

Helpful Tips:

- 1. Often you can cut the amount of fat of a new recipe in half or more by simply changing how you sauté your vegetables!** Most often soups and stir fry dishes will suggest to sauté your onions and/or vegetables in oil/butter in the beginning steps. Instead, substitute oil for water, or use 1/2 tsp of coconut oil (which only adds about 1 extra gram of LCT to the whole dish!)
- 2. When trying to reduce the fat of a baked good,** I often substitute 2-3 eggs for 3 egg whites.
- 3. Applesauce, yogurt, and banana are great substitutes for oil!** Don't be afraid to play around with this a little bit when you are trying to reduce fat to a new recipe. I often will start by substituting half the oil with applesauce, 1/4 of the oil with yogurt, and keep 1/4 of the oil as MCT oil. I don't worry about consuming a little MCT oil in my baked goods, although if I had MCADD this would be a toxic idea.
- 4. Where there is less fat you will need to add something else.** This may mean adding kosher salt to dishes, on top of regular salt. A tiny bit of Kosher salt adds a flavor kick, you'll notice that some of these recipes call for Kosher salt verses regular. There is a difference. Coarse kosher salts are larger in size and dance on your tongue, whereas fine salt amplifies flavor but more subtly. Honestly, I often prefer the coarse salt, because it gives me a "bang" and allows me to taste more of the natural flavor of whatever I am cooking!
- 5. Explore spices!** Don't be afraid to get a mortar and pestle!! Using whole spices and grinding with a mortar and pestle right before cooking is well worth the effort! It is amazing how this simple action can create a richness of flavor AND if you or your child need to get out a little aggression after a long day this is a great way to do it!
- 6. White Whole Wheat Flour vs. Whole Wheat Flour IS DIFFERENT with fat...and texture!!** I got used to using white-whole wheat flour because it made a

softer texture in my pancakes and dough. I could easily use half white-whole wheat flour and half white flour without noticing any textural difference in my recipe. White Whole Wheat flour has the nutritional value of Whole Wheat flour but has more carbohydrates and less fat. (White Whole Wheat Flour has 2g fat per cup, Whole Wheat Flour has 3g fat per cup) I calculated these recipes' fat content with regular Whole Wheat Flour, but if you can get your hands on "White Whole Wheat Flour" go for it and reduce the fat!!!

7. If you are on Vitamin E or D it is a good idea to take your supplements with dinner or the time of day when your fat is higher for better absorption! Vitamin A, D, E and K are fat soluble Vitamins.

8. Google is a lot better for fat than it used to be, but I still heavily rely on nutritiondata.self.com/ for a lot of fat analysis.

9. Greek yogurt is your friend! I use it a lot when making dishes like smoothies, coleslaw, Indian dishes, and other ethnic foods where you might normally use heavy cream, sour cream, etc.

10. Food and Spice Pairing Cheat Sheet:

Italian: salt, parsley, sage, rosemary, thyme, oregano, marjoram, basil

Mexican: salt, Cumin, chili powder, garlic, oregano, red pepper flakes

Chicken: salt, sage, garlic, chili powder, thyme, brown sugar, paprika, basil

Fish: salt, lemon pepper, onion powder, garlic powder, paprika

*For a more extensive list see Penn State University's site (you have to cut and paste the website into your browser, not click on the link for it to work):

http://bkc-od-media.vmhost.psu.edu/documents/HO_PE_foodherbspicepairing.pdf

11. Smoothies - A Category of Its Own

This is a great way to incorporate your individual dietary needs into one delicious and easy snack!

- Basic smoothies I make are 1 banana (fresh or frozen), Greek yogurt, fruit of choice (fresh or frozen), fresh greens (like spinach), water for thinning
- Another smoothie option, "Midnight Madness": 1/2 banana, 1/2 scoop chocolate whey protein powder, handful of frozen: blueberries, raspberries, a couple tart cherries, spinach, 1/4 cup tart cherry juice concentrate
- Veggies, MCT/C7 oils, antioxidant & anti-inflammatory foods like turmeric, tart cherry concentrate are easy to hide in fun, festive smoothies

12. Fresh Block Parmesan Cheese (grated) is a great way to add extra flavor to dishes without adding loads of fat!!

13. Google is a lot better for fat than it used to be, but I still heavily rely on nutritiondata.self.com/ for a lot of fat analysis. They will even break down certain foods into carbon length!

