

WHAT WOULD JESUS EAT COOKBOOK



eat well, feel great, and live longer

DON COLBERT, M.D.

A PDF COMPANION TO THE AUDIOBOOK

What Would Jesus Eat Cookbook

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CHAPTER 2

**THE FOOD THAT JESUS
ATE MOST OFTEN**

Whole Wheat Raisin Nut Bread

INGREDIENTS

3 cups whole wheat flour	1/2 teaspoon Celtic salt
1/4 cup wheat bran	1 1/2 cups buttermilk
1/4 cup toasted wheat germ	1/2 cup honey
2 teaspoons baking powder	1/4 cup extra virgin olive oil
1 1/4 teaspoons baking soda	3/4 cup raisins
1 teaspoon cinnamon	1/2 cup chopped walnuts or pecans

DIRECTIONS

1. Place the flour, bran, wheat germ, baking powder, baking soda, cinnamon, and salt in a large bowl; stir to combine.
2. Place the buttermilk, honey, and olive oil in a medium bowl and whisk to combine.
3. Add the buttermilk mixture to the flour mixture and blend well. Fold in the raisins and walnuts; mixture will be slightly stiff.
4. Spoon into a well-greased 9 x 5 x 3-inch loaf pan.
5. Bake at 350 degrees for about 1 hour or until wooden pick inserted in the center comes out clean. Cool in the pan for 10 minutes or until cool enough to handle. Remove to a wire rack to cool completely.

Yield: 1 loaf

Honey Rolled Wheat Bread

INGREDIENTS

1 tablespoon plus 2 teaspoons dry yeast	1/4 cup extra virgin olive oil
1/4 cup warm water	1/4 cup wheat germ
2 cups milk, scalded, cooled	1 tablespoon Celtic salt
1/3 cup honey	5 cups whole wheat flour
	1 cup rolled wheat or rolled oats

DIRECTIONS

1. Dissolve the yeast in 1/4 cup warm water in a small bowl. In a large bowl, mix the milk, honey, olive oil, wheat germ, and salt.
2. Stir in the yeast mixture and 2 cups of the flour.
3. Add the rolled wheat and enough of the remaining whole wheat flour to make dough.
4. Knead on a floured surface until smooth and elastic.
5. Place in a greased bowl, turning to coat the surface.
6. Let rise, covered, in a warm place until doubled in bulk.
7. Punch the dough down. Shape into 2 loaves in greased loaf pans.
8. Let rise, covered, in a warm place until doubled in bulk.
9. Bake at 375 degrees for 40 minutes or until bread tests done.

Yield: 2 loaves

Sunflower Wheat Bread

INGREDIENTS

2 cups whole wheat flour	2 tablespoons extra virgin olive oil
1/2 cup wheat germ	2 tablespoons honey
1 tablespoon baking powder	1 cup skim milk, room temperature
1 teaspoon Celtic salt	1 cup plus 2 teaspoons raw hulled sunflower seeds, divided
1 1/2 tablespoons poppy seeds	
1 egg, room temperature	

DIRECTIONS

1. Preheat oven to 350 degrees. Spray a loaf pan with olive oil cooking spray; set aside.
2. Combine the flour, wheat germ, baking powder, salt, and poppy seeds in a large bowl; mix well.
3. Beat the egg lightly in a medium bowl; whisk in the olive oil, honey, and milk.
4. Add to the flour mixture, stirring only until dry ingredients are moistened.
5. Add 1 cup of the sunflower seeds, stirring until evenly distributed.
6. Turn into the loaf pan. Smooth top, and sprinkle with 2 teaspoons sunflower seeds.
7. Bake at 350 degrees for 60 to 70 minutes or until a wooden pick inserted in the center comes out clean. Cool in the pan for 10 minutes. Remove to a wire rack to cool completely.

Yield: 1 loaf

Pumpkin Banana Bread

INGREDIENTS

1/2 cup extra virgin olive oil	1 1/2 cups plain or vanilla-flavored yogurt
3/4 cup sugar (or 3/4 teaspoon liquid stevia)	4 cups whole wheat flour
3/4 cup packed brown sugar	2 teaspoons baking powder
4 eggs	2 teaspoons baking soda
1 1/2 cups mashed ripe bananas	1/2 teaspoon Celtic salt
1 1/2 cups canned or puréed pumpkin	2 teaspoons cinnamon
	1 teaspoon ginger
	1 1/2 teaspoons nutmeg

DIRECTIONS

1. Combine the olive oil, sugars, eggs, bananas, pumpkin, and yogurt in a large mixing bowl and beat until smooth.
2. Slowly add a mixture of the flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg to the liquid mixture, mixing until well blended.
3. Pour the mixture into two lightly greased and floured loaf pans.
4. Bake at 350 degrees for 45 minutes or until golden brown and a wooden toothpick inserted in the center comes out clean.

Yield: 2 loaves

Milk and Honey Bread

INGREDIENTS

1/2 cup honey	1 tablespoon baking powder
1 cup skim milk	1 teaspoon Celtic salt
3 tablespoons extra virgin olive oil	3/4 cup chopped pecans
1 1/2 cups whole wheat flour	1 egg, beaten
1/2 cup sugar (or 1/2 teaspoon liquid stevia)	

DIRECTIONS

1. Combine the honey and milk in a medium saucepan over medium heat and cook, stirring constantly, until honey dissolves.
2. Stir in the olive oil. Remove from heat and let cool.
3. Sift the flour, sugar, baking powder, and salt into a large mixing bowl.
4. Add the pecans and toss to coat.
5. Whisk the egg into the cooled milk mixture.
6. Add the egg mixture to the flour mixture. Beat just until blended.
7. Pour into a lightly greased and floured loaf pan and smooth the top.
8. Bake at 350 degrees for 65 to 75 minutes or until a wooden pick inserted in the center comes out clean. Cool in the pan on a wire rack for 10 minutes. Remove from the pan and cool completely on the rack.

Yield: 1 loaf

Steamed Wheat

INGREDIENTS

1 cup unroasted buckwheat groats	1 teaspoon extra virgin olive oil
2 cups low-sodium chicken broth	Celtic salt to taste

DIRECTIONS

1. Toast the buckwheat in a small pan over medium heat for a few minutes until the color turns a bit darker; remove from heat.
2. Combine the chicken broth, olive oil, and salt in a saucepan; bring to a boil.
3. Add the toasted buckwheat slowly to the boiling broth mixture, stirring constantly.
4. Reduce the heat and cook, covered, for 8 to 10 minutes or until liquid is nearly gone.
5. Remove from heat. Let stand, covered, for 10 minutes longer. Serve hot.

Yield: 3 to 4 servings

Creamy Oat Porridge

Set up the slow cooker before you go to bed, and wake up to hot, creamy porridge.

INGREDIENTS

1 cup oat groats

Pinch of Celtic salt

4 cups water

DIRECTIONS

1. Combine the groats, water, and salt in a slow cooker.
2. Cook on low for 8 to 10 hours. Serve warm with honey, molasses, or fresh fruit toppings.

Yield: 4 servings

Cinnamon Bread with Apple Spread

INGREDIENTS

1 cup whole wheat flour	1 cup buttermilk
1 cup sugar	1/3 cup extra virgin olive oil
4 teaspoons baking powder	2 teaspoons vanilla extract
1 1/2 teaspoons cinnamon	2 eggs
1/2 teaspoon Celtic salt	

DIRECTIONS

1. Grease and flour the bottom of a loaf pan.
2. Combine the flour, sugar, baking powder, cinnamon, salt, buttermilk, olive oil, vanilla, and eggs in a large mixing bowl; beat for 3 minutes at medium speed.
3. Pour the batter into the prepared loaf pan.
4. Bake at 350 degrees for 45 to 55 minutes or until a wooden toothpick inserted in the center comes out clean. Cool in the pan on a wire rack for 15 minutes. Remove from the pan and cool completely on the rack. Serve warm with Apple Spread.

Yield: 1 loaf

Apple Spread

INGREDIENTS

8 ounces low-fat cream cheese, softened	1 tablespoon powdered sugar
$\frac{2}{3}$ cup finely chopped and peeled apple	1 tablespoon milk
	$\frac{1}{4}$ teaspoon cinnamon

DIRECTIONS

1. Combine the cream cheese, apple, powdered sugar, milk, and cinnamon in a blender or food processor.
2. Process until well mixed, scraping down the sides occasionally.

Yield: 1 1/2 cups

Banana Poppy Seed Muffins

INGREDIENTS

1 peeled medium banana	2 teaspoons grated orange zest
1 egg	2 cups whole wheat flour
$\frac{3}{4}$ cup sugar (or $\frac{3}{4}$ teaspoon stevia)	1 $\frac{1}{2}$ tablespoons poppy seeds
$\frac{1}{4}$ cup extra virgin olive oil	2 teaspoons baking powder
	$\frac{1}{2}$ teaspoon Celtic salt

DIRECTIONS

1. Process the bananas in a blender to make 1 cup of banana purée.
2. Combine the banana purée, egg, sugar, olive oil, and orange zest in a medium bowl; mix well.
3. Place the flour, poppy seeds, baking powder, and salt in a large bowl and stir to combine.
4. Stir the banana mixture into the flour mixture until evenly moistened.
5. Spoon the batter into greased muffin cups.
6. Bake at 375 degrees for 20 minutes or until a wooden toothpick inserted in the center comes out clean. Remove to a wire rack to cool.

Yield: 12 muffins

Apple Coffeecake Muffins

A sweet apple filling is a delicious surprise in these muffins.

INGREDIENTS

1 small unpeeled and finely chopped apple	1 1/2 cups 100 percent bran cereal
1/4 cup chopped walnuts	1 1/2 cups skim milk
1/3 cup plus 2 tablespoons extra virgin olive oil, divided	1 egg
1 tablespoon sugar (or 6 to 9 drops liquid stevia)	1/2 cup packed brown sugar
1 teaspoon cinnamon	2 cups whole wheat flour
	1 tablespoon baking powder
	1 teaspoon allspice
	1/2 teaspoon Celtic salt

DIRECTIONS

1. Grease large muffin cups or line with paper baking cups.
2. Combine the apple, walnuts, 2 tablespoons of the olive oil, sugar, and cinnamon in a small bowl and set aside.
3. Combine the cereal and milk in a medium bowl; let stand for 5 minutes.
4. Stir the egg, brown sugar, and the 1/3 cup olive oil into the cereal mixture.
5. Place the flour, baking powder, allspice, and Celtic salt in a large bowl and stir to combine.
6. Add the cereal mixture to the flour mixture, stirring just until moistened.
7. Spoon half the batter into the prepared muffin cups.
8. Gently press 1 tablespoon of the apple mixture into each partially filled muffin cup. Spoon the remaining batter over the tops of the muffins.
9. Bake at 400 degrees for about 20 minutes or until firm to the touch. Cool in pans 5 minutes; remove to a wire rack to cool completely. Store in an airtight container.

Yield: 12 large muffins

Herb Onion Bread

INGREDIENTS

3 1/4 cups whole wheat flour, divided	1/2 teaspoon crushed rosemary leaves
2 envelopes dry yeast	1/4 teaspoon thyme
2 tablespoons sugar (or 12 to 18 drops liquid stevia)	1 cup finely chopped onion
1 teaspoon Celtic salt	1/4 cup extra virgin olive oil
1/2 teaspoon sage	1 1/4 cups warm water
	1 egg

DIRECTIONS

1. Combine 1 1/2 cups of the flour, yeast, sugar, salt, sage, rosemary, and thyme in a large mixing bowl; mix well.
2. Sauté the onion in hot olive oil in a saucepan for 5 minutes or until golden; add to the flour mixture.
3. Add the water and egg to the flour mixture and blend at low speed until moistened.
4. Beat at medium speed for 3 minutes longer.
5. Gradually stir in the remaining flour by hand to make a stiff batter.
6. Spoon the batter into a greased 2-quart baking dish. Let rise, covered, in a warm place until light and doubled in bulk.
7. Bake at 375 degrees for 35 to 40 minutes or until golden brown. Remove from pan to a wire rack to cool.

