

June 2010— Vol. 1 — Issue 1

AT THEIR PEAK IN

JUNE

- Apricots
- Arugula
- **Asparagus**
- Basil
- Beans
- Beets
- Blackberries
- Blueberries
- Cherries
- Chives
- Dandelion greens
- Fennel
- Lettuce (leaf)
- Mangoes
- Okra
- Papayas
- Peaches
- Peas
- Peppers
- Plums
- **Rhubarb**
- Raspberries
- Sorrel
- **Strawberries**
- Summer squash

Welcome to our first Malibu Beach Recovery Diet™ Newsletter. Join us in the kitchen to rediscover the Malibu Beach Recovery Diet™'s benefits. Every month, you will receive news from our Chefs, along with information on the freshest produce in season and a few delicious recipes to try at home.

Let us know how you are doing and what help you need in reproducing the amazing recipes you tasted during your stay at the Malibu Beach Recovery Center™. Make sure you visit our website at <http://sites.google.com/site/mbrccookbook>, dust off your pots and pans and get cooking. Please contact Angela at (310) 456-2026 if you need help to log-in!

Chef Licia Jaccard and CEO Joan Borsten

ASPARAGUS

Asparagus not only tastes good, but it does you good too. It contains no fat, cholesterol or sodium and is rich in vitamin C, folic acid, iron and potassium.

Alongside its aphrodisiac qualities, asparagus is also known as a natural remedy to help relieve indigestion and has also been recommended as a mild sedative. If you plan to keep asparagus for a day or two, keep it fresh by placing it in a jug or vase with the stems in water, then store in the fridge.

Asparagus spears differ in size and weight because they are hand grown and individually cut. For that reason, cooking times vary (usually three to six minutes).

Whichever cooking method you choose, your asparagus is cooked when the tips are tender (test with the point of a knife or a skewer).



Oven Broiled Asparagus

Serves 4

Ingredients

- 1 bunch (12 to 14 ounces) asparagus spears
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup shredded Asiago or Parmesan cheese

Instructions

Preheat oven to 425°F. Trim off and discard tough ends of asparagus spears. Peel stem ends with vegetable peeler, if desired.

Arrange asparagus in shallow baking dish. Drizzle oil over asparagus; turn spears to coat. Sprinkle with salt and pepper.

Roast asparagus until tender, about 12 to 18 minutes depending on thickness of asparagus. Chop or leave spears whole. Sprinkle with cheese.

Roasted Asparagus with Balsamic Browned Butter

Serves 8

Ingredients

- 40 asparagus spears, trimmed (about 2 lbs)
- Cooking spray
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons butter
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon balsamic vinegar
- Cracked black pepper (optional)
- Grated lemon rind (optional)

Instructions

Preheat oven to 400°. Arrange asparagus in a single layer on a baking sheet; coat with cooking spray. Sprinkle with salt and pepper. Bake at 400° for 12 minutes or until tender.

Melt butter in a small skillet over medium heat; cook 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat; stir in soy sauce and balsamic vinegar. Drizzle over asparagus, tossing well to coat. Garnish with cracked pepper and rind, if desired.

This dish can be eaten hot, warm or cold.

Fruits

Everything
 Dried Fruits
 Jams made without sugar and with Apple Juice as sweetener
 Except: Melons, Watermelons
 Honeydews, etc...
 Except: Bananas
 Except: Grapes (grape juice, and other grape products)

Vegetables

Everything
 Except: Corn (and all corn products: corn syrup, cornmeal, etc.)
 Except: Potatoes, but sweet potatoes are allowed
 Except: Vegetables whose sugar content rises with cooking (i.e.: beets, carrots, turnips and other root vegetables. Can be eaten raw but not cooked)

Grains

Everything
 Except processed grains such as white rice, etc. Use brown rice, barley, farro, quinoa, buckwheat.

