



THE JOINT EFFORT COOKBOOK

A Joint Kitchen Companion



A FOOD
RECIPES BOOK

By:

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& THE TGCT COMMUNITY



IS A PROGRAM OF



The Life Raft
GROUP

Welcome to a cookbook created with care, patience, and purpose!

Whether you're navigating treatment, recovering from surgery, looking for healthy options for a healthy well-being, or supporting a loved one through a TGCT diagnosis, *The Joint Effort Cookbook* is here to help you feel empowered in the kitchen. Each recipe has been thoughtfully crafted to support your health without sacrificing flavor or joy. From soothing soups to energizing smoothies and comforting meals, this book is more than just food, it is your guide to health and wellness, one bite at a time.

Dedication: To all TGCT patients and caregivers who face each day with strength, courage, and grace: this book is for you! May these pages bring comfort and a small sense of control during a time that often feels uncertain. You are more than your diagnosis, and your resilience inspires every recipe shared here. With hope, healing, and heart: this is dedicated to your journey.

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A Collection of Recipes by
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Disclaimer: *This cookbook has been curated from patient recipes and has been vetted by a registered dietitian. Consider speaking to a registered dietitian and your doctor for additional nutrition information.*

Nutrition Disclaimer: *All information presented is intended for informational purposes only. This nutritional information should only be used as a general guideline, not as nutritional advice.*

Chapter 1: The Science of Nutrition:

TGCT is a tumor disease and *cannot* be treated with dietary and lifestyle changes. However, overall health plays a vital role in how we feel and function. Nutrition may play a supportive role for those recovering from surgery. Patients may be stressed and overwhelmed when receiving a new diagnosis; and according to the American Psychological Association, stress influences our eating habits and “stress eating” may be a common result. Here's why **specific recipes** can be helpful for all patients including those with TGCT:

1. Support Overall Health and Reduce Overall Inflammation:

TGCT leads to joint swelling and pain. While TGCT cannot be treated with dietary and lifestyle changes, patients who emphasize healthy living and dietary changes may improve their overall health and improve their energy to remain active. Recipes rich in **anti-inflammatory ingredients**, like fatty fish, cruciferous vegetables (e.g., sprouts and leafy greens), berries, nuts, turmeric, mushrooms, and ginger may help manage symptoms and improve mobility.

2. Promote Energy and Healing After Surgery:

Many TGCT patients undergo surgery. According to researchers, prolonged periods of inactivity and stress responses from surgery may increase muscle weakening.¹ In healthy individuals, loss of muscle begins in as little as 48 hours of inactivity, with significant loss within five days. Following total knee replacements, muscle loss occurs about 1% per day in older adults (65 years).² It is well documented that oral intake of lean proteins may reduce the loss of muscle. Lean sources of protein and high in nutrients such as vitamins A, C, and zinc derived from food sources may support healing such as tissue repair and recovery.

3. Manage Side Effects of Medications:

Targeted therapies may cause side effects such as fatigue, nausea, gastrointestinal upset, or changes in taste or appetite. Tailored recipes may boost energy and encourage consistent, nourishing intake even when appetite is low. If you are experiencing significant gastrointestinal upset, small, frequent meals may be helpful. Many of the recipes and snacks provided here can be incorporated into this approach.

4. Maintain a Healthy Weight:

Joint wear and tear may be exacerbated by excess weight. Increased weight is linked to early onset of osteoarthritis and joint problems. Weight does not cause or influence TGCT; however, balanced, portion-controlled meals can help patients manage weight in a sustainable and satisfying way, often reducing stress on affected joints. In addition, using the Healthy Eating Plate³ as a reference can also support the creation of healthy, balanced meals. Losing just one pound of weight reduces the impact of four pounds of pressure on the knees!⁴

5. Emotional and Mental Wellness:

Living with a chronic, rare condition can be emotionally taxing. Cooking and eating well can be a grounding and uplifting routine. Comforting, easy-to-prepare meals offer a sense of control, pleasure, and nourishment. And, sharing meals with friends and loved ones nourishes more than just the body, it fosters connection, uplifts the spirit, and supports both emotional and physical well-being.

¹ Hirsch, K. R. (2021). Pre- and post-surgical nutrition for preservation of muscle mass and function. *Journal of Clinical Medicine*, 10(6), 1234. <https://doi.org/10.3390/jcm10061234>

² Dreyer, H. C., et al. (2013). Essential amino acid supplementation in patients following total knee arthroplasty. *American Journal of Clinical Nutrition*, 98(2), 345-352. <https://doi.org/10.3945/ajcn.113.058123>

³ Harvard T.H. Chan School of Public Health. (n.d.). Healthy Eating Plate. The Nutrition Source. Retrieved September 30, 2025, from <https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/>

⁴ American Academy of Orthopaedic Surgeons. (2014). The impact of obesity on bone and joint health. Position Statement No. 1184. Retrieved September 30, 2025, from <https://www.aaos.org/contentassets/1cd7f41417ec4dd4b5c4c48532183b96/1184-the-impact-of-obesity-on-bone-and-joint-health1.pdf>

INGREDIENT FORWARD NUTRIENT-RICH RECIPES

Ingredient-Focused Recipes with some scientific support



Red, Ripe, and Ready



Fun-gi recipes



The Spice Is Right



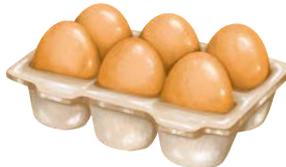
Bitter, Bold & Beautiful



Sweet on Sweet Potatoes



Nutty by Nature



Egg-cellent Protein

Disclaimer: Recipes in this chapter may exceed 14g of fat and are included due to their nutrient-rich content.



Red, Ripe, and Ready

Tomatoes are a rich source of antioxidants!

Tomato Salad

Serves: 4

Ingredients:

- 4 ripe tomatoes (6 oz. each)
- 1½ tsp shallots, minced
- ½ tsp garlic, minced
- 1 tbsp white wine vinegar
- 3 tbsp extra virgin olive oil
- ¾ tsp kosher salt
- 2 pinches white pepper
- 1½ tbsp finely sliced basil leaves

Directions:

- Cut tomatoes into 8 or 10 wedges, cutting out the core and place in a large bowl.
- Sprinkle over shallots, garlic, salt and pepper. Drizzle with olive oil and vinegar.
- Gently toss to coat tomatoes. Add basil, toss again.
- Pour into bowl and serve immediately.

Tomato Gazpacho

Serves: 3

Ingredients:

- 2 lbs ripe tomatoes
- 1 red bell pepper
- ½ red onion
- 2 cloves garlic
- 2 tbsp olive oil
- 1 tsp balsamic vinegar
- Salt and ground pepper
- 2 slices of stale bread

Directions:

- Cut tomatoes and remove the seeds. Then place into a blender.
- Add red bell pepper, red onion, garlic, olive oil, balsamic vinegar, salt and pepper and blend until smooth.
- Remove crust from 1 slice of the stale bread. Dip the bread slice into the blended tomatoes and let soak (about 10 minutes).
- Blend again until smooth.
- Place the gazpacho soup into the refrigerator to chill for 2-4 hours.
- Cut the other slice of bread into cubes and pan fry until golden brown to make croutons.
- Serve the gazpacho soup chilled, topped with bread croutons.

Thick and Creamy Tomato Soup

Serves: 8-12

Ingredients:

- 4 oz. unsalted butter
- 4 large carrots diced
- 2 medium yellow onions diced
- 3 large (28 oz.) cans whole tomatoes, crushed by hand
- 4 cups low-sodium chicken stock
- ¼ tsp baking soda
- 8 oz. heavy cream
- Up to 1¼ tsp kosher salt
- ½ tsp black pepper
- ⅛ tsp ground cayenne
- ½ oz. fresh basil – chopped or cut into thin strips

Directions:

- In a 6-quart pot, melt butter over medium heat until foaming
- Add carrots and onions.
- Cook about 15 minutes, stirring occasionally until butter starts to brown on the bottom.
- Add tomatoes.
- Add chicken stock.
- Continue to cook/simmer, stirring occasionally, until thickens, about 1 to 1½ hours.



Bruschetta Pizza with Balsamic

Serves: 8

Ingredients:

- 1 lb store-bought or homemade pizza dough
- Cornmeal
- 2 large garlic cloves
- 1 ½ tbsp olive oil, divided
- 2 ½ cups diced tomatoes
- 1 ½ tbsp chopped fresh basil
- 1 ½ cup balsamic vinegar
- 2 tsp sugar
- ¼ cup Parmesan cheese

Directions:

- Preheat the oven to 500°F.
- Roll out the pizza dough on a lightly floured surface until it is about 12 inches wide and ¼-inch thick.
- Invert a baking sheet and sprinkle it liberally with cornmeal.
- Transfer the dough to the baking sheet.
- Brush the pizza dough all over with a ½ tbsp olive oil.
- Bake dough until it's golden brown and the crust is crisp around the edges (10 to 12 minutes).
- While the dough is baking, mince 1 clove of garlic and add it to a medium bowl along with the diced tomatoes, chopped basil, 1 tbsp olive oil, salt and pepper. Set aside.
- Boil the balsamic vinegar and sugar in small saucepan until it has reduced to ¼ cup (about 5 minutes). Set the syrup aside to cool.
- Remove the pizza dough from the oven.
- Slice the tip off of the remaining garlic clove and immediately rub the cutoff end all over the hot pizza dough.
- Slice the pizza into 8 slices and then spoon the tomato mixture on top.
- Drizzle the tomato mixture with balsamic syrup, garnish with Parmesan cheese and serve.



Cherry Tomato Polenta

Serves: 4

Ingredients:

Polenta

- 3 cups whole milk
- 2 cups water
- 2 garlic cloves, smashed
- 4 thyme sprigs
- 1 tbsp kosher salt
- ½ tsp black pepper
- 1 cup uncooked coarse-ground polenta

Ragout

- ½ cup extra-virgin olive oil
- 4 cups mixed cherry tomatoes
- 1¼ tsp kosher salt, divided
- ¼ tsp black pepper
- 4 garlic cloves, minced
- ½ tsp crushed red pepper
- 1 cup (8 oz.) dry red wine
- 2 cups thinly sliced leafy greens (such as Swiss chard, kale, tatsoi, or Napa cabbage)
- ½ cup thinly sliced fresh basil
- 2 tbsp unsalted butter, sliced
- 1 tsp lemon juice

Directions:

Make the polenta

- Bring milk, 2 cups water, garlic, thyme, salt, and black pepper to a boil in a large saucepan over medium-high, stirring occasionally.
- Reduce heat to medium-low; remove and discard garlic and thyme and bring to a gentle simmer.
- Gradually add polenta in a slow stream, whisking constantly until thickened.
- Return to a gentle simmer over medium-low.
- Reduce heat to low, stirring and scraping bottom of pot often, until tender and creamy (30 to 35 minutes).

While polenta cooks, make the ragout

- Heat oil in a large skillet over medium-high.
- Carefully add tomatoes, 1 tsp salt and black pepper.
- Reduce heat to medium, and cook, stirring often, until most of the tomatoes have burst and juices start to release (8 to 10 minutes).
- Cook, stirring occasionally, until tomatoes begin to stick to bottom of pan and sauce has thickened (8 to 10 minutes).
- Add garlic and crushed red pepper.
- Add red wine, and cook, stirring occasionally, until sauce forms (about 10 minutes).
- Add greens, and cook, stirring constantly, until wilted (30 seconds).
- Stir in sliced basil and butter until melted.
- Remove from heat, and stir in lemon juice.
- Season with remaining ¼ tsp salt.
- Divide polenta evenly among bowls; top with ragout.
- Garnish servings with basil.



Mediterranean Baked Fish with Tomatoes and Capers

Serves: 6

Ingredients:

- ½ cup extra virgin olive oil
- 1 small red onion, finely chopped
- 2 large tomatoes, diced
- 10 garlic cloves, chopped
- 1½ tsp ground coriander
- 1 tsp sweet Spanish paprika
- 1 tsp ground cumin
- ½ tsp cayenne pepper (optional)
- 1½ tbsp capers
- Salt and pepper
- ½ cup golden raisins
- 1½ lb white fish fillet such as cod fillet or halibut fillet (wild, if possible)
- Juice of ½ lemon
- Zest of 1 lemon
- Fresh parsley or mint for garnish

Directions:

- In a medium saucepan, heat extra virgin olive oil over medium-high heat until shimmering.
- Add onions, cook until it begins to turn gold in color, tossing regularly (about 3 minutes).
- Add tomatoes, garlic, spices, pinch of salt and pepper, capers, and raisins.
- Bring to a boil, then turn heat down to medium-low and let simmer for about 15 minutes.
- Heat oven to 400°F.
- Pat fish dry and season with salt and pepper on both sides.
- Pour ½ of the cooked tomato sauce into the bottom of a 9-½" x 13" baking dish. Arrange the fish on top.
- Add lemon juice and lemon zest, then top with the remaining tomato sauce.
- Bake until fish is cooked through (about 15-18 minutes).
- Remove from oven and garnish with fresh parsley or mint.





Fun-gi recipes

Mushrooms are considered a "superfood" with high anti-inflammatory components. Mushrooms are also high in selenium, ergothioneine and polyphenols which have antioxidant properties. And, amino acids, such as leucine, tyrosine, arginine, and phenylalanine, found within the mushroom, particularly in oyster and enoki mushrooms, have been shown to decrease inflammation.

Creamy Mushroom Soup

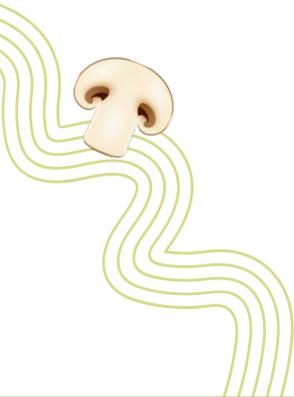
Serves: 6

Ingredients:

- ¼ cup unsalted butter
- 2 (16 oz) packages sliced fresh mushrooms
- 1 pinch salt
- 1 medium yellow onion, diced
- 1½ tbsp all-purpose flour
- 6 sprigs fresh thyme, tied in a bundle with kitchen twine
- 2 cloves garlic, peeled
- 4 cups chicken broth, or more to taste
- 1 cup water, or more to taste
- 1 cup heavy whipping cream
- Salt and pepper to taste
- 1 tsp fresh thyme leaves for garnish, or to taste

Directions:

- Warm broth in a saucepan over low heat.
- Meanwhile, warm 2 tbsp olive oil in a large saucepan over medium-high heat. Add portobello and white mushrooms; cook and stir until soft (about 3 minutes).
- Remove mushrooms and their liquid to a bowl; set aside.
- Add remaining 1 tbsp olive oil to the saucepan. Stir in shallots and cook (about 1 minute). Add rice; cook and stir until rice is coated with oil and pale, golden in color (about 2 minutes).
- Pour in wine, stirring constantly until wine is fully absorbed.
- Add ½ cup warmed broth to the rice and stir until the broth is absorbed.
- Continue adding broth, ½ cup at a time, stirring constantly, until the liquid is absorbed and the rice is tender yet firm to the bite (about 15-20 minutes). asil, toss again.
- Remove from heat.
- Stir in reserved mushrooms and their liquid, butter, chives, and Parmesan cheese.
- Season with salt and pepper and serve immediately.

