

MEDICAL MEDIUM® ANTHONY WILLIAM

LUNCH



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Kale & Apple Salad

Full of flavor and just the right amount of crunch, this delicious salad is a great way to get more leafy greens and fruit into your diet. Massaging the kale with avocado tenderizes the green, while the apple and pecans give the salad just the right amount of crunch. This recipe would be great on a fall or winter holiday table or simply serve it up any day of the week. For a lower fat recipe, you can reduce or omit the pecans and bring in crunchy vegetables of your choice such as finely chopped celery, carrot, or cabbage.

Ingredients:

- 4 cups kale, destemmed and roughly chopped
- 1 small avocado (about 1/2 cup)
- 1/2 tbsp raw honey
- 1/4 cup lemon juice
- 1/2 tsp sea salt, more if needed
- 1/2 tsp black pepper, more if needed
- 1/2 cup pecans, roughly chopped
- 1/2 cup dried cranberries
- 2 large red apples, such as gala or fuji, chopped

Directions:

Place the kale, avocado, raw honey, lemon juice, salt and pepper in a large bowl. Massage the avocado into the kale, then add the pecans, cranberries and apples. Mix well and serve.

Serves: 3-4 people



Avocado Caprese

This delicious and beautiful twist on a caprese salad may just have you envisioning yourself at an Italian trattoria on a cute cobblestone street. Instead of the traditional mozzarella, this recipe uses the wonderful avocado. As you'll read below, avocado is an incredibly healing food that also mimics the creaminess of cheese. Dairy products put a strain on the digestive system and liver, and negatively impact health in many other ways, so they are best avoided. This caprese salad is perfect for serving as a finger food, entrée, or light main meal for guests or just for yourself.

Ingredients:

- 3 large heirloom tomatoes
- 2 medium-sized avocados
- 1/2 cup fresh basil
- 3 tbsp lemon juice
- 1-2 tsp extra virgin olive oil (optional)
- Sea salt and pepper, to taste

Directions:

Cut the tomatoes into thick discs and set aside. Cut the avocado across the middle (not lengthways) and remove the pit. Peel off the skin and cut into discs, about the same thickness as the tomato.

Arrange the tomato slices on a plate or platter and top with avocado. Place a basil leaf on each, then drizzle with lemon juice and the optional olive oil. Season with sea salt and pepper. Serve immediately.

Serves: 2-4 people



Cucumber Noodles with Tomato Sauce

Cucumber noodles are an easy and delicious way to reap the many healing benefits of this special fruit. Topped with a chunky sauce of fresh, juicy tomatoes, flavorful garlic, and fragrant basil, this recipe provides a wonderfully healing and tasty meal or snack for anytime of day. You may find this simple recipe becomes a daily or weekly staple for you and your family!

Ingredients:

- 1 English cucumber, peeled
- 2 medium-sized tomatoes, roughly chopped
- 1 clove of garlic
- 1/4 cup fresh basil, roughly chopped, more for garnish
- 1/2 tsp red pepper flakes
- Salt and pepper, to taste
- Squeeze of lemon juice on top (optional)

Directions:

Make the cucumber into noodles using a spiralizer or vegetable peeler. Divide between two bowls and set aside.

Place the tomatoes, garlic, fresh basil, red pepper flakes, salt and pepper in a food processor and process briefly until you get a chunky tomato sauce. Ladle it on top of the cucumber noodles and top with fresh basil and a squeeze of lemon juice (optional). Serve immediately.

Serves 2



Rainbow Greek Salad

The best meals are not only packed full of flavor and healing ingredients; they're also a feast for the senses. The rainbow of color and the fragrant herbs in this recipe make it a special sensory treat that you can feel good about enjoying every day or as often as you'd like. This salad is a wonderful option to serve up to family, friends or simply devour all on your own.

Ingredients:

- 1/2 orange cherry tomatoes, halved
- 1/2 cup red cherry tomatoes, halved
- 1 cup diced cucumber
- 1/2 diced red bell pepper
- 1/2 diced yellow bell pepper
- 1/3 thinly sliced red onion
- 1 cup diced avocado
- 3/4 cup olives, pitted and halved
- 2 tbsp fresh oregano, leaves only
- 2 tbsp fresh thyme, leaves only
- 3 tbsp fresh lemon juice
- Sea salt and pepper, to taste

Directions:

Place all the ingredients in a large bowl and mix to combine.

