

Food as Medicine: Everyday recipes for your health



Legacy Weight and Diabetes



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Zucchini Pesto Pasta Salad

Serving size: ½ cup. 132 calories total calories per serving; 5 g total fat; 2.3 g saturated; 0 g trans fat; 383 mg sodium; 156 mg potassium; 17 g carbohydrate; 2 g dietary fiber; 7 g protein

8 ounces tiny shaped whole wheat or brown rice pasta

2 small zucchini or other summer squash

½ cup fresh basil

½ teaspoon salt

½ teaspoon granulated garlic

6 ounces finely grated parmesan or mild hard cheese

1 cup grape tomatoes, halved

Cook pasta according to package directions until tender. Rinse and drain. Cut zucchini into 1-inch cubes (2 cups). Steam zucchini for 5 minutes, or until just tender when pierced with sharp knife.

Place basil in food processor; chop fine. Add zucchini, salt and garlic, process until blended well. Combine with cooled pasta, tomatoes and cheese and toss to mix.

Makes 6 servings

“Edamole” — Low-Fat Guacamole

Servings 4. 127 total calories per serving; 3 g total fat; 0 g saturated; 0 g trans fat; 619 mg sodium; 190 mg potassium; 15 g carbohydrate; 5 g dietary fiber; 1 g protein

2 cups frozen edamame (soy beans), thawed	¼ cup fresh cilantro
1 teaspoon salt	1 whole garlic clove
2 whole small limes, juiced	½ whole sweet onion
Dash of cayenne pepper	1 whole tomato, diced
1 teaspoon cumin	

Combine all ingredients, except tomatoes, in a food processor and blend until smooth, scraping sides as necessary. If the mix is too dry, add 1–2 tablespoons water. Stir in tomatoes and serve.

For extra flavor or more nutrients, consider adding 2 cups of frozen peas (thawed) or 2–4 tablespoons avocado.

Any dried, unsweetened fruit can be used in place of the apricots. Use any nut and try different combinations of your favorite spices.

This recipe uses edamame (green soy beans) to create a great substitute for guacamole. “Edamole” easily passes for the real thing when in burritos and layered bean dips.

Curried Salmon Salad

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Serving recommendation: ½ of fist. Nutrition Facts 260 total calories per serving; 20 total fat; 3.5 g saturated; 0 g trans fat; 270 mg sodium; 202 mg potassium; 8 g carbohydrate; 2 g fiber; 12 g protein

2, 6 ounce cans of salmon, drained	1 stalk of celery, finely chopped
⅔ cup mayonnaise	¼ medium red onion, finely chopped
1 ½ tablespoons lemon juice, about 1 lemon	1 cup red grapes cut in half
3 teaspoons yellow curry powder	½ cup raw cashews, coarsely chopped
2 teaspoons honey	½ teaspoon olive oil
½ teaspoon ground ginger	pinch of salt
1 teaspoon, peeled, finely chopped, ginger root	pinch of cayenne pepper
½ teaspoon freshly ground black pepper	

Prep time: 20 minutes

Mix mayonnaise, lemon juice, curry powder, honey, ground ginger, ginger root, salt, and black pepper together in a bowl.

Fold in salmon, celery, onion, and grapes.

Place cashews in a small skillet over medium high heat with olive oil, salt, and cayenne pepper. Stir continuously for about 2-3 minutes, until cashews are golden brown. Cool slightly and add to salmon mixture.

Makes 8 servings

Wicked Good Kale Salad: a Sarnos Brothers Inspiration

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Serving recommendation: 1½ fist. 230 total calories per serving; 17 g total fat; 2 g saturated; 0 g trans; 170 mg sodium; 461 mg potassium; 18 g carbohydrate; 6 g dietary fiber; 5 g protein

Prep time: 15 minutes

1.5 fists full of salad	2 tablespoons green onions thinly sliced
1 bunch kale, stemmed and leaves sliced into thin ribbons, about 4 cups	½ teaspoon coarse salt
2 tablespoons sunflower oil	2 avocados diced
1 ½ cups wild rice, cooked and drained	¼ cup grapes, halved and seedless or removed
½ cup diced sweet peppers, any color	¼ cup sunflower seeds, toasted
1 lemon, juiced	

Place the kale in a bowl and with clean or gloved hands, massage the oil into the kale. Add all but a few grapes and seeds to top and serve the salad. Fold the ingredients and top with the reserved grapes and seeds.

