



## **Table of Contents**

<b>TMD Dietary Guidelines .....</b>	<b>9</b>
<b>Share The Love .....</b>	<b>14</b>
<b>SMOOTHIES AND BEVERAGES .....</b>	<b>15</b>
<b>Berry Banana Smoothie Bowl .....</b>	<b>16</b>
<b>Chocolate Almond Coconut Banana Smoothie .....</b>	<b>17</b>
<b>Herbal Sleepy Time Tea .....</b>	<b>18</b>
<b>Lavender Lemonade with Lavender Essential Oil .....</b>	<b>19</b>
<b>Oatmeal Banana Peanut Butter Smoothie .....</b>	<b>20</b>
<b>Pumpkin Smoothie .....</b>	<b>21</b>
<b>Swirled Fruit and Honey Smoothie .....</b>	<b>22</b>
<b>Tropical Glow Smoothie Bowl .....</b>	<b>24</b>
<b>Tropical Smoothie .....</b>	<b>25</b>
<b>Vanilla Turmeric Orange Juice .....</b>	<b>26</b>
<b>Watermelon Lemonade .....</b>	<b>27</b>
<b>BREAKFAST .....</b>	<b>28</b>
<b>Apple Zucchini Bread .....</b>	<b>29</b>
<b>Bananas Foster Oatmeal .....</b>	<b>31</b>
<b>Berry French Toast Casserole .....</b>	<b>33</b>
<b>Broccoli and Cheddar Crêpes .....</b>	<b>35</b>



<b>Butternut Squash and Apple Hash with Sausage.....</b>	<b>37</b>
<b>Cinnamon Bread with Whole Wheat Flour.....</b>	<b>39</b>
<b>Coconut Blueberry Paleo Oatmeal.....</b>	<b>41</b>
<b>Ham and Leek Quiche.....</b>	<b>43</b>
<b>Mexican Egg Scramble.....</b>	<b>45</b>
<b>Muffins.....</b>	<b>47</b>
<b>Overnight Strawberry Ricotta Breakfast Strata.....</b>	<b>49</b>
<b>Pumpkin Chocolate Chip Muffins.....</b>	<b>51</b>
<b>Scrambled Eggs with Smoked Salmon.....</b>	<b>52</b>
<b>Summer Fruit Breakfast Bake.....</b>	<b>53</b>
<b>Sweet Potato Kale Frittata.....</b>	<b>54</b>
<b>Tropical Summer Coconut Oatmeal.....</b>	<b>55</b>
<b>SMALL PLATES / LUNCH.....</b>	<b>56</b>
<b>5-Ingredient Strawberry Salsa.....</b>	<b>57</b>
<b>Avocado Blueberry Quinoa Salad.....</b>	<b>58</b>
<b>Avocado Salsa Arugula Salad.....</b>	<b>60</b>
<b>Beans and Greens with Lemon-Parmesan Polenta.....</b>	<b>62</b>
<b>Broccoli Salad.....</b>	<b>64</b>
<b>Buffalo Chicken Dip.....</b>	<b>66</b>
<b>Chicken Lettuce Wrap.....</b>	<b>68</b>



<b>Crab Salad .....</b>	<b>70</b>
<b>Curried Tomato Coconut Lentils with Gingery Yogurt...71</b>	
<b>Falafel and Tahini Sauce .....</b>	<b>73</b>
<b>Flatbread Pizza.....</b>	<b>75</b>
(Caramelized Mushroom/Onion & Grilled Sausage/ Apple) ..75	
<b>Green Gazpacho with Vodka Shrimp .....</b>	<b>77</b>
<b>Honey Sriracha Glazed Meatballs.....</b>	<b>79</b>
<b>Italian Caprese Salad.....</b>	<b>81</b>
<b>Kale Caesar Salad .....</b>	<b>83</b>
<b>Loaded Veggie Turkey Meatballs.....</b>	<b>85</b>
(Gluten Free) .....	85
<b>Meatloaf Muffins.....</b>	<b>87</b>
<b>Muhammara .....</b>	<b>89</b>
<b>New Orleans BBQ Shrimp and Grits Recipe .....</b>	<b>91</b>
<b>Quinoa Veggie Burger .....</b>	<b>94</b>
<b>Scallop Kabobs with Old Bay .....</b>	<b>96</b>
<b>Shawarma Meatballs with Roasted Veggies.....</b>	<b>97</b>
<b>Smoky Black Bean Cakes with Sweet Corn, Avocado Salsa, and Arugula/Mixed Greens.....</b>	<b>102</b>
<b>Southwest Pasta Salad .....</b>	<b>104</b>
<b>Sweet Potato and Guac/Black Bean Boats .....</b>	<b>106</b>



<b>Spiderweb Deviled Eggs .....</b>	<b>108</b>
<b>(Halloween Recipe) .....</b>	<b>108</b>
<b>Southwest Bean Dip .....</b>	<b>110</b>
<b>Stuffed Potato Cakes.....</b>	<b>111</b>
<b>Swedish Meatballs.....</b>	<b>114</b>
<b>Thai Curry Peanut Sauce with Rice Noodles .....</b>	<b>116</b>
<b>Vegan Veggie Pinwheels with Broccoli and Carrots.....</b>	<b>118</b>
<b>Vegan Ricotta Stuffed Tomatoes .....</b>	<b>120</b>
<b>Vietnamese Chicken Meatballs.....</b>	<b>122</b>
<b>Watermelon Feta Salad with Blueberries .....</b>	<b>124</b>
<b>White Bean and Tuna Salad with.....</b>	<b>125</b>
<b>Basil Vinaigrette .....</b>	<b>125</b>
<b>SOUPS.....</b>	<b>126</b>
<b>Bone Broth for Healthy Joints .....</b>	<b>127</b>
<b>Cleansing Detox Soup .....</b>	<b>129</b>
<b>Coconut-Apple-Ginger Dal .....</b>	<b>131</b>
<b>Homemade Tomato Soup .....</b>	<b>133</b>
<b>Instant Pot Chicken Mushroom Wild Soup .....</b>	<b>135</b>
<b>Maryland Crab Soup.....</b>	<b>137</b>
<b>Mexican Chicken Soup .....</b>	<b>139</b>





<b>Minestrone Soup .....</b>	<b>141</b>
<b>Potato Soup.....</b>	<b>143</b>
<b>Potato Leek Soup .....</b>	<b>145</b>
<b>Red Pepper Crab Soup.....</b>	<b>147</b>
<b>Roasted Butternut Squash Soup.....</b>	<b>149</b>
<b>Roasted Carrot, Sweet Potato and Ginger Soup .....</b>	<b>151</b>
<b>Spring Minestrone Soup.....</b>	<b>153</b>
<b>Sweet Potato-Peanut Bisque.....</b>	<b>155</b>
<b>Vegan Spicy Thai Peanut Ramen .....</b>	<b>157</b>
<b>ENTRÉES.....</b>	<b>159</b>
<b>    Butternut Squash and Spinach Lasagna.....</b>	<b>160</b>
<b>    Chicken Pot Pie with Biscuit Topping.....</b>	<b>163</b>
<b>    Chicken Potpie with Herb Crust .....</b>	<b>165</b>
<b>    Creamy Cajun Pumpkin Alfredo Pasta .....</b>	<b>168</b>
<b>    Creamy Parmesan Orecchiette with Butternut Squash and Broccolini .....</b>	<b>170</b>
<b>    Curry-Poached Salmon with Peppers .....</b>	<b>172</b>
<b>    Dee's Creative Seafood Salad.....</b>	<b>174</b>
<b>    Everything But the Kitchen Sink Chili .....</b>	<b>176</b>
<b>    Green Chili Chicken Enchiladas .....</b>	<b>179</b>
<b>    Goulash .....</b>	<b>181</b>



<b>Grilled Burgers with Special Sauce .....</b>	<b>183</b>
<b>Grilled Salmon Burgers with Avocado Salsa.....</b>	<b>185</b>
<b>Grilled Eggplant with Garlic-Cumin Vinaigrette, Feta and Herbs .....</b>	<b>187</b>
<b>Kale Pesto Pasta .....</b>	<b>189</b>
<b>Lemon-Ricotta Ravioli with Creamy Herbed Mushrooms .....</b>	<b>191</b>
<b>Maryland Crab Cakes with Quick Tartar Sauce.....</b>	<b>195</b>
<b>Meatloaf .....</b>	<b>197</b>
<b>Moussaka .....</b>	<b>199</b>
<b>Old Bay Fish &amp; Veggie Foil Packets.....</b>	<b>202</b>
<b>One-Pot Cheesy Chicken Tortellini.....</b>	<b>204</b>
<b>One Pan Gnocchi with Sundried Tomatoes and White Beans .....</b>	<b>206</b>
<b>One Pan Italian Sausage Butternut Squash Gnocchi .....</b>	<b>208</b>
<b>One Pot Greek Chicken with Lemon Rice .....</b>	<b>210</b>
<b>Oven-Baked Corn and Tomato Risotto With Pancetta and Parmesan .....</b>	<b>212</b>
<b>Pasta with Pumpkin Cream Garlic .....</b>	<b>214</b>
<b>Sage Sauce.....</b>	<b>214</b>
<b>Penne All' Amatriciana .....</b>	<b>216</b>
<b>Pulled Pork Stuffed Sweet Potatoes Recipe .....</b>	<b>218</b>

<b>Pistachio Crusted Salmon .....</b>	<b>220</b>
<b>Roasted Red Pepper Pasta – .....</b>	<b>222</b>
<b>Creamy Vegan Alfredo.....</b>	<b>222</b>
<b>Roasted Salmon with Ginger-Say Broccolini, Mushroom, and Edamame Sheet Pan.....</b>	<b>224</b>
<b>Slow Cooker Beef Bourguignon.....</b>	<b>226</b>
<b>Slow Cooker Chicken Potpie.....</b>	<b>228</b>
<b>Spinach Lasagna .....</b>	<b>230</b>
<b>Stewed Peppers and Tomatoes with Eggs.....</b>	<b>233</b>
<b>Turkey Chili .....</b>	<b>235</b>
<b>Turkey &amp; Vegetables Skillet .....</b>	<b>237</b>
<b>Tuscan Pasta with Salmon .....</b>	<b>239</b>
<b>Tomato-Basil Gnocchi .....</b>	<b>241</b>
<b>Unstuffed Cabbage Casserole .....</b>	<b>243</b>
<b>Vegan Lentil Spinach Curry with Coconut Rice.....</b>	<b>245</b>
<b>Vegetable Risotto .....</b>	<b>247</b>
<b>White Chicken Enchiladas with Green Chile Sour Cream Sauce.....</b>	<b>249</b>
<b>Zucchini Enchiladas.....</b>	<b>251</b>
<b>DESSERTS .....</b>	<b>253</b>
<b>Anti-Inflammatory Blueberry Muffin Mug Cake.....</b>	<b>254</b>



<b>Apple Dump Cake</b> .....	255
<b>Arroz Con Leche (Mexican Rice Pudding)</b> .....	256
<b>Baked Apples with Oatmeal and Topping</b> .....	258
<b>Banana Peanut Butter Chia Seed Pudding</b> .....	260
<b>Chocolate Bread Pudding</b> .....	261
<b>Cookies &amp; Cream Truffles Easy Dessert</b> .....	262
<b>Decadent Chocolate Cake</b> .....	263
<b>Grilled Summer Peaches with Cinnamon Sugar Butter</b> .....	265
<b>Individual Peach Cobbler</b> .....	266
<b>Lemon Bars (No Bake)</b> .....	268
<b>Lemon Souffle Dessert</b> .....	270
<b>Magic Cookie Bars</b> .....	272
<b>No Bake Cookie Recipe</b> .....	273
<b>Pumpkin Pie Overnight Oats</b> .....	275
<b>Pumpkin Pie Pudding</b> .....	276
<b>Pumpkin Whip</b> .....	278
<b>Slow Cooker Coconut Rice Pudding</b> .....	279



## TMD Dietary Guidelines

*Many TMD patients struggle to determine what to eat to maintain proper weight and ensure adequate protein, vitamin, and mineral status. For those who are able to adequately open their mouths and have minimal pain, a soft or easy chew diet will work well. If you have a severely limited range of motion, we recommend a puree food diet until you find improvement.*

*In this cookbook, there are shared recipes from our patients, the team, and friends who have found the recipes to be delicious and easy to make.*

*Please know that these recipes and recommended foods are suggestions. You do not have to limit your diet to just what is in this cookbook.*

<b>SOFT FOOD DIET</b>	<b>RECOMMENDED:</b>	<b>AVOID:</b>
<b>Dairy/ Dairy Alternatives</b>	Smooth yogurt, soft cheeses (feta cheese, ricotta cheese, cottage cheese), milk, custard, puddings, buttermilk, soymilk, almond milk, kefir, cheese sauce	Sliced hard cheese, yogurt containing chunks of fruit or seeds, coconut and nuts
<b>Grains</b>	Soft bread (no seeds, nuts or whole grain pieces), corn bread, muffins without seeds or nuts, soft tortillas, pancakes, stuffing/dressing, matzo balls, couscous, quinoa, pasta, dumplings, gnocchi, rice, mashed potatoes, polenta, grits, hot cereals, cold cereals (crisp rice, corn flakes)	Breads with seeds or nuts, rice (Some may be able to tolerate well cooked rice, especially with gravy.)
<b>Fruits</b>	Canned fruits, (applesauce, peaches, pears, fruit cocktail), bananas, ripe melon, baked apples, fruit juice, fruit nectars and fruit smoothies	Fresh fruit with skins or seeds, whole grapes
<b>Vegetables</b>	Cooked carrots, squash, zucchini, spinach, kale or other greens, avocados, legumes, green beans, peas, vegetable soufflé, creamed corn, asparagus tips, beets, vegetable juice, cooked pumpkin, chopped tomatoes	Lettuce, fresh vegetables, such as carrots and celery
<b>Proteins</b>	Soft-cooked chicken or turkey with gravy, meatloaf, fish, deli meats, meatballs, slow cooked meats, tuna,	Fried meats with breading, nuts, and seeds

	chicken/tuna/egg/seafood salad (made without onion and celery), lox, eggs (fried, scrambled, hard-boiled), tofu, fish sticks (battered, not crunchy), legumes, refried beans, baked beans, hummus, meat and pasta containing casseroles, quiche, refried beans, liverwurst, pates, smooth nut butters	
<b>Soups</b>	Cream-based soups, tomato soup, broth-based soups (Avoid stringy vegetables such as celery.)	Soup that contains celery, undercooked carrots, or rice (Some people can handle rice.)
<b>Desserts</b>	Soft cakes, cobblers and pies (without the crust), soft cookies without nuts or chunks dunked in milk to soften, ice cream (without nuts or chunks), frozen yogurt, sherbet, sorbet, gelato, milkshakes, cheesecake, puddings, custard, gelatin, nutritional drinks	Cakes, cookies, pies, and brownies that are hard and dry making them difficult to chew (Avoid baked goods that contains nuts, seeds, coconut, or pineapple.)

PUREE FOOD DIET	RECOMMENDED:	AVOID:
<b>Dairy/ Dairy Alternatives</b>	Smooth yogurt, soft cheeses (feta cheese, ricotta cheese, cottage cheese), milk, custard, puddings, buttermilk, soymilk, almond milk, kefir, cheese sauce	Sliced hard cheese, yogurt containing chunks of fruit or seeds, coconut or nuts, cottage cheese (unless pureed), feta cheese
<b>Grains</b>	Bread (without nuts or seeds) that has been soaked into a dissolvable consistency, pureed pasta, pureed pancakes, hot cereals, grits, soft polenta, mashed potatoes (thinned as needed)	Breads with or without nuts that have not been soaked, corn bread, stuffing/dressing, dry cereals, regular pasta/noodles, rice
<b>Fruits</b>	Applesauce, mashed ripe bananas, fruit juice, fruit nectar, seedless jam/jelly, pureed fruits (strained as necessary)	Canned fruit that has not been pureed, fresh fruits with skins and seeds, whole grapes
<b>Vegetables</b>	Mashed white or sweet potatoes, pureed carrots, beets, beans, peas, creamed corn, hummus, legume pastes, vegetable juice	Canned or fresh vegetables that have not been cooked or pureed into a pudding-like consistency
<b>Proteins</b>	Pureed meats, pureed/scrambled eggs, crustless quiche, egg custards, liverwurst, smooth pâtés, smooth soufflés, pureed nuts and seeds, yogurt-based smoothies	Fried meats, hard-boiled eggs, quiches and soufflés that contain crusts





<b>Soups</b>	Soups that are smooth (like tomato) or that have been put through the blender	Soups with chunks of meat, stringy vegetables, or contain rice or pasta that has not been pureed or strained
<b>Desserts</b>	Puddings, custards, dessert soups, gelatin, cakes moistened with sauce or milk, fondue, cookies dunked in milk to soften	Cakes, cookies, pies, and brownies that are hard and dry making them difficult to chew (Avoid baked goods that contain nuts, seeds, coconut, or pineapple.)



## Share The Love

*We love to hear from our patients!*

*If you have a recipe to share, go to our website under “Patient Resource” section, then to the “Cookbook” tab. Here you can view our current cookbook or submit a recipe.*

*or*

*Scan the QR code and submit your favorite!*



**SCAN ME**

*Please include a photo and the number of servings.*



## **SMOOTHIES AND BEVERAGES**



## Berry Banana Smoothie Bowl

Serves 2



Ingredients:  
1/2 cup Almond  
Breeze  
Unsweetened  
Vanilla (or for  
extra creaminess  
use Almond  
Breeze  
Unsweetened  
Almond milk  
Cashew milk

Blend Vanilla)

- 1 cup spinach
- 1 cup frozen mixed berries
- 1 frozen banana
- 1 thaw banana
- 1 kiwi

Toppings: Fresh berries, banana slices, kiwi, chia seeds, coconut

Directions:

1. Add the almond milk, spinach, berries, and banana to the blender. Blend until smooth.
2. Pour into each bowl and top with desired toppings.
3. Eat with a spoon and enjoy!

*Courtesy of a Team Member of Sleep and TMJ Therapy*

## **Chocolate Almond Coconut Banana Smoothie**

Serving 2

### **Ingredients:**

2 bananas peeled,  
sliced, and frozen  
2 5.3-ounce  
containers of Silk  
Dark Chocolate  
Coconut Almond  
Dairy-Free Yogurt  
Alternative  
1 cup almond milk  
1/4 cup rolled oats  
1 tablespoon natural  
almond butter



### **Instructions:**

1. In a blender, combine bananas, yogurt alternative, almond milk, oats, and almond butter.
2. Blend until smooth and well-combined.

**TIPS:** To make the frozen bananas, just slice up the peeled bananas and toss them in a freezer bag. Then, just freeze until it is frozen. If you wish, top the smoothies with a little bit of sliced almonds and unsweetened toasted coconut chips.

## Herbal Sleepy Time Tea

### Ingredients:

- 1 cup chamomile flowers
- 1 cup rooibos
- 1 cup spearmint leaves
- 1 cup loose valerian root

### Optional Additions:

- ½ cup herbs or dry flowers (lemongrass, lavender buds, rosehips, and or ginger root)



### Instructions:

1. In a large bowl, combine all ingredients well.
2. Store tea mixture in a glass jar. This can sit in a cool pantry for up to 6 months.

### TIPS:

**French Press Method:** Add 2 tablespoons of loose tea into the press. Pour 2 cups of hot water into the press. Return lid and let steep 5 minutes. Press down on lid slowly and serve.

**Tea Strainer Method:** Add 2 tablespoons of tea mixture to strainer or tea ball. Place in mug. Pour 2 cups of hot water into the mug and let steep for 5 minutes. Remove and serve.

*Courtesy of Heather McC (Patient with Sleep and TMJ Therapy)*

## **Lavender Lemonade with Lavender Essential Oil**

Serving 10-12



### **Ingredients:**

- 1 cup raw honey
- 12 cups pure water
- 1 drop lavender essential oil
- 6 lemons, peeled and juiced
- Lavender sprigs for garnish

### **Directions:**

Mix all ingredients together and chill. Add more water or raw honey if needed.

Enjoy!

# **Oatmeal Banana Peanut Butter Smoothie**

Serving 1

## **Ingredients:**

1/2 cup certified gluten free oats  
1 1/4 cups unsweetened coconut  
milk  
1 banana, sliced and frozen  
1 tablespoon raw honey  
2 tablespoons peanut butter  
powder  
1 teaspoon pure vanilla extract

## **Directions:**

1. Add the gluten-free oats into your blender and blend until the oats become a fine powder.
2. Add the remaining ingredients to the blender and blend until completely smooth.
3. Add more liquid for a thinner smoothie.
4. Serve immediately and Enjoy!





## Pumpkin Smoothie

Serving 4



### Ingredient:

1 cup Milk  
1 frozen banana  
½ cup vanilla yogurt  
½ cup pumpkin puree  
4 tablespoon maple  
syrup  
½ teaspoon vanilla  
extract

½ teaspoon pumpkin spice

½ teaspoon cinnamon

½ cup of ice

### Directions:

1. Combined all the ingredients into a blender.
2. Blend starting at low speed then to high for 30-60 seconds.
3. Garnish with a dollop of whipped cream.

*Courtesy of Carla (Patient with Sleep and TMJ Therapy) and Joy Food Sunshine*

## **Swirled Fruit and Honey Smoothie**

Serving 6



### **Base Ingredients:**

½ cup mango nectar  
3 cups frozen peaches  
3 cups frozen mango  
1 Tablespoon honey

### **Directions:**

1. To prepare the base, place mango nectar, peaches, mango, and honey into the mixing container in the order listed and secure lid.
2. Start machine, slowly increase speed to High.
3. Blend for 45 seconds, using the tamper if needed, to push the ingredients into the blades.



4. Divide among 6 serving glasses.

**Topping Ingredients:**

¼ cup plus 2 Tablespoons almond milk  
1 cup Greek yogurt  
2 teaspoons flax meal  
1 Tablespoon honey  
1½ frozen bananas, peeled, halved

**Directions:**

1. To prepare the topping, place almond milk, Greek yogurt, flax, honey, and bananas into the container in the order listed and secure lid.
2. Start machine, slowly increase to High.
3. Blend for 45 seconds.
4. Pour over the base mixture in the glasses. Swirl together before serving.

## **Tropical Glow Smoothie Bowl**

Serving 2

### **Ingredients:**

- ¾ cup coconut water
- 1 cup frozen mango chunks, plus more for topping
- 1 cup fresh baby spinach
- 2 small clementines, peeled and chopped (1 for smoothie, 1 for topping)
- 1/2 avocado
- 1 large or 2 medium pitted Medjool Dates, chopped
- ½ inch piece of peeled fresh ginger, chopped
- ½ teaspoon matcha green tea powder (optional)
- 3 ice cubes
- Berries and hemp seeds for topping



### **Directions:**

1. Add all ingredients to blender (minding portions saved for toppings) and blend on high until smooth, 1 -2 minutes.
2. Pour into bowl. Top with more mango, clementine, berries, and hemp seeds.

**TIP:** Use any fruit you wish!

## Tropical Smoothie

Serving 1



### Ingredients:

- 3-4 Frozen passion cubes
- ½ cup frozen strawberries
- ½ cup frozen pineapple
- Coconut Water
- 1 heaping teaspoon Hemp Seeds
- 1 heaping teaspoon Chia Seeds
- 1 piece of ginger

### Directions:

1. Combined all the ingredients into a blender.
2. Pour coconut water over the ingredients just to cover.
3. Blend and enjoy!
4. Garnish with a Mint

*Courtesy of Diva (Patient with Sleep and TMJ Therapy)*

## Vanilla Turmeric Orange Juice

Serves: 2



### Ingredients:

3 oranges peeled +  
quartered.

1 cup unsweetened almond  
milk

1 tsp vanilla extract

$\frac{1}{2}$  tsp cinnamon

$\frac{1}{4}$  tsp turmeric

Pinch of pepper

### Directions:

1. Place all the ingredients in a blender.
2. Blend until smooth, then pour into a glass and serve.

*Courtesy of Megan O (Patient of Sleep and TMJ Therapy)*

## Watermelon Lemonade

Serving 4-6



### Ingredients:

½ medium-size  
watermelon (or enough to  
make 4 cups watermelon  
juice)  
4-5 large lemons (or  
enough to make 1 cup

lemon juice)

1 - 1½ cups granulated sugar

4-6 cups water or sparkling water

6 fresh mint sprigs

### Instructions:

1. Scoop watermelon into a blender or food processor. Process until liquid. Strain watermelon through a mesh strainer, reserving 4 cups of watermelon juice and discarding the watermelon flesh.
2. Pour the watermelon juice into a pitcher. Set it aside.
3. Juice the lemons to equal 1 cup (use more if you prefer it really tart.)
4. Strain the lemon juice and add it to the pitcher.
5. Add in water.
6. Stir in sugar to sweeten to desired taste.
7. Serve immediately over ice and garnish with fresh mint leaves and lemon slices.

Notes: This drink separates as it sits. If you decide to serve it later, be sure to stir it up before serving.



# BREAKFAST





## **Apple Zucchini Bread**

Serves 8-10 (1 Loaf)

### **Ingredients:**

2 cups all-purpose unbleached flour  
1/2 Tablespoon baking soda  
1/4 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
2 large eggs  
3/4 cup light olive oil or non-GMO canola oil  
1 cup sugar  
1/2 cup packed light brown sugar  
1/2 Tablespoon vanilla extract  
1 cup shredded unpeeled zucchini  
1/2 cup shredded peeled apple  
Optional: 3/4 cup very finely chopped pecans or walnuts



### **Directions:**

1. Preheat oven to 350°F. Grease and flour a 8 x 4" loaf pan well; set aside (If you use a 9 x 5" loaf pan, your baking time will be a little less, and your loaf will not look quite as full, since it will be a little wider and longer).
2. In large bowl, combine flour, baking soda, salt, cinnamon, and nutmeg.



3. In medium bowl, beat eggs; add oil, sugars, and vanilla, blending well. Pour this mixture over dry ingredients and mix well. Stir in zucchini, apples, and pecans or walnuts, if using (batter will be thick).
4. Spoon batter into your prepared 8 x 4" loaf pan.
5. Bake at 350° for 55 to 60 minutes or until toothpick inserted near center comes out clean (if you use a 9 x 5" pan, your baking time may be more like 50 to 55 minutes).
6. Cool in pan for 15 minutes, then remove to a wire rack to cool completely. Note: even though I greased and floured my loaf pan, I still had to loosen the edges of the loaf with a knife so it would come out easily.
7. Enjoy a slice of this bread for breakfast or an afternoon snack with some coffee, tea, or apple cider. It's great just as it is, but you could also spread some apple butter on your slices for more apple flavor!

*Courtesy of a Patient with Sleep and TMJ Therapy*

## **Bananas Foster Oatmeal**

Serves:4



### **Ingredients:**

2 cups water

1-1/2 cups

2% milk

1/2 teaspoon salt

2 cups old-fashioned oats

1/2 cup butter, cubed

1/2 cup packed brown sugar

1/2 teaspoon ground  
cinnamon

Dash ground ginger

Dash ground nutmeg

2 medium firm ripe

bananas,

sliced

1/2 teaspoon vanilla extract

1/2 teaspoon rum extract

Optional toppings: cinnamon sugar, sliced ripe bananas and sweetened whipped cream.

### **Directions:**

1. In a large saucepan, bring water, milk and salt to a boil.
2. Stir in oats; cook 5 minutes over medium heat, stirring occasionally.



3. Cover and let stand.
4. In a small heavy saucepan, melt butter over medium heat. Stir in brown sugar and spices; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes or until slightly thickened.
5. Add bananas; cook gently stirring 1-2 minutes or until bananas are glazed and slightly softened.
6. Remove from heat; stir in extracts. Stir banana mixture into oatmeal.
7. Spoon oatmeal into serving bowls; add toppings of your choice.

