



MAOI DIET

RECIPE BOOK

DEDICATION

This book is dedicated to the families and friends of those of us on MAOI medications for their loving efforts to make sure they are feeding us MAOI-safe foods. Preparation of MAOI safe foods may be only for one meal or for multiple meals. Whatever the situation, it requires a considerable amount of extra work.

We appreciate your efforts to keep us safe by carefully analyzing and understanding the contents of the MAOI Diet, for shopping and preparing meals especially for us and continuing to invite us to share a meal.

We sincerely thank you.

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MAOIS & THE MAOI DIET

MAOIS AND HOW THEY WORK

Monoamine oxidase inhibitors (MAOIs) are antidepressants. They work by blocking an enzyme called monoamine oxidase. Normally, monoamine oxidases break down brain chemicals (neurotransmitters). MAOIs work to block the action of monoamine oxidases, in turn making the neurochemicals more available. Examples of neurotransmitters are serotonin, dopamine, and norepinephrine.

When you have more of these chemicals in your body they can help treat depression and other illnesses, like Parkinson's disease. MAOIs can help treat depression that is resistant to other treatments in some people.

As with many medications, MAOIs may have side effects.

MAOIs can interact with foods and other medications, so they are not usually the first choice of treatment.

MAOIs can help treat depression that is resistant to treatment in some people.

The MAOI antidepressants in Canada are the medications phenelzine (Nardil) and tranylcypromine (Parnate). MAO-B inhibitors include some medications used to treat Parkinson's disease and an antibiotic, linezolid (Zyvoxam). An anticancer medication, procarbazine, also has MAOI properties.



SIDE EFFECTS ASSOCIATED WITH MAOIS

As with many medications, MAOIs may have associated side effects. MAOIs can interact with foods and other medications, so they are not usually the first choice of treatment. Some common side effects associated with MAOIs are listed below. Most of these can get better the longer you use the medication. Your health care provider can help you manage some of these side effects:

- Drowsiness or feeling tired
- Energized, anxious or agitated feelings
- Dizziness or low blood pressure
- Dry mouth
- Constipation
- Nausea
- Weight gain
- Decrease in sex drive or sexual function

INTERACTIONS WITH OTHER MEDICATIONS

MAOIs can interact with other antidepressants, allergy medications, cough/cold medications, pain medications and herbal supplements. Interactions with other medications may increase the risk of side effects. You should tell your health care provider if you take other medications, especially other antidepressants such as serotonin reuptake inhibitors (SSRI's), over-the-counter products and herbal supplements.

TYRAMINE AND MAOIS

Tyramine is an amino acid (building block of protein) that occurs naturally in protein-containing foods and helps regulate blood pressure. As certain foods age, there is more tyramine in them. MAOIs block the enzyme monoamine oxidase, which breaks down tyramine and can result in high levels of tyramine in the body.

The combination of taking an MAOI and eating foods high in tyramine can lead to high blood pressure that is dangerous to your health. This is called a hypertensive crisis and is linked to some or all of the following symptoms:

- Sudden, severe, throbbing headache which starts at the back of the head and moves forward
- Nausea and vomiting
- Neck stiffness
- Heart palpitations, chest pain
- Sweating, cold, and clammy skin
- Enlarged pupils of the eyes
- Sudden, unexplained nosebleeds

A hypertensive crisis is a medical emergency. If you have these symptoms you need to call your health care provider right away or go to the closest Emergency Department.

MAOI DIET

A MAOI diet involves learning about foods that have moderate to high levels of tyramine and should be avoided to prevent a hypertensive crisis. A MAOI diet is in fact a low tyramine diet.

For example, you should NOT EAT foods that are fermented or aged while you take an MAOI and for 14 days (2 weeks) after you stop an MAOI. See Appendix 1 (**page 66**) for a list of foods to avoid and other choices of foods that are safe for patients on an MAOI diet.

Following an MAOI diet involves keeping fresh foods stored at the right temperatures, and frozen or cooked within 24 hours of buying them. You should not eat cooked foods stored in the refrigerator for more than 24 to 48 hours. You should make sure that foods consumed are not past their best before date.

The sample meal plans (Appendix 2, **page 67**) and recipes in this book may be used as a guide to make your own MAOI diet.



HEALTHY EATING PATTERN



As well as following a low tyramine diet, it is important to eat healthy foods. An important part of healthy eating is to ensure balance. One way to do this is to make sure you eat from all food groups. This will help you get all your vitamins and minerals needed to keep you healthy.

Canada's Food Guide was updated in 2019, and now follows the balanced plate method. This means that meals should include vegetables and/or fruits, lean protein (including plant protein) and whole grains. Eating meals with all these foods will help you eat in a balanced way.

Portion control is another important factor. The way that Canada's Food Guide is designed also helps address portions. By sticking to the balanced plate method, you make sure that you don't consume too much or too little of one particular food group. It is also important to eat at regular times during the day. Eat at regular times in the day and try not to skip any meals. Planning becomes an important skill to have in order to make sure you have all your balanced meals daily.

Aside from food, staying hydrated is key to good nutrition. Hydration affects kidney function, and is also important to keep your bowel movements regular. Water is the best choice. Juice and pop/soda are not recommended, and tea and coffee consumption should be limited.

TIPS FOR WHOLESOME MEALS

- Use Canada's Food Guide as a tool to make sure you include all 3 categories of foods (fruit and vegetables, lean protein, whole grains).
- Some things can be made ahead of time to make it faster to cook your meals.
- Frozen vegetables and fruits are just as nutritious as fresh vegetables and fruits.
- For variety, mix and match different foods within the same category. For example, choose 2 different types of vegetables or 2 different types of grains to cook or eat together. This helps improve variety and makes eating more fun.

FOOD STORAGE

Be mindful of how long certain food items can be stored in the refrigerator and freezer per the MAOI Diet.

A great way to waste less food and make sure you have fresh foods is to review the foods in your fridge every 3 to 4 days, in your freezer every week, and pantry every month. This can also help guide your grocery shopping.

See Appendix 3 for more information about specific storage time suggestions for different foods.





SMOOTHIES



*You may substitute with any milk or cream (1% to 35% fat), or a mix of milk or cream. Some suggestions are: Almond milk, Soymilk coconut milk, or ice cream, cream cheese, ricotta cheese, cottage cheese, or goat cheese. Speak to a dietitian or your physician if you have any heart conditions or concerns.

FRUITS AND NUT

1. Put the following ingredients in your blender:

- ½ avocado
- 1 banana
- 3 or 4 pieces of fresh (in season) or frozen mango
- ¼ cup of baby spinach
- 1 cup almond milk*

2. Blend and enjoy



MORNING SUNRISE

1. Put the following ingredients in your blender:

- ½ orange
- Fresh (in season) or frozen mango pieces
- Several slices of fresh ginger
- 1 cup of baby spinach
- 1 cup almond milk*

2. Blend and enjoy

PEANUT BUTTER & BANANA SPLIT

1. Put the following ingredients in your blender:

- 12 tablespoons peanut butter
- 1 banana
- 1 cup 35% cream (whipping cream) *
- 1 scoop (1 cup) of ice cream

2. Blend and enjoy

BASIC BREAK

1. Put the following ingredients in your blender:

- ½ of a banana
- 1 scoop (1 cup) of ice cream
- 1 cup of milk*

2. Blend and enjoy

SIMPLY BREAKFAST

1. Put the following ingredients in your blender:

- 1 package of pre-packaged breakfast replacement
- 1 cup of whole milk

2. Blend and enjoy

ESSENTIAL BLISS

1. Put the following ingredients in your blender:

- ½ package of pre-packaged breakfast replacement
- ½ cup whole milk
- ½ cup of vanilla ice cream
- ½ of banana

2. Blend and enjoy



PIZZAS



PIZZA DOUGH

This recipe makes dough for two medium pizzas.
The dough can be frozen for use at another time (within 1 month).

