

# The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



## Recipes Especially for The Weight is Over Now

from Marti Wolfson  
Chef, Culinary  
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# Thai Coconut Sweet Potato Soup

*This Thai-inspired soup is delicious all year round. Sweet potatoes are a powerhouse for human health, containing beta carotene, phytonutrients, and magnesium, which helps to relax the body.*

Serves 6-8

2 pounds sweet potatoes

1 tablespoon olive oil

sea salt to taste

1 tablespoon coconut oil

¼ cup onion, minced

1 tablespoon freshly grated ginger

2 cloves garlic

4 cups chicken or vegetable broth

1 14-oz. can unsweetened light coconut milk

zest of 1 lime

1 teaspoon kosher salt

2 tablespoons freshly squeezed lime juice

chopped cilantro for garnish

Preheat oven to 400°F.

Peel the potatoes and cut them into 1 inch cubes. Toss them with olive oil and generous pinch of sea salt. Roast for 25 minutes or until very tender.

In a heavy-bottomed pot, heat the coconut oil over medium heat. Add the onion, ginger, and garlic and sauté until softened, about 3 minutes. Stir in the broth, coconut milk, lime zest, salt, and potatoes. Simmer for 15 minutes.

Remove from heat and stir in lime juice. Puree soup with a hand mixer or in a blender. Serve garnished with cilantro.

## Roasted Garlic, White Bean, and Rosemary Dip

*This recipe is a perfect appetizer to warm up your dinner-party guests or as an everyday snack. The New Year symbolizes a fresh start and can be a great opportunity to try new things including different foods. Instead of hummus or Mom's three-cheese dip, branch out with this unique spread. It's elegant in taste and aroma from the rosemary and garlic and is loaded with protein, fiber, and antioxidants. Makes 2 cups.*

### **Ingredients:**

1 bulb garlic

1 T. rosemary leaves roughly chopped

2 T. parsley

Pinch cayenne pepper (optional)

3 to 4 T. of fresh lemon juice

1 T. balsamic vinegar

2 cups cooked cannellini beans

¼ cup extra virgin olive oil

Salt and black pepper to taste

### **Directions:**

Pre-heat oven to 375°F

Cut off the stem top of the garlic bulb to expose the very top of the garlic cloves, leaving the bulb itself intact. Place the garlic in aluminum foil, drizzle with a few tablespoons of water, and wrap it up. Place the garlic in the oven and cook for 45 minutes until soft and tender. Let it cool for a few minutes.

Then free the roasted garlic from its skin and place in a food processor fitted with a steel blade. Add into the food processor the rosemary, parsley, cayenne pepper, lemon juice, balsamic vinegar, beans, and olive oil, and puree until smooth. Taste the dip, and season with salt and pepper.

## Gazpacho

*Summer is a great time to prepare raw meals, which can provide more healthful enzymes for the body. And as the cook, raw food preparation saves you a lot of time, energy, and clean-up. Gazpacho is one of the easiest cold soups to make. It's important to find the ripest tomatoes you can to make the dish taste as fresh as possible. In NYC where I live, I like to serve this in martini glasses so my guests and I feel we're at an outdoor summer garden party.*

Serves 4

1½ cups of cherry or other small tomato variety

½ large cucumber

1/3 cup basil, packed

¼ teaspoon salt

juice of half a lime

2 tablespoons apple cider vinegar (lemon juice or red wine vinegar make fine substitutes)

1/8 large avocado (a couple of slices)

1/3 cup water

3 tablespoons olive oil

Begin by blending all ingredients except the olive oil in a food processor or a high-speed blender on high. Next, drizzle in olive oil and mix again. Adjust water content to make soup as watery or creamy as you like.

Garnish with additional veggies: avocado chunks, zucchini, cucumber, tomatoes, basil, etc.

## Chimichurri Sauce

*Chimichurri sauce is to Argentina as pesto is to Italians or ketchup is to many Americans. Parsley is the main ingredient in this herbaceous sauce, which is left slightly chunky when blended. Not only is this very easy to put together but nutritious from the parsley, which contains vitamins, minerals, and other components that make it anti-parasitic and detoxifying. Chimichurri makes a wonderful marinade to grass-fed steaks, chicken, or even tofu and vegetables.*

1 large bunch flat-leaf parsley, washed and spun dry, with stems removed

5 cloves garlic, minced

$\frac{3}{4}$  cup + 1 tablespoon extra virgin olive oil

$\frac{1}{4}$  cup red wine vinegar

1 tablespoon lemon juice

1 tablespoon red onions

1 teaspoon dried oregano

$\frac{1}{4}$  –  $\frac{1}{2}$  teaspoon black pepper

$\frac{3}{4}$  teaspoon sea salt

Pulse parsley in food processor to chop. Add remaining ingredients and blend 30–60 seconds more until thoroughly mixed but not smooth. Marinate chicken, steak, shrimp, or tofu in this sauce for at least an hour before grilling.

