

IshbelWELL Eggplant Chips

Yields: 2 servings | **Prep Time:** 5 minutes | **Cook Time:** 20 minutes

Ingredients

1 large eggplant
1/2 cup avocado oil
1/2 cup parmesan cheese
2 T Italian seasoning
1 t pepper
1 t sea salt

Instructions

- 1) Preheat oven or air fryer to 375 degrees.
- 2) Thinly slice eggplant with mandolin, food processor (with slicing attachment) or knife.
- 3) Place eggplant on baking dish or air fryer basket.
- 4) Mix avocado oil and spices into a paste.
- 5) Brush eggplant with oil & spice mix.
- 6) Top with parmesan cheese.
- 7) If using an oven, bake for 20-25 minutes or until golden brown. If using an air fryer, air fry for 17 minutes or until golden brown.

Notes

These chips are a great replacement for packaged chips and snacks. Dip in your favorite sauce and enjoy warm right out of the oven! Eggplant is a nightshade which may exacerbate symptoms for people struggling with autoimmune issues. Eggplant is rich in fiber, vitamins B & C and calcium. Eggplant makes an excellent base for a lot of dishes including lasagna, casseroles and dips.

IshbelWELL Spinach, Apple, Cranberry & Pecan Salad

Yields: 6-8 servings | **Prep Time:** 10 minutes

Salad

7 cups spinach
1 apple, thinly sliced
1/4 cup dried cranberries
1/4 cup pecans

Dressing

1/4 cup olive oil
1/4 cup fresh lemon juice
1T maple syrup
1T dijon mustard
2 crushed garlic cloves
1t salt
1t pepper

Instructions

- 1) Combine all salad ingredients.
- 2) Comine all dressing ingredients.

Notes

Spinach and cranberries are an excellent source of antioxidants and support the body's ability to deal with oxidative stress. Be sure to read the label on dried cranberries and only buy "apple juice sweetened" dried cranberries.

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Raspberry Almond Panna Cotta w/ Blueberry Compote

Yields: 3 servings | **Prep Time:** 10 minutes | **Cook Time:** 1 hour

Panna Cotta

1/4 cup water
2t grass-fed gelatin
2 cups almond milk
1 t vanilla extract
1/4 cup honey

Almond Milk

1 cup almonds
3 cups water

Blueberry Compote

2 cups blueberries
1T honey
2T water

Instructions

- 1) Allow almonds and water to soak over night.
- 2) Place almonds and water in a vitamix blender and blend on high for 2 minutes.
- 3) Place water in a bowl. Sprinkle gelatin on top and allow to “bloom”.
- 4) Place 2 cups of the almond milk, vanilla extract and honey in a small saucepan and warm on medium heat. No need to simmer/boil.
- 5) Once almond milk is warm, beat in gelatin mixture.
- 6) Pour into small ramekins.
- 7) Place in the fridge and allow to “set” for an hour or more.
- 8) Place blueberries, honey and water in a saucepan. Heat on low until blueberries soften slightly and a sauce forms.
- 9) After panna cotta has “set”, remove from the fridge and place ramekin in a bowl of warm water for 5 minutes. Flip the ramekin over on a serving dish, and the panna cotta should slide out. If the panna cotta doesn’t slide out easily, return the ramekin to the bowl of warm water until it slides out easily.
- 10) Top with blueberry compote.

Notes

When purchasing grass-fed gelatin, be sure to purchase the non-hydrolyzed collagen. I prefer Great Lakes gelatin which clumps up in cold water and dilutes in warm water which is key to creating the “form” of the panna cotta. Here’s an affiliate link to purchase: <https://amzn.to/2WYpeDZ>. Blueberries are an excellent source of antioxidants and an important factor in mitigating oxidative stress. Be sure to store your almonds in the fridge and/or freezer, and buy them from a store like Natural Grocers that stores nuts in the fridge.

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Bolognese with Zucchini Noodles

Yields: 6 servings | **Prep Time:** 20 minutes | **Cook Time:** 4 hours

Bolognese

1T ghee
1 1/2 lbs grassfed beef
1 1/2 lbs ground pork (antibiotic & hormone free)
1 T pepper
1 T sea salt
1 large onion
2 celery stalks
1 carrot
1 cup cubed butternut squash
5 minced garlic cloves
1 T fresh thyme
1 T fresh sage
1 T fresh rosemary
1 cup red wine
28oz can san Marzano tomatoes
1 cup coconut milk
1 cup bone broth

Instructions

- 1) In a large cast iron pot, warm the ghee and add the meat, salt and pepper to brown.
- 2) When the meat is browned, add the onion, celery, carrots and butternut squash and cook for 3 minutes. Stir in the garlic and cook 2 more minutes.
- 3) Add the wine, stir and allow to cook and reduce slightly for about 3 minutes. Add the crushed tomatoes, coconut milk and stock. Mix well.
- 4) Partially cover and simmer for 4 hours, stirring often to prevent sticking to the bottom.
- 5) If you find the liquid is not reducing, remove the lid and make sure the sauce is bubbling.
- 6) When done, last for seasoning and adjust to your liking.
- 7) Using a spiralizer or food processor with an attachment, spiraling zucchini.

Zucchini Noodles

7 zucchini

Notes

Zucchini noodles are an excellent replacement for regular noodles and will help to support your blood sugar handling system. Here's an affiliate link to purchase a spiralizer: <https://amzn.to/39G6oEF>. Here's an affiliate link to purchase a food processor: <https://amzn.to/2Qw9dBr> and the spiralizer kit to add on: <https://amzn.to/39Bn0xd>.