

Example End Diverticulitis Recipe eBook

proudly brought to you by www.end-diverticulitis.com
We have left the table of contents and the index in tact from the complete Recipe book.



Table of Contents

Zero Fiber Recipes

Yogurt Ambrosia.....	6
Lemon Sherbet	6
Marinated Chicken	7
Salmon with Mango Sauce.....	7
Cheese and Egg Soup.....	8
Cheeseburger Crustless Quiche.....	8
Sauteed Greens with Lemon.....	9
Prosciutto and Cheese Chicken Turnovers.....	9
Bacon Wrapped Shrimp & Sea Scallops	10
Meringue Cookies	10
Crab Omelet.....	11
Clam Cakes.....	11
Baked Pollock.....	12
Beef Broth.....	12
Chicken Broth.....	13

Low Fiber Recipes

Breakfast.....	14
Apple-Apricot Smoothie	14
Blueberry Yogurt Shake	14
Breakfast Parfait.....	15
Banana-Pineapple Kabobs.....	15
Egg White Omelet with Spinach.....	16
Artichoke & Broccoli Frittata	16
Peach Melba.....	17
Sweet Potato and Ham Hash.....	17
Basic Pancakes.....	18
Zucchini Frittata.....	18
Rosemary Hash Potatoes.....	19
Orange Shake.....	19
Cheesy Egg Potato and Ham Frittata.....	20
Hash Browns & Ham Quiche.....	20
Kale Parmesan Casserole.....	21

Low Fiber Recipes

Entrées.....	22
Basil Chicken.....	22
Garlic Scallops.....	22
Lemon Chicken Skewers.....	23
Cabbage and Rice Soup.....	23
Pork Chops with Pear Sauce.....	24
Chicken Feta Bake.....	24
Crab Meat and Grapefruit Salad	25
Salmon in Citrus Balsamic Vinaigrette.....	25
Chicken and Mushroom Marsala.....	26
Loaded Baked Potato Soup.....	26

Seared Scallops Salad.....	27
Red Wine and Garlic Pot Roast.....	27
Chicken Risotto.....	28
Roasted Scallops with Salsa.....	29
Roasted Beef in Salt Crust.....	29
French Canadian Pea Soup.....	30
Wild Rice with Mushrooms.....	30
Orange Teriyaki Glazed Chicken.....	31
Marinated Lemon Chicken.....	31
Pumpkin Pie Soup.....	32
Grilled Rosemary Swordfish.....	32
Veal Stew with Cherries.....	33
Beef and Scallops Stir Fry.....	33
Cauliflower with Bacon.....	34
Stuffed Mushrooms.....	34
Desserts.....	35
Brownies	35
No Bake Oat Cookies.....	35
Marble Chocolate Mousse	36
Brown Sugar Fudge	36
Chocolate Wafers	37
Peanut Butter Cookies	37
Chocolate Mint Pinwheels	38
Mocha Mousse Torte	38
Pineapple Yogurt Whirl	39
Blueberry Frozen Delight.....	39
Tropical Fruit Medley.....	40
Peanut Butter Fudge	40
Brown Rice Pudding.....	41
Brown Sugar Blueberry Muffins	41
Chocolate Dipped Apricots	42
Baked Goods.....	43
Apple & Honey Bread	43
Flat Bread	43
Rice Flour Pastry.....	44
Buckwheat Potato Bread	44
Orange Cake	45
Banana Coconut Bread.....	45
Kalamata Olive and Rosemary Bread	46
Honey Shortbread.....	46
Marble Cheesecake	47
Kahlua Fudge Cake	48
Espresso Chocolate Cake	48
Orange Nut Muffins	49
Basic Rice Bread.....	49
Sour Cream Banana Muffins	50
Fruit Muffins.....	51
High Fiber Recipes	
Breakfast.....	52
Berry Banana Peach Smoothie	52

