

# **Jini's Healing Diets**

# **RECIPES**

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## Jini's Healing Diets Recipes

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# JINI'S HEALING DIETS RECIPES

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# HOW TO USE JINI'S HEALING DIETS RECIPES EBOOK

The recipes in this eBook are categorized according to which of The Healing Diets they're compatible with:

- Maintenance Diet
- Minimize Gas & Bloating Diet
- Reduce Diarrhea Diet

Therefore, you'll see the same recipes listed more than once, but the spices and other key ingredients will have changed to maintain compatibility with the specified Diet.

It's not specified, but in line with the Diets, it's best if you can use certified organic ingredients for all of the recipes.

In case you have my other book, *The IBD Remission Diet*, you should know that the *Reduce Diarrhea Diet* recipes should also be suitable to use within 2-3 weeks of finishing the Diet (depending on how quickly you're reintroducing foods).

The only ingredients you may want to leave out, or reduce in the recipes (possible trigger foods that you may wish to test separately), are the red/yellow peppers, Hungarian paprika and cumin. Otherwise the ingredients should be well tolerated. Keep in mind that Hungarian paprika is not spicy or 'hot'. But, as with any recipe, if you know you have an allergy or intolerance to some ingredient, then don't use it, or substitute something else in place of it.

The recipes for the broth/stock contained in some of the recipes are listed at the beginning of the Booklet (page 3) – these are the same recipes that are in *The IBD Remission Diet* book. You can use organic canned or store-bought broth if you wish, but they will have nowhere near the same flavor (or nutrients) as homemade. In fact, if you don't want to make the broths yourself, you may prefer to substitute filtered water with an organic vegetable, chicken or beef bouillon cube dissolved in it (Healthy Harvest is the brand I use), rather than using packaged store-bought broths – which often add oil or thickeners. Use one organic bouillon cube for every 2-3 cups of water.

## BROTH RECIPES

The following broth recipes are used to make a base, or stock for some of the recipes in this booklet. When you're limited to only consuming certain ingredients and spices, having a homemade stock can make all the difference to the taste in a recipe. You can also eat these broths on their own, or, with pasta, rice, barley and/or vegetables added. Basically, you can get a lot of meal variety from just one broth recipe.

### Chicken Broth

1 whole certified organic chicken  
1 tsp dried basil  
1 tsp dried oregano  
1 cup filtered water  
1 tbsp sea salt  
6 cups filtered water

- Preheat oven to 350 degrees.
- Rinse one whole certified organic chicken inside and out with cold water and remove any giblets or organs that have been placed inside the rib cavity (do not use these, although you can throw the neck into the pan with the chicken if that's included). Place chicken in roasting pan and sprinkle basil and oregano on top. Add 1 cup of spring or filtered water (no tap water). Cover roasting pan and cook for one and a half hours.
- Take the pan out of the oven and cut away as much of the meat as you wish. Refrigerate and use the meat for meals for the rest of your family and/or divide into desired portion sizes and freeze in zip-lock plastic bags for later use (allow chicken to cool down before sealing in plastic bags).
- Cut and mash up the remaining chicken parts, skin and bones in the roasting pan, add 6 more cups of spring or filtered water, sea salt, and mix well. Cover and cook at 350 degrees for another 45 minutes.
- Remove pan from oven, mix well and then pour contents through a fine strainer into a large bowl (throw out chicken remnants). Place this large bowl uncovered in the fridge for about 12 hours, or until broth has become jelly-like and the fat has risen and solidified, or thickened, on top.
- Skim fat off top of bowl with a spoon (throw away fat). Portion up the remaining chicken soup jelly into 1 or 2 cup servings in zip-lock plastic bags (or glass containers) and put them in the freezer to use as needed. Don't worry about making too much because this chicken broth is excellent as a stock for soups, sauces, stews, etc.

**Note:** If, for some reason, you absolutely cannot use a free-range or certified organic chicken for this broth, then follow the same procedure for a non-organic chicken but DO NOT boil the skin or fat (as directed in point 3) as they are just too toxic, instead just boil the meat and bones.

### **Vegetable Broth**

2 cups carrots, washed and chopped into small pieces  
1 cup zucchini, washed and chopped into small pieces  
2 cups broccoli, washed and chopped into small pieces  
1/2 cup celery, washed and chopped into small pieces  
6 cups filtered water  
1 organic vegetable bouillon cube (optional)

- Put organic carrots, zucchini, broccoli (including stalks) and celery in a large pot. You can also add any other certified organic vegetables you like. Add spring or filtered water (no tap water).
- Cover, bring to a boil, then turn down the heat and simmer covered for 1 hour. Remove from heat and pour through a strainer into a large bowl.
- Allow broth to cool then divide up the liquid into 1 or 2 cup servings and freeze in zip-lock plastic bags (or glass containers).
- Tastes really good on its own or mixed with Chicken or Beef broth. Also a great stock for soups, stews, or sauces.

