



Glutenology

Healthy Recipes For The
Gluten Free Warrior

Dr. Peter Osborne
Diplomate with the American Board of Clinical Nutrition



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This book was largely composed by my beautiful wife whose patience, love, persistence, and drive to be a good mother and wife fueled the creation of so many of these recipes. Over the past 12 years she has supported me and helped me wade through an arena full of skeptics, critics, and people in denial. She has navigated the kitchen with so many challenging restrictions placed on her and come out unscathed... **A TRUE Gluten Free Warrior** - Without her, none of this would have been possible.

Gluten Induced Diseases

Currently, there are about 300 known illnesses, diseases and conditions connected to gluten allergy, intolerance and sensitivity. May this book be a guiding light for you on your journey toward health.

Food as Fuel

Why do we eat?...

To Nourish the Body

The answer to this question is very simple yet the purpose has eluded much of the modern world as its dependence on processed food-like substances continues to grow. All one has to do is visit a local grocery store. The bulk of the aisles are laden with processed, refined, chemically loaded, genetically modified food products. Most people blindly buy and use these items without considering the harm they are inflicting upon themselves. When did the message "you are what you eat" get lost?

The emergence of gluten sensitivity as a major health issue has helped shed light on the fact that the eating the wrong foods can seriously disrupt one's health. It has led to a growing paradigm shift in medicine forcing doctors and patients to seek a greater answer than the masking of symptoms with drugs.

“Let thy food be thy medicine and let thy medicine be thy food.” – Hippocrates – the father of modern medicine summarized it best. The medical validation of food first can no longer be ignored if one desires a return to good health. This book is dedicated to those who are searching for a solution to regaining and or maintaining their health through food.

Why is this cookbook free of all grains?

Contrary to popular belief, gluten is found in all grains. There are thousands of different gluten proteins. The emphasis on research has always been placed primarily on select glutes found in wheat, barley, rye, and oats. Unfortunately, this has led many to believe that alternative grains are OK to eat. The diagram below illustrates common grains, select glutes found within them, and the concentration of these glutes.

Varying Glutes Found in Common Grains

Grain	Type of Gluten	% Total Protein
Wheat	Gliadin	69
Rye	Secalinin	30-50
Oats	Avenin	16
Barley	Hordein	46-52
Millet	Paniclein	40
Corn	Zen	55
Rice	Orzenin	5
Sorghum	Kafirin	52
Teff	Pennisetin	11

Gluten research is in its infancy. I have personally seen thousands of gluten sensitive patients react to grains outside of the celiac spectrum of wheat, barley, and rye. A new research study published this year (*Sci Transl Med.* 2010 Jul 21;2(41):41ra51.) identified 43 new gluten proteins that caused immune reactions in patients with gluten sensitivity.

This study emphasizes the fact that gluten research is far from complete and there is a lot more that we do not know about the scope of gluten proteins and the damage they can stimulate.

Because all grains contain gluten (in different forms), and only a fraction of these glutes have been studied, it is foolish to assume that traditional gluten free substitutes are safe for consumption for the gluten sensitive individual. Therefore, this recipe book focuses on healthy, TRUE gluten free foods.

Most cultures use food as a way to express love, to socially interact, and celebrate special events... I hope that the recipes and ideas in this book will help parents everywhere rediscover the value of food and its impact on health and wellness while at the same time allow for new healthy kitchen traditions to be created.

The art of cooking...once lost, but now found.

General Guidelines Regarding Food

Food quality will play a big part in your recovery. If the quality of your food is poor, loaded with chemicals, genetically modified, etc your progress will be slowed and/or minimal.

“One cannot regain nor maintain good health eating unhealthy foods.”

Meat – Not all meat is created or forged equally. You must consider the source of the animal, the animals diet, and the animals living arrangements prior to slaughter. In the case of animal based foods you are not what you eat, you’re what you eat eats! In essence:

- Beef – should come from grass fed animals.
- Fish – Should be wild caught not farm raised.
- Poultry and eggs – should be free range organic animals

Dairy - Only from grass fed (grazing animals). Raw dairy from a reputable farm is recommended.

Fruits and Vegetables – Any organic variety that you are not allergic to.

Nuts, non grain seeds, and beans - Any organic variety that you are not allergic to.

Processed food including processed food labeled “gluten free” is better left avoided.

Water – clean, pure water is a necessity to good health. Our water systems today have been shown to contain high levels of chlorine, fluoride, chemical pesticides, and pharmaceutical drugs. Water filtration is highly recommended.

Resources:

TRUE Gluten Free Websites:

<http://www.glutenfreesociety.org> – this site offers a free weekly newsletter and contains an open forum to communicate with other TRUE gluten free'ers. Additionally, this site contains video tutorials on how to go gluten free. Genetic testing for gluten sensitivity, where to find grass fed beef, mercury free fish, and gluten free vitamins are also listed on this site.

<http://www.glutenology.net> - This website will house a number of different books on gluten sensitivity and its related diseases.

General Health and Wellness Information Newsletter:

<http://www.TownCenterWellness.com> – This website has information about Dr. Osborne's clinic. Additionally, it houses information about general health and wellness for those seeking to become enlightened.

Whole House Water Filtration:

<http://www.ChemicalFreeWater.net> – This website offers the most affordable whole house water filtration to help remove chemicals, drugs, and other toxins from your household water.

*Appetizers,
Beverages
& Dips*



FRESH CUCUMBER WATER

- | | |
|-----------------------------------|-----------------------|
| 2 qts. water | 1 lemon thinly sliced |
| 1 seedless cucumber thinly sliced | 1 lime thinly sliced |

Place cucumber, lemon and lime in tall glass pitcher. Add water and mix. Chill then serve. This is so refreshing and excellent for you.

TZATZIKI SAUCE

- | | |
|---------------------------------------|-------------------------|
| 2 (8 oz.) containers plain yogurt | 1/2 lemon, juiced |
| 2 cucumbers, peeled, seeded and diced | salt and pepper |
| 2 T. olive oil | 1 T. chopped fresh dill |
| | 3 cloves garlic, peeled |

In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic. Process until well-combined. Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

CHINESE BARBECUED BABY DRUMSTICKS

- | | |
|-----------------------|--------------------------|
| 3 lbs. chicken wings | 3 T. vinegar |
| 1/2 C. soy sauce (GF) | 1 tsp. ground ginger |
| 3 T. brown sugar | 2 cloves garlic, chopped |
| 3 T. sugar | pepper |

Separate wings into three pieces. Discarding tips.

Mix all ingredients except chicken. Stir until sugar is dissolved. Add chicken and marinate for 2 hours.

Bake at 350 degrees for 30 to 40 minutes, turning once.

DILL DIP

- | | |
|--------------------|-----------------------|
| 1 C. mayonnaise | 1 T. parsley |
| 1 C. sour cream | 1 1/4 tsp. dill weed |
| 1 tsp. diced onion | 1 1/2 tsp celery salt |

Mix ingredients together and chill. Dip is good with vegetables or potato chips.

LIME JALAPENO HUMUS

- | | |
|---|--|
| 1 (25 oz.) can garbanzo beans,
drained and rinse | 4 T. olive oil |
| 2 small limes, juice of | 4 T. fresh cilantro leaves |
| 3-4 T. peanut butter | 1 pinch, cumin, to taste |
| 5 fresh garlic cloves, minced | 1 pinch red pepper flakes, to
taste |
| 3 T. pickled jalapeno peppers | 1 pinch salt, to taste |

Combine all ingredients in food processor until smooth. Dip desired veggies in it.

BACON CHEESE BALL

- | | |
|---|-----------------------------|
| 1 lb. bacon | 1/4 tsp. onion salt |
| 1 (8 oz.) pkg. cream cheese,
softened | 1/4 tsp. garlic salt |
| 1 (8 oz.) pkg. shredded cheddar
cheese | 1 tsp. Worcestershire sauce |

Cook bacon until crisp; drain and crumble. Combine bacon with remaining ingredients. Mix thoroughly. Shape into ball; chill.

BACON WRAPPED WATER CHESTNUTS

- | | |
|---|-------------|
| 2 (6 oz.) cans whole water
chestnuts | soy sauce |
| 1 lb. bacon, slices cut into thirds | brown sugar |

Marinate water chestnuts in soy sauce overnight. Drain; roll in brown sugar and wrap with 1/3 slice bacon. Secure with toothpick. Bake on foil lined pan sprayed with non-stick cooking spray at 350 for 30 minutes or until bacon is crisp. Serve hot. These cool very quickly and are best served immediately. 1 lb. of bacon will cover exactly 2 cans of water chestnuts.

ORANGE JULIUS

- | | |
|-----------------------------------|------------------|
| 1 (6 oz.) can frozen orange juice | 1/4 C. sugar |
| 1 C. milk | 1/2 tsp. vanilla |
| 1 C. water | 10 ice cubes |

Mix in blender until slushy.

REAL SANGRIA

- | | |
|-----------------------|----------------------------|
| 1 orange, sliced thin | 1 pint vodka (potato base) |
| 1 lime, sliced thin | 1 bottle burgundy wine |
| 1 lemon, sliced thin | 1 quart 7Up |
| 1/4 - 1/2 C. sugar | |

Mix fruit and sugar. Refrigerate overnight. In morning add vodka. Just before serving, mix with wine and 7Up. Fruit will pick up the dark wine color after it sits for a short time. The best part of this drink is the fruit!

PUMPKIN DIP

- | | |
|--|---|
| 1 (8 oz.) pkg. cream cheese,
softened | 1 T. cinnamon |
| 2 C. powdered sugar | 1 tsp. frozen orange juice
concentrate |
| 1 (15 oz.) can solid pack pumpkin | |

In medium bowl, blend cream cheese and powdered sugar. In another bowl, mix pumpkin, cinnamon and orange juice. Thoroughly mix in the cream cheese blend. Chill in the refrigerator until serving.

HERBED CASHEWS

- | | |
|---|--------------------------|
| 1 lb. roasted cashews unsalted or
lightly salted | 1/2 tsp. cayenne pepper |
| 2 T. fresh rosemary finely
chopped | 2 tsp. light brown sugar |
| | 1 T. kosher salt |
| | 1 T. unsalted butter |

Preheat the oven to 350 degrees.

Spread the cashews out on a sheet pan. Toast in the oven until warm, about 5 minutes. In large bowl, combine the rosemary, cayenne, sugar, salt and butter. Thoroughly toss the warm cashew with the spice butter and serve warm.

EGGNOG

3 C. almonds	2 T. yacàn syrup
4 C. water	2 tsp. nutmeg, ground
1 T. vanilla extract	1/4 tsp cinnamon, ground
2 T. agave nectar	pinch cloves, ground

Soak almonds overnight. Discard soaking water and rinse almonds in a deep bowl of water, repeat until water is clear. Place soaked almonds and 4 cups of water in a Vita-Mix (or other high speed blender). Blend on highest speed for 90 seconds. Strain milk through a fine mesh paint bag, discarding solids. Place almond milk in a half gallon mason jar. Add vanilla, agave, yacàn, nutmeg, cinnamon and cloves, then shake well. Refrigerate until cold and serve. Serves 6.

BACON CHEDDAR MUSHROOMS

3 slices bacon	1 T. chopped onions
8 large Crimini mushrooms	3/4 C. shredded Cheddar cheese, divided
1 T. butter	

Preheat oven to 400°. In a large skillet over medium high heat, cook bacon slices until evenly browned. Remove bacon from skillet and let drain on paper towels. Finely dice the drained bacon. Remove stems from Crimini mushrooms and chop stems into pieces. Set mushroom caps aside. In a large saucepan over medium heat, place butter. Heat butter until melted and add chopped mushrooms stems and chopped onions. Sauté mushrooms and onions until softened. Remove from heat and place sautéed mixture in a medium bowl. Add diced bacon and 1/2 cup shredded Cheddar cheese. Mix well and scoop mixture into mushroom caps. Place filled mushroom caps on an ungreased baking sheet. Bake in oven for 15 minutes, until cheese has melted. Remove mushrooms from oven and sprinkle with remaining 1/4 cup shredded Cheddar cheese. Makes 8 servings.

BAKED FRUIT DIP

- | | |
|--|------------------------|
| 1-16 oz. pkg. cream cheese with
pineapple, softened | 2 C. dried cranberries |
| 3/4 lb. shredded Swiss cheese | 2 T. orange juice |
| | 1/4 C. apple juice |

Preheat oven to 375°. In a medium bowl, combine cream cheese, shredded Swiss cheese, dried cranberries, orange juice and apple juice. Mix well and transfer to a 9" pie pan. Bake in oven for 15 minutes, until bubbly and lightly browned. Serve as a dip for fresh cut fruits or as a spread for crackers. Makes 12 servings.

CHERRY TOMATO BITES

- | | |
|---|-------------------------------|
| 2 pints cherry tomatoes | 1/4 C. minced green onions |
| 1-8 oz. pkg. cream cheese,
softened | 1/4 C. minced fresh parsley |
| 2 to 4 bacon strips, cooked and
crumbled | 1/4 tsp. Worcestershire sauce |

Cut a thin slice off the top of each tomato. Carefully scoop out and discard pulp. Invert the tomatoes on a paper towel to drain. In a small bowl, combine cream cheese, crumbled bacon, minced green onions, minced parsley and Worcestershire sauce. Stir until well mixed. Spoon mixture into hollowed tomatoes. Refrigerate until serving. Garnish with parsley sprigs. Makes 16 to 20 servings.

SAUSAGE STUFFED MUSHROOMS

- | | |
|---------------------------|--|
| 36 fresh mushroom caps | 1-8 oz. pkg. cream cheese,
softened |
| 1 lb. ground pork sausage | |

Preheat oven to 350°. Thoroughly clean mushroom caps and set aside. In a medium skillet over medium high heat, brown sausage until no longer pink. Drain well and place cooked sausage in bowl. Add cream cheese and mix well. Spoon sausage mixture into mushroom caps and place on an ungreased baking sheet. Bake in oven for 10 minutes. Place mushrooms under broiler, about 5 1/2" from the heat. Broil for 3 minutes, until browned. Serve immediately. Makes 3 dozen.

SCRUMPTIOUS STRAWBERRY SHAKE

- | | |
|----------------|--------------------------------|
| 2 C. milk | 1 C. frozen strawberries |
| 1 T. honey | 2 whole strawberries, optional |
| 1 tsp. vanilla | |

In a blender, combine milk, honey, vanilla and frozen strawberries. Blend mixture until smooth and pour into glasses or goblets to serve. If desired, garnish glasses with a strawberry placed on the rim. Makes 2 servings.

Milk can be substituted with almond milk.

SILVER BELLS PUNCH

- | | |
|---|---|
| 1-46 oz. can unsweetened
pineapple juice, chilled | 1 liter club soda, chilled |
| 2 C. Pina Colada drink mixer,
chilled | 1 liter lemon-lime soda, chilled |
| 1-12 oz. can frozen orange juice
concentrate, thawed | 1-10 oz. pkg. frozen raspberries
in syrup, drained |

In a large punch bowl, combine pineapple juice, Pina Colada mixer, orange juice concentrate, club soda and lemon-lime soda. Mix until evenly blended. Before serving, stir in drained raspberries and serve chilled. Makes about 60 servings.

VEGETABLE DILL DIP

- | | |
|------------------------|-------------------------|
| 1-8 oz. jar mayonnaise | 1-8 oz. pkg. sour cream |
| 2 tsp. garlic salt | 2 tsp. dried dillweed |
| 2 T. minced onion | |

In a medium bowl, combine mayonnaise, garlic salt, minced onion, sour cream and dried dillweed. Mix until well blended. Transfer mixture to a serving bowl and chill in refrigerator until ready to serve. Makes 8 to 12 servings.

