



Allyson Smith – Health & Wellness Coach

Blue Ridge Hope

www.blueridgehope.org

15 Meat & Fish Recipes

Sausage Stir-Fry Breakfast

Makes 2 Servings

Ingredients

1 tsp coconut oil
½ yellow onion, diced
½ cup mushrooms
½ lb chicken/turkey sausages (nitrate/nitrite free), sliced
2 cups of spinach, shredded
2 cups of kale, shredded

Directions

Heat a skillet over medium heat and add coconut oil when hot.

Add diced onions and sauté until they soften. Then add mushrooms and sauté until both are tender

Remove onions and mushrooms from heat and set aside. Add sausage and cook until browned, tossing frequently. Add greens, onions, mushrooms and reduce heat to medium-low, and cover.

Serve when the greens are wilted and soft (about 5 minutes).

Smoked Salmon Scrambled Eggs

Makes 2 Servings

Ingredients

1 tsp olive oil
4 eggs
½ cup egg whites
4 oz smoked salmon, sliced or broken into small pieces
½ avocado
Freshly ground black pepper, to taste
4 chives, minced (or use 1 green onion, thinly sliced)

Directions

Heat a medium skillet over medium heat. Add olive oil to pan when hot.

Meanwhile, crack eggs into a small bowl and mix in egg whites.

Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.

Remove from heat. Top with black pepper, avocado, and chives to serve.

Buffalo Chicken Wings In "Peanut Sauce"

Makes 2 Servings

Ingredients

1½ lbs chicken wings
2 tbsp almond butter
¼ cup hot pepper sauce
1 - 2 tbsp tamari sauce
2 tsp olive oil
¼ tsp sea salt (optional)
Pepper to taste

Directions

Preheat oven to 375° F.

Line a rimmed baking sheet with parchment paper and spread wings out evenly. Sprinkle salt and pepper over wings. Bake for 20 minutes.

Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally. When soft, stir in hot pepper sauce, tamari sauce, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.

After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.

Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).

Rosemary Chicken & Mushroom Glaze

Makes 2 Servings

Ingredients

4 boneless, skinless chicken breasts (4-6 oz each)
Sea salt (optional) and freshly ground black pepper to taste

4 tbsp coconut oil, divided
2 cloves garlic, minced
2 tsp fresh rosemary leaves or 2 tsp dried rosemary
2 tsp hazelnuts, chopped
10 white button or cremini mushrooms, sliced

Directions

Season chicken breasts with sea salt (optional) and black pepper.

Heat a large skillet over medium heat. Add 1 tbsp coconut oil when pan is hot. Add chicken breasts and cook until there is no pink in the center and set aside.

In a different heated pan add remaining coconut oil. When pan is hot, add rosemary, hazelnuts, and garlic. Simmer together for 5 minutes. Add mushrooms and cook for another 5 minutes, or until mushrooms are browned. Season with sea salt and black pepper if desired.

Pour mushroom mixture over chicken and heat through. When hot serve.

Grilled Shrimp & Veggies On A Stick

Makes 2 Servings

Ingredients

$\frac{3}{4}$ lb shrimp, peeled and de-veined
Juice of 1 lime
2 tsp minced garlic
Freshly ground black pepper
1 medium zucchini, sliced into 1" pieces
2 cups button mushrooms
1 red bell pepper, sliced into 2" pieces
1 green bell pepper, sliced into 2" pieces
1 red onion, cut into eighths
4 cloves garlic, minced
3 tbsp olive oil
Wooden skewers (soaked in cold water for 15 minutes to prevent burning)

Directions

Soak wooden skewers (at least 15 minutes).

Peel shrimp and put in medium bowl and toss with minced garlic. Add lime juice and season with pepper. Set aside for five minutes.

Wash and chop vegetables. Prepare grill.

Add vegetables and garlic to the shrimp and add olive oil. Toss. Stack veggies and shrimp onto skewers and grill until fully cooked.

Turkey Vegetable Meatballs

Makes 2 Servings

Ingredients

1 lb ground turkey or chicken
2 medium carrots (or a handful of baby carrots)
1 red or green bell pepper
5 large mushrooms
Handful of fresh parsley
½ yellow onion
1 clove garlic
3 tbsp ground chia seeds
2 tsp granulated garlic
2 tbsp Italian seasoning
½ tsp freshly ground black pepper

Directions

Preheat oven to 350°F.

Combine carrots, bell pepper, mushrooms, parsley, onion, garlic, chia seeds and seasonings in a food processor and blend until well chopped.

Empty the food processor into a large bowl, add the ground turkey and mix together completely.

Form meatballs and place on a non-greased baking sheet (about 1 1/2" - 2" each). Bake for about 25 minutes, or until completely cooked.

Ginger Beef and Broccoli

Makes 2 Servings

Ingredients

2 tbsp coconut oil
2 cloves of garlic, minced
1 lb petite sirloin steak, cut into very thin strips
2 tbsp lemon juice
1 tbsp ground chia seeds
2 tsp freshly grated ginger
2 tsp freshly ground black pepper
½ tsp red pepper flakes
¼ to ½ cup organic, low sodium chicken broth
2 cups broccoli, cut into florets
2 cups carrots, thinly sliced
1 cup celery, thinly sliced
1 green onion, thinly sliced
2 tbsp sesame seeds (garnish)

Directions

Heat the 1 tbsp coconut oil and garlic in a large skillet over medium-high heat. Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.

In a small bowl mix lemon juice, chia seeds, ginger, pepper and red pepper flakes with 1/4 cup broth.

Heat pan again over medium heat. Add 1 tbsp coconut oil when pan is hot.

Add broccoli, carrots and celery to pan. Pour liquid ingredients on top and toss to coat. Cook over medium heat until broccoli is tender. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.

Stir beef in until it's coated with sauce, and let simmer for a few minutes until beef warmed through. Sprinkle sesame seeds on top and serve.

Slowed Cooked Pork Loin

Makes 2 Servings

Ingredients

1½ lbs pork loin
1 (16 oz) can tomato sauce
2 medium (6" - 8") zucchini, sliced
1 head cauliflower, separated into medium florets
1-2 tbsp dried basil
¼ tsp freshly ground black pepper
½ tsp sea salt (optional)

Directions

Add all of the ingredients to a large crock pot.

