

MUSHROOM, FETA CHEESE OMELET

NAME OF DISH

#### INGREDIENTS

BREAKFAST

**SERVES** 

1

PREP TIME

8 MIN

TOTAL TIME

15 M I N

**OVEN TEMP** 

1-2 tablespoons olive oil

- · 3 ounces sliced fresh mushrooms
- salt and black pepper to taste
- 3 large eggs
- 1 cup baby spinach
- 2 tablespoons crumbled feta or Parmesan cheese
- •1/2 of a ripe avocado, diced
- 1/2 cup of chopped onions
- ½ cup of chopped bell peppers
- •1 teaspoon of chopped cilantro
- ¼ teaspoon of turmeric powder(Optional)

#### DIRECTIONS

Whisk eggs, Cheddar cheese, Parmesan cheese or Feta cheese, salt, black pepper, garlic powder, and bell pepper, cilantro, turmeric together in a bowl.

Heat olive oil in a nonstick skillet over medium heat; cook and stir mushrooms and onion until tender, 3-4 minutes. Add spinach; cook until spinach wilts, 3 to 4 minutes.

Pour in egg mixture; swirl pan around to evenly distribute egg mixture. Cook until egg is fully cooked and set in the middle for 5 to 10 minutes. Plate and enjoy!

#### BLUBERRY HONEY YOGURT

NAME OF DISH

#### INGREDIENTS

### **BREAKFAST**

SERVES

1

PREP TIME

1 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

• 1 CUP NONFAT PLAIN GREEK YOGURT

- • 1/2 CUP BLUEBERRIES
- • 1 TEASPOON HONEY
- (YOU MAY ADD CHIA SEEDS, OR PUMPKIN SEEDS, WALNUTS, RAISINS)

#### DIRECTIONS

PLACE YOGURT IN A BOWL. TOP WITH BLUEBERRIES AND DRIZZLE WITH HONEY.

BERRY CRUNCH SMOOTHIE BOWL

NAME OF DISH

#### INGREDIENTS

BREAKFAST

**SERVES** 

2

PREP TIME

1 MIN

**TOTAL TIME** 

1 MIN 30

**OVEN TEMP** 

- 1 CUP CHOPPED KALE OR BABY SPINACH
- 1 TABLESPOON CHIA

- SEEDS

   ½ CUP COCONUT MILK

   ½ CUP OF WATER

   1½ CUPS FROZEN MIXED BERRIES
- ½ FROZEN BANANA (YOU CAN USE A REGULAR BANANA, BUT ADD SOME ICE TO YOUR SMOOTHIE BOWL)

#### SUGGESTED TOPPINGS:

- • ¼ CUP BLUEBERRIES • 2-3 STRAWBERRIES, SLICED

- SLICED

   1 TEASPOON CHIA SEEDS

   1 CUP CHOPPED MIXED

  NUTS (ALMONDS, WALNUTS,

  PUMPKIN SEEDS)

   2 TABLESPOONS

  UNSWEETENED COCONUT

  SHAVINGS, RAW OR

  TOASTED

   ½ SLICED BANANA
- 1/2 SLICED BANANA (OPTIONAL) 1 TEASPOON OF HONEY (OPTIONAL)

### DIRECTIONS

PUREE THE KALE OR SPINACH, CHIA SEEDS, AND MILK IN A BLENDER OR SMOOTH. FOOD PROCESSOR UNTIL ADD THE FROZEN MIXED BERRIES, HONEY BANANA, AND BLENDER.

SCRAPING DOWN THE PERIODICALLY, BLENDER THE SMOOTH. POUR SMOOTHIE BOWL AND GARNISH Α TOPPINGS OF YOUR CHOICE. IMMEDIATELY.

### BLUEBERRY ALMOND PANCAKES

NAME OF DISH

#### INGREDIENTS

BREAKFAST

SERVES

4 - 6

PREP TIME

5 MIN

TOTAL TIME

20-25 MIN

**OVEN TEMP** 

- 1 CUP BUCKWHEAT FLOUR, COCONUT FLOUR, OR ALMOND FLOUR
- 1/2 TSP BAKING POWDER
- • 1/2 TSP BAKING SODA
- • 2 TBSP. RAW BROWN SUGAR
- • 1 TSP LEMON ZEST
- • 3/4 CUP GREEK YOGURT
- • ½ CUP COCONUT MILK
- • 1 EGG
- • 1/2 TSP ALMOND EXTRACT
- • 1/4 CUP SLIVERED ALMONDS
- • 1 CUP FRESH BLUEBERRIES
- •

#### DIRECTIONS

IN A SMALL BOWL, COMBINE FLOUR, BAKING POWDER, BAKING SODA, SUGAR, AND LEMON ZEST. IN A LARGE BOWL, WHISK YOGURT AND MILK. ADD EGG AND ALMOND EXTRACT AND MIX UNTIL SMOOTH. COMBINE WET AND DRY INGREDIENTS.

FOLD IN ALMONDS AND BLUEBERRIES.HEAT A FRYING PAN OVER MEDIUM HEAT; SPRAY WITH OIL. COOK ¼ CUP PANCAKE PORTIONS FOR 2 MINUTES ON THE FIRST SIDE (OR UNTIL EDGES HAVE SET AND BOTTOM IS GOLDEN). FLIP AND COOK FOR 1 MINUTE ON THE OTHER SIDE (OR UNTIL GOLDEN AND COOKED THROUGH.

### COCONUT FLOUR POWER PORRIDGE

NAME OF DISH

#### INGREDIENTS

BREAKFAST

**SERVES** 

2 - 4

PREP TIME

2 MIN

TOTAL TIME

10 MIN

**OVEN TEMP** 

- 2 TABLESPOONS
  COCONUT FLOUR
   2 TABLESPOONS
  GOLDEN FLAX MEAL
   3/4 CUP WATER

- PINCH OF SALT
   1 LARGE EGG, BEATEN
- TEASPOONS BUTTER
- 1 TABLESPOON HEAVY CREAM OR COCONUT MILK
- 1 TABLESPOON OF HONEY, OR A RAW SUGAR

#### DIRECTIONS

MEASURE THE FIRST FOUR INGREDIENTS INTO A SMALL POT OVER MEDIUM HEAT AND STIR.

WHEN IT BEGINS TO SIMMER, TURN IT DOWN TO MEDIUM-LOW HEAT AND WHISK IT UNTIL IT BEGINS TO THICKEN.

BREAKFAST

SERVES

12

PREP TIME

5 MIN

TOTAL TIME

40 MIN

**OVEN TEMP** 

400

### FULLY LOADED BREAKFAST MUFFIN CUPS

NAME OF DISH

#### INGREDIENTS

- 1 CUP OF BAKED AND SCOOPED SPAGHETTI SQUASH
- 3 TABLESPOONS BUTTER, MELTED
- 1/8 TEASPOON SALT
- 6 EGGS, LIGHTLY BEATEN
- 2 CUPS SHREDDED 4-CHEESE MEXICAN BLEND CHEESE
- 1/4 CUP CHOPPED RED BELL PEPPER

#### DIRECTIONS

COMBINE CHOPPED FRESH CHIVES OR GREEN ONION IN A BOWL, THEN ADD BAKED AND SCOOPED SPAGHETTI SQUASH, BUTTER, SALT AND PEPPER, AS WELL AS EGGS, CHEESE, AND BELL PEPPER. SPOON MIXTURE EVENLY INTO 12 GREASED MUFFIN CUPS.

BAKE AT 400 DEGREES FOR 12 MINUTES OR UNTIL LIGHTLY BROWNED. REMOVE FROM OVEN. SPRINKLE WITH CHIVES OR ONION. RETURN TO OVEN, BAKE 13-15 MINUTES OR UNTIL SET. SERVE.

