



Commit to Change, Martha's Vineyard, March 29-31, 2019

What we ate:

Friday night

Three Dips with Crudités: cauliflower, radishes, peas, cucumbers, endive, radicchio

Sautéed Dandelion & Spicy Onions with Sweet Potato Croutons

Lamb Balls Tagine with Preserved Lemons and Olives, served on Cauliflower Rice

Saturday morning

Avocado Spinach Breakfast Potassium Pudding

Medium Boiled Eggs

Bone Broth

Saturday lunch

Cobb Salad

Spinach Soup with Tahini

Saturday night

Liver with Endive

Calanari with Greens on Artichoke Purée

Romaine Salad with Tomatoes, Parsley Lemon Dressing & Goat Cheese with Sweet Potato Croutons

Sunday morning

Bone Broth and Eggs

Recipes:

Dips and Spreads

These are great with vegetables as a dip or as a spread on a lettuce leaf with your favorite “sandwich” makings. (Think Cauliflower Dip with sautéed eggplant slices and herby chimichurri.)

Cauliflower Dip

1 whole cauliflower, cut into florets and steamed
½ cup cream or yogurt
2 tablespoons apple cider vinegar
2 tablespoons hemp seeds
1 teaspoon Dijon mustard
1 clove minced garlic
2 tablespoons fresh chives
Salt and cayenne pepper to taste

Put all in a food processor or blender and blend well.
Serve with vegetables.

Herbed Sunflower Seed Spread or Dip

2 cup hulled sunflower seeds, soaked for 1-2 hours and drained
1 clove garlic
2 tablespoons white wine vinegar
2 tablespoon lemon juice, plus zest
1 cup water (more as needed)
Handful of fresh herbs - basil, mint or dill

Blend sunflower seeds, garlic, vinegar, lemon juice, lemon zest, water and salt until smooth. Add herbs and blend again. Chill until ready to use.
Store sunflower spread in the fridge for up to four days.

Jerusalem Artichoke Puree/Dip

2½ pounds Jerusalem artichokes (also called sunchokes)
2 cups heavy whipping cream
Coarse kosher salt

Working with 1 artichoke at a time, peel and cut into 1/2-inch cubes and place in bowl of water with lemon to prevent browning.
Place cream in large saucepan. Drain artichokes and add to pan with cream. Bring to boil, reduce heat to medium and simmer covered until artichokes are tender, adding water if dry and artichokes are not yet tender, about 25 minutes. Puree in processor. Season with coarse salt and pepper.
Cover; chill. Serve warm with drizzle of olive oil and chopped chives.
Can be made 1 day ahead.

Soups

Greek Lemon Soup

8 cups homemade chicken stock, divided
2 teaspoons kosher salt
1 teaspoon white pepper
4 organic pastured eggs, room temperature, whites and yolks separated
Juice of 3 large lemons
¼ cup finely chopped fresh dill
1 dill sprig per serving, or fresh thyme, mint, or chives.

Bring stock to a boil in a large saucepan. Lower heat to a simmer.
Beat egg whites in a medium-size bowl until soft peaks form.
Beat in the egg yolks and lemon juice.
Pour 2 cups of reserved hot stock slowly into the lemon and egg mixture, whisking continuously until all is incorporated. Return soup to medium-low heat and whisk in lemon-egg mixture. Add chicken stock back into the soup and simmer until thickened slightly, about 20 minutes.

To serve the soup, ladle into warm bowls and garnish with white pepper, chopped dill, a dill sprig, and sliced lemon.

Jerusalem Artichoke Soup

3 leeks, white and pale green parts, rinsed and finely chopped
½ cup finely chopped white onion
2 lbs. Jerusalem artichokes, peeled and rinsed
5 cups water or vegetable stock
1 teaspoon sea salt

Crispy Sage Leaves

1 tablespoon extra-virgin olive oil
8 to 12 fresh sage leaves

Heat the olive oil in a soup pot over medium heat. Add the leek and onion and sauté until softened, about 5 minutes. Add the Jerusalem artichokes, water and salt and bring to a boil. Decrease the heat, cover and simmer until the artichokes are tender, about 30 minutes.

Remove from the heat and let cool. Transfer the mixture to a blender and process until smooth. Taste and adjust the seasonings if necessary. Gently reheat before serving.

To crisp the sage leaves, heat the olive oil in a small sauté pan over medium heat. Add the sage leaves and sauté until just crisp, about 2 minutes. Drain on paper towels. Garnish each serving of soup with a couple of the sage leaves.

