

Lebanese Lamb and Whitefish with Green Beans

Lebanese cuisine has evolved over time, but Mediterranean-inspired menus featuring fresh fish, chickpeas, and colorful vegetables are still staples. Here we offer a nutrient-rich meal with carrots, green beans, celery, and hempseeds. The tomatoes add some juiciness and lycopene, whose antioxidant properties can reduce the risk of chronic diseases such as cancer and heart disease, and nourish eye health.

Rodney's family comes from Lebanon, so this dish holds a special place in our hearts.

Adult Canine Less Active, with Supplements

Yields 4¼ pounds

37 calories/ounce

1.5 pounds (25 ounces)
fresh whitefish
1 pound ground lamb
11 large eggs, shelled
6 ounces fresh green beans
3 ounces fresh tomatoes
3 ounces celery
3 ounces carrots
12 grams raw hulled
hempseeds
8 grams ground turmeric
7 grams ground cinnamon
6 grams fresh garlic
4 grams nutritional yeast
4 grams ground black pepper
11 grams eggshell powder
1 gram kelp powder
(containing 700 micrograms
of iodine per gram of kelp
powder. This is a total of 700
micrograms iodine if you are
using an iodine supplement
rather than kelp powder.)

Supplements

- 6 milligrams copper
- 45 milligrams zinc
- 200 milligrams magnesium
- 18 milligrams iron
- 100 micrograms vitamin B12
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.