

# FEATURED RECIPES

"These recipes can change your life! Jane's insightful knowledge and dedication to diet therapy provide the ingredients for successful dieting and overall good health."

—Lawrence B. Cohen, MD, gastroenterologist at Cleveland Clinic Canada

## THE metabolic **balance**<sup>®</sup> KITCHEN

Deliciously  
Satisfying Recipes  
to Reset Your  
Metabolism, Fight  
Inflammation &  
Lose Weight

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# Chicken Breast with Spicy Basil Sauce and Zucchini

This spicy chicken with pungent basil sauce awakens your senses with a burst of flavor and will become an instant favorite. If you'd prefer it mild, the dish can be made without the Thai chile with no loss of flavor. The sauce and zucchini also make a wonderful accompaniment for fish fillets.

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## Makes 1 serving

### *Chicken Breast*

- 4 oz | 115 g boneless, skinless chicken breast
- 1 tsp | 5 mL lemon juice
- 1 tbsp | 15 mL olive oil

### *Sauce and Zucchini*

- 2 tbsp chopped fresh basil, divided, plus whole leaves for garnish (optional)
- 1 Thai chile, finely chopped, divided
- 1 tbsp finely chopped red bell pepper, divided
- 1 tbsp fresh parsley leaves
- 1 tsp | 5 mL lemon juice
- 2 tbsp | 10 mL olive oil
- Salt and black pepper  $\frac{1}{2}$
- medium zucchini, spiralized
- 1–2 cauliflower florets, crumbled
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In a small dish, marinate the chicken breast with 1 tsp | 5 mL lemon juice and 1 tbsp | 15 mL oil for 1 hour.

Preheat the broiler and position an oven rack in the top third of your oven. Place the chicken on a baking sheet. Broil for 6 minutes per side until lightly browned and cooked through. Remove and slice chicken into strips.

In a small food processor, combine half of the basil, half of the chile, half of the bell pepper, the parsley, lemon juice, and oil, and season to taste with salt and pepper. Pulse until everything is well combined and chopped very small. Place in a small saucepan and heat on low for 5–6 minutes.

In a nonstick, medium frying pan over high heat, stir-fry the zucchini and cauliflower with the remaining basil, chile, and bell pepper for 5 minutes until softened.

Place the sliced chicken on a dinner plate and arrange the zucchini mixture alongside. Drizzle the warmed basil sauce over the chicken and zucchini and garnish with basil, if desired.

Photography by Mike Day

**SAMPLE RECIPE**



# Delicious

## Du Barry Cream Soup

Transport yourself to Paris with this incredibly delicious soup from Metabolic Balance coaches in France. It is reminiscent of the creaminess of vichyssoise but uses the versatility of fresh goat cheese as a replacement for cream, and for protein. It is easy to prepare and has become a go-to soup in my household. Serve it warm with some toasted rye bread. C'est magnifique!

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### Makes 2 servings

- ½ medium cauliflower head, cored and cut into florets
- 1 shallot, minced
- 1 garlic clove, minced
- 2 cups | 475 mL vegetable broth
- ½ tsp ground nutmeg
- Salt and black pepper
- 1 cup | 160 g crumbled goat or sheep's cheese
- Thinly sliced fresh basil, for garnish
- Pink or black peppercorn berries, for garnish
- 1 tbsp | 15 mL pumpkin seed oil, for drizzling

In a large saucepan, combine the cauliflower, shallot, garlic, and broth. Bring to a boil over medium heat.

Add the nutmeg and season with salt and pepper to taste. Cover the pan and simmer over low heat for 20 minutes, or until the cauliflower is tender (a knife blade should go through the florets very easily).

Add the cheese. Using an immersion blender, blend the soup until smooth, or transfer the soup to a blender or food processor and puree, then return the soup to the pan. Warm the soup over low heat for another 5 minutes.

Divide the soup into 2 bowls. Garnish with the basil and a few peppercorn berries and drizzle with the pumpkin seed oil.