# Kale Salad

*Kale salad is wonderful to make at the beginning of the week because it will last for 5 days in the fridge. In fact, it gets better and better as the kale marinates. For a quick, nutritious meal, add chickpeas, cooked chicken, or your favorite fish. Kale is the king of vegetables as it has the most phytonutrients and is high in antioxidants and fiber.*

Serves 8

## **Ingredients**

2 bunches kale, rinsed, stems removed and chipped into bite sized pieces

2 large carrots, peeled and grated

1/2 cup currants

1/2 cup toasted sunflower seeds, chopped

2 lemons, juiced

2/3 cup olive oil

2 pinches red pepper flakes

salt and pepper to taste

## **Procedure**

Place the kale and carrots in a large salad bowl. In a small bowl, whisk together the olive oil, lemon juice, salt, pepper, and red pepper flakes until emulsified. Stir the dressing into the kale and massage the kale until all the kale is well coated with the dressing. Taste for salt. Add the sunflower seeds.

## Black Bean Quinoa Salad

Together quinoa and beans make a complete protein, and this recipe packs a lot of it. Combining the wonderful Latin flavors of cumin, jalapeno, and lime, this dish creates a nice lunch salad or side. Throw in your favorite salad greens like arugula or mesclun to round it out.

Serves 4-6

1 cup dry quinoa

1  $\frac{3}{4}$  cup water

generous pinch of salt

juice of 1  $\frac{1}{2}$  limes

1 teaspoon cumin

3 tablespoon olive oil

$\frac{1}{2}$  teaspoon salt

1  $\frac{1}{2}$  cups cooked black beans

2 scallions, thinly sliced

2 small cloves garlic, minced

1 red bell pepper, diced small

$\frac{1}{2}$  cucumber, peeled, seeded, and diced small

1 small jalapeno, minced

2 tablespoons chopped fresh cilantro

Rinse the quinoa in a fine mesh strainer under cool running water. Drain and place the quinoa in a pot on medium high heat and toast for 2-3 minutes or until the water is gone and the quinoa releases a nutty aroma.



Add the 1  $\frac{3}{4}$  cups of water and pinch of salt and bring to boil. Cover the pot, lower the heat to simmer, and cook for 15 minutes or until hollow steam pockets appear in the quinoa and the all of the water is absorbed.

Fluff the quinoa with a fork into a medium bowl and let it cool.

Separately, mix the lime juice, cumin, oil, and salt until well combined. Pour over the quinoa and toss with a fork. Add the black beans, scallions, garlic, red pepper, cucumber, jalapeno, and cilantro and toss again. Taste and add more salt and lime if desired.

## Basic Quinoa

*Quinoa has been quite the star grain since its nutritional power was discovered. Gluten-free and a complete protein, quinoa is a great alternative to rice. Make a large pot and add it to your favorite bean soup or salad, or mix it with some canned black beans, avocado, tomato, and lime for a Mexican fiesta.*

Serves 2-4

### **Ingredients**

1 cup quinoa

1¾ cup water or broth

generous pinch of sea salt

### **Procedure**

Rinse the quinoa in a fine mesh strainer. Add it to a small pot and toast on medium high heat. Add the water or broth and sea salt and bring to a boil. Reduce the heat to simmer, cover and cook for 15 minutes or until steam vents form at the top. Tip the pot to make sure all of the water has been absorbed. Fluff with a fork and continue to steam with the pot covered for another 5 minutes. Serve.

## Teriyaki Salmon

Nutritionally, salmon is like the all-around athlete: It has everything. Wild salmon is a superfood that hits each of the major health buttons.

One of the secret ingredients to supple, well-hydrated skin is omega-3 essential fatty acid. Omega-3 is also critical in reducing chronic inflammation. Wild salmon, not farmed, is a rich source of omega-3, as well as vitamin B-12, selenium, and niacin. It's also high in vitamin D, which keeps your teeth and bones strong.

4 filets of wild salmon (organic farmed if wild isn't available)

2 cloves garlic, minced

2 tsp. minced fresh ginger

1 tablespoon maple syrup

1 ½ tablespoons balsamic vinegar

juice of 1/2 lemon

pinch of sea salt

Pat the salmon fillets dry. Mix the garlic, ginger, maple syrup, vinegar, lemon, and salt well and pour the marinade into a freezer bag. Add the salmon, seal bag, place in the refrigerator, and marinate for 1 to 4 hours.

