



Fat Burning & Anti-Aging

Side Dish Recipes!

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INTRODUCTION

Yes, You Can Eat Delicious, Rich Foods and Melt Fat with These Delicious Recipes!



Quick and Easy Recipes for Your Busy Life!

I am well aware that we are not all master chefs, nor do we have the time to spend hours preparing food, so I made these recipes to be quick and easy. We all like to eat healthy, great tasting food and delicious dishes with the least time and effort. So quick and easy is how these recipes were put together.

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

Growing up, I was fortunate to have parents who were 'foodies' before their time. We ate a large variety of foods from different ethnicities, and

I learned to love and enjoy healthy food. We also had a large garden that produced wonderful Midwestern United States produce like zucchini, green beans, baby lettuce, cucumbers, beets, carrots, tomatoes, peas, asparagus, sweet peppers and hot peppers and many different herbs like fresh basil, parsley, and dill.

The difference between eating a freshly picked tomato, still warm from the sunshine and eating one that came from a grocery store, grown in a hothouse is dramatic. They could be two totally different foods! And, while I never could stomach the canned spinach that was served with our school lunches, there was nothing more flavorful, sweet and full of nutrients as fresh picked sautéed spinach, sprinkled with some fresh lemon juice, butter, salt and pepper.

This is where I learned my love for real, fresh, and local foods. There simply is no comparison to foods grown on industrial farms, canned, frozen or otherwise processed, then shipped thousands of miles to show up on a grocery store shelf. This is what I want you to understand and learn about enjoying healthful, REAL food. It's absolutely amazing! And it feels good to your body to eat such powerful, nutrient-rich superfood too. This is how you heal or possibly reverse diabetes and many other health issues as well.

I want you to embrace healthy eating and think about food this way:

What you eat either helps or harms your body. Let everything you put in your mouth be food or drink that promotes the most optimal health and has the most nutrition possible.

Eating a healthy diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there are an overwhelming amount of delicious healthy, choices. And as you move into healthier eating, you may find that your tastes gravitate towards REAL food as opposed to packaged, processed, sweetened foods that may have made up your diet prior to making these major life changes.

Eating for your health, and to maintain a healthy blood sugar balance can mean you get to really enjoy and eat satisfying and delicious foods!

We'll show you how to make quick and easy, healthy and delightful meals and snacks with this book!

The best way to do this is by following a diet similar to our ancestors, going even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

We are going to eliminate those fake, processed "diet" convenience foods: frozen, packaged, processed "weight loss" dinners, artificial sweeteners, sugar-laden yogurt, processed 'energy bars', soy products, fake meat products (usually made with processed soy), diet shakes, and more. These items are not real food! This is artificial food that is fooling you and your body, and adversely affecting your hormones and internal biochemistry. This food usually ends up making you addicted to it—making you gain weight, and ruining your health!

Real food usually contains just **one ingredient**, or it can be combination of one-ingredient foods—foods you can easily identify. The way nature made it. But while these natural foods contain only one ingredient, they are actually jam-packed with tens of thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. You feel satisfied. And your good health returns!

You will notice that when you eat this way, you actually have more energy and feel great. Many of your chronic health problems may totally disappear—including diabetes and more.

You will look younger. You will feel younger. And you will be younger, physiologically and biologically.

Consider this: You may think you are eating nutritious foods when you eat whole wheat bread, pasta, whole grain crackers, etc. Even “whole grain” foods are high glycemic carbohydrates, and they cause your blood sugar to go up. These so-called ‘complex’ carbohydrates just release their sugar into your body more slowly than refined carbohydrates, but in the end, all these carbohydrates are just the same in your body—**sugar**.

High glycemic foods that raise your blood sugar can lead to diabetes and pre-diabetes, and also the formation of AGE’s (advanced glycation end products) inside your body, contributing to inflammation, oxidation, chronic disease and accelerated aging.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual ‘superfoods’. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as ‘phytochemicals’ that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to reverse your diabetes, balance and maintain stable blood sugar, but also to:

- burn fat
- increase muscle
- keep you looking and feeling young
- strengthen the immune system

- fight cancer
- help mental concentration and mood
- make your heart healthy
- help you to breathe better
- sleep more restfully
- see better
- and feel great—all over!

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

Healthy Food is Your Weapon to Fight and Reverse Disease, Lose Weight, Conquer Your Cravings, Improve Your Moods, and Bring You to Optimal Health.

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger, but they are incredibly protective of your overall health as well.

In fact, it is thought one of the primary factors in developing disease has to do with a lack of important nutrients and a depletion of the powerful antioxidants that help fight disease and imbalance in the body.

Included in this book are tons of antioxidant-rich, nutrient dense foods like brightly colored vegetables, nuts, seeds, squash, beans, dark chocolate, naturally-raised meats and plenty of herbs and spices, all combined in new and exciting ways that you will love.

There are literally ***thousands*** of other beneficial 'phytochemicals' (plant-based, health-boosting natural chemical compounds), that help to

reverse diabetes, burn fat and give you more energy, and fight off other diseases like heart disease, kidney disease, nerve disease and diseases that affect your eyes. What's more, they contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Everything is low-glycemic and excellent to help balance and maintain a low blood sugar level.

I have included important information about one or more of the main ingredients, in each recipe, so you will know exactly what these super-powered ingredients can do for your health!

Rest assured that every bite of every recipe is packed with the healthiest diabetes-reversing nutrition, metabolism-boosting, fat burning energy, and good for you in a hundred different ways. And what's more—they are absolutely delicious!

Enjoy creating these wonderful dishes and share them with loved ones, friends, and family! After all, good food is meant to be shared with good company!

A Few Words About Food Allergies, from Catherine

Recipes are: Gluten free, corn free, dairy free, soy free and many are also nut/peanut free recipes

I have some of the most common food allergies—and some of those can be pretty serious. I have learned how to adapt most recipes to be free of the above allergens—which by the way, are some of the most common food allergies.

I also think that avoiding wheat, corn, and soy is a healthy dietary choice for many of the reasons I outlined in the Fat Burning Kitchen book. They are often genetically modified, over processed, and are highly inflammatory to most everyone—allergies or not. These foods are in no way necessary in the human diet and often contain 'anti-nutrients' instead of adding real nutrition.

