



All recipes require an electric skillet.

Italian Recipes

Buon Appetito



Photo by Fíneas Anton, Pexels

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Disclaimer

The information provided in this document is meant for educational use only and is not a substitute for professional medical diagnosis, advice, or treatment. Products do not provide medical advice, diagnosis, treatment, cure, or prevent any disease. Always seek the advice of a qualified physician or other qualified health professionals with any questions related to any medical condition and before embarking on any nutrition, supplement, diet, or other health-related programs.



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Kapur Cuisine™

Italian Dishes



Nutrition & Covid-19

HARVARD, T.H. Chan School of Public Health: “We have known for a long time that nutrition is intricately linked to immunity and to the risk and severity of infections. Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections... Indeed, consuming good quality diets is always desirable, and this is particularly important during the COVID-19 pandemic.”
<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

“There’s an important relationship among your nutritional status, immune health, risk of infection, and ability to recover from illness... These foods won’t prevent you from contracting the novel coronavirus or cure the disease, but they have been shown to support immune health.” healthline, Feb 25, 2022. [healthline](#)

- Canned Light Tuna
- Carrots
- Cashews
- Cauliflower
- Chia Seeds
- Collard Greens
- Flax Seed
- Herring
- King Mackerel
- Oyster, Canned
- Pumpkin Seeds
- Red Bell Pepper
- Salmon
- Sardine
- Spinach
- Sweet Potato
- Tomatoes
- Walnuts

Gut Microbiome and Immunity*

“Our gut is packed with some 60 to 70 percent of the body’s immune cells (microbiome), meaning it functions as the immune system’s “control tower” while still serving as a digestive organ.” Keiko Iguchi, 2/22/19, Newsweek.

As food travels through our gut, the microbiome converts it into chemicals that power our immune system. “Subtle changes in gut health can have a powerful effect on how you look and feel, says Megan Rossi, a research fellow at King’s College London and author of *Love Your Gut*. In addition, research has linked an imbalance of gut bacteria to more than 70 chronic diseases.” Here’s what you’ll get from feeding your bacteria well.

1. You’ll lose weight
2. You’ll get stronger
3. You’ll think more sharply
4. You’ll sleep better
5. You’ll ease belly woes
6. You’ll catch fewer colds
7. You’ll just plain feel better

* The information is extracted from “What to Eat to Improve Your Gut Health.” Clint Carter, AARP, December 14, 2020. See [AARP](#).

Mediterranean Diet

The Mediterranean diet may prevent memory loss and dementia. The diet is simple plant-based cooking, with each meal focused on fruits and vegetables, whole grains, beans, and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. And say *farewell* to refined sugar and flour. Red meat can make a rare appearance, but usually only to flavor a dish. Instead, meals include eggs, dairy, and poultry in much smaller portions than in the Standard American Diet. In addition, fatty fish – wild salmon, sardines, albacore tuna, lake trout, and mackerel loaded with brain-healthy omega-3 fatty acids – is eaten at least twice a week. Adopting the fare of the sunny region will also help reduce the risk for diabetes, depression, high cholesterol, heart disease, stroke, and some cancers. Sandee LaMotte, CNN, May 5, 2021

DASH Diet

According to the CDC, “Nearly half of adults in the United States have hypertension (high blood pressure), resulting in close to half a million deaths annually.” A serious situation indeed. *U.S. News and World Report* consistently ranks the DASH Diet, developed in the 1990s by the National Institutes for Health (NIH), as the “best overall” diet for managing hypertension. It emphasizes foods that are lower in sodium and rich in potassium, magnesium, and calcium — nutrients that help lower blood pressure.

It incorporates plenty of vegetables, low glycemic index fruits, whole grains, and beans, minimally processed nuts and seeds, fatty fish, small quantities of lean meats, low-fat dairy products, and avoiding sweets and sugary beverages. Additionally, it may also help you lose weight and lower cholesterol. Listed below are the core ingredients of the DASH diet:

- Almonds – calcium, fiber, magnesium, and manganese.
- Amaranth – fiber, magnesium. And manganese.
- Beans – fiber, magnesium, and potassium.
- Beets and beet greens – fiber, folate, manganese. We prefer baby beets.
- Berries – antioxidants, including anthocyanins
- Broccoli – flavonoid antioxidants.
- Canned salmon – calcium.
- Carrots – chlorogenic, *p*-coumaric, and caffeic acids.
- Celery – phytochemical called phthalides.
- Chia and flax seeds – potassium, magnesium, and dietary fiber.
- Citrus fruits – vitamins and minerals.
- Edamame – calcium.
- Fatty fish – omega-3.

