

Favorite Summer Recipes

from

We Do Feet Instructors



We hope you enjoy this selection of recipes from
We Do Feet Instructors.

At We Do Feet Seminars we recognize that good health is about more than complimentary modalities – it's about nourishing our physical body as well as our mental, emotional, and spiritual bodies.

Remember that food that is in season and grown locally is fresher, tastier, and more nutritious. Buying local also benefits the environment and is better for the local economy. Whenever possible, use organic produce and pasture-raised meats and poultry and wild-caught seafood.

Appetizers & Snacks

Traditionally Fermented Pickles

- Pickling cucumbers to fill a quart sized, wide-mouth mason jar
- 2 Tablespoons fresh dill
- 1-2 cloves of fresh garlic
- 2 red pepper flakes
- 2 Tablespoons Redmond sea salt
- Grape leaves
- 1 cup water

Wash the cucumbers well. Rinse the grape leaves and place one grape leaf in the bottom of the mason jar, then place the cucumbers in the mason jar. Add the dill, garlic, and red pepper flakes to the mason jar. Combine the salt and water and pour over the cucumbers, adding more water if necessary to cover the cucumbers. The top of the liquid should be at least 1-inch below the top of the jar. Place a rinsed grape leaf over the top of the cucumbers. (The grape leaves contain tannin which will help keep the cucumbers crisp. They will also help keep the cucumbers submerged.) Cover tightly and keep at room temperature at least 3 days before transferring to cold storage.

Katherine Atkinson, WDFZP, NTP
(801) 292-7574
Teaching in Centerville, Utah



The Best Salsa Ever!!!

- 1 can of organic corn niblets, drained (or corn from 1-2 ears of cooked organic corn)
- 1 can black eyed peas, drained and rinsed
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 4-5 tomatoes, chopped
- Avocados to taste (I usually use 4)

Dressing

- 3 tablespoons raw apple cider vinegar
- 2 tablespoons olive oil
- 2 teaspoons organic garlic salt
- 2 teaspoons tabasco sauce or organic chili sauce

Mix together the corn, black eyed peas, green onions, cilantro, and tomatoes in a mixing bowl.

Combine the dressing ingredients in a small bowl. Drizzle over the salsa and toss to combine.

Toss in the avocados.

Serve with tortilla chips!

Kim Church, WDFZP
(775) 340-1116
Teaching in Elko, Nevada



Energy Bites

- 1 cup dry oatmeal
- 2/3 cup coconut flakes
- 1/2 cup nut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional)
- 1/3 cup honey
- 1 Tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for 30 minutes.

Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.

Cheree Murdock, WDFZP
On Sabbatical
Willard, Utah



Strawberry Mango Salsa

- 1 pound strawberries
- 2 tomatoes, diced
- 1 mango
- 3/4 cup cilantro, chopped
- 1/4 cup red onion, diced
- 1 jalapeno pepper, minced
- Juice of 2-3 limes
- 2 Tablespoons honey
- Dash of Tabasco or red pepper flakes for spice (optional)

Prepare and chop the strawberries, tomatoes, and mango into very small pieces. Place them in a bowl with the chopped cilantro, minced red onion, and the chopped jalapeno pepper. Add the juice of the limes and the honey and stir well. If you want more spice, add more Tabasco, jalapenos, or red pepper flakes.

Serve immediately with tortilla chips. Best the day you prepare the salsa.

Karen Hyatt, WDFZP
(801) 558-8375
Teaching in Bluffdale, Utah



Energy Balls

- 2 cups nuts / seeds of choice
- 1 cup shredded, unsweetened coconut
- 2 cups pitted dates
- 2 Tablespoons coconut oil
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract

In a food processor, process nuts and coconut, then add dates, coconut oil, vanilla, and salt. Process until sticky but formed. Roll into balls (add extra coconut if desired), place on a parchment paper lined baking sheet and put in the freezer for at least an hour.

Vanessa Young, WDFZP
(970) 260-9669
Grand Junction, Colorado



Main Dishes

Avocado Chicken Salad

- 2 large cooked chicken breasts shredded or chopped (you can also use left over chicken, rotisserie chicken, or canned chicken)
- 2 large avocados
- 1 cup of organic corn (or corn from 1 ear of cooked organic corn)
- 6 ounces of bacon, cooked and chopped
- 1/4 cup chives or green onion, chopped
- 2 tablespoons dill, chopped

Dressing

- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- 1 teaspoon Redmond Real Salt
- 1/2 teaspoon black pepper

Dice or shred the chicken breasts and place in a large mixing bowl.

