

# Bone Broth

Homemade bone broth is rich in minerals and glycine and can be consumed straight, used in soups and stews, and used for braising meats and vegetables.

Bones (or feet or fish heads) for broth can be purchased from your farmer, butcher, or fishmonger or saved from various meals in your freezer until you have accumulated enough for a batch of broth.

In general, the longer you cook the broth, the more you demineralize the bones and the higher the mineral content of your broth will be.

The collagen in broth (the glycine-rich protein that makes it gelatinous when chilled) comes from connective tissue around the bones. Chicken feet, beef knuckle bones, and fish heads will each make your broth rich with collagen. You can also use a mix. For example, I use leftover bones from roasted chicken to make chicken broth, but I like to throw in a handful of feet to make sure that it gels.

## Chicken or Turkey Broth

Prep Time	Cook Time	Yield
10 Minutes	7 hours to 5 days	10-12 Cups

Amount	Ingredient		
2-3	lb	Chicken or turkey bones	bones from 2-3 roasting chickens or from 1 turkey
1	gal	water	or enough to cover the bones by 1-2 inches
1	tbsp	apple cider vinegar	
2		Onions	medium, quartered
4-5		Carrots	cut in half
6-8		Celery sticks	cut into thirds
6-8		Cloves of Garlic	
3		Bay leaves	
1	tsp	salt	

## Beef, Bison, or Lamb Broth

Prep Time	Cook Time	Yield
10 Minutes	7 hours to 5 days	10-12 Cups

Amount	Ingredient		
2-3	lb	beef bones (or use bison, or lamb)	
1	gal	water	or enough to cover the bones by 1-2 inches
1	tbsp	apple cider vinegar	
2		Onions	medium, quartered
3		Bay leaves	
1	tsp	whole cloves	
1	tsp	salt	

## Instructions

1. Combine the bones, water, and vinegar in a large stockpot (or pressure cooker or slow cooker). Bring to a boil over high heat, then reduce the heat to maintain a simmer. Alternatively, cook under high pressure in a pressure cooker or bring to a boil and then reduce the heat to low in a slow cooker.
2. During the first hour of cooking, skim off any foam that has risen to the surface (This improves the flavor of the final broth.) You don't need to do this step if you're using a pressure cooker.
3. Simmer, covered, for 24-48 hours (or 6-12 hours under high pressure in a pressure cooker or 2-5 days in a slow cooker). Periodically stir and check the water level. Top up with additional water if needed to make sure that the bones are covered by an inch or two of water.
4. Add the remains ingredients. Simmer for an additional 4-6 hours (or 1-2 hours in a pressure cooker or 6-8 hours in a slow cooker).
5. Strain and discard the bones and vegetables. Store the broth in the fridge for up to 5 days or in the freezer for up to 6 months.

# Applesauce

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*I like to keep plain applesauce in my freezer to serve with pork, spice up for a dessert on its own, or use as an ingredient in a variety of treats.*

*This recipe can easily be scaled up or down depending on how many apples you have and how much applesauce you want to make.*

## Applesauce

Prep Time	Cook Time	Yield
10-30 Minutes	20 Minutes	3 Cups
Amount	Ingredient	
4-5	Apples	about 2.5 pounds
1/4	cup water	

## Variations:

**Spiced applesauce.** Add 1/2 to 1 tsp. each ground cinnamon and mace, plus a pinch of ground cloves, to 1 cup applesauce.

**Spiced applesauce sorbet.** Put 4 cups spiced applesauce in an ice cream maker and churn following the manufacturer's instructions.

## Instructions

1. Peel and core the apples. There's no need to cut them up too small.
2. Place the apples and water in a large pot and cover. Bring to a simmer over high heat, then reduce the heat to medium.
3. Simmer until the apples are soft, about 20 minutes (less if your apple pieces are smaller, more if they are larger). The cooking time will also vary depending on the apple variety.
4. Let cool. Mash with a potato masher or fork for a lumpier consistency or with an immersion blender for a smoother consistent. Some varieties of apple won't need to be mashed at all.

# Cauliflower Gravy

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*This gravy is a welcome addition to any meal. While it qualifies as a vegetable side dish and its full of healing bone broth all its own, I just had to include it in your recipes.*

## Cauliflower Gravy

Prep Time	Cook Time	Yield
5-10 Minutes	20 Minutes	3 Cups
Amount	Ingredient	
1/2	Head	Cauliflower
1 1/2	cup	Bone Broth
1	clove	garlic
		Salt to taste

Variations:

**Cream of Cauliflower Soup.** Thin the gravy with 1/2-1 cup additional broth or coconut milk. Add 3 Tbls. chopped fresh parsley, chives, or a mix of tarragon and thyme. Enjoy warm or as a chilled soup with a dollop of coconut milk yogurt.

## Instructions

1. Place the cauliflower in a saucepan with the broth and garlic. Bring to a boil, then reduce the heat to maintain a simmer. Simmer for 15-20 minutes, until the cauliflower is overcooked.
2. Pour the mixture into a high-speed blender. Blend for 1 minute, until completely smooth. Taste and season with salt if desired. If too thick, thin with additional broth or water.

