



WHOLE FOODS



GRANOLA

Commercial granola recipes are full of sugar and other additives.

In this recipe, sweetness comes from fruit.

In this case, we use some leftover over-ripe bananas. You can also use fruit purée such as unsweetened applesauce, etc.

You can use any combination of fruit, nuts, seeds, and cooked grains you like.

Try buckwheat, quinoa, or wild rice granola — or a mix. This is a great way to use up any leftover cooked grains or fruit that's starting to go mushy.

You can also spice it up or sweeten it any way you like.

We don't give proportions for the ingredients. That's up to you, too.

Experiment and see what you enjoy.

More grains, more fruit, more nuts and seeds, a bigger or smaller batch... whatever.

We've used a banana, an apple, pumpkin seeds, cinnamon, and steel-cut oats.

You're only limited by your imagination.

We do recommend you use at least 1-2 bananas to make it a little sweeter. We've made some ingredient suggestions in the recipe.

If you absolutely must have it sweeter, try a very small portion of honey, maple syrup, or stevia.

Serve with plain yogurt or cottage cheese.

Make a big batch on Sunday, freeze or refrigerate, and enjoy all week.

Choose any combination of these ingredients. Or add anything else you like.

Fruit

2-3 ripe bananas
Apricots
Apples
Berries
Currants
Grapes
Rhubarb
Papaya
Peaches
Pears
Pineapple
Plums
Fruit purée (e.g. applesauce)

Cooked whole grains

Cooked oats
Cooked quinoa
Cooked wild or brown rice
Cooked buckwheat
Cooked spelt, kamut, or wheat berries

Nuts/seeds

Almonds
Cashews
Raw unsweetened coconut
Pecans
Peanuts
Pistachios
Walnuts
Flax, hemp, or chia seeds
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

Spices

Allspice
Cardamom
Cinnamon
Ginger
Nutmeg

Sweetener

(optional, to taste)

Honey
Maple syrup
Stevia

Equipment

Baking sheet
Parchment or wax paper

Cook the grains as required. (We like to use leftovers.)

Preheat the oven to 250F (120C).

Chop up the fruit into chunks about 1/2" square.

Mash the bananas.

Add any other ingredients you like. Spice and sweeten to taste.

Put all ingredients into a mixing bowl.

Mix all ingredients together, making sure to mush the banana in thoroughly.

Spread the mixture on parchment or wax paper laid on a baking sheet.

Bake in oven for 2-3 hours, until golden brown. Occasionally, stir the granola to break up the chunks as needed.





HUMMUS

Prepackaged hummus often contains ingredients you don't want.

Luckily, it's easy to make at home.

With a few small revisions, as in this recipe, you can even boost the health value of it too.

If you don't have a food processor, you can simply mash this up, but a food processor or Magic Bullet makes this job a lot easier. Like a slow cooker, a food processor is a very handy item in a well-stocked kitchen.

Once you get the hang of this recipe, experiment with different flavor combinations.

Try other types of cooked beans and legumes.

Try different herbs.

Try popping in a cooked vegetable or two.

For example, green pea and mint is a nice fresh-tasting combo, while lentil and mushroom is a hearty winter spread. Black beans, tomato paste, coriander, and fresh lime go well with South American dishes.

Try different oils.

Try hemp, flax, roasted sesame, or cold-pressed pumpkin or walnut oils.

You can also add tahini (sesame oil / paste) if you like. If you're watching your portion sizes, just add less than commercial hummus would include to keep the calories down.

1 can chickpeas

1 can tomato paste

1-2 cloves garlic, or to taste

2 tbsp (30 mL) good-quality olive oil

2 tbsp (15 mL) lemon fish oil (optional, or you can simply use olive oil)

Juice of 1 lemon

A few handfuls of fresh curly or flat-leaf parsley

Salt to taste

Food processor (optional, but highly recommended)

Place all ingredients in the food processor and blend until smooth.

If you don't have a food processor, mince the garlic as finely as possible, then place it in a bowl with the other ingredients and mash it into a paste.

Test the seasoning, and add salt as needed. (Generally, 2-3 pinches of salt is about right.)

Serve with meats, veggies, or flatbread.

Keep refrigerated.





ROAST CHICKEN

Few things make a home smell more inviting than a chicken roasting in the oven.

This dish is super-simple and frees you up to spend your Sunday food prep time catching up on PN Coaching lessons.

You can skip the step of putting herbs under the chicken's skin, but it adds a really nice flavor to the meat, which is especially good if you don't eat the skin.

Positioning the chicken in the pan

We recommend setting the chicken breast-side down rather than up (as many cookbooks will recommend).

This lets the juices from the meatier parts run down into the breast and keep it moist while it cooks.

Testing for doneness

To make sure the chicken is fully cooked, you can do one of three things.