- Greek yogurt – potassium and calcium.
- Herbs and spices – blood-pressure-lowering potential.
- Pistachio – potassium.
- Poppy seeds – calcium.
- Potassium – aim for 4,700 mg a day.
- Pumpkin seeds – magnesium, potassium, and arginine.
- Reduce fats – by 1 tablespoon daily.
- Reduce salt – lower daily sodium to 1,500 mg a day.
- Spinach – nitrates, antioxidants, potassium, calcium, and magnesium.
- Swiss chard – potassium and magnesium.
- Tomatoes – potassium and the carotenoid pigment lycopene.
- White beans – calcium.

“Our study represents some of the strongest evidence that (DASH) diet directly impacts cardiac damage, and our findings show that dietary interventions can improve cardiovascular risk factors in a relatively short time period.”

Stephen Juraschek, assistant professor of medicine, Beth Israel Deaconess Medical Center and Harvard Medical School.

MIND Diet: What to Eat to Reduce Your Risk of Alzheimer’s Disease

The following information is extracted from an article by Melinda Wenner Moyer that appeared in Eating Well and from the following sites:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/> <https://pubmed.ncbi.nlm.nih.gov/28722952/>,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4042564/>, <https://selfhacked.com/blog/mind-diet/>

MIND stands for the **M**editerranean-DASH Intervention for **N**eurodegenerative **D**elay. It combines aspects of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets to help improve brain function and prevent dementia. The MIND diet combines foods from the Mediterranean and DASH diets shown to benefit brain health. There are no set guidelines for calorie intake in the MIND diet. Eat more of the ten foods the diet encourages you to eat, and eat less of the five foods the diet recommends you limit.

Foods MIND Diet Encourages:

1. **Green, Leafy Vegetables:** Six or more servings weekly; serving size 1 cup raw, ½ cup cooked.
2. **All Other Vegetables:** Try to eat another non-starchy vegetable in addition to the green leafy vegetables at least once a day; serving size: 1 cup raw, ½ cup cooked.
3. **Berries:** Eat berries – strawberries, blueberries, raspberries, and blackberries – at least twice a week; serving size: ½ cup.
4. **Nuts:** Five servings of nuts (unfried and unsalted) or more each week; serving size: ⅓ cup.

5. **Olive Oil:** Use olive oil as your primary cooking oil.
6. **Whole Grains:** At least three servings daily; serving size: ½ cup.
7. **Fish:** Eat fatty fish – salmon, sardines, trout, tuna, and mackerel – at least once a week; serving size: 3 oz cooked.
8. **Beans:** At least four times weekly; serving size ½ cup cooked.
9. **Poultry:** Chicken or turkey at least twice a week; serving size 3 oz cooked.

Foods to Avoid

1. **Butter and Margarine:** Less than one tablespoon daily.
2. **Cheese:** Less than once per week.
3. **Red Meat:** No more than three servings each week.
4. **Fried Food:** No more than once per week; preferably none.
5. **Pastries and Sweets:** No more than four times a week.

T2 Diabetes Management

Here are a few alarming statistics about the U.S.

- Estimated 34.2 million people have diabetes.
- Estimated 7.3 million adults ages 18 years or older have diabetes but are undiagnosed.
- Estimated 88 million adults ages 18 years or older have prediabetes.
- Among adolescents ages 12 to 18 years, more than 1 in 6 have prediabetes.

Prediabetes is a serious health condition where blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes.

A diet rich in healthy vegetables, fruits, proteins, and antioxidants can help manage blood sugar with significant health benefits. A dietitian can make specific recommendations for individuals based on their profiles. However, certain foods maintain healthy blood sugar levels: Beans, berries, fatty fish, green leafy vegetables, nuts & seeds, and whole grains. Given below is a comprehensive list of these items:

Beans

- | | | |
|------------------|----------------|---------------|
| • Adzuki Beans | • Kidney Beans | • Pinto Beans |
| • Black Beans | • Lentils | • Red Beans |
| • Garbanzo Beans | • Lima Beans | • Soy Beans |
| | • Navy Beans | |

Berries

- | | |
|----------------|----------------|
| • Blackberries | • Raspberries |
| • Blueberries | • Strawberries |

Fatty Fish

- Albacore Tuna
- Herring
- Mackerel
- Salmon
- Sardines
- Trout

Green Leafy Vegetables

- Arugula
- Beet Greens
- Bok Choy
- Broccoli
- Cabbage
- Collard Greens
- Dandelion Greens
- Endives
- Kale
- Mustard Greens
- Rapini
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

Nuts & Seeds

- Almonds
- Chia Seed
- Flax Seed
- Pistachio
- Walnuts

Whole Grains

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Freekeh
- Millet
- Quinoa
- Rye
- Spelt
- Teff
- Whole Farro
- Whole Grain Sorghum
- Whole Wheat Couscous

Anti-Inflammation

Inflammation refers to the body's reaction to harmful elements that damage it – infections, injuries, and toxins. When something damages our cells, the body releases chemicals that trigger a response from the immune system to heal itself. Ironically, inflammation can be both positive and negative.

