

THE DANIEL PLAN

Feast for the Holidays



FALL | WINTER 2016

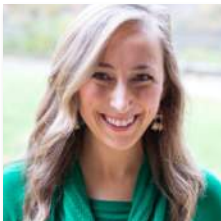
Thank You to Our Contributors...



TANA AMEN RN, BSN, helps people realize that they are not stuck with the brain and body they have by empowering them with simple strategies that will transform them into WARRIORS for their health. Tana is the executive vice president of the Amen Clinics, the NY Times bestselling author of "The Omni Diet", highly respected health and fitness expert, and a nationally renowned speaker, and media guest. Look for their latest book *The Brain Warriors Way Cookbook* coming out this month.



SALLY CAMERON is a professional chef, author, recipe developer, educator, certified health coach, and one of the contributors to *The Daniel Plan Cookbook*. Sally's passion is to inspire people to create great tasting meals at home using healthy ingredients and easy techniques. She holds a culinary degree from The Art Institute and health coaching certification from The Institute for Integrative Nutrition. Sally is the publisher of the popular food blog, [A Food Centric Life](#). You can also follow Sally on [Facebook](#) and [Instagram](#) and [Pinterest](#).



RACHEL DRUCKENMILLER, MS is the Director of Wellbeing at SIG and owner of the blog, Rachel's Nourishing Kitchen. Rachel offers a refreshing approach about what to eat and how to live in an inspiring and energizing way and provides dozens of delicious dairy-free and gluten-free recipes. She has been recognized as the #1 Health Promotion Professional in the U.S. by the Wellness Council of America (WELCOA) and has spoken at their national conference. Her blog, Rachel's Nourishing Kitchen, was named one of the Top 50 Clean Food Blogs by the Academy of Culinary Nutrition. Rachel's personal healing journey inspires her to give hope to and empower others that they can be well and feel better, that health and vitality can become the new normal. Follow Rachel and her recipes on her blog, [Rachel's Nourishing Kitchen](#), and on [Facebook](#), [Instagram](#), and [Pinterest](#).



MAREYA IBRAHIM is best known as The Fit Foodie. She is an award-winning entrepreneur, television chef, author and one of The Daniel Plan Signature Chefs. She is also the CEO and founder of Grow Green Industries, Inc. and co-inventor of the award winning eatCleaner® All Natural Food Wash and Wipes, and the founder of [eatCleaner](#), the premier line of lifestyle destination for fit food information. Her book "The Clean Eating Handbook" is touted as the 'go-to' guide for anyone looking to eat cleaner and get leaner. She was a featured chef on ABC's Emmy-nominated cooking show *Recipe Rehab* and has created over 500 cooking videos, including her live Facebook show *The REAL Dish*. She was most recently the winner on this season's TV show called "Hatched" and featured on HSN. Follow Mareya on [Facebook](#), [Instagram](#) and [Pinterest](#).



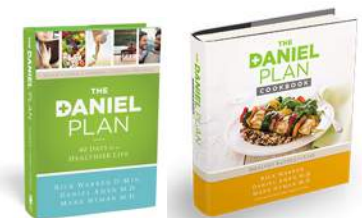
DAWN LUDWIG has devoted her career to helping people discover the fun, beauty, and delicious taste of natural foods. Her experience training chefs and working with individuals, families, and health care practitioners has taught her what works, what doesn't, and most importantly, how to make living and eating healthier a practical reality. Dawn's latest project, with her husband [Dr. David Ludwig](#), is the #1 New York Times Bestselling Book *Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently* where she translates his science into comprehensive recipes, menu plans, and tips for applying the principles to everyday life. Follow Dawn and her recipes on her [blog](#) and on [Facebook](#).



JENNY ROSS the owner and executive chef of the living-foods restaurant 118 Degrees Los Angeles in Tarzana, California, has been a pioneering spirit of the raw-foods movement since 2000, beginning with her first Los Angeles café. Her unique creations have captivated customers nationwide, and she offers intensive workshops and certifications in living cuisine. Jenny works internationally with clients of all backgrounds, motivating them toward more vibrant health while teaching them about the healing power of living foods. Her award-winning cuisine has drawn a celebrity clientele to her restaurants and has been a positive catalyst for changing many lives. Follow Jenny and her recipes at [Jenny Ross Living Foods](#) and [118 Degrees L.A.](#)



ROBERT STURM is one of California's premier chefs and food designers. He has been in the food service industry for more than 30 years, working as an independent consultant to leading restaurants chains around the country. He has been featured in many publications, appears on television and radio, and has been a featured chef at the United Nations, the White House, and the Kremlin. Robert is the three-time winner of the U.S. Chef's Open, a past gold medal member of the US Culinary Olympic Team, and has won many National and International Culinary titles and food design awards.



For more healthy recipe ideas, check out
[The Daniel Plan Book](#) & [The Daniel Plan Cookbook](#).



