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ANAND BHATT's

ROCK STAR RECIPES

CONGRATULATIONS

ON MAKING ONE OF YOUR BEST READING DECISIONS THIS YEAR!

Sincerely, the S.W.I. Publishing Staff.
ENJOY!

ANAND BHATT's

ROCK STAR RECIPES

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Dedicated to my Mom, Preeti Bhatt, who clearly has been having the time of her life working out new recipes, modifying my recipes, and helping me with food photoshoots since the day she found out this book was in the making.

Questions are welcome at
www.facebook.com/anandbhattrock

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INTRODUCTION

Everyone is always asking Anand Bhatt what he's eating, whether it be on the road, at home or in a restaurant. "What is the secret to your well being?" "What the $@&! are you eating now?" These are only some of the reactions and responses to Anand's eating choices.

Gone are the days of having Jack Daniels for breakfast. Today's rock star requires the ability to be healthy, stay awake and alert for days, the ability to sleep whenever (and sometimes on a bus or airplane), and all without the the use of drugs and medication. The careless lifestyles of David Lee Roth and Mick Jagger yield a liver damaged, fast-food cracked, out of shape rocker that can't handle the 24/7 lifestyle and demands of today's celebrity.

Anand Bhatt thankfully reveals to us in this book his recipes and food and shopping selections that not only keep him healthy, give him control over his body and mind, but also provide the hedonistic taste for pleasure that every rock star demands! And if it's good enough for a rock star, it definitely works for the rest of us!

- Andy Desai, Record Executive, S.W.I.

ANAND BHATT's

ROCK STAR RECIPES

"*The Dog and the Wolf*

A gaunt Wolf was almost dead with hunger when he happened to meet a House-dog who was passing by.

"Ah, Cousin," said the Dog. "I knew how it would be; your irregular life will soon be the ruin of you. Why do you not work steadily as I do, and get your food regularly given to you?"

"I would have no objection," said the Wolf, "if I could only get a place."

"I will easily arrange that for you," said the Dog; "come with me to my master and you shall share my work."

So the Wolf and the Dog went towards the town together. On the way there the Wolf noticed that the hair on a certain part of the Dog's neck was very much worn away, so he asked him how that

had come about.

“Oh, it is nothing,” said the Dog. “That is only the place where the collar is put on at night to keep me chained up; it chafes a bit, but one soon gets used to it.”

“Is that all?” said the Wolf. “Then good-bye to you, Master Dog.”

Better to starve free than be a fat slave.”
- Aesop

ROCK STAR LIFE

It's true that entertainers are subjected to a life defined as feast or famine. When we're first starting out it's quite literal and after success has hit, it rings true emotionally and physically. The ups and downs are part of the excitement of the fast-paced life, whether you're a rock star, a CEO, a parent, or a student. They are also the reasons why our physical and emotional health can be so important in order to not spiral out of control. A daily dose of of the drive-through just doesn't cut it for us no matter how "easy" the option looks. The foods that we accept as part of our daily lives without question only appear to give us freedom of choice through ease of consumption, but in reality they keep us on a short leash of health problems, body image and self-esteem problems, and sometimes indirect economic problems.

Rock stars, in pure alpha fashion, have an inability to handle authority. All though I often admire those that are comfortable being told what to do without flinching, I assure you that it's sometimes OK to bite the hand that feeds us in order to learn how to feed ourselves. We're

told what food should and shouldn't be defined as, and what is and what is not good for us. We are forced to accept these notions without consulting our own thoughts mostly in part due to our nagging feelings that our days are too busy in order to think about such things.

"I don't have time to read the labels on boxes when grocery shopping," a friend once said to me. He's at least 30 pounds overweight, has self-esteem issues, anxiety, insomnia and regularity problems, and sexual dysfunction. His pantry is full of items that which if he had read the labels he wouldn't feed to his cat. The truth is we DO have choices beyond what we see directly in front of us, an unlimited amount actually. Imagination and open-mindedness to what may initially seem unusual are the only traits required to prevent emotional and physical burnout.

People are always asking me what I'm going to eat today, as if it's some sort of exciting mystery. I suppose if I compare it to the every day meat+potatoes flavorless diet that is in front of us at every turn, then what I eat **is** quite wild. You'll see, however, after reading or skimming through this book that my recipes & choices aren't as

outrageous as they seem on the surface.

I'm sure most people when they think of "Rock Star Recipes," they think of the lot of us drinking Jack Daniels for breakfast and doing a couple of needles full of heroin for lunch. That may be how it used to be in the industry, but life requires more flexibility than the "party all night, sleep all day" axiom that prevailed with our musical forefathers. Don't get me wrong, I have plenty of nights where I come home late and am ready to crash until 2:PM the next afternoon. But, I've also got conference calls and publicity appearances in various different countries and timezones on the same day, not to mention interactions with my fans and friends on social networking platforms, as well as in person meet and greets.

Let's face it, our forefathers didn't have a flat technology-connected world propelling their careers. They physically went from city to city, country to country to meet fans and promote their endeavors, and that's it. All though David Lee Roth is filled with some great advice, part of me thinks he would have spiraled into a Bret Michaels style stroke and sleep deprivation psychosis in a matter of months if he were to be active in today's demanding lifestyle.

I know. I've lived the stereotypical rocker life too. Back in the 90s and early 2000s when we were just starting out as a band, a common breakfast for me would be a lot of smoke, 12 beers, and a fistful of Xenadrine. If it was a video shoot day, we would wrap up by nightfall and would party until we passed out - with me usually being the last one up, awake, and still going. Our food choices were ridiculous.

When Ryba and I were roommates and were writing and recording initial Anand Clique and A&A tracks, we were also college students at UIC (the University of Illinois at Chicago). I irresponsibly consumed a pound of ground beef every day, and my only vegetable was probably whatever was on a pizza. If it weren't for Zantac prescriptions (and some great David Lee Roth advice that would allow you to keep your immune system up even when sleeping on a bus) I'd be dead by now; and keep in mind that I'm neglecting to mention much of the body-taxing partying details on top of it all.

I remember a period where every night for an entire summer, during times when I wasn't out until dawn after my "day" job of playing bar

mitzvahs and weddings, I'd go to bed early and wait for Ryba to come home from his day job of loading trucks at UPS until 3:AM. He'd wake me up, we'd slam (or inhale) a bunch of stimulants, I'd pop a tab of something that even Jim Morrison would think twice about, and we'd head to North Avenue Beach and smoke a pack of cigarettes while sitting on a bench and laughing at the sunrise joggers. We did this every night.

These are happy memories mind you, because we had A LOT of fun. However, we also faced angry landlords and neighbors and very angry teachers and department heads. I also was put on prescription antacids, vomited on stage, had a hell of a time quitting smoking, had fluctuating weight issues and the whole myriad of problems that most every rocker knows too well.

Needless to say I rarely made it to class. How I graduated with honors and made it all the way through graduate school is a bit of a sign of the times. Life followed predicatable schedules back then. Even though my responsibilities consisted of touring, professoring classes at different schools throughout the day when in town, attending my own classes, and then rehearsals and gigs at night, there was somehow still time to

attempt to recoup from the damage done in order to get by (at least physically).

Forward to today. I may talk to U.S. press at 8:AM U.S.A. time but talk to Thai press at 2:AM U.S.A. time later that night. If I were a fat wheezing braindead idiot, there's no way I'd be able to handle those interviews and balance my dating and social life. At one point while climbing the ladder, I took a good look around at the burnt out sad shape my former idols and musical forefathers were in. They were a mess: affectively, bodily, and maturity-wise. So many great celebrities were unable to handle their own, albeit fortunate, lives. I had to get control over mine.

An important condition that grabs EVERY rocker, is adrenaline fatigue. Even if you're trying not to drink coffee and Red Bulls, the lifestyle of the career itself is that of a high impact exciting ride for a while, and then nothing for a bit. Adrenaline tolerance and burnout is inevitable, and one has to learn to roll with the situation not just emotionally but physically as well. Food and drink choices help immensely in helping regulate the natural and extreme ups and downs that life

throws at you.

So without further delay, let's dive into it. Part of me is writing this book in the hopes that my friends will read it and stop asking me insane questions as if I'm from another planet ☺, and another part of me truly believes that it is important that I share what I've learned and discovered. I understand that questions and opinions will exist, and I urge everyone to feel free to ask me anything and/or post comments at http://facebook.com/anandbhattrock . I'll try to read and answer as many as I can!

MORNINGS

"*The Hart in the Ox-Stall*

A Hart hotly pursued by the hounds fled for refuge into an ox-stall, and buried itself in a truss of hay, leaving nothing to be seen but the tips of his horns. Soon after the Hunters came up and asked if any one had seen the Hart. The stable boys, who had been resting after their dinner, looked round, but could see nothing, and the Hunters went away.

Shortly afterwards the master came in, and looking round, saw that something unusual had taken place. He pointed to the truss of hay and said: "What are those two curious things sticking out of the hay?" And when the stable boys came to look they discovered the Hart, and soon made an end of him.

He thus learnt that Nothing escapes the master's eye."

Mornings are something else for me. My body seems to be the type that has the most positive energy and mood as soon as I wake up. Unfortunately, this dissipates quickly as soon as I attempt to do anything other than sit with my thoughts or read a book.

THE MOST IMPORTANT part of my day is morning quiet time. Now I do understand and am well aware that I have the unusual luxury of being able to wake up at 9:AM and sit still either reading or meditating until Noon before I decide to do anything with the day, BUT rest assured, I too have days where I am to be somewhere by 8:AM. On those days I find it best to wake up 2 hours earlier and either sit still and think about the day or read for at least 30 minutes before starting in on the tasks ahead.

QUIET TIME! Without it, burnout will set in very quickly. Time and time again we all learn the hard way that we are not meant to jump out of bed in a frenzy and attempt to maintain that chaos without serious emotional and physical damage. If you have kids, I recommend you hide from them! Seriously, you know when they get up. Perhaps try getting up earlier, even at the expense of your sleep, and hide in the bathroom

if you have to. Not that I'm telling you what to do or giving out advice ;), just my opinion. Research shows that regular quiet time can help people focus, make good decisions, and perpare invididuals to succeed in the most demanding tasks. One study by scientists at the University of North Carolina at Charlotte discovered that students were able to significantly improve their performance on several tests after spending only twenty minutes a day for just four days (Zeidan, 2010).

So hide out and get some quiet time EVERY morning and you will be impressed at what you can accomplish effortlessly throughout the day.

My favorite QUIET TIME beverage? My morning cup of Tea!

TEA RECIPES

We've got Black, Green, White, and Herbal. There are times, however, when we have to forbid ourselves from having caffeine, on those days a good Rooibos or Ginger Tea can provide an excellent start for the day.

BLACK TEA RECIPES:

I'm not usually a fan of Assam black teas. Often this type of tea has the malty consistency of Guiness to me, and I gave up drinking Guiness for breakfast a long time ago. Unfortunately most, if not every, black tea we get in the states is of the Assam variety. Most blended teas are OK, but usually not as strong. Some examples of brands that are blends are Lipton, Tetley, Red Label & WaghBakri. Lipton sells a Darjeeling, but it's a bit pricey. Darjeeling is thinner and has a more fruity taste. I'm very particular to Nilgiri tea, the kind that grows in south indian mountains, but it's hard to get. I have to have someone in South India mail me a special package when I really want some.

For most people, however, Assam tea is great and often a preferred choice. I suggest trying out a variety of different types and making a personal decision on what you like.

NOW, here's the deal and the catch: I use LOOSE tea. I try to stay away from teabags unless I'm in a sad hurry, or there is nothing else available. I'm also going to explain the preparation of boiling tea that I learned from my Father (with my own additions of course). **Notice I said BOIL, not steep.**

Also, unless you're in the middle of nowhere and cannot get access to ethnic grocers, I wouldn't bother with teas from fancy stores. Their tea appears to often be TWELVE times the price and not as good. It sometimes appears to me that tea shops pull scams against non-Asians. A premium, really good, tea should cost less per pound than coffee. That's right!! So feel free to march into your nearest Indian store and grab or ask them for some WaghBakri brand tea. If they don't have that, pick up some Red Label. You'll have an orgasm when you taste these and realize how so many people have been scammed out of their money by buying in places where Asians don't shop.

BTW: A little non sequiter, avoid saying the phrase "Chai Tea" in front of anyone Indian. It puts a big sign above your head that says "IGNORANT – please sell me a bridge!"

***Chai means tea**. "Chai Tea" is redundant, and it doesn't make any sense whatsoever to ask for some "tea tea." If I owned a store and someone came in using the phrase "Chai Tea," I'd probably get away with selling him/her my oldest & crappiest bag for a hundred dollars an ounce more than it's worth because she/ he just revealed to me that they won't know the difference (and may even subsequently thank me about it later like a fool).*

OK, back to the Black Tea Recipes:

PLAIN, how my Dad drinks it:

Traditionally we should be making tea by boiling a pot of water, and measuring out the tea, adding milk, and some more time consuming instructions ad nauseum. If you have time to do all of that, than you probably shouldn't be complaining about giving yourself 3 hours of quiet time every morning. In this day and age, it's best not to be

afraid of our microwaves.

When microwaving, we want to make sure our tea is boiling. The trick to really good tea when done traditionally is to bring the ingredients (including the tea and other liquids) to a BOIL, and letting it boil for as long as you can before it spills over.

PLAIN BLACK TEA:

- 1 Very Large Pyrex/glass measuring cup
- 1 TBSP of tea (preferably precut in granules)
- ½ CUP of water
- ½ CUP of skim milk (or soy, or almond, etc.)
- 1 strainer
- 1 mug

Mix tea, water, and milk into the Pyrex and microwave for at least 3 minutes (you want it to boil but not overflow, you may have to do 4 or 5 minutes). Carefully remove from the microwave, stir a bit, then strain into your mug. ENJOY!

With all of these tea recipes, you can add sweetener to taste, there's nothing wrong with that. All though, if I catch you doing it I'll probably call you nasty. But, to each his own.
If you've never had tea made this way before, then you're welcome ☺. Aside from the fantastic flavor, each sip will safely raise your glutamate, serotonin, and adrenaline levels in an intense, smooth, and seemingly magical way.

MASALA BLACK

You can buy Tea Masala (spices) at the Indian store where you bought your tea, but you can also make your own by throwing in random amounts of raw spice ingredients. The core ingredients of a good Masala are cardamom, nutmeg, ginger, black pepper, white pepper, and cinnamon.

I have an Aunt who jokes that her tea looks like vegetable soup, but you know what? It's FANTASTIC. This same aunt however instructs that you should add a pinch of masala powder to each pot of tea. I add a full teaspoon. A pinch of anything is not going to satisfy the all-or-nothing rocker.

MASALA BLACK TEA:

- 1 Very Large Pyrex/Glass Measuring Cup
- 1 TBSP of Tea (preferably precut in granules)
- ½ CUP of water
- ½ CUP of skim milk (or soy, or almond, etc.)
- 1 TSP. of Masala (spices)
- 1 strainer
- 1 mug

Mix tea, water, spices, and milk into the Pyrex and microwave for at least 3 minutes (remember you want it to boil but not overflow, you may have to do 4 or 5 minutes).

Carefully remove from the microwave, stir a bit, then strain into your mug. ENJOY!

SIMPLE GINGER BLACK SPICE

My favorite morning kick! Now, I don't use ginger powder too often. Here's a trick I learned form an uncle of mine in Jersey: Buy a whole lot of ginger root from the store, cut it into 1 to 2-inch

pieces and freeze it. You can grate them by hand, but I drop the frozen chunks into a blender and pulverize them into a cold powder. Then I store that frozen powder in the freezer. Now, every morning you can just chip away at that powder a bit and grab an easy spoon full of "ginger dust" to add to anything you want.

YOU'LL NEED:

- 1 Very Large Pyrex/glass measuring cup
- 1 TBSP of tea (preferably precut in granules)
- ½ CUP of water
- ½ CUP of skim milk (or soy, or almond, etc.)
- A LOT of ginger (to taste, but a lot)
- ¼ TSP. of cayenne pepper
- 1 strainer
- 1 mug

Mix tea, water, ginger, pepper, and milk into the Pyrex and microwave for at least 3 minutes (you want it to boil, you may have to do 4 or 5 minutes). Carefully remove from the microwave, stir a bit, then strain into your mug. ENJOY!

Now that's a good tea!!!!

