



Ultimate Healing Cookbook

Mouthwatering Meals
to Restore Your Health

THE SECOND EDITION

Stephen Sinatra, M.D.

Table of Contents

Meet Dr. Stephen Sinatra	1
A Letter from Dr. Stephen Sinatra	2
Breakfast	4
Crustless, Wheat-Free Quiche	4
Buckwheat Pancakes	5
Ricotta Topping	5
Appetizers and Snacks	6
Super Salmon Spread	6
Tasty Salmon Tomato Treat	7
Goat Cheese, Fig, and Extra Virgin Olive Oil Spread	7
Harvest Trail Mix	8
Fresh Tomato Salsa	9
Lemon Poppy Seed Dip	9
Salads and Dressings	10
Spinach Salad with Pomegranate Vinaigrette	10
Salad Niçoise, Sinatra-style	11
Summer Chicken and Rice Salad	12
Dilled Salmon Salad	13
Sensational Salmon Salad	13
Dr. Sinatra’s Quinoa and Bean Salad	14
Chinese Chicken Salad	15
Lemon Honey Dressing	16
Thyme Vinaigrette	16
Cranberry Slaw	17
Chickpea Salad with Rosemary	18
Fruited Rice Salad on Half an Avocado with Honey Vinaigrette	19
PAMM Ginger Dressing	20
Soups and Chili	21
Broccoli Soup	21
Antiguan Black Bean Soup	22

Table of Contents (continued)

Traditional Miso Soup.....	23
Chicken Vegetable Soup.....	24
Sea Vegetable Soup	25
Chili Non-Carne	26
Chicken, Rice, and Cilantro Soup	27
Vegetable Soup.....	28
Mediterranean-style Chili.....	29
Spinach Lentil Soup	30
Entrées: Meat and Poultry	31
Grilled Rosemary Chicken Breast.....	31
Chicken with Snow Peas and Zucchini	32
Tangy Citrus Chicken.....	33
Stir-fried Chicken and Broccoli	34
Grilled Chicken Teriyaki.....	35
Chicken Breasts Stuffed with Spinach and Parmesan.....	36
Chicken Breasts Cabernet	37
Dr. Sinatra’s Lemon Caper Chicken.....	38
Mediterranean Chicken with Artichokes, Peppers, and Olives.....	39
Eye of Round Roast with Rosemary.....	40
Roast Pork Tenderloin with Mustard	40
Chicken Provençal.....	41
Turkey Meatloaf.....	42
Chef John Ash’s Grandmother’s Pot Roast with Vegetables	43
Entrées: Seafood	44
Scallop Kabobs	45
Shrimp with Peppers, Tomatoes, and Garlic.....	46
Easy Rémoûlade Sauce	47
Sandy’s Crab Cakes	47
Fresh Fish with Braised Fennel.....	48
Mussels Provençal.....	49
Breaded Sole, Flounder, or Fluke.....	50

Broiled Mediterranean Halibut.....	51
Broiled Red Snapper.....	51
Asian Salmon.....	52
Baked Fish Delight.....	53
Hawaiian Grilled Salmon Salad with Pineapple Salsa.....	54
Grilled Salmon Mediterranean-style with Lemon-Basil Vinaigrette.....	55
Salmon Kabobs with Rosemary Honeydew Glaze.....	56
Roast Salmon.....	57
Salmon with Mint Sauce.....	57
Sautéed Salmon with Asparagus and Chickpea Vinaigrette.....	58
Salmon with Ginger Marinade.....	59
Broiled Salmon with Dill Sauce.....	59
Lemon Pepper Salmon with Mixed Vegetables.....	60
Poached Salmon with Honey Mustard Sauce.....	61
Vegetables.....	62
Spinach with Pine Nuts and Garlic.....	63
Asparagus with Tomatoes and Olive Oil.....	63
Sinatra-style Green Beans with Tomatoes and Olive Oil.....	64
Mediterranean-style Broiled Asparagus.....	65
Italian Cauliflower.....	66
Flavorful Cabbage with Garlic.....	67
Asian Vegetables.....	68
Dr. Sinatra's Favorite Shiitake Dish.....	69
Natto.....	70
Stir-fried Tofu and Vegetables.....	71
Sauces, Seasonings, and Condiments.....	72
Easy Italian-style Tomato Sauce.....	72
Cilantro Pesto.....	73
Pineapple Salsa.....	74
Easy Pesto.....	75
Flax Mayonnaise.....	76

Table of Contents (continued)

Rosemary Honeydew Glaze	76
Avocado Salsa Fresca	77
Honey Mustard Sauce	77
Asian Marinade for Flank Steak or Chicken.....	78
Mint Sauce	79
Homemade Mexican Seasoning Mix	79
Sweets and Desserts	80
Awesome Apple Crisp.....	80
Bread Pudding with Fruit-Berry Sauce.....	81
Apricot Oatmeal Bars	82

Meet Dr. Stephen Sinatra



Stephen Sinatra, MD, FACC, FACN, CNS, CBT, realized his calling to medicine from an early age. As a boy growing up in New York, he was greatly affected by his mother's painful battle with diabetes, glaucoma, and eventual blindness. Though helpless in alleviating her suffering, he felt that as a doctor he would be able to help others. He credits her illness with causing him to look deeper into himself, and helping him become the kind of doctor who truly cares about his patients.

This dedication and desire to find the best of all treatments led Dr. Sinatra to extend his internal medicine degree to specialize in cardiology. He then went on to broaden his knowledge by earning additional degrees in nutrition, psychotherapy, bioenergetic analysis, and anti-aging medicine. He is a fellow of the American College of Cardiology, as well as the American College of Nutrition.

Keeping in line with his devotion to find remedies in all areas of medicine, this two-time chief of cardiology at a New England hospital threw away rigid conventional methods 25 years ago. Instead, Dr. Sinatra opted for a progressive (and more successful) approach that combats disease with earliest possible detection and aggressive prevention. Dr. Sinatra judges his success by the number of patients who enjoy good health and are able to avoid drugs, surgery, and hospitals in general. In all these areas, he stands head and shoulders above the others.

Lastly, he brings this knowledge to the world as an author and lecturer, revealing groundbreaking therapies that are safe and effective, with an emphasis on nutrition, supplementation, and lifestyle choices, including his much celebrated Pan-Asian Modified Mediterranean (PAMM) diet, a combination of Mediterranean and Asian eating. Every recipe in this book is comprised of foods naturally rich in critical nutrients, such as antioxidants, fiber, and essential fatty acids that help reduce the risk of heart disease and cardiac events. These foods have also proven to be the best for maintaining a healthy weight and overall good health and disease prevention.

A Letter from Dr. Stephen Sinatra

Dear Reader,

I'm very pleased to present you with the second edition of my *Ultimate Healing Cookbook*. It has been updated with all of my newest nutritional recommendations based on the latest science—and the most up-to-date research. Plus, it reflects my newest Pan-Asian Modified Mediterranean (PAMM) dietary guidelines.

So, what has changed? Most notably, in keeping with the latest research findings I've increased my recommendations for the percentage of healthy fats in the diet and further reduced the amount of carbohydrates. So, those of you who have the first edition of this cookbook may notice that the “Sweets and Desserts” section is a bit leaner—since most of the recipes with too many carbohydrates have been eliminated.

When it comes to desserts, I usually pass. However, if someone offers me a small piece of dark chocolate that's 70–80 percent cocoa, I won't refuse since this is a heart-healthy option. Also, you'll notice the three dessert recipes I've given you are a bit higher in carbohydrates than other recipes—but one is very high in fiber, and two have fruits which I highly endorse. That's because when it comes to desserts, I follow the 80/20 rule—meaning if 80–90 percent of your meals are very healthy, you can eat a bit more carbohydrates and a little more sugars in the remaining meals.

Another consideration with desserts is it's important to balance carbohydrates with fiber. You want to make sure you get 40–50 grams of fiber in the diet a day, including both soluble and insoluble fibers. That's because higher fiber meals result in less absorption of sugars and carbohydrates which allows for a slower insulin response.

You may also notice that I've completely removed the “Pasta and Rice” section—which are foods I encourage you to limit as much as possible. Plus, if weight loss is on your agenda, I suggest completely eliminating pasta and rice dishes—and instead put more emphasis on healthy fats, including organic extra virgin olive oil.

I've also adapted some of the recipes to allow for short-grain brown rice in small portions—since this type of rice, as well as amaranth and quinoa, are good grain substitutions. These changes were inspired by my colleagues, Dr. David Perlmutter (author of *The Grain Brain* and *Brain Maker*) and Dr. Bill Davis (author *Wheat Belly*), who have both said that the key to preventing inflammation is avoidance of gluten and overly hybridized types of grains.

Another big change in my cookbook is that I've increased the fats. So, instead of using nonfat dairy items, I've substituted low-fat and regular fat dairy products. You will also notice that many of the recipes include organic extra virgin olive oil (EVOO)—which the latest research has shown has incredible health properties. You can read more about the health benefits and proper storage of EVOO on my website: www.drsinatra.com. But you will find that when it comes to heating olive oil for cooking that I switched to light oil because it has a higher heat point and is less prone to oxidation.

I also want to point out that while the latest findings report the nutritional value of organic foods to be equivalent to their non-organic counterparts, I continue to recommend that whenever possible you choose organic produce and food products in order to avoid the pesticides, insecticides, hormones, food additives, GMOs, and other chemicals they contain. The healthiest meats and dairy products will be similarly labeled.

Grass fed, free-range, and other conscientious labeling (such as hormone-free, cage-free) on meat and dairy products also indicate a higher quality food. But terms like “all natural” can be somewhat misleading, so check the ingredient list to be sure they don't contain unwanted chemicals. I also recommend Kosher selections as well since those standards are so high.

As for fish, local or wild-caught is preferable. Farm-raised fish may be contaminated with polluted run-off and other chemicals. For a list of healthier seafood to consume, as well as which ones to avoid, see the introduction to the “Entrees: Seafood” section on page 44.

Fresh herbs taste better and are richer in healthy compounds. But if you need to use dried herbs just halve the amount as the flavor may be more pungent. As for condiments, pure maple syrup and fresh local honey are much healthier than synthetics and actually have health “perks” even though they sound like pure sugar. But even when it comes to honey and maple syrup, less is more.

Finally, for motivation in the kitchen I invite you to visit my Cooking Video Library at www.heartmdinstitute.com. You will get to see how I cook simple and delicious health-promoting dishes in my own kitchen.

Stephen Sinatra M.D.

Breakfast

Skipping breakfast sets you up for overeating later in the day. Buckwheat pancakes and quiche are a satisfying way to start the day. The following recipes should get your day off to a healthy start.

Crustless, Wheat-Free Quiche

2 tsp. light olive oil
1 small zucchini or summer squash, halved lengthwise and thinly sliced
½ cup onion, chopped
½ cup red or yellow pepper, chopped
2 to 3 cloves garlic, chopped
2 eggs
5 egg whites
1 cup skim milk
1 Tbsp. fresh basil, chopped
¼ cup mozzarella cheese, shredded
½ cup tomato, chopped

Preheat oven to 350° F. In a medium skillet, heat oil until hot. Add zucchini or squash, onion, pepper, and garlic and sauté until vegetables are tender. Set aside. In a large bowl whisk together eggs, egg whites, milk, and basil. Stir in sautéed vegetables. Next, divide mixture into 4 individual quiche dishes or a 9" pie plate. Bake for 15 to 20 minutes, or until center is set. Sprinkle each serving with mozzarella cheese and let stand 5 minutes before serving to cool slightly. Top with chopped tomato and serve. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
193	11g	213mg	9g	1g	13g

Buckwheat Pancakes

Stir all dry ingredients together. Add the soy milk or water, eggs, oil, and honey. Mix briefly. Add the blueberries, if using, and stir gently. Cook on a hot, lightly oiled griddle. Serve with Ricotta Topping (recipe below), if desired. (*Makes 14 servings*)

Note: Pancakes will be thin and dense.

