



# *Recipe Road Trip*

REGIONAL FAVORITES & TRAVEL ESSENTIALS  
FOR HAPPIER BELLIES



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FOR HAPPIER BELLIES

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## *It's Vacation Season!*

What does vacation mean for you and your loved ones this year? Whether you get there by plane or train, or you take a classic road trip, nothing embodies the spirit of vacation like sampling regional foods at your destination.

To celebrate vacation season, the Boiron team has gathered recipes from some of our favorite U.S. regions. If you head to one of these iconic places, and you have access to a full kitchen during your stay, you might try cooking one of these recipes yourself with fresh, local ingredients. Or explore these recipes once you're back home and want to do something special to remember your trip. These entrees and drinks can also add flair to a themed "staycation" week.

Whatever vacation looks like for you, enjoy it, try new foods, and indulge a little! Boiron's Digestive Relief products will soothe any uncomfortable rumblings that show up along the way. Yes, travel can be physically stressful. But our homeopathic medicines keep you in balance, wherever your adventure takes you.

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## NEW YORK, NEW YORK!

# Zucchini Pesto and Chicken Pasta

Makes 8 servings

Prep time: 20 minutes | Cook time: 20 minutes

Contributed by Chef David Abshire

### INGREDIENTS

#### *For the Zucchini Pesto*

- 1 ½ zucchinis, diced
- 4 ounces fresh basil
- 2 ounces parmesan cheese
- 3 ounces Romano cheese
- 1 ½ cups roasted salted cashews
- 2 tablespoons lemon juice
- 4 tablespoons minced garlic
- 2 cups olive oil (to desired thickness)
- 2 cups pasta water

#### *For the Portabellas*

- 3 portabella mushroom caps
- A dusting each: kosher salt, black pepper, and red pepper flakes
- Olive oil to drizzle (about 3 tablespoons)

#### *For the Chicken Pasta*

- 1 pound box of linguine (or pasta of choice)
- 1 white onion, julienned
- 2 pints pear or grape tomatoes
- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts (about 1 pound)
- A dusting each: kosher salt, black pepper, and red pepper flakes
- ½ cup pesto sauce
- 1 cup fresh mozzarella, finely diced

### Did You Know?

- There are over 300 Italian pasta shapes, and each is used for a particular sauce.
- Believe it or not, NYC is home to over 140 farmers markets. The culinary scene helps the city stay connected with fresh ingredients from New York farms.

## DIRECTIONS

1. Spray a baking pan with cooking spray. Place the mushroom caps gill side up on it. Season and drizzle olive oil over them. Place in oven at 350 for 8 minutes. Remove and let cool.
2. While the mushrooms bake, cut zucchini and onion to specified sizes. (Reserve zucchini to make pesto sauce later.) After mushrooms cool, slice them, then medium dice.
3. Boil a large pot of salted water. Cook pasta 8 to 10 minutes, until it has only a slight snap to the bite (*al dente*). Then drain, saving 2 to 3 cups of the hot pasta water for the pesto sauce.
4. While the pasta cooks, heat olive oil over medium heat in a large skillet. Add in the onions, tomatoes, and portabellas. Sauté together until onions are translucent. Set aside.
5. Make the pesto by placing all ingredients (except the pasta water and olive oil) in a food processor and blending until they combine. Slowly add in olive oil to blended mix until it incorporates together. Slowly add pasta water and continue to blend until you achieve the consistency you desire.
6. Season chicken on both sides. Heat olive oil in a large skillet over medium heat. Add chicken and cook until golden on each side and cooked through. Cut into quarter-inch pieces.
7. Combine all the chicken pasta ingredients and half a cup of the pesto sauce in a large mixing bowl and serve.

