

Recipe Book

42 is the FREE 42 day program that will change your BODY, MIND and SPIRIT.

42 is designed to help you to overcome The 7 Deadly Sins of Pride, Lust, Gluttony, Laziness, Greed, Envy and Anger and clean **and slim your body.**

42 is the only program of its type that covers total person. When you finish, you will be a new person, a better person, a happier person, and more powerful and fulfilled.

Do42.com

Skip Intro and go straight to [RECIPES](#)

To read the complete details and history of 42 including the recipes go to [Do42.com](#).

During the first 21 days of 42 you can only eat Super Clean Food. Super Clean Food means NO ANIMAL PRODUCTS of ANY kind. No fish, beef, chicken or any other animal, no dairy, no honey, etc. Nothing that is derived from an animal can be eaten.

Super Clean Food means that the only cooking method allowed is steaming. No frying, stir frying, boiling, grilling, microwaving, baking, etc. The only heat allowed is the use of a steamer. Food steamers can be purchased at many stores such as Wal-Mart, Target, Kmart, department stores or online. They average in price from \$19-\$49. Dedicated food steamers are difficult to find in stores. Most now sell rice cookers/food steamer combos. The best one that I have found is the Deni Food Steamer here: [Deni at Sears](#) [Deni at Amazon](#).

You may wonder, "Why can't you grill or stir-fry?" Steaming has another major benefit. It hydrates the food. A steamed sliced potato is moist (thinly slice potatoes before putting them into the steamer). A baked potato is dry. Steaming adds water to food which makes it easier and faster to digest. Steaming adds water to your diet and makes the food easier to eliminate. Therefore steaming is the only allowed

heating method other than very warm water. What is meant by very warm water is simply very warm water (not so hot that you can't put your finger in it). Tap water from the hot water faucet is usually suitable for this purpose. It removes the chill from food. For example with corn or okra, if placed in very warm water it warms the food but does not cook it. This makes it more comfortable to eat especially with vegetables stored in the refrigerator.

The only foods allowed are vegetables, fruits, nuts, peas and beans. Yes, you can steam peas and beans. Nuts are to be eaten raw.

Since nothing can be heated other than steamed, it also means no bread, pastries, sugar, etc.

No seasonings other than that which is fully natural such as garlic, onions, etc.

ABSOLUTELY NO SALT!!!

Why can't I have seasonings such as salt and pepper?

Many eat heavily seasoned foods simply because their taste buds have become dulled by constantly eating highly seasoned or spicy foods. Once you stop eating the seasoned foods, your taste buds become sensitive again and you will taste the flavor in all natural foods.

Most find that once they stop eating salted foods for a period of time and then eat the same level of salt as before, the food tastes far too salty. Your taste buds become acclimated to the foods that you eat.

42 is designed to clean. Not just the body, but it also helps to clean you of old habits and desires. Have you ever tasted baby food? It is very bland because when we are young our taste buds are sensitive and babies wouldn't tolerate seasoned foods. As we grow older and eat modern foods our taste buds become less sensitive as we assault them with heavy doses of salt and spices. You will be closer to a newborn as you finish 42.

What about juices?

It is best to make your own fruit juices and it is best to use a blender instead of a juicer. A blender will give you whole fruit, including the pulp. Most of the fiber which aids cleaning your digestive tract is in the pulp. If you just squeeze the juice out, you throw away the cleansing fiber.

Each morning make a delicious smoothie by putting fresh apples, bananas, strawberries, blueberries, peaches (frozen works well), grapes, etc. into a blender and blending it. Don't add any sugar or any other sweetener, just the fruit and water.

Vegetable juices are somewhat different. For example carrot, celery, beet and other vegetable juices don't work well in a blender. **FRESHLY MADE** vegetable juices (not canned) are allowed.

Remember, as close to what you would eat in nature is best.

What about coffee, it's a bean?

Read this MountainWings issue
www.mountainwings.com/past/1184.htm

What about vitamins?

Vitamins are really foods. Vitamins can energize and provide nutrition in the place of food. Unless you have a particular medical need, leave out the vitamins during a cleanse.

I've been eating fruit for breakfast but I'm hungry so fast again after eating. What do I do?

That's not a bad thing. What you must realize is that foods straight from nature are usually processed by your body much faster than modern foods. People often complain of the same thing from Chinese food, that it "goes right through you" and you are soon hungry again. Oriental food prepared in the American style with heavy frying, grease and oil "sticks" much longer. The sticking to you really

means hard to digest.

Fruits and most natural plant foods that are non-processed are easily and quickly digested by the body. That's why you feel hungry faster. A heavy breakfast of meat, eggs, toast, potatoes or grits (usually all heavily cooked and greasy) is very difficult to digest and therefore sits with you for quite awhile.

Man in the natural ate a series of short meals constantly, (picking fruit from trees and vines) so it wasn't the standard three meals per day. The faster the food is digested, usually the better it is for you. It's a feeling that you must get used to. The bloated super full feeling for a long time is the unnatural one.

What about dried foods?

There are many types of dried foods that technically fit the specifications but try to limit foods that don't have a high water content. Dried fruits, seeds and nuts fit this category. Remember this is a cleansing program and to cleanse you need a lot of water and high water content high fiber foods. Dried foods absorb water and can dry out the intestines if not heavily fiber laden. If you eat a lot of dried foods, make sure that you drink extra water.

What is The Eden Diet?

It's taken straight from the Bible. Some would call it a fruit or raw diet. I like to call it "The Eden Diet."

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Gen. 1:29

The rule is simply this: **If it fits what God allowed in the Garden of Eden when man was in perfection, then eat it.**

So if it is raw (not cooked, pasteurized, or processed in any way), not of an animal but of herbal (plant) origin, you can eat it. You can warm foods with hot water. Since most vegetables are stored in the refrigerator, very warm water (not boiling water but water you can stick your finger in without it scalding you) can be used for warming. Tap water from the hot water faucet is usually suitable for this purpose. That's it, that's the Eden Diet.

