



Myelofibrosis Nutritional Considerations and Recipes

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 Healing
Kitchens

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MPN Advocacy & Education International: Mission Statement

MPN Advocacy and Education International provides educational programs, materials, and resources for patients, caregivers, physicians, and entire healthcare teams to improve their understanding of myelofibrosis, polycythemia vera, and essential thrombocythemia. They are dedicated to making a difference in the lives of those affected by MPNs and strive to grow awareness and advocate on behalf of the entire MPN community.



NOTE: “MPN Advocacy and Education International not only advocates for better care, treatments, and access to the essentials for the entire MPN patient community, we also strongly advocate and promote healthy life choices including diet and exercise. As a supporter of an anti-inflammatory diet, this cookbook is 100% in line with our mission and objectives ensuring a better quality of life for MPN patients.”

—Ann Brazeau, CEO
MPN Advocacy and Education International



MPN Research Foundation: Mission Statement

The mission of MPN Research Foundation is to stimulate original research in pursuit of new treatments – and eventually a cure – for the blood cancers polycythemia vera, essential thrombocythemia, and myelofibrosis, known collectively as myeloproliferative neoplasms (MPN).

MPN RESEARCH
FOUNDATION

NOTE: For MPN Research Foundation, quality of life, specifically nutrition, is a recognized component of care for patients with a myeloproliferative neoplasm (MPN), which includes: myelofibrosis, polycythemia vera, and essential thrombocythemia. This cookbook offers healthy eating options to people with or managing myelofibrosis, where inflammation may play a role.

The MPN community has begun to explore the role of nutrition on disease progression. In fact, MPN Research Foundation funded the first phase of the NUTRIENT trial (NUTRItional Intervention among myEloproliferative Neoplasms) which investigated the use of anti-inflammatory diets in patients with MPNs. This study was jointly initiated by doctors Robyn Scherber, Ruben Mesa, and Angela Fleischman, who now carries forward this research on the outcomes of the Mediterranean diet for MPN patients.

Sharing a meal with family and friends is a joyful part of everyday life and often how we care for our loved ones. A healthy approach to meals empowers patients and their caregivers to be proactive in their MPN journey. MPN Research Foundation is proud to highlight the conversation around the impact of diet on disease management as part of a holistic view of our mission: *To stimulate original research in pursuit of new treatments – and eventually a cure – for MPNs.*

–Kapila Vigas, CEO
MPN Research Foundation

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Overview

Patients who are diagnosed with myelofibrosis (“MF”) may experience a number of symptoms, including thrombocytopenia, constitutional symptoms, splenomegaly, and those associated with anemia, such as fatigue, weakness, and shortness of breath. Other symptoms may be present as well, such as pain and weight loss associated with an enlarged spleen, fever, and bone pain. Leading healthcare professionals treating MPNs have encouraged their patients with MF to adopt a diet strategy consisting of nutrient-dense foods that are rich in iron, antioxidant, and anti-inflammatory compounds. These HCPs have also recommended that patients with MF should focus on hydration and eating small, more frequent meals if necessary to help maintain an appropriate weight.

This booklet provides information and recipes that are in-line with general healthy eating recommendations.



Myelofibrosis Nutritional Considerations and Recipes

Having cooked with and for patients with cancer for over two decades, I am convinced that good nutrition, combined with basic cooking skills, can play an important role in supporting them through treatment and beyond. Numerous studies show that exercise and a diet rich in vegetables, fruit, nuts, seeds, fish, and lean meats play a big role in helping patients through their cancer journey.

The foods and recipes provided in this booklet have been carefully chosen to support overall general health. They are packed with nutrients and anti-inflammatory ingredients and, as importantly, they all taste delicious! Our goal is to bring what I call “the Power of Yum” to your kitchen table.

While I'm sure you'll enjoy and benefit from the materials in this booklet, please remember to direct any questions about this information and your specific dietary situation to the doctors, nurses, dietitians, and other healthcare professionals involved in your care.

With warm nourishing thoughts,

Rebecca Katz, *MS Health and Nutrition Education, Culinary Trained Chef, and The Cancer-Fighting Kitchen Cookbook Author*
www.rebeccakatz.com



Please remember that the recipes and approaches described in the following pages are meant to complement, not replace, your medical treatment and information you receive from your doctors, nurses, dietitians, and other healthcare providers.

General Tips

There is no magic formula for better health. Each person is unique and will respond differently when they change how they eat. Making small changes to your diet may make a difference in how you feel and recover. Here are some tips to consider and keep in mind:

- Stay hydrated by drinking water, herbal tea, and taking in other liquids through vegetables and soups. Sip fluids throughout the day.
- Eat 4 to 6 smaller meals, instead of the typical 3 larger meals, for those with ongoing digestive problems.
- Limit or avoid highly-processed foods and you'll automatically reduce many added sugars, unhealthy fats, additives, and coloring. Just because you limit or avoid certain foods does not mean that you are sentenced to eating joyless and flavorless foods. We'll show you how to bring the YUM to everyday meals while nourishing your body.
- Stick with plants! Whenever plants are at the center of the plate – and that includes herbs & spices – you CANNOT lose.
- Cooked vegetables may be better-tolerated than raw vegetables; however, both raw and cooked are healthy options.
- Focus on what you CAN eat rather than what you're giving up.
- Think of your pantry, fridge, and freezer as your culinary medicine chest. Keep items from the Healthy Pantry on page 9 on hand to make cooking so much faster and less stressful.
- Consider working with a dietitian to meet YOUR unique nutritional needs.

Tips for Healthy Eating

- Start small and be patient with yourself. Small changes can make a big difference.
- Embrace the challenge of eating a well-balanced diet rich in vegetables, fruits, lean proteins, beans/legumes, nuts, seeds, whole grains, and healthy fats.
- Make cooking a part of your everyday life. Get comfortable in your kitchen and exercise your culinary muscle.
- Eat a rainbow! Turn a drab-colored diet into technicolor by eating a wide variety of vegetables and fruits every day. Eat a variety of foods and you'll get most of your vitamins and minerals from food.
- Add herbs and spices to both food and drinks and the payout will be big in flavor and nutrients.
- Stay hydrated and replenish that water our organs and bodily systems need to work properly. Try a hydrating, nutrient-rich beverage such as tea, smoothie, or soup.
- Cook and eat a meal with friends and family to nourish your body, mind, and soul.



Balancing Flavor with FASS

What is FASS? A tool for building flavor and balance. How many times have you made a recipe only to find it's not quite what you'd hoped it would be, and then not known how to fix it? That's frustrating! You did everything you were supposed to do, now what? Don't toss it out - it's just a little off balance.

FASS to the rescue! FASS stands for Fat, Acid, Salt, and Sweet. Each component below plays a role in balancing and bringing out flavor in foods. Olive oil represents Fat, lemons are Acid, sea salt and Grade A Dark maple syrup are the preferred Salt and Sweet. It doesn't take a lot. Small amounts (a few drops, a pinch, or an eighth of a teaspoon) will affect the taste. Understanding these components of flavor will elevate your cooking all the way to yum!

When you get to the end of a recipe, taste it! Is it...?

Then, adjust it with a pinch of salt, a spritz of lemon, or a few drops of maple syrup. Taste it again and tinker until you get to YUM!

Adding other ingredients with these characteristics can balance a dish, too.

