



This cookbook is dedicated to the many reasons I have for eating well and staying healthy...especially the ones in this picture.

Keepin' it Clean

with



Clean, Delicious Eats for the
Dirty Business of Livin'

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Keepin' it Clean

It's so easy, isn't it? Grabbing something quick...filling the grocery cart with things that are bound to be trouble...eating mindlessly...popping things into one's mouth that have no business being there. In these post-40 years of slowing metabolism, occasional injuries, and news of ailing friends and family, I'm trying to make some changes to be more conscious about my eating. This doesn't mean that I'll never enjoy another treat or that I'll never have another moment of culinary regret.

What it *does* mean is that most of the time—starting with my grocery cart—I am making every effort to fill my kitchen cupboards and in turn my aging belly with things that will serve me, satisfy me, make me feel both satiated AND energized. I'm trying to make sure that the choices I make in moments of extreme hunger are GOOD choices.

Over the past year, I've been experimenting with combining delicious, organic prepared foods with quick-to-prepare fresh ingredients. I've been swapping out ingredients in some of my favorite recipes (e.g., honey or coconut sugar in place of the refined white stuff) with astonishingly delicious results. In these pages are a few of my favorite clean recipe discoveries. Hopefully something here will inspire you to consider some clean-eatin'. Maybe you'll even find that eating well isn't as daunting as it first seems...that being satisfied and being good are not mutually-exclusive activities. So...fill your pantry with plenty of healthy, scrumptious ingredients and get ready to cook and eat clean! Your pants, your heart, your liver, etc. will thank you!



Garlic Rosemary Almonds

If you're hankering for something salty and crunchy, these might be your new best friend!

Ingredients

- 1 cup almonds
- 2-3 Tbsp. olive oil
- 2 cloves of minced garlic
- 1-2 tsp. coarsely chopped rosemary
- ½ - 1 tsp. pink Himalayan salt

Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add the garlic, rosemary, and almonds. Stir continuously until almonds are warm and well coated.
3. Season with salt to taste.
4. Serve warm or retain in a tightly-sealed container for snacking later.



Composed Heirloom, Egg, and Avocado Salad

There's something fancy and special about a composed salad. Sometimes pretty food just tastes better.

Ingredients

- 2 Tbsp. olive oil
- 2 tsp. balsamic vinegar
- ½ cup spinach
- 1 heirloom tomato, sliced in wedges
- 2 heirloom carrots, julienned
- ½ an avocado, cut into ½ inch slices
- 1 hardboiled egg, thinly sliced
- ¼ cup slivered toasted almonds
- Fresh ground salt and pepper to taste

Instructions

1. Whisk together olive oil and vinegar and toss with spinach. Place spinach in a shallow bowl.
2. Layer avocado slices around the edge of the spinach. Layer tomatoes and carrots in a starburst pattern over the center of the spinach. Place eggs in the center of the starburst in a flower shape. Sprinkle almonds around the edge of the salad.
3. Grind pepper and salt to taste over the top of the salad.



Black Bean Tacos

Consider this for an easy dinner or a potluck.

Ingredients

2 cans of black beans with liquid
1 clove minced garlic
1 bay leaf
2 tsp. chili powder
½ tsp. cumin
Corn tortillas
Diced tomatoes
Fresh seasonal vegetables
Guacamole (mashed avocado seasoned with salt and pepper to taste)
Egg crumbles (hardboiled egg chopped)

Instructions

1. Combine beans, garlic, bay leaf, chili powder, and cumin in a sauce pan and cook over medium heat for 10 minutes.
2. Remove the bay leaf and mash ingredients together and cook until the mixture is the consistency of refried beans.
3. Warm tortillas on a skillet and place a healthy dollop of beans in the center of each tortilla.
4. Top with tomatoes, veggies, guacamole, and egg crumbles (in place of cheese) as desired.



