

Meal Plan: A Hard Beginning of SCD in Switzerland

Created by Morana Bodmer

This meal plan does not reflect how we eat now, after almost 3 years on the diet. Life is much easier now - our son Noah is doing very well, he can have a lot of advanced foods and we have more or less adjusted to the demands of this diet. But the beginnings were very hard.

After a week on the intro diet, we have tried to combine SCD with low FODMAPs for the first couple of months using a lot of our own research and this guide

http://www.siboinfo.com/uploads/5/4/8/4/5484269/sibo_specific_diet_food_guide_sept_2014.pdf.

Monday-Friday of this meal plan shows you how we did it (Saturday and Sunday meal plan is "normal" SCD). This meal plan is also nightshade, nut and egg white free.

I have to add that since we live in Switzerland and our children attend local schools, their schedule is somewhat different than it would be in the USA. They have only a yogurt smoothie for breakfast before school, then a small snack at school and at midday they come home for lunch, and so lunch is their main meal. It is also important to note that probiotics are very important on SCD, but even more so if you decide to do the temporary combination of low FODMAPs and SCD. Make sure you use some sort of probiotics during this time. SCD yogurt would be best, but commercially available SCD legal probiotic will do as well

As we progress with the diet I constantly add more tricks and tweaks, for example, I often add a little bit of spinach or broccoli to my fruit leather or marmalade, kids who do not like their veggies do not notice.

Example Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> Almond Flour Waffles Strawberries & Coconut "Whipped Cream" for Waffles House-made Turkey Sausage SCD Yogurt with Berries 	Yogurt smoothie (cup of yogurt mixed with berries, bananas, honey...), a small piece of homemade jello (made with grape juice)	Yogurt smoothie and a small jello or homemade marshmallow	Yogurt smoothie and a small jello or homemade marshmallow	Yogurt smoothie and a small jello or homemade marshmallow	Yogurt smoothie and a small jello or homemade marshmallow	Yogurt smoothie and a small jello	Yogurt smoothie and a small jello
<ul style="list-style-type: none"> Crepes for Wraps Plain Pulled Rotisserie Chicken and Sliced White Cheddar Chicken Salad Green Beans with Garlic Butter Sauce Cantaloupe and Honeydew Melon Wedges 	Duck breast in orange juice with white carrot puree, green salad, diluted orange juice	Bolognese with tomato sauce on carrot spaghetti, green salad, diluted orange juice	"Saltimbocca alla Romana" (veal-prosciutto-sage wraps) green salad, diluted orange juice	Moroccan chicken green salad, diluted orange juice	"Wiener Schnitzel" (deep fried veal cutlets) green salad, diluted orange juice	Chicken with peas salad, diluted orange juice	"Krautwickel" (stuffed cabbage leaves) salad, diluted orange juice
<ul style="list-style-type: none"> Honey-Lime Chicken Drumsticks Cauliflower Mash Carrot Cupcakes 	Scallops on a green leek bed	Sautéed plaice with bacon with zucchini	"Pollo Tonnato" (chicken with tuna-caper sauce)	Frittata	Mackerel from the oven sautéed green beans	"Rice" and french lentils or dahl	Asparagus or Zucchini with prosciutto wrap
At 10 am at school	Ripe banana chips	Fruit leather (blueberry)	Fruit leather (ripe banana and strawberry)	Fruit leather raspberry	Pineapple and ripe banana fruit leather	Fruit gratin	Pancakes
At 4 pm after school	Clear chicken broth with carrots, yogurt smoothie	Clear chicken broth with carrots, yogurt smoothie	Clear bone chicken with carrots, yogurt smoothie	Clear chicken broth with carrots, yogurt smoothie	Clear chicken broth with carrots, yogurt smoothie	Butternut soup, yogurt smoothie	Pea soup, yogurt smoothie

Ingredient list by day

Monday:

Olive oil, ingredients to make yogurt, fruit for the yogurt smoothie, juice and gelatin for jello, jello and clover, cotton or alfalfa honey for marshmallows, 4 duck breasts, 1 pound white or normal carrots, 1 pound normal carrots for the broth, salad, oranges, 1 pound scallops, 2 leeks for scallops and 2 leeks for broth. ripe bananas, 1 whole chicken for the broth, celery and parsley, thyme and rosemary (and salt, pepper, vinegar), fruit for fruit leather- buy and prepare enough for next week