GREEN & WHITE TEAS

In this section, note that I will be providing Green tea recipes, but green tea can be substituted for white tea at any point to make White Tea recipes. Hope that makes sense. Green teas are pretty much only available in full leaf or powder form. My favorite is Gyokuro, but it has a harsh come down/crash. A good Sencha is just fine. Matcha is even better. Matcha is available in a powdered form that tastes fantastic.

The first time I got hooked on a really strong Matcha was in Tokyo. A really hot local girl decided to take me out on a date and show me around town (funny how many stories start out this way isn't it?) and one of the our stops that she planned was a tea tasting. I remember it was raining, as it so often does in Tokyo during summer, and we dropped our umbrella into the little canister in the front of the tea shop as we walked in.

Some words were exchanged in japanese with the shopkeep and we were both escorted upstairs to a pretty oldschool looking, all wood room. It sort of resembled a dance studio crossed with an attic, to give you a feel of the

atmosphere. An older lady came out from behind a curtain and began to demonstrate the ‘proper’ way to mix up a cup of Matcha.

Next to her was a pile of powdered tea and a very large pot of steaming water with a ladel in it. She put some of the deeply colored green powder into a bowl, ladeled in two servings of hot water, and reached for a tiny wooden brush and literally began scrubbing the Matcha powder and water in the bowl with quick circular motions until the drink resembled a thick, deep green paint. Once she was done it was our turn, and we practiced cup by cup until we got it right.

That Matcha was the strongest and most spectacular green tea experience I’ve ever had and I’ve been chasing the green tea dragon ever since. Each sip put out some sort of caffeine and antioxidant body buzz and really got the blood flowing.

Ladies, if you want get a guy aroused then taking him out to get high on lots of green tea is absolutely the way to go. Works on me every time ;).

PLAIN GREEN TEA

Now, I put milk in just about every tea I drink. “Flat White” the style is called. Some don’t like milk in their green tea, you’ll want to take your tastes into consideration.

Green & White tea should be steeped versus the boil method previously described for black tea. Another hot girl in Tokyo (seriously, the city is filled with them) taught me that you want to bring your water to just shy of the point of boiling, and then throw in your tea. Also, unlike at many Chinese Dim Sum restaurants, you’re probably not going to want to steep the tea for longer than 1 min. You can remove the leaves and resuse them once.

Ryba and I have a different approach. We like green tea when we’re writing and recording A&A albums, and we like it <u>really</u> bitter and strong!!!! Therefore, we let it steep. The longer it steeps the more bitter it gets, the stronger it gets, & the better it gets (traditional japanese tea connoisseurs are throwing up and shaking at the thought of this right now).

PLAIN GREEN TEA (leaves)

You'll need:

- A FISTFUL of tea leaves
- A POT of water

The above measurements are relative of course ;). Heat the water to boil or near boil, throw in your tea leaves. Strain at the time interval deemed by your taste.

PLAIN GREEN TEA (powdered)

- 2 TSP. of powdered green tea (preferably Matcha)
- ½ CUP of water
- ½ CUP of milk
- 2 mugs

In the first mug, throw in the powdered tea. In the secong mug, microwave the water. Slowly add the hot water to the tea in the other mug while vigorously stirring the tea as the water comes in (preferably with a fork or a wooden tea brush). The more stirring you do, the more flavor will emerge. The tea "brush" is best for this job, but let's face it, most of us have spoons

and forks. Beat that tea like an egg, then add the milk. Feel free to steam the milk before you add it to get a hot Matcha Latte. ENJOY!

MASALA GREEN TEA

- 1 Pot
- 1 TBSP of Tea (powdered OR a Fistful of leaves)
- ½ CUP of water
- ½ CUP of skim milk (or soy, or almond, etc.)
- 1 TSP. of Masala (spices)
- 1 strainer
- 2 mug

Boil/Near Boil water in the pot, add tea and spices. Steep to taste, then strain into mug. Add milk.

Now that's a good tea!!!!

HERBAL TEAS

ROOIBOS:

Rooibos, or African Red Bush, is actually a member of the legume family. The plant has broom-like leaves.

According to Wikipedia, “Rooibos is becoming more popular in Western countries particularly among health-conscious consumers, due to its high level of antioxidants such as aspalathin and nothofagin, its lack of caffeine, and its low tannin levels compared to fully oxidized black tea or unoxidized green tea leaves. Rooibos also contains a number of phenolic compounds, including flavanols, flavones, flavanones, and dihydrochalcones.

Rooibos is purported to assist with nervous tension, allergies and digestive problems.

Traditional medicinal uses of rooibos in South Africa include alleviating infantile colic, allergies, asthma and dermatological problems.”

Rooibos tea is OK as a tea bag. There’s nothing

wrong with following the instructions on the box. I like to add vanilla bean (and milk of course) to my red tea.

“In South Africa it is common to drink rooibos tea without milk, but instead with a slice of lemon and sugar or honey to sweeten. The flavour of rooibos tea is often described as being naturally sweet (without sugar added) and slightly nutty. Rooibos can be prepared in the same manner as black tea, and this is the most common method.

Several coffee shops in South Africa have recently begun to sell “red espresso”, which is concentrated rooibos served and presented in the style of ordinary espresso. This has given rise to rooibos-based variations of coffee drinks such as red lattes and red cappuccinos. Iced tea made from rooibos has recently been introduced in South Africa, Australia, and in the United States.” (wikipedia.org).

GINGER TEA:

I drink this tea for the amazing taste, but it actually has health benefits of easing the stomach and aiding digestion, reducing pain, and relaxing the body while being a stimulating thermogenic at the same time.

For a good ginger tea you can grate fresh, but I get the best results by using the frozen ginger powder which is prepared in advance as instructed in one of the previous sections.

Ginger has seriously scored itself as one my favorite items in the kitchen.

YOU'LL NEED:

- 1 Very Large Pyrex/glass measuring cup
- 1 TSP of black pepper
- ½ CUP of water
- ½ CUP of skim milk (or soy, or almond, etc.)
- A LOT of ginger (to taste, but a lot)
- ¼ TSP. of cayenne pepper
- 1 strainer
- 1 mug

Mix tea, water, ginger, pepper, and milk into

the Pyrex and microwave for at least 3 minutes (you want it to boil, you may have to do 4 or 5 minutes).

Carefully remove from the microwave, stir a bit, then strain into your mug. ENJOY!

In fact, I'm going to take a break and make myself a cup of this right now! I'll see you next chapter.

FOOD

"*The Belly and the Members*

One fine day it occurred to the Members of the Body that they were doing all the work and the Belly was having all the food. So they held a meeting, and after a long discussion, decided to strike work till the Belly consented to take its proper share of the work.

So for a day or two, the Hands refused to take the food, the Mouth refused to receive it, and the Teeth had no work to do. But after a day or two the Members began to find that they themselves were not in a very active condition: the Hands could hardly move, and the Mouth was all parched and dry, while the Legs were unable to support the rest.

So thus they found that even the Belly in its dull quiet way was doing necessary work for the Body, and that all must work together or the Body will go to pieces."

OKAY! Let's bring on the meals! Here's how the meal sections of this book work. You'll soon notice that there are too many ways to taxonomize these recipes into understandable categories. The best way to go about the rest of this book is to either

1) Try a new recipe, in order, for every meal

2) or Read through the book in its entirety, and randomly choose a recipe to make for each meal.

Eventually you'll figure out which are your favorites, will master them, and have an easier time indulging your moods and tastes. In some recipes I'll be very detailed in explaining what cooking utensils you'll need and describing some methods.

It's assumed that the more you cook the more experienced you'll get, so as we go on I won't insult your intelligence by reminding us that we need a bowl or a pan etc. ☺. Most of the recipes are super simple, some get a bit more complicated. Don't worry, If I can make them then anyone can. If you're able to, blast some music LOUD while cooking. Trust me, it's good

for you ;). Remember to keep that adrenaline pumping like a rock star, and HAVE FUN!

CAULIFLOWER-CRUST PIZZA

YOU'LL NEED:

- 1 standard size bag of Steamable Microwave Cauliflower
- 1 Egg
- 1 Bottle of Organic Spaghetti Sauce (check the label, make sure it's not made with corn syrup, sugar, or anything nasty)
- 1 TSP of oregano
- ½ CUP of chopped basil (or a TBSP of dried)
- ½ TSP of salt
- ½ Bag of Fat Free Shredded Mozzarella
- 1 large bowl
- 1 Pie Tin lightly greased with olive oil
- Blender

Preheat your oven to 450 degress F

Follow the instructions on the cauliflower bag and steam them. When done, let cool enough for you

to be able to handle it and empty the bag into the blender. Then, grind up the cauliflower until it looks all chopped up and somewhat like rice. Transfer to a large bowl.

Crack the egg into it with a cup of fat free mozzarella (two fistfuls for us guys). Mix it up with your hands, press into a pie tin, and bake at 450 for about 15 min.

Meanwhile, mix the sauce and spices in a separate bowl.

Pull the pie tin out of the oven & spoon over the sauce. Then, top with more cheese and any toppings you like (I use spinach, yellow, red & green peppers, and onions).

Broil it until it's brown and "pizza looking."

ENJOY!

This recipe satisfies the hardest pizza craving, and is a great way to get a filling meal that's about 600 calories for the whole thing!

Additionally, if you have access to an Indian or Mexican store you can get soy crumbles that you

soak before cooking that make a great ground sausage substitute as a topping.

Now if you enjoy this dish, wait until you try the pizza crust in the next section! The key ingredient is FLAX MEAL, and the next few recipes are:

Extremely Low Carb, High Omega-3, High Fiber, and HIGH Vitamin A Recipes

SUPERSTAR PIZZA CRUST!

INGREDIENTS:

- 1 and 1/2 CUPS of flax seed meal
- 2 TSPs baking powder (adds a trivial amount of carbs)
- 1 TSP salt (I use celery salt)
- 1 TSP oregano
- 1/5 TSP of Stevia
- 3 TBSPs of RED PALM OIL

- 3 eggs
- 1/2 CUP water

Preheat oven to 425 F.

1. Mix dry ingredients together.

2. Add wet ingredients, and mix very well.

3. Let sit for about 5 minutes to thicken.

4. Spread on pan (I actually use a pie tin, because I'm from Chicago - but it probably gets more crispy in a pan).

5. Bake for 18-20 minutes until cooked through, The longer you cook the crispier it gets.

6. add toppings and cook until they are done (Usually another 5-12 minutes depending on how much you've piled on).

The whole pizza barely has a carb, a TON of fiber and Omega-3's. And the Palm Stearin (Red Palm Oil) adds a great deal of vitamin A as well as flavor.

BUTTERMILK BISCUITS!!!!

Seriously! They're awesome:

Ingredients

- 2 CUPs milled flax seeds (flax meal)
- 2 TSPs baking powder
- 1 TSP celery salt
- 1/5 TSP of stevia
- 1/5 TSP baking soda
- 2 TBSPs of RED PALM OIL
- 3/4 CUP buttermilk

Preheat oven to 425 degrees F.

1. in large bowl, combine dry ingredients. Mix well.

2. add in Red Palm Oil until mixture is crumbly

3. add buttermilk, stirring until mixture forms a soft "dough"

4. Mix dough with hands a bit.

5. Take globs of dough and roll each glob with hands into a little ball

6. Flatten balls into flat tiny flat “pre-biscuits”

7. grease baking sheet with smart balance OR butter (or more palm oil if you can swing it).

8. place flattened “pre-biscuits” 1-inch apart on the baking sheet

9. bake at 425 degrees F for 12 to 15 minutes or until golden brown

10. serve warm

CUPCAKES!!!!!!!!!!!!

INGREDIENTS:

- 1 and 1/2 CUP flax seed meal
- 2 TSPs baking powder (adds a trivial amount of carbs)
- a pinch or two of salt (I use celery salt)
- 1.5 TSPs ground ginger/ginger powder
- 1.5 to 2 TSP of Stevia (taste to make sure it's sweet enough for you, if not add a little more to taste)
- 3 TBSPs of RED PALM OIL
- 3 eggs
- 1/2 CUP of milk
- Cupcake paper cups

FROSTING

- 3 TBSP of Peanut Butter (Skippy Natural works best - any other natural brand may not work)
- 1.25 CUPs of Milk

Preheat oven to 425 F.

1. Mix dry ingredients together.

2. Add wet ingredients, and mix very well.

3. Let sit for about 5 minutes to thicken.

4. Lay cupcake paper cups into muffin tin

5. Spoon mixture into cups (About 1/2 to 2/3 full each - mixture will rise when baked)

6. Bake for 12 minutes, set aside to cool a bit

7. In separate bowl whip peanut butter by hand

8. Slowly add milk to peanut butter until frosting is desired thickness (you may need to add more milk if it's too thick for you)

9. Spread frosting on cupcakes and EAT

GINGER COOKIES!

INGREDIENTS:

- 1 and 1/2 CUPs flax seed meal
- 2 TSPs baking powder (adds a trivial amount of carbs)
- a pinch or two of salt (I use celery salt)
- 1.5 TSPs ground ginger/ginger powder
- 1.5 to 2 TSP of stevia (tast to make sure it's sweet enough for you, if not add a little more to taste)
- 3 TBSPs of RED PALM OIL
- 3 eggs
- 1/2 CUP milk

Preheat oven to 425.

1. in large bowl, combine dry ingredients. Mix well.

2. Add wet ingredients, and mix very well.

3. Let sit for about 5 minutes to thicken.

4. Mix dough with hands a bit.

5. Take globs of dough and roll each glob with

hands into a little ball

6. Flatten balls into flat tiny flat “pre-cookies”

7. grease baking sheet with smart balance OR butter (or more palm oil if you can afford it).

8. place flattened “pre-cookies” 1-inch apart on the baking sheet

9. bake at 425 degrees F for 12 to 15 minutes or more if you like your cookies crispy.

ENJOY!

HEALTHY “FLAX-FRIED” CHICKEN

(single serving)

Now, here is another healthy flax-based recipe that stems from Anand Clique guitarist Ryba’s “shake&bake” idea. I’m not a chicken eater, but I experimented with it anyway and finally got it to work!

YOU’LL NEED:

- ½ bottle of Anand Bhatt Signature Hot Sauce ☺
- 1 chicken breast
- 1 CUP of flax meal
- 2 Celigne (Mozzarella Balls)
- 2 cloves of peeled garlic
- 2 TBSP ground basil (dried)
- 1 bowl
- 1 shallow bowl
- 1 lightly greased baking sheet (or foil)

preheat oven to 375 degrees F.

Pour a bunch of the hot sauce in the bowl, and soak/marinate chicken breast in it for a few

minutes.
In the shallow bowl, lay out the flax seed meal.

Roll the chicken around in the hot sauce until it's thoroughly coated, then quickly roll into flax seed meal for even coating/breading, and then place on baking sheet (or foil).

Take the two mozzarella balls (celigine) and arrange on top of the newly "breaded" chicken breast.

Ram a whole clove of garlic into each mozzarella ball, then shake basil over the whole thing.

Bake in the oven for 45 minutes.

Remove, plate, and enjoy with a good sparkling mineral water (my drink of choice).

You'll thank the Gods for this recipe – virtually ZERO net carbs (except whatever's in the garlic cloves and hot sauce), approx. 23-30g protein, and hardly any saturated fat. AWESOME!

THE TRUTH ABOUT PALM & COCONUT OIL:

I'm sure some of you read these recipes and were surprised to see Red Palm Oil as a key ingredient. Despite what the propaganda would have you believe, an educated look at these oils will reveal that they are quite good for us. Not all saturated fats are bad! The fats in palm and coconut oil are what's called medium-chain (based on the number of carbon atoms). Long-chain fatty acids have more difficulty being absorbed into the body, but short and medium chain ones are available immediately to the body. What this means is the chances are slim that the fats in these oils will be stored in the body.

Palm & coconut oil also have a long shelf life; it takes much longer for them to go rancid (which is bad, very bad). Flax oil at room temperature can go bad as quickly as fifteen minutes! Palm and coconut oil can safely last up to five years, all though I don't recommend waiting that long to use them. The shelf lives are achieved without the need for hydrogenation.

Red Palm Oil is also high in antioxidants and beta-carotene as well as Vitamin E (mixed tocopherols and tocotrienols). And lets not forget palm oil's phytosterol content which

prevents cholestorol absorption. Also, palm oil's resistance to oxidation makes it better than olive oil for cooking (all though you may not want to make the switch for flavor reasons in many recipes). IN OTHER WORDS, don't believe everything you hear about what is and what's not good for you without prior investigation!