#### **VEGAN PANCAKES**

NAME OF DISH

#### INGREDIENTS

BREAKFAST

SERVES

14-6

PREP TIME

5 MIN

TOTAL TIME

15-20 MIN

**OVEN TEMP** 

- 1 C. ALMOND FLOUR
- • 1 TEASPOON OF RAW SUGAR
- • 1 TSP. BAKING POWDER
- • 1/2 TSP. SALT
- 1 CUP OF COCONUT MILK OR ALMOND MILK
- • 2 TBSP. COCONUT OIL
- VEGETABLE OR COCONUT OIL, FOR FRYING
- • MAPLE SYRUP, FOR SERVING
- FRESH FRUIT, FOR SERVING (OPTIONAL)

#### DIRECTIONS

IN A LARGE BOWL, WHISK TOGETHER FLOUR, SUGAR, BAKING POWDER, AND SALT. ADD ALMOND MILK AND COCONUT OIL AND MIX UNTIL SMOOTH.

IN A LARGE SKILLET OVER MEDIUM-LOW HEAT, HEAT OIL. USING A 1/4 CUP MEASURE, POUR BATTER INTO PAN. COOK 2 TO 3 MINUTES, AND FLIP WHEN YOU SEE BUBBLES FORMING AROUND THE EDGES OF THE PANCAKES.

COOK 2 TO 3 MINUTES MORE ON THE OPPOSITE SIDE, UNTIL GOLDEN. (IF MAKING A LARGE BATCH, PREHEAT OVEN TO 200° AND PLACE PREPARED PANCAKES ON BAKING SHEET IN OVEN) WHEN ALL BATTER HAS BEEN USED, SERVE WITH MAPLE SYRUP AND TOPPINGS OF YOUR CHOICE.

#### CREAM CHEESE PANCAKES

NAME OF DISH

#### INGREDIENTS

BREAKFAST

SERVES

1

PREP TIME

2 MIN

TOTAL TIME

10 MIN

**OVEN TEMP** 

- 2 OZ. ORGANIC CREAM CHEESE
- 2 EGGS
- ½ TSP CINNAMON
- 1/4 TEASPOON NUTMEG
- 1 TBSP. COCONUT FLOUR
- 2 TSP. RAW BROWN SUGAR

#### DIRECTIONS

BLEND OR BEAT TOGETHER ALL OF THE INGREDIENTS UNTIL SMOOTH.

HEAT UP A NON-STICK PAN OR SKILLET WITH BUTTER OR COCONUT OIL ON MEDIUM-HIGH. COOK IT MOST OF THE WAY ON ONE SIDE AND THEN FLIP!

TOP WITH BUTTER AND ENJOY! MAKES 2 LARGE PANCAKES.

### COTTAGE CHEESE PANCAKES

NAME OF DISH

#### INGREDIENTS

BREAKFAST

SERVES

2

PREP TIME

**10 MIN** 

TOTAL TIME

**25 MIN** 

**OVEN TEMP** 

- 2 EGGS
- • 7 OZ. COTTAGE CHEESE
- 1 TABLESPOON GROUND PSYLLIUM HUSK POWDER
- • 2 OZ. BUTTER OR COCONUT OIL
- • 2 TSP. RAW BROWN SUGAR
- TOPPINGS
- FRESH RASPBERRIES, BLUEBERRIES, STRAWBERRIES
- • 1/2 CUP OF FRESH
  HEAVY WHIPPING CREAM

#### DIRECTIONS

ADD EGGS, COTTAGE CHEESE AND GROUND PSYLLIUM HUSK POWDER TO A MEDIUM SIZE BOWL AND MIX TOGETHER. LET SIT FOR 5-10 MINUTES TO THICKEN.

HEAT UP BUTTER OR OIL IN A NON-STICK SKILLET. FRY THE PANCAKES ON LOW TO MEDIUM HEAT FOR 3-4 MINUTES ON EACH SIDE. DON'T MAKE PANCAKES TO LARGE BECAUSE THEY WILL BE DIFFICULT TO FLIP.ADD HEAVY WHIPPING TO A SEPARATE BOWL AND WHIP IT UNTIL SOFT PEAKS FORM. SERVE THE PANCAKES WITH FRESH WHIPPED CREAM AND BERRIES OF YOUR CHOICE.

COCONUT CHIA SEED PUDDING

NAME OF DISH

INGREDIENTS

**BREAKFAST** 

SERVES

1

PREP TIME

1 MIN

TOTAL TIME

4 HRS, 1 MIN

**OVEN TEMP** 

- ¾ CUP COCONUT MILK
- 2 TABLESPOONS CHIA SEEDS
- ½ TEASPOON
   VANILLA EXTRACT

#### DIRECTIONS

MIX ALL OF THE INGREDIENTS IN A GLASS BOWL OR JAR. COVER, PLACE IN THE FRIDGE TO LET GEL OVERNIGHT (OR FOR AT LEAST 4 HOURS).

BEFORE YOU DIG IN, CHECK TO BE SURE THE PUDDING HAS THICKENED AND THE CHIA SEEDS HAVE GELLED. SERVE THE PUDDING WITH CREAM, COCONUT MILK OR SOME FRESH OR FROZEN BERRIES.

### OAT-FREE GRANOLA

NAME OF DISH

#### INGREDIENTS

### **BREAKFAST**

SERVES

8 +

PREP TIME

2 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

8 OZ. PECANS OR HAZELNUTS OR ALMONDS

- 1 CUP SUNFLOWER SEEDS
- · 4 TABLESPOONS PUMPKIN SEEDS
- 4 TABLESPOONS SESAME SEEDS
- ¾ CUP FLAXSEED
- 1 TABLESPOON TURMERIC
- 1 TABLESPOON GROUND CINNAMON
- 2 TEASPOONS VANILLA EXTRACT
- ½ CUP ALMOND FLOUR
- 1 CUP WATER
- · 4 TABLESPOONS COCONUT OIL

#### DIRECTIONS

MIX ALL INGREDIENTS TOGETHER AND EAT WITH GREEK YOGURT.

#### **ENGLISH MUFFINS**

NAME OF DISH

#### INGREDIENTS

### BREAKFAST

SERVES

3

PREP TIME

2 MIN

TOTAL TIME

8 MIN

**OVEN TEMP** 

2 EGGS2 TABLESPOONSCOCONUT FLOUR

½ TEASPOONBAKING POWDER

1 PINCH SALT

• 3 TABLESPOONS BUTTER OR COCONUT OIL, FOR FRYING

#### DIRECTIONS

MIX TOGETHER COCONUT FLOUR, BAKING POWDER AND A PINCH OF SALT IN A BOWL.

CRACK THE EGGS INTO THE BOWL AND WHISK TOGETHER. LET SIT FOR 5 MINUTES. PLACE THREE DOLLOPS OF THE BATTER IN A FRYING PAN WITH MELTED BUTTER, ON MEDIUM HIGH. TURN THE BREADS AFTER A COUPLE OF MINUTES. REMOVE WHEN FINISHED AND REPEAT.

### CAULIFLOWER HASH BROWNS

NAME OF DISH

#### INGREDIENTS

BREAKFAST

SERVES

4

PREP TIME

**10 MIN** 

TOTAL TIME

30 MIN

**OVEN TEMP** 

- 1 LB CAULIFLOWER
- 3 EGGS
- ½ YELLOW ONION, GRATED
- 1 TSP SALT
- 2 PINCHES PEPPER
- 4 OZ. BUTTER, FOR FRYING

#### DIRECTIONS

RINSE, TRIM AND GRATE THE CAULIFLOWER USING A FOOD PROCESSOR OR GRATER.

