
The New Normal

Cookbook

Feeding for Health



Rosemary and Bill Morrison

1st Edition

For all those who need some help with eating normally

Foreword.....	7
Preface	8
Acknowledgements	9
Some Further Thoughts	10
Introduction	11
Making Progress	13
<i>Timeline Details</i>	14
<i>Troubleshooting</i>	17
Equipment	19
<i>A Basic Kitchen for Specialized Menus</i>	19
<i>Nice to Have</i>	20
<i>Quick-Start Shopping List</i>	21
Broths and Stocks.....	22
Vegetable Broth	23
Bone Broth.....	24
Chicken Stock/Broth	24
Ham Broth	26
Smoothies and Shakes.....	27
Almond Butter Blueberry Smoothie	28
Almond Butter & Banana Protein Smoothie	29
Almond Butter Spinach Smoothie	30
Banana-Berry Smoothie	31

Chocolate Almond Butter Smoothie	32
Peanut Butter-Banana Smoothie	33
Strawberry Banana and Almond Butter Smoothie.....	34
Fruit Shake	35

Soups36

Broccoli Leek Soup	37
Butternut Squash Soup	38
Carrot Soup with Miso and Sesame	39
Cauliflower Soup.....	40
Chicken Noodle Soup.....	41
Creamy Mushroom Soup	42
Cream of Spinach Soup	43
Crock Pot Chicken and Wild Rice Soup.....	44
Fish Chowder.....	45
Leek and Barley Soup.....	46
Leek and Potato Soup.....	47
Leek, Potato, and Barley Soup	48
Lentil Soup	49
Senate Bean Soup.....	50
Spinach Soup	51
Split Pea Soup with Ham.....	52
Sweet Potato Soup.....	53

Semi-solids and Beyond.....54

Breakfasts55

Soft Scrambled Eggs.....	56
Creamy Cheese Omelet.....	57
Crustless Spinach Quiche.....	58
Pumpkin Spice Baked Oatmeal.....	59
Baked Berry Oatmeal	60
Flour-less Banana Oatmeal bars	61
Carrot Cake Pancakes.....	62

Pumpkin Pancakes	63
Classic Buttermilk Waffles	64
Sweet Potato Waffles (or pancakes)	65
Blueberry Scones	66
Pumpkin Scones	67
Fresh Apple Cinnamon Scones	68

Main Dishes.....70

Brown Rice Risotto	71
Chicken Pie	72
Chicken with Leek, Carrot and Peas	73
Creamy Risotto	74
Crabmeat Salad.....	75
Farroto (Farro Risotto) with Mushroom Medley	76
Garlic Parmesan Spaghetti Squash	77
Goat Cheese Mac and Cheese.....	78
Green Lasagna	79
Homeroom's Classic Macaroni and Cheese - Two Ways	80
Leek, Broccoli and Mushroom Frittata	81
Maple Ginger Salmon	82
Meatballs with Mushroom Gravy	83
Mushroom Bourguignon.....	84
One Pot Ground Beef Stroganoff	85
Polenta with Mushroom Ragout.....	86
Pork Stew.....	87
Spinach Chicken Lasagna	88
Spinach Chicken Lasagna with White Sauce	89
Spinach and White Bean Lasagna	90
Stir Fry Chicken with Vegetables	91
Turkey Meatloaf	92
Wild Mushroom Lasagna	93
Chicken Posole	94
Pork Posole	95
Vegetarian Posole.....	96

Indian Dishes.....97

Potato Curry (Indian Potatoes with Brown and Yellow Mustard)	98
Potato Curry (version 2).....	99
Dry Potato Curry	100
Palak Broccoli (Spinach/Broccoli Gravy)	101
Lentils with Spinach (Daal and spinach/palak)	102
Chicken and rice soup/porridge.....	103
Squash (Opo) Curry	104
Khichdi	105
Moong Daal Fry	106
Fried Potatoes with Carrom seeds (Aloo Ajwain)	107

Vegetables.....108

Cauliflower and Broccoli in Cheese Sauce	109
Cauliflower Tots	110
Chopped Braised Leeks	111
Garlic Mashed Cauliflower	111
Herbed Cottage Cheese	113
Hummus-Tahini Spread	114
Sweet Potato Hummus.....	115
Mashed Potatoes (with variations)	116
Sauteed Summer Squash with Onions.....	117
Spinach Timbales	118

Desserts119

Almond Butter Pudding	120
Almond Joy Pudding.....	121
Butternut Squash Custard	122
Meyer Lemon Sorbet	123
Peanut Butter Pudding	124
Roasted Strawberry Buttermilk Sherbet	125
Sweet Squash Pudding	126

Resources127

Foreword

Dr. Mary S. Maish, MD

This book can help you along your journey to recovery. It is primarily a compilation of the recipes and culinary techniques that one couple (my patient and his wife) used and refined during his recovery from esophageal cancer surgery.

The process of adapting to a new dietary regimen can be long and sometimes difficult, and the kind of information offered in this book can be very useful. Many of the recipes should be relevant for those facing similar difficulties in swallowing and/or digestion.

This book makes no claims as either medical advice nor as a nutritional plan - it's just a sharing of information that, hopefully, will be of value to others faced with similar challenges.

Good luck on your journey!

Preface

Not Your Average Cookbook

This book is intended to help manage the diets of people with eating difficulties of all sorts. It is also a chronicle of one man's progression from esophagectomy surgery to a diet that can best be described as very near normal. If you are not recovering from major surgery, but have other difficulties in eating (such as serious dental problems), then you should be able to find some recipes that suit your abilities.

This is a cookbook; it is not a textbook or medical guide, but a chronicle of the tremendous effort that was made to help one patient recover from the terrific trauma that is cancer. There are no magic cures or instructions, just a collection of good solid recipes that one couple used to solve a series of dietary problems. Virtually all of them have been used (and enjoyed) numerous times by the authors, and more recently by a number of friends and acquaintances and others. As with all cookbooks, please think of the recipes as suggestions or starting points. The authors welcome your feedback and hope to continue compiling recipes and other information to pass along in future editions.

A word of warning:

**This book is NOT a replacement for
medical advice or professional services.**

**It should NOT be used to diagnose or
treat a health problem or disease.**

It is NOT a substitute for professional care.

Acknowledgements

The Patient's View

I am 74 and working toward becoming a cancer survivor. About a year ago I had undergone 23 radiation treatments, a round of chemotherapy, an esophagectomy, and another round of chemo. That was last year. This year we went cross-country skiing in the Lake Tahoe area. *Four times.*

I am very lucky. You might think that if I was truly lucky, I wouldn't have developed esophageal cancer, but luck had nothing to do with that; it happened, and I could not have been more fortunate in the people and circumstances that helped me through it. There are too many to thank individually, but the most important by far is my wife Rosemary, whose incredible dedication, caring, and stamina were, and continue to be, the foundation of my recovery.

Thanks and extreme gratitude to Dr. Mary Maish, whose brilliance as a surgeon and superb qualities as a healer and person made an incredibly valuable contribution to any progress I have made.

I also want to thank my oncologist, Dr. Rishi Sawhney, for being both honest and upbeat, and for being truly caring, and for assiduously tracking all aspects of my treatment, the emotional as well as the physical.

It's remarkable that virtually everyone I came into contact with went far above and beyond their primary responsibilities. I think of the ICU nurse who came to see how I was doing several days after I was moved to the ward, the entire staff of the radiation and chemotherapy centers, and all of the nurses, radiologists, lab people, and it goes on and on. They all really care - about what they are doing and about their patients.

Fighting cancer is unbelievably difficult, even with the skills, support, and kindness of so many people. It's such a slow struggle that it would be easy to become discouraged or despairing. You may not see much progress from one week to the next; you may not see any change at all. You will have to endure a great many things, from painful to unpleasant to merely inconvenient. There will be things that you just do not want to do, and things you don't think you can endure. But I urge you to hang on tight to your whatever hopes you can find. by whatever means you can find. Find your inner steel. Stay determined to make it through just one more day. Then do it again tomorrow.

If you think about it, you really have no other choice.

My role in producing this book was very small (aside from taste-testing virtually all of the recipes), so I am trying to make up for it by encouraging everyone who reads it to stay the course and to make the efforts required to get to...

The New Normal.

Some Further Thoughts

This recipes in this book follow a progression from a liquid diet to something approaching normal fare. Not everyone will progress through the same stages, of course; this book is partially a chronicle of one man's case. Your timeline may differ, and you will probably not see consistent progress. In addition to greater tolerance for food types and textures, tastes will also change. Some of those changes will be puzzling and/or disheartening. Foods that were eagerly anticipated or enjoyed can become repellent suddenly, and tolerances for amount and seasonings can also vary. It can be disheartening to caregivers as well as patients to have the efforts of producing enticing meals wasted or diminished. It's no one's fault that yesterday's treat has lost its appeal, or that old favorites can no longer be tolerated, at least for now. But it still hurts, especially at a time when no one needs any more hurt.

Keep in mind that medical interventions such as chemotherapy, radiation, and surgery mean that your body has sustained some serious changes, insults, and damage - and repairs. That's in addition to the damage already done by whatever malady had afflicted you in the first place. You will have to deal with this. It won't vanish. When you recover, you will become a person who may not be quite the same in a number of ways - hence the title of this book.

Don't obsess about following generic advice (such as not being able to drink all of the 8 glasses of water per day that is commonly advised). One size does not fit all. *Any* increase in your water intake is good! (Your doctor's advice is a different story - follow it!)

Don't be afraid to question things that puzzle or distress you - talk to your health specialists. They can't help you if they don't know what your problems are! Example: Patients are often given supplemental nutrition via feeding tubes until normal eating is possible. Some people, however, find that they cannot tolerate the formulas that are widely used for tube feeds, so the whole procedure becomes counterproductive. If something doesn't work, don't believe that it's because you are unwell, or because that's the way things normally work. Personally, I had an unnecessarily long and depressing time with one type of supplement until I finally spoke up and got it changed to a different formulation. Problem solved! By the way, getting rid of the feeding tube altogether was a tremendous motivation.

Another good strong motivation is the desire to return to your normal eating patterns and foods. It may not happen, but you *will* find an acceptable alternative - a new normal. Be flexible in your expectations. All progress is good; just don't expect miracles. You're still around and making progress - and that's miracle enough.

Introduction

This book offers some ideas on what you can eat if you need to follow an easy to chew, soft or pureed diet, for either the short or long term. You might be dealing with esophageal cancer or other digestive tract maladies, or a variety of oral problems. Our goal is to provide food that tastes like real food while accomodating your special requirements; it might be in a different format but it is still real food with real appeal.

Finding what, and how much, you can eat requires patience, courage, determination - and a good supply of antacids. There will be surprises of all kinds: you might be able to handle some of the milder versions of spicy Mexican or Asian foods, but not be able to eat soft breads. Some foods will unexpectedly become problematic (potato chips), while others will be surprisingly well-tolerated (nuts and crunchy crackers). The good news is that you may find and enjoy many new foods that necessity has introduced to you.

Just as everyone is unique, so is every treatment, every surgery, every need. Everyone will respond differently to the same treatments and foods. The *same* person will respond differently to the *same* treatments and foods at different times. Of course, there are also many things in common, so it's important to be flexible. That's why we emphasize that we are offering suggestions, and not rules. Above all, don't be discouraged.

During the course of treatment and afterwards, you might find that your tastes will change: what tasted good one week might not taste good the next. Foods that your digestive system can handle one day may cause problems the next. And keep remembering that the important thing is the taste, and not necessarily the look, of your meals.

Don't be afraid to substitute - if one type of noodle or pasta cannot be eaten for whatever reason; try a different one, like rice or orzo. Add shredded chicken to soups to make them more filling. If swallowing is difficult, you can always finely chop meat and vegetables and roughly purée them. Be creative!

If you are experiencing neuropathy (extreme sensitivity to cold and/or heat, frequently a result of chemotherapy), serve food at, or near, room temperature. Make a smoothie and let it warm up to room temperature, for example. Let ice cream or frozen yogurt melt completely or to a very soft state; it will still taste great.

Since this is not a textbook, we can step away from the standard dietary advice and offer our own set of priorities, along with an apology if we're belaboring the obvious:

1. **Maintain a healthy weight.** For some people, maintaining weight can be a major concern for a long while. In fact, even two years after surgery it is still a factor. Hospital stays, chemotherapy, and radiation all put a huge drain on your body; and the obstacles (limited capacity, problems chewing or swallowing, loss of appetite, loss of taste) make it all the harder to avoid further weight loss. You have been through a major ordeal, so you must do whatever it takes to hang on to a healthy weight, and - *in our opinion* - don't worry too much about sticking to the ideal diet or usual limitations (unless you have rigid dietary requirements such as food allergies). If you have any doubts, though, talk it over with your medical team... Eat the ice cream, the eggs, the sweets; drink as much liquid as you can and don't worry if it's not 8 glasses a day; these are short-term indulgences that are only a part of your recovery, and not a change in healthy eating habits.
2. **Gain weight if need be.** If you have dipped below a reasonable weight for your build and size, you might find many activities and environments less tolerable than before: feeling chilled a lot of the time is not a lot of fun; and sitting on unpadded seats can be surprisingly unpleasant if you have lost your padding (especially if you didn't have that much to begin with). Try to gain the weight back to a healthy level.
3. **Develop healthy habits for your new ways of eating.** At this point, you will want to return to a more normal approach to your food: you'll want to pay less attention to planning and adjusting your foods, let alone monitoring the balance of your diet. Here's where developing or revising your eating habits and routines can really help. Try to establish a core group of meals and snacks that you can draw on at any time; then, when you feel like it, you can experiment and expand your horizons. Remember the 3-bite rule: Try 3 bites of a new food. If that goes well, next time try 5 bites. Repeat until you can eat a reasonable portion.
4. **Get back to a more normal life.** Eating out, trying new foods, enjoying new activities or returning to ones you've had on hold, are all reminders of the reasons you have made the efforts so far. You will be pleasantly surprised at how accomodating most restaurants are. Ask for half or chlld's portions or split dishes with others. Look for small-portion menus; try ethnic foods like tapas that feature many small dishes; use your imagination.
5. **Exercise when you can.** The weight loss you have experienced is probably muscle weight (your fat likes to stay with you). The body will burn up muscle before it burns fat. So exercise when you can - go for short walks; if you are taking physical therapy and have been given home exercises - DO THEM.

Making Progress

A Timeline

This section offers some guidelines for progressing from liquid to solid foods. Hopefully you will have someone who enjoys cooking to help with the food preparation. The objective here is to eat real food that tastes like real food; it might just have to be in a different consistency than you are used to. If you have family, it's good to have everyone eat the same thing. Aside from cutting down on the work involved in making many different meals, this will help the patient feel normal. Just purée the one portion as necessary.

Much of this book is based on the experiences of an esophagectomy patient, so that portion size and eating frequency are given high importance. Feel free to modify our suggestions as required; they are, after all, only suggestions.

Things to remember up front:

- Eat 5 - 6 times a day - breakfast, mid morning, lunch, mid afternoon, dinner, nighttime snack - always keep something in your stomach. If you wait too long, you will try to eat too much and your stomach will not be happy with you: it could cause the “dumping” syndrome. REMEMBER that your stomach can only hold about 8 ounces - the size of a woman’s fist. Don’t push it, for it will almost certainly be uncomfortable if you do. Over-the-counter antacids can often help, but restraint is still much better.
- Drink fluids 30 minutes after you eat solid food. Take 30 to 60 minutes to finish a drink.
- “Eat slowly and chew your food well” really works well for these digestive problems!
- Sit upright in a chair when you eat or drink. DO NOT eat or drink when you are lying down. Stand or sit upright for 1 hour after eating or drinking as gravity will help food and liquids move downward.
- Follow the 3-bite rule: Try 3 bites of a new food. If that goes well, next time try 5 bites. Repeat until you can eat a reasonable portion.

Timeline Details

First 2 - 4 weeks after surgery:

Liquids at first then soft foods. Start with just 4 ounces and gradually add an ounce at a time up to 8 ounces (remember the size of your stomach). Start moving away from totally clear liquids as soon as you think you can handle them; broths and purees have far more value.

- Cook the broths and purée the vegetables and meats (for chicken, bone or ham broth), then strain the purée back into the broth. Drink these slowly over 30 minutes or so - make sure you are sitting upright. Use the recipes included here as a reference - be creative in vegetables that are used - as long as they are thoroughly cooked, pureed and strained. After a week or so, try putting the purée in the broth without having to strain it. The next week, try a lighter purée (have some chunks in it), but keep the vegetables and meat soft.
- If you do not have time, or someone to cook broths from scratch, buy the broth or stock and add vegetables to the them and cook them until they are very soft and then purée them. Packaged “bone broths” are becoming more common in most stores.

By the third/fourth week:

- Add soft pasta to the broths - pastina, fine egg noodles, or cooked rice for example. Chicken noodle soup - with *pureed* chicken or *very finely* diced chicken and vegetables.
- Soups that are pureed. Vegetable soups, like leek or squash soups are really good for this - see our recipes. Add finely diced chicken, fish, ham, or tofu for additional protein.
- Smoothies. Keep them thin enough to swallow comfortably. Use protein powder - 1 scoop - extra scoops make the smoothies too thick and difficult to swallow (and not too pleasing a taste). Avocados in the smoothies with bananas are good as well. See the recipes included for ideas. Be creative - use the fruits and vegetables that you like.
- Mashed potatoes - regular and sweet potatoes. Use these with the broths and pureed soups.
- Soft scrambled eggs and omelets are easy to swallow as well.
-

By the fifth week and later:

Gradually add additional foods, remembering to have them soft and to chew the food completely before swallowing - no gulping. (You may hear distant echoes of your mother telling you to slow down and chew your food well...)

You might find that eating some favorite foods now cause indigestion, so you will have to avoid them (and experiment to find new favorites). For example, my husband can no longer eat most breads, potato or other chips, but he can eat nuts, crackers, scones, pancakes and waffles. So look for alternatives (and be thankful for the foods you can eat).

Here are some ideas for meals:

Breakfast

- Soft eggs, omelets, softened pancakes or waffles with holes poked in them with syrup poured over them, scones, baked oatmeal - make sure you drink a liquid with all of these.

Snacks

- Carry snacks with you in the car if you are out and about during the day so you have something to eat when you need it. Until you establish a routine, you may have to set a timer to remind you to eat regularly!
- Yogurt, smoothies (homemade or prepared), herbed cottage cheese, whole wheat fig bars, peanut butter crackers, cheese with almond butter or smooth peanut butter, apples with nut butter, applesauce, rice with broth, pastina with broth, hummus on saltine crackers.
- Prepared drinks like an Ensure or Boost. But be aware that some people find these concentrated nutrients are hard to take; they seem to overload the system.

Lunch

- Make a sandwich with cold cuts, cheese, hummus, what ever you like. On bread if you can eat it - if not try a corn or a whole wheat tortilla and roll the sandwich up. Add the mayonnaise and mustard and other spreads sparingly - you might not be able to tolerate some of them anymore. Cut the sandwich in half, wrap half up and put it in the refrigerator to have as your afternoon snack. Remember the size of your stomach now. Have a nice cup of tea along with your lunch (remember to drink liquids when you eat solid foods).
- Soups/noodles - For variety, try some Asian-style noodle dishes, such as yakisoba noodles (Costco sells these); udon noodle soup - prepackaged there are several varieties; ramen soup. Add diced chicken, fish, or tofu to any of these as well. Try the soup recipes included.
- Quiches - try crustless, if you have an issue with the crust.
- Sushi is a good option. In general, sushi can provide a lean source of low-calorie, high quality protein. It is also low in saturated fats and cholesterol.
- Many of the snacks above make nice lunches.

