



[LivFit]

“Friendly Fall Cooking”

[Core] Chiropractic and Wellness
www.CoreRoanoke.com

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Breakfast Foods

Pumpkin Pancakes

- 2.1 ounces tapioca flour (about 1/2 cup)
- 1.3 ounces white rice flour (about 1/4 cup)
- 1 ounce stone-ground whole-grain corn flour (about 1/4 cup)
- 2 tablespoons brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/2 cup canned pumpkin
- 1/4 cup vanilla almond milk
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract
- 2 large eggs
- 1/2 cup maple syrup

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, brown sugar, and next 4 ingredients (through allspice) in a medium bowl; stir with a whisk. Combine pumpkin, almond milk, oil, vanilla, and eggs; stir with a whisk. Add to flour mixture, stirring until smooth.
2. Heat a nonstick griddle or large nonstick skillet over medium heat. Pour 2 tablespoons batter per pancake onto pan; cook 1 to 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 to 2 minutes or until bottoms are lightly browned. Serve with maple syrup.

Akooori Scrambled Eggs

- 8 eggs (preferably free-range, organic)
- 1 1/2 cups shrimp, cooked and peeled
- 3/4 teaspoon salt
- 3 Tablespoons coconut milk
- 2 Tablespoons lard*
- 6 green onions, chopped
- 3 green chili peppers, seeded and chopped
- 1 teaspoon fresh ginger, grated
- 1/4 teaspoon turmeric
- 3 Tablespoons cilantro, chopped
- 2 tomatoes, diced
- 1/4 teaspoon cumin
- cilantro leaves, for garnish

Beat eggs with coconut milk and salt. Set aside.

Heat lard in a sauté pan. Add green onions, chilies, and ginger, and cook at a medium heat until soft. Add turmeric, chopped cilantro, tomatoes, cumin, and sauté for 2 minutes.

Reduce heat to low and add the egg/shrimp mixture, using a wooden spoon to gently scrape from the

bottom of the pan. Cook slowly until the eggs set. While still creamy and moist, turn out the scrambled eggs onto a serving dish and garnish with a few cilantro leaves.

Power Bagel

- 1 Whole-grain bagel or English Muffin
- ¼ cup of smashed avocado
- 1 hard-boiled egg sliced

Top bagel with mashed avocado and sliced hard-boiled egg.

Avocado and Pineapple Smoothie

- 1 large, ripe avocado, peeled, pitted, and coarsely chopped
- 1 1/2 cups pineapple chunks, fresh or frozen
- 1 egg yolk (preferably free-range, organic)
- 1 cup coconut milk
- 2 teaspoons lime juice
- 2 ice cubes (can be eliminated if using frozen pineapple)
- 1 Scoop of Vanilla Whey Protein

Purée all ingredients (except ice cubes) in a blender until smooth. Add ice cubes if desired.

Blueberry and Macademia Nut Smoothie

- 1 cup of blueberries, fresh or frozen
- 1/2 cup of macadamia nuts, preferably soaked for 8 hours
- 1 cup almond milk
- 1/2 cup coconut milk
- 1 egg yolk (optional, preferably free-range and organic)
- 1 Scoop of vanilla whey protein

Purée all ingredients in a blender until smooth. If the smoothie is thicker than desired, add additional almond or coconut milk.

Starters and Salads

Pear, Beet, and Gorgonzola Salad

- 2 peeled beets
- 4 cups thinly sliced, firm Bosc pears
- 1 tablespoon lemon juice
- 4 ounces crumbled Gorgonzola or blue cheese
- 1/4 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons Dijon mustard
- 1 large shallot, peeled and chopped
- 1 (5-ounce) bag spring-greens mix

