

Summer Harvest COOKBOOK

15 Fabulous
Farmer's Market Inspired Recipes



A PainlessNutritionals.com Publication

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Summer Harvest Cookbook
15 Fabulous Farmer's Market Inspired Recipes

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Disclaimer

Summer Harvest Cookbook is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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Soups and Stews

Roasted Tomato Soup

INGREDIENTS

2 lbs. fresh tomatoes
2 red bell peppers
4-5 garlic cloves
1 yellow onion
1 carrot
1/3 cup celeriac
1 parsnip
2 tbsp olive oil
1/2 tsp ginger powder
1 tsp turmeric powder
4 cups water
Salt & pepper to taste
Fresh basil leaves to serve



DIRECTIONS

Line a baking tray with parchment paper. Place the tomatoes inside. If they are too big, cut them in halves.

Cut the bell peppers in halves and remove the core. Also place on the baking tray.

Roast for 30-40 minutes at 400 F until the skin gets slightly charred. Remove from the oven and place in paper bags for 10 minutes. This will make it easier to peel them.

While the tomatoes and bell peppers are roasting, roughly chop the garlic, onion, carrot, celeriac, and parsnip. Heat the olive oil in a large pot and sauté the onion for 4-5 minutes. Stir in the garlic and cook for 1 more minute.

Add the remaining veggies to the pot and pour the water.

Bring everything to a simmer and cook for 20-25 minutes.

Remove from the stove and let cool a little bit.

Add the peeled tomatoes and bell peppers to the pot and use an immersion blender to puree the soup. If it is too thick, bring some water to a boil and add it to the pot.

Season with salt, pepper, turmeric, and ginger.

Top with fresh basil leaves to serve.

SERVES 4

NUTRITION INFORMATION: Calories: 157 Fat: 8g Carbs: 22g Protein: 3.6g

Irish Stew

INGREDIENTS

2 tbsp olive oil
2 tbsp coconut oil
2 lbs. beef, cut into small pieces
4 cups beef broth
1/4 cup coconut flour
4 large potatoes, cut into small pieces
1 onion, diced
3 coriander or celery stalks
3 carrots, cut into small pieces
6 garlic cloves, minced
2 tbsp tomato paste
1 cup lemon juice
1 tbsp honey
1 tbsp dried thyme
1 tbsp water
Salt & pepper to taste



DIRECTIONS

In a large skillet, heat the olive oil on medium.

Season the beef with salt and pepper and dust with coconut flour.

Fry the beef for almost 6 minutes, until browned on all sides. Remove

from the skillet and keep aside.

In the same skillet, add potatoes, coriander/celery stalks, onion, and carrots and cook until lightly browned. Remove from the skillet and keep aside.

Add coconut oil to skillet. Add garlic and fry for 1 minute until fragrant.

Deglaze the pan with lemon juice, beef stock, tomato paste, honey, water, and thyme. Mix well and let the mixture simmer for 1 minute.

Add beef and vegetables to the skillet, cover, and transfer to oven to bake for 2 hours at 350 F until beef and veggies are cooked.

Season with salt and pepper. Serve hot.

SERVES 8

NUTRITION INFORMATION: **Calories:** 310 **Fat:** 7g **Carbs:** 35g **Protein:** 28g

Lemon Chicken Soup

INGREDIENTS

3 organic chicken thighs,
skin on
1 large carrot
1 small zucchini
1 large yellow onion
1 parsnip
4 cups of water
2 tbsp dried or fresh lovage
leaves
2 organic eggs
1 tsp sea salt
1 tsp lemon juice
2 hot chilies (optional)



DIRECTIONS

Remove the meat from the bones and cut into cubes.

Pour the water into a large pot, add the meat and the bones, and bring to a boil. Lower the heat and simmer for 60-90 minutes. Check if the meat is done, noting that organic chicken may take longer to cook through. If the liquid evaporates, feel free to add some boiling water from time to time.

Slice the carrot and the parsnip, dice the onion, and cube the zucchini.

Add the veggies to the soup, bring to a boil again, and simmer for 15 minutes.

Separate the yolks from the whites. Slightly beat the whites with a fork and add to the soup. Stir with a wooden spoon to break the scramble.

Slowly add the yolks to the soup, one by one.

Add the lovage leaves, the lemon juice, and salt. Stir again and cook for 5 minutes more.

Serve with hot chilies.