Dinner

- Any of the lunch suggestions
- 4 oz of protein finely cut up and a side of steamed or sauteed vegetables. For example roasted chicken, mashed potatoes with sauteed squash.
- Shrimp, chicken, tofu with vegetables stir fry served with soba noodles or rice. Vegetables can be what you have in your refrigerator - broccoli florets, cauliflower, little bell peppers, scallions, carrots, celery, mushrooms, etc. - just finely diced and well cooked.
- Pasta dishes with a salad on the side (usually 2 - 3 months after surgery for the salad).
- Fish, bakes, poached or grilled

One point to remember, the richer the meal/food, the less you will be able to eat.

As the weeks progress after surgery, eat more and more regular foods throughout the day, so you can eliminate the feeding tube and feel like you are getting back to normal.

Don't be afraid to eat out!

- Ask restaurants for half portions, or if you can split an entree. We have found everyone is more than willing to be accomodating, one restaurant in Fort Bragg even offered suggestions for better splitting of a brunch for us.
- Ask for children's menu and portions.
- You can also have your entree divided in half before it is served to you and put in a To-Go box to take it home with you for lunch the next day.
- Do NOT feel embarassed or uneasy about asking for what you need. We have never had to explain why we were asking for smaller or child portions!

Troubleshooting

Many of the problems that you may encounter have a number of simple but effective solutions or ameliorations. In this section you'll find that some of the coping techniques (such as eating slowly) are helpful for many of the difficulties. This means that you'll probably have to develop a new set of eating habits; you'll find, however, that it's pretty painless to do so, and it will save you a lot of grief.

Neuropathy - extreme sensitivity to hot and/or cold

- Wear gloves when getting food out of or into the refrigerator
- For smoothies or shakes - pour a glass and let warm to room temperature to drink; put the rest in the refrigerator for later
- Eat and drink food at room temperature

Aspiration - problems with the muscles for swallowing

- Chin tucking while swallowing
- Eat sitting up
- Take small bites or cut food into smaller pieces
- Swallow completely before drinking

Diarrhea

- Imodium or equivalent antidiarrheal medications
- BRAT diet (bananas, rice, applesauce, toast)
- Some liquid supplements may exacerbate diarrhea, so try changing formulation, concentration, or brand; clear liquids may be easier to tolerate.
- Soluble fiber foods that absorb fluid may help (boiled potatoes, applesauce, ripe bananas, breads and pastas, oatmeal).

Constipation

- Metamucil or equivalent
- Brown rice is an excellent alternative, as it is all fiber
- Try to drink 6 - 8 glasses of fluid per day
- Try warm or hot fluids, especially in the morning
- Prunes, dried apricots, apple, peach and pear nectars may be helpful

Taste changes - During the course of treatment (and beyond) your taste will almost certainly change.

- Try making the flavors of your food more powerful with the addition of spices, herbs, marinades, lemon juice, sauces or pickled foods
- Try to overpower a metallic taste with lemon drops, hard candy, mints or gum.
- Avoid any acidic additive if you have mouth sores. Or if you develop an unexplained aversion to tomatoes or other acidic foods.

Poor appetite

- Choose foods that will provide the most calories per serving - avoid diet and low fat foods
- Drink high calorie beverages such as juices, fruit nectars, milk, cocoa, shakes, smoothies
- Eat small meals throughout the day rather than 3 large meals. Try to eat 5 - 6 mini meals - schedule these meals and snacks - watch the clock and eat a few mouthfuls, even if you are not hungry.
- Carry snacks with you! This is especially useful when going to doctor's appointments or running errands, or other activities that may interfere with your scheduled eating.
- Try different foods and drinks. Foods that you dislike one day may be appealing on another day.
- Do not be discouraged if foods you always loved do not appeal to you right now. You may find new foods interesting. Just keep trying, as things can change from day to day.

Mucositis

- Increase your fluid intake, unless your doctor tells you not to
- Include foods high in protein such as dried beans, poultry, eggs, peanut butter, meat, fish and dairy products such as milk, cheese and yogurt.
- Avoid hot, spicy, greasy or fried foods
- Try soft foods like puddings, jello, mashed potatoes, soups
- Eat smaller, more frequent meals throughout the day, rather than three large meals.

Nausea

- You need to stay hydrated; keep that in mind. Try to drink 6 - 8 glasses of uncaffeinated fluid per day but do not beat yourself up if you fall short.
- Eat dry, bland foods, such as crackers, toast, cereals, pretzels or ginger cookies
- Eat cold foods such as cereals, salads, cold cuts and desserts. The smell of hot foods can exacerbate nausea.
- Try peppermint, chamomile, or ginger tea, flat soda or gingerale.
- Try to have others prepare your meals.
- Rinse your mouth out frequently and before eating to avoid an unpleasant sour taste.
- Suck on mints, hard candy or ginger candy.

Thick Saliva or Dry Mouth

- Keep water handy to keep the mouth moist at all times.
- Chew gum or suck on hard candy to stimulate saliva production.
- Avoid liquids and food with high sugar content.
- Limit coffee, tea and alcohol as they will make dry mouth worse.
- Avoids foods that are dry and salty.
- Add sauces or gravies to food to make them moister.

Equipment

A Basic Kitchen for Specialized Menus

You can get by with a smaller subset of the tools we enumerate here, but you may not want to spend hours chopping or stirring when a machine can do it with so much less hassle.

Conversely, you might not want to set up a food processor to chop two carrots. We've tried to cover both extremes.

We're assuming your kitchen is already set up; if not, any basic cookbook will help you get started. This section is just to insure that your specialized food prep will go smoothly. We have listed some tools and appliances that will make your time in the kitchen as easy and undemanding as possible for these specialized menus.

- Blender - just about essential for pureeing, making smoothies and shakes, etc.
- Free-standing colanders - one coarse and one fine
- Kitchen scale - really helps for portion sizing
- Measuring cups and spoons
- Seasonings: salt, pepper, garlic salt or powder, onion powder, etc.
- Serving-size (1-, 2-, and 4-cup) storage containers, and zipper storage bags
- A food mill, potato masher, or potato ricer (unless you have a food processor)
- Strainers - fine and coarse
- Whisk
- Plus the usual kitchen crew:
 - paring and chef's knives - and a simple sharpener of some kind
 - cutting board
 - parchment paper or silpat for baking such things as scones
 - mixing bowls - 3 sizes preferably - small, medium and large
 - potato peeler
 - can opener
 - medium sized skillet
 - 9" pie pan
 - 2 qt or 8" x 8" baking pan
 - measuring cups and spoons
 - cheese grater or box grater
 - assorted saucepans - a little 1-qt. pot can be very handy for liquid-diet foods
 - lemon and/or orange juicer

Nice to Have

A blender and a food processor each have their niches, although you can get along with just one or the other. (You can't make a decent margarita in a food processor...)

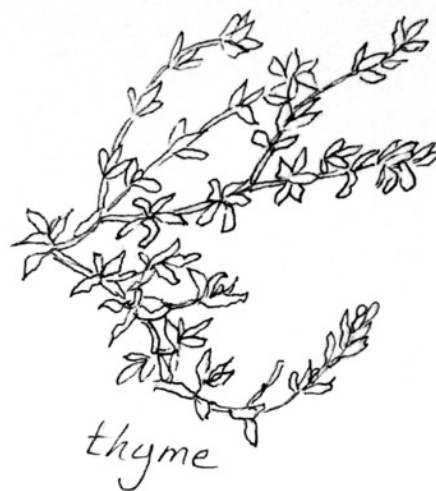
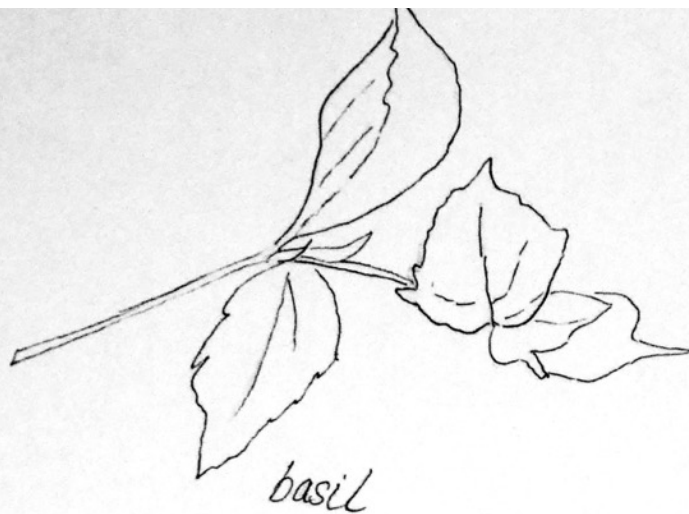
- Food processor - is better than the blender for pureeing more substantial foods, but you can work with just the blender if you have to, by hand chopping first. Thick purees like hummus pretty much require the food processor.
- A small hand-held (immersion) blender is easier to deal with than a big one, especially for smoothies and shakes. There's also less to clean up.
- Some of the more exotic seasonings - your preference. We like smoked paprika, which adds good flavor and is not very spicy.
- Slow cookers can be very useful, especially for undemanding cooking tasks
- Large soup pot (6-qt. or larger) so you can make enough for many meals at one time.

Quick-Start Shopping List

Here are some items you might want to keep on hand for easy food preparation. If you can't tolerate normally hot or cold foods (neuropathy may make your throat extremely sensitive to cold or hot), you'll find that most of these taste just fine at room temperature.

- Prepared bone broths or stocks - these include vegetable and chicken bone broths, all of which are more nutritious than clear soups. Look for boxes over cans for portion control.
- Bouillon cubes or powder - powder gives you more control over portion size
- Juice - you may find that some of the less-acidic ones are better tolerated
- Ready-made smoothies (strawberry-banana and mango were some favorites)
- Clear soups (one-cup instant type - try miso to add variety)
- Sports drinks (especially when hydration is an issue; some flavors are strange)
- Instant breakfast drinks (you may have to thin these at first)
- Dairy drinks - milk (plain and flavored), shakes
- Tea (better tolerated than coffee)
- Applesauce

Broths and Stocks



Vegetable Broth

Ingredients:

10 cups water
1 medium-sized onion, unpeeled, studded with 4 whole cloves
2 cloves of garlic, unpeeled
2 celery ribs with leaves cut into large chunks
8 white mushrooms halved
2 carrots, unpeeled and cut into large chunks
2 leeks, trimmed and cut into large chunks
2 medium-sized tomatoes quartered
4 medium-sized red potatoes halved
8 fresh parsley sprigs
2 fresh dill sprigs
bay leaf

Instructions:

1. Place water in large, heavy stockpot (6-quart or larger). Rinse all the vegetables well, then add to the pot. Bring to a boil, reduce the heat and simmer, uncovered for 1 hour. Adjust the seasonings to taste and simmer for 30 minutes longer.
2. Discard the bay leaf. Strain the broth through a sieve. Squeeze the remaining juices out of the vegetables by pushing them down in the sieve with a potato masher. Let the broth cool to room temperature and then refrigerate, covered in a storage container. Refrigerated it will keep about 4 days.
3. The broth freezes well. Put in 2 or 4 cup containers for later use or in other recipes.

Short cuts

- Buy pre-cut vegetables or chop vegetables in a food processor
- Purchase prepared vegetable broth.

Bone Broth

Ingredients:

4 pounds of bones (preferably a mix of marrow bones and bones with a little meat on them, such as oxtail, short ribs or knuckle bone - cut in half by the butcher)
1 onion, quartered
2 medium unpeeled carrots cut into 2 inch pieces
2 stalks of celery cut into 2 inch pieces
1 garlic head, halved crosswise
2 bay leaves
2 tablespoons Apple Cider Vinegar
2 tablespoons black peppercorns
Optional: 1 bunch of parsley, 1 tablespoon or more of sea salt, additional herbs or spices to taste.

You will also need a large stockpot (6-quart at least) to cook the broth in and a strainer to remove the pieces when it is done.

Instructions:

1. If you are using raw bones, especially beef bones, it improves the flavor to roast them in the oven first. Place them in a roasting pan and roast for 30 minutes at 350°.
2. Fill a large (at least 6-quart) stockpot with 12 cups of water.
3. Add the vegetables, bay leaves, peppercorns, vinegar, and bones (and any juices) to the pot. Add any salt, spices or herbs, if using.
4. Cover the pot and bring to a gentle boil, then reduce to a low simmer and cook with lid slightly ajar. Add hot water as necessary to keep bones and vegetables fully submerged. Simmer until done, - See Note below
5. During the first few hours of simmering, you will need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away.
6. Simmer for at least 8 hours or up to 24 hours - the longer you simmer the better the broth will be. Alternately, you can cook the broth in a slow cooker on low for the same amount of time.
7. Once done; remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. See Note below.
8. When cool enough, store in containers - in the fridge for up to 5 days or freeze for later use. Remove solidified fat from the top of the chilled broth. Put in 2 or 4 cup containers for later use or in other recipes.

Notes:

- When on a full liquid diet the cooked vegetables can be pureed (remove the bay leaves), then strained and added back to the broth for added nutrition.

Short cuts

- Chop vegetables in a food processor
- Purchase prepared bone broth - soft cooked, pureed vegetables can be added

Chicken Stock/Broth

Ingredients:

Carcass from a roast chicken or about 2 pounds of chicken bones

1 onion, quartered

2 medium unpeeled carrots cut into 2 inch pieces

2 stalks of celery cut into 2 inch pieces

1 garlic head, halved crosswise

2 bay leaves

2 tablespoons black peppercorns

Optional: 1 bunch of parsley, 1 tablespoon or more of sea salt, additional herbs or spices to taste.

You will also need a large stockpot (6-quart at least) to cook the broth in and a strainer to remove the pieces when it is done.

Instructions:

9. Fill a large (at least 6-quart) stockpot with 12 cups of water.
10. Add the vegetables, bay leaves, peppercorns, and bones to the pot. Add any salt, spices or herbs, if using.
11. Cover the pot and bring to a gentle boil, then reduce to a low simmer and cook with lid slightly ajar. Add hot water as necessary to keep bones and vegetables fully submerged. Simmer gently for 1 1/2 hours or until the liquid is reduced by half
12. During the first few hours of simmering, you will need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away.
13. Once done; remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. See Note.
14. When cool enough, store in containers - in the fridge for up to 5 days or freeze for later use. Remove solidified fat from the top of the chilled broth. Put in 2 or 4 cup containers for later use or in other recipes.

Note:

- If on a full liquid diet the cooked vegetables can be pureed (remove the bay leaves), then strained and added back to the broth for added nutrition.

Short cuts

- Chop vegetables in a food processor
- Buy prepared chicken broth - soft cooked pureed vegetables can be added.

Ham Broth

Total time 2 1/2 hours

Makes 12 - 16 cups

Ingredients:

2 pounds ham bone or meaty ham shanks
2 quarts cold water
1 large onion, chopped
2 carrots, chopped
2 celery stalks, chopped
3 garlic cloves, crushed
1 bay leaf
2 teaspoons dried thyme
3 whole cloves
1/4 tsp black peppercorns

Instructions:

1. Combine ham and cold water in a 4 - 5 quart heavy pot and bring to a boil, skimming off any foam.
2. Add remaining ingredients and simmer partially covered until shanks are tender, about 2 hours.
3. Pour stock through a fine-mesh sieve and into a large bowl, reserving shanks.
4. Discard skin and bone from shanks. Trim and coarsely shred meat, then return to stock. See Note below.
5. When cool enough, store in containers - in the fridge for up to 4 days or freeze for later use. Put in 2 or 4 cup containers for later use or in other recipes.

Short cut

- Chop vegetables in a food processor

Note:

- If on a full liquid diet, the vegetables and meat can be pureed (first remove the bay leaves), then strained and added back to the broth for added nutrition.

Smoothies and Shakes



Almond Butter Blueberry Smoothie

Total Time 5 minutes

Serves 1

Ingredients:

1 cup almond milk
1 cup blueberries
4 ice cubes or more to taste
1 scoop vanilla protein powder
1 tbsp almond butter, or more to taste
1 tbsp chia seeds (optional)

Instructions:

1. Blend all ingredients in a blender until smooth. Add additional milk if the mixture is too thick.
2. Serve immediately

- Coconut milk can be substituted for almond milk if desired
- Substitute flax seeds for chia seeds if desired.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

If weight gain is desired, use ice cream instead of milk.

Almond Butter & Banana Protein Smoothie

Total Time 5 minutes

Serves 1

Ingredients:

1 small frozen banana, cut into 1-inch pieces
1 cup unsweetened almond milk
2 tbsp almond butter
2 tbsp vanilla protein powder
1 tbsp sweetener (optional)
1/2 tsp ground cinnamon
4 - 6 ice cubes

Instructions:

1. Combine all ingredients in a blender and blend until smooth. Add additional milk if mixture is too thick.
2. Serve immediately.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

If weight gain is desired, use ice cream instead of almond milk.

Almond Butter Spinach Smoothie

Total Time 5 minutes

Serves 1

Ingredients:

1 tbsp unsalted creamy almond butter
2 cups fresh spinach (tightly packed)
1 cup vanilla almond milk
1/2 ripe banana
1/4 cup frozen pineapple chunks
Optional: 1 teaspoon chia seeds or 1 teaspoon flax seeds

Instructions:

3. Combine all ingredients in a blender and blend on medium high speed until fully combined.
4. The smoothie should be bright green and the spinach should be completely blended into the mixture. Add additional milk if the mixture is too thick.
5. Enjoy immediately.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

If weight gain is desired, use ice cream instead of almond milk.

Banana-Berry Smoothie

Total time - 10 minutes

Serves 2

Ingredients:

1 cup milk (or vanilla ice cream)

6 oz yogurt

banana

1 scoop protein powder

1 cup fruit - fresh or frozen (blueberries, strawberries, mixed berries, mango....)

1 tbsp honey or sugar, if desired

1/2 - 1 cup crushed ice (omit if using frozen fruit)

Instructions:

1. Place all ingredients in a blender and process until smooth. Add additional milk if the mixture is too thick.
2. Pour into glasses and serve.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

If weight gain is desired, use ice cream instead of milk.

Additional protein powder will make the smoothie very thick and difficult to swallow, add additional milk to thin it if this happens.

Chocolate Almond Butter Smoothie

Total Time 5 minutes

Serves 1

Ingredients:

1 cup almond milk (could use chocolate almond milk)
2 tbsp almond butter
1/2 fresh or frozen medium banana
1 serving chocolate protein powder
1 tbsp flax, chia, or hemp seeds (optional)
A little honey, maple syrup, or stevia to sweeten (optional)

Instructions:

1. Put all the ingredients into your high speed blender and blend for around 45 seconds or until the desired consistency is reached. Add additional milk if the mixture is too thick.
2. Serve immediately

Alternatives:

- Add 1/2 tablespoon cacao nibs or cacao powder
- Add 1/2 cup fresh or frozen strawberries
- Add 1 cup spinach

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

If weight gain is desired, use ice cream instead of milk.

Additional protein powder will make the smoothie very thick and difficult to swallow, add additional milk to thin it if this happens.

Peanut Butter-Banana Smoothie

Total time - 10 minutes

Serves 2

Ingredients:

1 cup milk (or vanilla ice cream)
banana
2 tbsp smooth peanut butter
1 tbsp honey or sugar, if desired
1/2 - 1 cup crushed ice
1 scoop protein powder

Instructions:

1. Place all ingredients in a blender and process until smooth. Add additional milk if the mixture is too thick.
2. Pour into glasses and serve.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

If weight gain is desired, use ice cream instead of milk.

Additional protein powder will make the smoothie very thick and difficult to swallow, add additional milk to thin it if this happens.

