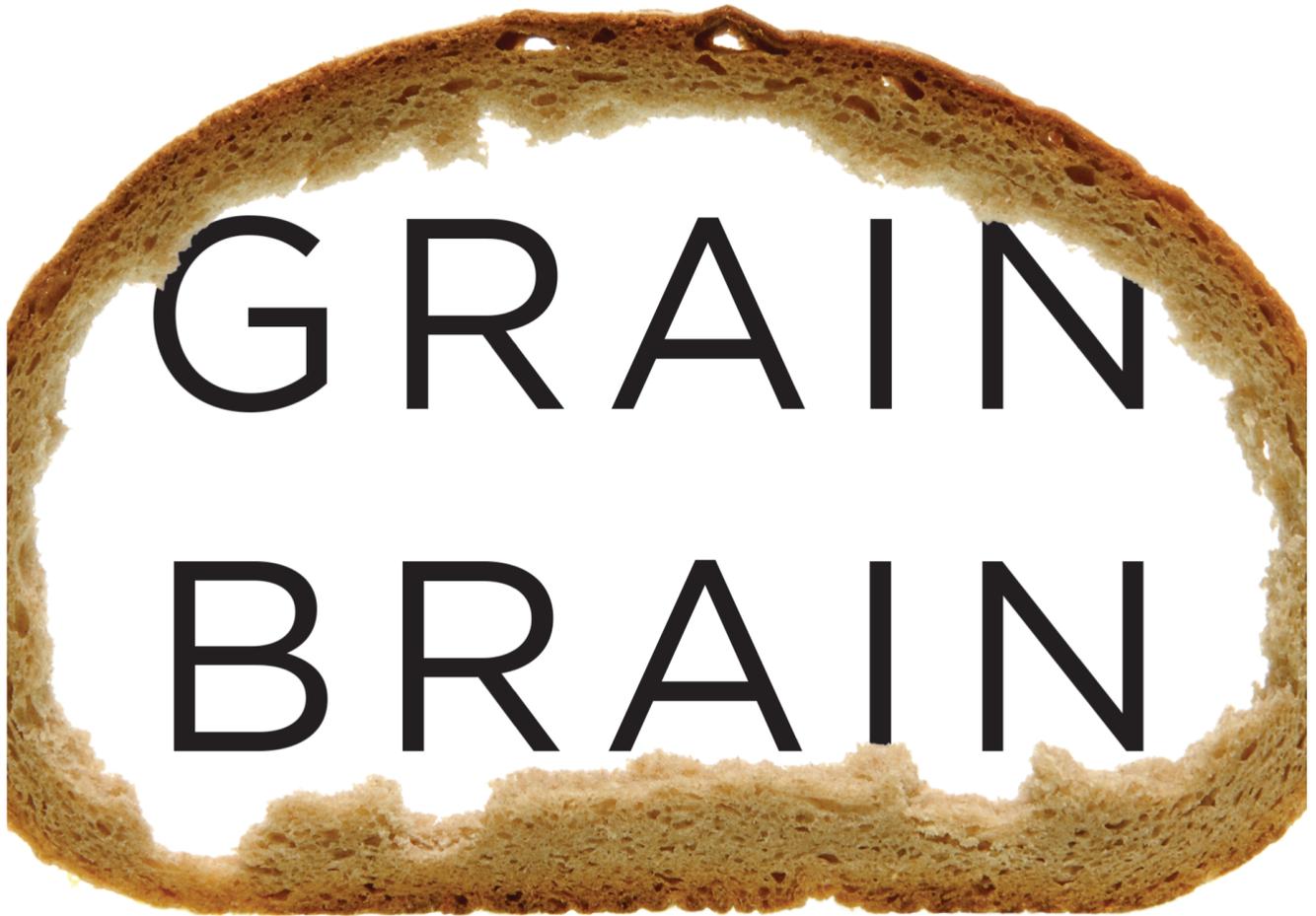


*The Surprising Truth About Wheat, Carbs,  
and Sugar – Your Brain’s Silent Killers*

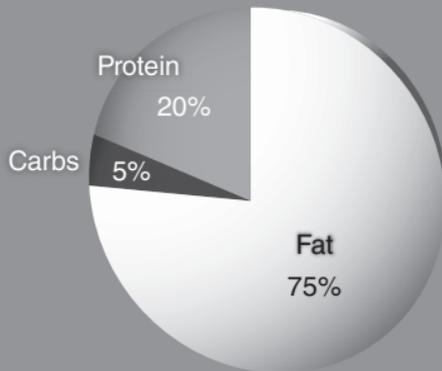


DAVID PERLMUTTER, MD

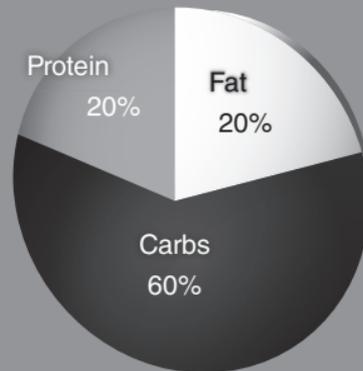
*Author of *The Better Brain Book**

WITH KRISTIN LOBERG

Ancestors' diet



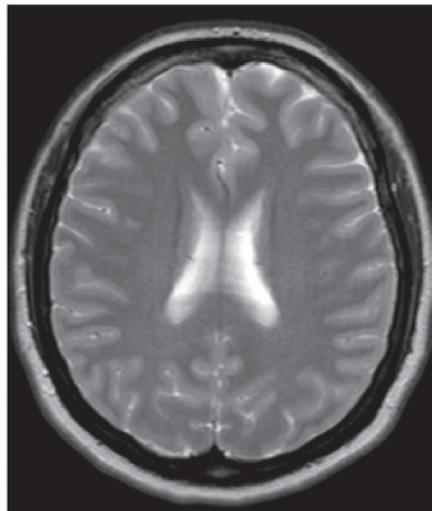
Diet recommended by U.S. experts



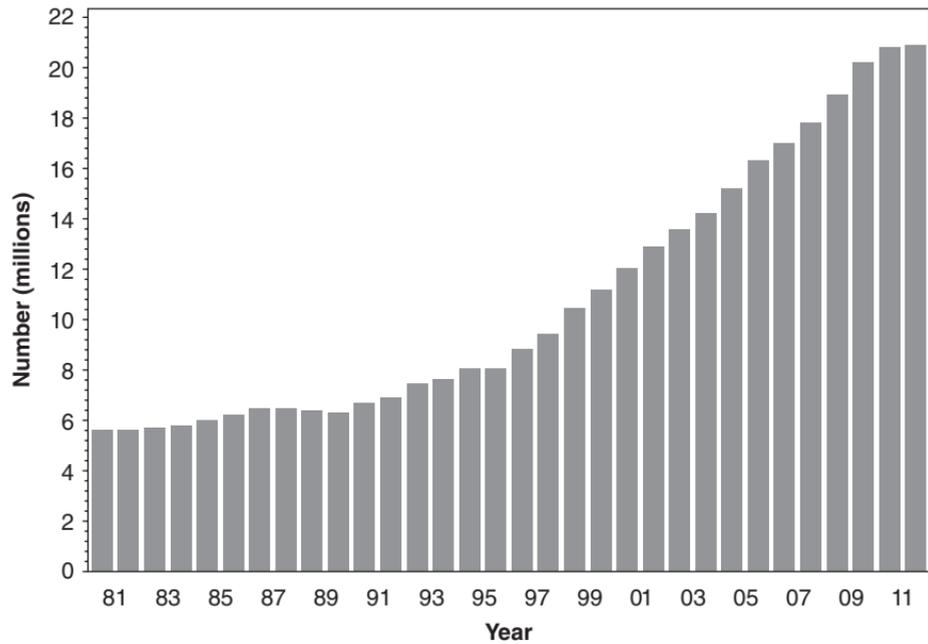
**Brain MRI images showing severe changes in the white matter (arrows) related to gluten sensitivity and headaches (left) compared to a normal study (right).**



