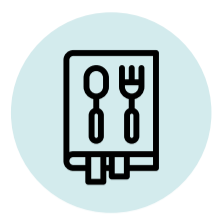




*CROCK POT
OR STOVE POT
RECIPES*



BONE BROTH

Bone broth is a traditional recipe that is both medicinal and nourishing. It's high mineral content makes it easy to digest and is highly nutritious, especially the gelatin obtained from the bones. The broth also supports detoxification of the liver.

INGREDIENTS

Bones: from poultry, fish, shellfish, beef, or lamb.

- Cooked remnants of a previous meal, with or without skin and meat.
- Raw bones, with or without skin and meat.
- A whole carcass or just parts (feet, ribs, necks and knuckles).
- Shellfish shells, whole fish carcasses (with heads) or small dried shrimp.

Water: cover the bones with cold water.

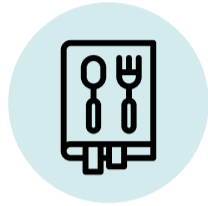
Vinegar: apple cider or balsamic.

- 2 tablespoons per 1 quart water or 2 pounds bones.
- Celery, carrots, onions, garlic and parsley, but any will do.
- If added towards the end of cooking, mineral content will be higher.

INSTRUCTIONS

Place the bones in a crock pot (or stove pot) over a low heat. Cover the bones with water and gently simmer for 12 hours. To make a soup, add vegetables/or meat to broth during the last hour or until vegetables are cooked but not mushy.





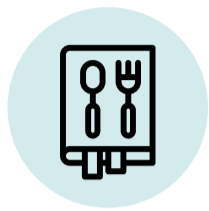
LEMON CHICKEN

INGREDIENTS

- 1 whole chicken
- 2 lemons
- 4 stalks celery
- 8 small red potatoes
- 1 onion or sliced leeks
- $\frac{1}{4}$ cup sherry or dry white wine

Wash chicken and place whole in the crockpot along with vegetables, fluids, and only 1 lemon. Cook for 8-10 hrs on low. Add the juice from the 2nd lemon, and grate 1 tsp. of lemon zest.





LAMB WITH BALSAMIC BLAZED VEGETABLES

INGREDIENTS

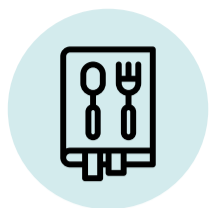
- 1 tsp. salt
- 1 tsp. freshly ground black pepper
- 1 tsp. ground coriander
- 2 tsp. dried rosemary leaves
- 1 tsp. dried mint
- 1 tsp. dried thyme
- 1 tsp. ground fennel
- 3 lbs. lamb roast, de-boned and well-trimmed of fat
- 1 large red onion, cut into eighths
- 1 large parsnip
- 2 medium new potatoes, quartered
- 3 tbsp. balsamic vinegar

DIRECTIONS

Combine the salt, pepper, coriander, rosemary, mint, thyme, and fennel in a small bowl. Rub the seasonings all over the lamb roast. Place the onion in the bottom of the slow cooker and add the lamb roast. Add the remaining vegetables. Drizzle the balsamic vinegar over the vegetables. Cover and cook on high for 1 hour, then turn to low for 10-12 hours.

For a 5, 6, or 7-quart slow cooker, double all the ingredients.





DANDELION QUICHE

INGREDIENTS

- $\frac{3}{4}$ cup wild rice
- $1\frac{1}{2}$ cups water
- 5 eggs
- 3 tbsp. parmesan cheese—sheep or goat
- 4 tbsp. feta cheese—goat
- 4 tbsp. manchego Spanish cheese—goat
- 4 cups dandelion greens—wild
- 2 tbsp. dried sweet basil
- 1 pinch pepper
- 1 pinch sea salt (to taste)
- 1 tbsp. lemon juice
- 1 medium onion—sliced
- 1 tbsp. Olive Oil
- 1 tbsp. butter
- $\frac{1}{2}$ cup cream

Feel free to substitute other greens such as fresh spinach or lamb's quarters to this recipe.

DIRECTIONS

1. Place $1\frac{1}{2}$ cups of water in a pan. Add $\frac{3}{4}$ cup of rice and cover. Bring to a boil then reduce heat as low as possible and let set for 20 minutes. Don't be tempted to lift the lid to check on the rice or you will release the steam.



2. When done fluff the rice with a fork and mix with 1 beaten egg and 1 tbsp. grated cheese.
 3. Press firmly into a butter greased pie pan, forming a crust—press up the walls and leave about $\frac{1}{4}$ inch thick.
 4. Bake the crust for 15 minutes at 375 degrees.
 5. Remove from oven and set aside.
 6. Steam dandelion greens covered in $\frac{3}{4}$ cup water in a covered pot for 4 minutes.
 7. Drain greens and chop to about 2" lengths and add pepper and lemon juice. Set aside.
 8. Place sliced onions in a heated pan with olive oil and teaspoon of butter; when slightly cooked down, add greens, pepper, basil, and continue cooking until mixture is well blended...then squeeze or pour on lemon juice.
 9. Combine remaining eggs, cheese, cooled greens/onions and cream in a bowl.
 10. Pour liquid carefully onto rice piecrust.
 11. Place pie on a cookie sheet and place in the preheated oven.
 12. Bake for 30 minutes at 375 degrees.
 13. When you can insert and remove a knife without batter sticking to it, the pie is done.
 14. Remove from the oven and let rest for ten minutes. Serve.
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VINAIGRETTE SALAD DRESSING



The best salad dressings are those you make yourself. They are healthy, medicinal and they taste good. Apple cider vinegar increases energy, reduces depression and improves mood. Make this dressing and keep it in a glass bottle in the fridge for up to 2 weeks.