				
Too bland		●	●	●
Too flat		●	●	●
Too sour			●	●
Too salty		●		
Too sweet		●		
Too bitter		●		
Too spicy	●			●

Your FASS Kit

EXTRA VIRGIN OLIVE OIL

Buy a good everyday extra virgin olive oil. This is an oil you can use for everything. When shopping, grab it from the back of the shelf where it hasn't been exposed to the light for too long. Store it in a cool, dark place. When using it to cook, heat your pan first, then add the oil to avoid overheating it and reaching its smoke point.

LEMONS

Most lemons at the grocery store are one of a few varieties. They may have a few cosmetic differences, but the flavor and acidity will be indistinguishable. As little as an eighth of a teaspoon can bring out hidden flavors in a pot of soup. Use more if you're balancing recipes with grains or beans.

SEA SALT

Table salt has a bitter aftertaste and you tend to use more of it than you would sea salt. Sea salt has a cleaner taste and you can use less of it. Choose a fine grain sea salt for every day cooking.

Salt as you go. Salt is nature's flavor enhancer. Rather than adding salt at the end, add a pinch with each addition and it will bring out the natural flavors of each ingredient.

Finish with salt. A flaky sea salt can add a little texture and a small pop of saltiness to a finished dish.

WHY GRADE A DARK MAPLE SYRUP?

The darker the syrup, the stronger the flavor and more minerals. The concentrated flavor in Grade A Dark maple syrup allows us to use the smallest amounts (a few drops) and still make a big difference.

FASS= Fat + Acid + Salt + Sweet = YUM!

FAT

Function:

Distributes flavor across the palate.

Benefits:

Increases satiety. Makes foods high in fat-soluble vitamins more bioavailable.

Examples:

Avocado, olive oil, coconut oil, ghee, sesame oil, yogurt

ACID

Function:

Draws out and brightens flavors.

Benefits:

Increases absorption of minerals and stimulates digestion.

Examples:

Lemons, limes, citrus, vinegar

SALT

Function:

Brings out the flavor of foods. Moves flavor to the front of the tongue, where it's best perceived.

Benefits:

Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism.

Examples:

Sea salt, miso, tamari

SWEET

Function:

Tames harsh, bitter, sour, spicy flavors. Rounds out or harmonizes flavors.

Benefits:

Increases the desire to eat and the sense of pleasure.

Examples:

Grade A Dark maple syrup, honey, dates, raisins

FASS Fixes

Balanced flavor makes any meal more enjoyable, but sometimes after surgery or as a side effect from medications, your taste buds may be off. If the recipe or your taste buds are off in the following ways, use a FASS fix to make it right for YOU.

- **Things have a metallic taste.** Add a little sweetener, like maple syrup, fresh fruit, fruit juice, or dried fruit, and a squeeze of lemon. Also try adding fat, such as olive oil, a nut cream, or nut butter.
- **Things taste too sweet.** Start by adding 6 drops of lemon or lime juice. Keep adding it in small increments until the sweet taste becomes muted.
- **Things taste too salty.** Add ¼ teaspoon of lemon juice. It erases the taste of salt.
- **Things taste too bitter.** Add a little sweetener, like maple syrup or honey.
- **Things taste sour.** Add a pinch or two of salt.
- **Everything tastes like cardboard, bland, or flat.** Add more sea salt until the flavor of the dish moves toward the front of the mouth. A spritz of fresh lemon juice also helps.

Use FASS with the recipes in this booklet. Always give it a final taste before serving (this applies to food you've stored and are reheating). FASS is a terrific skill to learn that will benefit you your whole culinary life. There's nothing like a cook who has the confidence and know-how to flavor or fix a dish to bring it from ordinary to extraordinary.

Shopping and Sourcing Tips

You have the power to choose what you eat. Having a well-stocked pantry can make weekly trips to the grocery store quick and easy - allowing you to focus on fresh produce and protein. The items on the following page are some basics to keep in stock. It may look like a lot, but when you are prepared with these basic ingredients, it makes cooking flavorful food much easier.

- Buy the best quality you can afford.
- Buy and eat organic whenever possible. Don't overlook frozen produce, which is sometimes better than fresh, especially in the off season.
- Treat animal protein as a side (3 to 4 ounces = 1 serving). Look for organic, grass-fed, or pasture-raised poultry, meat, eggs, and dairy.
- Choose ingredients in BPA-free cans, boxes, pouches, or glass jars.
- Choose minimally-processed foods with short and recognizable ingredient lists.
- When choosing whole grain products, make sure whole or sprouted grain is the first ingredient listed on the packaging.

The lists on this page are the 2023 recommendations from the Environmental Working Group. This list is updated periodically, please see www.EWG.org for the most recent guidance.

Dirty Dozen (best to buy organic)

Strawberries • Spinach
Kale, Collard & Mustard Greens
Peaches • Pears • Nectarines
Apples • Grapes
Bell & Hot Peppers
Cherries • Blueberries
Green Beans

Clean Fifteen (OK to purchase conventional)

Avocados • Sweet Corn
Pineapple • Onions
Papaya • Sweet Peas
Asparagus • Honey Dew Melon
Kiwi • Cabbage • Mushrooms
Mangoes • Sweet Potatoes
Watermelon • Carrots

Healthy Pantry

Spices

allspice berries
bay leaves
black
peppercorns
cinnamon
cloves
coriander
cumin
curry powder
ginger
nutmeg
red pepper flakes
sea salt
turmeric

Herbs and Aromatics

garlic
ginger
onions, shallots,
or leeks
lemons, limes

parsley
mint

thyme
rosemary

Vegetables and Fruit

carrots
celery
spinach, greens
sweet potatoes
apples
blueberries

Fats

extra-virgin
olive oil
avocado oil
ghee (clarified
butter) or grass-
fed butter
coconut oil

Nuts and Seeds

almonds
cashews
pecans
pistachios
walnuts
pumpkin seeds
sesame seeds
sunflower seeds

Beans and Legumes

black beans
cannellini beans
chickpeas
lentils (red and
green)

Grains

rice (white,
brown, black, or
wild)
oats (rolled or
steel cut)
quinoa
farro
buckwheat or
kasha
whole grain
bread or tortillas

Other Shelf-stable Goods

green tea
grade A dark
maple syrup
frozen vegetables
and fruits
boxed or canned
tomatoes
pouch or canned
sardines, tuna,
and salmon

How to Use the Recipes in this Kit

Cooking, unlike baking, is very flexible. Most of the recipes in this booklet have variations, so you can customize a recipe to your tastes.

Don't have a specific ingredient?

- If it's not a main ingredient, skip it. If it is a key ingredient, you can likely swap it for something similar

Make it your own.

- If you don't like a particular ingredient, skip it or swap it
- If you like a certain ingredient, add a little more. But keep in mind that more isn't always better, especially with bossy spices and herbs
- If an ingredient is optional, skip it

Here are some common swaps that can be used interchangeably:

- basil > parsley > mint
- parsley > cilantro
- onions (any) > shallots > leeks > scallions
- *Rebecca's Mineral Broth* > vegetable broth > chicken broth
- baby greens (spinach > kale > arugula) > chard > kale
- cannellini beans > other white beans
- salmon > halibut > cod > branzino > bass
- chicken thighs > breast > legs > sausage



Think of cooking as its parts—**plan, shop, prep, and cook**. By dividing up the cooking process in this way, it's easier to make food in stages when you have the time and energy or to ask family or friends for help with one or more of the tasks.

Plan

First, read through recipes, so you know what to expect. Start by creating a shopping list of what you need. Next create a list of ALL the steps you need to complete. We call this to-do list Kitchen Choreography.

