

SURE & STEADY
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APPETIZERS

Artichokes & Green Beans

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

Serves 5

1 ¼ lbs fresh green beans
1 TBSP extra virgin olive oil
⅔ cup finely chopped onion
1 clove garlic
1-14 oz. can artichoke hearts –rinsed, drained & quartered)
¼ TBSP salt
⅓ tsp black pepper
¼ parmesan cheese – shredded (omit for Detox, FS, PI 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.

Artichokes with Saffron and Almonds

(FS, RR, SS, CC, P2)

Serves 8

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, and then remove. Sprinkle with ¼ tsp of saffron threads into the remaining liquid, allow too 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.

Asparagus with Blue Cheese Sauce

(RR, SS, CC)

Serves 2

1 cup asparagus
½ oz. crumbled blue cheese
1 ½ fl oz. low-fat evaporated milk
Dash salt
2 oz. fat free cream cheese

In a small saucepan, cook asparagus in a small amount of water until crisp tender. Meanwhile, in another saucepan, whisk cream cheese, milk and salt over low heat until smooth. Stir in blue cheese and heat through. Drain asparagus and top with sauce.

Asparagus with Brie

(SS, CC)

Serves 4

1 bunch asparagus
½ wheel (2.2 lbs) brie cheese
¼ cup melted butter
½ cup bread crumbs (or gluten free panko)
¼ cup toasted sesame seeds

Preheat oven to 350 degrees. Place asparagus in a steamer over 1 inch boiling water and cover. Cook until tender but still crisp, about 2-6 minutes. Drain and place in shallow baking dish. Lay cheese slices over asparagus. In a small bowl, combine melted butter, bread crumbs and sesame seeds. Sprinkle over cheese. Bake in oven for 8 minutes. Increase oven to a broil. Broil until bread crumbs become golden brown.

Asparagus and Walnuts

(RR, SS, CC)

Serves 4

1 bunch asparagus
2 TBSP extra virgin olive oil
1 dash salt to taste
½ cup chopped coarsely walnuts

Preheat oven to 400 degrees. Arrange asparagus in a single layer in a shallow baking dish. Drizzle the olive oil over the asparagus and roll the spears to coat well. Sprinkle with salt. Roast in oven for 7-14 minutes depending on the thickness of the spears. When done, the asparagus should be crisp. Remove asparagus and walnuts from the oven. Sprinkle with gorgonzola cheese and roasted walnuts. Serve at room temperature for best flavor.

Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, P2)

Serves 2-4

1 lemon
1 cup avocado, cubed
1 cup chopped onion
1 jalapeno pepper, diced
1 garlic clove, diced
½ cup cherry tomatoes
¼ cup cilantro leaves, diced
Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Peel off the skin. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, cilantro and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

Black Bean Mango Salsa

(SS, CC)

Serves 8

1 large yellow bell pepper, chopped
¼ cup onions, minced
1 mango, chopped
1 lemon, juiced
2 tsp parsley
1 cup black beans
1 cup canned tomatoes with green chilies
¼ tsp salt

Drain beans and rinse well. Drain tomatoes and put in bowl. Combine all ingredients in a bowl, add salt and lemon juice. Put in refrigerator. Serve cold.

Easy Southwestern Dip

(SS, CC)

Serves 12

15 oz. black beans
2 TBSP water
½ tsp paprika
¼ tsp cumin
1 cup shredded cheese
½ cup chopped green bell pepper
1 avocado
⅓ cup scallions, chopped
4 oz. Kalamata olives, sliced

In a medium saucepan, heat the beans, water, paprika and cumin until heated through, about 5 minutes. Spread beans on bottom of 9 x 13 serving dish. Sprinkle a layer of cheese over the beans. Next, layer the peppers, then tomatoes, then avocado. Top with sour cream, onions and olives.

Holiday Stuffing

(SS, CC)

Serves 12

½ tsp black pepper
2 cups parsley
1 large green bell pepper
7 cups celery, chopped
2 cups onions, chopped
12 slices whole grain bread
1 egg
1 TBSP olive oil
4 tsp chicken broth
1 chicken bouillon cube

Allow loaf of bread to dry out by sitting on counter or coking in oven, then cut or crumble into cubes. Sauté onions, pepper and celery in oil until soft with. Add parsley and cook for 1 minute or until wilted. Add seasonings and TBSP of bouillon cube. Mix the vegetables and the bread. Add 1 cup of broth (or water), stir and taste. Adjust seasoning. If you are going to stuff poultry with it, leave it on the dry side because it will absorb a lot of juices during cooking. Add 1 egg and mix. Bake at 350 degrees for 30 minutes or until brown on the top.

Hot & Sour Soup

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

Serves 4

5 cups low sodium chicken broth
½ cup mushrooms
1 scallion
2 chicken breasts
1 TBSP soy sauce
½-1 TBSP hot sauce
1 egg white
⅛ tsp black pepper
½ cup bamboo shoots
⅔ tsp rice vinegar
1 tsp grated ginger

Combine broth, mushrooms and ginger in a saucepan. Bring to a boil. Add chicken and simmer uncovered about 10 minutes. Add bamboo shoots; simmer 5 minutes. Add vinegar, soy sauce, hot sauce and pepper; bring to boil. Drizzle egg white into soup; stirring constantly (lacy strands will form). Stir in onions. Bring to a boil. Cover and simmer until ready to serve.

Muhammarah

(RR, SS, CC)

Serves 4

1 TBSP cumin
½ TBSP red pepper
½ TBSP black pepper
¼ cup parsley
½ cup walnuts
2 tsp raspberry vinegar
2 TBSP olive oil
2 cups red bell pepper
Salt

Heat skillet over medium-high heat; add walnuts and cook until browned. Remove heat to cool. Peel and seed peppers and roast until slightly blackened. Puree all ingredients except for the parsley in a food processor. Sprinkle with parsley for garnish. Serve on vegetable slices.

Mushroom Spread

(RR, SS, CC)

Serves 8

1 oz. fat free cream cheese
½ TBSP shallots
½ TBSP black pepper
2 cups parsley
2 oz. dry sherry
2 TBSP olive oil
Zucchini, sliced 1" lengthwise
3 ½ cup white mushrooms, finely minced

Heat oil in skillet with shallots until tender. Add mushrooms and keep cooking until liquid is removed. Place half of mushroom mixture with cream cheese and sherry in a food processor. Process until smooth, then combine with other half of the mushroom mix along with parsley, salt and pepper. Serve on raw zucchini slices.

Spicy Avocado Yogurt Dip

(RR, SS, CC)

Serves 8

¾ cup plain Greek yogurt
½ TBSP salt
1 TBSP cumin
2 TBSP red onions
1 oz. lime juice
1 cup diced jalapeno pepper
3 avocado
1 garlic clove, chopped
3 TBSP cilantro

Combine all ingredients in a bowl and serve.

Spicy Edamame-Cilantro Dip

(RR, SS, CC)

Serves 12

¼ TBSP black pepper
8 oz. sour cream, low fat
1 cup cilantro leaves
1 red bell pepper, chopped
3 TBSP light mayonnaise
3 scallions
2 oz. lime juice
2 cup edamame, shelled
1 TBSP olive oil
3 TBSP red wine vinegar

Combine all liquid ingredients in a food processor. Puree until smooth. Add remaining vegetable ingredients and pulse enough to leave chunky texture.

