

Recipes for Winning The Cold War

For the past twenty years Fiona McDonald Joyce, my kitchen wizard, who is a much better cook than I, has been creating recipes based on my 'optimum nutrition' principles. As well as being a great cook, she is a nutritional therapist, so knows how to balance great taste with great nutrition and ease of preparation. Hundreds of times people have told me how great her recipes are, how easy to make and they're always well 'proven' – they work and the instructions are clear.

There are two main cookbooks: *The Low GL Cookbook* and *Ten Secrets (of 100% Health) Cookbook*. In December we publish a third vegan cookbook called *Optimum Nutrition for Vegans*. These books are well worth having, and maybe you do already, so, as well as giving you some new ideas, I've listed those that have the most 'immune power', that is the largest density of the foods listed in the last chapter. As well as this, I'm going to give you some 'quick wins' – soups you can make and keep having when you're fighting an infection and hot and cold drinks and smoothies, all designed to be really easy to make and take in when you're not feeling great. Especially in the winter it's good to eat and drink warm foods but, in the summer, you might want more room temperature foods, such as salads.

Drinks and Juices

Ginger, lemon and honey – if you have a juicer, or know someone who does, juice ginger and put the juice in ice cube trays. You can do the same thing with lemon or lime juice. Use one or two ginger ice cubes, depending on the size of the ice cube, and the same for lemon or lime juice ice cubes, or the juice of half a lemon, plus a teaspoon

of honey or agave nectar (lower GL). Add hot water. You can also add vitamin C to this. Vitamin C is not destroyed by hot water.

Watermelon juice – buy a seeded watermelon and blend with the seeds – they're good for you. The black husk of the seed will sink to the bottom. If you want it chilled, add ice.

Carrot, ginger and apple juice – if you have a juicer this is a good combo but make sure you put in a lot of ginger.

CherryActive and BlueberryActive. Mix the concentrate with hot or cold water. I add these to my powdered vitamin C, making a 1litre bottle to drink throughout the day. Two teaspoons of vitamin C powder is about 10g. Find a powder without sugar. My favourite is half ascorbic acid and half ascorbate, including zinc ascorbate for extra zinc. Pure ascorbate powder may be less effective.

Smoothies

My Get Up & Go shake is an alternative to a multivitamin and has 939mg of vitamin C per 30g serving. Blend this with a large glass of milk (oat, almond or regular as you prefer), a handful of blueberries, blackcurrants, blackberries, elderberries or strawberries and a sprinkle of cinnamon if you like the taste. You can add frozen berries and they'll defrost on blending. There's a version of Get Up & Go with Carboslow, a super soluble fibre. This is good if you want to keep your blood sugar level even, or are prone to constipation, or want to lose weight.

Pulsin's pea protein* and/or tablespoon of almond or peanut butter (sugar free)

Ground nuts (eg almonds) or seeds (eg chia)

Frozen or fresh berries with optional half a banana (can be frozen)

A handful of baby spinach, wheatgrass, barleygrass or spirulina

A cup of nut milk (almond or soya are lowest GL)

Water or coconut water

Cinnamon

*Pulsin have a natural pea protein powder, as well as a vanilla and chocolate flavoured variety, all low GL. They also have soya and rice protein powders. Their vanilla protein powder is delicious.

Immune Boosting Recipes from the Ten Secrets and Low GI Diet Cookbook

Breakfasts

| | |
|--|---------------------------|
| Spiced Honey Drizzle | p.95 Ten Secrets Cookbook |
| Bircher Muesli | p.96 Ten Secrets Cookbook |
| Scrambled Eggs & Mushrooms (use shiitake) | p.72 GL Diet Cookbook |

Snacks and Starters

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|------------------------------------|-----------------------|
| Spicy Mexican Bean Dips | p.80 GL Diet Cookbook |
| Red Pepper & Cucumber Salsa | p.81 GL Diet Cookbook |
| Guacamole | p.81 GL Diet Cookbook |
| Roasted Red Pepper Hummus | p.83 GL Diet Cookbook |
| Thai Mushroom Broth (use shiitake) | p.87 GL Diet Cookbook |