*Courtesy of Taste of Home*

## Berry French Toast Casserole

Serving 6

### Ingredients:

8 large eggs  
1  $\frac{2}{3}$  cup almond milk  
1 cup heavy cream  
 $\frac{3}{4}$  cup packed light brown sugar  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
1 teaspoon pure vanilla extract  
 $\frac{1}{2}$  teaspoon kosher salt  
1 (1 pound) loaf of white bread, preferably day-old, cut into  $\frac{3}{4}$  inch thick slices



$\frac{1}{2}$  cup sliced almonds  
(optional)

### Garnish Options:

Sprinkle powdered sugar, whipped cream, and cinnamon.

1 cup of assorted fresh berries: strawberries, raspberries, blueberries

Warm syrup



Directions:

1. Grease a 9"x13" casserole dish.
2. In a large bowl, whisk together eggs, almond milk, heavy cream, brown sugar, cinnamon, vanilla, nutmeg, and salt.
3. Dunk each bread slice in the egg mixture for 4 seconds, flipping once, then arrange them in the baking dish in an even layer, each slice slightly overlapping the last.
4. Pour any remaining egg mixture over the bread. Cover and refrigerate for a minimum of 2 hours or overnight.
5. Preheat oven to 375°. Sprinkle almonds over French toast and bake until the top of the bread is golden and crunchy, about 35-45 minutes. Check at the 35-minute mark for doneness.
6. Let cool for 5 minutes, then serve topped with garnishes.

*Courtesy of Tina (Sleep and TMJ Team Member)*

## **Broccoli and Cheddar Crêpes**

Serves: 6

### **Ingredients:**

3 large eggs  
1 cup all-purpose flour  
3 cups reduced-fat (2%) milk  
4 tablespoons margarine or butter  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon black pepper  
1 small Red Onion  
2 tablespoons cornstarch  
2 package frozen chopped broccoli  
1 package shredded sharp cheddar cheese  
 $\frac{1}{4}$  cup fresh parsley leaves



### **Directions:**

1. In blender, combine eggs, flour, 1  $\frac{1}{2}$  cups milk, 2 tablespoons margarine, and  $\frac{1}{2}$  teaspoon salt.
2. Cover and blend until smooth, scraping down the sides of blender occasionally. Transfer batter to medium bowl; cover and refrigerate for at least 1 hour or overnight to allow flour to absorb liquid.
3. Lightly brush 10-inch nonstick skillet with some melted margarine and heat on medium 1 minute. With wire whisk, thoroughly mix batter to blend well.

4. Pour scant  $\frac{1}{4}$  cup batter into skillet; tilt pan to coat bottom completely with batter.
5. Cook crêpe until top is dry and set and underside is lightly browned, about 2 minutes.
6. With spatula, loosen edge of crêpe; turn over. Cook 30 seconds to 1 minute or until the second side is browned.
7. Slip crêpe onto waxed paper. Repeat with remaining batter, brushing pan lightly with margarine before cooking each crêpe and stacking crêpes between layers of waxed paper. You should have at least 12 crêpes.
8. Meanwhile, preheat oven to 400 degrees F.
9. In 12-inch nonstick skillet, heat remaining tablespoon margarine on medium until hot. Add onion and cook 6 to 8 minutes or until tender and beginning to brown.
10. In cup, stir together cornstarch and remaining  $1\frac{1}{2}$  cups milk. Toss onion in skillet, add milk mixture, broccoli,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon coarsely ground black pepper. Heat to boiling; boil 1 minute. Remove skillet from heat; stir in  $1\frac{1}{2}$  cups cheddar.
11. Place crêpes on work surface; spread generous  $\frac{1}{4}$  cup broccoli mixture on half of each crêpe. Starting from side with broccoli, roll up crêpes and place, seam side down, in shallow 2-quart glass or ceramic baking dish.
12. Sprinkle with the remaining  $\frac{1}{2}$  cup cheddar. Bake about 15 minutes or until cheese melts and crêpes are heated through. Sprinkle with parsley.

*Courtesy of Women's Day Magazine*



## **Butternut Squash and Apple Hash with Sausage**

Serves 4



### **Ingredients:**

- 1 Tbsp. coconut oil, divided
- 1 medium onion, diced
- 1 small butternut squash (1 ½ lbs.), peeled and cut into ¼-inch dice (about 3 cups)
- 1 medium apple, cored and diced
- 12 ounces ground turkey or chicken
- ½ tsp. dried sage
- ¼ tsp. dried thyme
- ¼ tsp. garlic powder
- ½ tsp. sea salt

Pinch of nutmeg and/or red pepper flakes (optional)

3 cups kale, chard or spinach, washed and torn

### **Instructions:**

1. Combine ground turkey, sage, thyme, garlic powder, salt and nutmeg or red pepper flakes (if using) in small bowl. Stir with large spoon or use your hands to combine. Set it aside.
2. Place a large skillet over medium-high heat. Add 2 tsp. coconut oil and heat just until oil starts to shimmer. Add



- onion and butternut squash. Sauté for 7-8 minutes, stirring occasionally.
3. Add 3 Tbsp. water and diced apple. Cook an additional 5 minutes, stirring occasionally.
  4. Move vegetable mixture to one side of the pan. Add 1 tsp. coconut oil and turkey mixture. Allow turkey to cook a few minutes before breaking it up with a spatula or wooden spoon.
  5. Continue to cook 5-6 minutes or until turkey is cooked through and no longer pink. Stir to combine vegetables and sausage.
  6. Place kale/chard/spinach on top of hash and cover with a lid.
  7. Allow greens to wilt, about 1-2 minutes.
  8. Stir, season with additional salt and pepper and serve.

*Courtesy of THE REAL FOOD DIETITIANS*

# **Cinnamon Bread with Whole Wheat Flour**

Serving 6-8

## **Ingredients (wet):**

2 large eggs  
1 cup mashed bananas  
3/4 cup sugar  
1/3 cup oil  
1/2 cup Greek yogurt

## **Ingredients (dry):**

1 3/4 cups whole wheat flour  
1/4 cup cornstarch or more whole wheat flour  
2 teaspoons cinnamon



1.5 teaspoons baking powder  
1/4 teaspoon salt

## **For the topping:**

1/2 cup flour plain or whole wheat  
1/2 cup brown sugar  
1 teaspoon cinnamon  
1/4 cup butter

## **Directions:**

1. Heat the oven to 360°F. Grease a 9×5-inch loaf tin.
2. Whisk together all wet ingredients in a large bowl.
3. Sprinkle flour, cornstarch (OR extra flour), cinnamon, baking powder and salt on top.



4. Gently fold in, do not overmix!
5. For the topping, place the flour, brown sugar, and cinnamon in a medium bowl. Rub in the butter with your fingertips until crumbs form.
6. Place the batter in the prepared loaf tin and evenly sprinkle with the crumb topping.
7. Bake for 55-60 minutes, or until a toothpick inserted comes out clean.

*Courtesy of Jess (Sleep and TMJ Team Member)*

# Coconut Blueberry Paleo Oatmeal

Serves 2



## Ingredients:

1 cup full fat organic coconut milk	1 tablespoon grass fed gelatin
2 ripe bananas, sliced	1 cup fresh blueberries
$\frac{1}{4}$ cup coconut butter (coconut manna)	$1 \frac{1}{4}$ to $1 \frac{1}{2}$ cup finely shredded coconut (depends how thick you like your oatmeal)
1 tsp organic vanilla extract	
pinch sea salt	

## Directions:

1. Place a medium pot on the stove on medium heat.
2. Add the coconut milk, bananas, coconut butter, vanilla extract and sea salt to the pot and bring to a boil.



3. Turn down the heat and simmer for 10 minutes, stirring every couple of minutes to break up the banana pieces.
4. Add the gelatin and stir well to dissolve.
5. Add the blueberries and cook for another 2-3 minutes to heat through.
6. Remove from heat and add the shredded coconut until it reaches your desired thickness.
7. Let sit for approximately 5 minutes to allow the coconut to soften.
8. Serve and enjoy!

Optional additions:

1 teaspoon ground cinnamon

1-2 tablespoon nut or seed butter of choice

*Courtesy of a Patient at Sleep and TMJ Therapy*

## Ham and Leek Quiche

Serving 6-8

### Ingredients:

1 cup + 2 tablespoons sour cream  
½ cup + 1 tablespoon heavy cream  
4 eggs  
1 ½ cup minced leeks (white and light green only)  
¼ cup minced white onions  
¾ cup cubed ham  
3-4 tablespoons flour  
1 cup Gruyere cheese  
Olive oil  
Salt and pepper to taste  
Pinch of nutmeg  
Pie shell (Store Bought)  
½ cup parmesan cheese



### Instructions:

1. Preheat Oven to 350 °F.
2. In a large skillet, add oil and mince leeks and onions. Caramelize over medium-low heat.
3. (While the leeks are caramelizing) In a bowl, whisk the sour cream, heavy cream, and eggs together. Add salt, pepper, and a pinch of nutmeg.



4. When leeks/onions are translucent and golden brown, take off heat and let them rest.
5. Toss cubed ham lightly in flour.
6. Add shredded gruyere cheese into bowl. Add all of the leek/onion into bowl. Mix lightly with the floured ham.
7. Pour contents of bowl into pie shell (I used store bought) followed up with whisked egg mixture. Sprinkle top with the parmesan cheese.
8. Cook for 25-35 minutes or until top is golden and knife goes through clean. If browning too quickly loosely cover with aluminum foil.
9. Let quiche rest for around 15 minutes or until it cools to room temperature.

*Courtesy of Tommy Brown (Dr. Brown's youngest son!)*



## **Mexican Egg Scramble**

Serves 4-6

### **Ingredients:**

8 eggs  
¼ cup sour cream  
½ yellow onion, finely  
diced  
10 ounces Rotel tomatoes  
and green chilies, drained  
well  
1 ¼ cups black beans,  
drained and rinsed  
1 cup Monterey Jack  
cheese, shredded  
3 Green Onions, diced  
Salsa and sliced avocado (optional)



### **Instructions:**

1. Spray the pan with non-stick olive oil spray.
2. Heat pan over medium-low heat.
3. In a medium bowl, whisk the eggs and sour cream together vigorously until they are completely uniform in color. This allows them to cook evenly but also incorporates air into the eggs which makes them fluffy.
4. Add them to the skillet immediately after whisking.
5. Sprinkle the remaining ingredients over the eggs.



6. Leave the eggs untouched for about 45 seconds. As the eggs begin to set, use a silicone spatula and gently lift the eggs at the edge of the pan and fold them up. The uncooked egg mixture will then be able to seep onto the pan, and those can now set.
7. Repeat by continuing to fold up the eggs that have lightly cooked. You don't want to overmix the eggs, only move them around as needed for them to cook and set. If they're cooking too fast, decrease the heat to low.
8. Once the eggs are cooked and no remaining sections are runny, remove them from the heat immediately, do not overcook them. We want them to remain light and fluffy!
9. Top with diced green onions, salsa, and avocado. Then serve and enjoy!

*Courtesy of the Cozy Cook*

## Muffins

Serves 8-10



### Muffin Ingredients:

#### Dry:

1 ½ cup of flour  
¾ cup of white sugar  
2 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt

¼ cup of oil or apple sauce

1 large egg

¼ cup of milk (more if needed)

1 cup of fruit (blueberries, raspberries, chopped apples, or what you like)

#### Wet:

### Crumb Topping Ingredients:

½ cup sugar  
½ cup flour  
¼ cup cold butter (shredded or cubed)  
1 ½ teaspoon cinnamon



### Instructions:

1. Preheat the oven to 350°F and line muffin tin with paper muffin cups.
2. In a large bowl, whisk the wet ingredients together until they are combined.
3. In a medium bowl, add the dry ingredients and whisk together.
4. Add the dry ingredients to the wet  $\frac{1}{3}$  at a time and incorporate after each. Do not over stir.
5. Fold in desired fruit and set muffin batter aside.
6. In a small bowl add all the ingredients for the topping. Using a fork or pastry cutter mix until crumbly. Set aside.
7. Using a large ice cream scoop, place one scoop of batter in each lined muffin cup. Should be about  $\frac{3}{4}$  full. Top with crumble.
8. Bake for 20 – 25 minutes until the toothpick inserted comes out clean.

*Courtesy of Mia Brown (Dr. Brown's youngest daughter!)*

# Overnight Strawberry Ricotta Breakfast Strata

Serves 4-6

## Ingredients:

- 1 tablespoon unsalted butter
- 1 loaf brioche – cut into  $\frac{3}{4}$ " cubes (about 1 pound)
- 3 cups milk
- 10 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon orange zest (about  $\frac{1}{2}$  an orange)
- 1 cup ricotta cheese
- 1 (12 ounce) jar Bonne Maman Strawberry Preserves
- kosher salt
- $\frac{1}{3}$  cup sliced almonds
- 3 tablespoons cream (can substitute whole milk or half-and-half)



Optional garnish: fresh mint leaves, slices of strawberries, or powdered sugar

## Instructions:

1. Grease an 8x11 or 9x13 inch baking dish with butter. Place half of the bread cubes in the prepared baking dish, arranging them to cover the bottom of the dish. Set it aside.
2. In a medium bowl, whisk together the milk, eggs, vanilla extract, orange zest and  $\frac{1}{4}$  teaspoon salt.

3. Slowly, and evenly, pour half of the egg-milk mixture (about 2 1/2 cups) over the bread in the baking dish. Spoon half (1/2 cup) of the ricotta over the soaked bread, dolloping the ricotta by the spoonful evenly over the bread. Repeat with half (1/2 cup) of the preserves. Arrange the remaining bread cubes evenly over top. Slowly pour the remaining egg-milk mixture over the bread. Spoon the remaining ricotta and jam evenly over the top. For the best result, cover the strata tightly with aluminum foil and refrigerate overnight.
4. Preheat the oven to 350°F.
5. If you have refrigerated the strata, remove it from the fridge and let the strata sit on the counter while the oven preheats to remove the chill.
6. Uncover the strata, brush with cream and sprinkle the almonds on top.
7. Bake, UNCOVERED, for 55 minutes – 1 hour 15 minutes, or until the strata is puffed, browned and the center is set (it shouldn't jiggle when shaken). Remove from oven and set aside to cool for 10 minutes before serving.
8. Garnish with fresh mint, strawberries and powdered sugar if used. Cut into squares and serve. Enjoy!

## Pumpkin Chocolate Chip Muffins

Serves: 24

### Ingredients:

½ cup white sugar  
 ½ cup brown sugar  
 ¼ cup oil or apple sauce  
 (both work well)  
 3 eggs  
 ¼ cup water  
 1 can pumpkin pure  
 (15oz)  
 2 ¼ cup flour  
 1 teaspoon baking soda  
 1 teaspoon baking  
 powder  
 ¼ teaspoon ground cloves  
 1 teaspoon cinnamon  
 ¼ teaspoon ground nutmeg

¼  
 teaspoon salt  
 1 cup chocolate chips



### Directions:

1. Preheat oven to 375°F and Line muffin tins (24)
2. Mix wet ingredients (sugar, oil, eggs, pumpkin)
3. In a separate bowl mix together dry
4. Mix dry in the wet by 3rds, use the water to thin out a bit
5. Fill cups ⅔ full
6. Bake for 20 to 25 minutes (insert knife after 20 mins and check for it to come out clean)

*Courtesy of Mia (Dr. Brown's Daughter!)*

## Scrambled Eggs with Smoked Salmon

Serves: 2



### Ingredients:

4 eggs

4 slices smoked salmon,  
chopped

2 tablespoon. coconut milk

Fresh chives, finely  
chopped

Cooking fat

Sea salt and freshly ground  
black pepper

### Directions:

1. In a bowl, whisk the eggs, coconut milk, fresh chives and salt and pepper.
2. Melt some cooking fat in a skillet and add the egg mixture.
3. Scramble the eggs while cooking.
4. When the eggs start to settle add the smoked salmon and cook for 1 or 2 minutes additional.
5. Serve with more chives sprinkled on top.

*Courtesy of a Patient of Sleep and TMJ Therapy*



## Summer Fruit Breakfast Bake

Serving 8-10 (1 Loaf)

### Ingredients:

3 bananas sliced  
½ cup quinoa  
½ cup oats  
¼ cup brown sugar  
1 tsp cinnamon  
¼ tsp salt



1 cup sliced peaches  
1 cup sliced strawberries  
2 cups milk  
2 eggs  
1 tsp vanilla extract  
½ cup coconut flakes or shreds

### Instructions:

1. Grease a 9x13 inch baking pan and place banana slices in the bottom of the pan.
2. In a separate bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Pour mixture over the bananas.
3. Arrange sliced peaches and strawberries over the oat mixture.
4. In a separate bowl, whisk together milk, eggs, and vanilla extract. Slowly pour mixture over the fruit.
5. Sprinkle with coconut flakes.
6. Bake at 375°F for 1 hour, or until the top is light brown and firm.
7. Serve warm or cold, topped with yogurt, fresh fruit, or powdered sugar.

## Sweet Potato Kale Frittata

Serves 4

### Ingredients:

- 6 large eggs
- 1 cup half-and-half
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon ground pepper
- 2 cup sweet potatoes, cubed
- 2 tablespoon olive oil
- 2 cup firmly packed chopped kale
- $\frac{1}{2}$  small Red Onion, chopped
- 2 clove garlic, minced
- 3 ounces goat cheese



### Directions:

1. Preheat oven to 375°F.
2. Whisk together eggs and next 3 ingredients.
3. Sauté sweet potatoes in 1 tablespoon hot oil in a 10-inch ovenproof nonstick skillet over medium heat 8 to 10 minutes or until potatoes are tender and golden. Remove and keep warm.
4. Sauté kale and next 2 ingredients in remaining 1 tablespoon oil 3 to 4 minutes or until kale is wilted and tender; stir in potatoes.
5. Pour egg mixture evenly over vegetables and cook for 3 more minutes. Sprinkle egg mixture with goat cheese.
6. Bake for 10 to 14 minutes or until set.

*Courtesy of Women's Day Magazine*

# Tropical Summer Coconut Oatmeal

Serves 2

## Ingredients:

- 1 cup oats (gluten-free, if needed)
- 1 cup coconut milk
- 1 orange
- 1 mango, diced
- 1 banana, sliced



## Optional toppings:

Shredded coconut, Extra coconut milk, Coconut or brown sugar

## Instructions:

1. Add the oats, coconut milk and 2-3 cups of water to a small pot over high heat. (See notes about water.) Bring the pot to a boil, stir, then reduce the heat to low and simmer for 15 minutes, or until the oats are soft.
2. While the coconut oatmeal is cooking, slice the top and the bottom off the orange. Place the orange on your cutting board and cut off the rind then slice it into circles.
3. Top the coconut oatmeal with the orange slices, mango, banana and any or all of the optional toppings. Happy breakfast!

*Notes: The amount of water you add will depend on how thick or thin you like your oatmeal. The oatmeal in the pictures has had 2 cups of water added to it and is quite thick. If you're not sure, start with 2 cups and add more at the end of cooking if you would like it thinner.*

## SMALL PLATES / LUNCH



## 5-Ingredient Strawberry Salsa



### Ingredients:

1-pint strawberries, hulled and finely diced  
1 jalapeno, stem and seeds removed, finely diced  
 $\frac{1}{2}$  small red onion, finely diced (about  $\frac{1}{2}$  cup)  
 $\frac{3}{4}$  cup chopped fresh cilantro, loosely-packed  
1 lime juiced, about 2 tablespoons  
salt and black pepper to taste

### Directions:

1. Toss all ingredients together until combined.
2. Season with extra salt and pepper, if needed.
3. Serve with a tortilla chips or crostinis

TIP: If you would like a sweeter salsa, feel free to stir in a few teaspoons of warmed honey.

*Courtesy of Gimme Some Oven*

## **Avocado Blueberry Quinoa Salad**

Serves 4 - 6

### **Ingredients:**

1 cup Blueberries

½ cup Cilantro

⅓ cup Cilantro, packed  
leaves

1 Cilantro

½ Jalapeno

½ cup Red onion

1 cup sweet corn

2 tablespoon lime juice,  
fresh

1 cup Quinoa

1 Black pepper, freshly  
ground

⅛ teaspoon Salt



¼ cup Olive oil

½ cup Pistachios

½ cup Feta

1 Firm but still ripe  
avocado, sliced or diced

### **Directions:**

1. First, make your quinoa. Add water and quinoa to a medium pot and place over high heat; bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes.
2. Remove pot from heat and fluff quinoa with a fork. Then cover and allow quinoa to sit in the pot for 10 minutes.
3. While the quinoa is cooking, make your cilantro lime dressing by adding the ingredients to a blender: cilantro, olive oil, lime juice, jalapeño half and salt and pepper.
4. Blend until smooth. Set aside.



5. Once your quinoa is done, add it to a large bowl. Add in the avocado, blueberries, corn, red onion, feta, pistachios, and cilantro.
6. Pour dressing all over the quinoa salad and toss to combine. Garnish with extra cilantro, pistachios, feta and red onion if you'd like.
7. Serve at room temp or cold.

Tip: Salad with stay good for 3-5 days in the fridge.

*Courtesy of a Patient and Ambitious Kitchen*

## Avocado Salsa Arugula Salad

Serves 4 - 6

### Ingredients for Salsa:

2 ripe avocados, pitted and cubed  
1 mango, pitted and cubed  
½ cup fresh cilantro, chopped  
⅓ cup red onion, chopped  
3 tablespoons fresh lime juice  
1 jalapeno or serrano pepper,  
seeded and chopped  
½ teaspoon ground cumin  
Salt and pepper to taste



### Ingredients for Salad:

5 ounces baby arugula  
16 cherry tomatoes sliced  
1 Small English cucumber,  
thick sliced  
1 large shallot, sliced

### Ingredients for Dressing:

¼ cup olive oil  
1 Lemon Zested and juiced  
1 – 2 cloves garlic, minced  
1 teaspoon dry oregano  
Salt and pepper to taste

### Directions:

1. First, make your salsa. Add all the ingredients in a small bowl, mix to combine, and set aside.
2. Next make your salad dressing. In a large bowl, whisk together all the ingredients to incorporate the dressing.
3. To the same bowl add your arugula, cherry tomatoes, cucumber, and shallots. Toss to coat.
4. Transfer to a serving platter or individual bowls.
5. Top each with the avocado salsa.





6. Serve with toasted crusty bread or warmed tortilla chips

Tip: Salad is also good with grilled chicken slices added.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## Beans and Greens with Lemon-Parmesan Polenta

Serves: 4

### Ingredients:

- 1 lemon
- 1 tablespoon olive oil
- 1 large clove garlic, thinly sliced
- 2 teaspoon fresh thyme leaves
- Pinch red pepper flakes
- 1 medium head escarole, trimmed and torn into pieces (about 16 cups)
- Kosher salt
- 1 (15 oz) can low-sodium white beans, rinsed
- 1 cup instant polenta
- 1 tablespoon unsalted butter
- $\frac{1}{3}$  cup grated Parmesan, plus more for serving



### Directions:

1. Using a vegetable peeler, remove three wide strips of lemon zest; very thinly sliced zest.
2. Heat oil in a large Dutch oven on medium.
3. Add garlic, thyme, thinly sliced zest, and red pepper flakes. Cook, stirring, until garlic is golden brown, about 2 minutes.



4. Add escarole, in 2 batches if necessary, and  $\frac{1}{2}$  teaspoon salt and cook, stirring occasionally, until escarole is beginning to wilt, about 3 minutes.
5. Reduce heat to medium-low, fold in beans, and cook until escarole is tender, and beans are heated through, 2 to 3 minutes more.
6. Meanwhile, cook polenta per package directions. Remove from heat and stir in butter and 1 tablespoon lemon juice, then fold in Parmesan and  $\frac{1}{4}$  teaspoon salt.
7. Serve escarole mixture over polenta with lemon wedges and extra Parmesan.

*Courtesy of a Patient and Women's Day Magazine*

## **Broccoli Salad**

Serves 6



### **Ingredients:**

#### **Dressing:**

3 tablespoons of white wine vinegar  
½ cup mayonnaise  
¼ cup plain Greek yogurt  
¼ cup sour cream  
1 tablespoon white sugar or honey  
1 teaspoon garlic powder  
1 teaspoon onion powder

### **Salad:**

5 – 6 cups broccoli florets (approximately 2 heads)  
12 slices cooked bacon  
Small red onion (sliced or chopped)  
½ cup of cranberries or raisins  
½ cups sunflower seeds  
Salt and Pepper to taste

### **Instructions for Dressing:**

- 1.) In a large bowl combine, all of the dressing ingredients until combined and smooth.
- 2.) Season to taste.



Instruction for Salad:

- 3.) In the same bowl, add the remaining ingredients.
- 4.) Stir all the salad ingredients until well coated with the dressing.
- 5.) For the best flavor, cover and refrigerate for at least an hour or overnight.

Note: Blanching the broccoli helps make them soft but not to lose color.

*Courtesy of Dr Brown and His Family (One of Their Favorites)*

## Buffalo Chicken Dip

Yields 4 Cups



### Ingredients:

8 ounces cream cheese	½ cup shredded cheddar cheese
¼ cup blue cheese salad dressing	2 teaspoons of garlic powder
¼ cup ranch salad dressing	1 teaspoon onion powder
½ cup sour cream	2 cups cooked shredded chicken
½ cup Frank's RedHot Sauce	

Garnish Options: Sprinkle chopped green onions; Sprinkle crumbled blue cheese.

### Directions:

1. Grease 1 quart baking dish and heat oven to 375°F



2. In a large bowl, combine all the ingredients except the chicken until well combined.
3. Add the shredded chicken and mix.
4. Pour into the prepared baking dish and bake for 10-15 minutes. Check the dip for heated through. Should look golden brown and bubbly on top. Can broil further to brown.
5. Immediately garnish with cheese and green onions.
6. Serve with vegetable sticks, chips, crackers, pretzels, crusty bread pieces, or a combination of.

*Courtesy of Reed Brown (Dr. Brown's oldest daughter!)*

## Chicken Lettuce Wrap

Serves 4-6



### Ingredients for Chicken:

- 1 pound of ground chicken
- 1 tablespoon peanut oil
- ½ onion chopped
- 1 small shallot, chopped
- 1 cup red and green pepper, chopped
- 2 cloves of garlic, minced
- 1 8 ounce can water chestnuts drained and chopped

### Ingredients for Sauce:

- 3 tablespoons soy sauce
- 3 tablespoons hoisin sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon peanut butter

- 1 tablespoon honey
- 2 teaspoons sweet chili sauce
- 1 teaspoon garlic powder
- ½ teaspoon ginger powder

### To Serve and Garnish Options:

- Bib Lettuce
- Chopped green onions

- Chopped peanuts
- Slices of Lime





Directions:

1. Whisk together all the ingredients for the sauce until combined. Note, if the peanut butter is hard, microwave 30 – 40 seconds to soften. Set aside.
2. In a large skillet over medium high heat, add peanut oil, onion, and shallots sauté for 3-4 minutes, then add garlic and continue for another minute.
3. Add the ground chicken and cook until the chicken is done, about 3-4 minutes.
4. Pour in the sauce and mix. Heat through over a simmer.

*Courtesy of the Brown Family (A family Favorite)*

## Crab Salad

Serves 4



### Ingredients:

1 pound imitation crab meat  
1 shallot minced (you can  
substitute a red onion)  
 $\frac{1}{2}$  cup mayonnaise  
 $\frac{1}{2}$  cup celery minced

$\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon dill  
 $\frac{1}{4}$  teaspoon Kosher salt  
 $\frac{1}{4}$  teaspoon black pepper

### Instructions:

1. In a large bowl add all the ingredients together. Gently stir until well coated.
2. Refrigerate for an hour before serving.