Gluten is a substance that is part of wheat, barley, and rye grains and can often cause stomach upset, bloating, gas, nutritional deficiencies, and chronic inflammation, and contribute to blood sugar increases. Even if you do not have full-blown celiac disease, you may still be sensitive to the gluten in grains, and some sources estimate that almost a third of the population has some degree of gluten sensitivity. My personal take on this is if you have some type of gluten sensitivity, you most likely have a form of celiac disease. I think gluten in general, should just be avoided.

The other important thing about avoiding gluten is that if you have any kind of sensitivity, gluten contributes to inflammation. Increased inflammation can lead to increased risk of disease, including diabetes.

Many people do not even realize they have sensitivity to gluten, but often find they lose weight, have more stable blood sugar, digest food better, sleep better, poop better, and even feel more emotionally stable and happy, as soon as gluten is removed from their diets.

Corn is to be avoided as well. Corn is almost always genetically modified, and also contains its own natural toxins and nutrient-

blocking ingredients (anti-nutrients). Corn can quickly cause a rise in blood sugar, and most definitely causes weight gain—and is a big contributor to diabetes. Countries and cultures that use large amounts of corn in their diets generally have high numbers of obesity and diabetes.

Corn is also a very irritating allergen, and is one of the most common food allergies. Beware the many disguised ways corn is added to prepared foods. Often it is in the form of corn syrup or high fructose corn syrup, but can also be corn starch, modified food starch, dextrose, maize, corn flour and more. The most commonly used form of corn in the form of corn syrup or high fructose corn syrup is a known contributor to diabetes, obesity, fatty liver disease, chronic inflammation, high blood pressure, and heart disease. About 80-85% of packaged food and drinks usually contain corn in some form or another. Take a look around your grocery store and see what I mean!

Soy is another crop is most often genetically modified, full of toxic and nutrient blocking substances—and hormone-disrupting phytochemicals. Soy's phytoestrogens and xenoestrogens will screw up your own natural hormone balance, and even cause some men to start developing hormonal problems such as "man boobs", low testosterone, impotence and more.

Soy blocks thyroid function, which causes hypothyroid (low thyroid) symptoms, including weight gain and fatigue.

And soy contains anti-nutrients that actually block the body's ability to use important nutrients like zinc, calcium, magnesium and iron, leaving you with serious deficiencies.

And—all of the above grains and soy are doused with the chemical glyphosate causing serious health issues, including an increased risk of disease, loss of your protective bacterial biome in your gut, inflammation, increased risk of cancer and increased risk of allergies.

What about dairy products?

Personally, I am allergic to pasteurized, processed dairy products, as are many other people. Pasteurized dairy is one of the most common food sensitivities or allergies, even though some people may be eating or drinking it every day and not know they have an intolerance to it. This is more than lactose intolerance, which a certain degree of the population has—this is more of a true allergic reaction to the protein molecule of dairy.



Vital nutrients, are destroyed when milk is pasteurized, and that white liquid you are buying from the grocery store is loaded with growth hormones, antibiotics (and pus!) and not the nutritious, wholesome food you thought it was. (Read the chapter I wrote on milk in [The Fat Burning Kitchen](#)).

Raw, unpasteurized, grass-fed dairy is better if you are going to eat dairy products. Many people who have an intolerance to pasteurized dairy do not have the same digestive issues with raw dairy. The heat from pasteurization changes the protein molecule of milk, and it then becomes more difficult to digest. However, raw dairy from a clean, local grass-fed dairy is safer and cleaner and easier to digest than the pasteurized products you see on your grocery store shelves.

Raw WHOLE dairy also contains a very important type of fat-burning, health-protective fat called CLA, or conjugated linoleic acid. And if it's grass fed milk, you get up to five times as much of this healthy fat-burning fat, along with more omega 3 fats, and a very important vitamin, vitamin K2, which cannot be found in anything other than the milk of grass fed animals. Vitamin K2 is actually vital to get calcium into bones and teeth where it is needed.

Mike's Note: You're probably aware of the controversy in recent years about raw milk. The government tries to vilify raw milk and claim that it

is “dangerous”, despite humans using this nutritious food source for thousands of years, and the fact that milk from grass-fed cows is generally MUCH safer and healthier than grain-fed milk. On a personal note, I’ve been drinking raw milk for over 10 years, and my family and I have NEVER once gotten sick, despite the government claiming it’s “dangerous”. If you eat dairy at all, ultimately, it’s up to you to research and decide for yourself if you want to go the nutritious route of raw milk vs conventional pasteurized milk at most stores. Go to realmilk.com to see more info about raw milk and also find locations to obtain it.

Most of these recipes are dairy-free or dairy optional, so if you avoid dairy, you will still be able to enjoy all the great-tasting dishes, without missing a thing!

What You Need to Know About Herbs and Spices



Don't be intimidated when you see lots of ingredients in a recipe--most of the time, many of those ingredients are just herbs and spices. While many of these seasonings are optional, I recommend that you add as much as you can--as often as you can!

Every time you flavor your meals with herbs or spices you supercharge your food without adding a single calorie! You can transform ordinary and bland dishes into something delicious and exciting, simply by adding herbs and spices.

Herbs and spices contain ingredients that are as powerful as many medicines used to treat diabetes. And they are natural, so there's less chance of adverse reactions to herbs and spices.

Herbs and spices contain some of the most potent antioxidants of any foods! In fact, many herbs and spices rank even higher in antioxidant activity than fruits and vegetables! Combined with other foods, they actually boost the natural antioxidant and anti-inflammatory power of the food exponentially!

Many spices and herbs actually have medicinal value- Scientific studies show that herbs and spices can actually work as well or better than some medications for certain health issues—including diabetes.

One study of people with Type 2 Diabetes found that as little as two teaspoons of cinnamon a day would significantly reduce blood sugar levels—almost as well as insulin—and also lowered LDL cholesterol and triglyceride levels.

Researchers found that the active ingredient in turmeric (curcumin) is effective at slowing or stopping the harmful inflammation that is associated with diabetes. And curcumin has also been proven as effective as ibuprofen for treating pain and inflammation.

