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# Cooking From Scratch

## Easy and Fast Recipes You Can Serve With a Smile

by Briana Nei

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### Week 2

#### Grilled Cobb Salad Chicken & Dumplings

Many women are currently following the trends of a low carb, high protein diet like Trim Healthy Mama or the Keto diet. This week, I focus on two recipes that can both be done in keeping with lowering your sugar intake. This is very important for women, especially as they age, to help with hormonal changes or misfires that keep our bodies from utilizing the sugars we take in.

#### FIBER!

Specifically, let's talk about our friend fiber. Fiber keeps the food moving through our bodies so we don't store the past two or three days worth of food in our gut. That really helps the waistline! Fiber ALSO bonds with fat in our stomachs and keeps our bodies from absorbing high amounts of fat. It moves it on out of our bodies without being absorbed. Try this test. Take a glass of water. Pour a teaspoon of oil in it. Now, take a fiber powder like psyllium powder. Put a spoonful of it into the glass. What happened? Did the oil clump to the powder and fall to the bottom? It should have! Here is a quote from [livestrong.com](http://livestrong.com):

"Several studies in the latter part of the 20th century found that consuming fiber does affect fat consumption. One such study published in 1992 in "The Journal of Nutrition" found that increasing fiber intake increased the amount of fat secreted in the stool. This happens because soluble fiber binds to bile acids that are secreted into the small intestine by the gallbladder to help break down fat. The fiber and bile acids then get flushed out of the system during a bowel movement. This ultimately results in less fat being absorbed into the body, as the bile acids are not present to break down the fat for absorption."

Fiber, in its soluble form, actually can get inside your arteries and clean fat build-up out of your arteries. Fancy! So, every meal, I like to ask myself if I have eaten enough fiber. If you aren't used to fiber in your diet, introduce it slowly, or you may have an over abundance of gas attacks and stomach pain. When I was in high school, I thought I was allergic to raw broccoli. Every time I ate raw broccoli I had terrible pains in my stomach. What really happened, was the

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broccoli was colliding with my low fiber diet. My system wasn't used to it and it caused me great consternation. Now, I love raw broccoli!

Another great thing about fiber is that it CANCELS OUT your carbs! This is a Praise-Jesus moment, ladies. Seriously! Read your labels on your breads and wraps. Look at the grams of carbohydrates. Now subtract that by the number of fiber grams! It works! If you start with 12 carbs and subtract 5 grams of fiber, the net carbs are only 7 carbs!

This is not a health book, but I just want to give you a couple tips on lowering your carb intake and increasing your fiber. First of all, focus on making a good choice now. Don't get bogged down with your whole day. Is what is going into your mouth now a good choice? Don't get overwhelmed with guilt and defeat! Just ask God to help you make good choices, step-by-step, bite-by-bite.

Teach your children well. Are your children learning by example how to eat healthy? Are you encouraging them to try new things by trying new things yourself? When my children were little, I loved to talk to them about the colors in food. If a vegetable has more color in it, it has more power in it. My little Ellis would get so excited about filling his plate with more colors that would help build his cells from the inside out. One day, we were at a friends house and the boys wouldn't eat their vegetables. Ellis look astonished. His little 5-year-old self said, "Don't you know how strong and big the colorful vegetables make you?!" The older boys laughed and said, "Oh, you fell for that one, did you?" LOL. Seriously. But, it's true. So, let's dive into this very hearty, delicious Chicken Cobb Salad with homemade high protein avocado dressing!



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## CHICKEN COBB SALAD with HOMEMADE AVOCADO DRESSING

### VARIATIONS:

- Chicken Cobb Wraps
- Grilled Romaine Hearts topped with Chicken Cobb Salad

**Serves a Family of 5**

### INGREDIENTS

#### SALAD INGREDIENTS

- 1 Rotisserie Chicken, or grilled chicken breast (seasoned with lemon pepper rub)
- 1 lb of nitrite free bacon
- 1 hard boiled (or scrambled for speed) egg per person eating
- Shredded Cheddar, or optional Blue Cheese
- 1 large bag of chopped romaine, mixed greens, or romaine hearts.
- 1 large tomato or 2/3 cup of sliced grape tomatoes
- 1 bunch of green onion sliced
- 1 avocado

#### DRESSING INGREDIENTS

- 1-2 avocados
- 1 lemon
- 2 tbsp milk or almond milk
- 1 tbsp lemon pepper seasoning
- Pink Himalayan salt or salt of your choice
- 2/3 cup of plain greek yogurt OR cottage cheese

#### TIP OF THE DAY

**FRESH TIP.** When you buy romaine hearts, because they are still connected to the stem, it takes longer for them to go bad. So, if you are going to make this at the end of the week, be sure to buy your veggies closer to the date from which they were picked from the garden.