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PROSCIUTTO WRAPPED ASPARAGUS

MAREYA IBRAHIM

INGREDIENTS:

- 12-24 asparagus spears
- 6 Prosciutto slices
- Coconut oil for cooking

INSTRUCTIONS:

1. Cut 2 cm off the ends of each asparagus spear.
2. Cut prosciutto strips into two halves, going lengthways, you should end up with 12 strips.
3. Place each prosciutto strip on a cutting board at a 45 degree angle. Depending on if you want singles or bundles, place one two or three of the asparagus spears on top of the meat, perpendicular to it. The tip of the asparagus should be lined up with the bottom of the prosciutto strip. Wrap the bottom end of prosciutto over the asparagus and holding the meat tight, start rolling the asparagus up. The prosciutto strip should wrap around the whole length of the spear because it's on an angle. Don't worry if parts of the asparagus spears are not covered completely.
4. Heat some coconut oil in a large, flat frying pan to hot. Cook wrapped asparagus spears for 1-2 minutes on each side or until prosciutto is brown and crispy.





STUFFED MUSHROOMS WITH SUN DRIED TOMATOES & SPINACH

SALLY CAMERON

INGREDIENTS:

- 12 large white mushrooms (about 2" or 5 cm across)
- 2 ½ tablespoons olive oil, divided
- Salt and pepper
- 1 large shallot, finely chopped
- 3 garlic cloves, finely chopped
- 1/4 cup oil-packed sun-dried tomatoes, drained well, finely chopped
- 5-6 ounce (140-170 grams) bag baby spinach, roughly chopped
- 2 tablespoons fresh chopped oregano (sub Italian parsley or 1 tsp dried oregano)
- 1/2 cup grated Parmesan

INSTRUCTIONS:

1. Wipe mushrooms clean with a damp paper towel. Alternatively, under slowly running water, cup 2-3 mushrooms at a time in your hands. Quickly run them under the water, gently rubbing the mushrooms to remove any debris. Place on paper towels to dry. Pop out the stems by pushing them from side to side, leaving a hollow center. Roughly chop stems or briefly pulse in a food processor.
2. Pre-heat broiler. Set rack one level down from the top. Place mushrooms hollow side up on a rimmed baking sheet or broiler-safe casserole in a single, flat layer. Drizzle with 1 ½ tablespoons oil and sprinkle with salt and pepper. Broil mushrooms about 7-10 minutes (depending on your broiler) until they are browned and mushrooms are tender. When done, roll mushrooms around in the liquid, drain, and place on a clean rimmed baking sheet or in a broiler-safe casserole dish. Discard the juices.
3. In a medium sauté or fry pan, heat the remaining 1 tablespoon olive oil over medium heat. Add mushroom stems and cook until any moisture evaporates and they are browned. Add shallot and cook until softened, stirring, about 1-2 minutes. Add garlic and cook 1 more minute. Add sherry and cook until almost dry. Add sun-dried tomatoes, spinach and oregano. Cook until spinach is wilted and some of the moisture has cooked off.
4. Pour filling into a bowl, stir in Parmesan. Taste filling and add a little salt and pepper.
5. With a teaspoon or scooper, fill the center of the mushrooms, mounding filling. Pre-heat broiler. Place filled mushrooms on rimmed baking sheet or in a casserole, sprinkle with the last tablespoon of Parmesan. Broil until browned and heated through.

Tip: Mushrooms can be made a few hours ahead, covered and refrigerated. Remove from the refrigerator about 30 minutes prior to broiling to get the chill off, then broil and serve hot.

ROASTED TOMATO & GARLIC SPREAD

MARK HYMAN, MD

INGREDIENTS:

- 1/2 medium-size head of garlic
- 1/4 cup plus 1/2 teaspoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound grape or cherry tomatoes, cut into quarters, or halves if very small
- 2 teaspoons minced flat-leaf parsley
- 4 fresh basil leaves, cut into thin strips (about 2 teaspoons)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Cut the head of garlic in half horizontally. Place the garlic on a piece of aluminum foil. Drizzle with 1/2 teaspoon extra-virgin olive oil and sprinkle with a pinch of salt and pepper. Wrap the garlic tightly in the foil and place on a large baking sheet.
3. In a medium bowl, stir together the tomatoes, 1/4 cup extra-virgin olive oil, the salt, and pepper. Spread the tomato mixture in a single layer on the baking sheet with the wrapped garlic. Place in the oven and roast for about 30 minutes, until the tomatoes start to brown.
4. Remove the tomatoes from the baking sheet and place them in a small bowl. Remove the garlic from the foil. Squeeze the individual garlic cloves from their skins and add to the tomatoes. Stir in the parsley and basil.





MAPLE GLAZED PECANS

SALLY CAMERON

INGREDIENTS:

- 1 ½ tablespoons maple syrup (grade B is richer)
- 1 tablespoon butter
- 1 tablespoon extra virgin olive oil
- 1 tablespoon brown sugar
- 1 teaspoon pumpkin pie spice blend (see post)
- 2 pinches of sea salt
- 1 pound raw pecan halves

INSTRUCTIONS:

1. Pre-heat an oven to 300°F (convection) or 325°F standard oven (will depend on your oven). Over medium low heat in a medium sauté pan or skillet (or microwave), melt butter, maple syrup, olive oil, brown sugar, spice and salt. Melt and stir until smooth. Add pecans and stir to coat evenly.
2. Spread nuts on rimmed baking sheet lined with baking parchment or foil. Bake until nuts are golden brown and you can smell the spices, about 15 minutes. Do not let them get too dark. Allow nuts to cool. They will crisp upon cooling. Package in an airtight container.

