

# THE CANNABINOID COOKBOOK

TRANSFORM YOUR HEALTH USING  
HERBS AND SPICES FROM YOUR KITCHEN



CHEF DANIEL GREEN  
& JOSEPH FEUERSTEIN, MD

THE  
CANNABINOID COOKBOOK

**TRANSFORM YOUR HEALTH USING  
HERBS AND SPICES FROM YOUR  
KITCHEN**

Daniel Green  
Joseph Feuerstein, MD



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# INTRODUCTION



As more and more people turn to natural and alternative medicine to help them address health issues, cannabis has become a substantial part of the conversation. Extensive research over the past few decades has proven something that has been known to civilizations dating back to 2900 BC: Many parts of the cannabis plant have medicinal effects on the human body.

The legality of using cannabis has undergone a lot of changes in the US as more of this research is embraced by the medical profession. Marijuana, one type of cannabis plant, is legal to purchase and use in thirty-six states when prescribed by a physician. It's being used to treat a wide variety of health issues including Alzheimer's disease, seizure disorders, chronic pain, nausea, HIV and AIDS, amyotrophic lateral sclerosis (ALS), anxiety, and multiple sclerosis. Because marijuana has tetrahydrocannabinol (THC), the chemical that gives you the feeling of being high, it has been illegal for all use until recently. Thanks to referendum votes and the support of state legislatures, recreational use of marijuana is legal in fifteen states as of the beginning of 2021.<sup>1</sup>

The effects of THC have stigmatized marijuana as an illegal drug in the eyes of many people. Yet increasing reports of the therapeutic effects of taking marijuana have created a substantial market of people who want to get the physical benefits of marijuana, but not get high or be associated with the negative connotations often attached to those who use

it. It was this demand that started a nationwide business that has branched into virtually every city and small town.

Cannabidiol (CBD) is present in marijuana and hemp plants—both of which are in the cannabis family. After THC, CBD is the second most active chemical in marijuana. Commercial-grade CBD is derived from the hemp plant. It contains either no or very small amounts of THC, which allows CBD to offer health benefits comparable to those found with marijuana use without inducing altered states of mind. This lack of THC makes the sale of CBD products legal in most states and ensures that oils and other derivatives don't deliver the high that you get from THC.

Today, smoke shops, grocery stores, stand-alone businesses, CBD manufacturers, and even pharmacies offer CBD oils, edibles, and topical products to the general consumer. It seems you can't throw a stone these days without coming across some kind of CBD product. And though the laws surrounding CBD are muddy and vary from state to state, they're rarely enforced, which makes this business extremely lucrative.

The similarities between marijuana and CBD seem to be obvious. However, we must look beyond what's on the surface to get to the heart of why these substances are so effective for treating lots of different health issues, but not others. When you get down to the science of THC and CBD, it's really the cannabinoids in each that are responsible for their beneficial effects.

WHAT ARE CANNABINOIDS?

In the simplest terms, a cannabinoid is any substance that can join with the cannabinoid receptors in the body and produce effects similar to those of the *Cannabis sativa* plant. Did we really just say that the body has cannabinoid receptors? Yes, we did. In fact, every person has what's called an endocannabinoid system (ECS). The ECS connects the brain and the body, impacts how the body responds to pain, and controls your appetite. When you stub your toe, your ECS is activated. Marijuana users who get the munchies do so because the THC experience has caused an increase in appetite after inhaling or eating marijuana.

The ECS is also important in memory formation, reducing inflammatory pathways, and controlling energy balance. It increases blood glucose and insulin levels and impacts metabolism—how we convert the food we eat into the energy we need to move, breathe, and stay alive. Stimulation of the ECS also calms us down, which is why it is useful for treating pain, poor sleep, or anxiety.

History is rich with examples of civilizations turning to cannabinoids in the form of cannabis for medical purposes. Emperor Shen Neng of China recommended using cannabis-based tea for treating gout and joint pains in 2737 BC. From 1200 to 600 BC, people in Asia, the Middle East, and Africa used cannabis medicinally for edema, glaucoma, and inflammation, as well as a calming agent, an anesthetic, and even a treatment for leprosy. The ancient Greeks and Romans used cannabis for similar ailments, in addition to

improving memory, decreasing sexual desire, and relieving cramping.

Throughout the centuries, hemp and marijuana plants have been both highly valued and prohibited at different times and places. Hemp was a common crop in early colonial America; George Washington grew high-THC hemp for its medicinal effects, and Thomas Jefferson cultivated it on his own plantation. Marijuana was even part of mainstream modern medicine through the early 1900s and was mentioned in prominent medical journals and reference books for treatment. It wasn't until 1911 that the first prohibitions in the US began.

In 1964, scientists started looking into why cannabis is such an effective treatment for so many ills. Raphael Mechoulam, who would come to be known as the godfather of cannabis research, was a young postdoctoral student in Israel who began questing for answers. He reasoned that if we knew that morphine was the active ingredient from poppies and that cocaine had been isolated from the coca plant, there had to be some substance in the marijuana plant that benefits the human body.

To the laboratory he went, and, in 1964, he isolated the first cannabinoid THC from the *Cannabis sativa* plant. However, it took another twenty years for scientists to discover that THC stimulates special CB-1 receptors in the brain of a rat. Five years later, researchers identified a second type of receptors in fat tissues, muscles, liver, and the intestines called CB-2 receptors, all of which are also activated by THC.

Together, they had effectively discovered the endocannabinoid system.

#### WHAT DO CANNABINOIDS DO?

To understand what cannabinoids do, you need to first understand the relationship between CB-1 and CB-2 receptors and the rest of the body.

CB-1 receptors in the brain help make us feel relaxed and chilled out. The so-called psychoactive effects of marijuana, which cause us to feel high with distorted thinking and changes in memory and time perception, are due to the activation of CB-1 receptors in the brain by the cannabinoid THC. According to the latest research, CB-1 receptors seem to alter the activity of certain ion channels, like those that carry potassium and calcium, in brain cells. This results in changes in the levels of multiple neurotransmitters—chemicals that help the brain cells to communicate with each other—like acetylcholine, noradrenaline, GABA, and dopamine, to name but a few.

In addition to stimulating CB-1 receptors, THC also causes a release of dopamine in the brain. This is a chemical that creates a euphoric and relaxed feeling. Dopamine is part of the brain's reward system and is also released when you have sex, eat good food, play slot machines, and use other illicit drugs like speed or Ecstasy (MDMA).

CB-2 receptors are a little different. They're located in different parts of the body. When stimulated, they can reduce inflammation, control energy and glucose metabolism, and have lots of other effects on the body. I, Dr.

Joe, regularly use pharmaceutical-grade, high-dose CBD extracts in my medical practice. I find that they effectively stimulate the CB-2 receptors of the body that help reduce pain and inflammation. These extracts also activate CB-1 receptors that calm patients down and help them to sleep. I have even used them myself in place of pain medication after a recent surgery, much to the amusement of my surgeon. But hey, it worked.

To quickly recap, the basics of understanding how cannabinoids work are:

1. A cannabinoid is any substance that activates CB-1 or CB-2 receptors in the ECS (endocannabinoid system).
2. When these receptors are activated, you can feel more relaxed, be in less pain, have reduced cramping, and experience other positive physical effects.
3. CBD and THC are two cannabinoids that do this, and they are found naturally in marijuana and hemp plants.

Think of activating the ECS as a way to counteract all the damage we do to ourselves with our crazy modern lifestyle by getting poor sleep, eating foods that are inflammatory, and going to our stressful jobs.

And now for an obvious question. If everybody has CB-1 and CB-2 receptors all over their body, aren't there naturally occurring cannabis-like compounds that we make in our own bodies that stimulate these special receptors? To put it another way, if we use the analogy of a lock and key, just as every lock must have a key, every receptor in the body must

have a naturally occurring substance that the body makes that can unlock or stimulate that receptor.

In 1992, researchers at the National Institute of Mental Health in Bethesda, Maryland, made an incredible discovery: Our body makes its own natural cannabinoids, which are anandamide and 2-arachidonoylglycerol (2-AG). Anandamide is made from omega-6 fatty acids (see Chapter 9 for more info) and stimulates both CB-1 receptors in the brain and CB-2 receptors in the body. It also influences implantation of a fetus in the uterus during early pregnancy. Anandamide doesn't last very long in the body and is rapidly broken down by the enzyme FAAH (see Chapter 12 to learn more).

The other natural cannabinoid our body makes is 2-AG. It is also derived from omega-6 fatty acids but is much more concentrated in the central nervous system, where it stimulates the CB-1 receptors, than impacting CB-2 receptors elsewhere in the body. 2-AG affects multiple neurotransmitters in the brain, including noradrenaline, serotonin, GABA acetylcholine, and so on. The whole ECS in the brain seems to be connected to keeping the body in balance and helping it cope better with stress and physical pain.

Since then, science has found that there are many other compounds in nature that stimulate CB-1 and CB-2 receptors in the ECS—not just THC and CBD. This brings us to the heart of what this book is about: how you can use natural cannabinoids in foods to activate your ECS.

## COOKING WITH CANNABINOIDS

The most recent scientific research has found that THC and CBD, the two natural (but somewhat controversial) cannabinoids, are just the tip of the iceberg in terms of cannabinoids. In fact, there are many other unique cannabinoids found in foods and spices that we use every day that also stimulate the ECS just as CBD and THC do.

If you are taking CBD or using THC from marijuana, eating a cannabinoid-rich diet can actually help you increase the stimulation of your own endocannabinoid system and enhance the effects you're already getting. This is what's called an entourage or cascade effect in cannabinoid research.

Interestingly, Dr. Raphael Mechoulam wrote a paper way back in 1998 describing the entourage effect.<sup>2</sup> The basic theory is that there are at least sixty-six cannabinoids found in the cannabis plant. Mechoulam found that all these different cannabinoids act on the ECS at the same time and in multiple different ways. The most current research suggests that cannabinoids work better together, rather than in isolation. Therefore, eating a cannabinoid-rich diet is potentially going to add to the effects of taking CBD or THC. We've identified eleven cannabinoid-rich foods and spices that you can use to gain health benefits and enhance this cascade effect. And you're going to love them. In fact, you probably already do:

- Cacao
- Black pepper

- Rosemary
- Flax
- Cinnamon
- Turmeric
- Cloves
- Oregano
- Omega-3 foods
- Basil
- Truffles

Eating a diet rich in these foods and spices will increase stimulation of your ECS, calm you down during times of stress, help you sleep better when things are on your mind, and reduce pain and inflammation when your body is distressed. Increasing the activity of that system every day by eating a cannabinoid-rich diet can aid people suffering from pain, insomnia, or anxiety, afflictions that are unfortunately rampant in American society.

The more cannabinoid-rich foods you eat and the more often you eat them, the greater the cascade or entourage effect will be, even if you're not also taking THC and/or CBD. Eating multiple cannabinoids will also create this effect. So feel free to be liberal with these incredible ingredients and add them to everything you eat, as they are all super healthy and super packed with cannabinoids.

#### WHAT WILL I FIND IN THIS COOKBOOK?

I am Dr. Joe Feuerstein, an assistant professor of clinical medicine at Columbia University and the director of integrative medicine at Stamford Hospital in Connecticut. I

have built my practice on natural approaches to treating acute and chronic medical conditions and have worked with over 35,000 patients during the past decade. I don't use pharmaceuticals in my practice. Instead, I rely on my research and experience with botanicals and nutrition to devise treatment programs that work for patients. I have seen firsthand the power nature's foods, herbs, and plants have on the human body—and there is an enormous amount of science that supports this approach. Understanding how the ECS works, using cannabinoids in my treatment programs, and seeing the impact it makes on my patients' health is what made me want to share this knowledge with you.

My co-author is Chef Daniel Green. You may know him as “The Model Cook,” or you might have seen him on the Food Network, Discovery Health, or the Hallmark Channel. Not only is Chef Daniel passionate about delicious food, he also lives the eating-for-health lifestyle. He has built his whole career on creating healthy recipes and diets aimed at helping people feel their best. Chef Daniel believes in using diet as medicine and helping people adopt eating habits that fit their specific health needs.

In this book, Chef Daniel and I have combined our expertise to bring you a hundred healthy and delicious recipes that will help boost your ECS and allow you to gain the health benefits cannabinoids have to offer. These meals, snacks, and treats can be easily prepared and are packed with a rainbow of different cannabinoids found in common foods.

They are designed to be nutritious and help you derive all the benefits of helping activate the ECS chill out system found in everyone's bodies.

Each chapter has an easy-to-read scientific review of the cannabinoids present in each featured ingredient and what they do, as well as additional nutrition and health benefits for each. We hope you enjoy reading about the many health benefits of each of these incredible foods and learn to love these recipes as much as we do.

**1 “Map of Marijuana Legality by State,” DISA Global Solutions, last updated April 2021:**

**<https://disa.com/map-of-marijuana-legality-by-state>.**

**2 Shimon Ben-Shabat et al., “An Entourage Effect: Inactive Endogenous Fatty Acid Glycerol Esters Enhance 2-Arachidonoyl-Glycerol Cannabinoid Activity,”**

*European Journal of Pharmacology* **353, (July 1998): 23-31,**

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## CACAO

CACAO BANANA STRAWBERRY SMOOTHIE

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The history of cacao and humankind is an ancient one. Cacao was used extensively by the Mayan civilization and was thought to be the “food of the gods,” as ambrosia was to the Greeks, giving them their supernatural life force. Mayan healers used cacao to lower fevers and reduce inflammation. Cacao is the dried seed from the cacao tree (*Theobroma cacao*) found in South America. It takes five years for the fruit of the tree—about the size of a small melon—to grow its first cacao beans. Each fruit contains twenty to fifty beans, but it takes about 400 beans to make one pound of chocolate. High demand for chocolate around the world means that the industry produces 3 million tons of cacao per year.

To make a chocolate bar, the fruit is opened with a machete. The beans inside are then cleaned, ground, and roasted into a liquid called chocolate liquor, which is made up of cocoa (cacao) butter and cacao solids, which are then ground down into a powder. Adding extra cacao butter to the chocolate liquor and sugar to taste, completes the process.

**Milk chocolate is a candy and not a health food. It is made by adding milk fat to the chocolate liquor mixture. Milk fat is a saturated fat that will make bad LDL cholesterol go up. Dark chocolate containing 70 to 80 percent cacao, by contrast, has a high amount of antioxidants and less sugar. Additionally, dark chocolate contains caffeine—about 20 mg per ounce of dark**

**chocolate in comparison to a standard cup of coffee, which has about 100 mg of caffeine in it.**

Researchers think that certain substances in dark chocolate—N-linoleoylethanolamide and N-oleoylethanolamide—stop the FAAH enzyme in the body from working, which has an indirect effect on the ECS. This enzyme is responsible for removing all anandamide, one of the two natural cannabinoids our body makes to stimulate our ECS when stressed out.<sup>3</sup> Without this enzyme, anandamide would continue to stimulate the CB-1 and CB-2 receptors and make us a little *too* chilled out.

The FAAH enzyme breaks down anandamide, preventing prolonged and excessive stimulation of the ECS. Dark chocolate stops our natural anandamide cleanup system from working by inhibiting that FAAH enzyme, so our anandamide levels remain high for a longer time when we eat dark chocolate. You can find cacao in *any* supermarket, usually in the baking section as baking chocolate or cocoa (cacao) powder. It may also be found in the candy aisle, but its label must disclose a high percentage of cacao, ideally 85 percent or above.

In addition to these effects on your ECD, here are some more health benefits of dark chocolate/cacao to help you understand why a piece of dark chocolate a day is the way to go.

Dark chocolate is higher in fiber, lower in sugar—in fact, the 85 percent variety has more fiber than sugar per serving! It's

packed with amazing minerals like:

- **Magnesium:** Good for blood pressure, helps promote restful sleep and smooth bowel movements.
- **Iron:** Important in the creation of red blood cells.
- **Copper:** Important in the formation of red blood cells, as well as keeping blood vessels and nerves healthy.
- **Manganese:** Useful for bone health and as an antioxidant.
- **Potassium:** Vital to normal nerve function.
- **Phosphorus:** A key micro-mineral for growth and repair of tissues.
- **Zinc:** Important in maintaining normal immune function.
- **Selenium:** Another antioxidant, also critically important for normal thyroid function.

Dark chocolate can lower blood pressure by increasing the gas nitric oxide in our arteries and raising good HDL cholesterol in the blood. It has even been shown to lower your risk of heart disease and improve blood flow to your brain.

Dark chocolate is packed with antioxidants like polyphenols, as well as catechins and other flavanols.

Dark chocolate contains a saturated fat called stearic acid; unlike many other types of saturated fats, stearic acid does not increase the blood levels of bad LDL cholesterol.<sup>4</sup>

### **3 Hciryekcimgo, “CHC: The Medicinal and Social Perception of Cannabis and Cacao Consumption,”**

*Chocolate Class* (blog), March 18, 2019:

<https://chocolateclass.wordpress.com/2019/03/18/chc-the-medicinal-and-social-perception-of-cannabis-and->

[\*\*cacao-consumption/\*\*](#).

**4 Kris Gunnars, “7 Proven Health Benefits of Dark Chocolate,” Healthline, June 25, 2018:**

[\*\*https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate\*\*](https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate)

## CACAO BANANA STRAWBERRY SMOOTHIE

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Wow, this recipe is a super cannabinoid-packed breakfast extraordinaire! It starts with green bananas, which contain incredible substance resistant starch (unlike the ripe yellow kind that can have as much sugar as a candy bar). This kind of starch has many health benefits as it is a potent prebiotic for our vital gut flora and acts like fiber in the intestine.

We then add incredible antioxidant-rich berries, good fats from nut butters, and a nice serving of cacao and cinnamon to get our ECS moving in the morning so we can have a calm and relaxed start to the day. Not only do these cannabinoids taste great, they also get that awesome beta-caryophyllene going and keep anandamide levels high in the body. Add chia for some omega-3s, plant protein, and fiber for some extra punch.

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**Recipe Note:** This smoothie is vegan, healthy, and delicious!

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**PREP TIME:** 5 MINUTES

**YIELDS:** 1 SERVING

### INGREDIENTS:

- > 1 green banana (125 g / 4.4 oz), frozen and sliced
- > 1 cup–1½ cups sliced strawberries\* (166 g / 6 oz)
- > 2 T almond butter, or other nut or seed butter (22 g / 0.8 oz)
- > 2 T cocoa powder (28 g / 1 oz)
- > 1 cup low-fat milk, coconut milk, or almond milk (250 mL / 8.4 fl oz)
- > 1 tsp. vanilla
- > ½ tsp. ground cinnamon

*\*Frozen strawberries can be used in place of fresh. For additional texture, add 1 tablespoon of chia seeds.*

**DIRECTIONS:**

- › Place all ingredients in a blender and blend until smooth.
- › Additional ice cubes can be added if desired prior to blending.

## CACAO COLD BREW SMOOTHIE

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This cool spin on coffee will give you a caffeine kick in the morning, but at the same time, it won't give you that nervous over-caffeinated feeling because we use two forms of cacao: cacao nibs and cocoa powder. This gives you a double dose of natural cannabinoids and helps your ECS calm you down from all that morning Joe! The recipe also includes dates, which have lots of healthful properties such as being rich in antioxidants, helping with blood pressure and blood sugar levels, and providing lots of fiber.

The combo of cold brew coffee and protein makes this blended drink an excellent breakfast, mid-afternoon snack, or pre/post workout treat.

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**Note:** Add a green banana to this smoothie for extra body and a boost of magnesium and potassium.

---

**PREP TIME:** 5 MINUTES

**SERVES:** 1-2

### INGREDIENTS:

- › 2/3 cup cold brew coffee (158 mL / 5 fl oz)
- › 2/3 cup almond milk (166.5 mL / 5.6 fl oz)
- › 1 scoop chocolate protein powder (3 T / 42.5 g / 1.5 oz)
- › 2 dates (48 g / 1.75 oz), pitted
- › 2 cups ice cubes
- › 1 tsp. cocoa powder
- › Optional: 1 tsp. cacao nibs

### DIRECTIONS:

- › Place all ingredients except cacao nibs into a blender and blend until smooth.

› Pour into a glass; optionally top with cacao nibs.

## CACAO CHIPOTLE SALSA

---

This simple dip is great for a pre-dinner snack or at Sunday football with friends. It's packed with tomatoes, which contain the potent antioxidant lycopene that promotes prostate health, as well as garlic and onions, which have anticancer and blood pressure lowering effects. It also has jalapeños, which are rich in vitamins A, B, C, and potassium, along with the all-important vitamin K, which is essential to bone health, wound healing, and normal clotting of the blood. Add cacao to keep the anandamide levels high and you'll be enjoying a delicious and cannabinoid-rich snack anytime.

**PREP TIME:** 5 MINUTES

**YIELDS:** 4 CUPS

### **INGREDIENTS:**

- › 2 lbs. Roma tomatoes (908 g / 32 oz), cut into large pieces
- › 1 large white onion (285 g / 10 oz), cut into large pieces
- › 1 jalapeño (15–25 g / 0.5–0.8 oz), stemmed and seeded
- › ¼ cup chipotle peppers in adobo sauce (one 3.5-oz can will work)\*
- › 4 cloves garlic (15 g / 0.5 oz)
- › 2 T cocoa powder (28 g / 1 oz)
- › 1 tsp. salt

*\*If you do not like spicy salsa, leave out the jalapeño and just start with one or two chipotle peppers, then add more of either to taste if desired.*

### **DIRECTIONS:**

- › Pulse all ingredients in a food processor until well blended.

- › Serve immediately or refrigerate up to one week.



## BEEF WITH CACAO GRAVY

This is a great and easy recipe to prepare for an evening dinner with family and friends. It has great nutritional benefits including lean protein from the top round steak, healthy grains like couscous or brown rice, which are relatively high in fiber and low on the glycemic index, and all the good fats packed into the olive oil.

This recipe is spiced with chili peppers, which provide numerous health benefits. In fact, capsaicin, a substance found in chili pepper, is found in a common over-the-counter pain-relieving medication. The recipe also includes onions and garlic (members of the fantastic allium family), which have been found in population studies to reduce the risk of stomach and gastrointestinal cancers.

As far as its effects on the endocannabinoid system, this recipe contains four different ingredients that will stimulate your ECS and chill you out: cacao, black pepper, oregano, and cinnamon. This meal will give you a cascade effect as you'll be activating the ECS both via the terpene beta-caryophyllene and by blocking the FAAH enzyme, thereby keeping your levels of anandamide nice and high—all at the same time!

**PREP TIME:** 30 MINUTES

**COOK TIME:** 1½ HOURS

**TOTAL TIME:** 2 HOURS

**YIELDS:** 6 SERVINGS

(ABOUT 1 CUP EACH)

**INGREDIENTS:**

*BEEF*

- › 1½ lbs. top round steak (680 g / 24 oz), trimmed and cut into 1-inch cubes
- › ½ cup all-purpose flour (62.5 g / 2.25 oz)

*CACAO GRAVY*

- › 1 T cocoa powder (14 g / 0.5 oz)
- › 1 T ground coriander (14 g / 0.5 oz)
- › 1 T garlic powder (14 g / 0.5 oz)
- › 2 tsp. ground cumin
- › 2 tsp. ancho chile powder
- › 2 tsp. paprika
- › 1 tsp. dried oregano
- › ½ tsp. ground cinnamon
- › 3 T olive oil (44 mL / 1.5 fl oz)
- › 1 onion (about 1 cup / 285 g / 1 oz), chopped
- › 1 green pepper (119–164 g / 4–5.75 oz), chopped
- › ½ cup red wine (125 mL / 4 fl oz)
- › One 14.5-oz can diced fire-roasted tomatoes or chipotle diced tomatoes (411 g)
- › 2 cups beef broth (473 mL / 16 fl oz)
- › 1 tsp. salt
- › ½ tsp. black pepper

**DIRECTIONS:**

- › Combine the cocoa powder with the coriander, garlic powder, cumin, ancho chile powder, paprika, dried oregano and cinnamon in a large bowl. Add beef cubes. Toss to coat. Remove beef from the bowl and set aside.

Add flour to spice mixture and whisk to combine. Return beef to the bowl. Toss to coat a second time.

- › Heat olive oil in a Dutch oven over medium high heat. Shake excess flour from beef cubes and add the beef to the pan. Sauté the cubes until they're brown on all sides. Remove beef from the pan. (Do this in batches if your pan is too crowded.)
- › Add onion and green pepper to the pan and sauté until crispy and tender. Add red wine and tomatoes; simmer for 3-5 minutes. Stir in beef broth, salt, and pepper and bring contents of the pan back up to a simmer. Return meat to the pan. Add any remaining flour and whisk to combine. Cover and simmer 1-1½ hours or until beef is tender, stirring occasionally.

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**Recipe Note:** The unsweetened cacao gives the broth a rich texture and heartiness. Serve over egg noodles, brown rice, or couscous.

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**Note:** Beef mixture can be simmered in a crock-pot on low heat for easy cooking.

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## CACAO-CRUSTED NEW YORK STRIP STEAKS

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This is a protein-packed dinner that is easy to cook and rich with cannabinoids. A three-ounce serving of New York strip steak contains a whopping 20 grams of protein with less than 2 grams of the less healthy and bad-cholesterol-raising saturated fat.

Using canola oil, which is high in precious omega-3 fatty acids, will add even more of the good fats to this delicious dish. Combining cannabinoid-rich black pepper (full of BCP, in case you had forgotten!) with anandamide-raising cacao makes this cannabinoid powerhouse tasty and healthy all at the same time.

---

**Recipe Note:** The cocoa powder will absorb moisture like flour, so the outside of your steak will mimic a good steakhouse crust.

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**Note:** It takes a hot pan to form a good crust. Don't worry if there is some smoke or sizzle when you put the steak in the pan.

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**PREP TIME:** 25 MINUTES

**TOTAL TIME:** 1 HOUR 15 MINUTES

**YIELDS:** 2 SERVINGS

### INGREDIENTS:

- > 2 T cocoa powder (28 g / 1 oz)
- > 2 tsp. ancho chile powder
- > 2 tsp. Hungarian paprika
- > 2 thick-cut New York strip steaks (283–425 g each / 10–15 oz each)
- > Salt and black pepper
- > 3 T canola oil (43.5 mL / 1.5 fl oz)

### DIRECTIONS:

- › Combine cocoa powder, ancho chile powder, and paprika in a small bowl. Season the steak with salt and pepper, then rub with the cacao mixture. There will be some of the spice mixture left over.
- › Heat a heavy-bottomed ovenproof sauté pan or cast-iron skillet over medium high heat. Add the canola oil and heat until the oil shimmers or just begins to smoke.
- › Add the steaks and sear on one side until well caramelized, 5-7 minutes. Flip the steak, transfer the pan to the oven, and roast until the internal temperature reaches 125°F (52°C) for medium rare, about 10 minutes. For medium, roast until the internal temperature is 135°F (57°C).
- › Allow the steak to rest for 15 minutes before slicing. The temperature of the steaks should increase 5-10 degrees while resting. Final steak temperature for medium rare is 130-135°F (54-57°C), and for a steak done medium, it should be 140-145°F (60-63°C).

## MOLE SAUCE

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This recipe has it all! Packed with garlic and onions, our mole sauce contains three different cannabinoid-rich foods: cinnamon, oregano, and cacao to get your ECS fired up by keeping anandamide levels high and adding lots of the BCP found in the oregano and cinnamon.

It also features the fascinating spice cumin, used extensively in Asian and Mediterranean cooking. This distinctive spice has been shown to have many health benefits, including aiding digestion, supplying a rich dose of iron, and helping to lower weight, cholesterol, and blood sugar, as well as helping to prevent food-borne infections.

Traditional mole sauce can have almost forty ingredients and may take a full day or two to cook. This streamlined version gets the flavor to your table quickly.

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**Note:** Leftover sauce is a great condiment for rice, eggs, or enchiladas.

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**PREP TIME:** 30 MINUTES

**YIELDS:** 4-6 SERVINGS

### INGREDIENTS:

- › 2 T vegetable oil (29 mL / 1 fl oz)
- › 1 onion (about 1 cup / 285 g / 10 oz), diced
- › 4 cloves garlic (15 g / 0.5 oz), minced
- › 1 jalapeño (15-25 g / 0.5-0.8 oz), seeded and diced
- › ¼ cup chili powder (34 g / 1.2 oz)
- › 2 T flour (28 g / 1 oz)
- › 1 tsp. ground cinnamon
- › 1 tsp. ground cumin
- › ½ tsp. dried oregano

- › 2½ cups vegetable stock (625 mL / 323.8 fl oz)
- › 2 T almond butter (22 g / 0.8 oz)
- › 1 T tomato paste (16.6 g / 0.58 oz)
- › 1 T cocoa powder (14 g / 0.5 oz)
- › 1 tsp. kosher or sea salt

### **DIRECTIONS:**

- › Heat oil in a medium saucepan over medium high heat.
- › Add onion and sauté, stirring occasionally, until soft and translucent.
- › Add garlic and jalapeño and sauté for 1-2 more minutes, stirring occasionally, until fragrant.
- › Add chili powder, flour, cinnamon, cumin, and oregano.
- › Stir until everything is evenly mixed. Continue to sauté for one more minute, stirring occasionally.
- › Remove pan from heat. Add vegetable stock and stir until combined. Use an immersion blender to puree the mixture until smooth.
- › Return the saucepan to medium high heat. Add almond butter, tomato paste, cocoa powder, and salt. Whisk until combined. Continue cooking until the mixture reaches a simmer and the sauce has thickened. Reduce heat to medium low. Season the sauce with additional salt if needed.

## HOT CACAO

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This recipe is a super healthy take on an age-old favorite. You can use stevia (a calorie free natural sugar substitute that comes from the South American stevia plant) in place of the sugar, and choose from options like low-fat or nut milk to reduce the amount of high-calorie saturated fat found in full-fat dairy milk. Fat-free half-and-half can be replaced as an ingredient with dairy cream, half-and-half, or any nut milk if lowering carbs is the priority for you.

Our recipe is packed with cacao, which will switch on your ECS and increase the levels of your own naturally produced anandamide by stopping the FAAH enzyme from breaking it down. Add a cinnamon stick and you'll get a nice dose of beta-caryophyllene to really get the ECS moving, just in time to aid with a restful sleep.

**Recipe Note:** In cold weather months, hot cacao is a must, and this recipe has a wonderful chocolate taste that never disappoints. It's creamy, chocolaty, and everything hot cacao should be.

**PREP TIME:** 8 MINUTES

**YIELDS:** 2 SERVINGS

### INGREDIENTS:

- › 1½–2 T granulated sugar (20–26 g / 0.75–1 oz) or substitute a pinch or two of powdered stevia to taste (2–4 g / ⅛–1 tsp)
- › 3 T unsweetened cocoa powder (42 g / 1.5 oz)
- › ¼ cup water (59 mL / 2 fl oz)
- › 1½ cups milk: nut, soy, low-fat dairy, hemp, or oat (375 mL / 12.6 fl oz)
- › ⅓ cup fat-free half-and-half (78 mL / 2.6 oz)
- › ¼ tsp. vanilla extract\*

- › Optional stir-ins: Crushed candy canes, grated semisweet chocolate, mini chocolate chips, cinnamon stick

*\*Almond, peppermint, or orange extract can be substituted in place of vanilla.*

**DIRECTIONS:**

- › Add the sugar and cocoa powder to ¼ cup water in a small pot. Whisk over medium high heat until smooth.
- › Whisk in the milk, half-and-half, and vanilla. Heat to desired temperature. Pour into two mugs.
- › Add candy canes, chocolate, or cinnamon if desired.

## CHOCOLATE SYRUP

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It is easy to make your own chocolate syrup, and you probably already have all the ingredients. However, this healthy twist on chocolate syrup has some neat substitutions that allow this dish to be nice rather than naughty. Using the stevia plant instead of less-healthy sugar can help lower the calories and the carbohydrate content without losing the sweetness.

Also, avocado oil makes a wonderfully nutritious substitute for the small amount of corn syrup that this recipe calls for. Avocado oil is packed with wonderful monounsaturated fats and is one of the superfoods in my kitchen. Don't forget to add lots of delicious cacao to keep your anandamide levels elevated and your ECS switched on—chill out with this cannabinoid-packed treat!

**Note:** Add to a glass of cold low-fat dairy, nut, or soy milk and stir for easy chocolate milk, or serve over your favorite ice cream.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** A GENEROUS 3 CUPS

### INGREDIENTS:

- › 2 cups water (472 mL / 16 fl oz)
- › ½ cup cocoa powder (75 g / 2.5 oz)
- › 1 cup packed dark brown sugar or stevia (232 g / 8.0 oz) or substitute 1 oz stevia leaf powder; this converts to approximately 11 tsps. (28 g), but add gradually to taste rather than all at once
- › 4 oz bittersweet or semisweet chocolate (113 g / about 1 cup), chopped
- › ¼ cup light corn syrup, or substitute avocado oil (93.75 mL / 3.3 fl oz)
- › ¼ tsp. salt
- › 1½ tsp. vanilla extract

**DIRECTIONS:**

- › In a heavy saucepan, whisk together the water and cocoa powder until almost smooth. Bring the mixture to a boil over medium high heat, whisking occasionally.
- › Add the brown sugar or stevia, chocolate, corn syrup, and salt. Continue to heat, whisking constantly until the sugar is dissolved. Reduce heat to low and simmer for 5 minutes more.
- › Let syrup cool to room temperature, then stir in vanilla extract.
- › Store refrigerated until ready to use. Shake or gently reheat before serving.

## CHOCOLATE TRUFFLES

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This recipe is definitely decadent, with all the butter and cream in it. But we think it is important to recognize that a little decadence is OK from time to time. If you're trying to lose weight, stabilize your blood sugar, or lower your cholesterol through nutrition, it's still OK to cheat once or twice a month. Just make sure when you do it that it's worth it and that you only have a small amount. (You can make a half or quarter recipe if that helps with moderation.) Let it rock your world, and you will see that you are satisfied and that a little can hit the right spot.

This is certainly one of those recipes, so enjoy and eat these truffles guilt free, knowing that these truffles can go from being a naughty indulgence to a virtuous superfood simply by adding the cacao to prevent all that lovely anandamide from breaking down, thereby keeping your ECS activated and nourishing your sense of tranquility.

**PREP TIME:** 30 MINUTES

**YIELDS:** ABOUT 75 MEDIUM-SIZED TRUFFLES

### **INGREDIENTS:**

- › 16 oz dark chocolate (453 g / 2 cups)
- › 8 oz unsalted butter (227 g / 1 cup), chilled
- › 1 cup heavy cream (236 mL / 8 fl oz)
- › 1 fl oz brandy or bourbon\* (30 mL / 2 T)
- › Cocoa powder, sifted, for rolling the truffles
- › Optional: Powdered sugar, sifted

*\*The bourbon or brandy can be replaced with ½ teaspoon of alcohol-free peppermint extract for a version with no liquor.*

**DIRECTIONS:**

- › Chop the chocolate and butter into small pieces and place in a medium size metal bowl.
- › Bring the cream to a simmer and pour over the chocolate and butter. Stir until the chocolate and butter are melted. Stir in the brandy or bourbon.
- › Scoop and roll the chocolate mixture into small balls. Allow the chocolate balls to set slightly.
- › Drop the balls into cocoa powder, rolling them around to coat completely. Some powdered sugar can be blended into the cocoa powder for a slightly sweeter coating.

## PEPPERMINT HOT CHOCOLATE

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Drinking this peppermint and cannabinoid-packed hot chocolate recipe is a lovely way to end the day. We are huge fans of peppermint, which is very effective for relieving tension headaches as well as cramping in patients with irritable bowel syndrome (a.k.a. IBS).

Using agave nectar as a substitute, which has a lower glycemic index compared to sugar, helps keep this drink sweet without giving you a sugar rush at the end of a long day. It allows the cacao to maintain high levels of anandamide in your brain and turn on your ECS as you enjoy a delicious cup of mint cocoa.

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**Note:** Agave nectar can be substituted for the honey. More water can be added for a thinner version if desired. The amount of honey can be adjusted for your personal level of desired sweetness. The quantity of peppermint flavoring can also be adjusted to taste.

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**PREP TIME:** 5 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- > One 13.5-fl oz can light coconut milk (1⅓ cups / 400 mL), or for lower fat, substitute 1⅓ cups almond milk
- > ½ cup water (118 mL / 4 fl oz)
- > 3 T cocoa powder (42 g / 1.5 oz)
- > 1 T honey (21 g / 0.75 oz)
- > 1-2 drops peppermint extract

### **DIRECTIONS:**

- › Combine coconut milk, water, cacao, honey, and peppermint extract in a small saucepan.
- › Whisk over medium low heat until completely smooth and hot.

## BLACK PEPPER

LEMON PEPPER FISH TACOS

ROASTED TOMATO & BLACK PEPPER SOUP

SUN-DRIED TOMATOES WITH BLACK PEPPER SPAGHETTI

[ROASTED CARROTS WITH BLACK PEPPER & PARSNIP MASH](#)

BLACK PEPPER STEAK FAJITAS

BOURBON, SCALLION, & BLACK PEPPER RIBS

GRILLED SHRIMP IN BLACK PEPPER SAUCE

PEPPERED STEAK IN RED WINE & POMEGRANATE SAUCE WITH SAUTÉED SPINACH

WHOLE CHICKEN IN BLACK PEPPERCORN SAUCE & ROASTED PARSNIPS

CHINESE BLACK PEPPER, CHILI, & ONION STIR-FRY

[SINGAPORE BLACK PEPPER CRAB](#)



Black pepper (*Piper nigrum*) is known as the king of spices and is in fact the most traded spice in the world. It comes from a vine-like plant that produces a fruit called peppercorn. You've seen them in your pepper grinder and in the grocery store. Black peppercorns are cooked, dried, and then ground into a powder to spice and season food. The plant is grown mostly in Asia, particularly Southern India and Vietnam, where black pepper has been used for thousands of years in cooking and in traditional medicine.