Banana Raisin Salad	52
Millet Pancakes	53
Apple Banana Surprise.....	53
Apple Pie Smoothie.....	54
Fruit Stew.....	54
Banana Blueberry Smoothie.....	55
Chickpea Pudding.....	55
Banana Peanut Butter Cup Smoothie.....	56
Sauted Apples	56
Baked Beans Omelet.....	57
Black Bean Hash.....	57
Millet Porridge.....	58
Peanut Butter Porridge.....	58
Entrées.....	59
Lemon-Lentil Soup	59
Beans and Greens Soup	59
Buckwheat Pilaf.....	60
White Bean and Tuna Salad.....	60
Lentil Chicken Salad	61
Buckwheat Vegetable Soup	61
New England Style Baked Beans.....	62
Lentils and Spinach Soups.....	62
Beef Kabobs with Rice.....	63
Sweet & Sour Lentils over Rice	63
Cream of Pea Soup.....	64
Edamame Fried Rice	64
Chicken & Brown Rice Soup.....	65
Vegetable Paella.....	65
Chunky Minestrone.....	66
Garbanzo Salad.....	66
Edamame Salad.....	67
Rainbow Risotto.....	67
Lentil & Olive Salads.....	68
Avocado Edamame Soup.....	68
Tarragon Chicken.....	69
Rice and Beans.....	69
Savory Fava Beans.....	70
Baked Beans Supreme.....	70
Candied Yams.....	71
Garbanzo Bean Soup.....	71
Brown Rice Salad.....	72
Hearty Fried Rice.....	72
Pork Chops with Scallop Potatoes.....	73
Brown Rice Cabbage Rolls.....	74
Desserts.....	75
Fudge Brownies.....	75
Mango Mousse.....	75
Greek Prune Compote.....	76
Marinated Mixed Fruit Salad.....	76
Sweet Potato Flan.....	77

Millet Squares.....	77
Apricot Bars.....	78
Pear Freeze.....	78
Avocado Lime Frozen Yogurt.....	79
Apple Pear Compote	79
Tropical Smoothie.....	80
Avocado Cream.....	80
Prune Whip.....	80
Raisin Studded Rice Pudding.....	81
Dried Fruit Compote.....	81
Baked Goods.....	82
Banana Rice Bread.....	82
Zucchini Bread.....	82
Steamed Apricot Bread.....	83
Millet Bread.....	83
Flourless Chocolate Cake.....	84
Spelt-Carob Cake.....	84
Apple Caramel Cake.....	85
Cranberry Muffins.....	85
Herb and Onion Bread.....	86
Garbanzo Bean Chocolate Cake.....	86
Amaranth Spelt Bread	87
Molten Mini Cakes.....	87
English Muffins.....	88
Rich Chocolate Cake.....	88
Pumpkin Pie.....	89

Zero Fiber Recipes

Yogurt Ambrosia

Makes 6 servings


Fiber content: 0g

1 1/4 cups Heavy cream
1 1/4 cups Plain yogurt
6 tbsp Dark brown sugar

Beat heavy cream with a whisk until it is thick. Strain the plain yogurt and mix it well with the heavy cream. Pour into serving dish. Sprinkle sugar over the mixture in an even layer. Cover with plastic wrap and let it chill overnight. Serve chilled and enjoy.

Lemon Sherbet

Makes 10 servings


Fiber content: 0g

1 cup Lemon juice, chilled
4 cups 2% Low-fat milk
1 1/2 cup Sugar substitute

In a pitcher, mix all ingredients together. Pour into into ice cream maker bowl. Follow your ice cream maker's instructions.

Low Fiber Recipes

Breakfast

Apple-Apricot Smoothie

Makes 2 servings



Fiber content: 4.7g

- 1 Golden delicious apple, peeled, cored & chopped
- 1 cup Apple juice
- 4 Apricots, fresh, pitted, skin optional
- 1 Banana, peeled
- 3/4 cup Plain yogurt
- 10 – 12 Ice cubes
- 1 tbsp Honey

Place all ingredients in a blender and puree until smooth. Pour into glasses and serve.

Blueberry Yogurt Shake

Makes 4 servings



Fiber content: 1.7g

- 1 cup Blueberries, fresh, rinsed
- 1/2 cup Orange juice
- 4 Apricots, fresh, pitted, skin optional
- 1 Banana, very ripe
- 2 cup Plain yogurt

Combine all ingredients in a blender. Blend on medium speed until smooth and frothy. Pour into glasses and serve.

Orange Shake

Makes 2 servings



Fiber content: 1.8g

- 1 cup Orange juice
- 1 cup Rice milk, fortified vanilla flavor
- 1 Banana
- 1/2 tsp Vanilla
- 1/2 cup Ice

Combine ingredients in blender. Blend until smooth and frothy. Serve immediately.

