

Think there's NOTHING to eat on the Liver Cleanse –Think AGAIN!

Mango Avocado Salsa Salad

In medium mixing bowl combine:

- 1-2 Mango peeled and diced
 - 1 ½ Cup Cucumbers seeded and diced – skin left on
 - 1/2 Cup Red Onions sliced thin
 - 1-2 Tbsp Jalapeño Pepper seeded and minced
 - 1 tsp Raw Sugar
 - 1/4 tsp Kosher Salt
 - 2 Tbsp Fresh Lime Juice
- Just before serving stir in:
- 2 Avocados pitted, peeled and diced
 - 1/3 Cup Cilantro coarsely chopped

Roasted Poblanos with Mushrooms and Sausage

- 2 poblano peppers, roasted, peeled, and seeds removed
- Olive oil
- 1/3 cup Turkey or Chicken sausage
- 1/2 small red onion, sliced
- About 12 baby Portobellos, thinly sliced
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- Salsa for a condiment

Preheat oven to 350 degrees. Heat about 1 tablespoon olive oil in a skillet on medium heat. Brown the sausage, breaking into small pieces. Add the onion and continue sautéing a couple of minutes. Add the mushrooms and crumble the rosemary into the skillet. Sauté until the mushrooms have released their juices. Spritz with additional olive oil if necessary. Remove from heat. Salt and pepper to taste. Stuff poblanos with mushroom mixture and bake for about 15 minutes or until heated through. Top with salsa if you like.

Stuffed Mushrooms

- 20 Large Baby Portobellos
- About .5 pound Turkey or Chicken sausage, Italian
- 6 Green Onions, green and white parts, finely chopped.
- 2 cloves garlic, finely chopped
- 3 TBSP Olive oil, separated
- 2 TBSP Balsamic vinegar

Start by “popping” the stems out of the mushrooms, chop the stems finely and set aside. In a separate bowl, combine the balsamic vinegar and 2 TBSP olive oil, toss in mushroom caps to coat. Arrange the mushroom caps tightly on a baking dish. In a sauté pan, heat 1 TBSP olive oil then add sausage, break up with a spoon into small crumbles, about 8-10 minutes. Add mushroom stems and cook for about 3 minutes. If there is too much liquid, drain some out. Add the green onions and garlic, cook for another 2-3 minutes. Remove from heat. Stuff mushroom caps with filling. Bake in a hot oven (400-425 degrees) until mushrooms turn dark brown, about 30-40 minutes.

Spiced Sweet Potato Bites

- 4 medium sweet potatoes
- 1/2 tsp salt
- 3 quarts of water
- 4 tbsp olive oil
- Seasoning:
- 2 tbsp brown sugar
- ½ tsp cumin
- 1 tsp smoked paprika (or paprika of your choice)
- ¼ tsp cayenne pepper
- ¾ tsp garlic salt
- black pepper

Preheat the oven to 350. Peel the sweet potatoes and slice about an inch thick. Add ½ tsp salt to the water in a saucepan, bring to a boil. Add the potato slices and simmer for 10 to 12 minutes, or until slightly soft. Remove and place on a paper towel to cool for 10 minutes.

Mix the seasoning ingredients and place olive the olive oil in a bowl separate from the topping mix. Line a sheet pan with parchment paper. Place a small batch of slices into the oil to coat and then place into the topping mix to coat. Coat both sides and set on the sheet pan. Repeat in small batches.

Roast for 25 minutes and flip the slices over for another 10. Keep an eye on these as they will burn rather easily. Dipping sauce recipe follows.

Cilantro (Coriander) Chutney for dipping

1 cup fresh cilantro (or more to your taste)
6 scallions, coarsely chopped
1 1/2 to 2 tsp finely chopped small hot green chile, such as serrano or Thai, including some seeds
2 tsp sugar
1 1/2 tsp cumin
1 1/2 tsp salt
1/4 to 1/3 cup fresh lime juice or lemon juice
1/4 cup olive oil

Purée all ingredients in a food processor until smooth. If you prefer a thinner sauce, add more lime or lemon juice.

Lentil Stew with Sausage

1/3 pound of turkey bacon (about 5 thick slices), cut into 1-inch by 1/4-inch strips
1 medium-large yellow or white onion, chopped (about 1 1/4 cups)
2-3 large carrots, diced (2/3 cup)
2-3 large ribs celery, diced (2/3 cup)
1 teaspoon ground cumin
2 cloves garlic, minced (about 2 teaspoons)
1 pound brown or green dry lentils, rinsed and picked over to remove anything that shouldn't be there (like a small rock for example)
3 cups water
3 cups Gluten Free chicken stock
1/2 teaspoon dry thyme
1 bay leaf
1/2 pound Chicken or Turkey Italian sausage (mild, sweet, or spicy, your choice) or smoked sausage, in links (about 2-3 links)
1 teaspoon apple cider vinegar
1/4 cup chopped fresh parsley, with a little extra for garnish

Heat a large, thick-bottomed pot (6 to 8 quart) on medium heat. Add the bacon and cook until much of the fat has rendered out and the bacon is browned and cooked through, about 10 minutes. Use a slotted spoon to remove bacon from pan to a dish, set aside. Remove (and reserve for another use) all but 2 Tbsp of bacon fat. (If you discard the excess fat, let cool to solidify first, then discard in the trash. Do not pour down the drain or you will clog the drain.)

Heat the remaining fat on medium high and add the carrots, onions, celery, and cumin. Stirring frequently, scraping up the browned bits at the bottom of the pan, cook until softened, about 5-7 minutes. Add the garlic and cook a minute more, until fragrant.

Add back in the cooked bacon, the rinsed lentils, stock, water, thyme, bay leaf. At this point add a teaspoon of salt and some pepper. You will season more to taste later. Bring to a boil and reduce the heat to a simmer. Cook partially covered until lentils are tender, about 40 minutes.

While the lentils are cooking, heat a frying pan on medium heat. Add the Italian sausage links. Gently cook, browning on all sides, until just cooked through. Remove from pan, let cool enough to handle. Cut into pieces of desired length (1 to 2 inches, or you can just keep whole) and add to stew for the last 10 minutes of cooking.

Add sherry vinegar and parsley to stew. Add salt and freshly ground black pepper to taste. You may need to add more salt than you expect, especially if you are making the stew with water only and not water and stock.

These recipes brought to you by:



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