



VEGETARIAN & VEGETABLE SIDE DISHES  
**RECIPES**

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## Almond Broccoli Stir-Fry

(RR, SS, CC)

Serves 4

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2 tsp lemon  
10 cups broccoli florets  
2 gloves garlic  
½ tsp ground ginger  
½ cup slivered almonds, toasted (omit for programs that are nut-free)  
1-2 tsp stevia  
⅓ cup low-sodium soy sauce  
2 TBSP sesame oil

In a nonstick skillet, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, stevia and ginger and cook 1-2 minutes or until stevia is dissolved. Sprinkle with lemon juice and almonds.

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## Artichokes & Green Beans

(Detox, FS, RR, SS, CC, P1, P2)

Serves 5

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1 ¼ pounds fresh green beans  
1 TBSP extra virgin olive oil  
⅔ cup finely chopped onion  
1 clove garlic  
1-14oz can artichoke hearts, rinsed, drained and quartered  
¼ TBSP salt  
⅓ tsp pepper  
¼ parmesan cheese, shredded (omit for Detox, FS, P1 or P2)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through. Sprinkle with cheese just prior to serving.

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## Artichokes with Saffron and Almonds

(RR, SS, CC)

Serves 8

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1 cup dried figs  
1 cup water, boiling  
¼ tsp Saffron spice  
4 pounds baby artichokes, halved and chokes removed  
½ cup almonds  
¼ cup white wine vinegar  
1 tsp paprika  
¼ TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, then remove. Sprinkle with ¼ tsp of saffron threads into the remaining liquid; allow to steep for 5 minutes. Heat oil in a large skillet over medium-high heat. Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the artichoke are tender; about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, wine and paprika. Cook and stir until all of the liquid has evaporated. Remove from the heat, recover, and allow to stand for 5 minutes before serving.

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## Asian Noodles with Edamame

(SS, CC)

Serves 3

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1 TBSP sesame seeds  
1 cup chopped watercress  
1 cup chopped carrots  
1 tsp rice vinegar  
½ cup edamame  
1 TBSP reduced soy sauce  
½ cup green onion, chopped  
1 cup green beans  
2 TBSP sesame oil  
6 oz plain udon noodles

Make dressing by combing soy sauce, rice vinegar, sesame oil, and 2 TBSP water together in a bowl. Bring a large pot of water to boil and add noodles. Cook noodles 5 minutes less than recommended time on package. If the noodles cook in 5 minutes, add the edamame at the same time as you add the noodles. Add edamame and green beans and cook until noodles are tender. Drain the water and add mixture back to pot. Stir in Watercress, green onions, carrots, sesame seeds and dressing.

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## Asian-Style Zucchini

(RR, SS, CC)

Serves 2

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1 large zucchini, halved lengthwise and cut into 1" slices  
2 TBSP sesame seeds  
¼- ½ tsp garlic powder  
Black pepper to taste  
1 tsp reduced sodium soy sauce  
1 tsp unsalted butter

Melt butter in a non-stick skillet over medium heat. Stir in the zucchini, and cook until lightly browned. Sprinkle with soy sauce and sesame seeds. Season with garlic powder and pepper, and continue cooking zucchini is well coated and tender.

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## Asparagus and Red Pepper with Balsamic Vinegar

(RR, SS, CC)

Serves 2

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1 TBSP butter  
1 TBSP extra virgin olive oil  
½ bunch fresh asparagus  
1 sliced red onion  
1 sliced red bell pepper  
1 dash salt to taste  
1 TBSP balsamic vinegar  
¼ cup parmesan cheese  
1 TBSP sesame seeds  
1 TBSP pine nuts

Melt the butter with the oil in a large skillet over medium heat; add the asparagus and red onion in the mixture, season with salt, and cook until the onion begins to soften, about 5 minutes. Stir the red bell pepper into the mixture and continue cooking until the onions begin to caramelize, another 5 minutes. Remove from the heat and add the vinegar, cheese, seeds and nuts; toss to combine.

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## Asparagus with Garlic and Onions

(RR, SS, CC)

Serves 2

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¼ cup water  
½ pound asparagus  
½ cup onions  
3 TBSP butter  
Salt and pepper to taste  
2 garlic cloves

Pour water into a skillet. Place asparagus and onion in the skillet. Bring water to a boil over medium heat. Cover skillet and steam asparagus and onion 2-5 minutes, until slightly tender. Add a few tablespoons of extra water, if needed to maintain steam. When water has steamed off, place butter in skillet. Continue cooking until onions and asparagus are lightly browned. Mix in garlic and cook for 30 seconds. Season with salt and pepper.

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## Broccoli Marinara

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

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2 cloves garlic chopped  
2 TBSP extra virgin olive oil  
2 cups chopped broccoli  
Salt and pepper to taste  
2 cups canned diced tomatoes with basil, garlic and oregano (no salt added)

Heat oil in large skillet over medium heat. Add garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.

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## Baby Bok Choy with Garlic

(RR, SS, CC)

Serves 4

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Salt & Pepper to taste  
2 TBSP butter, unsalted  
3 cups low sodium vegetable broth  
8 cups bok choy (Chinese cabbage)  
4 cloves minced garlic

Melt the butter in a saucepan over medium heat; cook and stir the garlic until very lightly browned, about 5 minutes. Pour in the chicken broth, add the baby bok choy and bring to a boil. Reduce heat to a simmer and cook until the bok choy are tender, about 6 minutes. Season to taste with salt and pepper.

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## Baked Cheese, Spinach, and Bean Burritos

(SS, CC)

Serves 4

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4 low-carb tortillas  
2 cups chopped spinach  
1 cup red kidney beans (rinse if from a can)  
¼ cup low-fat cheddar cheese  
4 TBSP (divided) fat-free sour cream  
¼ cup fresh salsa

Preheat oven to 475 degrees. Cook spinach until it is wilted (rinse spinach and drop into hot skillet with just the water that still clings to leaves after washing – this usually takes about 2 minutes). Combine beans and salsa. Onto each tortilla, spoon ¼ bean mixture, spinach, sour cream (may omit). Roll up. Place tortillas seam side down in the baking dish. Spoon additional salsa over the surface of the burritos and sprinkle with extra cheese (optional). Bake until cheese is melted, about 6-8 minutes.

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## Baked Spaghetti Squash

(SS, CC)

Serves 5

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1 medium spaghetti squash  
Pasta sauce, low-sugar

Preheat oven to 350 degrees. Cook squash until a fork can easily pass through, about 1 hour. Remove from oven and when cool, cut in half lengthwise, scoop out seeds and throw out. Using a fork, scrape the inside of the squash halves to form noodle-shaped strands. Add low-sugar sauce or make your own.

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## Balsamic Barley Salad with Pepper, Corn, Zucchini and Mushrooms

(SS, CC)

Serves 6

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¾ cup pearled barley  
1 corn on the cob, lightly steamed, kernels removed  
1 cucumber, chopped  
½ cup tomatoes, chopped  
¼ cup dill weed  
Black pepper to taste  
2 TBSP red wine vinegar  
2 TBSP balsamic vinegar  
3 TBSP extra virgin olive oil

Cook barley in large saucepan of salted water for 35 minutes, or until al dente. Drain in a colander, rinse and set aside to cool. Whisk together oil, vinegars, wine, pepper and dill weed. Combine remaining ingredients to barley and pour dressing over.

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## Balsamic Kale

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

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5 cups kale, chopped  
1 garlic clove, minced  
1 TBSP extra virgin olive oil  
2 TBSP balsamic vinegar  
Salt and pepper to taste

Cook kale in large covered saucepan over medium-high heat until the leaves are wilted. Uncover; stir in garlic, olive oil and vinegar. Cook while stirring for about 2 minutes. Add salt and pepper to taste.

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## Bean Salsa

(SS, CC)

Serves 4

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15 oz. kidney beans  
3 cups tomatoes  
½ cup yellow bell pepper  
½ cup green bell pepper  
½ red bell pepper  
¼ cup jalapeno peppers  
½ tsp tabasco sauce  
¼ oz. lime juice  
8 fresh sprigs  
1 garlic clove

Combine all ingredients and store in refrigerator until ready to eat.

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## Beet & Arugula Salad with Dried Cranberries

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

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¼ cup dried cranberries  
2 TBSP extra virgin olive oil  
2 TBSP balsamic vinegar  
1 tsp sugar  
⅛ tsp salt  
⅛ tsp pepper  
8 cups arugula  
1 can drained and sliced beets (or fresh after they're cooked)

Combine cranberries with ¼ cup water in a small bowl and microwave for 1 minute. Combine oil, vinegar, sugar, salt, and pepper in a bowl and whisk for 1 minute. In large bowl, toss arugula with half the dressing and portion into individual bowl. Cut beets into cubes and mound over arugula. Drizzle remaining dressing on top of beets. Drain cranberries on top of each salad.

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## Spiced-Up Black Beans

(SS, CC)

Serves 2

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2 TBSP cumin seed  
1 cup chopped onion  
1 cup black beans  
4 cloves garlic, minced  
1 tsp chili powder, more to taste, if needed.

Drain beans and rinse. Add onion, garlic, cumin and chili powder. Season with salt.

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## Brilliant Sautéed Broccoli

(RR, SS, CC)

Serves 6

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1 pound broccoli florets  
3 TBSP parmesan cheese  
1 tsp brown sugar  
2 TBSP extra virgin olive oil  
1 tsp red pepper flakes  
¼ TBSP salt  
⅛ tsp black pepper

Fill a pot with water and bring to a boil. Fill a large bowl or pot with half ice and half water. When the water comes to a boil, add the broccoli florets using a strainer with a handle, if possible. Allow broccoli to cook for 2 minutes until tender. Immediately remove from the boiling water; and transfer to a bowl of ice to stop the cooking process. Immerse the broccoli completely in ice water for a minute. Remove and place in a dish that is lined with paper towels. In a small bowl, mix together the cheese and sugar; set aside. Heat the oil in a large skillet over medium high heat. Throw in the broccoli and season with red pepper flakes, salt and pepper. Stir to coat the broccoli, then cook and stir for 1 to 2 minutes. Remove from the heat and dust with the parmesan cheese mixture.

