

Sample Recipes from Healthy Harvest Cookbook
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CHAPTER 2 - Sauces, Dressings and Dips
SAMPLE RECIPE

Greek Almond-Garlic Dip (Skordalia)

Yield: about 1 1/4 cup

A classic Greek sauce which can be served as a dip, or served with chicken or fish dishes. As a variant use cold pressed, organic Canola oil instead of olive oil.

3/4 cup blanched almonds (about 4 ounces)
4 large cloves garlic, roughly chopped
1 tablespoon lemon juice
1 tablespoon nutritional yeast flakes
1/2 cup extra virgin olive oil
1/2 cup hot water (more or less, if desired)
salt to taste
freshly ground black pepper, to taste

1. Place the almonds in a food processor or blender, and grind into flour.
2. Add the garlic, lemon juice and yeast flakes and purée until smooth.
3. Keep the processor running whilst you very slowly pour in the oil.
4. Blend in the water gradually to give the consistency you prefer.
5. Salt and pepper to taste.
6. Chill in the refrigerator before serving.

CHAPTER 3 - Salads and Starters

SAMPLE RECIPE

Moroccan Carrot Salad

Yield: 6 servings

The quantities of herbs are quite high and they are rich in wondrous micronutrients. Experiment with different quantities of herbs to suit your taste. Fresh parsley and mint are best, but if not, then use dried ones. You need only a quarter of the fresh volume. In contrast, fresh garlic is more potent than ready-to-use preparations.

This salad tastes best when prepared an hour ahead of time and set out at room temperature to develop full flavor. It keeps up to 5 days in the refrigerator.

- 1 1/2 pound carrots, peeled
- 2 cups chopped fresh parsley
- 1 cup chopped fresh mint

Vinaigrette:

- 5 tablespoons Canola oil, organic, first pressing
- 4 tablespoons lemon juice, preferably freshly squeezed
- 1 teaspoon (or to taste) ground cumin
- salt (moderate) to taste
- freshly ground black pepper, to taste
- 1 dash Tabasco Sauce (optional)
- 6 large cloves garlic, crushed

1. Grate (or slice) the carrots in a food processor. Set aside
2. In a large salad bowl make the vinaigrette, by mixing all the ingredients together with a hand-whisk. Add the carrots, parsley and mint and toss well.
3. Cover the salad until it is ready to serve.

CHAPTER 4 - Soups

SAMPLE RECIPE

Red Soup

Yield: 4 servings

A delicious soup that can be eaten cold or hot. It has a massive content of healthful tomatoes and bell peppers.

4 medium red bell peppers (about 1 1/2 pound)
28-ounce can diced tomatoes,
(or 2 pounds fresh ripe Roma tomatoes, peeled, seeded and roughly cut)
3 tablespoons nutritional yeast flakes
2 teaspoons lime juice, or lemon juice
1/4 teaspoon salt
freshly ground black pepper, to taste
10 drops Tabasco sauce, or to taste
3 tablespoons chopped fresh basil (+ some leaves for decoration)

1. Wash the bell peppers. Bake in a preheated oven at 400°F (200°C) for about 30-35 minutes, turning them once. Their skin should be wrinkled. Place the bell peppers in a plastic bag and close tightly. Let them cool off in the bag.
2. Their skin can now easily be removed. Cut in half, remove the seeds, stalks and ribs and cut roughly.
3. Combine the bell peppers, the tomatoes and all the other ingredients in a food-processor or blender, and purée to obtain a smooth consistency.
4. Adjust the seasoning.
5. Serve, hot or cold, in individual bowls and decorate with the basil leaves.

CHAPTER 5 – Main Dishes
Vegetable Dishes
SAMPLE RECIPE

Winter Cabbage Stew

Yield: 2-3 servings

This hearty, chunky stew suits any time of year and is particularly welcome on a chilly evening. A great way to spice up that fine vegetable, cabbage.

1 tablespoon olive oil
1 medium white onion (about 6 ounces), roughly chopped
2 medium celery stalks (about 4 ounces), sliced
3 sun-dried tomatoes, diced
2 medium cloves garlic, crushed
2 tablespoons mild curry paste
14-ounce can diced tomatoes
1/2 white cabbage (about 1 pound), chopped
1 1/2 cups vegetable broth, or vegetable juice
salt to taste
freshly ground black pepper, to taste

1. In a large saucepan heat the olive oil and sauté the onion, until it is soft and translucent, but not brown.
2. Add the celery, sun-dried tomatoes and garlic and sauté for 5 minutes all together.
3. Mix in the curry paste and allow the flavors to develop for 2 minutes.
4. Mix in the chopped tomatoes.
5. Add the cabbage and coat well with all the ingredients in the saucepan. Sauté, uncovered for 5 minutes.
6. Add the vegetable broth (or juice). Season with salt and pepper to taste.
7. Cover and simmer for about another 10-15 minutes, until the cabbage is cooked, but still crunchy.