14. A lot of ingredients that we have a hard time finding at the supermarket (i.e. tart cherry juice concentrate) we order online at stores like "vitacost".

15. Follow along with Christopher and Stephanie, and learn how to make Pizza Dough and MCT butter (And much more in the future!):

<https://www.youtube.com/channel/UCaF1wRA8FXIF-3O1CE5RfyQ>

MCT Butter

Ingredients:

- 1 tablespoon corn starch
- 3/4 cup skim milk powder
- 1 tablespoon lemon juice
- 3/4 cup water
- 1 cup MCT oil

Directions:

1. Mix oil, water, and lemon juice into a Pyrex cup.
2. Sift dry ingredients into a small sauce pan.
3. Turn stove on medium heat.
4. Slowly pour in liquid while mixing with a whisk. (Alternate with a spoon if dry ingredients get caught in crevices of pan.)
5. Continue to mix over medium heat until butter thickens and is smooth. It will be the consistency of pudding and will thicken slightly more once in the fridge for a couple of hours.
6. It stays fresh in the fridge for approximately 2 weeks.

Tips:

* This recipe makes 2 cups of butter, so 2 cups of butter has 1 cup of MCT oil.

*A dear friend in Canada gave me this recipe when Christopher was one or two years old! Thank you!!

*** DO NOT USE THIS RECIPE IF YOUR CHILD HAS MCADD or cannot process medium chain fats!**

Pizza

Pizza Dough

Ingredients:

- 3/4 cup warm water
- 7grams sachet dried yeast
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 1/4 cups white flour (1.5 LCT)
- 1 1/4 cups whole wheat flour (3.75 LCT)

Directions:

1. Warm water to approximately 100°F- 110°F.
2. Add yeast, salt, and sugar to water. Stir and cover with plastic. Set mixture in a warm place until foamy (approximately 5-10mins)
3. Sift flour into a large mixing bowl.
4. Stir in yeast mixture and mix to form a dough ball. (Depending on the moisture in the air you may need a little more warm water if the dough feels too dry or a smidge more flour if the dough feels too wet.)
5. Knead on a lightly floured surface for 10 minutes, or until dough is smooth and elastic.
6. Separate into four balls for personal size pizzas or two balls for large pizzas. Let sit 10 minutes lightly covered.
7. Roll each ball out with a rolling pin to an 8inch diameter circle, adding flour to rolling pin and pizza dough when it begins to stick. Flip dough often, as you are rolling.
8. Place the rolled out pizza dough on a stone pan or a cookie sheet lined with parchment paper.
9. Roll and pinch outer edges of dough to make crust.
10. To make pizza just add pizza sauce and desired toppings and bake at 400°F for approximately 10-15 minutes on stone pan or 375°F on

parchment paper on a regular cookie sheet for 15 minutes.

Tips:

*You do not cook the pizza dough before you add toppings!

*Look for fat free pizza sauce (or we use Trader Joe's fat-free spaghetti sauce) and non-fat cheese for toppings.

*Pampered chef stones are fun to use and create crunchier crusts without burning!

*I also really enjoy substituting the above flours with bread flour! It makes dough more substantial!

*For a nice variation, use the pizza dough recipe to create a Stromboli! Roll out the dough as you normally would for pizza. Then put fat-free ricotta, broccoli, ham and fat-free mozzarella cheese all on half of the dough. Lift up the dough side that is still empty and cover the dough with all of the toppings. Press down the edges of the dough with your fingers and with a fork to create a seal. Poke holes at the top of the Stromboli to allow steam out when it is cooked. Place in oven at 400°F for 10 minutes. Put spaghetti sauce in small bowl for dipping.

*If you use this recipe to make two large pizzas each crust has 2.6g LCT.

