

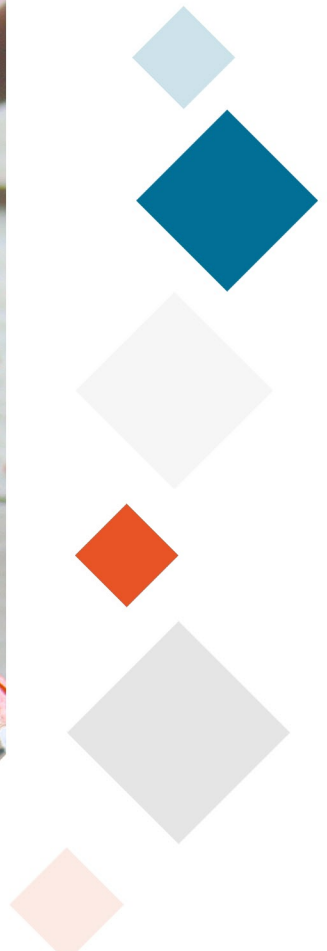


# 10 WAYS TO

*Cook With Turmeric*

# 10 EASY & DELICIOUS DESSERTS





# 10 Ways To Cook With Turmeric + 10 Easy & Delicious Desserts!

Turmeric belongs to the ginger family, with a similar but smaller knobby root. The root is the part we use in cooking, whether fresh or in powdered form. Many people find it easier to use powdered turmeric, as it stays fresh longer and does not affect texture.

A vibrant, deep orange-yellow in color, turmeric powder is widely used in cooking and as a wellness supplement. Turmeric contains curcumin, which has anti-inflammatory properties. Add warm, zingy flavor to your cooking along with a range of health benefits.

You are investing in your health today by taking the first step of eating healthy with these delicious recipes, so enjoy the gift of the health boost turmeric can give you. These simple and delicious recipes also support your immune system, memory, heart health and more.

## Vegetable Soup



Eating your vegetables is its own reward when it comes to this delicious soup packed with fresh produce. Together with fresh ginger and garlic, the turmeric in this recipe gives your immune system a powerful boost.

### Ingredients:

- 2 tablespoons olive oil
- 2 medium yellow onions, diced
- 1 teaspoon fresh ginger, minced
- 2 cloves garlic, minced
- 2 large carrots, diced
- 2 stalks celery, diced
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon ground black pepper
- Dash of red pepper flakes
- 2 teaspoons ground turmeric
- 8 cups low-sodium vegetable or chicken broth
- 3 cups bok choy, thinly sliced

### Instructions:

Heat oil in stock pot over medium-low heat. Add onions, ginger and garlic; cook for about 3 minutes, until onions begin to turn golden, stirring occasionally. Add carrots and celery and stir. Add sea salt, black pepper, red pepper flakes and turmeric. Stir and continue to cook until vegetables begin to soften, about 5 minutes. Add broth, stir and cover. Bring to a boil, then reduce heat. Simmer about 15 minutes. Add bok choy and simmer for about 10 minutes.

For a heartier option, add cooked noodles, quinoa or chicken meatballs to the finished soup. Substituting coconut milk for part of the broth can add another level of flavor that plays well with the vegetables and turmeric.

## Zucchini Soup



Summer brings with it an abundance of squash. Whether you sourced your haul from the local farmer's market, the grocery store or your own garden, this flavorful soup is a great way to showcase this versatile vegetable.

### Ingredients:

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 medium potatoes or white sweet potatoes, chopped
- 6 medium zucchinis, chopped
- 1 1/2 teaspoons sea salt
- 2 teaspoons turmeric
- 1/2 teaspoon ground black pepper
- 8 cups water or vegetable broth
- Dill or parsley, chopped for garnish (optional)

### Instructions:

Heat oil in large soup pot on medium-low heat. Add onion, stir and cook until golden, about 5 minutes. Add salt, pepper and turmeric; stir. Add potatoes and zucchini; stir and cook until vegetables slightly softened. Add liquid; bring to boil, then reduce heat and simmer until vegetables are tender. Sprinkle chopped herbs over hot soup before serving.