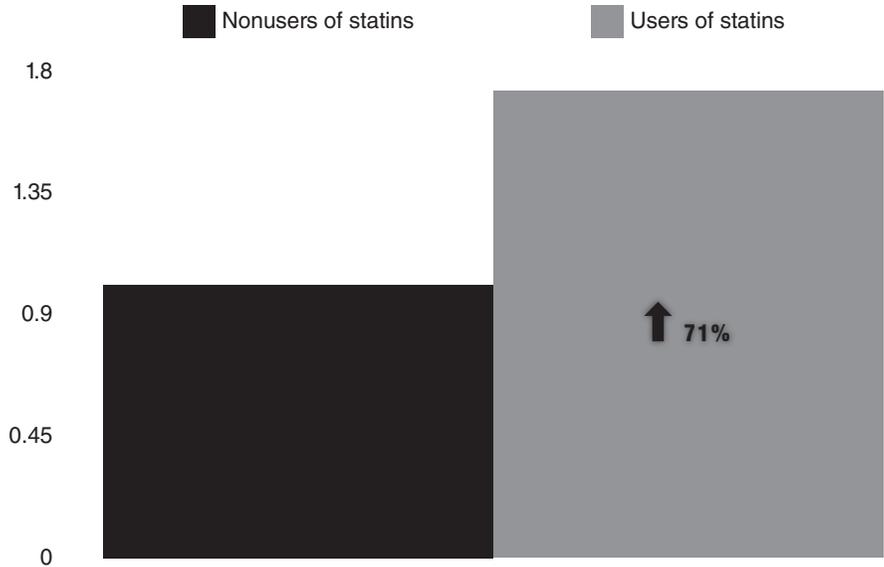
**Gluten sensitive**



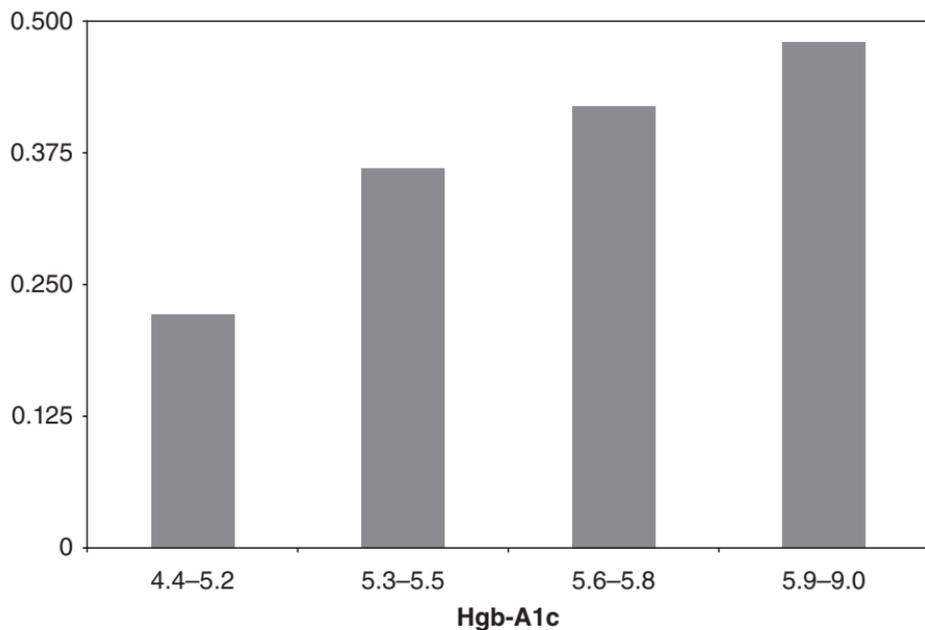
**Normal**



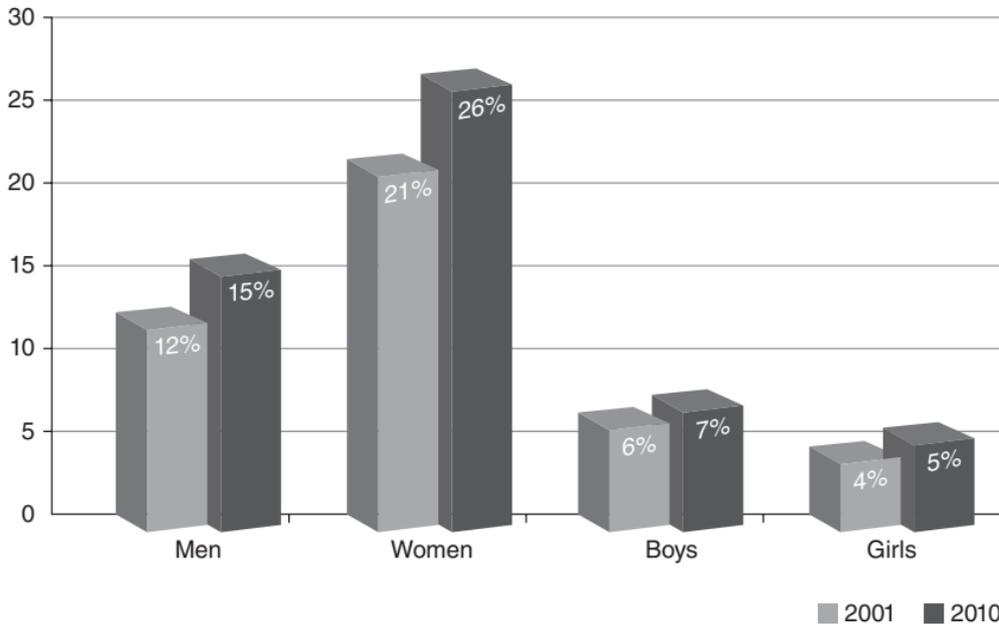
### Risk of type-2 diabetes in women using statin drugs