Pasta

Everything made with whole-wheat flour or low-glycemic brands like Dreamfields.
 Except: White Pasta

Legumes

Everything (recommended as a great source of protein)

Meats

Everything
 Except: Pork whose fat is not digestible by the liver

Dairy

Everything
 Except: Yogurt with whey (Use strained Greek yogurt instead)

Breads

Everything using Whole-Wheat Flour or newly discovered flours, spelt, barley, etc.
 Includes Sourdough and Rye Bread
 Except: White Breads

Nuts

Everything

Beverages

Everything
 Caffeine-free Teas
 Smoothies and Fresh Fruit Juices except grape juice
 Except: Sodas
 Except: Beverages made with Grape Juice

PLUS

Eat one acidic ingredient per meal (orange juice for breakfast, lemon juice or vinegar in salad dressing, tomato slice in your salad).

RHUBARB

Around this time of year you can start to find fantastic rhubarb stalks in your local markets (its season is from April to September). This perennial vegetable related to buckwheat was first used for medicinal purposes in China as early as 2,700 B.C. For its diuretic and anti-inflammatory properties, rhubarb has long been used in natural medicine. But perhaps of more interest, it is low in calories yet high in calcium (almost a third of your recommended daily amount) and potassium, plus plenty of vitamins, minerals, fiber, folate and iron.

Today, rhubarb is affectionately known as "the world's favorite pie plant," although it can be used in countless other recipes. The leaves of rhubarb can be toxic, but they are normally removed and cleaned before they are sold. Look for long, firm, and fleshy stalks for optimal taste and freshness. With a pucker that rivals that of the lemon and bountiful harvests arriving in markets near you, try the following great recipes that feature rhubarb at the peak of its season.

Strawberry-Rhubarb Fool

Serves 6



Ingredients

- 1 cup chopped Rhubarb (about 1/2 pound)
- 3 Tbsp Agave Syrup
- 1 cup strawberries plus 3 for decoration
- 1 tsp orange zest
- 2/3 cup heavy cream

Instructions

Place the whipping cream, beater and bowl in the freezer to chill.

In a small stainless saucepan combine the rhubarb, 2 Tbsp of the Agave syrup, and 1 Tbsp. water, bring the mixture to a boil over moderate heat, and simmer it for 10 minutes, or until the rhubarb is tender. Transfer the rhubarb to a bowl and let it cool.

In a food processor fitted with a steel blade or in a blender, purée the sliced strawberries with the remaining 1 Tbsp Agave syrup and stir the purée into the rhubarb mixture.

In the chilled bowl beat the cream until it holds stiff peaks and fold it into the fruit mixture along with the orange zest.

Spoon the dessert into parfait glasses and chill it, covered, for 1 hour, or until it is set.

Cut the reserved strawberries lengthwise halves almost but not completely through into 3 slices, spread them into fans, and garnish the desserts with them.

Rhubarb-Strawberry Pudding Cake

Serves 6

Ingredients

- 1/4 cup water
- 1 1/2 tsp whole wheat flour
- 2/3 cup Splenda or other sweetener
- 2 cups chopped fresh rhubarb stalks
- 1 cup chopped fresh strawberries
- 1 cup whole-wheat pastry flour
- 1 3/4 tsp baking powder
- 1/2 tsp salt
- 1 large egg
- 1/2 cup whole milk
- 1 stick unsalted butter, melted and cooled slightly
- 1 tsp pure vanilla extract

Instructions

Put oven rack in middle position and preheat oven to 400°F. Butter an 8-inch square glass or ceramic baking dish.

Stir together water, flour, and 1/3 cup Splenda in a small saucepan, then stir in rhubarb. Bring to a simmer, stirring constantly, then simmer, stirring occasionally, 3 minutes. Remove from heat and stir in strawberries.

Whisk together flour, baking powder, salt, and remaining 1/3 cup Splenda in a bowl.

Whisk together egg, milk, butter, and vanilla in a large bowl, then whisk in flour mixture until just combined.

Reserve 1/2 cup fruit mixture, then add remainder to baking dish and pour batter over it, spreading evenly. Drizzle reserved 1/2 cup fruit mixture over batter. Bake until a wooden pick inserted into center of cake portion comes out clean, 25 to 30 minutes. Cool in pan on a rack 5 minutes before serving.