Bring the salmon to room temperature and place the fillets on a broiling pan, reserving marinade. Set the broiling pan 4 inches from the top of the oven. Broil for 5 minutes. Then set the oven temperature to 375 degrees and continue to cook for 10 minutes, or just until the salmon flakes.

While the salmon is cooking, transfer the reserved marinade to a small pot. On the stovetop, reduce the marinade to a syrup-like consistency. Brush the reduction on the salmon before serving.

## Mediterranean Herbed Wild Salmon

*Wild salmon is one of the highest sources of omega-3 fatty acids, the anti-inflammatory star in this recipe. There have been many salmon converts when I've served this dish. The fish gets an even bigger health bonus from its coating of fresh herbs. And to top it off, almond flour makes this gluten-free and high in calcium and fiber. Serve with cooked quinoa or steamed greens.*

Serves 4

4 4-oz. fillets wild Alaskan or sockeye salmon, boned

2 tablespoons stoneground mustard

¼ cup parsley, finely chopped

¼ cup mint, finely chopped

¼ cup dill, finely chopped

½ teaspoon sea salt

2 tablespoons extra virgin olive oil

½ cup almond flour

1 lemon cut into 4-6 wedges

Preheat oven to 400°F.

On a baking sheet lined with parchment paper, place the salmon fillets next to one another so it looks like one large piece. Spread the mustard all over the salmon.

Mix the herbs, salt, oil, and almond flour in a small bowl until well combined. Cover the salmon with the herb mixture and tuck the lemon slices snugly around the fish to trap juices and moisture.

Roast the fish for about 18 minutes or until cooked through. The time will vary depending on the thickness of the salmon. Slice and serve with the roasted lemon wedge as garnish and side of steamed vegetables and quinoa.

## Roasted Garlic Cauliflower Puree

*Move over mashed potatoes; there's another white vegetable to boast about. This alternative to the traditional comfort food is deceptively delicious and gives your immune system a 1-2 punch from the garlic and cauliflower, which is high in Vitamin C.*

*If you can't find the gluten-free grain millet, you can eliminate it completely. Simply use the whole head of cauliflower and reduce the stock to 2 cups to adjust.*

### **Serves 8-10**

½ teaspoon olive oil

1 head garlic

1 tablespoon ghee or olive oil

¾ cup millet

salt and ground black pepper

½ head cauliflower, cut into small florets

3 cups vegetable stock

1 teaspoon ghee (optional)

chopped parsley

Preheat oven to 375. Cut the top off a whole head of garlic so the skin is exposed. Drizzle ½ tsp. olive oil on top. Wrap with aluminum foil and roast in the oven for about an hour. Let the garlic cool.

Heat the ghee over medium high heat and add the millet, stirring constantly as it toasts. Add a generous pinch of salt and pepper, cauliflower, and stock. Bring to a boil, then lower the heat and simmer for about 30 minutes. If the mixture gets dry, add more stock.

Remove from heat. Remove roasted garlic from its skin and add to cauliflower. With an immersion blender or in a food processor, puree until creamy. Add the ghee for a richer taste and salt if needed. Sprinkle parsley over each serving.

## Blueberry Bliss Smoothie

*Packing many nutrients into one meal just got very easy. Sipping this delicious smoothie is a little like going to Costco in that it's your one-stop shop for vitamins, minerals, fiber, and other essentials. Using berries high in antioxidants is a great way to boost your immune system. The greens add calcium, fiber, and more phytonutrients.*

*The important tip to remember when making a smoothie is to get about 15g. of protein and healthy fat so that the meal stays with you and keeps your blood sugar from surging. If you don't like protein powders and can tolerate dairy, use plain 2 percent or whole-fat yogurt.*

### **Serves 1**

½ cup frozen blueberries

1 banana (I like to freeze them.)

1 serving protein powder

½ cup almond or coconut milk

½ cup water

1 tablespoon ground flax seeds

1 tablespoon honey

1 cup spinach or kale

¼ teaspoon cinnamon

In a blender, mix all ingredients until smooth and creamy. Add a little more water if a thinner consistency is desired.

## Pomegranate Zinger

*A client recently asked me what he could drink other than water and coconut water, so I made up this pomegranate drink to ease his thirst boredom and add more antioxidants. As my colleague and culinary nutrition expert, Rebecca Katz, noted in her newest book The Longevity Kitchen, antioxidant levels in pomegranate are so high that in the aftermath of Chernobyl, Russian doctors used it to reduce the effects of radiation. We all need to be aware of cancer-causing free radicals, whether from sun exposure, radiation, food toxicity, or smoking. Use this drink as your anti-free radical tonic. My client loved it, and I think you will, too.*

24 oz. POM juice

1 cup frozen organic blueberries

1-2 teaspoons fresh ginger, chopped

1 cup water

Put all ingredients in a blender, and blend on high for 10 seconds. Pour through a strainer to eliminate any pulp. Chill and enjoy.