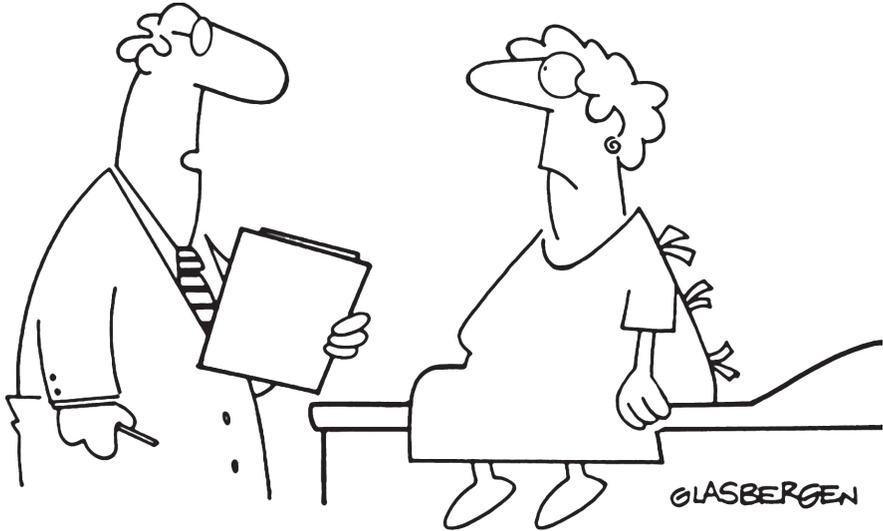


■ Percent of annual brain loss compared to Hgb-A1c



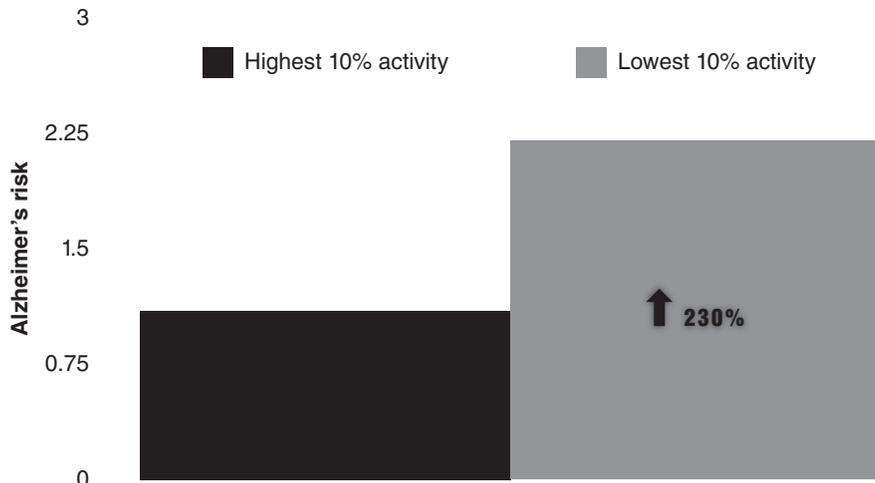
**Percent of population using mental health medications  
2001 vs. 2010**



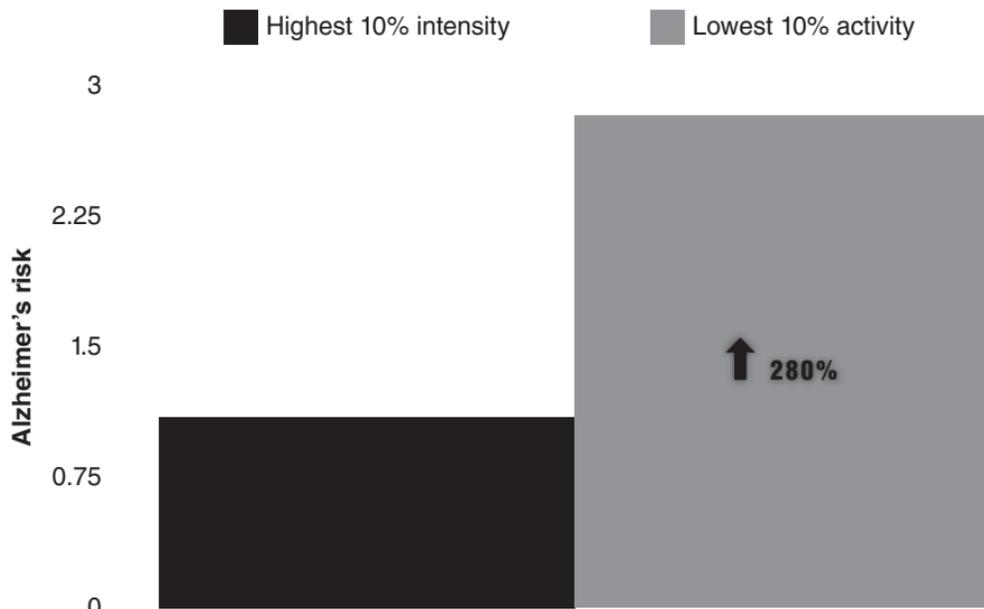


**“The high-carb diet I put you on twenty years ago gave you diabetes, high blood pressure, and heart disease. Oops.”**

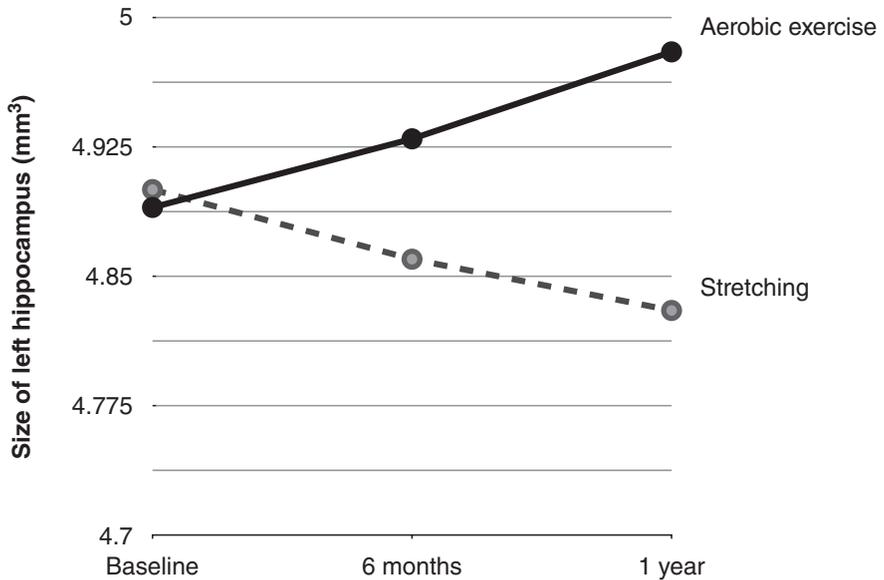
### Alzheimer's risk compared to level of activity



### Alzheimer's risk compared to intensity of activity



**Change in size of the hippocampus over 1 year comparing aerobic exercisers to those doing stretching program**



## RECIPES

Abiding by the *Grain Brain* dietary principles is easier than you think. Even though this new way of eating significantly limits your intake of carbohydrates, especially wheat and sugar, there's really no shortage of foods and ingredients to play with in the kitchen. You'll have to get a little creative to follow some of your beloved dishes, but once you learn how to effortlessly make certain substitutions, you'll be able to do the same with your own recipes and return to your classic cookbooks. These recipes will give you a general sense of how to apply the guidelines to virtually any meal, and help you master the art of grain-brain-free cuisine.

Knowing that most people maintain busy schedules and have limited time to cook, I've chosen simple dishes that are relatively easy to prepare and, above all, are filled with flavor and nutrition. Although I encourage you to follow my seven-day meal plan outlined on page xx so you don't even have to think about what to eat during the first week on the program, you could design your own protocol by choosing the recipes below that appeal to you. Most of the ingredients used are widely available. Remember to go grass-fed, organic, and wild whenever possible. When choosing olive or coconut oil, reach for extra-virgin varieties. Although all of the ingredients listed in the recipes were chosen to be readily accessible as gluten-free, always check labels to be sure, particularly if you're buying a food processed by a manufacturer (e.g., mustard). You can never control what goes into products, but you can control what goes into your dishes.

## BREAKFAST

### *Gruyère and Goat Cheese Frittata*

---

Eggs are one of the most versatile ingredients. They can serve as a meal on their own or be added to other dishes. Buy organic, free-range eggs whenever possible. Frittatas are quick and easy to make, and are great for serving large groups. You can make many different kinds of frittatas by changing the type of cheese, leafy greens, and vegetables you use. Below is one of my favorites.

*Serves 4*

- 3 tablespoons olive oil
- 1 medium onion, chopped (about 1 cup)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 pound spinach leaves, washed and chopped
- 1 tablespoon water
- 9 large eggs, beaten
- 3 ounces goat cheese, crumbled
- ¼ cup grated Gruyère cheese

Preheat the oven to 400 degrees.