Shop

Before you shop, check off items you already have in your pantry. If you've stocked up with items from the Healthy Pantry (page 9), you will likely only need fresh produce and protein. The shopping list is organized by the layout of most stores to make your trip fast and efficient.

Prep

When you get home from the store, wash and chop those vegetables according to your recipe. Use them right away or store them in the fridge to use later in the week. Make a pot of broth or grains. Defrost broth or other items. Make dressings ahead of time. The idea is to prep most of the components for your meals, so you're prepared to cook. However, leave zesting and juicing citrus until you need it.

Cook

Use your Kitchen Choreography (to-do list) to keep you on track and leave you with a clear mind. Simply start with tasks that take the longest or need to be done first, then fill in the time with quick tasks or tidy up.

Freeze anything you won't eat in the next 3 to 4 days in single serving portions. You'll be building a stash to rely on when you're short on time. See food storage and reheating (page 58).



Rebecca's Mineral Broth

Makes 6 quarts

Rebecca's Mineral Broth transforms to meet numerous nutritional needs. It serves as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what your appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. Think of it as a tonic, designed to keep you in tip-top shape.

COOK'S NOTES

- As the broth simmers, some of the water will evaporate; add more water if the vegetables begin to peek out. If you don't have a large enough stock pot, chop a full batch of vegetables and put half in a zip-top bag and freeze. This will be a time saver next time you need to make broth.
- Freeze the broth in 2, 4 or 6-cup portions in freezer-safe containers or bags.
- To boost protein, add 1 to 2 scoops of unflavored collagen or beef gelatin to this broth when warm.

6 unpeeled carrots*
2 unpeeled yellow onions*
1 leek, white and green parts
1 bunch celery, including the heart*
4 unpeeled red potatoes*
3 sweet potatoes*
5 unpeeled cloves garlic, halved*
½ bunch fresh flat-leaf parsley
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
1 (6-inch) piece kombu, *optional*
Water*
1 teaspoon sea salt*

KOMBU is a mineral-rich seaweed in the kelp family that adds a savory flavor to stocks and broths. It's nourishing and tastes amazing, however if you don't have kombu, that shouldn't stop you from making this broth. Find kombu in the Asian section of a grocery store.

1. Rinse all of the vegetables well and cut into thirds or quarters.
2. In a 12-quart or larger stockpot, combine the vegetables, garlic, parsley, peppercorns, allspice berries, bay leaves, and kombu, if using. Fill the pot with water to 2 inches below the rim, cover, and bring to a boil.
3. Remove the lid, decrease the heat to low, simmer **partially covered** for about 2 hours or until full flavor of vegetables can be tasted.
4. Strain the broth through a large, coarse-mesh sieve, then stir in salt to taste.
5. Let cool to room temperature, then refrigerate overnight. Portion into airtight containers and refrigerate or freeze.

Don't have all the ingredients for this broth?

That shouldn't stop you! You can make a good and simple vegetable broth with the ingredients marked with an asterisk (*).

Nourishing Bone Broth

Serves 6

Makes 6 quarts

- 3 pounds marrow bones beef or chicken bones
- 3 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into quarters
- 1 bunch celery, including the heart, cut into thirds
- 5 unpeeled cloves garlic, cut in half
- ½ bunch fresh flat-leaf parsley
- 12 black peppercorns
- 2 bay leaves
- 4 sprigs fresh thyme
- 1 tablespoon apple cider vinegar
- 8 quarts cold, filtered water, plus more as needed

1. Preheat the oven to 425°F. Rinse all of the vegetables well.
2. Place the bones on a rimmed baking sheet or roasting pan and roast until the bones are browned, about 30 minutes.
3. In a 12-quart or larger stockpot, combine the bones, carrots, onions, celery, garlic, parsley, peppercorns, bay leaves, thyme, and vinegar. Pour in the water, cover, and bring to a boil.
4. Remove the lid, decrease the heat to low, and skim off the scum that has risen to the top. Simmer gently, partially covered, for 8 to 16 hours.
5. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out.
6. Strain the broth through a large, coarse-mesh sieve. Let cool to room temperature, and then refrigerate overnight covered. Skim off as much fat as you can from the top of the broth, then portion the broth into airtight containers.
7. Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.

Cook's Note

If at all possible, invest in pasture-raised, organic bones to ensure you're getting the highest quality (hormone and anti-biotic free) ingredients as possible.

Set it and forget it in a slow cooker. Roast the bones as directed, then place in a 6 or 8-quart slow cooker. Set on low and cook for 8 to 12 hours.

There are now high-quality bone broths in the refrigerated and frozen sections of the grocery store. Look at the ingredients and you'll see some have similar (or fewer) ingredients than you find in this recipe. Short cuts are welcome if they save you time and stress.





Chicken Tortilla Soup

Serves 6

- 2 tablespoons olive oil
- 1 cup finely chopped yellow onion
- ½ cup peeled and diced carrot
- ½ cup diced celery
- ½ teaspoon sea salt
- 2 cloves garlic, chopped
- ¼ teaspoon ground cumin
- ¼ teaspoon dried oregano
- 1 (14.5-ounce) can diced tomatoes
- 6 cups *Nourishing Bone Broth* (page 14),
Rebecca's Mineral Broth (page 12) or store-bought
- 1 cup thinly sliced cooked chicken
- 2 tablespoons plus ½ teaspoon freshly squeezed
lime juice
- ½ avocado, diced
- 2 tablespoons chopped fresh cilantro
- Corn tortilla chips, optional

1. Heat the olive oil in a soup pot over medium-high heat.
2. Add the onion, carrot, celery, and ¼ teaspoon of the salt and sauté until the vegetables begin to soften, 3 to 5 minutes.
3. Stir in the garlic, cumin, and oregano. Stir in the tomatoes with their juice and cook for 1 minute.
4. Add the broth and bring to a boil. Decrease the heat to low, cover, and simmer for 15 minutes.
5. Add the chicken, 2 tablespoons of the lime juice, and the remaining ¼ teaspoon of salt to the soup and stir to combine. Simmer uncovered for 5 minutes.
6. Remove from the heat and stir in the ½ teaspoon of lime juice.
7. Taste; you may want to add a squeeze of lime juice or a pinch of salt. Ladle the soup into bowls. Garnish with the tortilla chips, avocado, and cilantro and serve immediately.

COOK'S NOTE

If you want it spicy, add a pinch or two of cayenne with the cumin.

A dollop of *Cashew Cream* (page 49) is a great substitute for sour cream.

Minestrone with Turkey Meatballs

Serves 6

Turkey Meatballs, raw or cooked (page 28)

2 tablespoons olive oil

1 yellow onion, diced small

Sea salt

Freshly ground black pepper

2 large carrots, peeled and diced small

2 large celery stalks, diced small

4 cloves garlic, minced

¼ teaspoon dried thyme

¼ teaspoon dried oregano

¼ teaspoon crushed fennel seeds

1 (14.5 ounce can) diced tomatoes, with juice

2 teaspoons tomato paste

8 cups *Nourishing Bone Broth* (page 14),
Rebecca's Mineral Broth (page 12) or store-bought

1 teaspoon grated lemon zest

2 teaspoons freshly squeezed lemon juice

3 cups loosely packed baby spinach

Freshly grated Parmesan cheese, for garnish

Basil Pistachio Pesto (page 48), for garnish

1. Heat the olive oil in a soup pot over medium heat.
2. Add the onion, carrots, celery, and a pinch of salt and sauté until translucent, about 4 minutes.
3. Add the garlic, thyme, oregano, fennel seeds, and $\frac{1}{4}$ teaspoon of salt and sauté for another minute.
4. Stir in the tomato paste, the tomatoes, broth, and another $\frac{1}{4}$ teaspoon of salt. Increase the heat to high and bring to a boil.
5. Decrease the heat to medium-low to maintain a vigorous simmer. If cooking meatballs from raw, add the meatballs. Cover and simmer for 10 minutes, or until the meatballs are cooked all the way through. If meatballs are already cooked, add them to the pot and cook until warmed through.
6. Add the lemon zest, lemon juice, and another pinch of salt. Put $\frac{1}{2}$ cup of spinach in each soup bowl. Ladle the soup over the spinach and garnish with a generous sprinkling of Parmesan cheese and a dollop of pesto.

