

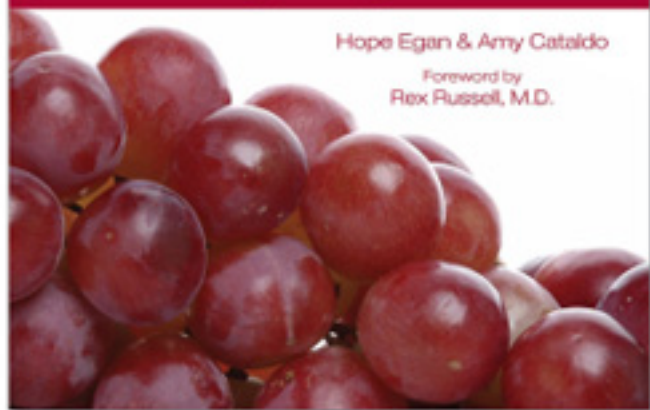
A cookbook inspired by international best-selling author
Rex Russell, M.D., and his landmark book

What the Bible Says about Healthy Living Cookbook

Simple and Tasty Recipes
Featuring God's Ingredients

Hope Egan & Amy Cataldo

Foreword by
Rex Russell, M.D.



I am pleased to give my "seal of approval" to Hope Egan and Amy Cataldo's *What the Bible Says about Healthy Living Cookbook*. It is, in many ways, the long-awaited companion to my book, *What the Bible Says about Healthy Living*. I am enthusiastic in my recommendation of the *What the Bible Says about Healthy Living Cookbook*.

REX RUSSELL, M.D.

Author, *What the Bible Says about Healthy Living*

"These simple-to-prepare recipes will inspire readers who want to honor their body—God's Temple—and feed their family from a biblical perspective."

JORDAN RUBIN

New York Times best selling author of *The Maker's Diet*

"Having been an advocate for healthy living according to biblical guidelines for over 25 years, I'm thrilled to have this wonderful cookbook."

JOYCE ROGERS

Author, *The Bible's Seven Secrets to Healthy Eating*

Join biblical health author Hope Egan and life-long healthy eater Amy Cataldo as they unveil the long-awaited follow-up to *What the Bible Says about Healthy Living*. Helping you incorporate God's ingredients into your life—simply and without sacrificing taste—this companion cookbook shows you how to prepare meals, snacks and desserts based on the principles outlined in *What the Bible Says about Healthy Living*. For years biblical health experts have been telling you how to think about biblical eating. Now there is a complete cookbook that helps you take action.

- More than 150 tasty and easy-to-prepare recipes, such as Sweet Potato Fries, Pesto-Crusted Salmon and Chocolate Peanut Butter Balls.
- Insights into the Three Principles from *What the Bible Says about Healthy Living* that will change your diet and improve your health.
- Nutritional facts that highlight the amazing design behind God's ingredients.

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Excerpts from What the Bible says about Healthy Living Cookbook

Foreword Dr. Rex Russell

Good Housekeeping magazine lends its name to certain products by stamping them with the Good Housekeeping Seal of Approval. It's a way to endorse good products for its readers. Similarly, I am pleased to give my "seal of approval" to Hope Egan and Amy Cataldo's *What the Bible Says about Healthy Living Cookbook*. It is, in many ways, the long-awaited companion to my book, *What the Bible Says about Healthy Living*.

First, a little history and a short update on my health. If you read my book, you might recall that I was diagnosed with juvenile diabetes when I was thirteen years old. At that time I was told I could expect to live about twenty more years before serious complications would shorten my life. I immediately had two thoughts. The first was, "Why me?" The next was, "God, use this to help people come to know You." I also clearly remember my mother's response. She said, "Rex, God loves you. You can meet this challenge." She went on to become my constant encourager. Only now do I know how her heart probably ached. Mothers want to fix things, but she could only turn me over to the Lord.

As a boy of thirteen, age thirty-three seemed pretty far off. But each day was a reminder that

I had a serious illness. I had to learn how to give myself daily injections. I had to pay attention to what I ate. I had to be aware of how I felt, and I had to test my blood sugar levels several times a day. I was susceptible to various infections, and I developed numerous cysts and boils. For a very active teenager, diabetes was a very inconvenient illness.

Despite health issues related to diabetes, I lived a fairly normal life. As I look back, one of the gifts that my mother gave me was the mindset to view my diabetes as a challenge. As I grew up, facing challenges was a great motivator. I loved a challenge so much that I was—to put it mildly—competitive in both academics and sports. I played college football for my beloved Oklahoma State University. In my senior year I was named Academic All-American, and I was one of seven students chosen to be a Scholar Athlete of the Year by the Football Hall of Fame.

After I graduated, I attended medical school at Baylor University in Houston. While I was at Baylor I met my wife, Judy, and we were married during my senior year. I did my radiology training at the Mayo Clinic in Rochester, Minnesota, and then I began a radiology practice in Fort

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Smith, Arkansas. Judy and I had two sons, and we lived a fairly normal life.

However, at the predicted age of thirty-three, the two big Ds—Diabetes and Death—began their inevitable merger. My kidneys, arteries and eyesight were deteriorating. I continued to have small vessel hemorrhaging in my eyes, and the retina in each eye needed laser therapy every month. The doctors feared that the hemorrhages and laser scarring would eventually lead to blindness. In addition, my legs began swelling, and I developed almost monthly abscesses that had to be drained. The unrelenting and unsightly abscesses became such a source of embarrassment to me that I went to different doctors to have them drained. This embarrassment just added to my overall misery.

Desperate, I searched for anything that might alleviate my health crisis. I exhausted myself searching for medical answers. I gulped down vitamins and mineral supplements—sometimes fifty a day. I searched and researched. With my health rapidly deteriorating, I was depressed, emotionally drained, and spiritually empty. My mother used to tell me, “Rex, when you don’t know what to do, just say, ‘Lord, help me, help me to figure this out.’” I had used the “help me prayer” so much that it was worn out around the edges.

One evening, I was sprawled out on the couch in a funk—but still with a Bible in my hand. I read Psalm 139:4. The psalmist, in praise, lifted his voice to God and said, “I am fearfully and wonderfully made.” I saw no comfort in that claim. I was angry. I said, “God, if I am so wonderfully made, why am I so sick? Why

didn’t You give us a way to be healthy?” And then, like a feather making a gentle descent, The Question dropped into my mind: “Have you read my Instruction Book?” No longer the one asking the questions, I felt compelled to answer the one God posed to me. I began a journey to discover what the Bible says about healthy living.