The spicy, distinctive, and extremely well-known scent of freshly ground black pepper comes from a chemical found in peppercorns called piperine. Piperine is a rather interesting compound in the world of integrative medicine and dietary supplements. It is often combined with the spice turmeric, which is currently one of the most popular herbal remedies on the market. Turmeric has lots of great health benefits, such as reducing the risk of heart disease and Alzheimer's, as well as antioxidant, anticancer, and anti-inflammatory properties. See Chapter 6 for more about turmeric, a truly amazing spice.

As beneficial as turmeric is to the body, it isn't very easy to get the turmeric you take in your supplements into the bloodstream, which is where it needs to be to have a therapeutic effect. When you take turmeric as a supplement, the liver and the wall of the intestines rapidly break it down before it gets much of a chance to get into the bloodstream and do its magic.

Black pepper changes that significantly. In medicine, the amount of a substance that can actually make it all the way into the human bloodstream is called its *bioavailability*. Turmeric has a low bioavailability, which is a problem for those who want to use it for its beneficial properties. But when you add the piperine in black pepper to turmeric, you significantly increase its bioavailability. This is why the best turmeric supplements will have some black pepper in their formulation.

Black pepper contains the terpene beta-caryophyllene (or BCP), one that is also found in oregano, rosemary, cloves, basil, and cinnamon and has a direct effect on CB-2 receptors, resulting in anti-inflammatory and pain-reducing effects on the body. I routinely prescribe a topical application of black pepper essential oils (*Piper nigrum*) to arthritis patients with hot and swollen joints. By rubbing the oil into the skin, they find relief from pain and inflammation due to the effects of the cannabinoid on the CB-2 receptors in the affected area.

Scientists believe that the distinctive peppery aroma you get when you grind peppercorn is due in part to the beta-caryophyllene it contains. BCP has been shown in laboratory studies to have antioxidant, anticancer, and antimicrobial effects. The cannabis plant also contains beta-caryophyllene; in fact, *Cannabis sativa* essential oil is composed of between 4 percent and 38 percent BCP, as compared to the 8 percent found in black pepper. So to really get a therapeutic

effect, you'll need to be going heavier on black pepper in all your dishes to get a nice dose of beta-caryophyllene.<sup>5</sup>

Ancient civilizations used black pepper in healing for thousands of years. It was used to heal bacterial infections like abscesses, and was sometimes even applied directly to the eye (not recommended). It was also used as an anti-gas remedy and to help stimulate gastric secretions to aid with digestion. Today, we know that black pepper is a good source of vitamin K, which is important for blood clotting and is a key nutrient for optimal bone health. It also contains manganese, another important micronutrient required for bone health which also helps the body process free radicals.

**Many of the foods and spices we use in this book have antioxidant properties. You may have heard this term before, but it's important to understand what it means as antioxidants are vitally important in promoting health and preventing disease.**

**In our normal metabolic processes, our cells use oxygen to make energy; free radicals are created during this process. These free radicals are highly chemically reactive and can be very damaging. The body therefore has its own process of detoxification to get rid of these nasty little critters.**

**Mother Nature as well has ingeniously created lots of natural substances that do the same thing—clear out these dangerous**

free radicals. These are antioxidants, and they are found in vitamins A, E, C, and spices like black pepper and turmeric. Including these in your diet can help detoxify the free radicals and prevent cell damage. Basically, free radicals are villains in the body, and the antioxidants are the heroes that will save the day from their evil ways.

Research has shown that the piperine in black pepper can influence slowing the growth of multiple types of cancer cells, such as breast, colon, and prostate cancer cells. Preclinical studies have shown that applying concentrated piperine extracts to cancer cells in a laboratory environment can result in the death of these types of cancer cells. Though these findings are a long way away from resulting in actual treatments for cancer, they do give us hope that there will be more ways to treat cancers in the future. It also reaffirms that what you eat is very important if you have cancer and that you should always listen to the advice of your oncologist when it comes to your treatment plan.

Additional health benefits of black pepper include:

- Improved digestion via increased acid production in the stomach. Acid is critically important in the digestion of proteins, and it is also how the human body disinfects all our food before we start to digest it.
- Stimulation of the melanocyte skin cells, which produce the pigment melanin. Vitiligo patients are often prescribed a topical form of piperine to help manage the effects of their autoimmune disease.

- Antibacterial effects against multiple types of bacteria that can cause disease.<sup>6</sup>

**5 Jürg Gertsch, Roger G. Pertwee, and Vincenzo Di Marzo. “Phytocannabinoids Beyond the Cannabis Plant—Do They Exist?” *British Journal of Pharmacology* 160, no. 3 (2010): 523–529, <https://doi.org/10.1111/j.1476-5381.2010.00745.x>.**

**6 Meenakshi Nagdeve, “7 Proven Health Benefits of Black Pepper,” Organic Facts, last modified February 7, 2021: <https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-black-pepper.html>**

## LEMON PEPPER FISH TACOS

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This one is all about cilantro! Did you know that cilantro and coriander both come from the same plant? The source plant is a cousin of parsley, celery, and carrots called *Coriandrum sativum*. The leaves are known as cilantro, while the seeds are called coriander.

Cilantro is a great way to garnish soups, salsas, and salads, and it's used extensively in Asian and Middle Eastern cooking. Clinical studies have shown that *Coriandrum sativum* has a number of health benefits, including lowering blood sugar and possibly blood pressure and cholesterol, as well as reducing inflammation. It is packed with antioxidants that help digestion and can kill disease-causing bacteria sometimes found in the food that we eat.

Add some black pepper to stimulate the CB-2 receptors in your ECS; this meal is a feast of goodness that can help calm pain and inflammation.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 8 TACOS

### **INGREDIENTS:**

#### *TACOS*

- > 1 T butter (11 g / 0.4 oz)
- > 1 T lemon juice (15 mL / 0.5 fl oz), freshly squeezed
- > 2 tsp. lemon zest, freshly grated
- > ½ tsp. salt
- > ½ tsp. black pepper, freshly cracked
- > 1 lb. fillets of tilapia or cod (453.5 g / 16 oz)
- > 3 cups coleslaw mix (867 g / 30.5 oz)

- › ¼ cup cilantro leaves (4 g / 0.15 oz)
- › 8 flour tortilla or hard corn taco shells, warmed

#### *SALSA*

- › 1 medium avocado (150 g / 5.3 oz), pitted, peeled, and chopped
- › 1 medium tomato (200 g / 7 oz), seeded and diced
- › 2 tsp. lemon juice, freshly squeezed
- › ¼ tsp. salt
- › ¼ tsp. black pepper, freshly cracked
- › 2 T fresh cilantro (7.5 g / 0.25 oz), chopped
- › Optional: 1 small jalapeño, seeded and finely chopped

#### **DIRECTIONS:**

- › Melt butter in a nonstick skillet over a medium flame until sizzling. Stir in lemon juice, lemon zest, salt, and pepper.
- › Add fish and cook 7–10 minutes over medium heat until flaky. Remove from the skillet.
- › While fish is cooking, combine avocado, tomato, lemon juice, salt, and pepper for salsa. Stir in cilantro and jalapeño. Set aside.
- › Add coleslaw and cilantro to the skillet. Stir until coated and heated through.
- › If using flour tortillas, heat according to package directions. Fill tortillas or taco shells with coleslaw mixture and fish. Top with salsa.

## ROASTED TOMATO & BLACK PEPPER SOUP

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This soup is easy to make and offers the great health benefits of tomatoes, which are full of the powerful antioxidant lycopene coupled with a plentiful supply of vitamins C and K, folate, and potassium.

In addition, you also get the benefit of combining two high-cannabinoid spices, black pepper and basil, which create a cascade or entourage effect, as discussed in Chapter 1. Eating different cannabinoids together stimulates the ECS simultaneously in different ways, which enhances its relaxing effects and amplifies the benefits of cannabinoid cooking. This recipe will get that cascade kick-started in a most delicious way.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 8 CUPS

### **INGREDIENTS:**

- › 1 large onion (285 g / 10 oz), peeled and cut into wedges
- › 4 lbs. fresh tomatoes (1.8 kg / 64 oz), cut in half
- › Olive oil for drizzling
- › 1 oz fresh basil leaves (on their stems)
- › 4 cups tomato juice (946 mL / 32 fl oz)
- › 1½ tsp. salt
- › 1½ tsp. black pepper, freshly ground
- › 2 T balsamic vinegar (29.5 mL / 1 fl oz)
- › Loosely packed basil leaves for garnish
- › Shredded Parmesan cheese (fresh, not dried) for garnish

### **DIRECTIONS:**

- › Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper. Place onion wedges and tomato halves on the pan. Drizzle with olive oil.
- › Roast until tomatoes are soft and onions are slightly charred, about 20–25 minutes.
- › While vegetables are roasting, tie the basil sprigs together with kitchen twine.
- › In a large pot, add tomato juice, basil, roasted tomatoes, and onions. Add the salt and pepper. Bring to a boil, reduce heat and let simmer for 30 minutes. Remove the basil leaves.
- › Puree the soup, either using a hand-held immersion blender or a traditional blender. Stir in the balsamic vinegar.
- › Garnish each bowl with chopped basil leaves and shredded Parmesan.

## SUN-DRIED TOMATOES WITH BLACK PEPPER SPAGHETTI

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The authentic parmesan cheese from the Emilia-Romagna region of Northern Italy has some great health benefits. This is real parmesan that comes from farm-fresh milk; it is a good source of protein (10 grams per ounce), fat, and lots of important nutrients like calcium, vitamins A and B, and minerals like phosphorus, zinc, and copper. The black pepper provides the cannabinoid in this recipe, getting your CB-2 receptors working while you have a wonderful lunch or dinner with the family.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 4-6 SERVINGS

### **INGREDIENTS:**

- › 1 lb. dried spaghetti or bucatini pasta (453.5 g / 16 oz)
- › 1 tsp. black pepper, freshly ground, plus more for garnish
- › 5 T butter (55 g / 4 oz), divided
- › One 8-10 oz jar sun-dried tomatoes in oil, drained well, with the oil reserved
- › ¼ cup olive oil (59 mL / 2 fl oz)
- › 1 cup Parmesan cheese (100 g / 3.5 oz), freshly grated
- › 1 cup Pecorino Romano cheese (100 g / 3.5 oz), freshly grated, plus more for garnish

### **DIRECTIONS:**

- › Bring a large pot of salted water to a boil over high heat. Add the pasta and cook according to package directions until just al dente. Drain, reserving 1 ¼ cups of the pasta water.
- › In a large skillet, toast the black pepper over medium heat until fragrant, about 30 seconds. Add 4 tablespoons of

butter and the reserved oil from the sun-dried tomatoes and cook until the butter has melted.

- › Add the drained pasta, 1 cup of the reserved water, and the Parmesan and Pecorino cheeses. Toss to coat the pasta well.
- › Add the sun-dried tomatoes, the remaining  $\frac{1}{4}$  cup of pasta water, and the remaining butter, tossing to combine.
- › Transfer to a warm bowl or platter and garnish with ground black pepper and additional cheese if desired.



## ROASTED CARROTS WITH BLACK PEPPER & PARSNIP MASH

This recipe features parsnips—a favorite veggie of ours, and one that has been used in cooking for thousands of years all over the world. They are related to carrots and parsley roots, and studies have shown them to have numerous health benefits. They're also high in antioxidant vitamins like C, E, K, and folic acid.

Parsnips are high in fiber, including the magical soluble type that lowers cholesterol and can aid in weight loss. The cannabinoid effect of the black pepper in this recipe pairs nicely with all these rich nutrients, adding up to a delicious side dish for any meal.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 45 MINUTES

**YIELDS:** 6–8 SERVINGS

**INGREDIENTS:**

*ROASTED CARROTS*

- › 2 lbs. baby carrots or peeled smaller whole carrots (907 g / 32 oz)
- › 4–5 cloves garlic (12–15 g / 0.5 oz), minced
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › ½ tsp. salt
- › ½ tsp. black pepper, freshly ground
- › Chopped parsley for garnish

*PARSNIP MASH*

- › 2 lbs. parsnips (907 g / 32 oz), peeled
- › 2 T butter (22 g / 0.8 oz)
- › 4–5 cloves garlic (12–15 g / 0.5 oz), minced
- › ½ cup Greek yogurt (125 g / 4.4 oz)
- › Salt and freshly ground black pepper to taste
- › Chopped parsley for garnish

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**Note:** For a smoother consistency, you can puree the parsnip mixture in a blender.

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**DIRECTIONS:**

*CARROTS*

- › Preheat the oven to 400°F (204°C). Lightly oil a large rimmed baking sheet (or spray with nonstick spray).
- › Place the carrots and garlic on the baking sheet. Add the olive oil, salt, and pepper. Gently toss to combine.
- › Bake for 25 minutes. Test the carrots by pressing a fork into one to see how soft or firm it is. If not done, then continue to bake in additional 5-minute increments until

desired doneness level is reached, checking doneness after each 5 minutes. Garnish with parsley if desired.

#### *PARSNIPS*

- › While carrots are roasting, cut the parsnips in quarters lengthwise. Use a knife to cut out the tough core. Cut the parsnips into smaller pieces.
- › Place parsnips in a medium pan and top with water. Boil for 25-30 minutes until they are tender. Drain and set aside.
- › Melt the butter in a small pan on medium high heat. Add the garlic and turn heat to medium. Cook for about 1 minute to soften the garlic, taking care not to let it brown.
- › Add the garlic butter and Greek yogurt to the parsnips. Mash with a potato masher until desired texture is reached. Season with salt and plenty of pepper.

## BLACK PEPPER STEAK FAJITAS

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This is a great recipe for a healthy early dinner when you have a million things to do besides eating a meal! Flank steak is one of the leanest cuts of beef; when compared to a ribeye, it has much more protein per ounce. Add to this a whole-grain tortilla, which is higher in fiber than a white flour tortilla and less likely to cause a rapid rise in your blood sugar after eating it, and drizzle with healthy oils such as olive, and you have a perfect and balanced dinner.

This recipe also adds the health benefits of cumin, which can aid digestion, and garlic and onions, reducing your risk of cancer, as well as a healthy serving of black pepper packed with the ECS-stimulating cannabinoid beta-caryophyllene, which will get the CB-2 receptors in your brain going, leading to a gentle night's sleep after eating this great dish.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 10 FAJITAS

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**Note:** Skirt steak is also a great choice for fajitas.

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### INGREDIENTS:

#### *SEASONING MIX*

- > 2 tsp. ground cumin
- > 2 tsp. chili powder
- > 1 tsp. black pepper
- > 1 tsp. salt
- > 1 tsp. crushed red pepper flakes

#### *FAJITAS*

- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 3 large bell peppers in assorted colors (339–426 g / 12–15 oz), sliced
- › 2 medium onions (340 g / 12 oz), sliced
- › 2 cloves garlic (7.5 g / 0.25 oz), minced
- › 1½ lbs. flank steak (680 g / 24 oz), thinly sliced against the grain
- › 1 T (14.75 mL / 0.5 fl oz) Worcestershire sauce
- › Juice of 1 lime
- › 10 whole grain taco-sized soft tortillas

### **DIRECTIONS:**

- › In a small bowl, stir together all ingredients for the seasoning mix. Set aside.
- › Heat the oil in a large skillet over high heat. Add the sliced peppers and onions. Sauté until the vegetables start to sizzle, just for a few minutes. Add half of the seasoning mix and the minced garlic. Sauté an additional 1–2 minutes until the vegetables are crisply tender. Remove vegetables from the pan.
- › Add the flank steak to the skillet and sprinkle with the remaining seasoning mix. Cook the steak until it reaches the desired doneness level. With flank steak, it is best not to go beyond medium doneness.
- › When the meat is done, add the vegetables back to the skillet. Drizzle with lime juice and toss together.
- › Serve with warm tortillas. Top as desired with salsa, guacamole, cilantro, sour cream, etc.

## BOURBON, SCALLION, & BLACK PEPPER RIBS

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This recipe is a treat, so we don't advise you to eat it daily. Though ribs are high in protein, they still have a lot of saturated fat, which is something we try to limit in healthy eating.

Having said that, we would like to make a shout-out to bourbon, which has some surprising health benefits. It is fat free and low in carbohydrates and sodium, and it contains a potent antioxidant called ellagic acid, which can help reduce the quantity of cancer-forming substances produced in the body. Together with black pepper's ability to stimulate the ECS, this dish will hit the spot and help you relax as you watch a game while eating your cannabinoid-rich ribs!

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 4 HOURS

**YIELDS:** 4 SERVINGS (½ SLAB EACH)

### INGREDIENTS:

- › 2 slabs of ribs—baby back, St. Louis, spareribs, etc.
- › Salt and freshly ground black pepper

### SAUCE

- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › ½ cup onion (60 g / 1 oz), minced
- › 2 cloves garlic (7.5 g / 0.25 oz),  
minced
- › ¼ cup bourbon whiskey (59 mL / 2 fl oz)
- › ½ tsp. black pepper, freshly ground
- › ½ tsp. salt
- › ½ cup ketchup (136 g / 4.8 oz)
- › 2 T tomato paste (33.2 g / 1.17 oz)
- › 2 T apple cider vinegar (29.5 mL / 1 fl oz)

- › 2 T Worcestershire sauce (29.5 mL / 1 fl oz)
- › ¼ cup packed brown sugar (58 g / 2 oz)
- › ½ cup thinly sliced green onions for garnish

## **DIRECTIONS:**

- › Preheat the oven to 275°F (135°C).
- › Remove the membrane from the back of each slab of ribs. Place the ribs on a foil-lined rimmed baking sheet.
- › Generously season each side with salt and pepper. Cover the ribs with foil, making sure to seal the foil well at the edges of the pan. Bake for 3½–4 hours until tender.
- › Meanwhile, make the sauce. Heat the olive oil in a large skillet over medium heat. Cook the onion and garlic until the onion is soft and translucent.
- › Add the bourbon, black pepper, salt, ketchup, tomato paste, Worcestershire sauce, and brown sugar. Bring to a boil, then reduce heat to low and simmer for 20 minutes.
- › If desired, pour the sauce through a strainer for a smoother texture.
- › Remove the foil from the ribs. Pour off any liquid. Slather the ribs with the sauce.
- › Place ribs under the broiler or on the grill for a few minutes to caramelize the sauce.
- › Scatter the green onions on top of the ribs and serve.

## GRILLED SHRIMP IN BLACK PEPPER SAUCE

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This recipe contains a superfood that is a staple of Asian cooking and has lots of health benefits. Lemongrass, native to Sri Lanka and Southern India, is an herb with stalks used for cooking as well as making tea. Studies suggest that lemongrass can reduce cholesterol, prevent infections, and relieve pain. It can also help with bloating and increase the formation of red blood cells.

One other nice benefit of lemongrass is that there is evidence that it can reduce anxiety, which coupled with the black pepper's stimulation of the ECS is bound to calm you and taste great to boot.



**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 4 SERVINGS

## **INGREDIENTS:**

### *SAUCE*

- › 2 T vegetable oil (29.5 mL / 1 fl oz)
- › 2 large cloves garlic (1 T / 7.5 g / 0.25 oz), minced
- › 1 T fresh ginger (7.5 g / 0.25 oz), minced
- › 1 T red onion (7.5 g / 0.25 oz), minced
- › 1 T lemongrass, (7.5 g / 0.25 oz), minced
- › 2 T black pepper (14 g / 0.5 oz), freshly ground
- › 2 cups unsweetened coconut milk (500 mL / 16 fl oz)
- › 1 cup hoisin sauce (236.5 mL / 8 fl oz)
- › ¼ cup rice vinegar (59.5 mL / 2 fl oz)
- › 2 T fish sauce (29.5 mL / 1 fl oz)
- › 2 T fresh lime juice (30 mL / 1 fl oz)

*\*Minced ginger and lemon grass can also be purchased in a tube in the product section of the grocery store.*

### *SHRIMP*

- › 1 lb. shrimp, large (16–20 size) or jumbo (10–15 size), peeled and deveined (453.5 g / 16 oz)
- › 1–2 T vegetable oil (15–30 mL / 0.5–1 fl oz)
- › Salt and freshly ground pepper

## **DIRECTIONS:**

### *SAUCE*

- › Can be made up to three days ahead. Store in the refrigerator.
- › Heat oil in a large saucepan over medium heat. Add the garlic, ginger, red onion, and lemon grass and sauté until onion is softened, about 2 minutes.
- › Add the black pepper and cook another 1–2 minutes. Pour in the coconut milk, hoisin sauce, rice vinegar, and fish sauce; stir to combine.

- › Bring to a boil, then lower heat and simmer for 15 minutes to develop flavors.
- › Stir in the lime juice.

#### *SHRIMP*

- › Cook while the sauce is simmering.
- › Heat oil in a large nonstick skillet over high heat. Add shrimp and season with salt and pepper.
- › Cook, tossing once or twice, until shrimp are cooked through.
- › Add the desired amount of sauce to the shrimp. Heat through and serve.

## PEPPERED STEAK IN RED WINE & POMEGRANATE SAUCE WITH SAUTÉED SPINACH

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What we love about this recipe is the pomegranate sauce, which not only adds a sweet and tangy note to the dish but is also really a superfood itself. Pomegranate, also known as the “divine fruit,” is native to the Middle East and India.

Studies have shown that pomegranate has multiple health benefits: It is an antioxidant with the ability to neutralize free radicals, thin the blood, and prevent oxidation of cholesterol in the body, helping to head off heart disease. It also assists with memory, reducing inflammation, maintaining normal erections in men, and stimulating the immune system.

When you add the anti-inflammatory effects of the cannabinoid BCP from the black pepper, this meal is a powerhouse of natural compounds that help reduce inflammation and ease pain.

**TOTAL TIME:** 30 MINUTES

**YIELD:** 2 SERVINGS

### INGREDIENTS:

#### STEAKS

- > Two ½-¾ lb. New York strip steaks (8-12 oz / 226.8-340.2 g)
- > 1½ T black pepper, (12.75 g / 0.5 oz), coarsely cracked
- > 1 tsp. coarse kosher salt
- > 2 T olive oil (29.5 mL / 1 fl oz) olive oil

#### SAUCE

- > 2 T olive oil (29.5 mL / 1 fl oz)
- > ¼ cup (25 g / 0.87 oz) shallot, minced (about 1 large shallot)
- > ½ cup pomegranate juice (125 mL / 2.25 fl oz)
- > ¼ cup cabernet or other full-bodied red wine (62.5 mL / 2 fl oz)
- > ¼ cup chicken stock (62.5 mL / 2 fl oz)
- > 1½ T balsamic vinegar (22 mL / 0.75 fl oz)

- › 1 T thyme leaves (2.75 g), freshly chopped
- › 1½ T honey (31.5 g / 1.15 oz)
- › 2 T butter (22 g / 0.8 oz), cut into small pieces

#### *SPINACH*

- › 16 oz spinach leaves
- › 3 cloves garlic (11.25 g / 0.375 oz), sliced
- › Olive oil
- › Salt and pepper to taste

### **DIRECTIONS:**

#### *STEAKS*

- › Heat the oven to 500°F (200°C). Sprinkle the steaks with salt on both sides, then press the ground peppercorns into the steaks on both sides.
- › Heat the olive oil in a large cast-iron skillet over medium high heat. When the oil is very hot, add the steaks, cooking until nicely browned on one side, about 3 minutes. Flip the meat over and put the skillet in the oven. For 8 oz medium rare steaks, roast for 4 minutes; add a few more minutes for medium. When they reach desired doneness, remove from the oven and tent with foil.

#### *SAUCE*

- › Heat olive oil in a small saucepan. Add shallots and cook 1-2 minutes until just starting to brown.
- › Add the pomegranate juice, wine, chicken broth, vinegar, thyme, and honey. Cook, stirring occasionally, until the liquid is reduced by half, about 4-5 minutes.
- › Reduce heat to medium low and stir in the butter until it is melted. Add salt and pepper to taste.

- › Transfer steaks to a plate and serve with the sauce and sautéed spinach on the side.

#### *SPINACH*

- › Heat olive oil in a large skillet on medium high heat. Add the garlic and sauté until the garlic is just beginning to brown.
- › Add the spinach, pushing it down if necessary to fit it all in the pan. Toss the spinach to help coat it with oil and garlic. Sauté the spinach, turning often, until all of the leaves are wilted.

## WHOLE CHICKEN IN BLACK PEPPERCORN SAUCE & ROASTED PARSNIPS

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Shallots are those baby onions that are used in Indian, Asian, and Mediterranean cooking. They provide a multitude of health benefits; compared to their bigger brothers, shallots contain more protein, fiber, and nutrients such as calcium, iron, magnesium, phosphorus, potassium, zinc, and vitamins A and B.

They are also high in antioxidants. One study conducted by the Department of Food Science and Institute of Comparative and Environmental Toxicology at Cornell University found that shallots have the highest amount of antioxidants out of all the most popular types of onions. Shallots are packed with quercetin, a flavonoid that is effective in treating allergies. They also have antimicrobial properties and contain thiosulfinates, which can help prevent blood clots.

When you add the antioxidant effect of the cannabinoid BCP to what's present in the shallots, you have a powerful combination to get rid of free radicals in the body, as well as keep you healthy and full!

**TOTAL TIME:** 2 HOURS

**YIELDS:** 1 CHICKEN + 1½ CUPS SAUCE (ABOUT 4 SERVINGS)

### **INGREDIENTS:**

#### *SAUCE*

- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 1 cup shallots (160 g / 5.6 oz), chopped
- › 1 T fresh thyme (2.75 g), chopped

- › 2 T all-purpose flour (240 g / 8.5 oz)
- › 1 quart chicken stock (1 L / 4 cups / 33.8 fl oz)
- › 1¼ cups beef stock (312.5 mL / 5.75 fl oz)
- › 2½ T (37 mL / 1.25 fl oz) balsamic vinegar
- › 1 tsp. freshly ground black pepper

#### *CHICKEN*

- › One 3 ½–5 ½ lb. fryer chicken with giblets removed
- › 6 cloves garlic (22.5 g, 0.75 oz), peeled
- › 1 tsp. lemon juice
- › 1 lemon, cut in half
- › 3 tsp. olive oil, divided
- › ½ tsp. salt
- › 1 T black pepper (7 g / 0.25 oz), freshly ground

#### *PARSNIPS*

- › 2 lbs. parsnips (907 g / 32 oz)
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › ½ tsp. salt
- › ½ tsp. black pepper

### **DIRECTIONS:**

#### *SAUCE*

- › Sauce can either be made one day ahead of time or while the chicken is roasting.
- › Heat olive oil in a heavy saucepan over medium high heat. Add shallots and thyme, and sauté until shallots just begin to brown.
- › Add the flour and stir for 1 minute while continuing to heat the mixture. Slowly whisk in both stocks. Bring to a boil and continue cooking until the liquid is reduced to 1 ½ cups, stirring occasionally, for about 20–25 minutes.
- › Remove from the heat and stir in the balsamic vinegar and black pepper.

## *CHICKEN*

- › Preheat the oven to 375°F (190.5°C). Lightly grease a rimmed baking sheet or spray the baking sheet with nonstick spray.
- › Add the garlic, lemon juice, and 1 tsp of the olive oil to a mini food processor and pulse once or twice to combine. Then process, scraping as necessary, until the mixture forms a paste.
- › Lift the skin from the chicken breasts, thighs, and legs, and spread the garlic paste underneath.
- › Rub the remaining 2 teaspoons of olive oil over the chicken. Squeeze the juice from the two lemon halves over the chicken and finish with salt and pepper.
- › Place the lemon halves inside of the chicken and tie the legs together with kitchen string.
- › Place chicken on a rimmed baking sheet. Bake for 1 hour and 15 minutes, or until a meat thermometer registers 165°F (74°C). Let the chicken rest for 10 minutes.
- › Cut chicken and serve with black pepper sauce and roasted parsnips.

## *PARSNIPS*

- › Peel parsnips and dice into 1-inch chunks.
- › Toss with salt and pepper in a large bowl.
- › Spread out on a large, rimmed baking sheet in a single layer. Place the parsnips in the oven after the chicken has been baking for 30 minutes. Continue roasting, stirring once or twice, until parsnips are tender in the center and browned in spots on the outside.

## CHINESE BLACK PEPPER, CHILI, & ONION STIR-FRY

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Oyster sauce, a favorite in Asian cuisine, is quite nutritious as it is low in both cholesterol and fat. It is made by cooking oysters, which are a great source of protein that is also packed with vitamin D, lots of B vitamins, and minerals such as magnesium, zinc, copper, and selenium. As a bonus, they're also low in calories.

When you combine this with a lean protein like chicken breast or pork tenderloin and serve it on a bed of whole grain rice, you create a perfectly balanced and healthy meal that is laden with cannabinoids from the black pepper and will promote great relaxation after a hard day.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

#### *MARINADE*

- > 12 oz protein of choice: skirt or flank steak, chicken, shrimp, or pork loin (0.75 lb. / 340 g)
- > 1 tsp. cornstarch
- > 2 tsp. soy sauce
- > 2 tsp. oyster sauce
- > 1 tsp. rice wine
- > 1 tsp. sesame oil

#### *SAUCE*

- > 3 T oyster sauce (44.25 mL / 1.5 fl oz)
- > 1 tsp. soy sauce
- > 1 tsp. black pepper, freshly ground
- > ¼ tsp. sugar
- > 1 tsp. cornstarch
- > 3 T water (44.5 mL / 1.5 fl oz)

## OTHER

- › 3 T sesame or vegetable oil (44.25 mL / 1.5 fl oz), divided
- › 2 dried red chili peppers (90 g / 3.2 oz), cut into ½-inch pieces
- › 1 onion (about 285 g / 10 oz), sliced
- › 1 red pepper (112–142 g / 4–5 oz), sliced

## **DIRECTIONS:**

- › You'll want to use a wok for this recipe if possible.
- › Cut the steak into thin strips, cutting across the grain. If using chicken or pork, cut into thin slices.
- › Mix all of the marinade ingredients together. Add the meat and let marinate for 15 minutes.
- › Mix all of the ingredients for the sauce together in a small bowl. Set aside.
- › Heat 2 tablespoons of oil in a large wok or skillet over high heat. Sear the marinated meat until just cooked. Remove from the wok.
- › Add remaining 1 tablespoon of oil to the wok. Add the chilies, onion, and red pepper to the wok and stir-fry briefly.
- › Add meat back into work. Stir-fry briefly.
- › Add the sauce to the wok and stir. Cook until the sauce is thick enough to coat the meat and vegetables.
- › Sprinkle with additional ground black pepper, if desired. Serve with hot, steamed brown rice.

## SINGAPORE BLACK PEPPER CRAB

Crab meat is packed with essential nutrients: calcium for bone health, phosphorus for kidney health, copper to allow absorption of iron from the gut, vitamin B2, omega-3 to reduce inflammation and indirectly stimulate the ECS, and selenium, which is a key nutrient for both thyroid and immune health. However, crab is a little high in dietary cholesterol, so this is a meal best served as a treat rather than a regular dish at your table.

**PREP TIME:** 25 MINUTES

**TOTAL TIME:** 45 MINUTES

**YIELDS:** 4 SERVINGS

**INGREDIENTS:**

- › 3 T ketjap manis (Indonesian sweet soy sauce)\*  
(44.25 mL / 1.5 fl oz)
- › 3 T oyster sauce (44.25 mL / 1.5 fl oz)
- › 3 T sugar (39 g / 1.5 oz)
- › 3 T water (44.5 mL / 1.5 fl oz)
- › 4 lbs. fresh crabs or king crab legs\*\* (1.8 kg / 64 oz)
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 2 T butter (22 g / 0.8 oz)
- › 1½ T ginger\*\*\* (8 g / 0.3 oz), freshly grated
- › 6 cloves garlic (22.5 g / 0.75 oz), finely chopped
- › 2 dried red chili peppers (90 g / 3.2 oz), finely chopped
- › 3 T black pepper (25.5 g / 1 oz), coarsely ground
- › ½ cup green onions (50 g / 1.75 oz), chopped
- › ¼ cup cilantro (15 g / 0.5 oz), chopped

*\*Regular (or light) soy sauce is salty and has a consistency of water. Ketjap manis is sweeter and has a consistency that resembles maple syrup.*

*\*\*Lobster or shrimp can be substituted for the crabs. If you live in an area where you catch fresh crabs like blue swimmer crabs, pull back the apron of each crab and remove the top shell, intestines, and feathery gills. Rinse quickly and cut crabs into quarters. Crack the legs to allow the flavor to seep in.*

*\*\*\*Grated ginger can be purchased in a tube in the produce section of most grocery stores if you do not want to peel and mince your own ginger.*

**DIRECTIONS:**

- › Combine ketjap manis, oyster sauce, sugar, and water in a small bowl. Set aside.
- › Heat the olive oil in a large wok or skillet over high heat. Stir-fry the crab pieces, in batches if necessary. Remove crabs from the wok.

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*Note: King crab will release water. Drain any liquid from the pan. Blue crab shell will turn a bright orange when cooked.*

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- › Add butter, ginger, garlic, chilies, and black pepper, then stir-fry for 30 seconds.
- › Add the reserved sauce to the wok and bring to a boil. Reduce heat and simmer for 2 minutes.
- › Return the crab to the wok and toss to coat in the sauce. Finish cooking the crab for 2-3 minutes.
- › Garnish with the green onions and cilantro.
- › If you are using king crab legs, cut them into manageable pieces. Cut the shells lengthwise with a scissor to make them easier to eat and to allow the flavor to enter.

## ROSEMARY

LIME ROSEMARY SHRIMP SKEWERS

ROASTED SWEET POTATOES WITH DIJON & ROSEMARY

GRILLED ROSEMARY GARLIC CHICKEN WINGS

GARLIC & ROSEMARY SCALLOPS

GARLIC ROSEMARY BAKED ARTICHOKE

ROSEMARY CHICKEN

## ROSEMARY FLATBREADS

CRISPY CHICKPEA TRAIL MIX

ROSEMARY LENTIL VEGETABLE SOUP

ROSEMARY MUSTARD VINAIGRETTE



Rosemary is an herb native to the Mediterranean area. It is a member of the mint family, which also includes oregano, another cannabinoid-rich herb. Its name comes from the Latin words *ros* and *marinus*, which translate into “dew of the sea”—apropos as rosemary grows best by the sea. Though the name implies rosemary needs a moist environment to thrive, it is a tough plant that has been known to withstand droughts for long periods and to live for up to thirty years.

Rosemary is frequently used as a seasoning for foods like chicken and lamb. You can use either the whole leaf that has been dried or ground, or fresh leaves, which can be infused or rubbed on for flavor. It also has been used since ancient times for medical purposes, such as reducing pain and improving alertness. The ancient Egyptians used it in their burial rituals, and the famous Greek physician Dioscorides wrote extensively about the medicinal uses of rosemary in his most famous book of herbal remedies, *De Materia Medica*. William Shakespeare even gives a nod to its cognitive benefits in his epic play *Hamlet* when Ophelia states “There’s rosemary, that’s for remembrance.”

As with many of the other herbs and spices in this book, rosemary essential oil can be derived from the plant. I spent a year studying clinical aromatherapy and now use essential oils regularly in my practice. They can be used topically (on the skin) or inhaled into the lungs or nasal passages for patients who have recurrent infections such as recurrent

sinusitis. Essential oils have potent antimicrobial properties —meaning they can kill just about everything!

Essential oils are distilled from the flowers, leaves, bark, wood, seeds, and/or peels of aromatic plants, hence the term “aromatherapy.” Though they are naturally occurring substances, they contain volatile and highly complex combinations of chemicals like terpenes, terpenoids, and phenylpropanoids. One of the most important principles of clinical aromatherapy is that the types of chemicals in an oil will determine what therapeutic properties it has. For example, essential oils that have a lot of esters will have an antispasmodic (i.e., muscle relaxing) effect on the body, whereas high-oxide oils will be useful to help break down mucus.

The oils are extracted from different parts of the plants using steam, carbon dioxide, or direct pressure, a process called expression. No one really knows why these incredible substances are made by the twenty-one families of aromatic plants from which essential oils can be derived, but one popular theory is that these oils are produced by the plant as a defense mechanism against natural attackers, such as bacteria, fungi, and insects. I imagine they are probably some of the world’s oldest antibiotics. What I love about using essential oils is that it is hard for bacteria to develop resistance to their antibiotic and antiseptic properties. This is because they contain not just one, but many different compounds that kill germs in different ways simultaneously. Attacking organisms won’t know what hit them!

Rosemary essential oil is distilled from the flowering tops and leaves of the plant and has several different varieties (chemotypes) of oil with varying properties. *Rosemary officinalis var camphor* is strongly antispasmodic, while *Rosemary officinalis* chemotype *verbone* contains eucalyptol, which is an expectorant and contains terpenes that have antimicrobial properties. *Rosemary officinalis* chemotype *cineole* has stimulant effects. Please note that you must be careful with rosemary essential oil because it can cause redness, swelling, and pain when used on the skin and has a stimulant effect when swallowed in larger doses, which is not good for sleep or for people who have epilepsy or high blood pressure.

