Gerson Institute

Gerson Therapy COOKBOOK

Over 150 Recipes

All Healthy ~ All Gerson ~ All Good

Eric FREEMAN

Taylor OLIVER M.S.

Gerson Institute

Gerson Therapy COOKBOOK

The information provided within this book is educational in nature, and should not be used as a substitute for the counsel of an experienced medical professional. Many people have recovered from illnesses using the Gerson Therapy. There are, however, many factors that impact whether an individual will make a successful recovery. The Gerson Therapy has its limitations, and we can make no guarantees about its effectiveness for every individual; recovery is on a case-by-case basis. The Gerson Institute is not a medical facility.

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Acknowledgments

It is difficult to trace this project back to its true origins. Many dedicated hands have helped during the many stages of its creation. My role began in 2012, working alongside a former Gerson Chef, Jen Engeran. I learned so much from the time I spent working with Chef Jen. Many of her ideas and contributions are present in this book. I would claim Carol Beard, our supervisor at the time of this project's beginning, as the grandmother of this project. She gave us the original large binder of recipes, many stemming from Christeen Hildenbrand's *Gerson Therapy Recipes*, to edit and update in order to create a completely new resource for those following the Gerson Therapy.

We were working in the kitchen daily during this time, teaching volunteers how to cook the Gerson way, and providing staff with a Gerson lunch. This became our avenue for trying, adjusting and ultimately selecting the final recipes to be shared, as well as capturing a photo of each. This brought Mallory Crowley into the project. She was the woman behind the camera for many of the photos featured in this cookbook. Every other photo taken was at least sent her way to edit before being cookbook ready. Kelly Lahtov, another former Gerson chef, also contributed deeply to this book and its completion. Anna Maria Aliano has spent a lot of time in the Gerson Institute kitchen too. Trying recipes and finding the best way to photograph them can result in a bit of a mess. But she was always more than willing to help us get the best picture possible, even when doing so created more work for her.

Volunteers played an invaluable role in getting this project done. Having volunteers in our kitchen gave us a bit of extra time each day to focus on these new recipes. One of these volunteers, Taylor Oliver, became a full-time Gerson employee as well as a coauthor of this cookbook.

Once we had our collection of recipes, it was time to begin sending these recipes out into the world to be tested by those outside the Gerson Institute. Hundreds of Gerson supporters, including several Home Set-up Trainers, took the time to make these recipes at home and get back to us with much appreciated feedback. We hope that this process continues once even more hands begin attempting these recipes in their Gerson kitchens. So much of what it took to get this book to where it is today could not have been done without the support of our volunteers, and we cannot thank each and every one of them enough.

And then there is the rest of the Gerson staff, who for several years listened to our updates about this cookbook project that would "one day be finished." Diane Ake and Silvana Procopio spent many, many hours editing recipes and writing some content, always making sure the book was moving forward. Eleni Patterson and

Kayla Courtney carefully edited and helped us to rework many sections of this book. Their deep understanding of the Gerson Therapy was invaluable. Nearly every staff member at the Gerson Institute has read through this book at least once in order to help it be the best book that it could be. Thanks guys!

Then there is Nate Scatena. Nate is the graphic designer who came in and helped us take all of our recipes and all of our photos and turn them into an actual book. As this was the first project of this type for most of us involved, he was able to patiently work with us to make sure things turned out exactly how we hoped they would.

Nancy Schultz came in during the final stages as a proofreader. Her incredibly careful eye and precise way with words helped elevate this project way above what we ever imagined it could be.

On the marketing side, Nicole Ferrer and Vilavanh Sanginthirath helped make sure this project was known and available to everyone interested. They also gave additional support when making some of our tougher design decisions. Nicole also spent countless hours repeatedly searching through this book in order to complete the index.

Also, we can't forget Dr. Gerson and his daughter, Charlotte Gerson. None of this book would have been possible without their pioneering and dedicated work. And lastly, I'd like to acknowledge each of our supporters, for seeking out a therapy and lifestyle that seeks to restore us all to healthy, happy humans, and in doing so helping our planet to remain healthy enough to keep us here.

~ Eric Freeman
November 2016

The Gerson Therapy Cookbook is a direct reflection of true dedication by the Gerson staff and volunteers. Countless hours of brainstorming, editing, picture taking and devotion allowed this project to reach completion. Eric and I absolutely could not have finished this cookbook without the help of all these wonderful people. I feel privileged to have been able to work on this cookbook and also collaborate with such amazingly talented individuals. Knowing that this book will have a significant impact on so many people makes the days of arguing about word choice and picture quality worth it. Enjoy!

~ Taylor Oliver
November 2016

The Gerson Institute

Founded in 1977, the Gerson Institute is a non-profit organization located in San Diego, California that specializes in providing education, training and resources for the Gerson Therapy. Developed in the 1930s by Dr. Max Gerson, the Gerson Therapy is a nutrition-based, non-toxic alternative treatment for cancer and other degenerative diseases. Utilizing nutrition and detoxification to address the underlying cause of disease, the Gerson Therapy is non-specific, treating many different conditions by healing the body as a whole.

For over 40 years the Gerson Institute has helped thousands around the world learn the power of healing with nutrition through programs, services, classes, events and educational materials – many offered at minimal or no cost. The Gerson Institute has an in-house team of specialists who provide general information about the Gerson Therapy, Gerson-specific treatment options, supplies and resources needed for the Gerson Therapy.

Based on high standards for treatment, the Gerson Institute currently licenses two inpatient clinics: the Health Institute de Tijuana, and the Gerson Health Centre in Hungary, both of which are owned and operated by the clinic doctors. Patients come to the clinics to begin the Gerson Therapy under the care of Gerson doctors. While at the clinic, the patients benefit from being under a doctor's care with round-the-clock monitoring, protocol adjustments, individualized treatment protocols and monthly follow-up appointments after being discharged.

At the Gerson Institute, their in-house team of specialists assist prospective patients through the application process and provide further support during the clinic admission process. The Gerson Institute maintains a Follow-Up Program to assess the progress of clinic patients after they return home and throughout the course of treatment. This program cultivates patient relations and provides additional support while building statistical data.

In addition, through the Practitioner Training Program, the Gerson Institute provides training to qualified medical professionals to become Certified Gerson Practitioners. This 2-3 year, two-phase program consists of in-person and web-based training, case presentations, internship and residency. Upon completion of the training program, medical professionals become certified Gerson practitioners and are able to offer long-distance case management and medical guidance to patients using the Gerson Therapy.

The Gerson Institute also offers a Home Set-Up Training Program that trains individuals on the practical aspects of the Gerson Therapy. Home Set-Up Trainers provide in-home care and assistance to patients on the non-medical aspects of the Gerson Therapy, including help setting up the home, securing safe, local resources, as well as training for friends, family, and caregivers. Referrals to a Home Set-Up Trainer can only be obtained through a certified Gerson practitioner.

The Gerson Institute is a 501c3 non-profit organization, and all donations are tax-deductible. Donations from the generosity of supporters allows the Gerson Institute to provide the education and resources needed for patients to make informed decisions about their health, to optimize health outcomes, and to continue spreading their message of hope and healing across the world.

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About the Authors

Eric Freeman has been working with the Gerson Institute as a chef since 2010. For much of this time his daily responsibilities revolved around preparing a Gerson meal and juices for staff and guests, as well as training volunteers to become confident in preparing Gerson meals for friends and loved ones. He is also a Home Set-Up Training Coordinator. Outside of his work with the Gerson Institute, he received his Permaculture Design Certificate in 2012 and utilizes these skills regularly.

Taylor Oliver is the Patient Follow-up Specialist and the Home Set-up Training Coordinator at the Gerson Institute. She is also involved in teaching many of the programs the Gerson Institute offers. Taylor has a master's degree in Holistic Nutrition and is passionate about nutrition, its role in healing, and teaching others how to use nutrition to improve health.

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Foreword

THE GERSON THERAPY

The Gerson Therapy was developed by Dr. Max Gerson in Germany in the 1930s, initially as a treatment for his own debilitating migraine headaches. He went on to use the Gerson Therapy for patients with degenerative and infectious diseases such as skin tuberculosis, diabetes and, most famously, cancer. The therapy uses an organic, predominately plant-based diet, raw juices, coffee enemas and natural supplements to activate the body's ability to heal itself. This stimulates detoxification and the restoration of the liver, the digestive system and the cellular metabolism of all tissues. **The diet is only one part of the therapy and must be used in conjunction with all the other parts of the therapy to achieve success.**

HOW TO USE THIS BOOK

This cookbook explains the different cooking methods used on the Gerson Therapy and can be used to help patients and their caregivers learn how to properly prepare the Gerson diet. It includes a wide variety of recipes that make it easier to follow this intensive and strict diet. However, this cookbook is not intended to be a complete guide to the Gerson Therapy and must be used in conjunction with the other available educational materials about the therapy. If you have a serious illness, it is strongly recommended that you start the Gerson Therapy with the help of a Certified Gerson Practitioner. To learn more about the Gerson Therapy, Gerson clinics, certified Gerson practitioners, patient services, classes and educational materials, visit *www.gerson.org*.

Most recipes are simple, but each contains several variations. Once your taste buds have adjusted and you have mastered the slow-cooking method that is central to the Gerson diet, then try the variations. We recommend that you keep food preparation very simple in the first few months of the therapy, as the therapy is time-consuming and labor-intensive, and many have difficulty adjusting to their new lifestyle. For those who are accustomed to a diet of heavily processed and nutritionally deficient foods, it can take some time to adapt their palate to the salt-free, low-fat Gerson diet. It's helpful to always remember that on the Gerson Therapy, food is medicine, and your new diet is helping you heal.

Your appetite will fluctuate during the course of the therapy. Use a variety of foods to keep the Gerson diet interesting and help avoid boredom. With recipe variations, dressings and sauces you can create boundless flavor combinations. Remember, you eat with your eyes first! Play with how food is presented, experiment with different types of table settings, and even consider eating outdoors when the weather permits.

Use this cookbook as a helpful guide to discover what dishes you like, then begin to invent new flavor combinations. Experimentation is welcome and encouraged! If a recipe doesn't come out exactly as you hoped, consider making it again later.

What follows is an overview of each of the aspects related to food preparation to be used on the Gerson Therapy. Before you attempt any of the recipes within this book, we highly recommend that you read each section carefully to provide yourself with the necessary context to begin. Understanding why something is done in a particular way will only help build your determination in continuing to follow the therapy correctly. Refer to these opening sections regularly to keep these concepts fresh in your mind.

DIETARY GUIDELINES ON THE GERSON THERAPY

Individuals following the Gerson Therapy to treat a chronic degenerative disease must adhere to the dietary guidelines developed by Dr. Gerson and subsequent certified Gerson practitioners. However, each individual is different and has unique dietary needs. We suggest that you consult with a knowledgeable certified Gerson practitioner regarding your specific requirements. Your practitioner can tailor the diet to suit individual needs and offer medical guidance throughout the duration of the therapy. Therefore, the information in this book provides general guidelines, not a prescription for a one-size-fits-all diet.

Individuals who are generally healthy and are not attempting to treat a chronic health condition do not need to follow the very restricted diet described in this book, but they can incorporate many of the nutritional principles of the therapy into their daily diet and lifestyle. In *A Cancer Therapy,* Dr. Gerson outlined his general dietary recommendations for generally healthy people in just four pages.[1] In these pages he stressed that those with the goal of maintaining or improving their overall health should primarily consume a plant-based diet full of a large variety of nutritious, organically grown foods. This is of the utmost importance. Dr. Gerson recommended that at least ¾ of one's diet should be plant-based and the remaining ¼ should be of one's choice. However, much has changed since Dr. Gerson's day. These "other" foods are of a lower quality than ever before. We are also exposed daily to many more pollutants and contaminants than those in Dr. Gerson's day were. Because of this, we urge those seeking to maintain and improve their health to be even more vigilant about the quality of what they eat. Just as a certified Gerson practitioner can tailor the Gerson Therapy to an individual, those wishing for continued health can seek out a naturopath, dietitian or nutritionist who can help guide one toward discovering which foods and lifestyle changes work best in order to meet this individual's goals. It's important to note that what a person consumes is just one factor, albeit a very important one, in securing a healthy life.

[1] *Max . Gerson, MD,* ***A Cancer Therapy: Results of Fifty Cases****, 6th Ed. (San Diego: Gerson Institute, 2002), 21-24.*

Introduction

OVERVIEW OF THE GERSON DIET

The Gerson diet is all organic and predominantly plant-based with a strong emphasis on the freshness and purity of foods. If an item called for cannot be sourced organically then we recommend you leave the item out or substitute with a similar organic item. In addition, the diet eliminates all additional sodium and focuses on high-potassium fruits and vegetables. Protein is restricted and the only fat allowed is flaxseed oil, in limited amounts.

Individuals on the Gerson Therapy are encouraged to eat both cooked and raw foods. Much of the produce consumed each day is in the form of juice, but it is also essential to eat a large portion of cooked food at every meal. Food is slow-cooked for easy digestion, which allows for easier assimilation of nutrients throughout the body. Dr. Gerson encouraged his patients to eat and drink as much as they could and to snack as often as desired. He even suggested eating during the night if hungry.

In addition to snacks, there are three distinct meals on the Gerson diet—breakfast, lunch and dinner. Breakfast typically consists of a bowl of oatmeal, toast, fruit and

juice. Lunch and dinner consist of cooked vegetables served with Hippocrates Soup, a large raw salad with grated or sliced raw vegetables, a baked potato and juice. See **Sample Menu** on page 209.

FOODS ON THE GERSON THERAPY

This section lists many of the foods that are allowed, restricted or prohibited on the Gerson Therapy.

Allowed foods can be consumed freely by most patients; however, if your certified Gerson practitioner has restricted, or limited, quantities or specific food items, you will need to adjust recipes accordingly. The prohibited foods were eliminated by Dr. Gerson and subsequent certified Gerson practitioners based on clinical experience with Gerson patients. If a particular food is not on any of these lists, it is because certified Gerson practitioners haven't had sufficient experience to make a decision on whether to include or exclude it. This decision will need to be made on a case-by-case basis according to individual nutritional needs. In some cases a food may be fine for one individual but detrimental to another. Consult with a certified Gerson practitioner if in doubt.

ALLOWED FOODS

FRESH VEGETABLES

Dr. Gerson advised consuming all fresh vegetables, with the exception of a few prohibited foods such as the leaves of carrots and radishes, raw spinach, cucumber, sea vegetables and mustard greens. He suggested consuming a variety of vegetables to get a greater diversity of nutrients. Below is a list of vegetables that can be eaten on the Gerson Therapy, but it is not exhaustive. You may find other locally grown or regional vegetables to add to this list.

Artichokes

Arugula

Asparagus

Beets (including young beet greens)

Bok choy

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery knob (celeriac, or celery root)

Chards

Chicory

Collard greens

Corn

Daikon

Eggplant

Endives

Escarole

Green beans

Garlic

Horseradish

Jerusalem artichoke

Jicama

Kale

Kohlrabi

Leeks

Lettuce (except iceberg)

Okra

Onions

Parsley root

Peppers (bell pepper or other sweet peppers)

Potatoes

Radishes

Rhubarb

Rutabaga

Shallot

Sorrel

Spinach (cooked only)

Squash

Sweet potatoes*

Taro

Tomatoes

Turnips

Watercress

Yams*

Zucchini

**In Dr. Gerson's book, A Cancer Therapy and in some Gerson Institute materials, sweet potatoes and yams are limited to once per week. Based on the experience of certified Gerson practitioners this limitation has been removed.*

FRUITS

All fruits, except berries and pineapple, are allowed on the Gerson Therapy. Dried, unsulphured fruits should be plumped (reconstituted) before eating. Dr. Gerson recommended washing, soaking and stewing dried fruits to make them more easily digestible. Below is a list of fruits to choose from. You may find other locally grown or regional fruits to add to this list.

Apples	Figs	Oranges
Apricots	Grapefruit	Peaches
Bananas*	Grapes	Pears
Cherries	Lemons	Plums
Currants	Mangoes	Raisins
Dates	Melons	Tangerines

** In some Gerson Institute materials, bananas have been limited to ½ per week, based on the experience of certified Gerson practitioners. However, this limitation has been removed.*

HERBS AND SPICES

Dr. Gerson advised using herbs and spices sparingly, except for chives and parsley, which can be used in larger amounts. You may choose from the list below. Use of herbs and spices not on this list may be allowed based on the suggestions of a certified Gerson practitioner. Recipes in this book generally use fresh herbs and spices, so if you use dried herbs instead, use ⅓ of the amount listed. Refer to the **Herb and Spice Pairings** chart in the appendix for examples of which herbs and spices go best with which foods.

HERBS		*SPICES*
Bay leaf	Rosemary	Allspice
Cilantro	Sage	Anise seed
Chives	Scallions (Green onions)	Coriander
Dill	Sorrel	Dill seed
Fennel	Summer savory	Fennel seed
Marjoram	Tarragon	Mace
Parsley	Thyme	Saffron

OTHER ALLOWED FOODS

Consult with a certified Gerson practitioner to determine what is right for you.

Flaxseed oil, cold-pressed	Two tablespoons per day during the first month on the therapy, then reduced to one tablespoon per day for the remainder of the therapy. Both high-lignan and low-lignan varieties are acceptable. Do not heat flaxseed oil or put on hot food, as it becomes rancid when exposed to heat.
Oatmeal	Scottish, Irish (steel-cut), oat groats or rolled oats.
Rye bread	Unsalted, 1-2 slices per day (unless you are gluten intolerant). You can find the recipe to make your own on page 187. Information on purchasing and storing bread can be found on page 186.
Sweeteners*	Two teaspoons per day. Choose from any combination of honey, maple syrup, unsulphured or blackstrap molasses, raw sugar such as rapadura or Sucanat (dehydrated cane sugar), xylitol or stevia.
Vinegar	Wine, balsamic or apple cider.[2]

**Note: Brown sugar was originally listed as an allowed food. Due to modern processing techniques brown sugar is no longer an acceptable form of sweetener for the Gerson diet.*

†Note: Stevia is a highly concentrated sweetener extracted from the leaves of the plant species Stevia rebaudiana (use in very small amounts).

RESTRICTED AND PROHIBITED FOODS

The following sections discuss restricted and prohibited foods. Restricted foods are allowed but limited, and introduced at specific times on the Gerson Therapy. Prohibited foods are typically not allowed on the Gerson Therapy.

WHY FAT AND PROTEIN ARE RESTRICTED

The main sources of protein on the Gerson Therapy are plant-based. Dr. Gerson's research found that with animal based proteins patients didn't experience as much detoxification, had tumor growth and healed slowly.[3] Staple foods, such as oatmeal and potatoes, provide a significant amount of protein, as do the high quantity of vegetables consumed daily. Non-fat, organic yogurt is typically the first animal protein added into the diet, unless otherwise directed by a certified Gerson practitioner. As the digestive system is strengthened, other sources of protein, usually starting with grains and lentils, can be added. The addition of fish, eggs, and other animal and plant proteins happens gradually, if at all, under the guidance of a certified Gerson practitioner. Those who cannot tolerate or choose not to consume animal protein typically substitute with other protein sources that best suit their individual nutritional needs.

[2] ***"Special Report: Some vinegars -- often expensive, aged balsamics -- contain a big dose of lead,"*** *last modified November 9, 2009, http://www.environmentalhealthnews.org/ehs/news/lead-in-vinegar*

[3] *Gerson,* ***A Cancer Therapy****, 137.*

Dr. Gerson initially eliminated all fat for cancer patients as he found that fat, like protein, encouraged tumor growth. However, later on he discovered that cold-pressed, organic flaxseed oil was beneficial and did not stimulate tumor growth. Flaxseed oil contains essential fatty acids, which are needed in order to maintain healthy cell function.

RESTRICTED FOODS

Dr. Gerson added the following animal proteins after 6 to 12 weeks, and current certified Gerson practitioners may add them earlier in some cases, in the range of 4 to 8 weeks (unless lactose intolerant), or not at all.[4]

Freshly churned buttermilk	Do not use packaged buttermilk because it is cultured instead of churned, contains salt and other additives, and has a higher fat content. This can be difficult to find in stores.
Cottage cheese	Also known as pot cheese, cottage cheese must be unsalted, non-fat. You can find the recipe to make your own on page 183. It can be difficult to find in stores free of salt and fat. Some manufacturers produce salt-free dry curd cottage cheese, meaning no milk products are added to the dry curd after fermentation (it may also be called "farmer's cheese" or "dry curd farmer's cheese"). You can use this dry curd cottage cheese if it has no additives. Check the deli or cheese section in some grocery stores, or ask if it can be a special-order item.
Yogurt	Non-fat, unsalted, organic, without sweeteners or flavoring (up to 8 ounces or more per day).

Dr. Gerson listed the following foods as occasionally allowed. In his book, *A Cancer Therapy*, and other Gerson Institute documents, these foods were given guidelines for when and how often to be consumed while on the Gerson Therapy. Usually grains and lentils were included later in the therapy, typically after 6 months, from once or twice a week to every other week. Because every person has specific dietary needs, these guidelines do not apply to everyone. Only with direct consultation with a certified Gerson practitioner can you be certain you are using these items in a way that best supports you and your healing.

Cornstarch	Lentils	Rice† (brown and wild)
Flour‡ (brown rice, potato and rye)	Quinoa	Tapioca

†*The U.S. Food and Drug Administration has found arsenic in test samples of rice, so use rice with caution. Levels vary by place of origin and type of rice.*[5]
‡*Other flours may be added under the guidance of a certified Gerson practitioner.*

[4] *Gerson,* ***A Cancer Therapy****, 188.*

[5] ***"How Much Arsenic Is in Your Rice,"*** *last modified November 18, 2014, http://www.consumerreports.org/cro/magazine/2015/01/how-much-arsenic-is-in-your-rice/index.htm*

TEMPORARILY PROHIBITED FOODS

The following foods are temporarily prohibited for almost all individuals on the Gerson Therapy. However, Dr. Gerson sometimes prescribed these foods to supplement the unique medical and nutritional needs of his patients over the course of the therapy. Current certified Gerson practitioners may incorporate these foods into their patient's treatment plan during the therapy. Most often these foods will be added much later in the therapy, if at all.

Butter	Eggs	Meat
Cheese	Fish	Milk

PROHIBITED FOODS

You will notice that some of the foods on this list are generally regarded as healthy. Just because a food is not a part of the Gerson diet, it does not necessarily mean that it is unhealthy; it means that food is incompatible with the Gerson Therapy's highly specialized healing program.

- Alcohol
- Avocados
- Berries
- Black tea and other non-herbal teas
- Bottled foods
- Cake
- Candy
- Canned foods
- Chocolate, cacao, cocoa
- Coconut
- Coffee* (consumed as a beverage)
- Commercial beverages
- Cream and other dairy fats
- Cucumbers
- Fermented foods
- Frozen foods
- Hot peppers
- Hydrogenated or partially-hydrogenated oils
- Ice cream
- Processed foods (anything dehydrated, powdered, smoked or pickled)
- Margarine
- Mushrooms
- Mustard
- Nuts, nut butters
- Oils and fats and any foods that contain them (except flaxseed oil)
- Pineapple
- Protein powders or supplements
- Raw spinach† (only allowed when cooked)
- Salt and salt substitutes
- Seeds
- Soy and soy products
- Spices (other than those on the Herbs and Spices list)
- Sprouted alfalfa
- White flour
- White sugar

**Note: A small amount of coffee may be consumed for the castor oil treatment, under the guidance of a certified Gerson practitioner.*

†Note: In some instances, raw spinach will be allowed based upon the guidance of a certified Gerson practitioner.

SODIUM RESTRICTION

The Gerson Therapy uses a low-sodium diet and detoxification to release retained sodium, excess water and toxins from the tissues. Doing so makes it possible for the absorption of the needed potassium into the cells. The following are prohibited on the Gerson Therapy.

Baking soda	Lite salt	Soy sauce
Bragg Aminos	Salt substitute	Table salt
Celery salt	Sea salt	Tamari
Epsom salt	Sodium-based baking powder	Vegetable salt
Himalayan salt		

Typically, anything with "sodium" in its name is prohibited unless recommended by a certified Gerson practitioner. Some sodium is necessary for maintaining certain bodily functions, notably the kidneys. While you are on the Gerson Therapy, sodium needs are generally met by the naturally occurring sodium in fruits and vegetables.

Cooking Methods

SLOW COOKING

Dr. Gerson stated that "all vegetables must be cooked slowly, over a low flame, without addition of water." He stressed the importance of the slow-cooking process, saying that "valuable components are lost in fast cooking by excessive heat" and "become more difficult to absorb." On the Gerson Therapy vegetables are "stewed in their own juices," without any oils and on a very low heat, which can actually help certain nutrients to be better absorbed.[6] Slow cooking also preserves the natural flavor of the vegetables and makes them more easily digestible.

Dr. Gerson suggested the following optional ways to provide more cooking liquid: adding a small amount of Hippocrates Soup Stock (see recipe, page 157), or placing foods that will release more liquid for cooking at the bottom of the pan, such as sliced onion, tomato, apple or leek. However, a small amount of purified water can also be used. He also suggested placing a "flame tamer" (heat diffuser) underneath the pot to maintain a lower heat level and prevent burning, and to cover pots with heavy, tight-fitting lids to prevent steam from escaping.

[6] *Gerson, **A Cancer Therapy**, 189.*

Almost all of the cooked vegetable recipes in this book follow the steps below, as it is the primary cooking method on the Gerson Therapy:

1. Place one or a combination of the following items on the bottom of a pot or pan: sliced onion, tomato, apple, leek or Hippocrates Soup Stock.

2. Prepare and place the vegetable on top of items in step 1.

3. Over medium heat but low enough to prevent burning, cook the vegetable until the bottom layer begins to produce steam. The time may vary depending on the type of stove, e.g., gas or electric.

4. After the pot has produced a steady amount of steam, about 3 to 8 minutes, cover the pot with a tight-fitting lid.

5. The steam will stimulate the vegetable on top to release its own juices and continue the cooking process. Once the pot lid is very hot to the touch, turn down the heat as low as possible and cook for up to an hour and a half, depending on the vegetable.

6. The finished vegetable should be very soft and easily digestible.

We recommend keeping the lid on the pot after turning the heat down to low. However, until you master the slow-cooking method, you may need to lift the lid several times throughout the cooking process to see if there is enough steam for cooking to continue, as well as to check to make sure your vegetable is not burning. If you need more steam, you can add Hippocrates Soup Stock or even a tablespoon or two of purified water. You may need to raise the temperature briefly in order to turn this additional liquid into steam.

Alternatively, you can keep the pot covered from the very beginning of the cooking process. However, it is more difficult to determine when to turn the heat down without a visual cue. Instead, listen attentively for the sound of a slight sizzle, and this will be your indication to reduce the heat. With enough practice, you can determine when your pot is producing enough steam, and will be able to cook your vegetables perfectly each time.

Each stove and each vegetable are slightly different, so perfecting the slow-cooking method will take a bit of practice. However, once mastered, you can cook almost all vegetables this way. Dr. Gerson strongly promoted this method of cooking for patients on the Gerson Therapy and for general nutrition for healthy people, especially those with weakened digestive systems.[7]

[7] *Gerson, **A Cancer Therapy**, 23.*

BAKING

Certain foods, such as potatoes, sweet potatoes, beets and winter squash can be baked whole in the oven. Nearly all other vegetables, cauliflower for example, can be baked using the method below, which will result in a soft-cooked vegetable similar to the stovetop slow-cooking method. Always preheat the oven before baking.

1. In the bottom of an oven-safe baking dish, place chopped onion or tomato, a bit of Hippocrates Soup Stock, purified water or a few drops of lemon juice for added moisture. Then place the vegetable on top. Many vegetables contain enough liquid to cook properly without adding more.

2. Cover the dish with a tight-fitting lid.

3. Bake at a temperature no higher than 350°F (180°C) for one to one and a half hours, or until the vegetable is completely soft and can easily be cut with a knife.

On occasion you can cook a vegetable using one of the other accepted methods and finish by baking it uncovered for a short amount of time. Similarly, a few recipes call for baking uncovered, or roasting, for most or all of their cook time. These recipes should only be made on occasion, and this should not become your regular means for cooking foods on the therapy.

BOILING

Some foods may be boiled, such as potatoes, beets, corn and artichokes. However, boiling as a method of cooking is not encouraged on the Gerson Therapy because important nutrients leach into the water during this process.

LIQUID SAUTÉ

Traditionally, sautéing involves cooking quickly in a hot oil or fat, and therefore isn't appropriate on the Gerson Therapy. However, a liquid, such as purified water or Hippocrates Soup Stock, can be used instead to achieve a similar outcome. A few recipes call for the addition of at least a tablespoon or two of liquid, and foods are then briefly sautéed. This is acceptable for select recipes on occasion, but foods should not be sautéed regularly.

Some recipes call for adding more liquid, such as ½ cup Hippocrates Soup Stock, and then maintaining this liquid at a light simmer for the duration of the cook time. This is appropriate only occasionally, and for select recipes, and should not be used as the primary way to cook foods on the therapy. As these are not the traditionally permitted ways to prepare food on the Gerson Therapy, consult with a certified Gerson practitioner with any questions regarding these and other similar methods.

WHY STEAMING IS NOT ENCOURAGED

The Gerson slow-cooking method utilizes steam for cooking, but derives the moisture needed to produce the steam from the vegetables in the pot, or the addition of a very tiny amount of liquid. This method creates steam much more slowly and gradually than typical steaming. Traditional steaming consists of a basket or insert that holds vegetables above a small amount of boiling water, and then cooks them in the resulting steam. Steaming usually cooks vegetables much more quickly because it uses higher levels of heat. The large amount of liquid used also results in many water-soluble vitamins and minerals being lost. Because of this, steaming is not recommended on the Gerson Therapy as a way to cook vegetables. The Gerson method cooks vegetables over an extended period of time, which makes the food more digestible and minimizes nutrient loss.

