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Glorious One-Pot Kids Meals

This is a special Glorious One-Pot Meals publication with recipes written specifically for busy parents. Each recipe contained within is kid-friendly either because kids love the flavors, ingredients, and textures, or perhaps because the recipe is simple enough that a child could assist with or even accomplish the preparation of the meal.

Glorious One-Pot Meals are particularly well-suited for every day cooking for kids as each ingredient is completely substitutable; YOU make the meal using the ingredients YOU or your kids prefer. That these recipes are quick and easy to prepare and take 45 minutes or less to cook make them even more of a treat to make and eat.

If you print out this booklet and trim 3” off the bottom, it will slide perfectly into the back of your Glorious One-Pot Meals cookbook.

Cooking for Kids

If you’re reading this publication, you may already try to prepare wholesome and nutritious meals for your family and are looking for quick and easy recipes to incorporate into this lifestyle. Or perhaps you are making a lifestyle change to give your kids healthier, lower-fat meals to help their current or future overall health.
Regardless of your reasons, Glorious One-Pot Meals offer a unique way to help feed your children as best possible given our time, economic and personal energy constraints. Let’s face it: we live busy lives in a fast-paced world. Unfortunately, over the past half-century or so this has led to a degradation of what we eat on a regular basis. In other words, the Typical American Diet is full of artificial, synthetic, highly-processed and packaged foods.

You should know that the basic concept of a Glorious One-Pot Meal is to start with whole foods – real ingredients – rather than processed or synthetic foodstuffs.

This one simple decision – to eat more whole foods – can significantly alter the course of your family’s health.

Each of these recipes has been specifically designed to appeal to sensitive palates with varying textures but mostly familiar ingredients. You’ll find everything from hamburgers to chicken to turkey and fish recipes in this booklet. I must confess: I couldn’t pass up an opportunity to introduce (or reinforce!) a love for wonderfully nutritious and delicious ingredients such as tofu and quinoa in the next generation, and I hope your kids enjoy them as much as mine do.
These are mild recipes designed to appeal specifically to kids and other picky eaters. Though not at all bland, you should feel free to increase the flavorings as much as your family will enjoy and tolerate!

You may consider using organic and sustainably-grown ingredients, and though it is a personal choice and one I practice and recommend, it is not required for successful Glorious One-Pot Meals. However, to keep your Glorious One-Pot Meals as healthy as possible regardless of the organic status, when using processed sauces or marinades consider selecting ones without ingredients such as high fructose corn syrup or other synthetic sugar substitutes (sucralose, aspartame, saccharine, etc.), trans fats (partially-hydrogenated oils), or artificial colors or flavors.

Because these Glorious One-Pot Meal recipes may contain such processed ingredients as soy sauce, Italian salad dressing, yogurt, or marinara sauce, it is up to you to select acceptable brands of these flavorings or prepare your own versions that meet your nutritional standards.

I often find that the trickiest part of getting kids to eat food that’s good for them is getting them to try it. In our house we have the “3-bite rule”: you must have at least 3 bites of everything presented on your plate... and they have to be chewed and swallowed. If after this, the child still insists that he/she doesn’t like anything on his/her plate, then I will offer an alternative meal. It rarely comes to this, but occasionally I will prepare something too spicy or too chewy and will end up serving an old standby after the obligatory three bites are met.
The “3-bite rule” applies to each type of food on a plate. For example: 3 bites of the fish, 3 bites of the potatoes, 3 bites of the cauliflower, and so on.

Sometimes we have success luring children to taste something by playing a game and calling it something gruesome. That’s not cauliflower: it’s brain matter. Those lentils are really fish eyes. The quinoa grains are little maggots. Obviously, this won’t work for all kids!

I had to laugh out loud in the grocery store recently when my 4-year-old screamed out “There are monster heads, Mommy! Let’s get them for dinner!” Of course, “monster heads” are what we call Brussels sprouts.

There is often a direct correlation between how involved a child is with shopping for and preparing the meal and how excited they are to eat it. Kids can easily add layers of cut vegetables or bags of frozen veggies to their Glorious One-Pot Meals. Even at very young ages they can drizzle sauces or stir marinades.

Presentation of the food can make a difference as well. We like to perch “monster heads” on large square ravioli “shoulders” and glue it on with “blood”, otherwise known as marinara sauce. We also serve many Glorious One-Pot Meals with the ingredients separated out in segmented plastic plates. Of course, this works best for younger kids!

