

MEDICAL MEDIUM® ANTHONY WILLIAM

# DINNER



A FREE DOWNLOAD FROM  
[MEDICALMEDIUM.COM](https://www.MEDICALMEDIUM.COM)



# Potato Crust Pizzas

This recipe is for mini pizzas with three different toppings. You can pick just one of the topping options or use them all. If you prefer a large pizza, you can make one or two large crust pizzas versus a few minis. Enjoy!

## Base Ingredients:

- 2 cups roughly chopped gold potatoes
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp maple syrup
- 1 tsp sea salt

## Sauce Ingredients:

- 1/2 cup tomato paste
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp raw honey
- 3-4 tbsp water
- Sea salt and pepper, to taste

## Toppings:

- Cashew cheese with tomatoes and basil
- 3-5 slices heirloom tomato
- 2-4 leaves fresh basil

## Directions:

Preheat oven to 400F. To make the base, add 2 inches of water to a medium-sized pot and add a steaming basket. Steam the potatoes for 25-30 minutes until soft. Remove and place the potatoes in a food processor with the garlic powder, onion powder, maple syrup and sea salt. Blend until smooth.

Line a baking tray with parchment paper and spread the mixture on top using a wet spatula, making 3-4 mini pizzas. Place in the oven for 15-20 minutes until lightly browned. Remove and pat down with a spatula.

Make the tomato sauce by mixing together the tomato paste, dried oregano, dried thyme, raw honey, water, sea salt and pepper.

Take the pizzas out of the oven and spread the tomato paste on top. Arrange the toppings on each of the potatoes, then place in the oven for another 5 minutes. Remove and add the fresh toppings like basil, tomatoes, avocado, spinach and lemon juice. Serve immediately. You can double, triple or quadruple this recipe to make enough for more people or for larger servings.

**Serves: 2-3 people**



# Cauliflower Portobello Boats

In this delicious recipe, creamy cauliflower purée is served atop of hot roasted portobello mushrooms and finished off with a sprinkling of fresh chives. It's comforting, warming, and nourishing. Pair this recipe with a fresh salad of your choice and it makes a winning dinner you can enjoy on your own or with family and friends.

## Ingredients:

- 6-8 large portobello mushrooms
- 1 tsp dried oregano
- 1 1/3 lb cauliflower, cut into florets
- 1 clove of garlic, finely chopped
- 1/4 cup chives, finely chopped + more for garnish
- 3-4 tbsp unsweetened almond milk
- Sea salt and pepper

## Directions:

Preheat oven to 375F. Line a baking tray with parchment paper and arrange your Portobello mushrooms on top, cap side down. Sprinkle dried oregano, sea salt and pepper on top. Roast in the oven for 20-25 minutes, until soft.

While the mushrooms are cooking, place a medium-sized pot on the heat and add about an inch of water and a steaming basket. Add the cauliflower, put the lid on and cook until soft, about 15-20 minutes. Set aside.

Place the cauliflower in a food processor with garlic, chives, almond milk, salt and pepper. Process until smooth. Take the mushrooms out of the oven and top with the cauliflower purée. Sprinkle fresh chives on top. Serve immediately.

**Serves: 3-4 people**



# Zucchini Tater Tots

Bring back fond childhood memories of eating tater tots and other potato treats with this delicious and nostalgic recipe. A fresh spin on the traditional fried tater tots, this recipe calls for the tots to be baked versus fried, making it a healthy recipe you can enjoy in abundance. The addition of zucchini provides added nutrients without sacrificing flavor. This recipe is perfect for serving to children or as a fun finger food at social gatherings.

## Ingredients:

- 2 medium-sized zucchinis
- 2 russet potatoes, peeled
- 1 tsp salt
- 1 tsp dried oregano
- Ketchup, to serve (you can find a healthy ketchup recipe on the blog at <http://www.medicalmedium.com/blog/sweet-potato-fries>)

## Directions:

Place a medium-sized pot on the heat with a steaming basket and add two inches of water. Place the potatoes in the pot, cover and cook until soft but so that there's still some resistance, about 1 hour. Drain and let cool completely. Preheat oven to 350F/180C. Grate the potato and place it in a bowl.

