

THE FODMAPs DIET

Third Edition



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with recipes by MyFoodMyHealth*

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Guidelines for Following a FODMAPs Diet

What is a FODMAPs diet?

Many individuals with digestive disorders find that diet impacts their symptoms and are searching for food-based health solutions. The FODMAPs diet is an emerging therapeutic food plan that can be helpful in managing Irritable Bowel Syndrome. Preliminary research is also being conducted on the benefits of FODMAPs in Crohn's disease and in individuals with small intestinal bacterial overgrowth (SIBO).

FODMAPs is an acronym for Fermentable Oligo-, Di-, and Monosaccharides And Polyols. FODMAPs include a family of carbohydrates and sugar alcohols that can be easily fermented in the gut and trigger symptoms of digestive distress including gas, pain and bloating.

The chemical terms for FODMAPs are lactose (L), fructose (F), fructans & galactans (F&G) and polyols (P). A FODMAPs eating plan *limits* foods that contain high levels of these fermentable carbohydrates. For example, some milk products are rich in lactose, commonly referred to as milk sugar; some fruits are rich in fructose, often referred to as fruit sugar; certain grains, such as wheat and rye, contain chains of fructose called fructans; some types of fiber are rich in other fructans, namely fructo-oligosaccharides and inulin; beans and lentils contain a moderate amount of galactans (chains of galactose); and plums, prunes, and many "sugar-free" products contain polyols, or sugar alcohols.

Research on the FODMAPs dietary approach continues to evolve and currently indicates that the intake of FODMAPs is additive, meaning that each individual possesses his or her own "threshold of tolerance." The greater the FODMAPs load, the more likely symptoms will occur. However, it is important to keep in mind that while some foods may be low in FODMAPs, they may still trigger an adverse reaction due to some other component.

The FODMAPs Code

Code Red Foods	High FODMAPs foods to avoid
Code Yellow Foods	FODMAPs foods to limit or use caution with
Code Green Foods	FODMAPs friendly foods
<p>The chemical terms for FODMAPs are: L = Lactose F = Fructose F&G = Fructans & Galactans P = polyols</p>	

Meet the FODMAPs Foods

The chart below outlines rich sources of FODMAPs that should be avoided or minimized in the diet for symptom relief.

Code Red Foods: High FODMAPs Foods to Avoid	
Fruits	Apples (F, F&G, P) (level varies with variety), apricot (P), blackberries (P), cherries (F), nectarine (F&G, P), mango (F), pear (F& P), peach (F&G, P), persimmon (F&G), plum (P), prune (P), and watermelon (F, F&G, P); dried fruits (F) and fruit juices(F)
Vegetables	Artichokes (F, F&G), asparagus (F & F&G), mushrooms (P), cabbage (F&G), cauliflower (P), chicory (F&G), garlic (F&G), green pepper (P), okra (F&G), onions (white, brown, Spanish, vidalia, leeks, shallots) (F&G), pumpkin (P), scallions (white part) (F&G), snow peas (P) and sugar snap peas (F)
Beans & Legumes	Chickpeas, lentils, kidney beans, baked beans (F&G), soybeans and edamame (F&G) (tofu & some soymilk is OK)
Grains	Wheat, rye, barley and triticale and all products made from these grains (F&G)
Dairy	Milk (cow, goat, sheep) evaporated milk, condensed milk, yogurt, ice cream, some cheeses (especially soft cheeses such as cottage, cream cheese, ricotta and mascarpone) (L)
Nut & Seeds	Pistachios (F&G)
Sweeteners	Agave nectar, honey, high fructose corn syrup (HFCS) and HFCS-based products including condiments, snacks, sodas, etc. (F); polyols/sugar alcohols including, sorbitol, mannitol, xylitol, and isomalt found in sugar-free products such as gums, mints, cough drops and other medicines (P)

Alcohol	Rum, sherry, port wine (F) (FODMAPs are also present in some wines and ciders, although other alcoholic beverages are low. Total elimination is highly recommended during a therapeutic trial since alcohol is a gut irritant.)
Other	Food or supplements containing inulin, chicory, and fructo & galacto-oligosaccharides (F&G) such as coffee substitutes, energy bars, prebiotics, probiotics; condiments with garlic or onion (ex. garlic salt, garlic powder, onion salt, onion powder)(F&G)

Code Yellow Foods: FODMAPs Foods to Limit or Use Caution With

Fruits	Avocado (< ¼ of an avocado), lychee (<5 lychee)
Vegetables	(½ cup unless specified) Beetroot, broccoli, brussels sprouts, celery (1 stick), corn (< ½ cob), fennel, green peas, pumpkin, squash (butternut), sweet potato
Nuts & Seeds	OK to include 1 small handful daily except pistachios

Code Green Foods: FODMAPs Friendly Foods

Fruits	Banana, blueberry, cantaloupe, carambola, grapefruit, grapes, honeydew melon, kiwi, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberry, rhubarb, strawberry, tangelo
Vegetables	Alfalfa, bamboo shoots, bean sprouts, bok choy, carrot, chives, cucumber, eggplant, ginger, lettuce, olives, parsnip, potato, pumpkin, silver beet, spinach, spring onion (green part), turnip, tomato, zucchini
Dairy & Non-Dairy Alternatives	Cheese, hard Non-dairy milks: almond, rice, hemp, coconut milk

Tips for Following the FODMAPs Plan

1. Total Load: Reduce the total load of FODMAPs in your diet for at least 2 weeks. You may find your symptoms improve within the first week; however, some individuals need more time with a FODMAPs-friendly eating plan to notice a reduction in symptoms, so stick with it.

2. Top FODMAPs: Some FODMAPs may be more problematic than others. If the High FODMAPs Food chart seems overwhelming, you can start by eliminating the following top FODMAPs to see if that reduction makes a difference in your symptoms. These include:

- a. Grains: wheat, rye, barley
- b. Fruit: apples & pears
- c. Vegetables: onions (except for green part of spring onions which can impart flavor to dishes)
- d. Dairy: milk and milk products listed above
- e. Sweeteners: Agave, high fructose corn syrup, honey, all polyols/sugar alcohols

3. Rhythm & Ritual: Aim to consume three meals per day spaced approximately 4 hours apart. Be sure to have your dinner several hours before going to bed. The “pause” between meals assists digestion through its influence on the motor process.

4. Just Ripe: Eat FODMAPs-friendly fruits that are not listed above but be sure that it has just the right ripeness for better tolerance, neither under ripe nor over ripe.

5. Veg Out: It is important to include an optimal amount of vegetables in your daily diet. Choose lower FODMAPs veggies to ensure you obtain the many micro and phytonutrients that are essential to good health. Be sure to chew all vegetables thoroughly to aid the digestive process.

