



**FOOD PREPARATION GUIDE**  
**&**  
**COOKBOOK**

Edited and evaluated by  
J. Leichtberg, M.D.

Any medical or health-related information contained in this book is not intended as a substitute for consulting your physician. Any attempt to diagnose or treat any illness or medical condition should come under the supervision of a qualified physician familiar with your personal medical history.

The information contained in this book, and the BioSlim program, are intended for use by normally healthy individuals as part of a general program of dietary and activity level improvement. Check with your physician before starting any program of weight loss or increased physical activity.

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# *Introduction*

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# INTRODUCTION



**T**HE BIOSLIM FOOD PLAN is designed to offer you something you never before thought possible: an easy way to lose weight and still get to eat great food. This book provides a variety of recipes that will allow you to do just that. But it's much more than recipes in a book. You will learn, from these examples, and the principles involved, how to make *anything you want* the healthful, weight-friendly way. The recipes in this book, then, are more examples than rules, more instructive than imperative. Once you learn the secrets of preparing *healthful* great food, there'll be no stopping you!

Remember: you do not *have* to eat these foods! These are suggestions—and a way to **show you the *process of choosing and preparing delicious food the right way, with your goals in mind.***

There are two basic keys to this wonderful kingdom of great food. The first, as you know, is to **avoid *added fats and oils.*** In this book you will find some of the finest, most delicious recipes ever created – using little or no oil or fat whatsoever. Further, we've worked hard to use healthful alternatives to all other harmful and/or useless ingredients, such as refined (white) sugar and flour, certain dairy products, and others. The result is a new and wonderful experience: delicious, mouth-watering foods that are good for you for a change! (And so easy to prepare, too!)

The second key is ***balance.*** This cannot be overstated. Find the right balance in your life, and your problems are over. Do not let high-carbohydrate foods (flour products, sugars, potatoes, etc.) exceed protein (e.g., meats, fish, eggs, soy, dairy). If protein exceeds carbohydrates, that's okay; the reverse is not.

You will notice an **information box** at the top of each recipe indicating the protein/carbohydrate classification of that recipe. High-protein dishes may be eaten alone or combined with a moderate-carbohydrate food—you have an option there. But any carbohydrate-rich food *must* always be balanced at some point by high-

protein food, which means of course you should eat *smaller* portions of those high-carb foods, leaving plenty of room for the proteins.

Where the recipe for a dish is balanced, that is also noted in the information box at the top of that recipe.

Just about all the recipes in this cookbook are perfect anytime. A very few are a little too heavy on either fat or concentrated carbs to use during your initial intense BioSlim weight *losing* period. They're meant more for when you're in the weight maintaining mode – which naturally will be the rest of your life once you've reached your goals with BioSlim. These “maintenance phase” recipes are identified in the information box at the top of each recipe.

Many snacks are included here (see the *Snacks* and *Versatile Vegetarian* sections). Since we know you are going to want some, we want you to choose *balanced, healthful* ones, just like those in this cookbook. See how these and all the foods here are put together, and you will learn how to do the same with virtually all the dishes you love best.

Many of our recipes are made with no meat, fowl or fish. These are particularly healthful, and we recommend you eat them as often as you like.

Regardless of which recipes become your favorites, always remember the need to balance your high-carbohydrate food intake with protein, leaning toward the protein side when possible. Exception: green vegetables are technically “carbohydrates”, but can be eaten in any reasonable amounts. If necessary to achieve balance, add some fat-free deli slices (e.g., fat-free chicken or turkey breast, soy), and/or egg whites, and/or any other source of very high-protein food (or virtually *pure* protein, as are the deli slices and egg whites) to balance out any excess flour or sugar contained in your meal.

THESE RECIPES ARE OUR ABSOLUTE FAVORITES. They've been with us for a long time, and as a whole, this compilation represents years of testing, experimenting and refining. We know you'll enjoy these dishes as much as we have!

THE ORGANIZATION of this book is simple and straightforward.

- After *Protein and Carbohydrates*, the basic, important principles of healthful food preparation are reviewed in the section entitled “**Food Preparation Guide**”. It details information that can be used with *any* recipe anytime, anywhere. Once you know how to create healthful, delicious food, you'll be able to keep and use that talent forever.
- Next, there is the brief **Food Facts & Definitions** section that will explain what some of the more esoteric words and names mean.
- Then follows the large **Recipes** section, organized by type of dish (Entrees, Soups, Side Dishes, Salads, Sauces, Desserts, etc.). We have purposely avoided categorizing these dishes by breakfast, lunch or dinner, because we believe *any* dish can be eaten *anytime*. The old definitions of what breakfast should or shouldn't be versus lunch or dinner no longer apply. Remember, it's best to eat your largest meals for breakfast and lunch, *not* dinner, as most of us have always accepted. (See the *VideoGuide* or *Doctor's Reference Guide* for details.)
- Remember: **these are our suggestions only, our favorites**. You do not *have* to eat these foods. They are here to show you *how* to prepare balanced foods correctly and deliciously!
- In the **Appendix** at the back of the book, you'll find an informational section on weights and measurements, and recipes listed by their protein/carbohydrate classifications. The **Index** follows.

PLEASE REMEMBER: you must be *happy* with the food plan you choose. It must satisfy you. If not, it will never last. And since permanent change and improvement are what **BioSlim** is all about, we picked these – our best-loved, tried-and-true recipes – to be in this book for you to share and enjoy for many years to come.

**Happy cooking!**

*J. Leichtberg, M.D.  
and the dedicated staff of BioSlim*



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*Protein*  
*and*  
*Carbohydrates*

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# PROTEINS and CARBOHYDRATES

*Common sources. Achieving balance.*



**P**roteins come from many sources, including most commonly: **meats, fowl, seafood** of all kinds and certain **dairy** products. **Eggs** are a terrific protein source. **Egg whites**, for example, contain pure protein, with no carbohydrates or fat, which is why they can so easily be used to increase the protein content of a meal without increasing any other component. **Soybeans** are an important non-animal source of high quality protein. Recent findings indicate that soy protein also protects the body from certain serious illnesses (e.g., heart disease, cancer). Plus, soy foods usually include a fair amount of fiber (unless the fiber is processed out), another benefit of soy as an excellent protein source.

It's a good idea to keep the fat content of your protein sources low. Skinless chicken or turkey, egg whites without the fat-containing yolks, low-fat or non-fat dairy products, and avoiding added oil during preparation are good examples of how this is done.

**Carbohydrates** are generally high in plant-based food: **vegetables, fruit, grain products**. Of these, by far the best choices are the green vegetables, because their carbohydrate content is usually not highly concentrated, and they are quite high in healthful fiber.

**Starch** is a highly concentrated carbohydrate present in plant-based foods. It is best to minimize high-starch foods like wheat flour products (bread, pasta, etc.), other grains (e.g., rice) and potatoes during your weight-loss-intensive phase on BioSlim (and always if on Super BioSlim).

**Sugar** molecules are the building blocks of starch. Sugar itself is the worst offender in the carbohydrates group, due to the body's reaction to excess ingested sugar (high insulin, increased fat deposition—see the *Doctor's Reference Guide* for details). **Avoid**

**sugar as much as possible.** Note that carrots, beets, bananas, grapes and corn are all rather high in sugar.

**Fiber** helps your digestive system function properly and is highly desirable for many reasons. While fiber is technically a carbohydrate, it should not be counted when calculating dietary carbohydrate levels because fiber is not absorbed by the body as a calorie source. It stays in your digestive tract aiding digestion and elimination, then passes right out.

Note that **food labels** *do* count fiber in with “Total Carbohydrates”, so to get a fully accurate picture you should subtract the “Dietary Fiber” number (also provided) from the “Total Carbohydrate” number when analyzing labels.

**Your best sources of carbohydrates**, by far, are green vegetables—especially leafy ones. The more you include these in your food plan, the better. Great examples: lettuce, spinach, kale, endive, sprouts, broccoli, Brussels sprouts, cabbage, celery, zucchini, okra, and many more.

As always, a healthful balance is the key.

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*Food  
Preparation  
Guide*

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# FOOD PREPARATION GUIDE

*How to turn any recipe from unhealthful and  
fat-increasing to healthful, delicious  
and fat-reducing*



## OIL AND WATER

**N**ow let's go over some essential pointers on preparing and cooking great food the healthy way. Here's one secret: **There is no need to fry anything in oil, ever!** When a recipe calls for sautéing onions, shredded carrots, mushrooms, green peppers – anything – just substitute *water* for the oil! This is known as *water-frying* or *water-sautéing*. Sound too simple to be true? Maybe – but it works! In many cases, using water actually *improves* the taste and texture of the food. What happens is that the water softens and cooks the food just as well as oil, but introduces none of the unwanted *rancid* flavors and potential health risks of heated oils and fats.

You know that certain aroma and flavor you sense when oil is heated to the point of smoking? That's the smell of oil turning rancid from excessive heat. Studies have shown that rancid oil contains substances that are probable *carcinogens* (cancer-causing agents), probably due to certain damaging atomic particles called *free radicals* that are present in very high quantities in heated, rancid oil or fat. To maximally protect your health, you should do your best to avoid all heated oils.

And, of course, the exclusion of oils and fats from these recipes also accomplishes another desirable goal: it cuts down on your total calorie intake, thus helping you lose and/or control your weight. (Remember, fat has more than twice the calorie-density of carbohydrates or protein.) Studies have also shown that diets high in fat can result in higher levels of cancer and heart disease. It is always the fats and oils *added* to food that are the worst offenders.

If you do use some oil for frying, there is a way to minimize the rancidity effect that occurs whenever oil is heated. The trick is to use the most *saturated oil* you can find. Saturated oils are the more solid ones, like butter, margarine (even though it is artificially saturated and very unhealthy), and to some extent olive oil. They have fewer molecular “openings” where oxygen can come in and cause the kind of chemical reaction that leads to rancidity (known as “oxidation”). The more *unsaturated* an oil is, the more unstable it is molecularly. While it is important to get some natural unsaturated oil in your diet (which you get from eating whole healthful foods), the unsaturated oils are positively the **WORST** possible choice you can make for heating. They are the **MOST** likely to go rancid. The more unsaturated the oil, the worse it is for heating, cooking or frying. Yes, you've heard that unsaturated oil is good for the heart (which is not really true anyway). But when unsaturated oil is *heated*, it becomes potentially harmful, with a *damaging* effect on your heart.

Therefore, if you must use oil (presumably only a small amount) in any recipe where the oil is heated to cooking or frying levels, we recommend that you use either olive or coconut oil. The latter is a natural, highly saturated oil that is as resistant as oil can be to rancidity and free-radical formation from heat.

Of course, in some recipes, some small amount of oil is necessary – usually to coat a pan, or to make the recipe work. If you are sautéing, a dab of coconut or olive oil smeared onto your non-stick pan is usually necessary. Do what you can to minimize added oils, within reason and with consideration given to the requirements of the recipes you are using.

Cooking or baking with very little oil or fat is also much easier than you might think. It's as simple as taking the oil and fat (oil is nothing more than liquid fat) **OUT** of the recipe. Sometimes you'll need to add a bit more water to the mix. But it's amazing how many recipes taste just as good – often *better*, as with fried foods – without the added fats and oils. Use these important concepts when making any of your favorite recipes, BioSlim's or any other.

## **HOW TO DO IT WITH WATER**

It's fairly straightforward. First, try to use a NON-STICK pan. This prevents the excessive sticking that oil is usually used to prevent. Non-stick utensils are now quite inexpensive, so get the best ones you can find (avoid the ones whose coatings tend to *flake*—Teflon is definitely not a nutritious food).

HERE'S HOW IT'S DONE: . . Add water to a pan so that the bottom of it is covered with anywhere from 1/8" to 1/2" of water, depending on how much food you're sautéing. Add whatever it is you're sautéing (e.g., chopped onions), and as the water evaporates, add more until whatever you're cooking is done. Do not add more water than you need; remember, this is sautéing, not boiling. You will need to add more water than you would oil because the water evaporates (oil is also used up in frying, but at a much slower rate). A little experimentation with this concept will go a long way.

Note: In some instances, a thin coating of coconut or olive oil on the pan may be necessary.

## **ABOUT THE WATER WE DRINK**

We recommend that you use bottled or filtered water. The water in many cities is loaded with chlorine and other chemicals necessary to keep it pathogen-free and usable. Most brands of bottled water accomplish their most important goal, which is to provide you with safe, unadulterated water for drinking and cooking. A good water filter attached to your faucet can also work very well to get rid of the excess chlorine and other chemicals that sometimes pollute our water supplies.

## **WILL MILK MAKE YOU FATTER?**

At home, we like to use good-tasting soymilk products instead of regular cow's milk. Not just soymilk, but soy cheeses and creams as well. The key words here are "good-tasting", because too many commercially available soy products have an unpleasant taste. Choose well—there are plenty of soy products that are delicious as well as nutritious.

Why do we minimize milk and milk products? Because (a) milk is not really a natural product for human consumption (it is literally cow food designed by nature to help a calf grow hundreds of pounds in a short period of time), (b) milk allergies or sensitivities are very common, and (c) most milk contains some levels of the pesticides, hormones, or antibiotics used on the cows producing it. But will milk make you fatter? Not if you choose low-fat or non-fat milk. Note that the fat contained in whole milk should be considered “added” fat, because milk is arguably not a natural food for humans. Note also that milk is fairly high in *lactose*, milk sugar, of which many people are intolerant and which represents another sugar carbohydrate you need to be aware of.

## **SALT**

Of course, too much salt is not a good idea. But salt in reasonable quantities in healthy people should not be a problem, unless of course your doctor advises otherwise.

Keep in mind, though, that the ingestion of salt may cause an increase in cravings for sweets and fats, and vice versa. Ever have a salty snack (like, heaven forbid, *potato chips!*) only to find yourself craving sweets as soon as you're done? Or worse – craving *ice cream* (among the most unhealthful foods ever created)? The unbridled use of salt can lead to uncontrolled cravings for other, more damaging foods. Therefore, we recommend keeping salt use under control. If you've been a heavy salt user, you'll be amazed how *flavorful* your food will seem after just a few days off it. Salt can mask the subtler flavors in many foods, and you will find yourself savoring your meals far more when that mask is removed.

## **WHAT ABOUT SEASONING SALT?**

Whenever a recipe calls for salt, consider using seasoning salt instead. We use a high quality one in many of our recipes. Seasoning salt usually consists of regular table salt (sodium chloride), often some potassium chloride (aka potassium salt), plus a combination of desiccated vegetables, herbs and spices. The right seasoning salt can do wonders for almost any food that requires salting. Our favorite is a product called HERBAMARE, which is

made by Bioforce of America. It's available at most good health stores.

The use of salt and all seasonings in our recipes can and should be adjusted to taste – just add less or more as you go. This is one of the secrets of great cooking! All great chefs taste as they go. Don't just follow the recipes – *adjust* them, to what *you* like. That way you'll quickly learn what works best for you and your family.

### **IS IT SOUP YET?**

In all of our recipes – most often in the soups – we use whole beans and other ingredients, never canned. This is not absolutely essential, just preferred. If you don't have the time to look for and prepare the whole natural products, you may use the fresh-frozen kind; or, if you must, canned. Frozen is much preferred to canned because it is processed far less – it is much closer to the real thing. If you do buy canned food, try to find cans that are lined with ceramic or other non-aluminum material, since aluminum is not a desirable element to ingest, and some of it does come off into the contents of most cans.

### **WHOLE VS. WHITE FLOUR**

Remember to watch your intake of all flour products, and to follow the protein-carbohydrate balancing guidelines described in the BioSlim program. (Note: flour is a high-carbohydrate food.) When flour is necessary, as in a recipe, we recommend always using *whole wheat* flour, not white. White flour is another of our modern-day “wonders”. Almost devoid of any nutritional value, it does have the distinct *commercial* benefit of lasting longer in storage bins and on shelves. White flour exists to help large corporations make more money; it does nothing for your health or your weight except ruin both.

Tip: When you want pasta, try spaghetti squash instead. It serves the same purpose, but it has much fewer and much less concentrated carbohydrates. It is far more healthful than typical white-flour pasta. Try it with any sauce, any dish. You'll be pleasantly surprised! See Food Facts & Definitions section, or the *Spaghetti*

*Squash Surprise* recipe in the *Versatile Vegetarian* section, for preparation instructions.

*NOTE: The issues of flour (above) and sweeteners (below) are very important. Make these recommendations a permanent part of your healthful BioSlim Food Plan.*

## **HOW SWEET IT IS**

Healthful sweeteners are hard to come by. WHITE SUGAR is definitely out. Study after scientific study has linked white sugar ingestion to such problems as heart disease, high blood pressure, diabetes, cancer, ulcerative colitis, PMS, cataracts, kidney stones, depression, dental caries, obesity (of course), and many others. You'll find some alternatives to white sugar in the individual recipes in this book, but the fact is that ALL sugars will damage your ability to lose weight. Therefore, avoid sweets whenever you can, and if you must have some sweetness in your food, use a no-calorie sweetener. (*Saccharin* or *Stevia* are the safest choices by far – see the special *Sweeteners* section in the *Appendix* of the *Reference Guide* book for much more on this subject).

Be careful to control your intake of *any* sugar or sweetener, including the ones used (occasionally and sparingly) in this book. *All* digestible sugars are problematic in terms of your food balance and your ability to control your weight.

## **WHAT THE HECK IS TOFU, ANYWAY?**

“Tofu”, aka “soybean curd” is a derivative of soybeans that has almost no flavor, just a unique ability to *absorb* and adapt to the flavor of virtually any ingredients with which it happens to share recipe space. It is high in protein. And while it is not very low in fat, the fat in it is natural and healthful (your body does need some fat to survive). When used properly, tofu provides an excellent alternative source of high quality protein if you're trying to cut down on your meat ingestion, and can substitute for cheese made from cow's milk in many instances. And if you think you don't like the flavor, remember – tofu really *has* no flavor; it takes on the taste of whatever dish it's in. As you try some of the terrific recipes in this book, you'll find that tofu can be delicious because you're

making it so! See more on tofu in the *Food Facts & Definitions* section below.

### **WHERE CAN I GET SOME OF THAT?**

Some of the ingredients in our recipes are not very easy to find in a supermarket, unless your store happens to have a special health section. If you're having trouble, try your local health store. Besides, health stores today are fun places to visit... lots of cool products and services.

Note that in your supermarket, things like agar flakes, soymilk, and tofu may not be sitting on the shelf alongside the Twinkies and doughnuts; but many stores carry these items today—just look around a bit. And once you find your sources, the rest is easy. And delicious.

A piece of cake, you might say!

### **FOOD PREP REVIEW**

- Baking or roasting is not usually a problem; just avoid adding excessive oil.
- Grilling is almost always ok; just avoid blackening anything (due to the fact that blackened/burnt food is known to cause cancer)
- Frying should be done with a minimum of fat/oil; water frying is an option.
- Boiling is always good, of course.
- And finally, foods that need no heat are often the most healthful—including salads, fruit, nuts, seeds, vegetables, and any other uncooked or raw foods.



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*Food Facts*  
&  
*Definitions*

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# FOOD FACTS & DEFINITIONS



**S**o, you want to find out what *finocchio* is? Here's where you can do just that. This section lists, in alphabetical order, terms and subjects we thought might be unfamiliar to you and things about which we have some interesting additional information to impart.

May all your questions be answered...

\* \* \*

- **AGAR-AGAR** (or just plain “agar”): Agar-agar is a seaweed derivative used as a jelling agent and emulsifier, usually in desserts and soups, in place of gelatin or pectin. It is tasteless and can be used without changing the flavor of what you're making. Agar can be found in most good health stores and markets.
- **ARROWROOT POWDER**: Arrowroot is a natural starchy substance extracted from the tropical American plant *Maranta arundinacea*. It is flavorless and colorless and is used as a thickener and binder in sauces, soups, special tofu custards and anything else that calls for thickening. It can be used instead of cornstarch, for which arrowroot is a wonderful substitute. It should always be dissolved in cold water before adding to a food preparation. Arrowroot is the easiest of the starch substances to digest, and is quite healthful. In fact, its name is derived from the practice, around the year 1690, of using the root of the *Maranta* plant in the treatment of wounds made by poisoned arrows! It's available in most good health stores and markets.
- **AVOCADO**: A rich, silky smooth (non-sweet) fruit, avocados are high in monounsaturated oils that are, of course, completely natural and actually good for you, providing some of the essential oils your body requires. Avocados are also an excellent source of

potassium. Though avocado, as a natural, real, recognizable food, is not technically restricted in the **BioSlim** plan, we recommend using it sparingly while in the active weight losing phase. Once you reach your weight goal, you can partake at will, within reason.

- **BARLEY:** Barley is a relatively low-starch grain. It has a sweet flavor and requires more water and more cooking time than other grains. When cooking barley, be sure to follow the directions on the package. But remember, one cup of uncooked barley makes 3¾ cups cooked. (Barley is still a high-carbohydrate food, though it is not as starchy as wheat or rice. Remember the balance.)
- **BASIL:** Basil is a popular and easy-to-grow herb which comes in dark purple or green varieties. If you use fresh basil, don't keep it in the refrigerator for more than about three days. If you know you are going to use it at a later date, you can freeze it for up to 6 months. You may also use dried basil. It is not always as good, but it's much easier to find just about anywhere food is sold.
- **BEANS:** Beans are an excellent source of protein and such a healthful resource, it's a shame to use them canned. Dried beans can be found *organically grown* (see definition below) in specialty or health stores. All beans can and should be soaked overnight if possible, for at least several hours prior to cooking. This cuts down dramatically on cooking time, and helps preserve the more delicate nutrients in the beans. Be sure to pull out the bad beans and foreign objects (like stones!) before eating.
- **BRAGG'S LIQUID AMINOS:** This is the name of a soy-sauce substitute available in most health stores, made without salt, and containing a bit of protein. It tastes very much like mild soy sauce.
- **BROWN RICE:** If you eat rice, brown is the only way to eat it. White rice is a travesty; it has all nutritional value stripped from it, and as a result provides nothing more than empty calories to your body. Brown rice, on the other hand, is highly nutritious, and much tastier than white rice, according to most who have tried it. Nowadays a rice cooker is the best way to ensure perfect brown

rice. If you don't have one, follow the directions on the package. Rice is a concentrated high-carbohydrate food, even if it's brown.