Grate the zucchini, place it in a clean dishtowel or nut milk bag and squeeze out as much liquid as possible. Add it to the bowl with grated potato. Add the salt and dried oregano, then mix well and shape it to small cylinders. Place on a baking sheet covered with parchment paper and bake for 20-30 minutes, flipping half way. Serve with ketchup and enjoy!

**Serves 40 tots**



# Spaghetti Squash "Bolognese"

This recipe from *Thyroid Healing* will be an instant favorite with family and friends, so you might want to make a double batch.

## Ingredients:

- 1 large spaghetti squash
- 2 cups diced red onion
- 4 garlic cloves, minced
- 2 cups cherry tomatoes
- 1 cup sliced mushrooms (optional)
- 1 teaspoon chili powder
- 1 teaspoon poultry seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon curry powder
- ¼ teaspoon sea salt
- ½ cup sun-dried tomatoes, soaked 5 minutes in hot water
- ¼ cup Brazil Nut Basil "Parmesan" (see below)

## Brazil Nut Basil "Parmesan":

- ¼ cup Brazil nuts
- ¼ teaspoon sea salt
- ¼ teaspoon dried basil
- 1 garlic clove

## Directions:

Preheat the oven to 400°F. Carefully slice the spaghetti squash in half and discard the seeds. Fill a baking tray with ½ inch of water and place the squash halves cut side down in the tray. Bake the squash for 30 to 40 minutes until one finger pressed gently into the exterior of the squash leaves an indentation. Remove the squash halves from the oven. When they are cool enough to handle, use a fork to scrape down the insides of the squash creating "spaghetti" strands. Divide the squash noodles between two bowls.

To make the "Bolognese," place the diced onion into a medium saucepan along with 2 tablespoons of water. Sauté the onion over medium-high heat until translucent and tender. Continue adding water by the tablespoon as needed to prevent sticking. Add the garlic, cherry tomatoes, mushrooms, chili powder, poultry seasoning, garlic powder, curry powder, sea salt, and sun-dried tomatoes to the saucepan and continue cooking, stirring frequently for 5 to 7 minutes, until the tomatoes soften. Using an immersion blender, blend the sauce ingredients together until combined but still chunky. Alternatively, transfer to a standing blender and pulse blend, making sure to leave the top ajar for steam to escape. Serve the sauce over the top of the spaghetti squash noodles. Top with the Brazil Nut Basil "Parmesan" and enjoy!

To make the Parmesan, place the brazil nuts, sea salt, basil, and garlic into the blender or food processor and pulse briefly until small crumbles form

**Serves: 3-4**



# Spinach Potato Nests

These potato nests provide a fun, innovative, and truly delicious way to get some of the most powerfully healing foods available into your diet. The combination of fresh, juicy, and creamy spinach salad with the hot potato nests makes for a wonderful blend of flavors, textures, and temperatures. This recipe would be fantastic to serve at family gatherings and parties and the recipe can easily be varied to create a number of different salad fillings to please all members of your family, including children.

## Ingredients:

- For the nests:
- 1.5 lb large russet potatoes
- 1 tbsp cassava flour
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper

## Salad:

- 1 cup baby spinach, tightly packed, finely chopped
- 2/3 cup cherry tomatoes, halved
- 1/2 ripe avocado, diced
- 1/4 cup cilantro, finely chopped
- 1 tbsp lemon juice
- Salt and pepper, to taste

## Directions:

Place a medium-sized pot on the heat with a steaming basket and add two inches of water. Place the potatoes in the pot, cover and cook until soft but so that there's still some resistance, about 1 hour. Drain and let cool completely. Preheat oven to 350F. Grate the potato and place it in a bowl with cassava flour, salt and pepper. Mix well.

Line a 6 or 12 muffin tin with squares of parchment paper and press the mixture in tightly, making an indentation in the middle. This makes about 12-16 nests. Bake for 30-45 minutes, until the sides have browned and the nest is holding shape. While the nests are cooking, make the salad by combining all the ingredients in a bowl and mixing well. Remove potato nests from tin and top with salad. Serve immediately.

