

Mustard Roast Chicken on a bed of Carrots

Preparation time: 15 minutes

Cooking time: 55 minutes

Servings: 6

Calories: 240 per serving (19% from fat) 500mg sodium

Cuisine type: lunch, dinner, meat

Course type: main dish

Food as medicine ingredient: carrots

Ingredients

1 bunch organic carrots (about 1 lb. without tops)

1/2 cup reduced sodium chicken broth

1/3 cup Dijon mustard, such as Maille or Viloux brands

1-1/2 tablespoons dry sherry

1 (3-1/2 lb.) whole chicken, raised without antibiotics

1 small navel orange, preferably organic, unpeeled, cut into quarters

Directions

Heat oven to 450°F. Scrub carrots; cut diagonally into 1/2-inch slices. Arrange in bottom of a large oven proof (wrap handle in foil) sauté pan or skillet. Toss carrots with broth. Combine mustard and sherry; mix well. Set aside half of mixture for serving.

Rinse chicken with cold water; pat dry with paper towels. Place orange quarters inside cavity. Either truss the chicken (see video) or tie legs together over opening and tuck wings under chicken (Julia Child says “tuck wings akimbo”). Use fingers to gently separate skin from breast working all the way down the thighs. Use fingers to spread the remaining half of mustard mixture under skin over the breast and thigh meat. Place chicken, breast side up on the bed of carrots. Roast 50 to 55 minutes or until golden brown and internal temperature of thigh reaches 165°F. Remove from the oven. Tent chicken with foil; let stand 15 minutes.

Transfer chicken to a carving board with grooves to catch the juices*. Carve chicken into 6 pieces (2 wing/half breasts, 2 half breasts and 2 leg/thighs). Discard skin from chicken, the orange quarters and backbone. Pour the juices from the carving board over chicken. Arrange carrots on serving plates; top with chicken. Serve with reserved mustard sauce.

*Tip: or, use a flat carving board set in a large rimmed baking sheet or jelly roll pan to catch juices. For leftovers, reheat carrots in pan over medium heat until warm, stirring once; top with chicken.

Spiced and Crisp Garbanzo Bean Snack

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4 (1/4 cup each)

Calories: 138 per serving (22% from fat) 147mg sodium

Cuisine type: snack

Course: side dish, snack

Food as medicine ingredient: garbanzo beans, turmeric

Ingredients

1 (15 or 16 oz.) can no salt added garbanzo beans (chickpeas), rinsed and drained

2 teaspoons extra virgin olive oil

1 teaspoon turmeric

1 teaspoon ground cumin

1/8 teaspoon cayenne pepper

1/4 teaspoon kosher or coarse sea salt

Directions

Heat oven to 400°F. Line a 15x10-inch jelly roll pan with parchment paper or foil.

Combine all ingredients except salt in a medium bowl, tossing to coat. Arrange in a single layer in prepared pan. Bake 15 minutes. Stir; continue to bake 12 to 15 minutes or until beans are golden brown. Transfer to a small serving bowl; toss with salt. Serve warm or at room temperature.

Tip: The beans may be made ahead and stored tightly covered in the refrigerator up to 4 days. Reheat in a 350°F oven for 10 minutes just before serving.

Roast Braised Romaine with Walnuts and Cheese

Preparation time: 10 minutes

Cooking time: 32 minutes

Servings: 6

Calories: 75 per serving (68% from fat) 246mg sodium

Cuisine type: lunch, dinner

Course: side dish

Food as medicine ingredient: walnuts

Ingredients

3 fresh hearts of romaine lettuce (12 ounce package, such as Organic Earthbound Farm brand)

3/4 cup low sodium organic vegetable broth, such as Imagine brand*

1/2 teaspoon kosher or sea salt

1/2 teaspoon freshly ground black pepper

2 teaspoons walnut oil, such as La Nogalera

1/4 cup chopped walnuts, toasted

1/4 cup (1 oz.) freshly grated Parmesan cheese, preferably Reggiano Parmigiano

Directions

Heat oven to 400°F. Rinse lettuce in cold water; shake off excess. Cut each heart lengthwise in half. Place cut sides down snugly in a 13 x 9-inch baking dish; pour broth over lettuce. Sprinkle salt and pepper over lettuce; cover dish with foil. Bake 20 minutes. Uncover; continue baking 10 to 12 minutes or until lettuce is tender and golden brown. Serve with juices from baking dish spooned over; top with walnut oil, walnuts and cheese.