PREPARING LEFTOVERS

The Gerson Therapy requires eating food and juices prepared as freshly as possible. However, some recipes may yield more food than you can eat in a given day. There will also be times when you just don't have the appetite to finish all of the food prepared. Consider purchasing a set of glass containers to store cooked leftovers. Raw fruits or vegetables that have been finely grated, shredded or used for salads must be eaten as quickly as possible to avoid nutrient loss, preferably within a day. Cooked vegetable leftovers that have been properly refrigerated may be reheated within 24 hours. You can store Hippocrates Soup and cooked fruits for up to 48 hours.[8]

To reheat leftovers, add a small amount of Hippocrates Soup Stock or purified water to a pot and heat thoroughly, or warm in the oven. Follow the same guidelines as listed under the slow cooking or baking section. However, the reheating process should take far less time than it took to originally cook the vegetable, often less than ten minutes. Additionally, leftovers can also be consumed cold. Another option is to get creative and utilize leftovers in a sauce, dip or salad dressing. *Regularly reheating food is not recommended; it is better to freshly prepare food for each meal.*

PREPARING SNACKS

This book includes recipes that make wonderful snacks. Leftovers from previous meals or Hippocrates Soup can be reheated anytime and served as well. Oatmeal and fresh fruit are also convenient snacks. Fruit is the original fast food. Once washed, it's ready to be eaten.

[8] *Gerson, **A Cancer Therapy**, 189.*

Cookware

Cookware is an important component of creating healing meals on the Gerson Therapy. Characteristics of ideal cookware include a tight-fitting lid that prevents steam from escaping, a thick base that allows for better heat distribution and being made of a non-toxic material. Dr. Gerson did not allow the use of pressure cookers, steam cookers, and cookware made of aluminum.[9] Use of non-stick surfaces, such as Teflon, and microwave ovens should also be avoided due to their known negative health effects. The following types of cookware are acceptable:

- **Stainless steel cookware** is non-reactive and does not impart any taste to the food. Another option is stainless steel-clad pots and pans, which contain an aluminum or copper base protected by layers of stainless steel. These pots and pans heat evenly, retain heat and are very durable.

- **Ceramic bakeware and cookware** are an option, as long as they are free of lead, cadmium, heavy toxic metals and PFOA and PTFE (chemicals used in non-stick Teflon coating). Ceramics made outside the United States may not meet U.S. regulations for lead and cadmium content. Look for a label that says "Safe for food use."

- **Stoneware** is a great alternative to aluminum baking sheets.

- **Glass** is another option, as long as it is lead-free. If "lead-free" is not stated on the manufacturer's website, it may contain lead. Ask the company about lead content prior to making a purchase. CorningWare is an example of a brand that makes lead-free glass cookware.

- **Enameled cast iron** is a better choice than regular cast iron because the enamel is easier to take care of while still conducting heat well and providing the long life of a heavy-duty cast iron pan. Though Dr. Gerson listed regular cast iron as an acceptable choice, we do not currently recommend using regular cast iron pans because they can release excessive amounts of iron into the food, and because cast iron pans require periodically rubbing with oil, which can then be imparted into the food (the Gerson Therapy restricts oils).

- **Enameled ceramic and enameled steel** are also good choices because the surface is non-reactive. They distribute heat evenly, can go from the stovetop to the oven, and are easy to clean. Heavy-duty carbon steel has many of the benefits of cast iron cookware but should not be used because it also requires periodic rubbing with oil.

- **Slow cookers** can also be utilized on the lowest setting. Research your particular model to find out if it contains lead and if so avoid using.

[9] *Gerson, **A Cancer Therapy**, 189.*

Purified Water

Even though Gerson cooking methods use very little purified water, it is still used for washing produce, cooking and making Hippocrates Soup. Typical tap water contains many pollutants, thus purified water is necessary. A proper filtration system will remove pollutants from tap water. One way to filter your water is through distillation (removes minerals, bacteria, viruses and chemicals) with a carbon filter (removes volatile organic chemicals, or VOCs). A reverse osmosis filtration system with a carbon filter is another effective system, if you can verify via third-party testing that the filter effectively filters fluoride and other harmful contaminants. Both of theses systems can be purchased and installed in your home.

Many home filtration systems may not be able to produce enough purified water to keep up with daily therapy demands, so you may need to purchase additional purified water. Look for local companies that can deliver bottles of purified water to your home on a regular basis. You may also be able to purchase purified water from specialized water stores with their own large-scale purification systems. Regardless of the purification technique used, make sure contaminants are removed.

Note: *Throughout this cookbook water is referred to as "purified water" based on the understanding that there are various ways to obtain pure water.*

How to Wash Produce

Even though all produce used on the Gerson Therapy is organic, it's still advisable to wash before use. Washing your produce will remove dirt, microbes and other potential contaminants which will significantly reduce the likelihood for foodborne illness. Wash all daily produce at the beginning of the day for maximum efficiency and convenience. Always make sure your hands are clean before handling produce and be certain your sink has been thoroughly cleaned beforehand as well.

One method for washing produce is to fill your sink with cold tap water for washing. Fill a small tub with purified water for rinsing and place beside the sink. A double-sided sink can make this process even easier, with one side filled with tap water and the other side filled with purified water. Washing cleaner items first helps prevent the water from getting dirty too quickly, which saves water. Most items simply need to be submerged and gently scrubbed in tap water before rinsing with purified water.

To further clean produce, add an antimicrobial to the cleaning water (tap water). One option is to add one dropper full of 2% Lugol's solution or 10 drops of 5% solution to 1 gallon of tap water, and soak for up to five minutes. Another alternative is to use 1 cup of vinegar per 2 quarts of water. However, if using vinegar, soak the

produce for at least ten minutes. Produce can also be sprayed with 3% hydrogen peroxide before rinsing with purified water.

TIPS FOR WASHING SPECIFIC FOODS

- Scrub carrots and potatoes with a vegetable brush. Be careful not to remove any of the skin, which contains valuable vitamins and minerals. Do not scrape or peel them. Cut out potato sprouts with a paring knife or the end of a vegetable peeler.
- Watercress stays fresh when its leaves and roots remain intact, so simply dip and agitate the leaves in both water sources to wash and rinse, and then store the watercress in a small bowl with its roots submerged in purified water. Remove leaves as needed.
- Cut lettuce into quarters, leaving the core intact, to prevent the leaves from separating while being washed. Do not remove the very rough end of the core until just before use. The core of the lettuce contains an opiate-like substance that is a beneficial addition to the green juices that will be had each day.
- Cut leeks in half, lengthwise, to rinse dirt out from between leaves.
- Thoroughly rinse celery root and scrub to remove all of the dirt, then use a paring knife to cut off most of the hairy roots where dirt can be trapped.
- Certain vegetables that have lots of crevices, such as broccoli or cauliflower, can benefit from being held under running water briefly.

Storing Produce

Storing all of your produce can become a challenge, especially when just beginning the Gerson Therapy. Once you've discovered what works for you, it all becomes a lot easier. Listed below are a few tips to help you organize and store your produce efficiently, before and after washing it.

STORE PRODUCE CORRECTLY

Certain items do not need to be refrigerated, such as onions, apples, tomatoes, potatoes and most fruits. Some types of produce need to be stored separately; storing onions and potatoes together causes potatoes to sprout more quickly. Store fruits separately, as the natural gases from each fruit can cause other types of fruits to spoil. Storing produce correctly will allow for the most efficient use of refrigerator, counter, and pantry space.

ADDITIONAL REFRIGERATOR

Consider obtaining an extra refrigerator to store all the produce needed for the therapy. Keep items in designated spaces so they are easy to find. Consider removing select shelves from the refrigerator to make more space.

SEPARATE STORAGE CONTAINERS

To better organize your produce, you can try using separate storage containers to replace refrigerator shelves. Create labels for each container to easily identify where produce is located.

Utilize this storing method for produce stored both inside and outside the refrigerator. For example, store all the green juice items in one container, soup items in another container, and vegetables for meals in another.

STAINLESS STEEL BOWLS

After washing produce, stainless steel bowls of different sizes are a great tool to store produce used the same day. Lettuce tends to hold on to a lot of purified water after washing, so keep it base-up in a colander with a bowl beneath to drain before use. Produce stored this way can last the entire day on the counter, but on an especially hot day, place a damp cloth over produce to help keep fresh.

LINEN OR COTTON BAGS

Washed produce can also be stored in linen or cotton bags to maintain freshness. Consider portioning out your juice items into small linen bags that can then be pulled from the refrigerator and prepared just before being juiced.

Herbs and Spices How-To

While often used interchangeably, there is in fact a characteristic difference between herbs and spices. Herbs are always the leaves of a plant, while spices come from the roots, bark, and seeds of the plant, sometimes even the same plant. Essentially, any part of the plant that is not a leaf and can be used for seasoning would be considered a spice. For example, cilantro leaves are an herb, while the seed of the cilantro plant, coriander, would be classified as a spice.

Throughout this book, many recipes mention substituting the herb listed for any of the other allowed herbs. Spices can be substituted for any of these herbs as well.

PURCHASE

Herbs can be bought as plants, packaged loose in a small bag or container, sold in a small bunch, packaged with the root bulb still attached, or dried and packaged in small glass or plastic containers. Always check fresh herbs for spoilage, discoloration and age before purchasing. If herbs are flowering, this indicates that they are older, and preferably should be avoided.

Spices are found in plastic or glass containers, typically in the baking section of your preferred store. Oftentimes, whole and ground spices can be found in the bulk section, but keep in mind that unless whole, they won't keep indefinitely. Purchase what you can use. To ensure spices are as fresh as possible, purchase them whole and then grind as needed. Whole spices are preferable to ground and packaged spices because already packaged spices may have other filler ingredients, including salt, mixed in. Due to the low amounts of these fillers present, FDA regulations do not require suppliers to have these other ingredients listed. The same can be true for dried herbs. If you do purchase dried herbs or spices, just make sure they are from a quality source or brand.

STORE

Fresh herbs purchased in a small plastic package or bag should be kept in this packaging. Wrap a paper towel or small cloth around the herbs to soak up any extra moisture. Herbs should keep for up to five days when stored like this. Fresh herbs purchased in bunches with the stems should be stored in a dish containing an inch or two of purified water. Make sure none of the leaves have contact with the purified water or they will rot. Place a plastic bag or a light cloth over the herbs to protect them from the cold, and they can be kept in the refrigerator for up to a week. Change the purified water every few days, or when it starts to discolor or smell. Some leaves may spoil before others, so finding a few bad leaves doesn't necessarily mean that it is time to throw the entire herb bunch out.

Keep planted herbs in your kitchen near a window, or outside to allow for more sun. To keep them healthy, water regularly, and cut off only what's needed for cooking. If taken care of, the plant can last up to a couple of months.

Store dried herbs and spices in tightly sealed containers kept in a cool, dry place, out of direct sunlight. Whole, unground spices can be kept in the same manner, indefinitely. If dried herbs or spices are no longer smelling or tasting as strong as they once did, or become bitter, then it is time to replace them. Typically, dried herbs and spices will be strongest during their first six months, but they can last for up to a year. Label each container with the purchase date so you will know exactly how long you've had them.

It's impossible to know for sure how long dried herbs or ground spices have been on a store shelf before being purchased. While each have a shelf life of at least 6 months, it's possible this amount of time has elapsed even before they end up in your kitchen.

USE

Examine each bit of your chosen fresh herb before using to make sure it is still fresh and vibrant. Herbs are classified either hard or soft depending on their physical characteristics and how they are used. Hard herbs have a woody stem (e.g. rosemary and thyme) and are tougher than soft herbs (e.g. parsley and cilantro), which have a tender stem. A good general rule is to use hard herbs at the beginning of the cooking process and soft herbs at the end. Herbs used in this fashion will impart the most flavor to the recipe.

Dried herbs and ground spices are generally stronger tasting than fresh herbs. Be mindful of this fact when substituting these in any recipe that calls for a particular herb.

Whole spices can be ground just before use with a small spice or coffee bean grinder (just make sure it's free of coffee!), or even a mortar and pestle. Because of their additional strength, both dried herbs and ground spices should typically be added in the beginning of the cooking process.

WASH

Herbs are delicate, so washing just before use is ideal. However, if necessary, herbs can be washed in advance and stored. Wash certain leafy herbs, such as parsley and cilantro, prior to storing if dirty. Simply submerge the bunch under tap water and agitate to remove any dirt. Then rinse with purified water and use a salad spinner to remove excess moisture, or pat dry with a towel.

DRY HERBS

Fresh herbs can be bought in bulk and dried. Simply tie the stems together and hang the bunch up in a warm, dry, well-ventilated area of the kitchen. Alternatively, lay the fresh herb on a screen and leave them in a similar area. Drying herbs takes one to two weeks. Once the herbs are completely dry, store in a glass or plastic container. Fresh herbs that aren't completely dry tend to attract mold.

Flaxseed Oil

Flaxseed oil can be stored according to instructions on the bottle for up to a year in a freezer, or kept unopened in a refrigerator for up to three months. Once opened, flaxseed oil should be consumed within six weeks. Do not leave flaxseed oil unrefrigerated for longer than necessary.

To ensure that no light reaches the oil, buy only from brands that store flaxseed oil in opaque containers.

Sources of Organic Food

The first and most important rule of all produce used while on the Gerson Therapy is that it must be organic! Organic food can be found in a variety of sources.

Some of these options are specific to the United States, but most other countries will have similar ways of finding organic produce. Refer to the Gerson Institute website for additional resources.

GROCERY AND WHOLESALE STORES

Many grocery stores now carry certified organic, pesticide-free produce. Most grocery stores have a produce manager responsible for ordering produce and supplies. Since you will be ordering produce in large amounts, and for an extended amount of time, ask the produce manager to set up a weekly order for you. They may even be able to special order certain harder-to-find items, such as celeriac root. Also, consider inquiring about a discount. Additionally, many big-box stores in the United States carry a variety of organic produce at a lower price. However, you may have to turn to larger specialty stores in order to find some items.

FOOD DELIVERY WEBSITES AND APPS

There is a growing trend to have groceries delivered directly to your doorstep. A quick search online will provide many options, and many more are on the way. With a little bit of research you can find the ones that offer exactly what you need.

FOOD CO-OPS

Food co-ops, although less widely available, are always a great source of organic produce. If you live in the United States, check out *www.coopdirectory.org* to find a food co-op near you.

"Organic gardening food seems to be the answer to the cancer problem."

Max Gerson, M.D.

FARMERS' MARKETS

Buying at farmers' markets is the ideal way to get fresh produce. You'll be supporting local farms by buying directly from a local farmer, just after the produce is harvested. However, not all vendors at a farmers' market are organic, so it is best to find a stand or farm you know is certified organic.

COMMUNITY SUPPORTED AGRICULTURE

Many local farms have a Community Supported Agriculture (CSA) arrangement with the public, where you can purchase a share of a farm's harvest each week. The farm may either deliver your produce to your home or to a designated community pick-up spot. Visit *www.localharveset.org/csa* to find a CSA in your area.

GARDENING

Consider starting your own garden! No other source will give you food as fresh. Growing your own food will allow you to enrich the soil through composting and other means to ensure that your food is the most nutritious.

In the United States, small gardening businesses can set up your garden along with automatic watering systems and perform regular garden checkups so that you need only to harvest the produce. If space is an issue, there are vertical gardening systems that allow you to grow a good deal of produce in a very small space. You can also get a plot at a community garden. Consider starting small; plant a few pots with herbs and keep them on a windowsill. A wide variety of videos can be found on YouTube showing how to grow and maintain an organic garden.

SEASONAL PRODUCE

Eating mostly seasonal produce will help ensure that produce remains as affordable and fresh as possible. Buying vegetables and fruits out of season usually means they were harvested in some other part of the country or the world, and then shipped a long way to your local store. Produce begins to lose nutrients as soon as it is picked, so fresh is always best! The produce you consume becomes your medicine, so taking in the highest quality medicine will give you the assurance your body is getting everything it needs.

Before You Begin

Before you dive into making these delicious recipes, here is a quick bit of information to get you started.

DIVIDED USE

The term "divided use" is used throughout this cookbook. This simply means a particular ingredient is used in two separate parts of the recipe. Therefore, it is important to pay attention to the amount used in the directions and follow them carefully.

TYPES OF CUTS

The ingredient list for each recipe contains specific terms used to identify how to cut each food. Of course, each of these is merely a suggestion, and you will quickly find you have a favorite cutting technique for each food. The use of different types of cuts adds variety, both visually and in texture. Consider trying all of the cuts while preparing these recipes. But do keep in mind, the smaller a food is cut, the quicker it will cook.

Whole Onion

Sliced Onion

Cubed Onion

Diced Onion

Minced Garlic

Sliced Garlic

HEALTH BENEFITS

Various recipes within this cookbook contain information on the health benefits of particular foods. Look for the green boxes titled Health Benefits for these additional facts!

NOTATION KEY

Some recipes may include foods that need to be limited or avoided until later in the therapy, or when recommended by a certified Gerson practitioner. Pay attention to these items, and refer to the introduction section if you are uncertain about a specific food. Recipes may be marked with one or more of the following notations accordingly:

B BREAD

D DAIRY

FO FLAXSEED OIL

G GRAINS

M IN MODERATION

L LENTILS

S SWEETENERS

Whole Eggplant

Cubed Eggplant

Diced Zucchini

Roughly Cut Bell Pepper

Sliced Carrot

Half-moon/
Quarter-moon Zucchini

Let's Start Cooking!

Like all tasks, after doing it enough times, each aspect of food preparation will become easy and routine. Once you have learned how to prepare these recipes, you can share this knowledge by teaching those around you. However, don't forget to always be patient with yourself (and those around you!). With much of your time being spent in the kitchen, your mindset while preparing the Gerson diet will become just as important as the food itself. Do your best to stay positive throughout the process and remember that these meals are just one part of your healing journey. The best advice we can give is to envision each meal bringing you one step closer to your health goal; and remember, take it one recipe at a time.

Whether you are following the Gerson Therapy for healing, or using it as one tool in your health toolbox, we hope the information within this book both encourages and inspires you in your journey toward optimal health and complete healing.

Gerson Therapy

RECIPES

Gerson Therapy

BREAKFAST

On the Gerson Therapy, the heart of breakfast is a large bowl of oatmeal. Dr. Gerson said oatmeal "can be used freely," meaning consumption of oatmeal is not limited. However, oatmeal should not be used to replace cooked vegetables at lunch and dinner.

Dr. Gerson advised eating oatmeal with raw grated apple, banana, applesauce, stewed fruit or fresh fruit.[10] You can also include a piece of salt-free rye toast and a glass of citrus juice, either grapefruit or orange, unless instructed otherwise. We have included instructions for preparing the several different types of oats that can be eaten on the therapy. We suggest you try each of them, as well as vary what you serve along with the oatmeal to provide variety.

[10] *Gerson, **A Cancer Therapy**, 243.*

Applesauce

APPLESAUCE, COOKED

Ingredients

S SWEETENERS

3 medium apples, cored, cut into bite-sized pieces

¼ cup purified water (optional)

1 teaspoon honey or other permitted sweetener (optional)

Servings

2

Health Benefits

Apples are high in fiber, vitamin C, potassium and various antioxidants, including quercetin, catechin and chlorogenic acid. These plant compounds are responsible for many of the health benefits of apples.

Directions

1. Place apple pieces and purified water in a small pot.
2. Bring pot to a boil, then reduce to a very low simmer.
3. Cover and cook for 15-20 minutes, or until apples are very tender.
4. Process through a food mill. Mix in sweetener.

Variations

- Vary texture of cooked apples using a food processor or blender. A potato masher could also be used.
- Make stewed apples by adding dried fruit to the pot during step 1, and keeping the apples in pieces instead of processing them through a food mill.

Note

Adding more purified water can help to speed up cooking time and create a thinner applesauce. This additional water can be removed before milling the applesauce.

APPLESAUCE, RAW

Ingredients

S SWEETENERS

3 medium apples, cored

2 teaspoons honey or other permitted sweetener (optional)

1 teaspoon lemon juice (optional)

Servings

2

Directions

Run apples through the grinder portion of a Norwalk juicer or process with a food processor. Mix with sweetener and lemon juice and serve.

Banana Pancakes

BANANA PANCAKES

Ingredients

2 ripe bananas, peeled

½ cup Applesauce
(see recipe, page 37)

1 teaspoon allspice

1 cup Oat Flour
(see recipe, page 187)

½ cup rolled oats

Maple syrup (optional)

Yield

3 pancakes

Directions

1. Preheat oven to 350°F.
2. Mash the bananas into a puree using the back of a fork. Mix in the Applesauce and allspice.
3. Add half the Oat Flour and all of the oats to the mixture and mix well. The mixture should be a little moist, and should bind together like a cookie batter. Slowly incorporate the remaining Oat Flour.
4. Line an oven-safe dish with a piece of unbleached parchment paper. Measure ½ cup for each pancake and pour onto baking dish. Use the bottom of the measuring cup to smooth out the batter into ¼ inch thick, pancake-shaped rounds. You should be able to form 3 pancakes.
5. Bake uncovered for 10 minutes. Take out of the oven and carefully flip each pancake. Bake for an additional 10 minutes. Serve with a bit of maple syrup, if desired.

BREAKFAST QUINOA

Ingredients

¼ cup quinoa, rinsed

½ cup purified water

1 cup Oat Milk
(see recipe, page 43)

½ banana

¼ teaspoon allspice
(optional)

Servings

1-2

Directions

1. Place quinoa and purified water in a small pot. Cover partially and bring to a boil.
2. Cover fully and reduce to a low simmer for 20 minutes.
3. Remove quinoa from heat and let cool.
4. Once cooled completely, combine with the Oat Milk.
5. Use the back of a fork to mash the banana into the quinoa, and then gently mix. Stir in allspice, if desired.

Variations

- Use any of the other allowed fruits in addition to, or in place of the banana.
- Add a teaspoon of permitted sweetener.
- Substitute the Oat Milk with orange or tangerine juice.
- Slice the banana and add it during step 4.

Note

Make quinoa ahead of time so that it is cool and ready to go come breakfast.

Breakfast Quinoa

Fruit Compote, with Pears

FRUIT COMPOTE

Ingredients

S SWEETENERS

3 cups fresh fruit

¼ cup orange juice or purified water

1 teaspoon permitted sweetener (optional, use with tart fruit)

1 tablespoon lemon juice (optional, use with sweet fruit)

Yield

2 cups

Directions

1. Cut fruit into bite-sized pieces.
2. Place fruit and orange juice, or purified water, in a small pot. Bring to a boil, then reduce to a low simmer. Cover partially, and cook for 10-12 minutes.
3. Add sweetener or lemon juice when cool, if desired.

Variations

- You may also use dried fruit, and cook time should remain relatively the same. Fruit is done when tender.
- Use apple juice instead of orange juice.

Gruel

GRUEL

Ingredients

½ cup rolled oats

2 ½ cups purified water

Yield

2 ½ cups

Directions

1. Place oats and purified water in a small pot. Cover partially and bring to a boil.
2. Cover fully and reduce to a low simmer for 15 minutes. Stir occasionally.
3. Strain out all liquid. This liquid is the gruel. Discard the remaining oats.
4. Store the gruel in a Thermos or mason jar for up to 48 hours.

Note

Dr. Gerson suggested adding gruel to juices to help ease nausea or upset stomach. The gruel may help soothe an irritated stomach and intestinal tract. A bit of peppermint tea may also be added to gruel to improve taste. Use a 5:1 (purified water to oats) ratio when making gruel.

Oat Variations:

- Scottish oats, cooked with the same oat to purified water ratio, will take at least 10 minutes to cook.
- Irish oats, also called steel cut oats, cooked with the same ratio, will take at least 20 minutes to cook.
- Oat groats, cooked with the same ratio, will take about 60 minutes.

OATMEAL

Ingredients

½ cup rolled oats

1-1 ½ cups purified water

Servings

1

Note

If you have a serious gluten intolerance or celiac disease, you may need to avoid oatmeal, unless you obtain a brand that is tested to be free of gluten contamination from the field and the processing equipment.

Health Benefits

Oats are well known for their cholesterol-lowering benefits. Oats are also a rich source of the trace minerals manganese and molybdenum.

Directions

1. Place oats and purified water in a small pot. Cover partially and bring to a boil.
2. Cover fully and reduce to a low simmer for 6-8 minutes. Stir occasionally.

Variations

- Play around with the amount of purified water added. Less purified water will result in a thicker, creamier oatmeal. More purified water will result in a thinner oatmeal.
- Rolled oats can be soaked overnight in the refrigerator. Use a 1:1 ratio of oats to purified water, or yogurt. Then enjoy as is in the morning.
- Oat groats can be substituted for rolled oats. Bring groats and purified water to a boil, cover, remove from heat and soak overnight in refrigerator (8 hours). In the morning, remove the cover and bring to a boil, then lower to a simmer and cook for 15 minutes. Turn off the heat, cover, and let sit for 10 minutes.
- Consider using a slow-cooker to cook oatmeal. Use a 1:4 ratio of oats to purified water. Cook oatmeal on low for 7-8 hours. You can add allowed fruits and permitted sweeteners to the slow cooker and let it all cook together overnight.
- Serve with plumped, fresh or stewed fruit.
- Add a teaspoon of permitted sweetener.
- Mash a banana and add to the oatmeal.

OAT MILK

Ingredients

3 cups purified water

1 cup rolled oats

Yield

3 cups

Directions

1. Soak oats in purified water for 5 minutes.
2. Blend in blender until smooth.
3. Strain mixture with fine strainer, nut milk bag or cheesecloth into bowl. Squeeze or press out as much milk, or liquid, as possible.
4. Store in a mason jar in refrigerator for up to 2 days.

Health Benefits

Oats contain a good amount of protein, dietary fiber and B vitamins.

Muesli

MUESLI

Ingredients

S SWEETENERS

½ cup rolled oats

½ cup Oat Milk
(see recipe, page 43)

Fresh fruit

1 teaspoon permitted sweetener

¼ teaspoon allspice

Servings

1

Directions

1. Place oats and Oat Milk in a small bowl. Let sit for 15 minutes.
2. Add fresh fruit and top with a teaspoon of molasses, or other permitted sweetener, and allspice.

PLUMPED FRUIT

Plumped Fruit

Ingredients

4 cups dried, unsulphured fruit, stems removed

2 cups purified water

Yield

4 cups plumped fruit

Directions

1. Place the dried fruit in a one quart mason jar.
2. Boil purified water on stove or heat in an electric kettle.
3. Pour enough purified water over the dried fruit to cover and fill the jar.
4. Cover and store on the counter for at least 60 minutes, or until soft. The longer you wait, the more plumped the fruit will become.

Variations

- Use room temperature purified water to cover fruit in mason jar. Place in refrigerator for at least 12 hours. This will achieve the same result.
- Dried fruit can also be cooked with oatmeal to reconstitute. Add additional purified water to the cooking pot with the dried fruit of choice, use a 1:1 ratio of dried fruit to purified water, in addition to the purified water needed to cook oatmeal.

Note

Once opened, store in the refrigerator for up to two weeks. If left unopened, fruit can be stored in the refrigerator for up to a month. Always use a clean utensil to remove fruit to prevent the growth of mold.

FRUIT JAM

Ingredients

1 cup Plumped Fruit (see above)

1 tablespoon juice from plumped fruit

Yield

1 cup

Directions

Place fruit and juice in a food processor and pulse until a smooth consistency is reached.

Fruit Jam

Gerson Therapy

COOKED VEGETABLES

Lunch or dinner is quickly approaching! Once you decide what to make, be sure you have all necessary ingredients. Read through the whole recipe you've chosen before starting to be certain you follow it correctly. It's best to begin with the base recipes in this book because these are the easiest. Avoid variations, or recipes with lots of steps or ingredients, until you master the slow-cooking method and your palate has adjusted to the Gerson Therapy. Then feel free to experiment. For example, try following one recipe but swap out one listed ingredient for another.

Just about every recipe in this section calls for cooking according to the slow-cooking method. Each of these recipes say to place pieces of an onion on the bottom of the pot or pan being used and progress from there. Sometimes you will need only half an onion, depending on its size, in addition to the vegetable you are cooking. However, remember that you can substitute the onion with leek, tomato, apple, a couple of tablespoons of Hippocrates Soup Stock or even purified water. Combine these alternative options, using a bit of each, to increase variety of taste and flavor. The slow-cooking method will remain relatively the same if these other items are substituted. Also, keep in mind that not all stoves are created equally. Electric stoves are different from gas stoves and each will cook at slightly different temperatures. Therefore, depending on your particular stove, you may or may not need to use a heat diffuser to prevent food from burning.

Also, just because a vegetable isn't called for in any recipe doesn't necessarily mean it isn't allowed on the therapy. Make sure any new vegetable you want to include has characteristics similar to those already featured in this book. If you are uncertain about a specific vegetable, consult with a certified Gerson practitioner or avoid using the vegetable. Cook new vegetables just as you would any other vegetable there is a recipe for; make sure to cook long enough so that it can effortlessly be cut with a knife. Then, enjoy!

"As a garden can be improved with the right fertilizer so can man be helped with the right food. In the hand of the physician, nutrition can be the highest and best remedy."

Max Gerson, M.D.

Artichokes

ARTICHOKES

Ingredients

2 artichokes

2 lemons, cut into wedges

4 cloves garlic (optional)

Purified water

Servings

2

Directions

1. Cut off the stems and the top half-inch of each artichoke with a sharp knife. Trim the sharp points of all remaining leaves with kitchen scissors.
2. Place the artichokes in a 1-3 quart pot. Add enough purified water to submerge the bottom ⅓ of the artichokes. Add lemon wedges and garlic to pot. You can also tuck whole garlic cloves in between the artichoke leaves, if desired.
3. Bring purified water to a boil, then reduce heat to a low simmer, cover and cook for 45 minutes. The artichoke is done when you can easily pull away a leaf or you can easily poke through the base of the artichoke with a knife.
4. Serve with a favorite salad dressing, sauce or dip on the side.

