

Mushroom “MLT”

(Adapted from the What to Eat When Cookbook)

In 2015, the World Health Organization categorized bacon and processed meats as category 1 carcinogens, along with asbestos, tobacco smoke, and alcohol. We know everyone needs a good bacon fix, which is why we’ve come up with a way to satisfy those cravings without the dangers associated with the real stuff. This can’t-believe-it’s-not-bacon mushroom “bacon” is When Way healthy and makes your RealAge – your biological age instead of your calendar age – younger. Use shiitakes, which are loaded with umami flavors that release when cooked and caramelized to mimic bacon’s savory notes. Combined with tomato and the delicious bitterness of arugula, you’ll never think about that old-school BLT again.

Makes 1 Serving – Serving Size: 1 sandwich

Ingredients:

2 teaspoons	Extra-virgin olive oil
4 each	Shiitake mushrooms, stems removed, caps sliced
½ teaspoons	Kosher salt
⅛ teaspoons	Black pepper
2 slices	100% whole grain bread
4 teaspoons	Cashew-aise (see recipe)
2 large	tomato slices
½ cup	arugula

Procedure:

1. In a large nonstick skillet, heat the olive oil over medium heat. Add the shiitake mushrooms; season with the salt and pepper, and sauté until caramelized on both sides, about 5 minutes. Transfer the mushrooms to a plate and set aside.
2. Add the bread slices to the skillet and lightly toast on both sides, 2 to 3 minutes.
3. Assemble the sandwich by spreading 2 teaspoons Cashew-aise on both slices of the bread, top with mushroom slices, tomato slices, and arugula, then serve.

Nutritional Information per Serving:

Calories: 276	Sodium: 453 mg	Sugars: 5.4g	Cholesterol: 0g
Saturated Fat: 1.8g	Fiber: 12.6g	Protein: 7.2g	Carbohydrate: 37.6g

Recipe created by Jim Perko Sr. CEC, AAC

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Cashew-raise

Adapted from the “What to Eat When Cookbook”

by Michael F. Roizen, M.D, Michael Crupain, M.D, M.P.H, and Jim Perko Sr., CEC, AAC

If you’re trying to reduce eggs and dairy consumption this recipe can certainly help you. It’s easy to make and transform into many variations for a sandwich spread, salad dressing or sauce. It’s a favorite in our home.

Makes 6 Servings – Serving Size: 2 tablespoons

Ingredients:

1 cup	Raw cashews, firm packed
4 cups	Water
¼ cup	Water
1 tablespoon	Apple cider vinegar
1 tablespoon	Fresh lemon juice
1 teaspoon	Raisin Reduction (see recipe)
¾ teaspoon	Dry mustard
½ teaspoon	Distilled vinegar
1 small	Garlic fresh, fine minced
½ teaspoon	Salt
Pinch	Cayenne pepper

Procedure:

Place the cashews in a medium bowl. Add 4 cups water; cover and let soak overnight in the refrigerator. Drain the cashews, then place in a Vitamix or high-speed blender; add ¼ cup water and all remaining ingredients. Blend until smooth, occasionally scraping down the sides of the blender jar as needed. Remove, place in bowl, cover and refrigerate until ready to use.

Nutritional Information per Serving:

Calories: 137	Sodium: 171mg	Sugars: 1.5g	Cholesterol: 0g
Saturated Fat: 10.7g	Fiber: 0.8g	Protein: 3.7g	Carbohydrate: 8.6g

Chef Notes:

- Add freshly chopped chives, parsley, or other herbs and spices – even roasted chili pepper – for many variations.

Recipe created by Jim Perko Sr. CEC, AAC



Mis en place



Blend all ingredients in a blender until smooth



Enjoy!

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