# Recipes

Table of Contents:

**SALADS**
- Longevity Salad 1-2-3-4 .......................................................... 3
- BLT Salad Bowl ........................................................................ 3
- Chopped Salad with Roasted Chicken ....................................... 4
- Roasted Turkey Basil Salad ...................................................... 4

**DRESSINGS OR DIPS** .................................................................. 5
- My Super-Lazy, No-Prep Salad Dressing: .................................. 5
- My At-Home Balsamic Vinaigrette .......................................... 5

**SOUPS** ..................................................................................... 6
- Turkey Kale Soup ....................................................................... 6
- Chili .......................................................................................... 7

**COOKING VEGGIES – ALL THE WAYS!** ....................................... 8

**ENTREES** ................................................................................ 10
- Ground Beef or Turkey with Tomato Sauce, Roasted Veggies, and Chickpea Pasta .......... 10
- Meatballs with Marinara Sauce ............................................... 11
- Pork Sausage, Kale, and Penne ............................................... 12
- Roasted Salmon with Balsamic Vinegar with Green Beans ........... 13
- Shrimp and Scallops with Quinoa ............................................ 14
- Spaghetti Squash Bowl ............................................................ 15
- Steak, Mushroom, and Veggie Kabobs ..................................... 16
- Taco Night .............................................................................. 17
**SALADS**

**Longevity Salad 1-2-3-4**
Having this salad as a go-to will make life EASIER for you these entire 3 weeks. And there’s no way to mess it up. Just follow the steps below, experiment, and enjoy.

<table>
<thead>
<tr>
<th>Step 1: Start with a base</th>
<th>Spinach, romaine, iceberg lettuce, arugula, or Endive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2: Add your veggies</td>
<td>Peppers (I love yellow, red, and orange) Tomatoes (mini grape tomatoes, large heirloom, or anything in between) Sugar snap peas or green peas Avocado (refrigerate the remainder along with the seed and a spritz of lemon juice to delay browning) Sprouts Beans (chickpeas, red beans) Corn (canned is fine) Carrots Beets (canned or jarred is fine)</td>
</tr>
<tr>
<td>Step 3: Optional: Add crunch</td>
<td>A (small) serving of nuts Water chestnuts Mung bean sprouts Jicama</td>
</tr>
<tr>
<td>Step 4: Optional: Add protein</td>
<td>Add a protein, if this is your full meal</td>
</tr>
<tr>
<td>Step 5: Top with a delicious dressing</td>
<td>See Dressing in recipes!</td>
</tr>
</tbody>
</table>

**BLT Salad Bowl**
Ingredients:
- 1 egg
- 2 slices turkey or other organic bacon
- 2 cups arugula, spinach, or hearts of romaine
- ½ cup cherry tomatoes (halved)
- ¼ sliced avocado
- Dressing (see Dressings in Recipes)

Instructions:
1. Hard boil eggs – place in a pot and cover (by 1 inch) with cold water. Bring to a boil over medium/high heat. Once boiling, cover pot and remove from heat, and let stand for 12 minutes. Drain, then place in an ice-cold water bath immediately to stop cooking process.
2. Heat bacon (in pan or microwave), wiping away excess oil, and chop
3. To assemble salad: add greens, top with tomatoes, avocado, chopped bacon and egg. Drizzle with olive oil or one of the dressings options in recipes here
**Chopped Salad with Roasted Chicken**

**Ingredients:**
- 1 cup of baby spinach, stems removed
- 1 cup mixed field greens, chopped
- 1/4 cup jicama, cubed
- 1/2 cup cherry tomatoes, chopped
- 1 scallion, thinly sliced
- 2 tablespoons David’s Red Wine Vinaigrette
- 1 boneless, skinless, chicken breast, cooked and sliced into 1-inch strips

**Instructions:**
1. Wash the spinach and the field greens. Dry thoroughly, in a medium bowl, place the greens, jicama, tomatoes, and scallion. Toss with vinaigrette to coat the greens. Arrange the chicken on top.
2. Makes 1 serving. Per serving: 200 calories, 29 g protein, 13 g carbohydrate, 4 g fat, 1 g saturated fat, 4 g fiber, 5 g sugar.