6. Label Reading: Read all packaged food, supplement and medication labels to avoid high FODMAPs ingredients such as agave, high fructose corn syrup, polyols, inulin, chicory, and FOS.

7. Track it: Keep a food and symptom diary while experimenting with a lower FODMAPs food plan, as this can help you determine how well it is working for you. (See the sample food and symptom journal included.) There is also the possibility that foods other than high FODMAPs may cause an adverse food reaction. Thus, it is important that you self-monitor and avoid any item that you determined causes distress.

8. Transitioning: Consider a gradual reintroduction of small amounts of FODMAPs including some of the fruits and vegetables, and beans and lentils that were initially restricted. Your food re-introduction plan could begin by:

- increasing the limited FODMAPs foods (Coded Yellow) to 1 cup daily in week 1
- if you tolerate that ok, try reintroducing ½ cup well-cooked lentils or beans in week 2
- if that goes well, reintroduce 1 serving daily of a high FODMAPs fruit or vegetable in week 3

Go slowly and take note of any specific foods or food combinations that may not be well tolerated. You may choose to continue on the FODMAPs plan for an extended period of time to support your healing and to minimize symptoms of bloat, gas or abdominal pain.

9. GI Maintenance: There are a number of factors beyond FODMAPs that influence healing and regeneration of the GI tract. If you have followed the FODMAPs for at least 2 weeks and have not found any symptom relief, a more extensive nutritionist guided, holistic GI restoration program may be indicated.

10. Evolving Science: Research on the FODMAPs approach continues to evolve. Clinical trials here in the US will expand our knowledge of this nutritional intervention. For example, questions remain regarding the FODMAPs content of foods that have not yet been analyzed. An expanded database of FODMAPs foods will emerge as further research is devoted to this promising dietary therapy.

11. Swift Nutrition Support: If you would like a personalized digestive health consultation, please check out my website, www.swiftnutrition.com and link to Services for more information.

12. MyFoodMyHealth Meal Planner and Recipes: After you have transitioned from your FODMAPs diet, we invite you to subscribe to MyFoodMyHealth. It offers customized meal plans and delicious recipes for IBS and other health conditions and food allergies. To sign up or to learn more information visit www.myfoodmyhealth.com

Food Journal**Name:****Instructions:**

- It is important to keep an accurate record of your usual food and beverage intake to analyze your response to the FODMAPs diet.
- Record information as soon as possible after the food has been consumed.
- Describe all foods and beverages consumed as accurately and in as much detail as possible including estimated amounts, brand names, cooking method, etc.
- Note all GI symptoms such as bloat, pain, gas, constipation, diarrhea etc. and track your elimination pattern.
- Include comments about eating habits and emotions and other factors such as speed eating, when a meal was eaten out, and any additional details that may be important.

DATE: _____	Food and Beverages		GI Symptoms (pain, bloat, gas, etc.)
BREAKFAST			
Time: _____			
LUNCH			
Time: _____			
DINNER			
Time: _____			
DATA	Elimination Pattern	Emotions: (sad, happy, anxious, etc.)	Other:
	Time: Description:		

DATE: _____	Food and Beverages		GI Symptoms (pain, bloat, gas, etc.)
BREAKFAST Time: _____			
LUNCH Time: _____			
DINNER Time: _____			
DATA	Elimination Pattern Time: Description:	Emotions: (sad, happy, anxious, etc.)	Other:

Notes:

DATE: _____	Food and Beverages		GI Symptoms (pain, bloat, gas, etc.)	
BREAKFAST Time: _____				
LUNCH Time: _____				
DINNER Time: _____				
DATA	Elimination Pattern	Emotions: (sad, happy, anxious, etc.)	Other:	
	Time: Description:			

Notes:

FODMAPs Recipes

Breakfast

Herb Scramble

This is a high protein kick-off to the day and can be enjoyed with any of the MyFoodMyHealth herbs suggested for your condition. For a generally nutritious scramble no matter what your condition, try parsley. The scramble is also delicious with chives, dill, basil, or cilantro. Blanching the herbs for one minute keeps them bright green.

Chef: Caroline Nation

4 servings

Prep Time: 10 minutes

Cook Time: 5 minutes



Ingredients

- 1 bunch parsley, finely chopped
- 8 eggs
- 1/4 teaspoon sea salt (optional)
- freshly ground black pepper
- 1 tablespoon extra virgin olive oil

Instructions

Bring a medium pot of water to a boil over high heat. Add the parsley and cook for 1 minute, then drain and rinse under cold water.

Whisk the eggs in a medium bowl. Add the parsley, sea salt (optional) and several grinds of pepper, and whisk to combine.

Warm the oil in a large non-stick or cast iron skillet over medium heat. Pour in the eggs and stir gently and constantly, until the eggs form large curds and are cooked to your preference, about 2 to 3 minutes. Serve immediately.

Middle Eastern Breakfast

Get a healthy start to your day with this quickly composed breakfast! You can adjust the ingredient amounts and get creative with your favorite accompaniments. You can spread this on your favorite gluten-free toast.

Chef: Myra Kornfeld

1 serving

Prep Time: 5 minutes

Cook Time: 5 - 10 minutes

Ingredients

- 1 hard-boiled egg
- 1/4 cucumber, peeled, seeded, small dice
- 1/2 medium tomato, chopped
- 2 radishes, chopped
- extra virgin olive oil
- fresh lemon juice
- sea salt (optional) & freshly ground black pepper



Instructions

Bring a small pot of water to a boil and carefully place the egg in. Cook for 6 to 8 minutes. Rinse in cold water.

Chop the cucumber, tomato, and radishes. Peel and chop the egg. Mix together, with a drizzle of olive oil and lemon juice. Sprinkle with sea salt (optional) and pepper to taste.

Spread on your favorite gluten-free toast.

Salmon Frittata with Fresh Dill

This is great for a light lunch or hearty breakfast. Serve this with whole grain bread for breakfast, and add a mixed green salad for lunch. The recipe scales up well, and it's good cold too.

Credits:

Food and Our Bones, Plume New York

Chef: Annemarie Colbin

2 servings

Prep Time: 5 minutes

Cook Time: 10 minutes



Ingredients

- 1 7.5-ounce can salmon, without oil or sea salt (optional)
- 1/2 teaspoon sea salt (optional)
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh dill or 1 teaspoon dried oregano and basil
- freshly ground black pepper
- 2 eggs
- 1 teaspoon grapeseed oil

Instructions

Preheat the broiler. Drain the salmon and transfer to a medium bowl. Mash the salmon with a fork to break up all the pieces, skin, and bones. Stir in the sea salt (optional), lemon juice, and dill, and mix well with the fork. Grind in a sprinkling of black pepper. Break the eggs into the salmon and mix in thoroughly.