I had a deep belief that the God who created me was also the One who, years ago, heard a little thirteen-year-old boy say, “God, use this to help people come to know you.”

The resources for my journey were the Bible, prayer and scientific inquiry. I began to search for hidden treasures, old and new. Since then, I have realized the truth of what a friend of mine often says: “God is a Pointer. He leads by pointing. The first step is ours.” God’s question, as God’s questions often do, pointed me to His Word: “Have you read my Instruction Book?” I started my search somewhat skeptical that there would be any relevant health information in a book that was written so long ago. I was fearful that if I found any answers, other physicians might just roll their eyes in ridicule. But I was committed, so I examined God’s Word and any laws and commands that related to health.

The first thing that caught my attention was that God wanted his people to be healthy. He said, “If you . . . keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer” (Exodus 15:26). This and other verses cemented the idea that there was a relationship between God’s ordinances and the health of His people. I began to learn that God had laws and

Excerpts from What the Bible says about Healthy Living Cookbook

commands relating to health. For example, in Leviticus He instructed the Israelites not to eat pork or shellfish. I wondered if there was some health reason for God telling His people to eat or not eat certain things. I wondered, “Did God have a healing and preventive medicine plan in the Hebrew Scriptures?”

One of my medical school mentors, Dr. Harold Dobson, often said, “When you see something that you perceive as a ‘truth,’ test it.” So I set out to test this pork and shellfish law. Now, let me tell you, I loved pulled pork. I loved pork sausage. I loved ham hocks. I could pile up a plate of shrimp and eat myself silly. I was not too enthusiastic about this test. But I believed I had found truth, and I told God I was going to test it. So I made a commitment to change the way I ate.

My first big test was eliminating pork, shellfish or any scavenger from my diet. About a month into my change, Judy and I realized that my abscesses were gone. I had been plagued by abscesses since I was a teenager. And now I didn’t have any? I also realized that my joints did not hurt. Was my arthritis really gone? Intrigued, I continued to study God’s health-related laws and ordinances.

About six months into my new eating pattern, I had a setback. Despite my findings and despite my improved health, I was tempted with, of all things, pork sausage. It happened when our family visited my parents in Oklahoma. Something happens in a parent’s heart when adult children come home to visit. They want to make their children happy, usually by preparing their favorite foods. Familiar

smells coming from the kitchen evoke pleasant memories. For me, it was the smell of sausage wafting up the stairs and sneaking into bed with me. How could I refuse my dad’s kind gesture? It would be like turning down his love. He cooked it for me. He cooked a lot of it for me. The simple fact was that I wanted some sausage. So I had a conversation with myself. First, I couldn’t hurt my father’s feelings. Second, I convinced myself (and told God) that I was just doing another “test” to make sure I was on the right track. By the time I got downstairs, the laughter in the kitchen and the smell of the sausage had mixed and mingled into a swell of childhood memories. I was a goner. I made a pig out of myself eating the sausage, and the next morning my hands were so swollen I could hardly open them. At that moment I was absolutely convinced that there was a health reason behind God’s dietary laws. “Thank you, Lord. Thank you,” I kept repeating. “Your word is a lamp to my feet and a light to my path” (Psalm 119:105).

But I was a scientist. Would science speak to the adverse health effects of eating pork or shellfish? Would science present any logical reasons for not eating them? As I researched, I found scientific literature that was full of information about the dangers of eating pork and other scavengers. Among other hazards, by their very nature, these creatures are laden with parasites, bacteria, viruses, toxins and infectious agents that can be transmitted to humans. I concluded that God did not intend for them to be our food.

Over my four years of study, God’s health

Excerpts from What the Bible says about Healthy Living Cookbook

plan slowly began to fit together. Each time I looked at what the Bible said and then found confirmation in science, I would shake my head in amusement and smile with a grateful heart. Truly, we *are* fearfully and wonderfully made. As I studied, I began to organize what I learned around Three Principles. The result was the book *What the Bible Says about Healthy Living*. This book, which has now been published in five languages, focuses on three simple principles that have become helpful decision-making tools for the myriad of readers around the world who follow them:

Principle 1:

Eat only substances God created for food.
Avoid what is not designed for food.

Principle 2:

As much as possible, eat foods as they were created—before they are changed or converted into something humans think might be better.

Principle 3:

Avoid food addictions. Don't let any food or drink become your god.

Source: *What the Bible Says about Healthy Living* (Regal Books, 1996).

I faithfully lived out what I learned, and I have since experienced enormous positive health changes from applying the Three Principles to my life. I have not had an abscess in twenty years. I am virtually arthritis free.

Until just recently, I had 20/20 vision. It is now 20/40. Doctors marvel that I don't get infections like other diabetics. I have had the flu only two or three times in the last twenty-five years.

I have also heard from hundreds of people who testify to the health benefits they experience when they simply follow the Three Principles. Many people who struggled with obesity, arthritis, lupus or ulcerative colitis, for example, have shared stories about their health improvements that surprise even me. These and many other illnesses respond to eating the way our Designer intended.

Although I eat faithfully by the Three Principles, I do not presume they are a "cure-all." I still face disease. I still have insulin-dependent diabetes. But the complications of my disease have been reversed and/or delayed. My Creator and Designer, my God and Redeemer is faithful to His Word. He has fulfilled the truth of His Law in my life. He will carry the Truth of His Word to you also.

One might say that at age sixty-seven, I have lived on borrowed time. I would not put it that way. I live each day as a gift—a gift wrapped in the wisdom of God's Instruction Book. We are fearfully and wonderfully made.



About two years ago, I began to suspect a kidney transplant would be part of my future. My kidneys had served me well, but as expected, they were giving out. Finally, in September 2007 I was forced to go on dialysis. It all started when Judy and I were on a cruise with some

Excerpts from What the Bible says about Healthy Living Cookbook

Introduction

Now what?” That is the first question most people ask after they read Dr. Rex Russell’s popular book, *What the Bible Says about Healthy Living*.

While Dr. Russell’s Three Principles provide sound guidance for how to *think* about food choices from a biblical perspective, we are here to help you *take action*.