Cheesy Egg Potato and Ham Frittata

Makes 8 serving



Fiber content: 1.9g

- 3 tbsp Butter
- 3 tbsp Oil
- 4 cups Frozen hash brown potatoes, shredded
- 1 medium Onion, finely chopped
- 2 tsp Seasoning salt, to taste
- Black pepper
- 1 lb Cooked ham, cubed
- 12 large Eggs
- 1/4 cup Whipping cream
- 1 pinch Italian seasoning
- 2 cups cheddar cheese, grated

Preheat oven to 375 degrees F. Butter a 13 x 9-inch baking dish. Heat oil and butter in a skillet. Add shredded potatoes, onion, seasoned salt and black pepper to taste. Cook for 10 minutes. Add the ham and cook for 3 more minutes. Stir occasionally with a wooden spoon. Transfer mixture to buttered baking dish. In a bowl, whisk the eggs, whipping cream, Italian seasoning and seasoned salt. Pour the egg mixture into baking dish. Bake for 20 minutes. Remove from oven and sprinkle with about 2 cups grated cheddar cheese. Broil for about 3 minutes or until cheese is melted and eggs are set. Let it cool for about 10 minutes before slicing.

Low Fiber Recipes

Entrées

Basil Chicken

Makes 4 servings



Fiber content: 1g

4 whole Chicken breasts, skinless
1/2 tsp Pepper
1/2 tsp Basil
1 can Cream of celery soup
1/2 whole Green pepper, sliced

Place chicken breasts in slow cooker. Sprinkle with pepper and basil. Spread soup on top of chicken. Arrange slices of green pepper on top of soup. Cover and cook on crock pot on low 6 to 8 hours.

Garlic Scallops

Makes 4 servings



Fiber content: 0.5g

3 tbsp Rice flour
2 tsp Margarine
Salt and pepper
3 Garlic cloves, minced
1 lb Scallops
2 tbsp Dried parsley flakes
2 tbsp Margarine
2 tbsp Lemon juice

In a shallow bowl, combine rice flour, salt, and pepper. Add scallops and toss to coat. Melt margarine in skillet. Add garlic and cook two minutes, stirring frequently. Add scallops, cook, and stirring until cooked through, about 5 minutes. Sprinkle with parsley and lemon juice.

Lemon Chicken Skewers



Makes 8 servings

Fiber content: 0.4g

- 3/4 cup Lemon juice
- 1/2 cup Extra virgin olive oil
- 2 cloves Garlic, minced
- 1 tsp Salt
- 1/2 tsp Black pepper
- 2 lbs Chicken breasts, boneless skinless, cubed
- 8 Wooden skewers
- 1 cup Fresh parsley, chopped

To prepare marinade mix 1/2 cup lemon juice, olive oil, garlic, salt and black pepper. Add chicken. Cover and refrigerate for one hour. Meanwhile, soak wooden skewers in the remaining 1/4 cup lemon juice for 30 minutes. Thread chicken equally onto each skewer. Discard leftover marinade. Preheat grill to medium-high heat. Place parsley in a shallow dish and roll skewered chicken in parsley, coating completely. Grill chicken skewers for about 5 minutes.

Desserts

Brownies

Makes 30 brownies


Fiber content: 1.5g

1/2 cup Butter
4 oz Baking chocolate
4 Eggs, at room temperature
1/2 tsp Salt
2 cups Sugar
1 tsp Vanilla extract
1 cup Soy flour
1/4 cup Potato starch
2 tsp Baking powder
1 cup Chocolate chips

Preheat oven to 350 degrees F. Oil a 13" x 9" pan. In a saucepan, melt butter & chocolate together. Let cool awhile. Meanwhile, beat eggs and salt in a bowl with a fork until light & fluffy. Gradually add sugar & vanilla. Beat well with fork. Add chocolate/butter mixture, flour, baking powder and potato starch gradually and mix well with a fork. Add chocolate chips to the mix. Spread in oiled pan. Bake for 25 minutes or until pass toothpick test. Cut when cool.

No Bake Oat Cookies

Makes 36 cookies


Fiber content: 1.1g

3 cups Oats, non-contaminated
6 tbsp Cocoa powder
3 1/2 oz Flaked coconut
1/4 lb Butter
2 cups Sugar substitute
1/2 cup Whole milk
1 tsp Vanilla extract

Stir oats, cocoa powder, sugar substitute and coconut in a large bowl. In a large pot, bring the the milk and butter to a boil. Then take off the stove and add vanilla extract. Pour the liquid ingredients into the dry ingredients and mix well until everything is wet. Spoon the cookies onto waxed paper. Let them cool and they will harden.

Baked Goods

Apple & Honey Bread

Makes 10 servings


Fiber content: 1.5g

1/2 cup Vegetable oil
1/2 cup Honey
1/4 cup Water
1 cup Cooked apples, diced
1 cup Golden raisins
1 cup Soy flour
1 cup Rice flour
1 tsp Baking soda
1/2 tsp Cream of tartar
1 tsp Cinnamon

Preheat oven to 320 degrees F. Combine oil, honey and water. Stir in raisins and apples. Add dry ingredients to mix. Grease muffin tin. Spoon mixture in tin. Bake for 30 minutes.