**Note:** You can eat some of the vegetables with the soup for the next 2-3 days, if you wish. Or, the remaining vegetables can be used (although the nutrient level will be fairly low) for meals for the rest of your family. For example: Spread them out in a pan, grate Cheddar and Monterey Jack cheese over the top, broil until cheese is melted and serve.

### **Beef Broth**

1 kg. (2 lbs) certified organic stewing beef or similar, cut into 1 inch pieces  
1 tsp dried basil  
1 tsp dried oregano  
6 cups filtered water  
1 tsp salt

- Place beef in a large pot (saucepan). Add water, basil, and oregano. Cover and simmer this on the stovetop at a low boil.
- Simmer for two hours, adding water if needed to keep the meat covered at all times. Then add 1 tsp. salt and simmer covered for 30 minutes.
- Remove from heat and pour the contents of the pot into a fine strainer, catching the broth in another pot or bowl underneath. If your broth has visible fat in it, skim the fat off first before eating, or put the soup in the fridge until the fat solidifies on the top, and then you can just lift it off easily.
- Allow broth to cool then divide up into 1 or 2 cup servings and freeze in zip-lock plastic bags (or glass containers).
- Tastes really good on its own or mixed with vegetable broth. This is a great stock for soups, stews or sauces.

# RECIPES COMPATIBLE WITH THE MINIMIZE GAS & BLOATING DIET AND THE MAINTENANCE DIET

If you're on the *Maintenance Diet*, you can increase the quantities of oil, butter, garlic and other spices listed, if you wish – according to your tolerance.

## Squash & Oyster Mushroom Stew

3 cups brown or cremini mushrooms  
3 cups oyster mushrooms  
2 garlic cloves, minced or pressed  
2 tsp olive oil  
1 tsp dried dill (or 2 tsp fresh)  
1 tsp dried thyme  
1 butternut or other winter squash, peeled, seeded and cubed (2 pounds or about 6 cups cubed )  
1 red bell pepper, seeded and coarsely chopped  
2 cups vegetable broth, or chicken, or beef broth  
2 cups frozen peas  
2 cups cooked barley (or cooked quinoa, or cooked wild or red rice)  
2 tbsp apple juice  
Salt to taste

- Wash the mushrooms with as little water as possible.
- Quarter the brown mushrooms. Trim the bottom(s) of the oyster mushroom clump(s) and gently pull them apart into smaller bite sized clusters. Set aside.
- In a covered soup-pot on low heat, add the garlic, dill and thyme to the oil.
- Add the squash, bell peppers, brown mushrooms and water or stock and bring to the boil. Simmer until the squash is tender, about 3 to 5 minutes. Stir in the peas and barley.
- When the stew returns to a simmer, add the oyster mushrooms, apple juice and salt to taste. Simmer for another 3-5 minutes and serve.

Serves 6.



### **Tommy's Turkey Balls**

1 lb ground turkey (or chicken)  
1/2 tsp dried oregano  
1 tsp dried cilantro (or 2-3 tbsp fresh)  
1/4 inch peeled and finely diced fresh ginger (or 1/8 tsp ground ginger)  
1/2 clove finely diced garlic (or 1/8 tsp powdered garlic)  
Juice of 1/4 lemon  
1 egg beaten  
1 Weetabix, crumbled (or 1 piece well-toasted gluten-free bread, crumbled)

- Mix all ingredients together well in a bowl and form into balls.
- Either place balls onto cookie tray, or, thread onto skewers with mushrooms, red and yellow peppers, thinly sliced squash or yam, zucchini, etc.
- Bake at 350 degrees for 10 mins, turn over and bake for 10 mins.

Serves 2-3.

**Note:** These go well with the 'Grilled' Vegetables and Tasty Rice.

### **Sea Bass and Shiitake**

Sea Bass filets/steaks for 2 people  
1/2 inch peeled and diced ginger  
Juice of 1/4 fresh lemon (optional)  
1 clove sliced garlic, or, 1/8 tsp powdered garlic  
1/8 tsp Hungarian paprika  
1/3 cup papaya, mango, lychee or apple juice  
1 cup sliced shiitake mushrooms

- Place sea bass in casserole dish, squeeze lemon and sprinkle spices over top.
- Lay sliced shiitakes on top of fish and pour juice on top of mushrooms.
- Put lid on casserole dish and bake in oven preheated to 350 degrees, until cooked (about 20-25 mins.)
- Serve with rice, or linguine and your choice of vegetable. But do not eat the pieces of garlic – if you used a sliced garlic clove (causes gas).

Serves 2.

