



## Easy & Tasty Recipe Ideas Using Udo's Oil

### Udo's Fruit and Yogurt:



A nutritious breakfast is an essential start to a healthy daily routine. Plus, in our fast-paced world, we need a quick and easy way to get that energy in the morning. This fresh fruit, yogurt, and Udo's Oil™ 3•6•9 Blend dish is a perfect way to start your day right.

- 1/2 cup yogurt
- 1 Tbsp Udo's Oil™ 3•6•9 Blend
- 1 Tbsp honey
- 1 cup strawberries, sliced (or other berries or fruit)
- 1 banana, sliced

- Mix together yogurt, Udo's 3-6-9 Oil Blend and honey.
- Add fruit and mix together.

Also sprinkle a little Udo's Beyond Greens or Udo's Wholesome Fast Food Blend for additional nutrient value.

Makes 2 servings.

## Pasta Dressing:



- 1 serving
- 1Tbsp. Oil Blend
- 1tsp. crushed or chopped garlic
- 1-2 tsp. of your favourite herbs to taste

Shake thoroughly and pour over hot or cold pasta.

## Cracker Spread:



250ml cottage cheese

1 Tbsp. Oil Blend

Pinch of cayenne or black pepper

Chopped green onions (optional)

Thoroughly mix ingredients and spread on crackers or toast

## Vegetable Dip:



### Savoury:

1/4 cup drained yogurt

1 Tbsp. Ultimate Oil Blend

Add finely chopped or dried chives, oregano, basil, cayenne, and salt/pepper to taste

### Sweet:

Add freshly grated or powdered ginger, lemon, honey, grated apple and raisins to taste

## Protein Shake:



1 serving of your favourite non-GMO whey or soy protein powder (eg. Isowhey)  
1-2 Tbsp. Oil Blend  
12-16 oz soy or other milk substitute

- Blend together and drink

Optional ingredients:

1 Tbsp. Udo's Choice Beyond Greens

## Spicy White Bean Spread:



1 19 oz can white beans (e.g., navy or white kidney)  
3/4 cup liquid from beans  
3 Tbsp fresh lemon juice  
2 tsp minced garlic  
2 Tbsp chopped parsley  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp cayenne pepper (adjust to taste)  
1/4 cup Udo's Oil™ 3•6•9 Blend  
2 Tbsp Missing Link Master Nutrient Formula

- Blend all ingredients in a food processor or blender
- Spread onto bread, use in sandwiches, or use as a dip with pita bread or vegetables

Makes 2 1/2 cups

## Noodles with Cabbage & Caraway Seeds:



6 oz dry broad egg noodles or bowtie noodles  
1/2 cup chopped onions  
2 cups shredded cabbage  
1/2 cup chicken broth (or vegetable stock)  
1 tsp caraway seeds  
2 Tbsp Udo's Oil™ 3•6•9 Blend  
1 1/2 Tbsp chopped parsley  
salt and pepper to taste

- Cook noodles according to package instructions
- In a separate covered pan over medium heat, cook onions, cabbage and caraway seeds in chicken broth until vegetables are soft (approx 10 mins)
- Reduce heat. Drain noodles and add to the pan. Mix in Udo's Oil™ 3•6•9 Blend and parsley
- Season to taste

Makes four side servings



## Grilled Vegetables with Balsamic Vinaigrette:



6 oz green zucchini, cut into 1/4" slices  
6 oz yellow zucchini, cut into 1/4" slices  
4 oz sweet white onion, cut into 1 1/2" pieces  
2 oz red bell pepper, cut into 1 1/2" pieces  
1 Tbsp Udo's Oil™ 3•6•9 Blend  
1 tsp balsamic vinegar  
1/4 tsp finely minced garlic  
1 Tbsp chopped fresh parsley  
salt and pepper to taste

- Grill vegetables until tender.
- In a large bowl, mix together Udo's Oil™ 3•6•9 Blend, vinegar, garlic and parsley.
- Add vegetables and toss with vinaigrette.
- Season to taste.