All questions about what you can eat on The Eden Diet are answerable with, "Sure it's OK to eat, as long as it's an herb (meaning plant) and as long as it's not cooked or altered in any way."

What about vegetables. . . sure it's OK to eat, as long as it's an herb (meaning plant) and as long as it's not cooked or altered in any way.

What about nuts. . . sure it's OK to eat, as long as it's an herb (meaning plant) and as long as it's not cooked or altered in any way. Go easy on the nuts though. Nuts are concentrated protein foods and are rather difficult to digest. In addition, there is not much water in nuts. High water content foods are a necessity since they are the foods that flush the body.

What about fruit juices. . . isn't that altered from the garden? Yes, but . . . sure it's OK to eat, as long as it's an herb (meaning plant) and as long as it's not cooked or altered in any way. Eat the fruit whole or put it in a blender, (you need the fiber) just the way it was intended from the garden.

What about bread. . . that isn't from the garden.

What about honey. . . what plant makes honey?

The Eden Diet is an excellent pre-fast program. It's simple and it works. The enzymes from the fresh unaltered and uncooked fruits and vegetables work wonders on the system. Yes, vegetables can be eaten uncooked and raw.

It's interesting that cooked corn often goes through the digestive system with the kernels still intact. When corn is eaten raw, it's all digested, there are no kernels left in the stool. Raw corn is sweet too,

where do you think they get corn syrup to sweeten so much stuff from? Okra, broccoli, and other vegetables can all be eaten raw. They flush out the body in many ways and prepare the body for the full fast.

Citrus fruits are especially good for this. Oranges, lemons, limes, grapefruits, and tangerines all work within the body to neutralize the toxins and get them out of the body. The other rule of The Eden Diet: Try to eat one thing at a time and allow at least 20 to 30 minutes between different types of foods.

The one food at a time is nature's way. Again notice, only man combines more than one type of food at a meal. All animals in nature eat ONE THING at a time. The single food allows for greater and faster detoxifying than eating combination of foods.

The Eden Diet will not only begin the detox process, but if maintained long enough, will cause many miraculous self healings in itself. No doctor can cure you. Doctors do not have the power to heal. Only God can do that and He has placed the power within your own body and within the foods that have been placed in the garden for you.

What is the difference between the first 21 days of Super Clean Food and 4th and 6th weeks of The Eden Diet?

The difference is that the steaming of vegetables is allowed during the 21 days of Super Clean Food. In The Eden Diet only raw food is allowed since there were no steamers in the Garden of Eden and in perfection. Steaming is the best way to cook but even steaming destroys enzymes and other essential nutrients whereas raw preserves all nutrients.

Do I need to eat only organically grown foods?

Organic foods are grown without the use of synthetic pesticides and fertilizers. Organic is best but organic is also harder to find and much more expensive. The major factor is not whether food is organic or not. It is not whether you eat an organic apple or a non-organically grown apple; it is whether you eat an apple or a donut. If you can afford organic, then organic is best. If you can't afford organic produce, or if you can't find organic produce nearby, then eat non-organically grown produce.

What about preparing food "this way" and "that way" instead of just steamed and raw?

We get tons of questions about what to eat and "Can I eat such and such because it is actually corn (or whatever) and just ground up but it's still raw?" or that "it is just wheat but it is not cooked..." The questions about all of the various processing methods continue and we can't answer them all.

The spirit and purpose of 42 is this: **Eat the food as close to the way God put it in nature as**

possible. People find that after they've been on 42 for a couple of weeks or more their taste buds change. They become more sensitive to the natural taste of food and the food begins to explode with flavor. If they eat a significant amount of food altered from the natural way that it is in nature this effect often doesn't happen. Some types of unprocessed grits can fit the definition of a raw food if it is just the ground corn but there is nothing in the garden that will taste like grits. It is technically in spec but in principle and purpose it greatly reduces the power and effect of 42.

A simple guideline is: If you can't recognize what it is on your plate as an item out of the garden then it is altered from the way God made it and don't eat it during 42.

You would be amazed at the reluctance to just eat things as God gave them to us. We want to try to "improve" on the natural way. So keep the spirit and get the maximum results by staying as true to God's real garden as you can.

What type of water do I drink during the seven days of water only?

For detoxing purposes distilled water is best but that's not the main thing. The main thing is to **MAKE SURE** that you drink enough water. The normal amount of water that is recommended by

health experts is $\frac{1}{2}$ of your body weight (in pounds) in ounces per day. That's the normal amount. Fasting usually requires more but the normal amount is a minimum to wash the toxins out of your body. If you can't easily find distilled water, then any type of water will do. It is better to drink enough tap water than a small amount of distilled water.

What about the [veggie burger patty](#) during the 21 days of Super Clean Food?

To be honest, modern veggie patties have too much salt (sodium). Excess salt is a major contributor to the extremely high hypertension (high blood pressure) rate and other health problems. The veggie burger patty is added to this program just for taste, not health. It's the one concession or indulgence.

You are allowed up to 280 mg of sodium per day from a veggie patty. When 42 began, you could find veggie burgers with 250mg of sodium but the veggie patties have increased in sodium and you cannot find many veggie burgers under 400mg. 115 to 500 mg is the daily limit of sodium that some health experts recommend. Look in the frozen food section of grocery and health foods stores and look at the sodium content per patty. Try to find veggie burgers that contain as little sodium as possible. If you get one that is high, then don't eat a full patty. Half a patty will be enough per meal once you get used to it. Try to limit your daily sodium intake from veggie

burgers to 280 mg total for the day.

For a more detailed explanation of salt, [read this excerpt from the book](#), FAT2Fine – The SPIRIT of Weight Loss.

NOTE: The veggie patty must be steamed. It tastes great steamed so don't worry.

What about oils and vinegar?