### **Paprika Ginger Halibut**

Halibut (or sea bass, or monkfish if your prefer) steaks/fillets for two people

3/4 inch thinly sliced fresh ginger

1 tsp dried cilantro

1/4 tsp Hungarian paprika

1/4 cup lychee, papaya, or apple juice

- Place fish in casserole dish, sprinkle cilantro and paprika over fish, then lay sliced ginger on top, pour juice around side of fish.
- Put lid on casserole dish and bake in oven preheated to 350 degrees until cooked (about 15-20 mins.)
- Serve with your choice of rice, or potatoes, gluten-free pasta, squash, zucchini, green peas, etc.

Serves 2.

### **Baked Salmon**

Wild salmon fillets for two people

Juice of 1/4 fresh lemon

1/2 tsp dried cilantro (or 1.5 tbsp fresh)

1/2 tsp dried basil

1/4 cup lychee juice or apple juice

1 tsp of butter or olive oil

- Place salmon in casserole dish, squeeze lemon and sprinkle spices over top, pour juice around side of fish and place 1/2 tsp of butter or olive oil on top of each fillet.
- Put lid on casserole dish and bake in oven preheated to 350 degrees until cooked (about 10 mins.)
- Serve with your choice of rice, or potatoes, gluten-free pasta, squash, zucchini, green peas, etc.

Serves 2.

### **'Grilled' Vegetables**

1 large zucchini, sliced lengthwise about 1/4" thick  
1 red pepper, seeded and quartered  
1 yellow pepper, seeded and quartered

#### **Dressing:**

3 tbsp olive oil  
1/2 tsp dried oregano

- Lay zucchini on cookie tray and brush on half of dressing. Lay the peppers skin side up and don't brush the skin side of the peppers with dressing as you're going to be peeling the skin off.
- Broil until zucchini is half cooked (about 3 minutes)
- Turn zucchini and peppers over and brush other side with remaining dressing.
- Broil until zucchini are done. Place zucchini on a platter and return peppers to oven with skin side up.
- Continue to broil peppers until skins split and are easy to peel off.
- Peel skins from peppers and place peppers on the platter with zucchini. Salt to taste.

**Variation:** These peeled, roasted peppers taste wonderful on top of toasted bread (kamut, spelt or gluten-free). Brush the toasted bread with olive oil, sprinkle with garlic, then lay the peppers on top and sprinkle with salt to taste. I even love them for breakfast! Serves 2-3.

### **Butternut Squash Soup**

1 butternut squash (about 7" long)  
1 clove garlic  
1/2 inch piece of peeled and thickly sliced ginger  
1.5 cups almond milk, or rice milk, or coconut milk  
1.5 cups chicken broth (or filtered or spring water, if you prefer)  
1/4 tsp Hungarian paprika  
1/8 tsp cinnamon  
1 tsp brown sugar  
2 tsp butter or 1 tsp olive oil

- Halve squash lengthwise and scoop out all the seeds. Place cleaned squash on baking tray with skin side facing up and bake at 350 degrees for 30-40 minutes. Knife should go cleanly through the skin and squash when it is done. Set aside to cool and peel.
- In a food processor, blend garlic, ginger and the now cooled-down squash on high speed until smooth.
- Add pureed squash and rice milk, chicken broth, paprika, cinnamon, brown sugar, butter, together in saucepan and simmer on low heat for 20 minutes. Salt to taste. Serves 4-6.

### **Chicken Teriyaki**

2 chicken breasts  
1/8 tsp. dried ginger  
1.5 tbsp maple syrup dissolved in 1/4 cup boiling water  
1/8 tsp garlic powder  
3 tbsp soy sauce  
1 tsp apple juice  
1 tbsp olive oil  
1 tbsp sesame seeds (optional)

- Dissolve maple syrup in boiling water then add ginger, soy sauce, garlic, and apple juice in a small bowl, to make the teriyaki sauce.
- Fry the chicken breasts in 1 tbsp olive oil on medium heat till browned, then turn heat low, pour marinade over chicken, cover the pan and continue cooking till done.
- Slice chicken thinly, pour teriyaki sauce over top and sprinkle with sesame seeds.
- Serve with rice, grilled zucchini and/or carrots.

Serves 2-3.

**Note:** For an even healthier version of this recipe, substitute blackstrap molasses for the maple syrup – which is also rich in iron. Or just use a pinch of stevia as the sweetener.

### **Chinese Noodle Soup**

1 cup Chinese egg noodles, or gluten-free brown rice vermicelli and water to boil them in + 1 tsp olive or coconut oil  
2 cups chicken or beef broth (vegetable broth is also ok)  
1 tsp sesame oil  
1/4 tsp garlic powder  
1/4 tsp ground ginger (or a few slices of fresh)  
2-3 tbsp soy sauce (to taste)

Optional: nearly cooked zucchini or carrots, mushrooms, seaweed, water chestnuts, baby corn, cooked diced chicken, cooked strips of beef, etc.