Spicy Avocado Hummus Stuffed Eggs

Ingredients

6 hardboiled eggs
1½ cups Hope Foods Organic Spicy Avocado Hummus
2 Tbsp. olive oil
1 tsp. spicy brown mustard
Paprika (for garnish)
Capers (optional)

Instructions

1. Slice the eggs in half and remove/reserve the yolks. Arrange eggs on a platter.
2. Mash yolks and add the hummus, olive oil, and mustard. Stir until all ingredients are well-incorporated.
3. Spoon or pipe the mixture into the empty egg halves. Garnish with paprika and capers as desired.

Note: Regular hummus and guacamole make great egg fillers too!



Tomato, Kale, and Chicken Salad

Ingredients

- 1 cup seasonal tomatoes chopped and set aside
- 1 cup cooked chicken breast, cubed
- 2 Tbsp. olive oil
- 2 cloves of minced garlic
- Juice of half a lemon
- 2 cups kale
- Fresh ground pink Himalayan salt and pepper to taste

Instructions

1. Heat oil over medium heat in a large skillet. Add the onion and garlic. Cook for 2-3 minutes. Stir the lemon juice and kale.
2. Cook, stirring often until the kale is dark green (about 2-3 minutes).

Combine all ingredients in a large bowl and season with salt and pepper.
Note: Swirl crème fraiche around slightly to make a heart or other pretty pattern!



Bet Cha' Can't Tell Chocolate

As far as I'm concerned, a life without chocolate is no life at all. This is why one of my must-have clean recipes is a versatile chocolate that I can actually feel good about eating.

Ingredients

- 4 oz. unsweetened baker's chocolate
- 4 oz. almond milk
- Honey to taste (I generally start with about 3-4 Tbsp. and adjust from there)
- Nuts/dried fruit (optional)

Instructions

1. Chop chocolate and place in a shallow bowl.
2. Heat almond milk until just barely boiling. Pour over chocolate and leave undisturbed for 3 minutes.
3. Whisk together milk and chocolate until smooth and shiny. Add honey to taste then nuts and dried fruit, if desired.
4. Use warm as a syrup (e.g., for pancakes) or dipping sauce (e.g., for strawberries). To make a chocolaty treat for later consumption, spread the mixture into a square on parchment paper-lined cutting board or cookie sheet and refrigerate for at least 3 hours. Cut into squares and enjoy like fudge.



Note: For dried fruit, I like using dates since they are so naturally sweet.

Black Bean and Butternut Squash Enchilada Skillet

Ingredients

1 Tbsp. olive oil
½ cup diced red onion
2 cloves minced garlic
1 bay leaf
4 cups butternut
(peeled, seeds removed) or
zucchini squash, cut into cubes
1 tsp. Pink Himalayan salt
½ tsp. black pepper
1 tsp. ground cumin
2 tsp. chili powder
1 can rinsed black beans
8 corn tortillas, cut into large strips
2 cups enchilada sauce
¼ cup chopped cilantro
1½ Mexican blend cheese (optional, see note)

Instructions

1. Heat oil over medium heat in a large skillet. Add the onion, bay leaf, and garlic. Cook for 2-3 minutes. Stir in the squash, salt, pepper, cumin and chili powder.
2. Cook until the squash is tender (butternut squash takes longer than zucchini).
3. Stir in the beans, tortillas and enchilada sauce. Simmer for 2-3 minutes.
4. Add the cilantro and 1 cup of the cheese and stir to incorporate. Sprinkle the remaining cheese on top and cook until the cheese melts.

Note: If you don't do dairy, cook down the squash and add some guacamole to achieve a creamy texture.



Roasted Brussels Sprouts

If you're in the mood for something salty and snacky (like French fries), these might satisfy your craving in a healthy way.

Ingredients

20-25 Brussels sprouts, halved
4 Tbsp. olive oil
Pink Himalayan salt and pepper to taste

Instructions

1. Preheat oven to 375° F.
2. Toss Brussels sprouts in olive oil and season with salt and pepper. Spread on a cookie sheet and bake until a fork inserts easily and sprouts are golden brown in places.
3. Enjoy as a snack/tasty side dish or incorporate into your favorite meal.

