

# The Microbiome Reboot

Recipe Booklet

with **DR. ROBYNNE CHUTKAN**

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Feel Light, Tight & Bright  
...The Healthy Way!



# The Microbiome Reboot

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I'm Dr. Robynne Chutkan, integrative gastroenterologist, founder of the Digestive Center for Wellness, and microbiome expert. Over 1000 years ago Hippocrates wrote that *all disease begins in the gut*. What research has shown us in the last few decades is that most of those diseases actually begin with an imbalanced microbiome - what we call "dysbiosis".

The microbiome refers to the trillions of organisms that live in and on our bodies - mostly in our gut. These organisms have evolved with us over millions of years and are the worker bees that carry out all our bodily functions. At birth, we acquire our microbes from our mother, and then from our environment and the food we eat. Our overall health is closely tied to the health of those microbes. But the minute we exit the womb, our super-sanitized lifestyle and modern practices start to decimate our microbiome. In fact, those of us living in the Western world have only two thirds the amount of microbial species compared to people living in the Amazon.

What does this mean for our health? An increased risk of just about every disease, including obesity, cancer, diabetes, heart disease, Alzheimer's, depression, anxiety, autism, allergies, and many more.

The number one way to improve your overall health is to improve the health of your microbiome, and that means focusing on what you feed your gut bacteria on a daily basis. Your diet has an incredible impact on your microbiome, especially the bacterial diversity and composition - both important markers for overall health. Consuming a whole food diet rich in indigestible plant fiber feeds your beneficial gut bacteria and allows good bacteria to grow and multiply, crowding out less desirable species.

If you're looking to improve your gut health, my 7-Day Microbiome Reboot is a great place to start! The reboot includes 7 days of high-fiber recipes that incorporate lots of microbe-boosting plants; simple daily tips on how to improve your microbial health through lifestyle changes; and informational videos on my core secrets to better gut health. The reboot is a comprehensive guide to better microbial health and is designed to get you started on your new path towards a lighter, tighter, healthier you. For additional recipes, shopping lists, and essential information on how to restore your microbial health, read my book *The Microbiome Solution*. Remember, your overall health depends on the health of your microbes, and there's no better time to start building a healthy microbiome than right now!

### About Dr. Robynne Chutkan:

*Robynne Chutkan, MD, FASGE*, is a leading gastroenterologist with a Bachelor's degree from Yale University, and her M.D. from Columbia University. She's been on the faculty of Georgetown University Hospital since 1997 and is the founder of The Digestive Center for Wellness in Washington DC.

In addition to being the bestselling author behind *Gutbliss*, *The Microbiome Solution*, and *The Bloat Cure*, Dr. Chutkan has been a featured expert on **The Today Show**, **The Doctor Oz Show**, **CBS This Morning**, **The Doctors**, and more. She is an avid runner, yogi and snowboarder and is committed to bringing more dirt, sweat and vegetables into her patients' lives.



# Dr. Robynne Chutkan's

7-Day Microbiome Challenge

## DAY 1



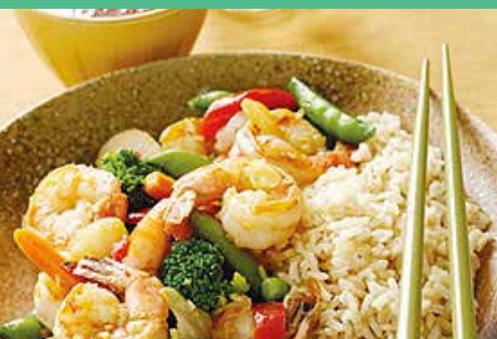
### BREAKFAST

Green Smoothie,  
2 hard-boiled eggs



### LUNCH

Collard Wraps (prepare  
enough ingredients for lunch  
on Days 3 & 5)



### DINNER

Vegetable Stir Fry with  
Shrimp (make enough for  
lunch tomorrow)