Jerusalem Artichoke and Truffle Soup

1 ½ pounds Jerusalem artichokes
Juice of ½ lemon
2 shallots, roughly chopped
2 cloves garlic, roughly chopped
1 baking potato, peeled and chopped into chunks
6 cups chicken stock
1 tablespoon white truffle oil, plus more to taste

Peel the Jerusalem artichokes with a vegetable peeler. Save the peels. Cut each artichoke tube into thirds. Put the prepared artichokes into a bowl filled with water and the lemon juice.

Put the artichoke peels into the chicken broth and simmer for 2 minutes.

Remove and discard the peels, saving the stock.

In a clean soup pot over medium-high heat, sauté the shallot and garlic in 1 tablespoon truffle oil for just a moment. Add in the potato chunks and the chopped artichoke pieces, then pour in the chicken broth and bring just to a simmer. Cook for 20 to 30 minutes, until the vegetables are very soft. Puree with an immersion blender, or mash with a potato masher for a chunkier version. Taste and adjust seasoning with salt, if desired. Ladle the soup into warm bowls and drizzle with truffle oil.

Spinach with Tahini Soup

For the sauce:

¼ cup well-stirred tahini
¼ cup freshly squeezed lemon juice
1 large clove garlic, finely grated or pounded to a smooth paste
¾ teaspoon fine sea salt
½ teaspoon ground cumin
½ teaspoon red-pepper flakes

For the soup:

7 cups chicken stock, preferably homemade
1 lb. baby spinach (about 12 packed cups)
1 bunch dandelion greens
4 cups roughly chopped cilantro (from 2 large bunches)
¼ cup well-stirred tahini
2 teaspoons sea salt
2 tablespoons freshly squeezed lemon juice, plus more if needed

Combine tahini, lemon juice, garlic, salt, cumin and red-pepper flakes with 2 tablespoons water in a medium bowl. Whisk until smooth, adding more water as needed to achieve a drizzle-able consistency, and set aside

Add stock to a heavy pot and bring to a simmer over high heat. Stir in spinach, cilantro, tahini and salt, and return to a boil. Turn off heat and stir in lemon

juice. Use an immersion blender to purée soup. Taste and adjust seasoning with more salt and lemon if desired.
Serve soup immediately, and drizzle with tahini sauce.

Greens and Salads

Dandelion Greens and Spicy Onions

Dandelions are one of the first greens to appear in the spring. Their bitterness and greens is a welcomed change after a winter of roots and meats! The dandelions used in these recipes are long, dark green leaves that are available in supermarkets. Chicory, escarole and nettles are a great substitute when you can't find dandelion greens.

Cooking the greens in water first is a crucial step, to take off the bitter edge. Onion, leeks and garlic with touch of crushed red pepper then make them super tasty. Try a squeeze of lemon just before serving.

This will make enough for a few days. Throw the cooked greens into the blender for a smoothie ingredient, or serve with a protein like eggs.

4 pounds dandelion greens (separate the stems from the leaves, as they cook differently)
½ cup extra-virgin olive oil
2 large onions, halved and thinly sliced
1 leek, cut into small pieces
6 large garlic cloves, coarsely chopped
½ teaspoon crushed red pepper

Cook greens in 3 batches in an 8-quart pot of well-salted boiling water. The leaves will take about 6 minutes, the stems about 8 minutes. Scoop out each batch of greens with a skimmer as they're ready, put into a colander and rinse under cold water to stop the cooking. Drain well, gently pressing out excess water, and transfer to a bowl.

Heat oil in a pot over medium heat and add the leeks, onions with garlic and salt (to taste). Cook until just ready —do not brown. Add the crushed red pepper.

Remove all but 2 tablespoons of the mixture from the pot and set aside in a bowl. In batches, cook the greens in the remaining oil mixture, stirring for about 3-4 minutes. Each time, start with a little bit of olive/onion mixture and cook 3-4 minutes. Transfer dandelion green mixture to a dish and drizzle with additional onion/oil mixture if needed before serving.

Avocado Spinach Potassium Breakfast Pudding

This makes a super thick smoothie you can eat with a spoon, so we call it pudding. This makes enough for two and can easily replace a lunch! Here we provide the amount of potassium next to each item, as reminder to target 6000 mg of potassium each day. (The pudding totals 1,700 mg.)

Romaine lettuce is the nutritional powerhouse of lettuces. Use the outer, dark, thick-stalked leaves for smoothies and puddings.

