EASY SUBSTITUTES

Shredded cabbage (as for cole slaw) can be used as a base for almost anything you would ordinarily put on rice or pasta, such as, spaghetti sauce, stir fry, soups, chili, etc. It has a very mild flavor that is covered up by the “main” part of the dish.

Spaghetti Squash. A “category 1 veggie.” This large, yellow, gourd-like vegetable is available in most grocery store produce sections. To make it the consistency of al dente pasta, cut in half lengthwise. Scoop out the seeds. Fill a large baking dish about 1/3” of water. Place the squash face down in the dish. Bake at 375 for 30 minutes, and then turn the squash face up. Bake for another 15 minutes. (Optional browning by broiling for the last 5 minutes.) Remove the strands of “spaghetti” from the shell of the squash with a fork or spoon. Enjoy as you would any spaghetti.

Cauliflower. A good substitute for potatoes in soups or casseroles. Cut in 1’ pieces and add last if possible to preserve more firm texture.

Julienne raw vegetables, such as zucchini, yellow squash and cucumber. Julienne device available where cooking implements are sold. Can be used like spaghetti.

FAST FOOD

Hummus or black bean dip with broccoli, snap peas, cucumbers, peppers, etc. A very fast snack or meal that sticks with you. Remember to watch portion size on hummus (1/4 cup).

JP’s FAST “LEGAL” COLE SLAW

Shredded cabbage-about 2 cups

Hummus- ¼ c

Lime- juice of whole lime

Salt to taste

(Optional meal-maker: add 3 oz. of chopped grilled chicken breast)

HIDDEN VEGGIES

You can get some extra veggies in by adding the shredded cabbage, or pureed roasted veggies to other sauces or soups, etc. Your family will never know the difference.

Add a handful of fresh spinach or collards to smoothies. Mild and refreshing!

Consider a green supplement with high ORAC (Oxygen radical absorbance capacity is a method of measuring antioxidant capacities in foods. The higher the better. The USDA recommends ORAC unit ingestion of 3,000-5,000 ORAC units daily.) For instance, Power Greens, a very high quality, gluten-free green supplement supplies at least twice the USDA recommendation. Can be added to your medical food drink, smoothies, etc.