INGREDIENTS

- ½ cup of virgin olive oil (must be cold-pressed or virgin)
- ⅓ cup organic flax seed oil
- 2 cups of organic apple cider vinegar
- 1 fresh lime or lemon (optional)

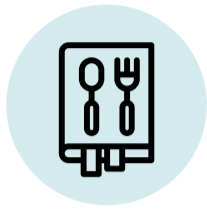
- 2 cloves of fresh crushed garlic
- ½ tsp. of your favorite herb (dill, basil, oregano, caraway seed, etc.)

DIRECTIONS

Combine all ingredients in a glass bottle, shake, and refrigerate. Use 1 tablespoon over your salad each day.

ADDITION

Add some cranberries: use either fresh cooked and strained, cranberry concentrate, or soaked dried cranberries that have no sugar or added preservatives.



RUBY CHICKEN

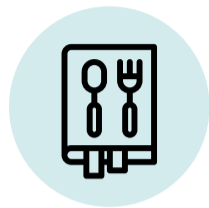
INGREDIENTS

- 2 chicken breast halves
- 1 cup cranberries—wild
- 2 tbsp. elderberries
- 3 tsp. stevia (Sweet Leaf) extract
- ¼ tsp. sea salt
- ¼ cup lemon juice
- 2½ tbsp. arrowroot.

DIRECTIONS

1. Mix stevia (may substitute ¼ cup maple sugar), sea salt, lemon juice and arrowroot.
 2. Heat cranberries with elderberries over medium heat until it makes a nice paste.
 3. Turn heat to low and add arrowroot mixture. Stir constantly until it begins to thicken.
 4. In a separate pan, brown the chicken. Place chicken in casserole dish and pour sauce over it.
 5. Bake covered for 45 minutes at 325 degrees.
 6. Uncover and bake an additional 10 minutes basting from time to time.
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APPLE HAZELNUT TART

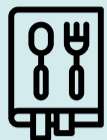
INGREDIENTS

- 1 cup hazelnuts (reserve 6 nuts)
- 2 eggs (duck or chicken)
- $\frac{1}{4}$ cup of almond flour or rice flour
- 2 apples
- $\frac{1}{2}$ tbsp. of pure fruit spread (raspberry, strawberry, blueberry)
- $\frac{1}{4}$ cup of water

DIRECTIONS

Grind hazelnuts into a fine “flour” and combine with the almond or rice flour in a bowl. Add two eggs and mix until moist. Place parchment paper inside a 6-inch pie plate and spread the pie mixture inside the pan. Bake for 3-5 minutes or until slightly cooked. Slice the apples into thin wedges and place in the baking dish working from the edge to the center in a circular design. Take the fruit spread and add the $\frac{1}{4}$ cup of water to make a syrup spread and pour over the apples. Crush and sprinkle the remaining nuts over the tart and bake in the oven at 350 degrees for 20 minutes.





MOCHA MATCHA SMOOTHIE

Sometimes we get fatigued and want to grab a sweet for energy. Try this smoothie! This is my favorite morning or afternoon guilt-free “pick-me-up.” It is anti-inflammatory, rich in antioxidants, and provides brain food in the form of the trinity of cognitive function: coffee, cocoa, and coconut. If you prefer, you can substitute organic decaffeinated coffee or just use cocoa when serving to children, replacing the liquid from the coffee with extra coconut milk. Make sure your ingredients are organic and sugar-free.

INGREDIENTS

- 12 oz. fresh brewed organic coffee, hot
- ½ c. full-fat, unsweetened coconut milk
- ½ tsp. powdered organic Matcha
- 2 tbsp. unsweetened organic cocoa powder (for drinking)
- 2–5 drops liquid stevia (or to taste)
- Vanilla extract (optional)
- Coconut cream, unsweetened (optional)

DIRECTIONS

Combine all ingredients in a blender at medium speed for a few minutes until frothy. Pour into a mug and top with coconut cream, if desired. For children, I substitute berries and almond milk for the coffee. This recipe makes 4 servings.





WORKSHEET

DISCUSSION

Our research indicates that there are indeed different balances of proteins, fats and carbohydrates for individualized populations. The balance between these nutritional elements is quite different depending upon where you are born and where your ancestors are from.

Many people will say: “I am a mix of genetic heritage. For example, my mother is native to the Pacific Northwest but my father’s people are from Ireland.” Or, “My mother is from Scandinavia and my grandparents are from Kenya”. This presents an opportunity to explore more deeply metabolic typing, the types of food you enjoy and benefit from, and those that may cause allergic symptoms, weight gain, or fatigue.



EXERCISE

1. Make a list of the foods found in your kitchen cabinet. Discuss their benefits or disadvantages to personal health. Do they contribute to chronic disease or prevent chronic disease?
2. Make a list of the medicines found in your kitchen and medicine cabinet. Discuss their benefits or disadvantages to personal health. Do they contribute to chronic disease or prevent chronic disease?
3. Make a list of new food items you can include in your cabinets and refrigerator? Are there fresh alternatives to canned foods? For example, putting pinto beans in a crockpot is less expensive than buying canned beans. Can you prepare fresh vegetables instead of frozen or canned?
4. Gather everyone in your family and make a list of your digestive symptoms; these might include gas, belching passing gas, indigestion heartburn, headaches, or pain under the ribs on the right side. Compare notes. Make a commitment to eliminate one type of potential allergen at a time for 2 weeks and observe your responses.
5. Identify the sources of fats in your diet. What are your sources of essential fats and trans-fats? What choices can you make to increase your use of healthy fats and eliminate the sources of trans fats?