In an ovenproof skillet over medium-high heat, add 1 tablespoon of the oil and heat until hot. Add the onion, salt, and pepper. Cook 3 to 4 minutes while stirring occasionally, until the onions are translucent. Add the spinach and water and cook, while mixing, until the spinach is wilted (about 1 to 2 minutes). Pour in the eggs and sprinkle on the goat cheese and gruyere. Cook 1 to 2 minutes, until the mixture begins to set around the edges. Then transfer the skillet to the oven and bake until set, 10 to 12 minutes.

Remove from the oven and serve.

## Coconut Oil Omelet

Omelets are also a favorite in my house. Experiment with different vegetables and cook your omelet in olive oil one day and coconut oil the next.

*Serves 1*

- 1 onion, chopped
- 1 ripe tomato, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 eggs, beaten
- 1 tablespoon coconut oil
- ¼ avocado, sliced
- 2 tablespoons salsa

Add the onion, tomato, salt, and pepper to the beaten eggs in a bowl and mix. Add the coconut oil to a skillet and heat over medium-high heat. Once hot, add the egg mixture and cook until the eggs begin to set (about 2 minutes). Flip the omelet with a spatula and cook until the eggs are no longer runny (about 1 more minute). Fold the omelet in half and continue to cook if the omelet is not yet slightly brown. Transfer to a plate, and serve hot with sliced avocado and salsa on top.

### *Huevos Rancheros*

---

This classic Mexican dish has been modified so that instead of eggs served on tortillas, they are prepared over a fresh bed of greens.

*Serves 2*

- 1 tablespoon butter or olive oil
- 4 eggs
- 4 cups coarsely torn frisée
- 2 ounces sharp cheddar cheese, grated
- 4 tablespoons salsa
- 2 tablespoons fresh cilantro leaves, chopped
- Salt and pepper to taste

Add the butter or olive oil to a skillet over medium-high heat. When hot, crack the eggs into the skillet and cook for 3 to 4 minutes for runny yolks, more for firmer yolks. Serve the eggs over a bed of frisée and top with cheese, salsa, and cilantro. Season with salt and pepper.

### *Oatless “Oatmeal”*

---

The following recipe, sometimes called “No Oat Oatmeal,” was adapted from *The Paleo Diet Cookbook* by Loren Cordain and Nell Stephenson. If you enjoy a rich, thick, warm breakfast, try this instead of classic oatmeal.

## Recipes

### Serves 2

- ¼ cup raw, unsalted walnuts
- ¼ cup raw, unsalted almonds
- 2 tablespoons ground flaxseed
- 1 teaspoon ground allspice
- 3 eggs
- ¼ cup unsweetened almond milk
- ½ banana, mashed
- 1 tablespoon almond butter
- 2 teaspoons pumpkin seeds (optional)
- 1 handful of fresh berries (optional)

Combine the walnuts, almonds, flaxseed, and allspice in a food processor and blend to a coarse grain but not a powder. Set aside.

Whisk together eggs and almond milk until thick like a custard. Blend the mashed banana and almond butter together and add it to the custard, mixing well. Stir in the coarse nut mixture.

Warm the mixture in a saucepan over low heat, stirring frequently, until the batter reaches the desired consistency. Sprinkle pumpkin seeds and berries on top, add more almond milk, if desired, and serve.

### Quick Crunchy “Cereal”

Looking for a cereal that meets the *Grain Brain* guidelines? Try this one, and if walnuts are not your thing, you can substitute your favorite raw nut.

### Serves 1

- ¼ cup crushed raw, unsalted walnuts (or other nuts)
- ¼ cup coconut flakes
- 1 handful of fresh berries
- ⅔ cup whole milk or almond milk

Combine the ingredients in a bowl and enjoy.

## LUNCH OR DINNER

### *Lemon Chicken*

---

Chicken can be used in a variety of dishes. Here's an easy chicken recipe that you can prepare for dinner. Leftovers can be packed up for lunch the next day.

*Serves 6*

- 6 boneless, skinless chicken breasts
- 1 tablespoon chopped fresh rosemary leaves
- 2 garlic cloves, chopped
- 1 shallot, chopped
- Zest and juice of 1 lemon
- ½ cup olive oil

Set aside the chicken in a shallow baking dish that can accommodate all 6 breasts for marinating. In a bowl, combine the rosemary, garlic, shallots, lemon zest, and lemon juice. Slowly whisk in the olive oil. Pour the marinade over the chicken, cover, and leave in the refrigerator for two hours or overnight.

Preheat the oven to 350 degrees. Remove the chicken from the marinade and bake in a roasting pan for 25 minutes or until cooked through. Serve with a side salad and steamed veggies.

### *Chicken with Mustard Vinaigrette*

---

When you're strapped for time, this recipe takes minutes to prepare as long as you have a roasted chicken on hand. You can double the dressing recipe and use it throughout the week on salads.

*Serves 4*

- 1 whole organic roasted chicken
- 12 ounces (about 3 bags) prewashed salad greens of your choice

*For the mustard vinaigrette:*

- 4 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons dry white wine
- 1 tablespoon whole-grain mustard
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Whisk all the vinaigrette ingredients together in a bowl. Season with salt and pepper.

Carve the chicken and serve with a drizzle of vinaigrette over salad greens.

*Chardonnay Baked Fish*

Nothing could be simpler than baking your favorite fish and adding a rich, flavorful sauce. Although this sauce was originally prepared with salmon in mind, it goes well with any fish. Choose wild-caught fish and aim to buy the freshest fish available at your market by asking what just came in.

*Serves 4*

- ½ cup butter
- 1 cup Chardonnay
- 2-3 tablespoons Dijon mustard
- 3 tablespoons capers, drained and rinsed
- Juice of 1 lemon
- 2 teaspoons chopped fresh dill
- 4 salmon fillets or white fish of your choice (skin on)

Preheat the oven to 425 degrees. Melt the butter gently in a saucepan over medium heat, then stir in the Chardonnay, mustard, capers, and lemon juice. Heat about 5 minutes to burn off the alcohol.

Add the dill. Place the fish in a baking pan, skin-side down. Pour the sauce over the fish and bake for 20 minutes or until the fish is flaky. Serve immediately with Green Beans with Garlic Dressing (see page xxx).

### *Balsamic-Glazed Steaks*

---

Steak is another hassle-free meal to cook that takes minutes to prepare. All you need is an excellent cut of grass-fed meat and a juicy marinade.

*Serves 2*

- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 fillet steaks (1-inch thick)
- 8 ounces (about 2 bags) salad greens

Combine the olive oil, vinegar, salt, and pepper in a bowl. Pour the marinade into a sealable plastic bag and add the steaks. Marinate for 30 minutes. Prepare the grill and cook the steaks for 1 minute on each side, or to your liking. Brush the steaks with marinade as they cook.

Alternatively, you can broil your steaks in the oven by searing them first in a hot, oiled skillet over high heat (about 30 seconds on each side), and then completing the cooking under the broiler for about 2 minutes on each side (cook longer if you like your steak well done). Serve the steaks on a bed of greens with a side of veggies.

## *Succulent Short Ribs*

---

The following was adapted from Steve Clifton's delicious beef short ribs recipe. Part winemaker, part chef, Steve loves to create dishes that go with his Italian wines.

*Serves 6*

- 4 medium yellow onions
- 3 carrots, peeled
- 6 stalks celery
- 3 garlic cloves
- 1 cup almond flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 pounds beef short ribs
- 6 tablespoons olive oil
- 3 tablespoons tomato paste
- 1 bottle Italian red wine
- Zest and juice of 1 navel orange
- 4 tablespoons fresh thyme leaves
- ½ cup chopped fresh parsley

Coarsely chop the onion, carrots, and celery and set aside. Mince the garlic and set aside. In a large bowl, season the almond flour with salt and pepper, then dredge the ribs in it. Heat the olive oil in a large, 6-quart pot or Dutch oven over medium-high heat. Brown the ribs and set aside. Add the onions and garlic to the pot and sauté until translucent, about 5 minutes. Add the carrots and celery. Cook until slightly softened, about 5 minutes. Return the ribs to the pot. Stir in the tomato paste to coat the ribs. Add the wine, orange zest, and orange juice. Cover and bring to a boil, then simmer for 2½ hours. Uncover, add the thyme leaves, and simmer for 30 minutes. Serve with parsley sprinkled on top and a side of Cauliflower “Couscous” (page xxx).

