

WELL



FEED

PALEO
RECIPES
FOR PEOPLE
WHO LOVE
TO EAT

BY MELISSA
JOULWAN

PHOTOGRAPHY BY
DAVID HUMPHREYS

FOREWORD BY
Melissa & Dallas Hartwig
Whole9





WELL FED

PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

BY MELISSA JOULWAN

Foreword by Melissa and Dallas Hartwig

Photos by David Humphreys

Design by Kathleen Shannon

ISBN

WELL FED: PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

Copyright ©2011 Melissa Joulwan. All rights reserved.

No part of this book my be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews.

WELL FED: PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

Author: Melissa Joulwan
Foreword: Melissa and Dallas Hartwig
Copy Editor: Alison Finney
Assistant Copy Editor: Walker Fenz
Photography: David Humphreys
Illustrations: David Humphreys
Design: Kathleen Shannon

ISBN 10: 0-615-57226-X
ISBN 13: 978-0-615-57226-0

Published by:
Smudge Publishing, LLC
405 El Paso Street
Austin, TX 78704
www.smudgepublishing.com



TO THE ENTIRE JOULWAN AND STRAMARA CLANS – AND THE SPIRIT
OF MY SITTI – FOR ALL THE FOOD AND LOVE, AND FOOD-LOVE

AND TO MY HUSBAND DAVE, WHO IS MY FAVORITE DINNER COMPANION

THANK YOU

To Bethany Benzur, for bringing us together with Kathleen Shannon

To Nathan Black, for taking the *Well Fed* team photos and making us all look so good

To Tannen Campbell, Cameron Siewert, and Blake Howard, for the generous contribution of their big brains and senses of humor to the book title brainstorm (and an additional hug of appreciation to Tannen for her one-of-a-kind bowls)

To Stefanie DiStefano, for her made-with-love pottery and magical energy

To Stacey Doyle, for being a voluntary recipe tester and playing “You Know How You Could Do That?” during our work lunches

To Walker Fenz, for detail-obsessed editing and proofing

To Alison Finney, for approaching her sharp-eyed copy editing with eagerness, then delivering her recommendations with a gentle touch

To Melissa and Dallas Hartwig, for showing us the way to love food again and for applying their giant brains to the cookbook manuscript

To Gray Luckett and Chris Lynn, for living without some of their bowls, plates, and cutlery for a few months so we had props for photos

To Cheryl McKay, for inspiring me with wild-caught salmon and for volunteering her legal eagle eyes at the eleventh hour

To Kathleen Shannon, for designing a cookbook that’s both a how-to guide and a love letter to cooking real food

And to all the readers of my blog The Clothes Make The Girl, for testing my recipes, asking questions, and sharing their enthusiasm for this project when I needed it most

FOREWORD

“YOU DON’T HAVE TO COOK FANCY OR COMPLICATED MASTERPIECES – JUST GOOD FOOD FROM FRESH INGREDIENTS.”

- Julia Child

We have a confession: Overall, we give our collective cooking skills a “B” grade at best. (Truthfully, one of us is pulling that average down, but we’re not saying which one.) We’re darn good nutritionists, but our background isn’t in the culinary arts. The good news? We don’t have to be Cordon Bleu-trained chefs, because we’ve got a well fed, dressed to kill, glossy haired, rock and roll, tart tongued secret weapon: our friend Mel.

First, she is a naturally gifted chef – but not the snooty kind who makes dishes better suited for an art gallery than a normal person’s kitchen. No, she’s the kind of chef who makes real food for real people, using simple, fresh ingredients designed to make you healthier. She’s the kind of chef you’d want as your best friend or your next-door neighbor, both for her style and for her food. And her star has never shined more brightly than within the pages of this cookbook.

Flip through *Well Fed*, and you’ll immediately see this isn’t some taking-itself-so-seriously cookbook full of pictures you’d barely recognize as food. Mel created these recipes in her kitchen, using the same basic tools and equipment you’ve got in your kitchen. And she developed and prepared these meals around her own busy schedule – in between work, exercise, family, friends, and looking after a house and a husband and a cat. (The lesson: if she’s got time to create them from scratch, you’ve got time to make them for dinner.) Because she knows that cooking is scary for lots of folks, she’s filled her recipes with extra details, helpful hints, and technique tips. (No Ph.D. required!)

In addition, *Well Fed* meals don’t demand fancy pants ingredients – it’s all stuff you can pick up at your average grocery store or health food market. (Don’t be intimidated by the spices, just polish your measuring spoons and dive on in.) Finally, Mel understands that

treats and sweets are a normal part of most peoples’ sustainable diet, but we don’t need yet another “healthy” brownie recipe. We need inspiration to make our *everyday* food new, fresh, and exciting. That’s why almost all of the *Well Fed* recipes are Whole30 approved, perfect for both our nutrition program and your everyday meals. (And when you decide to kick up your heels, there’s one sinful-looking dessert that should hit the spot, but won’t make you feel like you swallowed a brick.)

The best part about *Well Fed*? Mel stamps her irreverent brand onto every dish, combining simple, fresh ingredients in ways you’d never expect. It’s healthy eating like you’ve never seen it – a collision of flavors, textures, and colors designed to impress your eyes, stimulate your taste buds, and nourish your body.

We believe the purpose of a cookbook is not to cook for you or even to teach you how to cook. Instead, the right cookbook will inspire you to discover your own creativity and tastes, and establish your own experiences and traditions. *Well Fed* was written to do just that, and will effortlessly allow you to cultivate your own rock star inner chef.

Bon appétit!

Best,
Dallas & Melissa Hartwig
*Founders, Whole9
Creators of the Whole30 program*



TABLE OF CONTENTS



001	Welcome to <i>Well Fed</i>
002	What is Paleo?
003	The “No” List
004	The “Yes” List
005	My Paleo Story
007	You Know How You Could Do That?
008	About This Book
009	A Very Special Cookbook
010	About The Recipes
013	Better Than a Restaurant

THE PALEO KITCHEN

016	How To: The Weekly Cookup
021	Your Paleo Pantry
024	Essential Kitchen Tools



THE WEEKLY COOKUP

029	Grilled Chicken Thighs
031	Garlic-Browned Ground Meat
033	Steam-Sautéed Veggies
035	Hot Plates
038	Cool Salads



SAUCES & SEASONINGS

043	Olive Oil Mayo
045	Sunshine Sauce
047	Ras el Hanout
049	Italian Sausage Seasoning
049	Pizza Seasoning
051	Best Stir-Fry Sauce Ever
053	Basil and Walnut Pesto
053	Mediterranean Parsley-Mint Pesto
053	Mint Chutney
055	Moroccan Dipping Sauce
055	Chimichurri Sauce
057	Sri Lankan Curry Sauce
059	Creamy Italian Dressing
059	Southwest Cumin-Lime Dressing
059	Ranch Dressing
059	Middle Eastern Dressing
059	Sweet Mustard Dressing



PROTEIN

063	Pad Thai
065	Cinnamon Beef Stew with Orange Gremolata
067	Waldorf Tuna Salad
067	Mediterranean Tuna Salad
067	Middle Eastern Tuna Salad
067	Tex-Mex Tuna Salad
069	The Best Chicken You Will Ever Eat
071	Moroccan Meatballs
073	Chocolate Chili
075	Ginger-Lime Grilled Shrimp
077	Meatza Pie (LOTS OF VARIATIONS!)
079	Machacado and Eggs with Avocado Relish
081	Maki Rolls
081	Mango-Shrimp Rolls
081	Avocado-Salmon Rolls
083	Scotch Eggs (LOTS OF VARIATIONS!)



085	Rogan Josh
087	Egg Foo Yong
089	Czech Meatballs
091	Char Siu (Chinese BBQ Pork)
093	BBQ Pork Fried Rice
095	Citrus Carnitas
097	Shepherd's Pie
099	Bora Bora Fireballs
101	Italian Sausage and Eggplant Strata
103	Salmon a l'Afrique du Nord
105	Meat and Spinach Muffins (LOTS OF VARIATIONS!)
107	Blue Ribbon Country Captain Chicken



VEGGIES & SALADS

111	Creamy Spice Market Kale
113	Mashed Cauliflower
115	Cumin-Roasted Carrots
117	Greek Broccoli
119	Velvety Butternut Squash
121	Cauliflower Rice Pilaf
121	Basic Rice
121	Confetti Rice
121	Curry Rice
123	Roasted Spaghetti Squash
125	Coconut-Almond Green Beans
127	Cocoa-Toasted Cauliflower
129	Sesame-Garlic Nori Chips
129	Southwest Nori Chips
129	Toasted Onion Nori Chips
131	Jicama Home Fries
133	Zucchini Noodles Aglio et Olio
135	Roni's Creamy Cucumbers
135	French Onion Cucumbers
135	Middle Eastern Cucumbers
137	Jicama “Potato” Salad
139	Baba Ghanoush
141	Turkish Chopped Salad
141	French-ish Chopped Salad
141	Italian-ish Chopped Salad
143	El Minzah Orange Salad



FRUITS

147	Fried Apples with Bacon and Pecans
149	Berries and Whipped Coconut Cream
151	Peach Almond Crisp (LOTS OF VARIATIONS!)
153	Caramelized Coconut Chips (LOTS OF VARIATIONS!)



RESOURCES

156	Recommended Resources
157	Paleo Nutrition & Lifestyle Info
157	Free Ebook Code
158	The Well Fed Team
160	Index

First Week's Winners Share Their Recipes

completely
out equally
pes for soups
re selected by
Your-Recipe"
winners for the
the seventh
t sponsored by
CAN.

s, all of whom
icipated in
ests were Mrs.
Joulwan of
or her Italian
cioppina," Mrs.
Grickis of
ille for her
wder" and Mrs.
h of Schuylkill
r "Dilled Lamb

lwan, whose
omas Joulwan
the Country
aurant, has a
rest in recipes
r association in
ness. She chose
ing one, a
of fish, seafood
complements,
collection of
and clippings
sections of
This is her first
n the weekly
hough last year
an Honorable
t to become a
in the final
he Necho Allen
stand-in for one
nners who could
and earned top

preparation of a baby food
to her menus in October,
when she expects to
increase her family. Her out-
of-the-kitchen activities
include membership in
the Orwigsburg Woman's
League.

Mrs. Grickis has an
unbroken record for six
years as a top winner in the
weekly contest. This year
her husband Timothy's
enthusiasm for the
"Cheesey Chowder" was the
reason for its selection as
her entry. His choise was
apparently that of the
judges for it kept her
winning streak going. Mrs.
Grickis, who prefers
simplicity in a good recipe,
added the cheese to a basic
recipe she got from her
mother, because her family
likes cheese and the
chowder is hearty enough
for a complete meal. The
family for which Mrs.
Grickis makes a hobby of
cooking, is comprised of
three children, Timmy, Jr.,
aged seven, Tracy Jane, two
years old, and Tarajane,
eight months. A den mother
for the Cub Scouts, an
assistant Brownie leader, an
officer in the Catholic
Daughters, and a member of
the Port Carbon St.
Stephen's Church School
Mothers Club, the winner
still finds time for her first
love, cooking.

try, with her recipe for
"Tomato Aspic Salad",
merited an Honorable
Mention for her "Raspberry
Parfait," and then won
second place in the Cook-Off
at the culmination of the
contest.