Cook on high for 6-7 hours.

Dijon Almond Crusted Salmon

Makes 2 Servings

Ingredients

¾ lb salmon fillets, skin on
½ cup almond meal
½ tsp ground coriander
½ tsp ground cumin
Sea salt and freshly ground black pepper
¼ cup Dijon mustard
2 tsp coconut oil

Directions

Preheat the oven to 350° F.

Combine almond meal, coriander and cumin in a small bowl.

Season salmon with salt and pepper. Brush on Dijon mustard to coat each piece. Coat each fillet with the almond meal mixture (both sides).

Place fish skin side down on a broiler pan, greased lightly with coconut oil.

Bake for 12-15 minutes, or until salmon flakes easily with a fork.

Balsamic Asparagus & Steak Salad

Makes 4 Servings

Ingredients

1 lb flank steak
1 lb asparagus, ends trimmed
1 tbsp red onion, minced
1 tbsp extra virgin olive oil
4 tsp balsamic vinegar
1 clove garlic, minced
Sea salt, to taste (optional)
Freshly ground black pepper, to taste

Directions

Bring a medium pot of water to boil. Add asparagus and boil 3 min. Drain and rinse under cold water immediately. Dry thoroughly.

Heat a grill until hot. Cut flank steak into 4 steaks, trimming away excess fat (if desired). Season with salt and pepper. Place on grill. Grill for 4 to 5 minutes per side. Leave medium rare to rare.

Once steak is cooked, set aside and let rest about 10 minute, then cut each piece into strips.

Mix all other ingredients together. Toss asparagus with balsamic mixture and arrange on plate. Top with steak slices.

Serve chilled or at room temperature.

Superfast Chili

Makes 4 Servings

Ingredients

1 lb ground beef or ground turkey, organic and grass fed preferred
2 cans black beans, rinsed and drained (15 oz each)
2 cans tomato sauce (8 oz each)
1 jar of medium or hot, chunky salsa
1 tbsp chili powder
½ cup frozen corn

Directions

Cook beef or turkey on medium-high heat in a big pot until browned. Drain excess fat.

Mash one can of black beans and add, along with all other ingredients, to the pot.

Cook on medium until for about 30 minutes. Serve.

Chicken with Lentils & Artichoke Hearts

Makes 4 Servings

Ingredients

1 tbsp extra virgin olive oil
4 garlic cloves, minced
½ red onion, chopped
1 can diced tomatoes with Italian seasoning, **not** drained (14.5 oz)
1 can lentils, rinsed and drained
Oil spray
1 lb chicken breasts, skinless, boneless (4 oz each)
Sea salt
Freshly ground black pepper
1 jar marinated, quartered artichoke hearts (6.5 oz)
¾ cup feta cheese, crumbled

Directions

Place large nonstick skillet over medium heat; when hot, add oil, garlic and onion. Cook, stirring gently, about 2 minutes, until slightly softened. Add tomatoes and lentils and gently simmer.

While lentils cook, place medium nonstick skillet over medium-high heat. When hot, coat with cooking spray. (If using gas stove, remove pan from burner just long enough to spray away from flame.) Add chicken and season lightly with salt and pepper. Cook 5 to 6 minutes on each side, or until cooked through. Remove from heat.

Gently (as not to break) stir in artichoke hearts and sprinkle feta over lentil mixture. Cover pan and cook 2 minutes to soften cheese.

Place ½ cup lentil mixture on each plate; top with a chicken breast and another ½ cup lentil mixture.

Balsamic & Sweet Onion Pot Roast

Makes 6 Servings

Ingredients

1½ lbs top round beef (London Broil), trimmed of all visible fat
¼ tsp salt
¼ tsp pepper
¼ tsp paprika
¼ tsp garlic powder
1 tsp coconut oil
1 large sweet onion
½ cup water
¼ cup tomato sauce
¼ cup balsamic vinegar

Directions

Season beef on both sides with salt, pepper, paprika and garlic powder.

Heat coconut oil in a large nonstick skillet until hot; brown beef on both sides.

Cut onion into thick slices and separate into rings. Place onion rings in bottom of slow cooker crock; lay the beef on top.

Stir together water, tomato sauce and vinegar; pour over meat. Cover; cook on low 6-8 hours.

Remove meat from cooker. Slice thinly; serve topped with onion rings and sauce.

Cauliflower Shepherd's Pie

Makes 6 Servings

Ingredients

1½ lbs lean ground turkey or chicken
½ onion, chopped
2 tbsp garlic
1 tsp cayenne pepper
1½ cans tomato sauce (4 oz each)
5 cups frozen vegetables
3 eggs
2 lbs cauliflower
1 tbsp garlic powder
Salt and Pepper

Directions

Preheat oven to 375° F.

Brown meat in a pan with the onion, garlic and cayenne pepper. Once browned drain extra fat and then add tomato sauce.

Place half of the mixture in the bottom of a casserole dish. Add the frozen vegetables as the next layer and then the rest of the meat mixture. Whisk the eggs and pour on top.

Chop cauliflower into florets. Using a large pot add water and let it come to a boil. Once the water is boiling add the cauliflower and let it cook until soft, for about 10 minutes. Drain the water then puree cauliflower using a hand blender. Add the garlic powder, salt and pepper then spread the cauliflower over the top of the meat mixture.

Bake for about 30 minutes or until golden brown.

Lemon Basil Pork Chops

Makes 4 Servings

Ingredients

Olive oil cooking spray
3 tbsp chopped basil
3 tbsp chopped parsley
1 garlic clove, crushed
1 tsp grated lemon zest
1 tsp olive oil
4 rib or loin pork chops, each about 1 inch thick
Sea salt and freshly ground pepper to taste

Directions

Prepare grill. Lightly coat the grill rack with olive oil cooking spray.

In a small bowl, mix together the basil, parsley, garlic, lemon zest and olive oil. Set 1 tbsp of seasoning mix aside. Coat the pork chops with the seasoning mix, pressing it into the meat on both sides.