- **BRUSSELS SPROUTS:** Brussels sprouts are members of the cruciferous family, related to cabbage. They are full of vitamin C, iron, potassium, beta-carotene and fiber. Very healthful and tasty, and good cancer-fighters to boot (as are cabbage, broccoli, and cauliflower). Available everywhere.
- **BULGUR (or BULGUR WHEAT):** Bulgur is a form of wheat that comes from wheat berries that have been precooked, dried and cracked. It comes in fine or coarse textures, and is easily found in most markets and health stores. Bulgur wheat is a concentrated high-carbohydrate food.
- **CARDAMOM:** A superbly delicious herb, often used in Indian dishes, but effective in many other recipes as well. Try it in soup, for example, and you will feel a richness of flavor in your mouth that is hard to match with any other herb.
- **CASHEW MILK:** Cashew milk is used in some recipes in place of cow's milk. It lends a special richness to the recipe, and a full, deep, cream-like flavor, without the harmful saturated fats found in most dairy products. To make cashew milk, put one cup of water in a blender and slowly pour cashews into it while the blender is on until the mixture becomes so thick that the blender stops blending it. That is when you know to stop adding cashews, whereupon you may wish to add a bit more water to reach your desired consistency. The usual proportions are one cup water to one cup cashews. The cashews should be raw and unsalted. Cashews are high in natural oils.
- **CAYENNE:** Cayenne pepper is ground red chili peppers derived originally from Cayenne Island. It is sometimes called simply "red pepper". Cayenne pepper is very healthful (which cannot be said of black pepper). Watch how much you use, though, because it is very strong (hot). Available everywhere.

- **CILANTRO:** Cilantro is the fresh leaves of the coriander plant. Available in most food stores. Uniquely flavored.
- **COUSCOUS:** This is a finely milled semolina wheat that comes from North Africa. You can find it in most supermarkets, Middle Eastern outlets and health stores. Prepare per package directions. Couscous is a concentrated high-carbohydrate grain.
- **FENNEL or FINOCCHIO:** Finocchio looks like celery and has a sweet licorice or anise taste. Can be eaten raw, or in certain special dishes.
- **FINOCCHIO:** See FENNEL
- **GARLIC:** Garlic is a well-documented, famously healthful plant that has been used in various parts of the world as a medicine for centuries. It has been found in scientific studies to help reduce cholesterol levels and blood pressure, aid in digestion, and invigorate and aid the body in many ways. You would do well to eat as much garlic as your social circumstances permit. A “head” of garlic means the whole bulb. Each section of the bulb is called a “clove”. Qualities to look for when purchasing garlic are firmness and good size. The amount of garlic listed in recipes should be adjusted to taste. How garlic is cooked determines the strength of its flavor in the food. For example, whole garlic cloves simmered in food give it a mild flavor. Minced garlic is not as strong as pressed garlic. Raw garlic is extremely strong. We always prefer real garlic over dried or powdered.
- **GELATIN:** This is an odorless, colorless, tasteless thickening agent, the glutinous protein material obtained from animal tissues by boiling. Most comes from beef bones, cartilage and tendons and pig skin, though vegetarian gelatin is also available. It is low in calories, all of which are derived from moderate-quality protein.
- **GINGER ROOT:** Ginger root is the rootstock of the ginger plant. It is grated and used for seasoning. You will find this in many oriental dishes. Available in most markets.

- **HERBAMARE:** The brand name of our favorite seasoning salt. Available in many health stores.
- **JALAPEÑO PEPPER:** A moderately hot, small, plump green or red pepper, with a shiny surface. Used in many Mexican dishes. Available in most markets.
- **LEEKs:** Leeks are related to onions, only milder and larger. They should be washed carefully, as they are grown in sandy soil. Available in most markets.
- **MARJORAM:** Marjoram is a spice herb related to oregano, but milder and sweeter. Often used in Italian and Indian dishes.
- **ORGANIC:** Grown without the use of pesticides or chemical fertilizers. Anything grown organically is likely to be better tasting and more healthful than its non-organic equivalent.
- **PARSLEY:** Parsley adds a refreshing and wonderful touch to many dishes. We always prefer fresh curly parsley versus dried, as dried parsley has a much weaker flavor. Bunches of parsley can be stored in the refrigerator for about 1 week. Available everywhere.
- **PURÉE:** To purée a dish means to blend it, usually with a liquid, until it is completely smooth.
- **SOYMILK:** Soymilk is the best alternative to cow's milk. It is much preferred to its dairy equivalent for many reasons, including its lower fat content, the absence of saturated fats, lower allergenicity, and no chance of contamination with the antibiotics, hormones and pesticides to which milk cows are routinely exposed. To substitute soymilk for cow's milk, just do it on a one-to-one proportional basis. Soymilk can be used anywhere you would use cow's milk, including any dish, and even in coffee! We prefer using vanilla-flavored soymilk, as it is considerably tastier than the unflavored variety. The best soymilks we know of are

EdenSoy's vanilla or carob-flavored, and Westbrae's 1% Light Vanilla or Chocolate. Available in most good health outlets.

- **SPAGHETTI SQUASH:** Along with butternut squash, pumpkin and turban squash, spaghetti squash is part of the winter squash family, often called “keeper” squash because it will last for several months in cool storage. Look for squash that is heavy for its size with a hard skin that has no breaks or soft spots. Spaghetti squash may be stored at room temperature for up to about 1 month. The average 4-pound spaghetti squash makes about five cups of “spaghetti”. Kids love this vegetable surprise, but spaghetti that comes out of a natural shell is a delight for everyone. It has a mild flavor that makes it a good substitute for any pasta. To prepare: cut in half lengthwise and scoop out the seeds. (If you cannot cut your squash, pierce the skin in several places and bake it at 375° for 45-60 minutes, turning it once.) Assuming you succeed in opening the squash, cook the halves for 30-45 minutes face-down in a little water on the stove on medium heat or on a flat pan or sheet in the oven at 350°-375°F. Either way, it's ready when the skin gives easily when pressed and the meat (the “spaghetti” inside) is tender. You will have to rake the inside to separate the strands and create the texture of spaghetti. Nutritionally, a four-ounce serving of spaghetti squash has less than 40 calories. Wow! What a great substitute for pasta! (The same amount of pasta has 167 calories, all concentrated carbohydrates that will ruin your food balance.)

- **TEMPEH:** Tempeh is usually made from cultured soybeans, but can also be made from beans, seeds and grains. It has a “meaty” texture and taste, and is therefore an excellent substitute for meat in many dishes. Tempeh is much more healthful than meat, containing far fewer fat-derived calories. Available in most health stores and in some food markets.

- **TOFU:** Tofu, also known as “soybean curd” or “bean curd”, is a protein-rich derivative of soybeans that has almost no flavor and the unique ability to *absorb* and adapt to the flavor of virtually any ingredients with which it happens to share recipe space. It is white in color, and has a consistency ranging from smooth and custard-

like (“soft” tofu) to firm with a consistency similar to farmer’s cheese (“firm” tofu). The difference is in the water content. Tofu can be cooked in any form – steamed, marinated, simmered, baked, mashed, puréed, etc.

In addition to supplying lots of protein, tofu is an excellent source of iron, potassium, and many other vitamins and minerals. It has about 25% MORE calcium than milk on a weight-for-weight basis, and is cholesterol-free. While tofu is not low in fat, the oils in it are natural and healthful (your body does need some fat to survive).

Tofu is easily digestible for most people. And if you think you don't like the flavor, remember – tofu really has almost no flavor; it takes on the flavor of whatever dish it's in. When you try some of the terrific recipes in this book, you'll find that tofu can be delicious, because you're making it that way!

Tofu is available in most health stores, and more and more in supermarkets everywhere.

- **TURKEY:** The white meat of turkey, without the skin, is lower in fat, better digested by most people, and less allergenic than most other meats. Best of all are those fat-free deli slices (turkey or chicken) available in the deli section of your local supermarket.



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# *Entrees*

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## ENTREES



**T**HESE ARE THE MOST EXCITING RECIPES of all: gourmet foods made the healthy way.

WE DECIDED to start with these main dishes because we want you to see how easy it is to eat *heartily* and still eat *well*. These recipes are for creating full, filling dishes – nothing like what you'd expect “on a diet”. That's because you're not on a diet. You're just eating for health and for life.

PLEASE MAKE SURE TO USE THE FINEST INGREDIENTS you can find. This is particularly true of the vegetarian dishes, which require high quality ingredients in order to fulfill their culinary promise. Try to steer clear of canned vegetables – their flavor is often “washed-out”, and they can taste like the cans they come in.

SOME RECIPES TAKE LONGER THAN OTHERS to prepare. If you need to make something quickly, try one of the quick Mexican dishes or any of the Versatile Vegetarian specials. Also, if you make your sauces in advance, you can often whip up a sumptuous meal in minutes. But if you have the time, try one of the heartier, more elaborate recipes, like a casserole or a stuffed pepper or zucchini with the delicious *Out of This World Walnut Gravy*, or *Casablanca Winter Stew*.

GARNISHING can add much to your enjoyment and eating experience. A piece of parsley or a slice of orange has a way of transforming a dish and elevating it to its deserved gourmet status.

THERE IS A VERY WIDE VARIETY OF DISHES to choose from here; ethnicity abounds. And so do the flavors, rainbow-like in their diversity.

Have fun!



## Oriental Orange Roughy



This is a high-protein dish. Optionally include moderate-carbohydrate food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 2*

This is a mild fish dish, and although this recipe is very easy to make, it is best to plan it one day in advance because the longer the roughy is marinated (overnight) the better it gets.

As with all fish, be careful. Make sure the fish is fresh (many are not), and that it comes from a clean corner of the world (not so easy to find these days).

**1 pound orange roughy or  
other “white fish”**

**3/4 cup light teriyaki sauce**

**1/2 cup white wine**

- Preheat oven to 350°F.
- Combine wine and ½ cup teriyaki sauce in bowl. Drop in the orange roughy, and marinate at least 30 minutes. The longer it is marinated the better it becomes, best of all overnight.
- Remove fish from marinating sauce. Put remaining ¼ cup teriyaki sauce in baking pan or enough to cover bottom (this is instead of using oil), and bake until done – about 15 minutes at 350°F covered, depending on the type and thickness of the fish.
- Alternate cooking method: cover bottom of skillet with sauce and cook over medium heat till done.
- For an additional flavorful touch, heat remaining marinating sauce in a pan and pour it over fish just before serving.

# Turkey Scrambled Eggs



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 2*

High in protein, with a rich picante flavor, this can be a quick and easy recipe, if you have the ingredients ready to go in advance.

**6 egg whites**

**1/4 cup low- or non-fat milk  
or soymilk**

**1/4 cup fat-free turkey ham,  
chopped**

**1/4 cup mushrooms,  
chopped**

**1/4 cup tomatoes, chopped**

**2 slices non-fat cheddar  
cheese, cut into small  
pieces (optional)**

**1 tablespoon chives,  
chopped**

**salt and pepper to taste**

- Coat medium non-stick skillet with non-fat cooking spray, coconut oil, or olive oil.
- Whisk egg whites and milk in a small mixing bowl.
- Combine mixture of egg whites and milk with turkey ham, tomatoes, mushrooms, chives, and cheese.
- Pour mixture into skillet and cook over medium heat for about 2 minutes or until desired consistency.
- Season to taste with salt and pepper.

## Easy Egg-White Omelet



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber. See Appendix for suggestions.

*Serves 2 to 3*

Quick and easy, a great breakfast. Pure protein plus some healthful vegetables. What could be better?

**6 egg whites**

**1/4 cup fresh mushrooms,  
chopped**

**1/4 cup fresh tomatoes,  
chopped**

**2 tablespoons chopped  
fresh cilantro**

**salt to taste**

**1 pinch pepper, to taste**

- Coat the bottom of a non-stick pan with a little olive oil, coconut oil, or fat-free cooking spray.
- Whip egg whites lightly with fork. The more you whip, the fluffier the omelet.
- Heat pan to medium heat.
- Pour in egg whites.
- Immediately add cilantro, tomatoes and mushrooms on top of egg whites in pan.
- Fold egg white omelet in half, covering the vegetables.
- Cook until lightly browned on one side, then flip and brown on other side.
- Cut in half, season with salt and pepper to taste, and serve!

# Stuffed Cabbage Surprise



This is a protein-carbohydrate balanced dish, but heavy on the concentrated carbohydrate in rice.

*Serves 6 to 12*

When most people think of stuffed cabbage they think of it as stuffed with meat and/or white rice. In this special recipe, we use a delicious, healthful mix of crumbled tofu or meat, plus an aromatic, deliciously flavored brown rice. This dish is so filling, we use it as a main course, with vegetable on the side. Everyone loves this stuffed cabbage – vegetarians and meat-eaters alike!

<b>1 cup brown basmati rice</b>	<b>pinch cayenne pepper, to taste</b>
<b>2 cups firm tofu, or ground meat</b>	<b>1/2 teaspoon cardamom, or to taste</b>
<b>12 large cabbage leaves</b>	<b>mildly flavored tomato sauce (use your favorite or one of our recipes for tomato sauce), to taste</b>
<b>1 to 2 cloves pressed or chopped garlic, to taste</b>	
<b>1 medium onion</b>	
<b>salt, to taste</b>	

- Cook rice according to instructions. We prefer using a rice cooker.
- Chop onion, then water-sauté as described on page 12, till brown.
- If using ground meat, add meat and garlic to onions after onions have been frying for about 5 minutes, then sauté the meat mix until onions are brown and meat is done (no longer red).

- If using firm tofu, crumble it thoroughly, then add to onions after onions have been frying for about 5 minutes. Add garlic, then sauté the tofu mix until onions are brown.
- Add fried meat mix or tofu mix to the rice, creating the stuffing mixture.
- Add 2 tablespoons of tomato sauce to the tofu-onion-rice or meat-onion-rice combination. Mix it in thoroughly.
- Add cayenne pepper (watch it, it's hot stuff!), cardamom, and salt, all to taste. Mix thoroughly.
- After washing cabbage leaves, steam for a few minutes until they are semi-tender, but not too soft.
- Lay the cabbage leaves out flat on towel to drain any excess water. Then move to a hard surface. Scoop stuffing mixture onto leaves (use enough to fill each roll), and roll. If a leaf is too small, use two leaves.
- Cover the bottom of a baking pan with tomato sauce, reserving enough sauce to pour over the rolls. Put in cabbage rolls, seam side down. Pour the rest of the sauce over rolls. Cover with aluminum foil. Bake at 400°F for 20 minutes.
- Remove foil and bake for another 10 minutes. Make sure cabbage leaves are completely soft before removing from oven.

Tip: Stuffed cabbage is great with a mild, slightly sweet tomato sauce, as opposed to the more sour, overpowering taste of the Italian sauces. One good choice is *Terrific Tomato Sauce* in the Sauces section.

# Luscious Lentil, Leek & Chicken Burritos



This dish contains a fair amount of protein, but even more carbohydrates. Optionally include other high-protein food. See Appendix for suggestions.

*Serves 4*

Featuring lots of protein, this dish is delicious as well as incredibly nutritious! We eat these all the time as our main course, especially when we want something tasty and casual for lunch or dinner.

- |  |   |
|--|---|
| <b>1 dozen small chicken breast strips</b>                             | <b>1 tablespoon lime juice</b>  |
| <b>4 whole wheat flour tortilla</b>                                    | <b>3/4 teaspoon dried oregano</b>   |
| <b>1½ cups cooked lentils (prepare per package instructions)</b>       | <b>3/4 teaspoon chili powder</b>  |
| <b>4 tomatoes, chopped into bite-sized pieces</b>                      | <b>1/2 teaspoon paprika, plus additional paprika for chicken strips, to taste</b> |
| <b>2 leeks</b>   | <b>1/4 teaspoon ground cumin</b>  |
| <b>2 scallions, finely chopped</b>                                     | <b>salt to taste</b>  |
| <b>1/2 teaspoon hot pepper sauce, &amp; on chicken strips to taste</b> |   |

- Cut the leeks in half lengthwise. Rinse well to remove any dirt from between the layers. Chop finely.
- Cover bottom of pan with a thin layer of water, enough to cook the leeks. Add oregano, chili powder, paprika, hot-pepper sauce,

cumin and salt to taste. Sauté over medium heat until the leeks are tender; usually 5 to 6 minutes. Mix in the hot cooked lentils.

- Sprinkle the chicken strips with salt, paprika and hot pepper sauce, to taste (careful with the heat!). Quick-broil at high heat, till breast turns white and chicken is done.
- Split the leek-lentil mixture evenly on top of the tortillas. Lay broiled chicken strips onto each open burrito.
- Roll up each tortilla to completely enclose its filling.
- After cleaning pan, smear *thin* layer of coconut oil and heat briefly on medium high. Add the burritos, seam-side down, and heat until brown: about 1 to 2 minutes.
- In a blender, combine the tomatoes and lime juice and pulse, then blend just enough so that the tomatoes are coarsely chopped (or do this by hand).
- Flip the burritos and cover with the tomatoes. Partially cover the pan and simmer until the tomatoes are heated through – about 4 minutes.
- Sprinkle with scallions, and serve.

# Cabbage Lasagna with Spinach



This is a high-protein dish, with plenty of vegetables. Optionally include balanced, protein, or moderate-carbohydrate food. See Appendix for suggestions.

*Serves 6*

This is not your classic lasagna. It's better. Cabbage instead of white flour pasta, tofu instead of cheese and/or meat. And the flavor's great! This dish takes some time to make, but the results are worth it. Imagine great-tasting lasagna you don't have to feel guilty about, that's actually good for you!

**12-16 large cabbage leaves**

**1 pound spinach**

**1 medium onion, chopped**

**1½ pounds mushrooms**

**1 pound firm tofu, mashed**

**4 cups spaghetti sauce**

**1 to 2 cloves garlic, minced**

**2 beaten eggs**

**2 tablespoons parsley,  
chopped**

**1/2 teaspoon salt or 1  
tablespoon soy sauce**

**pepper to taste**

- Wash cabbage leaves, drain excess water.
- Wash, chop, and steam spinach lightly. Then set aside.
- Sauté onion, mushrooms, and garlic in water in a non-stick pan. Set aside.
- In a bowl, mix together tofu, eggs, parsley, salt or soy sauce, and pepper.
- Mix the sautéed vegetables and the tofu mixture together.

- Place enough spaghetti sauce on bottom of an 8"x11" baking dish to cover completely, instead of oil.
- Place a first layer of cabbage on the bottom. Build layers, alternating cabbage, tofu mixture, spaghetti sauce, spinach. The final layer should be sauce.
- When done building layers, pour any remaining sauce around sides and on top of the lasagna.
- Cover the dish with aluminum foil; bake in preheated oven at 350°F for 45 minutes.
- Remove foil, bake another 8 minutes.
- Garnish and serve.

Note: This same recipe may be used with ground meat or fowl instead of tofu. You may want to sauté meat along with the onion, mushrooms, and garlic to make sure it's properly cooked.

Note: You may substitute low-fat cheese for the tofu, if you like, but remember that tofu is more healthful.

Note: You may substitute thinly-sliced eggplant for the cabbage leaves, layering them in as you would lasagna noodles or the cabbage leaves. The resulting dish will then be similar to eggplant parmigiana.

## Chicken & Broccoli Stir-Fry



This is a high-protein dish, with some vegetable carbohydrates. Optionally include a moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 4 to 6*

Scrumptious Oriental flavor in a nicely balanced protein dish, easily prepared.

<b>2 boneless, skinless chicken breasts</b>	<b>1 cup mushrooms, sliced</b>
<b>6 tablespoons soy sauce</b>	<b>1/2 cup sliced water chestnuts</b>
<b>1/4 cup rice wine vinegar</b>	<b>1/2 cup bamboo shoots</b>
<b>2 garlic cloves, minced</b>	<b>1/4 cup scallions, chopped</b>
<b>1/2 cup low-fat chicken broth</b>	<b>1 tablespoon cornstarch (or arrowroot)</b>
<b>1/4 cup water</b>	<b>pinch cayenne pepper, to taste</b>
<b>2 cups broccoli florets</b>	

- Cut chicken into bite-sized pieces.
- In large bowl, combine soy sauce, vinegar and garlic. Add chicken, cover with plastic wrap, and marinate in refrigerator for 1-2 hours.
- Very lightly coat frying surface of wok or non-stick skillet with coconut oil or non-fat cooking spray.
- Pour chicken broth into wok or large non-stick skillet. Heat broth over medium heat and add chicken, reserving soy sauce mixture.

- Cook for 5 minutes, stirring often to prevent sticking. Remove chicken with a slotted spoon and place on a plate.
- Add water, broccoli, mushrooms, water chestnuts, bamboo shoots, and scallions to wok. Cook over medium-high heat for 3 minutes.
- Add cornstarch to reserved soy sauce mixture. Stir until smooth.
- Return chicken to wok. Add soy sauce mixture to chicken and vegetable mixture. Bring to a boil and cook for 2-3 minutes.

## Chicken Piccata



This is a high-protein dish, with some carbohydrates. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber. See Appendix for suggestions.

*Serves 4 to 6*

Nicely balanced, this is a classic chicken dish served in the best restaurants, and now... at your place!