**TIP:** Make your plate pretty by garnishing with fresh basil and ricotta!







## FLORIDA: LAND OF SUN, SEA, AND FRESH FRUIT!

# Caribbean-Inspired Salsas & Guacamole

Contributed by Chef David Abshire

## Mango Salsa

Makes 6 servings  
Prep time: 15 minutes

### INGREDIENTS

1 pineapple, finely diced  
5 ripe mangoes, peeled, finely diced  
1 English cucumber, seedless variety, peeled and finely diced  
¼ cup red onion, finely diced  
¼ cup cilantro, finely chopped/minced  
1 lime, squeezed for juice and pulp  
3 tablespoons rice vinegar  
To taste: kosher salt, black pepper, and red pepper flakes

### DIRECTIONS

1. Cut all fruit to specified size, and place in a large mixing bowl.
2. Combine with diced cucumber, onion, and minced cilantro.
3. Add liquid ingredients and seasoning.
4. Fold gently until all ingredients are thoroughly incorporated.

## Black Bean Salsa

Makes 6 servings  
Prep time: 10 minutes

### INGREDIENTS

2 small red onions, finely diced  
Half-bunch cilantro, finely chopped/minced  
1 can seasoned black beans (15.5 ounces, preferably Trappey's or similar – see *Tip*)  
2 ½ cups roasted corn  
½ cup olive oil  
1 ½ limes, squeezed for juice and pulp  
1 tablespoon kosher salt  
1 tablespoon black pepper

### DIRECTIONS

1. Cut onions and cilantro as specified and place in large mixing bowl.
2. Add all other ingredients, and stir until thoroughly incorporated.

**TIP:** If you can't find Trappey's or seasoned black beans, use a Sazón Caliente blend to season to taste.



## Guacamole

Makes 6 servings

Prep time: 10 minutes

### INGREDIENTS

- 5 avocados, chunky cut
- Half a habanero pepper, finely minced
- ¼ cup red onion, finely diced
- ¼ cup cilantro, finely chopped/minced
- 1 lime, squeezed for juice and pulp
- To taste: kosher salt, black pepper, and red pepper flakes

### DIRECTIONS

1. Slice avocados in half and remove seeds.
2. Use a slightly dull knife (butter knife, paring, etc.) to cut a half-inch by half-inch checkerboard pattern into the avocado flesh without puncturing the skin. Then use a rounded spoon to remove chunks by running under the flesh and against the outer skin.
3. Wearing a pair of protective gloves, slice the sides of the pepper into sections, **carefully removing all seeds and membrane to discard** (these would make it entirely too spicy). Julienne the remaining habanero sections into fine strips, then dice them in the opposite direction.
4. Prepare remaining ingredients and combine all in a large mixing bowl by gently folding together. Be careful not to mash the avocado, unless you like it that way!



### Did You Know?

• **The Best Avocado:** For immediate use, pick an avocado that is darker in color, almost black, but not mushy. It should feel firm, but yield slightly to pressure. If you want to use an avocado in a few days, choose one that is still green and firm, not yielding at all to pressure. Leave the green avocado at room temperature to ripen in 3 to 4 days.

• **The Best Mango:** Like avocados, a ripe mango will feel firm but give slightly to pressure. With mangoes, an even better “ripeness indicator” is smell! Perfectly ripe mangoes emit a sweet fruity scent from their stem. Color is not the best indicator of a mango’s taste.





## LAS VEGAS EXTRAVAGANCE: A DRINK TO OUTSHINE DINNER!

# Blueberry Lime Mezcal Margaritas

Makes 4 to 6 drinks

Prep time: 5 minutes

Contributed by Chef David Abshire

### INGREDIENTS

- 4 ½ ounces (3 shots) mezcal
- 3 ounces (2 shots) Cointreau (orange liqueur)
- 3 limes, squeezed for juice and pulp
- 1 pint of blueberries (4 handfuls)
- 32 ounces ice

### DIRECTIONS

1. Pour all ingredients into a blender, and blend until smooth.
2. Garnish with extra blueberries or lime wedges and relax!



### Did You Know?

Many people mistakenly think mezcal is a brand of tequila, but there are significant differences. Tequila is made with only blue agave and is steamed in industrial ovens before distilling in copper pots. There are over 40 types of agaves used in mezcal, which are smoked in earthen pits, then distilled in clay pots. Both spirits are often aged in oak barrels. Tequila has a sweeter flavor, and mezcal has a smoky flavor.





