



LIFESTYLE
M E D I C A L

RECIPES BY CHEF AJ

12 DELICIOUS WAYS TO USE CALIFORNIA BALSAMIC VINEGAR (OTHER THAN THE OBVIOUS)

Many people think of balsamic vinegar as simply something to put on salads or use as a finishing sauce. But there are many other wonderful uses for it from everything from beverages to dessert!

For 2 FREE small samples with your order <https://californiabalsamic.com/product-category/balsamic/> and put CHEF AJ in the "order notes" on the checkout page.

All recipes are from my latest book *Own Your Health*
https://www.amazon.com/dp/B08KHKHGM2?ref=exp_chefaj_dp_vw_d

**For more tips on how to build a lifestyle that empowers you to heal,
visit www.lifestylemedical.com**



1. ITALIAN SODA

With only about 30 calories per tablespoon of vinegar, you can have a soda with up to 75% fewer calories than in a typical can. And Dr. Michael Greger recommends that we have two teaspoons of vinegar with every meal.

INGREDIENTS:

Sparkling water or Spindthrift
1-2 Tablespoons **California Balsamic Vinegar** (a fruity flavor)

PREPARATION:

Pour sparkling water or Spindthrift in a tall glass.
Add vinegar and gently stir, as vinegar will settle to the bottom of the glass.
Add ice if desired.

CHEF'S NOTE:

I especially love using lemon, peach, pineapple, grapefruit or cherry balsamic vinegar.

2. MACERATED BERRIES

People think you need sugar to macerate, but the word actually means to soften in a liquid. And while any liquid will work, I prefer to use a fruity flavor of California Balsamic vinegar.

INGREDIENTS:

2 cups of fresh berries (blueberries, blackberries, raspberries, strawberries or a combination)
2 Tablespoons **California Balsamic Vinegar** in a fruity flavor (blackberry, raspberry, strawberry, pear or peach for example)

PREPARATION:

Mix berries and vinegar together and refrigerate for a few hours until soft.

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CHEF'S NOTE:

These make a great topping for banana soft serve. Diced peaches are also delicious when macerated.



3. APPLE FIG MUSTARD DRESSING

With only about 30 calories per tablespoon of vinegar, you can have a soda with up to 75% fewer calories than in a typical can. And Dr. Michael Greger recommends that we have two teaspoons of vinegar with every meal.

INGREDIENTS:

1 large Envy Apple (about 10 ounces after removing the core)
¼ cup Westbrae salt-free stone-ground mustard
¼ cup **Fig California Balsamic Vinegar**

PREPARATION:

Place all ingredients in a high-powered blender and blend until smooth. Refrigerate any unused portion.

4. EASY BBQ SAUCE

Most BBQ sauces are very high in sugar. Here the sweetness comes just from the grapes in the vinegar. I always have both ingredients on hand to make a quick dip for my air fries in no time.

INGREDIENTS:

2 Tablespoon tomato paste
2 Tablespoons **California Balsamic Smoked Hickory Vinegar** (or more, to taste)

PREPARATION:

Mix both ingredients together. Refrigerate any unused sauce. For a spicy BBQ sauce you can also add a bit of California Balsamic Blazin' Habanero or California Balsamic Sweet Heat.



5. CREAMY RAINBOW COLESLAW

This is literally the best coleslaw I have ever tasted AND I DON'T EVEN LIKE COLESLAW! It's so good that the first time I made it I ate the whole thing!

INGREDIENTS:

SLAW:

6 cups finely shredded white cabbage
6 cups finely shredded purple cabbage
6 cups grated carrots
1 cup chopped scallions (green part preferred)
1 cup golden raisins

DRESSING:

24 ounces cauliflower, steamed, then chilled
½ cup Island **Pineapple Balsamic Vinegar** from California Balsamic

PREPARATION:

Place the cauliflower and balsamic vinegar in a high-powered blender and blend until smooth and creamy. Pour over slaw and mix well. Chill well before serving.

CHEF'S NOTE:

For an interesting kick, add one very thinly sliced jalapeno pepper to the slaw.

6. CREAMY DILL MUSTARD POTATO SALAD

Steamed cauliflower becomes so creamy that it actually takes the place of high fat mayo. The fennel gives it a unique flavor.