INGREDIENTS

- 1 package of dry active yeast
- $\frac{3}{4}$ cup of warm water
- 2 teaspoons of white sugar
- 2 cups of bread flour
- 2 tablespoons of olive oil
- 1 teaspoon of salt

NOTES:

1. If you are not comfortable with preparing the dough yourself, you can purchase pizza dough at your grocery store.
2. In place of pizza, you can purchase flat bread at your grocery store.
3. Tip for rolling out dough: Dust dough with flour. Use two sheets of parchment paper. Place dough in between the sheets. Use a rolling pin on the top sheet. This makes rolling out dough easier.

INSTRUCTIONS:

1. Mix yeast, warm water, and white sugar.
2. Let sit undisturbed until foam develops (approximately 10 minutes).
3. Combine the following in your food processor or mix: flour, olive oil, salt, and the yeast until ingredients come together.
4. Knead dough by hand until a soft dough ball has formed. If needed add more water (up to $\frac{1}{4}$ cup) and continue kneading to create a soft dough ball.
5. Cover and let rise in room temperature until doubled in size (approximately 30 minutes).
6. Prepare pizza toppings and set them aside (**see Pizzas, pages 17 to 23**)
7. Cut the dough ball in half, set one half aside. Cover to prevent drying.
8. Flour the rolling pin and dough. Roll out dough ball to fit your pizza pan or pizza stone (requires patience).
9. Repeat with other half or freeze for pizza another day

BACON & PINEAPPLE PIZZA



SERVES

2

INGREDIENTS

1. Pizza dough (**See recipe on page 18**)
 - 1 small can of tomato paste or substitute 4 tablespoons of tomato sauce
 - 4 - 5 slices of bacon or substitute with firm tofu if vegetarian
 - ½ cup pineapple chunks (canned* or fresh)

*If you use canned products, check the list of ingredients every time on the packaging to ensure safe ingredients.

INSTRUCTIONS:

1. Set the oven to Bake at 425°F.
2. Flour, rolling pin and roll pizza dough to fit your pizza pan or pizza stone.
3. Spread tomato paste thinly over dough or flat bread.
4. Cover tomato paste with processed cheese slices.
5. Cut bacon into rough squares (or crumble tofu) and sprinkle over cheese slices.
6. Place pineapple chunks over bacon/tofu and cheese.
7. Bake for 12 minutes, or until dough is cooked



VEGETABLE PIZZA



SERVES

2

INGREDIENTS

- Pizza dough (**See recipe on page 12**)
- 1 Small can of tomato paste or substitute several tablespoons of tomato sauce
- 2 Portobello mushrooms, thinly sliced
- 1 Roma tomato, sliced thinly
- 4 thin slices of red onion
- Fresh basil as much as desired, thinly sliced
- Fresh ricotta cheese as much as desired (**see recipe on page 23**)

INSTRUCTIONS:

1. Set the oven to Bake at 425°F.
2. Spread a thin layer of tomato paste on pizza dough or flat bread. Tomato paste can be substituted with tomato sauce.
3. Place slices of mushroom, tomato, and onion on tomato paste.
4. Cut and sprinkle basil on top of vegetables.
5. Place clumps of ricotta cheese on pizza to your liking.
6. Bake for 12 minutes, or until the dough is cooked.

Serve with a green salad. (**See Salad recipes on pages 50 to 56**)

VARIATION:

Replace ricotta cheese with processed mozzarella cheese slices placed on the tomato paste or on the vegetables. (**See photograph of processed cheese slices on page 21**)

*Refer to *Appendix 1 (page 66)* for allowed cheeses





BREAKFAST OR DESSERT PIZZA



SERVES

2 - 4

INGREDIENTS

- ½ Pizza dough (**see recipe on page 18**)
- ½ cup of Ricotta cheese (**see recipe on page 23**)
- ½ cup of Applesauce
- Approximately 2 teaspoons of white sugar
- 2 tablespoons of Cinnamon

INSTRUCTIONS:

1. Set the oven to Bake at 425°F.
2. Flour, rolling pin and roll dough to fit your pizza pan or pizza stone.
3. Spread Ricotta cheese over the pizza dough or flat bread.
4. Spread apple sauce over cheese.
5. Sprinkle sugar over applesauce.
6. Sprinkle cinnamon over sugar.
7. Bake for 12 minutes, or until the dough is cooked.

VARIATION:

1. Replace ricotta cheese with processed mozzarella slices
2. Add apple slices over applesauce.
3. Before serving, add a sliced strawberry to each piece of pizza. This adds a little colour and a delightful taste.



FRESH RICOTTA CHEESE

INGREDIENTS

- 4 cups of Whole Milk (3.25%)
- 2 cups of Heavy Cream (35%)
- 1 teaspoon of Kosher Salt
- 3 tablespoons of White Vinegar
- Cheesecloth – enough to line your sieve with two layers

NOTE:

Ricotta pairs well on pizza, with crackers, or toast and jam, or toast and cooked tomatoes, garlic, fresh basil.

INSTRUCTIONS:

1. Mix the Milk and Cream in a medium size saucepan
2. Add the Salt.
3. Bring to a boil over medium heat, stirring occasionally. Turn off the heat and remove from the stove.
4. Add the vinegar and stir until the mixture curdles.
5. Stand for approximately 1 minute
6. Dampen cheesecloth and line the sieve with two layers.
7. Pour the mixture into the cheesecloth lined sieve. Let stand for approximately 15 minutes.
8. Keep the cheese which is caught on cheesecloth and discard extra liquid into the sink.
9. Scrape the remaining cheese off the cheese cloth and put it in the bowl.
10. Use immediately or wrap the bowl of cheese with plastic wrap and refrigerate.

Recipes

MAINS





TURKISH KOFTE



SERVES

5 - 6

INGREDIENTS

- 1 pound of extra lean ground beef
- ¼ cup of breadcrumbs
- 1 onion, diced
- 3 cloves of garlic, crushed
- 1 teaspoon of baking soda
- ¼ cup of water
- 1 teaspoon of lemon juice
- ½ teaspoon of cumin
- ½ teaspoon of black pepper
- ½ teaspoon of chili powder
- ½ teaspoon of red pepper flakes
- ½ teaspoon of dried thyme
- 1 teaspoon of salt

INSTRUCTIONS:

1. In a large bowl combine the ground beef, breadcrumbs, diced onion, and crushed garlic.
2. Add the spices.
3. In a small bowl, mix baking soda, water, and lemon juice. Add this to the ground beef mixture.
4. Mix well. Knead by hand for 5-10 minutes so that everything is consistently mixed.
5. Cover and let it sit in the refrigerator for 2 to 3 hours.
6. Shape into 10 - 12 beef patties.
7. Brush a cast-iron pan with a thin layer of oil and heat.
8. Cook-patties over high heat for 3-4 minutes each side
9. Continue cooking over low heat until they are done (approximately 10 minutes), turning them over occasionally.

Serve with rice and salad. **(See salad recipes on pages 50 to 56)**



TURKISH KOFTE SLIDERS



SERVES

5

INGREDIENTS

- 10 Turkish burgers (**see recipe on page 25**)
- 10 slider buns
- 10 leaves of lettuce
- 10 slices of tomato
- 10 thin slices of red onion
- Salt and pepper to taste

INSTRUCTIONS:

1. Organize slider buns on a sheet pan for preparation.
2. Assemble: wash and cut lettuce, tomatoes to slider bun size. Slice whole red onion laterally and remove inside layers (these can be used chopped for other dishes; wrap and save in the fridge).
3. Place burger on bottom slider bun, and vegetable ingredients as preferred.
4. Serve and enjoy!

Serve with coleslaw (**see recipe on page 51**)

VARIATION: Serve the burger wrapped in a lettuce leaf instead of in a bun.