VARIATIONS

- Substitute ground dark-meat chicken or ground grass-fed beef for the turkey.
- For a vegetarian dish, substitute 2 cups of cooked cannellini beans for the meatballs. You can use a 15-ounce can of cannellini beans, but be sure to give them the spa treatment: drain, rinse well, and then mix with a spritz of lemon juice and a pinch of sea salt.

Cozy Lentil Soup

Serves 6

2 tablespoons olive oil

1 yellow onion, diced small

Sea salt

2 carrots, peeled and diced small

2 celery stalks, diced small

1¼ teaspoon curry powder

½ teaspoon ground cumin

¼ teaspoon ground cinnamon

1 cup dried green lentils, rinsed well

8 cups *Rebecca's Mineral Broth* (page 12) or store-bought vegetable broth

1 cup tightly packed, stemmed, thinly sliced kale

1. Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt. Sauté until golden and translucent, about 4 minutes.
2. Add the carrots, celery, and another pinch of salt and sauté until all of the vegetables are just tender, about 5 minutes.
3. Add the spices and a ¼ teaspoon of salt, then give a stir. Add the lentils and stir to coat.
4. Pour in ½ cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

5. Add the remaining 7½ cups of broth. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the lentils are tender, about 20 to 25 minutes.
6. Stir in the kale and cook until tender, about 3 minutes. Taste; you may want to add a pinch of salt.

VARIATIONS

- Substitute for the celery (or add to it) one diced fennel bulb, which is a good digestive aid.
- If you have trouble finding delicata squash, use butternut squash.





Clean Green Soup

Serves 6

2 tablespoons olive oil

1 yellow onion, chopped

Sea salt

1 large leek, cleaned and chopped (optional)

1 Yukon gold potato, peeled and diced small

2 cloves garlic, minced

¼ teaspoon freshly ground black pepper

6 cups *Nourishing Bone Broth* (page 14), *Rebecca's Mineral Broth* (page 12)
or store-bought

1 bunch Swiss chard, remove stems and chop

1 bunch kale, remove stems and chop

¼ cup loosely packed fresh flat-leaf
parsley, chopped

1 teaspoon lemon zest

1 tablespoon freshly squeezed lemon juice

1. Heat the olive oil in a soup pot over medium heat.
2. Add the onion and $\frac{1}{4}$ teaspoon salt and sauté until the onion is golden, about 10 minutes. Add the leek, potato, garlic, and black pepper and sauté 2 to 3 minutes more.
3. Add in the chard, kale, and another $\frac{1}{4}$ teaspoon salt and saute until wilted. Then add the broth and bring to a boil. Reduce the heat to medium, cover, and simmer for 5 minutes or until the greens are just tender.
4. In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the greens. Blend the parsley into the last batch. Pour the soup back into the pot, heat gently over medium-low heat, and stir in the lemon zest and juice. Taste; you may want to add a pinch more salt.
5. Serve garnished with an extra drizzle of olive oil or a tablespoon of the *Everything Drizzle* (page 47), *Cashew Cream* (page 49) or *Basil Pistachio Pesto* (page 48).

COOK'S NOTE

If you don't like cold and sweet smoothies in the morning, try a warm mug of this soup. It's the perfect mini meal.

This soup is also great for using up any combination of extra greens, especially those that are a little wilted.

Mediterranean Lentil Salad

Makes 6 servings

½ cup dried lentils, rinsed well
1 clove garlic, peeled and smashed
1 bay leaf
Sea salt
1¾ cups water
1 teaspoon ground cumin
½ teaspoon ground coriander
Pinch of ground cinnamon
¼ cup freshly squeezed lemon juice
¼ cup olive oil
1 teaspoon grated lemon zest
½ cup finely chopped fresh flat-leaf parsley
½ cup finely chopped fresh mint

2 small English cucumbers, peeled, seeded, and diced
1 cup diced tomato or halved cherry tomatoes
2-3 tablespoons crumbled feta cheese
2 tablespoons seeded kalamata olives, sliced

VARIATIONS

- For a nutritional boost from cruciferous vegetables, add 1 cup of arugula when you add the cucumbers.
- Use any lentil for this recipe except the red split lentil.

1. Put the lentils, 1 clove of the garlic, the bay leaf, and $\frac{1}{4}$ teaspoon of salt in a saucepan and add water to cover by 2 inches. Bring to a boil over high heat, then decrease the heat to low, cover, and simmer until the lentils are tender, 20 to 25 minutes.
2. Remove from the heat, drain well, and discard the garlic and bay leaf. Stir in the cumin, coriander, and cinnamon and allow to cool to room temperature.
3. Put the lemon juice, olive oil, lemon zest, and a pinch of salt in a small bowl and whisk to combine. Add to the lentils, along with the lentils, mint, and parsley and fluff with a fork until well combined. Chill for at least 2 hours.
4. Add the cucumbers and tomatoes. Taste; you may want to add a squeeze of lemon juice or a pinch of salt. Sprinkle with the feta and olives before serving.



Italian White Bean Salad

Serves 4

1 (15-ounce) can cannellini beans, rinsed

Freshly squeezed lemon juice

Sea salt

2 tablespoons olive oil

Juice of half a lemon

½ cup cherry tomatoes, halved

6 radishes, quartered

12 kalamata olives, pitted and sliced

½ cup coarsely chopped fresh parsley

2 scallions, sliced

1. In a large bowl, combine all the ingredients and mix until well combined.
2. Taste; you may want to give it a squeeze of lemon or another pinch or two of salt. Serve.



COOK'S NOTE

- If you have ¼ to ½ cup of the *Everything Drizzle* (page 47) or *Basil Pistachio Pesto* (page 48) and a little more olive oil, use it to dress this salad in place of the olive oil, lemon juice and parsley.
- Cannellini beans will soak up the dressing, so if you have stored this salad in the refrigerator, you may need to perk it up with more drizzle or another spritz of lemon and drizzle of olive oil.

Roasted Chicken Thighs

Serves 4

8 bone-in, skin-on chicken thighs

$\frac{3}{4}$ cup of *Everything Drizzle* (page 47)

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

1. Put the chicken in a large bowl with $\frac{1}{4}$ cup of the drizzle and toss to coat. Cover with plastic wrap and marinate in the refrigerator for 10 minutes or up to 1 hour.
2. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
3. Wipe off any of the marinating drizzle. Place the chicken on the prepared baking sheet skin side up and season with salt and pepper.
4. Bake for 40 minutes or until juices run clear and an instant-read thermometer inserted into the thickest part of a thigh reaches 160°F.
5. Transfer the chicken to a serving platter with a few more tablespoons of the drizzle over it. Serve with the rest of the drizzle on the side.



