

Sweet Potato Fries

Makes about 3 servings.

1 unpeeled medium sweet potato (about 1 pound)

2 tablespoons extra virgin olive oil

1 heaping teaspoon ground cumin

¼ to ½ teaspoon salt

Several generous grindings of pepper

1. Preheat the oven to 400 degrees.
2. Cut the sweet potatoes into strips, so they look like french fries.
3. Put the sweet potatoes, olive oil, cumin, salt and pepper in a large bowl and toss to completely coat. Transfer the sweet potatoes to a jelly roll pan (or a cookie sheet) and spread in an even layer.
4. Bake for 15 minutes, gently stir with a rubber spatula or wooden spoon, and return to the oven.
5. Cook for an additional 15 minutes. Depending on the size of your “french fries,” the total cooking time will range from 30 to 40 minutes. They are done when they turn golden brown and are easily pierced with a fork.

Divine Design: Sweet Potatoes

Like carrots, bright orange sweet potatoes were created by God to be filled with beta-carotene, which helps prevent cataracts. That's why they're both “good for the eyes.”

Variations

- ◉ Add ½ teaspoon chili powder during step 3.
- ◉ Experiment with different spice mixtures. For example, substitute 1 teaspoon dried thyme and 1 teaspoon dried rosemary for the cumin.
- ◉ Use 4 large carrots instead of the sweet potatoes.
- ◉ Cut a medium zucchini into the same-sized pieces as the sweet potato and add during step 3.

Love Thy Leftovers

Dice leftover Sweet Potato Fries and add to *Basic Scrambled Eggs* (page 152).

Pesto-Crusted Salmon

Makes 4 servings.

- 1 bunch parsley (mostly leaves)
- 2 tablespoons fresh thyme
- 2 tablespoons fresh rosemary
- 1 tablespoon fresh oregano
- 2 to 3 green onions (white and some green)
or ¼ medium onion
- ½ cup pine nuts or walnuts
- Heaping ½ teaspoon salt
- Several generous grindings of pepper

- ⅓ cup extra virgin olive oil

- 1 pound skinless salmon fillets

1. Preheat the oven to 400 degrees.
2. Prepare the pesto:
 - a. Combine the first eight ingredients (parsley through pepper) in a food processor and process until the mixture is well chopped.
 - b. While the food processor is running, slowly pour the olive oil through the feed tube. Process until smooth.
3. Wash the salmon fillets, pat dry, and place in an 8 x 8-inch baking pan.
4. Spread a ¼-inch layer of pesto evenly over the top and sides of the salmon.
5. Bake until the salmon flakes easily with a fork and begins to turn opaque, about 12 to 15 minutes, depending on the thickness of the salmon.

Divine Design: Salmon

Fish oil, one of God's greatest creations, helps people of all shapes and sizes. Especially notable are the benefits for women: fish oil reduces menstrual cramping and fights prostaglandins, which cause heart problems and promote cancerous growths that lead to breast cancer.

Variations

- Use either version of *Pesto* (page 33) instead of the pesto indicated here.
- Use any flaky white fish such as tilapia or cod.
- Spread the pesto over boneless, skinless chicken breasts and cook according to the directions for *Basic Cooked Chicken* (page 74), omitting the other ingredients.

Love Thy Leftovers

- Use extra pesto to top baked potatoes, *Basic Cooked Rice* (page 39) or *Basic Roasted Vegetables* (page 15).
- Stir leftover pesto into *Spinach and Cilantro Green Rice* (page 43).

Chocolate Peanut Butter Balls

These taste best when kept refrigerated.

Makes about 36, 1-inch balls.

PEANUT BUTTER BALLS

1 cup semisweet chocolate chips

½ cup flax meal

½ cup oat bran

2 tablespoons carob powder or cocoa powder

2 tablespoons dried unsweetened coconut

1 cup peanut butter

½ cup tahini

½ cup honey or maple syrup (or a combination)

¼ teaspoon salt

1. Coarsely chop the chocolate chips and add them to a medium bowl.
2. Add the remaining peanut butter ball ingredients to the bowl and mix thoroughly until all ingredients are completely incorporated.
3. Scoop the mixture by teaspoonfuls and roll into walnut-sized balls, about 1 inch in diameter, and put on a plate or in a 9 x 13-inch baking pan.
4. If desired, roll the balls in a small dish with finely chopped nuts, coconut and/or sesame seeds.
5. Cover the plate or pan and chill before serving.

OPTIONAL COATINGS

- ◉ Finely chopped nuts (pecans, walnuts or peanuts)
- ◉ Dried unsweetened coconut
- ◉ Sesame seeds

Divine Design: Chocolate

We've got good news for you! The Creator placed antioxidants called flavanols in the cocoa plant to help your body metabolize sugar and lower your blood pressure. To reap these benefits, add a bit of dark chocolate to your healthy diet. Help fix your body and your cravings.

Variations

- ◉ Press the peanut butter mixture into an 8 x 8-inch baking pan and sprinkle with the coating, rather than rolling into balls.
- ◉ Use a food processor to chop the chocolate chips. Add the remaining peanut butter ball ingredients to the food processor and process until all of the ingredients are well incorporated.
- ◉ Replace up to half of the peanut butter with almond or cashew butter.
- ◉ Substitute raisins or other dried fruit for some or all of the chocolate chips.
- ◉ Substitute carob chips for the chocolate chips.

Trail Mix

Put whatever you want in your trail mix—just use equal parts of each. Your ingredients can be simple; for example, you can use only almonds, pumpkin seeds and dried cranberries. But we think this recipe tastes the best when we use a wide variety of ingredients.

Makes about 1½ cups.

½ cup mixed nuts, such as:

- ◉ Walnuts
- ◉ Almonds
- ◉ Pecans

½ cup mixed, large seeds, such as:

- ◉ Pumpkin
- ◉ Sunflower

½ to 1 cup mixed, dried fruit, such as:

- ◉ Raisins
- ◉ Apricots
- ◉ Cranberries

Several dashes of salt (if none of the nuts or seeds have salt)

1. Mix the ingredients together in a plastic container or a plastic zipper bag.

Variations

- ◉ Experiment with other nuts, such as cashews, peanuts, pistachios, Brazil nuts or hazelnuts.
- ◉ Experiment with other dried fruit, such as banana chips, blueberries, cherries or chopped dates.
- ◉ Add a scoop of granola to the trail mix.
- ◉ Add semisweet chocolate chips or carob chips to the trail mix.

Love Thy Leftovers

Use extra trail mix as a topping for yogurt, or eat it for breakfast.