

Holiday 

*Food You Can
Live On*



*A Collection of healthy recipes from
Nutrition Response TestingSM Advanced Clinical TrainingSM
Graduates, Students, and Patients*

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These recipes are offered as suggestions only to be used in conjunction with your clinical findings and muscle testing. For example, if your body cannot currently tolerate a particular ingredient, use a substitute; or if you have an immune challenge, then any dairy or sweeteners such as honey or maple syrup are not recommended. If in doubt check with your practitioner.

Remember, the less sweeteners of any kind, the better. The below recipes can be used while gradually lessening their use and for special occasions.

All contributors are gratefully acknowledged. And Llana Call, Advanced Clinical Training Graduate December 2009 is thanked for both the inspiration and aesthetic compilation of the recipes contributed.

SOUPS

Curried Pumpkin Soup

2 cloves garlic, peeled	3 cups low-salt chicken stock or vegetable stock
1 medium onion, peeled and quartered	1 bay leaf
1 - 2 tablespoons mustard seeds	2 teaspoons curry powder
2 stalks celery, cut into 2-inch lengths	1 teaspoon turmeric
3 large carrots, peeled and sliced $\frac{1}{4}$ inch thick	Pinch of cayenne pepper
2- 4 tablespoons Coconut oil	1 $\frac{1}{2}$ teaspoons salt
1 $\frac{3}{4}$ lb pumpkin, peeled, seeded, and cut into 1-inch dice	$\frac{1}{4}$ cup shelled raw pumpkin seeds
	2 tablespoons chopped parsley
	1 tablespoons sour cream (optional)

- 🍷 Place garlic, onion, mustard seeds, celery and carrots in the coconut oil in a medium pot over medium heat and sauté, stirring occasionally, until onion is translucent, about 6 minutes.
- 🍷 Add the pumpkin, chicken stock, bay leaf, curry, turmeric, cayenne, salt and pepper to taste, and bring to a boil.
- 🍷 Reduce heat and cook until the vegetables are tender, about 8 minutes.
- 🍷 Add pumpkin seeds and parsley. Adjust seasonings, and stir in the sour cream, if desired. Mix all ingredients using small amounts of mustard and paprika to taste.

Kathy Stricker, Advanced Clinical Training Graduate September 2009

Turkey Tomato Soup

Makes 6 servings

2 tablespoons olive oil	$\frac{1}{3}$ cup medium pearl barley rice or quinoa if gluten free
1 $\frac{1}{2}$ lbs boneless, skinless turkey cutlets	1 teaspoon dried marjoram, crumbled
3 cups water	1 teaspoon thyme, crumbled
4 medium-size celery stalks sliced $\frac{1}{2}$ inch thick	1 teaspoon basil
1 large yellow onion, coarsely chopped	$\frac{1}{2}$ teaspoon salt
4 medium-size carrots, peeled and sliced $\frac{1}{2}$ inch thick	1 teaspoon black pepper
1 quart tomatoes, diced and unsalted	$\frac{1}{4}$ cup minced parsley
	Pinch of red pepper, optional

- 🍷 Cut turkey into bite-sized pieces and place in medium size pot. Add just enough water to keep turkey from sticking to pan and cook for 15 minutes.
- 🍷 Add celery, onion, carrots, tomatoes with juice, barley and spices. Add red pepper flakes, if desired, for an extra kick.
- 🍷 Bring to a boil over high heat. Cover, reduce heat to low and simmer until tender, about 90 minutes.
- 🍷 Add oil after soup cools down.

Kathy Stricker, Advanced Clinical Training Graduate September 2009

Turkey Soup

1 lb turkey breast

Sea salt to taste

Boil turkey in water for about 2 hours (fill large pot to almost within 3 inches from top)
Scoop off and discard foam.

Remove turkey from broth and allow to cool, separate turkey from bone to add to soup later.

Cut veggies into chunks, add to broth, and simmer until tender:

3 carrots

Clove of garlic, chopped

3 celery stalks

2 handfuls fresh parsley

½ onion, chopped

1 tsp basil, if desired

1 package noodles cooked according to package directions. Drain and rinse noodles in cool water. Combine noodles with veggie broth.

Makes enough for 4 servings.

