

**Cooking to Heal**  
nutrition & cooking class  
Cooking for autism and special diets

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### Top Nutrition Boosters

- Vegetables
- Juicing
- Fermentations
- Grass-fed meat
- Broth and stock

### Good ways to Boost Nutrient Levels and Enjoy More Vegetables

- **Veggies 101**
  - Puree vegetables and add to:
    - Muffins, quick breads and pancakes
    - Meatballs, meat patties and meat loaf
    - Sauces such as tomato sauce
  - Juicing vegetables
- **Crunchy vegetables**
  - Make vegetables into chips (like potato chips)
    - Carrots, sweet potatoes, butternut squash, beets, parsnips, or other roots
  - Vegetable latkes

**For beginning veggie eaters:** Pureed carrots, sweet potato, winter squash, cauliflower

**Evolve texture and color:** Kale, broccoli, and other greens

### Cook Free of Food Sensitivities

- ✓ All recipes are gluten-free, casein-free, soy-free and corn-free
- ✓ Substitutes are available for egg-free and nut-free for most recipes
- ✓ Many recipes can be made grain-free or SCD compliant

### GFCF Cooking Staples

- **Vinegar** – Gluten-Free: rice, apple cider, red or white wine, balsamic and distilled vinegars. Cheap brands of vinegar may use gluten containing colors or flavors. **Malt vinegar is NOT gluten-free.**
- **Ketchup and mustard** – read labels for presence of gluten French's mustard is gluten-free. Dijon mustard is also gluten-free. Heinz, Amy's, Westbrae and Trader Joe's ketchups are gluten-free.
- **Vanilla** – use pure versus artificial extracts or flavors. Frontier, Penzy and McCormick pure extracts are gluten-free.
- **Herbs and Spices** – Good quality spice brands such as Frontier, Penzy, and McCormick **single spices** are gluten-free. Spice blends, may not be gluten-free, such as apple pie spice, Mexican seasoning, and chili powder (such is a blend of chili's and other seasonings).
- **Baking powder** – Rumford brand is GFCF and aluminum-free

### Cross-Contamination

- ✓ **Keep it Simple**
  - Avoid: Bulk foods
  - Avoid: Commercial fryers that fry breaded foods
  - Buy a new toaster
  - Replace wood (porous) cutting boards or utensils
- ✓ **Beware of Double-Dipping**
  - Nut butter jars, jelly, etc.


Meal Plan		
Breakfast	Lunch/Dinner	Snacks
Bacon Eggs	Meat patties with liver Butternut squash fries	Apple or pear with nut butter
Pancakes with pureed vegetables and/or protein Sausage patty	GF pasta and meatballs Pureed veggie in sauce Peas	Chicken pancakes
French toast or GF toast with nut butter	Chicken nuggets Dipping sauce Steamed vegetables	Smoothie or fresh vegetable juice
Gluten-free porridge Chicken or turkey sausage	Nut-free PB&J - Sunflower butter and jam sandwich Carrot sticks	Hummus and raw vegetables or gluten-free bread/crackers
Smoothie Meat/sausage patty	Bean burgers or Indian lentil pancakes with cooked or shredded vegetables	Veggie latkes
Chicken pancakes and fruit (Add fruit to any breakfast)	Roasted meat Potatoes or Cauliflower mashed "potatoes" Veggie latkes	Applesauce Carrot chips

Meals: Add fruit, starches, and more vegetables as tolerated.



### Cooking GFCF Healthfully

- Healthy animal foods
- Kid-friendly vegetables & nutrient dense foods
- GF flours and soaking seeds
- Nutritious desserts
- Fermented foods




### Healthy Animal Foods

*Use grass-fed or pastured meat and eggs whenever possible*

- Chicken broth
- Ghee
- Chicken pancakes
- Tuscan chicken and pasta
- Roasted meats/Pot Roast


### How to Cut Up Chicken




Start with SHARP tools: knife, cleaver

- 1) Cut off wings
- 2) Remove leg/thigh
- 3) Cut leg/thigh at joint
- 4) Cut in half separating breast from back

### Chicken Bone Broth




- ✓ 1 pastured chicken, cut up
- ✓ Gizzards, neck and feet from one chicken (optional)
- ✓ Cold filtered water
- ✓ 2 tablespoons vinegar
- ✓ Add any vegetables desired (onion, leek, carrots, celery)
- ✓ Kombu stick
- ✓ Herbs: parsley, thyme, bay leaf, pepper corns, juniper berries