- Positive: It helps the body defend itself from infection and injury.
- Negative: Persistent (chronic) inflammation can lead to Alzheimer's, arthritis, cancer, depression, diabetes, and heart disease.

One of the best ways to reduce inflammation is to commit to unprocessed foods with minimal added sugar – vegetables, fruits, whole grains, beans, lentils, fish, poultry, nuts, seeds, low-fat dairy, olive oil, spices, and herbs.

We are glad to state that Kapur Cuisine™ incorporates the core values of Mediterranean, DASH, MIND, T2 Diabetes management, and anti-inflammatory diets to prepare wholesome and tasty meals.

Kapur Cuisine™

Simple and refined carbohydrates, with a fast rate of digestion, result in the rapid rise of blood sugar levels, leading to a quick surge in energy followed by a sudden energy crash – the classic blood sugar seesaw. Conversely, complex carbohydrates take longer to digest, resulting in slow, steady, and sustained energy. When complex carbohydrates are combined with healthy proteins and high-quality fats, you have the ideal nutritionally balanced meals. This is the very foundation of Kapur Cuisine™.

- **Balanced:** It provides a good mix of healthy proteins, complex carbohydrates, vitamins, and trace minerals.
- **Sustainable:** It is not regimented or overly restrictive and can be followed easily.
- **Convenient:** It does not require advanced cooking skills; ingredients are readily available and cost-effective.

Kapur Cuisine™ incorporates preparing wholesome and tasty meals that require minimal cooking skills.

Electric Skillet

We use an electric skillet with a *glass lid*; a 12" x 12" skillet works well for two to four people; a 12" x 16" skillet for four or more; round skillets are also available. The cooking process is *not suitable* for stovetop cooking.

An essential step to developing good flavor and mouthfeel for vegetables is caramelization; this draws the natural sugars out and creates a sweet, nutty flavor. Typically, caramelization requires a long cooking time stirring and turning, which is not for the faint of heart. However, through experimentation, I found out that if one adds a bit of cooking oil and uniformly sliced vegetables to a heated electric skillet and *covers it* (no stirring), caramelization occurs at the bottom, and steaming occurs on the top. Voilà. Great taste and mouthfeel.

During the total 15 minutes of cooking, the electric skillet is kept covered by its lid for 12 minutes while you **do nothing; no stirring or turning** of the food. As a result, you spend only 3 to 5 minutes of hands-on cooking. This way, very little steam is released from the skillet – what happens in the skillet stays in the skillet. This keeps the flavors intact, resulting in a richer-tasting dish. In conventional stovetop cooking, all ingredients don't get cooked to the same degree. The different parts of a pan develop various degrees of heat, and uneven stirring of ingredients cooks them unevenly.

Cooking Time

Each dish requires only 15 minutes of *cooking time* using an electric skillet. Additional time is needed to organize the spices, clean, slice, and measure the vegetables, meat, or seafood. The time spent shopping for the ingredients and the "kitchen prep" depends on your kitchen help and planning skills.

Italian Ingredients

Beans

We recommend 1 cup of cooked beans; this serves 2. We prefer home-cooked beans; if store-bought, no added sodium or low sodium, drained and rinsed.

1. Borlotti beans.
2. Cannellini beans.
3. Garbanzo beans.
4. Beans of your choice.

If cooking at home, 1 cup of dried beans equals about 2.5 cups of cooked beans.

Braising Liquid

1. Beer (for all adult cooking)
2. Broth, low sodium
3. Citrus juice – cuties, lemon, lime, orange, mandarin
4. Red or white wine (for all adult cooking)
5. Vermouth (for all adult cooking)

Cheese

1. Parmesan
2. Parmigiano Reggiano
3. Cheese of your choice

Cooking Oil

Based on traditional Italian cooking, our cooking oil preference is EVOO. We recommend California EVOO.

Note: For 'low fat' cooking, reduce the oil to 1 teaspoon in the recipes below.

Cup or Weight Measurement

Measuring ingredients by cup size can be quite a trick. For example:

- 1 cup broccoli = 2.5 oz
- 1 cup carrots = 2 oz
- 1 cup cauliflower = 2.25 oz to 2.75 oz
- 1 cup celery = 4 oz

- 1 cup spinach = well, it depends on whether packed or not!
- 1 cup Swiss chard = 3 oz

Also, with many ingredients, the size of the cut can make a difference. For example, a cup of minced carrot may weigh more than carrots cut into larger pieces, similar to cauliflower.

How does one easily measure two ounces of dry spaghetti or noodles without a scale?

Weighing is a more accurate and convenient way to measure portion size. Good quality digital scales are available for less than \$15 and last a long time.

Dish Frequency

For non-vegetarians, we suggest two meat, two seafood, and three vegetarian dishes during the week. Occasionally, replace the meat dish with a seafood or vegetarian dish.