2 cups buckwheat flour
 1 tsp. baking powder
 2 cups soy milk or water
 2 eggs
 1 Tbsp. coconut oil
 1 Tbsp. honey
 ½ cup berries/chopped almonds or walnuts (optional)
 or Ricotta Topping (optional), below

Nutrition Facts per Serving*

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
97	3g	60mg	15g	2g	4g

*Includes optional mixed berries.

Ricotta Topping

Gently combine all ingredients. (*Makes 1 serving*)

¼ cup ricotta
 2 tsp. raisins
 2 Tbsp. berries
 1 Tbsp. nuts, chopped

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
287	22g	52mg	12g	1g	14g

Appetizers and Snacks

Contrary to what we used to think, eating several smaller meals can be an effective way to keep your weight down. Eating more often helps keep blood sugar and energy levels steady throughout the day. And studies have shown that we make better, healthier food choices and eat fewer total calories when we don't let ourselves get too hungry in between meals. Ideally, you should have a small, balanced meal or snack about every 3 hours. (But don't snack after dinner, to ensure optimal digestion and sleep.)

Super Salmon Spread

6 oz. cooked wild salmon

¼ cup mayonnaise

1 cup carrot, finely chopped

½ cup green pepper, finely chopped

¼ cup onion, finely chopped

½ cup [fresh tomato salsa](#) (see recipe on page 9)

Prepare salsa according to recipe on page 9 and thoroughly mix all ingredients. Spread on toasted 7 grain bread, a sprouted bread like Ezekiel, gluten free bread, or gluten free crackers. Top with shredded lettuce, if desired. (*Makes 4–6 servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
197	14g	138mg	8g	2g	11g

*Does not include bread.

Tasty Salmon Tomato Treat

12 oz. salmon, canned or cooked and cooled

¼ cup organic extra virgin olive oil

1 Tbsp. lemon juice

2 tsp. Dijon mustard

Dash garlic salt

Dash of black pepper

3 large red tomatoes

1 medium avocado, cubed

For dressing, mix olive oil, lemon juice, mustard, garlic salt, and black pepper in small bowl. Cut tomatoes in half crosswise; scoop out inner flesh and seeds, and toss out. In separate bowl, mix salmon and avocado. Pour on dressing and toss. Divide salmon mixture into 6 servings and scoop into tomato halves. Serve. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
257	20g	94mg	6g	2g	14g

Goat Cheese, Fig, and Extra Virgin Olive Oil Spread

Combine all ingredients and mix until well combined and fluffy. Serve with apple slices, gluten free crackers or flatbread, or Belgian endive leaves. Makes about ¾ cup. *(Makes 6 servings)*

Developed by Monica Reinagel, MS, LD/N, CNS.

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
94	6g	100mg	9g	1g	3g

4 oz. goat cheese (unripened)

2 oz. black mission figs (about 6), finely chopped

1 Tbsp. organic extra virgin olive oil

2 tsp. mild honey

¾ tsp. black pepper, coarsely cracked

Harvest Trail Mix

It may take some sleuthing at your local natural foods store to find all the ingredients for this trail mix, but it's well worth the effort. On days when I'm busy, I've been known to eat a large helping of this mix as my lunch. Make sure to choose organic nuts and seeds whenever they're available. Make sure dried fruit is not sweetened.

¼ cup unsalted almonds

¼ cup dry-roasted soybeans

¼ cup dried dates, chopped

¼ cup dried apples, chopped

¼ cup dried cranberries

¼ cup unsalted peanuts

¼ cup unsalted pumpkin seeds

¼ cup raisins

¼ cup unsalted sunflower seeds

¼ cup walnuts

Mix ingredients together in roughly equal proportions and store in an airtight container. Use within a month, because the oils in nuts can go rancid. One serving equals 2 ounces, or ¼ cup. (*Makes 10 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
142	7g	38mg	16g	3g	4g

Fresh Tomato Salsa

Combine all ingredients in a medium bowl and chill several hours before serving. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
57	<0.5g	11mg	13g	2.5g	2g

2 large tomatoes, diced

2 Tbsp. chopped red onion

1 clove garlic, minced

1 medium green pepper, chopped

¼ cup fresh cilantro, chopped

1 Tbsp. fresh lime juice

Optional: 1 small jalapeno pepper, seeded and finely chopped

Lemon Poppy Seed Dip

Combine all ingredients in a small bowl. Store in refrigerator for up to 2 weeks. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
66	<0.5g	31mg	13g	0g	2g

⅔ cup plain lowfat or regular yogurt

4 tsp. local honey

1 Tbsp. lemon juice

1 tsp. lemon peel

1 Tbsp. poppy seeds

Salads and Dressings

Fresh greens, seeds, and nuts provide excellent nutritional value. Once you get into the swing of it, eating fresh is healthy and easy. I enjoy salads just about every day and include plenty of fresh, organic baby spinach, arugula, or organic lettuce fixings, along with a variety of seeds and nuts, and add organic strawberries, raspberries, or blueberries, and plenty of fresh, chopped garlic to mine. And for extra EFAs and fiber, I add ground golden flaxseeds to my salads.

Spinach Salad with Pomegranate Vinaigrette

3 cups baby spinach
¼ red onion, thinly sliced
¼ cup feta cheese, crumbled
2 Tbsp. pomegranate juice
1 Tbsp. cider or wine vinegar
Drizzle of honey
⅛ tsp. freshly ground black pepper
2 Tbsp. walnut oil/ organic extra virgin olive oil (1 Tbsp. each)
Pomegranate seeds for garnish (optional)

Arrange the spinach on 2 plates and top evenly with sliced onion, feta cheese, and pomegranate seeds (if using). Combine pomegranate juice, vinegar, honey, and black pepper in a small bowl. Add oil in a thin stream while whisking to incorporate. Dress salads and serve.

(Makes 2 servings)

Developed by Monica Reinagel, MS, LD/N, CNS.

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
196	17.5g	208mg	7g	2g	4g

Salad Niçoise, Sinatra-style

Toss all ingredients except greens in a medium bowl.

Serve on spinach or lettuce. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
271	10g	322mg	13g	5g	26g

½ cup canned, unsalted or low-sodium white beans, drained and rinsed

6 oz. cooked wild salmon (or 6 oz. canned low-sodium salmon)

1 large egg, hard boiled and sliced

½ cup cherry tomatoes, halved

½ cup cooked green beans, cut in 2-inch pieces

1 Tbsp. organic extra virgin olive oil

2 tsp. lemon juice

4 cups baby spinach, arugula, or green leaf lettuce

Summer Chicken and Rice Salad

12 oz. boneless, skinless chicken breast halves (free-range, organic chicken is best)

1 cup green beans, cut into bite-sized pieces

1½ cups short grain brown rice and wild rice blend, cooked according to product directions and chilled

1 (14 oz.) jar artichoke hearts, drained and quartered

1 cup red cabbage, shredded

½ cup carrot, shredded

½ cup celery, diced

2 scallions, sliced

Thyme vinaigrette

(prepared according to recipe on page 16)

Prepare vinaigrette; remove 2 tablespoons and set the rest aside. Brush chicken with the 2 tablespoons of the vinaigrette. Grill or broil chicken until tender and no longer pink, turning once halfway through cooking—approximately 12 to 15 minutes. Cut chicken into thin strips. While chicken is cooking, blanch green beans and cool in ice water; drain well. In a large bowl, toss together green beans, cooked rice, artichoke hearts, cabbage, carrot, celery, and scallions. Pour remaining vinaigrette over rice mixture and toss gently to coat. Serve rice mixture topped with chicken. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
303	4g	807mg	42.5g	9g	25g

Dilled Salmon Salad

Place fish and broth in 10-inch skillet. Bring to a boil then reduce heat. When cooked, remove fish and set aside on platter. Break into bite-size pieces. Mix fish, zucchini, and radishes in large bowl. Mix mayonnaise, yogurt, and dill; fold into fish mixture and refrigerate at least 2 hours. To serve, gently toss fish mixture with spinach or lettuce. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
272	18g	1,128mg	5g	1g	23g

* Organic or homemade chicken broth is best.

- 2 (6 oz.) wild salmon fillets, cooked
- 2 cups chicken broth*
- 1 small zucchini, sliced
- ¼ cup radishes, sliced
- 2 Tbsp. mayonnaise or salad dressing
- 2 Tbsp. plain lowfat or regular yogurt
- 1 tsp. fresh dill, chopped (or ½ tsp. dried dill)
- 3 cups spinach or mixed lettuces, chopped

Sensational Salmon Salad

Blend olive oil and liquid from artichoke hearts and set aside for dressing. Place romaine into a large bowl. Add chopped artichokes, olives, and salmon. Just before serving, pour dressing over romaine and toss. Top with cheese. (*Makes 2 entrées or 4 side dish servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
592	39g	1,737mg	10g	4g	47g

*Based on 2 entrée servings.

- 6 oz. wild salmon fillets, cooked and flaked
- 1 Tbsp. organic extra virgin olive oil
- 1 (6.5 oz.) jar marinated artichoke hearts, chopped, retain liquid
- ½ cup black olives, drained and sliced
- ¼ cup Parmesan cheese, grated
- 3 cups romaine lettuce, chopped

Dr. Sinatra's Quinoa and Bean Salad

2 cups water
1 cup quinoa
1 tsp. Celtic sea salt
1 (15.5-oz.) can chickpeas, drained and rinsed
1½ cups plum tomatoes
½ cup feta cheese, crumbled
⅓ cup scallions, chopped
¼ cup fresh mint, chopped
¼ cup fresh parsley, chopped
3 Tbsp. fresh squeezed lemon juice
2 Tbsp. organic extra virgin olive oil
2 tsp. grated lemon peel
Celtic sea salt and black pepper to taste

In a medium saucepan, bring the water to a boil. Add the quinoa and salt, stir to blend, cover and remove from the heat. Allow quinoa to stand, covered, for about 20 minutes until tender. Drain the liquid from the pan, pressing out all excess water. Place the quinoa in a large mixing bowl and cool to room temperature. Mix in the remaining ingredients, and season with salt and black pepper to taste. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
421	16.5g	522mg	55g	12g	17g

Chinese Chicken Salad

In medium bowl, whisk together dressing ingredients. Add chicken, scallions, celery, and red pepper. Serve over spinach and cabbage, and garnish with sesame seeds. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
489	15g	730mg	25g	4g	29g

Salad

½ lb. chicken breast, cooked and diced
 2 scallions, chopped
 1 stalk celery, chopped
 ½ red bell pepper, chopped
 3 cups baby spinach
 1 cup Chinese or Napa cabbage, shredded
 2 tsp. toasted sesame seeds

Dressing

1½ tsp. organic extra virgin olive oil
 1½ tsp. sesame oil
 1½ tsp. honey
 2 Tbsp. natural unsalted peanut butter
 2 Tbsp. unseasoned rice wine vinegar
 2 Tbsp. lime juice
 1 Tbsp. low-sodium gluten free tamari sauce
 ⅛ tsp. ground ginger mixed with 2 cloves minced/chopped garlic
 Garnish with a pinch of garlic powder or Celtic sea salt

Lemon Honey Dressing

2 Tbsp. fresh lemon juice
2 Tbsp. honey
2 Tbsp. organic extra virgin olive oil
½ tsp. dried or 1 tsp. fresh basil
Freshly ground black pepper to taste

Whisk together all ingredients and serve over salad or fish. (*Serving size*—2 Tbsp.)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
374	28g	8mg	37g	<0.5g	<0.5g

Thyme Vinaigrette

¼ cup white wine vinegar
2 Tbsp. organic extra virgin olive oil
2 Tbsp. water
1 Tbsp. Parmesan cheese, grated
2 tsp. fresh thyme, snipped
2 cloves garlic, minced
¼ tsp. Celtic sea salt
¼ tsp. black pepper

Combine all ingredients in a jar and shake well. (*Serving size*—2 Tbsp.)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
287	30g	504.5mg	3g	0.5g	3g