Beet tops, turnip greens and young mustard leaves are suitable substitutions.

Massaging kale for a few minutes after it has been cut, softens leaves and helps incorporate the flavorings.

Makes 6 servings

Roasted Winter Squash with Walnuts and Sage

Serving recommendation: 1 fist. 80 total calories per serving; 4.5 g total fat; 0.5 g Saturated; 0 g trans fat; 125 mg sodium; 266 mg Potassium; 1 g Carbohydrate; 2 g dietary fiber; 1 g protein

Prep time: 10 minutes

Cook time: 30 minutes

Preheat oven to 400°F

1 pound fresh hard-fleshed squash, peeled, diced 1 inch, about 2 generous cups	¼ teaspoon freshly ground black pepper
2 teaspoons olive oil	2 tablespoons chopped walnuts, toasted
¼ teaspoon kosher salt	1 tablespoon fresh sage leaves, minced

Arrange squash in a single layer in a baking dish or sheet pan, drizzle with the olive oil, season with the salt and pepper and toss to coat.

Bake for 15 minutes, give a stir and bake for another 10–15 minutes or until browned.

Top with the nuts and sage, toss to combine and serve.

Make this with any pumpkin or hard-skinned squash. Hazelnuts and fresh winter savory or almonds and fennel tops are among our favorite variations.

Use walnut oil for the olive oil to fortify the walnut flavor.

West African Style Brussels Sprouts with Yellow Curry

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Serving recommendation: ½ fist. 70 total calories per serving; 2.5 g total fat; 0 g saturated; 0 g trans fat; 105 mg sodium; 50 mg potassium; 8 g carbohydrate; 3 g dietary fiber; 2 g protein

Prep time: 15 minutes

Cook time: 20 to 30 minutes

½ medium onion, thinly sliced	¾ cup canned diced tomatoes with juice, low sodium
1 teaspoon chopped garlic	1 cup water
½ red bell pepper, thinly sliced	¼ teaspoon salt
½ teaspoon curry powder	¼ teaspoon freshly ground black pepper
¼ teaspoon turmeric	
¾ pound brussels sprouts (about 18 to 20) trimmed	

Heat a heavy pan or Dutch oven over medium heat and add olive oil.

Add the onions, garlic and red bell peppers and cook for about 2 minutes.

Add the curry, turmeric and brussels sprouts and cook, stirring for another 3 to 4 minutes.

Add the tomatoes, water, salt and pepper and cook until mixture is nearly dry about 15–20 minutes or more if you like the sprouts soft.

Cooking tip: For added richness, melt a tablespoon of butter into the vegetables just prior to serving. Replace the water with low sodium vegetable broth to enrich the flavor. This dish can be made a day prior then reheated gently in a slow oven. To do so, cut the cook time to 15 minutes, cool, cover and refrigerate.

Makes 6 servings

Curried Cauliflower Soup

Serving size 1 cup: 129 total calories per serving; 4 g total fat; 0.6 g saturated; 0 g trans fat; 206 mg sodium; 655 mg potassium; 20 g carbohydrate; 4 g dietary fiber; 6 g protein

"It will take you only about 10 minutes to prep the ingredients for this comforting soup. Curry flavors and cauliflower always make a good match."