Photography by Mike Day

**SAMPLE RECIPE**





# Tropical Chickpea and Mango Salad

I fell in love with mango in the Caribbean islands and spent a lot of time experimenting with it when I returned home. Because Metabolic Balance meals almost always feature a fruit (see Make It a Meal on page 30), I thought I'd try mango with chickpeas. This combination of ingredients surprised me and became one of my all-time favorite dishes. I often tell my clients to prepare this dish in the morning with frozen mango and set it aside for lunch. It's still cool and refreshing and the flavors have time to meld. I suggest using the best quality balsamic vinegar you can find as it makes all the difference.

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## Makes 1 serving

- 1 cup | 170 g canned chickpeas, drained and rinsed
- 1 cup | 128 g cubed mango (fresh or thawed frozen)
- ½ avocado, cubed
- 3–4 cherry tomatoes, halved
- 1 spring onion or green onion, sliced on the diagonal
- 2 tbsp | 30 mL olive oil
- 1 tbsp | 15 mL balsamic vinegar
- 1 tbsp finely chopped fresh cilantro
- ¼ tsp ground cumin

In a bowl, toss together the chickpeas, mango, avocado, tomatoes, and spring onion. Add the oil, vinegar, cilantro, and cumin and stir to combine.

Photography by Mike Day

**SAMPLE RECIPE**



## Warm Balsamic Beef

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This tangy beef dish is one of my favorites—it's mouthwatering and very quick and easy to prepare. The balsamic vinegar provides a hint of sweetness that is totally satisfying to the palate. I love to serve this dish with a bed of salad greens, or you can have it with rye bread or crackers.

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### Makes 1 serving

- 5 oz | 140 g beef fillet or tenderloin
- 1 tbsp | 15 mL coconut oil
- 1 tbsp | 15 mL balsamic vinegar
- 1 small onion, diced
- 1 garlic clove, minced
- ½ yellow zucchini, sliced into thin half-moons
- ½ carrot, sliced into matchsticks
- Salt and black pepper

Slice the beef into bite-size pieces.

Heat the oil in a large skillet over medium heat. Stir in the vinegar, onion, and garlic. Add the beef and stir-fry for 3–5 minutes to sear the meat.

Add the zucchini and carrot and stir-fry until the carrot has softened and the beef is tender, 2–3 minutes. Season with salt and pepper to taste.

Photography by Mike Day

**SAMPLE RECIPE**



## Seedy

## Guacamole Spread

Who would think that combining nuts, seeds, garlic, and avocado would taste this good? The garlic gives this breakfast dish, which comes from Metabolic Balance coaches in Australia, such great flavor. Use this spread on rye bread, apple slices, or cut vegetables.

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### Makes 1 serving

- ½ avocado
- 1 green onion, chopped
- 1 garlic clove, chopped
- 2 tbsp | 20 g almonds, roughly chopped
- 2 tbsp | 20 g sunflower seeds
- 1 tbsp | 15 mL fresh lemon juice
- Salt and black pepper

Combine the avocado, green onion, garlic, almonds, sunflower seeds, and lemon juice in a bowl and mash everything together with a fork. Season with salt and pepper to taste. Enjoy immediately.

Photography by Mike Day

**SAMPLE RECIPE**





# Mandelade

## with Chopped Fruit

*Mandel* is German for “almond,” and mandelade is a classic Metabolic Balance breakfast consisting of soaked nuts and seeds combined with chopped fruit (in this case, apple, but you can substitute pear or berries, or whatever fruit is on your personal plan, if you have one). I like it with Red Delicious, Granny Smith, or Royal Gala apples, but choose any tart apple you like to eat. Soaking the almonds and sunflower seeds makes them easier to digest, which increases the absorption of nutrients. Try this for breakfast using whole, raw almonds with the skins for added dietary fiber, vitamins, and minerals. Mandelade can be served cool after prepping the ingredients or baked in muffin cups and served warm (see the variation below).