CREAMY BUTTERNUT APPLE SOUP

SALLY CAMERON

INGREDIENTS:

- 1 butternut squash, 2 ½-3 pounds
(or 2 ¼ pounds of packaged, pre-cubed squash)
- 2 ¼ pounds Granny Smith apple
- 3 cups water
- 1 tablespoon of mild sweet curry powder
- 1 tablespoon pureed organic ginger in a jar (or fresh finely zested)
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ¼ teaspoon of ground chipotle powder (optional)
- Pinch of ground clove (optional)
- 1 cup (236 ml) canned, unsweetened coconut milk
- 2 teaspoons maple syrup (optional)
- 1 tablespoon finely chopped chives (optional garnish)

INSTRUCTIONS:

1. *If using a whole butternut squash start here:* Cut a thin slice off the top and bottom of the squash. Peel butternut squash with a sharp vegetable peeler. With a sharp, heavy knife, cut across the neck and round base of the squash. Cut each piece in half lengthwise. This will make the squash easier to handle as it will have flat sides. With a tablespoon, scoop out the seeds and fibrous flesh of the bottom of the squash. Discard. Chop the squash into medium chunks.
2. Peel apples, core and cut into medium chunks.
3. *If you are starting with packaged cubed squash start here:* Place squash, apples, and water into a medium pot and bring to almost a boil. Reduce heat to low, add the spices, cover the pot and simmer until squash and apples are very soft, about 18-20 minutes.
4. Puree squash apple mixture in a blender. Depending on your blender capacity you may need to work in 2-3 batches for safety. Alternatively you can use a hand held immersion blender to puree the soup right in the pot. Add the coconut milk and syrup. *When pureeing soup, place a folded kitchen towel over the blender lid and holding it in place, turn the blender on low. Slowly increase the speed and puree the mixture until smooth. Blender should not be more than half full when you start. Hot liquids expand quickly when pureeing in a blender.*
5. Heat soup over low heat until hot if you have made it ahead and refrigerated it. Taste for seasoning. For garnish, sprinkle with chopped chives.

Note – if you are making the soup ahead, cool the soup by placing it in a sink filled with ice and water in a metal bowl or pot. Stir occasionally until completely cooled before refrigerating. Using a wire rack under the pot will help the soup cool faster.





CREAMY THAI COCONUT & PUMPKIN SOUP

MAREYA IBRAHIM

Serves 4-6

INGREDIENTS:

- 1 ½ teaspoons coconut or grape seed oil
- 2 tablespoon red onion, finely diced
- 1 clove fresh garlic
- 2 tablespoons yellow curry paste (find this prepared in the Asian specialties section of the store)
- 13.5 ounce can coconut milk
- 3 Cups low sodium vegetable broth
- 30 ounces pumpkin puree (use the organic aseptic kind if you can find it)
- 1 small red chili seeded and finely chopped (be careful of the seeds and your eyes). You can also substitute ½ teaspoon dried red chili flake
- 1 tablespoon fresh cilantro or parsley, chopped
- Sea salt to taste

INSTRUCTIONS:

1. In a large saucepan, heat oil and sauté onion and garlic over medium low heat until translucent, taking care not to brown. Add chili.
2. Add the curry paste and sauté until fragrant, about 3 minutes. Add the broth and the pumpkin and whisk together until well incorporated and creamy.
3. Add the coconut milk and cook until mixture bubbles for a few minutes.
4. Remove from heat and garnish with a drizzle of coconut milk and fresh cilantro.

WHITE BEAN & FENNEL SOUP

RACHEL'S NOURISHING KITCHEN

INGREDIENTS:

- 1 tablespoon coconut oil or extra virgin olive oil
- 1 medium onion, chopped
- 1 fennel bulb (stalks removed) and thinly sliced (see how-to pictures at link above)
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes
- 3/4 teaspoon coarse sea salt, divided
- 1 box or can no/low-sodium fire roasted or plain diced tomatoes, with juices (don't drain)
- 6 cups vegetable broth
- 1 bay leaf
- 4 cups dino kale, de-stemmed and shredded
- 1 (15-ounce) BPA-free can cannellini beans, drained and rinsed
- Juice from half a lemon, more to taste

INSTRUCTIONS:

1. In a large Dutch oven or 8-quart pot, sauté onion and fennel in coconut oil until tender, about 5-7 minutes.
2. Add garlic, herb blend, pepper, red pepper flakes, and 1/4 teaspoon salt and stir constantly for 30 seconds.
3. Add tomatoes with juices, broth and bay leaf and bring to a boil. Reduce heat, cover and simmer for 30 minutes.
4. Discard bay leaf. Add remaining 1/2 teaspoon sea salt and kale, and continue simmering until kale is tender, about 5 minutes.
5. Stir in beans, and simmer until heated through, about 2 minutes. Taste and add more salt and/or pepper if necessary. Finish with lemon juice. Serve & enjoy!