- Add noodles to boiling water and 1 teaspoon olive or coconut oil and cook for 2 minutes
- Drain noodles and rinse under cold water
- Add noodles to simmering broth, sesame oil, spices, soy sauce, and whichever optional ingredients you prefer.
- Cook for 5 minutes and serve in bowls with spoon and chopsticks.

Serves 2.

### **Pad Thai Noodles**

1 pkg. of Thai flat rice noodles and water to boil them in + 1 tsp olive or coconut oil  
1 tbsp toasted sesame oil  
2 tbsp olive oil (or 1/4 c. water if you're minimizing oil)  
Juice of 1/4 fresh lemon  
1/4 tsp garlic powder  
1/4 tsp ground ginger (or 1/2 inch peeled and finely diced fresh ginger)  
2-3 tbsp soy sauce  
1 tbsp thai fish sauce (optional, but very yummy!)  
Your choice of: Cooked carrots or peas, cooked mushrooms, shrimp, scallops, cooked cubed chicken

- Add noodles to boiling salted water with 1 tsp olive or coconut oil and cook for 3 minutes
- Drain noodles, rinse in cold water, and add to frying pan along with the rest of ingredients and whichever optional ingredients you wish.
- Mix well (chopsticks are easiest to mix with) and cook for 5-7 minutes. If noodles get too sticky, add extra water or oil. Add additional soy sauce to taste, if needed. Serve.

Serves 2-3.

### **Tasty Rice**

1 cup wild rice, or basmati brown rice  
2 cups of filtered water  
1 organic vegetable or chicken bouillon cube  
1 tsp of butter or olive oil  
Salt to taste

- Rinse rice in cold water, repeat until water runs clear
- Put all ingredients into a pot with a tight fitting lid.
- Bring to a boil, stir well once, reduce heat, cover and simmer for 50 minutes. Do not remove lid to check!
- Do not remove lid. Remove from heat, let stand for 10 minutes. Remove lid, fluff with a fork and serve.

Serves 3-4.

**Note:** I like the taste and texture of wild rice much better than just brown rice.

### Lamb Tika

1 kg. (2 lbs.) ground lamb  
1/4 tsp powdered garlic  
1/8 tsp ground ginger  
1/2 tsp dried cilantro (or 1.5 tbsp fresh)  
1 fresh minced tomato  
Salt to taste  
Juice from 1/4 of a fresh lemon  
1 egg

- Mix all ingredients together well in a bowl and form into small balls or patties, kebabs etc.
- If you wish, thread onto skewers with mushrooms, red/yellow peppers, zucchini, etc.
- Place lamb balls or skewers onto a roasting pan (or some other type of grill pan where the fat can drain away)
- Preheat oven to 350 degrees. And bake for 15-20 minutes, turn balls/skewers, then bake for another 15-20 minutes till done.

Serves 4.

**Note:** If using wooden skewers, be sure and soak the skewers in water first, so they don't burn.

### Chicken/Turkey Burgers

1 kg. (2 lbs.) ground turkey or chicken  
1 beaten egg  
1/2 Weetabix (or 1/2 piece of well-toasted kamut, spelt or gluten-free bread, crumbled)  
1 cup grated zucchini, (after grating zucchini, put it in a sieve, sprinkle with salt, wait 5 minutes and then squeeze hard with hands to remove excess water)  
1/8 tsp dried basil  
1/8 tsp dried cilantro  
1/8 tsp garlic powder  
salt to taste

- Mix all ingredients together well in a bowl and form into patties.
- Preheat oven to 350 degrees, place patties on a cookie tray and bake in oven for 15 minutes, turn patties over, bake on other side for another 15 minutes or until done. OR, if you prefer, fry in a pan with 1 tsp olive oil

Serves 4.

**Note:** These burgers can be eaten with or without a bun. Use a cold-pressed oil mayonnaise, some butter lettuce and a thin slice of tomato. Or serve with rice and additional vegetables.

### **Chicken or Lamb Souvlaki**

1 kg. (2 lbs) of chicken breast or lamb, cut into 1-inch pieces

Marinade:

1 tbsp olive oil

1/8 tsp dried rosemary

1/8 tsp dried thyme

1/8 tsp dried basil

1/4 tsp dried garlic

Juice from 1/2 a fresh lemon

Salt to taste

- Marinate chicken or lamb in marinade (mix, coat pieces well) overnight, or at least 2 hours.
- Thread meat onto skewers, lay on roasting/grill pan and broil for 5-7 minutes, turn skewers over, broil for 5-7 minutes, until done.
- Serve with rice, and allowable veggies (squash, zucchini, mushrooms, etc.). If you wish, you can thread the vegetables onto skewers and broil them in the oven as well.

Serves 4.

