



DR. WILES GOSS NATURAL HEALTH
Your Journey Through Health & Life

Recipe Ideas

Some of these recipes are a little complex, but you can cut out any of the ingredients and make them simple. They are just ideas. I find it really nice to cook extra so I have leftovers for lunches. Another tip; cook a whole chicken or turkey in the oven and have leftovers all week. It is also nice to cook the carcass in a soup to take full advantage of all the meat and nutrients in the bones.

General cooking recommendations:

- Use butter, olive oil, or coconut oil to cook with.
- Use coconut milk or cream, almond milk as a substitute for milk.
- Use goat cheese or no cheese, instead of cow's cheese.

Veggie Frittata

Ingredients- mix any veggies that you want in your frittata. Whatever is in your fridge will work!

1 Tablespoon butter
½ cup chopped broccoli
½ cup chopped asparagus
1-1/2 cups zucchini and/or summer squash cut on a small dice
½ cup chopped onions
½ cup chopped mushrooms
10 large eggs
1/2 teaspoon fresh ground pepper
1/2 teaspoon salt
4 ounces domestic goat cheese, crumbled
4 slices prosciutto (cut into 1/2 inch pieces)

Set oven at 425. Sauté the veggies with the butter over medium heat until slightly tender. Just enough to mix flavors. Butter a square glass baking dish and whisk eggs together. Add veggies and eggs to the baking dish, add salt and pepper. Top with prosciutto. Place in oven for 10 min, then cover in goat cheese and place back in the oven for another 2-3 min. Center may be slightly runny, but make sure edges are solid. Serve with salsa if preferred.

Poached Eggs ***Best way to eat eggs for nutrient value!

Heat saucepan of water to almost boiling, add 2 tsp apple cider vinegar. Break eggshell and lay the egg in the water. Let simmer for about 3-4 minutes for runny eggs. Remove from pan with slotted spoon. Place over sautéed or steamed veggies. Serve with lemon squeezed over top.

Smoothie

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½ cup almond or coconut milk
1 heaping spoonful almond butter, or peanut butter
1 raw egg, organic (optional)
½ cup frozen fruit (berries are great)
½ banana (optional)
1 cup chard, kale, or spinach, chopped
1 TBS flax seeds, ground
1 TBS pumpkin seeds, ground
1 TBS cod liver oil
2 ice cubes

Grind flax and pumpkin seeds in blender or Magic Bullet. Add rest of ingredients. Blend until smooth. Can add a quality protein powder, like whey protein concentrate (not isolate), or rice protein. Enjoy!

Cauliflower Mashed Potatoes- Delicious alternative for kids!

1 medium head cauliflower
1/2 teaspoon minced garlic
1/8 teaspoon freshly ground black pepper
¼ teaspoon salt
1/2 teaspoon chopped fresh or dry chives, for garnish (optional)
3 tablespoons unsalted butter
¼ cup almond milk (optional)

Steam Cauliflower until soft. Let cool slightly. Add to food processor or blender with butter, almond milk, salt and pepper.

Spaghetti with Spaghetti Squash

Ingredients:

Spaghetti sauce ingredients
1 spaghetti squash

Preheat the oven to 375 degrees F.

Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

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Make the spaghetti sauce, as you normally would do. (Make sure there are veggies in it! I.e. Onions, mushrooms, peppers, garlic). Pour over squash strands and enjoy!

Taco Salad

1 lb ground beef
¾ cup chopped onions
1 clove minced garlic
1 can black beans
1 small can tomato sauce
2-3 tsp cumin
salt & pepper to taste
Romaine lettuce, chopped
Tomatoes, diced
Mushrooms sliced
Cilantro
Salsa
Tortilla chips

Sauté ground beef, onions, & garlic until meat is browned. Add tomato sauce, black beans, cumin, salt and pepper. Let simmer for 10-15 minutes. Put over the top of romaine lettuce, cover with tomatoes, mushrooms, salsa, and cilantro. Top with crushed tortilla chips. Enjoy!

Maple- Roasted Turkey with Sage Butter

1 sticks unsalted butter, softened to room temperature
1/4 bunch fresh sage, finely chopped
Kosher salt and freshly ground black pepper
1 (12 to 14-pound) fresh turkey, giblets, neck, and liver discarded
8 strips bacon
1/2 cup maple syrup
2 tablespoons hot water

Preheat the oven to 350 degrees F and remove the top rack of the oven.