### Homemade Ghee

- ✓ Organic butter
- ✓ Salt



### Chicken Pancakes

- ✓ 1 chicken breast precooked
- ✓ 3 eggs
- ✓ Salt



### Tuscan Chicken & Pasta

- ✓ 1/4 cup olive oil
- ✓ 3-4 cloves garlic sliced
- ✓ 1/4 teaspoon crushed red pepper flakes
- ✓ 3 single boneless, skinless chicken breasts
- ✓ 1/3 cup Madeira wine or dry sherry or wine
- ✓ 1 cup gluten-free marinara sauce (bottled or your own)
- ✓ GFCF Pasta or SCD: spaghetti squash strands or zucchini ribbons

### Baking a Spaghetti Squash



- 1) Cut horizontally
- 2) Remove seeds (scrape with grapefruit spoon)
- 3) Place cut side up in non-aluminum baking dish
- 4) Bake at 375 degrees 35-40 minutes (or until tender when pierced)
- 5) Use fork to separate strands

### Baking a Butternut Squash



- 1) Cut horizontally
  - 2) Remove seeds (scrape with grapefruit spoon)
  - 3) Place cut side up in non-aluminum baking dish
  - 4) Bake at 400 degrees 30-40 minutes (or until tender when pierced)
  - 5) Cool and remove flesh
- ...or
- 1) Peel with vegetable peeler
  - 2) Cut and remove seeds
  - 3) Cut into chunks, toss in olive or grapeseed oil - bake



### Kid-friendly vegetables & Plant-based protein

- Beef burgers with lentils and vegetables
- Bean Burgers
- Green smoothies

### Burger/Meatballs with Lentils

- ✓ Vehicle for vegetables and beans - high in fiber and nutrients
- ✓ Variety of shapes: ball, patty, loaf, cupcake
- ✓ Freezable
- ✓ Vary ingredients for rotation
- ✓ SCD compatible



### Veggie Bean Burgers

- ✓ 2 cups soaked and cooked beans (Kidney, garbanzo, black-eyed peas, etc.)
- ✓ 1 cup soaked and ground seeds
- ✓ 1 1/2 cups chopped, shredded, or pureed vegetables (onion, kale, carrot, squash, zucchini, etc.)
- ✓ 4 eggs
- ✓ Sea salt
- ✓ Spices (optional: garlic, cumin and turmeric, rosemary, parsley, etc.)

### Green Smoothies

- Kermit's Delight:  
Ripe pear, cucumber, spinach, fresh mint leaves, avocado, lime/lemon juice, coconut water
- Sunrise Surprise:  
Watermelon cubes, fresh mint leaves, avocado, lime/lemon juice



### Juicing

- Higher concentration of nutrients
  - Chlorophyll and phytonutrients
- Fresh and raw vegetable juice contain many times more vitamins & phytonutrients than bottled
- Get nutrients without needing to eat/chew vegetables
- Children who like liquids, juices, and smoothies

Start with	Add as you evolve taste	Flavor boosters
•Cucumber •Celery •Fennel •Lettuce	•Parsley, cilantro •Kale or other greens •Cabbage (ulcers) •Cranberries	•Carrot •Beet •Fruit: Apple, pear •Ginger

**Preparation tip**

- Add vegetable juice to smoothies. Add a bit of fruit to vegetable juice for flavor or added sweetness
- Add supplements to vegetable juice (instead of fruit juices)



### Grains & Soaking seeds

- Bread flour blend
- Bread baking tips
- Mixes and readymade options
- Savory Muffins
- Dehydrated crackers

### GF Bread Flour Blend

Blend	Could Substitute
1 cup brown rice flour (fine ground)	white rice flour (fine ground)
1/2 cup millet flour	chestnut flour
1/2 cup light teff flour	amaranth, quinoa or buckwheat flour
1/4 cup potato starch	arrowroot can be substituted for corn or potato starch (not potato flour)
3/4 cup tapioca starch	3/4 cup sweet rice flour



### Bread Strategies

- Have ingredients at room temperature
- Proofing yeast
  - Feed yeast with sweetener
- Proper temperature critical – too hot kill yeast
  - Use instant read thermometer
- Let it rise (be patient)
- Thoroughly bake
- Cool in pan and remove
  - Or will steam bread – soggy result