Flat Bread

Makes 8 servings


Fiber content: 2.1g

1/4 cup Flax seeds
1/2 cup Tapioca
3/4 cup Brown rice
1/2 tsp Salt
1/2 tsp Baking powder
2 tbsp Extra virgin olive oil
1/4 cup water

Grind first flax seeds, tapioca and brown rice. Dump them in a mixing bowl. Add baking powder and salt. Mix together with whisk. Add oil and half the water. Mix well until forms a loose ball adding water as needed. Separate and roll mixture into 8 tight balls. Flatten and then press between wax paper as you shape mixture into egg shape about 1/4 inch thick. Place on a medium height griddle or skillet. Cook 2 minutes each side or until dry looking and lightly browned.

Rice Flour Pastry



Makes 8 servings

Fiber content: 3.8g

- 1 cup Rice flour
- 1 tbsp Sugar
- 1/2 tsp Salt
- 1/4 tsp Baking powder
- 1/3 cup Shortening
- 3 tbsp Cold water
- 1/2 tsp Vanilla

Preheat oven to 425 degrees F. Combine rice flour, sugar, salt and baking powder. Cut in shortening until mixture is crumbly. Combine water and vanilla. Stir into flour mixture just until moistened. Form dough into ball and roll between two sheets of waxed paper to about 1/8 inch thickness. Remove top paper. Cut rolled dough in eights evenly. Bake for 15 minutes.

High Fiber Recipes

Breakfast

Berry Banana Peach Smoothie

Makes 6 servings


Fiber content: 5.2g

4 cups Low-fat blueberry yogurt
2 cups Peach nectar
4 ripe Bananas

Place all ingredients in blender. Blend until smooth. Serve.

Banana Raisin Salad

Makes 8 servings


Fiber content: 5.5g

4 Bananas, sliced
8 Lettuce leaves
1/4 cup Mayonnaise based salad dressing
1 tsp Cinnamon
1/2 cup Raisins

Arrange lettuce leaves on a plate. Add bananas on top of lettuce. Spread salad dressing down centers of banana halves. Sprinkle with cinnamon and dot with raisins.

Entrées

Lemon-Lentil Soup

Makes 9 servings



Fiber content: 14g

2 tsp Olive oil
2 Garlic cloves, minced
2 quarts Vegetable broth
2 cups Lentils, dried
1 medium Potato, diced
1/2 tsp Oregano, dried
1/4 tsp Salt
3 tbsp Lemon juice
Pepper to taste

Heat dutch oven over medium high heat. Add olive oil to coat bottom of the pot. Cook garlic for 3 minutes. Stir in all other ingredients with the exception of the lemon juice. Reduce heat to low heat and simmer covered for 45 minutes. Pour lemon juice and stir. Serve immediately.

Beans and Greens Soup

Makes 8 servings



Fiber content: 16.5g

1 lb Pinto beans, sorted, washed & soaked in water for 12 hrs or overnight
3 cloves Garlic, peeled and crushed
1 large Onion, peeled and chopped
8 cups Chicken broth
1/4 cup Cilantro, chopped
2 tsp Liquid smoke flavoring
4 cups frozen Mustard greens, finely chopped and cooked
2 tbsp Olive oil
1 tsp Salt
Pepper, to taste
2 cups fresh Tomato, seeded and diced

Bring chicken broth and smoke flavoring to a simmer. In large frying pan, sauté the onion and garlic in olive oil until translucent. Add mustard greens and cilantro. Cook until just wilted. Add this to the broth and stir in pinto beans. Cook another 5 minutes, then season to taste. Serve hot.



Desserts

Fudge Brownies



Makes 12 servings

Fiber content: 8.6g

6 Large eggs
18 oz Semisweet chocolate, chopped
1 cup Butter, cut in tbsp
1 tsp Vanilla extract

Preheat the oven to 425 degrees F. Butter a 9-inch square baking pan, line it with foil, and butter the foil. Set eggs in a bowl and cover them with hot tap water. Melt the chocolate with the butter, stirring until smooth over very low heat. Stir in vanilla. Transfer the mixture to a bowl and let it cool slightly on a wire rack. Put the warm eggs in another bowl and beat with an electric mixer on high speed until about tripled in volume. Fold half beaten eggs into chocolate mixture to lighten it. Gently fold in remaining beaten eggs. Scrape batter into prepared pan and smooth the top. Set pan in a larger baking pan. Pour hot water into the larger pan to come halfway up the sides of brownie pan. Bake brownies on middle oven rack for 10 minutes. Shut the oven and let pan stand inside for 5 minutes. Remove brownies from water bath to wire rack and let stand while preparing the glaze. To glaze brownies heat cream with chocolate stirring until smooth. Pour hot glaze evenly over brownies. Spread smooth and let cool completely. Cover pan with plastic wrap and refrigerate for at least 4 hours. Cut into 12 squares.