Cranberry Slaw

Mix together cabbage, onions, and cranberries in large bowl. Whisk oil, vinegar, and seasonings in a small bowl. Pour over cabbage mixture; mix thoroughly. Marinate in refrigerator for 1 hour. (This slaw keeps for 4 or 5 days.) (*Makes 8 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
84	3g	96mg	15g	2g	.5g

½ head green cabbage
(about 2 cups),
shredded

½ head red cabbage
(about 2 cups),
shredded

6 scallions, sliced, or
1 small red onion,
diced (or use a
combination of both)

1 cup dried cranberries

½ cup extra virgin olive
oil

¼ cup balsamic vinegar

½ tsp. Celtic sea salt

½ tsp. ground black
pepper

1 tsp. ground cumin

½ tsp. mustard powder

Chickpea Salad with Rosemary

1 (15 oz.) can unsalted or low-sodium chickpeas, drained and rinsed

2 Tbsp. red onion, chopped

1 Tbsp. fresh parsley, chopped

1 small tomato, diced

2 tsp. fresh rosemary, chopped

1 tsp. fresh lemon juice

1 tsp. organic extra virgin olive oil

1 tsp. balsamic vinegar

Combine all ingredients in a medium bowl and chill for several hours or overnight. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
172	4g	361mg	29g	6g	6g

Fruited Rice Salad on Half an Avocado with Honey Vinaigrette

Pour boiling water over the raisins and apricots in a small bowl. Let stand 10 minutes, then drain and cool. Preheat the oven to 350° F. Place the pecans on a shallow baking pan and bake for 5 to 8 minutes. Remove from the oven and set aside. To prepare the vinaigrette, shake olive oil, lemon juice, red wine vinegar, honey, coriander, Dijon mustard, and salt and black pepper together in a tightly covered container. Toss the rice, raisins, apricots, and pecans with the vinaigrette and refrigerate for 1 hour. Just before serving, halve and seed the avocados. Scoop out a little of the avocado and dice. Fill each half with rice salad. Top with diced avocado and serve. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
552	37g	96mg	55g	7g	7g

¼ cup raisins
 ½ cup dried apricots,
 chopped
 ½ cup pecans,
 chopped
 2 cups brown or wild
 rice, cooked according
 to product directions
 2 avocados

Honey Vinaigrette

¼ cup extra virgin olive
 oil
 1 Tbsp. lemon juice
 1 Tbsp. red wine
 vinegar
 1 tsp. honey
 ¼ tsp. ground
 coriander
 ¼ tsp. Dijon mustard
 Celtic sea salt and
 freshly ground black
 pepper to taste

PAMM Ginger Dressing

1 green pepper (sweet)
3 organic carrots
1 onion (Spanish is best)
1 lemon, sliced with the skin on
5 cloves garlic
½ cup low-sodium gluten free tamari
½–¾ cup organic extra virgin olive oil
4 to 5 Tbsp. mayonnaise (for a zestier flavor, substitute 1 Tbsp. tomato sauce or paste for 1 Tbsp. of the mayo)
3–4 inches ginger root, peeled

Slice vegetables and lemon into manageable pieces and pulse in food processor. Add tamari, oil, mayonnaise, and ginger root and puree. Use as a dressing for salad or dip for fresh vegetables. Ginger dressing keeps for 2 weeks in the refrigerator. Liquid will separate during storage, so just stir before using again. (Makes 6 cups. Serving size—¼ cup)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
66	6g	317mg	2g	0.5g	1g

Soups and Chili

In addition to being healthy and hearty, these recipes are versatile enough to be a main course, a side dish, or a snack. Soup and chili can be made in large quantities and kept frozen, to be quickly reheated on those days when you just don't have time to cook.

Broccoli Soup

In a large pot, bring the stock to a boil over medium heat. Add the broccoli, onion, and garlic, and simmer until soft, about 30 minutes. Purée the soup in a food processor or blender, return to the pot, and add the lemon juice and black pepper. For an extra kick, add the curry powder right before you purée the soup.

(Makes 5 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
123	3.5g	369mg	16g	4g	9g

5 cups low-sodium chicken stock (homemade is best)

1 lb. fresh broccoli, chopped

1 medium onion, chopped

1 clove garlic, minced

1 Tbsp. freshly squeezed lemon juice

2 Tbsp. curry powder to taste (optional)

Black pepper to taste

Antiguan Black Bean Soup

2 Tbsp. organic extra olive oil

½ green pepper, chopped

1 onion, chopped and divided

½ clove garlic, minced

½ lb. dried black beans, cooked according to product directions, or 2 (16 oz.) cans black beans, drained

Freshly ground black pepper

1 Tbsp. red wine vinegar

1 bay leaf

2 quarts water

1 cup short-grain brown rice, cooked according to product directions

Fresh parsley, chopped

In a large saucepan, combine olive oil, green pepper, 1½ tablespoon onion, and garlic. Sauté until tender. Stir in black beans, black pepper, vinegar, and bay leaf. Add water and simmer for 30 to 40 minutes. Remove bay leaf before serving. Top with remaining onion and brown rice. Garnish with parsley. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
228	5g	<1mg	38g	8g	10g

Traditional Miso Soup

Fill a large pot with 5 cups water and add konbu and bonito. Bring to a boil. As soon as it boils, remove from heat and strain out konbu and/or bonito (if you've used Hondashi it can't be strained out). Add miso, tofu, and wakame—in that order—to broth and simmer 5 to 7 minutes (but do not boil). At this point you may add other optional ingredients, except for scallions, which should be added just before removing from heat for the final time, and simmer a few minutes more. Serve hot. (*Makes 4 servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
28	<1g	729mg	5g	<1g	1g

*Does not include optional ingredients.

5 cups water

5-inch piece konbu cut in small pieces (could substitute 1 Tbsp. dried seaweed flakes instead)

½ cup bonito (dried baby tuna from Asian store; Hanagatsuo is a good brand. There's also a powdered product called Hondashi that can be substituted. If you use it, just 1 Tbsp. will do—it has a very pungent flavor)

2 Tbsp. white or light miso (found in Asian and health food stores)

½ to 1 package tofu, cut into small cubes

2 Tbsp. wakame (another type of seaweed)

Optional ingredients:

1 to 2 Tbsp. scallion (or to taste), chopped

Daikon (a root vegetable), chopped

½ cup Chinese cabbage, shredded

Shellfish (clams, oysters, lobster) as desired

Chicken Vegetable Soup

1 medium onion,
chopped

2 cloves garlic, minced

2 celery stalks,
chopped

1 medium turnip, diced

1 cup mushrooms,
sliced

½ tsp. dried thyme

½ tsp. tarragon

3 Tbsp. fresh chopped
parsley

½ tsp. black pepper

2 tsp. honey

1 Tbsp. gluten free
Worcestershire sauce

5 cups low-sodium
or reduced-sodium
chicken broth, divided

1 lb. chicken breast,
cooked and chopped

1 medium zucchini,
quartered and sliced

1 medium yellow
summer squash,
quartered and sliced

Place onion, garlic, celery, turnip, and mushrooms with 3 cups of the chicken broth in a large pot. Cover and cook over medium heat until vegetables are tender, about 30 to 40 minutes. Stir frequently to prevent sticking. Uncover and add remaining ingredients and broth. Bring to a boil, reduce heat to low, and simmer uncovered for 15 minutes. You may reserve half of the chopped parsley to garnish.
(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
213	4g	1,373mg	16g	3g	30g

Sea Vegetable Soup

Soak sea vegetables for 30 minutes and discard water (this takes out the excess sodium). Place in spring water and simmer. Sauté onion, carrot, broccoli, and garlic in oil for 5 minutes, or until onions are partially translucent. Add vegetables to spring water with remaining ingredients except miso and parsley. Simmer for 30 minutes. Turn off heat. Remove ½ cup of liquid and dissolve miso in it. Return to soup and heat for 3 minutes. Do not boil. Adjust seasonings to taste. Garnish with parsley. (*Makes 4 servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
143	11g	374mg	8g	4g	2g

*Does not include optional ingredients.

1 cup various sea vegetables (dulse, kelp, wakame, konbu, etc.)
 3 quarts spring water
 3 Tbsp. toasted sesame seed oil
 1 large onion, chopped
 1 carrot, chopped
 1½ cups broccoli, chopped
 2 cloves garlic, minced
 1 tsp. thyme
 1 tsp. marjoram
 Dash of cayenne pepper, freshly ground black pepper, or ginger
 2 Tbsp. miso
 Fresh parsley, chopped
 Optional ingredients:
 Sliced shiitake mushrooms

Chili Non-Carne

1 Tbsp. light olive oil
1 large onion, chopped
3 large cloves garlic, minced
3 Tbsp. hot chili powder
1 large fresh green pepper, chopped
1 (16 oz.) can kidney or black beans, drained
2 jalapeno peppers, seeded and chopped (optional)
1 (28 oz.) can whole plum tomatoes, chopped (retain the liquid)
Black pepper to taste
Optional: ½ cup precooked short-grain brown rice

Sauté the onions and garlic in olive oil over low heat in a large pot until soft (5 or more minutes). Add the chili powder and simmer for a few more minutes. Then add the fresh green pepper and cook until al dente. Add all remaining ingredients and simmer slowly over low to medium heat until flavors are well blended and vegetables are cooked to the desired consistency. Adjust seasonings to your preference. May be served over brown rice. (*Makes 4 servings*)

Developed by Katherine Tallmadge, MA, RD.

Nutrition Facts per Serving:*

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
174	4g	716mg	22g	8g	6g

*Does not include optional ingredient.

Chicken, Rice, and Cilantro Soup

Stew carrots, celery, garlic, onion, turnips, kale or broccoli, and chicken for 3 to 4 hours in the water. If you'd like a creamier soup, remove $\frac{3}{4}$ of vegetables and all the chicken and purée the remaining soup. Stir the cooked rice into soup just before serving. Add a drop of olive oil, as well as salt, black pepper, and fresh chopped cilantro or parsley (or other homegrown herbs) according to taste. Chicken and vegetables may be eaten separately. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
174	2g	419mg	30g	6g	11g

3 to 4 quarts water
 3 or 4 carrots, sliced
 3 celery stalks, chopped
 2 cloves garlic, chopped
 1 small onion, chopped
 2 or 3 turnips, diced
 1 small bunch kale or broccoli, cut in bite-size pieces
 2 to 3 organic chicken breasts, with the bone in (optional for those who don't want to include meat)
 1 cup short-grain brown rice, prepared according to product directions
 $\frac{1}{4}$ tsp. organic extra virgin olive oil, Celtic sea salt, black pepper, cilantro (or parsley), to taste
 Optional: garnish with fresh chopped parsley or cilantro

Vegetable Soup

2 Tbsp. light olive oil
1 medium onion,
chopped
1 cup shredded
cabbage
2 stalks celery,
chopped
10 oz. fresh
mushrooms, sliced
3 cloves garlic,
chopped
1 tsp. dried thyme
1 bay leaf
½ tsp. fresh or ⅛ tsp.
dried rosemary
½ tsp. fresh or ⅛ tsp.
dried parsley
1 tsp. honey
¼ tsp. black pepper
1 Tbsp. gluten free
Worcestershire sauce
1 cup fresh or frozen
corn
4 cups homemade,
low-sodium, or
reduced-sodium
chicken broth
1 (14.5 oz.) can
unsalted stewed
tomatoes

In a large pot, heat olive oil over medium heat and lightly sauté all vegetables, except corn, until tender. Add seasonings, corn, broth, and tomatoes. Bring to a boil. Reduce heat to low and simmer 1 hour uncovered. Discard bay leaf before serving.