**Note:** If using wooden skewers, be sure and soak the skewers in water first, so they don't burn.

### **Apricot Turkey with Chanterelles**

2 turkey breasts

1 cup apricot juice (or mango or papaya juice)

1 clove thinly sliced garlic, or, 1/8 tsp powdered

1/4 tsp sea salt

1/8 tsp dried cumin

2 tbsp fresh basil, or, 1/8 tsp dried

1.5 cups chanterelle or oyster mushrooms

1 tbsp butter (or olive oil)

- Fry mushrooms in butter with sprinkling of garlic, take mushrooms out of pan and set aside.
- Pour apricot juice in pan and simmer on medium high heat for 3 – 5 minutes with remaining garlic.
- Lay turkey in pan, simmer for 2 more minutes, then turn over, and simmer for 2 more minutes.
- Turn heat to low, sprinkle on rest of spices and mushrooms, and cook until turkey is done (approximately 10 minutes).
- Serve with rice or pasta, and veggies. Do not eat the slices of garlic if you used a fresh garlic clove (will cause too much gas).

Serves 2-3.

### **Super Nutrient Banana Muffins (Gluten-Free)**

3 cups ground almond flour  
1/4 cup yoghurt  
1/2 cup honey  
1 tsp baking soda  
4 eggs beaten  
2 mashed extra-ripe bananas

- Mix almond flour and baking soda together well in a large bowl
- Add yoghurt, honey, eggs, bananas and stir until well mixed
- Preheat oven to 375 degrees
- Pour into lined muffin tin and bake for 15-20 minutes

**Note:** You can buy almond flour in most natural food stores (sometimes called almond meal), or, you can buy your own raw, peeled almonds and grind them yourself in a food processor. Don't expect these muffins to puff up like regular muffins – they stay dense and moist. For a treat, add 1/2 cup dark chocolate chips or raisins.

### **Creamy Rice Pudding (Dairy-Free)**

4 cups water  
3/4 cup white rice (preferably basmati or jasmine)  
1 quart (4 cups) almond milk, or coconut milk, or rice milk  
1/2 cup pure maple syrup (or 1/8 tsp white powdered stevia extract)  
1 tsp ground cinnamon  
1 tsp pure vanilla extract  
1/4 cup raisins (optional)

- Bring the water to a boil in a heavy saucepan. Add the rice and simmer, uncovered, for 5 minutes. Remove from the heat and allow to sit for 5 minutes.
- Drain the rice and return it to the pot with the rice or almond milk, maple syrup (or stevia), and raisins.
- Bring to a boil, then reduce the heat and simmer gently for 30 to 40 minutes, stirring often, until the pudding is thick and creamy. Stir in the cinnamon and vanilla.
- Serve warm, or chill for at least 2 hours, or overnight.

Serves 4-6

**Note:** To make this pudding 'Indian style' add 1/4 teaspoon ground cardamom powder when you add the cinnamon. I find cardamom is well-tolerated.

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# RECIPES COMPATIBLE WITH THE REDUCE DIARRHEA DIET

These recipes can also be used within 2-3 weeks of finishing the IBD Remission Diet – dependent upon your rate of food reintroduction and food intolerances.

## Squash & Oyster Mushroom Stew

3 cups brown or cremini mushrooms  
3 cups oyster mushrooms  
1 garlic clove, minced or pressed  
2 tsp olive oil  
1 tsp dried dill (or 2 tsp fresh)  
1 tsp dried thyme  
1 butternut or other winter squash, peeled, seeded and cubed (2 pounds or about 6 cups cubed )  
1 red bell pepper, seeded and coarsely chopped (optional)  
2 cups vegetable broth, or chicken, or beef broth  
2 cups frozen peas  
2 cups cooked barley (or quinoa, or wild or red rice)  
2 tbsp apple juice  
Salt to taste

- Wash the mushrooms with as little water as possible.
- Quarter the brown mushrooms. Trim the bottom(s) of the oyster mushroom clump(s) and gently pull them apart into smaller bite sized clusters. Set aside.
- In a covered soup-pot on low heat, add the garlic, dill and thyme to the oil.
- Add the squash, bell peppers, brown mushrooms and water or stock and bring to the boil. Simmer until the squash is tender, about 3 to 5 minutes. Stir in the peas and barley.
- When the stew returns to a simmer, add the oyster mushrooms, apple juice and salt to taste. Simmer for another 3-5 minutes and serve.

Serves 6.