ASPARAGUS CREME SOUP

THE DANIEL PLAN COOKBOOK

INGREDIENTS:

- 2 cups diced asparagus
- 1/2 cup diced white or brown onion
- 2 tablespoons extra virgin olive oil
- 2 cups dried split peas
- 6 cups water
- 2 cloves garlic
- Kosher or Sea Salt
- Black Pepper

INSTRUCTIONS:

1. In a medium to large stock pot over medium heat, lightly toss the asparagus, onions and olive oil for 4 minutes.
2. Add in remaining ingredients. Bring the mixture to a boil, then cover and let simmer on medium heat for 25 minutes, stirring every 5-7 minutes to prevent the mixture from sticking to the bottom of the pot. Remove from the heat.
3. Using an immersion blender or in small batches in a regular blender, blend the mixture until rich and creamy. Leftovers will keep for 3 days in the refrigerator. Reheat it over medium heat and add 1/3 cup of water.

TURKEY MARINADE

TANA AMEN

This recipe requires marinating the turkey for 6-24 hours prior to cooking,

INGREDIENTS:

- 1 - 12 pound free-range, hormone-free, antibiotic-free turkey
- 1/2 cups of extra virgin olive oil
- 1/4 cup fresh squeezed lemon juice
- 2 tablespoons minced garlic
- 2 tablespoons fresh rosemary, finely chopped
- 2 tablespoons fresh thyme, finely chopped
- 1 tablespoon sea salt (or according to taste)
- 1 tablespoon pepper (or according to taste)

PREPARATION TO BE DONE THE DAY BEFORE COOKING:

1. Start with a fully thawed turkey. Remove innards from cavity (set aside for stuffing if you choose) and rinse turkey well. Pat dry with paper towels.
2. "De-glove" the skin from the turkey, being careful not to remove the skin from the turkey. You just want to separate the skin from the meat. Try not to puncture the skin. The skin will remain attached at the legs attachment points.
3. Mix all ingredients in the marinade with a whisk prior to marinating the turkey.
4. Evenly apply the marinade around the turkey meat, under the skin with clean hands (always being careful to handle ALL meat with clean hands and not touch anything else prior to washing). Be sure to apply a thick coat of marinade.
5. Apply a final, thin coat of marinade to the inside cavity of the turkey and the outer skin. If you don't have enough left, you may choose to use sea salt with a little olive oil.
6. Cover turkey and refrigerate overnight.

PREPARATION FOR THE FOLLOWING DAY

1. Preheat oven to 400° F.
2. Place turkey, breast down (for the most moist breast meat) in a roasting pan or directly on the lower rack above a roasting pan.
3. Cooking time varies, but a general rule is about 15 minutes for every pound.
4. After 30 minutes, reduce the cooking temperature to 350 degrees for the next two hours, then reduce it again to 250 degrees for the remaining time.
5. Use a baster to retrieve juices from the bottom of the pan and baste the turkey every 30 minutes or so. If there are not enough drippings you may use a little raw, organic melted butter mixed with chicken broth (optional).
6. Use a meat thermometer to insure the meat is fully cooked. The white meat should have a temperature of about 165 degrees.
7. For the last 20 minutes of cooking time turn the turkey over and turn the temperature up to 300 degrees. This will brown the skin of the breast.

NOTES:

I don't add stuffing to the turkey when cooking because it increases the cooking time too much. You certainly can but plan to put your turkey in the oven very early.

The turkey recipe can be adapted to roasted chicken. Cut ingredients in half and marinate according to same instructions. Preheat oven to 425 and roast for an hour and a half. Keep chicken breast side down for the first hour and turn over for the final 30 minutes.



CAJUN TURKEY TENDERLOINS

ROBERT STURM

Serves 4

INGREDIENTS:

- 8 turkey tenderloins (2 per person)
- 4 tablespoons Cajun seasoning (see below)
- 2 tablespoons olive oil

CAJUN SEASONING MIXTURE:

- 1 tablespoon & 1½ teaspoons Paprika
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon cayenne
- 1 teaspoon granulated garlic (or garlic powder)
- 1 teaspoon granulated onion (or onion powder)
- 1/2 teaspoon thyme, cracked
- 1/2 teaspoon oregano, whole or crushed

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Rub turkey tenderloins with Cajun spice.
3. Heat a cast iron skillet on medium (or any other skillet) until hot and pour olive oil in pan.
4. Sear turkey tenderloin on one side till golden brown. Turn turkey tenderloin over. Put pan in the oven for 10 – 15 minutes depending on the size of the turkey tenderloin.
5. Cook to the interior temperature of the turkey tenderloin is 165°F. Enjoy hot or let cool.
6. Slice for sandwiches and keep for in the refrigerator. Keeps 5 days.

WHOLE GRILLED CITRUS ROSEMARY CHICKEN

MAREYA IBRAHIM

INGREDIENTS:

- 1 lemon, juiced plus 1 teaspoon zest, grated
- 2 limes, juiced plus 1 teaspoon zest, grated
- 1 tablespoon Balsamic vinegar
- 2 teaspoon olive oil
- 2 teaspoon ground black pepper
- 1 ½ tsp Himalayan sea salt
- 2 tablespoons fresh rosemary, minced
- 2 clay bricks, wrapped in aluminum foil (optional)

INSTRUCTIONS:

1. Whisk together all ingredients until well incorporated.
2. Remove pouch from inside the cavity containing giblets, neck and any excess skin. 'Butterfly' the chicken by slicing down the center vertically around one half only. It should lay flat. Clean chicken with water or [Eat Cleaner Seafood + Poultry Wash](#). Allow chicken to marinate for at least 2 hours, up to overnight before cooking.
3. Clean grill well and brush lightly with oil. Remove chicken from marinade and remove excess liquid. Heat grill to medium and place chicken onto oiled grill, skin side down. Place one clay brick on each side of chicken.
4. Grill for about 10 minutes on each side. Add about 5-7 minutes if not using the bricks. Using a meat thermometer, measure thickest point and when it reaches 160F, you're done!
5. Let the chicken rest for at least 5 minutes before slicing. Serve with an extra lemon wedge and enjoy the magic!