Put the butter and sage in a mixing bowl and mash with a fork or spoon until the sage is well incorporated. Season with salt and pepper.

Rinse the bird thoroughly inside and out with cold water, and pat dry with paper towels. Sprinkle the cavity and skin liberally with salt and pepper. Using your fingers, gently lift the skin from the turkey breast and slip the remaining seasoned butter under, massaging the breast meat as you go. Truss the bird by crossing the legs over one another and tying with a piece of kitchen twine. Shingle the bacon strips over the breast so it's totally covered. Put the turkey on a rack in a large roasting pan, cover the turkey with aluminum foil, and place in the oven.

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In a small bowl, stir the maple syrup with 2 tablespoons of hot water to thin. Roast the turkey for 2 hours, basting with the maple glaze every 30 minutes. Continue cooking until an instant-read thermometer inserted into the meaty part of the thigh registers 170 degrees F. The thigh juices will run clear when pricked with a knife, about 3 hours total (15 minutes per pound). About 1/2 hour before you think the turkey is done, remove the foil so that it can brown. When done take the turkey out of the oven and put the roasting pan on the stovetop. Transfer the turkey to a serving tray to rest at least 20 minutes before carving. Serve with Turkey Gravy.

Pork Chops w/ Rhubarb, Onion, and Raisin Chutney

1/2 cup golden raisins
1/2 cup hot water
2 tablespoons balsamic or red wine vinegar
Pinch of ground cloves
Pinch of ground nutmeg
2 tablespoons sugar
2 tablespoons **vegetable** oil
4 3/4-inch pork chops, trimmed
Salt and freshly ground pepper
1 medium onion, finely chopped
1 1/2 cups diced fresh rhubarb

In a bowl combine the raisins, hot water, vinegar, cloves, nutmeg, and sugar and let stand. In a large skillet heat the vegetable oil over moderately high heat. Season the pork chops with salt and pepper and cook until browned on both sides. Transfer browned chops to a shallow **baking** dish and place in a 300 degree F. oven for 10 minutes or until cooked through. In the drippings in the skillet cook the onion, stirring occasionally, until tender. Add the raisin mixture, bring to a boil, and stir. Add the rhubarb, do not stir in the rhubarb, cover and let simmer for 5 minutes. Stir the mixture and cook, uncovered, for another 3 minutes or until the rhubarb is just tender. Add any juices that have collected in the baking dish to the sauce. Adjust **seasoning** with salt and pepper. Serve warm over pork chop.

Chicken with Cherry Sauce

This tender chicken is smothered in a sweet, warm sauce that is beautifully complimented by wild rice, buttered green beans, and your favorite red wine.

- 1 - 8 3/4 oz. can pitted dark cherries
- 1 green onion, thinly sliced
- 1 tsp. cornstarch
- 1/2 tsp. chicken bouillon
- Dash pepper
- 2 boneless, skinless chicken breast halves (about 8 oz. total)
- 1 T. cooking oil

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Drain the cherries, reserving 1/3 c. of the juice. Place the juice in a 1/2 c. measuring cup and fill with water until filled. Combine cherry juice mixture, green onion, cornstarch, bouillon, and pepper. Set mixture and cherries aside.

Lightly season the chicken with salt and pepper. Then pound with the flat side of a meat mallet to 1/4 inch thickness. In a large skillet, cook the chicken in hot oil over medium heat for 6-8 minutes or until it is tender and no longer pink. Transfer the chicken to individual plates and keep warm.

Stir the sauce and add to the skillet. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Add cherries and heat through.

To serve, spoon some of the sauce over the chicken.

- **Serves:** 2
- **Preparation Time:** 20 minutes

Tanda's Delicious Chili!

2 lbs ground beef, elk, deer

1/4 cup butter

5 cloves garlic diced

2 onions chopped

1 TBS salt

1 TBS cumin

1 TBS coriander

3 TBS paprika

1 TBS dried oregano

1 tsp cayenne

1 can of beer

1/4 cup maple syrup or brown sugar

juice of 1 lime

1 can black beans

2 cans dice tomatoes

1 bunch cilantro

Melt butter at medium heat, add onions and garlic, cook till transparent. Add meet and cook through. Add all dry ingredients and give a good few stirs. Then add all the wet ingredients, bring to a boil, then

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reduce to low and let simmer for 2 hours. Add the cilantro half way through or at the end. This dish is best when it has sat in the fridge over night.