*Tip: low sodium broth has much less sodium than reduced sodium broth. Check labels for lowest sodium content.

Roast Sweet Potatoes with Apples & Quince

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 6 (3/4 cup each)

Calories: 131 per serving (1% from fat) 203mg sodium

Cuisine type: lunch, dinner

Course: side dish

Food as medicine ingredient: quince

Ingredients

1 lb. sweet potatoes, scrubbed, cut into 3/4-inch chunks

8 oz. quince*, unpeeled, cut into 1/2 inch chunks

8 oz. granny smith apples, unpeeled, cut into 1/2 inch chunks

3 tablespoons pure maple syrup

2 teaspoons chopped fresh thyme leaves

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Directions

Heat oven to 400°F. Coat a 15x10-inch jelly roll pan with cooking spray. Combine sweet potatoes, quince and syrup in a large bowl. Toss well; spread into a single layer on prepared baking sheet. Bake 15 minutes. Add apples; toss well with other vegetables. Continue to bake 10 to 15 minutes or until vegetables are tender. Toss with thyme, salt and pepper.

*If quince is out of season use 1 lb. apples.

Flavor Packed Pinto Beans

Preparation time: 10 minutes

Cooking time: 2-1/2 hours

Servings: 7 (1 cup each)

Calories: 315 per serving (23% from fat) 337mg sodium

Cuisine type: lunch, dinner

Course: side dish

Food as medicine ingredient: pinto beans

Ingredients

2 tablespoons grapeseed or olive oil

1 large white onion, chopped

6 cloves garlic, minced

1 lb. bag dried pinto beans

3 tablespoons dried oregano leaves, Mexican preferred

1 tablespoon dried thyme leaves

2 bay leaves

1 teaspoon salt

For garnish: 1 ripe avocado, peeled, seeded, diced

Directions

Heat oil in a 4-quart saucepan or Dutch oven over medium-low heat. Add onion; sauté until golden brown, 8 to 10 minutes. Add garlic; sauté 1 minute.

Rinse the beans in cold water; discard any pebbles and the beans to the pan. Add 2 quarts (8 cups) water. Bring to a boil over high heat. Reduce heat to maintain a very gentle simmer (boiling the beans will break them). Stir in oregano, thyme and bay leaves. Cover pan; simmer over low heat 2 to 2-1/2 hours or until beans are tender, stirring once or twice. Remove from heat; stir in salt. Let beans cool completely in liquid, stirring occasionally. The beans will be slightly soupy. Drain in a colander if desired. Serve in shallow bowls topped with avocado. Store any leftovers in refrigerator up to 4 days or freeze up to 3 months.

Polynesian Gingered Shrimp over Nutty Quinoa

Preparation time: 20 minutes including quinoa cooking time

Cooking time: 5 minutes

Servings: 4

Calories: 303 per serving (20% from fat) 445mg sodium

Cuisine type: lunch, dinner

Course: main dish

Food as medicine ingredient: ginger root

Ingredients

1 pound peeled and deveined gulf shrimp, thawed if frozen

4 cloves garlic, minced

1 tablespoon minced fresh ginger root

1 cup organic quinoa

1/4 cup mango chutney, such as Stonewall Kitchen brand

1/4 cup sliced almonds, toasted

1/2 teaspoon kosher or coarse sea salt

1 lime, cut into wedges

Directions

Combine shrimp, garlic and ginger in a medium bowl. Let stand 15 minutes. Meanwhile, cook quinoa in water according to package directions.