INGREDIENTS:

1½ pounds baby red potatoes
12 ounces cauliflower
1 cup finely chopped red onion
1 cup finely chopped fennel
½ cup **California Balsamic Garden Dill Mustard Seed Vinegar**

**PREPARATION:**

Steam potatoes, chill, and cut into fourths. Steam cauliflower and chill. Mix the finely chopped red onion and fennel in a large bowl with the chilled potatoes. In a blender, blend the chilled cauliflower and Garden Dill Mustard Seed Balsamic until smooth. Pour over the potato mixture and mix well. Serve over greens like arugula and sprinkle with dill.

CHEF'S NOTE:

For a wonderful variation, you can roast the cubed potatoes for an outstanding texture.

7. SWEET POTATO SUNDAE

This recipe proves that deprivation is simply not required.

INGREDIENTS:

Your favorite sweet potatoes or yams (Garnet, Hannah, Hawaiian, Japanese, Jewel, Stokes, etc.)

PREPARATION:

Roast the sweet potatoes at 400 degrees F for an hour or longer depending on their size. Cool and then refrigerate overnight. Cut in half and air fry at 400 degrees F for 20 minutes. Top with your favorite all-fruit non-dairy ice cream and macerated berries (recipe above).

CHEF'S NOTE:

Something magical happens to potatoes and sweet potatoes when you cook them and chill them before you air fry them. They taste like toasted marshmallows!

8. CURRY IN A HURRY

Here is what you do when you need curry in a hurry. Using a bag of frozen organic rice and a bag of broccoli, I can make this quick and satisfying meal in the microwave in 7 minutes flat.

INGREDIENTS:

2 cups cooked rice
12 ounces of steamed broccoli (chopped finely after steaming)
¼ cup golden raisins
¼ cup chopped scallions (the green part)
¼ - ½ teaspoon dry turmeric
2-4 Tablespoons *California Balsamic Spice Trader's Curry Vinegar*

PREPARATION:

Mix all ingredients together and enjoy!



9. QUICKLES

INGREDIENTS:

Cucumbers

California Balsamic Dill Mustard or flavor of your choice.

PREPARATION:

Thinly slice the cukes on a mandolin. Pour vinegar over and allow them to marinate in the refrigerator. You can keep adding veggies to the vinegar.

CHEF'S NOTE:

Be sure to be safe and always use a glove with your mandolin.

10. MARINATED ONION

INGREDIENTS:

Onions

California Balsamic Ruby Red Onion or flavor of your choice

PREPARATION:

Thinly slice the onions on a mandolin. Pour vinegar over and allow them to marinate in the refrigerator. You can keep adding veggies to the vinegar.

CHEF'S NOTE:

Be sure to be safe and always use a glove with your mandolin.



11. PIZZA PASTA SALAD

INGREDIENTS:

Your favorite Pasta, cooked

Your favorite pizza toppings (I like to use artichoke hearts, black olives, sun-dried tomatoes, and fresh chopped basil)

California Balsamic 7 Herb Italian

PREPARATION:

Cook pasta according to package directions and chill. Add remaining ingredients and mix well.

12. QUICK BALSAMIC DIJON GLAZED BRUSSELS SPROUTS

This is a quick and easier variation of the recipe that appeared in my book *The Secrets To Ultimate Weight Loss* that was created by my friend Zena. While roasting the Brussels Sprouts in the oven was delicious it took between 45 minutes to an hour. By using frozen veggies and an air fryer you have cut your prep time in half. If you have Trader Joe's near you, try their frozen baby Brussels Sprouts as they are very tender and have no bitterness.

INGREDIENTS:

1 16 ounce bag of frozen Brussels Sprouts

1-2 Tablespoons of stone ground mustard (I use Westbrae salt-free)

1-2 Tablespoons ***California Balsamic Vinegar Smoked Hickory*** (or flavor of your choice)

PREPARATION:

Cook the Brussels Sprouts (steam, boil, microwave) according to your preferred method. I simply microwave them in my Pampered Chef microwave steamer with a bit of water for 6 minutes. Drain the water and place in an air fryer for 15-20 minutes at 370-400 degrees. Pour the mustard and vinegar over the top, mix well and enjoy.

CHEF'S NOTE:

My personal favorite reduced balsamic vinegar to use for this recipe is a Hickory Smoked. If you don't like mustard simply using 2 Tablespoons of a good quality reduced balsamic vinegar in the flavor of your choice makes a wonderful glaze.