Researchers at Penn State reported that adding two tablespoons of a spice mixture (rosemary, oregano, cinnamon, turmeric, black pepper, cloves and garlic) to meals cut triglycerides by as much as 30%.

Cumin seeds also have a unique ability to keep blood glucose in check. Researchers compared the effects of cumin and a commonly used diabetic drug and found that the cumin worked as well as the diabetic drug regulating insulin and glycogen, and worked even better at protecting the kidneys and pancreas.

Herbs and spices are **thermogenic**, which means they naturally help to increase metabolism, partly because they are so nutrient-dense. Some spices are also good at regulating blood sugar and controlling insulin. When your blood sugar is well controlled, you are more likely to burn fat and store calories as excess weight.

(Check with your physician to be sure they don't interfere with any medications you are taking—and always check with your doctor before you quit any of your current medications.)

Here are some other health benefits of some of the most popular herbs and spices:

- Cayenne, coriander and cinnamon help to regulate insulin and burn fat.
- Cumin, turmeric, rosemary, basil and sage are anti-inflammatory
- Lemon grass, nutmeg, bay leaves and saffron have a calming effect.
- Turmeric fights inflammation, cancer and Alzheimer's disease.
- Oregano is anti-fungal, antibacterial.
- Garlic, mustard seed and chicory are excellent for the heart.
- Basil and thyme make your skin softer and smoother.
- Turmeric, garlic, basil, cinnamon, thyme, saffron, garlic and ginger boost the immune system and help fight infections.
- Coriander, rosemary, cayenne, allspice and black pepper help banish depression.



These spices contain the *most* antioxidants and super-nutrients—use often and use liberally:

- Turmeric
- Basil
- Cumin
- Cayenne and Red Pepper flakes

- Cloves
- Cinnamon or its cousin Cassia (often used instead of real cinnamon)
- Nutmeg
- Oregano
- Ginger
- Marjoram
- Sage
- Thyme

Enjoy, and spice up your life a bit!

Delicious, Satisfying Foods included in these Recipes:

- **Grass Fed Beef**
- **Wild Caught Fish—especially salmon, sardines, cod and halibut**
- **Free Range Pastured Poultry**
- **Healthy Fats—coconut oil, grassfed butter, extra virgin olive oil, avocado oil, nuts**
- **Vegetables**
- **Avocados**
- **Nuts**
- **Berries—Cherries, Strawberries, Blueberries, Raspberries, Blackberries**
- **Unsweetened Coconut**

DELICIOUS RECIPES THAT RESET YOUR BODY AND BLOOD SUGAR

These recipes have you eating plenty of satisfying, low glycemic, high quality proteins, healthy fats, fresh, organic vegetables, with a few delicious, low glycemic fruits.

What's more, these meals help to serve as a detox diet for your body from sugars, starches, chemicals, preservatives, and inflammatory foods, so that you can start to reset your metabolism.

This is where we will help you break the addictions to sugar and starchy foods. While this may seem a bit difficult at first, after about 3-5 days, you will find those unhealthy cravings start to go away. If you find you crave sugary or starchy foods, try these two things:

- Drink plenty of water—Often when you think you are hungry or have the munchies, you need to drink water. Drinking water also helps you feel more full and satisfied.
- Eat protein—Protein satisfies hunger without causing changes in blood sugar. In fact, it helps to stabilize blood sugar.

- Take magnesium. Magnesium deficiencies often make you crave chocolate or sweets.

If at all possible, prepare and eat most all of your meals from home. This way you can control what you eat. If you need to, pack a lunch or snacks for work or anytime you may be out, so that you will not get off track by eating out at restaurants with all the temptations available. Pack a small cooler for the car if you have a lot of errands or driving to do—this will keep you from being tempted by fast food restaurants when hunger strikes. Fill it up with healthy snacks and keep nuts on hand to snack on whenever the munchies strike you.

You may eat three satisfying meals full of protein, healthy fats, and lots of low glycemic, filling vegetables—as well as two healthy snacks—if you desire. You might be surprised to find out that as your blood sugar levels go down you will not be as hungry all the time.

Most vegetables, meat, fish, and healthy fats are naturally low glycemic. There are a few low-carb, low glycemic fruits that include raspberries, strawberries, blueberries, and blackberries, but generally you should avoid fruit until your blood sugar is under control.

Do your best to find grass-fed meat and wild-caught, naturally raised fish and chicken, and free-range, pastured eggs. While these types of protein may be harder to find, they contain more of the healthy, fat-burning, blood sugar stabilizing, anti-inflammatory Omega 3 fats, conjugated linoleic acid, and less of the toxins of regular factory farmed foods. Most farmers' markets and health food stores carry naturally raised meat, poultry and fish—as well as ample supplies of delicious, locally grown, nutrient-dense veggies!

This is a 'cold-turkey' approach—and while it may seem harsh—it is nearly impossible to 'cut back' on these foods. Cutting back on sugar is like telling an alcoholic to drink less. It just doesn't work. There is no 'eating in moderation' here. Food addictions are very similar to drug and alcohol addictions, and 'cutting back' only feeds your addiction, makes you crave it more, and makes it worse.

You can DO this!

The benefits of this diet go beyond lowering your blood sugar:

- The constant craving for carbs and sugar goes away.
- You lose weight quickly and without really trying. (6-10 lbs. on average)
- Your pancreas gets a much-needed rest from supplying insulin constantly.
- Your body resets itself and you begin to crave healthier foods.

Again, be sure to let your doctor know you are starting on a low carb, low glycemic diet to naturally and safely lower your blood sugar.

Foods to omit until blood sugar is under control--

- **All Grains and Gluten**
- **All Sugars and Foods Containing Sugars**
- **Dairy Products**
- **Processed, Packaged Foods**
- **Sweetened Beverages, Including (100%) Fruit Juices**
- **Starchy Vegetables**
- **Moderate to High Glycemic Fruits**

After the initial few days of adjustment, not only will your blood sugar start to level off, but your appetite will decrease and you will find these recipes to be very satisfying and delicious.