**Serves: 4-6 people**



# Nacho Potatoes

While traditional nachos may involve chips, these soft and golden "Nachos Style" Baked Potatoes leave nothing to be desired. Cooked perfectly in the oven until crispy on the outside and tender in the middle, then piled high with the familiar flavors of avocado, tomato, onion, and cilantro, these potatoes will disappear fast, so you may want to make a double batch.

## Nachos Ingredients:

- 6 medium potatoes
- 2 teaspoons coconut oil
- ½ teaspoon sea salt, divided
- 1 avocado, diced
- 1 cup diced tomato
- 1 cup diced onion
- ½ cup cilantro, chopped
- ½ jalapeño, minced (optional)
- 2 limes

## Garlic Cashew Aioli ingredients:

- 1 cup cashews
- 2 tablespoons olive oil
- 3 garlic cloves
- 2 lemons
- ¼ teaspoon sea salt
- ½ to 1 cup water

## Directions:

Preheat the oven to 375°F. Peel and slice the potatoes into rounds that are ¼ inch to ½ inch thick. Toss them with the coconut oil and ¼ teaspoon of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so that they are not touching or overlapping. Bake the potatoes for 20 minutes, flip, and then bake for 10 more minutes. While the potatoes bake, combine the avocado, tomato, onion, cilantro, jalapeño, and the juice of both limes in a small mixing bowl. Make the Aioli by combining the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with ½ cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another ½ cup of water while blending. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and lightly drizzle the Garlic Cashew Aioli over the top if desired (save the rest for topping other meals). Finish the nachos off with the remaining sea salt and enjoy!

**Serves: 2-3 people**



# Sweet Potatoes with Cabbage

A great dish for weekly dinners, the components of this dish can be made ahead of time and assembled just prior to serving. Bake sweet potatoes and cook the cabbage in advance and store them in the fridge for up to four days for a quick, easy dinner that takes minutes to prepare. For best results, make the sauce right before serving and ladle it piping hot over the stuffed sweet potatoes.

## Ingredients:

- 4 sweet potatoes
- 4 cloves of garlic, minced
- 1 onion, diced
- 1 tablespoon coconut oil
- 1 red cabbage, shredded
- 1/2 teaspoon sea salt
- 1/2 lemon

## For the Sauce:

- 1 tbsp olive oil
- 1 tbsp raw honey
- 1 tbsp lemon juice
- 1 tbsp grated fresh ginger

## For Garnish:

- 4 tablespoons minced parsley

## Directions:

Preheat the oven to 400°F. Bake sweet potatoes on a baking sheet for 45 to 60 minutes, or until easily pierced with a fork. In a large pan, saute garlic and onions in 1 tablespoon of coconut oil over medium-high heat for 5 to 10 minutes, stirring occasionally, until the onions are translucent and soft. Add the cabbage and sea salt, along with 1/2 cup of water. Cover and cook over medium heat for 30 to 40 minutes until the cabbage is tender, continuing to stir occasionally and adding a splash of water as needed to moisten. Split open sweet potatoes and mash each side slightly with a fork. Stuff as much braised cabbage into the openings as possible.

Make the sauce just before serving the sweet potatoes. (For 4 servings, double the ingredients for the sauce.) Add all the ingredients to a small pan. Heat the mixture over medium-high heat until it bubbles slightly. Continue stirring for 1 to 2 minutes until the sauce is well combined and slightly thickened. Pour over the sweet potatoes, garnish with parsley, and enjoy!

**Serves 2-4**



# Roasted Eggplant with a Tomato Cucumber Salad

This combination of fresh juicy tomatoes, cucumbers and herbs piled on top of pip-ing hot baked eggplant makes for a heavenly meal for lunch or dinner. This recipe is very simple to make, making it perfect for busy weeknight dinners or an easy choice that will still delight your guests at a dinner party.