Heat the grapeseed oil in a medium non-stick or cast iron skillet over medium heat until bubbling. Use a spatula to spread it evenly. Lower the heat to low and cook for 5 to 6 minutes, or until the sides are set. The whole frittata should slide around when you shake the pan. Place the skillet under the broiler and cook until the top is golden and the frittata is cooked through, about 3 minutes. (You can also glide the frittata onto a plate and turn it over into the pan, and cook another 3 minutes.) Slide the frittata onto a work surface, cut in half, and serve immediately.

Gluten-Free Whole Grain Toast with Nut Butter and Bananas

Get a healthy start to your day with this quickly composed breakfast! You can adjust the ingredient amounts and get creative with your favorite accompaniments.

Chef: Myra Kornfeld

1 serving

Prep Time: 5 minutes

Cook Time: none

Ingredients

- 1 tablespoon nut butter (almond, peanut or even pumpkin seed butter)
- 1/2 banana
- 1 slice gluten-free whole grain bread
- sprinkling of cinnamon



Instructions

Toast a slice of bread and spread with your favorite nut butter. Slice 1/2 of a banana and top the toast with a layer of slices. Sprinkle with cinnamon if desired.

Quinoa-Millet Banana Muffin

You can buy millet or quinoa flour or else grind the whole grains in a spice grinder. Chia seeds make a wonderful omega-3 addition to these muffins, and there's no need to grind them.

Chef: Laura Pole

12 muffins

Prep Time: 5 minutes

Cook Time: 15-20 minutes

Ingredients

- 1/2 cup millet flour
- 1/2 cup quinoa flour
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon powder
- 3 ripe bananas, peeled and mashed
- 2 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup
- 4 tablespoons coconut oil
- large pinch of sea salt (optional)
- 1/4 cup ground flax seed or Chia (Selba) seeds
- 1/4 cup chopped walnuts, or almonds

Instructions

Preheat the oven to 375F. Grease or line a tin with 12 muffin liners.

Whisk the millet and quinoa flour, the baking powder, and the cinnamon together in a medium bowl. Mix the bananas, eggs, vanilla, maple syrup, coconut oil and sea salt (optional) in another bowl. Stir the dry into the wet, mixing with a spoon or spatula until the wet are completely moistened. Stir in the flax or Chia seeds, as well as the optional ingredients if using. Divide the batter between the 12 muffin cups and bake for 15-20 minutes until a toothpick inserted in the middle comes out clean.

Serve warm.



Spinach and Wild Salmon Omelet

Salmon makes this omelet a hearty breakfast. Scale this up by adding 1 to 2 eggs per person and increasing the filling.

Chef: Myra Kornfeld

1 serving

Prep Time: 5-10 minutes

Cook Time: 5-7 minutes

Ingredients

- 2 1/2 ounces baby spinach, washed but not dried
- sea salt (optional)
- 2 teaspoons coconut oil
- 2 eggs
- freshly ground black pepper
- 3 ounces of flaked canned wild salmon



Instructions

Wilt the spinach in a medium non-stick skillet, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach. Sprinkle with sea salt (optional) and transfer to a plate to set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of sea salt (optional) and pepper. Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the oil coats the bottom and the sides. Allow the oil to sizzle and the foam to subside, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan. When there's just a little moist egg puddle on top, add the spinach. Layer the spinach with 3 ounces of flaked canned wild salmon. Fold the egg over the spinach, and slide the omelet onto a plate. Serve hot.

Vegetarian Eggs Benedict

This hearty vegetarian dish gives you ample protein and carbohydrates to make it through any morning!

Chef: Caroline Nation

2 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- extra virgin olive oil
- 1 medium zucchini, diced
- 1 tomato, diced
- 1 cup frozen chopped spinach
- 1/4 cup black olives, sliced
- sea salt (optional) & freshly ground black pepper
- 1/2 teaspoon dried rosemary
- 4 eggs
- 2 gluten-free English muffins, cut in half



Instructions

Drizzle olive oil in a small pan and add the zucchini, tomato, frozen spinach and sliced black olives to it. Lightly season the vegetables with the dried rosemary, sea salt (optional) and pepper.

Sauté on medium heat for about 5 minutes.

To poach the eggs, take a frying pan and fill it with water. Bring the water to a low boil. Poach the eggs in the water until the yolk is as you desire or about 4 minutes.

Toast the gluten-free English muffins, and top each half with the sautéed vegetables. Place the poached egg on top.

Lunch & Dinner

Gluten-Free Crab Cakes with Horseradish Mayonnaise

The flavor of the crab shines in these simple crab cakes that are accompanied by a tangy mayonnaise. Serve with a green salad to round out the meal. Make the breadcrumbs from your favorite gluten-free loaf. Leave the bread out to stale, and then grind it into crumbs in a food processor.

Chef: Andrea Boje

4 servings

Prep Time: 15 minutes

Cook Time: 8 minutes



Ingredients

- 1 pound shelled crabmeat
- 2 eggs, lightly beaten
- 2 teaspoons fresh parsley, chopped small
- 2 teaspoons fresh chives, chopped small
- 1/4 teaspoon cayenne
- 1/4 teaspoon paprika
- 1/2 teaspoon Dijon mustard
- sea salt (optional)
- freshly ground black pepper
- 1 teaspoon fresh lemon juice
- 3/4 cup gluten-free bread crumbs, divided

(Gluten-Free Crab Cakes with Horseradish Mayonnaise Continued)

Horseradish Mayonnaise:

- 1 cup mayonnaise (see recipe for how to make mayonnaise on page 17-18)
- 2 tablespoons prepared horseradish
- zest of 1/2 lime
- 2 tablespoons fresh lime juice
- sea salt (optional), to season
- 3 tablespoons coconut oil

Instructions

Mix together the crab, eggs, parsley, chives, cayenne, paprika, mustard, a sprinkling of sea salt (optional) and black pepper, and the lemon juice in a large bowl. Stir in ¼ cup of the breadcrumbs. Spread the remaining breadcrumbs on a large plate.

Shape the crab mixture into 8 round cakes, pressing firmly to help it hold together. Place each cake into the breadcrumb mixture, carefully turning over to coat both sides.

Make the horseradish mayonnaise. Stir the mayonnaise, horseradish, lime zest, juice and a sprinkling of sea salt (optional) in a bowl.

Heat the oil in a large skillet over medium heat until a hand held 1-inch above the skillet feels hot. Add the cakes 3 or 4 at a time in a pan and cook until browned on each side, about 2 minutes per side. Transfer to a plate lined with a paper towel to drain the oil. Serve immediately, topped with the mayonnaise.

Thin Crusted Fish with Alioli

This mayonnaise is especially simple when made in the food processor or blender. It is delicious as an accompaniment to grilled vegetables. You can also serve Alioli with seafood rice dishes such as paella.