1 tablespoon canola or extra virgin olive oil	1 russet potato, peeled and diced, or ½ cup rice
1 onion, chopped	2 quarts water or low-sodium vegetable or chicken broth
2–4 garlic cloves, chopped	Salt to taste *See Note
2 teaspoons finely chopped ginger root	Freshly ground pepper
2 teaspoons curry powder	Fresh lemon juice
2 teaspoons ground cumin	Chopped cilantro
2 pounds cauliflower (1 medium head), roughly chopped	

Heat the oil over medium heat in a large, heavy soup pot and add the onion. Cook, stirring often, until onion is tender, about 5 minutes. Add the garlic, ginger, curry powder and ground cumin and cook, stirring, until fragrant, 30 seconds to one minute. Add the cauliflower, potato or rice, and water or broth and bring to a boil. Reduce the heat, cover and simmer 30 minutes.

Puree the soup until it is very smooth. If using a blender, let soup cool a bit, work in batches and place a kitchen towel over the top to avoid splashing. Return to the pot, heat through, add freshly ground pepper, salt and lemon juice to taste. If using an immersion blender, puree the soup directly in the pot. Then adjust seasoning. Top each bowl with chopped cilantro and serve.

Makes 6 servings

**Note: Adding 1 teaspoon of salt to the whole recipe adds 385 mg of sodium per serving.*

Golden Milk Steamed Rockfish with Vegetables

Try this with virtually any fish. Chicken breast prepared in this manner is terrific as well. Serve with a steamed grain like quinoa or farro or with cooked white beans.

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Serving recommendation: ¼th of recipe. 280 total calories per serving; 9 g total fat; 1.5 g saturated; 0 g trans fat; 310 mg sodium; 909 mg potassium; 11 g carbohydrate; 2 g dietary fiber; 36 g protein

Prep time: 15 minutes

Cook time: 20 minutes

Preheat oven to 375°F.

1 ½ teaspoons turmeric powder	¼ teaspoon pepper
½ teaspoon ground ginger	4 rockfish fillets (about 6 ounces each), bones and skin removed
2 branches celery, cut into ¼ inch long strips, about 1 heaping cup	1 lemon, ends trimmed and sliced into 8 wheels
1 large carrot, spiral cut ¼ inch long strips, about 1 heaping cup	2 tablespoons olive oil
1 medium leek (white and light green parts only), halved lengthwise, each half cut lengthwise into 3/8-inch strips, about 1 cup	1 cup Lulubelle's high protein, low-fat milk
¼ teaspoon salt	4 sprigs fresh tarragon, dill or fennel, about 4 inches long, stems removed, leaves roughly chopped (about 1 ½ tablespoons chopped herbs)
	1 tablespoon chives, cut into one-inch length

Measure the turmeric and ginger into a 10-inch skillet. Toast the spices over medium high heat while stirring, about 3–4 minutes, or until the spices are aromatic. Do not burn.

Remove skillet from the heat, add all the vegetables to the toasted spices along with the salt and pepper. Toss with tongs to mix the vegetables and distribute the seasonings.

Place the fish pieces on top of the vegetables. Top each piece of fish with 2 slices of the lemon then drizzle with the oil and add the milk.

Place the skillet over medium high heat and cover. Lift the lid and baste with the golden milk by spooning the liquid over the fish until the liquid comes to a simmer.

Place the entire covered skillet in the oven and bake for 8–10 minutes. At 8 minutes, insert an instant-read thermometer into the center of the thickest piece of fish. When the temperature reaches 138–140°F degrees, remove the skillet from the oven. If the fish isn't cooked to your liking, cover and bake for 2 to 5 minutes longer.

Place the fish and vegetables into soup plates. Pour the golden milk into a creamer to pour over the dish at the table. Sprinkle each serving with the fresh herbs.

Substitutions (optional) Shrimp, most fin and flat fish; turkey breast

Replace high protein, lowfat milk with 1 cup of full fat coconut milk for a dairy-free version.

Makes 4 servings

Poached Salmon Salad with Green Goddess Dressing

Serving size: 4 ounces salmon, 1 ounce greens, 1 ounce dressing. 269 calories, 84 mg sodium, 17 g fat, 0 g sugar, 1 g **carbohydrate**, 24 g protein

1¼ lb. fresh salmon fillet

2 teaspoons canola oil, butter-flavored

2 tablespoons white wine

3 cups water

¾ teaspoon Sunny Paris seasoning

5–6 ounces baby greens

¼ teaspoon Sunny Spain seasoning

¾ cup Green Goddess dressing

Cut salmon fillet into four-ounce portions and place in a four-quart baking dish. Drizzle salmon with wine and sprinkle on seasoning. Drizzle canola oil on top. Add three cups of water to the baking dish and cover with foil.