# Salad Dressing

*Finding salad dressings made with high-quality fats, acids, and herbs can be a challenge. Fortunately, it doesn't take much time to make your own, and most of these variations will keep for quite a while in the fridge.*

*These dressings are placed here for more than just dressings, they can be used to flavor many different dishes. For example, use them as a marinade for meat or our them over steamed veggies.*

## Dressing

Prep Time	Yield
5-10 Minutes	2-8 servings

Greek Salad Dressing		
1/2	cup	extra-virgin olive oil
2	tbsp	fresh lemon juice
1/3	cup	apple cider vinegar or red wine vinegar
1	tsp	dried oregano
2	cloves	garlic, crushed
1	tsp	lemon zest
1/8	tsp	salt

Italian Vinaigrette		
6	tbsp	extra-virgin olive oil
1/4	cup	apple cider vinegar
1/4	tsp	dried oregano leaves
1/4	tsp	dried rosemary
1/4	tsp	marjoram leaves
1/4	tsp	dried savory
1	clove	garlic, crushed
	pinch	salt

Basic Vinaigrette		
3	tbsp	extra-virgin olive oil or avocado oil
2	tbsp	acidic liquid (such as: fresh lemon/lime juice, apple cider vinegar, balsamic vinegar, or white or red wine vinegar)
	pinch	Salt

Creamy Balsamic		
1/4	cup	extra-virgin olive oil
1/2	cup	balsamic vinegar
1/4	med.	avocado

## Instructions

1. Combine all the ingredients in a blender. (If making the Basic Vinaigrette, simply combine the ingredients in a jar and shake before serving.)
2. Blend until fully combined.
3. Store in the fridge and warm to room temperature before serving (just take it out of the fridge about 30 minutes before mealtime). Creamy Balsamic Dressing will keep in the fridge for 3-4 days. The other dressings will keep for about a month.

# Basil Vinaigrette

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*Finding salad dressings made with high-quality fats, acids, and herbs can be a challenge. Fortunately, it doesn't take much time to make your own, and most of these variations will keep for quite a while in the fridge.*

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## Dressing

Prep Time	Yield
5-10 Minutes	2-8 servings

Basil Vinaigrette		
1/4	cup	extra-virgin olive oil or avocado oil
2	tbsp	white wine vinegar
1	tsp	dijon mustard
1/3	cup	fresh basil

## Instructions

1. Combine all the ingredients in a blender. \*add salt and pepper to taste.
2. Blend until fully combined.
3. Store in the fridge and warm to room temperature before serving (just take it out of the fridge about 30 minutes before mealtime).

# Superfood Smoothie

*There are pros and cons to smoothies. One of the major pros is that they are a quick and easy way for most of us to get a nutrient-dense meal first thing in the morning. This smoothie takes advantage of banana to mask the flavors of some other great nutrient-dense foods. If you're going to add a lot of superfood add-ons, you may want to use a whole banana. Ripe bananas will be sweeter, whereas green banana will give you more starch.*

## Superfood Smoothie

Prep Time	Cook Time	Yield	
5 Minutes	none	1 (12oz) serving	
Amount	Ingredient		
1/2		banana	
1/4		avocado	
1	cup	water	
2-3	cups	fresh leafy greens	spinach, kale, lettuce, baby collards, etc.
1 tsp to	1 tbsp	superfood add-ons	coconut milk, extra-virgin olive oil, kombucha, or bone broth
1-2	tbsp	protein powder	pea protein preferred during immune protocol

## Instructions

1. Place all the ingredients except the protein powder in a blender and blend on high for 1-2 Minutes, until smooth. Add the protein powder and pulse to incorporate.

### TIPS:

Leftover sweet potato can be added to increase the starchy carbohydrate content.

A high-powered blender will create a smoother consistency and is definitely a worthwhile investment if you'll be making smoothies often.

# Cinnamon Broiled Grapefruit

*Cooking citrus fruit in this way may seem unusual, but broiling transforms grapefruit into a warm comfort food. It's also a fun way to spice up grapefruit for a Sunday brunch.*

*\*Be cautious with grapefruit if you are on a blood pressure medication.*

## Cinnamon Broiled Grapefruit

Prep Time	Cook Time	Yield
5-10 Minutes	4-6 Minutes	2 servings

Amount	Ingredient
1	grapefruit
1/4 tsp	ground cinnamon

## Variations:

Add 1/4 tsp. ground ginger or 1 tsp. grated fresh ginger for a little added ginger punch. You can also experiment with seasonings. A pinch of cloves, ground mace, ground bay leaf, and even a dash of salt can be added. You can also broil the grapefruit with no spices.

## Instructions

1. Position a rack in your oven so that the grapefruit will be about 6 inches from the top element. Preheat the broiler on high for 10 minutes while you prepare the grapefruit.
2. Cut the grapefruit in half. Use a grapefruit knife or paring knife to cut around each segment. Place the grapefruit halves cut side up on a roasting pan.
3. Sprinkle the top of the grapefruit with the cinnamon.
4. Broil for 5-6 minutes, until the grapefruit starts to bubble and brown on the top.

# Plantain and Apple Fritters

*These fritters taste like little apple pie pancakes. They are tasty warm or chilled and are great combined with chicken sausage.*

## Plantain and Apple Fritters

Prep Time	Cook Time	Yield
5-10 Minutes	17-20 minutes	8 servings

Amount	Ingredient
2	ripe plantains, peeled
1	small apple
1/2	tsp ground cinnamon
2-4	tbsp coconut oil

### TIPS:

Ripe plantains should be covered in black spots, if not almost completely black. The blacker the peel, the better!