## **Curried Tomato Coconut Lentils with Gingery Yogurt**

Serves 4 – 6



### **Ingredients:**

- 1 tablespoon olive oil
- 1 medium yellow onion, roughly chopped
- 2 teaspoon curry powder
- 1 teaspoon cumin seeds
- 1 cup dried lentils
- 1 14-oz. can diced tomatoes

- 1 13.5-oz. can coconut milk
- ¼ teaspoon red pepper flakes (optional)
- 1 cup whole milk yogurt
- 2 teaspoons grated fresh ginger

### **Directions:**

1. Heat the oil in a large saucepan or Dutch oven on medium.
2. Add onion and cook, stirring occasionally, until tender (they should not brown), 5 to 7 minutes.
3. Stir in curry powder and cumin seeds and cook for 1 minute.
4. Stir in the lentils, then add ½ cup of water and the tomatoes (with their juices), coconut milk, red pepper flakes (if using), and 1 ½ teaspoons salt.



5. Bring to a simmer, then cover and gently simmer, stirring occasionally, until the lentils are tender, 35 to 45 minutes, adding water if it starts to look dry.
6. While the lentils cook, in a small bowl, combine yogurt, ginger and pinch salt. Set aside.
7. Serve the lentils with a hefty dollop of the gingery yogurt.

Tip: You could also serve this over rice or throw in some greens, such as spinach or arugula.

*Courtesy of a Patient of Sleep and TMJ Therapy and Women's Day Magazine*

## Falafel and Tahini Sauce

Serves 4-6 (10-12 patties)

### Ingredients:

#### Falafel:

2 (14.5 oz.) cans chickpeas  
1 cup chopped red onion  
4 cloves of garlic, chopped  
½ cup loosely packed cilantro  
¼ cup loosely packed parsley  
1 tablespoon extra-virgin olive oil  
1 tablespoon lemon juice  
1 tablespoon ground cumin



2 teaspoon ground coriander  
1 ½ teaspoon kosher salt  
1 teaspoon baking soda

#### Tahini Sauce:

¼ cup tahini  
2 tablespoon lemon juice

2-3 tablespoon of water  
salt and pepper to taste

### Instructions:

1. Combine the chickpeas, red onion, garlic, cilantro, and parsley in a food processor. Process until broken down but still a little chunky.
2. Transfer the mixture to a bowl and add the remaining ingredients (through baking soda). Mix well.
3. Form the falafel mixture into bite size patties unless you are going to crumble them.



4. Place the patties on a plate, then cover and refrigerate for at least 1 hour. Alternatively, place the patties in the freezer for 20-30 minutes.
5. Preheat the oven to 400°F.
6. Remove falafel patties and space them out evenly on a baking pan sprayed with cooking spray.
7. Bake for 20 minutes, then flip carefully. If any of the patties fall apart a little, you can carefully use the spatula and your hand to smush them back together. They firm up by the time they are finished baking.
8. Bake another 10-15 minutes, until well browned and firm.
9. In the meantime, make the tahini sauce. Mix the tahini, lemon juice, 2 tablespoons of water and a dash of salt and pepper in a small bowl. Add an additional tablespoon of water, if needed, to get it to a drizzling consistency. (It will depend on the thickness of your tahini.)
10. Once finished cooking and nicely browned, remove the falafel patties and let cool for a couple minutes on the pan.
11. Serve with the tahini sauce and enjoy!

RECIPE NOTES: Tahini is a sesame seed paste typically found near the peanut butter in the grocery store. These falafels are also great with hummus if you want to skip the tahini sauce.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## **Flatbread Pizza**

### **(Caramelized Mushroom/Onion & Grilled Sausage/Apple)**

Serving 8

#### **Ingredients to Start:**

4 large or 8 mini naan flatbreads

#### **Mushroom Flatbread:**

1 tablespoon avocado or olive oil

1 small white onion sliced (  $\frac{1}{4}$  cup)

1 shallot sliced (  $\frac{1}{4}$  cup)

8 ounces cremini mushroom sliced

$\frac{1}{4}$  cup fresh chopped spinach

2 tablespoons pesto

$\frac{1}{4}$  cup shredded Havarti cheese or  
shredded parmesan cheese



#### **Grilled Sausage/Apple Flatbread:**

1 12-ounce package chicken/apple  
sausage links

2 tablespoons olive oil

2 cups apple slices (soaked in lemon  
juice and water to prevent browning)

2 cups baby arugula

2 teaspoon Dijon mustard

1  $\frac{1}{2}$  teaspoon honey

1 teaspoon lemon juice

8 ounces goat cheese





### Directions For Flatbread:

1. Heat grill or grill pan over medium high heat.
2. Brush each naan bread with olive oil on both sides. Grill for 2 – 3 minutes on each side until there are char marks.
3. Keep warm.(If oven usage then heated oven at 350°)

### Mushroom/Onion:

1. In a large pan or skillet medium high heat. Once hot, add oil, mushrooms, and onions. Sauté untouched to sear, approximately 2 – 3 minutes. Stir and cook another 2 minutes to get light brown color and tender.
2. Reduce to medium low and add shallots. Sauté until browned and crispy as well. Transfer mixture to a bowl.
3. Assemble the flatbread by spreading the pesto then add cheese, mushroom mixture, copped spinach, and additional cheese.
4. Place back on the grill to melt the cheese or in the oven (350 °). Heat through for 5-8 minutes to melt the cheese.

### Sausage/Apple:

1. Make vinaigrette by whisking together Dijon, honey, and lemon juice. Season with salt and pepper to taste.
2. Grill or cook sausage links for 8 – 10 minutes until heated through. Cut into slices.
3. Top each bread with goat cheese, sausages, and apple slices. Grill or heat in oven for another 5-8 minutes until the cheese has melted.
4. Remove flatbreads and top with fresh arugula. Drizzle with vinaigrette.

*Courtesy of Eat Yourself Skinny*



## Green Gazpacho with Vodka Shrimp

Serves 2-4

### Ingredients for the Gazpacho:

Ice

4 tomatillos, husked, rinsed,  
and coarsely chopped

1 small ripe avocado, pitted,  
peeled, and coarsely chopped

¼ English cucumber, peeled  
and coarsely chopped

½ cup coarsely chopped  
white onion

½ cup Mexican crema or  
Greek yogurt

A small handful of fresh cilantro or flat-leaf parsley

1 slice stale white bread, crust removed

1 small stalk celery with leafy top, coarsely chopped

1 large jalapeño chili, seeded and coarsely chopped

Juice of 1 lime (about 2 tablespoons)

1 tablespoon sherry vinegar

1 large clove garlic, crushed

A fat drizzle of EVOO, plus more for serving

Salt



### Ingredients for the Shrimp:

2 tablespoon olive oil

1 tablespoon butter

20 peeled and deveined  
large shrimp

Salt and pepper

1 teaspoon each: ground  
coriander, ground cumin,  
and granulated garlic



½ cup vodka  
Juice of 1 lemon  
2 sprigs fresh oregano,  
leaves stripped and finely

chopped  
2 tablespoon fresh flat-leaf  
parsley, finely chopped

#### Preparation:

1. For the gazpacho, in a large high-power blender or food processor, puree a small scoop of ice, about 1/2 cup water, the tomatillos, avocado, cucumber, onion, crema, cilantro, bread, celery, chili, lime juice, vinegar, garlic, a fat drizzle of EVOO, and a fat pinch of salt.
2. Season the gazpacho with salt to taste. Thin soup with more water if it's too thick.
3. For the shrimp, in a large skillet, heat the olive oil, two turns of the pan, over medium-high.
4. Add the butter. When it melts, add the shrimp; season with salt and pepper.
5. Add the coriander, cumin, and granulated garlic.
6. Cook until the shrimp is browned at the edges, about 2 minutes. Turn the shrimp over. Remove from heat.
7. Douse the shrimp with the vodka and lemon juice. Return to burner and cook over medium-high heat until the liquid reduces to a sauce and the shrimp are opaque in the centers, about 2 minutes.
8. To serve top the shrimp with the chopped herbs and place alongside a bowl of soup. Drizzle the soup with EVOO.

*Courtesy of Rachael Ray*

## Honey Sriracha Glazed Meatballs

Serves: 8



Ingredients for the  
meatballs:

2 pounds lean ground turkey  
1 cup whole wheat panko  
breadcrumb  
2 eggs  
¼ cup green onions,  
chopped  
½ teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon black pepper

Ingredients for the sauce:

¼ cup Sriracha  
3 tablespoon reduced-  
sodium soy sauce  
3 tablespoon rice vinegar  
3 tablespoon honey  
1 tablespoon grated fresh  
ginger  
3 cloves garlic, minced  
½ teaspoon toasted sesame  
oil

Instructions:

1. Preheat oven to 375°F.



2. In a large bowl, mix together turkey, breadcrumbs, eggs, green onions, garlic powder and salt/pepper until well combined.
3. Shape mixture into 1½-inch balls (roughly 40 balls) and place spaced apart on prepared baking sheets lightly sprayed with cooking spray.
4. Bake meatballs for 20 to 25 minutes, or until browned and cooked through.
5. While the meatballs are baking, combine all the ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously.
6. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken).
7. Toss with the meatballs.
8. Serve immediately:
  - a. With brown rice, shredded carrots, chopped peanuts, lime wedges, garnish with green onions and sesame seeds.
  - b. As an appetizer, just garnish with green onions and sesame seeds and enjoy!

*Courtesy of a Patient of Sleep and TMJ Therapy*

## Italian Caprese Salad

Serves 4 - 6



### Ingredients:

Mozzarella – large portions of mozzarella are preferable (8 ounces) to the small mozzarella balls because they have a better flavor.

Tomatoes– be sure your tomatoes are not overly ripe (3 large). You want them to be slightly firm with a copper red coloring.

Basil– rip your basil leaves gently, by hand, rather than cutting them with a knife (1 bunch).

Olive oil- lightly drizzled on top (3 – 4 tablespoons).

Salt and pepper– to taste

### Directions:

1. Slice a large ball of fresh mozzarella and a large tomato.
2. Sprinkle a little bit of salt on your tomato slices. This will help draw out the tomato juices.
3. Make your caprese salad by placing a layer of mozzarella on a plate.
4. Top the mozzarella with a slice of tomato.



5. Pour a little bit of olive oil on the tomato (this serves as the caprese salad dressing).
6. Place a basil leaf on top and sprinkle a little salt and pepper.
7. Serve your caprese salad fresh!

*Courtesy of a Patient and Natsha's Kitchen*

## Kale Caesar Salad

Serving: 4



### Ingredients for Salad:

4 cups of chopped kale leaves  
 $\frac{3}{4}$  cups of shredded parmesan cheese  
1 cup cherry tomato cut into half  
 $\frac{1}{2}$  - 1 cup of roasted sunflower seeds or pine nuts (per your taste)  
1 large lemon juiced over the kale

### Ingredients for Dressing:

$\frac{1}{2}$  cup of shredded parmesan cheese  
4 tablespoons lemon juice  
1 can of anchovy  
2 teaspoons of Worcestershire sauce

3-4 cloves of garlic  
1 teaspoon of Dijon mustard  
Salt and pepper to taste  
4 tablespoons olive oil

### Directions:

1. Add all the salad ingredients together in a bowl and squeeze the fresh lemon over the kale and toss. Set aside for about 30 minutes to give the leaves time to wilt a bit.



2. For the dressing, combine all ingredients in a blender except the oil. Mix the ingredients and pour the olive oil in to combine.
3. Pour over salad and toss.
4. Serve

*Courtesy of Dr Brown and Family*



## **Loaded Veggie Turkey Meatballs (Gluten Free)**

Servings: 28-30 small meatballs

### **Ingredients:**

1 pound ground turkey  
½ cup lightly steamed  
broccoli florets, finely  
chopped  
½ cup kale, finely chopped  
(or any other green)  
½ cup carrots, finely  
chopped  
2 tablespoons fresh cilantro,  
finely chopped  
1 egg, beaten  
2 tablespoons butter or ghee,  
melted



1 tablespoons coconut flour  
(or 2-3 tablespoon of any  
other flour)  
1 teaspoon salt  
½ teaspoon garlic powder  
Pepper, to taste

### **Directions:**

1. Preheat oven to 400° F.
2. Line baking sheet with parchment paper OR place a cooling rack on top of baking sheet.
3. Combine all meatball ingredients in a large bowl until well incorporated.
4. Roll into about 28-30 small meatballs ( I use a small cookie scoop to get uniform balls)
5. Place onto prepared baking sheet.



6. Bake for 15-18 minutes, until baked through and slightly golden.

NOTES: Food processors are highly recommended to chop veggies to ideal texture.

*Courtesy of Savory Lotus*

## **Meatloaf Muffins**

Serves 6



Ingredients for  
Meatloaf:

1 ½ pounds ground chuck or  
turkey

½ cup onion, chopped

½ cup green pepper,  
chopped

1 clove garlic, chopped

1 large eggs

½ cup breadcrumbs

1 teaspoon Worcestershire  
sauce

½ cup ketchup

½ teaspoon dried oregano

½ teaspoon dried thyme

Salt and pepper



#### Ingredients for the Sauce:

2 tablespoons brown sugar

2 teaspoon yellow Mustard

½ cup ketchup

#### Directions:

1. Preheat oven to 350°F.
2. In a large bowl, mix all the meatloaf ingredients: meat, onion, pepper, egg, breadcrumbs, ketchup, and spices.
3. Prepare muffin tin with spray. Scoop mixture into muffin pans slightly overfill each muffin cup.
4. Bake for 15 minutes.
5. Remove and brush with sauce. Then bake a few more minutes before taking the meatloaf muffins out of the oven. (Internal temp should read 160°F.)
6. Serve with roasted veggies or mashed potatoes.

**TIP:** Double the meatloaf muffin recipe to make enough to freeze so you can have muffin meatloaf anytime. Just freeze once cooled. To reheat, put it back in the oven for 20 minutes at 350°F. So easy! This makes about 18-24 meatloaf muffins when doubled!

*Courtesy of a Patient at Sleep and TMJ Therapy*

## Muhammara

Serves: 8



### Ingredients:

2-3 roasted red peppers (store bought jarred peppers for convenience or see \*\*notes for roasting yourself)  
2/3 cup walnut pieces  
½ cup panko breadcrumbs (choose gluten free if needed)  
¼ cup sun dried tomatoes  
½ teaspoon cumin  
1 teaspoon paprika  
¼ teaspoon Aleppo pepper (optional)

2 garlic cloves

2 tablespoons pomegranate molasses, found at Whole Foods or ethnic markets

½ teaspoon salt more to taste

½ cup warm water to thin it out

### Instructions:

1. Place the panko in a skillet over medium heat and toast until slightly brown. Set aside.
2. Place walnuts in a skillet over medium heat and toast until slightly fragrant. Set aside.
3. Place peppers, sun dried tomatoes, all seasonings, and toasted panko breadcrumbs into your food processor. Process until it forms a thick paste.



1. Thin as needed with warm water to reach a dipable consistency, probably 1 or 2 tablespoons of water.
4. Add toasted walnuts to the food processor. Pulse a few times to incorporate the
2. Add walnuts but be sure to leave a few chunks remaining.
5. Serve with pita and enjoy!

**\*\*Notes:**

To roast your own red peppers:

1. Preheat oven to 400°F. Cut and trim peppers by removing seeds, stem, and white membrane.
2. Drizzle with olive oil and place on a baking sheet lined with parchment.
3. Roast in the oven for 30-45 minutes, until charred. I like to flip the pieces over halfway through.

Garnish: drizzle of olive oil & some fresh parsley.

*Courtesy of a Patient at Sleep and TMJ Therapy*

# **New Orleans BBQ Shrimp and Grits**

## **Recipe**

Serves 4



### **Ingredients for Grits:**

3 cups chicken broth or water

1 cup grits

Pinch of salt

### **Ingredients for Shrimp:**

1 ½ pound fresh or frozen large shrimp, shell on

¼ cup olive oil

½ teaspoon hot sauce

¼ cup unsalted butter

12 cloves garlic, smashed and peeled

2 bay leaves

1 cup of milk

3 tablespoons butter

1 cup grated parmesan cheese

4 sprigs fresh thyme

3 tablespoons dry sherry

1 cup water

1 tablespoon paprika

1 teaspoon Worcestershire sauce

¼ cup lemon juice

¼ cup diced tomatoes

2 tablespoons heavy cream



To garnish: chopped parsley, diced green onions, crumbled bacon, or lemon wedges

#### Instructions for Grits:

1. Bring the water to boil in a medium saucepan.
2. Stir in the grits and salt. Reduce heat to low until the grits come to a slow simmer. Place the lid on top and cook for 10 minutes, stirring often.
3. Add the milk, and simmer for 10-15 minutes more, stirring as needed to keep the grits from sticking to the bottom of the pan.
4. Once the grits are cooked and tender, stir in the cheese and butter until incorporated and melted. Keep warm on the stovetop, adding in extra milk as needed if the grits get too thick.

#### Instructions for Shrimp:

1. Peel the shrimp with shells in one bowl and shrimp in another bowl.
2. In a medium bowl, combine sherry, paprika, Worcestershire sauce, hot sauce and kosher salt. Add shrimp to bowl and toss to combine. Cover and refrigerate for 1 hour.
3. In a large skillet, combine olive oil, shrimp shells,  $\frac{1}{2}$  butter, garlic, bay leaves, and thyme. Place on a medium- high heat. Stir to combine.
4. Add water and sherry and reduce to a simmer and cook to it has reduced by half, about 15 minutes.
5. Strain sauce into a bowl and discard remaining shells.
6. Wipe the skillet and add 2 tablespoons of olive oil, and heat to medium high. Add shrimp to the hot skillet and sear for about 1 minute on each side.





7. Add diced tomatoes, reserved shrimp broth, and cook and stir shrimp for about 2 minutes.
8. Add in heavy cream and the remaining butter. Turn heat down to a simmer to reduce and thicken sauce, but don't cook too long as you will overcook the shrimp.
9. Serve shrimp over cooked grits and garnish with chopped parsley, diced green onions, crumbled bacon, and a lemon wedge.

*Courtesy of a Patient at Sleep and TMJ Therapy*

## Quinoa Veggie Burger

Serves 6

### The Burger Patty:

2 tablespoons olive oil

4 cloves garlic, finely chopped

1 small carrot, finely chopped

1 small yellow onion, finely chopped

1 rib celery, finely chopped

2 cups baby arugula, blanched,  
shocked, finely chopped, and  
squeezed dry

2 cups cooked quinoa

½ cup breadcrumbs

2 tablespoon oregano leaves, finely chopped

1 (15-oz.) can great northern or cannellini beans, rinsed, drained  
and mashed

1 egg

Kosher salt and freshly ground black pepper, to taste



### The Relish:

¼ cup finely chopped parsley

2 tablespoon fresh lemon juice

1 teaspoon ground cumin

2 red bell peppers, roasted, stemmed, seeded, peeled, and finely  
chopped

½ small yellow onion, minced

6 hamburger buns, split and toasted



## Instructions:

1. Heat 2 tbsp. oil in a 12" skillet over medium high heat.
2. Add garlic, carrot, onion, and celery, and cook, stirring, until soft, about 8 minutes.
3. Transfer to a bowl and add arugula, quinoa, breadcrumbs, oregano, egg, and mashed beans; season with salt and pepper and mix well to combine.
4. Divide mixture into six 5 1/2-oz. patties, about 4" wide x 1" thick; place on a plate and refrigerate for 20 minutes or until ready to use.
5. To make the relish, mix parsley, juice, cumin, peppers, onion, salt, and pepper in a bowl. Cover with plastic wrap and let sit for 20 minutes to allow flavors to marry.
6. Heat 2 tablespoons of oil in a 12" skillet over medium-high heat.
7. Add 3 burgers patties and cook, flipping once, until toasted on each side and heated through, about 6 minutes. Repeat with remaining oil and burgers.
8. Divide burgers between toasted buns, top with relish and serve. Lettuce, red onion and tomato is a great addition as well.

## **Scallop Kabobs with Old Bay**

Serves 4

### **Ingredients:**

$\frac{1}{4}$  cup ( $\frac{1}{2}$  stick butter  
melted)

1  $\frac{1}{2}$  teaspoons OLD BAY®

Seasoning

$\frac{1}{2}$  teaspoon dry parsley leaves

1 pound sea scallops



### **Instructions:**

1. Mix butter, Old Bay, and parsley in a small bowl.
2. Thread scallops onto wooden skewers. (Soak in water prior for 1 – 1  $\frac{1}{2}$ .)
3. Place skewers on a foil-lined shallow baking pan.
4. Brush scallops with seasoned butter.
5. Broil 6 to 8 minutes or until scallops are opaque. Turn after 3 minutes and brush with seasoned butter again.
6. Serve and enjoy!

# Shawarma Meatballs with Roasted Veggies

Serves 4



## Ingredients:

½ cup Bulgur  
 1 ¼ cup chicken stock  
 1 red onion  
 1 Roma tomato  
 1 zucchini  
 1 teaspoon sumac  
 1 pound ground beef,  
 lamb or chicken  
 ¼ cup panko  
 breadcrumbs  
 1 tablespoon middle  
 eastern spice blend

(can buy premade)

## Spice Mix:

2 teaspoons smoked paprika  
 2 teaspoons ground cumin  
 1 teaspoon freshly ground  
 black pepper.  
 1 teaspoon ground coriander  
 1 teaspoon garlic powder  
 ½ teaspoon ground  
 cinnamon

½ teaspoon ground nutmeg  
 ¼ teaspoon ground  
 cardamom  
 ¼ teaspoon ground cloves  
 2 teaspoons dry parsley

Garnish: Sour Cream and Chopped Parsley



## Directions:

1. Heat broiler to high or oven to 500°F.
2. Combine bulgur, chicken stock, and a pinch of salt in a small pot. Bring to a boil, reduce to a simmer, and cover. Cook until tender, 12-15 mins. Remove from heat and keep covered.
3. Cut onion into ½ in wedges. Quarter tomato through stem end. Halve zucchini lengthwise and slice it into 2-in wedges. Toss veggies on a baking sheet with a large drizzle of olive oil, sumac, salt, and pepper.
4. Roast until softened and slightly charred, about 10-12 mins. If broil, check after 3 minutes.
5. Lightly mix ground meat, panko, middle eastern spice blend, salt and pepper in a medium bowl to combine. Gentle pat into golf ball-sized meatballs with your hands.
6. Heat a large drizzle of olive oil in a medium pan over medium – high heat. Add meatballs and cook to desired doneness, 6-10 minutes, turning to brown all the sides.
7. Prepare the Bulgur:
8. Finely chop the parsley.
9. Fluff bulgur with a fork, season with salt and pepper, and stir in half of the parsley.
10. Divide bulgur between plates. Top with veggies and meatballs. Dollop with sour cream and garnish with remaining parsley.

## Shrimp Ceviche

Serving: 4

### Ingredients:

1 pound of Deveined  
Headless Shrimp  
1 Red Onion , chopped  
3 Roma Tomatoes,  
chopped  
1 bunch of Cilantro,  
rough chopped  
1 bag of limes (1 cup)  
2 Avocados  
Salt & Pepper



### Toppings:

1 Mango, Chopped  
1 Cucumber, Chopped

Plantain Chips  
Tortilla Chips

### Directions:

1. Dice red onion, tomatoes, jalapenos, cilantro, cucumber, and mango into fine pieces and set aside.
2. Slice the avocados into thin even halves.
3. Slice the headless and deveined shrimp down the middle to get 2 even halves and set aside.
4. Juice a bag of limes to get 1 cup of lime juice.
5. In a bowl pour in 1 cup of lime juice over the shrimp to cover.



6. Allow the shrimp to brine in the juice and place in fridge for 1-2 hours.
7. Into small bowls separate the cucumber, mango, and avocado, (these are optional toppings to add to your ceviche once it's done).
8. After brining, add the diced tomatoes, jalapeno, onion, and cilantro into the bowl.
9. Add 1-2 tablespoons of salt and pepper, you may need to add more so taste as you add more into the bowl and let it sit for another 30 minutes before serving.
10. Serve ceviche with plantain or tortilla chips.
11. Serve the ceviche in individual bowls and top with desired sides.

*Courtesy of Iliana a Team Member at Sleep and TMJ Therapy*



## Single Serve Baked Ricotta

Serves: 5

### Ingredients:

Olive Oil Spray

15- ounce Part-skim ricotta

$\frac{1}{3}$  cup parmesan cheese

$\frac{1}{8}$  tsp basil

$\frac{1}{8}$  tsp garlic powder

Pinch of Salt and pepper

Optional top with marinara sauce  
smooth, not chunky



### Instructions:

- 1.) Preheat oven to 450°F.
- 2.) Spray 5 ramekins with olive oil and place on a baking sheet.
- 3.) In a medium bowl combine ricotta cheese, parmesan cheese, basil, garlic powder, salt, and pepper.
- 4.) Stir ricotta mixture to fully combine.
- 5.) Place  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of the ricotta mixture into the prepared ramekins.
- 6.) Top with 1 tablespoon of smooth marinara sauce.
- 7.) Bake for 20 minutes.
- 8.) Serve warm.

*Courtesy of Jennifer P (Patient of Sleep and TMJ Therapy)*

# **Smoky Black Bean Cakes with Sweet Corn, Avocado Salsa, and Arugula/Mixed Greens**

Serves 2

## **Ingredients Black Bean Cakes:**

1 can black beans  
1 cup medium red onion,  
diced (reserve  $\frac{1}{4}$  for salsa)  
1 jalapeno pepper, seeded  
and diced (reserve  $\frac{1}{4}$  for  
salsa)  
1 ear of corn, remove from  
cob



1 teaspoon cumin  
 $\frac{1}{2}$  teaspoon cayenne (to  
taste)  
 $\frac{1}{4}$  cup panko breadcrumbs

## **Ingredients Salsa:**

1 avocado, diced  
1 Roma tomato, diced  
 $\frac{1}{4}$  red onion, diced  
 $\frac{1}{4}$  chopped jalapeno  
1 lime juiced

## **Ingredients for Salad:**

1 cup mixed greens  
4 tablespoon sour cream  
1 tablespoon balsamic  
vinegar  
1 tablespoon olive oil

## **Instructions:**

1. Drain and rinse the black beans and set aside.
2. In a large skillet, heat  $\frac{1}{2}$  tablespoon of oil. Add  $\frac{3}{4}$  of onion and jalapeno. Cook for 4 – 5 minutes until



softened, stir or toss regularly. Add corn, black beans, and spices. Cook another 6-7 minutes until the corn slightly blisters and the beans are soft. Set it aside.

3. Make Salsa:
  - a. In a medium bowl, smash the cubed avocado.
  - b. Combine  $\frac{1}{4}$  tomato,  $\frac{1}{4}$  of the onion, and up to half the jalapeno (to taste).
  - c. Stir in the juice of the lime and season with salt and pepper.
4. Place the black bean mixture into a large bowl. Mash with a potato masher or fork until nearly smooth. Stir in  $\frac{3}{4}$  of the panko and season with salt and pepper. Place the remaining panko into a small bowl or shallow dish.
5. Form the black bean mixture into small patties, pressing each side into the panko.
6. Wipe out the same large pan with a paper towel and heat a drizzle of olive oil over medium heat. Once hot, add the black bean cakes to the pan.
7. Cook 2-3 minutes per side, until golden brown. Season with salt and pepper.
8. In a medium bowl, toss the arugula or mixed greens with a drizzle of olive oil and balsamic vinegar. Season with salt and pepper.
9. Serve the smoky black bean cakes on a bed of lettuce. Top with avocado salsa and a dollop of sour cream.
10. Serve with lime wedges for squeezing. Enjoy!