Asparagus and artichokes are also good to eat as a starter or accompaniment

Lunches and Dinners

Meat

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|---|-----------------------|
| Chilli Con Carne | p. 99 Low GL Cookbook |
| Venison Sausage & Mixed Pepper Casserole | p.101 Low GL Cookbook |

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|------------------------------------|----------------------------|
| Chicken & Puy Lentil One Pot Stew | p.122 Ten Secrets Cookbook |
| Simple Beef, Onion & Mushroom Stew | p.130 Ten Secrets Cookbook |
| Venison & Chocolate Stew | p.132 Ten Secrets Cookbook |
| Cumin Spiced Meatballs | p.134 Ten Secrets Cookbook |

Fish

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|---------------------------------------|----------------------------|
| Patrick's Super Healthy Kedgeree | p.141 Ten Secrets Cookbook |
| Seafood Soufflé Pie | p.106 GL Diet Cookbook |
| Trout en Papillote with Lemon | p.110 GL Diet Cookbook |
| Red Lentil & Smoked Mackerel Kedgeree | p.113 GL Diet Cookbook |

Vegetarian/vegan

Beetroot and Celeriac Roast – recipe below, from *Optimum Nutrition for Vegans*

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|---|----------------------------|
| Lentil Dhal | p.153 Ten Secrets Cookbook |
| Bean & Mushroom Bolognese | p.154 Ten Secrets Cookbook |
| Stuffed Peppers | p.125 GL Diet Cookbook |
| Avocado Gazpacho | p.127 GL Diet Cookbook |
| Vegetable Chilli | p.131 GL Diet Cookbook |
| Asparagus & Flageolet bean risotto (needs Tahini dip p.79 in the GL Diet Cookbook) | p.134 GL Diet Cookbook |
| Cashew & Sesame Quinoa | p.135 GL Diet Cookbook |
| Pumpkin Seed Pesto | p.143 GL Diet Cookbook |

Soups

Lentil and Carrot Soup - recipe below, from *Optimum Nutrition for Vegans*

Spiced Butternut Squash Soup - recipe below, from *Optimum Nutrition for Vegans*

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|---------------------------------|----------------------------|
| Lentil Stew | p.137 Low GL Diet Cookbook |
| Curried Pumpkin Soup | p.100 Ten Secrets Cookbook |
| Broccoli Soup | p.102 Ten Secrets Cookbook |
| Beetroot and Borlotti Bean Soup | p.104 Ten Secrets Cookbook |

Salads

Roasted Sweet Potato, Avocado and Pumpkin Seed Salad - recipe below, from *Optimum Nutrition for Vegans*

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|--|----------------------------|
| Butternut Squash & Tenderstem Broccoli Salad | p.113 Ten Secrets Cookbook |
| Super-Greens Salad | p.119 Ten Secrets Cookbook |
| Olive, Pine Nut & Feta Salad | p.120 Ten Secrets Cookbook |
| Salade Nicoise | p.115 GL Diet Cookbook |

Accompaniments

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|--|----------------------------|
| Peperonata | p.173 Ten Secrets Cookbook |
| Braised Kale with Almonds | p.176 Ten Secrets Cookbook |
| Sweet Potato Wedges | p. 52 GL Diet Cookbook |
| Roasted Butternut Squash with Shallots (use red onions) | p.153 GL Diet Cookbook |
| Sweet Potato & Carrot Mash | p.154 GL Diet Cookbook |

Coconut or Olive Oil Stir-fried Kale or Spinach

Heat up the oil. Add a whole bag of spinach or kale (200g), then pour in dessertspoon each of lemon or lime juice, tamari or soya sauce and water, premixed. Turn the heat down and put the lid on to steam-fry for two minutes.