Luckily, the amount of essential oil contained in the herb we use for cooking isn't anywhere near the dose that could cause harm. You have nothing to worry about if you are using rosemary as an herb to flavor your meals and stimulate your ECS. However, this is a great opportunity for me to remind you that if you are taking any supplements, including vitamins, herbal remedies, or essential oils, your doctor *needs to know!*

Among the many promising health benefits of rosemary and essential oils of rosemary are:

- Antioxidant action to help boost the immune system.
- Improved digestion. In fact, the German equivalent of the FDA has approved the use of rosemary extracts for indigestion.

- Improving brain aging. Rosemary contains carnosic acid, an antioxidant that can help destroy free radicals in the brain and may help protect the eye from macular degeneration.
- Rosemary extracts have been shown to slow the spread of leukemia and breast cancer cells in test tubes in a laboratory.<sup>7</sup>
- Rosemary contains beta-caryophyllene, which has a direct effect on CB-2 receptors, resulting in anti-inflammatory and pain reducing effects on the body.<sup>8</sup>

**7 Joseph Nordqvist, “Everything You Need to Know About Rosemary,” Medical News Today, December 13, 2017:**

**<https://www.medicalnewstoday.com/articles/266370>**

**8 Gertsch, Pertwee, and Di Marzo. “Phytocannabinoids,” 523-529.**

## LIME ROSEMARY SHRIMP SKEWERS

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If you grow rosemary, this is a great way to use it—stems and all. For the grill, soak the stems in water for an hour so they don't burn up while being grilled. As the stem and leaves get hot, they release their natural oil and flavor.

This recipe is a serenade to salt! Salt contains the essential minerals sodium and chloride, which are vital electrolytes for the body and key to nerve and muscle function.

Salt (sodium chloride) has for decades received a bad rap due to its link to heart disease. The truth is far more complex as decades of research findings haven't been able to convincingly prove that link. Though there is no doubt that reducing salt intake can lower blood pressure in "salt sensitive" hypertension, in most people, significantly reducing daily salt intake only reduces blood pressure by a few millimeters of mercury (i.e., a very small amount). In fact, some studies have shown that low salt diets are linked to high bad cholesterol, elevated triglycerides, and insulin resistance.

There is also evidence that too much salt in the diet can be associated with stomach cancer, so like most things in the world of nutrition, moderation is the key when it comes to salt.

**PREP TIME:** 10 MINUTES

**CHILL TIME:** 30 MINUTES

**TOTAL TIME:** 50 MINUTES

**YIELDS:** 6 SERVINGS

**INGREDIENTS:**

- › 12 fresh rosemary sprigs (4–6 inches long)
- › 2 T fresh parsley (7.6 g / 0.3 oz), minced
- › 2–4 large cloves garlic (1–2 T / 7.5–15 g / 0.25–0.5 oz), freshly minced
- › 1 tsp. grated lime zest
- › 1 T fresh lime juice (15 mL / 0.5 fl oz)
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 2 T dry white wine, or substitute orange juice (30 mL / 1 fl oz)
- › ½ tsp. salt
- › ½ tsp. pepper
- › 1½ lbs. uncooked shrimp size 26–30 (680.4 g / 24 oz), peeled and deveined
- › Lime wedges

### **DIRECTIONS:**

- › For skewers, strip the leaves from the bottom portion of the rosemary sprigs, leaving 1–2 inches of leaves attached at the top. Finely chop some of the removed leaves to equal 1 tablespoon.
- › In a large bowl, combine the tablespoon of chopped rosemary leaves, parsley, garlic, lime zest and juice, olive oil, wine, salt, and pepper.
- › Add the shrimp to the bowl; toss to coat. Cover and refrigerate for 30 minutes.
- › Thread shrimp onto the rosemary stems. Grill covered (or use a stovetop grill pan) for 2–3 minutes on each side until the shrimp turn opaque pink.
- › Remove to a platter and serve with fresh lime wedges.

## ROASTED SWEET POTATOES WITH DIJON & ROSEMARY

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Sweet potatoes, whose scientific name is *Ipomoea batatas*, are a delicious and nutritious root vegetable that is now commonly found on the plates of health-conscious consumers. It is one of the best sources of vitamin A; their orange color is due to the beta carotene found in them, which is converted by our livers into vitamin A. In addition, sweet potatoes are packed with multiple B vitamins and magnesium, are low on the glycemic index, and provide a nice serving of choline, a vital nutrient in DNA synthesis, nerve function, metabolism, and reducing inflammation. Add to this a nice helping of the cannabinoid beta-caryophyllene with its own anti-inflammatory properties, and you end up with a powerful inflammation-fighting blend on your plate!

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**Note:** Air fryers offer a great alternative cooking method for this recipe and give you a healthy, crispy, delicious result. Just shake the basket a few times during the cooking process.

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**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 45 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- > 2 sweet potatoes (about 1½ lbs. / 680.5 g / 24 oz)
- > 2 T olive oil (29.5 mL / 1 fl oz)
- > 2 tsp. Dijon mustard
- > 2 tsp. honey
- > 1 tsp. garlic, finely chopped
- > 1 tsp. fresh rosemary, finely chopped
- > ½ tsp. salt

- › ¼ tsp. black pepper

**DIRECTIONS:**

- › Preheat oven to 400°F (204.5°C). Spray a 15" x 10" rimmed baking sheet with nonstick spray.
- › Peel each sweet potato and cut into ½-inch wedges.
- › Combine remaining ingredients in a large bowl. Add sweet potato wedges and toss to coat.
- › Roast for 30 minutes or until tender, stirring halfway through.

## GRILLED ROSEMARY GARLIC CHICKEN WINGS

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This chicken wing recipe comes with a double dose of beta-caryophyllene as it uses lots of black pepper and rosemary to get all those CB-2 receptors in the body going. Add chicken as an excellent source of protein along with garlic, with its anticancer properties, and you have a superlative snack for the Sunday game.

**PREP TIME:** 10 MINUTES

**CHILL TIME:** 45 MINUTES

**TOTAL TIME:** 75 MINUTES

**YIELDS:** 4 SERVINGS

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**Note:** Wings can be marinated up to 1 day ahead of time. Store in the refrigerator.

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### INGREDIENTS:

- › 2 lbs. chicken wings (mini drumsticks and flat part of wings separated\*)  
(907 g / 32 oz)
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 4 large cloves garlic (2 T / 15 g / 0.5 oz), finely minced
- › ¼ cup fresh rosemary\*\* (60 g / 2.12 oz), chopped
- › 1½ tsp. kosher salt
- › ½ tsp. black pepper

*\*If you prefer to use whole wings, wrap the wing tip in foil. This provides a little “handle” that makes it easy to eat.*

*\*\*Feel free to add other fresh herbs like thyme or oregano to your wings.*

### DIRECTIONS:

- › Pat wings very dry with paper towels, taking care to keep raw chicken from dripping on kitchen surfaces and to

wash and sanitize hands when done. Place in a large resealable plastic bag.

- › In a small bowl, whisk together the olive oil, garlic, rosemary, salt, and pepper. Pour mixture into the bag over the wings and massage bag to evenly coat the wings. Refrigerate for 45 minutes (or as long as overnight if desired).
- › Heat grill to 350°F (176.5°C, medium heat). Grill wings, turning occasionally, for about 12-15 minutes until skin is starting to brown.
- › Turn heat up to 400°F (204.5°C, medium high heat). Cook wings, turning occasionally, until they are cooked through and skin is crisp and lightly charred, about 8-12 minutes more. If wings start to burn, move to a cooler section of the grill or turn down the heat.
- › Place wings on a platter and season with additional salt and pepper.



## GARLIC & ROSEMARY SCALLOPS

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It is better to undercook scallops; this allows the smoothness and natural creamy texture to shine through. An added benefit: Scallops are high in zinc.

### **NOW LET'S TALK ABOUT BUTTER!**

For a number of decades, butter was considered unhealthy because of its high saturated fat content, which was thought to increase the risk of heart disease. More recent studies have found that there does *not* appear to be a link between saturated fat and diseases of the heart, and butter is now considered to be healthy (in moderation). Butter *is* high in calories, mostly coming from fat, but some of the fats are short chain fatty acids (SCFAs) like butyric acid, which has been shown to reduce inflammation in the digestive system. Butter is high in vitamins A, D, E, B12, and K, especially if the butter comes from grass-fed cows. So don't be afraid to use a little butter along with the garlic, scallops, and rosemary, as it can benefit your body as well as your ECS!

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- › ½ lb. scallops, fresh or frozen\* (227 g / 8 oz)
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 1 T butter (11 g / 0.4 oz)
- › 2 large cloves garlic (1 T / 7.5 g / 0.25 oz), minced
- › ½ cup white wine (125 mL / 2.25 fl oz)
- › 1 T fresh rosemary (or ½ tsp. dried), chopped
- › Salt and pepper to taste

*\*If using frozen scallops, allow to completely thaw before starting the recipe. (Sauvignon blanc is a good choice of wine for this recipe.)*

**DIRECTIONS:**

- › Place the scallops on paper towels and thoroughly pat dry. Season one side with salt and pepper.
- › Heat olive oil in a large skillet over medium high heat.
- › Place scallops in the hot pan, seasoned side down. Sear until golden brown on the bottom for about 1-2 minutes.
- › Turn over and season with salt and pepper. Cook until golden brown on the underside. Remove from the pan to a plate.
- › Add butter to skillet. When melted, add the garlic and cook for about 1 minute.
- › Add the white wine and rosemary. Simmer for 2-4 minutes until the sauce thickens.
- › Add scallops back to the pan, stirring to coat. Garnish with more rosemary if desired.



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### **Notes about Scallops:**

Try to buy scallops wherever they sell them “dry.”

- **A wet scallop** has been soaked in a preservative phosphate solution. This makes the scallop absorb more water; then when you cook them, they shrivel a bit and don't brown as well because of that extra liquid. The phosphate solution also gives the scallop an off flavor, and they're usually not as fresh.
  - **A dry scallop** has not been treated with any chemicals, additives, or solutions. Compared to the wet scallops, they are darker (more of a beige color, whereas the wet scallops are whiter), and they have a purer flavor. If possible, you always want to buy dry scallops.
-

## **ARTICHOKEs ARE A SUPERFOOD!**

They are actually a type of *thistle* that hails from the Mediterranean, and they have been used for centuries for their medicinal properties. Artichokes contain masses of fiber; in fact, half of the total carbohydrates in artichoke come from fiber. They are also replete with plant protein and contain vitamins C, K, B complex, iron, and magnesium, but almost no fat. The leaf of the artichoke has been shown to lower bad cholesterol and blood pressure, as well as help the body with fatty liver. Artichokes also contain inulin, a prebiotic fiber that helps the good bacteria in the gut grow. Everyone should be all in on this wonderful food, here expertly paired with rosemary to keep your CB-2 receptors happily buzzing!

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 45 MINUTES

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 2 large artichokes (each artichoke should weigh about 2 lbs. / 907 g / 32 oz)
- › 1 lemon, cut into slices
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › Salt and pepper to taste
- › 4 large cloves garlic, (15 g / 0.5 oz), thinly sliced
- › 5 sprigs rosemary
- › 4 T butter for dipping (44 g / 3.2 oz)

### **DIRECTIONS:**

- › Preheat oven to 375°F (190.5°C).

- › Cut artichokes in half and remove the fuzzy choke. Use 1 or 2 of the lemon slices to rub the cut surfaces of the artichoke halves to prevent browning.
- › Place artichoke halves in an ovenproof baking dish. Drizzle with olive oil. Season with salt and pepper.
- › Top artichokes with the sliced garlic and remaining lemon slices. Place 4 of the rosemary sprigs in the pan. Cover dish with foil and bake for 30 minutes or until the artichokes have softened.\*
- › Meanwhile, chop leaves from remaining rosemary sprig. Melt butter and stir in some of the chopped rosemary.
- › Dip baked artichoke into the rosemary butter as you eat it.

*\*Artichokes are cooked via steam in the oven, allowing the flavors to infuse.*

## ROSEMARY CHICKEN

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### **LET'S CHAT ABOUT CHICKEN, THE LOW-FAT, LOW-CALORIE, HIGH-QUALITY PROTEIN!**

Chicken contains the amino acid *tryptophan*, which the body converts to serotonin (the feel-good neurochemical linked to mood). It also contains vitamin B12 and choline, nutrients that are both important to nerve function, and it is rich in protein, which is important for muscle growth and bone health. Put it together with cannabinoid-rich rosemary, and you'll enjoy a high-protein, ECS-stimulating meal that takes only half an hour to prepare.

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#### **Notes:**

- 1–2 cups of vegetables (i.e., cherry tomatoes, green beans, asparagus, and/or mushrooms, etc.) can be added to the baking dish.
  - Chicken can be topped with Parmesan cheese.
  - Change the flavor of the sauce by adding kalamata olives or sun-dried tomatoes.
- 

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 35 MINUTES

**YIELDS:** 4 SERVINGS

#### **INGREDIENTS:**

- › 4 boneless, skinless chicken breasts\* (20-oz pkg.)
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › Salt and pepper to taste
- › 2 tsp. fresh rosemary leaves, finely chopped
- › 3 T butter (33 g / 2.4 oz), melted
- › 2 cloves garlic (2 tsp.), minced

- › ¼ cup chicken broth (59.15 mL / 2 fl oz)
- › 2 T lemon juice (30 mL / 1 fl oz)
- › 1 T fresh parsley (3.8 g / 0.15 oz), chopped
- › Lemon slices and rosemary sprigs for garnish

*\*Feel free to use chicken thighs or drumsticks, or even substitute in pork chops for this easy dinner.*

### **DIRECTIONS:**

- › Preheat oven to 400°F (204°C). Season the chicken breasts on both sides with salt and pepper.
- › In a large skillet, heat the olive oil over medium high heat. Add chicken breast to pan and cook for 3-5 minutes on each side until browned.
- › Oil an oven-safe baking dish with cooking spray, then place chicken breast in dish.
- › In a small bowl, combine rosemary, butter, chicken broth, and lemon juice. Pour mixture over the chicken.
- › Bake chicken for 15-25 minutes until cooked through (165°F / 74°C at center).
- › Platter the chicken and spoon the sauce over top. Sprinkle with chopped parsley. Garnish with lemon slices and rosemary sprigs if desired.

## ROSEMARY FLATBREADS

With the flavors of olive oil and fresh rosemary, this makes a delicious flatbread as well as a wonderful pizza crust. (Who doesn't like pizza?) It is a universal favorite snack or quick dinner. The question is, does it have any health benefits or is it just another junky fast food?

The answer is that eaten in moderation, a little pizza can offer some potential benefits to your health, mostly due to the sauce, cheese, and toppings rather than the dough: pizza sauce is made from cooked tomatoes and contains the antioxidant lycopene; the cheese topping is an excellent source of protein; and mushrooms or ham on your pizza tend to be healthier and leaner than a fatty burger and fries. If you go with a thin crust to lower the carbohydrate content and add some rosemary to rev up the ECS, you can enjoy this delicious snack from time to time without too much guilt!

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 2 HOURS

**YIELDS:** 6 FLATBREADS

**INGREDIENTS:**

- › One ¼-oz package active dry yeast
- › ¼ cup + ⅓ cup warm water (110–115°F / 43–46°C), divided [¼ cup / 60 mL / 2 fl oz, plus ⅓ cup / 78.5 mL / 2.75 fl oz]
- › ½ tsp. honey
- › 2 cups all-purpose flour (250 g / 9 oz), divided
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 1 tsp. fresh rosemary, finely chopped
- › ½ tsp. kosher salt

*TOPPING*

- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 1 tsp. fresh rosemary, finely chopped
- › ½ tsp. kosher or flaky sea salt

**DIRECTIONS:**

- › In a small bowl, dissolve the yeast in ¼ cup warm water. Stir in honey. Add ¼ cup of the flour; mix until almost smooth. Let stand for 30 minutes or until bubbly.
- › Place remaining flour, ⅓ cup warm water, olive oil, rosemary, and salt in a food processor. Add the yeast mixture. Process and pulse the dough until it forms a ball. Process and pulse for 1 minute more to knead the dough.
- › Transfer dough to a greased bowl, turning once so entire dough ball is greased. Cover and let rise in a warm place until doubled, about 1 hour.
- › Preheat oven to 425°F (218°C). Punch dough down, then turn it onto a lightly floured surface. Divide the dough

into 6 even portions. Shape each into a ball.

- › Grease a baking sheet. On the baking sheet, press each ball into a 5-inch circle.
  - › Brush tops with olive oil; sprinkle with rosemary and salt.
  - › Bake 8–12 minutes until golden brown. Serve warm.
- 

**Note:** For pizza dough, portion into 3 pieces. Roll or press out to desired thickness. Move to a parchment-lined baking sheet. Top with pizza toppings as desired. Bake at 425°F (218°C) until crust is golden brown on the edges and cheese is hot and bubbly on top, about 12–15 minutes.

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## CRISPY CHICKPEA TRAIL MIX

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The star ingredient of this recipe is definitely the chickpeas, mostly known as garbanzo beans in the United States; they not only give it a Middle Eastern motif, they provide you with folic acid and multiple mineral micronutrients such as iron, phosphorus, copper, and manganese. Although chickpeas have more carbohydrates than fat or protein, 25 percent of the carbs come from fiber, which helps keep your appetite and weight under control, along with a good serving of plant-based protein. Add a nice helping of rosemary to stimulate the CB-2 receptors, and you have a nutritionally perfect topping for a salad or yogurt. This mix is also a nice alternative to cocktail nuts or pretzels for snacking.

**TOTAL TIME:** 40 MINUTES

+ RESTING

**YIELDS:** 2 CUPS

### **INGREDIENTS:**

- › One 15-oz can garbanzo beans (a.k.a. chickpeas), rinsed and drained
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 1 tsp. kosher salt, divided
- › 6 pieces orange peel (1 inch wide and 4 inches long each)\*
- › 1-2 T fresh rosemary (1.7-3.4 g), chopped
- › 1 T pure maple syrup (21 mL / 0.7 fl oz)
- › ½ cup pumpkin seeds (a.k.a. pepitas), raw or toasted
- › ¼ tsp. cayenne pepper
- › ½ cup unsweetened toasted coconut flakes (39 g / 1.4 oz)

*\*Use a potato peeler to remove the skin from the orange. Try not to include any of the white part below the skin as it can*

*be bitter. Use a kitchen knife to cut across the peel to make slivers of orange peel.*

### **DIRECTIONS:**

- › Preheat oven to 400°F (204.5°C). Line a large rimmed baking sheet with parchment paper.
- › Pat chickpeas dry with paper towels. Remove any loose skins. Toss chickpeas with olive oil and ½ teaspoon salt, then place them on the lined baking sheet and roast for 20 minutes.
- › Meanwhile, cut orange peel pieces into slivers. In a small bowl, toss orange slivers and rosemary with the maple syrup.
- › Remove chickpeas from oven and add orange mixture; toss to coat.
- › Put mixture back in oven and roast for another 15-20 minutes. Turn oven off. Remove pan from oven.
- › Add pumpkin seeds, cayenne, and coconut to the pan and stir to combine. Let sit in oven (with door closed and heat off) for about an hour or until the chickpeas are crunchy.
- › Remove from oven and set aside to cool to room temperature. Store in an airtight container.

## **WHERE TO BEGIN WITH THIS RECIPE?**

It is packed with a rainbow of different veggies as well as multiple cannabinoid-packed spices like rosemary black pepper and oregano, and it features an amazing and versatile legume to provide plant protein: lentils. These varicolored beans, which are low in calories and rich in iron and folic acid, are also full of health-promoting antioxidant polyphenols important to heart health. So enjoy this flavorful soup in the knowledge that not only is it great on cold winter days, it's good for you in an array of different ways.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR + 15 MINUTES

**YIELDS:** 10 CUPS

### **INGREDIENTS:**

- > 2 cups onions (about 2 medium onions: 340 g / 12 oz), diced
- > 6 cloves garlic (22.5 g / 0.75 oz), chopped
- > ¼ cup olive oil (59 mL / 2 fl oz)
- > 1½ T fresh rosemary (10.6 g / 0.375 oz), finely minced
- > 2 cups dry green lentils (380 g / 13.4 oz)
- > 7 cups water (1.65 L / 55.85 fl oz)
- > 3 vegetable bouillon cubes
- > 3 cups carrots (384 g / 13.5 oz), diced
- > ½ cup celery (50.5 g / 1.8 oz), diced
- > ½ cup parsnip (66.5 g / 2.35 oz), diced
- > 4 bay leaves
- > 2 tsp. black pepper
- > 1 tsp. fresh oregano, chopped

- › ½ tsp. fresh thyme leaves
- › 2 cups frozen spinach, thawed  
(or 3 cups chopped fresh spinach)
- › Salt to taste
- › Optional: 1 jalapeño pepper, finely chopped (for an added kick!)

### **DIRECTIONS:**

- › In a large pot, heat olive oil over medium high heat until hot.
- › Add the onions to the pan and sauté until they are translucent.
- › Add the garlic and rosemary; cook until fragrant, about 1-2 minutes.
- › Add all remaining ingredients *except spinach* (including the jalapeño if you are using it).
- › Bring to a boil, then cover and reduce heat to low. Simmer for 45 minutes, stirring occasionally.
- › Add spinach and cook about 5 minutes more until spinach is heated. (If using fresh spinach, make sure stems are cooked to taste.)
- › Add salt to taste. Let the soup rest for 15 minutes before serving to allow the salt to infuse.

## ROSEMARY MUSTARD VINAIGRETTE

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**CHEF DANIEL:** One of my first memories in the kitchen as a young boy in France is of when I learned how to make a classic French vinaigrette. Now I love adding some herbs to the recipe to change it up a bit.

White wine vinegar, primarily composed of water and acetic acid, is made from wine and is less sour than regular vinegar. It is used for pickling, baking, marinades, and making cheese. Vinegar has been used medicinally for thousands of years, and research suggests that ingesting vinegar can help with blood sugar control, weight management, and lower cholesterol. Then just add some cannabinoid-rich rosemary, and you have a great and healthy dressing for any salad or other vinaigrette-friendly dish, such as cold pasta or potatoes.

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**Notes:** Can be made one day ahead. Store covered in the refrigerator. Let dressing come to room temperature and whisk before serving.

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**TOTAL TIME:** 15 MINUTES

**YIELDS:** 1½ CUPS

### **INGREDIENTS:**

- › ¼ cup Dijon mustard (62.25 g / 2.2 oz)
- › 3 T white wine vinegar (44.25 mL / 1.5 fl oz)
- › ¾ cup olive oil (177 mL / 6 fl oz)
- › ⅔ cup shallots (106.7 g / 3.75 oz), finely chopped
- › 2 T fresh rosemary (3.4 g / 0.12 oz), finely chopped
- › 2 T fresh sage (5.3 g / 0.2 oz), finely chopped
- › Salt and pepper to taste

**DIRECTIONS:**

- › Combine the mustard and vinegar in a bowl, then gradually whisk in the olive oil.
  - › Mix in the shallots and herbs.
  - › Season with salt and pepper as desired.
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This recipe also pairs well with roasted chicken, green beans, and potato salad.

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## FLAX

WALNUT & FLAXSEED BANANA BREAD

FLAX-ENHANCED MEATLOAF

FLAXSEED BUTTERMILK PANCAKES

MOCHA FLAX SMOOTHIE

FLAX & OLIVE OIL BALSAMIC VINAIGRETTE

OAT & FRUIT GRANOLA BARS

[SPICED FLAXSEED CHICKEN NUGGETS](#)

FLAX BREAKFAST COOKIES

ORANGE FLAX SMOOTHIE

FLAXSEED OIL DRESSING

PEANUT BUTTER PROTEIN COOKIES



Flax is a wonderfully versatile plant whose different parts are used for lots of varied purposes. Cultivated in cooler regions of the world, the seeds can be used as a food either by grinding them into a meal or extracting the extremely nutritious flaxseed/linseed oil from them, an oil you can find in any health food store. The stem of the flax plant produces a fibrous substance that is made into a type of cloth with which you're most likely familiar. Linen is made from flax, and it is held in high regard in the garment industry because of its strength—it is three times as strong as cotton—and coolness in hot and humid weather.

Flax has been used by humans since Paleolithic times—for at least 30,000 years—and is one of the oldest textiles in the world. The Romans were big flax fans; they used it for their sails as well as for clothes. In fact, the Latin name for flax—*Linum usitatissimum*—means “most useful.”

In addition to being versatile, flax is also very nutritious. One hundred grams of flaxseed contains:

- 27 grams of soluble and insoluble fiber with only 1 gram of sugar.
- 42 grams of fat that is predominantly made up of plant omega-3 fatty acids that can help lower the risk of heart disease and stroke. You'll learn much more about omega-3 fatty acids in Chapter 9, so stay tuned!
- Slightly more than 18 grams of plant protein that includes amino acids like arginine, aspartic acid, and glutamic acid.

- Multiple B vitamins that are important for numerous metabolic processes in the body.
- Minerals like magnesium, potassium, and phosphorus.

If you're going to eat a carbohydrate, fiber is your best choice, as it's a complex carb that the body cannot digest into glucose. There are two different types of fiber: insoluble and soluble. Most people who buy the high-fiber cereals you find in your local supermarkets are eating the insoluble fiber found in wheat bran. This can help keep your bowel movements smooth and regular. Soluble fiber is a rare and special fiber that can help lower your cholesterol. Flax is wonderful because it offers both kinds.

In 2012, researchers in Poland who performed chemical analysis of flaxseed oil discovered a new "CBD-like" compound in the flax plant. They also observed that this new compound had anti-inflammatory effects on cells by stimulating CB-2 receptors. The scientists even proposed that this new finding might eventually lead to the production of flax bandages for covering wounds, which could reduce local inflammation at the wound site by stimulating the ECS.<sup>9</sup>

Flax has numerous health benefits:

- Flax contains lignans, which are phytoestrogens (estrogen-like compounds) that also have antioxidant properties. Large-population studies have found that

these substances may help reduce the incidence of breast cancer.

- Flax seeds can reduce both blood pressure and blood sugar levels when consumed daily.
- Due to its high soluble fiber content, flax seeds can reduce your appetite and keep you full longer.<sup>10</sup>

**9 Monika Styrzewska et al., “Cannabinoid-like Anti-Inflammatory Compounds from Flax Fiber,”** *Cellular and Molecular Biology Letters* **17, no. 3 (2012): 479-499,**  
<https://doi.org/10.2478/s11658-012-0023-6>

**10 Verena Tan, “Top 10 Health Benefits of Flax Seeds,”**  
**Healthline, April 23, 2017:**  
<https://www.healthline.com/nutrition/benefits-of-flaxseeds>

## WALNUT & FLAXSEED BANANA BREAD

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This gluten-free bread is satisfying, guilt free, and packed with omega-3s. Oats (*Avena sativa*) are one of the healthiest grains. The bran, which is the outermost layer of the grain just beneath the inedible hull, is full of B vitamins, magnesium, phosphorus, iron, and zinc as well as soluble fiber (beta glucan). Soluble fiber can lower cholesterol as well as blood sugar, and it nurtures your microbiome. It contains polyphenol antioxidants like avenanthramides that have anti-inflammatory and anticancer properties. This recipe also boasts multiple cannabinoid-rich foods like flax, cinnamon, and omega-3s to activate your ECS while it stimulates your taste buds.

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**Note:** Store any overly ripened bananas in your freezer. When you are ready to make banana bread, simply remove the bananas from the freezer, remove the peel, and let them thaw briefly before adding them to the recipe.

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**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 2 HOURS

**YIELDS:** 10 SERVINGS

### INGREDIENTS:

- > ¾ cup walnuts (75 g / 2.65 oz)
- > 1 cup ground almonds, a.k.a. almond meal (105 g / 3.6 oz)
- > 1 cup oat bran (94 g / 3.3 oz)
- > ¾ cup flaxseed (168 g / 5.9 oz)
- > 2 tsp. baking powder
- > 1 tsp. ground cinnamon
- > ½ tsp. kosher or sea salt

- › ¼ tsp. ground nutmeg
- › ½ cup coconut oil (118 mL / 4 fl oz),  
melted
- › ⅓ cup honey (113.5 g / 4 oz)
- › 2 tsp. vanilla extract
- › 4-5 large overripe bananas (about 136 g / 4.75 oz each)

### **DIRECTIONS:**

- › Preheat oven to 350°F (176.5°C). Spray an 8" x 4" loaf pan with nonstick cooking spray, then line the base and sides with parchment paper. This makes it easier to remove the bread after baking.
- › In a food processor, process the walnuts until fine. Add the ground almonds, oat bran, flax seeds, baking powder, cinnamon, salt, and nutmeg and process to combine. Scrape the bowl and process once more.
- › Add the coconut oil, honey, vanilla, and bananas and process until as smooth as possible.
- › Pour the batter into the prepared pan and bake for 40 minutes. Reduce the oven temperature to 325°F (162.75°C) and bake for an additional 30-40 minutes, or until a skewer inserted into the center comes out clean.
- › Remove from oven and let cool in the pan for 30-45 minutes. Remove bread from the pan and let cool completely. Store in an airtight container.



**Standard Loaf Pan  
Sizes in Inches:**

- $7\frac{3}{8}'' \times 3\frac{5}{8}'' \times 2'' = 3 \text{ cups}$
- $8'' \times 4'' \times 2\frac{1}{2}'' = 4 \text{ cups}$
- $8\frac{1}{2}'' \times 4\frac{1}{2}'' \times 2\frac{1}{2}'' = 6 \text{ cups}$
- $9\frac{1}{4}'' \times 5\frac{1}{4}'' \times 2\frac{1}{2}'' = 8 \text{ cups}$

## FLAX-ENHANCED MEATLOAF

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Ground flaxseeds work as a binder and replacement for traditional breadcrumbs in this meatloaf, reducing carbs and giving it an omega-3 boost.

### **WHAT IS WORCESTERSHIRE SAUCE?**

It is a fermented blend of vinegar, molasses, sugar, salt, anchovies, tamarind, onions, garlic, spices, and other flavorings that originated in the English city of Worcester almost two hundred years ago. The sauce has no fat or cholesterol and contains potassium, vitamin C, iron, and a little sodium. With cannabinoid-rich ground flax seed to bind the meat loaf together, this recipe is perfect for a family dinner.

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 1 lb. ground beef or ground sirloin\* (453.6 g / 16 oz)
- › ½ cup onion (60 g / 1 oz), grated or finely minced
- › ¼ cup ground flaxseed (30 g / 1 oz)
- › ¼ cup fresh parsley (15.2 g / 0. oz), minced
- › 1 egg
- › 1 clove garlic (3.75 g), finely minced
- › 2 T Worcestershire sauce (29.5 mL / 1 fl oz)
- › 1 tsp. salt
- › ½ tsp. dry mustard
- › ½ tsp. black pepper

### *GLAZE*

- › ⅔ cup organic ketchup (90.5 g / 3.2 oz)
- › 2 T brown sugar (26 g / 1.0 oz)
- › 2 T apple cider vinegar (29.5 mL / 1 fl oz)

*\*Ground turkey can be substituted for the ground beef.*

**DIRECTIONS:**

- › Preheat oven to 375°F (190.5°C). Line a loaf pan (or a baking sheet if you prefer) with foil and spray foil with nonstick cooking spray.
- › In a large mixing bowl, combine all of the ingredients except the ground beef.
- › Add the ground beef and mix (using gloved hands works the best) until mixture is evenly combined. Place the meat mixture into the middle of the prepared pan and shape into a loaf about 8 inches long and 3-4 inches wide. (It doesn't have to be perfect, just try to make it an even thickness.)
- › In a small bowl, combine all ingredients for the glaze. Spoon the glaze over the meatloaf.
- › Bake 45-50 minutes until a meat thermometer registers 160°F (71°C) in the center of the meatloaf.
- › Remove from the oven and cover loosely with foil. Let rest for 10-15 minutes before slicing and serving.

## FLAXSEED BUTTERMILK PANCAKES

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### **FLAXSEED MEAL ADDS A NUTTY FLAVOR TO THESE PANCAKES, AS WELL A NUTRITIONAL BOOST.**

Tapioca comes from the cassava root, native to South America. Cassava flour is a popular substitute for wheat flour in gluten free baking. It contains no saturated fat or cholesterol, is naturally low in sodium, and provides some calcium and iron. It does not however provide any protein, and it is a high glycemic index food (one that makes your blood sugar rise quickly), so the quarter cup that is called for in this recipe is a suitable amount. Offsetting the tapioca with some cannabinoid-rich and low glycemic index ground flax seed is a perfect way to improve the overall nutrition value of this breakfast treat.

#### **Notes:**

Melt some butter on your griddle or skillet before adding the pancake batter for a flavor boost and to help the pancakes release more easily.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 12 PANCAKES

#### **INGREDIENTS:**

- ›  $\frac{2}{3}$  cup brown rice flour (104.25 g / 3.7 oz)
- ›  $\frac{1}{4}$  cup tapioca flour (30.5 g / 1 oz)
- ›  $\frac{1}{4}$  cup potato starch (40 g / 1.4 oz)
- ›  $\frac{1}{4}$  cup flaxseed meal (26 g / 0.9 oz)
- › 1 T sugar (13 g / 0.5 oz)
- › 2 tsp. baking powder
- › 1 tsp. baking soda

- › ¼ tsp. salt
- › 1 cup buttermilk\* (300 mL / 10.2 fl oz)
- › 1 tsp. vanilla extract
- › 2 eggs
- › Maple syrup and fresh blueberries for garnish

*\*Low-fat buttermilk can be substituted for regular buttermilk.*

### **DIRECTIONS:**

- › Whisk all dry ingredients in a large bowl until combined.
- › In a separate bowl, whisk buttermilk, vanilla, and eggs together. Add mixture to the dry ingredients and stir until smooth.
- › Heat a nonstick griddle or skillet over medium heat. Pour scant ¼ cup batter onto the griddle. Cook until the tops are covered with bubbles and edges look set. Turn pancakes over and cook until bottoms are lightly browned.
- › Serve hot with maple syrup and fresh blueberries.

## MOCHA FLAX SMOOTHIE

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### **COFFEE: DO NOT WORRY, IT IS GOOD FOR YOU!**

Studies have shown that coffee drinkers have a lower risk of diabetes, Alzheimer's disease, Parkinson's disease, liver cirrhosis, depression, cancer, and stroke. Coffee is the biggest source of antioxidants in Western diets and contains B vitamins, magnesium, manganese, and potassium. The caffeine in coffee can help with burning fat and other aspects of physical performance, although too much will make you wired and jittery. Luckily, adding ground flax to stimulate your ECS can help chill you out. The Greek yogurt also adds a good amount of protein, making this a good way to start your day!

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 1 SERVING

### **INGREDIENTS:**

- › 1 cup ice cubes
- ›  $\frac{2}{3}$  cup plain Greek yogurt\* (166.5 g / 2.9 oz)
- ›  $\frac{1}{4}$  cup cold brew coffee concentrate\*\* (59.25 mL / 1.87 fl oz)
- ›  $1\frac{1}{2}$  T ground flaxseed\*\*\* (10.5 g / 0.4 oz)
- › 1 T cocoa powder (14 g / 0.5 oz)
- › 1-2 tsp. maple syrup or honey
- ›  $\frac{1}{2}$  tsp. vanilla extract

*\*Reduced fat Greek yogurt can be used if desired.*

*\*\*Cold brew coffee concentrate can be found in both shelf-stable aseptic packages on the shelf in the coffee aisle and in the refrigerated section.*

*\*\*\*Ground or milled flaxseed is the same thing as flax meal; it comes in brown or golden varieties. There is little difference between them, but brown flaxseed meal is easier to find in most supermarkets.*

**DIRECTIONS:**

- › Place all ingredients in a blender and process until smooth.

## FLAX & OLIVE OIL BALSAMIC VINAIGRETTE

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**WITH HEART HEALTHY OILS, THIS VINAIGRETTE TOPS SALADS AND TOMATOES AND MAKES A GREAT DIP FOR VEGETABLES.**

Balsamic vinegar is a dark and concentrated Italian vinegar made from crushed grape seeds, skins, stems and grape juice. It contains antioxidants, can reduce blood sugar, blood pressure and cholesterol levels, aid in digestion and weight loss and improve circulation, With the addition of flax seed oil to stimulate the CB-2 receptors, this dip is a must for any party.

**Note:** Dressing can also be made in a blender. Blend the ingredients in Step 1. Then, with the blender running, stream in the oil through the blender top. Season with salt and pepper.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 1 CUP

### **INGREDIENTS:**

- › ¼ cup flaxseed oil (59 mL / 2 fl oz)
- › ¼ cup extra-virgin olive oil (59 mL / 2 fl oz)
- › ¼ cup balsamic vinegar (59.5 mL / 2 fl oz)
- › 2 T maple syrup (42 mL / 1.5 fl oz)
- › 1 T Dijon mustard (21 mL / 0.7 fl oz)
- › 1 clove garlic (3.75 g), finely minced
- › Salt and pepper to taste

### **DIRECTIONS:**

- › In a small bowl, whisk together the balsamic vinegar, maple syrup, mustard, and garlic until mustard is

emulsified.

- › Whisk in the flaxseed oil and olive oil. Season to taste with salt and pepper. Store refrigerated for up to one week.