The other great thing you may notice about the Fat Burning Kitchen diet is that you will lose weight effortlessly—often a significant amount in the first week or so!

Without the constant supply of glucose-producing foods, your body will learn to burn fat for energy, and will become very proficient at this over time.

Once your *fasting blood sugar* stabilizes under 100, (allow yourself 2 weeks—or more if necessary) you may advance to recipes with some complex carbohydrates, along with more varieties of fruit—along with more delicious desserts.

Vegetarian Recipes

I am not a big fan of strictly vegan or vegetarian diets—I think our bodies need some complete protein/fats and the extra bioavailable nutrients that animal protein sources provide. However, I do think that a diet that is about 75% plant based, vegetarian is very healthy—as long as you add in some animal proteins and healthy fats a few days a week.

If you are vegetarian or vegan because of personal beliefs, religious or cultural beliefs or for the environment, I have included a few vegetarian recipes for you as well.

By combining incomplete plant proteins with other foods—cheese, eggs or fish—you increase the protein availability in your diet. If you are a vegan, you must combine foods such as: legumes with grains and/or seeds to get the correct combination of amino acids necessary for your health.

BUT for one—this makes it hard to get complete protein this way; and two—most protein foods that vegans eat are grains and starches, leading to high blood sugar, and, three—vegans miss out on some vital nutrients: bioavailable iron, zinc, calcium, B12, healthy saturated fats, omega 3 fats, and bioavailable proteins. Many of use cannot break down plant foods into the usable nutrients our bodies need. A perfect example of this is iron. While iron is present in many plant-based

foods, our bodies need 'hemi-iron' which comes only from red meat. Lots of people (me included) cannot get the necessary iron any other way than to eat red meat, no matter how much spinach and kale I consume!

One other consideration—many legumes like soy, actually contain 'anti-nutrients' which block the body's ability to digest and break down nutrients. While many people have very legitimate reasons to become and stay vegetarian, it may be worth considering adding meat, fish, or eggs to your diet if you are having trouble keeping your blood sugar stable on a vegetarian diet.



Don't forget to drink copious amounts of water or other non-sweetened beverages. Try these if you aren't good at just drinking plain water:

- 1. Make your own flavored water with cut up cucumber, limes, lemons, oranges, strawberries, raspberries, mint, basil, etc. Cut up and allow to sit for a while to flavor water.***
- 2. Sparkling mineral water with or without fruit added***
- 3. Green or black tea, hot or on ice***
- 4. Herb tea, hot or on ice***

Quick and Easy, Savory and Healthy Side dishes



Sometimes you just need a little something else to add to your meal, and of course, you want it to be full of nutrition--not empty, fattening calories. The one, perfect side dish for most any meal is a salad.

There are so many variations on this--it just doesn't have to be a big production. Just throw in whatever veggies you have (and it does not have to include lettuce), add dressing, and viola--an awesome low-glycemic salad full of antioxidants, vitamins, minerals and phytochemicals.

It's a good idea to keep extra virgin olive oil and some good quality balsamic vinegar or apple cider vinegar. I like fresh squeezed lemon or lime juice for dressings as well.

You can make a quick and easy salad dressing by just drizzling oil and vinegar or citrus juice on your salad. Add some mashed avocado to make a rich, creamy dressing with lots of healthy, fat burning, blood sugar lowering fat. Add chopped fresh herbs, minced garlic, sea salt and pepper and you have a salad dressing that is far better for you than anything you can buy in a store.

Mike Geary's Healthy-Fat Blend Balsamic Vinaigrette Dressing

Dressing

- Fill your salad dressing container with these approximate ratios of liquids:
- 1/3 of salad dressing container filled with balsamic vinegar
- 1/3 of salad dressing container filled with apple cider vinegar
- Fill the remaining 1/3 container with high quality extra virgin olive oil
- Add just a small touch (approximately 1/2 tsp) of real maple syrup.
- Add a little bit of onion powder, garlic powder, and black pepper and then shake the container to mix all ingredients well.

Mike's Note:

Just make sure to NEVER buy a typical grocery store salad dressing as they almost always contain refined soybean oil and/or canola oil (both are VERY unhealthy for you). Many big food companies will trick you into believing their salad dressing is made with extra virgin olive oil by advertising, "made with extra virgin olive oil" on the front label. But, if you read the ingredients on the back label, you will find out it contains only a tiny bit of extra virgin olive oil and the rest is refined soybean oil, which as we know is NOT good for you. Make your own truly healthy salad dressing instead, and you will know exactly what is in it.

Try These Ingredients in Your Salad:

Start out with some fresh organic baby greens, arugula, watercress, parsley, etc. or some dark green leafy lettuce and build from there.

Chop up some raw, fresh veggies like red, green or yellow peppers (always use organic, as conventionally grown ones are highly sprayed with pesticides), tomatoes, zucchini, red onion, parsley, cucumber, cilantro, carrots, and whatever else strikes your fancy and throw in with the greens. Throw in some sprouts (alfalfa, broccoli, sunflower, etc.) if you have them for even more power-packed nutrition.

When they are in season, I like to add even more antioxidants and make things a little more interesting by adding a few (organic) blueberries, strawberries, blackberries, raspberries, apples, etc. The sweet taste of the fruit and the tang of the dressing make for a mouth-watering taste sensation.

Add in some chopped nuts: walnuts, pecans, almonds, etc. for a little more substance, crunch and taste--along with all the valuable nutrients that nuts contain.

To make a great meal, add some meat to your salad. Try leftover chicken or fish, thin strips of beef or boiled eggs. Sardines or anchovies are delicious in salads as well. For even more substance, try some drained pinto, black, garbanzo or navy beans in your salad. Now, *you* have become a master chef and created your own masterpiece made of the most powerful antioxidants, vitamins, minerals, and fabulous phytochemicals on the planet. Enjoy!

Roasted Garlic Mashed Cauliflower



Mashed cauliflower has a rich, decadent creamy taste that make you forget you are avoiding starchy potatoes. With the addition of sweet savory roasted garlic, you will think you have died and gone to heaven.