CHILI CON CARNE



SERVES

4 (medium to large) servings

INGREDIENTS

- 1 tablespoon of olive oil
- 1 chopped yellow onion
- 1 pound of lean ground beef
- 2½ teaspoons of chili powder
- 2½ teaspoons of cumin
- 1 teaspoon of garlic powder
- 2 teaspoons of sugar
- Salt and pepper to taste
- 2½ tablespoons of tomato paste
- 1 can of diced tomatoes (15 oz.)
- 1 can of red kidney beans (16 oz.)
- 1 can of tomato sauce (8 oz.)
- 1½ cups of vegetable or beef broth

INSTRUCTIONS:

1. In a medium-sized saucepan, heat the olive oil (1 to 2 minutes).
2. Add the chopped onion and cook until it is soft (5 minutes).
3. Add the ground beef and stir or use a potato masher to break it apart.
4. Cook until meat shows no pink (6 to 8 minutes).
5. Add spices: chili powder, cumin, garlic powder, sugar, salt, and pepper.
6. Add the tomato paste.
7. Stir to combine the ingredients.
8. Add the diced tomatoes.
9. Add the tomato sauce.
10. Rinse and add the kidney beans.
11. Simmer for 20 to 30 minutes.
12. Let sit for 10 minutes before serving.

OPTIONAL: ¼ teaspoon cayenne pepper can be added for more spice if desired.

NOTES: Can be frozen in separate single or double portions.



SHEPHERD'S PIE



SERVES

4 - 6

INGREDIENTS

Meat Filling:

- 2 tablespoons of olive oil
- 1 cup of chopped yellow onion
- 1 pound of lean ground beef or lean ground lamb
- 4 tablespoons of Italian seasoning (oregano, basil, thyme marjoram)
- ½ teaspoon of salt
- ½ teaspoon of pepper
- 1 tablespoon of Worcestershire sauce
- 2 cloves of garlic, minced
- 2 tablespoons of all-purpose flour

- 2 tablespoons of tomato paste
- 1 cup of beef or vegetable broth
- 1 cup of frozen mixed peas and carrots (optional)
- ½ cup of frozen corn kernels

Potato Topping:

- 1½ - 2lbs of Russet potatoes (2 large potatoes)
- ½ teaspoon garlic powder*
- Salt and pepper to taste
- 8 tablespoons of butter (You may substitute 1 to 2 tablespoons of olive oil.)

INSTRUCTIONS:

1. Set the oven to Bake at 400°F and start a medium pot with water to boil.
2. Cut the potatoes into 1-inch cubes.
3. Boil until they are soft.
4. While potatoes are cooking, begin meat preparation.
5. Add the oil to a large skillet and place it over medium-high heat for 2 minutes.
6. Add the onions. Cook for 5 minutes, stirring occasionally.
7. Add the ground beef. Break it apart with a wooden spoon or potato masher.
8. Add Italian seasoning.
9. Stir and cook until the meat is browned thoroughly (6-8 minutes).
10. Add the Worcestershire sauce and garlic.
11. Stir to combine.
12. Cook for 1 minute.
13. Add the flour and tomato paste.
14. Stir until well incorporated and no clumps of tomato paste, or flour remain.
15. Add the broth, frozen peas and carrots, and frozen corn.
16. Bring the liquid to a boil then reduce heat to simmer.
17. Simmer for 5 minutes, stirring occasionally.
18. Pour the meat mixture into a 9" x 9" (or 7" x 11") baking dish.
19. Spread it out into an even layer.
20. Add the salt and pepper, garlic powder (or roasted garlic – see recipe below), and butter to potatoes.
21. Mash the potatoes with spices until smooth
22. Spoon the mashed potatoes on top of the meat in a baking dish.
23. Carefully spread into an even layer. (If the baking dish looks very full, place it on a baking sheet so that the filling does not bubble over in your oven.)
24. Bake uncovered for 25-30 minutes.
25. Cool for 5 - 10 minutes before serving.

Can be frozen in single or double portions.

NOTE: Roasted garlic is particularly nice in mashed potatoes, and it is easy to make.

Roasted Garlic:

1. Leave two garlic cloves in their covers.
2. Cover the cloves, generously, with olive oil.
3. Wrap them loosely in tin foil.
4. Leave them in the oven for 10 to 15 minutes.



MEAT LOAF



SERVES

4 - 6

INGREDIENTS

- 1 cup of chopped yellow onion
- 1 pound of lean ground beef or lean ground lamb
- 4 tablespoons of Italian seasoning (oregano, basil, thyme, marjoram)
- ½ teaspoon of salt
- ½ teaspoon pepper
- 1 tablespoon of Worcestershire sauce
- 2 garlic cloves, minced
- 1 large egg
- 2 tablespoons of tomato paste
- 1 teaspoon of olive oil
- ½ cup of beef or vegetable broth
- Optional - 1 cup of fresh chopped spinach to be mixed into the meat

INSTRUCTIONS:

1. Preheat the oven to Bake at 375°F.
2. Mix the chopped onion, ground beef (or lamb), and Italian seasoning.
3. Mix the garlic with the Worcestershire sauce, egg, and tomato paste.
4. Add spinach if desired.
5. Put in a rectangular, olive oil greased, glass baking dish or a loaf tin.
6. Pour the broth over the meat mixture.
7. Bake for 60 minutes or until done.

OPTIONAL: ¼ teaspoon cayenne pepper can be added for more spice if desired.

NOTES: Can be frozen in separate single or double portions.

THAI CURRY: GREEN CURRY WITH SHRIMP, CHICKEN OR TOFU (V)



SERVES

4

INGREDIENTS

- 1 small tin of instant red or green curry paste
- 1 Can (400mL) of coconut milk cup or 100g Black Tiger shrimps

OR

- 150g or 1 boneless, skinless chicken breast, cubed

OR

- 1 cup diced tofu
- ½ red pepper (cleaned and sliced)
- ½ orange pepper (cleaned and sliced)
- 1 cup of cooked brown Basmati rice

INSTRUCTIONS:

1. Mix the curry paste and the coconut milk in a saucepan.
2. Heat, stirring occasionally.
3. Add the shrimp (or chicken or tofu), and pepper slices, and stir.
4. Cook on low heat until the shrimp/ chicken and peppers are cooked, and the sauce is hot.

Serve on (1 cup) of brown Basmati rice. Serve with mango salad. **(See recipe on page 54)**

STEAK & ROASTED VEGETABLES



SERVES

1 - 2

INGREDIENTS

- 1-2 potatoes
- 2 carrots
- 1 bulb of garlic
- 1 rib eye steak or sirloin strip steak
- 1 tablespoon vegetable oil
- 1 teaspoon Montreal Steak Spice rubbed into each side of steak

NOTE:

Double the recipe depending on number of guests.

INSTRUCTIONS:

1. Clean and prepare vegetables. Cut the tops off the cloves of garlic.
2. Rub the vegetables with oil, drizzle oil over the tops of the garlic cloves.
3. Put the vegetables (including garlic) in the oven to roast for about 30 to 40 minutes.
4. Put oil in the frying pan with high heat, heat until hot.
5. Rub Favorite steak seasoning on both sides of the steak.
6. Place steak gently into the hot pan, laying steak away from self to avoid oil splashing.
7. Brown steak in oil on both sides.
8. Cook to your desired doneness (rare, medium, or well done). Let rest on a serving plate for 10 minutes.
9. Remove roasted vegetables from the oven. Squeeze bottom of roasted garlic to release cooked garlic from cloves and mix into vegetables.