Herbs

1. Parsley
2. Rosemary
3. Sweet Basil
4. Other herbs of your choice

Herb Pot



Fresh herbs can be quite expensive. Also, the leftover typically wilts in the refrigerator, then is discarded a few days later. We suggest you grow your herbs; once planted, most will revive for the next growing season. *Harvest herbs by snipping the top leaves as needed, and wash and pat dry the leaves before use.*

The preferred method is to tear the leaves to release the essential oils; if using a knife, roll the leaves and slice through. Fresh herbs should be added to the dish towards the end and cooked for a few seconds as prolonged cooking reduces the flavor. Dry herbs are typically added while the dish is being cooked. One teaspoon of dry herb equals one tablespoon of fresh herb. The following herbs are easy to grow at home

Parsley: A bright green herb, a source of flavonoids and antioxidants, is used frequently as a garnish. We prefer the flat-leaf (often referred to as the Italian parsley) for its more delicate flavor and aroma. Use sparingly.

Rosemary: An aromatic herb is used in a variety of cuisines. It is highly fragrant; use it sparingly. It is a very hardy plant that can be grown easily by burying a 6-inch cutting in well-drained soil.

Sweet Basil: A fragrant herb with a strong sweet smell in various colors and aromas, including lemon, cinnamon, and licorice. It enhances the aroma and flavor of the finished dish. Buy a small plant from a nursery in early spring and transfer it to your herb pot of well-drained soil.

Drying Herbs

Harvest the herbs, leave the sprigs whole; don't pull the leaves off the stem. Heat the oven to 175F. While the oven is preheating, arrange herb sprigs in a single layer on a cookie sheet and set it in the oven; leave the door slightly open; this helps with the drying process.

Set the timer for 10 minutes, and check the herbs; if not dry, continue and check in 5-minute increments (20 minutes should be sufficient). When the leaves feel dry, remove the baking sheet from the oven, and let the herbs cool. To remove the dried herbs from the stems, run your fingers along the stem; the dried leaves will fall into the cookie sheet. Store the dried herbs in an airtight jar in a cool dark space.

Immune System Support Supplement

According to Melissa Majumdar, Academy of Nutrition and Dietetics, "There are no specific supplements that will help protect against coronavirus (or any other virus) and anyone claiming that is being investigated by the FTC and the FDA." KCRA3, May 27, 2020. However, there are ways to keep your immune system functioning optimally – fill your plate with immune-boosting vitamins, minerals, and antioxidants.

Meat, Paneer, Seafood, Tofu

Shop for grass-fed meats, free-range poultry, Non-GMO tofu, and wild-caught seafood. Look for organic – no antibiotics, hormones, GMOs, or preservatives. To make meat slicing easy, freeze the meat for about 20 minutes.

1. Beef: Sirloin, tri-tip, ribeye, top loin (strip), or tenderloin, sliced into uniform bite-size pieces.
2. Chicken: Skinless and boneless chicken breast, defatted, sliced into uniform bite-size pieces.
3. Goat (Capretto): Boneless goat meat (preferably leg) pieces flattened with a tenderizing mallet to break up the muscle fibers resulting in tender meat. Slice into uniform *thin* bite-size pieces. Goat meat is a healthy alternative to beef and chicken because it contains fewer calories, fat, and cholesterol.*
4. Lamb: Boneless lamb meat (preferably leg), sliced into uniform *thin* bite-size pieces.*

5. Paneer: A fresh cheese from cow or buffalo milk, common in India. It is an unaged soft cheese made by curdling low-fat or full-fat milk with yogurt and/or lemon juice. Available in Indian food markets and many supermarkets. Though not a part of Italian cuisine, it's a good source of protein for vegetarians.
6. Pork: Tenderloin, sliced into uniform bite-size pieces.
7. Seafood: Seafood of your choice, sliced into uniform bite-size pieces. We recommend seafood high in Omega-3: Alaska Pollock, Albacore Tuna, Anchovies, Atlantic Herring, Atlantic Mackerel, Black Cod, Herring, Mackerel, Mussels, Salmon, Sardines, Trout, and Wild Salmon
8. Tofu: Firm, drained well, cut into uniform bite-size cubes. Though not a part of Italian ingredients, tofu is a good source of protein for vegetarians and vegans.

* Goat and lamb have a slightly natural gamey taste, primarily from the fat. Therefore, remove as much fat as possible before cooking. Also, ½ teaspoon of fennel seeds and ½ teaspoon of grated nutmeg added to the dish along with the Italian seasoning tempers the taste of these meats.

WOF

When meat or seafood is cooked, cooled, refrigerated or frozen, and then thawed, it can develop WOF – Warmed Over Flavor, at times quite unappetizing; this is primarily due to oxidation. A simple solution is to splash the leftovers with a generous squeeze of fresh lime before refrigeration.

Meat & Environmental Effect

Researchers have learned that beef has the most adverse effect on greenhouse gas and water footprint. Replacing beef with poultry or pork would reduce greenhouse gas emissions by nearly 50% and lower the water scarcity footprint by about 30%.