In creating our recipes, we kept Dr. Russell’s Three Principles in mind.

Principle 1: Eat only substances God created for food. Avoid what is not designed for food.

Since our generous and benevolent Father gave us such a large variety of foods to enjoy—all with different tastes, smells, colors and nutrients—we have tried to use a wide variety of God’s ingredients throughout this book. And because neither of us eats enough vegetables, our recipes incorporate a lot of them, since they are one of God’s most healthy gifts.

Principle 2: As much as possible, eat foods as they were created—before they are changed or converted into

something humans think might be better.

We believe that, since God designed our food and He designed our bodies, eating His foods in a form as close as possible to their original state is healthiest. This motivates us to cook from scratch as much as we can, avoid processed foods and ingredients, use whole grains and flours, and buy as many organic ingredients as we can afford.

At the same time, we both “cut corners” in order to be realistic and stay motivated, given life’s time constraints. For example, canned beans and tomatoes are staples in our pantries, and this reality is reflected in our recipes. We view eating God’s way as a lifestyle marathon to be run and completed, not a short race to be run perfectly.

Principle 3: Don’t let any food or drink become your god.

We find that if we follow Principles 1 and 2, Principle 3 often takes care of itself because we tend to feel quite full and satisfied when we eat God’s ingredients. While we still indulge in desserts, you will notice that our sweet treats

Excerpts from What the Bible says about Healthy Living Cookbook

are either fruit based or include honey or maple syrup. These less-processed ingredients are closer to God's original design than refined and bleached white sugar, so they help us avoid swerving down the path of idolatry. Give it some time; your tastes and desires will adjust.

The Bible is filled with examples of people eating together—and even eating with God Himself. Carving out time to prepare home-cooked meals to eat with family or friends often fills the void that eating or drinking to excess tries to fill.

If you are new to cooking—or to healthy cooking—first read “Getting Started” on the pages that follow. Many people get excited about cooking, but they quit if they do not have key ingredients. “Getting Started” includes a list of ingredients to keep on hand for our recipes.

Our first three chapters (“Vegetables, Dressings and Sauces,” “Grains and Potatoes,” and “Fish, Poultry, Beef and Lamb”) are this cookbook's backbone. If you are not sure what to make for dinner, just pick a recipe from each chapter and you will be set. “Meatless Mains” (chapter 4) are not just for vegetarians—they are healthy, economical ways to add variety to meals.

THE RECIPES

We do not think that God expects us to spend hours and hours in the kitchen to prepare the food He gave to us. Besides, few people have time to plan a menu, buy groceries or actually cook as much as they want to. If this sounds like you, do not despair. Our recipes will help

you prepare meals that are easy to fix and tastier than what you might expect from “healthy cooking.”

Since Amy is a stickler for taste and Hope is (by her own admission) lazy, our recipes had to meet both of our standards. However, just because a recipe is tasty and speedy to us, it might not be for you. For example, chopping onions and garlic might seem tedious to you. Fear not—it will become second nature if you persevere. And, if you are not used to natural foods, the end products may taste different than the foods you are used to (less sweet, for example).

Just remember: Change takes time. Our suggestion? Be patient and feel free to adapt our recipes to suit your needs. By doing so, you will enjoy cooking (and eating) much more.

FORMAT AND FEATURES

Cookbooks that look visually splendid but are hard to follow frustrate us, so with the help of our talented designer (Casey Hooper of Casey Hooper Design), we created our dream format, which is designed to help you easily see what ingredients and steps are involved with each recipe. We also list different ingredient options to give you variety and to allow for personal preferences. When we list several choices (like in *Fruit and Nut Granola*, page 146), a combination of ingredients is often the tastiest. But feel free to just use a single ingredient. Sometimes we give quantity ranges for ingredients—especially for sweeteners and salt—rather than exact amounts. This also allows for personal preferences.

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Getting Started

We stock our own pantries with the essential ingredients listed here because they help us apply Dr. Russell's Three Principles when we are cooking and eating; as such, they are the staples used in our recipes.

Some of these basics are easy to find; some are more obscure. If your grocery store does not carry an item, request it from the store manager, look for it online, or check for it at a specialty or natural food store.

If you are surprised to find canned or bottled items (such as tuna or salsa) on the list, remember that we use convenience items like these to save time. We believe that keeping us motivated by sacrificing a little on Principle 2 (eating God's foods in their original forms) is more important than trying to eat "perfectly" all the time.

Before adding any item to your pantry, check the label. God's ingredients, rather than man-made or processed ingredients, should be listed first and should be the primary ingredients.

Similarly, certified organic ingredients are generally closer to God's design than nonorganic ones. While it can be cost prohibitive to buy only organic food, we generally splurge for organic meat, dairy products and eggs.

Nonperishable Pantry Items

These ingredients should generally be stored in a cool, dry cupboard, although some (such as grains, beans and flours) can be stored in the refrigerator or freezer.

- **Applesauce.** If you do not have time to make *Applesauce* (page 181), a jar of store-bought applesauce is a good substitute. Look for applesauce that contains 100 percent apples with no sugar added. Use it in *Morning Glory Muffins* (page 145), spread it on *Multigrain Pancakes* (page 154), or mix it with cottage cheese for a snack or light breakfast or lunch.

- **Beans.** We use canned beans (15-ounce cans) for many "Soup, Stew and Chili" recipes and "Meatless Main Dishes." Because beans are tasty, inexpensive and healthy, we always keep several cans in our cupboards: black beans, garbanzo beans (chickpeas), white beans (cannellini or great Northern beans) and red beans (kidney beans). While dried beans are closer to God's design than canned beans, they generally have to be soaked overnight and precooked before using, which makes them less convenient.