BASIC EASY CHICKEN WINGS

3 lbs. chicken wings	1/4 tsp. pepper
1/2 C. butter	Celery sticks, optional
1 C. hot sauce	Blue cheese dressing, optional
1/2 tsp. cayenne pepper	

Preheat grill to high heat and lightly oil the grate. Cook wings over grill for 8 to 12 minutes on each side, until chicken is cooked throughout. In a medium saucepan over medium heat, melt butter. Add hot sauce, cayenne pepper and pepper. Place cooked chicken wings in a large container with a secure lid. Pour sauce mixture over wings and seal the container. Shake container vigorously until wings are thoroughly coated. If desired, serve wings with celery sticks and blue cheese dressing. Makes 6 servings.

DEVEILED EGGS

7 large eggs, hard boiled and peeled	1 tsp. prepared mustard
1/4 C. mayonnaise	Salt and pepper, for taste
2 T. dill pickle relish	Paprika, for garnishing

Halve 7 eggs lengthwise. Remove yolks and place in a small bowl. Mash yolks with a fork and stir in mayonnaise, pickle relish, and mustard. Add salt and pepper, to taste. Fill egg whites evenly with yolk mixture. Garnish with paprika.

STUFFED JALAPENOS

1 lb. large fresh jalapeno peppers, halved lengthwise and seeded	1 - 8 oz. package cream cheese, softened
1 lb. ground Italian sausage	1 C. shredded Parmesan cheese

Preheat oven to 425 degrees. Place sausage in a skillet over medium heat and cook until evenly brown. Drain grease. In a bowl, mix the sausage, cream cheese, and Parmesan cheese. Spoon about 1 tablespoon sausage mixture into each jalapeno half. Arrange stuffed halves in baking dishes. Bake 20 minutes in the preheated oven, until bubbly and lightly browned.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Soups & Salads



SAVORY HAM & BEAN SOUP

- | | |
|-----------------------------|----------------------|
| 4 cans great northern beans | 1/2 t. pepper |
| 1 1/2 C. diced cooked ham | 1/4 t. minced garlic |
| 1 large onion chopped | 2 cans chicken broth |
| 2 C. (s) chopped celery | 3 C. (s) water |
| 1 t. thyme | |

Combine beans, ham, onion, celery, pepper and garlic in soup pot. Stir in broth and water. Boil, reduce heat. Cover, simmer 20 minutes or more if you like

WILTED LETTUCE

- | | |
|---|-----------------------|
| 1 head iceberg lettuce, torn into 1" pieces | 1/2 cup sugar |
| 1 lb. bacon, cut in 1/2" - 1" pieces | 1/2 cup white vinegar |
| | 1/2 tsp. salt |
| 1/2 medium onion, thinly sliced | 1/4 tsp. pepper |

Put lettuce in large bowl and cover with cold water. In sauce pan brown bacon. Drain grease from bacon leaving approximately 1/2 cup. In a cup mix sugar, vinegar, salt and pepper. Just before serving drain lettuce very well and warm bacon. Pour vinegar mixture into sauce pan with bacon; stir. Add onions to well drained lettuce. At the table, pour dressing over lettuce and onions tossing well. Serve immediately.

CAESAR SALAD

- | | |
|--|--|
| 1/4 C. olive oil | 1 T. lemon juice |
| 1 garlic cloves, minced | 1 T. white wine vinegar |
| 1/2 C. mayonnaise | 1 T. Worcestershire sauce |
| 1/4 C. finely grated Parmesan cheese | 1 T. Dijon mustard |
| 1 C. shredded Parmesan cheese | 3 romaine hearts, torn into bite-sized pieces (or 2 10 oz. bags) |
| 2 anchovy fillets, rinsed and patted dry (can use anchovy paste) | |

Whisk oil and garlic in a small bowl. Process mayonnaise, grated Parmesan, anchovies, lemon juice, vinegar, Worcestershire, mustard, 1/2 tsp. salt, and 1/2 tsp. pepper in blender until smooth. With blender running, slowly add oil mixture until incorporated. Toss romaine, shredded Parmesan, and dressing in large bowl and serve. Serves 6.

LENTIL SOUP

1 C. red lentils	1 tsp. chili powder
1 large onion, chopped	1 tsp. cumin
1/2 can tomato paste	2 T. Better Than Bouillon
1 tsp. curry	4-6 C. water

Bring water to boil in a pot and add lentils and onion. Boil for 40 minutes, adding more water if needed. Add tomato paste, curry, chili powder, cumin and Better Than Bouillon. Stir well and cook for 5 minutes. Serve.

HONEY DIJON SALAD DRESSING

1/2 C. safflower oil	1/4 C lemon juice
1/3 C. honey	1 T. Dijon style mustard

Shake all ingredients in tightly covered container. Shake before serving. Store in refrigerator.

ASPARAGUS VICHYSOISE

1 bunch of asparagus, peeled	1 leek, rinsed and chopped
2 medium yukon gold potatoes, peeled and cubed	1 tablespoon Tabasco
8 C. of water	1 C. half and half
1 yellow onion, chopped	1 tsp. butter
	salt and pepper

In a large sauté pan, sauté leeks, onions and asparagus in butter. Sauté until transparent (about 5-7 minutes). Add potatoes and salt and pepper. Cover with water. Cook over medium fire for 30 minutes. Let cool off for 40 minutes. Blend, then strain. Add half and half and Tabasco. Serve chilled.

Happiness is a place between too little and too much.

CHAMPAGNE SALAD

- | | |
|---|-----------------------|
| 1 (8 oz.) pkg. cream cheese | 3 bananas, sliced |
| 3/4 C. sugar | 1 C. pecans, chopped |
| 1 large can crushed pineapple,
drained | 1 container Cool Whip |
| 1 (12 oz.) pkg. frozen
strawberries | |

Cream cream cheese and sugar. In large bowl, combine pineapple, frozen strawberries, bananas and pecans. Mix well. Add Cool Whip, folding gently. Add strawberry mixture to cream cheese mixture. Fold gently. Put in 9 X 13 pan. Cover and freeze. Remove from freezer and put in refrigerator 1 hour before serving.

GREEK TOMATO SALAD

- | | |
|---|---|
| 1/4 C. red wine vinegar or cider
vinegar | 1 C. red onion, thinly sliced and
separated into rings |
| 2 T. olive oil | 1/2 C. green pepper, coarsely
chopped |
| 1 garlic clove, minced | 4 medium tomatoes, each cut
into 8 wedges |
| 1/8 tsp. dried oregano, optional | 6 medium pitted whole ripe
olives, halved |
| 1/4 tsp. dried basil | 3 T. feta cheese, crumbled |
| 1/8 tsp. sugar | |
| 1/8 tsp. salt | |
| 1/8 tsp. pepper | |

In bowl, whisk together vinegar, oil, garlic, oregano (if using), basil, sugar, salt and pepper. Add red onion and green pepper; toss to coat. Stir in tomatoes, olives and cheese. Cover and refrigerate for at least 1 hour. Serve using slotted spoon.

Friendships, like geraniums, bloom in kitchens.

TRUMPET SOUP

Carrie

2 C. thirteen bean soup mix (see below)
1 (16 oz.) can Contadina stewed tomatoes with celery, onions & green pepper
5 chicken tenderloins, cubed
2 onions, very coarsely chopped
5 cloves fresh garlic cloves
5 carrots, coarsely chopped
1 T. lemon juice
1 - 2 tsp. creole seasoning (Tony Chachere's)
6 C. water

Thirteen Bean Soup Mix:
1 lb. lentils
1 lb. split peas (green)
1 lb. split peas (yellow)
1 lb. red beans
1 lb. navy beans
1 lb. pinto beans
1 lb. Great Northern beans
1 lb. baby lima beans
1 lb. lima beans
1 lb. large lima beans
1 lb. kidney beans
1 lb. black beans
1 lb. black-eyed peas

Put all ingredients in slow cooker on high for approximately 6-8 hours adding water when necessary. Cook until beans are tender. Creole seasoning can be adjusted according to personal taste.

Instructions for Thirteen Bean Soup Mix:

Mix all beans in large bowl and store in air tight container. These beans can be mixed according to any particular taste. Omit the ones you don't like - add extra of the ones you do. Great to share with Trumpet Soup recipe attached.

Memory is what makes you wonder what you forgot to do.

WILD MUSHROOM SOUP

- | | |
|---------------------------------------|---|
| 2 1/2 lbs. ground lean pork | 1 tsp. ground black pepper |
| 5 oz. fresh shiitake mushrooms | 2 leeks, chopped (white and light green parts) |
| 5 oz. fresh baby portobello mushrooms | 2 C. coconut milk |
| 5 oz. fresh cremini mushrooms | 4 C. chicken broth (organic, low sodium) |
| 1 T. olive oil | 1/2 C. fresh flat leaf Italian parsley, chopped |
| 1 yellow onion, chopped | sea salt and black pepper (to taste) |
| 2 cloves garlic, minced | |
| 1 carrot, thinly sliced | |
| 1 T. thyme leaves | |

Clean mushrooms and trim stems. Slice the portobello and cremini mushrooms into about 1/4-inch thick pieces and leave the shiitakes whole.

Heat olive oil in a skillet and sauté garlic and onions. Add leeks. Cook for about 5 minutes. If pan gets dry, add a splash of chicken broth. Add 1/2 the thyme and black pepper. Stir well and then transfer to a stock/soup pot. Brown ground pork and season with more thyme, sea salt and pepper. Add to soup pot. Now add carrots and chicken stock. Cook at a medium temperature until the carrots are tender. Add the coconut milk and fresh chopped Italian parsley. Season with salt and pepper to your liking. Serve.

BERRY AND SPINACH SALAD

- | | |
|---------------------------------|--|
| 9 oz. package Fresh spinach | 1/4 C. olive oil |
| 8-10 fresh strawberries, sliced | 2 T. sesame seeds |
| 1 package blackberries | 1 T. poppy seeds |
| 1/4 C. slivered almonds | 1 T. honey (optional) or 1 T. fruit juice (pineapple or apple work well) |
| dressing: | |
| 1/4 C. apple cider vinegar | |

Mix spinach and berries together. Drizzle salad dressing over salad and toss well. Sprinkle slivered almonds over the top.

CHICKEN SALAD

12.5 oz. can chicken breast chunks, packed in water	1/4 red onion, diced
1 avocado	1 T. lemon juice or apple cider vinegar
1 small apple, diced	pepper and sea salt to taste (optional)
1/2 C. slivered almonds	

Drain chicken breast. Put in a bowl and with a fork mash avocado and chicken chunks together.

Add remaining ingredients and mix well.

BROCCOLI SLAW SALAD

1 bag broccoli slaw with carrots	garlic powder
broccoli florets	apple cider vinegar
olive oil	salt and pepper

Mix oil, garlic powder, vinegar, salt and pepper in a small bowl. Put slaw and florets in a bowl and pour oil mixture over.

EASY TOMATO SALAD

Fresh ripe tomatoes	Italian dressing
Sliced sweet onion	Fresh garlic to taste
Feta cheese	

Wash & core tomatoes; cut into one inch pieces. Put tomatoes and onions in bowl. Just before serving add feta cheese, dressing & garlic. Taste to adjust for salt & pepper.

*People are lonely because they build
walls instead of bridges.*

CHICKEN SOUP WITH COCONUT MILK

1 can coconut milk	1/4 tsp. Thai curry paste
3 C. chicken stock	1 head of cauliflower, cut into small florets
Juice of 1 lemon	2 C. cooked chicken meat, diced
2 tsp. fresh ginger, peeled and grated	4 fresh basil leaves, chopped or 1 tsp. dried basil
2 carrots, thinly sliced	

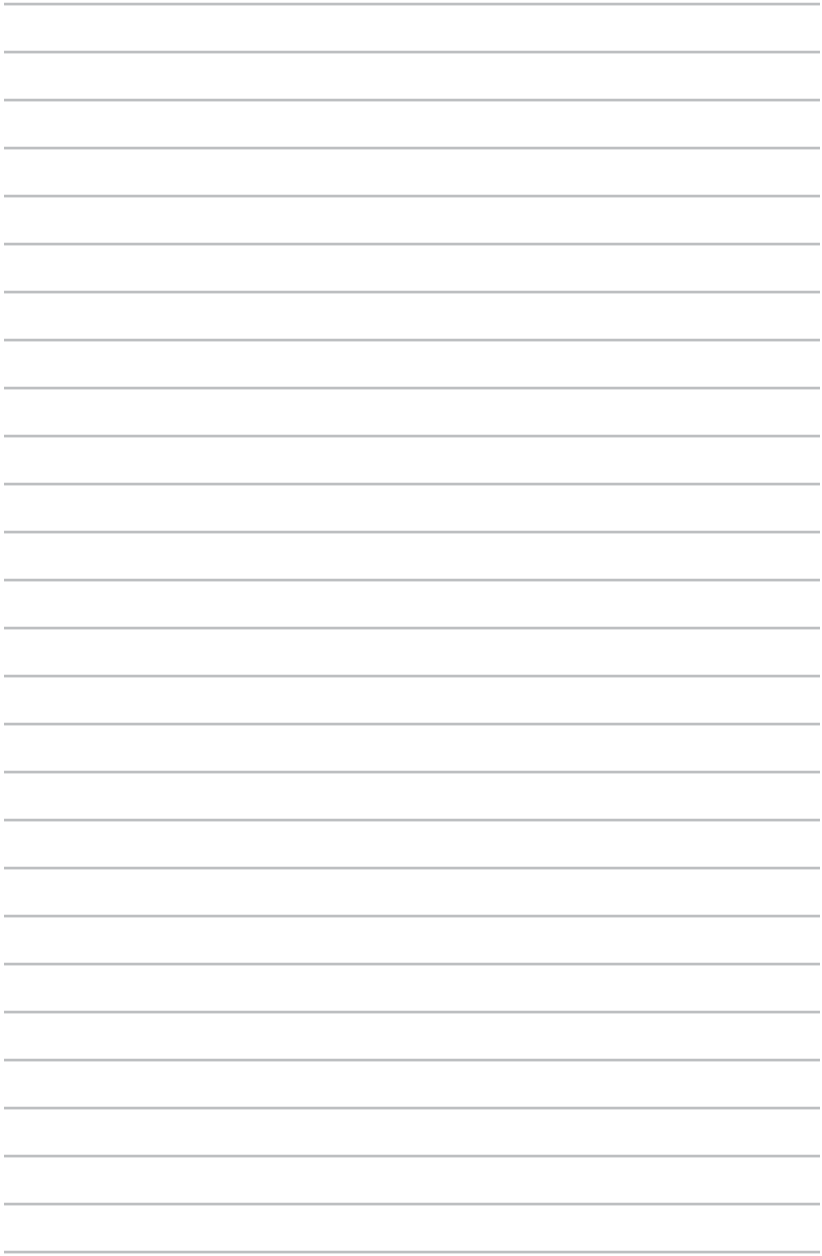
Place coconut milk, chicken stock, lemon juice, ginger, carrot, and Thai curry paste into a 2 to 4 quart sauce pan and bring to a simmer over medium-high heat. When carrots are about halfway cooked, add cauliflower florets and lower heat to medium, until the vegetables are all nearly cooked through, about 5-8 minutes. Add chicken meat and simmer a few more minutes. Stir in chopped basil leaves and season with salt and more curry paste to taste.

PUMPKIN SOUP

2 T. olive oil	2 C. 100% pure pumpkin
1 medium to large onion, chopped	1 13.5 oz. can of classic coconut milk
2 T. chopped garlic	1 tsp. of salt
2 C. chicken broth	

In a large pot sauté onion and garlic in olive oil over medium heat, until onions are soft. Be sure they do not brown. Once soft, add the pumpkin, coconut milk and chicken broth. Simmer and stir until well blended, about 5 to 10 minutes. Add salt to taste and serve.

Opportunity often roams around disguised as hard work.



Breads & Rolls



LEMON-BLUEBERRY MUFFINS

1/4 C. coconut flour
1/4 tsp. sea salt
1/4 tsp. baking soda
3 eggs
1/4 C. raw honey

1/4 C. coconut oil
1 T. lemon zest
1/2 C. frozen organic blueberries
(look for small blueberries)

In a medium bowl, combine coconut flour, salt and baking soda. In a large bowl, blend together eggs, agave, oil and lemon zest. Blend dry ingredients into wet and fold in blueberries. Spoon 1 heaping tablespoon of batter into each lined mini muffin cup. Bake at 350° for 8 to 10 minutes. Cool and serve.

