



## Week 3 Recipes

### Stuffed Portobello Mushrooms (vegan)

Can add an all natural chicken sausage

- 8 baby Portobello mushroom caps or 4 large, stems removed
- 2-3 links natural chicken sausage (trader Joe's or any health store carries all sorts of flavors)
- 1 avocado
- 1 small handful baby kale or spinach leaves
- ¼ cup fresh basil (optional)
- ½ juice of fresh lime juice
- ½ tsp. garlic powder
- Pink himalayan salt to taste

Either grill or saute the mushroom and chicken sausage (if using) until cooked. Mushrooms should be tender not soft. Sausage cooked until it heated through.

Dice the avocado mix with the kale or spinach, lime juice, garlic and salt. Crumble the sausage (if using) and add to avocado mix. Place in each mushroom cap.



## **Zucchini Cilantro Turkey Burgers**

- 1-pound lean ground turkey
- 1 cup shredded zucchini, after liquid squeezed out (approx. 1 small zucchini) make sure to squeeze liquid out
- 1 small onion, pureed or grated
- 1 small garlic clove, crushed or grated
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 tablespoon cumin (optional)
- ¼ cup cilantro, finely chopped
- ½ of the juice from a lime
- 12 lettuce leaves
- 12 tomato slices
- 12 red onion slices

### **For Cilantro Aioli:**

- 1/2 cup Greek yogurt, plain
- 1/4 cup cilantro, finely chopped
- 2 celery sticks finely chopped
- 2 teaspoons jalapeño pepper, finely diced (or to taste)
- other half of the lime juiced
- 1 teaspoon garlic powder
- Pinch of salt
- Pinch of ground black pepper

Line baking sheet with parchment paper. Combine turkey patty ingredients in a medium bowl and mix. Form into 6 round patties 1/2 " thick, place on a baking sheet, cover with plastic wrap and refrigerate for at least an hour. It helps the patties to stay together.

In a small bowl, combine cilantro aioli ingredients, mix, cover and refrigerate.

Preheat grill on medium and spray with cooking spray. Spray turkey patties on both sides with cooking spray, place on a grill and cook for 6-8 minutes flipping halfway through. Grills vary, so check your burger for doneness by inserting a food thermometer into the center of the patty.

You are looking for 165 degrees = done.

Place lettuce leave down and add burger and top with onion tomato and a tablespoon of aioli, top with another piece of lettuce and enjoy!

Makes 4-6 servings



## One Pot Chicken and Quinoa

- 2 pounds boneless & skinless chicken breasts, cut into 1" pieces
- 1 tablespoon olive oil
- 1/s teaspoon ground ginger
- ½ teaspoon allspice (optional but good)
- ½ teaspoon sea salt
- Ground black pepper, to taste

### **Quinoa:**

- 2 medium onions, diced
- 3 large garlic cloves, minced
- 1 large carrot, shredded
- 2 sticks celery chopped
- 1 teaspoon olive oil
- 1 1/2 cups quinoa, uncooked
- 3 cups boiling water
- ¾ teaspoon sea salt
- 2 bay leaves
- 1-pound broccoli, chopped

Preheat large skillet or Dutch oven to medium high heat

Add the chicken and all the ingredients from olive oil to the black pepper. Stirring occasionally. Cook until browned, if too much liquid is in pan drain some. Transfer to a bowl and set aside.

Add olive oil, onions, garlic, carrot, celery and cook for 3-5 minutes, stirring occasionally. Add pre-cooked chicken, quinoa, water, remaining salt and, and bay leaves; stir. Bring to a boil, cover, reduce heat to low and cook for 20 minutes. Now the broccoli

At this point quinoa should be cooked al dente. Add broccoli, stir, cover and cook for 5 more minutes. Serve hot.

Yields 6 serving, and can be stored for three days.



## **Squash and Tomato SPICED**

- 1 tablespoon of olive or coconut oil
- 1 red or sweet onion chopped
- 2 small squash of choice (yellow, butternut, acorn) cut in ½ pieces (Butternut usually comes chopped already)
- 1-2 cloves of garlic
- 1 jalapeno or poblano (smoky flavor)
- Pink Himalayan salt to taste (about 1 teaspoon)
- Canned diced tomatoes (organic 28 oz)

Heat the oil in a skillet over medium heat. Add the oil, once hot add the onion and season with some salt cook for a few minutes (until translucent) then add the squash, garlic, pepper and more salt, cook until squash starts to become tender (4 or so minutes) then add the diced tomato along with the juice cover and simmer on low for about 10-12 minutes.

Can add a white fish seasoned with pepper (Like halibut or trout) on top of squash while it's simmers to cook the fish though and serve)



## Vegetarian Cauliflower “Steaks”

- 2 large heads of cauliflower
- 3 tbsp olive oil + additional for drizzling
- 2 tsp smoked paprika, divided
- ½ tsp ground black pepper
- ¼ tsp sea salt + additional as needed
- 2 garlic cloves finely chopped (more to taste)
- 1½-2 cups organic diced tomatoes
- 2 Cups spinach
- 1 tsp sesame seeds, toasted

Preheat oven to 425°F. Line baking sheet with foil and spray.

