

## Rehab Thru Recipes

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Child Tested Parent Approved

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BIO:

Warm Greetings,

I want to thank you for taking the time to read a little about me.

I was born Manhattan, N.Y. and raised in The Bronx, N.Y. I have had many struggles in life, just like everyone else. I choose not to use my past as a crutch instead I use it to empower me. I would like to share a part of my story with others in hopes of offering them a glimpse of hope.

If we set our minds to a goal, we can reach and surpass that goal.

I started this cook book after an accident that occurred at work. I loved to eat, but being sedentary lifestyle is not conducive to eating high caloric foods. Being that my accident left me less mobile, something had to change. I was putting on weight as I was eating the same unhealthy cakes, cookies and dessert that I always had. The only thing that changed was that now I

had a sedentary lifestyle. That inactive lifestyle did not work well with eating confections to my hearts content. It was at that point that I decided that I needed to find a way to make 80% of my food in a health manner. So I choose to redo recipes so that they would work with my body instead of against the body. In this book, are few samples along with links to my YouTube videos.

I plan to release the full book by Summer of 2015 and presales will in the Spring of 2015.

I want you to know that 10% of each book sold will go to my non profit called Iempoweru!. The link to this non profit is [www.iempoweru.org](http://www.iempoweru.org)

We can change the life of a child one person at a time.

I am fortunate to have a wonderful and positive partner by my side that is my rock. He saved me from myself. I am forever grateful to have found someone so outstanding as to show me that I am worth it. He produces my show, his own show and is now working on a feature movie, is truly talented and you can find out more on his talents at....  
[www.netcommercial.net](http://www.netcommercial.net)

After many trial and errors, and my poor partner eating more beans and experimental dishes, that were not always great, I found the recipes that worked how I wanted them to, with the ingredients that I sought. I wanted to hit not only a niche market that was interested in nutrition, taste and a diabetic friendly dessert; I wanted it to be something that I would feed my own kids. I ended up with a few different products that meet those requirements and surpass those requirements as some of my products are vegan friendly as well. I not only hit the tri-fecta but surpassed it with the super-fecta

Have a powerful and wonderful time reading and learning how to alter your

food so that it is better for your body.

Please feel free to subscribe to my YouTube channel. Ask me for recipes that you would like to see and I will do my best to “Mari-ize” the recipe.

Follow me on facebook....

<https://www.facebook.com/well.eats>

### Puerto Rican Sofrito



1½ large brown onion

1 ½ green pepper

1 head of garlic

1 or 2 bunches of cilantro

1 table spoon olive oil

½ table spoon of salt

Place all items in the blender

Once well blended, you can refrigerate.

Tips

Use 2 tables spoon in bean, stews, mixed rice's, etc.

Use to taste.

<https://www.youtube.com/watch?v=-O4X2fT2b-8>

### Healthy Low Calorie Alfredo Sauce



### Items Needed

Frying pan

Olive oil

Blender

1-Cauliflower  
2-4 Ounces reduced fat or light cream cheese  
1 Tablespoon of Olive oil  
2-3 tablespoons of Parmesan/roman cheese  
3-6 cloves Garlic  
¼ cup of diced red onion (optional)  
¼ tspn red peppers (optional)  
Salt pepper  
1/8 - ¼ teaspoon of Nutmeg  
¼ - ½ cup Water or milk to consistency desired

Steam one head of cauliflower until soft.

Put cauliflower in the blender (when it has cooled not cold) until smooth.

Add water or milk add ¼ cup at a time

In a pan, add 1 tablespoon of olive oil, onion and sauté until well caramelized.

Add minced garlic until you smell the wonderful aroma.

Add cooled cauliflower, fat cream cheese 2-4 ounces.

(First timers might use 4 ounces until you get used to the taste).

Finish by adding

Salt and pepper to taste, nutmeg, parmesan/roman cheese and additional water/milk to get the consistency desired.

<https://www.youtube.com/watch?v=Fvv8NjiNzNc>

## Red Clam Chowder



### Sauté

½ table spoon of olive oil

1 ounce of onion minced

1 ounce of celery thin sliced

1 clove of garlic

### Add

6 ounces of potato cleaned and cut into cubes

Water to cover the potatoes and cover and let cook (10 minutes or until tender)

### Add

4 ounces of tomato sauce

Clam juice from can of clams (6.5ounce can) put clams aside

¼ teaspoon of oregano

¼ teaspoon of salt

Black pepper to taste

When potatoes are tender add clams

Cook for 5-10 more minutes

Serve with bread or crackers.