Kathy Stricker, Advanced Clinical Training Graduate September 2009

Beautiful Beet Soup

3-4 medium organic beets (about 1 pound)

1 large organic Garlic Clove, minced

1 Tbs Olive oil

6 cups Water or organic vegetable stock

1 large organic Onion, chopped

1 tsp fresh grated organic Orange rind

1 pound organic Carrots, sliced

1 tsp Sea Salt

1Tbs fresh grated organic Ginger

Freshly ground black pepper to taste

½ tsp Cinnamon

Cover the whole, unpeeled beets in water, bring to a boil, and simmer until fairly tender, about 45 minutes. Save the water to drink, if desired, and peel the beets under running cold water. Cut into small chunks (May use latex gloves to save your hands. ☺)

In a stock pot, heat the olive oil over medium-low heat. Sauté the onion until transparent. Add carrots, ginger, and garlic. Cook for 5 minutes, stirring frequently. Add beets and water/stock. Simmer the soup, covered, for about 45 minutes. Add the orange rind, sea salt, pepper, and cinnamon, and stir well.

In a blender or food processor, puree the soup in batches. Serve the soup hot or chilled.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

Squash and Apple Soup

1 large organic Onion, chopped
1 cup organic celery, sliced
2 organic carrots, scrubbed and chopped
2 Tbs butter or coconut oil
1 organic butternut squash, peeled, seeds removed, chopped
1 organic acorn, delicate, OR any yellow squash, peeled, seeded and chopped
2 tart organic apples, peeled, cored, chopped
4 cups homemade or Imagine Organic Chicken OR Vegetable Broth
2 cups Water
1 tsp Sea Salt
Dashes or pepper, cinnamon, and nutmeg to taste

In a large saucepan or Dutch oven, melt butter and add onion, celery, and carrots. Cook for 5 minutes. Add squashes, apples, broth and water. Bring to a boil. Cover, turn to low, and simmer for about 10 minutes or until squash is soft. Puree by batches in a blender. Place back in saucepan and add seasonings to taste. Serves 8-12.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

SALADS

Festive Cilantro Cucumber Salad

2 or 3 organic Cucumbers, peeled and cut into bite-sized chunks	Juiced of one lime
$\frac{1}{3}$ cup fresh organic Cilantro, minced	2 tsp Olive Oil
1 sliced organic green onion	$\frac{1}{2}$ tsp Sea Salt, or to taste
$\frac{1}{2}$ of one small to medium organic red pepper, julienned	$\frac{1}{2}$ tsp white pepper, or to taste

In a bowl, combine prepared vegetables. Sprinkle with lime juice. Drizzle with olive oil. Sprinkle with sea salt and white pepper. Toss together until well blended. Place in an airtight container and refrigerate several hours to blend flavors.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

Calico Pepper Salad

3-5 organic bell peppers—yellow, orange, red, green—sliced into matchsticks	Coarse Sea Salt & freshly ground black pepper
1 organic red or sweet onion, peeled and sliced into matchsticks	1 Tbs organic lime juice
2 small organic Persian cucumbers, sliced	1 Tbs organic lemon juice
$\frac{1}{4}$ cup chopped fresh organic basil leaves or parsley	1 Tbs organic rice vinegar
	3 Tbs organic sesame oil or olive oil

Place sliced peppers, onions, and cucumbers in a large bowl. Sprinkle with coarse salt and black pepper. Sprinkle with juices and vinegar, then with oil. Stir to mix well.

Cover and refrigerate before serving. 10-12 servings. *Heather Thropay*

SIDES

Spiral Pasta with Roasted Pumpkin and Plum Tomatoes

Start to finish: 45 minutes (25 minutes active)

Servings: 4

6 cups peeled and cubed sugar pumpkin or butternut squash
2 medium yellow onions, peeled and thinly sliced
2 ½ tablespoons extra-virgin olive, divided
½ teaspoon kosher salt (or to taste)
½ teaspoon ground black pepper (or to taste)
4 plum tomatoes, cored and diced
⅓ cup fresh sage leaves or 1 tablespoon dried rubbed sage
12 ounces whole-grain spiral pasta - or Gluten Free Pasta
¼ cup grated Parmesan cheese (optional if Dairy Free)

- 🕒 Heat the oven to 450 F. Position a rack in the lower third of oven.
- 🕒 On a rimmed baking sheet, toss the pumpkin with the onions and 1 ½ tablespoons of the oil. Season with salt and pepper. Spread the pumpkin in an even layer and roast until the vegetables are beginning to brown, about 15 to 20 minutes.
- 🕒 Stir in the tomatoes and sage, then roast, stirring once, until all the vegetables are browned and tender, about 10 minutes longer.
- 🕒 Meanwhile, bring a large pot of salted water to a boil and cook the pasta according to package directions. Drain and toss with the remaining 1 tablespoon of oil. Add the roasted vegetables and toss gently to combine.
- 🕒 Season with additional salt and pepper, if desired, and serve sprinkled with cheese.

