

DR. LINDSEY BERKSON

5 SUPER RECIPES



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HORMONES. NUTRITION . DIGESTION .

5 FOODGASM RECIPES (AND ONE TASTY BONUS) FROM DR. BERKSON'S KITCHEN

For you who choose to eat healthfully,
Yet want to enjoy food hedonistically.



I love to cook.

I heard a talk when I was 17 years old that “you are what you eat.”

From that time forward, I have been figuring out how to make extremely healthy food that tastes extremely sinful.

These recipes make your eyes water for joy, your socks roll up and down to the beat of a foodie happy dance, and your cells open wide to nutrient-dense nourishment.

Enjoy 5 of my favorite energy and vibrancy-promoting meals. I’ve also added a bonus recipe: Dr. Berkson’s to-die-for chocolate mousse! It’s easy to make and stays in the fridge for up to 2 weeks. It’s carb free, sugar free, gluten free, yada yada, and is high in gut healthy omega-7 fatty acids. When you lick a spoonful you feel like you’re sinning, but you’re actually nourishing your health and gut big time!

Veggies and exercise have great health-boosting benefits. Science is also showing that great intimacy promotes great health. The better you eat, the more ready and able you are to want to enjoy bedroom aerobics! Eat well and enjoy!

A handwritten signature in black ink that reads "Dr. Lindsey Berkson". The signature is written in a cursive style with a long horizontal line extending to the right.

Dr. D. Lindsey Berkson

MA, DC, CNS, DACBN, CAN

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Recipe # 1

Salad in a Burger



I make a lot of these burgers at once because I like to freeze them and have on hand for a variety of meals. You can warm one up and crumble it over a baked potato with feta cheese. I like to crumble it in with scrambled eggs for breakfast, or put it on a slice of gluten-free toast, with a bit of added olive oil, granulated garlic, and sea salt. Sometimes I add a hard boiled egg, fermented veggies, broccoli sprouts, or a thin slice of tomato or onion. I also put these burgers in taco shells, on top of salads, in lettuce wraps for lunch, eat plain for snacks, or with a side of veggies for din-din. So delicious you won't believe it.

Ingredients (makes about 24 burgers)

- $\frac{3}{4}$ to one pound each of ground white turkey, dark turkey, and ground lamb, but you can use bison (less fat than beef) or beef. 1 lb. of each makes approximately 26 burgers. One of my patients loves it with only using ground dark turkey meat. So the meat you use is variable but this is my favorite mix. Lamb is high in natural hydrogenated fats that keep your

heart and weight healthy even though it is high in fats. One of nature's pleasant oxymorons.

- 2-4 tbsp. olive tapenade (optional) high in healthy monounsaturated fats
- 3-4 ounces Mantova sundried tomato paste (or whatever brand you can find) high in cancer fighting lycopenes
- 1/3 yellow onion (high in quercetin that is an antioxidant and natural allergy fighter)
- 1/2 to 1 head fresh parsley (I use a whole head as it is so high in apigenin that keeps hormones balanced and fights cancer)
- Dried onion flakes (optional)
- 1 -2 tsp. of gluten-free soy sauce (optional) fermented soy is less allergenic than non-fermented and fights hormone driven cancers
- 2-3 eggs, depending on amount of meat or 1 heaping Tbsp. of arrowroot powder as an egg alternative (this is what I like to use)
- Granulated garlic
- 1/2 bunch kale (high in lutein that protects the eyes)
- 1/2 carrot (optional)
- 1 red pepper

To-dos

- Beat eggs and add in meat.
- If using arrowroot powder, put the heaping Tbsp. in 1/4 cup of water, whisk, and set aside for 10 minutes. This acts as an egg-free egg to hold food items together. It's tasteless.
- De-stem the kale, dice veggies, onion, and parsley, dice carrot and red pepper. I like to add gluten-free soy sauce, but if you don't eat soy, you can leave this out.
- Add veggies, olives, and tomato paste to bowl of meat and eggs.
- You will not need to add oil or put much oil in the sauté pan as the oil in the sun-dried tomato paste and tapenade help cook the burgers.
- Sauté till done. The outsides get slightly browned.
- You can dry on paper towels to remove excess oil.
- I put in glass containers and it keeps in the freezer for a month.