SERVES 4

NUTRITION INFORMATION: Calories: 171 Fat: 6.2g Carbs: 9.4g Protein: 19g

Opo Squash with Mutton

INGREDIENTS

3/4 cup coconut oil
1/2 kg mutton, cut into cubes
2 onions, diced
3 tomatoes, chopped
1 opo squash, cut into chunks
1/2 tsp chili powder
1/2 tsp turmeric powder
1 tbsp coriander powder
1 tsp cumin seeds
1 tbsp ginger garlic paste
Salt to taste



DIRECTIONS

Heat the oil in a pot and fry onions until golden.

Add meat and cumin seeds and fry well.

As the color of meat changes, add ginger garlic paste and a little water. Fry well.

Add tomatoes and fry until tomatoes are soft. Add chili powder, turmeric powder, salt, and coriander powder. Fry evenly.

Add 2 cups of water, cover, and cook over medium heat until meat is soft.

Now add opo squash, cover, and cook over low heat until squash is tender.

Garnish with chopped coriander and serve.

SERVES 4

NUTRITION INFORMATION: Calories: 103 Fat: 4g Carbs: 7g Protein: 8g

Spicy Broccoli Soup

INGREDIENTS

1 head broccoli
5 garlic cloves
1 large onion
1 large potato
2 cups boiling water
1/2 tsp cayenne pepper
1-2 small, dried chilies
(optional)
1 tbsp butter
Salt & pepper to taste



DIRECTIONS

Rinse the potato well, keeping the peel on. Bring a small pot of water to a boil and add the potato. Boil for about 30 minutes, until cooked through. The peel of the potatoes contains significant amounts of vitamin C, therefore it is better to cook them whole, and remove the peel afterwards.

While the potato is cooking, rinse the broccoli and cut into florets. Roughly chop the onion and garlic.

Melt the butter in a pot and add the garlic and onion. Cook for 5-7 minutes.

Add the broccoli and give it a stir. Cook for 3-4 additional minutes.

Pour the boiling water, reduce the heat, and simmer for 15 minutes.

Remove from heat and let cool for 10 minutes.

Transfer the pot contents to a food processor and add the boiled potato.

Season with salt, pepper, and cayenne.

Blend until smooth.

Serve with chopped dried chilies if desired.

SERVES 2

NUTRITION INFORMATION: **Calories:** 267 **Fat:** 6.4g **Carbs:** 48g **Protein:** 7.7g

African Black-Eyed Peas Stew

INGREDIENTS

1 lb. dried beans
1/2 cup coconut oil
1 red onion, chopped
2 green onions, chopped
2 tomatoes, chopped
1 tbsp ginger, minced
1/2 tbsp garlic, minced
1 tbsp paprika
2 cups water
Salt & pepper to taste



DIRECTIONS

Rinse the beans and add them to a large pot with 1 ½ cups water. Cover and let sit 6 to 8 hours.

After 6 to 8 hours, drain the beans and cook for almost 60 minutes or until cooked.

Drain the cooked beans and keep aside.

In a large pan, heat the oil and fry red onions until lightly browned.

Add tomatoes, garlic, ginger, and paprika. Cook for 60 seconds, stirring frequently.

Add ¼ cup water and let it simmer for almost 5 minutes, mixing frequently.

Finally, add beans, green onions, and the remaining water and bring to a boil. Simmer for 10 minutes and add the salt and pepper.

Adjust the consistency with water and serve.

SERVES 6

NUTRITION INFORMATION: Calories: 269 Fat: 7g Carbs: 42g Protein: 12g

Hearty Entrees & Sides

Sesame Stuffed Eggplants

INGREDIENTS

1 large eggplant
12 oz. ground chicken meat
2 garlic cloves, minced
2 tbsp olive oil
5 tbsp sesame seeds
Salt & pepper to taste
Fresh parsley for garnish

DIRECTIONS

Cut the eggplant lengthwise.

Prick the flesh with a fork.

Brush with one tablespoon olive oil.

Line a baking tray with parchment paper and bake eggplant for 30-40 minutes until tender.

Remove from the oven and let cool a little bit.

Scoop out the flesh making sure you don't break the skin.

Use a hand mixer to blend the flesh.

Combine with the meat, garlic, and 4 tablespoons sesame seeds and stir well.

Season with salt and pepper.

Fill the eggplant skins with the mixture and sprinkle the remaining seeds on top.

Drizzle with one tablespoon olive oil.

Bake for 40-45 minutes at 400 F.

Top with fresh parsley to serve.