- 1 avocado (700 mg potassium)
- 4 leaves romaine lettuce
- 2 cups wilted raw spinach or arugula (335 mg potassium)
- ½ cup cashews, soaked 1-2 hours or overnight (420 mg potassium)
- 1 whole lime, with skin cut into pieces (68 mg potassium, plus great soluble fiber in the skin)
- 4 drops of sweetener: stevia or your choice
- ½ cup coconut milk (290 mg potassium)
- ½ cup water

Add all to a blender and blend until smooth.

Cobb Salad

- 3-4 slices bacon, cut in half
- 1 handful of blanched green beans
- ½ head radicchio
- 4 leaves romaine
- 2 ounces feta or blue cheese, broken into pieces
- 1 handful of cherry tomatoes, cut in half
- 1 handful of black olives
- 1 large organic egg, boiled for 7 to 8 minutes, peeled, then quartered
- 1 avocado, sliced
- 1 tablespoon finely chopped chives
- ½ cup chopped parsley

Dressing

- 1/8 cup apple cider vinegar
- ½ cup extra-virgin olive oil
- 1 teaspoon Dijon mustard

Cook the bacon 8 to 10 minutes, or until crispy on both sides. Remove and set aside. Lay the radicchio and romaine in one even layer on the largest plate you've got. Blend the ingredients for the dressing.

Assemble the salad by arranging the other ingredients over the romaine and radicchio.

Drizzle dressing over all. Garnish the entire plate with chives and black olives and a sprinkle of parsley.

Fennel, Cucumber, Arugula and Dandelion Greens

1 medium fennel bulb, shaved thin
1 small or ½ large cucumber, peeled and shaved thin
Juice of ½ lemon, more to taste
3 tablespoons extra-virgin olive oil, more to taste
¼ cup pine nuts, toasted
2-3 large handfuls arugula
5 basil leaves, chopped
Small handful feta cheese, to taste
Sea salt
1 teaspoon agave nectar or honey (optional)
Pinch red pepper flakes (optional)

Toss the shaved fennel and cucumber with with the lemon, olive oil and a pinch of salt and refrigerate for 15-20 minutes. Meanwhile, toast and chop the pine nuts.

Put the arugula in a large bowl and toss with the marinated fennel and cucumbers, pouring most of the lemon dressing on top. Taste and adjust salt, olive oil, lemon juice, and agave to your liking. Top with the toasted pine nuts, basil, and feta. A pinch of red pepper flakes is a nice touch here, too.

Fennel Dandelion Salad

1 fennel bulb
1 bunch dandelion greens, roughly chopped
1/3 cup chopped green onions
½ cup chopped cilantro
2 lemons
5 tablespoons extra-virgin olive oil
½ teaspoon black mustard seed
½ teaspoon black cumin seeds (aka nigella seeds)

Slice the fennel as thinly as you can.

Squeeze the juice of one lemon over the fennel slices to prevent browning.

In a skillet, heat the olive oil over medium heat. When hot, add black mustard and nigella seeds. Cook for about a minute. The mustard seeds will start to pop.

Squeeze the juice of one lemon in a small bowl. Add the olive oil and seeds from the skillet. Whisk together, then pour over the veggies and stir to distribute the dressing.

Dinners

Calamari With Greens

Serves 2-4

2 tablespoons olive oil
1 pound squid bodies and tentacles, cleaned and sliced into ½-inch rings (frozen is fine)
1.5 pounds greens: dandelion, beet and bok choy
1 serrano or other hot chili, finely diced (we used 1)
3 garlic cloves, thinly sliced
¾" piece ginger, grated
2 tablespoons fish sauce
2 tablespoons lime juice
1 bunch basil, about 1 ounce (1 cup lightly packed)

Heat a wok over medium-high heat. When hot, add 1 tablespoon of olive oil. Add the greens and sauté until wilted, about 5 minutes, set aside. Add a little more olive oil to the wok, add the serrano chiles, garlic, and ginger. Add the squid and cook about 2 minutes. Mix the fish sauce and lime. Add the fish sauce mixture and cooked greens to the pan, toss in the basil leaves and sauté until the basil is wilted.

Moroccan Tagine with Lamb Balls

¼ cup extra-virgin olive oil
2 onions, peeled and sliced in thin rounds
4 garlic cloves, peeled and chopped
1 tablespoon chopped fresh ginger
1 pear (or apple), sliced into pieces (you can also use plums or peaches when they are in season)
Salt and freshly ground pepper to taste
1 teaspoon cinnamon
4-8 teaspoons Raz el Hanout spice blend (depending on desired spiciness)
Pinch of saffron
½ teaspoon cumin
½ teaspoon hot paprika or Berber spice blend
1 cup green olives
1 preserved lemon, skin chopped
½ cup chopped parsley or cilantro
15 ounces organic fire roasted tomatoes, or 6 medium tomatoes, diced.