Tuesday:

Bay leaves, 1 pound minced beef, (red wine), 2 pound carrots, scallions, celery, cranberries or rhubarb, (balsamic vinegar), salad, oranges, 8 plaice fillets, legal bacon, 1 pound zucchini

Wednesday:

8 (2-oz.) veal cutlets (preferably from the veal top round), 16–24 thin slices of legal prosciutto, (red wine) 16 sage leaves, green beans, parsley fresh, white wine vinegar, 4 eggs, lemon, 1 (5-oz.) tuna, capers, legal canned anchovy fillets (and some pickled veggies), salad, oranges

Thursday:

2 Meyer lemons or regular lemons, scallions, ground cumin, ground cumin, ground cinnamon, ground ginger, ground turmeric, 4 1/2-pound chicken (or just chicken thighs), cut into 8 pieces, skin removed, 1/2 cup green olives, 12 eggs, frozen spinach, legal bacon, scallions, salad, oranges

Friday

4 thin veal cutlets, eggs, legal pork rinds or almond flour salad, oranges, 4 mackerel (or other whole fish), thyme, rosemary.

Saturday:

3 onions, 1 pound minced chicken, 1 pound frozen peas and carrots, oranges, (legal bacon), 1 cauliflower, 1 pound lentils (green or brown for "French lentils" or red for dahl) olive oil, salt, pepper, spices to taste, fruit of choice for gratin, eggs, coconut milk, 1 butternut squash, garlic, salad,

Sunday:

Salad, oranges, eggs for pancakes (and Krautwickel), fruit for homemade spread, 2 lbs [ground beef](#) (or chicken or pork), 1 large [white cabbage](#), 1 medium [onion](#), [parsley](#), ground marjoram (not powdered), 2 teaspoons [caraway seeds](#), frozen peas, garlic, asparagus, legal prosciutto

Cost estimate for week: We live abroad and the cost is very high, especially if buying organic, so it cannot be compared to the US prices.

RECIPES

Monday:

Homemade jello

<https://wellnessmama.com/3803/healthy-jello/>

Homemade marshmallows:

adapted from <https://wellnessmama.com/6423/marshmallow-recipe/>

Important: do not use marshmallow root or cocoa powder!!

If you want to keep this recipe low FODMAP, use the clover, alfalfa or cotton honey as recommended here

http://www.siboinfo.com/uploads/5/4/8/4/5484269/sibo_specific_diet_food_guide_sept_2014.pdf

I have never tried adding probiotics to the mixture.

Duck breast in orange juice

4 servings

4 duck breasts

juice of one orange

fresh or dried thyme and rosemary

salt and pepper to taste

Place duck breast in a baking tray (fatty skin up- use a sharp knife to score across the duck breasts 4 times through the skin and fat but just barely to the meat. Rub the skin with salt and pepper), pour the juice over it, add the spices and bake it until the skin gets crispy and the internal temperature reaches 170 F. If there is no more juice left in the pan, you can take the breast out and add more juice to the pan to make the sauce. Serve with white carrot puree (you can use any carrots- white carrot puree just looks more like mashed potato- steam carrots and puree them with some salt- add some broth if necessary to reach the desired consistency)

Scallops on a green leek bed

serves 4

1 pound scallops

2 leeks- just the green part

homemade broth

salt, pepper

Cut and sauté the leek, keep adding broth until the leek softens. Add the scallops and cook until done.

Chicken broth

for about 1-1.5 gallon

1 whole chicken (about 4 to 5 pounds), green part of 2 leeks, 5 carrots, 2 celery stalks (with leaves if possible), 5 stems fresh parsley (about 1 small handful), 2 teaspoons sea salt, 1 tablespoon apple cider vinegar. Let it simmer for at least 4 hours (I usually do it overnight) and strain your stock through a fine mesh colander or cheesecloth into a large bowl or pot. Reserve carrots and serve with the broth. **Take the meat off the chicken and use it for dinner on Wednesday! You can also use it for chicken salad, frittata or add it to the broth with the carrots**

Banana chips

Slice ripe bananas into 1/16 inch slices and lay in a single layer on a baking or dehydrator tray covered with parchment paper. Dry or bake until crisp (for about 12-15 hours) at 140 F.