(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
161	8.5g	1,189mg	20.5g	4g	6g

Mediterranean-style Chili

Warm olive oil in a large pot for about 30 seconds. Add the lamb, onion, and garlic. Cook over medium heat until lamb is browned and well crumbled. Drain oil from pot and return to heat. Stir in tomatoes, red wine, and next 5 ingredients. Bring to a boil. Reduce heat to a simmer and cook for about 2 hours, stirring occasionally. Add black beans and cook 30 minutes more. (*Makes 8 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
268	16g	367mg	16g	5g	14g

- 1 Tbsp. light olive oil
- 1 to 1½ lb. ground lamb*
- 1 cup onions, diced
- 2 cloves garlic, minced
- 2 (14.5 oz.) cans no-sodium diced tomatoes
- 1 cup red wine
- 1½ Tbsp. chili powder
- 1 tsp. ground cumin
- 1½ tsp. dried oregano
- 1 tsp. sugar
- Celtic sea salt and black pepper to taste
- 3 (15 oz.) cans black beans, drained
- *May substitute with half lean ground pork and half lean ground beef

Spinach Lentil Soup

1 cup lentils
1 medium onion,
chopped
2 cloves garlic, minced
1 Tbsp. light olive oil
4 cups homemade or
low-sodium chicken or
vegetable broth
½ tsp. Celtic sea salt
½ tsp. dried thyme,
crushed
¼ fennel seed, crushed
1 bay leaf
2 medium carrots,
diced
10 oz. fresh or frozen
spinach (thawed),
chopped

Rinse the lentils and set aside. In a large saucepan cook the onion and garlic in light olive oil on low to medium heat until tender but not brown. Stir in the lentils, broth, salt, thyme, fennel seed, and bay leaf. Bring to a boil, reduce the heat, cover, and simmer for 20 minutes. Add the carrots and spinach. Bring to a boil and then reduce the heat. Cover and simmer about 15 minutes more or until the lentils are tender. Discard bay leaf before serving. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
87	<1g	1,080mg	11.5g	4g	5g

Entrées: Meat and Poultry

The way you eat is also an important aspect of the PAMM diet. Meals are based on numerous small portions for lots of variety, and the lightest meal is at the end of the day when the body is quieter and the metabolism slower. In the traditional Mediterranean and Asian cultures, dining is a leisurely experience. It's also important to remember to limit lean protein to 20–25 percent. This portion size can be gauged as a 3- to 4-ounce piece of lean chicken breast, fish, or meat. That's about the same size as the palm of your hand, or one-quarter of your full-sized dinner plate.

Make meat a condiment—not the main course: Instead of eating large chunks of meat, Mediterranean people flavor their sauces with meat. Instead of meat, they pile their plates with fiber-rich fruits and vegetables teeming with phytonutrients and packed with vitamins, carotenoids, flavonoids, polyphenols, and monounsaturated fats crucial to well-being and cardiac health.

Grilled Rosemary Chicken Breast

Combine olive oil, black pepper, rosemary, paprika, and onion powder. Rub on chicken breast and refrigerate for 2 hours. Heat grill pan and cook chicken approximately 4 to 5 minutes on each side, or until cooked through.

(Makes 2 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
212	11g	42mg	3g	1g	25.5g

8 to 10 oz. boneless, skinless chicken breast, cut in half

1 Tbsp. light olive oil

¼ tsp. ground black pepper

1 tsp. fresh or ½ tsp. dried rosemary

½ tsp. paprika

½ tsp. onion powder

Chicken with Snow Peas and Zucchini

8 oz. boneless, skinless chicken breast

2 Tbsp. peanut or light olive oil

12 mushrooms, sliced

1 tsp. dried basil, crushed

2 cloves garlic, crushed, or 1 tbsp. dried garlic

1 Tbsp. dried onion

1 medium zucchini, julienned

1 cup snow peas

1 oz. white wine (optional)

½ cup short-grain brown rice, cooked according to product directions

Fresh parsley, chopped

Slice boneless breast of chicken into 2-inch by ½-inch strips. Heat 2 tablespoons of peanut or olive oil over low to medium heat in wok or frying pan. Add chicken, mushrooms, dried basil, garlic, onion, zucchini, and snow peas. Sauté, spooning sauce over chicken until done. Add white wine (optional). Simmer gently until zucchini and snow peas are tender. Serve over ¼ cup brown rice. Garnish with parsley. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
380	18.5g	50mg	22g	4.5g	31g

Tangy Citrus Chicken

Finely zest lime peels to measure $\frac{1}{2}$ teaspoon. Finely zest tangerine peels to measure 1 teaspoon. Set aside. Halve limes and squeeze 2 tablespoons of juice. Set aside. Peel and section tangerines into a small bowl. Set aside. Lightly coat a large skillet with light olive oil. Season chicken with ground black pepper. Cook chicken in skillet over medium-high heat for 5 minutes or until browned on both sides. Add broth, scallions, basil, reserved zest, and lime juice. Bring to a boil; reduce heat. Simmer covered for 8 minutes, or until chicken is tender and no longer pink. Remove chicken from skillet and keep warm.

For sauce, combine water and cornstarch; add to juices in skillet. Cook and stir often until thickened and bubbly. Cook and stir for 2 minutes more. Add tangerine sections and any juice; heat through. Pour sauce over chicken and serve with brown rice or amaranth. (*Makes 6 servings*)

6 medium boneless, skinless chicken breast halves

2 limes

2 tangerines

Light olive oil

$\frac{1}{4}$ tsp. ground black pepper, or to taste

$\frac{1}{2}$ cup low-sodium chicken broth

$\frac{1}{4}$ cup scallions, sliced

1 tsp. fresh basil, chopped

1 Tbsp. water

$\frac{1}{2}$ tsp. cornstarch

2 cups short-grain brown rice or amaranth, cooked according to product directions

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
270	6g	104mg	21g	3g	33.5g

Stir-fried Chicken and Broccoli

8 to 10 oz. boneless, skinless chicken breast, cubed

1 Tbsp. low-sodium gluten free tamari

1 tsp. honey

1 tsp. cornstarch

2 tsp. toasted sesame oil

3 tsp. light olive oil, divided

2 tsp. fresh ginger, chopped

2 cups broccoli florets

2 scallions, slivered

½ cup short-grain brown rice, cooked according to product directions

Marinate chicken in tamari, honey, cornstarch, and sesame oil for 2 hours or overnight in the refrigerator. Heat 2 teaspoons olive oil in pan. Add chicken and stir for 5 minutes, turning frequently. Remove chicken and set aside. Lower heat and add remaining olive oil and ginger; cook for 30 seconds. Add broccoli and scallions and cook for 2 minutes more. Add chicken to vegetables. Serve over rice. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
395	17g	373mg	24g	6g	36g

Grilled Chicken Teriyaki

Place chicken breast in a shallow glass or ceramic pan. Combine tamari, honey, sherry, pineapple juice, and ginger, and pour over chicken breast. Cover with plastic wrap (make sure plastic doesn't come into contact with food.) and marinate in refrigerator for 2 to 4 hours. Heat grill pan and cook chicken for 4 to 5 minutes on each side or until cooked through. Discard any remaining marinade. Grill pineapple briefly if desired. Garnish with scallions and sliced pineapple. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
294	5g	644mg	24g	2g	35.5g

8 to 10 oz. boneless, skinless chicken breast, split and pounded thin

2 Tbsp. low-sodium gluten free tamari

1 tsp. honey

1 Tbsp. dry sherry

½ cup unsweetened canned pineapple juice

1 tsp. ginger, grated

2 slices canned pineapple

1 scallion, slivered

Chicken Breasts Stuffed with Spinach and Parmesan

2 (4 oz.) boneless, skinless chicken breasts

2 Tbsp. light olive oil

½ cup carrot, grated or julienned

1 cup fresh or frozen organic spinach (thawed)

1 tsp. fresh basil, chopped (or ½ tsp. dried basil)

4 Tbsp. Parmesan or Romano cheese, grated

Ground black pepper, to taste

Preheat the oven to 400° F. Slice the chicken breasts halfway through the center lengthwise, forming a pocket. Heat the oil in a skillet over medium-low heat. Stir in the carrots and heat until softened, about 5 minutes. Add the spinach and basil. Cook about 3 minutes, or until the fresh spinach is wilted. Remove from heat. Add the cheese and stir to combine. Stuff the mixture into the chicken pockets. Soak toothpicks in water or oil and use them to secure the chicken pockets. Lightly brush the top of the chicken with oil and sprinkle liberally with black pepper. Bake for about 20 minutes, or until the chicken juices run clear. Remove toothpicks and serve. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
322	21g	260mg	4g	1g	30g

Chicken Breasts Cabernet

Place chicken in a glass dish or bowl. Pour wine over chicken, and mix to coat. Cover the dish or bowl, and refrigerate at least 2 hours to allow chicken time to marinate. Remove chicken breasts from the wine and discard any remaining wine. Season chicken with basil, paprika, salt, and black pepper. Heat olive oil in a medium skillet over low to medium heat. Add garlic and sauté about 1 minute. Add chicken and sauté on each side until chicken is done (about 5 to 6 minutes each side). (*Makes 4 servings*)

4 boneless, skinless chicken breast halves
1 cup red wine
1 Tbsp. fresh basil, chopped
½ Tbsp. paprika
1 clove garlic, minced
Celtic sea salt and black pepper to taste
Light olive oil for sautéing

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
260	9g	91mg	2.5g	<0.5g	31.5g

Dr. Sinatra's Lemon Caper Chicken

This main dish easily becomes a meal when served with steamed vegetables and short-grain brown rice.

2 Tbsp. light olive oil
4 (4 oz.) boneless, skinless chicken breasts
½ tsp. Celtic sea salt, divided
½ tsp. ground black pepper, divided
½ cup dry white wine (or substitute low-sodium chicken broth)
4 Tbsp. fresh lemon juice
1½ tsp. capers
2 Tbsp. fresh parsley, chopped
Optional: additional chopped parsley for garnish

Heat olive oil in large skillet over medium-high heat. Meanwhile, sprinkle ¼ teaspoon each salt and black pepper over chicken breasts. Add chicken to skillet and cook 5 to 6 minutes on each side, until chicken is done. Remove chicken from skillet and keep warm. Add remaining salt and black pepper, white wine or chicken broth, lemon juice and capers to the skillet. Stirring occasionally, cook sauce until reduced to ¼ cup (about 2 minutes). Add parsley to sauce. Spoon over chicken. Garnish with additional chopped parsley if desired. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
225	11g	368mg	2g	<0.5g	25g

Mediterranean Chicken with Artichokes, Peppers, and Olives

Roll the chicken pieces in crumbs to coat, and sprinkle with pepper. Heat the oil in a large skillet over medium-low heat. Add the garlic and cook for about 2 minutes; do not allow to brown. Add the chicken and cook for about 4 minutes, turning until lightly browned on all sides. Add the peppers and olives and heat through, about 2 to 3 minutes. Add the artichokes with liquid and cook until heated through, 3 minutes more. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
485	30.5g	433mg	10.5g	1g	27g

8 oz. chicken breast,
cubed or sliced

4 Tbsp. gluten free
bread crumbs

Freshly ground black
pepper to taste

3 Tbsp. light olive oil

1 clove garlic, minced

2 roasted red peppers,
from a jar, cut into
strips

20 medium black
olives, pitted

1 (6 oz.) jar marinated
artichokes, kept in
liquid

Eye of Round Roast with Rosemary

2 lb. eye of round roast
½ tsp. rosemary, crushed
¼ tsp. each of Celtic sea salt and freshly ground black pepper
2 onions, sliced
2 tomatoes, sliced
Fresh parsley, chopped

Preheat oven to 350° F. Trim off excess fat from the roast and sprinkle with rosemary, and the sea salt and freshly ground black pepper to taste. Place the roast on a rack in roasting pan. Roast until tender, approximately 1½ hours. Slice thin and serve with raw sliced onion and tomatoes; sprinkle with fresh parsley. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
284	7g	97mg	7g	2g	45g

Roast Pork Tenderloin with Mustard

1 lb. boneless pork tenderloin
¼ tsp. black pepper
1 Tbsp. light olive oil
1 tsp. fresh or ½ tsp. dried thyme, crushed
1 Tbsp. Dijon mustard

Season meat with black pepper. Heat oil in a pan and brown meat on all sides. Sprinkle with thyme and spread with Dijon mustard. Roast 45 minutes to 1 hour at 375° F or until meat thermometer registers 180° F. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
221	9g	154mg	<0.5g	<0.5g	32g

Chicken Provençal

Heat 2 tablespoons oil in heavy large saucepan over medium heat. Add onion and garlic, and sauté until tender, about 10 minutes. Add tomatoes, orange zest, oregano, basil, bay leaves, paprika, and black pepper. Cook until sauce thickens, stirring occasionally, for about 30 minutes. Discard bay leaves. Season chicken with salt and black pepper. Heat remaining 2 tablespoons oil in heavy large skillet over medium-high heat. Add chicken to skillet and sauté until cooked through. To serve, spoon sauce over chicken.