<http://www.youtube.com/watch?v=wQpq7-18XMM>

## Salsa and Chips



### Salsa

3/4 teaspoon of garlic  
1 1/2 tablespoon of minced onion  
2-3 tomatoes  
3/4 of a Jalapeno (optional)  
1 tablespoon + 1 teaspoon of hot sauce  
1/2 of the juice of lemon or lime  
1 teaspoon olive oil  
Cilantro (optional)  
Salt and pepper to taste

### Chips

Corn tortillas, Brush olive oil, add Salt, (garlic optional) Cut into 6

Bake at 400 for 7- 10 minutes  
Flip if needed.

Tomatoes 5 calories an ounce = 100 c  
Onion 12 calories an ounce = 12  
Garlic 4 calories/clove = 12



Jalapeno 5 calories an ounce = 10  
1 teaspoon of olive oil = 40  
1 tablespoon of lemon juice = 03  
Total = 177

Chips calories depend on the type that you use.  
Olive oil 1 tablespoon = 120  
Garlic Optional

<https://www.youtube.com/watch?v=GlvB7n9ADIM>

## Quiche



## Sauté

1 oz red pepper  
1 oz red onion

Add

3 oz mushroom  
3 oz zucchini

Add

3 oz tomato

\*\*

You choose whatever veggies you like.

Salt and pepper to taste

Once cooked, drain well

**\*\*Egg mix,**

2 eggs large

½ cup milk

1 green onion

½ table spoon of flour

1/3 cup of cheese (set aside)

See pie crust recipe

Lightly flour surface, place plastic over dough and roll out gently.

Push dough into pie plate. Bake for 10 minutes @ 375.

Remove from oven.

Add veggies at the bottom, then the cheese and egg mixture to pie crust.

Bake in the center rack for 40 minutes at 325.

Increase temperature to 355 for 10 minutes to make pie golden brown

Let rest.

Server or refrigerate.

\*\*\*\*\*you can use any veggie you like, up to about 12-16 ounces veggies

[http://www.youtube.com/watch?v=Z\\_YsZogUrTg](http://www.youtube.com/watch?v=Z_YsZogUrTg)

## Pie Crust



1 cup of flour

2 – 3 tablespoons butter/coconut oil, keep cold

¼ cup cold water

Pinch of salt

Mix well and refrigerate for an hour or two covered with plastic

Bake at 400 for 7-10 minutes

[http://www.youtube.com/watch?v=Z\\_YsZogUrTg](http://www.youtube.com/watch?v=Z_YsZogUrTg)

## Pumpkin Cheesecake



4 ounces of fat free cream cheese  
4 ounces of tofu (or cauliflower puree)  
1/3 cup of sugar  
1/3 cup brown sugar  
1 tablespoon flour

Mix in blender at medium speed until smooth and well incorporated.

3 eggs mix in one at a time until nice and smooth.

15 ounces of pumpkin  
1 1/2 teaspoon vanilla  
3/4 teaspoon pumpkin spice (cinnamon, clove, nutmeg) or cinnamon and allspice)  
1/4 teaspoon salt

Blend well.

1 chocolate cookie pie shell or any pie shell you like

Pour into pie shell

Bake for 40 minutes at 350 or until firm and slightly brown on the edges.

Let cool for an hour on counter.

1 ounce of chocolate chips and 1/6 of a cup of whipping cream  
Microwave for a minute or until melted. Let stand for 7 minutes.  
Pour onto of cheesecake and refrigerate 4hours or over night.

<https://www.youtube.com/watch?v=IugVHZ0HzhU>

### No Graham Cracker Crust



### Crust

1 cup oatmeal  
1/2 cup almond  
1/4 cup flaxseed or additional oatmeal  
2 table spoons butter  
1/4 cup brown sugar  
1 teaspoon cinnamon  
2 teaspoons vanilla  
Pinch of salt optional  
Pulse until the consistency is course.  
Firmly press into 2, 8 inch pie plates

Bake for 10 minutes at 350

### Per Pie crust

1/2 cup oatmeal ==150  
1/4 cup of almonds 207

2 1/2 tbsp= 75 calories  
1 tbsp butter 100 calories  
2 1/2 tbsp b sugar=137.5  
Total...111.6 per slice

<https://www.youtube.com/watch?v=L0VD4covUfM>

## Tofu Frosting



1 container of soft tofu well drained  
1 cup powder sugar  
1 tablespoon vanilla

This is your base. Now you can divide into 2 batches and freeze one for later use if you do not need all of it.