Tuesday:

Bolognese with nomato sauce

serves 4 (It is easy to double this recipe and freeze leftovers)

1 pound minced beef

2 scallions, just the green part

2 cups nomato sauce

2 sprigs rosemary, 2 bay leaves, 1 tsp dried thyme, 2 tsp dried oregano

salt, pepper

1 cup broth and if you like ½ cup red wine

Sautee scallions in some olive oil, add the beef and cook stirring for 3-4 mins until the meat is browned all over. Add the other ingredients.

Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce. (You may add grated parmesan if desired).

Steam some carrot strips for spaghetti or use a spiralizer to make raw carrot spaghetti and serve with the sauce.

Nomato sauce

(adapted from <http://www.food.com/recipe/basic-nomato-sauce-tomato-free-tomato-sauce-359835#activity-feed>)

6 black or purple [carrots](#), peeled and diced (when no longer doing low FODMAPS (you can use 4 normal carrots and 2 small red beets for color)

2 [celery ribs](#), diced

½ cup of cranberries or rhubarb

dried thyme, oregano, salt and pepper to taste

½ cup broth, if necessary some balsamic vinegar to give it the specific taste

Steam ingredients and puree with the spices and broth.

You can double/triple the recipe and freeze this sauce to have it on hand when necessary. Also once your kids get used to the taste, you can smuggle additional veggies into this sauce without them noticing it (spinach, broccoli).

Sautéed plaice fillets

Serves 4

8 plaice fillets

8 slices of legal bacon (you can skip this, I just found it easier to “sell” the fish to my kids)

Fry bacon in a pan until crisp. Take it out and add plaice to the same pan and sautee until done. Serve plaice with bacon and sautéed zucchini.

Fruit leather/homemade spread

Cook the fruit, puree and if necessary deseed (this makes excellent spread, you can add honey if desired), spread out on parchment paper and dry overnight at the lowest setting in your oven or in a dehydrator. Cut in stripes.

Wednesday:

"Saltimbocca alla Romana" (veal- prosciutto- sage wraps)

serves 4

Ingredients

8 (2-oz.) veal cutlets (preferably from the veal top round, but you could use turkey or chicken instead)

salt and freshly ground pepper

16–24 thin slices of legal prosciutto

16 sage leaves

4 tbsp. olive oil

8 tbsp. unsalted butter

($\frac{1}{4}$ cup dry red wine)

1 cup [chicken stock](#)

Instructions

Using a meat mallet, pound the veal cutlets, one at a time, between 2 sheets of plastic wrap until each piece is about $\frac{1}{8}$ " thick. Lightly season with salt (little is needed, as prosciutto is salty) and pepper, to taste. Lay 2 to 3 thin slices of prosciutto atop each piece of veal, gently pressing prosciutto against veal to adhere. Place 2 sage leaves on top of the prosciutto and stitch them into the veal with a toothpick.

Heat 2 tbsp. of the oil in a 12" skillet over medium-high heat. Add half the meat and cook, turning once, until prosciutto side is crisp and the veal side is lightly browned, about 1 minute per side. Transfer the meat to a plate. Repeat with more olive oil and remaining meat. Remove and discard the toothpicks.

Add wine if desired, alternatively add more broth; cook, scraping up browned bits, until reduced by half, 1-2 minutes. Add stock; reduce by half, about 3 minutes. Return meat to pan; cook, turning occasionally, until sauce thickens slightly, 1-2 minutes cca.

Serve with cooked carrots and/or green beans.

"Pollo Tonnato" (chicken with tuna-caper sauce)

serves 4 (or 8 as a starter)

$\frac{1}{4}$ cup packed parsley leaves

chicken meat- leftover from making chicken broth

3 tbsp. white wine vinegar

1 tbsp. grated lemon zest, plus 1 lemon thinly sliced

4 egg yolks

1 (5-oz.) can legal tuna, drained

1 cup olive oil

$\frac{1}{3}$ cup capers

8 canned anchovy fillets, drained

salt and freshly ground black pepper, to taste

This dish is served cold and it makes a great meal in the summer.