Omega Nutrition answers the question "So how did coconut (AND PALM) oil become the despised artery-clogging nemesis?

Credit the American Soybean Association (ASA) and its friends. In 1986, the ASA sent a "Fat Fighter Kit" to soybean farmers enjoining them to write government officials, food companies, etc., protesting the encroachment of "highly saturated tropical fats like palm and coconut oils...not only stealing U.S. soybean oil markets, but...a threat to consumer health." CSPI joined the anti-tropical oil campaign that same year, issuing news releases referring to palm, coconut, and palm kernel oils as "rich in artery-clogging fat."

In October 1988, Nebraska millionaire Phil Sokolof, a recovered heart attack patient and president of the National Heart Savers Association, began running full-page newspaper advertisements accusing food companies of

“poisoning America” by using tropical oils with high levels of saturated fat.

Major food companies, sensitive to consumer fear, reformulated hundreds of products, replacing tropical oils with partially hydrogenated oils.” (omeganutrition.com). Trust me, we want to stay away from partially hydrogenated anything.

TOFU TOFU TOFU!

"*The Donkey's Thistle*

A donkey was loaded with good provisions of several sorts, which, in time of harvest, he was carrying into the field for his master and the reapers to dine upon. By the way he met with a fine large Thistle, and, being very hungry, began to mumble it; and while he was doing so he entered into this reflection:

"How many greedy epicures would think themselves happy, amidst such a variety of delicate viands as I now carry! But to me this bitter, prickly Thistle is more savory and relishing than the most exquisite and sumptuous banquet. Let others choose what they may for food, but give me, above everything, a fine juicy thistle like this and I will be content."

Every one to his taste: what is rejected by one person may be valued very highly by another."

I love tofu. I remember the first time I got to try fresh tofu. I was on the road somewhere in Asia. It was warm and the server dished it out with an ice cream scoop. The tofu had a totally different, much softer and less gelatinous consistency than the kind we get in America.

I made it my mission when I returned home to find ways to turn our store bought tofu into some of my favorite meals. This section is loads of fun, and even if you weren't a tofu fan before I'm willing to gamble that you will be after trying these recipes.

TOFU FRIES

- 1 Package of Extra Firm Tofu
- 2 TBSP of Canola Oil
- 1 TBSP of Steak Seasoning Mix
- 1 TSP of Garlic Powder
- 1 TSP of Red Chili Powder

- 1 Hand Towel
- A Pan to fry in

Drain the Tofu and wrap it in the towel for one to two hours (it's always a good idea to prep your

tofu like this the night before if you know you're making a dish that uses it the next day).

Slice the Tofu into thin sticks (approx. ¼ inch thick).

Heat 1 TBSP of Oil in the pan on high heat, add the tofu sticks a few at a time. Sprinkle the dry ingredients on each stick as they are cooking.

Brown, flip, brown, and flip while tossing in more spices. Add more oil as needed.

When browned on both sides, they're done.

Remove the completed sticks to a paper towel.

Serve hot with Anand Bhatt Signature Mango Hot Sauce ☺.

MOM'S TOFU & COTTAGE CHEESE KABOBS

- 1 Package of Extra Firm Tofu
- 3 TBSP Fat Free Cottage Cheese
- 2 TBSP Chick Pea Flour (Gram Flour)
- 1 TSP Garlic Powder
- 1 CUP of Fresh Chopped Cilantro Leaves
- ½ Coarsely Ground Roasted Salted Peanuts
- ¼ TSP Red Chili Powder
- ½ TSP Coriander Powder
- ½ TSP Cumin Seeds
- ½ TSP Dried Mango Powder (Amchur)
- ½ TSP Dried Ginger
- ¼ TSP Ground Black Pepper
- Some Canola Oil

- 1 Small Hand Towel
- 1 Deep Saute Pan
- 1 Large Bowl

Drain tofu, then wrap it in a towel for 1 to 2 hours. In the bowl, mash the now drained tofu using your hands.

Mix in all other ingredients (except the oil).

Form into small patties that are 1 to 2 inches in diameter (it'll yield about 15 to 20 kababs).

Preheat the pan and spread some of the oil, when the oil appears hot then place patties in the pan browning on both sides and adding more oil as needed.

Remove from pan and serve Hot! They taste fantastic plain, but a good condiment to go with these are a mint chutney.

TOFU BURRITO

- 1 16oz. Package of Firm Tofu
- 2 CUPS Fresh Garlic (chopped)
- 1 TBSP of Fresh Ginger Root (grated)
- 1 TBSP Anand Bhatt Signature Salsa ☺
- ¼ TSP of Organic Taco Seasoning Mix
- ½ CUP Chopped Cilantro
- 5 Low-Carb Tortillas
- 1 CUP Fat Free Mozzarella Cheese (Shredded)

- 1 TBSP Canola Oil
- 1 Hand Towel
- 1 Pan
- 1 Mixing Bowl

Drain Tofu using our Towel Method (drain and wrap in a towel for 1 to 2 hours).

In the bowl, mash the tofu using your hands. Meanwhile, heat the pan on medium heat and add the oil.

Saute the ginger & garlic, then add tofu, salsa, and taco seasoning. Move around and cook in the pan for five minutes.

Remove from heat, add the cilantro.

In a separate plate, lay tortilla flat and add approximately a fifth of the tofu filling mixture to the center.

Sprinkle on cheese. Fold sides towards the middle and roll tight!

Makes 5 of these bad boys. Good enough to feed a small group (i.e. it'll keep Wolfie Van Halen busy for about an hour or feed Steven Tyler for a week).

TOFU SALAD

- 1 package of firm or extra firm tofu (drained and dried)
- 2 medium sized tomatoes (diced)
- 1 CUP chopped cilantro
- 1 TSP of olive oil
- 1 TSP of lime juice
- Salt to taste
- Pepper to taste
- 1 chopped jalapeno pepper

Drain and dry the tofu using the towel method previously mentioned.

Cube the tofu.

Mix it along with all other ingredients in a bowl, toss, and serve cold.

TOFU TAMARINDO

- 1/3 CUP peanut oil
- 1/4 CUP tamarind paste
- 1 TSP onion powder
- ½ TSP garlic powder
- 1 Package of Extra Firm Tofu, cut into eight 2 inch long and ½ inch thick strips, drained and dried using the Towel Method.

Sauce Ingredients:

- 1 medium onion
- 4-5 garlic cloves, peeled
- 1/3 CUP peanut oil
- 3 CUPs tomato sauce
- Pinch of Stevia
- ½ CUP Dijon mustard
- 1 TBSP chopped fresh parsley
- 1 TSP sea salt
- 1 TSP fresh ginger (ground/pulverized)
- ¼ TSP crushed red pepper
- ½ CUP lemon juice
- 2 TBSP of Soy Sauce (low sodium)

Mix first 4 ingredients (oil, paste, onion & garlic

powder) in a bowl until smooth.

Place tofu strips in a glass or corningware bowl then cover with the marinade mixture you just made for at least 1 hour, stirring strips occasionally.

Sauce It!:

In a microwave safe bowl, heat the onions and garlic in the oil until for about 4 minuteson High. Add the remaining ingredients, except the lemon juice and soy sauce.

Cover and heat for an additional 3 minutes. Stir in the lemon juice and soy sauce.

Fire up your grill (or a pan) to medium heat.

Lightly brush grill grates or pan with peanut oil and place the tofu strips on. Turning once, remove tofu strips from grill when light to dark grill marks show (or if using a pan when it appears cooked).

Place on a microwave safe plate and pour sauce over strips. Cover and microwave for an additional 2 minutes. ENJOY!

TOFU BREAKFAST BURRITO

- 2 low-carb tortillas
- ¼ CUP Anand Bhatt Signature Salsa ☺
- 2 eggs
- ¼ lb firm tofu
- 1/4 CUP feta cheese
- 1/4 CUP fat free mozzarella (shredded)
- 1/2 TSP dried basil
- 1/4 TSP salt
- 1/4 TSP oregano
- Pepper to taste

Beat eggs and tofu together until tofu becomes small pieces. Cook up the mixture in a lightly greased pan (or in a covered bowl in the microwave if you're in a hotel room). Add oregano, basil, salt and pepper.

Heat tortillas over open flame or in a pan. Place egg and tofu mixture into tortillas then add feta.

Roll up and top with mozzarella.

Microwave about 30 seconds, or until cheese is melted. Top with salsa. Serves two, and is a great way to wake up last night's date!

TOFU PASTA WITH ESCARGOT

Okay, this is far from a quick recipe but it's fun.

- 1 Package of Tofu Shirataki Noodles
- 1 lb Escargot (de-shelled)
- 1 can Tomato Sauce
- ½ Bottle of Anand Bhatt Signature Hot Sauce ☺
- Pinch of salt
- 1 TBSP Thyme
- 1 Jalapeno Pepper

Preparation:
Boil the snails for about 45 minutes. Toss in the Shirataki and add salt, thyme and the the chopped jalapeno.

Remove from heat and let sit for 15 minutes.

Drain. Add tomato sauce and a generous dashing of Anand Bhatt Signature Hot Sauce ☺. Toss and serve.

You can garnish with more thyme.

Serves two.

BAD ASS TOFU EGGS

- ½ Package of Extra Firm Tofu (Drained)
- 2 eggs
- 3 tomatoes
- 2 cloves of garlic, peeled & crushed
- Pinch of Salt and Pepper
- 1 TSP of Cumin powder
- ½ TSP of Saffron
- 1 TSP of Olive Oil
- 2 TBSP of Water

In a bowl, mix the tofu, oil, salt, saffron, crushed garlic, cumin and pepper.

Add water and microwave for 3 minutes on high. While microwaving, beat the eggs.

Pour over the tofu mic and microwave for an additional 3 minutes (or more, whatever it takes to cook the eggs).

Try serving with yogurt. It's awesome!

LOW-CARB, HIGH FIBER, HIGH OMEGA-3 CUPCAKES!

TOFU SALAD

Adrenaline Fatigue

MORNING QUIET TIME

ASIAN BROCCOLI SLAW

SANTO DOMINGO
Vegetarian Restaurant

MOM & AUNT
COOKING UP
OUR FAVORITES

MOM'S TOFU &
COTTAGE CHEESE
KABOBS

TANDOORI
TILAPIA

BITTER
GOURD

FRESH LIME SODA

SEAFOOD & VEGGIE POWER

"*The Mouse and the Weasel*

A little starving Mouse had made his way with some difficulty into a basket of corn, where, finding the entertainment so good, he stuffed and crammed himself to such an extent, that when it was time to go out again he found the hole was too small to allow his puffed-up body to pass.

As he sat at the hole groaning over his fate, a Weasel, who was brought to the spot by his cries, thus addressed him:

"Stop there, my friend, and fast until you are thin; for you will never come out until you reduce yourself to the same condition as when you entered."

MOM'S ULTRA-HEALTHY TUNA FISH SALAD

YOU'LL NEED:

- 1 6oz. Can of Water-Packed WHITE Tuna Fish (drained)
- 1 CUP Plain Fat-Free Yogurt
- ½ CUP Vidalia Onions (finely chopped)
- 1 ½ CUPS Chopped Tomatoes
- 1/3 CUP Fresh Cilantro (chopped)
- 1 CUP Green Onions (shafts & bulbs both, chopped)
- 1 TBSP Chopped Green Chili Peppers
- 1 TSP Table Salt
- 1 TSP Ground Black Pepper
- 1 TSP Garlic Powder
- 1 TSP Roasted & Coarsely Ground Cumin Seeds
- 1 Large Bowl

In the bowl, combine all ingredients and mix thoroughly. Serve with whole wheat pita bread or on heatlhy crackers. ENJOY! Feeds two.

ANAND'S "GET YOUR GREENS" SAAG!

Here's a healthier version of an Indian favorite. It's usually made with heavy cream and spinach or mustard greens, but one day I had some turnip greens that I couldn't figure out what to do with for the life of me. I gave this recipe a shot, and it worked!

- 1 Bag of frozen turnip greens w/ turnip bits
- 1 can of chicken broth (optional)
- 1 CUP of fat-free plain yogurt
- 4 oz. of buttermilk
- 1/2 CUP of fat free half and half
- 3 to 4 cloves of garlic whole
- 1 TBSP. Thai red curry paste
- 1 handful of ground cumin
- 1 handful of dry basil, rosemary, italian seasonings and bay leaves
- AND some grated ginger root to taste
- 1/4 bottle Anand Bhatt Signature Hot Sauce ☺
- AND some paneer/tofu/mozzarella cheese cubes (optional)
- 1 Saucepan/small pot

In the saucepan/small pot, heat frozen greens,

basil, seasonings, rosemary bay leaves and hot sauce in chicken broth until completely wet and thawed.

Then simmer for about 6 minutes. Drain broth.

Add yogurt, garlic, ginger, thai paste, cumin, & buttermilk and simmer for an additional 20 minutes.

Add fat free half & half until thick creamy texture, then drop in the cheese/tofu cubes.

Asian Broccoli Slaw

- 2 TBSP extra virgin olive oil
- 1/4 CUP white balsamic vinegar
- 1/2 medium red onion, sliced
- 2 packages of broccoli slaw mix
- 1 TBSP low sodium soy sauce
- 1/4 TSP Stevia
- 1/2 TSP red pepper flakes

In a large nonstick sauté pan, heat olive oil over medium high heat until oil is rippling.

Add onion and cook until tender (but still crunchy).

Reduce heat, add vinegar and remaining ingredients.

Cook approximately 5 minutes.

Vegetables should be al dente. Feeds four people (or one Vince Neil).

Soy Garlic Grilled Asparagus

OK Guys, here's the best tip you've heard all day: DO NOT EAT ASPARAGUS WITHIN 24 HOURS OF HAVING A HOT DATE! Many, if not all, girls will appreciate such food discretion during your intimate moments. Asparagus, however, is amazingly good for you and it's a vitamin powerhouse! I recommend after this meal, that you chase it with some pineapple and a strong green tea to even out your, well um, "personal flavor" for lack of a better term.

- 1 bunch asparagus
- 1 lime
- 2 TBSP minced garlic
- Pinch of stevia
- 1 CUP soy sauce

Mix soy sauce, garlic, stevia and lime in a rectangular baking dish or container that will allow the asparagus to lie flat.

Lay in the asparagus and make sure that they are almost completely submerged in sauce mixture. Let sit for about 20 min. Using tongs, grill on low heat, for 4-7 minutes, being careful not to overcook. Feeds 4!

Spicy Cucumber Salad

- 1/2 cucumber (diced)
- 1 onion (finely chopped)
- 2 tomatoes (diced)
- Juice from 2 limes
- ¼ TSP of salt
- ½ TSP of ground black pepper
- ½ TSP of cayenne pepper
- ¼ TSP of chili powder

In a bowl, mix cucumber, onion, tomatoes, and lime juice.

Stir. Add salt, pepper, cayenne and chili powder.

Stir/toss. Serve chilled, with a little cayenne sprinkled on top for decoration!

Kick Ass Broccoli with Tahini Lime Dressing

- 1 CUP Tahini
- ½ CUP Milk
- 1 CUP Yogurt
- 2 limes
- 1 16 oz. bag of steamable microwave broccoli
- 1 TSP of ground black pepper
- ¼ TSP of salt
- ½ TSP of paprika
- ¼ TSP of cayenne pepper

Steam the broccoli as per directions on the bag. Once done, open/vent the bag immediately to prevent water from pooling at the bottom of the bag. Transfer the broccoli to a bowl.

As the broccoli is cooling, in a separate bowl, mix tahini, milk, and yogurt. Stir/beat/mix these together well, you may have to use a little force since tahini is some thick stuff. You'll know you're done when everything is a uniform color and texture (which should be smooth). Add spices and stir well.

Using a knife to focus the pressure and direction of the juice, squeeze the contents of both limes directly and generously over the broccoli.

Spoon and drizzle the tahini mixture over everything and ENJOY! This is my favorite dressing, it goes great on everything.

Lemon Caper Salmon

This recipe also works great using swordfish, shark, tuna, shrimp etc., all though in my opinion swordfish tastes awful no matter what you do to it ;). In fact, if you catch Ryba and me grilling outside the house in Austin, you'll hear us yelling obscenities about swordfish in ritual fashion. And when I see swordfish at the market, I snap a picture of it and send it straight to Ryba's phone just to rile him up. But if you like to gnaw on things aimlessly, then by all means cook up some swordfish – it's quite healthy. I choose Salmon for this preparation.