Makes about about 24 mini-muffins.

SCRUMPTIOUS SANDWICH BREAD

3/4 C. creamy roasted almond
butter, at room temperature
4 large eggs
1/4 C. blanched almond flour

1/4 C. arrowroot powder
1/2 tsp. sea salt
1/2 tsp. baking soda
1 T. ground flax meal

Preheat the oven to 350 degrees. Grease a 7-by-3-inch loaf pan with grapeseed oil and dust with almond flour. In a large bowl, mix the almond butter with a handheld mixer until smooth, then blend with the eggs. In a medium bowl, combine the almond flour, arrowroot powder, salt, baking soda and flax meal. Blend the almond flour mixture into the wet ingredients until thoroughly combined. Pour the batter into the loaf pan. Bake for 40 to 45 minutes on the bottom rack of the oven, until a knife inserted into the center of the loaf comes out clean. Let the bread cool in the pan for 1 hour, then serve.

*Even if you are on track,
you will get run over if you just sit there.*

GLUTEN FREE "BRAN" MUFFINS

1/2 C. blanched almond flour	2 T. olive oil
1/2 C. flax meal	1/4 C. water
1 tsp. baking soda	1/4 C. sesame seeds
1/2 tsp. sea salt	1/4 C. sunflower seeds
6 dates	1/2 C. raisins
3 eggs	

In a large bowl combine almond flour, flax meal, baking soda and salt. In a blender, blend dates, eggs, olive oil (coconut oil) and water on high speed until very smooth. Mix wet ingredients into dry, then stir in sesame seeds, sunflower seeds and raisins. Spoon batter into lined muffin tins.

Bake at 350° for 20-25 minutes. Cool and serve.

Great additions or modifications:

1. Add one grated apple, 1/2 tsp. of cinnamon, and 1/4 C. ground pecans
2. Omit raisins and add one mashed, ripe banana, 1/2 tsp. cinnamon, 1/4 tsp. nutmeg, and 1/4 C. ground walnuts
3. Substitute dried cranberries or cherries (unsweetened or fruit-sweetened) for the raisins and add 1/4 C. shredded coconut and 1/4 C. pumpkin seeds (thank you Mom for this idea!)
4. Substitute dried cranberries, cherries, or apricots (unsweetened or fruit-sweetened) for the raisins and add 1/4 C. coarsely chopped pistachio nuts, 1/2 tsp. cinnamon, and 1 T. orange zest

HONEY MUFFINS

3 eggs	1/4 tsp. of sea salt
2 T. butter, melted	1/4 tsp. gluten free vanilla extract
2 T. coconut milk, or whole milk	1/4 C. sifted coconut flour
3 T. honey	1/4 tsp. baking powder

Bring all ingredients to room temperature. Blend together eggs, butter, coconut milk, honey, salt and vanilla extract in a medium sized bowl with a fork. Combine coconut flour with baking powder in a small bowl. Mix into the egg mixture and stir with a fork until the mixture is smooth without lumps. Pour batter into greased muffin tins. Bake at 400 degrees for 15 minutes. Makes 6 Muffins

NOTE: It takes a bit of time and elbow grease to get the batter smooth, be patient. Using an electric mixer changes the consistency of the batter, so stick with a fork for mixing.

SESAME CRACKERS

- | | |
|----------------------------|--------------------|
| 3 C. blanched almond flour | 2 T. grapeseed oil |
| 1 1/2 tsp. sea salt | 2 large eggs |
| 1 C. sesame seeds | |

Preheat the oven to 350 degrees. Set aside 2 large baking sheets. Cut 3 pieces of parchment paper to the size of the baking sheets.

In a large bowl, combine the almond flour, salt, and sesame seeds. In a medium bowl, whisk together the grapeseed oil and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined.

Divide the dough into 2 pieces. Place 1 piece of dough between 2 sheets of parchment paper and roll in 1/16 inch thickness. Remove the top piece of parchment paper and transfer the bottom piece of parchment paper with the rolled-out dough onto a baking sheet. Repeat the process with the remaining piece of dough. Cut the dough into 2 inch squares with a knife or pizza cutter.

Bake for 12 to 15 minutes, until lightly golden. Let the crackers cool on the baking sheets for 30 minutes, then serve.

SANDWICH BREAD

- | | |
|--------------------------------|----------------------------|
| 1 1/2 C. blanched almond flour | 1/2 tsp. baking soda |
| 3/4 C. arrowroot powder | 4 eggs |
| 1/4 C. flax seed meal | 1 tsp. agave nectar |
| 1/2 tsp. sea salt | 1 tsp. apple cider vinegar |

In a medium bowl, combine almond flour, arrowroot, flax meal, salt and baking soda. In a larger bowl, blend eggs 3-5 minutes until frothy. Stir agave and vinegar into eggs. Mix dry ingredients into wet ingredients. Pour batter into a well greased 7.5" x 3.5" loaf pan. Bake at 350° for 30-35 minutes, until a toothpick inserted into center of loaf comes out clean. Cool and serve.

CRANBERRY ALMOND LOAF

3/4 C. creamy roasted almond butter, at room temperature	1/2 C. dried cranberries
2 T. olive oil	1/4 C. sesame seeds
3 large eggs	1/4 C. sunflower seeds
1/4 C. arrowroot powder	1/4 C. pumpkin seeds
1 tsp. sea salt	1/4 C. sliced almonds, plus 2 tablespoons to sprinkle on top
1/4 tsp. baking soda	olive oil for greasing
1/4 C. dried apricots, chopped into 1/4 inch pieces	blanched almond flour for dusting

In a large bowl, blend almond butter, olive oil and eggs with a handheld mixer until smooth. In a medium bowl, combine arrowroot powder, salt and baking soda. Blend arrowroot mixture into wet ingredients until thoroughly combined. Fold in apricots, cranberries, seeds and sliced almonds. Grease a 3 1/2 x 7 1/2 x 2 1/4 inch loaf pan with olive oil and dust with almond flour. Pour batter into loaf pan and sprinkle remaining sliced almonds on top. Bake at 350° for 40-50 minutes until a knife inserted into center comes out clean. Let bread cool in pan for 1 hour, then serve.

*I cannot bear to throw away
the recipes I find.
For casseroles and cakes and pies
and meals of every kind.
And so I throw them in a box
or cram them in a book.
But as the years go by
I don't give them a second look!*

CINNAMON BUN

Cinnamon Topping

2 T. agave nectar

1 T. cinnamon

1 T. grapeseed oil

To make cinnamon topping, combine agave, cinnamon and oil in a small bowl and set aside.

Muffin Mixture

1 C. blanched almond flour

2 T. coconut flour

1/2 tsp. baking soda

1/4 tsp. sea salt

1/4 C. grapeseed oil

1/4 C. agave nectar

3 eggs

1 T. vanilla extract

Combine almond flour, coconut flour, baking soda and salt in a medium bowl. In a large bowl blend together oil, agave, eggs and vanilla. Blend dry ingredients into wet and scoop a scant 1/4 cup at a time into lined muffin cups. Spoon cinnamon topping onto muffins and bake for 8-12 minutes at 350°. Cool muffins for 2 hours then frost with Creamy Cream Cheese Frosting. Makes 9 muffins

Cream Cheese Frosting

4 oz. cream cheese, softened to room temperature

3 T. agave nectar

3 T. heavy cream

To make frosting combine cream cheese and agave in a medium bowl until well blended. Whip in heavy cream until frosting is nice and thick. Spread over muffins

Kindness is becoming at any age.

BANANA BREAD

3 eggs, separated

4 T. honey

4 T. olive oil

2 small bananas, mashed

1 tsp. vanilla

1 C. almond flour

Preheat the oven to 350 degrees. Cream the egg yolks and honey in a large bowl until light and fluffy. Add the oil, vanilla, mashed banana and almond flour and combine well.

In a separate bowl, beat the egg whites until stiff peaks form. Using a clean metal spoon, fold a spoonful of the egg whites into the banana mixture to pull it away from the sides before gradually folding the rest of the egg whites into the mixture. Be careful not to knock all the air out of the egg whites.

Line a loaf tin with baking paper and pour the banana mixture into this. Place in the oven for 40-45 mins or until cooked. Cake is cooked when a cake skewer comes out clean,

It may come out looking a little dark on the surface, but it doesn't taste and the cake inside is wonderfully fluffy and moist.

*To lose your wealth is much.
To lose your health is more.
To lose your soul is such a loss,
that nothing can restore.
The world is such a busy place
There's so much hurry in it.
Isn't it nice sometimes
To pause for just a minute...*

*Vegetables
& Side Dishes*



STUFFED BAKED SWEET POTATOES

- | | |
|---|---------------------------------------|
| 6 Medium sweet potatoes,
washed w/peels on | 2 T. butter
1/2 C. pecans, chopped |
| 1 (8 oz.) can crushed pineapple,
drained (in it's own natural
juice, unsweetened) | |

Bake potatoes 1 hour at 375. Cut a 1" lengthwise slice from top of each potato. Carefully scoop pulp from shells. Mix potato pulp, margarine and pineapple. Beat until fluffy. Carefully stuff potato mixture back into potato shell and sprinkle with pecans. Bake 12 minutes at 375.

PUMKIN GRATIN

- | | |
|---|--|
| 1 Can (15.5 ounces) 100% pure
pumpkin puree (not pumpkin
pie filling) | 3/4 tsp. salt
1/2 tsp. freshly ground black
pepper |
| 3 large eggs | 1 tsp. unsalted butter |
| 1 C. heavy cream | 1 T. grated Parmesan cheese |
| 3/4 C. grated Swiss cheese | |

Preheat the oven to 350 degrees. Spoon the pumpkin puree into a food processor and add the eggs, cream, cheese, salt, and pepper. Process for 10 to 15 seconds to combine.

Coat a 6-cup gratin dish with the butter. Fill the dish with the pumpkin mixture. Sprinkle the Parmesan cheese on top and bake for 35 to 45 minutes, until set and lightly browned on top. Serves 4.

WINTER SQUASH PUREE

- | | |
|---|---|
| 1/3 c. chicken broth | 1/2 tsp. grated orange rind |
| 2 (12 oz.) packages frozen
cooked butternut squash | 1 1/2 tsp. maple syrup
1/4 tsp. salt |
| 1 T. butter | 1/4 tsp. pepper |

Place broth and squash in a large saucepan over medium heat. Cover and cook 15 minutes or until thoroughly heated, stirring occasionally. Add butter and remaining ingredients; stir until combined. Serves 4. Goes well with Maple-Mustard Pork chops.

GREEN BEAN AMANDINE

1/3 C. sliced almonds	2 lbs. green beans, ends trimmed
3 T. unsalted butter	1/2 C. water
2 tsp. lemon juice	salt

Toast almonds in large skillet over medium-low heat, stirring often, until just golden, about 6 minutes. Add butter and cook, stirring constantly, until butter is golden brown, about 3 minutes. Transfer into a bowl and stir in lemon juice. Set aside.

Add beans, water, and 1/2 tsp. salt to empty skillet. Cover and cook, stirring occasionally, until beans are nearly tender, 8 to 10 minutes. Remove lid and cook over medium-high heat until liquid evaporates, 3 to 5 minutes.

Add almond mixture and toss. Add salt to taste. Serves 8

DILL POTATO SALAD

4 lbs. skinned, cooked red potatoes, cooled	2 tsp. Dijon mustard
2 T. olive oil	1 1/2 tsp. salt
2 T. cider vinegar	1 1/2 tsp. pepper
1 C. light mayonnaise	1 C. minced red onion
1 C. plain non-fat yogurt	1/2 C. fresh dill, minced

Cut potatoes into bite-size pieces. In a small bowl mix next 7 ingredients. Pour over potatoes. Add red onion and dill, mix well. Chill.

Learn from all that you know.

HAM, CHEDDER, AND POTATO GRATIN

- | | |
|--------------------------------|---|
| 1 1/2 cups chicken broth | 4 large baking potatoes, peeled
and very thinly sliced |
| 1/2 C. heavy whipping cream | |
| 3 cloves garlic | 1/2 lb. sharp cheddar cheese,
finely shredded |
| 5-6 fresh sage leaves, chopped | ground pepper |
| 1 1/4 lb. ham, 1/2 inch thick | |

Preheat the oven to 375 degrees. Butter a shallow 3-qt. baking dish. In a small saucepan, combine the broth, cream, garlic, and sage. Bring to a boil, then reduce the heat to low and simmer, uncovered, for 15 minutes.

Meanwhile, trim any fat from the ham steak. Cut the ham into 1/2 inch dice. Arrange one-third of the potatoes in a layer on the bottom of the prepared dish. Top with half of the diced ham and one-third of the shredded cheese. Repeat the layers of potato, ham, and cheese. Top with the remaining potatoes and the remaining cheese.

Remove the broth-cream mixture from the heat. Remove and discard the garlic cloves. Season the broth-cream mixture to taste with pepper and pour over layered potatoes, distributing it as evenly as possible. Bake, uncovered, until the potatoes are tender when pierced with a fork and the top is brown, about 1 hour. Remove from the oven and let stand for about 5 minutes before serving.

OLD FASHIONED GREEN BEANS

- | | |
|---------------------------------------|---------------|
| 1 lb. bacon, cut into 1" strips | salt & pepper |
| 1 large onion, cut into squares | |
| 4 cans cut green beans with
liquid | |

Brown bacon in large sauce pan. When almost done add onion and cook until just transparent. Drain most of the grease off. Add green beans and cook 20 minutes. Add water if needed.

BAKED MASHED POTATOES

- | | |
|--|-----------------------------|
| 6 medium potatoes, peeled,
cooked and drained | 1 C. sour cream |
| 1 tsp. salt | 1 (3 oz.) pkg. cream cheese |
| 1/4 tsp. pepper | 3 T. butter |
| | paprika |

Mash potatoes with mixer until light and fluffy. Add salt and pepper, sour cream, cream cheese; beat until well blended. Taste to check seasoning; adjust if necessary. Put in buttered 2-quart casserole. Dot with butter and sprinkle with paprika. Bake uncovered at 350 for 30 minutes. This freezes well, so it can be prepared ahead of time. Defrost before baking.

WILD RICE WITH MUSHROOMS

- | | |
|-------------------------------|--|
| 1 T. olive oil | (or equivalent of Chicken Better
Than Bouillon) |
| 6 mushrooms, chopped | |
| 3 garlic cloves, minced | 1 C. uncooked wild rice |
| 1 green onion, chopped | 1 tsp. fresh parsley, chopped |
| 2 C. low-sodium chicken broth | salt and pepper to taste |

In sauce pan cook mushrooms, garlic and green onion in oil over medium heat until mushrooms are cooked. Stir in chicken broth and rice. Season with parsley, salt and pepper. Reduce heat; cover and simmer for 40 minutes or until rice is tender.

CALICO BEANS

- | | |
|--|--|
| 1/2 lb. bacon, cut into 1/2" pieces | 1 (16 oz.) can green beans,
drained |
| 1 medium onion, diced | |
| 1 (16 oz.) can butter beans,
drained and rinsed | 1 (16 oz.) can pork and beans |
| 1 (16 oz.) can kidney beans,
drained and rinsed | 1/2 C. brown sugar |
| | 1/4 C. ketchup |
| | 1 T. Worcestershire sauce |

Fry bacon in skillet; add onion and sauté until onions are transparent. Drain off grease. Add remaining ingredients. Mix well. May be heated on stove top or baked in 350 oven for 25-30 minutes.

GARLIC BROCCOLI

3 crowns of broccoli, cut into
spears
3 cloves garlic, chopped

Olive oil
salt and pepper

Heat oil and add broccoli; cook about 7-8 minutes on medium heat. Add garlic and toss. Cover pan and continue cooking on low heat for about 5 minutes or until desired doneness.