Place cold chicken meat (leftover from making chicken broth) on a plate. Purée half each the capers and parsley with the vinegar, zest, 4 anchovies, the yolks, tuna, salt, and pepper in a food processor until smooth. With the motor running, slowly drizzle in olive oil until sauce is emulsified. Pour over chicken. Garnish with reserved capers, parsley, anchovies, and the lemon slices.

You can serve it with some legally pickled or fermented veggies.

Another version of this recipe would be to use veal or beef instead of chicken.

Thursday:

Moroccan Chicken with Green Olives and Lemon

(adapted from <http://www.epicurious.com/recipes/food/views/moroccan-chicken-with-green-olives-and-lemon-352532>)

Makes 4 servings

2 Meyer lemons or regular lemons

1 tablespoon olive oil

green part of scallions (after the low FODMAPs stage you can use onion and garlic)

2 teaspoons ground cumin

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1 teaspoon ground turmeric

2 cups homemade chicken broth

1 4 1/2-pound chicken, cut into 8 pieces, skin removed (alternatively, you can use just chicken thighs)

1/2 cup green olives

Preparation

Cut 1 lemon into 8 wedges. Squeeze enough juice from second lemon to measure 2 tablespoons; set wedges and juice aside. Heat oil in large skillet over medium-high heat. Add scallions and sprinkle with salt and pepper; sauté quickly. Add spices; stir 1 minute. Add broth; bring to boil. Sprinkle chicken with salt and pepper; add to skillet. Add lemon wedges. Cover; reduce heat to medium-low, and simmer until chicken is cooked through, turning occasionally, about 30 minutes. Transfer chicken to platter. Add olives and 2 tablespoons lemon juice to skillet. Increase heat to high; boil uncovered to thicken slightly, about 5 minutes. Season with salt and pepper. Pour over chicken.

Frittata

Here is one example of frittata; you can use various different ingredients to make this meal tasty and interesting.

Serves 4

1 tablespoon extra-virgin olive oil

1 cup green part scallion

2 cups frozen spinach (from two 10-ounce packages), thawed and squeezed dry

Coarse salt and ground pepper

12 egg yolks (if egg white sensitive) and 3 tablespoons water (or 6 large eggs) lightly beaten

1/2 cup crumbled cooked legal bacon (5 slices) and/ or some leftover chicken from the broth

In a 10-inch ovenproof nonstick skillet, heat olive oil over medium-high. Fry bacon until crisp, take it out and crumble it. Add scallions and spinach to the pan, and cook for about 5 minutes. Add eggs and bacon, season with salt and pepper, and stir to combine. Cook, undisturbed, until edges are set, about 2 minutes. Transfer

skillet to oven and bake until top of frittata is just set, 10 to 13 minutes. Invert or slide frittata onto a plate and cut into 4 wedges.

Friday:

"Wiener Schnitzel" (deep fried veal cutlets)

Serves 4

Ingredients

4 thin veal cutlets

salt and freshly ground black pepper

2 large egg yolks and 1 tablespoon water, lightly beaten

1/2 cup SCD "breadcrumbs"- either almond flour or ground legal pork rinds (our kids like this coating best)

olive or coconut oil or lard

Instructions

Place the cutlets between two sheets of plastic wrap and pound them until just ¼ inch thick with the flat side of a meat tenderizer. Lightly season both sides with salt and freshly ground black pepper.

Place the beaten egg yolks and "breadcrumbs" in 2 separate shallow bowls. Dip the meat in the egg yolk and then the "breadcrumbs", coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried - fry immediately.

Make sure the cooking oil is hot enough at this point (about 330 degrees F) as you don't want the Schnitzel to sit around in the coating before frying. Use enough oil so that the Schnitzels "swim" in it.

Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels.

Serve immediately with slices of fresh lemon and parsley sprigs. Serve with a fresh leafy green salad.

Mackerel (or any other whole fish)

Serves 4

4 mackerel

olive oil, thyme , rosemary

Place whole mackerel on a tray, drizzle it with olive oil, and sprinkle some thyme and rosemary into the cavity.

Bake at 300F until done (about half an hour).

If you have a barbecue, you can use it instead of oven- it will taste even better that way.