Makes two 1 cup servings



## Corn Chowder:



1 14 oz can cream style corn  
3/4 cup chicken broth (or vegetable stock)  
1 small yellow potato, diced (1 cup)  
1/3 cup diced red bell pepper  
2 tsp minced jalapeño pepper  
2 Tbsp Udo's Oil™ 3•6•9 Blend  
2 Tbsp diced green onion  
salt and pepper to taste

- In a saucepan, add corn, chicken broth and potatoes. Cover and bring to a boil. • Lower heat and simmer for 15 minutes, stirring occasionally. • Add peppers and simmer for another 15 minutes, stirring occasionally. • Stir in Udo's Oil™ 3•6•9 Blend and green onions.
- Season to taste.

Makes two 1 1/2 cup servings

## Date Walnut Clusters:



1 cup pitted dried dates (8 oz)  
1/4 cup chopped walnuts  
2 Tbsp Udo's Oil™ 3•6•9 Blend  
1 Tbsp Udo's Choice® Wholesome Fast Food Blend  
6 Tbsp unsweetened flaked coconut, toasted

- With a fork or pastry cutter, blend the dates, walnuts, Udo's Oil™ 3•6•9 Blend and Wholesome Fast Food Blend until mixture is combined.
- Place coconut in a dish.
- Form date mixture into 1 1/2" clusters and roll in coconut until well coated.
- Refrigerate clusters for at least 30 mins.

Makes about 12 clusters

## Chili con Udo's:



Red kidney beans are amongst the highest sources of fibre within our food choices.

2 19 oz cans of red kidney beans, drained  
1 Large onion, diced (approx 2 cups)  
1 Yellow pepper, diced (approx 1 cup)  
4 cloves Garlic, minced  
1 28 oz can of tomatoes, chopped (with liquid)  
2 Tbsp Tomato paste  
1 1/2 Tbsp Chili powder  
1 tsp Ground cumin  
1/2 tsp Dried oregano  
1/4 tsp Cayenne (adjust to taste)  
1 tsp Salt  
1/2 tsp Sugar (adjust depending on acidity of tomatoes)  
1/4 cup Udo's Oil™ 3•6•9 Blend  
Salt and pepper to taste

- In a large pot, add all ingredients except oil.
- Mix ingredients, cover and simmer for 2 hours, stirring occasionally.
- Add oil and season to taste.

Makes four 1 1/2 cup servings

## Warm Portobello Mushroom Salad:



8 oz portobello mushrooms, stems removed if woody  
1/2 head romaine lettuce, washed and dried, broken into bite size pieces  
3 Tbsp toasted pumpkin seeds  
1 Tbsp minced shallots  
1 Tbsp fresh lemon juice  
1 tsp prepared Dijon mustard  
1/4 tsp black pepper  
1/4 tsp salt  
2 Tbsp Udo's Oil™ 3•6•9 Blend  
salt and pepper to taste

- In a bowl, mix lemon juice, mustard, black pepper and salt.
- Whisk in Udo's Oil™ 3•6•9 Blend to emulsify dressing. Add shallots. Set aside.
- Slice mushrooms 3/8" thick. Place in a large, cold sauté pan.
- Bring to medium high heat and cook mushrooms until soft, stirring occasionally (approx 7-10 mins).
- In a large bowl, place lettuce, mushrooms, pumpkin seeds and dressing, and toss.
- Season to taste.

Makes two servings

## Muesli with Dried Apricots, Figs & Almonds:



1/3 cup rolled oats  
1 Tbsp sliced dried apricots  
1/2 Tbsp sliced dried figs  
1 1/2 Tbsp sliced almonds  
1 Tbsp Udo's Oil™ 3•6•9 Blend  
1 Tbsp Udo's Choice® Wholesome Fast Food Blend  
1/2 cup milk or soymilk

- Combine oats, fruit and almonds.
- Add Udo's Oil™ 3•6•9 Blend and mix until oats have absorbed oil.
- Mix in Wholesome Fast Food Blend.
- Pour milk over muesli mixture.

Makes one 3/4 cup serving

## Pasta with Fresh Tomato & Basil:



A simple dish that can be varied according to your own taste. Just add lean turkey, chicken, or beans to create a high protein meal.

8 oz Dry pasta (eg. Fettuccini, spaghetti, linguine)

2 1/2 cups Fresh ripe tomatoes, diced

1/4 cup Tomato juice

1 clove Garlic, minced

1/2 tsp Salt

1/4 cup Fresh basil leaves

1/4 cup Parmesan cheese, grated

1/4 cup Udo's Oil™ 3•6•9 Blend

Salt and pepper to taste

- To make pasta: Cook according to package instructions. Keep pasta warm.
- To make sauce: In a large pan, add tomatoes, juice, garlic, and salt. Cover and simmer until tomatoes are softened. Add basil and oil, and toss with warm pasta.
- Season to taste.
- Sprinkle with cheese.