<b>4 chicken breasts, boneless, skinless, cut in half and flattened</b>	<b>1½ cups low-fat chicken broth</b>
<b>7 tablespoons whole wheat flour</b>	<b>1/2 teaspoon salt</b>
<b>1/4 teaspoon pepper</b>	<b>1 tablespoon lemon juice</b>
<b>1/2 cup water</b>	<b>1 lemon, sliced</b>
	<b>3 tablespoons drained small capers</b>

- In a large plastic bag, combine flour, salt and pepper to taste.
- Pour water into a medium-sized bowl.
- Coat sliced chicken breasts individually with water and place in the plastic bag containing the flour mixture. Seal bag tightly and shake it so that each chicken breast is completely coated. Place coated chicken breasts on a plate.
- Pour chicken broth into a large non-stick skillet and cook on medium heat for about 2 minutes.
- Add coated chicken to hot broth, cover and cook on medium heat for 12-15 minutes, or until chicken is cooked thoroughly. Turn chicken over as often as necessary to prevent sticking.
- Add capers, lemon juice, and lemon slices to chicken and cook for 3 additional minutes. Serve.

## Lemon/Garlic Chicken



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 4*

Lemon, garlic and pepper add up to a mouthful of flavor in this tasty high-protein dish.

**10 skinless chicken thighs  
or breasts**

**5 cloves garlic, peeled and  
chopped**

**8 lemons**

**1 teaspoon salt, or to taste**

**1/4 teaspoon pepper, or to  
taste**

- Place chicken in ovenproof dish.
- Squeeze lemons and pour the juice into a small bowl.
- In a separate bowl, add salt and pepper to chopped garlic and crush with a mortar or the bottom of a spoon.
- Add crushed garlic to lemon juice, stir thoroughly, and pour over chicken.
- Marinate chicken for 1 hour in refrigerator.
- Preheat oven to 375°F.
- Cover marinated chicken with aluminum foil and place in oven.
- Bake chicken for 1 hour.

# Tempeh Fajitas With Blanket of Sauce



This is a medium-carbohydrate dish. Include high-protein food with this recipe. See Appendix for suggestions.

*Serves 4*

This dish speaks for itself with flavors that melt in your mouth! It's unusual, ethnic and complex. This one is not for the faint of heart. (See "Tempeh" in the *Food Facts & Definitions* section.)

## Fajitas:

**8-oz. pkg. tempeh, thawed**  
(see Food Facts &  
Definitions section)

**1 large chopped tomato**

**1/4 head lettuce, chopped**

**1 small avocado (optional),  
chopped**

**2 to 3 cloves garlic,  
pressed or minced**

**1/3 cup fresh lime juice**

**1/2 cup vegetable stock or  
water**

**1 teaspoon soy sauce**

**4 whole wheat tortillas**

- Whisk together garlic and lime juice and pour over tempeh in a flat dish. Cover and let marinate in the refrigerator for several hours, turning tempeh occasionally.
- Drain tempeh.
- Cover non-stick pan with thin layer of coconut oil. Brown tempeh on both sides over moderate heat.
- Add stock or water and cover pan tightly. Steam until liquid is almost absorbed, then add soy sauce and turn tempeh so that it is coated with the soy sauce.
- Cover and cook away remaining liquid.

- Remove tempeh from pan and cut into thin strips.
- Wrap tortillas in aluminum foil or place in a tightly covered pan. Warm in a moderate oven for several minutes.
- Remove from oven. Arrange tempeh strips down the middle of each tortilla, add tomato, lettuce and avocado, and spoon blanket of sauce on top.
- Fold or roll up, and arrange fajitas on serving dish(es).
- Serve immediately with extra sauce.

Tip: Add grilled chicken breast strips for more protein.

Blanket of Sauce:

**1 medium tomato, finely  
chopped**

**1 clove garlic, minced**

**1 medium mild onion,  
finely chopped**

**1/4 to 1/2 teaspoon salt**

**1 cup loosely packed  
cilantro leaves, finely  
chopped**

**1 serrano pepper, seeded  
and minced**

- Combine garlic, onion, tomato and cilantro in a bowl. Add serrano pepper and salt to taste. Set aside.

## Orange/Mint Chicken



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 6*

The whole family will enjoy this zesty, flavorful dish. It has a wonderful gourmet touch to it!

**6 boneless, skinless  
chicken breast halves**

**1/4 cup orange juice**

**1/2 teaspoon dried basil**

**5 teaspoons fresh chopped  
mint, or to taste**

**1 cup fat-free chicken  
broth, divided into two  
equal parts**

**1 orange, peeled and cut  
into segments**

**salt and pepper, to taste**

- Combine orange juice, mint, basil, and half the chicken broth.
- Add chicken and marinate in the above mixture for 20 minutes in the refrigerator.
- Remove chicken, reserving marinade.
- In a large, non-stick skillet, add chicken and the remaining half of the chicken broth and cook covered over medium heat until chicken is golden brown (about 6 minutes per side).
- Transfer to serving platter and keep warm.
- Place orange segments and the reserved marinade in skillet. Bring to boil.
- Pour marinade liquid over chicken and garnish plate with mint.

# Barney's Bean and Vegetable Tacos



This is a protein-carbohydrate balanced dish.

*Serves 4*

A great basic offering, easy to prepare, and it has just about everything you need in a meal. Feel free to chow down!

**4 corn or whole wheat  
tortillas**

**8 prepackaged meatballs  
or tofu/soy meatballs**

**1 cup refried black beans,  
warmed (use beans with  
no added fat)**

**1 avocado, mashed with  
minced red onion and  
lime juice to taste**

**3/4 cup finely shredded  
lettuce**

**2 green onions, finely  
chopped**

**1/2 cup *salsa verde* or  
*salsa ranchero*, or to  
taste (always oil-free  
though)**

- Prepare the meatballs or tofu-meatballs of your choice, per package directions (usually just a matter of warming them up).
- Wrap tortillas in aluminum foil and heat in 300°F oven for about 5 minutes. Avoid overheating: that'll make them too stiff.
- While tortillas are heating, heat beans in a non-stick pan.
- When tortillas are ready, mash in the meatballs or tofu-meatballs, then add beans, avocado, lettuce, onions, and salsa. Fold each tortilla in half, garnish, put on your sombrero, and serve.

# Sesame Chicken



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 6*

We just love the taste of sesame in this baked, yet very Chinese-flavored, high-protein dish.

<b>12 chicken drumsticks</b>	<b>1/2 teaspoon garlic powder</b>
<b>2 tablespoons sesame seeds, toasted</b>	<b>1/4 teaspoon seasoned salt</b>
<b>1 teaspoon ground ginger</b>	<b>1/2 cup soy sauce (or Bragg's Aminos)</b>
<b>1/2 cup lemon juice</b>	<b>1/4 teaspoon pepper</b>

- Toast sesame seeds (if not already toasted) in oven at 400°F until brown.
- In large shallow bowl, combine soy sauce, ginger, lemon juice, garlic powder, salt and pepper.
- Add chicken to soy sauce mixture and allow to marinate in refrigerator for 2 hours, turning chicken occasionally.
- Preheat oven to 400°F. Line a baking pan with aluminum foil; coat the exposed surface with non-stick cooking spray, olive oil, or coconut oil. Place chicken in pan. Reserve marinade.
- Bake chicken for about 40 minutes, turning chicken pieces once and basting often with the marinade.
- Place chicken on a serving platter, and evenly coat each piece with sesame seeds.

- Pour remaining marinade into a small pan and bring to a boil, reduce heat and simmer on low for 2 minutes.
- Serve heated marinade as sauce for the chicken.

Tip: To add vegetables to this dish, try broccoli and/or bamboo shoots right alongside the chicken, using the marinade as sauce.

## Hot-Hot Tamale Dish



This is a protein-carbohydrate balanced dish.

*Serves 6*

This dish is solid, filling, spicy and balanced. It's great if you're craving an intensely flavorful, healthful Mexican dish.

<b>1 medium onion, finely chopped</b>	<b>1/4 cup thawed frozen corn</b>
<b>1 medium green bell pepper, seeded and finely chopped</b>	<b>1 teaspoon chili powder</b>
<b>2 garlic cloves, minced</b>	<b>1 teaspoon ground cumin</b>
<b>one 16-oz. can unsweetened tomato sauce</b>	<b>1½ teaspoons fine sea salt or seasoning salt</b>
<b>8-10 egg whites (depending on how much protein you want in dish)</b>	<b>pinch of cayenne pepper</b>
<b>16 oz. of cooked pinto beans, rinsed and drained (or use canned to save time)</b>	<b>3 cups water</b>
	<b>1 cup yellow stone-ground cornmeal</b>
	<b>1 tablespoon freshly squeezed lemon juice</b>
	<b>1 teaspoon Dijon mustard</b>

- Sauté the onion, bell pepper, and garlic in small amount of water in a large non-stick frying pan over medium-to-high heat until softened: about 6 to 8 minutes.
- Stir in the egg whites, tomato sauce, pinto beans, corn, chili powder, cumin, 1 teaspoon (of the total 1½ teaspoons) salt, and cayenne pepper, and remove from heat as soon as the egg whites firm slightly: about 1-2 minutes. Transfer entire mixture to an 8"x8" glass baking dish.

- Preheat oven to 350°F.
- Boil the water, add the cornmeal, lemon juice, mustard, and remaining 1/2 teaspoon salt in a large saucepan, and stir until mixed. Bring to a boil again over medium-high heat, then immediately reduce the heat to low and simmer, stirring often, until thickened: 3 to 5 minutes.
- Spread the cooked cornmeal mixture over the bean mixture. Bake for 30 minutes.
- Cool for 10 minutes before serving.

## Casablanca Winter Stew



This is a medium-carbohydrate dish. Include high-protein food of your choice. See Appendix for suggestions.

*Serves 4 to 6*

This is a fabulously filling dish that has its origins in Northern Africa. It has been adjusted to American tastes, but retains its earthy, deeply satisfying texture and flavor.

<b>1 medium white potato, peeled and cubed</b>	<b>3 tablespoons grated fresh ginger root</b>
<b>1 cup chopped zucchini or yellow summer squash</b>	<b>2 tablespoons ground coriander</b>
<b>2 tomatoes, chopped</b>	<b>4 cups chopped onions</b>
<b>4 cups peeled and cubed eggplant</b>	<b>2 cups tomato juice</b>
<b>15 to 20 Brussels sprouts</b>	<b>1/4 to 1/2 cup vegetable stock or water</b>
<b>2 green peppers, coarsely chopped</b>	<b>1/2 teaspoon cayenne pepper (or to taste)</b>
<b>3 garlic cloves, minced or pressed</b>	

- Steam or boil potato cubes until just tender and Brussels sprouts till tender (potatoes take longer than Brussels sprouts).
- Meanwhile, sauté the garlic, ginger, and spices in water for one minute. Add the onions and cook until they begin to soften.
- Add the tomatoes, eggplant, and a small amount of vegetable stock or water and simmer for 10 minutes. Add the zucchini and peppers and continue to simmer until all of the vegetables are tender: about 20 minutes.

- Drain the potatoes and Brussels sprouts and add them to the stew along with the tomato juice. Stir well. Simmer on low heat for 5 to 10 minutes, stirring occasionally to prevent sticking.
- Garnish and serve (preferably with a protein dish such as meat, chicken, tempeh, etc.)

Suggestion: Try this one over steaming spaghetti squash. See *Food Facts & Directions* for more on this wonderful food, including details on preparation.

## Lentil Vegetable Stew (Mujeddarah)



This is a medium-carbohydrate dish. Include high-protein food of your choice. See Appendix for suggestions.

*Serves 4 to 6*

Lentils come in a rainbow of colors: yellow, orange, red, green and brown. Choose any of them for this vegetable bean stew which is very hearty, filling and healthful.

**3 cups water**

**8 ounces dried, washed lentils (about 1¼ cups)**

**1 peeled medium potato, cut into 1-inch cubes**

**1 medium onion, chopped**

**15 to 20 Brussels sprouts**

**1 stalk celery, chopped**

**2 medium zucchini, cut into 1/2 inch slices**

**2 cloves garlic, finely chopped**

**1 tablespoon finely snipped parsley**

**1 tablespoon instant beef or vegetable bouillon**

**1 teaspoon salt**

**1 teaspoon ground cumin**

**lemon wedges**

- Boil lentils in water in Dutch oven or rice maker. Reduce heat. Cover and cook till lentils are almost tender: about 30 minutes.
- Stir in potatoes, onion, celery, Brussels sprouts, garlic, parsley, bouillon, salt and cumin. Cook covered until potato cubes are tender: about 20 minutes. Uncover if you want it thicker.
- Stir in zucchini. Cover and cook until zucchini is tender, 10 to 15 minutes.
- Serve with lemon wedges.

# Rosemary Bell Pepper Chicken



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 2*

The combination of rosemary and bell peppers makes for a perfect, special blend of flavors in this succulent chicken dish.

**1 pound skinned chicken pieces**

**seasoning salt, to taste**

**garlic salt, to taste**

**1 teaspoon rosemary leaves, or to taste**

**1 green bell pepper, cut in thin slices**

- Pour a thin layer of water, enough to cover the bottom of an 11" x 9" baking dish.
- Sprinkle both sides of chicken generously (or to taste) with seasoning salt and garlic. Place in baking dish. Sprinkle rosemary over chicken. Cover with foil or pot cover and bake at 425°F for 30 minutes.
- Turn pieces over, cover again, turn oven down to 350°F, and cook for 30 more minutes.
- Place green bell pepper slices over chicken. Cover and cook another 10 minutes.
- Remove cover and cook another 10 minutes uncovered to brown.
- Garnish and serve.

Tip: Add small amounts of water to the baking dish as needed to prevent chicken from drying.

## Meaty Veggie Burgers



This is a protein-carbohydrate balanced dish.

*Serves 6*

These burgers are so delicious, you can eat them just like meat hamburgers by putting them on a whole wheat bun with catsup, mustard, pickles and onions. And they are *much* more healthful. Plus, your kids will love them this way.

Using the same recipe with just a few modifications, you can make the versatile *Meatless Balls*, described in the next recipe.

<b>1 large onion, finely chopped</b>	<b>1/4 cup chopped fresh parsley</b>
<b>1 large carrot, grated</b>	<b>3/4 cup walnuts, ground or finely chopped</b>
<b>1 green pepper, finely chopped</b>	<b>1 tablespoon Dijon mustard</b>
<b>1½ teaspoons dried basil</b>	<b>3 tablespoons tamari soy sauce</b>
<b>2 large eggs</b>	<b>black pepper to taste</b>
<b>3 cakes of tofu, pressed</b>	
<b>3/4 cup whole wheat bread crumbs</b>	

- Sauté the vegetables and basil in water until tender: about 10 minutes.
- In a large bowl, lightly beat the eggs, then add the bread crumbs, walnuts, and remaining ingredients.
- Mash the pressed tofu with either a potato masher or your hands and add it to the bowl, along with the sautéed vegetables. Stir well. The mixture should be firm enough to form patties.

- Pat the mixture into 6 large burger patties. Bake on a baking sheet lightly coated with coconut oil at 375°F until golden brown on the outside, but still moist inside: about 30 minutes.
- Serve with low-fat catsup, tomato, lettuce and pickles on wheat buns.

Tip: See *Meatless Balls* next for another way to use this recipe.

# Meatless Balls



This is a protein-carbohydrate balanced dish.

*Serves 6*

These are delicious as hors d'oeuvres, for parties, as a main dish with gravy (like meatballs), and for general munching. These balls have approximately the same amount of protein as regular meatballs and none of the saturated fat. And they've got fiber in them, while meat, of course, has none.

For about *3 dozen balls*, add the following ingredients to the *Meaty Veggie Burger* mix described earlier:

**3 garlic cloves, minced**

**1 teaspoon ground fennel seed**

**3/4 teaspoon dried oregano**

**an additional 1½ teaspoons Dijon mustard**

- Form 1½-inch balls and bake at 350°F on a baking sheet thinly coated with coconut oil or olive oil for 20 to 30 minutes.
- Serve with gravy (like meatballs); in a pita pocket like falafel; on their own as hors d'oeuvres; or with sauce of your choice.

# Tasty Tuna Steaks



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber like vegetables. See Appendix for suggestions.

*Serves 2*

For all you tuna lovers, this one's for you. The combination of wine, soy sauce and ginger gives this dish grace and fragrance.

**1 pound tuna steaks**

**1 teaspoon ginger**

**1/2 cup red wine**

**garlic to taste**

**1/2 cup soy sauce**

**1 bay leaf**

- Mix all ingredients together except tuna. Add tuna and marinate overnight.
- Put enough marinade sauce in baking pan to cover bottom (instead of oil). Bake at 350°F until done.
- For rare tuna steaks, instead of baking, cover bottom of non-stick skillet with marinade sauce and sear tuna on each side for approximately two minutes (or as you prefer) with range set on medium high.

## Chicken Marsala



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 2 to 4*

This recipe was given to us by one of our most successful **BioSlim** users. It is carefully designed to remove any fat, and it's delicious and flavorful yet very filling and complete. Everyone who has tasted this recipe has loved it!

**4 boneless, skinless  
chicken breasts**

**1 cup chicken bouillon  
(add 1 teaspoon chicken  
bouillon granules to 1  
cup boiling water)**

**6 to 7 large fresh  
mushrooms, sliced thin**

**1 shallot, minced**

**2 tablespoons fresh  
chives, sliced or minced**

**1 to 2 teaspoons lemon  
juice**

**1/2 to 1 cup Marsala wine  
(use regular, not  
cooking, as cooking  
wine has loads of salt!)**

**lemon pepper or  
seasoning salt**

**pepper and garlic powder,  
to taste**

- “Brown” chicken breasts in pan with 2 teaspoons chicken bouillon on bottom of pan, using medium to high flame. As chicken is cooking the bouillon will evaporate. As it does, add the lemon juice. Continue to brown until chicken is cooked through, but not dry. All spices should be added to chicken while browning, using them to your taste.
- Remove chicken from pan, and keep it warm.

- Next, add remaining bouillon to a skillet and heat well. Add shallot and mushrooms, and sauté them until almost done (tender) and add chives. Continue cooking until fully tender.
- Add Marsala wine, and bring the sauce mixture almost to a boil (just a little *rippy*).
- Add chicken to sauce, and cook till done.
- Garnish and serve with vegetable of your choice.

# Aromatic Orange Chicken Breasts



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 4*

Want to try something unusual? This subtly flavored citrus chicken dish is hard to beat. Simple to prepare, low in fat, yet so delicious you wouldn't think it was so healthful too.

**1 pound boneless, skinless  
chicken breasts**

**2 tablespoons paprika**

**1 teaspoon dried oregano**

**1/4 teaspoon ground  
cumin**

**3 garlic cloves, minced**

**1/2 cup orange juice**

**3 tablespoons lime juice**

**1 tablespoon red wine  
vinegar**

- In a 9"x13" baking dish, combine the paprika, oregano, cumin and garlic. Mix in the orange juice, lime juice and vinegar.
- Add the chicken to the dish and turn to coat well. Arrange in a single layer.
- Bake, covered, at 400°F, basting occasionally. Cook for 30 minutes.
- Remove cover and bake till cooked through.
- Remove from oven, garnish, add vegetable on side, and serve.

# Crisp Rosemary-Garlic Chicken



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 4 to 6*

This chicken dish is so easy to make – even a beginner cook can easily create the wonderful flavor of this recipe. Your guests will believe you are a gourmet cook!

Note: Though this dish is cooked with the skin to hold the herbs in, we strongly advise removing the skin before you eat it (the skin contains a large amount of fat).

**3½ pounds roasting  
chicken**

**1½ tablespoons thinly  
sliced garlic cloves**

**4 rosemary sprigs  
coarse salt (optional)**

**cayenne or black pepper,  
ground**

- Preheat oven to 500°F. Remove insides and all excess fat from chicken. Rinse chicken inside and out; pat dry.
- Lift skin, and push rosemary and garlic around breast and leg meat, being careful not to break skin. Put remaining garlic and rosemary inside the cavity. Generously salt (optional, but causes greater crispness) and pepper chicken inside and out.
- Put in baking pan with small amount of water to cover pan bottom. Cover the baking pan, and cook for 15 minutes, then reduce heat to 450°F, and *uncover*.
- Continue cooking uncovered until skin is crispy, while meat remains moist: about 30 minutes or longer.
- When done, remove from oven, garnish, and serve.

## Tex-Mex Chicken



This is a protein-carbohydrate balanced dish.

*Serves 2*

This dish has its very own distinctive Mexican flavor. Delicious for those who want something different—tasty yet healthful.

**2 boneless, skinless  
chicken breasts, cut into  
strips**

**1/4 cup uncooked brown  
rice**

**1 chicken bouillon cube**

**1¾ cup hot water**

**¾ cup salsa**

**1 small can (2.3 oz.) sliced  
ripe olives, drained**

**1/3 cup chopped green  
onions, plus additional 2  
tablespoons**

**salt to taste**

**other favorite spices to  
taste**

- Cook chicken separately in skillet with 1/4 cup water and 1/4 cup salsa. When chicken is cooked thoroughly, remove from skillet and set aside.
- Boil rice for 15 minutes, then drain.
- Add 1/4 cup water to skillet with 2 tablespoons chopped onions and partially cooked rice. Sauté until onion is tender and rice is browned.
- Add bouillon cube.
- Gradually add remaining hot water and salsa. Stir just to mix.
- Add cooked strips of skinless chicken, salt and other favorite spice(s) to taste. Cover and simmer 20 to 25 minutes until liquid is absorbed and rice is fully cooked (tender). Stir in olives and remaining green onions.

## *Entrees*

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- Garnish, add vegetable side dish if desired, and serve.

# Paprika Chicken Drumlets



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 2 to 4*

This recipe is very simple, created for people who like to nibble. Much like chicken wings, they're great as a main dish or as appetizers.