- Juice of half a fresh lemon
- 1 TBSP steak seasoning
- 1 ½ TSP garlic salt with parsley
- 2 TBSP olive oil
- ¼ CUP of capers
- 6 salmon filets

Place the seafood in a bowl or deep dish, add ½ TBSP olive oil.

Sprinkle with a small amount steak seasoning, garlic salt, and a small squeeze of lemon. Get your grill going.

Once the grill is ready, mix all the above listed ingredients in a small container and set aside. Grill the fish 7-10 minutes, or until fish flakes easily.

Baste fish every few minutes while grilling. Add capers to top of fish when it is almost done. Makes 6 servings.

Veggie “Pappaow” Pie

Roasted Garlic Topping:

- 1 bulb garlic
- ½ TSP olive oil
- 2 TBSP soy milk
- ½ TSP salt
- ¼ TSP black pepper

Portabella Boca Base:

- 1 TBSP olive oil
- 1 medium onion, chopped
- 2 cloves garlic
- 1 pound baby portabella mushrooms,

sliced
- 8 ounces Boca Burger Crumbles (Morning Star brand works too)
- 1 CUP baby carrots
- 2 stalks celery, chopped
- ¾ CUP vegetable broth
- 1 TSP soy sauce
- 2 TBSP fresh rosemary, chopped
- 1 TSP salt
- 1/2 TSP black pepper
- 2 TBSPs gram flour
- 1 CUP frozen peas
- 1 Twig of Fresh rosemary, for garnish

Roasted Garlic Topping:
Preheat oven to 350 degrees.

Cut off about 1/8 inch at root of unpeeled, garlic bulb. Keeping the shape of garlic bulb lay it on top of a piece of aluminum foil, or place in a garlic roasting dish. Drizzle with 1/2 TSP olive oil. Wrap completely in foil (or cover dish) and bake for 50 minutes.

Remove from oven and let cool.

In a large mixing bowl, or in a broth pot, pour soy milk. Once garlic has cooled enough to handle,

squeeze each roasted clove into the soy milk.

Mash the garlic and soy milk into a paste. Add 1/2 TSP salt and 1/4 TSP black pepper and mix well.

Portabella Boca Base:
Heat oil in a large saucepan or brothpot.

Sauté onion over medium-low heat for 3 minutes. Using a garlic press, crush 2 cloves of garlic directly into pot.

Stir in the mushrooms, cover and cook for 5 minutes.

Add Boca Burger Crumbles, baby carrots, and celery.

Stir in 1/2 CUP vegetable broth, reserving remaining 1/4 CUP for later. Add soy sauce, fresh rosemary, salt and pepper.

Cover and cook for 15 minutes. Remove from heat.

In a small mixing bowl, slowly add remaining 1/4

CUP broth to flour. Add to mushroom mixture and cook to thicken. Finally, stir in frozen peas.

Assembling the Pie:
Preheat oven to 350 degrees.

Spray a casserole dish or an 11x8” baking dish with non-stick cooking spray. Pour Portabella Boca Base into dish. Spread a thin layer of Mashed Roasted Garlic mixtuire on top. Bake uncovered, for 30 minutes. Garnish with fresh rosemary sprig and serve hot. 1 pie = 6-8 servings.

Fish Tacos, the right way

Don't let restaurants fool you with their "our food is good for you" scam. All over the country you see these pseudo-Mexicanesque taco houses that like to sell fish tacos, and all though they say they're healthy (in comparison to a deep fried cheeseburger perhaps), I've found them to be too high in both sodium and carbs for my taste.

I was in one of these places with some friends not too long ago and they were so excited for me to try the fish tacos because they loved them so much. I ate every bite to be polite, but had to bite my tongue (figuratively of course) to not slide the whole salty basket, tortilla chips and all, into the garbage – which is what I would have done if I were alone. If you want something that is both healthy and that you will enjoy, then **here's the right way to get fish tacos:**

- 1 1/2 CUPs extra virgin olive oil
- 1/4 CUP fresh lime juice
- 1/4 CUP fresh chopped cilantro
- 1/4 CUP finely chopped mint
- 1/4 CUP finely chopped scallions
- 1 TBSP ground cumin
- 1 1/2 TSP paprika

- 1/8 TSP cayenne pepper
- 8 1/4 lbs Chilean sea bass filets, cut 1/2 inch thick (Tilapia works great for this as well).
- ½ Jar of Anand Bhatt Signature Salsa ☺ (or any other organic brand)
- 1 Package of Low Carb Tortillas

The Fish:
Combine all ingredients, except sea bass filets & tortillas, in a large pan. Add fish filets, cover with plastic wrap, and refrigerate for as lon as you have time (overnight is great, but even 10 minutes is fine).

Grill the fish to your liking OR toss each filet into its own microwave-safe plastic bag and heat on high for 4 minutes one at a time. Dice the cooked fish.

Place 2 tortillas on each plate. Top with sea bass and salsa. Fold and eat!

ALTERNATIVE EXTRA TOPPINGS: I also like to add fat free ranch dressing, or some of the Asian Broccoli Slaw, or a little fat free shredded mozzarella cheese to my tacos. Makes approx. 8 servings

Tandoori Tilapia

OK, please say it with me (Thun-DTHOO-Ree). Whew! You learned to say it right. A person's mispronunciation of that word (along with the mispronunciation of the word "Namaste") is right up there with the "Chai Tea" fiasco mentioned earlier in the MORNINGS chapter of the book.

- 4 Tilapia Filets
- 1 Box of Tandoori Spice Mix from the Indian Store (dried powder, not paste)
- 2 CUPS of Fat-Free Plain Yogurt
- 1 TSP of Turmeric
- A Dash of Anand Bhatt Signature Hot Sauce ☺

In a bowl, mix turmeric, yogurt, and spice mix. Stir well until it all the yogurt changes color evenly.

Then, shake out a dash of hot sauce and yell "Pappaow!" as it lands in the bowl. Mix well.

Using your hands (you can wear plastic gloves if you like) work the newly made tandoori paste into the tilapia fiilet.

Make sure the filet gets a good coating. When done, place on a well greased broiling pan. Do the same for each filet. If there is any remaining paste, top off each filet with it using a spoon.

Broil for 10 minutes on high (or until done).

Serve with a lime wedge.

Supreme Veggie Pizza

- 1 Flax Pizza Crust (recipe earlier in the book)
- 4 CUPS of shredded low-fat mozzarella cheese
- 1 can (14.5 oz) organic and sugar-free pizza sauce
- 1 CUP sliced mushrooms (available in a can)
- 1 CUP broccoli florets, chopped (available frozen)
- 1/4 of a red onion, chopped
- 1/2 CUP sweet red pepper, chopped
- 1/2 CUP sweet green pepper, chopped
- 1 CUP hot pepper rings (banana peppers

or jalapenos)

Preheat oven to 425 degrees F.

Cover the flax crust with pizza sauce. Finish topping the pizza with the ingredients in the order listed above.

Bake the pizza until cheese is melted, about 10-12 minutes.

Remove from the oven and let set for 5-10 minutes before slicing.

Microwave Spinach Eggs

- 4 eggs
- 1/2 CUP chopped frozen or fresh baby spinach
- 1/2 TSP Anand Bhatt Signature Hot Sauce ☺
- 1/2 CUP baby mushrooms
- 1 TBSP plain low fat or fat-free Greek yogurt
- Sea salt to taste
- Pepper, optional
- ½ CUP of shredded fat free mozzarella cheese
- 1 CUP diced tomatoes
- 1 microwave safe bowl

Crack eggs into the bowl and beat well until evenly textured and yellow.

Add frozen spinach and microwave on high for 3 minutes.

When you remove from the microwave you will notice that the sides of the bowl are cooked, but there is a lot of raw egg still in the middle. This is good.

Stir the sides and mix into the uncooked egg, like a pseudo-scrambling process.

Add hot sauce and microwave on high for an additional 3 minutes.

Stir, add seasoning and mushrooms, stir again, and microwave for an another minute on high.

By now the egg should be completely cooked. If it's not, keep stirring and microwaving on minute at a time until it's done.

Add the yogurt and tomatoes and stir.

Top with cheese and eat!

Green Beans & Broccoli Salad

- 1 Bag steamable frozen Green Beans
- 1 Bag steamable frozen Broccoli
- 2 cloves of garlic, peeled
- ¼ CUP of Parsley, chopped
- 2 TBSP of extra virgin olive oil
- Pinch of sea salt
- Pinch of Cayenne Pepper (optional)
- ½ TSP of coarsely ground black pepper

Steam the Broccoli in the microwave as per the instructions on the bag. Do the same for the Green Beans.

Cut the top of the bag to let excess steam out after cooking so it doesn't cause a pool of water to form on the bottom of the bag.

In a bowl, mix the olive oil, salt, pepper(s), and parsley.

Slice the garlic into thin slices (like how they do it in the movie "Goodfellas." You don't need a razorblade, a knife will do. If you're a rocker on the road, just borrow a razor blade from the crew member that never sleeps (trust me, he's got one).

Mix the thinly sliced garlic into the oil mix and slowly add the broccoli and green beans, stirring the whole time. Voila!

I sometimes also add a dollop of Canola Oil Mayo and stir that into the bowl as welll.

This is a great way to get a large amount of broccoli into your system, it's filling and you absolutely need it to stay trim and healthy.

Pepper Cauliflower Metall-y

- 3 peppers (green, red, yellow)
- 1 carrot
- 1 6oz. Can of Water-Packed WHITE tuna fish (drained)
- ¼ head of caulifower
- A little parsley
- A little thyme
- A little cayenne pepper
- 2 TBSPs olive oil
- 2 TBSP fat free plain yogurt

Cut peppers, carrot and cauliflower into small pieces and place them in a bowl. Microwave on high for 2 minutes.

Add olive oil, thyme, cayenne, parsley, yogurt and tuna. Mix everything well. Feel free to garnish with more thyme.

FISH “MEATBALLS” IN TOMATO SAUCE

- 1 6oz. Can of Water-Packed WHITE Tuna Fish (drained)
- 4 TBSP of gram flour
- ¼ TSP of salt
- ½ TSP of pepper
- 2 TBSP of olive oil
- ¼ TSP of ground cumin
- ½ CUP of water
- 2 Roma tomotoes

Preparation:
In a pan, cut the two tomatoes to very small pieces and add a little salt, pepper, olive oil and cumin. Put the mixture on on the stove, set flame to high, and pour in half a cup of water.

While it's being brought to a boil, toss the tuna and the flour into the blender and process until it's a malleable paste.

Scoop out and form into balls with your hands.

Put the balls in the sauce mixture, bring down the heat, and let simmer for 10 minutes.

Goes great on Shirataki noodles.

MOM'S TUNA-SPINACH KABOBS

- 1 15 oz. can of solid White tuna in water (drained)
- 10 oz. of frozen, chopped spinach (cooked and thoroughly drained)
- 3 cloves of garlic (peeled and crushed)
- 1 small yellow onion (finely chopped)
- 1 TBSP of crushed red pepper (or red chili powder to taste)
- Salt to taste
- 1 egg
- 1 TSP lemon juice

- ½ CUP of extra virgin olive oil
- 2 slices of low-carb bread

Soak two slices of low-carb bread in 1 cup of water for ten miniutes. Then, squeeze out the water and crush the bread with your hands.

In a bowl, mix the bread, spinach, tuna and spices. Add all other ingredients and mix well using your hands. If you need to, feel free to wear plastic gloves.

Form the mixture into patties that are approximately 3 inches in diameter each.

Add some olive oil to a pan and gently saute the patties on medium heat, drizzling more oil on the patties as needed.

Brown both sides and serve warm!

GETTING CREATIVE

"*The Farmer and the Cranes.*

Some Cranes made their feeding grounds on some plough-lands newly sown with wheat. For a long time the Farmer, brandishing an empty sling, chased them away by the terror he inspired; but when the birds found that the sling was only swung in the air, they ceased to take any notice of it, and would not move.

The farmer, on seeing this, charged his sling with stones, and killed a great number. They at once forsook his plough-lands, and cried to each other: "It is time for us to be off, for this man is no longer content to scare us, but begins to show us in earnest what he can do."

If words suffice not, blows must follow."

There comes a time when our bodies start to plateau, or sometimes we may get bored with eating healthy every day. That's when it's time to kick it up into next gear. These are some recipes that help me shake things up when needed, and allow for the practice of a little more skill and a bit more creativity. I hope you have as much fun eating these as I do!

Low-carb Spaghetti with Mushroom Sauce

- 1 8oz. package of Shirataki Noodles (wet)
- ½ bottle of organic, sugar-free, spaghetti sauce
- 3 cloves of garlic, peeled and chopped
- Some salt, pepper, cumin, and saffron to taste
- 4 Mushrooms, sliced

Drain the noodles, and burn off excess water by "stir-frying" them (no oil) in a small pot. Then, add the sauce, garlic, salt, pepper, cumin and saffron.

Once the sauce starts to bubble, add mushrooms and stir. Plate and ENJOY!

Badass Beans

- 1/3 CUP olive oil
- 2 pressed garlic cloves
- 1 TSP dried oregano
- l/2 TSP salt
- l/2 TSP ground cumin
- l/2 TSP curry powder
- l/2 TSP ground black pepper
- Juice from 1 lime

Whisk the above together in a large bowl before moving on to the next set of ingredients.

- l l5.5 oz can garbanzo beans
- l 16 oz can kidney beans
- l 15.5 oz can cupo beans
- l l5.25 oz can whole kernel corn
- 4 green onions, chopped (include the bulbs!!!)
- 4 celery ribs, chopped
- l/4 CUP chopped fresh parsley

Rinse and drain beans and corn and add to mixture.

Add remaining ingredients & stir/toss. Makes about 9 servings.

Soyrizo Wrap

Soyrizo is a Soy-based “Chorizo” alternative that tastes amazing. It’s available in most stores, unless you’re travelling through certain parts of the Midwest (America’s Heartland). It’s a bit high in calories, so I recommend indulging in it on workout days.

- 1 ½ CUP onion, julienned
- 1 ½ CUP sweet red pepper, julienned
- 1 CUP of baby spinach
- 16 oz soy chorizo
- 2 TSP olive oil
- Salt and pepper to taste
- 1 TSP chopped parsley
- 4 Low-carb tortillas

Saute onion in a medium sized skillet with one teaspoon of olive oil, salt and pepper over medium heat until translucent, then set aside.

Saute red pepper in a medium sized skillet with the other teaspoon of olive oil, add salt and and then set aside.

Take soy meat out of casing and saute on medium-high heat, stirring constantly until well heated and most of the moisture has evaporated. Alternatively, if you're on the road or in a hotel room: pop it in the microwave (covered, because it will splatter) for about 3 minutes on high.

Serve by placing equal amounts of all ingredients in each tortilla, and wrap it up. Feeds 4 (or Vince Neil).

Cucumber Mango Salsa

Now, I'm not a fan of fruit as anyone can tell you. I have a seriously hard time accepting the notion that the fructose in fruit is somehow ok just because it's natural. In my humble opinion, the damage to our bodies from the fruit sugar outweigh any benefits we may get from the vitamins.

Frustose may not trigger an insulin response like glucose, but the increase of long chain

triglycerides levels from its breakdown is undeniable.

I understand that “no fruit” is a radical concept to some people and it goes against everything we’ve been led to believe by diet propaganda, so I’ll only express that I’m not a big fan of fruit personally and that fruit hinders my health needs in a rocker lifestyle. Despite that, this recipe is awesome on those indulgent/cheat days:

YOU’LL NEED:

- 2 large mangoes
- 1 CUP of finely diced cucumber
- ½ of a seeded and diced red bell pepper
- ¼ CUP chopped cilantro
- 1-2 small diced jalapenos, seeded
- Juice of 1 lime
- Salt and pepper to taste

Combine all ingredients.

Let sit for half an hour to allow juices to mix.

Stir before serving.

Cauliflower Rice with Ginger

- 1 Bag of Steamable Microwave Cauliflower
- 2 CUPs of grated ginger
- 1 CUP parsley
- 1 TSP ground turmeric
- Salt to taste
- Pepper to taste

Cauliflower rice is one of the coolest discoveries of our generation. Follow the directions on the bag for steaming the cauliflower in the microwave.