Mrs. Windish, the
grandmother of six, has one
son Charles, living in Akron,
Ohio. She is a widow who
keeps interested in many
things, including helping
other people, doing things
for her church, (Christ
Lutheran in Schuylkill
Haven) and keeping up with
sports events. For
relaxation, she crochets,
and has completed a number
of afghans and doilies.

Her winning recipes have
come from a combination of
recipes she has seen in
cookbooks, and then using
her own knowledge of food
combinations, has added
some of her favorite
ingredients to come up with
a "Special" dish that is all
her own, until she shares it
with the readers of the
REPUBLICAN in the recipe
contest.

The food-knowledgeable
judges had a difficult task in
selecting the ten Honorable
Mention winners from the
first week's tremendous
response to the Soups and
Stews category. There were
11 of equal merit in their
opinions, and rather than
eliminate one to keep the



MRS. VERONICA JOULWAN
Orwigsburg
Cioppina
(Italian Fish Stew)

Serves 8

INGREDIENTS

- 2 lbs. haddock or halibut fillets
- 8 oz. canned, fresh, or frozen shrimp
- ½ cup chopped green pepper
- ¼ cup minced onion
- 2 cloves garlic, minced
- ¼ cup olive oil or salad oil
- 1 — 28 oz. can tomatoes, cut up

WELCOME TO WELL FED

I was born into a restaurant family.

Before you get the wrong idea, you should know a few facts: We
lived in rural Pennsylvania, it was the late sixties, and no one was
yet treating chefs like rock stars.

My grandfather owned The Garfield, one of those shiny chrome
diners, where you could sit at the counter, sip on a bottomless cup
of coffee, and wisecrack with the waitresses and other regulars.
My dad ran The Country Squire Restaurant, a combination coffee
shop, formal dining room, and motel.

I grew up in these restaurants and took my place in an extended
family of cooks.

As a teen and young adult, I ate for pleasure, without too much
concern for nutrition. Soon, even though I loved to eat and food
was a major binding agent in my family, food became the enemy.
I grew fat and unhealthy because I knew food, but I didn't know
how to eat.

Now, because I follow a paleo diet, cooking and eating have again
become a source of joy. Visualizing the meal, buying the healthy
ingredients, chopping and stirring and working the alchemy that
transforms ingredients into love in the form of food – these are a
few of my favorite things.

My goal with this book is to teach you what I know about how to
run a paleo kitchen and how to combine ingredients to become
something truly nourishing for your body and soul and for the
important people in your life.

The two essential tricks for happy, healthy eating are being prepared
and avoiding boredom. *Well Fed* explains how to enjoy a "cookup"
once a week so that you have ready-to-go food for snacks and
meals every day. It will also show you how to mix and match basic
ingredients with spices and seasonings that take your taste buds on
a world tour.



My dad at his first cooking job in the Poconos.

I've kept the recipes as simple as possible, without compromising
taste, and I've tested the recipes extensively to minimize work and
maximize flavor. Where it makes sense, I've explained how you
can cut corners on technique and when you'll have the best results
if you follow my instructions. Some of the dishes are "project
recipes," so I've included prep and cooking time to indicate which
are quick enough for weeknights and which are perfect for lazy
Sunday afternoons.

I'm from a melting pot family: Lebanese on Dad's side, Italian
and Slovak on Mom's. From the time I could shove food into
my mouth, I ate kibbeh and eggplant parmesan, and while Mom
taught me to cook pancakes on weekend mornings, I picked up
my dad's tricks for making baba ghanoush at dinner. The recipes
in this book reflect my affection for traditional ethnic cuisines
and for foods with contrasting flavors and textures, so that your
healthy food also includes the luscious contrasts of sweet savory
and crispy chewy.

Ultimately, I hope this book will make you feel that paleo eating
– too often defined by what we give up – is really about what we
gain: health, vitality, a light heart, and memorable meals to be
shared with the people we love.

WHAT IS PALEO? WE CALL IT DINO-CHOW

You’ve probably heard the paleo diet called a lot of things. Caveman Diet. Primal. Real Food. Paleo Lifestyle. Around our house we call it “Dino-Chow.” All of these terms refer to roughly the same way of eating that’s based on the idea that we feel our best – and are our healthiest, mentally and physically – when we mimic the nutrition of our hunter-gatherer ancestors.

I know it sounds a little groovy or like something from science fiction. But evolutionary biologists, chemists, and nutritionists are really onto something. When we remove inflammatory foods from our diets – foods that were not part of our ancestors’ daily meals – we reduce our risk for “diseases of civilization” like heart disease, diabetes, and cancers. Additionally, our energy levels are better, we look years younger, and we enjoy life more.



I know there were no dinosaurs in the Paleolithic Era, but dino-chow is a funny name, so just roll with the joke, please.

PALEO EXPERTS

To understand all of the science behind these nutritional guidelines, I recommend you turn to the same experts that educated me:

Whole9: Melissa and Dallas Hartwig are the big brains behind the wonderful Whole30 program that’s helped thousands of people slay their sugar demons and create a new, healthy relationship with real food. They consume and digest all the paleo research so that foodies like us can simply learn how to eat. Thanks to Melissa and Dallas, I can now enjoy my food without measuring every meal or recording every bite in a food journal.

Robb Wolf: The author of *The Paleo Solution* goes deep into the geeky science with a sense of humor that makes it all easily understood and relevant to daily life. Robb’s book broadened my understanding of the “why” behind the paleo lifestyle so it’s easier to do the right “what” on a daily basis.

Mark Sisson: The author of *The Primal Blueprint* presents a compelling case for living more primally in every aspect of life: nutrition, exercise, sleep, socializing, and sex! I love what Mark has to say about finding time to play and taking advantage of modern conveniences without feeling beholden to a thoroughly modern (unhealthy) lifestyle.

Nora Gedgaudas: The author of *Primal Body, Primal Mind* explains how blood sugar swings – from too many carbohydrates, and inadequate protein and fat – contribute to mental illness and general unhappiness.

The Resources section (p. 156) includes more details about these mentors, as well as a comprehensive list of the sources I turn to for inspiration and information.

PROCESSED FOODS, GRAINS, LEGUMES, SOY, SUGAR, DAIRY, ALCOHOL, THE “NO” LIST WHITE POTATOES, VEGETABLE OILS

Let’s get the bad news out of the way immediately: Paleo eating means avoiding many foods that top your list of favorites. Different paleo practitioners promote differing guidelines. I follow the standards outlined by Melissa and Dallas Hartwig of Whole9. The guidelines are fairly stringent, but they’re based on the compelling idea that we should eat the foods that make us healthiest, and I can’t argue with that.

My “No” List includes the following, and you won’t find any of these foods in *Well Fed* recipes.

PROCESSED FOODS: As a former Doritos aficionado, I know it can be hard to give up junk food. But anything found in the middle of the grocery store, housed inside brightly-colored plastic or cardboard, is not a healthy choice.

GRAINS: Despite conventional wisdom, even whole grains are not a good idea. Grains include wheat, corn, oats, rice, quinoa, barley, and millet. They’re to be avoided in all their devilish forms: bread, pasta, cereals, breading on fried foods, etc.

LEGUMES: All beans – including black, kidney, pinto, white, and chick peas – fall into this category, along with lentils, peas, and peanuts, including peanut butter. (I know! Sorry! I don’t make the rules; I just share them.)

SOY: Soy is a legume, but I’ve called it out separately because it’s insidious and can be found in unsuspected places, like cans of tuna. Soy is to be avoided in all its forms: edamame, tofu, meat substitutes, and food additives.

SUGAR: Sugar appears naturally in fruit, and you may eat fruit. Yay! But other natural sugars that are added to foods to sweeten them, like brown sugar, maple syrup, agave nectar, stevia, evaporated cane juice, and honey, are out. Also out are artificial sweeteners, like Splenda, Equal, Nutrasweet, and aspartame.

DAIRY: The source of milk doesn’t matter – cow, sheep, or goat. Milk and the creamy things made from it are off our plates, including cream, butter, cheese, yogurt, and sour cream. Some paleo people eat grass-fed, full-fat dairy; for me, the negatives outweigh the pleasure.

ALCOHOL: There is no argument anywhere that alcohol makes us healthier. Plus, you have a drink, then your drink has a drink, and soon, you’re face first in a pile of french fries with cheese sauce.

WHITE POTATOES: Some paleo people eat potatoes; I’m not one of them. The starch in white potatoes produces a strong insulin reaction and they have very little to offer nutritionally.

VEGETABLE OILS: This includes basic vegetable oil – which isn’t made from vegetables at all! – as well as peanut, canola, sunflower, safflower, soybean, and corn oils.

Each of the No foods has its own unique properties that put it on that infamous list. Generally, these foods are excluded because they either produce blood sugar spikes, cause systemic inflammation, or both. Yes, some are so bad they both wreak havoc on your insulin levels and fire up your immune system. We very strongly dislike them. (We’re looking at you, grains.)

So, there’s potentially a lot of bad news in that list. I understand.

But I’m going to make you feel better right now...

Take a deep breath and think of every kind of meat, seafood, vegetable, and fruit you can.

Now think of fat sources like coconuts and avocados and olives and nuts and seeds. Visualize your list. Looks great, right? That’s a lot of delicious food. And that is what makes up the paleo diet.

WE EAT REAL FOOD. THE "YES" LIST

When I tell people I don't eat grains, sugar, or dairy, they invariably look at me like I've got two heads or as if I'm speaking Swahili, then they ask The Question: "What do you eat?!"

Animals and plants.

Generally speaking, the paleo diet is made up of nutrient-dense foods that began with dirt, rain, and sunshine. They come from the earth and would be recognizable as food by a person from any time in human history.

We eat real food: animal-based protein, vegetables, fruits, and natural fat sources.



ELK BISON VENISON GOAT RABBIT LAMB CHICKEN EGGS APPLES
GOOSE TURKEY OSTRICH EMU SALMON HALIBUT DUCK
TUNA SHRIMP LOBSTER TILAPIA SOLE BASS TROUT YAMS
FLOUNDER SNAPPER MACKEREL SARDINES CASHEWS
ALMONDS PLUM BEEF COCONUT AVOCADO SUMMER
POMEGRANATE STRAWBERRIES PINE NUTS ARTICHOKES ARUGULA BELL PEPPER SQUASH
OLIVES ASPARAGUS BEETS ORANGES PAPAYA NECTARINES SPINACH
SPROUTS CARROTS CELERY BUTTERNUT SQUASH POTATO
CAULIFLOWER COLLARD GREENS JICAMA CHARD CUCUMBERS EGGPLANT TURNIP
GARLIC GREEN BEANS PORK FENNEL MUSTARD GREENS PARSNIPS
KALE LETTUCE RED ONION RADISHES PUMPKIN ONIONS VEAL DATES GREENS
SCALLIONS SHALLOTS CRANBERRIES SNAP PEAS SNOW PEAS BLACKBERRIES
SPAGHETTI SQUASH APRICOTS BANANAS LEMONS PEARS CHERRIES KIWI
ZUCCHINI CANTALOUPE WATER LIMES MELON
GRAPEFRUIT HONEYDEW RASPBERRIES MELON CRANBERRIES

MY PALEO STORY HOW I LEARNED TO JUST EAT

PAGE
005

I have excellent habits 95% of the time. I sleep eight hours per night to recover from and prepare for CrossFit training and lifting heavy barbells. I keep the house stocked with paleo ingredients and cook nutrient-infused food, so we can eat paleo food every day.