Mango Mousse



Makes 6 servings

Fiber content: 6.6g

4 lbs Mangoes, ripe, peeled and cubed
6 tbsp Lemon juice
1 tsp Vanilla
4 oz Sugar
1 tbsp Gelatin powder
1/4 cup hot Water
2 Egg whites
1/2 tsp Salt
1/2 cup Cream

Puree mangoes with lemon juice, vanilla and sugar. Dissolve gelatin in hot water. Stir well into the mousse. Beat egg whites with salt until stiff. Whip cream until stiff. Fold both into the mango mousse. Pour into serving dish and chill for at least 3 hours.

Baked Goods

Banana Rice Bread

Makes 1 loaf


Fiber content: 16g

2 1/2 Cups rice flour
1/2 tsp Sea salt
1 tbsp Baking powder
1/4 lb Butter, room temperature
1 cup Honey
2 Eggs
1 1/2 cups Bananas, mashed

Preheat the oven to 350 degrees. Generously butter a 9-inch loaf pan. Combine rice flour, salt, and baking powder and set aside. In an electric mixer cream the butter and honey. Add the eggs and beat well. Blend in the bananas and the dry ingredients. Pour mixture into the pan and bake for one hour.

Zucchini Bread

Makes 1 loaf


Fiber content: 13g

2/3 cup Rice flour
2/3 cup Sweet rice flour
1/2 cup Potato starch
3 1/2 tbsp Tapioca starch
1 tsp Baking soda
1/2 tsp Xanthan gum
1/8 tsp Salt
1/2 cup Butter
1 cup Sugar
2 Eggs
1 1/4 cups Zucchini, grated

Preheat oven to 350 degrees. Lightly grease 9 x 5 loaf pan; dust with rice flour. Mix together flours, potato starch, tapioca starch, baking soda, xanthan gum, and salt. Set aside. Cream the butter until white. Add the sugar and beat until fluffy, about 5 minutes. Add the eggs and briefly beat until well mixed. Stir in the zucchini. Stir in the dry ingredients until blended. Pour the batter into the pan. Bake 1 hour.

2% Low-fat milk 6,
 Active dry yeast 44, 46, 49
 Allspice 32, 41, 54, 64, 77
 Almond meal 21,
 Amaranth 87
 Amaranth flour 46, 83
 Amaretto 36,
 Anchovy paste 27, 68
 Apple cider 32
 Apple cider vinegar 46, 87
 Apple juice 14, 51, 64
 Apples 43, 51, 53, 54, 71, 76, 80
 Applesauce 41, 51
 Applesauce, unsweetened 54
 Apricots 14
 Apricots, dried 42, 78, 83
 Arborio rice 28
 Arrowroot 46,
 Artichoke hearts 16,
 Asiago cheese 69
 Avocado 68, 79, 80
 Baby peas, frozen 64
 Bacon 26, 30, 34
 Baked beans 57
 Baking chocolate 35
 Baking potato 19, 26
 Baking powder 18, 35, 37, 41, 43, 44, 45, 50,
 51, 82, 83, 86, 87, 88
 Baking soda 37, 41, 43, 45, 50, 51, 53, 82, 83,
 84, 85, 87, 88
 Balsamic vinegar 25, 29, 72
 Banana 14, 15, 19, 40, 45, 50, 52, 53, 54, 55,
 56, 80, 82
 Basil 18, 22, 25, 29, 34, 60, 70
 Bay leaf 12, 13, 27, 30, 63, 69, 70
 Beef 33
 Beef bones 12
 Beef broth 23
 Bittersweet chocolate 38, 42, 45, 47, 48
 Black beans 57
 Black olives 65
 Black pepper 19, 20, 21, 23, 25, 27, 28, 29,
 66, 67, 69, 70
 Black peppercorns 27
 Blue cheese 34
 Blueberries 14, 15, 39, 54, 55, 76
 Brandy 76
 Broccoli 16, 57, 69