Strawberry Banana and Almond Butter Smoothie

Total Time 5 minutes

Serves 1

Ingredients:

1 frozen peeled banana, cut into 1-inch pieces
1/2 cup fresh or frozen strawberries
1/4 cup plain yogurt
1 tbsp plus 1 tsp almond butter
1 tbsp honey
1 cup water
salt

Instructions:

1. Combine all of the ingredients except the salt in a blender and process until smooth. Add additional liquid the mixture is too thick.
2. Season with salt and serve.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

Fruit Shake

Total time - 10 minutes

Serves 2

Ingredients:

1 cup vanilla ice cream

1 cup milk

1 cup fruit - fresh or frozen (blueberries, strawberries, mixed berries, mango, pitted sweet cherries, peaches or bananas)

1 tbsp honey or sugar, if desired

1/2 - 1 cup crushed ice (omit if using frozen fruit)

Instructions:

1. Place all ingredients in a blender and process until smooth. Add additional milk if the mixture is too thick.
2. Pour into glasses and serve.

If neuropathy is an issue, pour some into a glass and let the smoothie warm to room temperature and enjoy. Keep the remainder in the refrigerator to be enjoyed later.

Soups



Broccoli Leek Soup

Total Time 35 minutes

Serves 4

Ingredients:

1 1/2 lb. broccoli, trimmed, florets and stalks cut into 1-inch pieces (stems can be peeled to remove tough outer layer)
1 tablespoon olive oil
1 tablespoon unsalted butter
2 medium leeks including tender light green parts only, rinsed well and finely chopped
1 medium baking potato, peeled and cut into 1-inch pieces
1 clove garlic, minced
4 cups chicken or vegetable broth
Salt and freshly ground pepper, to taste
1/4 cup sour cream or plain yogurt (optional)
1/4 cup snipped chives

Instructions:

1. In a medium saucepan, heat oil and butter over medium heat. Add leeks and cook, stirring often, until softened and fragrant, about 3 minutes.
2. Add broccoli stems, potato, and garlic, and cook 2 to 3 minutes.
3. Add broth, salt, and pepper; bring to a boil.
4. Reduce heat; cover partially and simmer until broccoli and potato are tender, about 12 minutes.
5. Transfer soup in batches to a blender or food processor, and purée until smooth.
6. Reheat soup gently over medium heat; add sour cream or yogurt (if using) and season with salt and pepper.
7. Ladle into warmed bowls and garnish with chives.

Short cut

- chop vegetables in a food processor.

Butternut Squash Soup

Total Time 50 minutes

Serves 8

Ingredients:

2 - 2 1/2 pounds Butternut squash
1 onion, finely chopped
1 carrot, finely chopped
1 stalk celery, finely chopped
2 tbsp butter
5 cups chicken broth
Salt
1/4 tsp ground ginger (optional)
1 1/2 cups light cream
Freshly ground pepper

Instructions:

1. Peel and seed squash and cut into 1/2-inch cubes.
2. Melt butter in a 4-quart saucepan; add onion, carrot, and celery. Stew to wilt but not brown.
3. Add squash and stir into vegetables. Add 4 cups chicken broth and 1/2 teaspoon salt.
4. Bring to a boil, cover, reduce heat, and cook for 30 - 40 minutes or until squash is tender.
5. Stir in ginger if you like. Puree in a blender with remaining chicken broth.
6. Add cream and season with salt and pepper.
7. Reheat and serve.

Short cut

- chop vegetables in a food processor.

Carrot Soup with Miso and Sesame

Recipe from Marion Lennon

Total Time 50 minutes

Serves 4

Ingredients:

Soup

2 tbsp olive oil
2 pounds carrots, peeled, thinly sliced
1 large onion, finely chopped
4 regular or 6 small garlic cloves, peeled and smashed
1 tbsp finely chopped or grated ginger or more to taste
4 cups vegetable broth
1/4 cup white miso paste or more to taste

To finish

Drizzle of toasted sesame oil
2 scallions, very thinly sliced

Instructions:

1. Heat oil in heavy large saucepan over medium heat. Add carrots, onion and garlic. Saute until onion is translucent, about 10 minutes.
2. Add broth and ginger. Cover and simmer until carrots are tender when pierced, stirring occasionally, about 30 minutes.
3. Puree soup in batches in blender, or all at once with an immersion blender. In a small bowl, whisk together the miso and a half-cup of the soup. Stir the mixture back into the pot of soup. Season with salt, pepper or additional miso to taste.
4. Ladle in bowls and garnish each with a drizzle of sesame oil and small mound of scallions.

Short cut

- chop vegetables in a food processor.

Cauliflower Soup

Total Time 30 minutes

Serves 4-6

Ingredients:

1 cup white part of leeks (or onions)- rinsed well and finely chopped
3 tbsp butter
4 cups chicken broth
3/4-1 pound cauliflower florets
1 cup light cream
Salt and freshly ground pepper
2 tbsp chopped fresh dill

Instructions:

1. Cook leeks (or onions) in 3 tablespoon butter until wilted in a large saucepan, 5 -10 minutes.
2. Add broth and cauliflower, cover, and simmer over low heat until cauliflower is tender, 10 - 20 minutes, depending on size of florets.
3. Puree soup; return to saucepan and add cream.
4. Reheat, seasoning with salt and pepper. Garnish with dill.

- **Curried Cauliflower Soup** - cook 1 1/2 teaspoons curry powder in butter over low heat for 3 - 4 minutes before adding leeks(onions) in step 1.

Short cut

- chop vegetables in a food processor.

Chicken Noodle Soup

Total Time ~ 1 hour

Serves 4 - 6

Ingredients:

4 - 6 cups chicken broth
1 lb diced chicken
2 celery stalks, diced
2 carrots, diced
1 onion, diced
salt and pepper
4 oz egg noodles (see note below on size)

Instructions:

1. Bring broth to a boil in a large saucepan or dutch oven. Add the chicken celery, carrots, onion. Bring to a boil. Then simmer for 20 minutes or until vegetables are soft. Soup can be pureed at this stage.
2. Add the egg noodles, cook per package directions
3. Add salt and pepper to taste.

The size of the dice for the chicken and vegetables is dependent on the swallowing ability. Smaller dice is easier to swallow.

The smaller the egg noodles, the easier they are to swallow. Experiment to see what works best.

Short cut

- chop vegetables in a food processor.

Creamy Mushroom Soup

Total Time 1 hour 35 minutes

Serves 6

Ingredients:

1/4 cup unsalted butter
2 pounds sliced fresh mushrooms
1 pinch salt
1 yellow onion, diced
1 1/2 tbsp all-purpose flour
6 sprigs fresh thyme
2 cloves garlic, peeled
4 cups chicken broth
1 cup water
1 cup heavy whipping cream
1 pinch salt and freshly ground pepper to taste
1 tsp fresh thyme leaves for garnish

Instructions:

1. Melt butter in large soup pot over medium-high heat; cook mushrooms in butter with pinch of salt until the mushrooms give off their juices; reduce heat to low
2. Continue to cook, stirring often until juices evaporate and the mushrooms are golden brown, about 15 minutes. Set aside a few attractive mushroom slices for a garnish later, if desired.
3. Mix onion into mushrooms and cook until onion is soft and translucent, about 5 more minutes.
4. Stir flour into mushroom mixture and cook, stirring often, for 2 minutes to remove raw flour taste. Tie thyme springs into a small bundle with kitchen twine and add to mushroom mixture; add garlic cloves. Pour chicken stock and water into mushroom mixture. Bring to a simmer and cook for 1 hour. Remove thyme bundle.
5. Transfer soup to a blender in small batches and purée on high speed until smooth and thick.
6. Return soup to pot and stir in cream. Season with salt and black pepper and serve in bowls, garnished with reserved mushroom slices and a few thyme leaves.

Cream of Spinach Soup

Total Time 35 minutes

Serves 6 - 8

Ingredients:

2 - 3 pounds fresh spinach
4 tbsp butter
1/2 cup minced onions
6 cups chicken broth
1 cup potatoes peeled and coarsely chopped
1 cup heavy cream
Salt and freshly ground pepper

Instructions:

1. Trim spinach and slice diagonally.
2. In a large saucepan melt butter and saute onions until soft and golden.
3. Add the spinach and cook until wilted, about 5 minutes.
4. Meanwhile, heat broth to boiling.
5. When spinach is limp add broth and potatoes. Cook until potatoes are soft, about 20 minutes.
6. Cook the mixture slightly and put through a food processor, blender or food mill to break up the spinach and potatoes. Puree to the desired consistency.
7. Return to the saucepan, add cream, reheat, and season with salt and pepper.

Crock Pot Chicken and Wild Rice Soup

Serves 4

Ingredients:

1 lb chicken breasts cut in half
1/2 small onion chopped
2 carrots, chopped
2 celery stalks, chopped
1 1/2 tsp salt
1/2 tsp pepper
1/2 tsp dried thyme - See Note
1/4 tsp dried sage - See Note
1/4 tsp dried rosemary - See Note
1 large bay leaf
2 tbsp butter
6 cups chicken broth
3/4 cup wild rice-brown rice blend

Instructions:

1. Add all ingredients into a 6-quart crock pot, cook on low for 4 hours or until chicken breasts are cooked through. Rice should be done around the same time.
2. Shred the chicken then stir back into the soup and serve (soup will thicken as it cools)

Notes

- If using fresh herbs (thyme, sage and/or rosemary) use 1 1/2 times the dry amount
- Depending on the type of rice you use, it may not be cooked through at 4 hours. If that is the case, shred the chicken and keep in the refrigerator until the rice is tender, then stir into soup and let it warm up for 5 minutes before serving.
- This soup can be pureed if needed.

Fish Chowder

Total Time 55 minutes

Serves 4

Ingredients:

1 lb cod fish fillet
2 tbsp margarine or 2 tbsp cooking oil
1 medium onion, sliced
1/2 cup celery, diced
2 cups raw potatoes, diced
1/2 cup carrot, sliced
2 cups boiling water
1 tsp salt
1/2 tsp pepper
1 cup milk

Instructions:

1. Cut cod fillets into bite sized pieces.
2. Melt margarine in large saucepan. Cook onion and celery until onion is tender and translucent. Add potatoes, carrots, water, salt and pepper.
3. Cover and simmer 10 to 15 minutes until vegetables are tender. Vegetables can be pureed at this point, if desired.
4. Add fish and cook 10 minutes longer.
5. Add milk and reheat, but do not boil
6. Serve hot.

Leek and Barley Soup

Total Time 1 hour

Serves 4 - 6

Ingredients:

2 oz barley
8 cups chicken stock
6 Tbsp butter
6 cups white part of leeks (3 pounds) well rinsed and finely chopped
3 stalks celery, chopped
1 cup finely chopped carrots
1 large onion, chopped
1 cup cream (optional)
Salt and freshly ground pepper

Instructions:

1. Blanch barley in 1 quart boiling water for 5 minutes. Drain.
 2. Put 5 cups chicken stock in a large saucepan and add, barley, cover and simmer until cooked through, 1-1 1/4 hours.
 3. Meanwhile, stew the onion, celery, leeks and carrots in butter slowly until golden and soft, about 10 minutes. Do not let the mixture brown.
 4. Add remaining chicken stock; cover and bring to a boil and simmer for about 10 minutes or until vegetables are tender.
 5. Roughly purée the vegetables.
 6. When the barley is cooked, add in the leek mixture.
 7. If using, heat the cream and add to the soup.
 8. Salt and pepper to taste.
- The soup, minus the cream, keeps very well in the refrigerator and freezes beautifully. Reheat and add cream at serving time, if using.
 - If you are using canned chicken stock, a squeeze of lemon juice will give it a fresher taste.
 - Have too few leeks? Add an onion.

Short cut

- chop vegetables in a food processor.

This soup freezes well. Put in 2 to 4 cup containers for later use. Defrost overnight in the refrigerator and reheat on the stove top.

Adapted from The Victory Garden Cookbook by Marian Morash

Leek and Potato Soup

Total Time 1 hour

Serves 4 - 6

Ingredients:

4 oz butter
5 cups white part of leeks (2 1/2 pounds), well rinsed and finely chopped
2 stalks celery, chopped
1 large onion, chopped
3 - 4 cups roughly chopped potatoes
2 qt chicken stock or water
1 - 2 cups heavy cream (optional)
Salt and freshly ground pepper

Instructions:

1. Melt the butter in a large saucepan or dutch oven, add the leeks, celery and onion and stew slowly until golden and soft, about 10 minutes. Do not let the mixture brown.
 2. Add potatoes and chicken stock or water; cover and bring to a boil. Reduce the heat and simmer until potatoes are cooked through (any where from 20 to 40 minues, depending on the potatoes' age and how finely they are chopped).
 3. Mash the vegetables or roughly purée in a food processor or food mill.
 4. If using, heat the cream and add to the soup.
 5. Salt and pepper to taste.
- The soup, minus the cream, keeps very well in the refrigerator and freezes beautifully. Reheat and add cream at serving time, if using.
 - If you are using canned chicken stock, a squeeze of lemon juice will give it a fresher taste.
 - Have too few leeks? Add an onion.

Short cut

- chop vegetables in a food processor.

This soup freezes well. Put in 2 to 4 cup containers for later use. Defrost overnight in the refrigerator and reheat on the stove top.

Adapted from The Victory Garden Cookbook by Marian Morash

Leek, Potato, and Barley Soup

Total Time 1 hour

Serves 4 - 6

Ingredients:

2 oz barley
8 cups chicken stock
6 Tbsp butter
6 cups white part of leeks (3 pounds) rinsed well and finely chopped
3 - 4 cups roughly chopped potatoes
3 stalks celery, chopped
1 cup finely chopped carrots
1 large onion, chopped
1 cup cream (optional)
Salt and freshly ground pepper

Instructions:

1. Blanch barley in 1 quart boiling water for 5 minutes. Drain.
 2. Put 5 cups chicken stock in a large saucepan and add, barley, cover and simmer until cooked through, 1-1 1/4 hours.
 3. Meanwhile, stew the onion, celery, leeks and carrots in the butter slowly until golden and soft, about 10 minutes. Do not let the mixture brown.
 4. Add remaining chicken stock and the potatoes; cover and bring to a boil and simmer for about 20 minutes or until potatoes are tender.
 5. Roughly purée the vegetables.
 6. When the barley is cooked, add in the leek/potato mixture.
 7. If using, heat the cream and add to the soup.
 8. Salt and pepper to taste.
- The soup, minus the cream, keeps very well in the refrigerator and freezes beautifully. Reheat and add cream at serving time, if using.
 - If you are using canned chicken stock, a squeeze of lemon juice will give it a fresher taste.
 - Have too few leeks? Add an onion.

Short cut

- chop vegetables in a food processor.

This soup freezes well. Put in 2 to 4 cup containers for later use. Defrost overnight in the refrigerator and reheat on the stove top.

Lentil Soup

Total Time 70 minutes

Serves 5

Ingredients:

4 cups chicken or vegetable broth
1 cup dried brown lentils
3/4 cup finely chopped onion
3/4 cup peeled, finely chopped or grated carrot
1/2 cup finely chopped celery
1/2 cup tomato juice
2 tsp crushed fresh garlic
1 tsp dried thyme
1 tsp dried marjoram
1/2 tsp ground black pepper
2 - 3 tbsp extra virgin olive oil
1/3 cup grated Parmesan cheese

Instructions:

1. Rinse and pick through lentils (remove any stones).
2. Place all of the ingredients up to and including the black pepper in a 3-quart pot. Cover and bring to a boil. Then reduce heat to low and simmer for 45 - 60 minutes or until the lentils are soft.
3. Remove 1 cup of the soup and purée it in a blender until smooth. Return the purée to the pot and stir in the olive oil. Puree more if needed.
4. Serve hot, topping each with some Parmesan cheese.

Short cut

- chop vegetables in a food processor.

This soup freezes well. Put in 2 to 4 cup containers for later use. Defrost overnight in the refrigerator and reheat on the stove top.

Senate Bean Soup

Total time 2hr 55 minutes (not counting overnight soaking of beans)

Serves 8

Ingredients:

1 pound dried navy beans or yellow eyed beans, picked over
1 pound ham (preferably with bone)
1 large russet potato, peeled and quartered
Kosher salt
1/2 cup milk
2 tbsp unsalted butter
1 large onion, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1/4 cup chopped fresh parsley
Freshly ground black pepper

Instructions:

1. Put beans in a large bowl and cover with about 3 times their volume of cold water. Soak overnight in a cool place.
2. Drain the beans and transfer to a large pot or Dutch oven. Add 10 cups of water and the ham. Bring to a simmer over medium heat, then reduce the heat to low and cook until the beans are tender, about 1 hour 30 minutes.
3. Transfer the ham to a plate to cool slightly, then remove the bone, if used and dice the meat. Return the meat to the pot.
4. Meanwhile, cover the potato with water in a saucepan and season with salt. Bring to a boil over medium-high heat, then reduce the heat and simmer until the potato is fork-tender, about 20 to 25 minutes.
5. Drain the potato; transfer to a bowl with the milk and mash with a potato masher or fork until smooth. Add the mashed potato to the bean soup and stir until combined.
6. Melt the butter in a large skillet over medium heat. Add the onion, celery, garlic and parsley and cook until the vegetables are translucent, about 7 - 10 minutes. Add the vegetable mixture to the soup, reduce the heat to low and cook 1 hour, adding up to 2 more cups water if the soup is too thick.
7. Season with salt and pepper.

Spinach Soup

Total Time 25 minutes

Serves 6

Ingredients:

3 cups blanched spinach
1/2 cup shallots, scallions, or onions
1 clove garlic
6 tbsp butter
6 cups chicken broth
Salt and freshly ground pepper
Dash of nutmeg
Grated Jarlsberg cheese

Instructions:

1. Roughly slice spinach. Slice shallots or onions and chop garlic.
2. Melt 2 tablespoons butter in a 4-quart saucepan. Saute shallots over low heat until soft and yellow, add garlic, and cook for another moment.
3. Add 4 tablespoons butter; when it is melted, add spinach. Turn up heat and saute spinach for 5 minutes or until all the butter is absorbed.
4. Add broth, then bring to a boil and simmer. Cook for 15 minutes.
5. Just before serving season with salt, pepper, and nutmeg. Sprinkle with grated cheese and serve.

Split Pea Soup with Ham

Total Time

Serves 6

Ingredients:

5 cups stock (ham or chicken or vegetable stock)
1 1/4 cups finely diced lean ham (grind in food processor if needed for finer texture)
1 cup green split peas
1 cup finely chopped celery
3/4 cup finely chopped onion
1/2 cup finely chopped carrot
2 tbsp finely chopped fresh parsley or 2 tsp dried parsley
2 1/2 tsp crushed fresh garlic
1 tsp dried thyme
1/2 tsp ground black pepper

Instructions:

1. Place the ham, split peas, celery, onion, and carrot in a 4-quart pot. Add stock, parsley, garlic, thyme, and pepper. Cover and bring to a boil.
2. Reduce heat to a simmer, cover and cook, stirring occasionally for 1 hour and 15 minutes, or until the peas are soft.
3. Remove 1 1/2 cups of the soup and purée in a blender until smooth. Return the blended soup to the pot and stir. Serve hot.

Short cut

- chop vegetables in a food processor.

This soup freezes well. Put in 2 to 4 cup containers for later use. Defrost overnight in the refrigerator and reheat on the stove top.

Alternative - Purchase a commercially canned split pea soup.

Sweet Potato Soup

Total time 55 minutes

Serves 4

Ingredients:

1 cup chopped celery
1/2 cup chopped onion
1 tbsp oil
3 medium sweet potatoes (about 1 pound), peeled and cubed
3 cups chicken or vegetable broth
1 bay leaf
1/2 tsp dried basil
1/4 tsp salt

Instructions:

1. In a large pot, saute celery and onion in oil until tender.
2. Add remaining ingredients; bring to a boil over medium heat. Reduce heat; simmer for 25 - 30 minutes or until potatoes are tender.
3. Discard bay leaf. Cool slightly. In a blender, process soup in batches until smooth. Return all to pan and heat through.