Then on rare occasions, I indulge. I become a temporary slug, and give in to the temptation of corn-based chip products, buttered popcorn, and an icy-cold glass of Prosecco. I might also occasionally sip on a glass of Ouzo and eat whipped cream.

These minor transgressions are possible because I make deposits in the good health bank the rest of the time. Every workout, every good night's sleep, every paleo meal is a deposit so that every once in a while, I can make withdrawals in the shape of a food treat.

This way of living started about two years ago when I made the switch to the paleo diet. Before then, I didn't have such excellent habits.

From grade school to the day I graduated from college, I was a chubby nerd and an easy target. My parents were both exceptionally good cooks – my dad owned a restaurant and my mom won almost every cooking contest she entered. I wore Sears "Pretty Plus" jeans because I really liked food, and I really didn't like to sweat. After a broken ankle and innumerable playground insults (At a bus stop, I was once unfavorably compared to a whale by one of the neighbor kids.), I stuck with reading and practicing the piano and roller skating to the library. I don't know how many gym classes I missed because I was "sick" or "forgot" my gym clothes. I do know that my P.E. attendance put my otherwise stellar grade point average in jeopardy.

Even though I avoided sports, I secretly admired the athletic kids. They walked taller than the rest of us. When I was in tenth grade, my dad took me to Annapolis to see the Navy band play a concert, and for about three weeks, I was determined to get in shape so I could apply to the Naval Academy. I abandoned that dream because I was incapable of doing pushups and situps – and I was

too embarrassed and overwhelmed to ask for help.

For most of my life, I was haunted by a deep desire to be different than I was. To be thin. To feel confident. To break the cycle of thinking of food – and my behavior – as "good" and "bad."

I joined Weight Watchers and became a Lifetime Member with a weight loss of more than 50 pounds. I signed up with a CrossFit gym and learned to love workouts that scared my socks off. But despite my successes, it was still my habit to celebrate and to grieve and to stress out and to relax with food.



Some day, I'd like to live in Prague. This is me, pretending to be a local, on our first visit to the Czech Republic in 2010.

Although I worked out regularly, I didn't feel as strong – inside or out – as I wanted to. I had insomnia and allergies and stomach aches. My body didn't feel like it belonged to me. Then in 2009, I learned I had a nodule on my thyroid. The risk of cancer was high, so I had the nodule surgically removed, and the doctor hoped that my remaining half-thyroid would continue to function. It held on for a few months, then stopped working. It was a very difficult time. It was like constantly having a case of the blues, and I was sluggish, foggy-headed, and desperately worried about re-gaining all the weight I'd worked so hard to lose.

Then I found Whole9.

It was surprisingly easy for me to give up grains, despite my deep affection for toast, but saying goodbye to my standard breakfast of blueberries with milk almost did me in. I did not approach the paleo rules with an open heart.

But I committed. I followed the eating guidelines. I made it a project to get eight hours of sleep **every night**. I worked with my doctor to find the right doses for my thyroid hormones. And finally, eventually, I got my body back.

I spent about three decades at war with my body, with my short legs and stocky frame and junk food cravings and emotional eating. In comparison, giving up grains and dairy was easy. And in return, I've forged a partnership with my body that uses good food as fuel.

Now I know when and how often I can indulge in non-paleo foods, and I enjoy those once-in-a-while treats like never before. The food tastes a lot better when it's savored and not followed by a chaser of self-recrimination. I finally know how to truly celebrate on special occasions, while I live clean and healthy the rest of the time.



Top: My husband Dave and I out for a run in Prague.

Bottom: The two of us at the Cowboy Breakfast, held every year before the opening of the rodeo in Austin, TX.

YOU KNOW HOW YOU COULD DO THAT?

Everyone in my family is a food lover. My dad is (mostly) Lebanese, and my mom is (mostly) Italian, with large families on both sides of the equation. Any gathering of the tribes included tables that buckled under the weight of homemade stuffed grape leaves and kibbeh on the Middle Eastern side – or homemade lasagna, meatballs, and cannoli at the Italian family reunions.

My family is happiest together in the kitchen. Cooking and the associated eating are the activities on which we all agree. We might go toe to toe on, say, the inherent value of my tattoos, but get us around a stove or a cutting board, and we are the very definition of collaboration. We move in a smooth rhythm, and the right ingredients seem to appear out of thin air. Suddenly, the clove of garlic I need has been perfectly minced, and somehow, the parsley is already chopped.

This harmony in the kitchen is the result of a lifetime of playing a game we call, “You Know How You Could Do That?”

It's generally played in a restaurant and goes like this:

The waiter places a gorgeous plate of food in front of someone – my mom, for example. I usually clap my hands with delight when the food arrives, and someone else – my dad, perhaps – says, “Oooh, that looks good.”

Then Mom takes a bite. She smiles and nods her head. “Oh, yeah. That *is* good,” she says.

The rest of us extend our forks and take a bite ourselves, nodding in agreement, making the appropriate, positive, nonverbal noises: *Mmmmm. Aaaaah. Ooooooh.*

Then my dad will pause, tilt his head to the side, and maybe squint his eyes a little.

“It's really good, but... you know how you could do that?”

And then he'll offer a suggestion for a different spice or, perhaps, an added garnish. His idea will spark my imagination, so I'll take another bite from Mom's plate and offer a few suggestions of my own. Soon we've created variations that transform the chef's dish into something else entirely.

In recent years, we've adapted the game to be played with recipes, too. We don't even give the original chef the honor of trying the recipe as written. Instead, we go right into You Know How You Could Do That? mode and create our own version of the recipe.

Throughout this book, I've played You Know How You Could Do That? with my recipes, and I invite you to do the same. Have fun! Use your imagination! Make these recipes your own.



The kitchen has been my favorite hangout for a long time.

THE



PALEO

KITCHEN

Here's all the info you'll need to minimize the hassle of grocery shopping, to prep food so you're well fed all week long, and to make cooking a creative pleasure.

HOW TO: THE WEEKLY COOKUP

The film *Food, Inc.* changed our lives. It vividly drove home the detrimental effects of factory farming on the environment, our individual health, and the fabric of families. My husband Dave and I had already been eating paleo for about two months, but seeing that film guaranteed we'd never return to our old habits. We left the theater and drove directly to the grocery store, then spent hours reading labels and re-thinking how we were going to shop.

We made lists of what we could buy at a regular grocery store (pantry items, eggs, and produce) and what would require a trip to a higher-end store like Whole Foods or Sprouts (grass-fed, organic meat). We researched which produce should be organic and which could be conventionally grown. Then we stocked up on coconut aminos and loaded the freezer with grass-fed protein, so we wouldn't need to visit two grocery stores every week. We also signed up with a CSA (Community Supported Agriculture) for a weekly delivery of organic produce to supplement our trips to the store.

I'm not going to lie to you: At first, it was a huge annoyance. I was bitter. I complained a lot. But we both stuck to our guns, and soon it became routine. Our kitchen is now habitually stocked with healthy food, and it's not much more work than our previous, lazy, more destructive ways.

As the new shopping habits took hold, it became painfully evident that if we were going to take our health and longevity seriously, restaurant meals were not going to cut it.

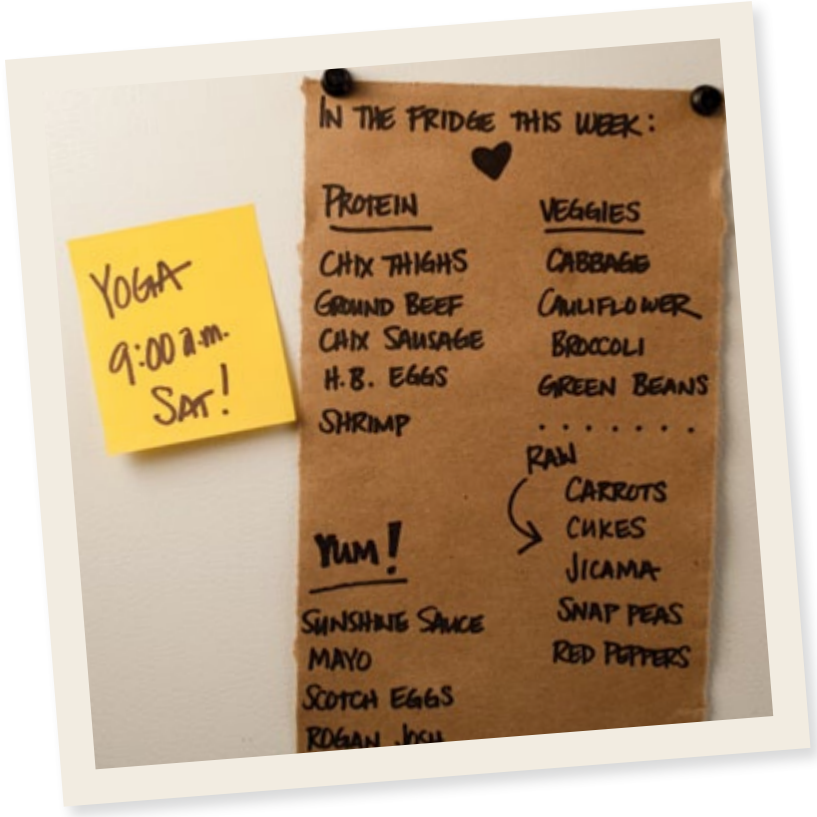
I was going to be spending a lot of time in the kitchen.

For the first few weeks, I did. I felt like I was on an endless loop of chop, cook, eat, wash, repeat. It was tedious.

But then I remembered the lessons of my dad's restaurant kitchen and came up with a plan to keep us stocked with food, without driving myself mad. Now, just one big, weekly shopping trip and one Weekly Cookup keeps us happily fed all week.

I muster up about 30 meals and snacks each week: I eat a homemade breakfast every day except Saturday, and I pack my lunch and snacks for day job sustenance every weekday. To forage all the ingredients for that food, my husband does one giant shopping trip on Friday afternoons, and I spend about two hours on Sunday cooking for the week. With most of our food already cooked, meal prep on an average day takes about 30 minutes total: 10 minutes to pack my food for work and 20 minutes to throw together a delicious dinner.

I'm going to show you how to plan your own Weekly Cookups, so cooking can become one of your favorite things, too.



1. RUN YOUR KITCHEN LIKE A RESTAURANT

Most neighborhood restaurants don't cook every part of your meal to order. If they did, they'd never get the food to the table fast enough. Instead, restaurants do prep work for cooked food that divides the process into three broad categories:

- tastes best when eaten immediately: broiled or grilled meats, delicate produce
- tastes best after a day or two: casseroles, braised meats, stews and soups, sauces
- tastes great when partially cooked then caramelized in fat: many vegetables, some meats

Well Fed includes recipes that represent all three of these categories, so you can enjoy a variety of grab-and-go foods and slow-simmered meals throughout the week.