Use an immersion blender to make a creamy version of this soup. For a lighter, more herbal flavor, swap out 0.25 teaspoon white pepper for the black pepper.

## Egg Salad



Egg salad doesn't have to be bland and boring. Jazz up yours with turmeric, cayenne and lemon juice to create a fresh, interesting version of this picnic staple.

### Ingredients:

- 6 hard-boiled eggs, chopped
- 1 small shallot, diced
- 1/4 cup celery, diced
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon paprika
- Dash cayenne pepper
- 1 tablespoon fresh lemon juice

### Instructions:

Stir mayonnaise together with the spices, then add eggs and vegetables. Season with salt and pepper to taste.

## Roasted Cauliflower



This super-easy cauliflower is not just good for you – it tastes good as well! For a more striking presentation, leave the cauliflower whole. Brush it with oil, rub the spice mix all over and roast at 400 degrees for about 40 minutes.

### Ingredients:

- About 2 pounds of cauliflower, cut into small florets
- 1/4 cup good-quality olive oil
- 6 cloves garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1 teaspoon turmeric
- 1 teaspoon fresh thyme leaves, chopped

### Instructions:

Preheat the oven to 425 degrees On a large baking sheet, toss the cauliflower with the oil, coating all florets Add garlic, salt, red pepper flakes, turmeric and thyme, then toss again. Roast until golden – about 20-25 minutes.

## Vegetarian Chickpea Curry



### Instructions:

Heat the oil in a large skillet over medium-low heat. Add onion, garlic and ginger. Salt lightly and cook for about 7 minutes, stirring. Add spices and stir; cook for 30 seconds. Add carrots and sweet potatoes; stir and cook for about 5 minutes. Add crushed tomatoes and coconut milk; bring to boil and reduce heat, simmering on low until vegetables are fork-tender. Add chickpeas and continue simmering for about 10 minutes. Stir in spinach and basil, then turn off heat. Add lime juice and season with salt and pepper to taste. Serve over rice, quinoa or noodles.

This quick vegetarian curry provides a great way to get a full, hearty meal on the table on busy weeknights.

### Ingredients:

- 2 tablespoons canola or vegetable oil
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger, minced
- 1 1/2 teaspoons cumin
- 2 teaspoons coriander
- 1 1/2 teaspoons turmeric
- 1/4 teaspoon crushed red pepper
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can chickpeas, drained and rinsed
- 2 medium carrots, sliced
- 2 sweet potatoes, chopped
- 1 cup coconut milk
- 2 cups spinach, sliced in ribbons
- 1/4 loosely packed cup basil leaves, sliced
- 2 teaspoons lime juice

These zesty little meatballs make a great complement to rice or noodles. For an appetizer presentation, arrange meatballs on mini skewers and serve along with dipping sauces.

### Ingredients:

- Canola oil for coating
- 1 pound ground chicken
- 1/2 cup dry bread crumbs or ground almonds
- 1/4 cup scallions, minced
- 2 tablespoons cilantro, minced
- 1 garlic clove, minced
- 2 tablespoons fresh ginger, minced
- 1/4 teaspoon salt
- 1 teaspoon turmeric
- 1 large egg, lightly beaten
- 1 teaspoon toasted sesame oil
- 2 teaspoons soy sauce

### Instructions:

Preheat oven to 450 degrees. Brush baking sheet with canola oil. Mix all ingredients in a large bowl. Shape into 1 to 1.5-inch balls (about the size of a walnut) and arrange on baking sheet, coat with oil. Bake for about 13 minutes until golden-brown and completely cooked.