WHIPPED SWEET AND RED POTATOES

1 1/2 lbs. red potatoes, peeled
and chunked
2 lbs. sweet potatoes, peeled and
chunked
1/4 C. sour cream

1/4 C. butter
1/2 C. milk
1 T. horseradish
1/8 tsp. nutmeg
salt and pepper to taste

Boil potatoes together until tender. Drain and add remaining ingredients. Beat with mixer until smooth and creamy. Serves 8.

CARAMELIZED ROASTED SHALLOTS

Joyce Reece

6 T. unsalted butter
2 lbs. fresh shallots, peeled with
roots intact
3 T. sugar
3 T. red wine vinegar

1/2 tsp. kosher salt
1/4 tsp. fresh ground pepper
2 T. chopped fresh flat-leaf
parsley

Preheat oven to 400 degrees

Melt the butter in a 12-inch ovenproof sauté pan, add the shallots, sugar and toss to coat. Cook over medium heat for 10 minutes, tossing occasionally until the shallots start to brown. Add the vinegar, salt and pepper and toss well.

Place the sauté pan in the oven and roast for 15 to 30 minutes depending on the size of the shallots until they are tender. Season to taste, sprinkle with parsley and enjoy!

CAULIFLOWER RICE

- | | |
|---------------------------|-----------------------------|
| 4 T. olive oil | 1 head cauliflower, trimmed |
| 1 medium onion, diced | 1/4 tsp. sea salt |
| 1 C. celery, finely diced | |

In a large skillet, heat olive oil over medium heat and sauté onion for 10 minutes, until soft. Add celery to skillet and sauté for 5 more minutes. Meanwhile, place cauliflower in a food processor with the "S" blade and process until the texture of rice. Add cauliflower to skillet, cover and cook 5-10 minutes, until soft, then add salt.

ASPARAGUS PARMESAN

- | | |
|---------------------------------------|---------------------------------|
| 1 T. butter | 3/4 tsp. grated Parmesan cheese |
| 1/4 C. olive oil | Salt and pepper to taste |
| 1 lb. fresh asparagus spears, trimmed | |

In a large skillet over medium heat, melt butter and olive oil. Add asparagus spears. Cook, stirring frequently, for 10 minutes, until asparagus reaches desired tenderness. Drain asparagus of excess oil. Sprinkle asparagus with grated Parmesan cheese, salt and pepper. Makes 5 servings.

DILLED SQUASH & ZUCCHINI

- | | |
|------------------------|--------------------------|
| 2 medium zucchinis | Salt and pepper to taste |
| 2 medium yellow squash | 2 tsp. dried dillweed |
| 1/4 C. butter | 1 T. lemon juice |

Cut the zucchinis and yellow squash into slices. In a large skillet over medium low heat, sauté sliced zucchinis and squash in butter for 10 minutes. Season with salt, pepper and dried dillweed. Sauté for an additional 10 minutes. Add lemon juice and mix well. Remove from heat. Makes 6 servings.

EASY HERBED POTATOES

- | | |
|-----------------------|---|
| 2 T. olive oil | 2 small Vidalia onions, cut into wedges |
| 1 T. balsamic vinegar | |
| 1 tsp. garlic salt | 3 large carrots, sliced diagonally |
| 1 tsp. dried rosemary | 2 red potatoes, chopped |
| 1/4 tsp. pepper | |

Preheat oven to 400°. In a 9x13" baking dish, combine olive oil, balsamic vinegar, garlic salt, dried rosemary and pepper. Add onion wedges, carrot slices and chopped potatoes. Toss until evenly coated. Bake in oven for 40 minutes, until tender. Makes 4 to 6 servings.

EASY RANCH BEANS

- | | |
|--|-----------------------|
| 1/4 C. chopped green bell pepper | 2 T. ketchup |
| 1 3/4 C. canned baked beans | 2 T. molasses |
| 1 3/4 C. canned red kidney beans, drained and rinsed | 1/2 tsp. onion powder |

In a large saucepan over medium high heat, combine chopped green bell peppers, baked beans, rinsed red kidney beans, ketchup, molasses and onion powder. Mix well and cook about 10 minutes or until heated throughout. Makes 4 servings.

*Every time I close the door on reality,
it comes in through the windows.*

GARLIC & SPINACH MASHED POTATOES

2 lbs. gold or red skinned potatoes	1-10 oz. pkg. frozen chopped spinach, thawed
2 T. butter, divided	1 tsp. dried basil
1/2 C. finely chopped onions	3/4 C. plain yogurt
3 cloves garlic, finely minced	Salt and pepper, optional

Scrub and thoroughly wash potatoes, but do not peel. In a large pot, place clean potatoes and add water until potatoes are covered by 1" of water. Place over medium heat and bring to a boil. Reduce heat and cook potatoes for 40 minutes, until tender. Meanwhile, in a large skillet, place 1 tablespoon butter. Add chopped onions and minced garlic and sauté until softened but not browned. Drain any excess water from spinach and add to skillet. Add dried basil and continue to heat until spinach is softened, about 5 minutes. When potatoes are tender, remove from heat and drain pot, reserving 1/2 cup cooking water. Let potatoes cool slightly, peel and place in a large bowl. Using a potato masher, mash potatoes. Fold in spinach mixture, yogurt and remaining 1 tablespoon butter. If desired, add salt and pepper to taste. Continue to mash potatoes, adding reserved cooking water if necessary. Makes 8 servings.

GARLIC GREEN BEANS

1 T. butter	2-14 1/2 oz. cans green beans, drained
3 T. olive oil	Salt and pepper to taste
1 small head garlic, peeled and sliced	1/4 C. grated Parmesan cheese

In a large skillet over medium heat, melt butter with olive oil. Add sliced garlic and cook, stirring frequently, until garlic is lightly browned. Add drained green beans and season with salt and pepper. Cook beans for 10 minutes, until tender. Remove from heat and sprinkle with grated Parmesan cheese. Serve warm. Makes 5 servings.

TWICE BAKED POTATOES

6 large baking potatoes	1 tsp. celery salt
1/2 C. butter, softened	Salt and pepper to taste
1 C. sour cream	Bacon bits, optional
1 T. finely chopped onion	

Preheat oven to 350°. Wrap baking potatoes in aluminum foil and bake in oven until tender. Slice each potato in half and scoop out the potato flesh. In a medium bowl, combine potato flesh, butter, sour cream, chopped onion, celery salt, salt and pepper. Mix well and spoon mixture evenly back into potato skins. Place stuffed potatoes on a baking sheet and bake in oven for 30 minutes. If desired, sprinkle bacon bits over potatoes before serving. Makes 12 servings.

*There is a saying I recall
that helped me as a child.
It seemed to be a recipe
for anything worthwhile.
Only the best is good enough
the wise have found it true.
For when you give the best
the best returns to you.*



Main Dishes & Meats



CRAB TOPPED FISH

- | | |
|--|-------------------------|
| 1 lb. Sole, Orange Roughy or Cod fillets | 1/2 C. mayonnaise |
| 1 Can crabmeat, drained | 1 tsp. lemon juice |
| 1/2 C. grated Parmesan cheese | 1/3 C. slivered almonds |
| | Paprika - optional |

Place fish in 8-inch baking dish. Bake at 350 for 18-22 minutes. Combine crabmeat, cheese, mayo and lemon juice. Spoon over fish. Broil 5 minutes or until topping is lightly browned. Sprinkle with paprika and almonds.

CHICKEN PERSILLADE

- | | |
|-------------------------------|------------------------|
| 1 Rotisserie chicken | 2 T. shallots, chopped |
| 1 Head Organic Boston lettuce | 1 T. garlic, chopped |
| 2 T. Olive oil | 3 T. parsley, chopped |
| 1 T. butter | salt and pepper |
| 2 T. lemon juice | |

Separate the leaves of washed organic romaine or Boston lettuce. Spread them out on a large platter. Sprinkle with about 2 tablespoons olive oil, 2 teaspoons fresh lemon juice, salt, and freshly ground black pepper. Using kitchen shears, cut the rotisserie chicken into pieces, bones and all, and arrange on the salad. Heat 2 tablespoons olive oil and 1 tablespoon butter in a skillet. When hot, add 2 tablespoons chopped shallots and 1 tablespoon chopped garlic. Cook for about 10 seconds. Add about 3 tablespoons coarsely chopped fresh parsley, cook for 20 to 30 seconds longer, and stir in the juice from the chicken container. Spoon over the chicken pieces. Serve.

*A friend is someone who comes in
when the whole world has gone out.*

COD WITH OLIVE-TOMATO CRUST

- | | |
|--|---|
| 1/2 C. oil-packed sun-dried tomato halves, drained | 1 T. extra-virgin olive oil, plus more to drizzle on at the table |
| 1/2 C. pitted black olives | 1/2 tsp. salt |
| 2 T. grated Parmesan cheese | 1/4 tsp. freshly ground black pepper |
| 4 cod fillets (about 6 ounces each) | 2 T. chopped fresh parsley, for garnish |

Preheat the broiler and line a baking sheet with aluminum foil. Cut the tomatoes into 1-inch pieces and put them in a food processor with the olives and cheese. Process until you have a rough puree that holds together.

Rub the fillets with the 1 tablespoon oil and sprinkle them with the salt and pepper. Arrange the fillets so there is space between them on the baking sheet. Cover the fillets with the tomato-olive mixture and slide them under the broiler, so the fish is about 4 inches from the heat source. Broil for about 5 minutes, until the fillets are just tender but are still slightly undercooked inside. Garnish with the parsley and serve. Pass the bottle of extra-virgin olive oil at the table.

MAPLE-MUSTARD PORK CHOPS

- | | |
|---|---|
| 4 (6 oz.) bone-in center-cut pork chops | 2 T. finely chopped shallots |
| 1/2 tsp. salt | 1/3 C. chicken broth |
| 1/4 tsp. black pepper | 2 T. Dijon mustard |
| Cooking spray | 2 T. maple syrup |
| 1 T. butter | 2 T. chopped fresh flat-leaf parsley (optional) |

Sprinkle both sides of pork with 1/4 tsp. salt and pepper.

Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until cooked through, but with a slight blush in the center. Remove from pan: keep warm.

Return pan to medium-high heat. Add butter to pan, swirling pan to coat. Add shallots; sauté 3 minutes or until tender and translucent. Add broth; bring to a boil, and cook 1 minute. Stir in mustard, maple syrup, and add remaining 1/4 tsp. salt; cook 1 minute or until slightly thick. Return pork to pan. Cook pork 1 minute on each side or until thoroughly heated. Serve pork with sauce. Garnish with parsley. Dish goes very well with mashed potatoes or Winter Squash Puree.

BAKED CHICKEN BREAST

4 split chicken breasts with skin and bones	garlic powder
olive oil	salt & pepper
	Spike or Mrs. Dash Seasoning

Pre-heat oven to 425°

Rinse chicken breast and pat dry with paper towels. Pour olive oil liberally on all sides of chicken, rub to cover. Shake garlic powder, Spike Seasoning and salt & pepper on all sides of chicken. "Sparingly" is not in my vocabulary with this recipe. Place in a 9x13 baking dish skin side up. Bake for 1 hour and 15 minutes. Chicken will be brown and crispy on the outside, tender and juicy on the inside

CHICKEN CACCIATORE

4 boneless, skinless chicken breast (about 1 1/2 lbs.)	8 oz. mushrooms, quartered
2 T. olive oil	2 garlic cloves, minced
1 onion, chopped finely	1 (14.5 oz.) can diced tomatoes
1 red bell pepper, seed and chopped	1/4 C. red wine
	1/4 C. fresh basil, chopped
	salt and pepper

Pat chicken dry with paper towels and season with salt and pepper. Heat oil in large skillet over medium-high heat until just smoking. Cook chicken until golden brown, about 5 minutes per side. Transfer to plate. Add onion, bell pepper, and mushrooms to skillet and cook until lightly browned, about 8 minutes. Stir in garlic and cook about 30 seconds. Add tomatoes, wine and browned chicken and bring to a boil. Reduce heat to medium and simmer, covered, until chicken is cooked through, 2 to 4 minutes.

Transfer chicken to serving platter and keep warm. Simmer sauce, uncovered, until slightly thickened, about 5 minutes. Take off heat and stir in basil and salt and pepper to taste. Pour sauce over chicken and serve. Serves 4.

ROSEMARY CHICKEN WITH BALSAMIC VEGETABLES

- | | |
|---|---|
| 1/2 head cauliflower, cut into 1-inch florets | 2 T. balsamic vinegar |
| 2 carrots, peeled and sliced thin | 2 T. olive oil |
| 1 red bell pepper, seeded and chopped | 4 bone-in, skin-on chicken breasts (about 3 lbs.), halved crosswise |
| 1 red onion, sliced into 1/4 inch rings | 1 1/2 tsp. minced fresh rosemary |
| 3 garlic cloves, minced | salt and pepper |

Adjust oven rack to upper-middle position and heat oven to 475 degrees. Toss cauliflower, carrots, bell pepper, onion, garlic, vinegar, and 1 T. oil in a large microwave safe bowl. Cover with plastic wrap and microwave on high power until vegetables are slightly softened, 2 to 5 minutes.

Pat chicken dry with paper towels, season with salt and pepper, and sprinkle with rosemary. Heat remaining oil in large oven-safe skillet over medium heat until just smoking. Cook chicken until well browned, about 5 minutes per side.

Remove chicken from pan and add vegetables to skillet. Arrange chicken, skin-side up, over vegetables and transfer to oven. Roast until chicken is cooked through and vegetables are tender, about 15 minutes. Serves 4.

SKILLET SMOTHERED STEAK TIPS

- | | |
|---|----------------------|
| 2 T. grape seed oil | 1 C. chicken broth |
| 1 large red onion, halved and sliced thin | 2 T. barbecue sauce |
| 1 1/2 lbs. steak tips, (strips cut into 6 inch-long pieces) | 2 T. unsalted butter |
| | salt and pepper |

Heat 1 T. oil in large nonstick skillet over medium-high heat until shimmering. Cook onion and 1/4 tsp. salt, covered, until softened and lightly browned, about 5 minutes. Transfer to plate.

Pat steak dry with paper towels and season with salt and pepper. Heat remaining oil in empty skillet until just smoking. Cook steak until browned all over and cooked to desired doneness, 6 to 10 minutes. Transfer to platter and tent with foil.

Add browned onions, broth and barbecue sauce to empty skillet and simmer over medium-low heat until slightly thickened, about 5 minutes. Whisk in butter and season with salt and pepper. Spoon onion mixture over steak tips. Serves 4.

SWEET, HOT AND SOUR PORK CHOPS

1/4 C. cider vinegar

1/4 C. sugar

2 T. pineapple juice

1 T. tomato paste

1/2 tsp. red pepper flakes

1 T. grape seed oil

4 bone-in rib or center-cut pork
chops, 3/4 to 1 inch thick

salt and pepper

Whisk vinegar, sugar, pineapple juice, tomato paste, and pepper flakes in a bowl until sugar dissolves.

Pat chops dry with paper towels and season with salt and pepper. Heat oil in large skillet over medium-high heat until just smoking. Add chops and cook until golden brown, about 3 minutes per side. Add vinegar mixture to pan and simmer, turning chops once or twice to coat, until meat register 145 degrees and sauce is very thick, about 5 minutes. Serves 4.

*Some folks eat to keep going,
Some folks eat for the taste.
Some just eat to be eating,
For some it has all gone to waist.*

GYRO MEAT WITH TZATZIKI SAUCE

1 medium onion, finely chopped	1 T. dried ground rosemary
2 lbs. ground lamb	2 tsp. kosher salt
1 T. finely minced garlic	1/2 tsp. ground black pepper
1 T. dried marjoram	Tzatziki Sauce

Process the onion in a food processor for 10 to 15 seconds and turn out into the center of a tea towel. Gather up the ends of the towel and squeeze until almost all of the juice is removed. Discard juice.