Spicy Pita Chips

(SS, CC)

Serves 2

Butter-flavored cooking spray
¼ oz. red pepper flakes
¼ TBSP paprika
2 large pita bread
¼ tsp garlic powder

Split pita breads into 2 separate rounds. Spray the rough side with cooking spray. Combine remaining ingredients and sprinkle over pitas. Cut each pita into 8 wedges. Bake at 300 degrees for 20 minutes or until lightly browned and crisp.

Tofu Crackers

(RR, SS, CC)

Serves 4

1 block firm tofu
1 TBSP extra virgin olive oil

Slice the block of tofu into ⅛-inch slices. A cheese slicer makes this simple. Deep fry in oil until crispy.

Tomato & Garlic Green Beans

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

Serves 4

4 garlic cloves
½ cup chopped onion
1 pound green beans
4 tsp olive oil
½ tsp salt
3 TBSP tomato paste
1 cup cherry tomatoes

Rinse and drain the green beans. Fry the onions and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

Tomatoes with Shallots and Fresh Basil

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

Serves 4

½ TBSP olive oil
½ TBSP red wine vinegar
1 shallot, minced
4 tomatoes
¼ tsp salt
Pepper to taste
5 fresh basil leaves torn.

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle the olive oil and vinegar over them, then top with basil and shallots and serve.

Wilted Arugula and Portabella Mushrooms

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

Serves 2

1 TBSP olive oil
½ small onion, chopped
2 cloves minced garlic
⅛ tsp crushed red pepper flakes
1 cap portabella mushroom, chopped
¼ cup dry sherry
¼ cup vegetable broth
4 cups arugula leaves
⅛ tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add arugula and cook until wilted. Season with black pepper and serve immediately.

Zucchini and Blue Cheese

(RR, SS, CC)

Serves 4

2 TBSP olive oil
2 zucchini, halved
1 garlic clove
1 tomato, diced
¼ cup crumbled blue cheese

Heat the oil in a skillet over medium-high heat. Place the zucchini and garlic in a skillet and cover. Cook until zucchini is tender, about 5 minutes. Stir in tomatoes, heat until warmed through. Remove from heat and sprinkle cheese. Cover and allow cheese to soften before serving.

DESSERTS, MARINADES & DRESSINGS

Zucchini and Goat Cheese Ribbons

(RR, SS, CC)

Serves 4

1 TBSP olive oil
1 TBSP butter
1 garlic clove, minced
¼ cup shallots
½ tsp red pepper flakes
½ cup vegetable broth
2 large zucchini, chopped
¼ cup basil
2 ½ oz. goat cheese, hard type
Salt and pepper to taste

In a skillet, heat oil and butter over medium heat until butter melts. Stir in shallots and cook until softened, about 5 minutes. Stir in garlic and red pepper flakes and cook for 3 minutes. Add in broth and zucchini and cook about 4 minutes. Remove from heat. Season with salt and pepper and sprinkle with basil and cheese.

Apple-Cinnamon Bread Pudding

(SS, CC)

Serves 8

6 slices 9-grain bread
1 cup unsweetened applesauce
½ cup slivered almonds
4 large eggs, beaten
2 cups low-fat milk
¾ cup brown sugar
2 TBSP cinnamon
3 TBSP vanilla extract
1 apple, chopped
2 TBSP canola oil

Preheat oven to 350 degrees. Lightly spray an 8" square baking pan with cooking spray. Break bread into small pieces and place in baking dish. Mix applesauce and oil, and drizzle over bread. Sprinkle with almonds. In a medium bowl, combine eggs, milk, sugar, cinnamon and vanilla. Beat until well mixed. Add chopped apple and egg mixture to bread and lightly push down with a fork until bread is covered and soaking up egg mixture. Bake for 45 minutes or until golden brown.

*Before baking, you can sprinkle a mixture of cinnamon and stevia (or Splenda) over the top.

Black Cherry Berry Shake

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
½ cup cherries, without pits
½ cup blackberries
½ cup water or low fat milk

Add ice (more ice for a thicker shake) with all ingredients and blend until creamy.

Blackberry Creamsicle Shake

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
1 cup blackberries
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

Blueberry Cheesecake

(RR, SS, CC)

Serves 4

¼ cup pecans
¼ cup almonds
1 TBSP orange rind
¾ cup blueberries
1 cup part skim ricotta cheese
½ oz. pure honey
¾ cup strawberries

Line 4 cupcake tin cups with plastic wrap. Place ricotta, honey, and orange rind in a bowl and mash with a fork. Combine two-thirds of the blueberries with the ricotta mixture and divide between muffin tins. Firmly press in and smooth the surface. Sprinkle nuts on top. Smooth out with the back of a spoon and press the nuts into the mixture. Refrigerate 1 hour to form and chill. To serve, invert onto a plate and peel away plastic wrap. Top each cake with a sliced strawberry and serve with remaining blueberries.

Blueberry Oat Bran Muffins

(SS, CC)

Serves 6

½ cup plain yogurt
1 cup almond flour
1 TBSP orange zest
2 TBSP vanilla extract
¼ cup fructose
¼ tsp salt
1 cup blueberries
2 oz. cinnamon
2 TBSP sunflower oil
½ oz. flax seeds
2 scoops TLS Nutrition Shake — Chocolate

Preheat oven to 350 degrees. Combine dry ingredients and mix well. In a separate bowl, combine wet ingredients and mix well. Combine wet and dry ingredients, except blueberries, and once all combined, fold in blueberries. Spoon into a no-stick muffin pan. For 12 muffins, bake 20-25 minutes or until a toothpick comes out clean and tops are golden brown. For 6 large muffins, double cook time to about 40 minutes. Allow the muffins to cool for 5 minutes after you remove them from the muffin pan.

Chickpea Chocolate Chip Cookies

(SS, CC)

Serves 25

2 eggs
¾ TBSP butter
2 cups 60% or more dark chocolate chips
1 cup raw agave syrup
¼ TBSP salt
2 ½ cup whole grain flour
¾ cup old fashioned rolled oats, uncooked
2 tsp vanilla extract

Drain, rinse and smash chickpeas in a small brown and combine ingredients. Combine all ingredients and mix well. Preheat oven to 350 degrees and spray cookie sheet. Bake 11-13 minutes.

Chocolate Ice Cream

(RR, SS, CC)

Serves 4

2 Scoops TLS Nutrition Shake or 2 packets of
TLS Whey protein Shake
5 cups egg yolks
3 cups half and half
2 cups grated unsweetened chocolate
¼ TBSP salt
10 TBSP agave nectar

In a saucepan, warm the agave syrup with the unsweetened chocolate over the lowest heat possible, stirring constantly, until the chocolate is melted. Remove from heat and transfer mixtures into a large bowl, and then set aside. In a medium saucepan, add 1 ½ cups half and half and whisk in the shake mix. Cook over moderate heat until the mixture begins to bubble; then simmer for 30 seconds whisking to break up any clumps. Remove from heat and add mixture to agave mixture. Stir them together then set a mesh strainer over the top. Add remaining half and half to the saucepan with a pinch of salt, when warm slowly pour the warm half and half into the yolks whisking constantly. Then pour warmed yolks back into the saucepan. Cook, stirring constantly over medium-high heat until mix becomes steamy and thickens. Pour mixture through the strainer into the chocolate mixture. Stir, and then cook for a few minutes until tepid. Once it's not very hot, which the mix in a blender for 10 seconds until smooth and velvety. Chill thoroughly in the freezer. Makes 1 quart.