If cooking in batches, you can keep the finished fritters warm on a baking dish in a 200 degree F oven.

## Instructions

1. Mash the plantains in a bowl with a fork or a wire potato masher (the fritters taste better if you leave some lumps and don't overmuch). Add the grated apple and cinnamon and mix to combine.
2. Heat 1 to 2 Tbls of the coconut oil in a skillet over medium heat. Drop heaping spoonfuls of the plantain batter into the pan and flatten with the back of a spoon. The fritters should be 2 to 3 inches in diameter, or about the same size as your spatula; otherwise, they can be tricky to flip. Depending on the size of your skillet, you may have to cook the fritters in batches.
3. Cook for 10-12 minutes, until golden brown on the bottom. Add a little extra coconut oil if the fritters absorb it all. If they are browning too fast, turn down the heat.
4. Carefully flip the fritters and cook for 7-8 minutes on the other side. Again, add a little extra coconut oil if the fritters absorb it all. Enjoy!

# Garden Salad

If you are used to a grade said contains lettuce, amber, tomatoes and sweet peppers, you may feel like salad is pointless now that you are on this new life change. However, there is a vast array of wonderful salad vegetables that you can still enjoy, yielding endless variations. Dozens of different leafy greens can be used alone or in combination for the base of your salad. Similarly, dozens of different vegetables can be added for color, flavor, and texture. Vegetables can be added raw or cooked and chilled ( a great use for leftovers roasted or grilled vegetables.

This is more of a collection of ideas than an actual recipe, including leafy greens, vegetable and fruit additions, items to add a little fat or protein, herbs that work well in salads, and times to give a little extra crunch. Keep in mind that many of the listed suggestions encompass dozens of varieties. For example, there are many, many varieties of lettuce, kale, spinach, radishes, and turnips, all of which are delicious in salads.

## Garden Salad

Leafy Greens	Salad Veggie Extras
Arugula	Asparagus (raw, broiled, grilled)
Baby collards	Beets (raw, roasted, steamed)
Beet greens	Broccoli florets (raw, steamed)
Broccoli leaves	Broccoli slaw
Cabbage	Carrots (sliced, shredded)
Carrot greens	Celery root
Celery leaves	Cucumber
Chard	Fennel (leaves, root)
Kale	Jicama
Kohlrabi greens	Kelp noodles
Lettuce	Kohlrabi
Mizuna	Microgreens
Mustard Greens	Onions (gree, red, spring, shallots, etc.)
Pea leaves	Radish spouts
Radicchio	Radishes
Radish tops	Sea vegetables
Sorrel	Seaweed
Spinach	Sunflower sprouts
Turnip greens	Turnips
Watercress	Zucchini and other squash

Prep Time	Cook Time	Yield
5-10 Minutes	usually none	variable

  

Salad Herb Extra	Salad Fruit Extras
Basil	Apple
Chervil	Apricot
Chives	Asian pear
Cilantro	Berries
Dill	Citrus segments
Fennel	fresh figs
Mint	Pear
Oregano	Pomegranate seeds
Parsley	
Tarragon	

  

Salad Fat and Protein	Extra Crunch
Avocado	Crunchy Veggies (kicama, celery root, radishes, turnips, etc.)
Fish (salmon, tuna, wild caught)	Crunchy fruit (apple, asian pear)
Olives	Toasted coconut
Meat or poultry	Plantain Chips
Toasted Coconut	

## Instructions

1. Combine your favorites from the lists below, select a Salad Dressing and Enjoy!



# Cran-Apple Coleslaw

*This simple slaw is inspired by a summer's day. The secret is to slice the cabbage as thinly as possible. This slaw makes a delicious accompaniment to almost any dish and is always a hit at BBQ's and potlucks.*

## Cran-Apple Coleslaw

Prep Time	Cook Time	Yield
10 Minutes	none	4-6

Amount		Ingredient
1	lb	red cabbage, cored
2	tbsp	extra-virgin olive oil
1 1/2	tsp	coconut water vinegar
1/8	tsp	salt
1		apple, peeled, cored, and diced
1/2	cup	fresh cranberries (or thawed frozen)

### Variations:

This coleslaw is delicious with dried cranberries instead of fresh. Also try substituting Asian pear for the apple.

**Carrot-raise Coleslaw.** Replace the red cabbage with a half and half mix of green cabbage and grated carrot and toss with 3/4 cup raisins instead of the apple and cranberries. Also add a generous pinch of cinnamon, 1 teaspoon finely grated orange zest, and 1/2 red onion very finely sliced.

## Instructions

1. Use a mandolin slicer or food processor to slice the cabbage very finely, ideally 1/16 inch thick. Place in a serving bowl.
2. Combine the olive oil, vinegar, and salt in a small bowl. Pour over the cabbage and toss to coat.
3. Add the apple and cranberries, toss to combine, and serve. This coleslaw will keep well for up to 4 days in the fridge.