**Live Dirty Tip:** Shower with warm water and limit the use of a mild soap to your groin and underarms



**Eat Clean Tip:** Practice the 1-2-3 Rule: Eat 1 vegetable at breakfast, 2 at lunch, and 3 at dinner



### BREAKFAST

Vegetable Frittata,  
¼ avocado



### LUNCH

Vegetable Stir Fry  
with Shrimp



### DINNER

White Bean Vegetarian Chili  
with Sliced Kale & Brussels  
Sprouts Salad



**Live Dirty Tip:** Use a chlorine filter for the water you bathe with and drink



**Eat Clean Tip:** Manage your meat intake; eat 3 ounces or less of meat daily

# Dr. Robynne Chutkan's

7-Day Microbiome Challenge

## DAY 3



### BREAKFAST

Steel Cut Oats with Berries & Flax Seeds, Green Smoothie



### LUNCH

Collard Wraps



### DINNER

Live Dirty Eat Clean Signature Bowl



**Live Dirty Tip:** Use a chlorine filter for the water you bathe with and drink



**Eat Clean Tip:** Choose your carbs carefully. Eliminate refined carbohydrates and sugars from your diet; eat a resistant starch or source of inulin fiber at every meal



### BREAKFAST

Vegetable Frittata, ¼ avocado



### LUNCH

Roasted Root Vegetable Salad (make enough for dinner on Day 6) sprinkled with 2 tablespoons of hemp seed



### DINNER

Broiled Miso Orange Glazed Salmon over mixed greens and Quinoa Tabbouleh Salad



**Live Dirty Tip:** Fill your house with plants for additional microbial exposure



**Eat Clean Tip:** Replace dairy with non-dairy alternatives

# Dr. Robynne Chutkan's

7-Day Microbiome Challenge

## DAY 5



### BREAKFAST

Green Smoothie, 2 fried eggs (in coconut oil), ¼ avocado



### LUNCH

Collard Wraps



### DINNER

Flank Steak with Roasted Asparagus and Split Pea Soup



**Live Dirty Tip:** Make your own natural household cleaner by mixing ½ cup white vinegar with 4 cups of water, 12 drops of tea tree oil, and 12 drops of lavender essential oil. Combine the ingredients in a spray bottle and shake well before using

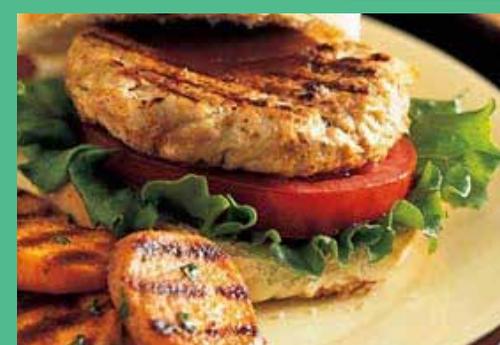


**Eat Clean Tip:** Eliminate gluten from your diet and replace it with fiber-rich whole foods, including vegetables, nuts and seeds, and legumes



### BREAKFAST

Steel Cut Oats with Berries & Flax Seeds, Green Smoothie



### LUNCH

Turkey Burgers with Roasted Root Vegetable Salad



### DINNER

Zucchini Pasta with Pesto & Cherry Tomatoes, served with a green side salad



**Live Dirty Tip:** Consider getting a dog, cat, rabbit, or other pet: children with pets have fewer infections and require fewer antibiotics



**Eat Clean Tip:** Limit your alcohol consumption to no more than 5 drinks weekly and choose red wine

# Dr. Robynne Chutkan's

## 7-Day Microbiome Challenge

### DAY 7



#### BREAKFAST

Sweet Potato & Kale Hash served with 1 fried egg (in coconut oil) or 2 tablespoons of pumpkin seeds



#### LUNCH

Split Pea Soup with carrots and hummus



#### DINNER

Roasted Chicken with Vegetables served with brown rice



**Live Dirty Tip:** Get rid of soaps, cleansers, or moisturizers that contain harmful ingredients. Check out [www.ewg.org/skindeep](http://www.ewg.org/skindeep) for microbe-friendly personal care products



**Eat Clean Tip:** Ferment your food and eat fermented foods daily (see coconut milk kefir and gingered carrot recipes on pages 27 & 28)

## Vegetable Frittata

SERVING(s): 6



#### INGREDIENTS

1 tablespoon olive oil  
or coconut oil  
½ small yellow onion, diced  
1 cup broccoli florets, cut into small pieces  
½ zucchini, chopped  
½ cup red bell pepper, chopped  
2 cups spinach, loosely packed  
8 large eggs  
Sea salt and freshly ground black pepper to taste



#### METHOD

§ PREHEAT THE OVEN TO 350°F. In a 10-inch sauté pan or cast-iron skillet, add the olive oil and onion. Cook over medium heat for 2 to 3 minutes, until it begins to brown. Next, add the broccoli, zucchini, and bell pepper. Sauté for a few minutes, until soft and moist. Add in the spinach and cook for 1 to 2 minutes more, until slightly wilted. Remove the pan from the heat and allow the mixture to rest.