Note: I like adding these to soup or spicy bean salad.



Curried Tuna Salad

No mayo required here to make a delicious, healthy version of the tuna classic.

Ingredients

1 can sustainably caught wild albacore tuna
3-4 Tbsp. olive oil
½ tsp. brown mustard
1 tsp. curry powder
¼ cup shredded carrots
¼ cup slivered almonds
1 hardboiled egg chopped

Instructions

1. Combine all ingredients and mix well.
2. Serve on gluten free toast or gluten free drop biscuits (See recipe on page 11 of *Gluten Free Cooking with Comic Book Mama Version 2.0 Magical Modifications*)
3. Top with spinach, fresh greens, and/or tomato.



Guacamole and Roasted Pepper Free Range Sliders

These are great as a meal or as a hearty appetizer. These burgers are so flavorful, no bun is required!

Ingredients

1 lb. organic free range beef
1 Tbsp. olive oil
1 thinly sliced bell pepper
½ cup guacamole (avocado mashed, seasoned with salt and pepper to taste)
Salt and pepper to taste

Instructions

1. Form beef into 3 inch patties about 2 inches thick. Season with fresh ground salt and pepper on both sides.
2. Heat olive oil in a skillet over medium heat. Sauté peppers in olive oil until they caramelize (about 1-2 minutes). Remove peppers and set aside.
3. Place beef patties in the skillet and brown until centers are cooked through (about 5-8 minutes). Flip burgers every couple of minutes to ensure even cooking. Place a lid on the skillet during cooking to retain juices.
4. Remove and plate burgers. Top with guacamole and roasted peppers.

Note: If you're a vegetarian, replace the beef with portabella mushrooms.



Almond Scones

These scones aren't as pretty as traditional scones but they taste even better than the original. I think they taste like marzipan.

Ingredients

2 cups almond meal
2½ tsp. baking powder
¼ tsp. salt
¼ cup coconut sugar, plus a bit more for sprinkling on top
¼ cup slivered almonds
¼ cup fresh fruit/dried fruit/dark chocolate chunks
¾ cup almond milk



Instructions

1. Preheat oven to 405° F.
2. Sift together everything except the almond milk and coconut sugar that is reserved for sprinkling on top of the scones.
3. Add the almond milk and stir gently until all ingredients are incorporated.
4. Turn dough onto a surface that is covered with generous amounts of almond meal (to prevent sticking) and with almond meal-covered hands, form the dough into a circle that is 10-12 inches around, 12 inches thick.
5. Place a little splash of almond milk on top of the dough and use your finger tips to spread the almond milk over the entire top surface of the dough. Use washed/dried fingertips to sprinkle a little coconut sugar over the top of the dough.
6. Use a large bread knife to cut the dough into wedges (1 wedge = 1 scone). Place wedges 1 inch apart on a cookie sheet and bake until the top of the scone is matte (rather than glossy) and the bottom is just barely golden (about 10 minutes). Remove from cookie sheet promptly and cool.

Veggie-Packed Marinara

This sauce is great for topping gluten free pasta or quinoa!

Ingredients

2-3 Tbsp. olive oil
½ cup diced yellow onions or shallots, diced
2 cloves of garlic minced
2 large bay leaves
1 lb. coarsely chopped seasonal veggies (e.g., peppers, carrots, kale, spinach)
3 cans of stewed tomatoes
1 can tomato paste
Salt and pepper to taste



Instructions

1. Heat the olive oil in a large skillet over medium heat. Add the onions/shallots, garlic, and bay leaves. Cook, stirring occasionally for 1-2 minutes until onions become opaque.
2. Add veggies, a little salt and pepper and sauté 1-2 minutes.
3. Add stewed tomatoes and tomato paste. Simmer for 15-30 minutes, stirring occasionally. Add water as needed to achieve desired sauce consistency.