### **Tommy's Turkey Balls**

1 lb ground turkey (or chicken)  
1/2 tsp dried oregano  
1 tsp dried cilantro  
1/4 inch peeled and finely diced fresh ginger, or, 1/8 tsp ground ginger  
1/2 clove finely diced garlic, or, 1/8 tsp powdered garlic  
1 tbsp apple or papaya juice  
1 egg beaten  
1 Weetabix, crumbled (or 1 piece well-toasted kamut, spelt, or gluten-free bread, crumbled)

- Mix all ingredients together well in a bowl and form into balls.
- Either place balls onto cookie tray, or, thread onto skewers with mushrooms, red and yellow peppers, thinly sliced squash or yam, zucchini, etc.
- Bake at 350 degrees for 10 mins, turn over and bake for 10 mins.

Serves 2-3.

**Note:** These go well with the 'Grilled' Vegetables and Tasty Rice.

### **Sea Bass and Shiitake**

Sea Bass filets/steaks for 2 people  
1/2 inch peeled and diced ginger  
1 tsp. fresh lemon juice (optional)  
1 clove sliced garlic, or, 1/8 tsp powdered garlic  
1/8 tsp Hungarian paprika  
1/3 cup papaya, mango, lychee or apple juice  
1 cup sliced shiitake mushrooms

- Place sea bass in casserole dish, squeeze lemon and sprinkle spices over top.
- Lay sliced shiitakes on top of fish and pour juice on top of mushrooms.
- Put lid on casserole dish and bake in oven preheated to 350 degrees, until cooked (about 20-25 mins.)
- Serve with rice, or gluten-free pasta and your choice of vegetable. But do not eat the pieces of garlic – if you used a sliced garlic clove.

Serves 2.

### **Paprika Ginger Halibut**

Halibut (or sea bass, or monkfish if your prefer) steaks/fillets for two people

3/4 inch thinly sliced fresh ginger

1 tsp dried cilantro

1/8 tsp Hungarian paprika

1/4 cup lychee, papaya, or apple juice

- Place fish in casserole dish, sprinkle cilantro and paprika over fish, then lay sliced ginger on top, pour juice around side of fish.
- Put lid on casserole dish and bake in oven preheated to 350 degrees until cooked (about 15-20 mins.)
- Serve with your choice of rice, or potatoes, gluten-free pasta, squash, zucchini, green peas, etc.

Serves 2.

### **Baked Salmon**

Wild salmon fillets for two people

1 tsp fresh lemon juice (optional)

1/2 tsp dried cilantro

1/2 tsp dried basil

1/4 cup lychee juice or apple juice

1 tsp of butter or olive oil

- Place salmon in casserole dish, squeeze lemon and sprinkle spices over top, pour juice around side of fish and place 1/2 tsp of butter or olive oil on top of each fillet.
- Put lid on casserole dish and bake in oven preheated to 350 degrees until cooked (about 10 mins.)
- Serve with your choice of rice, gluten-free pasta, squash, zucchini, green peas, carrots, etc.

Serves 2.

### **'Grilled' Vegetables**

1 large zucchini, sliced lengthwise about 1/4" thick  
1 red pepper, seeded and quartered  
1 yellow pepper, seeded and quartered

#### **Dressing:**

3 tbsp olive oil  
1/2 tsp dried oregano

- Lay zucchini on cookie tray and brush on half of dressing. Lay the peppers skin side up and don't brush the skin side of the peppers with dressing as you're going to be peeling the skin off.
- Broil until zucchini is half cooked (about 3 minutes)
- Turn zucchini and peppers over and brush other side with remaining dressing.
- Broil until zucchini are done. Place zucchini on a platter and return peppers to oven with skin side up.
- Continue to broil peppers until skins split and are easy to peel off.
- Peel skins from peppers and place peppers on the platter with zucchini. Salt to taste.

**Variation:** These peeled, roasted peppers taste wonderful on top of toasted bread (kamut, spelt or gluten-free). Brush the toasted bread with olive oil, sprinkle with garlic, then lay the peppers on top and sprinkle with salt to taste. I even love them for breakfast! Serves 2-3.

### **Butternut Squash Soup**

1 butternut squash (about 7" long)  
1/2 clove garlic  
1/2 inch piece of peeled and thickly sliced ginger  
1.5 cups coconut milk (or almond milk, or rice milk)  
1.5 cups chicken broth (or filtered or spring water, if you prefer)  
1/4 tsp Hungarian paprika  
1/8 tsp cinnamon  
1 tsp brown sugar  
2 tsp butter or 1 tsp olive oil

- Halve squash lengthwise and scoop out all the seeds. Place cleaned squash on baking tray with skin side facing up and bake at 350 degrees for 30-40 minutes. Knife should go cleanly through the skin and squash when it is done. Set aside to cool and peel.
- In a food processor, blend garlic, ginger and the now cooled-down squash on high speed until smooth.
- Add pureed squash and rice milk, chicken broth, paprika, cinnamon, brown sugar, butter, together in saucepan and simmer on low heat for 20 minutes. Salt to taste.

Serves 2 as main meal, or 4 as appetizer.