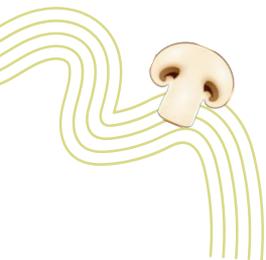


Mushroom Risotto

Serves: 6

Ingredients:

- 6 cups chicken broth, or as needed
- 3 tbsp olive oil, divided
- 1 lb portobello mushrooms, thinly sliced
- 1 lb white mushrooms, thinly sliced
- 2 medium shallots, diced
- 1½ cups risotto rice (Arborio)
- ½ cup dry white wine
- 4 tbsp butter
- 3 tbsp finely chopped chives
- ⅓ cup Parmesan cheese
- Salt and pepper to taste



Directions:

- Warm broth in a saucepan over low heat.
- Meanwhile, warm 2 tbsp olive oil in a large saucepan over medium-high heat. Add portobello and white mushrooms; cook and stir until soft (about 3 minutes).
- Remove mushrooms and their liquid to a bowl; set aside.
- Add remaining 1 tbsp olive oil to the saucepan. Stir in shallots and cook (about 1 minute). Add rice; cook and stir until rice is coated with oil and pale, golden in color (about 2 minutes).
- Pour in wine, stirring constantly until wine is fully absorbed.
- Add ½ cup warmed broth to the rice and stir until the broth is absorbed.
- Continue adding broth, ½ cup at a time, stirring constantly, until the liquid is absorbed and the rice is tender yet firm to the bite (about 15-20 minutes). asil, toss again.
- Remove from heat.
- Stir in reserved mushrooms and their liquid, butter, chives, and Parmesan cheese.
- Season with salt and pepper and serve immediately.

Gnocchi and Mushrooms

Serves: 4

Ingredients:

- One (17.5 oz.) bag refrigerated potato gnocchi (about 3½ cups)
- 12 oz mixed mushrooms (e.g., shiitake, oyster) thickly sliced
- 1 large red onion, halved and thickly sliced
- 3 tbsp extra-virgin olive oil
- 2 tsp chopped fresh rosemary
- Salt and pepper
- 1 cup low-sodium mushroom stock
- ½ cup grated Parmesan
- 1 tbsp balsamic glaze

Directions:

- Position oven racks in the top and bottom third of the oven and preheat to 450°F.
- Spread the gnocchi, mushrooms and red onions on a rimmed sheet pan.
- Drizzle with olive oil and sprinkle with rosemary, ½ tsp salt and some pepper.
- Toss well to coat everything in the oil.
- Pour in the stock and rotate the pan so the stock evenly covers the bottom.
- Roast on the bottom rack until the gnocchi are tender and most of the stock has evaporated (about 15-17 minutes).
- Remove the pan from the oven and preheat the broiler.
- Sprinkle the Parmesan evenly over the gnocchi and vegetables.
- Broil on the top rack until the gnocchi and vegetables are browned and crisp on top (about 2-4 minutes).
- Drizzle with the balsamic glaze before serving.

Spinach and Mushrooms Lasagna

Serves: 9

Ingredients:

- 8 oz mushrooms (sliced)
- 1 tbsp olive oil
- ½ tsp garlic powder
- Salt and pepper
- 1½ cups pasta sauce
- 8 oz no-boil lasagna noodles (about 8-10)
- 1½ cups small curd cottage cheese
- 2 cups spinach
- 1½ cups shredded mozzarella
- ½ cup grated parmesan
- 2 tbsp chopped walnuts (optional topping)

Note: Can supplement vegetarian cheese if preferred.

Directions:

- Preheat the oven to 375°F.
- Place the sliced mushrooms in a casserole dish and add olive oil, garlic powder, salt, and pepper.
- Bake the mushrooms for about 10 minutes, then set aside and drain any extra liquid in the casserole dish.
- Pour about ½ of the pasta sauce mixture into the empty casserole dish.
- Place 3-4 of the lasagna noodles on top of the mixture (breaking them if needed to fit).
- Cover the noodles with about ¼" of the pasta sauce mixture.
- Add ½ of the cottage cheese to the casserole dish.
- Add a layer with ½ of the mushrooms and ½ of the spinach.
- Top with ½ of the mozzarella and ½ of the parmesan.
- Repeat steps 4 - 9 with the remaining ingredients.
- Top with chopped walnuts (optional).
- Cover the casserole dish and bake for 30 minutes.
- Uncover and bake for another 15 minutes.
- Let cool and serve.



Baked Stuffed Portobello Mushrooms

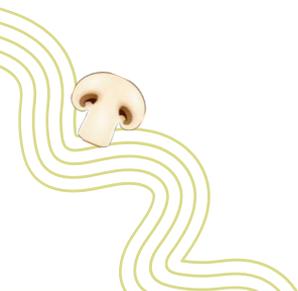
Serves: 3

Ingredients:

- ¾ lb portobello mushrooms
- 1 clove garlic
- 2 tbsp olive oil
- Salt and pepper
- ½ tsp dried thyme
- ½ tbsp butter
- 1 tbsp parmesan, grated
- 3 tbsp mozzarella, grated

Directions:

- Preheat oven to 400°F.
- Wipe the portobello mushrooms clean and remove the stems.
- Finely chop or mince the garlic.
- Lightly oil a baking dish and put the mushrooms in a single layer, open side up.
 - In a small bowl, mix the oil, garlic, thyme, and a little salt and pepper.
 - Divide the mixture between the mushrooms, drizzling over the inside.
- Top each mushroom with a thin slice of butter and bake until tender (about 15 minutes).
- While the mushrooms are cooking, mix together the cheeses.
- After the mushrooms are baked (about 15 minutes), top the mushrooms with the cheese and return to the oven until the cheese is melted and gently golden (about 5 minutes).





The Spice Is Right

Turmeric is a spice that is part of the ginger family. Curcumin is the active ingredient within the spice that has anti-inflammatory, antimicrobial, antimutagenic, and antioxidant properties that have been used for thousands of years. Add some turmeric to your recipes with these turmeric forward dishes.⁵

Coconut Turmeric Smoothie

Serves: 2

Ingredients:

- 1 large ripe banana
- 1 whole mandarin or naval orange, peeled
- 1 cup mango chunks, fresh or frozen
- ¼ inch root turmeric
- ¼ inch root ginger
- 2 tbsp unsweetened coconut flakes
- 2 cups coconut milk
- ¼ cup crushed ice (optional)

Directions:

- In a blender combine all the ingredients and blend it smooth. Keep some coconut flakes aside.
- Rub the glass rim with orange wedge.
- Pour the smoothie into serving glasses.
- Top the smoothie with a very little bit of grated root turmeric and serve.

Turmeric Soaked Chickpeas

Serves: 8

Ingredients:

- 1 lb dried chickpeas
- 1 tbsp dried turmeric powder
- 6 cups water
- Salt to taste

Directions:

- Rinse the dried chickpeas well.
- Combine in a large bowl with the turmeric powder, and water.
- Soak 6 hours or overnight.
- Transfer everything, including the soaking water, to a pot.
- Add extra water if needed, to cover the chickpeas by an inch.
- Bring to a boil and then reduce heat to a simmer until the chickpeas are cooked through (40-60 minutes). Drain any extra liquid.
- Season with salt to taste.

⁵ Please use CAUTION with certain medications, pregnancy, and frequent turmeric use. Consult with your doctor about frequent turmeric use.

Turmeric Tea

Serves: 15

Ingredients:

- ⅓ cup raw honey (or regular honey)
- 2-½ tsp dried turmeric
- Lemon
- Ground black pepper

Directions:

- Work the turmeric into the honey until it forms a paste.
- Place a heaping tsp of the turmeric paste in the bottom of each mug.
- Pour hot (but not boiling water) into the mug and stir well to dissolve the turmeric paste.
- Add a big squeeze of juice from a lemon, and a good amount of black pepper.
- **Note:** Stir as you drink so all the turmeric doesn't settle to the bottom. Top off with more hot water as you drink it. You can keep extra turmeric honey on hand in a jar for the future.

Turmeric Popcorn

Serves: 6

Ingredients:

- ½ cup organic popcorn kernels
- 3 tbsp ghee, clarified butter, or virgin coconut oil
- ½ tsp ground turmeric
- A pinch of saffron
- ½ tsp sea salt

Optional: (any or all)

- 2 tbsp nutritional yeast
- 2 tbsp sesame seeds
- A small handful of toasted coconut

Directions:

- Heat a wide pot or skillet over medium-high heat.
- Make sure the pan is completely dry to start.
- Place 5 or 6 popcorn kernels in the pan and cover leaving just a tiny crack open.
- When the kernels start to pop add the rest and cover again, and cook until the remaining kernels pop, shaking now and then.
- Dial back the heat a bit as the popping slows and remove from heat when popping slows to every few seconds.
- In a separate small saucepan combine the ghee or clarified butter, with the turmeric, saffron, and salt over gentle heat.
- When melted, toss well with the popcorn. Add in the nutritional yeast, sesame seeds, and toasted coconut, if desired.



Turmeric Cashews

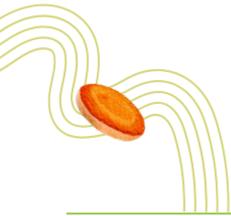
Serves: 8

Ingredients:

- 2 cups raw cashews
- ½ tbsp toasted sesame oil, more if needed
- ¼ tsp sea salt, or to taste
- Half of an 8x8-inch sheet nori seaweed
- 1½ tsp sesame seeds
- ¼ tsp cayenne pepper
- ½ tbsp ground turmeric

Directions:

- Toss the cashews with the sesame oil and sea salt and toast in a 350°F oven until golden (about 5-10 minutes), tossing once along the way.
- Remove and toast the seaweed (for a few minutes), allow it to cool and crisp, then crumble it.
- Combine the seaweed, sesame seeds, and cayenne (in a mortar and pestle, if possible) and grind together.
- In a bowl (one that won't stain), toss the cashews with the sesame spices and turmeric. If necessary, add a few drops of sesame oil to moisten things up, if needed.
- Taste and adjust seasonings to taste.



Turmeric Chicken

Serves: 4-6

Ingredients :

- 5 chicken drumsticks, skin removed
- 5 bone-in chicken thighs, skin removed
- 1 tsp ground turmeric
- 2½ tsp sea salt, plus more for seasoning
- ¼ tsp freshly ground black pepper
- 3 extra-virgin olive oil or avocado oil
- 1 medium onion, diced
- 2 cloves of garlic, chopped
- 1 tbsp white wine, optional
- 2 tbsp freshly squeezed lemon juice
- Fresh flat-leaf parsley for garnish

Note: Can supplement with all drumsticks if preferred.

Directions:

- Make a few slits in the flesh of each drumstick and thigh.
- Place drumsticks and thighs in a large bowl and season with turmeric, salt and pepper. Mix together until well coated. Set aside.
- Warm the oil in a large (12-inch) pan over medium heat.
- Add the onion and a pinch of salt to the oil and sauté until tender and translucent (about 8 minutes).
- Add the garlic and cook (about 2 minutes). Add white wine, if using.
- Add the chicken to the sauté pan and cook (about 3 minutes on each side).
- Add the lemon juice and ¼ cup of hot water.
- Turn the chicken to coat all sides and scrape all the crispy bits with a wooden spoon.
- Reduce the heat to medium-low, partially cover, and simmer, turning occasionally until the chicken is cooked through (about 35 minutes).
- Garnish with parsley.



Turmeric Chickpea Stew

Serves: 4

Ingredients:

- 1 tbsp vegetable oil (or coconut oil)
- ½ yellow or white onion diced (or use 1 shallot)
- 1-2 serrano or jalapeño peppers finely chopped (use 2 if you like it spicy)
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1½ tbsp fresh turmeric root, minced (about 3 inches) (or use 1½ tsp dried turmeric, added along with the curry powder)
- ½ tbsp mild curry powder
- 1½ cups full-fat coconut milk (equal to 1 - 14-oz. can)
- 1 cup water
- ½ cup 100% pineapple juice
- 2 tsp soy sauce (or tamari or liquid aminos)
- 1 small to medium potato, cubed
- 1 small to medium sweet potato, cubed
- 1½ cups cooked chickpeas, rinsed and drained (one standard can)
- 2 tbsp freshly-squeezed lime juice

Directions:

- In a saucepan, heat a small drizzle of neutral oil over medium heat.
- When the oil is shimmering, add the onion or shallot with a sprinkle of salt, and stir. Cook until starts to soften (about 2 minutes).
- Add the pepper, garlic, turmeric (if root), and ginger with another sprinkle of salt, and stir. Cook for about 5-7 more minutes, stirring occasionally, or until the onion or shallot is soft.
- Add the curry powder (and turmeric if using dried) and cook for 1 more minute, stirring frequently.
- Stir in coconut milk, water, pineapple juice, soy sauce, cubed potatoes and sweet potatoes, along with another pinch of salt and bring the mixture to a gentle boil.
- Once the mixture boils, reduce the heat to a simmer and cover the pan.
- Cook, stirring occasionally until the potatoes are cooked through (about 15-20 minutes).
- If desired, mash up some of the potatoes to thicken slightly. Stir in the cooked chickpeas and lime juice and let simmer partially covered (5-10 minutes).
- Season to taste with salt, pepper, and additional lime juice. Serve hot.





Bitter, Bold & Beautiful

Cruciferous vegetables are a family of vegetables that includes kale, Brussel sprouts, broccoli, cabbage, Bok choy, cauliflower, and other leafy greens. In animal studies, cruciferous vegetables and their metabolized compounds have been shown to lower inflammation. Taste these recipes!

Kale & Mushroom Egg Bites

Serves: 12

Ingredients:

- 2 tsp olive oil
- 1 cup finely chopped baby bella mushrooms, or button mushrooms
- 2 cups finely chopped kale leaves, ribs removed
- 8 large eggs
- ⅔ cup cottage cheese, low fat or full fat for best results
- ½ tsp kosher salt, divided
- ½ tsp garlic powder
- ¼ tsp fresh ground pepper
- ¼ tsp paprika
- ½ cup grated Monterey Jack cheese, extra for topping if desired

Directions:

- Preheat oven to 350°F.
- Prepare 12 baking cups by either spraying or brushing them with oil or lining them with silicone liners.
- Heat a large skillet over medium heat. Once hot add the oil.
- Once the oil is hot, add the finely chopped mushrooms.
- Season with ¼ tsp salt and cook until the mushrooms have started to soften (about 2-3 minutes).
- Add the kale to the skillet with the mushrooms and cook until the kale is wilted (about 2 minutes). Set aside to cool while you make the egg mixture.
- In a large bowl, combine the eggs, cottage cheese, remaining ¼ tsp salt, garlic powder, paprika, and pepper.
- Use an immersion blender to blend the mixture until smooth (about 15 seconds). *Note:* If you do not have an immersion blender, you can do this in a regular blender and then pour the blended egg mixture into a large bowl.
- Add the cooked mushrooms & kale and the cheese to the bowl with the blended egg mixture.
- Whisk the veggies and cheese into the eggs until everything is evenly distributed into the mixture.
- Portion the veggies and egg mixture evenly between the 12 prepared muffin cups, filling each cup until they are almost full and sprinkle with extra cheese, if desired.
- Place the muffin tin in the oven and bake until the egg bites are set and is slightly golden on top (about 20 minutes).
- Let the egg bites cool for 10 minutes

Optional: If you want to brown the tops, turn oven to broil (about 1-2 minutes) and watch the egg cups closely so that they do not burn.



Cabbage Soup

Serves: 8

Ingredients:

- 3 tbsp olive oil
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 quarts water
- 4 tsp chicken bouillon granules
- 1 tsp salt, or to taste
- ½ tsp black pepper, or to taste
- ½ head cabbage, cored and chopped
- 1 (14.5 oz) can Italian-style stewed tomatoes, drained and diced

Directions:

- Heat olive oil in a large stockpot over medium heat.
- Stir in onion and garlic; cook until onion has softened (about 5 minutes).
- Stir in water, bouillon, salt, and pepper.
- Bring to a boil, then stir in cabbage.
- Simmer until cabbage wilts (about 10 minutes).
- Stir in tomatoes.
- Return to a boil, then simmer (about 15 to 30 minutes), stirring often.