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## Cauliflower Spanish "Rice"

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

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1 cauliflower head, grated to the texture of rice  
2 garlic cloves – chopped  
1 medium green bell pepper  
1 medium red bell pepper  
3 celery stalks  
2 large carrots  
2 TBSP extra virgin olive oil  
1 medium tomato – diced  
2 tsp cumin

Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.

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## Broccoli with Garlic Butter and Cashews

(RR, SS, CC)

Serves 5

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1 ½ pounds broccoli, cut into bite-sized pieces  
⅓ cup butter  
1 TBSP brown sugar  
3 TBSP soy sauce  
2 tsp white vinegar  
¼ tsp pepper  
2 cloves garlic, minced  
⅓ cup cashew nuts

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes or until tender but still crisp. Drain, then arrange broccoli on a serving platter. While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, and then remove from the heat. Mix in the cashews, and pour the sauce over broccoli.

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## Brown-Butter Brussels Sprouts

(RR, SS, CC)

Serves 6

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¼ chopped pecans  
1 ½ TBSP butter  
1 ½ pounds Brussels sprouts, trimmed  
Salt to taste  
¼ tsp lemon juice

Bring a large pot of salted water to boil. Add the Brussels sprouts and boil about 5 minutes. Drain well and transfer to serving bowl. In a small saucepan, melt the butter over a medium heat. Add the pecans and cook 3-4 minutes, until butter is golden brown and mixture smells sweet and nutty. Remove from heat and immediately add the lemon juice. Pour the pecan butter over the Brussels sprouts.

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## Browned Butter Vegetables with Almonds

(RR, SS, CC)

Serves 6

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Serves 6  
2 TBSP almonds, sliced  
2 TBSP white wine  
1 medium onion, chopped  
1 red bell pepper, chopped  
2 cups broccoli, chopped  
2 cups cauliflower, chopped  
1 stick unsalted butter  
½ tsp garlic salt  
Pepper to taste

Melt butter in skillet over medium-low heat. Season with garlic salt and 1 tsp garlic pepper. Mix in almonds and cook until golden brown. Stir in wine, onion, red bell pepper, broccoli, and cauliflower. Cook 5 minutes or until vegetables are tender. May reduce butter to ½ stick for healthier option.

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## Butternut Squash and White Bean Soup

(SS, CC)

Serves 4

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1 cup chopped onion  
1 ⅛ tsp black pepper  
1 tsp apple cider vinegar  
2 ½ TBSP cumin  
1 TBSP extra virgin olive oil  
1 cup white beans, rinsed if canned  
¼ tsp sea salt  
3 cups butternut squash, cubed  
1 cup low-sodium vegetable broth

Heat oil in large pot over medium-high heat. Add onions and cook for 3 minutes. Add squash, spices and salt. Cook, stirring often, for 3 minutes. Add broth and bring to a boil; reduce heat to simmer until squash is tender, about 15 minutes. Stir in the beans and vinegar. Puree in a food processor or blender. Add salt and pepper to taste.

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## Cabbage Soup

(SS, CC)

Serves 3

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½ tsp pepper  
¼ cup onions  
1 cup carrots  
3 TBSP garlic  
1 cup canned northern beans, drained and rinsed  
1 ½ cups drained tomatoes  
¼ tsp salt  
4 cups vegetable broth  
1 cup green beans, trimmed  
4 cups chopped white cabbage  
1 tsp Italian seasoning

Combine cabbage, onions, carrots with broth and simmer for 15 minutes. Add tomatoes, beans and seasonings. Simmer 20 minutes.

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## Carrot Salad with Cilantro and Lemon

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

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1 large carrot  
2 scallions  
2 TBSP cilantro  
1 TBSP lemon juice  
⅛ tsp salt  
1 dash cayenne pepper

Grate the carrot. Mince the scallion, discarding the root tips and some of the green portion. Place grated carrot in a bowl with the scallions, cilantro, lime juice and salt. Toss. Sprinkle pepper and serve.

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## Cauliflower Soup

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

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⅛ TBSP nutmeg  
½ ounce agave nectar  
5 cups cauliflower  
2 TBSP extra virgin olive oil  
4 cups water  
1 medium onion, sliced  
1 clove garlic, sliced  
1 cup apple, cored and chopped

Heat oil in saucepan. Add onion, garlic and apple and cook until soft. Stir in remaining ingredients and cook for 2 minutes. Add 4 cups of water and bring to a boil. Reduce heat to simmer and cook 15-20 minutes or until cauliflower is tender. Let cool 10 minutes. Puree soup in a blender and return to saucepan. Season with salt and pepper. Garnish with parsley or lemon zest.

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## Cheddar Scallion Cornbread

(SS, CC)

Serves 15

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¼ cup scallions, chopped  
⅓ cup shredded low-fat cheddar cheese,  
1 ¼ cup vegetable oil  
2 egg whites, lightly beaten  
1 cup low-fat buttermilk  
¼ tsp black pepper  
½ TBSP salt  
¾ tsp baking soda  
1 ½ tsp baking powder  
1 ½ oz. Splenda  
⅔ cup cornmeal

Preheat oven to 425 degrees. Mist two 8-inch round cake pans with cooking spray. In a medium bowl, whisk together the flour, cornmeal, Splenda, baking powder, baking soda, salt and pepper. Stir in buttermilk, oil, egg whites until combines. Distribute the batter evenly between the pans; sprinkle with cheddar and scallions. Bake 15-18 minutes or until a toothpick comes out clean. Let cool and serve.

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## Cheesy Eggplant Parmesan

(RR, SS, CC)

Serves 8

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¼ TBSP basil  
3 large egg whites  
2 cups marinara sauce  
½ cup low-fat parmesan cheese  
2 ½ cups shredded low-fat mozzarella cheese  
½ cup whole wheat breadcrumbs (may use panko)  
2 eggplants, unpeeled and sliced

Preheat oven to 400 degrees. Coat 2 cookie sheets with cooking spray. Whisk egg whites with 3 TBSP water until egg whites look frothy. Combine breadcrumbs, ¼ cup parmesan cheese, salt and pepper together and place on flat plate. Dip the eggplant into the egg white mixture and coat with breadcrumbs. Place on cookie sheet and bake until golden brown on each side, about 30 minutes. Combine basil and sauce; spread an even amount on the bottom of the baking dish. Top the marinara with the golden eggplant, cover with more sauce and half the mozzarella cheese. Repeat until all eggplant, sauce and cheese is gone. Sprinkle the remainder of the parmesan cheese on top and bake 20-30 minutes.

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## Cherry Tomato Salad with Green Onions and Cilantro

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

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1 pound cherry tomatoes  
6 scallions  
2 tsp chili powder  
2 tsp dried oregano  
½ tsp crushed garlic  
⅛ tsp salt  
2 TBSP freshly squeezed lime juice  
2 TBSP apple cider vinegar  
¼ cup fresh cilantro leaves

Cut tomatoes in half. Mince scallions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and cilantro and toss to combine.

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## Chilled Tomato Soup with Avocado & Basil

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

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8 cups cherry tomatoes  
2 TBSP balsamic vinegar  
1 avocado  
8 basil leaves  
1 cup chopped red bell pepper  
1 cup chopped green bell pepper  
2 cups chopped zucchini

Combine tomatoes, balsamic vinegar and salt in a blender. Puree until smooth, then strain through a mesh strainer. Add peppers and zucchini and refrigerate for 2 hours. Portion into 4 bowls and divide avocado. Tear basil leaves and sprinkle over top. Season with salt and pepper.

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## Classic Gazpacho

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

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½ cup water  
4 cups cherry tomatoes  
1 large cucumber, diced  
1 yellow bell pepper, diced  
1 white onion, diced  
¼ cup olive oil  
2 garlic cloves, minced  
1 jalapeno pepper, minced  
2 TBSP parsley, chopped  
2 TBSP basil, chopped  
2 TBSP red wine vinegar

Blend tomatoes, water and oil in a blender. Transfer to a bowl and add remaining ingredients. Refrigerate and serve.

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## Cold Spicy Noodles with Grilled Tofu

(SS, CC)

Serves 8

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½ pinch red pepper flakes  
2 TBSP tahini  
2 tsp soy sauce  
¼ cup fresh orange juice  
1 block firm tofu  
1 TBSP sesame oil  
½ cup cilantro  
2 scallion stalks  
½ cup sliced red bell pepper  
High fiber whole grain spaghetti

Slice tofu into 8 pieces. Place double layer paper towels on cutting board and set over sink. Arrange tofu in 1 layer on cutting board then top with clean dishtowel. Place second board on top and add some weight (4-5 pounds) let stand for 10 minutes. Uncover tofu and place in 1 layer in shallow baking dish. Drizzle with ¼ cup fresh orange juice and low-sodium soy sauce. Marinate at room temperature, turning often. In a large bowl, mix cilantro, miso, tahini, oil, remaining 3 TBSP orange juice and crushed red pepper flakes. Add green onion, pepper and noodles to mix. Broil or grill tofu slabs until lightly browned; 1-2 minutes per side. Serve over cooked noodles.

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## Cold Tomato and Basil Soup

(Detox, FS, RR, SS, CC)

Serves 4

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8 cherry tomatoes  
½ cup parsley, chopped  
2 TBSP vinegar  
¼ tsp salt

Combine all ingredients in a blender and puree until smooth. Transfer to bowl and chill for 2 hours.

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## Countryside Vegetarian Chili

(RR, SS, CC)

Serves 8

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2 tsp herbs de provence  
1 TBSP salt  
4 cups flaxseed meal  
4 cups chopped tomatoes  
½ TBSP black pepper  
2 medium onions, chopped  
1 whole eggplant, peeled and chopped  
2 medium zucchini, chopped  
8 jalapeno peppers, minced

Combine all ingredients in a slow cooker and cook 4-6 hours on low. If cooking in a regular pot, bring chili to boil over medium high heat and then simmer for 1.5-2 hours.