Peel and pit the 2 large avocados, slice into bite-sized pieces and add to the mixing bowl with the chicken.

Add the corn, green onion, bacon, and dill.

Add the dressing ingredients to a small bowl and stir to combine. Drizzle over your salad and toss to combine.

Note: May be garnished with slices of hard boiled egg

Kwinnae Plummer, WDFZP
(208) 390-3149
Teaching in Idaho Falls, Idaho



Monterey Chicken

- Boneless, skinless chicken breasts
- Barbecue sauce (I like Weber's because it does not have high fructose corn syrup)
- Mozzarella cheese (or any kind of cheese)
- Avocado (optional)
- Tomatoes (optional)
- Bacon (optional)

Grill the chicken breasts on the grill.

When fully cooked, spread barbecue sauce on top of the chicken breasts. Top with sliced cheese and let melt on grill.

Remove from grill and add all or none... tomatoes, avocado, bacon.

Cheree Murdock, WDFZP
On Sabbatical
Willard, Utah



Brazilian Pork Tacos

- 2 1/2 pound Pork Shoulder
- 2 Tablespoons Chile Powder
- 2 Tablespoons dried Oregano
- 2 Tablespoons Cacao Powder
- Salt

Place ingredients in crock pot on low for 8 hours. Shred meat. Place on warmed tortillas with cilantro, sour cream, and lime

Vanessa Young, WDFZP
(970) 260-9669
Grand Junction, Colorado



Summer Salad

- Spinach
- Strawberries, quartered
- Blueberries
- Cooked chicken, cut up
- Grated Swiss Cheese
- Pecans

Toss Together. Serve with Poppy Seed Dressing or Olive Oil and your favorite balsamic vinegar.

Mandy Johnson, WDFZP
(208) 317-4358
Teaching in Montpelier, Idaho



Luca's Zucchini Lasagna

- 30 ounces of zucchini (5-6)
- 1 can (14.5 ounce) of organic, ready cut, diced tomatoes
- 11 ounces of Monterey Jack cheese
- 3 ounces of Parmesan cheese
- 3 ounces of all purpose flour
- 1 clove garlic
- 5 leaves of Basil
- Oil to sauté the zucchini
- Extra Virgin Olive Oil
- Redmond Real Salt,

Clean and cut the zucchini (slice about 1/4 inch thick). Cover them with flour and fry them in abundant oil until they reach a light brown color. When they are ready, pick them up with tongs and put them on a paper towel to drain the oil. Then slightly salt the fried zucchini.

Place the tomatoes in a blender and blend until smooth.

Peel and slightly flatten the garlic glove.

In a pan, brown the garlic in 4 tablespoons extra virgin olive oil. Add the tomato sauce, then add the basil leaves and salt (if necessary). Let the sauce cook for about 10 minutes. Remove the garlic.

Grate the cheese. In a buttered pan, arrange a layer of zucchini and a layer of grated cheese and some sauce. Repeat, alternating the ingredients in the same order. When you are on the last layer, end by sprinkling some grated Parmesan cheese.

Bake in a preheated oven at 350 F for about 20-30 minutes, until the cheese has melted completely and has made a light brown color.

Stefania Lindsey WDFZP
(801) 529-8541
Teaching in Santa Clara, Utah



Grilled Seafood Boil

Marinade

- 1/2 cup salted butter
- 1/4 cup apple cider vinegar
- 2 garlic cloves crushed
- 1 heaping Tablespoon Old Bay seasoning
- 3 large fresh thyme springs

Dipping Sauce

- Mayo
- Sweet Baby Rays BBQ sauce
- Little Sugar
- Garlic salt

In a large air tight container place the following:

- 3 cups fresh mussels or clams
- 2 cups chorizo sausage
- 4 ears of corn (cooked 2-3 minutes)
- 4 cups of potato wedges (cooked to firm)
- 3 cups fresh large shrimp
- 1 cup fresh scallops

Mix together the marinade ingredients and add 3/4 of the marinade to the air tight container with the seafood and veggies. Let sit in the refrigerator for 1-2 hours.

