

Week 4 Recipes



Quinoa Chia Spiced Breakfast bowl

- 1 cup quinoa cooked quinoa
 - Quinoa Tip: You can use a pre-cooked quinoa. Trader Joes has a great one. Or make quinoa night before (note you need to soak raw quinoa for about 15 min before cooking, we use ¼-1/2 cup less water than on the directions for fluffy quinoa.)
- 1 large egg white plus ¼ cup unsweetened almond or coconut milk
- 1 tablespoon raw honey
- 1/4 teaspoon pure vanilla extract
- ½-1 teaspoon pumpkin spice or the following
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger (optional)
- 1/4 teaspoon nutmeg Unsweetened coconut flakes and/or nuts for topping (optional)

Instructions:

Reheat cooked quinoa in sauce pan, remove from stove stir in egg white, vanilla, milk and spices.

Return pan to stove, covering again with a tiny crack for steam to escape, and continue to cook on low until almost all the milk has been absorbed, about 5 minutes.

Top with coconut or nuts, Yields 2 servings



Mocha Latte Quinoa Breakfast

- 1 Cup cooked quinoa, (such as Trader Joes or the make night before)
- 1 full cup brewed coffee
- 1 full cup coconut water or milk
- ¼ teaspoon cinnamon
- ½ teaspoon cocoa powder

Instructions:

Take all ingredients and place in sauce pan and heat through until liquid is almost gone and serve.

Yields 2 serving



Super Green Quinoa Side or Main Dish

- ½ cup fresh basil leaves
- ¼ cup extra virgin olive oil
- 1 tablespoon apple cider vinegar
- juice of one lime
- water if needed
- ¼ teaspoon sea salt, more to taste
- ¼ teaspoon black pepper
- 6 cups kale, ribs removed + finely chopped
- 1 cup cooked quinoa
- ½ cup scallions, diced

Instructions:

In blender finely chop basil with the olive oil, cider, lime salt and pepper. If it is too thick, add a little water.

Pour the dressing over kale and massage with hands

Kale salad Tip: Massaging the kale prior to adding the other ingredients, or with the dressing is key with kale. It will soften it, bring more flavor and taste amazing!

Mix the quinoa with greens and serve.

Can be used as a side (1/2 cup) or a meal 1 heaping cup



Asparagus almond Salad

- 2 Cups cooked quinoa
- 1-pound asparagus steamed and chopped into 1" pieces
- 1 red bell pepper sliced or chopped in 1' pieces
- ½ cup sliced almonds
- juice of one lemon
- 1 tablespoon of olive oil
- salt and pepper to taste
- ½ cup fresh chopped parsley

Instructions:

Add all ingredients together, mix and serve

4 servings as a side (2 as a meal)



Mediterranean Roasted Peppers

- 2 large Red, Orange or Yellow Roasted Peppers (see below how to make) peeled and sliced
- ½ C olive oil
- 3 TBSP fresh lemon juice
- 2 large cloves of garlic, sliced
- pinch of coarse sea salt
- pinch of ground pepper
- 2 tbsp. fresh oregano leaves

Combine peppers, oil and lemon juice in a large bowl. Add garlic, salt and black pepper and oregano and stir gently to combine.

Set aside to marinate for 30 minutes at room temp. Serve as is, or put over chicken or fish! You can even add into quinoa or rice! ENJOY!!

To Make Roasted Peppers:

Quarter peppers and place them on a baking sheet skin side up on oven rack under broiler to high. Broil for 15 minutes.

Immediately transfer peppers to a large bowl and cover tightly with plastic wrap. Set aside for 10 minutes while skin loosens. Then peel skins right off peppers.

Makes 1 ½ cups, serving size is 6 strips, 64 calories



Coconut-Cardamom Sweet Potatoes (these are so delish!)

½ C is a serving

- 5 medium sweet potatoes (3 1/2 to 4 lb.), peeled and cut into 3/4-inch pieces
- 3/4 cup light coconut milk
- 2 tsp cardamom, ground
- 1 tsp pure vanilla extract
- 1/2 tsp sea salt
- 1/8 tsp fresh ground black pepper
- 1/8 tsp cayenne pepper
- 1/3 cup unsalted pecan halves, chopped

Instructions:

- Preheat oven to 325°F. Bring a large pot of water to a boil over high heat. Add sweet potatoes, return to boiling and cook until soft, about 10 minutes. Drain and transfer potatoes to the bowl of a stand mixer (or use a large bowl and a hand-held electric mixer).
- Add coconut milk, cardamom, vanilla, salt, black pepper and cayenne to potatoes. Mix on medium speed until smooth, scraping down sides of bowl once or twice. Transfer to a 9 x 9-inch baking dish. Sprinkle pecans evenly over sweet potato mixture.
- Bake 45 to 50 minutes, or until edges are slightly browned. Cool on a rack for 10 minutes and serve.

Nutrients per 1/2-cup serving: Calories: 100, Total Fat: 3.5 g, Sat. Fat: 1 g, Carbs: 15 g, Fiber: 2 g, Sugars: 5 g, Protein: 2 g, Sodium: 120 mg, Cholesterol: 0 mg



Kale salad Tip: Take a little olive oil and massage the kale prior to adding the other ingredients. It will soften it, bring more flavor and taste amazing!