Eat and enjoy!

Thai Yellow Pumpkin & Seafood Curry

(Food Network)

Ingredients

- 1 (14-ounce) can coconut milk (about 1 2/3 cups)
- 1 to 2-tablespoons yellow (or red) Thai curry paste
- 1 1/2 cups fish stock (I use boiling water and concentrated fish bouillon; cubes will do)
- 3 tablespoons fish sauce (recommended: Nam Pla)
- 2 tablespoons sugar
- 3 lemongrass stalks, each cut into 1/3's and bruised with the flat of a knife
- 3 lime leaves, stalked and cut into strips, optional
- 1/2 teaspoon turmeric
- 2 1/4 pounds pumpkin or butter nut squash, peeled and cut into large, bite-sized chunks
- 1 pound 2 ounces salmon fillet, preferably organic, skinned and cut into large, bite-sized chunks
- 1 pound 2 ounces peeled raw shrimp
- Bok Choy or any other green vegetables of your choice
- 1/2 to 1 lime, juiced or more to taste
- Cilantro, for garnish

Directions

Skim the thick creamy top off the can of coconut milk and put it into a large saucepan or casserole with the curry paste, over medium heat. Let it sizzle and, using a fork, whisk or wooden spoon, beat cream and paste together until combined. Still beating gently, add the rest of the coconut milk, fish stock, fish sauce, sugar, lemongrass, lime leaves (if using) and turmeric. Bring to a boil and then add the pumpkin. Cook on a fast simmer until the pumpkin is tender, about 15 minutes, although different sorts of pumpkins can vary enormously in the time they take to cook; some squash can take a little as 5 minutes. As I mentioned, you can cook the curry up until this part in advance, maybe leaving the pumpkin with a tiny bit of bite to it (it will soften and cook as the pan cools). Either way, when you're about 5 minutes from wanting to eat, get ready to cook the seafood.

So, to the robustly simmering pan, add the salmon and shrimp (if you're using frozen shrimp they'll need to go in before the salmon). When the salmon and shrimp have cooked through, which shouldn't take more than 3 to 4 minutes, stir in any green vegetable you're using - sliced, chopped or shredded as suits - and tamp down with a wood spoon. When the bok choy is wilted, or other green vegetable is cooked, squeeze in the juice of half a lime, stir and taste and add the juice of the remaining half if you feel it needs it. Take the pan off the heat and pour the curry into a large bowl, and sprinkle over the cilantro;

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the point is that the cilantro goes in just before serving. Serve with more chopped cilantro for people to add their own bowls as they eat, and some plain Thai or basmati rice.

Italian-Style Soup With Turkey Sausage

- 1 T olive oil
- 8 oz. sweet or hot italian-style turkey sausage, cut into 1/2 in. thick slices (I used italian sausage)
- 1/2 cup chopped onion
- 1 32 oz can chicken broth (I used organic)
- 1 15 oz can red kidney beans, rinsed and drained (I used black beans) would be good with both
- 1 14 oz can diced tomatoes, undrained
- 1 t. oregano
- 1 t. rosemary finally crushed
- 1 t thyme leaves
- 1 6 oz package baby spinach leaves fresh
- 1/2 cup uncooked small pasta, such as mini bowties or elbows

Heat oil in large saucepan n medium heat. Add sausage; cook and stir 3min. Add onion; cook and stir 3 minutes longer or until onion is tender and sausage is browned.

Pour chicken broth, beans and tomatoes into saucepan. Stir in oregano, rosemary and thyme. Bring to boil. Reduce heat to low; simmer 10 minutes.

Stir in spinach and pasta. Return to boil on medium-high heat. Reduce heat to low; cover and simmer 10 minutes or until pasta is tender.

Gazpacho

- 3 small fennel bulbs, roughly chopped
- 4 celery stalks, roughly chopped
- 1 bunch scallions, roughly chopped
- 1 sweet onion (such as Vidalia), roughly chopped
- 2 cloves garlic, roughly chopped
- 3 red bell peppers, seeded and roughly chopped
- 2 ripe tomatoes, diced (or one 14.5-ounce can chopped tomatoes, undrained)
- 1/2 cup extra-virgin olive oil
- 1 tablespoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 cups (32 ounces) tomato or vegetable juice
- Juice of 2 lemons

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1 teaspoon hot pepper sauce (optional)
Lemon or lime wedges

Place the fennel, celery, scallions, onion, garlic, and red peppers in the bowl of a food processor and pulse until finely chopped but not pureed. Transfer to a large glass or plastic bowl and stir in the tomatoes, oil, salt, black pepper, tomato juice, lemon juice, and hot sauce, if desired. Cover and refrigerate for at least 2 hours. Serve chilled with the lemon or lime wedges.