Credits: Adapted from a recipe in Victoria's book "Delicious!"

Chef: Victoria Amory

4 servings (and 1 cup mayonnaise)

Prep Time: 10 minutes

Cook Time: 5 minutes



Ingredients

Mayonnaise:

- 1 egg
- 1 egg yolk
- 2 tablespoons fresh lemon juice
- 2 tablespoons white vinegar
- pinch of sea salt (optional)
- 1 cup mild extra virgin olive oil or 1/2 cup extra virgin olive oil and 1/2 cup canola oil

Fish:

- 4 4-6 ounce thin fish fillets, such as flounder or sole
- sea salt (optional) & freshly ground black pepper
- 1/2 cup cornmeal
- extra virgin olive oil
- 1 tablespoon chopped mint

*(Thin Crusted Fish with Alioli Continued)***Instructions**

Make the mayonnaise: Place the egg, egg yolk, lemon juice, vinegar and sea salt (optional) in the blender or food processor and puree until smooth. With the motor running, pour in the olive oil in a thin stream until the mixture is emulsified and thick. Transfer to a small bowl and chill until ready to serve.

Rinse and pat dry the fish. Sprinkle both sides with sea salt (optional) and pepper. Spread the cornmeal on a plate. Dredge the fish on both sides. Film a non-stick pan with oil over medium-high heat. Add the fish, lower the flame to medium and cook until golden, about 2 minutes per side. Serve hot with a dollop of mayonnaise. Sprinkle with fresh mint.

Grilled Arctic Char with Lemon Herb Vinaigrette

Like its close cousin, salmon, arctic char has vibrant pink flesh, lots of heart-healthy omega-3 oils, and a rich, savory flavor.

Chef: Jay Weinstein

4 servings

Prep Time: 10 minutes

Cook Time: 6 minutes

Ingredients

- 1 tablespoon Dijon mustard
- juice of 1 lemon
- 1/2 cup extra virgin olive oil
- 1/4 cup chopped tender herbs, such as tarragon, chervil, parsley, chives, and basil
- 4 6-ounce fillets of Arctic Char, with skin on



Instructions

In a blender, combine mustard, lemon juice, and one tablespoon cold water. Running the blender on high speed, gradually drizzle in all but one tablespoon of the oil to form a creamy, emulsified dressing. Transfer to a sauce boat or measuring cup; stir in the herbs. Season aggressively with sea salt (optional) and freshly ground black pepper.

Heat a grill, broiler, or stovetop grill pan to medium-high heat. Pat the fish portions dry with a towel, and season with sea salt (optional) and freshly ground black pepper. Brush the fish with remaining olive oil, and grill skin-side first, for approximately three minutes per side (less for thin portions near the tail). The key to preventing sticking is to leave the fish alone, without disturbing it, for the full first three minutes, allowing a crust to form so it will "release" from the grill bars.

Arrange fish portions on plates. Dress with generous spoonfuls of herb vinaigrette. This dish pairs exceptionally well with steamed asparagus and boiled baby "new" potatoes.

Cilantro-Lime Snapper

This quick and easy lunch or dinner is nice to serve to guests because of its beautiful colors. Serve with a side of quinoa and a mixed green salad.

Chef: Diane O'Connell

2 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 2 6-ounce snapper filets
- 1 teaspoon minced fresh cilantro
- 1/2 teaspoon grated lime zest
- 1/4 teaspoon paprika
- 1/4 teaspoon sea salt (optional)

Instructions

Preheat the oven to 400F. Place the filets on a parchment-covered baking pan or in baking dish large enough to hold the filets.

Mix together the cilantro, lime zest, paprika and sea salt (optional) in a small bowl.

Sprinkle the mixture evenly over the filets. Bake for 10 minutes, or until the flesh of the fish has turned opaque and flecks easily with a fork.



Shrimp Kabobs

Kabobs, often grilled and eaten at summer barbecues, can be prepared anytime of the year. For the colder months serve these kabobs over rice. In the summer enjoy them with a crispy mixed green salad.

Chef: Lawrence Riggs, RD

4 servings

Prep Time: 20 minutes

Cook Time: 15 - 20 minutes

Ingredients

- 1 teaspoon dried white pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 large red pepper, cut into 8 wedges
- 2 yellow squash, cut into 8 wedges
- 1 lemon, cut into 8 wedges
- 12 jumbo shrimp
- 12 cherry tomatoes
- 1 tablespoon extra virgin olive oil



Instructions

Mix together white pepper, oregano, rosemary and thyme. Set aside. Preheat grill to high heat.

Start each kabob with a lemon wedge. Then thread the pepper, lemon, shrimp and tomato on 12-inch skewers alternating them for 3 cycles on each skewer. Finish off each kabob with a lemon wedge. Brush the kabobs lightly with oil. Sprinkle spice mixture on kabobs. Grill about 3 to 6 minutes on each side or until shrimp are firm, pink and opaque. Serve and enjoy.

Tips

Use flat stainless steel skewers to prevent food clinging to the skewers. But remember to handle with care as these skewers will be very hot. If using bamboo or wood skewers don't forget to soak them in cool water before using-this will prevent the skewers from bursting into flames on the hot grill.

Salmon Teriyaki

This is about as simple as it gets. Salmon teriyaki is a terrific weeknight meal, ready in just minutes. Serve the salmon on a bed of sautéed vegetables. You can substitute shrimp for the salmon. Cook until they just turn pink, about 2 minutes per side.

Chef: Ela Guidon

4 servings

Prep Time: 15 minutes

Cook Time: 10 minutes



Ingredients

- 4 salmon filets
- 2 tablespoons tamari (gluten-free)
- 3 tablespoons mirin
- 1 tablespoon extra virgin olive oil, for the rack

Instructions

Place the salmon fillets in a baking pan. In a small bowl, whisk together the tamari and mirin. Pour it over the salmon pieces and marinate for 10 minutes. Drain the salmon and reserve the marinade.

Heat the broiler and brush the rack lightly with oil. Put the fillets on the rack, skin side up. Brush the salmon with the reserved marinade. Broil until the skin is lightly browned and crispy, about 4 minutes.

Turn the fillets over and brush again with the marinade. Broil until the salmon is just cooked through, about 3 more minutes.

Seared Scallops

Searing a scallop keeps the outside crisp and the inside wonderfully moist.

Chef: Caroline Nation

4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 3 tablespoons gluten-free flour
- 1/2 teaspoon sea salt (optional)
- 1/2 teaspoon dried marjoram
- 1 1/2 pounds scallops
- 2 teaspoons extra virgin olive oil
- 1/2 cup dry white wine
- 1 tablespoon balsamic vinegar



Instructions

Mix together the flour, sea salt (optional) and dried marjoram in a bowl. Place the scallops in the mixture and lightly coat them.