- **Broth.** We use boxed broth, since its re-closable top makes it easier to store than

Chapter 1

Vegetables, Dressings and Sauces

SALADS

Classic Coleslaw
Broccoli Peanut Slaw
Tomato Salad
Green Bean and Tomato Salad with
Garlic Basil Dressing
Lemon Herb Bean Salad
Mix and Match Salad
Cucumber Salad
Cauliflower Salad with Sun-Dried
Tomatoes and Olives
Beet Salad

COOKED VEGETABLES

Basic Roasted Vegetables
Maple Walnut Acorn Squash
Roasted Asparagus
Swiss Chard with Pine Nuts and Golden
Raisins
Garlic Ginger Broccoli
Spaghetti Squash
Sweet Potato Fries
Sweet Potato Casserole

DRESSINGS AND SAUCES

Balsamic Vinaigrette
Raspberry Vinaigrette
Lemon Vinaigrette
Caesar Dressing
Creamy Basil Dressing
Cucumber Dill Dressing
Ranch Dressing or Dip
Honey Mustard Dressing
Strawberry Dressing
Marinara Sauce
Pesto
Tomato Basil Vegetable Sauce

SEE ALSO . . .

Gazpacho (page 132)
“Cream” of Squash Soup (page 128)
“Cream” of Broccoli Soup (page 130)
“Cream” of Spinach Soup (page 129)
Spinach Balls (page 199)
Spinach and Artichoke Dip (page 187)

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In the beginning God created . . . vegetables. In fact, in the very first chapter of the Bible He gave Adam all sorts of seed-bearing plants, which included fruits, beans, grains and nuts, as well as vegetables.

Then God said, “Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you.” (Genesis 1:29)

Isn't it wonderful that the Creator intentionally designed the exact nutrients your body needs, just six days into creating the world? It's not surprising, since He also created your anatomy and physiology—including your digestive system, which extracts nutrients from this food. In fact, vegetarian food sources are so nutritious that pro-vegetarian arguments are compelling. While we do not agree that God allows us to eat only plant-based foods, we do believe that we would all do well to make these fantastic foods the centerpiece of our diets.

Science confirms that vegetables are one of God's most beneficial gifts to humans. When

you avail yourself of this gift, you open yourself to the associated blessings. Vegetables—especially dark green leafy ones and bright, colorful ones—help prevent cancer, reduce the risk of heart disease and heal you from a wide variety of other ailments.

If vegetables are so wonderful, why don't people eat more of them? Unfortunately, many people just don't like vegetables. Although we do enjoy eating them, we usually don't eat enough vegetables because of our busy schedules and because it is hard to keep fresh ones on hand. The best way we have found to boost our vegetable intake is to eat raw or cooked veggies in our sandwiches, omelets, rice dishes, casseroles and anywhere else we can. Throughout this book, you'll find plenty of ideas for doing this. In addition, this chapter provides recipes for side dishes and salad dressings that can help you boost your veggie intake. For example, making *Balsamic Vinaigrette* or *Raspberry Vinaigrette* can actually help you look forward to eating salads. By adding sliced pears, pecans, dried cranberries and some feta cheese, as suggested in *Mix and Match Salad*, you can create an entrée salad that beats any restaurant's!

Excerpts from What the Bible says about Healthy Living Cookbook

Principle 1

Thank God for giving you so many vegetables with so many tastes, smells, textures, colors and benefits.

Principle 2

God gave you vegetables—including the peels—for your health. Keeping the skins on, choosing organic produce and eating vegetables raw or only lightly steamed will help you reap the most of God's intended benefits.

Principle 3

Vegetables are the one food that is hard to eat too much of. If you find yourself idolizing them, consider yourself blessed—but repent anyhow.

Chapter 1

Vegetables, Dressings and Sauces

SALADS

Classic Coleslaw
Broccoli Peanut Slaw
Tomato Salad
Green Bean and Tomato Salad with
Garlic Basil Dressing
Lemon Herb Bean Salad
Mix and Match Salad
Cucumber Salad
Cauliflower Salad with Sun-Dried
Tomatoes and Olives
Beet Salad

COOKED VEGETABLES

Basic Roasted Vegetables
Maple Walnut Acorn Squash
Roasted Asparagus
Swiss Chard with Pine Nuts and Golden
Raisins
Garlic Ginger Broccoli
Spaghetti Squash
Sweet Potato Fries
Sweet Potato Casserole

DRESSINGS AND SAUCES

Balsamic Vinaigrette
Raspberry Vinaigrette
Lemon Vinaigrette
Caesar Dressing
Creamy Basil Dressing
Cucumber Dill Dressing
Ranch Dressing or Dip
Honey Mustard Dressing
Strawberry Dressing
Marinara Sauce
Pesto
Tomato Basil Vegetable Sauce

SEE ALSO . . .

Gazpacho (page 132)
“Cream” of Squash Soup (page 128)
“Cream” of Broccoli Soup (page 130)
“Cream” of Spinach Soup (page 129)
Spinach Balls (page 199)
Spinach and Artichoke Dip (page 187)

Sweet Potato Fries

Makes about 3 servings.

1 unpeeled medium sweet potato (about 1 pound)

2 tablespoons extra virgin olive oil

1 heaping teaspoon ground cumin

¼ to ½ teaspoon salt

Several generous grindings of pepper

1. Preheat the oven to 400 degrees.
2. Cut the sweet potatoes into strips, so they look like french fries.
3. Put the sweet potatoes, olive oil, cumin, salt and pepper in a large bowl and toss to completely coat. Transfer the sweet potatoes to a jelly roll pan (or a cookie sheet) and spread in an even layer.
4. Bake for 15 minutes, gently stir with a rubber spatula or wooden spoon, and return to the oven.
5. Cook for an additional 15 minutes. Depending on the size of your “french fries,” the total cooking time will range from 30 to 40 minutes. They are done when they turn golden brown and are easily pierced with a fork.

Divine Design: Sweet Potatoes

Like carrots, bright orange sweet potatoes were created by God to be filled with beta-carotene, which helps prevent cataracts. That's why they're both “good for the eyes.”

Variations

- ◉ Add ½ teaspoon chili powder during step 3.
- ◉ Experiment with different spice mixtures. For example, substitute 1 teaspoon dried thyme and 1 teaspoon dried rosemary for the cumin.
- ◉ Use 4 large carrots instead of the sweet potatoes.
- ◉ Cut a medium zucchini into the same-sized pieces as the sweet potato and add during step 3.

Love Thy Leftovers

Dice leftover Sweet Potato Fries and add to *Basic Scrambled Eggs* (page 152).