Asian Kale and Tempeh Salad
(You can always use another protein)
Adapted from Clean Eating Magazine

- Olive oil cooking spray
- 14 oz. firm tofu or tempeh, sliced into 1/2-inch cubes
- 2 cloves garlic, minced
- 1/3 cup rice wine vinegar
- 1/4 cup 100% orange juice
- 2 tbsp. fresh lime juice
- 2 tbsp. low-sodium soy sauce or tamari
- 1 tbsp. raw honey
- 1 tbsp. peeled and grated fresh ginger
- 1 tsp sesame oil
- 1 tbsp. ground flaxseeds
- 12 1/2 cups chopped kale (about 16 oz.)
- 2 small field-grown cucumbers, diced
- 2 carrots, peeled and shredded
- 2 scallions, white and light green parts only, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 cups shredded red cabbage
- 1/2 cup shelled edamame, cooked
- 4 tsp sesame seeds

Kale Salad, Continued

Instructions:

- Preheat oven to 500°F. Mist a ceramic 9 x 13-inch baking dish with cooking spray. Add tofu and set aside.
- In a blender, blend garlic, vinegar, orange juice, lime juice, soy sauce, honey, ginger and sesame oil until smooth, about 1 minute. Remove ¼ cup mixture and pour over top of tofu. Toss to combine and spread evenly in dish. Bake, turning 3 to 4 times, until golden and crisp, 25 to 30 minutes.
- Meanwhile, to remaining mixture in blender, add flaxseeds and process until smooth, about 10 seconds.
- In a large bowl, add kale and pour vinegar-flaxseed mixture over top. With your hands, massage kale to coat thoroughly until wilted, 3 to 4 minutes. Add cucumbers, carrots, scallions, bell pepper, cabbage and edamame and toss to combine. Add tofu and toss to combine. To serve, top with sesame seeds.



Melt In Your Mouth Kale Salad

- 1 bunch of kale, stems removed, rinsed and patted dry
- ½ cup currants (or chopped raisins)
- juice of one lemon
- 1 tbsp. of olive oil
- 1 tsp local honey
- ¼ cup almond slices
- salt and pepper to taste
- 2 tbsp. grated raw parmesan cheese

Instructions:

- Chop Kale into small pieces
- To make dressing, stir lemon juice, olive oil, honey, salt and pepper together in a large bowl
- Add chopped kale, currants, almond slices and parmesan to bowl with dressing
- Stir all ingredients together and serve



Shallot Shrimp

½-1 pound of shrimp cleaned and peeled (tails can stay on)

Dice 2 shallots or one big one (small)

2 tablespoons of olive oil

2 tsp clarified butter (ghee, can be found at Trader Joe's)

¼ cup white wine

Instructions:

Heat oil in pan to med-high heat, then lower to medium low and put in shallots, cook them slow so they don't burn.

add the shrimp in single layer, once one side is pink flip and add wine and butter and a little salt (shrimp are salty)

Serve, so easy and healthy

Shrimp Tip! If you buy frozen shrimp, place them in cold water for about 10 min before ready to cook and they will thaw.



Crock Pot Chicken Quinoa Minestrone Soup

- 1 onion, chopped
- 2 carrots, sliced
- 1 small fennel bulb, thinly sliced
- 2 garlic cloves, chopped
- 6 c. organic chicken stock
- 1 28-oz. can diced tomatoes (no seasoning)
- 1 15-oz can kidney beans, rinsed
- 2 tsp. dried basil
- 2 tsp. dried oregano
- 1 bay leaf
- 1 Parmesan rind (optional)
- Pink Sea salt to taste
- Freshly ground black pepper
- 4 bone-in chicken thighs, skin removed or breast bone in cut into 4 (ask butcher to cut for you (or just use chicken breast no bone)
- 2/3 c. quinoa, rinsed
- 1/2 bunch kale, thick stems discarded and leaves torn
- 6 oz. string beans, trimmed and halved

Instructions:

1 Combine onion, carrots, fennel, garlic, stock, tomatoes, beans, basil, oregano, bay leaf, Parmesan rind (if desired), and 1/2 teaspoon each salt and pepper in a 6-quart slow cooker. Top with chicken. Cover and cook until vegetables are tender and chicken is cooked through, on low for 7 to 8 hours or high for 4 to 5 hours.

Once cooked, discard bay leaf and cheese rind. Remove chicken, discard bones, and shred meat; return to the slow cooker.

3 Stir in quinoa, kale, and green beans. Cover and cook until quinoa is tender, 30 to 40 minutes. Season with salt and pepper.



Garlic Herb Sauce that can be used on anything

- 1 c. fresh flat-leaf parsley
- 1 c. fresh basil
- 1 garlic clove
- 1 tbsp. fresh lemon zest
- 1/3 c. extra-virgin olive oil
- 1/4 tsp. red pepper flakes
- Pink Sea Salt
- Freshly ground black pepper

Instructions:

Pulse parsley, basil, garlic, lemon zest, olive oil, and red pepper flakes in a food processor until finely chopped, 15 to 20 times. Season with kosher salt and freshly ground black pepper.