Heat the oil in a large pan over medium-high heat. Place the scallops in the pan and cook each side, until they are cooked through, for approximately 3 minutes. Once cooked, you can carefully lift the scallops out of the pan and place on the side.

Add wine and vinegar to the pan, which should still be on medium-high heat. Cook for about 3 minutes, stirring with a whisk, until it is a little thick. Add the scallops back to the pan. Stir scallops in the mixture and remove from the heat.

Serve scallops with a side salad or roasted potatoes.

Flounder with Zucchini, Tomatoes, and Oregano

Thin fish laid on top of a bed of caramelized zucchini and fresh cherry tomatoes takes on great flavor and cooks fast. I've used dried oregano and fresh thyme, but improvise with rosemary, parsley, or whatever herbs you have on hand.

Chef: Myra Kornfeld

2 servings

Prep Time: 5 minutes

Cook Time: 8 - 10 minutes



Ingredients

- 2 teaspoons coconut oil
- 1 small zucchini, halved lengthwise and thinly sliced into 1/2 moons
- sea salt (optional) & freshly ground black pepper
- Sprinkling dried oregano
- 1 cup cherry tomatoes, halved
- 2 4-6 ounce flounder fillets, or other thin fish
- 1 teaspoon fresh thyme (optional)
- Squeeze fresh lemon juice

Instructions

Warm the oil in a large skillet over medium-high heat. Add the zucchini and a sprinkling sea salt (optional) and pepper and cook until most of the slices are golden, turning a couple of times, about 3 minutes. Lower the heat to medium-low and add the tomatoes. Layer the fish on top of the vegetables and sprinkle with sea salt (optional) and pepper and the fresh thyme, if using. Cover and let cook until the flounder is cooked through, about 5 minutes. Uncover and transfer to two plates and top with the vegetables. Squeeze some lemon over the top and serve hot.

Lemon-Dill Salmon Burgers

Serve these burgers with vegetable slaw for a lighter entree. Make them into small appetizer-sized burgers to be used for parties or as a protein addition to breakfast.

Chef: Cathy Vogt

4 - 6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 1 pound salmon, skinned, bones removed, and cut into 1" chunks
- 1 teaspoon grated lemon zest
- 2 tablespoons chopped fresh dill
- sea salt (optional)
- 2 eggs, lightly beaten
- 1 tablespoon fresh lemon juice
- 3/4 cup rice cracker crumbs
- 2 tablespoons coconut



Instructions

In a food processor fitted with a metal blade, pulse the salmon until coarsely ground. Be very careful to not over-pulse or else it will get mushy.

Transfer the salmon to a bowl and combine with the zest, dill, 1/4 teaspoon sea salt (optional), eggs, lemon juice and crumbs.

Form the mixture into burgers, place on plate and refrigerate until firm, at least 1/2 hour.

Heat the oil in a large heavy skillet, preferably a cast iron one, until a hand held 1-inch above the pan feels hot. Add the salmon patties and brown on both sides for about 3-5 minutes, or until firm to the touch.

Fish Stew

This meal-in-a-pot includes a satisfying stew that is packed with nutrients. My clients tell me they start feeling energized before they even finish the meal.

Chef: Carole Ortenzo

4 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons extra virgin olive oil
- 4 celery stalks, chopped
- 3 carrots, chopped
- 1 teaspoon dried thyme
- 2 bay leaves
- 1/8 teaspoon crushed red pepper flakes
- 1 28-ounce can diced tomatoes
- 3 1/2 cups vegetable or fish stock
- 1 large bunch kale, stemmed, leaves coarsely chopped or torn
- 1 pound soba noodles (or other gluten-free noodles)
- 1/2 cup corn kernels, fresh or frozen
- 1 pound mild-flavored wild white fish (tilapia, halibut, sole), cut into bite-sized chunks
- 1/4 cup chopped parsley
- sea salt (optional)
- freshly ground black pepper



Instructions

Heat a large soup pot over a medium flame and add enough oil to coat the bottom of the pot. Add the celery and carrots and cook on low heat for about 5 minutes, until the vegetables are soft.

Stir in the thyme, bay leaves, red pepper flakes, tomatoes, stock, and kale. Bring to a boil. Reduce heat to low and simmer for 5-10 minutes, until the kale is tender. Meanwhile, cook the noodles or pasta in a pot of salted (optional) boiling water according to package instructions, until al dente.

(Fish Stew Continued)

Add the corn, fish, and parsley to the pot. Simmer, uncovered, for 4-5 minutes more or until the fish is just cooked (turns opaque).

Season with sea salt (optional) and pepper to taste and serve over the noodles.

Tips

Variation: You can substitute fresh or frozen spinach or Swiss chard for the kale. If you use frozen spinach, add it a few minutes before the fish.

Chicken with Potatoes and Chard

This is a simple Indian-inspired dish. Use leftover cooked chicken if you are short on time and add them with the tomatoes and chard. Serve with lemony basmati rice.

Chef: Sally Nash

4-6 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 1 tablespoon coconut oil
- 6 medium red or white potatoes, cut into 1/2-inch cubes
- 1/4 teaspoon turmeric
- 1/2 teaspoon white or black pepper
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 2 cups water or vegetable stock
- 1 teaspoon sea salt (optional)
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 cup fresh tomatoes, seeded, and large dice or 1 14.5-ounce can whole tomatoes, drained
- 1 bunch Swiss chard, stalks removed, leaves thinly sliced



Instructions

Warm the coconut oil in a large skillet over medium heat.

Add the potatoes, turmeric, pepper, cumin, coriander, and cook for 1 minute. Add the stock or water, stirring and scraping up any stock bits. Add the sea salt (optional) and chicken, and cook, covered, on medium low heat for about 7 minutes or until the potatoes are tender.

Uncover and add the tomatoes, and Swiss chard and cook for about 5 minutes on medium high heat until the flavors are melded and chicken is cooked through. Taste and add more sea salt (optional) and pepper if necessary.

My Family's Favorite Chicken

Pounded chicken is a classic French dish. The act of pounding serves a number of purposes: it makes the chicken tender, while allowing you to let off some steam in the kitchen, and it allows the chicken to cook in the blink of an eye. The herbs and seasoning make this dish flat-out tasty.

Chef: Rebecca Katz

4 servings

Prep Time: 20 minutes

Cook Time: 5 minutes



Ingredients

- 4 boneless, skinless chicken breasts
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon sea salt (optional)
- 2 tablespoons fresh lemon juice, divided
- 1/4 teaspoon red pepper flakes
- zest of 1 lemon
- 1 tablespoon fresh thyme, chopped
- 1/4 cup parsley, chopped, for garnish

Instructions

Pound each chicken breast with a meat pounder between layers of parchment paper until it is nice and thin, approximately 1/4 inch thick. (Note: you can also butterfly the chicken)

Combine the olive oil, sea salt (optional), lemon juice, red chili pepper flakes, lemon zest and thyme. Pour the mixture over the chicken and marinate for at least 30 minutes to overnight.

