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STARTING FRESH!



RECIPES FOR LIFE
by Jill Dahan

EGGS

Loaded with vitamins, minerals and protein, eggs are one of nature's most perfect foods. Relatively inexpensive, they can be prepared in a zillion ways.

Eggs, having all eight essential amino acids, are beneficial for cardiovascular and brain health. The choline found in egg yolks helps prevent the collection of cholesterol and fat in the liver. Choline also boosts the brain's memory power for 4-5 hours after eating.

Organic eggs are higher in omega-3s which are extremely beneficial in preventing heart disease. (Buy pasture-raised if you can.)



Breakfast on the Fly

[Serves 1]

- ½ tsp coconut oil or butter for greasing ramekin**
- 1 slice tomato**
- a few fresh baby spinach leaves**
- 1 large egg**
- 1 tbsp unsweetened almond or cows milk**
- 1 tbsp feta, cheddar, or goat cheese, crumbled**

Brush a little oil inside a small ramekin cup and then put tomato slice on the bottom. Microwave for 20 seconds. Add spinach, egg, milk, and sprinkle with cheese. Microwave for 30 seconds for soft yolk or a little longer for harder yolk.

Alternatively: Bake in the oven for 5 minutes with the tomato in the ramekin and then add the rest of the ingredients as above and bake 4-5 minutes for runny eggs or 6-7 minutes for harder yolks.

Spicy Avocado Samosas (or Just Plain Dip)

[Makes 1 cup dip]

- 2 large avocados, pitted and peeled
- juice of 1 lime
- 3 tbsp sundried tomatoes, chopped
- 3 tbsp red onion, chopped finely
- 1 tbsp extra virgin coconut oil
- 1 tbsp unsalted curry powder

FOR SAMOSAS
[Makes 12-15]

- 6 sheets filo pastry
- 2 tbsp extra virgin coconut oil, melted

Coarsely mash avocados with lime juice. Mix in tomatoes, and onion. Heat a tbsp of oil with curry powder about 2-3 minutes until fragrant, then add to the avocado mixture. Dip can be served with puppodums, lentil chips, or used as a filling in samosas or sushi rolls.

TO MAKE SAMOSAS: Divide filo into 3 stacks of two sheets each. Brush coconut oil between layers, where possible. Cut each stack into 4-5 short strips. Place a tbsp of avocado mixture at the top right hand corner of each strip and fold diagonally, enclosing the filling, to form a triangle. Continue folding, maintaining a triangular shape until you reach the end of the strip. Brush with oil and place seamside down on parchment paper. (These can be made ahead and frozen. Defrost before baking.)

Bake at 375°F (190°C) for 12-15 minutes until lightly browned and crisped. Serve warm or room temperature.





Tomato Tart

*Here's a simple way to showcase those summer tomatoes.
Plus, it can all be done ahead!*

[Serves 4-6]

½ tsp extra virgin coconut oil
6 tomatoes, sliced
1 red onion, peeled and cut into wedges
1 large sheet 14 oz (400g) puff pastry

¾ cup (6 oz) (175g) fresh basil pesto*
basil leaves to garnish

Heat oven to 350°F (180°C). Coat the inside of a roasting pan with coconut oil. Place tomato slices in the pan and bake for 30 minutes until slightly shrivelled. Remove and cool before transferring.

Meanwhile, place onions in a covered pan and cook on low for 7-10 minutes until softened and lightly browned. Set aside. Roll out pastry on a piece of baking parchment to ⅛ inch thick and place in the oven on the center rack at 350°F (180°C). Bake 15-18 minutes until lightly browned and crisp. Remove and spread pesto over the pastry. Fill with onions, and then a layer of roasted tomato slices. (This can be assembled several hours in advance and kept at room temperature.) When ready to serve, warm tart in the oven at 350°F (180°C) for 5 minutes, or serve at room temperature. Garnish with fresh basil leaves. Cut into squares to serve.

*See page 17.

Lemon Spaghetti with Asparagus & Basil

Only 20 minutes from cupboard to plate.

[Serves 4-6]

juice of 3 lemons
½ cup (4 fl oz) (115ml) extra virgin olive oil
1 ¼ cups (5 oz) (150g) parmesan cheese, grated finely
1 large garlic clove, crushed
1 box (8 oz) (225g) whole wheat or artichoke spaghetti
or fettucini
1 cup of basil leaves, torn
1 large bunch of asparagus, woody ends snapped off
fresh ground pepper

Combine lemon juice, olive oil and garlic in blender. Then add parmesan until thick and creamy. (For best taste, parmesan should be freshly grated.) Set aside.