*Sea Salt's Ahi Tuna Carpaccio with  
Red Onion, Parsley, and Pink Peppercorns*

---

The following seven recipes were created by my good friend and chef Fabrizio Aielli at Sea Salt, one of my favorite local restaurants in Naples, Florida, which I frequently visit ([www.seasaltnaples.com](http://www.seasaltnaples.com)). Fabrizio was generous enough to give me a few of his recipes to share, and I recommend trying these when you have guests over for dinner and want to impress.

*Serves 6*

- 1½ pounds Ahi tuna steaks
- ½ red onion, sliced
- 1 bunch parsley leaves, chopped
- 1 tablespoons ground pink peppercorns
- 4 tablespoons olive oil
- Salt to taste
- 3 lemons, cut in half

Thinly slice the tuna into quarter-inch slices; each plate should have three to five slices. On top of the tuna add the red onion, parsley, peppercorns, olive oil, and finish with a sprinkle of salt and a lemon half on the side.

*Sea Salt's Akaushi Beef  
Tenderloin with Brussels Sprouts*

---

This dish is a crowd-pleaser for meat lovers. If you have difficulty buying Akaushi beef, a type produced by Akaushi cattle (Akaushi means “red cow”), then any richly marbled beef tenderloin will do. Akaushi beef is famous for its healthy fats and mouth-watering flavor.

## Recipes

### *Serves 6*

- 2 pounds Brussels sprouts, trimmed and cleaned
- 6 cups water
- 2 teaspoons salt, plus salt and pepper to taste
- 6 tablespoons olive oil
- 1 cup chicken stock
- 6 cuts (about 6 ounces each) Akaushi beef tenderloin
- 1 garlic clove, minced
- Leaves from 2 sprigs rosemary, chopped

### *For the Brussels sprouts:*

Bring 6 cups of water, 2 tablespoons of the olive oil, and 2 teaspoons salt to a boil. Add the Brussels sprouts and cook on medium-high heat for 9 minutes, or until tender. Strain.

In another sauté pan add 2 tablespoons of the olive oil, the Brussels sprouts cut in half, and salt and pepper to taste, and cook on high heat until the sprouts are lightly browned. Add the chicken stock and cook until it evaporates.

### *For the steaks:*

Season the steaks with salt and pepper. Add the remaining olive oil to a sauté pan, heat over medium-high heat, and sear the steaks until golden brown on the first side (about 2 minutes). Turn them and add the minced garlic and rosemary. Reduce the heat to medium and continue cooking and turning for a few more minutes until they are done to your liking (about 3 to 6 minutes depending on the steaks' thickness).

Pour the juice from the meat over the Brussels sprouts and serve on the side of the tenderloin.

*Sea Salt's Grilled Sardines with  
Tomato, Arugula, and Pecorino Cheese*

---

Sardines are a fantastic way to boost your intake of protein, omega-3 fatty acids, vitamin B12, and other nutrients. Although some like to eat these small, oily saltwater fish right out of the can, here's an easy, quick way to serve them up nicely on a plate with added flavor.

*Serves 6*

- 18 fresh Mediterranean sardines, cleaned
- 3 tablespoons olive oil
- Salt and pepper to taste
- 6 bunches baby arugula
- 4 ripe heirloom tomatoes, chopped
- Juice from 3 lemons
- 1 bunch fresh parsley, chopped
- 5 ounces Pecorino cheese, shaved

Heat the grill to medium-high (if your grill has a temperature gauge, heat to 350 degrees). Brush the sardines with 1 teaspoon of the olive oil and season with salt and pepper. Grill for 4 minutes on each side. (Alternatively, you can pan-fry the sardines on medium-high heat.)

In a mixing bowl, toss the arugula, tomato, remaining olive oil, lemon juice, salt, and pepper. Divide into 6 portions and top each portion with sardines, chopped parsley, and shaved Pecorino cheese.

*Sea Salt's Red Snapper with Celery, Black Olives,  
Cucumber, Avocado, and Yellow Grape Tomatoes*

---

When red snapper arrives fresh at your market, pick some up and try this recipe. It takes less than twenty minutes to put together.

Serves 6

- 2 tablespoons olive oil
- 6 fillets American red snapper, skin on
- Salt and pepper to taste
- 2 stalks celery, chopped
- 1 cup black olives, pitted
- 1 cucumber, chopped
- 2 avocados, chopped
- 1 pint yellow grape tomatoes, halved
- 1 tablespoon red wine vinegar
- Juice from 2 lemons

Heat 1 tablespoon of the olive oil in a sauté pan over medium-high heat. Salt and pepper the snapper fillets and sear for 6 minutes on each side. In a mixing bowl, combine the celery, olives, cucumber, avocado, tomatoes, red wine vinegar, lemon juice, and remaining olive oil. Divide the salad between six plates and serve the seared snapper, skin up, on top.

*Sea Salt's Zucchini Yogurt Gazpacho  
with Saffron-Marinaded Chicken Breast*

---

It doesn't take much saffron, a spice derived from the flower of the crocus, to create an intensely delicious, flavorful dish. This one uses not just saffron but zucchini and cilantro to elevate the dish to a whole new level.

## SAY GOOD-BYE TO GRAIN BRAIN

*Serves 6*

- 1 cup white wine
- 2 lemons
- 1 pinch saffron
- 3 boneless, skinless chicken breasts
- 6 zucchini
- 1 quart vegetable stock
- ½ cup olive oil
- Juice of 1 lime
- 2 tablespoons chopped cilantro, stems included
- Salt and pepper to taste
- 1 cucumber
- ½ Vidalia onion, finely chopped
- 1 heirloom tomato, finely chopped
- 6 teaspoons plain Greek yogurt

Combine the wine, juice of 1 lemon, and saffron in a large bowl. Add the chicken breasts and marinate overnight. Heat the grill to medium-high (if your grill has a temperature gauge, heat to 350 degrees). Grill the chicken breasts for 6 minutes on each side or until cooked through, then slice into ¼-inch slices. (Alternatively, broil the chicken in the oven for the same time on each side.) Chill the chicken in the refrigerator.

Put the zucchini, vegetable stock, olive oil, juice of 1 lemon, lime juice, and 1 tablespoon of the cilantro in a blender, and blend until pureed. Add salt and pepper to taste. Pour the soup into a large bowl and stir in the cucumber, Vidalia onion, and tomato. Chill for 1 to 2 hours. When ready to serve, divide the soup into six portions and top each portion with 1 teaspoon of yogurt. Add slices of chicken breast to each dish. Season with salt and pepper, and garnish with the remaining cilantro.

## *Sea Salt's Liquid "Minestrone"*

---

When people think minestrone, they think vegetable soup. This version swaps out the pasta or rice for more vegetables . . . and more flavor.