1. Preheat oven to 350°.
2. Wash beets, leaving wet, and wrap individually in foil. Arrange beets in roasting pan or on baking sheet; bake 90 minutes or until tender (poke a thin-bladed knife through foil to test). Cool in foil. (To cook on stovetop, place beets in saucepan and cover with water; bring to a boil and cook over medium heat until tender. Cool. This takes less time than baking--45 minutes to an hour.) Dice beets.
3. Toss pears with lemon juice in a small bowl; cover, and refrigerate up to 2 hours. Place diced roasted beets and cheese in 2 separate bowls; cover, and refrigerate up to 2 hours.
4. Combine oil and next 5 ingredients in a bowl, stirring with whisk.
5. Remove pears, beets, and cheese from refrigerator 15 minutes before serving; bring to room temperature.
6. Place greens in a bowl; top with pears, beets, and cheese, and drizzle with vinaigrette.

Apple Almond Crunch Salad

- 1 (10 oz.) package mixed salad greens
- 1/2 cup slivered almonds
- 1/2 cup crumbled feta cheese
- 1 cup tart apple, cored and chopped
- 1/4 cup sliced red onion
- 1/4 cup golden raisins

In large salad bowl, combine the salad greens, almonds, feta cheese, apple, red onion, and raisins. Toss to blend. Apply salad dressing of choice to individual servings.

Kale, Quinoa, and Avocado Salad

- 2/3 cup quinoa
- 1 1/3 cups water
- 1 bunch kale, torn into bite-sized pieces
- 1/2 avocado –peeled, pitted, and diced
- 1/2 chopped cucumber
- 1/3 cup chopped red bell pepper
- 2 tablespoons chopped red onion
- 1 tablespoon crumbled feta cheese

Dressing

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 1/2 tablespoons Dijon mustard
- 3/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper

1. Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.
3. Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.

Main Dishes

Stuffed Butternut Squash with Chicken and Quinoa

- Cooking Spray
- 2 cups Quinoa
- 1 teaspoon ground cumin
- 2 large butternut squash, cut in half lengthwise
- 2 cooked chicken breast halves, diced
- ½ cup sour cream
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- Salt and pepper
- ½ cup crumbled goat cheese

Preheat oven to 400 degrees

Coat a shallow cooking pan with the cooking spray

Cook quinoa according to directions adding the cumin when you add the quinoa to the water

Scoop out the seeds of the squash and place face down on a glass baking dish. Cover with plastic wrap and microwave on high for 5 minutes.

Add the chicken, sour cream, parsley, and chives to the quinoa after it has finished cooking and stir well. Spoon the mixture on top of the cooked squash halves after the squash has been placed in the prepared shallow cooking pan. Top each with goat cheese and return to the oven for 10-12 minutes for cheese to brown. Serve and enjoy.

Pecan Crusted Chicken

- 4 boneless, skinless chicken breasts, (1-1 ¼ pounds), trimmed (see Tip)
- 1/2 cup pecan halves or pieces
- 1/4 cup plain breadcrumbs
- 1 1/2 teaspoons freshly grated orange zest
- 1/2 teaspoon salt
- 1/4 teaspoon ground chipotle pepper,
- 1 large eggwhite
- 2 tablespoons water
- 1 tablespoon coconut oil, divided

Working with one piece of chicken at a time, place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even 1/4-inch thickness.

1. Place pecans, breadcrumbs, orange zest, salt and ground chipotle in a food processor and pulse until the pecans are finely ground. Transfer the mixture to a shallow dish. Whisk egg white and water in a shallow dish until combined. Dip each chicken breast in the egg-white mixture, then dredge both sides in the pecan mixture.
2. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. Carefully wipe out the pan with a paper towel and add the remaining oil. Cook the remaining chicken, adjusting the heat as needed to prevent scorching. Serve immediately.

Honey and Ginger Salmon

- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions
- 1 teaspoon toasted sesame seeds

Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.

Preheat broiler. Line a small baking pan with foil and coat with cooking spray.

Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Tips:

How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Apple Thyme Pork Chops

- 3/4 cup reduced-sodium chicken broth, divided
- 2 teaspoons cornstarch
- 2 teaspoons coconut oil
- 4 4-ounce boneless pork chops, 1/2 inch thick, trimmed of fat
- 1 small onion, sliced
- 1 tart apple, such as Granny Smith, peeled and sliced
- 1/4 cup apple cider, or apple juice
- 2 teaspoons Dijon mustard
- 1/4 teaspoon dried thyme

Mix 2 tablespoons broth and cornstarch in a small bowl.

Heat oil in a large nonstick skillet over high heat. Add chops and cook until browned, 2 to 3 minutes per side. Transfer to a plate.

Reduce heat to medium-high and add onion to the pan. Cook, stirring often, until it starts to soften and brown, 2 to 3 minutes. Add apple and cook, stirring often, until tender, 3 to 5 minutes. Stir in the remaining broth, cider (or juice), mustard, thyme and the cornstarch mixture. Bring to a boil, stirring, until thickened and glossy, about 1 minute. Return the chops to the pan and heat through. Serve immediately.

Coffee Braised Pot Roast

- 1 4-pound beef chuck roast
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil, divided
- 2 large onions, halved and thinly sliced (4 cups)
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 3/4 cup strong brewed coffee
- 2 tablespoons balsamic vinegar
- 2 tablespoons cornstarch mixed with 2 tablespoons water

Preheat oven to 300°F.

Season beef with salt and pepper. Heat 2 teaspoons oil in a Dutch oven or soup pot over medium-high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate.

Add the remaining 2 teaspoons oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme; cook, stirring, for 1 minute. Stir in coffee and vinegar; bring to a simmer. Return the beef to the pot and spoon some onions over it. Cover and transfer to the oven.

Braise the beef in the oven until fork-tender but not falling apart, 2 1/2 to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.

Meanwhile, skim fat from the braising liquid; bring to a boil over medium-high heat. Add the cornstarch mixture and cook, whisking, until the gravy thickens slightly, about 1 minute. Season with pepper. Carve the beef and serve with gravy.

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.
- **Slow-Cooker Variation:** In Step 2, transfer the browned beef to a slow cooker. In Step 3, use just 1/2 cup coffee. Add the onion mixture to the slow cooker. In Step 4, cover and cook until beef is tender, 4 1/2 to 5 hours on High or 7 to 8 hours on Low. In Step 5, pour the liquid into a medium saucepan and continue as directed.

Blackened Salmon with Broccoli

- 4 (6-ounce) skinless salmon fillets
- 1 tablespoon Cajun seasoning or blackened spice mix
- 1 bunch broccoli rabe (about 1 pound)
- 1/2 cup water
- 1 tablespoon olive oil
- 2 shallots, sliced
- 1/4 teaspoon kosher salt
- 1/4 cup golden raisins
- 1 lemon, cut into wedges

1. Heat a large skillet over medium heat. Coat both sides of each salmon fillet evenly with seasoning; cover and cook for 3–4 minutes per side or until opaque throughout and blackened.
2. Meanwhile, in another skillet, bring the broccoli rabe and 1/2 cup water to a simmer. Cover and cook, tossing occasionally, for 3–4 minutes or until tender; drain and transfer to a plate.
3. Wipe out the second skillet, and heat oil over medium heat. Add the shallots and salt, and cook for about 3 minutes or until softened. Mix in the raisins and broccoli rabe. Serve with the salmon and lemon wedges.

Roast Chicken and Sweet Potatoes

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.

1. Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
2. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
3. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

Apple and Butternut Squash Soup

- 1 tablespoon olive oil
- 2 pounds butternut squash, halved and seeded
- 3/4 pound Granny Smith apples, peeled, cored, and cut into eighths, plus more for garnish
- 2 onions, cut into wedges
- 2 3/4 cups quartered shiitake mushroom caps
- 3 cups low-sodium chicken broth
- 1/4 cup finely grated Parmesan cheese
- 2 garlic cloves, finely chopped
- 2 tablespoons pine nuts, toasted

1. Preheat oven to 400°. Spread oil in a 9- x 13-inch baking dish; place squash on half of pan, cut sides down. Arrange apples, onions, and mushrooms in 1 layer on other half of pan. Roast in middle of oven 45 minutes or until tender.