Short cut

- chop vegetables in a food processor.

This soup freezes well. Put in 2 to 4 cup containers for later use. Defrost overnight in the refrigerator and reheat on the stove top.

Semi-solids and Beyond

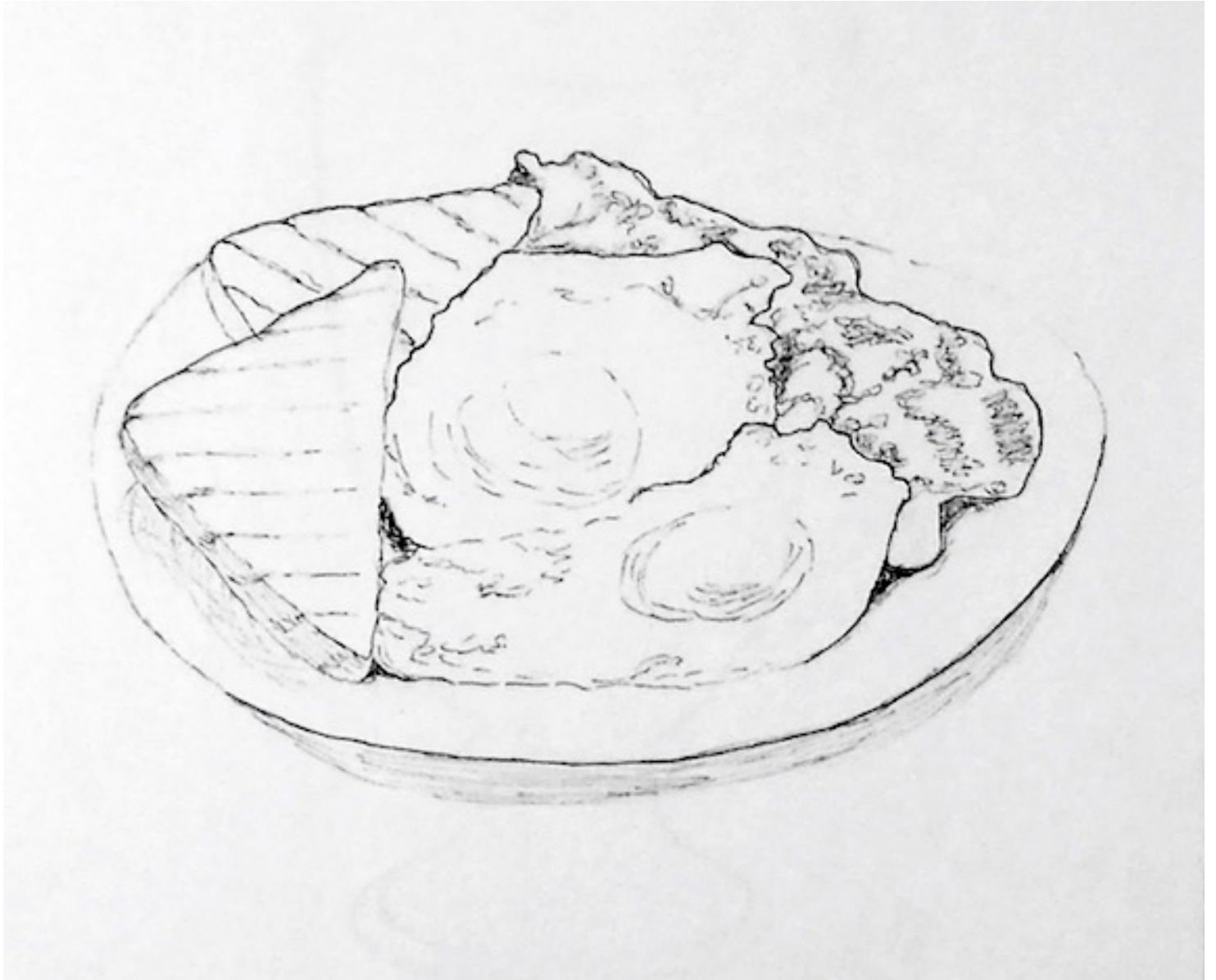
Real Progress and More Variety

We feel that flavor is the most important component of a tasty and satisfying meal, and, even if texture is lacking, enjoyment doesn't have to be. The spectrum of ingredients in this section is broader than the previous one, as are the intensity of the flavors.

The blender can be a real friend for most of the recipes here. You would be pleasantly surprised at how well old favorite comfort foods survive the creaming process. One particularly successful creaming for me was creamed shepherd's pie. It may sound offputting, but just tasting those flavors gave me a tremendous boost. It became almost a new dish altogether. Courage!

You should be relieved at this point: you have made real progress and have opened a vast new range of foods. The textures may not be what you're used to, but you'd have to admit they are a whole lot closer to normal. I think you'll find that the flavors in these recipes will easily overshadow any quibbles you may have with the textures. Many recipes can be adjusted only slightly to fit in to this section's category. Again, you may be pleasantly surprised. We would be happy to include your triumphs (and your warnings) in subsequent versions of this book.

Breakfasts



Soft Scrambled Eggs

Total Time 5 minutes

Serves 2

Ingredients:

4 large eggs
2 tbsp milk
1/8 tsp salt
1/8 tsp ground black pepper

Instructions:

1. Place all ingredients in a medium-size bowl and whisk until the whites and yolks are completely mixed.
 2. Coat a medium-size nonstick skillet with nonstick cooking spray and preheat over medium heat. Add the eggs and cook without stirring for about a minute or just until the mixture begins to set around the edges. Using a wooden spoon or spatula, gently push the eggs toward the center of the pan and stir them into soft curds.
 3. Reduce heat to medium-low and cook for another minute or 2 or just until the eggs are set, but still creamy and moist.
- To make **Salsa Egg Scramble**, add 2 - 4 tablespoons of salsa to the beaten egg mixture before cooking. Sprinkle Mexican style grated cheese over the eggs after they begin to set.
 - To make **Herbed Egg Scramble**, add 3/4 teaspoon each of dried parsley and chives (or 2 1/4 teaspoons of finely chopped fresh parsley and chives) to the beaten egg mixtures before cooking.
 - To make a **Cheesy Egg Scramble**, sprinkle 1/4 to 1/3 cup grated Cheddar or Swiss Cheese over the eggs after they begin to set.
 - To make **Ham and Egg Scramble**, stir in 1/4 cup finely chopped or ground baked ham into the beaten egg mixture prior to cooking.

Creamy Cheese Omelet

Total Time 5 minutes

Serves 1

Ingredients:

2 eggs, beaten

1 1/2 - 2 tbsp light vegetable or garlic and herb flavored cream cheese

Ground paprika

Instructions:

1. Coat an 8-inch nonstick skillet with nonstick cooking spray and preheat over medium heat. Add the eggs and reduce the heat to medium-low. Cook without stirring for a couple of minutes, or until eggs are set around the edges.
 2. Use a spatula to lift the edges of the omelet and allow the uncooked egg to flow below the cooked portion. Cook for another minute or 2 or until the eggs are almost set.
 3. Spoon the cream cheese over half of the omelet. Fold the other half over the filling and cook for another minute or just until the cheese is melted and eggs are set.
 4. Slide the omelet onto a plate and sprinkle with paprika.
- To make a **Veggie Omelet** - In step 3, add 3 to 4 tablespoons of finely chopped leftover soft cooked vegetables such as spinach, cauliflower or broccoli along with the cream cheese.
 - To make a **Ham Omelet** - In step 3, add 2 tablespoons of finely chopped or ground ham along with the cream cheese.

Adapted from the Soft Foods for Easier Eating Cookbook

Crustless Spinach Quiche

Total Time 50 minutes

Serves 6

Ingredients:

1 tbsp vegetable oil
1 onion, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
5 eggs, beaten
3 cups shredded Muenster cheese
1/4 tsp salt
1/8 tsp freshly ground pepper

Instructions:

1. Preheat oven to 350° F. Lightly grease a 9 inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until onions are soft.
3. Stir in spinach and continue cooking until excess moisture has evaporated.
4. In a large bowl, combine eggs, cheese, salt, and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
5. Bake until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

Pumpkin Spice Baked Oatmeal

Ingredients:

Dry Mixture:

2 1/4 cups quick-cook oats (see notes on quick-cook vs. rolled)
1 tsp baking powder
1 tsp cinnamon
1/2 tsp pumpkin pie spice
1/2 tsp salt
1/3 cup packed light brown sugar

Wet Mixture:

1 1/2 cups milk
1 15 oz can pumpkin purée
1 egg
1 tbsp vanilla
3 tbsp honey
1/4 cup chopped pecans

Instructions:

1. Preheat oven to 375°F.
2. In a large bowl, mix together the oats, baking powder, cinnamon, pumpkin pie spice, salt, and brown sugar.
3. In a separate bowl, whisk together the milk, pumpkin, egg, vanilla and honey. Combine the wet and dry ingredients and stir until well combined.
4. Pour the mixture into a greased 2 quart (8"x 8") baking dish and sprinkle the pecans on top
5. Bake for 15 - 18 minutes or until the oats have absorbed the liquid. Serve hot or cold.

Notes:

If using non-quick cook oats, increase baking time to 35 - 40 minutes.

This is easily doubled and made the night before. It keeps well in the refrigerator for several days.

Baked Berry Oatmeal

Serves: 6

Ingredients:

Dry Mixture:

2 cups quick-cook oats (see notes on quick-cook vs rolled)
1 tsp baking powder
1 tsp cinnamon
1/4 tsp salt
1/2 cup packed brown sugar

Wet Mixture:

2 cups milk
2 eggs
1/2 tbsp vanilla
3 tbsps honey
1 1/2 tbsp melted butter
2 cups frozen mixed berries
1/4 cup pecans, chopped

Instructions:

1. Preheat oven to 375°F degrees
2. In a medium sized bowl, mix together the oats, baking powder, cinnamon, salt and brown sugar. Set aside
3. In a separate bowl whisk together the milk, eggs, vanilla, honey and butter.
4. Layer half the berries in a 2 quart baking dish and top evenly with the dry oat mixture. Pour on the wet mixture then add the rest of the berries on top along with the pecans.
5. Bake for 15 - 20 minutes or until the oats have absorbed the liquid. Serve hot or cold.

Notes:

If using non-quick cook oats, increase your baking time to 35 - 40 minutes.

This is easily doubled and made the night before. It keeps well in the refrigerator for several days.

- Use fresh or frozen blueberries or strawberries
- For an **Apple Oatmeal Bake** - dice 2 cups of peeled apples, toss with 1/2 tsp cinnamon and 1/4 cup sugar.

Flour-less Banana Oatmeal bars

Total time 30 minutes

Serves 9 - 12

Ingredients:

3 mashed bananas (ripe)
1/3 cup apple sauce
2 cups rolled oats
1/4 cup almond milk (or regular milk)
1/2 cup raisins or cran-raisins (optional)
1 tsp vanilla
1 tsp cinnamon

Instructions:

6. Spray 8x8 inch baking pan with non-stick spray. Preheat oven to 350°F.
7. In a medium sized bowl, mix all ingredients together; pour into prepared pan.
8. Bake for 15-20 minutes.
9. Cut into 9 - 12 pieces.

Carrot Cake Pancakes

Total Time 20 minutes

Serves 6

Ingredients:

5.6 ounces all purpose flour (about 1 1/4 cups)
1/4 cup chopped pecans, toasted (optional)
2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
1/8 teaspoon freshly ground nutmeg
Dash of ground cloves
Dash of ground ginger
1/4 cup brown sugar
3/4 cup low-fat buttermilk (see Note below)
1 tablespoon canola oil
1 1/2 teaspoon vanilla extract
2 large eggs, lightly beaten
2 cups finely grated carrot (about 3/4 pound)
Cooking spray

Instructions:

1. Lightly spoon flour into dry measuring cup and level with a knife. Combine flour and next 7 ingredients (through ginger) in a large bowl, stirring with a whisk.
 2. In a separate bowl, combine brown sugar and next 4 ingredients (through eggs); then add the sugar mixture to flour mixture, stirring until moist. Fold in 2 cups carrot.
 3. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon 4 (1/4 cup) batter mounds onto pan, spreading with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, cook 1 minute or until bottoms are lightly browned. Repeat with remaining batter.
- If softer pancakes are needed, poke holes in the pancakes and pour syrup over the pancakes.
 - If you do not have buttermilk, mix 1 tablespoon lemon juice or vinegar with a skant cup of milk. This works for non dairy milk as well.

Pumpkin Pancakes

Total Time 40 minutes

Makes 15 pancakes

Ingredients:

1 egg	2 tbsp vinegar
1 cup (8 ounces) canned pumpkin	2 tbsp vegetable oil
2 cups flour	1 tsp allspice
3 tbsp brown sugar	1/2 tsp ground ginger
1/2 tsp salt	
1 tsp baking soda	
2 tsp baking powder	
1 tsp cinnamon	
1/4 tsp nutmeg	
1 1/2 cups milk	

Instructions:

1. In a large bowl, beat together egg, milk, pumpkin, oil and vinegar.
2. In another bowl, sift together all the dry ingredients and stir into pumpkin mixture just enough to combine.
3. For each pancake ladle 1/4 cup batter onto lightly oiled heated griddle or fry pan over medium heat. Cook on one side until bubbles appear; turn and cook on other side. Press down a little to ensure they are cooked through.

- Serve with maple syrup, honey, sour cream or applesauce.
- Use mashed cooked butternut squash instead of pumpkin.
- These pancakes are good for breakfast or lunch. They can be the vegetable course for dinner.

Left over pancakes can be frozen. Put wax paper between each pancakes and place in a freezer container or freezer ziplock bag. Reheat in the toaster for a few minutes.

Classic Buttermilk Waffles

Total Time 35 minutes

Yield about 10 8-inch waffles

Ingredients:

2 large eggs
1 3/4 cups buttermilk
1/2 cup (1 stick) butter, melted and cooled to room temperature
2 tsp vanilla
1 3/4 cups all-purpose flour
2 tbsp sugar
2 tsp baking powder
1 tsp baking soda
1 tsp salt
1/2 cup pecan meal or almond flour (optional)

Instructions:

1. In a medium-sized mixing bowl, beat together the eggs, buttermilk, melted butter and vanilla.
2. In another bowl whisk together the dry ingredients.
3. Combine the wet and dry ingredients just until almost smooth.
4. Spray your waffle iron with non-stick cooking spray before preheating it. For an 8-inch round waffle iron, use about 1/3 cup batter. Cook 2 - 3 minutes, until the iron stops steaming.

Sweet Potato Waffles (or pancakes)

Total Time 20 minutes

Makes 4 waffles

This recipe makes light waffles; you can use the same batter for pancakes, but they will be fat and fluffy rather than thin and firm.

Ingredients:

1/4 cup butter
1 1/2 cups flour
3 tsp baking powder
1 tsp salt
1/4 tsp nutmeg
3 eggs, separated
1 cup milk
1 cup mashed cooked sweet potatoes

Instructions:

1. Melt butter and set aside to cool slightly.
2. Sift dry ingredients together in a medium bowl.
3. Beat egg yolks, then combine with milk, sweet potatoes, and melted butter in another medium bowl.
4. Stir the dry ingredients into the sweet potato mixture.
5. Beat egg whites until they form soft peaks. Fold them into the sweet potato mixture.
6. Cook on a preheated waffle iron as instructed by the manufacturer.

- Use 8 ounces canned pumpkin or canned squash instead of sweet potatoes

Blueberry Scones

Total time 58 minutes

Serves 16

Ingredients:

1 tsp cinnamon - to toss the blueberries in
1 tbsp flour - to toss the blueberries in
4 cups all-purpose flour
6 tbsp sugar
1/2 tsp salt
4 1/2 tsp baking powder
1/2 tsp cinnamon
1/2 cup plus 2 tablespoons (10 tablespoons) cold butter
2 large eggs
3/4 cup plus 2 tablespoons milk, divided
1 1/2 cups fresh or frozen blueberries (or 1 cup blueberries plus 1/3 cup mashed banana)
2 tbsp Turbinado sugar or other coarse sugar for finishing

Instructions:

1. Mix the 1 tsp cinnamon and 1 tbsp flour; toss blueberries in the mixture to coat.
2. In a large mixing bowl, whisk together the flour, sugar, salt, baking powder and cinnamon. Work in the butter just until the mixture is unevenly crumbly; it is OK for some larger chunks of butter to remain unincorporated.
3. In a separate mixing bowl, whisk together the eggs and 3/4 cup milk until smooth.
4. Add the milk/egg to the dry ingredients and stir until all is moistened and holds together.
5. Turn onto a lightly floured surface; gently knead in the blueberries.
6. Divide dough in half. Gently pat and round each half into a 8" circle about 3/4" thick. Place on greased baking sheets.
7. Using a knife that you have run under cold water, slice each circle into 8 wedges. Brush with remaining milk. Sprinkle with Turbinado sugar.
8. Carefully pull the wedges away from the center to separate them just a bit; there should be about a 1/2" space between them, at their outer edges.
9. For best texture and highest rise, place the pan of scones in the freezer for 30 minutes, uncovered. While the scones are chilling preheat the oven to 375°F.
10. Bake the scones for 15 - 20 minutes or until they are golden brown. When they pull away from each other, it should look baked all the way through; the edge should not look wet or unbaked.
11. Remove scones from the oven and cool briefly in the pan. Serve warm. When completely cool, wrap in plastic and store at room temperature for up to several days. Reheat very briefly in microwave, if desired.

Pumpkin Scones

Total time 58 minutes

Serves 12

Ingredients:

2 3/4 cups all-purpose flour
1/3 cup sugar
3/4 tsp salt
1 tbsp baking powder
3/4 tsp ground cinnamon
1/4 tsp ginger
1/4 tsp nutmeg
1/4 tsp allspice
1/2 cup (8 tablespoons) cold butter
3/4 cup chopped fresh peeled apple, in 1/2" pieces (about half a medium apple)
1 cup to 2 cups minced crystallized ginger, cinnamon chips or chocolate chips
2 large eggs
2/3 cup canned pumpkin
3 tbsp coarse white sparkling sugar, for topping

Instructions:

1. In a large mixing bowl, whisk together the flour, sugar, salt, baking powder and spices. Work in the butter just until the mixture is unevenly crumbly; it is OK for some larger chunks of butter to remain unincorporated.
2. Stir in the ginger and/or chips, if you are using them.
3. In a separate mixing bowl, whisk together the eggs and pumpkin until smooth.
4. Add the pumpkin/egg to the dry ingredients and stir until all is moistened and holds together.
5. Line a baking sheet with parchment; if you don't have parchment, just use it without greasing it. Sprinkle a bit of flour atop the parchment or pan.
6. Scrape the dough onto the floured parchment or pan, and divide in half. Gently pat and round each half into a 5" to 6" circle about 3/4" thick.
7. Brush each circle with milk, and sprinkle with sparkling sugar.
8. Using a knife that you have run under cold water, slice each circle into 6 wedges.
9. Carefully pull the wedges away from the center to separate them just a bit; there should be about a 1/2" space between them, at their outer edges.
10. For best texture and highest rise, place the pan of scones in the freezer for 30 minutes, uncovered. While the scones are chilling preheat the oven to 400°F.
11. Bake the scones for 22 - 25 minutes or until they are golden brown. When they pull away from each other, it should look baked all the way through; the edge should not look wet or unbaked.
12. Remove scones from the oven and cool briefly in the pan. Serve warm. When completely cool, wrap in plastic and store at room temperature for up to several days. Reheat very briefly in microwave, if desired.