Non-Fat Pumpkin Muffins

Ingredients:

- 2 c. flour (1 cup white; 1 cup whole wheat pastry flour) (3.4 g LCT)
- 1/2 c. sugar (1/4 cup sugar in the raw; 1/4 cup brown and white mixed)
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1 c. canned pumpkin (0.7g LCT)
- 1/2 c. skim milk
- 2 egg whites(0.2g LCT)
- 1/2 c. mashed bananas (0.3g LCT)
- 1/2 c. raisins (0.4g LCT)

Directions:

1. Preheat oven to 350°F
2. Sift dry ingredients into large bowl.
3. In a medium bowl stir pumpkin, milk, egg whites and mashed bananas until well blended.
4. Add wet ingredients to dry ingredients all at once. Stir slowly, until dry ingredients are dampened. Do not over stir.
5. Stir raisins in with only a few strokes.
6. Prepare muffin tin with cooking spray. If using muffins cups, spray these with non-stick spray as well, as these muffins can stick to the cups.
7. Fill cups 2/3 full. Bake 20-25 minutes. Then cool on wire rack.

Tips:

*For the sugar I like to use the combination of different kinds of sugar because it provides the muffins with a more robust flavor, but you can just use white sugar if that is all you have available. A dash of honey can be good too!

*Freshly ground cloves with a mortar and pestle adds an extra burst of flavor!

*Total recipe has 5 g LCT. If you make 12 muffins each will have approximately 0.41g LCT.

Tilapia

Ingredients:

- 4- 4oz Tilapia fillets (2 LCT for each fillet)
- 1 tsp Old Bay
- 1/2 tsp garlic salt
- 1/2 tsp walnut oil (2.3 LCT))
- 1-2 lemons sliced
- 1/2 lemon to squeeze

Directions:

1. Preheat oven to 375°F
2. Place Tilapia in 9X13 glass baking dish. Drizzle oil on fish. Rub on back and top.
3. Sprinkle old bay and garlic salt on top of fish.
4. Squeeze half of lemon over Tilapia.
5. Place slices of lemon on Tilapia covering the fish with a slice or two of lemon.
6. Cover dish and bake for 25-30 minutes, or until the fish flakes easily with a fork.

Tips:

*Each Tilapia fillet will have about 2.5g fat.

French Lentil Patties

Ingredients:

- 1/2 cup plus 2 Tbsp dried French green lentils (0.5g LCT)
- 1 small red onion, diced
- 2 egg whites, lightly beaten (0.2g LCT)
- 1/2 tsp salt
- 1 cup fresh bread crumbs from sourdough or French bread (non-fat bread)
- 1/2 Tbsp coconut oil (3g LCT)
- 1 small head lettuce
- 1/2 cup plain yogurt

Directions:

1. Wash lentils. Bring lentils and 3 cups water to a boil in a medium saucepan. Once the lentils are boiling, reduce heat and simmer approximately 20 minutes until lentils are tender. Drain and let cool.
2. Combine lentils, salt, onion, eggs, and breadcrumbs in a medium bowl.
3. Transfer half the mixture to a food processor and pulse until smooth. Fold processed mixture into chunky mixture and stir until combined.
4. Heat 1/2 Tbsp coconut oil in a large non-stick skillet or cast iron skillet on the stove. (If you are using a non-stick skillet you can get away with 1 tsp coconut oil just fine, but a cast iron absorbs the coconut oil a bit so you'll want a 1/2 Tbsp to smear around).
5. Create approximately 7-8 lentil patties with lentil mixture. Placing each one on the skillet to cook.
6. Cook for approximately 4 minutes on medium heat, until brown and crispy and then flip. Cook for another 4 minutes.
7. While patties are cooking, wash lettuce and pat dry with towel. Divide lettuce among plates.
8. Place two patties a person on top of the lettuce and dollop with non-fat yogurt.

Tips:

*It is vital that the lentils are cooled before you use because the lentil patties fall apart less when you adhere to this step. It may prove helpful to cook the lentils the night before and pull them from the fridge before cooking!