### **Chicken Teriyaki**

2 chicken breasts  
1/8 tsp. powdered ginger  
1.5 tbsp maple syrup dissolved in 1/4 cup boiling water  
sprinkling of garlic powder  
3 tbsp soy sauce  
1 tsp apple juice  
1 tbsp olive oil  
1 tbsp sesame seeds (optional)

- Dissolve maple syrup in boiling water then add ginger, soy sauce, garlic, and apple juice in a small bowl, to make the teriyaki sauce.
- Fry the chicken breasts in 1 tbsp olive oil on medium heat till browned, then turn heat low, pour marinade over chicken, cover the pan and continue cooking till done.
- Slice chicken thinly, pour teriyaki sauce over top and sprinkle with sesame seeds.
- Serve with rice, grilled zucchini and/or carrots.

Serves 2-3.

**Note:** For an even healthier version of this recipe, substitute blackstrap molasses for the maple syrup – which is also rich in iron. Or just use a pinch of stevia as the sweetener.

### **Chinese Noodle Soup**

1 cup Chinese egg noodles, or gluten-free brown rice vermicelli and water to boil them in + 1 tsp olive or coconut oil  
2 cups chicken or beef broth (vegetable broth is also ok)  
1/2 tsp sesame oil  
1/8 tsp garlic powder  
1/8 tsp ground ginger (or a few slices of fresh)  
2-3 tbsp soy sauce (to taste)

Optional: nearly cooked zucchini or carrots, mushrooms, seaweed, water chestnuts, baby corn, cooked diced chicken, cooked strips of beef, etc.

- Add noodles to boiling water and 1 teaspoon olive or coconut oil and cook for 2 minutes
- Drain noodles and rinse under cold water
- Add noodles to simmering broth, sesame oil, spices, soy sauce, and whichever optional ingredients you prefer.
- Cook for 5 minutes and serve in bowls with spoon and chopsticks.

Serves 2.

### Pad Thai Noodles

1 pkg. of Thai flat rice noodles and water to boil them in  
1 tbsp toasted sesame oil  
1 tbsp olive oil (or 1/4 c. water if you're minimizing oil)  
1 tsp fresh lemon juice, or 1 tbsp apple juice  
1/4 tsp garlic powder  
1/4 tsp ground ginger (or 1/2 inch peeled and finely diced fresh ginger)  
2-3 tbsp soy sauce  
1 tbsp thai fish sauce (optional, but yummy!)  
Your choice of: Cooked carrots or peas, cooked mushrooms, shrimp, scallops, cooked cubed chicken

- Add noodles to boiling salted water with 1 tsp olive or coconut oil and cook for 3 minutes
- Drain noodles, rinse in cold water, and add to frying pan along with the rest of ingredients and whichever optional ingredients you wish.
- Mix well (chopsticks are easiest to mix with) and cook for 5-7 minutes. If noodles get too sticky, add extra water or oil. Add additional soy sauce to taste, if needed. Serve.

Serves 2-3.

### Tasty Rice

1 cup wild rice, or basmati brown rice  
2 cups of filtered water  
1 organic vegetable or chicken bouillon cube  
1/2 tsp of butter or olive oil  
Salt to taste

- Rinse rice in cold water.
- Put all ingredients into a pot with a tight fitting lid.
- Bring to a boil, stir well once, reduce heat, cover and simmer for 50 minutes. Do not lift lid to check!
- Do not remove lid. Remove from heat, let stand for 10 minutes.
- Remove lid and fluff with a fork and serve.

Serves 3-4.

**Note:** I like the taste and texture of wild rice much better than just brown rice.

### Lamb Tika

1 kg. (2 lbs.) ground lamb  
1/8 tsp powdered garlic  
1/8 tsp ground ginger  
1/2 tsp dried cilantro  
1 fresh minced tomato (optional)  
Salt to taste  
1 tsp fresh lemon juice (or apple juice)  
1 egg

- Mix all ingredients together well in a bowl and form into small balls or patties, kebabs etc.
- If you wish, thread onto skewers with mushrooms, red/yellow peppers, zucchini, etc.
- Place lamb balls or skewers onto a roasting pan (or some other type of grill pan where the fat can drain away)
- Preheat oven to 350 degrees. And bake for 15-20 minutes, turn balls/skewers, then bake for another 15-20 minutes till done.

Serves 4.

**Note:** If using wooden skewers, be sure and soak the skewers in water first, so they don't burn.

### Chicken/Turkey Burgers

1 kg. (2 lbs.) ground turkey or chicken  
1 beaten egg  
1/2 Weetabix (or 1/2 piece of well-toasted kamut, spelt or gluten-free bread, crumbled)  
1 cup grated zucchini, (after grating zucchini, put it in a sieve, sprinkle with salt, wait 5 minutes and then squeeze hard with hands to remove excess water)  
1/8 tsp dried basil  
1/8 tsp dried cilantro  
1/8 tsp garlic powder  
salt to taste

- Mix all ingredients together well in a bowl and form into patties.
- Preheat oven to 350 degrees, place patties on a cookie tray and bake in oven for 15 minutes, turn patties over, bake on other side for another 15 minutes or until done. OR, if you prefer, fry in a pan with 1 tsp olive oil

Serves 4.