Serve with sautéed green beans.

Saturday (no longer low FODMAP):

Chicken with peas

serves 4 (it is easy to double this recipe and freeze leftovers)

1 onion

1 pound minced chicken

1 pound frozen pea and carrot mix

(legal bacon)

olive oil, salt, pepper, spices to taste

Heat olive oil in a pan (if you want to use the bacon in this recipe, add this to the pan and fry until crisp- take it out and crumble it) , cut onion to cubes, add to the pan, fry for 2-3 minutes Add the meat, fry for another 5 minutes. Stir in the veggies and cook covered until done. Add salt, pepper and spices you'd like to taste. You can use any other meat in this recipe and if it is not minced but cut in cubes it works just fine.

Cauliflower Rice

from <https://glutenfreescdandveggie.blogspot.ch/2013/08/cauliflower-rice-gf-scd.html>

1 medium cauliflower

¼ medium white or yellow onion

freshly ground sea salt and black pepper

½ tblsp extra virgin olive oil.

Wash the cauliflower and break into florets. Place into the bowl of a food processor or grate it using the grater attachment or hand grater. Pulse a few times until the cauliflower resembles rice, don't process it too much. Gently heat the extra virgin olive oil in a deep frying pan. Tip the chopped cauliflower in and then turn the heat up to high. Constantly stirring and turning over the cauliflower, cook for about two minutes. You will see slight brown specks start to appear on the cauliflower. Take off the heat and add the very finely chopped onion. Turn the heat down very slightly to prevent the cauliflower from burning. I recommend that you don't cook on the highest heat, I find it cooks better on a light between medium and high. Continuing to turn the cauliflower regularly, cook for another 5 to 8 minutes until the cauliflower is cooked without being too soft. Season with freshly ground salt and black pepper. Tip into a bowl and serve.

Lentils

recipe was adapted from <http://www.thekitchn.com/recipe-warm-french-lentil-salad-bacon-herbs-recipes-from-the-kitchn-31027>

soak 1 pound green or brown lentils, this will give you 2 dinners for 4

Gas-free soak. In a stockpot, place 1 pound of beans or lentils in 10 or more cups of boiling water. Boil for 2 to 3 minutes. Then cover and set aside overnight. The next day 75 to 90 percent of the indigestible sugars that cause gas will have dissolved into the soaking water. [Note: rinse the beans after soaking]

source: <http://www.mayoclinic.com/health/legumes/nu00260>

After this cook lentils until done, add salt at the end of cooking (!). Rinse them in a colander, set aside. I usually refrigerate half of the lentils for dinner later that week and use only half for the first dinner. Fry some bacon (to taste, you can even skip this if you do not like bacon) until crisp, take it out and crumble it. Sauté 1 leek or onion or 2 scallions until softened. Add lentils (and bacon) and some broth if necessary, let it simmer for 5 minutes.

Alternatively you can make **red lentil dahl**. I use the recipe here, but I add extra turmeric

<https://zscupoftea.com/2010/11/09/red-lentil-dahl-scd-gfcf/>

Fruit gratin

Distribute 1 pound berries or some other fruit (what ever you have at hand) on a baking tray. Bake for 5-10 minutes at 300F. In the meantime prepare the cream: 1 cup coconut (or almond milk- no longer a nut-free recipe!) or SCD legal french cream, about ½ cup honey (depends on the sweetness of the fruit and cream used, vanilla and 6-8 egg yolks (you can use more if you want, makes it even creamier. you can also use whole eggs if no egg white sensitivity). Pour over the fruit and bake for further 20-30 minutes. Take it out and let it cool a bit before serving- the cream should not be liquid, but it will not be completely set either.

Butternut soup

adapted from

<http://cookieandkate.com/2015/roasted-butternut-squash-soup/>

Ingredients

1 large butternut squash (about 3 pounds), halved vertically and seeded

1 tablespoon olive oil, plus more for drizzling

½ cup chopped onion

1 teaspoon salt

4 garlic cloves, pressed or minced

1 teaspoon honey

⅓ teaspoon ground nutmeg

Freshly ground black pepper, to taste

Up to 4 cups (32 ounces) homemade broth

1 to 2 tablespoons butter, to taste (substitute olive oil for dairy free/vegan soup)

Instructions

Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about 1 teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper. Turn the squash face down and roast until it is tender and completely cooked through, about 45 to 50 minutes. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the tough skin.