Fresh Apple Cinnamon Scones

Total time 58 minutes

Serves 12

Ingredients:

Scones

2 3/4 cups all-purpose flour

1/3 cup sugar

3/4 tsp salt

1 tbsp baking powder

1 tsp ground cinnamon

1/2 cup (8 tablespoons) cold butter

3/4 cup chopped fresh peeled apple, in 1/2" pieces (about half a medium apple)

3/4 cinnamon chips

2 large eggs

1 tsp vanilla

1/2 cup applesauce, unsweetened preferred

Topping

3 tbsp coarse white sparkling sugar

1/2 tsp ground cinnamon

Instructions:

1. In a large mixing bowl, whisk together the flour, sugar, salt, baking powder and spice. Work in the butter just until the mixture is unevenly crumbly; it is OK for some larger chunks of butter to remain unincorporated.
2. Stir in the chopped apple and cinnamon chips.
3. In a separate mixing bowl, whisk together the eggs, vanilla and applesauce.
4. Add the liquid ingredients to the dry ingredients and stir until all is moistened and holds together.
5. Line a baking sheet with parchment; if you don't have parchment, just use it without greasing it. Sprinkle a bit of flour atop the parchment or pan.
6. Scrape the dough onto the floured parchment or pan, and divide in half. Gently pat and round each half into a 5" to 5 1/2" circle about 3/4" thick.
7. Top make the topping: Stir together the coarse sugar and cinnamon. Brush each circle with milk, and sprinkle with topping.
8. Using a knife that you have run under cold water, slice each circle into 6 wedges.
9. Carefully pull the wedges away from the center to separate them just a bit; there should be about a 1/2" space between them, at their outer edges.
10. For best texture and highest rise, place the pan of scones in the freezer for 30 minutes, uncovered. While the scones are chilling preheat the oven to 425°F.
11. Bake the scones for 18 - 22 minutes or until they are golden brown. When they pull away from each other, it should look baked all the way through; the edge should not look wet or unbaked.
12. Remove scones from the oven and cool briefly in the pan. Serve warm. When completely cool, wrap in plastic and store at room temperature for up to several days.

Cinnamon Chips

(To be used with scones and other recipes)

Yield ~ 2 cups

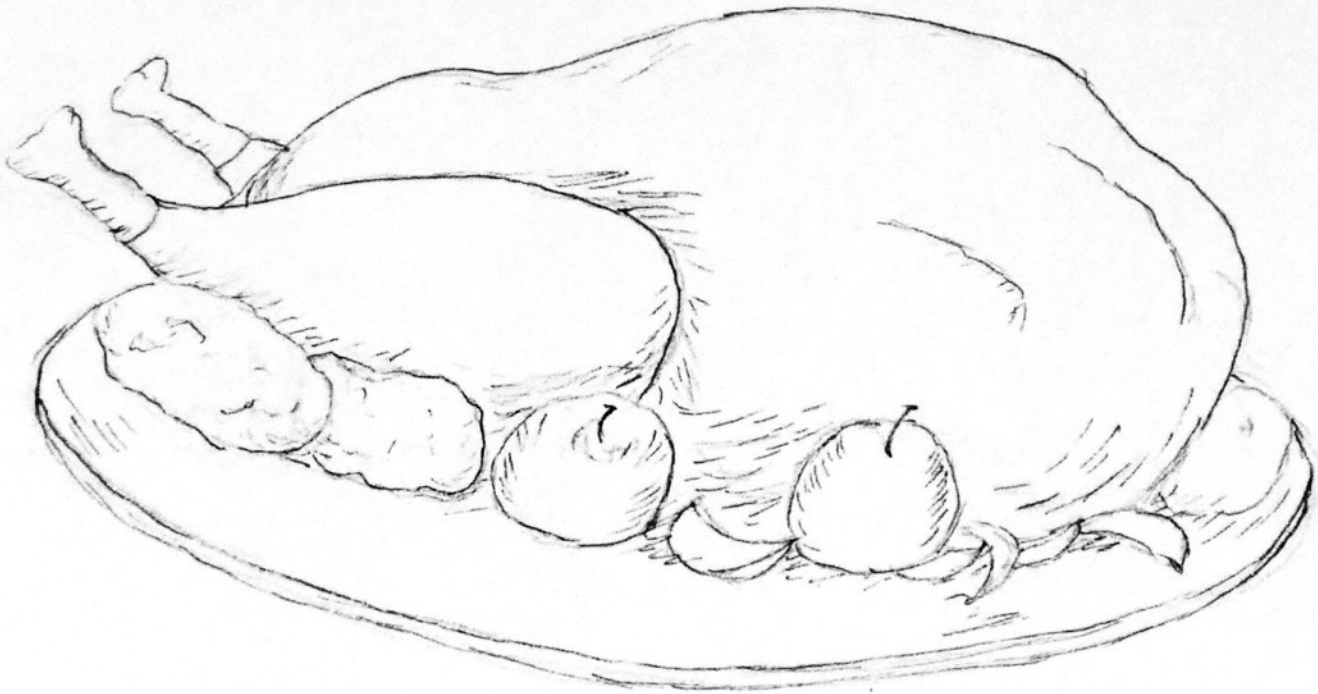
Ingredients:

2/3 cup sugar
3 tbsp cinnamon
2 tbsp shortening
2 tbsp light corn syrup
1/4 tsp vanilla

Instructions:

1. Preheat oven to 200°F.
2. Combine all ingredients until uniform and crumbly. Spread on parchment lined cookie sheet. Flatten to 1/4" and shape in a square.
3. Bake until melted and somewhat bubbly, about 35 minutes.
4. Cool completely, then cut into small pieces (a pizza wheel works great for this).
5. Store in an airtight container.

Main Dishes



Brown Rice Risotto

Total time 35 minutes

Serves 4

Ingredients:

1 cup brown rice
2 tbsp butter
2 tbsp grated onion
1 tsp crushed garlic
2 1/2 cups chicken or vegetable broth
2 cups milk
2 tsp dried sage
1/2 cup grated Parmesan cheese
2 tsp parsley

Instructions:

1. Place rice in a blender and blend for about 20 seconds or until the grains are coarsely cracked. Set aside.
 2. Place butter in a 2 1/2-quart pot and melt over high heat. Add onion, cover and cook for a couple of minutes or until onion softens. Add the garlic and cook for additional 15 seconds.
 3. Add the reserved rice, broth, milk, and sage to the pot and bring to a boil over medium heat. Reduce heat to low, cover and simmer for about 25 minutes or until rice is soft and most of the moisture is absorbed.
 4. Stir in the Parmesan cheese and parsley. If the mixture is too dry, stir in additional milk until it becomes moist and creamy.
- **For Spinach Risotto** - In step 3, add 2 cups of finely chopped fresh spinach to the risotto about 5 minutes before the rice is fully cooked. Cook and stir until the spinach is soft and wilted.
 - For **Leftover Vegetable Risotto** - When risotto is completely cooked, stir in 1 cup of finely chopped soft-cooked leftover vegetables, such as broccoli or cauliflower.
 - For **Chicken Risotto** - In step 4, add 1 cup finely chopped or ground tender fully cooked chicken.

Adapted from Soft Foods for Easier Eating Cookbook

Chicken Pie

Total Time 50 minutes

Serves 5

Ingredients:

10 3/4 oz can condensed cream of mushroom soup, undiluted
3/4 cup evaporated low-fat milk
2 cups finely chopped or ground cooked skinless chicken breast
3/4 cup soft-cooked fresh or frozen green beans
3/4 cup soft-cooked fresh or frozen carrots

Topping

3 cups 1-inch chunks peeled Yukon Gold or russet potatoes (about 1 pound)
1/2 cup sour cream
2 tbsp butter
1/4 tsp salt
Butter-flavored nonstick cooking spray
1 tbsp grated Parmesan cheese

Instructions:

1. Preheat the oven to 350°F. Coat a 9-inch deep-dish pie pan with nonstick cooking spray, set aside.
 2. To make the topping, place the potatoes in a pot, add water to cover and boil for about 10 minutes or until potatoes are soft. Drain the potatoes, reserving 1/3 cup of the cooking water.
 3. Return the potatoes to the pot, add sour cream, butter and salt. Mash or beat until smooth, stirring in just enough reserved cooking water to bring the potatoes to a creamy consistency.
 4. While potatoes are cooking, place the soup and milk in a 2-quart pot over medium-high heat. Cook, stirring occasionally, for a couple of minutes or until the mixture comes to a boil. Stir in the chicken and vegetables, and heat through.
 5. Spread the chicken mixture in the prepared pie pan. Using tablespoons, drop the potatoes in mounds over the chicken mixture. Spray the tops of the potatoes with the cooking spray and sprinkle lightly with the Parmesan cheese.
 6. Bake for 25 minutes or until the pie is bubbly around the edges. Serve hot.
- To make a Meat and Potato pie, substitute 2 cups of cooked ground beef or ground turkey for the chicken and use golden mushroom soup for the cream of mushroom soup.

Adapted from the Soft Foods for Easier Eating Cookbook

Chicken with Leek, Carrot and Peas

Total time 30 minutes

Serves 2

Ingredients:

1 1/2 tsp vegetable oil
1/2 cup white part of a leek, well rinsed and finely chopped
1 large chicken thigh (about 6 ounces) on the bone, skinned and trimmed of fat
2 medium carrots, peeled and chopped
1 cup chicken stock
1/4 cup frozen peas

Instructions:

1. Heat the oil in a saucepan and saute the leek for 2 minutes.
2. Add the chicken and saute for about 2 minutes.
3. Add the carrots and pour in the stock, then bring to a boil, cover and simmer for 20 minutes.
4. Add the peas and cook uncovered for 4 to 5 minutes.
5. Remove the chicken with a slotted spoon and take the flesh off the bones. Dice the chicken and add it back to saucepan
6. If needed, you can then blend together the vegetables and chicken with as much of the cooking liquid as necessary to make a smooth purée.

Creamy Risotto

Total Time 35 minutes

Serves 6

Ingredients:

2 tbsp margarine or butter
2 tbsp grated onion
1 tsp crushed fresh garlic
2 1/2 cups chicken broth
2 1/2 cups milk
1 1/2 cups arborio rice
2 tsp parsley
1/8 tsp ground white pepper
1/4 cup grated Parmesan cheese

Instructions:

1. Place margarine or butter in a 3 quart pot and melt over medium heat. Add the onion, cover and cook for a couple of minutes or until onion softens. Add the garlic and cook an additional 15 seconds
 2. Add broth, milk, rice, parsley and pepper to the pot and bring to a boil over medium heat. Reduce heat to low and cover and simmer for about 25 minutes or until the rice is soft and most of the liquid has been absorbed.
 3. Stir in half of the Parmesan cheese into the pot. If the mixture is too dry, stir in additional milk until it becomes moist and creamy. Serve hot, topping each serving with some of the remaining cheese.
- Add 2 cups of finely chopped fresh spinach to the risotto at step 2 about 5 minutes before the rice is fully cooked.
 - In step 3, add 1 cup finely chopped or ground tender roasted(cooked) chicken to the finished risotto

Adapted from Soft Foods for Easier Eating Cookbook

Crabmeat Salad

Total Time 10 minutes

Serves 1, 1/2 cup

Ingredients:

1 can 3 ounces crabmeat, water-packed
1/2 cup finely diced celery (1 stalk)
1 tbsp finely chopped green onion
2 tbsp mayonnaise

Instructions:

1. Drain the crabmeat well.
2. Combine all ingredients in a small mixing bowl.
3. Serve immediately or refrigerate.

Note

For a smoother salad, purée the ingredients in a food processor or blender for 10 seconds.

- Three ounces of water-packed tuna or fresh chicken breast meat can be substituted for crabmeat.

Farroto (Farro Risotto) with Mushroom Medley

Total Time 50 minutes

Serves 4 - 6

Ingredients:

1/2 cube butter (4 tbsp)
1 tbsp olive oil
2 shallots, minced
8 oz crimini mushrooms, sliced
8 oz shitake or mixed mushrooms, sliced
2 tsp fresh thyme
Salt and Pepper to taste
1 tbsp olive oil
1 cup farro, soaked at least 2 hours or overnight*
1/2 cup white wine
4 cups vegetable stock, heated
1/2 cup grated Parmesan cheese

Instructions:

1. In a large saucepan, melt the butter and olive oil. Add the shallots, and saute until soft. Stir in the mushrooms, and cook until tender. Stir in the thyme, as well as the salt and pepper to taste.
2. Meanwhile, heat the olive oil in a medium saucepan, and stir in the farro, tossing until well coated and slightly toasted. Add the white wine, and simmer, stirring, until absorbed. Add the vegetable stock about 1/2 cup at a time, stirring after each addition and simmering until the liquid is absorbed.
3. When there is only about 1 cup of the stock remaining, stir in the mushroom mixture, add another 1/2 cup of the stock, stir, cover and simmer for about 5 minutes, or until done. Add the remaining stock if necessary. Stir in the parmesan cheese and serve.

* Note: if using pearled or pre-cooked farro, soaking overnight can be skipped.

Garlic Parmesan Spaghetti Squash

Total Time 25 minutes

Serves 4

Ingredients:

1 medium spaghetti squash (about 1 1/2 - 2 pounds)
1 1/2 tbsp olive oil
1 medium onion, chopped
4 cloves garlic, minced
1/8 tsp crushed red pepper
1/2 tsp salt
16 oz cremini or button mushrooms, sliced
2 large tomatoes, seeded and diced (6 oz canned tomatoes)
2 tsp fresh thyme leaves
3 tbsp chopped fresh parsley
2 tsp sherry or red wine vinegar
1/4 cup (1 ounce) grated Parmesan cheese

Instructions:

1. Microwave squash on high for 3 - 4 minutes. Cut in half, scoop out middle and discard seeds and pulp. Place cut side down in a microwave-safe baking dish with 1/4 inch water. Microwave on high for 12 minutes or until tender when pierced with a knife.
 2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add onions, garlic, red pepper, salt and mushrooms. Cook for 5 - 6 minutes, stirring occasionally, until vegetables are tender. Stir in tomatoes and thyme and cook until heated through, about 1 minute.
 3. Shred squash with a fork and transfer to a serving bowl. Top with mushroom mixture. Sprinkle with parsley and Parmesan.
- Cooked spaghetti squash is good with most pasta sauces

Goat Cheese Mac and Cheese

Total Time 35 minutes

Serves 6

Ingredients:

1 pound shaped pasta
1 tbsp olive oil
1 large onion, diced
6 tbsp unsalted butter
8 tbsp flour
6 cups whole milk
2 tsp sea salt
8 ounces Monterey jack cheese, shredded
8 ounces goat cheese, crumbled

Crunchy Topping

1 cup Panko bread crumbs
3 tbsp olive oil
pinch or 2 sea salt

Instructions:

1. Cook the pasta al dente (or softer if needed), according to the directions on the box. Drain and set aside. Preheat oven to 450°F degrees.
2. In a large, heavy pot, add 1 tablespoon of olive oil and heat over medium heat. Sauté the diced onion for about 5 minutes. Add the cooked onion to the pasta that was set aside. You will use the pot again in step 4, set aside without cleaning it out.
3. In a separate large pot on the back burner add the milk. Heat over medium-low heat. Keep the milk warm but do not boil. Stir occasionally to keep the bottom from burning.
4. In the original large pot, add the butter and warm over medium-low heat; when it has melted, add the flour and whisk constantly for 3 minutes. Turn the heat off of the butter/flour mixture and off the milk in the other large pot. Using a 1 cup measuring cup, add the warmed milk to the butter/flour while whisking constantly. Keep a steady pace, but do not add the milk too quickly, to allow the sauce to thicken properly. When the sauce is no longer thickening after adding about 3 - 4 cups of milk, turn the heat back on to medium and continue to whisk. Now add the remaining milk 1/2 cup at a time. Continue to heat and whisk until the sauce is thick, about 5 - 10 minutes.
5. Turn the heat to low and add the salt and cheese to the thickened milk mixture. Low heat will ensure the cheese does not become grainy. Add the pasta and onions when cheese has just melted. Pour mixture into a large baking dish.
6. Combine the Panko bread crumbs, olive oil and sea salt in a small bowl. Cover the top of the mac and cheese evenly. Bake for 5 -10 minutes turning the dish half-way through for even browning; bake until mac and cheese is bubbly.

Green Lasagna

Total Time ~ 75 minutes

Serves 12

Ingredients:

8 ounces lasagna noodles (12 strips)
1 teaspoon canola oil
1 tablespoon olive oil
1 medium onion, chopped
1 garlic clove, minced
1 pound part-skim ricotta cheese
4 tablespoons grated Parmesan cheese
1 package (10 ounces) frozen chopped spinach, thawed and well drained
2 egg whites, lightly beaten, or ¼ cup egg substitute
Freshly ground pepper to taste
1 tablespoon dried parsley flakes
1/8 teaspoon grated nutmeg
6 – 7 cups tomato sauce
6 ounces part-skim mozzarella cheese, grated

Instructions:

1. Preheat the oven to 350°F degrees. Cook the lasagna noodles in salted boiling water for 8 minutes (adding 1 teaspoon of oil to water to help prevent sticking). When cooked, drain immediately and lay flat to cool.
2. Meanwhile, heat the olive oil in a small skillet over medium heat and sauté the onion and garlic until softened. Set aside.
3. Combine the remaining ingredients except the tomato sauce and mozzarella in a large bowl. Add the sautéed onion and garlic and mix well.
4. Coat a 9x13x2-inch pan with nonstick cooking spray and spread ¼ cup tomato sauce over the bottom of the pan. Place 3 strips of lasagna, slightly overlapping, on the bottom of the pan. Spread one-fourth of the spinach-cheese mixture over the noodles and sprinkle with one-fourth the grated mozzarella; cover with 1 cup of tomato sauce. Repeat the sequence with three more layers, ending with tomato sauce.
5. Cover the pan with foil and bake for 40 minutes, Uncover and continue baking another 10 to 15 minutes. Remove from the oven and allow to set for 5 minutes before cutting.