Grill the chops for 12 to 14 minutes, turning the meat several times until it is cooked through and tender. Sprinkle the reserved tbsp of seasoning on the chops, and add salt and pepper to taste.

Serve the pork chops with your favorite vegetables.

15 Vegetable Recipes

Beverly Hills Chopped Salad

Makes 4-6 Servings

Ingredients

1 bunch of asparagus chopped
4 large carrots, chopped
5 green onions, chopped
1 green zucchini
1 yellow zucchini
1 tsp olive oil
dash of salt and pepper
1 avocado, chopped
2 heads of romaine lettuce, chopped
¼ kalamata olives, chopped
¼ cup pine nuts, toasted

For the dressing:

1/8 cup olive oil
2 tbsp lime juice
2 tbsp agave nectar
1 clove garlic, minced
1 tsp champagne mustard

Directions

Preheat oven to 425° F. Place the asparagus, carrot, onion and zucchinis in a large bowl, mix well with the olive oil and salt and pepper. Place on a baking sheet and roast for 20 minutes, stirring after the first 10 minutes.

Meanwhile place the remaining salad ingredients into a large bowl. In a small bowl combine all of the dressing ingredients and whisk with a fork.

Once the veggies are roasted, mix into the salad bowl and toss with the dressing.

Really Healthy Zucchini Cakes

Makes 8 Servings

Ingredients

1 tsp olive oil
1 small yellow onion, grated
1 garlic clove
2 cups grated zucchini
½ tsp salt
2 eggs
¼ cup coconut flour
2 tbsp flax meal
½ tsp baking powder
2% Greek yogurt

Directions

Heat half of the olive oil in a large skillet. Sauté the onion and garlic for 2 minutes, then set aside.

Place grated zucchini in a colander, sprinkle with the salt and allow to sit in the sink for 10 minutes to drain. Use a clean paper towel to squeeze excess water from the zucchini.

In a medium sized bowl whisk the eggs. Add the coconut flour, flax and baking powder. Add the onions and zucchini.

Place the remaining olive oil in a large skillet over medium heat. Drop the dough in heaping tablespoons, press down with a fork. Cook each side for 3 minutes or until golden.

Serve with a small dollop of Greek yogurt.

Cauliflower Hummus

Makes 2 Cups

Ingredients

1 head cauliflower, cored and cut into 1 1/2" florets
2 tbsp olive oil
2 tsp ground cumin
¼ tsp sea salt (optional)
1/8 tsp freshly ground black pepper

1/2 cup tahini (may be found in many middle eastern markets or at Whole Foods)
3 cloves garlic, smashed and minced into a paste
Juice of 1 lemon
1/8 tsp paprika

Directions

Preheat oven to 500°F.

Toss cauliflower, olive oil, cumin, sea salt and black pepper together in a large bowl. Transfer mixture to rimmed baking sheet and spread out evenly. Bake until cauliflower is browned and tender, 25 - 30 minutes, stirring occasionally.

Combine tahini, garlic, lemon juice and roasted cauliflower in a food processor. Blend until a smooth paste forms (add additional olive oil if desired).

Season with sea salt (if desired) and sprinkle paprika on top.

Serve warm or cold with assorted vegetables.

Easy French Ratatouille

This recipe has several steps, I'm not gonna lie, but it's delicious!

Makes 8 - 10 Servings

Ingredients

2 large eggplants
2 yellow onions
3 bell peppers
6-8 medium zucchini
3-4 cloves garlic
1 1/2 - 2 tbsp olive oil
4 large tomatoes
1 bay leaf
3-4 sprigs thyme
1/4 cup loosely packed basil, sliced into ribbons
Extra basil for garnishing
Salt and pepper

Directions

Peel the eggplants, if desired, and chop them into bite-sized cubes. Transfer them to a strainer set over a bowl and toss with a tbsp of salt. Let the eggplant sit while you prepare the rest of the ingredients.

Dice the onions and roughly chop the peppers, zucchinis, and tomatoes into bite-sized pieces. Mince the garlic. The vegetables will be cooked in batches, so keep each one in a separate bowl.

Warm a tsp of olive oil in a large (at least 5 1/2 quart) Dutch oven or pot over medium-high heat. Add the onions and a generous pinch of salt. Sauté until the onions have softened and are just beginning to brown, about 10 minutes. Add the peppers and continue cooking until the peppers have also softened, about another 5 minutes. Transfer the onions and peppers to a clean bowl.

Add another teaspoon of oil to the pot and sauté the zucchini with a generous pinch of salt until the zucchini has softened and is beginning to brown, about 5 minutes. Transfer the zucchini to the bowl with the onions and peppers.

Rinse the eggplant under running water and squeeze the cubes gently with your hands to remove as much moisture as possible. Warm two tsp of oil in the pan and sauté the eggplant until it has softened and has begun to turn translucent, about 10 minutes. Transfer the eggplant to the bowl with the other vegetables.

During cooking, a brown glaze will gradually build on the bottom of the pan. If it looks like this glaze is beginning to turn black and burn, turn down the heat to medium. You can also dissolve the glaze between batches by pouring 1/4 cup of water or wine into the pan and scraping up the glaze. Pour the deglazing liquid into the bowl with the vegetables.

Warm another tsp of olive oil in the pan and sauté the garlic until it is fragrant and just starting to turn golden, about 1 minute. Add the tomatoes, bay leaf and whole sprigs of thyme. As the tomato juices begin to bubble, scrape up the brown glaze on the bottom of the pan.

Add all of the vegetables back into the pan and stir until everything is evenly mixed. Bring the stew to a simmer, then turn down the heat to low. Stirring occasionally, simmer for at least 20 minutes or up to 1 1/2 hours. Shorter cooking time will leave the vegetables in larger, more distinct pieces; longer cooking times will break the vegetables down into a silky stew.

Remove the bay leaf and thyme sprigs. Just before taking the ratatouille off the heat, stir in the basil. Sprinkle the extra basil and a drizzle of good olive oil over each bowl as you serve.

Leftovers can be refrigerated for a week or frozen for up to three months. Ratatouille is often better the second day, and it can be eaten cold, room temperature, or warmed.