### TIPS:

If you don't have a mandolin slicer or food processor to slice the cabbage, you can slice it with a knife, sprinkle it with 2 tablespoons salt, and let it sit in a colander in the sink for 1 hour. Rinse the salt off thoroughly, dry with paper towels or in a salad spinner, then follow steps 2 and 3.

# Kale Chips

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*Kale chips are one of the easiest and most delicious ways to dramatically increase your vegetable intake. They have an addictive quality, and leftovers will likely be a rare occurrence.*

*There are many varieties of kale, most of which make excellent kale chips. Varieties with very flat leaves don't work as well, but as long as there is some curl in the leaves, they will crisp up nicely in the oven. More tender-leaved varieties take less time to crisp up in the oven. Thicker leaves take more time.*

## Kale Chips

Prep Time	Cook Time	Yield
10 Minutes	40-60 minutes	2-4

  

Amount	Ingredient
1	bunch kale, tough stems removed, torn into 1 -1 1/2 inch pieces (approx. 8 loosely packed cups)
2	tbsp coconut oil, melted
1/4	tsp salt

### TIPS:

If you have leftover kale chips that get a little soggy, just pop them back into a 275 degree F oven for 5 minutes.

## Instructions

1. Preheat the oven to 275 degrees F.
2. Wash and thoroughly dry the kale, using a salad spinner, tea towels, or paper towels to remove all the water. Place in a plastic container or large bowl.
3. Pour the coconut oil over the kale. Mix with your hands to thoroughly coat each leaf (if you put it in a container with a lid, you can also close the lid and shake the container vigorously to coat).
4. Spread out on a large baking sheet. Sprinkle with the salt.
5. Bake for 40-60 minutes, depending on the variety of kale you are using, until crispy. Enjoy!

# Sweet Potato Chips

*These sweet potato chips have a wonderful salty crunch with a hint of sweetness. They are fantastic fried, and can be made in any high-smoke-point cooking fat.*

## Sweet Potato Chips

Prep Time	Cook Time	Yield
20 Minutes, plus 1-2 hrs salting time	1h	2-6

Amount	Ingredient
1-2	Sweet Potatoes
1-1 1/2    tbsp	Salt
4-8        cup	high-smoke-point cooking fat (enough to have about 2 inches of oil in a pot or to fill a countertop deep-fryer)

## TIPS:

Store any leftovers in an airtight container at room temperature. If the chips were fully crisp, they will keep for about a week.

## Variations:

**Root Vegetable Chips:** You can also make chips out of other starchy root vegetables, such as beets, parsnips, carrots, and taro root. If you want to experiment with different combinations of root vegetables, keep them separate until after you have deep-fried them, since different vegetables take different lengths of time to crisp up.

**Fried Plantain Chips:** you can also make chips out of green plantains. Slice as thinly as possible and skip steps 2 and 3. These are particularly good when fried in coconut oil (but don't heat extra-virgin coconut oil above 350F).

## Instructions

1. Slice the sweet potatoes as thinly as possible, ideally 1/16 inch thick. A mandolin slicer or food processor makes this task much easier. The thinner they are, the more evenly and quickly they will crisp up when fried.
2. Place the sweet potato slices in a bowl and toss with 2 to 3 teaspoons of the salt. Place in a colander in your kitchen sink and let drain for 1-2 hours (or more).
3. Rinse the excess salt off the sweet potato slices and pat dry with clean tea towels or paper towels. It's important that the slices be completely dry before you put them in the oil. Any excess water on them will cause the oil to bubble aggressively.
4. Meanwhile, heat the cooking fat in a countertop deep-fryer or a fairly deep, wide-bottomed pot over medium heat with a deep-fry thermometer attached to the side. Aim to get the oil to 355F to 370F if using extra virgin olive oil, or 360F to 370F if using avocado or **refined** coconut oil. Line a baking sheet with newsprint or paper towels to put your sweet potato chips on after they are fried.
5. Add a generous handful of sweet potato slices to the oil, but do not overcrowd. Watch them. When they start to curl slightly and brown a little, they are done. Using a deep-fry basket or a wire skimmer, transfer the chips onto the prepared baking sheet. Sprinkle with salt and let cool before eating. Repeat with the remaining sweet potato slices, working in batches. If you aren't sure whether they are done, remove the chips from the oil and let them cool a little (but don't sprinkle with salt yet) to see if they are entirely crisp. If they aren't you can put them back in the oil to continue cooking. Depending on how big and thick your sweet potato slices are and how hot your oil is, frying may take as little as 2 to 3 minutes or as long as 6 to 7 minutes. Once you've done a few batches, you'll have a better idea of how long they take to cook and what they look like when perfectly crisp.

# Guacamole

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*This classic guacamole makes a great dip for vegetables or a perfect side for burgers or grilled chicken.*

## Guacamole

Prep Time	Cook Time	Yield
10 Minutes	none	2 to 4

  

Amount	Ingredient
2	Medium ripe avocados
2	tbsp Fresh lime juice (1 to 2 limes)
1/4	tsp Truffle, pink, or gray salt
1/3	cup Freshly chopped cilantro
2	tbsp Red onion finely diced (optional)

## Instructions

1. Cut the avocados in half, remove the pits, and scoop the flesh into a bowl. Mash with a fork to the desired consistency (I like mine lumpy).
2. Add the remaining ingredients and stir to combine. Serve!