## For the eggplants:

- 2 tbsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground cilantro
- 1/2 tsp red pepper flakes
- 2 medium-sized eggplants, cut in half lengthways
- Salt and pepper, to taste

## For the salad:

- 4 medium-sized tomatoes, diced
- 1/2 English cucumber, diced
- 1/4 red onion, finely chopped
- 1/4 cup mint, finely chopped
- 1/2 cup parsley, finely chopped
- 1 1/2 tbsp lemon juice
- Sea salt and pepper, to taste
- 3-4 tbsp tahini, for topping (optional)

## Directions:

Preheat oven to 375F/190C. In a small bowl, mix together the lemon juice, ground cumin, ground coriander and red pepper flakes. Arrange the eggplants on a baking tray and score the flesh with a sharp knife. Sea-season with salt and pepper, then brush on the lemon and spice mixture. Roast the eggplants in the oven for 30-40 minutes, until fork-tender.

While the eggplants are cooking, make the salad by combining the tomatoes, cu-cumber, red onion, mint, parsley, lemon juice, salt and pepper in a bowl and mix well. Take the eggplants out of the oven and top with the salad. Sprinkle on fresh pars-ley for garnish. Serve immediately with an optional tablespoon of tahini on each.

**Serves: 4 people**



# Coconut Curry

This rich, complex curry is the perfect dinner for meals around the table with family and friends. The recipe makes a big batch, so you'll have enough for a hungry crew, or for leftovers to be eaten throughout the week. Yellow curry is mild and warming, with the mingled flavors of ginger, garlic, and turmeric simmered in coconut milk and loaded with potatoes, carrots, and squash. This dish will become a favorite to return to over and over again.

## Ingredients:

- 1 small kabocha squash
- 8 potatoes
- 8 carrots
- 1 tablespoon coconut oil
- 3 onions, diced
- 8 garlic cloves, minced
- 2 tablespoons grated ginger
- 2 tablespoons yellow curry powder
- 3 cups coconut milk
- 2 teaspoons honey
- 1 1/2 teaspoons salt
- 1/2 cup cilantro
- 1 lime
- Red pepper (optional)

## Directions:

Place the kabocha squash in a large pot and cover with water. Bring to a boil and cook for 5 to 7 minutes, until squash softens slightly. Drain and set aside to cool. Roughly dice the potatoes and carrots and set aside. When the squash is cool enough to handle, slice it in half and remove the seeds. Roughly dice the squash and return to the pot along with the carrots and potatoes. Add 2 inches of water to the pot and bring to a boil. Cover to steam, stirring occasionally. Add more water if needed. Steam until the vegetables are just cooked through.

For the curry, warm the coconut oil in a large pot. Add the onions and sauté over high heat until they are soft and fragrant (about 5 minutes). If needed, add water to prevent sticking. Add the garlic, ginger, and curry powder to the onions, stirring frequently for 1 minute. Add the coconut milk, honey, and salt, and continue stirring. Add the vegetables and bring to a low simmer. Simmer for 10 to 15 minutes, until vegetables are tender. Serve the curry topped with cilantro, lime juice, and red pepper, if desired.

**Serves: 6-8 servings**



# Stuffed Onions

These beautiful baked onions look like a restaurant-quality dish and are surprisingly easy to make. They look stunning on any dinner table and worthy of any party occasion. If you don't enjoy mushrooms, feel free to get creative and substitute the sautéed vegetable of your choice.