Note: For extra flavor, add fresh herbs such as oregano or basil at the end of cooking.

Red Lentil Soup

Ingredients

2 Tbsp. olive oil
2 chopped shallots
2 cloves of minced garlic
2 tsp. ground cumin
1 tsp. ground turmeric
½ tsp. paprika
½ tsp. garam masala
¼ tsp. ground cinnamon
1½ tsp. pink Himalayan salt
½ tsp. pepper
7 cups vegetable or chicken broth
1 14½ oz. can stewed tomatoes
2 cups dried red lentils
Pinch of red pepper flakes
Juice of 1-2 lemons
3 Tbsp. chopped parsley
1 Tbsp. chopped cilantro

Instructions

1. Heat olive oil over medium heat in a large pot. Add shallots and cook until tender, 3-4 minutes.
2. Add dry spices, salt, pepper, and garlic. Cook another 1-2 minutes.
3. Add tomatoes and broth and bring to a boil.
4. Stir in the lentils and continue cooking, covered on low until lentils are tender, approximately one hour.
5. Stir in the red pepper flakes, lemon juice, and fresh herbs.



Vegan Stuffed Peppers

If you have any leftover marinara sauce, this is a great way to repurpose it!

Ingredients

2 Tbsp. olive oil
4 cloves of chopped garlic
1 bay leaf
4 large or 6 small bell peppers, halved with seeds removed
½ cup diced yellow onions or shallots, diced
½ cup guacamole (avocado mashed, seasoned with salt and pepper to taste)
½ cup coarsely chopped pecans
1 cup veggie-packed marinara (see page 7)



Instructions

1. Preheat the oven to 375 ° F. Make a small cup with some foil and place the garlic, bay leaf, and 1 Tbsp. of olive oil in the foil. Place the garlic in the oven to roast.
2. While the garlic is roasting, place 1 Tbsp. of olive oil in a skillet over medium heat and sauté the onions/shallots for 1-2 minutes. Add the pecans and cook for 1 minute more.
3. Add the marinara and guacamole. Simmer until the garlic is roasted (starting to turn golden brown). Remove the bay leaf from the garlic. Add the garlic and oil to the sauce and stir to incorporate.
4. Arrange the peppers in a baking dish. Spoon sauce/filling into the peppers and bake until a fork inserts easily in the peppers (about 20-30 minutes depending on the size of the peppers).

Note: If you're not vegan but like to avoid dairy, you can top the peppers with egg crumbles (hardboiled eggs chopped coarsely).

Salsa Fish

If you like fish tacos, try this!

Ingredients

2 Tbsp. olive oil
½ cup diced yellow onions or shallots, diced
1 bay leaf
1 lb. wild Alaskan cod fillets
Salt and pepper to taste
1¼ cup gluten free taco seasoning
4 oz. can of stewed tomatoes

Instructions

5. Heat olive oil over medium heat in a large skillet. Add onions and bay leaf and sauté for about 1-2 minutes.
6. Season cod fillets with salt and pepper and add them to the skillet. Cook for 3-5 minutes, flipping frequently until fish is just barely cooked through. Add the taco seasoning and stewed tomatoes and stir gently until well incorporated. Simmer for 5 minutes.

Note: Fish can be enjoyed on its own or can be flaked apart to provide a saucy addition to a taco bar.



Lemon Tilapia with Quinoa and Kale

This is fast, satisfying, and super healthy!

Ingredients

1 small yellow onion or 2 shallots, diced
2 cloves of garlic minced
1 bay leaf
2 Tilapia fillets
Salt and pepper to taste
Juice of half a lemon plus lemon slices for plating

Instructions

1. Heat the olive oil in a large skillet over medium heat. Add the onions/shallots, garlic, and bay leaf. Cook, stirring occasionally for 1-2 minutes until onions become opaque.
2. Season the fish with salt and pepper and add to the skillet. Cook, flipping occasionally until fish is just barely cooked through and flakes easily with a fork. Remove promptly and top with lemon slices.