When done empty the contents of the bag into your blender, put the setting to grind/mince and pulse the blender until the cauliflower resembles soft rice-like granules.

Toss in the grated ginger and other ingredients and pulse a couple of more times.

Empty into a bowl and ENJOY!

Salmon Hot Dogs

- 1 14.75 oz. can of Pink Salmon
- ½ Onion (diced)
- 1 egg (beaten)
- 1 TSP dried basil
- 1 TSP dried oregano
- 1 TSP dried thyme
- 1 TBSP gram flour
- ½ TSP Anand Bhatt Signature Hot Sauce ☺
- 1 TBSP olive oil
- 1 clove of garlic (peeled and chopped)
- 1 CUP parsley (chopped)
- Salt, pepper, and cumin to taste (optional)

Light a candle, because canned salmon makes it smell like a skunk exploded in your kitchen! Drain the can, and empty contents into a blender/ food processor. The bones etc are OK because they'll be soft enough coming from the can to be negligible.

Add onion, oregano, thyme, basil, hot sauce, egg, garlic, oil, and flour and grind/process away until everything looks evenly mixed.

Remove from blender into a bowl/plate.

Using your hands (feel free to wear plastic gloves) knead in the parsely and optional salt, pepper & cumin and pepper.

Continue to knead and then roll and form into kebab-like dogs of your desired length.

Broil them for about 5 minutes, and serve as you usually would a sausage/hot dog.

This recipe may take some practice, if you're not getting the consistency right don't worry & try again.

Edamame Eden

- 12 oz. of shelled, frozen soybeans
- ¼ scallion (diced)
- 1 clove of garlic (peeled and chopped)
- ¾ TSP of kosher salt
- 1 TBSP of olive oil
- Black pepper to taste
- 1 CUP of chopped tomatoes
- ¼ CUP of chopped basil
- 1 TSP of Kansas City style steak seasoning
- Juice from 1 lime

Mix all ingredients together in a shallow baking pan that is lightly greased with olive oil.

Bake at 400 degrees F for 15 minutes.

Remove, stir, and transfer to a bowl. ENJOY!

Pumpkin Bean Soup

- 2 Roma tomatoes
- 1 carrot
- 1 radish
- 1 small pumpkin (gutted and seeded)
- 1 can of navy beans
- 1 CUP parsley (chopped)
- Salt, pepper, cumin, and basil (to taste)
- 3 ½ cups of water
- 1 CUP Milk or Soy Milk

Cut tomatoes, carrots, and radish into small pieces and put them in a large pot along. Mash up the pumpkin a bit and add along with the beans and parsley.

Then, pour the water and add your salt, pepper, cumin and basil.

Bring to a simmer and let everything cook with no lid for about 30 min (watching to prevent overflow). Add milk, stir and ENJOY!

Grilled Eggplants with Green Pepper

- 2 eggplants
- 2 green peppers
- 2 tomatoes
- 1 TBSP olive oil
- A little salt
- A little pepper
- A little cumin
- A little saffron to taste

After washing them well, grill the eggplants whole. Also whole, grill the tomatoes and the green pepper.

After that, peel and wash them all well. Cut them into small pieces and put in a skillet.

Add olive oil, salt, pepper, cumin and saffron and start stirring while on high heat. It will be ready after 10 min.

This dish is great with some crushed red pepper or hot sauce.

Party Salad

- 1 can of kidney beans (drained and washed)
- ½ a cauliflower head, washed and cut
- 1 12oz. bag of baby spinach, washed
- 1 cucumber, diced
- A little parsley
- 1 green peppers, seeded and cut into strips
- 2 TBSP olive oil
- A little salt and pepper

Preparation:
Cut the cauliflower, green pepper, cucumber and parsley and place in a bowl full of the spinach.

Add the beans.

After that, put the salt, olive oil and pepper and mix everything well.

Plate it and Serve.

Green Pepper stuffed with Eggplant, Pumpkin and Mushroom

- 4 green peppers
- 1 eggplant
- 1 small pumpkin
- 1 TBSP olive oil
- 4 cloves of garlic, peeled
- A little salt and pepper

After washing the green peppers, remove the heads, set them aside, and seed/clean very well. Mince the garlic and put in pan with olive oil, salt and pepper.

Dice the eggplant, tomatoes, and pumpkin and add to the pan. Cook on high in a quickly moving stir-fry fashion.

After that, fill the peppers with the mixture and replace the pepper heads.

Rub the peppers with a little olive oil and microwave collectively on high for 3 minutes. Plate and ENJOY!

Shirataki Soup

- 1 8oz. Package of Shirataki Noodles
- 4 CUPS water
- 1 TBSP thyme
- A little salt
- A little pepper
- 1/5 Bottle of any green Anand Bhatt Signature Hot Sauce ☺

In a pot, pour water and add salt, thyme, hot sauce and pepper. Let it boil and add noodles. Start stirring for a bit and let it boil. After a minute the soup will be ready!

SouthEast Asian Fun

"*Three Men at Lunchtime*

Once upon a time, three men working in the same company were really frustrated because everyday in their lunchboxes the same things were packed.

One day, together, they decide that if the tomorrow the same things were there to eat they would commit suicide. The next day when they opened their lunchboxes they got depressed at seeing the same food items yet again. Each took turns leaping to their deaths.

On the funeral day when their wives met, they discussed among themseleves their husbands' suicides.

The first wife said, "If he would have told me not to give him mutton i would have prepared some thing else."

The second wife said. "If just once my hubby would have told me not to give him swordfish I would have given him something else,why did he

had to commit suicide?”

The third wife replied, “I don’t understand why my husband committed suicide, he used to prepare his own lunch everyday.”

As stated before, sometimes it’s important to change things up and try something that might be a bit out there for us. Thanks to the help of my assistant in the Phillippines, Drendell P., we’ve been able to put together these great recipes that fuel the Rock Star life in a healthy way. These are advanced recipes, but are totally worth the effort. You may have to google some of these ingredients, or just make a list and hand it to an Asian grocer.

Pinakbet Ilocandia

- A little olive or coconut oil
- 1 CUP Okra
- 1 Eggplant
- 1 Bitter gourd (Karela if you're shopping at an Indian store)
- A handful of Katuray
- A half handful of bataw
- A half handful of patani
- 10 pcs of Malunggay fruit
- 4 pcs medium size Sweet potato
- 1 CUP. String beans
- 6 pcs Chili pepper-green
- 4 pcs medium size Tomato
- Several cloves of Garlic (peeled)
- 2 pcs. Medium sized Onion
- 1 CUP of Shrimp
- 1 CUP Crablets
- ¼ CUP Shrimp paste (bagoong sauce)
- 1 1/2 CUPs of water

Preparation:
Shrimp and crablets should be cooked first in boiling water, then cooked in some oil and seasoning.

In a separate pan, add some oil and garlic and

saute. Once the garlic is golden brown in color, add the onion, and cook until brown in color – similar shade as the garlic.

Once it is cooked, add the tomato, and continue to saute.

Then, add the shrimp paste. Reduce heat to a simmer and stir occasionally.After a few minutes, add 1 ½ CUPs of water and bring to a boil.

Let it boil for while. Meanwhile, add ingredients in this order: sweet potato first, then malunggay, bataw, patani, okra, bitter gourd, string beans, eggplant, katuray, chilli green pepper.

Let it cook for 10 minutes and 10 minutes only! Season to taste and add a little more water if necessary.

Once this “base soup” is cooked, you may now add the cooked shrimp and crablets.

NOTE: This serving will feed a good 5 to 6 people (or Robert Smith).

SISIG

- 1 CUP of pre-soaked Soy crumbles (available at any Mexican or Indian store).
- 3 pcs. Minced white Onion
- ¼ TSP. minced red chili pepper
- Pinch of black pepper (ground)
- 10 pcs. Medium size Calamansi (or lime if you can't find Calamansi)
- ½ CUP Mayonnaise (I use Canola Blend)
- 1 CUP of baby spinach
- Pinch of salt (if you need it)

Preparation:
First, cut all the ingredients to small pieces.

Then, in a bowl add the mayonnaise, and slowly add the Soy crumbles, onion, minced red chili pepper, calamansi, and seasonings. Mix it all together.

Once mixed, lay baby spinach on a plate and top with the mixture. You can garnish it using the minced red chili pepper.

Serves up to 3 people.

Fresh Seashore Salad

- 1 Green (raw) mango
- 1 CUP sea weed
- 1 tomato
- 1 onion
- ½ TSP of black pepper
- Salt to taste

Preparation:
Cut the tomato, onion and green mango into small cubes.

Get a container, put in the cut mangoes, tomato onion, sea weed.

Then season with salt and black pepper. Chill unti ready to serve.

Bicolano Express

- ½ CUP gata ng niyog (coconut milk)
- A handful of green chili peppers
- 1 small size ginger
- 1 clove of garlic
- 2 medium size onion
- ½ pound of shrimp
- ½ pound of crablets
- Shrimp paste (alamang)

Preparation:
Cooked the shrimp and crabs in a hot boiling water, add a little oil.

Then, in another pan, saute the garlic in oil until it looks golden brown.

Mix the ginger and onion and stir until the onion is golden brown. Then, add the shrimp paste (alamang).

Stir, and add the “gata.” Bring to a boil and add the chili peppers. Lastly, stir in the shrimp and crablets. ENJOY!

Dinengdeng Treat

- ½ pound of String beans
- A handful of Saluyot or Jute (Corchorus Capsularis)
- 3 Santol (wild mangosteen)
- 3 Roma Tomatoes
- 1 Onion
- A handful of “Labong ng kawayan” or Bamboo shoots
- 1 tiliapia Filet
- Shrimp paste (bagoong sauce)
- 2 CUPs of water

Preparation

In a pot, bring the water to a boil, then add the shrimp paste (bagoong sauce). In the meantime, place the tilapia filet in a microwave safe bag and microwave on high for four minutes (or until cooked).

While the water is boiling and the fish is cooking, add the vegetables:string beans, saluyot, cut tomato and onion, labong ng kawayan and santol. Cover it and let it cook for a few minutes. Once cooked drop in the cooked fish and serve in bowls!

Eggplant Delight

- 6 pcs of medium size eggplant
- 2 small eggs
- Pepper to taste
- Salt
- Some coconut oil

Preparation:
Boil the eggplant for 5 minutes (and no more)! Be careful, because the last thing you want to do is overcook your eggplant for this dish.

Once it is cooked, beat the egg, add some pepper and salt and pour the mixture over the cooked eggplant. The egg stuff should cover the eggplant entirely. T

Then fry it a little in the coconut oil using a shallow pan.

Let it sit until it looks like golden brown in color.

Serve it!

Adobong Pusit “Squid”

- 1 pound medium-size squid
- 1/4 CUP soy sauce or salt
- 1/2 CUP white vinegar
- 1/4 CUP chopped onion
- 2 CUPs cubed red, ripe tomatoes
- 1 CUP water
- 2 TBSPs vegetable or corn oil
- freshly ground pepper to taste
- 1 head garlic, minced

Preparation

1. Wash and clean the squid thoroughly, removing any nasty parts. Put it in a saucepan with the vinegar, garlic, pepper, soy sauce or salt and water.

2. Cook over low heat until the squid is tender, making sure it does not get overcooked and rubbery. Drain and set aside the squid broth.

3. Heat oil in another saucepan and stirfry the garlic, onions and tomatoes until the garlic is brown, and until the onion is transparent and the tomatoes are soft.

4. Add the squid and simmer for 3 minutes. Transfer squid broth over mixture and bring to a

boil.

Serve hot. Serves 4.

Eggplant Adobo

- 5 CUPs diced eggplant, cut in 1 1/2-inch cubes
- 1/3 CUP olive oil
- 6 Cloves garlic, minced
- 1/2 TSP Freshly ground black pepper
- 1/4 CUP red wine vinegar
- 1/3 CUPS soy sauce
- Salt to taste

Preparation

1. Wash and slice eggplant and sprinkle with salt.

2. Lay on paper towel for a few minutes. Rinse and pat dry.

3. In a non-stick skillet, lightly fry the eggplant in oil until brown, then set aside.

4. In a small saucepan, boil soy sauce, vinegar, garlic and pepper for 5 minutes.

5. Add eggplant, cover and cook over low heat for 7 minutes, stirring occasionally.

Kangkong ChipsAhoy

- 4 bunches kangkong leaves, cleaned
- 3 CUPs cornstarch
- 5 CUPs cooking oil
- Salt to taste
- 1-1/2 CUP water
- 1 CUP gram flour
- 1 boiled egg, grated

Preparation:

1. Clean kangkong and draw off leaves thoroughly.

2. Remove leaves from stem. Set aside.

3. Combine cornstarch, flour, egg, salt and water (batter mixture) in a clean mixing bowl. Mix until smooth in consistency.

4. Heat oil to 250°F and reduce fire to medium. Dip kangkong leaves one by one in batter and lightly fry until crispy.

5. Put fried leaves in a plate lined with table tissue to drain oil from kangkong leaves. Serve with sauce on the side.

Hell Yeah! Shrimp

- 2 pounds of Prawns or Gambas (count three to four pieces per person depending on the size)
- 4 TBSP of olive oil
- 1 red onion chopped
- 1 red bell pepper chopped
- 2-3 siling labuyo (hot chili peppers)
- 1 TBSP of butter or Smart Balance

Preparation:
Start by cleaning and preparing the prawns or shrimp.

If you are using big prawns it is advisable to take off their shells but leave their head and tail for presentation. Otherwise, for small shrimp, you can just leave it as it is. I know it's tempting to ggrab some pre-cooked frozen shrimp, but it's better to use fresh ones for this recipe.

In a deep salad bowl prepare the marinade by mixing together olive oil, salt and pepper. Mix well and pour over the shrimp or prawns.
Let it marinate for about an hour (or at least 15 minutes if you're in a hurry).

Afterwards, remove from the marinade and pat it dry with a paper towel.

In a wok or pan melt the butter with one TBSP of olive oil and add the marinated shrimp (without the marinating “juice” of course) .

Add together the red onion and red bell pepper and chopped siling labuyo.

Stirfry for about three to five minutes (it depends on the size of your shrimp, smaller shrimp equal shorter cooking time).

When done, if you’re bored with the usual plating and presentation, feel free to trasnfer into a sizzling plate like you would see fajitas sit on.

Native Balatong & Pumpkin Flower

- 1/2 CUP of balatong
- 1 CUP of water
- Several cloves of garlic (peeled)
- A little cooking oil
- A handful of fresh marungay leaves (stems removed)
- A handful of fresh and blooming pumpkin flowers

Preparation
Add the balatong to the water in a thick-based saucepan and bring to the boil.

Reduce heat to simmer and stir occasionally. Meanwhile very slightly crush several cloves of native garlic; the garlic should be more or less still intact rather than mashed to bits.

Gently fry the garlic in a little oil until it just starts to turn golden brown then pour everything into the pot with the balatong.

After the balatong has been simmering for about ten minutes stir in the (whole) pumpkin flowers followed a couple of minutes later by the marungay leaves.

Season to taste and add a little more water if necessary to prevent the mixture getting too dry but don’t add too much as the marungay and pumpkin flowers will release moisture as they cook. Don’t overcook the marungay - it only needs a couple of minutes.

The dish can be served as a meal in itself (serves 2) or it can be used to accompany grilled fish.

Kilawen Fish

- A filet of salmon
- A red onion, finely chopped
- A good chunk of fresh ginger, finely chopped
- The juice of half a lemon (or a handful of kalamansi)
- Some finely chopped red chilli
- A little white or malt vinegar
- Salt to taste

Preparation
Grill the salmon medium rare. There should still be a hint of pinkness in the meat still when cut open. Remove the fish from the heat and cut into thin bite-sized slices about 1/4” or less thick.

If the salmon is still too raw for your taste then you can cook the slices for a couple more minutes by spreading them out in a hot dry frying pan.

Make sure the pan is very hot and do not add oil and do not stir the meat; just sear it. This technique is called “imbaliktad” in Ilocano which basically means flipped or upside-down.

Mix the cooked fish with all the other ingredients, seasoning with the chili, vinegar and salt to taste.

Serve whilst still warm. Serves 2.

