing Traditions*)

SERVES: 8

1 cup steamed spinach  
8 large whole fresh white button mushrooms  
1 bunch green onions, finely chopped  
2 tbsp. butter  
2 tbsp. olive oil  
¼ tsp. nutmeg  
Salt and freshly ground black pepper to taste  
1–2 tbsp. butter (to grease the dish)

Preheat oven to 350°F.

Chop cooked spinach, place in a strainer, and press out liquid.

Wash mushrooms. Remove and finely chop stems; set aside whole mushroom caps.

Sauté mushroom stems with green onions in butter and olive oil until tender. Add the Spinach, and cook another minute or so, mixing well, until all moisture has evaporated. Add nutmeg, and season to taste with salt and pepper.

Fill the hollow of each mushroom cap with a spoonful of stuffing, and place in a buttered ovenproof baking dish. Add ¼ inch of water to the dish, and bake for about 20 minutes.

## ***Mary Jo's Spinach***

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

2 bunches fresh spinach

1 tbsp. butter

1 clove garlic, minced

1 tbsp. pine nuts

1 tbsp. sun-dried tomato flakes (optional)

Steam spinach as described for Wilted Spinach (page 18). Melt butter with garlic, pine nuts, and tomato flakes. Pour over spinach, mix slightly, and serve.

## ***Baked Sweet Potatoes***

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 whole (4-ounce) sweet potatoes  
4 tsp. butter  
salt to taste

Preheat oven to 350°F.

Prick each sweet potato in several places with a fork. Bake for 1½ hours, or until soft when pricked with a fork.

Mash the flesh with butter and salt.

## **Sautéed Zucchini**

*Like all members of the squash family, zucchini is ruined by boiling. Even steaming gives watery results. Instead, sauté slices in butter or olive oil and finish with a squeeze of lemon and salt and pepper.*

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

6 medium zucchini, washed and trimmed  
2 tsp. salt  
2 tbsp. butter (or olive oil)  
Juice of ½ lemons  
Salt and freshly ground black pepper to taste

Slice zucchini into thin matchstick-like pieces (or use the small julienne disk of a food processor). Add salt, stir well to mix, and let stand 1 hour.

Rinse zucchini with water in a colander, and squeeze dry in a tea towel.

Melt butter slowly in a heavy skillet over low heat. Raise heat to medium, and sauté zucchini for about 1 minute. Remove to a serving dish, and season with lemon juice, salt, and pepper.

## ***Zucchini with Tomatoes***

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

2 medium zucchini, washed and trimmed  
¾ tsp. salt  
2 tbsp. butter, divided  
2 tbsp. olive oil, divided  
2 medium onions, peeled and chopped  
2 medium tomatoes, peeled, seeded, and chopped  
1 or 2 cloves garlic, minced  
½ tsp. dried thyme  
½ tsp. freshly ground black pepper

Cut zucchini into quarters lengthwise, and then slice each section into thin quarter-rounds. Mix with salt, and let stand about 1 hour. Rinse zucchini in a colander, and pat dry.

Warm 1 tbsp. butter and 1 tbsp. olive oil in a large skillet, and sauté zucchini in batches over medium-high heat until golden. Remove and set aside zucchini.

Sauté onion in 1 tbsp. butter and 1 tbsp. olive oil over medium heat until tender. Add tomatoes, raise heat, and cook a few minutes until liquid is almost all absorbed. Add cooked zucchini, garlic, thyme, and pepper. Sauté about 1 minute more to mix flavors. Don't overcook zucchini!

## ***Baba Ganouj - Roasted Eggplant Dip***

*A classic Middle Eastern dip made of roasted eggplant. Delicious!*

COOKING TIME: 1 Hour

SERVES: 4

2 lbs. eggplant  
1 tbsp. olive oil  
½ cup fresh lemon juice  
2 cloves garlic, minced  
4 tbsp. tahini  
4 tbsp. plain yogurt (optional)

Slice the eggplant in half lengthwise, score the face of each half with the knife, and brush each face with olive oil.

Bake or grill: If baking, place eggplant face up on cookie sheet and put on oven preheated to 450. If grilling, place eggplant face down over medium heat.

Cook for 40-50 minutes, until eggplant is black and soft. (Smaller eggplants will take less time.) Lay out on the platter to cool.

With a spoon, remove the eggplant flesh from the skin and place in blender or food processor. Discard skin.

Blend/process on low speed for a few seconds, until consistent.

Mix in remaining ingredients, taste, and add more tahini, lemon juice, and/or salt as necessary. Chill for about an hour.

Arrange baba ganouj in a shallow bowl, drizzle with olive oil and sprinkle with parsley. Serve with vegetables or sprouted grain toast.

**Notes:** The broiling/grilling step is the key to delicious baba ganouj: it makes the eggplant taste rich and smoky.

Baba ganouj keeps pretty well in the fridge, except for one thing: the garlic gets stronger with each passing day. If you're not planning to eat the baba ganouj right away, you might want to cut down on the amount of garlic for this recipe.