Notes:

Smaller Batch: This recipe can be cut in half and adapted to use whatever vegetables you have.

Flavour Extras: For something different try adding a tbsp of smoked paprika, a pinch of red pepper flakes, a quarter cup of red wine, or a splash of vinegar to the ratatouille.

Fennel, Avocado and Grapefruit Salad with Orange Vinaigrette

Makes 4 Servings

Ingredients

For the Vinaigrette

Juice of $\frac{1}{2}$ an orange (approximately 2 tsp)
1 tsp Dijon mustard (I like grainy mustard, but use what you have)
 $\frac{1}{8}$ tsp sea salt
 $\frac{1}{4}$ tsp freshly ground black pepper
2 tsp extra virgin olive oil

For the Salad

1 large fennel bulb
1 ripe avocado
1 cup grapefruit segments

Directions

In a small jar with a tight-fitting lid, combine all of the vinaigrette ingredients. Shake vigorously, to emulsify the dressing.

Trim the fennel bulb by cutting across the top to remove the stalks (save the green fronds), and slicing across the bottom at the root end. Cut the bulb in half lengthwise, and remove the hard core from each half.

Use a mandoline, if you have one, to create paper-thin slices of fennel. Or, slice as thinly as you can with a very sharp knife. Peel the avocado, and cut into slices. Add them to a bowl with the fennel and grapefruit segments.

Immediately toss with the vinaigrette, making sure to distribute the dressing over all of the avocado and fennel. Set aside at room temperature for 30-60 minutes. The longer the salad "marinates", the more tender the fennel will be.

Just before serving, toss some of the green fennel fronds into the salad.

10 Minute Black Bean Burgers

Makes 4 Servings

Ingredients

$\frac{1}{2}$ onion, diced
1 can black beans, rinsed and drained well
 $\frac{1}{2}$ cup whole spelt flour
2 slices bread, crumbled (use toasted Stonemill bread)

1 tsp garlic powder
1 tsp onion powder
1/2 tsp seasoned salt
Salt and pepper to taste
Olive oil for frying

Directions

Sautee the onions until soft, about 3-5 minutes. In a large bowl, mash the beans until almost smooth. Add sautéed onions and the rest of the ingredients (except the oil), adding the flour a few tbsp at a time to combine well. Mixture will be thick.

Form bean mixture into patties, approximately 1/2 inch thick, then fry patties in a small amount of oil until slightly firm. Serve with your favourite burger toppings and enjoy with a side salad or vegetable stir-fry.

Eggplant Parmesan

Makes 4 Servings

Ingredients

1 eggplant, peeled
6 egg whites
1 oz parmesan cheese, grated
1/2 tbsp oregano
1/8 tsp freshly ground pepper
1/2 cup whole wheat flour
1 tbsp olive oil
5oz mozzarella cheese, part skim, shredded
3/4 cup tomato sauce

Directions

Preheat oven to 350° F.

Slice eggplant into circular pieces. Combine egg whites, parmesan cheese, oregano and pepper in a bowl and dip eggplant in mixture, then into flour to coat.

Heat oil in a non-stick skillet over medium heat.

Fry eggplant pieces on both sides until golden brown.

Spoon tomato sauce on the bottom of a baking dish, place the eggplant onto sauce then add another layer of tomato sauce then eggplant, top with shredded mozzarella cheese.

Cook in oven until cheese is melted and sauce and eggplant is hot.

Broccoli Bean Soup

Makes 10-12 Servings

Ingredients

2 cups adzuki beans, rinsed and drained
12 cups water, stock or broth (unsalted, msg and yeast free)
2 cups onion, finely chopped
4 cups broccoli
4 tbsp simmered soy sauce
1/3 cup fresh parsley, finely chopped
2 tbsp extra virgin olive oil
2 vegetable bouillon cubes
1 tsp basil
1/2 to 1 tsp sea salt
1/2 tsp cumin or paprika powder
1/4 tsp sea kelp
Cayenne pepper to taste
Optional: 1 – 2 tsp raw honey or other sweetener to taste

Directions

Using a large stock pot add the beans, 12 cups of water or stock, onion and broccoli and cook on low to medium heat for 20 minutes. Add the remaining ingredients and cook for another 20 minutes on medium heat.

Take 4 cups of beans and liquid from the soup, use a blender or food processor to liquefy it, then re-add it to the soup.

Serve hot and enjoy.

This easy to digest and fiber packed soup is high in calcium with a good source of protein. It will keep for 5 to 7 days in the fridge and can be frozen.

Vegetable Curry in a Hurry

Ingredients

1 tsp olive oil
1/2 cup acorn or butternut squash, peeled and diced
1 cup broccoli
1 cup cauliflower
1/4 cup onion, sliced
8 cloves garlic, minced
2 tbsp curry powder
1/2 cup vegetable broth

Generous pinch of pepper
1 can (15 ounce) chickpeas, rinsed and drained
1 can (14 ounce) diced no-salt-added tomatoes
2 tbsp fresh cilantro, chopped

Directions

Heat oil in a non-stick skillet over medium heat. Add squash and sauté for 3 minutes. Add broccoli, cauliflower, onion, garlic, and curry powder. Cook for another minute, stirring. Add broth, pepper, chickpeas and tomatoes.

Bring to a boil, then cover and let cook for 10 minutes, reducing heat to a simmer. Stir occasionally.

To serve, sprinkle with chopped fresh cilantro.

Kale Coleslaw

Ingredients

1 14-16 oz. package classic coleslaw mix
3 cups kale, stems removed and chopped
1 red bell pepper, cut into matchsticks
1 carrot, peeled and cut into matchsticks
2 green onions, chopped
¼ cup apple cider vinegar
½ cup grapeseed oil
1 clove garlic, pressed or minced
2 tsp raw honey
1 tsp salt and pepper

Directions

In a large bowl toss coleslaw mix, kale, red pepper, carrot and green onion.

In a small bowl slowly whisk apple cider vinegar into grapeseed oil, mixing to emulsify. Add garlic, honey, and salt and pepper mix well.

Pour dressing over coleslaw mixture and toss well to combine.