2. FEEL THE DIFFERENCE BETWEEN "COOKING" AND "MAKING DINNER"

Cooking is art, love, experimentation, relaxation, and fun. It can be savored as an experience. Sing along to music you love, while losing yourself in the rhythm of chopping and the aroma of far off places.

Making dinner is more like, "If I don't get that food from its ingredient state, into dinner state, and into my mouth soon, I'm going to murder someone."

I like to separate the two as much as possible. Cooking on Sunday is creative "me" time so that the rest of the week, making breakfast, lunch, and dinner is as painless as possible.

3. YOU WILL NEED A LOT OF FOOD

The increase in the amount of protein, vegetables, and fat you need to make the transition to paleo can be shocking. I was amazed at the sheer volume of veggies and meat we needed once we jettisoned cheese, tortillas, toast, pasta, and rice. You know how you used to find wilted, moldy vegetables in the back of your crisper drawer? Those days are over; you are now a veggie-eating machine. Buy accordingly.

COOKING WOD

In CrossFit, the workout of the day (WOD) is always timed. The idea is that you do the movements as quickly and efficiently as possible, without sacrificing form and technique. It's very motivating and on many occasions, the clock inspires me to do things I don't think I can do.

One day, feeling unenthusiastic about the assembly line of meat and vegetable prep on my schedule, I decided to treat my Sunday Cookup like a WOD. Could I do all my food prep in one hour?

I set a stopwatch for 60:00 and got busy rattling some pots and pans. I bounced back and forth among the oven, the stove – where I had two pans going at once – and the gas grill outside the kitchen door. My iPod cranked out appropriate cooking tunes. (For me, that's Social Distortion, The Clash, and Duran Duran, with a little Barry Manilow thrown into the mix.) I set a second timer to beep at five-minute intervals so I wouldn't burn anything.

SUNDAY COOKING WOD

For time, 60-minute cutoff:

- Steam-sauté a head of bok choy (p. 33)
- Steam-sauté a head of Swiss chard
- Roast a large spaghetti squash (p. 123)
- Roast sweet potatoes
- Chop cauliflower for pilaf (p. 121)
- Grill 2 1/2 pounds chicken thighs (p. 29)
- Grill 1 pound chicken sausage
- Stew lamb for Rogan Josh (p. 85)
- Brown 2 pounds ground beef (p. 31)
- Boil 1 dozen eggs
- Mix pork and seasonings for Scotch Eggs (p. 83)

My time: 61:00 / **Cleanup time:** 5:00

Think you don't have time to prepare food so you can eat clean all week? I call bull on that! One hour of chopping, steaming, stewing, mixing, and grilling netted me enough raw materials to build meals for at least five days. Granted, it wasn't one of those fun and leisurely cooking experiences, but every workout at the gym isn't an endorphin-laced funfest, either. Sometimes, for your own good, you've just got to get it done.

OUR WEEKLY HAUL

The list below is a pretty good representation of what we eat in a typical week. Keep these stats in mind as you read the list:

- 1. Dave is 6’5” and weighs about 250. I’m 5’4” and 150 pounds of fury. I eat between 1700-1800 calories a day: 40% fat, 30% protein, 30% carbs. Dave eats more than that!
- 2. We usually eat out in restaurants only once or twice a week. During the weekdays, we cook breakfast and dinner at home. I pack my lunch and snacks to take to work; Dave eats lunch at the house.
- 3. We shop at a regular grocery store and a natural foods store. We also get a weekly organic produce delivery and order grass-fed meat online or from a local meat share.

PROTEIN	FAT
2 pounds turkey sausage	3/4 jar coconut oil
3 pounds chicken thighs	1/2 bottle olive oil
2 pounds chicken breasts	1 pound cashews
2 pounds ground lamb	(Dave likes to snack on these a lot!)
3 dozen eggs	
2 pounds turkey bacon	
2 pounds ground beef	

PRODUCE	
3 pounds green beans	1 head red cabbage
4 green bell peppers	1 pound Brussels sprouts
1 pound okra	5 oranges
2 pints grape tomatoes	2 apples
4 carrots	2 pink grapefruits
2 pounds snap peas	4 sweet potatoes
8 cucumbers	1/2 pound baby carrots
2 eggplants	3 onions
3 heads cauliflower	2 heads garlic
1 head green cabbage	1 bunch flat-leaf parsley

4. YOU WILL NEED A LOT OF STORAGE CONTAINERS

Stock up on containers with tight-fitting lids in sizes ranging from small enough for a handful of snap peas to large enough for half a casserole. You are now in the business of making your own pack-aged food, and you need high-quality packaging.

5. BUILD A PROTEIN FOUNDATION

Protein is key, so build your meals from the protein up. I grill a few pounds of chicken, brown a few pounds of ground meat, and boil a dozen eggs every week, so we have the protein building blocks we need to create meals quickly.

Cooked meat can be served “diner style” with veggies on the side or diced for a stir-fry, simmered in a quick coconut milk curry, or turned into sautés with exotic seasonings. (I call these Hot Plates; see page 35.) Toss in an egg for extra protein, or construct a giant omelet.

Here’s a simple formula to help you calculate how much protein you need to buy for the week:

4 to 6 oz. per person X # of people you need to feed X # of meals

16 (ounces)

= number of pounds per week

Example:

4 ounces x Mel x 20 meals = 80 ounces / 16
= 5 pounds of protein + extra for snacks

6 ounces x Dave x 20 meals = 120 ounces / 16
= 7.5 pounds of protein + extra for snacks

So, Dave and I chow our way through the equivalent of approxi-mately 13 pounds of protein each week, just in our main meals.

6. PREP YOUR VEGETABLES

We eat a lot of fresh veggies every day, but I prepare most of them in advance. I chop and steam-sauté a variety of veggies (p. 33), like cabbage, broccoli, bell peppers, green beans, and leafy greens so they’re ready to be sautéed with seasonings and fat.

Heartier vegetables like Brussels sprouts and spaghetti squash are roasted in the oven for quick reheating when we’re ready to eat. Cauliflower is chopped in the food processor so it’s ready to be turned into Cauliflower Pilaf (p. 121), and veggies we like to eat raw – lettuce, bell peppers, snap peas, jicama, and cucumbers – are washed and stored in the fridge so they’re ready to be eaten.

I always have chopped, frozen broccoli, cauliflower, spinach, and collard greens in the freezer. They have the same nutrient profile as fresh (sometimes even better) and go from frozen to ready to eat in under 10 minutes.

Based on the idea that each of your meals will include at least two different vegetables and that your snacks will also include about one or two cups of veggies each, **you need about eight cups of veggies per person per week.** A cucumber yields about two cups, a red pepper is about one cup, and a handful of snap peas is about a cup. Fear not! You’ll get pretty good at eyeballing the right amounts at the store, and you cannot overeat vegeta-bles, so dig in.

7. RELY ON HOT PLATES

More than half of the meals we eat every week are Hot Plates (p. 35): Meals we build spontaneously from raw materials like grilled chicken, browned ground meat, steam-sautéed veggies, and sauces. Our pre-dinner conversation usually goes like this:

Me: *Are you in the mood for Chinese, Middle Eastern, Mexican, or Italian?*

Dave: *Mmmm... Mexican!*

Me: *Beef or chicken?*

Dave: *Beef!*

Then I pull the containers of ground beef and steam-sautéed peppers and cabbage from the fridge. While they’re warming up in the pan with a little fat, I turn homemade mayo into South-western Cumin-Lime Dressing (p. 59) to drizzle on top of our Mexican Hot Plate, and we’re eating dinner in about 10 minutes from fridge to table.

Hot Plates should make up the majority of your meals. They’re fast, they’re nutritious, and if you alternate them with “real

recipes,” you will naturally eat a balance of Omega-3 and Omega-6 fats, plenty of vegetables, a wide variety of protein sources, and your taste buds will never get bored. Find step-by-step instructions and tons of ideas for Hot Plates on page 35.

8. TRY A FEW RECIPES

Each week, in addition to the basics, I cook two or three “real recipes” that require me to follow instructions or invest a little more time. Things like Italian Sausage & Eggplant Strata (p. 101) or Shepherd’s Pie (p. 97) or Chocolate Chili (p. 73) are complete meals and taste better after a day or two in the fridge. They require no additional work beyond a reheat, so they’re the perfect cooking and “making dinner” experience.

To summarize, here’s a formula for your Weekly Cookup: **[raw materials for Hot Plates] + [2-3 recipes] + random snacks**

SUPER SNACK

Every week, I eat almost the same snacks every day. That way, when I go shopping, I know I need to buy a bunch of X.

For example, one of my favorite snacks is what I call an “Antipasto Snack Pack.” It’s composed of a handful of snap peas, half a red pepper cut into strips, and half a cucumber sliced into coins, plus a handful of black olives, a piece of cold grilled chicken, and a little dill pickle.

To make shopping easier, I calculate how much of the ingredients I need to make it every day for five days – two bags of snap peas, three red peppers, three cucumbers, two cans of olives – and auto-matically add those to my shopping list every week.

Sometimes I go a little crazy, and I do something daring like use green bell pepper instead of red or swap carrots for the snap peas. This limited spontaneity ensures that I don’t get bored, and the consistent veggies mean I don’t suffer a 6:00 a.m. realization that I don’t have food to pack for a work snack. The added bonus is that I also know I’m hitting good nutrition, because I’ve got a variety of veggies, solid protein, and quality fat in each snack pack.

THE WEEKLY COOKUP

These simple recipes and instructions will help you create delicious, international Hot Plates from simple, nourishing, and tasty ingredients.

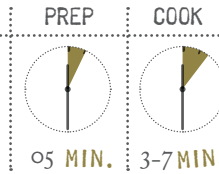
Taste the rainbow! Be sure to eat a variety of veggies every week and strive for a mix of bright green, red, purple, and orange.

STEAM-SAUTÉED VEGGIES

THE "NEVER RUN OUT" PLAN

PAGE
033

SERVES *a lot*



Most days, I eat vegetables at breakfast, lunch, dinner, and snacks. That's in the neighborhood of six or seven cups of veggies every day. Oh, there's so much chopping and cooking! So once a week, I turn into a Veg-O-Matic and make it my mission to clean and partially steam at least three different vegetables, so they're ready to be transformed into meals when I need them.

INGREDIENTS

your favorite vegetables
water

DIRECTIONS

Wash your veggies under running water, then, using a sharp knife, cut or slice into desired shape, depending on your mood and tastes. It's best if you keep the pieces roughly the same size, so they'll cook evenly.

Heat a large skillet over medium-high heat. Toss the still-wet-from-the-washing vegetable into the pan, cover with a lid, and allow the residual water to soften the veg a bit. Remove the lid, and stir vigorously with a wooden spoon until the vegetable is softened but not completely cooked. If the veg sticks to the pan or begins to brown, add a tablespoon of water to continue the steaming process.

Place each vegetable in its own container and store in the fridge. Be sure to pop the containers into the refrigerator while hot – cooling at room temperature allows bacteria to grow. I usually reserve the bottom shelf of my fridge for hot veggies.

When it's time to eat, heat about 1-2 teaspoons of coconut oil in your skillet, then toss in the partially-cooked veggies and seasonings. No fuss, no muss, no chopping right before dining!