BAKED CHICKEN IN A DISH



SERVES

2 generous portions

INGREDIENTS

- 2 chicken legs with back attached (skin on, bone in)
- 2 large carrots
- 1 medium onion
- Other vegetables may be added based on preference (e.g., zucchini, sweet peppers, broccoli stems)
- Olive Oil
- Salt and Pepper to taste
- 3-4 cloves of garlic
- Dried or Fresh Herbs of your choice (e.g., parsley, thyme, oregano)
- Diced tomatoes

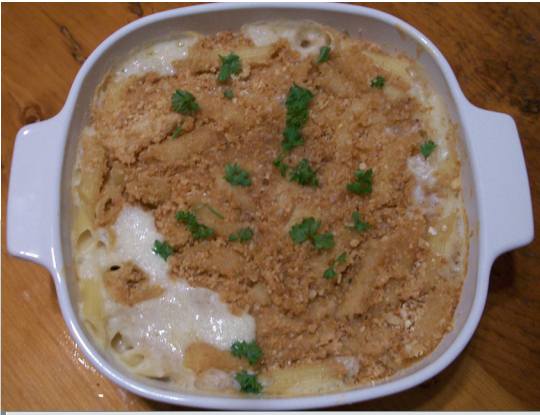
INSTRUCTIONS:

1. Heat oven to bake at 325°F
2. Chop vegetables into bite-sized pieces.
3. Separate chicken leg from thigh.
4. Place chicken and vegetables in a baking dish.
5. Drizzle a generous amount of olive oil over chicken and vegetables.
6. Add salt, pepper, garlic, and crushed herbs.
7. Mix with hands.
8. Garnish with diced tomato.
9. Place in the oven and bake for 1½ hours.
10. Baste every 10 minutes during last ½ hour

Meal Suggestion: serve with brown rice

VEGETARIAN MAINS





MAC & CHEESE (V)



SERVES

6

INGREDIENTS

White Sauce:

- 4 Tablespoons of flour
- 4 Tablespoons of butter
- 2 cups of warmed whole milk (3.25%)
- 1 small box (450 grams) of Velveeta Cheese®
- 1 package of macaroni
- ½ cup of buttered breadcrumbs

NOTE: You can use leftover cheese sauce on cauliflower or broccoli. Refrigerate cheese sauce for up to 3 days.

INSTRUCTIONS:

White Sauce (Roux):

1. Melt the butter
2. Add the flour
3. Stir until the flour is cooked. (1 minute, well mixed with butter)
4. Add the preheated milk.
5. Stir until the sauce is thickened.

Mac and Cheese

1. Set the oven to Bake at 350F.
2. Boil water in a pot. Add salt then macaroni when water is boiled.
3. Slice or grate the cheese.
4. Add cheese to the white sauce. Stir until the cheese is melted.
Note: White sauce will now be referred to as Cheese sauce.
5. Strain and rinse cooked (al dente) macaroni and add the cheese sauce.
6. Put the buttered breadcrumbs evenly over the top of the Mac and Cheese. Place in the oven for 5-10 minutes, until lightly browned

TOMATO SAUCE & SPAGHETTI SQUASH



SERVES

4

INGREDIENTS

- 1 tablespoon of olive oil
- 1 sweet onion, chopped
- 4 garlic cloves, minced
- 3 cups cremini mushrooms, sliced
- 1 handful of fresh basil, chopped
- 28 ounce can of whole or diced tomatoes, including juice.
- 8 tablespoons of tomato paste
- ½ teaspoon of sea salt
- ¼ teaspoon of red pepper flakes
- 1 ½ teaspoons of dried oregano
- 2 tablespoons of chia seeds (optional)
- ½ teaspoon of dried thyme
- 1 cup of cooked lentils (optional)

INSTRUCTIONS:

1. In a large saucepan heat the olive oil (medium heat)
2. Sauté the onion and garlic 5 minutes or until the onion is translucent
3. Stir in sliced mushrooms. Cook 5 to 10 minutes
4. Add basil, whole or peeled tomatoes, juice, tomato paste, salt, oregano and thyme
5. Break up whole tomatoes into chunks with cooking utensil.
6. Add the red pepper flakes, the chia seed, and lentils if desired
7. Stir over medium heat.
8. Simmer sauce stirring often for 15 to 20 minutes

Serve on top of roasted spaghetti squash or fresh zucchini noodles.

MEATLESS MOROCCAN MIRACLE



SERVES
8

INGREDIENTS

- 2 tablespoons olive oil
- 2 cups pearl onions, peeled and halved
- 2 medium carrots cut into 1/8-inch thick slices (about one cup)
- 1/4 fennel bulb cut, into 1/8 slices (about 1/2 cup)
- 1/4 cup all-purpose flour
- 1 cinnamon stick (about 2 inches)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1 large pinch saffron thread, crushed
- 3 medium Yukon gold potatoes peeled and cut into 3/4 -inch dice (about 2 cups)
- 1 cup vegetable broth
- 2 cups raisins
- 2 cups (16 ounces) cooked or canned chickpeas drained
- 2 small summer crookneck squashes halved lengthwise and cut crosswise, diced (1/2 ")
- 2 tablespoons sliced almonds toasted (optional)

INSTRUCTIONS:

1. Heat the oil in a large heavy stock pot over medium low heat.
2. Coat the onions, carrots and fennel with flour and sauté in oil till golden brown.
3. Add cinnamon stick, cumin, ginger, saffron, potatoes, vegetable broth, and raisins
4. Cook for about 10 minutes.
5. Add chickpeas, squash, marjoram and tomatoes; cover and simmer until squash is tender about 8 minutes

Serve garnished with a sprinkle of toasted almonds, and with pita bread and a side salad.

SWEET POTATO CASSEROLE



SERVES

6

INGREDIENTS

- 6 medium sweet potatoes, peeled
- 3 tbsp butter melted
- ½ cup sugar
- 1 egg, beaten
- 1 tsp vanilla
- Praline Topping- see recipe below

Praline Topping

- Ingredients
- 5 tbsp butter, melted
- ¾ cup brown sugar
- 2 tbsp all-purpose flour
- ⅔ cup coarsely chopped pecans

INSTRUCTIONS:

1. Bring large pot with water to boil.
2. Cut sweet potatoes into quarters. Add to boiling water.
3. Preheat the oven to 350°F.
4. Drain water from sweet potatoes when fork tender. Mash sweet potatoes.
5. Mix in butter, sugar, beaten egg, and vanilla.
6. Spoon into a greased, 8" round casserole dish.
7. Sprinkle Praline Topping over sweet potatoes.
8. Bake at 350°F for 20 minutes.

Praline Topping

- Mix topping ingredients together until crumbly, sprinkle over sweet potatoes

Serve with a crisp salad and fresh bread on side

SOUTHERN STUFFED SWEET POTATOES



SERVES

4

INGREDIENTS

- 4 large, sweet potatoes or Yukon Gold potatoes
- 1 tablespoon of olive oil
- 1 cup each onion, celery, and green pepper, chopped
- 1 tablespoon chili powder
- 1 19-oz can diced tomatoes
- 1 19-oz can black beans, rinsed, and drained
- 1 cup corn kernels
- 1 pinch of coriander per serving

Garnishes:

- Ricotta cheese
- Velveeta Cheese, shredded
- Green onions, julienned or thinly sliced

INSTRUCTIONS:

1. Pierce sweet potatoes all over with a fork to create venting holes and arrange on a plate.
2. Microwave on high or roast in the oven at 400°F until tender till tender (Microwave: 10-15 minutes, oven: 45 to 60 minutes).
3. In a deep skillet, heat oil over medium heat. Cook onions, celery, green onion, green peppers, and Chili pepper until onions are tender, about 5 minutes
4. Reduce heat, stir in tomatoes with juice, rinsed beans, and corn. Simmer until heated through, about 10 minutes
5. Divide potatoes among 4 bowls. split in half lengthwise and expose flesh.
6. Top with bean mixture. Garnish with ricotta, green onion, velveeta cheese, green onions, pinch of coriander.