HERBED RACK OF LAMB WITH ROASTED GARLIC & SHALLOTS

MARK HYMAN, MD

INGREDIENTS:

- 2 (1 to 1 ¼ pound) racks of lamb, trimmed and frenched (about 8 ribs each)
- 1 tablespoon minced garlic (about 3 medium cloves)
- 1 tablespoon minced mint leaves
- 1 tablespoon minced parsley
- 1 tablespoon minced rosemary
- 1 teaspoon minced thyme
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 2 cups watercress, tough stems removed, for garnish

INSTRUCTIONS:

1. Place the lamb in a shallow dish. Combine the garlic, mint, parsley, rosemary, thyme, salt, pepper, and 2 tablespoons of extra-virgin olive oil. Spread evenly over the meaty surface of the lamb. Let stand at room temperature for up to 1 hour. If marinating for longer than 1 hour, place the rack of lamb in the refrigerator. Preheat the oven to 425° F.
2. Heat the remaining 1 tablespoon of extra-virgin olive oil in a large ovenproof skillet over medium-high heat. Add the lamb, meat side down. Sear for 2 minutes until brown. Turn the lamb rack over so that the meaty surface is facing up. Place the skillet in the oven and cook for about 18 minutes for medium rare, or until a meat thermometer inserted into the center reads about 125° F.
3. Let the lamb rest for about 10 to 15 minutes before carving. The internal temperature will rise to about 130°F.
4. Slice the lamb into single or double chops, depending on your preference. Serve with roasted garlic and shallots.

FAUX MASHED POTATOES

THE DANIEL PLAN COOKBOOK

INGREDIENTS:

- 2¼-2½ pounds white cauliflower (about 1 very large head)
- 3 tablespoons extra-virgin olive oil
- 1 large leek
- 2-3 teaspoons fresh thyme, chopped (or 1 teaspoon dried)
- 3 large garlic cloves, minced
- ½ cup grated Parmesan cheese
- ¼ cup sour cream
- Kosher and sea salt and pepper

INSTRUCTIONS:

1. Cut the core out of the cauliflower head. Break the rest into small florets, trimming off any large stems. You should have about 8-9 cups. Bring several inches of water to a boil with a steamer basket insert in a large pot. Add cauliflower, cover, and steam 13-15 minutes or until very soft. Drain water, and place cauliflower back in the pan to stay hot.
2. Trim off tough green top and root end of the leek. Use the white and pale green part only. Cut leek in half lengthwise, and run under cold water to remove sand and dirt. Cut the leek halves crosswise into thin slices.
3. Heat 1 tablespoon of the olive oil in a large sauté or fry pan over medium heat. Slowly cook leek with thyme over medium-low to medium heat until soft. Do not brown. Add garlic, and cook 1 more minute. Sprinkle with salt and pepper.
4. Add hot cauliflower and leek mixture to the bowl of a food processor. Add the Parmesan, the remaining 2 tablespoons olive oil, and sour cream. Puree until smooth and creamy. Taste, and add salt and pepper as needed.





BASIL CASHEW GRAVY

MAREYA IBRAHIM

INGREDIENTS:

- 1/2 cup raw unsalted whole cashews
- 1/4 cup unsweetened coconut milk
- 1/4 cup no salt added vegetable stock
- 2 cloves crushed garlic
- 1/2 cup basil, roughly chopped
- Juice of 1 lemon
- Salt & Pepper to taste

INSTRUCTIONS:

1. Place the cashews, coconut milk, vegetable stock and crushed garlic in a food processor and pulse until smooth. Add basil and lemon and process for an additional 20 seconds until smooth.
2. Top with chopped fresh basil and adjust salt and pepper to taste.

NOTE: This makes enough sauce for two chicken breasts or two cups cooked veggies.

GLUTEN FREE STUFFING

RACHEL'S NOURISHING KITCHEN

INGREDIENTS:

- 1 box Simple Mills Artisan Bread Mix (or 1 medium loaf bread)
- 1 tablespoon clarified butter (ghee)
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 medium onion, chopped
- 2 teaspoons fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped (or ½ tsp dried)
- 1 teaspoon fresh sage (or ½ dried)
- 1 cup walnuts, chopped
- 1 cup dried cranberries, chopped
- 3 large eggs, whisked
- 2 ½ cups broth (use any kind you want – chicken or bone broth preferred OR a simple vegetable stock!)