White Bean and Kale Soup

Serves: 4

Ingredients:

- 1 medium yellow onion
- 1 medium carrot
- 1 medium celery stalk
- 3 cloves garlic
- 1 small bunch flat-leaf lacinato kale (about 8-oz)
- 3 (15-oz) cans of white beans (e.g., cannellini or great northern)
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 1¾ tsp kosher salt, more as needed
- ¼ tsp red pepper flakes
- 1 (32-oz) carton low-sodium vegetable broth (about 4 cups)
- 1 tsp apple cider vinegar

Directions:

- Dice 1 medium yellow onion (about 1½ cups), 1 medium peeled carrot (about ½ cup), and 1 medium celery stalk (about ⅓ cup) and all to a bowl.
- Mince 3 garlic cloves.
- Remove and discard the center ribs from 1 small bunch kale; coarsely chop the leaves (about 5 cups).
- Drain and rinse 3 (15-oz) cans of white beans.
- Heat 2 tbsp olive oil in a large pot over medium heat until simmering.
- Add the onion mixture and cook, stirring occasionally until softened (about 5 minutes).
- Add garlic, 2 tsp smoked paprika, 1¾ tsp salt, and ¼ tsp red pepper flakes. Stir to combine and cook until fragrant (about 30 seconds).
- Add the beans and stir to combine.
- Add 1 (32-oz) carton of low-sodium vegetable broth and bring to a boil over medium high heat.
- Reduce the heat to simmer and cook to allow the flavors to meld (about 10 minutes).
- Ladle about half of the soup into a blender. Blend, starting at low speed and gradually increasing until smooth (about 30 seconds to 1 minute). Return to the pot and bring to a simmer).
- Add the kale and cook until tender and bright green (about 3 to 5 minutes) and then remove from the heat.
- Add 1 tsp apple cider vinegar and stir to combine. Season with salt, if desired.



Chopped Kale Salad

Serves: 6

Ingredients:

- 2 bunches kale
- 2 carrots, chopped
- 1 red bell pepper, chopped
- 1 English cucumber, chopped
- 1 zucchini, chopped
- 1 red onion, chopped
- ½ pint of grape tomatoes, cut into bite-sized pieces
- 1 cup cooked edamame
- 2 large roasted beets chopped

Champagne Vinaigrette Dressing:

- ¼ cup champagne vinegar
- 2 tbsp Dijon mustard
- 2 tbsp maple syrup
- 2 tbsp water
- 2 tsp fresh lemon juice

Directions:

Chopped Salad

- Remove the stems from the kale and chop finely
- Place kale in a bowl or large tray.
- Chop all of the vegetables into small pieces.
- Toss all of the ingredients together.

Dressing

- Whisk dressing ingredients together.
- Pour dressing over salad and toss, coating the kale and other vegetables.
- Cover and refrigerate for at least an hour.
- Toss again and serve.

Chopped Thai Salad

Serves: 3

Ingredients:

- 3 cups kale, chopped
- 3 cups green cabbage, chopped
- 1 red bell pepper, chopped
- ½ cup shredded carrots
- 2 tbsp cilantro
- ¼ cup green onion
- ¼ cup unsalted peanuts

For the peanut sauce:

- ½ cup creamy peanut butter
- 1 lime, juiced
- 1 tsp honey
- 2 tbsp coconut aminos
- ¼ tsp garlic powder
- ½ tsp sea salt
- Dash of ginger
- 3 tbsp water (more as needed)

Directions:

- Chop up all of the ingredients: cabbage, kale, red bell pepper, peanuts, cilantro and green onion and add to large bowl.
- In a separate bowl, mix together peanut sauce ingredients. Add additional water if needed to mix it all up.
- Pour peanut sauce into a large bowl. Mix to combine.
- Top with additional green onion, cilantro and peanuts for garnish.



Broccoli Salad

Serves: 4-6

Ingredients:

- 1 lb broccoli crowns
- 3 tbsp extra-virgin olive
- 3 tbsp mayonnaise
- 1½ tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 tsp maple syrup or honey
- 1 garlic clove, minced
- ¼ tsp sea salt, more to taste
- ½ cup diced red onions
- ⅓ cup dried cranberries

Smokey tamari almonds:

- ½ cup almonds
- ½ cup pepitas
- 1 tbsp tamari
- ½ tsp maple syrup
- ¼ tsp smoke paprika



Directions:

- Preheat the oven to 350°F
- Line a baking sheet with parchment paper.
- Chop broccoli florets into ½-inch pieces and any remaining stems into ¼-inch. Peel any coarse parts from the stem.
- In a large bowl, whisk together olive oil, mayonnaise, apple cider vinegar, mustard, maple syrup, garlic, and salt.
- Add the broccoli, onions, and cranberries and toss to coat.
- Toss the almonds and pepitas with the tamari, maple syrup, and smoked paprika and spread into a thin layer on a baking sheet.
- Bake until golden brown (about 10-14 minutes).
- Remove from the oven and let cool (about 5 minutes). They will continue to crisp while they sit.
- Toss the almonds and pepitas into the salad, reserving a few to sprinkle on top.
- Season to taste and serve.

Cilantro Coleslaw

Serves: 4-6

Ingredients :

- 1 cup plain Greek yogurt
- ½ cup fresh cilantro
- ¼ cup freshly-squeezed lime juice
- ½ tsp ground cumin
- ½ tsp sea salt
- ¼ tsp freshly-cracked black pepper
- 3 green onions (just the green parts)
- 2 garlic cloves
- 1 jalapeño or serrano pepper, stemmed and cored - optional
- 1 (14-oz) bag cole slaw mix

Directions:

- Combine the Greek yogurt, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic and jalapeño (if desired) in a blender or food processor.
- Pulse briefly a few times until the mixture is combined.
- Place the cole slaw mix in a large mixing bowl.
- Drizzle the sauce on top of the cole slaw, then toss until the mixture is evenly combined.
- Season with extra pepper and/or lime juice if needed.
- Serve immediately or cover and refrigerate for up to 24 hours.



Roasted Brussel Sprouts

Serves: 6

Ingredients:

- 1½ lbs brussels sprouts, halved, stems and ragged outer leaves removed
- 3 tbsp extra virgin olive oil
- ¾ tsp kosher salt
- ½ tsp ground black pepper
- 1 tbsp balsamic vinegar
- 1 tsp honey

Directions:

- Preheat oven to 425°F and set an oven rack in the middle position.
- Line a baking sheet with heavy-duty aluminum foil.
- Directly on the prepared baking sheet, toss the brussels sprouts with 2 tbsp of oil, salt, and pepper.
- Roast, stirring once halfway through, until tender and golden brown (about 20 minutes).
- Drizzle the remaining tbsp of oil, the balsamic vinegar and the honey over the roasted brussels sprouts. Toss to coat evenly.
- Taste and adjust seasoning, if necessary, then serve.

Cauliflower Steaks

Serves: 4-6

Ingredients :

- 2 heads cauliflower
- 2 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- 1 tsp paprika
- ½ tsp garlic powder

Directions:

- Preheat the oven to 425°F and line a baking sheet with parchment paper.
- Cut the cauliflower heads into slices, about ¾ inch thick, and place onto the baking sheet (about 2-3 full slices from each head). The ends may fall apart into florets, so you can use those for another recipe, or roast them on the same sheet pan.
- In a small bowl, mix together the olive oil, sea salt, ground black pepper, paprika, and garlic powder.
- Brush the olive oil mixture over the cauliflower steaks on both sides.
- **If cooking in the oven:** Bake cauliflower steaks in the oven for 10 minutes. Flip and bake for another 10-15 minutes, or until tender and browned.
- **If cooking on the grill:** Preheat the grill over medium heat. Place the cauliflower steaks on the grill, close the lid, and cook for about 5 minutes. Flip, cover, and cook for another 4-5 minutes, until tender and browned.



Kale & Quinoa Stuffed Peppers

Serves: 3-6

Ingredients:

- 6 large bell peppers (any color)
- 2/3 cup dry red quinoa
- 1/3 cup salsa of choice
- 2 large carrots
- 1/3 cup walnuts
- 2-3 cloves of garlic, minced
- 1 red onion, diced
- 1 (8-oz) block tempeh, crumbled
- 1 tbsp chili powder
- 1 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp cayenne (optional)
- 2 cup vegetable broth
- 1/2 tsp salt, to taste
- 2-3 leaves of kale, de-stemmed and thinly sliced



Directions:

- Wash and prep all the vegetables.
- Core the peppers by removing the tops and cutting out the white insides. Then dice the tops and set aside.
- Pour 1 1/2 cup water into a large oven-safe baking dish and stand the peppers inside of it.
- Preheat the oven to 350°F.
- Add the quinoa, salsa, and 1 1/3 cup water to a small pot.
- Bring to a boil, cover, reduce the heat to low, and let simmer for 15 minutes. Keep covered and set aside.
- Roughly chop the carrots into matchsticks, then add them to a food processor along with the walnuts. Pulse the mixture until it resembles the size/texture of "meat."
- Once the oven is preheated, bake the (empty) peppers for 15 minutes, then remove from the oven.

Filling:

- Add the diced red onion and garlic to a large pot with a splash of water or oil and sauté over medium heat until translucent (about 3 minutes).
- Add the dry spices, diced pepper tops, and carrot-walnut mixture. Sauté for an additional 1-2 minutes.
- Add the crumbled tempeh to the pot along with 2 cups of vegetable broth; bring to a boil over high heat, then simmer over medium heat for 10 minutes.
- Remove from the heat and mix in the finely chopped kale and the quinoa. Add the salt to the mixture, plus more to taste.
- Divide the filling evenly between each pepper cup and bake for an additional 10-12 minutes.
- Remove from the oven and serve warm.



Sweet on Sweet Potatoes

Sweet potatoes (especially orange and purple varieties) are packed with beta-carotene, a precursor to vitamin A, and vitamin C. Beta-carotene helps neutralize molecules that can trigger chronic inflammation in the body.

Sweet Potato Pie

Ingredients:

- 2 lbs sweet potatoes
- 1 frozen deep-dish pie plate
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground allspice
- ¼ tsp nutmeg
- ½ tsp salt
- 5 tbsps unsalted butter, softened
- ½ cup packed light brown sugar, plus more if needed
- 1 cup evaporated milk
- 2 large eggs

Directions:

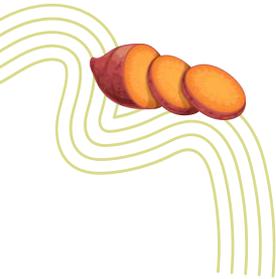
- Preheat the oven to 350°F.
- Put the sweet potatoes on a foil-lined baking sheet.
- Bake, turning once, until very tender (about 1½ to 2 hours).
- When cool, remove sweet potatoes from their jackets and scrape the flesh into a 1-quart measuring cup (about 2½ cups packed sweet potato).
- Raise the oven temperature to 425°F.
- Line the frozen dough with foil and fill with pie weights.
- Bake until dry and set, about 25 minutes.
- Remove the foil with the weights and bake the dough until golden brown (about 5 minutes longer).
- Let cool completely, then place on a half-sheet pan.
- Transfer the sweet potato to a large bowl and add the cinnamon, ginger, allspice, nutmeg, salt, butter, brown sugar, and the evaporated milk.
- Beat with a heavy whisk until smooth.
- Taste and add more brown sugar if you prefer. The amount will depend on the sweetness of your sweet potatoes.
- Add the eggs and whisk until fully incorporated.
- Pour into the pie crust and spread evenly.
- Bake for 15 minutes, then reduce the oven temperature to 350°F.
- Bake until the top is golden brown and the filling has puffed and set (about 40 minutes).
- Let cool completely on a wire rack.

Sweet Potato Hash with Kale

Serves: 2-4

Ingredients:

- 4 tsp avocado oil
- ½ small red onion, chopped
- 1 poblano pepper, stemmed, seeded, and chopped
- 2 garlic cloves, thinly sliced
- 1 large sweet potato, cut into ½-inch cubes
- 1 tsp chili powder
- 4 leaves lacinato kale, stemmed and torn
- 4 large eggs
- 1 avocado, sliced
- Fresh cilantro leaves, for garnish
- Hot sauce for serving
- Lime wedges



Directions:

- Heat 2 tsp of avocado oil in a large, covered skillet over medium heat.
- Add the onion, poblano, garlic, and ¼ tsp sea salt and cook, stirring occasionally until softened (about 3-5 minutes).
- Remove from the pan and set aside.
- Heat the remaining 2 tsp avocado oil in the skillet.
- Add the sweet potatoes and ¼ tsp salt and cook, stirring occasionally until the sweet potatoes are fork-tender (about 8-10 minutes).
- Add the sautéed vegetables back to the pan and stir in the chili powder and kale.
- Make 4 shallow wells in the hash and crack in the eggs. Reduce the heat to medium-low, cover, and cook until the eggs are just set (about 3-5 minutes).
- Season with salt and pepper to taste.
- Top with the avocado slices and garnish with cilantro, if using.
- Serve with hot sauce and lime wedges.

Sweet Potato Breakfast Bowl

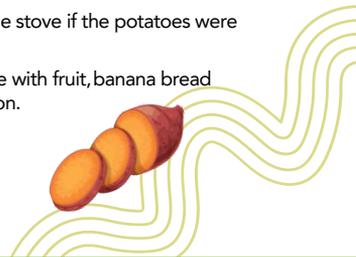
Serves: 4

Ingredients:

- 2 medium sweet potatoes (4 cups mashed)
- ¼ - ½ cup unsweetened vanilla non-dairy milk (e.g., almond)
- 1 tsp vanilla extract
- 2 tbsp unsalted almond butter
- 2 tbsp maple syrup
- ½ tsp cinnamon, or to taste
- 2 tbsp ground flax seeds

Directions:

- Preheat the oven to 400°F.
- Wash the potatoes using a veggie brush and place them on a baking sheet with foil.
- Bake until easily pierced with a fork (about 45-60 minutes).
- Let the potatoes cool, then carefully remove the skin and add the potatoes to a large mixing bowl.
- Add the remaining ingredients and beat with an electric mixer until nice and fluffy.
- Keep as is or heat up on the stove if the potatoes were previously refrigerated.
- Transfer to bowls and serve with fruit, banana bread granola, and extra cinnamon.





Nutty by Nature

Nuts are high in monounsaturated and polyunsaturated fats, especially omega-3 fatty acids (notably in walnuts). These fats lower general inflammatory markers in the blood. They also contain powerful antioxidants such as Vitamin E (found in almonds, hazelnuts) and Polyphenols (especially in walnuts and pistachios) which help to neutralize free radicals, which cause cellular damage and trigger inflammation.