Yield: 1 loaf

Cornmeal Muffins

INGREDIENTS

1 1/2 cups whole wheat flour	3/4 cup skim milk
1/2 cup yellow cornmeal	1/4 cup extra virgin olive oil
1/4 cup sugar (or 1/4 teaspoon stevia)	1 egg
1 tablespoon baking powder	1/2 cup grated fresh Parmesan cheese
3/4 teaspoon Celtic salt	1/2 teaspoon thyme
1/2 cup small curd cottage cheese	

DIRECTIONS

1. Combine the flour, cornmeal, sugar, baking powder, and salt in a large mixing bowl. Place the cottage cheese in a medium bowl and mash with a fork.
2. Add the milk, olive oil, and egg to the cottage cheese and mix well.
3. Add the cottage cheese mixture to the flour mixture, and stir just until moistened.
4. Fold in the Parmesan cheese and thyme.
5. Fill greased or paper-lined muffin cups ³/₄ full.
6. Bake at 400 degrees for 20 to 25 minutes or until muffins test done. Remove to a wire rack to cool.

Yield: 12 muffins

Basil Tomato Bread with Scallion Spread

INGREDIENTS

2 cups whole wheat flour	3 seeded and quartered tomatoes
1 teaspoon baking soda	1 tablespoon tomato paste
1 tablespoon baking powder	1 1/4 cups sugar (or 1 1/4 teaspoons stevia)
1 teaspoon Celtic salt	3 eggs
1 small piece of gingerroot	1/2 cup extra virgin olive oil
1/2 cup chopped fresh basil leaves, or 1/4 cup dried	Scallion Spread
1 scallion, cut in 1-inch pieces	

DIRECTIONS

1. Combine the flour, baking soda, baking powder, and salt in a food processor container and process for 2 seconds; remove the flour mixture to a bowl and set aside.
2. Place the gingerroot, basil, and scallion in the food processor and process for 2 seconds.
3. Add the tomatoes and tomato paste; process for 10 seconds until puréed.
4. Add the sugar and process for 30 seconds.
5. Add the eggs and process for 1 minute.
6. Add the olive oil and process briefly until blended.
7. Add the flour mixture and pulse five or six times until the flour has disappeared. Spread the dough in a greased loaf pan.
8. Bake at 350 degrees for 40 minutes or until bread tests done. Serve with Scallion Spread.

Yield: 1 loaf

Scallion Spread

INGREDIENTS

8 ounces low-fat softened cream
cheese, cut into 4 pieces

1 large scallion cut into 1-inch
pieces, or 1 bunch chives
1/8 teaspoon Tabasco sauce

DIRECTIONS

1. Combine the cream cheese, scallion, and Tabasco in a food processor and process until well blended.

Yield: 3/4 cup

Tabouleh

INGREDIENTS

1 cup cracked wheat	1/2 cup extra virgin olive oil
1 cup chopped fresh parsley leaves	1/4 cup fresh lemon juice
1/2 cup chopped fresh mint leaves	1 coarsely chopped medium
1/2 cup minced onion	tomato
1/2 cup chopped scallions (green tops only)	Celtic salt and freshly ground pepper to taste

DIRECTIONS

1. Place the cracked wheat in a bowl and add enough warm water to cover; let stand for 1 hour (it will expand greatly).
2. Drain, and press out excess water.
3. Place the soaked wheat, parsley, mint, onion, scallions, olive oil, lemon juice, tomato, salt, and pepper in a bowl and toss to combine.
4. Chill, covered, for at least 1 hour. Serve over lettuce.

Yield: 6 servings

CHAPTER 3
**A STAPLE IN
JESUS' DIET**

Mediterranean Fish Stew

INGREDIENTS

2 tablespoons extra virgin olive oil	Dash of freshly ground black pepper
1/2 cup diced onions	
1 minced garlic clove	1 1/2 cups water
1 (16-ounce) can stewed tomatoes	2 tablespoons whole-grain flour
2 carrots, peeled and sliced	1 pound fresh fish fillets, cut into large chunks
1 tablespoon low-sodium chicken bouillon granules	4 sliced mushrooms
1/2 teaspoon marjoram	1/2 green bell pepper, cut into 1-inch pieces
1 bay leaf	

DIRECTIONS

1. Heat the olive oil in a medium saucepan over medium-high heat.
2. Sauté the onions and garlic in the hot oil for 3 minutes.
3. Stir in the undrained tomatoes, carrots, bouillon, marjoram, bay leaf, and black pepper.
4. Combine the water and flour in a small bowl and whisk well.
5. Stir the flour mixture into the tomato mixture. Simmer, covered, for 30 minutes or until carrots are tender. Remove the bay leaf.
6. Stir in the fish, mushrooms, and bell pepper.
7. Cook, covered, for 5 minutes or until fish flakes with a fork. Serve immediately.

Yield: 4 servings

Baked Fish Chowder

INGREDIENTS

1 peeled and chopped potato	1/2 cup extra virgin olive oil
2 chopped onions	Fish fillets
Celtic salt	Skim milk
Freshly ground black pepper	Paprika

DIRECTIONS

1. Spray the inside of a large baking dish with olive oil cooking spray.
2. Layer half the potatoes and onions in the bottom of the dish.
3. Season with salt and pepper.
4. Drizzle 1/4 cup of the olive oil over the onion layer.
5. Cover with a thick layer of fish fillets.
6. Layer the remaining potatoes and onions over the fish layer.
7. Season with salt and pepper and drizzle with the remaining 1/4 cup olive oil. Pour in enough milk until milk level reaches top layer of onions.
8. Sprinkle with paprika.
9. Bake, covered with aluminum foil, at 350 degrees for 1 hour.

Yield: 6 servings

Spicy Yogurt Sauce

This sauce makes an excellent topping for grilled chicken, fish, or lamb.

INGREDIENTS

8 ounces plain yogurt	1/2 teaspoon Celtic salt
1 minced garlic clove	1/2 teaspoon cumin
1 tablespoon vinegar	1 cup chopped coriander leaves

DIRECTIONS

1. Combine the yogurt, garlic, vinegar, salt, cumin, and coriander in a mixing bowl or blender.
2. Blend until smooth.
3. Chill before serving.

Yield: 1 1/2 cups

Basil Purée

It's delicious on grilled chicken or fish, stirred into soups, or mixed with sun-dried tomatoes and broiled on bread.

INGREDIENTS

4 tablespoons extra virgin olive oil

8 cups basil leaves, washed, dried

DIRECTIONS

1. Combine the olive oil and basil leaves in the container of a blender or food processor and process until smooth.
2. Remove the basil mixture to a clean quart jar.
3. Chill, covered, until time to use.
4. Stir before using. After using, top the remaining basil mixture with a thin layer of olive oil.
5. Store, covered, in the refrigerator for up to one year.

Yield: 3 to 4 cups

Marinated Fish

Grilling time for a fish fillet cooked “medium” will probably total fifteen to eighteen minutes.

INGREDIENTS

2 tablespoons chopped fresh parsley	1/4 cup minced onion
2 tablespoons wine vinegar	1 tablespoon extra virgin olive oil
2 teaspoons Dijon mustard	1 minced garlic clove
1 teaspoon minced fresh thyme, or 1/2 teaspoon crushed dried	1 pound fish fillets

DIRECTIONS

1. Combine the parsley, vinegar, mustard, thyme, onion, olive oil, and garlic in a large glass bowl; whisk well.
2. Add the fish. Marinate, covered, in the refrigerator for 6 to 10 hours, turning occasionally.
3. Drain the fish, discarding the marinade.
4. Grill over hot coals or broil 3 to 5 inches from the heat source for 15 to 18 minutes, turning once.

Yield: 4 servings

Cilantro Salsa

Served as a dip with pita bread or over grilled fish.

INGREDIENTS

1 large bunch chopped cilantro	3 teaspoons fresh lime juice
2 minced garlic cloves	1/4 teaspoon cayenne pepper
1/4 cup water	1/4 teaspoon coriander
1/2 cup extra virgin olive oil	Celtic salt to taste

DIRECTIONS

1. Combine the cilantro and garlic in a blender or food processor container.
2. Purée with the water and olive oil.
3. Add the lime juice, cayenne pepper, coriander, and salt; process briefly until well mixed.

Yield: about 1 cup

Broiled Fish

Broiling time will be about ten to twelve minutes for a one-inch-thick steak.

INGREDIENTS

Fish steaks

Bread crumbs

Dijon mustard

Parmesan cheese

White wine

DIRECTIONS

1. Arrange the fish steaks in a greased shallow baking dish; brush fish with mustard.
2. Add enough wine to the dish to reach halfway up the sides of the fish.
3. Sprinkle with bread crumbs and Parmesan cheese.
4. Broil 6 inches from the heat source, turning once, until fish flakes easily with a fork.

Red Snapper with Raisins and Pine Nuts

INGREDIENTS

5 tablespoons extra virgin olive oil, divided	1 teaspoon sugar (or 2 to 4 drops stevia)
1 (4-pound) pan-dressed red snapper	1/4 cup red wine vinegar
1 tablespoon rosemary	1/4 cup water
Celtic salt to taste	1/4 cup pine nuts
1/4 teaspoon pepper	1/4 cup raisins

DIRECTIONS

1. Lightly grease a shallow baking dish with 1 tablespoon of the olive oil.
2. Center the fish in the baking dish; sprinkle with rosemary, salt, and pepper.
3. Combine the sugar, vinegar, and water in a small bowl.
4. Whisk until sugar is dissolved; whisk in the remaining 4 tablespoons olive oil.
5. Drizzle the vinegar mixture evenly over the fish, and sprinkle with the pine nuts and raisins.
6. Bake, covered, at 400 degrees for 20 minutes. Uncover and bake for 30 minutes longer, basting with the pan juices.
7. Remove from oven. Spoon the raisins, pine nuts, and pan juices over the fish before serving.

Yield: 8 servings

Adapted from a recipe found on RecipeLand.com

Steamed Fish

The carrots, broccoli, and beans may be partially cooked ahead of time if desired.

INGREDIENTS

1 pound fresh fish fillets	1/2 cup thinly sliced carrots
1 cup grated Parmesan cheese	8 slices fresh tomato
1/2 cup broccoli florets	1/2 cup sliced fresh mushrooms
1/2 cup sliced green beans	Celtic salt and pepper to taste

DIRECTIONS

1. Divide fish into 4 portions and place each in the center of a square of aluminum foil.
2. Spoon 1/4 of the Parmesan cheese over each portion of fish.
3. Arrange the broccoli, green beans, and carrots around edges of fish; place tomatoes and mushrooms on top. Season.
4. Wrap in foil, sealing to enclose each packet, leaving an air space inside.
5. Place on a baking sheet and bake at 425 degrees for 30 minutes or until vegetables are tender and fish flakes easily with a fork.

Yield: 4 servings

Oven-Fried Fish

INGREDIENTS

1 pound fish fillets	1/2 cup dry bread crumbs
1 1/2 teaspoons Celtic salt	2 tablespoons extra virgin olive oil
1/4 cup skim milk	

DIRECTIONS

1. If fish fillets are large, cut into serving pieces. Preheat the oven to 500 degrees.
2. Combine the salt and milk in a shallow bowl.
3. Dip the fish into the milk; coat with bread crumbs.
4. Arrange in a shallow 9 x 13-inch baking dish that has been lightly sprayed with olive oil cooking spray.
5. Drizzle the olive oil over the fish.
6. Place the baking dish on an oven rack slightly above the center of the oven. Bake, uncovered, for 10 to 12 minutes or until fish flakes easily with fork.

Yield: 3 to 4 servings

Baked Fish Steaks

INGREDIENTS

Finely chopped parsley, onion, and celery leaves	1 1/2 teaspoons curry powder Celtic salt and pepper to taste
2 pounds fish steaks	

DIRECTIONS

1. Spread a mixture of the parsley, onion, and celery in a shallow baking dish.
2. Sprinkle both sides of fish with curry powder, salt, and pepper.
3. Arrange the seasoned fish over the parsley mixture.
4. Bake at 350 degrees, uncovered, for 25 to 30 minutes or until fish flakes easily with a fork.