**1 pound chicken drumlets, skin removed**

**paprika (to taste)**

**salt (to taste)**

**garlic (to taste)**

- Get small chicken legs (“drumlets”).
- Remove skin and wash drumlets thoroughly.
- Sprinkle paprika, salt and garlic to taste on both sides of drumlets. Make sure paprika lightly covers the meat completely.
- In baking dish (like Pyrex), add enough water to cover bottom. Place the drumlets in dish, cover and cook for 30 to 45 minutes at 350°F or until tender.
- Remove cover, turn drumlets over. Sprinkle more spices on top and cook with cover off for 20 to 30 more minutes.
- Total cooking time depends upon individual ovens. Check occasionally and remove when ready.
- Garnish, add vegetable side dish, and serve.

# Fruity Chicken



This is a protein-carbohydrate balanced dish.

*Serves 4*

Another unusual, mouth-watering recipe to liven up a chicken meal.

<b>4 pears</b>	<b>1 stalk celery, coarsely chopped</b>
<b>2 cups pear juice</b>	<b>1 onion, coarsely chopped</b>
<b>1/4 teaspoon ground cinnamon</b>	<b>1 bay leaf</b>
<b>1 cup vegetable or chicken stock</b>	<b>4 oz. carrots, julienned</b>
<b>1 pound boneless, skinless chicken breasts</b>	<b>4 kiwi fruit, peeled and thinly sliced</b>
	<b>salt to taste</b>

- Quarter the pears and remove the cores. Place in a large non-stick frying pan. Add the pear juice and cinnamon. Bring to a boil, then reduce the heat and simmer until the pears are just tender: about 10 to 20 minutes.
  - Remove pears from liquid and keep warm, reserving the juice.
  - In the same frying pan, combine the stock, chicken, celery, carrots, onions, and bay leaf. Cover and simmer over medium heat for 20 minutes, or until the chicken is cooked through.
  - Remove chicken from the liquid, serve with the pears and kiwis.
- Tip: As an added touch, you can pour the reserved fruit juice over the entire prepared dish before serving.

# Bangkok Chicken



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food, preferably high in fiber such as vegetables. See Appendix for suggestions.

*Serves 4*

The Thai influence here gives this dish an exotic, distinct flavor.

**1 pound boneless, skinless  
chicken breast**

**1/4 cup minced fresh  
parsley**

**1/4 cup lime juice**

**1/4 cup lemon juice**

**3 cloves garlic, minced**

**1 teaspoon red pepper  
flakes**

**2 teaspoons low-sodium  
soy sauce**

**1/2 teaspoon peeled,  
grated ginger root**

**2 scallions, minced**

- In a shallow glass dish, create your marinade by combining parsley, lime juice, lemon juice, soy sauce, pepper, ginger and garlic.
- Add chicken to marinade, coating each piece with it. Cover and let stand for about 30 minutes, turning pieces after 15 minutes.
- In a large non-stick frying pan over medium-high heat, warm enough water to sauté chicken. Remove chicken from marinade, reserving the marinade, and place in frying pan.
- Sizzle each side of chicken until done: about 15–20 minutes.
- Transfer to a platter.
- Boil marinade in pan for about 1 minute. Drizzle over chicken. Sprinkle with scallions, and serve.

## Chinese Chicken Cutlets



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 4*

Here's how to give chicken an Oriental boost without the added chemicals or oils found in most restaurants. If served over a small amount of brown rice, this is a complete protein-carbohydrate balanced meal. Alone, it's a delicious high-protein dish.

**1 pound boneless and skinless chicken breast**

**1½ cups chicken stock**

**2 tablespoons tomato paste**

**1 tablespoon soy sauce**

**1 teaspoon peeled, minced ginger root**

**1 tablespoon honey**

**4 cloves garlic, minced**

**small amount hot pepper sauce, to taste**

**2 cups hot cooked brown rice**

**water, enough to cover pan for sautéing the chicken**

- Cut chicken into ½-inch slices.
- In a large non-stick frying pan over medium heat, add water to sauté chicken. Add chicken; sauté until it begins to brown: about 7 minutes.
- In a medium bowl, combine stock, tomato paste, soy sauce, honey, ginger, garlic and pepper sauce. Pour over chicken.
- Reduce heat to medium-low. Partially cover the pan and simmer until chicken is cooked thoroughly: about 20 minutes or more. Garnish and serve.

## Mexican Salad with Chicken



This is a high-protein dish. Optionally include balanced food of your choice. See Appendix for suggestions.

*Serves 4*

A robust blend of distinct flavors including peppers, spices and herbs, this delicious salad with chicken is very popular.

**2 tablespoons tomato  
paste**

**juice of 2 lemons**

**4 cloves garlic, minced**

**2 jalapeño peppers**

**3 cups shredded spinach  
or other greens**

**1 pound boneless, skinless  
chicken breasts**

**1 teaspoon dried oregano**

**1/4 teaspoon ground  
cinnamon**

**2 tablespoons toasted  
sesame seeds (can  
place seeds on cookie  
sheet in oven at 350°F  
until brown)**

**1 teaspoon cumin**

- In a shallow glass dish, create marinade by combining tomato paste, lemon juice, garlic, peppers, oregano, cumin, cinnamon.
- Place the chicken in the marinade; coat all sides. Refrigerate for 30 minutes, turning the pieces after 15 minutes.
- Preheat broiler. Place chicken in baking dish lightly coated with coconut oil, reserving marinade. Broil or grill until cooked through, 10 minutes on each side or more until done.
- In a small saucepan, boil marinade for about 1 minute.
- In a large bowl, toss greens (spinach, et al.) with marinade, combining well. Slice the chicken and place on the greens. Sprinkle with sesame seeds, and serve.

# Tasty Turkey Chili



This is a protein-carbohydrate balanced dish, heavy on the protein, plus lots of vegetables. Optionally include balanced food of choice. See Appendix for suggestions.

*Serves 6*

Healthful, delicious chili, loaded with protein and vegetables.

**1 cup low-fat chicken broth**

**1 pound lean ground turkey**

**1 large yellow onion, chopped**

**1 green pepper, chopped**

**4 cups tomatoes, chopped**

**1 green chili, chopped**

**3 tablespoons fresh cilantro, chopped**

**1/2 teaspoon seasoning salt, or to taste**

**1 tablespoon chili powder**

**1 teaspoon garlic powder**

**1/2 teaspoon pepper**

- In large saucepan, combine turkey, onion and chicken broth. Sauté for about 7 minutes, stirring frequently, breaking turkey apart with spoon.
- Add green pepper, tomatoes, cilantro, green chili, chili powder, garlic powder, salt and pepper.
- Cook over medium-low heat for 30-40 minutes, stirring frequently.
- Spoon into serving bowls, garnish and serve.

Suggestion: Try some steaming spaghetti squash under this chili. See *Food Facts & Directions* for preparation details.

# Turkey Enchilada Casserole



This is a protein-carbohydrate balanced dish.

*Serves 8*

This is another dish that's so delicious and full of flavor, it's amazing that it's also healthful and low in fat! You can eat this as a meal unto itself.

<b>1/2 cup chicken broth</b>	<b>two 16-oz. cans vegetarian refried beans (without lard)</b>
<b>1 medium onion, chopped</b>	<b>1 teaspoon salt</b>
<b>2 cloves garlic, finely chopped</b>	<b>42 oz. (approx.) Enchilada Sauce (see preparation instructions below)</b>
<b>2 pounds extra lean ground turkey, white meat</b>	<b>8 corn tortillas</b>

- In large skillet, heat 1/4 cup of the broth.
- Add onion and garlic to the skillet and broth and cook until tender.
- Crumble in ground turkey. Continue cooking, adding more broth if necessary, until meat loses pink color.
- Add refried beans, salt, and 3/4 to 1 cup of the Enchilada Sauce (see below). Simmer until liquid evaporates and meat is thoroughly cooked.
- Spread layer of sauce on bottom of 13"x9" baking dish.
- Dip 4 tortillas in remaining sauce, turning them so both sides are softened. Place in an overlapping single layer in the prepared

pan. Cover with half of the bean-and-turkey mixture and a little sauce.

- Dip remaining tortillas in sauce and layer on top of the previously layered bean-and-turkey mixture.
- Cover with remaining bean-and-turkey mixture, then more sauce.
- Bake at 350°F for 25 to 30 minutes, making sure enchiladas are heated through.
- Garnish and serve.

Enchilada Sauce:

**16 oz. red enchilada sauce**

**10-oz. can tomato sauce**

**16 oz. Chile Colorado  
sauce (available in most  
food stores)**

**1 teaspoon ground cumin  
(or more to taste)**

**1/2 teaspoon oregano (or  
more to taste)**

Combine in large mixing bowl for dipping tortillas. Use as above.

# Turkey Vegetable Casserole



This is a protein-carbohydrate balanced dish, heavy on the protein, plus lots of vegetables. Optionally include balanced food of choice. See Appendix for suggestions.

*Serves 4 to 6*

This casserole is loaded with protein (turkey) and lots of vegetables. It's a whole meal, in and of itself. And personally, we love the allspice.

**2/3 cup low-fat chicken  
broth**

**1 large eggplant, peeled  
and cut into 1/4" slices**

**1 large onion, sliced**

**1 pound lean ground  
turkey**

**16-oz. can tomato sauce**

**4 large tomatoes, sliced**

**1/2 cup pine nuts**

**1½ teaspoons allspice**

**1/2 teaspoon seasoning  
salt, or to taste**

**1/2 teaspoon pepper**

**optional: cooked spaghetti  
squash**

- Preheat oven to 350°F.
- Pour chicken broth into large skillet and place eggplant slices in the broth.
- Sauté for about 4 minutes over medium heat.
- Carefully remove eggplant with spatula and place in a 9"x13" baking pan.
- Place ground turkey, allspice, seasoning salt and pepper in skillet with chicken broth. Sauté until brown, breaking turkey apart with spoon (approximately 5 minutes).

- Add pine nuts to ground turkey and continue to sauté for an additional 2 minutes. Remove from heat.
- Layer the turkey mixture, tomatoes, and onions over eggplant slices and pour tomato sauce evenly over layers.
- Cover pan with aluminum foil and bake for 30-40 minutes.
- Season with pepper and seasoning salt, to taste.

Optional: If you want to layer this delicious dish on something, try spaghetti squash. It's much better than pasta! See *Food Facts & Directions* for more on this wonderful food, including details on preparation.

# Turkey Loaf Supreme



This is a high-protein dish, partly balanced by the vegetables.  
Optionally include balanced or vegetable food.  
See Appendix for suggestions.

*Serves 4*

Turkey that's tasty, impressive, filling, healthful. A great substitute for meat loaf.

**1 pound turkey breast,  
skinless and ground  
(use 99% fat free or the  
leanest available)**

**1/2 medium onion, finely  
chopped**

**1/2 medium bell pepper,  
chopped**

**1 small grated carrot**

**1 can Italian-style stewed  
tomatoes**

**1/3 cup low-fat catsup**

**1 large egg white**

**1/3 cup oatmeal**

- Put some of the stewed tomato sauce at the bottom of a 9"x9" dish.
- Mix all remaining ingredients together, then form into a tight loaf. Place in baking dish, cover.
- Cook in preheated 350°F oven for 30 to 45 minutes. Drain when done.
- Top with chili sauce or additional catsup, and serve with your favorite vegetables on the side.

## Vegetable Turkey or Chicken Breasts



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 1 to 2*

A wonderful low-fat, delicious food. And to top it off, it's extremely easy to make!

**1 breast turkey or chicken, skinless**

**1½ cups tomato juice**

**1 cup sliced mushrooms**

**1/2 cup chopped carrots**

**1 tablespoon dehydrated onion flakes**

**1 package beef bouillon**

- Place breast of chicken or turkey in baking pan and cover with juice, onion flakes, mushrooms, carrots and beef bouillon.
- Cover baking pan with lid and bake for 1½ hours at 350°F for turkey – or approximately 1 hour for chicken – until tender and cooked throughout.

## Speedy Turkey Stir-Fry



This is a high-protein dish, partly balanced by good vegetable carbohydrates. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 2*

Turkey and vegetables. What could be more *American*?!

**1 pound lean ground turkey**

**1/2 cup low-fat chicken broth**

**1 tablespoon dried cilantro**

**1/2 teaspoon seasoning salt**

**1/4 teaspoon pepper**

**2/3 cup chopped carrots**

**2/3 cup chopped celery**

**2 tomatoes, chopped**

**1/2 cup sliced mushrooms**

- In a large skillet, combine chicken broth, ground turkey, cilantro, salt and pepper. Cook over medium heat for about 5 minutes, or until no longer pink. Break turkey apart with spoon as it cooks.
- Add carrots, celery, tomatoes, and mushrooms and cook for an additional 8-10 minutes, or until tender.

## **Lamb/Tomato Delight**



This is a protein-carbohydrate balanced dish.

*Serves 4*

- 1 cup low-fat chicken broth, divided into 2 equal parts**
- 1 garlic clove, minced**
- 1 medium yellow onion, chopped**
- 1 pound lean lamb, cut up into 1" pieces**
- 1 pound fresh okra, washed and cut into thick, round slices  
(or frozen okra, already cut up)**
- 2 medium tomatoes, chopped**
- 1 teaspoon seasoning salt**
- 1/8 teaspoon pepper**

- In a non-stick frying pan, add 1/2 cup chicken broth, garlic and onion.
- Sauté for 3 to 4 minutes until onions are transparent.
- Remove onion and garlic and place on a small plate.
- In same frying pan, add lamb and 1/2 cup of chicken broth.
- On medium heat, cook about 7 to 10 minutes, or until lamb is no longer pink.
- Add okra, onion, garlic, tomatoes, salt and pepper to lamb and cook for an additional 5 to 6 minutes, stirring frequently.
- Garnish and serve.

# Great Garlic Turkey Breast



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*6 servings*

This is a popular, succulent and tender turkey recipe. The garlic gives it that tangy flavor and, as you've probably heard, it's extraordinarily healthful! Cooking the turkey in the bag helps to hold in the moisture and all the flavors.

<b>1 skinless turkey breast (5 pounds)</b>	<b>4 carrots, cut into 4-inch sticks</b>
<b>12 cloves garlic, peeled</b>	<b>1 cup stock</b>
<b>1 teaspoon dried thyme</b>	<b>1 teaspoon dried rosemary</b>
<b>1 tablespoon whole wheat flour</b>	<b>1 to 2 bay leaves</b>
<b>8 oz. mushrooms</b>	<b>1 oven cooking bag</b>
	<b>salt to taste</b>

- With a sharp knife, make 12 slits in the turkey breast. Fully insert a whole garlic clove into each slit.
- Rub the turkey breast with thyme.
- Place flour in a large oven-cooking bag. Shake to coat inside of bag with the flour. Place turkey in the bag.
- Arrange the mushrooms and carrots around the breast. Add the stock, rosemary, salt and bay leaf.
- Follow the manufacturer's directions for tying the bag and making slits for steam to escape. Place the bag in a roasting pan.
- Bake at 350°F in preheated oven for 1½ hours, or until tender.

- Remove from oven, and discard the bay leaf. Serve the turkey with the vegetables, adding any other side vegetable you desire.

## Juicy Turkey Burgers



This is a high-protein recipe, balanced by the carbohydrates in the oatmeal. Optionally include high-protein or balanced food. See Appendix for suggestions.

*Serves 4*

Turkey burgers are much more healthful than hamburgers, and yet just as good! These burgers are great for lunch or dinner. Also good to serve in whole-grain sandwiches with your favorite fat-free condiment, or as cold next-day leftover. It works!

**1 pound 99% fat-free  
turkey, ground**

**1/3 cup medium finely  
chopped onions**

**1/3 cup oatmeal**

**1 large egg white**

**1/3 cup teriyaki sauce**

- Mix all ingredients together.
- Pack tightly into patties, as large or small as you desire.
- Grill or bake. You can cover the bottom of the pan with a thin layer of water. Turkey will release its own juice as it cooks.
- When done, serve on whole-wheat buns, or as you would any hamburger, using any non-fat condiment of your choice, onion and tomato slices, shredded lettuce... you know, *just like a hamburger*.

# Rump Roast & Vegetables



This is a protein-carbohydrate balanced dish.

*Serves 6 to 8*

<b>3 cloves garlic, crushed</b>	<b>1 pound small red potatoes, cut into 1" chunks</b>
<b>2 teaspoons dried rosemary</b>	<b>2 large onions, cut into wedges</b>
<b>1 teaspoon dried basil</b>	<b>1 pound asparagus, cut into 1" pieces</b>
<b>1 teaspoon seasoning salt</b>	<b>1 cup low-fat chicken broth</b>
<b>1 teaspoon pepper</b>	
<b>2 pounds well-trimmed rump roast</b>	
<b>1 stalk celery, cut into 1" pieces</b>	

- Preheat oven to 375°F.
- Line a baking pan with aluminum foil and coat the exposed surface with non-fat cooking spray.
- In a small bowl, combine garlic, rosemary, basil, salt and pepper. Mix well and rub mixture over the roast.
- Place roast in foil-lined baking pan.
- Place potatoes, celery, onions, and asparagus around roast.
- Pour chicken broth evenly over roast and vegetables.
- Cover roast and vegetables with aluminum foil and roast for 1½ to 2 hours.

## Sweet and Sour Steak



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 4*

<b>1 cup fresh apricots, chopped</b>	<b>1½ tablespoons Dijon mustard</b>
<b>1 cup carrot juice</b>	<b>1/2 teaspoon ground allspice</b>
<b>3 tablespoons honey</b>	<b>1/8 teaspoon pepper</b>
<b>2 tablespoons apple cider vinegar</b>	<b>1 pound well-trimmed flank steak</b>
<b>1/2 teaspoon seasoning salt</b>	

- In a small saucepan, combine apricots and 1/2 cup of the carrot juice. Cook for about 10 minutes on medium-low heat, or until apricots are soft and tender.
- Transfer apricots to a food processor and add the remaining carrot juice, honey, cider vinegar, mustard, allspice, salt, and pepper. Purée until smooth.
- Separate the sauce into 2 equal cups.
- Preheat broiler. Place steak on a broiler pan and pour 1/2 cup of sauce over the top. Broil for 3 to 4 minutes. Turn and pour remaining 1/2 cup of sauce over top. Return to broiler for an additional 3 to 4 minutes or until desired degree of doneness is reached.
- Heat and serve remaining sauce at table.

## Salmon Quick and Easy



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food of your choice.  
See Appendix for suggestions.

*Serves 4*

<b>4 six-ounce salmon fillets</b>	<b>1/8 cup drained capers</b>
<b>2 tablespoons lemon juice</b>	<b>1/4 teaspoon salt</b>
<b>1 teaspoon dried cilantro</b>	<b>1/4 teaspoon pepper</b>

- Preheat oven to 350°F.
- Line the bottom and sides of a cooking dish with a piece of aluminum foil and coat the exposed side of the foil with coconut oil, olive oil, or non-fat cooking spray.
- Pour lemon juice over salmon.
- Sprinkle cilantro over salmon and add capers.
- Add salt and pepper.
- Bake uncovered for 30 minutes, or until done.

# Tomato Halibut



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food of your choice.  
See Appendix for suggestions.

*Serves 4*

**4 six-ounce halibut fillets**

**1/4 cup chopped celery**

**1 teaspoon dried basil**

**1/4 teaspoon salt**

**1/2 teaspoon garlic powder**

**1/4 teaspoon pepper**

**1/2 cup chopped tomatoes**

- Preheat oven to 350°F.
- Line the bottom and sides of a baking dish with aluminum foil and coat the exposed side of the foil with coconut oil, olive oil or non-fat cooking spray.
- Place fish in baking dish and sprinkle with dried basil, garlic powder, salt and pepper.
- Smother with tomatoes and celery.
- Cover with foil and bake for about 30 minutes or until done.

# Honey-Glazed Turkey



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 3 to 4*

Our friends really love this dish. The honey-glazed outside gives it a sweet tanginess that's quite unique. Turkey is one of the best meat dishes you can eat, and if you're looking for an interesting, solid, yet easy-to-prepare meal, this will do the trick for you!

**1/2 cup apple cider vinegar**

**1/4 cup fresh basil, minced**

**2 tablespoons Dijon  
mustard**

**2 tablespoons honey**

**1  tablespoons low-  
sodium soy sauce**

**3 cloves garlic, minced**

**1/2 teaspoon dried thyme**

**1 pound turkey cutlets**

- In a shallow baking dish, combine the vinegar, basil, mustard, honey, soy sauce, garlic, and thyme (this is your marinade).
- Add the turkey and turn to coat. Cover and marinate for 30 minutes.
- Remove the turkey from the marinade. Transfer the marinade to a large non-stick frying pan.
- Place the turkey on a broiler rack. Broil about 6 inches from the heat until cooked throughout.
- Bring the marinade to a boil and cook until reduced by half: about 5 minutes.
- Add the turkey to the cooked-down marinade and reheat briefly.
- Serve with your favorite vegetables.



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# *Soups*

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## **SOUPS**

**A**h, soup... thy name is comfort.

These recipes are beloved. You see, when we eat soup, we usually make it into a meal. Not hard to do when you have recipes that are as delicious and filling as these.

Soup can have an infinite variety of flavors and textures. It can be hearty or subtle, spicy or simple, hot or cold, sweet or tangy or salty. It can usually be put together very quickly, and will last a week or more in the refrigerator.

Almost anything can be put into a soup! You can use parts of vegetables left over from other recipes you're preparing. And you can experiment with various spices, often even on a bowl-by-bowl basis, so that you can keep trying different combinations.

Soup should be simmered, not boiled. High-heat boiling can alter the texture and even the flavor of many soups. We prefer to make our soups thick; it often seems more like stew than soup. How you do it is entirely up to you, though we do make our recommendations along the way. To thicken soup you may add arrowroot powder, or even agar flakes in some cases. But the best and easiest way is to simply use less water. If you've already added too much water, leave the lid cracked, or off entirely for a while, and the excess water will evaporate as you cook.