Note: For a delicious side dish, try mashed potatoes or a mixture of quinoa and kale, seasoned with drippings from the fish.

Grandma's Waffles with a Twist

When I was a kid, my grandma used to make waffles with BACON cooked inside of them. They were DELICIOUS but not very healthy. I've modified her recipe a bit to create a more healthful option. They're not quite as decadent but still pretty yummy and I don't feel like I need a nap after I eat them!

Ingredients

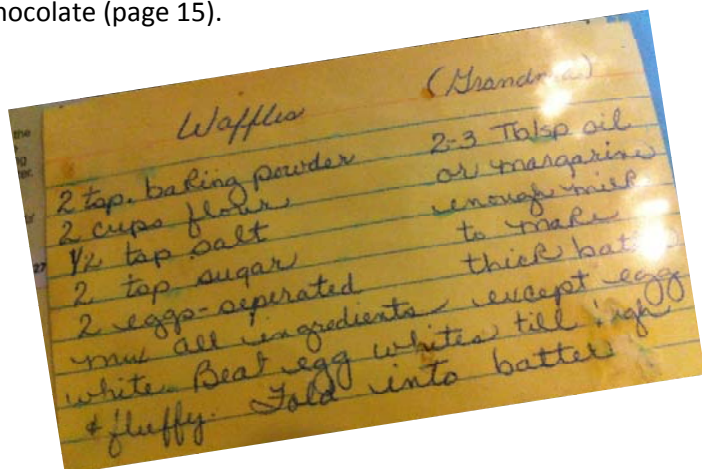
2 cups Bob's Red Mill Gluten Free Flour
2 tsp. baking powder
½ tsp. salt
2 tsp. coconut sugar
2 eggs separated
2-3 Tbsp. canola oil



Instructions

1. Preheat waffle iron and spray with nonstick spray
2. Mix together everything except the egg whites.
3. Beat the egg whites to stiff peaks using an electric mixer. Gently fold egg whites into the batter. Spoon batter onto the heated waffle iron and cook until golden brown.

Note: Top with honey and lemon syrup (see page 3) or warm Bet Cha' Can't Tell Chocolate (page 15).



Gluten-Free Pumpkin Bread

For a slightly-healthier version of the holiday classic, try this recipe!

Ingredients

15 oz. can organic pumpkin puree
4 eggs
1 cup canola oil
¾ cup water
3 cups coconut sugar
3½ cups Bob's Red Mill Gluten Free flour
2 tsp. baking soda
1½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. ground cloves
¼ tsp. ground ginger



Instructions

1. Heat the oven to 350°F and grease pans/use paper muffin liners.
2. Cream together the pumpkin, eggs, oil, water, and sugar.
3. Sift together the flour, baking soda, salt, and spices.
4. Combine the wet and dry ingredients.
5. Pour into prepared pans/liners.
6. Bake until a toothpick inserted comes out clean (baking time varies depending on the size of the pan/oven).

Note: Add nuts for an extra crunch and/or chocolate chips for a treat.

Guilt-Free Gingerbread

I discovered these by mistake! I accidentally omitted sugar when making gingerbread a while back and discovered that they're actually pretty delicious even without sugar. To get away from dairy, I replaced the butter with shortening but both work just fine.

Ingredients

- 2 cups all-purpose gluten free flour
- ½ tsp. baking soda
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. cloves
- ½ tsp. ginger
- ½ cup molasses
- 3 Tbsp. vegetable shortening or butter
- 1 Tbsp. almond milk



Instructions

1. Preheat oven to 350° F.
2. Sift together flour, baking soda, and spices.
3. Heat molasses to the boiling point.
4. Add vegetable shortening. Mix until smooth
5. Combine all ingredients and mix until dough forms. Add a few drops of water if dough is too dry.
6. Roll out dough on a well-floured surface. Cut into shapes. Bake about 5 min. Remove from the cookie sheet promptly and cool.