INSTRUCTIONS:

1. Bake the bread the night before according to the directions provided on the back of Simple Mills Artisan Bread mix bag. ****IMPORTANT – bake it for 35 minutes, NOT 75 minutes like the back of the box indicates.****
2. Preheat oven to 350°F.
3. Cut the loaf bread into cubes; toast the cubes in the preheated oven about 10 minutes to draw out the moisture. Add walnuts and toast another 8 minutes. Remove from oven and set aside.
4. While the bread cubes are toasting in the oven, heat a large saucepan or Dutch oven over medium heat and sauté celery, carrots, and onion in ghee for 5-8 minutes or until the vegetables have developed some color and are tender.
5. Raise oven temperature to 400°F.
6. Add toasted bread, herbs, walnuts and cranberries to pan and toss to combine. Remove pan from heat. Whisk eggs together and pour on top of bread mixture, tossing to coat evenly. Then pour on the broth and toss to combine.
7. Pour veggie/bread mix into a baking dish and bake for 30 minutes, covered. Remove lid/cover and bake uncovered for 10 more minutes to crisp up the top.

NOTE: If you save it for a day or two, I find that adding ½ cup-1 cup of broth to the mix to remoisten it before heating it up in the oven helps and prevents it from drying out.





HOMEMADE CRANBERRY SAUCE

DAWN LUDWIG

INGREDIENTS:

- 1/3 cup raisins
- 1/2 medium fuji or other sweet apple, peeled, cored, and diced
- 1 cup water
- 1 1/3 cup whole, fresh cranberries
- Pinch of salt
- 1 tablespoon honey
- 1 tablespoon maple syrup
- 1/2 teaspoon tangerine or orange zest, and/or a squeeze of tangerine juice to taste
- 1/4 to 1/2 teaspoon ginger juice (optional)

INSTRUCTIONS:

1. Place raisins, apples, and water in a pot. Bring to a boil.
2. Turn heat down to a simmer and cook for ten minutes or until raisins are soft.
3. Add cranberries, salt, and honey and maple syrup.
4. Bring back to a boil. Reduce heat and simmer until cranberries have popped.
5. Simmer another 10 minutes to fully soften the cranberries.
6. Add tangerine zest and optional ginger juice to taste.
7. Pulse with an immersion blender to create chunky sauce.
8. Refrigerate to set before serving.

PECAN CRUSTED SWEET POTATO CASSEROLE

RACHEL'S NOURISHING KITCHEN

FILLING INGREDIENTS:

- 4 large sweet potatoes
- 1 cup full-fat canned coconut milk, unsweetened
- 3 tablespoons 100% pure maple syrup
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons ground cinnamon
- 1/8 teaspoon ground ginger
- Pinch nutmeg
- Heaping 1/4 teaspoon fine grain sea salt

TOPPING INGREDIENTS:

- 1 cup pecans, chopped
- 3/4 cup almond flour, almond meal or gluten free flour
- 1/2 teaspoon ground cinnamon
- 3-4 tablespoons coconut oil (keep it solid, so it crumbles)
- 1-2 tablespoons 100% pure maple syrup
- Pinch sea salt

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Poke holes in the sweet potatoes with a fork and place on a parchment or foil-lined baking sheet. Bake for 1 hour, or until fork tender. Allow to cool slightly then peel the skin off the sweet potatoes. *(If you prefer to steam the potatoes instead of roasting them, use this method.)*
3. Reduce oven temperature to 350°F.
4. Place the sweet potato pulp, coconut milk, maple syrup, ground cinnamon, vanilla extract, ginger, nutmeg, and sea salt in a bowl and beat with an electric mixer or in the bowl of a stand mixer, until thoroughly combined and fluffy. Taste and adjust sweetness/spices if needed.
5. Grease an 8x8 baking dish with coconut oil (or grass-fed butter or ghee) and pour sweet potato mixture into the dish.
6. In a separate bowl combine the pecans, almond meal/flour, coconut oil, maple syrup, cinnamon and sea salt with your hands until it comes together as a crumble.
7. Sprinkle pecan mixture on top of sweet potatoes and bake for 18-20 minutes or until the topping is lightly browned.





ROASTED BUTTERNUT SQUASH WITH CRANBERRIES & FETA

MAREYA IBRAHIM

INGREDIENTS:

- 1 large butternut squash, peeled and chopped
- 1 ½ tablespoons of Extra Virgin Olive Oil
- Sea Salt
- Black Pepper
- Garlic Powder
- 2 cups fresh cranberries
- 1/4 cup finely crumbled feta
- ground cinnamon, to taste
- fresh or dried parsley, to garnish

INSTRUCTIONS:

1. Pre-heat oven to 400° F.
2. Lightly drizzle a baking sheet with olive oil.
3. Add cubed squash to the sheet along with another drizzle of olive oil.
4. Sprinkle with a light layer of salt, pepper, and garlic powder, to taste.
5. Roast at 400 F for 25 minutes on the center rack.
6. At the 25 minute mark, pull out the oven rack, and add your fresh cranberries to the roasting pan.
7. Return to the oven until the cranberries have started to soften and burst a bit, resembling really juicy raisins vs fresh firm cranberries.
8. Remove from oven and add a sprinkle of cinnamon, along with the feta cheese.
9. Garnish with parsley!