ADD CAULIFLOWER TO A LARGE BOWL. ADD REMAINING INGREDIENTS AND MIX. SET ASIDE FOR 5-10 MINUTES. MELT A GENEROUS AMOUNT OF BUTTER OR OIL ON MEDIUM HEAT IN A LARGE SKILLET. THE COOKING PROCESS WILL GO QUICKER IF YOU PLAN TO HAVE ROOM FOR 3-4 PANCAKES (ABOUT 3-4 INCHES EACH) AT A TIME. USE THE OVEN ON LOW HEAT TO KEEP THE FIRST BATCHES OF PANCAKES WARM WHILE YOU MAKE THE OTHERS. PLACE SCOOPS OF THE GRATED CAULIFLOWER MIXTURE IN THE FRYING PAN AND FLATTEN THEM CAREFULLY UNTIL THEY MEASURE ABOUT 3-4 INCHES IN DIAMETER. FRY FOR 4-5 MINUTES ON EACH SIDE. ADJUST THE HEAT TO MAKE SURE THEY DON'T BURN. REMEMBER — PATIENCE IS A VIRTUE — IF YOU FLIP THE PANCAKES TOO SOON THEY MAY FALL APART!

#### POTATO EGG FRITATA

NAME OF DISH

#### INGREDIENTS

### BREAKFAST

SERVES

4

PREP TIME

1 MIN

TOTAL TIME

3 MIN

**OVEN TEMP** 

- 3 LARGE RED POTATOES, PEELED AND CUT INTO 1/2-INCH CUBES
- 1 CUP DICED ONION
- SALT AND FRESHLY GROUND BLACK PEPPER TO TASTE
- 4 TO 5 TABLESPOONS OLIVE OIL, OR TO TASTE
- 6 LARGE EGGS
- 2 TO 3 TABLESPOONS FRESHLY GRATED ROMANO OR OTHER CHEESE
- MINCED FRESH PARSLEY LEAVES

#### DIRECTIONS

PAT DRY THE POTATOES AND ONIONS. IN A LARGE, NONSTICK SKILLET SET OVER MODERATE HEAT, HEAT 2 TABLESPOONS OF THE OIL UNTIL HOT. ADD THE POTATOES AND SALT AND PEPPER AND COOK, STIRRING, FOR 1 MINUTE. ADD THE ONION AND COOK, STIRRING OCCASIONALLY, UNTIL GOLDEN BROWN AND JUST TENDER. TRANSFER TO A PLATE. IN A BOWL, COMBINE THE EGGS, LOCATELLI-ROMANO, AND SALT AND PEPPER. ADD THE VEGETABLE MIXTURE AND GENTLY STIR TO COMBINE.

ADD 1 TO 2 TABLESPOONS OF OIL TO THE SKILLET AND HEAT IT OVER MODERATE HEAT UNTIL HOT. ADD THE VEGETABLE AND EGG MIXTURE AND COOK IT OVER MODERATELY LOW HEAT UNTIL GOLDEN BROWN AND SET ON THE UNDERSIDE. INVERT A PLATE OVER THE SKILLET AND FLIP THE FRITTATA ONTO THE PLATE.

ADD ANOTHER TABLESPOON OF OIL TO THE SKILLET AND SLIDE THE FRITTATA BACK IN, UNCOOKED SIDE DOWN. COOK UNTIL COMPLETELY SET.

TRANSFER TO A PLATE AND CUT INTO WEDGES. SPRINKLE WITH PARSLEY.

SALMON W/ MANGO-LIME SALSA

NAME OF DISH

INGREDIENTS

LUNCH

SERVES

1

PREP TIME

1 MIN

TOTAL TIME

5 MIN

**OVEN TEMP** 

1 6-OZ. SKINLESS SALMON FILLET

- · SALT
- PEPPER
- 1 TSP. OLIVE OIL
- · FOR SALSA
- · 1 DICED MANGO
- 3/4 C. DICED RED BELL PEPPER
- · ZEST AND JUICE OF 1 LIME
- 2 TBSP. OF CHOPPED CILANTRO
- · 2 THINLY SLICED RED ONIONS
- 1 TSP. SRIRACHA (OR OTHER HOT SAUCE)
- · 1/4 TSP. SALT

#### DIRECTIONS

SEASON SALMON WITH SALT AND PEPPER TO TASTE. HEAT I TEASPOON OLIVE OIL OVER MEDIUM-HIGH HEAT IN A NONSTICK PAN. BROWN 1 TO 2 MINUTES PER SIDE. BAKE ON A SHEET AT 400°F FOR 8 MINUTES.

STIR TOGETHER MANGO, RED BELL PEPPER, LIME ZEST, LIME JUICE, CILANTRO, RED ONIONS, HOT SAUCE, AND SALT. PILE A FEW SCOOPS OF SALSA ON SALMON.

#### GREEK SALAD

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

1 CUCUMBER DICED

- 2 LARGE TOMATOES CHOPPED OR SLICED THIC
- 1 SMALL RED ONION SLICED
- 1/2 RED PEPPER SLICED
- 1 TBSP. FETA CHEESE CRUMBLE
- 2 TBSP. OF DRIED ITALIAN SEASONING
- 2 TSP. OF FRESH LEMON JUICE
- 2 TBSP. OF OLIVE OIL
- SALT AND PEPPER

#### DIRECTIONS

IN A MEDIUM BOWL, LAYER CUCUMBERS, TOMATOES, ONION, PEPPER, KALAMATA OLIVES, AND FETA CHEESE.

SPRINKLE WITH OREGANO, THEN DRIZZLE WITH LEMON JUICE AND OLIVE OIL. SEASON WITH SALT AND PEPPER TO TASTE.

#### BLACK BEAN SOUP

NAME OF DISH

#### INGREDIENTS

### LUNCH

**SERVES** 

PREP TIME

TOTAL TIME

**OVEN TEMP** 

8 HRS 17 MIN

8 HRS 17 MIN

1-POUND BLACK BEANS

- · 1 CUP CHOPPED ONION
- · 3/4 CUP CHOPPED CARROT
- · 3/4 CUP CHOPPED CELERY
- · 2 GARLIC CLOVES, MINCED
- 1 JALAPEÑO PEPPER, SEEDED AND MINCED
- 4 (14-OUNCE) CANS OF VEGETABLE BROTH
- 1 (28-OUNCE) CAN OF CRUSHED TOMATOES (NOT DRAINED)
- 1/3 CUP MINCED FRESH CILANTRO
- 2 TABLESPOONS FRESH LIME JUICE
- 1 TEASPOON SALT

#### DIRECTIONS

SORT AND WASH BEANS; PLACE IN A LARGE BOWL. COVER BEANS IN A POT WITH WATER AND LET STAND 8 HOURS OR OVERNIGHT. DRAIN AND RINSE BEANS. ADD ONION, CARROT, AND CELERY TO DRIPPINGS IN PAN; SAUTÉ 10 MINUTES OR UNTIL TENDER.

ADD GARLIC AND JALAPEÑO; SAUTÉ 2 MINUTES. ADD BEANS, BROTH, AND TOMATOES. BRING TO A BOIL. COVER, REDUCE HEAT, AND SIMMER 1 1/2 HOURS OR UNTIL BEANS ARE TENDER. PLACE 4 CUPS SOUP IN A BLENDER OR FOOD PROCESSOR; LET STAND 5 MINUTES. PROCESS UNTIL SMOOTH; RETURN PUREED SOUP TO PAN. STIR IN CILANTRO, LIME JUICE, SALT, AND PEPPER. SERVE WITH SOUR CREAM.