Cook pasta in boiling salted water for 8-10 minutes or until al dente. Drain thoroughly and return to the pan. Add sauce and asparagus to the pasta, stir, cover, and let the pasta set for 5 minutes to absorb some of the sauce. Finally add basil and fresh ground pepper if desired.

NOTE: Great with shrimp or chicken, too.

Flipping Shrimp

[Serves 4]

- 20 thin slices pancetta (nitrate free)
or thin sliced bacon (optional)
- 1 lb (10-15 per lb) (450g) raw large shrimp, shelled and deveined
- 1 tbsp extra virgin coconut oil
- 2 medium garlic cloves, crushed
juice and finely grated rind of 1 lemon
- 1 tbsp fresh rosemary, chopped finely
- ½ cup (2 oz) (55g) crumbled blue, feta, or shaved parmesan
cheese

If using pancetta or bacon, wrap 1 slice or ½ a slice of thin bacon around each shrimp and set aside.

Heat oil in a large frying pan and then sauté shrimp for about 3 minutes per side until the pancetta is lightly browned and the shrimp are pink. Remove from the heat and add in the garlic, lemon, and rosemary.

Place shrimp on a platter and sprinkle with desired cheese. These can be served as appetizers or as a main dish, served on a bed of cooked quinoa.





Lemon Lavender Tarts

[Makes 6]

- 6 tbsp fresh lemon juice
- 2 large eggs
- 6 tbsp coconut sugar
- $\frac{3}{4}$ cup (6 fl oz) (175ml) unsweetened almond or coconut milk
- $\frac{1}{2}$ tsp vanilla bean paste
- 2½ tbsp melted extra virgin coconut oil
- 2 tbsp blanched almond flour*
- pinch of dried lavender

Blend lemon juice, eggs, sugar, milk, vanilla, oil and almond flour on high until thoroughly combined. Pour mixture into small (2-inch diameter) ramekins, filling about $\frac{3}{4}$ full. Sprinkle with a bit of dried lavender.

Place ramekins in a roasting pan. Carefully fill pan with boiling water until the water reaches half way up the ramekins. Bake at 350°F (180°C) for 18-20 minutes until just set. Serve at room temperature.

**To make your own almond flour, simply grind about $\frac{3}{4}$ cup of whole blanched almonds in a blender to make 1 cup almond flour. Excess almond flour can be stored in the freezer for future use.*



Jill Dahan is passionate about preparing, eating, and sharing foods that nourish the body and the soul. She packs maximum taste and nutrition into quick and easy recipes. She sees food as the best investment in our overall health and firmly believes the time is now to make changes and get cooking!

She has participated in the Harvard School of Public Health's conference, HEALTHY KITCHENS /HEALTHY LIVES. Currently, she teaches cooking at Earthfare supermarkets and works on behalf of many non profits to raise money, awareness, and life skills that support healthy minds and healthy bodies.

After spending 17 years in the UK, she lives in North Carolina with her husband and three sons. (www.jilldahan.com)



Jill has hit paydirt with *Starting Fresh!*, right at the intersection of “healthy” and “yummy.” Not only has Jill created dozens of delights for the taste buds, but her choices of foods, ingredients and combinations provide healthy morsels in every bite. Jill’s cooking comes from a place of love, and it shows. I wholeheartedly endorse *Starting Fresh!* and wish you well on your journey to better health!

—Mark Liponis, M.D.
Corporate Medical Director | Canyon Ranch
author of *UltraLongevity: The Seven-Step Program for a Younger, Healthier You*

Jill’s understanding of the truly transformative power of food and her passion for sharing her knowledge comes through loud and clear in *Starting Fresh!* Her cooking classes and recipes inspire those around her to step into small changes and embrace the deliciousness of whole foods eating.

—Jill Hillhouse, nutritionist and
author of *Easy Gourmet Baby Food*

Like tender green shoots that spring forth after a dreary winter, Jill Dahan’s *Starting Fresh!* is a welcome and wonderful arrival. It’s a charming book full of tempting recipes that are delightfully simple to prepare. Jill traveled the world to discover the most flavorful ingredients she could find, and the result is this collection – colorful, clever, and healthful – that offers something for every taste. Get ready to be inspired, and to have fun in your kitchen: *Starting Fresh!*

—Amy Rogers, author of *Hungry for Home: Stories of Food from Across the Carolinas*