### Flavors

To make other flavors just add 1-2 tablespoons of mashed fruit, mix well, refrigerate; if still too soft add more powdered sugar.

This will not harden like a butter cream but it is yummy and a little goes a long way.

I like strawberry coconut, so I added 1-2 tablespoon coconut flakes

1-2 tablespoon of smashed strawberry

<https://www.youtube.com/watch?v=00kD3cBW4Bk>

## Banana Bread



4 bananas mashed  
2 eggs  
1 tablespoon of vanilla  
1 tablespoon applesauce  
Blend well  
Set aside

In a large bowl mix  
\*1 cups of oatmeal flour  
1 cup of oatmeal  
1/2 cup flaxseed meal (or flour)  
1/3 cup brown sugar  
1 1/4 tspn of baking powder  
1/2-1 tbsp cinnamon  
1/4 tspn salt  
Mix well  
Add banana mixture  
Add  
3/4 cup walnut (optional)

½ cup of butterscotch chips

Butter bread pan or muffin tins and bake for 45mins to 1 hour 375

Oatmeal flour is simply oatmeal passed through your coffee grinder or blender.

<https://www.youtube.com/watch?v=kkevccnGPGs>

### Pork Chops and Onion Puerto Rican Style



#### Ingredients

2-4, 4 ounce Pork chops  
1 Red Medium onion thinly sliced  
1 tablespoon of vinegar  
1/8th of a teaspoon of Sugar  
1 Tablespoon Olive oil  
1 teaspoon turmeric (optional)  
Sazon Goya with cilantro y achiote ½ of a package  
Pepper,  
Adobo (Goya)  
Garlic powder  
Season pork chops to taste

In a pan add sugar until brown and hot



Add olive oil

Quickly add the 2-4 pork chops and cover for 1 minute then  
Flip sear for one min.

Add red onion thinly sliced vinegar and

½ of a packet of sazón lower heat and add 1/3 cup of water.

Keep an eye on it.

Let reduce for 10-15 minutes.

Add 1/3 cup of water and let reduce again.

Last time add 1/3 cup of water and let reduce again for 10-15 minutes.

Do not forget to check it throughout the 10-15 minutes intervals.

Onion should be well cooked and caramelized.

Serve with rice.

Pork chops 4 ounces = 154

Onion per ounce 12 = 23

1 tablespoon of vinegar = 3

1/8 teaspoon sugar = 2

1 Tablespoon of Olive Oil = 60

Total 242

<http://www.youtube.com/watch?v=9it5QfOufmo>

## How to Cut up A Chicken



I really can not walk you through this. For that reason you have the link to my youtube channel where you can see me walk you through the steps.

The benefits of cutting your own chicken are

Lower cost

Save the backs for soups

Save the chicken wings for wing nights.

<http://www.youtube.com/watch?v=yGHZGdbZT-g&feature=youtu.be>

## Sour Dough Starter



2 cups of water (temp 105-110)(bottled water)

2 cups flour

2 teaspoons of sugar  
1 package of yeast

Do not use metal with sour dough. Metal will, (from my experience) will kill the starter.

Do not use tap water

Do not add salt until ready to use.

Mix all ingredients and put in a plastic or glass container, cover with cloth and let marry for 2-4 days. Mine is normally ready at day 3. Keep the sour dough in a warm draft free area 70-80.

Now you have your starter. Next you will need to feed it, to keep it going. The sour dough starter will get sourer as it sits.

I feed mine every other day or every 2 days but I will stir it to make sure it does not develop a crust on top. I feed it ½ cup of water (105-110) and half a cup of flour, mix it well and put it back in the cupboard.

I use my starter for pancakes, waffles, bread, and crust.

\*\*\*Always leave at least one cup of starter to keep feeding.

<https://www.youtube.com/watch?v=YGhNfresKLU>

## Testimonials

For years I have wasted time on trendy diets and gimmicks only to lose and regain weight time after time. Mari has taught me how to cook delicious yet healthy and beneficial meals that not only keep my weight at bay but also motivate me to eat well. Eating foods that not only make you feel good about yourself but also help to heal the body provides a sense of self worth and positive living.

Alexa Knight  
Pottstown, PA.

The End \*\*\*\*\*

Other Books by Mari Matos

Beginners Guide to Creating a Buinsess or LLC. Easy Step by Step  
Instructions with Links

<https://www.smashwords.com/books/view/515174>

Soon to Come

Full cook book, over 60 recipes.