SERVES 2

NUTRITION INFORMATION: Calories: 534 Fat: 30.5g Carbs: 20g Protein: 48g

Vegetable Fritters

INGREDIENTS

Coconut oil
3/4 cup chickpea flour
3/4 cup corn
1/2 cup water
1/4 cup red onion, sliced
3/4 cup red pepper, sliced
1 small tomato, chopped
1 green chili, chopped
2 tbsp parsley or coriander, chopped
1 tsp cumin
1/4 tsp cayenne pepper
1/4 tsp paprika
1/4 tsp turmeric powder
Sea salt to taste



DIRECTIONS

In a bowl, mix dry ingredients and add water. Whisk until all the clumps are gone.

Fold the veggies into the batter and heat a pan over medium heat. Add coconut oil to cover the pan.

Spoon some of the batter into the pan, fitting as many fritters as you can in the pan.

Cook until browned, then flip and cook the other side.

Repeat the process with the remaining batter, adding more oil as needed.

Serve hot with your favorite dressing.

SERVES 2

NUTRITION INFORMATION: Calories: 160 Fat: 6g Carbs: 23g Protein: 7g

Ratatouille with Goat Cheese and Bacon

INGREDIENTS

1 large eggplant
1 large zucchini
2 large tomatoes
3 tbsp olive oil
1/2 cup tomato puree
1 tsp dried oregano
1 tsp dried thyme
4 garlic cloves
1 yellow onion
2 tbsp goat cheese
4 slices organic bacon
Salt & pepper to taste

DIRECTIONS

Slice the eggplant, zucchini, and tomatoes. Mince the garlic and dice the onion.

In a bowl, combine the onion, garlic, 1 tablespoon olive oil, tomato puree and dried thyme.

Stir well and spread the sauce on the bottom of a baking dish.

Arrange the veggie slices in a spiral. Sprinkle salt and pepper, dried oregano, and drizzle with the remaining olive oil.

Bake for 50-60 minutes at 430 F.

Remove from the oven and top with crumbled cheese and small bacon slices.

Cook for 10 minutes more.



SERVES 4

NUTRITION INFORMATION: Calories: 312 Fat: 21.7g Carbs: 20g Protein: 13.3g

Okra Tomato Curry

INGREDIENTS

4 tbsp olive oil
1/2 lb. okra, trimmed and sliced into 1-inch pieces
1 onion, sliced
1 tsp ginger garlic paste
2 tomatoes, diced
1 lemon, juiced
2 tsp chili powder
1/2 tsp turmeric powder
Sea salt to taste
1/4 cup water



DIRECTIONS

In a pan, heat the oil over medium heat. Fry onions until lightly brown.

Add in the ginger garlic paste and cook until fragrant. Add the okra to the pan and mix well. Cook for 10 minutes. You can add a little bit of water if gets dry.

Add tomatoes and all the spices. Cook until tomatoes become soft. Mix in the water and let it simmer for 5 minutes until curry thickens.

Remove the curry from the heat and squeeze in lemon juice. Serve the okra curry with your favorite wheat-free bread.

SERVES 3

NUTRITION INFORMATION: Calories: 31 Fat: 2g Carbs: 4g Protein: 1g

Warm Quinoa Salad Adzuki Beans & Roasted

INGREDIENTS

1/2 cup uncooked quinoa
1/3 cup uncooked adzuki beans
2 carrots
1 small zucchini
1 small eggplant
1 parsnip
2 large mushrooms
1 tsp cumin seeds
1/2 tsp dried oregano
2 tbsp extra-virgin olive oil
1 tsp balsamic vinegar
Salt & pepper to taste
Small bunch of fresh parsley



DIRECTIONS

Cover the beans with 1 cup of water and soak overnight. In the morning, rinse with clear water and drain.

Place in a small pot and add 1 ½ cups of water. Bring to a boil, decrease the heat, and simmer for 60-75 minutes or until cooked through. Remove from the pot, drain, and set aside.

Wash the quinoa for a couple of minutes under running water.

Transfer to a small pot, cover with 1 ½ cups of water. Bring to a boil and cook for 20 minutes. If there is any liquid left, place the quinoa in a sieve.

Chop the veggies and slice the mushrooms.

Line a baking tray with parchment paper.

Place the carrots, parsnip, eggplant, and zucchini on the tray.

Drizzle with one teaspoon olive oil, sprinkle the cumin seeds and oregano, and season with salt and pepper.

Bake for 20 minutes at 400 F. Take the tray from the oven and add the mushroom slices. Drizzle with the remaining oil and bake for 10-15 additional minutes.

Place the quinoa in a bowl and add the beans and the veggies. Add the balsamic vinegar and give a good stir. Add some more salt if needed. Top with fresh chopped parsley leaves and serve warm.