Can use to marinate chicken or fish then cook or can be eaten cold on top of anything you desire



Chicken & Sweet Potato Bake

- 2 chicken breasts (free-range organic is preferred)
- 2 medium sweet potatoes, washed and cut into wedges (can leave the skin on)
- 1 pint assorted grape tomatoes
- 4 large cloves of garlic, minced (you can use more or less according to your taste)
- 2 Tsp. Italian seasoning
- 1/2 tsp red cracked pepper
- sea salt
- olive oil

Preheat your oven to 425 deg.

- In a large zip lock bag, add potato wedges, a drizzle of olive oil, and half of your spices –Seal and shake ingredients until fully coated. Empty onto a baking sheet and bake for 10-15 mins or until edges begin to turn slightly brown.
- In the same large zip lock bag, add chicken breasts, a drizzle of olive oil, and the other half of your spices - Seal and shake ingredients until fully coated.
- In a large skillet over med high heat, add a drizzle of olive oil and brown chicken on both sides.
- Once the chicken is browned on both sides, your sweet potatoes should be ready. Remove them from the oven and add them to the outer edges of the pan, along with your tomatoes. Cook uncovered (shaking the pan every so often to prevent sticking) for another 7-10 mins or until chicken is cooked through. This dish will serve 2 and can easily be doubled or tripled to suit your needs.



Salmon and Roasted Brussel Sprouts

- **FOR THE BRUSSELS SPROUTS**
- 2 Lbs. brussel sprouts, trimmed
- 3 Tbsp. olive Oil
- 2 cloves of garlic chopped
- 1 onion chopped
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- **FOR THE SALMON**
- Salmon fillet (4-5 oz.), skinned
- 1 tablespoon Olive Oil
- 3 to 4 garlic cloves, minced
- 1 tablespoon dried oregano
- 1/2 teaspoon salt
- Fresh ground pepper, to taste

Instructions

- Preheat oven to 450F.
- Lightly grease a rimmed baking sheet with cooking spray and set aside or line with parchment paper.
- In a large mixing bowl combine trimmed Brussels sprouts, olive oil, garlic and salt and pepper; mix until well combined.
- Transfer Brussels sprouts to previously prepared baking sheet; arrange in a single layer and bake for 15 minutes, stirring once or twice during cooking.
- In the meantime, prepare the salmon.
- Drizzle salmon with olive oil.
- Evenly divide and press minced garlic on top of each fillet.
- Season with oregano, salt and pepper.
- Remove baking sheet from oven; add the onion and mix with the them the Brussels sprouts then move them around making empty spots for the salmon fillets.
- Place salmon in empty spots and bake for 10 to 12 minutes, or until salmon is cooked through.
- Remove from oven; let stand 2 minutes and serve.



Spaghetti Squash Pesto Boat

- 1 spaghetti squash, halved and de-seeded
- 4 cloves of garlic, diced
- 1 tablespoon olive oil, divided

Cut squash in half and scoop seeds out with spoon.

Toss olive oil and garlic in squash, place on cookie sheet.

Bake at 350 for about 1 hour, until soft.

When soft, "rake" the squash with a fork, which will make a spaghetti texture. Pull the flesh of the squash up off the shell.

Pesto Sauce:

- 2 cups packed fresh basil leaves
- 2 cloves garlic
- ¼ cup pine nuts
- ⅔ cup extra-virgin olive oil, divided
- Sea Salt and freshly ground black pepper, to taste
- 1/4 cup freshly grated Parmesan cheese (optional)

• Add ingredients into a food processor and pulse until the texture you like.

Can be stored in an airtight container for up to 4 days in the refrigerator and be used on anything like shrimp or chicken



Shrimp and Avocado Salad

1/4 C olive oil

3 T lime juice

1 Garlic Clove

3/4 tsp. salt

1/2 tsp. ground black pepper

Greens of your choice, Frazee lettuce, butter lettuce or spinach work great

1 LB cooked medium sized shrimp

1 avocado pitted peeled and cubed

1 pt. cherry tomatoes

1/2 C thinly sliced basil

Instructions:

Wisk together olive oil, lime juice, garlic, salt and pepper in a large bowl. remove 2 T of the lime juice mixture to another large bowl, add lettuce and toss

Toss shrimp, avocado, tomatoes and basil with remaining lime juice mixture. Place lettuce on a serving plate and top with shrimp mixture.



Edamame Salad

- 10 oz. frozen shelled edamame
- 2 green onions, sliced
- 1/4 cup rice wine vinegar
- 1 tbsp. olive oil
- 1/4 tsp. sea salt
- Low Sodium Soy Sauce and fresh ginger to taste (optional) (use soy sauce sparingly)

Instructions:

1. Cook edamame according to package directions; set aside.
2. In a medium bowl, combine edamame with onions.
3. In a small bowl, whisk together vinegar, oil and salt; add to edamame mixture and combine thoroughly. Refrigerate for 2 to 3 hours before serving, for best results; can be kept in fridge for up to 4 days.