Chapter 2

Grains and Potatoes

GRAINS

Basic Cooked Rice
Rice Salad Primavera
Wild Rice Pilaf Salad
Tabbouleh Rice
Spinach and Cilantro Green Rice
Barley “Risotto”
Barley Veggie Salad
Mix and Match Whole Grain Pasta
Asian Quinoa Salad
Millet Casserole
Millet Pilaf
Polenta with Spinach and Feta
Polenta Pizza

POTATOES

Basic Roasted Potatoes
Classic Potato Salad
Potato Pancakes
Mashed Potatoes with a Twist
Potato Salad with Green Beans

SEE ALSO . . .

Fried Rice (page 99)
Rice Salad with Garbanzo Beans, Dill
and Feta (page 97)
Red Bean and Rice Salad with Lime
Dressing (page 98)
Quinoa with Feta, Capers and
Sun-Dried Tomatoes (page 110)
“Cream” of Potato Soup (page 131)



Chapter 3

Fish, Poultry, Beef and Lamb

FISH

Basic Cooked Fish
Tuna Salad
Pesto-Crusted Salmon
Salmon with Horseradish Crust
Maple Almond Salmon
Salmon with Leeks
Apricot-Glazed Tuna
Halibut with Salsa
Halibut with Peppers and Capers
Mustard Dill Sole
Pecan-Crusted Tilapia

POULTRY

Basic Cooked Chicken
Chicken Salad with Pecans and Grapes
Chicken with Peanut Sauce
Mustard Herb Chicken
Asian Chicken
Chicken with Peanut and Coconut
Crust

Roasted Chicken
Sweet Balsamic Chicken
Tandoori Chicken
Turkey Pot Pie
Turkey Sausage

BEEF AND LAMB

Beef Brisket
Gyros
Meat Loaf
Old-Fashioned Meat Sauce
Tamale Pie
Vietnamese Beef Salad

SEE ALSO . . .

Fish Chowder (page 119)
Chicken and Rice Soup with Spinach
(page 120)
Lamb Stew (page 121)
Meat Chili (page 133)

Pesto-Crusted Salmon

Makes 4 servings.

- 1 bunch parsley (mostly leaves)
- 2 tablespoons fresh thyme
- 2 tablespoons fresh rosemary
- 1 tablespoon fresh oregano
- 2 to 3 green onions (white and some green)
or ¼ medium onion
- ½ cup pine nuts or walnuts
- Heaping ½ teaspoon salt
- Several generous grindings of pepper

- ⅓ cup extra virgin olive oil

- 1 pound skinless salmon fillets

1. Preheat the oven to 400 degrees.
2. Prepare the pesto:
 - a. Combine the first eight ingredients (parsley through pepper) in a food processor and process until the mixture is well chopped.
 - b. While the food processor is running, slowly pour the olive oil through the feed tube. Process until smooth.
3. Wash the salmon fillets, pat dry, and place in an 8 x 8-inch baking pan.
4. Spread a ¼-inch layer of pesto evenly over the top and sides of the salmon.
5. Bake until the salmon flakes easily with a fork and begins to turn opaque, about 12 to 15 minutes, depending on the thickness of the salmon.

Divine Design: Salmon

Fish oil, one of God's greatest creations, helps people of all shapes and sizes. Especially notable are the benefits for women: fish oil reduces menstrual cramping and fights prostaglandins, which cause heart problems and promote cancerous growths that lead to breast cancer.

Variations

- Use either version of *Pesto* (page 33) instead of the pesto indicated here.
- Use any flaky white fish such as tilapia or cod.
- Spread the pesto over boneless, skinless chicken breasts and cook according to the directions for *Basic Cooked Chicken* (page 74), omitting the other ingredients.

Love Thy Leftovers

- Use extra pesto to top baked potatoes, *Basic Cooked Rice* (page 39) or *Basic Roasted Vegetables* (page 15).
- Stir leftover pesto into *Spinach and Cilantro Green Rice* (page 43).

Chapter 4

Meatless Main Dishes

Rice Salad with Garbanzo Beans, Dill
and Feta

Red Bean and Rice Salad with Lime
Dressing

Fried Rice

Green Curry with Black Beans and Rice

Garbanzo Bean Curry

Lentil Loaf with Cashew Sauce

Lentil Salad

Refried Bean Wraps

Sweet Potato and Black Bean Burritos

Veggie Burgers with Garbanzo Beans
and Walnuts

Veggie Burgers with Millet and Sweet
Potatoes

Quinoa with Feta, Capers and
Sun-Dried Tomatoes

Quesadillas

Egg Salad

Quiche

SEE ALSO . . .

Lemon Herb Bean Salad (page 9)

Marinara Sauce (page 32)

Asian Quinoa Salad (page 48)

Polenta with Spinach and Feta (page 51)

Polenta Pizza (page 52)

Lentil Rice Soup (page 122)

Split Pea Soup (page 123)

Red Lentil Soup (page 124)

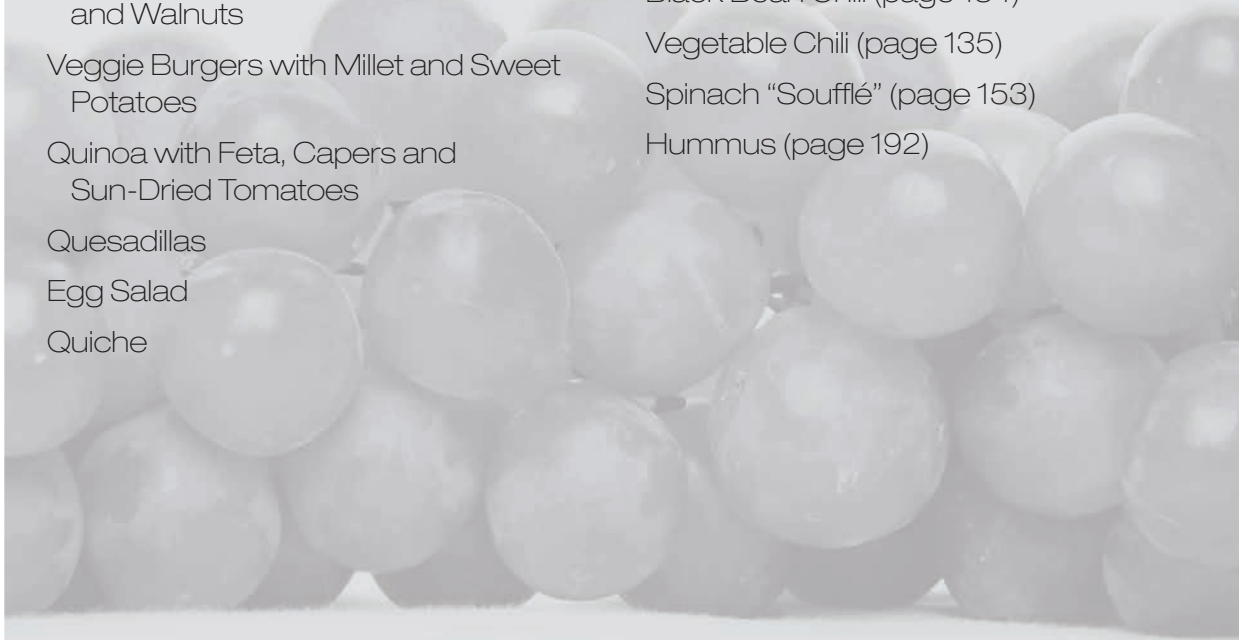
Creamy Black Bean and Cilantro Soup
(page 127)