No to oils (such as Olive Oil) or vinegar. The only exception to the olive oil and salt guideline is if you buy live or raw food from a health food store. Often live or raw dishes are prepared with sea salt and olive oil. This is much like the veggie patty. It's not the healthiest but often it is the best that you can buy without preparing it yourself.

Days 1 – 42: Water

The proper amount of pure water should be consumed during the entire 42 days.

Drink at least half of your body weight (pounds) in ounces daily. For example, if you weigh 100 pounds, drink at least 50 ounces of water per day. If you weigh 150 pounds, drink at least 75 ounces, etc. Distilled water is best for cleansing. It is best to drink your water at room temperature, not cold. Use bottled water if you cannot get distilled.

Weeks 1 – 3 (Days 1 - 21): Super Clean Food

No animal products of ANY kind.

No dairy, no honey, no fish, no chicken, nothing derived from an animal.

No cooked foods except for steamed.

No baked, fried, grilled, microwaved, flamed or boiled. This also means no bread.

No pre-packaged seasonings. No salt, pepper, etc. You may use fresh garlic or other herbs.

The first 21 days allows only steamed and raw food.

Optional: The Cleaner

After the first seven days of Super Clean Food, The Cleaner® (or any good detox product) will greatly help the cleansing process. Why The Cleaner®? The Cleaner helps to detoxify and cleanse your system yet is gentle enough so that you can continue your daily work schedule. Many people can reduce the dosage of The Cleaner® from four capsules to one or two because the Super Clean Food has already begun the cleaning process and it makes things go much faster. Judge the reaction of your system. You may take The Cleaner® for seven days (days 8-14) but if you are very toxic and clogged get the 14 day version. For more information on The Cleaner®, or to purchase, visit www.TheCleaner.com. It is also available at health food stores across the U.S.

The Cleaner® is optional but if you'd like to try it, but can't afford to, visit www.40day.com/thecleaner.

Week 4 (Days 22-28): The Eden Diet

The Eden Diet is explained at:

www.quickfasting.com/the_pre-fast_program

Week 5 (Days 29-35): Water Only Fast

It is strongly recommended that you read the book Quick Fasting for free at www.quickfasting.com. It will help you to understand many of the principles and procedures of internal cleansing.

Week 6 (Days 36-42): The Eden Diet

You will not be the same after 42. Often your spirit and body will react more negatively if you put negative and unhealthy things back into it after you have cleansed it.

Weeks 1 - 3
Days 1 - 21

Super Clean Food

Let's Get Started!



Many recipes by Chef Awesome at
www.ChefAwesome.com

STEAMED VEGETABLES

This is the staple of the first 3 weeks of 42.

Frozen vegetables are easiest to use.

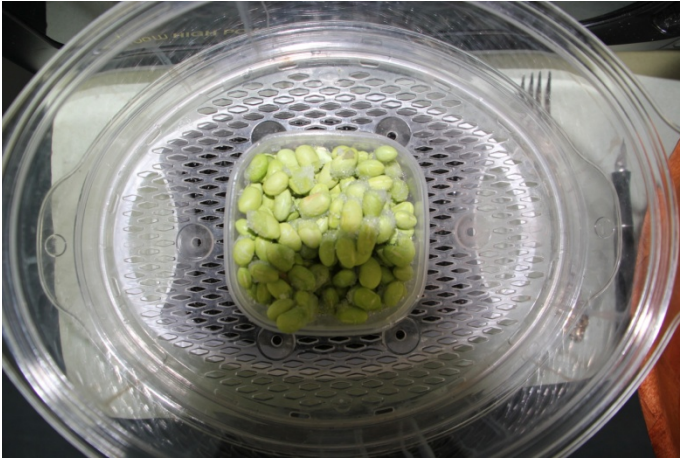
Get a small 4 to 6oz container or bowl to measure your portions of each vegetable.

The pictures below are the vegetables in the frozen state before steaming. Depending on the steamer, the cooking time will vary from 25 to 45 minutes.

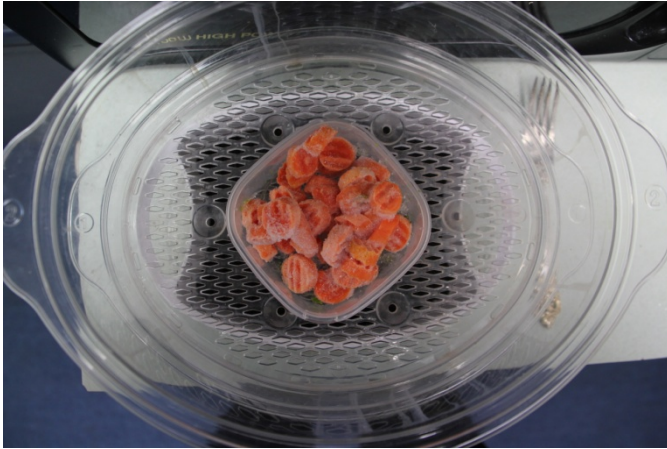
Certain rice is allowed. Read about rice here:

<http://www.mountainwings.com/past/10173.htm>

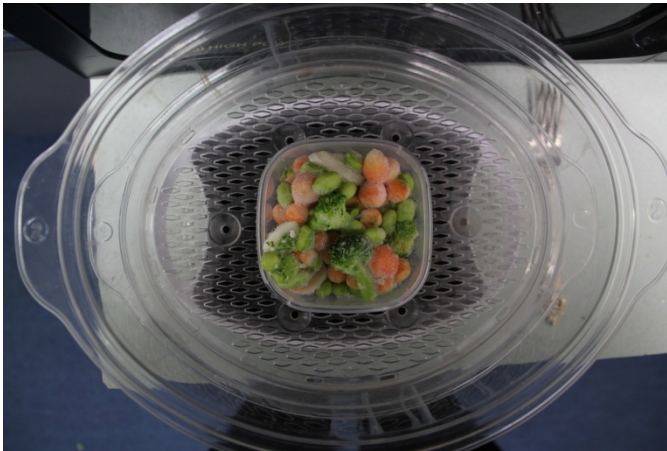
The rice is in the rice bowl below the vegetables.