### TIPS:

Great dipping vegetables include carrots, celery, broccoli, mushrooms, jicama, radishes, kohlrabi, Belgian endive, asparagus spears, and sliced raw beet, turnip, and rutabaga. Other great dipping options are Dehydrator Plantain Chips, Sweet Potato Chips, and Plantain Crackers.

# “Cream” of Broccoli Soup

*This simple souped can be enjoyed warm or chilled. Serve it with chunks of leftover chicken, steak, or crab to make it a complete meal.*

## “Cream” of Broccoli Soup

Prep Time	Cook Time	Yield
5 to 10 minutes	12 to 15 minutes	3 to 5

Amount		Ingredient	
2	lb	Broccoli	
2		Small avocados	
4	cup	Bone Broth	(chicken)
1/4	tsp	Ground mace	
		Salt	(to taste)

## Instructions

1. Wash and cut the broccoli into florets. Slice the stems (peel them if they are tough). Peel and pit the avocados and cut the flesh into medium-sized chunks.
2. Bring the bone broth to a simmer in a saucepan over medium-high heat.
3. Add the broccoli and cook for 7 to 8 minutes, until dark green and tender.
4. Reduce the heat to low. Add the mace and avocado has warmed.
5. Puree with an immersion blender (or in a blender or food processor). Taste and add salt, if desired. Enjoy!

## Variations:

You can replace the broccoli with cauliflower, broccoflower, or any mix of fresh vegetables you like.

**Cream of Asparagus Soup:** Replace the broccoli with asparagus, omit the mace, and add 1 cup of Coconut Cream.

# Garden Green Vichyssoise

*Vichyssoise is a rich and creamy potato and leek soup (traditionally made with only the white part of the leek) that is usually served chilled. This potatoes green version is full of flavor, with the richness of avocado and the refreshing flavor of cilantro. Perfect for a hot summer's day!*

## Garden Green Vichyssoise

Prep Time	Cook Time	Yield
20 Minutes	30 to 35 Minutes, plus 4 hours chilling time	6 to 8

  

Amount	Ingredient
4 cups	Bone broth (chicken)
1	Head of cauliflower (cored and cut into florets)
3	Chopped leeks (green and white)
2 cups	Spinach (fresh)
1/2 tsp	Salt (plus to taste)
1/4 cup	Avocado or olive oil
3 to 4	Avocados (peeled, pitted, and finely chopped for serving)
6 to 8 tbsp	Coconut Milk Yogurt (for serving, optional)

### Variations:

You can also make this as a rich and comforting hot soup. Skip the avocado and cilantro and serve with fresh parsley, and drizzle of olive oil.

Because this soup embraces the color green, you can substitute broccoli or broccoflower for the cauliflower.

## Instructions

1. Combine the broth, cauliflower, and leeks in a large pot. Cover and bring to a boil over high heat, then reduce the heat to maintain a simmer. Simmer for 25 to 30 minutes, until the vegetables are soft.
2. Add the spinach and simmer for 3 to 4 minutes, until the spinach has wilted. Remove from the heat and let cool.
3. Add the oil. Puree the soup with an immersion blender, or pour into a blend and process until smooth. Season with salt to taste.
4. Refrigerate the soup until cold, about 4 hours.
5. To serve, add half a chopped avocado and 1 tablespoon fresh cilantro to each bowl. Serve with a dollop of Coconut Milk Yogurt, if desired. Enjoy!

# Beef Heart Borscht

*Borscht is a richly flavored soup packed with nutrient-dense foods. It is traditionally served with sour cream, but coconut milk yogurt makes a delightful accompaniment to this comforting meal.*

## Beef Heart Borscht

Prep Time		Cook Time		Yield
15 Minutes		1h		3 to 4

  

Amount	Ingredient		
2 to 3	tbsp	Tallow or other cooking oil	
1	gal	water	or enough to cover the bones by 1-2 inches
1	tbsp	apple cider vinegar	
2		Onions	medium, quartered
4-5		Carrots	cut in half
6-8		Celery sticks	cut into thirds
6-8		Cloves of Garlic	
3		Bay leaves	
1	tsp	salt	

## Instructions

1. Combine the bones, water, and vinegar in a large stockpot (or pressure cooker or slow cooker). Bring to a boil over high heat, then reduce the heat to maintain a simmer. Alternatively, cook under high pressure in a pressure cooker or bring to a boil and then reduce the heat to low in a slow cooker.
2. During the first hour of cooking, skim off any foam that has risen to the surface (This improves the flavor of the final broth.) You don't need to do this step if you're using a pressure cooker.
3. Simmer, covered, for 24-48 hours (or 6-12 hours under high pressure in a pressure cooker or 2-5 days in a slow cooker). Periodically stir and check the water level. Top up with additional water if needed to make sure that the bones are covered by an inch or two of water.
4. Add the remains ingredients. Simmer for an additional 4-6 hours (or 1-2 hours in a pressure cooker or 6-8 hours in a slow cooker).
5. Strain and discard the bones and vegetables. Store the broth in the fridge for up to 5 days or in the freezer for up to 6 months.