Notes

- If you peel away the skin of the artichoke stem, you can cook the stem along with the artichoke, then slice into small pieces and add to a salad.
- If garlic is added, cooking will soften them enough that the cloves can be eaten whole, if desired.

Artichokes, Stuffed

ARTICHOKES, STUFFED

Ingredients

1 cup rolled oats

2 tablespoons roughly chopped Italian parsley

2 cloves garlic

1 tablespoon minced rosemary or thyme

2 artichokes

Purified water

Servings

2

Directions

1. Use a blender or food processor to blend the oats, parsley, garlic and rosemary or thyme.
2. Cut off stems and the top half-inch of each artichoke with a sharp knife. Trim the points of all remaining leaves with kitchen scissors.
3. Flip artichoke over so leaves are facing down. Press the artichoke base down firmly with your palm to open artichoke leaves.
4. Stuff each artichoke with half of the blended mixture, placing it between the leaves.
5. Place the artichokes in a 1-3 quart pot. Add enough purified water to submerge the bottom ⅓ of the artichokes.
6. Bring the purified water to a boil, then turn the temperature down to maintain a low simmer, cover and cook for 45 minutes. The artichoke is done when you can easily poke through the base of the artichoke with a knife.

Variations

- Place cooked artichokes in an oven-safe dish and bake, uncovered, for an additional 15 minutes at 350°F, then serve.
- Once artichokes have cooled, drizzle flaxseed oil over to enhance flavors.

ASPARAGUS

Ingredients

1 large yellow onion, thinly sliced

2 cloves garlic, minced

1 pound asparagus, fibrous base-ends removed

1 teaspoon minced tarragon or thyme (optional)

Balsamic vinegar (optional)

Servings

2

Directions

1. Layer the onion and garlic to cover the bottom of a pan. Place asparagus on top of onion and garlic. Cook uncovered on medium heat until the pan starts to steam.
2. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn down heat to low and cook for 40 minutes or until asparagus is soft, but not too mushy and stringy. If using herbs, add during the last 15 minutes of cooking.
4. Add a few drops of balsamic vinegar before serving, if desired.

Variations

- Chop the asparagus into ½-inch pieces before cooking.
- Add the juice of one lemon before serving.

Health Benefits

Asparagus contains a wealth of antioxidants and anti-inflammatory nutrients. It is particularly rich in vitamin K, folate and copper.

BAKED EGGPLANT AND TOMATO LASAGNA

Ingredients

1 red onion, thinly sliced

1 leek, white base thinly sliced

1 eggplant, sliced lengthwise into ¼ inch slices

4 tomatoes, core removed, thinly sliced

2 parsnips, thinly sliced

5-6 cloves garlic, minced

Servings

3-4

Directions

1. Preheat oven to 325°F.
2. Cover the bottom of a baking dish with red onion and leek. Then layer the eggplant, tomatoes and parsnip, sprinkling garlic between each layer. Continue in this order until all ingredients have been used.
3. Bake covered for 90 minutes or until the vegetables can easily be pierced through with a knife. Remove lid during the last 20 minutes.

Variations

- Change the order of vegetable layers.
- Use the stovetop slow-cooking method instead to complete this recipe.
- Add any allowed herbs on top or between layers. Try thyme, rosemary or parsley.
- Serve with Yogurt Cheese (see recipe, page 184) on top.
- Add Simple Gerson Tomato Sauce (see recipe, page 148) in between each layer.
- Substitute 2 zucchini for the eggplant.

Baked Eggplant and Tomato Lasagna

Baked Fennel and Tomato

Baked Summer Squash Medley with Simple Gerson Tomato Sauce

BAKED FENNEL AND TOMATO

Ingredients

1 bulb of fennel, fronds and stalk removed, bulb cut in half lengthwise

1 large tomato, core removed, thinly sliced

2-3 cloves garlic, thinly sliced

½ lemon, juiced

Servings

1-2

Directions

1. Preheat oven to 350°F.
2. Place fennel halves in a ceramic or glass baking dish with cut side up.
3. Cover fennel halves with tomato slices, followed by garlic slices.
4. Cover dish and bake for 40 minutes.
5. Remove the cover and bake for an additional 10 minutes.
6. Carefully remove from the oven and pour lemon juice over both halves.
7. Chop the fennel fronds and add on top for garnish before serving.

BAKED SUMMER SQUASH MEDLEY

Ingredients

1 tablespoon Hippocrates Soup Stock (see recipe, page 157), or purified water

1 zucchini, thinly sliced

1 yellow summer squash, thinly sliced

Servings

2-3

Directions

1. Preheat oven to 350°F.
2. Add the Hippocrates Soup Stock to a round, oven-safe dish.
3. Place alternating slices of zucchini and summer squash in the dish, working from one side to the opposing side.
4. Bake, covered, for 45 minutes.

Variation

Remove the core of two vine tomatoes and blend in blender the tomatoes with two cloves of garlic. Pour over the dish just before it goes in the oven.

BAKED VEGETABLE MÉLANGE

Ingredients

1 small eggplant, cubed

1 red onion, thinly sliced or cubed

1 leek, thinly sliced

1 zucchini, cut into bite-sized pieces

1 summer squash, cut into bite-sized pieces

3 tomatoes, diced

5-6 cloves garlic, minced

1 tablespoon chopped rosemary or thyme

Servings

3-4

Directions

1. Preheat oven to 325°F.
2. Mix all ingredients together and place in a glass or ceramic baking dish.
3. Cover and bake for 60 minutes or until done. You can remove cover for the last 15 minutes to allow excess moisture to escape.
4. Use a spoon to serve.

Note

- Use only the white and lighter green part of the leek; save the rest for Hippocrates Soup (see recipe, page 157).
- This dish is perfect for using up scraps of vegetables left over from preparing other dishes. Experimenting with different vegetable combinations can lead to flavor and texture combinations you never expected to enjoy.

BAKED WINTER SQUASH

Ingredients

1 winter squash, cut in half lengthwise, seeds removed

Servings

3-4

Directions

1. Preheat oven to 350°F.
2. Place squash halves face down in a baking dish with enough purified water to cover the bottom of the dish. Bake for 90 minutes, or until outside skin begins to brown and can be easily pierced. Additional purified water may need to be added if all liquid has evaporated from the dish before the squash has fully cooked.
3. Carefully remove from oven. Scoop squash away from skin and serve.

Variations

- Chop and mix in one or more of the following herbs and spices before serving: parsley, dill, marjoram, thyme or allspice.
- Add 1 teaspoon maple syrup or another permitted sweetener before serving.

Note

Winter squashes include butternut squash, acorn squash, delicata squash, kabocha squash, spaghetti squash and many others. Winter squash can also be cooked whole, but must first be pierced to allow steam to escape during baking. If cooked this way, we still suggest you place squash in an oven-safe dish. When done, carefully remove the skin and discard the seeds.

Baked Winter Squash

Beets, Boiled

BEETS, BAKED

Ingredients

3 large beets, green tops removed

Servings

3

Directions

1. Preheat oven to 350°F.
2. Place the beets in an oven-safe dish and bake up to 90 minutes, or until the beets can easily be pierced with a knife.
3. Using a paring knife, carefully remove the skin from the beets along with the roots and stem.
4. Cube or slice and serve warm or cooled.

Health Benefits

Beets contain an antioxidant pigment called betalain, which contributes to their unique red color. This pigment supports the liver's overall detoxification process, where unwanted toxic substances are eliminated from the body. Beets are also a rich source of vitamin C and manganese, which is a trace mineral.

BEETS, BOILED

Ingredients

3 large beets, green tops removed

Servings

3

Directions

1. Submerge beets in a pot of purified water.
2. Bring to a boil, then reduce to a simmer and cover.
3. Cook for 45 minutes or until the beets can be easily pierced.
4. Strain beets in a stainless steel colander and wait until cool enough to handle. Run a small amount of purified water over the beets to help cool them. Beets are easiest to peel when they are still slightly warm.
5. Remove the skin, which should easily slide off, especially if you run the beets under cool purified water. Use your fingers to remove skin.
6. Cut the root and stems away from beets.
7. Cube or slice and serve warm or cooled.

Note

The greens of the beets can be cooked along with other greens. The smaller baby leaves can be added to your Green Juice (see recipe, page 194).

Broccoli with Simple Gerson Tomato Sauce

BROCCOLI

Ingredients

1 red or yellow onion, cubed or thinly sliced

1 head broccoli, stem removed, cut into florets

2 cloves garlic, minced

Servings

2

Health Benefits

Broccoli contains large amounts of glucosinolate phytonutrients. Phytonutrients are substances that are thought to be beneficial in improving health and preventing diseases. Glucosinolates are necessary to support the body's detoxification process. Glucosinolates form isothiocyanates, which are the detoxification regulating molecules in the body.

Directions

1. Cover the bottom of a small pan with onion. Place broccoli on top of the onion, then sprinkle garlic over broccoli. Cook uncovered on medium heat until the pan begins to steam.
2. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce heat to low and continue to cook for 45 minutes or until broccoli becomes very soft.

Variations

- Add any of the approved herbs during or after the cooking process. Dill complements broccoli especially well.
- Add thinly sliced leek (bottom white and lighter green parts) on top of the onion, before placing the broccoli, for additional flavor and texture.
- Add sauces on top of the broccoli for variety as well, such as a Simple Gerson Tomato Sauce (see recipe, page 148).
- Add diced tomatoes or diced bell peppers. They only need to be cooked for 20 minutes of the total cook time.
- Add lemon juice just prior to serving.
- Peel the surface layer skin of the broccoli stem, cut up the remaining stem and cook along with the broccoli.

Brussels Sprouts

BRUSSELS SPROUTS

Ingredients

1 yellow onion, diced or thinly sliced

3 cloves garlic, minced

1 pound Brussels sprouts, ends trimmed, quartered

Servings

3-4

Health Benefits

Brussels sprouts are a wonderful source of vitamin K, vitamin C and folate. Incorporating Brussels sprouts, a cruciferous vegetable, into your diet will improve whole body detoxification. Cruciferous vegetables are well researched and have been found to be helpful in reducing the risk of cancer and other degenerative diseases.

Directions

1. Cover the bottom of a pot with onion and place the garlic directly on top, followed by the Brussels sprouts.
2. Cook uncovered on medium heat until the pot begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce heat to low and cook for about 45 minutes.
4. Mix everything together and serve.

Variations

- Add a dash of apple cider vinegar, balsamic vinegar or lemon juice during the last 5 minutes of cooking.
- Place a sliced Fuji apple in the pot during step 1, along with apple cider vinegar, to add a nice balance of sweet and tart.
- Top with green onions.
- Add allowed herbs for variety.

Butternut Squash with Apples and Raisins

BUTTERNUT SQUASH WITH APPLES AND RAISINS

Ingredients

M IN MODERATION

1 medium butternut squash, peeled, seeds removed, cubed

1 Fuji apple, core removed, cut into bite-sized pieces

¼ cup plumped raisins (see Plumped Fruit recipe, page 45)

3-4 cloves garlic, minced

½ cup orange juice

1 teaspoon allspice (optional)

Servings

3 - 4

Directions

1. Put all ingredients into a pot and cook on medium heat until the orange juice begins to simmer.
2. Maintain a low simmer, cover and cook for 40 minutes. If squash cannot easily be cut through by the time the juice is simmered away, add a little more orange juice or purified water and continue to lightly simmer.

Variations

- Add ½ onion, diced or thinly sliced, to bring more of a savory taste to this sweet dish.
- Any winter squash can be used.
- Serve on top of your morning oatmeal.

BUTTERNUT SQUASH WITH TOMATOES, LEEK AND ONION

Ingredients

1 medium butternut squash, cut in half lengthwise, seeds removed

1 yellow onion, thinly sliced

1 small leek, white and light green part, thinly sliced

2 tomatoes, diced

4-5 cloves garlic, minced

Servings

2-3

Directions

1. Preheat oven to 350°F.
2. Place butternut squash face down in an oven-safe dish. Add enough purified water to cover the base of the dish.
3. Place in oven and bake for 60 minutes, or until the squash can easily be pierced.
4. While the squash is baking, place the onion, leek, tomatoes and garlic in a small pan. Cook uncovered on medium heat until the pan begins to steam. Cover, and once the lid is very hot to the touch, turn heat to low and cook for an additional 25 minutes.
5. When both the squash and tomato mixture are done, scoop the squash out of its skin, and place a dollop of the tomato mixture on each serving of squash.

Note

Save the dark green portion of the leek for your next batch of Hippocrates Soup (see recipe, page 157).

CABBAGE AND COLLARD GREENS

Ingredients

1 small onion, diced or thinly sliced

2-3 cloves garlic, minced

½ head of cabbage, core removed, roughly chopped

1 bunch collard greens, stems removed, roughly chopped

Servings

3-4

Directions

1. Cover the bottom of a pan with the onion and then add garlic, cabbage and collard greens. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
2. Turn down heat to low and continue cooking for 45 minutes.
3. Stir mixture and serve.

Health Benefits

Cabbage is a member of the cruciferous vegetable family. Consumed for its many nutrients, but primarily its high vitamin C content, cabbage ranges in color from pale green to dark red or purple.

CARROTS AND HONEY

Ingredients

S SWEETENERS

½ yellow onion, sliced or diced

3-4 carrots, ends removed, sliced or left whole

½ teaspoon honey or other permitted sweetener

Servings

2

Directions

1. Cover the bottom of a small pan with onion and place carrots on top.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn the heat down to low and continue to cook covered for 45 minutes, or until tender.
4. Add honey or other permitted sweetener during the last 10 minutes.

CAULIFLOWER

Ingredients

1 large yellow onion, sliced or diced

1 leek, white and light green part, thinly sliced

4 cloves garlic, minced

1 head cauliflower, leaves removed, cut into florets

Servings

3-4

Directions

1. Cover bottom of a small pan with onion, leek and garlic. Place the cauliflower on top.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn down heat to low and continue to cook for 45 minutes.

Variations

- Add diced tomatoes to cauliflower for the last half of cooking.
- Add sliced carrots at the beginning.
- Remove the leek.
- Try using tomatoes instead of onion on the bottom of the pan. Consider adding cilantro at the end to give a nice fresh flavor.
- Add a sauce that complements cauliflower: Red Bell Pepper Sauce (see recipe, page 150), the Tangy Cilantro Sauce (see recipe, page 151) or the Carrot Sauce (see recipe, page 145).
- Cook the cauliflower whole in a pot.

Note

Save the dark green portion of the leek for your next batch of Hippocrates Soup (see recipe, page 157).

Cauliflower with Red Bell Pepper Sauce

Celery Root Casserole

CELERY ROOT CASSEROLE

Ingredients

1 large yellow onion, thinly sliced

5-6 cloves of garlic, thinly sliced

½ leek, light green and white part only, thinly sliced

1 large or 2 small celery root, peeled, thinly sliced

¼ cup Hippocrates Soup Stock (see recipe, page 157) or Hippocrates Soup (see recipe, page 157)

1 tablespoon chopped parsley (optional)

Servings

2-3

Directions

1. Preheat oven to 350°F.
2. Layer in a baking dish from bottom to top, adding 1 tablespoon of Hippocrates Soup Stock per layer: onion, garlic, leek and celery root. Repeat until all ingredients are used.
3. Cover and bake for 90 minutes. Remove cover during last 15 minutes of cook time. The top should be slightly browned.
4. Sprinkle the chopped parsley over the casserole and serve.

Variation

Add sliced parsnip after each onion layer, or even a sliced white potato to turn this dish into a white root casserole. With the addition of a sliced carrot or two you have a general root vegetable casserole.

Note

If the celery root is especially tough, you may need to cut off a bit of the layer just under the skin. Also, a mandoline slicer or even a food processor with a slicing disc can very quickly turn ingredients into thin, uniform slices.

Health Benefits

Celery root contains many important antioxidants including falcarinol and falcarindiol, that are beneficial in treating disease, especially cancer. It is also a great source of vitamin K. Celery root contains a wide variety of essential minerals such as iron, calcium, copper, manganese and phosphorus. Phosphorus plays a crucial role in cell metabolism and bone and teeth formation.

Corn Cake

CORN CAKE

Ingredients

M IN MODERATION

5 ears corn, husk removed, kernels removed, divided use

½ green bell pepper, diced

1 rib celery, diced

½ yellow onion, diced

4 cloves garlic, minced

1 cup rolled oats

½ cup minced parsley

¼ cup Hippocrates Soup Stock (see recipe, page 157) or purified water (optional)

Servings

4

Directions

1. Preheat oven to 350°F.
2. Insert the # 2 grid into a Norwalk juicer and grind the kernels from 4 of the ears of corn. You can also use a food processor with the S-shaped blade. Save the kernels from the remaining ear of corn.
3. Mix the ground corn with all other ingredients, except the Hippocrates Soup Stock.
4. Use a 1 cup measuring cup to scoop out the mixture in 1 cup increments into a wide oven-safe dish. Flatten each scoop into a ¾ inch patty. This should yield four 1 cup patties, and one smaller ½ cup patty.
5. Bake uncovered for 45 minutes until firm enough to remove from the dish with a spatula without the patties falling apart. You can add Hippocrates Soup Stock to the baking dish to prevent the patties from sticking. You can even bake on top of a sheet of unbleached parchment paper.

Note

Corn can sometimes be difficult to digest. Chew thoroughly to reduce digestive distress. Be sure the corn you use is non-GMO.

Health Benefits

Parsley is a great source of vitamin K, vitamin C and beta-carotene. It also supports production of glutathione-S-transferase, an important molecule in liver detoxification. Many of its components are "chemoprotective" and can help neutralize toxic compounds.

CORN WITH MIXED VEGETABLES

Ingredients

1 red onion, diced

2 ribs celery, diced

2 small carrots, diced

2 small zucchini, cubed

3 cloves garlic, minced

2 tablespoons chopped parsley

2 ears corn, husk removed, kernels removed

Servings

4

Directions

1. Cover the bottom of a small pan with the onion.
2. Place all vegetables, except the corn, on top of the onion, then add parsley and garlic.
3. Cook uncovered on a medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
4. Turn down heat to low, then continue to cook for 30 minutes.
5. Add the corn kernels and cook for an additional 15-20 minutes.

Variations

- Place all ingredients in an oven-safe dish and bake at 275°F for 45 minutes.
- Cook the corn separately by boiling in purified water for about 7 minutes. Then remove kernels from the cob and mix with the rest of the cooked vegetables.
- Add Simple Gerson Tomato Sauce (see recipe, page 148) to the vegetables.
- Add any of the allowed herbs.
- Add the juice of one lime just before serving.
- Wait to add the parsley until the end for a stronger parsley flavor.

CREAMED CORN

Ingredients

M IN MODERATION

3 ears corn, husk removed, kernels removed, divided use

1 green bell pepper, seeds removed, thinly sliced

Servings

2

Directions

1. Preheat oven to 350°F.
2. Blend the raw kernels from 2 ears in a blender or food processor until smooth.
3. Mix the kernels from the third ear with the blended corn.
4. Place in a baking dish and add sliced green bell pepper on top.
5. Bake for 40 minutes.

Eggplant Butternut Squash Casserole

EGGPLANT BUTTERNUT SQUASH CASSEROLE

Ingredients

1 large onion, sliced into rings

1 eggplant, ends removed, cut lengthwise into ¼ inch slices

1 small butternut squash, skin and seeds removed, cut lengthwise into ¼ inch slices

3-4 tomatoes, sliced

3-4 cloves garlic, minced

1 tablespoon chopped rosemary (optional)

Servings

3-4

Directions

1. Preheat oven to 325°F.
2. Place the onion on the bottom of a glass baking dish and then place alternating layers of eggplant, squash and tomatoes until all have been used. Sprinkle the garlic on top.
3. Bake covered for 90 minutes. Remove cover and bake for an additional 10-15 minutes.

Variations

- Leave out the tomatoes, and instead cube the squash and eggplant and cook on the stovetop following the Gerson slow-cooking instructions. Add some fresh lemon juice to finish and garnish with green onion.
- Add Parsley-Cilantro Pesto (see recipe, page 142) to the finished casserole.

EGGPLANT ROULADE

Ingredients

D DAIRY

M IN MODERATION

1 eggplant, cut lengthwise into ¼ inch slices

¼ cup Hippocrates Soup Stock (see recipe, page 157), or purified water

2 cloves garlic, minced

1 tablespoon chopped parsley

1 tablespoon chopped tarragon

1 cup spinach

1 cup Gerson Cottage Cheese (see recipe, page 183) or yogurt

2 cups Simple Gerson Tomato Sauce (see recipe, page 148) or Red Bell Pepper Sauce (see recipe, page 150)

Yield

7 rolls

Directions

1. Preheat oven to 350°F.
2. Put the eggplant slices flat in an oven-safe dish with Hippocrates Soup Stock. Bake uncovered for about 10 minutes, just until the slices soften up a bit.
3. While the eggplant is in the oven, add the garlic, parsley, tarragon, spinach and cottage cheese to a food processor with the S-shaped blade and pulse until everything is well mixed together and the spinach has been cut into small pieces.
4. Once the eggplant has softened, carefully remove from the oven. Spread a tablespoon of the cheese mixture over one end of each of the eggplant slices, then roll them up tight and place them back in the oven-safe dish with the eggplant ends down, to prevent them from unrolling.
5. Cover each roll partially with the sauce of your choice, then place back in the oven and bake for another 45 minutes uncovered. Garnish with additional tarragon or parsley once done.

Variation

Replace the Gerson Cottage Cheese and spinach filling with mashed potatoes, or Sweet Squash Purée (see recipe, page 85).

Note

Use a mandoline to create nice even slices of eggplant.

Health Benefits

Tarragon contains trace amounts of iron and potassium.

Eggplant Roulade

Gardener's Pie

Gardener's Pie

GARDENER'S PIE

Ingredients

B BREAD

L LENTILS

TOPPING

3 potatoes, any type, cubed

1 small yellow onion, cubed

FILLING

1 medium yellow onion, cubed

2-4 cloves garlic, minced

2 carrots, cut into ¼ inch rounds

2 zucchini, cut into ¼ inch rounds

2 tomatoes, diced

2 tablespoons chopped parsley

2 cups, Rye Bread Crumbs
(see recipe, page 188)

Servings

2-3

Directions

TOPPING

1. Place potatoes and onion in a pot and cover with purified water. Bring to a boil.
2. Lower the heat and cook at a low simmer until potatoes and onion are tender, about 10-15 minutes. Use a strainer to drain the water.
3. Return potato and onion to pot and mash together with a potato masher. Set aside.

FILLING

1. Cover the bottom of a pan with onion and add all remaining ingredients on top, excluding the Rye Bread Crumbs.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn temperature to low and continue to cook for 60 minutes. Stir in Rye Bread Crumbs when vegetables are soft and continue to cook for another 5 minutes. Pour mixture into a pie plate or glass baking dish.
4. Top with mashed potato topping.
5. Bake at 350°F uncovered for 20 minutes, or until topping is golden brown.

Variations

- Add leftover vegetables from a previous meal before adding topping and baking.
- Substitute any vegetables you have.
- Once allowed, add a cup of cooked lentils instead of, or along with, Rye Bread Crumbs during step 3.
- When making the topping, add 1-2 chopped parsnips to the pot, along with the potatoes and onion. After cooking, mash all together.

GREEN BEANS

Ingredients

1 large yellow onion, diced

1 pound green beans, vine ends removed

3 cloves garlic, thinly sliced or minced

Servings

4

Directions

1. Cover the bottom of a small pan with onion. Place the green beans on top, followed by the garlic.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn down temperature to low, and continue to cook for 60 minutes.

Variations

- Add 2 diced tomatoes during step 1. This results in a stewed tomatoes version of this recipe.
- Add both tomatoes raw after green beans have cooked.
- Swap tomatoes for a couple of florets of cauliflower and use French green beans.
- Add thinly sliced green onions as a garnish.
- Add a small, thinly sliced leek, saving the dark green part for Hippocrates Soup (see recipe, page 157), with the onion on the bottom of the pan. Cut back the amount of onion you use by ½.
- Use a red onion to make the dish a little sweeter.
- Add Roasted Garlic (see recipe, page 141).
- Add a bit of Golden Gravy (see recipe, page 147) on top of any variation.
- Add a tablespoon of chopped dill, along with a dash of apple cider vinegar.

GREEN PEPPERS WITH ONION

Ingredients

1 onion, thinly sliced

2 green bell peppers, thinly sliced

Servings

2

Directions

1. Cover the bottom of a small pan with the onion and place pepper slices on top. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
2. Turn down heat to low and continue to cook for 30 minutes.

Variations

- Use other bell peppers as well. Try different colors for variation.
- Add allowed herbs for additional flavor.

Green Beans with Red Onion

Green Peppers with Onion

Jicama Tacos

Kale with Beets and Orange Slices

JICAMA TACOS

Ingredients

½ jicama, peeled, thinly sliced (will make about 8 taco shells)

1 zucchini, diced

¼ red cabbage, shredded

½ cup Salsa Verde (see recipe, page 142)

Cilantro (for garnish)

Servings

4

Directions

1. Soak the jicama slices in purified water for 30 minutes. The jicama slices will serve as taco shells.
2. Once shells are pliable, divide zucchini and red cabbage among them.
3. Finish by drizzling Salsa Verde on each taco and garnishing with cilantro.

Variations

- Add any assortment of sliced veggies to your tacos, such as bell peppers, radishes and tomatoes.
- Cooked vegetables, such as Green Peppers with Onion (see recipe, page 72), could also be used as filling.
- Use Corn Salsa (see recipe, page 138) as the taco filling.
- Substitute lime juice for the Salsa Verde.

Note

Use a mandoline to create nice even slices of jicama.

KALE WITH BEETS AND ORANGE SLICES

Ingredients

1 red onion, cubed

3 cloves garlic, thinly sliced

1 pound kale, stems trimmed, roughly chopped

3 medium cooked beets, cubed

2 oranges, peeled and sliced

Servings

3-4

Directions

1. Place the onion and garlic slices to cover the bottom of a pan. Add the kale on top.
2. Cook on medium heat until pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn down the heat to low and continue to cook for 45 minutes.
4. Transfer the cooked kale mixture to a bowl and mix with the beet cubes and some of the orange pieces. Save some orange slices to place atop the dish as garnish.

Health Benefits

Kale is a cruciferous vegetable, well known for it anti-cancer and health improvement benefits. Consumption of kale is known to decrease the risk of several types of cancer including bladder, colon, ovarian and prostate. Include kale in the diet two to three times per week to receive its many health-promoting benefits.

LAYERED TOMATOES AND CARROTS

Ingredients

1 yellow onion, thinly sliced

3 tomatoes, thinly sliced

4 carrots, thinly sliced

1 tablespoon finely chopped parsley

Servings

3-4

Directions

1. Place the onion on the bottom of a pan. Alternate layers of sliced tomato, followed by sliced carrot until both have been used. Sprinkle the parsley on top.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce heat to low and continue to cook for 60 minutes.

Note

A mandoline slicer or even a food processor with a slicing disc can very quickly turn several carrots into thin slices.

MIXED GREENS

Ingredients

1 yellow onion, thinly sliced

3-4 cloves garlic, minced

1 bunch kale, base of stems removed, cut into ½ inch ribbons

1 bunch Swiss chard, base of stems removed, cut into ½ inch ribbons

1 lemon, juiced

Servings

3-4

Directions

1. Place the onion and garlic to cover the bottom of a large surface area pan. Add as many greens as will fit.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn down the heat to low and continue to cook for 50 minutes. If not all greens fit in the pan initially, add intermittently as the greens in the pan cook down, making more room.
4. Add lemon juice just before serving.

Variations

- Substitute or add other greens, such as spinach, collards or even beet tops. However, if spinach is added, you must strain the greens before serving. This is because of the high levels of oxalic acid found in spinach.
- Add some fresh garlic after cooking for a sharper garlic taste.
- Add two diced tomatoes, either on top of the onion to be stewed with the greens in step 1, or add to the pan after about 20 minutes of cooking on top of the greens, or even add raw tomatoes on top after cooking.
- Add a parsnip or two, thinly sliced, in the beginning with the greens. This will add an additional sweetness and color contrast to the greens.
- Cube a small eggplant and add it on top of the greens in step 1.

Note

If you end up having leftover cooked greens, these greens can be added to a batch of Mashed Potatoes (see recipe, page 91), just before you mash them.

Mixed Greens with Tomatoes and Garlic

POTATOES AND CARROTS

Ingredients

1 large onion, chopped

2 large or 3 medium potatoes, cubed, or cut into round slices

2 large carrots, sliced into ¼ inch rounds

3-4 cloves garlic, minced

3-4 tablespoons Hippocrates Soup Stock (see recipe, page 157) (optional)

Servings

2-3

Directions

1. Place onion to cover the bottom of a small pot or pan. Put potatoes and carrots on top the onion, and then garlic.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. If you are using Hippocrates Soup Stock, add it now. With the stock at a low simmer, cover and cook for 35 minutes.
4. If not using Hippocrates Soup Stock, turn down the heat to low and continue to cook for 60 minutes. The potatoes should be soft when cooked.

Variations

- Add a small amount of thyme or rosemary near the end of the cooking time.
- Place ingredients in a small baking dish. Mix together. Cover and bake at 325°F for about 60 minutes.

Ratatouille

RATATOUILLE

Ingredients

1 yellow onion, cubed

3-4 garlic cloves, minced

3 tomatoes, diced

1 small globe eggplant or 2-3 small Japanese eggplants, cubed

1 red bell pepper, diced

1 green bell pepper, diced

1 bay leaf

1 large zucchini, cut into ¼ moons, ½ inch thick

Pinch of thyme

Servings

3-4

Note

Extra cooking liquid from this dish could make an excellent addition to any upcoming dish, in place of Hippocrates Soup Stock (see recipe, page 157) or purified water.