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## **Poultry (Chicken, Turkey)**

### **Basic Roasted Chicken**

*This recipe is quick, easy, and delicious! Refrigerate or freeze leftover chicken for quick meals during the week.*

PREPARATION TIME: 10 minutes

SERVES: 11

1 6- to 8-lb roasting chicken  
1 tbsp. butter, softened  
1 medium garlic clove, minced  
 $\frac{3}{4}$  tsp. salt  
4–5 grinds black pepper  
2 tsp. minced fresh thyme leaves

***Note:** For a golden breast, turn the chicken before the last 30 minutes of cooking.*

Preheat oven to 350°F.

Wash chicken, and remove fat from inside cavity.

In a small bowl, combine butter, garlic, salt, pepper, and thyme to make a paste; rub it over the chicken. Place chicken in roasting pan, breast side down.

Roast, uncovered, basting frequently, for approximately 1½ hours (about 20 minutes per pound). Chicken is done when leg pulls off easily and juices no longer run red when chicken is pricked with a fork. Remove chicken from pan and let rest, covered, for 5–10 minutes.

Cut chicken into serving pieces, or slice and serve with gravy on the side. Remove skin before eating.

***Tip:** Deglaze the roasting pan and make gravy, if desired, thickened with 1½ tbsp. arrowroot dissolved in 2 cups water.*

## ***Steamed Chicken and Vegetables***

*Steaming the chicken with vegetables is a simple, healthy method that reduces excess fat, cooking time, and kitchen mess.*

PREPARATION TIME: 15 minutes

SERVES: 4

1 medium head savoy cabbage, shredded  
¾ cup baby carrots split lengthwise  
1 1-inch piece fresh ginger root, peeled, sliced, and cut into matchsticks  
1 medium garlic clove, minced  
6 scallions (or green onions), cut into thirds  
½ cup coarsely chopped curly (or flat-leaf) parsley  
1 tsp. salt (or Spike vegetable seasoning, or Herbamare seasoned salt)  
3–4 grinds black pepper  
2 large boneless chicken breast halves, cut in half  
2 tsp. coconut oil (or butter)  
½ cup chicken stock

***Note:** The author suggests cooking in a Bundt pan as the steamer; however, a bamboo steamer tray or a metal colander also can be used in a covered stockpot.*

Bring 2–3 inches of water to a boil in a large stockpot. Lower heat to simmer.

Place shredded cabbage in the bottom of a Bundt pan. Meanwhile, combine carrots, ginger, garlic, scallions, parsley, and chicken in a large bowl. Add oil, and season with salt and pepper. Toss to mix. Pile mixture evenly on top of cabbage.

Place Bundt pan into simmering water. Pour chicken stock over the chicken and vegetables, cover, and steam lightly for 18–20 minutes.

## ***Bare Bones Low-Fat Chicken Salad***

SERVES: 1

4 oz. poached chicken breast, cut into 1-inch cubes

¼ cup coarsely chopped celery

1 tsp. finely chopped parsley

1 tbsp. sliced almonds, coarsely chopped

2 tsp. Dijon-style mustard

2 tbsp. chicken stock

1 or 2 dashes hot pepper sauce

Salt and freshly ground black pepper to taste

In a medium bowl, mix chicken, celery, parsley, and almonds.

In another bowl, whisk mustard, stock, and hot pepper sauce together until well blended.

Combine mixtures, and stir well. Season with salt and black pepper.

## ***Easy Grilled Chicken Breasts***

*Serve alongside grilled asparagus or a side salad.*

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 10 minutes

MARINATING TIME: 1 hour

COOKING TIME: 15 minutes

SERVES: 4

4 boneless skinless chicken breast halves

¼ cup olive oil

juice of 1 lemon

1 tsp. salt

1 tsp. freshly ground black pepper

Rinse chicken thoroughly with cool water. Whisk olive oil, lemon juice, salt, and pepper in large bowl. Refrigerate chicken in marinade for 1 hour.

Preheat grill until it reaches medium heat.

Cook chicken for 6–8 minutes per side, or until golden brown.

## ***Garlic- and Herb-Marinated Chicken Breasts***

(Wild Oats Marketplace online recipes)

MARINATING TIME: 2 hours or overnight

COOKING TIME: 15 minutes

SERVES: 4

5 cloves garlic, minced

1 tsp. dried basil

1 tsp. dried thyme

1 tsp. dried oregano

1 tsp. dried tarragon

1 tsp. salt

1 tsp. freshly ground black pepper

juice and zest of 1 lemon

½ cup olive oil

6 boneless skinless chicken breast halves

1 tbsp. olive oil

Mix the garlic, herbs, salt, pepper, lemon juice and zest, and olive oil in a large (1-gallon) plastic zipper-top bag. Add chicken, and marinate for at least 2 hours (up to overnight) in refrigerator.

Preheat a grill to medium-high.

Brush grate with oil. Sear chicken 5 minutes per side, or until its internal temperature reaches 165°F.