Taste and adjust seasoning.

Serves: 4



Sweet Pea Dip

This wonderful dip is rich in flavor, creamy, hearty and satiating. It tastes fantastic scooped onto vegetable crudité's like celery, cucumber, radishes, asparagus, cauliflower, tomato slices, bell pepper, broccoli, cabbage leaves and lettuce leaves. It's also incredibly delicious served alongside steamed potatoes, baked potato fries, or even on top of a green salad. But what's even more impressive than it's flavor and versatility is the healing properties of its two primary ingredients: peas and avocado.

Ingredients:

- 1 cup peas, fresh or defrosted
- 1 medium-sized avocado, peeled, pitted and dice
- 3 tbsp lemon juice
- 1 garlic clove, roughly chopped
- 1/4 cup fresh cilantro + more for garnish
- Salt and pepper, to taste

Directions:

Place the peas, avocado, lemon juice, garlic, cilantro, salt and pepper in a food processor or blender and blend until smooth.

Taste and adjust seasoning.

Serves: 2-4



Potato Dill Salad

Potato salad is a welcome addition to any lunch or dinner table, barbecue, picnic, or social gathering. This fresh and delicious spin on traditional potato salad not only upgrades the flavor, but also makes it a truly healing recipe that you can feel great about enjoying! It's also very easy and simple to pull together and is great eaten right away or as leftovers. We hope you love this recipe!

Ingredients:

- 1 1/2 lb small (new) potatoes
- 1 tsp salt
- 8 radishes, very thinly sliced
- 1 cup green peas
- 1/4 cup dill, finely chopped

Dressing:

- 1/4 cup tahini
- 2 tbsp water
- 1/4 cup lemon juice
- 2 tbsp dill
- 2 tbsp chives
- Salt and pepper

Directions:

Place a medium-sized pot on the heat with a steaming basket and add two inch-es of water. Place the potatoes in the pot, cover and cook until soft, about 30-40 minutes. Drain and let cool.

In a large bowl, combine the potatoes, radishes, peas and dill. Make the dressing by blending together tahini, water, lemon juice, dill, chives, salt and pepper. Pour the dressing on the salad and mix well.

Serves: 4 people



Black Bean Hummus

Black bean hummus is not only creamy and delicious; it's also packed with extra nutrients and healing properties from the black beans, avocado, and cilantro. This delightful dip is perfect served alongside an array of crisp, colorful vegetables for a family dinner, to serve at your next gathering, or to simply snack on over the day!

Ingredients:

- 1/2 cup dried black beans, soaked overnight or 1 1/2 cups canned black beans, drained and rinsed (reserve about 4 tablespoons of the bean-water from the can)
- 1/2 cup peeled and diced ripe avocado
- 1/4 cup cilantro leaves + more for garnish
- 1/2 jalapeño, seeded and roughly chopped
- 4 tablespoons lime juice, freshly squeezed
- 1/2 tbsp finely chopped garlic
- 1/2 teaspoon ground cumin
- 1/2 tsp ground coriander
- salt and pepper

Directions:

If using dried black beans, drain the beans and discard liquid. Place them in a medium-sized pot and fill with water. Bring to the boil and cook for 45-75 minutes until very soft. Set aside 4 tbsp of the cooking liquid, then drain the beans and let cool.

Place the cooked or canned beans, avocado, cilantro, jalapeño, lime juice, garlic, ground cumin, ground coriander and reserved cooking liquid/water from the can in a food processor or blender and blend until very smooth. Season with salt and pepper.

Spoon the hummus into a bowl and garnish with fresh cilantro. Serve with the crudités.

Serves 4



Nacho Cheese Fries

This recipe is simple to make and oh so delicious. Pair it with a leafy green salad for optimal digestion and nutrient assimilation and you have a dinner that will please the whole family. This recipe is also a great choice for a movie night with friends.