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## SOCAL SUN, SURF, AND SUPER FRESH INGREDIENTS

### *Instant Pot Birria Tacos*

Makes 12 tacos

Prep time: 15 minutes | Cook time: 2 hours

Contributed by Maggie Unzueta

#### INGREDIENTS

##### *For the Chile Sauce*

- 2 cups water, to rehydrate chiles
- 5 guajillo chiles
- 2 ancho chiles
- 3 garlic cloves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 whole cloves
- ¼ cinnamon stick
- 1 tablespoon salt
- 1 teaspoon black pepper
- 4 cups water, for blending

##### *For the Beef*

- 2 tablespoons olive oil
- 3.5 pounds chuck roast
- 1 tablespoon salt
- 1 teaspoon ground pepper
- 2 bay leaves
- 1 tablespoon beef bouillon
- 2 cups water

##### *For the Tacos*

- 2 tablespoons olive oil
- 12 corn tortillas
- 4 cups shredded Monterey jack cheese

##### *Toppings*

- Diced onions
- Chopped cilantro
- Lime wedges



#### Did You Know?

- *Birria* tacos have a long history in Mexico, going back to early colonization when the Spanish brought many new animals to the region, including goats, which quickly multiplied. The Spanish referred to the goats as *birria* – “sorry” or “problem” animals.
- *Ancho* and *guajillo* chiles, used in this recipe, are the two most common chiles in Mexican cuisine. Ancho chiles are dried *poblano* peppers.



## DIRECTIONS

### *For the Chile Sauce*

1. Remove the stems from the dried chiles. Open each of the chiles lengthwise and remove all the seeds and veins.
2. Place the chiles in a stock pot and cover with 2 cups of water.
3. Bring the chiles and water to a boil, and immediately remove from heat. Place a lid on the pot, and let it sit for five minutes. Then drain the water.
4. Add garlic, oregano, thyme, cloves, cinnamon, salt, and pepper to the rehydrated chiles.
5. Pour in 4 cups of water. Using an immersion blender, blend in the pot until smooth. Or pour the mix into a standard blender and blend on medium till smooth. Set aside.



### *For the Beef*

1. Press the sauté button on the Instant Pot. Add 2 tablespoons of olive oil.
2. Cut the beef into large pieces. This will make it easier to sear the beef.
3. Season the beef with salt and pepper.
4. Sear the beef on all sides in the Instant Pot until it is lightly browned. Remove the beef and set aside.
5. Strain the chile sauce into the Instant Pot. Discard any remaining bits of chile.
6. Add the bay leaves, beef bouillon, and 2 cups of water.
7. Use a spatula to scrape the bottom of the pot to release any browned bits into the broth. Return the beef to the pot.
8. Place the lid on the Instant Pot and switch the valve to “Sealing.” Press “Pressure Cook” and set the time for 45 minutes.
9. Once the buzzer sounds, carefully switch the valve to “Venting.”
10. After the pot is done venting, remove the beef and shred it.



### *To Make the Tacos*

1. Brush oil all over a skillet.
2. Dip a corn tortilla in the broth inside the Instant Pot, then place the tortilla on the skillet.
3. Add about 2 tablespoons shredded beef and 2 tablespoons cheese.
4. Turn over half the tortilla to create the taco. Press down on the tortilla with a turner so the cheese begins to smush out.
5. Drizzle some of the broth on the taco to help the tortilla get crispier. Turn the taco, frying it for about 2 to 3 minutes per side.
6. Repeat until no more tortillas or beef remains.
7. Serve with desired toppings and consommé (the broth) for dipping.

## TIPS:

- Cut back on cooking time by making the chile sauce in advance. It freezes well!
- If using store-bought corn tortillas, do not use the tortillas near the top or bottom of the bag. They are often moist and will fall apart in the skillet.
- For four pounds of beef, increase your Instant Pot cooking time to 50 minutes.