*Serves 4–6*

- 3 tablespoons olive oil
- 3 stalks celery, chopped
- 1 onion, chopped
- 2 cups chopped broccoli
- 2 cups chopped cauliflower
- 1 cup chopped asparagus
- 3 medium-size zucchini, chopped
- 1 teaspoon dried thyme
- 1 pound celery root, peeled and cut into ½-inch cubes
- 3 cups kale, stems removed
- 3 cups Swiss chard, stems removed
- 2 bay leaves
- ½ teaspoon dried sage
- 1½ teaspoons salt
- ¼ teaspoon freshly ground black pepper
- 2 quarts homemade chicken stock
- 5 cups spinach, stems removed
- 6 tablespoons plain Greek yogurt

Heat the olive oil in a large stockpot over medium-high heat. Add the celery, onion, broccoli, cauliflower, asparagus, zucchini, and thyme. Sweat the vegetables until the onions are translucent. Add the celery root, kale, Swiss chard, bay leaves, dried sage, salt, and black pepper and cook for about 4 minutes. Add the chicken stock. Bring the soup to a boil, then lower the heat to medium. Cook at a low boil for 25 to 30 minutes, or until the vegetables are tender. Let the soup stand for 10 minutes. Add the spinach and stir. While stirring, locate the bay leaves and remove them. Puree the soup in a blender until smooth.

Garnish each serving with a dollop of Greek yogurt.

### *Sea Salt's Tomato and Red Cabbage Soup*

---

Whether it's the dead of winter or middle of summer, this refreshing, simple soup calls for ingredients that most people have on hand. This goes well with any main entrée in lieu of a side salad.

Serves 6

- ½ cup olive oil
- 1 Vidalia onion, chopped
- 2 stalks celery, chopped
- 2 tablespoons minced garlic
- 2 (28-ounce) cans of crushed San Marzano tomatoes
- 1 red cabbage, chopped
- 10 basil leaves
- 1½ quarts chicken stock
- 1½ quarts vegetable stock
- Salt and pepper to taste

In a large soup pot over medium-high heat, add half of the olive oil and sweat the onions, celery, and garlic until translucent (about 5 minutes). Add the crushed tomatoes, red cabbage, half of the basil leaves, chicken stock, and vegetable stock, and bring to a boil. Lower the heat to medium and continue to cook at a low boil for 25 to 30 minutes. Add the remaining olive oil, season with salt and pepper, and let the soup stand for 10 minutes. Puree the soup in a blender and serve.

### *Quick Salmon with Mushrooms*

---

It doesn't get any easier than pan-frying fresh fish fillets and adding flavor from mushrooms, herbs, spices, and a combination of olive and sesame oil. This recipe takes minutes to prepare.

*Serves 4*

- 4 tablespoons olive oil
- 3 garlic cloves, crushed
- 3 shallots, finely sliced
- 1 teaspoon ginger, dried or fresh
- 4 skinless salmon fillets
- 1 tablespoon sesame oil
- 2 cups sliced fresh mushrooms
- ½ cup cilantro, chopped

Heat 2 tablespoons of the olive oil in a frying pan over medium heat, then add the garlic, shallots, and ginger. Cook until it sizzles (about 1 minute), then add the salmon fillets and cook through (about 3 minutes on each side). Remove the fillets and set aside. Wipe the bottom of the pan carefully with a paper towel. Heat the remaining olive oil and sesame oil in the pan over medium heat. Add the mushrooms and cook for 3 minutes, stirring constantly. Drizzle the mushrooms over the salmon and garnish with the cilantro. Serve with a side of Roasted Steamed Vegetables (see page xxx).

### *Greek Lemon Lamb*

Whenever grass-fed lamb chops go on sale, pick some up. They make for delicious, elegant entrees that take little time to prepare and cook. All you need is a good marinade, like this one below.

*Serves 4*

*For the marinade:*

- 2 garlic cloves, diced
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Leaves from 2 sprigs fresh thyme
- 1 tablespoon lemon juice
- Salt and pepper to taste

*For the lamb:*

12 lamb chops

1 lemon, sliced into quarters

Whisk all the marinade ingredients in a bowl.

Combine the lamb chops with the marinade and place in the refrigerator, covered, for 1 hour. Prepare the grill, and grill the chops for 1 to 2 minutes on each side. (Alternatively, you can roast the lamb in a 400-degree oven for about 10 minutes, or to desired doneness.) Serve the lamb with lemon wedges for squeezing, veggies, and Cauliflower “Couscous” (see page xxx).

*Quick Flat-Roasted Chicken*

I like to keep small, whole chickens in the freezer and cook this recipe whenever I have friends coming over for dinner or want to have plenty of leftovers for the next day’s lunch. If you start with a frozen chicken, thaw it in the refrigerator overnight or in the kitchen sink for several hours.

*Serves 6*

1 3- to 4-pound organic chicken

1 lemon, sliced

5 garlic cloves, peeled

7 sprigs fresh thyme

4 tablespoons olive oil

Salt and pepper to taste

Preheat the oven to 400 degrees. Using kitchen scissors or a knife, cut along the backbone of the chicken. Open the chicken up and press down firmly on the breastbone to flatten it. Lay the chicken skin-side up in a large roasting pan. Toss the lemon slices, garlic cloves, thyme, and 2 tablespoons of the olive oil in a bowl. Brush the chicken with the remaining olive oil, then season with salt and pepper. Scatter the lemon

## *Recipes*

slices, thyme, and garlic over the chicken and bake 45 to 55 minutes, until it is cooked through. Serve with a side of salad greens and Roasted Seasonal Vegetables (see page xxx).

Note: You can substitute tarragon or oregano for thyme.

### *Fish in Dill and Lemon*

---

A little bit of dill, lemon, and Dijon will go a long way to bring out the best of any fresh fish. You can use this recipe with any white fish.

*Serves 4*

- Leaves from 1 bunch fresh dill, chopped
- 2 tablespoons Dijon mustard
- Juice from 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste
- 4 firm white fish fillets, such as halibut or black cod  
(about 1 pound total), skin on

Preheat the oven to 400 degrees. Process all the ingredients except the fish in a food processor until smooth.

Place the fish fillets in a shallow baking dish, skin-side down, and coat with the dill sauce. Bake in the oven until cooked through, approximately 15 minutes.

Serve with Cauliflower “Couscous” (see page xxx) and Sautéed Spinach and Garlic (see page xxx).

Note: Parsley can be substituted for dill. As an alternative, try the Dill Spread (see page xxx) or the Pecorino Pesto (see page xxx).

## *Broccoli Soup with Cashew Cream*

---

When the day calls for a hot soup at lunch or dinner to go with your main entrée, here's one that you can prepare in advance and store in the refrigerator until you're ready to reheat. You can also use this as a snack to tide you over when your afternoon gets busy and dinner will be late.

*Serves 4–6*

- 3 tablespoons olive oil
- 1 large onion, chopped
- 3 shallots, chopped
- 1 garlic clove, chopped
- 1 quart organic chicken broth
- 6 cups broccoli florets, chopped
- Salt and pepper to taste
- 4 teaspoons fresh thyme leaves
- 1 cup coconut milk
- Handful of pumpkin seeds for garnish

*For the cashew cream:*

- $\frac{3}{4}$  cup raw, unsalted cashews
- $\frac{3}{4}$  cup water
- Salt to taste

In a large soup pot over medium-high heat, heat the olive oil. Add the onions, shallots, and garlic and cook until translucent, about 4 minutes. Add the broth, broccoli, salt, and pepper, bring to a boil, then lower the heat and simmer for approximately 10 minutes, until the broccoli is soft.

Remove from the heat and pour the soup into a blender with the fresh thyme. Process until smooth. Return to the soup pot and stir in the coconut milk. Warm gently over medium heat.

Puree the cashew cream ingredients in the blender. Serve the soup with a drizzle of Cashew Cream on top and, if desired, a sprinkling of pumpkin seeds.