Adapted from The G-Index Diet

Homeroom's Classic Macaroni and Cheese - Two Ways

(Homeroom is a famous restaurant in Oakland, CA that specializes in Macaroni and Cheese dishes)

Serves : 6

Total Time: 50 minutes

Ingredients:

4 cups fat-free milk
1/2 cup unsalted butter
1/2 cup flour
1 tbsp kosher salt
14.5 oz elbows (1 box)
3 cups (12 oz) Tillamook extra-sharp cheddar cheese, shredded (+ an additional 1/2 cup if you plan to bake it)
1 cup (4 oz) Parmesan cheese, shredded
1/2 cup Panko bread crumbs (if you plan to bake it)

Instructions:

1. Cook the pasta according to the the package directions. Drain then set aside.
 2. While the elbows are cooking, shred the cheddar and Parmesan cheeses.
 3. Microwave the milk in a microwave-safe container for about 1.5 minutes to warm it.
 4. Using the large pot the pasta was cooked in, melt the butter over medium heat. Once the butter is melted, add the flour and whisk thoroughly until the roux turns a light brown color, about 4 minutes. Remove from heat.
 5. While whisking constantly, slowly add the warm milk to the roux until thoroughly combined. This is now the bechamel sauce.
 6. Return the pot to the stove and over medium heat, continue to whisk the mixture until it thickens, about 5 minutes. Stir in the salt, then remove from heat.
 7. If you are going to bake the mac and cheese, preheat the oven to 400 degrees, then Pam a baking dish and set aside.
 8. Add both cheeses to the bechamel and stir until everything is melted. Add the elbows and stir once again until everything is combined.
 9. If you are not baking the mac and cheese, it is ready to eat.
 10. If you are baking the mac and cheese, spoon the mac and cheese into the baking dish, then sprinkle the reserved 1/2 cup of Cheddar cheese and the 1/2 cup Panko bread crumbs over the top.
 11. Bake for 25 minutes. Allow the mac and cheese to rest for five minutes after coming out of the oven.
- Macaroni and cheese freezes well. Put in 2 or 4 cup serving size containers for easy use. Defrost in the refrigerator overnight (or microwave it). Then heat to desired temperature in the microwave - using 30 to 60 second intervals.
 - Add diced cooked chicken or drained canned tuna to the Macaroni and cheese

Leek, Broccoli and Mushroom Frittata

Total Time 35 minutes

Serves 4

Ingredients:

1 cup white part of Leeks, well rinsed and sliced into thin rounds
2 cups Broccoli, chopped into small florets
1 cup Mushrooms, sliced
8 Eggs (if you want to use all egg whites, substitute 1 1/3 cups)
½ cup unsweetened Almond Milk (or desired alternative)
2 tbsp Parsley, freshly chopped
1 tsp dried Rosemary, crumbled
1/8 tsp Black Pepper

Instructions:

1. Preheat oven to 400°F. Place a cast iron (or other oven-proof skillet) on the stove and mist with oil. Sauté the leeks, broccoli and mushrooms until the broccoli becomes bright green and mushrooms soften.
2. In a small bowl, whisk together the eggs, almond milk, herbs, and black pepper. Pour the egg mixture over the veggies and let the skillet sit over medium heat for 3 minutes.
3. Transfer the skillet to the oven and bake for 10 minutes. The middle should be set, but if not, continue baking a few minutes more. If you would like the top to be slightly golden, switch the oven to broil for 1-2 minutes. Allow the pan to cool for 5 mins, then slice the frittata and serve.

Maple Ginger Salmon

Total Time: 40 minutes

Serves 4

Ingredients:

1/4 cup maple syrup
2 tbsp soy sauce
2 tsp fresh ginger minced
2 tsp fresh garlic minced
4 green onions divided
1 lb salmon
pepper

Instructions:

1. Preheat oven to 400° F.
2. In a 9x13 baking dish, lightly pepper the salmon on both sides. If using low sodium soy sauce, salt the salmon to taste. Place salmon skin side down.
3. Slice two green onions thinly, and slice the other two into 3/4" pieces cut on the bias.
4. In a non-reactive bowl or measuring cup, combine the first four ingredients and the thinly sliced green onions.
5. Pour the mixture over the salmon and let marinate for 20 minutes. You can marinate for up to 30 minutes.
6. Bake salmon uncovered for 20 minutes.
7. Garnish with remaining green onions that are thinly sliced.

Meatballs with Mushroom Gravy

Total time ~40 minutes

Serves 4

Ingredients:

Meatballs

1 1/2 cups sliced fresh mushrooms
1/2 cup chopped onion
1 pound lean ground beef or turkey
1 cup soft whole wheat breadcrumbs
1 egg beaten
3/4 tsp dried marjoram
1 clove garlic crushed (or 1/2 tsp garlic powder)
1/4 tsp black pepper

Sauce

10 3/4 oz can condensed golden mushroom soup
1/2 cup plus 2 tbsp milk
1/2 cup water

Serve with mashed potatoes or tender-cooked noodles

Instructions:

1. To make the sauce, place all ingredients for sauce in a bowl and whisk to mix well. Set aside.
 2. To make the meatballs, place the mushrooms and onion in a food processor, and process until finely ground. Pour into a large bowl. Add the ground meat, breadcrumbs, egg, marjoram, garlic and pepper and mix well.
 3. Shape the mixture into 12 meatballs, each about 2 inches in diameter.
 4. Coat a large skillet with nonstick cooking spray or 2 tablespoons of canola oil and preheat over medium-high heat. Add the meatballs to the skillet. Cover and cook for several minutes, turning occasionally, until nicely browned.
 5. Pour the sauce over the meatballs and bring to a boil. Reduce heat to a simmer, cover and cook, turning occasionally, for about 20 minutes or until meatballs are cooked through (internal temperature reaches at least 160 F). If necessary, simmer uncovered for a few minutes to thicken the sauce a bit.
 6. Serve with mashed potatoes or tender-cooked noodles.
- The meatballs freeze well. Put in 2 or 4 cup serving size containers for easy use. Defrost in the refrigerator overnight. Microwave using 30 to 60 second intervals until you have your desired temperature.

Adapted from Soft Foods for Easier Eating Cookbook

Mushroom Bourguignon

Total Time 45 minutes

Serves 4

Ingredients:

2 tbsp olive oil
2 tbsp butter, softened (or vegan substitute)
2 pounds 1/4-inch sliced portobello or cremini mushrooms
1 cup pearl onions (thawed if frozen)
1 carrot, finely diced
1 small yellow onion, finely diced
1 tsp fresh thyme leaves
Salt and freshly ground pepper, to taste
2 cloves garlic, minced
1 cup full-bodied red wine
2 cups beef or vegetable broth (beef broth is traditional, but use vegetable to make it vegetarian; the dish works with either)
2 tbsptomato paste
1 1/2 tbsp all-purpose flour
Egg noodles, for serving (buttered potatoes, rice, or farro work well too)
Sour cream and chopped chives or parsley, for garnish (optional)

Instructions:

1. Heat the one tablespoon of the olive oil and one tablespoon of butter in a medium Dutch oven or heavy sauce pan over high heat. Sear the mushrooms and pearl onions until they begin to take on a little color, but the mushrooms do not yet release any liquid — about 3 or 4 minutes. It helps to do this in a few batches. Remove them from the pan and set aside.
2. Lower the flame to medium and add the second tablespoon of olive oil. Toss the carrots, onions, thyme, a few good pinches of salt and a several grinds of black pepper into the pan and cook for 10 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for just one more minute.
3. Add the wine to the pot, scraping any stuck bits off the bottom, then turn the heat all the way up and reduce it by half. Stir in the tomato paste and the broth. Add back the mushrooms and pearl onions with any juices that have collected and once the liquid has boiled, reduce the temperature so it simmers for 20 minutes, or until mushrooms are very tender.
4. Combine remaining butter and the flour with a fork until combined; stir it into the stew. Lower the heat and simmer for 10 more minutes. If the sauce is too thin, boil it down to reduce to the right consistency. Season to taste.
5. To serve, spoon the stew over a bowl of egg noodles, dollop with sour cream and sprinkle with chives or parsley (optional).

One Pot Ground Beef Stroganoff

Total Time ~ 45 minutes

Serves 4

Ingredients:

3 tbsp olive oil
8 oz crimini mushrooms, sliced
salt and pepper
1/2 cup diced onion
2 cloves garlic, minced
1 lb ground beef (or ground turkey)
2 tsp paprika
3 tbsp flour
4 cups beef broth
8 oz dry egg noodles
3/4 cup sour cream
fresh parsley for serving

Instructions:

1. Heat 1 tablespoon olive oil over medium heat in a pot or large skillet. Add the mushrooms and cook until they are tender, about 5 minutes. Season with salt and pepper, then remove from the pot into a bowl and set aside.
2. Heat the remaining 2 tablespoons of oil in the same pot. Add the onion, season with salt and pepper, and cook until translucent, 4 - 5 minutes. Stir in the garlic and cook until fragrant, 30 - 60 seconds. Add the ground meat and continue to cook, breaking up the meat with a spoon as it cooks, until it is browned and cooked through, about 5 minutes. Sprinkle the paprika and flour over the top and stir to combine.
3. Pour in the beef broth and the pasta. Bring to a light boil then cover the pot. Continue to cook, stirring often, until the pasta is al dente 17 - 20 minutes (or softer if needed). Remove the pot from the heat and stir in the mushrooms and sour cream.
4. Serve topped with fresh parsley.

Polenta with Mushroom Ragout

Total Time 30 minutes

Serves 4

Ingredients:

Polenta

2 cups water
1/2 cup yellow cornmeal
1/4 tsp salt
1/4 tsp freshly ground black pepper

Mushroom Ragout

1 tbsp unsalted butter
1 tbsp peanut oil
1 small onion, chopped (1/2 cup)
5 ounces mushrooms, trimmed, cleaned and cut into 1/2 inch pieces (2 cups)
3 garlic cloves, crushed and finely chopped (2 tsp)
4 plum tomatoes, halved, seeded and cut into 1/2 inch pieces (1 1/4 cups)
2 small ears corn, husked and kernels cut off (1 cup)
1/2 cup chicken stock
1/4 tsp salt
1/8 tsp freshly ground black pepper
2 tbsp chopped fresh chives

Instructions:

For the Polenta

1. Bring the water to a boil in a medium saucepan.
2. Sprinkle the cornmeal on top while mixing it in with a whisk, and stir in salt and pepper.
3. Bring the mixture to a boil, then reduce heat to low, cover with lid to prevent splattering, and cook gently for 6 to 8 minutes, stirring occasionally, until the polenta is cooked and has the consistency of a creamy purée.
4. Set aside, covered.

For the Ragout

1. Heat the butter and oil in a large saucepan.
2. When they are hot, add the onion and saute for 30 seconds.
3. Add the mushrooms and saute over high heat for about 2 minutes, until the liquid emerges from them and evaporates.
4. Add the garlic, tomatoes, corn, chicken stock, salt and pepper and bring to a strong boil.
5. Reduce heat to medium and cook for 2 to 3 minutes

To serve, ladle the polenta into the center of four soup plates and pour the mushroom ragout on top of and around it. Sprinkle with chives and serve.

Pork Stew

Total Time 1 hour 45 minutes

Serves 6

Ingredients:

1 lb boneless pork ribs or pork sirloin or pork roast, cut in 1" cubes with fat cut off
2 tbsp flour
Salt and pepper
2 tbsp vegetable oil
1/2 cup white wine
1 medium onion, sliced
2 cloves garlic, diced
2 cups chicken stock
15 ounce can crushed tomatoes
2 carrots, diced
1 stalk celery, diced
1 bay leaf
1 tsp dried oregano
2 potatoes, cubed
8 ounces sliced mushrooms

Instructions:

1. Put flour, dash of salt and pepper in a zip plastic bag, toss pork to coat.
2. Heat oil in a dutch oven over medium heat, brown the pork in the hot oil, 8 - 10 minutes, turning to get all sides. Remove to a plate.
3. Add wine to deglaze the pan (scrap up the browned bits in the bottom). Add onion and cook until soft - 3 minutes, then add the garlic and cook for 30 seconds.
4. Add back in the pork, stock, tomatoes, carrots, celery, bay leaf and oregano. Bring to a boil, then reduce heat, cover and cook for 1 hour (it can cook longer if you like).
5. Add potatoes and cook for 20 minutes.
6. Add sliced mushrooms and cook for 10 more minutes.

Spinach Chicken Lasagna

Total Time 45 minutes

Serves 4

Ingredients:

2/3 cup orzo (4 ounces)
2 1/2 cups water
1 tbsp olive oil
1/2 cup plus 2 tbsp grated Parmesan cheese
10 oz package frozen spinach
1 cup part-skim ricotta cheese
1 large egg
1/4 tsp ground black pepper
1/8 tsp ground nutmeg
1 cup finely diced cooked chicken
1 1/4 cups ready-made marinara sauce or pasta sauce of your choice

Instructions:

7. Place the orzo in a blender and process for about 1 minute or until it has the consistency of grits or cornmeal. Set aside.
8. Place the water in a 2-quart pot and bring to a boil. Site in the olive oil. Whisking constantly, gradually add the ground pasta to the boiling water. Reduce the heat to a simmer, cover and cook for about 10 minutes or until the liquid is absorbed and the pasta is tender. If you need softer texture, increase the water by 1/2 cup and cook for 5 additional minutes. Remove from heat and stir in 1/4 cup Parmesan cheese.
9. Coat four 12 ounce ramekins with nonstick cooking spray and spread a quarter of the hot pasta mixture evenly in each dish. Set aside. Preheat the oven to 350°F.
10. Cook the spinach according to package directions. Drain the spinach well, pressing out as much excess water as possible.
11. Place the drained spinach, chicken, ricotta cheese, egg, pepper, nutmeg and 1/4 cup Parmesan cheese in a food processor and process until smooth. Spoon a quarter of the spinach mixture over the pasta in each ramekin, followed by a quarter of the sauce. Sprinkle remaining 2 tablespoons of Parmesan cheese over the top.
12. Arrange the ramekins on a large baking sheet and bake uncovered for about 30 minutes or until lasagna is heated through and cheese begins to brown. Allow the ramekins to sit for 5 to 10 minutes before serving.

Adapted from Soft Foods for Easier Eating Cookbook

Spinach Chicken Lasagna with White Sauce

Total Time 1 hour

Serves 4

Ingredients:

2/3 cup orzo (4 ounces)
2 1/2 cups water
1 tbsp olive oil
1/2 cup plus 2 tbsp grated Parmesan cheese
10 oz package frozen spinach
1 cup part-skim ricotta cheese
1 large egg
1/4 tsp ground black pepper
1/8 tsp ground nutmeg
1 cup finely diced cooked chicken

White Sauce (my husband could not have tomato sauce, so I came up with this one)

1/4 cup butter
1/2 onion minced
1 clove garlic minced
1/4 cup flour
1/2 tsp salt
1 cup chicken broth
3/4 cup milk
1 cup shredded mozzarella cheese
1/8 cup Parmesan cheese
1/2 tsp basil
1/2 tsp oregano

Instructions:

1. To make the white sauce, melt butter in a large sauce pan over medium heat. Cook onion and garlic until soft. Stir in flour and salt, simmer until bubbly. Mix in broth and milk, bring to a boil, then stir constantly for 1 minute. Remove from heat, stir in mozzarella and Parmesan cheese. Season with basil and oregano. Set aside.
2. Place the orzo in a blender and process for about 1 minute or until it has the consistency of grits or cornmeal. Set aside.
3. Place the water in a 2-quart pot and bring to a boil. Site in the olive oil. Whisking constantly, gradually add the ground pasta to the boiling water. Reduce the heat to a simmer, cover and cook for about 10 minutes or until the liquid is absorbed and the pasta is tender. If you need softer texture, increase the water by 1/2 cup and cook for 5 additional minutes. Remove from heat and stir in 1/4 cup Parmesan cheese.
4. Coat four 12 ounce ramekins with nonstick cooking spray and spread a quarter of the hot pasta mixture evenly in each dish. Set aside. Preheat the oven to 350°F.
5. Cook the spinach according to package directions. Drain the spinach well, pressing out as much excess water as possible.
6. Place the drained spinach, chicken, ricotta cheese, egg, pepper, nutmeg and 1/4 cup Parmesan cheese in a food processor and process until smooth. Spoon a quarter of the spinach mixture over the pasta in each ramekin, followed by a quarter of the white sauce. Sprinkle remaining 2 tablespoons of Parmesan cheese over the top.
7. Arrange the ramekins on a large baking sheet and bake uncovered for about 30 minutes or until lasagna is heated through and cheese begins to brown. Allow the ramekins to sit for 5 to 10 minutes before serving.

Spinach and White Bean Lasagna

Total Time 1 hour

Serve 6

Ingredients:

1 tablespoon olive oil
2 carrots, diced
2 onions, chopped
6 garlic cloves, minced
Two 14 ½ ounce cans stewed tomatoes
3 cups sliced mushrooms (portobellos are good)
One 19 ounce can cannellini beans, rinsed and drained
One 10 ounce package frozen chopped spinach, thawed and squeezed dry
9 no-boil lasagna noodles
¼ cup + 2 tablespoons grated Parmesan cheese

Instructions:

1. Preheat oven to 350° F. Spray 13 x 9 " pan with nonstick cooking spray.
2. In a large saucepan, heat the oil. Add the carrots, onions, and garlic; cook, stirring as needed, until softened, about 5 minutes. Stir in tomatoes, mushrooms, beans, and spinach; bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, about 15 minutes.
3. Spoon one-fourth of the tomato mixture in the bottom of a 13 x 9 " pan; top with 3 lasagna noodles. Repeat the layering three more times, ending with the tomato mixture. Sprinkle the cheese evenly on top.
4. Bake, covered, 35 minutes. Uncover and bake, until bubbling and golden, about 10 minutes longer. Let stand 10 minutes before serving

Stir Fry Chicken with Vegetables

Total Time 25 minutes

Serves 4

Ingredients:

2 tbsp vegetable oil
1 lb chicken breast, diced
2 garlic cloves, finely chopped
1 tsp finely chopped gingerroot
1 red bell pepper, diced
1 bunch of broccoli, cut into florets
1 stalk celery, diced
1 cup carrots, diced
1 medium onion, diced
1 cup chicken broth
3 ounces sliced mushrooms
4 ounces soba noodles
sliced green onions

For sauce:

1 tbsp lemon juice
1 tbsp honey
1 tbsp sesame oil
1 tbsp rice wine vinegar
1 tbsp cornstarch

Instructions:

1. In a large skillet, heat the oil over medium heat. Add chicken, garlic and gingerroot and cook for 3 to 4 minutes or until lightly browned.
2. Add onions, carrots, celery and broth. Cover and cook for 5 minutes, stirring occasionally.
3. Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes stirring occasionally, until chicken is no longer pink in the center and vegetables are crisp-tender.
4. In the meantime, heat a pot of water to boiling and cook the soba noodles for 4 minutes. Drain.
5. In a small bowl, combine the sauce ingredients; stir into chicken mixture. Bring to a simmer and cook until thickened.
6. Add the soba noodles and toss. Serve topped with green onions.

- Try adding other vegetables like snow peas, sugar snap peas, bamboo shoots or bean sprouts
- Serve it with white or brown rice or Chinese plain noodles

Turkey Meatloaf

Total Time 75 minutes

Serves 8

Ingredients:

¾ cup each of minced onion and minced green onion
½ cup each minced celery and minced carrot
¼ cup each of minced green pepper and minced red pepper
2 teaspoons minced garlic cloves
1 teaspoon salt and pepper
½ teaspoon each white pepper, ground cumin, ground nutmeg
¼ teaspoon cayenne pepper
½ cup tomato ketchup
4 ounces egg substitute (or 2 eggs)
½ cup evaporated skim milk
2 pounds ground turkey breast (or 1 pound each ultra-lean ground beef and ground turkey)
¾ cup oat bran

Instructions:

Pre-heat oven to 350°F degrees. Spray a large skillet lightly with Pam or Baker's Joy. Saute vegetables until soft and water has evaporated. Set aside to cool in large mixing bowl. Measure herbs and seasonings, blend together, and add to vegetables. Next add ketchup, egg substitute(or eggs), and milk, followed by meat, and finally the oat bran. Mix well and form into one or two loaves. Place in a baking pan, and bake 50 to 55 minutes.

This is a wonderful sauce that you can use on the meatloaf

8 medium shallot(s)
3 Tbsp Butter Buds
1 Tbsp ground thyme
3 leaf bay leaf
1/2 tsp black pepper
2 cup white wine
2 cup fat-free chicken broth (I use 4 cups chicken broth and eliminate the beef broth)
2 cup fat-free beef broth

Spray skillet with Pam or Baker's Joy and sauté shallots along with herbs and pepper until tender. Add wine and reduce to a glaze over high heat. Add broth and butter buds and reduce over high heat until 2 cups of sauce remain.

This has been adapted from The 8-week Cholesterol Cure Cookbook. This can be spicy, so change the spices to your liking.