SERVES 2+

NUTRITION INFORMATION: Calories: 456 Fat: 8.5g Carbs: 82.8g Protein: 17.7g

Snacks, Treats, & Drinks

Super Moist Coconut Peach Pie

INGREDIENTS

4 eggs
4 oz. coconut sugar or xylitol
3 oz. coconut flour
5 oz. liquid coconut oil
1 tbsp vanilla extract
1 tsp baking powder
2 peaches
Pinch of salt

DIRECTIONS

Preheat the oven to 350 F.

Line a baking dish (about 11x7 inches) with parchment paper.

Combine the flour and baking powder and set aside.

Separate the yolks from the whites.

Mix the whites with the salt until stiff peaks form.

Gradually add the sugar and mix at medium speed.

Stir in the yolks one by one.

Add the oil and vanilla extract and keep mixing.

Add the flour little by little.

Pour the batter into the baking pan. Set aside for 10 minutes so the flour absorbs some liquid.

Slice the peaches and top the pie.

Bake for about 30 minutes or until a toothpick comes out clean.

Leave in the oven for 5 more minutes with the door open.

Remove from the pan and place on a wire rack to cool before cutting.



SERVES 12

NUTRITION INFORMATION: Calories: 366 Fat: 26.4g Carbs: 32g Protein: 4g

Strawberry Ice Cream

INGREDIENTS

2 1/2 cups fresh strawberries
2 cans of coconut milk, keep 12 hours in the fridge
2 tsp shredded coconut
2 tsp vanilla
1/3 cup raw honey

DIRECTIONS

In a food processor, add strawberries, coconut milk, vanilla, and honey and puree.

Transfer this mixture to an ice cream maker and freeze for 25 to 30 minutes.

Serve and enjoy!



SERVES 4

NUTRITION INFORMATION: Calories: 145 Fat: 5g Carbs: 25g Protein: 1g

Armenian Tourshi (Pickled Vegetables)

INGREDIENTS

7 cups white vinegar
9 cups water
1/2 cup Kosher salt or any
other non-iodized salt
Hot dried chilies
Green chilies
Whole garlic cloves
Cucumbers
Lemons, sliced
Cabbage, cored and
quartered
Carrots, cut into 2-inch
lengths
Celery or coriander stalks
White onions, sliced



DIRECTIONS

Prepare the veggies and arrange in a jar.

Pour the liquids and spices over the veggies and cover the jar. Stir the veggies occasionally until 3 weeks when pickles are ready to eat.

Serve chilled.

SERVES 6

NUTRITION INFORMATION: Calories: 154 Fat: 0.3g Carbs: 29g Protein: 6g

Pineapple Cleansing Juice

INGREDIENTS

6 cups pineapple, peeled
4 inches fresh ginger root,
peeled
2 limes, peeled
Coconut water as needed

DIRECTIONS

In a good quality juicer, juice the ginger root, pineapple, and limes.

Pour $\frac{1}{4}$ glass full of juice, $\frac{1}{4}$ glass full of crushed ice, and fill the rest of the glass with coconut water.

Garnish with pineapple slices and enjoy.



SERVES 6

NUTRITION INFORMATION: Calories: 71 Fat: 0.5g Carbs: 20g Protein: 0.8g

About Painless Nutritionals

Painless Nutritionals is a natural health and wellness brand. We strive to create products that help people live long healthy lives, free from aches and pains, with a youthful vigor regardless of age. Our core belief is that people shouldn't dread getting older; they should look and feel incredible. Painless Nutritionals features specially chosen and highly effective supplements that nourish the body and fill the gaps that a healthy diet and exercise don't address.

We have products for anti-aging, pain-relief, immunity, and much more. *When diet and exercise aren't enough to get the results you want, we have the solution.*

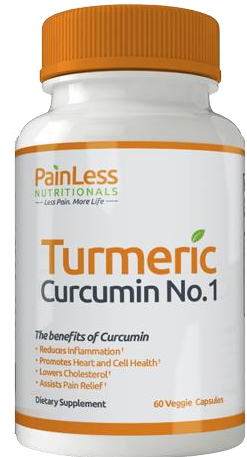
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Turmeric Curcumin No. 1

Fight back against harmful inflammation with Turmeric Curcumin. Inflammation is now believed to be a leading cause of many diseases. It can also cause joint pain and older looking skin.

In addition to being used as a spice to flavor Indian cuisine, turmeric curcumin has been used for thousands of years in many Asian countries as an anti-oxidant and anti-inflammatory agent to treat a wide variety of conditions, including:

- Chest pain
- Jaundice
- Menstrual difficulties
- Bloody urine
- Hemorrhages
- Toothaches
- Bruises
- Colic
- And more



To date, over 6000 studies have been done on turmeric. Results have proven turmeric to be more beneficial than many prescription painkillers, without the frustrating side effects.