Banana Cakes with Honey Lemon Syrup

If you're avoiding sugar but still need a sweet treat, these are a great option.

Ingredients

- 2 eggs
- 2 ripe bananas, mashed
- Almond meal/coconut flour for consistency
- Almond milk as needed to thin batter

Instructions

1. Preheat an electric skillet to 375° F or a large skillet to medium high.
2. Combine all ingredients and whisk vigorously to remove lumps.
3. Pour batter into circles on the preheated skillet.
4. Flip carefully after 1-2 minutes.
5. Serve and top with berries and honey lemon syrup (see box).

Honey Lemon Syrup

Mix together the juice of half a lemon and about 3 Tbsp. honey. Add more lemon juice or honey to achieve the desired balance of sweetness and tartness.



Banana Muffins

The boys LOVE these!

Ingredients

- 1½ cups gluten free flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 3 large ripe mashed bananas
- ¾ cup coconut sugar
- 1 egg
- ⅓ cup melted butter
- ¼ cup almond milk



Instructions

1. Preheat oven to 350° F and either grease muffin tins or line with cupcake papers.
2. Sift together flour, baking powder, baking soda, and salt.
3. Mix together bananas, sugar, egg, butter, and milk.
4. Combine wet and dry ingredients. Spoon into the prepared pan and bake for 15-20 minutes until a toothpick inserted comes out clean.

Note: For crunch, add ½ cup of nuts. For a special treat, add 1 cup of chocolate chips!

Warm Chicken, Apple, and Lentil Salad

I love the combination of savory and sweet!

Ingredients

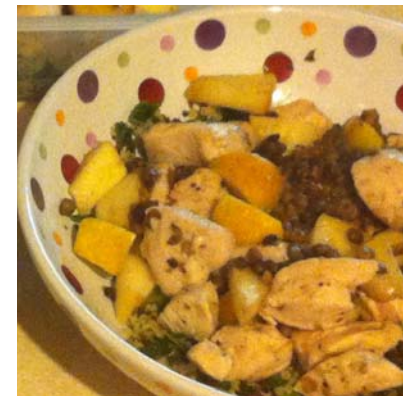
- 1 Tbsp. olive oil
- ½ tsp. balsamic vinegar
- 1 apple cored and chopped
- ½ cup chopped, cooked chicken breast
- ½ cup steamed lentils (I use lentils from the prepared foods section at Trader Joe's)

Salt and pepper to taste

Instructions

1. Heat olive oil over medium low heat in a large skillet. Add the balsamic vinegar and stir until combined.
2. Add apples, lentils, chicken and stir until well-coated and warm (about 2 minutes).
3. Serve and enjoy!

Note: For a more hearty meal, serve over quinoa, greens, brown rice, or a combination of all three!



Kale Banana Berry Pineapple Smoothie

Who knew it was THIS easy?

Ingredients

- 1 ripe banana
- ¼ cup frozen pineapple
- ½ cup frozen berries
- ½ cup kale
- ¾-1 cup (1-2 oz.) almond milk

Instructions

1. Place all ingredients in a blender and blend until all ingredients are well incorporated.

Note: This is a really forgiving recipe so feel free to add fresh fruit/veggies or different amounts of ingredients to achieve the consistency and flavor you enjoy.



Garlic Asparagus with Toasted Pecans

Enjoy this as a great, easy side dish or as a delicious main course!

Ingredients

- 2 Tbsp. olive oil
- 1 clove of minced
- ½ cup coarsely chopped pecans
- 12-15 asparagus spears, snapped in half with any white ends removed
- Pink Himalayan salt and pepper to taste

Instructions

1. Heat olive oil in a skillet over medium heat. Add garlic and pecans. Cook stirring constantly for about 1 minute.
2. Add asparagus and sauté, stirring often for about 2-4 minutes (until fork inserts easily into the asparagus spears).
3. Season with salt and pepper to taste.