Directions

1. Layer the ingredients, except zucchini and thyme, in a stainless steel pot in the order listed.
2. Cook uncovered on medium heat until pot begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn the heat to low and cook for 20 minutes. Add the zucchini and thyme and continue to cook on low for 45 minutes or until vegetables are soft.
4. Remove the bay leaf. If desired, serve with a piece of toasted Rye Bread (see recipe, page 187) to soak up some of the extra liquid, or strain the liquid and save for mashed potatoes.

Variation

Use a mandoline to create nice even slices of each of these vegetable items. Place the onion on the bottom of a round wide baking dish, and then arrange the sliced items along the outside of the dish, alternating and slightly overlapping slices of each item. Work your way toward the center until the dish is completely filled in, and a nice spiral shape has been achieved. Then bake for 45 minutes at 350°F. You can also follow this same process with a wide-surface pan and cook using the stovetop slow-cooking method.

SPAGHETTI SQUASH

Ingredients

1 large or 2 small spaghetti squash

3 cloves garlic, minced

2 lemons, juiced

Servings

3-4

Directions

1. Preheat oven to 350°F.
2. Cut spaghetti squash in half lengthwise and scoop out the seeds. Lay squash face down in a baking dish and add enough purified water to coat the bottom of the dish.
3. Bake for 90 minutes, or until the squash can easily be pierced with a fork.
4. Carefully remove from the oven.
5. Scoop out squash with a fork to make spaghetti strands.
6. Add garlic and lemon juice and serve.

Variations

- Add more garlic and lemon.
- Do not add any lemon and garlic.
- Toss the spaghetti squash with two diced tomatoes after cooking.
- Add a splash of balsamic vinegar.
- Mix some Roasted Garlic (see recipe, page 141) into the cooked spaghetti squash.
- Add a small amount of chopped chives, parsley or sage once squash has been scooped out.
- Serve with Beet Balls (see recipe, page 99) and Simple Gerson Tomato Sauce (see recipe, page 148).
- After scraping the spaghetti squash out of its skin, return squash to skin, using it as bowls for serving.
- Toss two servings of Stewed Eggplant (see recipe, page 82) with the finished spaghetti squash and serve.

Spaghetti Squash

Spinach

SPINACH

Ingredients

1 onion, thinly sliced

2-3 cloves garlic, minced

½ pound baby spinach

Lemon slices (optional)

Servings

3

Directions

1. Place onion and garlic to cover the bottom of a pot, followed by spinach.
2. Cook uncovered on a medium heat until the pot begins to steam. After a steady amount of steam has been created, cover and cook until lid becomes very hot to the touch.
3. Turn heat to low and cook for 45 minutes.
4. Strain and press spinach to remove excess liquid.
5. Serve with a slice of lemon, if desired, to be squeezed directly over the spinach.

Variations

- Add the minced garlic after cooking, for a sharper taste.
- Drizzle Tangy Cilantro Sauce (see recipe, page 151) over spinach after it has been strained.
- Add 1 small Japanese eggplant, or half a small globe eggplant, cubed, on top of the spinach before cooking.

Health Benefits

One cup of cooked spinach contains a significant amount of iron and folate. In addition, spinach is also a great source of manganese, vitamin A and vitamin K.

Stewed Chayote Squash and Tomatoes

STEWED CHAYOTE SQUASH AND TOMATOES

Ingredients

1 small red onion, cubed

3 cloves garlic, sliced or minced

2 vine tomatoes, cubed

1 chayote squash, cut in half, seeds removed, cubed

Directions

1. Place all ingredients in a small pot in the order listed.
2. Cook uncovered on medium heat until the pot begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn down heat to low and continue cooking for 45 minutes.
4. Stir mixture and serve.

Servings

2

STEWED EGGPLANT

Ingredients

1 large red onion, cubed

2 tomatoes, cubed

1 small eggplant, cubed

2-3 cloves garlic, minced

¼ cup chopped parsley

Servings

2

Directions

1. Layer ingredients in a pan in the following order: onion, tomatoes, eggplant and garlic.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and continue to cook until the lid becomes very hot to the touch.
3. Reduce heat to low and cook for 40 minutes.
4. Add parsley and serve.

Variations

- Add small amounts of rosemary or thyme to increase variety.
- Add a parsnip cut into bite-sized pieces before cooking for additional sweetness.

Note

To give the eggplant a nice appearance, peel the skin off every quarter inch, leaving smaller stripes of skin.

Stuffed Tomatoes

STUFFED TOMATOES

Ingredients

3 vine tomatoes

1 yellow onion, diced

1 zucchini, diced

1 red bell pepper, diced

1 ear corn, husk removed, kernels removed

3 garlic cloves

Servings

3

Directions

1. Remove and discard the core from each of the tomatoes. Then hollow out the tomatoes using a knife and spoon, turning them into small bowls. Save the tomato scraps and set aside.
2. Place onion to cover the bottom of a small pan and put zucchini, bell pepper and corn on top. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce heat to low and continue to cook for 30 minutes.
4. Preheat oven to 325°F.
5. Use a blender to blend tomato scraps with garlic cloves.
6. Place hollowed out tomatoes in a baking dish. Fill tomatoes with cooked vegetable mixture and pour blended tomato mixture on top.
7. Bake uncovered for 15 minutes.

Variations

- Tomatoes can be stuffed with just about anything. You can use leftover Veggie Lentil Loaf (see recipe, page 114), cooked brown rice or quinoa, or any other vegetable combination.
- Add a bit of parsley, dill, cilantro or rosemary during step 5.
- Before baking you can place shredded potato on top of the tomatoes to add a melted cheese appearance. It may be necessary to bake for a little longer to ensure the potato topping is cooked.
- Use any leftover tomato stuffing as topping for your salad, or place on a baked potato.
- Add a splash of lemon or lime juice before serving.
- This recipe can also be made without any cooking.

Sweet and Sour Cabbage

SWEET AND SOUR CABBAGE

Ingredients

S SWEETENERS

1 medium red onion, chopped

3-4 cloves garlic, minced

2 medium Fuji apples, core removed, diced

½ head red cabbage, cubed

1 tablespoon Sucanat or other permitted sweetener

1 lemon, juiced

¼ cup apple cider vinegar

1 tablespoon minced dill (optional)

Servings

3

Directions

1. Layer ingredients in a pan from bottom to top in the following order: onion, garlic, apples and red cabbage. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
2. Reduce heat to low, and continue to cook for 60 minutes.
3. Add sweetener, lemon juice, dill and vinegar during the last 10 minutes of cooking, mix and cook until done.

Variations

- Substitute the apple cider vinegar with balsamic vinegar, or even use half of each.
- Use two Granny Smith apples to impart a more tart flavor. Or use one sweet and one tart apple.

Health Benefits

Red cabbage contains phytonutrients called anthocyanins, which are known anti-inflammatory compounds. It is a cruciferous vegetable, which means it contains a significant amount of sulfur, needed for reducing inflammation and fighting disease. It also contains vitamin A and vitamin K.

SWEET SQUASH PURÉE

Ingredients

M IN MODERATION

S SWEETENERS

1 small butternut squash, peeled and cubed

2 small potatoes, cubed

1 small red onion, cubed

3-4 cloves garlic

1-2 sprigs fresh thyme or rosemary, chopped

1 teaspoon allspice

1 cup Hippocrates Soup Stock (see recipe, page 157) or purified water

1 orange, juiced

1 tablespoon honey or other permitted sweetener (optional)

Servings

3-4

Directions

1. Put all of the ingredients, minus orange juice and sweetener, in a pot and bring to a boil. Lower to a very light simmer and cook for 40 minutes.
2. Add orange juice and sweetener, and lightly mix with a fork or in a food processor fitted with the S-shaped blade. Add additional liquid if needed.

Variation

Any allowed vegetable can be substituted for the butternut squash and turned into a purée.

Health Benefits

Rosemary is good source of vitamin A and many other anti-inflammatory compounds. It is beneficial in stimulating the immune system, increasing circulation and improving digestion.

THREE SISTERS SUCCOTASH

Ingredients

1 yellow onion, cubed or thinly sliced

3 cloves garlic, minced

¾ pound green beans, vine-end removed

1 medium zucchini, cut into ½ inch pieces

1 medium ear corn, husk removed, kernels removed

1 green onion, thinly sliced (optional)

Servings

3-4

Directions

1. Place the onion to cover the bottom of a small pan and sprinkle the garlic on top. Place the green beans on top of the onion and garlic.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Turn the heat down to low. Cook for 45 minutes, and then add the zucchini, followed by the corn. Cover and cook on low for an additional 20 minutes.
4. Mix everything together, then sprinkle green onion over the succotash, if desired, and serve.

Variations

- Add the juice of one lime just before serving.
- Cut vegetables into smaller pieces.

VEGGIE STROGANOFF

Ingredients

D DAIRY

STROGANOFF

1 onion, diced

3 cloves garlic, sliced

1 cup eggplant, cubed

1 ½ cups cauliflower, cut into florets

1 cup broccoli, cut into florets

1 rib celery, diced

2 carrots, diced

2 tomatoes, diced

1 zucchini, diced

SAUCE

1 cup yogurt

3 tablespoons apple cider vinegar

1 teaspoon chopped dill

1 green onion, chopped

1 tablespoon chopped parsley

Servings

2-3

Directions

STROGANOFF

1. Place onion, then garlic to cover the bottom of a small pan. Add remaining ingredients, except for tomatoes and zucchini, on top.
2. Cook uncovered on medium heat. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce heat to low and cook for 40 minutes. Add the tomatoes and zucchini and cook for 20 more minutes.

SAUCE

1. Blend, or whisk, all sauce ingredients together until smooth.
2. Mix sauce with warm stroganoff vegetables, or pour directly on top of the stroganoff.
3. Garnish with chopped green onion or parsley.

Variations

- If you want "noodles" in your stroganoff, remove the zucchini from the recipe, and then serve the cooked vegetables and sauce on top of Zucchini Spaghetti (see recipe, page 89).
- Serve over a bed of brown rice, quinoa or mashed potatoes.
- Try using Gerson Sour Cream (see recipe, page 184) in place of yogurt when making the sauce.
- Substitute the stroganoff sauce with Gerson Gravy (see recipe, page 146).

Health Benefits

Broccoli is a cruciferous vegetable. It contains a flavonoid called kaempferol, which has been shown to have an anti-inflammatory effect. In addition, broccoli is a good source of vitamin K, vitamin C, chromium and folate.

Veggie Stroganoff

Zucchini

Zucchini Spaghetti

ZUCCHINI

Ingredients

1 yellow onion, diced

2 cloves garlic, minced

2 tomatoes, diced

1 large zucchini, diced

Servings

2

Directions

1. Layer ingredients listed in a small pan. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
2. Reduce heat to low and continue to cook for 45 minutes or until zucchini is very soft.

Variations

- Add the tomatoes during the last 20 minutes, or hold back one tomato, for a less stewed version.
- Add a small amount of dill, marjoram, parsley or coriander after cooking for extra flavor.
- Substitute other types of summer squash for the zucchini, such as yellow crookneck squash, or use a mix of the two for additional color.
- Add the juice of one lemon.

ZUCCHINI SPAGHETTI

Ingredients

2 medium zucchini (or other summer squash)

1 medium red onion, cubed

4-5 cloves garlic, minced

3 tomatoes, diced

Pinch of chopped thyme

Servings

2-3

Note

This recipe requires the use of a Spiralizer or other similar spiral vegetable slicer.

Directions

1. Spiralize zucchini into spaghetti-like strands.
2. Cover the bottom of a small pan with onion and garlic. Add zucchini noodles followed by tomatoes. Cook uncovered on medium heat. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce heat to low. Cook for about 15 minutes.
4. Mix the vegetables together. Sprinkle the thyme over the mixture. Cook covered for about 10 minutes more or until desired noodle softness has been reached.

Variations

- Cook the noodles without the tomatoes.
- Serve with Simple Gerson Tomato Sauce (see recipe, page 148) and Beet Balls (see recipe, page 99).
- Add or substitute additional allowed herbs.
- Add raw minced garlic.
- Serve entire dish raw.

Gerson Therapy

POTATOES

Potatoes are the number one vegetable crop in the world, and happen to be a staple for the Gerson Therapy. A potato, in some form, will be served at each lunch and dinner. However, yams and sweet potatoes should not take the place of potatoes, but can be eaten in addition to. Potatoes are typically baked or boiled and can then be prepared in a variety of ways. Different types of potatoes contain different nutrients, so it's a good idea to mix it up, even if the Yukon gold happens to be your all-time favorite.

BAKED POTATO

Ingredients

Potatoes (any variety)

Servings

1 potato per person

Directions

1. Preheat oven to 350°F.
2. Make sure all sprouts have been removed from potato.
3. Pierce the potato with a fork or knife to allow steam to escape.
4. Bake directly on oven rack for 60-90 minutes, or until soft.

Variations

- Add a dollop of yogurt with chopped chives mixed in as a topping.
- Serve with a spoonful of Onion, Garlic and Dill (see recipe, page 150).

Health Benefits

Potatoes are part of the nightshade family; other nightshades include tomatoes, peppers, tomatillos and eggplant. Potatoes are a very good source of vitamin B6, potassium, phosphorus, niacin, copper, vitamin C, dietary fiber and pantothenic acid. Vitamin B6 and pantothenic acid are necessary components of cell metabolism.

GARLIC HERB MASHED POTATOES

Ingredients

D DAIRY

3 large potatoes, cubed

Purified water or Hippocrates Soup Stock (see recipe, page 157)

2 bay leaves

½ cup yogurt (optional)

Pinch of fresh thyme, chopped

Pinch of fresh parsley, chopped

3-4 cloves garlic, minced

Servings

3-4

Directions

1. Place potatoes in a medium pot. Add enough purified water or Hippocrates Soup Stock to cover the potatoes by at least ½ inch, then add the bay leaves.
2. Bring purified water to a boil and then reduce to a simmer.
3. Cook covered until potatoes are soft, approximately 25 minutes.
4. Strain purified water and bay leaves from potatoes; set aside.
5. If using, add yogurt to potatoes. Add the herbs and garlic and mash together using a potato masher, or running through a food mill.
6. If the mixture is too dry, add a little more yogurt, Hippocrates Soup Stock or purified water from cooking the potatoes.
7. Serve with Gerson Gravy (see recipe, page 146).

Variations

- Add 1-2 chopped parsnips to the pot during step 1.
- You can substitute different allowed herbs, or omit herbs altogether.
- Add the garlic whole during step 1.
- Add greens. Take a bunch of chard, remove the stems and cut into narrow ribbons. Cook following the Mixed Greens (see recipe, page 76) recipe. Mix the cooked chard in during step 5, or even add it raw and allow potatoes to gently steam it.

PARSLEY POTATOES

Ingredients

FO FLAXSEED OIL

Purified water

3 medium potatoes

1 tablespoon flaxseed oil

2 tablespoons chopped parsley

Servings

3

Note

Allow the potatoes to cool sufficiently before adding flaxseed oil, which should not be heated.

Directions

1. Bring a pot of purified water to a boil. Add potatoes, then lower to a simmer, cover, and cook for about 25 minutes or until fork tender. Set potatoes aside to cool.
2. Remove skin, and cut potatoes into cubes.
3. Brush potato pieces lightly with flaxseed oil, and roll in chopped parsley.

Variation

Substitute the parsley with a small amount of marjoram, sage, rosemary, thyme or mace.

POTATO CAKES

Ingredients

M IN MODERATION

4 medium potatoes, cubed

Purified water

1 yellow onion, diced

1 rib celery, diced

½ green bell pepper, diced

1 tablespoon chopped dill

3 cloves garlic, minced

¼ cup Hippocrates Soup Stock (see recipe, page 157)

Servings

4

Note

Consider saving the potato cooking water for your next batch of Hippocrates Soup (see recipe, page 157).

Directions

1. Put potatoes in a medium pot and cover with purified water.
2. Bring to a boil, then reduce to a low simmer and cook for about 25 minutes, or until potatoes can easily be pierced with a fork.
3. Strain potatoes and mash with a potato masher or fork. Add other ingredients, except Hippocrates Soup Stock, and mix well.
4. Using a 1 cup measure, divide mixture into four portions and place in an oven-safe dish. Use the bottom of the measuring cup to create patties about ¾ inch thick.
5. Add the Hippocrates Soup Stock to the dish to prevent the patties from sticking.
6. Bake at 350°F for 35 minutes, or until patties are slightly golden. At around the 20 minute mark carefully flip the patties with a spatula.
7. Carefully remove patties from dish with a spatula and serve.

Health Benefits

Dill contains components that are thought to be "chemoprotective" and are able to neutralize some carcinogens. It is also a good source of calcium, manganese, iron and magnesium.

Parsley Potatoes

Potato Cakes

Garlic Herb Mashed Potatoes (page 91)

Potato Puff "Pizza"

POTATO LYONNAISE

Ingredients

1 yellow onion, thinly sliced

2 tablespoons Hippocrates Soup Stock (see recipe, page 157), or purified water

3 potatoes, cut into thin rounds widthwise

3-4 cloves garlic, minced

1 teaspoon chopped thyme

Directions

1. Preheat oven to 350°F.
2. Cover the bottom of a baking dish with the onion and Hippocrates Soup Stock. Layer the potato rounds so they slightly overlap and spiral around the dish. Sprinkle garlic and thyme between every few rounds, saving a small amount for the top.
3. Cover and bake for 50 minutes, then carefully remove lid and continue to bake for 10-15 more minutes.
4. Add any remaining garlic and thyme and serve.

Servings

2-3

POTATO PUFFS

Ingredients

M IN MODERATION

2 potatoes, cut into ¼ inch slices

Servings

2

Directions

1. Preheat oven to 350°F.
2. Place the potato slices directly on the oven rack and bake for 20 minutes.
3. Turn potato slices over, lower heat to 300°F and bake for another 20 minutes (the time may vary, depending on the thickness of the potato slices).
4. The slices are done once they are "puffed" and browned.

POTATO PUFF "PIZZA"

Ingredients

M IN MODERATION

2 potatoes, prepared as described in Potato Puff (see above) recipe

Simple Gerson Tomato Sauce (see recipe, page 148)

Toppings (examples: diced green pepper, minced garlic, pinch of thyme)

Servings

2

Directions

1. Bake potato puffs using Potato Puff recipe.
2. After 20 minutes of baking, remove puffs from oven.
3. Cover with Simple Gerson Tomato Sauce, and add toppings.
4. Place the potatoes in a small oven-safe pan lined with unbleached parchment paper. Then put back in the oven, and bake for an additional 20 minutes.

Potato Salad

Simple Scalloped Potatoes

POTATO SALAD

Ingredients

S SWEETENERS

FO FLAXSEED OIL

3-4 potatoes baked, cold, peeled, cubed (preferably day-old)

3 tablespoons flaxseed oil

2 tablespoons apple cider vinegar

1 lemon, juiced

1 teaspoon honey or other permitted sweetener (optional)

2 cloves garlic, one minced, one left whole, divided use

1 green onion, thinly sliced

½ red onion, diced

½ red bell pepper, diced

1 small carrot, shredded

1 rib celery, diced

¼ cup chopped parsley

Servings

3-4

Directions

1. Place in a food processor fitted with the S-shaped blade: a fourth of the cubed potatoes, all of the flaxseed oil, apple cider vinegar, lemon juice, honey and one garlic clove. Pulse until the mixture is smooth.
2. Mix remaining ingredients and fold in creamy potato mixture.

Variations

- Add any raw vegetable to the potato salad.
- Try an assortment of allowed herbs.
- Mix a little bit of yogurt in during step 2.

Note

If you don't have leftover baked potatoes on hand, you can cook the potatoes in a little simmering water, or boil, until tender, let cool and then cut into cubes, with the skin on or off. However, if just cooked, avoid adding ¼ of the potatoes to the food processor because potatoes will become very sticky. Instead, simply mash ¼ of the potatoes with a fork or potato masher once cool and mix in the flaxseed oil, apple cider vinegar, lemon juice, honey and one garlic clove.

SIMPLE SCALLOPED POTATOES

Ingredients

1 large onion, cubed

3 medium potatoes, thinly sliced

2 vine tomatoes, thinly sliced

Pinch of freshly chopped marjoram and/or thyme

3-4 cloves garlic, minced

Green onions or chives, chopped (for garnish)

Servings

3-4

Directions

1. Preheat oven to 325°F.
2. Cover the bottom of a small oven-safe baking dish with onion.
3. Layer potato and tomato on top of the onion, alternating potato and tomato slices. Sprinkle herbs and garlic between each layer.
4. Bake covered for 60 minutes. Carefully uncover and bake for an additional 20 minutes.
5. Cut into squares, garnish with green onions and serve.

Variation

Serve with yogurt as a topping.

Note

Use a mandoline to create nice even slices.

SWEET POTATO BITES

Sweet Potato, soft variety

Sweet Potato, firm variety

Ingredients

M IN MODERATION

2 sweet potatoes, peeled, cubed

Servings

2

Directions

1. Preheat oven to 350°F.
2. Line an oven-safe dish with a sheet of unbleached parchment paper. Place the sweet potato cubes on the parchment paper.
3. Bake uncovered for 35 minutes.

Variations

- Sprinkle a pinch of allspice, rosemary or thyme over the potatoes after baking.
- Add 1 teaspoon of honey or other permitted sweetener to the cubed potatoes, mix and then place in the oven.
- Leave skin on for additional texture.

Note

Oftentimes stores in the U.S. mistakenly label the soft (deep orange flesh) varieties of sweet potatoes as yams, as a way to differentiate them from firmer (lighter flesh) varieties, which will simply be labeled as sweet potatoes. But both are actually sweet potatoes! True yams, while also a root vegetable, are actually completely unrelated to the sweet potato and usually much more difficult to find.

Gerson Therapy

GRAINS AND LENTILS

Once permitted, rice (brown or wild), quinoa and lentils can be incorporated into your Gerson diet. A certified Gerson practitioner can instruct you whether to eat legumes and grains based on your individual needs. Even once permitted, neither grains nor lentils should replace the baked potato or Hippocrates Soup at your meals. Instead, they should be eaten in addition to these foods.

Rinse all grains and lentils with purified water before cooking. Both rice and quinoa can be cooked using the same grain to water ratio: 1 cup dried grain to 2 cups water, or Hippocrates Soup Stock. Then simply bring the pot to a boil, cover, then lower to a simmer and continue to cook covered until all the liquid has been absorbed. For rice, this will take approximately 45 minutes, while quinoa will only take 15-20 minutes. Each dry cup will yield approximately 2½ cups cooked.

Quinoa, which is technically a seed, can be used in much the same way as rice. From a nutritional perspective, it is superior to rice in many ways. It does not have much flavor on its own, but it is excellent at absorbing and adapting to flavors when combined with other foods.

Other ancient grains, such as millet and amaranth, can also be used, but should be done so under the guidance of a certified Gerson practitioner.

Beet Balls

BEET BALLS

Ingredients

B BREAD

L LENTILS

1 cup cooked Lentils (see recipe, page 104), ground with food processor

½ cup Rye Bread Crumbs (see recipe, page 188)

3-4 medium carrots, grated

2-3 cloves garlic, minced

2 tablespoons minced parsley

1 small onion, minced

1 medium beet, peeled, grated

Yield

about 5-6 Beet Balls

Directions

1. Preheat oven to 350°F.
2. Mix ground lentils with Rye Bread Crumbs and remaining ingredients.
3. Form into 1 inch balls and place in a baking dish with unbleached parchment paper covering the bottom.
4. Cover and bake 45 minutes. Uncover and bake 15 minutes more.
5. Arrange cooked Spaghetti Squash (see recipe, page 79), or Zucchini Spaghetti (see recipe, page 89), on a plate with Beet Balls. Cover with Simple Gerson Tomato Sauce (see recipe, page 148) and enjoy!

Variations

- Use 1 large Yukon gold or 1 medium sweet potato in place of ground lentils. Boil until tender, and then process through a food mill or mash with a potato masher. Then follow same procedure as above.
- You can also replace Rye Bread Crumbs with ½ cup cooked brown rice or ½ cup rolled oats ground in a Norwalk juicer or food processor.

BROCCOLI QUINOA CASSEROLE

Ingredients

M IN MODERATION

½ red onion, diced

1 ½ cups cooked broccoli florets

1 cup cooked quinoa

3 cloves garlic, minced

2 tablespoons Hippocrates Soup Stock (see recipe, page 157) or purified water

½ small Yukon gold potato, shredded with box shredder

¼ cup Rye Bread Crumbs (see recipe, page 188) (optional)

Servings

1-2

Directions

1. Preheat oven to 350°F.
2. Mix the diced red onion with the broccoli, quinoa and garlic. Then place the Hippocrates Soup Stock in a small glass baking dish, followed by the rest of the mixture. If using, add the Rye Bread Crumbs on top, followed by the shredded Yukon gold potato.
3. Bake uncovered for 25 minutes, or until shredded potato has slightly browned and almost resembles melted cheese.

Variations

- Add any other cooked vegetable, or substitute it for broccoli, to create a number of different casseroles.
- Add a small amount of any of the allowed herbs just before serving.
- Substitute the quinoa for brown rice.

CABBAGE ROLLS

Ingredients

G GRAINS

1 small head green cabbage

Purified water

3 cups cooked brown rice

2-3 cloves garlic, minced

1 teaspoon chopped thyme

Servings

4

Directions

1. Carefully remove the eight largest cabbage leaves from the whole head of cabbage.
2. Submerge cabbage leaves in boiling purified water for 3 minutes, or until the leaves are soft and pliable.
3. Carefully remove cabbage leaves from water and remove excess water.
4. Mix together remaining ingredients. Place approximately ⅓ cup of the mixture into each leaf, fold in the sides and roll each up, similar to a burrito.
5. Serve with Simple Gerson Tomato Sauce (see recipe, page 148).

Variations

- Cover the bottom of a baking dish with Simple Gerson Tomato Sauce. Place rolls on top and ladle additional sauce on the rolls. Bake at 350°F for 10-15 minutes.
- Use Quinoa Pilaf (see recipe, page 112) to fill rolls to add variety.
- Use half as much rice, and add 1½ cups of Lentil Sloppy Joes (see recipe, page 106). Mix together before filling each cabbage leaf.

Broccoli Quinoa Casserole

Cabbage Rolls

Chard Rolls with Red Bell Pepper Sauce

Eggplant Lentil Moussaka (page 104)

CHARD ROLLS

Ingredients

G GRAINS

1 onion, diced

2 carrots, diced

¼ head broccoli, leafy bits and stem removed, cut into tiny florets

¼ head cauliflower, leafy bits and stem removed, cut into tiny florets

1 medium zucchini, diced

1 ear corn, husk removed, kernels removed

2 cups cooked brown rice

3 cloves garlic, minced

2 vine tomatoes, roughly chopped

4 wide leaves of chard

Servings

4

Directions

1. Cover the bottom of a small pan with the onion. Add all vegetables except the tomato, chard and garlic.
2. Cook uncovered on medium heat until the pan begins to steam. After a steady amount of steam has been created, cover and wait until the lid becomes very hot to the touch.
3. Reduce the temperature to low and continue to cook for 45 minutes.
4. While the vegetables are cooking, place tomatoes and garlic in a small pot and simmer on low heat for 30 minutes. After the tomatoes have cooked down, blend in a blender and return to the pot to keep warm.
5. When the vegetables are cooked, place the chard leaves in boiling purified water just long enough to become soft and pliable (about 3 minutes). Carefully remove, then cut off any stem past the leaf.
6. Place ¼ cup of the rice and ¼ of the vegetable mixture in the center of each chard leaf and add a little of the tomato sauce from step 4 on top of the mixture.
7. Roll the leaves up in a similar manner to a burrito or wrap.

Variations

- Instead of putting the sauce inside the rolls, dip the finished rolls in the sauce, or pour the sauce on top of the rolls.
- Use any sauce of your choice, such as Red Bell Pepper Sauce (see recipe, page 150).
- Serve the rolls with yogurt as a dip.
- Use any combination of vegetables as filling.
- Use different allowed herbs in small amounts to lend different flavors.
- Wrap long chives around the rolls, similar to a bow, to help hold the rolls together, and for a creative presentation.
- Make a filling out of carrots and potatoes, instead of the vegetables and rice, using the same directions. Place the 3 diced potatoes and 3 roughly chopped carrots on top of the onion in step 1. After the mixture is cooked, blend and then add to the already warmed and prepared chard leaves.

EGGPLANT LENTIL MOUSSAKA

Ingredients

M IN MODERATION

L LENTILS

2 cups Simple Gerson Tomato Sauce (see recipe, page 148)

1 small eggplant, cut lengthwise into ¼ inch slices

2 zucchini, cut lengthwise into ¼ inch slices

1 large russet potato, cut lengthwise into ¼ inch slices

2 cups cooked green lentils

4 cloves garlic, minced

1 tablespoon chopped parsley

1 teaspoon thyme

2 cups Cauliflower Bechamel (see recipe, page 145)

Servings

4-5

Directions

1. Preheat oven to 350°F.
2. Spread a small amount of tomato sauce on the bottom of an oven-safe 9 x 13 inch dish. Layer slices in this order: eggplant, zucchini, potato, tomato sauce and lentils until all ingredients are used. Sprinkle a small amount of the herbs and garlic between each layer as you go.
3. Cover the top of the dish with the Cauliflower Bechamel, using a spatula to smooth it out.
4. Bake uncovered for about 60 minutes.

Variations

- Use 2 cups of Rye Bread Crumbs (see recipe, page 188) instead of lentils.
- Remove lentils from the recipe altogether.

Note

Use a mandoline to create nice even slices.