Meanwhile, in a medium skillet (or large soup pot, if you'll be serving soup from that pot), warm 1 tablespoon olive oil over medium heat until shimmering. Add the chopped onion and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 30 seconds, stirring frequently.

If you have a high performance blender like a Vitamix (see notes if you're using an immersion blender instead), transfer the cooked shallot and garlic to your blender. Add the reserved butternut, honey, nutmeg and a few twists of freshly ground black pepper. Pour in 3 cups broth, being careful not to fill the container past the maximum fill line (you can stir in any remaining broth later). Secure the lid and select the soup preset. The blender will stop running once the soup is super creamy and hot.

If you would like to thin out your soup a bit more, add the remaining cup of broth (I used the full 4 cups, but if you used a small squash, you might want to leave it as is). Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and blend in more salt and pepper, if necessary.

Serve immediately (I like to top each bowl with a little more black pepper). Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months.

Sunday (no longer low FODMAP):

Krautwickel: German Stuffed Cabbage Leaves

adapted from <http://www.food.com/recipe/krautwickel-german-stuffed-cabbage-leaves-86916>

serves 6 (you can make more and freeze)

2 lbs [ground beef](#) (or chicken or pork)

1 large [white cabbage](#), about 10 inches in diameter (I sometimes use fermented cabbage, "sauerkraut", instead)

2 [eggs](#) (I do not use them)

1 medium [onion](#)

1 ½ teaspoons finely chopped [parsley](#)

1 teaspoon ground marjoram (not powdered)

2 teaspoons [caraway seeds](#)

1 ½ teaspoons [salt](#)

[pepper](#)

lard or oil

2 -3 cups broth

Wash cabbage and cut out center stem.

Put about 2 inches of water in a cooking pot and some salt.

Put cabbage head upright in water, cover and steam (if using sauerkraut, skip this step)

When the outer leaves become tender, remove cabbage from pot and peel off the tender leaves.

Save leaves aside to drain.

Return cabbage to pot and repeat until all the leaves are removed.

Make six piles of two to three of the large outside cabbage leaves.

Finely dice the remaining smaller cabbage leaves from the heart.

This should give about two cups.

Finely dice the onion.

Mix the diced cabbage leaves, onion, parsley, marjoram, caraway, salt, some pepper and the eggs to the ground meat and mix well.

Divide the meat mixture into six equal portions.

Roll each of the portions in the shape of a small meat loaf and wrap in the large cabbage leaves.

Make sure that the meat is completely wrapped with two or three layers of cabbage leaves.

Tie well with thread.

Heat a thin out the thick vein from the cabbage this way it will be easier to roll the leaves.) Melt lard (I use olive oil) in frying pan and brown, but do not burn, the Krautwickel on all sides.

Pour fat from frying pan into a roasting pan, add Krautwickel and boiling soup stock.

Stock.

Stock. Can across two burners of the stove and simmer slowly for 1 to 1 1/2 hours.

This can also be done in the oven, however if cooked in the oven the krautwickel must be basted from time to time.

Sprinkle lightly with pepper immediately before serving.

[Asparagus or zucchini with prosciutto wrap](#)

Discard the wooden portion of asparagus (at least the lowest third) and wrap the tops in legal prosciutto (or bacon). Line the wraps on a parchment paper and bake at 300F for about 15-20 minutes. Asparagus (or zucchini slices) should be softer and prosciutto (or bacon) crispier.

[Pancakes](#)

I use only egg yolks for pancakes. About 2 egg yolks and a little bit of water make 1 pancake. For homemade spread see fruit leather recipe.

Pea soup

adapted from <http://www.eatingwell.com/recipe/249993/pea-soup/aped/>

[8 servings](#)

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

1 stalk celery, chopped

2 cloves garlic, chopped

1 teaspoon chopped fresh parsley

6 cups peas, fresh or frozen

4 cups broth

salt, pepper

Saute onion, garlic and celery, add peas, parsley and broth, simmer until done, puree and add salt and pepper to taste.