



# Schulte Family Chiropractic



## Easy Oriental Salmon Salad

Serves 4

### Ingredients:

- 3 Tablespoons soy sauce
- 2 teaspoons grated fresh ginger
- 2 wild salmon fillets
- 5 cups mixed salad greens
- 1 cup fresh bean sprouts
- 1 cup fresh snow pea pods, trimmed
- ½ green bell pepper, thinly sliced
- ½ red bell pepper, thinly sliced
- 1 small or medium cucumber, thinly sliced
- 1 cup sliced green onions
- 2 teaspoons sesame seeds, toasted
- Oriental Salad Dressing (see recipe below)

### Directions:

Combine soy sauce and ginger in a shallow baking dish. Add salmon. Cover and marinate in refrigerator up to 4 hours. Remove salmon from marinade and discard remaining marinade. Cook fish until lightly browned. Combine mixed salad greens and next 7 ingredients. Pour a half-cup Oriental Salad Dressing over salad and toss. Arrange cooked salmon and pour more salad dressing on top. Serve with Spicy Peanut Sauce.

## Oriental Salad Dressing

Makes one cup

### Ingredients:

- 4 Tablespoons rice vinegar
- 2 Tablespoons soy sauce
- 2 teaspoons grated ginger
- 2 teaspoons toasted sesame oil
- 2 teaspoons finely chopped green onion or chives
- 2 garlic cloves, peeled and mashed
- 1 teaspoon raw honey
- 2/3 cup extra virgin olive oil
- 2 teaspoons unrefined flaxseed oil

**Directions:** Place all ingredients in a jar and shake vigorously.

## Spicy Peanut Sauce

Makes 1 and 1/3 cups

### Ingredients:

- ½ cup peanut butter
- 1/3 cup coconut milk
- 2 Tablespoons soy sauce
- 1 Tablespoon grated fresh ginger
- 1 Tablespoon sesame oil
- ¼ teaspoon dried crushed red pepper
- ¼ cup chicken broth

**Directions:** Combine all ingredients in a bowl and mix well.

Recipe Courtesy of Nicky Rubin

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## Chicken Fajitas

Serves 4-6

### Ingredients:

2 pounds organic chicken breasts, cut into strips about ¼ to ½ inch thick  
 6 Tablespoons extra virgin olive oil  
 ½ cup lemon or lime juice  
 ¼ cup pineapple juice (optional)  
 4 garlic cloves, peeled and mashed  
 ½ teaspoon chili powder  
 1 teaspoon dried oregano  
 ½ teaspoon dried thyme  
 1 red pepper, seeded and cut into julienne strips  
 1 green pepper, seeded and cut into julienne strips  
 2 medium onions, thinly sliced  
 extra virgin coconut oil  
 12 sprouted whole wheat tortillas  
 melted butter  
 crème fraîche or sour cream for garnish  
 chismole for garnish  
 guacamole for garnish

### Directions:

Make a mixture of oil, lemon or lime juice, pineapple juice and spices and mix well with the meat. Marinate for several hours. Remove with a slotted spoon to paper towels and pat dry. Using a heavy skillet, sauté the meat, a batch at a time, in coconut oil, transferring to a heated platter and keeping warm in the oven. Meanwhile, mix vegetables in marinade. Sauté vegetables in batches in coconut oil and strew over meat. Heat tortillas briefly in a heavy cast iron skillet and brush with melted butter. Serve meat mixture with tortillas and garnishes.

Recipe courtesy of Sally Fallon, author of *Nourishing Traditions*



## Beef Avocado Salad with Rosemary Dressing

Serves 6

### Ingredients:

2 pounds organic, grassfed sirloin steak, cooked medium rare, cut in julienne strips (leftover steak may be used)  
 3 avocados  
 3 tomatoes, ripe but firm  
 1 purple onion, thinly sliced  
 1 bunch watercress, leaves only

## Rosemary Dressing

### Ingredients:

2 small shallots  
 1 clove garlic  
 2 teaspoons parsley, minced  
 1 sprig fresh or ½ teaspoon dried rosemary  
 1½ Tablespoons Dijon-style mustard  
 ½ cup lemon juice  
 2 teaspoons raw, unheated honey  
 1½ Tablespoons vermouth  
 2/3 cup raw wine vinegar  
 1 1/3 cup of extra virgin olive oil  
 Celtic sea salt to taste  
 black pepper, freshly ground

### Directions:

To make the dressing, crush and chop the shallots and garlic together. Mix these with the parsley, rosemary and mustard. Stir in the lemon juice, honey and vermouth and let this mixture stand for 2 hours (this portion may be done in advance and stored in refrigerator). Force the dressing through a sieve into a bowl. Add the wine vinegar. Whisk in the olive oil. Season with salt and pepper to taste.