Not only is cauliflower low-glycemic, but it also contains compounds that fight cancer, boost heart health, fight inflammation, boost your brain health with choline, and help your body detoxify. Cauliflower is packed with antioxidants and phytonutrients galore--including vitamin C, beta-carotene, kaempferol, quercetin, rutin, cinnamic acid, and much more. Antioxidants are your best weapon to fight reactive oxygen radicals that cause disease—including diabetes and its related complications.

The addition of roasted garlic adds a sweet, caramel-y taste to the cauliflower and its addition further compliments the health benefits of the cauliflower. Allicin is the primary ingredient in garlic which actually helps free up insulin in the body, decreasing blood glucose levels.

Garlic has also been known for its ability to stop free radicals, protect the kidneys and blood vessels as well as the delicate blood vessels in the eyes and skin. And garlic is well known for its ability to lower bad cholesterol, break up platelets, and protect the heart, while lowering blood pressure—and it tastes AWESOME!

Ingredients

- 1 head cauliflower, stem trimmed and cut in small florets
- ¾ cup water
- 1 head garlic, top trimmed, but skin left on
- 2-3 Tbsp grass fed butter
- Chopped parsley
- Sea Salt and pepper

Directions

Trim just the papery, pointy top off the entire head of garlic, leaving bulbs intact. Trim off enough that garlic can be squeezed out when cooked and soft.

Wrap in foil and add a small amount of butter to top of garlic. Pull foil up around garlic but leave top open. Bake in oven at 350-375 for about 45 minutes or so, until garlic is fragrant, soft and light golden brown.

While garlic is baking, steam the cauliflower until very tender. Drain. Mash cauliflower with a hand-held masher or hand mixer in pan. Add parsley, butter, sea salt and pepper.

Squeeze the garlic out of its papery shell into cauliflower. Mix in with a fork or masher to distribute evenly. Enjoy!! Serves about 4.

Shaved Fennel and Arugula Salad



Once you try this salad, you may become totally hooked on it like I did. This simple salad has been a hit with everyone who has eaten it. It's just a little bit different from your average salad. I really enjoy its interesting taste and texture and could eat this several times a week without ever tiring of it.

Fennel is an intriguing vegetable. Looking a little like celery with a bulging bottom, fennel is a delicious, crunchy, slightly sweet vegetable with a slight taste of licorice. It is a refreshing and interesting addition to salads and other dishes. Fennel actually has medicinal properties and is known for its unique ingredient, *anethole*. In studies, researchers found that fennel's essential oil actually reduced blood glucose levels, as well as reduce inflammation and fight cancer.

Arugula, like the other cruciferous vegetables in its family tree, also has powerful cancer fighting compounds in it. Arugula contains a group of anti-cancer compounds known as glucosinolates. These compounds are highly active antioxidants and they stimulate natural detoxifying enzymes in the body. Similar to other dark green leafy vegetables,

arugula is rich in vitamins A, C, and K, as well as calcium, magnesium and potassium that help lower blood pressure and keep bones healthy. It's a good source of iron for healthy red blood cells and contains plenty of other important phytochemicals such as carotenes and chlorophyll, making it an excellent source of antioxidants as well. For milder tasting arugula, buy the baby arugula, or for more pungent flavor, buy the larger, mature leaves.

The thin, shaved slices of fennel are easiest to do on a good cooking mandolin, or you can use a good, sharp chef's knife to cut very, very thin slices. Variations on this recipe are delicious, too. I made this the first time without the zucchini and added in some delightful, nutty flavored, raw Swiss Gruyere cheese and it was incredible!

Ingredients

1 medium-large zucchini, sliced into paper thin coins

2 small fennel bulbs, green parts trimmed off, and shaved paper-thin

2/3 cup loosely chopped fresh dill

1/4 cup fresh lemon juice, give or take

1/3 cup extra virgin olive oil, adjust if desired

Freshly ground sea salt

4 or 5 generous handfuls arugula

Honey (optional)

½ cup sliced or chopped almonds, walnuts or pine nuts

Parmigiana Reggiano, or raw Gruyere, shaved

Directions

Combine the zucchini, fennel and dill in a bowl and toss with the lemon juice, extra virgin olive oil and ¼ teaspoon sea salt. Set aside for 20 minutes or more, to allow flavors to permeate.

Put arugula in a large bowl. Dump the zucchini, fennel, dill and dressing on the arugula, and toss gently but thoroughly. Taste and adjust with more of the dressing, extra virgin olive oil, lemon juice, or salt if desired. If the dressing tastes too sour to you, add a drizzle of honey into the salad mixture. Serve topped with your choice of nuts and cheese. Serves 4.

Bacon, Blue Cheese and Arugula Salad



I had a crazy idea for a hearty salad recipe and thought these ingredients would work well together. This is filling enough to eat on its own as a meal, or have as a savory side dish. The delicious creamy, nutty raw blue cheese flavor goes well with the saltiness of the bacon, the bite of the arugula and the tart-sweetness of the apple. Top it with an easy olive oil and balsamic vinegar mixture. There are no hard and fast measurements in this recipe; it is very easy to adjust to whatever size crowd you are serving.

The blue cheese is a raw, unpasteurized variety, so if you have a dairy sensitivity, this raw cheese should not bother you as much—but you can also leave it off, if desired. You can also try a sheep cheese or goat cheese as well.

Dark green leafy vegetables are, calorie for calorie, probably the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of healthy omega 3 fats as well.

Ingredients

4 cups of any combination of arugula, regular baby greens and/or baby kale

2-4 slices thick sliced natural (no nitrites) bacon, cooked and cut up in small pieces

1/2 apple, chopped in small pieces (Granny Smith or any tart-crisp apple variety)

Crumbled Maytag Blue Cheese (or other aged raw blue cheese)

½ thin sliced red onion

Extra virgin olive oil

Balsamic or apple cider vinegar

Directions

Cook bacon, drain or blot off excess grease. Cut in small pieces.

Add greens to large glass bowl, with apple, bacon, and blue cheese sprinkled on top. Drizzle equal amounts of balsamic vinegar and extra virgin olive oil on salad and serve. Serves 2-4.