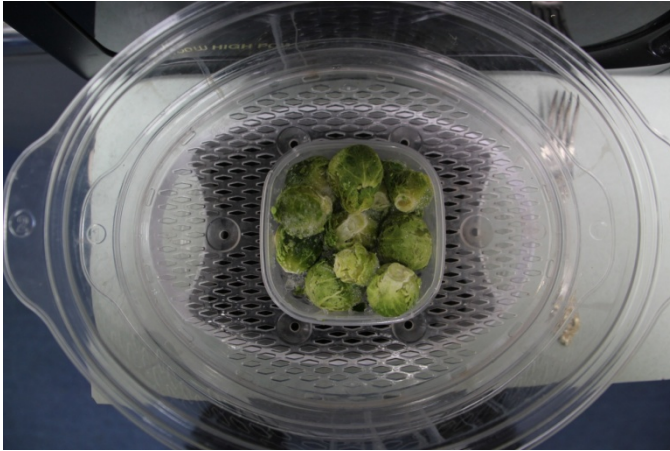
Lima Beans



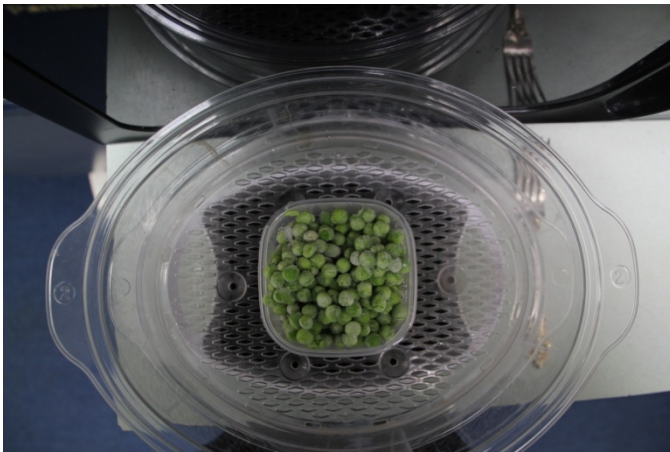
Carrots



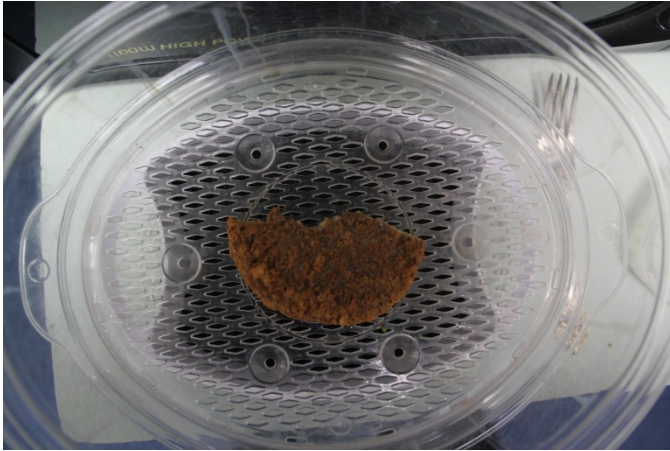
Mixed Vegetables



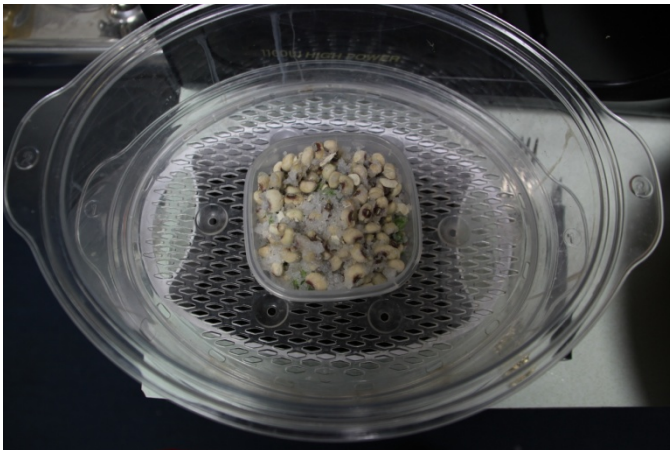
Brussels Sprouts



Peas



½ Veggie Patty – One is allowed per day, therefore if you eat steamed vegetables twice per day you must break the patty in half for each meal.



Black-Eyed Peas



Steam for up to 45 minutes and ENJOY!!!

FRUIT SMOOTHIE

This is absolutely GREAT for breakfast.



Again, frozen fruit is easiest and often less expensive. Many grocery stores have fruit pre-packaged mixed fruit smoothie blends. Make sure it is pure fruit with no sugar or other ingredients added.

Use Strawberries, blueberries, peaches, mangoes, apples, pineapples, bananas, etc.

Most of the fruits are widely available in frozen form except bananas and apples.

Use one-half water. If you are making 48oz of fruit smoothie, first fill the blender with 24oz of water. The frozen fruit eliminates the need to use ice. Any blender will work. ENJOY!!!



VEGGIE BLISS



Prep Time: 5min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings** 1

INGREDIENTS:

- *2 cups seasonal spring salad mix*
- *½ cup tri-color bell peppers*
- *½ cup grape tomatoes*
- *¼ cup red onions, thinly sliced*

DIRECTIONS:

1. Toss well.

KALE SALAD



Prep Time:

5 min.

Steam Time:

25 min.

Ready In:

30 min.