Yield: 4 to 8 servings

CHAPTER 4
**THE MEATS THAT
JESUS ATE**

Beef Kabobs

INGREDIENTS

Extra-lean free-range beef	Tomatoes
Mushrooms	Squash
Green bell peppers	Vinegar and olive oil salad
Onions	dressing

DIRECTIONS

1. Cut the beef, mushrooms, bell peppers, onions, tomatoes, and squash into 1-inch cubes and place in a large bowl.
2. Pour 1 recipe of Vinegar and olive oil salad dressing over the mixture.
3. Marinate, covered, in the refrigerator for 2 to 3 hours.
4. Skewer beef and vegetables and place on a grill rack.
5. Grill over hot coals until done to taste. Cook for about 15 minutes or until beef juices run clear. Turn frequently to avoid overcooking vegetables. Serve on a bed of brown rice.

Curried Lamb

INGREDIENTS

1/3 cup minced onion	1/4 teaspoon black pepper
1/4 cup warm water	1/8 teaspoon ground red pepper
3 tablespoons extra virgin olive oil	2 pounds free-range lamb stew meat, cut into 1-inch cubes
2 tablespoons coriander	2 cups low-sodium beef broth
1 1/2 teaspoons cumin	Celtic salt
1 tablespoon cardamom	1/4 cup low-fat plain yogurt
1 teaspoon ground ginger	1 teaspoon fresh lemon juice
1 teaspoon turmeric	Freshly cooked whole-grain rice
1/2 teaspoon garlic powder	

DIRECTIONS

1. Soak the onion in the water for five minutes; drain.
2. Heat the olive oil in a large skillet over medium-high heat.
3. Sauté the onion in the oil for 5 minutes. Reduce heat to low.
4. Add the coriander, cumin, cardamom, ginger, turmeric, garlic powder, black pepper, and red pepper; sauté for 1 minute.
5. Stir in the lamb and turn heat to medium-high.
6. Cook for 10 to 15 minutes or until meat is evenly browned, stirring frequently.
7. Add the beef broth and salt. Reduce heat to medium and simmer, covered, for about 20 minutes or until meat is tender.
8. Uncover the skillet and simmer for 20 minutes longer or until sauce thickens, stirring occasionally.
9. Stir in the yogurt and lemon juice. Serve immediately over the cooked rice.

Yield: 8 servings

Beef and Mushroom Stew

Substitute three additional cups of broth for the burgundy if you like.

INGREDIENTS

3 pounds lean, boneless free-range beef, cut into 1-inch cubes	2 minced garlic cloves
1/2 cup flour, divided	1 pound quartered mushrooms
1 1/2 teaspoons Celtic salt, divided	2 (14-ounce) cans low-sodium beef broth
1/2 teaspoon black pepper	3 cups burgundy
4 tablespoons extra virgin olive oil, divided	1 pound miniature carrots
1 large chopped onion	2 teaspoons thyme
	1 teaspoon rosemary
	2 bay leaves

DIRECTIONS

1. Coat the beef cubes with a mixture of 1/4 cup of the flour, 1 teaspoon of the salt, and black pepper, a few cubes at a time.
2. Heat 1 tablespoon of the olive oil in a heavy 5-quart saucepan over medium-high heat.
3. Brown the beef for about 5 minutes, working in batches and adding an additional small amount of oil when needed. Remove the beef to a platter.
4. Reduce heat to medium. Add the onion to the hot oil, and sauté for about 5 minutes or until tender.
5. Add the garlic and sauté for 2 minutes. Add the mushrooms and sauté for 5 minutes or just until mushroom liquid is released.
6. Remove the mushroom mixture to a medium bowl with a slotted spoon; cover and set aside.

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7. Combine the remaining $\frac{1}{4}$ cup flour with the beef broth, and burgundy in the heavy saucepan over medium heat, whisking until smooth.
 8. Return the beef to the saucepan. Add the carrots, thyme, rosemary, and bay leaves.
 9. Bring to a boil, scraping up any browned bits from bottom of pan with a wooden spoon.
 10. Reduce heat to low. Simmer, covered, for 45 minutes.
 11. Remove cover and simmer for 55 minutes longer or until beef is tender; stir in the mushroom mixture for the last 10 minutes of cooking.
 12. Discard bay leaves. Stir in the remaining $\frac{1}{2}$ teaspoon salt.

Yield: 6 to 10 servings

Western Beef Casserole

INGREDIENTS

1 1/2 pounds lean, free-range ground beef	1 teaspoon hot red pepper sauce (optional)
1 minced garlic clove	32 ounces dry, cooked, and drained red beans
1/4 cup finely chopped onion	1 cup uncooked brown rice
3 cups canned tomatoes with juice	1 cup freshly shredded part-skim mozzarella cheese
1 teaspoon Celtic salt	
2 teaspoons chili powder	

DIRECTIONS

1. Brown the ground beef with the garlic and onion in a skillet, stirring until crumbly; drain.
2. Chop the tomatoes or process briefly in a blender or food processor.
3. Combine the beef mixture, tomatoes, salt, chili powder, pepper sauce, beans, and rice in a large baking dish.
4. Bake, covered, at 350 degrees for 30 minutes. Uncover, sprinkle with the mozzarella cheese, and bake for 15 minutes longer.

Yield: 8 to 12 servings

Oven Beef Stew

Use your favorite steak seasoning for this savory stew.

INGREDIENTS

1 pound uncooked round or chuck steak, cut into thin strips	1 small chopped onion
6 small red potatoes, quartered	1 (14-ounce) can low-sodium beef broth
1/2 pound fresh trimmed green beans	1/2 cup whole wheat flour
6 peeled, sliced carrots or 1 pound miniature carrots	1/2 teaspoon thyme
	1/4 teaspoon pepper
	2 teaspoons steak seasoning

DIRECTIONS

1. Combine the steak, potatoes, green beans, carrots, and onion in a 9 x 13-inch baking dish.
2. Combine the beef broth, flour, thyme, pepper, and steak seasoning in a medium bowl and whisk until smooth.
3. Pour the broth mixture evenly over the steak and vegetables.
4. Bake, tightly covered with foil, at 350 degrees for 40 minutes. Remove foil, stir well, and replace foil. Bake for 20 minutes longer.

Yield: 6 servings

Beef Barbecue

INGREDIENTS

Lean free-range beef roast, cut
into 1- to 2-inch cubes
Extra virgin olive oil, divided

Small onion, thinly sliced
Barbecue sauce

DIRECTIONS

1. Brown the beef on all sides in olive oil in a large skillet over medium-high heat.
2. Remove beef to a slow cooker.
3. Sauté the onion in hot olive oil for 5 minutes or until soft and slightly browned.
4. Layer the onion over the beef and add enough barbecue sauce to cover.
5. Cook on high for about 4 to 5 hours; then break up the beef chunks with a wooden spoon.
6. Cook for about 2 more hours or until beef is shredded, breaking up beef and adding more sauce or a small amount of water if beef begins to look dry.

Okra Tomato Beef Skillet

A variation of this recipe substitutes sweet potatoes for the okra.

INGREDIENTS

1/4 cup extra virgin olive oil	1 (6-ounce) can tomato paste
1 pound lean, free-range beef or free-range lamb, cut in 1/2-inch pieces	8 sliced medium fresh okra, or 1/2 (10-ounce) package frozen okra
1 chopped medium onion	Celtic salt and pepper to taste

DIRECTIONS

1. Heat the olive oil in a large heavy skillet over medium heat.
2. Brown the beef with the onion; drain.
3. Return the beef mixture to the skillet.
4. Dilute the tomato paste with a can of water. Add diluted tomato paste and okra to the beef mixture.
5. Simmer, partially covered, for about 1 1/2 hours or until beef and vegetables are tender. Add water as needed to make a sauce of suitable consistency.
6. Season with salt and pepper. Serve over cooked rice.

Yield: 4 servings

Moroccan Beef with Honey-Spiced Couscous

INGREDIENTS

2 tablespoons red wine vinegar	1/2 teaspoon freshly ground pepper
2 teaspoons minced garlic	
1 teaspoon cumin	1/2 cup honey
1 teaspoon coriander	1/2 cup extra virgin olive oil
1/2 teaspoon ginger	1 1/2 pounds lean flank steak
1/2 teaspoon cinnamon	

DIRECTIONS

1. Combine the vinegar, garlic, cumin, coriander, ginger, cinnamon, and pepper in a large glass bowl; whisk well.
2. Add the honey and oil; whisk to blend.
3. Remove 1/3 cup of the marinade and set aside, covered, in the refrigerator.
4. Add the flank steak to the marinade in the large glass bowl, turning to coat.
5. Marinate, covered, in the refrigerator for 1 to 10 hours.
6. Drain the steak, discarding the marinade.
7. Heat a little olive oil in a large skillet over medium heat.
8. Brown the steak in the hot oil, about 5 minutes on each side.
9. Reduce heat to low and cook, covered, for 10 minutes for medium doneness.
10. Slice steak diagonally into thin slices. Serve with pan juices and Honey-Spiced Couscous.

Yield: 6 servings

Honey-Spiced Couscous

INGREDIENTS

2 cups water

1/3 cup reserved steak marinade

1 (8-ounce) can garbanzo beans,
drained

DIRECTIONS

1. Combine all ingredients.

Savory Mustard Thyme Chicken

INGREDIENTS

3 tablespoons coarse mustard	1/3 cup bread crumbs
1 tablespoon whole wheat flour	1 teaspoon fresh thyme, or
1 tablespoon honey	1/2 teaspoon dried
2 teaspoons cider vinegar or herb vinegar	1/4 teaspoon cayenne pepper
4 boneless skinless free-range chicken thighs or breasts	2 tablespoons extra virgin olive oil

DIRECTIONS

1. Combine the mustard, flour, honey, and vinegar in a small bowl; whisk until smooth.
2. Brush the chicken with the mustard mixture and roll it in a mixture of the bread crumbs, thyme, and cayenne pepper, coating well.
3. Heat the olive oil in a large skillet over medium heat.
4. Cook the chicken in the hot oil, turning once, for about 6 minutes per side, or until browned and cooked through.

Yield: 4 servings

Chicken with Peanut Sauce

Beef or lamb may be used in place of the chicken.

INGREDIENTS

1 1/4 pounds boneless skinless free-range chicken breasts	1 1/2 teaspoons minced garlic
1 tablespoon sesame oil	1 1/2 teaspoons minced ginger
2 tablespoons extra virgin olive oil	1/4 teaspoon Celtic salt
1/4 cup dry sherry	1/4 teaspoon pepper
1/4 cup soy sauce	Dash of Tabasco sauce
2 tablespoons lemon juice	Peanut Sauce

DIRECTIONS

1. Cut the chicken into 1/2-inch x 3-inch strips.
2. Combine the sesame oil, olive oil, sherry, soy sauce, lemon juice, garlic, ginger, salt, pepper, and Tabasco in a large glass bowl and whisk well.
3. Add the chicken; marinate, covered, in the refrigerator for 1 to 12 hours.
4. At serving time, preheat the oven to 375 degrees. Drain the chicken, discarding the marinade. Thread the chicken on wooden picks or small skewers and arrange on baking sheets.
5. Bake for 5 to 10 minutes. Serve with Peanut Sauce.

Yield: 4 to 5 servings

Peanut Sauce

INGREDIENTS

2 teaspoons sesame oil	1/3 cup peanut butter
4 teaspoons extra virgin olive oil	1/2 teaspoon coriander
1/2 cup minced red onion	3 tablespoons ketchup
2 tablespoons minced garlic	3 tablespoons soy sauce
1 teaspoon minced fresh gingerroot	1 tablespoon lemon or lime juice
1 tablespoon red wine vinegar	1/2 teaspoon pepper
1 tablespoon brown sugar	Dash of Tabasco sauce
	1/3 to 1/2 cup hot water

DIRECTIONS

1. Heat the sesame and olive oils in a small saucepan over medium-low heat.
2. Add the onion, garlic, and gingerroot; sauté for 5 minutes or until softened.
3. Add the vinegar and brown sugar; heat until sugar dissolves, stirring constantly.
4. Stir in the peanut butter.
5. Remove from heat. Stir in the coriander, ketchup, soy sauce, lemon juice, pepper, Tabasco, and hot water.
6. Process in a food processor or blender if a smooth sauce is desired.