Heat your grill or grill pan to high heat. Pat each breast dry. Place the breast on the grill and cook 1 to 2 minutes per side or until firm to the touch.

Remove and transfer to plates or a platter. Sprinkle with parsley.

(My Family's Favorite Chicken Continued)

Tips

Inner Cook Note: No two pieces of chicken are alike. Some will be thicker, which will require a little extra pounding. However, don't get carried away with your mallet, the thinner parts of the chicken will tear if they're pounded too much.

Quick Tips: Ask the butcher at the meat counter to pound the chicken for you. You can chop the herbs in a mini-prep food processor, or by using scissors if you don't like wielding a chef knife. Mix the olive oil, herbs and seasonings together and let them sit while you pound the chicken.

More Heart Healthy Foods: Serve each piece of chicken on top of a cup of baby spinach leaves. The hot chicken will wilt the spinach, and you've gotten the benefit of an extra dose of vitamins C and A.

Think ahead: Grill an extra piece of chicken for a meal the following day. Chicken pounded thin makes great sandwiches.

Vegetable Turkey Burger

Adding an egg white and a generous amount of vegetables to burgers made from ground turkey helps to make them deliciously juicy. Serve them immediately, perhaps accompanied by sautéed spinach and a baked sweet potato. Chop the vegetables small into 1/4-inch pieces if possible.

Chef: Dana Jacobi

6 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- 1/3 cup carrot, finely chopped
- 1/3 cup red bell pepper, finely chopped
- 1/3 cup zucchini, finely chopped, from the outer part with skin
- 1 jalapeño, stemmed, seeded, and minced
- 1 pound ground turkey
- 1 egg white
- 1 teaspoon sea salt (optional)
- 1/8 teaspoon freshly ground pepper

Instructions

Heat 1 tablespoon of the oil in a medium skillet over medium-high heat. Add the carrot and bell pepper. Sauté for 3 minutes. Add the jalapeño, and cook, stirring often, until the vegetables are almost soft, 3 minutes. Add the zucchini and cook until they are soft and dry, 3 minutes. Scoop the vegetables into a mixing bowl. Wipe out the pan.

Add the turkey, egg white, sea salt (optional) and pepper to the mixing bowl. Using a fork, mix until all ingredients are well-combined. Divide the turkey mixture into 6 portions. Lightly moisten your hands with cold water and form each portion into a 3 1/2-inch by 1-inch patty. At this point, the burgers, on a plate covered with plastic wrap, may be refrigerated up to 4 hours before cooking. If refrigerated, let them sit at room temperature at 20 minutes before cooking.

Heat the remaining tablespoon of oil in a pan, over medium high heat. Add the burgers to the pan and cook for 3 minutes. Turn the burgers, reduce the heat to medium, and cook the burgers 2 minutes longer. Continue to cook the burgers, turning them every 2 minutes, until they are white all the way through, 9-11 minutes in total. Serve immediately.

Sesame Omelet Sushi with Chicken

The omelet takes the place of nori in this protein packed sushi. They are easy to make and make a conveniently transportable lunch. For a variation, use two 6-ounce cans of tuna for the chicken.

Chef: Ela Guidon

4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1 celery stalk, cut into 1-inch pieces
- 1 small carrot, cut into 1-inch pieces
- 1 bay leaf
- 1/2 pound boneless, skinless chicken breasts
- 1/4 cup mayonnaise (see recipe for mayonnaise on page 17-18)
- sea salt (optional)
- black pepper
- 4 eggs, divided
- 2 teaspoons coconut oil, divided
- 4 tablespoons sesame seeds, divided
- 1 small bunch watercress, heavy stems removed



Instructions

Place the celery, carrot, bay leaf and 4 cups of water in a medium pot. Bring to a boil, add the chicken and reduce the heat. Simmer for 10 minutes until the chicken is cooked through. Drain and set aside to cool. Shred by pulling the chicken into strands. You should have 1 ½ cups.

Mix the shredded chicken with the mayonnaise in a bowl. Add sea salt (optional) and black pepper to taste.

In a bowl combine 2 of the eggs, ¼ teaspoon of the sea salt (optional), and ¼ teaspoon of the pepper. Beat lightly.

In a 10-inch non-stick pan, warm 1 teaspoon of the coconut oil over medium heat. Add the egg mixture tilting to cover the whole pan. Cook until the omelet is almost done.

(Sesame Omelet Sushi with Chicken Continued)

Sprinkle with 2 tablespoons of the sesame seeds. Flip the omelet and continue cooking (and at the same time toasting the seeds) for just 1 minute.

Remove the omelet to a large plate or cutting board.

Repeat, making a second omelet with the remaining ingredients.

To assemble, lay an omelet on a cutting board or other flat surface. Spread half ($\frac{3}{4}$ cup) of the chicken, mixture across the center (about 3 inches wide). Line-up the watercress sprigs across the middle.

Roll up the omelet. Wrap in plastic wrap and refrigerate for about 10 minutes. This will help to retain the shape of the roll.

Repeat for the second omelet. Cut each into 8-10 pieces and serve.

Beef Stir-Fry

This dish comes together quickly, so have everything prepped and everyone at the table before you start cooking. Change the protein and vegetables to create endless variations according to season and availability.

Chef: Ela Guidon

4 servings

Prep Time: 15 minutes

Cook Time: 8 minutes

Ingredients

- 3 tablespoons coconut oil or canola oil
- 1 tablespoon finely chopped fresh ginger
- 1 pound boneless sirloin steak, cut into 2-inch long thin strips
- 1 celery stalk, cut into 1/4-inch slices
- 1 red bell pepper, cut into strips
- 1 zucchini, sliced into 1/4 moons
- 1/4 teaspoon red pepper flakes
- 2 tablespoons gluten free tamari
- 2 tablespoons mirin
- 2 tablespoons fresh lemon juice
- sea salt (optional) & freshly ground black pepper
- 1 tablespoon toasted sesame oil
- 3 tablespoons chopped cilantro



Instructions

Heat a large skillet or wok over medium-high heat. Add 1 tablespoon of the oil and coat the bottom of the pan.

Add half of the ginger and beef and stir quickly. Brown the meat for about 2 minutes until it turns slightly grayish and the escaping juice has evaporated. Transfer to a plate and tent with foil to keep warm. Repeat with the other half.

(Beef Stir-Fry Continued)

Add the remaining 1 tablespoon of oil. Add the celery, pepper, zucchini and red pepper flakes. Cook until the vegetables are crisp and tender, about 2 more minutes.