Another approach we employ is claiming the food to be someone else’s favorite treat, like a grandparent or a sports hero or even a cartoon character. “You know who loves sweet potatoes? Your Uncle Pete! And if he likes them I’ll bet you might, too.” This must be said with sincerity and conviction, and works best if it is someone the kid adores or idolizes.

Experts say it may take up to nine trials before someone may like a new food or flavor. I consider even a small bite a small victory in my quest to instill healthy, wholesome and adventurous eating habits in my children.
What are Glorious One-Pot Meals?

You may be new to Glorious One-Pot Meals and not familiar with this unique cooking concept. If so, then Welcome! This is a whole new way to think about making dinner.

Glorious One-Pot Meals refers to a patented technique (US patent no. 6,846,504) for layering whole (unprocessed) foods into a Dutch oven in a specific order and baking for a short time at a high heat. Essentially, the food is “flash-cooked” and each ingredient retains its integrity. It’s a kind of “anti-crock pot” method that I call “infusion cooking”.

While the recipes offer recommended ingredient pairings, savory depths of flavor, and nutritional soundness, this is essentially an intuitive cooking method. Basically, in Glorious One-Pot Meals any protein can be substituted for any protein, any carbohydrate can be substituted for another carb, and any veggie can stand in for any other veggie.

So, if a recipe calls for chicken and you want to make it with salmon instead, go right ahead. Or if it specifies potatoes and you prefer rice, you can do that, too. Perhaps the recipe as written includes green beans, and you’re not a green bean fan, then switch them out for a different green vegetable such as broccoli or green pepper or peas.

Intuitive cooking makes Glorious One-Pot Meals ideal for feeding picky families: once you decide the actual ingredients and layer them in the correct order along
with the flavoring elements selected, you’ve made the recipe uniquely your own and hopefully one your family will eat and enjoy.
Successful Glorious One-Pot Meals

While it is exciting to learn the tools for becoming an intuitive cook, I always advise people to follow a few of the recipes exactly as written before making a lot of changes because while it seems simple at the outset, there is a learned skill to achieving lip-smacking flavors.

Keep in mind the most important ingredient of successful Glorious One-Pot Meals is the correct oven temperature. A stand-alone oven thermometer will verify the temperature and is the first step in troubleshooting.

For best results, ensure the oven is fully pre-heated to 450°F before putting the Dutch oven inside and validate that the oven is indeed at 450°F when it claims to be at that temperature.

Glorious One-Pot Meals must be prepared in a cast iron Dutch oven and work best when the pot is filled to the brim. All the recipes herein are based on two adult eaters using a 2-quart Dutch oven. These recipes usually feed myself, my husband, and my kids (2 and 4), often with some leftovers. They would definitely feed one adult and two kids under 12.

To feed four healthy eaters, simply double the recipe, use a 3 1/2- or 4-quart Dutch oven, and plan to bake the pot about 5-7 minutes longer than suggested. To feed a family of six adult-sized eaters, triple the recipe, use a 5 1/2- or 6-quart Dutch oven, and assume about 10-15 additional minutes in the oven.
Glorious One-Pot Meals follow a general guideline of about one quart of Dutch oven per adult eater.

Substitutions

Each of the recipes in this publication has been selected and developed with cooking for kids in mind. However, should you desire to make substitutions, here are a few simple guidelines:

• Replace a vegetable with another in the same color family. For example, if you remove the carrots from a recipe, you might choose to replace them with acorn squash or orange bell pepper or even sweet potatoes. That way you maintain the nutritional balance indicated by the rainbow of vegetables in each meal.

• If you remove a dry good such as rice or pasta, also remove the liquid in the recipe as its sole purpose is to hydrate the dry good. If you replace rice with pasta in a recipe, for instance, then find a pasta recipe to know the correct amount of noodles and liquid for perfect pasta.

More About Glorious One-Pot Meals
This publication is only a taste of the possibilities inherent with this patented cooking method. Learn more about Glorious One-Pot Meals, healthy eating and nutrition at http://www.gloriousonepotmeals.com.
Recipes

All Glorious One-Pot Meal recipes are categorized by mood, i.e., what do you feel like eating?

There are two categories of Glorious One-Pot Meals in this book:

**Hale & Hearty**

When you think of Hale & Hearty Glorious One-Pot Meals, think substantial ingredients that give food that heft. These robust, filling dishes appeal to healthy eaters and each recipe promises a nutritious and satisfying meal bursting with flavor.