## SALADS

### *Herb Garden Salad with Balsamic Vinaigrette*

---

This salad has become a staple for me. It can be used as a side to a main dish or stand alone as an entrée for lunch or dinner if you add more protein (for example, slices of cooked chicken, fish, or steak). Because I resort to this salad throughout the week, I like to have dressing stockpiled, so I often double up on the dressing recipe and store it in an airtight container in the refrigerator.

Serves 6

*For the salad:*

- 4 cups mixed baby greens
- 1 cup fresh Italian parsley
- ½ cup chopped chives
- ½ cup mixed fresh herbs (mustard cress, cilantro, tarragon, sage, mint), chopped
- ½ cup chopped raw walnuts

*For the balsamic vinaigrette:*

Makes about 1 cup

- ¼ cup balsamic vinegar
- 2–3 garlic cloves, chopped
- ½ shallot, chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon rosemary (fresh or dried)
- Juice of 1 lemon
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup olive oil

## SAY GOOD-BYE TO GRAIN BRAIN

Combine the salad ingredients in a salad bowl. Whisk all the vinaigrette ingredients together except for the oil, then drizzle in the oil slowly so it emulsifies. Add ½ cup balsamic vinaigrette to the salad, toss, and serve.

### *Nicoise Salad*

---

This recipe is based on the classic Nicoise salad that hails from Nice, France, but without the potatoes, and you can use any type of cooked fish. Although it takes a little extra time to prepare, given all the chopping and pre-cooking for the eggs and fish, it comes together quickly and smoothly once you've gotten everything ready.

*Serves 6*

#### *For the salad:*

- 4 firm ripe tomatoes, diced
- 1 green pepper, seeded and chopped
- 3 scallions, thinly sliced
- 3 cups arugula or mixed greens
- 3 hard-boiled eggs, sliced
- 6 ounces cooked fish (e.g., mahimahi, salmon, black cod)
- 12 anchovy fillets, drained
- ½ cup black or Kalamata olives
- ½ cup blanched green beans, trimmed
- 10 basil leaves, chopped
- 1 small cucumber, peeled and cubed

#### *For the vinaigrette:*

- 1 teaspoon Dijon mustard
- 2 teaspoons red wine vinegar
- 6 teaspoons olive oil
- Salt and pepper to taste

Combine the salad ingredients in a salad bowl. In a small bowl, whisk together the ingredients for the vinaigrette. Pour the dressing over the salad, toss, and serve.

### *Roasted Walnut-Oil Salad*

---

You can turn any salad into a Roasted Walnut-Oil Salad just by using this dressing, which celebrates the robust flavor of walnuts. Although I've suggested goat cheese in this particular salad, feel free to try another crumbly cheese such as feta or Parmesan.

*Serves 2*

#### *For the salad:*

- 1½ to 2 bags pre-washed salad greens (e.g., mesclun, mixed greens, or baby spinach)
- 4 tablespoons goat cheese, crumbled
- ½ cup roasted, unsalted walnuts, chopped
- 3 tablespoons dried blueberries or cranberries

#### *For the dressing:*

- 2 tablespoons walnut oil
- 1 tablespoon balsamic or red wine vinegar
- ½ teaspoon prepared mustard
- Salt and pepper to taste

Arrange the salad greens in a salad bowl and top with goat cheese, walnuts, and dried berries. In a bowl, whisk together the dressing ingredients until thoroughly combined. Pour the dressing over the salad, toss, and serve.

*Lemon Arugula with Parmigiano-Reggiano*

---

This salad is minimal in its ingredients but full of zesty flavor, thanks to peppery arugula mixed with tangy cheese and rich olive oil. I enjoy this as a complement to any Italian-inspired dish.

*Serves 2*

4 cups baby arugula

1/3 cup raw, unsalted sunflower seeds

8-10 shavings Parmigiano-Reggiano cheese

Juice from 1 lemon

6 tablespoons olive oil

Salt and pepper to taste

Combine arugula, sunflower seeds, cheese, and lemon juice in a salad bowl. Drizzle with the olive oil, toss, season with salt and pepper to taste, and serve.

*Sea Salt's Kale Salad with Feta Cheese,  
Roasted Peppers, Black Olives,  
Artichokes, and Buttermilk Dressing*

---

I'm known for ordering this salad when I go to Sea Salt for lunch. It accompanies any main entrée beautifully.

*Serves 6*

- 2 bunches kale, stems removed and leaves roughly torn
- 10 ounces feta cheese, crumbled
- 3 roasted bell peppers, sliced
- 1 cup black olives, pitted and halved
- 12 marinated baby artichokes, halved
- 1 cup buttermilk
- ½ cup olive oil
- 1 tablespoons red wine vinegar
- Salt and pepper to taste

In a salad bowl, mix the kale, feta cheese, peppers, olives, and artichokes. In a separate bowl, whisk together the buttermilk, olive oil, and red wine vinegar. Pour the dressing over the salad, toss, and season with salt and pepper.

## SIDES

### *Roasted Seasonal Vegetables*

---

This recipe is good any time of the year. Just go with what's in season and be sure to use the best olive oil you can find alongside the freshest herbs and freshly ground black pepper. A drizzle of aged balsamic vinegar at the very end of this cooking process adds an extra treat.

*Serves 4–6*

2 pounds seasonal vegetables (e.g., asparagus, Brussels sprouts, peppers, zucchini, eggplant, onion)

⅓ cup olive oil

Salt and pepper to taste

Optional: ⅓ cup fresh herbs, minced (e.g., rosemary, oregano, parsley, thyme), and a drizzle of aged balsamic vinegar

Preheat the oven to 425 degrees.

Cut up any large vegetables into pieces. Spread the vegetables on a roasting pan with tinfoil on the bottom. Drizzle the olive oil liberally over the vegetables, then use clean hands to mix them so they are well coated with oil. Sprinkle with salt, pepper, and herbs, if desired. Stirring every 10 minutes, roast the vegetables for 35 to 40 minutes, or until they are cooked through and browned. Just prior to serving, drizzle lightly with aged balsamic vinegar, if desired.

## *Green Beans with Garlic Dressing*

---

Just about any green vegetable can be dressed up this way, with garlic and herbs.

*Serves 4–6*

*For the dressing:*

- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 2 garlic cloves, minced
- ½ teaspoon lemon zest
- Salt and pepper to taste
- 2 pounds green beans, trimmed
- ½ cup chopped raw, unsalted almonds
- 1 tablespoon fresh thyme

Whisk all the ingredients for the dressing in a bowl and set aside.

In a large pot of salted boiling water, blanch the beans for 4 minutes, or until crisp-tender. Drain.

In a large bowl, toss the beans, almonds, and thyme with the dressing, and serve.

## *Cauliflower “Couscous”*

---

For a tasty substitute for starchy vegetables like mashed potatoes, rice, and traditional couscous, try this dish made simply from cauliflower.

*Serves 2*

- 1 head cauliflower
- 2 tablespoons olive oil
- 2 garlic cloves, finely chopped
- ¼ cup toasted pine nuts
- ½ cup chopped fresh parsley

## SAY GOOD-BYE TO GRAIN BRAIN

In a food processor, process the florets from the cauliflower until they resemble small grains, or grate the cauliflower with a cheese grater (using the large-hole shredder) until the entire head of florets is grated down and you're left with the stalk to discard.

Heat the olive oil in a large skillet over medium heat. Add all of the ingredients to the skillet and sauté, stirring frequently, until the cauliflower begins to brown.

Note: For extra flavor, you could add pitted, chopped olives or ¼ cup grated Parmesan cheese to the cauliflower while it's cooking.

### *Sautéed Spinach and Garlic*

---

Just about any leafy green vegetable sautéed in garlic and olive oil is delightful. Here's the standard fare made with spinach, but feel free to experiment with other greens.