## OAT & FRUIT GRANOLA BARS

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Roasting the flaxseeds breaks the hard seed coat, which can be difficult to break while chewing. Besides adding a rich, nutty taste to these granola bars, roasted flax seeds are a great way to add omega-3 fatty acids, fiber and protein to your diet.

Cranberries are small, hard red fruit that grow on freshwater vines in the Northern USA. Native Americans used them for food, fabric, and medicine and sailors ate them to prevent scurvy (vitamin C deficiency). The raw berries are more nutritious than the dried kind, with double the fiber and one fifth of the sugar content per serving. Cranberries are high in vitamin C and contain vitamins A, B E and K along with potassium, calcium, iron, manganese and copper. They are antioxidant-rich, with phenol and anthocyanins that can lower blood pressure, protect against liver disease, improve eyesight, and help with heart health. Together with the cannabinoid-rich flax, this fruit and nuts medley is a great snack at work.



**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR + 10 MINUTES

**YIELDS:** 18 BARS

**INGREDIENTS:**

- › 2 cups quick-cooking oats\* (160 g / 5.6 oz)
- › 1 cup flaked sweetened coconut (7 g / 2.8 oz)
- › ½ cup sunflower seed kernels (70 g / 2.5 oz)
- › ½ cup flaxseed (112 g / 4 oz)
- › ½ cup dried cranberries\*\* (64 g / 2.3 oz)
- › ½ cup dried apricots (135 g / 4.75 oz), chopped
- › ½ cup whole pitted dates (73.5 g / 2.6 oz),  
chopped
- › ½ cup honey (170.25 g / 6 oz)
- › ¼ cup maple syrup (93.75 mL / 3.3 fl oz)
- › ¼ cup packed brown sugar (58 g / 2 oz)
- › ¼ cup butter (4 T / 44 g / 3.2 oz)
- › 1 tsp. vanilla extract
- › ½ tsp. kosher salt

*\*To make this recipes gluten free, substitute gluten-free quick cooking oats for the oats.*

*\*\*Dried cherries can be substituted for the cranberries.*

**DIRECTIONS:**

- › Preheat oven to 350°F (176.5°C). Line a 13" x 9" metal baking pan with foil, allowing the foil to extend beyond the edges of the pan. Spray foil with nonstick cooking spray.
- › Toss oats, coconut, sunflower seeds, and flaxseeds together in a large bowl. Turn mixture out onto a baking sheet, spreading it our evenly. Bake for 10–15 minutes or

until toasted. (Stir every 5 minutes.) Remove from oven and place mixture back in the bowl.

- › Reduce oven temperature to 300°F (149°C). Add cranberries, apricots and dates to the oat mixture.
- › In a small saucepan, add the honey, maple syrup, brown sugar, butter, vanilla and salt and stir to combine. Bring the mixture to a boil over medium heat, whisking constantly. Pour honey mixture over the oat and fruit mixture. Toss using a rubber spatula until mixture is evenly coated.
- › Firmly press the mixture into an even layer in the prepared pan using a rubber scraper (or spray your hands with nonstick cooking spray). Bake for 30 minutes or until slightly golden brown. Remove from oven and cool pan on a wire rack.
- › When pan is cool, lift the bars from the pan using the aluminum foil sides. Flip bars onto a cutting board and remove foil. Turn bars back over and cut into 18 bars. Store in an airtight container.

## SPICED FLAXSEED CHICKEN NUGGETS

### **CHICKEN THIGHS VERSUS LEGS—WHICH IS BETTER FOR YOU?**

Chicken is a great animal protein source and has become increasingly popular in the USA over the last decade as a substitute for red meat as it contains less saturated fat, especially if you remove the skin. Many people prefer the darker thigh to the lighter breast as it is considered to be more tender and flavorful, however chicken thighs contain three times more saturated fat compared to the leaner breast so if you like your nuggets dark then go small in terms of the number you eat.

The flaxseed meal and the spices act as the “breading” on these healthy chicken bites.

**YIELDS:** 1 SERVING

**INGREDIENTS:**

- › 4 boneless, skinless chicken thighs (or 2 breasts)
- › ½ cup ground flaxseed, a.k.a. flaxseed meal (52 g / 1.8 oz)
- › 2 tsp. paprika
- › 2 tsp. ground cumin
- › 1 tsp. ground ginger
- › ½ tsp. chili powder
- › 4-5 T olive oil (59-73.75 mL / 2-2.5 fl oz)

**Note:** This recipe also works well in an air fryer. Add the chicken bites to the air fryer, spray them with nonstick cooking spray. Air fry for 5-10 minutes until cooked through, turning once.

**DIRECTIONS:**

- › Trim any fat from the chicken. Cut into 1-inch pieces.
- › In a medium bowl, whisk together the flaxseed meal and spices. Add the chicken pieces and toss to coat the chicken. Toss again to thoroughly coat.
- › Heat oil in a large nonstick skillet over medium high heat. Add chicken to pan and cook, turning once or twice, until evenly browned and cooked through.

## FLAX BREAKFAST COOKIES

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**BAKED INDIVIDUALLY IN MUFFIN CUPS, THESE COOKIES ARE BOTH DELICIOUSLY CHEWY AND NUTTY, AS WELL AS GOOD FOR YOU.**

Cashews are the seed of a Brazilian tree that is now cultivated in warm climates around the world. They are rich in nutrients like healthy fats, plant protein, copper, magnesium manganese and vitamins B and K. Heart-healthy cashews are high in antioxidants like polyphenols and carotenoids, can aid with weight loss, and are a great food for people with diabetes. By combining the cashews with the high-cannabinoid flax meal, you'll create a quick breakfast on the go that stimulates the ECS.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 40 MINUTES

**YIELDS:** 12 COOKIES

### **INGREDIENTS:**

- › ½ cup peanut, almond, or cashew butter (142 g / 5 oz)
- › ⅓ cup almond milk (83 mL / 2.8 fl oz)
- › ⅓ cup maple syrup (125 mL / 4.4 fl oz)
- › 1 tsp. vanilla extract
- › ½ tsp. ground cinnamon
- › ⅔ cup flaxseed meal (69.3 g / 2.4 oz)
- › ⅔ cup raisins (95.7 g / 3.4 oz)

### **DIRECTIONS:**

- › Preheat oven to 325°F (162.8°C). Spray the cups of a 12-cup muffin pan with nonstick cooking spray.

- › In a large bowl, mix the butter, milk, maple syrup, vanilla, and cinnamon until well combined. Add the flaxseed meal and raisins; mix to combine.
- › Divide the batter into the muffin cups. Bake for 18-22 minutes until golden brown. The centers will feel just firm to the touch.
- › Remove pan from oven and let cookies cool in the pan for 10 minutes. Run a knife around the edges to loosen. Remove cookies and place on a rack to cool completely. Store in an airtight container in the refrigerator.



## ORANGE FLAX SMOOTHIE

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**WITH ITS COMBINATION OF FRUITS AND FLAXSEED, THIS SMOOTHIE IS FULL OF VITAMINS, POTASSIUM, AND OMEGA-3S.**

Peaches (*Prunus persica*) come originally from China; related to other stone fruits like plums, apricots, and cherries, they are a super healthy snack. They contain vitamins A, C E, K, and minerals like potassium, copper, and manganese as well as antioxidants including carotenoids and caffeic acid, which may have anticancer properties. The soluble fiber found in peaches is prebiotic and lowers cholesterol; and peaches provide other compounds as well that can lower blood sugar, boost immunity, and protect the skin from ultraviolet light damage. By adding CB-2-stimulating ground flax seeds to activate the ECS, this smoothie can give you the daily boost you need!

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 5 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- › 2 cups frozen peach slices\* (488 g / 17.2 oz)
- › 1 cup carrot juice (250 mL / 8 fl oz)
- › 1 cup orange juice (250 mL / 8 fl oz)
- › 2 T ground flaxseed, a.k.a. flaxseed meal (14 g / 0.5 oz)
- › 2 tsp. freshly chopped ginger

*\*Frozen pineapple, mango, or other fruit can be substituted for the peaches.*

### **DIRECTIONS:**

- › Blend all ingredients in a blender or food processor until smooth. Pour into 2 glasses and serve immediately.

## FLAXSEED OIL DRESSING

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### **TRY THIS HERB-INFUSED DRESSING DRIZZLED OVER SALAD GREENS OR STEAMED OR ROASTED VEGETABLES.**

Flaxseed oil, also known as linseed oil, is made from ground and pressed flax seeds. Like flax seeds, flaxseed oil is high in plant omega-3, contains compounds that may reduce cancerous cell growth and inflammation, reduces blood pressure, helps with constipation, and improves elasticity of the arteries. This high cannabinoid oil is a great addition to any healthy dressing.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:** ½ CUP

#### **INGREDIENTS:**

- › 2 T apple cider vinegar (29.5 mL / 1 fl oz)
- › 1 T fresh chives (3 g / 0.11 oz), chopped
- › 1 T fresh parsley (3.8 g / 0.15 oz), chopped
- › ½ tsp. dried basil
- › ½ tsp. dried oregano
- › ½ tsp. dry mustard
- › 1 large clove garlic (3.75 g / 0.12 oz), chopped
- › 3 T flaxseed oil (44.25 mL / 1.5 fl oz)
- › ½ tsp. fine sea salt
- › ¼ tsp. ground black pepper
- › ⅛ tsp. cayenne pepper

#### **DIRECTIONS:**

- › In a blender or food processor, combine the vinegar, chives, parsley, basil, oregano, mustard, and garlic and

process until smooth. Scrape down sides and blend once more.

- › Slowly stir in the flaxseed oil and blend until creamy. Add the salt, pepper, and cayenne and blend once more.
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**Notes:**

- Flaxseed oil is found in the refrigerated section near the organics or supplements.
  - Flaxseed oil should be stored in the refrigerator or freezer to protect it from oxygen damage.
  - Heat will damage the omega-3s in this oil, so it is important not to heat this oil.
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## PEANUT BUTTER PROTEIN COOKIES

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Peanuts (*Arachis hypogaea*) originated in South America and is actually related to lentils and soy rather than to tree nuts. They are high in plant protein, monounsaturated fats and low in carbohydrates, but high in calories so moderation is definitely recommended. Peanuts contain B and E vitamins along with copper, manganese, phosphorus and magnesium. They boast similar levels of antioxidants as those seen in many fruits, such as the famous antioxidant resveratrol that may lower the risk of cancer and heart disease. However there are some issues with peanuts such as nut allergy, mold contamination and small amounts of phytic acid that impair iron and zinc absorption.

Grinding flaxseeds breaks the hard seed coat. Store-bought, pre-ground flaxseed works as a binder to make these protein-packed cookies. With this high-cannabinoid addition, this recipe is bound to be a hit.

**Note:** If you are using a natural peanut butter that is fairly solid, you should melt it slightly prior to allow for easier mixing.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 18 COOKIES

### INGREDIENTS:

- › ¾ cup peanut butter, either smooth or chunky (213 g / 7.5 oz)
- › ⅓ cup brown sugar (66.5 g / 2.4 oz)
- › 1 egg
- › 2 tsp. vanilla extract
- › 2 T milk, either animal or plant-based (30 mL / 1 fl oz)

- › ½ cup + 1 T brown rice protein powder\* (82 g / 3 oz)
- › 2 T ground flaxseed, a.k.a. flaxseed meal (14 g / 0.5 oz)

*\*An alternative to the protein powder is peanut flour. Just use the same amount.*

### **DIRECTIONS:**

- › Preheat the oven to 350°F (176.5°C). Line baking sheet(s) with parchment paper.
- › In a large mixing bowl, mix the peanut butter, brown sugar and egg. Slowly mix in the milk until smooth.
- › Mix in the protein powder and flaxseed until well combined.
- › Scoop dough into tablespoon size balls and place them on the baking sheet(s). Flatten each ball into a crisscross pattern with a fork dipped in water.
- › Bake for 10–12 minutes, until the edges are lightly browned. This will make a soft, chewy cookie. If you like crunchy cookies, bake them a few minutes longer.
- › Let cookies cool before removing them from the parchment paper. Store in an airtight container.



## CINNAMON

CINNAMON APRICOT GLAZED SALMON

HONEY CINNAMON SWEET POTATOES

APPLE CINNAMON PANCAKES

[SLOW-COOKED VEGETABLE CURRY](#)

EMPANADA CHILI

APPLE CINNAMON QUINOA BOWL

MULLED WINE

OATMEAL RAISIN COOKIES

CARROT & PARSNIP BISQUE

CINNAMON APPLE CAKE



Cinnamon is a spice obtained from the bark of several species of trees belonging to the *Cinnamomum* genus, or family. Its name is derived from the Hebrew word קינמון. Cinnamon is listed as one of the ingredients for the holy anointing oil in the book of Exodus; in ancient times, the spice was so highly prized that an inscription of a gift of cinnamon to the Greek gods was recorded in stone on the temple of Apollo in Miletus (now in modern Turkey). In Egypt, cinnamon was an ingredient in the wine and spice cocktail used to wash the inside of the body when embalming mummies. And the Romans prized the spice so much that a single pound of cinnamon could cost up to four years of wages. In fact, legend has it that Arabian traders would tell the gullible Romans that the cinnamon was collected from the nests of “mythical cinnamon birds” in order to hike up the price of the product.

Cinnamon’s popularity has only grown since ancient times. Global production has increased tenfold in the last fifty years, and 75 percent of the world’s cinnamon is supplied by China and Indonesia. Today, cinnamon is used as an aromatic addition to lots of foods, like breakfast cereals, snacks, and sweet and savory dishes (principally lamb and chicken), as well as herbal teas. The distinctive cinnamon smell we all love when walking past a bakery is due to cinnamaldehyde, a compound found in essential oil made from cinnamon.

This incredible spice has lots of health benefits:

- 100 g of cinnamon delivers 100 percent of the recommended daily amount of calcium. It's also high in iron and vitamin K.
- Cinnamon is packed with antioxidants such as polyphenols, which work to counteract the effects of free radicals on the body and reduce inflammation.
- Cinnamon reduces sugar as well as levels of LDL cholesterol (the bad kind) and triglycerides in the blood. It also may possibly reduce blood pressure.
- In clinical studies, cinnamon has been shown to reduce insulin resistance via a compound it naturally contains that mimics the effect of insulin in the body. It has also been shown to slow down digestion and absorption of sugars, thereby preventing a rapid rise in blood sugar levels after eating a high-carbohydrate meal.
- Compounds in cinnamon have been found to prevent the buildup of TAU proteins in the brain, which are strongly associated with Alzheimer's disease.
- In laboratory testing, cinnamon appears to reduce the formation of blood vessels in tumors and may possibly have a directly toxic effect on various types of cancer cells.
- Cinnamon essential oil is potently antimicrobial. It kills fungal, viral, and bacterial infections in the body.
- Cinnamon contains the terpene beta-caryophyllene, which has a direct effect on CB-2 receptors, resulting in anti-inflammatory and pain-reducing effects on the body.<sup>11</sup>

**11 Joe Leech, “10 Evidence-Based Health Benefits of Cinnamon,” Healthline, July 5, 2018:**

**<https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon>**

## CINNAMON APRICOT GLAZED SALMON

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Apricots (*Prunus armeniaca*) are a super nutritious stone fruit. They contain vitamins A, C, E, and potassium, along with antioxidants like chlorogenic acids, catechins, and quercetin that can lower inflammation in the body and offer protection against environmental damage from smoking and sunlight. Apricots are high in both insoluble and soluble fiber, both of which can lower cholesterol and are prebiotic foods for your healthy gut bacteria. Combine the ECS-stimulating effect of the omega-3s in salmon with the beta-caryophyllene from the cinnamon and you have a cannabinoid-rich dish for any dinner.

**Note:** This recipe can also be used for other fish, such as halibut or sea bass.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 40 MINUTES

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- › 2 T low-sodium soy sauce (29.5 mL / 1 fl oz)
- › 1 T fresh ginger\* (7.5 g / 0.25 oz), peeled and minced
- › 2 cinnamon sticks
- › One 12-oz can of apricot nectar (fruit juice only blend; be wary of corn syrup)
- › Four 6-oz salmon fillets (about 170 g)

*\*Ginger paste in a tube, found in the supermarket produce section, is a great substitute for grating your own ginger.*

### DIRECTIONS:

- › In a small saucepan, combine the soy sauce, ginger, cinnamon sticks, and apricot nectar. Bring to a boil, then

reduce heat. Simmer until mixture is reduced to  $\frac{3}{4}$  cup, about 30 minutes. Strain.

- › Preheat the broiler. Place salmon fillets on a foil lined broiler pan. Broil fillets for 3 minutes, turning halfway through. Brush with  $\frac{1}{4}$  cup of the apricot mixture. Broil until lightly browned and fish flakes easily with a fork.
- › Serve salmon with the remaining sauce.

## HONEY CINNAMON SWEET POTATOES

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The flavors of fall come together in this simple-to-prepare side dish. Enjoy healthy fats from the olive oil, protein from the feta, and “good” carbs courtesy of the sweet potatoes. With some black pepper and cinnamon adding a nice helping of beta-carotene, this recipe makes a quick, delicious, and nutritious side dish in minutes.

**Note:** This recipe can easily be doubled. If doubling, use two baking sheets so cubes are not crowded.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 35 MINUTES

**YIELDS:** 2 SERVINGS

### INGREDIENTS:

- › 2 T honey (42 g / 1.5 oz)
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 1 tsp. ground cinnamon
- › ½ tsp. salt
- › ½ tsp. black pepper
- › 2 large sweet potatoes (130 g / 4.6 oz each)
- › Optional: feta cheese crumbles

### DIRECTIONS:

- › Preheat oven to 375°F (190.5°C). Peel sweet potatoes and cut into ¾-inch cubes.
- › In a large bowl, combine honey, olive oil, cinnamon, salt, and pepper. Add sweet potatoes and toss to coat.
- › Spread sweet potatoes out on a large rimmed baking sheet. Roast for 25–30 minutes until tender, stirring halfway through cooking.

- › If desired, sprinkle sweet potatoes with feta cheese crumbles during the last 5 minutes of baking.

## APPLE CINNAMON PANCAKES

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Apples, which are one of the most popular fruits of all, contain fiber, vitamin C, potassium, and vitamin K along with small amounts of vitamins A, B, and E. Apples aid with weight loss due to their high fiber and water content, increasing the sense of stomach fullness and satiety. One of the apple's best features is that it contains the soluble fiber pectin. Pectin reduces both cholesterol and heart disease and is great for the microbiome within each of us. Add some apple antioxidants like polyphenols and a helping of cannabinoid-rich cinnamon, and you have a healthy and nutritious spin on the all-American pancake.

**Note:** Granny Smith apples add a nice hit of tart apple flavor to these pancakes.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 2-4 SERVINGS

### INGREDIENTS:

- > 2 eggs
- >  $\frac{2}{3}$  cup almond milk (166.5 mL / 5.6 fl oz)
- > 1 tsp. vanilla
- > 2 T maple syrup, (42 mL / 1.5 fl oz), plus more to serve with the pancakes
- >  $\frac{2}{3}$  cup rice flour (104.25 g / 3.7 oz)
- > 1 cup almond meal or almond flour (105 g / 3.6 oz)
- > 1 tsp. baking powder
- >  $\frac{1}{2}$ -1 tsp. ground cinnamon
- >  $\frac{1}{2}$  tsp. salt
- > 1 cup apple (150 g / 5.3 oz), coarsely grated
- > Coconut oil to oil the skillet

- › Maple syrup, apple slices, and cinnamon for garnish

**DIRECTIONS:**

- › Add eggs, almond milk, vanilla, and maple syrup to a large bowl and whisk until well combined.
- › Stir in the rice flour, almond meal, baking powder, cinnamon, and salt. Fold in the grated apple.
- › Heat a griddle or nonstick skillet over medium heat. Lightly grease with coconut oil.
- › Use about  $\frac{1}{4}$ - $\frac{1}{3}$  cup of batter for each pancake. Add batter to the pan. Cook about 2 minutes or until small bubbles start to appear on the surface.
- › Flip the pancakes and cook for another 2 minutes until browned on the bottom.
- › Serve pancakes with maple syrup and garnish with a dash of cinnamon and some apple slices.



## SLOW-COOKED VEGETABLE CURRY

Now you don't have to sacrifice flavor for convenience. Spices and a slow cooker make a flavorful dinner, so it's waiting for you at the end of the day.

Carrots (***Daucus carota***), a close relative of parsnips, parsley, dill, and cumin, are high in antioxidants like carotenes and vitamins A, B, C, along with copper, calcium, potassium, manganese and phosphorus. They also are rich in the amazing compound falcarinol, which may have cancer-killing properties. This recipe is also packed with cannabinoids like black pepper, cinnamon, and turmeric for a nice cascade effect on the ECS.

**PREP TIME:** 35 MINUTES

**TOTAL TIME:** 5 HOURS + 45 MINUTES

**YIELDS:** 6 SERVINGS

**INGREDIENTS:**

- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 1 cup onion (285 g / 10 oz), finely chopped
- › 4 cloves garlic (15 g / 0.5 oz), minced
- › 3 tsp. ground coriander
- › 1½ tsp. ground cinnamon
- › 1 tsp. ground ginger
- › 1 tsp. ground turmeric
- › ½ tsp. cayenne pepper
- › 2 T tomato paste (33.2 g / 1.17 oz)
- › Two 15-oz cans garbanzo beans (a.k.a. chickpeas), drained and rinsed
- › 3 cups sweet potatoes (about 1 lb. / 528 g / 18.6 oz), peeled and cubed
- › 2 cups carrot (256 g / 9 oz), chopped into chunks of about ¾ inch each
- › 2 tomatoes (123 g / 4.4 oz each), seeded and chopped
- › 2 cups chicken broth (473 mL / 16 fl oz)
- › 1 cup light coconut milk (250 mL / 8.4 fl oz)
- › ½ tsp. black pepper
- › ½ tsp. salt
- › Freshly chopped cilantro for garnish

**DIRECTIONS:**

- › In a large nonstick skillet, heat oil over medium heat. Sauté the onion until lightly browned.
- › Add garlic and spices; cook and stir for 1 minute.
- › Stir in tomato paste; cook 1 minute more. Transfer mixture to a 5-quart or 6-quart slow cooker.
- › Mash 1 can of the beans until smooth; add to the slow cooker. Stir in remaining can of beans, vegetables,

chicken broth, coconut milk, salt, and pepper.

- › Cover and cook on low until vegetables are tender (5-6 hours). Top with cilantro.

**Note:** Serve over brown rice for a complete meal.

## EMPANADA CHILI

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Based on an heirloom empanada recipe, this dish was converted to a chili to reduce the carbs. It's chock full of cinnamon, chili pepper, protein, and fiber and will fill you with comfort.

Over the years, beef has become less favored as a main source of protein as people have started to explore more plant-based proteins like seitan and tofu. There are definitely some issues with a high-beef diet over the long term; it contains higher saturated fat than many other protein sources and inflammatory compounds that are naturally present in beef, and eating a high beef diet increases the risk of certain kinds of cancer. Nevertheless, beef has some great nutritional benefits too. It is high in the amino acid L-carnitine, which is important in fat metabolism and may be essential for heart health. Beef also provides the antioxidant amino compound glutathione, along with lots of protein, iron, vitamin B12, and other vitamins and minerals. It also supplies creatine, an amino acid essential for exercise performance; CLA to help regulate insulin sensitivity; and carnosine, which improves immune function. With a nice helping of cannabinoid-rich black pepper and cinnamon, this recipe is a sure hit for a family dinner.

**PREP TIME:** 25 MINUTES

**TOTAL TIME:** 2 HOURS

**YIELDS:** 6 SERVINGS

**INGREDIENTS:**

- › 1½ lbs. boneless chuck steak (680.4 g / 24 oz), cut into ½-inch pieces

- › 1 tsp. salt
- › 1 tsp. black pepper
- › 1 T canola oil (14.75 mL / 0.5 fl oz)
- › 2 tsp. minced garlic
- › One 6-oz can tomato paste
- › 2 tsp. ground chipotle pepper
- › 2 tsp. ground cinnamon
- › One 4-oz can chopped green chiles
- › ½ cup raisins (72.5 g / 2.6 oz)
- › 2½ cups beef broth (591.25 mL / 20 fl oz)
- › ¼ cup fresh cilantro (15 g / 0.5 oz), chopped
- › One 15-oz can black beans, rinsed and drained
- › One 2.25-oz can sliced ripe olives, drained
- › Shredded Mexican cheeses and chopped fresh cilantro for garnish

## **DIRECTIONS:**

- › Toss the beef cubes with salt and pepper. In a Dutch oven, heat the oil over medium high heat. Brown the beef in batches; remove each batch from the pan when it is browned.
- › Add onion to the pan and cook for 2-3 minutes or until onion is tender, stirring occasionally.
- › Add garlic and cook 1 minute longer.
- › Stir in tomato paste, chipotle pepper, and cinnamon. Cook stirring constantly for about 3 minutes. The tomato paste should start to brown, and the spices will become fragrant.
- › Stir in the green chilies, raisins, beef broth, and cilantro. Return the beef to the pan and bring to a boil. Reduce heat and simmer covered for 1 hour or until beef is tender.

- › Stir in black beans and olives and cook uncovered for 10 minutes more.
- › Serve with desired toppings.

## APPLE CINNAMON QUINOA BOWL

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Quinoa, an ancient Incan crop, is a popular health food for good reason: it is high in plant protein and fiber, and it contains all the essential amino acids you need from your diet. Quinoa is also a source of magnesium, calcium, potassium, iron, and vitamins B and E, along with antioxidants like quercetin and kaempferol that have anti-inflammatory, anticancer, and antiviral effects. With the addition of beta-caryophyllene from the cinnamon to stimulate the CB-2 receptors, this breakfast bowl will keep you satisfied all morning long.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- › 2 cups (500 mL / 16.8 fl oz) milk (dairy, almond, oat)
- › 1 tsp. cinnamon, divided
- › 1 cup quinoa, dry uncooked (170 g / 6 oz)
- › 1 T butter (11 g / 0.4 oz)
- › 1 tart apple, peeled, cored and thinly sliced (70–100 g / 2.5–3.5 oz)
- › 2 T water (30 mL / 1 fl oz)
- › 2 T brown sugar (26 g / 1.0 oz) brown sugar, plus more for topping

### **DIRECTIONS:**

- › Whisk the milk and ½ teaspoon cinnamon together in a medium saucepan. Bring nearly to a simmer, with bubbles just around the edges. Stir in the quinoa and reduce the heat to low.

- › Gently simmer for about 20 minutes or until quinoa is tender, stirring frequently. Be sure to scrape from the bottom of the pot so the milk doesn't burn. Remove from heat.
- › Meanwhile, melt the butter in a small skillet over medium heat. Stir in the apple slices and cook for 2 minutes or until soft. Stir in the water, brown sugar, and remaining ½ teaspoon of cinnamon. Cook for 2 minutes more or until the liquid thickens.
- › Divide quinoa between two bowls and spoon the apples and any remaining juices on top of the quinoa.

## MULLED WINE

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**PERFECT FOR WINTER ENTERTAINING, MULLED WINE IS EASY TO MAKE EITHER ON THE STOVETOP OR IN A SLOW COOKER.**

Star anise is a spice that comes from a Chinese tree. It has a star shape and a licorice-like flavor that is popular in Asian cuisine. This amazing spice is packed with antioxidants like flavonoids and polyphenols that have anti-inflammatory and antimicrobial properties. With the addition of cinnamon and its rich supply of beta-caryophyllene, this beverage is a perfect drink for a winter night.

### **Notes:**

- Cabernet sauvignon is a good choice of wine for this recipe.
- All ingredients can be placed in a slow cooker and simmered for several hours.
- You can wrap the orange zest, cloves, cinnamon sticks, and star anise in cheesecloth before simmering with the wine. Then simply pull out the cheesecloth bundle when ready to serve.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 8 SERVINGS

### **INGREDIENTS:**

- › 2 oranges (88 g / 3 oz each)
- › 1 quart apple cider (946 mL / 4 cups / 32 fl oz)
- › 1 bottle dry red wine (750 mL / 25.4 fl oz / 3-4 cups)
- › ¼ cup honey (85 g / 2 fl oz)
- › 3 cinnamon sticks

- › 4 whole cloves
- › 3 star anise pods
- › Cinnamon sticks and star anise for garnish

**DIRECTIONS:**

- › Zest the skin of 1 orange and set aside. Squeeze the juice from the orange and set aside. Slice the remaining orange, leaving remaining skin on. Cut slices in half and set aside.
- › In a large saucepan, combine the cider, wine, honey, reserved orange zest and orange juice, cinnamon sticks, cloves, and star anise. Bring to a simmer over medium heat. Reduce heat to low and continue to simmer for at least 15 minutes.
- › Strain and pour into mugs; if desired, garnish each with an orange slice, an additional cinnamon stick, and star anise.



## OATMEAL RAISIN COOKIES

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**A CLASSIC THAT IS ALWAYS IN GOOD TASTE, CINNAMON ELEVATES THE FLAVOR OF THESE COMFORTING COOKIES.**

Oats (*Avena sativa*) are amongst the healthiest grains you can eat. They are high in special kinds of soluble fiber like beta glucans; these soluble fiber types can reduce cholesterol, lower blood sugar, increase satiety, and promote the growth of good gut bacteria. Oats are also packed with nutrients like manganese, phosphorus, magnesium, copper, iron, zinc, B vitamins, and antioxidant avenanthramides, all of which help promote blood flow. Now add some cinnamon to stimulate the ECS and you have a perfect, healthy cookie.

### **Notes:**

- To bake as bar cookies, press the dough into a 13" x 9" metal baking pan. Bake for 30–35 minutes.
- Cookies can also be scooped and frozen on the baking sheets. Once the dough balls are frozen, store in freezer bags. Bake from frozen for 12–15 minutes.

**YIELDS:** 4 DOZEN

### **INGREDIENTS:**

- > 14 T butter (1 stick + 6 T / 154 g / 4.4 oz), softened
- > ¾ cup brown sugar (150 g / 5.4 oz)
- > ½ cup white sugar (100 g / 3.6 oz)
- > 2 eggs
- > 1 tsp. vanilla extract
- > 1½ cups all-purpose flour (187.5 g)
- > 1½ tsp. cinnamon
- > 1 tsp. baking soda

- › ½ tsp. salt
- › 3 cups quick or old-fashioned oats (200 g / 7 oz)
- › 1 cup raisins (145 g / 5.2 oz)

### **DIRECTIONS:**

- › Preheat oven to 350°F (176.5°C).
- › Using an electric mixer, beat butter and sugars in a large mixing bowl until creamy.
- › Mix in eggs and vanilla; beat well.
- › On low speed, mix flour, cinnamon, baking soda, and salt in with the wet ingredients until well combined.
- › Add oatmeal and raisins and mix until combined.
  - Optional step: Cover and chill dough for 2 hours (or up to overnight).
- › Scoop or drop dough by rounded tablespoons onto ungreased cookie sheets. Bake 8-10 minutes or until light golden brown. Cool on baking sheet for one minute, then remove to a wire cooling rack. Cool completely.



## CARROT & PARSNIP BISQUE

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### **BLENDING VEGETABLES WITH SPICES MAKES A WARM AND COMFORTING SOUP THAT IS EASILY DIGESTIBLE.**

Parsnips have been eaten for thousands of years all over the world and are closely related to other root vegetables like carrots. They are a great source of folate and vitamins C, K, and E, along with magnesium and phosphorus. Parsnips are high in both soluble and insoluble fiber, both of which can aid with weight loss, regulate blood sugars, and enhance heart health; parsnips are also rich in antioxidants that help with immune function and reduce cancer risk. This recipe is packed with cannabinoid-rich foods like cinnamon and black pepper to stimulate your CB-2 receptors, relaxing you as you consume this delicious dish.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 45 MINUTES

**YIELDS:** 4 SERVINGS

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**Note:** To make this soup vegetarian, substitute vegetable stock for the chicken stock.

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### **INGREDIENTS:**

- > 1 lb. carrots (453.5 g / 16 oz), peeled
- > Peanut oil as follows: 2 T (29.5 mL / 1 fl oz) + 1 cup (236.5 mL / 8 fl oz), divided
- > 1 medium onion (170 g / 6 oz), chopped
- > ¾ tsp. ground cinnamon
- > ¼ tsp. salt
- > ¼ tsp. ground nutmeg
- > ⅛ tsp. black pepper
- > 2 cloves garlic (7.5 g / 0.25 oz), chopped

- › 2 medium parsnips (about 113 g / 4 oz each), peeled and chopped
- › 4 cups chicken stock (1 L / 33.8 fl oz)
- › ½ cup half-and-half (117 mL / 3.9 oz)
- › Minced chives for garnish

## **DIRECTIONS:**

- › Remove 1 carrot and set aside. Chop remaining carrots.
- › In a large saucepan, heat 2 tablespoons of oil over medium high heat. Add the onion, cinnamon, salt, nutmeg, and black pepper. Cook, stirring occasionally, until onion is tender, about 5–7 minutes. Add the garlic and cook 1 minute more.
- › Add the reserved chopped carrots, parsnips, and chicken stock to the pan; bring to a boil. Reduce heat and simmer covered for 20–25 minutes, until vegetables are tender. Remove from heat.
- › Process half of the soup in a blender. Remove the center of the blender lid (to allow steam to escape) and secure the lid on the blender. Place a towel over the hole to avoid splatters. Blend until smooth. Pour into a saucepan to keep warm. Repeat with remaining soup.
- › Heat remaining 1 cup peanut oil in a small saucepan. Using a vegetable peeler, shave remaining carrot lengthwise into thin strips. Fry the carrot strips for 2–3 minutes until crispy. Drain on paper towels.
- › Add the half-and-half to the soup and heat through.
- › Serve soup in bowls and top with carrot strips and chives.

## CINNAMON APPLE CAKE

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**THIS SOFT AND TENDER CAKE IS PACKED WITH FRESH APPLES AND TOPPED WITH A CRUNCHY CINNAMON TOPPING AND A DRIZZLE OF GLAZE.**

Nuts are full of healthy monounsaturated fats, along with omega-3 fatty acids. Though they are high in calories, they can reduce the risk of cardiovascular disease by lowering LDL (bad) cholesterol and raising HDL (good) cholesterol, as well as relaxing blood vessels, preventing abnormal heart rhythms, and increasing satiety. This delicious recipe lists mixed nuts as an optional addition, but I think that along with the cannabinoid-rich cinnamon, the nuts are really the star ingredient!

**PREP TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR + 10 MINUTES

**YIELDS:** 8 SERVINGS

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**Note:** Any variety of apple will work. Choose your favorite based on their flavor profiles.

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### INGREDIENTS:

- > 1½ cups all-purpose flour (187.5 g / 6.75 oz)
- > ¾ cup granulated sugar (150 g / 5.4 oz)
- > 2 tsp. baking powder
- > ½ tsp. baking soda
- > ½ tsp. cinnamon
- > 1½ cups apples (187.5 g / 6.6 oz), peeled and roughly chopped
- > 2 eggs
- > 1 tsp. vanilla extract
- > ½ cup vegetable oil (118 mL / 4 fl oz)

- › ½ cup Greek yogurt (125 g / 4 oz)

#### *CINNAMON TOPPING*

- › ¼ cup granulated sugar (50 g / 1.8 oz)
- › 1 tsp. ground cinnamon
- › 1 T butter (11 g / 0.4 oz), melted
- › Optional: ¼ cup nuts (27.25 g / 1 oz), chopped [choose pecan, walnut, or almond]

#### *GLAZE*

- › ¼ cup powdered sugar (31.25 g / 1 oz)
- › 1–2 T milk (15–30 mL / 0.5–1 fl oz)

### **DIRECTIONS:**

- › Preheat oven to 350°F (176.5°C). Spray an 8-inch or 9-inch round cake pan with nonstick cooking spray. Line the bottom of the pan with parchment paper.
- › In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, and cinnamon. Add the chopped apple and stir to combine.
- › In a separate bowl, whisk the eggs, vanilla, oil, and yogurt. Add this mixture to the flour mixture and gently mix with a wooden spoon. Spoon batter into prepared pan.
- › To make the cinnamon topping, combine cinnamon, sugar, and butter. Stir in the nuts if using. Sprinkle over the cake batter.
- › Bake the cake for 30–35 minutes, until a toothpick inserted into the middle comes out clean. Set cake pan on a wire rack, allowing it to remain there until cake is cool. Turn out cake onto a plate and remove the parchment paper. Turn cake right side up.
- › To make the glaze, mix together the powdered sugar and 1 tablespoon of the milk. Stir until smooth. If too thick, add

a little more milk. Drizzle the glaze over the cake.

## TURMERIC

TURMERIC CHICKEN & RICE

TURMERIC LATTE

CARROT, LEEK, & POTATO SOUP

COCONUT RICE NOODLES WITH TURMERIC & GINGER

TURMERIC YOGURT DIP

PINEAPPLE TURMERIC SLUSHIE

TURMERIC GINGER TEA

SEASONED PUMPKIN SEEDS

FRIED BROWN RICE WITH KALE & TURMERIC

GRILLED PORK CHOPS WITH PINEAPPLE-TURMERIC GLAZE



Turmeric is a member of the ginger family, and there are over a hundred different recognized varieties and species of this distinctive spice. Originally found in Asia, its root is used to dye clothes and also to season curries due to its warm, bitter taste. Turmeric is a major plant in both Ayurvedic and Chinese medicine. It's used to help facilitate the movement of *chi*, the Chinese word for the life force of the body in traditional Chinese herbal healing, and to balance the three *doshas* in Ayurveda.