Serve with a green salad

RUSTIC LASAGNA



SERVES

8

INGREDIENTS

- 9 large lasagna noodles
- 2 cans (8 ounces or 1 cup each) of tomato sauce
- 1 clove garlic, minced
- 1 teaspoon fresh oregano or ¼ teaspoon dried oregano
- 1 package (10 ounces or 1.5 cups) frozen chopped broccoli, thawed and gently squeezed of excess liquid
- 1 cup carrot, shredded
- 1 container (15 to 16 ounces) ricotta cheese
- 1 cup of velveeta mozzarella cheese

INSTRUCTIONS:

1. Cook lasagna noodles according to package directions.
2. While the noodles are cooking, preheat the oven to 350°F.
3. Oil a 13 x 9" baking dish with olive oil. Set aside.
4. In a small bowl combine tomato sauce, garlic, and oregano. Mix well.
5. In a medium bowl, combine broccoli, carrot, and ricotta. Mix well.
6. Drain noodles in a colander.
7. Spread ¼ of tomato sauce (½ cup) in the bottom of the prepared dish. Place 3 noodles across the top of tomato sauce. Spread half of broccoli mixture over noodles. Repeat this layering, and finish with tomato sauce at the top.
8. Lay slices or a cup of shredded Velveeta Mozzarella cheese over top.
9. Bake until bubbling about 45 minutes.
10. Place on a wire rack and cool for about 15 minutes. Cut into squares and serve.

Serve with large green salad.

VEGETABLES





ROASTED POTATOES



SERVES

2 - 3

INGREDIENTS

- 2 large yellow potatoes
- 1 tablespoon of olive oil
- 2 tablespoons of Italian seasoning
- ½ teaspoon of garlic powder (optional)
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat oven to roast at 450°F.
2. Scrub potatoes clean.
3. Cut into ¼" thick rounds (slices)
4. Toss potatoes in oil and Italian seasoning (oregano, basil, thyme, marjoram) until well coated.
5. Arrange in a single layer on a parchment lined baking sheet.
6. Put in the oven, on the middle rack.
7. Roast for 20 to 25 minutes.
8. Turn the rounds over at half time, or when they are golden brown.

Substitution for yellow potato - sweet potato squash cut into cubes.

STUFFED AVOCADOS



SERVES

2

INGREDIENTS

- 6 small/medium avocados or three large avocados
- 6 radishes, finely sliced or chopped (optional)
- 1 Small package of spring mixed greens or lettuce (3 cups)
- ½ cup mayonnaise
- Salt and pepper to taste
- 4 oz. of finely chopped cooked breast of chicken or canned tuna
- 1 hard-boiled egg, sliced

INSTRUCTIONS:

1. Cut the avocados in half and remove the pits.
2. Mix greens, chicken or tuna, and radishes with the mayonnaise.
3. Add salt and pepper to taste.
4. Pile in the centre of the avocados.
5. Garnish with a slice of the hard-boiled egg.





FRIED ZUCCHINI



SERVES

3

INGREDIENTS

- 4 medium Zucchini
- ½ teaspoon salt
- 1 egg, beaten
- Flour in a saucer for dipping the zucchini pieces
- Sunflower oil

INSTRUCTIONS:

1. Cut zucchini into thin strips - ¼" wide and 2" long.
2. Place on a paper towel.
3. Sprinkle with salt.
4. Allow to sweat for 10 minutes.
5. Press gently with paper towels to drain excess moisture. Do not crush.
6. Dip strips of zucchini first in egg then in flour until lightly coated.
7. Shallow fry in oil, turning over until all sides are golden brown.
8. Drain excess oil on paper towels.
9. When cool enough to eat but still crisp serve

STUFFED GARLIC MUSHROOMS



SERVES

2

INGREDIENTS

- 2 large Portobello mushrooms (1 per person)
- 1 Box (~450g) of white and brown mushrooms
- 2 cloves of garlic or one large clove
- 1 Fresh bunch of parsley

INSTRUCTIONS:

1. Wash and remove stalks from the Portobello mushrooms; do not skin.
2. Fry Portobello mushrooms on both sides in olive oil.
3. Put aside in a serving dish.
4. Chop other smaller mushrooms. Mince garlic and parsley.
5. Mix and fry lightly in olive oil.
6. Fill Portobello mushroom caps with mixture and serve hot.





SAVORY ONIONS



SERVES

3 - 6

INGREDIENTS

- 1 large or 2 medium onions, finely chopped
- 1 teaspoon of mixed Italian herbs
- 1½ oz (¼ cup) of breadcrumbs
- ¼ cup boiling water
- 4 eggs
- 1 teaspoon of dried sage
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat oil in a medium saucepan. Fry onions until they are soft and translucent.
2. Soak the breadcrumbs in boiling water, then strain.
3. Add beaten eggs, herbs, and the cooked onions to the breadcrumbs.
4. Shape into fritters and deep fry hot sunflower oil until brown.
5. Place on a paper towel for 10-30 seconds to soak off excess oil, then serve.

SALAD DRESSINGS





OIL AND VINEGAR DRESSING

Ingredients

(quantity of all ingredients depends on the size of the salad):

- 2 parts oil
- 1 part vinegar
- 1 clove of garlic
- Salt and Pepper to taste

Instructions:

1. Mix oil and vinegar.
2. Peel garlic cloves and slice very thinly.
3. Add salt and pepper to taste.
4. Mix thoroughly.

NOTE: You may use a commercial dressing. As with any commercial product, always examine the list of ingredients to make certain it does not contain any ingredient(s) which is/are in “Foods to be Avoided” found in *Appendix 1*.

SEAFOOD DRESSING

Ingredients

- 1 part Mayonnaise
- 1 part VH Spicy Thai Dipping Sauce® or Irresistible Shrimp Sauce®. If you use a different brand of shrimp sauce, remember to check the ingredients to make sure it does not contain any ingredient(s) which is/are in “Foods to be Avoided” found in *Appendix 1*.

Instructions:

1. Mix thoroughly until homogeneous

RASPBERRY VINAIGRETTE DRESSING

Ingredients

- 1 part canola oil
- 1 part apple cider vinegar
- 1 part raspberry juice from fresh juiced raspberries
- 1 to 2 teaspoons of white sugar

Instructions:

- Mix thoroughly until oil and vinegar combined

LEMON AND GARLIC DRESSING

Ingredients

- 1 garlic clove
- 1 teaspoon mustard
- Salt and pepper to taste
- ½ teaspoon of sugar
- 1 tablespoon of lemon juice
- 1 ½ tablespoons of Olive oil

Instructions:

1. Rub salad bowl with ½ garlic clove. This creates garlic aroma without overpowering salad taste.
2. Crush the other half ½ of the garlic clove and put in a bowl
3. Add mustard, salt and pepper, and a pinch of sugar.
4. Gradually stir in the lemon juice.
5. Gradually mix in the olive oil
6. Pour the dressing over the salad



NOTE:

You may use a commercial dressing. As with any commercial product, always examine the list of ingredients to make certain it does not contain any ingredient(s) which is/are in “Foods to be Avoided” found in Appendix 1.

SALADS



GREEN SALAD

A mixture of some of the following vegetables:

- Lettuce
- Spinach
- Cucumber
- Green onion
- Celery, or celery leaves
- Beet leaves
- Avocado
- Steamed Asparagus
- Steamed broccoli stems
- Steamed green beans
- Cooked baby peas

Some Variations:

1. Standard leafy green salad (a variety of lettuces, avocado, spinach, cucumber, green onion, celery leaves, etc.). Use oil and vinegar dressing. (See page XX.)
2. Steamed greens (steamed asparagus, steamed broccoli stems, steamed green beans, cooked baby peas), dressed with oil and vinegar, (mixed, and topped with lots of small 1/2 inch) clippings of fresh baby dill and fresh coriander leaves.
3. Try different combinations with available vegetables in the fridge.