**Light & Flavorful**

For pure, unadulterated taste and texture, choose a Light & Flavorful Glorious One-Pot Meal recipe. These refreshing spice and herb combinations offer vibrant flavors and tasty fares. Natural aromas infuse the ingredients until they make your taste buds dance with excitement.

When preparing your Glorious One-Pot Meals, consider switching from regular table salt to sea salt. Sea salt is a healthy form of sodium and contains 80+ trace minerals and elements our bodies need and use. Besides, it tastes better!
Dinner for Dad

Ingredients

- 3 cups frozen hash browns (shredded potatoes)
- salt
- 12-15 frozen pearl onions
- 1/2-3/4 lb. boneless steak, well trimmed
- 2 Tbsp. steak sauce (A-1 or other brand)
- 1 cup sliced mushrooms
- 1 1/2 cups baby carrots
- 2 1/2 cups frozen green beans
- 1-2 sprigs rosemary

Instructions

Preheat oven to 450 degrees. Spray inside of cast iron 2-quart Dutch oven and lid with canola oil. Shake hash browns loosely into pot and lightly season with salt. Scatter pearl onions and set steak atop. Spread steak sauce on meat and sprinkle with mushrooms. Distribute baby carrots around the pot and fill rest of the way with green beans. Tuck rosemary sprig into crevices.

Cover and bake for about 28 minutes or until about 2 minutes after the aroma of a fully-cooked meal escapes the oven.

Tips

If your Dad doesn’t want a steak, feel free to substitute any other protein (chicken, fish, pork, etc.) for the meat. It will still be a lip-smacking “did-it-myself” meal.

The steak will usually turn out well-done on the edges and more toward medium in the center. For more fully-cooked meat, leave in the oven for at least 30 minutes.

Notes

The concept of this meal is that it is so easy and safe (no knife work) that a child could prepare it as a Father’s Day treat. What may surprise you is how delicious it is!

Feel free to use your favorite steak sauce, teriyaki sauce, BBQ sauce, or Worcestershire sauce for a variation on flavors.
One-Pot Holiday Dinner

Ingredients

- 1/2-3/4 lb. turkey tenderloin or boneless breast fillets
- 1/3 cup whole cranberries, fresh or frozen
- 1/3 cup orange marmalade
- 1 tsp. lemon juice
- 1 dash ground white pepper
- 1/3 cup shelled walnuts
- 1/4 cup chicken broth
- 8-10 pearl onions, peeled, halved
- 1 med.-large sweet potato or yam, scrubbed, 1/4" slices
- 2-4 mushrooms, thickly sliced
- 20-30 green beans, trimmed
- 1 sprig sage leaves

Instructions

Preheat oven to 450 degrees. Spray inside of cast iron Dutch oven and lid with canola oil. Set turkey pieces into base in a single layer, trying not to overlap pieces as much as possible. Lightly sprinkle with salt.

In a food processor or blender, pulse cranberries using chopping blade (shaped like a backwards "S") until berries are in large chunks. Add marmalade, lemon juice and white pepper and pulse two or three times to mix together. Pour in walnuts and broth and continue to pulse until walnuts are roughly chopped and you have a chunky liquid.

Pour about half of cranberry mixture onto turkey. Toss in onions and layer in sweet potato slices. Again, lightly salt. Cover with rest of cranberry mixture. Top with mushroom slices and green beans. Tuck sage sprig into crevices.

Cover and bake for about 38 minutes. You’ll know it’s ready 3 minutes after the aroma of a finished meal escapes your oven. Spoon “gravy” from bottom of pot over food before eating.

Tips

- In a pinch, substitute pulpy orange juice for the orange marmalade. You’ll just end up with more “gravy” at the bottom of the pot.
- The turkey, cranberries and green beans can all be used fresh or frozen (without thawing) and it won’t change your cooking time or most things about your meal.

Notes

Not everyone wants to cook for an army on the holidays, but there is something about having a traditional holiday meal that evokes a feeling of celebration. This is a great solution to getting the meal with all the trimmings, yet without spending hours and hours in the kitchen or facing a week of leftovers.
Pasta w/ Meatballs

Ingredients

- 2 cups rotini or fusillli dry pasta
- 2/3+1/4 cup water
- 5-6 drops olive oil
- 1/2-3/4 lb. ground meat
  - 1 egg, beaten
  - 1/4 cup breadcrumbs
  - 1/4 tsp. sea salt
  - 2 Tbsp. chopped fresh parsley
  - 12 oz. marinara sauce
  - 2 cups carrot medallions
  - 1/2 med. zucchini, sliced in rounds and halved
  - 1/2 yellow bell pepper, sliced

Instructions

Preheat oven to 450 degrees. Spray inside of 2-quart cast iron Dutch oven and lid with olive oil. Pour in dry pasta. Add liquid and olive oil and stir to coat noodles, smoothing into an even layer.