Nuts

When cooking for special occasions, cooks often garnish the finished dish with a small quantity of nuts to enhance the appearance, taste, and protein.

1. Raw or dry roasted pine nuts (unsalted), whole or crushed. Pine nuts have a short life; they get rancid quickly, buy in small quantities, store in the refrigerator, and use promptly.
2. Raw or dry roasted (unsalted) pistachio, whole or crushed.
3. Raw or dry roasted (unsalted) walnuts, chopped or crushed.

Pasta (Noodles)

We recommend 2 oz dry pasta, which is 1 cup cooked, serves 2.

1. Almond Flour Pasta (difficult to find)
2. Black Bean Pasta
3. Chick Pea Pasta
4. Edamame Pasta, Edamame & Spirulina Pasta (High Protein, High Fiber)
5. Lentil Pasta
6. Mung Bean Pasta
7. Quinoa Pasta
8. Shirataki Noodles
9. Soba (Buckwheat) Pasta
10. Turmeric Pasta (difficult to find)
11. Whole Wheat Pasta
12. Pasta of your choice

It is best to cook pasta al dente (“to the tooth”), typically 2 minutes less than the package directions. Start cooking the pasta before turning on the electric skillet; this way, pasta can be cooked while the main dish is prepared. Better yet, cook the pasta ahead of time, drain, let it cool, and refrigerate.

Pasta (Noodles) Substitute

We believe that spaghetti squash is a better substitute for ‘pasta.’ Several internet links describe the baking and preparing spaghetti squash; here is an example: [SQUASH](#)

Rice & Grain

Washing the rice or grain thoroughly before cooking is recommended.

- Amaranth, Basmati rice, brown rice, wild rice, barley, buckwheat, bulgur, freekeh, millet, quinoa, rye, spelt, teff, whole-wheat couscous, whole farro, whole-grain sorghum, and wild rice.

Start cooking the grain of your choice before turning on the electric skillet, or cook it ahead of time, let it cool, and refrigerate. Some of the grains take a longer cooking time. In our recipes, we recommend 1 oz uncooked grain per serving.

Salt

- Himalayan Salt
- Kosher Salt

We use only ¼ teaspoon of sea salt in each recipe because most store-bought sauces, even the low-sodium varieties, have close to 400mg of sodium per serving. Then, if you use any cheese for garnish, that adds more sodium.

Simmer Sauce

1. Marinara Sauce; low sugar, low sodium. Look for the 'No Added Sugar' type.
2. Pesto Sauce; low sugar, low sodium. Make sure no sugar is added.
3. Sofrito Cooking Base
4. Sauce of your choice, preferably red; low sugar, low sodium.

Always look for low-sodium and low added sugar sauce; glass containers are preferred. An equivalent amount of tomato sauce (low sodium) will suffice if no sauce is available.

Spices

1. Black Pepper
2. Garlic Powder or Fresh Garlic Minced
3. Onion Powder or Thinly Sliced Onion
4. Italian Herb Seasoning (typically a mixture of multiple dry herbs, occasionally with red pepper flakes)
5. Nutmeg (added only to the goat and lamb dishes)
6. Paprika
7. Saffron*
8. Turmeric Powder (Italy Curcuma)

In Italian cuisine, you'll find turmeric (curcuma) in many pasta and risotto dishes. Turmeric gives pasta dough a golden yellow hue and a mild aroma. Consider including turmeric powder in all of your cooking. When using turmeric, it's advisable to add a small quantity of black pepper. The active compound piperine in black pepper enhances the absorption of the active compound curcumin in turmeric by up to 2,000%. Curcumin from turmeric and long-chain fatty acids fish (salmon, tuna, mackerel, herring, and sardines) have been shown to reduce markers of inflammation throughout the body. Beware of turmeric tablets, capsules, gummies, and drinks; consult a well-qualified nutrition professional.

*Saffron: A fragrant and colorful spice derived from the flower of *Crocus sativus* (saffron crocus). The vivid crimson stigma, called threads, is hand-harvested, then dried. Saffron is the costliest spice, prone to adulteration. Buy from a trusted source, don't buy in powder form. Being very expensive, saffron is used for special social occasions – weddings, important birthdays, religious feasts, and serving special guests. When using, pick a small pinch of saffron with *absolutely dry* fingers, gently crush the delicate stems, and add about two tablespoons of warm water in a small bowl; let steep for about 5 minutes. Drizzle the saffron threads and water over the ingredients in the last cooking step 9.

Spinach

Spinach is a rich source of vitamins A, C, K, magnesium, manganese, iron, and folate. Cooked spinach is better digested, and its nutrients are absorbed better. Each dish specifies 2 oz of fresh spinach; if unavailable, substitute with any thinly sliced cabbage, or omit it.