**Roasted Turkey Basil Salad**

**Ingredients:**
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 6 ounces sliced roasted turkey breast
- 2 1/2 cups romaine lettuce leaves, cleaned and torn into pieces
- 2 tablespoons David’s Red Wine Vinaigrette

**Instructions:**
1. Place the basil and parsley in a medium bowl. Mash into a chunky paste with the back of a spoon, adding a few drops of water if necessary. Add the turkey, and toss to coat. Line a serving plate with the lettuce. Arrange the turkey on top of the lettuce. Drizzle with the vinaigrette just before serving.
2. Makes 1 serving. Per serving: 262 calories, 53 g protein, 7 g carbohydrate, 2 g fat, 0 g saturated fat, 3 g fiber, 2 g sugar.
DRESSINGS OR DIPS

My Super-Lazy, No-Prep Salad Dressing:  there is no measuring (just add what you want of each, to taste), and you don’t have to make it ahead of time.

- Extra virgin olive oil
- Thick/aged balsamic vinegar like this one
- Lime juice (a splash)
- Sea salt

My At-Home Balsamic Vinaigrette: Store-bought dressings tend to be high in sugar, sodium, and preservatives. Since it’s really easy to make my own, I try to avoid the in-store options and stick to this one.

- ½ cup thick/aged balsamic vinegar like this one
- 2 teaspoons finely minced garlic (btw do you think I take the time to mince garlic? Nah. I buy the jars of pre-minced garlic at the store and keep refrigerated).
- 1 tablespoon Dijon mustard (or for a milder flavor, use Dijonnaisse)
- ¼ cup water
- 1 ½ tablespoons olive oil
- Optional: 1-2 teaspoons lemon juice to taste
- Optional: 1 teaspoon of dried basil, oregano, or parsley
SOUPS
Turkey Kale Soup

Ingredients:
- Grapeseed oil cooking spray
- 3 shallots peeled and chopped (about ½ cup [80 g])
- ¾ pound (340 g) ground turkey, dark meat only
- 6 cups (1.4 L) Chicken Stock (see “Ultimate Family Essentials”)
- 1 cup (180 g) diced tomatoes
- Salt and black pepper, to taste
- 2 cups (134 g) trimmed and coarsely chopped kale

Instructions:
1. Spray a skillet with grapeseed oil cooking spray and sauté the shallots over medium heat until they soften but don’t brown. Add the ground turkey and brown meat, stirring to break up any big pieces. Add chicken stock and diced tomatoes.
2. Bring to a boil and season with salt and black pepper to taste. Stir in chopped kale and continue to cook for 1 minute.
Chili
(website link)
Ingredients:
• Nonfat cooking spray
• 2-pound lean ground turkey or beef
• Salt
• Pepper
• 1 onion
• 1 green pepper
• 1 can stewed tomatoes
• 1 can corn
• 1 teaspoon chili powder
• 1-2 bay leaves
• 1 clove garlic, minced
• 1 teaspoon paprika
• 1 teaspoon ground cumin
• ½ cup low-fat, low-sodium chicken broth
• Salt and pepper (to add at end, to taste)
• Optional:
  • 1 cup peeled and grated carrot
  • 2/3 cup chopped celery

Instructions:
1. Option 1: Super-fast-you-don’t-have-time
2. Brown the meat in the pot you will use for the chili, then throw in everything else.
3. Bring to a boil, then put on lid and simmer for 30-45 minutes.

Option 2: A little fancier:
1. Heat a 3-quart nonstick saucepan over high heat and coat with cooking spray. Add the meat, and season to taste with salt and pepper. Cook for 2 to 3 minutes, breaking up the meat into pieces, until browned. Remove to a bowl, and cover with foil to keep warm.
2. Reduce the heat to low, and add the carrot, pepper, onion, celery, and garlic. Cook for 3 to 5 minutes, until the vegetables begin to soften. Add chili powder, garlic, paprika, cumin. Cook, stirring, for 1 minute. Increase the heat to medium, and add the tomato, stock, and bay leaf. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer for 15 minutes, covered.
3. Add the browned turkey, and simmer for 5 minutes more. Remove and discard the bay leaf before serving.
## COOKING VEGGIES – ALL THE WAYS!