Chicken and Garden Vegetables

INGREDIENTS

1 (3-pound) free-range cooked, skinned, and boned chicken, cut in strips	4 sliced green onions
3 large tomatoes, cut in chunks	1 (12-ounce) jar marinated artichoke hearts
1 large green bell pepper, cut in 1-inch slivers	1/2 cup sliced black olives
1 sliced cucumber	2 tablespoons red wine vinegar
	1/4 cup toasted sesame seeds

DIRECTIONS

1. Place the still-warm chicken strips in a large mixing bowl.
2. Add the tomatoes, bell pepper, cucumber, and green onions.
3. Drain and chop the artichokes, reserving the marinade.
4. Add the artichokes and olives to the chicken mixture; mix well.
5. Combine the reserved artichoke marinade and vinegar in a small bowl; whisk well.
6. Drizzle the vinegar mixture over the chicken mixture.
7. Refrigerate, covered, until well chilled. At serving time, top with sesame seeds.

Yield: 6 to 8 servings

Adapted from a recipe found on EatChicken.com

Roasted Chicken and Vegetables

INGREDIENTS

1 (3 1/2-pound) free-range chicken	3 thinly sliced medium leeks
1 sliced lemon	2 peeled, thinly sliced carrots
1 peeled and quartered medium onion	6 quartered red potatoes
3 sprigs thyme	2 thinly sliced turnips or rutabagas
Celtic salt to taste	1 1/2 cups dry white wine
Freshly ground black pepper to taste	1 (14-ounce) can low-sodium chicken broth

DIRECTIONS

1. Fill the cavity of the chicken with the lemon, onion, and thyme.
2. Sprinkle the skin of the chicken liberally with salt and pepper.
3. Evenly scatter the leeks, carrots, potatoes, and turnips in the bottom of a large roasting pan.
4. Sprinkle the vegetables with salt and pepper.
5. Place the chicken on top of the vegetables.
6. Pour white wine and chicken broth over the chicken and vegetables.
7. Roast at 425 degrees for 1 hour or until the skin of the chicken is browned, the juices run clear, and a thermometer inserted in the flesh of the thigh registers 180 degrees; stir vegetables and baste chicken occasionally while cooking.
8. Remove the chicken to a cutting board and lift the vegetables into a serving bowl. Pour or ladle the pan juices into a pitcher or gravy boat. Carve the chicken and serve with vegetables and pan juices.

Yield: 4 servings

Adapted from a recipe found on EatChicken.com

Chicken and Goat Cheese in Grape Leaves

INGREDIENTS

4 boneless skinless free-range chicken breasts	4 fresh basil leaves
1/2 teaspoon Celtic salt	4 fresh sage leaves
1/4 teaspoon pepper	8 to 12 grape leaves in brine
6 ounces fresh goat cheese	1 garlic clove
	1 rosemary sprig

DIRECTIONS

1. Season the chicken with salt and pepper.
2. Spread 1/4 of the goat cheese over the top of each piece of chicken.
3. Place 1 basil leaf and 1 sage leaf over each; wrap each with 2 or 3 grape leaves.
4. Place about 1 inch of water in a large saucepan with a steaming rack; arrange the wrapped chicken on the steaming rack.
5. Add garlic and rosemary to the water and bring to a boil.
6. Cook, covered, over high heat for about 20 minutes, making sure the water doesn't evaporate. Serve with potatoes or brown rice.

Yield: 4 servings

Adapted from a recipe found on EatChicken.com

Chicken and Mint Relish

INGREDIENTS

4 boneless skinless free-range chicken breasts	1/2 teaspoon coriander
2 tablespoons plus 1 teaspoon extra virgin olive oil	1/4 teaspoon cinnamon
1 teaspoon cumin	1 1/2 teaspoons minced fresh gingerroot
1/2 teaspoon sweet paprika	1 tablespoon fresh lemon juice
	1 tablespoon chopped cilantro

DIRECTIONS

1. Arrange the chicken in a shallow baking pan.
2. Heat the olive oil in a medium skillet over medium heat.
3. Sauté the cumin, paprika, coriander, cinnamon, and gingerroot in the hot oil for about 1 minute.
4. Remove from heat; stir in the lemon juice and cilantro.
5. Cool slightly and pour over the chicken, turning to coat.
6. Chill, covered, for 20 minutes.
7. Return the chicken to the skillet over medium heat.
8. Cook, turning occasionally, for about 5 minutes on each side, or until a fork can be inserted easily and the juices run clear.
9. Serve topped with Mint Relish and garnished with mint sprigs and lemon slices.

Yield: 4 servings

Mint Relish

INGREDIENTS

1 cup finely diced ripe mango	1 seeded and minced jalapeño
1/2 cup finely diced red bell pepper	pepper
1/3 cup finely diced red onion	1/2 teaspoon minced gingerroot
1 tablespoon finely chopped fresh mint	2 tablespoons fresh lemon juice
	2 tablespoon extra virgin olive oil

DIRECTIONS

1. Combine the mango, bell pepper, onion, mint, jalapeño, gingerroot, lemon juice, and olive oil in a small bowl; mix well.
2. Chill, covered, until serving time.

Adapted from a recipe found on EatChicken.com

Shredded Chicken

The chicken broth may be frozen and later used for soup.

INGREDIENTS

5 to 10 pounds free-range chicken pieces, skinned, fat trimmed	Hot peppers such as jalapeño or Thai peppers (optional)
1 to 2 onions, lightly chopped	Salt to taste
Garlic to taste	Barbecue sauce
Herbs such as oregano, thyme, sage	

DIRECTIONS

1. Place the chicken, onions, garlic, herbs, hot peppers, and salt in a stock pot over medium heat.
2. Cover with water or chicken broth.
3. Simmer, covered, for about 1 hour or until chicken is falling off the bone.
4. Drain, reserving the broth for soup.
5. When chicken is cool, take the meat off the bone.
6. Place the chicken in a slow cooker.
7. Stir in your favorite barbecue sauce, enough to make the mixture moist but not soupy.
8. Cook on low for 8 hours, stirring occasionally to break up the meat until meat is shredded. If the mixture looks dry at any time, add more barbecue sauce. Serve with cornbread or on rolls or buns.

Yield: 5 to 6 servings

Chicken and Rice Casserole

INGREDIENTS

2 teaspoons extra virgin olive oil	1 cup uncooked long grain brown rice
1/2 thinly sliced red onion	
1 thinly sliced green bell pepper	4 free-range chicken leg quarters, skinned, fat trimmed
2 garlic cloves, sliced paper thin	
1 cup water	

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat.
2. Sauté the onion, bell pepper, and garlic in the hot oil for 3 to 4 minutes.
3. Add the water and rice.
4. Arrange the chicken on top.
5. Simmer, covered, for 20 to 25 minutes or until chicken is cooked through, stirring rice occasionally, turning chicken once.

Yield: 3 to 4 servings

Rosemary Chicken Stew

INGREDIENTS

1 peeled medium potato, cut into small cubes	Juice of 1/2 lemon
2 tablespoons extra virgin olive oil	2 tablespoons fresh rosemary, or 1 tablespoon dried
1 finely chopped onion	2 tablespoons fresh basil, or 1 tablespoon dried
2 minced garlic cloves	1/2 cup chopped parsley
1 pound boneless skinless free-range chicken pieces	12 to 14 pitted sliced black olives
3 peeled carrots, cut in 1/2-inch pieces	

DIRECTIONS

1. Combine the potatoes with enough water to cover in a saucepan and bring to a boil.
2. Boil for about 5 to 10 minutes or until tender; drain.
3. Heat the olive oil in a medium saucepan over medium heat.
4. Sauté the onion and garlic in the oil for about 5 minutes.
5. Add the chicken and cook for about 5 minutes.
6. Add 1 1/2 cups water, carrots, lemon juice, rosemary, basil, parsley, and olives.
7. Simmer, uncovered, for about 30 minutes or until chicken is cooked through.

Yield: 4 servings

Lebanese Chicken

INGREDIENTS

3/4 cup fresh lemon juice	1 1/2 teaspoons cumin
8 minced garlic cloves	3/4 teaspoon cayenne pepper
2 tablespoons minced fresh thyme, or 2 teaspoons dried	6 pounds skinless free-range chicken pieces
1 tablespoon paprika	Salt and pepper to taste

DIRECTIONS

1. Combine the lemon juice, garlic, thyme, paprika, cumin, and cayenne in a small bowl and whisk well.
2. Arrange the chicken in a 9 x 13-inch glass baking dish.
3. Pour the marinade over the chicken; turn chicken to coat.
4. Marinate, covered, in the refrigerator for 8 to 10 hours, turning occasionally.
5. Combine the chicken and marinade in a large roasting pan and season with salt and pepper.
6. Bake at 425 degrees for about 50 minutes or until chicken is brown and cooked through, turning occasionally.

Yield: 4 to 6 servings

CHAPTER 5

**OTHER FORMS
OF PROTEIN THAT
JESUS ATE**

Cheese Spread

If fresh herbs are not available, use one teaspoon each of dried thyme, parsley, and dill.

INGREDIENTS

1/2 cup fresh curd cheese (or farmer's cheese, fat-free cream cheese, or yogurt cheese)	1 tablespoon chopped fresh thyme
4 minced garlic cloves	1 tablespoon chopped fresh dill
2 tablespoons extra virgin olive oil	1 tablespoon chopped fresh parsley
	Celtic salt

DIRECTIONS

1. Combine the cheese, garlic, olive oil, thyme, dill, and parsley in a bowl and mix well.
2. Salt to taste.
3. Serve with nutty, whole-grain breads.

Yield: 2 servings

Yogurt Cheese

Use Yogurt Cheese as a spread for fresh vegetables, crackers, or bread. If you would like to use fresh herbs, substitute $\frac{1}{2}$ teaspoon each of snipped fresh basil, oregano, thyme, and marjoram for the dried herbs.

INGREDIENTS

8 ounces plain low-fat yogurt	1 tablespoon grated Parmesan
$\frac{1}{8}$ teaspoon each thyme or marjoram, basil, oregano, and Italian seasoning	cheese

DIRECTIONS

1. Combine the yogurt and herbs in a small bowl; blend until smooth.
2. Stir in the Parmesan cheese.
3. Set a small strainer over a bowl and line the strainer with clean cheesecloth.
4. Spoon the yogurt mixture into the cheesecloth-lined strainer.
5. Let drain in the refrigerator, covered, for 8 to 10 hours.
6. Turn the yogurt mixture carefully onto a serving plate and remove the cheesecloth. Discard the liquid. It may be stored, covered, in the refrigerator for up to 1 week.

Yield: $\frac{1}{2}$ cup

Light Herbed Cheese Dip

The fresh herbs make this dip especially flavorful—but you may use smaller amounts of dried herbs if you don't have fresh ones.

INGREDIENTS

8 ounces low-fat softened cream cheese	2 tablespoons chopped fresh parsley
1/4 cup plain yogurt	2 small chopped green onions
2 tablespoons chopped fresh dill	1/2 teaspoon minced garlic
	1/2 teaspoon Celtic salt

DIRECTIONS

1. Combine the cream cheese and yogurt in a food processor or blender and process for 1 to 2 minutes.
2. Add the dill, parsley, green onions, garlic, and salt; process for 30 seconds or just until blended.
3. Serve with raw vegetables or on toast.

Yield: 1 1/2 cups

Yogurt Salad

If you don't have fresh mint, use two teaspoons dried mint.