Heat the oil in a Dutch oven or other large heavy pan with a cover. Add the onions and sauté slowly until golden. While the onions are cooking, add the ginger and Raz el Hanout, saffron, cumin and paprika or Berber

blend. Allow to cook for 1 minute. Add the pear, apple or or stone fruit. Add tomatoes, olives, and preserved lemon with chopped skin.

Place in covered pot or tagine and cook about 35 minutes. This is best if made the day before and reheated with the meat balls.

Lamb Balls

(12-14 meat balls)

1 pound ground lamb
¼ cup chopped pine nuts
1 shallot, minced
4-5 mint leaves, minced
1 teaspoon Raz el Hanout
1 teaspoon salt

Preheat oven to 350°. Add all the ingredients to a bowl and mix with your hands until everything is evenly combined. Roll some of the mixture in your hand to form meatballs that are a little smaller than golf balls. Bake on a cookie sheet for 12-14 minutes. Remove from the oven and allow to rest.

These can be made ahead and added to the tagine sauce just before serving. Sprinkle the sauce with fresh chopped parsley and cilantro.

Roasted Sweet Potatoes with Leeks and Shallots

4 tablespoons olive oil
4 cups chopped, peeled sweet potato with skins
2 leeks, sliced half lengthwise and thinly sliced
1 shallot, peeled and sliced
2 garlic cloves, minced
Salt to taste

Preheat oven to 350°. Mix sweet potatoes with olive oil and salt. Toss to coat and pour into a shallow roasting pan. Roast sweet potatoes in preheated oven, turning frequently, until the vegetables are just cooked, about 20-25 minutes. Toss the shallot, leeks and garlic in a small bowl with a tablespoon of olive oil. 5 minutes before sweet potatoes are fully cooked, remove them from the oven and spread the leek mix over the potatoes, tossing well. Return to oven to cook 5 more minutes.

Gremolata

This is one chef's secret that makes everything taste better!

1 lemon
¼ cup finely chopped fresh parsley
3 garlic cloves, finely chopped

Using a vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to small bowl. Mix in parsley and garlic.
This can be made up to six hours ahead, if covered and refrigerated.

Special Treats

Apple Almond Cake

This is so easy: Put everything in the food processor and blend!
Start with the pear chunks. Blend the pear chunks until the pears are small pieces. Add the coconut oil and vanilla, and add the eggs one at a time.

Dry Ingredients

3 cups almond flour—or freshly ground almonds for an even better taste
1 teaspoon baking powder
½ tsp salt
¼ cup coconut sugar
1 teaspoon ground cardamom
2 pinches cinnamon
1 pinch allspice
1 pinch ground ginger

Wet Ingredients

2 cups peeled and chopped pears or apples
½ cup melted coconut oil
6 eggs
½ tsp pure vanilla extract
½ tsp almond extract

Preheat oven to 350°. In a medium bowl, stir together almond flour, coconut sugar, baking powder, salt and spices and mix well. In a food processor, add the pear or apple chunks and melted coconut oil and blend until well combined. Mix in eggs one at a time, pulsing well after each addition. Then beat in vanilla and almond extracts.

Add almond flour mixture and mix on low speed until blended.

Pour batter in a bunt cake or a spring fold pan and cook 55-60 minutes, until a knife comes out clean when you test.

Serve with a dollop of cream and sides of berries.

Use the same batter for this Gluten Free Coffee Cake:

Topping

¼ cup coconut oil, melted
3 tablespoons coconut sugar
2 tablespoons cinnamon
2 pinches ground cardamom
2 pinches ground ginger
½ cup chopped almonds
½ cup chopped pecans

Glaze

¼ cup apricot preserves, sugarless or low in sugar
½ cup chopped pecans and almonds

Pour half the cake batter into a greased blunt cake pan. By the handful, sprinkle half the topping mixture over the batter and then pour the rest of the batter onto the topping. Sprinkle the batter with the remaining topping. Bake 45 -55 min at 350°F. Cool in pan 10 minutes and then flip the cake over on a platter.

Warm apricot preserves in the jar, in a small pan with hot water over medium heat, until it is heated. Drizzle the the top of the cake with the warm apricot preserves and then sprinkle with nuts.

For more recipes, please visit the Diaeta Way website at diaeta-way.com.