Zaatar Spiced Nuts

Serves: 12

Ingredients:

- 1 cup almonds
- ½ cup peanuts
- ½ cup pecan halves
- ½ cup cashews
- ½ cup pepitas
- 2 egg whites
- 2 tbsp honey, pure clover if available
- 2 tbsp Zaatar, divided

Directions:

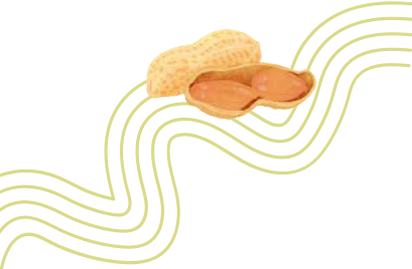
- Preheat oven to 350°F
- Line a large baking sheet with parchment paper and spray with nonstick cooking spray.
- Combine the egg whites and honey in a large bowl and whisk until light and frothy.
- Add the nuts to the bowl and slowly sprinkle 1 tbsp of the Zaatar while tossing with a spatula.
- Toss until the nuts are evenly coated with the mixture.
- Spread onto the prepared baking sheet and bake (about 10 minutes).
- Remove the nuts from the oven and toss well with a spatula. Reduce the oven temperature to 250°F and continue baking for 20 minutes, tossing once halfway through.
- Remove from the oven and evenly sprinkle the remaining tbps of Zaatar over the nuts.
- Allow to cool before serving.



Peanut Pretzel Toffee Bark

Ingredients:

- 2 tsp plus 1 cup butter, divided
- ⅔ cup honey-roasted peanuts, coarsely chopped
- ½ cup miniature pretzels, coarsely chopped
- 1 cup sugar
- 2 tbsp water
- 2 tbsp honey
- 1 cup 60% cacao bittersweet chocolate baking chips
- Sea salt, optional



Directions:

- Line bottom of a greased 9-inch square baking pan with foil; grease foil with 2 tsp butter.
- Sprinkle peanuts and pretzels onto foil.
- In a large heavy saucepan, combine sugar, water, honey and remaining butter.
- Bring to a boil over medium-high heat, stirring constantly.
- Cook for 4 minutes without stirring.
- Cook 2-3 minutes longer, stirring constantly, until mixture is caramel-colored (a candy thermometer should read 300°F).
- Remove from heat and immediately pour over peanuts and pretzels.
- Sprinkle with chocolate chips and let stand until chocolate begins to melt. Spread evenly. If desired, sprinkle with salt.
- Let cool for 15 minutes at room temperature and refrigerate until set (about 30 minutes).
- Break toffee into pieces. Store between layers of waxed paper in an airtight container.

Mediterranean Hummus Nachos with Pine Nuts

Serves: 6

Ingredients:

- ½ lb lean ground beef (90% lean)
- 1 tbsp pine nuts
- ¼ tsp salt
- ⅛ tsp pepper
- 6 tbsp plain yogurt, divided
- 1 package baked pita chips
- 1 cup prepared tabbouleh
- ½ cup hummus
- 1 large tomato, chopped
- ¼ cup ripe olives, sliced
- 1 tbsp fresh parsley, minced
- 1 tbsp fresh mint, minced
- Red onion, chopped (optional)

Directions:

- Cook beef in a skillet over medium heat until no longer pink (about 4-6 minutes), break it into crumbles, drain, and return to skillet.
- Stir in pine nuts, salt and pepper
- Cool slightly.
- Stir in 2 tbsp yogurt.
- Layer a platter with beef mixture, tabbouleh, hummus, tomato, olives, parsley, mint, remaining yogurt and, if desired, onion.
- Serve immediately.



Peanut Butter Noodles

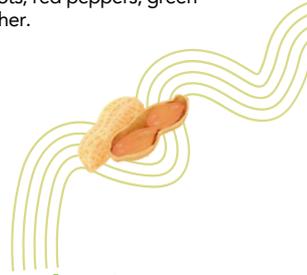
Serves: 4

Ingredients:

- 2½ tsp grated lime zest
- ¼ cup lime juice
- 2 tbsp reduced-sodium soy sauce
- 2 tsp water
- 1 tsp sesame oil
- ½ cup creamy peanut butter
- 2½ tsp minced fresh ginger root
- 2 garlic cloves, minced
- ¼ tsp salt
- ¼ tsp pepper
- 8 oz uncooked whole wheat linguine
- 2 cups small fresh broccoli florets
- 2 medium carrots, grated
- 1 medium sweet red pepper, julienned
- 2 green onions, chopped
- 2 tbsp fresh basil, minced

Directions:

- Place the first 10 ingredients in a blender: lime zest, lime juice, soy sauce, water, sesame oil, peanut butter, gingerroot, garlic, salt and pepper. Cover the blender and process until blended.
- Cook linguine according to package directions.
- Add broccoli during the last 5 minutes of cooking.
- Strain linguine and broccoli and then transfer to a large bowl.
- Add remaining ingredients (carrots, red peppers, green onions, and basil) and mix together.



Basil Walnut Pesto with Whole Wheat Spaghetti

Serves: 6

Ingredients:

Pesto:

- 2 cups packed basil
- 1 cup parsley
- ½ cup walnuts
- ½ cup olive oil
- 3 cloves garlic, peeled
- ½ lemon, zested & juiced
- Salt and pepper to taste

Pasta:

- 1 lb whole wheat spaghetti
- ½ – 1 cup pasta water
- ¼ – ½ cup grated parmesan
- ½ cup basil walnut pesto (above)
- Pepper to taste
- Red pepper flake for some heat (optional)

Directions:

- Add all ingredients for basil walnut pesto to a blender and blend until smooth. Set aside for later.
- In a large pot, bring water to boil and once boiling, salt the water.
- Add pasta to water and follow cooking directions for pasta.
- Once pasta is al dente, add ½ to 1 cup pasta water in your skillet and using tongs, move pasta to skillet.
- Add parmesan cheese and stir to melt into pasta.
- Add basil pesto a little bit at a time stirring as you go to incorporate it in with the parmesan cheese and pasta
- Top each bowl with additional lemon zest, parmesan cheese and basil



Egg-cellent Protein

Eggs are considered a high-quality protein source because they contain these amino acids in the right ratios that the body needs. These rich protein meals may help whether you're recovering from surgery or just getting ready for treatment.

Egg Bites:

Serves: 6

Ingredients:

- 8 large eggs
- 1 cup cottage cheese
- ½ tsp sea salt
- 1 (8-oz) jar sun-dried tomatoes (in oil), drained and roughly chopped
- 1 large handful fresh baby spinach, roughly chopped
- ⅓ cup fresh basil leaves, julienned
- Crumbled feta and black pepper, for topping

Directions:

- Heat oven to 350°F.
- Mist a 12-cup muffin pan very thoroughly with cooking spray.
- Blend the eggs, cottage cheese and salt in a blender. Pulse a few times until smooth.
- Add in the sun-dried tomatoes, spinach, basil and stir by hand until evenly combined.
- Pour the mixture into the 12 muffin cups.
- Top each cup with a sprinkle of feta and black pepper, if desired.
- Bake for 20-22 minutes or until the egg bites are puffy and slightly firm to the touch in the center.
- Cool for at least 5 minutes before serving.

Papa Spark's Eggs

Serves: 1

Ingredients:

- 1 egg
- Milk
- Salt and pepper
- Butter

Directions:

- Beat an egg until yolk and whites are blended
- Add a splash of milk and mix that in
- Add salt and pepper
- Melt 1 tsp butter in a pan over a low heat
- Pour egg mixture into pan and stir continuously until cooked. *Note:* The low heat keeps them nice and fluffy!



Chapter 2: When Taking Pexidartinib

It's important for TGCT patients on pexidartinib to take it concurrently with a specific fat intake each time to absorb the adequate amount of pexidartinib. The caloric composition of the food is not important for pexidartinib and there are no restrictions on the fat intake outside of the time you take your pexidartinib.⁶ Eat freely! Here's why recipes that stay between 11–14 grams of fat per meal or snack are important for pexidartinib:

1. Maximize Absorption: Pexidartinib should be taken with a low-fat meal or snack (no more than 11–14g of fat). Too little fat can reduce absorption and effectiveness, while too much fat (55–65g) increases absorption and the risk of liver toxicity and side effects. The type of fat or balance of fat, protein, and carbohydrates does not matter, only the total fat content is important.

2. Reduce Risk of Liver Toxicity: Overabsorption due to a high-fat meal can increase the amount of pexidartinib in blood, increasing the risk of liver toxicity. Keeping fat intake in the target range helps minimize this danger.

3. Supports Long-Term Adherence: Having go-to recipes that meet fat guidelines makes it easier to stick to the routine and incorporate it into everyday life. Patients are less likely to skip doses or make risky dietary choices when they have delicious, safe options on hand.

Recipes that fulfill 11-14g of total fat



Disclaimer: This cookbook has been curated from patient recipes and has been vetted by a registered dietitian. Consider speaking to a registered dietitian and your doctor for additional nutrition information.

⁶ Discuss with your doctor how long to wait before or after taking pexidartinib to consume a high-fat meal.





SNACKS: Mini Meals, Mighty Benefits (approximately 11-14g of total fat)

Apples with Natural Peanut Butter: Slices of apple dipped in 1 tbsp of natural peanut butter is about 10-14g fat. A tbsp of natural peanut butter will typically have around 8-10g of fat.

Cottage Cheese: A half-cup of low-fat cottage cheese offers around 14g of protein. Combine it with sliced fruit, nuts, or a sprinkle of herbs for a more satisfying snack.

Edamame: 1 cup edamame (boiled or steamed) typically has around 10-12g of fat.

Fish: Canned tuna and salmon are excellent sources of protein and omega-3 fatty acids. A small serving can provide around 10-14g of fat.

Hummus with Vegetables: Hummus offers a great source of plant-based protein and healthy fat when enjoyed with vegetables like carrots, cucumbers, or bell peppers; 2 tbsp hummus has around 10-12g of fat.

Jerky: Jerky is meat that has been trimmed of fat, cut into strips, and dried. It makes an excellent and convenient snack.

Pears with Peanut Butter: Slices of pear dipped in 1 tbsp of natural peanut butter is about 10-14g fat. A tablespoon of natural peanut butter will typically have around 8-10g of fat.

Plain Greek Yogurt with Seeds & Honey: A half-cup of plain Greek yogurt, 1 tbsp chia or flax seeds, ½ tsp honey. Greek yogurt is low in fat, but the chia or flax seeds will contribute 10-14g.

Rice Cakes or Whole-Grain Crackers with Avocado: Top rice cakes or whole-grain crackers with a slice of avocado for a healthy dose of fat with a creamy texture.

Roasted Chickpeas: Chickpeas are a great source of plant-based protein and fiber. Roasted chickpeas can be flavorful and crunchy.

Roasted Pumpkin Seeds: A ¼ cup serving contains 14g of fat.

Trail Mix: A mix of nuts, seeds, and dried fruits (¼ cup) provides a variety of nutrients and healthy fats.

Turkey sticks or rolls with cheese: A great source of protein - can include a bit of cheese for added fat.

Disclaimer: Read all nutritional labels on prepared products as the preparation and ingredients can vary greatly. Remember to check total fat content and serving size.



SNACKS: SUBSTITUTES

Almond Butter: 1 tbsp contains about 9g fat

Almond Flour Crackers: 38g contain 10g fat

Almonds: 1oz (about ¼ cup) contains 14g fat

Avocado: 68g (½) of an avocado contains 10g fat

Bacon: 2 slices contains 8-10g fat

Barbecue Chips: 30g contains 10g fat

Black Olives: 92g contains 10g fat

Butter: 12g contains 10g fat

(Suggestion: add a slice of your favorite bread, grains, legumes)

Cashews: 1oz contains 13g fat

Cheddar Cheese: 30g contains 10g fat

Chia seeds: 1oz contains 9g fat

(Suggestion: add to your yogurt or oatmeal).

Chocolate (Dark): 25g contains 11g fat

Cottage Cheese (4%): 1 cup contains 9g fat

Cream Cheese: 35g contains 10g fat

(Suggestion: add a slice of your favorite bread, grains, legumes)

Eggs: 2 large eggs contains 10g fat

Glass of Milk (2%): 16oz contains 9g fat

Glass of Milk (whole): 11oz contains 10g fat

Ice Cream: 100g contains 10-15g fat

Nuts (Macadamia): 14 grams contains 11g fat

Olive oil on bread: 1 tbsp contains 14g of fat

*(Suggestion: substitute avocado oil: 10g contains 10g fat
or coconut oil: 10g contains 10g fat)*

Peanut Butter: 1 tbsp contains about 8g fat

Plantain Chips: 35g contains 10g fat

Ranch Dressing and carrots/celery: 1 tbsp dressing contains 8g fat

Yogurt (Full Fat): 200g contains 10g fat

Disclaimer: Read all nutritional labels on prepared products as the preparation and ingredients can vary greatly. Remember to check total fat content and serving size.



Appetizers

Pesto Pinwheels

(5g fat per serving = 1 pinwheel)

Ingredients:

- 1 tube (8 oz) refrigerated crescent rolls
- ½ cup prepared pesto sauce
- ¼ cup roasted sweet red peppers, drained and chopped
- ¼ cup Parmesan cheese, grated
- 1 cup pizza sauce, warmed

Directions:

- Unroll crescent dough into two long rectangles.
- Seal seams and perforations.
- Spread each with pesto
- Sprinkle with red peppers and cheese.
- Roll each up, starting with a short side.
- With a sharp knife, cut each roll into 10 slices.
- Place cut side down 2 inches apart on two ungreased baking sheets.
- Bake at 400° until golden brown (about 8-10 minutes).
- Serve warm with pizza sauce.



BBQ Chicken Sliders

(9g fat per serving = 1 slider)

Ingredients:

- 12 King's Hawaiian sweet dinner rolls
- 8 slices Havarti cheese
- 16 oz pulled BBQ chicken
- ¼ red onion, cut into thin strips
- 1-2 handfuls parsley, chopped

Directions:

- Preheat an oven to 375°F.
- Slice the dinner rolls in half.
- Place the bottom of all the rolls on the baking sheet. Set the top of the rolls aside.
- Place 4 slices of cheese on top of the bottom half of the rolls.
- Add chicken, red onion, and parsley.
- Add the remaining 4 slices of cheese on top and place the top half of the rolls on top.
- Spray the tops of the rolls with cooking spray or brush with butter.
- Bake until the cheese is melted and the tops are golden brown (about 15 minutes).
- Use a knife to cut the rolls into 12 individual sliders



Apple-Gouda Pigs in a Blanket

(6g fat per serving = 1 pig in a blanket)

Ingredients:

- 1 tube (8 oz) refrigerated crescent rolls
- 1 small apple, peeled and cut into 24 thin slices
- 6 thin slices Gouda cheese, cut into quarters
- 24 miniature smoked sausages
- Honey mustard, optional for dipping



Directions:

- Preheat oven to 375°F.
- Unroll crescent dough and separate into 8 triangles
- Cut each lengthwise into 3 thin triangles.
- On the wide end of each triangle, place 1 slice apple, 1 folded piece cheese and 1 sausage; roll up tightly.
- Place 1 inch apart on parchment-lined baking sheets, point side down.
- Bake until golden brown (about 10-12 minutes).
- Serve with honey mustard for dipping (optional).

Shredded Buffalo Chicken Nachos

(14g fat per ¼ cup of dip (without chips))

Ingredients:

For Chicken:

- 1½ lbs boneless skinless chicken breast
- 15 oz can black beans
- 15 oz can pinto beans
- 2 tbsp ranch seasoning
- ½ cup Frank's Red Hot Buffalo Sauce
- 4 oz chicken broth or water

For Nachos:

- 6 oz tortilla chips
- 4 oz shredded cheese
- 1-2 oz blue cheese or gorgonzola, for topping (optional)
- sliced green onions, for topping (optional)



Directions:

- Mix the chicken broth, buffalo sauce, ranch seasoning, and beans together in a crockpot.
- Slow cook on high until the chicken reaches 165°F (about 2-½ -3 hours).
- Transfer the cooked chicken to a bowl and shred.
- Use the sauté function to reduce the remaining beans and liquid while you shred the chicken.
- Once the chicken is shredded and the remaining beans/liquid has thickened, add the chicken back to the beans and stir everything together.
- For the nachos, fill a baking sheet with the tortilla chips and top with 2 oz shredded cheese.
- Add some of the buffalo chicken and beans, followed by another 2 oz shredded cheese.
- Bake at 400°F until the cheese is fully melted (about 6-8 minutes)
- Top with green onion and blue cheese crumbles, if desired.
- Note: There will likely be extra chicken and beans mixture leftover to save for later use.