## ***Tomato–Fennel Chicken with Cauliflower and Olives***

(Finger Lakes Gourmet online recipes)

PREPARATION TIME: approximately 45 minutes

SERVES: 4

2 tsp. olive oil  
8 boneless skinless chicken thighs  
8 cloves garlic, thinly sliced  
1 cup dry white wine, divided  
28 oz. crushed tomatoes (canned is fine)  
1 cup chicken broth  
1 tsp. fennel seeds  
¼ tsp. ground cayenne pepper  
1 tsp. sun-dried tomatoes, minced  
zest of 1 lemon  
1 cup pitted kalamata olives  
¼ tsp. salt  
⅛ Tsp. pepper  
4 cups cauliflower florets  
1 tbsp. chopped fresh parsley

Heat olive oil in a large pot over high heat. Brown chicken on both sides, cooking for about 3–4 minutes per side. Remove chicken from pot; reduce heat to low. Pour off excess oil.

To the same pot, add garlic and 1 tbsp. wine. Cook 1 minute. Stir in remaining wine, crushed tomatoes, broth, fennel seeds, cayenne, sun-dried tomatoes, zest, olives, salt, and pepper. Return chicken to pot. Increase heat to high to bring sauce to a boil. Reduce heat to low; cover pot. Simmer 25 minutes.

Stir in cauliflower florets. Simmer 10 minutes more, until chicken is cooked through and cauliflower is tender.

Remove chicken to a serving platter, and top with sauce. Sprinkle with fresh parsley.

## ***Chicken in Coconut–Lime Sauce***

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

3 tbsp. coconut oil  
4 bone-in chicken thighs  
4 bone-in chicken drumsticks  
½ cup sliced green onions  
½ cup prepared salsa  
1 tbsp. minced garlic  
2 dried red hot peppers  
1 tsp. curry powder  
½ tsp. salt  
¼ tsp. freshly ground black pepper  
13½ oz. (1 can) coconut milk  
½ cup fresh lime juice  
a few lime slices (for garnish)  
a few fresh red hot peppers (for garnish)  
½ cup grated coconut (for garnish)

In large frying pan, warm coconut oil over medium-high heat. Brown chicken in batches, about 5 minutes on each side; remove from frying pan and keep warm.

To frying pan, add green onions, salsa, garlic, dried hot peppers, curry powder, salt, and black pepper; cook about 2 minutes, stirring, until onion is browned. Return chicken to pan; pour coconut milk and lime juice over chicken. Simmer over low heat about 30 minutes, or until fork can be inserted into chicken with ease. Remove and discard hot peppers.

Remove chicken to a platter. Garnish with lime slices and fresh red hot peppers, and sprinkle lightly with grated coconut before serving.

## ***Roasted Chicken with Rosemary and Garlic***

(Free-Gourmet-Recipes.com online recipes)

SERVES: 8

1 large (5- to 6-lb) roasting chicken  
1½ tbsp. minced garlic  
1½ tbsp. chopped fresh rosemary  
4 medium onions  
2 whole heads garlic  
1 tbsp. olive oil

Preheat oven to 450°F.

Rinse chicken and pat dry. Remove and discard neck, giblets, and any excess fat. Loosen skin from breast and drumsticks. Place minced garlic and rosemary beneath skin. Lift wing tips up and over back; tuck behind chicken. Place chicken, breast side up, in a broiler pan.

Cut thin slices from the ends of each onion, and peel. Cut tops off garlic, leaving root end intact. Brush onions and garlic heads with olive oil; place around chicken.

Bake for 30 minutes. Reduce heat to 350°F, and bake an additional 1 hour and 15 minutes, or until the internal temperature registers 180°F.

## **Quick Turkey Cutlets**

*This tasty recipe could get dinner on the table in a hurry any weeknight.*

PREPARATION TIME: 10 minutes

SERVES: 4

1¼ lb. boneless turkey thighs

1¼ tsp. salt

4–5 grinds black pepper

4 tsp. butter (or coconut oil)

4 tsp. minced fresh rosemary (or 2 tsp. crushed dried rosemary)

¼ cup lemon juice

2 tbsp. green olives, pitted, sliced in half

Pound turkey (between pieces of waxed paper or plastic wrap) with large flat knife or meat mallet to an even thickness of ¼ inch. Season with salt and pepper.

Melt butter in a large sauté pan or skillet over medium-high heat. Sear turkey cutlets on one side. Turn cutlets, and cook for 1 minute.

Season cutlets with rosemary, lemon juice, and olives. Cook for 2–3 minutes more. Remove cutlets to a serving platter and keep warm.

Scrape up any browned bits from the bottom of pan, and continue heating until sauce is reduced to about 2 tbsp. Pour sauce over cutlets, and serve immediately.