*Courtesy of Hello Fresh*

## Southwest Pasta Salad

Serves: 6



### Ingredients:

2 cups dry rotini pasta  
2 ears corn - raw or cooked  
(or 1/ ½ cups frozen corn,  
thawed)  
15 ounce can black beans -  
rinsed (or 2 cups cooked)  
¼ cup minced green onion  
2 teaspoons garlic powder  
1 teaspoon cumin

½ teaspoon coriander  
¾ teaspoon mild chipotle  
chili powder  
¼ cup lime juice - (2 limes  
will do the trick)  
¾ cup your favorite salsa -  
homemade or store-bought  
is fine  
1 Haas avocado - diced

Note: If you're making this in advance, don't chop the avocado until the day-of.

Hot sauce - to taste, optional (depends on your salsa choice and how spicy you like your food)



## Instructions:

1. Prepare the pasta according to package directions and drain.
2. While the water boils and the pasta cooks, prep the rest of the ingredients.
3. In a large serving or storage bowl, toss together the corn, beans, green onions, garlic, spices, lime juice, and salsa.
4. Add the cooked pasta to the corn and bean mixture, mixing well.
5. If you're making this in advance, here is your stopping place. Cover and chill until you're ready to serve – up to overnight.
6. Just before serving, toss in the avocado. Taste and add hot sauce, if you want it a little spicier.

*Courtesy of Becky Striepe*

## Sweet Potato and Guac/Black Bean Boats

Serves 2

### Ingredients:

- 2 medium sweet potatoes (about 9 ounces each)
- 2 tablespoons melted virgin coconut or vegetable oil, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon cayenne pepper, divided
- 1/2 teaspoon ground cumin, divided
- 1 red onion, coarsely chopped
- 2 garlic cloves, finely chopped, divided
- 1 (15.5-ounce) can black beans, rinsed, drained
- 3/4 cup vegetable broth
- 1 ripe avocado
- 3 tablespoons chopped cilantro, divided
- 2 tablespoons fresh lime juice, divided
- 2 cups baby spinach (about 2 ounces)
- 1 ounce crumbled queso fresco (about 1/4 cup)



### Preparation:

1. Preheat oven to 450°F.



2. Cut potatoes in half lengthwise. Coat with 1 Tbsp. oil, 1/2 tsp. salt, 1/4 tsp. cayenne, and 1/4 tsp. cumin
3. Placed on a lined and rimmed baking sheet. Arrange cut side up.
4. Roast until fork-tender, about 25 minutes.
5. Meanwhile, heat the remaining 1 Tbsp. oil in a medium skillet over medium. Add onion and half of garlic and cook, stirring, until onion starts to release moisture and turns translucent. About 2–3 minutes.
6. Add beans, broth, 1/4 tsp. salt, remaining 1/4 tsp. cayenne, and 1/4 tsp. cumin. Cook until the liquid is reduced, and the beans are heated through, about 10 minutes.
7. Add spinach and 1 tablespoon of lime juice to bean mixture. Continue to cook until spinach wilts, about 30 seconds. Set it aside.
8. Mash the avocado and remaining garlic in a medium bowl with a fork until smooth. Stir in 2 tablespoons of chopped cilantro, 1 tablespoon of lime juice, and add the remaining 1/4 teaspoon salt.
9. PUT IT TOGETHER: Using the back of a spoon, gently push down in center of potato halves to create a divot. Spoon bean mixture into potato halves, then top evenly with 2 Tbsp. avocado mixture, queso fresco, and remaining 1 Tbsp. cilantro.

## Spiderweb Deviled Eggs (Halloween Recipe)

Serves: 24



### Ingredients:

2 tablespoons finely  
chopped celery  
2 tablespoons sweet  
pickle relish  
1/8 teaspoon salt  
1/8 teaspoon pepper  
Chopped chives

2 teaspoons black gel or  
paste food color  
12 large eggs  
6 tablespoons chipotle  
mayonnaise

(garnish)  
Food grade gloves (to  
protect hands from food  
dye)

### Instructions:

1. In 5-quart Dutch oven or stock pot, combine 8 cups of cold water with black food color. Put eggs in a single layer, cover and bring to boil.
2. Remove from heat and let stand for 15 minutes.
3. Using a slotted spoon, place eggs on paper towels. Place colored water in fridge to cool.
4. Use the end of a wooden spoon to tap each egg in several places to slightly crack shell. The more places you crack, the more webbing the egg will have. Place eggs back into cooled colored water and let sit for 2 to 3 hours.





5. Peel eggs and cut lengthwise. Using a teaspoon, scoop out the egg yolks into a small bowl. Set the whites aside.
6. Mash the yolks with the remaining ingredients. Fill each egg white with yolk mixture.
7. Garnish with chives. Serve, or cover and refrigerate.

*Courtesy of TBSP Angela*

## **Southwest Bean Dip**

Serves 10

### **Ingredients:**

2 (15.4) cans rinsed and  
drained pinto beans  
1 cup mild or medium salsa  
¼ c cilantro  
1 teaspoon paprika  
1 teaspoon chili powder  
1 teaspoon cumin  
1 teaspoon garlic powder  
1½ cup finely shredded  
Mexican cheese blend

Garnish Options: Jalapeño slices, Chopped Cilantro, Cherry  
Tomatoes chopped, Sour Cream, Avocado



### **Directions:**

1. Preheat oven to 350° F.
2. In food processor pulse first 7 ingredients, until some texture remains. Taste and adjust seasoning as needed.
3. Pour into greased baking dish and top with Mexican cheese blend.
4. Cover with foil and bake until bubbling, 25 to 30 minutes.
5. Serve warm with tortilla chips

*Courtesy of a Patient of Sleep and TMJ Therapy*

## Stuffed Potato Cakes

Serves 4 (8 potato cakes)



### Ingredients:

#### Dough:

1 kg (2 pounds) potatoes  
80 g ( $\frac{1}{2}$  cup) white rice  
flour

40 g cornstarch ( $\frac{1}{4}$  cup)  
salt, pepper, nutmeg (to  
taste)

#### Filling:

250 g (1  $\frac{1}{2}$  cups)  
mushrooms, sliced  
1 bell pepper, diced  
2 cloves of garlic, minced

1/2 of a zucchini, diced  
1 onion, chopped  
salt & pepper to taste

#### Spice Mix:

1 teaspoon Italian Spice  
1 teaspoon onion powder  
1 teaspoon garlic powder

$\frac{1}{2}$  teaspoon cumin  
 $\frac{1}{4}$  teaspoon red pepper  
flakes

### Additional ingredients:

Oil for frying and Vegan or regular cheese to taste



### Instructions:

#### Dough:

1. Peel the potatoes, cut into small pieces, and cook in salted water for about 20 minutes.
2. Drain and season with salt, pepper, and nutmeg and mash them with a potato masher. (Please do not use a food processor, otherwise, the mashed potatoes will be sticky).
3. Allow the mashed potatoes to cool (in the meantime you can prepare the filling), then add flour and cornstarch and mix well with a spoon or your hands.
4. The dough shouldn't be too dry or crumbly.

#### Filling:

1. Chop the veggies into small bite size pieces.
2. Sauté the onion in a pan with a little bit of oil for about 3-4 minutes. Add the mushrooms, garlic, and also the diced peppers and zucchini. Sauté everything for a couple of minutes, season with salt, pepper, and the spice mix. Set it aside.

#### Assemble:

1. Split the dough into 8 parts (about 1/2 cup or 120 g each). Form into balls, make a well in the middle and add about one and a half tablespoons of the filling. You can also add some cheese.
2. Carefully "seal" the balls with a little bit more dough and flatten them slightly to make them look like thick pancakes.



3. Heat approximately 2 tablespoons of oil in a pan and fry the potato cakes at medium heat until golden brown on both sides.
4. They will be crunchy on the outside and soft on the inside. If you want them to be slightly crunchier, you can bake them for about 20 minutes at 375°F in the oven.
5. Enjoy!

*Courtesy of Ela Vegan*

## Swedish Meatballs

Serves: 6



### Ingredients:

#### For the meatball:

2 tablespoons olive oil,  
divided  
1 onion, diced  
1 pound ground beef  
1 pound ground pork  
½ cup Panko\*  
2 large egg yolks  
¼ teaspoon ground allspice  
¼ teaspoon ground nutmeg  
Kosher salt and freshly  
ground black pepper, to taste

#### For the gravy:

¼ cup unsalted butter  
⅓ cup all-purpose flour  
4 cups beef broth  
¾ cup sour cream

Kosher salt and freshly  
ground black pepper, to  
taste

2 tablespoons chopped fresh  
parsley leaves

### Directions:

1. Heat 1 tablespoon olive oil in a large skillet over medium heat.
2. Add onions. Cook, stirring frequently, until onions have become translucent, about 2-3 minutes.



3. In a large bowl, combine ground beef, ground pork, Panko, egg yolks, allspice, nutmeg and cooked onion; season with salt and pepper, to taste.
4. Using a wooden spoon or clean hands, stir until well to combined.
5. Roll the mixture into 1 ¼ -to-1 ½ -inch meatballs, forming about 24 meatballs.
6. Add the remaining 1 tablespoon olive oil to the skillet. Add meatballs, in batches, and cook until all sides are browned, about 4-5 minutes.
7. Transfer to a paper towel-lined plate.
6. To make the gravy, melt butter in the skillet. Whisk in flour until lightly browned, about 1 minute.
7. Gradually whisk in beef broth and cook, whisking constantly, until slightly thickened, about 1-2 minutes.
8. Stir in sour cream, season with salt and pepper, to taste.
9. Stir in meatballs and cook, stirring occasionally, until heated through and thickened, about 8-10 minutes.
10. Serve immediately, garnished with parsley, if desired.

*Courtesy of a Sleep and TMJ Patient*

## **Thai Curry Peanut Sauce with Rice Noodles**

Serving: 6



### **Ingredients:**

1 tablespoon olive oil  
1-2 tablespoon of Thai Red  
Curry paste  
1 can coconut milk  
1 cup peanut butter  
1-2 tablespoon soy sauce  
4 cloves garlic, minced  
2 tablespoons fresh ginger,  
minced

1 teaspoon fish sauce  
(optional but  
recommended!)  
1 teaspoon maple syrup or  
honey  
1 lime juiced  
1 teaspoon cornstarch  
1 16-ounce package rice  
noodles

**Garnish Options:** Freshly ground peanuts, Chopped cilantro,  
Chopped scallions, Lime wedges, Favorite cooked protein,  
Favorite steamed vegetables





Directions:

1. Bring a large pot of salted water to a boil and cook noodles to package directions. Undercook them slightly.
2. In a small pot heat olive oil and add curry paste, garlic, ginger until slightly golden brown.
3. Add in the coconut milk and red curry paste over medium heat and mix.
4. Gradually add peanut butter, soy sauce, fish sauce, honey or syrup, and lime. Stir until mixed and smooth.
5. Bring to a boil and add cornstarch, mix. Reduce to simmer continue stirring as it thickens up after approximately 3-5 minutes.
6. Add the rice noodles. Cook an additional 3-5 minutes.
7. Serve with sides to garnish.

Notes: You can also add tofu, finely chopped leftover cooked meats (e.g., left- over chicken).

*Courtesy of a Sleep and TMJ Patient*

## Vegan Veggie Pinwheels with Broccoli and Carrots

Serves: 4



### Ingredients:

8 ounces Vegan cream cheese

1 cup Vegan mayonnaise

1 tablespoon Fresh flat-leaf Italian parsley

1 ½ teaspoon Dried dill

1 ½ teaspoon Garlic powder

1 ½ teaspoon Onion powder

1 teaspoon Sea salt

½ teaspoon Ground black pepper

2 cup Fresh broccoli florets, chopped

2 cup Carrots-chopped very fine

1 cup Vegan cheddar cheese

4 8-inch flour tortillas

### Directions:

1. In a medium-size mixing bowl, add cream cheese, mayonnaise, parsley, dill, garlic powder, onion powder, sea salt, and ground black pepper.



2. Stir to combine and adjust seasoning, as needed, to taste.
3. Fold in the broccoli, carrots, and cheddar cheese. Stir until all ingredients are evenly distributed.
4. On a flat work surface, arrange tortillas in an even layer.
5. Spoon  $\frac{1}{4}$  of the mixture onto the tortillas. Use the back of your spoon to spread the mixture an even layer, covering the entire tortilla.
6. Starting at one end, slowly but tightly roll each tortilla.
7. Wrap each rolled tortilla in plastic wrap and set in the refrigerator. Allow to chill for at least 1 hour.
8. Remove from refrigerator, unwrap, and slice into 1-inch rounds.
9. Serve chilled or room temperature.

Note: Same quantities for substitution for non-vegan products

*Courtesy of This Wife Cooks*

## Vegan Ricotta Stuffed Tomatoes

Serves: 8



### Ingredients:

1 (14 ounce) block extra firm tofu, drained and pressed  
½ cup cashew pieces (I have used raw and roasted / salted)  
½ teaspoon sea salt  
½ teaspoon fresh cracked black pepper

1 clove garlic, minced  
2 teaspoons fresh parsley, minced  
1 teaspoon dried onion flakes  
½ teaspoon dried chives  
fresh Roma tomatoes  
fresh basil leaves, chiffonade

### Instructions:

1. Drain tofu. Using a tofu press or paper towels and something heavy, press tofu until most liquid is removed.
2. Add cashews to blender and blend almost completely to dust, mostly very small pieces. Be careful to watch and stop blending before the cashews turn to cashew butter.

3. Transfer pressed tofu to a large mixing bowl and mash with a fork to break into pieces.
4. Add the cashew dust, salt, pepper, garlic, parsley, dried onion flakes and chives.
5. Continue to mash tofu, combining all ingredients thoroughly, until the tofu has a crumbly ricotta consistency.
6. Slice Roma tomatoes in half lengthwise. Using a small spoon, scoop out the seeds to leave a tomato shell.
7. Using that same spoon or a piping bag, fill each tomato half with the ricotta mixture.
8. Arrange it on a serving tray and top with fresh chiffonade basil.

*Courtesy of Spabettie / Kristina Sloggett*

## Vietnamese Chicken Meatballs

Serves 3-4

### Ingredients:

1 pound ground chicken  
3 tablespoons fish sauce  
½ small onion  
2 cloves garlic, minced  
1 stalk lemongrass, finely  
chopped, tender white  
inside part only (substitute  
zest of 2 limes)  
3-4 tablespoon chopped  
cilantro  
1 tablespoon chopped mint  
1 ½ tablespoon cornstarch  
½ tablespoon kosher salt



Few grinds of fresh black  
pepper  
¼ cup granulated sugar for  
rolling the meatballs  
Parchment paper

### Directions:

1. Mix the chicken with rest of the ingredients except for the sugar in a large bowl. Mix together thoroughly but gently because if you overwork the meat, your meatballs will be tough.
2. Using slightly damp hands, roll the mixture into golf ball sized meatballs, put on a plate and let them sit in the fridge for at least ½ hour.
3. Preheat the oven to 400°F.
4. Take the meatballs out of the fridge and line a baking sheet with parchment paper.



5. Roll each meatball lightly in the sugar and place on the parchment. Bake the meatballs in the center of the oven for 15 minutes.
6. Give the pan a shake a few times to make sure you get even browning.
7. Your meatballs are finished!

TIP: Serve with bibb lettuce, top them on rice, or add into a Thai soup.

## Watermelon Feta Salad with Blueberries

Serves 6

### Ingredients:

#### Salad:

8 cups watermelon, cubed  
to  $\frac{3}{4}$  inch

2 cups fresh blueberries,  
plus more if desired

1 cup crumbled feta

Mint and basil leaves,  
julienne or chopped

3 Romaine Lettuce heads  
(optional)

#### Honey lime dressing:

1 lime juiced



2 tablespoons extra virgin  
olive oil

2 tablespoons honey

Salt to taste

### Instructions:

1. Make the honey lime dressing: combine all honey lime dressing ingredients and mix vigorously until well combined. You can also add the ingredients to a mason jar and shake well to combine.
2. In a large serving bowl, combine cubed watermelon, blueberries, mint, and basil to taste, and  $\frac{3}{4}$  cup crumbled feta. Toss with the honey lime dressing.
  - a. If serving over lettuce rough chop the lettuce and arrange on a platter.
  - b. Top the lettuce with the fruit mixture.
3. Top the salad with the remaining  $\frac{1}{4}$  cup feta and garnish with more mint and basil leaves.
4. Serve immediately. Enjoy!



## White Bean and Tuna Salad with Basil Vinaigrette

Serves: 4



### Ingredients:

- Kosher salt
- Pepper
- 12-ounce green beans, trimmed and halved
- 1 small shallot, chopped
- 1 cup lightly packed basil leaves
- 3 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 4 cup oak leaf lettuce or butter lettuce
- 1 15-oz. can small white beans, rinsed

2 5-oz. cans solid white tuna in water, drained

4 soft- or hard-boiled eggs, halved

### Directions:

1. Bring a large pot of water to a boil. Add 1 tablespoon salt, then green beans, and cook until just tender, 3 to 4 minutes. Drain and rinse under cold water to cool.
2. Meanwhile, in a blender, puree shallot, basil, oil, vinegar, and  $\frac{1}{2}$  teaspoon each salt and pepper until smooth.
3. Transfer half of the dressing to a large bowl and toss with green beans.
4. Fold in lettuce, white beans, and tuna and serve with remaining dressing and eggs.

*Courtesy of a Patient of Sleep and TMJ Therapy and Women's Day Magazine*

## SOUPS



## **Bone Broth for Healthy Joints**

Serves 10 Cups



### **Ingredients:**

3 - 4 lbs. of bones (chicken bones, chicken feet, beef marrow bones, whatever you have!)

2 medium carrots

2 medium celery stalks

1 garlic bulb,

1 medium white onion skin on

2 tablespoon apple cider vinegar

2 bay leaves

$\frac{1}{2}$  - 1 Tablespoon Himalayan salt  
depends how salty you like your broth

2 teaspoon pepper  
corns

10 - 12 cups water enough to cover the bones

### **Instructions:**

1. If using beef bones, preheat your oven to 400F.
2. Place the beef bones in a single layer on a baking sheet or roasting pan. Roast for 1 hour, flipping the bones over halfway through cooking time. (Skip this step if using chicken bones)
3. Chop the vegetables (don't bother peeling them) and place them, along with the bay leaves, into the bottom of the slow cooker. Add the bones and fill the pot with water, making sure to cover the bones.
4. Set the slow cooker on low and cook for 18 - 36 hours.



5. Remove the larger pieces with a slotted spoon and place them in a strainer set over a large bowl to collect the excess broth. Then, strain the broth that's still in the slow cooker through a fine mesh sieve into the same large bowl. Add the apple cider vinegar.
6. You can put this broth in the fridge to cool and allow the fat layer (tallow) to float to the top. Scrape off the tallow, if you like, and use it for cooking.
7. Spoon the broth into jars and place in the fridge for 5 days, or else freeze for future use (6 months).

*Courtesy of a Patient at Sleep and TMJ Therapy*

## **Cleansing Detox Soup**

Serves 6



### **Ingredients:**

¼ cup water (or vegetable broth)

½ red onion, diced

2 cloves garlic, minced

3 celery stalks, diced

3 medium carrots, diced

1 small head of broccoli, florets

1 cup chopped tomatoes

1 tablespoon fresh ginger, peeled and minced

1 teaspoon turmeric (I used powdered)

¼ teaspoon cinnamon

¼ teaspoon cayenne pepper,

or to taste (optional)

fine-grain sea salt and black pepper, to taste

6 cups water (or 4 cups vegetable broth + 2 cups water)

2 cups kale, de-stemmed and torn in pieces

1 cup purple cabbage, chopped

Juice from ½ of a small lemon (or a whole lemon, depending how much lemon flavor you prefer)



### Instructions:

1. In a large pot, add the  $\frac{1}{4}$  cup water and turn on the heat to medium-high. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes, and fresh ginger. Stir and cook for 3 minutes, adding in extra water or broth as needed (another  $\frac{1}{4}$  cup).
2. Stir in the turmeric, cinnamon, and cayenne pepper plus salt and pepper to taste.
3. Add in the remaining water or broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft.
4. Add in the kale, cabbage, and lemon juice near the last 2-3 minutes of simmering.

*Courtesy of One Green Planet*

## Coconut-Apple-Ginger Dal

Serves 4

### Ingredients:

2 tablespoon virgin  
coconut oil

¼ teaspoon cayenne  
pepper

¼ teaspoon ground  
cumin

¼ teaspoon ground  
turmeric

½ large onion, finely  
chopped

2 garlic cloves, finely  
chopped

1 3" piece ginger, peeled,  
finely chopped

1 large apple(unpeeled),  
grated large holes



1 ½ cup red lentils

1 (13.5-oz) can coconut  
milk

2 tablespoon fresh lime  
juice

Kosher salt, freshly ground  
pepper

Garnish: Plain yogurt, cilantro leaves, and toasted unsweetened coconut flakes

### Directions:

1. Heat oil in a large pot over medium-high.
2. Cook cayenne, cumin, and turmeric, stirring, until fragrant, about 1 minute.
3. Add onion, garlic, and ginger and cook, stirring, until softened, about 3 minutes. Add apple and lentils and stir to coat.



4. Stir in coconut milk and 2 ½ cups water and bring to a boil.
5. Reduce heat and simmer, stirring occasionally, until lentils are completely soft, and dal is thick, 20-25 mins.
6. Add lime juice and season with salt and pepper.
7. Divide dal among bowls and top with yogurt, cilantro, and coconut flakes, season with more pepper.

*Courtesy of a Patient of Sleep and TMJ Therapy and Epicurious*



## Homemade Tomato Soup

Serves 4-6



### Ingredients:

- |                            |                             |
|----------------------------|-----------------------------|
| 1 tablespoon olive oil     | ½ cup chopped carrots       |
| 2 teaspoon dry basil       | 1 bay leaf                  |
| 4 cloves garlic, minced    | Salt and pepper to taste    |
| 1 teaspoon ground thyme    | 2 cups chicken broth        |
| 1 large shallot, minced    | 6 ounce can of tomato paste |
| ¼ teaspoon paprika         | 2 cups whole tomatoes       |
| 1 stalk of celery, chopped | (cherry, Roma, or what you  |
| 1 28 ounce can crushed     | have)                       |
| tomatoes                   |                             |

### Instructions:

1. Sauté garlic, shallot, celery, carrots, salt and pepper in the olive oil till soften, approximately 8-10 minutes in a soup pot or Dutch oven. Sauté with tomato paste for an additional 2 minutes.



2. Remove mixture from pot and place in a blender with 1 cup of chicken broth. Blend until smooth.
3. Return mixture from step 2 to pot.
4. Add crushed tomatoes, basil, thyme, bay leaf, and paprika and simmer for 3- 5 minutes.
5. Blend whole tomatoes with remaining chicken broth in blender and pour into pot. Simmer for 25 – 30 minutes. Stir occasionally.
6. Adjust thickness based on your preference.
7. Serve with grilled cheese for dipping or warm crusty bread.

*Courtesy of Dr. Brown's Family!*

# Instant Pot Chicken Mushroom Wild Soup

Serves: 8



## Ingredients:

1 tablespoon butter  
1 medium onion, diced  
4 cups chicken broth (or 4 cups water + 4 teaspoons Better than Bouillon Chicken Base)  
3 medium carrots, cut into ½ inch slices  
3 ribs of celery, cut into ½ inch slices

8 ounces white button mushrooms, sliced or chopped  
1 teaspoon garlic powder  
¾ teaspoon salt  
½ teaspoon black pepper  
1 ½ teaspoon poultry seasoning  
½ teaspoon dried thyme  
1 cup uncooked wild rice  
2 pounds boneless, skinless chicken thighs (frozen is okay)  
4 tablespoon butter  
¼ cup flour  
1 cup half and half, whole milk, or heavy cream  
Salt and pepper

## Instructions:

1. Turn your Instant Pot to the sauté setting. When the display says HOT add in the 1 tablespoon of butter and



swirl it around. Once it is melted add in the onion and sauté for about 4 minutes.

2. Add in the chicken broth, carrots, celery, mushrooms, garlic powder, salt, pepper, poultry seasoning, thyme, wild rice, and chicken thighs.
3. Cover the pot and secure the lid. Make sure valve is set to sealing. Set the manual/pressure cook button to 30 minutes. When the time is up let the pot sit for 10 minutes and then move the valve to venting. Remove the lid.
4. In a medium bowl, melt the butter (I use my microwave for this part) and slowly whisk in the flour, a tablespoon at a time. Once it's smooth stir in the half and half and whisk until the mixture is smooth. Stir in a cup of the broth from the soup until it is smooth.
5. Stir the whole mixture into the Instant Pot. Turn the pot to sauté. The soup will thicken fairly quickly.
6. Use tongs to place chicken on a cutting board. Cut it into pieces or shred it and return it back into the pot.
7. Salt and pepper the soup to taste and add in additional poultry seasoning, if needed.
8. Ladle into bowls and serve.

*Courtesy of Recipe by @365dayscrockpot*

## Maryland Crab Soup

Serves 4-6



### Ingredients:

½ tablespoon olive oil  
3 large carrots, peeled and sliced  
1 – 2 medium potatoes, cubed  
1 medium onion, chopped  
2 celery stalks, sliced  
1 tablespoon of chopped garlic  
¼ cup dry sherry or red wine  
¼ pound green beans, trimmed 1' pieces  
1 cup frozen corn  
1 cup frozen peas

½ cup frozen lima beans  
4 Tablespoon  
Worcestershire sauce  
2 tablespoon Old Bay  
2 bay leaf  
1 tablespoon dried basil  
1 tablespoon dried parsley  
1 tablespoon mustard, Dijon  
1 28 ounce can chopped tomatoes  
3 cups beef broth  
3 cups water  
1-pound jumbo lump crab meat



4 cooked jumbo crabs, cut  
in half

Salt and pepper to taste

**Directions:**

1. In a large soup pot, sauté onion, celery, potatoes, and carrots with olive oil until tender. Add garlic, Worcestershire sauce, dry wine, parsley, basil, and Old Bay seasoning. About 2-3 minutes.
2. Add the broth, canned tomatoes with juice, and water. Stir and bring to a boil. Add other vegetables and the bay leaf.
3. Reduce heat and simmer until the frozen vegetables are heated through. About 20 minutes.
4. Add the cooked crab pieces, lump crab meat, and simmer for another 20-30 minutes. Discard bay leaf.
5. Adjust seasoning at this point.

**Serving Suggestion:** Crusty Bread or Saltine Crackers

**Tip: Freezing Instruction:** Let soup cool to room temperature. Use a freezer safe container to store leftovers. Good up to 3 months. Thaw overnight and heat up before serving.

*Courtesy of Barbara M a Patient of Sleep and TMJ Therapy*

## Mexican Chicken Soup

Serves 6



### Ingredients:

#### For Soup:

2 tablespoon olive oil  
1 medium onion, chopped (about 2 cups)  
3 large carrots, chopped (about 1 cup)  
3 celery ribs, chopped (about 1 cup)  
2 cloves garlic, minced  
6 cups chicken broth  
1 (14 ounces) can crushed tomatoes, undrained  
1 jalapeño pepper seeded, minced

1 teaspoon ground cumin  
1 teaspoon ground coriander  
3 cups cooked chicken, diced or shredded  
2 tablespoons fresh cilantro, chopped  
Salt and pepper to taste

#### For Toppings:

Shredded cheddar cheese  
Sour cream  
Avocado sliced or diced  
Tortilla chips



### Instructions:

1. In a large soup pot heat oil over medium heat and add onions, carrots, and celery.
2. Cook until softened, about 5 minutes. Stir continually to avoid burning.
3. Stir in the minced garlic and cook until fragrant, about 30 seconds.
4. Stir in the remaining ingredients except for the chicken and the cilantro. Bring to a boil and reduce heat to simmer.
5. Simmer uncovered for 20 minutes then add in the chicken and cilantro. Season to taste.
6. Simmer a few more minutes to heat the chicken through.
7. Serve with topping.