## Ingredients:

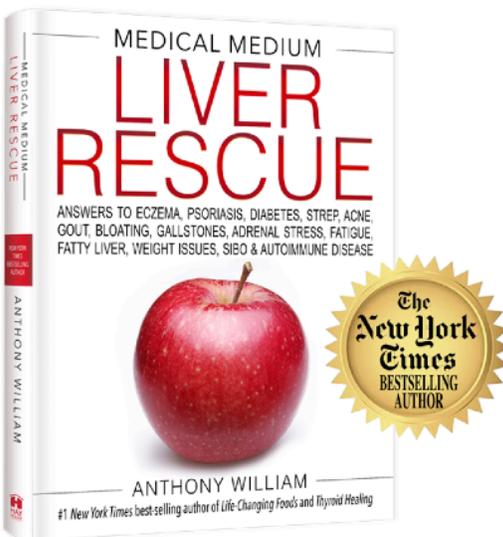
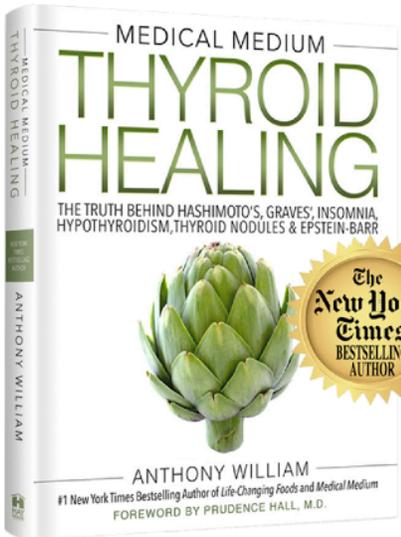
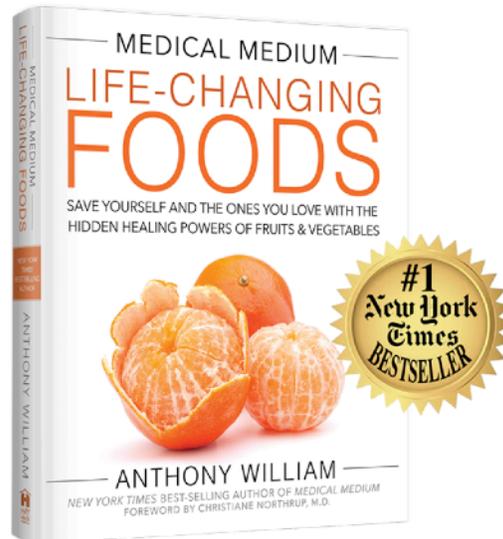
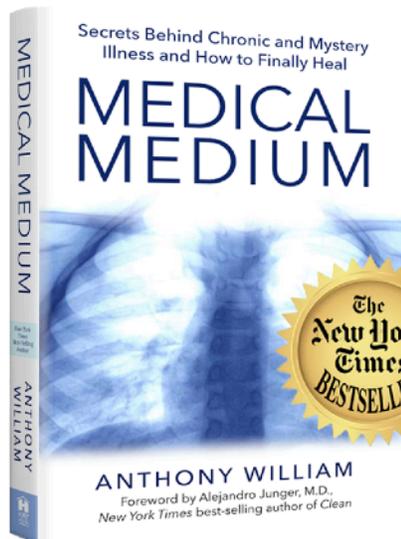
- 8 large onions
- 8 cups diced potatoes
- 2 teaspoons olive oil
- 1/2 tsp fresh rosemary leaves
- 8 cups chopped mushrooms
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon poultry seasoning
- 2 tablespoons pine nuts

## Directions:

Preheat the oven to 350°F. Prep the onions by cutting off the top quarter of each. On the opposite end of each onion, cut off the root so that the onion can rest on a flat surface. Do not peel. Place the onions in a large baking dish and add an inch of water. Bake until the onions are cooked through, checking periodically, 45 to 60 minutes. (Onions are done when they are soft and fragrant.) Remove from the oven and allow to cool. Peel the onions, then carefully remove the inner layers using a fork until only 2 layers remain, forming a cup. Reserve the insides of the onions for later use. Fill a large sauté pan with an inch of water and bring to a boil. Place the potatoes in the pan, cover, and steam for 15 to 20 minutes, or until tender, stirring occasionally and adding more water if needed to prevent sticking. Place the potatoes in a food processor with 1 teaspoon of olive oil and 1/2 teaspoon of rosemary leaves. Process until the potatoes are smooth. Set aside. For the mushroom filling, sauté the mushrooms and garlic in 1 teaspoon of olive oil until the mushrooms are tender and juicy, adding water as needed to prevent sticking. Transfer all but 1 cup of the sautéed mushrooms to a food processor with 1 teaspoon sea salt, 1 teaspoon poultry seasoning, and 2 cups of the reserved onion. Process until the mixture is roughly combined. Fill the onion cups with alternating layers of mushroom filling and mashed potatoes. Top with sautéed mushrooms and pine nuts. Serve and enjoy!

**Servings: 4**

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [\*Medical Medium\*](#), [\*Life-Changing Foods\*](#), [\*Thyroid Healing\*](#), and [\*Liver Rescue\*](#).



FOR MORE:

[www.medicalmedium.com](http://www.medicalmedium.com)