<table>
<thead>
<tr>
<th>Veggies</th>
<th>Cooking</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potatoes (whole or sliced), eggplant, asparagus, beets, green</td>
<td>Roast/bake</td>
<td>• Toss with 1–2 tablespoons olive oil, sprinkle kosher salt, pepper, garlic, or rosemary.</td>
</tr>
<tr>
<td>beans, cauliflower, Brussels sprouts</td>
<td></td>
<td>• Heat oven to 425°F–450°F. Cook time varies by veggie and your oven (anywhere from 10 minutes [green beans] to 45 [potatoes]).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Asparagus – preheat to 375 F, cut or break off woody ends, place on non-stick pan. Toss with 3 cloves garlic, ½ teaspoon Italian blend</td>
</tr>
<tr>
<td></td>
<td></td>
<td>seasoning, and 1 tablespoon EVOO. Roast for 12 minutes or until crisp/tender.</td>
</tr>
<tr>
<td>Beans, asparagus, cabbage, peppers, snap peas, zucchini, sliced</td>
<td>Stir-fry</td>
<td>• Chop into relatively uniform pieces.</td>
</tr>
<tr>
<td>carrots, baby corn, bok choy, edamame, water chestnuts</td>
<td></td>
<td>• Sauce: (1) sesame oil and either low-sugar teriyaki sauce or low-sodium soy sauce or (2) a low-sodium chicken stock, a little white</td>
</tr>
<tr>
<td></td>
<td></td>
<td>wine (a little in the pan...a little in my glass) and a teensy bit of Worcestershire sauce.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Heat pan to high, then add veggies in small batches, stirring constantly.</td>
</tr>
<tr>
<td>Broccoli, cauliflower, carrots, green beans, artichokes, spinach</td>
<td>Steam</td>
<td>• Place 1-2 inches of water to boil in a large pot over high heat (add lemon juice for flavor).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• While waiting for the water to boil, wash, trim, and chop your veggies uniformly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Place a bamboo or metal steamer rack over the pot and put your veggies in the steamer rack</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Steam for 1-3 minutes, checking frequently for doneness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• After cooked, sprinkle with olive oil, herbs, and spices.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Method</td>
<td>Instructions</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>---------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Green beans, asparagus spears, carrot sticks, green peas, sugar snap peas | Blanch  | - Place veggies into a pot of rolling boiling water. Boil until al dente (2–4 minutes). Immediately place in ice bath to stop cooking process.  
- Eat as a side, serve as a crudité platter, or add to your salad. |
| Carrots, spinach, cabbage, zucchini, mushrooms, kale, bok choy            | Sauté   | - Spray skillet with olive oil-based cooking spray  
- Bring 1 tablespoon of olive oil to medium heat. Add one tablespoon of finely chopped garlic (Dr. Darria buys hers pre-chopped to save time), and sauté, stirring frequently until golden  
- Add chopped veggies.  
- Stir often (but not constantly, to allow for browning), for approximately 2-5 minutes, depending on the veggie.  
- Add black pepper, ½ teaspoon of crushed red pepper flakes (optional), or salt to taste  
- For Brussels sprouts: Blanch to take out bitterness, then sauté in olive oil, garlic, herbs (tarragon, parsley), and very little salt. |
| Fresh or frozen green peas, green beans, broccoli                           | Microwave | - Pour frozen veggies into a glass bowl, and heat about 2 minutes. Pour out any melted water, add olive oil, a little shredded parmesan, and herbs. |
**ENTREES**

**Ground Beef or Turkey with Tomato Sauce, Roasted Veggies, and Chickpea Pasta**

**Ingredients:**
- 1 lb. ground turkey
- 1 lb. ground beef
- 1 can chickpeas, drained and rinsed
- 1 can artichoke hearts, drained
- 1 small can sliced black olives, drained
- 2 cups (dry) chickpea or lentil-based pasta
- Extra Virgin Olive Oil
- 2 cloves minced garlic

**Sauce:**
- **Option 1: Super-fast-you-don’t-have-time**
  - Use a low-sugar delicious premade sauce, such as Scarpetta Marinara or Rao’s Homemade Marinara Sauce

- **Option 2: Make it Yourself**
  - 2 tablespoons Extra virgin olive oil
  - 1 ¼ tablespoon onion powder
  - ¾ teaspoons oregano
  - 3 teaspoons garlic (minced)
  - ½ teaspoon sugar
  - 1 large can (29 ounces) tomato puree