## EAST COAST COMFORT FOOD

# Atlantic Crab Cakes

Makes 8 crab cakes

Prep time: 20 minutes | Cook time: 10-15 minutes

Contributed by Chef David Abshire

### INGREDIENTS

- 1 pound jumbo lump/lump crab meat (blue crab, if possible)
- $\frac{3}{4}$  cup mayonnaise
- $\frac{1}{4}$  cup Dijon mustard
- $\frac{1}{4}$  cup freshly ground mustard (or spicy brown mustard)
- $\frac{1}{4}$  cup celery, finely diced
- $\frac{1}{4}$  cup red onion, finely diced
- 2 tablespoons mixed green and red bell peppers, finely diced
- $3\frac{1}{4}$  cups Panko breadcrumbs (plus extra reserved for coating)
- 3-4 tablespoons blackening seasoning
- Olive oil, for searing

### Did You Know?

- Blue crabs really are blue! Their shells can range in hue, but their claws and legs are distinctly blue. Mature females have claws with reddish tips.
- Crab cake recipes vary significantly from region to region. This one has a southeastern coastal flavor.

### DIRECTIONS

1. Cut and measure all ingredients.
2. In a large mixing bowl, stir the mayonnaise, mustard, celery, onions, and bell peppers until thoroughly incorporated. Stir in the crab meat and 3 tablespoons of the blackening seasoning.
3. Fold in the Panko breadcrumbs and compact until mixture is dense enough to stick together.
4. Form into approximately eight crab cakes, about one inch thick by three inches wide. Roll them in the extra Panko. Dust the crab cakes with additional blackening seasoning, as desired. Set aside.
5. Heat pan on medium, with enough olive oil to coat the bottom. Sear crab cakes for three to five minutes on each side until golden brown. Remove from pan and let drain on paper towels to remove excess oil.
6. Serve hot with your favorite sauce!





## GREEN EATING FROM THE EVERGREEN STATE

# Easy Tasty Chickpea Veggie Burger

Makes 8 patties

Prep time: 10 minutes | Cook time: 10 minutes

Contributed by Jyl Steinback

### INGREDIENTS

30 ounces (two 15-ounce cans) unsalted canned chickpeas

1 ½ cups quick-cooking oats

2 cloves garlic, minced

½ teaspoon cumin

¼ teaspoon red pepper

Salt and pepper, optional

Whole wheat hamburger buns and favorite toppings



### Did You Know?

Pacific Northwest farms such as those in Washington state remain some of the country's largest producers of chickpeas, also known as garbanzo beans.

### DIRECTIONS

1. Drain the unsalted chickpeas, reserving the liquid. Rinse the chickpeas.
2. Add the chickpeas and a half-cup of the reserved liquid to a food processor or blender and process. Add more reserved liquid if necessary to make a smooth paste.
3. Add the garlic, cumin, and red pepper plus a shake of salt and pepper if desired. Process to combine well.
4. In a medium mixing bowl, combine the bean paste mixture with the oats. Mix well, adding additional bean liquid or oats as necessary to make a mixture that holds together well and keeps its shape.
5. Shape the mixture into 8 patties, about half an inch thick.
6. Heat a non-stick skillet over medium high heat. Cook the patties until golden brown on each side, about five minutes.
7. Serve patties on a bun with favorite toppings and condiments.



## THE SOUTHERN AMERICAN BARBEQUE BELT

### *Citrus Pulled Pork*

Makes 12 to 15 servings

Prep Time: 30 minutes | Cook Time: 24-hour marinade, plus 5- to 6-hour cook time (plan ahead!)

*Contributed by Chef David Abshire*

#### INGREDIENTS

One 3- to 4-pound bone-in pork shoulder roast (Boston butt)

½ gallon orange juice, with pulp (for best results, use 1 can frozen orange concentrate, thawed and reconstituted)

3 limes, squeezed for juice and pulp only

¼ bunch cilantro, minced

1 cup minced garlic

Kosher salt and cayenne pepper for seasoning  
(or all-purpose blackening seasoning)



#### Did You Know?

- The word “barbeque” originates from the term *barbacoa*, a Native Caribbean word referring to a way of cooking meat over a wooden grate.
- From vinegar to molasses to brown mustard, today’s regional barbeque styles are often traced back to the spices that were available to and preferred by specific European populations in that area.