Roasted Brussels Sprouts with Bacon



Even if you are an avowed Brussels sprouts hater, I am certain you will change your mind once you try this recipe. These caramel-y sweet, roasted Brussels sprouts with bacon will transform anyone into a Brussels sprouts lover!

Brussels sprouts are members of the auspicious cruciferous vegetable family and have all the amazing blood sugar-leveling, antioxidant, cancer-fighting, anti-inflammatory, healthy benefits that broccoli, cauliflower, kale, arugula and cabbage contain. Brussels sprouts' health benefits have been well-studied, and many of the studies have to do with the benefits of this vegetable and its powerful cancer-fighting abilities.

Brussels sprouts provide vital nutrients for the body's detoxification system, its antioxidant system, and inflammatory system, which help prevent chronic diseases and cancer. A healthy diet that includes Brussels sprouts arms your body to effectively fight: bladder cancer, breast cancer, colon cancer, lung cancer, prostate cancer, and ovarian cancer.

Brussels sprouts actually contain health omega 3 fatty acids that help fight inflammation as well. About a cup and a half of Brussels sprouts provide about 430 milligrams of plant based omega 3 fatty acid (ALA). And, Brussels sprouts supply antioxidants, including vitamins K, C, E, and A, manganese, quercetin, kaempferol, and more.

The amazing amount of Vitamin K in Brussels sprouts actually fights chronic inflammation. This nutrient helps to regulate our inflammatory response, including chronic inflammation that can come from fighting high blood sugar. Brussels sprouts' anti-inflammatory benefits fight diabetes and also help burn fat and fight Crohn's disease, inflammatory bowel disease, insulin resistance, irritable bowel syndrome, rheumatoid arthritis, and ulcerative colitis.

Ingredients

- 20-25 small Brussels sprouts
- 4 slices thick-cut (nitrite free) natural bacon or prosciutto, cut into pieces
- 2 tablespoons extra virgin olive oil
- 2 Tbsp butter, melted
- Sea salt and pepper

Directions

Preheat oven to 400°.

Wash and dry the Brussels sprouts. Trim off the ends of the sprouts, remove the outer leaves, and cut lengthwise in half.

Slice the bacon into small strips and cook until just crispy. Remove bacon from the pan. If using prosciutto, heat in pan until warm and slightly crispy, then remove.

Add extra virgin olive oil, melted butter, Brussels sprouts, bacon, salt, and pepper to bowl and stir to mix well. Spread Brussels sprouts on a large, flat baking sheet or pan. Roast for 20 minutes, or until the sprouts are just fork-tender. Do not overcook! Remove from the oven and serve immediately. Serves 4.

Asian Slaw



Cabbage belongs to the stellar family of cruciferous vegetables, along with broccoli, cauliflower, brussels sprouts, arugula and kale. It contains a very unique phytonutrient called indole-3-carbinol (I3C for short).

This unique nutrient blocks the adverse effects of certain chemicals called xenoestrogens (artificial estrogens). Xenoestrogens are responsible for unwanted estrogenic effects from extra fat storage, to “man boobs”, to breast and cervical cancers. Since xenoestrogens are present nearly everywhere in our environment, making sure we can neutralize these chemicals is our best bet. Cruciferous vegetables are one of the best ways to do that, as well as adding tons of healthy fiber to your diet.

The added crunch of slivered almonds, cashews, or peanuts makes this dish even more of a fat burning, blood sugar-lowering addition to any meal, along with the added amounts of healthy fats that nuts bring to the table.

Enjoy this dish with most any meal, any time of the year!

Ingredients

- ½ regular green cabbage

- ½ red cabbage
- 1-2 carrots
- 4-6 green onions
- 1 sweet red bell pepper
- 1 apple
- A handful or more of slivered almonds, cashews, peanuts or other nuts
- 1 Tbsp toasted sesame seeds or black sesame seeds

Dressing Ingredients

- ½ tsp sesame oil
- 2 Tbsp peanut oil, avocado oil or olive oil
- 2-3 Tbsp rice wine vinegar
- ½ tsp of honey or real maple syrup
- 1 Tbsp fresh grated ginger
- Juice from half a lime
- Sea salt
- Hot pepper flakes, to taste

Directions

Shred or thinly slice the red and green cabbage. Cut carrot in matchstick slices or grate on a vegetable grater. Chop green onions, sliver the red pepper, and cut apple in small slivers as well. Combine dressing in separate bowl and mix briskly with a fork or whisk and pour over all ingredients in glass bowl. Sprinkle with nuts and serve. Serves 4.

Fresh Zucchini and Tomatoes with Basil



When zucchini and tomatoes are in season, nothing compares to the delicate nutty taste of fresh picked zucchini and the sweet, juicy tang of tomatoes. Finding both of these locally grown means that these vegetables are at their peak of flavor and nutrition.

Tomatoes are powerhouses of energy packed nutrition--full of lycopene and antioxidants, including vitamins A and C. Zucchini is an excellent source of manganese and vitamin C, magnesium, vitamin A, fiber, potassium, folate, copper, riboflavin, and phosphorus. The magnesium in zucchini relaxes blood vessels, reducing high blood pressure, and the risk of heart attacks and strokes. Vitamin C and vitamin A are hearty antioxidants and help to prevent the buildup of cholesterol in the blood vessels, along with their ability to maintain blood sugar.

Basil contains flavonoids and volatile oils which are uniquely health protecting. Basil extracts are often used in the treatment of type-2 diabetes. Basil leaves contain potent antioxidants that relieve oxidative stress that is one of the reason diabetics get other health complications. Basil also helps lower triglycerides and the 'bad' cholesterol [LDL] keeping blood vessels smooth and wide open. Basil actually provides protection against dangerous bacteria which can cause food poisoning, including: *Listeria*, *Staphs*, *E.coli* O:157:H7, and

more. Basil is also a very good source of vitamin A and magnesium, which improves blood flow and helps the heart beat more regularly. Basil contains iron, calcium, and plenty of potassium and vitamin C.

Note: The oils in basil are highly volatile; it is best to add the herb near the end of the cooking process, so it will retain its maximum essence and flavor.