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### Makes 1 serving

- 3 tbsp | 30 g almonds
- 2 tbsp | 20 g sunflower seeds
- 1 medium apple, cored and finely chopped
- ¼ tsp ground cinnamon

Put the almonds and sunflower seeds in a small bowl and cover with cool water. Cover the bowl and let the nuts and seeds soak overnight on the counter.

In the morning, drain the nuts and seeds and finely chop them. Transfer to a small bowl and stir in the apple and cinnamon.

**Warm Version:** Preheat the oven to 400°F | 205°C. Line 4 cups of a standard muffin tin with paper liners. Spoon the mixture into the lined muffin cups and bake for 15 minutes, or until the edges are golden brown. Enjoy warm.

Photography by Mike Day

**SAMPLE RECIPE**



# Light Chicken and Vegetable Curry

This light and delectable curry is loaded with minerals and other nutrients. Turmeric, the main spice in most curry dishes, has anti-inflammatory properties. This recipe is a favorite of my family and is full of fresh vegetables and bursting with flavor. You can also use any firm white fish in this recipe instead of chicken.

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## Makes 1 serving

- 5 oz | 140 g boneless, skinless chicken breast
- $\frac{2}{3}$  cup | 160 mL water, plus more as needed
- 1 (1-in | 2.5-cm) piece fresh ginger, minced
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp ground mustard
- $\frac{1}{8}$  tsp red pepper flakes
- $\frac{1}{2}$  tsp salt
- $\frac{1}{3}$  cup | 25 g small broccoli florets
- $\frac{1}{3}$  cup | 30 g sliced carrot
- $\frac{1}{3}$  cup | 30 g sliced leek
- $\frac{1}{4}$  cup | 30 g sliced zucchini

Cut the chicken breast into bite-size pieces. Set aside.

Heat the water in a medium saucepan over low heat. Add the ginger, turmeric, cumin, paprika, mustard, red pepper flakes, and salt and cook, stirring constantly, for 1 minute. Add the broccoli, carrot, leek, and zucchini and stir. Increase the heat to medium, cover, and cook for about 5 minutes, or until the broccoli is al dente.

Add the chicken. If needed, add up to  $\frac{1}{2}$  cup | 120 mL more water (enough to keep the ingredients moist and create a small amount of pan sauce). Cook with the lid slightly ajar until the chicken is tender and cooked through, 5–10 minutes.

Photography by Mike Day

**SAMPLE RECIPE**





# Crispy Blackened Salmon

I seek out the healthiest foods everywhere I travel. A wonderful meal I can find at our local restaurant, or as far away as Hong Kong, is blackened salmon. You don't need to leave home to enjoy this nutritious fish dish that is coated in spices and then pan-seared to perfection. Another fish that works well in this recipe is haddock, which, like salmon, is lower in mercury levels than many other fish. Serve with steamed or grilled vegetables of your choice, and rye crackers.

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## Makes 1 serving

- ½ tsp paprika
- ¼ tsp ground mustard
- ¼ tsp cayenne pepper
- ¼ tsp ground cumin
- ¼ tsp black pepper
- ¼ tsp white pepper
- ¼ tsp dried thyme
- ¼ tsp salt
- 1 tsp | 5 mL olive oil, divided
- 5 oz | 140 g salmon fillet

In a small bowl, combine the paprika, mustard, cayenne pepper, cumin, black pepper, white pepper, thyme, and salt; set aside.

Heat a cast iron skillet over high heat until extremely hot, 7–10 minutes.

Pour ½ tsp of the oil into a shallow plate. Dip the salmon fillet into the oil, turning to coat both sides. Sprinkle both sides with the spice mixture and gently pat mixture onto fish.

Place the fillet in the hot skillet. Carefully pour the remaining ½ tsp olive oil over the top of the fillet. Cook until the fish has a lightly charred appearance underneath, about 2 minutes. Turn the fillet over. Spoon the olive oil in the pan over the fish and cook until lightly charred on the other side, about 2 more minutes.

Photography by Mike Day

**SAMPLE RECIPE**