## ***Herb-Roasted Turkey***

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 20 Minutes

COOKING TIME: 2–3 hours

1 12- to 14-lb turkey, brined  
1 lemon, cut into wedges  
¼–½ cup olive oil  
4 tbsp. unsalted butter, softened  
Salt and cracked black peppercorns to taste  
3 sprigs fresh rosemary  
3 sprigs fresh thyme  
3–5 cups chicken broth (enough to cover the bottom of the pan ¼ inch)  
1 cup white wine  
1 bay leaf  
1 tbsp. dried thyme  
1 tbsp. dried rosemary  
1 tbsp. dried basil

*Note: To create a golden skin, uncover turkey and increase oven temperature to 450°F about 30 minutes before the turkey is expected to be done.*

Preheat oven to 325°F.

Squeeze lemon juice over the turkey. Place juiced lemon wedges inside the chest cavity. Mix olive oil, butter, salt, and peppercorns, and rub over the entire turkey. Place fresh rosemary and thyme underneath breast skin. Tie legs together with kitchen string, and close cavity. Pour broth and wine in the bottom of the roasting pan; add bay leaf and dried herbs. Place turkey, breast side up, on a roasting rack in the pan, and cover the pan.

Roast turkey until juices run clear and a meat thermometer reads 160°F when inserted into the thickest part of the breast without touching the bone. (Estimate 15 minutes per pound; a 12- to 14-pound turkey should be done in 2–3 hours.) Allow the turkey to rest 20 minutes out of the oven before carving.

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**Meat (Beef, Lamb)****Quick Beef Steaks with Mushrooms and Wine**

*Using cube steaks instead of the usual cuts can shorten cooking time and calories.*

PREPARATION TIME: 10 minutes

SERVES: 4

4 large (4- to 6-ounce) beef cube steaks  
½ cup red wine  
8 oz. fresh mushrooms, quartered  
2 medium garlic cloves, minced  
2 tbsp. fresh parsley, finely chopped  
2 tbsp. butter

Place cube steaks in a quart-sized plastic bag, then set in a bowl to help bag stand up. Add wine, mushrooms, garlic, and parsley. Marinate mixture, refrigerated, for at least 30 minutes (to add flavor) and up to 24 hours (to tenderize the meat).

Melt butter in a large skillet over medium-high heat. Braise steaks, two at a time (reserving marinade for sauce), 2 minutes on each side. Remove steaks to serving platter and keep warm.

Pour reserved marinade into pan, and bring to a boil over medium-high heat. Cook for a couple of minutes, then pour over steaks. Serve immediately.

**Variation:** *If you are short on time, simply heat marinade ingredients together in a small pan for 2–3 minutes while searing steaks in butter as directed. Remove steaks from pan. Deglaze pan and add to the warmed marinade. Pour over steaks.*

## ***Herb-Seasoned Steak Broil***

*This tasty center-of-the-plate dinner option is ready in minutes.*

PREPARATION TIME: 10 minutes

SERVES: 5

- 1 lb. top-sirloin steak
- 2 tsp. coconut oil
- 2 tbsp. Dijon-style mustard
- 2 tsp. grated horseradish (or prepared horseradish sauce)
- 2 tsp. dried thyme
- 1 tsp. ground celery seed
- 1 tsp. onion powder
- 1 tsp. coarse salt
- ½ tsp. freshly ground black pepper

Take steak out of refrigerator at least 30 minutes before cooking. Preheat oven to broil. Set oven rack 6 inches from broiler unit.

Rub both sides of steak with coconut oil. Combine mustard and horseradish, and spread evenly on both sides of steak. Place steak on lightly greased broiler pan.

In small cup, mix thyme, celery seed, onion powder, salt, and pepper. Divide mixture, sprinkling half on each side of meat.

Broil steak for 3–4 minutes per side, or until browned. Remove steak to serving platter; let rest 1 minute. Slice and serve.

## ***Grilled Cracked Pepper and Herb Steak***

(Wild Oats Marketplace online recipes)

COOKING TIME: 20 minutes

SERVES: 2–3

1 lb. bone-in beef rib steak  
2 tsp. olive oil  
3 tbsp. coarse salt  
4 tbsp. cracked black peppercorns  
1 tbsp. garlic powder  
1 tbsp. dried rosemary, crushed  
1 tsp. dried thyme  
1 tsp. ground coriander  
1 tsp. dried basil  
1 tsp. dried oregano  
½ tsp. ground cayenne pepper (optional)

Rub steak with oil, and set aside on the counter for about 1 hour. (Bringing the steak to room temperature decreases grilling time and encourages even cooking.) Preheat grill to medium-high.

Combine salt, pepper, herbs, and cayenne (if using); coat the steak generously with this dry rub.

Sear steak 4–5 minutes per side for medium rare. Allow the steak to rest 5–10 minutes before carving for peak juiciness.

## ***Garlic and Red Wine Filet Mignon***

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 25 minutes

SERVES: 4

4 6-ounce filet mignon portions, each ~2 inches thick

4 cloves garlic, thinly sliced

salt to taste

½ cup olive oil

¼ cup balsamic vinegar

1 tbsp. olive oil

4 oz. white mushrooms, thinly sliced

½ bottle red wine (cabernet sauvignon)

Slice into each filet lengthwise, creating a small pocket. Stuff each pocket with the equivalent of 1 clove of garlic, and season filets with salt. Mix olive oil and vinegar, and brush liberally over each filet.