1. Poke the tip of a sharp knife into the chicken's thigh.

The juices should be light yellow or clear. If the juices run pink, the chicken might need more cooking time.

2. Wiggle one of the legs.

If it wiggles freely, it's done.

3. Use a meat thermometer.

Poke the meat thermometer into one of the chicken's thighs, without touching bone. You want the internal temperature to be 180F (about 82C) or more.

1 whole chicken

2-3 garlic cloves

A few handfuls of fresh herbs such as thyme, rosemary, sage, parsley, chives, tarragon, basil, sorrel, and/or oregano

2-3 tbsp (30-45 mL) olive oil

1 lemon

Salt and pepper

Roasting pan or large baking dish with high sides

Preheat your oven to 450F (230C). Peek inside the chicken cavity to make sure there isn't a plastic bag of giblets in there. If there is, remove it and discard the bag. (You can also save the giblets for cooking and blending into a sauce, or feed them to your dog.)

Roughly chop the garlic and herbs, then add them to a bowl with the oil, salt and pepper.

Squeeze the lemon into the bowl, and pop the rinds into the chicken's internal cavity.

Turn the chicken breast-side up. Use your hands to pull the skin away from the underlying flesh by loosening the connective membrane.

Dip your hands into the oil-herb mixture in the bowl, pick up handfuls of it, and slide it under the chicken's skin. Try to get as much as you can in there; push it in under the leg skin too.

Pat the skin back down. If you have any oil-herb mix left over, spoon it into the chicken's inner cavity.

Set the chicken breast side down on a roasting tray or in a large flat-bottomed pan with sides high enough to catch any

juices that run out.

Pop the chicken into the oven and wait 5 minutes for the higher temperature to sear the outside. Then lower the heat to 350F (175C) and roast the chicken at that temperature until it's done.

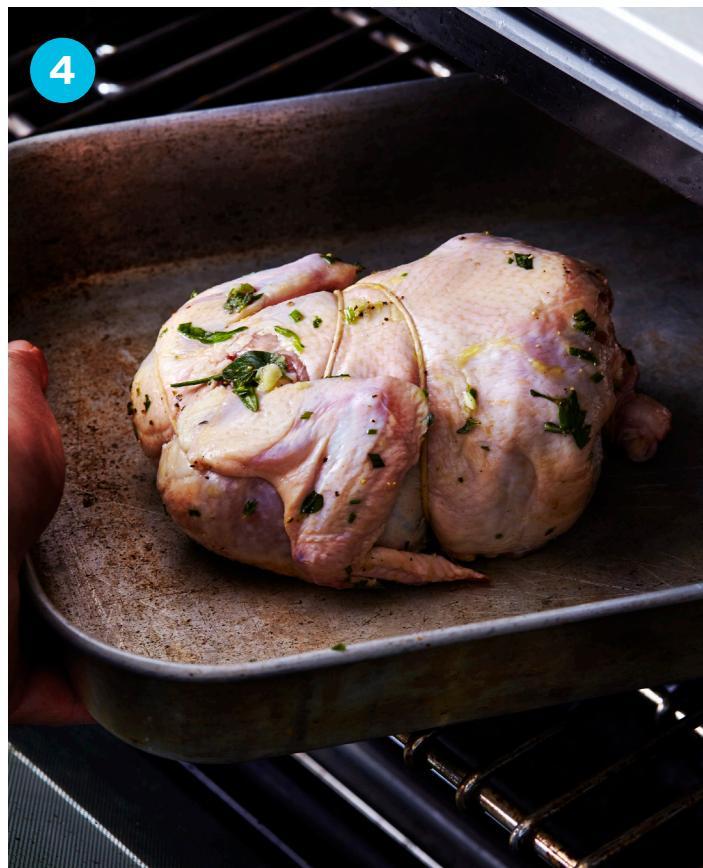
Generally, the formula to use is 45 minutes plus 7 minutes per pound. So, if you have a 3-pound chicken, it should be cooked in about 66 minutes; a 4-pound chicken will be done in 73 minutes.

Test for doneness using our guide on the previous page.

Once the chicken is done, remove it from the oven and let it sit for about 15 minutes to let the juices settle and permeate the meat.

If chicken carving intimidates you, rip the meat off the bones with your hands. No need to get fancy. You can even buy a pair of heavy-duty kitchen shears and snip the chicken up.

Remember to save the chicken bones and leftover bits for soup (see next page).





SOUP STOCK

Once you try soup from real broth, and discover how easy it is to make at home, you'll never go back to canned.

Stocks and broths are just liquids flavored by whatever ingredients were cooked in them. They add a ton of taste to dishes with relatively few calories.

Plus, they don't contain the salt, "meat byproducts", or additives that canned soups do.

Stock is a great way to use up all the leftover bones and bits that would otherwise go to waste.

Finally, a bone-based broth also contains lots of minerals and proteins as the water leaches out the nutrients from the bones.