Turmeric could be exactly what you need to recapture your youth and vitality, without taking risky medications. If you want to decrease chronic aches, pains, and stiffness while improving the health of your skin, this is the perfect supplement for you!

Get your bottle here: <https://painlessnutritional.com/shop/>

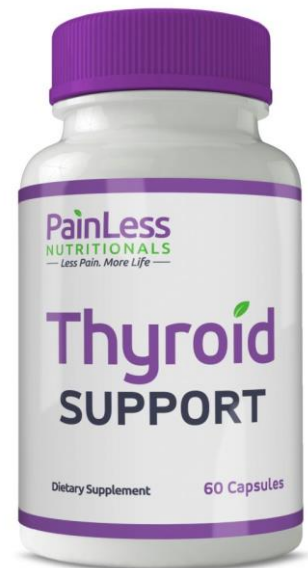
Thyroid Support

Are you gaining weight more easily? Do you feel tired more often than you should? Do you feel older than you are? If so, you might be surprised to learn your thyroid may be the root of all your problems.

It's true. In fact, according to thyroid.org, one in five Americans have hypothyroidism, and up to 60% of these individuals have no idea!

We created this supplement to support good thyroid health.

Whether you have an unhealthy or healthy thyroid, Thyroid Support will help you maintain optimal health.



Benefits you can experience with a healthier thyroid include:

- Increased Energy
- Improved Strength
- Sharpened Memory
- Better Able to Tolerate Cold Temperatures
- Reduction in Hair Loss & Hair Thinning
- Weight Loss

One more big advantage of good thyroid health – it can help you look and feel younger! That's right, a healthy thyroid helps skin look fuller, more hydrated and more vibrant. It also boosts your energy!

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Balance Booster Formula

The risk of falling increases as we age, and falls are one of the leading causes of debilitating injuries in older adults. One way to lower this risk is to focus on brain health. Our Balance Booster Formula has been formulated using only those ingredients proven to boost brain function.

Not only does this supplement improve balance and reduce your risk of falling, it also helps improve memory, cognition, and cerebral blood flow.



Even better - Balance Booster Formula will better the results from any balance and exercise programs!

This supplement is your best defense against falling as it addresses the root cause of most balance issues, brain health. Balance Booster Formula is made in the USA with 100% natural ingredients, with no artificial fillers, flavorings, or colors. This brain boosting supplement is simply made with premium ingredients you can trust.

Don't put your health and safety at risk! Support your overall balance by boosting your brain function with our Balance Booster Formula.

Get your bottle here: <https://painlessnutritional.com/shop/>

Bone Boost Formula No. 1

Bone loss due to the natural aging process can put you at greater risk of fractures.

In fact, according to the latest statistics from the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience an osteoporotic fracture, as will 1 in 5 men of the same age.

Bone fractures can be painful and debilitating. They can even lead to death. **Protect your health and safety with Bone Boost Formula.**



This supplement is specially formulated with Vitamin K2 and Vitamin D3, which bones need to stay healthy.

This impactful supplement is specially formulated with Vitamin K2 and Vitamin D3 which are proven to support bone health. Without these two powerful vitamins, you put both your bones and your overall immune system at risk.

This formula:

- Stimulates calcium absorption
- Supports bone health and strength
- Reduces risk of bone disease
- Helps your body fight infections better
- Improves quality of life
- And more

Because of the importance of K2 and D3 in our everyday life, we formulated Bone Boost Formula No. 1 in such a way that it will not only provide the body with a daily dose of the nutrients, but also help it metabolize them properly.

Get your bottle here: <https://painlessnutritional.com/shop/>

Super Collagen Support

Get thicker, fuller, healthier hair! Our Super Collagen Support formula is uniquely designed to work from the inside-out to nourish and support your hair follicles at the cellular level, allowing you to maintain thicker, longer, stronger, and healthier hair at any age.

This formula both maintains healthy, fast-growing hair and supports hair density and strength – a powerful 1-2 combination that will have you looking your best in no time.



Your hair is one of the first things people notice about your appearance. What impression are you giving when you enter a room?

Is your hair conveying good health and an overall sense of well-being, or is it pointing out exactly the opposite?

Get Super Collagen Support and ensure your hair is making the right first impression.

And don't forget the skin benefits of collagen! This formula is the perfect way to maintain your youthful appearance, and even improve it!

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