The best way to have it your own way is to add between 1/2 and 3/4 of the water the recipe calls for, see how you like the consistency of the soup as it cooks, and add as much water as you need to attain the texture you're looking for.

There's nothing like a steaming bowl of great-tasting, aromatic soup to get you feeling warm and wonderful when you come home in the evening. So find that old soup pot and let's make some soup sorcery.



## Favorite Vegetable Soup



This is a medium-carbohydrate dish. Add high-protein food of your choice. See Appendix for suggestions.

*Serves 8*

This soup can be made in a variety of configurations and consistencies. You can also add more vegetables and spices as you like. After you make this soup once, you'll become a pro at making your own variations; the possibilities are endless.

**8 cups of water (less if you like your soup thick)**

**1 large potato, peeled and cut into 1/2 inch cubes**

**2 large carrots, peeled, chopped or diced into very thin pieces**

**2 large celery stalks, chopped or diced**

**1 medium onion, diced**

**1 cup broccoli, cut into tiny pieces**

**1/4 cup fresh parsley, chopped**

**1/2 cup cauliflower, cut into tiny pieces**

**1 zucchini or other squash, peeled and chopped**

**1½ to 2 tablespoons seasoning salt, or to taste**

- Boil the water in a large soup pot.
- Add all ingredients and cook for at least one hour at a simmer or low boil. While cooking, taste-test to see if more salt or spices are needed, per your preference.
- Leave lid cracked or off for a while if you want thicker soup.
- Add any other vegetables of your choice. Experiment!

# Okra Gumbo Soup



This is a low-to-medium-carbohydrate dish. Include protein food of your choice. See Appendix for suggestions.

*Serves 4 to 6*

This is Dr. Leichtberg's absolute favorite soup recipe. Its unique, delicate flavor comes from the wondrous combination of allspice, tomatoes, corn, pepper and cloves, and the okra gives it a smooth, slippery texture that's very unusual. It's delicious! And the blend of vegetables makes this a very colorful dish indeed.

Note that okra is one of the most healthful vegetables you can eat. This soup is as good as soup gets!

**1 onion, chopped**

**6 cloves**

**1/2 to 3 cups tomatoes,  
diced**

**3 to 4 cups vegetable stock**  
*(depending on how thick  
you like it), or water if you  
have no stock (use less  
water than stock)*

**1 to 1 1/2 green peppers,  
diced**

**1 cup cooked lima beans  
(optional)**

**2 to 2 1/2 cups sliced okra  
(best if fresh)**

**1/2 cup fresh corn**

**2 teaspoons salt, to taste  
(seasoning salt is fine,  
especially Herbamare)**

**1/4-1/2 teaspoon allspice**

- Add enough water in pan for sautéing, then sauté onions with whole cloves until onions are soft.
- Remove the cloves from the pan.
- Transfer onions (with cloves removed) to soup pot.
- Add vegetable stock and bring mixture to a boil.

- Add green pepper and stir over medium heat for several minutes. Then stir in the tomatoes. Bring the mixture to a boil, turn down the heat, and let simmer for 5 minutes.
- Add remaining ingredients. If you're using frozen okra, it should be partially thawed and then sliced. Bring the soup to a boil again, cover, and simmer for 15-25 minutes.

**Alternate preparation:**

You may simply get some frozen gumbo vegetables from your supermarket's frozen food section, add canned stewed tomatoes, a bit of salt and ground allspice, heat... and have this soup done in a matter of minutes!

# Tomato Cabbage Soup



This is a medium-carbohydrate dish. Include high-protein food of your choice. See Appendix for suggestions.

*Use no-calorie sweetener to reduce carb/calorie load.\*\**

*Serves 10 to 12*

A combination of tomato juice, lemon and cabbage, teeming with a variety of flavors. Your taste buds will know something's going on when this one passes by. And it's easy to make!

<b>8 cups tomato juice</b>	<b>4 to 7 tablespoons lemon juice</b>
<b>3 cups water</b>	<b>1 tablespoon sweetener – dried sugar cane juice, honey, molasses, or no-calorie sweetener**</b>
<b>1/2 onion, diced</b>	<b>1 teaspoon Tabasco sauce</b>
<b>2 medium tomatoes, chopped</b>	<b>1 teaspoon Worcestershire sauce</b>
<b>1 medium carrot, diced</b>	<b>1 teaspoon soy sauce</b>
<b>red cabbage, white cabbage, mushrooms, zucchini to taste</b>	
<b>2 vegetable bouillon cubes</b>	

- Sauté onions in small amount of water until transparent. Then combine all ingredients in large pot and bring to boil, adjusting amount of water to your preference.
- Adjust the amounts of the other spices and sweetener to your individual preference (remember sugar is to be minimized if you are watching your carbohydrates).
- Simmer uncovered or partially covered for approximately 1½ hours.

*\*\* See page 18 for more info.*

# Tasty Tomato Soup



This is a low-level-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 6*

This is a savory soup that's very simple to prepare.

**3 cups fresh (or canned, if you must) tomatoes**

**1 medium onion, diced**

**2 stalks celery, chopped**

**1 carrot, grated**

**3/4 teaspoon oregano**

**1 teaspoon basil**

**1 quart hot vegetable stock**

**1½ teaspoons salt, or to taste**

**pepper to taste**

- Sauté the onion, celery and carrot in water in large soup pot until onion is soft.
- Add oregano, basil, and tomatoes to the pot, bring to boil, and simmer gently for 15 minutes.
- At this point, if you want a creamy smooth texture, purée the soup in a blender or food processor.
- Add hot vegetable stock and bring the soup to a boil. Simmer on low heat for 5 minutes. Season with salt and pepper.
- For a thicker soup, use only 2 or 3 cups of stock (using less seasonings to compensate) or cook longer with the lid off so part of the liquid will evaporate.

# Celestial Celery Soup



This is a high-protein dish. Optionally include moderate-carbohydrate or balanced food. See Appendix for suggestions.

*Serves 4*

**2 large celery stems, cut  
into bite-sized pieces**

**1 clove garlic, peeled and  
chopped**

**16 oz. plain, non-fat yogurt**

**1 teaspoon salt**

**1 tablespoon dried mint**

**1/8 teaspoon pepper**

**10 oz. water**

- Place celery, yogurt, mint and water in a large mixing bowl and stir well.
- In a smaller bowl, combine salt and pepper with garlic and mash with the bottom of a spoon.
- Combine the celery mixture with the garlic mixture and stir thoroughly.
- Cover and place in refrigerator for 1 hour.
- Serve chilled.

## **Cool Cucumber Soup**



This is a protein-carbohydrate balanced dish.

*Serves 2 to 4*

**2 cucumbers, peeled,  
seeds removed, and  
chopped**

**16 oz. plain non-fat yogurt**

**1 tablespoon dried mint**

**10 oz. water**

**1 clove garlic, peeled and  
chopped**

**1 teaspoon salt**

**1/8 teaspoon pepper**

- Place cucumber, yogurt, mint and water in a large mixing bowl and stir thoroughly.
- In a smaller bowl, combine salt and pepper with garlic and mash with pestle or the bottom of a spoon.
- Combine the cucumber mixture with the garlic mixture and stir thoroughly.
- Cover and place in refrigerator for 1 hour.
- Serve chilled.

# Oriental Chicken Soup



This is a protein-carbohydrate balanced dish..

*Serves 4*

**7 cups low-fat chicken  
broth**

**1 chicken breast, boneless,  
skinless**

**1/2 cup carrots, chopped**

**1/4 cup mushrooms,  
chopped**

**1/4 cup celery, chopped**

**1/2 cup green onions,  
chopped**

**1 tablespoon soy sauce**

**1 cup Chinese snow peas,  
sliced**

- Pour chicken broth into a medium saucepan.
- Add chicken and cook on medium heat for approximately 10 minutes. While chicken is cooking, spoon off foam from broth and discard.
- Remove chicken from broth, put on a plate, and allow to cool.
- Cut cooled chicken into 1" pieces.
- Add chicken, carrots, celery, mushrooms, green onions, and soy sauce to chicken broth.
- Simmer for 8-10 minutes.
- Add Chinese snow peas to soup and simmer for an additional 5 minutes.

## Calorie-Burning Cabbage Soup



This is a medium-carbohydrate dish. Include moderate protein or balanced food of choice. See Appendix for suggestions.

*Serves 4 to 6*

The uniqueness of this soup lies in the fact that more calories are required to digest most of the vegetables in the soup (excluding the carrots) than there are calories in those vegetables. If you have extra space in your refrigerator or freezer, make a double or triple batch of this soup and hold it for later use.

**3 cans low-fat chicken  
broth**

**4 cups water**

**1 medium cabbage,  
chopped coarsely**

**2 large carrots, chopped**

**2 medium onions, chopped**

**1 stalk celery, chopped**

**6 medium tomatoes,  
chopped**

**1 cup cooked white navy  
beans (cook according  
to package instructions)**

**pepper and seasoning salt  
to taste**

- In one 6-quart pot, bring chicken broth and water to a boil.
- Then add the following ingredients: cabbage, carrots, onions, celery and tomatoes.
- Cook for about one hour or until vegetables are “al dente” (crispy-tender).
- Add the cooked white navy beans and simmer for an additional 15 minutes.
- Season to taste with pepper and seasoning salt. Serve.

## Marvelous Minestrone Soup



This is a medium-carbohydrate dish. Include high-protein food of your choice. See Appendix for suggestions.

*Serves 6*

We first tasted this soup at a dinner party at the home of a friend who is a gourmet cook. We loved it so much that we asked for the recipe to include in this book. It's very flavorful and fairly easy to make. If you like soup, you'll love this. It's mah-ve-lous!

**3 cups water or soup stock**

**3 cups tomato juice**

**1 cup diced onion**

**1 garlic clove, pressed**

**1/2 teaspoon salt, or to taste**

**1/4 teaspoon marjoram**

**1/2 teaspoon basil**

**1/2 teaspoon oregano**

**1 quart cut vegetables:  
zucchini, (small amount  
of) potatoes, carrots,  
bell peppers, celery, or  
your favorites**

**1/2 cup cooked kidney  
beans**

**vegetable broth powder to  
taste**

- Mix water or soup stock, tomato juice, diced onion, garlic clove, salt, marjoram, basil and oregano in pot. Bring to boil.
- Add vegetables and simmer until tender.
- Leave lid off to thicken, add water or broth to thin.
- Add cooked kidney beans and broth powder and simmer for 15 more minutes.
- Serve to the sounds of Puccini playing in the background.

## Gala Gazpacho Soup



This is a low-level-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 4 to 6*

This chilled soup is great in summer, or anytime your tongue craves a kick in the buds. It's a classic Italian "soup", though it is never heated, which means it will retain its nutrient values better.

**2 cups diced yellow onion;  
reserve 1/2 cup**

**3½ cups peeled cucumber,  
cut into 1/2" cubes;  
reserve 1½ cups**

**1¼ cups diced green  
pepper; reserve 1/4 cup**

**4 cups diced fresh tomato  
(unpeeled); reserve 2  
cups**

**1/2 cup avocado, cut into  
small cubes, reserved**

**2 tablespoons fresh lemon  
juice, or to taste**

**2 medium garlic cloves,  
pressed**

**1/2 tablespoon honey, or to  
taste**

**cayenne pepper, pinch**

**1 teaspoon dill weed**

**4 cups tomato juice**

**Garnish: 2-4 tablespoons  
each of parsley and  
cilantro or watercress**

- Blend all but the reserved ingredients in blender briefly, until just barely smooth (but not the garnish, of course!). You'll probably need to do this in 2 or 3 batches.
- Stir in the reserved 1/2 cup onion, 1½ cups cucumber, 1/4 cup green pepper, 1/2 cup avocado chunks and 2 cups tomato.
- Chill thoroughly. Mince the garnish greens, garnish and serve.



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*Versatile*

*Vegetarian*

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# VERSATILE VEGETARIAN



**I**N THIS SECTION YOU'LL FIND recipes that don't fit easily into any other category: side dishes, appetizers, mousses, paté – preparations that are often used in, around, or with other recipes. But these foods are versatile. In fact, many of these “side dishes” can easily become whole meals; it's only a matter of how much of them you eat! Many's the time we've served two or three of these recipes at one sitting... and called it a meal!

Watch the carbohydrate content here. Adjust protein intake appropriately. Note also that while some of these recipes call for “chicken” stock or meat, you can easily use vegetable stock and/or tofu or tempeh instead, if you want your meal to be purely vegetarian.

Included here are some of our most beloved recipes. Some work particularly well with other, more elaborate dishes in this book. You can experiment, or use our suggestions. Remember: these recipes will create delicious healthful, vegetarian, high-fiber food.

You'll find many of these dishes are quite easy to prepare. And most do very well stored in the refrigerator, so you can make a batch on Sunday and use it over the whole week.

Carefully and lovingly planned side dishes can make the difference between a meal that's merely satisfying and a truly memorable one. The more you make your meals *special*, the more likely it is that they will fully satisfy you, so that you're not “grazing” an hour after you're done.

We've noted the recipes that are our favorites. We hope you will try each and every one of them. We really love them, not just because they're so incredibly delicious, but also because some – just a few, really – take us back 10, 20 years to our (relative) youth, when we practically lived on them.

Enjoy!



## Ragtime Ratatouille



This is a low-level-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 4 to 6*

This is a fun vegetable dish, brimming with potent natural flavors. Great as a side dish, but also terrific as a chunky sauce to put on chicken, meat or even eggs.

<b>2 cups sliced eggplant</b>	<b>2 tablespoons dehydrated onion flakes</b>
<b>2 cups sliced zucchini</b>	<b>1 teaspoon oregano</b>
<b>1½ medium green peppers</b>	<b>1 teaspoon salt, dash pepper: to taste</b>
<b>2 medium tomatoes</b>	<b>optional: 1/2 pound fresh mushrooms cut in half.</b>
<b>2 cups tomato juice</b>	<b>optional: marjoram and/or basil, to taste</b>
<b>1/4 cup chopped fresh parsley</b>	
<b>2 garlic cloves, crushed</b>	

- Cut unpeeled eggplant, zucchini, green pepper and tomatoes into pieces about 1 inch square.
- Combine in saucepan with remaining ingredients, including listed spices and your choice of the optional ones. Heat to boiling point, then lower heat to a simmer. Cover and cook until vegetables are tender, approximately 15-30 minutes.

Suggestion: Try this one over some steaming spaghetti squash!. See *Food Facts & Directions* for more on this wonderful food, including details on preparation.

# Mom's Eggplant Ecstasy



This is a protein-carbohydrate balanced dish.

*Serves 2 to 4*

This is the quintessential simple, extremely delicious appetizer that you just can't get enough of, once you taste it. Mom's been making this for longer than she probably cares to remember. It's one of Dr. Leichtberg's favorite foods. And it's balanced, with plenty of protein and carbohydrates only from vegetables.

**2 medium eggplants**  
(best = firm, black,  
lightweight)

**4 hard-boiled eggs**

**2 teaspoons salt, or to  
taste**

**1 medium yellow onion**  
(not too large!), chopped  
very finely

- Eggplants are best if they're dark (black), firm (with tight skin), and as lightweight as possible (if it's heavy, it's going to be inferior on the inside).
- The first thing you must do is smoke/bake the eggplant. (See also the instructions under *Baba Ganoush*: the idea is the same.) Cover each eggplant completely with aluminum foil. If you have a gas stove (which is the best way to do this), place each wrapped eggplant directly on the metal grating of one burner of your stove (one eggplant per burner), above a low flame. If you have an electric stove, try putting it directly on the heating surface with extra aluminum foil around to prevent spillage. Pick one-half of each eggplant to be directly over the flame (the other half will get done later). The eggplants will cook inside the aluminum foil, resulting in a *smoky* flavor. As the eggplant cooks, it will get softer and softer, particularly on the side over the flame. When that side gets very soft, move the eggplant

longitudinally so that the other, uncooked half of that eggplant is over the flame. (Sometimes, if the eggplant is small enough, both sides get cooked at the same time, so you can skip this second step.)

- Alternatively, you can skip the smoky flavor and bake or microwave the eggplant. Not perfect, but still great.
- When the eggplants are soft all over, remove and let cool to the point where they can be touched.
- Slice each eggplant lengthwise, top to bottom, and open it up.
- Scoop out each eggplant's meat with a large spoon, removing everything that's soft except the black skin. Place the eggplant meat in large bowl.
- Chop the hard-boiled eggs, or mash with a fork. Add to eggplant in bowl.
- While the eggplants are cooking, chop the onion into very small pieces.
- Smear the bottom of a non-stick frying pan with a little coconut or olive oil, add a small amount of water for sautéing, then add the onions. Sauté on medium-high heat until onions are brown. You may need to adjust the sautéing water in the pan to make sure the onion gets sautéed correctly.
- When onions are browned, add them to the eggplant in the bowl.
- Add salt (to taste) and mix well with fork.
- Let cool to at least room temperature. This dish is terrific served cold.
- Serve on an appetizer plate surrounded with tomato slices, and a little garnish in the middle for luck.
- Thanks, Mom...

## Green Bean Tomato Sidekick



This is a low-to-medium-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 6*

This is an excellent way to add life to green beans, which are very healthful. This recipe takes about 2 minutes to prepare. Easy on the walnuts if you're in the losing phase. Otherwise, eat as much as you want of this one.

**1 pound fresh green beans**

**your favorite tomato sauce  
(amount to taste)**

**1/4 cup walnuts, chopped  
into small pieces**

- Cut and clean green beans.
- Steam until soft.
- Drain out water and add tomato sauce and chopped walnuts. Mix it all well.
- Garnish and serve.

## Egg-Veggie Pita Sandwich



This can be a protein-carbohydrate balanced dish, if enough eggs (especially pure-protein egg whites) are used. Optionally include balanced food. See Appendix for suggestions.

*Serves as many as you make*

This sandwich is so rich and filling, it satisfies even the hungriest! It's easy to make, which is why you need to be careful – it can be addicting!

**whole wheat pita bread (“pita pockets”)**

***Stuff with varying amounts of following, to taste:***

**dry chopped eggs (1/2 whole eggs, 1/2 whites)**

**avocado, chopped**

**finely chopped cucumber**

**well chopped tomato**

**chopped scallions**

**seasoning salt**

**spices to taste**

- Put all ingredients into the pita pocket, including salt and spices to taste, for a delicious and filling meal.

# Tantalizing Tri-Bean Salad



This is a medium-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Makes 6*

This is another great way to make green beans et al. – non-fattening and full of flavor!

<b>1 pound green beans, trimmed</b>	<b>1/4 teaspoon Dijon mustard</b>
<b>1 pound yellow wax beans, trimmed</b>	<b>3/4 cup chopped onion</b>
<b>1/2 pound fresh shell beans, shelled</b>	<b>dash of soy sauce</b>
<b>1 tablespoon mild honey</b>	<b>1 clove garlic, minced</b>
<b>2 tablespoons hot water</b>	<b>1 tablespoon chopped fresh mint</b>
<b>1/4 cup cider vinegar</b>	<b>1 tablespoon chopped fresh lovage (a parsley- like herb), optional</b>

- In a large pot of boiling water, blanch green and yellow beans until cooked through but still crunchy: about 2 minutes. (They blanch by themselves; you don't have to do anything but put them into the boiling water.)
- When done, run under cold water, drain and set aside.
- Blanch the shell beans. (Small beans will cook in 5 to 10 minutes; larger beans will take 20 minutes.) Rinse under cold water, drain and set aside.
- For dressing: in a small bowl, first mix honey and hot water. Then, in a separate saucepan, combine honey mixture with the

cider vinegar. Heat mixture until honey dissolves. Cool slightly; add soy sauce and mustard.

- Combine beans, onion and garlic. Toss with dressing. Sprinkle with mint and lovage, and serve.

## Mrs. Leichitberg's Lovely Letchio



This is a protein-carbohydrate balanced dish.

*Serves 2*

This recipe has become a time-honored tradition in our family. It has its origins somewhere in the Old Country – though its true source has been obscured by the mists of time.

It's easy to make, and truly delicious. A great appetizer, served cool.

**1 medium onion**

**1/2 teaspoon salt, or to taste**

**3 medium eggs**

**(optional) 1/2 green**

**2 medium tomatoes**

**pepper, finely chopped**

**dab of coconut oil**

- Peel, clean, and dice the onion into small pieces.
- Cover bottom of non-stick pan with thin smear of coconut oil. Add small amount of water for water-sautéing the onion on medium heat. Sauté onions until they are tender and translucent. You may also sauté the finely chopped green pepper, if you choose to use it (it changes the nature of this dish, but some people like it this way).
- Wash tomatoes thoroughly, then chop into small pieces.
- Add tomatoes (and all the juice that escaped during cutting too) to the sautéing onions, keeping heat on medium.
- Let tomatoes cook for awhile. As they do, their juices will come out, and the contents of the frying pan will become liquid.

- When tomatoes are soft (*cooked*), pour beaten eggs into the pan, mixing thoroughly as soon as you put the eggs in, so that they are evenly distributed into the onions and tomatoes.
- Add salt, to taste.
- Continue to stir the mixture until the eggs have firmed up in the pan (they become cheese-like). When the eggs are firm, the dish is done.
- Remove from heat, let cool, then refrigerate.
- Garnish and serve cool on appetizer dish.

## Curried Kashmir Vegetables



This is a medium-carbohydrate dish. Include high-protein food of your choice. See Appendix for suggestions.

*Serves 4 to 6*

This is a delicious side dish. For those who love Indian food, it's a great way to go.

Whenever we've gone to an Indian restaurant, the food was so greasy that it ruined the wonderful flavors we wanted to enjoy. This is a greaseless alternative to the unfortunate practice by most restaurants of ladling in excessive fats and oils. Use it as a side dish to an Indian-flavored entrée, or on its own.