Index

Brown rice 23, 43, 65, 74
 Brown rice flour 45, 49, 50, 83, 89
 Brown rice, cooked 41, 69, 72, 81
 Brown rice, long grain 63, 64, 65, 66
 Brown sugar 6, 15, 36, 38, 41, 48, 49, 62, 63,
 88
 Buckwheat flour 41, 44
 Buckwheat groats 56, 60, 61
 Butter 11, 12, 17, 20, 27, 33, 35, 36, 37, 38,
 44, 45, 46, 49, 50, 64, 67, 69, 71, 73, 75, 82,
 86, 88
 Butter, unsalted 9, 45, 47, 48, 84, 87
 Buttermilk 44, 45, 49, 88
 Butternut squash 67, 89
 Cabbage 23, 74
 Cannellini beans 60, 72
 Canola oil 11, 64, 83, 88
 Cantaloupe 40, 54, 76
 Carob powder 84
 Carrot 13, 27, 30, 60, 61, 64, 66, 71, 74
 Carrots, frozen 72
 Cauliflower 34,
 Cayenne 57
 Celery 13, 27, 30, 61, 65
 Center cut bacon 10,
 Cheddar cheese 8, 20, 26
 Cherry juice 33,
 Chicken breast, cooked 61, 70
 Chicken breasts 9, 22, 23, 24, 26, 28, 31, 65
 Chicken broth 8, 23, 26, 27, 28, 30, 32, 59,
 62, 64, 66, 68
 Chicken stock 65
 Chicken thighs, drumsticks and wings 69
 Chicken, whole 7, 13
 Chickpeas 55
 Chili powder 57
 Chives 11, 16, 27
 Chocolate 36
 Chocolate chips 35, 88
 Chocolate syrup 56
 Chocolate, unsweetened 36, 38, 48
 Chorizo sausage 71
 Cider vinegar 63
 Cilantro 59, 60, 67
 Cinnamon 24, 32, 41, 43, 50, 51, 52, 53, 54,
 55, 58, 71, 77, 79, 81, 85, 89
 Cinnamon stick 31, 76, 81
 Cloves, ground 63, 77, 89

Cloves, whole 12, 13, 19, 32, 76, 81
 Cocoa 37
 Cocoa powder 35, 47, 88
 Cocoa powder, unsweetened 45, 87
 Coconut 78
 Coconut cream 51
 Coconut flakes 35, 45, 77
 Coconut oil 51
 Coffee 38
 Collard greens 9,
 Confectioners' sugar 37, 45, 86
 Coriander 62
 Crab meat 11, 25
 Cranberries 85
 Cranberries, dried 56
 Cream 75, 84
 Cream cheese 34, 47, 49
 Cream of celery soup 22
 Cream of tartar 10, 43, 49, 87
 Cucumber 61
 Cumin 62, 70, 74
 Dark rum 47,
 Dijon mustard 11, 25, 27, 60, 63
 Dill 11, 16
 Dill, dried 86
 Dry mustard 62, 70
 Dry navy beans 62
 Dry red wine 27, 79
 Dry white Zinfandel wine 9
 Edamame 64, 67
 Edamame, frozen 68
 Egg 8, 10, 11, 16, 17, 18, 20, 21, 35, 37, 38,
 41, 45, 46, 47, 48, 49, 50, 72, 75, 77, 82, 84,
 85, 86, 88, 89
 Egg substitute 37
 Egg whites 10, 16, 41, 46, 48, 57, 75, 80, 87,
 88
 Egg yolks 36, 45, 88
 Espresso 48
 Extra virgin olive oil 16, 23, 27, 43, 46, 66
 Fava beans 70
 Feta cheese, crumbled 24, 31
 Flax seed 43
 Flax seed, grounded 46
 Fruity white wine 69
 Garbanzo beans 66, 86
 Garbanzo beans, dried 71
 Garbanzo flour 46
 Garlic 9, 18, 23, 31, 33, 60, 66
 Garlic clove 16, 22, 25, 27, 28, 29, 31, 32, 59,
 62, 63, 65, 66, 69, 70, 72
 Garlic powder 8, 70
 Garlic salt 65
 Garlic, dried 57
 Gelatin powder 75
 Ginger 31, 33, 79, 88
 Gluten-free breadcrumbs 16,
 Golden delicious apple 14
 Golden raisins 43
 Granny smith apples 79, 85
 Granular sugar substitute 37, 38, 45
 Granulated sugar 32, 39, 40, 47, 48, 50, 78, 87
 Grapefruit 25
 Grapes 76
 Greek virgin olive oil 31
 Greek yogurt 76
 Green beans, young 69
 Green bell pepper, 22, 61, 63
 Green lentils 68
 Green onions 26, 28, 30, 31, 33, 60, 61, 86
 Green peas, frozen 72
 Green seedless grapes 54
 Grill seasoning 10
 Ground beef 8
 Guar gum 50
 Half and half 34,
 Ham 17, 20, 72
 Ham hock 71
 Ham, cooked 20
 Hash brown potatoes 20
 Heavy cream 6, 8, 36, 38, 49, 88
 Heavy whipping cream 32
 Honey 14, 31, 43, 44, 46, 51, 55, 63, 72, 76,
 79, 82, 83, 85
 Honey 54
 Honey mustard 72
 Honeydew 54
 Hot red pepper sauce 61
 Ice 14, 19, 39, 54, 56, 78
 Instant yeast 86
 Italian seasoning 20, 23, 66
 Kahlua 48
 Kalamata olives 46, 60
 Kale 21
 Kidney beans 69
 Kosher salt 29, 70
 Leaf limes 60
 Leek 21, 61, 65, 86
 Lemon extract 45
 Lemon juice 6, 9, 10, 22, 23, 24, 25, 27, 31,
 62, 63, 65, 66, 69, 70, 72