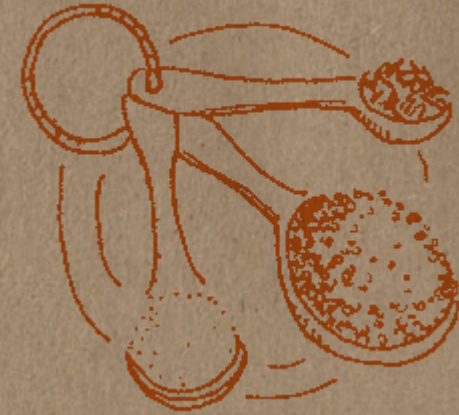
This method works best for fibrous, sturdy vegetables. Tender veggies like snap peas, snow peas, fennel, asparagus, and spinach are best cooked "to order."

TASTY IDEAS PLATES, P. 35

YOU KNOW HOW YOU COULD DO THAT?

Need ideas? This is a short list of vegetables that are good choices to have around for everyday fortification – and they're hearty enough to stand up to this kind of pre-cooking:

BELL PEPPER, SLICED
BOK CHOY, CHOPPED
BRUSSELS SPROUTS, CUT IN HALF
BROCCOLI, BROKEN INTO FLORETS
CABBAGE (RED OR GREEN), SLICED OR CHOPPED
CARROTS, SLICED
CAULIFLOWER, BROKEN INTO FLORETS
CELERY, SLICED THIN
CHARD, CHOPPED
COLLARD GREENS, CHOPPED
EGGPLANT, SLICED OR CHOPPED
GREEN BEANS, WHOLE
KALE, CHOPPED
MUSTARD GREENS, CHOPPED
PARSNIPS, SLICED
TURNIP GREENS, CHOPPED
YELLOW SQUASH, SLICED
ZUCCHINI, SLICED



SAUCES

& SEASONINGS


There's no faster, easier, tastier way to add zip and zing to your meals than a pinch of spice blend or a drizzle of luscious dressing.



No EVOO here! Cheapo olive oil is best for mayo – and bottled lemon juice is better than fresh because of its reliable acid content.

YOU'LL NEVER CONSIDER STORE-BOUGHT AGAIN OLIVE OIL MAYO

MAKES 1 ½ cups

PREP	COOK
	N/A
05 MIN.	

Lemony, light, silky, and luxurious, this mayo makes just about everything better. Indulge with a dollop on grilled meat, transform it into creamy salad dressing in a flash, or stir it into a can of tuna for instant salad. Mix up a batch every week in the blender or food processor to rediscover creamy salads and sauces.

INGREDIENTS

- 1 large egg
- 2 tablespoons lemon juice
- 1/4 cup plus 1 cup light-tasting olive oil (not extra-virgin!)
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt

DIRECTIONS

Science! The magic of mayo is that it's an emulsion: The oil and egg plus lemon create a colloid. You don't need to understand all the physics, but you do need to bring all of your ingredients to room temperature.

In a blender or food processor, break the egg and add the lemon juice. Put the lid on your appliance and allow the egg and lemon juice to come to room temperature together, at least 30 minutes and up to 2 hours.

When the egg and lemon juice are room temp, add the mustard, salt, and 1/4 cup oil to the canister. Blend on medium until the ingredients are combined. Now the exciting part begins. Your mission is to incorporate the remaining 1 cup oil by pouring very, very slowly. You want the skinniest drizzle you can manage; this takes about 2 to 3 minutes. Breathe. Relax. Sing to yourself.

If you're using a blender, you'll hear the pitch change as the liquid begins to form the emulsion. Eventually, the substance inside the blender will resemble traditional mayonnaise, only far more beautiful. Do not lose your nerve and consider dumping! Continue to drizzle. Slowly.

When all of the oil is incorporated, revel in your triumph and transfer the mayo to a container with a lid. Mark a calendar with your egg expiration date – that's when your mayo expires, too.

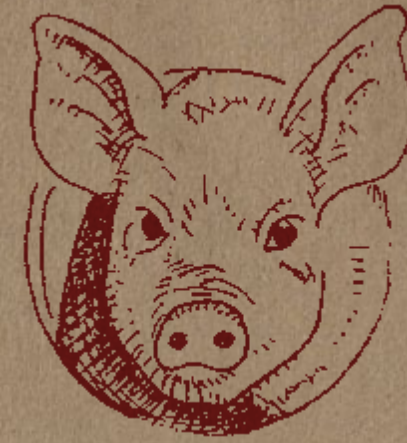
NOTES The blender version is fluffier and thicker; the food processor version is thinner, but still creamy. Both versions will get thicker as they chill in the fridge. If you suffer a mayo "fail," don't despair! It can be used for salad dressing and also firms up a bit when cooled.

YOU KNOW HOW YOU COULD DO THAT?

- Use cider vinegar instead of lemon juice for a new twist.
- Stir in a few chopped, pickled jalapeños for a kick of heat.

TASTY IDEAS

- CREAMY SALAD DRESSINGS, P. 59
- TUNA SALADS, P. 67
- JICAMA "POTATO" SALAD, P. 137
- CUCUMBER SALADS, P. 135



PROTEIN

From slow-simmered stews to grilled meats and seafood to comforting casseroles, these recipes have your protein needs covered. Most of them include veggies, too, but their primary *raison d'être* is the protein punch!



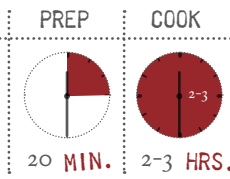
“When I came across this recipe on your blog, I knew we had to try it. I am not sure whether I regret it, though, because my husband devoured more than half of it within two hours! Great flavor – cocoa really does something special.”
– Anichka, a blog reader

CHOCOLATE CHILI

YEAH, THAT'S RIGHT. CHOCOLATE.

PAGE
073

SERVES 6 to 8



In sixth-grade English, our class read a story about a Native American tribe in the Southwest. I've forgotten all but one fascinating detail of that story: The family ate meat cooked with chocolate. Thanks to my dad's rule that we must at least try everything once, I ate a lot of weird stuff as a kid – raw lamb in kibbeh, sweetbreads, capers – but this was something I simply couldn't fathom. Chocolate! With meat! Now, I'm a sucker for anything that's sweetly savory, and every time I reach for the cocoa, I smile at the memory of 11-year-old me. This chili is spicy, but not hot. Reminiscent of mole, the flavors are rich, mellow, and deep.

INGREDIENTS

- 2 tablespoons coconut oil
- 2 medium onions, diced (about 2 cups)
- 4 cloves garlic, minced (about 4 teaspoons)
- 2 pounds ground beef
- 1 teaspoon dried oregano leaves
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 1/2 tablespoons unsweetened cocoa
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) fire-roasted, chopped tomatoes
- 1 can (14.5 ounces) beef broth
- 1 cup water

Simmering is the magic time when the flavors meld and, like most tomato-based, slow-simmer foods, this tastes even better on the second (or third) day.

NOTES

DIRECTIONS

Heat a large, deep pot over medium-high heat, then add the coconut oil. When the oil is melted, add onions, stir with a wooden spoon and cook until they're translucent, about 7 minutes. Add the garlic and as soon as it's fragrant, about 30 seconds, crumble the ground meat into the pan with your hands, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it's no longer pink.

In a small bowl, crush the oregano between your palms to release its flavor, then add the chili powder, cumin, cocoa, allspice, and salt. Combine with a fork, then add to the pot, stirring like you mean it. Add tomato paste and stir until combined, about 2 minutes.

Add the tomatoes with their juice, beef broth, and water to the pot. Stir well. Bring to a boil, then reduce the heat so the chili enjoys a gentle simmer. **Simmer for at least 2 hours. Do not skimp on the simmer!**

YOU KNOW HOW YOU COULD DO THAT?

- Try a meat combo by mixing ground beef with ground turkey, pork, or bison.
- Make a double batch and freeze half so you have chili-on-demand.
- Top with sliced olives, diced onions, and/or avocado slices.

TASTY IDEAS

PLACE A GENEROUS HELPING OF ROASTED SPAGHETTI SQUASH (P. 123), MASHED CAULIFLOWER (P. 113), OR A HANDFUL OF RAW BABY SPINACH LEAVES IN THE BOTTOM OF YOUR CHILI BOWL. VEGGIE POWER!

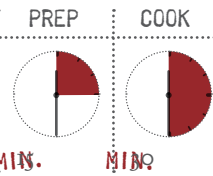


Do yourself a favor: read *Jane Eyre*, or at least watch the *Masterpiece Theater* adaptation on DVD. You might also want to get lost in British mysteries by Dick Francis or Elizabeth George.

SCOTCH EGGS

PERFECT FOR SUPPER OR TEA

SERVES 4 to 8



Jane Eyre is my favorite book, and I'm a sucker for any fog-shrouded British mystery. I can't get enough of the accents, the Queen's English, the tweed and wellies, the moody weather, and the fervent belief that a steaming cup of tea is a cure-all. Scotch eggs were invented at the London department store Fortnum & Mason and were packed in picnic baskets for members of Victorian high society on their way to Ascot races. These days, pre-packaged Scotch eggs are a staple at roadside service stations and are often eaten cold. Step it up a notch and serve these with a dollop of Olive Oil Mayo mixed with a little spicy mustard.

INGREDIENTS

- 2 pounds ground pork
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon nutmeg
- pinch cinnamon
- pinch cloves
- 1 teaspoon dried tarragon leaves
- 1/4 cup fresh parsley leaves, minced (about 1 tablespoon)
- 1 tablespoon dried chives
- 2 cloves garlic, minced (about 2 teaspoons)
- 8 large eggs, hard-boiled and peeled
- 1 bag (2 ounces) fried pork rinds (optional)
- 2 large eggs, raw (optional)

DIRECTIONS

Preheat the oven to 375 F. Cover a baking sheet with parchment paper.

Place the ground pork in a large mixing bowl. Add salt, pepper, nutmeg, cinnamon, cloves, tarragon, parsley, chives, and garlic. Knead with your hands until well mixed.

Divide the pork mixture into 8 equal servings. Roll each piece into a ball, then flatten it in your palm into a pancake shape. Wrap the meat around a hard-boiled egg, rolling it between your palms until the egg is evenly covered. This is much easier than it sounds. If the meat sticks to your hands, moisten them with a little water. Place the meat wrapped eggs on the baking sheet.

If using the pork rinds, place them in the bowl of the food processor and process until they resemble bread crumbs; pour them onto a plate or in a shallow bowl. In another shallow bowl, beat the 2 raw eggs. Gently roll each meatball in pork rind crumbs; you want just a thin dusting. Then roll each meatball in the raw egg and roll a second time in the crushed pork rinds to evenly coat. Place on the baking sheet.

Bake for 25 minutes, then increase the temperature to 400 F and bake an additional 5-10 minutes, until the eggs are golden brown and crisp.

YOU KNOW HOW YOU COULD DO THAT?