VARIATIONS

Make plain salt and pepper roasted chicken thighs and serve with *Basil Pistachio Pesto* (page 48).

Turkey Meatballs

Makes about 12 meatballs

- 1 egg
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon cumin
- 1 pound ground turkey or chicken
- ½ cup yellow onion or shallot, grated
- 1 to 2 cloves garlic, minced or grated
- 1 small zucchini or carrot, grated
- 2 to 3 tablespoons fresh parsley, chopped, optional
- 2 to 3 tablespoons olive oil, for roasting

1. Whisk together the egg, spices, and lemon zest.
2. Add remaining ingredients and gently stir to combine.
3. With wet hands or a scoop, form meatballs (2 tablespoons each).
4. To cook on a sheet pan, spread them out evenly, drizzle with a little olive oil and roast at 400°F for about 30 minutes or until cooked through. For more browning, finish under the broiler for a few minutes.

COOK'S NOTE

- When mixing the turkey with the other ingredients, use a light hand. If you overwork the turkey, the burgers will be tough.
- This is a good recipe to double and freeze for when you need a quick meal.

These meatballs freeze well cooked or uncooked. Freeze separately on a sheet pan, then transfer to a baggie or container.

- You can also poach the raw meatballs in the *Minestrone with Turkey Meatballs* (page 18).

VARIATIONS

Optional add-ins include:
1 teaspoon lemon zest,
½ teaspoon red pepper flakes,
½ teaspoon oregano, ½ cup cooked grains.

Lamb Sliders

Serves 4

- ½ yellow onion, diced
- 3 cloves garlic, coarsely chopped
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- Pinch of cayenne
- 2 tablespoons coarsely chopped parsley
- 1 pound ground lamb
- Romaine or butter lettuce leaves
- ½ cup plain yogurt or *Cashew Cream* (page 49)

1. In a large bowl, combine all the ingredients except the lettuce and yogurt. Mix until the ingredients are well distributed.
2. Shape into 8 patties about ½-inch thick. Place the patties on a sheet pan.
3. Preheat the broiler and place the rack four or five inches below the heating element.
4. Place the sheet pan with the patties under the broiler and cook for about 3 minutes. Flip and cook the other side for another 3 minutes. Patties will still be pink in the middle.
5. Serve the sliders on lettuce leaves with a dollop of yogurt.

COOK'S NOTE

These sliders can be made a day in advance.

VARIATIONS

Add 2 tablespoons of chopped fresh mint to the lamb mixture.

Grilled Bison Burgers

Serves 4

TOPPINGS

8 ounces shiitake mushrooms, stems removed and thinly sliced

4 tablespoons olive oil

¼ teaspoon sea salt

¼ teaspoon smoked paprika

½ large red onion, sliced

COOK'S NOTE

- This is a good recipe to double and freeze for when you need a quick meal. These patties freeze well cooked or uncooked.
- Freeze patties cooked or raw. Freeze separately on a sheet pan, then transfer to a baggie or container

BURGERS

1 pound ground bison

3 ounces cremini mushrooms, stemmed and finely processed in a food processor

3 tablespoons coarsely chopped parsley

½ teaspoon freshly ground black pepper

Sea salt

1 teaspoon olive oil

1½ tablespoons minced garlic

Pinch of red pepper flakes

4 butter lettuce leaves, washed and dried or your favorite hamburger bun.



1. Preheat oven to 375°F. Line a baking sheet with parchment.
2. Place the shiitakes and onions in a bowl and drizzle with 2 tablespoons of the olive oil, salt, and paprika, tossing until evenly coated. Arrange them in a single layer on the prepared sheet pan and roast until crisp and browned, about 20 to 25 minutes.
3. To make the burgers, place the bison, cremini mushrooms, parsley, black pepper, garlic, and red pepper flakes in a large bowl.
4. Using your hands, gently mix until everything is well combined. Shape into 4 equal-size patties.
5. Heat a grill or grill pan to medium-high heat and lightly coat with a neutral-flavored oil. Grill the patties, turning once, for 3 minutes per side.
6. Serve each patty on a lettuce leaf topped with some caramelized onion and crispy shiitake mushrooms.

Latin Roasted Salmon

Serves 4

Spice Rub

1 teaspoon cumin

½ teaspoon coriander

½ teaspoon dried oregano

⅛ teaspoon cayenne

1 tablespoon olive oil

4 (3.5-ounce) salmon fillets, bones removed

½ teaspoon sea salt

3 tablespoons cilantro leaves, chopped

1. Preheat the oven to 400°F.
2. In a small bowl, combine the spice rub ingredients.
3. Pat the fish dry with a paper towel and season each piece with a pinch or two of salt.
4. Drizzle with olive oil and apply the spice rub all over with your hands. Place evenly spaced on a parchment lined baking sheet.

COOK'S NOTE

Use your eyes and nose when shopping for fish. Look for a cut with moist, glistening flesh, with no flat, brown edges. If the fish looks dull, give it a pass. Same goes for any fillet with a fishy or ammonia smell. Don't be shy about asking your fishmonger a few questions, like when the fish came in and from where. Most stores have regular shipments; knowing that schedule in advance can help you plan when to have fish. This recipe is also delicious with black cod, halibut, or another favorite fish.

5. Bake just until the fillets are tender and an instant-read thermometer inserted into the center of each fillet registers 137°F; this will take 10 to 15 minutes, depending on the thickness of the fillets.
6. Garnish with cilantro and serve with lemon or lime wedges.

Lemony Salmon Salad

Serves 2

1 (7 ½-ounce) can boneless, skinless, sockeye or other canned salmon, drained,

2 teaspoons freshly squeezed lemon juice

2 teaspoons olive oil

Pinch of black pepper

Pinch of sea salt

3 tablespoons finely chopped celery

2 tablespoons finely chopped fresh flat-leaf parsley

2-4 romaine lettuce leaves or 2 slices whole grain toast, optional

1. Put the salmon in a bowl and break it into small pieces with a fork. Stir in the lemon juice, olive oil, pepper, salt, celery, and parsley, then taste. If needed, adjust the flavors with lemon juice and a pinch of salt.
2. Serve in lettuce cups or on a slice of whole grain toast or atop a salad.



VARIATION

Use leftover *Latin Roasted Salmon* (page 32) instead of canned salmon.

Add chopped radishes and snap peas — they will not disappoint!

Shortcut: Simply combine just the salmon and celery with 2 tablespoons of the *Everything Drizzle* (page 47).



Simple Shrimp Stir-Fry

Serves 4

1½ pounds shrimp, peeled and deveined

¼ cup tamari or soy sauce

2 tablespoons lime juice

1 tablespoon honey or maple syrup

1 tablespoon rice vinegar, apple cider vinegar,
or white vinegar

1 tablespoon cornstarch

2 tablespoons neutral high-heat oil

1 onion, halved and sliced

2 teaspoons minced garlic

2 teaspoons freshly grated ginger, optional

1 bunch asparagus, 1-inch slice

3 scallions, green tops thinly sliced, for garnish

1. In a medium bowl, season shrimp with salt and black pepper.
2. Whisk together the sauce: tamari, lime juice, honey, vinegar, and cornstarch and set aside.
3. Heat a large, wide pan over medium-high heat.
4. Add the oil, then onions, garlic, and ginger and stir-fry for about a minute.
5. Add the shrimp and stir-fry for about 3 minutes or until just cooked. Remove from the pan to a bowl.
6. Add the vegetables and a pinch of salt, then stir-fry for 3 minutes or until the vegetables are just tender.
7. Return the shrimp to the pan, add the sauce to the pan, and stir continuously. Cook until the sauce begins to thicken, about 1 minute.
8. Transfer onto a platter and garnish.