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## Cranberry-Apple Stuffing

(SS, CC)

Serves 12

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½ cup dried apricots  
½ TBSP salt  
½ tsp oregano  
6 cups cubed whole grain bread  
8 links turkey bacon  
½ cup liquid egg substitute  
½ tsp black pepper  
2 TBSP parsley  
5 medium granny smith apples  
2 yellow onions, chopped  
1 TBSP unsalted butter  
8oz vegetable stock

Preheat oven to 350. Toast bread cubes until light golden color, about 12-15 minutes; set aside and cool. Increase temperature to 375 degrees. Place turkey bacon in a heavy saucepan. On stovetop, cook over medium heat until the bacon starts to brown. Remove from pan; chop into small diced pieces and reserve. Melt butter in the saucepan. Add onions and sauté until golden brown, and then add bacon, apples and celery. Cook 3-5 minutes, stirring continuously. Spray 13x9 baking dish and add toasted bread, vegetable mixture and broth to a large bowl. Mix in herbs, seasonings, fruit, and eggs. Transfer to baking dish. Cover with foil, sprayed with cooking spray. Cook 30 minutes. Remove foil and bake until top is browned, about 20 minutes.

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## Creamy Broccoli Soup

(RR, SS, CC)

Serves 4

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Dash black pepper  
¼ tsp nutmeg  
½ cup low-fat cream cheese  
¼ cup white onions  
2 cups chopped broccoli  
1 TBSP unsalted butter  
2 cups vegetable broth  
1 cup low-fat milk

Cook/steam broccoli. Cook onions in butter in medium-high heat until onions are crisp-tender. Reduce heat to medium. Add milk and cream cheese; cook until cream cheese is melted, stirring frequently. Stir in remaining ingredients. Cook until heated through, stirring frequently.

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## Creamy Carrot Soup

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

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1 cup chopped celery  
Salt and pepper  
6 oz. vegetable stock  
3 TBSP olive oil  
¼ oz. parsley  
1 cup chopped onions  
1 ½ pounds carrots, chopped

Put oil in a large deep saucepan over medium heat. When oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally, about 15 minutes or until carrots are softened. Add stock and cook until vegetables are very tender, about 15-20 minutes. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

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## Creamy Cheesy Cauliflower Soup

(RR, SS, CC)

Serves 4

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½ cup chopped celery  
2 TBSP extra virgin olive oil  
1 cup low-fat shredded cheese  
8 oz. low-fat milk  
Dash black pepper  
½ cup chopped onions  
1 cup cauliflower  
4 cups chicken broth

Heat oil in a stock pot. Sauté onions and celery until onion is translucent add cauliflower and chicken stock; bring to a boil, reduce heat, cover and simmer for 25 minutes, or until cauliflower is tender, stirring occasionally. Puree cauliflower mixture in a blender until smooth. Return to pot and add cheese, salt and pepper. Bring back up to temperature over medium-low heat until cheese is melted and well incorporated. Add milk and stir until heated through. If the soup is still too thick, add more broth until the consistency is to your liking.

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## Creamy Zucchini with Basil

(RR, SS, CC)

Serves 6

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1 cup vegetable broth  
2 cloves garlic, minced  
Dash cayenne pepper  
1 carrot – julienned  
4 zucchini, cut into 2" julienne strips  
1 tsp cornstarch  
¼ cup low-fat milk  
¼ parmesan cheese  
¼ cup basil, chopped  
¼ cup low fat mozzarella cheese

In a large saucepan, combine broth, garlic and cayenne pepper to a boil. Cook uncovered until mixture is reduced by ⅓. Add carrots and reduce heat. Cover and cook 4-5 minutes or until tender. Add zucchini cover and cook 8-10 minutes or until tender. Drain liquid. Combine cornstarch and milk until smooth. Stir in vegetables and bring to a boil. Cook for 2 minutes stirring frequently until thickened. Add parmesan cheese and basil, stirring gently. Top with mozzarella cheese.

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## Creole Okra and Tomatoes

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

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1 TBSP extra virgin olive oil  
1 yellow onion, chopped  
4 cups okra, sliced  
2 cup chopped plum tomatoes  
1 bay leaf  
½ tsp thyme  
¼ TBSP salt  
½ tsp red pepper

Heat oil in skillet over medium heat, and then add onion and sauté until tender. Add okra, tomatoes, bay leaf, thyme, salt and red pepper. Cover and cook 15 minutes. Uncover and cook 3-5 minutes or until okra is tender and piqued is mostly evaporated.

---

## Cucumber Salad with Dill

(RR, SS, CC)

Serves 1

---

1 cucumber, sliced  
2 DBSP dried dill weed  
⅓ cup plain Greek yogurt  
1 dash salt  
¼ tsp pepper

Slice cucumber in large pieces; combine all other ingredients and toss. Serve at room temperature.

---

## Cucumber Salad with Basil

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

---

3 large cucumbers  
½ cup sliced red onions  
1 TBSP chopped basil fresh  
1 TBSP fresh parsley, chopped  
1 TBSP extra virgin olive oil  
2 ½ tsp Dijon mustard  
¼ salt  
2 TBSP balsamic vinegar

Place cucumbers and onion in a bowl. Combine basil and remaining ingredients, then pour over cucumber mixture and toss gently. Cover and chill.

---

## Cucumber, Tomato and Mint Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

---

2 cups cucumber, sliced  
3 tsp sugar  
2 medium plum tomatoes  
½ cup chopped scallions  
½ TBSP fresh mint  
2 TBSP extra virgin olive oil  
½ tsp black pepper  
3 TBSP red wine vinegar  
½ tsp salt

In a large bowl, combine cucumbers, vinegar, sugar and salt and let sit for 30 minutes. Add tomatoes, scallions, mint and oil. Gently combine while seasoning with salt and pepper to taste.

---

## Curried Lentils and Rice

(SS, CC)

Serves 2

---

2 tsp curry powder  
1 cilantro sprig  
1 cup celery, chopped, 1 cup cooked basmati rice  
1 tsp agave syrup  
½ cup low fat sour cream  
1 cup chopped onions  
1 TBSP balsamic vinegar  
8 oz. lentils  
1 TBSP canola oil  
4 cups water

Cook rice according to directions. Heat the oil and curry powder together in a large saucepan over medium-high heat. Add the onion and celery; cook 5 minutes, stirring occasionally, until vegetables are soft. Add the water and lentils and bring to a boil; reduce heat. Cover and simmer for 20 minutes, until lentils are soft. Remove from heat; stir in agave syrup, vinegar, salt and sour cream. Ladle over bowls of rice. Top with cilantro.

---

## Curried Tofu Scramble with Roasted Peppers and Peas

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

---

1 TBSP canola oil  
½ yellow onion diced  
1 TBSP curry powder  
1 cup frozen green peas  
½ cup red bell pepper  
½ cup water  
14 oz. firm, pressed and crumpled tofu\*  
¼ tsp salt  
¼ TBSP cilantro  
¼ tsp pepper

Heat the olive oil in a heavy-bottomed skillet over medium-high heat. Add the tofu, onion, curry powder, salt, and black pepper and sauté for 2 minutes, stirring frequently. Add water and cover. Cook 3 minutes. Stir in peas, roasted pepper and cilantro. Cook 2 minutes.

\*Tip: Freezing tofu will make it crumble better.

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## Detox Spicy Gazpacho

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

---

4 cups tomatoes  
1 cup chopped green bell pepper  
1 cup chopped red bell pepper  
¾ cup chopped celery  
1 cucumber, chopped  
½ cup chopped white onion  
2 garlic cloves, minced  
1 TBSP lemon juice  
1 TBSP basil  
1 tsp parsley  
1 tsp cumin  
Hot pepper sauce (to taste)  
¼ cup balsamic vinegar

Mix all together and refrigerate overnight.

---

## Eggplant Casserole

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

---

½ cup tomato sauce  
1 tsp oregano  
½ cup mushrooms  
1 tsp basil  
½ tsp garlic powder  
1 cup chopped red onions  
2 whole eggplants, peeled and sliced thin

Preheat oven to 350 degrees. Place eggplant on cookie sheet that is sprayed with cooking spray, and then spray some on the eggplant. Place under broiler for 10-15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour.

---

## Eggplant Mixed Grill

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

---

2 TBSP olive oil  
2 TBSP parsley  
6 tsp oregano  
2 TBSP basil  
1 TBSP balsamic vinegar  
1 TBSP salt  
½ tsp pepper  
6 cloves garlic, minced  
1 red onion, cut into wedges  
Asparagus (10 spears)

In a large resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt and pepper and garlic. Place the onion, asparagus, mushrooms, eggplant, and bell peppers in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat grill for high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.

---

## Eggplant Parmesan

(RR, SS, CC)

Serves 2

---

Dash salt  
Pinch red pepper flakes  
½ cup part-skim ricotta cheese  
1 cup chopped onion  
1 cup canned whole tomatoes  
Dash pepper  
1 whole eggplant, peeled and diced  
1 cup parsley  
1 TBSP basil  
2 garlic cloves, minced

Salt the eggplant and let drain for an hour to take out the bitterness. Heat 1 TBSP of oil in a pot, then add onion and 1 garlic clove and sauté for a few minutes, until soft but not browned. Then add the tomatoes. Add chopped basil, parsley, pepper and red pepper flakes and cook for a few minutes to marry the flavors. Mix the ricotta with remaining garlic, chopped parsley and red pepper flakes. Take some of the sauce and place on the bottom of a pan, place a layer of eggplant, put a layer of ricotta, then top with sauce and repeat. Bake at 325 degrees for 50 minutes or until eggplant is cooked through and soft.

---

## Eggplant Spinach Sauté

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

---

1 eggplant, cut into 1" cubes  
2 large carrots, cut into 1" pieces  
1 cup cauliflower  
1 bunch spinach  
1 tsp olive oil  
1 onion, diced  
Salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, eggplant, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

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## Fennel and Radicchio Salad with Balsamic Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

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2 TBSP extra virgin olive oil  
1/8 tsp salt  
1/4-1/2 cup balsamic vinaigrette  
1 1/2 cups fennel bulbs (cored and thinly sliced)  
2 cups radicchio (red chicory), torn and loosely packed

In a small bowl, whisk together the oil, balsamic vinegar, salt, and pepper for about 1 minute. Place fennel and radicchio in a bowl and toss with dressing. Serve over a lettuce leaf.