Cover and refrigerate for 1 to 4 hours. Serve cold or at room temperature.

Cheese, Asparagus and Leek Strata

Stratas are “make-ahead” wonders meant to be put together in a few minutes then refrigerated overnight or at least 4 to 6 hours before baking. This one is loaded with seasonal asparagus and savory veggies.

Makes 6 Servings

Ingredients

1 tbsp butter
5 cups sliced asparagus
2 cup sliced leeks (about 3 small)
½ cup water
1 tbsp dried parsley
½ tsp dried tarragon
¼ tsp black pepper
12 (1-ounce) thin slices firm bread (such as Stonemill rye or spelt)
Oil cooking spray
½ cup (4 ounces) shredded cheese, divided
2 ½ cups milk
3 large organic eggs
1 large organic egg white

Directions

Melt butter in a large nonstick skillet over medium-high heat; add asparagus, leeks, and water. Bring to a boil; cover, reduce heat, and simmer for 10 minutes or until tender, stirring occasionally. Stir in parsley, tarragon, and pepper.

Arrange half of bread slices in a single layer in a 13 x 9-inch baking dish coated with cooking spray. Top bread slices with half of asparagus mixture, and sprinkle with 1/4 cup cheese. Repeat procedure with the remaining bread, asparagus mixture, and 1/4 cup cheese.

Combine milk, eggs, and egg white, and stir with a whisk until well-blended. Pour the milk mixture over strata. Cover strata, and chill for 4-6 hours or overnight.

Preheat oven to 400° F and bake strata uncovered for 40 minutes or until set.

Stuffed Mushrooms

Ingredients

4 large, white stuffing mushrooms, cleaned
1 tsp lemon juice
½ garlic clove
½ shallot, peeled
½ tbsp bread crumbs
2 tbsp shredded low fat mozzarella or jalapeno Allegro cheese
1 tsp low sodium tamari sauce
1 tsp tahini

Directions

Preheat oven to 350° F.

Remove and set aside the mushroom stems. Dip the mushroom caps in lemon juice to prevent discoloration and set aside. In a food processor fitted with the metal blade, process the garlic, shallot and mushroom stems just until chopped, not pureed. Add the bread crumbs, cheese, tamari and tahini. Pulse until well mixed and moistened.

Using a spoon, fill the mushroom caps with the cheese mixture, dividing it evenly among them. Transfer the mushrooms to a nonstick baking sheet and bake for 10-15 minutes, or until the filling browns and turns a little crispy.

*Clean mushrooms with a brush or paper towel rather than rinsing them under cold water to prevent them from absorbing water.

Pesto and Spaghetti Squash

Makes 4 Servings

Ingredients

1 small spaghetti squash, cooked

Pesto

1 cup fresh basil
4 tbsp olive oil
2 tsp chopped garlic
2 tsp lemon juice
⅔ cup cashews or pine nuts
Sea salt and pepper

Directions

Place all the ingredients for the pesto into a food processor and process and set aside. This can be made ahead and stored in the refrigerator.

To cook the spaghetti squash: Cut the squash in half and prick the bottom with a fork. Place in a baking tray with an inch of water and cover with a lid or aluminum foil. Bake for 30-45 minutes or until the squash is soft.

Remove from the oven and let cool. Scrape out the seeds and discard then scrape out the squash which comes out like strings of spaghetti. Place in a bowl and top with the pesto.

Can be served warm or room temperature.

Carrot, Sweet Potato & Ginger Soup**Ingredients**

1 large onion, chopped
2 tbsp fresh ginger, chopped
1 celery stalk
2 lbs carrots, chopped
1 sweet potato, peeled and chopped
6 cups vegetable stock
¼ cup cilantro, chopped
Freshly ground black pepper to taste

Directions

In a large pot over medium heat, sauté onion, ginger and celery in oil until onion has softened, about 5 minutes.

Add carrots, sweet potato and broth. Bring to a boil. Reduce heat and simmer about 15 minutes or until carrots and sweet potato are cooked.

Puree in a blender or food processor. Return to pot and stir in cilantro and pepper. Add water if needed to reach desired consistency

Bean Salad with Onions

Makes 6 Servings

Ingredients

¼ cup balsamic vinegar
2 tbsp olive oil
1 tsp sucanat
1 tsp yellow mustard
1 small Spanish onion, chopped finely
1 cup canned kidney beans, rinsed and drained
1 cup canned pinto beans, rinsed and drained
1 cup canned chickpeas, rinsed and drained
2 large stalks celery, chopped
Salt and pepper to taste

Directions

Whisk together vinegar, oil, sucanat, mustard, salt and pepper until well blended.

In a bowl, add onion, beans and celery. Add dressing and toss well.

15 Dessert Recipes

Grain Free Chocolate Chip Cookies

Makes 20 Cookies

Ingredients

2 cups blanched almond flour
3 tbsp coconut flour
1 tbsp arrowroot starch
½ tsp baking soda
⅛ tsp sea salt
1 egg
½ tsp vanilla extract
¼ cup pure maple syrup
2 tbsp coconut oil, melted
½ cup mini chocolate chips

Directions

Preheat oven to 350° F. Lightly grease a baking sheet with coconut oil.

In a medium bowl combine the almond flour, coconut flour, arrowroot starch, baking soda and salt.

In another medium bowl combine the egg, vanilla, syrup and (cooled) oil. Add the wet ingredients to the dry ones and mix until fully combined. Stir in the mini chocolate chips.

Shape the dough into 20 cookies, flattening them slightly onto the greased pan. Bake for 12-15 minutes, or until golden.

Allow to cool on the pan for 5 minutes, then transfer to a wire cooling rack. Store in an airtight container in the fridge.

Black Bean Brownies

Serves 12 -16 (Depending on the size you cut them)

Ingredients

1 can black beans, rinsed until they stop foaming
4 tbsp raw cocoa powder
¼ tsp salt
⅔ cup oats
¼ cup raw honey (I actually used Strawberry Kefir instead of honey)
⅓ cup coconut oil

1 tsp baking powder
1/2 cup dark chocolate chips

Directions

Preheat oven to 350° F. Pour all ingredients (except chocolate chips) into the blender and pulse for 60 seconds. Then blend until smooth for another 45 to 60 seconds. The batter is ready when it's a smooth consistency.