## Asian Chicken Meatballs



## Sheet Pan Chicken and Vegetables



### Instructions:

Preheat oven to 425 degrees. Whisk together soy sauce, vinegar, oil, garlic and spices in small bowl. Combine chicken and vegetables except scallions in large bowl; add sauce and mix to coat. Spread evenly over sheet and sprinkle with salt. Roast for 10 minutes, then stir and return to oven for another 5-10 minutes, until done. Sprinkle with scallions before serving.

No time? No problem – just toss together this healthy, budget-conscious recipe and have a hot, filling meal on the table in less than an hour. With protein, fiber and natural carbs, this one-pan meal provides the full complement of nutrition, while ingredients such as turmeric and apple cider vinegar give an added boost.

### Ingredients:

- 2 pounds boneless, skinless chicken thighs, sliced
- 1 large red onion, halved and thinly sliced
- 8 ounces snow peas or sugar snap peas
- 3 medium carrots, julienned
- 2 red, orange or yellow peppers, thinly sliced
- 1 pound broccoli, cut into small florets
- 2 garlic cloves, minced
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 2 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 2 tablespoons canola oil
- 1/2 cup scallions, thinly sliced
- 1/2 teaspoon salt

## Pan-broiled Salmon



### Instructions:

In blender, combine oil, garlic, cilantro and spices. Pour marinade into a plastic Ziploc bag and add salmon. Seal bag and keep in the fridge overnight. Before preparing, remove salmon from bag and scrape off marinade. Heat dry skillet over medium-high flame. Pan-broil filets for about 3 minutes on each side or until cooked through.

In this recipe, you don't have to add oil to the pan as the salmon has already absorbed plenty from the marinade. You can also cook this marinated salmon on a grill or under a broiler.

Get your dose of omega-3 and other essential vitamins in one delicious, easy package. Make and freeze an extra batch of the marinade to use on chicken, vegetables or fish.

### Ingredients:

- 4 6-ounce skinless salmon filets
- 1/4 cup olive oil
- 1/4 cup cilantro, chopped
- 2 garlic cloves
- 1/2 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1/4 teaspoon crushed red pepper
- Salt to taste

## Breakfast Hash



Start the day right with this protein-packed breakfast hash. To make prep even easier, purchase diced vegetables in the frozen section of the supermarket.

### Ingredients:

- 1 pound potatoes or sweet potatoes, diced
- 4 links of your favorite sausage, diced
- 1/2 small yellow onion, diced
- 1 green bell pepper, diced
- 1/4 teaspoon turmeric
- 1/4 teaspoon red pepper flakes
- Salt and pepper to taste
- 2 tablespoons canola or vegetable oil
- 4 eggs
- 1 scallion, thinly sliced

### Instructions:

Heat oil in a large skillet over medium heat. Add potatoes and onions; stir. Add turmeric and red pepper, then cook for 10 minutes, stirring occasionally. Add green bell pepper and sausage; cook for another 10 minutes, stirring occasionally. Season with salt and pepper to taste. Form 4 wells and crack the eggs into them; cook until desired degree of doneness. Sprinkle with scallions and serve.

This dressing goes with anything, from salads to crackers and pretzels. The warmth of the turmeric balances the sharp zing of the cayenne and vinegar, adding depth of flavor. The pop of color from adding the turmeric makes this dressing an attractive addition to a cut vegetable platter.

### Ingredients:

- 1/4 cup sour cream
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger
- 3 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- Salt and pepper to taste

### Instructions:

Whisk all ingredients together until smooth. This make-ahead recipe can stay fresh in the fridge for up to four days.



## Creamy Dressing

## CHAPTER 2: 10 Delicious Desserts Just Because!



A delicious dessert is something to look forward to. It doesn't have to be the undoing of a healthy lifestyle, either. The following dessert recipes use fresh ingredients and seasonal fruit to deliver health benefits along with sweetness. You deserve to treat themselves to a great dessert, and these no-fuss, no-guilt recipes do the trick.