Makes four 1 1/3 cup servings



# Tuna & Avocado Salad Wrap:



Tuna, as with other wild fish, are part of a healthy diet when eaten once or twice per week. Tuna is a good source of protein.

2 6 oz cans of chunk light tuna, drained  
1 Avocado, cut into 1/2" pieces  
1/4 cup Red onions, thinly sliced  
1/3 cup Tomato, chopped  
1/3 cup Celery, chopped  
3 Tbsp Udo's Mayonnaise (see Udo's Mayo recipe)  
1 1/2 Tbsp Lemon juice  
2 cups Lettuce, shredded  
1/4 tsp Salt  
2 Large whole wheat tortillas  
Salt and pepper to taste

- In a bowl, mix tuna, avocado, onion, tomato, celery, Udo's mayonnaise, lemon juice, and salt.
- Season to taste.
- Place half of lettuce and salad mixture onto each tortilla.
- Roll tortillas into wraps.
- Cut each wrap in half.

Makes four servings



## Ginger Steamed Filet of Sole:



Ginger is one of the best natural helpers for digestion. Steaming is one of the best cooking methods for maintaining nutrients in food, and the integrity of Udo's Oil.

4 4 oz filets of sole (option: use red snapper, cod, wild salmon)

4 Slices of medium firm tofu, 3/8" thick

1/2 tsp Salt

1 Tbsp Ginger root, slivered

1 clove Garlic, minced

1/2 tsp Tamari or light soy sauce

1/2 tsp Sugar

1 Tbsp Rice wine, or dry sherry (optional)

2 Tbsp Udo's Oil™ 3•6•9 Blend

2 Tbsp Green onions, slivered

- Pour water into a pan to 3/4" depth.
- Place a steaming rack in the pan, cover and bring water to the boil.
- Place tofu slices in one layer in a shallow dish suitable for steaming.
- Place filets on top of tofu and sprinkle with salt.
- In a separate bowl, add ginger, garlic, tamari, sugar, wine, and oil, and mix together.
- Pour mixture evenly over filets.
- Place dish on rack, cover pan, and steam filets until they are done yet still moist (approx 5 to 10 mins depending on the thickness of the filets).
- Garnish with green onions.
- Serve with accumulated juices.

Makes four servings

## Roasted Tomato & Red Pepper Soup:



Tomatoes, containing significant amounts of lycopene, and red peppers, containing significant amounts of beta carotene, are good sources of antioxidants.

2 cups Tomatoes, cut into 2" pieces

3 cups Red bell peppers, cut into 2" pieces

1/2 Large Spanish onion, cut into 1" pieces

2 cups Chicken or vegetable broth, heated (option: use low sodium or homemade)

2 Tbsp Udo's Oil™ 3•6•9 Blend

Salt and pepper to taste

- Preheat oven to 375° F.
- Line 2 baking sheets with parchment paper.
- Place tomatoes, peppers, and onions on sheets.
- Roast vegetables until soft and browned along edges (approx 45 mins).
- In batches, blend with hot broth until smooth. Reheat to serving temperature if necessary.
- Stir in oil.
- Season to taste

Makes two 2 cup servings

## Caesar Salad:



A tasty and healthy way to incorporate Udo's Oil into your daily meals.

1/2 head Romaine lettuce, washed and dried, broken into 2" pieces

1 Anchovy filet, minced (or use 1/2 tsp Worcestershire sauce)

1 clove Garlic, minced

1 tsp Lemon juice

2 Tbsp Udo's Mayonnaise (see Udo's Mayo recipe)

1/4 cup Parmesan cheese, grated

1/2 cup Toasted croutons

Salt and pepper to taste

- To make croutons: Preheat oven to 375° F. Cut your favourite bread into 1/2" cubes. Season to taste. Toast in oven until edges are slightly browned. Remove from oven and sprinkle with Udo's Oil.
- To make salad: In a bowl, mix anchovy, garlic, lemon juice, and Udo's mayonnaise.
- In a large salad bowl, toss lettuce with mayonnaise mixture, half of cheese, and croutons.
- Season to taste.
- Sprinkle with remaining cheese.