Wild Mushroom Lasagna

Total Time ~ 1 hour

Serves 8

Recipe from Reg Domaratzki

Ingredients:

12 Lasagna noodles (not oven ready)
4 Tbsp olive oil
3 cloves garlic, minced
2 medium sweet onions, thinly sliced
1 lb. wild mushrooms, sliced
1 lb. regular mushrooms, sliced
¼ c. fresh parsley, chopped
1 Tbsp fresh thyme, chopped
¼ c. Marsala wine
¼ c. butter
¼ c. flour
1/8 tsp. nutmeg
1 c. milk
2 c. Fontina cheese, cubed or grated
2 c. Mozzarella cheese, grated
1 c. Parmesan cheese, grated
1 c. vegetable broth (or chicken broth)
Salt
Pepper

Instructions:

1. Preheat oven to 375° F.
2. Cook lasagna noodles according to package directions.
3. In a large skillet, heat olive oil on medium-high heat. Add garlic and onions and sauté 6 – 7 minutes. Add mushrooms, parsley and thyme. Sauté 5 – 10 minutes. Stir in wine. Simmer for 5 minutes, add salt and pepper to taste. Set aside.
4. In saucepan, make a roux with butter, flour and nutmeg. Stir in broth and milk. Cook until sauce thickens. Stir in Fontina cheese.
5. In a 12 x 8 inch baking dish, make 3 layers that contain, in this order: 1/3 of the lasagna noodles, 1/3 of the mushroom mixture, 1/3 of the sauce, 1/3 of the mozzarella and 1/3 of the parmesan cheese.
6. Cover with foil and bake 30 minutes. Remove foil and then bake 10 more minutes. Let stand 15 minutes before serving.

Notes:

- Do not use oven-ready lasagna noodles. Oven-ready lasagna noodles assume the dish will cook for an hour, so they are still a little crunchy if you use them in this dish.
- It is difficult to go wrong by adding more cheese. The more mozzarella you add, the more liquid will show up in your lasagna, so make sure you let the dish stand for 20 minutes if you increase the cheese.

Chicken Posole

Total Time 5 hours

Serves 4

Ingredients:

2 tbsp oil
1 large garlic clove, minced
1 onion chopped
1 rib celery, chopped
1 medium portobello mushroom, cubed
1 tsp chipotle chili (more if you like it hotter)
1 medium yellow squash, cubed
1 package posole – dried lime hominy (or 16 oz canned hominy, drained)
14 oz chopped tomatoes
½ tsp salt
½ tsp dried oregano
¼ tsp black pepper
1 lb. uncooked boneless, skinless chicken breast, cut into bite-size pieces
1 1/2 cup chicken broth

Instructions:

1. If using dried posole – soak overnight in cold water. Put in large pot, cover with cold water and then boil posole for 2 hours (add boiling water if needed).
2. In a large skillet; heat oil over medium-high heat. Saute garlic, onion, celery, and mushrooms about 5 minutes or until onions are translucent. Spoon mixture into a 3 – 4 quart slow cooker.
3. Place squash, tomatoes, posole, salt, oregano and black pepper into slow cooker. Add chicken and chicken broth and cook on low setting for 4 – 5 hours. Yields 1 ¾ cups per serving.
4. Puree if a smoother consistency is needed.

Serve with warm flour tortillas

- The posole freezes well. Put in 2 or 4 cup serving size containers. Defrost overnight in the refrigerator and reheat on the stove.

Pork Posole

Total Time 8 hours

Serves 6

Ingredients:

2 pounds pork, cubed	1 cup red chile pulp or 4 - 6 tablespoons chile powder
2 onions, chopped	1 cup nixtamal (hominy corn) or 16 oz canned hominy
1 bay leaf	1 tsp salt
1 tbsp fat	1 can tomatoes
1/2 tsp oregano	1 clove garlic, minced
5 cups chicken broth or bouillion	

Instructions:

4. If using dry hominy corn, rinse and soak overnight. If chile powder is used, mix with 1 tablespoon of flour.
 5. On stove top: Fry onions and garlic in fat in dutch oven, add pork and brown it. Add chile powder and coat the pork. Add remaining ingredients. Simmer until pork is thoroughly tender and hominy pops. Add boiling water if necessary.
- If using slow cooker: Fry onions and garlic in large skillet, add pork and brown it; then combine all ingredients in cooker and cook on low for 8 hours (or until the hominy pops). Add boiling water if necessary.
 - If using canned hominy, cook pork first until almost done before adding hominy. Then simmer until done.

Serve steaming hot with warmed flour tortillas.

- The posole freezes well. Put in 2 or 4 cup serving size containers. Defrost overnight in the refrigerator and reheat on the stove.

Vegetarian Posole

Total Time 4 hours

Serves 4

Ingredients:

2 tbsp oil
1 large garlic clove, minced
1 onion chopped
1 rib celery, chopped
1 lb. portobello mushrooms, cubed
1 tsp chipotle chili (more if like it hotter)
1 medium yellow squash, cubed
1 package posole – dried lime hominy (or 16 oz canned hominy, drained)
14 oz chopped tomatoes
½ tsp salt
½ tsp dried oregano
¼ tsp black pepper
1 lb. white beans (or pinto beans)
2 cups vegetarian broth

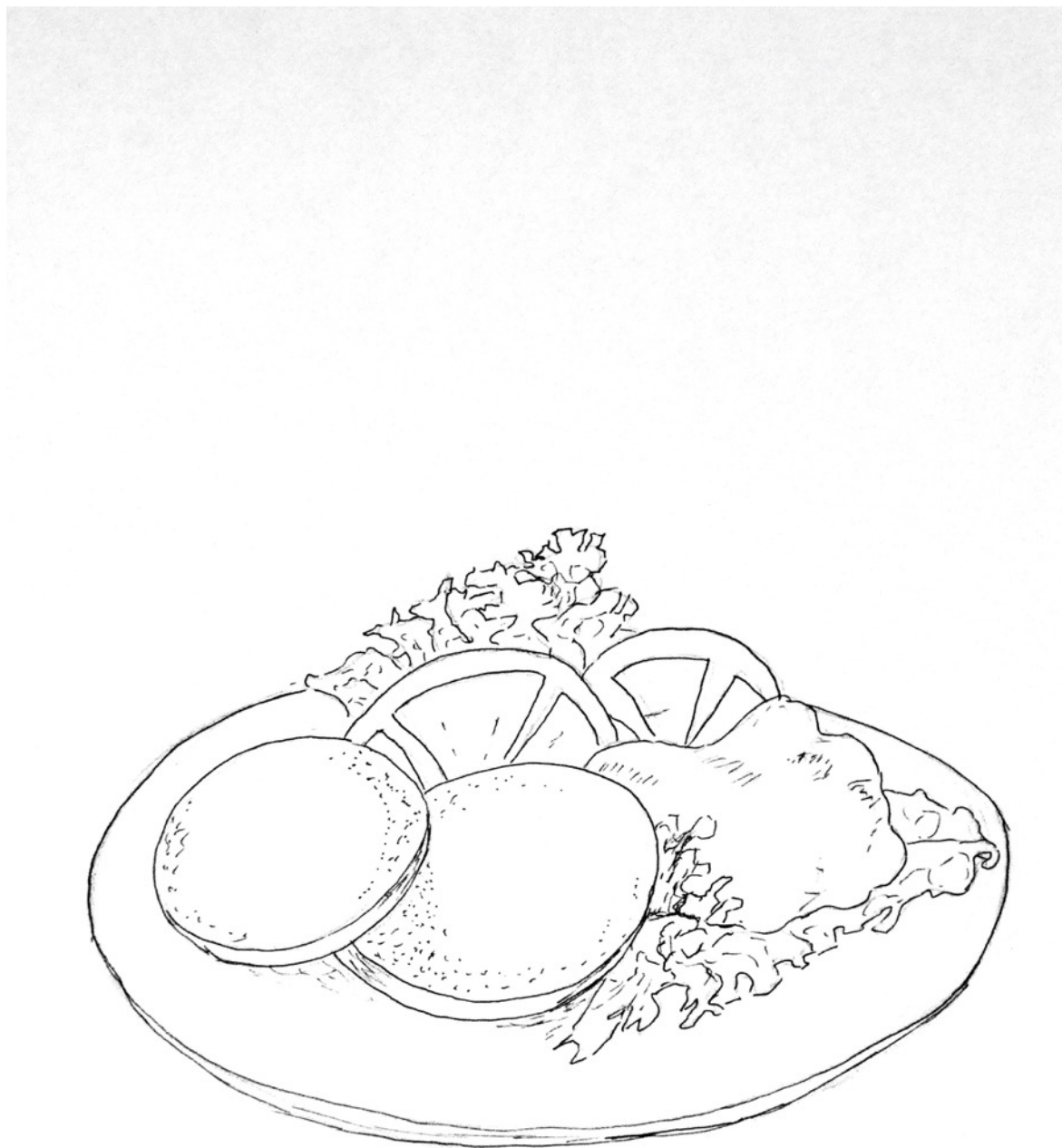
Instructions:

1. If using dried posole – soak overnight in cold water.
2. Boil posole in broth for 2 hours (add boiling water if needed) in a large soup pot.
3. In a large skillet; saute garlic, onion, celery, and mushrooms about 5 minutes or until onions are translucent.
4. Add to posole. Add rest of the ingredients and cook for 1 hour – or until the posole “pops”.
5. Puree if a smoother consistency is needed.

Serve with warm flour tortillas.

- The posole freezes well. Put in 2 or 4 cup serving size containers. Defrost overnight in the refrigerator and reheat on the stove.

Indian Dishes



Potato Curry (Indian Potatoes with Brown and Yellow Mustard)

Recipe adapted from Meena Ramakrishnan

Total Time 40 minutes

Serves 6

Ingredients

4 tbsp vegetable oil, divided
2 tsp black or brown mustard seeds
2 tsp yellow mustard seeds
2 tsp cumin seeds
1/2 tsp turmeric
2 pounds small Yukon Gold potatoes, rinsed and halved (peeled if having trouble swallowing)
1 tsp salt
1/2 tsp ground pepper
2 tsp coarsely ground coriander seeds
1/2 tsp ground cumin
1/4 tsp cayenne
1/4 cup roughly chopped cilantro (optional)

Instructions

1. Heat 2 tbsp oil and mustard seeds in a large nonstick frying pan over medium-high heat, covered, just until seeds start to pop.
2. Stir in cumin seeds and turmeric; then stir in potatoes, 1 tsp salt and pepper.
3. Reduce heat to medium low and add 1 tbsp water. Cook, covered, until potatoes are tender, 20 to 25 minutes.
4. Add remaining 2 tbsp oil, coriander, cumin, cayenne, and salt to taste. Cook, uncovered, turning occasionally, until potatoes are golden, 8 to 10 minutes. Stir in cilantro, if using.

Potato Curry (version 2)

Recipe from Soumya Vinod

Total Time 40 minutes

Serves 2

Ingredients:

1 medium onion chopped
2 small tomatoes chopped
1 tbsp vegetable masala powder
2 medium golden potatoes - cubed
1/2 tsp mustard seeds
3 tsp oil
curry leaves
3 or 4 cloves garlic crushed well
1/2 inch ginger - made into a paste - optional
salt to taste
1 cup water
1/4 tsp black pepper
cooked rice or rotis(Indian flat bread) for serving

Instructions:

1. Heat oil in frying pan and add mustard seeds
2. When seed start to splatter, add onions, ginger and garlic. Saute well.
3. Add tomatoes and curry leaves
4. Add turmeric powder, vegetable masala powder and pepper - stir well. Cook until tomatoes are mashed and add salt.
5. Add potatoes, 1 cup water and let potatoes cook until done (about 15 minutes).
6. Add curry leaves for decoration.
7. Serve with rice or rotis.

Dry Potato Curry

Recipe from Anita Mishra

Total time 75 minutes

Serves 4

Ingredients:

4 medium potatoes
1 large onion - chopped
1 green chili (optional)
1 tsp mustard
1 tsp cumin
3/4 cup water
1/2 tsp turmeric powder
1 pinch asafoetida (also known as heeng)
1/2 to 3/4 cup coriander leaves - chopped
1 inch ginger minced
3 - 4 cloves garlic - minced
5 - 7 curry leaves
2 - 3 tbsp oil
salt to taste
Serve with pooris, chapatis or dosa

Instructions:

1. Boil potatoes until they are completely cooked. Once they cool to warm, peel them and chop.
2. In frying pan, heat oil and add cumin and mustard. Fry until mustard crackles.
3. Add onion and fry until soft and transparent
4. Add ginger, garlic and green chili, fry for 1 minute.
5. Add curry leaves, stir and fry for a few seconds.
6. Add turmeric and asafoetida, stir and fry for a few seconds.
7. Add chopped potatoes and half of the coriander leaves. Stir and add 3/4 cup water and salt. Stir and cover the pan. Let cook for 56 minutes on low flame. There should be some moisture in the curry and it should not be very dry.
8. Add remaining coriander leaves.
9. Stir and serve hot with pooris, chapatis or dosa.

Palak Broccoli (Spinach/Broccoli Gravy)

Recipe from Purvi Mehta

Total Time 25 minutes

Serves 2

Ingredients

8 ounces Spinach

8 ounces Broccoli

1 Thai Green chili (optional) if used the amount depends on how spicy you can or should eat

1 tsp ginger, minced or grated or paste

1 tbsp garlic, minced or grated or paste

1 tbsp butter or oil

1/2 tsp salt (adjust to taste)

Instructions

1. Thoroughly wash and blanch the spinach and broccoli in 4 cups water.
2. Once it is cool, drain and Save the blanching water for later.
3. Puree the spinach and broccoli with the green chili(if using) in a blender or grinder.
4. In a frying pan, add butter or oil, heat on medium low, add ginger and garlic. Saute until the raw smell disappears (approximately 30 seconds).
5. Add in the purée and salt and mix well.
6. Cover the pan and cook for 10 minutes.

- If the purée is too thick, add a little of the reserved water. The blanched water can be stored and used later for soups or other recipes

This is the basic recipe, here are different variations:

- A 1/2 cup finely chopped red onions can be sauteed before the ginger and garlic in Step 4.
- Add boiled vegetables (green beans, carrots, corn etc) after Step 5.
- Add potatoes. Cut 1 large potato into small cubes; add after Step 5 along with 1/2 cup of the reserved water, cover and simmer over low heat until the potatoes are tender and the gravy thickens up.
- For **Saag Broccoli** - use any greens instead of spinach, like kale or mustard greens or combine with spinach.
- For **Paneer with Palak Broccoli**:
 - Mix 2 tbsp thick yogurt
 - 1/2 tsp tumeric powder
 - 1/2 tsp red chili powder
 - 1/2 tsp salt
 - 8 ounces paneer (or firm tofu) cut into small cubes
 - Mix well and marinate for at least 30 minutes
 - In a frying pan, add 2 tbsp oil, fry the paneer until it is a light gold color
 - Remove on to a tissue to drain off oil
 - Add the paneer to the palak broccoli purée and additional salt if needed
 - Cover and let simmer for 10 minutes.

Lentils with Spinach (Daal and spinach/palak)

Recipe from Soumya Vinod

Total Time 35 minutes

Serves 3 or 4

Ingredients:

1 bunch of spinach leaves (or small bag) finely chopped
1 cup Toor daal - this is a flat kind of yellow split lentil - rinsed well
Curry leaves - used to add flavor to the dish - can be optional
1 green chili chopped
1/2 tsp turmeric
1/2 tsp chili powder
1 tsp tamarind paste - this adds a unique tangy taste - can be optional
1 tsp oil
salt to taste
4 cups water - for cooking dal and to add at the end if required

For seasoning:

2 tsp oil
1 tsp mustard seed
a few curry leaves
4 - 5 chopped garlic cloves

Serve with rice or rotis (Indian flat bread)

Instructions:

1. The best way to cook toor dal is in pressure cooker - add 1 cup of toor daal, 3 cups of water and finely chopped spinach
2. Add tamarind, curry leaves, green chili and tsp oil into pressure cooker and mix well
3. Add a cup of water if required
4. Close the lid on the pressure cooker and cook it for 5 whistles - If cooking in a pan, cook till the toor daal is really mushy.
5. Once the pressure from the cooker releases, open the lid and smash the daal well. Simmer it over a low flame.
6. Add turmeric, chili powder and salt. Mix and set aside. If it appears too thick, add little bit more water and let it simmer for a few minutes. This is the palak daal.
7. To season: In a frying pan take some oil and add mustard seeds and when they start to splatter add curry leaves and chopped garlic.
8. Once the garlic turns brown, mix the seasoning ingredients into the palak dall and stir well.
9. Serve with rice or rotis.

Chicken and rice soup/porridge

Recipe from Soumya Vinod

Total Time 40 minutes

Serves 3 or 4

Ingredients:

1 shallot or small onion - chopped
1/2 inch piece ginger - minced
2 or 3 cloves garlic - minced
1 green chillie
2 tbsp oil
1 tsp Garam Masala
2 medium tomatoes chopped
1 tsp chili powder
1/4 tsp turmeric powder
1 1/2 tsp coriander powder
1/4 cup chopped mint and cilantro leaves (about 7 or 8 leaves)
salt to taste
2 cups coconut milk
2 chicken breasts diced
2 cups water (or more if needed)
1 1/2 cups white rice
1 tbsp butter
5 small onions minced (or 1 shallot)
1/4 cup cilantro - chopped

Instructions:

1. Place large pot over medium heat, add oil. Make a paste out of the ginger and garlic and add to pot with onion. Saute for a few minutes - do not brown it.
2. Add tomatoes, cook well and then add chicken
3. Add chili, chili powder, turmeric powder, coriander powder, garam masala and salt. Mix and cook for a few minutes.
4. Add rice along with mint and cilantro leaves. Add 3 cups water and bring to a boil.
5. Cook the rice and chicken until cooked through - about 20 minutes.
6. Once it is cooked, add coconut milk and combine.
7. Add 2 cups or more of water to thin it down. This porridge thickens up as it cools. Additional water can be added before serving if needed.
8. Add chopped cilantro and bring to a boil.
9. Fry minced onions in butter and add to porridge.
10. Serve warm

Squash (Opo) Curry

Recipe from Anita Mishra

Total Time 30 minutes

Serves 2

Ingredients:

1 medium opo squash
2 tomatoes chopped into small pieces
1 tbsp oil
4 - 5 curry leaves
1 tsp mustard seeds (optional)
1 tsp cumin seeds (optional)
2 tbsp cilantro - chopped
1 tsp turmeric powder
1 tbsp coriander powder
1/2 - 1 tsp chili powder (optional)
1/2 tbsp shredded ginger
1 tsp salt

Instructions:

1. Peel and cut squash into cubes
2. Heat oil in a frying pan. Test the heat by adding one mustard seed; if the seed cracks right away the oil is ready.
3. Add cumin seeds and mustard seeds, after seed crack add the curry leaves, ginger and tomatoes. Stir for a few seconds.
4. Add the spices and stir-fry for a minute until tomatoes are soft and you see the oil separate.
5. Add squash and stir to mix. Add 1/2 to 1 cup water and cilantro, mix. Place in pressure cooker and turn the gas off after 3 whistles.
6. You can grind it or use hand mixer to grind.

Khichdi

(Very good for digestion and given many times if someone is not well)

Recipe from Ashish Mahajan

Total Time 3 hours

Serves 2

Ingredients:

1/2 cup Moong Daal (yellow mungbeans or pulses)

1/2 cup white rice

1/3 - 1/2 tsp butter or ghee

salt to taste

red chili powder to taste (optional)

water

Instructions:

1. Put Moong Daal , rice and salt ot taste with 4 cups water in slow cooker on high.
2. Let cook for 2 - 3 hours until rice and daal are soft and mashed.
3. Heat butter (or ghee) in pan and add red chili powder (if using).
4. Put rice and daal in a bowl and add melted butter/ghee on top.