#### TIP OF THE DAY

**AVOCADOS.** When buying avocados, if you are using them that day or the next, they should be soft but not squishy. Think firm and soft. The fruit should give slightly with firm touch.

If you are buying in bulk at Costco, I've noticed that those usually need to sit in the window for 3-4 days until they are ripe.



## DIRECTIONS

### Preparing the Proteins: (25 minutes prep time)

#### BACON PREP

Before you start deboning the chicken, start the bacon cooking on a medium high heat. You can also cook the bacon for 20 minutes at 400 degrees in the oven on a stoneware bar pan. This will keep your hands free to chop veggies and debone the chicken without worrying about the bacon. Cover the bacon with aluminum foil to keep the oven clean. Take off the foil towards the last 5 minutes to get a crispy texture. Keep an eye on it!

#### TIP OF THE DAY

**SAVE \$\$.** *There is a lot of protein in this dish, so you will save on money if you debone the chicken and go light on the chicken in the salad.*

#### CHICKEN PREP

Debone the chicken. This is a fun activity to do with your children.\*\* It's actually a super-important skill to have, because you can make healthy bone broth for meals when you are finished with the chicken.

It's easiest to debone a chicken when it's still a bit warm. So, if you get a rotisserie chicken from the store, debone it when you bring it home. Be sure to check the back, legs and thighs as well as the breast.



\*\* Make sure to have everyone wash their hands first and show the children how to pinch the meat to check for little bones. Go back and double-check to make sure they got all the bones. This is a great anatomy lesson! Put on a favorite song and see if you can finish deboning by the time the song is over.



**REDO PREP** — Next, to get ready for our **Recipe REDO** tomorrow, set aside half of the chicken into the refrigerator. Chop the other half and put into a bowl for your buffet-style salad.

Put your leftover chicken bones and skin in a large stock pot full of water on high heat and bring it to a boil. (You will thank me tomorrow that we did this step) Once it comes to a full boil, boil for 20 minutes, then bring it to a low simmer for a couple hours. Turn off the heat in time to let it cool enough to put it in the fridge before bed. In the morning, into the crockpot it goes to simmer all day!



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## Preparing the Proteins, cont:

### EGG PREP (If using scrambled eggs\*\*)

Next, crack an egg for each person eating and scramble them in a bowl. You can add a tablespoon of milk to fluff it up. Start a skillet on medium-high heat, swirl with a drizzle of oil, pour in the eggs and scramble them with a dash of salt and pepper.



\*\* This is the perfect cooking lesson for an older child. Just like our fried rice recipe, make sure to help them know how to hold the whisk and give them a big enough bowl to not spill when whisking. Show them how to scramble the eggs in the skillet with a dash of salt and pepper.

### EGG PREP (If using hard-boiled eggs)

If you choose to hard boil the eggs, bring water to a boil on the stove over high heat. Once the water is at a rolling boil, use a ladle to carefully add the eggs to the boiling water. Large eggs boil for 13 minutes. (Medium eggs or free-range yard eggs boil for 11 minutes.) Set a timer to make sure you don't overcook them or they will be hard to peel.\*\* After cooking, drain the eggs and shock them with an ice bath before peeling. Refrigerated hard-boiled eggs will be more difficult to peel.



\*\* A child can have fun using your phone to ask Siri to set the timer.

## Preparing the Chesse & Veggies:

### CHEESE PREP

Shred a block of sharp cheddar cheese, or set out a dish of blue cheese.

### VEGGIE PREP

- Either use a bag salad, or chop and thoroughly wash your romaine hearts. Be sure to dry the lettuce with a paper towel before serving. Don't crush the lettuce. Just a light pat. Putting an upside down prep bowl or small cup in the bottom of your serving dish will allow any moisture to drain down to the bottom and stay away from your fresh salad.
- Slice your tomatoes and put into a prep bowl.
- Thinly slice the green onion and put into a small bowl.
- Cut the avocado in half lengthwise with a paring knife, cutting around the pit. Using the half that does not contain the pit, take a paring knife and cut a grid onto the avocado while it is still in the skin. Now, for the half that still contains the pit, take the knife and carefully hit the pit with the sharp side of the blade (the blade will stick into the pit). Turn the blade slightly, and the pit should pop out. Cut a grid in this half. Now, using a large tablespoon, scoop out the already diced avocado pieces and put into a bowl.