INGREDIENTS

1 cup low-fat plain yogurt	2 large cucumbers, peeled and sliced
2 tablespoons minced fresh mint	Watercress
2 cloves crushed garlic	Radish slices

DIRECTIONS

1. Combine the yogurt, mint, garlic, and cucumbers in a bowl; mix well.
2. Serve on a bed of watercress and radish slices.

Yield: 4 to 6 servings

CHAPTER 6
**THE VEGETABLES
THAT JESUS ATE**

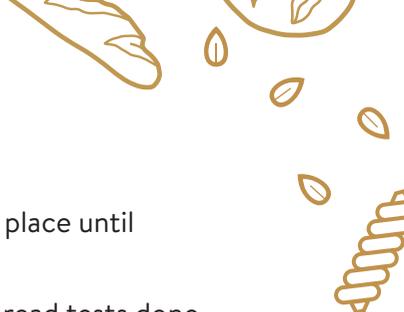
Ezekiel's Bread

INGREDIENTS

4 envelopes (9 teaspoons) dry yeast	1/2 cup millet flour
1 tablespoon plus 1/2 to 3/4 cup honey, divided	1/4 cup rye flour
1 cup warm water	1 cup mashed cooked lentils
8 cups whole wheat flour	4 to 5 tablespoons extra virgin olive oil
4 cups barley flour	4 cups water, divided
2 cups gluten-free soy flour	1 tablespoon Celtic salt

DIRECTIONS

1. Stir the yeast and the 1 tablespoon honey into the 1 cup warm water and let stand for 10 minutes.
2. Place the whole wheat flour, barley flour, soy flour, millet flour, and rye flour in a large bowl and stir to combine.
3. Combine the lentils, olive oil, the 1/2 to 3/4 cup honey, and 1/2 cup of the water in a blender; process until smooth.
4. Combine the lentil mixture and the remaining 3 1/2 cups water in a large bowl; stir until well mixed.
5. Stir in 2 cups of the flour mixture.
6. Stir in the yeast mixture.
7. Add the salt and the remaining flour mixture.
8. Knead until smooth on a floured board.
9. Place in an oiled bowl.
10. Let rise, covered, in a warm place until doubled in bulk.
11. Knead again.
12. Divide into 4 equal portions.

- 
13. Shape each portion into a large loaf.
 14. Place in greased loaf pans. Let rise, covered, in a warm place until doubled in bulk.
 15. Bake at 375 degrees for 45 minutes to 1 hour or until bread tests done.

Yield: 4 loaves

Garlic Beans with Dill

If you prefer a garlic flavor that is not quite as strong, remove the garlic clove just before adding the dill.

INGREDIENTS

1 pound trimmed green beans	1 tablespoon chopped fresh dill
1 1/2 tablespoons extra virgin olive oil	1/4 teaspoon hot red pepper flakes (optional)
6 peeled and halved garlic cloves	

DIRECTIONS

1. String the green beans and rinse.
2. Cut them into 1-inch lengths and steam for 10 to 15 minutes or until tender; drain.
3. Heat the olive oil in a skillet over very low heat.
4. Sauté the garlic in the hot oil for about 5 minutes or until tender; mash the garlic.
5. Stir in the dill, green beans, and red pepper flakes; cook, covered, over low heat for about 5 minutes.
6. Salt to taste and serve.

Yield: 4 servings

Marinated Vegetables

Substitute any of your favorite vegetables for those that are listed.

INGREDIENTS

3/4 cup extra virgin olive oil	4 sliced ribs celery
1 teaspoon pepper	2 sliced red onions
1/2 cup red wine vinegar	1 (14-ounce) can drained quartered artichoke hearts
2 teaspoons dry mustard	1 (9-ounce) jar drained green olives
2 teaspoons Celtic salt	1 (6-ounce) can drained pitted black olives
1 tablespoon oregano leaves	2 garlic cloves
1 head sectioned cauliflower	
6 sliced carrots	
8 ounces sliced mushrooms	

DIRECTIONS

1. Combine the olive oil, pepper, vinegar, mustard, salt, and oregano in a large glass dish and whisk well.
2. Add the cauliflower, carrots, mushrooms, celery, onions, artichokes, green olives, black olives, and garlic; mix well.
3. Marinate, covered, in the refrigerator for 24 hours.

Yield: 16 or more servings

Scalloped Corn and Olives

INGREDIENTS

1 (17-ounce) can cream-style corn, non-GMO	1 cup grated Parmesan cheese
1 1/2 cups coarse whole-grain bread crumbs	2 to 3 cups light cream
1/2 cup sliced pitted black olives	1 1/2 teaspoons onion salt
	1/8 teaspoon cayenne pepper
	1 tablespoon extra virgin olive oil

DIRECTIONS

1. Combine the corn, bread crumbs, olives, Parmesan cheese, cream, onion salt, and cayenne pepper in a large bowl; mix well.
2. Spoon the corn mixture into a well-greased baking dish; drizzle with olive oil.
3. Preheat the oven to 350 degrees. Bake, uncovered, for 35 minutes or until mixture is set.

Yield: 6 servings

Baked Beets

INGREDIENTS

Beets

Fresh lime juice

Low-fat sour cream

DIRECTIONS

1. Wash unpeeled whole beets and remove their tops.
2. Arrange them on a baking sheet and bake at 350 degrees, uncovered, for 1 hour.
3. Let cool slightly. Slip off the skins.
4. Mash the pulp and serve with low-fat sour cream.
5. Squeeze a bit of fresh lime juice over the beets just before serving.

Adapted from a recipe found on RecipeLand.com

Peas and Celery with Olives

INGREDIENTS

1 tablespoon extra virgin olive oil	1/2 teaspoon Celtic salt
2 cups sliced celery (cut at an angle in 1/4-inch slices)	1/4 teaspoon freshly ground pepper
20 ounces fresh green peas	2 tablespoons sliced pimientos
20 large pitted, halved black olives	

DIRECTIONS

1. Heat the olive oil in a saucepan over low heat.
2. Cook the celery in the hot oil for 10 minutes, stirring occasionally.
3. Add the peas and cook for 5 minutes or just until peas are tender.
4. Stir in the olives, salt, and pepper. Adjust seasonings to taste.
5. Serve garnished with pimientos.

Yield: 6 to 8 servings

Zucchini Casserole

Slicing the zucchini yields about seven cups.

INGREDIENTS

2 cups small curd creamed cottage cheese	2 pounds zucchini, diagonally sliced 1/4-inch thick
1 1/2 teaspoons basil	1 medium onion, cut into wedges
1 teaspoon oregano	1/2 teaspoon Celtic salt
1 minced garlic clove	1/4 cup whole wheat flour
1 1/2 cups pitted coarsely chopped black olives	2 tablespoons freshly grated Parmesan cheese
2 tablespoons extra virgin olive oil	

DIRECTIONS

1. Combine the cottage cheese, basil, oregano, garlic, and olives in a bowl; mix well.
2. Heat the olive oil in a heavy skillet over high heat.
3. Sauté the zucchini and onion in the hot oil for about 5 minutes or until tender-crisp.
4. Remove from heat. Sprinkle with the salt and flour; mix well.
5. Layer half the zucchini mixture, the cottage cheese mixture, and the remaining zucchini mixture in a shallow 2-quart baking dish.
6. Sprinkle with Parmesan cheese.
7. Bake, uncovered, at 350 degrees for 30 minutes or until hot and bubbly. Garnish with olives and serve.

Yield: 10 to 12 servings

Baked Mushrooms

INGREDIENTS

2 pounds mushrooms	1 teaspoon extra virgin olive oil
1/4 cup chopped fresh parsley	1/2 cup whole-grain bread crumbs
1 minced garlic clove	Freshly grated Parmesan cheese
Celtic salt to taste	

DIRECTIONS

1. Halve the mushrooms; if any are large, cut them in quarters.
2. Spread evenly in a large oiled baking pan.
3. Combine the parsley, garlic, salt, and olive oil in a small bowl; mix well.
4. Dot the mushrooms with the parsley mixture.
5. Bake, uncovered, at 350 degrees for about 30 minutes or until tender and liquid has been absorbed. Before the last five minutes of cooking time, sprinkle the bread crumbs over mushrooms. Sprinkle with Parmesan cheese before serving.

Yield: about 15 servings

Marinated Asparagus

INGREDIENTS

1/2 cup water	1 teaspoon capers
1/2 cup cider vinegar	1 teaspoon Celtic salt
2 teaspoons chopped parsley	1/8 teaspoon pepper
2 teaspoons chopped chives	10 ounces cooked drained asparagus spears
2 teaspoons chopped pimientos	Lettuce leaves
1 teaspoon chervil	

DIRECTIONS

1. Blend together the water, vinegar, parsley, chives, pimientos, chervil, capers, salt, and pepper.
2. Pour the vinegar mixture over the asparagus.
3. Chill, covered, for about 8 hours; drain.
4. Arrange on lettuce leaves and serve.

Yield: 4 servings

Ratatouille

INGREDIENTS

1/3 cup extra virgin olive oil	2 seeded green bell peppers, cut into strips
1 sliced large onion	3 tablespoons whole wheat flour
2 or more thinly sliced garlic cloves	5 tomatoes, peeled and sliced
2 to 4 sliced zucchini	Celtic salt and pepper to taste
1 small eggplant, peeled and cubed	1 tablespoon capers (optional)

DIRECTIONS

1. Heat the olive oil in a large skillet over medium-low heat.
2. Sauté the onion and garlic in the hot oil for 5 to 10 minutes or until onion is soft; add the zucchini, eggplant, and bell peppers.
3. Cook over low heat, covered, for about 1 hour, turning gently once in a while so vegetables don't stick to the pan.
4. Stir in the flour.
5. Add the tomatoes and simmer, uncovered, until mixture is thick.
6. Season with salt and pepper. Add capers.

Yield: 8 to 12 servings

Baked Cucumbers and Onions

INGREDIENTS

2 cucumbers, sliced 1/4-inch thick	4 tablespoons whole wheat flour
2 thinly sliced onions, separated into rings	Celtic salt and pepper to taste
	2 tablespoons extra virgin olive oil

DIRECTIONS

1. Layer the cucumbers and onions in a deep baking dish, sprinkling each layer with flour, salt, and pepper.
2. Drizzle olive oil over the top.
3. Preheat the oven to 350 degrees. Bake for about 15 minutes or until onions are tender.

Yield: 4 to 6 servings

Braised Celery and Mushrooms

INGREDIENTS

4 tablespoons extra virgin olive oil, divided	4 cups sliced celery
8 ounces sliced fresh mushrooms	1/2 cup chopped onion
1/3 cup hot water	1/2 teaspoon Celtic salt
1 low-sodium chicken bouillon cube	1/8 teaspoon thyme
	Pinch of black pepper

DIRECTIONS

1. Heat 2 tablespoons of the olive oil in a large skillet over medium-low heat.
2. Sauté the mushrooms in the hot oil for 5 to 10 minutes or until golden brown.
3. Remove mushrooms from skillet, and heat the remaining olive oil in the skillet.
4. Add the hot water, bouillon, celery, onion, salt, thyme, and pepper; bring to a boil.
5. Reduce heat and simmer, covered, for 15 minutes or until celery is tender-crisp.
6. Return the mushrooms to the skillet. Heat thoroughly and serve.

Yield: 6 servings

Braised Apples, Carrots, and Celery

INGREDIENTS

1 teaspoon extra virgin olive oil	1/2 cup apple juice
3 carrots, peeled and julienned	1/4 cup apple cider vinegar
1 chopped red onion	1/4 cup honey
3 thinly sliced ribs celery	2 tablespoons Dijon mustard
2 cored thinly sliced apples	2 tablespoons chopped fresh basil
2 cups currants	Celtic salt and pepper to taste

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat.
2. Cook the carrots, red onion, and celery in the hot oil for about 10 minutes or until the vegetables begin to slightly caramelize and soften in texture.
3. Add the apples, currants, apple juice, vinegar, honey, and mustard.
4. Reduce heat and simmer, covered, for 10 minutes longer.
5. Remove cover and bring to a boil. Boil until the liquid has evaporated and the vegetables begin to glaze.
6. Stir in the basil and season with salt and pepper. Serve warm.