Makes two servings

# Oven Roasted Vegetables with Curry Dressing:



A healthy alternative to frying or sautéing, oil free roasting is a wonderful way to cook a variety of vegetables.

1 cup Acorn squash, cut into 1/2" pieces  
1 cup Turnips, cut into 1/2" pieces  
1/2 cup Parsnips, cut into 1/2" pieces  
1 cup Onions, cut into 1/2" pieces  
1 cup Carrots, cut into 1/2" pieces  
Curry Dressing  
2 tsp Curry powder  
1/4 cup Udo's Oil™ 3•6•9 Blend  
1 Tbsp Vinegar  
1/2 Tbsp Sugar  
1 clove Garlic, minced  
1/4 tsp Salt  
Salt and pepper to taste

- Preheat oven to 375° F.
- Place all vegetables in a roasting pan or shallow casserole dish.
- Roast vegetables until soft and slightly browned along edges (approx 40 to 50 mins).
- To make curry dressing: Mix curry, oil, vinegar, sugar, garlic and salt.
- Remove vegetables from oven and toss with curry dressing.

Makes four 1 cup servings

## Scallops with Cranberry Mandarin Sauce:



A healthy entrée or appetizer for the festive season, scallops are low in cholesterol and high in potassium. Cranberries and mandarin oranges are powerful anti-oxidant foods.

12 large scallops  
12 slices mandarin oranges (canned or freshly peeled)  
2 Tbsp cranberry sauce (canned or homemade)  
1 Tbsp unsweetened orange juice  
1 Tbsp maple syrup (adjust to taste)  
2 Tbsp Udo's Oil™ 3•6•9 Blend  
1 tsp chopped fresh chives  
Black pepper to taste

- In a bowl, mix cranberry sauce, orange juice, maple syrup and Udo's Oil™ 3•6•9 Blend.
- Add pepper to taste. Set aside.
- In a large pan, add 1/4" of water and bring to a simmer over medium-low heat.
- Add scallops, cover and poach in liquid for 2 to 3 minutes until scallops turn opaque.
- Do not overcook.
- Arrange scallops, orange slices and chives on serving dishes.
- Serve with sauce.

Makes 2 entrées or 4 appetizers

## Curry Pumpkin Soup:



High in pro-vitamin A (beta-carotene), potassium and fibre. High anti-oxidant and anti-inflammatory value.

1/2 medium onion, diced (1/2 cup)  
2 cloves garlic, minced  
2 tsp curry powder (adjust to taste)  
1 cup water  
2 cups pumpkin purée, either canned or homemade  
2 cups chicken or vegetable broth  
2 Tbsp Udo's Oil™ 3•6•9 Blend  
1/2 cup plain yogurt  
1/2 tsp salt  
2 tsp pumpkin seeds, toasted

- Simmer onions, garlic, curry powder and water in a pot over medium heat until onions are soft and liquid is reduced to half (approximately 10 minutes).
- Add pumpkin purée and broth, cover and simmer over low heat for 20 minutes, stirring occasionally.
- Remove from heat; stir in Udo's Oil™ 3•6•9 Blend, yogurt and salt. (Udo's 3•6•9 Oil Blend is delicate and should be added to food after cooking.)
- Blend until smooth. Season to taste.
- Garnish with pumpkin seeds and serve.

Makes 4 servings



## New Potatoes with Mustard Dressing:



New potatoes... Boiled or steamed, these nuggets are worth their weight in gold; potatoes are rich in potassium and fibre, and the skin provides additional nutrients such as vitamin C and other antioxidants. Plus, the nutritional value of this or any dish is easily boosted with the addition of Udo's Oil™ 3•6•9 Blend.

The next time you serve potatoes, instead of adding the usual butter, try this tasty healthful dressing made with Udo's Oil™ 3•6•9 Blend.