Servings: 1

INGREDIENTS:

- *1lb. green kale (curly or local mixed greens)*
- *½ to 1 Haas avocado (Optional)*
- *1 red bell pepper*
- *1 onion*
- *1-2 garlic cloves*
- *½ lemon, juiced*
- *1 heaping tablespoon dried sweet basil leaf*

DIRECTIONS:

1. Coarsely chop kale.
2. Thinly slice or chop red peppers and onion.
3. Place kale, red peppers, onion, lemon juice, in a bowl for mixing.
4. Peel and chop avocado and place in bowl mix in ½ at a time, additional avocado may be needed (*Optional*).
5. Combine ingredients to mix.

MOCK PESTO



Prep Time: 7 min. **Steam Time:** 0 min.

Ready In: 7 min. **Servings:** 1

INGREDIENTS:

Equipment Needed: Food Processor

- *½ cup pine nuts*
- *¼ cup fresh basil*
- *2 oz. of water (instead of oil)*

DIRECTIONS:

1. Combine ingredients for mock pesto in food processor and blend adding water until desired consistency.
2. Use one green onion to enhance flavor, if desired.

PICO DE GALLO



Prep Time: 15 min. **Steam Time:** 0 min.

Ready In: 15 min. **Servings:** 2

INGREDIENTS:

- *2 vine ripened tomatoes, finely chopped*
- *1 teaspoon mock pesto*
- *¼ cup red onion, finely chopped*
- *¼ cup cilantro, finely chopped*
- *2 jalapenos, seeded and finely chopped*

DIRECTIONS:

1. Combine all ingredients to mix.

CHUNKY TOMATO SAUCE



Prep Time: 7 min. **Steam Time:** 0. min.

Ready In: 7 min. **Servings:** 1

INGREDIENTS:

Equipment Needed: Food Processor

- 4 Deglet dates, soaked
- 6 medium /large Roma tomatoes
- 1 ¼ tablespoons dried basil
- 2 garlic cloves
- 1 teaspoon fennel seeds

DIRECTIONS:

1. Remove seeds from dates.
2. Place all ingredients in food processor.
3. Blend until chunky consistency.

STUFFED AVOCADO



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 2

INGREDIENTS:

Equipment Needed: Food Processor

- 1 avocado
- 2 cups raw almonds (soaked at least 9 hours)
- $\frac{1}{4}$ onion, chopped
- 1 celery stalk
- 1 tablespoon lemon juice
- 1 tablespoon of dried organic sweet leaf basil
- 1 tablespoon of dried oregano leaf
- 1 garlic clove
- 3-6 pieces of soaked sundried tomatoes, halved (save water)

Pico Sauce for Topping

- $\frac{1}{2}$ onion, chopped medium fine

- *¼ red pepper, chopped medium fine*
- *1 Roma tomato, chopped medium (cut in half lengthwise, cut each half into 3-4 slices lengthwise and chop)*
- *1 tablespoon of cilantro, or to taste*
- *1 lemon, juiced*

DIRECTIONS:

1. Combine all ingredients (except for avocado) in food processor and mix (you will want to mix until almonds are crumbly).
2. Slowly add ½ to 1 cup of water, thoroughly mix to achieve desired consistency.
3. Cut avocado in half, place on mixed greens for garnish.
4. Top with pico sauce and serve.

CREAM OF SPINACH SOUP



Prep Time: 7 min. **Steam Time:** 0 min.

Ready In: 7 min. **Servings:** 1

INGREDIENTS:

Equipment Needed: Blender

- *2 cups fresh tomato and/or carrot juice (from about 1 lb. vegetables)*
- *2 cups spinach leaves, chopped*
- *2 tablespoons escarole leaves, chopped (optional)*
- *1/2 medium California avocado, pitted and peeled*
- *1/3 cup fresh cilantro, packed*
- *1/4 cup shallot, finely chopped*
- *2 tablespoons scallion, chopped*
- *2 tablespoons garlic, minced*
- *1 tablespoon fresh lime juice*
- *1 tablespoon fresh mint, chopped*
- *1 teaspoon peeled fresh ginger, minced*

DIRECTIONS:

1. Purée vegetable juice, spinach, and escarole (if using) in a blender until smooth.
2. Add remaining ingredients and pulse to combine, leaving some texture.
3. Chill soup, covered, until cold, about 1 hour, and serve.

AVOCADO TOMATO SALSA



Prep Time: 7 min.
Steam Time: 0 min.
Ready In: 7 min.
Servings: 1

INGREDIENTS:

- *3/4 lb. ripe tomatoes, rinsed, drained, stems removed*
- *2 avocados, peeled, pit removed, cut into 1/4-inch dice*
- *1 1/2 lime, juiced (about 4 1/2 tablespoons)*
- *1 tablespoon garlic, minced*
- *1 cup scallion greens, minced*
- *1/2 cup fresh basil leaves, coarsely chopped*

DIRECTIONS:

1. Cut the tomatoes in half and scoop out the seeds. Cut into 1/2-inch dice and put in a serving bowl.
2. Add the remaining ingredients and carefully stir to mix evenly. Taste for seasoning and adjust if necessary.

TOMATOES STUFFED WITH GUACAMOLE



Prep Time: 7 min.
Steam Time: 0 min.
Ready In: 7 min.
Servings: 1

INGREDIENTS:

- *12 small (2 to 2 ½-inch) tomatoes (not plum tomatoes)*
- *1 tablespoon fresh lime juice*
- *3 firm-ripe California avocados*
- *2 tablespoons onion, finely chopped*
- *½ teaspoon fresh cilantro, finely chopped*

DIRECTIONS:

1. Cut a thin slice from stem end of each tomato.
2. Scoop out and discard seeds with a small spoon.
3. Carefully scoop out pulp to form a tomato shell, and finely chop pulp.
4. Drizzle lime juice inside of each tomato shell and let stand at room temperature while making guacamole.

GUACAMOLE



Prep Time: 10 min. **Steam Time:** 0min.