Yield: 4 to 6 servings

Adapted from a recipe found on RecipeLand.com

Baby Potatoes Coated with Almonds

INGREDIENTS

3 pounds new potatoes	2 tablespoons grated gingerroot
$\frac{3}{4}$ cup almonds	2 tablespoons minced cilantro
2 tablespoons almond oil	Celtic salt and pepper to taste
2 jalapeno peppers, seeded and minced	Fresh lemon juice

DIRECTIONS

1. Steam the unpeeled potatoes for about 15 minutes or until tender.
2. Place the almonds in a food processor and pulse until reduced to a fine powder.
3. Combine the almond powder, almond oil, jalapeños, ginger, and cilantro in a large bowl.
4. Add the steamed potatoes; toss until well coated.
5. Season with salt and pepper and sprinkle with lemon juice.
6. Spear the potatoes with cocktail picks; arrange on a platter. Serve hot.

Yield: 12 to 15 servings

Adapted from a recipe found on RecipeLand.com

Corn Stuffed Peppers

Three forms of corn are used in this satisfying dish.

INGREDIENTS

4 green or red bell peppers	1/4 cup freshly minced parsley
1 tablespoon extra virgin olive oil	1 tablespoon chili powder
1/2 cup finely chopped onion	Celtic salt to taste
1 crushed garlic clove	Freshly cracked pepper to taste
1/2 cup cream-style corn	2 cups low-sodium vegetable broth
1/2 cup corn kernels	
1/2 cup crumbled dry cornbread or tortillas	

DIRECTIONS

1. Fill a medium saucepan at least half full with water and bring to rolling boil.
2. Slice the top from each bell pepper and scrape the insides clean.
3. Plunge the bell pepper shells into the boiling water; parboil for 2 minutes.
4. Remove the bell pepper shells from the water with care. Invert on towels and drain.
5. Heat the olive oil in a skillet over medium heat.
6. Sauté the onion and garlic in the hot oil for 5 minutes or until tender. Cool slightly.
7. Combine the onion mixture, cream-style corn, corn kernels, cornbread crumbs, parsley, chili powder, salt, and pepper in a medium bowl; mix well.
8. Stuff the bell peppers with the corn mixture and arrange in a baking pan.
9. Pour the vegetable broth into the pan around the peppers.

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10. Bake, covered, at 325 degrees for 40 minutes, basting occasionally with vegetable broth. Uncover and bake for 10 minutes longer, basting often with vegetable broth.

Yield: 4 servings

Adapted from a recipe found on RecipeLand.com

Greek Spinach, Pasta, and Toasted Almonds

Pasta that is cooked al dente is cooked just enough to be firm, not soft.

INGREDIENTS

8 ounces cleaned sliced mushrooms	2 minced garlic cloves
16 ounces whole-grain ziti or penne, cooked al dente	1 cup defatted low-sodium vegetable broth
1 tablespoon extra virgin olive oil	1 (6-ounce) can pitted sliced black olives
5 cups loosely packed coarsely chopped fresh spinach	1/2 cup feta cheese
	1/4 cup toasted sliced almonds

DIRECTIONS

1. Place the mushrooms in a large heavy skillet that has been placed over medium-high heat and sprayed with olive oil cooking spray.
2. Sauté for 5 minutes or until mushrooms are brown but not mushy.
3. Remove mushrooms from skillet and reserve.
4. Place the pasta and the olive oil in the skillet and toss to combine.
5. Add the spinach, garlic, broth, olives, and mushrooms; toss well.
6. Place on individual plates or a serving platter. Top with the feta cheese and almonds.

Yield: 4 servings

Adapted from a recipe found on RecipeLand.com

Gingered Carrots

INGREDIENTS

6 medium carrots, cut into 1-inch pieces	1 teaspoon cornstarch
1 tablespoon sugar (or 6 to 9 drops liquid stevia)	1/8 teaspoon nutmeg
	1/4 teaspoon ginger
	1/4 cup fresh orange juice

DIRECTIONS

1. Steam the carrots until tender-crisp; drain.
2. Combine the sugar, cornstarch, nutmeg, and ginger in a separate saucepan; whisk in the orange juice.
3. Simmer, covered, until thickened.
4. Uncover, and cook for 1 minute longer, stirring constantly. Remove from heat.
5. Place the carrots in a serving dish and drizzle with the orange juice mixture, stirring to coat evenly. Let stand, covered, for 4 to 5 minutes before serving.

Yield: 6 servings

Adapted from a recipe found on RecipeLand.com

CHAPTER 9

**WHAT WOULD JESUS
EAT FOR DESSERT?**

Fruit Yogurt

INGREDIENTS

1 peeled chopped apple	1/2 cup strawberries
1 peeled sectioned orange	1/4 cup fresh orange juice
1/2 cup halved seedless grapes	Plain low-fat yogurt
1 pitted chopped nectarine	

DIRECTIONS

1. Combine the apple, orange, grapes, nectarine, and strawberries in a bowl; mix well.
2. Add the orange juice; toss to combine.
3. Chill, covered, until serving time. Serve with yogurt.

Yield: 4 servings

Frozen Banana Salad

INGREDIENTS

1 (6-ounce) can partially thawed frozen orange juice	1 (20-ounce) can drained crushed pineapple
1 (10-ounce) package partially thawed frozen strawberries	6 mashed ripe bananas
	1 cup sugar (or 1 teaspoon stevia)
	1 cup boiling water

DIRECTIONS

1. Combine the orange juice, strawberries, and pineapple in a large bowl.
2. Add the bananas slowly, mixing well.
3. Dissolve the sugar in the water; allow to cool.
4. Pour the sugar mixture evenly over the fruit.
5. Freeze for an hour or until firm but not hard. Serve immediately.

Yield: 12 to 18 servings

Peaches and Wine

Cover the peach mixture and place it in the refrigerator if you are going to let it stand for more than 1 hour.

INGREDIENTS

2 peaches, peeled, pitted, and sliced

3 tablespoons sugar (or 18 to 27 drops liquid stevia)

Red wine

DIRECTIONS

1. Place the peach slices in a bowl.
2. Sprinkle the sugar evenly over the peaches and let stand for at least 1 hour.
3. Fill wineglasses half full with drained peach mixture.
4. Drizzle with peach juices.
5. Fill the rest of each wineglass with red wine. Serve immediately.

Yield: 2 to 4 servings

Adapted from a recipe found on WhatsCooking.com

Fruit Coleslaw

INGREDIENTS

1 (8-ounce) can pineapple slices	1 (11-ounce) can drained mandarin oranges
2 tablespoons lemon juice	
1 sliced banana	1/2 cup chopped walnuts
3 cups shredded cabbage	1/4 cup raisins
1 cup sliced celery	1 cup plain yogurt
	1/2 teaspoon Celtic salt

DIRECTIONS

1. Drain the pineapple, reserving 2 tablespoons of the juice.
2. Cut the pineapple into small strips.
3. Combine the reserved 2 tablespoons pineapple juice and lemon juice in a large bowl; whisk well.
4. Add the banana and pineapple pieces; toss to combine.
5. Add the cabbage, celery, mandarin oranges, walnuts, and raisins; toss to combine.
6. Blend the yogurt and salt. Add to the fruit mixture; stir well.
7. Chill, covered, until serving time. Serve cold.

Yield: 6 to 8 servings

Melon Shakes

INGREDIENTS

1 cup cubed watermelon	2 tablespoons lemon juice
1 cup cubed cantaloupe	1/2 teaspoon vanilla extract
1 cup cubed honeydew melon	1/2 cup crushed ice
1 cup low-fat yogurt	

DIRECTIONS

1. Combine the watermelon, cantaloupe, and honeydew in a blender; process until smooth.
2. Combine the yogurt, lemon juice, vanilla, and crushed ice; slowly blend in to the fruit mixture; process until smooth.
3. Serve immediately.

Yield: 4 to 6 servings

Grape Honey

INGREDIENTS

4 cups seedless grapes, washed,
stems removed

1/2 cup water

DIRECTIONS

1. Combine the grapes and water in a small saucepan and bring to a boil.
2. Boil gently for about 20 minutes.
3. Store the mixture in sterilized jars in the refrigerator.

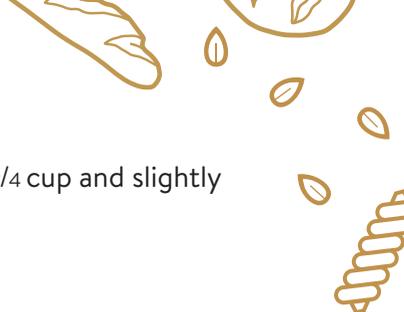
Poached Pears with Ginger and Peppercorns

INGREDIENTS

4 cups water	1 cup sugar (or 1 teaspoon stevia)
1 tablespoon fresh lemon juice	Juice and grated zest of 1 lemon
4 to 6 ripe (not soft) pears with stems	4 (1/2-inch) slices of peeled fresh gingerroot
1 bottle dry red wine	10 whole peppercorns

DIRECTIONS

1. Stir together the water and the 1 tablespoon lemon juice in a large bowl.
2. Peel the pears, leaving stems intact, and cut a thin slice from the bottom of each to enable pear to stand upright when served. Place the pears in the lemon water to keep them from browning.
3. Combine the wine and sugar in a pan that is large enough to hold all pears lying on their sides. Bring just to a boil.
4. Add the lemon juice and zest, ginger slices, and peppercorns.
5. Remove the pears from the lemon water and arrange them on their sides in the wine poaching liquid; add more water as necessary just to cover the pears.
6. Reduce the heat and simmer for 15 to 20 minutes or until pears are tender, turning them occasionally. Be careful not to cook the pears too long or they will turn mushy.
7. Carefully remove the pears to a serving dish.
8. Strain the ginger slices and peppercorns from the poaching liquid.

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9. Cook the liquid over high heat until reduced to about $\frac{3}{4}$ cup and slightly syrupy.
 10. Remove from heat. Pour the liquid over the pears.
 11. Chill, covered, until ready to serve.

Yield: 4 to 6 servings

Adapted from a recipe found on [WhatsCooking.com](https://www.whatscooking.com)

Chilled Strawberry Soup

INGREDIENTS

1 1/2 cups sliced fresh strawberries	1 1/2 teaspoons finely chopped fresh mint leaves
3/4 cup sour cream	
3/4 cup heavy cream	Fresh strawberry slices, kiwifruit slices, or mint sprigs
2 tablespoons orange juice	
2 tablespoons honey	

DIRECTIONS

1. Combine the 1 1/2 cups strawberries, sour cream, heavy cream, orange juice, and honey in a blender; process until smooth.
2. Stir in the chopped mint.
3. Taste for sweetness; if necessary, add more honey.
4. Refrigerate, covered, until well chilled. Ladle into chilled soup bowls. Garnish with strawberry slices, kiwifruit slices, or mint sprigs and serve.

Yield: 2 servings

Adapted from a recipe found on WhatsCooking.com

Blueberry Salad

INGREDIENTS

1/4 cup white wine vinegar	4 cooked, sliced medium potatoes
1 tablespoon extra virgin olive oil	1 cup fresh blueberries
1/2 teaspoon sugar (or 1 to 2 drops stevia)	1/2 cup chopped cucumber
1/2 teaspoon Celtic salt	1/2 cup shredded carrot
1/2 teaspoon crushed dried basil	2 tablespoons chopped scallions
1/8 teaspoon pepper	2 tablespoons chopped parsley

DIRECTIONS

1. Combine the vinegar, olive oil, sugar, salt, basil, and pepper in a large bowl; mix well.
2. Add the potatoes; mix well.
3. Stir in the blueberries, cucumber, and carrot.
4. Chill, covered, until serving time. Sprinkle with scallions and parsley and serve.