*Courtesy of Karina (Sleep and TMJ Team Member) and Chef Meggan Hill*



## Minestrone Soup

Serves 6



### Ingredients:

2 tablespoon olive oil or  
avocado oil  
½ large onion, diced  
7 cloves garlic, minced  
1 large celery rib, diced  
1 medium carrot, diced  
4 oz. mushrooms, sliced  
1 teaspoon dried oregano  
(such as Simply Organic)  
1 teaspoon dried basil (such  
as Simply Organic)  
½ teaspoon salt + more to  
taste  
¼ teaspoon black pepper +  
more to taste  
1 small zucchini, diced

1 (28-ounce) can crushed  
tomatoes (such as Muir  
Glen)  
3 cups water  
1 (14-ounce) can red kidney  
beans, drained and rinsed  
(such as Eden Organic or  
Westbrae Naturals)  
1 cup (about 4 ounces) dried  
gluten-free pasta of choice,  
cooked al dente  
¼ cup fresh parsley,  
chopped (optional)  
Freshly grated parmesan  
cheese (optional)



## Instructions:

1. Heat olive oil in a large saucepan or Dutch oven over medium heat. Add onion and sauté for 5 minutes. Add garlic and cook an additional 30 seconds.
2. Add celery, carrot, mushrooms, oregano, basil and salt and pepper.
3. Reduce heat to low. Cover with a lid and cook for 10 minutes, stirring occasionally.
4. Add zucchini, crushed tomatoes, water, and beans. Increase heat to medium-low. Cover and simmer an additional 15 minutes or until carrots and celery are tender.
5. While the soup is simmering, bring a pot of water to a boil. When water boils, add pasta and cook according to directions until pasta is al dente. Drain pasta and set aside until ready to add to soup.
6. Remove from heat, stir in chopped parsley. Taste and season with additional salt and pepper as needed.
7. Stir cooked pasta into hot soup and allow to stand for a few minutes before serving.
8. Serve with grated parmesan, if desired.

\*For best results, stir cooked pasta into soup just before serving rather than adding it to the pot of soup to prevent pasta from becoming mushy.

*Courtesy of THE REAL FOOD DIETITIANS*

## Potato Soup

Serves 6

### Ingredients:

6 slices thin bacon, cut into  
1-inch pieces  
2 tablespoons butter  
1 whole medium onion,  
diced  
3 whole carrots, scrubbed  
clean and diced  
3 stalks celery, diced  
3 cloves of garlic, minced  
1 ¼ cup of all-purpose flour  
6 whole small russet  
potatoes, peeled and diced  
½ teaspoon kosher salt, plus  
more to taste  
Black pepper, to taste  
½ teaspoon paprika



8 cups low sodium chicken  
or vegetable broth  
1 cup milk  
½ cup heavy cream  
¼ cup sour cream  
1 teaspoon fresh parsley,  
chopped  
½ cup shredded cheddar  
cheese

Garnish: Minced Fresh Parsley, Grated Cheddar Cheese, Bacon  
Crumble, Sour Cream

### Directions

1. In a soup pot or large Dutch Oven over medium heat, add the bacon pieces and cook until crisp and the fat is rendered.



2. Remove the bacon from the pot and set it aside. Pour off most of the grease, but do not clean the pot.
3. Return the pot to medium-high heat and add the butter, the onion, carrot, and celery.
4. Stir and cook for 2 - 3 minutes until tender. Add garlic and cook until fragrant (30 seconds).
5. Sprinkle flour over the vegetable mixture and stir until smooth.
6. Add the diced potatoes. Cook for 5 minutes, seasoning with salt, pepper, and paprika.
7. Pour the milk in the broth and stir well. Bring it to a gentle boil. Cook for 10 minutes, or until the potatoes start to get tender. Pour the milk into the soup and allow the soup to cook for another 5 minutes.
8. Reduce heat to simmer and remove approximately  $\frac{1}{2}$  of the soup to the blender. Puree until smooth and return to soup pot. Alternatively, use an immersion blender.
9. Stir in the heavy cream, sour cream, grated cheese, and parsley. Allow to simmer for 15 minutes longer.
10. Serve in bowls and top with parsley, chives, cheese, and crisp bacon pieces.

*Courtesy of Tina (Sleep and TMJ Team Member) and Sugar Spun Run*

## Potato Leek Soup

Serves 6



### Ingredients:

3 tablespoons olive oil	3 cloves of garlic, minced
3 tablespoons unsalted butter	3 whole medium russet potatoes (2 ¼ pounds), peeled and diced
1 whole medium onion, diced	6 cups low sodium chicken
3 leeks, white and light green part only, scrubbed clean and diced	1 cup heavy cream
3 stalks celery, diced	6 sprigs fresh thyme
	Salt and pepper to taste

Garnish: Hot Sauce, Sour Cream for Drizzle, Fried Onion

### Directions:

1. In a soup pot or medium Dutch Oven over medium heat, add oil and butter.



2. To the pot add the potatoes, leeks, celery.
3. Stir and cook for 6-8 minutes until tender. Add garlic and cook until fragrant (30 seconds).
4. Pour in the chicken broth, thyme sprigs, salt and pepper and stir well. Bring it to a gentle boil then simmer on medium low. Cook for 15-20 minutes, or until the potatoes are tender.
5. Remove the thyme sprigs. Transfer 4 cups to the blender . Remove lid insert and cover with a towel.
6. Puree 30 seconds and add back to chunky soup. Stir in the cream into the soup and allow the soup to thicken, 10-15 minutes.
7. Season to taste with salt and pepper.
8. Serve in bowls and top with celery leaves, hot sauce, drizzled heavy cream, and crisp onion pieces.

Tip: Carla recommends using cauliflower instead of potatoes.

*Courtesy of Carla (Sleep and TMJ Patient) and Pioneer Women*

## Red Pepper Crab Soup

Serves 5 cups



### Ingredients:

¼ c onion, chopped	2 pounds (900 g) crab meat, cooked
1 tablespoon olive oil	1 tablespoon lemon juice
1 cup chicken broth	1 pinch cayenne pepper
1 cup half & half, with 1	¼ teaspoon salt
tablespoon all-purpose flour	
3 red bell peppers, roasted	

### Directions:

1. Roast red pepper by quartering with skin side up, brush with oil, and roast until blackened. Place in a bowl or brown paper bag and seal. Allow to steam for about 10 minutes, to loosen skin.
2. Peel skin and discard. Chop the remaining pepper and set aside.



3. Sauté onions in olive oil in a large pot until soft and golden brown.
4. Place sautéed onion, broth, half and half with flour, red peppers, lemon juice, and cayenne pepper into a blender in the order listed and secure lid.
5. Turn machine on and slowly increase speed to High.
6. Blend for 6 minutes or until heavy steam escapes from the vented lid. Add salt to taste.
7. Reduce speed and remove the lid plug. Return to pot and drop crab meat in and stir. Reserve some for garnishing.
8. Serve immediately with garnish of fresh chopped parsley and extra crab meat.

**TIP:** For a non-dairy alternative, substitute soy milk for low fat or skim milk.



## **Roasted Butternut Squash Soup**

Serves 8 (Yield 10 cups)



### **Ingredients:**

1 large butternut squash, cut  
to 1-inch squares  
2 carrots, chopped  
3 stalks of celery, chopped  
1 large onion, chopped  
5 cloves of garlic  
6 sage leaves  
6 sprigs of thyme  
1 sprig of rosemary

¼ teaspoon cayenne red  
pepper powder (or less, if  
you do not want a little  
kick)  
salt and pepper to taste  
2 tablespoon olive oil  
3 ½ cups vegetable/chicken  
stock

### **Instructions:**

1. Preheat the oven to 350 F.
2. In a large bowl, add butternut squash, carrots, celery, and onions,
3. Peel the garlic and add cloves whole.



4. Add the herbs, red pepper powder, salt and pepper. Add olive oil and toss to coat. (remove the stems from the stems).
5. Roast for 1 hour (or up to 1 hour and 15 minutes, if the veggies are not yet soft).
6. Once the vegetables and herbs are roasted, add to food processor with 1 cup of vegetable stock and puree in a blender.
7. Pour mixture into a large saucepan. Add the remaining vegetable stock and stir well.
8. Simmer on low for 10 minutes. If you think too thick add water or additional broth to desired consistency.
9. Garnish with herbs and a drizzle of cream and some pumpkin seeds.

*Courtesy of Ahead of Thyme*

## **Roasted Carrot, Sweet Potato and Ginger Soup**

Serves 4

### **Ingredients:**

- 1 large, sweet potato, peeled and cut
- 2 cups chopped carrots (4 large carrots)
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 2 tablespoons grated ginger
- 1 liter (4 ¼ cup) vegetable or chicken broth
- 1 pinch of cayenne salt & pepper to taste



**Garnish Options:** Yogurt, Fresh Chopped Herbs (Cilantro, Parsley), Roasted Pine Nuts

### **Instructions:**

1. Preheat your oven to 400°F and line a pan with parchment paper.
2. Place chopped sweet potatoes and carrots in a pan and spread out. Bake for 20-25 minutes until tender.
3. Heat vegetable oil in a large pot or soup pot over medium heat.



4. Add onion and garlic stirring constantly for 2-3 minutes. Add grated ginger, sweet potato, carrots, and a pinch of cayenne and stir together.
5. Next add your vegetable or chicken broth and bring to a boil for 2 minutes. Reduce heat to low and let simmer for 30 minutes.
6. Transfer soup to a blender (or use a hand blender) and blend soup until smooth.
7. Season with salt and pepper to taste.
8. Transfer to bowls and garnish. Serve with crusty bread.

*Courtesy of Choosing Chia*

## Spring Minestrone Soup

Serves 4



### Ingredients:

1 teaspoon coriander seeds  
1 teaspoon fennel seeds  
½ teaspoon black peppercorns  
¼ cup extra-virgin olive oil  
4 garlic cloves, thinly sliced  
6 scallions, coarsely chopped  
½ serrano chili, thinly sliced (optional)  
2 2x1" strips lemon zest  
2 large leeks, white and pale green parts only, tough outer layer removed, sliced into ½"-thick rounds

1 fennel, halved lengthwise, bulb and stalks thinly sliced, fronds coarsely chopped  
1 (15.5-oz) can cannellini beans, rinsed  
5 ounces sugar snap peas, thinly sliced on a diagonal  
Kosher salt  
2 cups baby spinach  
1 cup shelled fresh English peas (1 lb. pods) or frozen peas, thawed  
1 tablespoon white miso



## Instructions

1. Coarsely grind coriander seeds, fennel seeds, and peppercorns in spice mill or with mortar and pestle.
2. Cook oil, garlic, and ground spices in a large saucepan over medium heat, stirring often, until garlic is softened but not crisp, about 2 minutes.
3. Add scallions, chili (if using), and lemon zest and cook, stirring occasionally, until scallions are softened and almost completely charred, 5–7 minutes.
4. Pour 6 cups cold water into saucepan, increase heat to medium-high, and bring to a simmer.
5. Add leeks, fennel bulb and stalks, beans, and sugar snap peas (pan will look crowded but vegetables will shrink as they cook).
6. Reduce heat to medium. Add a large pinch of salt and simmer, stirring occasionally, until leeks, fennel, and sugar snap peas are fork-tender, about 5 minutes.
7. Add spinach, English peas, and miso and cook, stirring, just until spinach is wilted, about 10 seconds, season with salt.

*Courtesy of a Patient at Sleep and TMJ Therapy and Andy Baraghani*

## Sweet Potato-Peanut Bisque

Serves 5

### Ingredients:

2 large sweet potatoes (10-12 ounces each)  
1 tablespoon olive oil  
1 small yellow onion, chopped  
1 large clove garlic, minced  
3 cups reduced-sodium tomato-vegetable juice blend or tomato juice  
1 (4-ounce) can diced green chiles, preferably hot, drained  
2 teaspoons minced fresh ginger  
1 teaspoon ground allspice



1 (15-ounce) can vegetable/chicken broth  
 $\frac{1}{2}$  cup smooth natural peanut butter  
Freshly ground pepper to taste  
Chopped fresh cilantro leaves for garnish

### Directions:

1. Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through. This will take about 7 to 10 minutes. Set aside to cool.
2. Heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in tomato juice,



green chiles, ginger and allspice. Adjust the heat so the mixture boils gently and cook for 10 minutes.

3. Peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth.
4. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired.
5. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

TIP: Cover and refrigerate for up to 3 days. Thin with water before reheating, if desired.

*Courtesy of a Patient at Sleep and TMJ Therapy and Eating Well Test Kitchen*



## Vegan Spicy Thai Peanut Ramen

Serves 6

### Ingredients:

2 teaspoon olive oil  
3 cloves garlic, chopped  
1 teaspoon ginger, grated  
1 teaspoon green curry paste  
4 cups vegetable/chicken  
broth, divided  
1 (13oz.-14oz.) can coconut  
milk, full fat  
½ cup peanut butter  
2 teaspoon soy sauce  
2 teaspoon agave syrup  
Juice of 2 limes



12-ounce package ramen  
noodles

### Optional Toppings:

Mushrooms, thinly sliced  
Sesame seeds, black or  
white  
Thai chilis  
Cilantro

Other veggies: shredded  
carrots, bean sprouts  
Chopped peanuts  
Tofu, Cubed

### Instructions:

1. In a large pot, heat the olive oil on medium high. Then add the chopped garlic and grated ginger. sauté, reducing heat as needed for 1- 2 minutes to cook the garlic.



2. Add the curry paste and stir it into the garlic and ginger. Cook for another minute.
3. Add 3 cups of veggie/chicken broth and coconut milk. Stir to combine everything. Reduce heat to low and simmer.
4. In a medium sized bowl, whisk together the remaining cup of broth and the peanut butter. I find this makes it easier to incorporate the peanut butter.
5. Add the peanut butter broth mixture to the pot and whisk to combine.
6. Add the soy sauce, agave, and lime juice. Simmer on low for 5-10 minutes to develop the flavors. Taste and adjust seasonings. (Salt, lime juice, or agave).
7. Right before serving, add the ramen noodles into the pot. Simmer them, cooking according to package directions. They usually only take a minute or two. This will avoid mushy noodles.
8. Serve immediately as is, or add the optional toppings, veggies, tofu or whatever you want.

#### Recipe Notes:

If you want to add mushrooms, slice them really thin and add right before serving as well. They will cook fast.

(We removed peanuts from this recipe for TMJ reasons).

*Courtesy of Sleep and TMJ Team and rabbitandwolves on Instagram*

## ENTRÉES



## **Butternut Squash and Spinach Lasagna**

Serves 6-8



### **Ingredients for Butternut Squash Filling:**

2 cups butternut squash puree (about half of squash)	1/2 cup milk (or more, if needed)
1 cup ricotta cheese	1/4 + 1/8 teaspoon salt
	1/4 teaspoon nutmeg

### **Spinach Filling:**

1 cup cooked spinach (8 oz uncooked)	1 cup mozzarella cheese
1 cup ricotta cheese	2 garlic cloves, minced
	Salt and Pepper to taste

### **Other Ingredients:**

10 oz lasagna noodles, cooked	1/2 cup Parmesan cheese (on top)
1 and 1/2 cups mozzarella cheese (or more)	Italian seasoning, Paprika, Basil



### Instructions:

1. Preheat oven to 375 F.
2. Butternut Squash Filling:
  - a. Using food processor, combine 2 cups of butternut squash puree with Ricotta cheese, milk, salt, and nutmeg.
  - b. Add more milk if needed (to make the butternut squash filling very creamy). Mix very well, taste and add more salt, if needed.
3. Spinach Filling:
  - a. Combine spinach, Ricotta cheese, mozzarella, garlic, salt and pepper. Mix, taste, and add more salt and pepper, if needed.
4. Cook lasagna noodles according to the package instructions.
5. Rinse in cold water, drain. Using knife, trim noodles to fit your baking dish (if necessary).
6. Prepare a baking dish. Grease the lasagna dish lightly with olive oil spray.
7. Spread 1/3 of butternut squash filling on the bottom of the dish. Sprinkle lightly with mozzarella cheese. Top with cooked lasagna noodles without overlapping.
8. Spread half of the spinach filling over the noodles. Top lightly with Mozzarella cheese. Top with cooked noodles.
9. Spread another layer (1/3) of butternut squash mixture, then sprinkle lightly with Mozzarella cheese. Top with cooked noodles.
10. Spread the remaining half of spinach filling over the noodles. Top lightly with Mozzarella cheese.



11. Top with the final layer of cooked noodles and spread a generous amount of butternut squash filling (the remaining 1/3) over this final layer of noodles, sprinkle with grated Parmesan and remaining mozzarella cheese (about 1/2 cup of mozzarella).
12. Generously sprinkle the cheese with Italian seasoning, paprika, basil.
13. Cover the baking dish with foil and bake for 30 minutes. Remove foil and bake an additional 10 minutes.

*Courtesy of Julia's Album*

## **Chicken Pot Pie with Biscuit Topping**

Serves 6-8



### **Ingredients For the Filling:**

2 cups of cooked chicken  
(chopped bite size pieces)  
1 (10.5 ounces) can of  
condensed cream of chicken  
soup  
 $\frac{1}{2}$  cup of milk  
1 small onion, minced  
(about  $\frac{1}{2}$  cup)  
2 medium cloves garlic,  
minced  
 $\frac{1}{4}$  teaspoon dried thyme,  
oregano, and rosemary  
 $\frac{1}{2}$  cup milk  
1 10-ounce bag of mixed  
frozen vegetables

Kosher salt and freshly  
ground black pepper

### **Ingredients For the Topping:**

1 cup Bisquick Baking Mix  
1 egg  
 $\frac{1}{2}$  cup milk  
1 tablespoon vegetable oil  
4 ounces finely grated  
Parmigiano-Reggiano  
cheese or Cheddar  
(optional)  
Fresh chopped parsley for  
sprinkling after finished  
cooking



Instructions:

1. Pre-heat oven to 375°F. Grease a deep-dish pie pan or 2-quart casserole dish.
2. Filling: In a large bowl, stir together all the ingredients to combine.
3. Transfer the chicken mixture to the prepared pie pan.
4. For the Topping: In a medium bowl, add Bisquick, egg, milk, and vegetable oil. Use a fork or wooden spoon to combine the ingredients.
5. Add cheese and incorporate with a few stirs.
6. Pour mixture over the filling.
7. Bake pie uncovered for 25 – 30 minutes or until crust is golden brown and the filling is bubbly. If the topping is browning too fast, tent loosely with foil.

*Courtesy of Jasmine (Sleep and TMJ Therapy Team Member)*



## Chicken Potpie with Herb Crust

Serves 6

### Ingredients for Crust:

1 cup gluten free all-purpose flour blend

½ teaspoon salt

½ teaspoon dried thyme

½ teaspoon dried parsley

¼ cup cold butter cut into pieces or

coconut oil (coconut

oil should be a consistency that is easy to scoop and not melted)

1 egg, divided

2-3 tablespoons ice cold water



### Ingredients for Filling:

1 ½ cups potatoes, diced

(peeling is optional)

2 medium or large carrots  
diced carrots

2 tablespoon olive oil,  
divided

1 pound boneless, skinless  
chicken breasts cut into 1  
inch chunks

1/2 teaspoon salt + pepper

1 medium yellow or white  
onion, chopped

1 teaspoon dried thyme

½ teaspoon dried parsley

1 ½ cup low sodium

chicken broth

3 tablespoons gluten free  
all-purpose flour



### Instructions for Crust

1. In a medium sized mixing bowl whisk together the gluten free flour blend with the salt and dried herbs.
2. Cut in the butter with a pastry cutter or a fork until the dough is crumbly. If using coconut oil mix it in with a spoon or mixer. The dough should also be a little dry and crumbly.
3. Whisk the egg in a small cup or bowl. Pour three tablespoons of the whisked egg into the dough.
4. Add the cold water 1 tablespoon at a time. Mix well between each addition of water.
5. When the dough sticks together and forms a ball, you're done adding water.
6. Wrap the dough up and place in the fridge while you prep the filling.

### Instruction for Filling

7. Preheat oven to 400°F. Adjust rack so that it's in the middle of the oven.
8. Warm the olive oil in a large skillet or pan on a medium heat. When the oil is hot add the diced chicken cooking until the chicken is no longer pink on the outside, about 5 minutes. Sprinkle with salt & pepper while cooking.
9. Remove the chicken from the skillet/pan and place in a small bowl or plate.
10. Wipe down the pan you were just using and add another 1 tablespoon olive oil on medium heat. When the oil is hot add the onion and fry for 2-3 minutes until the onions begin to soften and become translucent.

11. Add the chopped potatoes and carrots to the pan. Cook for another 2-3 minutes before adding back the chicken and herbs. Stir everything together well.
12. In a mixing cup mix together the chicken broth and flour. Whisk until no lumps remain. Add the stock to the pan and stir everything together.
13. Transfer the contents of the skillet to a greased 2-quart baking dish 8-inch square or round dish or 7x11 inch rectangular). Set it aside.
14. Roll out the dough on a floured baking paper surface. Rolling out of the paper will make it easier to transfer the rolled-out dough. Roll it out so that it's large enough to cover the top of the filling.
15. Transfer the crust over the outside of the pie dish and use a fork to seal the edges.
16. Poke a few holes in the top crust to allow steam to escape while baking.
17. Brush the remaining whisked egg over the top of the crust and then bake in the oven for 40-45 minutes until the crust is golden and the filling is bubbly.
18. Let cool for at least 5 minutes before slicing and serving & enjoy!

*TIPS: When using coconut oil expect the dough to crack in a few more places - you can always smooth it out together, but it will be slightly more difficult to roll it out. If you want a top & bottom pie crust just double the recipe for the crust and use one whole egg as opposed to just 3 tablespoons of whisked egg.*

*Courtesy of Saucy Kitchen*

## **Creamy Cajun Pumpkin Alfredo Pasta**

### **Ingredients:**

1 16 ounces package of ribbon shaped pasta (Pappardelle)

### **Pumpkin Alfredo Sauce:**

1 tablespoon virgin olive oil

1 tablespoon butter

3 cloves garlic, minced

2 tablespoon all-purpose flour

4 tablespoon parmesan cheese

1/2 tsp salt

1 tablespoon Cajun seasoning

Pinch of ground cinnamon

1 14 ounce can full fat coconut milk

1

1/2

cups pumpkin puree

1/2 to 3/4 cups vegetable stock or chicken stock

1 – 2 tablespoons dry white wine

1 cup chopped kale



### **Toppings:**

Toasted nuts

Parmesan cheese

Roasted pumpkin seeds

Fresh chopped parsley

### **Directions:**

#### **Pasta:**

Cook pasta according to the package directions to “al dente”. Reserve some water.



### Alfredo Sauce:

1. In a large 12-inch skillet over medium-high heat, add the olive oil, butter and the minced garlic. Sauté until fragrant, about 1-2 minutes. Sprinkle with flour and stir to mix.
2. Add the Cajun seasoning, cinnamon, and flour. Stir everything together. Reduce the heat slightly and whisk in the coconut milk/cream, veggie/chicken stock, white cooking wine, and pumpkin puree, until everything thickens and becomes smooth with no lumps visible, about 1-2 minutes. Stir in the parmesan cheese.
3. Add in the chopped kale, stir to combine. Let it simmer for 2-3 minutes, stirring frequently.
4. When the pasta is done, drain it and add it to the sauce, tossing until sauce fully coats.
5. Heat through and if to thick add a little pasta water.

*Courtesy of Tamyra (Sleep and TMJ Team Member) and Chef Shanika*

## **Creamy Parmesan Orecchiette with Butternut Squash and Broccolini**

Serves: 8



### **Ingredients For the Sauce:**

3 tablespoons butter  
2 cloves garlic, chopped  
1–2 teaspoons fresh thyme leaves, minced  
3 tablespoons flour  
½ cup white wine (optional)  
2–3 cups chicken or vegetable broth, or milk  
¼ cup Parmesan cheese  
lemon juice to taste  
salt and pepper to taste

### **Ingredients For the Pasta:**

16 ounces orecchiette (I used DeLallo)  
3 cups cubed butternut squash  
3 cups broccolini  
olive oil, salt, and pepper  
Pumpkin seeds  
Additional Parmesan cheese

### **Directions:**

#### **SAUCE:**

1. Melt the butter over medium heat. Add the garlic and thyme and sauté until soft.



2. Add the flour and whisk until smooth – let it cook for a few minutes to avoid a floury taste.
3. Add the wine and whisk to incorporate.
4. Add the broth or milk, 1/2 cup at a time, and whisk to incorporate.
5. When thickened slightly, add more liquid.
6. Finish with Parmesan cheese, lemon juice, and salt to taste.
7. Sauce should be smooth and light.

#### VEGETABLES:

1. Place the veggies on two separate baking sheets.
2. Drizzle with a little olive oil, salt, and pepper, and roast at 350°F for about 20-30 minutes,
3. Vegetables should be tender but not falling apart.

PASTA: Cook the pasta according to package directions. Set aside.

#### FINISH:

Toss everything together (sauce, pasta, vegetables, additional broth as needed to keep it loose) and top generously with pumpkin seeds and Parmesan cheese. Season with salt and pepper.

*Courtesy of a Patient and a Pinch of Yum*

## **Curry-Poached Salmon with Peppers**

Serves: 4



### **Ingredients:**

- 1 tablespoon plus  $\frac{1}{2}$  cup coconut milk (do not shake can)
- 1 onion, thinly sliced
- 3 peppers (red, orange, yellow, or a combination), thinly sliced
- Kosher salt and pepper to taste
- 2 tablespoons Thai red curry paste
- 4 4-oz skinless salmon fillets
- 1 bunch spinach, thick stems discarded

### **Directions:**

1. Heat a large pot on medium.
2. Scoop 1 tablespoon solid coconut milk into pot, then add onion, peppers, and a pinch each of salt and pepper.
3. Cook, stirring often, until beginning to soften, about 5 minutes.
4. Stir in curry paste and cook 1 minute.
5. Stir in remaining coconut milk and 1 cup water. Bring to a boil, then reduce heat and simmer.
6. Season salmon with  $\frac{1}{4}$  teaspoon each salt and pepper then nestle among vegetables.
7. Cover and poach until fish is opaque throughout, 8 to 10 minutes.
8. Transfer salmon to a plate. Add spinach to the pot and gently toss until beginning to wilt, about 1 minute.





9. Divide vegetables among plates. Top with salmon, then spoon cooking liquid over all.

*Courtesy of a Patient and Women's Day Magazine*

## Dee's Creative Seafood Salad

Serves 4



### Ingredients:

#### For Rice

3 Tablespoons Butter  
1 cup long grain white rice  
1 teaspoon minced garlic  
1 teaspoon onion powder  
1 teaspoon ground turmeric  
2 cups chicken broth

#### Veggies and Seafood

2 teaspoons olive oil  
2 cups carrots, cut

2 cups broccoli florets  
2 cups cauliflower  
1 teaspoon of minced garlic  
1 pound shrimp, uncooked  
1 pound lump crab meat  
2 – 4 tablespoons Old Bay Seasoning  
Salt and Peper to Taste  
Fresh chopped parsley for Garnish

### Directions for Rice

1. Heat butter over medium-high heat. Add rice and gently stir until rice begins to brown.
2. Add remaining ingredients to the rice and mix well.



3. Bring to a boil then turn the heat to low. Cover and simmer for about 20-25 minutes.
4. Remove from heat and fluff with a fork.