Black Bean Chili (page 134)

Vegetable Chili (page 135)

Spinach “Soufflé” (page 153)

Hummus (page 192)



Chapter 5

Soup, Stew and Chili

SOUP AND STEW

Fish Chowder

Chicken and Rice Soup with Spinach

Lamb Stew

Lentil Rice Soup

Split Pea Soup

Red Lentil Soup

Vegetable Barley Soup

Chunky Tomato Soup

Creamy Black Bean and Cilantro Soup

“Cream” of Squash Soup

“Cream” of Spinach Soup

“Cream” of Broccoli Soup

“Cream” of Potato Soup

Gazpacho

CHILI

Meat Chili

Black Bean Chili

Vegetable Chili



Chapter 6

Breakfast

BREAD AND MUFFINS

Banana Bread

Ezekiel Bread

Blueberry Oat Bran Muffins

Morning Glory Muffins

CEREAL AND GRANOLA

Fruit and Nut Granola

Coconut Almond Granola

Muesli

Hot Oat Cereal

Hot Millet Cereal

Creamy Brown Rice Cereal

EGGS AND OTHER BREAKFAST FOODS

Basic Scrambled Eggs

Spinach “Soufflé”

Multigrain Pancakes

Peanut Butter and Banana Roll-Ups

Oat Breakfast Squares

Smoothies

SEE ALSO . . .

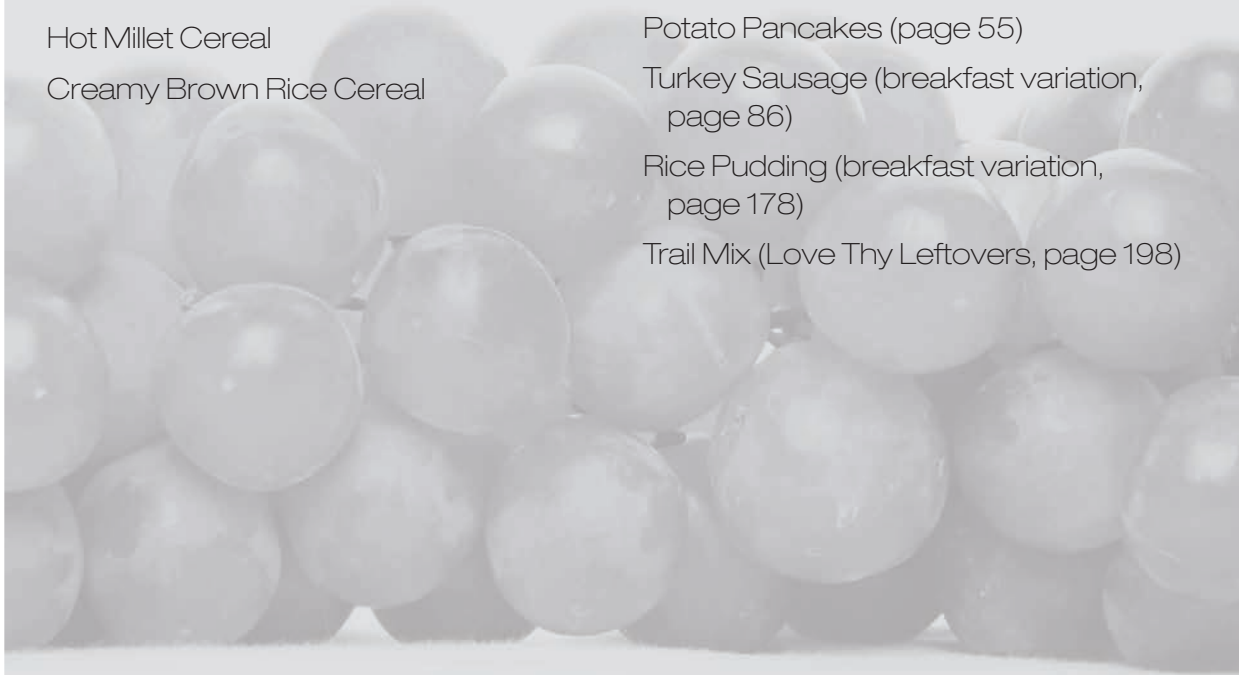
Quiche (page 113)

Potato Pancakes (page 55)

Turkey Sausage (breakfast variation,
page 86)

Rice Pudding (breakfast variation,
page 178)

Trail Mix (Love Thy Leftovers, page 198)



Come and have breakfast.” While few Americans follow Jesus’ example of serving fish for breakfast (except when we have bagels and lox), it is good to know that the risen Messiah encouraged His disciples to partake in this meal (according to the Apostle John’s account of the story).

By now you have probably heard why it is important to start the day by “breaking the fast” of the past twelve hours or so: refueling feeds your brain, helps you function at work, reduces your chances of overeating at lunch and gives you energy for the whole day. Just as you are designed to sleep at night, you are also designed to nourish your body when you rise.

So what type of breakfast are we suggesting? We recommend whole grains and fruit (since complex carbohydrates are classic body fuel), as well as some component of protein. The recipes in this chapter are designed to provide these elements to give you the good start you need.

Most of these recipes admittedly take more time than grabbing a store-bought muffin or donut on the way to work. But try this test: eat only Creator-based breakfasts for one week and see how your energy level increases.