Coat a large nonstick skillet with cooking spray or misted canola oil; place over medium-high heat. Add shrimp mixture; stir-fry 3 to 4 minutes or until shrimp are opaque. Add chutney; stir-fry 1 minute. Stir almonds and salt into cooked quinoa; top with shrimp mixture and serve with lime wedges.

Tip: your video will be a good time to talk about buying Gulf shrimp rather than the less expensive shrimp from Thailand's polluted farms.

3 Ingredient Shirataki & Cucumber Pasta

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Calories: 71 per serving (23% from fat) 360mg sodium

Cuisine type: lunch, dinner

Course: side dish

Food as medicine ingredient: high fiber shirataki noodles

Ingredients

1 seedless cucumber

2 (8 oz.) packages shirataki noodles

1/4 cup gluten free Thai peanut sauce, such as SanJ brand

Directions

Cut cucumber in half crosswise. Cut off 1/4-inch slice of cucumber lengthwise; reserve for a salad or another use. Use a vegetable peeler to cut very thin lengthwise “ribbons” from both halves of cucumber. Place ribbons in a colander in the sink or inside a large stainless steel bowl.

Drain noodles; cook in simmering water 2 to 3 minutes. Pour over cucumbers to drain noodles and heat the cucumber. Drain well and toss with peanut sauce.

Late Summer Tomato Salad

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 4

Calories: 150 per serving (26% from fat) 432mg sodium

Cuisine type: lunch, brunch, dinner

Course: side dish

Food as medicine ingredient: vine ripe tomatoes

Ingredients

12 cups freshest mixed salad greens available, washed, spun dry

1/2 cup chopped fresh mixed herbs, such as tarragon, chives and basil

8 medium sized ripe tomatoes, preferably heirloom* or a mix of yellow and red tomatoes

2 tablespoons balsamic vinegar or balsamic vinegar glaze

4 teaspoons extra virgin olive oil

3/4 kosher or sea salt

Freshly ground black pepper to taste

Directions

Toss salad greens with herbs; arrange on four large serving plates. Thinly slice tomatoes; arrange attractively over greens. Drizzle vinegar and oil over salads. Top with salt and pepper.

*Tip: talk about varieties of heirloom tomatoes like green zebra, brandywine, etc. Never refrigerate the tomatoes or they will lose their flavor and become mushy.

Main dish variation: arrange 4 ounces sliced cooked chicken breast or grilled tempeh over each salad before adding the tomatoes. Proceed as recipe directs.

Zucchini Pancakes

Preparation time: 20 minutes

Cooking time: 25 minutes

Servings: 4 (3 pancakes each)

Calories: 116 per serving (35% from fat) 295mg sodium

Cuisine type: brunch, lunch, dinner

Course: side dish

Food as medicine ingredient: zucchini

1 pound (3 medium) zucchini squash, trimmed, coarsely grated (3 cups packed)

1/2 teaspoon kosher salt

1 large egg

1 large egg white

1/4 cup minced sweet onion

1/4 cup whole wheat pastry flour

1/4 teaspoon freshly ground black pepper

1-1/2 teaspoons extra virgin olive oil, divided

1/4 cup reduced fat sour cream

Directions

Heat oven to 225°F. Toss zucchini with salt; transfer to a colander placed inside a medium bowl and let drain 20 minutes. Use hands to squeeze out excess moisture; pour off the liquid, and transfer zucchini to the same bowl. Add remaining ingredients except oil and sour cream; mix well.

Coat a large nonstick skillet with olive oil cooking spray. Heat 1/2 teaspoon of the oil in pan over medium heat. Drop batter by scant 1/4 cupfuls into hot skillet; press down with spatula to form 3-inch rounds. Cook 4 minutes per side or until deep golden brown. Transfer to an oven-proof plate; keep warm in oven. Repeat twice with remaining oil and batter. Serve warm with sour cream.