Vegetables

“Our results have shown that by simply eating one cup of raw (or half a cup of cooked) nitrate-rich vegetables each day – such as kale, arugula, chard and spinach, beetroot, parsley, Chinese cabbage, celery, radishes and turnips – people may be able to significantly reduce their risk of cardiovascular disease.” Researcher Catherine Bondonno.

We recommend *8 oz or more* vegetables per serving; here is a link describing vegetable seasonality: [Seasonality](#).

Fresh in-season vegetables of your choice, sliced into uniform bite-size pieces; feel free to mix various vegetables. When available, we recommend a mixture of five or more different vegetables. If fresh vegetables are not available, use thawed frozen vegetables. We strongly recommend that you try vegetables *new* to you:

Artichoke Hearts in Water: Folate, fiber, vitamins C, K, antioxidants. 🌱

Arugula: Vitamins K, C, and calcium.

Asparagus: Folate, selenium, vitamin K, thiamin, and riboflavin. 🌱

Beets & Beet Greens: Fiber, folate, manganese. We prefer baby beets.

Bell Pepper: Vitamin C, K1, E, A, folate, and potassium.

Bok Choy: Antioxidants, vitamin A, Vitamin C.

Broccoli & Broccolini: Vitamins B6, B12, and folate. 🌱

Brussels Sprouts: Dietary fiber, folate, and Vitamin E. 🌱

Cabbage: Vitamins C and K.

Carrots: Beta carotene, fiber, vitamin K1, and potassium. ✓

Cauliflower: Fiber, vitamin C, and folate.

Celery: Vitamin A, C, K, potassium, folate, and choline.

Chard: Fiber, vitamins A, C, E, K, copper, magnesium, manganese, iron, potassium.

Collard Greens: Fiber, vitamin A, C, potassium.

Edamame: Fiber, vitamin k, choline, folate, magnesium, manganese.

Eggplant: Vitamin K, C, B6, manganese, potassium, niacin, copper, and magnesium. We recommend skinning the eggplant.

Endive: Potassium, calcium, magnesium, folate, vitamin A, K.

Fennel Bulb: Vitamin C, potassium, phosphorus, calcium, and folate.

Figs*: Vitamin A, B, K, B6.

Garlic: Calcium, vitamin B, and thiamin.

Grapes:** Vitamin C, K.

Green Beans: Fiber, vitamins A, C, protein, and folate.

Green Peas: Fiber, protein, vitamin A, and K. ✓ ⚡

Kale: Vitamin K, fiber, potassium, folic acid, and vitamin C.

Kohlrabi: B vitamins, phosphorous, potassium, and calcium.

Leek: Vitamins A, B, C, K, iron, and manganese.

Long Green Beans: Fiber, vitamin C, protein.

Lotus Root: Fiber, vitamin B, C, riboflavin, potassium.

Mushrooms: Vitamin B, copper, potassium, phosphorus, and iron. ⚡

Mustard Greens: Vitamins A, C, and K.

Okra: Fiber, Vitamin C and K.

Onion: Fiber, vitamin B, C, folate, manganese, calcium, and potassium.

Scallop Squash: Fiber, vitamin A, and C.

Spinach: Vitamin A and K. ⚡

Sugar Peas, Snow Peas: Fiber, protein, vitamins A, C, and K.

Sweet Potato: Fiber, vitamins A, B6, C, manganese, and potassium.

Swiss Chard: Fiber, vitamins A, C, and K, manganese, and magnesium

Tomato: Vitamin A, C, and K.

Turnip: Vitamin C, fiber.

Watercress: Potassium, vitamin A, C.

Zucchini: Vitamin C, B6, A, manganese, riboflavin, and potassium.

Vegetables of your choice.

✓ **High** in carbohydrates.

⚡ **High** in protein.

* Figs: When figs are in season, usually May through August, occasionally I add four or five chopped figs to the vegetable mix for the recipe. Trim off the stem and a thin slice off the bottom, then give a rough chop to the figs.

** Occasionally, I add 8 to 10 red grapes, sliced, to the vegetable mix for the recipe.

Vegetable Greens

They're packed with nutrients and earthy flavor, adding vibrant color to the finished dish.

- Beet Greens
- Carrot Greens
- Celery Leaves
- Radish Greens
- Turnip Greens

Avoid greens with any yellow spots. Discard the tough stems. Wash, drain, and chop the tender leaves, and dry them well using a salad spinner. Now you can add these to any of the recipes below.

Finished Dish

Each recipe results in a fully cooked meal; to reduce the number of serving dishes, serve directly from the skillet (turn the skillet temperature to low).

Cooking Prep

It is essential to have all ingredients for a recipe easily accessible, measured, and ready before plugging in the electric skillet. Avoid searching, washing, and slicing, the ingredients after you have plugged the skillet and then may have to scramble. It can get stressful. Not good!

