

Dr. Gloria's "Mock Tomato" Sauce

– Two Years in the Making (page 24)

Quinoa, Cranberry & Pecan Salad (page 25)

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This sauce *looks and tastes exactly like tomato sauce* and can be used any time you'd use a tomato base. Keep in mind that you'll need to keep tasting to adjust for tartness, herbs, etc., to your taste.

I've researched, taught, written about and practiced total avoidance of all foods in the Nightshade family for over twenty years – especially for anyone affected by inflammation, including those with Fibromyalgia or Intestinal Inflammatory Disorders. This is the perfect solution for all of you, like me, who avoid nightshades yet hanker for that tomato taste for your special dishes. It's great for lasagna, any pasta dish, pizza, even salsa with the added typical salsa ingredients like cilantro, garlic, white pepper for "heat", plenty of lime juice, etc.

NOTE: I worked on perfecting this recipe for at least two years until I finally got the ingredients just right – thank you to all my "taste-testing-team". The following instructions are for the sauce ONLY. For those of you, like me, that want a meat sauce, the directions are at the end of this recipe and then you simply add the sautéed meat to the sauce. As a seasoned cook, I NEVER eat my sauce the same day; I cook it at least 4 hours (sometimes as long as 6) and if I make a large batch, I freeze it in containers enough for specific serving sizes.

INGREDIENTS

- 3-4 TB Camelina or olive oil, butter or ghee (I prefer the Camelina oil – it's healthy, has multiple health benefits including the distinction of anti-inflammatory)
- 3 jumbo or 4 smaller yellow Spanish onions (diced)
- 10-12 cloves garlic OR 3 TB crushed organic garlic in a jar
- Approx. 4 cups Butternut Squash puree (I use, when available, the fresh or frozen cut butternut in stores around the fall/winter holidays as it saves having to cut, cook and scoop out the squash from a fresh one). **HINT:** Next time you see the cubed raw butternut squash, buy several, double bag to prevent freezer-burn, and freeze – they last for 12 months when properly freezer-wrapped.
- 1-2 large zucchini squash (stemmed and diced)
- 3-4 cups **BEET BROTH** (about 3 large beets):
 - ✓ Scrub and wash beets well, cut into thin slices or cubes unpeeled;
 - ✓ Add 1 cup dry red wine (merlot or cabernet works well), or you can eliminate wine, although all the alcohol cooks out. Remember to use organic, no-sulfites-added wine. NOTE: You can avoid the wine by using 3-4 TB of dark Balsamic Vinegar);
 - ✓ Add 1 – ½ cups Braggs Apple Cider Vinegar;
 - ✓ Add 4 TB each of dried: oregano & basil;
 - ✓ Add 2 TB each of dried: rosemary, thyme, sage; **NOTE: If you use fresh herbs don't adjust quantity until broth has cooked at least one hour...you'll need less fresh herbs than dried.**
 - ✓ Salt and pepper to taste;
 - ✓ 1-2 TB organic unrefined sugar OR LoHan Natural Sweetener (You must add a sweetener or the broth becomes too acidic tasting. I've tried Stevia and it DOES NOT work for this. You can use honey or Agave but you'll have to adjust to your taste);

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... "Mock Tomato" Sauce

1. Either bake the fresh butternut squash until you can scoop out approx. 4 cups of soft squash OR use the fresh/frozen cubed and peeled squash. Cook mixture until squash is really soft and then use hand-held blender to puree OR put half into a blender until smooth or desired consistency.

NOTE: If you like it a little chunky, then don't blend as long and dice onions in a little larger chunks. SET ASIDE.

2. In a large deep skillet or Dutch oven, use medium/high heat to sauté the onions, zucchini and garlic in Camelina oil or the fat you're using (make sure all ingredients are light brown and not too dark or the sauce will taste burnt).

3. After your sautéed ingredients are gently brown and transparent, add the **BEET BROTH** puree and blended squash puree.

4. Cook at med/high until full intensity then lower to simmer for 4 hrs. – best made a day in advance. Be sure to stir occasionally to avoid burning or sticking on the bottom.

TO ADD MEAT:

NOTE: I prefer ground bison to beef but you can use any ground meat such as turkey, chicken, pork, etc. I use a combination of half & half all natural ground pork and bison for a rich truly Italian flavor to my meat sauce for pasta...especially for lasagna.

- 1-2 lbs. ground meat or ground meat combination
- Camelina oil

1. Heat coconut oil in a large skillet over medium/high heat.

2. Add ground meat and continue to brown breaking-up the meat so it crumbles without big chunks. Make sure the meat is well-cooked, especially if using some pork.

3. After meat mixture is well-done, add to the sauce and simmer at least the last 1-2 hours of total cooking time on low, stirring occasionally to avoid sticking.

NOTE: To thin sauce add either more wine or apple cider vinegar but wait until after the entire sauce is cooked at least one hour to see final texture.

ENJOY a truly delicious **Mock Tomato Sauce** that **DOES NOT INDUCE INFLAMMATION.**

The Quinoa Salad...

- 1 cup uncooked quinoa
- 1 cup chicken broth
- 2 Tbsps. cold-pressed, unrefined Camelina oil
- 1 Tbsp. Braggs apple cider vinegar (I also like to add 1-2 Tbsp. Balsamic Vinegar)
- 2 red apples or ripe pears (diced in small cubes)
- Juice of 1/2 lemon
- 1 cup walnuts OR pecans, finely chopped
- 2 stalks celery, finely chopped
- ¼ cup organic dried cranberries (or more to taste)
- 2 Tbsps. pitted dates, coarsely chopped (optional)



The Maple Basil Dressing...

- 2 Tbsps. Camelina oil
- 1 Tbsp. maple syrup
- 2 Tbsps. fresh-squeezed lemon juice
- Sea salt and fresh ground black pepper to taste
- 2 Tbsps. fresh basil, finely chopped

VARIATIONS: You can use any chopped nut, or substitute dried Montmorency cherries for cranberries – which are known to help reduce inflammation. Adding finely chopped cilantro adds a nice palette-pleasing tang.

1. Cook quinoa in 1 cup chicken broth with ½ cup water and salt – cook for 12 minutes or until al dente. Bring to a boil then reduce heat to low and cook additional 2-3 minutes to desired firmness. NOTE: I like my quinoa al dente (a little firmer) for salads. I intentionally undercook it by about 3 minutes using the following ratio: 1 cup quinoa to 1.25 liquid. Drain and toss, while hot, with Camelina oil and apple cider vinegar.

2. Remove from heat and allow to stand about 5 minutes before fluffing with a fork. Cool in refrigerator and transfer to a large mixing bowl before adding other ingredients.

3. While quinoa is cooking, chop and prepare remaining ingredients and add to large salad bowl.

4. In a small mixing bowl, whisk together the ingredients for the Maple Basil Dressing, taste to adjust for individual preferences and then pour over salad, toss well. NOTE: Best made at least 2-4 hours before serving or kept overnight in refrigerator for flavors to blend.

Keeps refrigerated for up to 3 days.