---

## French Onion Soup

(SS, CC)

Serves 6

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1/3 oz. dry sherry  
1 TBSP oil and vinegar (homemade mix)  
1 oz. Dijon mustard  
2 TBSP whole-grain flour  
5 medium onions, sliced  
1 TBSP vegetable oil  
2 TBSP unsalted butter  
3 garlic cloves  
6 slices whole grain bread  
3 oz. gruyere cheese, grated  
6 cups vegetable broth

Heat butter and onions in large saucepan. Add onions, garlic and salt and heat to a simmer, stirring occasionally, about 5 minutes. Reduce heat to very low and cook 50-60 minutes, stirring occasionally, until onions are tender and brown. Mix in flour, and cook 3-4 minutes, stirring constantly. Simmer 15 minutes covered, stirring a couple of times. Mix homemade dressing, put soup in heat-proof bowls and top each with a slice of bread and grated cheese. Place in oven and broil until top is bubbly and golden brown.

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## Fresh Summer Vegetable Ratatouille

(Detox, FS, RR, SS, CC, P1, P2)

Serves 8

---

1/2 tsp basil  
1/2 tsp salt  
3+ TBSP extra virgin olive oil  
1 bay leaf  
2 medium onions, sliced  
2 zucchini, chopped  
3 garlic cloves, minced  
1 eggplant, unpeeled and cubed  
1 summer squash, cubed  
2 medium green bell pepper, chopped  
1 red bell pepper, chopped  
4 small tomatoes, chopped

Heat 1 1/2 TBSP oil in a large stockpot over medium-high heat. Add the onions and garlic and cook until soft. In a large skillet, heat 1 1/2 TBSP oil and sauté zucchini in batches until slightly browned on all sides. Remove zucchini and place in pot with onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time to add a new set of vegetables in. Season pot ingredients with salt and pepper. Add bay leaf and cover. Cook over medium heat for 20 minutes. Add chopped tomatoes and parsley and cook another 10-15 minutes, stirring occasionally. Remove bay leaf and adjust seasoning.

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## Garden Vegetable Packet

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

---

3 cups broccoli  
2 cups cauliflower  
1 red bell pepper, sliced  
1 tsp basil  
1/2 TBSP salt  
1/8 tsp pepper

Preheat oven to 450 degrees. Center vegetables on a sheet of aluminum foil and sprinkle seasonings, then top with 2 ice cubes. Bring foil up and double fold top to seal and make like a tent. Bake 20-25 minutes.

---

## Garden Vegetable Soup

(Detox FS, RR, SS, CC, P1, P2)

Serves 2

---

1/2 cup zucchini  
2 garlic cloves, sliced  
1/2 tsp salt  
2/3 cup carrots, strips  
1/2 cup onions, chopped  
1 1/2 cup cabbage, chopped  
1 TBSP no-added-salt tomato paste  
1/2 cup green beans  
1 tsp basil  
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion, and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in zucchini and heat 3-4 minutes.

---

## Ginger Carrot Soup

(RR, SS, CC)

Serves 6

---

3 TBSP fresh ginger  
1 cup butternut squash, cubed  
2 tsp extra virgin olive oil  
4 carrots  
Salt, to taste  
1 onion, chopped  
2 cups vegetable broth  
1 garlic clove, chopped  
2 chives, chopped  
1 apple, chopped  
1 can lite coconut milk

In a large stockpot, heat oil on medium heat and sauté carrots and onions until soft. Add garlic, ginger, squash and apples. Sauté until fragrant. Add broth and salt. Reduce heat to medium low; simmer, covered, 45 minutes or until vegetables are tender. Pulse mixture in a blender. Add coconut milk. Garnish with pear and chives.

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## Golden Carrot Soup

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

---

3 TBSP bay leaves  
2 TBSP olive oil  
¼ tsp black pepper  
2 TBSP parsley  
2 ½ cups carrots, chopped  
1 onion, chopped  
2 garlic cloves, minced  
4 cans vegetable or chicken broth

Heat oil in saucepan. Add carrots, onions, garlic and bay leaves. Put in broth in another pan and bring to boil. Pour boiling broth over the vegetables and simmer 15 minutes or until tender. Remove pan from heat and remove bay leaves. Allow the soup to cool a little and then transfer to a food processor or blender and puree until smooth. Season with pepper. Garnish with parsley.

---

## Green Bean Casserole

(SS, CC)

Serves 4

---

1 cup onions, chopped  
3 oz. goat cheese, hard type  
3 cups green beans  
1 cup mushrooms  
¾ cup red bell pepper  
4 TBSP balsamic vinegar  
3 oz. fat-free cream cheese

Use fresh whole green beans and trim the ends and boil in just enough water to cover for 3 minutes. Combine the slightly cooked green beans, mushrooms, and red, yellow, or orange peppers in casserole dish. Toss with olive oil, soy sauce, or balsamic vinegar and roast for 15 minutes at 375 degrees. In a separate saucepan, sauté onions in olive oil until tender and brown. For additional flavor mix the greens, mushrooms and peppers with cream cheese and goat cheese and bake at 400 degrees for 5-8 minutes.

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## Green Bean Salad with Asian Flavors

(RR, SS, CC)

Serves 4

---

1 lb. fresh green beans  
2 TBSP rice vinegar  
1 TBSP extra virgin olive oil  
1 TBSP dry sherry  
2 tsp soy sauce  
1 tsp sesame oil  
1 garlic clove, minced  
¼ tsp black pepper  
1 tsp sesame seeds

Cut off green bean stems and steam beans in a covered steamer for 8 minutes. Whisk together the vinegar, olive oil, dry sherry, soy sauce, sesame oil, garlic and pepper until emulsified, about 1 minute. Set aside. Toast the sesame seeds in a small, dry pan over medium heat, stirring occasionally until they turn a darker shade of tan and emit a toasted aroma, about 1 minute. Immediately remove them from the pan and set aside. When the beans are fork-tender, rinse them briefly with cold water and drain very well. Toss warm beans with the dressing in a serving dish. Sprinkle with sesame seeds and serve.

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## Green Beans with Almonds

(RR, SS, CC)

Serves 7

---

2 pounds green beans  
¼ cup sliced almonds

Trim ends off green beans and steam. Place in a bowl and top with almonds.

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## Grilled Vegetables

(Detox, FS, RR, SS, CC)

(Servings based on amount of vegetables)

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Vegetables of your choice  
Extra virgin olive oil  
Dash salt and pepper

Preheat grill for high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness is reached.

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## Garlic Kale

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

---

5 cups kale, chopped  
4 cloves garlic, minced  
2 TBSP extra virgin olive oil

Remove leaves from the stem and tear into bite-sized pieces, discarding the stems. In a large pot, heat oil over medium heat. Cook and stir the garlic until softened, about 2 minutes. Add kale and continue to cook and stir for about 5 minutes or until kale is bright green and wilted.

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## Grilled Italian Vegetables

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

---

2 red bell peppers, cut into strips  
1 zucchini, thinly sliced  
1 red onion, thinly sliced  
8 small mushrooms  
3 plum tomatoes, cut into ½" pieces  
3 garlic cloves, minced  
3 TBSP olive oil  
3 TBSP lemon juice  
1 tsp basil  
½ TBSP salt

Preheat grill to medium-high heat. Fold aluminum foil over the outside of a 13x9 baking pan, then remove foil and place it on a cookie sheet. Place vegetables in the "foil pan." Combine all other ingredients and drizzle over vegetables. Grill 25-20 minutes.

---

## Grilled Tomatoes and Stuffed Mushrooms

(RR, SS, CC)

Serves 4

---

4 tomatoes  
1 ½ TBSP balsamic vinegar  
1 ½ TBSP olive oil  
Salt and pepper  
1 clove garlic  
8 mushrooms, stems removed  
7 oz. fat free ricotta cheese  
2 TBSP dill weed  
2 TBSP parsley  
1 lemon, juices and grated ½ rind

Preheat oven to 375 degrees. Line baking tray with parchment paper. Place the tomatoes, cut side up, on the tray; drizzle with 2 teaspoons each of the vinegar and oil and sprinkle with a little salt. Bake 20 minutes or until tender. Meanwhile, combine the remaining oil and crushed garlic. Brush the tops of the mushrooms with the garlic oil and place, stem side down, on a baking sheet lined with baking paper. Bake for 20 minutes. Place the ricotta in a bowl and use a fork to break up. Add the dill, parsley, lemon rind, and lemon juice. Mix well and season with salt and pepper. Turn the mushrooms over and fill with ricotta mix. Return to the oven for 5 more minutes or until mix is heated through. Divide the spinach among 4 plates. Top with the mushrooms and tomatoes. Drizzle with a teaspoon of the remaining vinegar.

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## Grilled Vegetables and Tofu Salad

(RR, SS, CC)

Serves 4

---

2 red peppers, quartered  
2 zucchini, thinly sliced  
2 baby eggplant, thinly sliced lengthwise  
7 oz. whole mushrooms, stems trimmed  
4 ½ oz. baby corn, halved lengthwise  
2 ½ TBSP olive oil  
13 oz. patted dry firm tofu  
3 ½ oz. Macadamia nuts

Preheat grill and flat plate on medium heat. Place the pepper, zucchini, eggplant, mushrooms and corn in a large bowl. Add 2 teaspoons of oil and toss to coat. Place pepper, skin side down, on grill and cook 4 minutes on each side, or until skin starts to blacken. Transfer to a bowl, cover with towel and set aside to cool. Place the zucchini and eggplant on the grill and cook 3 minutes, or until tender. Set aside. Place mushrooms and corn on the flat plate. Cook 3-4 minutes. Transfer with the rest of the vegetables. Brush tofu with 1 TBSP oil. Place on grill and cook 4 minutes on each side. Cut into strips and add to vegetables. Once pepper is cool, peel away the skin and cut the flesh into thin strips. Add to the other cooked veggies, then add the basil and nuts. Toss. In a separate bowl combine remaining oil, vinegar and mustard and season well. Add to the vegetables and toss.