Heat olive oil in a large skillet over medium-high heat. Sear filets for 2 minutes per side. Remove filets from skillet; add mushrooms and cook for 3–4 minutes, or until soft. Push mushrooms to the edges of the pan, and return filets. Add the wine, cover, and simmer for 10 minutes for filets that are medium done.

## ***Roasted Garlic–Stuffed Rib Eyes***

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 30 minutes

COOKING TIME: 6 minutes

SERVES: 3–4

2 8-ounce rib-eye steaks  
2 whole heads garlic  
4 tsp. olive oil  
Salt and freshly ground black pepper to taste

Preheat oven to 400°F.

Rub each head of garlic with 1 tsp. of olive oil, and place in a covered casserole dish. Bake for 15–20 minutes. Remove garlic from oven to cool, uncovered, but leave the oven on. Squeeze out roasted garlic; mash with a pinch each of salt and pepper.

Slice a 3-inch pocket lengthwise in each rib-eye steak. Fill each pocket with roasted garlic paste. Season both sides of each steak with salt and pepper.

Heat the remaining oil in an ovenproof skillet over medium-high heat. Sear steaks 3 minutes per side, then place in oven for 6 minutes for medium rare; add 1 or 2 minutes for each degree of doneness. Allow steaks to rest 10 minutes before serving.

## **Roasted Leg of Lamb (or Chevon)**

(Jordan S. Rubin, *The Maker's Diet*)

SERVES: 4–6

1 6- to 8-lb leg of lamb (or chevon [baby goat])  
½ cup Dijon-style mustard  
¼ cup soy sauce  
1 tbsp. minced fresh rosemary  
1 clove garlic, slivered  
1 1-inch piece of fresh gingerroot, peeled and minced  
2 tbsp. olive oil

Preheat oven to 350°F.

Blend mustard, soy sauce, rosemary, garlic, and ginger in a bowl. Whisk in oil to make a creamy mixture, then set aside the sauce.

Make four shallow slashes in the lamb with a sharp knife; tuck a sliver of garlic into each. Brush the lamb liberally with sauce, and let stand on the counter for 1–2 hours.

Roast lamb on a rack for 1¼ to 1½ hours, or until a meat thermometer reads 150°F (medium doneness). Allow the roast to rest for at least 15 minutes before carving; the temperature will increase to about 160°F as it rests.

## ***Herbed Lemony Lamb Chops***

*The lemony seasoning makes delicious lamb chops, whichever cut you prefer.*

PREPARATION TIME: 30–35 minutes

SERVES: 4

- 1 tsp. lemon zest (or ½ tsp. lemon pepper seasoning)
- ½ tsp. dried rosemary, crushed
- 1 tsp. dried oregano
- 1 tsp. dried tarragon
- 3 tbsp. lemon juice
- 1 tbsp. soy sauce
- 2 tbsp. butter
- 4 lamb shoulder chops

Combine lemon zest, herbs, lemon juice, and soy sauce in a small bowl; set aside.

Heat butter in a large skillet over medium-high heat. Brown lamb chops on both sides, and leave in skillet. Pour seasoning over chops in skillet. Cover, and simmer over medium-low heat for 20–25 minutes, or until chops are tender.

***Variation:*** *The same seasoning ingredients could be used on lamb loin chops to be broiled. Reduce the amount of lemon juice to 1 tbsp. and mix with herbs to make a paste. Spread on loin chops and broil 3–4 minutes per side, depending up thickness. Do not overcook.*

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## ***Fish***

### ***Easy Smothered Salmon***

(Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*)

SERVES: 6

2 tbsp. coconut oil (or butter)  
2 slices turkey bacon, chopped  
 $\frac{3}{4}$  cup diced celery  
 $\frac{3}{4}$  cup chopped onion  
1 tsp. salt  
1–2 tbsp. butter  
2 cups canned salmon  
 $\frac{1}{2}$  cup boiling water

Preheat oven to 375°F.

Melt oil in a heavy skillet. Add oil, bacon, celery, onion, and salt and fry until celery and onion are light brown.

Butter a covered ovenproof baking dish, and place salmon in center. Arrange vegetable mixture around salmon. Add water and cover.

Bake for 30 minutes. Remove cover and bake another 10 minutes.

## ***Salmon with Pecan Pesto***

(Jordan S. Rubin, *The Maker's Diet*)

SERVES: 4

~5 oz. shelled pecans  
1 3-inch sprig of rosemary  
4 salmon fillets (~1¼–1½ lb. total)  
3 oz. cold butter, cut into ½-tbsp pats  
2–3 fresh jalapeño peppers, seeded and coarsely chopped  
zest of ½ small lemon (or small orange), finely chopped  
1 tbsp. olive oil  
Salt and freshly ground black pepper to taste

Preheat oven to 300°F.

Toast pecans on a cookie sheet about 20–30 minutes, or until they release their aroma. Set aside to cool.

Strip rosemary leaves from stems, mince, and set aside.