This recipe provides a great way to enjoy fresh strawberries and reap their antioxidant benefits. Basil and balsamic vinegar serve as flavor enhancers for this quick and easy salad.

### Ingredients:

- 1 pound strawberries, hulled and sliced
- 1/4 cup basil leaves, thinly shredded
- 2 tablespoons balsamic vinegar

### Instructions:

Mix all ingredients in a large bowl. Chill and serve. Optional extras include whipped cream, a drizzle of honey or a sprinkle of turbinado sugar.



Strawberry and  
Basil Salad



## Mango Trifle

This healthy twist on the classic trifle uses yogurt, fruit and turmeric to create a decadent dessert that is lighter and healthier than the traditional version. For the best presentation, use a glass or clear plastic bowl to show the pretty layers.



### Ingredients:

- 1 angel food or pound cake, cubed
- 2 cups vanilla yogurt (use plain if you prefer a tangier flavor)
- 6 ounces cream cheese, room temperature
- Zest of 2 limes
- 6 cups mango, cubed
- 2 tablespoons basil leaves, minced
- 2 tablespoons honey
- 1/4 teaspoon turmeric
- 12 ounces whipped cream

### Instructions:

Toss mango cubes with basil, honey, half the lime zest and turmeric. Beat cream cheese until fluffy. Add yogurt and combine until smooth. Fold in one cup of the whipped cream. Layer one third of the cake cubes of the bottom of your bowl. Top with one third of the yogurt mixture, half the remaining whipped cream and one third of the mango mixture. Repeat this process once and top with remaining ingredients.

No rolling out dough, no laboring over the filling. As it bakes, this pie separates into a crunchy crust and a smooth, custardy filling. Turmeric is a wonderful addition to the tropical flavors in this version of the classic Southern dessert.

### Ingredients:

- 1 cup flaked coconut
- 1/2 cup almond flour
- 1 cup sugar
- 2 cups almond milk
- 4 eggs
- Zest of 2 limes
- 1/4 teaspoon turmeric
- Dash of salt

### Instructions:

Preheat the oven to 325 degrees. Prepare greased 10-inch pie pan In blender, combine all ingredients until smooth. Pour into pie pan and bake for 50 minutes or until center begins to set.

## Lime Miracle Pie



## Plum Galette

This freeform pie showcases juicy summer fruit. To create a fall and winter version, use lightly sautéed apples or pears instead of plums.

### Ingredients:

- 1 purchased or homemade pie crust
- 4 cups plums or nectarines, sliced
- 1/2 cups sugar
- 2 tablespoons all-purpose or almond flour
- 1 teaspoon fresh thyme leaves, chopped
- 2 tablespoons unsalted butter, diced



### Instructions:

Toss the fruit with sugar, flour and thyme; set aside. Preheat oven to 425 degrees. Lightly grease a baking sheet. Roll out the pie crust and lightly dust it with flour; transfer it to the center of the baking sheet. Spread the fruit over the dough in an even layer, leaving about 2 inches clear around the border. Dot the fruit with the diced butter. Fold the dough over the fruit, leaving the center clear and pleating the border. Press down gently as you go to seal. Bake the galette for 15 minutes, then reduce heat to 375 degrees. Continue baking for about 50 minutes or until the crust turns golden. Let cool for about 20 minutes before serving.

## Stuffed Apples



Give plain baked apples an upgrade with a sweet, crunchy filling. Enjoy this comforting dessert on its own or with a scoop of vanilla ice cream.

### Ingredients:

- 6 large Granny Smith apples
- 1 1/2 cups walnuts or almonds, chopped
- 4 tablespoons honey, jam or agave syrup
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon cinnamon

### Instructions:

Preheat oven to 350 degrees and lightly butter a large baking dish. Core each apple, taking care to keep the sides and bottom intact. Mix nuts, honey and spices. Fill each apple with the nut mix, letting the filling mound over the top. Bake for 30 minutes.