Return the onion to the food processor and add the lamb, garlic, marjoram, rosemary, salt and pepper and process until it is a fine paste, approximately 1 minute. Stop the processor as needed to scrape down sides of bowl.

To cook in the oven as a meatloaf, proceed as follows:

Place the mixture into a loaf pan, making sure to press into the sides of the pan. Place the loaf pan into a water bath and bake for 60 to 75 minutes or until the mixture reaches 165 to 170 degrees F. Remove from the oven and drain off any fat. Place the loaf pan on a cooling rack and place a brick wrapped in aluminum foil directly on the surface of the meat and allow to sit for 15 to 20 minutes, until the internal temperature reaches 175 degrees F. Slice and serve with tzatziki sauce, chopped onion, tomatoes and feta cheese.

To cook on a rotisserie, proceed as follows:

Form the meat mixture into a loaf shape and place on top of 2 overlapping pieces of plastic wrap that are at least 18 inches long. Roll the mixture in the plastic wrap tightly, making sure to remove any air pockets. Once the meat is completely rolled in the wrap, twist the ends of the plastic wrap until the surface of the wrap is tight. Store in the refrigerator for at least 2 hours or up to overnight, to allow the mixture to firm up.

Preheat the grill to high.

Place the meat onto the rotisserie skewer. Place a double-thick piece of aluminum foil folded into a tray directly under the meat to catch any drippings. Cook on high for 15 minutes. Decrease the heat to medium and continue to cook for another 20 to 30 minutes or until the internal temperature of the meat reaches 165 degrees F. Turn off the heat and allow to continue to spin for another 10 to 15 minutes or until the internal temperature reaches 175 degrees. Slice and serve with tzatziki sauce, chopped onion, tomatoes and feta cheese.

MEATY MOUSSAKA

4 T. butter	2 large eggs
1 small onion, chopped	2 T. gluten free flour mix
1 1/2 lbs. ground beef	1 C. whole milk
2 tsp. ground cinnamon	4 oz. cream cheese
1 tsp. ground nutmeg	1/2 C. ricotta cheese
8 oz. can tomato sauce	salt and pepper

Preheat the oven to 350. In a large skillet, heat 2 T butter over medium-high heat. Add the onion and cook until softened, 3 to 5 min. Add the beef and brown. Stir in the cinnamon and nutmeg and season with salt and pepper. Add the tomato sauce and cook until most of the liquid has evaporated, 3 to 5 min. Pour into an 8 inch square baking dish and set aside.

In a medium bowl, lightly beat the eggs and set aside. In a small saucepan, melt the remaining 2 T. of butter over medium-high heat. Whisk in the flour and cook, whisking often, until the mixture is smooth, about 30 seconds. Slowly whisk in the milk until thickened. Lower the heat to medium and stir in the cream cheese and ricotta; season with salt and pepper. Whisk one-quarter of the cheese sauce into the reserved eggs until smooth. Whisk the egg mixture into the cheese sauce in the saucepan.

Pour the sauce over the meat in the baking dish and spread evenly. Bake until the top is lightly browned and firm to the touch, 40 to 45 min. Let cool for 10 minutes; cut into squares to serve.

*There's a difference between good sound reasons
and reasons that sound good.*

LEMON GARLIC HERBED CHICKEN

1/4 C. olive oil	3 cloves of garlic, minced
1 tsp. lemon zest	1 shallot, finely chopped
1 large lemon, juiced	1/8 tsp. cayenne pepper
1 tsp. soy sauce (GF)	salt and pepper
1 tsp. rosemary, fresh, finely chopped	1 frying chicken, quartered
1 tsp. thyme, fresh, finely chopped	1 C. water

In a large bowl, combine the olive oil, lemon zest and juice, soy sauce, chopped rosemary and thyme, garlic, shallot, cayenne, and salt and pepper to taste. Whisk until well blended.

Add the chicken quarters and turn to coat evenly. Cover and marinate in the refrigerator for 2-4 hours.

Preheat oven to 425 degrees. Remove the chicken from the marinade, reserving the marinade, and place on a rack in a large roasting pan. Pour the 1 cup water into the pan. Roast, basting occasionally with the reserved marinade up until the last 10 minutes of cooking, until golden brown and the juice runs clear when thigh is pierced, 45-50 minutes. Remove from the oven and transfer to a serving platter. Garnish with the herb sprigs, then cover with aluminum foil until ready to serve.

BAKED LEMON DILL CHICKEN

1 whole fryer chicken	1 1/2 C. lemon juice
1 bag baby peeled carrots	Dried dill
4-6 potatoes, peeled and quartered	

Heat oven to 400 degrees. Place chicken in a chicken roaster. Place carrots and potatoes around chicken. Pour lemon juice over chicken and vegetables. Sprinkle dill on top. Place the lid on and make sure it is completely touching on all sides. Bake for 1 1/2 to 2 hours.

STEAK FIORENTINA

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|---|------------------------------------|
| 3 strip steaks (10 to 12 oz. each),
about 1 inch thick | 6 C. arugula (or baby spinach) |
| 5 T. extra-virgin olive oil | 1/2 C. shredded Parmesan
cheese |
| 1 garlic clove, minced | Lemon wedges for serving |
| 1 T. lemon juice | salt and pepper |

Pat steaks dry with paper towels and season with salt and pepper. Heat 1 T. oil in large skillet over medium-high heat until just smoking. Cook steaks until well browned, 3 to 5 minutes per side. Transfer to cutting board and tent with foil.

Whisk garlic, lemon juice and 2 T. oil in large bowl. Toss arugula and Parmesan with garlic mixture and season with salt and pepper. Slice steaks and drizzle with remaining oil. Serve with arugula and lemon wedges on side.

PORT-BRAISED SHORT RIBS

- | | |
|--|-------------------------|
| 5 lbs. beef short ribs, trimmed of
excess fat | 3 C. beef broth |
| 1 onion, chopped | 1 1/2 C. ruby port |
| 1 carrot, peeled and chopped | 1/4 C. balsamic vinegar |
| 1 celery rib, chopped | 1/4 C. Minute tapioca |
| 4 garlic cloves, minced | 1 sprig fresh rosemary |
| 1 T. tomato paste | salt and pepper |

Adjust oven rack to middle position and heat to 375 degrees. Season ribs with salt and pepper and arrange bone-side up in roasting pan. Cover tightly with aluminum foil and roast until fat has rendered and ribs are browned, 1 1/2 to 2 hours. Transfer ribs to paper towel-lined plate. Reserve 2 T. rendered beef fat and discard remaining drippings. Reduce oven temperature to 300 degrees. Heat reserved fat in large Dutch oven over medium-high heat until shimmering. Cook onion, carrot, and celery until lightly browned, about 5 minutes. Add garlic and tomato paste and cook until fragrant, about 1 minute. Add broth, port, vinegar, tapioca, rosemary, and ribs to pot and bring to simmer. Cover pot and transfer to oven. Cook until sauce is slightly thickened and ribs are completely tender, about 2 hours. Transfer ribs to serving platter. Strain and skim sauce. Serve, passing sauce at table.

MEAT PIZZA CRUST

1 lb. hamburger (as lean as possible)	1 tsp. salt
1/2 C. almond flour	1/2 tsp. oregano

Mix together and spread in pie plate or pizza pan. Then top with all of your favorite pizza toppings and bake uncovered at 425 degrees. for 20 min.

Note: ground turkey or ground chicken can also be used.

EASY BAKED CHICKEN

1 whole fryer chicken	pepper
seasoned salt	

Preheat oven to 375. Clean chicken well removing any visible fat, cut off tail and clean skin well. Spray roasting pan with non-stick cooking spray. Add 1/4 cup water to bottom of pan. Put seasoned salt and pepper on back, breast and inside chicken. Place chicken breast side down in pan. Bake without lid for approximately 45 minutes to 1 hour or until chicken is nicely browned. Pour approximately 1 1/2 cups water over the chicken and put lid on. Bake approximately 1 more hour or until drumstick twists loose from thigh. Baking time will depend on size of chicken.

POT ROAST WITH VEGETABLES

beef chuck roast	carrots, peeled & cut into 2"
seasoned salt	pieces
pepper	potatoes, peeled & cut in fourths
garlic powder	onions, cut in fourths

Preheat oven to 375. Spray large roaster with non-stick cooking spray. Generously season all sides of roast with seasoned salt, pepper and garlic powder. Place in roaster and bake until nicely browned; approximately 1 to 1 1/2 hours; checking occasionally. Add carrots, onions and approximately 3 cups of water. Put lid on and bake approximately 45 minutes to 1 hour. Add potatoes; cover. Bake until meat is tender and vegetables are done. Baste several times during baking and make sure there is always broth in the bottom of the roaster.

EGGPLANT LASAGNA

- | | |
|---|---|
| 2 medium or large eggplants | 1 large white or yellow onion - chopped |
| 3/4 C. olive oil | 3 cloves garlic, minced |
| 5 tsp. dried oregano - use divided | 1/2 C. red wine - optional |
| 3 tsp. kosher or sea salt - use divided | 1 large container Ricotta Cheese |
| 2 tsp. ground black pepper - use divided | 1 C. Parmesan cheese - grated or shredded |
| 5 C. tomato sauce - about 1 1/2 jars of 26 ounce store bought | 2 large eggs - beaten |
| 1 1/2 lbs. Italian sausage (mild or hot depending on your preference) | 2 tsp. dried parsley |
| | 3 C. mozzarella cheese - grated |

Preheat oven to 350 degrees. Mix olive oil with 2 teaspoons dried oregano, 2 teaspoons salt and 1 teaspoon pepper. Cut the ends off the eggplant and slice into 1/4 inch slices. Brush eggplant slices with olive oil mixture. Grill on a hot, dry grill pan or broil under preheated broiler for about 4 - 5 minutes (until browned) and flip, cook on other side until browned and slightly soft about another 3 -4 minutes. It will cook more in the oven so slightly under cooked is ok. Set aside until layering the lasagna.

Remove the casing from the Italian sausage and crumble into a large stockpot or skillet that has been heated over medium high heat. (If your pan is not non-stick, add just a touch of olive oil to the pan first. Cook until browned and no longer pink inside, breaking up the sausage as it cooks. Add chopped onion and cook until onion is soft, about 5 minutes. Add the garlic and cook another 30 seconds. Add tomato sauce, wine if using and 1 teaspoon dried oregano. Let cook for about 15 minutes until heated through. Check the consistency, you want it a little saucy so if too thick add some water. I usually have to add about 1/4 - 1/3 cups. In a large mixing bowl mix the ricotta cheese with 1 teaspoon salt, 1 teaspoon pepper, 2 teaspoons dried oregano, the parsley, Parmesan cheese and eggs.

Brush a large lasagna dish with some olive oil. Ladle in a little bit of the tomato sauce and spread over bottom of dish. Try to just add the sauce, no sausage chunks.

Layer half the eggplant slices in the bottom. Add half the ricotta mixture then top with half the sauce. Repeat layering.

Top with mozzarella cheese and spread evenly over the top. Bake about 1 hour until hot and bubbling and cheese is browned.

TACO SALAD

1 lb. lean ground beef	1 avocado, chopped
1 taco seasoning mix	4 green onions, chopped
1/4 C. water	1 C. shredded cheddar cheese
1 large head romaine lettuce, torn into pieces	sour cream
2 tomatoes, chopped	salsa
	black olives

Brown ground beef in large skillet sprayed with cooking spray on medium-high heat; drain. Add taco seasoning mix and water to the ground beef; mix well. Bring to boil. Reduce heat to medium-low; simmer 3 min.

Divide lettuce onto plates. On each plate, layer the meat mixture, cheese, tomatoes, avocado, green onion, and black olives. Top with sour cream and salsa.

SHEPHERD'S PIE

1 1/2 lbs. ground beef	2 lbs. potatoes (3 big ones)
1 onion, chopped	4 T. butter
1/2 C. frozen carrots, thawed	2 T. olive oil
1/2 C. frozen peas, thawed	1/2 C. beef broth
1/2 C. frozen green beans, thawed	1 tsp. Worcestershire sauce
	salt and pepper

Preheat oven to 400 degrees. Peel and quarter potatoes. Boil until tender. While potatoes are boiling, sauté onions in olive oil in a large skillet. Add carrots and sauté followed by the addition of peas and green beans. When vegetables are cooked, add the ground beef and cook until browned. Add salt, pepper, Worcestershire sauce, and beef broth. Cook on low heat for 10 minutes. Spread beef and vegetables evenly in a 9 X 13 baking dish. Mash potatoes with butter and season to taste. Spread potatoes over meat and vegetables. Cook at 400 degrees in the oven for 30 minutes.

GROUND TURKEY AND PEPPERS

Olive oil	salt
1 C. chopped onion and/or onion greens	1 lb. ground turkey
1 red bell pepper, chopped	1 tsp. chipotle powder or chili powder (or to taste)
2 cloves garlic, minced	2 T.fresh cilantro, chopped

Heat 2 T. olive oil in a large skillet on medium high heat. Add the chopped onions and bell pepper and cook until onions and peppers are softened. Add the garlic and cook 30 seconds more.

Push the vegetables to the edge of one side of the pan and position that side of the pan so that it is off the burner, away from the heat. The empty part of the pan should be right over the burner. Add one or two more tablespoons of oil to coat the empty part of the pan. Put crumpled chunks of ground turkey in the pan, sprinkle with salt and chipotle or chili powder.

Cook the turkey without stirring until it is browned on one side, then turn the pieces over to brown the other side. Once the turkey is just cooked through, stir in the onions and peppers, and sprinkle with more salt and chili powder to taste. Remove from heat. Stir in fresh chopped cilantro.

STEAK WITH RED WINE HERB SAUCE

1 3/4 lb. t-bone steak, trimmed of excess fat	1 1/2 C. fruity red wine
1 T. olive oil	3 T. parsley, chopped
2 medium shallots, chopped finely	2 T. chives, chopped
	2 T. butter, unsalted salt and pepper

Season steak on both sides with salt and pepper.

Heat oil in a heavy skillet until very hot. Add steak and brown on both sides, 3 to 4 minutes per side, until done to your liking. Remove and cover to keep warm.

Add shallots to pan and cook until fragrant and starting to brown, 1 to 2 minutes. Add wine and stir, scraping up brown bits from bottom of pan. Bring to a brisk simmer and cook for 3 to 4 minutes to reduce wine to a glaze consistency. Stir in parsley and chives. Take the pan from the heat and whisk in the butter, until butter melts into the sauce. Taste and adjust seasoning with salt and pepper.

Slice the steak and drizzle sauce over it. Serves 4.

BRAISED SHORT RIBS

boneless beef short ribs, about 3 lbs (or 6 pieces)	1/4 C. tomato sauce, canned low sodium
sea salt & pepper	1/4 C. red wine
1 T. olive oil	1 tsp. thyme
1/2 onion, finely chopped	1 bay leaf
2 cloves garlic	1/4 C. fresh parsley, chopped
1 celery stalk, finely chopped	water
1 small carrot, grated	

Season beef with some salt and pepper. Heat olive oil in a pot. When oil is hot, sear short ribs on all sides until really brown, about 5 minutes. Remove ribs and set aside. Add a little more oil to pot and sauté garlic and onions. Add celery and carrots. Sauté for about 3-5 minutes. Add wine and tomato sauce, scraping sides. Add thyme and bay leaf to sauce. Sauce will be a bit thick. Add short ribs back to pot and add water (just enough to cover about 3/4 ribs...about 1 C). Sprinkle with chopped parsley, cover, and simmer for about 2 hours (turn beef over about half way through cooking time).