Lettuce Wraps

(12g fat per 3 lettuce wraps)

Ingredients:

- 1 tbsp canola oil
- 1 lb lean ground turkey
- 1 jalapeno pepper, seeded and minced
- 2 green onions, thinly sliced
- 2 garlic cloves, minced
- 2 tbsp fresh basil, minced
- 2 tbsp lime juice
- 2 tbsp reduced-sodium soy sauce
- 1-2 tbsp chili garlic sauce
- 1 tbsp sugar or sugar substitute (equivalent to 1 tbsp sugar)
- 12 Bibb or Boston lettuce leaves
- 1 medium cucumber, julienned
- 1 medium carrot, julienned
- 2 cups bean sprouts

Directions:

- In a large skillet, heat oil over medium heat.
- Add turkey and cook until no longer pink (about 6-8 minutes), breaking into crumbles.
- Add jalapeno, green onions and garlic and cook 2 minutes longer.
- Stir in basil, lime juice, soy sauce, chili garlic sauce and sugar and heat through.
- To serve, place turkey mixture in lettuce leaves; top with cucumber, carrot and bean sprouts. Fold lettuce over the filling.



Slow-Cooker Buffalo Chicken Dip

(14g fat per ¼ cup dip (no chips))

Ingredients:

- 2 packages (8 oz each) cream cheese, softened
- ½ cup ranch salad dressing
- ½ cup sour cream
- 5 tbsp crumbled blue cheese
- 2 cups shredded cooked chicken
- ½ cup buffalo wing sauce
- 2 cups shredded cheddar cheese, divided
- 1 green onion, sliced
- Tortilla chips or assorted fresh vegetables

Directions:

- In a small bowl, combine the cream cheese, dressing, sour cream and blue cheese.
- Transfer to a 3-qt. slow cooker.
- Layer with chicken, wing sauce and 1 cup cheddar cheese.
- Cover and cook on low for 2-3 hours or until heated through.
- Sprinkle with remaining 1 cup cheese and green onion.
- Serve with tortilla chips or vegetables.



Pizza Quesadillas

(12g fat per 1 quesadilla)

Ingredients:

- 8 oz baby bella mushrooms, roughly chopped
- 3 oz turkey pepperoni, diced
- 3 oz sun dried tomatoes in oil
- 6 oz shredded mozzarella
- 6 tortillas (ex: 6" Mission Carb Balance tortillas)

Directions:

- Add the pepperoni and mushrooms to a large nonstick skillet over medium-high heat.
- Cook until the mushrooms develop color and begin to shrink (about 6-8 minutes); stir occasionally to avoid burning.
- Add the sun-dried tomatoes and stir everything together in the skillet before transferring to a bowl to set aside.
- Reduce the heat to medium-low and place a tortilla in the skillet.
- Top one half of the tortilla with about ½ oz of the shredded mozzarella, about 3 tbsp of the pepperoni filling, and then another ½ oz of mozzarella on top.
- Fold the empty half of the tortilla over and briefly press to melt the cheese.
- Continue cooking until golden brown on both sides.
- Repeat to finish all 6 quesadillas.
- Slice each quesadilla into 3 triangles and serve with marinara or your choice of dipping sauce.



Baked Crab Dip

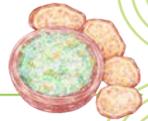
(6g fat per 2 tbsp of dip)

Ingredients:

- 1 package (8 oz.) cream cheese, softened
- 2 cups sour cream
- 2 cans (6 oz. each) crabmeat, drained, flaked and cartilage removed, or 2 cups flaked imitation crabmeat
- 2 cups shredded cheddar cheese
- 4 green onions, thinly sliced
- 2 - 1lb round loaves bread (e.g., unsliced sourdough or Italian bread)
- Additional sliced green onions, optional
- Assorted fresh vegetables, crackers and/or toasted bread cut into cubes

Directions:

- In a bowl, beat cream cheese until smooth.
- Add sour cream and mix well.
- Fold in crab, cheese and onions.
- Cut the top third off each loaf of bread; carefully hollow out bottoms, leaving 1" shells.
- Cube removed bread and tops; set aside.
- Spoon crab mixture into bread bowls and place on baking sheets.
- Place reserved bread cubes in a single layer around bread bowls.
- Bake, uncovered, at 350°F until the dip is heated through (about 45-50 minutes).
- Garnish with green onions if desired.



Grape Jelly and Chili Sauce Meatballs

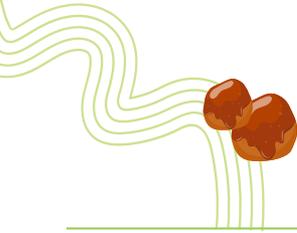
(6g fat per 1 meatball)

Ingredients:

- 2 packages (24 oz each) frozen fully cooked Italian meatballs
- 1 bottle (12 oz) chili sauce
- 1 jar (10 oz) grape jelly

Directions:

- Prepare meatballs according to package instructions.
- In a large skillet, combine chili sauce and jelly
- Cook and stir over medium heat until jelly has melted.
- Add meatballs to pan; heat through.



Good Mood Sardines

(6g fat per 1 meatball)

Ingredients:

- 4 tsp freshly squeezed lemon juice
- 2 tsp grated lemon zest
- 1 tbsp finely diced red onion
- 2 tsp finely chopped fresh parsley
- 2 tsp finely chopped fresh basil
- 2 tsp finely chopped fresh mint
- 1 tsp extra-virgin olive oil
- 1 tsp Dijon mustard
- ½ tsp sea salt
- 1 (4.35 oz) can sardines, packed in water

Directions:

- Put lemon juice, lemon zest, red onion, parsley, basil, mint, olive oil, mustard, and salt in a bowl and stir to combine.
- Add the sardines and flake them into chunky pieces with a fork.
- Stir gently to combine.
- Taste; you may want to add a pinch of salt or more lemon juice.
- Serve on crackers, in a sandwich or on top of a fresh salad.





Soups / Salads

Thai Noodle Salad

Serves: 8 | 12 g fat per serving: 1½ cups of salad)

Ingredients:

- 12 oz uncooked whole wheat spaghetti
- 2 large carrots, julienned
- ¾ cup reduced-fat creamy peanut butter
- 3 tbsp water
- 3 tbsp lime juice
- 3 tbsp molasses
- 4½ tsp reduced-sodium soy sauce
- 3 garlic cloves, minced
- 1½ tsp rice vinegar
- 1½ tsp sesame oil
- ¼ tsp crushed red pepper flakes
- 8 cups finely shredded Chinese or napa cabbage
- 2 cups shredded cooked chicken breast
- ¾ cup minced fresh cilantro
- 3 tbsp unsalted dry roasted peanuts, chopped

Directions:

- In a Dutch oven, bring water to a boil and cook spaghetti according to package directions, adding the carrots during the last 2 minutes of cooking.
- In a small bowl, whisk peanut butter, water, lime juice, molasses, soy sauce, garlic, vinegar, sesame oil and red pepper flakes until blended.
- Drain spaghetti and carrots; place in a large bowl.
- Add cabbage, chicken and dressing; toss to coat.
- Sprinkle with cilantro and peanuts.



Greek Cabbage Slaw

14 g fat per serving

Ingredients:

- ½ cabbage
- 1 full size cucumber
- ½ small sweet onion
- 1 sweet bell pepper (not green)
- 3 stalks celery
- ½- ¾ cup Greek olives, rough chop
- 4" x 4" x 2" feta cheese, diced
- ¼ cup fresh oregano (¼ tsp dry)
- ½ cup fresh basil, chopped (or 1 tsp dry. or 1 tsp Italian or Greek seasoning mix)
- ½ cup lime juice
- Optional: ¼ cup olive oil

Directions:

- In a bowl, combine cabbage, cucumbers, onion, peppers, celery, and Greek olives.
- Add diced feta cheese and mix well.
- Top with oregano, basil, lime juice, and olive oil (if desired).



Super Green Soup With Parm Crisps

Serves: 4 | 12.5g fat per serving: 1 cup)

Ingredients:

- 2 tbsp pine nuts, roughly chopped
- ½ cup finely grated Parmesan
- 2 tbsp olive oil
- 5 large shallots, chopped (2-3 cups)
- 6 large garlic cloves, smashed
- Kosher salt and pepper
- 5 cups bone or veg broth
- ½ cup red lentils
- 1½ tsp. freshly grated nutmeg
- 2 large bunches spinach (about 14 oz), thick stems removed (10 to 12 cups)
- 1½ cup flat-leaf parsley leaves



Directions:

- Heat a medium nonstick skillet on medium.
- Add pine nuts, tossing, until toasted (about 2 to 3 min) and set aside in small bowl.
- Sprinkle Parmesan in a skillet, then sprinkle with pine nuts and cook until golden brown (about 5 min).
- Remove from heat and let cook in pan until slightly crisp (about 45 seconds to 1 min).
- Pry up edges and transfer to a plate to cool completely, then break into shards and set aside.
- Heat oil in a medium saucepan on medium-low.
- Add shallots, garlic, and 1 tsp salt and cook, stirring occasionally, until it begins to soften (about 6 min).
- Stir in broth, lentils, and ½ tsp pepper and bring to a boil.
- Reduce heat and gently simmer, covered, stirring occasionally, until lentils are tender (about 15 to 20 min).
- Stir in nutmeg and half of spinach, and return to a boil.
- Stir in remaining spinach and parsley leaves, then immediately blend in batches until smooth.
- Serve soup with Parmesan crisps sprinkled on top.

Low-Carb Bok Choy Egg Ramen Noodle Soup

Serves: 1 | 11g fat per serving

Ingredients:

- 2 cups bok choy, trimmed, washed, cut up
- 2 cups low sodium broth vegetable, dashi, or chicken broth
- 4 oz. kelp noodles
- 1 large soft boiled egg
- 1 tsp sesame oil
- Toasted sesame seeds (optional)



Directions:

Prepare Bok Choy:

- Trim stems off bok choy.
- Place bok choy in bowl of cold water and swish around to remove any dirt or sand.
- Cut bok choy into rough pieces.

Cook Ramen Noodle Soup:

- Bring broth to a boil.
- Add bok choy and kelp noodles.
- Cook for a minute or two until bok choy is tender.
- Transfer noodles, bok choy and broth to a bowl.
- Cut open soft boiled egg and place on top.
- Drizzle sesame oil on top.
- Sprinkle some sesame seeds on top, if desired.

Healthy Chicken Pot Pie Soup

Serves: 4 | 10.9g fat per serving

Ingredients:

- 1 tbsp olive oil
- 1½ lbs uncooked boneless skinless chicken breast, diced
- Freshly ground salt and pepper
- ½ tsp olive oil
- 1 white onion, chopped
- 2 large carrots, sliced
- 3 cups diced yukon gold potatoes
- 3 cups finely chopped cauliflower florets
- 1 tsp dried thyme (or 1 tbsp fresh thyme)
- 2 cups of unsweetened almond milk, cashew milk, skim milk, 2% milk (if you want a richer soup, you can use whole milk)
- 3 cups low sodium chicken broth
- ½ tsp salt, plus more to taste
- Freshly ground black pepper
- 1 cup frozen peas

Directions:

- Place a large dutch oven or pot over medium high heat.
- Add olive oil.
- Once oil is hot, add in diced chicken breast and generously season with salt and pepper.
- Cook chicken until thoroughly cooked and no longer pink (about 4-6 minutes).
- Remove chicken from pot and transfer to a large bowl; set aside for later.
- In the same pot, add in ½ tsp olive oil, chopped onion, sliced carrots, diced yukon gold potatoes, diced cauliflower and thyme.
- Sauté for a few minutes until onion begins to soften, then add in milk, chicken broth, salt and pepper.
- Allow mixture to simmer uncovered until potatoes are fork tender (about 10 minutes).
- Remove about 3 cups of the mixture from the pot and add to a blender.
- Blend until completely smooth then transfer puree back to the pot.
- Stir in cooked chicken and frozen peas.
- Allow mixture to simmer for 5-10 more minutes to thicken.
- Add more salt and pepper to taste.
- Garnish with extra black pepper and fresh thyme, if desired.



Vegan Cream of Mushroom Soup

Serves: 4 | 10.8g fat per serving: 1 bowl

Ingredients:

- 1 tbsp oil
- 1 medium leek, halved and then sliced
- About 1½ lb mushrooms, sliced
- 4 cloves garlic, minced
- Black pepper
- About 4 cups hot vegetable stock
- 12 oz (or 1¼ cups) silken tofu
- 2 tsp dried parsley (or a few sprigs fresh parsley, roughly chopped)
- 3 tbsp pine nuts

Directions:

- Heat a oil in a large frying pan.
- Add the sliced leek and cook for over a medium heat, until soft, then add the sliced mushrooms.
- Add the garlic and a generous pinch of black pepper. Cook for a few more minutes until the leek and mushrooms are cooked and beginning to brown.
- Transfer the cooked vegetables to a blender.
- To deglaze the pan, add a little of the vegetable stock to the empty frying pan and bring to a boil.
- Use any cooked-on bits of mushroom and leek from the bottom of the pan into the liquid.
- Add the liquid from the pan to the blender, along with the remaining veggie stock, silken tofu, and parsley.
- Blitz thoroughly until the soup is smooth.
- Check the soup seasoning, adding more salt, pepper or parsley if desired, and blitz again to combine.
- To make the toasted pine nuts, add the nuts to a dry frying pan, and cook over a medium heat.
- Once the pan is hot, the nuts will brown very quickly, so keep stirring them, and remove them from the pan as soon as they're browned to your liking.
- Serve with any remaining garlic mushrooms, the toasted pine nuts, and some extra parsley.





Chickpea Soup with Parmesan Crostini

Serves: 4 | 12.9g fat per serving

Ingredients:

- 2 tbsp extra-virgin olive oil
- 3 large garlic cloves, roughly chopped
- 1 small onion, chopped
- 2 tsp smoked paprika
- ¼ tsp ground cumin
- 2 (15-oz) cans chickpeas, drained
- 2 cups tomato puree (store bought or)
- 2 cups water
- 5 oz baby spinach
- 1 tsp kosher salt
- 1 pinch of freshly ground pepper
- Extra grated Parmesan, for garnish (optional)
- 1 tbsp chopped parsley, for garnish (optional)

For the Parmesan crostini

- 8 slices crusty French baguette
- ¼ cup olive oil
- ½ cup grated parmesan cheese

Directions:

- In a large pot, heat the olive oil over medium heat.
- Add garlic and onion to the pot and cook for a few minutes until onion starts to soften.
- Add smoked paprika and ground cumin and stir until the onion is well coated.
- Add the chickpeas, tomato puree, and bring water to a boil.
- Lower the heat until it's simmering (about 10 to 15 minutes) and then add spinach, salt and pepper.
- Stir and once the spinach has wilted down, puree the soup.

Make the Crostini (while soup simmers):

- Brush each slice of bread with olive oil and place in an even layer on a baking sheet.
- Top each slice with about one tbsp of grated Parmesan cheese.
- Place the baking sheet under the broiler in the oven. Don't take your eyes off the bread – the cheese will melt quickly and you want them a nice golden brown, which won't take long. Then remove them from the oven.