## DIRECTIONS

1. Place pork shoulder roast into a container large enough to marinate it.
2. Cut slits into the roast so that it can be stuffed with garlic and the orange juice can be absorbed into the skin.
3. Season liberally with kosher salt and cayenne pepper or all-purpose blackening seasoning. Then rub and stuff the roast with minced garlic.
4. Mix the orange juice, lime juice, and cilantro.
5. Pour the juice mixture over the roast, cover tightly, and let marinate in refrigerator for 24 hours.
6. Preheat oven to 325 degrees. Take the roast out of the marinade (reserve liquid for later) and bake in a braising pan for 4 hours, or until the internal temperature is 185.
7. Baste and pour the leftover marinade over the roast. Return to oven and bake until meat falls off the bone (up to one more hour).
8. Take the roast out of the oven and place aside to cool, approximately 20 to 30 minutes.
9. "Pull" or shred the pork with two forks until it has no fat on it and the meat separates.
10. Return the pulled pork to the braising pan and stir with the cooking juices. If desired, return the pork to the oven to reduce to preferred thickness.
11. Enjoy citrus pulled pork on a sandwich with slaw, tacos, chilaquiles, or however you like it!





## NEW ORLEANS: CITY OF MUSIC AND MERRIMENT

# Crawfish Étouffée

Makes 10 servings

Prep time: 20 minutes | Cook time: 15 minutes

Contributed by Chef David Abshire

### INGREDIENTS

3 pounds Louisiana crawfish tails (see *Tip for ingredient alternative*)

2 ½ cups white onions, finely diced

2 cups bell peppers, finely diced

2 cups celery, finely diced

5 tablespoons minced garlic

3 ounces olive oil

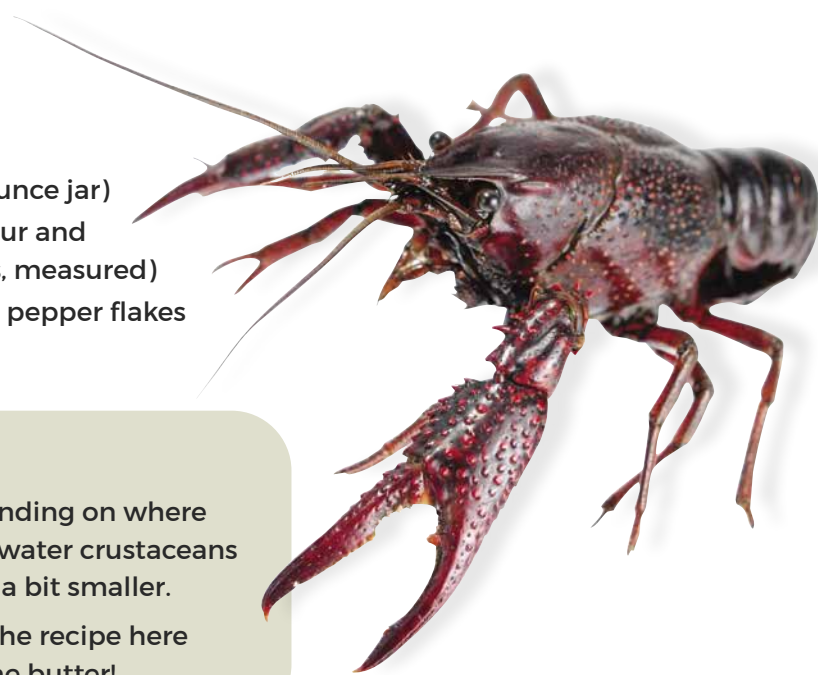
1 pound unsalted butter, cubed

4 ounces lobster base (typically sold in 8-ounce jar)

2 ½ ounces flour slurry (3-4 tablespoons flour and ½ cup water, shaken well to remove lumps, measured)

To taste: kosher salt, black pepper, and red pepper flakes

Chopped green onion for garnish



### Did You Know?

- Crawfish (aka crayfish or crawdads, depending on where you live in the U.S.), are not fish but freshwater crustaceans closely related to lobster – though quite a bit smaller.
- *Étouffée* means “smothered” in French. The recipe here literally smothers the ingredients with the butter!