TURKEY CUTLETS WITH MUSHROOMS, TOMATOES AND BASIL

4-6 Turkey cutlets, 1/2 in thick	9 oz. mushrooms, sliced
1 C. almond meal	2 cloves garlic, minced
2 T. dried parsley flakes	1/2 C. low sodium chicken broth
2 tsp. garlic powder	1/2 C. coconut milk
1 tsp. black pepper	1 C. fresh basil, chopped
1 T. olive oil	2 C. grape tomatoes, sliced in half

Combine almond flour, parsley, pepper, and garlic powder. Coat turkey cutlets in breading-like mixture and set aside. Heat oil in a pan on med-high heat. Brown turkey cutlets on both sides and place in a baking dish. In same sauté pan, add 1 tsp. more oil. Sauté garlic, but do not burn. Add mushrooms and cook until browned. Add chicken broth. Let it cook down a bit (about 5 minutes). Add tomatoes, basil and coconut milk, and mix well. Pour over turkey cutlets and bake in a 350 degree oven for about 15 minutes.

SHRIMP ALFREDO WITH SPEGETTI SQUASH

1 spaghetti squash	1/4 C. chicken broth
1 T. olive oil	1/2 tsp. arrowroot powder
4 cloves garlic, minced	1 lb. shrimp
2 T. dried parsley	1 tsp. garlic powder
1 T. Italian seasoning	1 tsp. black pepper
1 C. coconut milk	pinch sea salt (optional)

Preheat oven to 400 degrees. Cut the spaghetti squash in half and scoop out the seeds, then place on a baking dish and put in the oven for about 1 hour.

Heat the oil in a skillet. Sauté garlic and when garlic starts to brown, add the shrimp. Sauté until shrimp is nicely pink and cooked through. Remove from skillet and set aside. Whisk arrowroot and chicken broth together, and add to skillet. Stir on medium heat until it starts to thicken. Slowly add coconut milk along with remaining herbs and spices. Add the shrimp back to the skillet. Finish with a pinch of sea salt if desired. With a spoon scrap the spaghetti squash out of its shell into a bowl. Place desired amount on a plate and spoon shrimp & Alfredo sauce over the top. Serve.

BAKED TURKEY MEATBALLS

1 lb. ground turkey	1/4 C. almond meal
1 egg	pinch sea salt
1-1/2 tsp. dried oregano	meatball topping:
1-1/2 tsp. dried parsley	1/4 C almond meal
1 tsp. garlic powder	2 tsp. dried parsley
1 tsp. onion powder	1 tsp. black pepper
1/2 tsp. red pepper flakes	

Preheat oven to 400 degrees. Combine all ingredients, and use your hands to mix. Form into about 2-1/2 inch diameter balls. Roll the meatballs in the almond meal topping and place them on a cookie sheet. Bake for about 20-25 minutes, until browned and cooked all the way through. Makes about 14-15 meatballs .

ROLLED FLANK STEAK

1-1/2 lbs. Flank steak, pounded evenly	3 tsp. olive oil
Red chard (or spinach) 1 bunch	1/2 tsp. red chili pepper
5 cloves garlic	1 T. almond meal
1/2 yellow onion, diced	3 T. fresh parsley, chopped
	pepper and sea salt

Preheat oven to 350 degrees. Sauté 2 cloves garlic and onion in 1 tsp. olive. Add chard and sauté until it cooks down. In a little food processor or blender make a paste with 1 tsp olive oil, parsley, 3 cloves garlic, chili pepper, and 1 T almond meal. After pounding out the flank steak, season with salt and pepper. Spread the paste evenly over the steak and top with the chard mixture. Start at one end and roll up the steak (like it was sushi). Rub the rolled steak with a little olive oil and sprinkle with black pepper. Tie the steak in two places with cooking string. Bake for about 40 minutes. A thermometer works well to check doneness, 145 degrees. Cut in 1/4 inch slices and serve.

MEATBALLS

1 lb. beef	1 egg
2/3 C. potato flour	1/3 C. grapeseed oil
1 T. Italian seasoning	1/2 tsp. garlic powder
1/2 tsp. smoked paprika	1 tsp. salt
1/2 tsp. pepper	

Heat oil in a large skillet. In a large bowl mix remaining ingredients with fork and then by hand. Roll into one inch balls. Cook meatballs in oil over medium heat, turning over to brown all sides.

*Optional: Gravy can be made with the oil after the meatballs are done and served with meatballs over mashed potatoes.

The soul would have no rainbow had the eyes no tears.

PALAK PANEER (INDIA SPINACH AND CHEESE DISH)

2-3 bunches fresh spinach or 1 lg bag frozen	1 tsp. turmeric
1 14 oz. block paneer cheese (Costco)	1/2 tsp. red chili powder
Oil to fry in	1 tsp. coriander powder
1 tsp. cumin seeds (or use 1 tsp. powder with dry ingredients)	1 tsp. turmeric
1-2 large finely chopped onions	2 tomatoes, pureed
1/2 green chili, finely chopped	1 tsp. garam masala* powder
2 tsp. ginger/garlic paste	*Make a powder of 2 cloves, 1 cardamom, 1" stick cinnamon
	salt
	1/2 C. cream

1. Add palak (spinach) to boiling pot of water for 2-3 min. Drain, reserve 1 C. liquid. Cool. Then puree in blender.
2. Cube paneer (cheese) and fry in oil until just lightly golden. (Easiest in a non-stick pan or skillet.) Reserve 3-4T. Oil. Drain remaining and set aside. (Frying is optional, but desired.)
3. Heat oil. Add cumin seeds. Wait until they crackle, but don't let burn. Add chopped onions and green chilies and a pinch of salt. (Salt will soften the onions quicker so they will be more smooth later.) Sauté just until onions are light brown. Add ginger/garlic paste. Sauté for another 2 min. Add the next dry spices. Cook for 1-2 minutes. Add the tomato puree. Stir until oil starts to separate and you see fine droplets of oil rise to top. (5-6 min.)
4. Add palak puree. Then add paneer cubes. Add garam masala, cream (opt) and salt to taste. Stir to cover all. Cook on low heat until it starts bubbling. (2 min.) Stir in the reserve liquid as needed. (1/2-1 C.) Place in serving bowl. Drizzle with cream.

*A lot of us have seen the light, but for many of us
it's the one inside the refrigerator.*

BEEF BURGUNDY

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|---|---|
| 1 T. olive oil | 1 780ml bottle good dry red wine, such as Burgundy |
| 8 oz. bacon, diced | 2 to 2 1/2 C. canned beef broth |
| 2 1/2 lbs. beef chuck cut into 1 in cubes | 1 T. tomato paste |
| Kosher salt | 1 tsp. fresh thyme leaves |
| Freshly ground black pepper | 4 T. (1/2 stick) unsalted butter at room temperature, divided |
| 1 lb. carrots, sliced diagonally into 1 in chunks | 3 T. tapioca flour (or arrowroot flour) |
| 2 yellow onions sliced | 1 lb. frozen small whole onions |
| 2 tsp. chopped garlic (2 cloves) | 1 lb. mushrooms, stems discarded, caps thickly sliced |
| 1/2 C. Cognac or good brandy | |

Heat the olive oil in a large dutch oven. Add the bacon and cook over medium heat for 8-10 minutes, stirring occasionally until the bacon is lightly browned. Remove the bacon with a slotted spoon to a large plate. Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. In batches in single layers, sear the beef in the hot oil for 3 to 5 minutes turning to brown on all sides. Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside. Tow the carrots, onions 1 tab of salt and 2 teas of pepper into the fat in the pan and cook over medium heat for 10 to 12 minutes stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add the Cognac, stand back! And ignite with a long lighter to burn off the alcohol. Put the meat and bacon back into the pot with any juices that have accumulated on the plate. Add the wine plus enough beef broth to almost cover the meat. Add the tomato paste and thyme. Bring to a boil, cover the pot with a tight fitting lid and place it in the oven for about 1 1/4 hours or until the meat and vegetables are very tender when pierced with a fork. Remove from the oven and place on top of the stove. Combine 2 tablespoons of the butter and the flour with a fork and stir into the stew. Add the frozen onions. In a medium pan, sauté the mushrooms in the remaining 2 tab of butter over medium heat for 10 minutes or until lightly browned and then add to the stew. Bring the stew to a boil, then lower the heat and simmer uncovered for 15 minutes. Season to taste. Serve with mashed potatoes.

CRUSTY CHICKEN

4 oz. chicken	1/4-1/3 C. nut flour
1 egg, beaten	pepper
1-2 T. water	

Add water to egg and beat both together. Stir in a pinch of pepper. Place nut flour on a plate. Dip chicken in egg mixture, then pat moistened chicken in nut flour. Coat chicken with flour on both sides. For thicker coating, repeat above procedure. If any egg remains, add nut flour until batter is thick. Make a pancake out of it and place it in the same pan with chicken. Bake it at 350 degrees for 30-40 minutes.

BAKED COD WITH MANGO SALSA

Fillet of Cod	T. jalapeno, chopped finely
1 ripe mango, chopped finely	(optional)
1 small red onion, chopped finely	1 lime
1 C. cilantro, chopped	

Chop mango, onion, cilantro and jalapeno and place in a bowl. Squeeze lime juice over the mixture and stir. Preheat oven to 400. Place cod on an aluminum lined cookie sheet with edges. Spoon salsa over fish and bake until fish flakes apart with fork, about 20 minutes or more depending on how big your fillet is.

PESTO SALMON

Fillet of Salmon	Pesto
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Preheat oven to 350. Place Salmon in an aluminum lined baking dish. Spread pesto over Salmon liberally and bake for 20 to 25 minutes.

DILL-BAKED SALMON

4 salmon fillets	2 T. butter
3/4 tsp. salt	3 shallots, chopped
1/4 tsp. pepper	1 clove garlic, finely chopped
2 T. lemon juice	2-10 oz. bags fresh spinach
1 T. fresh chopped dill weed	2 C. fresh basil leaves
4 lemon slices	1/4 C. heavy cream

Preheat oven to 350°. In a large baking dish, arrange salmon fillets in a single layer. In a small bowl, combine salt and pepper. Sprinkle half of the salt and pepper mixture over salmon. Sprinkle lemon juice and chopped dill weed over salmon. Top each fillet with a lemon slice. In a medium skillet over medium heat, place butter. Add chopped shallots and chopped garlic and sauté for 6 minutes. Add spinach and basil leaves and cook for 8 minutes. Add remaining salt and pepper mixture and heavy cream. Bring to a boil for 4 minutes. Meanwhile, bake fish in oven for 15 minutes. Serve over cooked greens. Makes 4 servings.

ROASTED TURKEY WITH ROSEMARY

3/4 C. olive oil	1 T. Italian seasoning
3 T. minced garlic	1 tsp. pepper
2 T. fresh chopped rosemary	Salt to taste
1 T. fresh chopped basil	1-12 lb. whole turkey

Preheat oven to 325°. In a small bowl, combine olive oil, minced garlic, chopped rosemary, chopped basil, Italian seasoning, pepper and salt. Mix well and set aside. Rinse and wash turkey inside and out and pat dry with paper towels. Remove any fat and loosen outer skin from breast to the end of the drumstick. By hand, spread a generous amount of rosemary mixture in between skin and turkey breast. Using toothpicks, secure any loose skin over exposed meat of turkey. Place turkey on a rack in a roasting pan and add 1/4" water to the bottom of the pan. Roast turkey for 20 minutes per pound (or about 4 hours for a 12 pound turkey). Turkey is done when juices run clear and a meat thermometer inserted into thigh reads 180° F. Makes 16 to 20 servings.

MEAT LOAF

2 egg, lightly beaten	2 T. tomato paste
1/2 C. potato flour	1 1/2 lbs. ground beef
1 medium onion, chopped	salt and pepper
1-2 carrots, finely grated	ketchup

Preheat oven to 350 degrees. In a large bowl, combine beaten egg, potato flour, chopped onions, grated carrot, tomato paste, ground beef, salt and pepper. Form mixture into a loaf and place in a 9x13 baking dish. Squirt ketchup over the top of the loaf. Add a little water to the bottom of the dish and bake in oven for 1 hour and 15 minutes, or until internal temperature of meat loaf reaches 160°. Makes 6 to 8 servings.

LIME AND COCONUT CHICKEN

1/3 C. lime juice	1 3/4 C. coconut milk
1 1/2 lbs. chicken breasts, cubed	

Mix the lime juice and coconut milk in a bowl. Add chicken and marinate in refrigerator for 30 min. Place the chicken on skewers and grill.

GARLIC BEEF TENDERLOIN

1-4 lb. whole beef tenderloin	3/4 C. Worcestershire sauce
2 to 4 cloves garlic, minced	1 1/2 C. GF soy sauce
4 to 6 T. coarsely ground black pepper	1 1/3 C. beef broth

Thoroughly wash tenderloin and pat dry. Rub tenderloin with minced garlic and press black pepper onto sides. In a large baking dish, combine Worcestershire sauce and soy sauce. Marinate beef in baking dish for 2 to 3 hours in refrigerator. Preheat oven to 500°. Drain baking dish and discard marinade. Pour beef broth around tenderloin in baking dish. Transfer to oven and immediately reduce heat to 350°. For rare meat, cook for 18 minutes per pound. For medium rare, cook for 20 minutes per pound or until internal temperature reaches 135° to 140°. Makes 6 to 8 servings.

TACO BAKE

1 1/2 lbs. lean ground beef	1-16 oz. jar salsa
1-1 1/4 oz. pkg. taco seasoning mix	2 C. shredded Monterey Jack cheese
1-16 oz. can refried beans	

Preheat oven to 325°. In a large, heavy skillet over medium high heat, brown ground beef and drain off fat. Mix in taco seasoning mix. Transfer browned beef to a lightly greased 9x13" baking dish. Spoon a layer of refried beans over meat. Layer salsa over refried beans and top with shredded Monterey Jack cheese. Bake in oven for 20 to 25 minutes. Makes 8 servings.

STEAK WITH BLUE CHEESE

4 shell steaks	2 T. butter, softened
1/4 tsp. salt	1 T. fresh chopped parsley
6 oz. blue cheese	

Preheat grill or broiler and place grate or broiler pan 6" from the heat. Season steaks with salt. Grill or broil steaks to desired doneness, about 6 minutes on each side for medium rare, cooking until internal temperature of steaks reaches 145°. In a small bowl, combine blue cheese and butter, blending until creamy. Spread blue cheese mixture over steaks. Return steaks to broiler or grill for an additional 30 seconds or until butter mixture begins to melt. Sprinkle with chopped parsley. Makes 4 servings.

GLAZED PORK CHOPS

2 T. brown sugar	4 pork chops
3 T. prepared mustard	1 T. fresh lemon juice

Preheat oven to 325°. In a small bowl, combine brown sugar and mustard and mix well. Butterfly pork chops and place in a 9x13" baking dish. Spread brown sugar mixture over chops and sprinkle with lemon juice. Place 1/8" water around chops in the bottom of the baking dish. Bake in preheated oven for 20 minutes, to desired doneness. Serve warm. Makes 4 servings.

ZUCCHINI CASSEROLE

4 C. unpeeled zucchini, shredded	2 C. mozzarella cheese, shredded and divided
1/2 tsp. salt	1 lb. ground beef
2 eggs	1/2 C. onion, chopped
1/2 C. Parmesan cheese, grated	1 - 15 oz. jar spaghetti sauce
1 C. cheddar cheese, shredded and divided	1 medium green pepper, chopped

Place zucchini in strainer; sprinkle with salt. Let drain for 10 minutes. Squeeze out moisture. Combine zucchini with eggs, Parmesan cheese and half of the cheddar and mozzarella cheeses. Press into greased 9 x 13 baking pan; bake at 400 degrees for 20 minutes. Meanwhile, brown ground beef with onions. Drain and add the spaghetti sauce; spoon over baked zucchini mixture. Top with remaining cheeses and sprinkle with green pepper. Bake for 20 minutes more.