Change the seasonings to take this very British snack around the world. Eliminate all the seasonings in the original recipe and make these substitutions:
ITALIAN! pork + 2 tablespoons Italian Sausage Seasoning or Pizza Seasoning (p. 49)
ASIAN! pork + 1 1/2 tablespoons Chinese five-spice powder + 2 tablespoons coconut aminos
INDIAN! lamb + 1 1/2 tablespoons curry powder
MOROCCAN! lamb + 1 1/2 tablespoons Ras el Hanout (p. 47)
TEX-MEX! beef + 1 tablespoon ground cumin + 1 tablespoon chili powder

TASTES GREAT WITH

ROASTED SPAGHETTI SQUASH, P. 123
ZUCCHINI NOODLES AGLIO ET OLIO, P. 133
JICAMA "POTATO" SALAD, P. 137

Hard-boiled Eggs 101: Put eggs in a pan and cover with cold water. Bring to a boil, cover, turn off heat, and let eggs sit in the hot bath for 10 minutes. Drain the hot water and cover the eggs with ice water for 5 minutes. Drain and place in the fridge, until cold.



VEGGIES

& SALADS

A simple meal of meat and vegetables becomes something special with these recipes for surprising side dishes and cool salads.



DEDICATED TO THE MEAN LUNCH LADY
CUMIN-ROASTED CARROTS

PAGE
115

SERVES 2 to 4

PREP

05 MIN.

20 MIN.

“The Incident” in my elementary school cafeteria left me cooked-carrot averse. (Think mean lunch lady, waterlogged carrots from a can, tepid milk, and force feeding.) But my mom introduced me to the sweet goodness of roasted carrots and saved the day. These carrots are tender, not mushy, with lovely brown bits and a flirty whisper of cumin that’s brightened with a ping of mint. Take that, lunch lady!

INGREDIENTS

- 1 pound fresh carrots (about 10)
- 1/2 tablespoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 tablespoons coconut oil
- 1/2 fresh lemon (optional)
- a few leaves of fresh parsley and mint, minced,
for garnish (optional)

"These were so good, I had to stop myself from eating the entire batch in one sitting! Love, love, love them."

YOU KNOW HOW YOU COULD DO THAT?

- Try slicing the carrots into 1/4-inch thick coins; increase roasting time to 30 minutes.
- Swap parsnips for carrots, or roast a batch of both for a colorful combo.

TASTES GREAT WITH

CINNAMON BEEF STEW, P. 65
MOROCCAN MEATBALLS, P. 71
SALMON L'AFRIQUE DU NORD, P. 103

NOTES

Until the 15th century, carrots were only available in purple, yellow, and red varieties. Those rainbow hues are making a comeback, thanks to local farmers and heirloom seeds. Look for white, yellow, red, and purple, in addition to the standard orange.

DIRECTIONS

Preheat the oven to 400 F. Cover a large baking sheet with parchment paper.

Wash and peel the carrots, then cut them lengthwise into thin strips, about 1/4-inch wide. Toss them into a large bowl.

With a fork, mix the cumin, cinnamon, salt, and pepper in a small microwave-safe bowl. Add the coconut oil and microwave until melted, about 15-20 seconds.

Pour the seasoned coconut oil over the carrots and toss with two wooden spoons until the carrots are evenly coated. Sing a verse of your favorite song so you don't skimp on tossing time. Do a taste test and adjust the seasonings.

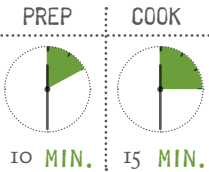
Spread the carrots in a single layer on the baking sheet and roast for 15-20 minutes, until tender and slightly browned. Remove from the oven and squeeze the fresh lemon juice over the top. Sprinkle with the chopped herbs.



A VERY SPECIAL RECIPE

COCONUT-ALMOND GREEN BEANS

SERVES 4



This could become the only green bean recipe you need. During the braising process, the sliced almonds almost melt into a rich coconut milk sauce that renders the elements indistinguishable from each other. And that's when you know the ingredients have fulfilled their destiny. Trust me: Make a double batch.

INGREDIENTS

- 1 tablespoon coconut oil
- 2 tablespoons sliced almonds
- 1/2 medium onion, finely diced (about 1/2 cup)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon red chili pepper flakes
- 3/4 teaspoon salt
- 1 cup coconut milk
- 1 pound green beans, trimmed
- 1 teaspoon lime juice
- 1/2 cup fresh cilantro leaves, minced (2 tablespoons) (optional)

DIRECTIONS

Heat the oil in a large sauté pan over medium heat. Add the almonds and cook until lightly browned. Keep an eye on them; they brown quickly! Transfer almonds to a plate for later. Resist the temptation to eat them!

In the same pan, sauté the onion, garlic, cumin, coriander, paprika, chili pepper flakes, and salt. Cook until the onion is soft and beginning to get brown bits, about 4-5 minutes.

Add the coconut milk to the pan and mix well, then add the green beans. Make sure everything is blended, then bring the pan to a boil, reduce the heat to a simmer, and cook covered until the beans are tender. The cooking time is a judgment call. If you like them crisp, it's about 6 minutes. If you like them softer, let them braise for about 8 minutes.

When the beans have reached the desired tenderness, remove the lid and let the sauce cook down until it thickens a bit. Remove the pan from the heat and stir in the almonds, lime juice, and cilantro (if using).

YOU KNOW HOW YOU COULD DO THAT?

Replace green beans with leafy greens like kale, collards, or chard and increase cooking time to 10-12 minutes.

TASTES GREAT WITH

- GRILLED CHICKEN THIGHS, P. 29
- GINGER-LIME GRILLED SHRIMP, P. 75
- CITRUS CARNITAS, P. 95

NOTES

Should you find yourself lucky enough to have leftovers, you could treat yourself well by tossing the beans with thin slices of cooked beef, pork, or chicken.

.....

.....

.....

.....

.....

.....



FRUITS

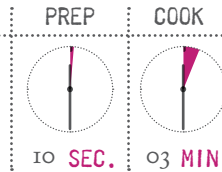
There is nothing wrong with a little something sweet from time to time.

Is a coconut a fruit, a nut, or a seed? It's all three. Botancially speaking, it's a drupe, a fruit with a stony covering that encloses the seed (like a peach).

And now, a coconut chip haiku:
Salty sweet and crisp
Not popcorn but paleo
Hail coconut chips

CARAMELIZED COCONUT CHIPS

MAKES 1 cup



Thursday nights in the Joulwan household, circa the 1980s, were “popcorn night.” In sixth grade, I wrote an ode to popcorn, such was my devotion to the salty snack. Even though it’s not on the paleo-approved menu, I still think of popcorn as my favorite food. These cinnamon-caramelized coconut chips do not taste like popcorn, but they do approximate the experience: the saltiness and mild sweetness, the blend of white and brown bits, and that ever-so-satisfying crunch.

INGREDIENTS

- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 cup unsweetened coconut flakes

DIRECTIONS

Mix the salt and cinnamon with a fork in a small ramekin and save for later. (The fun part!)

Heat a non-stick skillet over medium-high heat, about 2 minutes. Add the coconut flakes and distribute evenly, so they form a single layer in the bottom of the pan. Stir frequently. They begin to crisp and turn brown pretty quickly. This step takes only about 3 minutes, so pay attention! When the flakes have reached an appealing level of toastiness, remove the pan from the heat.

Sprinkle the hot coconut flakes with the salty cinnamon and toss until evenly seasoned. Transfer to a plate and allow them to cool in a single layer for maximum crunch. Store at room temp in an airtight container – if they last that long.

YOU KNOW HOW YOU COULD DO THAT?

Replace the cinnamon with one of these spices for international flair:

- INDIAN! 1/4 teaspoon curry powder
 - MOROCCAN! 1/4 teaspoon Ras el Hanout
 - GARLICKY! 1/4 teaspoon coarse (granulated) garlic powder
 - SOUTHWEST! 1/4 teaspoon chili powder + 1/4 teaspoon paprika
 - ASIAN! 1/4 teaspoon Chinese five-spice powder
- (Thanks for the tip, David “Chef” Wallach!)

TASTY IDEAS

Sprinkle the original flavor of coconut chips with abandon on other dishes:

- HOT PLATES, P. 35
- ROGAN JOSH, P. 85
- CAULIFLOWER RICE PILAF, P. 121
- COCONUT-ALMOND GREEN BEANS, P. 125
- BERRIES AND WHIPPED COCONUT CREAM, P. 149

NOTES

Enjoy a warming treat: Heat a cup of beef or chicken broth, add a crushed clove of garlic, and float a handful of Caramelized Coconut Chips on the top. Instant hug in a mug!

.....

.....

.....

.....

.....

.....

THE WELL FED TEAM



MELISSA JOULWAN
Well Fed Author

Surprisingly, Melissa Joulwan’s favorite vegetable is cabbage. Her favorite spice is cumin. Her favorite book is *Jane Eyre*. Her favorite city is Prague, and her favorite band is Social Distortion. You might have known all of that already if you follow her blog, The Clothes Make The Girl.

The Clothes Make the Girl is an unusual title for a blog that’s about her tales of triumph and failure in the gym, in the kitchen, in life. She admits to being a sucker for the perfect little black dress and stompy black boots and sparkly what-whats. She may have started the blog going one way and wound up in entirely another. She says that her desire to be fit and healthy is almost matched by her love of punk fashion and high glamour.

Well Fed is her second book. Her first is *Rollergirl: Totally True Tales from the Track*, a memoir of her experiences as one of the founders

of the Texas Rollergirls, the original Flat Track Roller Derby league. She has appeared on the Today Show and Good Morning America – in her roller skates and fishnets.

These days, she’s hung up her skates, and her workouts are just as likely to include yoga and meditation, as lifting heavy things and trying to stay ahead of the CrossFit stopwatch.

Her favorite *Well Fed* recipe is Bora Bora Fireballs because it came to her in a dream – but Olive Oil Mayo runs a close second because it’s so “spoonastically good.”



DAVID HUMPHREYS
Well Fed Photographer & Illustrator

David Humphreys has, at different times, been an editor, a programmer, a project manager, a people manager, an illustrator, a photographer, a musician, and a designer. And that was just during this *Well Fed* project.

Currently, Dave has 675 items on his Amazon wishlist, including books on creative writing, cartooning and visual storytelling, portrait photography, living abroad (particularly in Europe), music theory, poster design, religion, electronics, computer science, crime, and Keith Richards. He also reads fiction. Last novel read: *Galore* by Michael Crummey. (Which is fantastic; you should read it!)

He considers himself quite lucky to be living with celebrity chef and generally fantastic person, Melissa Joulwan, and the best cat in the round world, Smudge.

His favorite *Well Fed* recipe is the Chocolate Chili, which he swears he could eat every damn day.



ALISON FINNEY
Well Fed Copyeditor

Alison Finney is a writer, copyeditor, and content lover, who credits Essie’s many childhood tales of Toby the horse with her love of storytelling. Her work has appeared in *Texas Monthly*, *Austin Culture Map*, *Texas Tour and Meeting Guide*, and other Texas publications.

She grew up in the Texas Panhandle, where there were shootouts in the street every day at high noon and all food was served “plain and dry,” to her liking. But eventually, she made her way to Austin, and now calls the city home and asparagus a friend.

There’s an unbreakable tie between her two favorite *Well Fed* recipes: Peach Almond Crisp and Blue Ribbon Country Captain Chicken.