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## Hearty Bean Soup

(SS, CC)

Serves 8

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1 pound navy beans  
¼ oz. parsley  
6 cups low-sodium vegetable broth (or chicken broth)  
1 TBSP crumbled bay leaves  
2 cups chopped celery  
1 large onion  
½ tsp pepper  
4 cups water  
½ tsp salt

Soak beans overnight in water that covers them by 2 inches. Place drained beans in a large pot with broth, water, onion, celery and bay leaf. Bring to a boil; reduce heat and simmer gently, partially covered, until beans are almost tender, about 1 hour. Stir tomato paste and salt into bean mixture. Return to a simmer and continue cooking, partially covered until beans are cooked through, 30-45 minutes longer. Remove and discard bay leaf. Puree about half the bean mixture. Stir in parsley and pepper into soup and bring back to a simmer. Season to taste with salt.

---

## Herbed Vegetables and Lentils

(RR, SS, CC)

Serves 2

---

1 cup zucchini, sliced  
1 scallion  
2 cups drained pimientos  
½ tsp oregano  
¼ tsp thyme  
¾ cup lentils  
1 ½ cup vegetable broth (may use chicken)  
4 TBSP parmesan cheese  
2 garlic cloves minced  
1 cup sliced summer squash

Heat chicken broth and lentils to boiling in 2 quart non-stick saucepan, stirring occasionally. Cover and simmer for 20 minutes. Stir in zucchini, squash, onions, herbs and garlic. Heat to boiling. Reduce heat and simmer 5 minutes. Stir in pimientos. Cook uncovered until vegetables are crisp-tender and mixture is of desired consistency, 2-3 minutes longer.

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## Individual Frittatas with Pepper, Sweet Potato, Baby Peas and Feta

(SS, CC)

Serves 6

---

1 TBSP olive oil  
1 red onion, thinly sliced  
1 red pepper cut into strips  
10 oz. sweet potato cut into ½" pieces  
1 clove garlic, crushed  
1 cup peas  
½ cup semi-dried tomatoes  
3 oz. feta cheese  
Cooking spray  
7 eggs  
½ cup low-fat milk

Heat oil in a skillet over medium-high heat. Add the onion, pepper, sweet potato and garlic. Cook, stirring often, for 5 minutes. Add the peas and cook 3 minutes. Remove from heat and set aside to cool. Stir in the semi-dried tomatoes and feta. Spray a 6 cup large muffin tin with cooking spray. Whisk eggs with milk and season with salt and pepper. Divide the veggies among the muffin cups. Pour egg mixture evenly over the vegetables. Bake for 20-25 minutes. Let cool 10 minutes before removing egg from muffin cups.

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## Lemon Roasted Asparagus with Parmesan

(RR, SS, CC)

Serves 6

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1 lemon zest  
2 TBSP olive oil  
½ TBSP salt  
¼ cup parmesan  
2 ½ bunch asparagus  
4 garlic cloves, chopped  
¼ tsp pepper

Preheat oven to 425 degrees. In a roasting pan, toss asparagus with the oil, garlic lemon zest, salt, pepper and red pepper. Roast for 20-25 minutes, tossing occasionally until brown. Drizzle lemon juice to taste over asparagus. Sprinkle with parmesan cheese before serving.

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## Japanese Vegetable Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

---

1 TBSP red wine vinegar  
¼ slices white radishes  
¼ cup red radishes  
¼ cup sliced and seeded cucumber  
1 cup water  
Salt to taste  
¼ cup carrot strips, diagonally sliced

In a bowl, combine radishes, cucumber, carrot and salt. Toss and mix and let stand for at least 20 minutes or up to 2 hours. In a small saucepan, bring vinegar and water to a boil. Remove from heat and cool. Transfer vegetables to colander and press gently to allow liquid to drain off. Return vegetables to bowl. Pour vinegar mixture over vegetables and toss to coat. Cover bowl with plastic wrap and refrigerate until serving.

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## Lentils with Spinach, Mushrooms and Onions

(SS, CC)

Serves 2

---

4 cups baby spinach  
1 tsp pepper  
1 TBSP all-spice  
¼ tsp salt  
2 TBSP olive oil  
1 cup chopped onions  
½ cup mushrooms  
3 cups water  
1 cup brown rice  
¾ cup lentils  
3 cloves garlic, minced

Bring salted water to a boil. Add lentils and simmer uncovered for 20 minutes. Add rice and simmer 20 minutes. Add salt, pepper and allspice to rice and lentil mixture. Heat oil in skillet on medium. Add onions and sauté until wilted and translucent. Add mushrooms and garlic cook until brown. Add spinach and sauté until wilted. Add vegetables on top of lentils in bowls and serve with a side of greens.

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## Macaroni and Cheese

(SS, CC)

Serves 6

---

1 cup onions, chopped  
1 tsp olive oil  
4 cups whole wheat elbow pasta  
1 cup fat-free cottage cheese  
2 TBSP whole wheat flour  
1 tsp yellow mustard  
2 cups low-fat cheddar cheese  
1 cup skim milk

Preheat oven to 350 degrees and coat a 9x13 inch baking dish with cooking spray. Bring large pot of salted water to a boil. Cook pasta according to directions. Drain and rinse. Puree cottage cheese in food processor. Whisk together 1 cup of milk, whole wheat flour and mustard in a small bowl until smooth. Cook chopped onions in 1 tsp oil until softened then whisk in flour mixture and cook until thickened. Remove mixture from heat. Whisk in cottage cheese, grated cheddar cheese, and salt and pepper. Stir in pasta and transfer to a baking dish. Bake 30 minutes until hot and lightly browned. Let sit 10 minutes before serving.

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## Mashed Cauliflower

(RR, SS, CC)

Serves 4

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¼ cup skim milk  
1 garlic clove, minced  
1 head cauliflower  
1 dash pepper and salt  
¼ cup chicken stock (optional)

Boil cauliflower until tender. Roast garlic until soft. Drain cauliflower, add garlic and mash. Add salt and pepper to taste and flavor with milk or chicken stock.

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## Mediterranean Summer Tomatoes

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

---

5 fresh tomatoes  
5 shallots, chopped  
½ cup olive oil  
¼ cup balsamic vinegar

Core and slice the tomatoes and arrange. Sprinkle shallots over the tomatoes. Whisk the oil and vinegar, then pour over tomatoes. Let stand for 5 minutes before serving.

---

## Middle Eastern Salad

(SS, CC)

Serves 4

---

1 cup tomatoes, chopped  
2 ½ cup lemon juices  
2 TBSP green scallions  
1 cup cucumber, sliced  
½ cup radishes  
1 cup green pepper, chopped  
2 cups chickpeas  
¼ tsp pepper  
¼ TBSP mustard  
1 TBSP red wine vinegar  
¾ cup olive oil  
2 TBSP parsley

Combine vinegar, olive oil, mustard, salt, garlic, lemon juice and pepper in a serving bowl. Whisk until blended. Add chickpeas, tomatoes, cucumbers, green peppers, radishes, scallions, and parsley. Toss and chill 2-4 hours. Add lemon juice to salad and serve over fresh baby spinach.

---

## Mini Cheese Pita Pizza

(SS, CC)

Serves 4

---

2 oz. mozzarella cheese  
½ tsp oregano  
8 cups low-sugar tomato sauce  
4 pita breads

Place pita breads topside up on a baking dish. Broil for 1 minute. Remove bread from oven and turn over. Evenly divide remaining ingredients and arrange on the untoasted bottom sides of the pitas. Place under the broiler for 1 minute or until cheese is melted. Serve immediately.

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## Mixed Greens with Pear, Blue Cheese and Pecans

(RR, SS, CC)

Serves 4

---

8 cups salad greens  
1 pear, cored and thinly sliced  
½ cup crumbled blue cheese  
¼ cup pecans  
Raspberry vinaigrette

Place greens in a bowl. Add pear slices and blue cheese and toss. Sprinkle nuts and drizzle vinaigrette over salad. Toss.

---

## Mushrooms and Peppers

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

---

1 cup chopped red bell pepper  
½ pounds mushrooms, sliced  
1 tsp garlic, minced  
1 tsp thyme  
2 TBSP chicken broth  
1 tsp olive oil

Heat oil in a skillet on medium-high heat and add mushrooms. Cook until they begin to brown. Then, add the peppers and cook 3 minutes. Add salt, pepper, garlic and herbs and cook 30 more seconds, then add broth. Cook until liquid evaporates.

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## Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

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2 TBSP soy sauce (or Bragg's Liquid Amino Acids)  
1 TBSP olive oil  
1 tsp honey  
½ tsp dark sesame oil  
¼ tsp ground ginger  
¼ tsp chili powder  
Salt and pepper to taste  
Avocado  
½ cup sprouts  
1 scallion  
1 jalapeño pepper, diced  
2 cups cabbage

Place the cabbage in a large bowl. Mince the scallions, discarding the root tips and some of the green portion. Remove stem of the jalapeno pepper, then cut lengthwise, scrape seeds out and finely mince. Add the scallions, jalapeno, sprouts and cabbage and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chili powder, salt and pepper for about 1 minute. Pour over the cabbage. Add avocado slices and toss gently.

---

## Navy Bean Salad

(SS, CC)

Serves 6

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2 ½ TBSP chopped scallions  
1 oz. lime juice  
1 TBSP capers  
3 cups red cabbage  
½ cup pesto  
4 cups navy beans (cooked; if canned, rinsed and drained)

Combine all ingredients and let sit 15 minutes before serving.

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## Nopalito Salad with Pickled Jalapenos

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

---

¼ cup minced red onions  
2 TBSP olive oil  
1 TBSP lime juice  
1 large tomato sliced  
½ cup parsley  
4 Nopales

Place the nopales in a bowl and add parsley, onion, oil, pickled jalapeno and lime juice. Toss to combine. Arrange a lettuce leaf on each individual plate and top each with the nopales mixture. Arrange the tomato slices around the edge of each plate.

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## Oven-Roasted asparagus

(Detox, FS, RR, SS, CC)

Serves 4

---

1 bunch asparagus, ends trimmed  
3 TBSP olive oil  
1 clove garlic, chopped  
½ tsp pepper  
1 TBSP lemon juice  
1 ½ TBSP parmesan cheese (optional)  
¼ tsp salt

Preheat oven to 425 degrees. Place all ingredients in a plastic re-sealable bag and shake to coat asparagus. Bake 15 minutes. Sprinkle with lemon juice.