- |   |  |
|---|--|
| <b>1 large red potato, cut into<br/>1/2-inch cubes</b>            | <b>1/2 teaspoon ground<br/>cumin</b>             |
| <b>1 large onion, finely<br/>chopped</b>                          | <b>1/2 teaspoon turmeric</b>                     |
| <b>1 medium carrot, finely<br/>chopped</b>                        | <b>pinch of cayenne pepper</b>                   |
| <b>1 small cauliflower, cut<br/>into florets</b>                  | <b>(optional) 1/4 teaspoon<br/>ground cloves</b> |
| <b>1 cup vegetable stock,<br/>vegetable bouillon or<br/>water</b> | <b>1 cup fresh or (thawed)<br/>frozen peas</b>   |
| <b>1 tablespoon curry powder</b>                                  | <b>3 tablespoons tamari soy<br/>sauce</b>        |

- Sauté potato cubes, onion, and carrot in water in a large skillet over medium heat. Cook, stirring often, until the potatoes are lightly browned and getting tender: usually about 10 minutes.

- Add the cauliflower, curry powder, cumin, turmeric and cayenne (and optional cloves) and stir for 30 seconds.
- Add the vegetable stock, cover, immediately reduce the heat, and simmer, stirring occasionally, until the potatoes are tender: about 10 minutes.
- Stir in the peas and tamari and cook, uncovered, until the liquid has thickened: about 2 minutes.
- Garnish and serve.

## Mighty Mushroom Paté



This is a medium-carbohydrate dish, with a fair amount of protein. Because it's rather high in fat and carbohydrates, it's best to save this one for your maintenance phase.

*Serves 6 to 10*

This is a wonderful paté dish – a bit high in calories and carbohydrates, but fairly well-balanced nonetheless. Oh, and let us not forget: it's *really* delicious, full of vitality and nutrition. Great as an appetizer or hors d'oeuvre at parties or for the family.

<b>2/3 cup chopped scallions</b>	<b>2 tablespoons tamari soy sauce</b>
<b>1 celery stalk, chopped</b>	<b>1 cake (soft to medium) tofu, blanched and crumbled</b>
<b>5 cups sliced mushrooms</b>	<b>1/8 teaspoon cayenne pepper, or to taste</b>
<b>1/2 teaspoon dried basil</b>	<b>coconut oil for smearing pan</b>
<b>1/4 teaspoon dried thyme</b>	
<b>1 cup whole wheat bread crumbs</b>	
<b>1/2 cup walnuts, chopped</b>	
<b>1/4 cup tahini</b>	

- Water-sauté the scallions and celery in a non-stick frying pan until the scallion whites are translucent. Add the mushrooms, basil, and thyme and continue to cook on low heat until the mushrooms have softened.
- Combine the sautéed vegetables with the rest of the ingredients (except for the coconut oil!) and blend in a food processor or, in smaller quantities, in a blender. Result is a paté-like mix.

- Lightly coat a medium loaf pan with the coconut oil and line it with waxed paper, allowing several inches of waxed paper to hang over the sides of the pan. Oil the waxed paper.
- Spoon in the paté. Fold the waxed paper across the top and bake for about 1½ hours at 400°F. The paté is done when a toothpick inserted in the center comes out clean.
- When the paté is cool, fold the waxed paper back on top. Invert the paté onto a platter and carefully peel away the paper.
- Arrange thin slices of the paté with vegetables and crackers on a platter and serve with garnish of your choice.

## Marinated Vegetable Salad



This is a medium-carbohydrate dish. Include high-protein food of your choice. See Appendix for suggestions.

*Serves 6 to 8*

Broccoli is one of the healthiest vegetables you can ever eat, full of beta-carotene, calcium and other vitamins and minerals. Add cauliflower, carrots, green beans and garlic and you're definitely heading in the right, healthy direction.

**2 cups cauliflower florets,  
broken into bite-size  
pieces**

**2 cups broccoli florets,  
broken into bite-size  
pieces**

**1/2 cup thinly sliced  
carrots**

**1 cup green beans, cut into  
1" pieces**

**2 tablespoons frozen apple  
juice concentrate**

**1/4 cup cider vinegar**

**1/4 cup lemon juice**

**1 tablespoon grated  
onions**

**1 teaspoon dry mustard**

**1 clove garlic, minced**

**1 teaspoon dried oregano**

**1/2 to 1 teaspoon anise  
seed (to taste)**

**2 small yellow squash, cut  
into 1/4-inch slices**

**2 small zucchini, cut into  
1/4-inch slices**

- Combine cauliflower, broccoli, carrots and green beans in a steamer basket. Cook 5 minutes. Place in colander and rinse under cold water.

- To make dressing, combine apple juice concentrate, vinegar, lemon juice, onions, mustard, garlic, oregano and anise in a one-quart screw-top jar. Shake well.
- In a large bowl, combine steamed vegetables with the yellow squash and zucchini. Pour dressing over vegetables; toss gently. Cover and refrigerate for several hours before serving, stirring occasionally.
- Makes a great side dish with just about anything. Goes particularly well with Italian food.

# Bracing Brussels Sprouts with Mushroom



This is a low-level-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 8 to 10*

Brussels sprouts are a great source of beta-carotene and other important vitamins and minerals. And it's one of the best anti-cancer foods you can eat. This recipe is totally fat-free, healthful and delicious!

**8 large dried mushrooms**

**1 ½ cups vegetable stock**

**2 teaspoons lemon juice**

**2 teaspoons Dijon mustard**

**1 teaspoon dried thyme**

**2 pounds Brussels sprouts, steamed and halved**

- Steam Brussels sprouts until tender.
- Wash mushrooms and soak in stock until tender: about 1 hour. Remove mushrooms and stock. If mushroom stems are tough, remove and discard. Thinly slice the mushrooms.
- Pour vegetable stock into a non-stick frying pan and bring to a boil.
- Whisk in lemon juice, mustard and thyme.
- Boil until liquid is reduced by one-third: about 3 minutes.
- Immediately add mushrooms and steamed Brussels sprouts. Toss well. Garnish and serve.

## Wild Kale with Roasted Garlic



This is a low-level-carbohydrate dish, vegetable in origin. Optionally add balanced food. See Appendix for suggestions.

*Serves 6*

If you like garlic, you're going to love this recipe. If not, better pass on this one.

**1/3 cup hearty vegetable  
(or chicken) stock**

**8 cloves unpeeled garlic**

**1/2 pound kale or red  
chard, stems removed**

**2 tablespoons lemon juice**

**2 tablespoons tomato juice**

**1/2 teaspoon red pepper  
flakes**

- Combine stock and garlic in small ovenproof bowl. Bake at 350°F, stirring occasionally, until the garlic is soft: about 30 minutes.
- Steam kale or chard over boiling water until just tender: about four minutes.
- In a large bowl, whisk lemon juice, tomato juice and red pepper.
- Add greens; toss to coat.
- To serve, peel garlic and mash into the kale. Then just forget about kissing anyone for awhile.

# Baba Ganoush

## (Eggplant and Tahini)



This is a low-level-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 6*

This is a Mediterranean eggplant salad. Great as an appetizer, served with whole wheat pita bread or vegetables. Also excellent by itself as a side dish. (Note: tahini is rather high in fat.)

**2 pounds eggplant,  
preferably thin, small  
ones if roasting over a  
flame**

**6 tablespoons fresh lemon  
juice**

**4 tablespoons tahini**

**1 to 4 garlic cloves,  
pressed or minced**

**2 tablespoons finely  
chopped fresh parsley**

**Salt to taste**

**water as needed**

**chopped scallions, as  
garnish**

- The best eggplants are the ones that are both dark and light-weight. The *blacker* and *lighter* they are, the better they are. Of course, they should be firm, and the skin should be tight.
- Pierce the skins of the eggplants several times with a fork and place them on a baking sheet. Bake the whole eggplants at 400°F until they are crinkly on the outside and very soft inside: about 40 to 60 minutes, depending on their size.
- Or, for an authentically smoky flavor, skewer the whole eggplants and roast them directly over a flame until they are well charred on the outside.

- Or, try the best, easiest way to make authentic smoke-flavored eggplant at home: wrap each eggplant completely in aluminum foil. Place each eggplant, with the side where the aluminum foil ends meet facing upward, directly over a very small flame on your stove. The eggplant will cook inside the aluminum foil, and when the half that's over the flame gets soft, move the eggplant so that its other half is over the flame. Wait till that side is also soft.
- Regardless of how you've prepared the eggplants, remove them from the heat source (oven, stove, etc.) when soft and done. When cool enough to handle, scoop out the insides, taking out everything except the black outer skin. Place all scooped eggplant in a bowl for mashing and mixing.
- Mash the eggplant pulp with a fork or a masher.
- Add tahini (see below) and all remaining ingredients, then mash and mix the eggplant and ingredients thoroughly with a fork until smooth and uniform. If you like you can mix everything in a food processor, but the result will be a lot smoother than Baba Ganoush should really be.
- Cool to room temperature. Sprinkle scallions on top.
- Serve cold or at room temperature as a dip for raw vegetables or pita bread, or as a side with other dishes.

### **Tahini Preparation**

- Mix tahini from a jar with approximately 2 tablespoons of the lemon juice, 2 cloves of pressed garlic, 1/2 teaspoon salt (or to taste), parsley, and enough water to make it liquid enough so that it pours well. Tahini is best made in a blender. This same method can be used to make tahini for salad dressings or as dressing on falafel. Just increase the ingredients proportionally, thinning with water as needed.

## Vibrant Vegetable Circus



This is a low-to-medium-carbohydrate dish. Include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 6*

This is a hearty, vibrant vegetable combination dish that's loaded with all kinds of flavors. It is unlikely that anyone will be bored with this one! It's completely fat-free, and very healthful.

- |   |                                |
|---|--------------------------------|
| <b>4 medium celery stalks, chopped</b>            | <b>1½ cups sliced zucchini</b> |
| <b>2 cups chopped onions</b>                      | <b>4 cups sliced mushrooms</b> |
| <b>1 medium carrot, sliced in 1/2 inch pieces</b> | <b>2 bay leaves</b>            |
| <b>2 garlic cloves, minced or pressed</b>         | <b>pinch of dried thyme</b>    |
| <b>1½ cups cut green beans</b>                    | <b>1½ cups dry red wine</b>    |

### Vibrant Sauce

- |                                       |  |
|---------------------------------------|--|
| <b>2 tablespoons tamari soy sauce</b> | <b>1 tablespoon vinegar</b>              |
| <b>1/2 teaspoon salt</b>              | <b>1 tablespoon molasses</b>             |
| <b>1 cup vegetable stock or water</b> | <b>pinch of black pepper</b>             |
| <b>3 tablespoons tomato paste</b>     | <b>1 teaspoon dried basil (optional)</b> |
| <b>1 teaspoon Dijon mustard</b>       |  |

- Heat small amount of water for sautéing in a heavy pot or kettle (use stainless steel, not aluminum or cast iron; tomato and wine may react chemically with these other metals). Sauté the garlic, onions, carrots, celery, and green beans for 3 to 4 minutes.
- Add the bay leaves, thyme and red wine and boil, uncovered, for 3 minutes.
- Reduce heat, cover, and simmer for 5 minutes.
- Add the zucchini and mushrooms.
- Combine all sauce ingredients, then stir the sauce into the vegetables.
- Simmer the mixture for approximately 30 minutes, until the vegetables are tender and the flavors well blended.

Suggestion: Try layering this dish on spaghetti squash. It's delicious, and very healthful. See *Food Facts & Definitions* for more information, including preparation instructions.

## Burly Black-Eyed Peas



This is a low-to-medium-carbohydrate dish. Include protein or balanced food of choice. See Appendix for suggestions.

*Serves 4 to 6*

A hearty, flavorful black-eyed pea dish. Great to serve in that log cabin on a cold Alaskan night, at the end of a long hard day's work on the river. Yup.

**4 cups fresh black-eyed peas (or two 10-ounce packages frozen)**

**3 cups water**

**2 garlic cloves, minced or pressed**

**1 cup chopped onions**

**1 cup chopped fresh collards, chard, or spinach (optional)**

**1/4 cup tamari soy sauce**

**1/4 cup molasses**

**1 teaspoon dried mustard**

- Bring the water to a boil in a saucepan. Add the peas. Cover and return to a boil, then lower the heat and simmer until just tender: about 15 minutes.
- Sauté garlic and onions in a little water in a non-stick pan, until the onions are just translucent. If you choose to add greens, mix them into the onions and continue to sauté until the greens wilt.
- Mix soy sauce, molasses, and mustard together, and set aside.
- Drain the peas, reserving a cup of the liquid.
- In the saucepan, stir together the drained peas, sautéed onion mixture and the molasses-soy sauce. Cover and simmer on very low heat for 10 to 15 minutes, stirring frequently.

- During this simmer there is some danger of sticking or scorching, so watch closely, adding a little of the pea stock if the sauce becomes too thick.
- Serve when done. And don't forget to bundle up outside!

## Broccoli/Cauliflower Combo



This is a low-level-carbohydrate vegetable dish. Optionally include protein food of choice. See Appendix for suggestions.

*Serves 4 to 6*

**1/2 cup low-fat chicken  
broth**

**3 shallots, chopped**

**4 cups broccoli florets**

**2 cups cauliflower florets**

**1 teaspoon dried basil**

**1/8 teaspoon pepper**

**1/2 teaspoon seasoning  
salt**

- In a non-stick skillet, sauté shallots in chicken broth on medium-low heat for about 4 minutes.
- Steam broccoli and cauliflower for about 5 minutes.
- In a large bowl, combine broccoli, cauliflower and sautéed shallots.
- Add basil, pepper and salt. Mix well and serve.

# Cajun Cauliflower



This is a protein-carbohydrate balanced dish.

*Serves 4*

**5 strips cooked turkey  
bacon**

**1/2 cup onion, chopped**

**1 teaspoon Cajun  
seasoning**

**1/2 cup low-fat chicken  
broth**

**4 drops Tabasco sauce**

**2 cups cauliflower,  
chopped**

- Cook turkey bacon in non-stick frying pan, lightly coated with coconut oil, olive oil or non-stick low-fat cooking spray. Cool and break into small pieces.
- In same frying pan, sauté onion and Cajun seasoning in chicken broth until tender and opaque: approximately 3 minutes.
- Remove from heat, add Tabasco sauce and stir.
- Steam cauliflower for approximately 3 minutes or until tender.
- Place cauliflower, onion and turkey bacon in serving bowl and mix well.
- Season to taste with salt.

# Savory Green Beans and Tomato



A low-level-carbohydrate vegetable dish. Optionally include protein food of choice. See Appendix for suggestions.

*Serves 4*

<b>1 pound fresh green beans</b>	<b>4 ripe tomatoes, chopped</b>
<b>1/2 cup low-fat chicken broth</b>	<b>1/2 teaspoon allspice pepper, to taste</b>
<b>1 medium yellow onion, chopped</b>	<b>seasoning salt, to taste</b>
<b>1 garlic clove, minced</b>	

- Cut green beans into 2"-long pieces.
- Put chicken broth, onions and garlic in a frying pan and simmer on medium heat for approximately 2 minutes, or until tender.
- Add green beans, tomatoes, and allspice to onion and garlic mixture.
- Cover and simmer on medium-low heat for 10-15 minutes, stirring occasionally.
- Season to taste with pepper and seasoning salt.

# Spinach Supreme



A low-level-carbohydrate vegetable dish. Optionally include protein food of your choice. See Appendix for suggestions.

*Serves 4*

**1/4 cup low-fat chicken  
broth**

**2 tablespoons walnuts,  
chopped**

**8 cups chopped spinach**

**1/2 teaspoon garlic powder**

**1 cup mushrooms, sliced**

**1/8 teaspoon pepper**

**1 medium yellow onion,  
chopped**

- In a large saucepan on medium-low heat, combine chicken broth, spinach, mushrooms and onions. Simmer for 8 minutes.
- Add walnuts, garlic powder and pepper to vegetables. Mix well. Simmer for 1 minute and serve.

## Spaghetti Squash Surprise



This is a low-to-moderate-carbohydrate dish. Optionally include protein or balanced food of your choice. See Appendix for suggestions.

*Serves 6*

When you want spaghetti, but don't want the flour and the carbs, spaghetti squash comes to the rescue! Use it with any flavor combination, in almost any dish. This recipe is one example of its many uses. (See *Food Facts & Definitions* for more details.)

**1 large spaghetti squash**

**3 cups tomato salsa**

**1 small yellow onion,  
chopped**

**3 tablespoons fresh  
cilantro, chopped**

**2 cups cooked black beans**

**1 avocado, chopped**

- Pierce squash with a knife in about ten different spots. Place in a 9"x13" baking pan filled with 1/2" of water and bake squash for 1 hour at 350°F.
- Remove squash from oven and allow to cool. Cut in half lengthwise and remove seeds. Use a fork to rake, then pull out the flesh in long strands.
- In a large non-stick skillet, combine salsa, onion and cilantro and simmer on medium heat for about 3 minutes.
- Add beans and avocado to salsa mixture and simmer for 1 additional minute.
- Spoon spaghetti squash onto serving plates. Top the spaghetti squash with the salsa mixture and serve.

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# *Salads*

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# SALADS



**I**n this section you will find salad recipes that are delicious, interesting, flavorful, and tempting. Many of these combinations lend themselves readily to full-meal status. Even if you're not planning to “just have a salad”, you'll find that many of these recipes are so good and so filling that you don't need or want any more food by the time you finish them!

**SALADS ARE BEST KEPT SIMPLE** and to the point. Try to resist the temptation to cram every vegetable in your refrigerator into your salad recipes. That only makes for confusing cuisine. Most good salads have underlying themes that should be followed.

**TRY TO USE MOSTLY VEGETABLES THAT ARE IN SEASON.** And pick the best that you can find, “organic” (unsprayed, not grown with chemical fertilizers), if possible. Anything you grow in your own garden is very likely to be much, much better than store-bought.

**CHOPPING VEGETABLES** is an art in itself. Everyone does it his or her own way. We like everything chopped into very small pieces. That way, more of the flavor comes out of the vegetables (or fruit), and it's much easier to eat. You may use a food processor to help chop some of the ingredients to the size you prefer.

**NOTE:** We do not always list quantities of vegetables for each salad. If you like more of one kind of vegetable, use more! Do it the way *you* like it!

**ADDING ZEST TO YOUR SALADS:** Check out the Salad Dressings section, where the how's and why's of dressings are explained, as well as many wonderfully delicious, *healthful* recipes. You may also want to add some olives, pepperoncinis, garbanzo beans, sliced hard-boiled egg, chicken or turkey to your salads to either jazz them up or to add some needed protein.



# Mediterranean Chopped Salad



This is a low-level-carbohydrate dish, vegetable in origin. Optionally add balanced food. See Appendix for suggestions.

## *Variable amounts*

This salad is so delicious, you can eat it with a hearty soup and easily call it a meal. The avocado makes the flavor rich and the lemon makes it spunky, yet there is absolutely no added fat or oil in this dish (just the natural oils in the avocado). You can add various other vegetables as you prefer – just chop them into very small pieces too (that's the secret to making this salad so good!) As you get into it, you may want to experiment with the ingredient amounts. You don't have to be precise with this dish: we haven't given you amounts to use here because you'll make it the way *you* like it!

Use less avocado if you want no fat at all. Otherwise, use a reasonable amount per your taste.

**your favorite lettuce**  
**tomatoes**  
**cucumbers**  
**avocado**  
**garbanzo beans (optional)**

**fresh juice of 1 small  
lemon, or balsamic  
vinegar**  
**a combination of  
Herbamare seasoning  
salt and optional pepper**

- Wash all ingredients thoroughly. Chop everything into tiny bite-sized pieces. Mix together with salt and lemon juice or vinegar. This will form a dressing-like material at bottom of bowl as the avocado mixes with the lemon juice or vinegar.

## Blended Salad



A low-level-carbohydrate food, vegetable in origin. Optionally add protein or balanced food. See Appendix for suggestions.

*Serves 2*

As unusual as this sounds, it's a fabulous, shockingly delicious way to eat your salad! Everyone in the **BioSlim** program is urged to try this salad blend, every day if possible.

What this recipe offers is a **WHOLE** salad – in easy-to-consume, *liquid* form. When we say a whole salad, that's exactly what we mean. This is not vegetable juice. It contains *everything* a solid salad contains – fiber, vitamins, minerals, etc., etc.

What we're doing here is simply taking whole vegetables and blending them so that they become a delicious fresh drink! If you're pressed for time, or just can't sit still long enough to eat a whole salad – this one's for you. You can, using this recipe, finish the equivalent of a large salad in about 1½ minutes!

And there's one more advantage. This blended salad may well be the most healthful way to eat a salad, because in a sense, it is partially pre-digested! Since an important part of the digestive process is the breaking down of food in your mouth through chewing, this recipe actually aids digestion! It “chews” the food for you – and does it perfectly! Anyone who has had trouble digesting fresh salads should try this recipe.

Dr. Leichtberg believes this Blended Salad offers tremendous benefits, and he routinely recommends that his patients make it a regular part of their lives.

Add following ingredients to blender in the order listed.

**a. 1/8 cup fresh-squeezed lemon juice (always first)**

- b. **seasoning salt, or plain salt, to taste**
- c. **2 medium tomatoes, quartered**
- d. **1 large cucumber in chunks**
- e. **3/4 green pepper, chopped**
- f. **5 leaves of your favorite lettuce in small pieces**
- g. **1/2 medium carrot, chopped into small pieces (optional)**
- h. **(optional: small amount of broccoli)**

- Try to use organic vegetables for this recipe.
- Be sure to put the vegetables in the blender in the order listed; otherwise, you will have trouble making it all blend the way you want.
- Blend for about 2 minutes until the consistency of all the vegetables is liquid, including the carrots. You may need to carefully push the vegetables down into the blender with a carrot stick (or fork if you stop the blender) at one point or another.
- ***Drink immediately!*** You mustn't let this blend sit around, not even in the refrigerator. It *must* be consumed within a few minutes of blending, preferably immediately thereafter. Otherwise, oxidation sets in and the vegetables spoil.