## DIRECTIONS

1. Heat olive oil in large braising pan over medium heat. Add in the onions, bell peppers, and celery (in Cajun cooking, this is called the Holy Trinity). Lightly season with salt, black pepper, and red pepper flakes. Add a little seasoning each time you add ingredients to build flavor. Cook until onions are translucent.
2. Add garlic, lightly season, and continue to cook until onions are almost caramelized.
3. Add the crawfish, lightly season, and continue to cook until onions finish caramelizing. The crawfish will start to turn orange.
4. Drop the heat to medium low, add in lobster base, and stir until fully incorporated. Add butter and fully melt, stirring occasionally.
5. Next, pour in the flour and water slurry, stirring until completely incorporated. Make sure the flour has cooked into the sauce. The consistency should coat the back of a spoon. If it gets too thick, add a little water.
6. Finally, season to your liking. Serve hot over cooked rice or as a topping for another dish! Garnish with chopped green onions.

**TIP:** You can substitute crawfish with white Gulf shrimp, as Chef David Abshire demonstrated on Food Network's "Comfort Nation" YouTube series with Chef Lazarus Lynch.





## EXPLORE YELLOWSTONE COUNTRY

# Old Time Bison Burger with a Hipster Twist

Makes 3-4 patties

Prep time: 5 minutes | Cook time: 10-12 minutes

Contributed by Anika Hanisch

### INGREDIENTS

- 1 pound ground bison
- ¼ cup onion, finely minced
- 1 egg
- ½ cup quinoa
- Garlic salt grinder
- Black pepper

### Did You Know?

- Bison meat is nutrient-dense and lean, providing 20 grams of protein in a 100-gram cut (3.5 ounces). Bison are usually pasture-raised, making their meat a better source of Omega-3.
- Cooking bison correctly (medium to medium-rare) keeps it tender and prevents it from drying out.

### DIRECTIONS

1. Place the bison meat, minced onion, egg, and quinoa in a large mixing bowl. Add 4 or 5 twists from a garlic salt grinder and a generous shake of pepper.
2. Knead all the ingredients together until fully mixed. Form four or five patties depending on the size you like. The patties will not shrink much.
3. Grill for 3 to 4 minutes, flip and grill for 1 minute more.
4. Test one patty. Don't let these burgers cook to "well done" all the way through. Lightly pink in the middle is perfect!
5. Serve on a bun with your favorite toppings, or go gluten-free and serve with a big helping of grilled veggies.







**WELCOME TO THE ISLAND STATE OF HAWAII!**

## *Pineapple Sunrise Smoothie*

Makes 2-3 smoothies

Prep time: 10 minutes

*Contributed by Anika Hanisch*

### **INGREDIENTS**

- 1 cup pineapple, chopped
- ½ cup strawberries, stemmed and halved
- ½ cup mango, diced (or peach, if preferred)
- ½ cup plain or vanilla yogurt (coconut yogurt, if vegan)
- 1 ½ cup orange juice (more to taste, if desired)

### **DIRECTIONS**

1. Place all the fruit in a blender, scoop in the yogurt, and pour in the juice.
2. Blend on medium until smooth. Add a little more juice and blend more if desired.
3. Pour into glasses and top with a few strawberry and pineapple pieces for garnish. Enjoy!

### **TIPS:**

- Fresh fruit is best, but this recipe works fine with frozen fruit too. Frozen fruit may require adding a little more orange juice to make the smoothie pourable.
- To transform this breakfast smoothie into a sunset cocktail, stir in a splash of tequila!



### **Did You Know?**

- **The Best Pineapple:** Look for pineapples that are changing from green to greenish-yellow and have a lightly sweet smell at their base. Skip over any pineapple that looks bruised or smells sour.