Chocolate Shortbread Cookies

(SS, CC)

Serves 8

½ cup chocolate TLS nutrition shake
3 TBSP agave nectar
1 tsp vanilla extract
¾ cup coconut oil
2 cups whole wheat flour
¼ TBSP salt

Stir together flour, shake mix and salt. Combine melted coconut oil, vanilla and agave. Pour over dry ingredients. In parchment paper, roll up the cookie dough into a log about 2 – 2 ½ inches in diameter. Put in the refrigerator for about 1 hour or until hardened enough to cut easily. Preheat oven to 425 and spray a cookie sheet with cooking spray. Cut your cookie log into ¼ inch slices and set on cookie sheet. Bake for 10 minutes. The cookies should be firm and set when done.

Coconut Macaroons

(RR, SS, CC)

Serves 8

2 tsp unsweetened cocoa powder
1 TBSP vegetable oil
1 tsp vanilla extract
2 cups shredded coconut
4 eggs
1 cup Splenda
1 tsp almond extract
½ cup almonds

Heat oven to 375. Combine egg whites and both extracts (egg whites should yield ½ cup). Combine Splenda with coconut. Mix dry and wet ingredients with sliced almonds. Roll into balls about 1" in diameter. Slightly flatten and put on greased baking sheet. Place 1.2 inch apart. Turn down oven to 325 and bake for 15 minutes or until golden brown on bottom and just starting to brown on top.

Creamy Banana Bread

(RR, SS, CC)

Serves 20

¾ cup pecans
2 ¼ cup almond flour
½ tsp baking soda
1 cup mashed banana
1 cup low fat cream cheese
1 ½ tsp baking powder
2 tsp cinnamon
2 TBSP brown sugar
1 cup Splenda
1 tsp vanilla extract
2 eggs
½ cup unsalted butter

Preheat oven to 350. Cream the butter and cheese together. Gradually add the Splenda and continue beating until light and fluffy. Add 1 egg at a time, beating well after each addition. Stir in the bananas and vanilla extract. Add flour, baking powder and baking soda; mix until batter is just moist. In a small bowl, mix pecans, brown sugar, and cinnamon. Divide half of the mixture into 2 greased and floured 8x4 loaf pans. Sprinkle pecan mixture over the batter. Top with remaining batter. Bake for 45-50 minutes or until inserted toothpick comes out clean.

Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

1 tsp vanilla extract
2 TBSP honey
1 pomegranate, seeds scraped out
¾ cup quinoa
2 cups soy milk
2 bananas
2 TBSP Splenda

Bring quinoa with 1 ½ cups water to a boil over high heat. Cover and simmer for 15 minutes, or until quinoa is tender and water is absorbed. Blend together milk, bananas, sugar salt until smooth. Pour into saucepan with quinoa. Place the pan over medium heat and cook until mixture becomes thick and creamy, 5-10 minutes. Stir in the honey, pomegranate and vanilla.

Eggnog Pudding

(RR, SS, CC)

Serves 6

- 1 oz. rum extract
- 1/8 tsp nutmeg
- 1/2 oz. low-fat milk
- 1 1/4 package vanilla instant pudding mix, sugar free without aspartame

In a medium bowl, stir together the cold milk, nutmeg and extract. Add the pudding mix and beat for 2 minutes. Pour into serving dishes and garnish with additional nutmeg, if desired, and chill until set.

Fruit & Nut Salad

(RR, SS, CC)

Serves 4

- 1/4 cup almonds
- 2 oz. agave nectar
- 1 apple
- 2 TBSP lemon juice
- 1 cup strawberries
- 1/2 cup blueberries
- 1 pear

Core apple and pear and cut into cubes. Squeeze juice from 1/2 lemon. Heat agave in microwave for 10 seconds. Stir heated agave over fruit. Add the berries and almonds and toss. Refrigerate for 30 minutes to meld flavors.

Hot Chocolate

(RR, SS, CC)

Serves 2

- 1/2 tsp cinnamon
- 1/2 vanilla bean, split in half
- 1/4 tsp nutmeg
- 3 tsp cocoa powder
- 2 1/2 cup fat free milk
- 2 3/4 oz. agave syrup

Mix the cocoa powder and agave together. Heat milk over low heat with the vanilla bean, cinnamon and nutmeg. Whisk together the cocoa powder and agave mixture. Heat until warm but not boiling.

Jamaican Nut Baked Apple

(RR, SS, CC)

Serves 4

- 4 apples
- 4 plums, diced
- 4 peaches, diced
- 4 tsp salt
- 4 tsp peanuts
- 4 tsp almonds
- 2/3 oz. pecans
- 4 oz. rum extract
- 1 TBSP cinnamon

Core all apples. Using a knife cut a skin deep horizontal line around the outside of the apples to allow room for the inside of the apple to expand. Place the apples in an oven proof dish and stuff them with fruits and nuts. Pour 1 oz. rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 380 for 45 minutes or until apples are soft.

Kale Chips

(FS, RR, SS, CC, P2)

Serves 1-5

- 5 cups whole kale
- 1 TBSP olive oil
- 1/2 oz. dry sherry
- Salt

Preheat oven to 300 degrees. Discard stem and inner rib of kale leaves and tear into about 2"-3" pieces. Place kale in a resealable bag. Add half of the oil and squeeze the bag so oil gets distributed throughout all leaves. Add remaining oil and repeat. Sprinkle the sherry and vinegar over the leaves and shake to spread evenly. Spread leaves on a baking sheet. Roast until crisp, about 35 minutes. Season with salt.

Lentil Cookies

(SS, CC)

Serves 12

- 2 cups whole wheat flour
- 1 cup shredded coconut
- 1 oz. dried cherries
- 1 packet 1-minute oats
- 3/4 cup butter, unsalted
- 2 tsp vanilla extract
- 1 1/2 cup lentil puree*
- 2 eggs
- 1/2 tsp allspice
- 1/2 tsp baking powder
- (If desired, 1/4 of the whole wheat flour can be substituted with lentil flour for a denser, stronger flavor.)

Preheat oven to 375 degrees. Mix flour, allspice, baking powder, salt, cinnamon. Using an electric mixer, cream the Splenda and butter on medium speed. Add the eggs and mix until just incorporated. Add the vanilla and lentil puree and mix until combined. Add the flour mix and blend on low speed. Stir in oatmeal, dried fruit and coconut. Form the dough into balls about 2 tsp in size and place on a baking sheet with parchment paper, leaving 1 inch of room in between. Bake for 15-17 minutes, or until an internal temperature of 195 degrees is reached.

*To make lentil puree: 4 oz. lentils, approximately 2/3 cup, picked over and rinsed; 3 cups water. In a small pot over medium heat, combine lentils and water. Bring to a simmer, cover, and simmer for 30-40 minutes, or until lentils are tender. Puree. Let cool before using for cookies. Yields 1 1/2 cup puree. Lasts in refrigerator 3-4 days and freezer 2-3 months.

Mixed Berry Crumble

(SS, CC)

Serves 8

- 1/2 oz. cinnamon
- 1/3 oz. unsweetened cranberry juice
- 8 almonds, chopped
- 1 packet Splenda
- 1/2 cup cherries without pits
- 1 1/2 cup unfrozen boysenberries
- 3/4 cup eziekal or Kasha Go Lean Crunch cereal

In a large saucepan, combine berries, juice, cinnamon and Splenda. Cook on high 2-4 minutes or until fruit is tender. In a bowl, mix cereal and almonds for a crumble topping. Place fruit in bowl and sprinkle cereal mix with almonds over each.