KATHLEEN SHANNON
Well Fed Graphic Designer

Kathleen Shannon is an ad agency senior art director turned freelancer turned brand consultant. She’s also a local-sustainable-square-foot-gardening foodie, with a lacy-layeredy-boyfriend-jean aesthetic and a style perspective that pervades everything from her

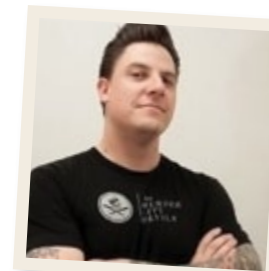
clothes, to her home, to her food. She’ll follow a whim from the foothills of Mount Everest to a reality show audition just to have a good story to tell. Her approach to capturing, shaping and sharing overlaps her profession, her life and her blog at www.jeremyandkathleen.blogspot.com.

Kathleen is currently building a business with her sister called Braid Creative & Consulting, where they share their expertise on branding and being creative professionals with the world.

Her favorite *Well Fed* recipe is the Best Stir-Fry Sauce Ever. She loves it so much, she would like to marry it.

NATHAN BLACK
Well Fed Team Photographer

Nathan Black is a photographer, stunt man, door guy, and drifter. Since 2006, he has been collecting photos of knuckle tattoos – and the tall tales behind them – at www.knuckletattoos.com. He recently began a portrait project awkwardly titled [iwanttotakebeautifulpicturesofyou.com](http://www.iwanttotakebeautifulpicturesofyou.com). He lives in East Austin with his three cats and two house mates.



His favorite *Well Fed* recipe is Pad Thai.

STEFANIE DISTEFANO
Well Fed Potter & Mosaic Artist

Stefanie is a potter, mosaic artist, and, perhaps, the very best kind of witch. Everything she touches in her pink-infused studio, known as FlamingO Ranch (www.flamingoranch.com), shimmers, glitters, shines, and glows. Her mosaics transform the mundane to the magical, and her handcrafted pottery graces the pages of *Well Fed*, as well as hundreds of stylish tabletops around the world.

She was mentored by the greatest mosaic artist on the east coast – Isaiah Zagar – and like her mentor, she is absolutely committed to and immersed in her art. You can see Stef’s made-with-love pottery in the photos on these pages: 65, 99, 113, 121, 139.



After fulfilling the challenging role of neighbor and taste tester, Stef has determined that her favorite *Well Fed* recipe is Carmelized Coconut Chips.

RECIPE INDEX

A

Almond Meal

- peach almond crisp, 151
- zucchini noodles aglio et olio, 133

Almonds

- asian chicken salad, 38
- berries and whipped coconut cream, 149
- berry crisp, 151
- blue ribbon country captain chicken, 107
- coconut almond green beans, 125
- curry rice, 121
- pad thai, 63
- peach almond crisp, 151
- pear crisp, 151
- rogan josh, 85

American Cuisine

- all-american salad plate, 38
- berries and whipped coconut cream, 149
- blue ribbon country captain chicken, 107
- chocolate chili, 73
- deconstructed hamburger salad, 38
- fried apples with bacon and pecans, 147
- hot plates, 35
- jicama home fries, 131
- jicama “potato” salad, 137
- mashed cauliflower, 113
- meat and spinach muffins, 105
- peach almond crisp, 151
- ranch dressing, 59
- roni’s creamy cucumbers, 135
- sweet mustard dressing, 59
- toasted onion nori chips, 129
- waldorf tuna salad, 67

Apples

- apple crisp, 151
- fried apples with bacon and pecans, 147
- waldorf tuna salad, 67

Apricots, Dried

- cauliflower rice pilaf, 121

Avocado

- avocado relish, 79
- avocado-salmon maki rolls, 81

Asian Cabbage Slaw, 81

Asian Cuisine

- asian chicken salad, 38

- asian cabbage slaw, 81
- asian tuna salad, 38
- bbq pork fried rice, 93
- best stir-fry sauce ever, 51
- caramelized coconut chips (*variation*), 153
- char siu (chinese bbq pork), 91
- egg foo yong, 87
- hot plates, 35
- maki rolls, 81
- meat and spinach muffins (*variation*), 105
- pad thai, 63
- scotch eggs (*variation*), 83
- secret spicy sauce, 87
- sesame-garlic nori chips, 129
- sunshine sauce, 45
- thai salad platter, 38

B

Baba Ghanoush, 139

- meatza pie, 77

Bacon!

- blue ribbon country captain chicken, 107
- fried apples with bacon and pecans, 147
- jicama “potato” salad, 137

Basil

- basil and walnut pesto, 53
- italian sausage and eggplant strata, 101

Basil and Walnut Pesto, 53

BBQ Pork Fried Rice, 93

Beef, Ground

- beef and home fries hash, 131
- chocolate chili, 73
- deconstructed hamburger salad, 38
- garlic-browned ground meat, 31
- hot plates, 35
- meat and spinach muffins, 105
- meatza pie, 77
- shepherd’s pie, 97

Beef, Stew Meat

- cinnamon beef stew with orange gremolata, 65
- rogan josh, 85

Bell Pepper, Green or Red

- confetti rice, 121
- maki rolls, 81
- steam-sauteéd veggies, 33

- turkish chopped salad, 141
- Berries and Whipped Coconut Cream, 149
- Berry Crisp, 151
- Best Chicken You Will Ever Eat, 69
- Best Stir-Fry Sauce Ever, 51
- Blackberry Crisp, 151
- Blue Ribbon Country Captain Chicken, 107
- Blueberry Crisp, 151
- Bok Choy**
 - steam-sauteéd veggies, 33
- Bora Bora Fireballs, 99
- British Cuisine**
 - scotch eggs, 83
 - shepherd’s pie, 97
- Brussels Sprouts**
 - steam-sauteéd veggies, 33
- Broccoli**
 - greek broccoli, 117
 - steam-sauteéd veggies, 33

C

Cabbage

- egg foo yong, 87
- steam-sauteéd veggies, 33

Caraway Seeds

- czech meatballs, 89
- meatza pie, 77

Caramelized Coconut Chips, 153

- berries and whipped coconut cream, 149

Carrots

- confetti rice, 121
- cumin-roasted carrots, 115
- sri lankan curry sauce, 57
- steam-sauteéd veggies, 33

Cashews

- pad thai, 63

Casseroles

- italian sausage and eggplant strata, 101
- shepherd’s pie, 97
- velvety butternut squash, 119

Cauliflower

- basic rice, 121
- cauliflower rice pilaf, 121
- cocoa-toasted cauliflower, 127
- confetti rice, 121

- curry rice, 121
- mashed cauliflower, 113
- shepherd’s pie, 97
- steam-sauteéd veggies, 33

Cauliflower Rice Pilaf, 121

Celery

- steam-sauteéd veggies, 33

Central European Cuisine

- czech meatballs, 89
- hot plates, 35

Chard

- steam-sauteéd veggies, 33

Char Siu (Chinese BBQ Pork), 91

- bbq pork fried rice, 93
- hot plates, 35

Cherry Crisp, 151

Chicken

- baked chicken thighs, 29
- best chicken you will ever eat, 69
- blue ribbon country captain chicken, 107
- egg foo yong, 87
- grilled chicken thighs, 29
- hot plates, 35
- pad thai, 63

Chili

- chocolate chili, 73

Chimichurri Sauce, 55

Chinese BBQ Pork (Char Siu), 91

Chinese Cuisine. *See Asian Cuisine.*

Chocolate!

- cocoa-toasted cauliflower, 127
- chocolate chili, 73

Chocolate Chili, 73

Cilantro

- moroccan dipping sauce, 55

Cinnamon Beef Stew with Orange Gremolata, 65

Citrus Carnitas, 95

Cocoa

- cocoa-toasted cauliflower, 127
- chocolate chili, 73

Cocoa-Toasted Cauliflower, 127

Coconut

- bora bora fireballs, 99
- caramelized coconut chips, 153
- sri lankan curry sauce, 57

Coconut-Almond Green Beans, 125

Coconut Milk

- berries and whipped coconut cream, 149
- coconut-almond green beans, 125
- creamy spice market kale, 111
- mashed cauliflower, 113
- rogan josh, 85
- sri lankan curry sauce, 57
- sunshine sauce, 45
- whipped coconut cream, 149

Collard Greens

- steam-sauteéd veggies, 33

Confetti Rice, 121

Cottage Pie, 97

Creamy Italian Dressing, 59

Creamy Spice Market Kale, 111

Cucumber

- french onion cucumbers, 135
- french-ish chopped salad, 141
- italian-ish chopped salad, 141
- maki rolls, 81
- middle eastern cucumbers, 135
- roni’s creamy cucumbers, 135
- turkish chopped salad, 141

Cumin-Roasted Carrots, 115

Curry

- curry rice, 121
- coconut-almond green beans, 125
- rogan josh, 85
- sri lankan curry sauce, 57

Czech Meatballs, 89

E

Eastern European Cuisine. *See Central European Cuisine.*

Egg Foo Yong, 87

Eggplant

- baba ghanoush, 139
- italian sausage and eggplant strata, 101
- steam-sauteéd veggies, 33

Eggs

- egg foo yong, 87
- jicama “potato” salad, 137
- machacado and eggs with avocado relish, 79
- meat and spinach muffins, 105
- olive oil mayo, 43

- scotch eggs, 83
- El Minzah Orange Salad, 143

F

Fennel

- el minzah orange salad, 143

French Cuisine

- french onion cucumbers, 135
- french-ish chopped salad, 141
- hot plates, 35

French Onion Cucumbers, 135

Fried Apples with Bacon and Pecans, 147

Fruit Crisp, 151

- apple crisp, 151
- berry crisp, 151
- cherry crisp, 151
- mango crisp, 151
- peach almond crisp, 151
- pear crisp, 151

G

Garlic-Browned Ground Meat, 31

Ginger-Lime Grilled Shrimp, 75

Greek Broccoli, 117

Greek Cuisine

- cinnamon beef stew with orange gremolata, 65
- greek broccoli, 117
- hot plates, 35
- meat and spinach muffins (*variation*), 105
- mediterranean parsley-mint pesto, 53

Green Beans

- coconut-almond green beans, 125
- steam-sauteéd veggies, 33

Grilled Chicken Thighs, 29

- egg foo yong, 87
- hot plates, 35
- pad thai, 63

H

Home Fries

- jicama home fries, 131
- beef and jicama home fries hash, 131

Hot Plates, 35

I

Indian Cuisine

- caramelized coconut chips, 153
- curry rice, 121
- hot plates, 35
- meat and spinach muffins (*variation*), 105
- mint chutney, 53
- rogan josh, 85
- scotch eggs (*variation*), 83
- shepherd’s pie (*variation*), 97
- sri lankan curry sauce, 57

Italian Cuisine

- basil and walnut pesto, 53
- creamy italian dressing, 59
- hot plates, 35
- italian salad platter, 38
- italian sausage and eggplant strata, 101
- italian sausage seasoning, 49
- italian-ish chopped salad, 141
- meat and spinach muffins (*variation*), 105
- meatza pie, 77
- pizza seasoning, 49
- scotch eggs (*variation*), 83
- shepherd’s pie (*variation*), 97
- zucchini noodles oglio et olio, 133
- Italian Sausage and Eggplant Strata, 101
- Italian Sausage Seasoning, 49**
 - hot plates, 35
 - meat and spinach muffins, 105
 - scotch eggs, 83