Place in grilling baskets and cook on medium/high until the mussels/clams open and the sausage is brown.

Place onto a platter or large bowl, drizzle with remaining marinade and serve with Dipping Sauce.

Nikki Eversull, WDFZP
((435) 757-4870
Teaching in Hyrum, Utah



Side Dishes

Grilled Summer Squash

- Zucchini, Yellow, or Saucer Summer Squash
- Olive Oil
- Redmond Organic Seasoned Salt

Slice squash length-wise, then into about 4" pieces. (This really depends on how big the squash is, sometimes this means cutting in half, sometimes in thirds.)

Drizzle cut side of squash with olive oil

Sprinkle squash with seasoned salt

Grill on prepared grill until tender crisp, turning so both sides get nicely browned.

Katherine Atkinson, WDFZP, NTP
(801) 292-7574
Teaching in Centerville, Utah



Bacon Zucchini Fritters

- 4 cups grated / shredded zucchini (about 2-3 medium)
- 3/4 teaspoon real salt to "sweat" the zucchini
- 6 slices naturally cured bacon
- 2 Tablespoons coconut flour
- 2 Tablespoons arrowroot flour
- 1 large egg, whisked
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 - 1/2 teaspoon black pepper
- 2-3 Tablespoons cooking fat—rendered bacon fat, lard, ghee, or coconut oil

Sweat the Zucchini (most important step!)

To "sweat" the shredded zucchini, place it in a colander, then place the colander over a bowl. Sprinkle with the salt and allow it to sit that way for at least 20 minutes—the longer it sits, the more water is drawn out.

After the 20 minutes or longer, gently rinse zucchini to remove excess salt (not mandatory)

Then, squeeze / wring out remaining water using paper towels, a clean dish towel, cheesecloth, or a nut milk bag. This step is very important to avoid soggy fritters! Squeeze out as much water as possible, then squeeze one more time for good luck.

Make the Bacon

While the zucchini sweats, cook the bacon in a large skillet until crisp, then drain and crumble, set aside. Reserve 2 Tablespoons of the fat if desired for frying the fritters.

Prep and Fry the Fritters

In a large bowl, mix together the prepared zucchini, crumbled bacon, coconut flour, arrowroot, egg, onion powder, garlic powder, and pepper. If you rinsed the zucchini, you may want to season with a bit more salt to your taste.

Heat a large skillet over medium heat, then add 1 Tablespoon cooking fat (you'll use 1 Tablespoon per batch)

Scoop the mixture in heaping Tablespoons into the hot skillet and gently press down to about 1/2" thickness. The small size makes these delicate fritters easier to flip.

Once the first side is golden brown, which should take about 2-3 minutes, carefully flip using a wide spatula. Fry on the second side another 2-3 minutes until golden brown, lowering heat if necessary. Carefully remove to a wire rack while you make additional batches.

Make sure to adjust heat between batches if necessary to avoid burning the fritters, and add an additional Tablespoon of cooking fat before each new batch.

Serve hot with your favorite dipping sauce. Enjoy!

Vanessa Young, WDFZP
(970) 260-9669
Grand Junction, Colorado



Salads

Chopped Caprese Salad

- 1 10 ounce container grape tomatoes, halved or quartered
- 4 ounces fresh mozzarella cheese, cubed
- 1/2 cup fresh basil leaves, torn
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon Balsamic vinegar
- Redmond Real Salt, to taste

In a medium bowl, toss together the cut up tomatoes, mozzarella, and basil leaves.

Add olive oil and lightly toss together.

Drizzle the balsamic vinegar over the top of the salad.

Sprinkle with salt as desired.

Hailie Day, WDFZP
(208) 390-5143
Teaching in Boise, Idaho



Cucumber Tomato Avocado Salad

- 1 English cucumber, sliced
- 1 pound Roma tomatoes, chopped
- 2 ripe avocados, diced
- 1/2 red onion, sliced
- 1/4 cup cilantro, chopped
- 2 Tablespoons fresh lemon juice (from 1 medium lemon)
- Salt and black pepper to taste
- 2 Tablespoons extra virgin olive oil

Place cucumber, tomatoes, avocados, onion, and cilantro in a large salad bowl.