Although turmeric is a spice for cooking, it is also a top-selling dietary supplement in the US. The most well-known and studied substance found in turmeric is a phenol compound called curcumin, which gives turmeric its characteristic yellow color. Unfortunately, curcumin is not absorbed very well by the body. However, you can improve curcumin absorption when you combine turmeric with black pepper, another phytocannabinoid (see Chapter 2 for more on black pepper).

I regularly use botanicals in my clinical practice instead of medications. One thing I must stress is caution about how and from whom you buy your dietary supplements. In August of 2019, the FDA issued import alerts for Indian and Bangladeshi turmeric supplements that had been imported into the US between 2013 and 2019; they were found to be contaminated with lead oxide, or “red lead.”<sup>12</sup> The orange-red hue of lead oxide enabled manufacturers from these countries to add it to

their turmeric products because it was cheaper than the real thing. Needless to say, lead is not good for the human body, especially for the developing brains of young people.

This example is a cautionary tale about the risks of buying supplements on the internet when you don't know what you are actually buying or where or how they are made. I recommend to all my patients that they use only supplements that have undergone testing by the United States Pharmacopeia and that have a USP-verified symbol on their label. You can find more information and a list of the best supplement manufacturers at [USP.org](https://www.usp.org).

Researchers think that compounds in turmeric also work on the ECS by blocking CB-1 receptors. Just to remind you, CB-1 receptors are found mostly in the brain. These are the ones responsible for the “high” and “the munchies” people get when they use marijuana. Unlike all the other cannabinoid-rich foods, turmeric may block the activity of CB-1 receptors. Therefore, it may reduce your appetite and potentially help you lose weight.<sup>13</sup>

There are many high-quality studies that show turmeric's multiple health benefits:

- Curcumin has recognized anti-inflammatory effects that are important in treating many chronic diseases today that are all related to chronic inflammation in the body, such as cancer, heart disease, and arthritis.

- It is a potent antioxidant against free radicals in the body and boosts your natural antioxidant enzyme activity.

Normal metabolism of cells creates free radicals, so the body has two ways to dispose of these highly reactive and damaging molecules. One way is through the creation of molecules like glutathione, metal-binding proteins, melatonin, uric acid, and bilirubin, all of which have the ability to rapidly deactivate free radicals. The second way is through making enzymes like superoxide dismutase, which help turn the free radicals back into harmless oxygen. Turmeric increases the activity of this vital enzyme.

- Turmeric reduces a person's risk of developing depression and Alzheimer's disease by increasing brain-derived neurotrophic factor (BDNF) in the body.
- Turmeric reduces heart disease by improving the function of blood vessel lining.
- Studies have shown that turmeric has anticancer properties such as killing laboratory-grown cancer cells, reducing the growth of new blood vessels in tumors, and restricting the spread of cancer cells to distant organs.<sup>14</sup>

**12 “Import Alert 28-13: Detention without Physical Examination of Turmeric Due to Lead Contamination,” US Food and Drug Administration, US Department of Health and Human Services, February 5, 2021:**  
[https://www.accessdata.fda.gov/cms\\_ia/importalert\\_114](https://www.accessdata.fda.gov/cms_ia/importalert_114)

**13 Parichehr Hassanzadeh and Anna Hassanzadeh, “The**

**CB1 Receptor-Mediated Endocannabinoid Signaling and NGF: The Novel Targets of Curcumin,”** *Neurochemical Research* **37**, no. 5 (2012): 1112–1120:

<https://doi.org/10.1007/s11064-012-0716-2>

**14 Kris Gunnars, “10 Proven Health Benefits of Turmeric and Curcumin,”** Healthline, July 13, 2018:

<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric>

## TURMERIC CHICKEN & RICE

### **HERE'S A SIMPLE, ONE-POT CHICKEN DISH WITH THE TURMERIC ADDING A LOVELY COLOR AND FLAVOR.**

Have you always wondered what the key ingredients in curry powder were? Wonder no more; I'll tell you: they are coriander, turmeric, cumin, fenugreek, and chili pepper. Spicy mixes like curry powders have been used in Indian cooking for over 4,000 years. Curry powders have many health benefits, one of which is that they are packed with fiber; in fact, half of the volume of a teaspoon of curry powder is fiber! High in fiber and high in cannabinoid-rich turmeric...yummy!

**PREP TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR + 15 MINUTES

**YIELDS:** 4 SERVINGS

**INGREDIENTS:**

- › 1 whole chicken (2.25–3.2 kg / 5–7 lbs. / 80–112 oz), cut into 8 pieces
- › 2 cups jasmine rice (370 g / 13 oz)
- › Kosher salt
- › Fresh ground black pepper
- › 2 T butter\* (22 g / 0.8 oz)
- › 1½ tsp. ground turmeric
- › 1 small onion (75 g / ¼ cup / 2.65 oz), chopped
- › 1 T fresh ginger (17 g / 0.6 oz), finely chopped and peeled, or use ginger paste
- › 4 large cloves garlic (15 g / 2 T / 0.5 oz), finely chopped
- › 2 plum or Roma tomatoes (62 g / 2.2 oz each), chopped
- › 2 tsp. curry powder
- › ½ tsp. ground cumin
- › 3 bay leaves
- › 1½ T fish sauce (22 mL / 0.75 fl oz)
- › 3 cups chicken stock (750 mL / 13.8 fl oz)
- › Plain yogurt, cucumbers, mint leaves, and lime wedges for garnish

*\*Olive oil can be substituted for the butter. However, the milk solids in the butter combine well with turmeric and make for easier browning and an enhanced flavor.*

**DIRECTIONS:**

- › Season the chicken pieces with salt and pepper. In a large deep pan or Dutch oven, melt the butter and sprinkle the turmeric onto the butter. Add chicken, skin side down, and cook over medium high heat until chicken is browned on both sides. Transfer the chicken to a plate.

- › Add onion, ginger, and garlic to the deep pan and cook until onion has softened, about 3-5 minutes.
- › Add tomatoes, curry powder, cinnamon, cumin, and jasmine rice. Stir constantly for about a minute to release the fragrance. Return the chicken to the pot skin side up.
- › Add bay leaves, fish sauce, and chicken stock and bring to a boil.
- › Simmer covered over low heat for 10 minutes, then set the lid to partially cover and simmer for 10-15 more minutes until the rice is cooked. Remove from heat, uncover, and let rest for 5 minutes.
- › If desired, serve with yogurt, cucumbers, mint leaves, and lime wedges.

## TURMERIC LATTE

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Vanilla extract comes from the pods of the tropical vanilla plant; it is one of the most expensive of all spices, as vanilla needs to be hand-pollinated. Vanilla has been used for centuries as a remedy for stomach gas as well as an aphrodisiac. Research has shown that that vanilla can help calm newborns and make them cry less. Add turmeric to this delightful drink to stimulate the calming effects of the ECS, and you'll have a lovely warm beverage ready to enjoy.

This turmeric latte is perfect for those who want a healthy alternative to coffee and it is the perfect drink for chilly weather—or anytime!

**Note:** This recipe can also be cooled and poured over ice for an iced latte.

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 1 SERVING

### INGREDIENTS:

- › 1 cup almond milk\* (250 mL / 8.4 fl oz)
- › 1 tsp. vanilla extract
- › ¼ tsp. ground turmeric
- › ¼ tsp. ground ginger
- › ¼ tsp. ground cinnamon
- › 1 tsp. agave nectar
- › Optional: 1 fl oz brewed espresso

*\*Use any desired milk of choice: almond, cashew, coconut, etc.*

### DIRECTIONS:

- › Place all ingredients in a small saucepan and heat over medium heat, whisking constantly with a milk frother until hot. Alternatively, whisk while heating and then froth with an immersion blender.
- › Pour into 2 mugs. If desired, add the brewed espresso in the bottom of each mug before adding the hot milk mixture.

## CARROT, LEEK, & POTATO SOUP

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The lowly leek has been consumed by humans since Egyptian times and was a big hit with the Romans who spread the legacy of the leek all over the globe. Leeks are a good source of vitamins A, C and K as well as fiber. They are low in fat, salt, and sugar, and contain the essential minerals iron and manganese (which are important in the creation of red blood cells and for brain function, respectively). Add to that the natural anti-inflammatory effects of turmeric and its ability to CB-1 receptors thereby reducing your appetite and this simple soup is a hit!

**PREP TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 4 SERVINGS

**Note:** Feel free to “round up” your quantities of whole vegetables (i.e., if 2 carrots or 2 stalks of celery are more than 1 cup, it is fine to put it all in).

### **INGREDIENTS:**

- > 6 oz egg noodles (170 g)
- > Salt
- > 3 T olive oil (44.25 mL / 1.5 fl oz)
- > 2 tsp. fresh ginger, peeled and finely grated (or use ginger paste)\*
- > 1 cup leek (1 leek, white part only), large-chopped
- > 1 cup carrot (2 carrots, 73 g / 2.5 oz each), large-chopped
- > 1 cup celery (2 stalks, 40 g / 1.4 oz each), ½-inch dice
- > 3 cups potatoes (2 large potatoes, 180 g / 6.3 oz each), ½-inch dice
- > 1 tsp. ground turmeric
- > 1 tsp. black pepper
- > 1 tsp. salt

- › 1 cup water (236 mL / 8 fl oz)
- › 1 quart chicken broth\*\* (946 mL / 32 fl oz)

*\*Two teaspoons of ginger paste may optionally be substituted for the fresh ginger root.*

*\*\*Substitute vegetable broth if a vegetarian soup is desired.*

### **DIRECTIONS:**

- › Bring a large pot of salted water to a boil. Add egg noodles; cook, stirring occasionally, until tender but firm, about 3 minutes. Drain and rinse with cold water and set aside.
- › Heat oil in a deep pot over medium high heat. Add ginger and garlic and cook for about 1 minute. Stir in leeks and cook until just starting to brown, about 3 minutes. Add carrots and celery and cook for 2 minutes more. Add potatoes and cook for another 2 minutes. Cover the pot and cook for 5 minutes, stirring occasionally.
- › Stir in turmeric, pepper, and salt. Add water and chicken broth and bring to a boil.
- › Stir in the egg noodles and simmer for 5 minutes more.

## COCONUT RICE NOODLES WITH TURMERIC & GINGER

**RICE NOODLES: HEALTHY OR HARMFUL?** Rice noodles, as their name would suggest, are noodles made from rice as opposed to wheat. They originated in China and were created by Northern Chinese chefs who had come south centuries ago and could only find rice with which to make their noodles.

Here are the nutritional pros and cons for rice noodles:

- The positives are that they have very low fat and salt and contain no gluten, which is helpful for people with celiac disease or who are otherwise gluten sensitive.
- The downside of this Southeast Asian staple is that rice is a high carbohydrate food with minimal protein per serving, so it would not be a good choice for someone with weight or blood sugar issues unless you add some extra protein such as tofu, beans, eggs, nuts, or meat to throw some more nutritional resources into the mix.

What I love about this recipe is that it combines the well-known anti-inflammatory effects of turmeric with ginger and multiplies the cascade effect on the ECS by adding a nice helping of black pepper to the cannabinoid-rich turmeric!

This weeknight curry comes together in the time it takes to boil water for the rice noodles. Blooming the ginger, turmeric, and black pepper in oil is essential to release their aromatic properties into the coconut milk based sauce.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 4 SERVINGS

**INGREDIENTS:**

- › Salt
- › 5 oz rice noodles, a.k.a. rice vermicelli (approximately 140 g)
- › 1 small red onion (75 g / ¾ cup / 2.65 oz), thinly sliced
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 4 large cloves garlic (15 g / 2 T / 0.5 oz), finely chopped
- › One 1-inch piece of ginger, peeled and finely grated\*
- › 1 tsp. ground turmeric
- › 1 tsp. black pepper, coarsely ground, plus more for topping
- › One 13.5-oz can unsweetened coconut milk
- › ½ tsp. honey
- › ¼ cup water (59 mL / 2 fl oz)
- › 1 T fish sauce (14.75 mL / 0.5 fl oz)
- › Toasted unsweetened shredded coconut for garnish

*\*Ginger paste in a tube is an easy substitute for grated ginger. Just use 1 teaspoon of the paste in place of the 1-inch piece of ginger, grated.*

**DIRECTIONS:**

- › Bring a large pot of salted water to a boil. Remove from the heat and add the noodles. Let sit until noodles are al dente, about 4 minutes (timing can vary by brand). Drain and rinse under cold running water and set aside.
- › Heat olive oil in a large saucepan over medium heat. Cook onion and garlic, stirring often, until onions are softened. Add ginger, turmeric, and black pepper and cook for

about 1 minute, stirring constantly to release their fragrance.

- › Add coconut milk, honey, and water. Bring to a simmer and cook for 5 minutes to blend flavors.
- › Add fish sauce and noodles to the broth and combine; season with salt if necessary. Ladle into bowls, topping each with toasted coconut and more black pepper if desired.

## TURMERIC YOGURT DIP

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### **DID YOU KNOW THAT CUCUMBER IS TECHNICALLY A FRUIT?**

Cucumbers contain vitamins C and K, magnesium, potassium, manganese, and antioxidants like tannins and flavonoids. They are also low in calories and have a high water content, since fully 96 percent of a cucumber is water, so they aid in weight loss. Cucumbers may help lower blood sugar, as well as help keep your bowel movements regular. With some cannabinoid-rich and tasty turmeric in the mix, this makes a fantastic and healthy dip for any occasion.

Serve with beet chips or crackers or alongside a plate of crudité for flavorful dipping.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 2 CUPS

### **INGREDIENTS:**

- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 1 tsp. ground turmeric
- › Half an English cucumber (150.5 g / 5.3 oz)
- › 1 cup whole-milk Greek yogurt, or substitute plant-based yogurt (250 g / 8.8 oz)
- › 1 clove garlic (1 tsp.), finely grated
- › 1 T mint leaves (4 g / 0.15 oz) chopped
- › 1 tsp. fresh ginger, peeled and finely grated (or ginger paste)
- › ½-1 tsp. lemon zest, finely grated
- › 1 T fresh lemon juice (15 mL / 0.5 fl oz)
- › Kosher salt

### **DIRECTIONS:**

- › Heat oil and turmeric in a small saucepan over medium heat, stirring occasionally, just until the oil begins to bubble. Remove from heat and let cool.
- › Shred the cucumber on the large holes of a box grater. Squeeze out the excess liquid.\* Transfer cucumbers to a medium bowl.
- › Add turmeric oil, yogurt, garlic, mint, lemon zest, and lemon juice and stir to combine. Season with salt to taste.

*\*Place shredded cucumber in a clean cotton cloth dish towel or in several layers of paper towels. Wring out the liquid. Removing as much water as possible helps to concentrate the flavor of the cucumbers and results in a thicker dip.*



## PINEAPPLE TURMERIC SLUSHIE

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Pineapple, the delicious South American tropical fruit, is packed with vitamin C, B vitamins, and minerals like copper, manganese, iron, and magnesium. It is also rich in flavonoid antioxidants as well as a digestive enzyme called bromelain, which can reduce inflammation and has anticancer properties. Pair sweet pineapple with inflammation-fighting turmeric and spicy ginger for a refreshing slushie with a bit of a kick, as well as the potential to relieve muscle aches and pains.

**Note:** Slushie can be made an hour ahead. Store in the blender's pitcher in the freezer, then blend again for a moment on high speed to reincorporate.

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- › 1½-2 cups frozen pineapple chunks (367.5-90 g / 12-17 oz)
- › 1 cup coconut water (236 mL / 8 fl oz)
- › ½ cup pineapple juice (125 mL / 2.25 fl oz)
- › 2 T honey (42 g / 1.5 oz)
- › 1½ tsp. grated ginger, freshly peeled
- › ½ tsp. kosher salt
- › ¾ tsp. ground turmeric
- › Ice

### DIRECTIONS:

- › Blend pineapple, coconut water, pineapple juice, honey, ginger, salt, turmeric, and 1 cup of ice in a blender until smooth. Add more ice if desired. Divide among 4 glasses.

## TURMERIC GINGER TEA

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Ginger and turmeric are potent anti-inflammatory herbs. We are just beginning to understand how they work their magic; they do it by inhibiting the cyclo-oxygenase enzyme of the inflammatory cascade in the same way as ibuprofen and naproxen do. In my clinical practice, I use ginger and turmeric daily for osteoarthritis with good effect. If you also consider the effect of turmeric on the ECS, this recipe gives you an incredible herbal infusion to enjoy daily.

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- › 2 cups water (472 mL / 16 fl oz)
- › ½ tsp. ground turmeric
- › ½ tsp. fresh ginger, finely minced (or ginger paste)
- › ½ tsp. ground cinnamon
- › 1 T honey or agave nectar\* (21 g / 0.75 oz)
- › 2 lemon wedges

*\*Substitute maple syrup for the honey or agave syrup if desired.*

### **DIRECTIONS:**

- › Bring water to a boil in a small saucepan. Add turmeric, ginger, and cinnamon. Reduce heat to medium low and simmer for 10 minutes.
- › Strain tea into a large glass and add the honey, stirring until honey is dissolved.
- › Pour into 2 cups and add a lemon wedge to each.

## SEASONED PUMPKIN SEEDS

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Pumpkin seeds may be small, but they are mighty when it comes to nutrition. They are high in healthy fats, magnesium, and zinc, as well as in carotenoids, vitamin K, and antioxidants like vitamin E. Diets rich in pumpkin seeds have been associated with reduced risk of cancer, better prostate health, and improved cholesterol and blood sugar levels, and pumpkin seeds can also help with sleep. Season them with two different cannabinoid-rich spices—black pepper and turmeric—and you'll have a super snack for any occasion.

Pumpkin seeds are composed of two parts: the cream-colored shell, and the kernel or pepita, which is olive green in color. Both are edible, so you can't go wrong roasting the whole seed.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 1 CUP

### **INGREDIENTS:**

- › 2 T coconut oil (29.5 mL / 1 fl oz), melted
- › 1½ tsp. ground turmeric
- › 1 tsp. ground black pepper
- › 1 tsp. ground cayenne pepper
- › 1 tsp. salt
- › 1 cup pumpkin seeds\* (125 g / 4.4 oz)

*\*To wash your pumpkin seeds after scraping them out of a fresh pumpkin, add them to a medium-sized bowl. Fill the bowl with warm water and rub the seeds together in the palm of your hands to remove the stringy flesh. Allow the*

*seeds to float to the top of the bowl, then use a spoon to skim them from the surface. Transfer to a colander to drain. Turn seeds out on a dish towel or paper towels and rub dry.*

**DIRECTIONS:**

- › Preheat the oven to 350°F (176.5°C). Line a baking sheet with parchment paper.
- › Mix the coconut oil, turmeric, black pepper, cayenne, and salt together in a small bowl. Stir well to coat all of the seeds.
- › Spread the mixture evenly on the parchment paper. Drizzle any remaining oil over the top.
- › Bake until lightly golden and crunchy, about 15 minutes, stirring every 5 minutes. Turn oven off and leave seeds in the oven for 5-10 more minutes until desired doneness and crispness level is reached.
- › Remove to bowl to cool. Store in an airtight container for up to 2 weeks.



## FRIED BROWN RICE WITH KALE & TURMERIC

**KALE IS KING!** A member of the cruciferous vegetable family along with cabbage, kale can come with either green or purple leaves and is packed with nutrients including vitamins A, C, and K, as well as minerals like calcium, manganese, magnesium, copper, and potassium. Kale is also high in antioxidants like quercetin, lutein, zeaxanthin, and kaempferol, along with natural occurring bile acid sequestrates that can lower cholesterol. Add kale's CB-1 blocking effects to these riches, and this super green is veggie royalty!

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 2 SERVINGS

**INGREDIENTS:**

- › 4 scallions (5 g / 0.2 oz each)
- › 1 small bunch of kale, with ribs and stems removed
- › 2 T olive oil (29.5 mL / 1 fl oz), divided
- › 1½ cups brown rice (285 g / 10 oz), cooked beforehand and cooled
- › Kosher salt
- › Black pepper, freshly ground
- › 2 large cloves garlic (7.5 g / 0.25 oz), thinly sliced
- › 1 T ginger (7.5 g / 0.25 oz), peeled and finely chopped
- › 1 tsp. ground turmeric
- › 3 large eggs, lightly beaten
- › 1 T fresh lime juice (15 mL / 0.5 fl oz)
- › Fresh lime wedges for garnish

**Note:** The best fried rice is made with [leftover rice](#). Refrigerate the rice uncovered overnight to let it dry out a bit before making this recipe.

**DIRECTIONS:**

- › Remove the dark green parts of the stems from the scallions; thinly slice and set aside. Thinly slice the white and pale green parts and set aside separately. Tear the kale leaves into pieces.
- › Heat 1 tablespoon of olive oil in a large nonstick skillet over medium heat. Add the rice, breaking up any clumps, and press it down into an even layer in the pan. Cook for about 2–3 minutes, until the rice begins to crisp a bit on the bottom.

- › Stir the rice and continue to cook, adding one-third of the kale. Let kale wilt slightly before adding another third. Stir, and as the kale wilts, add remaining kale. Cook until rice is heated through and the kale is all wilted. Season with salt and pepper and transfer to a plate.
- › Heat remaining 1 tablespoon of oil in the same skillet and add garlic, ginger, and the reserved white and pale green sliced scallions. Cook for a minute or two until onions are softened and ginger is fragrant. Sprinkle the turmeric over the skillet's contents and stir to combine.
- › Stir in the beaten eggs, season with salt and pepper, and cook, stirring occasionally with a rubber spatula until the eggs are just beginning to set.
- › Return the rice and kale to the skillet and toss to combine. Cook, tossing occasionally, until mixture is hot. Add lime juice and toss again.
- › Top each serving with the reserved dark green scallions and a lime wedge.

## **IS PORK GOOD FOR YOU?**

Pork is high in protein and low in carbohydrates. It also contains B vitamins like thiamine, niacin, B6, and B12, as well as minerals like phosphorus, iron, zinc, and selenium. The downside of pork is that it is high in saturated fat, which increases bad LDL cholesterol, and cured pork products like bacon are high in chemical preservatives. All in all, from a nutritional standpoint pork is similar to red meats, and when consumed in moderation, it can make a good addition to a healthy diet. Adding some turmeric with its CB-1 blocking effect can help curb excessive appetite as you enjoy this grilled feast.

When grilling pork chops, don't be afraid of getting a good char. It means the sugars in the glaze are caramelizing (not that the meat is burning), resulting in deep, complex flavor. Try this glaze on shrimp, whole fish, or chicken breasts as well!

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 40 MINUTES

**YIELDS:** 4 SERVINGS

## **INGREDIENTS:**

- › Olive oil (for the grill)
- › ½ cup pineapple juice (125 mL / 2.25 fl oz)
- › ¼ cup honey (85.15 g / 3 oz)
- › ¼ cup rice vinegar (59.5 mL / 2 fl oz)
- › 2 T Dijon mustard (42 mL / 1.4 fl oz)
- › 1 tsp. crushed red pepper flakes
- › ½ tsp. toasted sesame oil

- › ½ tsp. ground turmeric
- › Four 1-inch-thick pork chops with bone in
- › Kosher salt
- › Black pepper, freshly ground

## **DIRECTIONS:**

- › Heat grill for high indirect heat. For gas grills: Leave one of the two burners off. Charcoal grills: Bank the coals to one side. Oil the grill grates.
- › In a small saucepan, combine pineapple juice, honey, rice vinegar, mustard, red pepper, sesame oil, and turmeric. Heat to a simmer over medium heat and cook, stirring occasionally, until mixture reduces to  $\frac{3}{4}$  cup, approximately 10–15 minutes. Let cool. Transfer half of the sauce to a small bowl and set aside for serving.
- › Season pork chops with salt and pepper. Grill over direct heat for 1–2 minutes per side. Continue to grill, turning several times, and baste with remaining sauce until chops are charred and coated with a thick layer of glaze.
- › Move to a cooler part of the grill and check the internal temperature near the bone. It should register 130°F (54.5°C). If necessary, continue grilling over indirect heat until this temperature is reached.
- › Transfer chops to a wire rack, cover loosely with foil, and let rest 10 minutes before slicing.
- › Serve with reserved sauce.



## CLOVES

GINGERBREAD CAKE

CHEATERS' REFRIED BEANS

BBQ RIBS

HOMEMADE PICKLING SPICE

GREEK CLOVE TEA CAKES

EASY SPICED PICKLED BEETS

[LEMON CLOVE SANDWICH COOKIES](#)

POACHED PEARS

ORANGE CLOVE TEA

WINTER LEMONADE

SPICED REFRIGERATOR COOKIES

[SPICY RUM & CIDER COCKTAIL](#)



Cloves are the unopened flowering buds of a tree native to the Maluku or Molucca Islands, formerly known as the “Spice Islands” of Indonesia. In the Molucca Islands, where they were first encountered by Western explorers, cloves were so venerated that parents would plant a clove tree whenever a new baby was born. The name “clove” comes from the French word *clou* and Latin word *clavus*, which both mean “nail,” due to this spice’s nail-like shape. Cloves are used in Asian, African, South American, and Middle Eastern cuisines, as well as to spice up hot beverages such as herbal teas or to flavor meats and curries.

The botanical name for cloves is *Eugenia caryophyllata*, which refers to the presence of eugenol, the main ingredient in clove essential oil and the compound responsible for its distinctive sweet and spicy aroma. Cloves have a long history of use as a medicinal substance. In traditional Chinese medicine, *ding xiang*, or “nail spice,” has been used for millennia to treat infections and intestinal complaints. They have also been used as a topical pain reliever for toothaches, though the evidence for the effectiveness of this claim in clinical studies is not very strong. Cloves have even been used as a breath freshener. Officials of the Han dynasty required everyone to chew cloves before speaking to the emperor so their breath would be sweet; this could have been an effect of cloves killing germs in the mouth that cause bad breath.

Cloves have quite a number of recognized health benefits:

- They contain large amounts of manganese, which is important for brain function and bone health. Additionally, cloves contain fiber as well as vitamin K, a necessity for bone health and blood clotting, and vitamin C, which is an antioxidant.
- Eugenol is itself an antioxidant, one that studies say is five times more potent than the antioxidant vitamin E.
- Cloves may kill cervical and esophageal cancer cells in laboratory testing, likely through a reaction to eugenol.
- Cloves have antimicrobial properties that work against E. coli, the most common type of bacteria that causes urinary tract infections.
- Cloves can be used to make an antimicrobial mouthwash.
- Eugenol may reduce inflammation in liver diseases like cirrhosis. However, too high of a dose of clove essential oil can damage the liver.
- Animal studies suggest that cloves may keep blood sugar levels under control, possibly through the effect of nigericin.
- Cloves can be useful in increasing the mucus lining of the stomach, which prevents acid from burning holes through the stomach wall.
- Cloves contain the terpene beta-caryophyllene, which has a direct effect on CB-2 receptors, resulting in anti-inflammatory and pain-reducing effects on the body.<sup>15</sup>

## **15 Rachael Link, “8 Surprising Health Benefits of**

**Cloves,” Healthline, last modified March 12, 2020:  
[https://www.healthline.com/nutrition/benefits-  
of-cloves](https://www.healthline.com/nutrition/benefits-of-cloves)**

## GINGERBREAD CAKE

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This tasty dessert recipe comes with some healthy substitutions that won't compromise on taste, like using whole wheat flour instead of the white variety. Whole wheat flour has more fiber and causes less of a spike in your blood sugar. It's also rich in B vitamins, which are all-important for energy conversion in the body. With three beta-caryophyllene-rich foods—black pepper, cloves, and cinnamon—along with lots of cacao, you'll have your ECS calming you down as you enjoy this delicious dessert.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 1½ HOURS

**YIELDS:** 12–16 SERVINGS

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**Recipe Note:** This cake's texture is soft, yet dense; it is pungent and slightly spicy!

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**Note:** Spraying your measuring cup with nonstick spray before measuring the molasses will save you a lot of sticky trouble.

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### INGREDIENTS:

- > 2½ cups whole wheat flour or all-purpose flour (312.5 g / 11.25 oz)
- > ½ cup cocoa powder (68 g / 2.4 oz)
- > 1 tsp. baking powder
- > ½ tsp. salt
- > 1 tsp. ground cinnamon
- > ½ tsp. allspice
- > ¼ tsp. ground cloves
- > ¼ tsp. ground nutmeg
- > ¼ tsp. black pepper
- > ¾ cup butter (170 g / 6 oz), softened

- › 1¼ cups sugar (250 g / 9 oz), or substitute 1.1 oz stevia leaf powder (31 g)
- › 1 tsp. vanilla
- › 2 eggs
- › 1 cup dark molasses (337 g / 11.9 oz)
- › 1 cup water (236 mL / 8 fl oz),  
simmering

## **DIRECTIONS:**

- › Preheat the oven to 350°F (176.5°C). Butter and flour an 11-cup Bundt pan.
- › In a medium bowl, whisk together the flour, cocoa powder, baking soda, salt, ginger, cinnamon, allspice, cloves, nutmeg, and pepper.
- › In a large mixing bowl, use an electric mixer to beat the butter, sugar, and vanilla together until light and fluffy, for about 3 minutes.
- › Add eggs one at a time, beating well after each addition.
- › Whisk the molasses and hot water together. With the mixer on low speed, alternate adding the flour mixture and molasses mixture to the bowl, scraping the bowl occasionally, until mixture is well blended.
- › Pour batter into the Bundt pan. Bake in the center of the oven for 55–60 minutes, until the cake begins to pull away from the sides of the pan and is firm to the touch. Cool the cake on a wire rack for 20 minutes, then invert it onto a rack to cool completely.

## CHEATERS' REFRIED BEANS

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### **THIS LIGHT AND FAST WAY TO MAKE REFRIED BEANS USES AN INSPIRED SPICE COMBINATION.**

Kidney beans (*Phaseolus vulgaris*) are a type of bean from Central America and Mexico that comes in a variety of colors such as white, black, red, and purple. They contain carbohydrates (a third of which is fiber) and plant proteins, along with prebiotics, folic acid, iron, copper, manganese, potassium, vitamin K, molybdenum, and antioxidants. Unfortunately, beans also contain a toxic protein called phytohemagglutinin, as well as phytic acid, which impairs absorption of minerals, and lectins that inhibit the absorption of starches; so with beans, cooked is better than raw. Adding cannabinoid-rich cloves and cinnamon turns this easy dish into a ECS-stimulating powerhouse.

**Note:** Black beans, pinto beans, or any other canned beans of your choice can be used in this recipe.

**PREP TIME:** 25 MINUTES

**TOTAL TIME:** 45 MINUTES

**YIELDS:** 4-6 SERVINGS

#### **INGREDIENTS:**

- › 4 T olive oil (58.8 mL / 2 fl oz)
- › 1 large onion (285 g / 10 oz), diced
- › 4 large cloves garlic (15 g / 0.5 oz), finely chopped
- › 1 large fresh jalapeño (15-25 g / 0.5-0.8 oz), seeded and finely chopped
- › 2 tsp. ground cinnamon
- › ½ tsp. ground cloves
- › One 14-oz can diced tomatoes, drained
- › Two 15-oz cans red kidney beans, rinsed and drained

- › 1½ cups water (354 mL / 12 fl oz)
- › 2 T butter (22 g / 0.8 oz)
- › Salt and pepper to taste

**DIRECTIONS:**

- › Heat olive oil in either a 10-inch-deep skillet or a large pot over medium high heat. Add the onions and season with salt and pepper. Sauté onions until they begin to soften, about 3 minutes.
- › Add the garlic, jalapeño, cinnamon, and cloves. Stir well and cook until the mixture is fragrant, about 1 minute. Add the tomatoes and sauté for another minute.
- › Stir in the beans and water. Bring to a simmer; then, using a potato masher, crush the beans as they cook, scraping the bottom of the pan as the beans begin to thicken.
- › Simmer until the beans are thick, about 10 minutes. Blend in the butter and season with additional salt and pepper as desired.

## BBQ RIBS

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Ribs come from the shoulder section and are high in protein and saturated fat, making them a calorie dense snack to be eaten in moderation. They contain B vitamins, selenium, and zinc, and this recipe combines cannabinoid-rich black pepper, cinnamon, and cloves to give a powerful cascade effect with this delicious dish.

This recipe will only use a part of the spice rub mixture made, but the remainder will keep well in an airtight container. Use as much or a little as you desire on your ribs.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 6-30 HOURS

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- > 2 racks ribs, cut in half at the middle bones
- > 2 T paprika (13.6 g / 0.5 oz)
- > 2 T brown sugar (26 g / 1.0 oz)
- > 1 T salt (13 g / 0.5 oz)
- > 2 tsp. ground cumin
- > 1 tsp. cayenne pepper
- > 1 tsp. onion powder
- > 1 tsp. garlic powder
- > 1 tsp. ground black pepper
- > ½ tsp. cinnamon
- > ¼ tsp. ground cloves
- > ⅛ tsp. nutmeg
- > Prepared BBQ sauce

### DIRECTIONS:

- › In a medium bowl, combine all of the spices together. Apply liberally to the half racks of ribs.
- › Place ribs on a baking sheet. Cover and let rest for 2 hours, or if desired, refrigerate for several hours or overnight.
- › Preheat oven to 225°F (107.25°C). Cover ribs with foil and bake for 2 hours. Turn ribs over and bake for another 2 hours, pouring off excess liquid as necessary. Remove foil, turn ribs over again, and brush with BBQ sauce. Bake for 1-2 hours more until desired tenderness is reached. Brush with sauce again and broil until sauce caramelizes on the ribs.
- › Cut into pieces and serve.



## HOMEMADE PICKLING SPICE

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This mixture will keep well for a few months in an airtight container. Use in any recipe that calls for pickling spice, whether it is for meats, cucumbers, onions, or anything you want to pickle.

Bay leaves, a commonly used cooking herb, have medicinal properties in their leaves and their essential oils. They are a rich source of vitamin A and vitamin C, along with iron, potassium, calcium, and magnesium, and have been proven to be useful with migraine headaches and digestive issues. This recipe boasts two cannabinoid-rich spices—cloves and cinnamon—to stimulate your ECS.

### **ENJOY!**

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**Note:** Substitute caraway seeds for the coriander seeds for a subtle change of flavor.

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**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 1 CUP

### **INGREDIENTS:**

- > 2 T whole mustard seeds (63.8 g / 2.25 oz)
- > 1 T whole allspice berries (6 g / 0.2 oz)
- > 2 tsp. coriander seeds
- > 1 tsp. red pepper flakes
- > 6 whole cloves
- > 2 bay leaves, crumbled
- > 2 cinnamon sticks, broken in half
- > 1 tsp. ground ginger

### **DIRECTIONS:**

- › Place all ingredients except ground ginger into a small glass jar with a tight-fitting lid. Shake to combine. Add the ground ginger and shake again. Store in the jar, preferably in a cupboard.

## GREEK CLOVE TEA CAKES

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*Kourabiedes*, a popular Greek cookie, are often served at celebrations. An individual cookie, known as a *kourabie*, is always served with powdered sugar sprinkled on the top and either with ground cloves mixed in the sugar or a whole clove (packed with the cannabinoid beta-caryophyllene) inserted into the top.

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**Note:** If desired, place a whole clove in the center of each cookie after removing them from the cookie sheet. Sprinkle with powdered sugar after cookies are cool.

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**PREP TIME:** 1 HOUR + 15 MINUTES

**TOTAL TIME:** 2½ HOURS

**YIELDS:** 4 DOZEN SERVINGS

### INGREDIENTS:

- › 1½ cups butter (340 g / 12 oz), softened
- › ¾ cup powdered sugar (93.75 g / 3.3 oz)
- › 3 cups all-purpose flour (375 g / 13.5 oz)
- › 1 tsp. vanilla extract
- › ½ tsp. ground cloves
- › ½ tsp. brandy extract
- › ½ cup powdered sugar for dusting (62.5 g / 2.2 oz)
- › ¼ tsp. ground cloves (or whole cloves—see note)

### DIRECTIONS:

- › Combine butter and ¾ cup powdered sugar in large bowl. Beat at medium speed, scraping the bowl as necessary, until creamy. Add the flour, vanilla, ground cloves, and brandy extract. Beat at low speed until well mixed. Cover and refrigerate for 1 hour or until firm.

- › Preheat the oven to 350°F (176.5°C).
- › Shape dough into 1-inch balls. Place balls 1 inch apart on ungreased cookie sheets. Bake for 15–17 minutes or until very lightly browned.
- › Combine the ½ cup powdered sugar and ¼ teaspoon ground cloves. Pour into a small strainer and sprinkle over cooled cookies.

## EASY SPICED PICKLED BEETS

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### **USE CANNED BEETS FOR A QUICK, LOW-CALORIE SIDE DISH, OR COOK YOUR OWN BEETS IF YOU PREFER.**

Beet root (*Beta vulgaris*) is a root vegetable packed with fiber, folate, manganese, potassium, iron, and vitamin C. It has been shown in studies to improve blood flow, reduce blood pressure, and improve exercise performance. Pickling these nutrient-rich roots in cannabinoid-rich black pepper and cloves creates a tasty side that requires only a few minutes of preparation time.