Ingredients

- 1 lb or so of fresh, medium-small zucchini, sliced thinly
- 2-3 firm, medium to small tomatoes, chopped (Roma tomatoes are good for this)
- 2 Tbsp of extra virgin olive oil
- 2-4 cloves of garlic, crushed and minced
- A handful of fresh basil, chopped
- Sea salt
- Fresh ground pepper
- 1-2 Tbsp grass fed butter
- Couple thin slices of prosciutto, chopped, (or nitrite-free cooked bacon)

Directions

Over medium heat, add extra virgin olive oil, zucchini, and garlic and cook for a couple of minutes until zucchini becomes slightly tender—it will cook quickly. Add tomatoes, salt and pepper and toss until heated through. Remove from heat and add in prosciutto or bacon and basil. Enjoy! Serves 4.

Roasted Cauliflower



One more way to enjoy the healthy, fat burning, high fiber, cancer fighting benefits of cauliflower. Cauliflower, and other cruciferous vegetables, should be included in your diet 3-5 times a week—which isn't all that difficult when you consider that includes broccoli, kale, collards, arugula, brussels sprouts, green and red cabbage, bok choy, kohlrabi, napa, turnips, mustard greens, watercress and radishes.

If you haven't tried roasted cauliflower before, you are in for a real treat. The roasting process, along with real, grass fed butter gives the cauliflower a sweet, slightly nutty flavor, unlike any other method of cooking cauliflower.

With the addition of some turmeric, garlic and smoked paprika, you may find you and your family or friends soon become addicted to this dish!

Ingredients

- 1 head of cauliflower
- 2-4 cloves of garlic, peeled and coarsely minced

- 1 lemon
- 2-4 Tbsp grass fed butter
- Sea salt and freshly ground pepper
- 1 tsp smoked paprika
- 1 tsp of turmeric
- Fresh or dried herbs such as: basil, oregano, thyme, or rosemary
- Squeeze of fresh lemon if desired

Directions

Preheat oven to 400 degrees F. Cut the cauliflower into smaller florets. Melt butter and add garlic and smoked paprika to butter. In a bowl, add the cauliflower, lemon juice, butter, herbs and spices. Mix well and spread out on a baking sheet or large baking dish in a single layer. Bake for 20-30 minutes in oven or until cauliflower is starting to get golden brown on the edges and is tender. Serves 4.

Quinoa Tabouli Salad



Most Middle Eastern tabouli salads use, but quinoa is a better, gluten free, healthier substitute. Since quinoa is not really a grain, but a low-glycemic, high protein seed--packed with antioxidants, nutrients and all the essential amino acids—it is definitely a better substitute!

Quinoa is high in protein, and its protein is complete protein containing all essential amino acids, especially the amino acid lysine, which is important to tissue growth and repair. Quinoa also contains manganese, iron, copper and phosphorus along with antioxidants, B vitamins, and fiber, making it a great healthy food for everyone but especially anyone with migraine headaches, diabetes, and heart disease.

Eating quinoa will help migraines and headaches. How? Quinoa is a great source of magnesium, something that most of us are lacking enough of in our diets. Magnesium helps relax blood vessels, which helps to prevent the dilation and constriction of migraines. Magnesium levels are also directly associated with blood pressure, so getting adequate amounts of magnesium in your diet will help to lower blood pressure and regulate your heartbeat. Quinoa is also a great source of riboflavin, a B vitamin necessary for proper energy production.

Ingredients

- 2 cups cooked quinoa, drained
- 1 organic cucumber, chopped
- 2 medium tomatoes, chopped
- 1 bunch green onions, (8) sliced
- ½ cup fresh chopped mint
- 2 cups fresh chopped parsley
- 2 cloves garlic, minced

Dressing

- ½ cup fresh lemon juice
- ¾ cup extra virgin olive oil
- Sea salt and freshly ground pepper, to taste

Directions

Cut up the vegetables for the salad, and toss with the dressing. This will have better flavor if allowed to soak up the dressing and flavors for an hour or more.

Serve chilled or at room temperature. Serves 4-6.

Fall Kale, Squash and Apple Salad



Everyone knows the advantages of eating kale, but fall is the time to add squash to your meals as well. There are so many different varieties available right now-and all are delicious! This (mostly) fall vegetable is a superfood of its own right, and is very high in beta-carotene, which provides the majority of vitamin A in most diets-as long as it is eaten with some fat so it can be absorbed and utilized. ([Antioxidants don't work unless you eat this.](#)) Squash also contains vitamin C, potassium, fiber, and omega-3 fatty acids, which helps fight cancer, colds and flu, and heart disease-to name just a few.

Unlike summer squash, which has edible skin and can be eaten raw, winter squash usually has a tougher skin and will need to be peeled. There are many methods to cooking squash, but the best method for most squash is roasting. Carefully cut the squash in half and scoop out the fibers and seeds. At this point, you can separate the seeds from the fibers to toast them for a snack. Roast the squash cut-side down at 350 degrees F until tender-or do like I did and half or quarter and put on medium heat on grill for about a half hour or so, depending on the size of the squash pieces.

This is a delicious, hearty salad that can be served as a healthy side dish, or even be eaten as a meal by itself. I love this for lunch! It's filling and satisfying. And extremely good for you!

Ingredients

- 1/2 Granny Smith apple, chopped
- 1/2 McIntosh, Gala, Fuji, etc. apple, chopped
- 1/2 firm pear, chopped
- 1 small squash, roasted, cooled and chopped in cubes (I used a Delicata squash)
- 1/2 red onion chopped
- 1/4 cup roasted pumpkin seeds (I roasted in pan over med heat for about 2-4 min)
- Dinosaur kale, chopped and massaged (can use a rolling pin to make it more tender)
- 1/2 cup chopped celery
- 1/4 cup tart dried cherries or unsweetened cranberries
- 1-2 Tbsp pure maple syrup
- 1 Tbsp extra virgin olive oil
- 1 Tbsp apple cider vinegar or fresh lemon juice
- Salt, pepper, hot pepper flakes to taste

Directions

Roast squash, cool, peel, and cube in small pieces. Chop kale in small pieces, and roll with rolling pin or 'massage' by wrapping in clean dish towel and rolling with a can to make it more tender. Mix the rest of ingredients in and serve. Serves about 4. Works as a great vegan meal too!