#### For Vegetables and Seafood

5. Use any vegetables you would like. (broccoli, carrots, bell peppers, celery, peas, etc.)
6. Steam your vegetables or sauté them with olive oil after the shrimp and crab has started.
7. Cook the shrimp and crab until the shrimp is pink, 4-6 minutes.
8. Stir in the veggies and stir well mixed. Cover and cook over medium heat until vegetables are crisp tender.
9. Add the rice to the skillet; Add Old Bay Seasoning to taste.
10. Cook and additional 1 to 2 minutes or until heated through.
11. Add fresh chopped parsley.

*Courtesy of Dee ( A Sleep and TMJ Therapy Patient)*

# Everything But the Kitchen Sink Chili

(Dr Brown's Slow Cooker Chili)

Serves 8



## Ingredients:

1 pound ground beef (80% lean)

1 pound steak, cubed (ribeye, sirloin, beef stew, etc., whatever you have on hand)

½ pound of bacon chopped

1 medium onion chopped

6 gloves garlic minced (2 tablespoons)

1 red pepper chopped

1 green pepper chopped

2 tablespoon tomato paste

1 jalapeno pepper chopped (no seeds)

1 tablespoon brown sugar

2 tablespoon chili powder

2 teaspoons smoked paprika

2 teaspoon cumin

1 teaspoon oregano, basil, parsley

½ teaspoon salt

⅛ - ¼ teaspoon cayenne pepper (to taste)

1 cup beer (Irish Stout but any hardy beer works)



1 cup beef broth  
1 15 ounce can dark red kidney beans (rinsed and drained)  
1 15 ounce can pinto beans (or any on hand, rinsed and drained)

1 28 ounce can crush tomatoes with liquid  
2 10 ounce can dice tomato with liquid

#### Toppings:

Shredded Cheese (Cheddar or Cotija)  
Red Onion, chopped  
Avocado Slices  
Green Onions, chopped  
Sour Cream

Cilantro, chopped  
Lime Wedges  
Hot Sauce  
Corn Bread  
Corn Chips

#### Directions

1. With a Dutch Oven, over medium-high heat, add the chopped bacon and cook until done. Remove cooked bacon from pan and place in the slow cooker. Reserve 1 ½ tablespoons of drippings.
2. Add the onions and peppers and cook for 3 - 4 minutes then add garlic and tomato paste. Sauté an additional 1 minute. Transfer to the slow cooker.
3. Add ground beef and cook through (add a little bit of olive oil if needed). Transfer to the slow cooker when finished.
4. Add remaining ingredients to the slow cooker and mix well.
5. Set to low. Cover and simmer for about 6 hours. The trick is let it sit over night and serve the next day.



6. Remove from fridge and set back to slow cooking on low for another 2 - 4 hours.
7. Serve hot with toppings.

*Courtesy of Dr Brown ( A Sleep and TMJ Therapy Team Member)*

## Green Chili Chicken Enchiladas

Serves 8

### Ingredients:

1 roasted chicken white breast meat, shredded  
4 cups salsa Verde separated  
2 cup cooked white beans  
1 cup corn kernels  
4 ounces can chopped green chiles  
3 cups Pepper Jack cheese shredded, separated  
8 wheat or corn tortillas medium size



1

cup Monterey Jack shredded  
Fresh cilantro chopped for garnish

### Toppings:

Chopped Cilantro  
Sour Cream  
Sliced Avocado  
Sliced Jalapenos

Lime Wedges  
Sliced Black Olives  
Cheese of Your Choice

### Instructions:

1. Preheat the oven to 350°F.
2. Spray the bottom of one 13"x9" or two 8x8" baking pans then add 1 cup of the salsa verde, shake pan to distribute on bottom.



3. Shred the chicken and place in a bowl. Add 1 cup of green salsa, beans, corn, green chiles and 2 cups Pepper Jack cheese. Mix thoroughly.
4. Place the chicken filling on the tortilla lengthwise and roll up, this filling should make about 8 (distributed evenly). Place each in pan on top of salsa Verde.
5. Pour remaining sauce over the enchiladas and top with remaining 1 cup each Pepper Jack and Monterey jack cheeses.
6. Bake for 30 minutes. Remove, garnish, and let cool slightly before serving with topping.

*Courtesy of Sleep and TMJ Therapy Team Member*



## **Goulash**

Serves 8-10



### **Ingredients:**

2 pounds ground beef	3 cups water/beef broth
1 yellow onion, chopped	2 tablespoons
3 cloves garlic, minced	Worcestershire sauce
Two 15-oz. cans diced tomatoes (undrained)	1 tablespoon Italian seasoning
Two 15-oz. cans tomato sauce	2 teaspoons seasoned salt
	16-oz. box elbow macaroni

### **Instructions:**

1. In a Dutch oven or large saucepan, cook ground beef over medium heat until no longer pink.
2. Drain grease.
3. Add onion and garlic and cook for 3 minutes, or until soft and fragrant.
4. Add diced tomatoes, tomato sauce, water, Worcestershire sauce, Italian seasoning, seasoned salt and elbow macaroni to the pan.



5. Mix well and bring to a boil.
6. Reduce to medium-low heat, cover pan and simmer for 25-30 minutes or until pasta is cooked through.
7. Remove from heat. Garnish with fresh chopped parsley and serve with cheddar cheese on the side.

*Courtesy of Jess Sleep and TMJ Team Member*

## Grilled Burgers with Special Sauce

Serves 4

### Ingredients for the Burger:

1 ½ pounds ground beef  
(80% – 85% lean)  
¼ cup panko breadcrumbs  
(optional)  
1 tablespoon Worcestershire  
sauce  
½ teaspoon salt  
½ teaspoon pepper  
2 teaspoon garlic powder  
1 teaspoon onion powder  
4 Brioche Buns



### Ingredients for the Sauce:

¾ cup of mayo  
¼ cup of ketchup  
1 tablespoon Worcestershire  
sauce

1 teaspoon Dijon mustard  
2 teaspoons garlic powder  
1 teaspoon onion powder  
Hot sauce to taste

### Instructions for Burger Patties

1. Set out a cookie sheet lined with wax paper. Set aside
2. Combine all the ingredients for the sauce and combine. Refrigerate until ready.
3. Combine all ingredients in a large bowl. Mix to combine by hand. Do not overmix.
4. Press the meat down in the bowl and cut it into 4 equal sections.



5. Create 4 patties (about 1/3 pound each) or 8 thin patties. The patties should be slightly larger than the size of the bun.
6. Using the back of a spoon to create a dent so that the patties do not buff up during cooking.
7. Set in fridge for an hour.
8. When ready to cook, grill or stove top, cook larger patties 3 – 4 minutes per side. For thin patties, cook 2 minutes per side.

Garnish:

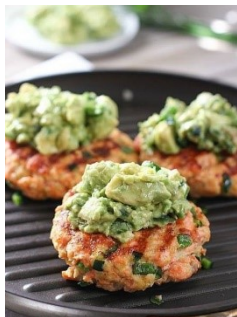
Lettuce	Sliced Red Onion or
Sliced Cheese	Pickled
Sliced Beef Steak	Sliced Pickle
Tomato	Special Sauce

Serve with or without a bun and some steak fries.

*Courtesy of Paul Brown (Dr Brown's oldest son!)*

## Grilled Salmon Burgers with Avocado Salsa

Serves 4



### Ingredients for Burger:

- 1 pound salmon fillet
- $\frac{1}{2}$  cup panko crumbs
- 1 egg
- 2 green onions, chopped
- $\frac{1}{2}$  poblano pepper, seeded and chopped
- 1 tablespoon fresh lemon or lime juice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

### Ingredients for Avocado Salsa:

- 1 large ripe avocado – peeled, seeded, chopped
- $\frac{1}{2}$  poblano pepper seeded and chopped
- 2 green onions, chopped
- 1 tablespoon fresh lemon or lime juice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

### Instructions for Burger:

1. Skin and chop salmon fillet.
2. Put in a large bowl. Add panko, poblano, egg, green onion, lemon or lime juice, salt, and pepper.
3. Mix well. Heat an indoor grill pan or outdoor BBQ to medium high heat.
4. Cook for about 4 minutes on each side until cooked through.



Instructions for Avocado Salsa:

5. Combine all ingredients in a medium bowl.
6. Mix well and adjust seasoning as needed.

Assemble:

7. Top burgers with salsa. Serve with or without bun.

*Courtesy of Laughing Spatula*

## Grilled Eggplant with Garlic-Cumin Vinaigrette, Feta and Herbs

Serves: 8

### Ingredients:

2 large eggplants, cut in  $\frac{3}{4}$  inch thick slices  
2 teaspoon salt  
2 tablespoon olive oil  
 $\frac{1}{4}$  cup chopped fresh mint  
 $\frac{1}{4}$  cup chopped fresh cilantro  
 $\frac{1}{2}$  cup crumbled Feta



### Vinaigrette Ingredients:

1 teaspoon garlic puree or finely minced garlic  
 $\frac{1}{2}$  teaspoon salt  
3 tablespoon fresh lemon juice  
2 tablespoon red onion, finely minced  
 $\frac{1}{2}$  teaspoon ground cumin

Pinch Aleppo Pepper (or cayenne)  
1 teaspoon Spike Seasoning (optional, but recommended; use any all-purpose seasoning if you don't have Spike)  
6 tablespoon extra-virgin olive oil

### Directions:

- 1.) Cut both ends off the eggplants and cut into slices  $\frac{3}{4}$  inches thick.
- 2.) If you're salting the eggplant, lay it out on paper towels and sprinkle with salt. Let sit about 20



minutes, or until you see beads of water released. Then turn over, salt and let sit about another 20 minutes.

- 3.) Start to preheat gas or charcoal barbecue grill to medium high.
- 4.) While eggplant sits, blend garlic, salt, lemon juice, and shallots or red onions into food processor.
- 5.) Let sit for 10 minutes then put mixture in small bowl, stir in ground cumin and Aleppo or cayenne, spike seasoning, then whisk in olive oil.
- 6.) Finely chop herbs. Crumble Feta into a small bowl.
- 7.) Wipe the water away from the eggplant and put it on a baking sheet.
- 8.) Brush eggplant with olive oil on both sides.
- 9.) Grill eggplant slices.
- 10.) Remove eggplant from grill, drizzle with vinaigrette, and sprinkle with crumbled feta and herbs.

*Notes:*

*Grilled Eggplant doesn't have to be salted if you want to skip that step. Most of the salt is wiped off, so don't worry about it being too salty. Use any combination of fresh herbs that you prefer.*

*Courtesy of a Patient and Fine Cooking Magazine*



## Kale Pesto Pasta

Serves: 4



12 ounce. whole-wheat  
linguine  
½ cup basil leaves  
1 cup flat-leaf parsley  
leaves

### Ingredients:

1 bunch kale (about 1  
pound), ribs removed and  
leaves roughly chopped  
¼ cup roasted unsalted  
almonds  
2 cloves garlic, pressed  
3 tablespoon olive oil  
1 tablespoon lemon zest  
2 tablespoon lemon juice  
Kosher salt and pepper to  
taste

Garnish: Grated Parmesan, Red pepper flakes, Fresh Chopped  
Basil

### Directions:

- 1.) Bring a large pot of water to a boil. Add 2 teaspoon salt, then pasta, and cook per package directions.
- 2.) Make the Pesto:
  - a. While pasta is in boiling water, place herbs in a small strainer and dip them into the water to wilt, then immediately transfer to a bowl of ice water.
  - b. Add kale to the boiling water and cook 1 minute. Scoop out with the strainer or tongs and transfer



- to bowl of ice water. Drain and squeeze out any excess liquid.
- c. In a food processor, pulse almonds until chopped.
  - d. Add garlic, oil, lemon zest and juice, and  $\frac{1}{2}$  tsp salt and pulse to combine. Add wilted herbs and kale and puree until smooth.
3. Reserve 1 cup cooking water, then drain pasta and return it to the pot.
  - 3.) Add pesto and  $\frac{1}{2}$  cup cooking water and toss to coat, adding more cooking water as necessary.
  4. Serve topped with Parmesan, red pepper flakes and fresh basil.

*Courtesy of a Patient and Women's Day Magazine*

## **Lemon-Ricotta Ravioli with Creamy Herbed Mushrooms**

Serves: 8



### **Ingredients for Ravioli:**

1lb fresh ricotta  
 ½ c freshly grated parmesan  
 2tsp finely grated lemon  
 zest  
 ½ c flat-leaf parsley,  
 chopped  
 2 tbsp chopped chives  
 Salt and pepper  
 1 batch classic pasta dough  
 (see below)  
 48 whole flat-leaf parsley  
 leaves, all stems and hard  
 bits removed  
 Mushrooms

2 tbsp olive oil  
 12 oz mixed mushrooms,  
 torn or quartered  
 2 cloves garlic, finely  
 chopped  
 2 tsp fresh thyme leaves  
 1 tbsp Dijon mustard  
 ¼ c dry white wine  
 ½ c crème fraiche or sour  
 cream  
 ¼ c toasted walnuts,  
 chopped  
 Chopped flat-leaf parsley,  
 for serving



### Ingredients for Classic Pasta Dough:

3 cups all-purpose flour, plus more for dusting

4 large eggs

$\frac{3}{4}$  kosher salt

### Directions for Dough:

1. In a food processor, combine flour, eggs and salt and process until shaggy pebble consistency. The dough should be soft and come together when squeezed, but not sticky. If it sticks, add an extra tablespoon of flour and pulse.
2. Turn dough out onto clean work surface, gather into ball and knead to make a smooth dough, 2 to 3 min. (Dough will be somewhat firm; it will soften slightly once refrigerated.) Cover tightly with plastic wrap and let rest in refrigerator for at least 30 min.
3. Lightly flour a large baking sheet. Cut dough into 4 pieces, transfer to prepared baking sheet and cover with plastic wrap.
4. For pasta sheets:
  - a. Working with 1 piece of dough at a time, pat into an oval and lightly dish with flour.
  - b. Using a pasta roller on widest setting, run dough through machine.
  - c. Fold dough into thirds, turn so one of the open sides goes into roller first and repeat three more times, until dough is smooth.
  - d. Reduce setting one notch, lightly push dough with flour and run through machine once.

- e. Repeat, reducing the setting one notch each time you pass pasta through machine.
- f. Cover the sheets.
- g. Lightly flour a large baking sheet. Work with one sheet at a time.
- h. Top half of sheet with 12 whole parsley leaves, moistening slightly, if necessary, to make them adhere. Fold over the second half of sheet, gently pressing to adhere. Pass sheet through second thinnest setting on pasta machine.
- i. Place one end of rolled pasta over ravioli form, leaving half of sheet draping off end. Gently press dough down into mold.

#### Directions for Ravioli:

- 5. In medium bowl, combine ricotta, parmesan, lemon zest, chopped parsley, chives and  $\frac{1}{4}$  teaspoon each of salt and pepper.
- 6. Spoon in filling, about 2 teaspoons in each mold. Use a pastry brush and water to gently brush around each ravioli edge.
- 7. Fold over the other half of sheet to cover the filling and gently press to seal. Run rolling pin firmly over top of ravioli mold to create ravioli shapes; carefully to break into pieces.
- 8. Transfer to prepared baking sheet. Repeat with remaining dough and filling.
- 9. Bring a large pot of water to a boil; add 1 tablespoon salt.
- 10. Cook ravioli to al dente, 6 to 8 min. Reserve  $\frac{1}{2}$  cup pasta cooking water, then drain.



11. While water is coming to a boil, make sauce: Heat large skillet on medium-high. Add oil, mushrooms and  $\frac{1}{4}$  teaspoon salt and sauté tossing occasionally, until softened and starting to brown, 6 to 8 min.
12. Add garlic and thyme and cook for 1 minute.
13. Stir in mustard, then add wine and cook, stirring, 30 sec.
14. Remove from heat, stir in crème fraîche and season with pinch salt and  $\frac{1}{2}$  teaspoon pepper, thin with pasta cooking water if necessary.
15. Spoon over ravioli and top with walnuts and parsley if desired.

*Courtesy of Good Housekeeping*

## **Maryland Crab Cakes with Quick Tartar Sauce**

Serves 4 -6 (6 crab cakes)



### **Ingredients for the Crab Cakes:**

2 large eggs	¼ cup finely diced celery, from one stalk
2 ½ tablespoons mayonnaise	2 tablespoons finely chopped fresh parsley
1 ½ teaspoons Dijon mustard	1 pound lump crab meat (see note below)
1 teaspoon Worcestershire sauce	½ cup panko
1 teaspoon Old Bay seasoning	Vegetable or canola oil, for cooking
¼ teaspoon salt	

### **Ingredients for the Quick Tartar Sauce:**

1 cup mayonnaise	1 teaspoon Dijon mustard
1 ½ tablespoon sweet pickle relish	1 tablespoon minced red onion



1-2 tablespoons  
lemon juice, to taste

Salt and freshly ground  
black pepper, to taste

Note: If you can only find jumbo lump crab meat, you may need to break the pieces up a bit. If the clumps are too large, the crab cakes won't hold together well.

Instructions for the Quick Tartar Sauce:

1. Mix all ingredients together in a small bowl. Cover and chill until ready to serve.

Instruction for the Crab Cakes:

1. Line a baking sheet with aluminum foil.
2. In a large bowl combine the eggs, mayonnaise, Dijon mustard, Worcestershire, Old Bay, salt, celery, and parsley and mix well.
3. Add the crab meat (be sure to check the meat for any hard and sharp cartilage) and panko.
4. Gently fold mixture together until just combined, being careful not to shred the crab meat.
5. Shape into 6 crab cakes (about  $\frac{1}{2}$  cup each) and place on prepared baking sheet. Cover and refrigerate for at least 1 hour.
6. Preheat a large nonstick pan to medium heat and coat with oil. When oil is hot, place crab cakes in pan and cook until golden brown, about 3-5 minutes per side. Be careful as oil may splatter.
7. Serve immediately with tartar sauce or a squeeze of lemon.

*Courtesy of The Brown Family*



## **Meatloaf**

Serves 5-6

### **Ingredients for Meatloaf:**

2 pounds ground beef  
4 slices of fresh bread food  
processed  
1/3 cup beef broth  
1 1/2 tablespoon Worcestershire  
sauce  
2 eggs lightly beaten  
pinch ground thyme  
2 pinches dry parsley  
1 tablespoon vegetable oil  
4 garlic cloves, minced  
2 cups red onion, diced  
Salt and pepper for taste



### **Ingredients for Brown Sugar Ketchup**

1/2 cup ketchup  
1/2 cup chili sauce  
4-5 tablespoon light brown sugar  
2 teaspoon pepper (optional)

### **Instructions:**

1. Preheat oven to 350°F.
2. Cover the entire top and sides of a baking sheet with heavy-duty aluminum foil.
3. Add oil to a medium skillet over medium heat. Once the oil is hot enough add the onions and cook until softened, about 6-8 minutes.



4. A minute before the onions are done, add the garlic. Cook until fragrant (about 30 seconds).
5. Remove the onions and garlic from the skillet and let it cool for about 5 minutes.
6. To a small bowl add the fresh breadcrumbs, eggs, Worcestershire sauce and beef broth.
7. Mix gently. Let the breadcrumbs soak for 5 minutes.
8. Get a bowl big enough for the ground beef and breadcrumb mixture. Add the ground beef to the bowl with all the seasonings.
9. Add the breadcrumb mixture, onions and garlic and gently mix.
10. Place the beef on the baking sheet lined with heavy-duty aluminum foil. Shape the beef into a loaf.
11. Pour half of the brown sugar ketchup over the meatloaf. With the basting brush, brush the ketchup all over the top and side of the meatloaf.
12. Reserve half of the ketchup. You will add the rest of the ketchup once the meatloaf is done.
13. Place the meatloaf in the oven. Add another baking sheet on the lower shelf right underneath the meatloaf. Fill it with water to keep the meatloaf moist.
14. Bake for 45-55 minutes or until the temperature on your meat thermometer reads 165°F. Remove from oven and add the rest of the ketchup mixture.
15. Serve with mashed potatoes and roasted vegetables.

*Courtesy of a Patient at Sleep and TMJ Therapy*

## **Moussaka**

Serves 4



### **Ingredients:**

2 medium eggplants  
Olive oil (as needed)  
1-pound lean ground  
beef (or can use  
ground lamb)  
2 medium onions,  
chopped  
2 tablespoons fresh  
minced garlic  
1 (8 ounce) can  
tomato sauce

1 tsp dried oregano  
1 tsp salt, divided  
½ teaspoon fresh ground black pepper

### **Bechamel Sauce:**

3 tablespoons butter  
½ teaspoon salt (I use seasoned salt)  
½ teaspoon fresh ground black pepper (or to taste)  
2 tablespoons flour  
1 cup half-and-half cream  
1 egg  
½ cup grated parmesan cheese (can use more)

### **Directions:**

1. Grease a 9 x 9-inch baking pan (thicker casserole) / 13 x 9-inch pan (thinner casserole).



2. Peel the eggplants then slice 1/4-inch thick.
3. Brush cookie sheet with olive oil. Coat each side of sliced eggplant with olive oil then season slices with salt and freshly ground pepper. Place the eggplant slices on cookie sheet.
4. Broil under the broiler until brown; turn and broil the other side, brushing with oil if needed; repeat with all eggplant slices.
5. In the bottom of the prepared baking dish arrange half of the eggplant slices.
6. Preheat oven to 350°F.
7. In a large skillet, combine beef and onions; cook stirring until the beef is no longer pink and the onions are soft; drain fat.
8. Add in the garlic, tomato sauce, oregano, ½ teaspoon salt and black pepper to taste; pour mixture over eggplant slices.
9. Arrange the remaining eggplant slices over the beef mixture.
10. Prepare the Bechamel Sauce:
  - a. Melt the butter in a saucepan, whisk in flour, ½ teaspoon salt, and pepper to taste.
  - b. Gradually stir in half and half or milk, cook and stir over medium heat until thick and bubbly.
  - c. In a small bowl, beat the egg; stir in some of the hot sauce to temper the eggs.
  - d. Add egg mixture to sauce and mix well.
  - e. Add in Parmesan cheese and stir again. Pour the cheese sauce over the mixture in baking dish.
  - f. Bake for 45-60 minutes until the top turns golden brown.



- g. Remove and let stand to set bechamel sauce. Cut into squares.
- h. Serve with a Greek salad, some tzatziki sauce, or crusty bread.

Note: If doubling this recipe to serve 8 it is best to make two separate casseroles instead of one larger one.

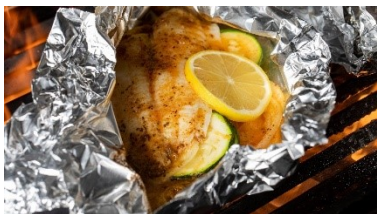
*Courtesy of a Patient at Sleep and TMJ Therapy*

## **Old Bay Fish & Veggie Foil Packets**

Serves 4

### **Ingredients:**

½ cup (1 stick) unsalted  
butter, melted  
1 tablespoon OLD BAY®  
Seasoning  
2 large yellow squash, cut  
into ¼ inch thick slices  
2 large zucchini, cut into ¼  
inch thick slices  
1 medium yellow onion,  
thinly sliced



4 tilapia fillets, (about 1  
pound), or your favorite  
white fish  
1 lemon, thinly sliced  
4 sheets (12x12-inches  
each) heavy duty aluminum  
foil

### **Directions:**

1. Mix butter and OLD BAY in a small bowl. Set it aside.
2. Place squash, zucchini and onion in large bowl. Add ¼ cup butter mixture; toss to coat well.
3. Divide vegetable mixture evenly into 4 portions and arrange in center of each sheet of foil.
4. Place one tilapia fillet on top of each vegetable portion. Drizzle the remaining butter mixture over tilapia fillets.
5. Top each fillet with two lemon slices.
6. Bring up the sides of foil; double fold top and ends to tightly seal each packet.



7. Grill packets over medium-high heat for 10 to 12 minutes or until fish flakes easily with fork, turning halfway through cooking.
8. Sprinkle with additional OLD BAY before serving, if desired.

Note: If baking, place packets in a 400°F oven for 10-15 minutes.

*Courtesy of McCormick*

## One-Pot Cheesy Chicken Tortellini

Serves 6



### Ingredients:

2 tablespoons olive oil  
8 ounces boneless skinless  
chicken breast, cubed  
3 cups fresh small broccoli  
florets  
2 teaspoons garlic, chopped  
1 ½ cups chicken broth  
2 packages (9 oz each)  
refrigerated cheese tortellini  
1 cup half and half

6 ounces cream cheese,  
cubed (from 8-oz package)  
½ cup grated mozzarella  
cheese  
¾ cup grated parmesan  
cheese  
½ teaspoon salt  
½ teaspoon pepper  
Fresh chopped parsley

### Directions

1. In a 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Add chicken; cook 3 to 4 minutes or until no longer pink; remove from skillet and keep warm.





2. In same skillet, heat the remaining 1 tablespoon olive oil; add broccoli. Cook and stir over medium heat for about 3 minutes or until broccoli is bright green. Add garlic to skillet; cook about 30 seconds or until fragrant.
3. Add chicken broth and tortellini. Heat to simmer; cook for 3 minutes. Stir in half and half, cream cheese, salt, and pepper. Cook over medium heat 3 to 5 minutes, stirring occasionally, until cream cheese is melted.
4. Stir in parmesan cheese and mozzarella cheese. Cook until melted and well blended.
5. Add chicken back to skillet; cook 1 to 2 minutes or until heated through. Garnish with additional Parmesan cheese, if desired and fresh chopped parsley.

*Courtesy of Tina (Sleep and TMJ Team Member)*

## One Pan Gnocchi with Sundried Tomatoes and White Beans

Serves: 4

Ingredients:



18 oz packaged gnocchi  
1-2 tablespoon olive oil  
Salt and pepper  
¼ - ½ teaspoon hot red pepper flakes  
2 cup mushroom sliced  
⅓ cup sundried tomatoes diced  
4 cup loosely packed spinach  
1 19 ounce can white beans drained and rinsed  
Parmesan cheese to taste

Directions:

- 1.) Heat oil in a medium pan over medium heat.
- 2.) Add the gnocchi and separate them.
- 3.) Sprinkle with salt and pepper.
- 4.) Add red pepper flakes, cook, stirring occasionally for 8-10 minutes, or until golden and lightly crispy.
- 5.) Remove from pan.
- 6.) Add the mushrooms and cook for 3 or so minutes until soft (add additional olive oil if needed).
- 7.) Return the gnocchi to the pan and add the sundried tomatoes, spinach and white beans.



- 8.) Stir until spinach is wilted and everything is heated through.
- 9.) Add additional salt, pepper and red pepper flakes to taste.
- 10.) Serve with freshly grated Parmesan cheese.

*Courtesy of Denise Bustard*

## One Pan Italian Sausage Butternut Squash Gnocchi

Serves: 6



### Ingredients:

5 tablespoon Unsalted Butter  
1 pound ground sweet Italian turkey sausage  
1 small butternut squash – cut into 1/2-inch cubes  
1 small yellow onion, diced, about 1 cup  
3 cloves garlic, minced  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 teaspoon chopped sage  
¼ teaspoon ground nutmeg  
1 ½ to 2 cups low-sodium

chicken broth

1 pound potato gnocchi\*

5 cups loosely packed baby spinach

¼ cup freshly grated Parmesan

Pinch red pepper flakes

### Directions:

1. Melt 1 tablespoon of Unsalted Butter in a very large skillet with a tight-fitting lid over medium high. Once the butter is melted, add the sausage.