To serve the soup: garnish each bowl with grated parmesan and chopped parsley and add the crostini on top.

Creamy Artichoke Pea Soup

Serves: 2-3 | 14g fat per serving: 1 cup



Ingredients:

- 1 tbsp olive oil or butter for the pan
- ½ cup chopped onion or shallot
- Pinch of salt
- 1¾ to 2 cups purified water or broth
- 12 oz fresh or frozen green peas
- ½ cup artichoke hearts
- 1 medium avocado
- 1 garlic clove or 2 tsp minced
- 3-4 fresh basil leaves
- ½ cup Greek yogurt or coconut milk/cream
- ¼ tsp ground black pepper
- ½ tsp red pepper flakes, or to taste

Directions:

- Melt butter or oil in a medium pot over medium heat.
- Add onion and saute until onions are fragrant, but not too brown (about 5 minutes).
- Add pinch of salt and water or broth to a saucepan. Stir to combine and bring to a boil.
- Add peas and artichoke and cook, stirring occasionally, until peas are tender (about 2-3 minutes). Reduce to medium low to low heat.
- Place pea soup mixture in a blender and add in avocado (peeled and pitted), garlic, basil, yogurt, black pepper, and red pepper flakes.
- Blend on medium to medium-high for 2-3 minutes until creamy texture is formed and then add soup back into pot.
- Add salt and pepper and stir until combined.
- Serve warm or allow soup to chill in fridge for 30 minutes.



French Onion Soup

Serves: 6 | 11g fat per serving: 1-½ cup soup

Ingredients:

- 2 lbs yellow onions, sliced thin
- 2 tbsp unsalted butter
- 2 tbsp flour (can use gluten-free flour)
- 1 bay leaf
- ½ tsp dried thyme
- 1 oz dry sherry
- 1 oz cognac or brandy
- 2 oz white wine
- 9 cups beef broth (store bought or homemade)
- Kosher salt and freshly ground pepper, to taste
- 6 slices toasted Italian bread (6 oz) or gluten-free bread
- 6 slices reduced-fat Swiss, or your favorite cheese

Directions:

- In a Dutch oven, or large pot, sauté onions with the butter over medium heat, until the onions are soft and golden (about 20 to 30 minutes), stirring often. Add a few drops of water if they get too dry.
- Add flour, mixing well (about 2-3 minutes).
- Add thyme, bay leaf, sherry, wine and brandy, and simmer uncovered (about 10 more minutes).
- Add the beef broth, salt & pepper to taste and reduce heat.
- Cover and simmer for about 20 minutes.
- Remove bay leaf and ladle 1½ cups soup into 6 oven-proof bowls.
- Place bowls on a baking sheet.
- Place sliced toasted bread rounds into each bowl and top bread with cheese.
- Broil 2 to 3 minutes, until cheese melts.

Fresh Pea Soup with Herbs

Serves: 6 | 12.6g fat per serving: 1½ cup soup

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 3 cups vegetable broth (plus more, as needed)
- 1 cup full-fat coconut milk
- 6 cups shelled fresh peas (about 2 lbs)
- ½ cup fresh mint leaves, roughly chopped and packed
- ½ cup fresh parsley, roughly chopped
- ½ cup chopped scallions
- 2 tbsp lemon juice, plus more to taste
- Salt and pepper, to taste

Directions:

- Coat the bottom of a large pot with oil and place it over medium heat.
- When the oil is hot, add the onion and cook it for about 5 minutes, stirring occasionally, until soft and translucent.
- Add the garlic and continue cooking for about 1 minute, until very fragrant.
- Stir in the broth, coconut milk, and peas. Raise the heat and bring the liquid to a boil.
- Lower the heat and allow the soup to simmer until the peas are tender and bright green, about 7 minutes.
- Remove the pot from heat. Stir in the mint, parsley and scallions. Continue stirring until the herbs are fully wilted.
- Begin transferring the soup to a food processor or blender in batches, blending until smooth.
- Return the soup to the pot and reheat it if necessary.
- Remove the pot from heat. Stir in the lemon juice and season the soup with salt and pepper to taste.
- Ladle into bowls and serve.



Cauliflower Chowder

Serves: 6 | 13g fat per serving: 1½ cup soup

Ingredients:

- 4 slices bacon, diced
- 2 tbsps unsalted butter
- 3 cloves garlic, minced
- 1 onion, diced
- 2 celery ribs, diced
- 1 head cauliflower, roughly chopped
- 1 bay leaf
- ¼ cup all-purpose flour
- 4 cups chicken broth
- 1 cup 2% milk
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp chopped fresh parsley leaves



Directions:

- Heat a large stockpot or dutch oven over medium heat.
- Add bacon and cook until brown and crispy (about 6-8 minutes).
- Transfer to a paper towel-lined plate, reserving 1 tbsp excess fat in the stockpot.
- Melt butter in the stockpot.
- Add garlic, onion and celery.
- Cook, stirring occasionally, until tender (about 3-4 minutes).
- Stir in cauliflower and bay leaf.
- Cook, stirring occasionally, until barely crisp/tender (about 4-5 minutes).
- Whisk in flour until lightly browned (about 1 minute).
- Stir in chicken broth and milk, and cook, stirring frequently, until slightly thickened (about 3-4 minutes).
- Bring to a boil; reduce heat and simmer until cauliflower are tender (about 12-15 minutes).
- Season with salt and pepper, to taste.
- Puree with an immersion blender until desired consistency is reached.
- Serve immediately, garnished with bacon and parsley, if desired.



Sides & Veggies

Air Fried Spicy Chinese Eggplant

Serves: 6 | 12g fat per serving

Ingredients:

Air Fried Eggplant

- 1 lb Asian eggplant
- 1 tbsp kosher salt
- 1 tbsp oil

Spicy Eggplant Meat Sauce

- ½ lb ground turkey
- 2 tsp soy sauce
- 1 tsp Chinese rice wine (sherry can be substituted)
- 1 tbsp oil
- 1 tbsp garlic, minced
- 1 tbsp ginger, skin removed and minced
- ½ tsp Szechuan peppercorns, crushed
- 1 tbsp Chinese chili paste
- 1 tbsp Chinese rice wine
- 2 tsp sugar
- 2 tbsp Chinese black vinegar or balsamic vinegar
- 1 tsp cornstarch
- ½ tsp sesame oil
- 1 scallion

Directions:

Air Fried Eggplant

- Trim tops off eggplant and cut into ¾" thick pieces, about 3" in length.
- Place in a bowl. Cover with cold water and 1 tbsp kosher salt. Let sit 15 minutes.
- Drain eggplant, rinse under cold water, and pat dry with paper towels and return to dry bowl.
- Toss with one tbsp oil.
- Air Fry eggplant at 390-400°F until inside flesh is tender (about 15 minutes).

Spicy Eggplant Meat Sauce

- While eggplant is air-frying, prepare Eggplant Meat Sauce.
- Marinate ground turkey with soy sauce and 1 tsp rice wine for 15 minutes.
- Heat 1 tbsp oil in wok or large skillet.
- Add garlic and ginger and stir-fry until fragrant (about 30 seconds).
- Add crushed Szechuan peppercorns and chili paste and cook for another minute.
- Add marinated meat and stir-fry until brown.
- Add rice wine, sugar, vinegar, and 3 tbsp water.
- Bring to a boil; then reduce heat and add air-fried eggplant.
- Toss and simmer for 2-3 minutes.
- Mix cornstarch with 2 tsp cold water and stir into eggplant to thicken sauce.
- Drizzle with sesame oil and toss.
- Garnish with chopped scallions.



Roasted Acorn Squash With Chile Lime Vinaigrette

Serves: 6 | 14g fat per serving

Ingredients:

- 2 (1½ to 1¾ pound) acorn squash
- ½ tsp black pepper
- 1 tsp salt
- 6 tbsp olive oil
- 1 garlic clove
- 1½ tbsp fresh lime juice, or to taste
- 1 to 2 tsp finely chopped fresh hot red chiles, including seeds
- 2 tbsp chopped fresh cilantro



Directions:

- Put oven racks in upper and lower thirds of oven and preheat oven to 450°F.
- Halve squash lengthwise. Then, cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into ¾-inch-wide wedges.
- Toss squash with black pepper, ¾ tsp salt and 2 tbsp oil in a bowl.
- Arrange, cut sides down, in two large, shallow baking pans.
- Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown (about 25 to 35 minutes).
- While squash roasts, mince garlic and mash to a paste with remaining ¼ tsp salt.
- Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro and remaining ¼ cup oil until combined.
- Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

Sauteed Eggplant

Serves: 4 | 13.7g fat per serving

Ingredients :

- 1 medium eggplant
- ½ tsp garlic powder
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ cup olive oil (more as needed)



Directions:

- Slice the eggplant into circles, about ¼ inch thick and remove leafy end.
- If the slices are damp, pat them dry.
- Sprinkle the eggplant slices on both sides with garlic powder, sea salt, and black pepper.
- Heat 2 tbsp of olive oil in a 12-inch nonstick skillet over medium-low to medium heat.
- Working in batches, add the eggplant slices in a single layer.
- Sauté eggplant until soft, browned, and caramelized on both sides (about 3-6 minutes per side).
- Repeat with the remaining eggplant slices, adding about 1-2 tbsp of oil per batch.

Smashed Brussels Sprouts

Serves: 4 | 10.3g fat per serving: 1 cup

Ingredients:

- 1 lb Brussels sprouts
- 2 tbsp olive oil (plus more for the baking sheet, or cooking spray)
- 1 tsp garlic powder
- 2½ tsp sea salt (divided into 2 tsp and 1/2 tsp)
- 1/8 tsp cayenne pepper (or more if you like heat)
- ½ cup parmesan cheese (divided into 5 tbsp and 3 tbsp)



Directions:

- Preheat the oven to 425°F.
- Boil a large pot of boiling water with 2 tsp of sea salt.
- Carefully add the brussels sprouts, return to a boil, and boil until tender (about 8-10 minutes).
- Run the sprouts under cold water or plunge into an ice bath to prevent overcooking.
- Drain and pat dry with a paper towel.
- In a large bowl, toss the brussels sprouts together with the olive oil, garlic powder, remaining ½ tsp of sea salt, and cayenne pepper.
- Add 5 tbsp (about ⅓ cup) of the parmesan cheese (if using) and toss again.
- Spray a large baking sheet with cooking spray and arrange the sprouts in a single layer, with about 1.5 - 2 inches of space between them.
- Using the bottom of a glass or mason jar, push down on the sprouts to smash them flat.
- Sprinkle the remaining 3 tbsp of grated parmesan cheese on top (optional).
- Roast smashed brussels sprouts for 25-30 minutes, flipping halfway through, until golden and crispy on both sides.

Sweet Potato & Cabbage Slaw

Serves: 6 | 14g fat per serving

Ingredients :

- 1½ tbsp canola oil
- 3 tbsp toasted sesame oil
- 4½ tbsp white wine vinegar
- 3 tbsp maple syrup
- 3 tsp Dijon mustard
- ½ tsp salt
- 1 tbsp poppy seeds
- 3 cups coarsely grated peeled sweet potato (about 1 large)
- 3 cups thinly shredded cabbage
- 4 scallions, trimmed and thinly sliced
- 1 tsp finely minced serrano or jalapeno pepper, with seeds (optional)



Directions:

- Whisk canola oil, sesame oil, vinegar, maple syrup, mustard, salt and poppy seeds in a large bowl.
- Add sweet potato, cabbage, scallions and serrano/jalapeno, if using
- Toss to combine.

Sauteed Broccoli

Serves: 4 | 14g fat per serving: 3/4 cup

Ingredients:

- ¼ cup olive oil
- 4 cloves garlic (minced)
- 1 bunch broccoli florets (4 cups)
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ cup water

Directions:

- Heat the olive oil in a large sauté pan medium heat.
- Add the minced garlic and sauté (about 30 seconds).
- Add the broccoli florets.
- Season with sea salt and black pepper.
- Increase heat to medium high.
- Stir fry for 3-4 minutes, until the broccoli starts to turn bright green and brown a bit.
- Add the water.
- Cover with a lid and cook until broccoli is crisp-tender (about 3-5 minutes).
- Remove the lid and if there is any remaining water, stir fry for another minute until it evaporates.
- Adjust salt and pepper to taste if needed.





Entree Recipes

Slow-Cooker Pork Chops & Potatoes

Serves 6 | 14g fat per serving: 1 pork chop

Ingredients:

- 4 medium potatoes, peeled and thinly sliced
- 6 bone-in pork loin chops (7 oz each)
- 1 tbsp canola oil
- 2 large onions, sliced and separated into rings
- 2 tsp butter
- 3 tbsp all-purpose flour
- ¼ tsp salt
- ¼ tsp pepper
- 1 can (14- ½ oz) reduced-sodium chicken broth
- 1 cup fat-free milk



Directions:

- Place potatoes in a 5 or 6 quart slow cooker coated with cooking spray.
- In a large nonstick skillet, brown pork chops in oil in batches.
- Place chops over potatoes.
- Saute onions in drippings until tender; place over chops.
- Melt butter in skillet.
- Combine the flour, salt, pepper and broth until smooth and stir into pan with butter.
- Add milk and bring to a boil. Cook and stir until thickened. (about 2 minutes).
- Pour sauce over onions.
- Cover and cook on low until pork is tender (about 8-10 hours)
- Skim fat and thicken cooking juices if desired.

Shrimp with Orzo and Feta

Serves 4 | 12g fat per serving: 1 cup



Ingredients:

- 1¼ cups uncooked whole wheat orzo pasta
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 2 medium tomatoes, chopped
- 2 tbsp lemon juice
- 1¼ lbs uncooked shrimp (26-30 per lb), peeled and deveined
- 2 tbsp minced fresh cilantro
- ¼ tsp pepper
- ½ cup crumbled feta cheese

Directions:

- Cook orzo according to package directions.
- Meanwhile, in a large skillet, heat oil over medium heat.
- Add garlic; cook and stir (1 minute).
- Add tomatoes and lemon juice and bring to a boil.
- Stir in shrimp and reduce heat; simmer, uncovered, until shrimp turn pink (about 4-5 minutes).
- Drain orzo
- Add orzo, cilantro and pepper to shrimp mixture; heat through.
- Sprinkle with feta cheese.

Sheet-Pan Chicken and Veggies

Serves 6 | 14g fat per serving: 1 chicken thigh with 1 cup veggies

Ingredients:

- 2 lbs red potatoes (about 6 medium), cut into ¾ -inch pieces
- 1 large onion, coarsely chopped
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tbsp fresh rosemary, minced or 1 tsp dried rosemary, crushed
- 1¼ tsp salt, divided
- ¾ tsp pepper, divided
- ½ tsp paprika
- 6 bone-in chicken thighs (about 2¼ lbs), skin removed
- 6 cups fresh baby spinach (about 6 oz)
- Lemon wedges, optional



Directions:

- Preheat oven to 425°F.
- In a large bowl, combine potatoes, onion, oil, garlic, fresh or dried rosemary, ¾ tsp salt and ½ tsp pepper; toss to coat.
- Transfer to a 15x10x1-in. baking pan coated with cooking spray.
- In a small bowl, mix paprika, and the remaining ½ tsp salt and ¼ tsp pepper.
- Sprinkle chicken with paprika mixture; arrange over vegetables.
- Roast until a thermometer inserted in chicken reads 170-175°F and vegetables are just tender (about 35-40 minutes).
- Top vegetables with spinach.
- Roast until vegetables are tender and spinach is wilted (about 8-10 minutes longer).
- Stir vegetables to combine; serve with chicken.

