



# **Body Ecology Living Cookbook: Deliciously Healing Foods for a Happier, Healthier World**

*Donna Gates*

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# Body Ecology Living Cookbook: Deliciously Healing Foods for a Happier, Healthier World

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The Body Ecology Diet foods have the amazing power to build your immune system and to nourish both your body and your soul!

The Body Ecology Diet will help:

- Create more energy and help you age well.
- Strengthen your organs, digestive tract, and immune system.
- Conquer infections in your body.
- Cleanse your body of dangerous toxins.
- Balance your cellular biochemistry.
- Re-establish and nourish your inner ecosystem.

Recipe Table of Contents:

## SMOOTHIES

Market Green Smoothie

Good Morning Greens Smoothie

Omega 3 Nutrient Boost Smoothie

Coconut Milk

Body Ecology Diet “Acidophilus Milk”

Cultured Quinoa Milk

Light, Fresh, and Lovely Green Smoothie

Cheery Cherry Smoothie

Pineapple Ginger Smoothie

Brunch or Lunch

Frittata with Asparagus and Fresh Dill

Perfectly Poached Eggs

Softly Scrambled Eggs

Gluten-Free Pumpkin Flatcakes

Spinach Latkes

Little Dishes

Easy Veggie Chips

Earth Day Crackers

Leek-Stuffed Squash Cups

Red Bell Peppers Stuffed with Millet

Artichoke Paté Roll Up

Chicken in Lettuce Leaf Wraps

Harvest Grains Zucchini Boats

Leek, Quinoa, and Mushroom Packets

## SOUPS

## HIGH-PROTEIN SOUPS

Asparagus Soup  
Salmon with Kale Soup  
Sea Bass Soup  
Seafood Donabe  
Fish Chowder

## NON-STARCHY VEGETABLE SOUPS

Broccoli and Fresh Fennel Soup  
Cauliflower Carrot Soup  
Caramelized Onion Soup  
Oil-Free Cauliflower and Carrot Soup  
Creamy Dilled Cauliflower Soup  
A Medley of Greens Soup  
Vegetarian Egg Drop Soup  
Homemade Vegetable Stock  
Vegetable and Kelp Noodle Soup  
Gazpacho  
Spinach and Coconut Soup  
Raw Garden Veggie Soup  
Raw Cucumber Watercress Soup  
Spinach Jade Soup  
Watercress Soup

## STARCHY VEGETABLE SOUPS

Basil Veggie Stew  
Butternut Squash Soup  
Curried Celery Soup  
Harvest Soup  
English Pea Soup  
Potato Corn Chowder  
Lima Bean Cilantro Soup  
Potato Leek Soup  
Gingery Acorn Squash Soup  
Summer Corn Stew  
Authentic Peruvian Quinoa Soup

## SALADS

Build Your Favorite Body Ecology Salad  
Asparagus, Green Bean, and Artichoke Salad  
Marinated Corn Salad  
The Great Side Salad  
Coleslaw Made Right!  
Zesty Zucchini Insalata  
Cool As A Cucumber Salad  
Grated Carrots with Olive and Coconut Oils  
Green Bean Salad with Corn and Basil  
Parboiled Salad  
Summer Spaghetti Salad  
Carrot Salad with Cumin  
Jicama Salad

Spring Dragon Kelp Noodle Salad  
Summertime Curried Corn Salad  
Sweet Carrot “Gelatin” Salad  
Red Potato Salad in Red Onion Dressing  
Avocado and Grapefruit Salad

#### HIGH PROTEIN SALADS

Chunks of Chicken Salad  
Body Ecology’s Version of a Classic Chopped Salad  
Turkey Salad  
Grilled Ribeye Salad  
Tuna Niçoise Salad  
Salmon Salad with Dill Vinaigrette

#### SALADS MADE WITH GRAIN-LIKE SEEDS

Quinoa Curry Salad with Fermented Coconut and Turmeric Dressing  
Warm Quinoa and Veggie Salad  
Quinoa Tabouli Salad  
Quinoa and Cilantro Salad with Lemon and Garlic  
Millet Tabouli Salad with Garlic-Mint Dressing

#### SALAD DRESSINGS

The Body Ecology Diet Salad Dressing  
Classic Homemade Mayonnaise  
Almond Mayonnaise  
Apple Cider Vinaigrette  
Creamy Garlic Dressing  
Dyan’s Delicious Salad Dressing  
Ginger Dressing  
Milk Kefir Dressing  
Lemon Herb Dressing  
Green Onion Dressing  
Italian Dressing  
Jeannine’s Italian Dressing  
Dairy-Free Tzatziki  
Surprisingly Delicious Super Spirulina and Seaweed Salad Dressing  
Oil-Free Rosemary Dressing  
Lemon Rosemary Garlic Dressing  
Roasted Garlic Vinaigrette  
Mint Garlic Dressing  
Mustard Vinaigrette  
Champagne Vinaigrette  
Tangy Vinaigrette  
Watercress Dressing

#### SAUCES

Brett’s Dipping Sauce  
Hot Sauce  
Cranberry Ginger Sauce

Corn Chutney  
Presto Pesto with Pumpkin Seeds  
Curried Cauliflower Sauce  
Easy Béarnaise Sauce  
Luscious Lemon Butter Sauce  
Annmarie's Gingery Carrot Sauce  
Pesto  
Mock Tomato Sauce  
Body Ecology's Gluten-Free Gravy  
Warm Fennel Compote

## VEGETABLES

### NON-STARCHY VEGETABLES

Swiss Chard with Lemon  
Broccoli and Sweet Pepper Sauté  
Cabbage and Collards  
Claire's Classy Carrots  
Easy Collard Greens  
Garlicky Green Beans  
...And Much More

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