## Ginger Lemon Chamomile Tea

*Chamomile is well known for its relaxing effect on the body. Even the ancient Romans and Egyptians used it. Research has shown that the calming herb is rich in flavonoids, which can improve human health and even reduce the risk of high cholesterol and cancer.*

Makes 4 cups

4 cups water

4, ½-inch slices peeled fresh ginger

2 bags chamomile herbal tea

1 tablespoon freshly squeezed lemon juice

1 teaspoon honey (optional)

Bring the water and ginger to a boil in a saucepan. Lower the heat, simmer, and cover for 10 minutes.

Remove from the heat, add the chamomile tea bags, and steep for 10 more minutes.

Remove the tea bags and ginger, then stir in the lemon juice and honey. Serve hot or chill for at least an hour before serving.

# Chocolate Walnut Truffles

Serves 18

We all need a little sweet treat every now and then. How about one that's a superfood? These decadent truffles are packed with age-defying nutrients: antioxidants from organic cocoa and almond butter, and omega fatty acids from flaxseeds and walnuts.

You may find the batter oily. That's from all of the omegas. The trick is simply to place the truffles in the refrigerator once they're rolled, and they'll firm up. Enjoy these as an energy-boosting snack or a dessert.

1/4 cup flaxseeds, freshly ground

1/2 cup unsweetened organic cocoa powder, divided

1/3 cup walnuts, finely chopped

1/3 cup almond butter (peanut butter works fine, too)

1/3 cup honey

1 tsp. vanilla extract

pinch of sea salt

Place 1/4 of the cocoa powder in a small bowl and set it aside. In a food processor, combine flaxseeds, 1/4 cup cocoa powder, walnuts, almond butter, honey, vanilla extract, and salt until the mixture forms a dense ball. Remove from the food processor and roll the batter into 1-inch balls. Roll each ball into the remaining cocoa powder and place on a clean plate. Chill in the refrigerator for at least one hour.

## Annemarie's Apple Kuzu Pudding

This recipe comes from Annemarie Colbin, the founder of the Natural Gourmet Institute, where I got my culinary degree. Kudzu is an annoying plant that grows rampant in the south, but kuzu, a purified starch that comes from that plant, is a wonderful natural thickener. It's more healthful than cornstarch, and it has a very calming, soothing effect on the body. This pudding helps to contract and ground the body if you've consumed too much sugar or feel edgy.

2 tablespoons kuzu

1 cup organic 100% apple juice

Combine kuzu and juice in a pot, stirring to dissolve until there are no lumps. Bring mixture to a simmer on the stovetop, stirring constantly until thick. Remove from the stovetop and serve hot before bedtime for a relaxing effect.

## Anytime Trail Mix

*Who says trail mix is only good for hikes and kids' lunch boxes? It's also a "go-to" snack that satisfies. The high protein content and good-quality fats help to keep your blood sugar stabilized, too. Have fun with this by adding your own favorite nuts and unsweetened dried fruit.*

1 cup walnuts

1/2 cup pumpkin seeds

1/2 cup almonds

1/2 cup sunflower seeds

1 cup shredded coconut

1/2 cup goji berries, unsweetened cranberries, or raisins

Toss all ingredients together and enjoy as a snack.

## About Marti Wolfson

### Chef, Culinary Nutritionist

Marti Wolfson brings a decade of experience in food education and mind body skills to her clients through teaching, consulting, corporate wellness, writing, and wellness retreats.

Marti is a true educator in the “Food as Medicine” movement. Her extensive background in helping to heal chronic conditions with health supportive cooking, functional foods, and mindful eating is a valuable transformation tool.

She is the founding Culinary Director of BlumKitchen in Westchest, NY, where she co-authored *BlumKitchen Nutrition Guide and Cookbook* and wrote the recipes for *Dr. Blum’s The Immune System Recovery Plan*.

Currently, Marti manages her own business, MW Culinary Wellness, LLC based in New York City. She is a graduate of The Natural Gourmet Institute where she now teaches. She has continued her education with The Institute of Functional Medicine Nutrition Course, The Center for Mind-Body Medicine Cancer Guides and Food as Medicine Courses. Marti has also been a featured chef in the media on ABC Channel 7 Eyewitness News, News Channel 12 Connecticut, and [www.droz.com](http://www.droz.com).