---

## Pasta e Fagiolo

(SS, CC)

Serves 4

---

1 cup onions  
4 cups vegetable broth (may use chicken broth)  
2 cloves garlic, minced  
1 tsp rosemary  
1 cup chopped carrots  
½ cup parmesan cheese  
2 oz. cannellini beans  
1 TBSP olive oil  
1 ½ oz. whole grain bow-tie pasta  
1 cup tomatoes, canned with basil garlic and oregano

Heat oil in a large pot over medium-high heat. Add the onion, garlic, rosemary and carrots; cook 5 minutes, stirring occasionally, until vegetables soften. Add the broth and tomatoes; bring to a boil. Stir in the pasta and cook 8 minutes, or until nearly al dente (about 8 minutes). Add the beans, cook 2 minutes or until pasta is done. Ladle in bowls and top with cheese.

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## Pea Salad

(RR, SS, CC)

Serves 2

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1 cup plain Greek Yogurt  
½ tsp yellow mustard  
6 Romaine lettuce leaves  
2 cups no-added-salt peas  
1 dash salt  
2 eggs

Heat canned peas and then strain off the juice. Hard-boil eggs and dice. Once cool, add peas. Add mustard to taste. Mix together with yogurt. Spoon pea salad onto romaine lettuce.

---

## Pesto Pasta

(SS, CC)

Serves 2

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2 tsp olive oil  
1 tsp pine nuts  
1 TBSP parmesan cheese  
15 fresh basil leaves  
4 oz. whole wheat pasta  
½ cup tomatoes

Prepare pasta as directed. Blend all ingredients except tomatoes. Combine with pasta and chopped tomatoes.

---

## Pickled Beans

(SS, CC)

Serves 4

---

2 TBSP onion flakes  
½ TBSP garlic powder  
½ tsp black pepper  
½ tsp white wine vinegar  
¼ cup lemon juice  
½ tsp dill weed  
½ tsp salt  
2 cups green beans  
1 cup yellow beans  
½ cup mushrooms

Lightly steam beans and mushrooms. Combine all ingredients and chill overnight. Serve cold.

---

## Pinto Bean Salad with Avocado, Tomatoes, Red Onion and Cilantro

(SS, CC)

Serves 4

---

½ TBSP black pepper  
2 TBSP olive oil  
2 oz. lime juice  
1 avocado, cubed  
½ cup finely chopped red onion  
1 cup cherry tomatoes, chopped  
¼ tsp salt  
3 cups pinto beans, drained and rinsed  
¼ cup balsamic vinegar  
1 TBSP cilantro leaves, chopped finely

After draining and rinsing beans well, blot dry them with a paper towel, place in a bowl and toss with white balsamic vinegar. Cut avocado into cubes and place in bowl. Toss avocado in lime juice. Mix onions and cilantro into the marinating beans, then use a large spoon to gently fold the avocado and tomato. Drizzle oil over salad and season with salt and pepper.

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## Portabella Mushroom Burgers

(RR, SS, CC)

Serves 2

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½ cup low-fat mozzarella cheese  
1 oz. Italian seasoning  
2 garlic cloves  
1 tsp pepper  
2 TBSP balsamic vinegar  
2 TBSP olive oil  
½ cup onion, finely chopped  
4 portabella mushrooms, whole  
1 cup chopped carrot

Sauté carrots, onion and mushroom stems until tender. Remove from pan. Sauté mushroom caps upside down for 5 minutes. In meantime, mix oil, vinegar, garlic and Italian seasoning and pepper. Turn mushroom caps. Divide carrot and onion mixture equally among the caps. Drizzle with oil and cook an additional 5 minutes. Sprinkle with low-fat cheese.

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## Portabella Taco with Pico de Gallo

(SS, CC)

Serves 1

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2 oz. lime juice  
¼ cup diced jalapeno peppers  
½ cup onions, chopped  
2 portabella mushrooms  
½ tomatoes  
1 corn tortilla  
2 TBSP balsamic vinegar  
½ avocado

Soak mushrooms in vinegar before cooking for 10 minutes. Grill mushrooms and then slice. In a warmed tortilla, place mushrooms, tomato, onion, pepper and avocado. Squeeze lime over the top of the taco.

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## Quick and Easy Gazpacho

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

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8 cups cherry tomatoes  
1 cup water  
2 TBSP red wine vinegar  
1 tsp onion powder  
⅛ tsp garlic powder  
1 cucumber, chopped  
1 green pepper, chopped

Combine all ingredients except cucumber and bell pepper. Puree until smooth and then add cucumber and bell pepper. Refrigerate for 2 hours before serving.

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## Roasted Broccoli with Soy Sauce and Sesame Seeds

(RR, SS, CC)

Serves 4

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1 pound broccoli  
1 TBSP sesame seeds  
1 tsp sesame oil  
¼ cup olive oil  
1 TBSP soy sauce

Preheat oven to 450 degrees. Cut broccoli into pieces and 2 inches long. Place broccoli in a mixing bowl and mix with all ingredients, except seeds. Arrange in a single layer on a baking sheet and roast for 10 minutes. Stir and roast for another 5 minutes. Meanwhile, toast sesame seeds in a dry pan over medium-high heat for 30-60 seconds. When broccoli is done, add seeds and toss.

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## Roasted Garlic Lemon Broccoli

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

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2 heads broccoli florets  
2 tsp olive oil  
1 tsp sea salt  
½ tsp pepper  
1 garlic clove  
½ tsp lemon juice

Preheat oven to 400 degrees. Toss broccoli with the oil in a bowl then add salt, pepper and garlic. Spread broccoli in an even layer on a baking sheet. Bake 15-20 minutes. Squeeze lemon over the broccoli before serving.

---

## Toasted Kale and Yam Salad

(SS, CC)

Serves 6

---

2 cups yams, cubed  
2 TBSP olive oil  
1 white onion  
5 cups kale  
1 TBSP red wine vinegar  
1 tsp thyme  
1 dash salt and pepper

Preheat oven to 400 degrees. Toss yams and olive oil in a bowl. Season with salt and pepper and lay evenly on a baking sheet. Bake for 20-25 minutes. Cool to room temperature in refrigerator. Meanwhile, heat remaining olive oil in skillet over medium heat. Cook onions and garlic until the onions are golden brown, about 15 minutes. Stir in kale, cooking until wilted and tender. Transfer to a bowl and cool to room temperature in refrigerator. Once everything has cooled, add yams, kale vinegar and thyme in a bowl. Season with salt and pepper.

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## Sautéed Parmesan Vegetables

(RR, SS, CC)

Serves 1

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1 TBSP lemon juice  
1 garlic clove  
½ onion, sliced  
1 TBSP olive oil  
¼ cup parmesan cheese  
½ cup mushrooms  
1 cup spinach

Sauté onions and garlic in oil until soft. Add mushrooms and cook until done. Add spinach, toss well and sauté very briefly. Top with lemon juice and parmesan cheese.

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## Sautéed Sweet Potatoes and Carrots with Rosemary Honey Glaze

(SS, CC)

Serves 4

---

1 tsp olive oil  
2 sweet potatoes, cut into ½" pieces  
3 cups chopped baby carrots  
½ TBSP unsalted butter  
1 tsp rosemary  
1 tsp parsley  
1 tsp honey

In a skillet, heat the oil over medium-high heat. Add the carrots and sweet potatoes, then sprinkle with salt and pepper. Sauté until they begin to brown on the edges (about 12 minutes). Add the butter, rosemary, thyme and honey; toss to coat. Cook over medium heat, stirring occasionally, until the vegetables are glazed and tender.

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## Sautéed Zucchini

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

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1 TBSP olive oil  
½ medium red onion, sliced  
4 large zucchini, diced  
2 ½ cups mushrooms  
1 medium tomato, sliced  
1 clove minced garlic  
1 tsp Italian seasoning

In a skillet, heat oil over medium heat. Sauté onions with salt and pepper for 2 minutes. Stir in zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.

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## Scalloped Yams

(SS, CC)

Serves 8

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⅛ tsp black pepper  
¼ cup grated parmesan cheese  
3 yams, cubed  
3 garlic cloves, minced  
1 tsp bay leaf, crumbled  
⅛ TBSP nutmeg  
1 ½ tsp thyme  
1 oz. low-fat milk  
2 ½ cup vegetable stock  
1 cup onions, sliced

Preheat oven to 375 degrees. Coat 9x13 baking dish with cooking spray. Melt butter in saucepan and add onions and cook until soft; then add milk, broth, garlic, thyme, nutmeg and bay leaf. Cook until liquid is reduced to about 3 cups. Remove the bay leaf and add the yams, salt and pepper. Simmer mixture about 5 minutes; transfer to the 9x13 pan. Bake for about 40 minutes, occasionally basting the potatoes with the liquid in the baking dish. Sprinkle cheese over the top and let bake until the cheese is melted and beginning to brown. Let mixture sit 5-10 minutes. NOTE: If yams are already cooked, reduce cooking time by half.

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## Skillet Squash and Beans

(SS, CC)

Serves 4

---

2 garlic cloves  
1 ½ cups diced zucchini  
¼ cup cilantro leaves  
1 jalapeno pepper, chopped  
2 cups kidney beans  
1 cup vegetable broth (may use chicken broth)  
1 cup butternut squash cubes  
1 yellow squash, diced  
½ cup onions, chopped

Heat all ingredients except cilantro to boiling in 10-inch nonstick skillet; reduce heat. Cover and simmer until all vegetables are tender; about 7 minutes. Stir in cilantro.

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## Snack Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 3

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¾ TBSP Italian seasoning  
¼ cup water chestnuts  
1 cup sliced mushrooms  
3 cups broccoli florets  
1 cup celery, chopped  
3 cups cauliflower florets  
6 black olives, sliced

Combine all ingredients. Stir.