(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
372	19g	529mg	17.5g	5g	35g

4 boneless, skinless chicken breast halves

4 Tbsp. light olive oil

1 medium red onion, chopped

4 Tbsp. garlic, minced

1 (28 oz.) can diced peeled tomatoes, drained

1 tsp. orange zest, grated

2 tsp. fresh or 1 tsp. dried oregano

2 tsp. fresh or 1 tsp. dried basil

2 bay leaves

½ tsp. paprika

½ tsp. ground black pepper

Celtic sea salt and pepper to taste

Turkey Meatloaf

1½ lb. ground turkey breast
1 Tbsp. light olive oil
1 medium onion, chopped
2 carrots, finely grated
½ cup steel cut oatmeal
1 (5.5 oz.) can of low-sodium V8 juice
1 Tbsp. dried parsley
¼ tsp. black pepper
½ tsp. garlic powder
1 large egg, beaten
1 tsp. honey
2 tsp. gluten free Worcestershire sauce
1 Tbsp. Dijon mustard
½ tsp. dried marjoram

Topping

½ cup unsalted tomato sauce
1 tsp. honey

Preheat oven to 350° F. Spray a 9" x 5" loaf pan with nonstick spray. Heat oil in a medium frying pan over medium heat, and sauté onion and carrots until tender. In a large bowl, combine onions and carrots with remaining ingredients, except topping. Pat turkey mixture into loaf pan. Mix topping ingredients and spread on turkey loaf. Bake 45 minutes.
(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
388	16g	322mg	28g	5g	36g

Chef John Ash's Grandmother's Pot Roast with Vegetables

Preheat oven to 375° F. Trim the beef of all visible fat and season with salt and black pepper. Sear the meat on all sides in the olive oil in a large, heavy bottomed roasting pan on the stovetop. Remove the meat and add onions, leeks, celery, carrots, and garlic. Cook over moderate heat until the vegetables just begin to soften and the onions are translucent. Return the meat to the pan and add the red pepper, red wine, stock, tomatoes, and herbs. Bring to a simmer, cover, and place in the oven for 2 to 2½ hours, or until the meat is very tender and almost falling apart.

Strain the liquid from the meat and vegetables. Set meat and vegetables aside. Allow the liquid to sit for a few minutes so that the fat will rise to the surface. Strain off and discard the fat. Return the liquid to the pan and over high heat, reduce by approximately ⅓ to concentrate the flavors. (If desired, thicken with cornstarch dissolved in wine or water.) Correct seasoning with salt and black pepper. Return the meat and braised vegetables to pan and warm through. Slice the meat and arrange in shallow bowls along with some of the braised vegetables. Generously ladle reduced sauce around and garnish with roasted potatoes and mushrooms. (*Makes 6 servings*)

3 lb. tri-tip or bottom round of beef
Celtic sea salt and freshly ground black pepper
4 Tbsp. light olive oil
3 cups onions, sliced
1 cup leeks, sliced
1½ cups celery, bias-sliced
1½ cups carrots, wedge-cut
¼ cup garlic, slivered
¼ tsp. crushed red pepper
4 cups hearty red wine
3 cups rich beef stock
2 cups tomatoes, seeded and diced
2 tsp. each fresh thyme and sage, minced
¼ cup fresh oregano leaves, chopped (or 1 tsp. dried)
2 large bay leaves
1 tsp. fennel seed
2 tsp. cornstarch dissolved in red wine (or water)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
560	32g	1,932mg	20g	5g	48g

*Does not include optional ingredients.

Entrées: Seafood

Fish and fish oil form a cornerstone of my recommended eating plan. Omega-3 fatty acids from fish are useful to everyone. Omega-3s can reduce serum triglyceride levels and reduce blood pressure at higher dosages. Omega-3s from fish and fish oil have also been found to improve brain and joint function, as well as slow the rate at which cancer spreads.

Although fish is an integral part of my PAMM diet, it's not as simple as eating any fish; you must be picky about the catch. Large, long-lived ocean fish like tuna and swordfish tend to contain heavy metals, most notably mercury. The landlocked variety, like lake trout and catfish, contain industrial pollutants, typically polychlorinated biphenyls. I recommend that you eat any of these types of fish only once a month or less.

Fish in my approved group include anchovies, sardines, mackerel, whitefish, Atlantic halibut, sea trout, flounder, sole, scamp (baby grouper), haddock, scrod, and cod.

Omega-3 Fatty Acids in Fish

This chart shows the amount of good fat in 100 g of some of the most popular fish.

Anchovy,* canned in olive oil	2.11 g	Halibut (Atlantic)*	0.67 g
Mackerel (Pacific)*	2.07 g	Trout (sea)*	0.58 g
Whitefish*	2.06 g	Flounder/Sole*	0.56 g
Salmon (Atlantic)*	2.59 g	Crab (Alaskan king)*	0.46 g
Salmon (Coho)*	1.87 g	Crab, canned, drained*	0.36 g
Salmon (pink),* canned	1.76 g	Shrimp	0.35 g
Salmon (sockeye)*	1.42 g	Tuna (yellow fin)**	0.31 g
Mackerel (Atlantic)	1.42 g	Tuna (light), canned in water**	0.28 g
Oysters (Eastern)	1.25 g	Tuna (white), canned in water**	0.95 g
Swordfish**	1.06 g	Haddock*	0.27 g
Cod (Atlantic)*	0.17 g	Lobster (Northern)*	0.09 g

*Indicates these fish are safe to eat 2–3 times a week.

**Indicates these fish are safe to eat once a month.

Scallop Kabobs

Combine olive oil, basil, and garlic; pour over scallops to marinate. Refrigerate scallops for 3 hours. Thread scallops on skewers, separated by slices of lemon. Grill 3 to 5 minutes or until lightly browned on all sides. (*Makes 2 servings*)

8 oz. sea scallops
 1 Tbsp. light olive oil
 6 basil leaves, chopped
 2 cloves garlic, slivered
 1 lemon, thinly sliced

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
177	8g	186mg	10g	2g	19g

Shrimp with Peppers, Tomatoes, and Garlic

1 lb. large shrimp, cooked and peeled
1 Tbsp. light olive oil
2 cloves garlic, minced
1 green pepper, chopped
1 red pepper, chopped
1 medium onion, chopped
¼ cup cooking sherry or dry white wine
1 tsp. coriander seed, ground
1 cup no-salt-added crushed tomatoes
1 cup no-salt-added tomato sauce
¼ tsp. black pepper
½ tsp. brown sugar or honey
8 oz. short-grain brown rice or quinoa, cooked according to product directions

Heat oil in a large frying pan over low to medium heat and sauté garlic, peppers, and onion until tender. Add sherry or wine and bring to a boil. Add rest of ingredients, bring to a boil again. Serve over short-grain brown rice or quinoa. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
283	6g	210mg	29g	5g	27.5g

Sandy's Crab Cakes

Thoroughly but gently, combine all ingredients, except olive oil, in a large bowl. Form the mixture into 4 patties. Refrigerate for about half an hour so cakes can set up. Sauté in a skillet in light olive oil over low to medium heat. After a minute or so, flip cakes so that they brown on both sides. Remove from the oil and drain on paper towels. Serve hot with rémoulade sauce. (*Makes 4 servings*)

Easy Rémoulade Sauce

In a small bowl, mix together equal amounts of salsa and soy mayonnaise. Add horseradish, if desired.

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
184	9g	576mg	15g	2g	12g

*Does not include sauce.

12 oz. lump crabmeat, drained
 2 eggs
 1 tsp. Old Bay seasoning
 ½ cup gluten-free bread crumbs
 1 stalk celery, chopped
 ¼ cup amaranth flour
 2 tsp. half and half
 ¼ cup dried shallots
 Black pepper to taste
 2 tsp. dried basil
 2 tsp. dried parsley
 Dash of hot sauce
 Organic light olive oil for sautéing

Fresh Fish with Braised Fennel

8 oz. fresh cod, scrod,
or haddock fillets,
divided

1 Tbsp. light olive oil

1 tsp. butter

1 large fennel bulb,
cored and cut into thin
strips

1 Tbsp. balsamic
vinegar

1 tsp. honey

¼ cup low-sodium
chicken stock (or water)

¼ tsp. Celtic sea salt

¼ tsp. black pepper

2 Tbsp. dry white wine
or dry vermouth

2 wedges lemon

2 sprigs of dill or
tarragon

To prepare fennel

Heat oil and butter in skillet and add fennel. Cook over low to medium heat, stirring frequently, about 10 minutes, until lightly browned. Add vinegar to fennel and scrape up any browned bits from pan. Add chicken stock or water to pan, cover and cook an additional 15 minutes, or until tender. Drizzle with honey and season with salt and black pepper.

To assemble packets

Fold a 12-inch square of parchment paper or foil lined with parchment paper in half and cut so that the sheet is roughly heart-shaped when unfolded. Pile half the braised fennel in the center of the heart, to one side of the fold. Top fennel with 1 piece of fish, a squeeze of lemon, 1 tablespoon of wine, and a sprig of dill or tarragon. Fold parchment in half over the filling and seal the edge by making a series of small pleats, working your way around the edge toward the pointy end. Finish by twisting the point. Place packets on baking sheet and bake at 375° F for 15 minutes. Let rest for 5 minutes before cutting into packets and serving. (*Makes 2 servings*)

Developed by Monica Reinagel, MS, LD/N, CNS. and modified by Dr. Sinatra

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
238	10g	494mg	8g	2g	26g

Mussels Provençal

Heat oil in large frying pan over medium-high heat and cook shallots, garlic, and red pepper until tender, stirring often. Add tomatoes and seasonings; bring to a boil, reduce heat, and simmer for 2 minutes. Add mussels, basil, and red pepper flakes; cover and cook until mussels open, 5 to 6 minutes. Discard any shells that do not open. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
479	15g	857mg	30g	3g	56g

1 lb. mussels, washed in cold water

2 tsp. light olive oil

3 Tbsp. shallots, chopped

4 cloves of garlic, minced

½ medium red pepper, chopped

1 cup no-salt-added whole tomatoes with juice

½ tsp. ground turmeric

¼ tsp. black pepper

1 tsp. thyme

1 tsp. sherry vinegar

2 tsp. dried parsley

2 Tbsp. fresh basil, chopped

Red pepper flakes, to taste

Breaded Sole, Flounder, or Fluke

2 fish fillets,
4 to 5 oz. each

2 Tbsp. light olive oil

2 Tbsp. white wine

2 Tbsp. fresh
lemon juice

Celtic sea salt and
freshly ground black
pepper to taste

3 Tbsp. fresh dill,
chopped

¼ cup gluten free
Italian-style or plain
bread crumbs

Lemon slices

Fresh watercress for
garnish (optional)

Preheat the oven to 350° F. Prepare the marinade by whisking together the olive oil, wine, lemon juice, and salt and black pepper. Add the chopped dill. Dip the fish fillets in the marinade, coating both sides well, and then gently roll the fish in the bread crumbs. Place the fillets on a nonstick or lightly oiled baking sheet and bake for 6 minutes. If the fillets do not seem crispy and browned enough, turn the broiler on toward end of the cook time and broil for 1 minute to finish off. Serve with lemon slices and garnish with watercress. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
321	17g	486mg	19g	0.5g	23g