SUMMER SALAD

NAME OF DISH

#### INGREDIENTS

LUNCH

**SERVES** 

2

PREP TIME

5 MIN

**TOTAL TIME** 

10 MIN

**OVEN TEMP** 

1 AVOCADO

- 1 BELL PEPPER
- · ½ JALAPEÑO
- ½ RED ONION
- 1 15 OZ. CAN OF NORTHERN BEANS OR CHICKPEAS (RINSED AND DRAINED)
- 2 CUPS OF BROCCOLI RICE
- 1 TSP. BLACK PEPPER
- · 1 TSP. SALT

#### DIRECTIONS

CHOP FRESH BROCCOLI INTO SMALL PIECES AND COOK IN A NONSTICK PANFOR JUST A FEW MINUTES. LET COOL.

CHOP ALL OTHER INGREDIENTS AND COMBINE THEM IN A BOWL. TOSS AND ENJOY!

#### DIJON TURKEY MEATBALLS

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

6

PREP TIME

2 MIN

TOTAL TIME

27 MIN

**OVEN TEMP** 

350 F

1 1/2 POUNDS GROUND TURKEY

- 1/4 CUP SPICY BROWN MUSTARD
- · 1 TOMATO FINELY CHOPPED
- 3 TABLESPOONS CHOPPED ITALIAN PARSLEY
- · 4 CLOVES GARLIC, MINCED
- 1 TEASPOON ONION POWDER
- 1 TEASPOON SEA SALT
- ½ TEASPOON BLACK PEPPER

#### DIRECTIONS

PREHEAT THE OVEN TO 350°F.

IN A LARGE MIXING BOWL, COMBINE TURKEY, MUSTARD, TOMATO PASTE, PARSLEY, GARLIC, ONION POWDER, SEA SALT, AND BLACK PEPPER.

MIX UNTIL ALL INGREDIENTS ARE WELL COMBINED. ROLL THE MIXTURE INTO 12 EVENLY SIZED MEATBALLS. BAKE FOR 25 MINUTES ON MIDDLE RACK.

TOMATO, AVOCADO, EGG, AND CHEESE SANDWICH

NAME OF DISH

#### INGREDIENTS

LUNCH

SERVES

1

PREP TIME

2 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

(PEELED, PITTED, AND MASHED)
• 1 TSP. OF GARLIC SALT
• 1 SMALL PITA BREAD POCKET

· 3 SLICES OF

1/2 AN AVOCADO

TOMATO

• 1 PINCH OF BLACK PEPPER TO TASTE

· 1 BOILED EGG SLICED

### DIRECTIONS

MIX MASHED AVOCADO AND GARLIC SALT TOGETHER IN A BOWL.

SPREAD ON SLICE OF PITA BREAD AND LAYER WITH TOMATO AND BOILED EGG. SPRINKLE BLACK PEPPER ON THE TOP.

SOUTHWESTERN GRILLED CHICKEN
SALAD

NAME OF DISH

#### INGREDIENTS

LUNCH

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

- 8 CUPS OF MIXED SALAD GREENS
- 1 LB. BONELESS SKINLESS CHICKEN BREASTS, GRILLED, CUT INTO STRIPS
- 1 LARGE TOMATO, CUT INTO WEDGES
- 1/2 CUP CANNED BLACK BEANS, DRAINED, RINSED
- 1/4 CUP SLICED GREEN ONIONS
- 1/2 CUP CHEDDAR CHEESE
- · 1/2 CUP OF CHUNKY SALSA

#### DIRECTIONS

MIX TOGETHER AND ENJOY!

#### AVOCADO TUNA SALAD

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

1

PREP TIME

2 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

- 2 5 OZ. CANS OF TUNA (IN WATER) DRAINED
- 1 LARGE AVOCADO -PEELED AND CUBED
- 1 CELERY STALK FINELY CHOPPED
- 2 CLOVES GARLIC MINCED
- · 3 TBS. MAYONNAISE
- 2 TBS. RED ONION MINCED
- 2 TSP. SPICY BROWN MUSTARD
- 1 TSP. ITALIAN FLAT LEAF PARSLEY - CHOPPED
- 1/2 CUP OF CHOPPED CUCUMBER
- SALT AND PEPPER

#### DIRECTIONS

IN A LARGE MIXING BOWL, COMBINE TUNA, AVOCADO, CELERY, GARLIC, MAYONNAISE, RED ONION, MUSTARD, PARSLEY, SALT AND PEPPER.

MIX UNTIL ALL INGREDIENTS ARE WELL COMBINED.

EGG, RADISH SALAD

NAME OF DISH

INGREDIENTS

LUNCH

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

2 MIN

**OVEN TEMP** 

• 2 BOILED EGGS

ROMAINE LETTUCE

· ½ TOMATO

• 4 RADISHES (CHOPPED)

• 1 TBSP. SOUR

CREAM

· ¼ ONION

#### DIRECTIONS

MIX TOGETHER AND ENJOY!

SALMON W/ ASPARAGUS

NAME OF DISH

#### INGREDIENTS

LUNCH

SERVES

2

PREP TIME

10 MIN

TOTAL TIME

10 MIN

OVEN TEMP

15 ASPARAGUS SPEARS, TRIMMED

- 4 6-OZ. SKIN-ON WILD SALMON FILLETS
- 4 TBSP. BUTTER, DIVIDED
- · 2 LEMONS, SLICED
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER

#### DIRECTIONS

LAY TWO PIECES OF FOIL ON A FLAT SURFACE.
PLACE FIVE SPEARS OF ASPARAGUS ON FOIL
AND TOP WITH A FILLET OF SALMON, 1
TABLESPOON BUTTER, AND TWO SLICES LEMON.
LOOSELY WRAP, THEN REPEAT WITH REMAINING
INGREDIENTS UNTIL YOU HAVE FOUR PACKETS
TOTAL.

HEAT GRILL ON HIGH. ADD FOIL PACKETS TO GRILL AND GRILL UNTIL SALMON IS COOKED THROUGH AND ASPARAGUS IS TENDER, ABOUT 10 MINUTES. PLATE AND ENJOY.

#### ZERO WHEAT PIZZA!

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

2

PREP TIME

**10 MIN** 

TOTAL TIME

40 MIN

**OVEN TEMP** 

400 F

- 1½ CUPS SHREDDED MOZZARELLA CHEESE
- 34 CUP ALMOND FLOUR
- 2 TABLESPOONS FETA CHEESE CRUMBLED
- 1 EGG
- ½ TEASPOON SALT
- OLIVE OIL TO GREASE YOUR HANDS TOPPINGS
- 1 TABLESPOON BUTTER
- $\frac{1}{2}$  CUP UNSWEETENED TOMATO SAUCE
- ½ TEASPOON DRIED ITALIAN SEASONING
- 1½ CUPS SHREDDED MOZZARELLA CHEESE
- 8 FRESH BASIL LEAVES CHOPPED

#### DIRECTIONS

•PREHEAT THE OVEN TO 400°F.

HEAT MOZZARELLA AND FETA CHEESE IN A SMALL, NON-STICK PAN ON MEDIUM HEAT OR IN A BOWL IN THE MICROWAVE OVEN. STIR UNTIL THEY MELT TOGETHER. ADD THE OTHER INGREDIENTS AND MIX WELL. MOISTEN YOUR HANDS WITH OLIVE OIL AND FLATTEN THE DOUGH ON PARCHMENT PAPER, MAKING A CIRCLE ABOUT 8 INCHES IN DIAMETER. USING A ROLLING PIN TO FLATTEN THE DOUGH BETWEEN TWO SHEETS OF PARCHMENT PAPER.