§ IN A MEDIUM BOWL, beat the eggs and season with salt and black pepper. Add the eggs to the vegetable mixture, then place the sauté pan directly into the preheated oven (or transfer to a 9-inch pie plate before placing in the oven). Bake for 20 minutes, or until the eggs are set and slightly browned. Slice into wedges and serve immediately.

Recipes and photos by Elise Museles of Kale and Chocolate.  
First appeared in *The Microbiome Solution* (Penguin 2015) and *Gutbliss* (Penguin 2013)

## Steel Cut Oats with Berries and Flax Seed

SERVING(s): 4



### INGREDIENTS

1 cup steel-cut oats  
3 cups water  
1 tablespoon ground flax seeds  
2 cups organic blueberries, raspberries, and/or strawberries  
Drizzle of flaxseed oil (optional)



### METHOD

In a saucepan, combine oats, water, and flax seeds and stir briefly; bring to a boil. Reduce heat to low, cover, and simmer for 20 to 25 minutes or until the oats are tender and the liquid is nearly all absorbed. Top with berries and serve.

For a quicker version, soak 1 cup steel-cut oats in 3 cups water in a 2-quart saucepan for 8 to 12 hours or overnight. In the morning, add 1 tablespoon ground flax seeds and bring to a boil, reduce heat to low, and simmer, stirring constantly, for 5 minutes. Serve with berries or your favorite nutrient-dense toppings.

#### DELICIOUS TOPPING VARIATIONS:

Blueberries and walnuts. Sliced banana and walnuts. Apricots and almonds. Apple, pecans, and cinnamon. Dried cranberries and almonds. Pear, ginger, and flax seeds. Shredded coconut and sliced banana. Coconut, cinnamon, and pitted dates

## Broiled Miso Orange Glazed Salmon

SERVING(s): 2



### INGREDIENTS

#### MARINADE

1 tablespoon white miso  
1 tablespoon freshly squeezed orange juice  
1 teaspoon minced fresh ginger  
1 teaspoon maple syrup or raw honey  
1 to 2 teaspoons tamari  
½ teaspoon toasted sesame oil  
½ teaspoon red pepper flakes

Two 6-ounce salmon fillets



### METHOD

§ PREHEAT THE BROILER TO 500°F. In a small bowl, make the marinade: mix the miso, orange juice, ginger, maple syrup, tamari, sesame oil, and red pepper flakes together. Place the salmon fillets skin-side down in a baking dish. Cover with the marinade. Set aside for at least 30 minutes. Place the marinated salmon in the oven (at least 6 inches from the top), cook for 6 to 8 minutes for medium rare doneness. Serve over mixed greens, quinoa, or brown rice.

NOTE: The salmon can also be made on the grill.

## Collard Wraps



### INGREDIENTS

Sliced or shredded colorful vegetables:  
cabbage, carrots, beets, jicama, red bell  
peppers, yellow bell peppers, broccoli  
sprouts, pea shoots, cucumber,  
avocado, zucchini, summer squash

Spread: hummus, pesto, or mashed avocado  
Collard greens

Precooked quinoa or brown rice (optional)



### METHOD

§ SLICE OR SHRED THE vegetables into thin strips using either a mandolin or a slicer, or by cutting them by hand. Lay all of the strips out on a plate or cutting board. Wash and dry the collard leaves. Shave down the thick stalk and then flip the collard over. Place the moist ingredients in the middle of the leaf and spread (use avocado, cashew cheese, hummus), then fill the leaves with all the colors of the rainbow. Add in quinoa for a more filling wrap. Fold the sides in first and then roll the collard like a burrito. Eat whole or slice in half.