Add the tamari, mirin, and lemon juice and return the meat to the skillet and stir together well. Sprinkle with sea salt (optional) and pepper to taste.

Drizzle the sesame oil over the vegetables and the meat. Stir in the cilantro and serve immediately.

Carne Asada Tacos

Skirt and flank steaks are of the most flavorful cuts of steak and make an excellent taco filling. Serve with all of the traditional fixings: tortillas, guacamole, salsa and lettuce. Add leftovers to salads for a Mexican Steak Salad.

Chef: Nathan Donahoe

2 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- Cayenne (optional)
- 3 tablespoons fresh lime juice
- 1/2 teaspoon sea salt (optional)
- 3/4 pound skirt or flank steak

Instructions

Combine the cumin, chili powder, paprika, cayenne and sea salt (optional) in a small bowl. Mix well and set aside.

Cut the steak along the grain into 1-1 1/2 inch wide ribbons. Then cut against the grain (perpendicular to the fibers) into 1/4-inch chunks.

Heat a wide heavy-bottomed skillet on high heat. Place the steak chunks in a single layer. Allow the steak to brown, about 2 minutes per side.

Turn the burner down to medium. Add the lime juice, and loosen the chunks off the pan. Make sure to loosen the brown bits with a spatula. Add the spice mixture and toss with the meat. Serve hot.



Grilled Balsamic Steaks

This is a wonderfully simple yet gourmet way to grill steaks. I prefer sirloin steaks for flavor and nutrition.

Chef: Nathan Donahoe

6 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 2 6-inch sprigs fresh rosemary
- 6 6-ounce sirloin steaks
- sea salt (optional)
- 1 teaspoon sweet paprika
- 1/2 teaspoon cumin powder
- 3/4 teaspoon freshly ground black pepper
- 1 cup balsamic vinegar



Instructions

Place the rosemary sprigs on a cutting board and bang gently with the back of the knife to bruise (this releases oils). Rub both sides of the steak with rosemary. Cut rosemary into 6 separate pieces and set aside.

Rub both sides of the steaks with sea salt (optional). Combine the paprika, cumin and pepper in a small bowl and divide evenly among steaks by rubbing only one side.

Place the steaks, rosemary and the balsamic vinegar in a glass or ceramic baking dish large enough so there is some space between each steak. Make sure the rosemary is at least partially submerged in the liquid. Cover and refrigerate for 30 minutes, then flip the steaks and marinate for 30 more minutes (you can marinate up to 2 hours, just make sure to flip the steaks).

Preheat the grill to high. Add the steaks, spice side down, rotate the steaks 90-degrees, then grill for 1-2 minutes more, until grill marks appear, forming a criss-cross pattern.

Turn the heat down to medium, and flip the steaks to the other side. Grill the steaks 5-10 more minutes or until they have reached desired level of rareness. If steaks begin to burn on the outside, move them to the side of the grill where there is indirect heat. You can also finish the steaks in an oven preheated to 400-degrees for 5-10 minutes. Remove the steaks, and garnish with the rosemary.

Butternut Squash Over Spiced Pork

I have to say the "other white meat" is back on my favorites list. Try these typical "pumpkin pie" spices - you will be pleased how well they suit the pork.

Chef: Caroline Nation

4 servings

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients

- 4 thin pork chops, 4 ounces each
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground allspice
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon sea salt (optional)
- 1 butternut squash, peeled and cut into 1-inch cubes
- 1/4 cup water
- 1/4 cup finely chopped fresh mint

Instructions

Coat large skillet with olive oil and heat over medium heat. In the meantime, rub pork chops with cinnamon, ginger, nutmeg, allspice, pepper and 1/8 teaspoon of sea salt (optional). Place the pork in the skillet and cook for approximately 3 minutes on each side, or until the pork is cooked as desired. Remove pork from skillet.

If you need, recoat the pan with olive oil. Place cubed butternut squash in the skillet and cover. Cook for approximately 11 - 12 minutes, making sure to occasionally stir the squash. Add the water to the skillet and cook until the water evaporates. Stir and scrape the browned bits. Sprinkle the squash with sea salt (optional). Remove the squash from the pan and spoon over the pork.



Lamb Burgers

These flavorful burgers have a Middle-Eastern flair. Smoked paprika gives them a hint of a smoky flavor, but you can substitute with sweet paprika. Serve them on or off the bun, accompanied by sautéed greens.

Chef: Myra Kornfeld

4 servings

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- 1 pound ground lamb
- 1 teaspoon sea salt (optional)
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped parsley
- 1/4 cup chopped cilantro
- 1 tablespoon extra virgin olive oil

For serving:

- Extra virgin olive oil for cooking the burgers
- 4 gluten-free buns
- tahini for drizzling on top (optional)

Instructions

Make the burgers: Mix the lamb with sea salt (optional), paprika, coriander, red pepper flakes, parsley and cilantro in a medium bowl. Form into 4 burgers. Let sit for half an hour at room temperature. At this point they can be refrigerated overnight or cooked.

To cook, film a large heavy-bottomed skillet (cast iron is ideal) with oil. Add the burgers and cook over medium heat until golden brown on each side, and internal temperature reaches 150F for medium rare, about 4 minutes per side.

Serve hot on or off the bun, drizzled with tahini.



Grilled Sweet Lamb Chops

The richness of lamb meat marries well with this Middle Eastern spice blend. Serve with brown rice and lime wedges to add a bite of acid. In the summer cook them on a grill.

Chef: Caroline Nation

4 servings

Prep Time: 2 minutes

Cook Time: 8 minutes

Ingredients

- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cumin
- 1/8 teaspoon sea salt (optional)
- pinch of red pepper flakes
- 8 1-inch thick loin lamb chops
- coconut oil for grilling
- 1 lime, sliced into 8 wedges



Instructions

Prepare grill.

In a small bowl, mix together the cinnamon, pepper, allspice, cumin, sea salt (optional) and pepper.

Rub mixture on the lamb and grill on a rack coated with coconut oil.

Grill approximately 4 minutes, or until it is cooked to your desire.

Serve with lime wedges.

Ginger Tomato Vegetable Soup

This quick and easy soup has lots of flavor and gingery fragrance. Serve it with pieces of toasted crusty, gluten-free bread.

Chef: Sally Nash

4 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- 2 teaspoons minced ginger
- 3 carrots, small diced
- 1 cup fresh green beans, small diced
- 4 small red potatoes, small dice
- 5 cups homemade vegetable stock
- sea salt (optional)
- 6 plum tomatoes, peeled, seeded, and small dice
- 1/8 teaspoon cayenne
- 2 tablespoons fresh parsley or basil
- freshly ground black pepper



Instructions

Heat 1 tablespoon of olive oil in a large pot. Add the ginger and cook for 1 minute over medium-high heat. Add the carrots and sauté for 2 minutes, then add the green beans and potatoes, and cook for 1 minute, stirring frequently. Add the vegetable stock and bring to a boil. Stir in 1 teaspoon sea salt (optional), lower the heat and simmer the soup for 5-7 minutes, until the vegetables are tender.