Toss with olive oil, lemon juice, salt, and pepper.

Hailie Day, WDFZP
(208) 390-5143
Teaching in Boise, Idaho



Lemon Vinaigrette Salad Dressing

- Juice from 1-2 freshly squeezed lemons
- 2-4 Tablespoons Extra Virgin Olive Oil
- Salt & Pepper to taste

Blend in a blender and serve over any green salad.

Marti Hawker, WDFZP
(801) 349-6557
Teaching in Erda, Utah



Grilled Corn, Avocado and Tomato Salad w/ Honey Lime Dressing

- 1 pint grape tomatoes
- 1 ripe avocado
- 2 ears of fresh sweet corn
- 2 Tablespoons fresh cilantro, chopped

Dressing

- Juice of 1 lime
- 3 Tablespoons olive oil
- 1 Tablespoon honey
- Redmond Real Salt and fresh cracked pepper, to taste
- 1 Clove garlic, minced
- Dash of cayenne pepper

Remove husks from corn and grill over medium heat for 10 minutes. The corn should have some brown spots and be tender and not mushy. Cut the corn off the cob then scrape the cob with the back of your knife to get the juices. Set aside and let cool. Slice the tomatoes in half. Dice the avocado and chop the cilantro.

Prepare the dressing by adding all the dressing ingredients in a small bowl and whisking to combine. Set aside.

Combine the sliced tomatoes, avocado, cilantro, and grilled corn. Drizzle with the honey lime dressing and mix gently so everything is evenly coated. Be careful not to mash the avocados. Let sit for 10-15 minutes for flavors to mingle.

Karen Hyatt, WDFZP
(801) 558-8375
Teaching in Bluffdale, Utah



Desserts

No Bake Cookies

- 2 cups cane sugar
- 1/2 cup whole milk
- 1/4 pound butter
- 1/2 cup nut butter
- 1/2 cup cacao
- 3 cups oatmeal
- 1 teaspoon vanilla

Combine sugar, cacao, milk, and butter in a sauce pan. Bring to a boil and simmer for 2 minutes. Remove from heat and add oatmeal, nut butter, and vanilla. Drop by spoonful onto wax paper and let cool.

Lorraine Strickland, WDFZP, LMT
(208) 541-2639
Teaching in Idaho Falls, Idaho



Chocolate Mousse

- 1 can creamy coconut milk
- 5 Tablespoons Cacao Powder
- 1 Cup (tightly packed) soft dried dates (about 18)
- A few drops of vanilla extract

Refrigerate the can of coconut milk overnight to solidify and separate. Carefully turn it upside down, open and discard the transparent liquid (or reserve it to add in a smoothie or curry)

Pit and halve the dates (if they are not soft, place them in warm water for a few minutes until they start to soften, then drain and chop). Place them in a tall jug, add 2 rounded Tablespoons of coconut milk and blend with a stick blender on high.

If you don't mind those tiny bits of date skin, you can just add the remaining coconut milk and cacao powder and blend together until smooth, then finally add the vanilla. That's what I did the first time I made this. The second time, I wanted a smoother texture so I strained the paste, then mixed in the rest.

If you decide to strain, you'll need a large strainer with very small holes to trap the date skin. In my case, I had a small one, so I first mixed the date paste with only half of the coconut milk, strained, then added the rest, just to make my job faster.

You can also make this in a food processor which will help trap air inside the paste and make it lighter and even more "mousse-like".

Vanessa Young, WDFZP
(970) 260-9669
Grand Junction, Colorado



Homemade Ice Cream

- 3 eggs
- 1 cup sugar
- 1 Tablespoon vanilla
- 1 pinch of Real Salt
- 3 cups of milk
- 3 cups of whipping cream

Beat eggs and sugar together. Add in vanilla and salt. Then add the milk and beat. Last, add the whipping cream and whip.

Pour into ice cream machine.

Breeana Noall, WDFZP
(435) 764-4593
Teaching in Logan, Utah
& Burbank, California



Summer Berry Cheesecake Salad

- 1 pound strawberries, hulled and cut into quarters
- 1 (9 ounce) container blueberries, washed and dried (remove stems)
- 1 (8 ounce) package cream cheese
- 1/2 heavy cream
- 1 teaspoon vanilla extract
- 2 Tablespoons powdered sugar

Prepare berries and lay them on paper towels to dry while you prepare the cheesecake mixture.