Ready In: 10 min. **Servings:** 4

INGREDIENTS:

- *3 avocados, peeled and pitted*
- *1 Roma tomato, finely diced*
- *¼ cup cilantro, chopped*
- *2 teaspoons lime juice*
- *¼ yellow onion, chopped*
- *¼ teaspoon dried cumin*

DIRECTIONS:

1. Mix ingredients thoroughly.

TROPICAL BLISS



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 7

This is a variety of tropical and domestic fruits that satisfy palettes from every walk of life. This platter can be used for entertaining guests and you will never deviate from 42.

FRESH MELON SALAD



Prep Time: 7 min. **Steam Time:** 0 min.

Ready In: 7 min. **Servings:** 1

INGREDIENTS:

- *2 cups watermelon balls/squares*
- *2 mangoes or papaya, peeled, seeded and sliced*
- *½ honeydew melon, peeled, seeded, and thinly sliced*
- *¾ cup seedless red grapes*
- *several lettuce leaves*

DIRECTIONS:

1. Sprinkle with lemon juice and serve.

FRUITY NATURAL YOGURT



Prep Time: 7 **Steam Time:** 0

Ready In: 7 **Servings:** 3

INGREDIENTS:

- *3 bananas*
- *½ strawberries*
- *¼ cup fresh squeezed orange juice*
- *¼ raspberries*

DIRECTIONS:

1. Blend to desired thickness.

COOL CRISP WRAP



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 2

INGREDIENTS:

- *1 lettuce hearts*
- *5 strawberries, sliced*
- *¼ cucumber, sliced*
- *¼ raisins*
- *¼ bell pepper, sliced*
- *¼ almonds*

DIRECTIONS:

1. Slice strawberries and cucumbers.
2. Combine all ingredients to mix.
3. Scoop over a couple of lettuce leaves.

HEALTH NUT WRAP



Prep Time: 10 min. **Steam Time:** 12 min.

Ready In: 22 min. **Servings:** 2

INGREDIENTS:

- *1 lettuce hearts*
- *¼ pecans*
- *½ cup Brussels sprouts, steamed and chopped*
- *1 mango, chopped*
- *¼ mushrooms, sliced*

DIRECTIONS:

1. Steam the Brussels sprouts, then chop.
2. Mix all ingredients.
3. Scoop over a couple of lettuce leaves.

SUZZIE'S FAVORITE



Prep Time: 10 min. **Steam Time:** 5 min.

Ready In: 15 min. **Servings:** 2

INGREDIENTS:

- *2 cup spinach leaves*
- *¼ grape or cherry tomatoes*
- *½ mushrooms, sliced*
- *½ cup grapes*
- *½ onion, sliced*
- *½ bell pepper, sliced*
- *¼ raisins*
- *¼ carrot, sliced*
- *½ cucumber, sliced*
- *½ cup green peas (steamed)*

DIRECTIONS:

1. Steam peas.
2. Combine all ingredients and toss to mix.

FRUIT 2 GO



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 2

INGREDIENTS:

- *1 cup grapes*
- *1 orange, sliced*
- *1 nectarine, sliced*
- *1 cup strawberries, stems removed*
- *1 pear, sliced*
- *1 cup blueberries*

DIRECTIONS:

1. Combine all ingredients to mix.

FRESH DELIGHT



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 2

INGREDIENTS:

- *2 apple, sliced*
- *1 peach, sliced*
- *1 nectarine, sliced*
- *½ cup blueberries*
- *1 cup strawberries, stems removed*
- *1 banana, sliced*
- *1 cucumber, sliced*
- *1 orange, peeled and sliced*
- *1 cup grapes*

DIRECTIONS:

1. Combine all ingredients to mix.

SPINACH CUCUMBER MIX



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 2

INGREDIENTS:

- *2 cup spinach leaves*
- *1 apple, chopped*
- *¼ raisins*
- *1 cucumber, sliced*
- *1 tomatoes, chopped*
- *½ cup carrot, chopped*

DIRECTIONS:

1. Combine all ingredients, except for spinach.
2. Serve over spinach leaves.

PRETTY PEA SALAD



Prep Time: 15 min. **Steam Time:** 5 min.

Ready In: 20 min. **Servings:** 2

INGREDIENTS:

- *1 cup spinach leaves*
- *½ cup green peas (steamed)*
- *½ cup grape or cherry tomatoes*
- *½ cup grapes*
- *1 yellow pepper, sliced*

DIRECTIONS:

1. Steam peas.
2. Combine all ingredients, except for spinach.
3. Serve over spinach leaves.

MUSHROOM MEDLEY



Prep Time: 15 min. **Steam Time:** 12 min.

Ready In: 27 min. **Servings:** 2

INGREDIENTS:

- *1 cup mushrooms, sliced*
- *1 cup spinach leaves*
- *1 yellow peppers, sliced*
- *1 zucchini, sliced*
- *½ cup green peas*
- *¼ raisins*
- *1 jalapenos, chopped*

DIRECTIONS:

1. Steam peas, zucchini and yellow pepper.
2. Combine all ingredients, except for spinach.
3. Serve over spinach leaves.

STEAMED SENSATION



Prep Time: 5 min. **Steam Time:** 20 min.

Ready In: 25 min. **Servings:** 2

INGREDIENTS:

- *1 cup broccoli*
- *1 cup squash*
- *½ cup baby carrots*
- *1 cup cauliflower*
- *1 tomato, sliced*

DIRECTIONS:

1. Place all ingredients, except for tomatoes, in steamer for 20 minutes.
2. Stack veggies and add sliced tomatoes.

TEX-MEX BLACK BEAN SALAD



Prep Time: 20 min.

Steam Time: 12 min.

Ready In: 32 min.