Broiled Mediterranean Halibut

Preheat broiler. In a small bowl, whisk lemon juice, olive oil, garlic, and lemon peel. Stir in capers and 2 tablespoons basil. Season halibut with black pepper. Brush with 1 tablespoon of lemon juice mixture. Broil (or grill) until cooked through, about 4 minutes per side. Transfer to a plate. Whisk remaining vinaigrette and pour over fish. Garnish with remaining basil. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
195	4g	133mg	1g	0g	36g

4 (5 to 6 oz.) halibut steaks
 Juice of 1 lemon
 2 Tbsp. light olive oil
 3 cloves garlic, crushed
 ½ tsp. grated lemon peel
 3 Tbsp. fresh basil, chopped and divided
 2 tsp. capers, drained
 Fresh ground black pepper to taste

Broiled Red Snapper

Preheat broiler. Combine olive oil and lemon juice and brush on fillet. Season both sides of snapper with black pepper. Grill 5 inches from broiler for 5 minutes or until fish flakes easily. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
142	6g	66mg	<0.5g	0g	21g

1 lb. red snapper fillet
 1 Tbsp. light olive oil
 1 Tbsp. lemon juice
 Fresh ground black pepper

Asian Salmon

4 (6 oz.) wild salmon fillets, with skin
2 Tbsp. light olive oil
2 Tbsp. rice vinegar
2 Tbsp. low-sodium gluten free tamari
1 Tbsp. honey
2 cloves garlic, minced
1 pinch ground black pepper
2 Tbsp. onion, minced
1 Tbsp. sesame oil
2 cups short-grain brown rice
4 cups water
1 tsp. dill weed

Make several shallow slashes in the skinless side of the salmon fillets. Place fillets skin-side down in a glass baking dish. In a medium bowl, whisk together the olive oil, rice vinegar, tamari, honey, garlic, black pepper, onion, and sesame oil. Pour the liquid over the salmon, cover and refrigerate for 1 to 2 hours. Preheat the oven to 400° F. In a medium saucepan combine the rice, water, and dill weed and simmer about 20 minutes, until water is absorbed. Bake salmon in marinade for 15 minutes or until opaque and flaky. Serve salmon over rice and pour pan sauce over salmon.

(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
560	12g	55mg	75g	1g	33g

Go Wild for Salmon!

Wild-caught salmon is another source of high-quality protein and one of the best sources of essential fatty acids. It is safe to eat 2 to 3 times a week. (I'm not comfortable with regular consumption of farm-raised salmon, because they are fed a grain-based diet and lack the levels of omega-3s that wild salmon have.)

TIP: Make one night a week "salmon night," and serve a salmon dish for dinner. Making a meal like this a weekly habit is healthy living. Be sure to use wild-caught salmon—not farm raised!

Baked Fish Delight

Preheat oven to 425° F. Rub a small amount of olive oil over the bottom of a roasting pan large enough to hold the fish in one layer. Rub the fish with a little more oil and place in pan. Combine remaining olive oil with the wine or lemon juice, garlic, black pepper, and herbs. Drizzle the mixture over the fish, coating well. Bake the fish for 15 to 20 minutes, basting frequently with the pan juices. Remove the fish from the oven and test for doneness. The flesh should be opaque all the way through to the bone, and flake easily. If the fish is not done, return it to the oven for 5 to 10 more minutes. Serve with lemon wedges and a simple salad of lettuce and tomatoes or vegetables marinated in olive oil. (*Makes 6 servings*)

2 lb. sea bass
or wild salmon

¼ cup light olive oil

¼ cup dry white wine
or juice of 1 lemon

2 cloves garlic, minced

2 tsp. fresh parsley,
chopped

2 tsp. fresh cilantro,
chopped

Lemon wedges and/
or organic extra virgin
olive oil for serving

Freshly ground black
pepper to taste

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
298	17g	589mg	4g	<0.5g	27g

Hawaiian Grilled Salmon Salad with Pineapple Salsa

6 (6 oz.) wild salmon fillets
2 tsp. light olive oil
2 tsp. fresh lemon juice
1 tsp. fresh ginger, grated (or ¼ tsp. dried ginger)
3 cups fresh spinach, torn
3 cups fresh romaine, torn

Pineapple salsa
(prepared according to recipe on page 74)

Prepare pineapple salsa and store in fridge until needed. Combine oil, lemon juice, and ginger and coat both sides of fish. Refrigerate for up to an hour. Grill salmon fillets at medium-high heat for 4 to 5 minutes on each side or until salmon is opaque and flaky. Divide spinach and romaine among 6 plates and place a fillet on each. Top with pineapple salsa.
(Makes 6 servings)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
315	15g	105mg	2g	1g	37g

*Does not include salsa.

Grilled Salmon Mediterranean-style with Lemon-Basil Vinaigrette

To make the vinaigrette, whisk the lemon zest, lemon juice, olive oil, and garlic in a small bowl. Stir in $\frac{2}{3}$ of the basil and all the capers. Season to taste with salt and black pepper; set aside 1 tablespoon of vinaigrette. (Can be prepared 1 hour ahead. Allow to stand at room temperature.) Set the grill to medium-high heat. Season the salmon with salt and black pepper. Brush the fish with the 1 tablespoon of vinaigrette. Grill salmon fillets 4 to 5 minutes on each side or until salmon is opaque and flaky. Transfer the fish to plates. Re-whisk the remaining vinaigrette and pour over the fish. Garnish with the remaining basil and serve. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
264	12g	723mg	<0.5g	0g	38g

4 (6 oz.) wild salmon fillets
 $\frac{1}{2}$ tsp. lemon zest, grated
 1 Tbsp. fresh lemon juice
 2 Tbsp. organic extra virgin olive oil
 3 garlic cloves, crushed
 3 Tbsp. fresh basil, minced and divided (or 3 tsp. dried basil leaves, divided)
 2 tsp. capers, drained
 Celtic sea salt and black pepper to taste

Salmon Kabobs with Rosemary Honeydew Glaze

3 (6 oz.) wild salmon fillets

1 Tbsp. organic extra virgin olive oil

1 tsp. fresh ginger, chopped

1 Tbsp. fresh basil, chopped

1 Tbsp. fresh parsley, chopped

1 Tbsp. garlic, chopped

1 tsp. rosemary, minced

Celtic sea salt and black pepper to taste

Rosemary honeydew glaze (prepared according to recipe on page 76)

Prepare rosemary honeydew glaze and set aside.

Cut salmon into smaller pieces and skewer. Place on plate and marinate with ginger and oil for 1 hour in the refrigerator. Heat large skillet on stove. Mix herbs and garlic. Pat herb mixture on salmon and pan sear. Pour rosemary honeydew glaze over salmon.

(Makes 4 servings)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
237	13g	204mg	<0.5g	<0.5g	24g

*Does not include glaze.

Roast Salmon

Preheat oven to 425° F. Cut salmon in 2 pieces. Rub with olive oil, garlic, dill, and black pepper. Roast 10 to 12 minutes, depending on thickness or until opaque and flaky. Garnish with parsley and fresh lemon.

(Makes 2 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
226	12g	105mg	9g	0g	20g

½ lb. wild salmon fillet
 1 Tbsp. light olive oil
 1 clove garlic, crushed
 1 Tbsp. fresh dill, chopped
 Black pepper to taste
 1 lemon, sliced
 Parsley for garnish

Salmon with Mint Sauce

Prepare mint sauce and set aside. Set oven to broil. Rub broiler pan with olive oil. Sprinkle salmon with lemon peel, salt, and black pepper. Place on broiler pan and broil with tops about 4 inches from heat. Cook for 6 minutes or until salmon is opaque and flaky. Serve with mint sauce.

(Makes 4 servings)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
301	15g	376mg	<0.5g	<0.5g	36g

*Does not include sauce.

4 (6 oz.) wild salmon fillets
 1 tsp. lemon peel, grated
 1 tsp. light olive oil
 ½ tsp. Celtic sea salt
 ¼ tsp. black pepper
 Mint sauce (prepared according to recipe on page 79)

Sautéed Salmon with Asparagus and Chickpea Vinaigrette

4 (6 oz.) wild salmon fillets

½ lb. asparagus, trimmed

¼ cup fresh lemon juice

½ cup organic extra virgin olive oil plus 1 Tbsp. for cooking

1 Tbsp. pure maple syrup or 1 tsp. honey

Celtic sea salt and black pepper to taste

1 cup canned chickpeas, white or black beans, drained and rinsed well

3 Tbsp. fresh chives or scallions, minced

Cut asparagus into 1-inch pieces. In boiling salted water, blanch asparagus for 1 to 2 minutes or until tender but crisp. Drain and rinse under cold water. In separate bowl, whisk lemon juice, ½ cup olive oil, maple syrup or honey, and salt and black pepper to taste. Stir asparagus, chickpeas, and chives into lemon mixture. Season salmon with salt and black pepper. Heat oil over low heat and sauté salmon until heated through. Add asparagus mixture to skillet to warm sauce and divide salmon and sauce among 6 plates. (*Makes 6 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
509	45g	237mg	14g	3.5g	15g

Salmon with Ginger Marinade

Mix water, tamari, scallions, garlic, and ginger to make a marinade. Pour over fillets and marinate for 1 hour in the refrigerator. Bake at 400° F for 10 to 12 minutes or until salmon is opaque and flaky, basting fillets halfway through cooking time. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
283	13g	810mg	1g	0g	34g

4 (6 oz.) wild salmon fillets
 ¼ cup water
 3 Tbsp. low-sodium gluten free tamari
 2 scallions, chopped
 1 clove garlic, minced
 2 tsp. fresh ginger, grated (or ½ tsp. dried ginger)

Broiled Salmon with Dill Sauce

Mix yogurt and dill, and set sauce aside. Preheat broiler and place oven rack so fish will be 2 inches from the heating element. Dry fish with paper towels, rub with olive oil, and lightly salt. Broil 6 to 8 minutes or until salmon is opaque and flaky. Serve with yogurt dill sauce. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
325	16g	280mg	4g	0g	35g

2 (6 oz.) wild salmon fillets
 ½ cup plain yogurt
 ½ tsp. fresh dill, chopped
 1 tsp. light olive oil
 ¼ tsp. Celtic sea salt (or salt substitute) to taste

Lemon Pepper Salmon with Mixed Vegetables

2 (6 oz.) wild salmon fillets
2 Tbsp. fresh lemon juice
1 Tbsp. Dijon mustard
2 tsp. organic extra virgin olive oil
½ tsp. coarsely ground black pepper
2 cloves garlic, minced
2 medium leeks
4 fresh broccoli spears
1 lemon cut into wedges
2 cups yellow squash, sliced
2 cups water

Combine lemon juice, mustard, oil, black pepper, and garlic. Reserve 1 tablespoon mixture; spread remaining mixture on salmon and set aside. Remove outer leaves, tops and stems of leeks, leaving about 6 inches. Clean thoroughly. Cut leeks in half lengthwise and arrange side by side in large steamer over boiling water. Cover and steam for 4 minutes. Arrange broccoli across leeks, cover and steam for 2 minutes. Add squash slices over broccoli. Cover and steam for 5 minutes, then arrange salmon fillets on top and cook until just heated throughout. Serve fillets on top of vegetables, with half-tablespoon dollop of mustard mixture on top of fillets and lemon wedges on the side. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
387	18g	110mg	7g	1g	34g

Poached Salmon with Honey Mustard Sauce

In large skillet, heat water, lemon and onion slices, 1 tablespoon parsley, salt, and black pepper to boiling.

Boil

5 minutes, reduce heat to medium low, add salmon, cover and cook until heated through. Remove salmon from

liquid and cool completely. Cover and refrigerate at least 2 hours but less than 24. Discard any liquid in skillet. In a

separate bowl, mix remaining parsley, red onion, capers, and lemon peel until well blended; set aside. To serve,

place salmon on serving plate. Sprinkle with ¼ teaspoon salt. Drizzle honey mustard sauce on top and sprinkle

with parsley mixture. Serve with salad. (*Makes 4 servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
393	17g	363mg	21g	<0.5g	33g

*Does not include sauce or salad.