Sauted Mung Beans

- 2 CUPs dried munggo (mung beans), washed and soaked with water while preparing other ingredients
- 1 TBSP vegetable oil
- 3 cloves of garlic, crushed
- 1 medium-sized onion, sliced
- 3 medium-sized tomatoes. sliced
- 1 CUP tinapa flakes (smoked herring)
- 1/2 CUP hibe, (dried shrimp)
- Patis (fish sauce) and pepper, to taste
- 1 CUP talbos ng ampalaya (bitter gourd tendrils)

Preparation:

1. Put 2 CUPs of dried munggo in a pot, add double to triple the volume of water (5-6 CUPs).

2. Bring to a gentle boil and add water if necessary as it boils and the liquid gets absorbed into the beans.

3. Continue cooking for until the beans soften and there is just a little liquid left in the pot (depends how soupy you like it).

4. Then in another pan, heat up the oil and sauté the garlic, onions, tomatoes, and tinapa flakes. Also add the hibe and the mongo, including the sauce.

5. Simmer for about 3 minutes.

6. Season with salt and pepper and just before taking off of the heat add some talbos ng ampalaya.

7. Place in a bowl and top with ground peanuts if desired.

Ginisang Ampalaya

- 2 pieces ampalaya, cleaned and cut into thin slices
- 1 TBSP garlic, minced
- 1/2 TSP ground black pepper
- 2 TBSP salt
- 2 raw eggs
- 18 ounces luke warm water
- 1 large tomato, sliced
- 1 large onion, sliced
- 3 TBSP cooking oil

Preparation:

1. Place the ampalaya in a large bowl

2. Add salt and luke warm water then leave it alone for 5 minutes.

3. Place the ampalaya in a cheese cloth and

squeeze tightly until all the liquid drips out.

4. Heat the pan and add the cooking oil.

5. Saute the garlic, onion, and tomato.

6. Add the ampalaya and mix well with the other ingredients.

7. Add salt and pepper to taste.

8. Beat the eggs and pour over the ampalaya, then let the eggs cook partially.

9. Add all other ingredients and cook until eggs are “set.”

10. Serve hot. Share and Enjoy!

Dinengdeng (Inabraw)

- 1 clove garlic; minced
- 1 onion; chopped
- 2 tomatoes; sliced
- 3 eggplants; sliced in halves 1” in lengths
- 1 CUP jute leaves (*saluyot*)
- 1/2 CUP water
- Bagoong isda to taste
- Some olive oil for cooking with

Preparation:

Saute the garlic, onion, and tomatoes.

When tender, add water and bring to a boil.

Add bagoong to taste and then the eggplant.

When slightly tender, add the *saluyot* and any other seasoning to taste.

Vegetarian Kare-Kare

- 2 garlic cloves, chopped
- 3 TBSP olive oil
- 3 TBSP onions
- 3 TBSP bagoong
- 1 small eggplant, cut into serving pieces
- 1⁄2 lb fresh green beans
- 1⁄2 lb fresh green beans
- 1⁄3 CUP organic peanut butter

Preparation:

In a large skillet, saute the garlic and onion in hot oil until brown. Add bagoong and saute for another three minutes.

Add eggplant and green beans and cook until tender. Reduce heat and stir in the peanut butter.

Mix well and serve with extra bagoong!

Ginisang Upo (White Squash)

From what I've been taught, this is a very simple Filipino vegetable dish and a common meal in every household. This meal is so easy to prepare and should take you less than 15 minutes to complete. If it doesn't, don't be discouraged – try again until you master it!

- 1 medium sized Upo (White Squash) , sliced
- 5 cloves garlic, crushed
- 1 medium sized onion, diced
- 2 medium sized tomatoes, diced
- 3 TBSP cooking oil
- 1 TSP salt
- ½ TSP ground black pepper

Preparation:

1. Heat the pan and pour the cooking oil

2. Sauté the garlic, onions, and tomatoes

3. Put-in the ground black pepper let it sizzle for a bit.

4. Add the Upo (White Squash), cover the pan, and cook for 6 minutes and salt to taste!

SNACKS AND DRINKS

"*The Ant and the Grasshopper*

In a field one summer's day a Grasshopper was hopping about, chirping and singing to its heart's content. An Ant passed by,bearing along with great toil an ear of corn he was taking to the nest. "Why not come and chat with me," said the Grasshopper,"instead of toiling and moiling in that way?"

"I am helping to lay up food for the winter," said the Ant, "and recommend you to do the same."

"Why bother about winter?" said the Grasshopper; we have got plenty of food at present." But the Ant went on its way and continued its toil. When the winter came the Grasshopper had no food and found itself dying of hunger, while it saw the ants distributing every day corn and grain from the stores they had collected in the summer. Then the Grasshopper knew:

It is best to prepare for the days of necessity."

I've learned the hard way that I have to prepare my healthy snacks in advance nefore going on the road. Most places in the world do not offer quick healthy foods, and you can't always get access to a grocery store and a kitchen.

Some readers may remember when I played guitar for the industrial rock group Project .44 (a supergroup with members of Ministry and My Life with the Thrill Kill Kult; these are staple Chicago bands – not quite Cheap Trick or Smashing Pumpkins in terms of household reach to grown adults, but busy nonetheless).

Our touring schedule was brutal, leaving only enough time and per diem money to hit fast food drive throughs. If we were lucky, we'd get to eat at a Denny's at four in the morning. I lived off of mostly fast food salads for a long while, which are not actually healthy but better than nothing.

We'd eventually start to go crazy (all though much of that is from seeing the same angry guys day in and day out). The industrial genre is no pretty picnic either, some of those personalities can test your limits. I've seen grown men burst into tears and call their lawyers because somebody set their keyboard up a foot closer

to the front of the stage than they initially demanded. On the flip side, we also got to play fashion shows and share dressing rooms with models ☺. The ups and downs were insane, and it's too bad we didn't know that simple rules like "Eat and Sleep Right" would have immense effect on our well being.

If I could go back in time, I'd hand myself this book so I could know then what I do now about preparing snacks in advance.

It's not just fast-paced travelling that can hinder good eating habits, sometimes you find yourself in a different city/region for a whole week, or maybe even a month. Now, I LOVE Santo Domingo. I do with all my heart, but the Dominican diet has little to offer for your health on a day to day basis. Most of it is in the nature of deep-fried plantains and the like. It's also hard not to have the time of your life EVERY night, leaving your mornings full of adrenaline withdrawal and sadness.

All's not lost restaurant-wise in Santo Domingo, though. My favorite spot is this little hidden vegetarian Chinese restaurant on Av. Romulo Betancourt. It's hard to find because it appears

to be a nice house converted into a Buddhist sanctuary/restaurant but it's well worth the search. They've got a giant glass of amazing green tea and tea eggs that definitely hit the spot. The food is great, the open garden is peaceful, and the family that runs the place is friendly. You know you've hit on something fun when your servers are Chinese ethnically but speak Spanish as their native language (as an American with parents born in another country I can definitely relate).

Down that same street is my favorite Lebanese restaurant in the whole world. There's an old man with Tourette's that makes the meanest falafel ever. He does this while shouting and twitching uncontrollable. You'd think it would be startling, but in reality he is quite a charming and entertaining grandpa figure. Actually, his falafel is the second best falafel I've ever tasted. I used to be in a relationship with a Palastinian girl whose dad makes a falafel so good that I guage everything else against it. The Lebanese-Dominican gentleman's is a close second.

The problem, however, is in Santo Domingo, these restaurants are open whenever they feel like it. They may post set hours, but by no

means is anyone expected to adhere to them. Luckily I'm able to pack enough of my Chocolate Protein Squares and glutamine caspules in a suitcase to be able to keep my food endeavors under control no matter where in the world or what situation I'm in.

Almond Protein Spheres

- 16 oz. of almond butter (raw, crunchy, and unsalted)
- 3 scoops of plain, unsweetened, vanilla whey protein powder
- 2 TSP of stevia
- 1 TSP of chai masala powder
- ½ CUP of milk
- ½ cup of fat-free plain yogurt

In a VERY large mixing bowl, place the almond butter and protein powder. Add stevia, chai masala and yogurt. Slowly add the milk.

NOW, here comes the work part of this recipe: Stir everything in smal circles working your way around the bowl until everything is evenly mixed. This take a bit of arm stamina. If you like you can use an egg beater or electric mixer instead, but keep in mind that they will make a lot of mess

for your cleanup.

Once the mixture appears to have even texture and color, dig in with your hands and start forming balls about 1 inch in diameter.

Place balls on a dish and cover with plastic wrap.

Keep in the fridge until ready to eat or pack into plastic baggies to put in your carry on luggae for travel.

Chocolate Protein Squares

- 16 oz. of almond butter (raw, crunchy, and unsalted)
- 3 scoops of Body Fortress brand chocolate whey protein powder (this is the least expensive, most ideal whey protein for making this recipe since it's fortified with Taurine, Glutamine, Creatine, and all sorts of other great things)
- 1 CUP of milk

In a VERY large mixing bowl, place the almond butter and protein powder. Slowly add the milk.

Like in the previous recipe: Stir everything in smal circles working your way around the bowl until everything is evenly mixed. Again, this take a bit of arm stamina. If you like you can use an egg beater or electric mixer instead, but keep in mind that they will make a lot of mess for your cleanup.

Once the mixture appears to have even texture and color, transfer to a shallow baking dish.

Press down and into the corners until it resembles a cake or slab of fudge about 1 inch thick.

Cut into squares and cover with plastic wrap.

Keep in the fridge until ready to eat or pack into plastic baggies to put in your carry on luggae for travel.

Spicy Peanuts

- 16 oz. of dry roasted spanish/cocktail peanuts
- 1 TBSP of Amchur (dry mango powder)
- 1 TSP of salt
- 1 TBSP of cayenne pepper
- 1 TSP of garlic powder
- 1 TBSP of olive oil
- 1 TBSP of gram flour

In a skillet, heat olive oil on the highest flame possible. Add peanuts and with continuous stirring motion, add the dry ingredients in this order: gram flour, garlic powder, amchur, salt, and cayenne pepper.

Bring heat to low, and continue stirring in a quick motion being careful that not a single peanut stays in one place for too long.

Remove from heat and transfer to a bowl to cool. They should be ready to eat after 20 minutes of cooling!

Low-Carb Shrikhand

- 16 oz. of fat-free plain yogurt
- 1 TSP of stevia

Blend the above ingredients until a smooth texture is achieved.

Healthy “Cheesecake” Yogurt

- 16 oz. of fat-free plain yogurt
- 1 TSP of stevia
- 3 rounded TBSPs of chunky Almond Butter

Mix together yogurt and Almond Butter. Once you’ve achieved an even texture, add the stevia and stir well.

The almond butter helps give a cheesecake-like crust feel with every bite of yogurt!

Sweet Flax-gurt

- 16 oz. of fat-free plain yogurt
- 1 CUP of flax meal
- 1 TSP of stevia

First, add the yogurt to a large bowl. Then, slowly add the flax meal while stirring. Finally throw in the stevia and mix well.

This stuff tastes GREAT, and is inarguable the healthiest sweet snack you allow yourself.

Lassi

It's my duty to get on a soapbox here: I was watching the Food Network, where this drink was being featured on an episode, and I heard Giada De Laurentiis actually say the word "LASSIE" – like the dog! I almost threw my glass at the TV. Please do your best to not be as blatently rude/indifferent as your average (if not every) Food Network chef. It's not that she couldn't pronounce it, it's that it's apparent she didn't even try to learn how before talking about it on television. If you're going to enjoy something handed down from a given culture, you should have **some** respect for that culture itself. It is not difficult to say (LUH-See), and that's UH as in "Duh" in case you or someone you know is having trouble remembering it ☺.

On a side note, have you ever seen a Food Network chef make something that Doesn't contribute to American obesity (sometimes even dubbing something horrible as healthy)? And aside from Giada, is there one that doesn't need a treadmill badly? Something to think about.

Lassi is a popular Indian & Pakistani yogurt-based drink. It is made by blending yogurt with

water (or milk) and spices. Lassi is often flavored with ground roasted cumin. There's also Sweet Lassi, which is yogurt and water/milk blended with sugar or fruits (Mango Lassi seems to pretty popular in Indian restaurants here in the States).

YOULL NEED:

- 1 3/4 cups fat-free plain yogurt
- 6 cubes of ice, crushed
- 1 1/2 cups ice water
- 2 TSPS of ground cumin
- 1 pinch of paprika
- 1 pinch of ground black pepper
- 1 pinch of salt

With a fork, blend the yogurt, ice, water, spices and salt until the mixture becomes frothy. Pour mixture over ice cubes in tall glasses.

PERFECT ON A HOT DAY!

Fresh Lime Soda

I discovered my love for Fresh Lime Soda on a beach in Kovolum. I was on vacation with my family and every morning my Father and I would sit at a table right on the water, soak up the sun, and have a guy bring us a fresh cup of tea, a vegetable cutlet, and a cold glass of Fresh Lime Soda.

He would first bring out the glass with a little salt on the bottom, squeeze in the lime right at the table, and pour in the seltzer. It was truly awesome. Every time I feel the citrussy bubbles on my lips it takes me right back to that serenity.

YOU'LL NEED:

- 1 tall glass, chilled
- A pinch of salt
- Some seltzer, cold
- 1 Lime

Place the salt in the bottom of the glass, and cut and squeeze the contents of the entire lime into it. SLOWLY add the seltzer and listen to that glorious fizz. Garnish with a small wedge from another lime, sit back and ENJOY!

Hot Sauce Soda

- 1 large beer mug
- ½ TSP of cayenne pepper
- 7 dashes of any red Anand Bhatt Signature Hot Sauce ☺
- Some seltzer, cold
- 1 Lime

Place the cayenne pepper in the bottom of the mug, and add 7 dashes of hot sauce. Cut and squeeze in the contents of ½ the lime.

SLOWLY add the seltzer and stir until the drink is as evenly red as possible.

Garnish with the remaining half of the lime, and ENJOY! This drink is addictive. I feel like I need one right now just writing about it.

SAUCES AND EGGS REFERENCE

"*The Lioness*

A controversey prevailed among the beasts of the field as to which of the animals deserved the most credit for producing the greatest number of whelps at a birth. They rushed clamorously into the presence of the Lioness and demanded of her the settlement of the dispute.

"And you," they said, "how many sons have you at a birth?"

The Lioness laughed at them, and said: "Why! I have only one; but that one is altogether a thoroughbred Lion."

Eggs, by themselves, are amazingly nutritious and are a powerhouse of protein and healthy fats. They play a role in weight management, muscle strength, healthy pregnancy, brain function, and vision health. Eggs contain high-quality protein, choline, folate, iron and zinc. Harvard Health dispelled the myth about eggs being bad for your heart, the truth is there is no connection between eggs and heart disease. The misconception comes form the cholesterol content in eggs, but overzealous fearmongers fail to acknowledge that not all cholesterol is bad or even passes into the blood. It's quite clear I'm a bit of an egg fan.

One time, in Vegas, we got hooked on this awesome Eggs Benedict (from either the Bellagio or Mandalay Bay, I can't quite remember). Either way, we realized that the waiter, when it came time to pay the bill, only asked for our room number every morning. He didn't check any credentials or keys, nothing! So for fun, we racked up huge amounts of expensive egg breakfasts every morning and charged it to another performer's room ☺. Don't worry, it was a friend of ours. Not sure if that prank would still work. Hopefully Vegas restaurants have wised up to that trick.

Eggs Benedict isn't exactly a good-for-you dish, but when in doubt on what to eat, I often turn to eggs in general. The challenge is no matter how you cook them, if you're not creative they pretty much just taste, well, like eggs. That is where the sauces come in. Unlike a restaurant Benedict, sauces CAN be made healthy.

There may be great egg recipes of mine earlier in the book, but this section highlights some preparations that I've come across in my research. They're modified Anand-Style to be more healthy of course.

ENGLISH DRAWN SMART BALANCE

3 TBSP of Smart Balance
1 CUP of boiling water
2 TBSP of almond meal
1/2 TSP of salt
1 dash of pepper

Blend two TBSP of Smart Balance and the almond meal together, add the
water, stir, and bring to a boil. Add the salt and pepper and remove from heat. Add the remaining TBSP of Smart Balance and it is ready for use.

PLAIN HOLLANDAISE SAUCE

Make English drawn Smart Balance and add to it, when done, the yolks of two
eggs beaten with two TBSP of water; cook until thick and jelly-like, remove from heat and add one tablespoon of tarragon vinegar or the juice of half a lemon.