LENTILS

Ingredients

FO FLAXSEED OIL

L LENTILS

1 cup dried green, brown or French lentils

3 cups purified water or Hippocrates Soup Stock (see recipe, page 157)

1 bay leaf, or a small amount of other allowed herbs or spices

2 cloves garlic, minced or crushed

Yield

2 cups

Directions

1. Place lentils in a small strainer and rinse with purified water. Be sure to remove any small pebbles that may be mixed in with the lentils.
2. Bring purified water or Hippocrates Soup Stock to a boil, then add lentils and other ingredients. Reduce to a simmer, and cover.
3. Whole lentils, depending on the type, will take from 25 minutes up to 60 minutes to cook. Split lentils will cook in about half this time.
4. Strain any remaining liquid and serve.

Note

Lentils can be soaked overnight by covering with purified water; be sure to rinse the lentils with purified water before cooking. Soaking lentils overnight will reduce cooking time. Regardless of whether lentils are soaked or not, be sure they have cooked completely before serving.

Lentils

Lentil Pâté

LENTIL PÂTÉ

Ingredients

FO FLAXSEED OIL

L LENTILS

1 cup dried green, brown or French lentils

1 yellow or red onion, diced

3 cloves garlic

1 bay leaf

1 teaspoon tarragon

2 tablespoons apple cider vinegar

1 tablespoon flaxseed oil

Yield

1½ cups

Directions

1. Refer to Lentils recipe to cook lentils. Add onion, garlic and bay leaf while cooking.
2. Add all ingredients, minus flaxseed oil and bay leaf, to a food processor fitted with the S-shaped blade.
3. Pulse mixture until a smooth consistency is reached.
4. Once mixture is cool, drizzle the flaxseed oil over the top. Serve with chopped vegetables.

Lentil Sloppy Joes

LENTIL SLOPPY JOES

Ingredients

B BREAD

L LENTILS

S SWEETENERS

1 small yellow onion, diced

3-4 cloves garlic, minced

½ green bell pepper, diced

1 rib celery, diced

1 cup cooked Lentils (see recipe, page 104)

1 tablespoon chopped parsley

1 teaspoon thyme

3 cups Simple Gerson Tomato Sauce (see recipe, page 148), or Gerson Ketchup (see recipe, page 146)

1 teaspoon maple syrup

1 teaspoon Sucanat, or other permitted sweetener

2 slices Rye Bread (see recipe, page 187) (optional)

Servings

2

Directions

1. Place the diced onion on the bottom of a small pot, followed by the garlic, bell pepper and celery. Cook on medium heat until the pot begins to steam.
2. Add the lentils, parsley and thyme and mix together. Then add Simple Gerson Tomato Sauce, cover, reduce heat and continue to cook for at least 10 minutes.
3. Add the maple syrup and Sucanat, mix well and continue to cook for 3-5 minutes longer. Turn off heat and let sit for another few minutes while the flavors meld.
4. Serve as is, or on two slices of Rye Bread.

Variations

- Bake a russet potato, then cut it in half lengthwise. Scoop out all of the potato, leaving the skin intact to then be filled with the Lentil Sloppy Joes mixture. Save potato for another use.
- Serve wrapped in a large leaf of romaine lettuce, or even a collard green leaf.

LENTIL SOUP

Ingredients

L LENTILS

1 onion of choice, chopped

2-3 cloves garlic, minced

1 cup dried lentils, soaked overnight, then rinsed

¼ celery root, peeled, diced

1 carrot, chopped

2 small tomatoes, diced

¼ cup chopped parsley

1 quart purified water

1 tablespoon minced thyme

1 lime, juiced (optional)

Servings

3-4

Directions

1. Place onion and garlic in a pot. Cook uncovered over medium heat until a steady amount of steam is produced. Then add remainder of ingredients and cover. Cook until the lid becomes very hot to the touch.
2. Add about a quart of purified water. The lentils will absorb quite a bit of the purified water.
3. Bring to a boil, and skim away any foam.
4. Lower heat to keep pot at a slight simmer, and cook for 45 minutes.

Variations

- Add nearly any Gerson-approved vegetable to the lentils in the same manner in order to provide different flavors, textures and colors. Experiment and find what tastes best to you. This is a great way to use vegetables that need to be eaten.
- Alter which herbs are added to your soup. For example, we suggest you substitute the thyme with cilantro.
- You may add all ingredients to the pot, cover with water, and begin at step 3.
- Use red split lentils instead, which will cook in about half the time.
- Substitute 1-2 ribs of celery for celery root.

Lentil Soup

LENTIL STUFFING

Ingredients

B BREAD

L LENTILS

1 cup dried green, brown or French lentils

4 cups purified water, or Hippocrates Soup Stock (see recipe, page 157), divided use

1 bay leaf

3 cups Rye Bread Crumbs (see recipe, page 188)

1 small yellow onion, diced

3-4 ribs celery, diced

1 ½ teaspoons finely chopped sage

1 teaspoon finely chopped thyme

1 tablespoon chopped parsley

Servings

6-8

Directions

1. Add lentils, 3 cups of water or Hippocrates Soup Stock, and bay leaf to a small pot and bring to a boil. Once boiling, lower to a gentle simmer and continue to cook uncovered for 30 minutes.
2. Combine all other ingredients in a small bowl. Once lentils are cooked add them, along with any liquid left in the pot, to the bowl and mix well. If the mixture seems dry add a little bit of remaining purified water or Hippocrates Soup Stock and mix.
3. Preheat oven to 350°F.
4. Place mixture in an oven-safe dish, cover and bake for 45 minutes.
5. Remove the cover and bake for an additional 15 minutes, allowing the top layer to become golden brown.
6. Remove from oven and let cool slightly before serving.

Health Benefits

Sage contains many compounds that are antioxidant and anti-inflammatory in nature.

Lentil Stuffing

MIXED VEGETABLE RICE SALAD

Ingredients

FO FLAXSEED OIL

G GRAINS

4 cups purified water or Hippocrates Soup Stock (see recipe, page 157)

2 cups uncooked brown rice, rinsed

2 cloves garlic, minced

1 green bell pepper, diced

1 ear corn, husk removed, kernels removed

2 green onions, thinly sliced

2 tomatoes, medium to large, diced

¼ cup chopped parsley

¼ cup chopped cilantro

1 lemon, juiced

3 tablespoons flaxseed oil

Arugula (for garnish)

Servings

4-5

Directions

1. Bring purified water or Hippocrates Soup Stock to a boil, add rice, reduce to a simmer, cover and cook for 45 minutes.
2. In a large bowl, combine remaining ingredients, except arugula, then mix into the rice once it has cooled.
3. Garnish with arugula.

Variations

- Add a dressing of choice to the salad during step 3, instead of the flaxseed oil and lemon juice. Let the salad sit covered in the fridge for at least 30 minutes to allow the rice and vegetables to absorb the flavors of the dressing. Then serve.
- Serve atop a bed of arugula.
- Use yellow cherry tomatoes to add additional sweetness and visual appeal.
- Substitute quinoa or lentils for rice.
- Use rice that you've prepared in advance.
- Add or remove any vegetables of your choosing.
- Add some lime juice along with, or instead of, lemon juice.

Note

If you use a dressing with flaxseed oil in it, make sure to wait until the rice has cooled completely before adding the dressing, as flaxseed oil should not be heated.

Mixed Vegetable Rice Salad

Stuffed Bell Peppers

STUFFED BELL PEPPERS

Ingredients

G GRAINS

1 cup cooked brown rice or quinoa

1 tomato, chopped

½ yellow onion, diced

2 cloves garlic, minced

2 ribs celery, diced

1 teaspoon marjoram

1 teaspoon chopped sage

2 red bell peppers, tops removed and hollowed out

Servings

2

Directions

1. Preheat oven to 350°F.
2. Combine the tomato, onion, garlic, celery, marjoram and sage with the cooked rice.
3. Fill peppers with rice mixture and place in a baking dish.
4. Add ¼ cup of purified water to the dish along with the peppers. Cover and bake for 40-60 minutes.

Variations

- Pour Simple Gerson Tomato Sauce (see recipe, page 148), or another sauce that does not contain flaxseed oil, over your peppers before you bake them.
- Use additional vegetables for stuffing, such as corn and zucchini, instead of the rice.
- Substitute other colored bell peppers with the red.

Note

Trim the bottom of the bell pepper slightly so it rests flat in the baking dish.

Health Benefits

Bell peppers are extremely high in vitamin C and vitamin A, which aid in detoxification. Some research has shown bell peppers to have anti-cancer properties, especially in gastric and esophageal cancer.

STUFFED WINTER SQUASH

Ingredients

G GRAINS

Purified water

2 acorn squash, cut in half lengthwise, seeds removed

½ cup diced onion

½ cup diced celery

½ cup diced carrot

1 ½ cup cooked brown rice

¼ cup raisins

2 tablespoons chopped parsley

½ teaspoon minced sage

½ teaspoon minced thyme

3-4 cloves garlic, minced

2 tablespoons lime juice

Servings

3-4

Directions

1. Preheat oven to 350°F.
2. Add enough purified water to cover the bottom of an oven-safe dish. Place squash halves in dish face down, and bake for 30 minutes.
3. Combine remaining ingredients in a bowl and mix well.
4. Remove squash from oven, turn face up and fill squash halves with stuffing.
5. Return stuffed squash to dish, cover and bake an additional 60 minutes. Add a little more purified water to the dish if it seems the squash are beginning to stick.
6. Drizzle lime juice over top of stuffed squash before serving.

Variations

- Serve with Golden Gravy (see recipe, page 147), or put on top the rice mixture during the last 20 minutes of baking.
- Use other winter squash, such as delicata and kabocha.
- Try any number of vegetables in place of the rice filling.
- Substitute quinoa or wild rice for the rice.
- Use other dried, unsulphured fruit.

Stuffed Winter Squash, with Figs

QUINOA PILAF

Ingredients

G GRAINS

1 small yellow onion, diced

3 cloves garlic, minced

1 rib celery, diced

1 carrot, diced

1 cup quinoa, uncooked

2 cups purified water or Hippocrates Soup Stock (see recipe, page 157)

Servings

4

Directions

1. In a small pot cook diced onion and garlic uncovered on medium heat. Frequently stir so onion and garlic don't stick to the pot.
2. Once the onion has become translucent, add celery and carrot. After a minute or two add the quinoa and mix everything together. Cook for an additional 1-2 minutes.
3. Add the purified water to the pot and bring to a boil. Lower to a light simmer, cover and cook for 20 minutes, or until all the purified water has evaporated. Mix before serving.

Variations

- Add any other combination of vegetables. When adding more vegetables, use slightly less purified water because these vegetables will release their own liquid as they cook.
- Use red onion instead of yellow, which could add a darker color to the pilaf.
- Substitute brown rice in the same amounts as quinoa.
- Serve pilaf in lettuce leaves.

QUINOA TABOULI

Ingredients

FO FLAXSEED OIL

1 cup cooked quinoa (½ cup dry)

½ lemon, juiced

2 cloves garlic, minced

2 tablespoons flaxseed oil

1 cup chopped parsley

½ cup chopped mint

2 small Roma tomatoes, diced

2 scallions, thinly sliced

Yields

2 cups

Directions

1. Place cooled quinoa in a mixing bowl.
2. In a separate bowl, combine remaining ingredients. Then add mixture to quinoa.
3. Stir gently and serve.

Quinoa Pilaf

Quinoa Tabouli

VEGGIE LENTIL LOAF

Ingredients

G GRAINS

L LENTILS

2 cups cooked Lentils (see recipe, page 104), red or green, divided use

¼ cup chopped parsley

1 yellow onion, finely diced

¾ cup grated beets

¾ cup grated carrots

1 cup finely diced celery

4 cloves garlic, minced

1 ½ cups cooked brown rice

1 teaspoon chopped thyme

1 teaspoon chopped sage

1 teaspoon chopped tarragon

1 lemon, juiced

2 cups Simple Gerson Tomato Sauce (see recipe, page 148)

Servings

3-4

Directions

1. Preheat oven to 350°F.
2. Blend 1 ½ cups of lentils and the parsley together with an immersion blender or in a food processor.
3. Mix with remaining ingredients, except tomato sauce, and place into a loaf pan lined with unbleached parchment paper.
4. Cover, then bake for 25 minutes. Carefully remove the cover and pour Simple Gerson Tomato Sauce over loaf.
5. Bake uncovered an additional 20 minutes.
6. Serve with extra sauce and mashed potatoes.

Variations

- Substitute Gerson Ketchup (see recipe, page 146), Gerson Gravy (see recipe, page 146) or Golden Gravy (see recipe, page 147) for the Simple Gerson Tomato Sauce.
- Use a red onion instead of yellow.
- Add one small diced bell pepper.
- Substitute 1 cup of uncooked rolled oats for the rice.

Note

If you do not have a loaf pan, use a small bowl as a mold for mixture. Turn out mixture into a glass or ceramic dish lined with unbleached parchment paper, then pat into a loaf shape. Bake as directed.

Health Benefits

Thyme is a good source of vitamin C, vitamin A, fiber, iron, copper and manganese.

Veggie Lentil Loaf

Gerson Therapy

SALADS AND SLAWS

Salads are another opportunity to further incorporate greater variety of both texture and color into your daily meals. Try to include as many different colors as you can at your meals. If a certain color isn't present in your meals today, keep that color in mind for tomorrow. This might mean you include something that you wouldn't typically eat! Different color pigments contain different nutrients and antioxidants so excluding a color regularly means there is a spectrum of nutrition you are missing out on. Use different lettuces as your salad base and incorporate some of the salad recipe ideas that follow on top of or alongside this base.

ARTICHOKE HEART SALAD

Ingredients

FO FLAXSEED OIL

3 artichokes, stems removed, top ½ inch trimmed off, leaf points trimmed with scissors

Purified water

½ lemon, juiced

½ red onion, diced

1 tomato, diced

1 green bell pepper, diced

2 carrots, cut into thin half moons

2 tablespoons apple cider vinegar

2 tablespoons flaxseed oil

Servings

4

Directions

1. Set the artichokes flat in a pot, base down. Add enough purified water to cover the bottom ⅓ of the artichokes. Add lemon juice to water. Bring to a boil, reduce to low and cover. Cook for 45 minutes or until you can easily remove a leaf.
2. Remove artichokes and let cool. Peel artichoke leaves until you can see the center.
3. Remove the "choke" with a spoon and discard. Be sure that you have removed all of it.
4. Cut the artichoke heart into bite-sized pieces.
5. Combine artichoke pieces with onion, tomato, bell pepper and carrots. Toss with vinegar and oil before serving.

Variations

- Add garlic and lemon slices to the purified water while the artichokes cook.
- If you peel the outside of the artichoke stems, you can cut the stems into pieces, or even leave whole, and cook with the artichokes. Then add to the salad.
- Each of the leaves removed contains a bit of artichoke meat near the base, which can be scraped off and eaten or added to the salad.

Note

The "choke" is the hairy, inedible part near the center of the artichoke, just above the heart.

Health Benefits

Artichokes contain a variety of phytonutrients and antioxidants, which support a healthy immune system; these components are important in healing all illnesses. They also contain nutrients that support healthy liver function.

BEET AND ARUGULA SALAD

Ingredients

3 Beets, Boiled (see recipe, page 57), cubed

2 oranges, cut into small pieces

6 cups arugula

Servings

3

Directions

1. In small mixing bowl, combine beets and orange pieces.
2. Arrange arugula on serving plates, then top with beet and orange mixture.

Variation

Serve with the Orange Dill Vinaigrette (see recipe, page 132).

BEET AND WATERCRESS SALAD

Ingredients

1 yellow onion, chopped

2-3 beets, peeled and cubed

½ watercress bunch, roughly chopped

1 lemon, juiced

Servings

2-3

Directions

1. Cover the bottom of a pan with onion. Place peeled and cubed beets on top.
2. Cook uncovered over medium heat until the pan produces a steady amount of steam. Once there is sufficient steam created, cover and cook until lid is very hot to the touch.
3. Reduce heat to low and cook for 45 minutes.
4. Remove from heat and let beet mixture cool.
5. Toss with chopped watercress and lemon juice.

Variation

Roast or boil the beets instead, and then simply mix with all other ingredients and serve. If prepared this way, use only ¼ to ½ raw onion to prevent the onion from overwhelming the dish.

Beet and Arugula Salad

Beet and Watercress Salad

Bok Choy Salad

BOK CHOY SALAD

Ingredients

2 heads of bok choy, roughly chopped

1 small apple, diced

½ red onion, sliced

¼ cup plumped raisins (see Plumped Fruit recipe, page 45)

¼ cup balsamic vinegar (optional)

Servings

2-3

Directions

1. Combine bok choy, apple, onion and raisins in a bowl.
2. Drizzle with balsamic vinegar, if desired, before serving.

Cabbage Slaw

Carrot and Parsnip Slaw

CABBAGE SLAW

Ingredients

¼ small red cabbage, shredded

¼ small green cabbage, shredded

¼ celery root, peeled, cut into thin matchstick pieces

3 radishes, thinly sliced

½ red onion, thinly sliced (optional)

¼ cup Yogurt Dill Dressing (see recipe, page 136) (optional)

Servings

3-4

Directions

1. In a small mixing bowl, combine red and green cabbage, celery root, radishes and onion.
2. Toss with Yogurt Dill Dressing or another dressing of your choice, then serve.

CARROT AND PARSNIP SLAW

Ingredients

1 medium carrot

1 medium parsnip

½ lemon, juiced (optional)

Servings

1-2

Directions

1. Use either a box shredder or a food processor with the shred blade to shred the carrot and parsnip together.
2. Mix and add lemon juice to taste.

Variations

- Add shredded zucchini or yellow squash to this mixture.
- Add slices of different colored bell peppers.
- Add sliced red onions, radishes, kohlrabi or any other sliced vegetables.
- Add a dressing to enhance this simple slaw.

EGGPLANT SALAD

Ingredients

FO FLAXSEED OIL

1 globe eggplant or 2 Japanese eggplants

1 small red onion, diced

1 tablespoon apple cider vinegar

¼ cup chopped parsley

2 tomatoes, diced

2 tablespoons flaxseed oil

2 cloves garlic, minced

Servings

3-4

Directions

1. Preheat oven to 325°F.
2. Bake eggplant whole for 60 minutes in an oven-safe dish.
3. Let eggplant cool, and then slice lengthwise. Scoop out the insides and chop into bite-sized pieces.
4. Combine eggplant with remaining ingredients and serve.

Variation

Instead of baking, cut unpeeled eggplant into cubes and cook, using stovetop slow-cooking method, for 45 minutes.

FENNEL, APPLE AND CELERY SALAD

Ingredients

1 bulb of fennel, stalks, fronds and core removed, bulb thinly sliced

2 Granny Smith apples, cored and cubed

1 rib celery, thinly sliced

1 tablespoon minced dill

½ lemon, juiced

Servings

3-4

Directions

Put all ingredients in a bowl and mix well.

Variations

- Substitute the dill with cilantro.
- Use orange juice instead of lemon juice.
- Incorporate the fennel fronds into the salad.

Fruit Salad

FRUIT SALAD

Ingredients

1 cup cubed watermelon

1 cup green grapes

1 cup red grapes

1 lime, juiced

4-5 mint leaves, thinly sliced

Servings

2

Directions

1. Mix all fruit together in a medium-sized serving bowl.
2. Pour lime juice over the fruit. Add mint and gently mix.

Variations

- Any allowed fruits can be added or mixed together to create endless varieties of fruit salad.
- Orange juice can be used instead of lime juice.
- Use a ½ teaspoon measure to scoop out the watermelon into small spheres.

Note

Keep in mind, using ripe fruit will always impart the best flavor.

RAW GRATED CARROTS AND APPLES

Ingredients

3 carrots

1 Fuji or Granny Smith apple

¼ cup plumped raisins (see Plumped Fruit recipe, page 45) (optional)

½ orange or lemon, juiced (optional)

Servings

2

Directions

1. Grate carrots and apples with a box shredder or a food processor, using the shredding attachment. The Norwalk juicer could also be used.
2. Mix with plumped raisins and juice, if desired.

Note

Dr. Gerson recommended that raw grated apples "should be taken in large quantity," and that "it is advisable to peel them in order not to burden digestion and to reduce gas formation."[1] If this mixture seems to bother you, consider following his guideline. However, we know the skin of apples to contain many valuable nutrients.

[1]*Gerson, **A Cancer Therapy**, 190.*

RAW TOMATO AND BELL PEPPER SALAD

Ingredients

FO FLAXSEED OIL

1 green bell pepper, sliced into thin rings

2 tomatoes, diced

1 lemon, juiced

2 cloves garlic, minced

¼ cup chopped parsley, or slightly less of any other allowed herb

1 tablespoon flaxseed oil

Servings

2-3

Directions

1. Mix pepper and tomatoes with lemon juice, garlic and herbs.
2. Mix in flaxseed oil and serve.

Health Benefits

Besides containing lycopene, a well-known antioxidant and phytonutrient, tomatoes have a myriad of additional health benefits. Tomatoes are capable of lowering total cholesterol and triglycerides, making them a heart healthy food. In addition, tomatoes contain a significant amount of vitamin C.

TOMATO AND WATERMELON SALAD

Ingredients

FO FLAXSEED OIL

S SWEETENERS

1 small red onion, cubed

1 teaspoon permitted sweetener

½ cup red wine vinegar

2 tablespoons flaxseed oil

3-4 heirloom tomatoes, cubed

¼ small watermelon, rind removed, cubed

¼ cup sliced mint leaves (optional)

Servings

4-5

Directions

1. Mix red onion, sweetener, vinegar and flaxseed oil in a small bowl. Cover and marinate in refrigerator for 1 hour.
2. Combine tomato and watermelon cubes in a bowl.
3. Pour red onion mixture over the tomato and watermelon and mix well.
4. Add sliced mint leaves just before serving.

Tomato and Watermelon Salad

Gerson Therapy

DRESSINGS, DIPS AND SAUCES

All of the dressings, dips and sauces in this section can be used in any number of ways. One example is to serve with a bowl of cut-up vegetables for dipping. Just make sure the vegetables are freshly cut! Consider putting any of these dressings, dips or sauces on top of your favorite vegetables or salads. Add them to your potatoes or grains. You can even use these as marinades before cooking your vegetables, as long as the dressing, dip or sauce you use contains no flaxseed oil. Utilizing these dressings, dips and sauces will ensure that you never run out of new things to try while on the Gerson Therapy.

Once you are familiar with these recipes, begin experimenting on your own. You will certainly notice how many of them have a very similar base: a little vinegar, a little flaxseed oil, a little permitted sweetener, maybe a bit of purified water, an allowed herb or two, and whatever other additions you want. Say you want to add a little bit of zing to your dressings: Include a couple of cloves of garlic, some onion or maybe even some grated horseradish. Then blend it all together. Or you can simply put these ingredients into a mason jar, shake to mix, then pour it right onto your salad. It's that simple. But don't forget to watch how much flaxseed oil you are consuming! Also, if there is flaxseed oil in a sauce or dressing, be sure to wait until your food has cooled a bit before adding it.

You will notice that many recipes call for a day-old baked potato (see Baked Potato recipe, page 91). Cooked, chilled potatoes, when added to a dressing or sauce, create a thicker, creamier consistency and do not alter the flavor. However, the use of a warm, freshly baked or boiled potato would result in a very gummy consistency due to the starch in the potatoes. Feel free to add more or less potato to the following recipes to achieve your preferred consistency.

DRESSINGS

BUTTERNUT SQUASH DRESSING

Ingredients

½ cup cooked butternut squash (see Baked Winter Squash recipe, page 54)

1 cup orange juice

¼ red onion, roughly chopped

½ cup apple cider vinegar

1-2 cloves garlic, chopped

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Yield

2 cups

CILANTRO LIME VINAIGRETTE

Ingredients

S SWEETENERS

FO FLAXSEED OIL

1 lime, juiced

2 cloves garlic, chopped

¼ cup apple cider vinegar

¼ cup roughly chopped cilantro

2 tablespoons flaxseed oil

1 teaspoon permitted sweetener

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

Create a marinade for cooked vegetables by substituting flaxseed oil with a second lime, juiced.

Yield

½ cup

Butternut Squash Dressing

Cilantro Lime Vinaigrette

CITRUS DILL VINAIGRETTE

Ingredients

FO FLAXSEED OIL

S SWEETENERS

½ cup orange juice

½ cup lemon juice

½ cup grapefruit juice

1 small baked potato, cold, peeled, cubed (preferably day-old)

1 tablespoon minced dill

¼ cup flaxseed oil

¼ cup apple cider vinegar

2 teaspoons honey or other permitted sweetener

2 green onions, chopped

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variations

- Replace any type of citrus juice with double the amount of another.
- Add a clove or two of garlic for an added kick.

Yield

3 cups

CREAMY TOMATO AND CHIVE DRESSING

Ingredients

FO FLAXSEED OIL

2 Roma tomatoes, roughly chopped

¼ cup chopped chives

2 tablespoons chopped dill

¼ cup apple cider vinegar

1 small baked potato, cold, peeled, cubed (preferably day-old)

¼ cup flaxseed oil

¼ cup purified water

2 cloves garlic, chopped

½ lemon, juiced

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Yield

2 cups

Citrus Dill Vinaigrette

Fruit Vinaigrette (see page 130)

Garlic and Onion Dressing (see page 130)

Kiwi Orange Vinaigrette (see page 130)

Lemon Herb Dressing (see page 131)

Mango Herb Dressing (see page 131)

FRUIT VINAIGRETTE

Ingredients

FO FLAXSEED OIL

S SWEETENERS

3 ripe peaches (or any allowed fruit)

¼ cup lemon juice

1 tablespoon apple cider vinegar

1 tablespoon flaxseed oil

1-2 teaspoons permitted sweetener (optional)

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

Add two cloves of garlic to give the dressing a bit of zing.

Yield

1 ½ cups

GARLIC AND ONION DRESSING

Ingredients

S SWEETENERS

1 tablespoon lemon juice or apple cider vinegar

½ cup purified water

½ tablespoon permitted sweetener

¼ red onion, roughly chopped

1 clove garlic, chopped

1 teaspoon minced dill

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

You may use any other approved herb, but be mindful of how much is added.

Yield

1 cup

KIWI ORANGE VINAIGRETTE

Ingredients

FO FLAXSEED OIL

2 kiwis, peeled

2 oranges, juiced

2 green onions, roughly chopped

2 cloves garlic, chopped

¼ cup balsamic vinegar

1 tablespoon flaxseed oil

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Yield

1 ½ cups

LEMON HERB DRESSING

Ingredients

FO FLAXSEED OIL

S SWEETENERS

½ cup lemon juice

½ cup water

2 tablespoons flaxseed oil

¼ cup apple cider vinegar

1 green onion, roughly chopped

1 tablespoon minced dill

1 tablespoon chopped parsley

1 small baked potato, cold, peeled, cubed (preferably day-old)

2 tablespoons honey or other permitted sweetener

2 cloves garlic, chopped

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

Use other herb combinations for variety.

Yield

2 cups

MANGO HERB DRESSING

Ingredients

FO FLAXSEED OIL

1 ripe mango, peeled and pit removed, roughly chopped

3 oranges, juiced

¼ red onion, roughly chopped

2-3 cloves garlic, chopped

1 tablespoon chopped mint

¼ cup chopped cilantro

1 tablespoon flaxseed oil

¼ cup apple cider vinegar

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

Substitute cilantro and mint with a different herb, such as dill.

Note

On occasion a mango will be overly stringy in consistency. If this is the case you should blend the mango separately and then strain the mango puree. Use the back of a spoon to press the mango through a fine strainer. The portion which passes through can then be added to the blender with all other ingredients, and the remnants in the strainer discarded or composted.

Yield

2 cups

MANGO TOMATO MINT VINAIGRETTE

Ingredients

FO FLAXSEED OIL

1 large mango, peeled, pit removed

3 Roma tomatoes, roughly chopped

¼ red onion, roughly chopped

2 tablespoons minced mint

2-3 cloves garlic, chopped

1 lime or lemon, juiced

2 tablespoons flaxseed oil

½ cup purified water (optional)

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Yield

2 cups

Health Benefits

Mangoes contain a good amount of vitamin C, folate and vitamin B6. Mangoes also provide calcium, iron, magnesium and powerful antioxidants such as zeaxanthin, quercetin, astragalin and beta-carotene.

ORANGE DILL VINAIGRETTE

Ingredients

S SWEETENERS

1 ½ cups orange juice

¼ cup apple cider vinegar

½ cup purified water

¼ red bell pepper

2 green onions, roughly chopped

2 cloves garlic, chopped

2 tablespoons chopped dill

2 teaspoons honey or other permitted sweetener

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Yield

2 ½ cups

Health Benefits

Oranges are an excellent source of vitamin C and contain a cancer fighting component called limonin glucoside. Limonin glucoside is absorbed well in the body, which might explain its anti-cancerous benefits.

Mango Tomato Mint Vinaigrette

Orange Dill Vinaigrette

Sweet Apple Cilantro Dressing (see page 134)

Tomato Balsamic Vinaigrette (see page 135)

SPINACH ARTICHOKE DRESSING

Ingredients

FO FLAXSEED OIL

½ cup cooked Spinach (see recipe, page 80)

1 cup cooked Artichoke (see recipe, page 48) hearts

1 small baked potato, cold, peeled, cubed (preferably day-old)

½ cup purified water

¼ cup flaxseed oil

⅓ cup lemon juice

⅓ cup apple cider vinegar

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

Add less purified water or an extra potato to create a thicker consistency, turning the dressing into more of a dip.

Note

This is a great recipe to make using leftover spinach from a previous meal.

Yield

4 cups

Health Benefits

Research indicates that spinach contains over a dozen different flavonoid compounds. Flavonoids have anti-inflammatory and anti-cancer properties, making spinach a powerful nutrient-rich food. Include spinach in the diet one to two times per week.