Stock makes things taste great.

This recipe gives you a meat-based or veggie-based soup stock that you can then use to create other soups or sauces, or use as cooking liquid (instead of plain water) for your grains and

legumes. You can also braise veggies or other meat in stock instead of cooking with oil. As the stock liquid evaporates, you'll be left with some wonderful *umami* (aka savory) flavor notes.

The easiest way to make stock is with a slow cooker.

A slow cooker is a relatively inexpensive, and excellent, addition to a well-stocked kitchen. You can "set it and forget it" as your soup stock cooks.

However, you can also put the ingredients into a large pot and allow it to simmer on the stove, although you'll have to babysit it more closely.

Broth base

Fresh or left-over ends of vegetables, such as:

- onion tops
- celery tops
- ends of carrots or parsnips
- mushroom stems
- leftover salad (why not)

Fresh or dried herbs such as:

- bay leaves
- rosemary
- sage
- parsley
- thyme
- garlic cloves

Salt and pepper to taste

Meat-based broth

To the broth base above, add:

Fresh or left-over bones, such as:

- steak bones
- pork ribs
- chicken carcass

Plunk all your leftover vegetable and meat bits, whatever they are, into the slow cooker or soup pot. It's OK if there's still meat on the bones.

Fill the rest of the pot with water.

Add fresh herbs if you have them on hand. You can also use dried herbs.

Slow cooker method:

Set the slow cooker on low, cover, and leave it for 6-8 hours (or overnight).

Soup pot method:

Turn to medium heat and bring to a boil. Then turn heat down very low, cover with a lid, and let it simmer for as long as possible, at least 1-2 hours.

Check it occasionally to ensure it hasn't boiled over.

Whatever your cooking method, once you decide to be done with it, remove the soup from the heat.

Strain the big chunks out with a slotted spoon.

If you're using bones, let them cool and then pick off any remaining meat bits. You can eat these separately or add them back to the soup. Discard any bones or veggie bits, as well as any herb stems.

Test the seasoning and add salt and pepper as needed.

Ladle the broth through a sieve into jars for storage.

Refrigerate or freeze once broth has cooled. Don't put hot jars into the freezer unless you want soup bombs exploding!

If it's a bone broth, it may "gel" when it's cold as the meat proteins solidify slightly, but don't worry; it'll turn liquid again when heated. You can also scoop any accumulated fat off the top after the soup has chilled.

Slow cooker or large soup pot



1



2



3



4

Carrot soup

2 cups veggie or meat stock

2 medium carrots

1 pinch each of cinnamon, chopped fresh ginger, and cardamom

1 light sprinkle of nutmeg

2 to 3 tbsp (30-45 mL) coconut milk or 1/4 to 1/3 cup (60-80 mL) almond milk

Salt to taste

Scrub carrots (no need to peel them) and chop into big chunks. Discard ends or use for your next soup stock.

In a medium saucepan, heat 2 cups of meat or veggie stock. Add carrots and spices. Bring to a boil over medium heat, then simmer for 10 minutes, or until carrots are soft.

Pour into a blender and add coconut or almond milk. Blend until smooth. Test for seasoning and add salt as necessary.

You can also try this soup using 1 carrot and 1 parsnip, or 2 carrots plus half an apple. Adjust stock amount according to your preference.

Mushroom soup

2 cups mushrooms

1-2 stalks celery

1 small onion

1-2 tbsp (15-20 mL) olive oil or butter

2 cups veggie or meat stock

A small handful of fresh thyme or a few pinches of dried thyme

A few fresh sage leaves or one pinch of dried sage

1 small sprinkle of nutmeg

1/4 to 1/3 cup (60-80 mL) almond milk

Salt and pepper, to taste

Brush mushrooms off, using a brush or damp dishcloth. Chop roughly. Chop celery and onion.

Discard celery or onion ends or use for your next stock. Heat oil or butter in a medium saucepan over medium heat. Add chopped mushrooms, celery, and onion. Cook for 5-7 minutes, stirring often, until onions are transparent.

Add 2 cups of stock plus thyme, sage, and nutmeg, and cook for 10 more minutes. Remove from heat and transfer to a blender. Blend until smooth. Add almond milk and blend again.

Test for seasoning and add salt and pepper as necessary.

Tomato soup

2-3 large ripe tomatoes, ideally in season

2 cups veggie or meat stock

A handful of fresh basil

Salt and pepper, to taste

Remove the green tops from the tomatoes and discard. Chop into quarters. Put tomatoes into the blender with the stock and the basil. Blend until smooth.

Pour into a medium saucepan and heat. Simmer for 10 minutes.

Test for seasoning and add salt and pepper as necessary. Rip up the basil leaves and stir them in. Immediately remove the soup from heat and serve.

If you don't like the bits of tomato skin in there, you can pour the blended liquid through a strainer before cooking.