REMOVE TOP PARCHMENT SHEET. PRICK THE CRUST WITH A FORK (ALL OVER) AND BAKE IN THE OVEN FOR 10-12 MINUTES UNTIL GOLDEN BROWN. REMOVE FROM THE OVEN. SPREAD A THIN LAYER OF TOMATO SAUCE ON THE CRUST AND PLENTY OF CHEESE. BAKE FOR 10-15 MINUTES OR UNTIL THE CHEESE HAS MELTED. SPRINKLE OREGANO ON TOP AND SERVE WITH A GREEN SALAD.

GREEN PLANTAINS W/BLACK BEANS
AND GAUCAMOLE

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

2

PREP TIME

25 MIN

TOTAL TIME

**35 MIN** 

**OVEN TEMP** 

- 1 GREEN PLANTAIN
- · OLIVE OIL
- · SALT
- · 2 AVOCADOS
- · ½ TOMATO
- · ½ JALAPEÑO
- · 2 TBSP. CHOPPED ONION
- 1 TBSP. CHOPPED CILANTRO
- 1 TSP. LEMON JUICE
- 1 15 OZ. CAN BLACK BEANS
- · PARMESAN CHEESE
- 1 MEDIUM ONION CHOPPED
- ¼ TEASPOON OF CHILI POWDER
- 1 TABLESPOON OF CILANTRO CHOPPED

#### DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. PEEL PLANTAIN AND CUT INTO 1.5-INCH SLICES PIECES. LAYOUT PIECES UNTO PARCHMENT PAPER AND DRIZZLE OLIVE OIL ON TOP. COVER WITH FOIL AND BAKE FOR 20 MINUTES. WHILE PLANTAINS ARE BAKING, SAUTÉ BLACK BEAN WITH ONIONS, PARMESAN CHEESE, CILANTRO, SALT, PEPPER, CHILI POWDER ON A MEDIUM FIRE (COOK FOR FIVE MINUTES,).

ONCE PLANTAINS ARE OUT OF OVEN. LET THEM COOL FOR ABOUT 2 MINUTES. THEN PRESS EACH PIECE FLAT WITH THE BACK OF A PLATE OR POT. YOU CAN USE A PIECE OF PARCHMENT PAPER IN BETWEEN PLATE AND PLANTAINS. PLACE THEM ON PAN, SPRINKLE WITH OLIVE OIL AND SALT. BAKE UNTIL GOLDEN BROWN AT BROIL.

WHILE PLANTAINS ARE BAKING, MIX TOGETHER ONIONS, CILANTRO, SALT, LEMON JUICE, JALAPEÑO, TOMATO, AND AVOCADO TO MAKE GUACAMOLE.

LET PLANTAINS COOL, SERVE WITH BEANS, GUACAMOLE AND ENJOY!

#### TACO STUFFED AVOCADOS

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

2

PREP TIME

5 MIN

TOTAL TIME

11 MIN

**OVEN TEMP** 

4 RIPE AVOCADOS

- JUICE OF 1 LIME 1 TBSP. EXTRA-VIRGIN OLIVE OIL
- 1 MEDIUM ONION, CHOPPED
- 1 LB. GROUND BEEF
- · 1 PACKET TACO SEASONING
- · KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2/3 C. SHREDDED MEXICAN CHEESE
- 1/2 C. SHREDDED LETTUCE
- 1/2 C. QUARTERED GRAPE TOMATOES
- · SOUR CREAM, FOR TOPPING

### DIRECTIONS

HALVE AND PIT AVOCADOS. USING A SPOON, SCOOP OUT A BIT OF AVOCADO, CREATING A LARGER WELL. DICE REMOVED AVOCADO AND SET ASIDE TO USE LATER. SQUEEZE LIME JUICE OVER ALL AVOCADOS (TO PREVENT BROWNING!).

IN A MEDIUM SKILLET OVER MEDIUM HEAT SETTING, HEAT OIL. ADD ONION AND COOK UNTIL TENDER, ABOUT 5 MINUTES. ADD GROUND BEEF AND TACO SEASONING, BREAKING UP THE MEAT WITH A WOODEN SPOON. SEASON WITH SALT AND PEPPER, AND COOK UNTIL THE BEEF IS NO LONGER PINK, ABOUT 6 MINUTES. REMOVE FROM HEAT AND DRAIN FAT.

FILL EACH AVOCADO HALF WITH BEEF, THEN TOP WITH RESERVED AVOCADO, CHEESE, LETTUCE, TOMATO, AND A DOLLOP OF SOUR CREAM.

AVOCADO VEGGIE CHEESE BOWL

NAME OF DISH

#### INGREDIENTS

### LUNCH

SERVES

1

PREP TIME

3 MIN

TOTAL TIME

3 M I N

OVEN TEMP

• 1 1/2 TABLESPOONS BUTTER OR OLIVE OIL

- 1 MINCED SHALLOT (ONION OR GARLIC WORKS TOO)
- 8 OUNCES SLICED BABY PORTOBELLO MUSHROOMS
- 1 CUP CHERRY OR GRAPE TOMATOES
- 2 CUPS CHOPPED KALE, STEMS REMOVED
- SALT TO TASTE
- · 2 AVOCADOS
- MELTED WHITE CHEESE LIKE PROVOLONE OR MOZZARELLA.

#### DIRECTIONS

HEAT THE BUTTER IN A LARGE SKILLET OVER MEDIUM HIGH HEAT. ADD THE SHALLOTS; SAUTÉ UNTIL TRANSLUCENT. ADD THE MUSHROOMS AND SAUTÉ UNTIL BROWNED LIGHTLY ON THE OUTSIDE. ADD THE TOMATOES AND KALE; SAUTÉ UNTIL WILTED AND WARMED THROUGH.

SEASON WITH SALT AND PEPPER IF NEEDED. ADD IN CHEESE TO MELT OVER VEGETABLES. SCOOP OUT AND PLATE. TOP WITH AVOCADO SLICES AND A LITTLE BLACK PEPPER.

#### EASY SALMON CAKES

NAME OF DISH

#### INGREDIENTS

### DINNER

SERVES

4

PREP TIME

3 MIN

TOTAL TIME

20 MIN

**OVEN TEMP** 

- 3 TEASPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 1 SMALL ONION, FINELY CHOPPED
- 1 STALK CELERY, FINELY DICED
- 2 TABLESPOONS CHOPPED FRESH PARSLEY OR CILANTRO
- 15 OUNCES CANNED SALMON, DRAINED, OR 1½ CUPS COOKED SALMON
- 1 LARGE EGG, LIGHTLY BEATEN
- 1½ TEASPOONS DIJON MUSTARD
- ½ CUPS FRESH OR PANKO BREADCRUMBS,
- 1/2 TEASPOON BLACK PEPPER
- ½ TEASPOON DILL
- 1 LEMON(JUICE OF 1 LARGE LEMON)
- 1 BAG OF FROZEN BROCCOLI FLORETS AS SIDE

#### DIRECTIONS

•PREHEAT OVEN TO 450°F. COAT A BAKING SHEET WITH COOKING SPRAY. HEAT 1½ TEASPOONS OIL IN A LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION AND CELERY; COOK, STIRRING, UNTIL SOFTENED, ABOUT 3 MINUTES. STIR IN PARSLEY; REMOVE FROM THE HEAT. PLACE SALMON IN A MEDIUM BOWL. FLAKE APART WITH A FORK; REMOVE ANY BONES AND SKIN. ADD EGG AND MUSTARD; MIX WELL. ADD THE ONION MIXTURE, BREADCRUMBS AND PEPPER; MIX WELL. SHAPE THE MIXTURE INTO 8 PATTIES, ABOUT 2½ INCHES WIDE. HEAT REMAINING 1½ TEASPOONS OIL IN THE PAN OVER MEDIUM HEAT. ADD 4 PATTIES AND COOK UNTIL THE UNDERSIDES ARE GOLDEN, 2 TO 3 MINUTES. USING A SPATULA, TURN THEM OVER ONTO THE PREPARED BAKING SHEET. BAKE THE SALMON CAKES UNTIL GOLDEN ON TOP AND HEATED THROUGH, 15 TO 20 MINUTES. MEANWHILE, PREPARE GARLIC LEMON DILL SAUCE.