COLESLOW

Ingredients

- 1 ½ cups of shredded green cabbage
- 1 cup of shredded purple cabbage
- ½ cup of shredded carrots

Dressing

1. ½ cup of mayonnaise
2. 1½ teaspoons of white vinegar
3. 1 teaspoon of cider vinegar
4. 1½ teaspoons of sugar
5. ¼ teaspoon of celery seeds
6. Salt and pepper to taste

Instructions

1. Combine all dressing ingredients in a bowl and mix.
2. Toss with cabbage and carrots.
3. Refrigerate for at least one hour before serving.

COLOURFUL SALAD

Ingredients

- 1 head of lettuce, chopped
- 1 avocado, cubed
- 1 box (~280g) grape tomatoes, halved OR 1 medium red bell pepper, chopped
- (optional) 1 medium yellow bell pepper, chopped
- (optional) 3-4 beet leaves, chopped, blanched
- (optional) 2-3 Black Tiger shrimp, deshelled, steamed or boiled
- Dressing of choice (**see page 48**) Suggestion if using Black Tiger Shrimp: Seafood dressing

Some Variations:

1. Wash lettuce, grape tomatoes, bell peppers, and beet leaves if using. Set aside.
2. Cut the avocado in half and remove the pit. Cube avocado in skin. Remove cubes from the skin with a spoon.
3. Add lettuce, avocado, and grape tomatoes, bell peppers and beet leaves if using, to a bowl.
4. Add dressing of choice.
5. (optional) Top with cooked Black Tiger Shrimp





FRUIT SALAD BOATS

Ingredients

- 1 head Romaine lettuce, chopped
- 3-4 Beet leaves or red Swiss chard, thinly sliced
- ½ cup strawberries, quartered
- ½ cup Blackberries
- ½ cup Raspberries

Some Variations:

1. Wash Romaine lettuce leaves.
2. Put aside larger outer leaves for future salads. Pat dry and keep in a container in the fridge for up to 2 days.
3. Use whole inner leaves of romaine lettuce hearts as boats. Set aside to fill with salad mixture.
4. In a bowl, add suggested dressing (Raspberry Vinaigrette, **see page 48**) beet leaves, quartered strawberries, raspberries and blackberries and toss.
5. Place tossed salad in romaine leaves (boats) and serve individually on salad plates.
6. Drizzle extra dressing over top of boats.




SERVES
4

MANGO SALAD

Ingredients

- ¼ cup of dry, shredded, unsweetened coconut
- 1 green firm mango, julienned
- 1 cup of bean sprouts, washed
- ¼ cup of fresh coriander, chopped
- ¼ red onion, sliced thinly
- ¼ cup peanuts or cashews, to garnish
- 3 tablespoons of fresh basil
- 3 tablespoons of fresh Lime juice
- 1½ tablespoons of brown sugar

Instructions:

1. In an un-oiled frying pan roast the coconut for 2-3 minutes continuously stirring
2. Remove from heat and set aside.
3. Peel the skin from the mango over a bowl. Reserve juice.
4. Mix mango, bean sprouts, coriander, basil, red onion, and half the coconut.
5. In a separate bowl, mix lime juice, reserved mango juice, brown sugar, and half of the roasted shredded coconut.
6. Add the dressing to the mango mixture.
7. Toss.
8. Sprinkle the rest of roasted coconut mixed with peanuts or cashews to garnish.

AVOCADO AND ORANGE SALAD

Ingredients

- 2 avocados, peeled and cubed. (At least ½ Avocado per person)
- 6 fresh mandarin oranges (at least six pieces per serving)
- ¼ cup of Mayonnaise
- 1 large bunch Romaine lettuce or lettuce of your choice, chopped. (at least one cup per person)

Instructions:

1. Wash and dry lettuce leaves. Chop into bite-sized pieces
2. Cut 2 Avocados in half and remove pits.
3. Remove flesh by running spoon around inside of skin. Cut flesh into cubes.
4. Chop oranges into bite sized pieces
5. Combine lettuce, avocados, mandarin sections, and mayonnaise.




SERVES
4




SERVES
1

DANDELION SALAD

Ingredients

- 2 handfuls of young dandelion leaves
- 2-3 tablespoons oil
- 1-2 tablespoons vinegar
- Salt (pinch)
- 1 small onion, finely chopped
- 1 hard-boiled egg crumbled

Instructions:

1. Wash and trim the dandelion leaves.
2. Make a dressing of oil, vinegar, salt, finely chopped onion, and cooked egg.
3. Pour the dressing over the leaves and serve at once.

ENDIVE SALAD

Ingredients

- 1 tender, white bunch of endive leaves
- 2 cups cold water
- 1 lemon, juiced
- 1 clove of garlic, peeled
- 1 red pepper, finely chopped
- Salt and sugar
- ½ cup of green and black olives mixed
- 3 tablespoons of olive oil
- 1 tomato
- 2 tablespoons of vinegar
- 1 hard-boiled egg




SERVES
1

Instructions:

1. Prepare a bowl with cold water and juice of 1 lemon.
2. Cut endive leaves in two and immerse them in cold water/lemon mixture.
3. Crush garlic clove and tomato in a bowl.
4. Add finely chopped red pepper.
5. Add salt to taste, and a pinch of sugar with the vinegar and olive oil.
6. Chop and add green and black olives.
7. Mix lightly
8. Pat endives dry with paper towels.
9. Pour dressing over the endive pieces and garnish with crumbled hard-boiled egg.
10. Salt and pepper to taste.

SOUPS & STEWS



CREAM OF TOMATO SOUP



SERVES

Family of 4 - 6

INGREDIENTS

- 4 tablespoons of flour
- 4 tablespoons of butter
- 2 cups of warm whole milk (3.25%)
- 1 tin of diced tomatoes (28 fluid ounces)
- 1 sprig fresh basil, finely chopped or sliced

INSTRUCTIONS:

1. Make a roux with flour and butter and milk in a saucepan (Basic white sauce; See Mac and Cheese recipe on **page 35**)
2. Add the tin of diced tomatoes and stir until hot.
3. Add the fresh basil leaves for garnish.

Freeze any leftover soup.

Suggested addition to meal is a sandwich of your choice



CARROT & LENTIL SOUP



SERVES

4

INGREDIENTS

- 3 tablespoons of olive oil (enough to coat chopped vegetables)
- 2 large sweet potatoes
- 3 large carrots, peeled, chopped
- 1 apple peeled, cored, chopped
- 1 onion chopped
- ½ cup of red or yellow lentils
- ½ teaspoon of minced fresh ginger
- pepper and salt to taste
- ½ teaspoon of cumin
- ½ teaspoon of chili powder
- ½ teaspoon of paprika
- 4 cups of vegetable broth

INSTRUCTIONS:

1. Warm olive oil in a large pot.
2. Add the chopped sweet potato, carrots, apple, and onion.
3. Stir and cook until the onion is translucent (roughly 10 minutes).
4. Add lentils, ginger, pepper and salt, cumin, chili powder, and paprika. Stir.
5. Add vegetable broth and stir.
6. Bring mixture to boil over high heat then lower to simmer.
7. Simmer until lentils and vegetables are soft (30 minutes).
8. Let soup cool for 10-15 minutes.
9. Blend soup mixture in small batches in a blender or in a pot with a hand blender.
10. When smoothly pureed, or to your taste, put back in the pot and reheat.
11. If the soup is too thick for your liking, add a little water or broth.
12. When soup has simmered (10 minutes), serve and enjoy.