Chicken Masala Over Rice

Ingredients:

For the chicken marinade:

- 28 oz (800g) boneless and skinless chicken breasts or tenderloins cut into bite-sized pieces
- 1 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon Kashmiri chili (or 1/4 teaspoon ground red chili powder + 1/2 tsp paprika)
- 1 teaspoon of salt

For the sauce:

- 2 tsp of coconut oil
- 1 red onion finely diced
- 1 1/2 tablespoons garlic finely grated
- 1 tablespoon ginger finely grated
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons ground cumin
- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 14 oz (400g) tomato puree (tomato sauce/Passata)
- 1 teaspoon Kashmiri chili (or 1 tsp paprika)
- 1 teaspoon ground red chili powder (adjust to your taste preference)
- 1 teaspoon salt
- 1 1/4 cups fat free evaporated milk
- 1 teaspoon brown sugar
- 1/4 cup water if needed
- 4 tablespoons fresh cilantro or coriander to garnish

Directions:

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for an hour (or overnight if time allows).
2. Heat 1 tsp coconut oil in a large non-stick skillet over medium-high heat. Add chicken pieces, making sure not to crowd the pan. (If you will need to fry chicken in two batches used 1/2 tsp coconut oil to fry each batch.) Fry until browned for only 2-3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Melt 1/2 tsp - 1 tsp coconut oil (depending on your fat limitations) in the same pan. Fry the onions until soft (about 3 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for 1 minute until fragrant. Add garam masala, cumin, turmeric and coriander and stir for about 20 seconds until fragrant.
5. Pour in tomato puree, chili powders and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red color.
6. Stir in the evaporated milk and sugar through the sauce. Add the chicken and its juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Pour in the water to thin out the sauce, if needed.

Tips:

*Adapted from:

<https://cafedelites.com/chicken-tikka-masala/#wprm-recipe-container-51814>

*For additional flavor I ground fresh young coconut about 50g (adds 5g LCT to entire dish) in blender with fat-free evaporated milk. You can also add PB2 if you want to make more of a peanut sauce.

Black Bean Soup

Ingredients:

16 oz. of your favorite salsa (Luke likes Jack's fresh salsa)

32 oz. chicken stock

3 - 15 oz. cans of black beans, drained & rinsed

Frozen or fresh corn (optional)

Fresh jalapeno peppers (optional)

Diced chilis (optional)

Cilantro (garnish)

Directions:

Pour salsa & any optional ingredients into a pot and heat on high until bubbling.

Puree 2/3 of the beans in a food processor. You may need to add some chicken stock to make it smooth. Stir in the remaining chicken stock and cook until boiling.

Add in the bean puree and whole beans. Simmer & reduce. Enjoy with different toppings of your choice.

Turkey Meatballs

Ingredients:

2 Italian-style hoagie/sub rolls (6g fat)
2 lbs. Ground turkey (94-99% fat free) (8g fat)
2 egg whites
1 tbsp. Parmesan cheese (1.5g fat)
1/2 cup bread crumbs (3g fat)
Fresh basil
Fresh Italian flat-leaf parsley
4 cloves garlic, minced
1 onion, minced
Skim milk (enough to soak milk)
Non-stick cooking spray or parchment paper

Directions:

Preheat oven to 350°F. Soak rolls in skim milk until really mushy. Peel off any crust until you are left with the "guts." Mix guts of rolls together with all of the other ingredients until well incorporated. Roll into balls. Place on a cookie sheet coated with spray or parchment paper. Bake for 3-5 minutes or until lightly browned. Then turn the meatballs over and bake for another 3-5 minutes. The meatballs will be browned, but not cooked all the way through. Throw them into a pot of simmering tomato sauce to finish cooking.

Each meatball will end up being 1-2g of fat, depending on how big you make the meatballs and which turkey you use. Be sure to check labels for your particular brands, as some ingredients may vary in fat content.

Blush Sauce

Ingredients:

1 - 28 oz. can whole tomatoes
1 - 28 oz. can tomato sauce
3 tbsp. MCT oil (optional)
4-6 cloves garlic, minced (or to taste)
1 medium onion, minced
1 tsp. Red pepper flakes (optional)
1 pint fat free half-and-half

Directions:

Heat MCT oil on medium heat and saute garlic for just a few minutes, being careful not to burn it. Add red pepper flakes. Add whole tomatoes & crushed tomatoes on medium-high to high heat. Simmer for about 15-20 minutes so that flavors can marry. Stir in half-and-half until well incorporated. Simmer over medium heat for another 10-15 minutes. Toss cooked pasta into the sauce for 2 more minutes or so. Add any steamed veggies and/or any cooked protein of your choice for a more complete meal.