Yield: Makes 6 to 8 servings

Split-Pea Soup

1 pound split peas, rinsed
1 tablespoon olive oil
2 medium yellow onions, chopped
2 celery stalks, chopped
2 medium carrots, chopped
5 cloves garlic, peeled
1 bay leaf
8 cups low-sodium chicken broth
1/2 teaspoon kosher salt
1/2 teaspoon black pepper

Place the peas in a large pot and add enough cold water to cover. Bring to a boil. Cover, remove from heat, and set aside for 1 hour.

Meanwhile, heat the oil in a large pot over medium heat. Add the onions, celery, carrots, garlic, and bay leaf. Cook, stirring occasionally, until softened and golden, about 15 minutes. Drain the peas and add them to the vegetables along with the broth. Bring to a boil. Reduce heat, cover, and simmer gently until the peas are softened, about 45 minutes. Remove from heat. Set aside to cool for at least 10 minutes. Remove and discard the bay leaf. Transfer some of the soup to a blender, filling it no more than halfway. Puree until smooth. Repeat with the remaining soup. Return the soup to the pot and place over medium heat until warmed through, about 10 minutes. Season with the salt and pepper. Ladle the soup into individual bowls.

In Advance: Refrigerate the soup for up to 2 days. Warm it over low heat.

Yield: Makes 8 servings

Carrot Apple Ginger Soup

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Serves 6 to 8

For the Soup

1 pound carrots, cut in 1-inch pieces
1/2 pound parsnips, cut in 1-inch pieces
1 pound Braeburn apples, cut in 1-inch pieces
3 tablespoons extra virgin olive oil
1 teaspoon sea salt
1/2 teaspoon fresh cracked black pepper
1 quart vegetable broth
1 cup water
1 tablespoon fresh grated ginger, more to taste
sea salt, to taste
ground pepper, to taste

Preheat oven to 400F. Combine carrots, parsnips, apples, olive oil, salt and pepper. Toss well to coat. Spread in a single layer on a rimmed baking sheet. Roast for 12 to 15 minutes, until soft and browned. Transfer to a large saucepan and cover with broth and water. Bring to a boil, then reduce to a simmer. Stir in ginger and cook for 8 to 10 minutes longer. Remove from heat and cool slightly. Blend until smooth, using a regular blender or an immersion blender. Season to taste with salt and pepper.

Roasted Veggies

Beets- parboiled for 5 minutes	Olive oil
Portabella mushrooms	½ as much balsamic vinegar as olive oil
Carrots	oregano
Red potatoes	thyme
Winter squash (can leave skins on)	salt
Whole cloves of garlic	rosemary
Zucchini	tarragon
Onion	parsley
Collard greens- sauté with garlic & onions	butter

Bake at 400 degrees for 1 hour.

Cucumber, Tomato & Avocado Salad

1 Cucumber peeled & sliced into thin slices
2 tomatoes, diced
1 avocado, diced
½ onion sliced paper thin
chopped basil

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sprinkle apple cider vinegar & olive oil on top
salt & pepper to taste

Let set to allow cucumbers to soak up vinegar. Enjoy!

Avocado Salad with Lemon Bacon and Watercress

4 slices bacon
3 avocados, halved and pitted
1/2 bunch watercress, stems trimmed
1 lemon, juiced
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

Preheat the oven to 400 degrees F.

Lay the bacon in a sauté pan and bake for 15 minutes, until crispy. Transfer the bacon to a plate lined with paper towels and let it drain for a couple of minutes.

Scoop out each half of the avocado using an oversized spoon and arrange on a platter. Scatter the watercress over the avocado and crumble the bacon over the top. Drizzle with the lemon juice and olive oil and sprinkle with salt and pepper

Roasted Butternut Squash with Beet Greens, Goat Cheese, Toasted Walnuts and Mint

4 butternut squash
2 tablespoons olive oil
Salt and freshly ground black pepper
3 cups beet greens
3/4 cup walnuts
1/4 cup roughly chopped fresh mint leaves
1 cup crumbled goat cheese

Preheat oven to 425 degrees F.