(Salad in a gluten-free burger with hard-boiled egg, olive oil, garlic, sea salt)

Recipe # 2

Smoked Salmon Paté (with dairy or dairy-free)



So many great recipes are hidden in the old-time recipe boxes of our mothers and grandmothers. My best friend Janet's mom loved this recipe, and so will you. This is an easy and amazing signature dish you can bring proudly to parties. It's ideal to make this a day ahead of time and cool in the fridge overnight, but even an hour or more in the fridge works, too. It's one of those dishes that tastes even better the next day.

When this dish is dairy-free and robust with parsley and walnuts, it is a cancer-fighting recipe. A friend's husband was recovering from colon cancer surgery and couldn't eat high fiber foods. She left out the nuts, pulverized the cancer-fighting parsley in a food processor, and put it through a strainer so no fiber was left. Her husband kept begging her to make more. Delicious and healing!

Ingredients

- ½ lb. of cream cheese OR use 1 Tub of Daiya non-dairy cream cheese alternative (vegan cheese made from coconut oil and pea protein –

pea protein boosts production of the gut hormone CCK, which helps control your appetite, improves digestion, and even promotes eye health)

- ¾ lb. salmon, baked and de-skinned, OR 2 cans of Salmon (wild caught)
- Healthy liquid smoke (I get mine from a local restaurant that makes their own, a health food store should have one made with molasses)
- Juice of ½ to one whole lemon
- 2 tsp. grated onion (optional)
- 1 tsp. white horseradish (optional)
- ¼ to ½ tsp. sea salt to taste
- 1 tsp. to several tbsp. of liquid smoke to taste
- Whole head of fresh parsley, finely chopped
- Outer nut covering made from pecans, (I like walnuts as they fight cancer and oxidative stress). You can use pecans or hazelnuts or simply leave nuts out. One of my patients made it with roasted pine nuts that gave a really cool flavor.

To do's

- Mix the salmon and cream cheese (or cream cheese alternative) in a bowl.
- Add in the rest of the ingredients and mix until you cannot see any bits of cream cheese. Put in fridge while working with other ingredients to get it cooler and easier to dollop onto the parchment paper.
- Taste it. Add more of any specific ingredient. Sometimes I add more lemon or smoke flavor depending on how it tastes to me.
- Lay parchment paper on wooden cutting board and sprinkle the paper with ½ of the well-diced parsley.
- Spoon out the mixture on top of the parsley and start shaping the mass into an 8" X 2" log, using the parchment paper to roll and tighten and form into a solid smooth log shape.
- If you are serving that day, add the nuts. If you plan to serve the next day, add the nuts the next day. If you roll the nuts ahead of time and serve it the next day, the nuts get a bit oxidized from being so well chopped and can change color a bit. Sometimes I don't chop the nuts so well and then making them ahead of time slows down the oxidation.
- Put in fridge on a flat plate or on the wooden cutting board. When

ready to serve, decorate around the log with slices of red bell peppers and cherry tomatoes or capers, crackers, or simply serve on top of toast or use as a dip for veggies.

Options:

- Add 1 tbsp. smoked paprika and/or 2 tsp. onion flakes instead of grated onion.
- Serve with cut-up bits of onion bagel or GF crackers (like my favorite Nancy's Gone Crackers) and/or veggie sticks.
- Place in the middle of the table and let everyone dip crackers and veggies into the salmon—a fun way to eat and mingle.

Recipe # 3

Xmas Tater Tots



I used to live in Santa Fe, where red and green chili together in a dish is called “Christmas Chili.” This dish has red smoked paprika and green-diced herbs/veggies on top of a scooped-out Russet potato (potato skins), and thus the “Xmas” name. Potatoes are the ultimate comfort food. Unfortunately, unless boiled, potatoes skyrocket blood sugar, but not when served this delicious way.

□

Ingredients:

- Several Russet potatoes (the skins are super rich in minerals and very alkaline)
- Smoked paprika (heals the gut)
- ½ head of de-stemmed kale (high in de-stressing magnesium)
- ¼ bunch of parsley (high in cancer fighting special flavonoids)
- Granulated garlic (a super prebiotic to nourish a healthy microbiome)

- Raw Cashews (high in healthy fats)
- 1-2 cloves of garlic (if you use granulated PLUS whole garlic, you are layering—my terminology—for several types of an herb, this gives a super robust flavor bling)
- Dehydrated onions
- Sea salt
- 1 Tsp. of gluten-free soy sauce
- ½ to several limes based on taste

Cashew Cream: (raw dairy-free sour cream, or use regular sour cream)