Servings: 2

INGREDIENTS:

- *1 cup cherry tomatoes, halved*
- *1 cup red onion, chopped*
- *2 cups black beans*
- *1 ½ cups corn*
- *2 fresh jalapenos, seeded and finely chopped*
- *1 teaspoon dried cumin powder*
- *¼ teaspoon cilantro, finely chopped*
- *¼ cup Roma tomatoes, diced*

DIRECTIONS:

1. Steam black beans and corn for 12 minutes. Allow to cool slightly; then transfer to a large dish.
2. Add remaining ingredients to beans and corn and toss to mix.

HEARTY GAZPACHO SOUP



Prep Time: 10 min. **Steam Time:** 20 min.

Ready In: 30 min. **Servings:** 2

INGREDIENTS:

Equipment Needed: Food Processor or Blender

- *5 vine ripened tomatoes*
- *¼ cup red onions, sliced*
- *1 zucchini, cubed*
- *1 carrot, shredded*
- *1 yellow squash, cubed*
- *½ teaspoon mock pesto*

DIRECTIONS:

1. Steam all ingredients.
2. Juice and puree tomatoes.
3. Combine all ingredients and mix well.

Can be served warm or chilled.

VEGGIE CRAVINGS



Prep Time: 10 min. **Steam Time:** 20 min.

Ready In: 30 min. **Servings:** 2

INGREDIENTS:

- *2 cups shiitake mushrooms*
- *2 stalks of green onion, whole*
- *2 cups Italian Normandy mix vegetables*
- *2 cups cauliflower*

DIRECTIONS:

1. Steam shiitake mushrooms with whole green onions for flavor, then remove onions.
2. Steam all other vegetables.
3. Plate and serve.

STEAMED AMORÉ



Prep Time: 5 min. **Steam Time:** 15 min.

Ready In: 20 min. **Servings:** 1

INGREDIENTS:

- *1 cup brown rice*
- *¼ cup red onions, diced*
- *¼ cup vine ripened tomatoes, diced*
- *1 ½ cups green beans*
- *1 ½ cups baby carrots*
- *1 clove of garlic, minced*

DIRECTIONS:

1. Combine brown rice, red onions, tomatoes and garlic, and steam for 15 minutes.
2. Steam green beans and carrots.

LENTIL BURGERS



Prep Time: 30 min. **Steam Time:** (Dehydrator) 4.5 hrs.

Ready In: 5hrs. **Servings:** 1

INGREDIENTS:

Equipment Needed: Food Processor and Dehydrator

- *2 cups sprouted lentils (French Green)*
- *¾ cup soaked pumpkin seeds*
- *7 sundried tomato halves*
- *1 cup squash or zucchini*
- *1 garlic clove*
- *1 small red onion*
- *3 thyme leaves*
- *3 sage leaves*
- *1 teaspoon ground cumin*

DIRECTIONS:

1. To sprout lentils place in a bowl and cover with pure water overnight, the next day rinse and drain, place in strainer and cover until you see small growths.
2. Place all ingredients in food processor and blend well.
3. Scoop out approximately 4 oz. onto Teflex dehydrator sheet.
4. Flatten scoops and dehydrate for 4-5 hours at 100 degrees, until desired consistency is achieved.
5. Serve over a bed of romaine lettuce.

PESTO VEGETABLES



Prep Time: 5 min. **Steam Time:** 5 min.

Ready In: 10 min. **Servings:** 2

INGREDIENTS:

- *1 package (16 ounces) frozen broccoli, cauliflower and carrots*
- *1/3 cup of mock pesto*

DIRECTIONS:

1. Steam vegetables and toss with mock pesto.

Vegetables can be served with steamed, mashed potatoes and steamed string beans.

BUTTERED SQUASH



Prep Time: 5 min.
Steam Time: 5 min.
Ready In: 10 min.
Servings: 1

INGREDIENTS:

Equipment Needed: Mandolin

- *1 large yellow squash*
- *1 red onion*
- *1 bell pepper*
- *1-2 teaspoons of dried basil*
- *1 small garlic clove*

DIRECTIONS:

1. Use a mandolin to thinly slice squash.
2. Place squash in a bowl.
3. Add remaining ingredients to taste.
4. Mix well and serve.

STUFFED MUSHROOMS



Prep Time: 5 min.

Steam Time: 25 min.

Ready In: 30 min.

Servings: 1

INGREDIENTS:

Equipment Needed: Food Processor

1 large portabella mushroom

- *1/3 cup pine nuts*
- *3 cloves garlic, minced*
- *1/3 cup fresh cilantro, packed leaves, chopped*
- *1/3 cup fresh basil, packed leaves, chopped*
- *1 teaspoon lemon juice (fresh squeezed)*
- *1 cup tomatoes, chopped*

DIRECTIONS:

1. Put all ingredients into food processor, except the tomatoes, and pulse/chop several times.
2. Add the tomatoes and continue to pulse/chop until blended. Texture should be similar to a pesto. Do not puree.
3. Stuff the filling into the cap of the mushroom. Place in steamer for 10-12 minutes.

Mushroom can be served over a bed of steamed brown or black rice.

CILANTRO SLAW



Prep Time: 7 min. **Steam Time:** 0 min.

Ready In: 7 min. **Servings:** 1

INGREDIENTS:

- *12 oz. of bagged three-color coleslaw mix (about 7 cups)*
- *1 cup fresh cilantro, coarsely chopped*
- *3 tablespoons fresh lime juice*

DIRECTIONS:

1. Place coleslaw mix and cilantro in large bowl.
2. Whisk lime juice in medium bowl to blend.

VEGGIE WRAP



Prep Time: 30 min.
Steam Time: 25 min.
Ready In: 40 min.
Servings: 1

INGREDIENTS:

Tossed Salad:

- *Romaine Lettuce*
- *1/4 cup red onions*
- *1 cup diced carrots*
- *1/4 cup diced cherry tomatoes*
- *1/4 cup sliced cucumbers*

Veggie Wrap:

- *1/4 cup steamed corn*
- *1/4 cup crushed tomatoes*
- *1/4 cup steamed black beans*
- *1/4 cup shredded carrots*
- *1/4 cup diced onions*
- *1/4 cup jalapenos (if desired)*
- *2 tbs. guacamole*

DIRECTIONS:

Spread thin layer of guacamole on iceberg lettuce.