ROASTED BUTTERNUT SQUASH SOUP



INGREDIENTS

- 3 lbs Butternut Squash or 1 large Butternut Squash
- 2 tablespoons of olive oil
- 4 fresh rosemary sprigs
- 1 large leek, chopped
- 1 large carrot, chopped
- 3 garlic cloves, peeled
- ¼ teaspoon paprika
- ¼ teaspoon cumin
- Pinch of red pepper flakes - optional
- 5 to 6 cups of vegetable or chicken broth
- 1 bay leaf
- Salt and black pepper to taste
- For a creamier soup, add 1 tablespoon of coconut oil

INSTRUCTIONS:

1. Heat the oven to 400°F.
2. Cut squash in half, scoop out and discard seeds.
3. Brush squash with olive oil. Place upside down on top of a rosemary sprig.
4. Cook for 40 to 60 minutes or until it can be pierced easily with a fork.
5. While roasting squash, warm 2 tablespoons of olive oil in a large Dutch oven over medium heat.
6. Add chopped leeks, carrots, and whole garlic cloves.
7. Cook and stir until leeks are soft (5 to 8 minutes).
8. Stir in spices and cook for 30 seconds.
9. Add broth and bay leaf.
10. Simmer for 15 minutes. Remove bay leaf
11. When squash is roasted, take it out to cool. Spoon to scrape out soft flesh from the peel.
12. Discard skin and rosemary.
13. Add squash to the pot with leeks and carrots and bring to boil for 5 minutes.
14. Puree soup mixture.
15. Reheat and serve.

POTATO & CARROT STEW



SERVES
4 - 6

INGREDIENTS

- 3 tablespoons of butter or olive oil
- 2 cups chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 1 teaspoon minced garlic
- ¼ teaspoon dried rosemary
- ¼ teaspoon of crushed red pepper flakes
- 3 tablespoons of all-purpose flour
- 1 bay leaf
- 5 cups of chicken or vegetable broth
- 3 large or 6 medium cubed potatoes
- Salt and pepper to taste

INSTRUCTIONS:

1. In a Dutch oven or similar pot, melt butter or warm olive oil over medium heat. When melted or warmed, stir in onions, carrots, and celery. Cook until they begin to soften (5 minutes)
2. Stir in garlic, rosemary, and red pepper flakes. Add salt and pepper. Stirring all together for 30 seconds.
3. Scatter flour over vegetables and cook, stirring until it looks medium blonde and smells toasty.
4. Slowly whisk in 2 cups of stock, making sure there are no lumps of flour. It will look thick.
5. Pour remaining stock and whisk until blended. Increase heat to a boil and then reduce to simmer.
6. Add the potatoes and bay leaf and then cook until potatoes are fork tender (20 Minutes)
7. Reduce heat
8. Remove bay leaf
9. To make a creamier soup you could stir in ¼ cup of sour cream plain yogurt or half and half.
10. Garnish with fresh herbs – chopped parsley chives or scallions

Can be eaten as cooked or blended to desired thickness.



CHICKEN STEW & DUMPLINGS



SERVES

4 - 6

INGREDIENTS

Stew:

- 4 chicken breasts
- ½ cup of carrots, chopped
- 2 stalks of celery, chopped
- ½ cup of fresh peas
- 1 cup of potatoes, diced
- Salt and pepper to taste

Dumplings:

- 2 cups of flour
- 1 teaspoon of salt
- 4 teaspoons of baking powder
- 3 tablespoons of shortening or butter

INSTRUCTIONS:

Stew:

1. Cover chicken with cold water in a large saucepan.
2. Bring to a boil.
3. Turn down to simmer.
4. Add peas, carrots, potatoes and celery
5. Simmer until vegetables are soft and chicken is done.
6. Remove chicken and shred with a fork.
7. Return chicken to stock and add salt and pepper.
8. Thicken – mix 2 tablespoons of water and 2 tablespoons of melted butter, add to stew. Stir.
9. This mixture will thicken more when the flour dumpling mixture is added

Dumplings:

1. Mix flour, salt, and baking powder.
2. Add shortening or butter. Rub into flour mixture with knife blade or fingertips.
3. Drop dough 1 Tablespoon at a time into the stew to cook
4. Cover and leave for 15 to 20 minutes.
5. Lid must fit tightly and must remain in place for 15 or 20 minutes while the dumplings are cooking.

DESSERTS





FRUIT COMPOTE & PEACH COBBLER

INGREDIENTS

- ¼ cup of melted butter (½ stick)
- 1 cup of milk
- 1 cup of sugar
- 1 cup of flour
- 1 ½ teaspoons of baking powder
- ¼ teaspoon of salt

NOTE: fruit is mixed into mixture for compote. Peaches left on top to make cobbler.

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Grease a baking dish (roughly 9 x 9), or line with parchment paper
3. Melt butter in a saucepan. Add milk. (Optional - for more flavor, make browned butter instead of just melting it).
4. Combine dry ingredients in separate bowl - sugar, flour, baking powder, and salt.
5. Combine wet and dry ingredients. Do not over mix. Pour mixture into prepared baking dish.
6. Sprinkle fruit on top of the batter.
7. Bake for 45 to 50 minutes.

EASY PEASY FUDGE BROWNIES

INGREDIENTS

- 1 box of favorite Brownie Mix
- 1 large egg
- ¼ cup (50 ml) of water
- ¼ cup (50 ml) of vegetable oil

INSTRUCTIONS:

1. Preheat the oven.
 - a. to 350°F (180 C) for metal and glass pan
 - b. to 425°F (325 C) for dark or coated pan.
2. Empty brownie mix into a large bowl. Add egg, water, and oil.
3. Fold ingredients until well mixed (about 50 strokes).
4. Spread it into a greased pan.
5. Bake immediately. Add 3-5 minutes for a dark or coated pan. Brownie is done when a toothpick inserted 1" (2 cm.) from the edge of the pan comes out clean.
6. Cool completely in the pan on a wire rack before cutting and serving.

APPENDIX 1 – HIGH AND LOW TYRAMINE FOODS

	FOODS TO BE AVOIDED	FOODS ALLOWED
Cheese	All matured or aged cheeses (this includes all types of cheese except those listed to the right). All casseroles made with matured or aged cheeses, (e.g., lasagna).	Fresh cottage cheese, cream cheese, ricotta cheese, mozzarella cheese and processed cheese slices. All fresh milk products that have been stored properly (e.g., sour cream, yoghurt, ice cream).
Meat, Fish, and Poultry	• Fermented/dry sausage: salami, mortadella, summer sausage, etc. • Improperly stored meat, fish, or poultry. • Improperly stored pickled herring.	• All fresh and frozen packaged or processed meat (e.g., chicken loaf, hot dogs), fish, or poultry; including canned fish. Store in refrigerator immediately and eat as soon as possible. • Dry cured products: jamon, prosciutto, etc.
Fruits and Vegetables	• Banana peel (banana pulp is allowed). • Fava or broad bean pods (not beans).	• All other fruits and vegetables (including banana pulp).
Beverages	• All On-Tap beer	• Alcohol • No more than two bottled or canned beers or two 4 fl. oz. glasses of red or white wine per day. This applies to non-alcoholic beer also. Please note that red wine may produce headache unrelated to a rise in blood pressure.
Miscellaneous	• Marmite concentrated yeast extract • Sauerkraut • Fermented soy sauce and fermented condiments.	• Other yeast extract (e.g., Baker's/ Brewer's yeast) • Chocolate • Pizza without aged cheeses and fermented/dry sausages (mozzarella is OK) • Soy milk, tofu, and non-fermented soy products

This table is taken from Sunnybrook Health Sciences Centre – MAOI Diet

APPENDIX 2 – SAMPLE MENU

*Note: this is to serve as an example menu and should not be used as a recommendation as individual medical considerations should be noted.