While the soup is simmering, warm the remaining 1 tablespoon of oil in a medium non-stick skillet. Add the tomatoes and cook for 2 minutes. When the vegetables in the soup are tender, add the tomato mixture and simmer another 2 minutes. Stir in the cayenne and black pepper. Taste and add more sea salt (optional) and pepper, if necessary.

Serve hot, garnished with parsley or basil.

Southwest Egg Salad

Smoked paprika, known as pimenton, is naturally smoked over traditional oak fires, and gives a great twist to this classic dish. Make it into sandwiches or serve it over a bed of lettuce.

Chef: Diane O'Connell

4 to 6 servings

Prep Time: 20 minutes

Cook Time: 3 minutes

Ingredients

- 1 dozen eggs
- 1 celery stalk, small diced
- 1 jalapeño, stemmed, seeded, and minced
- 1 small red bell pepper, small dice
- 1/2 cup mayonnaise
- 3/4 teaspoon smoked paprika
- sea salt (optional)
- freshly ground black pepper
- 1 tablespoon fresh lemon juice



Instructions

Place the eggs in a large pot and cover with cold water. Place on high heat. Bring to a boil, let boil for 1 minute, then turn off the flame and leave in the hot water for 12 minutes. Rub the eggs under cold water to help remove the peel.

Place the eggs in a large bowl, and mash into chunks with a potato masher. Stir in the celery, peppers, mayonnaise, paprika, 1 teaspoon sea salt (optional), a sprinkling of black pepper and the lemon juice. Taste and add more sea salt (optional) if necessary.

Eggplant Envelopes

These are a great way to get veggies into your kids or adults without them really knowing it. Using leftover tomato sauce allows you to recycle sauce and skip mayo all together. Yet another example of changing up flavors using vegetables.

Credits: Daelicious! Recipes for Vibrant Living

Chef: Daemon D. Jones, N.D.

4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes



Ingredients

- 1 small eggplant
- 1 teaspoon sea salt (optional)
- 1 tablespoon freshly ground black pepper
- 2 tablespoons Italian seasoning
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 4 sprouted corn tortillas
- 1 cup tomato sauce
- 1 cup roasted red pepper slices (optional)
- 2 cups chopped romaine lettuce

Instructions

Cut off the ends of the eggplant, and thinly slice lengthwise (approximately 1/8 inch). Season the eggplant with sea salt (optional), pepper and Italian seasoning. In a saucepan, add olive oil and garlic and cook on medium-low heat for 1 minute.

Add eggplant to the pan and sauté until soft (translucent in color), approximately 4 minutes. Warm the tortilla in the oven for 1 minute. Place the tortilla on a plate and spread with 1 tablespoon of tomato sauce. Place a couple of roasted red pepper slices and 1/4 cup of romaine lettuce on the tortilla. Finally, add 3-4 slices of eggplant on top of the lettuce. Roll the tortilla away from you until it looks like a burrito. Repeat for all tortillas, and serve.

Tips Since this rolls up like a burrito you can add your favorite chopped vegetables to the envelope to increase the fiber and make it more filling.

Spice Rub Stuffed Eggplant and Potatoes

I love this dish: the simple spice rub is so versatile and makes this dish. It can be made with almost any vegetables and a variety of different spice/flour mixtures. For example, if you like thyme, rosemary and oregano, just substitute them in. Or dry ginger or garlic powders are also a great addition. You can simplify it further by skipping the stuffing part and just rub the vegetables and sprinkling the rest of the spice mixture over the vegetables to add a bit of heartiness and flavor. I love the versatility and how it can easily turn a plain vegetable dish into something really tasty, different and elegant!

Chef: Rita Patel

4 servings

Prep Time: 15 minutes

Cook Time: 15-20 minutes



Ingredients

Vegetables:

- 4 medium potatoes, cut into quarters (peeling is optional) about 4 cups
- 5-6 baby eggplant, stems removed OR 1 large eggplant, cut into large cubes the size of the potato quarters (1 to 1 1/2"), about 3 cups
- extra virgin olive oil
- 1 lemon, cut in wedges

Spice Stuffing:

- 3 teaspoons toasted ground coriander
- 3 teaspoons ground toasted cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon turmeric
- 1/2 teaspoon dried oregano
- 1/8 teaspoon chili powder
- 2 tablespoons gluten-free flour (rice or cornmeal)
- 1 teaspoon sesame seeds
- 1 tablespoon toasted chopped peanuts, almonds (optional)
- sea salt (optional), to taste

(Spice Rub Stuffed Eggplant and Potatoes Continued)**Instructions**

Mix together in a bowl the ingredients for the spice mixture. Heat large pan over medium low heat. Add 1-2 tbsp oil.

Slice each potato quarter about 1/3 to 1/2 way through in the middle and fill with the spice mixture. You can also cut another slice on the opposite end of the potato going the other way so there are two parts to rub in the spice mixture. (Tip: I find it works best to use a spoon to pry open the potato, so you can pry and place the spice mixture in at the same time. You won't get a lot in there and that is ok. If the potato splits open, no worries, just rub the potato piece with the spice mixture and move on to the next one). Add each piece to the pan. Cut about 1/3 or 1/2 way into the eggplant in a criss-cross and spoon in the spice mixture (note: the eggplant is softer and more pliable so you will be able to get more of the mixture in the eggplant).

You can sprinkle the remaining spice mixture evenly over the vegetables. Add the water – about 2/3 cup (if you add more water then you will have some gravy with the vegetables). Drizzle top of vegetables with a squeeze of the lemon and sea salt (optional) to taste. Bring water to boil. Reduce to medium-low heat and cover. Stir once halfway through, add more water if needed. Let cook through to desired tenderness, about 10-15 minutes. (Optional a few minutes before the vegetables are done, you can add chopped tomatoes, herbs and/or greens).

Create your shopping list based on the recipes you choose.

Check the EWG Produce Shopper's Guide:

<http://static.ewg.org/reports/2011/foodnews/pdf/2011EWGPesticideGuide.pdf>

Do Not Buy Food Containing:

- High fructose corn syrup
- Partially hydrogenated oils
- Artificial sweeteners
- Sugar alcohol/polyols
- BHA/BHT
- Bromated flour
- Brominated vegetable oil
- Sulfites, sulfur dioxide, sodium bisulfate
- Nitrites & nitrates
- MSG (monosodium glutamate)
- Parabens

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