32, 39, 59, 60, 62, 63, 68, 74, 75, 76, 80
Lemon rind 32, 40
Lemon zest 24, 27
Lemon, 32, 65, 68, 81
Lemon, peel 76
Lentils 61, 62, 63
Lentils, dried 59
Lettuce leaves 52, 60
Light olive oil 41
Lime juice 40, 79
Liquid smoke flavoring 59
Lite evaporated milk 64
Low-fat blueberry yogurt 52, 53
Macintosh apples, 79
Madeira wine 33,
Mango 40, 75
Mango, juice 7
Maple syrup 41, 55, 56, 58, 62, 77, 87, 89
Margarine 15, 22, 74
Marsala wine 26,
Mayonnaise 8, 61
Mayonnaise based salad dressing 52
Milk 16, 18, 26, 35, 37, 41, 55, 58, 73, 77, 78, 86
Millet 58, 77
Millet flour 53, 83
Millet, flakes 56
Mint 25, 40, 78
Mint-chocolate chips 38,
Mixed dried fruit 81
Mixed salad greens 27, 61
Mixed vegetables 57
Molasses 36, 38, 83
Monterey jack pepper cheese 20
Mozzarella cheese 9
Mushrooms 26, 28, 30, 34, 63
Mustard greens 59
Mustard powder 69
Navy beans 70
Non-dairy whipped topping 79
Non-fat milk 81
Non-fat vanilla yogurt 54, 79
Nutmeg 24, 32, 33, 41, 54, 71, 79, 89
Oats, non-contaminated 35, 58
Oil 18, 20, 24, 25, 84
Oil-cured black olives 68
Olive oil 7, 9, 16, 18, 19, 21, 23, 25, 27, 28, 29, 32, 59, 60, 61, 63, 65, 66, 67, 68, 69, 70, 72, 87
Olives 29
Onion 12, 13, 16, 19, 20, 30, 57, 59, 62, 63, 66, 67, 71
Onion powder 8, 65
Orange 54, 78, 85
Orange blossom water 54
Orange extract 49
Orange juice 14, 19, 25, 31, 54, 71, 80, 81, 83
Orange, zest 31, 45, 85
Oregano 18, 31, 59, 68, 70
Pancetta 70
Paprika 24, 64
Parmesan cheese 8, 11, 12, 16, 18, 21, 28, 57, 66
Parsley 9, 12, 13, 22, 23, 24, 25, 26, 30, 61, 65, 68
Part-skim mozzarella cheese 74
Peach nectar 52
Peaches 17, 76
Peanut butter 37, 40, 56, 58
Peanut oil 33
Pears 24,
Pears 78, 79
Peas, dried 30
Peas, frozen 65, 67, 72
Pepper 8, 9, 11, 12, 13, 16, 18, 22, 24, 26, 30, 32, 59, 61, 62, 63, 65, 68, 70, 72, 73, 74
Peppercorns 12, 13
Pimento 61
Pineapple 15, 39, 76
Pineapple juice 39, 53, 63
Pinto beans 59, 70
Plain yogurt 6, 14, 54
Pollock, fillets 12,
Pork chops 24, 73
Potato 59, 65, 69, 71, 73
Potato starch 35, 49, 50, 51, 64, 74, 82, 88
Prosciutto 9
Prunes 80
Prunes, dried 76
Pumpkin puree can 32
Pure icing sugar 46
Pure vanilla extract 47, 48, 71
Quahogs 11,
Radishes 67
Raisins 52, 53, 58, 66, 71, 81
Raspberries 17
Red bell peppers 28, 60, 66, 67
Red onions 60, 72
Red pepper flakes 33,
Red skinned potatoes 27,