*Serves 2*

- 4 tablespoons olive oil
- 2 bags prewashed baby spinach
- 6 garlic cloves, very thinly sliced
- 1 lemon
- 1 to 2 teaspoons red pepper flakes
- Salt and pepper to taste

In large sauté pan, heat the oil over high heat until hot, almost smoking. Add the spinach and cook, stirring continuously, for about 1 to 2 minutes. Spinach will begin to wilt slightly. Add the garlic and continue to cook while stirring rapidly for about 1 more minute, then remove from heat.

Squeeze the juice from the lemon over the top, and add the red pepper flakes, salt, and pepper. Toss well and serve.

## DIPS

### Guacamole Dip

You'll find many versions of guacamole that work with *Grain Brain's* guidelines, so feel free to experiment. The following was adapted from Alton Brown's recipe on FoodNetwork.com. I love his use of spices for an added kick. As with all the dips in this section, you can prepare and store this in the refrigerator in an airtight container for up to a week. Use it for snacking with pre-cut raw veggies like bell peppers, celery sticks, and radishes, or add a dollop to dishes for a boost of flavor where you feel it works.

*Serves 4*

- 2 large ripe Haas avocados, pitted
- Juice of 1 lime
- 1 teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon cayenne
- ½ small red onion, diced
- ½ jalapeño pepper, seeded and minced
- 2 medium ripe tomatoes, diced
- 1 tablespoon chopped fresh cilantro
- 1 garlic clove, minced

In a large bowl mash the avocado flesh with the lime juice. Add the salt, cumin, and cayenne. Fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Let sit at room temperature for 1 hour and serve.

### *Avocado-Tahini Dip*

---

Here's a dip that's in between guacamole and hummus. Try it with pre-cut raw veggies or pre-cooked cubed chicken.

*Makes about 1½ cups*

- 1 4-ounce bag pre-washed arugula
- 1 tablespoon olive oil
- 1 large ripe Haas avocado, pitted
- ⅓ cup tahini
- Juice of 1 lemon
- ½ teaspoon ground cumin
- 2 tablespoons minced fresh parsley or cilantro

Cook the arugula in the olive oil in a large skillet or saucepan over medium-high heat until wilted. Add the arugula to a food processor with the other ingredients and process until smooth. Add ¼ cup water or more until the mixture is a medium-thick consistency. Serve immediately or store in an airtight container in the refrigerator for up to two days.

### *Cashew Sour Cream Dip*

---

Cashew nuts are rich in flavor. In addition to serving as a dip for raw vegetables, this goes well as a topping on many soups and chicken dishes.

*Makes 1 cup*

- ½ cup raw, unsalted cashews
- 2 teaspoons light miso
- ¼ cup fresh lemon juice
- ¼ teaspoon ground nutmeg
- 1 cup water
- Salt to taste

## Recipes

In a blender, puree the cashews, miso, lemon juice, nutmeg, and half a cup of water until smooth. With the machine running, slowly add the remaining water until the mixture is the consistency of whipped cream. If you prefer a thinner consistency, add additional water. Season with salt to taste. Store in an airtight container in the refrigerator for up to four days.

### *Hummus Dip*

---

Hummus is one of the most versatile dips and can be used in a variety of ways. It's delicious with veggies as a snack and can be used to add depth to meat dishes.

#### *Serves 4*

- 1 16-ounce can chickpeas
- 4 tablespoons fresh lemon juice
- 1½ tablespoons tahini
- 2 garlic cloves
- ½ teaspoon salt
- 2 tablespoons olive oil, plus more for serving
- ½ cup chopped fresh parsley for garnish

Drain the chickpeas but reserve ¼ cup of the liquid from the can. In a food processor, combine the chickpeas, lemon juice, tahini, garlic, 2 tablespoons olive oil, and salt. Pour in the reserved liquid from the chickpeas and process for 3 minutes on low speed until smooth. Scoop the hummus into a serving bowl and drizzle olive oil on top. Garnish with the parsley and serve.

## TOPPINGS

Here are three more toppings to play with in your kitchen. If you prepare these ahead of time, store them in airtight containers in the refrigerator for up to a week.

### *Dill Spread*

---

When you've run out of ideas for cooking fish, try this spread on any fresh fish you want to bake or grill.

*Makes about ½ cup*

- 1½ cups packed fresh dill leaves (about 3 bunches)
- ½ cup packed fresh Italian parsley leaves (about 1 bunch)
- 2 garlic cloves
- 3 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- Salt and pepper to taste

Process all the ingredients in a food processor or blender until smooth. This can be spread on fish before baking or grilling.

### *Pecorino Pesto*

---

Here's yet another tasty spread to use with fish.

*Makes about ½ cup*

- ⅓ cup raw almonds, walnuts, or pine nuts
- 2 garlic cloves
- 2 cups packed fresh basil leaves
- ⅓ cup grated Pecorino
- Salt and pepper to taste
- ⅓ cup olive oil

## Recipes

Process all of the ingredients except for the olive oil in a food processor while slowly pouring in the olive oil through the feed tube; the pesto should be rich, creamy, and spreadable.

### *Sofrito*

---

Sofrito is a seasoned tomato-based sauce used frequently in Latin cooking. Incredibly versatile, it can be added to roasted chicken, stews, and scrambled eggs, as well as grilled or baked fish.

*Makes 3–4 cups*

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 green bell pepper, seeded and finely chopped
- 2 garlic cloves, minced
- 1 28- to 29-ounce can crushed tomatoes
- Leaves from 1 bunch fresh cilantro, chopped
- 1 teaspoon paprika
- Salt and pepper to taste

In a large frying pan with a heavy bottom, heat the olive oil over medium heat. Sauté the onions. Add the green pepper and cook for 5 minutes, stirring often. Add the garlic and sauté for 1 minute more. Add the crushed tomatoes, cilantro, and paprika into the pan and stir well. Continue to cook for about 10 to 15 minutes. Add salt and pepper to taste.

DESSERT

*Chocolate Truffles*

---

These are a fantastic treat for dessert or to serve at your next dinner party. The higher the quality of the chocolate, the better. Experiment with different flavorings depending on your mood.

*Makes 30–40 truffles*

½ cup heavy whipping cream

1 teaspoon almond, orange, vanilla, or hazelnut flavoring

8 ounces bittersweet dark chocolate (at least 70 percent cacao),  
chopped into small pieces  
Cocoa powder or chopped nuts for coating

In a small saucepan bring the whipping cream to a simmer. Stir the flavoring in, then pour the mixture over the chocolate in a separate bowl. Let stand a few minutes before stirring until smooth. Allow to cool, then refrigerate for two hours.

Form 1-inch balls using a teaspoon, and rolling them quickly between your palms. Place balls on a baking sheet lined with parchment paper. Refrigerate overnight.

Roll in cocoa powder or chopped nuts. Store the truffles in an airtight container in the refrigerator for up to a week.

## Chocolate Coconut Mousse

Looking for dessert in minutes? Keep a can of coconut milk in the refrigerator so it's ready to go when you feel like indulging in a decadent treat.

*Serves 2*

1 can full-fat coconut milk

3 tablespoons cocoa powder

1–2 teaspoons stevia (depending on how sweet you want it)

Optional: shredded coconut, almond butter, cinnamon

Chill the unopened can of coconut milk in the refrigerator for several hours or overnight.

Scoop out the solidified cream into a mixing bowl and beat vigorously with a whisk or electric mixer until softened (it shouldn't liquefy). Add the cocoa powder and stevia and continue to beat until the mousse is light and fluffy. Top with shredded coconut, a dollop of almond butter, or cinnamon, and serve.