## Turkey Burgers

SERVING(s): 4-6



### INGREDIENTS

1 pound ground turkey breast  
3 teaspoons finely grated fresh ginger root  
2 cloves garlic, chopped  
1 large egg  
1 large carrot, finely grated  
2 tablespoons tamari  
2 teaspoons sesame oil  
1 tablespoon fresh cilantro, minced (optional)  
3 green onions, minced  
Salt and freshly ground black pepper to taste  
Olive oil for the griddle



### METHOD

§ IN A MEDIUM BOWL, combine the turkey, ginger, garlic, egg, carrot, tamari, sesame oil, cilantro, green onions, salt, and pepper. Form the mixture into patties 1½ to 2 inches in diameter. Place the patties on a lightly oiled griddle or pan over medium-high heat for about 7 minutes per side or until cooked through.

## Sweet Potato & Kale Hash

SERVING(s): 2



### INGREDIENTS

1 tablespoon coconut oil  
1 medium-large sweet potato, peeled and cut into ¼-inch cubes  
½ small red onion, finely chopped  
1 small Granny Smith apple, peeled and cut into ½-inch cubes  
1 clove garlic, finely chopped  
¼ teaspoon red pepper flakes  
1 bunch dinosaur kale, stalks removed and sliced into thin ribbons  
1 to 2 teaspoons olive oil  
Sea salt to taste  
1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried)



### METHOD

§ PLACE THE COCONUT OIL in a medium skillet and melt over medium heat. Add the sweet potato and onion and sauté for 10 to 12 minutes, until softened. Next, add the apple, garlic, and red pepper flakes and sauté for 2 to 3 minutes more. Toss the kale and olive oil into the mix and sauté for about 3 minutes, until the kale is gently wilted. Season with salt to taste. Sprinkle with rosemary before removing from the pan.

TIME SAVING TIP: Prepare the sweet potato the night before and cook the veggies and the apple in the morning. Toss in the sweet potato at the end to heat with all of the ingredients.

## Sliced Kale and Brussels Sprouts Salad

SERVING(s): 6



### INGREDIENTS

SALAD:  
4 cups Lacinato kale, loosely packed  
4 cups Brussels sprouts, loosely packed  
½ cup sliced almonds, toasted

DRESSING  
¼ cup freshly squeezed lemon juice  
1 tablespoon Dijon mustard  
1 tablespoon chopped shallots  
1 tablespoon lemon zest  
1 tablespoon maple syrup  
¼ cup olive oil  
Sea salt and freshly ground black pepper to taste



### METHOD

§ REMOVE AND DISCARD THE stalks from the kale. Roll the leaves, and then slice into thin strips. Halve the Brussels sprouts, discard the ends, then finely grate or shred them with a knife into thin slices. Assemble the kale and Brussels sprouts in a large bowl.

§ FOR THE DRESSING, MIX together the lemon juice, mustard, shallots, lemon zest, and maple syrup. Whisk until well combined. Slowly add in olive oil and mix. Season with salt and pepper. Drizzle the dressing over the kale and Brussels sprouts. Toss to coat. Add sliced almonds and mix. Enjoy!

VARIATION: Add pomegranate seeds and chopped garbanzo beans for a twist on this simple salad.

## Vegetable Stir Fry (with Shrimp)

SERVING(s): 2-4



### INGREDIENTS

1 tablespoon coconut oil or olive oil  
1 small red onion, sliced  
1 head of broccoli, cut into bite-size florets  
1 cup sliced mushrooms  
1 red or orange bell pepper, cored, seeded, and sliced into small strips  
½ cup snow peas, ends removed  
2 carrots, sliced into thin rounds  
2 cloves garlic, minced

### MARINADE

½-inch piece of fresh ginger, grated  
1 tablespoon tamari  
1 tablespoon water  
½ teaspoon mirin  
1 teaspoon maple syrup  
1 teaspoon red pepper flakes  
1 tablespoon freshly squeezed orange juice



### METHOD

§ HEAT A SAUTÉ PAN over medium heat. Add the coconut oil and onion. Sauté the onion for 2 minutes. Add the broccoli, mushrooms, bell pepper, snow peas, carrot, and garlic to the pan. Cook for another 3 minutes. To make the marinade, mix the ginger, tamari, water, mirin, maple syrup, chili pepper flakes, and orange juice in a small bowl. Whisk together. Allow the marinade to condense for 2 to 3 minutes. Pour the marinade over the vegetables. Serve with brown rice or on its own.