SWEET APPLE CILANTRO DRESSING

Ingredients

FO FLAXSEED OIL

1 apple, core removed, roughly chopped

1 small baked potato, cold, peeled, cubed (preferably day-old)

2 tablespoons flaxseed oil

¼ cup apple cider vinegar

1 cup purified water

¼ cup chopped cilantro

3 cloves garlic, chopped

2 green onions, roughly chopped

1 rib celery, roughly chopped

¼ zucchini, roughly chopped (optional)

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Note

Fuji apples make a sweeter dressing.

Yield

2½ cups

SWEET PLUMPED FRUIT AND DILL DRESSING

Ingredients

FO FLAXSEED OIL

5 plumped prunes (see Plumped Fruit recipe, page 45)

¼ cup liquid from plumped prunes

2 tablespoons flaxseed oil

¼ cup apple cider vinegar

½ cup plumped raisins (see Plumped Fruit recipe, page 45)

½ cup purified water

2 tablespoons chopped dill

1 clove garlic, chopped

¼ red onion, roughly chopped

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Variation

Substitute the prunes with any other allowed dried fruit that has been reconstituted.

Yield

2 cups

TOMATO BALSAMIC VINAIGRETTE

Ingredients

S SWEETENERS

½ cup balsamic vinegar

¼ cup apple cider vinegar

2 cloves garlic, chopped

1 cup orange juice

¾ cup purified water

2 green onions, roughly chopped

2 tablespoons honey or other permitted sweetener

2 tablespoons chopped dill

1 red bell pepper, roughly chopped

2 ripe tomatoes, roughly chopped

Directions

Blend all ingredients in a blender until a smooth consistency is reached.

Yield

4 cups

Health Benefits

Tomatoes contain a whole host of phytonutrients in the form of flavanones, flavonols, hydroxycinnamic acids, carotenoids, glycosides and fatty acids derivatives. In addition, tomatoes are also an excellent source of copper, potassium, beta-carotene, vitamin B6, folate, niacin, vitamin E, phosphorus, iron and chromium.

YOGURT DILL DRESSING

Ingredients

D DAIRY

FO FLAXSEED OIL

S SWEETENERS

¼ cup apple cider vinegar

1 tablespoon honey or other permitted sweetener

2 cloves garlic, chopped

2 tablespoons flaxseed oil

½ cup chopped chives

1 tablespoon chopped dill

1 ¾ cup yogurt

Directions

1. Blend everything except the yogurt in a blender.
2. Fold in yogurt and mix with a whisk.

Note

This dressing could be blended with the yogurt, but often blending yogurt turns the consistency of the final dressing more watery than creamy.

Yield

2 cups

Yogurt Dill Dressing

DIPS

Baba Ganoush

BABA GANOUSH

Ingredients

- 1 medium-sized eggplant
- 2 cloves garlic, chopped
- 1 lemon, juiced
- ¼ cup chopped parsley

Yield

2 cups

Directions

1. Preheat oven to 350°F.
2. Pierce eggplant once and place whole in an uncovered oven-safe pan. Bake about 45 minutes, or until eggplant appears shriveled and deflated.
3. Slice the eggplant in half lengthwise. Then scoop out the eggplant flesh and add to a food processor (or blender) fitted with the S-shaped blade.
4. Add the lemon juice, garlic and parsley and pulse or blend into a creamy consistency.
5. Serve warm with a tablespoon of flaxseed oil on top. Use freshly chopped vegetables to dip and enjoy.

Variations

- Substitute the parsley with cilantro.
- You can save some of the chopped parsley and mix in afterward.

CELERY ROOT SMASH

Ingredients

FO FLAXSEED OIL

S SWEETENERS

1 large onion, roughly chopped

2 medium celery root, peeled and cut into cubes

4-5 garlic cloves, chopped

1 medium baked potato, cold, peeled, cubed (preferably day-old)

1 cup roughly chopped cilantro

½ cup lemon juice

2 teaspoons permitted sweetener

¼ cup apple cider vinegar

4 tablespoons flaxseed oil

½ cup purified water (optional)

¼ cup Hippocrates Soup Stock (see recipe, page 157) (optional)

Yield

4 cups

Directions

1. Preheat oven to 350°F.
2. Place the chopped onion on the bottom of an oven-safe dish. Put the celery root and garlic on top of the onion, along with the Hippocrates Soup Stock, if using.
3. Cover and bake for at least 60 minutes, or until celery root becomes soft enough to easily cut through.
4. Once the celery root is cooked, wait until cooled and then add to a food processor fitted with the S-shaped blade with all other ingredients. Pulse until a smooth consistency is reached. Be careful not to overblend, which can turn potatoes tough and sticky.

Variation

Replace one celery root with one medium parsnip for an even sweeter smash.

Health Benefits

Celery root contains many beneficial B vitamins and vitamin C.

CORN SALSA

Ingredients

Purified water

3 ears corn, husk removed

3-4 cloves garlic, minced

½ red onion, diced

3 medium tomatoes, diced

2 tablespoons chopped cilantro

1 lemon or lime, juiced

Yield

5 cups

Directions

1. Bring a pot of purified water to a boil, add corn and cook for 7 minutes.
2. Remove corn from pot. Then remove kernels.
3. Mix corn kernels with the remaining ingredients in a small bowl.

Variations

- Leave all ingredients raw.
- Mix in ½ cup of Gerson Sour Cream (see recipe, page 184).
- Add ½ of a diced mango.
- Substitute red onion with 2 sliced green onions.
- Add 1 tablespoon of flaxseed oil.
- Remove the corn and bump up the garlic and cilantro to turn this salsa into a pico de gallo.

Celery Root Smash

Potatonaise *(see page 141)*

Corn Salsa

Pico de Gallo

DILL AND SCALLION DIP

Ingredients

S SWEETENERS

2 small baked potatoes, cold, peeled, cubed (preferably day-old)

½ yellow onion, roughly chopped

3-4 cloves garlic, chopped

4 scallions, roughly chopped

1 lemon, juiced

1 tablespoon honey or other permitted sweetener

1 tablespoon apple cider vinegar

1 tablespoon chopped dill

Yield

1 ½ cups

Directions

Add all ingredients to a food processor fitted with the S-shaped blade and process until smooth. Do not over blend, as potatoes can become gummy. Serve with fresh vegetables.

Note

Scallions are also referred to as green onions.

GARLIC AIOLI

Ingredients

D DAIRY

½ cup yogurt

2 cloves garlic

1 lemon, juiced

Yield

½ cup

Directions

Place all ingredients in a blender or food processor fitted with the S-shaped blade and blend until smooth.

Variations

- Mince or mash garlic. Then place all ingredients in a small bowl and whisk together.
- Use Roasted Garlic (see recipe, page 141) in place of the raw garlic.
- Add even more garlic.
- Substitute 1 teaspoon of horseradish for the garlic to make a horseradish aioli.
- Add herbs of your choice.
- If you don't plan to put on hot foods, add a tablespoon of flaxseed oil.

ROASTED GARLIC

Ingredients

1 whole garlic bulb

Yield

1 whole garlic bulb

Directions

1. Preheat oven to 350°F.
2. Trim the top ¼ off the top of the garlic bulb, so that each clove is exposed. Place the entire garlic bulb in a small glass dish with a tablespoon of water. Bake uncovered for 25 minutes.
3. Remove from oven and allow to cool. Once cool you can easily squeeze each individual clove from its skin and save for use in any recipe that calls for garlic.

Note

You can also mash the garlic and use it as a spread on toast or as a dip for vegetables.

POTATONAISE

Ingredients

FO FLAXSEED OIL

S SWEETENERS

2 small baked potatoes, cold, peeled, cubed (preferably day-old)

1 tablespoon flaxseed oil

2 tablespoons apple cider vinegar

½ lemon, juiced

1-2 cloves garlic, chopped

1 tablespoon roughly chopped parsley (optional)

1 teaspoon honey or other permitted sweetener (optional)

Yield

1½ cups

Directions

1. Place all ingredients in a food processor fitted with the S-shaped blade and pulse until smooth. Be careful not to leave on for too long or the consistency will become very gummy.
2. Serve atop a salad, or use as a dip for raw vegetables.

PARSLEY-CILANTRO PESTO

Ingredients

B BREAD

FO FLAXSEED OIL

G GRAINS

½ bunch parsley

½ bunch cilantro

3-4 cloves garlic

⅓ cup cooked quinoa

2 tablespoons flaxseed oil

¼ cup Rye Bread Crumbs (see recipe, page 188) (optional)

Yield

2 cups

Directions

Place all ingredients except Rye Bread Crumbs in a food processor fitted with the S-shaped blade and pulse until a paste is formed. Top with Rye Bread Crumbs, if desired, before serving.

Variations

- Add a few mint leaves.
- Add lemon juice.
- If you can't yet have quinoa, simply leave it out. Pulse all ingredients with the Rye Bread Crumbs, which will allow ingredients to bind together.

SALSA VERDE

Ingredients

S SWEETENERS

1 red or yellow onion, roughly chopped

6 cloves garlic, roughly chopped, divided use

10 tomatillos, husks removed, roughly chopped

1 cup Hippocrates Soup Stock (see recipe, page 157) or purified water

1 lime, juiced

½ cup chopped cilantro

1 teaspoon permitted sweetener (optional)

Yield

2 ½ cups

Directions

1. Cover the bottom of a pot with onion, and place half of the garlic and all of the tomatillos on top. Cook uncovered on medium heat until the pot produces a steady amount of steam. Cover, and when pot lid becomes very hot to the touch, turn down to low.
2. Continue to cook for 10 minutes.
3. Add Hippocrates Soup Stock and bring pot to a light simmer. Cook uncovered for an additional 15-20 minutes, stirring occasionally, allowing the contents to thicken.
4. Remove from heat and allow contents to cool until no longer steaming.
5. Place mixture in a blender. Add remaining garlic along with lime juice, cilantro and sweetener, if desired. Blend until smooth, or slightly chunky, if preferred.

Variation

To give the salsa a little more kick, begin at step 3. Place ½ onion in pot along with Hippocrates Soup Stock, half of the garlic and all of the tomatillos, then simmer as directed. Add the remaining ½ onion during step 5.

Garlic Aioli (see page 140)

Roasted Garlic (see page 141)

Parsley-Cilantro Pesto

Salsa Verde

Carrot Sauce on top of Cauliflower

Cauliflower Bechamel

Gerson Gravy on top of Mashed Potatoes (see page 146)

Gerson Ketchup (see page 146)

Golden Gravy (see page 147)

SAUCES

CARROT SAUCE

Ingredients

S SWEETENERS

3 carrots, sliced into ¼ in rounds

¼ cup Hippocrates Soup Stock (see recipe, page 157)

1 yellow onion, thinly sliced

2 cloves garlic

½ teaspoon honey or other permitted sweetener (optional)

Yield

2 cups

Directions

1. Cover the bottom of a small pot with onion, and place the garlic and carrots on top. Cook uncovered on medium heat until the pot produces a steady amount of steam. Add Hippocrates Soup Stock and cover. When pot lid becomes very hot to the touch, or Hippocrates Soup Stock has begun to simmer, turn down to low.
2. Cook until the carrots are soft, approximately 45 minutes. During the last 5-10 minutes add sweetener.
3. Blend carrots, onion, and garlic in blender with remaining liquid. Add additional purified water or Hippocrates Soup Stock if needed to be able to blend and achieve a smooth consistency.

Variation

This sauce goes very well served on top of Cauliflower (see recipe, page 62).

CAULIFLOWER BECHAMEL

Ingredients

1 medium yellow onion, thinly sliced

3 cloves garlic, minced

1 large head cauliflower, cut into florets

2 teaspoons chopped thyme

¼ cup chopped parsley

1 teaspoon chopped fennel seed or allspice

½ cup Hippocrates Soup Stock (see recipe, page 157) or purified water

1 lemon, juiced

Yield

3 ½ cups

Directions

1. Cover the bottom of a small pot with onion, and place the garlic and cauliflower on top. Cook uncovered on medium heat until the pot produces a steady amount of steam. Add herbs, then cover and wait until the lid becomes very hot to the touch.
2. Reduce heat to low and continue to cook for 45 minutes or until cauliflower is very soft.
3. Add Hippocrates Soup Stock or purified water, along with lemon juice, to the pot. Blend with an immersion blender, or pour mixture into a blender and puree until a smooth consistency is reached. If the mixture is too thick, add more Hippocrates Soup Stock.

Variations

- Substitute the Hippocrates Soup Stock with ½ cup of Oat Milk (see recipe, page 43).
- Save the herbs until after everything else has been blended. Then add and mix.

GERSON GRAVY

Ingredients

½ yellow onion, diced

4 cloves garlic, thinly sliced

2 cups Hippocrates Soup Stock (see recipe, page 157), divided use

½ cup Oat Flour (see recipe, page 187)

1 cup purified water, divided use

2 tablespoons minced thyme

1 tablespoon minced rosemary

¼ cup apple cider vinegar

1 tablespoon cornstarch (optional)

Yield

2 ½ cups

Directions

1. Place the onion and garlic on the bottom of a small pot. Cook on medium heat until the onion becomes translucent and starts to steam. Add ¼ cup of Hippocrates Soup Stock if the onion and garlic begin to stick.
2. While the onion and garlic cook, dissolve Oat Flour in ½ cup of purified water, stirring every couple of minutes until a paste is formed. Separately, if using cornstarch, dissolve in 1 tablespoon purified water, stirring every couple of minutes until a paste is formed.
3. Once the onion and garlic have cooked for about 5 minutes, stir in thyme and rosemary. Continue cooking for another minute, adding a bit of Hippocrates Soup Stock if needed to prevent onion from sticking.
4. Add apple cider vinegar and cook for 2 more minutes.
5. Add the remaining Hippocrates Soup Stock and purified water, then bring pot to a very gentle simmer. Leave uncovered.
6. Add the flour mixture and cornstarch mixture (optional) to the pot and stir. Bring to a slight boil, stirring frequently. After boiling for a minute turn heat down to a very light simmer. Cook until a gravy consistency is reached.
7. Serve on top of mashed potatoes or grains.

GERSON KETCHUP

Ingredients

S SWEETENERS

4 Roma tomatoes, roughly chopped

3-4 cloves garlic

½ red onion, roughly chopped

2 tablespoons apple cider vinegar

¼ teaspoon chopped dill

1 teaspoon allspice

2 teaspoons Sucanat or other permitted sweetener

Yield

2 cups

Directions

1. Place all ingredients in a pot and cook uncovered on a medium heat until the pot produces a steady amount of steam. Cover and continue to cook until lid becomes very hot to the touch.
2. Reduce heat to low and cook until tender, about 35 minutes.
3. Strain contents of pot and set liquid aside.
4. Pass through food mill or blend until smooth using blender. Add enough remaining liquid to achieve a preferred consistency.
5. Place in refrigerator to cool and thicken.

Variation

Use balsamic vinegar or white wine vinegar instead of apple cider vinegar.

GOLDEN GRAVY

Ingredients

1 small Yukon gold potato, cubed

4 carrots, sliced

1 cup Hippocrates Soup Stock (see recipe, page 157) or purified water

1 small yellow onion, diced

1 teaspoon chopped dill or thyme

1 teaspoon chopped parsley

2 teaspoons apple cider vinegar or lemon juice

Yield

3 cups

Directions

1. Combine all ingredients in a small pot, except for the vinegar or lemon juice. Cook covered at a very slight simmer for 60 minutes or until vegetables are tender.
2. Add apple cider vinegar or lemon juice, then puree mixture in a blender or food processor.

Variations

- Substitute one small sweet potato or yam for the Yukon gold potato.
- Use the juice of 2 oranges instead of, or in addition to, the apple cider vinegar.
- Try using different allowed herbs.

HEARTY GERSON TOMATO SAUCE

Ingredients

6 large, ripe tomatoes, chopped

5 cloves garlic, minced

1 medium onion, diced

1 green bell pepper, diced

2 ribs celery, diced

2 small zucchini, cut into ¼ inch rounds

2 tablespoons minced parsley

Pinch of rosemary

Pinch of thyme

Pinch of sage

Pinch of marjoram

Yield

6 cups

Directions

1. Place tomatoes in a medium-sized pot. Cover and cook at a low simmer for 30 minutes.
2. Put tomatoes through a food mill to remove skins and seeds.
3. Pour sauce back into pot and add remaining vegetables and herbs.
4. Bring the sauce to a light simmer. Cover and cook on low for 60 minutes or until vegetables are soft.

Variations

- For a little extra flavor, add a dash or two of wine vinegar and a teaspoon of honey or other permitted sweetener.
- Substitute 1 cup cubed eggplant for zucchini.
- Substitute 1 small fennel bulb for celery.

Note

To ensure a thick, rich sauce, strain extra juice from tomatoes before putting them through a food mill. Add this extra juice to Hippocrates Soup (see recipe, page 157).

SIMPLE GERSON TOMATO SAUCE

Ingredients

3 large, ripe tomatoes, chopped

1 medium onion, roughly chopped

3 cloves garlic

1 tablespoon of chopped parsley

Pinch of chopped marjoram, rosemary or thyme

Yield

2 cups

Health Benefits

Marjoram contains many phytonutrients, minerals, and vitamins that are essential for optimum health and wellness.

Directions

1. Cook tomatoes, onion, garlic, and herbs uncovered on medium heat until the tomatoes begin to break apart. You can use the back of a large spoon to mash them to speed up this process. Reduce heat to low to maintain a slight simmer, and cover. Cook for 25 minutes.
2. Put cooked mixture through a food mill to remove skins and seeds.

Variations

- Put drained tomatoes, onion and garlic in a blender and blend until preferred consistency is reached. Add remaining liquid if needed.
- Place all ingredients, uncooked, in a blender and blend until smooth.

Note

To ensure a thick, rich sauce, strain extra juice from tomatoes before putting them through a food mill. Add this extra juice to Hippocrates Soup (see recipe, page 157).

MANGO CHUTNEY

Ingredients

1 cup dried mango slices

Purified water

1 orange, juiced

2 tablespoons apple cider vinegar

1 fresh, ripe mango, cubed

¼ red onion, diced

2 cloves garlic, minced

¼ cup finely chopped cilantro

1 lime, juiced

Yield

2 cups

Directions

1. Set dried mango slices in hot purified water for about 60 minutes, or until soft.
2. Place mangoes in a blender and add orange juice and apple cider vinegar. Blend until a smooth consistency is reached. Add a little bit of purified water if difficult to blend.
3. Mix all remaining ingredients in a small bowl and then add the blended mango. Stir well, then serve.

Variations

- Roughly chop the dried mango slices. Then place all ingredients, except cilantro, in a small pot and bring to a light simmer. Turn heat to low and cook, uncovered, for 30 minutes. Add cilantro during the last 5 minutes of cooking.
- Substitute fresh mangoes for the dried mango slices.

Simple Gerson Tomato Sauce

Mango Chutney

Onion, Garlic, and Dill *(see page 150)*

Sweet and Sour Plum Sauce *(see page 151)*

ONION, GARLIC AND DILL

Ingredients

½ yellow onion, diced

2 garlic cloves, minced

1 tablespoon minced dill

Yield

1 cup

Directions

Mix all ingredients together and serve.

Note

Use as a topping for baked potatoes, cooked vegetables or salads. This also makes a great topping to a slice of toasted Rye Bread (see recipe, page 187) drizzled with a little bit of flaxseed oil.

Health Benefits

Fresh dill is an excellent source of antioxidant compounds, especially vitamin C. It is also a great source of various minerals such as copper, potassium, calcium, manganese, iron and magnesium. Dill is excellent for relieving gastrointestinal distress.

RED BELL PEPPER SAUCE

Ingredients

3 red bell peppers, diced

4 cloves garlic

1 yellow or red onion, diced

¼ cup plumped raisins (see Plumped Fruit recipe, page 45)

1 small baked potato, cold, peeled, cubed (preferably day-old)

2 tablespoons of apple cider vinegar

Yield

2 ½ cups

Directions

1. Place the onion on the bottom of a small pan. Add 2 of the bell peppers, garlic and plumped raisins on top of the pan. Cook uncovered on medium heat until the pan begins to steam. Cover and continue to cook until the lid is very hot to the touch.
2. Reduce heat to low and cook for 45 minutes.
3. Put cooked mixture in a blender with potato, apple cider vinegar and remaining bell pepper. Blend until the sauce reaches a smooth consistency.

Note

Plumped or dried fruit can be used. Dried fruit will become plumped during the cooking process.

SWEET AND SOUR PLUM SAUCE

Ingredients

M IN MODERATION

½ red onion, roughly chopped

2 cloves garlic, roughly chopped

3 plums, pit removed, roughly chopped

2 teaspoons permitted sweetener

¼ cup apple cider vinegar

1 teaspoon coriander

2 tablespoons purified water

2 tablespoons cornstarch (optional)

Yield

2 cups

Directions

1. Place onion and garlic in small pot over medium heat. Once the pot begins to steam, add the plums, sweetener, apple cider vinegar and coriander.
2. Bring the pot to a slight boil.
3. While the pot is heating, mix the cornstarch (optional) with the purified water until it turns to a paste. Then add to the pot, and bring the pot back down to a low simmer.
4. Continue cooking on a low simmer, covered, for about 25 minutes, until the mixture thickens, stirring frequently to help break down the plums.
5. Add contents of pot to a blender or food processor fitted with the S-shaped blade and blend until a slightly chunky to smooth consistency is reached.

Health Benefits

Coriander has antimicrobial properties and also has an exceptional phytonutrient content including limonene and camphor. It also contains many flavonoids and phenolic compounds beneficial for healing.

TANGY CILANTRO SAUCE

Ingredients

D DAIRY

½ bunch cilantro, chopped

1 cup yogurt

¼ cup lime or lemon juice

1 clove garlic, minced

Yield

1 ½ cups

Directions

Using a whisk, mix together all ingredients until well incorporated.

Variation

Add ½ diced yellow onion, 2 tablespoons chopped mint and ½ teaspoon coriander to turn this sauce into more of a raita, a popular Indian yogurt sauce.

Gerson Therapy

SOUPS

Hippocrates Soup is a staple food on the Gerson Therapy and must be consumed at every lunch and dinner. However, we have included several additional soup recipes. These soups can be consumed in addition to the required eight ounces of Hippocrates Soup. Other soups should not replace it. Soups can be particularly comforting during the colder months, and make excellent snacks between meals.

Hippocrates Soup

"Stay close to nature and her eternal laws will protect you."

Max Gerson, M.D.

Borscht

BORSCHT

Ingredients

3 beets, peeled, cubed

2 carrots, sliced into rounds

2 ribs celery, diced

3 cloves garlic, minced

¼ red cabbage, thinly sliced

¼ cup apple cider vinegar

1 bay leaf

Purified water

2 tablespoons chopped dill

Servings

3-4

Directions

1. Place all ingredients, except dill, in a large pot. Add enough purified water to slightly cover the ingredients, approximately 1 quart.
2. Bring to a boil, and then reduce to a very low simmer. Cover and cook for 45 minutes.
3. Remove bay leaf. Blend all of the soup in a blender for a creamy borscht, or blend half of the soup and then add the blended soup back to the rest for a mixed consistency.
4. Add the chopped dill and mix, then serve.

Variations

- Add more purified water or Hippocrates Soup Stock (see recipe, page 157) for a thinner soup.
- Leave the entire soup unblended.
- Cool soup and then serve.
- Add 2 chopped tomatoes during step 1.
- Serve with a dollop of Gerson Sour Cream (see recipe, page 184) or yogurt on top.
- Add 1 tablespoon of minced horseradish during step 1, for an additional kick.
- Add 1 teaspoon of allspice during step 1.

CORN CHOWDER

Ingredients

4 ears corn, husk removed, kernels removed, divided use

1 yellow onion, roughly chopped

3 cloves garlic, minced

1 red bell pepper, diced

4 small potatoes, cubed

2 ribs celery, roughly chopped

1 quart purified water or Hippocrates Soup Stock (see recipe, page 157)

¼ cup chopped cilantro

2 green onions, thinly sliced (optional garnish)

Servings

4-5

Directions

1. Place all ingredients in a large pot, excluding kernels from one ear of corn, cilantro and green onions. Add enough purified water to slightly cover the ingredients.
2. Bring to a boil, and then reduce to a very low simmer. Cover and cook on low for 30 minutes.
3. Place soup, still excluding green onions, remaining corn kernels and cilantro, into a blender, food processor fitted with the S-shaped blade or through a food mill, and blend until a smooth consistency is reached.
4. Pour soup back into original pot and add the remaining corn kernels. Once again, bring to a low simmer, cover and cook for an additional 15 minutes. Add cilantro and green onion just before serving and mix well.

Variations

- Add more purified water or Hippocrates Soup Stock for a thinner soup.
- Substitute the cilantro with 1 teaspoon of chopped thyme, added during step 1, and ¼ cup chopped parsley, added during step 4.
- Add ½ of a red bell pepper, diced, during step 4.
- Leave the entire soup unblended.

CREAMY POTATO LEEK SOUP

Ingredients

3 large Yukon gold potatoes, roughly chopped

1 large leek, roughly chopped

1 yellow onion, roughly chopped

1-2 ribs celery, roughly chopped

3 cloves garlic

1 bay leaf

1 teaspoon minced thyme

Purified water

Servings

4

Directions

1. Place all ingredients in a large pot. Add enough purified water to slightly cover the ingredients.
2. Bring to a boil, and then reduce to a very low simmer. Cover and cook on low for 60 minutes.
3. Place ingredients, except the bay leaf, in a blender and blend until a smooth and creamy consistency is reached.

Variations

- Pass the soup through a food mill instead of using a blender.
- Add chopped parsley for additional flavor.

Note

Use only the white and lighter green part of the leek; save the rest for your next batch of Hippocrates Soup (see recipe, page 157).

Chop ingredients into uniform pieces

Chop ingredients into uniform pieces

Add chopped ingredients to pot

Add purified water

Bring pot to a boil

Wait for pot to boil

Cover

Reduce to simmer and cook

Strain out extra stock

Pass soup through food mill

Continue

Rotate clockwise

Rotate counterclockwise

Scrape soup from grate

Ladle out and serve

Store leftover soup

HIPPOCRATES SOUP

Ingredients

1 medium celery root, fibers removed, roughly chopped

2-3 medium potatoes (1 lb), roughly chopped

1-2 medium yellow onions, roughly chopped

2 small or one large leek, roughly chopped

4-5 tomatoes (1½ lbs), roughly chopped

4-5 cloves garlic

1 medium parsley root (or ¼ bunch of fresh parsley)

Purified water

Servings

12

Directions

1. Place all ingredients in a 5 quart pot.
2. Add purified water to slightly cover vegetables, about 2 quarts.
3. Bring the pot to a boil.
4. Reduce heat to a very low simmer and cook covered for 90-120 minutes, or until all vegetables are soft.
5. Pass through a food mill to remove fibers.

Variations

- Change this soup only by using more or less of any of the ingredients listed. Do not add ingredients not listed.
- Alter the amount of purified water added. More purified water will create a thinner soup, while less will make it thicker.
- Use celery if celery root cannot be found. About 3-4 ribs take the place of one bulb.
- If you can't find leeks, use an additional onion or two.
- Substitute red onion for the yellow onion.

HIPPOCRATES SOUP STOCK

Directions

1. Liquid strained from Hippocrates Soup is called Hippocrates Soup Stock. Follow directions for making Hippocrates Soup. In step 2, add 1 or 2 extra cups of water, as many cups as the amount of liquid you plan to extract for stock.
2. Follow remaining Hippocrates Soup directions, but before passing the soup through a food mill, remove the 1 or 2 extra cups of liquid, using a strainer.
3. Store Hippocrates Soup Stock in refrigerator up to 48 hours.

Notes on Hippocrates Soup

- It is important that Hippocrates Soup passes through a food mill and is not blended. Unwanted fiber will be in the soup if it is blended, which will make the soup more difficult to digest.
- Let soup cool before storing in refrigerator. You can store the soup for up to 48 hours.
- Reheat just what's needed simply by bringing back up to a light simmer and stirring until soup is heated through.
- Use Hippocrates Soup Stock to cook any vegetables.
- Many recipes call for Hippocrates Soup Stock.

Health Benefits

Hippocrates Soup is very alkalizing and cleansing due to the garlic and onion. It is good for improving and promoting healthy kidney function and high in essential vitamins and minerals including potassium and vitamin K. It is also a great source of lycopene, a strong antioxidant that protects cell membranes, which is found in tomatoes. This nutrient is better absorbed when cooked. Celery root is especially nutritious and contains an antioxidant called falcarinol, which possesses anti-cancer properties.

Roasted Eggplant and Tomato Soup

ROASTED EGGPLANT AND TOMATO SOUP

Ingredients

- 1 small-medium eggplant
- 1 medium yellow onion, chopped
- 3-4 cloves garlic
- 3 tomatoes, chopped
- 2 ribs celery, chopped
- 1 medium-large Yukon gold potato, chopped
- ½ cup chopped parsley

Servings

5-6

Directions

1. Preheat the oven to 350°F.
2. Bake eggplant for 30 minutes or until it appears deflated. Remove from oven and let cool.
3. While eggplant is baking, place onion and garlic in a large pot. Cook on medium-high until the pot begins to steam. Add remaining ingredients, cover and reduce heat.
4. After 10 minutes, add enough purified water to cover ingredients.
5. Slice eggplant lengthwise and scrape out the eggplant flesh. Add to soup and cook for 20 minutes.
6. Place the soup in a blender and blend until creamy.

Variation

Consider peeling and cubing the eggplant and adding it during step 3, instead of roasting it.