**Note:** This recipe also works for pickling eggs; just pour over hard cooked eggs and chill.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 8 SERVINGS

### **INGREDIENTS:**

- › 2–3 cups canned beets—slices or whole\* (340–510 g / 12–18 oz); drain, reserving juice
- › ½ cup apple cider vinegar (119 mL / 4 fl oz)
- › 2 T sugar (26 g / 1.0 oz)
- › 2 whole cloves
- › 3 black peppercorns
- › 1 bay leaf
- › ½ tsp. salt
- › 1 small onion (75 g / 2.65 oz), sliced

*\*If using whole canned beets, cut them into quarters. If using fresh beets, first cook the beets, then slice or quarter them.*

### **DIRECTIONS:**

- › Place beets in a medium bowl and set aside.

- › In a medium saucepan, combine ½ cup of reserved beet juice with the apple cider vinegar and bring to a boil. Add sugar, cloves, peppercorns, bay leaf, salt, and sliced onion, then return to a boil. Remove from heat and pour over the beets in the bowl; toss until coated. Cover and chill until cold.



## LEMON CLOVE SANDWICH COOKIES

The cloves in this cookie add a nice balance to the lemon flavor as well as a nice helping of the cannabinoid beta-caryophyllene with each bite.

**PREP TIME:** 45 MINUTES

**TOTAL TIME:** 4 HOURS

**YIELDS:** 2½ DOZEN

**INGREDIENTS:**

*COOKIE DOUGH*

- › ¾ cup butter (170 g / 6 oz), softened
- › ¾ cup powdered sugar (93.75 g / 3.3 oz)
- › 1 egg
- › ½ tsp. lemon flavoring
- › 1 tsp. lemon zest
- › 1 ⅔ cups all-purpose flour (208 g / 7.5 oz)
- › ¼ tsp. ground cloves
- › ⅛ tsp. salt
- › Optional: coarse sugar

*FILLING*

- › 2½ cups powdered sugar (412.5 g / 11 oz)
- › ¼ cup butter (56.75 g / 2 oz), softened
- › 2 T lemon juice (30 mL / 1 fl oz)
- › 1 tsp. lemon zest
- › 1–2 T milk, dairy, or plant-based as you prefer (15–30 mL / 0.5–1 fl oz)

**DIRECTIONS:**

- › Combine ¾ cup butter and ¾ cup powdered sugar in a bowl; beat until creamy. Add the egg and lemon zest and beat until combined. Add the flour, cloves, and salt and beat at low speed until well mixed.
- › Divide the dough in half and shape each half into an 8-inch log. Wrap each in plastic wrap. Refrigerate for 2 hours or until firm.
- › Preheat oven to 350°F (176.5°C). Cut logs into ¼-inch slices. Place slices on ungreased baking sheets. If using

coarse sugar, sprinkle it on top of half of the cookies. Bake for 8-10 minutes or until edges are lightly browned. Let cool for 1 minute, then remove to a cooling rack to cool completely.

- › Combine all of the filling ingredients in a bowl, adding enough milk to reach desired spreading consistency. Beat at low speed until well mixed.
- › Spread filling on half of cookies (those without coarse sugar sprinkles). Top with remaining cookies, sugar side up.

## POACHED PEARS

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Pears have been part of the human diet since ancient times. There are at least one hundred different types grown worldwide, and they have lots of health benefits, including high amounts of vitamin C, copper, and potassium; lots of fiber to promote gut health; and anthocyanin antioxidants that can reduce the risk of cancer, diabetes, and heart disease. Combining cloves and cinnamon with the pears gives you a double hit of cannabinoids, making this a delicious ECS-activating dessert.

### **Notes:**

- Pear varieties that work well include Bartlett, Anjou, Bosc, and Comice.
- Merlot is a good choice of wine for this recipe.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 35 MINUTES

**YIELDS:** 6 SERVINGS

### **INGREDIENTS:**

- › 6 whole firm pears (177 g / 6.25 oz each)
- › 1 bottle dry red wine (750 mL / 24 fl oz)
- › 2 cups water (472 mL / 16 fl oz)
- › 4 whole cloves
- › 2 whole cinnamon sticks
- › ½ cup brown sugar (100 g / 3.6 oz)
- › 1 vanilla bean

### **DIRECTIONS:**

- › Cut a small portion from the bottom of each pear so they can sit upright. Peel the pear, leaving the stem if possible.

- › Add the wine, water, cloves, cinnamon, and brown sugar to a large pot over medium heat. Split the vanilla bean down the middle, scraping the seeds into the pot and adding the whole bean as well.
- › Add the pears, making sure they are mostly covered with wine. Cover and simmer gently until the pears are soft, about 20 minutes.
- › Serve warm. Store leftover pears in the wine juice in the refrigerator for up to two weeks.

## ORANGE CLOVE TEA

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Black tea (*Camellia sinensis*) is one of the most consumed beverages in the world; it contains less caffeine than coffee and boasts many health benefits. It is high in polyphenol antioxidants like catechins, theaflavins, and thearubigins, which are important for heart health and lowering bad cholesterol, blood pressure, blood glucose, and the risk of stroke and cancer. Cannabinoid-rich cloves make this a warm, aromatic, and invigorating beverage that smells like Christmas!

**Note:** If you see a thin film of oil on the tea, it is the clove oil and orange oil.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 2 SERVINGS

### **INGREDIENTS:**

- › 2 cups (472 mL / 16 fl oz) water
- › Peel of half an orange
- › 3-4 whole cloves
- › 1 black tea bag
- › Optional: Sugar or sweetener to taste

### **DIRECTIONS:**

- › Bring the water to a boil in a small saucepan. Turn the heat to low. Using your fingers and working over the pot, crush the round tip of the cloves into a powder, letting the powder fall into the water. Add the clove stems and orange peel to the water. Cover the pan and let simmer for 15-20 minutes.

- › Remove from heat and add the tea bag. Let steep for desired amount of time. Pour through a strainer into two mugs. Add sweetener if desired.

## WINTER LEMONADE

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This recipe is packed with nutrients like the antioxidant vitamin C from the lemon juice, anti-inflammatory compounds in the ginger, and antioxidant, anticancer, and antimicrobial substances courtesy of the cardamon. Add two beta-caryophyllene-rich spices—cloves and cinnamon—and this lemonade will become a new favorite.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 4-6 SERVINGS

### **INGREDIENTS:**

- › 4½ cups water (1 L / 36 fl oz), divided
- › 1 cup fresh lemon juice (250 mL / 4.5 fl oz)
- › 2 inches fresh ginger (2.2 T / 14.2 g / 0.5 oz), peeled and coarsely chopped
- › 5 whole cloves
- › 2 cardamon pods
- › 1 whole cinnamon stick
- › ½ cup honey (170 g / 6 oz)

### **DIRECTIONS:**

- › In a medium saucepan, combine 2½ cups water, the lemon juice, ginger, cloves, cardamom, and cinnamon stick. Bring to a simmer. Stir in the honey until it is dissolved and then remove from heat.
- › Cover the pan and let steep for 15 minutes.
- › Strain through a mesh strainer into a pitcher. Add the remaining 2 cups of water.
- › Refrigerate until well chilled. Serve over ice.

## SPICED REFRIGERATOR COOKIES

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This recipe combines three different cannabinoid-rich foods—cloves, cinnamon, and omega-3-rich walnuts—to enhance your cascade effect and give you the taste of an old-fashioned cookie like your grandmother used to make.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 4 HOURS

**YIELDS:** 3 DOZEN

### INGREDIENTS:

- › 1 cup butter (227 g / 8 oz), softened
- › 1 cup brown sugar (232.5 g / 8.2 oz), packed
- › 2 eggs
- › 3 cups all-purpose flour (375 g / 13.5 oz)
- › 1 tsp. baking powder
- ›  $\frac{3}{4}$  tsp. cinnamon
- ›  $\frac{1}{2}$  tsp. salt
- ›  $\frac{1}{4}$  tsp. baking soda
- ›  $\frac{1}{4}$  tsp. cloves
- ›  $\frac{1}{2}$  cup finely chopped walnut or pecans (58.5 g / 2 oz)

### DIRECTIONS:

- › Using an electric mixer, mix the butter and sugar together in a large bowl until creamy. Beat in the egg until well combined.
- › Add the dry ingredients except for the nuts and mix on low speed until well incorporated. Blend in the chopped nuts.
- › Chill the dough in the bowl for 1 hour. Divide the dough in half and roll each half into a log about 2 inches in

diameter. Wrap each log in plastic wrap or waxed paper and chill at least 2 hours or until firm (or up to overnight).

- › Preheat oven to 375°F (190.5°C). Cut the log into ¼-inch slices. Place parchment paper on baking sheet. Place slices on baking sheet and bake for 8–10 minutes, until lightly browned. Remove from oven and let cool for 2 minutes on sheet. Remove cookies to a cooling rack to cool completely.

## SPICY RUM & CIDER COCKTAIL

Hard cider contains vitamin C and polyphenol antioxidants, along with an alcohol content similar to that of beer. This spiced version adds cannabinoid-rich cinnamon and cloves to give your ECS a real punch, so feel free to serve this beverage at your next bonfire!

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 4-6 SERVINGS

**INGREDIENTS:**

- › 1 liter alcoholic cider (a.k.a. hard cider) (4¼ cups / 33.8 fl oz)
- › 1 orange (88 g / 3 oz), cut in half
- › 3 cinnamon sticks
- › 5 cloves
- › 2 star anise pods
- › 1 tsp. vanilla
- › 2 T maple syrup (42 mL / 1.5 fl oz)
- › 2 shots spiced rum (88 mL / 3 oz)

**Note:** Hard ciders have many different flavor profiles. Choose your favorite or experiment with a range of varieties. As an option, if you want to reduce the alcohol in this recipe, simply omit the rum for a warm spiced cider drink.

**DIRECTIONS:**

- › Place the cider, cinnamon sticks, cloves, star anise, and vanilla in a pan on low heat.
- › Juice half of the orange and add the juice to the pan. Cut the other half of the orange into slices and add the slices to the pan. Add the maple syrup to the pan.
- › Continue to heat on low heat for about 20 minutes.
- › Just before serving, add the 2 shots of spiced rum. Serve warm.

## OREGANO

GREEK SALAD

LEMON OREGANO DRESSING

[FAMILY-STYLE CHICKEN & POTATOES](#)

OREGANO GRILLED CHEESE SANDWICH

SPANISH RICE

LINGUINI WITH BROCCOLI, GOAT CHEESE, & OREGANO

GARLIC & OREGANO PESTO

HERB BREAD DIP

CHIMICHURRI SAUCE

[OREGANO DINNER ROLLS](#)

GRILLED SWORDFISH WITH LEMON OREGANO MARINADE



Oregano, with its distinctively beautiful flowers, is a member of the mint family. It is an herb found in the Mediterranean area and in parts of Asia. The name “oregano” comes from the Greek words ὄρος, which means “mountain,” and λάμψη, which means “brightness.” Therefore, oregano means the “brightness of the mountain.” Oregano has multiple subspecies, each of which has its own unique flavors and taste. The dried and ground leaves are widely used for cooking all over the world. Oregano was relatively unknown in the US until after World War II; soldiers returning home from Europe heightened the popularity of pizza. Since oregano is a central component of pizza sauce, this boom in demand resulted in a 5,000 percent increase in sales for the herb between 1948 and 1956.

Oregano essential oil contains multiple chemicals called monoterpenes and monoterpenoids that help give it its pungent aroma and strong flavor. It has been used for centuries as a folk remedy for various ailments, though large, published studies of the oil’s clinical effectiveness are lacking. I use oregano essential oil all the time as part of a botanical blend to alter the composition of gut flora for people with autoimmune disease, irritable bowel syndrome, and numerous other medical conditions.

I’d like to add a note of caution regarding the use of oregano oil in medicinal doses. First, it is likely that someone with an allergy to mint may also be allergic to oregano. Oregano essential oil can interact with antidiabetic drugs and blood thinners and should not be taken before surgery,

as it can increase the risk of bleeding. Finally, it should be avoided in pregnancy, as it has been associated with miscarriages. This doesn't mean you can't cook with the herb oregano if you are pregnant. You just shouldn't take a concentrated extract of oregano essential oil.

Oregano's health benefits include:

- Powerful antimicrobial properties; in fact, it was used in ancient times by Hippocrates as an antiseptic in killing the superbug MRSA, which is still the scourge of all modern hospitals. Additionally, oregano may be topically effective in treating bacterial overgrowth in acne. It is also used in organic farming in place of antibiotics.
- Anti-inflammatory compounds.
- Anticancer properties that have been shown to limit the spread of breast cancer in laboratory testing.
- Reduced blood sugar levels in a way similar to some prescription diabetes medications.
- Providing the essential oil beta-caryophyllene, which has a direct effect on CB-2 receptors, resulting in anti-inflammatory and pain-reducing effects on the body.<sup>16</sup>

**16 Yvette Brazier, "What Are the Health Benefits of Oregano?" Medical News Today, January 17, 2020:**

**<http://www.medicalnewstoday.com/articles/2662>**

## GREEK SALAD

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### **THE FLAVORS OF CRISP CUCUMBERS, TANGY FETA, AND SWEET TOMATOES ENHANCED WITH OREGANO COMBINE TO MAKE A LIGHT, HEALTHY DISH.**

Feta cheese, with its rich aroma and slightly sour taste, is one of the oldest types of cheese in the world. It is an excellent source of protein and calcium but is also high in sodium and saturated fat (though it is lower in fat than many other cheeses). Feta is classically made from sheep or goat's milk rather than cow's milk and can therefore be easier to digest for some people. It contains probiotics that promote a healthy gut and support the immune system. Together with cannabinoid-rich oregano, feta makes this salad a perfect meal for any time of day.

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**Note:** Serve alongside some grilled shrimp for a complete meal.

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**TOTAL TIME:** 15 MINUTES

**YIELDS:** 4 SERVINGS

#### **INGREDIENTS:**

- › 1 English cucumber (301 g / 10.6 oz), diced
- › 2 large tomatoes (182 g / 6.4 oz each), cut into wedges
- › ½ cup red onion (50 g / 1.75 oz), thinly sliced
- › ½ cup green peppers (46 g / 1.6 oz), thinly sliced
- › ½ cup whole pitted kalamata olives (65 g / 2.3 oz)
- › 2 T olive oil (29.5 mL / 1 fl oz)
- › 2 T fresh lemon juice (30 mL / 1 fl oz)
- › 2 T fresh oregano leaves (3.6 g / 0.13 oz), or 1 T / 1.8 g dried
- › Salt
- › Freshly cracked black pepper
- › 1 cup crumbled feta cheese (150 g / 5.3 oz)

**DIRECTIONS:**

- › Place vegetables and olives in a large bowl.
- › In a small bowl, whisk together olive oil, lemon juice, and oregano leaves. Pour over vegetables and toss to combine. Add salt and pepper to taste.
- › Add feta cheese and toss again. Serve immediately.

## LEMON OREGANO DRESSING

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You have to love lemons! One lemon alone gives you half the recommended daily intake of vitamin C and contains pectin, a beneficial soluble fiber that helps keep you full longer, and helps with weight loss and regulation of blood sugar. Lemons are high in citric acid, which can help prevent kidney stones by making urine more alkaline and aids in the absorption of dietary iron from plant sources. So love your lemons!

Don't be afraid of using the entire lemon in these recipes; it adds a great texture and flavor and complements the oregano so well. Lemon is delicious not only on salads, but also on roasted veggies, steamed potatoes, chicken, and seafood.

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**Note:** As an option, wait to add the oregano leaves until just prior to serving. The leaves can turn dark in the dressing. The leaves turning brown does not change the flavor, but some prefer the look of the greener leaves.

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**TOTAL TIME:** 20 MINUTES

**YIELDS:** 1¼ CUPS

### INGREDIENTS:

- › 1 medium organic lemon, washed\*
- › ¼ cup fresh lemon juice (62.5 mL / 1.15 fl oz)
- › 1 tsp. sugar
- › 2 large cloves garlic (1 T / 7.5 g / 0.25 oz), minced
- › 1 tsp. kosher salt
- › ¼ tsp. freshly ground black pepper
- › ¾ cup extra-virgin olive oil (177.5 mL / 6 fl oz)

- › ¼ cup oregano leaves, packed

*\*Use an organic lemon here if you can since you are using the entire lemon.*

**DIRECTIONS:**

- › Cut off both ends of lemon and discard. Thinly slice the lemon, removing the seeds as you go.
- › Finely chop the lemon slices, rind and all. The pieces should be pretty small but should keep some texture.
- › Place chopped lemon and all other ingredients in a small jar with a tight lid and shake for a minute. Store in the refrigerator. Shake again before using.

## FAMILY-STYLE CHICKEN & POTATOES

**THIS MIGHT BECOME YOUR FAMILY FAVORITE; IT'S SO SIMPLE TO MAKE AND HITS YOUR PALATE WITH THE IRRESISTIBLE FLAVORS OF LEMON AND OREGANO.**

Potatoes are actually quite healthy despite being vilified as a high-carbohydrate junk food. While it is true that they are indeed high in carbohydrates, they also contain fiber, vitamins C and B, and minerals such as manganese, magnesium, and phosphorus. Potatoes supply antioxidants such as flavonoids, carotenoids, and phenolic acids, as well as resistant starch that can help improve blood sugar levels and feed the microbiome. This recipe is packed with multiple foods that are high in cannabinoids like black pepper, oregano, and rosemary to augment the cascade effect and give you an ECS-stimulating dish to enjoy anytime.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 1¼ HOURS

**YIELDS:** 6 SERVINGS

**INGREDIENTS:**

- › 4 lbs. skin-on, bone-in chicken thighs  
(1.8 kg / 64 oz)
- › 1 T kosher salt (13 g / 0.5 oz)
- › 1 T dried oregano (3 g / 0.11 oz)
- › 1 tsp. freshly ground black pepper
- › 1 tsp. dried rosemary
- › ¼ tsp. cayenne pepper
- › ½ cup fresh lemon juice (125 mL / 2.25 fl oz)
- › ½ cup olive oil (118 mL / 4 fl oz)
- › 6 large cloves (22.5 g / 0.75 oz) garlic, minced
- › 4 russet potatoes (about 155–170 g /  
5.5–6 oz each), quartered into wedges
- › 1 cup chicken broth (236.5 mL / 8 fl oz),  
divided
- › Fresh oregano leaves for garnish

**DIRECTIONS:**

- › Preheat oven to 425°F (218°C). Lightly spray a large roasting pan with nonstick spray.
- › Place chicken in a large bowl. Season with salt, oregano, pepper, rosemary, and cayenne.
- › Whisk lemon juice and olive oil together. Pour over chicken.
- › Add garlic and potatoes into the bowl with the chicken. Toss together until the chicken and potatoes are evenly coated with marinade.

- › Transfer the chicken pieces, skin side up, to the roasting pan. Place the potato pieces among the chicken thighs. Drizzle with  $\frac{2}{3}$  cup of the chicken broth. Spoon the remaining marinade over the chicken and potatoes.
- › Place in oven and bake for 20 minutes. Toss chicken and potatoes, keeping chicken skin side up. Continue baking until chicken is browned and cooked through, about 25 minutes more. Transfer the chicken to a serving platter and keep warm.
- › Set oven to broil on high. Toss potatoes again with pan juices. Broil until potatoes are caramelized, about 3-5 minutes. Transfer potatoes to serving platter with chicken.
- › Place roasting pan on stove over medium heat. Add remaining  $\frac{1}{4}$  cup of chicken broth and stir up browned bits from the bottom of the pan. Strain and spoon juices over chicken and potatoes.
- › Garnish with chopped oregano and serve.

## OREGANO GRILLED CHEESE SANDWICH

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**LOOKING FOR A DEPARTURE FROM A TRADITIONAL GRILLED CHEESE RECIPE? YOU HAVE FOUND IT. YOUR KIDS MIGHT CALL THIS “PIZZA BREAD.”**

Mozzarella, widely used in Italian cuisine for hundreds of years, is packed with calcium (one ounce has almost 20 percent of the recommended daily intake), phosphorus, potassium, iron, and sodium as well as a nice serving of protein. With a hint of oregano, this snack will stimulate your ECS and your taste buds all at the same time.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 4 slices multigrain bread, lightly toasted
- › 2 Roma tomatoes (62 g / 2.2 oz each), each cut into 8 thin slices
- › 8 slices part-skim mozzarella cheese (42.5 g / 1 oz each)
- › 1 tsp. dried oregano leaves

### **DIRECTIONS:**

- › Preheat broiler. Top each slice of bread with 2 slices of cheese.
- › Top each with 4 tomato slices and ¼ teaspoon dried oregano.
- › Broil 4-5 minutes until the cheese is melted.

## SPANISH RICE

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### **TOMATO AND OREGANO TRANSFORM RICE INTO A SPECTACULAR SIDE DISH.**

Rice definitely has health benefits. It offers vitamins C, A, and the Bs, as well as plant protein and antioxidant phenols that can reduce inflammation and counteract the effects of free radicals. The caveat with rice is that it is a high-carbohydrate dish, which means it has a fair amount of calories per serving and should be consumed in moderation. Add some lycopene-rich tomato and cannabinoid-packed oregano, and this dish is a delicious side for sure.

**Note:** Most kids love Spanish rice. Add 1 cup of vegetables to pot after adding the stock mixture to sneak more vegetables into their diet.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 40 MINUTES

**YIELDS:** 4 SERVINGS

#### **INGREDIENTS:**

- > 2 T olive oil (29.5 mL / 1 fl oz)
- > 2 cups medium or long grain white rice (412 g / 14.5 oz)
- > 1 medium onion (1 cup / 170 g / 6 oz), chopped
- > 2 large cloves garlic (2 tsp.), finely minced
- > 3 cups chicken broth (709.5 mL / 24 fl oz)
- > 1 cup tomatoes (180 g / 6.4 oz), diced
- > 1 tsp. kosher salt
- > ½-¾ tsp. dried oregano
- > Optional: 1 cup peas, corn, or diced green beans

#### **DIRECTIONS:**

- › Heat the oil in a large nonstick skillet over medium high heat. Add the rice and stir so the rice is lightly coated with oil. Cook, stirring often, until much of the rice is lightly browned.
- › While the rice is browning, combine the chicken broth, tomatoes, salt, and oregano in a saucepan. Bring to a simmer.
- › Add the onion to the rice and cook until the onion begins to soften, about 3 minutes. Add the garlic and cook for about 1 minute more.
- › Pour the broth mixture into the rice. Bring everything to a simmer, cover the pot, and lower the heat to barely maintain a low simmer. Cook for 15–25 minutes (use rice package directions as a guide) until the rice has absorbed all of the stock.
- › Remove from heat and let sit for 5 minutes. Fluff with a fork or spoon to serve.

## LINGUINI WITH BROCCOLI, GOAT CHEESE, & OREGANO

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### **PASTA IN A CREAMY SAUCE WITHOUT THE CREAM OR BUTTER IS THE STAR HERE, ALL COOKED IN ONE POT FOR A HEALTHY AND SATISFYING DINNER.**

Goat cheese, which is high in protein, contains vitamins A and B, calcium, copper, magnesium, and iron, as well as medium-chain fatty acids that can help keep you full, aid with weight loss, and reduce inflammation. It is also high in probiotics and lower in lactose and A1 casein (to which some people are sensitive). Add some cannabinoid-rich oregano to this delicious dinner, and voila, you have a perfect, nutritious meal.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 4 SERVINGS

#### **INGREDIENTS:**

- › 4 cups small broccoli florets (364 g / 12.8 oz)
- › 1 lb. dried linguini (453.5 g / 16 oz)
- › ¼ cup olive oil (59 mL / 2 fl oz)
- › Juice and zest of 1 lemon\*
- › ¼ cup fresh oregano leaves (12 g / 0.4 oz)
- › 7 oz fresh goat cheese (198 g), crumbled
- › Salt
- › Freshly cracked black pepper
- › Finely grated Parmesan cheese for garnish

*\*1 lemon should yield about 1 tablespoon of zest and 3 tablespoons (45 mL / 1.5 fl oz) of juice.*

#### **DIRECTIONS:**

- › Bring a large pot of salted water to a boil. Cook pasta until al dente according to package directions. Add the broccoli florets to the water and stir to immerse them.
- › Reserve 1 cup of the pasta water and then drain the pasta and broccoli.
- › Return the pasta and broccoli to the empty pasta pot. Add the olive oil, lemon juice, lemon zest, and 2 tablespoons of the oregano leaves. Toss to coat. Add the goat cheese crumbles.
- › Heat over low heat while stirring until the goat cheese melts. Add reserved pasta water as necessary to create a silky sauce that coats the noodles. Season to taste with salt and pepper.
- › Top each serving with some of the remaining oregano leaves and Parmesan.



## GARLIC & OREGANO PESTO

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A great way to use up oregano from your garden or farmer's market, this pesto freezes well so you can enjoy it year-round. And the almonds provide fiber, protein, magnesium, and vitamin E.

Parmigiano-Reggiano cheese hails from Emilia-Romagna, a region in Northern Italy. It is a great source of protein and fat and is rich in vitamins and minerals like calcium, vitamin A, vitamins B6 and B12, phosphorus, zinc, and copper. Hard cheeses like Parmigiano-Reggiano are lactose free and therefore have almost no carbohydrate content. The downside of this great protein source is its high calorie count per serving, so best to enjoy in smaller amounts. Add some oregano to stimulate the CB-2 receptors, and you have a delicious Italian salad.

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### **Notes:**

- When refrigerating the pesto, place a thin film of olive oil over the top to keep it from turning brown.
  - To freeze pesto: Place in ice cube trays and freeze. Once frozen, place the cubes in zipper-top freezer bags until needed.
- 

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 1¼ CUPS

### **INGREDIENTS:**

- › 1 cup fresh oregano leaves, packed
- › ½ cup Parmesan cheese (50 g / 1.75 oz), grated
- › 2 large cloves garlic (7.5 g / 0.25 oz)
- › ½ cup raw almonds (71.5 g / 2.5 oz)
- › 1 T fresh lemon juice (15 mL / 0.5 fl oz)

- › ½ cup olive oil (118 mL / 4 fl oz)
- › Salt
- › Freshly cracked black pepper

**DIRECTIONS:**

- › Add oregano, Parmesan, garlic, almonds, and lemon juice to the bowl of a food processor. Pulse until the mixture is a coarsely ground.
- › With the processor running, pour in the olive oil in a slow stream, processing until the mixture becomes smooth. Store refrigerated.

## HERB BREAD DIP

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**THIS DIP TAKES YOUR WARM, CRUSTY ITALIAN BREAD TO ANOTHER LEVEL. FOR BEST RESULTS, MAKE A DAY AHEAD OF TIME AND LET THE FLAVORS BLEND.**

This recipe has everything you need: healthy fats from olive oil with all the health benefits of garlic and vinegar, and this dip is packed with multiple cannabinoid-rich foods like basil, black pepper, and oregano.

Enjoy!

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**Note:** Use a really good aged balsamic vinegar for the most flavorful result.

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**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 8 HOURS + 10 MINUTES

**YIELDS:** 1¾ CUPS

### INGREDIENTS:

- › 1 cup extra-virgin olive oil (236.5 mL / 8 fl oz)
- › ⅔ cup aged balsamic vinegar (158.5 mL / 5.3 fl oz)
- › 3 large cloves garlic (11.25 g / 0.375 oz), minced
- › 1½ T dried basil (3.2 g / 0.11 oz)
- › 1 T dried oregano (3 g / 0.11 oz)
- › 1 tsp. dried thyme
- › 1½ tsp. kosher salt
- › ½ tsp. freshly ground black pepper

### DIRECTIONS:

- › Place all ingredients in a jar or bottle with a tight-fitting lid. Shake for about 1 minute.
- › Store overnight in the refrigerator. Shake well before serving. Store in the refrigerator.

## CHIMICHURRI SAUCE

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**FRESH, GREEN, FLAVORFUL AND HEALTHY, CHIMICHURRI IS A FAMOUS ARGENTINIAN SAUCE PERFECT FOR ANY GRILLED FOODS OR ON GARLIC CROSTINI.**

From a health standpoint, chimichurri is a literal superfood, packed with vitamins A, C, E, and K as well as calcium, iron, and fiber. It also includes garlic, which has been shown in short-term clinical studies to lower total cholesterol and reduce the risk of getting gastrointestinal cancers. Not bad for a sauce that is also high in cannabinoids to boot!

**Note:** If refrigerated, bring to room temperature before serving.

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 1½ CUPS

### **INGREDIENTS:**

- › 1 cup fresh parsley (thin stems and leaves), packed
- › 1 cup fresh cilantro (thin stems and leaves), packed
- › ½ cup red onions (80 g / 2.8 oz), diced
- › 3 T fresh oregano leaves (5.4 g / 0.2 oz), packed
- › 3 large cloves garlic (11.25 g / 0.34 oz), roughly chopped
- › 2 T fresh lemon juice (30 mL / 1 fl oz)
- › 2 T red wine vinegar (29.5 mL / 1 fl oz)
- › ½ tsp. kosher salt
- › ½ tsp. freshly ground black pepper
- › ½ tsp. red pepper flakes
- › ½ cup olive oil (118 mL / 4 fl oz)

### **DIRECTIONS:**

- › Place all ingredients except the olive oil in a food processor and pulse several times until ingredients are

chopped.

- › Add  $\frac{1}{4}$  cup of olive oil and pulse until combined. Add remaining  $\frac{1}{4}$  cup olive oil and pulse a few more times.
- › Serve immediately or store tightly covered in the refrigerator for up to two weeks.



## OREGANO DINNER ROLLS

Spelt flour is 100 percent stone ground from a delicious and easily digestible ancient grain; it is a subspecies of wheat but has a thicker husk and a higher protein and fat content. It has been used as a substitute for wheat in Europe for hundreds of years; an excellent source of B vitamins, spelt contains minerals such as phosphorus, zinc, magnesium, and iron. Spelt is high in fiber and may therefore result in reduced levels of cholesterol, blood pressure, and blood sugar, as well as improve digestion and help with weight management. With some cannabinoid-rich oregano boosting the positive impact of these dinner rolls on your ECS, you have a healthy side dish for any dinner.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 4 HOURS

**YIELDS:** 12 ROLLS

**INGREDIENTS:**

- › 2 T (30 mL / 1 fl oz) warm water (110–115°F/43–46°C)
- › 1 T sugar (13 g / 0.5 oz)
- › 1 tsp. active dry yeast
- › 1½ cups light spelt flour\* (153 g / 5.4 oz), plus more for dusting
- › ½ tsp. salt
- › 1½ T melted butter\*\* (16.5 g / 0.6 oz), plus additional for brushing
- › 1 egg, beaten
- › ½ cup almond milk (125 mL / 4.2 fl oz)
- › ¼ cup fresh oregano leaves (12 g / 0.4 oz), chopped

*\*Substitute all-purpose flour if you are unable to get spelt.*

*\*\*Substitute coconut oil for the butter to make this dairy free.*

**DIRECTIONS:**

- › Combine warm water, sugar, and yeast in a small bowl and set aside for 15 minutes.
- › Place the flour in a large bowl. Add the salt, butter, and beaten egg and mix together. Add in the yeast mixture and mix until well combined.
- › Slowly add the milk and knead for 7–10 minutes until the dough is smooth. You might need more or less milk, so add milk slowly as dough is kneaded. If dough is sticky, add a bit more flour. The dough should be soft.
- › Grease a large bowl and place dough in it, turning it over once so entire dough ball is oiled. Cover with a towel and let rest for 1½ hours until the dough has doubled in size.

- › Knead the dough again for a few minutes, adding in the oregano as you knead.
- › Place parchment paper on a small baking sheet, or alternatively grease a glass baking dish or pan. Using about  $\frac{1}{3}$  cup of dough, divide dough into 12 pieces and make a round ball from each piece.
- › Place the rolls in the pan, leaving  $1\frac{1}{2}$ –2 inches of space between them. Cover the dish with a towel and let the rolls rest for another  $1\frac{1}{2}$  hour rise.
- › Preheat the oven to 350°F (176.5°C). Brush tops with melted butter. Bake for 20–25 minutes until golden brown.

## GRILLED SWORDFISH WITH LEMON OREGANO MARINADE

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When buying swordfish, look at the coloration. It should be pink with no brown. If buying frozen, defrost in its package in a bowl of cold water in the refrigerator. If buying fresh, eat it the day you buy it.

Swordfish (*Xiphias gladius*) is a large predatory fish with a sword-like bill. It is high in protein and selenium, along with omega-3 fatty acids and vitamin D, which have been associated with lower cholesterol and lower risk of high blood pressure, heart disease, and possibly cancer. The downside to this fishy protein is its high amount of mercury, which is a neurotoxin, so predator fish should be avoided by children, pregnant women, and breastfeeding mothers. The key is to eat swordfish infrequently and in smaller amounts so you can enjoy its health benefits without its drawbacks. Add some oregano as a cannabinoid spice, and you'll have a Mediterranean-style dish that's great for a quick and satisfying meal.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR + 15 MINUTES

**YIELDS:** 2 SERVINGS

### INGREDIENTS:

#### MARINADE

- > ½ cup olive oil (118 mL / 4 fl oz)
- > 1½ T fresh lemon juice (22.5 mL / 0.75 fl oz)
- > 1 T garlic (2 large cloves / 7.5 g / 0.25 oz), finely minced
- > 2 tsp. fresh oregano, minced
- > 2 tsp. fresh thyme, minced
- > 1 tsp. fresh lemon zest

- › 1 tsp. dried oregano
- › 1 tsp. fennel seeds, crushed
- › ½ tsp. freshly cracked black pepper
- › ¼ tsp. salt

#### *FISH*

- › Two 6–8 oz swordfish steaks (170–226 g)
- › Olive oil for grill surface
- › Fresh lemon wedges for garnish

#### **DIRECTIONS:**

- › Place all marinade ingredients in a small bowl; mix to combine.
- › Rinse the swordfish in cold water and pat dry. Leave skin on the fish for marinating and cooking (it can be removed prior to serving if desired).
- › Place fish in a dish (or a zipper-topped plastic bag) and cover with the marinade. Be sure all sides of the fish are coated. Cover and refrigerate for 30–60 minutes.
- › If grilling outdoors, set grill for high direct heat. Oil the surface of the grill. If using an indoor smokeless grill, set the heat to high and brush lightly with olive oil.
- › Place the swordfish steaks on the hot grill. Grill for 5–7 minutes on one side, until you have good grill marks.
- › Turn fish over and cook a few minutes longer until just cooked through. Remove from the grill and let rest a few minutes. Serve with fresh lemon wedges.



## OMEGA-3 FOODS

MISO-GLAZED SALMON

PISTACHIO OREGANO PESTO

AVOCADO MOUSSE WITH SMOKED SALMON

CAULIFLOWER PANCAKES WITH SMOKED SALMON, AVOCADO, & EGGS

CHIA SEED PANCAKES

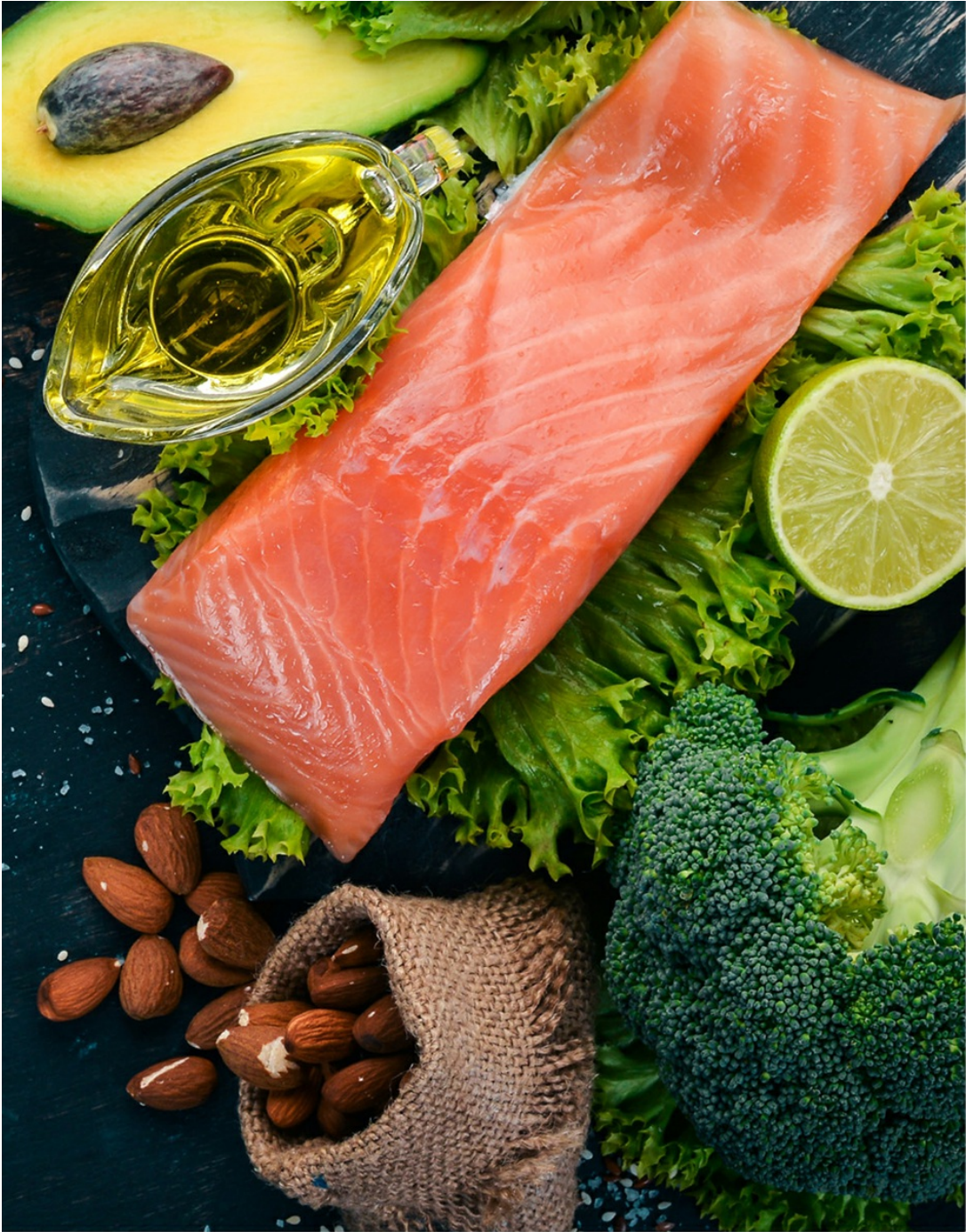
GARLICKY SPINACH & WHITE BEAN PASTA

CHIA SEED PUDDINGS

POWER SALAD WITH BAKED TOFU

THAI SALMON FISH CAKES

WALNUT-CRUSTED AHI TUNA SALAD



Essential fatty acids are called “essential” because the human body needs to consume them in order to survive. Two important types of essential fatty acids are omega-3s and omega-6s. Omega-3s are world-famous as the main ingredient in the ubiquitous fish oil supplements recommended to people for myriad reasons. They can also be found in fatty, cold-water fish like salmon, tuna, herring, mackerel, sardines, and anchovies, as well as in plant sources such as chia seeds, walnuts, flax seeds, and hemp seeds.