BECHAMEL SAUCE

2 TBSP of Smart Balance
1 yolk of an egg
1/2 cup of milk
1 pinch of pepper
1 TBSP of gram flour
1/2 cup of broth (chicken or vegetable)
1/2 TSP of salt

Rub the Smart Balance and flour together, add the broth and the milk and stir
until boiling; add the salt and pepper, take from the fire and add the
beaten yolk of the egg, keep on the heat for a bit longer and it is ready for use.

WASABI SAUCE

Make an English drawn Smart Balance, and, just at serving time, add a quarter cup of wasabi paste (if you can get it, try it with freshly grated wasabi).

TOMATO SAUCE

Rub together two level TBSPs of almond meal and two of Smart Balance.

Add a half cup of strained tomatoes. Stir until boiling. Add a half TSP of salt, some chopped onions, some cayenne pepper, garlic powder, and a pinch of ground black pepper. Strain and use.

PAPRIKA SAUCE

Rub together two level TBSP of gram flour and two of Smart Balance, with a TBSP of paprika. Add a half cup of chicken broth.

Stir until boiling. Add a half TSP of salt, and strain. This sauce may be used over tofu as well as eggs.

CURRY SAUCE

Chop an onion finely. Cook it with two level TBSP of Smart Balance until soft. Do not brown.

Add two level TBSP of gram flour, one TSP of curry powder and a half TSP of salt.

Mix and add a cup of boiling water. Stir until boiling, and strain.

ITALIAN SAUCE

Chop a sufficient amount of a carrot to make a TBSP, then chop one onion.

Place them in a saucepan with three level TBSP of Smart Balance, a bay leaf and a TSP of whole cumin.

Shake the pan over the flame until the vegetables are slightly browned. Drain off the Smart Balance and add to it two level TBSP of gram flour, a half cup of good broth (chicken or vegetable), a half cup of strained tomatoes. Bring to a boil.

Add a half TSP of salt and a dash of cayenne. Stir until boiling. ENJOY!

SHIRRED EGGS

Cover the bottoms of individual dishes with a little Smart Balance and some flax meal; drop into each dish two fresh eggs; stand this dish in a pan of hot water and cook in the oven until the whites are “set.”

Put a tiny bit of Smart Balance in the middle of each, and a dusting of salt and pepper.

EGGS MEXICANA

Put two TBSP of Smart Balance in a saucepan. Add four TBSP of a finely chopped onion and shake until the onion is soft, but not brown.

Then add four Spanish peppers cut in strips, a dash of red pepper and a half cup of tomatoes; the tomatoes should be in rather solid pieces.

Add a seasoning of pepper and salt. Let this cook slowly while you shir the desired quantity of eggs. When the eggs are ready to serve, put two TBSP of this sauce at each side of the dish, and serve!

EGGS ON A PLATE

Rub the bottom of a baking dish with coconut oil. Dust it lightly with salt and pepper. Break in as many fresh eggs as required. Stand the dish in a basin of water and cook in the oven for five minutes, or until the whites are “set.”

While these are cooking, put two TBSP of Smart Balance in a pan and stir until it browns. When the eggs are done, baste them with the browned Smart Balance.

EGGS OF THE QUEEN

- 6 eggs
- 1/2 can of pre-sliced mushrooms (drained)
- 2 TBSP of Smart Balance
- 2 TBSP of gram flour
- 1/2 cup of milk
- 1/2 TSP of salt
- 1 pinch of pepper

Use ordinary baking dishes for the eggs; grease them with a bit of coconut oil, and break one egg into each dish.

Stand these in a pan of water and broil in the oven until they are “set.”

Rub the Smart Balance and flour together, add the milk, stir until boiling, add the salt, pepper, and mushrooms. Put one TBSP of this on top of each egg and Serve!

EGGS A LA PAYSANNE

- 6 eggs
- 1/2 CUP of milk
- 2 TBSP of grated onion
- 3 cloves of garlic
- 1/2 TSP of salt
- 1 pinch of pepper

Add the onion and the garlic, mashed, to the milk; pour it in the bottom of a baking dish, break on top the eggs, dust with salt and pepper, stand the baking dish in a pan of water and cook in the oven until the eggs are “set.”

Serve in the dish in which they were cooked.

EGGS BAKED IN TOMATO SAUCE

Make a tomato sauce. Pour one-half in the bottom of a baking dish, break in anywhere from four to six fresh eggs.

Cover with the other half of the sauce, dust the top with grated cheese, and bake at 300 degrees F until “set,” about fifteen or twenty minutes.

This makes for a great dinner eggs dish.

EGGS A LA VALENCIENNE

- 6 eggs
- 1/2 cup of strained tomatoes
- 2 mushrooms
- 2 TBSP of grated Parmesan cheese
- 2 level TBSP of Smart Balance
- 2 level TBSP of gram flour
- 1/2 pinch of grated nutmeg
- 1/2 TSP of paprika
- 1 TSP of salt
- 1 pinch of pepper

Rub the Smart Balance and flour together in a

pot, add the strained tomato, stir until boiling, add the mushrooms, sliced, salt, paprika, nutmeg and pepper.

Take a baking dish and grease it with olive oil; break into this the eggs, being very careful not to break the yolks. Let the eggs cook in the oven until “set.”

Then pour the tomato sauce over the eggs, dust the top with the Parmesan cheese and ENJOY!

SWISS EGGS

Cover the bottom of a baking dish with about two TBSP of Smart Balance spooned into bits. On top of this, add very thin slices of Swiss cheese. Break over it some fresh eggs.

Dust with salt and pepper. For every six eggs eggs, pour over a half cup of milk.

Then, cover the top with grated Swiss cheese and bake in the oven until the cheese is melted and the eggs “set.”

Serve with low-carb flax toast.

EGGS WITH NUT-BROWN SMART BALANCE

These eggs may be shirred or poached and served on low-carb toast.

Put two TBSP of Smart Balance in a saute or frying pan. As soon as it begins to heat, break into it the eggs and cook slightly until the yolks are “set;” dish them at once on the toast.

Put two more TBSP of Smart Balance in the pan, let it brown, and add two TBSP of vinegar; boil it up once and pour over
the eggs.

EGGS EN COCOTTE

Chop up one good-sized onion. Saute it in two TBSPs of Smart Balance or olive oil.

When the onion is soft, add a quarter of a can of sliced mushrooms (drained), two level

TBSP of gram flour and one cupful of broth (chicken or vegetable). Stir until boiling.

Add a TBSP of chopped parsley, a half TSP of salt and a pinch of black pepper.

Put a TBSP of this sauce in the bottom of individual cups. Break into each cup one egg. Pour over the remaining mixture.

Stand the cups in a pan of hot water and bake in the oven at 350 degrees F about
five minutes or until cooked.

BIRDS' NESTS

Separate the eggs (separate the whites and yolks), allowing one egg for each person.

Beat the whites to a stiff froth. Heap them into individual dishes, make a nest, or hole, in the center.

Drop into each hole a full yolk. Microwave for about two or three minutes.

Dust lightly with salt and pepper, put a tiny bit of

Smart Balance in the center
of each, and send at once to the table.

This is the coolest looking of all egg dishes.

EGGS PANADERO

- 2 eggs
- 6 slices of low-carb bread
- 1/2 CUP of milk
- 4 TBSP of olive oil
- 1 TBSP of chopped parsley
- 1/2 TSP of salt
- 1 pinch of black pepper
- 1 pinch of cayenne pepper

Trim the crusts from the bread.

Beat the eggs until well mixed, but
not light, then add the milk, salt, cayenne and
black pepper.

Put the oil in a shallow frying pan, dip the slices
of bread in the beaten egg and
drop them into the hot oil; when brown on one
side, turn and brown the other.

Dish on a hot platter, dust with the chopped parsley and SERVE!

SEXY EGGS

- 1 Spanish or 2 Bermuda onions
- 2 level TBSP of Smart Balance
- 2 level TBSP of gram flour
- 1/2 cup of milk
- 6 eggs
- 1 TSP of salt
- 1 pinch of pepper
- 1/2 pinch of grated nutmeg

Separate the whites and yolks of the eggs.

Put the Smart Balance into a saucepan, add the onions (which should be cut into thin slices).

Saute until the onions are soft, but not brown, then dust over the flour, mix, and add the milk, salt, pepper and nutmeg.

Stir carefully until this reaches boiling point.

Beat the yolks of the eggs until very creamy, then stir them into the sauce.

Remove from heat and fold in the well-beaten whites of the eggs. Transfer into a baking dish or casserole dish and bake at 475 degrees F for fifteen minutes. Serve and ENJOY!

POACHED EGGS ON FRIED TOMATOES

Cut solid tomatoes into slices a quarter of an inch thick, dust them with salt and pepper, dip them in egg beaten with a TBSP of water, roll them thickly with flax meal, dip them again in the egg, and dust again with flax meal.

Lightly fry in a shallow pan of hot coconut oil. Drain on paper towels and transfer to a large plate.

Put a poached egg in the center of each slice, dust with salt and pepper, put a TBSP of tomato sauce over each one and have fun eating these puppies!

EGGS A LA FINNOIS

- 6 eggs
- 2 level TBSP of Smart Balance
- 2 level TBSP of flour
- 1/2 cup of strained tomato
- 1 TBSP of chopped chives
- 2 green peppers

Rub the Smart Balance and flour together, add the tomatoes, and the peppers,
chopped very fine.

Stir until this reaches boiling point, and let stand.

Poach the eggs in deep water.

Toast six rounds of low-carb bread; arrange the toast on a platter, put one egg on each slice, pour around the tomato sauce, and dust thickly with the chives.

EGGS A LA GRETNA

- 6 eggs
- 2 heads of celery
- 2 level TBSP of Smart Balance

- 2 level TBSP of almond meal
- 1/2 cup of milk
- 1 TSP of salt
- 1 pinch of pepper

Cut the celery into one inch lengths, wash thoroughly, cover with water in a pot and simmer gently until the celery is tender.

Drain them, and feel free to save the celery-flavored water to make soup out of later.

Rub the Smart Balance and almond meal together, add the milk, salt and pepper.

Bring to a boil and add the celery.

In another pot, poach the eggs and toast six slices of low-carb bread.

Melt some coconut oil and spread on the toast.

Put on each slice one egg; put these around the edge of a large platter, transfer the celery into the middle of the dish and serve.

EGGS MORNAY

- 6 eggs
- 2 TBSP of Smart Balance
- 2 TBSP of gram flour
- 1/2 cup of milk
- 1/2 TSP of salt
- 1/2 TSP of paprika
- 4 TBSP of grated Parmesan cheese

In a pot, rub the Smart Balance and flour together, add the milk, stir until boiling, add the salt and paprika, and if you have it around, a TSP of soy sauce.

Pour half of this sauce in a shallow baking dish.

Poach the eggs, drain them carefully, and put them over the top of the sauce, cover with the remaining sauce, dust with Parmesan cheese and run in the oven a moment to brown.

EGGS CREOLE

Put two TBSP of Smart Balance and four chopped onions into a saucepan.

Cook until the onion is soft, but not brown. Then add four peeled fresh tomatoes that have been cut into pieces, and three finely chopped green peppers.

Saute this for a bit, and add a level TSP of salt.

Have the eggs hard-boiled, and cut into slices.

Put them into a baking dish, pour over the sauce, re-heat in the microwave on high for 1 minute.

CURRIED EGGS

Peel, and cut into slices, three large onions. Put them in a saucepan with two TBSP of Smart Balance. Cook until the onions are soft.

Add a TSP of curry powder, a clove of garlic (mashed), a pinch of ground ginger, a half TSP of salt and a TBSP of gram flour; mix thoroughly and add a half cup of water.

Stir until boiling. Have ready six hard-boiled egg, cut into slices, and arrange them over a dish.

Strain over the sauce, and serve.

EGGS A LA JEFFERSON AIRPLANE

Select a desired number of good-sized tomatoes, allowing one to each person. Cut off the blossom end, scoop out the seeds, and microwave on high for 1 minute.

Put a half TSP of Smart Balance and a dusting of salt and pepper into the bottom of each, and break in one egg.

Put these back in the microwave and heat until the eggs are “set.”

ANAND’S THAI EGGS

- 6 eggs
- 1/2 can of sliced mushrooms (drained)
- 1 TBSP of grated onion
- 2 TBSP of chopped parsley
- 1/2 CUP of milk (with a pinch of stevia in it)
- 2 level TBSP of Smart Balance
- 2 level TBSP of almond meal
- 1/2 cup of coconut milk

- 1 TSP of salt
- 1 pinch of pepper

Hard-boil the eggs, and when done remove the shells and cut the eggs into halves lengthwise, keeping the whites whole.

Remove the yolks, and mash them. Add to them the milk, half the salt and a dash of cayenne.

Mix thoroughly and fill into the whites and arrange them neatly on a platter.

Put the Smart Balance into a saucepan, add the onion and flour, then coconut milk.

Add the mushrooms; stir, until it boils, and add the remaining salt and pepper.

Remove from heat and add the parsley. Pour this over the eggs on the platter, dust thickly with almond meal, run into a quick oven until brown.

EGGS SCRAMBLED WITH FRESH TOMATOES

- 3 tomatoes
- 4 eggs
- 1 TSP of onion juice
- 1 level TSP of salt
- 1 pinch of pepper
- 2 TBSP of Smart Balance

Peel the tomatoes, cut them into halves and squeeze out the seeds.

Cut the tomatoes into small bits, put them into a saucepan with the salt, pepper and Smart Balance; when these are hot add the eggs, beaten until well mixed.

Stir until the eggs are “set,” transfer to a warm dish, and garnish with low-carb flax toast.

THANK YOUs

"*The Dove and the Ant.*

An Ant went to the bank of a river to quench its thirst, and, being carried away by the rush of the stream, was on the point of being drowned. A Dove, sitting on a tree overhanging the water, plucked a leaf, and let it fall into the stream close to her. The Ant, climbing on to it, floated in safety to the bank.

Shortly afterwards a bird catcher came close and stood under the tree, and laid his lime-twigs for the Dove, which sat in the branches. The Ant, perceiving his design, stung him in the foot. He suddenly threw down the twigs, and thereupon made the Dove take wing.

The grateful heart will always find opportunities to show its gratitude."

I AM extremely grateful and express thanks to:

- My parents for their support in my endeavors, I realize it was difficult with me not finishing med-school and all ;), but hey, wealthy rock star isn't so bad is it ☺?

- My friends, fans, and loved ones for seeing me through and putting up with having to watch me eat hummus with flaxseed chips when you were hoping for a cheeseburger.

- Todd Bergendahl and Stacy Boyd for being so hospitable and indulging my dietary eccentricities when I visit.

- David Lord for letting me steam broccoli in your house and for grilling up that tofu dog pro-style when the rest of you were having steak night! It still tasted like burnt plastic, but I appreciate the effort to include me (btw, my recipe for Salmon Hot Dogs from this book trump those nasty little tofu pups any day).

- Rich Locklin for helping see me through the rough times and now the great times,

within the industry and without, inside the sushi bar and out, and everywhere in between.

- Ryba, James, Rich, Steve, Jim, Sanjay Dallas, Chris, (**Ronnie**, **Bobby**, **Ricky, and Mike**) and the whole lot of amazing musicians that I get to work with.

- Every other artist signed to Sonic Wave International, we really are one big kick ass family aren't we?

- Johnny, Earl, Violet, Chachi, and the whole Canadian fam. Thxs for helping me keep my adrenaline (among other things) up.

- Nur and Ali, for all that amazing food!

- Rick from the hot sauce company, making the Anand Bhatt Signature line of products with you is a level of fun I didn't know existed.

- Mani & Peter: you guys are just AWESOME!

- Marc Rice, Thom Joyce, Bob Tomaski, &

John Mayer: because not every day can be Walleye Wednesdays, Denny's or the China Buffet. You guys keep me sane. Pappaow!

- Anyone and everyone that I ran out of space to mention, you know who you are, If you're pissed you missed out on the love in writing, then quit moaning and take it up with my editor ☺.

I'd also like to thank those that reach out to me and tell me their stories and opinions. I've read some interesting notes and even learned a thing or two. Here are some of my favorite excerpts:

DEBORAH from Brentwood, TN says:

"I HAVE MADE A HABIT SINCE I COULD REMEMBER TO EAT HEALTHY MY FAMILY ATE HEALTHY WE WERE NOT BROUGHT UP ON JUNK FOOD

I WISH YOU COULD SPEAK TO MY NEPHEW WHO IS A NUTRITION AND A PERSONAL TRAINER ON AMELIA ISLAND, ...