Roasted Fennel and Potato Soup

ROASTED FENNEL AND POTATO SOUP

Ingredients

1 fennel bulb, sliced in half lengthwise, fronds removed and set aside

1 yellow onion, chopped

3 cloves garlic, thinly sliced

1 rib celery, chopped

1 medium-large Yukon gold potato, roughly chopped

Servings

5-6

Directions

1. Preheat oven to 350°F.
2. Place the fennel bulb in an oven-safe dish and bake uncovered for 20 minutes.
3. Layer onion, garlic, celery and potatoes in a large soup pot. Cook on medium heat until the onion begins to steam. Cover, turn to low and cook for an additional 5 minutes.
4. Add enough purified water to cover the ingredients. Bring to a boil, then lower to a very slight simmer and cover.
5. Remove fennel from oven. Let cool enough to handle, then roughly chop and add to soup. Continue to cook soup for another 30 minutes, covered.
6. Blend soup in a blender or in pot with an immersion blender until a smooth consistency is reached. Be careful not to overblend.
7. Garnish with fennel fronds, if desired, and serve.

Health Benefits

Fennel has many unique phytonutrients, which are antioxidant and health-promoting in nature. It is an excellent source of vitamin C as well.

Roasted Sweet Potato and Butternut Squash Soup

ROASTED SWEET POTATO AND BUTTERNUT SQUASH SOUP

Ingredients

1 medium butternut squash, cut in half lengthwise, seeds removed

Purified water

1 medium sweet potato

1 yellow onion, roughly chopped

3-4 cloves garlic

2 ribs celery, chopped

1 carrot, roughly chopped

Hippocrates Soup Stock (see recipe, page 157)

1 teaspoon mace (optional)

1 teaspoon allspice (optional)

Servings

3-4

Health Benefits

Mace is a wonderful source of manganese, copper, zinc, iron, potassium and magnesium. It also provides anti-inflammatory relief and has anti-tumor properties.

Directions

1. Preheat the oven to 350°F.
2. Place butternut squash face down in a glass baking dish with a small amount of purified water covering the bottom of the entire dish. This will prevent the squash from sticking to the dish. Score sweet potato and place on a rack above the dish as the sweet potato will ooze liquid as it cooks. Bake both for 60 minutes.
3. While the squash and sweet potato are baking, cook the onion, garlic, celery and carrot in a pot on medium heat. Add a tablespoon of Hippocrates Soup Stock or purified water to prevent from burning. After a steady amount of steam is created, add the mace and allspice and then cover the pot with a lid.
4. When the pot lid becomes very hot to the touch, reduce heat to low and continue to cook until the squash and sweet potato have finished baking. Then scoop both the squash and the sweet potato from their skins and add them to the pot. You can leave the sweet potato skin on and roughly chop the potato before adding it, if preferred.
5. Add purified water to the pot to slightly cover the ingredients. Bring to a boil, then reduce to a simmer, cover and cook for 20 minutes.
6. Use a blender, immersion blender or food mill to blend soup and serve.

Tomato Soup

TOMATO SOUP

Ingredients

S SWEETENERS

2 -3 large tomatoes, diced

1 yellow onion, roughly chopped

2-3 cloves garlic, chopped

1 bay leaf

2 cups Hippocrates Soup Stock (see recipe, page 157) or purified water

1 teaspoon Sucanat or other permitted sweetener

1 tablespoon rolled oats

½ lemon, juiced

1 green onion, thinly sliced, for garnish

Servings

3-4

Directions

1. Place all ingredients, except oats and lemon juice, in a small pot. Bring to a boil and reduce to a very low simmer. Cover and cook for 30 minutes.
2. Add the oats and continue to cook covered for 5 additional minutes.
3. Remove the bay leaf and add lemon juice. Use an immersion blender, or place soup in blender, and blend until smooth. You can also run the soup through a food mill.
4. Garnish with sliced green onion.

Variation

Substitute a Yukon gold potato for the oats and add the potato in step 1, along with the other ingredients. You may need additional Hippocrates Soup Stock or purified water because the potato will absorb more purified water than the oats.

Gerson Therapy

DESSERTS

Desserts are a pleasant treat to end any meal, but these recipes should *never replace* a meal. Make sure to eat all your vegetables first! Dr. Gerson didn't permit frozen foods, but freezing fresh fruits or vegetables for a particular recipe may be allowed occasionally based on the advice of a certified Gerson practitioner. The body has to work harder to warm cold food to body temperature, and it is important to reserve that energy for healing.

Also, don't forget to always have some fruit on hand. It is the most simple of desserts; if ripe and washed it's all ready to go! Enjoy treating yourself to these healthful, healing desserts.

Apple Sweet Potato Pudding

APPLE SWEET POTATO PUDDING

Ingredients

B BREAD

S SWEETENERS

1 sweet potato, peeled and cubed

Purified water

1 Granny Smith apple, peeled, cored and diced

1 tablespoon plumped raisins (see Plumped Fruit recipe, page 45)

½ cup Rye Bread Crumbs (see recipe, page 188)

½ cup orange juice

1 teaspoon Sucanat or other permitted sweetener

1 teaspoon allspice

Servings

1-2

Directions

1. Gently simmer the sweet potato in a pot of purified water for 15 minutes. Add apple pieces and continue cooking for 15 more minutes.
2. Strain excess purified water, then blend all of the ingredients, except allspice, in a food processor fitted with the S-shaped blade.
3. Preheat oven to 350°F.
4. Pour mixture into a baking dish. Cover and bake for 30 minutes. Sprinkle allspice on top and serve.

Variation

Instead of simmering the sweet potato and apple pieces, place all ingredients in an oven-safe dish, cover and bake at 350°F for at least 60 minutes, or until sweet potato pieces are soft. Then add all ingredients to a food processor and pulse until smooth.

Baked Apples Stuffed with Oats

BAKED APPLES

Ingredients

S SWEETENERS

2 medium Fuji apples, cored and chopped into bite-sized pieces

1 teaspoon plumped raisins (see Plumped Fruit recipe, page 45)

2 tablespoons purified water

2 teaspoons permitted sweetener

½ lemon, juiced

1 teaspoon allspice (optional)

Servings

2

Directions

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl. Place mixture in a baking dish, cover and bake for 45 minutes.

BAKED APPLES STUFFED WITH OATS

Ingredients

S SWEETENERS

2 Fuji apples

¼ cup rolled oats

2 tablespoons plumped raisins (see Plumped Fruit recipe, page 45) (or other fruit)

1 teaspoon allspice

2 teaspoons maple syrup or other permitted sweetener

Purified water

Servings

2

Directions

1. Preheat oven to 350°F.
2. Using a pairing knife and spoon, carefully scoop out as much of the inside of the apples as possible, making sure to remove seeds.
3. In a bowl, mix together the oats, raisins and allspice. Divide mixture and place half in each hollowed-out apple.
4. Drizzle one teaspoon of maple syrup over the opening of each apple, allowing the syrup to sink into the apples.
5. Place the apples in an oven-safe dish. Add a couple of tablespoons of purified water to the bottom of the dish. Bake for 30 minutes, or until the apples become soft enough to easily pierce with a knife.

BAKED BANANA WITH ORANGE JUICE

Ingredients

M IN MODERATION

S SWEETENERS

1 banana, sliced

3 oranges, juiced

¼ teaspoon allspice (optional)

½ teaspoon honey, or other permitted sweetener (optional)

Servings

1

Directions

1. Preheat oven to 350°F.
2. Place sliced banana in an oven-safe dish.
3. Mix together orange juice, allspice and sweetener and pour over banana.
4. Bake uncovered for up to 60 minutes.

Variations

- Add a tablespoon of raisins for additional color and texture.
- Serve with ½ cup of yogurt when allowed.
- Substitute the orange juice for 1 ½ cups of apple juice.

Note

It is best if the banana is submerged in the orange juice during cooking. This will allow the banana to absorb much of the juice, as well as prevent the banana from drying out. If any juice remains after cooking, spoon over the banana and then serve either with or without the remaining juice.

BANANA SHAKE

Ingredients

S SWEETENERS

2 ripe bananas

1 cup Oat Milk (see recipe, page 43)

3 pitted dates

1 teaspoon allspice (optional)

1 teaspoon permitted sweetener (optional)

Yield

2 ½ cups

Directions

Place all ingredients in a blender and blend until a smooth consistency is reached.

Variations

- Substitute purified water for the Oat Milk.
- Consider substituting or adding other fruits.

Baked Banana with Orange Juice

Banana Shake

BANANA SORBET

Ingredients

M IN MODERATION

2 ripe bananas

Blackstrap molasses (optional)

Servings

2

Directions

1. Remove peels and freeze overnight.
2. Using a food processor with the S-shaped blade, pulse the bananas until they reach a creamy consistency, similar to custard. Be sure to scrape down the sides of the food processor to ensure that all fruit is processed.
3. Serve with a small amount blackstrap molasses drizzled on top, if desired.

Variations

- Sprinkle ¼ teaspoon allspice over the sorbet.
- Add ½ cup Oat Milk (see recipe, page 43) to food processor before processing.

Note

A Norwalk juicer or juicer of similar style, fitted with one of the larger grids, can be used instead to process bananas. To achieve a consistency closer to ice cream, freeze sorbet for a few hours after blending.

Date Bar

BANANA RAISIN PUDDING

Ingredients

S SWEETENERS

1 cup steel cut oats

2 cups purified water

⅓ cup plumped raisins (see Plumped Fruit recipe, page 45)

2 teaspoons of Sucanat or other permitted sweetener

1 teaspoon allspice

1 ripe banana

Servings

2

Directions

1. Combine oats, purified water, plumped raisins, sweetener and allspice in a small pot.
2. Bring pot to a boil and then turn down to a low simmer. Cook, slightly covered, for about 20 minutes.
3. While the oats are cooking, mash half of the banana with the back of the fork. Add the mashed banana to the oats during the last 10 minutes of cooking.
4. Remove from heat and cool for 2 hours in refrigerator before serving. Slice the other half of the banana and add on top just before serving.

Variation

If using rolled oats, simply add the mashed banana during step 1, and only cook the oats for 8 minutes.

Note

Soaking the oats overnight can reduce the cooking time. This is also a good breakfast option, and can be prepared the night before.

DATE BAR

Ingredients

1 cup dates, pits removed

½ cup rolled oats

Additional dried or fresh fruits (optional)

Yield

1 bar

Directions

1. Place dates and oats in a food processor fitted with the S-shaped blade and pulse until completely incorporated.
2. Remove from food processor and form into a bar.
3. Chop other plumped fruits or raw fruits and place on top of bar, if desired.

Note

Dried fruits should be reconstituted before using.

FROZEN FRUIT POPS

Ingredients

D DAIRY

M IN MODERATION

CHERRY YOGURT

2 cups pitted cherries

½ cup yogurt

MANGO ORANGE BANANA

1 ½ cup chopped mango

1 small banana, peeled

½ cup orange juice

MANGO PEACH YOGURT

1 cup chopped mango

1 cup chopped peaches

½ cup yogurt

PEACH BANANA GRAPE

1 cup chopped peaches

1 small banana, peeled

10 grapes

WATERMELON LIME MINT

2 ½ cups chopped watermelon

2 teaspoons lime juice

2 teaspoons chopped mint

Directions

1. Put fruit of choice into a blender and puree until smooth.
2. Pour mixture into ice pop molds, add tops or craft sticks and place in freezer.
3. Freeze until solid, at least 4 hours, but preferably overnight.

Yield

Each recipe makes about 4 Frozen Fruit Pops

Health Benefits

Peaches contain a good amount of potassium, vitamin A and vitamin C.

FRUIT AND YOGURT PARFAIT

Ingredients

D DAIRY

1 cup yogurt

Variety of fresh fruit

Mint leaves (optional)

Servings

2

Directions

1. Place ¼ cup of yogurt into the bottom of two 8-ounce mason jars and top with ¼ cup of fruit.
2. Add another ¼ cup of yogurt to each mason jar and top with additional fruit. Garnish with mint, if desired, and serve.

Note

Pictured are pitted cherries, chopped mangoes, halved grapes, chopped peaches and diced kiwi, but there are many other fruits that would work as well.

Frozen Fruit Pops

Fruit and Yogurt Parfait

Glazed Pear Halves

Grapefruit and Tangerine Icy

GLAZED PEAR HALVES

Ingredients

M IN MODERATION

S SWEETENERS

2 teaspoons Sucanat or other permitted sweetener

¼ cup purified water

2 tablespoons cornstarch (optional)

1 lemon or orange, juiced (optional)

3 ripe pears, halved, seeds removed

Servings

2-3

Directions

1. Preheat oven to 275°F.
2. Mix the sweetener, purified water, cornstarch and citrus juice in a small baking dish; set aside.
3. Place pear halves in baking dish face down and spoon sweetener mixture over fruit.
4. Bake uncovered for 40 minutes.
5. Spoon any glaze left in the pan over the pear halves before serving.

Variation

Substitute pears for any other allowed fruit.

GRAPEFRUIT AND TANGERINE ICY

Ingredients

M IN MODERATION

2 grapefruit

2 tangerines

Servings

4

Directions

1. Juice the grapefruit and tangerines. Save the empty citrus peels.
2. Pour juice into a glass dish and freeze.
3. Once frozen, break into pieces and process through a Norwalk juicer or similar juicer, using a small grid, or grind in a food processor fitted with the S-shaped blade.
4. Fill citrus peels with fruit icy and serve immediately.

Variation

Substitute other fruit for the grapefruit and tangerines.

OATMEAL COOKIES

Ingredients

S SWEETENERS

2 ripe bananas

1 cup rolled oats

¼ cup plumped raisins (see Plumped Fruit recipe, page 45)

¼ cup chopped dates

1 teaspoon permitted sweetener (optional)

Yield

12 cookies

Directions

1. Preheat oven to 350°F.
2. Mash the bananas into a puree using the back of a fork.
3. Add remaining ingredients and mix well.
4. Lay a piece of unbleached parchment paper on an oven-safe dish. Drop by spoonfuls onto parchment paper, leaving space between each cookie.
5. Bake for about 15 minutes.

Note

These cookies are fragile. Smaller cookies will stay together more easily.

PERSIMMON CRISP

Ingredients

M IN MODERATION

S SWEETENERS

FILLING

6 Fuyu persimmons, leaves removed, cut in half, thinly sliced

1 orange, juiced

1 tablespoon permitted sweetener

1 teaspoon allspice

TOPPING

½ cup Oat Flour (see recipe, page 187)

1 cup rolled oats

2 cups Applesauce (see recipe, page 37)

Servings

6-8

Directions

1. Preheat oven to 350°F.
2. Place the persimmon slices in a small bowl. Cover with the juice, sweetener and allspice, and then mix well, coating the persimmon slices.
3. Combine all topping ingredients in a separate bowl and mix well.
4. Pour persimmons into an oven-safe dish. Cover with the topping mixture. Bake uncovered for 60 minutes.
5. Serve with Banana Sorbet (see recipe, page 170) on top.

Variation

Substitute the persimmons with just about any other allowed fruit, such as peaches or apples.

Health Benefits

Persimmons contain a wealth of antioxidants, specifically catechins and gallocatechins. They are also a great source of vitamin C, B vitamins and the minerals potassium, manganese, copper and phosphorus.

Oatmeal Cookies

Persimmon Crisp with Banana Sorbet

Rice Pudding

Sweet Potato and Apple Bake

RICE PUDDING

Ingredients

G GRAINS

S SWEETENERS

½ cup brown rice

2 cups purified water

½ Granny Smith apple, diced

¼ cup plumped raisins (see Plumped Fruit recipe, page 45)

½ teaspoon allspice

1 cup Oat Milk (see recipe, page 43)

¼ teaspoon permitted sweetener

Servings

2-3

Directions

1. Place all ingredients, except Oat Milk and sweetener, in a small pot and bring to a boil.
2. Reduce to a slight simmer, cover and cook for 45 minutes, or until all liquid has been absorbed.
3. Remove rice mixture from pot and set aside to cool.
4. Once rice mixture has cooled, add Oat Milk and sweetener. Stir gently and serve.

Variation

Serve the dish warm, without the added Oat Milk, as a simple sweet rice dish.

SWEET POTATO AND APPLE BAKE

Ingredients

S SWEETENERS

2 sweet potatoes, thinly sliced

Purified water

3 apples, cored and thinly sliced

1 orange, juiced

1 teaspoon permitted sweetener

1 teaspoon allspice

Servings

3 - 4

Directions

1. Gently simmer sweet potatoes in a pot of purified water for 20 minutes. Remove sweet potatoes and set aside to cool.
2. Preheat oven to 350°F.
3. In baking dish, place alternating layers of apples and sweet potatoes, beginning with apples.
4. Sprinkle orange juice, sweetener and allspice over each layer.
5. Bake covered for 20 minutes. Remove cover and bake for an additional 10 minutes.

Variation

Instead of simmering the sweet potato first, prepare the sweet potatoes and apples as you would in step 3. Bake for a total of 60 minutes, removing the cover during the last 15 minutes of bake time.

Notes

- Use an apple corer to easily remove the apple cores before slicing into thin rounds.
- You can also cut the apples into rounds first, and then use a knife to remove the seeds from their centers.

SWEET POTATO STUFFED ORANGES

Ingredients

Purified water

2 sweet potatoes

2 oranges

Servings

2

Directions

1. Boil sweet potatoes until fork-tender.
2. Juice oranges and reserve shells.
3. Peel sweet potatoes and mix with orange juice until smooth.
4. Fill orange shells with sweet potato mixture and serve.

Sweet Potato Stuffed Oranges

Gerson Caprese

Gerson Therapy

DAIRY

Unsalted, non-fat organic yogurt is the most common form of dairy utilized on the Gerson Therapy. Dr. Gerson typically added yogurt after 6 to 12 weeks, but current certified Gerson practitioners may add them earlier in some cases, in the range of 4 to 8 weeks, or not at all. Yogurt can be used to create many other usable forms of dairy, such as Yogurt Cheese, and even a Gerson Sour Cream. It can also be utilized in dressings, dips and sauces, or simply used as is directly on your baked potato or cooked vegetable.

Freshly churned buttermilk and unsalted, non-fat cottage cheese can be difficult to find. Because of this, these types of dairy are infrequently utilized by certified Gerson practitioners.

GERSON CAPRESE

Ingredients

D DAIRY

S SWEETENERS

1 teaspoon molasses

1 cup balsamic vinegar

3 vine or heirloom tomatoes, thinly sliced

1 cup Yogurt Cheese (see recipe, page 184)

½ cup finely chopped parsley

Servings

3-4

Directions

1. Combine molasses and balsamic vinegar in a small saucepan. Bring to a boil, then turn down to a light simmer. Continue to simmer until the liquid reduces to about half of its original amount. Remove balsamic reduction from heat and set aside to cool.

2. Arrange tomato slices on a serving plate. Divide Yogurt Cheese evenly among slices, then sprinkle parsley on each.
3. Drizzle balsamic reduction over each slice and serve.

GERSON COTTAGE CHEESE

Ingredients

D DAIRY

M IN MODERATION

½ gallon raw, non-fat milk (unopened)

Yield

1 cup

Note

Raw milk may contain dangerous bacteria. In the United States, each state has its own laws allowing or prohibiting the sale of raw milk. Only use raw milk under the guidance of a certified Gerson practitioner, if it is legal in your state, and it is from a responsible source.[1]

[1] ***"Raw Milk and Pasteurized Milk,"*** *last modified February 08, 2016, http://www.fda.gov/Food/ucm293042.html*

Directions

1. Warm the milk to body temperature (98-100°F) by placing the unopened glass bottle in a sink of warm water. Use a thermometer to ensure the water temperature is as accurate as possible.
2. Incubate the bottle in a warm place, such as an unheated gas oven near the pilot light or an unheated electric oven with the light on. Leave for 24-30 hours, shaking several times during this period.
3. Remove the still unopened bottle from oven and place in a sink of warm water. To form curd, gradually increase water temperature to 110°F for a soft curd or 120°F for a farmer style cheese, which is harder and crumbly. When curd has formed, it will rise to the top. Again, be sure to use a thermometer to ensure the cheese is not overheated, killing precious enzymes and beneficial bacteria.
4. Pour the contents of the bottle into a strainer or colander lined with muslin or several layers of cheesecloth. Gather the corners of the cloth and press out the whey (liquid). Add a weight on top to speed up the process.
5. Let set for 30 minutes before serving.

Variations

- For cream style cottage cheese, add approximately ¼ cup of yogurt to the finished cheese.
- For "herbed" cottage cheese, add any of the allowed herbs or spices.

Gerson Cottage Cheese (page 183)

Gerson Sour Cream

GERSON SOUR CREAM

Ingredients

D DAIRY

½ cup yogurt

1 tablespoon lemon juice

1 cup Gerson Cottage Cheese (see recipe, page 183)

Yield

1 ½ cups

Directions

Blend all ingredients in blender, or use an immersion blender.

Variation

Add any or all of the following and mix well: pressed garlic, grated horseradish, chopped chives or green onion, fresh mint or dill.

YOGURT CHEESE

Ingredients

D DAIRY

2 cups yogurt

Yield

1 cup

Directions

1. Line a small colander or strainer with several layers of cheesecloth and place over a bowl. Spoon yogurt into cheesecloth and wrap tightly.
2. Squeeze excess liquid (whey) from the wrapped yogurt and discard.
3. Place yogurt, strainer and bowl in refrigerator and allow liquid to strain into the bowl for up to 8 hours. The longer the yogurt sits, the thicker the cheese will be.
4. Unwrap cheese and place in a covered container in the refrigerator. Discard additional whey.

Note

- Yogurt Cheese can be used in a number of recipes.
- Store in refrigerator for up to 10 days.

STEP 1
Line colander with cheesecloth

STEP 1
Spoon yogurt into cheesecloth

STEP 1
Wrap tightly

STEP 2
Squeeze out excess liquid

STEP 3
Allow liquid to strain

Yogurt Cheese

Gerson Therapy

BREAD

Bread consumed on the Gerson Therapy must be organic and salt-free. A simple recipe for Rye Bread is featured here, but if breadmaking isn't your forte, similar loaves of bread can be purchased from suppliers found on the Gerson Institute website. Depending on the vendor location and delivery schedule, freezing loaves may be acceptable and necessary.

Typically, two thin slices of salt-free rye bread are allowed per day on the Gerson Therapy. However, make sure bread isn't taking the place of your cooked vegetables, potato or Hippocrates Soup!

But once these essentials are consumed, a Gerson sandwich would make a nice addition to a meal or could be enjoyed as a snack.

GERSON SANDWICH

Ingredients

Dressing, dip or sauce

Fresh or cooked vegetables

2 slices Rye Bread

Yield

1 sandwich

Directions

1. Spread dressing, dip or sauce on Rye Bread.
2. Layer fresh or cooked vegetables on one slice of bread.
3. Cover with remaining slice of bread.
4. Eat with both hands.

OAT FLOUR

Ingredients

1 cup rolled oats

Yield

1 cup

Directions

Place oats in a food processor or blender and pulse until a fine powder is formed.

RYE BREAD

Ingredients

S SWEETENERS

B BREAD

4 cups rye flour

2 cups brown rice flour, plus extra for kneading

½ cup molasses

2 teaspoons dry yeast

2 ½ cups warm purified water, divided use

Yield

1 loaf

Directions

1. Place all ingredients, except for the yeast and ½ cup warm purified water, in a mixing bowl.
2. In a separate bowl add yeast to the ½ cup warm purified water and stir. Then add to dough mixture and stir.
3. Sprinkle a small amount of flour on cutting board. Knead dough against the cutting board until no longer sticky and a smooth ball has formed.
4. Place dough ball in a bowl and cover. Let rise for 1 hour and 15 minutes.
5. Line baking pan with unbleached parchment paper. Place dough ball in baking pan, cover and let rise an additional hour.
6. Preheat oven to 375°F.
7. Bake 1 hour.

RYE BREAD CRUMBS

Ingredients

2 slices Rye Bread

Yield

2 cups

Directions

1. Preheat oven to 350°F.
2. Place bread directly on oven rack and bake for 5-10 minutes, just until bread becomes dry.
3. Break bread and place into a food processor fitted with the S-shaped blade. Pulse until crumbs form.

SOURDOUGH STARTER

Ingredients

8 cups rye flour

Purified water

Yield

2 quarts sourdough starter

Directions

1. In a large bowl mix 2 cups rye flour with 2 cups cold purified water.
2. Cover with a double layer of cheesecloth secured with a rubber band.
3. The following day, move the starter mixture to a clean bowl. Then add 1 additional cup rye flour and enough water, about a cup, to maintain a soupy mixture. Cover and let sit.
4. Repeat step 3 for the next 5 days. After a few days the mixture should begin to bubble.
5. After 5 days (7 days total), use the starter to bake a loaf of Rye Bread.

Notes

- If the starter doesn't begin to bubble by day 3, add 1 package of active dry yeast.
- Substitute 1 cup sourdough starter for a single dry yeast packet (typically 2¼ teaspoons per packet).
- Store unused sourdough starter in an airtight jar in the refrigerator. "Feed" the sourdough starter weekly by mixing in 1 cup of rye flour and 1 cup of purified water.

Notes on Gerson Sandwich

This sandwich has Potatonaise (see recipe, page 141) on both pieces of bread, then layers of grated carrot, sliced tomato, romaine lettuce and sliced red onion.

Gerson Sandwich (see page 187)

Gerson Therapy

JUICES

Juicing is one of the major components of the Gerson Therapy. Juices provide many of the vitamins, minerals, enzymes, phytochemicals and other nutrients essential for healing. Thirteen eight ounce juices, on a full protocol, amounts to approximately 17 pounds of produce! Individuals with degenerative diseases typically have difficulty properly digesting and absorbing food; the influx of nutrition in juice form allows for maximum ease of absorption and utilization.

Today there is a wide range of juicers available for home use. Dr. Gerson stated that the juicing process should be done in two steps. The first step is grinding the ingredients and the second is pressing the ground pulp. One highly recommended machine that has been around since Dr. Gerson's day is the Norwalk juicer, which contains both a masticating grinder and a hydraulic press. Other masticating juicers can also be used, but should be used along with a separate press. Additional information about juicers and juicer types can be found at www.gerson.org.

Isn't there too much sugar in carrot juice?

Many people ask: "Doesn't sugar feed cancer?" At this point in time, there doesn't seem to be a clear scientific consensus on this topic. Individually, every body has specific nutritional needs and scientifically it is difficult to measure and evaluate these needs. However, the Gerson Therapy has been successfully treating cancer and other diseases by natural means using whole foods, which are full of natural sugars.

All fruits and vegetables contain carbohydrates, which are chemically classified as sugars. Conversely, a doughnut also contains carbohydrates, i.e., sugars. Carrots, for example, unlike doughnuts, also provide a wealth of phytonutrients (beta-carotene, etc.) and compounds (vitamins, minerals, fiber, etc.) that are beneficial for health. These additional compounds found in fruits and vegetables are extremely important because they are needed to restore the body's metabolism, which in turn restores the body's natural healing ability. Carrots also have a high amino acid score, meaning they are a wonderful source of potential complete proteins. Carrot juice, which contains all these compounds, is easily absorbed via the intestinal tract and provides an excellent source of complete nutrition and healing.

The Gerson Therapy aims to restore the level of vitamins and minerals in the body, potassium in particular. Carrot juice contains plenty of potassium and other nutrients to help restore the sodium and potassium ratio in our body tissues. The flood of nutrients from carrot-apple juice and the plant-based Gerson diet create a very different cellular environment in which Dr. Gerson found tumor tissue could not survive.

Additionally, the Gerson Therapy restricts other forms of sugar. So the sugars contained in carrot-apple juice may not be a concern because our bodies are designed to easily metabolize the sugar contained in fruits and vegetables. The benefit of obtaining the nutrients from the juices appears to outweigh the concern about sugar, as evidenced by those who recover from illness using the Gerson Therapy.

CARROT-APPLE JUICE

Ingredients

3-4 large carrots, washed, scrubbed but not peeled, ends and tips removed (215-225 grams)

1 large apple, cored, seeds removed (220-230 grams)

Yield

~ 8 ounces

Directions

1. Grind ingredients into a pulp.
2. Place pulp in proper juice cloths, and press in order to extract all the contained juice.
3. Serve and drink immediately.

Notes

- Tart apples are preferred; Granny Smith, McIntosh, Idared, Pippin and Gala are all good choices.
- Red and Golden Delicious are least desirable since the sweeter apples are higher in sugar, and can raise blood sugar levels unacceptably high, but any apple will work in a pinch.
- Carrot-apple juice, like all of the other juices, should be consumed immediately after pressing. However, it may be kept for 2-3 hours in an eight ounce air-tight mason jar or glass-lined Thermos. Either container must be filled to the top to remove any air and can be used if the patient has returned to work or must go out of the house for any other reason.
- Only prepare juices in advance when there is no other alternative or in consultation with an experienced certified Gerson practitioner.
- The weight of the total produce before being prepared should be approximately 16 solid ounces (1 pound)

Health Benefits

Carrots are a great source of beta-carotene, which is converted to vitamin A in the human body. Beta-carotene and vitamin A have been researched extensively and have been shown to have anti-cancer benefits. Carrots also contain a myriad of essential minerals and nutrients needed by the human body, in particular, the compound falcarinol. Falcarinol is a natural pesticide that protects the roots from fungal disease and has been found to reduce the risk of cancer in humans.

Carrot-Apple Juice

CARROT JUICE

Ingredients

5-6 large carrots, washed, scrubbed but not peeled, ends and tips removed (430-450 grams)

Yield

~ 8 ounces

Directions

1. Grind ingredients into a pulp.
2. Place pulp in proper juice cloths, and press in order to extract all the contained juice.
3. Serve and drink immediately.

Note

- The weight of the total produce before being prepared should be approximately 16 solid ounces (1 pound)

CITRUS JUICE

Ingredients

3-4 oranges

Or

1-2 grapefruit

Yield

~ 8 ounces

Directions

1. Cut citrus in half.
2. Using a reamer-type juicer, either electric or hand operated, carefully juice each orange or grapefruit without squeezing the peel of the fruit.

Notes

- Dr. Gerson mentioned that the peels of citrus contain certain aromatic oils that may interfere with the therapy.
- If you are experiencing adverse reactions, or simply dislike the citrus juice, you may replace it with one of the other standard Gerson juices, unless otherwise indicated by a certified Gerson practitioner.