J

Japanese Cuisine. *See Asian Cuisine.*

Jicama

- jicama home fries, 131
- maki rolls, 81
- Jicama Home Fries, 131
- Jicama “Potato” Salad, 137

K

Kale

- basic kale, 111
- creamy spice market kale, 111
- steam-sauteéd veggies, 33

L

Lamb

- garlic-browned ground meat, 31
- hot plates, 35
- meat and spinach muffins, 105
- meatza pie, 77
- moroccan meatballs, 71
- rogan josh, 85
- shepherd’s pie, 97

Lemon Juice

- baba ghanoush, 139
- citrus carnitas, 95
- cumin-roasted carrots, 115
- moroccan dipping sauce, 55
- peach almond crisp, 151
- olive oil mayo, 43
- seasoning ideas, 38
- turkish chopped salad, 141

Lime Juice

- citrus carnitas, 95
- coconut-almond green beans, 125
- el minzah orange salad, 143
- ginger-lime grilled shrimp, 75
- pad thai, 63
- seasoning ideas, 38
- southwest cumin-lime dressing, 59
- sunshine sauce, 45

M

Macadamia Nuts

- mango crisp, 151
- Machacado and Eggs with Avocado Relish, 79

Maki Rolls, 81

- mango-shrimp rolls, 81
- avocado-salmon rolls, 81

Mango

- mango crisp, 151
- mango-shrimp maki rolls, 81

Mashed Cauliflower, 113

Mayonnaise

- creamy italian dressing, 59
- french onion cucumbers, 135
- jicama “potato” salad, 137
- mediterranean tuna salad, 67
- middle eastern cucumbers, 135
- middle eastern dressing, 59
- middle eastern tuna salad, 67
- olive oil mayo, 43

- ranch dressing, 59
- roni’s creamy cucumbers, 135
- secret spicy sauce, 87
- southwest cumin-lime dressing, 59
- sweet mustard dressing, 59
- tex-mex tuna salad, 67
- waldorf tuna salad, 67

Meat and Spinach Muffins, 105

Meatballs

- bora bora fireballs, 99
- czech meatballs, 89
- moroccan meatballs, 71

Meatza Pie, 77

Mediterranean Cuisine

- chimichurri sauce, 55
- cinnamon beef stew with orange gremolata, 65
- meat and spinach muffins (*variation*), 105
- mediterranean parsley-mint pesto, 53
- mediterranean tuna salad, 67
- turkish chopped salad, 141

Mediterranean Parsley-Mint Pesto, 53

Mediterranean Tuna Salad, 67

Middle Eastern Cuisine

- baba ghanoush, 139
- cauliflower rice pilaf, 121
- cumin-roasted carrots, 115
- hot plates, 35
- meat and spinach muffins (*variation*), 105
- middle eastern cucumbers, 135
- middle eastern dressing, 59
- middle eastern meze platter, 38
- middle eastern tuna salad, 67
- shepherd’s pie (*variation*), 97

Middle Eastern Cucumbers, 135

Middle Eastern Dressing, 59

Middle Eastern Tuna Salad, 67

Mint

- cumin-roasted carrots, 115
- el minzah orange salad, 143
- mediterranean parsley-mint pesto, 53
- mint chutney, 53

Mint Chutney, 53

Moroccan Cuisine

- best chicken you will ever eat, 69
- hot plates, 35
- meat and spinach muffins (*variation*), 105
- moroccan dipping sauce, 55
- moroccan meatballs, 71
- ras el hanout, 47

- salmon á l’afrique du nord, 103
- scotch eggs (*variation*), 83
- shepherd’s pie (*variation*), 97
- velvety butternut squash, 119

Moroccan Dipping Sauce, 55

Moroccan Meatballs, 71

Mustard

- czech meatballs, 89
- sweet mustard dressing, 59

Mustard Greens

- steam-sauteéd veggies, 33

N

Noodles

- roasted spaghetti squash, 123
- zucchini noodles aglio et olio, 133

Nori

- sesame-garlic nori chips, 129
- southwest nori chips, 129
- toasted onion nori chips, 129

Nuts. *See Almonds, Pecans, Macadamia Nuts, Pine Nuts, Pistachios, Walnuts.*

O

Olive Oil Mayo, 43

Olives

- el minzah orange salad, 143
- mediterranean tuna salad, 67
- turkish chopped salad, 141

Orange

- el minzah orange salad, 143
- orange gremolata, 65

Orange Juice

- best stir-fry sauce ever, 51
- salmon á l’afrique du nord, 103
- seasoning ideas, 38

P

Pad Thai, 63

Parsley

- chimichurri sauce, 55
- french onion cucumbers, 135
- greek broccoli, 117
- jicama home fries, 131
- magic of parsley, 38
- mediterranean parsley-mint pesto, 53
- middle eastern cucumbers, 135
- moroccan dipping sauce, 55

- orange gremolata, 65
- roni’s creamy cucumbers, 135
- turkish chopped salad, 141
- zucchini noodles aglio et olio, 133

Parsnips

- steam-sauteéd veggies, 33

Peach Almond Crisp, 151

Pear Crisp, 151

Pecans

- apple crisp, 151
- fried apples with bacon and pecans, 147
- strawberry crisp, 151
- velvety butternut squash, 119
- waldorf tuna salad, 67

Pepper, Bell, Green or Red. *See Bell Pepper.*

Pesto

- basil and walnut pesto, 53
- meatza pie, 77

Pineapple

- curry rice, 121
- bora bora fireballs, 99

Pine Nuts

- cauliflower rice pilaf, 121
- meatza pie, 77

Pizza Seasoning, 49

- hot plates, 35
- meat and spinach muffins, 105
- scotch eggs, 83

Pork

- bora bora fireballs, 99
- char siu (chinese bbq pork), 91
- citrus carnitas, 95
- czech meatballs, 89
- garlic-browned ground meat, 31
- hot plates, 35
- italian sausage and eggplant strata, 101
- meatza pie, 77

R

Radishes

- turkish chopped salad, 141

Ranch Dressing, 59

Ras El Hanout, 47

- caramelized coconut chips, 153
- creamy spice market kale, 111
- hot plates, 35
- meat and spinach muffins, 105
- scotch eggs, 83
- velvety butternut squash, 119

Raspberry Crisp, 151

Roasted Spaghetti Squash, 123

Rogan Josh, 85

Roni’s Creamy Cucumbers, 135

S

Salads

- all-american salad plate, 38
- asian cabbage slaw, 81
- asian chicken salad, 38
- asian tuna salad, 38
- cool salads, 38
- deconstructed hamburger salad, 38
- el minzah orange salad, 143
- italian antipasto platter, 38
- mediterranean tuna salad, 67
- middle eastern meze platter, 38
- middle eastern tuna salad, 67
- roni’s creamy cucumbers, 135
- tex-mex tuna salad, 67
- thai salad platter, 38
- turkish chopped salad, 141
- waldorf tuna salad, 67

Salad Dressings

- creamy italian dressing, 59
- middle eastern dressing, 59
- ranch dressing, 59
- southwest cumin-lime dressing, 59
- sweet mustard dressing, 59
- tahini dressing, 139

Salmon

- avocado-salmon maki rolls, 81
- salmon á l’afrique du nord, 103

Salmon á L’Afrique du Nord, 103

Sauces

- basil and walnut pesto, 53
- best stir-fry sauce ever, 51
- chimichurri sauce, 55
- creamy italian dressing, 59
- mediterranean parsley-mint pesto, 53
- middle eastern dressing, 59
- mint chutney, 53
- moroccan dipping sauce, 55
- ranch dressing, 59
- secret spicy sauce, 87
- southwest cumin-lime dressing, 59
- sri lankan curry sauce, 57
- sunshine sauce, 45
- sweet mustard dressing, 59

tahini dressing, 139

Scotch Eggs, 83

Seasonings

best chicken you will ever eat, 69

italian sausage seasoning, 49

pizza seasoning, 49

ras el hanout, 47

rogan josh spice blend, 85

Secret Spicy Sauce, 87

Sesame-Garlic Nori Chips, 129

Sesame Seeds

baba ghanoush, 139

bbq pork fried rice, 93

meatza pie, 77

sesame-garlic nori chips, 129

Sesame Oil

bbq pork fried rice, 93

sesame-garlic nori chips, 129

Shepherd’s Pie, 97

Shrimp

ginger-lime grilled shrimp, 75

mango-shrimp maki rolls, 81

Southwest Cuisine. *See Tex-Mex Cuisine.*

Southwest Cumin-Lime Dressing, 59

Southwest Nori Chips, 129

Snap Peas

pad thai, 63

Spinach

meat and spinach muffins, 105

Squash, Butternut

velvety butternut squash, 119

Squash, Spaghetti

pad thai, 63

roasted spaghetti squash, 123

Squash, Summer (Yellow)

steam-sauteéd veggies, 33

Sri Lankan Curry Sauce, 57

Steam-Sauteéd Veggies, 33

Stews

chocolate chili, 73

cinnamon beef stew with orange gremolata, 65

rogan josh, 85

Strawberry Crisp, 151

String Beans

steam-sauteéd veggies, 33

Sunbutter

pad thai, 63

sunshine sauce, 45

Sunshine Sauce, 45

meatza pie, 77

pad thai, 63

Sushi

mango-shrimp maki rolls, 81

avocado-salmon maki rolls, 81

Sweet Mustard Dressing, 59

T

Tahini

baba ghanoush, 139

tahini dressing, 139

Tahini Dressing, 139

Tex-Mex Cuisine

caramelized coconut chips (*variation*), 153

citrus carnitas, 95

meat and spinach muffins (*variation*), 105

ranch dressing, 59

scotch eggs (*variation*), 83

shepherd’s pie (*variation*), 97

southwest cumin-lime dressing, 59

southwest nori chips, 129

tex-mex tuna salad, 67

Tex-Mex Tuna Salad, 67

Thai Cuisine. *See Asian Cuisine.*

Toasted Onion Nori Chips, 129

Tomato Paste

char siu (chinese bbq pork), 91

chocolate chili, 73

meatza pie, 77

moroccan meatballs, 71

shepherd’s pie, 97

Tomatoes, canned

chocolate chili, 73

italian sausage and eggplant strata, 101

Tomatoes, fresh

greek broccoli, 117

turkish chopped salad, 141

Tropical Cuisine

bora bora fireballs, 99

caramelized coconut chips, 153

coconut-almond green beans, 125

ginger-lime grilled shrimp, 75

mango crisp, 151

Tuna

asian tuna salad, 38

mediterranean tuna salad, 67

middle eastern tuna salad, 67

tex-mex tuna salad, 67

waldorf tuna salad, 67

Turkey, Ground

garlic-browned ground meat, 31

hot plates, 35

Turkish Chopped Salad, 141

Turnip Greens

steam-sauteéd veggies, 33

V

Velvety Butternut Squash, 119

W

Waldorf Tuna Salad, 67

Walnuts

basil and walnut pesto, 53

pear crisp, 151

Z

Zucchini

steam-sauteéd veggies, 33

zucchini noodles aglio et olio, 133

Zucchini Noodles Aglio et Olio, 133



Most lamb in the U.S. comes from Australia. G'day, mate!



*This is what it looks
like to be Well Fed.*