Add a portion of the dressing to the beef and stir to coat. (If you are starting with fresh meat, you may also marinate the meat in this dressing before cooking). Peel and chop the avocados and tomatoes. Add the avocados, tomatoes and onion to the dressed beef. Serve on a bed of watercress.

Recipe courtesy of Keith Tindall of White Egret Farm

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## Fresh Tzatziki

Serves 6

### Ingredients:

3 cups of fresh, organic, probiotic-rich whole milk plain yogurt  
2 fresh organic cucumbers; peeled, seeded and finely grated  
1/3 cup of organic extra virgin olive oil  
4 fresh, mashed garlic cloves  
2 Tablespoons lemon juice  
fresh basil, thyme, turmeric and dill to taste  
dash of sea salt

### Directions:

Place finely grated cucumbers in a strainer and let drip for about 10 minutes. Combine the rest of the ingredients in a mixing bowl and mix well, adding the fresh herbs and sea salt last. Add drained cucumbers. Mix well. Cover and refrigerate for at least 30 minutes prior to serving so that flavors are accentuated.



## Salmon & Raw Cheese Spinach Salad

Serves 2

### Ingredients:

3 cups or more of raw organic spinach  
1 medium wild salmon fillet; cooked and chilled  
1/3 cup of diced or shredded assorted raw cheeses such as Swiss or Gouda  
3 Tablespoons sesame seeds  
2 Tablespoons flaxseeds

### Directions:

Place cooked and chilled salmon in a bowl and flake it with a fork. Spread raw spinach on a large, chilled salad plate. Place salmon over the spinach leaves. Sprinkle with assorted raw cheeses, sesame seeds and flaxseeds. Top with your favorite dressing. Serve.

Recipes courtesy of *Extraordinary Health Team*

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## Healthy Ginger Cookies

Makes 18-24

### Ingredients:

½ cup of organic rolled oats  
½ cup of organic whole wheat flour  
1 cup sucanat or rapadura  
1 cup organic butter, softened  
½ cup organic flaxseeds  
1 teaspoon of grated fresh ginger  
½ teaspoon vanilla  
½ teaspoon sea salt  
½ teaspoon baking soda  
¼ cup water

### Directions:

Preheat the oven to 350 degrees and place the rack in the middle of the oven. Mix together the oats, whole wheat flour, baking soda, sucanat or rapadura, vanilla, ginger, salt and flaxseeds. Fold in the softened butter and water and mix well. Knead the mixture, if necessary. Form the dough into small rounds and place on an ungreased baking sheet. Bake for 15 minutes or until they rise and have golden edges. Cool and serve.

Recipes courtesy of *Extraordinary Health Team*



## Cultured Vegetable Juice

### Ingredients:

3 red beets  
1 carrot  
2 to 4 Tablespoons fermented whey or 1 packet cultured vegetable starter  
1 ounce grated ginger  
1 teaspoon fine Celtic sea salt  
purified water

### Directions:

Peel and chop beets and carrot; combine with peeled and grated ginger. Place in a 1-2 quart glass container with a seal. Cover with water and add whey and salt. Stir well and cover. Leave at room temperature for 2-3 days; then transfer to the refrigerator.

Recipe courtesy of *Jordan Rubin*

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## Tropical Chicken and Vegetable Kabobs

Makes 4-6 kabobs

### Ingredients:

2 pounds boneless, skinless organic chicken breasts, cut into bite-size pieces  
2 cups red and green bell peppers, cut into 1-inch squares  
1 cup cherry tomatoes  
2 cups pineapple, bite-size chunks

### Marinade ingredients for veggies and fruits:

1/2 cup chicken stock  
1/2 cup pineapple juice  
2 Tablespoons lemon juice  
2 Tablespoons extra virgin olive oil  
1 Tablespoon honey

### Seasoning for chicken:

2 Tablespoons paprika  
1 Tablespoon minced garlic  
1 teaspoon onion flakes or powder  
1 teaspoon Herbamare  
2 Tablespoons apple cider vinegar

### Directions:

Combine the seasonings for the chicken—apple cider vinegar, herbs and spices—with chicken and marinate for minimum of 2 hours. Combine all juices, chicken stock and honey, and marinate veggies and fruit. Stir-fry chicken for 20 minutes until almost done, then cool until comfortable to skewer. Remove veggies and fruit from marinade, skewer with chicken, pineapple, chicken, red and green peppers together, with chicken and tomato at the end. Finish under broiler, lower rack, or on grill for 5 minutes, turning once. Serve.