MELT 1 TABLESPOON OF BUTTER IN A SAUCEPAN OVER MEDIUM HEAT. ADD 2 CLOVES OF FRESH MINCED GARLIC, ½ TEASPOON OF DILL; COOK AND STIR UNTIL STARTING TO BROWN, ABOUT 3 MINUTES. ADD 1 TABLESPOON OF EXTRA VIRGIN OLIVE OIL AND REDUCE HEAT TO LOW. STIR TO MELT THE BUTTER, THEN MIX IN THE JUICE OF 1 LEMON JUICE, ¼ TEASPOON OF BLACK PEPPER AND 1 TEASPOON OF CILANTRO. SERVE OVER SALMON CAKES. ENJOY WITH STEAMED BROCCOLI.

#### VEGETARIAN KALE SOUP

NAME OF DISH

#### INGREDIENTS

DINNER

SERVES

4

PREP TIME

2 MIN

TOTAL TIME

27 MIN

**OVEN TEMP** 

- 2 TBSP. OF OLIVE OIL
- 1 RED ONION
- · 3 TBSP. CHOPPED GARLIC
- 1 BAG OF SPINACH, 100Z
- 1 BUNCH OF KALE
- 8 CUPS OF WATER
- 6 CUBES OF VEGETABLE BOUILLON
- 4 LARGE DICED TOMATOES
- 1 BAKED SPAGHETTI SQUASH
   BAKED AND SCOOPED OUT
- 2 CANS OF CANNELLINI BEANS
- 1 TBSP. OF ITALIAN SEASONING
- · 2 TBSP. OF CILANTRO
- · SALT AND PEPPER

#### DIRECTIONS

•HEAT THE OLIVE OIL IN A LARGE SOUP POT; COOK THE ONION AND GARLIC UNTIL SOFT. STIR IN THE SPINACH AND KALE AND COOK UNTIL WILTED, ABOUT 2 MINUTES.

STIR IN THE WATER, VEGETABLE BOUILLON, TOMATOES, SPAGHETTI SQUASH, BEANS, ITALIAN SEASONING, AND PARSLEY. SIMMER SOUP ON MEDIUM HEAT FOR 25 MINUTES. SEASON WITH SALT AND PEPPER TO TASTE.

#### KETO CHICKEN ALFREDO

NAME OF DISH

#### INGREDIENTS

### DINNER

SERVES

1

PREP TIME

8-10 MIN

TOTAL TIME

**20 MIN** 

**OVEN TEMP** 

- 2 EGGS
- 3 OZ. BACON
- 1/2 ROTISSERIE CHICKEN
- 2 OZ. BLUE CHEESE
- 1 AVOCADO
- 1 TOMATO
- 5 OZ. ICEBERG LETTUCE
- 1 TBSP FRESH CHIVES (OPTIONAL)
- SALT AND GROUND BLACK PEPPER

EASY RANCH DRESSING

- 3 TBSP MAYONNAISE
- 1 TBSP RANCH SEASONING
- 2 TBSP WATER
- SALT AND GROUND BLACK PEPPER

#### DIRECTIONS

START BY PREPARING THE DRESSING. COMBINE MAYONNAISE, RANCH SEASONING AND WATER. SEASON WITH SALT AND PEPPER, AND SET ASIDE.

PLACE THE EGGS IN BOILING WATER FOR 8-10 MINUTES. COOL IN ICE WATER FOR EASIER PEELING. CHOP THEM ROUGHLY.

FRY BACON IN A HOT DRY SKILLET UNTIL CRISPY. CUT GRILLED CHICKEN IN SMALLER PIECES AND CHOP UP VEGETABLES. IF YOU'RE STARTING WITH RAW CHICKEN, FRY IT IN THE BACON FAT, AND SEASON WITH SALT AND PEPPER TO TASTE. CRUMBLE THE BLUE CHEESE.

DISTRIBUTE EVERYTHING ON A BED OF SHREDDED OR TORN LETTUCE. SEASON WITH SALT AND PEPPER (ESPECIALLY THE EGGS).

DRIZZLE WITH DRESSING AND TOP WITH FINELY CHOPPED CHIVES.

PAN-SEARED CHICKEN W/MUSHROOMS AND ONIONS

NAME OF DISH

### INGREDIENTS

### DINNER

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

**22 MIN** 

**OVEN TEMP** 

1 1/2 POUNDS CHICKEN BREASTS

- SEA SALT AND BLACK PEPPER, TO TASTE
- 5 TABLESPOONS BUTTER, DIVIDED
- 1 MEDIUM ONION, THINLY SLICED
- · ½ CUP CHICKEN STOCK
- · ½ CUP OF COCONUT MILK
- 2 TABLESPOONS BALSAMIC
   VINEGAR
- 1 12 OUNCE CONTAINER OF FRESH SLICED MUSHROOMS
- ½ CUP GRATED PARMESAN CHEESE
- 2 TABLESPOONS CHOPPED FRESH FLAT-LEAF PARSLEY

#### DIRECTIONS

ILIGHTLY SEASON THE CHICKEN BREASTS WITH SEA SALT AND BLACK PEPPER ON BOTH SIDES. IN A LARGE SAUTÉ PAN OVER MEDIUM-LOW HEAT, ADD 2 TABLESPOONS OF THE BUTTER AND THE ONIONS. COOK UNTIL THE ONIONS ARE NICE AND CARAMELIZED, ABOUT 20 MINUTES. REMOVE THE PAN FROM THE HEAT AND SET ASIDE.

IN A SEPARATE PAN, OVER MEDIUM-HIGH HEAT, PAN-SEAR THE CHICKEN BREASTS IN THE REMAINING 3 TABLESPOONS OF BUTTER. BROWN THE CHICKEN ON BOTH SIDES AND THEN REMOVE FROM PAN AND SET ASIDE. (CHICKEN WILL NOT BE FULLY COOKED DURING THIS STAGE)

DE-GLAZE THE PAN WITH CHICKEN STOCK. USING A RUBBER SPATULA, SCRAPE THE PAN AND MIX IN ANY REMAINING BITS OF CHICKEN. LET SIMMER FOR 5 MINUTES.

REDUCE THE HEAT TO LOW, ADD THE COCONUT MILK, BALSAMIC VINEGAR, MUSHROOMS AND A LITTLE SEA SALT AND BLACK PEPPER. LET SIMMER FOR 10 MINUTES. ADD THE CHICKEN BREASTS BACK TO THE SAUCE PAN, AND SIMMER UNTIL THE CHICKEN IS COOKED ALL THE WAY THROUGH, ABOUT 12 MINUTES

REMOVE THE CHICKEN BREASTS FROM THE PAN AND PLATE. ADD THE PARMESAN CHEESE AND CARAMELIZED ONIONS TO THE SAUCE AND STIR UNTIL THE CHEESE IS MELTED INTO THE SAUCE. POUR THE SAUCE OVER TOP OF CHICKEN.

GARNISH WITH FRESH PARSLEY, IF USING.