Peanut Butter Cookies

(SS, CC)

Makes 36 cookies

¾ cup all-purpose flour
1 ¼ almond flour
½ tsp baking soda
8 TBSP butter
2 TBSP brown sugar
½ cup sugar (or Splenda)
¾ cup peanut butter, smooth
1 ½ tsp vanilla extract
2 egg whites

Preheat oven to 375. In a small bowl, combine the flours and baking soda. In a separate bowl, lightly beat the butter until soft, then add sugars and peanut butter and beat until smooth. Add the egg whites and vanilla extract and mix well. Add the flour mix and beat everything together. Use 1 TBSP of cookie dough for each cookie and place on a cookie sheet lined with parchment paper. Bake 9-10 minutes and let cookies cool on wax paper.

Pepper Tart

(SS, CC)

Serves 8

3 cups brown sugar (or brown or white Splenda)
3 TBSP balsamic vinegar
1 TBSP thyme
7 TBSP olive oil
5 TBSP water
½ TBSP salt
½ cup slivered almonds
1 ¼ cup whole grain flour
1 red onion, sliced
½ cup red bell pepper, sliced
1 yellow bell pepper, sliced

Preparing the crust: Combine flour and salt in a bowl and stir in 5 TBSP of oil. Add water and stir until dough forms. Wrap in plastic wrap and place in refrigerator for 30 minutes. Filling: Heat oven to 450 degrees. Place peppers and onions on a baking dish and drizzle with vinegar, thyme and 2 TBSP oil. Roast until peppers and onions are brown. Stir in pan when cooking. Reduce oven heat to 400 degrees and put brown sugar and remaining oil in a saucepan, bring to a boil and cook until thickened. Pour into pie pan. Place peppers and onions into pan and sprinkle with almond slices. Roll out dough and cover filling. Bake until golden brown, about 30 minutes. Let rest 10 minutes before serving.

Sugar Cookies

(SS, CC)

Serves 2

¼ packet stevia
1 tsp vanilla extract
4 TBSP butter
2 egg whites
¼ tsp baking powder
1 ½ cup whole wheat flour
¼ TBSP flaxseed meal
2 dashes salt

Whisk flour, flaxseed meal, baking powder, baking soda and salt in a bowl. In another bowl, beat butter and stevia until light and fluffy; add egg whites and vanilla and continue to beat until combined. Gradually stir in flour mixture into butter until combined. Form dough into a log. Wrap tightly in a waxed paper and refrigerate for 3 hours. Cut out cookies using a 2-inch cutter and bake until firm, about 6-8 minutes

Sugar Free & Gluten Free Almond Cookies

(RR, SS, CC)

Serves 15

½ TBSP butter
¼ tsp cream of tartar
¼ tsp baking soda
1 egg
½ tsp vanilla extract
1 ½ cup flaxseed meal
1 ½ cup almond meal
Cinnamon to taste
1 ½ packet Splenda

In a bowl, beat butter with an electric mixer for 30 seconds. Add half the almond meal, Splenda, flaxseed meal, egg, vanilla, baking powder and cream of tartar and blend well. Beat in rest of almond meal. Preheat oven to 350 degrees. Combine 2 tsp Splenda and 2 tsp ground cinnamon on a plate. Use a tablespoon to scoop out dough, roll it into a small ball in Splenda/cinnamon mixture. Place 2" apart on a cook sheet. Bake 15-20 minutes. Cookies will get firm as they cool.

Whole-Wheat Banana Bread

(SS, CC)

Serves 8

1 tsp baking soda
½ oz. Splenda
1 cup chopped walnuts
1 egg
4 bananas (less ripe)
1 TBSP unsalted butter
½ oz. cinnamon
1 tsp baking powder
1 ½ cup whole wheat flour

Combine flour, baking soda and powder and cinnamon in a large bowl. Combine Splenda, melted butter, mashed banana and egg in another bowl. Add to flour mixture, stirring until all are mixed together. Stir in walnuts. Pour mixture into a loaf pan coated with cooking spray. Bake at 350 degrees for 55-60 minutes.

Zucchini Bread

(RR, SS, CC)

Serves 8

1 tsp garlic
1 TBSP baking powder
½ cup crushed pineapple
1 tsp vanilla extract
3 TBSP vegetable oil
1 egg
2 cups grated or finely diced zucchini
½ tsp nutmeg
½ oz. cinnamon
½ tsp all spice
½ tsp baking soda

Preheat oven to 350 degrees and coat a 9x5 pan with cooking spray. In a large bowl, combine the flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, then add the zucchini, pineapple, oil and vanilla and stir to combine. Add the flour mixture. Pour into the pan and bake 50-60 minutes or until a toothpick comes out clean. Cool completely before cutting.

Zesty Tomato Dip

(RR, SS, CC)

Serves 6

1 pinch hot sauce
½ TBSP lemon juice
1 pinch garlic powder
¼ cup low-fat cream cheese
¼ cup sun-dried tomatoes
1 cup low-fat cottage cheese
¼ cup low-fat buttermilk

Using a food processor, combine all ingredients except buttermilk. Use buttermilk to thin as desired.

Blue Cheese Dressing

(RR, SS, CC)

Serves 6 – makes ¾ cup

3 oz. light sour cream
2 TBSP light mayonnaise (may substitute with plain Greek yogurt)
1 cup cherry tomatoes
1 cup broccoli florets
¼ cup low-fat buttermilk milk
½ tsp brown sugar
⅛ garlic powder
1 TBSP extra virgin olive oil
1 TBSP sherry vinegar
½ cup crumbled blue cheese

Mash half of the blue cheese and buttermilk in a small bowl until mixture only has small pieces. Stir in the rest of the ingredients and season to taste with salt and pepper. Store in refrigerator.

Citrus Vinaigrette

(RR, SS, CC)

Serves 4

1 TBSP white vinegar
½ oz. grapefruit juice
½ oz. orange juice
½ oz. lime juice
6 TBSP extra virgin olive oil
1 oz. whole almonds
Salt and pepper to taste.

In a large jar with a lid, combine vinegar and juices. Whisk in oil. Once mixed add the almonds and stir. Season with salt and pepper.

Hummus

(SS, CC)

Serves 6

1 ⅓ cup chick peas
4 TBSP tahini
2 garlic cloves
3 TBSP lemon juice
2 TBSP olive oil
Salt and pepper

Place all ingredients in blender except salt and pepper. Process until combine and smooth. The hummus will keep in an airtight container for up to 2 weeks.

Orange Anise Vinaigrette

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

Serves 4

⅓ tsp anise seed
2 TBSP orange juice
1 TBSP olive oil
⅓ tsp cumin
⅓ TBSP salt

Use a mortar and pestle and crush the anise seeds. Whisk together all the ingredients for about 1 minute.

Strawberry Dressing

(RR SS CC)

1 packet Splenda
2 TBSP sesame seeds
1 TBSP pine nuts
1 TBSP Worcestershire sauce
½ tsp paprika
1 ½ TBSP olive oil
1 TBSP balsamic vinegar
3 crushed (pureed) strawberries

Mix all ingredients together.

