

April 2013

Inside this issue:

Recipe: Carrot  
Curls 1Share Your Fa-  
vorite Recipes 2Find Us On  
Pinterest 2Over at Our  
House. . . 2Ask Erin: How  
Do I Make the  
Diet Easier? 3

# The SCD Sojourner

*Inspiration for your journey to health on the  
Specific Carbohydrate Diet*



How was your winter? Aren't you glad it's spring? I am! This year for an Easter brunch, we enjoyed the [Chile Relleno Casserole](#) from the website...our non-SCD guests kept commenting on how good it was and definitely wanted the recipe. And it's so simple to

make, using just a few ingredients! A Mother's Day brunch would be another excellent event for this dish, along with some fruit and the delicious Golden Waffles and flavored butters from our [Beautiful Brunches Booklet](#).

As the weather warms

up, we've been using the popsicle molds from our Amazon store to pour extra smoothie into, freeze, and enjoy! They aren't only for me—the kids also love them, and get healthy popsicles to boot!

You can find them on [this page](#).



*When you're craving chips, carrot curls are a satisfying, crunchy substitute! Instead of a potato peeler, you can also use a Kitchen Aid slicer attachment to make these into thin chips. I also recently discovered that they refrigerate and freeze well in a zip top bag, so you can make a*

## Recipe: Carrot Curls

*larger batch and enjoy later.*

### Directions:

Using a potato peeler (or Kitchen Aid slicer attachment), make thick curls out of about 3 large carrots (or more carrots for desired amount).

Deep fry in oil until they turn golden brown. Using salad tongs, quickly remove them to a plate covered with several paper towels and add

salt and pepper to taste.

After the cooking oil has cooled, strain the carrot bits out of it and refrigerate in a covered container for your next batch. The oil can be reused up to three times.

(Recipe from *Breaking the Vicious Cycle*.)

*Would you share your favorite NoMoreCrohns recipes? Take the survey under "Your Favorites" on our [home page!](#)*

## We'd love to hear about your favorite NoMoreCrohns.com recipes!

Many people have asked us over the years if we plan to sell a hard-copy of the recipes on our website and other publications. This idea has us interested, and so we are looking into compiling a hard cover *Best of NoMoreCrohns.com Recipe Book*, where we would offer the most popular, very best, tried-and-true recipes that we and others come back to

time and again.

So . . . Which of our recipes do YOU enjoy the most? They could be from our website or any of our publications (magazines, booklets, etc.)

Submitting your top recipes is easy! Go to [our home page](#), and on the left-hand column you will see a survey under Features

called Your Favorites. Type them in, hit Submit, and you're done.

We look forward to reading what you like best!

Thanks for your help!

We've started a [Pinterest Page](#) with some SCD interests...

[Click here](#) to come visit!

Over at Our House. . .



We really like to dig into a bag of Trader Joe's Pineapple Chips!

Did you know that you can order lots of SCD-legal food from our Amazon store? [Click here to see our Corner Grocery page](#), and then [check out our other pages too!](#)

## Ask Erin . . . How Do I Make the Diet Easier?

Dear Erin,

*I'm very happy that I have found your website. I have been doing my own research since no doctor has really given me much as far as dietary direction. After looking at your website I did go and buy the book "Breaking the Vicious Cycle" and am trying to get started doing the diet. So far it has been challenging trying to figure out how to organize my kitchen and life to get started. I live with my boyfriend and I still haven't figured out how can I make meals for both of us so I don't have to make something different for myself and then feel like I'm missing out. Any advice you might have would be helpful for me. I'm feeling very overwhelmed and am not sure what to do.*

*Thank you very much,  
Overwhelmed*

Hi Overwhelmed,

*Thanks so much for your note!*

*Basically, what I do to make meals that work for both my husband, sons, and myself is that I will make a very "normal" SCD recipe for us all, and then add non-legal food on the side for them, such as bread, rice, potatoes, chips, etc. I have found that this works really well. Find out what kinds of recipes your boyfriend likes and then try to make SCD versions using SCD cookbooks and my website. Some of my favorite main dishes from the website are: San Antonio Tacos, Minestrone Soup, Chicken with Lime Butter, Oven Fried Chicken, Havarti Chicken with Veggies, Asian Chicken Lettuce Wraps, Mom's Meatloaf, Thai Chicken and Vegetables, and Moroccan Chicken. These are all very normal recipes that he should like also.*

*My mom has put together an [Easy Menu Packet](#) that has a week of meals you can use over and over. All the recipes are collected on one laminated page and the packet also includes a pad of 50 grocery lists, so it really helps when you're feeling overwhelmed with cooking!*

*You could also get ideas on menus through the [Menus to Get You Started](#) page on our website.*

*In addition, you might check out a couple of our magazines that have ideas and tips on cooking:*

*Shopping and planning tips, kitchen tips: [July/August I Want To THRIVE magazine](#).*

*Saving time in the kitchen: [March/April I Want To THRIVE magazine](#).*

*Also, some of our magazines have a section titled "5 Nights, 5 Dinners" which includes a grocery list for each week, so you can plan ahead for a whole week's dinners. See the Jan/Feb, March/April, July/August and Nov/Dec editions.*

*You might also look at two of my favorite SCD cookbooks: "Lucy's SCD Cookbook" and Raman Prasad's "Recipes for the Specific Carbohydrate Diet." Raman's cookbook has a helpful section that gives a run-down of the basics of the SCD. You can find these and other cookbooks on our [Links to SCD Related Websites page](#).*

*Take care,  
Erin*

(Question taken from Peek at Our Inbox: Cooking Questions. To read more questions and answers [click here](#).)