OPTIONAL: Add ½ pound of peeled and deveined small to medium shrimp at the same time that the marinade is added. Cook for 3 to 4 minutes, or until the shrimp curls and turns light pink.

## White Bean Vegetarian Chili

SERVING(s): 8



### INGREDIENTS

2 tablespoons olive oil  
1 onion, minced  
1 teaspoon oregano  
1 teaspoon cumin  
1 tablespoon chili powder  
½ teaspoon cinnamon  
1 jalapeño pepper, cored and seeded  
2 or 3 cloves garlic  
2 small zucchinis, chopped  
1 large red or orange bell pepper, cored, seeded, and diced  
1 medium sweet potato, cut into ¼-inch cubes  
2 cups fresh tomatoes with juice, diced  
1 cup water  
1 cup vegetable stock (plus more as needed to achieve desired thickness)  
One 7-ounce jar tomato paste (choose glass over canned, if possible)  
1 teaspoon sea salt  
4 cups cooked white beans  
1 avocado, diced, for garnish  
1 bunch cilantro, chopped, for garnish  
Dash of hot sauce (optional), for garnish



### METHOD

§ IN A LARGE STOCKPOT, heat 1 tablespoon olive oil over medium-high heat. Add the onion and sauté it. Once the onion begins to sweat, add the oregano, cumin, chili powder, cumin, cinnamon, jalapeño, and garlic. Cook for 1 to 2 minutes. Next, add the remaining 1 tablespoon of olive oil, the zucchini, bell pepper, sweet potato, tomatoes, water, stock, tomato paste, salt, and cooked beans. Bring the mixture to a boil. Reduce the heat to a simmer. Cover and cook for 35 to 40 minutes, or until all of the vegetables are soft. Serve hot and top each bowl with avocado and cilantro. For a little heat, add a dash of hot sauce.

NOTE: This recipe works with any combination of beans.

## Green Smoothie

SERVING(s): 1



### INGREDIENTS

1 large handful of Lacinato or curly kale  
1 handful of spinach or 2 collard green leaves  
½ handful of parsley or mint  
1 stalk of celery  
½ cup fruit (usually pineapple, mango, a green apple or kiwi)  
Juice from ½ a lemon  
1 to 2 cups of ice  
8 to 10 ounces of coconut water, regular water, or unsweetened green juice



### METHOD

Place all ingredients in a high-speed blender. Drink immediately after blending.

## Live Dirty Eat Clean Signature Bowl

Makes 2 Large Bowls



### INGREDIENTS

1 to 2 cups cooked brown rice or quinoa  
2 to 3 tablespoons coconut oil or olive oil  
1 red onion, thinly sliced  
4 carrots, peeled and thinly sliced  
3 stalks celery, thinly sliced  
1 cup Curry and Turmeric Roasted Cauliflower (page 250 of *The Microbiome Solution*)  
1 cup cooked chickpeas  
1 bunch kale, stalks removed and discarded and leaves sliced thin  
2 cups baby spinach  
1 cup cherry tomatoes, sliced in half  
¼ cup dried Turkish apricots, chopped (or raisins, dried cranberries, or dried cherries)  
¼ cup toasted pecans, chopped  
1 bunch of fresh parsley, chopped (about ½ cup)

### DRESSING

½-inch piece of fresh ginger, peeled and minced  
2 tablespoons freshly squeezed lemon juice  
1 teaspoon raw honey  
1 teaspoon Dijon mustard  
¼ teaspoon red pepper flakes  
¼ cup olive oil



### METHOD

§ REHEAT THE PRECOOKED BROWN rice. Divide the rice into two separate bowls. Heat a large pan over medium-high heat and add the coconut oil. Stir in onion, carrots, and celery. Sauté the vegetables for 3 to 4 minutes, until they begin to soften and brown. In the last minute, toss in the cauliflower and chickpeas. Next, add the kale to the mix and allow the kale to slightly wilt for about 1 minute. Remove the pan from the heat and add the baby spinach and tomatoes. Place the sautéed mixture over the brown rice. Add in the dried apricots.