*It is easy to be pleasant when life flows by like a song.
But the man worthwhile is one who will smile,
when everything goes all wrong.
For the test of the heart is trouble,
and it always comes with the years,
And the smile that is worth the praises of earth,
Is the smile that shines through the tears.*



Desserts



BANANAS FOSTER

1/4 C. butter	3 bananas, peeled and sliced lengthwise and crosswise
2/3 C. dark brown sugar	1 pint vanilla ice cream
3 1/2 T. rum	1/4 C. coarsely chopped walnuts (optional)
1 1/2 tsp. vanilla extract	
1/2 tsp. ground cinnamon	

In a large, deep skillet over medium heat, melt butter. Stir in sugar, rum, vanilla and cinnamon. When mixture begins to bubble, place bananas and walnuts in pan. Cook until bananas are hot, 1 to 2 minutes. Serve at once over vanilla ice cream.

TAHINI COOKIES

1 C. almond flour	1/2 C. butter (softened)
1/4 C. coconut flour (sifted)	1/2 C. sugar (or honey)
1/2 tsp. baking powder	1/2 C. unsalted Tahiti paste
1/4 tsp. salt	1 tsp. vanilla extract
1/4 tsp. thickening agent (xanthan gum, guar gum, agar, kuzu)	1/2 tsp. almond extract
	1/3 C. sesame seeds

In a small bowl mix almond flour, coconut flour, baking powder, salt and thickening agent. Cream butter and sugar in your mixer until light and fluffy (3 to 5 minutes). Mix in Tahiti, vanilla and almond extracts. Reduce mixer speed to low and add half of the dry ingredients until incorporated. Add remaining dry ingredients and mix to incorporate. Chill dough in fridge for 1 hour.

Preheat oven to 350 degrees. Line 2 large baking sheets with parchment paper. Place Sesame Seeds on a plate or pie pan. Scoop 1 1/2 inch sized balls of dough and roll in Sesame Seeds. Place Sesame covered balls 2 inches apart on the parchment lined baking sheet. Bake 12 -15 minutes. Halfway through baking flatten cookies slightly with the back of a spoon. Note: If you are using honey as your sweetener you can skip this step. Cool on the cookie sheets for 10 minutes, then move to a cooling rack to cool completely.

PIE CRUST

1/2 C. sifted coconut flour	1/2 tsp. honey (optional)
1/2 C. almond flour	1/4 C. butter (melted)
2 eggs	1/4 tsp. salt

Preheat Oven to 350 degrees. In a medium mixing bowl whip the eggs. Add all other ingredients and mix until well incorporated. Using your hands, press dough into a nine inch pie plate forming a crust. Pierce pie shell all over with a fork, or use pie weights if desired. Bake for 15 minutes, until the edges start to brown. Remove from oven and cool.

SUGARLESS STRAWBERRY PIE

2 C. fresh strawberries, tops removed and sliced.	1/2 C. raw honey
1 C. raw cashews	Pinch of salt
2 T. vanilla extract	1 C. coconut oil (melted)

Place all ingredients into a blender in the order listed and blend until smooth and creamy (approximately 3 minutes). Carefully pour into your favorite cooked pie crust and refrigerate for at least 3 hours before serving.

RAW BERRY CRISP

1 T. pure maple syrup	1/2 C. pitted dates, roughly chopped
1 C. raw pecans	
1/2 C. raw walnuts	1/2 tsp. cinnamon

In a 7x11 inch dish, toss berries with maple syrup. Put pecans, walnuts, dates and cinnamon into a food processor and pulse until coarsely ground. Scatter nut mixture over berries and serve immediately, or chill until ready to serve.

EASY FLAMING CHERRIES JUBILEE (OR CHERRIES IN THE SNOW)

1/2 gal. vanilla ice cream
1 can cherry pie filling

1/2 C. brown sugar
3 T. brandy

In a small skillet stir pie filling and brown sugar and heat through; stirring often. While heating cherries scoop ice cream into bowls. When cherries are very warm, remove skillet from heat. Pour brandy over cherries. DO NOT STIR. With bowls on the table and trivet in center of table, place skillet on trivet and with a lighter light the brandy. Turn off lights. It will not burst into flames but will have a nice, pleasant blue flame that will last a minute or two. When flame goes out; spoon cherries over ice cream.

CHOCOLATE MOUSSE

12 oz. really good chocolate
4 eggs, room temperature.
2 tsp. vanilla extract

1 pinch of salt
8 oz. hot coffee

Put everything in the blender but the hot coffee and blend until the mixture looks smooth. Slowly pour in the hot coffee through the small opening at the top of the blender while the blender is still on. Blend for about a minute after you have finished adding the coffee to ensure everything is fully blended. Turn off the blender and do a taste test. If you used over 65% cacao chocolate you might want to add just a bit of agave nectar or sugar to taste. Put mixture into small cups and chill.

*I have a good collection of cookery books. This is not so much
because I like cooking, but because I like eating.
Louise Brown*



*Cookies
& Candies*



ALMOND BUTTER COOKIES

- | | |
|------------------------|--------------------|
| 1 C. almond butter | 1 tsp. baking soda |
| 1 C. brown sugar | 2 T. almond flour |
| 1 egg, slightly beaten | 1 C. raisins |
| 1 tsp. vanilla | |

Mix first 6 ingredients. Stir in raisins. Form into 1-inch balls and place on ungreased baking sheet.

Bake at 350 for 8 - 9 minutes. Makes 24 cookies.

DOUBLE-CHOCOLATE PECAN COOKIES

- | | |
|---|--------------------------------------|
| 3 C. confectioner's sugar | 1 1/2 C. chopped pecans (or walnuts) |
| 3/4 C. Dutch-process cocoa powder (spooned & leveled) | 4 large egg whites, room temperature |
| 1/2 tsp. coarse salt | |
| 5 oz. bittersweet chocolate, chopped | |

Preheat oven to 325. In a large bowl, whisk together sugar, cocoa and salt. Stir in chocolate and pecans. Add egg whites and stir just until incorporated (do not over mix).

Drop dough by 1/4 cupfuls, 3 inches apart, onto two parchment-lined rimmed baking sheets. Bake until cookie tops are dry and crackled, about 25 minutes, rotating sheets halfway through. Transfer sheets to wire racks and let cookies cool completely. (To store, keep in an airtight container, up to 3 days.) Makes 12.

*When a child is sad and worried
And thinks life isn't worth a bug,
Don't prescribe a pick-up tonic,
when all that's needed is a loving hug.*

CHOCOLATE HAZELNUTS

6 oz. bittersweet chocolate
1 1/2 C. whole hazelnuts (or
almonds)

Break the chocolate into 1-inch pieces and put them in a glass bowl. Microwave on high for about 1 1/2 minutes. At this point, the chocolate may look like it has not started to melt. Wait 4 to 5 minutes and microwave the chocolate again for 1 minute. (Waiting helps prevent the chocolate from scorching or burning.) Stir after the second minute in the microwave; the chocolate should be almost melted. Wait a few more minutes and microwave the chocolate again for 30 seconds. Stir with a rubber spatula. The chocolate should be glossy and smooth.

Preheat the oven to 350 degrees. Scatter the hazelnuts or almonds on a cookie sheet and toast for 7 to 8 minutes. Do not worry about the skin. Transfer the nuts to a medium bowl and pour the melted chocolate on top. Mix well with a spoon to coat the nuts with the chocolate. Line a cookie sheet with plastic wrap.

Using a tablespoon, scoop up a spoonful of the chocolate-hazelnut mixture and push the dough off the tablespoon with a teaspoon onto the lined cookie sheet. Repeat. Cool until hardened. (Stored in an airtight container, will keep for 2 to 3 weeks in the refrigerator or up to 2 months in the freezer.)

PEANUT BUTTER CHOCOLATE CHIP COOKIES

1 C. creamy peanut butter	1/4 tsp. salt
3/4 C. sugar	1 C. semisweet chocolate morsels
1 large egg	Parchment paper
1/2 tsp. baking soda	

Preheat oven to 350 degrees. Stir together first 5 ingredients in medium bowl until well blended. Stir in chocolate morsels. Drop dough by rounded tablespoonfuls 2 inches apart onto parchment paper-lined baking sheets. Bake at 350 degrees for 12-14 minutes, or until puffed and lightly browned. Cool on baking sheets on a wire rack for 5 minutes. Remove to wire rack and let cool for 15 minutes.

SNICKERDOOLES

2 1/2 C. blanched almond flour	1/2 C. agave nectar
1/2 tsp. salt	2 T. vanilla extract
1 tsp. baking soda	Ground cinnamon, top topping
1/2 C. arrowroot powder	Sugar (if desired)**
6 T. grapeseed oil	

Preheat the oven to 350 degrees. In a large bowl, combine the arrowroot powder, baking soda, salt and almond flour. In a separate bowl, whisk together the grapeseed oil, agave nectar and vanilla extract. Stir the wet ingredients into the dry ingredients until thoroughly mixed. Refrigerate the dough for one to two hours. Form the dough into balls, then coat with the cinnamon (and sugar if desired) and place on baking sheet. Bake for 7-10 minutes.

COCONUT MACAROONS

6 egg whites	1 T. vanilla extract
1/4 tsp. salt	3 C. shredded coconut
1/2 C. agave nectar	

In a mixing bowl, whisk egg whites and salt until stiff. Fold in agave, vanilla and coconut. Drop batter onto a parchment lined baking sheet, one rounded tablespoonful at a time. Pinch each macaroon at the top (like a kiss). Bake at 350 degrees for 10-15 minutes, until lightly browned. Serve.

GLUTEN FREE COOKIES (PEANUT OR CASHEW)

1 C. creamy peanut butter or cashew butter	1 tsp. baking powder
1 C. sugar	1 egg

Preheat oven to 350 degrees. Cream nut butter and sugar in a bowl. Best if hand stirred. Beat in the baking powder and add the egg. Mix until well combined.

The dough will be sticky, so expect messy hands. Roll some dough into a ball then roll in sugar. The smaller the cookies, the better they hold together. Place on a parchment paper lined baking sheet and bake in oven for about 10 minutes or until they feel coherent but a little soft. Let the cookies rest on baking sheet for five minutes before transferring them to a cooling rack.

LEMON CURD BARS

1 C. raw almonds	2-4 tsp. lemon zest
1 C. raw cashews	2 eggs
1/4 C. honey	1 tsp sea salt
1/2 C. coconut oil, melted	

Preheat the oven to 400 degrees and make the lemon curd. Place the curd in the refrigerator to cool.

Place the almonds and the cashews in a food processor. Grind them into a medium fine "flour". You don't want to turn it into a nut paste, so don't over do it. There will still be little chunks here and there.

Add the rest of the ingredients and pulse until combined.

Evenly spread the nut batter into a greased 8 x 8 pan. Place in the middle of the hot oven. It will take between 15 to 18 minutes to cook. It may puff up as it cooks, but don't worry, it won't stay that way once you take it out of the oven. When the top is lightly brown, and a toothpick comes out clean when stuck in the middle, it's done.

Cool completely, then spread one recipe of lemon curd on top. Let set in the refrigerator for at least 4 hours. Cut into squares and serve

LEMON CURD

6 large egg yolks	1/2 C. lemon juice
1/3 C. honey	6 T. coconut oil
zest of one lemon	

In a medium saucepan, whisk together the first three ingredients until light colored.

Add the the coconut oil, breaking it into small clumps as you drop it into the pot for even melting. Then add the lemon juice.

Whisk over medium heat until the coconut oil is melted. Continue to cook until the mixture thickens and you start to see a few bubbles popping at the surface.

Remove from heat, and scrape into a fine sieve set over a bowl. Strain the curd, gently stirring if needed.

Refrigerate for several hours to thicken.

IRISH POTATOES

1-8 oz. pkg. cream cheese, softened	1 1/2 T. milk
2 lbs. powdered sugar	1/2 tsp. vanilla
7 oz. coconut milk	3 to 4 T. cinnamon

In a medium bowl, combine soft cream cheese, powdered sugar, coconut, milk and vanilla. Mix well and roll into small balls. Let chill for 1 hour. In a small bowl, place cinnamon. Roll balls in cinnamon and serve or freeze. Makes about 30 servings.

CREAM CHEESE MINTS

1 oz. cream cheese	coloring, if desired
1 C. powdered sugar	granulated sugar
1/2 t. pure almond extract	

Mix cream cheese, powdered sugar and extract. A Kitchenaid tabletop mixer with a tea towel thrown over it works very well for mixing this. Mix until ingredients ball up into one ball. This mixture can be stored in a zipper bag in the refrigerator until ready to be worked. It is best worked cold. Rubber molds work best. When ready to mold, roll mixture into "ropes" and cut according to the size needed for each mold. Roll each in granulated sugar and press into mold that has been dusted with granulated sugar. Drop out onto waxed paper. Dust molds each time before pressing in mint. These can be left out overnight to setup then refrigerated/frozen for a firmer mint or can be put in the refrigerator or freezer right away for a softer mint. These freeze well. Remove from refrigerator/freezer several hours before serving. Adjust ingredients to amounts desired. Excellent for weddings, showers, anniversaries, holidays, etc.

The best face lift is a smile.



Miscellaneous



HONEY BUTTER SPREAD

1 C. honey	1/2 C. powdered sugar
1/2 C. butter	1 tsp. cinnamon

Combine all ingredients and beat until creamy. Store covered in refrigerator. Allow to soften before serving.

CILANTRO PESTO

1 bunch cilantro	1/2 tsp. cayenne, go very lightly
5 cloves garlic	1/2 C. pecans
1 T. wine vinegar	1/2 C. olive oil
1/4 C. Parmesan cheese	salt to taste

Put all ingredients in food processor and add olive oil to desired consistency.

TACO SEASONING

2 tsp. minced onion	1 tsp. salt
1 tsp. chili powder	1/2 tsp. garlic powder
1/8 tsp. cayenne pepper	1/2 tsp. ground cumin
1/4 tsp. dried oregano	

Combine all ingredients in a bowl and blend well. For taco meat: brown 1 lb. ground beef. Drain. Add 1/2 cup water and the seasoning mix. Reduce heat and simmer 10 minutes, stirring occasionally.

FLOUR SUBSTITUTE FOR SWEET RECIPES

one part coconut flour	one part potato flour (starch)
one part almond flour (meal)	

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Breakfast



MUFFIN FRITTATAS

- | | |
|-----------------|--------------------------------|
| 6 eggs | 1 C. shredded Cheddar cheese |
| 1/2 C. milk | 3/4 C. chopped zucchini |
| 1/4 tsp. salt | 1/4 C. chopped red bell pepper |
| 1/8 tsp. pepper | 2 T. chopped red onion |

Heat oven to 350 degrees. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each. Bake in 350 degrees oven until just set, 20 to 22 minutes. Cool on rack 5 minutes. Remove from cups; serve warm.

SPINACH AND MUSHROOM FRITTATA

- | | |
|---|--|
| 1 (10 oz.) package frozen
chopped spinach, thawed and
squeezed thoroughly to remove
liquid | 3/4 C. chopped portobello
mushrooms |
| 4 eggs | 1/2 C. finely chopped scallions |
| 1 C. part-skim ricotta cheese | 1/4 tsp. dried Italian seasonings |
| 3/4 C. freshly grated Parmesan
cheese | Salt and pepper |

Preheat oven to 375 degrees.

In a large bowl, whisk together all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the spinach mixture. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in wedges and serve.

*Peace is not the absence of conflict,
but the ability to cope with it.*

SUN-DRIED TOMATO, GOAT CHEESE AND FRESH BASIL FRITTATA

- | | |
|--------------------------|----------------------------|
| 1 C. minced onion | 1/4 C. goat cheese (2 oz.) |
| 1 T. olive oil | 1/4 C. basil chiffonade |
| 6 eggs | salt and pepper |
| 3 oz. sun-dried tomatoes | |

Preheat the oven to broil. Use a well-seasoned 10 inch iron skillet or a nonstick oven safe skillet. Heat olive oil in the skillet over medium-high heat, and add onion. Cook until the onion is translucent.

Whisk eggs and season with 1/4 tsp. pepper. Pour the egg mixture over the onions, patting down any lumps with a wooden spoon. Scatter sun dried tomatoes evenly over the pan surface. Distribute goat cheese over the top of the frittata, then place the skillet under the broiler for 2 minutes, until frittata rises slightly and becomes light and settled. Remove from broiler and top with basil.