GREEN JUICE

Ingredients

1/4 head (6-7 leaves) Romaine, red or green leaf lettuce (170-190 grams)

2-3 leaves escarole (20-30 grams)

2-3 leaves endive (20-30 grams)

2-3 beet greens, inner leaves (30-35 grams)

7-8 leaves watercress (14-16 grams)

3-4 leaves red cabbage (69-92 grams)

1/4 medium green bell pepper (30 grams)

1-2 medium leaves Swiss chard, any color (48-96 grams)

1 large apple, cored, seeds removed (220-230 grams)

Yield

~ 8 ounces

Directions

1. Grind ingredients into a pulp.
2. Place pulp in proper juice cloths, and press in order to extract all the contained juice.
3. Serve and drink immediately.

Note

- Procure as many of these ingredients as possible. If you cannot find any one of these ingredients, do not make any substitutions or add any other ingredients. If an item is not available organic, simply omit the item until it can be found.
- Lettuces should make up the bulk of the juice. The amount of lettuce needed will vary depending upon the size of the heads.
- Be cautious about adding too much watercress, escarole or endive as these tend to taste bitter and can significantly alter the taste of the juice.
- If Green Juice comes out as more purple, alter the amount of cabbage being added.
- If you are able to find each of these ingredients, including everything listed could potentially result in more than 8 ounces of juice. Be mindful of what goes in, and you'll soon learn how to estimate the amounts needed.

Citrus Juice

Green Juice

Romaine Lettuce
Red Cabbage
Swiss Chard
Green Bell Pepper

Endive
Red Leaf Lettuce
Granny Smith Apple
Watercress

APPENDIX

Kitchen Tools

WASHING PRODUCE AND DISHES

- **Bag holder:** Holds bags open while items are placed inside. Can be used to hold bags open while produce ingredients for individual juices are portioned out.
- **Colander:** Useful for rinsing and draining produce.
- **Drying rack:** Use a stainless steel drying rack that is slightly tilted so no water collects in the bottom. Drying racks are very versatile and can accommodate almost all dishes, pots and pans, depending on the size.
- **Extendable faucet:** Provides greater mobility and range of motion when washing vegetables and big pots.
- **Glass-washer brushes:** This tool has three brushes attached to a base that let you easily scrub jars and cups, inside and out.
- **Linen cloths:** Linen naturally prevents bacteria from accumulating. You can make bags to store your produce for juicing by sewing two linen cloths together. Use linen cloths as dishcloths as well; they rinse completely and don't smell.
- **Stainless steel bowls:** A range of bowl sizes can be helpful for sorting out produce for juices and meals. Place a colander inside the bowls to drain and store washed produce to be used for the day, or use to mix ingredients.
- **Vegetable brush:** A vegetable brush with a hole in the center makes washing vegetables—especially carrots—convenient and easy, since you can clean multiple sides at once. Standard vegetable brushes work well for cleaning other items, and even can be used for cleaning juice cloths.

Colander in stainless steel bowl

Stainless steel bowls

Apple corer

Chef's knife

Cutting board

Honing tool and chef's knife

Mandoline

Paring knife

Spiralizer

Blender

Food processor

Immersion blender

Electric water kettle

Food mill

Heat diffusers

Parchment paper

Citrus juicer

Kitchen timer

Measuring spoons

Measuring pitchers

Produce scale

Mason jars

Small thermos

CUTTING

- **Apple corer:** Cuts apples into slices; some have a lever that releases the core and expedites the process.
- **Chef's knife:** A chef's knife is one of the most important tools in your kitchen. You will be doing a lot of slicing and dicing to prepare your healthful meals, so you will want to invest in a quality knife. German or Japanese chef's knives from top producers are made from higher-quality steel that stays sharper longer and reduces preparation time. A properly maintained chef's knife can last 20 years or more.
- **Cutting board:** There are many types of cutting board materials, such as rubber, bamboo, wood fiber composites, wood, plastic and glass. Some have antimicrobial surfaces that are less susceptible to bacterial growth; just make sure that the coating on these boards is non-toxic. Wooden cutting boards must be oiled (with coconut oil, walnut oil, mineral oil, beeswax or other non-toxic oil) and sanitized and are usually easier on your knives when compared to bamboo, glass or plastic.
- **Honing steel:** This tool keeps your knife edge sharp and aligned so you don't need to have your knife professionally sharpened as often.
- **Kitchen scissors:** Very helpful when cutting the tips off artichoke leaves, or used to cut herbs, like parsley.
- **Mandoline:** A mandoline slices produce with great precision. Many can be adjusted to achieve a preferred thickness.
- **Paring knife:** The second-most useful knife in a cook's arsenal is the paring knife, which can be serrated or straight-edged. Paring knives are usually 3-4 inches in length, easy to maneuver and perfect for any task that a chef's knife is too big or awkward to do, such as peeling, slicing, de-seeding and deveining.
- **Spiralizer:** A Spiralizer, or other spiral vegetable slicer, makes noodle-shaped slices from vegetables and fruits, and can be used to make dishes like Zucchini Spaghetti.
- **Vegetable Peeler:** This tool can be used to remove the skin of winter squash, as well as apples when they are to be used raw in salad. Some even have a useful tool on the end that can be used to remove the sprouts from potatoes.

MIXING

- **Blender:** Use when making soups (but not Hippocrates Soup), sauces, dips and dressings.
- **Food processor:** A food processor has interchangeable blades that slice, mince, chop, shred or puree food. They come in different sizes and styles, so look for one that fits your needs.
- **Immersion blender or hand blender:** Use for quick blending of sauces or soups in the pot it was cooked, or blending dressings in a mason jar.

COOKING

- **Electric water kettle:** Stainless steel electric kettles heat water in a very short amount of time. Useful for adding boiling water to soups, making oatmeal and gruel or for tea.
- **Food mill:** A food mill removes most of the fiber and skin from vegetables and fruits. Use a food mill when making Hippocrates Soup, Applesauce and other soups and sauces.
- **Heat diffuser:** Diffusers can be round or square and are usually made of stainless steel, cast iron or copper. They distribute heat evenly to prevent hot spots that can overcook or burn parts of your food. Diffusers allow for better heat control and maintain lower cooking temperature over time.
- **Mini slow cooker:** Great for cooking oatmeal. Consider adding water and oats overnight and setting a timer to have oatmeal ready just in time for breakfast.
- **Parchment paper:** You can use 100% unbleached parchment paper when baking to prevent items such as Corn Cakes from sticking to the pan without the use of oil.
- **Toaster oven:** Use to bake potatoes and make toast.

JUICING

- **Citrus juicer:** A reamer-type juicer—either hand-operated or electric—without an aluminum grid.
- **Juicer:** Juicers should operate in two steps: first a grinding/masticating step and then a pressing step.
- **Kitchen timer:** Timers can help you keep track of the tasks at hand while multitasking in the kitchen. For example, you can set a reminder for when it's time to make your next juice.

MEASURING

- **Measuring cups and spoons:** Make sure to get a full set of cups: ¼ cup, ⅓ cup, ½ cup and 1 cup. And spoons: ¼ teaspoon, ½ teaspoon, 1 teaspoon and 1 tablespoon.
- **Measuring pitchers:** Useful to collect the juice when it comes out of the juicer, as well as measuring liquids.
- **Produce scale:** A vegetable scale can help calculate the right amount of carrots to juice. One pound of carrots and apples, or just carrots, equals approximately 8 ounces of juice.

UTENSILS

- **Spatulas:** There are two major types of spatulas, the turner and the scraper. Scraper spatulas are handy for scraping out all of the dressing or sauce from a blender, or making sure all of a mixture is removed from a bowl. Turners are useful for flipping items and removing portions of dishes baked in a casserole type dish. Use wood or stainless steel.
- **Spoons:** To be used for both serving as well as mixing. Consider getting at least one large wooden spoon, one large metal spoon, a metal ladle for serving soup, and a large slotted spoon.
- **Tongs:** For serving foods, both raw and cooked. Make sure to get a good set of salad tongs.

STORING

- **Glass storage containers:** Use to store cooked leftovers.
- **Mason jars:** These jars come in multiple sizes and can be used to store dressings, Hippocrates Soup and cooked food. Consider storing bulk items such as oatmeal and quinoa in the larger jars.
- **Small Thermos:** For storing juice in 8 ounce portions, if absolutely necessary.

OTHER

- **Compost bucket:** Put a 5 gallon bucket on a wheeled dolly so you can roll it around the parts of the kitchen where you are working. That way, you do not have to walk back and forth to dispose of compostable items. Small containers near each workstation can be used for this purpose as well.

Helpful Kitchen Tips

BASIC KITCHEN ORGANIZATION

- Group together all similar utensils so they can easily be found.
- Keep items used most often on the counter or somewhere easy to access—not in the back of cabinets, high up or down too low.
- Consider labeling drawers with contents, or using shelves or cabinets with clear doors.
- Watch out for clutter. Find a balance between organization and ease.
- Designate a workspace for all prep to occur.

BREAKFAST

- Use a **mini slow cooker** to cook oatmeal.
- Consider soaking oats the night before and serving as is in the morning.
- Make plumped fruit for the upcoming morning the night before.
- Using a manual citrus juicer is fine, but if juice is being made for multiple people regularly, consider getting an electric citrus juicer.

WASHING PRODUCE

- Wash all produce first thing in the morning if possible.
- Maintain open counter space on both sides of the sink .
- Create a system that works well for *you*.
- Begin with cleanest items, then progress to the dirtiest.
- Don't forget to utilize tools, such as a **round vegetable brush** or **circular vegetable brush** to make sure items that require scrubbing are scrubbed properly.
- Use a large **stainless steel bowl** with a **colander** inside to drain washed produce.
- For watercress or other root-bound herbs, keep the roots intact and place the roots down in a small metal bowl with a bit of purified water.

HIPPOCRATES SOUP

- Put main recipes, such as Hippocrates Soup (see recipe, page 157) on recipe cards for easy access.
- Make sure to cut celery root very carefully, as it will often have very tough skin.
- Cut items in uniform shapes for consistent cooking.
- Play around with amounts of tomato, potato and garlic in the Hippocrates Soup as well as amounts of purified water to achieve variety.

- Measure purified water into an **electric tea kettle**, or even a large pitcher, the night before to be used for Hippocrates Soup. If using a distiller or reverse osmosis system, this will ensure that there is enough purified water for making soup and the rest can be used for washing produce or other therapy needs.
- The soup must be milled, not blended. Purchase a food mill that is easy and efficient to use. Have a stainless steel ladle and an additional stainless steel spoon on hand when milling.
- Once soup is milled, set aside to cool; mason jars are a great tool for this and come as large as 64 ounces. The quicker the soup is emptied from the hot pot it is cooked in, the quicker it will cool. Setting the soup near an open window or placing a fan nearby can help. Be sure to only refrigerate once cooled to room temperature, to prevent the soup from souring.

JUICING

- Prepare portions of produce for juicing in advance, with only the final prep remaining such as coring apples, or trimming the base end of the lettuce. Store produce needed for each juice in linen cloth bags or plastic bags, or wrap in dish towels. Use **bag holders** to make this easier.
- Post a juicing schedule near juicer or directly on fridge.
- Keep juice ingredients on lists posted near the juicer.
- Use a **kitchen timer** to remind you when it is time to make another juice.
- Utilize **a produce scale** to measure produce. Remember, one pound of carrots and apples, or just carrots, equals 8 ounces of juice.
- Don't forget that a simple **apple corer** can make getting apples ready for juicing easier. Some have a lever that releases the core to expedite the process.
- Keep all needed materials near juicer—for example, a small glass pitcher to catch juice, a stainless steel bowl to catch pulp, juice cloths and a plate to place cloths on top of to add pulp and fold.
- Putting leg sliders on the feet of a juicer can make moving the juicer to clean a bit easier.
- When making Green Juice add chard toward the end, as it tends to be the most fibrous vegetable.
- When making Carrot-Apple Juice with a juicer, make sure to hold the carrots very firmly to prevent kickback.
- Keep the juicer as close to sink as possible to make cleaning easier.
- Have extra juice cloths on hand in case one needs to be swapped out.
- If juices must be stored, use a **small Thermos.** Be sure to fill to the top so no air gets trapped.
- After cutting the greens off the top of a beet, consider planting the beet bulb (leaving about 1½ inches of stems on) in a big planter, and the tops will keep growing. Make sure the beets you plant have the root intact. This will save a little on the price of beet greens for Green Juice. Watercress (root-bound) can also be replanted.

PREPPING VEGETABLES FOR LUNCH/DINNER

- During any downtime, prep vegetables for cooking that day and add them to a pot so they are ready to go. Then when the time comes to cook, simply turn on the stove and follow recipes as needed.
- Have peeled garlic on hand or use a **garlic press,** which can mash garlic without peeling first.
- Find knives you are comfortable handling, and make sure to keep them sharp with the use of a **honing steel.** Many videos are available online to help you learn how to properly sharpen a knife.
- If you seem to be burning your cooked vegetables often, use a **heat diffuser**.
- For dishes that require precise slices, use a **mandoline**.

BAKING POTATOES

- Don't forget to score potatoes before putting them in the oven or they may explode!
- Prepare potatoes in a variety of ways to ensure that you don't get tired of them.
- If a potato or two is all you need to bake, use a **toaster oven instead**. In summer you can place the toaster oven on the porch to help keep the kitchen cool.

MAKING SALADS AND SALAD DRESSINGS

- **Use a blender or an immersion blender** to make soups, sauces, dressings and more.
- Use tools such as a **box shredder** or **food processor** to easily prepare vegetables to add to salads.
- Use shredded or grated vegetables as salad toppings for additional flavors and colors.
- Switch up the lettuce being used for variety and only prepare what is needed. Use a **salad spinner** to dry the salad before it is served.
- Dressings and sauces are key to maintaining variety, helping to add flavor and zing to salads and vegetables. Dressing can easily be put together using leftover fruit from breakfast. Simply add a bit of flaxseed oil (careful how much) and an acid such as apple cider vinegar or lemon juice, some garlic or onion, and a little bit of purified water.
- Make a dressing simply by placing herbs, flaxseed oil and vinegar in a jar and shaking it.
- Dressings and sauces can also be used with cooked vegetables, but remember not to put sauces containing flaxseed oil onto hot food.

CLEANING UP

- Always try to keep kitchen as clear of dishes as possible.
- Soak large items to make cleaning much easier.
- Use a **drying rack** to minimize the number of dishes that need to be hand dried.
- An **extendable faucet** allows for washing vegetables and big pots with ease.
- Use **glass-washer brushes** to clean jars and cups.

ASK FOR HELP

- Make a list of chores that others can do for you, such as shopping, laundry or washing produce, so you can be prepared if a conversation about helping arises.
- Ask a few friends or family members to help make juices or meals so that you can have more time to rest.
- Check whether any local colleges have volunteers, especially students studying nutrition or health-oriented subjects, who are looking for real-world experience. They could help with preparing food or juices.
- Utilize social media to document your journey and ask for help along the way.

Shopping List

Shopping lists are determined by an individual's specific produce needs. The following list includes typically purchased items. The following list includes produce and dry goods that are most common for a Gerson kitchen. You may want to create separate lists for weekly and occasionally purchased items, to make shopping efficient and less overwhelming. We suggest making copies of this list to take to the store or putting it in a sheet protector and using a dry erase marker.

SOUP

✔	ITEM	QTY
	Celery Root	
	Garlic Bulbs	
	Leeks	
	Parsley / Parsley Root (bunch)	
	Potatoes (lbs)	
	Tomato	
	Yellow Onions	

SALAD

✔	ITEM	QTY
	Arugula	
	Green Leaf	
	Red Leaf	
	Romaine	
	Spring Mix (bag)	

JUICE

✔	ITEM	QTY
	Carrots (lbs)	
	Chard (bunch)	
	Endive	
	Escarole	
	Green Apples (lbs)	
	Green Bell Petter	
	Red Cabbage (large)	
	Romaine	
	Watercress (bunch)	

FRUIT

✔	ITEM	QTY
	Apples	
	Apricots	
	Cherries (lbs)	
	Currants	
	Dried Fruits (lbs) (Unsulphured)	
	Grapefruit	
	Grapes (lbs)	
	Kiwi	

FRUIT (CONT)

✔	ITEM	QTY
	Lemons	
	Limes	
	Mangoes	
	Melons	
	Oranges	
	Peaches	
	Pears	
	Plums	
	Tangerines	
	Watermelon	

HERBS AND SPICES

✔	ITEM	QTY
	Allspice	
	Anise	
	Bay Leaves	
	Cilantro (bunch)	
	Coriander	
	Dill	
	Fennel	
	Mace	
	Marjoram	
	Rosemary	
	Saffron	
	Sage	
	Scallions	
	Sorrel	
	Summer Savory	
	Tarragon	
	Thyme (bunch)	

VEGETABLES

✔	ITEM	QTY
	Artichokes	
	Asparagus	
	Beets and Young Tops	
	Bok Choy	
	Broccoli (head)	
	Brussels Sprouts (lbs)	

VEGETABLES (CONT)

✔	ITEM	QTY
	Butternut Squash	
	Cabbage	
	Cauliflower (head)	
	Celery (bunch)	
	Chicory	
	Collard Greens (bunch)	
	Corn (ear)	
	Daikon	
	Eggplant	
	Fennel	
	Green Beans (lbs)	
	Horseradish	
	Jerusalem Artichoke	
	Jicama	
	Kale (bunch)	
	Kohlrabi	
	Okra	
	Parsnips	
	Radishes	
	Red Onions	
	Rutabaga	
	Peppers (green, yellow, orange, red)	
	Rhubarb	
	Potatoes (lbs)	
	Pumpkin	
	Shallot	
	Sorrel	
	Spinach	
	Squash	
	Sweet Potatoes	
	Taro	
	Turnips	

VEGETABLES (CONT)

✔	ITEM	QTY
	Yams	
	Zucchini	

DRY GOODS

✔	ITEM	QTY
	Apple Cider Vinegar	
	Balsamic Vinegar	
	Brown Rice	
	Chamomile (dry herb loose or tea bags)	
	Flaxseed Oil (in opaque bottles,cold pressed)	
	Lentils	
	Natural Sweetener (honey, maple syrup, blackstrap or unsulphured molasses, raw sugar, such as Rapadura or Sucanat, or Stevia)	
	Oatmeal (lbs) (rolled, Scottish, steel cut, groats)	
	Peppermint Tea	
	Quinoa (lbs)	
	Red Wine Vinegar	
	Rye Bread (unsalted)	
	Yogurt (qt) (plain, unsalted, organic, fat-free)	

Sample Menu

While on the Gerson Therapy it is best to eat as large a variety of the allowed fruits and vegetables as possible. Do your best to rotate which vegetable dishes you will serve, even if you'd rather be eating cooked broccoli for every meal. This menu is an example of what a week of meals on the Gerson Therapy would look like. You can use this as a starting point and then begin exploring the many other recipes featured in this book. Slowly work your way toward some of the more complicated variations and recipes once you adjust to life on the therapy. Create a menu for the whole week so that you can organize better. Knowing exactly what you will be preparing each day will help you feel less overwhelmed. Having a menu will also make knowing what to shop for a whole lot easier.

MONDAY

LUNCH	DINNER
– Broccoli – Baked Potatoes – Hippocrates Soup – Leafy green salad	– Zucchini – Baked Potatoes – Hippocrates Soup – Leafy green salad

TUESDAY

LUNCH	DINNER
– Green Beans – Baked Potatoes – Hippocrates Soup – Leafy green salad – Tomato and Watermelon Salad	– Spinach – Baked Potatoes – Hippocrates Soup – Leafy green salad – Baked Banana with Orange Juice

WEDNESDAY

LUNCH	DINNER
– Artichokes – Baked Potatoes – Hippocrates Soup – Leafy green salad – Raw mixed vegetable salad – Potatonaise – Oatmeal Cookies	– Corn with Mixed Vegetables – Baked Potatoes – Hippocrates Soup – Leafy green salad – Raw Tomato and Bell Pepper Salad – Orange Dill Vinaigrette

THURSDAY

LUNCH	DINNER
– Mixed Greens – Baked Potatoes – Sweet Potato Bites – Hippocrates Soup – Leafy green salad – Fennel, Apple and Celery Salad – Orange Dill Vinaigrette	– Brussels Sprouts – Baked Potatoes – Quinoa Pilaf – Hippocrates Soup – Leafy green salad – Fruit Salad

FRIDAY

LUNCH	DINNER
– Sweet and Sour Cabbage – Mashed Potatoes with Greens – Hippocrates Soup – Leafy green salad – Raw mixed vegetable salad – Sweet Apple Cilantro Dressing	– Celery Root Casserole – Baked Potatoes – Hippocrates Soup – Leafy green salad – Raw mixed vegetable salad – Sweet Apple Cilantro Dressing

SATURDAY

LUNCH	DINNER
– Spaghetti Squash with Simple Gerson Tomato Sauce – Baked Potatoes – Hippocrates Soup – Leafy green salad – Raw mixed vegetable salad	– Kale with Beets and Orange Slices – Potato Salad – Hippocrates Soup – Leafy green salad – Onion, Garlic and Dill – Fruit and Yogurt Parfait

SUNDAY

LUNCH	DINNER
– Cauliflower with Carrot Sauce – Baked Potatoes – Hippocrates Soup – Leafy green salad – Garlic and Onion Dressing	– Ratatouille – Parsley Potatoes – Hippocrates Soup – Leafy green salad – Garlic and Onion Dressing

Sample Shopping List

This sample weekly shopping list is based on the sample menu and its corresponding recipes. It has been tailored for two people, but includes juice amounts for one person on the Gerson Therapy consuming 13, 8 oz. juices per day, which is typically the maximum number of daily juices. Many times shopping for the week is split into at least two separate trips.

SOUP

✔	ITEM	QTY
	Celery Root	5
	Garlic Bulbs	7
	Leeks	4
	Parsley / Parsley Root (bunch)	1
	Potatoes (lbs)	9
	Tomato	24
	Yellow Onions	13

SALAD

✔	ITEM	QTY
	Arugula	
	Green Leaf	8
	Red Leaf	8
	Romaine	
	Spring Mix (bag)	1

JUICE

✔	ITEM	QTY
	Carrots (lbs)	40
	Chard (bunch)	7
	Endive	2
	Escarole	2
	Green Apples (lbs)	35
	Green Bell Petter	7
	Red Cabbage (large)	2
	Romaine	13
	Watercress (bunch)	3

FRUIT

✔	ITEM	QTY
	Apples	
	Apricots	
	Cherries (lbs)	1
	Currants	
	Dried Fruits (lbs) (Unsulphured)	1
	Grapefruit	
	Grapes (lbs)	2
	Kiwi	

FRUIT (CONT)

✔	ITEM	QTY
	Lemons	7
	Limes	
	Mangoes	3
	Melons	
	Oranges	21
	Peaches	3
	Pears	
	Plums	
	Tangerines	
	Watermelon	1

HERBS AND SPICES

✔	ITEM	QTY
	Allspice	
	Anise	
	Bay Leaves	1
	Cilantro (bunch)	1
	Coriander	
	Dill	1
	Fennel	
	Mace	
	Marjoram	
	Rosemary	
	Saffron	
	Sage	
	Scallions	
	Sorrel	
	Summer Savory	
	Tarragon	
	Thyme (bunch)	1

VEGETABLES

✔	ITEM	QTY
	Artichokes	2
	Asparagus	
	Beets and Young Tops	3
	Bok Choy	
	Broccoli (head)	1
	Brussels Sprouts (lbs)	1

VEGETABLES (CONT)

✔	ITEM	QTY
	Butternut Squash	
	Cabbage	1
	Cauliflower (head)	1
	Celery (bunch)	1
	Chicory	
	Collard Greens (bunch)	1
	Corn (ear)	3
	Daikon	
	Eggplant	1
	Fennel	1
	Green Beans (lbs)	1
	Horseradish	
	Jerusalem Artichoke	
	Jicama	
	Kale (bunch)	2
	Kohlrabi	
	Okra	
	Parsnips	
	Radishes	1
	Red Onions	10
	Rutabaga	
	Peppers (green, yellow, orange, red)	4 (Red)
	Rhubarb	
	Potatoes (lbs)	10
	Pumpkin	
	Shallot	
	Sorrel	
	Spinach	1
	Squash	1
	Sweet Potatoes	2
	Taro	
	Turnips	

VEGETABLES (CONT)

✔	ITEM	QTY
	Yams	
	Zucchini	5

DRY GOODS

✔	ITEM	QTY
	Apple Cider Vinegar	1
	Balsamic Vinegar	1
	Brown Rice	
	Chamomile (dry herb loose or tea bags)	1
	Flaxseed Oil (in opaque bottles,cold pressed)	1
	Lentils	
	Natural Sweetener (honey, maple syrup, blackstrap or unsulphured molasses, raw sugar, such as Rapadura or Sucanat, or Stevia)	1
	Oatmeal (lbs) (rolled, Scottish, steel cut, groats)	5
	Peppermint Tea	1
	Quinoa (lbs)	5
	Red Wine Vinegar	
	Rye Bread (unsalted)	1
	Yogurt (qt) (plain, unsalted, organic, fat-free)	1

Herb and Spice Pairings

This chart gives several suggestions regarding which herbs and spices pair well with many of the fruits and vegetables featured in this book. But just because a particular herb or spice isn't listed next to an item doesn't mean it shouldn't be used. With time and a little experimentation you will discover which herbs and spices you prefer with each dish. Keep in mind, this is something that might change frequently.

ITEM	PAIRING
Apples	chives, dill, marjoram, rosemary
Apricots	thyme
Asparagus	dill, tarragon
Banana	chives
Beets	horseradish, tarragon, allspice, coriander, fennel
Broccoli	dill, mint, parsley, sage
Brussels Sprouts	dill, parsley
Cabbage	dill, mint, savory, thyme, coriander, fennel
Carrots	dill, parsley, thyme, coriander, fennel, mace
Cauliflower	dill, thyme, fennel
Celery	dill, parsley
Celery root	dill, marjoram, thyme, allspice, coriander, fennel
Chicories	dill, marjoram, thyme, allspice, coriander, fennel
Green beans	chives, dill, rosemary, savory
Eggplant	parsley, rosemary, savory, thyme
Fennel bulb	parsley, coriander
Kale	dill, marjoram, tarragon, thyme, allspice, coriander
Kolhrabi	chives, dill, parsley, allspice, coriander, fennel, mace

ITEM	PAIRING
Leek	dill, sage, thyme
Onions	anise, bay leaf, parsley, thyme
Parsnips	chives, fennel, parsley, thyme, coriander
Peas	chives, dill, mint, parsley, rosemary, thyme
Peppers	parsley, rosemary, thyme
Potatoes	dill, parsley, rosemary, sage, thyme, mace
Pumpkin	chives, onions, sage, thyme
Radishes	chives, dill, mint, parsley
Red cabbage	bay leaf, onions, thyme
Rutabaga	dill, marjoram, parsley, rosemary, allspice
Spinach	chives, dill, thyme, allspice
Squash, summer	chives, dill, marjoram, onions, coriander
Squash, winter	marjoram, onions, coriander, sage, dill
Sweet potatoes	leek, sage, thyme, allspice
Swiss chard	marjoram, parsley, savory, allspice
Tomatoes	cilantro, dill, parsley, rosemary
Turnips	dill, marjoram, parsley, rosemary, allspice

Juicing Chart

This chart shows the approximate amount of each ingredient needed for a certain number of juices. Use it to help create your shopping list.

COUNT (8 OZ EACH)	CITRUS JUICE	CARROT-APPLE JUICE	CARROT JUICE	GREEN JUICE
1	3 medium oranges 1-2 grapefruit	3 medium carrots 1 medium green apple	5-6 medium carrots	¼ head romaine lettuce 6-8 leaves watercress Leafy greens* 1 medium green apple ¼ medium bell pepper 1 small wedge purple cabbage 1 leaf chard
4	12 medium oranges 4-8 grapefruit	12 medium carrots 4 medi-um green apples	20-24 medium carrots	1 head romaine lettuce 28-32 leaves watercress Leafy greens* 4 medium green apples 1 medium bell pepper 4 small wedges purple cabbage 4 leaves chard

**Green Juice uses a variety of leafy greens (green lettuce, red lettuce, baby beet tops, endive, escarole). However, not all will always be available. Use a few leaves of each, according to what is available.*

Conversion and Equivalents Tables

OVEN BAKING TEMPERATURES

FAHRENHEIT (°F)	CELSIUS (°C)
225°F	110°C
250°F	130°C
275°F	140°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C

Conversion and Equivalents Tables (cont.)

COMMON VOLUME CONVERSIONS	
1 tablespoon (tbsp)	3 teaspoons (tsp)
1/16 cup	1 tablespoon
1/8 cup	2 tablespoons
1/6 cup	2 tablespoons + 2 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
3/8 cup	6 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons

COMMON VOLUME CONVERSIONS	
3/4 cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces (fl oz)	1 cup
1 pint (pt)	2 cups
1 quart (qt)	2 pints
4 cups	1 quart
1 gallon (gal)	4 quarts
16 ounces (oz)	1 pound (lb)

U.S. TO METRIC	
CAPACITY	
1 fluid oz	30 ml
1/5 cup	47 ml
1 cup	237 ml
2 cups (1 pint)	473 ml
4 cups (1 quart)	.95 liter (li)
4 quarts (1 gal.)	3.8 liters
WEIGHT	
1 oz	28 grams
1 pound	454 grams

METRIC TO U.S.	
CAPACITY	
1 milliliter	1/5 teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
100 ml	3.4 fluid oz
240 ml	1 cup
1 liter	34 fluid oz or 4.2 cups or 2.1 pints or 1.06 quarts or 0.26 gallon
WEIGHT	
1 gram	.035 oz
100 grams	3.5 oz
500 grams	1.10 pounds
1 kilogram	2.205 pounds or 35 ounces

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