- Put raw cashew nuts in blender (preferably a Vitamix)
- Add water to slightly above the line of the nuts
- Juice in limes, according to taste (keep tasting to decide the amount, limes are acidic in the mouth but alkaline in the rest of the body)
- Add garlic cloves (1 to 2)
- Sea salt to taste
- Generous onion flakes (I usually use organic yellow onion high in anti-oxidant quercetin)
- Gluten-free soy sauce (1 to 2 tsp.)
- Blend till absolutely creamy

To-dos

- Bake potatoes. Put aside to cool down.
- Wash kale, take out major stems, and dice into small pieces by hand or in food processor.
- Dice parsley.
- Cut taters in half. Scoop out most of the potato.
- Fill with cashew cream.
- Sprinkle diced kale and parsley generously on top.
- Add a dash more cashew cream then sprinkle generous amounts of smoked paprika, granulated garlic (optional), and sea salt.

□

Options:

- *Alternative greens.* Try it with spinach.
- *Onion croutons.* You can dice onions and bake/broil till blackened. These taste absolutely amazing sprinkled on top. You can us these onion

croutons that I made up to put on top of chicken, fish and even in salads. These are a big flavor and presentation hit!

- *Meat lovers.* You can chop up organic chicken sausage or smoked chicken and add a handful on top. Brown some organic bison, beef, turkey, chicken, or lamb (or a combo) and sprinkle blackened onions on top. OMG.

Recipe #4

Brown Rice Flax Pasta with Zucchini & Garlic



An anti-cancer, hormone-balancing, gut-rejuvenating dish. It's so delicious that my patients tell me their hard-core, regular white pasta-eating hubbies and kids adore this dish and request it again and again.

Ingredients

- Box of Hodgson Mill Angel Hair brown rice pasta with golden milled Flax Seed. (You can use any pasta, but I love this one.) You want to avoid brands that add processed rice flour to some brown rice flour, as you want the whole, real deal.
- Flaxseeds* (these are super foods that help your body make a non-hormone acting hormone metabolic—nicknamed 2-MEO—that fights inflammation, cancer, tumors and pain. These are also a high natural bioavailable source of manganese that healthfully feeds your mitochondria (energy factories—organelles—insides cells).
- 1 zucchini
- Granulated raw garlic or whole garlic (feeds your microbiome)

- 2 Tbsps. dried parsley (fights cancer, balances hormones)
- Sea salt
- Onion powder
- Olive oil
- 1-2 tbsp. black sesame seeds

To-dos

- In a small frying pan on low heat, put granulated garlic, grated garlic, plus finely sliced zucchini.
- Stir till the zucchini starts to brown and you can really smell the flavors.
- Sprinkle olive oil and cook a little longer, but do not overcook.
- In salted hot boiling water, place uncooked pasta (I break the long strands into thirds). Stir as water starts to boil again.
- Lower heat, stir now and then. Do not overcook.
- Drain and rinse when done.
- Place the zucchini/garlic/oil in bottom of bowl and put pasta on top.
- Sprinkle generous amounts of dried parsley and add more olive oil.
- Optional: Grind fresh 1-3 teaspoons of flaxseeds and sprinkle over mixture, for more healthy fiber. OR grind up walnuts or almonds and add those.

* Flaxseeds boost the production of the final non-estrogenic metabolite of estrogen (2-MEO) that fights many cancers in both men and women, especially breast, prostate, and colon. It helps prevent cancer and fight recurrence. Flaxseeds have the highest lignin content of any food; it helps flush excess toxins and hormones out of the intestinal tract. They are high in large amounts of alpha-linoleic acid (ALA), an omega-3 fatty acid, which account for over half of their total fat content. Cooking doesn't ruin it. Flaxseeds also promote healthy cell membranes (the skin around ALL cells).

Recipe #5

Berkson's Kale Delight□□



This is my favorite kale recipe, which I consume at least once a week. Eye and bladder protective! By the way, moderation is the key, even with kale. Too much kale (along with lutein in supplements) can deposit unhealthy crystals inside the eyes. So enjoy kale, but like everything else, go by the Goldilocks rule—just the right amount is key!

Ingredients:

- Half a head of kale (regular kale or the Lacinato¹)
- ½ head of parsley + 1 tsp. dried parsley²
- 1/3-1 lemon
- 1/4 sweet yellow onion³
- 3 cloves of garlic⁴
- Granulated sea salt or Himalayan salt, or Dr. Wright's salt⁵
- Optional: cheese, dairy or dairy-free. I enjoy the wedge jalapeño for this rather than slices or pre-grated.