§ TO MAKE THE DRESSING, mix together the ginger, lemon juice, honey, mustard, and red pepper flakes in a small mixing bowl. Slowly whisk in the olive oil, to form an emulsion. Drizzle the dressing over the bowls. Toss lightly. Top with toasted pecans and fresh parsley. Save any remaining dressing in the refrigerator for up to 4 days.

## Roasted Root Vegetable Salad

SERVING(s): 4-6



### INGREDIENTS

#### VEGETABLES

4 cups root vegetable mixture, cubed or sliced in sticks (carrots, parsnip, beets, squash, anything goes)

Olive oil for coating the root vegetables

Sea salt and freshly ground black pepper to taste

¼ cup chopped fresh parsley

8 cups mixed greens (can use spinach, spring mix, mache, arugula)

Topping: dried cranberries and walnuts

#### DRESSING

¼ cup olive oil

¼ cup balsamic vinegar

1 tablespoon water

1 tablespoon maple syrup

2 teaspoons Dijon mustard

1 tablespoon chopped fresh herbs (optional; thyme, parsley, and rosemary work well)

Sea salt and freshly ground black pepper to taste



### METHOD

§ PREHEAT THE OVEN TO 400°F. Line a rimmed baking sheet with parchment paper. Cut the root vegetables into either cubes or sticks and coat with the olive oil, salt, pepper, and parsley. Place in a single layer on the baking sheet and roast for 35 to 40 minutes, or until golden brown around the edges and crispy.

(The roasting time depends on the thickness of the sliced veggies.) Turn over once halfway through cooking. Remove the veggies from the oven and cool slightly. While cooling, make the dressing by whisking together the olive oil, vinegar, water, maple syrup, mustard, herbs if using, salt, and pepper in a small bowl.

Place the vegetables on a bed of greens. Add some dried cranberries and walnuts and drizzle with the balsamic maple dressing. Store extra dressing in the refrigerator for up to 5 days. Serve warm or at room temperature.

## Quinoa Tabbouleh Salad

SERVING(s): 6-8



### INGREDIENTS

1 cup uncooked quinoa, rinsed and drained

2 cups water

1 cup cucumbers, peeled and chopped

½ cup scallions, chopped

1 cup fresh parsley, chopped

¼ cup fresh mint, chopped

1 cup grape (or cherry) tomatoes, quartered

Sea salt and freshly ground black pepper to taste

¼ cup olive oil

¼ cup freshly squeezed lemon juice

1 teaspoon minced garlic



### METHOD

§ IN A SMALL POT, combine the quinoa and water (or use half vegetable broth for a boost of flavor). Bring to a boil, cover, and reduce the heat to low. Simmer until done, about 15 minutes. Chill thoroughly, at least 30 minutes. Add the cucumbers, scallions, parsley, mint, and tomatoes to the quinoa. Next, season with salt and pepper to taste. In a separate small bowl, whisk the olive oil, lemon juice, and garlic until blended. Add to the quinoa and veggies and mix until thoroughly combined. Chill before serving.

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## Flank Steak

SERVING(s): 6



### INGREDIENTS

- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 2 green onions, sliced
- ½ cup tamari
- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 2 tablespoons raw honey
- 1 flank steak (about 1½ pounds)



### METHOD

§ TO MAKE THE MARINADE, whisk the garlic, ginger, green onions, tamari, olive oil, sesame oil, and honey together in a small bowl. Place the steak in a shallow nonaluminum dish. Pour the marinade over the steak. Turn to coat and marinate the steak for at least 4 hours but preferably overnight. Cook the steak on a grill until medium. Let it rest for a few minutes to seal in the flavors. Cut the steak into thin diagonal slices against the grain of the meat.

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## Roasted Asparagus

SERVING(s): 4



### INGREDIENTS

- 1 bunch of asparagus
- ½ to 1 teaspoon minced fresh garlic
- Salt and freshly ground black pepper to taste
- 2 tablespoons olive oil (or enough to coat)
- ½ lemon



### METHOD

§ PREHEAT OVEN TO 400°F. BREAK off the bottom tough ends of the asparagus. Combine the asparagus, garlic, salt, and pepper in a bowl. Toss to coat. Spread the asparagus on a rimmed baking sheet in a single layer. Roast for 12 to 16 minutes, or until tender but still crisp. Turn only once during the cooking time. Lightly squeeze the lemon over the spears just before serving.