Day 1

Breakfast	• Cooked rolled oats in water, topped with milk • Peanut butter mixed in • Top with fresh fruit	
Snack	• 1 package plain regular yogurt • ½ cup assorted berries • 2 tbsp granola	
Lunch	Carrot and Lentil Soup	Page 59
Snack	Cheese and Cracker	
Dinner	• Turkish Kofte with Sliders • Coleslaw	Page 26 Page 51

Day 2

Breakfast	• Smoothie 2- Morning Sunrise	Page 15
Snack	• Apple • Almonds	
Lunch	• Mac and Cheese • Dandelion Salad	Page 35 Page 55
Snack	• 1 banana • 2 tbsp peanut butter	
Dinner	• Veggie Burger • Endive Salad • Fried Zucchini • Peach Cobbler	Page 56 Page 44 Page 64

APPENDIX 3 – FOOD STORAGE

Fridge and freezer storage

Food	Refrigerator at 2-4°C (40°F)	Freezer at - 18°C (0°F) or lower
Fresh meat		
Beef	2-4 days	10-12 months
Pork	2-4 days	8-12 months
Lamb	2-4 days	8-12 months
Veal	3-4 days	8-12 months
Ground Meat	1-2 days	2-3 months
Fresh poultry		
Chicken/Turkey - whole	2-4 days	1 year
Chicken/Turkey - pieces	2-4 days	6 months
Fresh fish		
Lean fish - cod, flounder etc.	3-4 days	6 months
Fatty fish - salmon etc.	3-4 days	2 months
Shellfish – clams, crab, lobsters, etc.	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months
Ham		
Canned ham	6-9 months	Don't freeze
Cooked ham	3-4 days	2-3 months
Bacon and sausages		
Bacon	1 week	1 month
Raw sausage	1-2 days	1-2 months
Pre-cooked sausage links or patties	1 week	1-2 months

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Food	Refrigerator at 2-4°C (40°F)	Freezer at - 18°C (0°F) or lower
Hot dogs		
Unopened hotdogs	2 weeks	1-2 months
Opened hotdogs	1 week	1-2 months
Lunch meat and deli food		
Unopened lunch meat	2 weeks	1-2 months
Opened lunch meat	3-5 days	1-2 months
Deli packaged lunch meat	3-4 days	2-3 months
Deli or homemade salads	3-5 days	Don't freeze
Leftovers		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Meat broth and gravy	3-4 days	4-6 months
Soups	2-3 days	4 months
Frozen dinners		
Keep frozen until ready to cook	3-4 days	3-4 months
Eggs		
Fresh in shell	3-4 weeks	Don't freeze
Fresh out of shell	2-4 days	4 months
Hard-cooked	1 week	Don't freeze
Egg substitutes unopened	10 days	1 year
Egg substitutes opened	3 days	Don't freeze

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Food	Refrigerator at 2-4°C (40°F)	Freezer at - 18°C (0°F) or lower
Dairy products		
Unopened milk	Best before date	6 weeks
Opened milk	3 days	Don't freeze
Unopened cottage cheese	Best before date	Doesn't freeze well (texture changes)
Opened cottage cheese	3 days	Don't freeze
Unopened yogurt	Best before date	1-2 months
Opened yogurt	3 days	Don't freeze
Soft cheese	1 week	Doesn't freeze well (texture changes)
Semi-soft cheese	2-3 days	8 weeks
Firm cheese	5 weeks	3 months
Hard cheese	10 months	1 year
Processed cheese	5 months	3 months
Unopened salted butter	8 weeks	1 year
Unopened unsalted butter	8 weeks	3 months
Opened butter	3 weeks	Don't freeze
Vegetables		
Beans green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Leaf lettuce	3-7 days	Don't freeze
Iceberg lettuce	1-2 weeks	Don't freeze
Spinach	2-4 weeks	10-12 months
Summer squash	1 week	10-12 months
Winter squash	2 weeks	10-12 months
Tomatoes	Don't refrigerate	2 months



ACKNOWLEDGEMENTS

This recipe book was developed as a passion project and to acknowledge the gratitude Connie felt for her friends who spent incredible amounts of time researching recipes and cooking techniques to ensure a low tyramine diet. She had always been thankful to be able to enjoy foods and dinners socially with her friends, knowing they had taken time and effort to meet her nutritional needs. Connie wanted to share this work, in the hopes that other patients with similar conditions can share the joy of eating together with their friends and family.

Sunnybrook Working Group:

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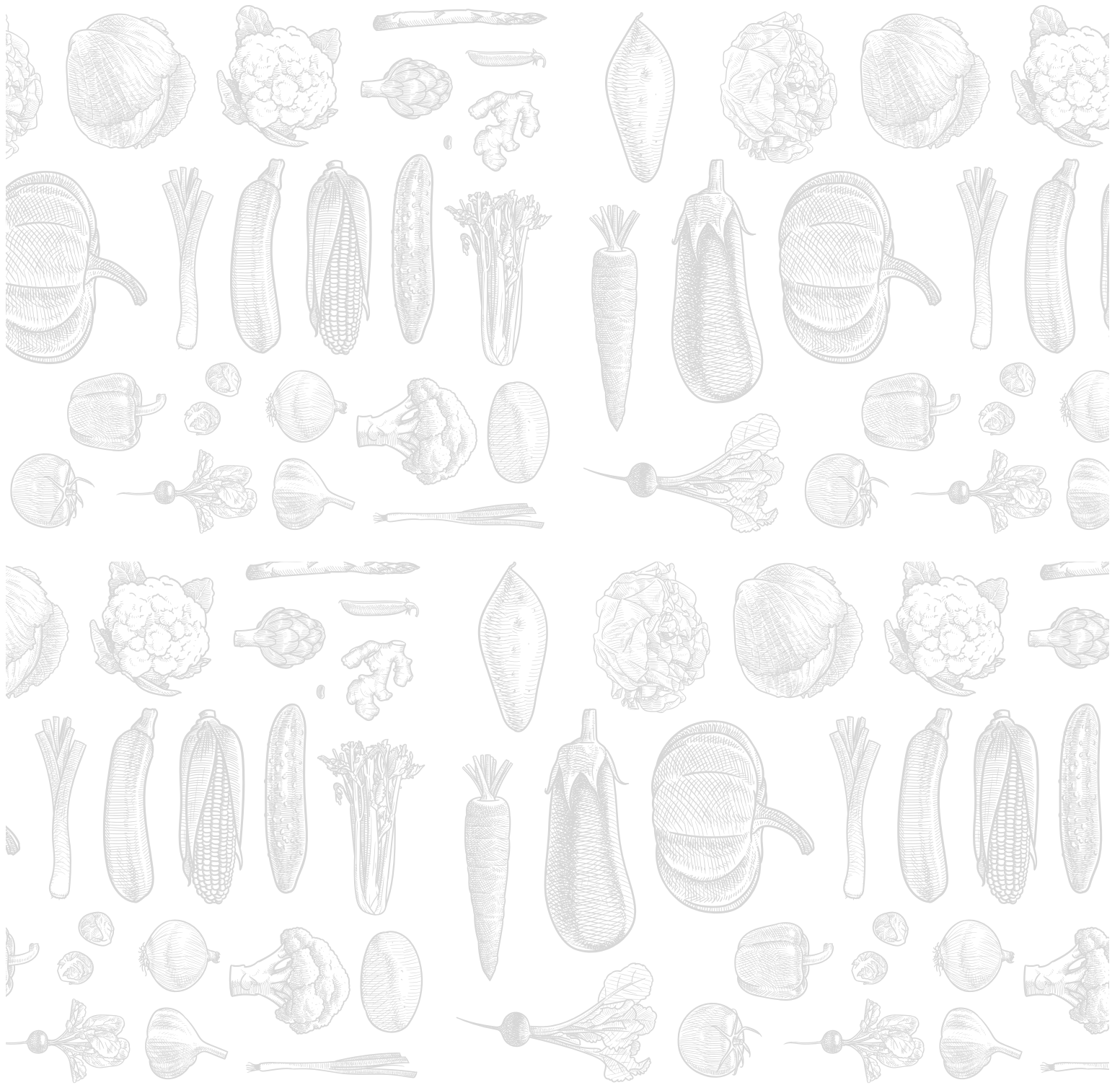
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NOTES

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