In a medium tall bowl, using an electric mixer, whip cream cheese until it becomes smooth. It may bind up in the beaters, but continue as is and it will loosen up. With mixer running slowly add cream to the cream cheese. Add it about a tablespoon at a time and then mix until it becomes a smooth mixture and all of the cream has combined into the cream cheese. (Do not pour all of the cream into the cream cheese at once. It will get clumpy and no matter how long you beat it, it will stay that way. Trust me on this one.) Continue until all of the cream has been added to the cream cheese. Add the vanilla and powdered sugar and whip until smooth.

Combine berries in a large bowl. Gently fold in cheesecake mixture until completely combined. Chill until ready to serve or serve immediately.

Shanelle Hemmert, WDFZP
(208) 705-9383
Teaching in Paris, Idaho



Breakfast

Bircher Muesli

- 4-6 cups Oats
- Cream to cover the oats
- Raw honey to taste
- 4-6 cups of any fruit you like

Place the oats in a bowl and cover with cream. Add raw honey to taste. Set aside.

Cut your fruit and add to the soaked oats. Place in the refrigerator and eat as you desire. Filling and refreshing!

Note: This is a family recipe from my grandmother who is from Switzerland. It's a traditional Swiss breakfast but we eat it any time - sometimes even for dinner.

Rosa Reyes, WDFZP
(480) 261-2201
Teaching in Mesa, Arizona



Breakfast Biscuits

- 1/3 cup grated peeled apple
- 4 Tablespoons unsweetened apple sauce
- 4 Tablespoons melted coconut oil
- 4 Tablespoons raw honey (or maple syrup)
- 2 teaspoons vanilla extract
- 1 1/2 cups blanched almond flour
- 1 Tablespoon coconut flour
- 1 Tablespoon flaxseed meal (can substitute 1 egg instead)
- 1/2 teaspoon ground cinnamon plus more for sprinkling on top
- 1/2 teaspoon baking soda
- 1/4 teaspoon Real Salt

In a large bowl, mix the grated apple, apple sauce, coconut oil, honey, and vanilla extract.

In a separate bowl, mix the almond flour, coconut flour, flaxseed meal, cinnamon, baking soda, and salt.

Using a rubber spatula, gently mix the wet and dry ingredients together just until combined. Do not over mix.

Cover the bowl and refrigerate dough for 30 minutes

Preheat oven to 350°F and line a cookie sheet with parchment paper.

For each biscuit, spoon about 1 1/2 Tablespoons of the chilled dough onto the prepared baking sheet, placing each 2 inches apart. Flatten each biscuit with the palm of your hand, then sprinkle the top with ground cinnamon.

Bake for 15 minutes or until the top and bottom start to turn brown.

Set sheet on a wire rack to cool.

Vanessa Young, WDFZP
(970) 260-9669
Grand Junction, Colorado



Tropical Green Breakfast Smoothie

- 1 big handful of green spinach
- 1 cup water
- 2 Tablespoon flax seed
- 2 cups frozen tropical fruit mix
- 1 banana
- 1/2 cup orange juice

Place the spinach and water in a blender and blend slightly. Add the remaining ingredients and blend until smooth.

Marti Hawker, WDFZP
(801) 349-6557
Teaching in Erda, Utah



Beverages

Minted Limeade

Makes 2 quarts

- 1 1/4 cup organic cane sugar
- 1 1/4 cup water
- 1/4 - 1/2 cup mint leaves, packed (I use a mixture of spearmint and peppermint, but you can use whatever you have on hand)

Make a simple syrup by placing the sugar and water in a small sauce pan and stirring to dissolve. Add the mint leaves and bring to a slow boil. Simmer for about 5-10 minutes, then leave to cool over-night.

- 1 cup freshly squeezed lime juice (about 7 limes)
- Water

Strain the mint (squeeze as much simple syrup out as possible) and pour the simple syrup and lime juice in a 2 quart pitcher. Add enough water to make 2 quarts of limeade.

Katherine Atkinson, WDFZP, NTP
(801) 292-7574
Teaching in Centerville, Utah





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