## Split Pea Soup/Dahl

SERVING(s): 8



### INGREDIENTS

1 pound yellow split peas, rinsed and drained  
8 to 12 cups low-sodium chicken or vegetable broth, depending on the desired consistency  
4 large cloves garlic, minced  
1 medium yellow onion, minced  
2 cups coconut milk (optional)  
3 scallions, chopped  
1 jalapeño pepper, seeded and diced  
1 sprig of fresh thyme  
½ teaspoon cumin  
Freshly ground black pepper to taste



### METHOD

§ ADD THE SPLIT PEAS and 8 cups broth to a large stockpot, along with the garlic and onion. Bring to a boil over high heat, reduce the heat to medium-high, and cook until the peas are soft (about 1 hour). Add additional broth as needed to keep the mixture liquid. Add the coconut milk if using and boil for 10 minutes. Add the scallions, jalapeño, and thyme and cook for 10 minutes more. Remove the pot from the heat and blend the soup with an immersion blender or puree through a food processor. Return to mixture to medium heat and cook for 30 minutes more. Season with cumin and pepper to taste.

## Zucchini Pasta with Pesto & Cherry Tomatoes

SERVING(s): 4-6



### INGREDIENTS

4 zucchinis  
2 cups fresh basil leaves, tightly packed  
½ cup walnuts or pine nuts  
1 clove garlic, coarsely chopped  
¼ to ½ cup olive oil, added until desired consistency is reached  
½ teaspoon sea salt  
Freshly ground black pepper to taste  
1 cup cherry tomatoes, chopped



### METHOD

§ FOR THE “PASTA,” use a julienne peeler or knife to make long thin slices of zucchini. If you own a spiralizer, that’s a less labor intensive way to make the noodles.

§ COMBINE THE BASIL, nuts, and garlic in the bowl of a food processor and blend until coarsely ground. Slowly drizzle in the olive oil and process. Add enough olive oil to keep it moist. Next, add the salt and the pepper to taste. Cover the zucchini with the pesto and top with the chopped tomatoes. Store the remaining pesto in a tightly sealed container in the refrigerator for up to 4 days.

## Roasted Chicken with Vegetables

SERVING(s): 4



### INGREDIENTS

1 free-range roasting chicken (approximately 6 pounds)  
1 lemon  
1 large onion, peeled and sliced in half  
2 or 3 fresh sprigs of rosemary, plus more sprigs for garnish  
Kosher salt and freshly ground black pepper to taste  
Fresh poultry seasoning  
3 carrots, sliced in thick rounds  
2 medium sweet potatoes, chopped  
3 stalks celery, sliced into 2-inch pieces  
3 cloves garlic  
Olive oil  
½ cup organic chicken broth



### METHOD

§ PREHEAT THE OVEN TO 450°F. Rinse the chicken, pat it dry, and remove the giblets. Cut the lemon in half and squeeze lemon juice on the chicken skin. Place the onion and the rosemary sprigs in the chicken cavity. Season the cavity with salt and pepper. Generously season the chicken all over with salt, pepper, and fresh poultry seasoning. Place the chicken in a roasting pan.

§ IN A BOWL, mix the carrots, sweet potatoes, celery, and garlic. Lightly cover with olive oil and season with salt and pepper. Arrange the vegetables around the chicken.

§ PLACE THE ROASTING PAN on a rack. Pour the broth over the chicken and roast in the oven for 30 minutes. Stir the vegetables once during the cooking time. Reduce the heat to 375°F and continue to roast for at least an hour more, until the juices run clear and the internal temperature reaches 170°F. Remove the chicken from the oven and let stand for about 5 minutes. Garnish with fresh herb sprigs.