Peel and cut butternut squash into 1/2-inch cubes. Place on 2 sheet trays, drizzle with olive oil and 1 teaspoon salt and distribute evenly. Place in oven and bake until softened and golden.

Wash beet greens and de-stem and chiffonade greens. Toast walnuts in a medium skillet over medium heat.

Remove squash from the oven and toss in beet greens, mint and goat cheese. Top with toasted walnuts. Adjust seasonings with salt and pepper, to taste, and serve warm.

Swiss Chard and Golden Raisins

- 2 1/2 pounds (the average weight of 2 bundles) red Swiss chard

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- 1 1/2 tablespoons (1 1/2 turns around the pan in a slow stream) extra-virgin olive oil
- 1/8 pound, 2 slices, pancetta or bacon, chopped
- 1 small yellow skinned onion, chopped
- 1/4 cup (2 handfuls) golden raisins
- 14 ounces chicken stock or broth
- Coarse salt
- 1/8 teaspoon nutmeg, a couple pinches ground or equivalent of freshly grated

Heat a large skillet over medium high heat. Coarsely chop the greens of clean red chard. Add oil, pancetta, and chopped onion to the pan and cook 2 or 3 minutes until onions begin to soften and pancetta is lightly browned. Add chopped chard to pan in large bunches, adding remaining chard as the greens wilt.

Sprinkle in raisins; pour in broth and season with salt and nutmeg. Bring liquid to a boil, reduce heat and simmer greens 10 to 15 minutes until greens are no longer bitter and you are ready to serve. Raisins will plump as the dish cooks through.

Horseradish Cole Slaw

- 5 cups shredded green cabbage
- 5 cups shredded red cabbage
- 2 cups shredded carrots
- 1/4 cup finely sliced green onions
- 2 Granny Smith apples, cored, cut into 1/4-inch cubes
- 2 teaspoons lemon juice
- 1/2 cup cider vinegar
- 1/4 cup plus 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 cup mayonnaise
- 1/4 cup sour cream
- 6 tablespoons freshly grated horseradish, or 3 tablespoons prepared horseradish
- 1 tablespoon Creole mustard or other coarse-grained mustard

Combine the green and red cabbages, carrots, and green onions in a large mixing bowl. In a small bowl, toss the cubed apples with the lemon juice and add to the cabbage mixture.

In a small mixing bowl, combine the vinegar, sugar, salt, and pepper and whisk until the sugar is dissolved. Pour the seasoned vinegar mixture over the cabbage mixture and toss to thoroughly combine. Cover with plastic wrap and transfer to the refrigerator for 20 to 30 minutes.

In a small bowl, combine the mayonnaise, sour cream, horseradish, and mustard and stir to combine. Add the mayonnaise mixture to the coleslaw and toss to thoroughly combine. Cover and refrigerate for at least 1 hour and up to overnight before serving.

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Beet Napoleons

1 1/2 pounds small red and/or yellow beets
6 ounces goat cheese, at room temperature
1/4 cup finely chopped fresh chives
1/8 teaspoon kosher salt
1/8 teaspoon black pepper
1/4 cup Chive Puree (optional)

Heat the oven to 400° F.

Place 3 of the beets on a large sheet of foil and wrap tightly. Repeat with the remaining beets. Roast until tender, about 1 hour. Let cool for about 10 minutes. Using a small knife, peel each beet and trim the ends. Place a piece of parchment or plastic wrap on a cutting board. Slice the beets 1/8 to 1/4 inch thick; set aside to cool completely.

Meanwhile, in a small bowl combine the goat cheese, chives, salt, and pepper.

To assemble, place 1 beet slice on a platter. Spread 1/2 teaspoon of the cheese mixture over the beet. Top with another slice; repeat with one more slice of beet and 1 more teaspoon of the cheese mixture. You should have a stack of three slices of beet with some cheese mixture in between each slice. Repeat with the remaining beets and cheese mixture. Arrange the napoleons on a platter and drizzle with the chive puree. Serve immediately.

Tip: To check a beet for doneness, insert the tip of a knife or the tines of a fork into the center. If there is no resistance, the beet is done.

Yield: Makes 12 to 14 servings

Dressing:

Sprinkle olive oil, balsamic vinegar, maple syrup (small amt) over any salad for a delicious dressing!

Recipes courtesy of Food Network, Epicurious, Rachel Ray & Tonda Cook.

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