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## Spiced Lentil Tacos

(SS, CC)

Serves 4

---

1 ¼ cup shredded lettuce  
1 TBSP olive oil  
8 oz. adobo sauce  
2 TBSP fat-free sour cream  
1 cup brown lentils  
1 cup onion, chopped  
2 ½ cup vegetable broth  
1 TBSP taco seasoning  
8 romaine leaves  
¼ cup low-fat shredded cheddar cheese

Heat oil over a large skillet over medium high heat. Cook onion and salt until onion begins to soften, about 4 minutes. Add lentils and taco seasoning. Cook until spices are fragrant and lentils are dry, about 1 minute. Add broth; bring to a boil. Once boiling, reduce heat, cover and simmer until lentils are tender, 25-30 minutes. Mix sour cream, chili and adobo sauce in a bowl. Uncover lentils and cook until mixture thickens, 7 minutes. Mash and spoon ¼ lentil mixture into lettuce leaves. Top with teaspoons of sour cream, lettuce and cheese.

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## Spicy Grilled Vegetable Skewer

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

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1 tsp ground ginger  
2 TBSP shallots  
4 TBSP soy sauce  
1 tsp rice vinegar  
3 TBSP canola oil  
½ oz. lime juice  
¼ tsp red pepper  
1 yellow squash, cut into 1" slices  
2 portabella mushrooms cut into quarters without stems  
1 red bell pepper, cut in 1" chunks

Mix all ingredients and place vegetables in a covered container with marinade and refrigerate for 20 minutes. Skewer the vegetables. Spray the grill with cooking spray and grill on medium-high heat until they're soft and browned (about 8-10 minutes), turning frequently.

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## Spicy Moroccan Chickpea and Lentil Soup

(SS, CC)

Serves 6

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1 TBSP olive oil  
1 large red onion  
3 garlic cloves crushed  
1" fresh ginger; finely grated  
2 tsp cumin  
½ tsp chili powder  
½ tsp saffron spices  
14 oz. tomatoes (Italian)  
4 cups vegetable stock  
1 cup lentils  
1 cup chickpeas

Heat the oil in a saucepan over medium heat. Add the garlic, onion and sauté for 6-7 minutes. Add the garlic, ginger, cilantro, cumin and chili powder and cook while stirring 1 minute. Add the saffron with its soaking liquid, tomatoes, stock, lentils and 4 cups water to the pan. Cover and bring to a boil. Then uncover and simmer uncovered for 30 minutes. Add chickpeas and cook for 10 minutes longer. Remove from heat and stir in cilantro and parsley.

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## Spicy Roasted Kale

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

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4 cups chopped kale, stems removed  
1 TBSP olive oil  
1 TBSP chili powder  
¼ TBSP salt

Preheat oven to 400 degrees. Combine kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread kale on baking sheet. Roast for 5 minutes, stir and continue roasting for 5-8 minutes until edges are brown.

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## Spinach and Black-eyed Peas

(SS, CC)

Serves 1

---

½ cups sifted black-eyed peas  
1 TBSP olive oil  
½ cup onions, chopped  
Salt to taste  
Spinach, 1 cup

Mix spinach with beans and bring to a boil until beans are soft. Add salt to taste and drain in colander. Fry the onion in olive oil until soft; add the beans and spinach.

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## Spinach Lasagna

(SS, CC)

Serves 12

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½ tsp pepper  
2 TBSP no-added-salt tomato paste  
2 cups baby spinach, chopped  
3 cups canned diced tomatoes  
2 TBSP olive oil  
Lasagna noodles, whole wheat  
3 cups part-skim ricotta cheese  
1 cup mushrooms  
3 cups low-fat mozzarella cheese

Preheat oven to 375 degrees. Coat a 13x9 baking dish with cooking spray. Cook noodles as directed on box. Lay noodles on a baking sheet in one layer so they won't stick together. Prepare sauce: Heat oil in saucepan over medium heat. Add garlic and cook, stirring until pale golden, for about 2 minutes. Add tomatoes (with juice), tomato paste, basil, oregano, salt and pepper. Simmer uncovered for 10 minutes. Make filling: Heat oil in large skillet over medium heat. Add onion and cover and cook stirring often 3 minutes. Add mushrooms, cover and cook stirring often, about 5 minutes. Add garlic and cook 2 minutes. Add spinach and cover and cook until wilted, about 4 minutes. Season with salt and pepper. Assemble lasagna: Spread ½ cup of the sauce mixture on bottom of prepared dish. Place noodles over. Spread ½ the ricotta mixture and half the spinach/mushroom filling over. Spoon ⅓ sauce. Repeat until all ingredients are used up. Bake covered for 40 minutes or until heated through. Sprinkle with any remaining cheese and cook until cheese is melted.

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## Spinach Salad with Raspberries and Walnuts

(RR, SS, CC)

Serves 4

---

8 cups baby spinach  
1 cup raspberries  
½ cup chopped walnuts  
¼ cup chopped onions  
¼ cup low-fat feta cheese

Place the ingredients, except feta, in a bowl and drizzle low-sugar dressing of choice over it. Sprinkle cheese on and serve.

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## Steamed Artichokes

(RR, SS, CC)

Serves 2

---

2 artichokes  
2 TBSP butter  
2 garlic cloves  
Salt and pepper to taste

Fill pan with just enough water to cover bottom and bring to a full boil over high heat. Meanwhile, trim and discard stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves. When water begins to boil, place steamer in pot and set artichokes in steamer. Cover pot and allow artichokes to steam for about 20 minutes, or until tender.

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## Stir-Fry Veggie Platter

(RR, SS, CC)

Serves 2

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Romaine or Boston lettuce leaves  
2 TBSP sesame seeds  
¼ cup sliced asparagus  
½ cup broccoli florets  
3 TBSP olive oil  
¼ onion, sliced ½"  
½ yellow tomato, chopped  
1 green bell pepper, thinly sliced  
1 carrot, sliced  
½ tsp garlic, minced  
1 portabella mushroom, chopped

Heat 1 TBSP oil on a skillet over high heat until almost smoking. Add carrots, pepper and onion. After cooking for a few minutes, remove them from heat. Heat 1 TBSP oil in the skillet and add tomato, broccoli, asparagus, and garlic. Stir fry until crisp for about 3 minutes. Place with other cooked vegetables. Heat remaining oil and add mushrooms and stir-fry for 2 minutes. Sprinkle all vegetables with seeds and serve in a lettuce wrap.

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## Stuffed Vegetables

(SS, CC)

Serves 4

---

½ cup barley  
⅓ cup quinoa  
2 eggplants, sliced half lengthwise  
6 vine-ripened tomatoes  
1 TBSP olive oil  
1 onion, finely chopped  
1 celery stick, chopped  
2 garlic cloves  
2 tsp cumin  
1 TBSP mint  
1 zucchini, chopped  
1 TBSP pine nuts and pumpkin seeds  
1 tsp parsley  
1 tsp lemon zest  
1 tsp oregano

Place barley and quinoa in 3 cups of water and bring to a boil. Cover and simmer for 30 minutes, or until grains are tender. Scoop out flesh of the eggplants, leaving ½" thick shell. Sprinkle the insides with salt and pepper and place upside down on a paper towel to drain off bitter juices. Dice the flesh. Preheat oven to 350 degrees. Deseed 2 tomatoes. Cut tops off the other 4 tomatoes and scoop out their seeds, leaving a shell. Heat oil in a frying pan over medium-low heat. Add onion and cook celery for 5 minutes. Add garlic, cumin, oregano and zucchini and cook for 1 minute. Increase heat to medium-high add chopped eggplant and zucchini and cook 3 minutes. Add drained grains, the tomato, pine nuts, pumpkin seeds, mint, parsley and lemon zest and season. Rinse the eggplant shells and pat dry. Fill with the mixture, place on an oiled baking sheet and roast for 30 minutes.

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## Summer Salad

(SS, CC)

Serves 6

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10 jumbo olives, canned  
4 TBSP low-sugar Italian dressing  
1 cup chopped celery  
1 cup chopped carrots  
½ cup chopped green bell pepper  
1 cup chopped broccoli  
1 cup chopped cauliflower  
1 cup red kidney beans  
1 cup chickpeas  
1 cup chopped onions

Cook broccoli and cauliflower until slightly crunchy. Drain water and combine in large mixing bowl with remaining ingredients. Drain and rinse kidney beans and chickpeas. Add dressing and mix well. Refrigerate for at least 1 hour before serving.

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## Sweet Potato and Leek Vegetable Soup

(SS, CC)

Serves 6

---

2 oz. parsley  
2 cloves garlic, minced  
4 cups chopped sweet potato  
1 cup Brussels sprouts  
½ cup chopped celery  
½ tsp oregano  
2 cups water  
½ tsp pepper  
2 tsp olive oil  
1 yellow onion, chopped  
2 cups leeks

Over medium-high heat in a large non-stick skillet, pour oil and sauté onions, celery, garlic and ½ tsp of each pepper and salt for about 6 minutes. Avoid browning ingredients. Meanwhile, in a large pot, add broth, water, oregano and sweet potatoes. Cover and bring to boil. Once boiling, add sautéed vegetables, leeks, Brussels sprouts, parsley and remaining pepper and salt. Cover and simmer for 25 minutes, until potatoes are very tender. Remove pan from heat and partially mash potatoes.

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## Sweet Potato Casserole

(SS, CC)

Serves 12

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5 TBSP butter  
¼ tsp black pepper  
½ tsp nutmeg  
2 tsp cinnamon  
1 ½ cup chopped pecans  
3 sweet potatoes  
1 egg  
¼ cup Splenda

Poke the sweet potatoes several times with a sharp knife and roast at 400 degrees, until soft, about 45-60 minutes depending on the size. Make the topping: Pulse 1 cup of the pecans in food processor or blender until it is ground into a meal. Add Splenda, 1 tsp cinnamon, a pinch of salt and 2 TBSP of the butter and the process until blended. Mix the rest of the pecan pieces in by hand. Let the sweet potatoes cool for 10-15 minutes. Split them and remove the pulp. Put the pulp into the food processor or blender and process with the rest of the butter (3 TBSP). (Mashing with a potato masher is also fine, but the texture will be somewhat smoother if you blend/process.) Add the rest of the seasonings (1 tsp nutmeg, salt, and pepper). Put sweet potato in a buttered baking dish and sprinkle pecan topping over the top. Bake at 375 degrees until topping is browned.