# Southwestern Turkey Salad with Salsa



This is a high-protein dish, with plenty of vegetables. Optionally add balanced food. See Appendix for suggestions.

*Serves 4 to 6*

This is an easily prepared, delicious turkey dish surrounded with tomatoes and olives.

**1 package (approx. 1 pound) 99% fat-free ground turkey breast**

**12-ounce jar mild or hot salsa (to taste)**

**2 zucchini, sliced 1/8 inch, blanched**

**1/4 cup chopped fresh parsley**

**2 tomatoes, sliced into wedges**

**10 pitted ripe olives**

**seasoning salt, to taste**

- Cover bottom of 10-inch skillet with small amount of water.
- Crumble ground turkey; cook over medium heat until meat is no longer pink (8 to 10 minutes). Drain liquid.
- Stir in salsa; cook until mixture is heated through (5-6 minutes).
- Blanch zucchini by placing them in boiling water for about one minute. Rinse immediately with cold water. Slice.
- On each dinner plate, arrange blanched zucchini slices around inside rim of plate. Spoon turkey mixture over the zucchini.
- Arrange tomato wedges across turkey mixture. Salt to taste.
- Garnish by sprinkling with parsley and olives, and serve.

## Tuna and Pea Salad



This is a protein-carbohydrate balanced dish.

*Serves 2 to 4*

Good as a side dish or entree. The tuna is high in protein, and the peas add a pleasant sweet dimension.

**1/2 cup frozen peas**

**6½ oz. canned tuna  
(packed in water)**

**1/2 cup shredded carrot**

**2 tablespoons lemon juice**

**optional: fat-free mayonnaise, to taste**

- Prepare peas as directed on package.
- In medium bowl, combine drained tuna, shredded carrot, lemon juice and peas; toss gently.
- Optionally add fat-free mayonnaise, if that is your preference.
- Refrigerate until thoroughly chilled.
- Serve on lettuce or in tomato cups.

## Orange Jicama Salad



This is a low-calorie, mostly balanced dish, with plenty of vegetables. Optionally add protein or balanced food. See Appendix for suggestions.

*Serves 4*

The unusual combination of ingredients and flavors makes this recipe a good choice to go with one of our more exotic meal plans. Jicama, by the way, has a fair amount of protein, surprisingly.

<b>10 oz. jicama</b>	<b>1/4 teaspoon salt</b>
<b>7 tablespoons orange juice</b>	<b>pinch cayenne pepper</b>
<b>5 tablespoons grapefruit juice</b>	<b>2 oranges</b>
<b>3 tablespoons lemon juice</b>	<b>4 large red radishes</b>
<b>1/2 teaspoon grated grapefruit peel</b>	

- Peel the jicama, cut it into quarters, then cut each quarter slice into small cubes.
- Put jicama cubes into a large shallow bowl.
- Combine the juices, grapefruit peel, salt and cayenne in a bowl; then pour them over the jicama. Let this sit for 1 hour, tossing once or twice to distribute the juice. If it is to sit longer, cover the bowl and refrigerate.
- Just before serving, peel the orange, and remove each pulpy section from the membrane that surrounds it. You may leave the sections whole or cut them into smaller pieces.
- Slice the radishes into thin rounds, then into narrow strips.

- Combine the radishes and the orange sections with the jicama and toss them together.

Note: Cutting the jicama and radishes into small pieces makes a relish-like salad. For a different effect, cut the jicama into larger ½-inch cubes or long strips, or slice the radishes and oranges into rounds.

# Asparagus Vinaigrette Salad



This is a protein-carbohydrate balanced dish.

*Serves 4*

<b>1 cup water</b>	<b>1/8 teaspoon pepper</b>
<b>2 pounds fresh asparagus</b>	<b>1/8 teaspoon salt</b>
<b>3 tablespoons cider vinegar</b>	<b>1 hard-boiled egg, chopped</b>
<b>1 tablespoon olive oil</b>	<b>2 sweet pickles, chopped</b>

- In a large skillet on medium-high heat, combine water and asparagus. Cook, covered, until tender.
- Remove asparagus from skillet and place in a 9"x13" pan. Discard water.
- In a small bowl, mix vinegar, oil, pepper and salt.
- Evenly pour vinegar mixture over asparagus.
- Cover and allow to chill in refrigerator for 40 minutes.
- Place asparagus on serving plates and top with egg and pickles.

## Berry Romaine Salad



This is a protein-carbohydrate balanced dish.

*Serves 4 to 6*

**1 head romaine lettuce,  
coarsely chopped**

**1 pint fresh raspberries**

**2 oz. firm low-fat tofu**

**5 tablespoons balsamic  
vinegar**

**3 tablespoons water**

**1/4 teaspoon pepper**

**1/4 teaspoon salt**

**1/8 cup chopped walnuts**

- In medium-sized salad bowl, combine lettuce and raspberries.
- Cut tofu into small, bite-sized cubes and add to lettuce and raspberries.
- In blender, combine balsamic vinegar, water, pepper, salt, and walnuts.
- Blend for about 30 seconds.
- Pour blended mixture over salad.
- Toss and serve.

## Fat-Burning Salad



This is a low-level-carbohydrate vegetable dish. Optionally add protein food of choice. See Appendix for suggestions.

*Serves 4*

This miracle worker is chock-full of natural fat-burners. It tastes great with our *Oriental Vinaigrette Dressing*. A truly delicious way to help melt away unwanted pounds!

<b>2 cups mixed leafy greens such as spinach, red leaf lettuce, romaine, kale and bokchoy</b>	<b>1/2 cup celery, sliced</b>
<b>1/3 bell pepper, sliced</b>	<b>1/2 cucumber, sliced</b>
<b>1/2 red onion, sliced</b>	<b>1/2 cup mushrooms, sliced</b>
<b>4 cherry tomatoes, sliced</b>	<b>3/4 cup broccoli florets</b>
	<b>1/4 cup cabbage, shredded</b>

- Combine all ingredients in a large salad bowl, mix, and serve.

Tip: Add a spoonful or two of avocado if you want a creamier texture when the dressing is mixed in (it blends with the dressing to create a cream-like consistency), and if you don't mind the extra fat.

# Great Greek Salad



This is a protein-carbohydrate balanced dish.

*Serves 4 to 6*

**8 tablespoons lemon juice**

**2 tablespoons non-fat  
yogurt**

**1 cup cucumber (peeled,  
seeded, and cubed)**

**1/2 cup chopped tofu**

**2 medium tomatoes,  
chopped**

**4-ounce jar artichoke  
hearts in water**

**1/4 teaspoon pepper**

**1/4 teaspoon salt**

**1/2 red onion, chopped**

**1/2 teaspoon dried  
oregano**

**1/2 cup black olives**

- In a blender or food processor, mix together lemon juice, non-fat yogurt, and 1/4 cup cucumber (save remaining cucumber for later use).
- Blend to a liquid consistency.
- Pour liquid mixture into mixing bowl and then add pepper, salt, drained artichoke hearts, tomatoes, onion, oregano, tofu and olives.
- Toss, chill for about 30 minutes, and serve.

# Turkey with Arugula Salad



This is a high-protein dish, with lots of vegetables. Optionally add balanced food. See Appendix for suggestions.

*Serves 4 to 5*

**8 10-oz. turkey tenderloins,  
cut into 1½" strips**

**1/2 cup low-fat chicken  
broth**

**7 cups arugula or salad  
greens of your choice**

**1/2 cup red onion, chopped**

**1/2 cup sliced mushrooms**

**1/8 cup sliced carrots**

**4 tablespoons balsamic  
vinegar**

**4 tablespoons water**

**1 tablespoon Dijon  
mustard**

**1/4 teaspoon pepper**

**1/4 teaspoon salt**

- In medium skillet sauté turkey tenderloins with chicken broth on medium heat for about 7-10 minutes.
- In large salad bowl, combine arugula, onion, mushrooms, and carrots.
- In a small bowl, combine vinegar, water, mustard, pepper and salt. Mix well.
- Pour dressing over salad mixture.
- Place salad on serving plates and top with turkey tenderloins.

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*Salad  
Dressings*

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# SALAD DRESSINGS



**A**s you are probably aware by now, we feel very strongly about not using any added oil at all, whenever possible. We particularly urge you not to ruin any otherwise healthy serving of salad by pouring oil all over it. We have not been able to locate who first dreamed up the incredible concept of putting oil on salads. But that person must have been working for an “oil” company, because the idea makes no sense at all. Many commercially-available dressings are *extremely* unhealthy – almost 100% fat, and loaded with chemicals and preservatives. And why take a perfectly nutritious, health-building food and ruin it? Most salads made with oily salad dressings are **90%-95% fat!!** You end up eating oil with a little salad in it, not the other way around!

When you *don't* use salad dressings, you can really taste the delicious flavors of the vegetables and fruits. In no time at all, you'll find yourself thinking back in disbelief at how you used to eat salads! And if you absolutely *must* use some oil on your salad, use a dash of olive oil. Studies have shown it to be less damaging than others.

Here now are some absolutely terrific fat-and-oil-free salad dressing ideas for you to try.

<b>STORE-BOUGHT, NON-FAT DRESSINGS</b>
--

There are now many brands of totally fat-free dressings available in your local market. Choose carefully: some are full of unpronounceable, unnatural components. Pick one whose ingredient list doesn't read like an inventory for a chemical plant. **READ THE LABELS!**

**VINEGARS**

You can now get vinegars with all kinds of special flavors, like tarragon, rosemary, oregano, thyme, raspberry, ginger, garlic, and many others. Discover your favorite vinegar and use it, adding your favorite seasoning salt and/or spices for an extra kick. That's all you need to make a great salad greater!

**LEMON AND HERBAMARE: BEST OF THE BEST**

The one we love the best is the simplest: fresh lemon juice or balsamic vinegar sprinkled moderately over the salad, plus seasoning salt (Herbamare, or choose your own favorite). If there is even a little avocado in the salad, it will blend with the vinegar and salt to make a naturally-occurring salad dressing you won't believe! This truly enhances the natural flavors of your salad.

**MARINADES AND SAUCES**

Any one of the marinades used in any of the recipes in this book will work fabulously as flavorful, original salad dressings. Pick any one from recipes such as *Bangkok Chicken*, *Mexican Salad with Chicken*, or *Honey-Glazed Turkey*. It will be terrific! Also, you can experiment with some of the sauces in this book, like the one used for *Tempeh Fajitas With Blanket of Sauce*. Some sauces can double nicely as fat-free, flavor-filled salad dressings.

## Creamy Green Dressing



This is a high-protein dressing, yet creamy too. Amazing! The only fat is in the tofu, and it's not very much.

*Makes approximately 3 cups*

<b>3/4 pound soft tofu</b>	<b>1/2 cup water (bottled)</b>
<b>7 fresh spinach leaves</b>	<b>1 teaspoon dried basil (or 1 tablespoon fresh)</b>
<b>1/3 green pepper, finely chopped</b>	<b>1/4 teaspoon pepper of your choice</b>
<b>1 scallion, finely chopped</b>	<b>3/4 to 1 teaspoon salt (seasoning salt preferred)</b>
<b>1 tablespoon lemon juice</b>	
<b>3 tablespoons cider vinegar</b>	

- Put all the ingredients into a blender and blend until *very* smooth. You may need to stop and (carefully!) push some of the ingredients down so they blend properly.
- You can use any of your favorite spices, such as oregano, thyme, tarragon, etc., to experiment with this basic recipe.
- Keep in refrigerator, where it will last about 1 week.

## Soy Sauce/Vinegar Seed Dressing



The seeds here provide some fat, some protein. All in all, this dressing is usable anytime.

*Make as much as you want!*

The combination of robustly flavored ingredients makes this an irresistible dressing. Wow, it's good! You can make a whole lot of it and keep in the refrigerator for weeks, using it as you go.

**4 parts of your favorite vinegar**

**2 parts soy sauce**

**(optional) 1 part of your favorite red wine**

**roasted brown sesame seeds, to taste**

**toasted sunflower seeds, to taste**

- Sesame seeds may be roasted in a dry frying pan over medium heat, stirring constantly to prevent burning, until seeds turn slightly browner.
- Sunflower seeds may be toasted right along with the sesame seeds, in the same manner.

## Lemon/Chive Dressing



The yogurt provides protein, and the little bit o' honey adds just a few carbs. An excellent choice.

*Makes approximately 1 cup*

This is a simple, low-fat (but dairy) dressing. Just mix these ingredients together:

- 1 cup plain non-fat yogurt**
- 1 tablespoon lemon juice**
- 1 teaspoon onion powder**
- salt or seasoning salt (Herbamare is great here)**
- 1/2 teaspoon honey (or to taste)**
- 1 teaspoon chives (optional)**

## Hawaiian Surprise Dressing



This is a high-carbohydrate sweet dressing. Include high-protein food of your choice. See Appendix for suggestions.

*Makes approximately 2 cups*

A wonderful, sweet-and-sour tangy blend to liven up any salad. Mix together:

- 1 cup of your favorite vinegar**
- 1/2 cup crushed pineapple**
- 1/2 cup mashed bananas (crushed to a very smooth texture)**
- 2 tablespoons grated coconut**

## Honey/Lemon Dressing



This is a high-carbohydrate sweet dressing. Include high-protein food of your choice. See Appendix for suggestions.

*Makes approximately 1 cup*

A very simple, flavor-enhancing recipe:

**1/2 cup honey**

**1/2 cup fresh lemon juice**

**1/2 teaspoon salt (seasoning salt is best), to taste**

- Mix honey and lemon together until smooth, add seasoning salt to taste. Done!

## Yogurt and Tomato Dressing



This is a protein-carbohydrate balanced dressing (dairy).  
Use at will.

*Makes approximately 1 cup*

Mix together:

**1 cup plain non-fat yogurt**

**1/4 cup tomato purée or juice**

**1/2 teaspoon salt (seasoning salt is best), or to taste**

**1 teaspoon chives or minced onion**

## Tahini Dressing



The tahini's sesame contains a large amount of natural oil, and some protein. Save this one for your maintenance phase.

- Take some tahini (see the sub-recipe under *Baba Ganoush* in the Versatile Vegetarian section), and make it a bit thinner than usual: just mix in as much water as it takes to give it the consistency of dressing. It makes a great salad dressing. But remember: tahini does have quite a bit of natural oil in it, so be conservative with this one.

## Oriental Vinaigrette Dressing



Use this dressing to your heart's content, whenever and as often as you like.

Mix together, stir and pour over your favorite salad:

- 2/3 cup fat-free chicken broth**
- 1/2 teaspoon hot chili sauce**
- 1 garlic clove, minced**
- 1 teaspoon white sesame seeds**
- 3 tablespoons soy sauce**
- 1 teaspoon spicy mustard**
- 1 teaspoon chopped fresh ginger**

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# *Sauces*

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# SAUCES



**O**ne great way to liven up your meals is to use great sauces. They lend flavor and texture to even the most pedestrian dish.

Our favorite use for almost any great sauce is to layer it on top of prepared spaghetti squash. This healthful, natural vegetable, very low in calories and certainly devoid of the concentrated carbohydrates found in regular flour-based pasta, also happens to be delicious, with a mild flavor adaptable to almost any recipe. See *Food Facts & Definitions* for preparation instructions and more information about this wonderful food.

Anytime you get the urge to layer one of your recipes on top of a steaming bowl of pasta, try it with spaghetti squash instead. Its flavor is very mild, which is why it makes the perfect “pasta”.

You will find some more sauces to choose from as you peruse this book, under various recipes. In general, our goal is to show you the basics of great sauce preparation, then let your imagination and taste buds run wild!

Note: We do not grade these recipes for protein-carbohydrate balance, since these sauces are meant to be used on other foods, which will determine the overall balance of your meal.



## Terrific Tomato Sauce



Try this delicious, mild sauce with *Stuffed Cabbage Surprise*.

**1½ pounds ripe tomatoes  
(or one 16-ounce can  
whole peeled tomatoes)**

**1 clove garlic, peeled and  
crushed**

**1 medium onion**

**3 tablespoons tomato  
paste**

**1  tablespoons chopped  
fresh basil (or 1  
teaspoon dry basil)**

**salt or seasoning salt**

**1 teaspoon honey  
(optional)**

**cayenne or freshly ground  
pepper**

- Scald the tomatoes in boiling water, leave for 2 to 3 minutes, drain and peel away the skins. (You can skip this time-consuming step if you don't mind the tomato skins in the final product.)
- Halve the tomatoes and finely chop the flesh.
- Sauté the onion and garlic in water in a non-stick pan until soft.
- Add the tomatoes, tomato paste, basil, salt, pepper, and (optional) honey.
- Simmer the sauce, partially covered, for 40 to 45 minutes to allow some of the excess liquid to evaporate and concentrate the flavor.
- You are now ready to serve.
- Add a little garnish for elegance and beauty.

# Tempting Tomato Sauce



Simple, basic, delicious.

**1½ pounds ripe tomatoes  
(or one 16-ounce can  
whole peeled tomatoes)**

**1 clove garlic, peeled and  
crushed**

**2 tablespoons tomato  
paste**

**1 small onion**

**1 tablespoon chopped  
fresh basil, or 1  
teaspoon dry basil**

**salt or seasoning salt**

**freshly ground pepper or  
cayenne, to taste**

- Scald the tomatoes in boiling water, leave for 2 to 3 minutes, drain and peel away the skins. (If you want to do it the quick way, skip the peeling – but be prepared for skins in your sauce.)
- Halve the tomatoes, remove their fibrous cores and finely chop the flesh.
- Sauté the onion and garlic in water in a heavy-based (non-stick) saucepan until they are soft.
- Add the tomatoes, tomato paste, dry basil, salt and pepper.
- Simmer the sauce, partially covered, for 30 to 40 minutes to allow some of the excess liquid to reduce and concentrate the flavor.
- Purée, or serve chunky garden style if you prefer.

## Quick-and-Easy Tomato Sauce



*Serves 4*

This recipe really is easy; and you can whip it up in no time at all. Great if you work all day and come home to cook. This sauce has an excellent, rich flavor, yet contains only natural, unheated ingredients, with no oil or anything that is less than healthful.

**3 large garlic cloves,  
minced**

**5 or 6 large, ripe tomatoes,  
quartered**

**1/3 cup coarsely chopped  
onions**

**salt to taste**

**1 cup fresh basil leaves,  
packed**

**1/4 teaspoon black pepper**

- Put the garlic, onions, basil, and tomatoes in a blender or food processor.
- Add the salt and pepper and blend until smooth.
- Pour in pan and heat.

## Dietrich's "Pasta" Sauce



*Serves 6*

This sauce is made with all fresh vegetables and no oil. Ever since we first tried this one we haven't stopped making it! Oh, and we never use this "pasta" sauce on pasta!

<b>1/2 large onion, chopped</b>	<b>2 bay leaves</b>
<b>1 clove garlic, chopped or pressed (or more, to taste)</b>	<b>1 tablespoon basil</b>
<b>6 to 8 tomatoes, chopped</b>	<b>1 tablespoon oregano</b>
<b>1 medium shredded carrot</b>	<b>optional cayenne pepper (a pinch)</b>
<b>1 small to medium zucchini</b>	<b>may add other Italian herbs to taste (optional)</b>
<b>1/2 to 1 small can tomato paste</b>	<b>optional additional favorite vegetables</b>
<b>salt (or seasoning salt) to taste</b>	

- Sauté onions and garlic in water until transparent.
- Transfer to larger pot.
- Add tomatoes, carrot, zucchini (chopped or sliced), bay leaves, basil, oregano and other spices and herbs and simmer for approximately 10 minutes.
- You may optionally add any other of your favorite vegetables.
- Cook until vegetables soften — consistency of sauce will become watery as this cooks.
- Add tomato paste to thicken to your liking. If too thick, add water to reach the texture you prefer.

- Add salt (or seasoning salt) to taste. Optionally remove bay leaves.
- This “pasta” sauce is delicious over spaghetti squash, our favorite pasta substitute, or our *Meatless Balls*, your favorite veggies, chicken, meat, etc.



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# *Desserts*

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## DESSERTS



**D**esserts in a cookbook by “BioSlim”? What’s this!?!  
Oh ye of little faith...

We would like to share with you our conviction that Man and Woman do not live by entrees, soups and salads alone. In some sense, desserts are *essential* to the **BioSlim** program. Yes, *essential!* Without them, you might someday stop the BioSlim program — because somewhere, sometime, you’ll be compelled to “cheat”. And we do want you to eat right for the rest of your life. So we put some of the best, most scrumptious, mouth-watering, flavor-loaded desserts you are ever likely to dream of... right here for you to enjoy.

But you should know – *we* cheated a little. These desserts are not really all that bad for you! They’ve been chosen because they’re delicious, tempting, and healthfully prepared. (But don’t worry – it’s OK if you still *feel* guilty.)

Note: To dramatically reduce the sugar load in any of these recipes (that use sweeteners), use a **no-calorie sweetener**. See page 18 for details.

Travel on, dear reader. Multiple pleasures await you...

***FOOD FOR THOUGHT:***

If a recipe calls for baking or frying and you need something to grease the pan, use a small amount of coconut or olive oil—lightly. Coconut oil is much less prone to develop carcinogenic components when exposed to the high levels of heat involved in sautéing, frying, and baking. Olive oil is a reasonably good choice too.

**THE RECIPES IN THIS SECTION ARE GENERALLY HIGH IN CARBOHYDRATES, and as you know, you will need to balance them with other, high-protein food, in accordance with the overall BioSlim plan. The use of a no-calorie sweetener (see page 18) is highly recommended.**

# Citrus Chiffon Pie



This is a protein-carbohydrate balanced dessert, but with sugar as the predominant carb. For occasional consumption.