# Easy Sweet Potato Grill Packs

*Foil packs are pure genius: made ahead and easy to grill, they let you focus on family and other foods.*

## Easy Sweet Potato Grill Packs

Prep Time		Cook Time		Yield
10 Minutes		15 Minutes		4 Servings
Amount	Ingredient			
3		Medium sweet potatoes	peeled and cut into 1/2" wedges	
2	cups	Green beans	trimmed and cut into bite-size pieces	
1		Small red onion	cut into 1" thick rounds	
4		Mini Italian sweet red peppers	cut into 1" thick rounds	
1	Tbsp	Fresh lemon juice		
1/2	cup	Extra Virgin Olive Oil		
1	Tbsp	Fresh parsley	finely chopped	

## Instructions

1. Prepare a charcoal or gas grill for direct medium heat. Cut four (18"x12") sheets of heavy-duty foil.
2. In a large microwave-safe bowl, microwave sweet potatoes on high for 5 minutes or until potatoes are nearly tender. Add green beans, onion, pepper, lemon juice, and vinaigrette and toss to coat.
3. Place equal amounts of sweet potato mixture onto the center of each sheet of foil. Bring two sides of foil to gather so edges meet. Seal edges, making several tight 1/2" folds. Fold and seal both ends the same way.
4. Grill packs 10 minutes, rotating a quarter turn once. Remove from grill and open carefully; sprinkle with parsley and serve immediately.

# Roasted Chicken & Panzanella Salad

*Juicy chicken is the star of tonight's meal—simply roasted with whole rosemary sprigs for rustic flavor and crispy skin. For a worthy side, we're making a panzanella—or Italian bread salad—(Hold the Croutons!) sweet peppers, and summer squash. Chefs, adding the drippings from the sheet pan of roasted chicken to your salad before tossing it helps bring all the flavors of the dish together deliciously!*

## Roasted Chicken & Panzanella Salad

Prep Time	Cook Time	Yield	Amount	Ingredient	
15 Minutes	35-45 Minutes	2 Servings	1	Half chicken	(whole chicken if you double the recipe)
			4	oz Sweet Peppers	Thinly slice lengthwise
			2	cloves Garlic	peel and roughly chop
			4	oz Spinach	wash thoroughly
			1	Summer Squash	quarter lengthwise, cut crosswise into 1/2 inch thick pieces
			1	bunch Rosemary	
			3	Tbsp Red Wine Vinegar	
			1/4	cup Crushed Red Pepper Flakes	

## Instructions

Chicken:

1. Preheat the oven to 475 degrees F.
2. Line a sheet pan with aluminum foil. Place the whole rosemary sprigs in the center of the prepared sheet pan. Pat the chicken dry with paper towels; season with salt and pepper on both sides. Place on the sheet pan. Drizzle with olive oil and turn to coat. Arrange the seasoned chicken skin side up on top of the rosemary sprigs. Drizzle with olive oil.
3. Roast 36 to 38 minutes, or until the chicken is browned and cooked through. (An instant-read thermometer inserted into the thickest part of the chicken thigh should register 165oF.) Remove from the oven.
4. Transfer the roasted chicken to a cutting board and let rest for at least 5 minutes. Reserving the drippings on the sheet pan, carefully remove and discard the rosemary sprigs.

Veggies:

1. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the squash and cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the garlic, peppers, spinach, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened and fragrant. Turn off the heat. Season with salt and pepper to taste. Transfer to a large bowl.

Making the Salad:

1. To the bowl of cooked vegetables, add the vinegar. Carefully add the reserved drippings from the sheet pan used to roast the chicken. Drizzle with olive oil and season with salt and pepper. Toss to combine. Season with salt and pepper to taste.

Carve the chicken & plate your dish:

1. Using a sharp, sturdy knife, cut along the leg of the rested chicken to separate the thigh and breast. Cut the breast in half crosswise through the bone (keeping the wing intact). Cut through the joint connecting the drumstick to the thigh.
2. Divide the salad and carved chicken between 2 dishes. Drizzle with olive oil. Enjoy!

# Summer Berry Salsa

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*For those of you looking to garnish your meats, here is a great twist. Fruit, spice and flavor. How can you go wrong?*

## Summer Berry Salsa

Prep Time		Cook Time		Yield
10 Minutes		None		4 Cups
Amount		Ingredient		
1	pint	Fresh Blueberries		
1	Pint	Fresh Strawberries		
2	Tbsp	Onion	finely chopped	
1	Tbsp	Lemon Juice		
1/2	Tsp	Pepper		
2	Drops	Hot Pepper Sauce	i.e. Tabasco Sauce	
1/4	Cup	Almonds	Sliced or Slivered, Toasted (OMIT if not eating nuts)	
		Stevia	Sweeten to taste	

## Instructions

1. In a large bowl, combine the berries, stevia, onion, lemon juice, pepper and hot pepper sauce. Cover and refrigerate for 1 hour. Just before serving, stir in almonds .
2. Serve as a topper to your chicken or fish.