Yield: 10 to 12 servings

Baklava with Honey Syrup

INGREDIENTS

1 pound phyllo	1 1/2 teaspoons nutmeg
1 pound finely chopped walnuts	1 1/2 teaspoons ground cloves
3/4 cup sugar (or 3/4 teaspoon stevia)	2 cups (4 sticks) melted unsalted butter
1 1/2 teaspoons cinnamon	Whole cloves

DIRECTIONS

1. Cover the phyllo sheets with a damp cloth to prevent drying, and allow to thaw for 2 hours.
2. Combine the walnuts, sugar, cinnamon, nutmeg, and the 1 1/2 teaspoons ground cloves in a bowl; mix well.
3. Layer 2 sheets of the phyllo dough in a lightly greased 9 x 13-inch baking pan, brushing each sheet with melted butter, arranging sheets to fit in the pan.
4. Sprinkle 2 tablespoons of the walnut mixture over the phyllo.
5. Repeat the layers of phyllo, butter, and walnut mixture until all phyllo dough is used, finishing with a double layer of phyllo and butter.
6. Chill for 15 to 20 minutes to allow butter to set.
7. Remove from refrigerator and cut dough into diamond shapes with a sharp knife. Pierce each diamond with a whole clove.
8. Bake at 350 degrees for 45 to 60 minutes or until golden brown. Remove from oven and drizzle immediately with warm Honey Syrup.
9. Allow to cool completely at room temperature. Place each diamond in a muffin paper and serve.

Yield: 2 to 3 dozen

Honey Syrup

INGREDIENTS

2 cups water

1 cup honey

$\frac{3}{4}$ cup sugar (or $\frac{3}{4}$ teaspoon
stevia)

DIRECTIONS

1. Combine the water, sugar, and honey in a saucepan over high heat; bring to a boil. Boil for 10 minutes.
2. Cool slightly before pouring over hot pastry.

CHAPTER 11

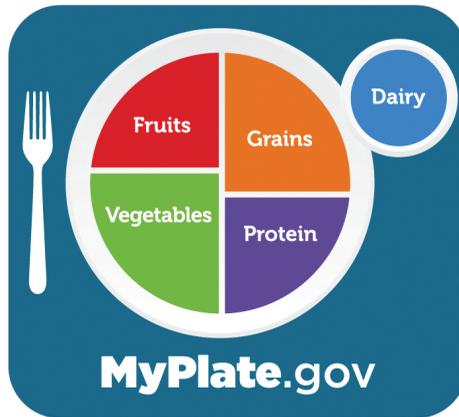
USING THE FOODS JESUS ATE TO LOSE WEIGHT

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	131	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	132	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	197	202	210	218	225	233	241	249	256	264	272
6'3"	153	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: US Department of Health and Human Services, National Institutes of Health, National Health, Lung, and Blood Institute. the Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: Evidence Report. September 1998 [NIH pub. No. 98-4083].

CHAPTER 12

THE MEDITERRANEAN HEALTH STYLE



Mediterranean Diet Pyramid

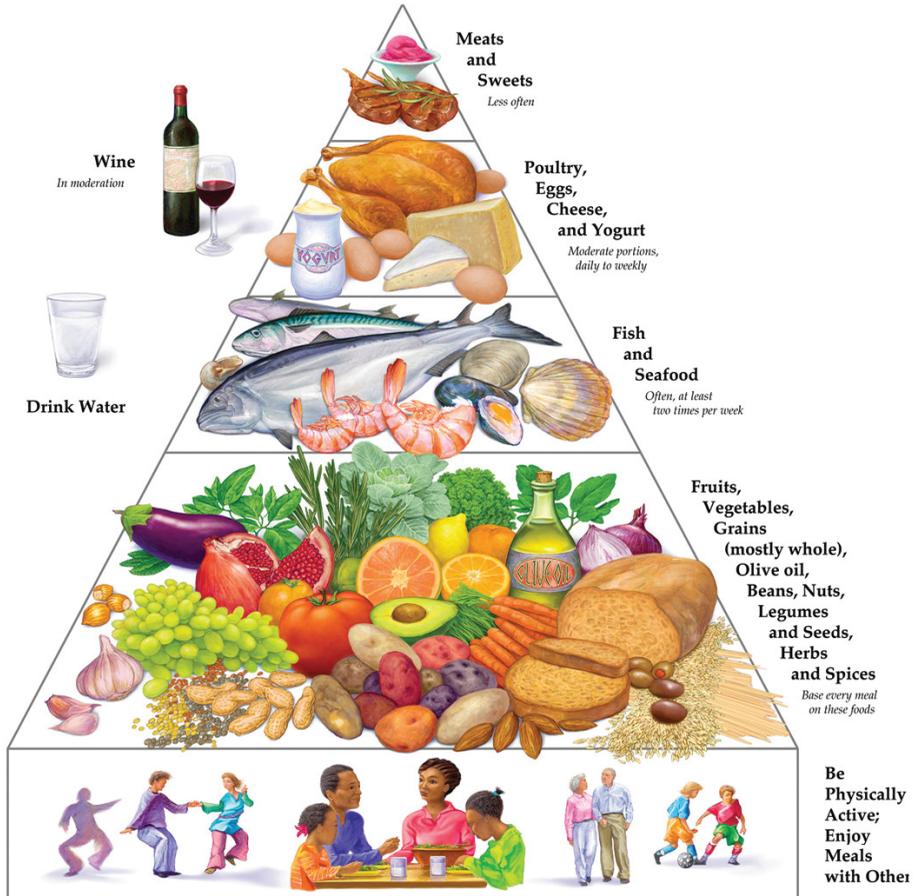


Illustration by George Middleton

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www.oldwayspt.org

Making the Change to a Mediterranean Health Style

These are the ten major steps I recommend for a person to change from a typical American way of eating to a Mediterranean way of eating:

1. Eliminate all processed foods from your cupboards, and start over. Toss all potato chips, corn chips, and other snack foods with hydrogenated fat, cookies, cakes, candies, crackers, high-sugar cereals, white bread, highly processed foods, and high-sugar foods. Also toss all oils other than olive oil, including any salad dressings, lard, Crisco, and other products that have hydrogenated fat. Begin to buy only whole-grain food items and fresh fruits and vegetables. Stock your shelves with olive oil, nuts, seeds, and whole grains.
2. Cook and bake with whole-grain products. Eat more fresh fruits and vegetables, beans, legumes, and nuts.
3. Substitute olive oil for butter, margarine, salad dressings, and other oils. Avoid all fried or deep-fried foods.
4. Limit cheese intake to small amounts of Parmesan or feta cheese (used on main dishes or salads). Do not eat blocks of cheese.
5. Eat low-fat, plain yogurt, add fruit, and sweeten it with stevia (a natural substitute for sugar that has no harmful side effects).
6. Choose fish and poultry over red meat, and eat meat sparingly.
7. Cut out sugary sweets.
8. Enjoy a glass of red wine with lunch or dinner.
9. Exercise regularly—walk more.
10. Make dining an experience that you enjoy with others. Slow down your eating, savor your food, and enjoy sharing life with family and friends.

Mediterranean Canapé Spread

Serve with crackers or spread on sandwich bread.

INGREDIENTS

1/2 cup Olive Oil Butter, softened

1/2 teaspoon basil

1/2 teaspoon oregano

1/2 teaspoon garlic powder

DIRECTIONS

1. Combine Olive Oil Butter, oregano, basil, and garlic powder in a mixing bowl, food processor, or blender.
2. Blend until smooth.
3. Chill, covered, until firm. Serve with crackers.

Yield: 12 servings

Mediterranean Cheese Tart

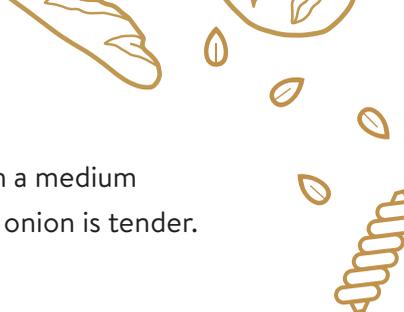
The phyllo shell is as savory as the filling.

INGREDIENTS

8 sheets frozen phyllo dough, thawed	5 ounces frozen chopped spinach, thawed, drained
1/4 cup melted Olive Oil Butter	1/3 cup toasted pine nuts or chopped walnuts
5 tablespoons grated fresh Parmesan cheese	1 egg
1/2 cup chopped onion	1 cup ricotta cheese
1 teaspoon minced fresh rosemary, or 1/4 teaspoon crushed dried rosemary	1/2 cup crumbled feta cheese
1 tablespoon extra virgin olive oil	1/4 cup chopped sun-dried tomatoes
	1/4 teaspoon coarsely ground black pepper

DIRECTIONS

1. Unfold the phyllo dough; cover with a damp towel to keep from drying out.
2. Place 2 sheets of phyllo on a dry working surface.
3. Brush with 1 tablespoon of the Olive Oil Butter; sprinkle with 1 tablespoon of the Parmesan cheese. Repeat the phyllo, Olive Oil Butter, and Parmesan cheese layers three times.
4. Trim the stacked dough into an 11-inch circle with kitchen shears.
5. Generously grease the bottom and side of a 9-inch springform pan.
6. Ease the dough circle evenly into the prepared pan, pleating as necessary and being careful not to tear the dough.
7. Cover the dough-lined pan with a damp towel until ready to fill.

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8. Sauté the onion and rosemary in extra virgin olive oil in a medium saucepan over medium-low heat for 5 minutes or until onion is tender.
 9. Stir in the spinach and pine nuts.
 10. Spread the spinach mixture in the phyllo shell.
 11. Place the egg in a medium mixing bowl and beat lightly.
 12. Stir in the ricotta, feta, sun-dried tomatoes, and black pepper.
 13. Spread the ricotta mixture carefully over the spinach mixture.
 14. Sprinkle with the remaining 1 tablespoon Parmesan cheese.
 15. Set the pan on a baking sheet.
 16. Bake at 350 degrees for 35 to 40 minutes or until center appears nearly set when lightly shaken. Remove to a wire rack to cool for 5 minutes.
 17. Use a kitchen knife to loosen the tart from the side of the pan. Let cool for 15 to 30 minutes longer. Remove the side of the pan. Serve warm.

Yield: 12 servings

Antipasto Mediterranean

INGREDIENTS

1/2 cup wine vinegar	2 ribs celery, cut in 1-inch pieces
1/4 cup extra virgin olive oil	1 small head cauliflower, broken in pieces
2 tablespoons sugar (or 12 to 18 drops of stevia)	1 green bell pepper, sliced lengthwise
1 tablespoon Celtic salt	1 (4-ounce) jar drained button mushrooms
1/2 teaspoon oregano	1 (4-ounce) jar drained black olives
1/4 cup water	1 (4-ounce) jar drained stuffed green olives
1/4 teaspoon fresh ground black pepper	1 (4-ounce) jar pickled onions
2 peeled carrots, cut in 1/2-inch pieces	

DIRECTIONS

1. Combine the vinegar, extra virgin olive oil, sugar, salt, oregano, water, black pepper, and carrots in a large skillet over medium heat. Simmer, covered, for 2 minutes.
2. Add the celery and cauliflower and simmer, covered, for 2 minutes longer.
3. Add the bell pepper, mushrooms, black and green olives, and undrained onions; simmer, covered, for 1 minute longer.
4. Cool. Chill, covered, for 24 hours. Drain and serve with wooden picks.

Yield: 16 to 24 servings

Mediterranean Lentil Soup

INGREDIENTS

5 cups sorted washed lentils	1/4 teaspoon freshly ground black pepper
3 quarts water	
1 1/2 chopped large onions	1 teaspoon cumin
2 tablespoons extra virgin olive oil, divided	1 cup chopped fresh cilantro
1 chopped green bell pepper	5 minced garlic cloves
1 teaspoon Celtic salt	1/2 cup fresh lime juice

INGREDIENTS

1. Combine the lentils and water in a kettle over high heat and bring to a boil.
2. Reduce heat and simmer while preparing other ingredients.
3. Sauté the onions in 1 tablespoon of the olive oil in a saucepan over medium heat for about 8 minutes.
4. Add the bell pepper and sauté for a minute or two longer.
5. Add the onion mixture to the lentils. Simmer for 30 minutes.
6. Season with salt, pepper, and cumin. Simmer for 20 minutes longer.
7. Stir in the cilantro; remove kettle from heat.
8. Combine the garlic, lime juice, and the remaining 1 tablespoon olive oil in a food processor or blender and blend well.
9. Add garlic mixture to the lentil mixture. Mix well and serve.