4 (6 oz.) wild salmon fillets

4 cups water

3 lemon slices, cut in half

3 onion slices, cut in half

¼ cup fresh parsley, chopped, divided

¾ tsp. Celtic sea salt, divided

¼ tsp. black pepper

2 Tbsp. red onion, finely chopped

2 tsp. capers

1 tsp. lemon peel, grated

Honey mustard sauce
(prepared according to recipe on page 77)

Vegetables

Research continues to validate that daily fruit and vegetable consumption reduces your risk of developing heart disease, diabetes, and cancer. The protective effect of fresh fruits and vegetables is attributed to the antioxidants and phytonutrients (including carotenoids, flavonoids, and polyphenols) they contain. These nutrients inhibit free radicals, preventing them from damaging healthy cells. Just about every fruit and vegetable is good for you, though some have particular advantages. Cabbage as well as Brussels sprouts (mini cabbages) are a gift from heaven. They are cruciferous vegetables full of compounds called isothiocyanates, which help reduce cancer risk. Cabbage and Brussels sprouts also contain indole-3-carbinol, another anticarcinogen. If you're concerned about protecting your vision, kale and spinach are the vegetables you want to have regularly. They're high in lutein and zeaxanthin, carotenoids known to help maintain clear and healthy lenses in the eyes, among other body functions. These carotenoids also support the retina and help protect you from macular degeneration. Kale is also abundant in calcium, yielding roughly 300 mg per cup.

Vegetables make preparing a nutritious, delicious, and inexpensive meal easy and healthy. There are many veggies out there to choose from, and they are packed full of nutrients and fiber. Use vegetables liberally to make great snacks and main and side dishes. Remember, organic vegetables are preferable in order to avoid pesticides, insecticides, GMOs, and other toxins. Remember to switch from extra virgin olive oil to light olive oil when heating, keeping heat low to medium.

Spinach with Pine Nuts and Garlic

Heat olive oil with garlic in large frying pan over medium heat until garlic is golden. Toss in spinach and cook several minutes or until wilted. Top with pine nuts and serve. (*Makes 2 servings*)

1 lb. fresh spinach
1 Tbsp. light olive oil
2 cloves garlic, minced
1 Tbsp. pine nuts, toasted

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
147	11g	180mg	9g	5g	7g

Asparagus with Tomatoes and Olive Oil

1½ lbs. fresh asparagus, ends removed and cut into 2-inch pieces

½ cup onion, finely chopped

1 clove garlic, chopped

¼ cup light olive oil

2 cups fresh tomatoes, chopped

Freshly ground black pepper to taste

1 Tbsp. lemon juice

In a large saucepan, sauté the onion and garlic in olive oil until the onion is golden and starting to brown. Add asparagus to the onions and garlic. Mix well, cover, and cook on medium-low for about 5 minutes. Add tomatoes and black pepper. Cover and cook about 40 minutes, until asparagus is soft and tomatoes have dissolved into a sauce. Stir in lemon juice. Serve warm. (Can be served over quinoa or short-grain brown rice.) (*Makes 6 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
125	10g	8mg	7g	3g	3.5g

Sinatra-style Green Beans with Tomatoes and Olive Oil

½ cup onion, finely
chopped

1 clove garlic, minced

¼ cup light olive oil

1½ lb. fresh green
beans, ends removed
and snapped into
2-inch lengths

2 cups fresh tomatoes,
chopped (or no-salt-
added canned whole
tomatoes, chopped,
and drained)

Freshly ground black
pepper to taste

1 Tbsp. fresh lemon
juice

In a large saucepan, sauté the onion and garlic in the olive oil over medium heat until the onion is thoroughly golden and starting to brown, about 10 to 15 minutes. Rinse the beans and add them to the onions. Mix everything together well, cover, and lower the heat to medium-low. Cook for about 5 minutes.

Uncover the pan and add the tomatoes and black pepper. Cover again and cook for about 40 minutes, or until the beans are thoroughly softened and the tomatoes have dissolved into a sauce. Stir in the lemon juice. Taste and adjust the seasoning, adding more black pepper if necessary. (*Makes 8 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
100	7g	9mg	7g	3g	2g

Mediterranean-style Broiled Asparagus

Preheat the oven broiler. Place the asparagus on a plate and add the olive oil. Coat asparagus well with the oil. Combine orange and lemon juices. Drizzle half of the juice mixture over asparagus, mix well, and then sprinkle with black pepper. Lay asparagus on the broiler pan and broil carefully, about 6 to 8 inches from the heat. The asparagus should cook through and be lightly and pleasantly browned on the outside in about 10 minutes.

Place the asparagus on a serving plate and drizzle the remaining juice mixture over, gently mixing well. Serve immediately or set aside at room temperature, stirring occasionally, to absorb the flavors. (*Makes 8 servings*)

1 to 1½ lbs. asparagus, preferably white, trimmed and cut into bite-sized pieces

¼ cup light olive oil

2 Tbsp. fresh squeezed orange juice

1 Tbsp. fresh squeezed lemon juice

Freshly ground black pepper to taste

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
85	7g	2mg	4g	2g	2g

Italian Cauliflower

Fall brings to mind heartier cooking with more intense flavors, and this savory cauliflower dish fills the bill.

1 head cauliflower, cut into florettes
3 Tbsp. light olive oil
½ large onion, chopped finely
2 cloves garlic, minced
1 cup canned tomatoes, chopped
¼ cup white wine
½ cup fresh parsley, chopped
Celtic sea salt and black pepper to taste
⅓ cup green olives, chopped
2 Tbsp. capers
Optional: garnish with additional chopped parsley/cilantro

In a large pan or pot, heat the olive oil over medium heat. Add the onion, and sauté until translucent. Add garlic and cook just until sizzling. Add the tomatoes and white wine; season with salt, black pepper to taste. Add the cauliflower, and stir to mix. The liquid should just cover the cauliflower; if not, add a little water. Cook for 5 to 7 minutes until cauliflower is almost tender. Remove the cauliflower from the pot and place in a warm serving dish. Turn the heat to high, and cook the tomato sauce mixture until thickened. Add the olives, parsley, and capers and cook another minute or two. Pour this mixture over the cauliflower, and mix, coating the cauliflower. Serve warm. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
202	16g	486mg	11g	4g	4g

Flavorful Cabbage with Garlic

Preheat the oven to 400° F. Cut the trimmed cabbage into quarters and remove part of the central stem, leaving enough to hold the leaves together. Combine the garlic and oil in a shallow bowl. Bring a large quantity of lightly salted* water to a rolling boil. Plunge the cabbage into the water and boil rapidly for 5 to 7 minutes, or until the cabbage starts to soften but does not get limp. When the cabbage is done, drain it and immediately pour the garlic oil over each quarter, turning to coat. Place the cabbage in a deep oval gratin dish and sprinkle with pepper. Cover the dish with aluminum foil ensuring it does not come into contact with the food, and slide the dish into the oven for about 5 minutes, or just long enough to get the oil really sizzling. Remove the foil and let the cabbages sizzle a little longer, no more than 5 minutes. Serve immediately. (*Makes 4 servings*)

*Celtic sea salt preferred

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
166	14.5g	32mg	10g	4g	3g

1 small cabbage,
rinsed and outer leaves
removed

1 clove garlic, minced

¼ cup light olive oil

Freshly ground black
pepper to taste

Asian Vegetables

5 dried shiitake mushrooms or any type of fresh mushrooms, julienned

½ Spanish onion, julienned

1 tsp. ginger, grated (optional)

1 tsp. garlic, minced (optional)

1 Tbsp. light olive oil

½ carrot, shredded

½ red bell pepper, julienned

1 bunch scallions, julienned

¼ cup low-sodium gluten free tamari

1½ Tbsp. sugar

1 Tbsp. sesame oil

Freshly ground black pepper to taste

Soak the dried shiitake in warm water until soft, about 1 hour, if not using fresh mushrooms, then drain.

Sauté the onion, ginger, and garlic in a pan with the olive oil until soft. Add the carrot, shiitakes, red bell pepper, and scallions with the tamari and sugar. Add sesame oil and black pepper.

Note: Sesame oil adds a rich flavor but loses some of the flavor in cooking. This is why light olive oil is used for the vegetable sauté and sesame oil is saved for the tossing. (*Makes 4 servings*)

Nutrition Facts per Serving:*

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
104	7g	582mg	9g	1g	19g

*Optional ingredients not included.

Dr. Sinatra's Favorite Shiitake Dish

Lightly cook the mushrooms and garlic in the olive oil and water. Cover the pan briefly while they cook. When they're heated through, add artichoke hearts with marinade. Sauté a few minutes longer until artichoke hearts are heated through. Transfer the mushrooms and artichoke hearts to a large bowl. Sprinkle with cilantro, parsley, and black pepper to taste. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
187	13g	323mg	17g	1g	1.5g

½ lb. fresh shiitake mushrooms, diced

12 cloves garlic, finely chopped

2 Tbsp. light olive oil

2 Tbsp. water

2 small jars marinated artichoke hearts, drained

Chopped fresh cilantro for flavor

Chopped fresh parsley for flavor

Freshly ground black pepper to taste

Natto

Natto is frequently described as “an acquired taste.” But Patty Bennett shared with me a way to make natto more palatable. Patty, who attended a talk I gave in Anaheim, CA, grew up with a Japanese mom and has eaten natto all her life. She explained that the secret to enjoying natto is in knowing how to prepare it in the traditional Japanese way. To prove her point, Patty went home after the talk, only to return 30 minutes later with a dish of traditionally prepared natto for several of us to try. To my surprise, it was delicious! Here’s her recipe:

- 1 package natto, defrosted (can be purchased at Asian grocery stores or online)
- 1 organic raw egg
- 3 Tbsp. gluten free low-sodium tamari
- 1 tsp. sesame oil
- ½ tsp. mustard
- 1 scallion, finely chopped
- 1 cup short grain brown rice, prepared according to product directions

Combine egg (as fresh as possible), tamari, sesame oil, mustard, and green onion. Combine natto with sauce mixture and spoon over hot rice. You can vary the proportions of tamari, sesame, and mustard to suit your taste. Although the raw egg is traditional, you can omit this if you have any concerns about eating raw eggs. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
152	4g	494mg	23g	2g	7g

Stir-fried Tofu and Vegetables

Marinate tofu in tamari for 10 minutes. Heat 1 teaspoon sesame oil in a large frying pan over medium-high heat. Remove tofu from tamari and reserve any remaining tamari. Lightly sauté tofu on both sides and remove to a plate. Heat remaining sesame oil in the pan and sauté broccoli, covered, for 5 minutes until lightly brown. Remove cover, add orange pepper, and sauté until pepper is tender. Add zucchini and cook for 3 to 5 minutes, or until zucchini is tender. Add snow peas and cook 1 minute. Remove all vegetables from the pan. Mix together cornstarch, apple juice, honey, ginger, water, chicken broth or instant bouillon, and any remaining tamari in a small bowl. Add this mixture to the frying pan and cook till bubbly. Add vegetables and tofu and heat through. Enjoy as a side dish or serve over a small amount of short-grain brown rice, quinoa, or amaranth. (*Makes 2 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
471	17.5g	646mg	77g	9g	12g

- 1 (2 oz.) package of firm tofu, drained
- 2 Tbsp. low-sodium gluten free tamari
- 1 Tbsp. toasted sesame oil, divided
- 2 cups broccoli florets
- 1 orange pepper, chopped
- 1 medium zucchini, sliced
- 1 cup snow peas
- 2 tsp. cornstarch
- ½ cup unsweetened apple juice
- 1 Tbsp. honey
- 1 tsp. ground or fresh minced ginger
- ¼ cup water
- 1 tsp. homemade chicken broth or low-sodium, or no-sodium instant chicken bouillon (in health food stores)
- ½ cup short-grain brown rice, cooked according to product directions

Sauces, Seasonings, and Condiments

These recipes add variety to everyday meat, fish, or vegetables.

Easy Italian-style Tomato Sauce

This sauce can also spice up basic rice or chicken dishes.