VARIATION

Swap the asparagus for 1½ to 2 cups thinly sliced red bell peppers, whole snow peas, or snap peas.

Scrambled Eggs with Leafy Greens

Serves 2

4 eggs

¼ teaspoon sea salt

1 teaspoon turmeric, optional

¼ teaspoon freshly ground pepper

1 tablespoon water

2 teaspoons olive oil

1 cup baby spinach, baby kale, or arugula

COOK'S NOTE

- Keep in mind that the eggs continue to cook in the hot pan, so remove them from the heat 30 seconds before you think you should to prevent overcooking.
- You can also use chard, kale or mature kale cut into bite-sized pieces, however, you will want to sauté the greens for a couple minutes before adding the eggs to the pan.
- Add a little brightness with a dollop of *Everything Drizzle* (page 47).

1. In a medium bowl, crack the eggs, then add the salt, turmeric, pepper, and water and beat well with a whisk or a fork until the egg mixture becomes foamy.
2. Heat a skillet over medium heat, then add the olive oil.
3. Add the egg mixture and turn down the heat to medium-low. Stir with a spatula as the eggs start to set.
4. As the eggs begin to form curds, add the greens and keep stirring continuously until the eggs are soft and shiny and the greens are wilted.
5. Remove from the heat and serve immediately.

Nana's Egg Salad

Serves 2 to 4

2 to 4 eggs, hard-boiled

1 teaspoon mayonnaise or yogurt

¼ teaspoon Dijon mustard

⅛ teaspoon sea salt

⅛ teaspoon paprika

Pinch of cayenne, optional

¼ teaspoon freshly squeezed lemon juice

4 slices of your favorite bread, toasted



1. Put the eggs in a bowl and use the back of a fork to break them up. Add the remaining ingredients and stir to combine.
2. Taste; you may want to add another pinch of salt or spritz of lemon juice.
3. Serve a dollop on a slice of toast.

VARIATION

- Fresh cilantro, basil or dill makes a wonderful addition; add about 1 to 2 teaspoons, finely chopped.
- Swap the eggs for ~2 cups cooked chicken and 1 apple, diced into ¼-inch pieces.
- You can also serve on crackers, in a tortilla, in a romaine lettuce leaf, or atop a salad.

COOK'S NOTE

To make a perfect hard-boiled egg, place the eggs in 4 cups of cold water in a pot. Cover and bring the eggs just to a boil, then immediately remove from the heat. Once the water has cooled to the touch, about 15 minutes, the eggs will have a perfectly cooked yolk. Submerge under cold water to stop the cooking.

Garlicky Global Greens

Serves 4

2 bunches kale, Swiss chard, or spinach
(about 6 cups)

1 tablespoon olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

¼ teaspoon sea salt

Freshly squeezed lemon juice

COOK'S NOTES

Do the greens taste bitter? Try finishing them with a little acidity, such as a spritz of lemon, vinegar, or mustard or with a little sweet, such as a few drops of real maple syrup, a few raisins, or grapes.



1. In a medium sauté pan, heat the olive oil over medium-high heat. Add the garlic and red pepper flakes and sauté for 30 seconds, just until aromatic.
2. Add the greens and salt and sauté for 2 to 3 minutes or until the greens begin to darken and intensify. If necessary, add a splash of water to cook the greens until they're tender.
3. Add the lemon juice. Taste; you may need to add another pinch of salt or a few drops of maple syrup.

GLOBAL VARIATIONS

Want more flavor? Try one of these variations.

- **Garlicky** At step 2, add 2 cloves minced garlic and a pinch or two of chili pepper flakes.
- **Asian** At step 2, add 1 clove minced garlic and a teaspoon of freshly grated ginger. When greens are wilted, stir in 1 tablespoon of tamari or soy sauce and 1 teaspoon of toasted sesame oil. Garnish with sesame seeds and/or scallions.
- **Latin** At step 2, add ½ cup diced onions and a diced red bell pepper, then 1 teaspoon cumin, ½ teaspoon coriander, and a pinch of cayenne. Garnish with lime juice and toasted pumpkin seeds.
- **Indian** At step 2, add ½ cup diced onions and a teaspoon of freshly grated ginger, then 1 teaspoon curry powder and cumin. Garnish with toasted coconut or cashews.
- **Mediterranean** At step 2, add 2 cloves minced garlic. Garnish with lemon zest, pistachios or pine nuts, cherry tomatoes, kalamata olives, raisins, and/or feta cheese.

Kale with Sweet Potato

Serves 4



- 2 tablespoons olive oil
- 1 teaspoon minced fresh ginger
- 1 cup peeled and diced sweet potato
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{4}$ cup *Rebecca's Mineral Broth* (page 12), store-bought broth, or water
- 3 cups stemmed, and chopped lacinato kale
- $\frac{1}{4}$ teaspoon sea salt
- 2 tablespoons golden raisins
- $\frac{1}{4}$ teaspoon maple syrup
- 2 tablespoons pecans, toasted and finely chopped, for garnish

1. Heat the oil in a large sauté pan over medium heat, then add the ginger and sauté for 30 seconds, just until aromatic.
2. Add the sweet potato, cinnamon, and broth and sauté for about 1 minute.
3. Add the kale, salt, and raisins and sauté until the kale is a darker shade of green and the sweet potatoes are tender, about 5 minutes.
4. Stir in the maple syrup. Taste; you may want another pinch or two of salt.
5. Garnish with the pecans.

Roasted Broccoli with Parmesan Cheese and Lemon

Serves 4

2 to 3 pounds broccoli, cut into bite-sized pieces

2 tablespoons olive oil

1 to 2 cloves garlic, minced

¼ teaspoon sea salt

1 tablespoon freshly squeezed lemon juice

2 teaspoons lemon zest

2 to 3 tablespoons parmesan cheese

1. Position a rack in the middle of the oven and preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Toss the broccoli, olive oil, garlic, and salt in a large bowl until evenly coated. Transfer to the lined baking sheet and spread in an even layer. Bake for 20 to 25 minutes, until the broccoli is tender.
3. Transfer to a bowl and toss with the lemon zest, juice, and parmesan cheese.

VARIATIONS

- If you want some heat, simply add a few pinches of red pepper flakes in step 3.
- For more flavor, garnish with ¼ cup fresh finely chopped basil.
- Swap zucchini or cauliflower for the broccoli

COOK'S NOTE

Add the lemon juice and zest just before serving. The lemon juice will turn the broccoli brown if it sits for more than a few minutes.



Ginger Lime Sweet Potato Mash

Serves 4

1½ pounds sweet potatoes or yams, peeled and cut into 2-inch cubes

Sea salt

Rebecca's Mineral Broth (page 12), store-bought stock, or water

2 tablespoons unsalted butter or ghee

1 tablespoon grated fresh ginger

¼ teaspoon maple syrup

2 teaspoons freshly squeezed lime juice

1 tablespoon chopped fresh cilantro or mint, for garnish

1. Put the sweet potatoes and ¼ teaspoon of salt into a pot and add enough liquid to cover by an inch.
2. Bring to a boil over high heat, then reduce the heat, cover, and simmer for 20 minutes, or until very tender.
3. Reserve some of the cooking water, then drain the potatoes in a colander and return them to the pot.
4. Add the butter, ginger, maple syrup, ¼ teaspoon of salt, lime juice, and 2 to 3 tablespoons of the cooking liquid.
5. Use a potato masher or electric hand mixer to mash the potatoes, adding more cooking liquid until you reach the desired consistency.
6. Taste; you may want to add another pinch of salt or a squeeze of lime. Sprinkle with cilantro or mint and serve immediately.