EGG DISHES & BREAKFAST FOODS

Grain-Free Protein Pancakes

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake —Vanilla
3 oz. unsweetened apple sauce
2 eggs
Cinnamon and nutmeg to taste
Coconut oil

Mix all ingredients together. Add coconut oil to a pan and when melted, spoon mixture into pan to form pancakes. Cook on medium high heat until browned and flip.

Asparagus and Corn Omelet

(RR, SS, CC)

Serves 2

1 TBSP extra virgin olive oil
1 bunch (5 ½ oz.) stalk asparagus
½ cup fresh corn kernels
1 TBSP fresh parsley
Salt and pepper to taste
4 whole eggs
2 TBSP parmesan cheese, finely grated
2 slices whole grain bread (omit for grain free programs)
1 avocado

Heat 2 tsp of the oil in a small non-stick frying pan over medium-high heat. Add the asparagus and corn and cook 2-3 minutes or until vegetables are just tender. Remove to a bowl, stir in parsley and season well. Use a fork to whisk the eggs with 2 TBSP water. Heat 1 tsp of the remaining oil in the frying pan over medium heat. Pour in half of the egg mixture and cook for 3 minutes, or until almost set, using a fork to pull the cooked egg away from the edges and allow the uncooked egg to run to the edges. Sprinkle half the asparagus and corn mixture and half the parmesan cheese over half of the omelet and fold over to enclose. Loft out and carefully set aside. Repeat with the remaining egg and filling. Spread each toast with avocado and serve with omelet.

Bell Pepper Omelet

(RR, SS, CC)

Serves 4

5 cilantro leaves
½ cup each of sliced yellow and red pepper
1 TBSP vegetable oil
⅓ cup low-fat milk
2 jumbo eggs
¼ cup water
1 clove garlic
½ chopped zucchini
½ cup low-fat parmesan grated cheese

Preheat oven to 450 degrees. Heat oil in skillet at medium heat. Add sliced peppers, chopped zucchini and minced garlic and cook until ingredients begin to soften. Whisk eggs to vegetables in skillet and cook 5-7 minutes while lifting the edges to let excess egg go underneath. Transfer skillet to oven and bake until top of omelet is golden brown. Sprinkle with cilantro.

Asparagus Frittata

(RR, SS, CC)

Serves 4

2 cups asparagus
1 leek
2 cups baby spinach
1 tsp extra virgin olive oil
⅓ tsp black pepper
6 large eggs
1 cup low fat parmesan cheese – grated
1 TBSP butter

Preheat broiler and set rack 6 inches from the flame. Crack eggs into a large bowl; add pepper and cheese. Lightly scramble and set aside. In a large oven-safe pan, heat oil and butter over medium-high heat. Add the leek and sauté for 1 minute, stirring occasionally. Add the asparagus, sauté for 3 minutes or until almost fully cooked. Add spinach and season with salt and pepper. When the spinach is almost fully wilted, spread the mixture across the bottom of the pan and pour eggs over top. Turn pan so eggs fully cover vegetables. When the edges of the eggs start to separate from the edges of the pan, turn off heat. Place pan under the broiler until the frittata is lightly golden and the eggs are fully set, about 5 minutes. Immediately turn the frittata onto a serving plate and garnish with extra parmesan, if desired. Cut into slices and serve.

Bell Pepper Omelet

(RR, SS, CC)

Serves 4

5 cilantro leaves
½ cup each of sliced yellow and red pepper
1 TBSP vegetable oil
⅓ cup low-fat milk
2 jumbo eggs
¼ cup water
1 clove garlic
½ chopped zucchini
½ cup low-fat parmesan grated cheese

Preheat oven to 450 degrees. Heat oil in skillet at medium heat. Add sliced peppers, chopped zucchini and minced garlic and cook until ingredients begin to soften. Whisk eggs to vegetables in skillet and cook 5-7 minutes while lifting the edges to let excess egg go underneath. Transfer skillet to oven and bake until top of omelet is golden brown. Sprinkle with cilantro.

Blueberry-Almond Pancakes

(SS, CC)

Serves 2

½ cup oat flour
¼ cup almonds
½ cup whole grain flour
1 cup of 2% milk
1 tsp baking powder
½ cup blueberries
3 eggs

Sieve the dry ingredients into a mixing bowl. Add the egg whites and mix together. Add half the milk and mix in well before adding other half of the milk. Add the blueberries and spoon small amounts of the mixture into a pan to form pancakes. Cook 30 seconds on each side or until brown.

Broccoli and Cheese Omelet

(RR, SS, CC)

Serves 4

1 cup broccoli florets
4 TBSP shallots
1 TBSP water
1 cup 100% liquid egg whites
4oz low-fat Swiss cheese

Mix broccoli, shallots and water in a microwaveable bowl and cover with plastic wrap. Microwave on high 3 ½ minutes until broccoli is soft, or steam. In a medium saucepan, heat cooking spray, pour in egg whites and swirl to coat bottom of the pan. Place cheese on half of the omelet and cover with broccoli mixture. Fold over, lower heat, and cook 1-2 minutes.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

1 tsp unsalted butter
¼ cup sliced mushrooms
¼ cup chopped red bell pepper
2 TBSP parmesan cheese
2 TBSP low-fat cheddar cheese
Chicken breast, cubed
3 eggs

Grill chicken. Beat eggs in a bowl and add chicken and parmesan cheese. Melt butter in a skillet over medium-high heat and add vegetables; cook until slightly tender (about 5 minutes). Reduce heat and add egg mixture. Cover and cook without stirring for 3-5 minutes or until egg is set. Sprinkle cheddar cheese over the egg mixture and cover for 1 minutes to melt cheese.

Cinnamon French Toast

(SS, CC)

Serves 1

2 eggs
1 TBSP vanilla extract
2 slices high fiber whole grain bread
1 TBSP butter
1 tsp cinnamon

Heat a large non-stick griddle until hot and brush with butter. Put eggs in a shallow dish and beat well with the vanilla extract and cinnamon. Dip bread into egg mixture, turning once to coat. Place the bread slices in the pan and cook 2 minutes, until golden brown and crisp.

Cottage Cheese Pancakes

(SS, CC)

Serves 4

½ tsp vanilla extract
1 cup low fat cottage cheese
3 eggs
2 TBSP olive oil
⅓ cup whole wheat flour

Combine all ingredients and use as batter for pancakes or waffles. Heat a large skillet over medium heat and spray with cooking spray. Pour ⅓ of the batter in the skillet and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.

Egg Breakfast Muffins with Mushrooms and Cheese

(SS, CC)

Serves 6

¼ cup whole grain flour
1/ cup crumpled feta cheese
2 TBSP chopped scallions
3 TBSP water
1 oz. Spike seasoning
⅔ cup almonds, ground
1 tsp baking powder
¼ cup grated parmesan cheese
⅓ cup low-fat cottage cheese
1 cup mushrooms

Preheat oven to 400 degrees. Wash and dry mushrooms. Heat oil in skillet, then add mushrooms and sauté for 5 minutes, until mushrooms start to brown and all liquid has evaporated. While mushrooms are cooking, combine cottage cheese, parmesan cheese, flour, almond meal, baking powder, Spike seasoning, eggs (beaten) and water in a large bowl. When mushrooms are done and slightly cooled, gently stir them into mix, then stir in feta cheese and scallions. Spray muffin tins with cooking spray and fill about ¾ full with batter. Bake 25 minutes or until muffins are browned and firm. Can re-heat in microwave for 1-2 minutes.