CHAPTER 5 – Main Dishes Poultry, Game and Meat Dishes SAMPLE RECIPE

Chili Con Carne

Yield: 4 - 6 servings

Chili con carne is usually made with beef, but here we substitute chicken. Alternatively you can use any other conforming meat, such as turkey, venison, and so on. Also in our recipe here, we substitute beans by eggplant.

The chili is much tastier a day or two after it's cooked, as the flavors develop and the texture becomes richer.

olive oil spray
2 small-medium onion (about 8 ounces), thinly sliced
2 large cloves garlic, crushed
1 carrot, sliced
2 medium celery stalks (about 4 ounces), sliced
2-3 teaspoons dried chili flakes, to taste
1 teaspoon ground cumin
1 teaspoon ground coriander
1 stick cinnamon
3 tablespoons tomato paste
1 good shake of Worcestershire sauce
2-3 medium eggplants (around 20 ounces), unpeeled and cut into bite-size pieces
14-ounce can chopped tomatoes
1 cup red wine
salt to taste
freshly ground black pepper, to taste
2 chicken breasts (around 1½ pound), skinless and fatless, minced
optional: 3 tablespoons fresh coriander leaves, chopped

1. Spray a large saucepan with the olive oil and sauté the onion until soft and translucent, but not brown.
2. Mix in the garlic, carrot and celery and sauté all together for another 2 minutes.
3. Add the chili flakes, cumin, coriander, cinnamon and coat the veggies with the spices. Mix in the tomato paste and Worcestershire sauce. Heat through for 2 minutes.
4. Add the eggplant and sauté uncovered for about 5 minutes.
5. Add the tomatoes with their juice and the red wine.
6. Season with salt (sparingly) and pepper to taste.
7. Bring to a boil and simmer covered for around 20 minutes, or until the eggplant is done.

8. Sauté the minced chicken separately in an oiled frying pan, taking care to separate it (using a fork to shred) during the cooking process.
9. Blend the meat into the eggplant mixture. If necessary, adjust the seasoning.
10. Optional: add the fresh coriander and simmer all together for 2 minutes.

CHAPTER 5 – Main Dishes
Seafood
SAMPLE RECIPE
Swordfish on Fennel Bed
Yield: 4 servings

A simply prepared dish. The fennel flavors agreeably complement the chunky swordfish taste. The ratio of vegetables to protein is good at about 3:1 - so it makes a meal in itself.

olive oil spray
2 fennel bulbs (about 20 ounces), thinly sliced
5 tablespoons freshly squeezed orange juice
4-ounce can chopped black olives
about 1 1/4 pound Roma tomatoes (or round tomatoes), seeded and coarsely chopped
freshly ground black pepper, to taste
salt to taste
1 tablespoon olive oil
2 large cloves garlic
1 pound swordfish

1. Trim the green fronds from the fennel bulb and save for garnish. Clean the fennel bulbs, remove the stringy parts (as with celery). Cut each bulb in quarters and slice thinly.
2. Spray a large baking dish with the olive oil spray.
3. Combine fennel, orange juice and olives in a mixing bowl. Spoon the mixture in the baking dish.
4. Lay out the tomatoes over the top. Salt and pepper to taste.
5. Cover with an aluminum foil and bake at 360°F (180°C) for about 30 minutes, stirring once.
6. Meanwhile combine, in a small bowl, the oil, garlic, pepper and salt (to taste) and brush evenly over the fish.
7. Place the fish on top of the cooked vegetables in the baking dish, cover with the foil and bake for another approximately 15 minutes, until the fish flakes easily with a fork.

CHAPTER 6 – Desserts

SAMPLE RECIPE

Coconut Muffins

Yield: 10-12 muffins

These muffins are delicious for continental breakfast, at tea-time or as an occasional snack.

4 tablespoons raisins (about 2 ounces)
2 tablespoons dark rum
3 eggs
 $\frac{3}{4}$ cups almond milk
6 tablespoons ($\frac{1}{2}$ cup) almond meal
2 teaspoons vanilla extract
1 teaspoon lemon juice
1 tablespoon olive oil
1 cup unsweetened grated coconut ($3\frac{1}{2}$ ounces)
3 tablespoons diabetic orange marmalade
1 teaspoon fructose, or to taste
olive oil spray
2 squares (maximum a quarter of a $3\frac{1}{2}$ oz bar) dark chocolate (minimum 70% cocoa solids),
broken into small chips

1. In a small bowl soak the raisins in hot water for about 10 minutes. Drain, add the rum and mix well. Set aside.
2. In a medium-size mixing bowl beat the eggs with an electric hand-mixer. Mix in the almond milk, the almond meal, the vanilla extract, the lemon juice, the olive oil and the coconut. Blend to a smooth consistency.
3. Blend in the orange marmalade and sweeten with fructose to taste, bearing in mind that you will add other sweetening ingredients (the raisins and the chocolate).
4. Spray 10 fluted muffin molds ($2\frac{1}{2}$ -inches diameter) with the olive oil and fill with the mixture.
5. With a fork press raisins and chocolate chips into each muffin, distributing them equally.
6. Bake in a preheated oven at 360°F (180°C) for 30-40 minutes, or until the center of the muffins is cooked and they have a golden brown color.