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## Preparing the Dressing:

You may use a ranch or blue cheese dressing, instead, OR make this fresh avocado dressing!

### FRESH AVOCADO DRESSING

- Use a small food processor or immersion blender
- Scoop the other FRESH and RIPE avocado into the processor without the pit or skin.
- Add the cottage cheese or yogurt into the processor.
- Wash the lemon. Using a small zester tool, zest the lemon into the processor. Only zest till you see white, then keep turning the lemon. The white is bitter. After zesting, use a hand juicer to juice the lemon juice into the processor. If you don't have a juicer, squeeze the juice into your other hand to catch the seeds.
- Put 1 Tablespoon of lemon pepper seasoning into the processor.
- After putting the lid on, pulse the food processor until the dressing is smooth. You can add 2 Tablespoons of milk to help thin out the chunks and get a nice smooth dressing.

## SERVE A SALAD BUFFET

Set up the salad fixings on your counter "buffet-style" so each family member can go through the line and create their own salad.

If you have a picky eater, turn theirs into a fresh wrap. Tell them it's a bacon chicken wrap! Toss the ingredients in the avocado or ranch dressing and chop the lettuce up small.

My kids hate cottage cheese, but they never know that I put it in this dressing! It's all about the hiding until their taste buds get used to the textures and tastes.

### TIP OF THE DAY

#### GRILLING YOUR ROMAINE HEARTS.

***Fancy twist!** — This is for fun, if your family loves a food adventure, or if you are entertaining guests.*

*Get 1 fresh Romaine heart per every 2 guests. Cut it in half lengthwise. Wash and pat dry. Get a grill or skillet nice and hot, and swirl a little olive oil on it. (Don't let it smoke!)*

*Place the Romaine hearts face down on the stovetop grill for a few minutes until slightly charred, but not burnt. Check frequently.*

*To serve: Place the grilled side face up on your plates. Top it beautifully with the proteins, then the vegetables. If you add a little more milk to the dressing, it can be nicely drizzled on top of this. Garnish with the green onion and bacon on top of the grilled salad. Serve with a side of grilled ciabatta bread. You are a food star!*

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## Week 2 — Day 2

### Reinventing Dinner — REDO Time!

#### HOMEMADE CHICKEN AND DUMPLINGS *(or roasted cauliflower)*

Serves 6-8 people

This is a make-for-life recipe. My friend Nikki Kimble made this for several carry-in dinners, and it was so popular that she put the recipe on Facebook for her friends to be blessed with! Thanks, Nikki!

I love this recipe, because I truly feel like I am cooking like a native-American mama when I use all the parts of the chicken to feed my family.

There are so many good, WOW, knock-your-socks-off benefits to a great, chicken bone broth. I will share those with you at the end of this recipe. Truly, you can feed your family an affordable meal that will warm their tummies and increase their health at the same time.

#### INGREDIENTS

##### Chicken Stock

- 1 whole chicken, 4-5 lbs. *(If you are doing the Recipe REDO, we will use half of the meat left over from Day 1 AND the stock. So, you are half-way done! YAY!)*
- 3 ribs of celery, chopped
- 2 carrots, chopped
- 1 large onion, chopped
- 2 bays leaves
- seasonings of your choice (garlic powder, salt, pepper, Johnny's Mediterranean blend, etc)
- 1 — 10 3/4 ounce can cream of celery soup

##### Dumplings

- 2 cups of all-purpose flour
- 3 Tbsp. butter
- 1/2 cup buttermilk
- 1 egg



##### HEALTHY LOW-CARB ADAPTATION

##### ROASTED CAULIFLOWER (substitute for dumplings)

Put cauliflower heads on a bar pan or cookie sheet.

- Brush with butter
- Sprinkle with salt
- Sprinkle generously with grated parmesan cheese

Put under the broiler on low until cauliflower browns a bit

Throw into the stock and let it finish cooking with the rest of the soup!

