

# Week Three

## Getting more information...

Most canned foods are not compatible with the diet unless the manufacturer has given written proof that there are no additives. A few items have been cleared in this way and they are Dole pineapple in it's own juice, Campbell's tomato juice and tuna/albacore packed in water or oil (no broth).

You can learn more about many specific products and ask other questions by joining the list serve online at [SCD-list-subscribe@longisland.com](mailto:SCD-list-subscribe@longisland.com). It provides a way to exchange email with supportive people and can be a great encouragement.

Please also feel free to email us at [cox-home@earthlink.net](mailto:cox-home@earthlink.net) and we will try to help out.

## Pumpkin Pie

### Filling:

- 3 eggs, beaten
- 1 c. dry curd cottage cheese (Friendship Hoop Cheese)
- 1/2 c. honey
- 2 c. cooked winter squash or pumpkin (not canned)
- 1/2 t. salt
- 1/4 t. cloves
- 1 t. cinnamon
- 1/2 t. ginger
- 1/2 t. nutmeg

Combine all ingredients with a mixer or in a blender. Because of the large volume, it is advised that only part of the ingredients be placed in the blender at one time.

Pour into a large greased pie pan or two smaller ones. Bake at 425 degrees for 15 minutes. Reduce heat to 375 degrees for 30 minutes or until a knife inserted near the center comes out clean. May be served warm or cold. Creamy Vanilla Frosting (Week 2) may be used as a garnish.



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## Sunday

### Lunch

Crock pot pork or beef roast and carrots (& potatoes), pumpkin pie (save 1/4 of the roast for Tuesday's dinner),

### Supper

Tuna Salad, served on bed of lettuce with tomato slices

## Sunday Roast

Place large **pork or beef roast** (thawed) in the bottom of the crock pot. Add peeled **carrots** cut in 1/2 and also 1 **onion**, quartered, for flavor. Add scrubbed **potatoes for non-SCDers**. Turn to HIGH and cook for 5-6 hours. Serve with butter and homemade applesauce. (See recipe, Week 1)



## Tuna Salad

- 1 can water or oil pack, broth-free tuna
- 1/4 c. grated Cheddar cheese,
- 1 tomato, chopped
- 1 T. (Bubbies) dill pickle relish
- 1 hard boiled egg, grated
- 1-2 T. lemon juice
- 1-2 T. homemade yogurt (opt.)

## Monday

(In the morning, make chicken soup in the crock pot.)

### Lunch

Grilled cheese sandwich, apples and peanut butter, leftover roasted carrots, yogurt, honey and berries, pumpkin pie

### Dinner

Chicken (Noodle) Soup, omelet, fruit