VARIATIONS

- Swap out the lime juice for orange juice and add a shaving of nutmeg.
- Garnish with mint or parsley rather than cilantro.
- If you are avoiding dairy, substitute 2 tablespoons of olive oil or coconut oil for the butter.

COOK'S NOTES

Here's a quick way to grate ginger. Cut the ginger so the yellow flesh is exposed, then run it across a microplane. The ginger will collect on the underside, so give the microplane a good tap and the ginger will release. You can also use this technique for grating garlic—just make sure to keep your fingertips from the grater edges.



Shredded Beet & Carrot Salad

Serves 4

2 tablespoons freshly squeezed orange juice

2 teaspoons freshly squeezed lemon juice

2 teaspoons olive oil

½ teaspoon minced fresh ginger

¼ teaspoon sea salt

1 cup peeled and shredded carrot

1 cup peeled and shredded red beet

2 tablespoons chopped fresh mint

1. Whisk the orange juice, lemon juice, olive oil, ginger, and salt together until thoroughly combined.
2. Put the carrots in a mixing bowl, drizzle with half of the dressing, and toss until evenly coated.
3. Then, place on one side of a shallow serving bowl.
4. Put the beets in the mixing bowl, drizzle with the remaining dressing, and toss until evenly coated.
5. Place the beets next to the carrots in the serving bowl for a beautiful contrast of red and orange.
6. Garnish with the chopped mint before serving.

VARIATION

For added crunch and sweetness, add ¼ cup toasted pistachios or pumpkin seeds and 2 tablespoons raisins.





Watermelon and Cherry Tomato Salad

Serves 4

- 1 cup halved cherry tomatoes
- 2 tablespoons coarsely chopped mint
- 2 tablespoons coarsely chopped cilantro
- 2 tablespoons lime juice
- 1 teaspoon lime zest
- 1 tablespoon olive oil
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon sea salt or fleur de sel
- $\frac{1}{4}$ cup crumbled feta cheese (optional)
- 1 tablespoon pumpkin seeds, toasted

1. Combine the watermelon, tomatoes, mint, cilantro, lime juice and zest, olive oil, and black pepper in a bowl and toss lightly with a fork. Stir in the salt just before serving. Top with the feta and pumpkin seeds and serve.

Everything Drizzle

Makes about ½ cup

- ½ cup tightly packed fresh parsley leaves
- 2 tablespoons tightly packed fresh mint leaves
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon maple syrup, optional
- ¼ cup olive oil



1. Add all the ingredients to the bowl of a food processor and process until well blended. For a thinner drizzle, add a tablespoon of water and briefly process again.
2. Taste; you may want to give it a squeeze of lemon or another pinch or two of salt.

COOK'S NOTE

To quickly remove stems from parsley or cilantro, hold a clean, dry bunch of the herbs in your non-cutting hand, angling them downward at 45 degrees, with the top of the bunch touching the cutting board. Scrape down along the stems with a chef's knife, using short strokes, to separate the leaves from the stems.

Use this herby drizzle to perk up chicken, eggs, vegetables, fish, salads, grains, and beans...EVERYTHING!

Basil Pistachio Pesto

Makes about 2/3 cup

- 1 cup tightly packed fresh basil leaves
- ½ cup shelled pistachios
- ¼ cup olive oil
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon water, optional

1. Put the basil, pistachios, olive oil, lemon juice, salt, and pepper in a food processor and process until well blended.
2. For a thinner pesto, add water and briefly process again. Taste; you may want to add another squeeze of lemon juice or pinch of salt.

VARIATIONS

- If you don't have pistachios, use another nut such as pinenuts, almonds, walnuts or cashews.
- If basil is not in season, use parsley.



Cashew Cream

Makes 1½ cups

1 cup raw cashews

1 cup water

1 teaspoon freshly squeezed lemon juice or orange juice

¼ teaspoon sea salt

⅛ teaspoon freshly ground nutmeg

1. Combine all the ingredients in a blender and blend until creamy smooth, about a minute or two.

COOK'S NOTES

This versatile dollop can be used on soups, oats, grains, pasta or roasted fruit.

If you want more citrus flavor without an acidic taste, add 1 teaspoon of lemon or orange zest.



Red Pepper Hummus

Makes 3 cups

- 2 (15-ounce) cans chickpeas (garbanzo beans), rinsed
- 2 tablespoons freshly squeezed lemon juice
- ½ teaspoon sea salt
- ½ cup coarsely chopped roasted red peppers
- 3 tablespoons olive oil
- 1 tablespoon tahini, optional
- 1 clove garlic, coarsely chopped
- 2 tablespoons water
- ¼ teaspoon cayenne pepper, optional

1. Add all the ingredients to the bowl of a food processor and process until smooth. You may need a little more water or olive oil to get to the desired consistency.
2. Taste; you may want to give it a squeeze of lemon or another pinch or two of salt. Transfer to a small bowl and garnish with a drizzle of olive oil.



COOK'S NOTE

There's a nice kick of cayenne when this is served right away. However, the cayenne mellows after it's been refrigerated, so you may want to add a spritz of lemon and another pinch of cayenne just to wake this hummus up.

To freeze hummus, fill an airtight container, leaving a ½ an inch to allow for expansion during freezing. To retain the moisture of the dip during freezing, pour 2 teaspoons of olive oil over the hummus to form a protective seal. Transfer the hummus from the freezer to the refrigerator one day before you are ready to use it, as it takes several hours to thaw. Stir the hummus well before serving. Taste; you may need to add a squeeze of lemon or a pinch or two of salt to wake it up from its deep sleep in the freezer.

Triple Berry Smoothie

Makes about 3 cups

1 cup plain yogurt

1 cup water

¼ cup freshly squeezed orange juice

1 cup frozen strawberries

1½ cups frozen blueberries

½ cup frozen blackberries berries

1 tablespoon ground flaxseeds, optional

1 teaspoon maple syrup, optional



VARIATIONS

- For a dairy-free version, use coconut milk in place of yogurt.
- If you need more calories, add 1 tablespoon coconut oil.
- For more protein, add a scoop of your preferred protein powder.
- For a fresh and minty flavor, ¼ cup mint leaves
- Add a handful or two of baby spinach leaves. You won't notice or taste it, but you can check off a serving of vegetables. Add greens to the portion of the smoothie you'll eat right away, otherwise they may oxidize and turn brown.

1. Combine all the ingredients in a pitcher of a high-speed blender.
2. Blend until smooth. Store leftovers in the refrigerator for 2 to 3 days or freezer for up to a month.

Triple Triple Brittle

Makes about 2 cups

- 1 cup raw pumpkin seeds
- ¾ cup raw sunflower seeds
- ¼ cup white or black sesame seeds
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground allspice
- ½ teaspoon sea salt
- ⅓ cup maple syrup
- 1 teaspoon vanilla extract



1. Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine all the ingredients and mix until well coated.
3. Spoon the mixture onto the prepared baking sheet and, with a spatula, pat and press the brittle into an even layer about ¼-inch thick. Press the middle so it's slightly thinner than the edges, which will help prevent the outside edges from burning.
4. Bake for about 25 to 30 minutes or until golden brown.
5. Remove from the oven and allow to cool completely. As it cools it will become crispy.
6. Once the brittle has crisped up, break it into pieces and store in an airtight container.

