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The SCD Sojourner

Inspiration for your journey to health on the Specific Carbohydrate Diet

Ready for fall!

Wow, as I look back on the summer, I realize how busy it was! We took two cross-country trips to visit family 1,000 miles in either direction, had a newborn in the house growing like a weed, the guys had a fun camping trip, and more! I'm looking forward to Fall. This year I'm putting together newsletters for my local Mothers

Of Preschoolers (MOPS) group, we're hosting a small group from church at our home, and I'm continuing to homeschool my 5 year old and 3 year old boys. It's so much fun to get to watch my oldest start to read, sound out words, draw pictures, and write letters! Oh, yes, and then there's potty-training for the 3-year-old

and tending to the 4-month old...whew! I think I have my work cut out for me.

In this newsletter, we share a yummy new recipe, tell you about the Yonanas, give you the opportunity to tell the world YOUR story of renewed health on the SCD, introduce you to our new chicken cookbook, and more.

Have a great fall, everyone!



Recipe: Artichoke Fajitas (serves 6)



Adapted from a recipe by Ocean Mist Farms, this hearty dish is a great filling side or a very tasty vegetarian main dish. If desired, add cooked chicken when you add the artichoke hearts.

Ingredients:

1 bag frozen artichoke hearts, simmered 12-15 minutes, thoroughly drained
1 T. cooking oil
1 red bell pepper cut into strips
1 green bell pepper cut into strips

1 medium yellow onion thinly sliced
1 t. paprika or ground dried chilies
¼ to ½ t. cayenne pepper
1 T. dried parsley flakes
¼ t. black pepper
½ t. cumin
½ t. honey
1 Tbs. fresh lime juice
½ t. crushed garlic
1 tomato, chopped

Directions:

Heat cooking oil in a large nonstick skillet over medium-high heat. Add onion, green and red bell pepper. Cook and stir about 7 minutes or until vegetables are crisp tender. Remove pepper and onion mixture from the skillet and set

aside.

To hot skillet add artichoke hearts, paprika, cayenne pepper, parsley flakes, black pepper, cumin, honey, lime juice and garlic. Cook and stir artichokes for about 2 minutes.

Stir in bell pepper mixture and tomatoes; cook until well heated, about 1 to 2 minutes. Serve with grated cheese, homemade salsa, SCD yogurt and homemade guacamole. For non-SCDers, serve with warmed tortillas.

[\(Click here to go to the printable version of this recipe on our website.\)](#)

“The Yonanas uses frozen bananas and other frozen fruit to make a creamy, refreshing ice cream dessert.”

It's a Hit! Try the Yonanas Ice Cream Treat Maker

This summer my sister-in-law introduced us to the Yonanas ice cream treat maker, and everyone who tasted the all-fruit ice cream-like dessert it produced loved it, kids and non-SCDers alike!

The Yonanas uses frozen bananas and other frozen fruit of your choice to make a creamy, refreshing dessert. Never throw out old bana-



nas again — just peel them, break them in half and store in a zip-top bag in the freezer to pull out any time you want to make Yonanas

ice cream. Alternate one half of a frozen banana with a handful of other frozen fruit until you have the desired amount of dessert. Add nuts on top, or for non-SCDers in your family, they can add chocolate syrup. It's delicious, refreshing, and healthy! You can find it, and the Yonanas cookbook, at our Amazon store [here](#).

Tell Your Story!

There's a new page on our website where you can share your story with the world!

Wouldn't it be nice to know how it's really going for people who are on the SCD? Many people have found sites like NoMoreCrohns.com, learned all about it, gone on the diet, moved on with their lives, and we don't know who they are or how they're doing! Are you one of those people?

It would be so great if we could collect YOUR story, so that people will have a reference point, a place to look for en-

couragement and information as they begin their SCD journey to better health. Hundreds of new people visit our site every day, so we know there is a great interest in learning about the diet.

As more and more doctors learn about the benefits of the SCD from their patients and their own research, we feel it would be valuable to collect a body of individual stories from people like you. While there are still no completed scientific double blind studies proving that the SCD works, personal experiences recorded on the

webpage will be very helpful to doctors and their patients as they consider recommending and/or following the diet.

You can be part of something bigger...you can help spread the word so that more people will be able to have the option of following the SCD rather than going down the medical road of strong drugs with adverse affects, surgeries, sickness, and discouragement. You can make a difference.

[Click here](#) to visit the page where you can tell YOUR story!

“I have to say that the Cocoa Butter Cake alone is worth getting this cookbook!”

New Cookbook Available! *Favorite Chicken Recipes*

If you're like most people who serve chicken often, you'll be glad to have this new source of SCD legal recipes for dinner.

The recipes were chosen because they represent simple but flavorful cooking, and because we think you and your family will enjoy these tasty selections with flavors from all over the world!

There is a two page go-to section which pulls together 10 of our 22 recipes for boneless chicken breasts all in one place for easy reference. Our "Favorite Chicken Recipes" cookbook also contains sidebar recipes with sauces, smoothies and

other add-ons.

Emphasis is on great taste and ease of preparation for recipes that comply with the Specific Carbohydrate Diet. With 36 chicken recipes, 13 side salads or dishes and 4 scrumptious desserts, you'll have new ideas for months to come!

(I have to say that the Cocoa Butter Cake alone is worth getting this cookbook! I recently made it to celebrate my son's birthday, and it tastes just like chocolate cake. Amazing!)

Favorite Chicken Recipes is available to download from our website [here](#)



- Downloadable cookbook
- 23 pages
- 8-1/2 x 11" size
- 36 chicken recipes
- 13 sides that go with chicken
- Four scrumptious desserts
- Plus more. . .

Restaurant Review: The Habit



On a recent trip to California to visit family, we were introduced to a new restaurant in town—the Habit Burger Grill.

I enjoyed the restaurant's laid-back, beach-y, classy feel and the hamburger was delicious.

The char burger they make has a great taste, even with no extra sauces or seasonings. They have a lettuce-wrap option already on the menu so it's easy to order an SCD-legal version of their burger.

You can order a char burger or double char burger, lettuce-wrapped, with tomatoes, grilled onions, grilled mushrooms, and avocado.

(No bun, sauce, or cheese.)

The Habit has locations all over California, and in the Phoenix, Arizona area as well. Find out more at their website:

www.habitburger.com.