Paducah Sun

Mashed "Potatoes"

6 C chopped cauliflower
¼ c flax oil
Spike All Purpose Seasoning to taste

Process cauliflower in a food processor with "S" blade, chop until "grainy". In a large pot, slow cooker, or electric skillet on the lowest temperature, add oil, spices and cauliflower, stirring and tossing until coated and warmed to 105 degrees. Serve with Mushroom Gravy. *RoseLee Calabro*

Holiday Zucchini

5 small organic Zucchini (unpeeled)
1 small organic Onion, finely diced
1 15-oz can organic Tomato Sauce
2 tsp Garlic and Herb seasoning
2 oz raw milk Parmesan Cheese (block style), shredded (optional if Dairy Free)

Wash zucchini and slice each in half lengthwise. Pour one cup of tomato sauce in a 9x13 glass dish. Spread evenly. Arrange zucchini halves, cut side up, on top of sauce. Sprinkle with diced onion, then with garlic and herb seasoning, covering each half zucchini well. Spoon remaining tomato sauce carefully down the length of each half. Sprinkle with the grated cheese. Bake, uncovered, at 350 degrees for 30-35 minutes, or until zucchini is tender and cheese is melted.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

Cranberry Sauce

1 package fresh or frozen organic Cranberries
1 cup Water
½ cup mild raw Honey

Combine ingredients in a large saucepan. Bring to a boil, then simmer gently until most of the berries pop (10-15 minutes). Remove from heat and cool. Store in a glass jar in refrigerator.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

Cranberries

One bag cranberries
One full orange
Valencia Orange Sweetleaf Stevia, Honey, or Maple Syrup

Food process cranberries and orange together and sweeten with a few drops of Valencia Orange Sweetleaf Stevia (0 glycemic index and clean taste).

Shannon Eggleston, Advanced Clinical Training Graduate September 2008

Citrus Stuffed Yams

6 large organic yams
1 Tbs freshly grated organic Orange rind
¼ cup ~~Butter~~, melted Coconut Oil
¼ tsp Cinnamon
¼ tsp ground Ginger (or, use 1-2 Tbs grated fresh organic ginger)
3 Tbs Grade B organic Maple Syrup or Raw Honey
¼ cup chopped raw Pecans (optional)

Wash yams and cut off a tiny bit of each end. Place on top over rack. Place a large pan on the lower rack, under the yams, to catch any bubbling. Bake whole at 350 degrees for about 45 minutes, or until tender. Cool slightly.

Slice yams in half lengthwise. Carefully scoop out the pulp, leaving a ¼ inch shell. Place pulp in a mixer bowl. Add orange rind, melted butter, cinnamon, ginger, and real maple syrup or honey. Beat together.

Coconut Oil

Stuff yam mixture back into shells, and sprinkle with pecans if desired. A little melted ~~butter~~ can be drizzled over the top. Place in a glass baking dish and bake at 325 for about 15 minutes or until heated through. 12 servings.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

Sweet Yams

Yams
English Toffee Sweetleaf Stevia, Honey, or Maple Syrup

Steam yams in water, until soft and then 2 min. before serving sweeten to taste with Stevia.

Shannon Eggleston, Advanced Clinical Training Graduate September 2008

Add desired spices ex/ Nutmeg, Cloves, Giner, Cinnamon

DESSERTS

Pumpkin Pie

1 (15oz) canned pumpkin	½-1 teaspoon ground cloves
½ teaspoon salt	2 large eggs, beaten
3 Packets powdered Stevia or Truvia, or Honey	½ to ¾ cup apple sauce (no sugar)
1 teaspoon ground cinnamon	12 oz Evaporated Milk or Milk of choice - Coconut Cream or Nut Milk
1 teaspoon ground ginger	1 ½ teaspoon vanilla

Mix dry ingredients together. Add pumpkin, apple sauce, eggs and vanilla and mix well. Pour in 9-inch deep dish pie shell (recipe below). Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees bake for 35-45 minutes. Best served cold.

Llana Call, Advanced Clinical Training Graduate December 2009

Crust (Pie or Cheesecake)

2 cups ground almonds (more for a thicker crust)	1/2 stick butter coconut oil
	1 tablespoon agave nectar Honey or Maple Syrup

Mix together and press firmly to side and bottom of pie pan. Bake 10 minutes at 350 degrees. Other nut meals/flours can be used.