### Savory Breakfast Muffin

- ✓ 8 ounces turkey breakfast sausage, crumbled
- ✓ 3 large eggs or egg replacer\*\*
- ✓ ½ cup unsweetened applesauce
- ✓ 1 ¼ cup water or nondairy milk
- ✓ ¼ cup grapeseed or coconut oil (melted)
- ✓ 1 package Breads From Anna® Yeast-free (GF, soy, corn-free) bread mix or apple pancake mix
- ✓ ½ cup shredded apple
- ✓ 1 teaspoon cinnamon

### Ready-Made GF Breads and Bread Mixes

#### Ready-Made:

- Udi's
- Rudi's Organic (sampling)
- GF Meals (gfmeals.com)

#### Mixes:

- Breads From Anna
- Pamela's
- Gluten Free Pantry

### Soaking "Seeds" – Easy to do

Grains, nuts, seeds, beans



- Increases digestibility
- Reduces inflammatory response
- Breaks down phytic acid and oxalates
- Fermenting grains breaks down lectins

**Grains** - Soak in water for 8-24 hours with 2 TBSP lemon juice or vinegar. Drain and cook with fresh water.

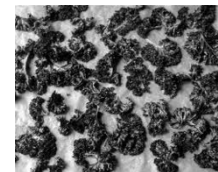
**Nuts** - Soak in water (with or w/o salt) for 7-12 hours. Drain and refrigerate, use to make nut milk, or drain and dehydrate (eat or make nut butter)

*Preparation tip*

**Beans** - Soak in water for 8-24 hours with hearty pinch of baking soda. Drain and cook with fresh water.

### Kale Chips

- ✓ 1 bunch kale, "dinosaur" or curly
- ✓ Olive oil
- ✓ Sea salt



### Nutritious Dessert: Date/Fig Balls




- ✓ 2 cups pitted dates
- ✓ 6 dried figs, stems removed
- ✓ ½ cup ground pepita/pumpkin seeds
- ✓ 1 pinch salt
- ✓ 1 tablespoon coconut oil
- ✓ 2 tablespoons hot water
- ✓ Unsweetened coconut flakes for rolling balls
- ✓ Optional: add 2 tablespoons unsweetened cocoa to coconut flakes before rolling

### Date Ball Variations

- Add coconut butter or nut, seed butter (not coconut oil). Coconut butter/spread, online: wildernessfamilynaturals.com
- Add chopped dried fruit or raisins
- Add chopped nuts
- Roll in sesame seeds
- Add GF chocolate chips for a treat
- Coat in cocoa powder

### Chocolate Avocado Pudding

- ✓ 2 ripe avocados
- ✓ 3 tablespoons pure maple syrup
- ✓ ¼ cup blue agave syrup
- ✓ 1 ½ teaspoon balsamic vinegar
- ✓ 2 teaspoons vanilla extract
- ✓ 2/3 cup dark cocoa powder
- ✓ Pinch of salt





### Kid-Friendly Fermented Foods

- Nut milk/yogurt
- Fruit kebabs with (dairy-free) yogurt dipping sauce
- Apple Kraut


### Nut Milk

- ✓ 1 cup nuts/seeds (any)
- ✓ Filtered water for soaking nuts
- ✓ 3 cups filtered water
- ✓ Vanilla extract
- ✓ A sweetener - anything you like: a few dates, maple syrup, honey




- ❑ Soak nuts in water for around 8 hours. Strain water used.
- ❑ Combine nuts, fresh water, dates (if used) and blend until creamy.
- ❑ Strain the milk by pouring the liquid through a vegetable juicer (which strains out the pulp), or with a muslin or other cloth.
- ❑ Sweeten and flavor with vanilla and sweetener to taste.
- ❑ Nut milk will keep two to three days in the refrigerator (no longer).

### Fruit Kebabs with Yogurt Dipping Sauce



- Place appropriately sized chunks of alternating fruits and vegetables on a bamboo skewer
- Dipping Sauce
  - 1 cup of nut milk yogurt or coconut yogurt
  - 1 cup of fresh or frozen ORGANIC strawberries, peaches or other fruit
  - 1-2 tablespoons honey
  - Blend in food processor or blender




- Smoothie variation: Can also add non-dairy yogurt with fruit, a bit of fruit juice or vegetable juice, and puree into a smoothie

### Apple Kraut

- ✓ Mix 50% cultured veggies such as raw sauerkraut with: 50% shredded fruit such as grated apple or pear
- ✓ Serve unheated

*Variation: Puree cultured veggies and add to apple or pear sauce.*



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