# OH NO! NOT THAT GOTTA-GO-NOW FEELING!

You look forward to your vacation adventure. But culinary explorations can have unintended consequences. Don't let nausea or diarrhea stop you in your tracks. Pack these convenient homeopathic medicines to soothe travel emergencies.

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# Meet the Chefs



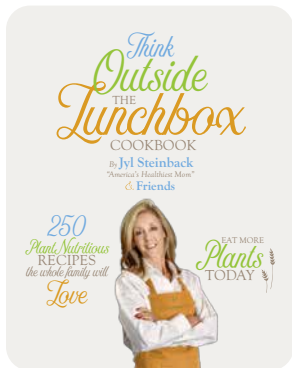
## DAVID ABSHIRE

Chef David Abshire, owner of Grillades and Grit Catering and Culinary Solutions, has been cooking professionally since 1997. He has an extensive background in all types of cuisine, from Classical French and Italian to Caribbean, West Indian and Latin, plus the Creole and Cajun staples of his roots. David has run several casino kitchens and cooked at prestigious country clubs and upscale dining venues in South Central Louisiana. These experiences were the fire that forged his true culinary mettle in what he calls Southern Hybrid cooking. Today, David is well-known in the Acadiana region where you'll find him whipping up Cajun classics. His passion for cooking and an impeccable dining experience will leave you reeling for more.



## ANIKA HANISCH

Anika Hanisch is a ghostwriter and author coach in the natural health world and, after hours, she manages an urban microfarm. Her greatest delight is to grow and eat the superfoods that she writes about. In 2015, she founded Stone's Throw, a third-acre in-town microfarm in Belgrade, Montana. Through backyard farming, she harvests about 300 pounds of fresh produce each year and teaches visitors how to do the same. That's a lot of fresh food, which means quite a bit of cooking! Anika's favorite recipes are farmer-friendly – under 30 minutes and fewer than 10 ingredients. She muses about plant care, local food, and seasonal recipes at the farm website and on Instagram; just search for StonesThrowMicrofarm.



## JYL STEINBACK

Jyl Steinback is the Executive Director of Shape Up U.S. and the author of over a dozen cookbooks and health-related books. She has sold over 2 million books that educate consumers to change their lifestyle by making positive choices through proper nutrition, exercise, and healthy living. She is a personal trainer, health expert and educator. Jyl has been described by the media as "enthusiastic," "weight loss guru," and "America's Healthiest Mom." Regardless of the accolades, she is committed to a mission of helping others become healthy. Two simple rules drive Jyl: "Move your body" and "Eat what you love, while balancing your meals with healthy nutrition using moderation and portion control."



## MAGGIE UNZUETA

Maggie Unzueta shares authentic Mexican recipes in her popular food blog, Mama Maggie's Kitchen. She is a first-generation Mexican-American originally from the Los Angeles area, now living in San Diego, California. Her proximity to Mexico allows her to make regular trips to Baja. Several of her recipes are specific to Durango, Mexico where her family is from. She also lived in Tabasco, Mexico, allowing her to travel around the Southern Mexican states. She spent countless hours by her grandmother's side, watching her transform simple ingredients into magnificent meals. Maggie named her blog after her grandmother who is her namesake. Also check out her cookbook, "Mexicocina."



**EVERGREEN  
STATE**

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Veggie Burger*

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**YELLOWSTONE  
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# Recipe Road Trip

REGIONAL FAVORITES &  
TRAVEL ESSENTIALS  
FOR HAPPIER BELLIES



NEW YORK,  
NEW YORK!

*Zucchini Pesto  
and Chicken Pasta*

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EAST COAST  
COMFORT FOOD

*Atlantic  
Crab Cakes*

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SOUTHERN  
BARBEQUE BELT

*Citrus  
Pulled Pork*

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FLORIDA: SUN,  
SEA, FRESH FRUIT

*Caribbean  
Inspired Salsas*

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NEW ORLEANS

*Crawfish  
Étouffée*

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Take your tastebuds on a tour with this collection of regional dishes from every corner of the country. This book is provided by Boiron, maker of high-quality digestive relief products and world leader in homeopathic medicines.



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