

## Pesto-Crusted Salmon

Makes 4 servings.

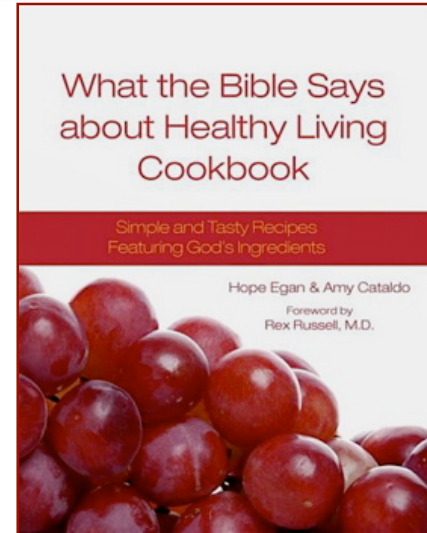
1 bunch parsley (mostly leaves)  
2 tablespoons fresh thyme  
2 tablespoons fresh rosemary  
1 tablespoon fresh oregano  
2 to 3 green onions (white and some green) or ¼ medium onion  
1/3 cup pine nuts or walnuts  
Heaping ½ teaspoon salt  
Several generous grindings of pepper

1/3 cup extra virgin olive oil

1 pound skinless salmon fillets

1. Preheat the oven to 400 degrees.
2. Prepare the pesto:
  - a. Combine the first eight ingredients (parsley through pepper) in a food processor and process until the mixture is well chopped.
  - b. While the food processor is running, slowly pour the olive oil through the feed tube. Process until smooth.
3. Wash the salmon fillets, pat dry, and place in an 8 x 8-inch baking pan.
4. Spread a ¼-inch layer of pesto evenly over the top and sides of the salmon.
5. Bake until the salmon flakes easily with a fork and begins to turn opaque, about 12 to 15 minutes, depending on the thickness of the salmon.

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### Divine Design: Salmon

Fish oil, one of God's greatest creations, helps people of all shapes and sizes. Especially notable are the benefits for women: fish oil reduces menstrual cramping and fights prostaglandins, which cause heart problems and promote cancerous growths that lead to breast cancer.

### Variations

- Use store-bought pesto instead of the pesto indicated here.
- Use any flaky white fish such as tilapia or cod.
- Spread the pesto over boneless, skinless chicken breasts and cook according to the directions.

### Love Thy Leftovers

- Use extra pesto to top baked potatoes, cooked rice, or roasted vegetables.

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## Old-Fashioned Meat Sauce

Meat sauce is not just for pasta anymore. It can also be served over cooked millet or brown rice. Makes about 3 quarts.

2 medium onions  
2 to 4 garlic cloves  
Extra virgin olive oil

1 pound lean ground beef, ground turkey or a combination

1, 14-ounce can chopped tomatoes, undrained  
1, 15-ounce can tomato sauce  
2, 6-ounce cans tomato paste  
1½ cups water, broth or tomato juice  
2 teaspoons dried parsley  
2 teaspoons dried basil  
2 teaspoons dried oregano  
1½ to 2 teaspoons salt  
Several generous grindings of pepper

1. Chop the onions and garlic.
2. Coat the bottom of a stockpot with olive oil (about 2 tablespoons) and sauté the onions and garlic over medium-high heat.
3. Add the ground meat and cook until mostly browned, about 10 minutes. (During this time, stir the meat frequently to break up any pieces.)
4. Add the remaining ingredients and bring to a boil. Turn the heat to low and simmer, uncovered, for about 1 hour, stirring occasionally.

### Divine Design: Beef

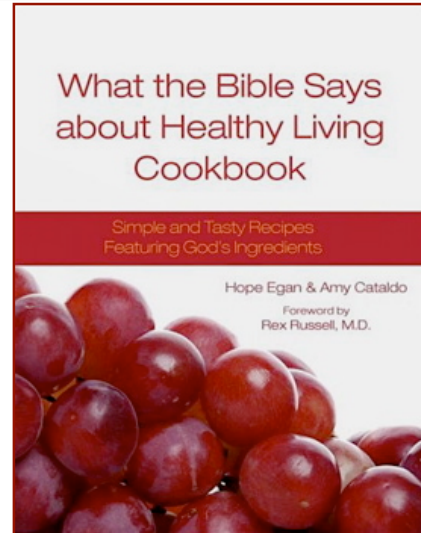
Cows were crafted by God to be ruminants—animals that chew their cud. Their complex digestive systems include multiple stomachs that thoroughly process food and remove toxins before they are absorbed into the meat you eat. God certainly knew what He was doing when He declared ruminants “clean.”