# Mishmash Applesauce

*Simple way to get a sweet healthy treat. Gelatin, a hidden secret for your health. Look up the benefits and you may choose to make more of your food incorporating it!*

## Mishmash Applesauce

Prep Time		Cook Time		Yield
30 Minutes		30 Minutes		8 Cups
Amount		Ingredient		
3	Lbs	Tart apples	Chopped	
2	cups	Rhubarb	Chopped fresh or frozen	
1	cup	Strawberries	Chopped fresh or frozen	
1	cup	Blueberries	Chopped fresh or frozen	
1	cup	Cranberries	Chopped fresh or frozen	
1	cup	Water		
1/2	Oz	Geletin	Plain	

## Instructions

1. In a dutch oven, combine the apples, rhubarb, berries and water. Bring to a boil over medium heat, stirring frequently. Sprinkle gelatin over fruit mixture; stir until combined. Reduce heat; cover and simmer for 15-20 minutes or until apples are tender.
2. Remove from the heat; mash fruit. Let stand for 15 minutes. Serve warm or chilled.

# Zesty Salt Substitute

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*Make and store. Great for the new chef. Gives flavor without thinking too much.*

## Zesty Salt Substitute

Prep Time		Cook Time	Yield
5 Minutes			1/4 cup
Amount		Ingredient	
5	Tsp	Onion Powder	
3	Tsp	Garlic Powder	
3	Tsp	Ground Mustard	
3	Tsp	Paprika	
1/2	Tsp	Celery Seed	
1/2	Tsp	White Pepper	

## Instructions

1. In a small bowl, combine all ingredients. Store in an airtight container for up to 6 months.

# RUBS

*Eating well, cooking and enjoying food means MORE flavor! Here are a couple ideas for rubs. Make your own creation and see how it tastes.*

## Zippy Dry Rub

Prep Time		Cook Time	Yield
5 Minutes			
Amount		Ingredient	
1	Tbsp	Salt	
1	Tsp	Mustard Seed	
1	Tsp	Chili Powder	
1	Tsp	Paprika	
1	Tsp	Pepper	
1/2	Tsp	Ground Cumin	
1/2	Tsp	Dried Coriander	
1/4	Tsp	Garlic Powder	

## Savory Steak Rub

Prep Time		Cook Time	Yield
5 Minutes			
Amount		Ingredient	
1	Tbsp	Dried Majoram	
1	Tbsp	Basil	
2	Tsp	Dried Thyme	
2	Tsp	Rosemary	Crushed
3/4	Tsp	Dried Oregano	

## Instructions

1. Make and use.
2. Left over rub store in a cool dry place in an air tight container.

# Creamy Carrot Soup (Crock Pot)

*If the soup is too thick after adding the canned coconut milk, thin with small amounts of stock or a bit more coconut milk, as desired.*

## Creamy Carrot Soup

Prep Time		Cook Time		Crock Pot Size
5-10 Minutes		High: 3.5-4 hours		6 Quart
		Low: 7-8 Hours		
Amount		Ingredient		
3	lbs	Carrots		Peeled and chopped
2		Onions		Peeled and chopped
2	medium	Sweet Potatoes		Peeled and chopped
2	Tbsp	Olive Oil		
2	Cloves	Garlic	Peeled and very finely chopped	
1/2	Tsp	Dried Thyme		
1/2	Tsp	Dried Marjoram		
6	Cups	Chicken Stock		
1/4	Cups	Canned Coconut Milk		
2	Tbsp	Raw Honey		
1/2	Tsp	Freshly Grated Nutmeg	Extra if desired	
		Sea Salt	To taste	
		Fresh Ground Pepper	To taste	

## Instructions

1. Combine the carrots, onions, sweet potatoes, olive oil, garlic, herbs and stock in the cooking dish of a 6 qt. Slow cooker. Cover and cook on High for 3.5-4 Hours on High or 7-8 Hours on Low until the vegetables are soft.
2. Puree in batches in a food processor or blender or with a hand-held stick (immersion) blender in the slow cooker. Stir in the coconut milk, honey and nutmeg, then season with salt and pepper to taste.

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1	cup	Cranberries	Chopped fresh or frozen	
1	cup	Water		
1/2	Oz	Geletin	Plain	

## Instructions

1. In a dutch oven, combine the apples, rhubarb, berries and water. Bring to a boil over medium heat, stirring frequently. Sprinkle gelatin over fruit mixture; stir until combined. Reduce heat; cover and simmer for 15-20 minutes or until apples are tender.
2. Remove from the heat; mash fruit. Let stand for 15 minutes. Serve warm or chilled.

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# Herbs and Spices

Seasoned cooks know that a pinch of this herb and a dash of that spice can really perk up a dish. A well stocked spice rack can be one of the quickest and least expensive ways to add flair to ordinary meals. Store dried herbs and spices in tightly closed glass containers. Keep them in a cool, dark, and dry place. Avoid storing them in sunlight or by a heat source like over a stove.

For best flavor, keep dried herbs and ground spices for up to 6 months. They can be used if they are older, but the flavors might not be as intense. Whole spices can be stored for 1 to 2 years.

Select fresh herbs that are fragrant with bright, fresh looking leaves. Avoid those with wilted, yellowing or browning leaves. Wrap fresh herbs in a slightly damp paper towel and place in a resealable plastic bag. Press as much air as possible out of the bag and seal. Store in the refrigerator for 5 to 7 days.

\*To substitute dried herbs for fresh, use one-third less. For example if a recipe calls for 1 tablespoon fresh, use 1 teaspoon dried.