2 1/4 lb new potatoes, scrubbed, quartered, skin left on  
2 Tbsp red onion, diced  
2 Tbsp parsley, chopped  
2 Tbsp vinegar  
2 Tbsp water  
2 tsp prepared mustard  
2 tsp sugar  
1/4 tsp salt  
1/4 cup Udo's Oil™ 3•6•9 Blend  
salt and pepper to taste

- To make dressing: In a bowl, mix vinegar, water, mustard, sugar and salt. Slowly whisk in Udo's Oil™ 3•6•9 Blend. Add onion and parsley.
- Boil potatoes in salted water until tender (approx 10 to 15 mins). Drain well.
- Add hot potatoes to dressing. Toss until well coated.
- Season to taste. Set aside for a few minutes to let potatoes absorb dressing. Serve warm or at room temperature.

Makes six servings



## Carrot Coleslaw with Toasted Almonds:



A great cold dish to enjoy on a hot summer day, this coleslaw made with carrots, calcium-rich almonds, and Udo's Oil™ 3•6•9 Blend is packed with flavour and nutrients.

### Question

What do carrots and Udo's Oil™ 3•6•9 Blend have in common?

### Answer

Both are excellent sources of nutrients that support good eyesight, healthy skin, and a strong immune system. The beta carotene in carrots, and the Omega-3 and -6 in Udo's Oil™ 3•6•9 Blend both provide us with significant health benefits in their own special way.

1 lb carrots, shredded  
1/4 cup Udo's Oil™ 3•6•9 Blend  
2 Tbsp fresh lemon juice  
2 Tbsp orange marmalade  
1 Tbsp prepared horseradish  
1/2 cup sliced almonds, toasted  
salt and pepper to taste

- In a large bowl, whisk together the lemon juice, orange marmalade and horseradish.
- While whisking, slowly add the Udo's 3•6•9 Oil Blend® to emulsify mixture. Season to taste.
- Add carrots and almonds, and toss until well coated.

## Breakfast Smoothie:



A simple recipe that provides you with a quick, delicious and healthy way to start your day. Add or substitute with your favourite fruit or juice.

1 cup Milk or soy milk

3/4 cup Orange juice

1 Tbsp Honey

1 Banana

1 cup Fresh or frozen berries (blackberries, raspberries, strawberries, etc.)

1 Tbsp Whey or soy protein powder

1 Tbsp Udo's Oil™ 3•6•9 Blend

- Mix all ingredients in a blender until smooth

Makes two 12 oz servings

# BIJA Chocolate Brownies:



It's all about balance. Here is a delicious treat that you can enjoy without feeling guilty! It contains EFAs and antioxidants!

1/2 cup All purpose flour  
1/4 tsp Salt  
1/3 cup Unsweetened cocoa powder  
1/2 tsp Baking powder  
1 cup Sugar  
1 tsp Vanilla  
2 Eggs  
1/2 cup Unsalted butter, melted and cooled  
1/4 cup Chopped walnuts

## Topping:

2 BIJA Udo's Choice Omega Bars (Dark Chocolate), broken into small pieces  
1 Tbsp Unsalted butter

- Preheat oven to 300° F.
- In a bowl, mix flour, salt, cocoa powder and baking powder.
- In another bowl, beat sugar, vanilla and eggs until fluffy.
- Stir melted butter into egg mixture.
- Stir dry ingredients into egg mixture.
- Stir in walnuts.
- Pour batter into an 8 inch square pan lined with buttered parchment paper.
- Bake until centre is just set. (approx 25 mins).
- Let cool on a rack for 1 hour.
- For topping: Place chocolate pieces and 1 Tbsp butter in a stainless steel bowl, or in the top of a double boiler.
- Over a pot of simmering water, or over the double boiler, melt chocolate and butter until smooth.
- Spread evenly over brownie.
- Serve immediately or refrigerate.

Makes sixteen 2 inch squares.

# Udo's Mayo



Ideal for when you need some tangy mayo, while getting your EFAs at the same time!

1 Egg (or use 1/4 cup liquid pasteurized egg)  
pinch Cayenne  
1/2 tsp Salt  
1/4 tsp Sugar  
2 tsp Lemon juice  
3/4 cup Udo's Oil™ 3•6•9 Blend

- Blend egg, cayenne, salt, sugar, lemon juice and 1/4 cup of the oil in a blender.
- With blender running, slowly drizzle in remaining oil. Refrigerate immediately.

Chop fresh herbs such as chives, parsley, or basil and stir into Udo's Mayo for a healthy and tasty spread on sandwiches and appetizers.

Makes approx 1 cup.