Rinse salmon and pat dry. Butterfly fillets with a sharp knife, if desired. Rub salmon with olive oil; season with salt and pepper. Heat heavy skillet over medium heat. Pan-fry fillets until firm to the touch.

Place the toasted pecans, rosemary, butter, jalapeños, and lemon zest in a food processor. Process for 5–8 seconds, scrape the bowl, and repeat two or three times until a paste (pesto) forms. Do not over process.

Spread the pesto over the cooked salmon, and serve immediately.

## ***Baked Herbed Salmon***

*A traditional Mediterranean pesto makes a low-carbohydrate salmon dish that's quick, elegant, and tasty. The fish bakes with the sauce while you prepare the rest of the meal.*

PREPARATION TIME: 10 minutes

SERVES: 4

4 6-ounce salmon fillets  
Salt and freshly ground black pepper to taste  
1 tbsp. olive oil  
2 medium garlic cloves, coarsely chopped  
½ tsp. Spike vegetable seasoning (or salt)  
1 tsp. ground cumin  
½ tsp. freshly ground black pepper  
1 tbsp. capers (or green olives)  
1 cup coarsely chopped flat-leaf Italian parsley  
1 cup coarsely chopped cilantro leaves  
2 tsp. lemon zest  
~5 oz. fresh lemon juice

Preheat oven to 350°F.

Rinse salmon and place on lightly greased cookie sheet or in an ovenproof baking dish. Season with salt and pepper.

In food processor, process olive oil, garlic, Spike, cumin, pepper, capers, parsley, cilantro, lemon zest, and lemon juice until well combined. Pour sauce over fish.

Bake for 13–15 minutes or until salmon flakes easily with a fork.

## **Salmon Ceviche**

*In South America, Japan, and elsewhere, marinated raw fish is served as an appetizer. It is a popular way to preserve the flavor, nutrition, and digestibility of fresh fish. Serve with butter lettuce or other leafy salad greens.*

PREPARATION TIME: 10 minutes

SERVES: 4

1 lb. salmon

1/3 cup finely diced red onion

1 cup fresh lime juice

2 tbsp. seeded and finely chopped serrano pepper (or 1 chili pepper, minced)

2 tsp. salt

1 cup chopped tomatoes

2 cups chopped cilantro (or parsley)

Skin salmon, and chop into 1/4- to 1/2-inch pieces. Combine salmon, onion, lime juice, hot pepper, and salt. Marinate for several hours or overnight.

About 10–15 minutes before serving, add chopped tomatoes and cilantro to salmon mixture, and stir to combine.

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## **Beans**

### **Cooked Beans**

*This is a great way to have delicious cooked beans ready at any moment to heat and eat or add to a recipe. Cook your favorite bean with the following indications.*

PREPARATION TIME: Varies

COOKING TIME: Varies

SERVES: 4 – 6

1 cup dried beans (any variety)

Sort and clean the dried beans. Soak the beans in boiling water for 1 - 2 hours, or 6 - 12 hours in cold water, until they're doubled in size and wrinkle free - soaking time varies with the bean. Drain and rinse the soaked beans, place in medium saucepan, cover with cold unsalted water. Bring to boil uncovered, boil for ten minutes. Skim the foam off the beans with a ladle or large flat spoon. Cover and simmer the beans for 1 - 2 hours OR cook 8 minutes at high pressure in a pressure cooker.

**Slow cooker or crockpot:** Add the beans, cover and turn the heat to low. Cooking time will vary with the bean, but six hours in the crockpot on low is about right for pinto beans

**Note:** It's always worthwhile to double the bean recipe, and freeze in small containers or freezer bags for future vegetarian or vegan bean recipes.

## ***Homemade Hummus***

PREPARATION TIME: 10 minutes

MAKES: 2 Cups

1 (15.5 ounce) can garbanzo beans (chickpeas), drained

1/3 cup pitted Spanish Manzanilla olives

1 teaspoon minced garlic

3 tablespoons olive oil

2 tablespoons lemon juice

1 ½ teaspoons chopped fresh basil

1 teaspoon cilantro leaves

salt and pepper to taste

Place garbanzo beans, olives, and garlic into the bowl of a blender or food processor. Pour in olive oil and lemon juice; season with basil, cilantro, salt, and pepper. Cover and puree until smooth. Hummus can be served immediately, or covered, and stored in the refrigerator until ready to use.

### ***Kidney Bean and Mushroom Veggie Burger***

PREPARATION TIME: 1 hour

COOKING TIME: 12 minutes

SERVES: 4 – 6

1 medium carrot

1/2 cup oats

1 14 ounce can kidney beans, drained

1/2 cup mushrooms

1/2 onion

1 medium carrot

1/2 red or yellow bell pepper

1 egg

2 tbsp. organic ketchup (optional as it adds sugar)

1/2 tsp. garlic salt

Process carrot in food processor until grated. Add oats and beans and pulse a few times.

Add remaining ingredients and process until well combined but still slightly coarse.

Chill for at least 45 minutes then form into 4 - 6 patties.