**Table 1**

Allspice: Whole dried berries, or ground. Tastes like, cinnamon, cloves and nutmeg. Use for baked goods, jerked meats, sauces, roasts, and root vegetables.	Aniseed: Oval, greenish-brown seeds. Licorice-like flavor similar to fennel. Use for pickles, stews, seafood, beets, cauliflower, etc.	Basil: Fresh green or purple leaves or dried and crushed. Sweet flavor with hints of mint, pepper and cloves. Use for sauce, chicken, meat, zucchini, summer squashes.	Bay Leaf: Whole, fresh or dried, dull green leaves. Savory, spicy and aromatic. Use for soups, stews, pickles meat.	Black/White Pepper: Whole, cracked, coarse or ground (black); whole or ground (white). Black has a sharp, hot piney flavor; white is milder. Use for all types of cooking; white adds pepper flavor without flecks.	Caraway Seeds: Light to dark brown seeds. Sweet blend of dill and anise flavors. Use for breads, pork, potatoes, sauerkraut.
Cardamom: Pods, brownish-black seeds or ground. Sweet, spicy flavor and slightly pungent. Use for chicken, curries, meat.	Cayenne Pepper: Ground, also known as ground red pepper. Pungent, hot flavor. Use for chili, soups, sauces, poultry, meat, seafood.	Celery Seed: Light-brown or tan seeds. Strong and bitter flavor. Use for fish, eggs, salad dressings.	Chervil: Fresh leaves or dried and crushed. Fresh has a hint of anise and dry has a hint of parsley flavor. Use for fish, eggs, poultry, salads.	Chives: Fresh or freezer-dried hollow stems. Delicate and peppery, mild onion flavor. Use for potatoes, eggs, sauces, seafood, salads.	Cilantro: Fresh leaves. When dried, it's known as coriander. Pungent, strong flavor. Use for ethnic dishes (mexican or asian) chicken, seafood.
Cinnamon: Sticks or ground. Sweet and pungent flavor. Use for fruit desserts, warm beverages.	Cloves: Whole or ground. Pungent, medicinal, sweet flavor. Use for fruit desserts, lamb, warm beverages.	Coriander: Dried and crushed leaves, seeds or ground seeds. Mildly sweet, spicy flavor. Use for ethnic dishes (North African, Mediterranean, Asian), stews, curries.	Cumin: Seeds and ground. Pungent, earthy, slightly bitter flavor. Use for chili, chicken, stew.	Dill: Fresh leaves, dried and crushed or seeds. Fresh, sweet, grassy flavor. Use for pickles, fish, cucumbers.	Fennel: Seeds. Sweet and mildly licorice-like flavor. Use for seafood, sausage.
Ginger: Fresh root, crystallized or ground. Pungent, sweet, spicy, hot flavor. Use for pumpkin, chicken and drinks.	Mace: Ground. Nutmeg-like flavor. Use for poultry, fish.	Marjoram: Fresh leaves, dried and crushed. Oregano-like flavor. Use for meat, poultry, seafood and vegetables.	Mint: Fresh leaves or dried and crushed. Fresh, strong, cool flavor. Use for lamb, vegetables, meats.	Mustard: Ground or as seeds. Pungent, sharp, hot flavor. Use for meats, vinaigrettes, seafood, sauces.	Nutmeg: Whole or ground. Sweet, spicy flavor. Use for vegetables, poultry meat.
Oregano: Fresh leaves, dried and crushed or ground. Pungent, slightly bitter flavor. Use for chicken, lamb, vegetables.	Paprika: Ground. Mild to hot, sweet flavor. Use for poultry, meat, vegetables.	Parsley: Fresh leaves, curly or Italian (flat-leaf), or dried and flaked. Fresh, slightly peppery flavor. Use for poultry, seafood, vegetables.	Poppy Seeds: Seeds. Nut-like flavor. Use for fruits, smoothies.	Rosemary: Fresh leaves on stems or dried. Pungent flavor with a hint of pine. Use for lamb, poultry, vegetables.	Saffron: Threads (whole stigmas) or powder. Pungent, bitter flavor. Use for bouillabaisse, curries, fish, poultry, rice.

<p>Sage: Fresh leaves, dried and crushed or rubbed. Pungent, slightly bitter, musty mint flavor. Use for poultry.</p>	<p>Salt, Kosher: Only as nonionized. Coarser, larger grains with fluffier look. Less sodium per teaspoon than table salt. Use for brines, salt crusts on meats and fish, marinades, savory dishes, coating rims of glasses.</p>	<p>Salt, Sea: Many varieties and in large or fine grins. Color ranges from white to clay to pinkish-brown to gray. Less salty than table salt but may impart other subtle flavors. Use at the end of cooking to season food.</p>	<p>Salt, Table: Don't use when able.</p>	<p>Savory: Fresh leaves, dried and crushed or ground. Piquant blend of mint and thyme. Use for lamb, poultry.</p>	<p>Sesame Seeds: Seeds. Nut-like flavor. Use for breads, chicken, seafood, chickpeas.</p>
<p>Tarragon: Fresh leaves or dried and crushed. Strong, spicy, anise-like flavors. Use for poultry, seafood, meats, vegetables.</p>	<p>Thyme: Fresh leaves or dried and crushed. Pungent, earthy, spicy flavor. Use for meat, poultry, soups, stews.</p>	<p>Turmeric: Fround. Pungent, bitter, earthy flavor. Use for curries, lam, chicken, meat.</p>			