Fish contain two types of omega-3 fatty acids; the first is EPA (eicosapentaenoic acid), which is a 20-carbon molecule, and the other is DHA (docosahexaenoic acid), a 22-carbon molecule that has been shown to reduce inflammation in the body. Alpha-linolenic acid (ALA) is an 18-carbon fatty acid that comes from plants. ALA isn't biologically active in our bodies—it is actually converted to EPA and DHA in small amounts, which can then be utilized by our bodies for multiple physiological functions.

Omega-6 fatty acids are found in cooking oils like safflower, sunflower, corn, and soy, as well as in eggs, meat, and poultry. Again, we *must* consume omega-6s because they are essential. The problem is that omega-6 fatty acids tend to be inflammatory and push the inflammatory pathway of the body into a more inflamed state. In contrast, the wonderful omega-3s push the inflammatory pathway into a less inflamed state and *reduce* inflammation in the body. In other words, the amount of inflammation in your body can

be altered by the amount of omega-3s versus omega-6s you consume.

This is called the **omega-3/omega-6 ratio**. The more omega-6s you consume compared to omega-3s, the more inflammation your body experiences. The more omega-3s and the less omega-6s you eat, the less inflamed you become. An imbalance in this ratio also influences the ECS; an omega-6-rich diet leads to down regulation of CB receptors, which means that your body produces fewer CB-1 and CB-2 receptors, and that there is therefore less stimulation of the ECS. Eating a diet that is rich in plant and marine sources of omega-3 will help offset this reduction of CB-1 and CB-2 receptors in the body.<sup>17</sup>

Our prehistoric ancestors ate masses of omega-3 in their diets, so their omega-3/omega-6 ratio was close to 1:1, what we would think of as fifty/fifty. The current American diet has people consuming closer to ten times more omega-6 than omega-3. Perhaps that explains why we are all so inflamed in our modern lives.

Why is reducing inflammation important? The human body has a very limited way of reacting to damage. Whether it experiences a sunburn, a shoe repeatedly rubbing against the skin, or a hammer falling on a toe, the body responds in exactly the same way: It releases lots of special chemicals in what is called an “inflammatory cascade.” These chemicals have many functions; for example, some increase blood flow

to the affected area so the white blood cells of the immune system can quickly fight any infective agents that get into the body through damaged skin. Cells also arrive to start the healing and repair process.

Inflammation is normal and healthy. But sometimes, tissues become overly or continuously inflamed. Then swelling, difficulty moving, and pain become serious problems. There is now a lot of research that excessive and prolonged inflammation (i.e., chronic inflammation) in different areas of the body can result in cancer, heart disease, and dementia, to name but a few of the negative impacts. Alleviating chronic inflammation can help you avoid these conditions, as can eating a cannabinoid-rich diet high in omega-3s and chock full of the anti-inflammatory herbs and spices discussed in this book.

Omega-3 fatty acids—both from those derived from fatty cold-water fish like tuna, salmon, herring, mackerel, sardines, or anchovies and from plant sources like walnuts, hemp seeds, chia seeds, soybeans, and kidney beans—have many health benefits:

- People who regularly consume omega-3s have less depression, anxiety, dementia, and ADHD.
- DHA is a major component of the retina of your eye. Diets high in omega-3s can reduce the risk of macular degeneration.
- Omega-3s may reduce incidence of heart disease by reducing triglycerides, blood pressure, and inflammation

in the blood vessels, and by increasing levels of HDL—the good cholesterol.

- Omega-3s may reduce the risk of developing autoimmune diseases.
- There is evidence in population studies that eating omega-3s may result in reduced incidence of colon, prostate, and breast cancer.
- Omega-3s reduce inflammation and pain in arthritis.
- Omega-3s are good for skin health, offering better skin hydration with less acne and less aging!<sup>18</sup>

**17 Clémentine Bosch-Bouju and Sophie Layé,**  
**“Dietary Omega-6/Omega-3 and**  
**Endocannabinoids: Implications for Brain Health**  
**and Diseases,”** *Cannabinoids in Health and Disease*,  
June 15, 2016: <https://doi.org/10.5772/62498>

**18 Freydis Hjalmarsdottir, “17 Science-Based**  
**Benefits of Omega-3 Fatty Acids,”** Healthline,  
October 15, 2018:  
<https://www.healthline.com/nutrition/17-health-benefits-of-omega-3>

## MISO-GLAZED SALMON

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### **MISO TASTES SALTY, TANGY, AND SAVORY ON ITS OWN.**

It is a fermented, soy-based paste used as a flavoring in Asian cuisine. It is incredibly nutritious and has a variety of health benefits. Miso contains manganese, copper, zinc, vitamins B and K, and sodium (so you should use it sparingly if you have salt-sensitive high blood pressure). As it is fermented, it also contains probiotics like *Aspergillus oryzae* that can help with digestive issues and immune function. Other possible benefits include cancer-blocking properties and reductions in levels of cholesterol, blood sugar, and heart disease with regular consumption. The glazed salmon in this recipe is high in omega-3s to help stimulate your ECS and make you satisfied and calm.

### **Notes:**

- You can use red miso for this recipe, but it is stronger tasting than white miso, so reduce the amount.
- You can also combine white and red miso if using up small amounts in the bottom of the containers.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 1 HOUR + 25 MINUTES

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 3 T white miso (51 mL / 1.8 fl oz)
- › 2 T sake (29.8 mL / 1 fl oz)
- › 2 T mirin (29.8 mL / 1 fl oz)
- › 1 T soy sauce (14.75 mL / 0.5 fl oz)
- › ½ tsp. sesame oil

- › Four 6-oz skinless salmon fillets (about 113 g / 0.4 lb. each)
- › Optional: 1-2 T (13-26 g / 0.5-1 oz) sugar
- › White and black sesame seeds with chopped green onions for garnish

## **DIRECTIONS:**

- › Mix the miso, sake, mirin, soy sauce, sesame oil, and sugar (if using) in a small bowl. Taste the mixture and adjust to suit your preference.
- › Pour half of the mixture into a container large enough to hold the salmon in a single layer. Add the fish and pour remaining marinade on top of fish, making sure all of the fish is coated. Cover and refrigerate 30-60 minutes.
- › Line a broiler pan or baking sheet with aluminum foil. Turn broiler on high and place the oven rack a minimum of 6 inches below the heating element.
- › Place salmon on the foil and broil for 6-10 minutes, depending on how thick your fillets are. You do not need to flip the fish. If the glaze on the salmon starts burning, place the pan on a lower rack in the oven.
- › Remove fish from oven and top with sesame seeds and chopped green onions.
- › Serve with wok-fried vegetables.

## PISTACHIO OREGANO PESTO

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Pistachios add a lovely flavor and color to this pesto, a sauce that is perfect with roasted, grilled, or steamed fish. Pistachios are a tree nut with many health benefits that have been part of the human diet for thousands of years. They are high in plant protein and half their carbohydrate content comes from fiber; they also contain magnesium, potassium, phosphorus, and B vitamins, and are relatively low in calories. Pistachios also contain several antioxidant compounds such as lutein and zeaxanthin. They are good for eye health and have been shown to lower levels of cholesterol, blood sugar, and blood pressure, all of which are important for heart health. This recipe is also high in omega-3s from the anchovy fillet, so this dish will stimulate your ECS and help your heart as well!

**Note:** Pesto can be refrigerated for 5–7 days. Top the pesto with a slight film of olive oil to keep it from turning brown.

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 1¼ CUPS

### INGREDIENTS:

- › ¾ cup pistachio kernels (92.25 g / 3.25 oz), coarsely chopped
- › 2 large cloves garlic (7.5 g / 0.25 oz), roughly chopped
- › 1 anchovy fillet (4 g)
- › ½ cup oregano leaves (24 g / 0.8 oz)
- › 2 T fresh lemon juice (30 mL / 1 fl oz)
- › ¾ cup extra-virgin olive oil (177.5 mL / 6 fl oz)
- › Freshly ground black pepper

### DIRECTIONS:

- › Preheat the oven to 350°F (175°C). Spread the pistachios on a small baking sheet or pie pan. Toast until lightly browned, about 5 minutes. Let cool completely.
- › In a food processor, combine the pistachios with the garlic, anchovy, oregano leaves, and lemon juice. Pulse to chop.
- › Add the olive oil and pulse to form a coarse sauce. Season with salt and pepper. Store refrigerated.

## AVOCADO MOUSSE WITH SMOKED SALMON

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Avocado mousse is great as a substitute for mayonnaise; it is also a fantastic dipping sauce, elevates your hors d'oeuvres, and of course, makes perfect avocado toast.

Avocados are high in healthy monounsaturated fats and contain B vitamins along with vitamins K, C, and E, lutein, and fiber, as well as potassium (more than in a banana). Avocados are cholesterol free, and avocado extract can help lower cholesterol and reduce inflammation, assist with losing weight, and even inhibit the growth of cancer cells in the laboratory. What I love most about this recipe is the high amount of healthy fats (like oleic acid from the avocado and olive oil) and the omega-3 fatty acids that enhance the ECS, courtesy of the tasty salmon. Terrific!

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 1½ CUPS

**Note:** If you are using the oven for other things, the crostini can be baked for 10–12 minutes at 350°F (176.5°C) or 8–10 minutes at 400°F (204.5°C). Crostini can also be cooked on the grill over direct heat.

### INGREDIENTS:

#### *MOUSSE*

- › 2 large avocados (210 g / 7 oz each), pitted and peeled
- › ¼ tsp. sea salt + more as desired
- › Juice of 1 fresh lime (2 T / 30 mL / 1 fl oz)
- › ⅛ tsp. cayenne pepper

#### *CROSTINI*

- › 1 baguette

- › 2–3 T extra-virgin olive oil (29.5–44.25 mL / 1–1.5 fl oz), as needed
- › Flaky sea salt
- › Smoked salmon

## **DIRECTIONS:**

### *TO MAKE THE MOUSSE:*

- › Place avocado flesh and salt in a food processor; pulse until the avocado looks like it was mashed with a fork.
- › Add the lime juice and cayenne. Let food processor run for a full minute or two until the avocado mixture is smooth and silky. Taste; add more salt, lime juice, or cayenne as desired. Remove from processor and refrigerate until ready to use.

### *TO MAKE CROSTINI:*

- › Preheat oven to 450°F (232°C). Slice the baguette diagonally into slices no thicker than ½ inch. Lightly brush each side of the bread with olive oil.
- › Lay the slices on the baking sheet and sprinkle lightly with sea salt. Bake on the middle rack for 6–9 minutes until crisp and golden on top. Remove from pan.

### *TO SERVE:*

- › Top each crostino with some of the mousse and a piece of the smoked salmon.



CAULIFLOWER PANCAKES WITH SMOKED SALMON, AVOCADO, & EGGS

**THE SURPRISING FLAVOR OF THESE SAVORY CAULIFLOWER PANCAKES ELEVATES YOUR BREAKFAST OR DINNER TO A NEW LEVEL.**

This recipe is a salute to salmon! Fish have been part of human nutrition since prehistoric times, and in recent decades, fish consumption per capita has gone up all over the world. Salmon varieties are usually classified according to which ocean they live in—Pacific versus Atlantic; varieties include Chinook (largest), Sockeye (smallest), Coho, Pink, and Chum. Salmon is a high-quality protein that provides potassium, selenium, B12, and antioxidants like astaxanthin. It is also high in EPA and DHA omega-3 fatty acids; their anti-inflammatory, triglyceride-lowering, and ECS-stimulating effects make salmon a true superfood!

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 35 MINUTES

**YIELDS:** 4 SERVINGS

**INGREDIENTS:**

*PANCAKES*

- › 1 large head cauliflower (840 g / 29.6 oz), cut into florets
- › ½ cup whole wheat or all-purpose flour (62.5 g / 2.25 oz)
- › 2 large eggs, beaten
- › 4 large cloves fresh garlic (2 T / 15 g / 0.5 oz),  
minced
- › ¼ cup green onions (25 g / 0.88 oz), minced, plus more for garnish
- › ½ tsp. salt
- › ½ tsp. freshly ground black pepper
- › Olive oil

*TOPPINGS*

- › 2 avocados (210 g / 7 oz each), peeled, pitted, and sliced
- › 6 oz smoked salmon (about 113 g / 0.4 lb.), divided into 4 portions
- › Poached eggs (either chicken or quail eggs)

**Note:** Quail eggs, which are much smaller than chicken eggs, work great for these pancakes. They can be found at some food co-ops, health food stores, farmer's markets, or upscale grocery stores.

**DIRECTIONS:**

*PANCAKES*

- › Bring a large pot of salted water to a boil. Add the cauliflower florets and cook just until fork tender, about 2–5 minutes. Drain.
- › Chop the cauliflower into very small pieces (or pulse in a food processor). Measure out 4 cups of chopped cauliflower.\*

- › Combine the cauliflower, flour, eggs, garlic, green onions, salt, and pepper. Line a platter with paper towels.
- › Add only enough olive oil to a nonstick skillet to just coat the bottom of the pan. Heat over medium heat. Working in batches, scoop ¼ cup portions of the cauliflower mixture into the pan and flatten slightly with a spatula.
- › Cook the pancakes for 2–3 minutes until golden brown on the bottom. Flip and cook for an additional 2–3 minutes. Transfer the cooked fritters to the paper-towel-lined platter.

*\*Save any remaining chopped cauliflower to use in pizza crust, cauliflower mash, cauliflower tots, and so on; it can also be frozen.*

#### *ASSEMBLY*

- › Place 2–3 pancakes on a serving plate. Top with avocado slices, 1 portion of the smoked salmon, and 1–2 poached eggs.
- › Garnish with chopped green onions.

## CHIA SEED PANCAKES

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### **CHIA SEEDS HELP MAKE PANCAKES HEALTHY! TOP WITH BANANA, BERRIES, AND MAPLE SYRUP FOR A COMPLETE AND DELICIOUS START TO THE DAY.**

Chia seeds are one of the healthiest foods on the planet. They come from the chia plant (*Salvia Hispanica*), and the name “chia” is derived from the ancient Mayan word for “strength.” They are packed with plant protein, omega-3 fatty acids, calcium, manganese, magnesium, phosphorus, and antioxidants. Another benefit of these spectacular seeds is that almost all their carbohydrate content is from fiber, so they actually end up being low in carbohydrates. They can help satiate you as they absorb water in your stomach and expand in size up to ten times to keep you full. More to come on these incredible little seeds with the next chia recipe.

**Note:** Pancakes can be made ahead of time and frozen. Reheat in the toaster or microwave.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** ABOUT 10 PANCAKES

#### **INGREDIENTS:**

- › 1½ cups all-purpose flour (187.5 g / 6.75 oz)
- › 1 T baking powder (14 g / 0.5 oz)
- › 1 tsp. sea salt
- › 3 T chia seeds (30.4 g / 1 oz)
- › 1 tsp. cinnamon
- › 1½ cup almond milk (375 mL / 12 fl oz)
- › 3 T maple syrup (63 g / 2.2 oz)

- › 1 tsp. apple cider vinegar
- › 1 tsp. vanilla extract
- › Maple syrup, banana slices, and berries for garnish

**DIRECTIONS:**

- › Mix the flour, baking powder, sea salt, chia seeds, and cinnamon together in a bowl.
- › Add the almond milk, maple syrup, vinegar, and vanilla extract. Mix until everything is just moistened. Do not overmix.
- › Let the mixture sit for 10 minutes so the chia seeds have time to swell.
- › Heat a griddle or nonstick pan. Spray lightly with nonstick spray. Scoop ¼ cup portions onto the griddle or pan. Cook until bubbles appear in the middle of each pancake.
- › Flip and cook for another 3–5 minutes.
- › Serve hot, topped with maple syrup and fresh fruit.

## GARLICKY SPINACH & WHITE BEAN PASTA

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Anchovies are a fantastic little oily fish packed with the omega-3 fatty acids EPA and DHA, which can reduce inflammation and stimulate the ECS. They are also high in vitamin B3 (a.k.a. niacin), which helps lower cholesterol, vitamin A, which is important for vision and immune function, and antioxidant vitamin E, along with potassium, calcium, selenium, and iron. Anchovies are also a great source of protein that adds a real Mediterranean flavor to this dish. If you like pasta with garlic and olive oil sauce, the addition of anchovies and walnuts will elevate your recipe and provide omega-3s as a bonus.

### **Notes:**

- Once anchovies melt into the olive oil, they lose their briny, fishy taste and get a nutty, umami flavor.
- Feel free to add black olives, sun-dried tomatoes, or roasted red peppers to the recipe.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 8 oz of whole grain penne
- › ¼ cup extra-virgin olive oil (59 mL / 2 fl oz)
- › 6 large cloves garlic (22.5 g / 0.75 oz),  
peeled and thinly sliced
- › ¼ tsp. crushed red pepper flakes
- › One 2-oz tin of anchovies, drained and chopped
- › 6 oz baby spinach (170 g)
- › One 15-oz can white beans, drained and rinsed

- › ⅓ cup walnuts (38.6 g / 1.4 oz), toasted and chopped
- › Salt and pepper to taste
- › Parmesan, crumbled goat cheese, or feta cheese for garnish

## **DIRECTIONS:**

- › Bring a large pot of salted water to a boil. Cook penne according to the package directions until al dente. Drain the pasta, reserving ¼ cup of pasta water, and return the pasta to the pot.
- › While pasta is cooking, heat olive oil in a nonstick skillet over medium heat. Add the garlic and red pepper flakes and cook 1–2 minutes until garlic is just starting to get a hint of color.
- › Stir in the anchovies. Cook, stirring constantly and mashing the anchovies down with a spatula, until the anchovies have melted into the oil, about 2–3 minutes more.
- › Add the garlic-anchovy mixture to the pasta in the pot. Place pot on burner on medium heat. Add the spinach, white beans, and reserved pasta water. Cook until penne is warmed through and spinach is wilted, stirring occasionally.
- › Taste and add salt and pepper as desired.
- › Top each serving with some of the toasted walnuts and cheese.

## CHIA SEED PUDDINGS

Chia seeds are about 14 percent protein, which is quite a high amount compared to most plants, and can therefore help increase satiety and reduce snacking. Despite containing phytic acid, which can reduce the absorption of calcium, chia seeds also contain calcium, magnesium, and phosphorus, all of which are important for bone health. Most importantly, chia seeds are high in the plant omega-3 ALA, which can reduce inflammation, lower the risk of heart disease, and stimulate the ECS all at the same time.

This pudding is a great snack that will satisfy your between-meal cravings.



**PREP TIME:** 5-10 MINUTES

**CHILL TIME:** 2 HOURS OR MORE

**YIELD:** 2 SERVINGS

**INGREDIENTS:**

*VANILLA CHIA PUDDING*

- › 1 cup almond or coconut milk (250 mL / 8.4 fl oz)
- › ½ cup chia seeds (86 g / 3 oz)
- › 2 tsp. honey
- › ½ tsp. vanilla
- › Fresh fruit for garnish

*CHOCOLATE CHIA PUDDING*

- › ¼ cup cocoa powder (34 g / 1.2 oz)
- › 2 T maple syrup or agave nectar (42 mL / 1.5 fl oz)
- › 1 tsp. vanilla
- › ⅛ tsp. salt
- › 1 cup almond or coconut milk (250 mL / 8.4 fl oz)
- › ⅓ cup chia seeds (57 g / 2 oz)
- › Coconut whipped cream and/or fresh berries for garnish

*STRAWBERRY CHIA PUDDING*

- › 1 cup almond or coconut milk (250 mL / 8.4 fl oz)
- › ¼ cup chia seeds (43 g / 1.5 oz)
- › 2 tsp. honey
- › ½ cup strawberries (116 g / 4.1 oz), mashed
- › Sliced almonds for garnish

**DIRECTIONS:**

*VANILLA PUDDING*

- › Pour ingredients into a jar or bowl and mix well. Let rest for 2–3 minutes.
- › Mix again until no visible clumps of seeds remain. Cover and refrigerate for a minimum of 2 hours.
- › Divide into 2 portions and top with fresh fruit.

*CHOCOLATE PUDDING*

- › Sift the cocoa powder into a medium bowl. Add the maple syrup, vanilla, and salt and whisk until mixture is smooth.
- › Add the almond or coconut milk and whisk to combine. Add chia seeds and whisk again.
- › Cover and refrigerate until the mixture's texture resembles pudding, at least 4 hours and preferably overnight.
- › Divide into 2 portions and top with whipped cream and fresh berries.

#### *STRAWBERRY PUDDING*

- › Combine milk, chia seeds, and honey in a bowl and mix well. Let rest for 2–3 minutes.
- › Mix again until no visible clumps of seeds remain. Cover and refrigerate for a minimum of 2 hours.
- › Add the mashed strawberries to the pudding and stir to combine.
- › Divide into 2 portions and garnish with sliced almonds.

## POWER SALAD WITH BAKED TOFU

Tofu is made of condensed soy milk and has been used in Chinese cuisine for thousands of years. It definitely has many health benefits as it contains all the essential amino acids, as well as calcium, selenium, magnesium, phosphorus, copper, iron, and zinc, along with plant estrogens that can reduce inflammation in blood vessels and reduce risk of cancers in some populations. Soy may help with menopausal symptoms, brain function, bone health, and skin elasticity. Unfortunately, a lot of soy in the USA is made from genetically modified (GMO) crops and contains phytates that reduce absorption of the minerals zinc, calcium, and iron, as well as compounds that inhibit the digestion of protein. I would therefore suggest not making soy your only dietary source of plant protein—be sure to explore the many other types.

Together with the hemp seeds in this recipe, the tofu gives you omega-3s, making this a most satisfying and ECS-stimulating salad.

**PREP TIME:** 20 MINUTES

**COOK TIME:** 40 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 4 SERVINGS

**INGREDIENTS:**

*SALAD DRESSING\**

- › 6 T almond butter (66 g / 2.4 oz)
- › 2 T white miso paste (33.2 g / 1.15 oz)
- › 2 T maple syrup (42 mL / 1.5 fl oz)
- › 2 T apple cider vinegar (29.5 mL / 1 fl oz)
- › 2 T tamari sauce (36 mL / 1.3 fl oz)
- › 2 tsp. freshly grated ginger
- › 1 tsp. sriracha
- › ¼ cup water (59 mL / 2 fl oz) + more as desired

*SALAD*

- › One 14-oz package extra firm tofu, pressed for 30 minutes (see note)
- › 1 head romaine lettuce (626 g / 22 oz),  
chopped
- › 1 cup purple cabbage (70 g / 2.5 oz),  
shredded
- › 1 cup (149 g / 5.3 oz) red bell pepper (1 large pepper), diced
- › ½ cup carrot (55 g / 2 oz), shredded
- › ½ cup green onions (57.5 g / 2 oz), sliced
- › ½ cup cilantro leaves (8 g / 0.3 oz)
- › ½ cup roasted cashews or almonds (71.5 g /  
2.5 oz)
- › 2 T black sesame seeds (18 g / 0.6 oz)
- › 2 T hemp seeds, a.k.a. hearts of hemp (20 g /  
0.7 oz)

*\*Or use your favorite purchased salad dressing.*

**DIRECTIONS:**

- › Whisk together all of the ingredients except water in a small bowl. Whisk in ¼ cup water. If dressing is too thick, add more water 1 tablespoon at a time until desired consistency is reached. Set aside.
- › Preheat oven to 400°F (204.5°C). Slice the tofu into 8 slices and place the slices on a parchment-lined baking sheet. Drizzle them with 2 tablespoons of the dressing, turning them to coat. Bake tofu for 20 minutes. Turn over and bake for an additional 20 minutes or until the edges just begin to brown. Remove from oven and drizzle tofu with another tablespoon of dressing, spreading to coat each piece.
- › While tofu is baking, toss the romaine, cabbage, red pepper, green onions, and cilantro leaves in a large bowl. Divide onto 4 plates or bowls. Top each with ¼ of the cashews, sesame seeds, and hemp seeds. Drizzle desired amount of dressing on each serving.

**Note: How to press tofu**

- Wrap the block of tofu in a clean tea towel then put it on a large plate with a lip.
- Put something heavy on top, such as a frying pan. Weigh it down more with cans and jars, and leave for 30 minutes.
- The tofu will be about two-thirds its original thickness, and up to 100 mL water will have been removed.

## THAI SALMON FISH CAKES

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### **THIS RECIPE CHECKS ALL THE RIGHT BOXES!**

You have the cholesterol-lowering and cancer-preventing properties of garlic and onions, the healthy omega-9 fats from olive oil, and the anti-inflammatory and ECS-stimulating effects of both the turmeric in the red curry paste and omega-3 fatty acids courtesy of the salmon fillets. Quick and easy to prepare, these fish cakes taste like delicious restaurant takeout and make a great appetizer or meal.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 12 CAKES

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**Note:** Adding the rice flour at the very end instead of processing it with the other ingredients keeps the mixture from becoming gluey from the starch, which would result in a tough fish cake.

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### **INGREDIENTS:**

- > 3 T red curry paste (50 g / 1.75 oz)
- > ¼ cup cilantro leaves (4 g / 0.15 oz)
- > 2 cloves garlic (7.5 g / 0.25 oz), roughly chopped
- > 3 green onions (15 g / 0.5 oz each), chopped (include both white and green parts)
- > 1 T fish sauce (14.75 mL / 0.5 fl oz)
- > 1 T lime juice (15 mL / 0.5 fl oz)
- > 1 egg
- > 1 lb. skinless salmon fillets\* (453.5 g / 16 oz), cut into chunks
- > ¼ cup rice flour or cornstarch (40 g / 1.4 oz)
- > 4-6 T oil (59-73.75 mL / 2-3 fl oz)  
[either olive, canola, or sunflower oil]

- › Cilantro leaves, lime wedges, and sweet chili sauce for garnish

*\*Firm white fish can be substituted for the salmon (i.e., tilapia, cod, snapper, trout, monkfish, etc.).*

### **DIRECTIONS:**

- › Place curry paste, cilantro leaves, garlic, green onions, fish sauce, lime juice, and egg in bowl of a food processor. Process until well mixed.
- › Add the salmon chunks and pulse until salmon is incorporated but some larger pieces still remain.
- › Transfer to a bowl and stir in the rice flour. Measure  $\frac{1}{4}$  cup of the mixture and press to desired thickness. There will be 12 patties.
- › Heat enough oil to cover the bottom of a nonstick skillet over medium high heat.
- › Place fish cakes into the pan in batches, adding more oil if necessary. Cook until golden brown on the bottom, about 2 minutes. Turn and cook 2 minutes more. Transfer cakes to a paper-towel-lined plate.
- › Transfer to a serving platter and serve with lime wedges, cilantro leaves, and chili sauce.



## WALNUT-CRUSTED AHI TUNA SALAD

**NOT ALL SALADS HAVE TO BE BORING. AHI TUNA, WALNUTS, AVOCADO, AND MANGO MAKE A TASTY, SATISFYING, AND HEALTHY MEAL.**

In addition, walnuts are a superb food. They contain more antioxidants (including vitamin E and polyphenols) than any other commonly consumed nut, substances that reduce inflammation and risk of cancer in the body. Walnuts are important for microbiome/gut health, since eating them increases levels of the fatty acid butyrate, nourishing the intestine. They have significant positive effects on blood pressure, blood sugar, brain health, and weight management, and are high in plant omega-3s like ALA (alpha-linolenic acid) that both stimulate the ECS and fight inflammation.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 2-4 SERVINGS

**INGREDIENTS:**

*AHI TUNA*

- › Two 3-oz tuna steaks (85 g)
- › 1 tsp. + 1 T olive oil or walnut oil (14.75 mL / 0.5 fl oz)
- › Salt
- › Freshly cracked black pepper
- › ½ cup walnuts (58.5 g / 2 oz), very finely chopped or ground

*WALNUT SALAD DRESSING*

- › ¼ cup (29 g / 1. oz) walnuts, chopped and lightly toasted
- › ¼ cup water (59 mL / 2 fl oz)
- › 2 T sherry vinegar (29.5 mL / 1 fl oz)
- › ½ tsp. sea salt
- › ⅛ tsp. black pepper
- › ¼ cup olive oil (59 mL / 2 fl oz)
- › ¼ cup walnut oil (59 mL / 2 fl oz)

*SALAD*

- › 1 head butter lettuce (163 g / 5.75 oz)
- › 1 avocado (210 g / 7 oz), pitted, peeled, and sliced
- › 1 cup cherry tomatoes (149 g / 5.3 oz), cut in half
- › 1 fresh mango (150 g / 5.3 oz), cut into cubes

**Note:** Ahi tuna, also known as yellowfin, is moist, supple, and best served lightly seared on the outside, leaving the inside tender and rare in the middle.

**DIRECTIONS:**

- › Rub each with ½ teaspoon oil and season with salt and pepper. Press the walnuts onto the steaks. Let steaks come to room temperature and press walnuts again.

While steaks are resting, make the salad dressing and plate the salad as desired.

- › For the salad dressing: Put all ingredients except the oils into a blender or food processor and process until well combined. With the machine running, gradually add the olive and walnut oils and process until well blended. Refrigerate until ready to serve.
- › Heat remaining 1 tablespoon of oil in a nonstick skillet over medium heat until sizzling. Add steaks and cook until lightly browned on the bottom, about 2 minutes. Turn steaks over and cook an additional 2 minutes or until desired doneness is reached. Remove from pan and let rest for 5 minutes.
- › Meanwhile, add desired amount of dressing to each salad. Slice the tuna steaks and place on top of each salad.

## BASIL

ORZO WITH PARMESAN AND BASIL

BASIL-INFUSED MAYONNAISE

SPICY SALMON BASIL BURGERS

FRESH SPAGHETTI SAUCE WITH BASIL

BASIL OIL

FRESH TOMATO BASIL SOUP

[THAI BASIL BEEF](#)

CUCUMBER AGUA FRESCA

TOMATO, BASIL, AND FETA SALAD

BASIL PISTACHIO PESTO



Also known as “great basil,” this is another herb packed with goodness and cannabinoids. It is native to tropical regions like Central Africa and Southeast Asia, and its leaves have a strong, sweet smell. A member of the mint family, it is used extensively in Italian and Asian cuisine in dishes such as pesto sauce and Thai basil chicken. There are many different types of basil, though the one most commonly used is sweet basil, often found in delicious Italian dinners. There are also lemon basil, Thai basil, and holy basil varieties, to name but a few.

Historically, basil has been used for millennia in India’s traditional Ayurvedic medicine as a warming herb to help balance the *doshas*. Ayurveda is a system of medicine that originated in India thousands of years ago and has a rich herbal tradition. According to legend, a Hindu god came to earth in the form of a king and taught the secrets of medical knowledge to a group of physicians. A central concept in Ayurveda is the three substances or *doshas* (*vata*, *pita*, and *kapha*) that are present in one’s body. *Vata* is dryness and movement of the body. *Pita* represents heat and moistness. *Kapha* is associated with heaviness and lubrication and is the nourishing element of the body. Ayurveda teaches that imbalance of these elements results in illness and disease.

Classical Ayurveda also recognizes eight “components” in the practice of medicine; five of the eight are internal medicine, pediatrics, surgery, toxicology, and ear, nose, and throat medicine. You might recognize that these are similar

to the medical specialties we have in Western medicine. But Ayurveda has other components that have no Western medical counterparts, such as the pacification of spirits that have possessed someone's mind, tonics to increase lifespan and life force, and aphrodisiacs to increase sexual pleasure. Recent studies have shown several benefits of using basil, including keeping your respiratory tract healthy and aiding with sleep. These benefits are thought to be due to basil's essential oils, which are made of volatile chemicals like linalool, estragole, cineole, and eugenol. Basil also contains antioxidants such as flavonoids and anthocyanins.

Holy basil's health benefits when eaten include the following:

- Holy basil contains multiple compounds that have killed skin, liver, and lung cancer cells in laboratory tests.
- Holy basil is an adaptogen, which is an herbal medicine that helps the body adapt better to stress.
- Due to its high amounts of antioxidants that can prevent free radical damage in the liver, brain, and heart, holy basil may also have anti-aging properties.<sup>19</sup>
- Holy basil contains the terpene beta-caryophyllene, which has a direct effect on CB-2 receptors, resulting in anti-inflammatory and pain-reducing effects on the body.<sup>20</sup>

Adaptogens are one of the main types of herbs I use in my clinical practice. Chronic stress is associated with many health issues, and although Western medicine doesn't really

have medication to help cope with the daily stresses of modern life, nature gives us many herbs from around the world that can aid our stressed bodies and increase resilience. Herbs such as panax ginseng, rhodiola, ashwagandha, and eleuthero have been used for centuries as adaptogens in health tonics by traditional healers all over the globe. Basil is another member of this illustrious group, with the power to help restore balance to the stressed-out body.

**19 Yvette Brazier, “Health Benefits of Basil,” Medical News Today, December 16, 2019:**

**<https://www.medicalnewstoday.com/articles/266425>**

**20 Gertsch, Pertwee, and Di Marzo, “Phytocannabinoids,” 523-529.**

## ORZO WITH PARMESAN AND BASIL

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This dish brings Mediterranean flavors to mac and cheese! The nice thing about this recipe is that it offers some substitutions that allow for healthier versions of this classic pasta dish. Use olive oil instead of butter to swap less healthy saturated fats for healthier monounsaturated fats, and make your meal even more nutritionally rich by utilizing high fiber whole grain orzo. Using a reduced fat Parmesan and adding lots of cannabinoid-rich basil will give you a nice serving of protein and excite your ECS all at the same time!

**Note:** This recipe can easily be doubled.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- › 2 T butter\* (22 g / 0.8 oz)
- › 1 cup uncooked orzo pasta (210 g / 7.4 oz); or optionally use whole grain orzo
- › One 14.5-oz can chicken broth\* (430 mL)
- › ½ cup Parmesan cheese\* (50 g / 1.75 oz), grated
- › ¼ cup fresh basil (3.5 g / 0.13 oz), chopped
- › Salt and pepper to taste
- › 2 T fresh basil (4.2 g / 0.15 oz), chopped, for garnish

*\*Replace chicken broth with vegetable stock to make the dish vegetarian; for vegan pasta, use olive oil instead of butter and substitute vegan cheese for the Parmesan.*

### DIRECTIONS:

- › Melt butter in a medium saucepan over medium high heat. Stir in orzo and sauté until lightly browned.

- › Stir in chicken broth and bring to a boil. Cover and reduce heat; simmer until orzo is tender and liquid is absorbed, about 15–20 minutes.
- › Mix in Parmesan and basil. Season with salt and pepper. Transfer to a bowl and garnish with freshly chopped basil.

## BASIL-INFUSED MAYONNAISE

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### **WITH JUST A FEW SIMPLE INGREDIENTS, YOU HAVE A VERSATILE CONDIMENT!**

Mustard is made from the seeds of the mustard plant, which is native to the Mediterranean and related to vegetables like broccoli, cabbage, and Brussels sprouts. It has been used since ancient Greek and Roman times as a medicine and contains significant amounts of vitamins A, C, and K, along with fiber, selenium, magnesium, and manganese. Mustard is a great source of sulfur-containing compounds called glucosinolates that are potent antioxidants, reduce inflammation, and have been shown to help kill cancer cells in animal and test tube studies. Together with the cannabinoid-rich basil, this condiment can be enjoyed as a topping or dip any time.

**Note:** Use as a French fry dip, a burger sauce, a sandwich spread, or as a dipping sauce for shrimp, asparagus, and other vegetables.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:**  $\frac{2}{3}$  CUP

#### **INGREDIENTS:**

- ›  $\frac{1}{4}$  cup basil (3.5 g / 0.13 oz), chopped
- › 2 cloves garlic (7.5 g / 0.25 oz), peeled and roughly chopped
- › 1 tsp. white wine vinegar\*
- › 1 tsp. yellow mustard
- ›  $\frac{2}{3}$  cup mayonnaise (can be vegan)

*\*Optionally substitute fresh lemon juice for the white wine vinegar.*

**DIRECTIONS:**

- › Add all ingredients to the bowl of a food processor and blend until smooth.
- › Alternatively, to prepare without using a food processor, mince the basil and garlic as finely as possible. Whisk the basil and garlic with the vinegar, mustard, and mayonnaise.