**Instructions:**
1. Heat 2 tablespoons extra virgin olive oil in a deep skillet on moderate heat
2. Add 2 cloves minced garlic
3. Brown meat and fully cook, then drain
4. Add pasta sauce, chickpeas, artichoke hearts, and black olives.
5. Separately cook pasta
6. Roast veggies of your choice (using the Veggie Cooking Table for instructions)
**Meatballs with Marinara Sauce**

Ingredients:

**Meatballs:**
- 1 lb. ground turkey
- 1 lb. ground beef
- 4 teaspoons Worcestershire sauce
- 2 eggs beaten
- 1/4 Italian bread crumbs
- 3/4 cup chia seeds
- 1/2 cup grated Parmesan, Parmigiano-Reggiano, or Romano Cheese
- 4 cloves garlic, minced
- Salt and pepper
- 1 lb. green beans or broccoli (as a side)
- Pasta (if desired) – use a chickpea or lentil-based pasta

**Sauce:**

Option 1: Super-fast-you-don’t-have-time
- Use a low-sugar delicious premade sauce, such as Scarpetta Marinara or Rao’s Homemade Marinara Sauce

Option 2: Make it Yourself
- 2 tablespoons Extra virgin olive oil
- 1 1/4 tablespoon onion powder
- 3/4 teaspoons oregano
- 3 teaspoons garlic
- 1/2 teaspoon sugar
- 1 large can (29 ounces) tomato puree

Instructions:

1. Preheat oven to 425 F
2. Mix meat, Worcestershire, egg, breadcrumbs, chia seeds cheese, garlic, salt, and pepper. Roll into 1 1/2 inch medium-sized meatballs and place on nonstick cookie sheet or cookie sheet greased with extra virgin olive oil. Bake 10-12 minutes, until no longer pink
3. Making the sauce yourself:
   a. Heat a deep skillet or medium pot over moderate heat, add oil and garlic. Sauté 30 seconds – 60 seconds, until fragrant, and add other ingredients. Bring to a simmer, then simmer for 10 minutes.
4. Using store-bought sauce – heat sauce in a deep skillet or medium pot, and proceed to step 5
5. Cook green beans or broccoli (see options in Veggie Recipes 101)
Pork Sausage, Kale, and Penne
(website link)

Ingredients
- 1 box Penne pasta, cooked and drained (Once you hit week 3, use a whole grain pasta or a pasta made from chickpeas or lentils)
- Olive oil
- 1-pound Italian pork sausage (about 1 links) without casing (I’ve had good luck with chicken sausage, as well – try what you’d like!)
- 1 package sun-dried tomatoes (julienne cut)
- 2 cloves garlic, minced
- 1/3 c white cooking wine
- 1/2 cup chicken broth
- 1 bunch kale (thick ribs removed, chopped)
- 2 tbsp cold-pressed Extra Virgin Olive Oil
- 1/3 c shredded parmesan cheese

Instructions
1. Cook and drain the pasta and set aside
2. Put 2 tbsp olive oil in a large skillet and heat 2 minutes, then toss in the sausage, breaking up into pieces and cook until no longer pink
3. Add sun-dried tomatoes and garlic and cook for 1 more minute
4. Remove from heat and add white wine, chicken broth, and kale, then continue to cook until kale wilted and tender (about 5 minutes)
5. Combine with pasta
6. Toss on parmesan and VOILA!
Roasted Salmon with Balsamic Vinegar with Green Beans

Ingredients:
- 2 6-ounce salmon fillets
- ½ cup balsamic vinegar
- 2 tablespoons olive oil
- 3 cloves minced garlic
- 2 teaspoons lemon juice
- 1 teaspoon pepper
- ½ teaspoon salt
- 1-pound green beans

Instructions - Salmon:
1. Pre-heat oven to 400 degrees
2. In a medium-sized bowl, whisk vinegar, 2 cloves minced garlic, 1 tablespoon olive oil, lemon juice, salt, and pepper
3. Place salmon in pan, and pour marinade over salmon
4. Roast salmon for 10-15 minutes (until easily flakes with a fork)
5. Broil for 1 minute to “crisp” the top

Instructions – Green Beans
1. Toss green beans on a separate roasting pan with 1 tablespoon olive oil and 1 clove minced garlic
2. Place in same oven with salmon, roast for 10-15 minutes
*NOTE: depending on the size of your oven, the addition of both salmon and beans in the oven may make both take a few minutes longer to cook
**Shrimp and Scallops with Quinoa**