2. Remove from oven. Turn squash cut side up to cool. When cool enough to handle, purée squash in a food processor in batches with broth, Parmesan, garlic, half of the onions and apples, and three-fourths of the mushrooms until smooth. Transfer purée to a large saucepan.

3. Add remaining roasted apples and onions to pan with 1 cup water to reach desired consistency. Bring to a simmer. Ladle into 4 bowls, garnish with apple slices, remaining mushrooms, and pine nuts. Serve immediately.

Time-saver alert: Make a double batch of this soup and freeze in an airtight container for up to three months. Just thaw, heat, and serve for a last-minute dinner.

Roasted Chicken and Root Vegetables

- 1 pound turnips, peeled and cut into 1/2-inch chunks
- 1 pound [baby](#) potatoes, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon chopped fresh marjoram or 1 tsp dried
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/4 cup all-purpose flour
- 1 cup reduced-sodium chicken broth
- 2 bone-in chicken breasts (12 ounces each), skin and fat removed, cut in half crosswise
- 1 large shallot, chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons red- or white-wine vinegar

Preheat oven to 500°F.

1. Toss turnips, potatoes, 1 tablespoon oil, marjoram, 1/2 teaspoon salt and 1/4 teaspoon pepper together in a medium bowl. Spread in an even layer on a large baking sheet. Roast for 15 minutes.
2. Meanwhile, place flour in a shallow dish. Transfer 2 teaspoons of the flour to a small bowl and whisk in broth; set aside. Season chicken with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Dredge the chicken in the flour, shaking off excess. (Discard any leftover flour.)
3. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the chicken, skinned-side down, and cook until well browned on the bottom, about 5 minutes. Remove from the heat.
4. After the vegetables have been roasting for 15 minutes, stir them and place one piece of chicken, skinned-side up, in each corner of the baking sheet. (Set the skillet aside.) Return the vegetables and chicken to the oven and roast until the chicken is cooked through and the vegetables are tender, about 20 minutes more.
5. When the chicken and vegetables have about 10 minutes left, return the skillet to medium heat. Add shallot and cook, stirring, until fragrant, about 1 minute. Whisk the reserved broth mixture again, add to the pan and bring to a boil. Cook, stirring occasionally, until reduced by about half, about 8 minutes. Stir in mustard and vinegar. Serve the chicken and vegetables with the sauce.

Side Dishes

Spicy Sweet Potato Wedges

- 6 medium sweet potatoes (about 2 1/4 pounds)
- Cooking spray
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon black pepper

Preheat oven to 500°.

Peel potatoes; cut each lengthwise into quarters. Place potatoes in a large bowl; coat with cooking spray. Combine sugar, salt, and peppers, and sprinkle over potatoes, tossing well to coat. Arrange potatoes, cut sides down, in a single layer on a baking sheet. Bake at 500° for 10 minutes; turn wedges over. Bake an additional 10 minutes or until tender and beginning to brown.

Roasted Cardamom Carrots

- 4 teaspoons butter, melted
- 2 teaspoons canola oil
- 1 teaspoon ground cardamom
- 1/2 teaspoon salt
- 2 pounds carrots, peeled and cut diagonally into 1/4-inch-thick slices

Position rack in lower third of oven; preheat to 450°.

Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 30 minutes. Serve immediately.

Broccoli with Lemon Almond Butter

- 1 head fresh broccoli, cut into florets
- 1/4 cup butter, melted
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/4 cup blanched slivered almonds

Steam or boil broccoli until tender, approximately 4 to 8 minutes. Drain.

In a small saucepan, melt butter over medium low heat. Remove from heat. Stir in lemon juice, lemon zest, and almonds. Pour over hot broccoli, and serve.