Nutrition Note

“80% of Americans Are Deficient in This Mineral That Controls Sugar Cravings, Elizabeth Millard, January 17, 2021. A research review published in the journal Open Heart called the situation “a public health crisis.” According to the Mayo Clinic, “Chronically low levels could increase your chances of having high blood pressure, heart disease, type 2 diabetes, and osteoporosis.” “...it also plays a critical role in bone health, heart function, digestion, sleep, cellular health, and even mood and energy levels.” Elizabeth Millard, Eat This, Not That!

The mineral is *magnesium*.

Good sources: Nuts, seeds, beans, dried fruits (without added sugars), and dark leafy greens.

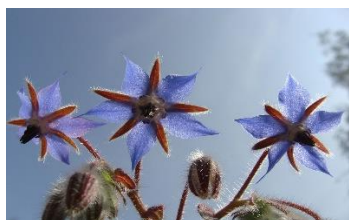


Photo by Deeana Creates, Pexels

Edible Flowers, Beautiful Garnish

Cheerful and vibrant, edible flowers provide a burst of flavor and color to the finished dish. Make sure the flowers are organically grown and free of dirt and insects. Start with a small quantity, see if they suit your palate, and adjust accordingly.

- **Borage** produces small, blue, star-shaped flowers.
- **Chamomile** flowers lend a slightly sweet, earthy flavor.
- **Dandelion** produces highly nutritious flowers.
- **Honeysuckle** is a fragrant flower with a savory aroma and sweet flavor.
- **Lavender** is a violet flower with a distinctive aroma.
- **Nasturtium** is a brightly colored flower with a savory and peppery flavor.
- **Pansies** come in many colors and have a mild, fresh, and lightly floral flavor.
- **Purslane** produces nutrient-rich flowers.
- **Roses petals** have a floral and slightly sweet flavor; the ones with the sweetest fragrance are likely to have the most flavor.
- **Summer squash** flowers, because of their large size, need to be chopped. If you're picking from a plant, harvest the male flowers so that the plant still produces squash. The male flowers have a long thin stem and typically grow around the outer edges of the plant.



Borage



Lavender



Purslane



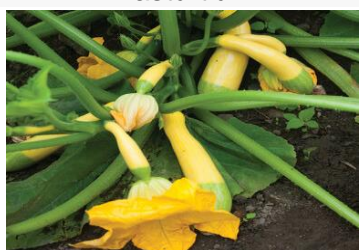
Nasturtium



Pansy



Chamomile



Summer Squash



Dandelion



Honeysuckle

Italian Recipes

These are zero added sugar recipes.

1. Italian Vegetables & Beef, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the beef the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil	6 oz beef sliced into uniform bite-size pieces
16 oz or more vegetables sliced into uniform bite-size pieces	1 cup cooked beans or grain or rice or pasta (optional)
2 teaspoons garlic powder	1 cup simmer sauce
2 teaspoons onion powder	2 oz (about 2 cups) fresh spinach or
2 teaspoons Italian Seasoning	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon oregano	Grated cheese for garnish (optional)
¼ teaspoon salt	Chopped herbs for garnish (optional)
2 tablespoons braising liquid	

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add beef to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the beef. Combine the vegetables with the beef, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

2. Italian Vegetables & Chicken, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the chicken the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil
16 oz or more vegetables sliced into uniform bite-size pieces
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons Italian Seasoning
1 teaspoon oregano
¼ teaspoon salt
2 tablespoons braising liquid

6 oz chicken sliced into uniform bite-size pieces
1 cup cooked beans or grain or rice or pasta (optional)
1 cup simmer sauce
2 oz (about 2 cups) fresh spinach or
2 oz (about 2 cups) thinly sliced cabbage
Grated cheese for garnish (optional)
Chopped herbs for garnish (optional)

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add chicken to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the chicken. Combine the vegetables with the chicken, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

3. Italian Vegetables & Goat, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle goat meat the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

We'll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	6 oz goat sliced into uniform <i>thin</i> bite-size pieces
16 oz or more vegetables sliced into uniform bite-size pieces	1 cup cooked beans or grain or rice or pasta (optional)
2 teaspoons garlic powder	1 cup simmer sauce
2 teaspoons onion powder	2 oz (about 2 cups) fresh spinach or
2 teaspoons Italian Seasoning	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon oregano	Grated cheese for garnish (optional)
½ teaspoon fennel seeds, crushed	Chopped herbs for garnish (optional)
¼ teaspoon nutmeg, freshly grated	
¼ teaspoon salt	
2 tablespoons braising liquid	

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, fennel seeds, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add goat to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the goat. Combine the vegetables with the goat, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

4. Italian Vegetables & Lamb, Serves 2

“Weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess.” Journal of Alzheimer’s Disease. [JAD](#)

Wash your hands thoroughly. When preparing the ingredients, handle the lamb meat the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

We’ll be adding two additional spices: Fennel seed and nutmeg.