Trim the stems of cauliflower heads so that cauliflower sits flat upright. Cut each cauliflower vertically into two ¾-inch-thick steaks, making 4 steaks total.

In a bowl, mix together oil, 1 tsp paprika, pepper, salt and garlic. Brush half of mixture over cauliflower. Roast for 10 minutes. Turn the steaks over and brush with remaining oil mixture. Roast until tender and golden brown, about 25 minutes.

In a small saucepan, combine diced tomato, spinach, remaining 1 tsp smoked paprika and additional salt as needed; heat on low until warmed.

Pour sauce over steaks when serving and add some sesame seeds (optional) on top.



## Chicken or Shrimp Fall Stir Fry

- 1 tablespoon olive oil
- 4 eggs, large
- 1 tablespoon butter
- 1-pound mushrooms, sliced
- 2 tsp soy sauce
- 1 pound boneless & skinless chicken breasts, cut into 0.5" pieces or 1 pound cleaned shrimp
- 1 tablespoon olive oil
- 2 teaspoons soy sauce
- ½ inch fresh ginger, grated
- 1 garlic clove, crushed
- 1 teaspoon sesame oil
- 1 large bell pepper, cut into 1" pieces
- 1 extra-large zucchini, cut into 1" pieces
- 1 large head broccoli (including stems), cut into 1" pieces
- 1 garlic clove, crushed
- 1 tablespoon soy sauce

Starting with eggs. use oil to heat pan or wok over medium-high heat, add the eggs. Stir often to make scrambled eggs. Transfer to a large bowl. Increase heat to high and add butter, mushrooms and soy sauce; cook until golden brown, stirring frequently. Transfer to the bowl with eggs.

Return skillet to high heat, add another tablespoon olive oil add chicken along with the 2 teaspoon soy sauce, ½ inch ginger, garlic and sesame oil cook until a bit golden brown, stirring occasionally. Transfer to the same bowl. If using shrimp wait until the end to put them in.

Return skillet to high heat, add Peppers, Zucchini & Broccoli other ½ inch ginger, garlic and the soy sauce and cook until golden brown but still firm, stirring frequently. Transfer to a bowl with other ingredients.

Return skillet to high heat and add 1 tablespoon coconut oil., if using shrimp cook, them now (about 3-4 min each side). Transfer previously cooked ingredients from a bowl to the skillet, mix and heat through.

Yields about 6 serving



## Mashed Roasted Veggies

- 1 head roasted garlic (Chop off top drizzle with olive oil and pink salt, wrap in aluminum foil and bake at 350 for about 45 min)
- 3 tablespoons of Irish butter
- ½ onion, chopped fine
- ¾ pound parsnips (or about 5 small parsnips), peeled and coarsely chopped
- 1 large sweet potato peeled and coarsely chopped
- 1 small head of cauliflower coarsely chopped
- ½ cup chicken broth (low sodium)
- ½ cup water
- Pink himalayan salt
- Freshly ground pepper
- minced chives (optional)

Start by roasting a head of garlic.

Melt three tablespoons of butter in a large stock pot or Dutch oven over medium heat and sauté the onions until translucent (about 5 minutes).

While the onions cook, prep your parsnips, sweet potato, and cauliflower. Add the chopped veggies into the pot, and now the roasted garlic

Sprinkle some salt and add the broth and water into the pot, and bring to a boil. Then, lower the heat to a simmer, and cook covered for 25-30 minutes or until the vegetables can be easily pierced by a fork.

Season to taste with salt and pepper

Purée the mixture with an immersion blender or a food processor until smooth Top with fresh chives and serve!



## **Pumpkin Bread**

- 1 cup Almond Flour
- ¼ teaspoons Pink Salt
- ½ teaspoons Baking Soda
- 1 Tablespoon Cinnamon
- 1 teaspoon Nutmeg
- ½ cup Pumpkin puree
- 2 Tablespoons Honey
- 3 whole Eggs

In a food processor, combine almond flour, salt, baking soda and spices. Add pumpkin, honey and eggs and pulse for 2 minutes.

Scoop batter into a small loaf pan. Bake at 350°F for 35-45 minutes. Cool for 1 hour.



## Other Options, Sauces & Sides

### Beet Glazed Salmon + Orange, Fennel & Pecan Salad

#### For the salmon:

- 2 4-5 oz. fillets of salmon
- 2 tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 tsp raw honey
- 3 medium beet, cut into 4 ¼ each

#### For the salad + vinaigrette:

- 1 medium bulb fennel, thinly sliced or cut with a mandolin or use arugula
- 1 large orange, peeled and thinly sliced
- fresh pecans, finely chopped (about ¼ cup)
- 1/4 cup apple cider vinegar
- 1 1/2 tablespoon orange juice
- 1 tablespoon lemon juice
- 1 tsp raw honey
- pinch of salt
- 1 tablespoon olive oil

Preheat oven to 425 degrees. Line a cookie sheet with parchment. Place Salmon skin side down and season with pink sea salt.