## Coconut Milk Kefir

SERVING(s): 6



### INGREDIENTS

½ cup milk kefir grains, unwashed  
2 cups coconut milk

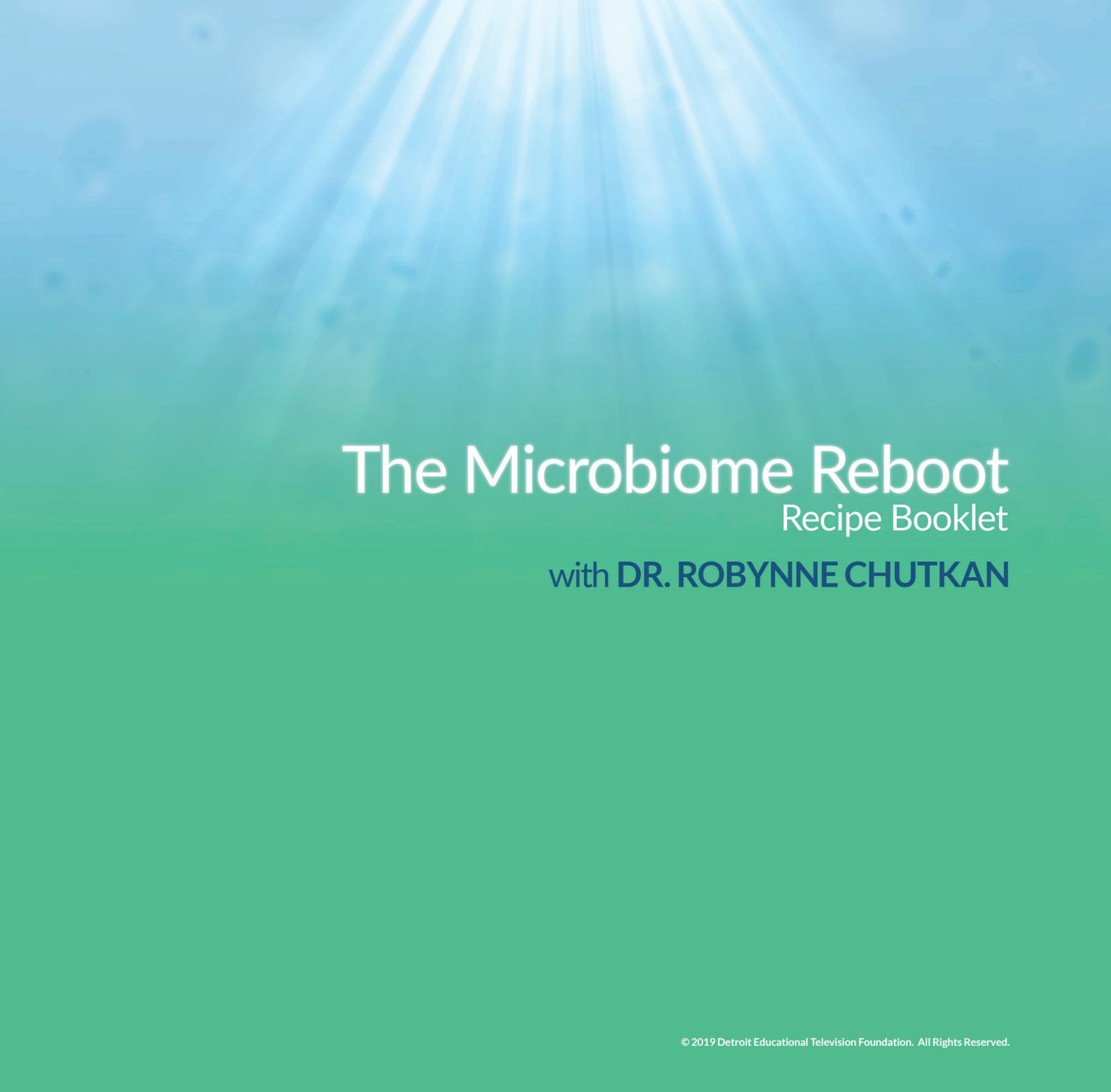


### METHOD

§ PLACE THE KEFIR GRAINS in a wide-mouthed quart canning jar and pour in the coconut milk. Lay a square of paper towel across the top and screw down the lid band (but not the lid). Allow the coconut milk to culture at room temperature for 12 to 15 hours, less time for warmer temperatures, more time for cooler temperatures, until the milk is cultured and thick. If the first batch fails to culture, pour off the coconut milk and reserve in the refrigerator for other uses, and make a second or third batch if needed. Use a plastic strainer and spoon to retrieve the cultured coconut milk curds as you would for milk.





The background features a gradient from light blue at the top to a solid green at the bottom. At the top, there are bright, radiating light rays that create a sunburst effect, fading into the blue background.

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Recipe Booklet

with **DR. ROBYNNE CHUTKAN**