Pour the olive oil into a pan and sauté garlic and onions for 30 to 60 seconds. If you're using canned tomatoes, crush or chop them in a blender. For fresh tomatoes, chop them into small cubes. Add the tomatoes and wine and cook for 3 to 4 minutes. Add the basil, oregano, salt, and black pepper. The sauce will keep for up to 1 week, tightly covered, in the refrigerator. (It can also be frozen and stored for up to 3 months.) (*Makes 6 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
80	5g	217mg	7g	2g	1g

2 Tbsp. light olive oil
3 cloves garlic, finely chopped
2 medium onions, diced
2 (16 oz.) cans plum tomatoes or 2 lb. fresh plum or cherry tomatoes
2 Tbsp. red or white wine
1 Tbsp. fresh basil, chopped
1 tsp. fresh oregano, crushed
¼ tsp. each of Celtic sea salt and freshly ground black pepper to taste

Cilantro Pesto

A delicious way to get your heart-protective fats and garlic. Plus, cilantro is an excellent detoxifier.

4 cups fresh cilantro,
loosely packed
¼ cup organic extra
virgin olive oil
¼ cup flax oil (high-
lignan if possible)
½ cup raw walnuts
3 Tbsp. flaxseeds,
ground
4 cloves garlic
½ cup Parmesan
or Romano cheese,
grated (optional)
Celtic sea salt to taste

Using a food processor or blender, purée alternating quantities of cilantro, oils, walnuts, flaxseeds, and garlic. Add cheese and salt (if desired) and finish with a last whoosh. Of course, feel free to play with the proportions of the ingredients, depending on the consistency you want and your taste. This pesto freezes well. Store in a lidded, air-tight container or small ramikin crock sealed with a stretch plastic lid that does not come in contact with the pesto, or freeze in small plastic containers or ice cube trays. Use it on vegetables, or as a spread for veggie sandwiches made with sprouted bread or gluten free crackers, (*Makes 9 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
247	22g	249mg	7g	3.5g	5g

Pineapple Salsa

This salsa also makes a nice side dish.

- 1 Tbsp. light olive oil
- 1 medium yellow bell pepper, diced
- 1 small sweet onion or red onion, finely chopped
- 2 (8 oz.) cans crushed pineapple in juice
- ¼ cup golden raisins
- ¼ tsp. cayenne pepper
- 2 tsp. fresh lemon juice
- 3 tsp. fresh ginger, minced

Heat oil in medium skillet over low to medium heat. Add bell pepper and onion and sauté until soft, about 4 minutes. Add crushed pineapple, raisins, cayenne, lemon juice, and ginger; sauté until pineapple is warm, about 4 minutes longer. Salsa can be made ahead up to 24 hours and refrigerated. Bring to room temperature before using. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
93	2g	1mg	18.5g	1g	1g

Easy Pesto

This makes a nice side dish on its own, or with the addition of a protein source (fish, seafood, or chicken) it can be a flavorful main dish, or a spread over gluten free crackers.

Place all ingredients, except olive oil, into a food processor and process until smooth. While processor is on, add olive oil and blend until well mixed.

(Makes 6 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
97	9g	90mg	2g	1g	2g

3 cups fresh basil leaves, loosely packed

½ cup fresh parsley, loosely packed

½ cup fresh oregano leaves, loosely packed

3 Tbsp. pine nuts, toasted

¼ tsp. Celtic sea salt

¼ tsp. ground black pepper

2 Tbsp. Parmesan cheese, grated

2½ Tbsp. organic extra virgin olive oil

Flax Mayonnaise

A healthful twist on an old favorite.

2 Tbsp. flax oil
(organic, high-lignan if possible)

2 Tbsp. milk

2 Tbsp. plain yogurt

2 Tbsp. lemon juice or
apple cider vinegar

1 tsp. mustard powder

¼ tsp. dried marjoram
or dill

Seasoning such as
paprika to taste

Celtic sea salt to taste

Combine flax oil, milk, and yogurt in a blender or food processor and whip. Add lemon juice or cider vinegar, mustard powder, herbs, and spices. If you want to make a larger quantity, this will keep for about 2 weeks if refrigerated, but some separation will occur and you'll want to stir before using. Try flax mayo with broiled fish or as a dip for raw veggies.

(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
69	6g	7mg	1g	0.5g	1g

Rosemary Honeydew Glaze

2 Tbsp. white vinegar

½ Tbsp. sugar

1 Tbsp. garlic, chopped

1 Tbsp. honey

2 Tbsp. fresh squeezed
orange juice

½ tsp. fresh rosemary,
minced

⅓ cup honeydew,
chopped

Reduce vinegar, sugar, garlic, and honey in saucepan to syrup consistency. Add remaining ingredients. Boil for 4 minutes and remove from stove. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
43	0g	5mg	11g	0g	0g

Avocado Salsa Fresca

Place avocado and lime juice in large bowl and toss gently to coat. (This will help to keep the avocado from browning.) Add tomato, yellow pepper, onion, jalapeño, garlic, cilantro, and black pepper. Toss gently to combine. Add salt to taste. (*Makes 4 servings*)

Developed by Monica Reinagel, MS, LD/N, CNS.

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
99	7g	8mg	7g	4g	2g

1 ripe avocado, peeled and diced

2 Tbsp. fresh lime juice

1 large tomato, diced

1 yellow bell pepper, diced

½ cup red onion, diced

1 jalapeño pepper (seeds and membranes removed), minced

1 clove garlic, minced

¼ cup (packed) cilantro leaves, chopped

½ tsp. ground black pepper

Celtic sea salt to taste

Honey Mustard Sauce

Blend all ingredients. (*Makes 4 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
52	3.5g	90mg	5g	0g	0g

2 Tbsp. fresh lemon juice

1 Tbsp. honey

1 Tbsp. Dijon mustard

1 Tbsp. organic extra virgin olive oil

Asian Marinade for Flank Steak or Chicken

1/3 cup low-sodium
gluten free tamari
1/3 cup rice vinegar
2 Tbsp. Worcestershire
sauce
1 Tbsp. honey
2 cloves garlic, mashed
1 tsp. ginger, minced
1/2 tsp. red pepper
flakes (optional)

Combine all ingredients in a coverable dish. Add flank steak or chicken pieces turning them so that marinade is in contact with the meat. Cover and refrigerate for up to 4 hours. Remove meat from marinade before grilling and use marinade to baste during cooking. Discard any leftover marinade. (*Makes enough for 6 servings of chicken or steak*)

Nutrition Facts per Serving*:					
Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
22	<0.5g	528mg	5g	<0.5g	1g

*Does not include chicken or steak.

Mint Sauce

Mix all ingredients. Cover and refrigerate at least 1 hour.
(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
42	2g	64mg	4g	0g	2.5g

¾ cup plain regular or low-fat yogurt

1 Tbsp. fresh mint, chopped (or 1 tsp. dried mint)

1 Tbsp. regular or low-fat mayonnaise or salad dressing

1 Tbsp. orange peel, grated

1 clove garlic, finely chopped

Homemade Mexican Seasoning Mix

Mix your own seasoning and store it in a jar until needed. (Makes enough to season 6 pounds of meat.) To use, brown 1 pound of meat and drain off excess fat. Add ½ cup of water and 2 tablespoons of seasoning mix. Stir over medium heat until slightly thickened. (Makes 6 servings)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
35	1g	829mg	5g	0g	1.5g

*Does not include meat.

4 Tbsp. chili powder

2 Tbsp. red paprika

2 Tbsp. onion powder

2 tsp. garlic powder

2 tsp. Celtic salt or salt substitute

2 tsp. cumin

½ tsp. ground cayenne

Sweets and Desserts

Life would be pretty empty without some indulgences. I'm not suggesting you eat sweets every day, but even PAMM guidelines allow an occasional dessert. So go ahead and enjoy once in a while. And remember, few things are more satisfying than fresh, seasonal fruit at the end of a meal. Always look for organic fruits when possible to avoid pesticides, herbicides, GMOs, and fertilizers. A local organic grower you know is optimal, and sourcing local honey is an extra boost to your immune system.

Awesome Apple Crisp

10 apples, peeled, cored, and chopped
1½ cups organic apple juice
3 Tbsp. ground cinnamon, divided
1½ tsp. ground nutmeg, divided
4 cups steel cut oats
½ cup amaranth flour
1½ cups pure maple syrup
¼ cup walnut oil
Fresh whipped cream or ice cream (optional)

Preheat oven to 350° F. Spread apples in a large baking dish and cover with apple juice. Sprinkle with 1 tablespoon cinnamon and ½ teaspoon nutmeg. Place oatmeal in a bowl. Add 2 tablespoons cinnamon, 1 teaspoon nutmeg, and the flour, and toss to mix. Add maple syrup and walnut oil and blend well (mixture should be crumbly). Spread the mixture over the apples. Bake 40 minutes, or until apples are tender and juices are bubbling. Let cool. Serve warm with whipped cream or ice cream. (*Makes 12 servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
425	9g	10mg	81g	9g	9g

*Does not include optional ingredients.

Bread Pudding with Fruit-Berry Sauce

1 tsp. light olive oil or
nonstick cooking spray

2 cups milk

2 egg whites

1 Tbsp. sugar

1 tsp. vanilla

½ tsp. ground nutmeg

8 slices gluten free
cinnamon raisin bread,
cubed

½ cup pure
maple syrup

1 cup organic
strawberries*, sliced

½ cup blueberries

¼ cup raisins

¼ cup fresh squeezed
lemon juice

*Strawberries are one of the
most highly sprayed fruits, so I
only use organic strawberries to
be on the safe side.

Preheat the oven to 325° F. Coat an 8-inch round baking pan with olive oil or with nonstick cooking spray and wipe off excess, add bread cubes. In a medium bowl, combine the milk, egg whites, sugar, vanilla, and nutmeg. Pour the mixture evenly over the bread cubes. Bake for 35 to 45 minutes, or until set. Let stand for 5 minutes.

To make the sauce, heat the maple syrup in a small saucepan over low to medium heat. Stir in the fruit and lemon juice and heat through. Transfer the pudding onto serving plates and serve with fruit-berry sauce. If desired, top with nonfat sour cream. (*Makes 6 servings*)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
293	6g	203mg	54g	1g	8g

*Includes berry sauce.

Apricot Oatmeal Bars

1½ cups steel cut oatmeal
¼ cup amaranth flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla extract
½ cup honey
¼ cup light olive oil
2 eggs
¼ cup milk or plain soy milk
1 cup dried apricots, chopped

Preheat oven to 350° F. Rub an 11" x 7" pan with a small amount of light olive oil. Combine all ingredients in a large bowl and mix until well combined. Pat mixture into the pan and bake 20 minutes or until bars feel firm to the touch. Cut into bars. (*Makes 12 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
220	7g	59mg	36g	3g	5g

It's Easy to Connect with Dr. Sinatra Anywhere, Anytime!

To make sure you stay on top of the latest news and recommendations regarding your heart and your health, keep in touch with Dr. Sinatra 24 hours a day, 7 days a week, via one of these channels:



Surf the Web...

drsinatra.com and *heartmdinstitute.com* empower you with the tools and information you need to take an active role in managing your health. You can easily access a wide range of health conditions, get answers to the most frequently asked questions about heart health, or read Dr. Sinatra's blog, where he discusses the latest integrative solutions to keep your heart healthy.



Get Dr. Sinatra's FREE E-News...

Every week, Dr. Sinatra emails you the latest research, heart health news, and solutions that will help you achieve the best heart health possible. If you don't already receive his E-News, you can sign up for it on *drsinatra.com*.



Connect with Dr. Sinatra on Facebook...

Stay in contact daily with Dr. Sinatra, and exchange health information and ideas with other health-conscious individuals on Dr. Sinatra's Facebook page.

Dr. Sinatra

AMERICA'S #1 INTEGRATIVE CARDIOLOGIST®

drsinatra.com

©Healthy Directions

Photocopying, reproduction, or quotation strictly prohibited without written permission of the publisher.



Distributed by:

**HEALTHY
DIRECTIONS**

6710A Rockledge Drive, Bethesda, MD 20817

9SCKBK0415
7205d070215