2. Cook, breaking apart the meat, until it is browned and cooked through, about 5 minutes. Transfer the sausage to a plate.
3. Reduce the skillet heat to medium. Add the remaining 4 tablespoons of butter.
4. Once melted, add the squash and onion. Cook, stirring occasionally, until the squash is tender and golden, about 8 to 10 minutes.
5. Add the garlic, salt, pepper, sage (if using fresh sage, wait to add it until the end), and nutmeg.
6. Continue cooking until the garlic is softened and fragrant, about 1 additional minute.
7. Add 1 ½ cups chicken broth and gnocchi to the skillet.
8. Increase the heat to medium high. Stir to coat the gnocchi, then cover the pan.
9. Cook, covered, until the gnocchi is just tender, about 5 minutes. Uncover and stir in the sausage.
10. Stir in the spinach a few handfuls at a time, allowing it to wilt. If you'd like a looser sauce, add a bit more chicken broth.
11. Sprinkle with Parmesan and season to taste with additional salt, pepper, and red pepper flakes. Enjoy hot!

*Courtesy of Erin Clarke*

# One Pot Greek Chicken with Lemon Rice

Serves 4-5



## Ingredients:

### Chicken and Marinade:

5 chicken thighs, skin on, bone in  
(about 2 pounds)

1 - 2 lemons, use the zest +  
4 tablespoons lemon juice  
1 tablespoon dried oregano  
4 garlic cloves, minced  
½ teaspoon salt  
¼ teaspoon black pepper

## Rice:

1 ½ tablespoon olive oil,  
separated  
1 small onion, finely diced  
1 cup long grain rice  
1 ½ cups chicken broth

/stock  
¾ cup water  
1 tablespoon dried oregano  
¾ teaspoon salt  
¼ teaspoon black pepper

Garnish: Fresh chopped parsley or oregano (optional), Fresh lemon zest (highly recommended)

## Instructions:

1. Combine the Chicken and Marinade ingredients in a zip lock bag and set aside for at least 20 minutes but preferably overnight.
2. Preheat oven to 350°F.
3. Heat ½ teaspoon olive oil in a deep, heavy based skillet (cast iron) over medium high heat.



4. Remove chicken from marinade but reserve the marinade.
5. Place the chicken in the skillet, skin side down, and sear until golden brown, then turn and sear the other side until golden brown. Remove the chicken and set aside.
6. Pour off fat and wipe the pan with a scrunched-up ball of paper towel (to remove black bits), then return to the stove.
7. Heat 1 tablespoon olive oil in the skillet over medium high heat.
8. Add the onion and sauté for a few minutes until translucent. Then add the remaining Rice ingredients and reserved marinade.
9. Let the liquid come to a simmer and let it simmer for 30 seconds. Place the chicken on top then place a lid on the skillet.
10. Bake in the oven for 35 minutes. Then remove the lid and bake for a further 10 minutes, or until all the liquid is absorbed and the rice is tender (about 45 minutes in total).
11. Remove from the oven and allow to rest for 5 to 10 minutes before serving, garnished with parsley or oregano and fresh lemon zest, if desired.

*Courtesy of a Patient at Sleep and TMJ Therapy and Recipe Tin Eats*

## Oven-Baked Corn and Tomato Risotto With Pancetta and Parmesan

Serves 2

### Ingredients:

$\frac{3}{4}$  cup Arborio rice  
2 ounces pancetta, chopped  
2 cup chicken stock  
 $\frac{1}{4}$  cup parmesan cheese  
4 ounces grape tomatoes,  
halved  
 $\frac{1}{2}$  can corn  
1 yellow onion, chopped  
1 clove garlic, minced  
1 lemon



1 tablespoon butter  
2 teaspoon olive oil

### Instructions:

1. Preheat the oven to 425°F.
2. Heat a drizzle of olive oil in a medium, tall-sided, oven-safe pan over medium heat.
3. Add the onion and garlic. Cook, tossing, for 4-5 minutes, until softened. Season with salt and pepper.
4. Bake the risotto:
  - a. Add the rice to the pan and toss for 1-2 minutes, until toasted.
  - b. Add chicken stock and a large pinch of salt. Bring to a boil.
  - c. Cover with foil and place in the oven for about 18 minutes, until the rice is al dente.
5. Roast the tomatoes:
  - a. Zest and cut the lemon into wedges.



- b. Toss halved tomatoes with oil, salt and pepper and place on a foil-lined baking sheet.
  - c. Place in the oven for 10-12 minutes, until shriveled.
- 6. Cook the pancetta:
  - a. Heat a medium pan over medium-high heat. Add the pancetta. Cook, tossing, for 3-4 minutes, until golden brown and crispy.
  - b. Remove from the pan onto a paper-towel-lined plate.
- 7. Finish the risotto:
  - a. When the rice is al dente, remove the pan from the oven and place it on the stove over lower heat.
  - b. Stir in up to  $\frac{3}{4}$  cup water/chicken broth, adding a little at a time, until a loose, creamy consistency is achieved.
  - c. Stir in the parmesan cheese, 1 tablespoon butter, and half the can of drained corn.
  - d. Season the risotto generously with salt and pepper. Stir until the cheese melts.
- 8. Top the risotto with the tomatoes, pancetta, and lemon zest over the top. Serve the oven-baked corn and tomato risotto with a wedge of lemon for squeezing and enjoy!

*Courtesy of Hello Fresh*

## **Pasta with Pumpkin Cream Garlic Sage Sauce**

Serves 4-6

### **Ingredients:**

1 pound dry pasta  
3 tablespoon butter  
3 tablespoon flour  
3 cup milk  
1 cup pumpkin puree  
3 ounces reduced fat cream  
cheese cut into chunks and  
at room temperature  
1 tablespoon chopped fresh  
sage leaves  
½ teaspoon kosher salt  
½ teaspoon black pepper  
1/8 teaspoon ground  
cinnamon



1/8 teaspoon ground nutmeg  
¼ ground cayenne pepper  
⅓ cup grated Parmesan  
cheese for serving

### **Directions:**

1. Bring a large pot of salted water to a boil and cook the pasta to al dente. Reserve 1 cup of pasta water, drain pasta, and set aside.
2. Melt the butter in a large saucepan. Add the garlic and sauté for 1-3 minutes. Add flour, then whisk constantly until it turns a golden color and smells nutty.



3. Slowly pour in the milk whisking constantly. Increase the heat to medium high, then let cook, stirring constantly, until the sauce bubbles and thickens, about 8-10 minutes.
4. Remove the pan from the heat, then stir in the pumpkin, cream cheese, sage, salt, pepper, cinnamon, nutmeg, and cayenne.
5. Continue whisking until the cream cheese melts and sauce is smooth. Taste for seasoning.
6. Add the cooked pasta to the pan and toss to combine. Thinning with a bit of the reserved pasta water as needed.
7. Add parmesan and mix.
8. Garnish with sage.

*Courtesy of a Patient at Sleep and TMJ Therapy*

## **Penne All' Amatriciana**

Serves 4-6



### **Ingredients:**

- 1 garlic clove, chopped
- 1 yellow onion, diced
- 1 tablespoon chili pepper flakes
- White wine, a splash
- ½ pound pancetta or bacon, diced
- 1 (23 ounce) can chopped tomato
- 1 pound dried pasta (Penne, Bucatini, or your favorite)
- 2 ½ cups luke warm water
- 2 tablespoons Sea Salt
- 10 fresh basil leaves

3 tablespoons EVOO

¼ cup grated Parmigiano Reggiano Cheese

### **Directions:**

1. Fill a large pot with water and bring it to boil.
2. In the meantime, heat a large pan with one tablespoon of extra-virgin olive oil (or other oil if preferred). On a medium to high heat add garlic, chili flakes and onion, stir and when it starts to brown add the splash of wine (or water).
3. Once the liquid evaporates add the pancetta, when it is cooked through add the cherry tomato sauce, add 1 large pinch of salt, lower the flame, and let simmer.



4. At this point the water in the pot should be boiling, add the remaining sea salt to the water. Cook the pasta in boiling water for the suggested time on box.
5. Stir occasionally so that it does not stick. Drain pasta in a colander and then add the pasta directly to the pan with sauce and toss for a minute or so.
6. Serve with some torn fresh basil, a drizzle of extra virgin olive oil and grated Parmigiano Reggiano cheese.
7. Serve with a side salad and extra cheese.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## Pulled Pork Stuffed Sweet Potatoes

### Recipe

Serves 4

#### Ingredients:

2 pounds boneless pork loin  
4 large sweet potatoes,  
washed  
1 red onion, thinly sliced  
2 green onions, thinly sliced  
2 garlic cloves, minced  
½ cup beef stock  
1 teaspoon chili powder  
1 teaspoon paprika  
½ teaspoon ground cumin  
¼ cup apple cider vinegar  
1 cup homemade BBQ  
sauce (plus extra for  
drizzling)



Sea salt and freshly ground  
black pepper

#### Pulled Pork Preparation:

1. In a small bowl, combine the chili powder, cumin, paprika, salt and pepper to taste.
2. Rub the mixture evenly over the pork.
3. Place the onion, garlic, pork, and beef broth in a slow cooker.
4. Cover and cook on low for 8 hours.

#### Sweet Potato Preparation:

5. Preheat your oven to 400 F.



6. Put the sweet potatoes in the oven and bake for 45 minutes, or until potatoes are tender.
7. Remove the meat from the slow cooker and place in a large bowl. Use a slotted spoon to remove the onion chunks and place in the same bowl as the pork.
8. Using two forks, pull the meat apart.
9. Add the BBQ sauce and the apple cider vinegar to the slow-cooker and cook the sauce for another 30 minutes on low.
10. Once the sauce is done, mix it with the pork.
11. Slit each sweet potato down the middle.
12. Fill each sweet potato with the pulled pork.
13. Sprinkle with green onions, and drizzle with extra BBQ sauce to serve.

*Courtesy of Paleo Leap*

## Pistachio Crusted Salmon

Serves 4



### Ingredients:

- |                                            |                              |
|--------------------------------------------|------------------------------|
| 1 ½ pound wild salmon                      | ¼ cup fresh chopped parsley  |
| 2 tablespoon grainy mustard                | 2 cloves garlic, minced      |
| ½ cup shelled, roasted pistachios, chopped | 1 lemon zested               |
| ½ cup panko breadcrumbs                    | 2 tablespoon unsalted butter |
|                                            | Salt and Pepper              |

To garnish: chopped parsley, diced green onions, or lemon wedges

### Instructions:

1. Preheat oven to 425°F.
2. Oil the skin side and place down on a sprayed baking dish.
3. The side facing up, sprinkle salt and pepper. Spread the mustard over the flesh.
4. In a small bowl, combine the next five ingredients. Mix to combine.
5. Melt the butter and mix into the crumb mixture until moisten.





6. Pat the crumb mixture onto the mustard spread and press lightly to adhere.
7. Bake for 8 – 10 minutes.
8. The salmon should start to flake.
9. For medium rare – the thickest part should read 125°.

**Serving Suggestions:**

A great side is steamed or roasted broccoli.

**Substitutions:**

Use white fish like Halibut or cod.

For a panko any breadcrumbs or crackers

*Courtesy of Hannah E (a Patient at Sleep and TMJ Therapy) and Pamela Salzman*

## Roasted Red Pepper Pasta – Creamy Vegan Alfredo

Serves 3-4

### Ingredients:

2 red bell peppers  
1 small red onion  
4-5 small cloves of garlic  
1 cup (240 ml) unsweetened  
plant based milk  
2 heaped tablespoon (40 g)  
cashew butter  
4 tablespoon nutritional  
yeast flakes  
 $\frac{1}{2}$  -  $\frac{2}{3}$  teaspoon sea salt or to  
taste  
1 teaspoon paprika  
 $\frac{1}{2}$  teaspoon smoked paprika  
1 teaspoon onion powder  
1 teaspoon oregano



$\frac{1}{2}$  tablespoon cornstarch to  
thicken  
Black pepper to taste  
Red pepper flakes to taste

### Other ingredients:

7 oz (200 g) of your favorite pasta regular or gluten-free  
Fresh herbs to garnish

### Directions:

- 1.) Preheat oven to 375°F and line a baking sheet with parchment paper.
- 2.) Slice the peppers into strips, quarter the onion, and peel the garlic cloves.



- 3.) Transfer the veggies onto the baking sheet.
- 4.) You can drizzle some oil on top or roast the veggies without oil in the oven for about 15-20 minutes.
- 5.) At the same time cook your favorite pasta as per the instructions on the package.
- 6.) Meanwhile, measure the other ingredients.
- 7.) Add the roasted veggies with all other sauce ingredients to a blender (or food processor) and blend for a few minutes until super smooth and creamy.
- 8.) Pour the sauce into a skillet or pot and heat it up over medium heat.
- 9.) Let simmer for about a minute, add the pasta and stir with a spoon.
- 10.) Taste and adjust seasoning.
- 11.) Add more salt/black pepper/red pepper flakes to taste if needed.
- 12.) Garnish with fresh herbs and enjoy!

*Courtesy of a Patient of Sleep and TMJ Therapy and ElaVegan*

## **Roasted Salmon with Ginger-Say Broccolini, Mushroom, and Edamame Sheet Pan**

Serves 4

### **Ingredients:**

2 tablespoons peanut oil or  
canola

2 tablespoons soy sauce  
(reduced sodium)

1 tablespoon honey

1 ½ teaspoon toasted  
sesame oil

½ teaspoon sriracha

8 ounces shitake  
mushrooms, sliced

1 head broccolini (6  
ounces), trimmed



1 cup shelled edamame,  
frozen

4 (6ounce) center-cut,  
salmon fillets, skinless

Salt and Black pepper to  
taste

### **Directions:**

- 1.) Preheat oven to 425°F and line a sheet pan with aluminum foil.
- 2.) In a bowl, whisk together the oil, soy sauce, honey, ginger, garlic, sesame oil, and sriracha.
- 3.) Toss the mushrooms in a little of the sauce to coat.
- 4.) Spread the mushrooms out evenly and roast for 5 minutes.



- 5.) While roasting, pat the salmon dry. Prepare the salmon by brushing both sides with the sauce and salt and pepper.
- 6.) Toss the broccolini with the remaining sauce.
- 7.) After removing the sheet pan from the oven, push the mushrooms to one side add the salmon in the center, then add the broccolini to the other side.
- 8.) Return the pan to the oven and roast another 15 minutes or until the fish is flakey and the broccolini is still somewhat firm.

**Additional Notes:**

Use any vegetable you like, just adjust for timing if a root vegetable.

This keeps in the fridge for up to 2 days in an airtight container.

*Courtesy of Alison K (Patient of Sleep and TMJ Therapy) and Ellie Krieger*

## **Slow Cooker Beef Bourguignon**

Serves 4-6



### **Ingredients:**

6 slices bacon, finely chopped

3 pounds boneless beef  
chuck, cut to 1-inch cubes

1 cup red wine

2 cups chicken broth

½ cup tomato sauce

¼ cup soy sauce

¼ cup flour

4 garlic cloves, finely  
chopped

2 tablespoons thyme, finely  
chopped

5 medium carrots, sliced

1 pound baby potato (I used  
tri color)

8-ounce fresh mushrooms,  
sliced

Fresh chopped parsley for  
garnish

### **Instructions:**

1. In a large skillet cook bacon over medium high heat until crisp. Put bacon in slow cooker.
2. Salt and pepper the beef and add to the skillet and sear on each side for 2-3 minutes. Transfer beef to the slow cooker.



3. Add the red wine to the skillet scraping down the brown bits on the side. Allow it to simmer and reduce and slowly add chicken broth, tomato sauce, and soy sauce.
4. Slowly whisk in the flour until incorporated.
5. Add the sauce to the slow cooker.
6. Add garlic, thyme, carrots, potatoes, and mushrooms to the slow cooker.
7. Give it a good stir and cook on low until beef is tender for 8-10 hours or high for 6-8.
8. Garnish with fresh parsley and serve with mashed potatoes if desired.

*Courtesy of Dr Brown and His Family*

## Slow Cooker Chicken Potpie

Serves 8

### Ingredients:

3 pounds boneless, skinless chicken thighs  
Salt and freshly ground black pepper, to taste  
1-pound red potatoes, diced  
1 onion, diced  
2 carrots, peeled and diced  
2 stalks celery, diced  
2 bay leaves  
1 cup corn kernels, frozen, canned or roasted  
1 cup frozen peas



1 (16-ounce) tube refrigerated buttermilk biscuits  
2 tablespoons chopped fresh parsley leaves

### For the sauce:

3 tablespoons unsalted butter  
3 cloves garlic, minced  
½ cup all-purpose flour  
2 cups chicken stock  
½ teaspoon dried thyme

¼ teaspoon dried basil  
¼ teaspoon dried oregano  
Pinch of paprika  
Salt and freshly ground black pepper, to taste

### Directions:

1. To make the sauce, melt butter in a large saucepan. Add garlic and cook, stirring frequently, until fragrant, about





- 1 minute. Whisk in flour until lightly browned, about 1-2 minutes.
2. Gradually whisk in chicken stock, thyme, basil, oregano and paprika. Cook, whisking constantly, until the sauce has begun to thicken, about 5 minutes, Season with salt and pepper, to taste.
  3. Lightly coat the inside of a 6-quart slow cooker with nonstick spray.
  4. Season chicken thighs with salt and pepper, to taste, and place into the slow cooker. Add potatoes, onion, carrots, and celery. Stir in chicken stock mixture and bay leaves.
  5. Cover and cook on low heat for 3-4 hours or high for 1-2 hours.
  6. Add corn and peas during the last 30 minutes of cooking time.
  7. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.
  8. Prepare biscuits according to package instructions.
  9. Serve chicken immediately topped with biscuits, garnished with parsley, if desired.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## **Spinach Lasagna**

Serves 10-12

### **Ingredients For the Spinach:**

4 tablespoons butter  
1 small onion, minced (about ½ cup)  
6 medium cloves garlic, minced  
Kosher salt and freshly ground black pepper  
2 pounds of frozen spinach, thawed and drained



### **Ingredients For the Ricotta:**

2 pounds fresh ricotta cheese  
2 eggs  
4 ounces finely grated Parmigiano-Reggiano cheese  
1 teaspoon freshly grated nutmeg  
¼ teaspoon cayenne pepper (or more or less if you want a kick or not)

### **Ingredients For the White Sauce:**

5 tablespoons butter  
¼ cup plus 1 tablespoon flour  
5 cups whole milk  
12 ounces grated low moisture mozzarella cheese  
12 ounces grated gruyere cheese



For Assembly: 16-20 no-bake lasagna noodles

**Instructions For the Spinach/Ricotta Mixture:**

1. In a large saucepan melt the 4 tablespoons of butter. Add the garlic and onions and sauté until golden.
2. Add the spinach and stir for a few minutes to combine all the flavors. Turn off heat and set aside.
3. In the bowl of a food processor fitted with a steel blade, add half the ricotta, the eggs, parmesan cheese, nutmeg, and salt & pepper. Process for a few minutes until blended and smooth. Transfer to a large bowl.
4. To the food processor add the spinach/garlic mixture and pulse until finely chopped. Add to the bowl with the ricotta mixture as well as the rest of the ricotta cheese.
5. Stir until blended and smooth.

**Instructions For the White Sauce:**

1. In a large saucepan, melt the 5 tablespoons of butter and then add the flour- whisking constantly until golden.
2. Add the milk gradually, about a cup at a time, stirring well between each addition.
3. When thick and bubbly, add  $\frac{3}{4}$  of the mozzarella and  $\frac{3}{4}$  of the gruyere.
4. Add salt and pepper to taste.

**To assemble:**

1. In a 9x13 lasagna pan, start by spreading a small amount of the white sauce onto the bottom of the pan. Top with a layer of noodles. Spread  $\frac{1}{3}$  of the spinach mixture on top of the noodles, followed by  $\frac{1}{4}$  of the sauce.
2. Repeat 3 more times, noodles- spinach- sauce. Topping with a 4th layer of noodles, the last  $\frac{1}{4}$  of sauce and the remaining cheese.



3. Cover tightly with foil and bake at 400°F for 20 minutes.
4. Remove the foil and bake for another 20 minutes or until the cheese is golden and bubbly.

*Courtesy of a Patient at Sleep and TMJ Therapy*

## **Stewed Peppers and Tomatoes with Eggs**

Serves 4 – 6



### **Ingredients:**

2 tablespoon olive oil  
1 medium onion, chopped  
1 of each red bell pepper and orange bell pepper (quartered lengthwise, then sliced crosswise)  
Kosher salt and black pepper  
4 cloves garlic, finely chopped  
1 (28-oz.) can whole tomatoes  
8 large eggs  
Chopped cilantro, for serving  
Corn tortillas or toasted crusty bread for dipping

### **Directions:**

1. Heat the oil in a large skillet, add the onion and cook, covered, for 4 minutes.
2. Add the peppers, season with  $\frac{1}{2}$  teaspoon each salt and pepper and cook, covered.
3. Stirring occasionally, until just tender, 6 to 8 minutes.
4. Stir in the garlic and cook for 1 minute.
5. Crush the tomatoes with your hands and add to the skillet along with their
6. juices.



7. Bring to a boil, then reduce heat and simmer until the mixture has slightly thickened, about 5 minutes.
8. Make 8 small wells in the sauce and carefully crack an egg into each one.
9. Cover and gently simmer for 6 minutes.
10. Uncover and cook until the whites are set and the yolks are cooked to desired doneness, 6 to 7 minutes for slightly runny yolks.
11. Sprinkle with chopped cilantro, if desired, and serve.

Serving Suggestions: Toast some rustic bread or warm corn tortillas in the microwave, wrapped in a damp paper towel, for 20 seconds.

*Courtesy of a Patient and Women's Day Magazine*

## Turkey Chili

Serves 6 (1/2 cup each)



### Ingredients:

2 teaspoons olive oil  
1 yellow onion, chopped  
3 garlic cloves, minced  
1 medium red bell pepper,  
chopped  
1 pound extra lean ground  
turkey or chicken (99%)  
4 tablespoons chili powder  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1/4 teaspoon cayenne pepper

1/2 teaspoon salt, plus more  
to taste  
1 (28-ounce) can diced  
tomatoes  
1 1/4 cups chicken broth  
2 (15 oz) cans dark red  
kidney beans, rinsed and  
drained  
1 (15 oz) can sweet corn,  
rinsed and drained

Optional toppings: cheese, avocado, tortilla chips, cilantro, sour  
cream



### Instructions:

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently.
2. Next add in ground turkey and break up the meat; cooking until no longer pink.
3. Add chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
4. Add tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together.
5. Taste and adjust seasonings and salt as necessary.
6. Garnish with anything you'd like.

Note: To make this recipe in the slow cooker: Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker for 4-5 hours high or 6-8 low setting.

*Courtesy of a Patient at Sleep and TMJ Therapy and Ambitious Kitchen*



## Turkey & Vegetables Skillet

Serves 4



### Ingredients:

1 medium onion, peeled and chopped

3 medium whole tomatoes, chopped

3 tablespoons tomato paste

2 teaspoons dried basil

2 teaspoons dried oregano

2 teaspoons garlic powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

2 medium zucchini, sliced into half-moons

1 pound lean ground turkey

### Instructions:

1. Spray non-stick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through, and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste and seasonings.
4. Simmer over medium heat for 10 minutes.
5. Add zucchini and cook for 5 minutes more. Serve while hot.



Note: Try adding green beans but put in before other vegetables.  
For a topping, sprinkle with shredded smoke mozzarella.

*Courtesy of a Patient at Sleep and TMJ Therapy*

## **Tuscan Pasta with Salmon**

Serves 4

### **Ingredients:**

- 1 Package of Fettuccini Pasta (any style)
- 4 Salmon fillets (skin off)
- Salt and Pepper
- 1 tablespoons Olive oil
- 2 tablespoons of Butter
- 1 Pint cherry Tomatoes, halved
- 10 ounce Bag of Spinach
- $\frac{3}{4}$  cup Half & Half
- 3 tablespoons butter
- 1 teaspoon Italian Seasoning
- 2 teaspoons Garlic Powder
- 1 teaspoon Onion Powder
- $\frac{1}{2}$  cup grated parmesan cheese (can use more)



### **Directions:**

1. Fill pot with water according to the pasta cooking instructions and add salt to the water.
2. Once the water has boiled add the pasta in the boiling water and cook per instructions on box/bag.
3. Season the salmon with salt and pepper to your liking. Coat both sides evenly.
4. On a large skillet drizzle about 1 tablespoon of olive oil and wait for it to heat up on medium heat.



5. Put the salmon on the hot skillet and cook each side for about 4-5 minutes to cook through.
6. Once cooked, remove the salmon from the skillet and set aside.
7. Reduce the heat on the skillet to a med-low heat and add 2 tablespoons of unsalted butter.
8. Add cut tomatoes, spinach, and sauté.
9. Cook until the spinach has shrunk in size and tomato has softened.
10. Add half & half to the skillet.
11. Add the following seasonings to your liking into the skillet: salt, pepper, garlic powder, paprika, Italian seasoning, and onion powder.
12. Taste for flavor.
13. Check pasta, save half a cup of the pasta water and drain pasta.
14. Let sauce simmer for 5 minutes.
15. Add pasta and  $\frac{1}{4}$  cup of the pasta water to the sauce and cook in the sauce for another 5 minutes and turn off heat.
16. Plate the pasta and place the cooked salmon on top. Top with parmesan cheese as desired.

*Courtesy of Iliana a Team Member at Sleep and TMJ Therapy*

## **Tomato-Basil Gnocchi**

Serves 6

### Ingredients for Gnocchi:

1-pound fresh ricotta cheese  
1 large egg yolk  
1 ¼ cup all-purpose flour, plus more  
for rolling  
2 tablespoons freshly grated  
parmesan, plus more for serving  
½ cup fresh basil, roughly chopped  
¼ teaspoon ground nutmeg  
Kosher salt and pepper to taste



### Ingredients for Sauce:

3 Tablespoons olive oil  
2 cloves garlic, sliced  
3 anchovies  
3 cups cherry tomatoes, halved  
¼ cup fresh basil leaves, torn

### Directions:

1. In a large bowl, combine ricotta and egg yolk.
2. Add 1 cup flour, parmesan, basil, nutmeg and ¼ teaspoon each of salt and pepper.
3. Fold together to make a soft but not sticky dough; do not overmix. Add remaining ¼ cup flour as needed.
4. Lightly flour a large baking sheet. Divide ricotta mixture into fourths. Working with 1 portion at a time with



lightly floured hands, roll gnocchi into 1-in.-wide logs (about 8 in. long).

5. Transfer to prepared baking sheet and refrigerate, covered loosely with plastic wrap, 30 mins.
6. Meanwhile, make the sauce by heating a large skillet on medium-low. Add oil, garlic and anchovies until anchovies start to dissolve and garlic starts to turn golden brown, 2 to 3 min.
7. Stir in tomatoes and cook until tomatoes just start to break down, 3 to 4 min. Remove from heat and stir in pinch salt,  $\frac{1}{4}$  tsp pepper and basil.
8. Cut gnocchi into 1-inch pieces.
9. Bring a large pot of water to a boil and add 1 tablespoon of salt.
10. Add gnocchi and cook until all have risen to surface, 2-3 minutes. Cook 1 min. more.
11. Using a large, slotted spoon, transfer gnocchi to skillet with tomatoes, gently tossing to coat.
12. Sprinkle with grated parmesan if desired and some torn basil.