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## CHICKEN PREP

### Option 1:

**IF you DID start the stock from yesterday, put it back on the stove and bring it to a boil.** (*Unless it has been in the crock pot cooking all day.*) Let it cook down for 10 minutes while you mix up the dumplings (time-saving tip). Set a very large cooking pot or heat-proof bowl with high sides in your sink. Using very sturdy hot pads/mitts, pour the hot stock through a sieve into that pot/bowl. Make sure it won't tip over, and be sure that it will hold all the stock. The sieve should have tiny holes to strain out all the bones. The stock should end up in the bowl, the bones left in the sieve.

Put the stock pot back on the stove top. Carefully pour the strained stock back into the pot. Add in the chicken from yesterday, and the chopped celery, carrots, and onion.

Add in the bay leaves and seasoning of your choice. Add cream of celery soup.

While it cooks, form loose dumplings (see recipe below) and drop them in. They will be all shapes and sizes. Stir very gently. Cook for a few minutes more until dumplings are done. Eat and enjoy. Great with collard greens.

### Option 2:

#### **IF YOU DID NOT START with the chicken yesterday, START HERE!**

Fill up 6-8 quart stock pot about 1/2 — 3/4 full with water. Add celery, onion, bay leaves, chicken (cut in whole pieces with the skin on), and sprinkle each seasoning in to cover top of the water.

Let chicken boil in pan until meat starts to fall off of the bone. Remove chicken from pot, let it cool, and remove bones and skin. Also, remove bay leaves. Return chicken to pan semi-shredded in smaller pieces. Add cream of celery soup.

Let it come back to a boil and drop pieces of dumplings into mixture, stir very gently. Cook for a few minutes more until dumplings are done. Eat and enjoy. Great with collard greens.

## DUMPLING PREP

- Cut butter into flour, add egg, and buttermilk.
- Stir until you can knead it to get it all mixed together, and then pinch off a small piece of dough, roll it in your hands into a 1/2" loose ball and drop it into the chicken stock. Repeat until you've used all the dough. (Option: Or you can roll the dough out with a rolling pin to about 1/8" thickness and cut it into 1" x 1/2" strips)
- I typically will double the dumpling part, as my family likes lots of dumplings. You could also double this and freeze part.

*Chicken stock courtesy of Paula Deen "The Lady & Sons"*

*Dumplings courtesy of Tim McGraw*



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## Week 2 Shopping List

(For 2 meals)

### Meat and Dairy

- 1 whole chicken (4-5 lbs)
- 1 lb of nitrite free bacon
- 1 egg per person eating, plus 1 egg for the dumpling recipe
- Shredded Cheddar or optional Blue Cheese
- 2 Tbsp milk or almond milk
- 2/3 cup of plain greek yogurt OR cottage cheese
- 3 Tbsp butter
- 1/2 cup buttermilk (or regular milk with 1 tsp of lemon juice added in)
- Shredded parmesan cheese for adapted recipe

### Produce

- 3 ribs of celery, chopped
- 2 carrots chopped
- 1 large onion, chopped
- 1 — 10 3/4 ounce can cream of celery soup
- 1 large bag of chopped Romaine, mixed greens, or Romaine hearts.
- 1 large tomato, or 2/3 cup of sliced grape tomatoes
- 1 bunch of green onion, sliced
- 1 head of cauliflower (for adapted recipe)
- 2 avocados, ripe
- 1 lemon, or 2 Tbsp of bottled lemon juice

### Seasonings/Pantry

- 2 cups of all-purpose flour
- 1 Tbsp lemon pepper seasoning
- Pink Himalayan salt, or salt of your choice
- Seasonings of your choice (garlic powder, salt, pepper, Johnny's Mediterranean blend, or *Pampered Chef's* Peppercorn and Garlic Rub)
- 2 bays leaves

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## Nutritional Facts & Benefits of Bone Broth