Easy Spinach and Onion Egg bake – Breakfast for 6 days!

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

Serves 1 (or 6)

1-32 oz. carton of liquid egg whites
3 eggs
1-10oz package frozen chopped spinach
1 onion, chopped

Defrost spinach according to directions. Spray a glass 9x11 baking dish with cooking spray. Add all ingredients. Bake at 350 degrees for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1-2 minutes.

Egg Salad

(RR, SS, CC)

Serves 1

1 tsp yellow mustard
Dash black pepper
½ cup cottage cheese
2 large hard boiled eggs
⅓ chopped celery

Mix all ingredients together and serve.

Fresh Tomato and Feta Frittata

(RR, SS, CC)

Serves 1

1 egg
2 egg whites
½ cup tomatoes
1 TBSP reduced fat feta cheese

Whisk all ingredients together. Cook over medium heat (without stirring) in a small skillet coated with cooking spray for 4 minutes until eggs are firm. Flip and cook other side for 2 more minutes.

Mushroom and Spinach Egg Bake

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

Serves 6

1 quart liquid egg whites
1 cup mushrooms
3 cups spinach
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 350 degrees. Makes 6 servings. Can refrigerate and re-heat in the microwave.

Oat Pancakes or Waffles

(SS, CC)

Serves 8

½ cup old fashioned oats
½ tsp baking powder
½ tsp baking soda
1 ½ cup low-fat buttermilk
1 ¼ cup whole grain flour
2 eggs, beaten
¼ cup butter unsalted
½ tsp salt

Mix flour, oats, baking powder, baking soda and salt together. Stir in buttermilk, eggs and butter until smooth. For waffles, add 1 more egg and 1 TBSP of oil. For pancakes, spray a pan with cooking spray and place over medium heat. Pour 2-3 TBSP of batter into frying pan. Cook 2-3 minutes until bubbles form on top of pancake. Flip and cook 2 more minutes. For waffles, add 1 cup batter to hot waffle iron and close lid. Allow to cook as desired crispness.

Protein Pancakes - I

(SS, CC)

Serves 1

Cooking spray
¼ banana
1 cup fresh baby spinach leaves
1 TBSP peanut butter
½ cup strawberries
1 TBSP cinnamon
1 TBSP vanilla extract
½ oz. old fashioned oatmeal
5 egg whites

Heat pan on medium heat. Spray with cooking spray. Combine all ingredients in a blender (except fruits) for 30 seconds. Pour batter into pan. Add sliced fruit into batter by hand. Cover pan and cook 2-3 minutes until the tops bubble; flip and cook until done. Spread peanut butter over the pancakes.

Poached Eggs with Fresh Shiitake Mushroom Sauce

(SS, CC)

Serves 4

2 TBSP white vinegar
4 shiitake mushrooms
1 TBSP olive oil
½ tsp soy sauce
½ tsp rice vinegar seasoned with salt and pepper
⅛ tsp salt
2 shallots, minced
2 whole wheat English muffins or whole grain bread
4 eggs

Boil water in a shallow and large pan or skillet over high heat. Add the vinegar. Discard stems of mushrooms and only use caps. Combine oil, soy sauce, vinegar, salt and pepper in a small skillet over medium heat. Add shallots and mushrooms and sauté for 3-4 minutes. Toast bread or English muffins.

While mushrooms sauté, use a spoon and stir the vinegar water in circular motion. Carefully break the eggs into the swirling water, keeping the water moving by gently stirring. Cook over low heat until the whites are firm, about 3-5 minutes. You can spoon some water over the yolks to finish cooking them if they have not set. Place bread on plates. Remove eggs from water with slotted spoon, being careful not to break them. Drain for a moment before placing them on top of the bread. Spoon the sautéed mushrooms over the top.

Protein Pancakes - 1

(SS, CC)

Serves 1

Cooking spray
¼ banana
1 cup fresh baby spinach leaves
1 TBSP peanut butter
½ cup strawberries
1 TBSP cinnamon
1 TBSP vanilla extract
½ oz. old fashioned oatmeal
5 egg whites

Heat pan on medium heat. Spray with cooking spray. Combine all ingredients in a blender (except fruits) for 30 seconds. Pour batter into pan. Add sliced fruit into batter by hand. Cover pan and cook 2-3 minutes until the tops bubble; flip and cook until done. Spread peanut butter over the pancakes.

Protein Pancakes - 2

(RR, SS, CC)

Serves 1

Cooking spray
1 banana, smashed
1 TBSP peanut butter
1 TBSP cinnamon
1 tsp nutmeg
½ tsp ground clove
1 TBSP vanilla extract
3 eggs

Heat pan on medium heat. Spray with cooking spray. Combine all ingredients in a blender for 30 seconds. Pour batter into pan. Cover pan and cook 2-3 minutes until the tops bubble; flip and cook until done. Spread peanut butter over the pancakes.

Scrambled Eggs with Goat Cheese

(RR, SS, CC)

Serves 2

4 egg yolks
⅛ TBSP salt
½ TBSP olive oil
1 TBSP low-fat milk
⅛ tsp pepper

In a bowl, whisk eggs with the milk, salt and pepper until blended. Heat the oil in a heavy-bottomed skillet over medium heat. When hot, add the eggs and shake the pan to distribute them evenly. Cook 1 minute, then distribute the goat cheese and herbs over the eggs. Scramble the eggs until done.

Soufflé Omelet with Zucchini, Artichoke and Cheddar

(RR, SS, CC)

Serves 4

4 eggs
1 cup tomatoes
⅛ tsp pepper
1 TBSP olive oil
¼ tsp sea salt
2 medium zucchini, cut into half-inch pieces
4 egg whites
1 cup artichoke hearts, chopped
1 cup low-fat cheese shredded

Heat oil in a large skillet over medium-heat. Add zucchini, artichoke, and tomato. Cook 5 minutes, stirring occasionally, until vegetables are crisp-tender. Set aside. Beat the egg whites with a hand mixer until they form soft peaks. Add the whole eggs (lightly beaten), salt and pepper; stir. Cook 2-3 minutes, or until lightly browned on the bottom. Using a spatula, slide omelet onto a plate. Return it to the pan with cooked side facing up; cook 10-12 minutes; until golden. Place vegetable mixture and cheese on half the egg and fold it over to enclose filling. Press down lightly with the spatula until omelet holds its shape and the cheese melts.

Southwest Potato, Tofu and Spinach Scramble

(SS, CC)

Serves 4

1 TBSP olive oil
2 sweet potatoes, finely diced
1 yellow onion
2 tsp chili powder
1 tsp oregano
1 tsp cumin
½ TBSP salt
6 oz. baby spinach
½ cup water

Heat the olive oil in a skillet over medium-high heat and sauté the potatoes, onion, jalapeno, chili powder, oregano and cumin for 3 minutes, stirring frequently. Add the tofu and salt and stir to combine. Add ½ cup of water and immediately cover pan. Cook for 5 minutes. If the pan is very dry, stir in about 2 TBSP of water. Mound spinach on top of tofu mixture, cover and cook until the spinach wilts, about 2 minutes. Stir to incorporate the spinach into the tofu and potatoes. Cook until most of the water has evaporated.