#### EGGPLANT PARMESEAN

NAME OF DISH

#### INGREDIENTS

### DINNER

SERVES

2

PREP TIME

5 MIN

TOTAL TIME

*- M*(1)(

**OVEN TEMP** 

1 HR 30 MIN

ADD OLIVE OIL (FOR BAKING SHEETS)

- · 2 LARGE EGGS
- ½ CUP PLAIN DRY BREADCRUMBS
- 1 1/4 CUP PARMESAN FINELY GRATED,
- 1 TEASPOON DRIED OREGANO
- 1 TEASPOON DRIED BASIL
- ADD COARSE SALT AND GROUND PEPPER
- 2 LARGE EGGPLANTS PEELED AND SLICED INTO 1/2-INCH ROUNDS
- 6 CUPS HOMEMADE CHUNKY TOMATO SAUCE OR STORE ROUGHT
- 1 ½ CUPS MOZZARELLA (SHREDDED)

#### DIRECTIONS

PREHEAT OVEN TO 375 DEGREES. BRUSH 2 BAKING SHEETS WITH OIL; SET ASIDE. IN A WIDE, SHALLOW BOWL, WHISK TOGETHER EGGS AND 2 TABLESPOONS WATER. IN ANOTHER BOWL, COMBINE BREADCRUMBS, 1 CUP PARMESAN, OREGANO, AND BASIL; SEASON WITH SALT AND 'BLACK PEPPER. DIP EGGPLANT SLICES IN EGG MIXTURE, LETTING EXCESS DRIP OFF, THEN DREDGE IN BREADCRUMB MIXTURE, COATING WELL; PLACE ON BAKING SHEETS. BAKE UNTIL GOLDEN BROWN ON BOTTOM, 20 TO 25 MINUTES. TURN SLICES; CONTINUE BAKING UNTIL BROWNED ON OTHER SIDE, 20 TO 25 MINUTES MORE. REMOVE FROM OVEN; RAISE OVEN HEAT TO 400 DEGREES.

SPREAD 2 CUPS SAUCE IN A 9-BY-13-INCH BAKING DISH. ARRANGE HALF THE EGGPLANT IN DISH; COVER WITH 2 CUPS SAUCE, THEN 1/2 CUP MOZZARELLA. REPEAT WITH REMAINING EGGPLANT, SAUCE, AND MOZZARELLA; SPRINKLE WITH REMAINING 2 TABLESPOONS PARMESAN. BAKE UNTIL SAUCE IS BUBBLING AND CHEESE IS MELTED. ABOUT 15 TO 20 MINUTES. LET STAND 5 MINUTES BEFORE SERVING.

#### STUFFED ZUCCHINI BOATS

NAME OF DISH

#### INGREDIENTS

### DINNER

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

17-22 MIN

**OVEN TEMP** 

350 F

#### 2 ZUCCHINIS

- PORTABELLA MUSHROOMS, CHOPPED
- 1 EGG
- 1/4 CUP CHOPPED GREEN OLIVES WITH PIMENTOS
- 1/3 CUP FRESH BREAD CRUMBS
- 1 TEASPOON ITALIAN SEASONING
- SALT AND FRESHLY GROUND BLACK PEPPER
- 1/4 CUP SHREDDED MOZZARELLA, DIVIDED

#### DIRECTIONS

PREHEAT THE OVEN TO 350 DEGREES F. SLICE THE ZUCCHINI LENGTHWISE, SCOOP OUT THE SEEDS FROM THE CENTER AND PUT ON A BAKING SHEET. IN A MEDIUM BOWL COMBINE THE REMAINING INGREDIENTS EXPECT FOR 2 TABLESPOONS OF THE CHEESE. FILL THE CENTERS OF EACH ZUCCHINI HALF WITH THE MIXTURE. SPRINKLE THE REMAINING CHEESE OVER THE TOP OF THE FILLING.

BAKE UNTIL THE CHEESE IS MELTED AND THE FILLING IS GOLDEN BROWN AND TOASTED, ABOUT 15 TO 20 MINUTES.

CRISPY PARMESEAN CHICKEN
WINGS

NAME OF DISH

#### INGREDIENTS

### DINNER

SERVES

2

PREP TIME

**20 MIN** 

TOTAL TIME

1 HR 35 MIN

**OVEN TEMP** 

250 F/450 F

2 POUNDS CHICKEN WINGS, THAWED IF FROZEN

- · 1 TEASPOON SEA SALT
- 2 TABLESPOONS BAKING POWDER
- 1/2 CUP SALTED BUTTER, MELTED
- 1/2 CUP GRATED PARMESAN CHEESE
- · 1 CLOVE GARLIC, MINCED
- 1 TABLESPOON CHOPPED FRESH ITALIAN PARSLEY
- 1 1/2 TEASPOONS GARLIC POWDER
- 1/2 TEASPOON ONION POWDER
- ½ TEASPOON GROUND BLACK PEPPER

#### DIRECTIONS

SEASON WINGS WITH SALT SPREAD THE WINGS ON A BAKING SHEET. COVER AND LET REST FOR 20 MINUTES. PLACE AN OVEN RACK IN THE MIDDLE-LOWER POSITION AND ANOTHER RACK IN THE MIDDLE-UPPER POSITION. PREHEAT THE OVEN TO 250°F. SET A COOLING RACK ON A RIMMED BAKING SHEET. COMBINE THE WINGS AND BAKING POWDER IN A RESEALABLE PLASTIC BAG. SHAKE TO COAT THE WINGS EVENLY. SPREAD THE WINGS IN A SINGLE LAYER ACROSS THE COOLING RACK. BAKE ON THE MIDDLE-LOWER OVEN RACK FOR 30 MINUTES. INCREASE THE OVEN TEMPERATURE TO 425°F AND MOVE THE BAKING SHEET TO THE MIDDLE-UPPER RACK. BAKE THE WINGS FOR AN ADDITIONAL 45 MINUTES, OR UNTIL THE SKIN IS NICE AND CRISPY.

WHILE THE WINGS ARE BAKING, MAKE THE SAUCE: COMBINE THE MELTED BUTTER, PARMESAN CHEESE, MINCED GARLIC, PARSLEY, GARLIC POWDER, ONION POWDER, AND PEPPER IN A MEDIUM BOWL. REMOVE THE WINGS FROM THE OVEN AND LET REST FOR 5 MINUTES. TOSS IN THE SAUCE BEFORE SERVING.

### CAULIFLOWER FRIED RICE W/SHRIMP

NAME OF DISH

#### INGREDIENTS

DINNER

SERVES

2

PREP TIME

6 MIN

TOTAL TIME

13-15 MIN

**OVEN TEMP** 

1/2 MEDIUM HEAD OF CAULIFLOWER (GRATED OR RICED IN A FOOD PROCESSOR)

- 1/2 CUP FROZEN PEAS
- · 2 TBS. LIQUID AMINOS
- 2 TBS. GARLIC MINCED
- · 2 EGGS
- 2 LARGE GREEN ONIONS (CHOPPED INCLUDING THE WHITE PARTS)
- 4 BABY CARROTS (THINLY SLICED ON A BIAS)
- · 1/2 CUP BAY SHRIMP
- 2 TBSP. BUTTER

#### DIRECTIONS

IN A NON-STICK WOK OR A SAUTÉ PAN ON MEDIUM-HIGH HEAT, STIR-FRY 1 TBSP. BUTTER, GARLIC, AND ONIONS. ADD CAULIFLOWER, CARROTS AND REMAINING BUTTER AND SAUTÉ, STIRRING CONSTANTLY FOR 5-6 MINUTES. NEXT, STIR IN THE PEAS, BAY SHRIMP, AND, LIQUID AMINOS, STIRRING CONSTANTLY FOR 3-4 MORE MINUTES.