To-dos:

- Wash kale well, de-stem, and drain. I fold the leaves in half and easily cut off and throw away the stems.
- Wash parsley and drain. You want it to be dry.
- Dice kale and parsley finely.⁶ The more you dice the kale, the more it loses its bitter flavor. (these veggies are high in magnesium that is Nature's Valium and painkiller, keeping us calmer and hurting less).
- Finely dice sweet yellow onion. (high in quercetin which is a natural anti-histamine)
- Add lemon juice to taste.
- Add organic virgin olive oil to taste. The more you put in, the soggy the salad gets, so be conservative with it. Add half virgin olive oil and half sesame oil to vary the flavor.
- □Dice garlic cloves by throwing them in with the greens.□□
- Add salt.
- Grate in cheese, dairy or dairy free.⁷ If you think the kale tastes too lemony, the cheese or cheese substitute will cut it.□

Options:

- Add a can of well-drained garbanzo beans for good texture and flavor, more fiber, and to lower your meal's glycemic index.
- Add bits of dried fruit like cranberry or orange if you like a sweet hit.
- Finely grate red cabbage for an added dash of color and texture variation.⁸

Notes:

1. Lacinato kale is very high in lutein, which protects eyes in diverse ways (proven by many studies from respectable institutions like Harvard).
2. Parsley is high in the flavonoid apigenin, which protects against cancer and even fights tumors (turns back on the killing mechanism inside cancer cells). Dried parsley has higher level of apigenin than fresh, so I like to "layer" the two of them for more robust flavor plus health benefits. Thus I use "layering" to add more flavor or more health benefits.
3. Makes sure to try to also use the outer layers of onions; they contain the highest amounts found in the onion o the robust anti-oxidant, quercetin.
4. Boosts microbiome (gut) health.
5. Dr. wright's salt, high in Vitamin K and many minerals (heart-supportive

nutrients). See Finish study at

<http://www.tahomaclinicblog.com/introducing-wright-salt/>.

6. I use an inexpensive small glass chopper that works marvelously (available on Amazon: Hamilton Beach 72860 Stack and Press 3-Cup Glass Bowl Chopper). Perfect for kale, chard, and any other leafy green.
7. Use goat Gouda if you consume dairy, or Daiya Jack Wedge Alternative or non-dairy Parmesan that comes from either non-GMO soy or rice, depending on what you can eat. Do not use Daiya in slices or pre-grated as the taste is not the same due to the oxidation.
8. The purple pigments in the cabbage have sulforaphanes that help fight hormonally driven cancers like ER + breast cancer.



(kale salad)

Bonus Recipe

DR. BERKSON'S TO-DIE-FOR CHOCOLATE PUDDING



While you enjoy this deep, rich, creamy delight, at the same time you are effectively reducing dangerous inflammation in your body. This pudding stays in the fridge in an airtight container for up to two weeks. It tastes like a pudding you might be served at a 5-star restaurant. Take a huge tablespoon when you want a short burst of delectable health, or take some out for a dessert or even a meal alternative. This pudding is best made with a Vitamix as you need a lot of power to create its amazing smoothness and creaminess. It takes approximately 5 minutes to make once you get the hang of it.

Ingredients:

- 4 heaping Tbsps. organic raw unsweetened cacao powder
- ½ cup macadamia nuts
- 4 Tbsp. raw hemp seeds
- 2 heaping Tbsps. coconut manna
- Stevia or Zero powder to taste
- Flaxseed milk (or any other milk alternative, such as hemp or rice) as needed for consistency (start with ½ cup and add as needed)

To-dos:

- Put all the ingredients except the milk into the Vitamix. Add ½ cup of liquid as you start to blend. Slowly add more liquid as needed till the blender starts to get the ingredients moving. Mix till totally smooth and you don't hear any nuts hit against the side of the Vitamix.
- Mix until there is NO grittiness.
- Be generous with alternative sweeteners. They are healthy and you will need enough for a sweet taste. Stevia helps fight metabolic syndrome (obesity, high blood pressure, high blood fats, higher risk of type-2 diabetes, etc.) and so do the omega-7 rich macadamia nuts.
- Refrigerate.

Options:

Serve in a lovely dessert dish with various toppings, like coconut shavings, coconut cream, a few cocoa nibs, or berries.

Follow Dr. B!

“Complexity is My Specialty”

I have been in the health field for over 40 years (best-selling author, clinician, scientist, and patient), so I have a very wide-range perspective to help people with complex health issues finally get well.

- Stay in touch to keep learning cool stuff. <http://drlindseyberkson.com>
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