Dressings

| | |
|-------------------------|------------------------|
| Oriental Dressing | p.158 GL Diet Cookbook |
| Lemon & Garlic Dressing | p.158 GL Diet Cookbook |

Puddings

Lemon and Blueberry Cake - recipe below, from *Optimum Nutrition for Vegans*

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|--------------------------------|----------------------------|
| Chocolate Hazelnut Mousse | p.162 GL Diet Cookbook |
| Baked Chocolate Orange Pudding | p.163 GL Diet Cookbook |
| Chocolate Crunchies | p.179 Ten Secrets Cookbook |
| Chocolate Espresso Mousse | p.181 Ten Secrets Cookbook |
| Greek Yoghurt and Cherry Pots | p.185 Ten Secrets Cookbook |

These recipes are a taster from the one hundred delicious and nutritious recipes created by Fiona McDonald Joyce, from our forthcoming book *Optimum Nutrition for Vegans*, out in December.

Roasted Sweet Potato, Avocado and Pumpkin Seed Salad

This wonderfully colourful dish can either be served as a generous side salad or as a main meal. The different colours offer a range of different phytonutrients; plant nutrients which have specific health benefits such as fighting infection and inflammation. The herbs in the dressing can be varied or use any dark green leaves such as watercress, rocket or spinach. Choose an unwaxed lemon to avoid potentially harmful waxes and pesticides. SERVES 2

1 medium sweet potato
1 tbsp mild olive oil
2 good handfuls rocket
2 good handfuls baby leaf spinach
225g cherry tomatoes, halved
1 ripe avocado
1 tbsp pumpkin seeds, toasted if you prefer

Dressing

A handful each of flat-leaf parsley and basil
2 tbsp extra virgin olive oil
Good pinch of sea salt, or to taste
Freshly ground black pepper
Zest of 1/2 an organic or unwaxed lemon
1 tbsp lemon juice, or to taste

- 1 Preheat the oven to 200°C/400°F/gas mark 6.
- 2 Cut the unpeeled sweet potato into long, evenly sized wedges,

place them on a roasting tin, drizzle with the oil and toss to coat. Roast for 35 minutes.

- 3 Meanwhile, very finely chop the parsley and basil (or blitz in a food processor) and mix with the rest of the dressing ingredients. Adjust the seasoning to taste.
- 4 Toss the rocket, spinach and tomatoes together and place in a salad bowl or on two plates.
- 5 Peel, stone and slice the avocado and spread over the mixed leaves. Top with the sweet potato wedges, scatter with the pumpkin seeds, then finally spoon the dressing generously over the top.

Cook's notes: Gluten/wheat/ yeast free

Can be made in advance (roast the sweet potatoes and make the dressing in advance but don't slice the avocado or construct the salad until just before serving)

Spiced Butternut Squash Soup

This mildly spiced soup has a natural sweetness from the roasted squash and a rich, creamy texture from the coconut milk. Don't buy reduced-fat coconut milk as coconut fat contains a beneficial fat called lauric acid, which helps support the immune system as it is antiviral and anti-bacterial. SERVES 4

1kg butternut squash

2 tbsp mild olive oil

1 tbsp curry powder (as hot as you prefer)

2 leeks, sliced

1-2 tsp mild olive oil

300ml vegetable stock

400ml can coconut milk

$\frac{1}{2}$ tsp sea salt, or to taste

Freshly ground black pepper

- 1 Preheat the oven to 200°C/400°F/gas mark 6.
- 2 Cut open the squash, scrape out the seeds and cube the flesh (unpeeled for added fibre). Place the cubes in a bowl, sprinkle over the two tablespoons of oil and the curry powder and toss to coat. Spread the cubes over a baking tray or roasting tin and roast for around 50 minutes, turning halfway through.
- 3 Meanwhile, sauté the leeks in the remaining oil in a large saucepan for a few minutes to soften (put the lid on after sautéing for a minute to steam-fry them and preserve more nutrients).
- 4 Add the stock and coconut milk to the pan and, when ready, add the roasted butternut squash. Blend until smooth or your preferred consistency – you can add more stock to thin the soup

if you prefer. Season to taste then bring up to temperature before serving, if necessary.