Tomato-Mushroom Omelet

(RR, SS, CC)

Serves 1

2 eggs
¼ cup cheese
1 tomato, plum tomato
1 large mushroom cap, diced

Whisk eggs in a bowl and stir in cheese. Pour mixture into small frying pan that has been lightly sprayed with cooking spray. Evenly spread tomato and mushroom pieces over the top. Cook over low-medium heat for 10-15 minutes until eggs have set.

Vegetable Omelet with Turkey Bacon

(RR, SS, CC)

Serves 1

2 slices turkey bacon
2 eggs
2 TBSP green pepper
2 TBSP onions
2 tsp olive oil
3 mushrooms, sliced

Beat eggs in bowl. Cook vegetables in oil about 5 minutes. Reduce heat and add eggs. Cook until center is set. Loosen omelet with spatula and fold into an omelet shape. Serve with bacon on the side.

Wild Mushroom and Herb Omelet

(RR, SS, CC)

Serves 2

1 TBSP scallions
2 eggs
3 cups mushrooms
1 TBSP chives
¼ tsp tarragon leaves
⅛ tsp pepper
4 egg whites
2 TBSP fat free sour cream
1 TBSP parsley
¼ cup low fat milk

Heat skillet over medium-high heat. Coat with cooking spray and add mushrooms until liquid evaporates. In a bowl, mix together 1 TBSP milk, sour cream and pepper. In another bowl, mix 2 TBSP milk, onion, chives, parsley, tarragon, egg whites and eggs. Re-spray pan with cooking spray, pour in egg mixture and cook until center is set; top with mushrooms. Loosen omelet and fold with spatula. Pour sour cream mixture over omelet (optional).

Zucchini Hash Browns

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

Serves 2

2 eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp olive oil
1 cup shredded zucchini

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.

BEEF DISHES

Beef and Vegetable Kebabs

(RR, SS, CC)

Serves 4

1 tsp dried basil
1 tsp garlic powder
1 tsp dried thyme
1 lb sirloin beef
1 TBSP extra virgin olive oil
¼ medium red onions
½ pounds mushrooms, stems removed
1 green bell pepper, sliced into 2-inch pieces
1 red bell pepper, sliced into 2-inch pieces

Marinate the meat with basil, garlic powder, and thyme for 30 minutes. Heat grill and skewer alternating portions of meat and vegetables. Brush with olive oil and grill 6-8 minutes.

Beef Enchiladas

(SS, CC)

Serves 8

2 cups low-fat cheddar cheese
1 cup chopped onions
1 tsp black pepper
¾ oz. green chiles
½ TBSP garlic powder
8 oz. 95% lean beef
1 cup low-fat cottage cheese
1 ¾ cup black beans
2 cups tomato sauce

Brown meat and onion until almost done. Add garlic salt and pepper to taste. Add beans and finish cooking. Drain. Add cottage cheese and let it sit. In a food processor, process tomatoes, sauce and chiles together until smooth. Drain meat mixture again. Coat a 9x13 pan with cooking spray or olive oil with a paper towel. Lay tortillas on the bottom and up the sides of the pan. Add meat mixture. Pour just over half of the tomato sauce over the meat mixture. Top with ½ of cheese and cover with remaining tortillas, sauce and cheese. Bake at 350 for 20 minutes. Let stand for 5 minutes.

Beef Lettuce Tacos

(SS, CC)

Serves 1

1 TBSP chopped scallion
Romaine leaves
¼ TBSP Worcestershire sauce
¼ cup red bell pepper
4-6 oz. 95% lean ground beef
¼ cup chopped onion
½ cup fresh salsa
1 TBSP chili powder
Garlic clove, chopped
¼ cup pinto beans, drained
1 TBSP extra virgin olive oil

Heat oil in nonstick skillet over medium-high heat. Add meat and cook until brown and add onions, garlic, bell pepper; season with Worcestershire, chili powder, salt and pepper. Stir in pinto beans and cook mixture for 5 minutes. Add salsa, stir to combine and turn off heat. Wrap spoonfulls in lettuce leaf and top with cheese (optional) and scallions and serve.

Beef Stew

(RR, SS, CC)

Serves 8

25 oz. beef stew meat, lean cut
1 ½ cup beef broth
¾ TBSP black pepper
1 TBSP bay leaves, crumbled
1 TBSP thyme
1 TBSP rosemary
¾ cup red cooking wine
1 TBSP tomato paste
2 TBSP extra virgin olive oil
½ TBSP parsley
3 gloved garlic, minced
½ medium onion, chopped
2 pearl onions, chopped

Heat oil in large pot; add beef and cook until browned. Remove beef from pan and save drippings. Add white onions and garlic to beef drippings and sauté until onions become brown. Add tomato paste and cook, stirring constantly, for 1 minute. Add broth and bring to a boil; return beef to pot. Add thyme, pearl onion, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, peppers, broccoli, etc.). Bring to a simmer and cook 1 hour or until vegetables are tender. Remove bay leaf and add salt and pepper.

Black Bean and Beef Chili with Cilantro, Lime and Avocado Salsa

(RR, SS, CC)

Serves 8

2 oz. lime juice
2 TBSP no-added-salt tomato paste
1 TBSP olive oil
1 lb 95% lean beef
1 ½ oz. ancho chili powder
1 ½ TBSP ground chili powder
1 diced chipotle chili pepper
1 tsp cilantro, finely chopped
2 cans black beans, drained and rinsed
1 can black beans, undrained
2 cups low-sodium beef broth

Drain and rinse two cans of black beans. Season with salt and pepper to taste. Let beans drain while you use a food processor to puree the third can of un-drained beans, tomatoes, chipotle chili pepper. Process about 2 minutes until smooth. In a heavy soup pot, heat 1-2 tsp olive oil and brown beef, breaking it into small pieces. Remove beef and set aside. Add 1-2 tsp more of oil to the pan and half of the onions (about 1 cup). Lower heat and cook onions until they're softened but not starting to brown. Add all the chili powders. Add broth, browned beef, pureed bean mixture, drained beans and tomato paste and simmer 30 minutes. While chili simmers, place avocado in plastic bowl with ½ cup lime juice. Mix the rest of the onions (about 1 cup) and half the cilantro (½ tsp) into the avocado/lime juice mixture. Just before serving, stir the other ½ tsp cilantro and ½ cup lime juice and cook 5 minutes. Serve hot with avocado salsa on top of each serving.

Beef Wrap with Tomato & Avocado

(SS, CC)

Serves 1

¼ avocado
2 slices tomato
1 low carb, high fiber tortilla
4-6 oz. top sirloin, cut into strips

Cook beef in a non-stick pan or on the grill. Place beef strips on tortilla; add tomato and avocado slices. Add fresh salsa if desired.

Black Bean, Steak and Avocado Salad

(RR, SS, CC)

Serves 1

1 tsp extra virgin olive oil
¼ avocado
Salt and pepper to taste
4 oz. sirloin
¼ cup black beans, drained
¼ cup yellow corn
2 cups mixed salad greens
¼ tsp crushed red pepper

Sauté red pepper and oil in a skillet for 1 minute. Add steak and cook for 5 minutes on medium heat. Add beans and sauté for 3 minutes. Toss with mixed salad greens, avocado and corn.

Blue Cheese Steak

(RR, SS, CC)

Serves 1

2 TBSP lemon juice
5 oz. lean porterhouse beef ⅓ cup crumbled blue cheese

Grill steak to your liking. Just before steak is ready, heat cheese and fresh lemon juice together over low heat to make a sauce. Place on steak and serve.