Yield: 6 servings

Mediterranean Orange Salad

INGREDIENTS

2 cups torn spinach	1/2 cup pitted ripe olives
1 (11-ounce) can drained mandarin oranges	2 tablespoons extra virgin olive oil
1 cup red onion rings	2 tablespoons fresh lemon juice
6 ounces cubed feta cheese	Celtic salt and pepper to taste

DIRECTIONS

1. Place the spinach, oranges, onion rings, feta cheese, and olives in a large bowl and toss to combine.
2. Combine the olive oil, lemon juice, salt, and pepper in a small bowl and whisk well.
3. Add the olive oil mixture to the spinach mixture. Toss and serve.

Yield: 4 servings

Mediterranean Bean Salad

INGREDIENTS

1 cup navy beans	2 tablespoons dried parsley
1 (6-ounce) can drained tongol tuna, broken into chunks	1/2 teaspoon tarragon
1 finely chopped small onion	2 teaspoons Celtic salt
1/2 peeled thinly sliced medium cucumber	1/2 teaspoon freshly ground pepper
2 crushed garlic cloves	1/2 cup extra virgin olive oil
	1 tablespoon fresh lemon juice

DIRECTIONS

1. Place the beans and enough water to cover them in a saucepan over high heat. Bring to a rapid boil.
2. Cover, remove from heat, and let stand for 1 hour; drain.
3. Add enough fresh water to cover the beans in the saucepan over high heat. Bring to a boil.
4. Reduce heat, cover, and simmer for 1 1/2 hours or until beans are tender.
5. Drain.
6. Place the beans in a glass or ceramic salad bowl and let cool.
7. When beans are cooled, add the tuna, onion, cucumber, garlic, parsley, tarragon, salt, pepper, olive oil, and lemon juice.
8. Toss gently, being careful not to mash the beans.
9. Refrigerate until well chilled.

Yield: 4 servings

Mediterranean Rice Salad

INGREDIENTS

1 tablespoon extra virgin olive oil	1 cup alfalfa sprouts
4 medium zucchini, cut in 1/4-inch slices	1 cup sliced pimiento-stuffed green olives
1 to 2 tablespoons water	1 cup cooked long-grain brown rice
1 teaspoon basil	Vinegar and olive oil salad dressing to taste
1 teaspoon oregano	
4 cups chopped lettuce	
2 cups chopped spinach	

DIRECTIONS

1. Heat the olive oil in a small skillet; add the zucchini to the hot oil and toss for several minutes.
2. Remove from heat and stir in the basil and oregano.
3. Place the lettuce, spinach, sprouts, olives, rice, and zucchini mixture in a large salad bowl; toss to combine.
4. Add Vinegar and olive oil salad dressing and toss well.

Yield: 8 to 10 servings

Mediterranean Chicken Salad with Broccoli

Use homemade mayonnaise if possible.

INGREDIENTS

4 tablespoons extra virgin olive oil	1/4 teaspoon basil
8 boneless, skinless free-range chicken breasts	1/4 teaspoon oregano
1/2 cup dry white wine	1/2 teaspoon Celtic salt
2 minced garlic cloves	1/2 teaspoon pepper
1 bunch peeled, trimmed broccoli	2 quartered, sliced medium red onion
1 cup avocado oil mayonnaise	Sliced tomatoes
1 tablespoon fresh lemon juice	Toasted slivered almonds
1/2 teaspoon thyme	

DIRECTIONS

1. Heat the olive oil in a large skillet over low heat.
2. Arrange the chicken breasts in a single layer in the skillet and add the wine.
3. Cover tightly and cook for 15 minutes or until chicken is cooked through.
4. Remove the chicken and cool.
5. Add the garlic to the remaining cooking liquid in the skillet and cook over medium-low heat for 1 minute.
6. Strain the cooking liquid; reserve both garlic and 1/3 cup of the cooking liquid. Set aside to cool.
7. Separate the broccoli tops into 1-inch florets; cut the remainder of the broccoli into 1/2-inch dice.
8. Blanch the broccoli in boiling water for about 30 seconds; drain.
9. Rinse under cold water; drain well.

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10. Combine the mayonnaise, lemon juice, thyme, basil, and oregano in a small bowl; whisk well.
 11. Whisk in the reserved garlic and cooking liquid and season with salt and pepper.
 12. Chop the chicken into $\frac{3}{4}$ -inch cubes.
 13. Combine the chicken, broccoli, and onion in a large salad bowl. Add the mayonnaise mixture and toss well.
 14. Chill, covered, for 2 to 10 hours. At serving time, arrange the tomato slices around the edge of the salad and sprinkle with toasted almonds.

Yield: 8 to 10 servings

Sole Mediterranean

INGREDIENTS

1 (16-ounce) can stewed tomatoes	1 small peeled, sliced eggplant
1/2 cup chopped onion	1 pound fresh sole fillets
1/4 cup chopped green bell pepper	2 tablespoons cold water
3/4 teaspoon garlic salt	1 tablespoon cornstarch (non GMO)
1/2 teaspoon oregano	1/2 cup freshly grated Parmesan
2 tablespoons extra virgin olive oil	cheese

DIRECTIONS

1. Combine the undrained tomatoes, onion, bell pepper, garlic salt, and oregano in a medium saucepan over medium-high heat. Bring to boil.
2. Reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally.
3. Heat the olive oil in a large skillet; brown the eggplant in the hot oil.
4. Drain on paper towels.
5. Arrange the eggplant in a 7 x 12-inch baking dish.
6. Place the fish over the eggplant layer.
7. Whisk the water and cornstarch together. Stir the cornstarch mixture into the tomato mixture.
8. Cook, uncovered, over medium-low heat until thick and bubbly, stirring constantly.
9. Pour the hot tomato mixture evenly over the fish layer.
10. Bake, tightly covered with foil, at 350 degrees for 30 minutes.
11. Sprinkle with Parmesan cheese. Bake, uncovered, for 2 to 3 minutes longer.

Yield: 4 servings

Mediterranean Chicken and Mushrooms

INGREDIENTS

3 pounds skinned free-range chicken pieces	substituted for the fresh mushrooms.)
1/4 cup whole wheat flour	1 (28-ounce) can whole tomatoes, broken up
4 tablespoons extra virgin olive oil	1 cup water
1 cup chopped onions	1 1/4 teaspoons Celtic salt
1 cup chopped green bell peppers	1 teaspoon Italian dressing mix
1 minced garlic clove	Pinch of ground red pepper
8 ounces sliced fresh mushrooms (Two 4-ounce cans of drained sliced mushrooms may be	1 cup uncooked whole-grain rice

DIRECTIONS

1. Coat the chicken with flour and shake off excess.
2. Heat the olive oil in large heavy skillet over medium heat.
3. Brown the chicken well, a few pieces at a time, in the hot oil.
4. Remove chicken from skillet.
5. Sauté the onions, bell peppers, and garlic in the oil remaining in the skillet for 3 minutes.
6. Add the mushrooms to the onion mixture and sauté for 5 minutes longer.
7. Stir in the undrained tomatoes, water, salt, Italian dressing mix, and red pepper. Bring to a boil.
8. Stir in the rice.
9. Return the chicken to the skillet. Reduce heat and simmer, covered, for 20 minutes or until chicken is tender and liquid is absorbed.

Yield: 4 servings

Mediterranean Stuffed Eggplant

INGREDIENTS

1 eggplant, halved lengthwise	2 tablespoons whole wheat flour
4 tablespoons extra virgin olive oil	1/2 teaspoon oregano or marjoram
1/2 cup chopped onion	1/4 teaspoon freshly ground pepper
1 minced garlic clove	1/8 teaspoon Celtic salt
1 (16-ounce) can diced drained tomatoes, liquid reserved	1/2 cup feta cheese or drained cottage cheese

DIRECTIONS

1. Scoop the pulp from the eggplant, leaving 1/2-inch shells; chop the pulp and set aside.
2. Place the shells in a microwave-safe dish; microwave on high for 8 minutes or until tender.
3. Heat the olive oil in a skillet over medium heat.
4. Sauté the eggplant pulp, onion, and garlic in the hot oil for 5 to 10 minutes or until tender. Remove from heat.
5. Add enough water to the tomato liquid to make 1 cup and place in a saucepan over medium heat; add the flour and whisk to combine.
6. Cook for 5 minutes or until thickened, whisking frequently.
7. Add the flour mixture and drained tomatoes to the eggplant mixture; mix well.
8. Stir in the oregano, pepper, and salt.
9. Place the eggplant shells cut side up on a baking sheet. Fill with the eggplant mixture.
10. Top with feta cheese.
11. Bake at 350 degrees for 30 minutes or until lightly browned and bubbly.

Yield: 4 servings

CHAPTER 13

A DAILY EATING PLAN AND COOKING TIPS

Equivalent Measures

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup
- 8 tablespoons = $\frac{1}{2}$ cup
- 12 tablespoons = $\frac{3}{4}$ cup
- 16 tablespoons = 1 cup (8 fl. oz)
- 2 cups (1 pint) = 16 fl. oz
- 4 cups (2 pints) = 1 quart (32 fl. oz)
- 8 cups (4 pints) = $\frac{1}{2}$ gallon (64 fl. oz.)
- 4 quarts = 1 gallon (128 fl. oz.)

Volume of Baking Pans

When the recipe calls for . . .

4-cup baking dish, use:

- 9-inch pie plate
- 8 x 1 1/4-inch layer cake pan
- 7 1/8 x 3 5/8 x 1/4-inch loaf pan

6-cup baking dish, use:

- 8 or 9 x 1 1/2-inch layer cake pan
- 10-inch pie plate
- 3 5/8 x 8 1/2 x 2 5/8 -inch loaf pan

8-cup baking dish, use:

- 8 x 8 x 2-inch square baking pan
- 7 x 11 x 1 1/2-inch baking pan
- 5 x 9 x 3-inch loaf pan

10-cup baking dish, use:

- 9 x 9 x 2-inch square pan
- 7 1/2 x 11 x 1 1/2-inch baking pan
- 10 x 15 x 1-inch jelly roll pan

12-cup baking dish, use: 8 1/2 x 13 1/2 x 2-inch glass baking pan

15-cup baking dish, use: 9 x 13 x 2-inch metal baking pan

19-cup baking dish, use: 10 1/2 x 14 x 2 1/2-inch roasting pan

Emergency Ingredient Substitutions

It is always best to use the ingredients recommended in a recipe. Substitutions should only be used in rare instances, as recipe results can vary.

FOR	USE
Baking powder, 1 teaspoon	$\frac{1}{2}$ teaspoon cream of tartar plus $\frac{1}{4}$ teaspoon baking soda
Cornstarch, 1 tablespoon	2 tablespoons all-purpose flour or 2 teaspoons tapioca
Flour, 1 cup all-purpose	1 cup plus 2 tablespoons cake flour
Flour, 1 cup self-rising	1 cup all-purpose flour plus $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt
Buttermilk, 1 cup	1 tablespoon lemon juice or white vinegar plus enough milk to make 1 cup; let stand a few minutes (or use 1 cup plain yogurt)
Low-fat milk, 1 cup	$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water (or use nonfat dry milk prepared as directed on package)
Fresh herbs, 1 tablespoon	1 teaspoon dried herbs
Fresh onion, 1 small	1 tablespoon instant minced onion, rehydrated
Tomato juice, 1 cup	$\frac{1}{2}$ cup tomato sauce plus $\frac{1}{2}$ cup water
Honey, 1 cup	1 to $1\frac{1}{4}$ cups sugar plus $\frac{1}{4}$ cup liquid