Cook's notes: Gluten/wheat /yeast free (depending on the stock content)
Can be made in advance • suitable for freezing

Lentil and Carrot Soup

This filling soup is mildly spiced with the warming flavours of cumin and coriander, which has a high fibre content. It's very quick and easy to make. You could also throw in a handful of chopped parsley and coriander if wished, before serving with hunks of your favourite bread. SERVES 4

2 tbsp mild olive oil
2 garlic cloves, crushed
2 red onions, diced
2 tsp ground cumin
4 tsp ground coriander
200g red split lentils
6 medium carrots, finely sliced
1 litre of hot vegetable stock
A little sea salt, to taste
Freshly ground black pepper

- 1 Heat the oil in a saucepan and gently sweat the garlic and onion with the cumin and coriander for around five minutes to soften the onions.
- 2 Add the lentils and carrots to the pan and pour in the stock. Bring to the boil then simmer, covered, for around 20-30 minutes, until the lentils have completely softened, stirring occasionally to

prevent the soup from sticking.

3 Blend using a hand-held blender until smooth then season to taste.

Cook's notes: Gluten/wheat/yeast free (depending on the stock content)
Can be made in advance • suitable for freezing

Beetroot and Celeriac Roast

This is a satisfying supper or weekend roast on its own for two, or a versatile accompaniment if you are feeding meat eaters at the same meal. Any leftovers can be easily reheated. Serves 2 or 4 as an accompaniment

Half a celeriac (or a whole one if small – whatever fits in your roasting tin), peeled

2 beetroots, topped but no need to peel

2 red onions, peeled

2 garlic cloves, peeled and sliced

Good drizzle of extra virgin olive oil

Decent salt such as Himalayan pink salt

Half a Savoy cabbage, outer leaves, heart and any thick stems removed then sliced fairly thinly

50g walnut halves

Freshly ground black pepper

- 1 Preheat the oven to 200C/400F/Gas mark 6.
- 2 Cut your prepared vegetables into bite-sized wedges so that they cook evenly. Scatter in a roasting tin with the garlic, drizzle generously with oil, stir and season with salt.
- 3 Roast for 20 minutes or until the root vegetables feel fairly soft when pierced with a knife.

- 4 Add the cabbage leaves, add a little more oil and salt and stir loosely to combine and coat then return to the oven for 10 minutes or until the cabbage is starting to look cooked and toasted at the edges.
- 5 Scatter the walnuts over the dish, stir roughly again to combine and return to the oven for a further 5 or so minutes or until the nuts are toasted.
- 6 Remove from the oven, sprinkle with black pepper then taste and adjust the seasoning accordingly.

Cook's notes: Gluten free

Lemon and Blueberry Cake

A classic flavour combination, combining two foods high in vitamin C, flavonoids and anthocyanidins, made more suitable for special diets by the use of gluten free flour and use of maple syrup instead of white sugar, is a perfect immune-boosting dessert. Makes 10 slices

2 tbsp ground flax seed
375g gluten free self-raising flour
125ml mild olive oil or rapeseed oil
125ml oat milk or other plant-based milk
Juice and grated zest of 3 unwaxed lemons
150g fresh blueberries
200ml maple syrup

- 1 First soak the ground flax seeds in 90ml of water for 20 minutes to thicken.
- 2 Preheat the oven to 190C/375F/Gas 5 then line or grease a standard (20cm) round cake tin.
- 3 Mix the remaining ingredients into a mixing bowl and stir in the

soaked flax seeds to bind the mixture together.

- 4 Spoon into the prepared tin and bake for around 40 minutes, or until it is starting to turn golden, is firm and springy to the touch on top and not too wobbly. Enjoy it warm from the oven or leave to cool and store in an airtight container and eat within two days.

Cook's notes: Gluten free • suitable for freezing