Autumn Roasted Vegetable Melody

- 2 c Brussels sprouts
- 1 butternut squash, medium sized (its ok if it varies, the bigger the better I say!)
- 5 slices bacon, chopped
- 1 onion, chopped
- 1/4 c raisins
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp salt
- 1 tsp garlic powder

1. Preheat oven to 400 degrees. Fill a medium bowl with warm water and set your Brussels sprouts in there to soak for 10 minutes. While soaking:
2. Using a vegetable peeler, peel the butternut squash. After peeling, chop into 1/2 inch cubes. (It's easier to chop after peeling).
3. Place cubes in a roasting dish (9x12). Chop onion and place in dish as well. Chop up bacon and add it too. Finally, add the raisins and brussel sprouts.
4. Combine the balsamic vinegar, oil, and spices in a small dish and pour over vegetables. Mix with hands to ensure everything is covered. Bake in 400 degree oven, mixing every 20 minutes, for 60 – 70 minutes total.

Spinach with Apples and Pine Nuts

- 2 tablespoons olive oil
- 2 cloves garlic, slivered
- 2 tablespoons pine nuts
- 1 apple- peeled, cored and chopped
- 1 (10 oz.) bag fresh spinach
- Sea salt and ground black pepper to taste

Heat the olive oil in a large skillet or wok over low heat. Add the garlic, pine nuts, and apple; cook until the nuts and garlic are golden and the apple is just soft, 3 to 5 minutes.

Increase the heat to medium, and add the spinach to the skillet. Stir and cook another 2 to 3 minutes. Season with salt and pepper to taste.

Desserts

Apple Torte Bake

Crust

- 1 cup white whole-wheat or all-purpose flour
- 1/2 cup sliced almonds
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 6 tablespoons cold unsalted butter, cut in small pieces
- 1 large egg yolk
- 1/2 teaspoon vanilla

Filling

- 1 large egg
- 8 ounces reduced-fat cream cheese, at room temperature
- 1/4 cup sugar
- 3/4 teaspoon vanilla extract

Topping

- 4 cups peeled and thinly sliced McIntosh apples
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/4 cup sliced almonds

Preheat oven to 400°F.

1. To prepare crust: Pulse flour, almonds, sugar and salt in a food processor, using about 10 one-second pulses, until combined. With the motor running, add butter, a few pieces at a time, until combined. Add egg yolk and vanilla and process until evenly combined (the mixture will look like wet sand). Pat the crust into the bottom of a 9-inch springform pan and about 1 inch up the sides.
2. To prepare filling: Wipe out the food processor. Add egg, cream cheese, sugar and vanilla; process until smooth. Spread into the crust.
3. To prepare topping: Toss apples, sugar and cinnamon in a bowl until combined. Spoon over the filling, pressing gently. Top with almonds.
4. Bake the torte for 15 minutes.
5. Reduce oven temperature to 350°. Continue baking until set around the edges and just a bit jiggly in the center, 20 to 25 minutes more.
6. Let cool on a wire rack for 15 minutes. Run a knife around the edges, remove the pan sides and let cool completely, about 1 hour. Refrigerate until cold, at least 2 hours or up to 8 hours, before serving.

Pumpkin Cheesecake

- 1 ½ cups of crushed graham crackers
- 5 tablespoons of butter melted
- 3 packages of cream cheese softened
- 1 teaspoon of vanilla
- ¾ cup of sucanat plus 1 teaspoon
- 1 can pumpkin
- 3 eggs
- ½ teaspoon of cinnamon
- ¼ teaspoon of nutmeg
- ¼ teaspoon of allspice

Mix in large bowl the crushed graham crackers and extra teaspoon of sucanat. Add the melted butter until well mixed. Pat the mixture into a spring form pan over the bottom and half-way up the sides. Bake at 350 degrees for 5 minutes.

In another large bowl add the cream cheese, vanilla, and sucanat. Mix until smooth. Add all other ingredients and mix well. Pour mixture into the baked crust and bake for 60-70minutes. The top will become a bit darker when baked. Cool to room temperature and then refrigerate.