

Ginisang Sitaw at Kalabasa

(stir fried long beans and squash)

Ingredients:

- 2 tbsp. cooking oil
- 1/4 lb pork, strips or cut into cubes
- 1/4 lb shrimp, shelled
- 4 cloves garlic, chopped
- 1 medium onion, sliced
- 2 roma tomatoes - cubed
- 1 bundle string beans , cut into 2 inch strips
- 1/2 head squash, peeled and cubed
- 3 cups water
- 1 1/2 tbsp fish sauce or soy sauce
- Optional: Bagoong (fermented shrimp)

Instructions:

1. In a pan or wok, cook pork strips in 1/2 cup of water until brown and tender. (Water will dry out and oil from pork will come out). Set aside.
2. In pan, saute garlic and onion until transparent.
3. Add the shrimp heads (for taste) then add pre-cooked pork. Sauté for a few minutes . Add soy sauce or fish sauce. Optional - add bagoong
4. Add string beans and squash. Stir fry for few minutes.
5. Add water and simmer for 5 minutes- until beans and squash are almost tender
6. Add shrimp- simmer until fully cooked
7. Cook until all vegetables are tender
8. Serve over rice or over cauliflower rice.
9. Enjoy.



Roasted Brussels Sprouts With Persimmons

Ingredients:

- 1 cup thinly chopped Brussels sprouts
- 1/2 cup chopped persimmon
- 1-2 tbsp olive oil
- Sea salt and pepper to taste

Instructions:

1. Combine ingredients in a roasting pan, baking sheet, or pie dish
2. Cook in oven at 375 degrees for 35 minutes until crispy (longer for larger pieces of Brussels sprouts)

Roasted Yams

Ingredients:

- 2 sweet potatoes or yams cut in round pieces roughly 1/4 inch thick
- 2 tbsp olive oil
- Sea salt and pepper - to taste

Instructions:

1. Combine ingredients, place on a baking sheet, pie dish, or casserole dish
2. Roast in oven at 375 degrees for 40 minutes (depending on how thick the slices)



Dr. Patricia's Waldorf Salad

Ingredients:

- 1 cup chopped celery
- 1 cup chopped apples
- 1 lemon (to squeeze for juice to keep apples from browning once cut)
- 1 cup raw chopped walnuts
- 1/2 cup pomegranate seeds or persimmons (optional)

Instructions:

1. Chop celery and apples
2. Squeeze lemon on cut apples and toss to keep them from browning
3. Add equal amounts of walnuts, celery, and apples into a bowl
4. Add and top it off with pomegranate seeds, persimmons



Easy Leftover Vegetable Soup

(Chicken or Turkey optional)

Your
**Health
Matters**OC

Ingredients:

- 2 quarts of low-sodium vegetable or chicken broth
- 2-4 cups of water
- Olive oil cooking spray
- 5 celery stalks
- 2 cloves of garlic
- 1 small brown onion
- 1 can of water chestnuts
- 1 cup of chopped raw carrots
- 1 cup of chopped raw green beans
- 1 cup of chopped raw zucchini
- 1 cup of frozen white corn
- 1 cup of chopped raw cabbage
- 1 cup of chopped raw baby bok choy
- 4 chopped tomatoes (or 1 can stewed tomatoes)
- 1-2 cups of cooked chicken breast (chopped)
- Black pepper to taste

Instructions:

1. Spray frying pan with olive oil cooking spray and sauté celery, garlic and onion until soft.
2. Pour vegetable or chicken broth and water into large stockpot and bring to a low boil.
3. Add saute'd mixture, all of the other vegetables and pepper to taste and simmer 30-45 minutes until vegetables are thoroughly cooked.
4. Add chicken breast and heat until near boiling, 210°F.