Parsley Salad



Parsley deserves to be more than just a decoration on a plate. This small leafy green plant is a great deodorizer and absolutely **packed** with high-powered nutrients including vitamins A, B, and C, K, and iron. Parsley is a rich source of calcium and magnesium which work together in tandem to keep bones and teeth healthy, as well as lower blood pressure and relax the body.

Parsley helps to detoxify the blood and rid the body of heavy metals, like mercury.

You can create a lot of variations on the general idea of this salad. Limit the greens to parsley alone, or mix it up with a variety of other fresh herbs. Chopped radishes are also a delicious addition to this salad. Or, add a half cup or so of any kind of beans to make it a little more filling.

This makes a great side salad with any meal, but especially any meal that is heavy with garlic or onions. Parsley is a natural deodorizer and will actually help to freshen the breath and prevent body odor as well.

Ingredients

- 2 cups (or one large bunch) Italian or curly parsley leaves, snipped or pulled from the thick stems, chopped
- Several sprigs of fresh mint leaves, chopped
- Several small fresh marjoram sprigs or a handful of basil, chopped
- 2 green onions, minced
- 2-4 radishes, thinly sliced
- Sea salt
- 1 Tbsp extra virgin olive oil
- Fresh lemon juice to taste
- 1-2 ounces of raw Feta, Romano, or Parmigiana cheese, thinly sliced (optional)

Directions

Wash and dry the greens. Slice the radish into slices, and then slice into narrow strips. Combine the parsley, herbs, and radishes in a bowl, sprinkle with salt, add extra virgin olive oil, lemon juice and toss. Add other ingredients and toss again. Serves 4.

Easy Asparagus with Butter, Parmesan and Pine Nuts



Asparagus is actually a member of the lily family. It is an excellent source of B vitamins--including B1, B2, B3, B6, and folate; as well as vitamin C, vitamin A and vitamin K. It also comes loaded with fiber, manganese, copper, phosphorus, potassium and protein.

The minerals in asparagus combined with an amino acid, *asparagine*, gives asparagus a diuretic effect, meaning it helps the body get rid of excess water weight. Asparagus has been used to treat health problems involving swelling, such as arthritis and rheumatism, and may also be useful for any kind water retention, even the monthly kind that women get with their menstrual periods.

A cup of asparagus supplies about 20 mcg of folate, a B vitamin essential to cell division, making it essential for pregnant women. And, folate, along with vitamins B6 and B12, decreases levels of homocysteine, an inflammatory marker for heart disease.

Spring is the best time for asparagus. The stalks are thin and tender and it is at its freshest. Asparagus is best when it is lightly cooked and

tender-crisp, so keep a close eye on it while cooking, it only takes a couple of minutes!

Ingredients

- 1-2 lbs (approximately) of asparagus
- Sea salt
- 4 Tbsp grass fed butter
- Parmigiana Reggiano (Italian version of Parmesan), thinly shaved or grated
- Freshly ground pepper
- Fresh lemon
- Pine Nuts

Directions

Snap off the tough ends of the asparagus. You can leave the stalks in one piece or cut into smaller pieces. Heat a quart or so of water in a large pan and add salt. While the water is heating, melt butter in a small pan and cook until it begins to become light golden brown. Remove from heat.

Cook asparagus until tender, bright green and still firm. (2-4 minutes) Remove from heat and drain water. Add melted butter to asparagus, squeeze a few drops of fresh lemon over it, dust with fresh ground pepper, pine nuts, sea salt, and cheese. Serves 4.

Note: Leftover asparagus makes a tasty addition to omelets, salads or pasta.

Incredible, Lemon-Butter Broccoli



Eat broccoli on a regular basis to get the fantastic fat burning, health benefits from this outstanding member of the cruciferous vegetable family. Cruciferous vegetables include cauliflower, kale, Brussels sprouts, and cabbage. Try to include a generous serving of broccoli or other cruciferous vegetables in your meals, 2-3 times a week, to get the most out of its healthy benefits.

Cruciferous vegetables contain unique nutrients such as indole-3-carbinol (I3C) that help block the effects of estrogenic compounds. In addition, there are 10-15 compounds that have been proven effective against many cancers, including: stomach cancer, prostate cancer, colon cancer, breast cancer, and ovarian cancer.

Broccoli is unusual in that it also contains a strong combination of both beta carotene (plant based vitamin A) and vitamin K. Having ample supplies of vitamin K and vitamin A in the diet help keep vitamin D in balance and prevent vitamin D deficiencies. And, broccoli is a particularly rich source of an antioxidant flavonoid called kaempferol. Kaempferol has the ability to lessen the impact of allergenic substances we come in contact.

I have prepared this super easy recipe for people who swear they don't like broccoli. The key to tasty broccoli is to cook it lightly, and remove it from the heat while it is still bright green, and still slightly firm. Too often broccoli gets overcooked and is mushy and bitter. What's more, it loses a most of its valuable nutrients when it's overcooked, and broccoli contains a wealth of valuable nutrients.

Ingredients

- 1 bunch of broccoli (or about a pound)
- ½ fresh lemon
- Grass fed butter
- Sea salt and fresh ground pepper
- Parmigiana Reggiano cheese or Parmesan cheese (optional)

Directions

Rinse the broccoli, and cut off thick stems. Chop in smaller florets. Place in a large shallow pan with enough water to just barely cover the broccoli. Cover with a lid and cook on medium high heat. Broccoli cooks fairly, so this will probably only take about 5-7 minutes.

Once the broccoli turns bright green and becomes tender, take it off the heat. Add a big slab of grass fed butter, sea salt and pepper, and squeeze a half a lemon (watch out for seeds) over the vegetables. Sprinkle some grated Parmigiana Reggiano cheese over the top, or with a potato peeler, slice off a few slivers of the cheese on top of the broccoli. Place under broiler for 1 minute to brown the butter and cheese. Serve immediately. Serves 4.

Note: I use this same cooking method with asparagus, zucchini, summer squash, or green beans and it all comes out DELICIOUS! Just remember to lightly cook until just tender, but never mushy!