Sweet, fragrant peaches make this crisp a dessert star. Plums or berries also work as a filling for this delicious crisp.

## Ingredients:

- 2 pounds peaches, sliced
- 1 cup almond flour
- 1/2 cup slivered almonds
- 2 tablespoons butter
- 1 tablespoon honey
- Dash salt

## Instructions:

Preheat oven to 350 degrees and grease square 8 inch dish. Arrange peach slices in the dish. Combine flour, almonds, butter, honey and salt mix until coarse crumbs form. Sprinkle topping over peaches. Bake for about 40 minutes.



Easy to assemble, these tasty parfaits make for a striking dessert presentation. Swirl some whipped cream on top or sprinkle with cinnamon for added flavor and visual punch.

## Ingredients:

- 3 cups vanilla yogurt
- 1 pint blueberries or strawberries
- 1 pint raspberries or blackberries
- 1 cup of your favorite granola

## Instructions:

In a blender, puree the blueberries or strawberries. For a smoother texture, pass the puree through a strainer. Set aside. Layer yogurt, whole berries, granola and berry sauce in tall glasses, alternating the layers until you get to the top.



These gluten-free vegan treats provide a powerful shot of energy. Skip the coffee and have one of these truffles instead.

## Ingredients:

- 2 cups soft dates, pitted
- 2 cups walnuts or hazelnuts, toasted and chopped
- 1 cup shredded coconut
- 1/2 teaspoon salt
- Ground coconut or cocoa powder for coating



## Instructions:

In a food processor, process the nuts and shredded coconut. Add dates and salt; process again until you have a sticky batter. The texture should remain crumbly but stick together when you press it in your fingers. Line a baking sheet with parchment paper. Scoop out small batches of dough and roll into balls. Drop into ground coconut or cocoa and roll to coat. Place on baking sheet and freeze for at least 30 minutes.

Keep these confections in a sealed container in your fridge or freezer.

These light and pretty cookies are packed with raspberry flavor. Mix in some mini chocolate chips to take it up a notch.

## Ingredients:

- 2 1/2 cups flaked coconut
- 1/3 cup sugar
- 2 egg whites
- 3/4 cup fresh raspberries
- Dash salt



## Instructions:

Preheat the oven to 325 degrees and cover a baking sheet with parchment paper. In a food processor or blender, combine coconut, sugar, egg whites and salt; pulse for 1 minute. Add raspberries and pulse until combined with other ingredients. Use a tablespoon to scoop the batter onto the baking sheet. Bake for 20 minutes or until the tops begin to brown. After removing from the oven, cool for at least 10 minutes before transferring the cookies from the baking sheet.



Grilling isn't just for steaks and hamburgers anymore. The high heat brings out fruit's natural sweetness, while the char adds a hint of contrast. With honey and fresh mint, this dessert is the perfect conclusion to a summer barbeque.

## Ingredients:

- 3 pounds assorted stone fruit cut into thick wedges or halved
- 2 tablespoons olive oil, plus oil for brushing grill
- 2 tablespoons fresh lemon juice
- 1/4 cup honey
- 2 tablespoons fresh mint, finely chopped

## Instructions:

Light the grill or preheat grill pan; brush with oil. Combine honey, lemon juice and mint in a small saucepan and simmer on low heat for about 3 minutes. Toss the fruit with the 2 tablespoons of oil. Grill at high heat, turning periodically, for about 3 minutes or until slightly charred. Transfer to bowls and drizzle honey-lemon mix over fruit; sprinkle mint on top.

More and more people are becoming conscious of the benefits of healthy cooking. These recipes show some great ways to prepare healthy meals without hassle. Incorporating beneficial ingredients like turmeric into your meals can boost your immune system, help you sleep better and raise your energy levels healthfully and naturally. Whether you add a dash of turmeric as you cook or opt for a supplement, combining it with a healthy diet is a great way to feel better physically and mentally.