GARLICKY GREEN BEANS ALMANDINE WITH LEMON

RACHEL'S NOURISHING KITCHEN

INGREDIENTS:

- Equal parts water and vegetable broth (see step 1 below)
- 2 pounds green beans, ends cut off
- 3/4 cup slivered raw almonds
- 4 cloves fresh garlic, peeled & minced
- 3 tablespoons fresh lemon juice
- 2-3 tablespoons coconut oil
- 1/2 teaspoon finely grated lemon zest
- Sea salt, to taste

INSTRUCTIONS:

1. Fill a large stock pot with half water, half vegetable broth and bring it to a boil. Make sure the amount of water/broth is at least twice as much as the amount of beans you intend to cook.
2. Gently blanch the green beans (cook them in the boiling liquid for about 3 minutes until just al dente (brightly colored and crisp)). Drain beans in ice cold water (or put them in a bowl containing an ice water bath and set aside). This stops the cooking process.
3. In a wok or large deep frying pan, heat the oil and garlic on medium heat for 2-3 minutes. Don't let the garlic brown.
4. Add in the almonds and stir for about a minute. Then mix in the lemon juice and finely grated lemon zest.
5. Add the cooked beans to the stir fry mixture and toss to combine and coat. Add salt to taste (I added about 1/4-1/2 teaspoon of sea salt).
6. Top the beans with additional lemon zest, if you prefer.





BRUSSELS SPROUTS WITH BACON & CRANBERRIES

SALLY CAMERON

INGREDIENTS:

- 2 strips turkey bacon
- 1 ¼ pounds larger Brussels sprouts
- 1 tablespoon olive oil
- 1/2 cup thinly sliced shallot (1 large)
- 1 large garlic clove, chopped fine
- 2 teaspoons fresh chopped thyme leaves
- 1 to 1 ½ cups chicken or turkey broth
- 1/4 cup dried cranberries
- 2 teaspoons pine nuts (optional but nice)
- Sea salt and black pepper, to taste

INSTRUCTIONS:

1. Pre-heat oven to 350°F. Place turkey slices on a wire rack on a rimmed baking sheet. Bake bacon until crisp, about 18-20 minutes. Turn half way through. When done, chop bacon into thin strips crosswise.
2. Trim Brussels sprouts. With a paring knife, cut a little off the bottom of the sprout, then peel off any damaged leaves. Cut sprouts in half from top to bottom.
3. Slice shallot into rings. Cut both ends off the shallot, cut in half lengthwise and lay flat. Cut crosswise into thin half rings.
4. Heat a medium sauté or fry pan over medium heat. When pan is hot, add olive oil, then add sprouts, cut side down. Allow them to cook until golden brown. Stir sprouts, add shallot, garlic and thyme. Cook a minute or two until soft. Add 1 cup broth and cover with a lid. Turn heat down to low. Cook sprouts until tender when pierced with the tip of a paring knife. It will take just a few minutes. Watch pan to prevent from cooking dry. If it does, add a little more broth.
5. When sprouts are done, add cranberries, bacon, nuts season and serve.

GARLIC ZUCCHINI ROUNDS

DAWN LUDWIG

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced or pressed in a garlic press
- 2 large zucchini, cut into 1-inch rounds
- 1/2 to 1 teaspoon dried Italian herb mix
- 1/4 teaspoon salt

INSTRUCTIONS:

Heat the oil in a large skillet over medium heat. Add the garlic and sauté for 5 to 10 seconds. Arrange the zucchini rounds in a single layer in the skillet. Sprinkle with dried Italian herb mix and salt. Cover and cook until zucchini slices are browned on the bottom, 6 to 8 minutes. Flip, cover, and cook until browned on the second side, about 5 minutes. Serve hot.





PUMPKIN CHEESECAKE SQUARES

RACHEL'S NOURISHING KITCHEN

BASE INGREDIENTS:

- 1 cup raw pecans
- 1/2 cup raw walnuts
- 1 cup Medjool dates, pitted (make sure they're soft)
- 1 tablespoon coconut oil, melted
- 1/4 teaspoon cinnamon
- Pinch fine grain sea salt

FILLING INGREDIENTS

- 2 cups raw cashews, soaked in water 2-4 hours then drained and rinsed
- 3/4 cup pumpkin puree
- 1/2 cup pure maple syrup
- 1/3 cup coconut oil, melted
- 1 tablespoon lemon juice
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground clove
- 1 1/2 teaspoons vanilla extract

INSTRUCTIONS:

1. Put all the crust ingredients into a food processor, and process until the ingredients stick together. Stop and scrape down the sides as needed. Press the crust mixture into the bottom of a square baking dish.
2. Put all filling ingredients in your blender or food processor and blend until smooth and creamy. *You may have to stop to scrape down the sides.*
3. Pour the filling evenly over the base and smooth with a spatula. Cover the dish and place it in the freezer to set for 4-6 hours.
4. Let the dish sit at room temperature for 10-15 minutes and then cut into squares. I sprinkled a thin layer of cinnamon on top before serving

CINNAMON MAPLE APPLE CRUMBLE

THE DANIEL PLAN COOKBOOK

CRUMBLE INGREDIENTS:

- 1 tablespoon pure maple syrup
- 2 teaspoons coconut oil
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Pinch ground cloves (optional)
- 1/2 cup rolled oats
- 2 tablespoons blanched, slivered almonds (if you have whole almonds, just crush them first)
- 1 tablespoon chopped pecans
- 2 tablespoons unsweetened coconut flakes or threads