#### Variations

- To prepare the meat sauce in a slow cooker, cook for 5 to 7 hours on low heat, stirring occasionally.
- Use up to ½ pound ground lamb in place of the beef or turkey.

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## Rice Salad with Garbanzo Beans, Dill and Feta

Makes about 6 cups.

- 1 cup brown rice
- 2 cups chicken or vegetable broth

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- 3 green onions (white and some green)
- 5 to 6 sprigs of fresh dill
- ¼ red onion
- 1 garlic clove

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- 1, 15-ounce can of garbanzo beans, rinsed and drained

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- 2 ounces feta cheese

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- 3 tablespoons extra virgin olive oil
- Juice of 1 lemon (about ¼ cup)
- ½ teaspoon salt
- Several generous grindings of pepper

1. Prepare the rice with the broth according to the package's cooking directions.
2. While the rice is cooking:
  - a. Finely chop the green onions, dill, red onion and garlic, add to lg. bowl.
  - b. Rinse and drain the garbanzo beans and add to the bowl.
  - c. Crumble the feta cheese with a fork and add to the bowl.
  - d. Add the remaining ingredients to the bowl and mix to incorporate.
3. When the rice is done, transfer it to the bowl and toss lightly. (Allow the rice to cool if you want the feta to remain a little chunky; otherwise it will melt from the rice's heat.)
4. Serve at room temperature.

### Divine Design: Garbanzo Beans

If you want to find new plant-based sources of protein, look no further than garbanzo beans. When paired with a grain such as brown rice, you get the benefit of a high-protein, high-fiber meal that's low in fat.

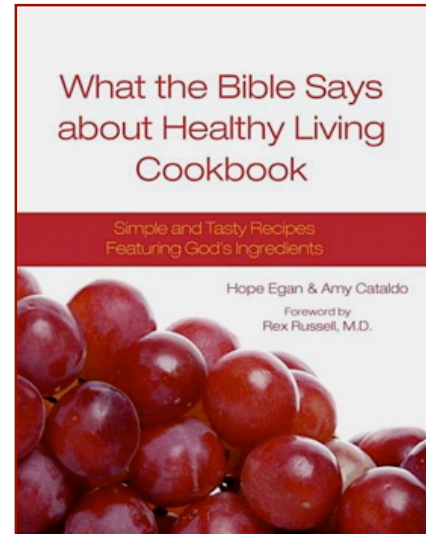
### Variation

Add a diced roasted red pepper to the salad.

### Love Thy Leftovers

Add a can of tuna (drained and flaked) to the leftover rice salad. Add additional lemon juice, olive oil and salt to taste.

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## Chocolate Peanut Butter Balls

These taste best when kept refrigerated.  
Makes about 36, 1-inch balls.

### PEANUT BUTTER BALLS

1 cup semisweet chocolate chips

½ cup flax meal

½ cup oat bran

2 tablespoons carob powder or cocoa powder

2 tablespoons dried unsweetened coconut

1 cup peanut butter

½ cup tahini

½ cup honey or maple syrup (or a combination)

¼ teaspoon salt

### OPTIONAL COATINGS

- Finely chopped nuts (pecans, walnuts or peanuts)
- Dried unsweetened coconut
- Sesame seeds

1. Coarsely chop the chocolate chips and add them to a medium bowl.
2. Add the remaining peanut butter ball ingredients to the bowl and mix thoroughly until all ingredients are completely incorporated.
3. Scoop the mixture by teaspoonfuls and roll into walnut-sized balls, about 1 inch in diameter, and put on a plate or in a 9 x 13-inch baking pan.
4. If desired, roll the balls in a small dish with optional nuts, coconut and/or sesame seeds.
5. Cover the plate or pan and chill before serving.

### Divine Design: Chocolate

We've got good news for you! The Creator placed antioxidants called flavanols in the cocoa plant to help your body metabolize sugar and lower your blood pressure. To reap these benefits, add a bit of dark chocolate to your healthy diet. Help fix your body and your cravings.

### Variations

- Press the peanut butter mixture into an 8 x 8-inch baking pan and sprinkle with the coating, rather than rolling into balls.
- Use a food processor to chop the chocolate chips. Add the remaining peanut butter ball ingredients to the food processor and process until all of the ingredients are well incorporated.
- Replace up to half of the peanut butter with almond or cashew butter.
- Substitute raisins or other dried fruit for some or all of the chocolate chips.
- Substitute carob chips for the chocolate chips.

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Hope Egan & Amy Cataldo

Foreword by  
Rex Russell, M.D.