Rice 67
Rice flour 18, 22, 26, 33, 37, 41, 43, 44, 46, 70, 73, 82, 84, 86, 88
Rice milk 19, 41
Rice vinegar 49, 72
Ricotta cheese 17
Rolled oats 83, 89
Romaine lettuce 25
rose water 54
Rosemary 19, 32, 46, 86, 72
Round roast 27,
Rutabagas 61
Safflower oil 53, 56
Saffron strands 65
Sage 70, 72
Salmon fillets 7, 25
Salt 9, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 22, 23, 24, 25, 26, 27, 29, 30, 33, 35, 37, 43, 44, 45, 47, 49, 50, 51, 58, 59, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 77, 82, 83, 84, 85, 86, 88
Salt pork 30, 62
Savory 30,
Scallions 7, 34, 64
Scallops 11, 22
Sea salt 21, 28, 41, 46, 69, 82, 87, 89
Sea scallops 10, 27, 29, 33
Seasoned rice vinegar 67
Semisweet chocolate 48, 75, 84, 87
Semisweet chocolate chips 38, 40, 86
Sesame oil 31,
Shallots 25, 68
Sharp cheddar cheese 16,
Shortening 37, 44
Shrimp 10
Shrimp, salad 72
Silken tofu 27, 56
Sirloin steaks 63
Skim milk 39, 58
Smoked sausage 70
Sorghum flour 88
Sour cherries 33
Sour cream 12, 17, 26, 33, 50, 61, 69, 88
Soy flour 35, 43, 49, 83
Soy milk 87
Soy sauce 31, 60, 64, 72
Spelt flour 51, 84, 87
Spinach 16
Spinach, frozen 62, 66
Standing rib roast 29
Sugar 18, 35, 36, 39, 44, 45, 49, 51, 53, 75, 76, 77, 79, 80, 81, 82, 84, 85, 86, 88
Sugar substitute 6, 17, 35, 49, 54, 76, 81
Sugar substitute for baking 10
Superfine rice flour 85
Sweet pepper, chopped 17, 19, 72, 77
Sweet potatoes 44
Sweet rice flour 82
Sweetened condensed milk 40
Sweetened condensed milk 77
Swiss chard 18
Swiss cheese 20
Swordfish steaks 32
Tapioca 43
Tapioca flour 37, 44, 49, 50, 88
Tapioca starch 37, 41, 46, 50, 51, 82, 87, 88
Tarragon, dried 69
Tart cherries, dried 72
Tart green apples 56
Teff flour 46
Thyme 12, 13, 27, 28, 30, 64, 66, 70, 72
Toasted sesame oil 60
Tomatoes 21, 24, 29, 59, 60, 62, 66, 70, 74
Turmeric 67
Vanilla 17, 19, 36, 37, 38, 39, 44, 46, 50, 58, 75, 84
Vanilla bean 15
Vanilla extract 10, 24, 35, 41, 51, 75, 77, 79, 83, 85, 88
Vanilla ice cream 55
Vanilla yogurt 15, 38, 54
Veal 33
Vegetable broth 59, 61, 63, 74
Vegetable oil 9, 43, 51, 67, 69, 89
Vegetable stock 60, 65, 67
Walnuts 49
Water 11, 12, 13, 15, 21, 29, 30, 33, 37, 39, 40, 43, 44, 46, 49, 51, 53, 57, 58, 61, 63, 65, 66, 69, 71, 74, 75, 76, 77, 83, 84, 85, 86, 87, 88, 89
Whipped cream 20, 48, 80, 84
White beans, dried 33
White chocolate 36,
White kidney beans 66
White pepper 17, 31, 33, 68
White spelt flour 86
White sugar 36, 37, 80, 86, 88
White tuna 60
White wine vinegar 66
Wild rice 30

Worcestershire sauce 70

Xanthan gum 37, 41, 44, 46, 49, 50, 51, 82,
88

Yams 71

Yeast 88

Yellow bell pepper, 64, 66, 72

Yogurt 84

Yogurt, frozen 80

Zucchini 18, 67, 66, 69, 72, 82