If you are looking for speed and simplicity, make *Hot Oat Cereal* using oat bran. Or carve out an hour after work and make *Fruit and Nut Granola* or *Coconut Almond Granola*. They are easy to prepare, make a ton (you will have breakfast for over a week) and taste delicious. Over the weekend try the *Spinach “Soufflé”* or the *Multigrain Pancakes*. Depending on your family size, these weekend treats make great leftovers that you can eat during the week for breakfast, lunch or a hearty snack.

Many of our breakfast recipes contain ranges for the sweetener. If you like foods that are not too sweet or want to reduce your sugar intake, use the low end of the range; if you prefer sweeter breakfast foods and desserts, use the larger amount.

Chapter 7

Desserts and Fruit

Almond Oat Squares

Peanut Butter Fig Blondies

Dried Cherry Nut Bars

Krispy Rice Bars

Oatmeal Raisin Cookies

Raspberry Thumbprint Cookies

Chocolate Peanut Butter Balls

Carob Cake

Carrot Cake

Pecan Pie

Mud Pie

Easy No-Bake Cheesecake

Apple Pie

Blueberry Cobbler

Cherry Pear Crisp

Rice Pudding

Berry Cherry Fruit Topping

Honey-Glazed Pears

Applesauce

Waldorf Salad

SEE ALSO . . .

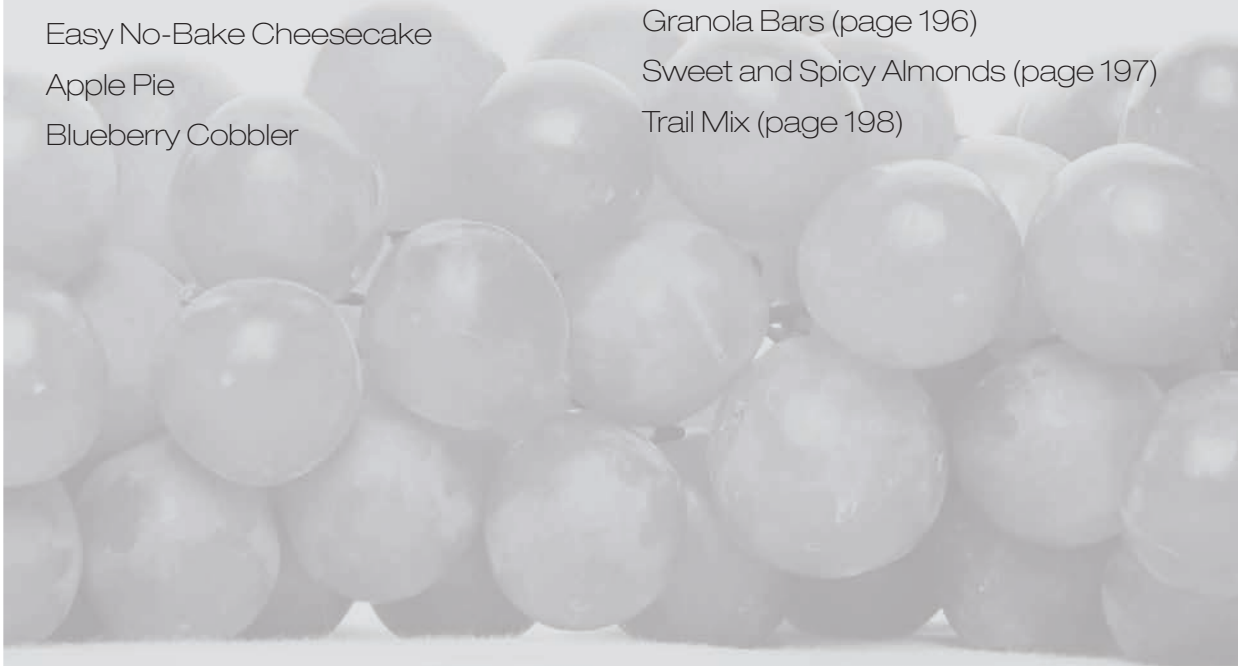
Banana Bread (dessert variation,
page 141)

Cherry Almond Energy Bars (page 195)

Granola Bars (page 196)

Sweet and Spicy Almonds (page 197)

Trail Mix (page 198)



Chapter 8

Appetizers and Snacks

DIPS AND SPREADS

Spinach and Artichoke Dip
Black Bean Dip
Roasted Vegetable Dip
White Bean Dip
Guacamole
Hummus
Roasted Garlic Spread
Olive and Sun-Dried Tomato Tapenade

SEE ALSO . . .

Ranch Dressing or Dip (page 29)
Polenta Pizza (page 52)
Quesadillas (page 111)
Blueberry Oat Bran Muffins (page 144)
Morning Glory Muffins (page 145)
Oat Breakfast Squares (page 156)

BARS AND OTHER SNACKS

Cherry Almond Energy Bars
Granola Bars
Sweet and Spicy Almonds
Trail Mix
Spinach Balls
Cajun-Spiced Pumpkin Seeds





Our Stories: Hope Egan

Most of my childhood memories revolve around food: Chasing after the ice cream truck's bells like Pavlov's dog. Snooping for Pop-Tarts after Mom bought groceries. Eating pizza topped with crushed potato chips in the grade school cafeteria.

I didn't think too much about it, though, until 1990 when I visited my mom in a thirty-day, twelve-step-based inpatient treatment center for food addiction. There I learned about compulsive eating—the kind that cripples the heart, the mind and the soul, as well as the body. I immediately understood that this wasn't just Mom's problem—it was mine too.

For several years I avoided twelve-step groups to address my compulsive eating. Why? Because God was their solution.

God? Didn't He have anything better to do than keep me from eating another Matt's Chocolate Chip Cookie? I had always thought that He disappeared after freeing the slaves from Egypt and parting the Red Sea. (*The Ten Commandments* movie was an integral part of my childhood faith formation.) Turning to God for help was not an option I seriously considered.

My preoccupation with food continued and I eventually hit bottom. In 1992 a car accident on

Thanksgiving meant that I couldn't exercise. In danger of packing on the pounds, I confessed my fear to my therapist. She affirmed that three trips a day to the candy machine for Reese's Peanut Butter Cups was not normal, and she urged me to go to Overeaters Anonymous (OA).

Where did I get my goofy eating habits?