*Courtesy of a Patient at Sleep and TMJ Therapy*

## Unstuffed Cabbage Casserole

Serves 6

### Ingredients:

2 pounds cabbage, roughly chopped

1 pound ground beef

$\frac{1}{4}$  cup water

2 tablespoons olive oil

1 large onion, chopped

4 cloves garlic, chopped

2 tablespoons plus  $\frac{1}{2}$  cup

tomato paste

$\frac{1}{2}$  cup tomatoes, diced

1 cup rice, rinsed well

1  $\frac{1}{2}$  teaspoon salt

1 teaspoon black pepper

1 teaspoon dried mint



1 lemon, squeezed

A handful of chopped  
parsley

$\frac{3}{4}$  cup water

1 teaspoon cayenne pepper

### Instructions:

1. Preheat oven to 350°F.
2. Chop the cabbage roughly and blanch in boiling water, for about 5-10 minutes.
3. Heat a pan on medium heat and add ground beef with  $\frac{1}{4}$  cup water. Cook until it releases water, reducing the heat.
4. Cook it stirring and pressing on the ground beef until there aren't any chunks left.



5. Cover the pan and cook until there is little water left.
6. Add olive oil, onion, garlic and cook stirring for 5-10 minutes.
7. Add in 2 tablespoons tomato paste and 1/2 cup chopped tomatoes. Stir well.
8. Add in rice and stir to mix. Season with salt, black pepper, and dried mint.
9. Add the chopped and blanched cabbage to the pan. Pour lemon juice over it. Stir well.
10. Add chopped parsley on it, pour  $\frac{3}{4}$  cup water and cover the pan. Cook it over the lowest heat until water is absorbed, and rice is cooked, for 15-20 minutes.
11. Add cayenne pepper and add 1/2 cup tomato paste into the pan, stir and transfer it to a prepared casserole dish. Bake for 40 minutes.
12. Serve with a side of yogurt and a cucumber salad.

*Courtesy of Give Recipe/Everyday Food Fresh and Simple*



## Vegan Lentil Spinach Curry with Coconut Rice

Serves 8-10

### Ingredients For the Coconut Rice:

2 ¼ cup uncooked jasmine rice

1 ¼ cup full-fat coconut milk

Water (see instructions)

Pinch salt

1 teaspoon grated ginger



¼ teaspoon red pepper flakes

### Ingredients For the Lentil Spinach Curry:

1 ½ cup uncooked dry green lentils

2 teaspoon olive oil

½ large red onion thinly sliced

1 teaspoon cumin seeds

3 cloves garlic, minced

1 jalapeno seeded and chopped

1 inch ginger peeled and grated or minced

4 teaspoon garam masala

½ teaspoon salt

½ lime juiced

1 cup diced tomatoes

1 ½ teaspoon coconut sugar or brown sugar

8 ounces fresh baby spinach

½ cup plain, unsweetened non-dairy milk (will have ¼ cup leftover from rice. Mix with ¼ cup water for ½ cup total) OR you can substitute 1/2 cup vegetable broth plus 2 extra tsp of olive oil.



#### Direction for the Coconut Rice:

1. Cook the rice with your usual method and amount of liquid, substituting the coconut milk for 1 and 1/4 cups of the water.
2. Most rice packages will also include instructions. Do NOT make this with only rice and coconut milk - you need to add water.

#### Direction for the Lentil Spinach Curry:

1. Add the lentils to a saucepan with enough water to cover them by 2 inches. Bring to a boil, cook for 15 minutes. Drain the cooked lentils and set aside.
2. Warm the olive oil over medium heat in a deep skillet. Add the red onion and cook until softened, about 5 minutes. Add cumin seeds and cook for about 1 minute.
3. Add the garlic, jalapeno, and ginger, stir, and cook for about 1 minute, or until the garlic and ginger are fragrant and slightly softened.
4. Add the garam masala and cook for thirty seconds. Stir in the ½ teaspoon salt, lime juice, tomatoes, and coconut sugar, and reduce the heat. Cook for about 10 more minutes.
5. Chop spinach in processor and add milk until the spinach is finely chopped.
6. Once the lentils and tomatoes are finished cooking, mix them in with spinach. Cook over medium-low heat, stirring occasionally, for about 7-10 minutes or until the spinach is softened and bright green.
7. Add more salt, pepper, and lime juice to taste. Serve hot with a side of coconut rice.

## Vegetable Risotto

Serves: 4

### Ingredients:

#### Roasted Vegetable:

- 10.5 pint cherry-tomatoes
- 2 red peppers
- 1 large zucchini
- A generous pinch of salt and pepper

### Risotto:

- |                           |                          |
|---------------------------|--------------------------|
| 1 tablespoon olive-oil    | 1 tablespoon balsamic    |
| 1 cup vegetable-stock     | vinegar                  |
| 1 large red onion, diced  | 6 sun-dried tomatoes,    |
| 3 garlic cloves, minced   | chopped                  |
| 8 ounces chopped tomatoes | Salt and pepper to taste |
| 8 ounces risotto-rice     |                          |



Garnish: Shaved parmesan & Fresh basil torn

### Directions:

#### To roast the Veggies:

1. Preheat the oven to 350°F then add olive-oil into a roasting tin.
2. Chop the veggies into small-chunks & spread-out in the tin, then add pepper and, salt prior to giving everything a shake to coat.
3. Then roast for half an hour.



To make the Risotto:

1. Add olive oil into a shallow casserole-dish or large-pan, on a low-medium-heat.
2. Sauté the onion for a couple of minutes before adding the minced garlic and cooking for 1-2 minute.
3. Stir in the rice using and add the vinegar then stir for 30seconds to coat.
4. Pour at the vegetable stock and chopped tomatoes,  $\frac{1}{2}$  cup at a time, alternating between both. Allow each amount to be absorbed by the rice before adding the next.
5. After 20 minutes, add the sundried tomatoes along with the veggies.
6. Stir everything, add more liquid if necessary and cook for 5 minutes or cooked through and the rice is finished.
7. Remove from the heat and stir in the basil, pepper and salt along with cheese.
8. Don't hesitate to stir in any excess butter or oil in this stage to get an extra creamy-risotto.

*Courtesy of Wallflower Kitchen*

# **White Chicken Enchiladas with Green Chile Sour Cream Sauce**

Serves 6-8

## **Ingredients:**

8 soft taco size flour tortillas  
2 cups shredded Monterrey jack cheese,  
divided  
2 cups shredded cooked chicken  
3 tablespoons butter  
3 tablespoons flour  
2 cups chicken broth  
1 cup sour cream  
1 (4 oz) can diced green chiles  
Salt and pepper, to taste  
Chopped, fresh cilantro for garnish



## **Instructions:**

1. Preheat oven to 425 degrees.
2. Spray a 9x13 inch baking dish with cooking spray; set it aside.
3. Mix the chicken together with 1 cup of cheese.
4. Distribute the chicken and cheese mixture evenly among the tortillas.
5. Roll up and place seam side down in the prepared pan.
6. In a large saucepan, melt the butter.
7. Add the flour; cook and stir for 1 minute.
8. Add the chicken broth, whisking until smooth.



9. Continue cooking over medium heat until sauce is thick and bubbly.
10. Stir in the sour cream and diced green chiles.
11. Season with salt and pepper, to taste.
12. Pour the sauce in an even layer over the enchiladas. Sprinkle with remaining cheese.
13. Bake for 20 to 25 minutes or until golden and bubbly.
14. Sprinkle with cilantro just before serving.

*Courtesy of Let's Dish*

## **Zucchini Enchiladas**

Serves: 4

### **Ingredients:**

1 tablespoon extra-virgin olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
2 teaspoon ground cumin  
2 teaspoon chili powder  
Kosher salt  
3 cup shredded rotisserie chicken  
1 ½ cup red enchilada sauce, divided  
4 large zucchini, halved lengthwise



1 cup shredded Monterey jack  
1 cup shredded cheddar  
Sour cream, for drizzling  
Fresh cilantro, for garnish

### **Directions:**

1. Preheat oven to 350°F.
2. In a large skillet over medium heat, heat oil.
3. Add onion and cook, stirring, until soft, 5 minutes.
4. Add garlic, cumin, and chili powder and season with salt.
5. Cook until fragrant, about 1 minute.
6. Add chicken and 1 cup of enchilada sauce and stir until coated.
7. On a cutting board, use a Y-shaped vegetable peeler to peel thin slices of zucchini.



8. Lay out 3 slices, slightly overlapping, and top with a spoonful of chicken mixture. Roll up and transfer to a baking dish.
9. Repeat with remaining zucchini and chicken mixture.
10. Spoon remaining cup enchilada sauce over zucchini enchiladas and top with both cheeses.
11. Bake until cheese is melty, and enchiladas are warmed through, 20 minutes.
12. Top with sour cream and cilantro before serving.

*Courtesy of a Patient and Delish*



## DESSERTS



# Anti-Inflammatory Blueberry Muffin Mug Cake

Serves 1



## Ingredients:

4 tablespoon all-purpose  
flour  
 $\frac{1}{4}$  teaspoon baking powder  
2  $\frac{1}{2}$  teaspoon sugar in the  
raw  
3 tablespoon almond milk  
 $\frac{1}{2}$  teaspoon apple sauce  
 $\frac{1}{4}$  teaspoon vanilla extract  
10 blueberries

## Directions:

1. Combine all ingredients except blueberries in an oversized microwave-safe mug.
2. Mix with a small whisk until batter is smooth.
3. Stir in blueberries (Make sure you stir these into the batter. If you leave them on top, they might burst open onto your microwave).
4. Cook in microwave for about 1 minute. If cake is not done, heat an additional 15 seconds.
5. Let the cake cool for a few minutes before eating. Cake is best consumed while still warm or within a few hours of it being cooked.

*Courtesy of Sleep and TMJ Therapy Team*

## Apple Dump Cake

Serves 10

### Ingredients:

- 2 (21 ounce) cans of apple pie filling
- 1 box of yellow cake mix
- 1 cup of one-minute oatmeal
- 2 sticks of butter
- 1 teaspoon apple pie spice
- 2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract



### Directions:

1. Preheat oven to 375 ° F.
2. Grease a 9' x 13" baking dish.
3. In a large bowl, "dump" the apple pie filling and vanilla extract and stir to combine. Pour it into the baking dish.
4. In the same bowl, whisk together the dry cake mix, oatmeal, apple pie spice, and ground cinnamon. Sprinkle it over the top of the apple pie mixture.
5. Melt the butter sticks in the microwave stirring every 30 seconds. Sprinkle over the top cake mixture.
6. Bake for 40 to 50 minutes until the top of the cake is slightly crisp and golden brown.  
ENJOY!

*Courtesy of Tina (Sleep and TMJ Team Member)*

## **Arroz Con Leche (Mexican Rice Pudding)**

Serves 10

### **Ingredients:**

7 cups of water

1 cup long-grain white rice

2 cinnamon sticks

1 (14 ounce) can sweetened condensed milk

1 (12 ounce) can evaporated milk

1 cup almond milk or whole milk



$\frac{3}{4}$  cup raisins (optional)

Ground cinnamon for garnish

### **Preparation:**

1. Put the water, rice, and cinnamon stick in a medium-size heavy saucepan set over medium-high heat.
2. Bring to a boil, uncovered, and cook until the rice is tender, about 16-18 minutes.
3. Strain out the remaining liquid, discard the cinnamon and reserve the rice.
4. Add the evaporated, condensed, and whole/almond milk to the pot. Continue cooking over medium-high heat until the mixture comes to a boil.
5. Reduce the heat to low and cook, uncovered, stirring constantly, until the mixture is thick, about 20 minutes. Milk can easily burn if not stirring continuously.



6. Add the raisins if desired and stir well.
7. Transfer the pudding to a serving bowls. Dust the top of the pudding with ground cinnamon and serve.

*Courtesy of Junior (Sleep and TMJ Team Member) and Lil' Luna*

## **Baked Apples with Oatmeal and Topping**

Serves 6



### **Ingredients:**

6 ripe apples (Gala or Honeycrisp)

1 lemon, halved

4 tablespoons unsalted butter

6 tablespoons brown sugar

$\frac{1}{8}$  –  $\frac{1}{4}$  teaspoon of cinnamon

Pinch of salt

1 cup apple cider

1 cup milk, warm

2 teaspoons orange zest (1 orange)

$\frac{3}{4}$  cups oats (1  $\frac{1}{2}$  cup cooked)

**Topping:** Yogurt, Whipped Cream, Vanilla Ice Cream

### **Directions:**

1. Preheat oven to 375 ° F.
2. Cook oatmeal as directed.
3. Prepare the apples:



- a. Cut the top  $\frac{1}{3}$  off and cut out the core to create a bowl. About 2" diameter.
  - b. Cut the bottom of the apple so that it can stand in the dish.
  - c. Discard the core and seeds and chop the remaining part of the cored apple and set aside.
  - d. Squeeze lemon juice around the apples and place in the prepared pan (sprayed with cooking spray).
4. Melt the butter and 4 tablespoons of the brown sugar in a small saucepan and whisk in the cinnamon and salt. Brush the inside of the apples with the mixture.
  5. Pour the apple cider in the bottom of the baking dish.
  6. Cover the pan with aluminum foil and bake for 20-30 minutes or until tender. Remove foil and bake additional 5 minutes.
  7. Transfer the apples to a serving platter and strain the cooking liquid back to the small saucepan and bring to a boil. Do this until reduces and becomes thick, about 5 minutes.
  8. Reduce heat and stir in milk, chopped apples, remaining sugar, and orange zest. Cook to heat through.
  9. Divide mixture into each apple top with either yogurt, whipped cream, or vanilla ice cream.
  10. Drizzle the remaining reduced cider over the topping.

*Courtesy of Sleep and TMJ Therapy Team Member*

## Banana Peanut Butter Chia Seed Pudding

Serves 6



### Ingredients:

2 very ripe bananas  
1 ½ cup almond milk  
½ cup natural creamy

peanut butter  
3 tablespoons chia seeds

### Instructions:

13. In a blender, puree the banana, milk, and peanut butter.
14. Transfer the mixture to a medium bowl and stir in the chia seeds.
15. Cover with plastic wrap and chill in the refrigerator for 4 hours or overnight.
16. Stir the mixture before serving.

*TIP: This can be stored in an airtight container refrigerated for up to 1 week.*

*Courtesy of Sleep and TMJ Therapy Team Member*



## Chocolate Bread Pudding

Serves 8-10



### Ingredients:

- 1-quart heavy cream
- 10 eggs
- 1 cup sugar
- $\frac{1}{2}$  cup coco powder
- $\frac{1}{2}$  cup milk or semi-sweet chocolate chips
- 1 package of Brioche or Sweet Potato bread

### Instructions:

1. Prepare a pan with nonstick spray (Deep Dish Pie Pan or 9x13).
2. Cut the bread in large chunks giving to 2  $\frac{1}{2}$  cups and put in pan.
3. Add the chips and toss.
4. Mix together the first 4 ingredients and pour over the bread mixture.
5. Cover and refrigerate overnight so the bread will absorb the cream. Preferably 2 nights before baking.
6. Preheat oven to 325°F. Bake until the toothpick comes out clean, 30-40 minutes.

**Note:** The chef won the Chocolates Galore competition

*Courtesy of Melinda G' Son (a Sleep and TMJ Therapy Patient)*

## **Cookies & Cream Truffles Easy Dessert**

Serves 6



### **Ingredients:**

36 chocolate sandwich cookies

8 oz cream cheese, softened

12 oz white chocolate, melted

### **Preparation:**

1. In a food processor, finely crush the cookies, reserving about 2 tablespoons of the mixture for sprinkling on top of the truffles.
2. In a large bowl, combine cookie crumbs and cream cheese, stirring until evenly mixed.
3. Chill the mixture for about an hour or until the mixture can be rolled into a ball and hold its shape. Roll ping-pong-sized balls with the mixture.
4. Dip the truffles in the melted white chocolate and place on a baking tray lined with parchment paper. Sprinkle some of the cookie crumbs on top of the chocolate-coated truffle before the chocolate hardens.
5. Repeat with the rest of the truffles, reheating the chocolate if necessary. Enjoy!

*Courtesy of Tasty*

## Decadent Chocolate Cake

Serves 18-24

### Ingredients:

2 cups all-purpose flour  
1  $\frac{1}{3}$  cup sugar  
2 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon cardamom  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{2}{3}$  cup unsweetened coco powder  
1 teaspoon instant espresso powder  
 $\frac{1}{2}$  cup boiling water  
1 tablespoon vanilla extract or paste  
1 cup Greek-style yogurt  
 $\frac{1}{2}$  cup milk  
 $\frac{2}{3}$  cup oil  
1 large egg  
1 large egg white



$\frac{1}{3}$  cup soaked currents (hot water for 1 minute then drained)  
 $\frac{1}{2}$  cup semisweet or bitter chocolate chips

### Topping:

Powder sugar  
Whipped Cream  
Fresh Berries

### Directions:

1. Preheat oven to 325°F. Spray a 10-inch bundt pan generously.



2. Combine the first 6 ingredients into a medium bowl. Whisk together. Set aside.
3. In a small bowl, add the coco powder and instant espresso powder. Pour boiling water over the powder and mix until granules are dissolved. Stir in the vanilla.
4. In another bowl mix your wet ingredients.: yogurt, milk, oil, eggs, and add the espresso coffee mixture slowly.
5. Gradually add the flour mixture 1/3 at a time stirring to combine after each.
6. Stir in currents and chocolate chips.
7. Pour batter into the prepared bundt pan. Bake in center of oven for 45-50 minutes. A knife or toothpick should come out clean.
8. Let cool on rack for 10 minutes and then turn cake out back to the rack for complete cooling.
9. Dust with powder sugar before serving. Serve with optional toppings.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## Grilled Summer Peaches with Cinnamon Sugar Butter

Serves 4



### Ingredients:

½ stick unsalted butter, at room temperature

1 teaspoon cinnamon sugar

2 tablespoons granulated sugar

Pinch salt

4 ripe peaches, halved and pitted

Olive Oil

Mascarpone, honey, mint leaves, for

garnish (optional)

### Directions:

1. In a small bowl add the butter and stir until smooth.
2. Add the cinnamon sugar, granulated sugar and salt to the bowl and mix until combined.
3. Heat grill to high. Brush peaches with oil on flesh side and grill until golden brown and just cooked through.
4. Top each with a smear of the cinnamon sugar-butter mix, dollop of mascarpone, drizzle of honey, and garnish with mint leaves.

*Courtesy of The Brown Family*

## Individual Peach Cobbler

Serves 8

### Ingredients:

2 ½ pounds of ripe peaches,  
cut into large chunks

1 tablespoon cornstarch

½ cup sugar plus 2 – 3  
tablespoons

¾ cup all-purpose flour

2 tablespoons flax seeds

¼ teaspoon salt

3 tablespoons cold butter,  
cut into small pieces



2 tablespoons buttermilk (if  
unavailable regular milk)

Toppings: Whipped Cream, Vanilla Yogurt, Ice Cream

### Directions:

1. Preheat oven to 375°F. Spray individual ceramic cups with cooking spray.
2. Toss peaches with cornstarch and 2 tablespoons of sugar. Set aside and allow it to become juicy. About 10 minutes.
3. Divide the peaches amount the ramekins.
4. In a large bowl, combine the reaming sugar, flour, falx seed, and salt. Give it a good mix. Cut in the butter using a fork or pastry cutter until mixture forms crumble.



5. Stir in the buttermilk until moistened and large clumps form.
6. Sprinkle on top of each dish.
7. Bake for 40 – 50 minutes until the fruit is bubbling and the top is golden brown.
8. Serve warm with suggested topping.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## **Lemon Bars (No Bake)**

Serves 16



### **Ingredients:**

#### **Crust:**

14 graham crackers sheets  
2 tablespoons melted butter  
1 tablespoon dark brown  
sugar  
 $\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup pasteurized egg  
product (Egg Beaters)  
1 teaspoon lemon zest  
 $\frac{1}{2}$  cup lemon juice  
2 teaspoon powdered  
gelatin

#### **Filling:**

1 (8 ounces) soften cream  
cheese  
1 14 ounce can of  
sweetened condensed milk

3 tablespoon boiling water

#### **Topping:**

Powdered sugar

### **Directions:**

1. Place the graham crackers in food processor and pulse until crumbs are formed.
2. Add remaining ingredients for the crust and pulse to incorporate.





3. Spray an 8- or 9-inch pan with cooking spray and pack the graham cracker crumbs. Press firmly and then refrigerate until ready to use.
4. In a large bowl, combine cream cheese and egg and beat on high for 2 minutes. Add lemon zest and juice and mix for another 30 seconds.
5. In a small bowl, add gelatin and water and mix until dissolved. Let cool for 2 – 3 minutes.
6. Mix the cooled gelatin into the cheese mixture until incorporated. Pour over the graham cracker crust.
7. Refrigerate for 8 hours or overnight.
8. Slice into 2 inch squares. Recommend a cold/chilled knife.
9. Carefully remove squares and plate. Sprinkle lightly with powdered sugar.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## **Lemon Souffle Dessert**

Serves 4-6



### **Ingredients:**

Nonstick cooking spray  
6 tablespoons granulated sugar  
¼ cup all-purpose flour  
2 teaspoons finely shredded lemon peel  
¼ cup lemon juice  
1 tablespoon butter, melted  
2 egg yolks  
1 cup milk  
3 egg whites

Powdered sugar

### **Directions:**

1. Preheat oven to 350°F.
2. Lightly coat a 1-quart souffle dish with cooking spray; set aside.
3. In a large bowl combine 2 tablespoons of granulated sugar and the flour.
4. Whisk in lemon peel, lemon juice, and melted butter until smooth.
5. In a small bowl whisk together egg yolks and milk. Whisk egg yolk mixture into flour mixture just until combined; set aside.
6. In a medium bowl beat egg whites with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add remaining 4 tablespoons granulated sugar,



beating on high speed until stiff peaks form (tips stand straight).

7. Stir a small amount of beaten egg whites into lemon mixture to lighten. Gently fold in remaining beaten egg whites (batter will be thin).
8. Pour batter into prepared souffle dish. Place souffle dish in a 13x9x2-inch baking pan. Place baking pan on an oven rack. Pour boiling water into baking pan around souffle dish to a depth of 1 inch.
9. Bake for about 40 minutes or until top springs back when lightly touched.
10. Carefully remove souffle dish from baking pan. Cool on a wire rack for 5 minutes. Sprinkle lightly with powdered sugar. Serve warm!

*Courtesy of a Patient of Sleep and TMJ Therapy*

## **Magic Cookie Bars**

Makes 12



### **Ingredients:**

1 cup graham cracker  
crumbs

1 cup shredded coconut

1 cup chocolate chips or  
butterscotch morsels

1 cup chopped walnuts or  
pecans

1 stick melted butter or  
margarine

1 14 ounce can sweeten  
condensed milk

### **Directions:**

1. Preheat oven to 350°F.
2. Pour melted butter into a 9x9 or 9x13 pan
3. Layer with graham cracker crumble, coconut, chips, then chopped nuts.
4. Pour the condensed milk over the mixture.
5. Bake for about 30-40 minutes or until golden brown.
6. Cool completely and cut into squares.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## No Bake Cookie Recipe

Servings: 8

### Ingredients:

- $\frac{3}{4}$  cup peanut butter
- 1 tablespoon honey or maple syrup
- 1 teaspoon vanilla
- 1-3 tablespoons chia seeds
- $\frac{3}{4}$  cup old fashioned oats
- Pinch of salt



### Optional add to ingredients:

- Chopped dried fruit:  
apple, banana,  
raisins, cranberry,  
apricot
- Chopped nuts:  
almonds, walnuts,  
pecans
- Pumpkin seeds
- Flax seeds
- Shredded coconut
- Protein powder
- Additional spice:  
cinnamon, apple  
spice, pumpkin  
spice

### Directions:

1. Place peanut butter, honey and vanilla in a bowl and microwave for about 20 seconds. Then give it a good mix.
2. Add in oats, chia seeds and any other optional mix-in's and stir to combine.
3. Roll mixture into 8 balls and place on parchment paper lined baking sheet.



4. Press balls flat slightly, then place in fridge for at least an hour to set.

Tip: Store breakfast cookies in an airtight container in fridge for up to 2 weeks.

*Courtesy of Jane S and Baking-Ginger*

## Pumpkin Pie Overnight Oats

Serves 3



### Ingredients:

1 cup old-fashioned rolled oats

1 cup Kalona Supernatural Plain Kefir

$\frac{1}{3}$  cup pumpkin puree

2 tablespoons chopped pecans

1  $\frac{1}{2}$  tablespoons pure maple syrup

1 tablespoon flax meal or chia seeds (or  $\frac{1}{2}$  tablespoon of each)

1 teaspoon pumpkin pie spice

$\frac{1}{2}$  teaspoon pure vanilla extract

Pinch of salt

For optional toppings: whipped topping, chopped pecans, pumpkin pie spice, maple syrup etc.

### Instructions:

1. In a bowl, whisk together all of the ingredients except for the toppings.
2. Divide among three jars or containers.
3. Seal and refrigerate for at least 4 hours or overnight.
4. Add toppings just before eating.

*Courtesy of Stacie Hassing*

## **Pumpkin Pie Pudding**

Serves 3



### **Ingredients:**

2 (13.5 ounces) cans  
coconut milk full fat  
(chilled)

1 (15 ounce) can pumpkin  
puree

1 teaspoon vanilla extract

17 drops liquid stevia or sub

2 tablespoon maple syrup

1 ½ teaspoon pumpkin pie  
spice seasoning

½ teaspoon cinnamon

### **Instructions:**

1. Place 2 cans of coconut milk in the refrigerator overnight. This will allow the thick milk to separate, and the milk fat solidify on top.
2. Remove chilled cans and scoop out the thickest part of the hardened coconut milk and transfer to a mixing bowl.
3. Add pumpkin puree to the mixing bowl with the hardened coconut milk. Whip together on medium speed with handheld mixer or Kitchen Aid mixer.





4. Slowly add in your spices, vanilla extract and stevia drops or 2 tablespoons of pure maple syrup.
5. Place mixture in the fridge until cooled. 30 minutes to 1 hour.
6. Top your pudding mixture with 1 teaspoon of cold coconut milk or coconut whipped cream and cinnamon!

P.S- This will usually last up to a week in the fridge.

Courtesy of Ashley McCrary

## Pumpkin Whip

Serves 4-6



### Ingredients:

- 1 cup milk
- 1 package Jell-O Sugar Free Butterscotch pudding mix
- 1 teaspoon Pumpkin pie spice
- 8-ounce container of Cool Whip

1 (15 ounce) can pureed pumpkin

### Directions:

1. In a large bowl, using a hand mixer or wire whisk, whip pumpkin puree, milk, Jell-O pudding mix, and Pumpkin Pie Spice until smooth, 2 to 3 minutes.
2. Fold in about two-thirds container of Cool Whip. At this time, taste and see if you would like a little more pumpkin pie spice.
3. Chill for 2 hours or overnight.
4. Serving in small  $\frac{1}{2}$  cup dishes with a dollop of the reserved Cool Whip with a sprinkle of cinnamon.

*Courtesy of a Patient of Sleep and TMJ Therapy*

## **Slow Cooker Coconut Rice Pudding**

Serves 12

### **Ingredients:**

3 cups coconut water

1 13.5 ounce can coconut  
milk

½ cup sugar

1 tablespoon vanilla extract  
or paste

½ teaspoon salt

1 ¼ cup short grain rice  
(white or brown)



2 tablespoons of butter

1 teaspoon grated lime zest

**Toppings:** Fresh Diced Mango or Pineapple, Fresh Berries or  
Diced Fruit, Toasted Coconut

### **Directions:**

1. Spray 5–6-quart cooker pot with nonstick spray.
2. Add the first 5 ingredients and stir until sugar dissolved.
3. Add the rice and cook covered for 5-6 hours on low (3-4 on high).
4. Uncover and stir well and let stand for 15 minutes.
5. Stir in butter and lime zest.
6. Transfer to serving container. This can be served warm or cold.
7. Top with desired toppings.

*Courtesy of a Patient of Sleep and TMJ Therapy*