In a small saucepan, combine orange juice, lemon juice, honey and ½ the beets. Cook over medium heat until mixture starts to thicken, about 5 to minutes. Strain liquid into small bowl. Reserve the beets. Brush salmon with glaze and set aside. Toss the all the beets back into the glaze and lay on baking sheet and roast at 425 until beets are just about tender (about 20 min, but keep checking) Place the Salmon skin side down on the same sheet at the beets and roast in oven for 15 minutes. Salmon should be firm and flaky. Let rest for 5 minutes.

Meanwhile whisk together the vinaigrette and slice the fennel or use arugula, drizzle with dressing. Once Salmon is done place on top of salad and drizzle a little more dressing and enjoy!



## Tomatillo Rotisserie Chicken

- 1 Rotisserie chicken
- ½ small onion
- 1 jar Tomatillo Sauce (green in jar)
- 3 plum tomatoes
- ¼ C pine nuts, toasted
- 1 head broccoli, cut into small florets, steamed
- 1 avocado, diced
- 1 lime

in a medium bowl, combine chicken, onion, tomatillo, tomatoes, and pine nuts.

Add steamed broccoli

Top w/ diced avocado, a squeeze of lime

serve w/ remaining avocado and lime wedges

If this is a carb day, you can mix with Quinoa. If not, it is amazing as is!!



## **Garlicky Herb Sauce**

### **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

**Make the Garlicky Herb Sauce:** 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



## **Crispy Roasted ChickPeas**

- 2 - 15-ounce cans chickpeas
- 2 tablespoons olive oil
- 1/2 to 3/4 teaspoon salt
- 2 to 4 teaspoons spices or finely chopped fresh herbs, like chili powder, curry powder, cinnamon, garlic, cumin, smoked paprika, rosemary, thyme, or other favorite spices and herbs. Get Creative!!!!

Heat oven to 400 degrees

Rinse and drain the chickpeas. Pour beans in strainer and rinse. Lay paper towels or dish towel on a baking sheet and pour beans out onto the towel. Let the chickpeas dry a bit. I usually leave them about an hour.

Toss Chickpeas in a bowl with olive oil (or the oil of your choice) and salt. Make sure they are evenly coated. Add the seasoning of your choice. Do not add too much as the seasoning sometimes burns if too much is added. You can always toss with more once done cooking.

Lay the chickpeas on a baking sheet and bake for 20-30 minutes depending on oven. Check every 10 minutes or so, and toss as need.

Toss with more seasoning if needed. These are a great snack. As they cool they sometimes get chewy. Still delish! You can also use these as croutons on a salad for a crunch!



## Herb Tuna Salad

- 1 Can Tuna, in water
- 1 Tbsp Chia Seeds
- 1 large vine ripened tomatoes, cut into wedges
- 1 cucumber, diced
- 1/2 of a red onion, sliced
- 1-2 stalks celery

### Dressing:

- 1/4 cup olive oil
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon fresh chopped parsley or Fresh Dill
- 1 large garlic cloves, minced
- 1/4 teaspoon salt

Whisk together dressing ingredients

Mix together all of the salad ingredients in a large bowl. Toss with dressing. Season with pepper and extra salt if desired.



## **Homemade Clean Cut PopCorn**

- ¼ Cup organic popcorn kernels
- 1 brown paper bag

In a brown paper bag, add ¼ cup organic popcorn kernels and pop in microwave until kernels popped. Every microwave is different I go about 2:00 at a time and watch it.

When popped, add a little melted butter (optional, 1 tsp melted with spices of your choice!



## **Immune-Boosting Chocolate-Cherry Green Smoothie**

- 8 ounces vanilla unsweetened almond milk
- 1 cup frozen cherries, pitted
- 1 scoop vanilla protein powder or sub 2 tablespoons chia seeds and vanilla
- 1 tablespoon cacao powder
- 3 cups fresh or frozen baby spinach

Blend all together

**NOTE: This is two servings, place half in airtight container and refrigerate for up to 24 hours**

### **WHY THE CHERRY?!**

#### **Cherry Nutrition and Health Benefits**

Cherries provide a powerful dose of antioxidants and are considered a “superfruit”. Cherries contain beta carotene, vitamin C, potassium, magnesium, iron, folate and fiber. Tart or sour cherries contain more beta carotene and slightly more vitamin C.

Anthocyanins are antioxidants that give the cherry its red color. It is this antioxidant that have anti-inflammatory properties and can help with symptoms of arthritis. Eating cherries may help reduce the risk of heart disease and certain cancers (breast and colon).

Cherries are low on the glycemic chart and are a great choice for those watching their sugar intake. Cherries are among a few foods that contain melatonin. Melatonin is a natural hormone that helps regulate your body’s sleep patterns and studies show that it may also play a role in preventing memory loss. So cap your night off with this smoothie knowing you’ve been kind to yourself all day.