Ingredients for Fries:

- 2-3 russet potatoes
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1/2 tsp sea salt

Ingredients for Nacho cheese sauce:

- 1 large potato, diced
- 1 carrot, diced
- 1 tsp turmeric
- 1/2 tsp garlic powder
- 1/2 tsp cayenne
- 1 tbsp lemon juice
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup steaming water or vegetable stock

Directions:

Preheat oven to 400F. Cut the potatoes into thick fries, then place them in a bowl with paprika, garlic powder, dried oregano and sea salt. Toss to coat. Arrange the potatoes on a baking tray covered with parchment paper so that there's space between the fries. Place in the oven and bake for 20-25 minutes, until browned, flipping them half way.

To make the sauce, add a couple of inches of water to a medium-sized pot and place a steaming basket in it. Add the diced potato and carrot, cover and cook for 25-30 minutes until soft. Remove from heat and set the steaming water aside.

Place the cooked potatoes and carrots in a blender with turmeric, garlic powder, cayenne, lemon juice, sea salt, pepper and the steaming water. Blend until very smooth. Serve in a bowl with the fries.

Serves: 2



Kale Pesto

If you struggle to get enough raw leafy greens into your diet every day, this delicious pesto recipe is a great way to sneak more in. Enjoy it with vegetable crudité's, served with tomato-cucumber skewers, or try it with the baked Sweet Potato Fries or Zucchini Tater Tots on the blog. This recipe is much lower in fat than traditional pesto, making it a much better choice for your liver and overall health.

Ingredients:

- 2 cups kale, stems removed and roughly chopped
- 1 cup parsley
- 1 cup basil
- 2 cloves of garlic, roughly chopped
- 1/3 cup walnuts
- 2 tbsp lemon juice
- 1/2 tsp sea salt, more if needed
- 1/2 tsp freshly cracked black pepper
- 3-5 tbsp water

Directions:

To make the pesto, combine the kale, parsley, basil, garlic, walnuts, lemon juice, sea salt and pepper in a food processor or blender and blend until you get a chunky pesto. While the motor is running, pour the water into the food processor until you reach the desired consistency. Taste and adjust seasoning.

To serve, arrange cucumber wedges, bell pepper, romaine lettuce leaves and tomato slices on a platter with the pesto.

Serves: 4 people



Pizza Potato Pockets

Looking for a fun and delicious meal or snack for you and your family? Fat free and grain free, these Pizza Pockets are packed full of healing ingredients that come together in the perfect comforting vehicle - a crispy potato pocket! Be prepared for all the flavors of pizza with each bite into the pocket.

Pizza Pockets are a great portable option to take to work, to eat on the go, or to pack into your children's school lunchboxes. You can also make them in advance and freeze them so they're ready whenever you need a quick snack or meal.

Ingredients:

- 4-5 medium-sized potatoes (about 1.5 lb)
- 1 tbsp potato starch
- 3 tbsp tapioca flour (more if needed)
- 1 tsp dried oregano (optional)
- 1 tsp dried basil (optional)
- 0.5 - 1 tsp water (if needed)
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Cheese Sauce:

- 1 steamed potato, diced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika or smoked paprika
- 1 tsp lemon juice
- 1/2 tsp sea salt (more if needed)
- 1/4-1/3 cup water or vegetable broth

Pizza Sauce:

- 1/2 cup tomato paste
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp raw honey
- 3-4 tbsp water
- Sea salt and pepper, to taste

Directions:

Place all the potatoes in a large pot fitted with a steaming basket. Add a few inches of water and steam until soft, about 45 minutes to 1 hour. Remove and cool for 10-15 minutes, until cool enough to handle. Remove one of the potatoes from the pot and set aside for the cheese sauce.

Place the remaining potatoes in a large, flat-bottomed bowl or pot and mash until they are broken down. Add the sea salt, pepper, potato starch, tapioca flour, oregano and basil, and mash until the flour and starch have been incorporated. If the mixture is very dry, add a bit of warm water. If the mixture is very wet, add a bit more tapioca flour. The dough should be pliable and not stick to your fingers. Set aside while you make the filling.

Place the left-over potato in a small food processor or blender and add the garlic powder, onion powder, paprika, lemon juice, sea salt, and water/vegetable stock. Blend until smooth. Add a bit more liquid if necessary, then set aside.