## SPICY SALMON BASIL BURGERS

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### **THESE BURGERS MADE WITH FISH ARE PACKED WITH FRESH AND SPICY FLAVORS.**

What is sriracha? It's a Thai hot sauce made from chili pepper, vinegar, and garlic with some sugar and salt.

This recipe includes healthy omega-3 fatty acids from salmon, monounsaturated fats in the olive oil, antioxidants from the chili peppers, lemon, and onion, and cannabinoid-rich basil and black pepper to produce an entourage effect and really stimulate your ECS—perfect!

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 6 BURGERS

### **INGREDIENTS:**

- › 1<sup>3</sup>/<sub>4</sub> lbs. wild-caught salmon fillet (294 g / 28 oz), skin removed
- › 3<sup>1</sup>/<sub>2</sub> cups basil leaves (48 g / 1.7 oz), loosely packed
- › 2 T lemon zest (zest of 2 lemons)
- › 2 T fresh lemon juice (30 mL / 1 fl oz)
- › ½ cup green onion (50 g / 1.75 oz), chopped
- › 2 tsp. sriracha hot sauce\*
- › 1½ tsp. salt
- › 1½ tsp. sugar
- › ½ tsp. black pepper
- › Oil for the pan (choose olive, grapeseed, or sunflower oil)
- › Toasted burger buns, lettuce, and tomato slices for serving

*\*If you don't like spice, you can reduce or eliminate the amount of sriracha.*

### **DIRECTIONS:**

- › Break the salmon into large chunks and place in food processor. Add the basil to the bowl. Pulse until salmon and basil are just broken down into small pieces.
- › Add the lemon zest, lemon juice, green onions, sriracha, salt, sugar, and pepper. Pulse until the mixture is smooth. Divide the mixture into 6 portions and shape into burger patties.
- › Heat a large nonstick skillet over medium high heat. Coat bottom of pan with oil. When oil is hot, add the burgers to the pan and cook until the bottoms are golden brown, about 2-3 minutes. Turn over and sauté on the other side until golden brown.
- › Serve on buns with lettuce and tomato slices.



## FRESH SPAGHETTI SAUCE WITH BASIL

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This sauce is packed with the flavors of fresh tomatoes and basil, so no one will miss the meat! This great sauce has omega-3s from the canola oil and healthy monounsaturated fats in the olive oil, along with our allium family friends onions and garlic, which are packed with antioxidant, anti-inflammatory, and anticancer compounds. You get even more antioxidants with the tomatoes and parsley, and a nice helping of the cannabinoid beta-caryophyllene from both the basil and black pepper for a strong entourage/cascade effect.

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**Note:** To peel tomatoes: Bring a pot of water to a boil. Use a paring knife to cut an X in the bottom of the tomato, making sure to just break the skin and not cut too deeply. Place a fork in the stem end of the tomato. Using the fork as a handle, dip the tomato into the boiling water for 5–10 seconds. Remove from the water, then use the paring knife to grab each edge of the X and peel the skin off of the tomato.

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**PREP TIME:** 25 MINUTES

**TOTAL TIME:** 2 HOURS

**YIELDS:** 6 SERVINGS

### **INGREDIENTS:**

- › ¼ cup olive or canola oil (59 mL / 2 fl oz)
- › 1 cup onion (100 g / 3.53 oz), chopped
- › 6 large cloves garlic (3 T / 22.5 g / 0.75 oz), minced
- › 8 cups tomatoes (1.44 kg / 50.8 oz), peeled and coarsely chopped
- › ½ cup fresh basil (7 g / 0.25 oz), minced
- › ¼ cup fresh parsley (15.2 g / 0.6 oz), minced

- › 1½ tsp. salt
- › 1 tsp. black pepper
- › 1 tsp. sugar

**DIRECTIONS:**

- › Heat oil in a large saucepan or Dutch oven over medium heat. Add the onion and garlic and cook until onion is translucent, about 3-5 minutes.
- › Add tomatoes, basil, parsley, salt, pepper, and sugar and bring to a boil. Reduce heat, cover, and simmer for 1½ hours.

## BASIL OIL

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Basil oil is a great flavor booster drizzled over chicken, fish, steamed or grilled vegetables, or over just grilled bread. It is also delicious drizzled into tomato soup or gazpacho.

This recipe combines cannabinoid-rich basil with the cholesterol-lowering, antimicrobial, and cancer-fighting properties of garlic and healthy monounsaturated fats, courtesy of the olive oil. Add some salt and a little water, and you have a flavorful and healthy dressing.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 1 CUP

### **INGREDIENTS:**

- › 2 cups tightly packed basil leaves, with stems removed
- › 3 T water (44.5 mL / 1.5 fl oz)
- › 4 cloves garlic (15 g / 0.5 oz)
- › ½ tsp. salt
- › 1 cup mild olive oil (236.5 mL / 8 fl oz)
- › Optional: ¼ tsp. crushed red pepper flakes

### **DIRECTIONS:**

- › Place the basil, water, garlic, salt, and red pepper flakes in a food processor and pulse a few times, until basil is well chopped.
- › With the processor running, stream in the olive oil until the sauce is smooth. Store in the refrigerator. Flavors will be stronger on the second day.
- › Let the oil come to room temperature before using.

## FRESH TOMATO BASIL SOUP

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### **MAKING THIS HEALTHY SOUP IS A GREAT WAY TO USE UP THOSE SUMMER TOMATOES!**

This recipe is packed with antioxidants like vitamin C in the tomatoes and bell peppers, antimicrobial and anticancer compounds in the garlic and onions, and pain-reducing capsaicin in the paprika. Add some cannabinoid-rich black pepper to the basil to enhance the entourage effect in this powerful, great-tasting soup!

**Note:** Soup can be refrigerated up to five days or frozen for several months.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 30 MINUTES

**YIELDS:** 4 SERVINGS

#### **INGREDIENTS:**

- > 1 T olive oil (14.75 mL / 0.5 fl oz)
- > ½ cup (50 g / 1.77 oz), chopped
- > 1 red bell pepper (119 g / 4.2 oz), chopped
- > 4 cloves garlic (15 g / 0.5 oz), chopped
- > 2 T white wine vinegar (29.5 mL / 1 fl oz)
- > 7–8 cups tomatoes (1.26–1.44 kg / 44.5–50.8 oz), chopped
- > 2 cups vegetable broth (473 mL / 16 fl oz), divided
- > 1 tsp. honey
- > 1 tsp. salt
- > ½ tsp. smoked paprika
- > ½ tsp. black pepper
- > 1 cup basil leaves (24 g / 0.85 oz), loosely packed

#### **DIRECTIONS:**

- › In a medium size pot, heat the oil over medium heat. Add the onion and red pepper and sauté until the onion is translucent, about 5 minutes. Add the garlic and cook for 30 seconds. Add the white wine vinegar and cook until evaporated.
- › Add the tomatoes, honey, salt, paprika, pepper, and 1 cup of the vegetable broth. Bring to a simmer and cook for 15 minutes. Add the basil and use an immersion blender to puree the soup (or alternatively transfer soup to a blender and blend).
- › Add more of the remaining vegetable broth to reach desired consistency. Serve warm.



## THAI BASIL BEEF

Here is a healthy weeknight meal that's sure to be a hit with the family on Asian food night. This recipe provides you with leaner protein from the flank steak, healthy fats from the olive oil, and antioxidants galore from the garlic, onions, and peppers, along with support for healthy gut bacteria thanks to the fermented soy sauce. It also packs a high-cannabinoid punch from the basil.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 4 SERVINGS

**INGREDIENTS:**

- › 1 lb. flank steak (453.5 g / 16 oz), sliced across the grain in thin strips
- › 1 tsp. cornstarch
- › 2 tsp. soy sauce
- › 1 T olive or sesame oil (14.75 mL / 0.5 fl oz)
- › 1 large red pepper (164 g / 5.8 oz), cut into strips
- › 1 medium onion (170 g / 6 oz), cut into strips
- › 4 large cloves garlic (2 T / 15 g / 0.5 oz), minced
- › 1 cup Thai basil leaves\* (24 g / 0.85 oz)

*SAUCE*

- › 3 T low-sodium soy sauce (44.25 mL / 1.5 fl oz)
- › 1 T fish sauce (14.75 mL / 0.5 fl oz)
- › 1 T oyster sauce (14.75 mL / 0.5 fl oz)
- › ¼ cup water (59 mL / 2 fl oz)
- › 2 T brown sugar (26 g / 1 oz)
- › 2 green onions, chopped, and sesame seeds for garnish

*\*Substitute regular basil for the Thai basil if needed.*

**DIRECTIONS:**

- › Add beef, cornstarch, and soy sauce to a medium bowl and toss to coat. Marinate for 30 minutes.
- › Meanwhile, in a small bowl, whisk together all ingredients for the sauce. Set aside.
- › Heat oil in a large skillet over high heat. Remove beef from the marinade and sauté the beef until browned. Remove the meat from the pan and set aside.
- › Add red pepper and onion strips to the pan. Cook for 2–3 minutes until crisply tender. Add the garlic and cook for 1

minute more.

- › Add the beef to the pan along with the sauce. Cook until sauce has thickened slightly and coats all of the meat and vegetables.
- › Add the basil and cook until it is just wilted. Top with chopped green onions and sesame seeds.

## CUCUMBER AGUA FRESCA

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**AGUAS FRESCAS ARE LIGHT NONALCOHOLIC BEVERAGES MADE FROM ONE OR MORE FRUITS, CEREALS, FLOWERS, OR SEEDS BLENDED WITH A BIT OF SWEETENER AND WATER.**

Lemongrass, a tropical plant native to Southeast Asia, is used routinely in Thai cuisine. It has been used for centuries to relieve pain and reduce fever, and it is often found in soaps and candles due to its fresh scent. Lemongrass contains small amounts of protein along with iron, calcium, vitamin C, the antioxidant flavonoids, and the anti-inflammatory quercetin, and its essential oil has potent antibacterial and antifungal activity. This recipe calls for cannabinoid-rich basil both in the main ingredients and as a garnish to keep your ECS activated as you enjoy this refreshing drink.

**Note:** Using the whole lime lends a slight bitterness to the drink. If you are not a fan of any bitter flavor, use 2–3 ounces of fresh lime juice in place of the whole limes.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 4–6 SERVINGS

### **INGREDIENTS:**

- › 3 cups cucumber (399 g / 14 oz), cut into chunks
- › 10–15 basil leaves
- › 2 whole unpeeled limes, cut into quarters
- › 1 T lemongrass paste or fresh lemongrass (16.6 g / 0.58 oz)
- › ½ cup sugar (100 g / 3.6 oz)

- › ¼ cup honey (85.15 g / 3 oz)
- › 4 cups water (472 mL / 16 fl oz), divided
- › Ice for serving
- › Thinly sliced cucumbers, basil leaves, and lime wedges for garnish

**DIRECTIONS:**

- › In a food processor or blender, blend the cucumbers, basil, limes, lemongrass, sugar, honey, and 2 cups of the water until it is fairly smooth. There will be some chunkiness.
- › Place a fine mesh strainer over a bowl or pitcher and pour the agua fresca through the strainer. Press on the pulp to extract all of the juice. Discard the pulp.
- › Add the remaining 2 cups of water to the juice in the bowl or pitcher. Stir well. Store refrigerated.
- › When ready to serve, pour over ice and garnish each glass with thinly sliced cucumbers, basil leaves, and a lime wedge.

## TOMATO, BASIL, AND FETA SALAD

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This simple, light, and refreshing salad is not only full of flavor, it is packed with antioxidants like lycopene from the tomatoes and anthocyanins in the onions, together with the olive oil's healthy monounsaturated fats, protein from the feta cheese, and ribbons of cannabinoid-rich basil. Enjoy!

**Note:** To cut the basil into thin ribbons, stack the leaves on top of each other and roll them into a tight cigar shape. Cut across the cigar to desired width.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- › 6 Roma tomatoes (62 g / 2.2 oz each), diced
- › 1-1½ cups cucumber (133-199.5 g / 4.7-7 oz), peeled and quartered lengthwise
- › 3 green onions (15 g / 0.5 oz each), with both white and green parts chopped
- › ¼ cup fresh basil leaves (3.5 g / 0.13 oz), cut into thin ribbons
- › 3 T olive oil (44.25 mL / 1.5 fl oz)
- › 2 T balsamic vinegar (29.5 mL / 1 fl oz)
- › ¼ cup feta cheese (37.5 g / 1.33 oz), crumbled
- › Salt and pepper to taste

### DIRECTIONS:

- › In a large bowl, toss together the tomatoes, cucumbers, and green onions.
- › Whisk the olive oil and balsamic vinegar together. Pour over the vegetables.
- › Top with feta and toss again. Season with salt and pepper as desired.

## BASIL PISTACHIO PESTO

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**PISTACHIOS PROVIDE A TWIST ON THIS CLASSIC. USE THIS PESTO ON PASTA, OVER MEAT, FISH, AND SHELLFISH, OR AS A SALAD DRESSING.**

Traditional pesto is a mix of basil, olive oil, parmesan cheese, pine nuts, and salt. It is high in healthy monounsaturated fats but is also high in total calories, so moderation is definitely advised. Pesto also contains plant protein, vitamin C, and calcium, and is high in cannabinoids, courtesy of the basil leaves.

**ENJOY!**

**Notes:**

- Pesto can also be made in a blender. Blend all ingredients except the olive oil until chopped. With the blender running, stream the olive oil through the hole in the blender top. Blend until creamy.
- Pesto can be frozen in ice cube trays. After freezing, store frozen in a zipper-top freezer bag. Just take out and thaw a few cubes at a time as needed.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

**YIELDS:** 1 CUP

**INGREDIENTS:**

- › 3 cups fresh basil leaves (42 g / 1.5 oz)
- › ½ cup pistachio kernels (61.5 g / 2.2 oz)
- › ⅓ cup Parmesan cheese (33 g / 1.15 oz), grated
- › Juice and zest of 1 lemon\*
- › 1 large clove garlic (3.75 g / 0.13 oz)

- › ½ tsp. salt
- › ½ tsp. pepper
- › 1 cup olive oil (236.5 mL / 8 fl oz), divided into ¼ cup and ¾ cup

*\*1 lemon should yield about 1 tablespoon of zest and 3 tablespoons (45 mL / 1.5 fl oz) of juice.*

**DIRECTIONS:**

- › Set aside ¾ cup olive oil. Place remaining ¼ cup olive oil in the bowl of a food processor. Add all of the other ingredients except the reserved ¾ cup of olive oil in food processor and pulse several times to chop and combine the ingredients.
- › With the processor running, slowly drizzle in the reserved ¾ cup olive oil. Puree until smooth and creamy.
- › Taste and adjust salt and pepper as desired.



## TRUFFLES

FETTUCCHINE WITH TRUFFLE MUSHROOM SAUCE

MUSHROOM, BRIE, & TRUFFLE PIZZA

[PASTA WITH POACHED EGGS & TRUFFLE OIL](#)

RISOTTO WITH TRUFFLE & PARMESAN

TRUFFLE BUTTER

TRUFFLE FRIES WITH PARMESAN

[TRUFFLED SCRAMBLED EGGS WITH SMOKED SALMON](#)

TRUFFLE MASHED POTATOES

TRUFFLED ZUCCHINI NOODLES WITH ASPARAGUS

TRUFFLED SCALLOP APPETIZER

TRUFFLED BALSAMIC MUSHROOMS



Truffles are the fruit-like part of a particular fungus that grows underground near the roots of oak trees. There are multiple different truffle species, including black, winter, summer, and burgundy, to name but a few. They are highly prized in cooking and are even referred to by some chefs as the “diamond of the kitchen.” Their unique constellation of flavors and tastes must be why they have been used as a food for thousands of years.

The first mention of truffles used as food comes from 4,000-year-old Sumerian inscriptions that describe the eating habits of their sworn enemies, the Amorites. Hailing from what is now modern-day Syria, the Amorites were partial to using truffles in their cooking. The ancient Greeks thought truffles were made from lightning striking the warm, moist earth. Even the Romans used the Libyan desert truffle as a flavoring for many different dishes.

Truffles can take at least seven to ten years to colonize the underground roots of an oak, tree with which it shares a symbiotic relationship. The truffles help increase water and nutrient absorption by the roots of the oak while simultaneously obtaining nourishment from the tree. The average lifespan of a truffle-producing tree is about thirty years. Since World War II, the production of truffles has plummeted, which has caused prices to soar.

Perhaps the most fascinating part of the truffle story is that they are a favorite food of pigs, who can sniff them out as deep as three feet underground. You can actually see truffle pigs foraging for their favorite foods in the forests of

France. Using pigs to hunt for truffles has supposedly been done since Roman times, though dogs are now being trained to do the same because pigs have a habit of eating more of the truffles they find than humans can harvest.

One theory as to why pigs love finding and eating this particular fungus is that the male pig's pheromones smell similar to truffles. While that may be so, truffles have an interesting effect on the ECS that may also explain this intense attraction. Scientists in Italy have identified a component in black truffles they call the "bliss molecule," also known as anandamide—a cannabinoid we humans produce naturally in our bodies. The researchers have theorized that the truffles make anandamide not for their own use, but to attract animals like the pigs. When animals eat these little fungal fruits, they spread truffle spores all over the countryside in their droppings, causing more truffles to grow.<sup>21</sup>

Truffles have numerous health benefits:

- They are a balanced food that contains carbohydrates, protein, and fat.
- They supply minerals such as calcium, magnesium, manganese, and iron.
- They contain compounds that are antimicrobial, meaning they kill bacteria, viruses, and fungi
- They are a complete protein, meaning truffles contain the nine essential amino acids that your body needs but can't make on its own. Complete proteins are rare in the plant kingdom.

- They are high in antioxidants, including vitamin C and lycopene.
- Compounds in truffles have been shown to kill liver, lung, colon, and breast cancer cells in laboratory tests.<sup>22</sup>

**21 Nic Fleming, “Truffles Contain ‘Bliss’ Molecule,”**

**BBC, December 18, 2014:**

**<http://www.bbc.com/earth/story/20141221-truffles-contain-bliss-molecule>**

**22 Rachael Link, “6 Surprising Health Benefits of**

**Truffles.” Healthline, December 13, 2008:**

**<https://www.healthline.com/nutrition/truffles>**

## FETTUCCHINE WITH TRUFFLE MUSHROOM SAUCE

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### **THE TRUFFLE MUSHROOM SAUCE MAKES THIS PASTA DISH SO INDULGENT AND SATISFYING.**

Portobello mushrooms offer many health benefits, including high levels of the mineral selenium, which has antioxidant and anticancer properties, along with plant protein, B vitamins, fiber, copper, and potassium. A caveats about mushrooms: they can contain co-toxins and should always be eaten cooked. In addition, mushrooms contain purines, compounds that can worsen gout in people who suffer from that condition. All in all, though, mushrooms are still a delicious and healthy plant protein, and adding some ECS-stimulating truffle oil is sure to make this meal a hit.

**Note:** Feel free to add roasted asparagus cut into 1-inch pieces to this dish.

**PREP TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- > 1 T olive oil (14.75 mL / 0.5 fl oz)
- > ½ cup butter (113.4 g / 4 oz)
- > 1 cup portobello mushrooms (121 g / 4.3 oz) sliced
- > 1 cup shiitake mushrooms (97 g / 3.4 oz) sliced
- > ½ cup cream (112.5 mL / 4 fl oz)
- > 1 sprig fresh rosemary (leave whole)
- > ½ tsp. salt
- > ¼ tsp. black pepper
- > 1 tsp. white truffle oil
- > 8 oz fettuccini, cooked according to package directions

- › ½ cup Parmesan cheese (33 g / 1.15 oz), grated
- › 3 T parsley (11.4 g / 0.45 oz), chopped

**DIRECTIONS:**

- › Heat olive oil and butter in a large pan over high heat. Sauté mushrooms for 3–5 minutes until they are browning nicely.
- › Add the cream, rosemary sprig, salt, and pepper. Reduce heat to simmer for 20–25 minutes. Remove the rosemary sprig.
- › Remove pan from heat and whisk in the truffle oil. Add the cooked pasta and toss to coat.
- › Transfer to a serving bowl and sprinkle with Parmesan cheese and parsley.

## MUSHROOM, BRIE, & TRUFFLE PIZZA

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Brie is a nutrient-dense cheese packed with protein, lots of calories from saturated fat, the mineral calcium, and B vitamins. It forms a rind of edible white mold during the ripening process, so eating unpasteurized varieties should be avoided by pregnant women. This recipe makes an earthy white pizza topped with arugula and cannabinoid-rich truffles.

### **ENJOY!**

### **Notes:**

- Fresh pizza dough is available in many grocery stores.
- Each type of dough might cook slightly differently. Follow the time and temperature directions that come with the dough if they are available.
- Truffles can be purchased in a jar in upscale grocery stores. They keep for months in the refrigerator.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 12 oz fresh pizza dough (340 g)
- › 4 T olive oil (59 mL / 2 fl oz)
- › 8–12 oz mixed mushrooms: oyster, chanterelle, cremini, and/or shiitake (226.8–340.2 g)
- › 6 oz brie cheese (170 g), thinly sliced
- › 6 oz crème fraîche (170 g)
- › ¼ tsp. truffle salt (or coarse sea salt)
- › 1–2 oz truffles (28.3–56.7 g), chopped finely
- › Fresh arugula

### **DIRECTIONS:**

- › Preheat oven to 425°F (218°C). Divide dough in half; on a floured surface, press each half into a rectangular shape. Transfer each to a pizza screen or parchment-lined baking sheet.
- › Remove any woody stems and slice the mushrooms. Heat the olive oil in a large skillet over medium high heat until very hot. Sauté the mushrooms until browned. Remove from the heat and set aside.
- › In a small bowl, combine the crème fraiche, truffle salt, and chopped truffles.
- › Top each pizza with half of the crème fraiche mixture, half of the brie cheese slices, and half of the mushrooms.
- › Bake for 8-12 minutes until crust is golden brown and cheese is melted. Remove from oven and transfer to a cutting board or serving plates. Let cool for a few minutes, then top with fresh arugula.

## PASTA WITH POACHED EGGS & TRUFFLE OIL

Egg whites are a good source of complete protein, meaning that they contain all nine essential amino acids that our bodies can't make on their own. They also contain vitamins A, B6, B12, D, E, and K, along with zinc, copper, and iron. Eggs are a high-cholesterol food, so moderation is preferred when it comes to this tasty protein. Two tablespoons of anandamide-rich truffle oil will surely fire up your ECS and add wonderful flavor to this delicious dish.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- > 8 oz uncooked linguine
- > 1 T salt (13 g / 0.5 oz)
- > 4 large eggs
- > 1 tsp. vinegar
- > 4 T butter (44 g / 1.6 oz), softened
- > 2 T white truffle oil (29.5 mL / 1 fl oz)
- > 1/3 cup Parmesan cheese (33 g / 1.15 oz), freshly grated
- > Salt and black pepper to taste
- > Chives or parsley, freshly chopped, for garnish

### Notes:

- Use fresh eggs for poaching eggs. Egg whites turn runny with age, so the fresher the egg, the firmer the whites.
- The vinegar helps to keep the whites together as it firms up the egg proteins.

### DIRECTIONS:

- › Bring water to a boil in a large stockpot. Add the linguini and salt, stirring to combine. Cook according to package directions. When draining the pasta, reserve some of the pasta water.
- › While the pasta cooks, poach the eggs. Bring 2–3 inches of water to a simmer in a large skillet or sauté pan. Add 1 teaspoon of vinegar to the water. Crack each egg into a small ramekin and slide them individually into the simmering water. Cook 2–3 minutes for soft yolks. Remove the eggs with a slotted spoon. If the pasta isn't ready when the eggs are, hold in the eggs in a bowl filled with warm water.
- › Toss the cooked pasta with the butter, truffle oil, Parmesan, salt, and pepper. If it seems dry, add a bit of the pasta cooking water to loosen it up.
- › Divide the pasta among 4 bowls. Top each with a poached egg and garnish with chopped chives or parsley.

## RISOTTO WITH TRUFFLE & PARMESAN

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Arborio rice is a short grain rice that hails from the Piedmont region of Italy. It has a firm, creamy, and chewy consistency due to its contents: high amounts of the starch amylopectin, along with a little iron, vitamin B6, magnesium, and plant protein. This recipe contains two cannabinoids—anandamide from the truffles and beta-caryophyllene from the black pepper—to give your ECS a real kick via the entourage effect.

**Note:** If you feel the rice is not done after adding all of the stock, finish cooking with hot water.

**PREP TIME:** 20 MINUTES

**TOTAL TIME:** 1 HOUR

**YIELDS:** 4 SERVINGS

### INGREDIENTS:

- › 1 quart chicken broth (946 mL / 4 cups / 32 fl oz)
- › 3 T butter, divided into 1 T (11 g / 0.5 oz) for Step 2, and 2 T (22 g / 0.8 oz) for Step 4
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › ½ cup onion (60 g / 1 oz), minced
- › 1¼ cups Arborio rice (246.25 g / 8.7 oz)
- › ½ cup white wine (125 mL / 2.25 fl oz)
- › 2 T white truffle oil (29.5 mL / 1 fl oz)
- › ⅓ cup Parmesan cheese (33 g / 1.15 oz), grated
- › 1 T milk (15 mL / 0.5 fl oz)
- › Salt and black pepper to taste
- › 2 T fresh parsley (7.6 g / 0.3 oz), chopped

### DIRECTIONS:

- › Heat the chicken broth in a saucepan over medium high heat just until it reaches a simmer. Turn heat to low.

- › Meanwhile, heat 1 tablespoon of butter and the olive oil in a large saucepan over medium heat. Add the onion and cook until translucent. Add rice to the pan and stir to coat. Cook for 1-2 minutes, until rice is fragrant.
- › Add the wine and cook until the liquid is absorbed, about 5 minutes. Add 1 ladle of hot chicken broth to the rice, stirring constantly until the broth is absorbed. Continue adding 1 ladle of broth at a time until the rice is tender, but firm to the bite, stirring the rice continually throughout. This will take 20-30 minutes.
- › Add the remaining 2 tablespoons of butter, truffle oil, Parmesan cheese, and milk to the risotto; stir to fully combine. Season with salt and pepper to taste. Stir in parsley and serve immediately.

## TRUFFLE BUTTER

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Truffle butter is not intended to be used for cooking. When the truffles are heated, they lose their flavor and aroma. Use regular butter for cooking and add the truffle butter on top of the finished dish to give a nice serving of anandamide and get your ECS going.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 5 MINUTES

**YIELDS:** 1 CUP

### **INGREDIENTS:**

- › 1 cup butter (227 g / 8 oz), at room temperature
- › 2 T truffles, grated
- › 2 tsp. kosher salt

### **DIRECTIONS:**

- › Add the butter, truffles, and salt to a bowl and beat together. Use enough grated fresh truffles so they are equally distributed throughout.

## TRUFFLE FRIES WITH PARMESAN

---

Using an air fryer makes French fries crispy and cuts the fat. This recipe gives you carbohydrates from the potato fries, protein from the cheese, compounds with antioxidant, anticancer, and antimicrobial properties courtesy of the garlic and parsley, and a nice serving of cannabinoid-rich fats from the truffle oil.

### **Notes:**

Truffle butter can be:

- A topping on a freshly grilled steak or pork chops
- Added to Basmati rice or risotto
- Melted and drizzled over popcorn
- Spread on a toasted baguette
- Tossed with freshly cooked pasta

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 20 MINUTES

**YIELDS:** 6 SERVINGS

### **INGREDIENTS:**

- › One 26-oz bag frozen French fries, any style
- › ½ tsp. garlic powder
- › ½ tsp. salt
- › 2 T parsley (7.6 g / 0.3 oz), freshly chopped
- › ⅓ cup Parmesan cheese (33 g / 1.15 oz), freshly grated
- › 1-2 T white truffle oil (14.75-29.5 mL / 0.5-1 fl oz)

### **DIRECTIONS:**

- › Cook French fries in an air fryer until they have the desired crispness.

- › While French fries are cooking, combine the garlic powder, salt, chopped parsley, and Parmesan cheese in a small bowl.
- › Remove fries from the air fryer and place them in a large bowl. Add the truffle oil and toss. Add the parsley mixture and toss until evenly coated.

Alternatively:

- Bake the frozen French fries in the oven according to package directions.
  - Or cut 4 potatoes into French fries. Toss fries with 1-2 tablespoons olive oil and bake in the oven at 425°F (218°C) for 20 minutes or until starting to get crispy. Turn over and bake to desired doneness.
- › Melt the butter; add more if desired.
  - › Place the butter on plastic wrap or parchment paper and roll it tightly into a log. Refrigerate or freeze for future use.



## TRUFFLED SCRAMBLED EGGS WITH SMOKED SALMON

Truffle oil and healthy salmon make these decadent scrambled eggs richer in nutrients and antioxidants. The recipe also stimulates the ECS with three different substances: the beta-caryophyllene from the black pepper, the anandamide in the truffles, and the high omega-3s thanks to the salmon. Enjoy!

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 25 MINUTES**

**YIELDS: 4 SERVINGS**

**INGREDIENTS:**

- › 1½ T butter at room temperature (16.5 g / 0.6 oz)
- › 8 large eggs
- › ¼ cup half-and-half or milk\* (62.5 mL / 2 fl oz)
- › 1 tsp. salt
- › ½ tsp. black pepper
- › 1½ tsp. truffle oil\*\*
- › 4 slices brioche bread, toasted
- › 6 oz smoked salmon (170g)
- › Fresh chives finely chopped for garnish

*\*Substitute sparkling mineral water for the half-and-half to eliminate the dairy and still have fluffy eggs.*

*\*\*Use 2 tablespoons of truffle butter to add flavor after cooking (see recipe earlier in this chapter). Stir the truffle butter into the eggs when the eggs are removed from the heat.*

**DIRECTIONS:**

- › Heat a medium skillet over low heat. While butter is beginning to melt, whisk the eggs, half-and-half, salt, and pepper together in a large bowl. Pour the mixture into the pan. Let the eggs warm over low heat for about 3–5 minutes.
- › When the eggs begin to cook on the bottom, lift the cooked eggs over the uncooked eggs using a rubber

spatula. As the eggs get custardy, keep stirring them with the rubber spatula.

- › Remove the pan from the heat before the eggs are fully cooked and let set for 1 minute. They will continue to cook in the warm pan.
- › Place  $\frac{1}{4}$  of the smoked salmon on top of each piece of toast. Top each with  $\frac{1}{4}$  of the eggs. Drizzle the truffle oil over the eggs and garnish with chopped chives.

## TRUFFLE MASHED POTATOES

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### **SOMETIMES INDULGENCE IS WHAT YOUR SOUL NEEDS.**

Whole milk has some definite health benefits. It contains probiotics and vitamins A, D, and E, along with calcium, magnesium, potassium, iodine, and plenty of protein and fat. However, 65 percent of the world's population have lactose intolerance, making it hard for them to tolerate milk due to their inability to digest lactose, the sugar found in milk. This has led to a wide variety of nondairy alternatives like almond, coconut, cashew, and oat milk, to name but a few. In addition, to enhance your cascade effect and get your ECS really moving, consider using hemp milk with the truffle oil.

**Note:** Potatoes can also be passed through a ricer. Add the warm milk and butter mixture to the riced potatoes and stir to combine.

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 40 MINUTES

**YIELDS:** 4-6 SERVINGS

### **INGREDIENTS:**

- › 2 lbs. Yukon gold potatoes (907.2 g / 32 oz), peeled and cut into large chunks
- › 1 T salt (13 g / 0.5 oz)
- › 12 T butter (132 g / 4.8 oz)
- › ½ cup whole milk or cream (125 mL / 4 fl oz)
- › 2 large cloves garlic (1 T / 7.5 g / 0.25 oz), minced
- › Salt and pepper to taste
- › 1½ T truffle oil (22 mL / 0.75 fl oz)

### **DIRECTIONS:**

- › Place potatoes in a large pot and cover with 1 inch of water; bring to a boil over high heat. Add the salt. Reduce

the heat to a mild boil and cook for 15–20 minutes, until the potatoes are just fork tender. Drain the potatoes and return to the pan.

- › While potatoes are cooking, put the butter, cream, and minced garlic into a small saucepan and place over medium heat. Heat until the butter has melted into the cream.
- › Mash the potatoes right in the saucepan. Add milk and butter mixture and mix well. Season with salt and pepper to taste.



## TRUFFLED ZUCCHINI NOODLES WITH ASPARAGUS

---

Using zucchini noodles eliminates carbs and makes this dish light and fresh. Known as courgette in the United Kingdom and France, zucchini (technically a fruit) is a member of the same family as cucumber, melon, and squash, and was first developed in Italy in the 1800s. It is packed with nutrients, especially vitamin A, antioxidants like lutein, zeaxanthin, and beta-carotene (especially the yellow variety), and provides fiber to promote a healthy microbiome, lower blood sugar, and improved cholesterol levels. This recipe will also give your ECS a nice cascade effect by combining truffles with cannabinoid-rich black pepper.

**PREP TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

**YIELDS:** 4 SERVINGS

### **INGREDIENTS:**

- › 3 zucchini or yellow squash\* (140–170 g / 5–6 oz each)
- › 1 bunch asparagus
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 1–2 tsp. truffle oil
- › ⅓ cup Parmesan cheese (33 g / 1.15 oz), grated
- › Salt and black pepper to taste

### **DIRECTIONS:**

- › Spiralize the zucchini according to manufacturer's directions and desired thickness.\*
- › Trim the woody ends off the asparagus and cut into 1-inch pieces.

- › In a large skillet, heat the olive oil over medium high heat. Add the asparagus and cook until tender, about 4-5 minutes.
- › Add the zucchini noodles and cook for about 1 minute, just until the noodles are warmed (if they are cooked too long, the noodles will get soggy).
- › Remove pan from heat and add the truffle oil and Parmesan cheese. Toss until the noodles are evenly coated. Season with salt and pepper and serve immediately.

*\*Many stores now sell ready-to-use spiral-cut vegetables. Any of these vegetables will work well.*

## TRUFFLED SCALLOP APPETIZER

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Scallops are widely considered one of the healthiest sea foods. They are packed with protein, low in fat and carbohydrates, and contain omega-3 fatty acids, zinc, phosphorus, iron, potassium, selenium, and vitamin B12. However, they are high in purines, a compound that forms kidney stones, so you should be cautious eating large amounts of them if you suffer from gout. Researchers have found heavy metals like mercury, lead, and cadmium in scallops as well, so moderation is definitely recommended. After adding some omega-9 from the olive oil along with cannabinoids in the black pepper and truffles, this appetizer is healthy elegance made manifest!

**Note:** Scallops must be dry to cook properly. If they are releasing liquid in the pan, they are not dry and will steam instead of getting a nice sear. Remove them from the pan, dry them thoroughly, and start over.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 8 SERVINGS

### **INGREDIENTS:**

- › 1 lb. large sea scallops (453.5g/ 16oz)
- › Kosher salt
- › Freshly cracked black pepper
- › 2 T butter (22 g / 0.8 oz)
- › 1 T olive oil (14.75 mL / 0.5 fl oz)
- › 2 T parsley (7.6 g / 0.3 oz), freshly chopped
- › Slivers or slices of truffle (either fresh or from a jar)

**DIRECTIONS:**

- › Blot the scallops dry with paper towels. Season with salt and pepper.
- › In a large skillet over medium high heat, melt the butter and olive oil together. When the mixture is done foaming, add the scallops, being careful not to crowd the pan. Do this in batches if necessary.
- › Let the scallops cook undisturbed until the bottom of the scallop has developed a golden crust, about 2-3 minutes. Flip and cook until golden on the other side, about 2 minutes more.
- › Remove the pan from the heat and transfer scallops to serving plates or a platter. Add the parsley to the pan; scrape up any remaining butter and brown bits and toss with the parsley.
- › Top each scallop with a sliver or thin slice of truffle and some of the buttered parsley.

## TRUFFLED BALSAMIC MUSHROOMS

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Just a few ingredients combine to make the perfect topping for beef tenderloin or roasted chicken, or paired with risotto, mashed potatoes, or polenta. Mushrooms are rich in a number of nutrients and minerals, including fiber, potassium, riboflavin, and niacin, and the black pepper together with the anandamide-rich truffles give you a nice cascade effect to boot!

**Note:** Use any combination of shiitake, baby bellas, chantarelles, porcinis, or wild mushrooms.

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 15 MINUTES

**YIELDS:** 2-4 SERVINGS

### INGREDIENTS:

- › 8 oz mushrooms (227 g), sliced
- › 3 T butter (33 g / 1.2 oz)
- › ¼ cup aged balsamic vinegar (59.5 mL / 2 fl oz); over 10 years if possible
- › 1 tsp. truffle oil
- › Truffle salt to taste
- › Freshly ground black pepper to taste

### DIRECTIONS:

- › Add butter to a medium sauté pan over medium high heat. When butter is sizzling, add the mushrooms and sauté until they start to brown on the edges.
- › Reduce heat to medium and add the aged balsamic vinegar. Stir and cook for 4 minutes more. Remove from the heat and stir in the truffle oil.
- › Season with truffle salt and black pepper.



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