Mix ground meat with egg, breadcrumbs, sea salt and parsley. Shape into 2 Tbsp.-size balls and drop into pot. Cover with 1/2 of the marinara sauce.

Layer in carrots, zucchini, and yellow peppers. Lightly season with sea salt. Pour rest of marinara sauce over all. Cover and bake for about 45 minutes, or until about 3 minutes after the aroma of a fully-cooked meal escapes the oven.

Tips

Make a quantity of meatballs up in advance and freeze individually on cookie sheets. Then drop the frozen balls into a plastic storage container and keep in the freezer for spur-of-the-moment Glorious One-Pot Meals.

Hale & Hearty

Notes

Use whatever type of ground meat you prefer for making the meatballs: beef, pork, turkey, chicken, or even soy or other meat substitutes.

When I don’t have time to make homemade marinara sauce I like to use jarred organic brands of marinara sauce. In fact, I always keep jars of sauce in my pantry for lots of convenient Glorious One-Pot Meal options.
Plain Jane Chicken

Ingredients
2-3 pieces chicken
   salt & pepper, to taste
6-8 new potatoes, quartered
2 cups carrot medallions
4-6 mushrooms, thickly sliced
2 cups frozen peas

Instructions
Preheat oven to 450 degrees. Spray inside and lid of 2-quart cast iron Dutch oven with canola oil.

Set chicken pieces into pot, trying not to overlap. Lightly season with salt and/or pepper. Add quartered new potatoes and carrots. Lightly salt and/or pepper. Scatter mushrooms into pot. Pour in peas.

Cover and bake for about 40-45 minutes, or 3 minutes after the aroma of a fully-cooked meal escapes the oven and the chicken is completely cooked.

Tips
For a bit more flavor, drop in a few peeled and halved garlic cloves underneath and around the chicken. Consider drizzling your favorite Italian salad dressing (+/- 2 Tbsp.) over the chicken instead of salt and pepper for a totally different and inviting flavor combination.

Light & Flavorful

Notes
This is a very basic recipe that is great for kids and other picky eaters.

Don’t overlook that this could easily be a quick, last-minute dinner of frozen ingredients: Boneless chicken pieces frozen individually, frozen hash browns placed underneath, half of a bag of frozen peas and carrots, dried mushrooms presoaked for 10+ minutes in boiling water.
Quick & Easy Burgers

Ingredients
- 2 cups corn kernels, fresh or frozen
- 2-3 hamburger patties, fresh or frozen
- 2 Tbsp. Italian dressing
- 10-16 oz. frozen mixed vegetables

Instructions
Preheat oven to 450 degrees. Spray inside of 2-quart Dutch oven and lid with olive oil. Pour in corn kernels. Set patties atop corn layer and drizzle with Italian dressing. Fill pot with mixed vegetables, as many as will fit.

Cover and bake for 25-40 minutes, depending upon the thickness of your patties, whether they are fresh or frozen, how rare or cooked you like them, and the type of meat or meat substitute used. You'll know it's ready about 3 minutes after the aroma of a fully-cooked meal escapes the oven.

Tips
The easiest way to make this recipe is using bottled Italian dressing. My favorite is Annie's Naturals Tuscany Italian dressing. However, you should feel free to mix together oil, vinegar, and any variety of fresh or dried herbs and spices to make your own dressing. Try basil, oregano, salt and pepper.

Hale & Hearty
Notes
I like to use California-style mixed vegetables: zucchini, cauliflower, carrots

Also, consider making this recipe with turkey meat burgers, store-bought veggie burgers, chicken, fish, or whatever you want. It's quick, easy and always tasty.
**Sweet Potato Walnut Chicken**

**Ingredients**
- 1 large sweet potato, julienne cut
- 1/2 - 3/4 lb. chicken strips or whole pieces
- 1/4 cup broth or water
- 1/4 tsp. sea salt
- 1/4 tsp. white pepper
- 1/2 cup walnuts, chopped
- 1 large head broccoli, cut into stalks

**Instructions**
Preheat oven to 450 degrees. Spray inside of 2-quart cast iron Dutch oven with olive oil.

Add the sweet potato sticks to the pot in a thick layer. Separate chicken strips and scatter into pot. Mix broth with spices and pour over all. Lightly salt and pepper and sprinkle with walnuts. Stack broccoli stalks into pot until full.