Raised by a health food nut mom and a junk-food junkie dad, I naturally developed confused eating patterns. My taste buds craved Dad's chocolate cake, but when I'd unpack my sack lunch, I was always disappointed to find Mom's carrot sticks and tuna sandwiches on whole wheat bread.

In college and beyond, the floodgates opened to years of pent-up sugar demand: I rejoiced in Gummi Bears and cookies galore. I cycled between healthy and crazy eating, always using rigorous exercise to support my sugar habit.

Back to my therapist. Still skeptical (but desperate), I listened to her and attended my first OA meeting in January 1993, where I learned more about food addiction. How, for example, could someone like my mom eat so much "healthy" food but still have an unhealthy relationship with it? I learned that food idolatry is an internal issue—both emotional and



Our Stories: Amy Cataldo

Struggling to feed three kids—in a healthy way and on a budget—wasn't easy for Mom, who became a single parent when I was only six. So she joined a food co-op and our family's wonderful world of whole foods began: whole grain flour, pasta, nuts, dried fruit, nut butters and even weirder things, like nutritional yeast and textured vegetable protein.

Like Hope, I coveted my friends' Skippy and Smucker's sandwiches on white bread. I tried to trade my lunches for theirs, but no one was interested in brown bread or natural peanut butter. Eating my dried apricots, I quietly endured teasing and loud exclamations like, "Eew! What is that?"

But Mom persisted, so I grew up eating home-cooked meals from scratch: if it came in a box, we probably didn't eat it. Thankfully, this upbringing conditioned my taste buds to prefer home-cooked, healthy meals, and I learned how to cook because of it. By junior high, my sister and I were regularly cooking dinner for the whole family.

When I started college in 1990, my busy schedule and tight budget forced me to change my eating habits. For the first time, I relied on cheap convenience foods, and I ate out

more than I was used to, too: Pizza Hut pizza and sandwiches became staples. And when I expected to study until late, I often drank several large espressos before the night was over.

Even though I didn't eat horribly, I still missed healthy home-cooked meals. By graduation, I was looking forward to finding an apartment, having my own kitchen, and cooking from scratch again. For me, it tasted better, it was better for me, and I really loved doing it.

I landed a consulting job for a big firm, so I traveled constantly. Sadly, the return to my childhood eating patterns had to wait another four years. Meanwhile, I tried to make good food choices, but airline meals and hotel food left me few appealing alternatives.

Eventually I burned out. A slave to my job, I had no work-life balance. I was ready for a Change.

The need for Change—with a capital C—was more than just wanting a new job; I needed an entire lifestyle transformation. My work seemed meaningless and I felt physically sluggish from my travel-heavy lifestyle. I was also avoiding something that had been gnawing at me for several years: God. Was He real? Should He be part of my life?

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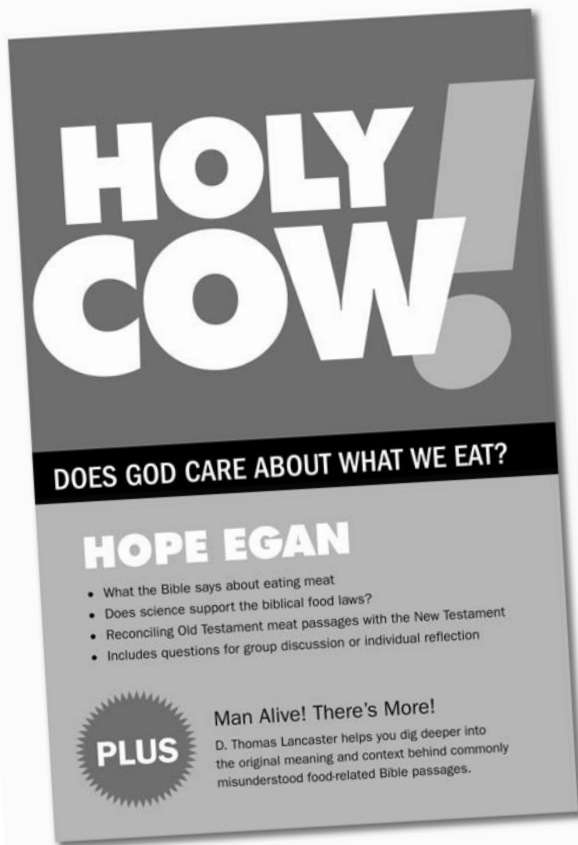
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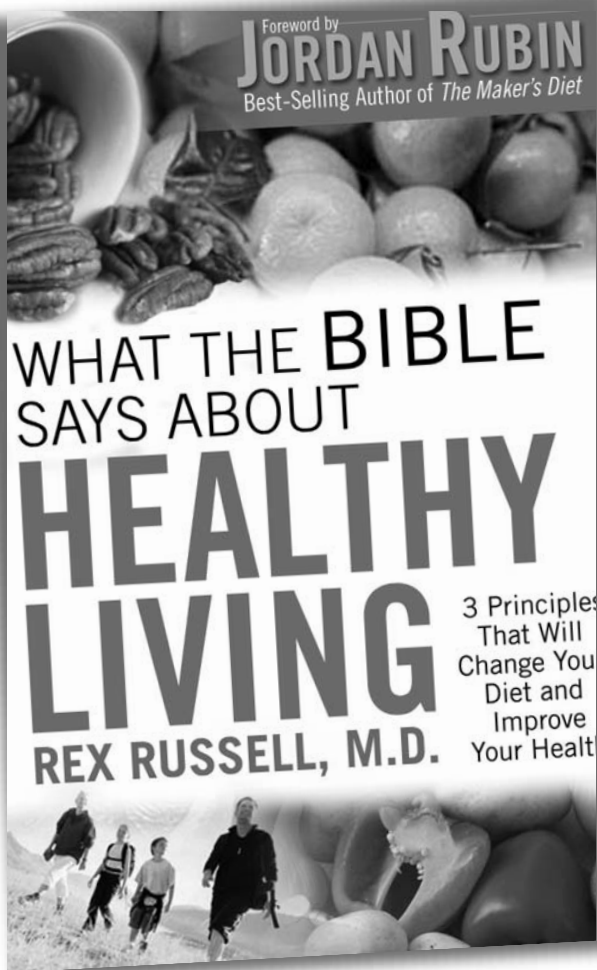
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