FILLING INGREDIENTS:

- 4 medium apples
- 4 tablespoons butter or coconut oil
- 4 tablespoons pure maple syrup
- 1/2 teaspoon ground cinnamon

YOGURT SAUCE INGREDIENTS:

- 1/2 cup plain Greek yogurt
- 2 tablespoons pure maple syrup

INSTRUCTIONS:

1. Preheat oven to 300°F.
2. In a small bowl mix together maple syrup, coconut oil, vanilla, and spices until smooth.
3. Add oats, nuts, and coconut, and mix well until evenly coated. Pour onto a rimmed metal baking sheet. Bake for approximately 18 minutes, stirring halfway through. Topping will be fairly dry. Remove from the oven, and allow to cool. Topping will crisp as it cools.
4. Peel and core apples. Cut each apple into 16 pieces.
5. Melt coconut oil and maple syrup together in a medium pan over medium heat. When it is bubbling, add the apple slices and cinnamon. Cook for about 3 minutes, turning and stirring to coat slices. Turn heat to low, and cover with a lid. Cook another 5 – 7 minutes or until apples are tender when pierced with the tip of a sharp knife. Take the lid off for the last minute or so and allow the apple slices to brown up a bit.
6. Mix yogurt and maple syrup in a small bowl until smooth.
7. Divide apples into bowls, sprinkle with a tablespoon or two of the topping, then a dollop of the maple yogurt. Sprinkle with extra cinnamon if desired.





CHOCOLATE COCONUT PUDDING

THE DANIEL PLAN COOKBOOK

Serves 6

INGREDIENTS:

- 6 ounces 70% bittersweet chocolate
- 2 large eggs
- 10 drops vanilla cream or plain liquid stevia extract
- 1 teaspoon pure vanilla extract
- Pinch of salt
- 1 cup (8 ounces) coconut milk

INSTRUCTIONS:

1. Chop chocolate into small pieces. Using a long serrated bread knife or a heavy chef's knife makes it easy. Place chopped chocolate into the bowl of a food processor. Process until very fine. Add the eggs, stevia, vanilla, and salt. Process for a few more seconds.
2. In a small pan over medium heat, bring the coconut milk to a boil. When it boils, remove from the heat.
3. Start the food processor, and slowly pour the hot milk through the feed tube. Process pudding until smooth.
4. Pour the hot liquid chocolate equally into six 2-ounce ramekins, dishes, or cups. Refrigerate until chilled and set, about 2 hours.

LEMON ALMOND POLENTA CAKE

SALLY CAMERON

INGREDIENTS:

- 1/2 cup (90 grams) Bob's Red Mill [gluten-free cornmeal](#), medium to coarse grind
- 1/2 cup (70 grams) Bob's Red Mill [gluten-free flour blend](#)
- 2 teaspoons (7 grams) aluminum-free baking powder
- 1/4 teaspoon table salt (2 grams)
- 1 1/2 cups (7 1/2 ounces or 210 grams) whole raw almonds
- 1 cup (7 3/4 ounces or 215 grams) organic natural sugar (see below to reduce sugar)
- 1 large lemon, Meyer if available
- 3/4 cup (175ml) extra virgin olive oil
- 1/2 cup (125ml) almond milk, organic unsweetened vanilla
- 2 large eggs, organic
- 1 teaspoon almond extract
- Powdered sugar to finish before serving, optional
- Fresh berries and mint, optional

SPECIAL EQUIPMENT:

- 9" (23 cm) springform pan
- Parchment paper rounds or wax paper
- Food processor with steel knife
- Digital scale (helpful but not mandatory)

INSTRUCTIONS:

1. Pre-heat oven to 325°F.
2. Spray a 9" springform pan with non-stick spray and line with a parchment round cut to fit the bottom.
3. In a medium bowl, whisk cornmeal, flour, baking powder and salt together.
4. In the bowl of a food processor fitted with a steel knife, pulse the almonds and sugar for about 30 seconds. They should have a coarse, sandy texture to them.
5. Cut lemon in half. Juice one half to get 1 1/2 tablespoons; discard rind and add juice to the food processor. Pick the seeds from the other lemon half, cut lemon half into four pieces and add to the food processor. Process for 45 seconds. Scrape down the bowl with a flexible spatula.
6. Add oil, almond milk, eggs and almond extract. Process for 1 1/2 minutes. Add the cornmeal/flour mixture and give it a few long pulses to combine.
7. Pour the batter into the prepared pan. Bake about 45-60 minutes, or until golden and firm to the touch. A cake tester or toothpick comes out with just moist crumbs attached. Timing depends on your ovens.
8. Cool for 10 minutes in the pan, then run a thin bladed knife around the inside edge of the pan.
9. Release the spring, remove the bottom pan and parchment, and cool on a wire rack. Let cool completely. Serve as desired with berries, whipped cream, whipped coconut milk or plain. The cake will hold for two days wrapped well and refrigerated.

NOTE: To reduce sugar by half, use 1/2 cup sugar and 1/4 cup granulated whole leaf stevia such as Wholesome Sweeteners. This recipe is most easily and accurately made with a digital kitchen scale, which is a terrific and inexpensive investment if you do not have one.