Grease an 8 x 8 baking pan with coconut oil. Pour batter into the baking pan and fold in chocolate chips.

Bake for 20 - 25 minutes or until a fork comes out clean.

Let cool for about 10-15 minutes before cutting.

Apple Fritter Muffins

Makes 12 Servings

Ingredients

1 tbsp coconut oil
2 apples, chopped
1/4 cup golden raisins
1/4 cup pecans, chopped
4 tbsp water
1 tbsp ground cinnamon, plus a dash
1 tbsp pure grade B maple syrup
9 organic eggs
3 tbsp unsweetened coconut milk
1 1/2 tbsp coconut flour
1/4 tsp baking soda
Pinch of sea salt

Directions

Preheat oven to 350° F. Lightly grease a 12-muffin pan with coconut oil.

In a skillet heat the coconut oil over medium. Add the apples, raisins, pecans, water, cinnamon and maple syrup. Cook, mixing often until the apples become tender. Remove from heat and allow to cool.

In a bowl combine the eggs, coconut milk, coconut flour, baking soda, dash of cinnamon and salt. Add two thirds of the apple mixture to the eggs. Mix until well combined.

Using a 1/4 cup measuring cup, fill each prepared muffin tin with the batter mixture. Place a spoonful of the reserved apple mixture on top of each muffin.

Bake for 35 minutes, or until fully set and a tester comes out clean.

Low-Carb Lemon Poppy Seed Bread

Makes 24 Servings

Ingredients

1 tsp chia seeds plus 3 tbsp filtered water
5 cups blanched almond flour
1 tsp baking soda
1/2 tsp salt
5 organic eggs
1/3 cup coconut oil, melted
2 tbsp grated lemon rind
1/3 cup agave nectar
1/2 tsp almond extract
1/2 tsp vanilla extract
1 tbsp poppy seeds

Directions

Preheat oven to 300° F. Generously grease a loaf pan with coconut oil. Set aside.

In a small cup combine the chia seeds and filtered water. Mix well and set aside (after 15 minutes it will become jelly-like).

In a medium bowl combine the blanched almond flour, baking soda and salt.

In a large bowl combine the eggs, coconut oil, lemon rind, agave nectar and extracts. Gently mix in the chia seed mixture.

Mix the wet and dry ingredients together. Fold in the poppy seeds, then transfer the batter to prepared loaf pan. Smooth the top of the loaf.

Bake for 45-60 minutes, until a toothpick inserted in the center comes out clean. Allow to cool in the pan for 1 hour before slicing.

Maui Wowi Bars

Makes 24 Servings

Ingredients

1 cup dried, unsweetened mango
2 cups roasted, salted macadamia nuts
2 tbsp sesame seeds
1/4 cup roasted, salted sunflower seeds
1/4 cup shredded, unsweetened coconut, plus 2 tbsp
2 tbsp flax meal
1/2 tsp ground ginger
1/4 tsp ground cinnamon
1/4 cup coconut oil
1 tbsp raw honey

Directions

Preheat oven to 325° F. Place parchment paper in the bottom of a 8×8 inch pan, and rub with melted coconut oil.

Place the dried mango in a bowl of hot water, and allow to sit for 15 minutes. Drain the water and chop the mango into small pieces.

Combine the macadamia nuts, sesame seeds, sunflower seeds, 1/4 cup of the shredded coconut, flax meal, ginger, and cinnamon in a food processor. Pulse until fine and well combined.

In a saucepan over very low heat, melt the coconut oil and raw honey. Turn the food processor back on and drizzle the coconut oil mixture in. Allow to mix until fully incorporated.

Transfer the dough to a medium bowl. Carefully mix in the mango pieces.

Press the dough evenly into prepared pan then sprinkle with the remaining 2 tbsp of coconut.

Bake for 25-30 minutes until the top is golden. Allow to cool for 20 minutes in the pan, then transfer the entire pan to the fridge to chill before cutting into bars.

Applesauce Cake

Makes 10 Servings

Ingredients

1/2 cup butter
1 cup sucanat (or 1/2 cup organic yellow sugar and 1/2 cup maple syrup)
1 egg
1 3/4 cups brown rice flour
1/2 tsp baking soda
1/2 tsp gluten-free baking powder
1/2 tsp sea salt
1 tsp cinnamon
1 1/2 cups applesauce
1/2 cup apple butter
1/2 cup pecans

Topping

2 tbsp sugar
1 tbsp rice flour
1/4 tsp cinnamon
1/4 tsp water

Directions

Preheat oven to 325° F,

Cream butter and sugar together. Add egg and mix well.

Mix flour, baking soda, baking powder, salt and cinnamon together and add to butter mixture. Add applesauce, apple butter and pecans. Prepare a tube pan and pour the batter into the pan.

Mix topping ingredients together and sprinkle topping on cake.

Bake for 40 to 50 minutes. This can also be made in an 8" square pan.

Gluten Free Cranberry Orange Scones

Makes 8 Servings

Ingredients

2 cups blanched almond flour
1/4 tsp sea salt
1 tsp baking soda
1/2 cup dried cranberries

½ cup white chocolate chips
1 tbsp orange zest
1 egg
2 tbsp agave nectar

Directions:

Preheat oven to 375° F.

In a large bowl, combine almond flour, salt, baking soda, cranberries, chocolate chips and zest.

In a smaller bowl, combine egg and agave.

Mix wet ingredients into dry, making sure ingredients are well distributed.

Form dough into 2 little circles so that each one is about ½-inch thick then cut each circle like a pizza, into 8 slices.

Transfer to a parchment lined baking sheet and bake for 10 minutes or until browned.

Cool on wire racks then enjoy!

Almond Butter Cookies

Makes 6 Cookies

Because this recipe is a small batch, you can make it in a toaster oven if you choose.