Broil for 5-6 minutes on each side. You could also cook these mushroom veggie burgers on the grill, or pan fry in coconut oil.

## ***Black Bean Veggie Burgers***

PREPARATION TIME: 15 minutes

COOKING TIME: 20 – 30 minutes

SERVES: 10

2 cups black beans cooked

½ cup green pepper, chopped fine

½ cup red onion, chopped fine

1 large stalk celery, chopped fine

2 -4 cloves garlic minced (depends how much you like garlic)

1 tsp. cumin

1 Tbsp. cooking oil

¼ tsp. cayenne pepper

Salt and pepper to taste

1/3 cup hummus

½ cup rolled oats

2 slices sprouted grain or spelt bread crumbled into tiny pieces (hint: blender or food processor works great)

Mash or puree half the beans, add reserved beans and all other ingredients EXCEPT hummus. Mix well by hand. Add enough of the hummus or other liquid ingredient to moisten mixture fairly well. Mixture may seem a little sticky, but it's better than a bit dry, because they WILL dry out while cooking. Cook on medium until brown, approx. 10 - 15 min per side. Fantastic with a little brown mustard or horseradish.

## ***Garbanzo Bean Burger***

PREPARATION TIME: 45 minutes

COOKING TIME: 30 minutes

SERVES: 4

- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1 red bell pepper, finely chopped
- 1 carrot, grated
- 3 cloves garlic, minced
- 1 red chili pepper, seeded and minced
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon tahini paste
- salt and black pepper to taste
- 1 teaspoon olive oil (optional)

Place garbanzo beans in the food processor with bell pepper, carrot, garlic, red chili pepper, cilantro, tahini, salt, and pepper. Pulse 5 times, scrape the sides, and pulse again until the mixture is evenly mixed. If the mixture looks dry, add olive oil.

Refrigerate mixture for 30 minutes. Preheat oven to 350 degrees F (175 degrees C). Prepare baking sheet with parchment paper or lightly grease with coconut oil. Shape the mixture into patties. Bake for 20 minutes, then carefully flip burgers and bake 10 more minutes, or until brown.

## **Quinoa Red Lentil Stew**

(Insert Source)

PREPARATION TIME: 15 minutes

COOKING TIME: Varies

SERVES: 4 - 6

½ cup quinoa

¾ cup small red lentils (masoor dhal)

2 large carrots

2 stalks celery

1 small head cauliflower

2 bay leaves

2 inch piece cinnamons stick

4 green cardamom pods

2 thin slices fresh ginger

6 cups water

½ tsp. ground cumin

½ tsp. ground fennel seed

½ tsp. turmeric

1 tsp. salt or to taste

4 Tbsp. minced fresh herbs: parsley, cilantro or basil

**For a spicier flavor**, Add ½ - 1 tsp. green curry paste OR ¼ tsp. cayenne powder

Rinse the quinoa and red lentils in a bowl or pan, and then drain into a colander. Peel the carrots, slice lengthwise, then slice in thin pieces. Wash and trim the celery stalks, then slice crosswise in thin pieces. Break or cut the cauliflower into large chunks - these will break up into smaller pieces as they cook. Combine quinoa, lentils, cumin, fennel, turmeric, bay leaves, cinnamon stick, cardamom pods and fresh ginger slices in the crockpot, and cover with the 6 cups water. Cover and cook on low for 6 hours or more if needed. Just before serving, add the minced fresh herb, and optional greens. When serving, remove the ginger slices, bay leaves, cinnamon stick, and cardamom pods, as you come across them. If you don't have a crockpot, you can make this quinoa recipe on the stove. Bring to a boil, cover and cook on low heat for 20 - 30 min.

## ***Black Bean Dip***

(Adapted from Deborah Madison's Vegetarian Cooking for Everyone)

*A spicy black bean paste that works great as a dip, in burritos, or on nachos.*

PREPARATION TIME: 10 Minutes

COOKING TIME: 10 Minutes

MAKES: 2 Cups

2 c black beans, canned and drained or soaked and cooked (link to cooked beans recipe)

½ cup hot water

1 tbsp. olive oil

¼ cup scallions, sliced

1 tsp. ground coriander

1 tsp. ground cumin

¼ cup cilantro, chopped

1 tsp. chipotle chili, puréed OR ½ t cayenne

2-3 limes, juiced

½-1 tsp. salt

Place the beans in the food processor or bowl, pour water over them, and let sit.

Meanwhile, heat the oil over low - medium heat, add the scallions, coriander, and cumin, and sauté, stirring frequently, until tender, about 10 minutes.

Add spice mixture, cilantro, and chili to the beans and purée until chunky, 10-20 seconds. Add lime juice and salt, mix, taste, and add more chili/cayenne, lime juice, and salt as needed.

Bean dip keeps in refrigerator for up to 5 days, but it tastes best warm or at room temperature.