Summer Steak Kabobs

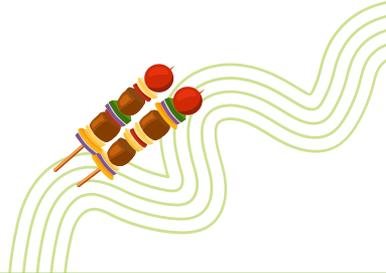
Serves 6 | 12g of fat: 2 kabobs

Ingredients:

- ½ cup canola oil
- ¼ cup soy sauce
- 3 tbsp honey
- 2 tbsp white vinegar
- ½ tsp ground ginger
- ½ tsp garlic powder
- 1½ lbs beef top sirloin steak, cut into 1-inch cubes
- ½ pound whole fresh mushrooms
- 2 medium onions, cut into wedges
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1 medium green pepper, cut into 1-inch pieces
- 1 medium yellow summer squash, cut into ½-inch slices
- Hot cooked rice

Directions:

- In a large bowl, combine first six ingredients.
- Add beef; turn to coat.
- Cover and refrigerate for 8 hours or overnight.
- On 12 metal or soaked wooden skewers, alternately thread beef and vegetables; discard marinade.
- Grill kabobs, covered, over medium heat until beef reaches desired doneness (about 10-12 minutes), turning occasionally.
- Can serve with rice.



Top-Rated Italian Pot Roast

Serves: 8 | 12g fat per serving: 3oz cooked beef with 2/3 cup sauce

Ingredients:

- 1 cinnamon stick (3 inches)
- 6 whole peppercorns
- 4 whole cloves
- 3 whole allspice berries
- 2 tps olive oil
- 1 boneless beef chuck roast (2 lb)
- 2 celery ribs, sliced
- 2 medium carrots, sliced
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 cup dry sherry or reduced-sodium beef broth
- 1 can (28 oz.) crushed tomatoes
- 1/4 tsp salt
- Hot cooked egg noodles and minced parsley, optional

Directions:

- Place cinnamon stick, peppercorns, cloves and allspice on a double cheesecloth thickness.
- Gather corners of cloth to enclose spices; tie securely with string.
- In a large skillet, heat oil over medium-high heat.
- Brown roast on all sides; transfer to a 4-qt. slow cooker.
- Add celery, carrots and spice bag.
- Add onion to same skillet; cook and stir until tender.
- Add garlic; cook 1 minute longer.
- Add sherry, stirring to loosen browned bits from pan.
- Bring to a boil; cook and stir until liquid is reduced to 2/3 cup.
- Stir in tomatoes and salt and pour over roast and vegetables.
- Cook, covered on low until meat and vegetables are tender (about 6-7 hours).
- Remove roast from slow cooker; keep warm.
- Discard spice bag; skim fat from sauce.
- Serve roast and sauce with noodles and parsley if desired.



Ground Beef Bulgogi

Serves 6 | 12 grams of fat per serving

Ingredients:

- 1 tbsp avocado oil or sesame oil
- 1 onion, diced
- 1 red pepper, diced
- 2 lbs lean ground beef (85% lean)
- 2 carrots, grated (optional)
- 1/3 cup sliced green onion
- 2 tsp sesame seeds

Sauce:

- 2 tsp ginger, minced
- 1 tbsp garlic, minced
- 1/3 cup packed coconut or brown sugar
- 1/2 cup reduced-sodium soy sauce
- 1 tsp sesame oil
- 2 tbsp gochujang
- 2 tbsp mirin (can substitute with another cooking wine)
- 1 tbsp rice wine vinegar

Directions:

- Add all sauce ingredients into a medium sized bowl and whisk together. Set aside.
- In a large skillet over medium-high heat, add avocado oil.
- When oil is warm, add chopped pepper and onion and sauté for 3-4 minutes until starting to sear.
- Add beef and brown, breaking it up with a spatula into small pieces as it cooks.
- Once beef has browned, add carrot (if using) and remaining sauce. Let cook 2-3 minutes longer, stirring to mix sauce evenly into beef.
- Remove from heat, add green onion and stir lightly. Sprinkle with sesame seeds and serve over rice, or cauliflower rice, in tacos with kimchee, in lettuce wraps, or however else you prefer.

Stir-Fry Rice Bowl

Serves 4 | 11g fat per serving

Ingredients:

- 1 tbsp canola oil
- 2 medium carrots, julienned
- 1 medium zucchini, julienned
- ½ cup sliced baby portobello mushrooms
- 1 cup bean sprouts
- 1 cup fresh baby spinach
- 1 tbsp water
- 1 tbsp reduced-sodium soy sauce
- 1 tbsp chili garlic sauce
- 4 large eggs
- 3 cups hot cooked brown rice
- 1 tsp sesame oil



Directions:

- In a large skillet, heat canola oil over medium-high heat.
- Add carrots, zucchini and mushrooms; cook and stir until carrots are crisp-tender (about 3-5 minutes).
- Add bean sprouts, spinach, water, soy sauce and chili sauce; cook and stir just until spinach is wilted. Remove from heat; keep warm.
- Place 2-3 in. water in a large skillet with a high side.
- Bring to a boil; adjust heat to maintain a gentle simmer.
- Break cold eggs, 1 at a time, into a small bowl; holding bowl close to surface of water, slip egg into water.
- Cook, uncovered, 3-5 minutes or until the egg whites are completely set and the yolks begin to thicken but are not hard.
- Using a slotted spoon, lift eggs out of water.
- Serve rice in bowls; top with vegetables.
- Drizzle with sesame oil and top each serving with a poached egg.

Maple Glaze Salmon (Alaskan Sockeye)

Serves 2 | 14g fat per serving

Ingredients:

- 1 tsp paprika
- ½ tsp chili powder
- ¼ cup maple syrup
- 1 tsp sea salt
- ½ lb salmon filet



Directions:

- Preheat oven to 400°F.
- Add the maple syrup, paprika, chili powder, and sea salt to a small bowl and whisk together.
- Line a shallow glass baking dish with tin foil, being sure to use enough to cover the edges of the dish and place the salmon inside.
- Pour the syrup mixture over the salmon filet, taking care to coat it evenly.
- Cook the salmon for 15 minutes.
- Remove the fish from the oven and coat it with syrup from the dish using a basting brush or spoon.
- Cook for an additional 5 minutes.
- The salmon is done when it flakes easily with a fork.

Chicken Veggie Skillet

Serves 6 | 11g of fat per serving: 1 cup

Ingredients:

- 1½ lbs boneless skinless chicken breasts, cut into ½-inch strips
- ½ tsp salt
- ¼ tsp pepper
- 6 tsp olive oil, divided
- ½ lb sliced fresh mushrooms
- 1 small onion, halved and sliced
- 2 garlic cloves, minced
- 1 lb fresh asparagus, trimmed and cut into 1-inch pieces
- ½ cup sherry or chicken stock
- 2 tbsp cold butter, cubed



Directions:

- Sprinkle chicken with salt and pepper.
- In a large skillet, heat 1 tsp oil over medium-high heat.
- Add half the chicken; cook and stir until no longer pink (about 3-4 minutes).
- Remove from pan and repeat with 1 tsp oil and remaining chicken and remove from skillet.
- In same pan, heat 2 tsp oil.
- Add mushrooms and onion; cook and stir until tender (about 2-3 minutes).
- Add garlic; cook 1 minute longer and then add to chicken.
- Heat remaining oil in pan.
- Add asparagus and cook until crisp-tender (about 2-3 minutes).
- Remove and add to chicken and mushrooms.
- Add sherry to skillet, stirring to loosen browned bits from pan.
- Bring to a boil; cook 1-2 minutes or until liquid is reduced to 2 tbsp.
- Return chicken and all vegetables to pan and heat through.
- Remove from heat and stir in butter, 1 tbsp at a time.

Grilled Tri Tip Steak 4oz raw

Serves 8 | 14g of fat per serving

Ingredients:

- 1½ lbs tri tip steak
- ¼ cup vinegar
- ¼ cup olive oil
- ¼ cup soy sauce
- 2 tbsp + 2 tsp balsamic vinegar
- 4 cloves garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- ¼ tsp cayenne pepper
- 1 tsp dried thyme
- 1 tsp paprika
- 1 tsp mustard

Directions:

- Combine all the ingredients, except the steak, in a bowl to make a marinade.
- Place the meat inside the bowl with the marinade and allow it to marinate for at least 10 minutes or up to twelve hours.
- If marinating the meat for over two hours, bring the meat to room temperature.
- Preheat the grill on high heat.
- Place the meat on the grill and cook, occasionally basting it with the marinade liquid. Flip the meat every 4-5 minutes until it browns on all sides, around 20 minutes or until it cooks to your desired doneness.
- Let the meat rest for 10 minutes covered before slicing.



Vegetable & Beef Stuff Red Peppers

Serves 6 | 13g fat per serving: 1 stuffed pepper



Ingredients:

- 6 medium sweet red peppers
- 1 pound lean ground beef (90% lean)
- 1 tbsp olive oil
- 1 medium zucchini, chopped
- 1 medium yellow summer squash, chopped
- 1 medium onion, finely chopped
- ½ cup finely chopped green pepper
- 2 cups coarsely chopped fresh spinach
- 4 garlic cloves, minced
- 1 cup ready-to-serve long grain and wild rice
- 1 can (8 oz) tomato sauce
- ½ cup shredded part-skim mozzarella cheese
- ¼ tsp salt
- 3 slices reduced-fat provolone cheese, halved

Directions:

- Preheat oven to 350° F.
- Cut and discard tops from red peppers; remove seeds.
- In a 6-qt. stockpot, cook peppers in boiling water until crisp-tender (3-5 minutes); drain and rinse in cold water.
- In a large skillet, cook beef over medium heat until no longer pink, breaking into crumbles (about 6-8 minutes).
- Remove with a slotted spoon; pour off drippings.
- In same pan, heat oil over medium heat; sauté zucchini, yellow squash, onion and green pepper until tender (4-5 minutes).
- Add spinach and garlic and cook and stir until spinach is wilted (about 1 minute).
- Stir in cooked beef, rice, tomato sauce, mozzarella cheese and salt.
- Place red peppers in a greased 8-in. square baking dish and fill with meat mixture.
- Bake, covered, until peppers are tender (about 35-40 minutes).
- Top with provolone cheese; bake, uncovered, until cheese is melted (about 5 minutes).

Pressure Cooker Mexican Shredded Chicken Thighs

Serves 8 | 11g of fat per serving: 4 oz serving

Ingredients:

- 2 lbs boneless skinless chicken thighs
- 2 tbsp olive oil
- 2 tsp kosher salt (or 1 tsp table salt)
- 2 tsp garlic powder
- 2 tsp chipotle chili powder
- 2 tsp dried oregano
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 12 oz cerveza (any cerveza or beer will work. You can also sub the beer 1:1 for chicken broth)



Directions:

- Mix the dry ingredients in a small bowl.
- In a large bowl, coat the chicken in olive oil before adding the spices. Stir to evenly coat.
- Set a pressure cooker's sauté function to high and let the pot heat up.
- Add the chicken thighs and cook for 2-3 minutes to develop color before flipping and cooking an additional 2-3 minutes.
- Add the cerveza and make sure none of the chicken thighs are stuck to the pot.
- Seal and pressure cook for 5 minutes on high with quick release pressure (vent immediately) or until the chicken thighs reach an internal temperature of 165°F.
- Remove the cooked chicken and shred.
- Use the sauté function to reduce the remaining liquid while you shred the chicken.

Fish Tacos with Guacamole

Serves 4 | 11g of fat per serving: 2 tacos

Ingredients:

- 2 cups angel hair coleslaw mix
- 1½ tsp canola oil
- 1½ tsp lime juice

Guacamole:

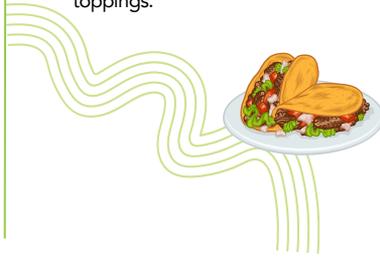
- 1 medium ripe avocado, peeled and quartered
- 2 tbsp fat-free sour cream
- 1 tbsp finely chopped onion
- 1 tbsp minced fresh cilantro
- ½ tsp salt
- Dash pepper

Tacos:

- 1 pound tilapia fillets, cut into 1-inch pieces
- ¼ tsp salt
- ½ tsp pepper
- 2 tsp canola oil
- 8 - 6-inch corn tortillas, warmed
- Optional toppings: hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper

Directions:

- In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving.
- In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.
- Sprinkle tilapia with salt and pepper.
- In a large nonstick skillet, heat oil over medium-high heat.
- Add tilapia and cook until fish just begins to flake easily with a fork (about 3-4 minutes on each side).
- Serve in tortillas with coleslaw, guacamole and desired toppings.



Pumpkin Chili with Ground Beef

Serves 6 | 14g of fat per serving: 1⅓ - 1½ cup

Ingredients:

- 1 tbsp avocado oil and olive oil
- 2 cups yellow onion, chopped
- 1 medium green bell pepper, diced
- 6 cloves garlic, minced
- 1½ lbs grass-fed ground beef or ground turkey
- 1 28-oz can diced tomatoes
- ½ 6-oz can tomato paste
- 1 14-oz can pumpkin puree
- ½ - 1 cup chicken broth or water
- 2½ tsp dried oregano
- 2 tbsp chili powder
- ¾ tsp ground cinnamon
- 2 tsp ground cumin
- 1 tsp sea salt
- ½ tsp black pepper
- *Optional:* ¼-½ tsp of cayenne (for heat)
- *Suggested Toppings:* Fresh cilantro, sliced green onions, lime wedges, and hot sauce.

Directions:

Slow Cooker Directions:

- Heat a large pan over medium-high heat.
- Add the oil and saute the onions and peppers, stirring occasionally, for about 7 minutes or until onions start to soften.
- Add the garlic and cook an additional 30 seconds.
- Add the ground beef or ground turkey. Use a spatula or large spoon to break it up as it cooks.
- Cook until meat is nearly cooked through (about 8-10 minutes).
- Drain any excess liquid from the meat and transfer the meat mixture to the slow cooker.
- Add remaining ingredients (diced tomatoes through black pepper) and stir.
- Set heat to LOW and cook for 6-7 hours or on HIGH for 3-4 hours.



Mongolian Beef

Serves 4 | 13g of fat per serving

Ingredients:

- 1 lb flank steak (thinly sliced against the grain)
- 2 tbsp cornstarch
- 2-4 tbsp canola oil
- 1 yellow onion, sliced
- 2 green onions, chopped (green and white parts separated)
- 4 garlic cloves, chopped
- 1-inch ginger, chopped
- ¼ cup reduced-sodium soy sauce
- ¼ cup water
- 1 tbsp hoisin sauce
- 3 tbsp brown sugar
- Salt to taste



Directions:

- Cover the flank steak with cornstarch, making sure each piece is covered. Set aside.
- Heat the canola oil in a large skillet over medium-high heat.
- Once the oil is hot, add the flank steak to the frying pan in a single layer, making sure that the pieces are not touching.
- Cook until each side is browned (about 1-2 minutes per side). Cook in batches until all the flank steak is cooked. Set aside.
- Add sliced yellow onion, whites of green onions, garlic, and ginger to the skillet and stir fry for about 3 minutes, until the onions are slightly softened but still have a little crunch.
- Add soy sauce, water, hoisin sauce, and brown sugar and stir.
- Add steak back to the pan along with the green parts of the onions.
- Remove from heat and serve.