Moong Daal Fry

Recipe from Ashish Mahajan

Total time 3 hours

Serves 2

Ingredients:

1/2 cup Moong Daal (or green daal pulses)
2 tsp oil
1/2 onion - chopped
1 tomato - chopped
1/2 inch ginger - minced
salt to taste
red chili powder (optional)
1/5 tsp haldi (turmeric powder)
1/3 tsp garam masala

Instructions:

1. Put daal and 2 cups of water in slow cooker on high. Let it cook for 2 - 3 hours until daal is soft.
2. In frying pan, add oil and onions. Stir until onions are brown, then add tomatoes and ginger.
3. Add salt to taste and a little chili powder (to taste). Add the haldi and garam masala and stir them until you get a paste.
4. Add this to the boiled daal - add water if needed.

Fried Potatoes with Carrom seeds (Aloo Ajwain)

Recipe from Ashish Mahajan

Total time 30 mintues

Serves 2

Ingredients:

2 - 3 Potatoes

3 - 4 tsp oil

salt to taste

haldi (very little)

chili powder to taste

1 tsp ajwain (carrom seeds)

Instructions:

1. Boil potatoes until soft; cut into small pieces.
2. Add oil to frying pan and heat. Add potatoes to hot pan.
3. Add salt, haldi, chili powder and ajwain. Fry until poatoes are soft. The carrom seeds will stick to the fried potatoes.

Vegetables



Cauliflower and Broccoli in Cheese Sauce

Total time 10 minutes

Serves 3

Ingredients:

1 1/4 cups chopped cauliflower florets
1/2 cup chopped broccoli florets

Cheese Sauce

1 tbsp unsalted butter
1 tbsp all-purpose flour
1 cup milk
Pinch of freshly grated nutmeg
3 tbsp grated Cheddar cheese
2 tbsp grated Gruyere cheese

Instructions:

1. Steam the cauliflower and broccoli for about 7 minutes or until tender (or boil in a saucepan of water for 7 minutes or until tender).
2. Meanwhile prepare the cheese sauce
 1. Melt butter in a saucepan, stir in the flour to make a smooth paste and cook for 1 minute.
 2. Gradually stir in the milk, bring to a boil and cook for a few minutes over low heat until the sauce thickens and is smooth.
3. Add the nutmeg with the milk and add both cheeses to the sauce. Stir until smooth.
4. Chop cauliflower and broccoli; mix with the cheese sauce. In needed, purée in a blender.

- The cheese sauce can be used on any vegetable.

Short cut

- Buy precut vegetables or chop in food processor

Cauliflower Tots

Total Time 30 minutes

Servings: 4 - Size 8 tots

Ingredients:

2 cups cooked cauliflower florets finely chopped * see note

1 large egg

1/2 cup onion chopped

3 tbsp minced fresh parsley

1/2 cup cheese, grated (I use the Mexican blend)

1/2 cup seasoned breadcrumbs (or plain breadcrumbs and add your own herbs)

salt and pepper to taste

2 - 3 tbsp olive oil - as needed to keep tots together

cooking spray

Instructions:

1. Preheat oven to 400°F. Spray a nonstick cookie sheet with cooking spray.
2. In a medium bowl, combine all of the ingredients and season with salt and pepper. Spoon 1 tablespoon of mixture in your hands and roll into small ovals. Place on cookie sheet and bake for 16 - 18 minutes, turning halfway through cooking until golden. (I have also used a mini muffin pan that is generously sprayed with Pam - they do stick a little, but I found turning them with a spoon helped. Your hands can get really gooie while making the ovals.)

Makes about 32 - 34 tots. I serve them with ketchup.

Note:

- To cook the cauliflower florets, steam a little over 2 cups raw cauliflower florets in a little water covered for 4 - 5 minutes or until tender, then drain well and dry on paper towel, then using a knife finely chop and set 2 cups aside. (Use the same technique for broccoli if you are using it)
- This is the basic recipe - you can use grated zucchini or chopped broccoli or mix two of the vegetables.
- The tots freeze well. Just place in a freezer ziplock bag and reheat in oven or toaster oven at 350°F for 10 minutes.

Chopped Braised Leeks

Total Time 15 minutes

Serves 4

Ingredients:

6 tbsp butter
4 cups chopped leeks (thoroughly rinsed)
2 large stalks celery, chopped (optional)
Salt and freshly ground pepper

Instructions:

1. Melt butter in a saucepan and add leeks and celery (if using). Stir vegetables to coat with butter and cover pan.
2. Cook over low heat for 8 - 10 minutes, checking to make sure they do not stick to the pan and burn.
3. Season with salt and pepper.

Short cut

- chop the vegetables in a food processor
- For a less buttery dish, use 3 tablespoon butter and 1 cup chicken broth or water while braising. When leeks are cooked, remove cover and reduce liquid. Season and serve.

Garlic Mashed Cauliflower

Total Time 25 minutes

Serves 4

Ingredients:

1 head cauliflower, cut into florets
1 tbsp olive oil
1 clove garlic, smashed
1/4 cup grated Parmesan cheese
1 tbsp cream cheese
1/2 tsp kosher salt
1/8 tsp freshly ground black pepper

Instructions:

1. Place a steam insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.
2. Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
3. Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy.
4. Blend in garlic, Parmesan cheese, cream cheese, salt and black pepper.

Short cut

- Use precut cauliflower
- Substitute Broccoli in for the cauliflower or use a mixture of the two.

Herbed Cottage Cheese

Total Time 10 minutes

Serves 1 cup

Ingredients:

1 cup cottage cheese
1 tbsp sour cream
1 garlic clove, minced
2 tsp finely chopped fresh dill or 1/2 tsp dried
2 tsp finely chopped fresh tarragon or 1/2 tsp dried
Salt and pepper to taste

Instructions:

1. Whisk together all ingredients in a small bowl.
2. Keep refrigerated in a covered container.
3. Serve chilled.

Hummus-Tahini Spread

Total Time 10 minutes

Serves 12, 1/4 cup each

Ingredients:

1/3 cup commercial tahini
1/4 cup lemon juice
2 cloves garlic, minced
1/4 cup cold water
1 can (15 oz) chickpeas, rinsed and drained
3 tablespoons cold water
paprika (optional)
chopped parsley (optional)

Instructions:

1. Place tahini, lemon juice, garlic and 1/4 cup cold water in a blender and blend well (15 - 20 seconds).
 2. Add chickpeas and additional water to the tahini sauce; blend again for 20-30 minutes until the mixture is a smooth and creamy purée.
 3. Sprinkle with paprika and/or chopped parsley if desired.
 4. Serve Cold.
 5. May be stored, tightly covered in the refrigerator for up to two weeks. Layers may form during storage; so mix well before using.
-
- Serve hummus with thinly sliced vegetables, flat bread, crackers.
 - Hummus can be frozen in an airtight container. The hummus expands as it is frozen, so leave a little space at the top. Pour a thin layer of olive oil over the top. Freeze up to 4 months. Defrost in the refrigerator for 24 hours. Stir to mix in the olive oil.

Short cut - Purchase commercially prepared hummus.

Sweet Potato Hummus

Total Time 40 minutes

Serves 8

Ingredients:

2 small sweet potatoes, peeled and cut into ½-inch cubes (about 2 cups)

6 garlic cloves, skin on

8 tablespoons extra-virgin olive oil, divided

2 (15-ounce) cans chickpeas, rinsed and drained

½ cup tahini

¼ cup fresh lemon juice (from about 2 lemons)

2 teaspoons ground cumin

½ teaspoon smoked paprika

½ teaspoon kosher or fine sea salt, or more to taste

Water, as needed

Chopped fresh parsley, for garnish (optional)

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. Place the sweet potatoes and garlic on the baking sheet. Drizzle with 2 tablespoons of olive oil and toss to coat.
2. Roast for about 20 minutes, until the potatoes are just tender. Cool for 10 minutes.
3. Transfer the potatoes to a food processor fitted with the steel blade. Peel the roasted garlic cloves and add them to the food processor. Add the remaining 6 tablespoons of olive oil, chickpeas, tahini, lemon juice, cumin, paprika, and salt. Puree until thick and smooth, stopping to scrape down the sides of the bowl with a rubber spatula as needed. If the hummus is too thick, add a bit of water. Taste and add more salt, if needed.
4. Sprinkle the hummus with parsley before serving, if desired. Serve with chips or crackers or thinly sliced vegetables.

- Can be prepared 3 days in advance; store in an airtight container in the refrigerator.
- Hummus can be frozen in an airtight container. The hummus expands as it is frozen, so leave a little space at the top. Pour a thin layer of olive oil over the top. Freeze up to 4 months. Defrost in the refrigerator for 24 hours. Stir to mix in the olive oil.
- This is also good spread on a whole wheat tortilla with lettuce and rolled into a wrap. Eat half for lunch and the rest for an afternoon snack.

Mashed Potatoes (with variations)

Total Time 30 minutes

Serves 4 - 1/2 cup servings (2 cups)

Ingredients:

1 pound peeled, cubed potatoes (Yukon Gold make nice mashed potatoes)

Water

Milk or cream to taste

Butter to taste

Salt and pepper to taste

Instructions:

1. Place potatoes in a large pot, cover with water and boil potatoes until cooked through (about 20 - 25 minutes).
2. Drain - reserving some of the liquid. Leave potatoes in the pot.
3. Put through a potato ricer or mash with a potato masher.
4. Add cooking liquid, milk or cream, stir, beat or whisk in butter and seasoning until smooth and creamy.

- **Mashed Potatoes with Onions** - double the recipe above. Chop one onion and saute it slowly in butter until wilted and coated with butter. Then turn up the heat and cook until medium brown but still soft. Mound the potatoes in a hot serving dish and pour over the butter and onions.
- **Mashed Potatoes with Leeks** - Combine equal amounts of warm mashed potatoes and chopped braised leeks, season and serve hot.
- **Mashed Potato Pancakes** - For every 2 cups warm mashed potatoes, beat in 2 egg yolks; season with salt pepper and herbs. Beat 2 egg whites separately until they form firm but not dry peaks and then fold in, cook in butter on a hot griddle until browned.
- **Mashed Potatoes with Cheese** - Mash potatoes and mix with butter, salt, pepper, bit of cream or milk and plenty of grated cheese. Heap in a mound, sprinkle with melted butter and additional grated cheese, and brown in a hot oven.
- **Mashed Potato Omelet** - Mash 1 pound potatoes with salt, pepper and butter. Beat 5 - 6 eggs, add sauteed onions or mushrooms if desired, and mix with potatoes. Pour into a well-buttered round baking pan and bake in preheated 325° F oven until the eggs are set, approximately 40 minutes.
- **Mashed Potatoes with Garlic** - Make 1 1/2 pounds riced potatoes. Meanwhile, make a garlic cream by simmering 1 head of peeled garlic cloves in a covered saucepan along with 2 tablespoons butter until tender, about 20 minutes. Beat in 1 tablespoon flour, cook for 2 minutes and whisk in 1/2 cup cream and seasonings. Bring the cream mixture to a boil and cook for 1 minute and purée. Add this purée to the potatoes and heat together to evaporate moisture. Beat in butter, salt and pepper and additional cream if desired.
- **Mashed Potatoes with Spinach** - Combine equal amounts of warm mashed potatoes and sauted spinach (2 cups), season and serve hot.

Mashed potatoes freeze nicely; freeze in serving containers for easy later use. Defrost in the refrigerator overnight; then microwave for 30 - 60 second intervals until hot.

Sauteed Summer Squash with Onions

Total Time 10 minutes

Serves 4 - 6

Ingredients:

2 - 2 1/2 lb squash, thinly sliced (zucchini, yellow or white squash)

Onion, thinly sliced.

2 tbsp olive oil

Salt and Pepper to taste

Instructions:

1. Wash, dry, and trim the squash. Slice as thin as possible.
2. Heat olive oil in a nonstick skillet, add the squash and onion.
3. Cook, tossing for 2 - 4 minutes depending on the amount in the pan.
4. Add salt and pepper.
5. The squash should be tender but still retain some crunch.

- Combine with other vegetables, such as thinly sliced carrots, parsnips or turnips. Saute the firmer-textured vegetables first until almost tender before adding squash.
- Thinly slice sweet red, yellow or orange peppers and cook with the squash.
- Add a sliced garlic clove to the squash.

Short cut

- use precut squash
- use a mandoline or food processor to slice squash

Spinach Timbales

Total Time ~ 30 minutes

Serves 4

Ingredients:

2 cups blanched spinach, finely chopped
1 small onion, finely chopped
5 tbsp butter
Salt and Freshly ground pepper
Nutmeg
1 1/2 cups milk
4 eggs
1/2 cup grated Swiss cheese

Instructions:

1. Preheat oven to 350° F.
2. Melt 2 tablespoons of butter in a saucepan and add onion. Cook until just soft and yellow, not brown.
3. Add spinach and cook until moisture is evaporated, then add 3 tablespoons butter and stew until butter is absorbed by the spinach.
4. Season with salt, pepper, and a pinch of nutmeg.
5. Add milk and cook for a moment until slightly warmed.
6. Lightly beat eggs and mix in; add cheese. Stir until thoroughly combined.
7. Butter 4 individual molds or a 6 - cup mold. Pour mixture into mold(s) and place in a pan into which you add boiling water to at least halfway up the sides of the mold(s).
8. Place in oven for 20 minutes (The larger mold may take 30 - 40 minutes to cook, depending upon the shape) The molds are done when a toothpick inserted in the center comes out clean.
9. Unmold and serve.

Timbales can be made ahead of time, refrigerated, and cooked at the last minute. They also reheat nicely.

- **Leek Timbales** - use 2 cups braised chopped leeks instead of spinach.
- Use other greens, lettuces or a combination of both in place of spinach.

Desserts



Almond Butter Pudding

Total Time 65 minutes

Serves 4

Ingredients:

1 (4-serving size) package instant vanilla pudding
2 cups milk
1 cup almond butter

Instructions:

1. In a large bowl, combine pudding mix and milk and whisk until slightly thickened. Whisk in almond butter until thoroughly combined.
2. Spoon into serving dishes, cover, and refrigerate 1 hour or until ready to serve.

Almond Joy Pudding

Total Time 65 minutes

Serves 4

Ingredients:

1 (4-serving size) package instant vanilla pudding
2 cups milk
1 cup almond butter
4 count package of Chocolate pudding snacks (4 ounces each)

Instructions:

1. In a large bowl, combine pudding mix and milk and whisk until slightly thickened. Whisk in almond butter until thoroughly combined.
2. Spoon into 8 serving dishes and top with 2 ounces of chocolate pudding.
3. Cover and refrigerate 1 hour or until ready to serve.

Butternut Squash Custard

Total Time 80 minutes

Serves 8

Ingredients:

1 medium Butternut squash (2 to 3 pounds) peeled, seeded and cubed
1/2 cup all-purpose flour
1/2 cup sugar
2 cups milk
3 eggs
2 tbsp butter, melted
1/8 tsp salt
1/8 tsp ground cinnamon
1/8 tsp ground nutmeg

Instructions:

1. Preheat oven to 350° F.
2. Place squash in a large saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until tender. Drain.
3. In a large bowl, mash the squash with flour and sugar until blended; beat in the milk, eggs and butter.
4. Pour into an ungreased 2-1/2 quart baking dish. Sprinkle with remaining ingredients.
5. Bake for 55 - 65 minutes or until center appears set.

Meyer Lemon Sorbet

Total Time 80 minutes

Serves 8

Ingredients:

- 1 cup Meyer Lemon Juice (or regular lemon juice)
- 1 cup sugar
- 1 cup water

Special equipment: ice cream machine (see note below if you do not have one)

Instructions:

1. Put sugar and water in a sauce pan and heat, stirring to dissolve sugar. Remove from heat and cool completely. Placing in the refrigerator for a couple of hours is best.
2. Add lemon juice. Return to refrigerator for another hour or so.
3. Process mixture in an ice cream machine according to manufacturer's instructions. Transfer sorbet to an airtight container and freeze until ready to serve.
4. To serve, scoop into bowls and enjoy.

Getting the mixture very cold prior to putting it into the ice cream machine helps to make the sorbet freeze properly.

Note - If you do not have an ice cream machine,

1. Follow steps 1 and 2.
2. Then pour the sorbet mixture into a 9" metal cake pan or other shallow freezer safe container. Place in freezer.
3. Every 30 minutes or so, remove the sorbet pan from the freezer and use a fork to break up, stir and smash chunks of the sorbet. Smooth and even out the sorbet before returning to the freezer.
4. Repeat the stirring process until the mixture is completely frozen.

Peanut Butter Pudding

Total Time 65 minutes

Serves 4

Ingredients:

1 (4-serving size) package instant vanilla pudding
2 cups milk
1 cup peanut butter

Instructions:

1. In a large bowl, combine pudding mix and milk and whisk until slightly thickened. Whisk in peanut butter until thoroughly combined.
2. Spoon into serving dishes, cover, and refrigerate 1 hour or until ready to serve.

Roasted Strawberry Buttermilk Sherbet

Total Time 2 hours - plus freezing time

Serves 6

For the record: Sherbets may contain some dairy, unlike sorbets, which do not.

Ingredients:

4 cups strawberries (about 1 pound), hulled, halved or quartered if large
1 cup sugar
1/2 vanilla bean, split lengthwise
1 1/2 cups buttermilk
1/3 cup sour cream
Pinch of kosher salt

Special equipment: An ice cream machine - see note below if you do not have an ice cream machine

Instructions:

1. Preheat oven to 425°F.
2. Combine strawberries and sugar in a 13x9x2" baking pan. Scrape in seeds from vanilla bean and add pod; toss to combine. Roast berries, stirring occasionally, until juices are bubbling, 15-20 minutes. Let cool.
3. Discard pod. Purée berries, buttermilk, sour cream, and salt in a blender until smooth. Put in refrigerator for 1 hour (you want this cold).
4. Process mixture in an ice cream machine according to manufacturer's instructions. Transfer sherbet to an airtight container and freeze until ready to serve.

Note - if you do not have an ice cream machine

1. Follow step 1 - 3; then transfer to a freezer safe container.
2. Cover and freeze until solid
3. Remove from freezer about 12 - 15 minutes before scooping out of container.

Sweet Squash Pudding

Total Time 60 minutes

Serves 4 - 6

Ingredients:

4 eggs
1/2 cup sugar
1/4 tsp salt
2 tbsp melted butter
2 tbsp light rum (optional)
1/2 tsp cinnamon
1/4 tsp nutmeg
1 1/2 cups pureed cooked Butternut squash (or other winter squash)
1 cup heavy cream
Whipped cream or ice cream - for serving

Instructions:

1. Preheat oven to 325° F.
2. Beat eggs, sugar, and salt together until thick, then add butter, rum(if using), spices and squash.
3. Whip cream until it forms soft peaks; fold into squash mixture.
4. Pour mixture into a buttered 1 1/2 quart baking dish and set into a larger baking pan.
5. Fill outer pan with hot water two-thirds of the way up the baking dish. Bake for 40 - 50 minutes or until a skewer inserted in the center comes out clean.
6. Serve with whipped cream or ice cream.

The pudding sinks as it cools, but that does not affect its taste.

Resources

- Soft Food for Easier Eating Cookbook by Sandra Woodruff and Leah Glibert-Henderson
- The Victory Garden Cookbook by Marian Morash - this book is out of print but can still be found on online booksellers
- Top 100 Baby Purees by Annabel Karmel
- www.oncolink.org (University of Pennsylvania) -
 “Nutrition During Cancer Treatment” (4 *highly* valuable pages)
- The web - but always take web advice with a grain of salt - check with your doctor, nutritionist, or physical therapist.
- Cancer centers, specialty libraries, and volunteer groups
- Friends and word of mouth...

Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings present.