Makes 6 servings.

FLAX SEED CEREAL

- | | |
|--------------------------------------|------------------------------|
| 1 C. unsweetened vanilla almond milk | 2 T. course ground flax seed |
|--------------------------------------|------------------------------|

Place flax in a glass. Pour in almond milk and stir. Let set 1-2 minutes. Enjoy. If desired, this can be sweetened with agave nectar or stevia. Add cinnamon or 1/2 banana if desired.

*The best time to accomplish something is -
the day before tomorrow.*

COCONUT FLOUR MUFFINS

3 eggs	1/4 tsp. salt
2 T. butter, melted (or Virgin Coconut Oil, melted)	1/4 tsp. vanilla extract
2 T. coconut milk, or whole milk	1/4 C. sifted coconut flour
3 T. honey	1/4 tsp. baking powder

Blend together eggs, butter, coconut milk, honey, salt and vanilla extract in a medium sized bowl with a fork. Combine the sifted coconut flour with baking powder in a small bowl. Mix into the egg mixture and stir with a fork until the mixture is smooth without lumps. Pour batter into greased muffin tins. Bake at 400 degrees for 15 minutes.

Makes 6 Small Muffins, or approximately 12 mini muffins.

NOTE: It takes a bit of time and elbow grease to get the batter smooth, be patient. Using an electric mixer changes the consistency of the batter, so stick with a fork for mixing.

BLUEBERRY/BANANA MUFFINS

3 C. blanched almond flour	3 large eggs
1/4 tsp. salt	4-5 mashed bananas (2 cups)
1 1/2 tsp. baking soda	1 C. frozen blueberries
2 tsp. grapeseed oil	

In a large bowl combine flour, salt and baking soda. In a medium bowl whisk oil and eggs. Stir wet ingredients into dry. Stir bananas and blueberries into batter. Spoon into muffin cups. Bake 25-30 minutes. at 350. Cool in pan for 30 minutes.

(Use ripe bananas/may need sweetener)

The best thing you can spend on your children is time.

FRIED POTATOES

4 large red potatoes, cut into
1/2-inch dice

1 large onion, peeled and
chopped

2 cloves garlic, peeled and
crushed

1 large green bell pepper, cut into
1/2-inch dice

2 T. butter (or olive oil)
salt and pepper

Heat a cast-iron skillet or other heavy bottomed skillet over medium heat. Melt butter, then add the onion and garlic and sauté until slightly translucent, about 2 minutes. Add the diced red and green peppers and cook for another 2 minutes, stirring with a wooden spoon or spatula. Add the potatoes and cook, stirring frequently, for another 15 to 20 minutes or until the potatoes are tender but still firm. Season to taste with salt and pepper.

BANANA PANCAKE

Mash one whole banana. Add an egg, lightly beat together. For extra flavor, add coconut chips, vanilla extract (just a dash) and cinnamon. Pour this mixture into a frying pan and cook as you would a regular pancake. You can also do this with a grated apple.

Hint: Cook at a lower temperature for a longer time.

GLUTEN FREE OATMEAL

1/2 roasted acorn squash, pureed

1 T. almond butter

1 tsp. cinnamon

1-2 T. ground flax seeds

1/2 tsp. pure maple syrup or
honey (optional)

Squish the squash, almond butter, and cinnamon in a bowl. Sprinkle with flax and drizzle with maple syrup (if using). Serve.

GREEN EGGS AND BUFFALO FRITATTA

5 eggs	4 oz ground buffalo
2 C. (or two big handfuls) fresh spinach	1 large zucchini, grated

Preheat oven to 350F. In a blender, whip the eggs and spinach with a splash of water. Set aside.

In an omelet or sauté pan over medium-high heat, cook the buffalo until browned, but still pink. Add the zucchini and stir. Add the egg mixture. Place pan in preheated oven and continue to cook until set, about 5-12 minutes (depending on pan). Gently shake the pan to loosen the frittata and slide it onto a serving plate.

Makes 2 Servings

GRAIN FREE PANCAKES

2 eggs	1 tsp. vanilla
1/2 C unsweetened applesauce	Coconut oil (as needed to grease the skillet)
1/2 C almond butter	
1/2 tsp. cinnamon	

Heat skillet or griddle to a low/medium heat. Mix all ingredients together until batter is smooth and uniform. Grease skillet with coconut oil. Pour batter onto griddle. This recipe made 4, 4-inch pancakes. Flip after 1-2 minutes. Serve.

*The person who never makes a mistake
must get tired of doing nothing.*

CINNAMON APPLE MUFFINS

2 C. blanched almond flour	1/2 C. agave nectar
1/2 tsp. sea salt	1 large egg
1/2 tsp. baking soda	1 T. vanilla extract
1/4 C. arrowroot powder	2 medium apples, peeled, cored, and diced into 1/4 inch cubes
1 tsp. cinnamon	
1/4 C. grapeseed oil	

Preheat the oven to 350 degrees. Line 10 muffin cups with paper liners. In a large bowl, combine the almond flour, salt, baking soda, arrowroot powder, and cinnamon. In a medium bowl, whisk together the grapeseed oil, agave nectar, egg and vanilla extract. Stir the wet ingredients into the almond flour mixture until thoroughly combined, then fold in the apples. Spoon the batter into the prepared muffin cups.

Bake for 30 to 35 minutes, until the muffin tops are golden brown and a toothpick inserted into the center of a muffin comes out clean. Let the muffins cool in the pan for 30 minutes, then serve.

OLD FASHIONED POTATO PANCAKES

1/4 C. milk	dash parsley flakes
2 eggs	2 C. raw potatoes, chunked
2 T. potato flour	1/4 - 1/2 onion, chunked
1 tsp. salt	oil for frying
dash pepper	

In food processor, blend all ingredients except potatoes and onions. Pour into large glass measuring bowl. Put onion in food processor until chopped. Put onions in measuring bowl and mix well with liquid. Put potatoes (with or without peels) in processor until grated. Put potatoes in measuring bowl and mix well with liquid. Brown in hot skillet with just enough oil to keep pancakes from sticking, turning only one time. Stir mixture in between fryings. Best when served with applesauce or apple butter for toppings.

HOUSEHOLD

HINTS

*Tips to remedy
this or that in
the household*

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Clean-up Tips

Appliances: To shine chrome, use vinegar or window cleaner. If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish. To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: ½ cup bleach, ¼ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly. Instead of using commercial waxes, shine with rubbing alcohol. For quick clean-ups, rub with equal parts of water and household ammonia. Or, try club soda. It cleans and polishes at the same time.

Blender: Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Burnt and scorched pans: Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, ½ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets: Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Dishwasher: Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains: When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Dusting: Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

Dish Drainer: Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

Glassware: Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater: For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing.

Thermos bottle: Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Oven: Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers: Coffee or tea stains can be scoured with baking soda.

Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator: To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily.

After the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks: For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar. Club soda will shine up stainless steel sinks in a jiffy.

Teakettle: To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.



Keeping Furniture Clean

To remove polish build-up: Mix ½ cup vinegar and ½ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

Polishing carved furniture: Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

Removing paper that is stuck to a wood surface: Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Old decals can be removed easily by painting them with several coats of white

vinegar. Give the vinegar time to soak in, then gently scrape off.

Scratches: Make sure you always rub with the grain of the wood when repairing a scratch.

Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains: Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops: You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

Glass table tops: Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

Chrome cleaning: For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue: Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker: Wicker needs moisture, so use a humidifier in the winter. To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture: To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery: Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Soiled upholstery: Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

Leather upholstery: Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains: Absorb grease on furniture by pouring salt on the spill immediately.



Laundry Care

Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine: Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

Too sudsy: When your washer overflows with too many suds, sprinkle salt in the water – the suds will disappear.

Hand-washed sweaters: Add a capful of hair cream rinse to the final rinse water when washing sweaters.

Whiter fabric: Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Whitest socks: Boil socks in water to which a lemon slice has been added.

Freshen feather pillows: Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy: While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

Creaseless garments: Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems: Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing: A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover: When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover: Add a yard of nylon netting to your dryer with the wet clothes – it will catch most of the lint.

Washer advice: Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars: Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing: Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

Ironing embroidery: Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

Removing Clothing Stains

Alcoholic beverages: Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

Baby Food: Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

Blood: Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax: Use a dull knife to scrape off as much as possible. Place fabric between 2 blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum: Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Cosmetics: Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Deodorants: Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye: If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. **CAUTION:** Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Fruit and fruit juices: Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass: Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar or butter: *Method 1:* Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Perspiration: Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Removing Floor Stains

Candle drippings: For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains: Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care: When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

Cleaning rugs: If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

Spills on the rug: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

Ballpoint ink marks: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Repairing braided rugs: Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

Repairing a burn: Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

Blood on the rug: When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet

the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

Crayon Marks: Use silver polish to remove from vinyl tile or linoleum.

Spilled nail polish: Allow to almost dry, then peel off of waxed floors or tile.

Tar spots: Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors: Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors: Use cold tea to clean woodwork and varnished floors.

Spilled grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine: Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors: Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care: Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Heel marks: Just take a pencil eraser and wipe them off.

Floor polisher: When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors: In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors: Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

Fabric	Washing	Drying & Ironing
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable – check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Corduroy	Always wash inside out. Hand or machine wash – check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable – check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

When Shopping

- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

When Storing

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

When Preparing

- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria. Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



Kitchen Safety

Kitchen Fires

Always keep a domestic fire extinguisher in the kitchen.

However, be careful not to position the extinguisher above the stove, as a stovetop or oven fire would make the extinguisher inaccessible. Be sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help suffocate flames from deep-fat fryers, which are a major cause of household fires. **NEVER** throw water on grease fires!

Child Safety

Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach.

Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.

Hygiene

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, reserving the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.

Hot Pans

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.



Perfect Party Checklist

- ☐ Create the party guest list.
- ☐ If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- ☐ As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- ☐ Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- ☐ Gather materials needed for serving food, party games, decorations, music and/or party favors.
- ☐ Create the party menu, including snacks, main meal, beverages and/or dessert.
- ☐ Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- ☐ Set the mood with decorations, lighting and music.
- ☐ Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- ☐ Set out party snacks, beverages, decorations and favors.
- ☐ Relax and welcome your guests!



Menu Planning

When Selecting Recipes for a Party

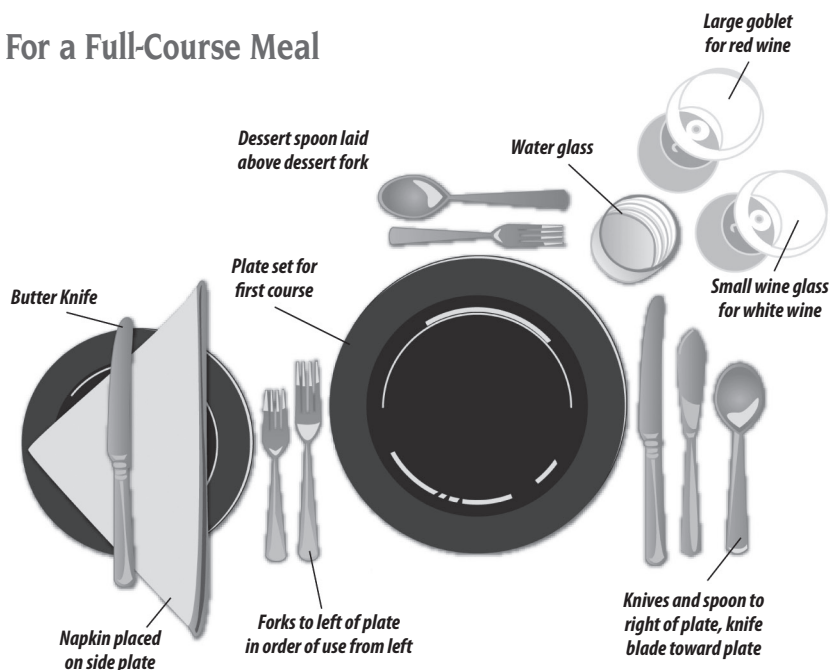
- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

Estimating Quantities

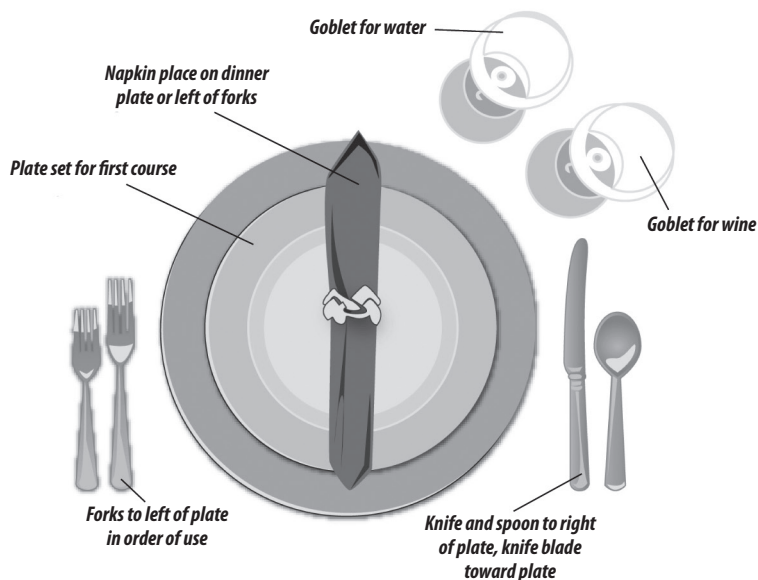
Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Crackers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filletted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 – 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 1 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

Table Settings

For a Full-Course Meal



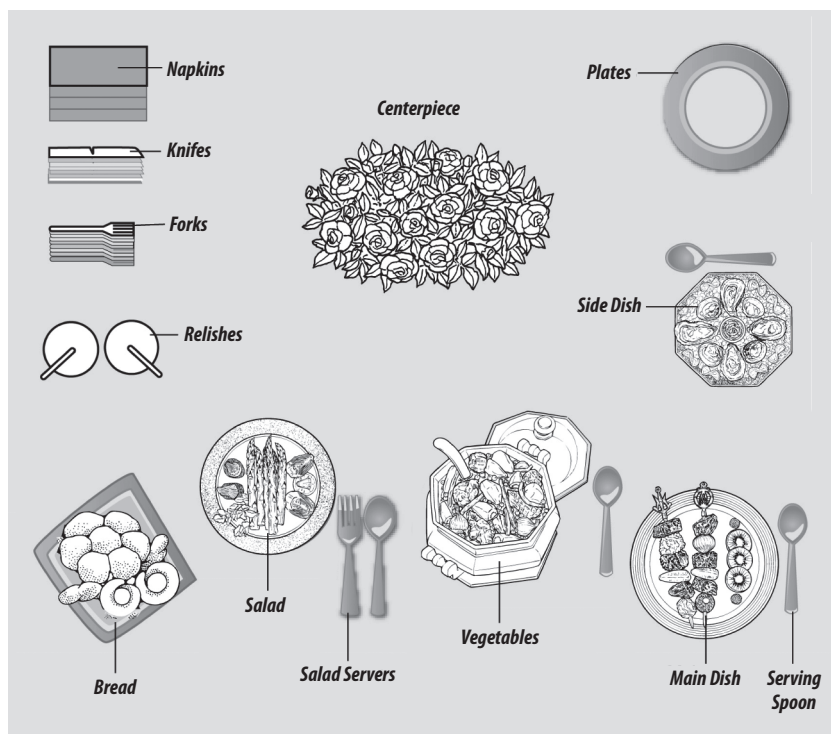
For a Casual Meal



Buffet Arrangement

Arranging the Buffet Table

- Decide which direction guests will walk around the table.
 - Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
 - Set breads, relishes, cutlery and napkins at the end of the table. If there is room, set decorations in the center of the table.
 - Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
 - To keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
 - Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



Staying Organized

Use the following tips to keep your home organized.

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food coupons in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any guarantees or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.
- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.



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