**Note:** These burgers can be eaten with or without a bun. Use a cold-pressed oil mayonnaise, some butter lettuce and a thin slice of tomato. Or serve with rice and additional vegetables.

### **Chicken or Lamb Souvlaki**

1 kg. (2 lbs) of chicken breast or lamb, cut into 1-inch pieces

Marinade:

1 tbsp olive oil

1/8 tsp dried rosemary

1/8 tsp dried thyme

1/8 tsp dried basil

1/8 tsp dried garlic

1 tsp fresh lemon juice

Salt to taste

- Marinate chicken or lamb in marinade (mix, coat pieces well) overnight, or at least 2 hours.
- Thread meat onto skewers, lay on roasting/grill pan and broil for 5-7 minutes, turn skewers over, broil for 5-7 minutes, until done.
- Serve with rice, and allowable veggies (squash, zucchini, mushrooms, etc.). If you wish, you can thread the vegetables onto skewers and broil them in the oven as well.

**Note:** If using wooden skewers, be sure and soak the skewers in water first, so they don't burn.  
Serves 4.

### **Apricot Turkey with Chanterelles**

2 turkey breasts

1 cup apricot juice (or mango or papaya juice)

1 clove thinly sliced garlic, or, 1/8 tsp powdered

1/4 tsp sea salt

sprinkle of cumin

2 tbsp fresh basil, or, 1/8 tsp dried

1.5 cups chanterelle or oyster mushrooms

1/2 tbsp butter or olive oil

- Fry mushrooms in butter with sprinkling of garlic, take mushrooms out of pan and set aside.
- Pour apricot juice in pan and simmer on medium high heat for 3 – 5 minutes with remaining garlic.
- Lay turkey in pan, simmer for 2 more minutes, then turn over, and simmer for 2 more minutes.
- Turn heat to low, sprinkle on rest of spices and mushrooms, and cook until turkey is done (approximately 10 minutes).
- Serve with rice or gluten-free pasta, and veggies. Do not eat the slices of garlic if you used a fresh garlic clove (will cause too much gas).

Serves 2-3.



### **Super Nutrient Banana Muffins (Gluten-Free)**

3 cups ground almond flour  
1/4 cup yoghurt  
1/2 cup honey  
1 tsp baking soda  
4 eggs beaten  
2 mashed extra-ripe bananas

- Mix almond flour and baking soda together well in a large bowl
- Add yoghurt, honey, eggs, bananas and stir until well mixed
- Preheat oven to 375 degrees
- Pour into lined muffin tin and bake for 15-20 minutes

Note: You can buy almond flour in most natural food stores (sometimes called almond meal), or, you can buy your own raw, peeled almonds and grind them yourself in a food processor. Don't expect these muffins to puff up like regular muffins – they stay dense and moist. For a treat, add 1/2 cup dark chocolate chips or raisins.

### **Creamy Dairyless Rice Pudding**

4 cups water  
3/4 cup white rice (preferably basmati or jasmine)  
1 quart (4 cups) almond milk, or coconut milk, or rice milk  
1/2 cup pure maple syrup (or 1/8 tsp white powdered stevia extract)  
1 tsp ground cinnamon  
1 tsp pure vanilla extract  
1/4 cup raisins (optional)

- Bring the water to a boil in a heavy saucepan. Add the rice and simmer, uncovered, for 5 minutes. Remove from the heat and allow to sit for 5 minutes.
- Drain the rice and return it to the pot with the rice or almond milk, maple syrup (or stevia), and raisins.
- Bring to a boil, then reduce the heat and simmer gently for 30 to 40 minutes, stirring often, until the pudding is thick and creamy. Stir in the cinnamon and vanilla.
- Serve warm, or chill for at least 2 hours, or overnight.

Serves 4-6

Note: To make this pudding 'Indian style' add 1/4 teaspoon ground cardamom powder when you add the cinnamon. I find cardamom is well-tolerated.

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## ABOUT THE AUTHOR

A former journalist, Jini Patel Thompson is an internationally recognized expert on natural healing for colitis, Crohn's, diverticulitis and IBS. Her books have sold in over 40 countries. She has appeared repeatedly on radio and TV shows giving hope to those suffering from gastrointestinal disease. Jini is a popular speaker at natural health-related conferences, and her health articles have been published in magazines and journals in the U.S, Australia and the U.K., and on the Internet worldwide.

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