Ingredients

Oil spray (grapeseed or vegetable oil)
¼ cup + 1 tbsp almond butter (or peanut butter)
¼ cup Organic Zero (or agave nectar)
1 egg white (2 tbsp if using from container)
¼ tsp baking powder

Directions

Preheat oven to 300° F and lightly mist a cookie sheet with oil. You could also use a small amount of coconut oil instead to spread over the cookie sheet.

Combine almond butter, Organic Zero, egg white, and baking powder in medium bowl and blend until smooth.

Drop dough into 6 equal portions on cookie sheet and bake for 10 minutes. Cookies should be slightly puffed and golden on the bottom when done.

Cherry Clafoutis

Makes 4 Servings

Ingredients

Oil spray
1 egg
2 egg whites (¼ cup if using from carton)
6 ounces plain non-fat Greek yogurt
½ cup Organic Zero (or agave nectar)
2 tbsp light spelt flour
1½ tsp vanilla extract
¼ tsp salt
1 cup fresh or frozen pitted cherries, halved

Directions

Preheat oven to 400° F. Spray the bottom of an 8-inch pie plate with oil spray.

In blender combine egg, egg whites, yogurt, Organic Zero, spelt flour, vanilla, and salt and blend until smooth.

Pour mixture into prepared pie plate and arrange the cherries on top, poking them down into batter slightly.

Bake 23-25 minutes or until surface is springy to the touch. Remove from oven.

Dust with powdered sugar and serve.

Apple Crisp

Makes 8 Servings

Ingredients

Filling

6 apples, peeled & sliced thinly
¼ tsp Stevia (heaping)
¼ cup apple butter
¼ cup apple juice
1 tsp cinnamon

1 tbsp arrowroot flour

Topping

$\frac{2}{3}$ cup quinoa flakes

$\frac{1}{4}$ cup arrowroot flour

$\frac{1}{4}$ cup almond flour

1 tsp cinnamon

1 tbsp sunflower oil

2 tbsp pure maple syrup

$\frac{1}{4}$ tsp Stevia (heaping)

1 tbsp organic maple sugar

Directions

Preheat oven to 350° F.

Mix filling ingredients together and place in a greased baking dish.

Mix topping ingredients together with a spoon until crumbly then place over apples.

Bake for 45-55 minutes. Apples should be soft and bubbly.

Maple Oatmeal Macaroons

Ingredients

1 $\frac{1}{4}$ cups brown rice flour

1 $\frac{3}{4}$ cups quinoa flakes

1 cup apple butter

$\frac{1}{2}$ tsp Stevia (heaping)

$\frac{1}{2}$ cup unsweetened coconut, flaked

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

$\frac{1}{2}$ cup pure maple syrup

3 tbsp water

3 tbsp butter, melted

1 tsp vanilla

Optional: $\frac{1}{2}$ cup chopped pecans

Directions

Preheat oven to 325° F.

In large bowl combine brown rice flour, quinoa flakes, apple butter, Stevia, coconut, baking soda and salt.

In another large bowl combine maple syrup, water, butter and vanilla.

Add the flour mixture to the wet ingredients and stir just until combined. Add the pecans (if using) and drop by heaping teaspoons onto a parchment-lined cookie sheet and flatten slightly.

Bake for approximately 12-13 minutes or until just set.

For Chocolate Macaroons:

Use 1/4 cup less brown rice flour and add 1/4 cup unsweetened cocoa to make chocolate macaroons.

Apricot Pecan Blondies

Makes 16 Squares

Ingredients

1/2 butter cup coconut oil
1 cup sucanat
1 large egg
1 tsp vanilla
1 1/4 cups whole spelt flour or brown rice flour
1/8 tsp sea salt
1/8 tsp baking soda
1/4 tsp baking powder
3/4 cup pecans or walnuts, chopped
1/2 cup dried apricots, chopped

Directions

Preheat oven to 325° F and lightly grease an 8-inch square baking pan with coconut oil and line the bottom with a piece of parchment paper.

Place the butter or coconut oil and sucanat in a mixing bowl and beat until smooth. Add the egg and vanilla and mix again.

Mix the flour, sea salt, baking soda and baking power together in a separate bowl and add to the sugar/egg mixture. Mix until well-blended. Add the pecans and apricots and mix again.

Scoop the mixture into the baking pan and spread evenly. Bake for 25-30 minutes or until the filling is light brown and set. Remove from the oven and let cool.

Yummy Chocolate Chip Muffins

Makes 12 Small Muffins

Ingredients

½ cup unsalted butter, at room temperature
4 organic eggs
¼ cup coconut milk
1 tsp pure vanilla extract
2 cups whole spelt flour
6 scoops chocolate protein powder (equal to 150g)
1 tbsp cocoa powder
1 tsp baking powder
1 tbsp agave nectar
½ cup semi sweet chocolate chips

Directions

Preheat oven to 350° F. Lightly spray a non-stick muffin pan with oil spray.

Combine all ingredients into a large bowl and stir until combined with a wooden spoon or a spatula. Fill each muffin cup ¾ full to allow room to rise.

Bake for 10 minutes or until the top is set and a toothpick comes out clean. Cool and serve.

Store in an airtight container in the fridge for up to 4 days or freeze.

Oatmeal Raisin Cookies

Ingredients

3 tbsp butter
1 ¾ cup apple butter
1 tsp Stevia (heaping)
2 organic eggs
1 tbsp pure vanilla extract
2 cups brown rice flour
1 ½ cups quinoa flakes
1 tsp baking soda
1 ½ tsp cinnamon
¼ tsp salt
2 cups raisins

Directions

Preheat oven to 325° F.

In large bowl combine butter, apple butter, Stevia, eggs and vanilla until smooth. Add the brown rice flour, quinoa flakes, baking soda, cinnamon and salt. Stir until almost combined then add the raisins and mix just until blended.

Drop by a heaping teaspoon onto a parchment-lined cookie sheet and bake for approximately 11-12 minutes or until edges are a pale golden and the middle is still slightly soft.

Chocolate Peanut Butter Bars

Makes 6 Servings

Ingredients

½ cup pecan meal
½ cup almond meal
½ cup natural peanut butter
⅓ cup flax meal
1 tbsp cocoa powder, unsweetened
¼ cup of sucanat (cane sugar)
1 whole organic egg
1 egg white
6 scoops chocolate whey (if using regular whey powder: add 1 tbsp of semi sweet chocolate chips to a food processor and blend until smooth)
¼ tsp salt

Directions

Preheat oven to 350° F.