[website link]

**Ingredients**
- 1/4 cup olive oil
- 1/3 cup dry white wine (pour yourself some red while you cook!)
- 1 tablespoon lemon juice (I buy the pre-squeezed refrigerated)
- 1 tablespoon Worcestershire sauce
- 3 garlic cloves, pressed (I purchase the jars of chopped garlic - the label states that 1/2 tbsp equals 1 clove, so save yourself the time of crushing the cloves!)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound large de-veined and peeled shrimp (buying peeled and de-veined is KEY for saving time)
- 1-pound sea scallops (slice them in half if they’re over 1 inch thick)
- 1 pint cherry tomatoes, cut in half
- 5 ounces baby spinach leaves

**Instructions**
1. Preheat broiler (keep oven rack approximately 6 inches from heating element)
2. Combine all ingredients EXCEPT the spinach (set spinach aside for the moment) into the pan, tossing to coat the shrimp/tomatoes/scallops.
3. Place pan in oven and broil for 3 minutes.
4. Stir shrimp and scallops and return to broil for 2 more minutes.
5. Remove pan from oven and add spinach. Toss with the spinach for approximately 1-2 minutes or until spinach wilted. (You don’t need to place back in the oven – the heat from the food will cook it fairly quickly).
6. Add Quinoa or sweet potato as a side
Spaghetti Squash Bowl

Ingredients
- 1 small spaghetti squash
- 1 tablespoon Extra Virgin Olive Oil
- 1 clove (minced) garlic
- 8 ounces ground beef (ideally grass-fed) or ground turkey
- ¾ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ cup guacamole
- ¼ cup sliced olives
- 1 cup lettuce, chopped
- Salsa, to taste
- 1 cup corn (optional)

Instructions
1. Preheat oven to 450 degrees
2. Slice squash in half long-ways and scoop out seeds. Place in roasting dish, cut side up, and cot with olive oil and ¼ teaspoon sprinkle of sea salt
3. Roast for approximately 40 minutes, until squash is tender and can easily be separated with a fork
4. Heat 1 tablespoon oil in skillet and brown meat. Add paprika, cumin, and remaining salt. Brown on all sides, then cook until fully cooked.
5. Scoop out spaghetti squash in 1-2 cup servings and divide meat over squash. Top with guacamole, olives, and lettuce, salsa and corn to taste.
**Steak, Mushroom, and Veggie Kabobs**

(website link)

**Ingredients**
- 1-pound tenderloin steak
- 8 ounces mushrooms
- 1-pound small potatoes, washed
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 3 cloves minced garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried oregano

**Instructions**
1. Cut steak into 1 inch chunks and put steak chunks and mushrooms (unchopped) into a Ziploc bag
2. In a bowl, whisk together oil, vinegar, garlic, salt, pepper, rosemary, and oregano. Pour into bag with steak and mushrooms, and refrigerate for at least 2 hours.
3. Boil potatoes in a large pot of salted water until just tender, around 8-10 minutes. Drain and cool slightly.
4. Thread marinated steak, mushrooms, and potatoes onto skewers (I usually skewer separately, so you can cook the perfect length for each type of food).
5. Grill over medium-high heat for 10-12 minutes, turning once, until meat is cooked.
6. Season as desired with salt and pepper and enjoy!
Taco Night

OK, so this one is so simple, it barely needs a recipe – which in my mind is FABULOUS. And it’s a hit in my house.

Ingredients:
For taco meat
  • 2 pounds ground beef, browned and fully cooked
  • 2 packets of taco seasoning added to meat after drained (follow instructions on packets to add water as needed)

For the taco bar: This is where you can have fun. Set out everything and let everyone personalize their own. Some of our favorite add-ons include:

  • Shredded lettuce
  • Tortillas
  • Shredded cheese (or I find that just a pinch of a stronger cheese, like Feta, lets you eat less cheese while still getting the flavor)
  • Chickpeas or black beans (not fried – but from a can. Rinse beans well to remove starch before serving)
  • Corn (again, great from the can or jar is fine)
  • Salsa – naturally!
  • Avocados or guacamole
  • Diced tomatoes
  • Diced onions
  • Sliced green or black olives
  • Diced cucumbers