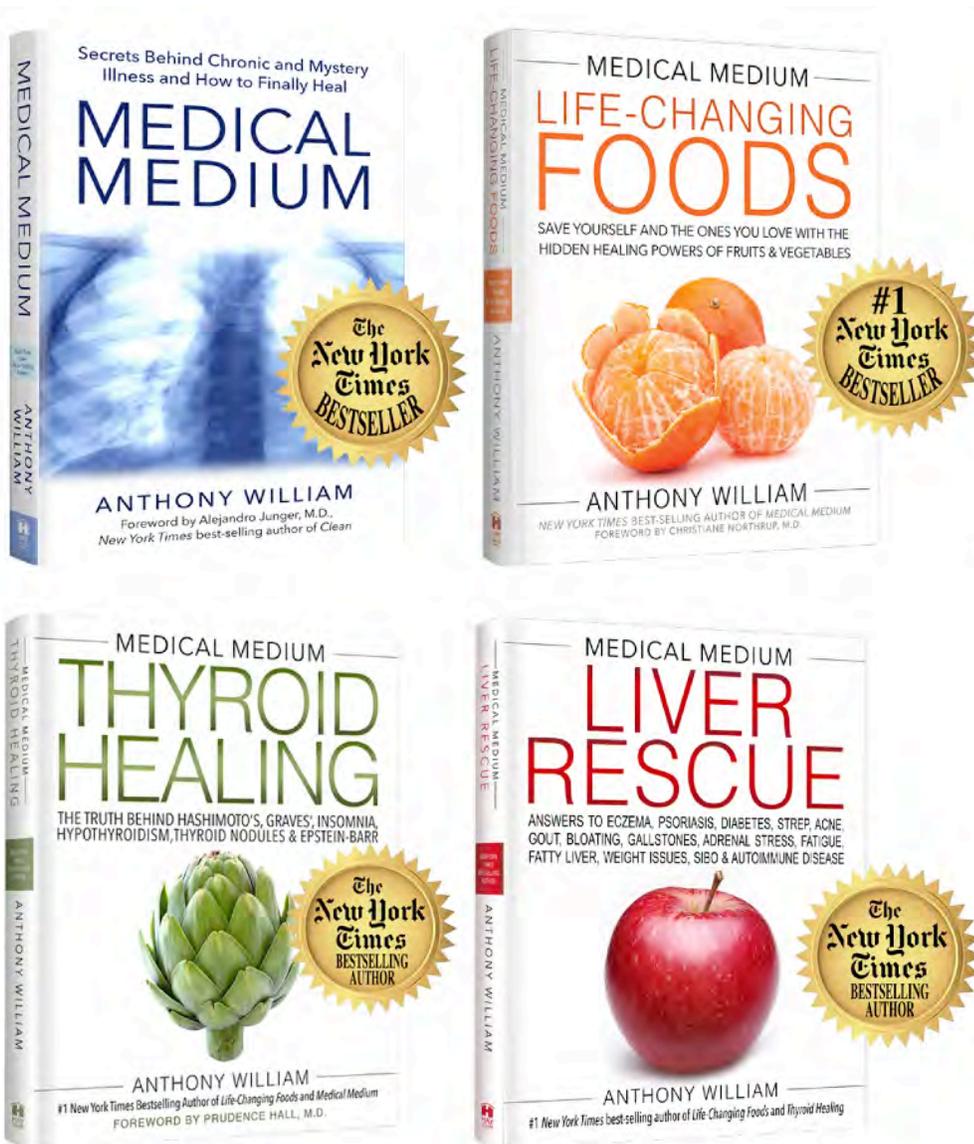
Make the pizza sauce by combining the tomato paste, dried oregano, dried thyme, raw honey, water, sea salt and pepper in a bowl and mixing well.

To make the pockets, take a handful of the potato mixture and roll it into a ball. Flatten the sides out so that there is a cavity in the middle, then add a couple teaspoons of the pizza sauce and cheese sauce. Close the pocket gently and smooth out any creases. Repeat with remaining potato dough.

Place a non-stick pan over medium-low heat (you can use a non stick pan or spray with a bit of avocado oil.) Add the pockets and cook for 5-10 minutes on either side, until golden brown and crispy. You can bake them in the oven at 350F for an additional 20 minutes if you want them even more crispy.

Servings: 4-5 potato pockets

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [*Medical Medium*](#), [*Life-Changing Foods*](#), [*Thyroid Healing*](#), and [*Liver Rescue*](#).



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