1. Add wrap ingredients.
2. Slowly roll wrap tightly and seal edge with guacamole to hold together.
3. Plate and enjoy.

NATURAL YOGURT



Prep Time: 5 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 1

INGREDIENTS:

- *3 to 4 bananas*
- *1 cup of assorted berries*

DIRECTIONS:

1. *Blend bananas to creamy consistency.*
2. *Chill and serve.*

STRAWBERRY YOGURT



Prep Time: 5 min. **Steam Time:** 0 min.

Ready In: 10 min. **Servings:** 1

INGREDIENTS:

- 3 bananas
- 1/2 cup strawberries

DIRECTIONS:

1 Blend well and serve.



STEAMED ASPARAGUS WRAP

Prep Time: 5 min.

Steam Time: 25 min.

Ready In: 30 min.

Servings: 2

INGREDIENTS:

Pico de Gallo:

- *1/2 cup tomatoes, chopped*
- *1/2 cup onions, chopped*
- *1/4 cup cilantro, chopped*

Asparagus Wrap:

- *Guacamole*
- *6 to 8 asparagus, steamed*
- *Iceberg lettuce*

DIRECTIONS:

- 1. Put 2 tbs. of guacamole in lettuce add asparagus and wrap tightly.*
- 2. Add guacamole to edge to hold together and enjoy.*
- 3. Add pico de gallo on the side.*

LUNCH TIME GOODNESS



Prep Time: 5 min. **Steam Time:** 25 min.

Ready In: 30 min. **Servings:** 1

INGREDIENTS:

- *lettuce*
- *1/2 cup guacamole*
- *1/2 cup carrots*
- *1/2 cup fresh tomatoes*
- *1/4 cup julienned bell pepper*
- *1/2 lime juice*

DIRECTIONS:

1. Toss all ingredients for salad.
2. Add julienned peppers, guacamole and lime juice to top.

FRESH VEGGINESS



Prep Time: 5 min. **Steam Time:** 10 min.

Ready In: 15 min. **Servings:** 1

INGREDIENTS:

- *1 cup baby carrots*
- *1 cup tri-colored bell peppers, diced*
- *Broccoli spears cut*

DIRECTIONS:

1. Steam broccoli to desired firmness.

ITALIAN BLEND



Prep Time: 5 min. **Steam Time:** 8 min.

Ready In: 15 min. **Servings:** 1

INGREDIENTS:

- *1/4 tri- colored bell peppers*
- *1/2 cup broccoli spears*
- *1/4 cup squash*
- *1/4 cup onions*
- *1/2 zucchini, sliced*

DIRECTIONS:

1. Steam veggies
2. Plate and serve.

STRAWBERRY SMOOTHIE



Prep Time: 5 min. **Steam Time:** 0 min.

Ready In: 30 min. **Servings:** 1

INGREDIENTS:

- *2-3 medium size bananas*
- *1 cup strawberries, sliced*
- *1 cup juice from orange*
- *1 cup cubed ice*

DIRECTIONS:

1. Blend bananas, strawberries, juice from orange and ice, to desired taste and consistency.

2. Pour into glass and enjoy!

FRUIT SNACK



Prep Time: 10 min. **Steam Time:** 0 min.

Ready In: 12 min. **Servings:** 1

INGREDIENTS:

- *1/2 Cup mandarin oranges*
- *1/4 cup jumbo blue berries*
- *1/4 cup Chilean white grapes*
- *1/2 cup mango and raspberries*
- *1/2 cup sliced golden ripe pineapples*
- *1 cup sliced bananas*

DIRECTIONS:

1. Arrange fruit and eat.

BERRY YOGURT



Prep Time: 5 min. **Steam Time:** 0 min.

Ready In: 5 min. **Servings:** 1

INGREDIENTS:

- *3 to 4 bananas*
- *1 cup of assorted berries*

DIRECTIONS:

1. *Blend bananas to creamy consistency.*
2. *Chill and serve.*

FLAXSEED CRACKERS



Prep Time: 30 min. **Steam Time:** 0 min.

Ready In: 1-2 days. **Servings:** 10

INGREDIENTS:

Equipment Needed: Teflex Dehydrator

- *2 cups Flaxseeds*
- *1/3 cup Red Pepper*
- *2/3 cup Sun-Dried Tomatoes (soaked 1 to 2 hours)*
- *3/4 cup Tomatoes fresh*
- *1 tsp. Jalapeno Pepper, dried (more if you like spicy crackers)*
- *1 T Garlic (more if you like spicy crackers)*

DIRECTIONS:

1. Soak flaxseeds for 30 minutes in water 2 inches above the level of the seeds. The seeds will absorb the water and become jelly-like.
2. Mix other ingredients in food processor
3. Add flaxseeds and blend well.
4. Spread thinly on Teflex dehydrator sheets and dehydrate overnight at 90 degrees. Flip over the next day onto mesh dehydrator sheets, remove Teflex sheets and dehydrate until crisp (36 to 48 hours).
5. Takes 2 to 2 ½ days to complete dehydrating process.

Feel free to experiment with other fresh fruits (cranberries, pineapple, almonds, raisins, etc).

It makes for a variety of flaxseeds for different times



of day.

dry flaxseeds (blonde and brown)



soaked flaxseed with water



Sun-Dried tomatoes soaking in water



flaxseed that has dehydrated for 1 day.



2 different dehydrators. The round tends to make thicker flaxseeds. The square sheets come out thin (almost like chips).



flaxseeds mixed with ingredients from the food processor. Blend together before spreading onto Teflex sheets.



Flaxseeds spreaded onto a Teflex sheet both flat and round dehydrators.

Most recipes by Chef Awesome at
www.ChefAwesome.com