Silk Road Spiced Walnuts

Makes 8 Servings

2 tablespoons freshly squeezed orange juice

¼ teaspoon orange zest

2 teaspoons olive oil

1 teaspoon maple syrup

½ teaspoon ground cumin

½ teaspoon ground coriander

¼ teaspoon sea salt

¼ teaspoon ground ginger

Pinch of cayenne

1 cup walnuts

¼ cup unsweetened dried cranberries or raisins



1. Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. Put the first nine ingredients in a medium bowl and whisk to combine. Add the walnuts and cranberries and toss until evenly coated. Spread the mixture evenly on the lined baking sheet.
3. Bake for 10 to 15 minutes, until liquid is bubbly and has mostly cooked off and the walnuts are aromatic and slightly browned. Let cool to room temperature, then use a metal spatula to loosen the mixture.

COOK'S NOTE

As soon as you start to smell that heavenly aroma wafting from the oven, it's time to remove the nuts from the oven. They will continue to cook and crisp as they cool.

Double or triple this recipe and store in a jar.

VARIATIONS

- Substitute almonds or pistachios for some or all of the walnuts. You could even use a combination of all three nuts.
- For a high-powered antioxidant trail mix, after the mixture has cooled, add 1 tablespoon of dark chocolate chips and ¼ cup of dried blueberries.

Spicy Apple Muffins

Makes 24 mini muffins

2 tablespoons plus 2 teaspoons olive oil
½ cup finely diced apple
1 teaspoon ground cinnamon
½ teaspoon ground ginger
2 cups almond meal/flour
¼ teaspoon sea salt
½ teaspoon baking soda
3 large eggs
2 tablespoons maple syrup
½ tablespoon freshly squeezed lemon juice
½ tablespoon water
1 teaspoon vanilla extract
2 tablespoons currants, optional

1. Preheat the oven to 350°F. Oil a mini muffin tin or line with muffin papers.
2. In a small skillet over medium-high heat, add 2 teaspoons of the olive oil, then the apples and cook for 3 to 5 minutes, stirring occasionally, until the apples are soft. Remove the skillet from the heat, add the cinnamon and ginger, and stir until well combined and fragrant. Set aside.
3. In a bowl, mix together the almond meal, salt, and baking soda.

4. In another bowl, whisk together the eggs, the remaining 2 tablespoons olive oil, maple syrup, lemon juice, water, and vanilla.
5. Add the wet ingredients to the dry and stir well to combine. Stir in the apple mixture and the currants.
6. Fill each muffin cup with about 2 tablespoons of batter.
7. Bake for 13 to 15 minutes for mini muffins, until a toothpick comes out clean.

COOK'S NOTE

If using regular sized muffin tins, bake for 20 to 25 minutes.



Almond Chocolate Chip Cookies

Makes about 16 cookies

- 1 cup unsalted almond butter
- ½ cup coconut palm sugar
- 1 egg, beaten
- 1 teaspoon vanilla extract
- ⅛ teaspoon sea salt
- 1 cup dark chocolate chips (65% or higher cacao)
- ¼ cup cocoa nibs, *optional*
- ⅛ teaspoon fleur de sel, *optional*

VARIATIONS

- Substitute cashew butter or walnut butter for the almond butter.
- Coconut palm sugar is produced from the nutrient-dense nectar of the tropical coconut palm tree flower, which is dried in a drum to become a delicious whole brown sugar that adds a depth of flavor and natural color. If you can't find palm sugar, you can substitute turbinado sugar.



1. Preheat the oven to 350°F and line a baking sheet with parchment paper or a silicone mat.
2. Combine the almond butter, sugar, egg, vanilla, and salt in a bowl and mix well. Then, incorporate the chocolate chips and cocoa nibs.
3. Drop about 2 tablespoons of the mixture onto the baking sheet evenly spaced. Press each down with the back of the spoon to slightly flatten. Sprinkle each cookie with a pinch of fleur de sel or other flaky salt.
4. Bake for 15 to 17 minutes, until the cookies bounce back when touched.
5. Cool on the baking sheet for 5 minutes, then using a spatula transfer to a cooling rack. Allow to cool for another 10 minutes.

Chia Seed Pudding

Serves 2

1 cup milk of choice

¼ cup chia seeds

2 teaspoons maple syrup

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

½ cup fresh or frozen blueberries

1 tablespoon slivered almonds



1. In a 1-quart sealable glass jar, add the milk, chia seeds, maple, vanilla, cinnamon, and frozen blueberries, if using. Seal the jar and shake well until evenly mixed. Place the jar in the refrigerator and chill for at least 3 hours or overnight.
2. Serve topped with ½ cup fresh blueberries. Top with a tablespoon of slivered almonds.

VARIATIONS

- Use any milk, kefir, yogurt, or nondairy milk. If the pudding gets too stiff, I add a little almond milk to loosen it up.
- Use any fruit or berries you have on hand. If using frozen, stir it in with step 1.
- Garnish with *Triple Triple Brittle* (page 52) or *Silk Road Spiced Walnuts* (page 53) and/or *Cashew Cream* (page 49).
- Cocoa Cinnamon Chia Pudding: Add ½ teaspoon ground cinnamon and ½ teaspoon unsweetened cocoa powder when you add the vanilla extract. Serve with chopped walnuts and banana slices.

COOK'S NOTE

I like to take a fun parfait-type glass and add a scoop of chia pudding, then layer with fruit and repeat, topping off it off with the slivered almonds, other nuts, or seeds.

FOOD STORAGE TIPS

- It's worth your time to think of how you're going to store your meals once you've made them. And, be sure to think about the size of your freezer, so that you don't end up with more food than storage space!
- Build a freezer inventory of broths, cooked grains, and dishes on hand in easy-to-use portions. One, two, four, and 8-cup sizes are convenient and freeze well. All the recipes in this kit freeze well.
- Label all containers with the date, contents and quantity. (No, you won't remember!)
- When freezing liquid (teas, broths, soups), leave ½ to 1 inch of space at the top to allow for expansion.
- We recommend glass containers over plastic for food storage. Tempered-glass containers and Mason jars can go in the pantry, refrigerator, freezer, and oven.
- Use your senses. If it smells off or doesn't look right, toss it out.

In general, most cooked foods will last about 3 to 5 days in the refrigerator and about 3 months in the freezer.

THAWING & REHEATING TIPS

- To prevent bacterial growth, thaw frozen food in the refrigerator or in cold water.
- Frozen meat and poultry should always be thawed in the refrigerator, which can take up to 48 hours. If thawing meat in cold water, change the water every 30 minutes and be sure the meat/poultry is completely submerged in the cold water.
- Speed things up by running warm water on a frozen container to loosen the food. Then, pop the frozen food into a pot to reheat it on the stovetop. This will only work when using storage containers without a lip, such as snapware or the cardboard soup containers.
- Reheat food in a stainless steel sauté pan or in a pot on the stovetop or place the food in an oven-proof dish and reheat in the oven or toaster oven.
- If you decide to reheat food in the microwave, avoid reheating in plastic containers. Use glass or ceramic containers instead.

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