- Bone broth contains gelatin a colloidal substance that attracts digestive juices to itself and prevents gastrointestinal bugs from attaching themselves to the gut wall and wreaking havoc. The gelatin in bone broth assists digestion.
- Bone broth contains minerals such as calcium, silicon, sulphur, magnesium, phosphorous & trace minerals in an easily assimilable form. These minerals are pulled out of the bones in part due to using a vinegar solution prior to cooking. The vinegar helps to draw the mineral salts out of the bone. All of the minerals present in bones used for bone broth, except fluoride, are macro-minerals, which are essential for proper nutrition and are required in greater amounts than 100mg/day. The only macro-mineral not present in bone is chlorine. Minerals have numerous functions in the body beyond the composition of bone, which is why the body will rob the bones and tissues to maintain steady levels of minerals in the blood and other fluids. Calcium is the most abundant mineral in bone, it is also the most abundant mineral in the body. The calcium present in bone broth can be considered for use in the following deficiency signs, symptoms and conditions: pain and inflammation, cramps, muscle spasms, delusions, depression, insomnia, irritability, hyperactivity, anxiety, palpitations, hypertension, high cholesterol, allergies, brittle nails, periodontal and dental disease, pica, rickets, osteomalacia, osteoporosis and any situation that creates bone loss such as aging, immobilization, post-menopause, and caffeine.
- Bone broth is helpful in treating digestive disorders such as IBS, colitis and even Crohn's disease.
- Anemia and other blood disorders respond to gelatin in the diet as well. Gelatin is used to tonify the blood. Glycine, a key ingredient in gelatin, plays a vital role in the blood. (Table II) Also if gelatin is extracted from bone, then marrow, where blood cells are produced is also extracted. Chinese studies have shown gelatin to increase red blood cell and hemoglobin count, increase serum calcium level, increase the absorption and utilization of calcium, and prevent and treat myotonia atrophica (muscle wasting).
- Gelatin assists in neutralizing whatever intestinal poison is causing problems during an intestinal bug or flu.
- Broth recipes stress the quality that can be obtained from using highly cartilaginous parts of animals. These parts will be joint areas, like chicken feet and beef knuckles, trachea and ribs, or anatomy with a concentration of glycosaminoglycans, like hooves and skin.
- Cartilage (aka- broth) can be considered for use in the following conditions: arthritis, inflammatory bowel disease (Crohn's disease and ulcerative colitis), cancer, decreased immune system states, and malnutrition.

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- Another word for collagen is gelatin. Collagen is a scientific term for a particular protein in the body, while gelatin is a food term referring to extracted collagen.
  - Gelatin has also been found to improve body weight as well as bone mineral density in states of protein undernutrition.
  - Gelatin (broth) can be considered for use in the following conditions: food allergies, dairy maldigestion, colic, bean maldigestion, meat maldigestion, grain maldigestion, hypochlorhydria, hyperacidity (gastroesophageal reflux, gastritis, ulcer, hiatal hernia) inflammatory bowel disease (Crohn's disease and ulcerative colitis), irritable bowel syndrome, leaky gut syndrome, malnutrition, weight loss, muscle wasting, cancer, osteoporosis, calcium deficiency and anemia.
  - Scurvy is a disease caused by a deficiency of vitamin C. It results in symptoms such as bleeding gums, bruising, and poor wound healing. These manifestations are actually due to a deficiency of collagen, because vitamin C is needed to synthesize collagen. It converts proline into hydroxy proline. Collagen, along with minerals are needed for the creation and healing of bone. It is also integral to cartilage formation and repair.
  - Collagen (broth) can be considered for use in the following conditions: poor wound healing, soft tissue injury (including surgery), cartilage and bone injury (including dental degeneration).
  - Broth could be considered a liver tonic (or liver supportive). Broth helps the body to detoxify during a cleanse, and in fact at any time it is eaten.
  - Broth also contains, Chondroitin Sulfate, a jellylike substance, now famous as a supplement for joint pain associated with osteoarthritis. It functions to support and provide adhesiveness. It lines blood vessels and plays a role in lowering atherosclerosis, cholesterol and heart attacks.
  - Broth is not a complete protein, since it only contains three amino acids. A complete protein needs to contain all B essential amino acids. Therefore it is not a meat replacement, but it can be used as a meat extender. Since glycine is used to make other amino acids, it is considered protein sparing. In addition, because glycine is used to make energy in gluconeogenesis, consuming glycine spares your own body protein from being broken down to make energy. Broth is not a meal replacement, which is why it is used as a starting point for soup, or as the first course of a meal.
  - Broth can be thought of as a protein supplement, and a calcium supplement. The chemical ingredients extracted from broth are glycine and proline (collagen/gelatin), calcium and phosphorus (minerals), hyaluronic acid and chondroitin sulfate (GAGs), and other minerals, amino acids and GAGs in smaller amounts.

**Taken from this website:** <http://divinehealthfromtheinsideout.com/2012/05/bone-broth-nutritional-facts-benefits/>