Cover and bake for 35-40 minutes, or until 3 minutes after the aroma of a complete meal wafts from the oven.

**Tips**
For just a tad more of a zing to this meal, add 1/8 tsp. of cayenne pepper to the broth mixture.

**Notes**
- Don't feel bound to use chicken strips; whole pieces of chicken are fine as well.
- This is also a great recipe with turkey breast, boneless pork tenderloin, or halibut.
Garlic Fish

Ingredients
8 cloves garlic, peeled
12 oz. frozen hash browns (not the patties)
pinch sea salt
.5-.75 lb. frozen fish fillets
1 cup carrot medallions
2 cups frozen broccoli florets
1 cup frozen corn kernels

Light & Flavorful

Instructions
Preheat oven to 450F degrees. Spray inside of 2-quart cast iron Dutch oven. Lay garlic cloves into pot. Shake hash browns into bottom of pot in a thick layer. Sprinkle with a pinch of sea salt. Set fish filets in next and pour in carrots, broccoli and corn.

Cover and bake for 30-45 minutes, depending upon the thickness of the fish and if items were loose or frozen together. It will be ready 3 minutes after the aroma of a fully-cooked meals wafts from the oven.

Tips
Garlic is a favorite flavor for my kids, and when the whole garlic cloves come into contact with the spray of oil, they take on a mellow, sauteed effect that is really tasty. Try a less "fishy" fish for unenthusiastic fish eaters; consider choosing sole, flounder, or tilapia.

Notes
The first time I presented this recipe to my children, then 4 and 2, the older boy threw a fit, said it looked "disgusting" and refused to eat it. I calmly reminded him of our rule for new (or forgotten!) foods: you must eat 3 bites of each item and then if you still don't like anything on the plate you can have something else. Within minutes they both had polished off full plates and asked for seconds!
Sausage & Quinoa

Ingredients
3/4 cup dry quinoa
1 cup broth or water
1/2-3/4 lb. sausage links
1/2 green bell pepper, sliced
1/2 yellow bell pepper, sliced
1/2 red bell pepper, sliced
4 roma tomatoes, quartered lengthwise

Instructions
Preheat oven to 450 degrees. Spray inside of 2-quart Dutch oven and lid with olive oil. Pour quinoa into pot with liquid and stir to coat the grains and smooth into a level surface. Set the sausages in a single layer, if possible. Scatter pepper slices in next and lightly season with sea salt. Top with tomato wedges.

Cover and bake about 45 minutes, or about 3 minutes after the aroma of a fully-cooked meal escapes the oven. Fluff quinoa with a fork when serving.

Tips
Use your family's favorite type of sausage to make this recipe a real winner. Our current favorite is an organic chicken-feta sausage that we find in our regular grocer's freezer. There is no need to thaw frozen sausages, just be sure to separate them before adding to the Dutch oven.

Notes
Quinoa is the only grain that is a complete protein. The staple food of the Incas in Peru, they called it "Mother grain". Find it near the rice in a health food grocery store, or get it out of the bin food section and store it in an air-tight jar at home.

Quinoa (pronounced keen-wa) has a light, nutty flavor with a wonderful texture that is fun to eat.
**Sesame-Peanut Tofu**

**Ingredients**
- 1 tsp. sesame oil
- 1 cup parboiled brown rice
- 1 cup + 2 vegetable broth
- 8 oz. firm tofu
- 2 Tbsp. peanut butter
- 2 Tbsp. honey
- 2 Tbsp. soy sauce
- 2 Tbsp. rice wine vinegar
- 1/8 tsp. ground ginger
- 2 cloves garlic, chopped (1 Tbsp.)
- 1/2 tsp. cayenne pepper
- 1 orange bell pepper, sliced
- 1 8 oz. can water chestnuts, drained, sliced
- 2 cups broccoli florets

**Instructions**
Preheat oven to 450 degrees. Wipe sesame oil over inside of 2-quart Dutch oven and lid. Rinse rice in a strainer under cold water until water runs clear. Mix broth with rice in bottom of the pot.

Drain tofu and place on thick bed of paper towels. Cover with several layers of paper towels and top with a heavy object to squeeze as much liquid out as possible. Then cut the tofu into bite-sized cubes. In a small bowl, whisk the peanut butter, honey, soy sauce, rice wine viegar, giner, garlic and cayenne until the peanut butter is emulsified.