Pork and Potatoes Supper

Serves 4 | 10g of fat per serving: 1½ cups

Ingredients:

- 2 tbsp butter, divided
- 1 pork tenderloin (1 lb), cut into ¼-inch slices
- 1 cup sliced fresh mushrooms
- 2 garlic cloves, minced
- 8 small red potatoes, quartered
- 1 can (14½ oz) reduced-sodium chicken broth, divided
- 2 tsp Worcestershire sauce
- ¼ tsp salt
- ¼ tsp pepper
- 2 tbsp all-purpose flour
- 4 green onions, sliced



Directions:

- In a 12" skillet, heat 1 tbsp butter over medium heat.
- Cook pork until tender (about 2-4 minutes on each side) and remove from pan.
- In same pan, heat remaining butter over medium-high heat.
- Add mushrooms; cook and stir until almost tender.
- Add garlic; cook 1 minute longer.
- Stir in potatoes, 1- ½ cups broth, Worcestershire sauce, salt and pepper and bring to a boil
- Reduce heat; simmer, covered until potatoes are tender (about 10-15 minutes).
- In a small bowl, mix flour and remaining broth until smooth and stir into mushroom mixture.
- Bring to a boil; cook and stir until sauce is thickened.
- Stir in green onions.
- Return pork to pan and heat through.

Spinach Garlic Parmesan Orzo with Crispy Bacon

Serves 4 | 13.3g fat per serving

Ingredients:

- 8 slices bacon
- 10 oz uncooked orzo pasta (about 1 $\frac{2}{3}$ cup)
- $\frac{1}{2}$ cup reserved pasta water, after pasta is done boiling
- 1 tbsp butter
- 3 cloves garlic, finely minced
- $\frac{1}{2}$ cup shredded carrots (or carrots cut into matchsticks)
- $\frac{2}{3}$ cup frozen or fresh sweet corn
- 1 red bell pepper, cut into chunks
- 1 (5 oz) package of organic spinach
- $\frac{1}{2}$ cup freshly grated parmesan cheese
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp red chili pepper flakes, plus more if desired
- Freshly ground salt and pepper
- To garnish: fresh flat-leaf parsley and extra parmesan cheese, corn and bacon on top

Directions:

- Add bacon to a large skillet and place over medium heat, cook bacon on both sides until crispy.
- Once bacon is done, blot with a paper towel to absorb excess grease, then chop into bite sized pieces and set aside.
- While the bacon is cooking, place a large pot of water over high heat and add in a generous amount of salt.
- Once water boils, stir in the orzo and cook until al dente (about 7-9 minutes).
- Once orzo is done cooking, drain pasta and set aside in the colander. Make sure to reserve $\frac{1}{2}$ cup of the pasta water.
- Add 1 tbsp butter to the same pot you cooked the pasta in and place over medium heat.
- Once butter is melted, add in minced garlic, carrot, corn, red bell pepper and saute for 2 minutes.
- Add in spinach and cook until the spinach wilts (about 2 minutes).
- Add the cooked orzo back into the pot and turn the heat to low. Stir in the reserved pasta water, parmesan, garlic powder and red chili pepper flakes.
- Finally, stir in bacon crumbles.
- Add salt and pepper to taste.



Cheese Tortellini with Tomatoes and Corn

Serves 4 | 12g fat per serving: 1¾ cup

Ingredients:

- 1 package (9 oz) refrigerated cheese tortellini
- 3 ½ cups fresh or frozen corn (about 16 oz)
- 2 cups cherry tomatoes, quartered
- 2 green onions, thinly sliced
- ¼ cup minced fresh basil
- 2 tsp grated parmesan cheese
- 4 tsp olive oil
- ¼ tsp garlic powder
- ⅛ tsp pepper

Directions:

- In a 6-qt. stockpot, cook tortellini according to package directions.
- Add corn during the last 5 minutes of cooking the tortellini.
- Drain; transfer to a large bowl.
- Add remaining ingredients and toss to coat.



Ground Turkey Tacos

Serves 8 | 14g of fat per serving: 3 oz

Ingredients :

- 1 lb ground turkey (97/3)
- 1 tbsp olive oil
- 1 white onion, diced
- 5 cloves garlic, minced
- 6-8 chipotle peppers in adobo, roughly chopped
- ¼ cup lime juice
- 1 tbsp honey
- 4 oz broth or water
- 1 tsp kosher salt
- 1 tsp ground coriander
- 1 tsp cumin

*To Make This Ground Turkey Taco Meat without an Instant Pot: Cook the onion and garlic in a large skillet before browning the ground turkey. Add the remaining ingredients once the turkey is fully cooked and continue cooking until very little liquid remains, about 6-8 minutes. You can add more broth and extend the cook time if you'd like to cook the onion/peppers down a bit more.

Directions:

- Use the Instant Pot's sauté function to cook the onion in the olive oil until soft (about 5 minutes).
- Adding the garlic and cook for 30-60 seconds.
- Push the onion and garlic to the sides of the Instant Pot, creating a well in the center.
- Add the ground turkey to the center of the pot and leave it alone until the bottom browns (about 3-4 minutes).
- Flip and brown both sides before crumbling and fully cooking.
- Once the ground turkey is fully cooked, add the remaining ingredients. (If you don't like the chipotle pepper seeds, you can blend everything together before adding to the cooked ground turkey.)
- Seal and pressure cook for 6 minutes with quick release. Salt and pepper to taste once cooked.
- Serve on tortillas with fresh white onion, cilantro, and fat free Greek yogurt, if desired.



Sesame Crusted Tofu

Serves 4 | 14g of fat per serving: 3 slices of tofu

Ingredients:

- 1 lb firm tofu, drained
- ¼ cup fat-free milk
- 2 egg whites, lightly beaten
- ¼ tsp ground black pepper
- 3 tbsp plain dried breadcrumbs
- 2 tbsp white sesame seeds
- 1 tbsp black sesame seeds
- ½ tsp sesame oil or canola oil
- 12 green onions, ends trimmed, cut in half crosswise, then halved again lengthwise
- ½ tbsp sriracha sauce

Directions:

- Cut the tofu crosswise into 12 slices.
- Place the tofu slices between paper towels and press to remove some of the moisture.
- Place slices in a large nonstick frying pan over medium heat and cook for 5 minutes on each side.
- The tofu will brown slightly and lose some more of its liquid.
- Transfer to a plate and let cool.
- In a bowl, whisk together the milk, egg whites, and pepper until well blended.
- On a large plate, combine the breadcrumbs, and white and black sesame seeds.
- Mix until well blended.
- Dip a tofu slice into the milk mixture and then dredge in the sesame seed mixture.
- Repeat dipping and dredging with the remaining tofu slices.
- In a large nonstick frying pan, heat the oil over medium heat.
- Arrange the tofu slices in the pan and cook, turning once, until lightly browned (about 3 minutes on each side).
- Transfer to a plate and keep warm.
- Add the green onions to the pan and sauté until they begin to brown (about 3 to 4 minutes).
- Divide the green onions among 4 plates. Top each with 3 pieces of tofu.
- Drizzle with hot sauce and serve.





Dessert Recipes

Cottage Cheese Cheesecake

Serves 12 | 10.5g fat per serving: 1/12th

Ingredients:

For the Crust:

- 6 sheets graham cracker
- 2 tbsp monk fruit sweetener, or use granulated sugar
- 3 tbsp cold whipped butter

For the Cheesecake:

- 8 oz cream cheese
- 2½ cups 2% cottage cheese
- 1 tsp lemon zest
- 2 large eggs
- ½ cup monk fruit or sugar
- 2 tsp all purpose flour
- 1 tsp vanilla extract
- Optional fruit, for topping

Directions:

- Line a 9-inch spring form pan with parchment paper on the bottom.
- Spray the sides of the pan with cooking spray.
- Preheat oven to 350°F

To make the crust:

- Place graham crackers, sugar and butter into a food processor and pulse a few times.
- Add 1 tbsp of water and pulse a few more times until it has a texture of coarse meal.
- Gently press the crust into the lined pan and set aside.

To make the cheesecake filling:

- In a blender add the cream cheese, cottage cheese and lemon zest and blend together until it is smooth.
- Add the eggs one at a time and mix.
- Add the vanilla extract, sugar and flour into the cottage cheese mixture and pulse until blended.
- Pour the cheesecake batter into the pan.
- Bake in the oven until the cheesecake is set (about 45 minutes).
- Let it cool on a rack, then place in fridge for at least 4 hours or as long as overnight.
- Top with fresh berries if using (or topping of your choice).



Chocolate Parfaits

Serves 6 | 12g of fat per serving

Ingredients:

- 3 cups fat-free milk (dairy-free milk works too)
- 2½ tbsp monk fruit sugar substitute or sugar of your choice)
- 1½ tsp vanilla extract
- 2 tbsp cornstarch
- 2 large egg yolks
- 4 oz semi-sweet baking chocolate
- 1 ¼ cups whipped cream of your choice

Directions:

- In a medium non-stick saucepan, combine milk, sugar, and cornstarch; whisk well and simmer on medium-low heat, whisking constantly until mixture has slightly thickened (about 10 to 15 minutes).
- In a large bowl whisk egg yolks.
- Slowly add about 1 cup of the hot milk mixture through a mesh sieve to the yolks, whisking in about a tbsp at a time to temper the egg so the egg doesn't cook.
- Once the eggs are tempered, whisk in the remaining milk through the sieve then return to the sauce pan.
- Melt the chocolate squares in the microwave 20 seconds at a time (up to a minute) stirring in between until the chocolate is melted.
- Pour melted chocolate into the saucepan, whisk well.
- Add vanilla; simmer on low for 15 minutes, whisking constantly.
- Transfer the chocolate pudding into a large bowl, cover with wax paper, touching the pudding so that it doesn't allow a film to settle on top.
- Refrigerate for at least 2 hours or overnight, it will further thicken in the refrigerator.
- To make parfaits, when chilled, place 3 tbsp of the pudding into each glass, then add 2 tbsp of whipped topping in each, then 2 tbsp more pudding and top with a dollop of whipped cream.

Notes: Tip - Crumble the wax paper or parchment paper first, it will be easier to shape.



Almond Cake

Serves 12 | 11g of fat per serving: 1/12th

Ingredients:

- 3 large eggs, whites and yolks separated, at room temperature
- 3 large egg whites, at room temperature
- 2/3 cup sugar
- 1 tsp pure vanilla extract
- Pinch fine sea salt
- 2 cups almond flour or almond meal
- 1 cup mixed berries
- Powdered sugar, for dusting (optional)



Directions:

- Position a rack in the middle of the oven and preheat to 350°F.
- Grease a 9-inch spring form pan with nonstick spray, line with parchment paper, and flour (use almond meal or a gluten-free all-purpose flour blend to keep the cake gluten-free).
- In a large bowl, whisk together the egg yolks and all but 2 tbsps of the sugar.
- Whisk until the yolks become thick and pale in color (about 1 minute).
- Whisk in the vanilla extract and the salt and set aside.
- In a bowl, with a hand mixer, beat the 6 egg whites on medium speed until they become opaque (about 1 minute).
- Sprinkle in the remaining 2 tbsps of sugar and continue to beat the egg whites until they hold medium peaks.
- With a flexible rubber spatula, stir in about 1/4 of the egg whites to the egg yolk mixture.
- Scrape the remaining egg whites over the yolks and about half of the almond flour.
- Gently fold them into the yolks, but only partially.
- While the mixture still has a few streaks of white left, add the remaining almond flour and fold in, folding until completely blended throughout.
- Pour the batter into the prepared pan and shimmy until the batter is level.
- Bake the cake until the top is golden brown and springy to the touch (about 35 minutes).
- Let the hot cake cool on a wire rack for 5 minutes, then run a butter knife along the edges of the cake pan.
- Invert the cake pan onto the rack, remove the sides and bottom, and peel away the parchment paper.
- Turn the cake right side up and allow to cool completely.
- Dust with powdered sugar, cut into 12 slices and serve with fresh berries.

Lemon Coconut Almond Cake

Serves 12 | 10.5g of fat per serving: 1/12th

Ingredients:

- 1 cup frozen coconut whipped cream, thawed in refrigerator overnight
- Nonstick cooking spray
- 2 cups almond flour, plus more for the pan
- 2/3 cup granulated sugar or monk fruit sweetener
- 2 lemons
- 3 large eggs, whites and yolks separated, at room temperature
- 3 large egg whites, at room temperature
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- Pinch of fine sea salt
- 2 tbsps toasted unsweetened coconut flakes



Directions:

- Position a rack in the middle of the oven and preheat to 350°F.
- Grease a 9-inch spring form pan with nonstick spray, line with parchment paper, and flour with almond flour.
- In a small bowl, combine the granulated sugar and zest 2 of the lemons.
- Rub the sugar and zest together to release the essential oils.
- Set aside 2 tbsp of the lemon sugar to add to the egg whites.
- In a large bowl, whisk together the egg yolks and the remaining lemon sugar.
- Whisk until the yolks become thick and pale in color (about 1 minute).
- Whisk in the vanilla extract, the almond extract, and the salt and set aside.
- In the bowl, with a hand mixer, beat the 6 egg whites on medium speed until they become opaque (about 1 minute).
- Sprinkle in the reserved 2 tbsp of lemon sugar and continue to beat the egg whites until they hold high peaks (about 3 to 4 minutes).
- With a flexible rubber spatula, stir in about one-quarter of the egg whites to the egg yolk mixture.
- Scrape the remaining egg whites over the yolks, and about half of the almond flour. Gently fold them into the yolks, but only partially.
- While the mixture still has a few streaks of white left, add the remaining almond flour and fold in, folding until completely blended throughout.
- Pour the batter into the prepared pan and shimmy until the batter is level.
- Bake the cake until the top is golden brown and springy to the touch (about 30-35 minutes).
- Let the hot cake cool on a wire rack for 5 minutes, then run a butter knife along the edges of the cake pan.
- Invert the cake pan onto the rack, remove the sides and bottom, and peel away the parchment paper.
- Turn the cake right side up and allow to cool completely.
- When ready to serve, spread the whipped coconut cream over the top of the cake and sprinkle with the toasted coconut.

Mango Coconut Chia Pudding

Serves 2 | 13g of fat per serving: 1 cup

Ingredients:

- ½ cup lite coconut milk
- ½ cup unsweetened almond milk
- ¾ cup fresh ripe champagne mango, diced
- 4 tbsp chia seeds
- 1 tbsp sweetened shredded coconut
- 4-6 drops Nu-Naturals liquid stevia, or monk fruit, sugar/honey to taste

Directions:

- Combine all ingredients in a large container.
- Mix well and let it sit 30 minutes, then mix again.
- Refrigerate overnight or at least 5-6 hours, until the seeds expand and thicken.
- Divide into 2 bowls or glass dishes and serve.



Strawberry Crisp

Serves 6 | 10g of fat per serving: 1 crisp

Ingredients:

For the Filling:

- Cooking spray
- 5 cups fresh strawberries, stemmed and quartered
- ¼ cup honey
- 1 tbsp fresh orange juice
- 1 tbsp cornstarch

For the Nut Topping:

- ½ cup sliced almonds
- ¼ cup chopped pecans
- ¼ cup walnuts
- ¼ cup almond flour
- 2 tbsp honey
- ⅛ tsp kosher salt

Directions:

- Preheat oven to 350°F and spray eight 4-inch ramekins with oil.
- In a large bowl combine the strawberries, honey and orange juice, sprinkle with cornstarch and toss until fruit is coated.
- Transfer to the ramekins.
- Combine nut topping ingredients in a medium bowl with a fork and sprinkle over the fruit.
- Bake 40 minutes or until the top is golden and the berries are soft and bubbly.
- Serve warm, with 1 tbsp of ice cream or whipped cream, if desired.





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