*Use no-calorie sweetener to reduce carb/calorie load.\*\**

*Makes 1 pie*

You may use prepackaged crust here. Be sure to buy whole wheat, oat bran or other whole grain crust. All can usually be found in your local health market or health section of the supermarket.

No one who hasn't actually seen this recipe would ever guess that it is made from tofu. Kids and adults alike love this dessert! It's delicious and healthful.

## **Filling**

<b>1 pound soft tofu</b>	<b>1 orange, cut into sections, or 1/2 cup mandarin oranges</b>
<b>1/2 cup maple syrup or no- calorie sweetener**</b>	
<b>1/2 cup orange juice concentrate</b>	<b>3 egg whites, beaten</b>
<b>2 teaspoons grated orange rind</b>	<b>orange sections (for decoration)</b>
<b>1/4 teaspoon salt</b>	<b>baked prepackaged pie shell</b>

- Blend tofu, sweetener, concentrate, rind, and salt until smooth.
- Place in bowl and fold in egg whites.
- Carefully fold in orange sections.
- Pour into baked pie shell, and bake for 1 hour at 325°F.
- Chill. Serve with additional orange sections on top.

*\*\* In liquid. See page 18 for more info.*

## Orange Cream Mousse & Sauce



This is a medium-carbohydrate dessert, with plenty of protein too. But it is high in sugar, so save this one for occasional consumption, or for your maintenance phase.

*Use no-calorie sweetener to reduce carb/calorie load.\*\**

*Serves 4 to 6*

This is our favorite dessert. It has the consistency of mousse or pudding, yet there are no added fats, and it's very healthful. We serve it for dessert when we have guests over, and they can't believe it's made from tofu! It tastes like gourmet, high-calorie mousse – you know, the kind that goes directly to your coronary arteries. This unique dessert is even loaded with protein.

Feel free to experiment with other flavors by using other kinds of fruit juices and fruits.

### Mousse Mold

<b>1/2 cup orange juice</b>	<b>2 teaspoons grated orange rind</b>
<b>1/2 cup cranberry juice</b>	<b>1/2 teaspoon vanilla extract</b>
<b>1 tablespoon agar flakes</b>	<b>1 cup smooth medium tofu</b>
<b>1/4 cup honey, rice syrup, or 0-calorie sweetener**</b>	

### Citrus Sauce

<b>1 cup orange juice</b>	<b>1½ teaspoons cornstarch or arrowroot powder</b>
<b>1 tablespoon light honey or rice syrup**</b>	<b>1 whole orange, peeled and sectioned (or more to taste)</b>
<b>1 tablespoon orange juice concentrate</b>	

**PREPARING THE MOUSSE:**

- Combine the fruit juices and agar flakes in a medium saucepan and let stand for 5 minutes.
- Cook over medium heat, stirring until the flakes are dissolved.
- Remove from heat and stir in the honey (or no-calorie sweetener in liquid), orange rind, and extract.
- Cool slightly and whisk in the smooth tofu (process the tofu until it's smooth).
- Pour the mixture into 6 custard cups, filling each about half full.
- Cover and refrigerate 3 hours or overnight.

**AT SERVING TIME, PREPARE THE SAUCE:**

- Combine the orange juice, honey (or no-calorie sweetener in liquid) and concentrate in a saucepan.
- Blend in the cornstarch and cook over medium heat, stirring constantly until thickened and clear.
- Stir in the orange sections.
- To serve, unmold the chilled mousse onto dessert plates and spoon the sauce over the top.

Alternate Tip: Make the mousse in one large mold and serve the sauce separately.

*\*\* In liquid. See page 18 for more info.*

## Poached Pears in Raspberry Sauce



This is a medium-to-high-carbohydrate dessert, high in sugar.  
For occasional consumption with protein food, or for your  
maintenance phase.

*Use no-calorie sweetener to reduce carb/calorie load.\*\**

*Makes 4 servings*

For those who love great desserts but don't love those extra pounds, this one is just right.

<b>4 Bosc pears, peeled</b>	<b>1 tablespoon arrowroot powder</b>
<b>2 cups pear juice</b>	<b>2 cups fresh or frozen (thawed) raspberries</b>
<b>1/2 cup cranberry juice</b>	<b>2 tablespoons pure maple syrup, or no-calorie sweetener**</b>
<b>1 teaspoon whole cloves</b>	
<b>1/4 teaspoon grated nutmeg</b>	
<b>1/2 tablespoon grated fresh ginger root</b>	
<b>1½ cinnamon sticks</b>	

- Peel pears completely – leave stems on.
- Put the pears in a medium saucepan; add 2 cups of the pear juice, cloves, nutmeg, ginger, and cinnamon stick. Cover and bring to a boil over medium-high heat, then immediately reduce heat and simmer until the pears are tender, 20 to 30 minutes. Turn the pears once for even cooking.
- Carefully remove pears from pan and arrange them in a deep serving dish.

- Strain out the whole spices from the cooking liquid, and return the liquid to the pan (the pears are now in the serving dish, not in the pan).
- Put the remaining 1/2 cup cranberry juice and the arrowroot powder into a small bowl and stir together until the arrowroot is dissolved.
- Then stir the arrowroot/cranberry mixture into the cooking liquid in the saucepan, and bring to a boil over medium heat. Once it boils, immediately reduce the heat to low and simmer, stirring constantly, until thickened – about 1 minute.
- Transfer the contents of the pan to a blender.
- Add the raspberries and maple syrup (or no-calorie sweetener in liquid); blend until smooth. Strain the sauce through a fine wire strainer to remove the raspberry seeds.
- Pour the sauce over the pears and serve warm, chilled, or at room temperature.

*\*\* In liquid. See page 18 for more info.*

## Citrus-Papaya Float



This is a moderate-carbohydrate, moderate-protein food. An excellent dessert after any good high-protein meal.

*Use no-calorie sweetener to reduce carb/calorie load.\*\**

*Serves 2 to 3*

Papaya is an excellent aid to digestion. This recipe uses natural uncooked papaya to make a unique, protein-containing, non-fat dessert for the whole family to enjoy.

<b>1 papaya, cubed</b>	<b>dash of vanilla extract</b>
<b>1 tangerine</b>	<b>dash of ground cardamom (optional)</b>
<b>1 egg white</b>	<b>mint sprigs, garnish</b>
<b>1/2 teaspoon honey (or no-calorie sweetener)**</b>	

- Place the papaya in a freezer container and freeze until firm.
- Peel and section tangerine, removing all membranes; set aside.
- Remove papaya from freezer and place in a food processor. Process with several short bursts until smooth.
- Beat egg white in a medium-sized mixing bowl with an electric mixer, first at medium speed, then high. When egg white is foamy, add sweetener, vanilla and cardamom and continue beating until stiff peaks form.
- Fold the processed papaya into the beaten egg white until thoroughly combined.
- Fold in tangerine sections.
- Spoon papaya mixture into glass serving dishes or stemware, garnish with mint, and serve immediately.

*\*\* In liquid. See page 18 for more info.*

## ***Sherried Pears***



A benignly medium-carbohydrate dessert. Great after any good balanced or high-protein meal.

*Serves 3*

Extremely simple and tasty.

**3 pears (medium, ripe)**

**2 tablespoons sherry wine**

**1 teaspoon vanilla**

- Cut pears in half and remove seeds and stems. Place cut side up on cookie sheet (close together).
- In a separate bowl, combine wine and vanilla. Pour teaspoon of this mixture over each pear and let sit for one hour.
- Turn pears cut side down and bake at 350°F for 45 minutes.
- Place pears cut side up on dessert plate and serve. Can be served warm or refrigerated.

## Scrumptious Sorbet



This is definitely high in sugar carbohydrates. But it's all-natural and very simple. For occasional consumption with or after protein food, or during your maintenance phase.

*Makes enough for 4*

Great for kids instead of those sugar-laden popsicles and ice cream “treats”. We like nectarines or peaches here, but you can use any fruit you want!

**4 cups chopped fresh  
nectarines (or your  
favorite fruit)**

**2 cups apple juice  
concentrate, undiluted**

- In a blender or food processor, purée the fruit. Transfer to a large glass bowl.
- Stir in apple juice concentrate.
- Freeze in a shallow bowl. For the first 2 hours, stir mixture every 15 to 20 minutes to break up ice crystals and prevent it from freezing solid too quickly. Freeze until firm.
- Serve anytime.

## Fruit Parfait



This is a protein-carbohydrate balanced dessert. As with all desserts, it is a bit high in sugar.

*Serves 6*

This is a refreshing, healthful dessert. Serving this dessert in parfait glasses adds an elegant touch to any dinner party.

**6 cups mixed fresh fruit  
(include peaches,  
strawberries,  
blueberries, raspberries,  
melon balls, grapes)**

**24 oz. plain, non-fat yogurt**

**1 kiwi, peeled and sliced**

**6 mint leaves**

**1/2 cup apricot or peach-  
flavored brandy**

- In large bowl, combine fruit with brandy. Mix well.
- In tall parfait glasses, alternately spoon the fruit and yogurt in layers.
- Spoon 1 tablespoon of yogurt on top of each glass, and garnish with a slice of kiwi and mint leaf.
- Chill and serve.

## Fruity Gelatin



This is a moderate-carbohydrate dish, with some protein from the gelatin. Optionally add protein food of choice.

See Appendix for suggestions.

*Serves 4*

This refreshing dessert is light and healthful—one that the entire family will enjoy. Note: gelatin is pure protein, but not usually high quality. See *Food Facts & Definitions* section for details.

**2 cups orange juice**

**1 teaspoon vanilla**

**1 envelope unflavored gelatin**

**1 cup strawberries, sliced**

**1 teaspoon grated orange zest**

**1 cup bananas, sliced**

- Pour orange juice into a medium saucepan and stir in the gelatin. Let mixture set for 1 minute.
- Heat mixture for 1 minute on medium-low heat. Remove from heat and cool.
- Add orange zest and vanilla to mixture.
- In parfait glasses, spoon alternating layers of strawberries, orange-gelatin mix, and bananas.
- Chill in refrigerator for 1-2 hours.

## Mapled Apple Wedges



This is a medium-carbohydrate dish, with most of the carbs coming from natural apples. Balance with protein food of your choice. See Appendix for suggestions.

*Serves 6*

Savor the flavor of apples combined with low-calorie, maple-flavored syrup. You probably never thought that a healthy fruit like apples could taste so good *and* be so good for you!

**6 medium-sized baking apples, such as Rome**

**1/2 cup low-calorie\*\* maple-flavored syrup**

**3 tablespoons finely chopped pecans**

**1 tablespoon grated fresh ginger**

**1½ teaspoons lemon juice**

**1/2 teaspoon ground cinnamon**

- Preheat oven to 350°F.
- Remove the core from the apples and cut apples into wedges about ½" thick.
- Blend together the maple syrup, pecans, ginger, lemon juice, and ground cinnamon in a small bowl.
- Pour the blended ingredients over the apple wedges evenly.
- Place the apple wedges in a baking dish lined with aluminum foil and bake for about 35-40 minutes.
- The apples may then be served hot, warm, or chilled.

*\*\* Sweetened with no-calorie sweetener; available in most supermarkets. See page 18 for more info.*

## Fruity Protein Whip



This is a high-protein food. Optionally add balanced food of your choice. See Appendix for suggestions.

*Serves 4*

A *great* choice! Really delicious, high in protein, low in carbohydrates and fat. Use your favorite fruit; we like it with peach or strawberry. What a treat!

**1/2 cup low-fat or fat-free milk or vanilla-flavored, fat-free soymilk**

**1 envelope unflavored gelatin**

**1 cup peaches, ripe, peeled and mashed**

**1 teaspoon vanilla**

**4 tablespoons sugar-free\*\* maple-flavored syrup**

**1/2 cup firm, low-fat tofu**

**8 oz. fat-free, plain yogurt**

**optional: 1/4 cup coarsely chopped pecans**

- Pour milk into a medium-sized saucepan.
- Stir gelatin into milk and let set for 1 minute.
- Add peaches and syrup to the milk/gelatin mixture, then cook over medium heat for about 2 minutes, stirring constantly.
- Let cool to room temperature, then transfer cooled mixture to blender and add tofu, yogurt, and vanilla.
- Blend for about 1 minute.
- Pour about 4 ounces of this mixture into each dessert cup and chill for one hour.
- You may, as an option, garnish with the chopped pecans.

\*\* *Sweetened with no-calorie sweetener; available in most supermarkets. See page 18 for more info.*

---

*Snack  
Suggestions*

---



## **SNACK SUGGESTIONS**



**S**nacks are not only permitted, but encouraged. Snacks of the right kind, that is. Forget about the junk food! Here are some of our favorite healthful weight-friendly snacks:

- 1. Fat-free deli turkey slices**
- 2. Fat-free deli chicken slices**
- 3. Fat-free cottage cheese**
- 4. Non-fat yogurt**
- 5. Water-packed tuna**
- 6. Eggs (whites-only or whole)**
- 7. Water**

Now, based on this list, use your imagination to come up with interesting combinations. Examples:

- Fat-free turkey or chicken slices rolled up in a lettuce leaf, topped with a bit of salsa.
- Celery sticks stuffed with low-fat cottage cheese, mixed with chopped onions or scallions.
- Celery sticks stuffed with a mixture of tuna, low-fat yogurt and chopped green onions.
- Deviled eggs (yolks removed) stuffed with a mixture of low-fat cottage cheese and finely chopped low-fat turkey or chicken.
- Cucumber (sliced) topped with bite-sized, low-fat deli slices.
- Broccoli and/or cauliflower dipped in a mixture of low-fat yogurt, mint and crushed garlic.
- Peach slices (diced) and mixed with a cupful of low-fat cottage cheese.
- An 8-ounce glass of water with a lemon wedge.

Keep track of your “Hunger Cycles”. This will enable you to have some healthy snacks readily available so that you do not reach out for junk food.



---

*Thirst  
Quenchers*

---

## THIRST QUENCHERS



These drinks are not substitutes for water. Really, the recipes in this section are desserts in liquid form. And as desserts are wont to be, most are high in sugar (natural, but still sugar).

So, continue to drink lots of water. Use these as occasional treats, just like you would the more solid desserts. And remember not to overdo your total intake of carbohydrates.

All the drinks here are medium-carbohydrate liquid desserts, except the *Splendid Stevia* (page 200), which has zero calories, and is perfectly delicious. (Note: the *Berry Banana Shake*, on page 198, is actually protein-carbohydrate balanced.)

Note: To reduce the sugar load in any of these recipes (that use sweeteners), use **no-calorie sweeteners**.  
See page 18 for more info.

These drinks are all great as refreshers, especially after a good balanced or high-protein meal. But use some restraint: the high sugar content can overwhelm your other efforts under the BioSlim plan. For occasional consumption (except the *Splendid Stevia*, of course).

# Mango Delight



*Serves 4*

Some say mango is an acquired taste. Well, that may be true... if you ever try it – you acquire it.

This is a simple, delicious, fat-free dessert for the whole family.

**2 mangoes, peeled and sliced**

**1 to 2 tablespoons maple syrup (or no-calorie sweetener)\*\***

**2 cups orange juice**

**2 limes, juiced**

**8 ice cubes**

**2 cups mineral water (or to taste)**

**mint leaves (optional)**

- Place mangoes, maple syrup, orange juice, lime juice and 8 ice cubes in a blender. Purée for 1 minute.
- Pour mixture into a pitcher and refrigerate for at least 5 minutes, allowing the foam to settle.
- When ready to serve, thin with mineral water and stir well. Pour into 4 glasses containing ice cubes.
- Garnish with mint if desired.

*\*\* See page 18 for more info.*

## Pear or Peach Fizz



*Serves 1*

**1 ripe peach or pear,  
pitted/cored**

**1/2 ripe banana**

**1 cup sparkling mineral  
water**

**2 ice cubes**

**drop of vanilla extract  
(optional)**

**2 sprigs mint, garnish**

- Into a blender, place unpeeled peach or pear, banana, mineral water, ice and, if desired, vanilla.
- Process on high speed until frothy.
- Serve in tall, chilled glasses, garnished with mint sprigs.

## Berry Banana Shake



*Serves 4*

Very simple and natural, high in protein, low in fat, and protein-carbohydrate balanced. It's a lot more delicious than you would imagine from the simplicity of the recipe. Try it, you'll like it!

**One 10.5-ounce package  
smooth soft tofu**

**1 small ripe banana**

**1 teaspoon maple syrup  
(or no-calorie  
sweetener)\*\***

**1 cup partially thawed  
frozen strawberries or  
raspberries, including  
liquid**

- In a blender or food processor, combine all ingredients. Whip until smooth. Serve chilled.

## **Lemon Quencher**



*Makes 6 to 8*

Great for summer days, or anytime as a handy refresher.

**4 to 5 lemons**

**7 cups water**

**10 spearmint leaves**

**2 teaspoons lemon rind**

**2 tablespoons honey (or  
no-calorie sweetener)\*\***

**6 sprigs mint, garnish**

- Grate the rind of 1 lemon to make 2 teaspoons. Squeeze lemons to make 1 cup juice, leaving 6 slices for garnish.
- In a blender, place 1 cup water and spearmint leaves; blend on medium speed: about 30 seconds.
- Strain through a sieve into a 2-quart container.
- Add lemon juice, grated rind, and the remaining water and honey. Stir or shake well until the honey dissolves.
- Chill.
- Serve over ice in glasses garnished with lemon slices and mint sprigs.

*\*\* See page 18 for more info.*

## Cran-Straw Ecstasy



*Makes 1 to 2*

Simple, natural, designed to hit the spot just when you need it.

**2/3 cup cranberry juice**

**5 strawberries**

**1/3 cup white grape juice**

**2 ice cubes**

- In a blender, place juices, 3 strawberries and ice. Process on medium speed until ice cubes are crushed.
- Serve in chilled, stemmed glasses over ice, garnished with remaining 2 strawberries.

## Splendid Stevia!



*Serves many*

Very simple and completely natural, this is our **favorite drink of all**, because it's delicious and also contains zero calories!

**1 quart bottle flavored  
unsweetened carbonated  
water (lemon, lime, orange,  
any flavor)**

**Stevia (liquid preferred,  
powder ok)**

**2-4 tbs. lemon juice (to  
taste)**

- Mix all ingredients in the water bottle. Chill and enjoy!

---

# *Appendix*

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# APPENDIX



## COMMON MEASUREMENTS

pinch or dash	=	up to 1/8 teaspoon
60 drops	=	1 teaspoon
3 teaspoons	=	1 tablespoon
2 tablespoons	=	1/8 cup (1 <i>fluid</i> ounce)
4 tablespoons	=	1/4 cup
5  tablespoons	=	1/3 cup
8 tablespoons	=	1/2 cup
12 tablespoons	=	3/4 cup
14 tablespoons	=	7/8 cup
16 tablespoons	=	1 cup (8 <i>fluid</i> ounces)
2 cups	=	1 pint (1/2 quart)
4 cups	=	1 quart
2 pints	=	1 quart
4 quarts	=	1 gallon
28 grams	=	1 ounce
1 <i>fluid</i> ounce	=	2 tablespoons
16 ounces (weight)	=	1 pound
2 liquid cups	=	1 pound (approximately)

## **SOME COMMON FOOD TERMS AND EQUIVALENT MEASUREMENTS**

<b>ITEM</b>	<b>COMMON AMOUNT TERM</b>	<b>ACTUAL AMOUNT</b>	<b>APPROXIMATE WEIGHT</b>
APPLE	1 medium	1 cup chopped	4 ounces
AVOCADO	1 medium	1 cup mashed	8 ounces
CARROTS	1 medium	1/2 cup diced	4 ounces
CELERY	1 stalk	1/3 cup diced	2½ ounces
EGGS	3 medium	1/2 cup	
GREEN BEANS		1 cup	5 ounces
GREEN PEPPER		1 cup diced	4¾ ounces
LEEK	1 medium		3 ounces
MUSHROOMS		1 cup sliced	4 ounces
ONION	1 medium	1 cup diced	4 ounces
ORANGE JUICE	1 medium	1/2 cup juice	
ORANGE	1 medium	2 tbs. grated peel	
PARSLEY	1 bunch	3½ cups chopped	4 ounces
POTATO	1 medium	2 cups diced	8 ounces
SPINACH (FRESH)	12 cups		10 ounces
TOMATO	1 medium	3/4 cup diced	4½ ounces
CANNED TOMATOES		3 cups with juice	28-ounce can
ZUCCHINI	1 medium	2 cups diced	10 ounces
CASHEW NUTS		1 cup	6 ounces
TOFU		2 cups	12 ounces

## WEIGHT/MEASURE EQUIVALENTS FOR SOME COMMON FOODS

ITEM	WEIGHT	EQUIVALENT MEASURE
AGAR-AGAR flakes	1 ounce	5/8 cup
AGAR-AGAR flakes	1/4 pound	2½ cups
ARROWROOT powder	1/2 pound	1½ cups
BARLEY, WHOLE	1 pound	2½ cups
CASHEWS	1/2 pound	1¾ cups
GARBANZOS (chickpeas)	1/2 pound	1½ cups
HONEY	1 pound	1½ cups
LENTILS	1 pound	2½ cups
MAPLE SYRUP	1/2 pound	1 cup
MOLASSES	1/2 pound	3/4 cup
PEANUTS	1/2 pound	1½ cups
PEAS, GREEN, SPLIT	1/2 pound	1  cups
PINE NUTS	1/2 pound	2 cups
RICE, BROWN (uncooked)	1/2 pound	1  cups
SESAME SEEDS	1/2 pound	1½ cups
SOYBEANS, DRY	1/2 pound	1¼ cups
SOYMILK	1 pound (16 oz.)	2 cups
WALNUTS	1/2 pound	2 cups
WHEAT, WHOLE, FLOUR	1 pound	3½ cups

## RECIPE LISTS

### By Protein-Carbohydrate Balance

\*Note: Sauces and drinks are not included in these lists, as explained in the section header page of each.

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