Bake salmon at 325 degrees for 30 minutes until internal temperature is 150 degrees. Chill salmon for two hours.

While salmon is chilling, prepare the Green Goddess dressing. Chill.

To prepare salad, mound one ounce of baby greens on plate. Place salmon on top of the greens and ladle one ounce of dressing on the salad to finish.

Makes 5 servings

Turkey and Lentil Sloppy Joes



Serving recommendation: $\frac{3}{4}$ cup meat and lentil mixture, $\frac{1}{2}$ whole grain bun
250 total calories per serving; 6 g total fat; 1.5 g saturated; 0 g trans fat; 4 mg iron;
350 mg sodium; 908 mg potassium; 30 g carbohydrate; 10 g dietary fiber; 21 g protein

Prep time: 35 minutes (15 preparation plus 20 minutes soaking time)

Cook time: 30 minutes

$\frac{3}{4}$ cup red lentils	1, 14.5-ounce can of diced tomatoes
12 ounces lean ground turkey	2 teaspoons coconut aminos
1 large onion, diced, about 1 $\frac{1}{2}$ cups	2 tablespoons chili powder
4 cloves garlic, minced	1 teaspoon Worcestershire sauce
2 cups water	4 to 5 dashes hot sauce, optional
1, 6-ounce can of tomato paste	3 whole grain buns, each side toasted

Place lentils in a bowl, cover with water and soak for 20 minutes. Drain and set aside.

Brown turkey in a large skillet, then add the onion and garlic and cook briefly until softened. Add the soaked lentils and remaining ingredients and bring to a simmer for about 25 minutes or until the liquid is reduced to a juicy, slightly thick consistency.

Serve atop a toasted bun (open-face style).

Substitutions (optional) To make gluten-free, replace wheat bun with whole-grain gluten-free bun.

Cooking Tip: Toasting the bun improves the texture. Toast one in a dry cast iron or non-stick skillet, under a broiler, or in a toaster oven.

Makes 6 servings

Kale Chips

Servings: 1.

An oil-free snack made with kale, which is loaded with nutrients.

1 bunch kale

Preheat oven or toaster oven to 225 F. Tear kale into pieces larger than a tortilla chip. The pieces will shrink while cooking; don't make the pieces too small.

Place kale on a non-stick cookie sheet or a cookie sheet lined with parchment paper to prevent sticking. Sprinkle generously with spices such as sea salt, nutritional yeast, Old Bay seasoning, powdered ginger, garlic salt.

Bake for 7 to 10 minutes until dark green and crispy.

Stuffed Baked Apples

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Serving recommendation: 1 Apple 170 total calories per serving; 7 g total fat; 0.5 saturated; 0 g trans fat; 1 mg iron; 0 mg sodium; 285 mg potassium; 30 g carbohydrate; 6 g dietary fiber; 1 g protein

Prep time: 15 minutes

Cook time: 40 minutes

Preheat oven to 400°F.

4 medium apples

½ teaspoon cinnamon

⅓ cup chopped pecans

2 teaspoons maple syrup

2 tablespoons chopped unsweetened apricots

Using a spoon or paring knife, remove the apple core, creating a well in the center and leaving ½" of the bottom/base intact.

In a small bowl, combine pecans, dried fruit and cinnamon — stir gently.

Pour in maple syrup and stir until pecans and dried apricots are coated.

Spoon an equal amount of mixture into apples.

Fill a small baking dish with ¼ inch of water, place apples in dish and tent foil over top.

Bake 30 minutes, remove foil and continue baking for 5–10 minutes, or until the apples are tender, but not mushy.

Any dried, unsweetened fruit can be used in place of the apricots. Use any nut and try different combinations of your favorite spices.

Makes 4 servings