1 tablespoon cooking oil	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz lamb sliced into uniform <i>thin</i> bite-size pieces
2 teaspoons garlic powder	1 cup cooked beans or grain or rice or pasta (optional)
2 teaspoons onion powder	1 cup simmer sauce
2 teaspoons Italian Seasoning	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon oregano	Grated cheese for garnish (optional)
½ teaspoon fennel seeds, crushed	Chopped herbs for garnish (optional)
¼ teaspoon nutmeg, freshly grated	
¼ teaspoon salt	

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, fennel seeds, nutmeg, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add lamb to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the lamb. Combine the vegetables with the lamb, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

5. Italian Vegetables & Paneer, Serves 2

Wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil	6 oz paneer sliced into uniform bite-size pieces
16 oz or more vegetables sliced into uniform bite-size pieces	1 cup cooked beans or grain or rice or pasta (optional)
2 teaspoons garlic powder	1 cup simmer sauce
2 teaspoons onion powder	2 oz (about 2 cups) fresh spinach or
2 teaspoons Italian Seasoning	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon oregano	Grated cheese for garnish (optional)
¼ teaspoon salt	Chopped herbs for garnish (optional)
2 tablespoons braising liquid	

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add paneer to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the paneer. Combine the vegetables with the paneer, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

6. Italian Vegetables & Pork, Serves 2

Wash your hands thoroughly. When preparing the ingredients, the pork the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil	6 oz pork sliced into uniform bite-size pieces
16 oz or more vegetables sliced into uniform bite-size pieces	1 cup cooked beans or grain or rice or pasta (optional)
2 teaspoons garlic powder	1 cup simmer sauce
2 teaspoons onion powder	2 oz (about 2 cups) fresh spinach or
2 teaspoons Italian Seasoning	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon oregano	Grated cheese for garnish (optional)
¼ teaspoon salt	Chopped herbs for garnish (optional)
2 tablespoons braising liquid	

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add pork to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the pork. Combine the vegetables with the pork, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

7. Italian Vegetables & Seafood, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the seafood the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil
16 oz or more vegetables sliced into uniform bite-size pieces
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons Italian Seasoning
1 teaspoon oregano
¼ teaspoon salt
2 tablespoons braising liquid

8 oz seafood sliced into uniform bite-size pieces
1 cup cooked beans or grain or rice or pasta (optional)
1 cup simmer sauce
2 oz (about 2 cups) fresh spinach or
2 oz (about 2 cups) thinly sliced cabbage
Grated cheese for garnish (optional)
Chopped herbs for garnish (optional)

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add seafood to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the seafood. Combine the vegetables with the seafood, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

8. Italian Vegetables & Tofu, Serves 2, Vegan

Wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil	8 oz tofu sliced into uniform bite-size pieces
16 oz or more vegetables sliced into uniform bite-size pieces	1 cup cooked beans or grain or rice or pasta (optional)
2 teaspoons garlic powder	1 cup simmer sauce
2 teaspoons onion powder	2 oz (about 2 cups) fresh spinach or
2 teaspoons Italian Seasoning	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon oregano	Grated cheese for garnish (optional)
¼ teaspoon salt	Chopped herbs for garnish (optional)
2 tablespoons braising liquid	

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add tofu to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the tofu. Combine the vegetables with the tofu, stir, and turn. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.

9. Italian Vegetables, Serves 2, Vegan

Wash hands thoroughly.

Have Ready

- | | |
|---|---|
| 1 tablespoon cooking oil | 1 cup cooked beans or grain or rice or pasta (optional) |
| 16 oz or more vegetables sliced into uniform bite-size pieces | 1 cup simmer sauce |
| 2 teaspoons garlic powder | 2 oz (about 2 cups) fresh spinach or |
| 2 teaspoons onion powder | 2 oz (about 2 cups) thinly sliced cabbage |
| 2 teaspoons Italian Seasoning | Grated cheese for garnish (optional) |
| 1 teaspoon oregano | Chopped herbs for garnish (optional) |
| ¼ teaspoon salt | |
| 2 tablespoons braising liquid | |

1. In a small bowl, combine garlic powder, onion powder, Italian Seasoning, oregano, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil.
4. Add vegetables to the pan, sprinkle the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the vegetables. If using, add cooked beans or grain or rice, or pasta to the skillet. Stir and turn to coat the ingredients with the spices.
7. Add simmer sauce to the skillet, stir and turn to coat ingredients.
8. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside.
10. Stir and turn the mixture, garnish with the cheese and chopped herb of your choice.



Heirloom Tomatoes, My Kitchen Garden

Help EndLocalHunger™

At FamilyGreenSurvival, Inc., a 501c3 non-profit social service organization, our mission is to EndLocalHunger™ through the donation of healthy BagOfLife® meals to those facing hunger in our community. If you feel financially comfortable, your donation in any amount would be most helpful. Thank you.

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Thank You



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We would appreciate learning about your experience with Kapur Cuisine™. Your comments and suggestions are most welcome. Please write to:

gkapur@familygs.org

Thank You