## **Cashew Chili**

*Cashew chili is easy, delicious, filling, and vegetarian. What more can you ask for?*

PREPARATION TIME: 10 Minutes

COOKING TIME: 10 Minutes

SERVES: 4

1 tbsp. olive oil  
1 stalk celery  
2 medium onions  
1 green bell pepper  
2 cups canned tomatoes, with juice  
1-2 cans kidney beans, in water  
1 tsp. black pepper  
1 tsp. minced basil  
1 tsp. minced oregano  
½-1 tbsp. chili powder  
¼ tsp. cumin  
1 bay leaf  
1-2 tbsp. cider vinegar  
½-1 cup cashews

Chop the celery, onions, and bell pepper, then sauté them in olive oil until tender. Add tomatoes and beans (with water) and all spices. Cover and simmer for 5-10 minutes, until you're happy with the amount of liquid. Add vinegar and cashews. Taste and adjust seasonings, remove bay leaf, and serve. For a soupier consistency, use less beans and nuts.

## **Dal**

*Dal is the Indian term for lentils and in cooking refers to any of the many Indian dishes made with lentils. There are many variations ranging from simple to complex. This recipe is on the easy side.*

PREPARATION TIME: 10 Minutes

COOKING TIME: 40 Minutes

MAKES: 2 Cups

1 cup red lentils (masoor dal) or brown lentils  
3 tbsp. butter or olive oil  
1 small onion, minced  
2 cloves garlic, sliced  
1 chili, seeded and chopped  
½ tsp. turmeric  
3 cups water  
15 oz. can unsweeten coconut milk  
salt  
2 shallots, diced  
1 dried red chili, crumbled OR ¼ t red pepper flakes  
3 bay leaves  
1 tsp. mustard seeds

Wash the lentils thoroughly and drain well.

Heat 2 tbsp. butter over medium-high heat, then sauté onion, garlic and chili for 1 minute. Add lentils, turmeric, and 3 c water. Bring to a boil, lower heat, cover, and simmer until lentils are soft, about 30 minutes.

Remove the cream from the top of the coconut milk and reserve for some other use. Add coconut milk to lentils and simmer, stirring occasionally, for 5 minutes. Add a bit of salt, taste, and remove from heat.

Heat remaining 1 tbsp. butter over high heat. Add remaining ingredients and sauté about 1 minute, until mustard seeds turn grey. Stir into lentils and serve.

## **White Bean and Tomato Soup**

(Adapted from *The Greens Cookbook* by Deborah Madison)

*This white bean and tomato soup flavored with sage and thyme is an elegant alternative to minestrone soup.*

PREPARATION TIME: 8 Hours

COOKING TIME: 1 – 1 ½ Hours

SERVES: 4 - 6

½ cup dry white beans, washed and soaked for at least 8 hours

8 cups water

10 sage leaves or 1 t dried sage

3 bay leaves

6 branches of thyme or ¼ t dried thyme

4 cloves garlic, peeled

3 tbsp. olive oil

1 tsp. salt

1 medium onion, chopped

1 pound fresh tomatoes or 2 c canned tomatoes, chopped, or 2 c plain tomato sauce

Drain and rinse the beans and place in pot along with water, 5 sage leaves, 2 bay leaves, thyme, 3 whole cloves garlic, and 1 tbsp. oil. Bring to a boil, add ½ t salt, lower heat, and simmer about an hour, until beans just tender.

Set the colander over a bowl; strain the beans; and remove the garlic, bay leaves, and thyme stems. Set both the cooking water and beans aside.

Heat remaining oil along as you mince the last garlic clove. Add to pot along with the remaining sage and bay leaf. Sauté a minute or two, add onion, and cook, stirring frequently, for 8-10 minutes, until soft. Add the tomatoes, cooking liquid and remaining salt, bring to a boil, and simmer for 20 minutes. Then add beans and cook another 10 minutes.

Serve hot or set aside to cool, then refrigerate in an airtight container - the flavor will actually improve over the next day or two.

## **Shepherd's Pie**

*This vegetarian shepherd's pie recipe is a simple yet delicious lambless version of the real thing.*

PREPARATION TIME: 30 Minutes

COOKING TIME: 30 Minutes

SERVES: 6

2½ tbsp. olive oil

2 cloves garlic, minced

½ cup onion, minced

1 large tomato, chopped

3 cups mixed vegetables, finely chopped

3 cups cooked legumes

1 cup vegetable stock or water

1 tsp. gluten-free soy sauce

pepper

2 to 2½ cups mashed cauliflower ([insert link to recipe](#))

Heat 2 tbsp. oil over medium heat, add garlic, and sauté for 2 minutes. Add onion and continue sautéing until soft, about 5 minutes. Add tomato and cook for two more minutes, stirring frequently. (If you need to make the mashed potatoes, start them now). Add stock and vegetables, bring to boil, cover, lower heat, and cook until vegetables are tender, about 5-10 minutes. Add soy sauce and pepper, taste, and adjust seasonings as necessary.

Preheat oven to 350. Use remaining ½ tbsp. oil to grease pie plate. Arrange vegetables in it, and then cover with a layer of mashed potatoes. Garnish.

Bake until bubbly, about 30 minutes. Serve hot.