Recipe courtesy of Sheila Barcelo of Eden's Gourmet in Central Florida



## Break-fast Salad

Serves 8

### Ingredients:

2 green leaf lettuce leaves, shredded  
1 carrot, shredded  
1 stalk celery, diced  
1 peach or persimmon, diced  
2 bananas, sliced  
4 small radishes, diced  
1 avocado, diced  
1 slice red cabbage, shredded

1 tomato, diced  
1 plum or pear, diced  
1/4 cup raisins  
8 dates, diced  
1 apple, shredded  
1/2 cup walnuts, chopped  
Garden of Life Super Seed®  
Garden of Life DetoxiFiber®

### Directions:

Layer ingredients in listed order. Arrange salad to include all the ingredients for a colorful display on a white dinner plate. Sprinkle Super Seed and DetoxiFiber over the salad.

Recipe courtesy of Chef Mandy ([www.chefmandy.com](http://www.chefmandy.com))

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## Delectable Spinach Salad

Serves 4

### Ingredients:

- 1 large bag of organic baby spinach, washed
- 2 medium-sized organic tomatoes, cut in small pieces
- 6 scallions, trimmed and thinly sliced
- 5 Tablespoons whole milk plain organic yogurt
- 3 Tablespoons organic extra-virgin olive oil
- 2 garlic cloves, minced
- ½ teaspoon fresh thyme, ground
- sea salt and ground pepper to taste

### Directions:

Tear the spinach into smaller pieces and place in a large salad bowl. Add cut tomatoes and scallions. In a separate bowl, combine the whole milk yogurt, olive oil, garlic, thyme and salt and pepper. Mix well. Pour the yogurt mixture onto the spinach, tomatoes and scallion mixture. Season to taste with salt & pepper. Serve.



## Gingered Broccoli Salad

Serves 6

### Ingredients:

- 6 cups broccoli florets
- 4 scallions, thinly sliced
- 1 clove of garlic, minced
- 1 teaspoon ground black pepper
- 2 Tablespoons of fresh ground ginger
- 2 Tablespoons coconut oil
- 2 Tablespoons lemon juice
- 2 Tablespoons soy sauce
- 6 ounces slivered almonds
- 2 Tablespoons organic extra-virgin olive oil

### Directions:

Steam broccoli until just tender; rinse with cold water and drain. Set aside. In a medium skillet, heat the coconut oil and add the almonds. Cook until the almonds are toasted. Add half the soy sauce and stir until the almonds are coated. Remove from heat; cool. In a large bowl, whisk together the rest of the soy sauce with the garlic, black pepper, ginger, lemon juice and olive oil. Add broccoli and scallions and toss to coat. Add almonds and serve.

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## Cherry Crunch

Serves 6-8

### Ingredients:

- 1 pound of frozen pitted tart cherries
- 2 medium organic Granny Smith apples
- ¼ cup sucanat or rapadura
- ½ teaspoon almond extract
- 2 Tablespoons arrowroot powder
- ½ cup unsweetened cherry juice
- 1 to 2 Tablespoons stevia mixed with 3 Tablespoons cinnamon
- 1/3 cup old-fashioned rolled oats
- 1/3 cup walnuts
- 2 Tablespoons whole wheat flour
- 3 Tablespoons grape seed oil

### Directions:

Preheat the oven to 400 degrees. In a large bowl, mix together the cherries, apples, sucanat or rapadura, stevia and cinnamon and the almond extract. Set aside. In a small cup, mix the arrowroot powder with the unsweetened cherry juice and add to the fruit mixture. Stir well. Pour this mixture into a non-stick 8-inch square baking dish. Mix together the remaining ingredients and crumble the mixture on top of the fruit. Bake for 30 minutes. Remove and serve warm.

Recipes courtesy of *Extraordinary Health Team*