Jason A. Copping, Advanced Clinical Training Graduate, November 2006

Llana Call, Advanced Clinical Training Graduate, December 2009

Pumpkin or Sweet Potato Pie

1 large can of either organic sweet potato puree (2½ small cans at Trader Joes) or organic pumpkin puree	1 tsp pure vanilla extract
4 ounces of organic half and half	1 lemon zest grated
4 Tbs of organic unsalted melted butter	½ lemon juiced
2 large organic eggs	½ tsp sea salt
1 tsp of pumpkin pie spice or dashes of cloves, ginger, nutmeg, cardamom, cinnamon. (We use a little more than a dash)	Coconut Cream or nut milk
	2 Tbs organic heavy cream (use this to brush on the surface of the pie shell)
	1- frozen pie crust shell. (Alert – read ingredients; often cane sugar used on frozen crusts, even those from health food stores!)
	Buy Gluten Free or make your own

Pecan topping:

In medium saucepan place ½ cup raw pecans, ¼ - ½ cup organic heavy cream, 2 full Tbs of organic maple syrup or agave, pinch of salt. Stir over heat, bring to a boil and reduce heat to simmer, stirring constantly. Then remove from heat, allow to cool slightly to pour over pie before baking

Preheat oven to 350 degrees.

Mix the pumpkin or sweet potato puree with all ingredients in a food processor. Pour into pie crust that is frozen and brushed with cream. Place pecan topping on top. Place entire filled pie shell on cookie sheet and cook for 45 min to 1 hr. Okay to cook longer if needed.

This is exceptionally good when cold, so place in the frig when done.

Bettye Cart, wife of Larry Cart, Advanced Clinical Training Graduate June 2009

Easy Apple Dessert

6 large organic Apples, peeled and sliced
¼ cup mild raw Honey (northern clover is best if you can get it)
½ tsp Cinnamon
½ tsp Nutmeg

Place apples in a buttered 9x11 glass baking dish. Sprinkle evenly with spices and drizzle with honey.

½ cup mild raw Honey
½ cup Butter, melted
1 cup organic whole Barley Flour or Gluten Free Variety

Contains Gluten
- Wheat
- Barley
- Rye

Combine flour, honey, and melted butter. Spread as evenly as possible over apple mixture. Bake at 350 degrees for about 40 minutes or until apples are tender. 10-12 servings.

Heather Thropay, wife of Adam Thropay, Advanced Clinical Training Graduate September 2007

HINTS, TIPS & IDEAS

- 🍏 Don't forget your traditional family favorites that may only require a little modification to make them healthier for you. Small changes add up!
- 🍏 Remember that some of the recipes included may have ingredients that your body does not tolerate right now. Try to make substitutions to make them work best for you.
- 🍏 Grilled Vegetables are always a good thing to make for any occasion. You can use whatever vegetables you have handy. Grill them and then mix with olive oil, fresh garlic, salt, pepper, oregano & basil. Toss together and you are done.
- 🍏 Holiday dinner menu suggestions:
 - Natural, unbasted/un-brined turkey, oven-roasted or home smoked, with homemade gravy thickened with a little organic barley flour or tapioca starch (no packaged mixes or canned gravy!)
 - Roasted garlic mashed organic potatoes
 - Any recipe included above!

Stevia Bulk Conversions

Sugar	Artificial Sweeteners	Stevia Blends (Packets)	Stevia Blends (Bulk)	Clear Stevia Liquid	Pure Steviosides
2 tsp	2 tsp	1 packet	½ tsp	¼ tsp	1/16 tsp
¼ cup	¼ cup	6 packets	3 tsp	½ tsp	3/8 tsp
1/3 cup	1/3 cup	8 packets	4 tsp	¾ tsp	½ tsp
½ cup	½ cup	12 packets	6 tsp	1 ¼ tsp	¾ tsp
¾ cup	¾ cup	18 packets	9 tsp	1 ¾ tsp	1 tsp
1 cup	1 cup	24 packets	12 tsp	2 ½ tsp	1 ½ tsp
2 cups	2 cups	48 packets	24 tsp	5 ¼ tsp	3 tsp

Note: To avoid a bitter taste: Although Stevia sweetening strengths vary from one brand to another, when you use a brand high in steviosides, you can achieve a sweeter taste without bitterness. This chart is based on using an extract with over 90% steviosides and a minimum of 30% rebaudioside A. Consequently, when using a pure stevioside with less than the stated requirements, reduce the amount of Stevia listed on the chart by about 30%--the final product will not be as sweet but you'll avoid the bitter taste.

(Chart and text above taken from http://cookingwithstevia.com/stevia_conversion_chart.html 10/2009)

Llana Call, Advanced Clinical Training Graduate December 2009 is thanked for both her inspiration and compilation of the recipes contributed.

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