PUSH ALL INGREDIENTS TO ONE SIDE OF THE WOK AND ON THE OTHER SIDE, LIGHTLY SCRAMBLE THE EGGS AND THEN MIX THEM IN WITH THE REST OF THE INGREDIENTS. FRY 2-3 MORE MINUTES, SERVE, AND ENJOY!

### QUICK CHEESY MUSHROOM CASSEROLE

NAME OF DISH

#### INGREDIENTS

DINNER

SERVES

4

PREP TIME

2 MIN

TOTAL TIME

**22 MIN** 

OVEN TEMP

400 F

3 LBS. CHOPPED BABY BELLA MUSHROOMS

 80Z SHREDDED CHEESE OF YOUR

CHOICE (MOZZARELLA)

- 80Z WHOLE MILK COTTAGE CHEESE
- 80Z GRATED PARMESAN
- SALT AND PEPPER
- • 1 ONION CHOPPED
- 34 CUP OF PANKO BREAD CRUMBS

#### DIRECTIONS

SAUTÉ CHOPPED MUSHROOMS AND ONIONS ON MEDIUM FIRE UNTIL GOLDEN BROWN. ADD SALT AND BLACK PEPPER TO TASTE. MIX TOGETHER COTTAGE CHEESE, GRATED PARMESAN, MOZZARELLA AND BLACK PEPPER IN A BOWL WITH BREAD CRUMBS.

SPREAD MUSHROOMS IN A GREASED BAKING DISH.
TOP WITH CHEESE MIXTURE AND PLACE IN THE OVEN
AT 400 DEGREES FOR 20 MINUTES. SERVE WITH
GREEN SALAD OR ON A BED OF STEAMED
VEGETABLES.

#### QUINOA SALAD

NAME OF DISH

#### INGREDIENTS

### DINNER

SERVES

2

PREP TIME

O MIN

TOTAL TIME

12 MIN

**OVEN TEMP** 

12 CUPS WATER

- 1 1/2 CUPS QUINOA, RINSED
- 1 SMALL RED ONION, CHOPPED
- 1 LARGE TOMATO, CORED, SEEDED, AND DICED
- 1 BUNCH ITALIAN PARSLEY LEAVES, CHOPPED
- 2 BUNCHES MINT LEAVES, CHOPPED
- 1/2 CUP EXTRA-VIRGIN OLIVE OIL
- 1/4 CUP RED WINE VINEGAR
- 1 LEMON, JUICED
- 1 1/2 TEASPOONS SALT
- 3/4 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1 AVOCADO, PEELED, SEEDED AND DICED, FOR GARNISH

#### DIRECTIONS

BRING THE WATER TO A BOIL IN A LARGE SAUCEPAN.

ADD THE QUINOA, STIR ONCE, AND RETURN TO A

BOIL. COOK UNCOVERED, OVER MEDIUM HEAT FOR 12

MINUTES. STRAIN AND RINSE WELL WITH COLD

WATER, SHAKING THE SIEVE WELL TO REMOVE ALL

MOISTURE.

WHEN DRY, TRANSFER THE QUINOA TO A LARGE BOWL.

ADD THE ONION, TOMATO, PARSLEY, MINT, OLIVE

OIL, VINEGAR, LEMON JUICE, SALT, AND PEPPER AND

TOSS WELL. SPOON WITH AVOCADO, AND SERVE.

HONEY MUSTARD GALZED
BAKED SALMON

NAME OF DISH

INGREDIENTS

DINNER

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

27 MIN

**OVEN TEMP** 

400 F

2 LBS. SALMON

- 2 TABLESPOON
   MUSTARD
- · 1 TABLESPOON

HONEY

- 1 TABLESPOON OF MELTED BUTTER
- SALT AND PEPPER

#### DIRECTIONS

SEASON SALMON WITH SALT AND PEPPER.
PLACE THE SALMON SKIN-SIDE DOWN IN A
GREASED BAKING DISH. MIX HONEY,
MUSTARD, BUTTER. THEN SPREAD HONEY
MUSTARD GLAZE ON TO OF SALMON. ADD
SALT AND PEPPER TO TASTE.

BAKE IN OVEN AT 400°F (200°C) FOR ABOUT 25 MINUTES, OR UNTIL THE SALMON FLAKES EASILY WITH A FORK. SERVE WITH A GREEN SALAD.

### YUMMY CHICKPEA CAULIFLOWER SOUP

NAME OF DISH

#### INGREDIENTS

### DINNNER

SERVES

2

PREP TIME

**10 MIN** 

TOTAL TIME

**30 MIN** 

**OVEN TEMP** 

1 MEDIUM WHITE ONION, DICED

- · 4 CLOVES GARLIC, MINCED
- 1 TBSP. PEELED FRESH GINGER, GRATED OR MINCED
- 1 TBSP. TURMERIC
- 1 LARGE CARROT PEELED AND DICED
- 4 CUPS CAULIFLOWER, CHOPPED INTO SMALL FLORETS
- 2 CUPS PEELED AND DICED SWEET POTATO
- 3 CUPS VEGETABLE BROTH
- · 1 CUP CANNED COCONUT MILK
- GOOD PINCH OF BLACK PEPPER, OR TO TASTE
- SALT, TO TASTE
- 1 TSP. OF CURRY POWDER

#### DIRECTIONS

SQUEEZE OF FRESH LEMON OR LIME JUICE IN A SOUP POT OVER MEDIUM HEAT, SAUTÉ THE ONION, GARLIC, GINGER, CARROT, CAULIFLOWER AND SWEET POTATO IN 1/4 CUP OF THE VEGETABLE BROTH UNTIL FRAGRANT AND STARTING TO SOFTEN, ABOUT 10 MINUTES. ADD A SPLASH MORE BROTH IF IT'S STARTING TO STICK.

ADD THE TURMERIC, STIR AND COOK FOR ANOTHER MINUTE.

ADD THE REST OF THE VEGETABLE BROTH AND SIMMER LIGHTLY UNTIL THE CAULIFLOWER AND SWEET POTATO ARE TENDER, ABOUT 20 MINUTES.

STIR IN THE COCONUT MILK AND OTHER SPICES. IF NEEDED, STIR IN MORE VEGETABLE BROTH TO REACH DESIRED CONSISTENCY.

#### ASIAGO GARLIC SALMON

NAME OF DISH

#### INGREDIENTS

DINNER

SERVES

2

PREP TIME

2 MIN

TOTAL TIME

**14 MIN** 

**OVEN TEMP** 

350 F

1/2 CUP ASIAGO CHEESE
• 2 TBSP. FRESHLY
SQUEEZED LEMON JUICE
• 2 TBSP. BUTTER (AT
ROOM TEMP.)
• 2 TSP. MINCED GARLIC
• 1 TSP. CHOPPED BASIL
1 TSP. CHOPPED
OREGANO

- 4 (5 OUNCE) SALMON
   FILLETS
- 1 TBSP. OLIVE OIL

#### DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. LINE A BAKING SHEET WITH PARCHMENT PAPER AND SET ASIDE.

IN A SMALL BOWL, STIR TOGETHER THE ASIAGO CHEESE, LEMON JUICE, BUTTER, GARLIC, BASIL, AND OREGANO.

PAT THE SALMON DRY WITH PAPER TOWELS AND PLACE THE FILLETS ON THE BAKING SHEET SKIN SIDE DOWN. DIVIDE THE TOPPING EVENLY BETWEEN THE FILLETS AND SPREAD IT ACROSS USING A KNIFE OR THE BACK OF A SPOON.

DRIZZLE THE FISH WITH THE OLIVE OIL AND BAKE UNTIL THE TOPPING IS GOLDEN AND THE FISH IS JUST COOKED THROUGH, ABOUT 12 MINUTES.

SERVE.