HIS 3 YEAR OLD SON LOVES CHICKEN NOT

NUGGETS, BROCCOLI, SWEET POTATOES, BRUSSELS SPROUTS; HE DOES NOT EAT JUNK FOOD.

HIS MOTHER USED TO BE A RN SO THEY GREAT HEALTHY FOOD AS THEY BOTH TOLD ME, IF YOU GIVE THEM HEALTHY FOOD FROM THE START THEY DO NOT ASK FOR THE JUNK.

I CAN SEND YOU PHOTOS IF YOU LIKE. CUPO BEANS ARE SO HEALTHY AND WE ARE WORKING ON PROJECT USING CUPO BEANS AS A DESERT, CHICKEN FINGERS BAKED WITH CUPO BEAN BREAD,

AS A SNACK ROASTED, AND CHICKEN BREAST STUFFED WITH SPINACH AND CUPO BEANS, A GOURMET CHEF DEVELOPED ALL THE RECIPES. WHAT PEOPLE DO NOT UNDERSTAND EATING GREAT FOOD,

(OUR CAMPAIGN IS TO USE WORDS OTHER THEN HEALTHY) THAT HAS TASTE AND STYLE CAN ALSO BE GOOD FOR YOUR BODY.

THANK YOU”

Bonnie Presti, Nutrition Educator, controversially writes:

"1. Re. tofu: I do NOT advocate eating much tofu because 90% of the soybean crop in the US is grown by Monsanto which means it is ALL genetically modified. If somebody can find pure, organic, Non GMO edamame that is ok once in awhile, but not for an ongoing diet. I recommend people stay away from all products that are soy protein, soy protein isolate, tofu, soy drinks, etc...

2. Re. milk: I do NOT advocate people drink regular cow's milk because it is produced with artificial hormones (which may contribute to breast, prostate and colon cancers) and antibiotics.

[Also], farmed salmon are crammed into pools of antibiotics, pesticides, chemicals and wastes (poultry litter) then fed soy, wheat, hydrolyzed chicken feathers and animal by-products. The salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, and pesticides such as DDT. "

I thank Bonnie for these warnings, but also urge many people not to jump on an anti-soy or anti-

dairy bandwagon without a generous amount of research. As Bonne suggests, go organic to be safe. I do know that most grocery stores where I shop no longer purchase hormone laden milk from dairy farmers, and even the non-organic cartons boast being hormone free.

Furthermore, most anti-soy propaganda I've seen have pulled quotes from real research papers out of context. The **real** research on soy, for which anyone that can walk into a University library and approach the appropriate section of journals can read, shows positive benefits of soy on health.

It takes some practice to analyze a legitimate research paper by evaluating the methods, looking for counfounding variables, and judging the results by grasping the statistics, but the time spent learning how is welll worth it so you're not dependent on Google and word of mouth as your only sources of information.

Writer, Susan Tordella (author of the book, "Raising Able: how chores cultivate capable young people.") was kind enough to write:

"LOVE TOFU

Can serve it a dozen ways and have even convinced my four children to eat tofu in various forms.

Fried in garlic and olive oil, served in peanut sauce over brown rice is my personal favorite.

You can deep fry your shoes and cover them in olive oil, peanut sauce and brown rice and it would taste delicious.

Susan Tordella"

Elise from Seattle, WA reports from a United Soybean Board study:

"More and more Americans are consuming soyfoods like tofu. In 2010, we found that 37 percent consume soyfoods or soy beverages once a month or more, approximately 5 percentage points higher than during the

period between 2006-2008. Today, 31 percent of consumers seek out products specifically because they contain soy, and approximately 35 percent are aware of specific health benefits of soy in their diet.

Tofu ranks in third place behind soymilk and veggie burgers for trial, at 23 percent. There is also consumer interest in blending soy and ground meat in combination (55 percent interested), with beef being the preferred meat to mix with healthy soy ingredients like tofu."

Marie Oaks, who runs the kitchen at the Bosque Village, an eco-retreat center in the highlands of Mexico writes:

"One of my goals is to serve healthy, vegetarian food, so I obviously have very positive opinions about health food.

I often host groups that are not accustomed to healthy food, food without meat, and vegetables that havent been fried. In order to introduce their palates to healthy food without having starve, I try to keep the food familiar. For

Mexican groups, I tend to serve vegetarian tacos, stuffed chilis (traditionally fried, but we skip that step), posole with mushrooms instead of meat, etc. Healthy food should taste good.

After a group has survived a few meals, the majority will begin to look forward to each mealtime. I start providing things like tofu, hummus, etc. Ive had guests leave and become vegetarian. Ive also served some people the first salad of their life. Im constantly asked for recipes and tips for the homecook. Every single staff member from local villages have started feeding their families more vegetables and less meat.

Once people are introduced to a healthy diet they generally realize it is something they have been craving - they just didnt know it until they got the opportunity to try healthy tasty meals.
Health food, in my opinion, should dominate the daily diet. It is so easy to make exceptions - fry the potato instead of bake it, serve thick ranch dressing rather than a light vinaigrette, etc. But exceptions add up to an unhealthy, less satisfying diet.

If health food is always the first choice, then we can take out the scary adjective “health” and just

admit what were eating is _food._ Packaged crap with chemical ingredients is not food. Eating fruits, veggies, legumes, small portions of meat and whole grains shouldn't be scary or taboo. It should be the norm."

RIGHT ON MARIE! Can't wait for my next Mexico visit!

Joy Randel of California writes:

"I enjoy eating healthy food like tofu, brussel sprouts and broccoli. The reason why people say they do not like these foods is because they do not know how to properly prepare them. If they say these foods do not taste very good then they should learn how to cook."

Kathy from Kansas City, MO says bluntly in an entertaining manner:

"To be really honest...Tofu just doesn't cut it with me or my grandchildren or adult sons and daughters....and I have lot of friends that love to eat healthy but just the mention of tofu makes them turn the other way! Brocolli however is a

different story. From the time they were little, all five of my children loved brocolli (or little trees as they called it) and I do to. Even my husband who is not a huge veggie person...will eat steamed brocolli or even raw in salads.

And my grandchildren love almost all kinds of fresh veggies and fruits...but brussel sprouts.... no. In fact, when my children were young teens, I had an opaque tupperware container in our freezer that said brussel sprouts and they never bothered it...not until they finally discovered it contained special sweet treats I wanted to dole out carefully! lol I think when children and adults consciously feed their bodies in order to be strong and healthy....given the choices....healthy foods win out....the problem is that so many snack and junk foods are cheap and easy to buy and rather than wash and cut up apples, carrots or celery etc....it's easier to reach into a potato chip bag!

I found it was all about available easy options and given that...our bodies naturally yearn for the healthier foods....with a little bit of dark chocolate here and there of course!"

Sally from Moment Vision Lab, as she was wishing me luck on this book endeavor, wrote:

“My toddler (she’ll be two in a month) LOVES broccoli. If you ask her what her favorite food is, that’s her answer. In fact, the first time she had ice cream (because her cousins were eating it) she complained it was too cold then stopped eating it. We asked, “What do you want instead?” And she said, “Broccoli”.”

I see there’s hope yet for the next generation of rockers ;)

Krista Maurer of 100PoundstoParis.com says:

“I am a 31-year-old woman who recently embarked on a journey to lose 100 pounds. Im down about 30 so far and am still working hard to lose the rest. Before I began losing weight, I can honestly say that I really enjoyed many types of healthy foods, but I tended to choose brownies over broccoli and tiramisu over tofu.

Since Ive begun to learn about health and weight however, Ive also begun to see food like broccoli and tofu in a whole new light. My opinion of

them has changed. Where before, they were simply “healthy foods I probably ought to eat,” they are tnow he “fuel” my body needs and likes the best. I see how I feel better, cleaner, lighter, and more free when I eat them. Ive learned how to incorporate them into my daily menu, how to prepare them flavorfully, and to crave them more than I crave a bag of potato chips.”

Christen Cooper, MS, RD, founder of Cooper Nutrition Education and Communications in Pleasantville, NY gives hope to all of us by saying:

“I am a Masters in nutrition education from Columbia U. and a registered dietitian (RD). Thus, my opinion on healthy foods are products of both science and personal taste. In all my years of study on food, however, every time I see a food as simple as broccoli, I try to think about how we got from that living plant to thaw-and-eat broccoli cheddar bites or any of the other thousands of highly-processed foods on the market.

How did the actual food in that “food product” become the ick factor (the broccoli) and the rest

of the manufactured flavors and shapes and tastes become the part that makes that food edible for many people? The oddest part about the high acceptance of processed foods is that the actual food in them is barely recognizable.

My palate, influenced by my absorption of a lot of food research, but also by my childhood during which I ate lots of unprocessed food, likes healthy foods. It really does."

Annette Pelliccio, Founder & CEO of The Happy Gardener, Inc says:

"It is important to choose fresh produce as the main ingredient for our diets, it is even more important to know where that produce comes from. Just because it is a fresh veggie, fruit or herb doesnt mean it hasnt been loaded with toxic, chemical pesticides and fertilizers.

The consumer must become educated on where the produce is coming from. Is the farm certified organic? If not, which pesticides do they use?

The most healthy way to get fresh produce for healthy meals is from your local farmers

market and/or CSA but again, ask the questions regarding how they are grown."

In California's wine country, one of the most recognized names for high quality, fine dining is Lisa Hemenway (proprietor of Fresh). She was kind enough to write me:

"Its easy to serve bacon wrapped fillet with blue cheese and have people love it. Because most of us are trained to like fatty foods. How do you feed someone like that healthy food and have them love it? That has always been my quest. I use nuts, fruit, ingredients with viscosity, and full-mouth flavors. Ingredients like avocado are a good fat that makes food creamy and delicious. Seeds can be used to create delicious chocolate torte. Beet puree and broccoli can be used in cookies. Introducing these flavors to children imparts a life long love of more healthy tastes."

Kip Dorrell from messyvegetariancook.com adds:

"Healthy foods arent necessarily healthy in when consumed in excess, and likewise dont

cardinally make a dish healthful (e.g. oatmeal cookies contain energy-giving oats, but also a lot of sugar). In respect to foods typically (and professionally) assumed to be healthy, I believe its all about finding the right way to eat something. For instance I hated spinach until adulthood, but thats because Id only ever had it frozen as a child. Similarly I faced a weekly aversion to peas when I sat down for my Sunday roast, but quickly ascertained my loathing was due to the fact that Id only ever had them over-boiled and served plain! Furthermore, I was vegetarian for 12 years before I could stomach tofu, again due to lack of knowledge of preparation technique. Knowledge is key; a bit of understanding and know-how is often all it takes to add some flair to an otherwise detested food. Alas, I dont think Ill ever find a way to convince my partner of the joys of cabbage."

Sherri Maddick from my old stomping grounds of Chicago says:

"As a chef of a vegetarian restaurant (Blind Faith Caf) and a fine dining global restaurant (Jacky's on Prairie) I use ingredients such as broccoli and tofu in two different contexts. At the vegetarian

restaurant people expect to see them to make up the majority of the dish.

Even non-vegetarians visiting a vegetarian restaurant will eat tofu or be inclined to eat more broccoli because they consider if part of the experience. At Jacky's, on the other hand, if I use these same ingredients, they must be in the background; almost in a unrecognizable form. This is again because of the expectations people have about their dining experience; in this case the dish is to be considered as a whole finished product, rather than showcasing individual ingredients.

I find it peculiar that we keep labeling broccoli and tofu as quintessentially healthy. To me, they are ingredients available to creativity. For example, rather than simply serving steamed broccoli I could instead consider a cream of broccoli finish on top perfectly cook broccoli florets, or Broccoli as an accent in a Pad Thai dish. The same is true of tofu, I have smoked, grilled, baked, and stir fried tofu for it to be a unique note in my dish rather than the same old main player.

[The] American public, including chefs,

home cooks, and the general public would benefit from a different positive spin on such ingredients typically labeled “healthy” . . . We need to reconsider these ingredients as simply components of a dish, so that they can again be considered worthy of creative, exciting cooking.”

Fiona from WhereFishSing.com says:

“In my opinion, healthy foods tend to be tastier, cheaper and (obviously) better for you than convenience food. However, if you’ve grown up not knowing how to cook, it can be a bit of a learning curve to get to this stage as there is more to cooking than opening a packet and putting the contents in the microwave.

Healthy food seems to have a bad reputation for being bland, boring or time consuming. I’m guessing that if you haven’t learned how to cook then cooking for the first time seems hard and time consuming, as any new skill does. If you’re used to way to much salt and artificial flavours, then pretty much anything is going to taste bland in comparison. Boring recipes seem to abound from people who have paid no attention to blending flavours and textures or learning to

choose from the wonderful variety of herbs and spices.

Eating seasonally is cheaper and gives better flavour. Eating fresh ingredients gives better flavour. Both of these approaches instantly make your food healthier. It does take time to familiarise yourself with different fresh ingredients and how to cook with them. However once you are familiar, it is often just as quick, far tastier and definitely cheaper to use fresh ingredients than convenience food. And of course, it's healthier."

Dawn from "Menu For the Week" warns regarding children and getting them to eat healthy:

"It's been my experience that where kids are concerned healthy foods are best raw and "unmessed" with. We live in a fast food, frozen world.

Kids in general aren't used to healthy foods such as vegetables and tofu. I think it's overly ambitious to think they are going to eat too much of it - even mine who eat more than most."

***Amber O'neal writes*:**

"I'm a weight loss coach who specializes in a non-diet approach to losing weight. My style is not mainstream because I don't promise ripped abs or ridiculous weight loss overnight. I focus on guilt-free intuitive eating and mindful exercise (I'm also a certified personal trainer). I believe that it's more beneficial to focus more on HOW and WHY you eat rather than on exactly WHAT to eat (there are no magic foods).

I like healthy dishes because they make me feel good inside - not because I'm "supposed" to like them. Most people consider healthy foods to be "good" foods, but I fear labeling foods as "good" vs. "bad." I'm a huge proponent of eating what FEELS good. For most people, myself included, eating healthy dishes with ingredients like broccoli makes us feel good - physically and psychologically. Fresh vegetables are flavorful, and nothing beats crisp sweet fruit. Healthy food is packed full of fiber and protein and even fat - all things that make us FEEL good. Oh, and let's not forget the carbs. This is what fuels our bodies! Carbohydrates provide the energy we need to pursue our passions in life.

My experience with healthy dishes has been varied, but I feel comfortable with where I've arrived. If it's healthy AND tastes good AND makes me feel good, I eat it. If it's healthy but doesn't taste good, I won't force it down just for the sake of doing what I'm supposed to do.

I think the best healthy dishes are those that would taste great even if I didn't care one single bit about my health. That's what I strive for when I cook."

And as Jim Martin (Faith No More) says on a warm California day as we're relaxing the entire afternoon away at his pumpkin farm:

"Yaaaap! Let's go get some Sushi!"

ABOUT THE AUTHOR

Anand Bhatt

Anand Bhatt, born in Chicago, is one of the hottest rock & on-screen celebrities to be recognized worldwide. As a major rock star & TV/ Movie personality, Anand Bhatt has been seen and honored just about everywhere.

Aside from Bhatt's great movie & TV roles, talk-show appearances and nerve sparking hosting gigs, Bhatt is known for his GRAMMY® recognized music as both a solo artist and as frontman for celebrated heavy rock group Anand Clique. He has appeared everywhere from E! & Vh1 to Reader's Digest and CNN.

Anand Bhatt is the first Indian-American to be inducted into the Latin Grammys and is also one of the first Indian-Americans in general to break into success in the mainstream music industry (An honor shared by only three: the other two pioneers are Tony Kanal from No Doubt and Kim Thayil from Soundgarden).

In 2010 Anand made the Desh Videsh list and has been named one of the most successful

Non-Resident Indians alongside M. Night Shyamalan and Deepak Chopra.

Anand Bhatt got his start to fame at a young age thanks to collaborations with Faith No More and many celebrity testimonials. After years of battling and witnessing unhealthy lifestyle practices on the road and in the studio, he finally rose to the challenge and began his lifelong endeavor of creating and discovering healthy alternatives for the busy & the andrenaline-worn.

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