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## Tempeh Rancheros

(RR, SS, CC)

Serves 4

---

1 TBSP canola oil  
½ onion, diced  
½ cup each chopped red and green bell peppers (1 cup total)  
2 oz. low-fat cheese, shredded  
14 oz. can diced tomatoes  
2 tsp crushed garlic  
2 TBSP jalapeno peppers  
2 tsp chili powder  
1 tsp cumin  
½ tsp salt

Heat oil in skillet on medium-high heat. Add peppers and onions and sauté for 3 minutes, stirring frequently. Add tomatoes, jalapeno, garlic, chili powder, cumin, salt and pepper, stirring to combine. Cover and let cook for 8 minutes. Remove lid and add tempeh pieces into the sauce. Re-cover and cook for 3 more minutes. Serve tempeh in shallow bowls with low-fat cheese.

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## Tomato Basil Soup

(Detox, FS, RR, SS, CC, P1, P2)

Serves 3

---

2 TBSP red wine vinegar  
5 TBSP olive oil  
6 fresh basil leaves  
1 ⅛ tsp dried basil  
1 cup chopped tomatoes, seeds and juice reserved  
⅛ tsp salt  
¼ tsp pepper  
2 clove raw garlic  
1 cup cucumber, chopped

Put tomatoes in saucepan with their seeds and juice along with the garlic, basil leaves, oil, vinegar, salt and pepper to taste. Heat to 150 degrees, below boiling point. Remove from heat and strain through a not-too-fine sieve, removing only the seeds and skin. Cool in refrigerator. Adjust seasoning. To serve: put cucumbers in bowls, ladle in soup and garnish with chopped basil.

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## Tuscan Pasta Bake

(SS, CC)

Serves 4

---

1 cup whole wheat elbow macaroni  
14 oz. navy beans  
2 plum tomatoes, diced  
3 oz. vegetable stock  
2 carrots, chopped  
2 oz. Kalamata olives  
1 tsp oregano  
1 tsp basil  
Salt and pepper

Put the pasta in an oven-proof dish. Add tomatoes, carrots, celery, olives, beans, herbs, stock and salt. Mix together. Top the dish with water until it almost covers the pasta. Cover dish and bake at 380 for 25 minutes. Stir dish before putting back in oven and cook, still covered for 20 minutes longer. Remove the cover 5 minutes before the cooking finishes.

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## Tuscan Vegetable Skillet

(SS, CC)

Serves 2

---

½ cup chopped red bell pepper  
1 ¼ cup chopped zucchini  
⅛ tsp pepper  
2 TBSP rosemary  
½ cup celery  
2 tsp olive oil  
¼ cup diced tomatoes  
½ cup onions, chopped  
¼ cup low-fat shredded mozzarella cheese  
1 cup chopped spinach  
1 ¾ cup red kidney beans

Heat oil in skillet over medium-high heat. Add zucchini and onions, celery, peppers, oregano and garlic. Sauté 10 minutes. Stir in tomato, beans, rosemary and cook 5 minutes. Add spinach, salt and pepper to zucchini mixture; cook 1 minute or until spinach wilts. Sprinkle with cheese and let stand 1-2 minutes or until cheese melts. Remove from heat and discard rosemary.

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## Twice Baked Sweet Potatoes

(SS, CC)

Serves 10

---

2 TBSP unsalted butter  
½ cup chopped walnuts  
½ cup no-added-sugar cranberries  
5 cups sweet potato wedges

Preheat oven to 325 degrees. Scrub sweet potatoes and pierce all over with fork. Bake for 1 hour 15 minutes. Set aside to cool. Cut each potato in half lengthwise. Using a spoon, scoop out the pulp from each potato half, leaving ¼ -½ inch in shell. Place pulp in bowl. Mash until smooth. Stir in cranberry sauce, cranberries, butter and salt. Spoon mixture back into potato shells. Place, filled side up in baking dish and sprinkle with walnuts. Bake 25 minutes or until heated through.

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## Vegan Chili

(SS, CC)

Serves 8

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2 cups raw pinto beans  
1 ½ cups lima beans, raw  
2 cups yellow sweet corn  
1 cup red onion  
½ tsp pepper  
1 cup avocado, cubed  
¼ cup chili powder  
2 cups fresh salsa

Combine all ingredients except the avocado and onion into a slow cooker. Cook on low for 4-6 hours. Garnish with avocado and red onions.

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## Vegan Gazpacho with Chipotle

(FS, RR, SS, CC, P2)

Serves 2

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2 oz. lime juice  
2 TBSP lemon juice  
4 fresh cilantro sprigs  
2 cups green scallions  
1 TBSP chipotle sauce  
3 cups tomato juice  
½ cup chopped cucumber  
1 green bell pepper, chopped  
1 oz. diced Cipollini onions  
1 ½ cup cherry tomatoes

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## Vegan Vegetable Curry

(RR, SS, CC)

Serves 6

---

2 TBSP curry powder  
1 cup chopped zucchini  
1 cup chopped onion  
5 cups chopped cauliflower  
2 cups green beans  
1 cup chopped yellow squash  
1 ½ cup yams  
1 ½ cup tomato sauce (low sugar)  
6 cups light coconut milk

Combine coconut milk, tomato sauce and curry powder in saucepan. Bring mixture to a boil, then reduce to a slow simmer. Add the vegetables and cook 30-45 minutes or until all vegetables are tender.

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## Vegetable Pizza

(RR, SS, CC)

Serves 4

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¾ cup tomato sauce, canned  
8 Kalamata olives, sliced  
½ tsp garlic powder  
½ tsp basil  
½ tsp oregano  
½ TBSP salt  
6 mushrooms, sliced  
1 eggplant, peeled and sliced ¼" thick  
4 oz. low-fat mozzarella cheese

Sprinkle both sides of eggplant with salt and let sit for 20 minutes to reduce bitterness. Mix herbs and spices in the tomato sauce. Place eggplant slices on baking sheet, topped with the tomato mixture, olives and mushrooms. Sprinkle cheese on top and bake at 350 degrees for 20 minutes or until edges of the cheese browns.

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## Vegetable Soup

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

---

3 ½ cups canned tomatoes  
1 red onion, diced  
1 cup portabella mushrooms, diced  
2 cups frozen vegetable medley  
1 tsp garlic powder  
1 tsp basil leaves

Combine all ingredients in a pot. Bring to boil and simmer for 15 minutes.

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## Vegetable Burrito

(SS, CC)

Serves 1

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⅛ tsp pepper  
½ garlic cloves, minced  
¼ cup diced red bell pepper  
⅛ tsp oregano  
¼ cup diced onion  
1 TBSP olive oil  
2 TBSP shredded cheese  
¼ cup red kidney beans  
2 cups diced mushrooms  
1 TBSP fat-free sour cream

Heat oil in frying pan and add onion and garlic. Sauté for 2 minutes. Add vegetables and sauté until tender. Remove them from heat. Rinse kidney beans and mash well with a fork. Add to vegetable mixture and heat, stirring often, until warm. Place mixture on warm high fiber whole grain tortilla. Top with cheese and sour cream.

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## Warm Grapefruit and Quinoa Salad

(SS, CC)

Serves 4

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1/8 tsp pepper  
3 cups grapefruit, with juice (about 3 grapefruits)  
1/4 cup sunflower seeds  
1/2 tsp white wine vinegar  
1/2 cup chopped red onion  
4 cups baby spinach  
1/4 cup low-fat feta cheese  
1 cup quinoa  
2 TBSP olive oil

Cook quinoa as directed. Remove from heat and let sit covered 5-10 minutes (all water should be absorbed). Meanwhile, combine spinach and red onion in a large bowl. Slice top and bottom off each grapefruit so you can see the pulp. Stand grapefruit upright, and with a small paring knife, slice off rind from top to bottom, following curve of fruit and removing all white pith. Hold one peeled grapefruit over a bowl and remove sections by slicing next to membranes toward the center. Let any juice collect in the bowl and set grapefruit sections aside. Repeat with second fruit. Remove about 2/3 of the sections from the third fruit and squeeze remainder over bowl. Using a fork, scoop out any seeds or pulp. Combine 2 TBSPs of the grapefruit juice with canola oil and vinegar in a sealed jar with a pinch of salt and shake well until dressing is emulsified. Pour about 3/4 of the dressing over the spinach and onion mixture, season with pepper and toss well. Divide the spinach mixture among 4 plates, top each one with 1/4 of the quinoa and grapefruit sections and toss gently. Sprinkle sunflower seeds and feta over the top. Drizzle with remaining dressing and serve.

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## Zucchini Boats

(SS, CC)

Serves 2

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(If you use grain-free veggie burgers, this can easily be a rapid results meal)

2 oz. fat free ricotta cheese  
2 large zucchini  
1/4 cup low sugar pasta sauce  
1 tsp olive oil  
2 veggie burgers

Set oven rack to middle position and turn broiler to high. Slice zucchini lengthwise and remove seeds. Rub zucchini with oil and season with salt and pepper. Place on baking sheet open side up. Place crumbled veggie burger in the zucchini halves. Broil 8 minutes. Heat sauce and spoon sauce over zucchini boats. Top with cheese.

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## Zucchini Mexicali

(FS, RR, SS, CC, P2)

Serves 10

---

1/4 cup vegetable oil  
1 zucchini, thinly sliced  
1 onion, chopped  
1 carrot, shredded  
3/4 cup celery  
1/2 cup julienned green pepper  
1/2 tsp salt  
1/4 basil  
1/2 cup la victoria red taco mild sauce  
2 tsp mustard  
1 cup tomato, chopped

In a large skillet, combine first 8 ingredients. Cover and cook over medium-high heat for 5 minutes. Stir in taco sauce and mustard; top with tomato wedges. Cook uncovered for 5 minutes or until heated through.

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## Zucchini Tomato Vegetable Packet

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

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1 onion, sliced  
1 tomato, cut into chunks  
1 TBSP olive oil  
3/4 tsp lemon pepper  
1/2 tsp oregano  
1/4 tsp salt  
2 large zucchini, chopped

Preheat oven to 450 degrees. Center vegetables on a sheet of aluminum foil. Drizzle with oil and seasonings. Bring up foil sides and double fold top and ends to seal; leaving some room at the top, like a tent. Bake 20-25 minutes.