Mix everything together in a large bowl, beating the egg and egg white with a fork before adding. You will have to keep stirring to get everything to mix into a thick dough.

Spread the mixture into an 8x8 inch baking dish coated with oil spray. Bake for 12 minutes, then cool and cut into servings.

15 Juice & Smoothie Recipes

Beet -Apple Juice

Makes 16-20 Ounces

Ingredients

1 beet
1-2 apples (use Granny Smith for a nice tartness)
1 cucumber
1 stalk celery
3 Swiss chard leaves
10 parsley sprigs

Directions

Juice as per your juicer's instructions and enjoy.

Pear-Orange Juice

Makes 16-20 Ounces

Ingredients

1-2 pears
2 oranges
1/2 a cucumber
1/2 a zucchini
6 kale leaves
1 lemon
1/2 a lime
A handful of mint

Directions

Juice as per your juicer's instructions.

Spicy Pineapple Juice

Makes 16-20 Ounces

Ingredients

2 cups fresh pineapple
1 apple

5 kale leaves
1 stalk celery
1 cucumber
½ a Jalapeno (use more if you like it spicy)

Directions

Juice as per your juicer's instructions and serve.

Chocolate Peanut Butter Shake

Makes 1 Serving

Ingredients

2 scoops protein powder
1 cup unsweetened almond chocolate milk
1.5 tsp natural creamy peanut butter
¾ cup blueberries
1 tbsp of chia seeds (whole or ground)

Directions

Combine in blender and blend until smooth.

Breakfast Smoothie

Makes 2 Servings

Ingredients

2 cups frozen berries
1 cup unsweetened almond milk (canned coconut if you want more calories/fat)
4 tbsp hemp seeds
2 tbsp chia seeds
2 servings of protein powder

Directions

Fill a blender with the frozen berries.

Add almond milk, hemp seeds, chia seeds and protein powder.

Continue to blend until smooth and divide into two glasses.

Cashew Strawberry Cream Smoothie

Makes 1 Serving

Ingredients

½ cup raw cashews
½ cup coconut water
½ cup of water
½ cup ice cubes
¼ cup frozen strawberries
⅛ tsp pure vanilla extract
2 dates

Directions

Place the cashews along with the coconut water , water , ice cubes, strawberries, vanilla and dates in a blender and blend until smooth.

Chocolate-Cherry Smoothie

Makes 1 serving

Ingredients

¾ cup nonfat milk or unsweetened soy or almond milk
12 frozen cherries
1 scoop chocolate whey protein powder (⅓ cup)

Directions

Add milk, cherries and whey protein to blender and blend until smooth.

Optional: Add 2-5 ice cubes (before blending) for a thicker smoothie.

Mellow Cranberry Smoothie

Makes 2 Servings

Ingredients

½ cup frozen cranberries
1 medium frozen banana, peeled and sliced
2 clementines, peeled, seeded, and broken into sections
2 Medjool dates, pitted (or substitute 2 tbsp sweetener of your choice)
½ cup cranberry juice (or water)

1/4 tsp vanilla extract
1/4 tsp ground cinnamon
1/2 cup ice
Optional: Splash of sparkling water

Directions

Combine cranberries, banana slices, clementine sections, dates (or sweetener), cranberry juice (or water), vanilla, cinnamon and ice in a blender and puree until perfectly smooth.

Divide between two tall glasses and, if desired, stir a good splash of sparkling water into each.

Serve immediately.

Kiwi Mango Cooler

Ingredients

2 kiwi fruit, peeled
1 cup mango pieces
3 ice cubes
1 cup mineral water
4 frozen strawberries
1 tbsp chia
2 tbsp water

Directions

Peel the kiwis and cut into small pieces. Place in blender with all the other ingredients and blend until smooth.

Carrot Tomato Blast

Ingredients

3 small ice cubes
2 apricots (sliced and pitted) or 2 dried
1 carrot, peeled
6 cherry tomatoes
1 tsp honey
1 tbsp fresh basil
1/4 cup hemp seeds
1/2 cup ice cubes
Sea salt and pepper to taste

Directions

Place all the ingredients in a blender and blend until smooth.

Blueberry Maca Smoothie**Ingredients**

1 cup frozen blueberries
1 cup coconut milk
1 tbsp unsweetened coconut, sulphite-free
1 tbsp maple syrup
1 banana
1/2 tsp cinnamon powder
1 tbsp maca

Directions

Place all the ingredients in a blender and blend.

Strawberry Orange Banana Smoothie**Ingredients**

1 cup milk or coconut milk
1/4 cup hemp seeds
1/2 cup Greek yogurt
1/2 cup frozen strawberries
1 banana
1/3 cup ice cubes

Directions

Blend all ingredients in blender until smooth and enjoy.

Date Almond Smoothie**Ingredients**

1/2 cup chopped dates
1 banana, sliced, (about 1/2 cup)
6 natural almonds
1 orange, juiced
1/2 cup Greek yogurt

1/2 cups crushed ice

Directions

Combine dates, banana slices, and almonds and orange juice in a blender and puree until dates are finely chopped.

Add yogurt and ice, blend until just combined.

Mango Lassi

Makes 4 Servings

Ingredients

2 mangos, partially frozen

1 cup plain yogurt

Directions

Peel and dice mangos. Place in freezer to partially freeze for about 30-45 minutes (or use frozen mangos, partially thawed).

Puree in food processor. Add plain yogurt slowly to the desired consistency (approximately 1 cup) and puree. Serve at once in chilled glasses.

Coffee Banana Morning Smoothie

Ingredients

1/2 small frozen banana

1/2 cup fat-free milk or unsweetened soy milk

1/2 cup brewed coffee (cold)

1/2 cup low-fat yogurt

1/4 tsp cinnamon

1 scoop protein powder

1 tsp flaxseed oil

Directions

Combine all ingredients in a blender and blend for about 90 seconds.