Layer the tofu into the pot and drizzle with 1/2 the peanut butter mixture. Drop in the bell peppers, water chestnuts, and broccoli florets and top with the rest of the peanut butter mixture. Cover and bake for 45 minutes.

**Tips**
Parboiled brown rice has been slightly pre-cooked and then dried. It is sold as "quick-cooking" or even "instant" brown rice. Nothing should have been added to the rice and it should look like regular raw rice grains.

Don't want to use brown rice? Then substitute any type of white rice (not parboiled); my suggestion would be to use sushi rice or jasmine rice. Use the same amount of water as indicated in the recipe.

**Light & Flavorful**

**Notes**
This is a great way to introduce kids to the idea of eating tofu and enjoying it. Be sure to squeeze all the liquid out of the tofu before adding it to the pot so that it will absorb as much of the yummy sesame and peanut flavors as possible.
Tandoori Chicken with Brown Rice  Light & Flavorful

Ingredients

1 cup parboiled brown rice
2-3 pieces chicken
1 lemon, squeezed
sea salt and pepper
1 cup yogurt, plain
1 1/2 Tbsp. ginger, peeled and freshly grated
4 cloves garlic, mashed
1 sm. Anaheim chili pepper, trimmed, seeded &
1 tsp. garam marsala
1 tsp. turmeric
1 10-oz. pkg. frozen mixed vegetables, stir fry style

Instructions

Preheat oven to 450 degrees. Spray pot and lid with canola oil. Pour parboiled brown rice into pot and add 1 cup water. Rinse chicken and set atop rice (may be slightly submerged). Squeeze lemon juice over chicken and lightly sprinkle with salt and pepper.

In a small bowl, mix together yogurt, ginger, garlic, chili pepper, garam marsala, and tumeric. Pour 1/2 of mixture over chicken. Empty bag of frozen vegetables into the pot, separating any large clumps of icy vegetables. Do not thaw vegetables first!

Cover and bake for 45 minutes, or until the aroma wafts from the oven and the chicken is completely cooked (not pink in the middle).

Slice the other lemon half into wedges for garnish.

Tips

If you are on a dairy-free diet, try this with plain soy yogurt. Boulder Colorado’s Silk makes an excellent soy yogurt that is as creamy as the real thing but without the lactose or saturated fat.

Anaheim green chiles are very mild when the seeds and veins are removed.

Notes

Parboiled rice simply means it has been partially pre-cooked. Find it sold as "Instant" or "Quick-cooking" brown rice.

Garam marsala is the basic mix of Indian spices. Look for it in the spice aisle of your grocery store.

For additional garnishing, use sprigs of fresh mint or cilantro.
**Very, Very Mild Fish**

### Ingredients
- 2 cups potatoes, cut into small cubes
- 1/2-3/4 lb. fish filets
- 3-4 cloves garlic, chopped roughly
- 1 Tbsp. butter, sliced
- sea salt, to taste
- 1 thick slice lemon, or 1/2 tsp. lemon juice
- 4-6 mushrooms, sliced thickly (optional)
- 2 whole scallions, cleaned and trimmed
- 1 cup baby carrots, sliced into thirds
- 2 cups cauliflower, cut into bit-sized pieces

### Instructions
Preheat oven to 450 degrees. Spray inside of 2-quart cast iron Dutch oven and lid with olive oil. Spread potatoes across base and sprinkle with sea salt. Set fish filets in a thick layer next and scatter garlic, butter and sea salt. Squeeze lemon slices over fish, followed by mushrooms.

If using, lay whole scallions atop the fish. Next, add the carrots and cauliflower. Season the top of the pot with sea salt. Cover and bake for about 45 minutes, or until the fish flakes cleanly and does not appear jelly-like.

### Tips
It is rare for me to publish a recipe calling for butter, but in this particular case, I think it gives the fish a smoother mouth experience which might be less offensive for difficult or timid eaters. You certainly can use ghee, trans-fat-free margarine, olive oil, or even just skip it altogether.

This is one time when it is ok if the pieces of fish are overlapping or even frozen together.

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**Light & Flavorful**

### Notes
My young children won’t eat the scallions in this recipe, but I’m nonetheless pleased in knowing that I’ve added another flavor to their tongue’s catalog that will increase the range and breadth of their eating preferences and habits.

The mildest types of fish -- and thus more acceptable to non-fish or picky eaters -- are the flat white fish. Flounder, sole, or even haddock or tilapia.