Cheesy Beef Bake

(RR, SS, CC)

Serves 4

5 egg yolks
Dash salt and pepper
1 cup escarole
¼ cup red bell pepper, chopped
¼ cup broccoli, chopped
1 pound 95% ground beef
4 oz. low-fat cheddar cheese

Preheat oven to 350 degrees and coat bottom of 8x11 baking dish with cooking spray. Mix the pepper, escarole and broccoli with the ground beef in the baking dish and evenly distribute. Sprinkle cheese in the mixture. In a separate bowl, scramble the eggs, adding salt and pepper to taste. Pour eggs over the beef mix. Bake 20 minutes, then let sit for 5 minutes before serving.

Chipotle Chili

(SS, CC)

Serves 8

1 onion, chopped
1 cup canned chipotle minced in adobo sauce
1 pound 95% lean ground beef
4 tsp chili powder
2 TBSP cumin
1 TBSP extra virgin olive oil
3 cups red kidney beans
1 cup canned diced tomatoes
2 garlic cloves, minced

Heat oil in a Dutch oven over medium-high heat. Add onions, and garlic and cook 4 minutes, stirring occasionally or until onion is softened. Add the cumin, chili powder, chipotle and beef and cook 5 minutes, stirring to break up the beef. Add tomatoes and beans, cook until thick for about 15 minutes.

Eggplant Mexican Lasagna

(SS, CC)

Serves 8

8 oz. reduced-fat ricotta cheese
¼ cup liquid egg substitute
1 pound 95% lean ground beef (may substitute with ground chicken or turkey)
7oz canned tomatoes
2 TBSP tomato paste
½ cup chopped hot chili peppers
1 TBSP chili powder
1 eggplant, peeled and sliced
2 ½ cup cheddar cheese
1 can black beans, rinsed and drained

Combine ricotta and egg substitute in a small bowl and stir to mix well. Put the ground beef in a large skillet over medium heat and cook, stirring to crumble until meat is cooked through. Add tomatoes, paste, chilis, chili powder and beans and stir to mix. Cook uncovered stirring frequently for 10 minutes. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half of the eggplant. Spread half of the mixture over the eggplant and dot with half of the ricotta mix, then top with half of the cheddar cheese. Repeat. Cover with foil and bake at 350 degrees for 25 minutes. Remove the foil and bake 5 minutes or until cheese is melted. Remove from the oven and let sit 10 minutes before serving.

Greek Meatballs

(RR, SS, CC)

Serves 6

1 oz. Penzeys Greek seasoning
¼ tsp pepper
¼ tsp salt
4 tsp red wine vinegar
1 tsp oregano
1 TBSP olive oil
1 egg
½ cup feta cheese, crumbled
2 cloves of garlic
1 lb 95% ground beef

Preheat oven to 400 degrees. Combine all ingredients in a bowl and use your hands to mix the ingredients. Lightly oil a 9x13 baking dish. Shape meat into 1-oz. meatballs and place on baking sheet. Bake 20 minutes. You will see liquid oozing out. Turn meatballs and bake 10 minutes. Turn again and bake 5-10 more minutes. Cook until meatballs are browned and well-done.

Greek Stuffed Steak

(RR, SS, CC)

Serves 8

1 tsp oregano
12 cups water
2 ½ cup beef broth
½ cup chopped red onion
⅓ cup pickled pepperoncini pepper
¼ TBSP salt
1 ½ pounds flank steak
1 tsp garlic powder
10 cups frozen spinach

Combine spinach, onions, peppers, garlic powder and salt in a bowl and set aside. Cut steak horizontally through the center of steak cutting to, but not through, the other side. Place steak between 2 sheets heavy duty plastic wrap. Flatten to an even thickness, using a meat mallet. Spread spinach mix over steak, leaving a 1-inch margin around outside edges. Roll steak up, starting at short side. Secure at 2 inch intervals with heavy string. Coat a large Dutch oven with cooking spray and place over medium-high heat until hot. Add steak, browning well on all sides. Add broth, water and oregano to pan and bring to boil. Cover and reduce heat to simmer for 90 minutes or until tender, turning meat once. Add additional water during cooking if necessary. Remove string and cut into 8 slices. Serve with cooking liquid.

Green Pea Soup

(RR, SS, CC)

Serves 4

¼ TBSP pepper
2 TBSP parsley
2 cloves garlic
2 TBSP mint
2 TBSP olive oil
4 cups low-sodium chicken broth
2 slices bacon (may use turkey bacon)
1 onion, chopped
3 ¼ cup boiled peas, frozen

Heat oil in a skillet over medium-high heat and add garlic and onion and cook for 5 minutes. Add the chicken broth, peas, mint and parsley. Bring to a boil then reduce to a simmer for 8 minutes. Remove from the heat, allow to cool then puree in a blender or food processor. Put the bacon under a broiler and cook until crispy. Serve and garnish with the crispy bacon.

Grilled Marinated Sirloin with Salsa

(RR, SS, CC)

Serves 4

1 cup fresh salsa
2 oz. lime juice
¼ cup water
2 TBSP vegetable oil
1 tsp cumin
1 ½ pound sirloin, fat trimmed

Combine salsa, lime juice, water, oil and cumin in a baking dish. Add steak and coat with the marinade. Cover with aluminum foil and let marinate for 6 hours or overnight. Preheat grill to medium-high and grill for 10 minutes.

Hearty Beef Chili

(SS, CC)

Serves 9

- 1 ½ pounds chuck roast beef, trimmed
- 1 tsp oregano
- 2 large onions
- 10 oz. can diced tomatoes with green chilies
- 2 cups green pepper, chopped
- 2 oz. low-sodium tomato juice
- 1 TBSP chipotle chili pepper, ground
- 1 tsp cumin
- 1 ⅓ cup kidney beans

Cut beef into ½ inch cubes. Combine all ingredients into a 6-quart slow cooker. Cover and cook on low heat for 9-10 hours or high heat 4.5-5 hours.

Herb and Lentil Salad with Bacon

(SS, CC)

Serves 1

- 2 oz. Canadian bacon
- ¼ TBSP balsamic vinegar
- ¼ cherry tomatoes
- 1 ½ cups lentils
- 1 TBSP basil
- ½ clove garlic
- 1 scallion, sliced
- Arugula salad greens

Drain and rinse green lentils. Spray nonstick pan with oil, add garlic and scallions and sauté for 2 minutes. Stir in lentils, vinegar, basil and tomatoes and set aside. Broil bacon until crisp, place on top of salad and serve.

Beef Lettuce Wraps

(SS, CC)

Serves 1

- 4 oz. beef tenderloin, grilled and cut into strips
- 1 cup brown rice, steamed
- 1 TBSP olive oil
- 2 cups cherry tomatoes
- 2 TBSP wasabi sauce
- 4 romaine leaves

Grill beef to your liking. Place beef strips, fresh tomatoes and steamed brown rice in a small bowl and stir in wasabi sauce and oil. Divide evenly among leaves. Roll up lettuce and secure with toothpicks.

Italian Soup with Roasted Italian Sausage

(SS, CC)

Serves 6

- 2 TBSP tomato paste
- 1 canned diced tomatoes
- 1 cup lentils
- 2 TBSP basil
- 2 TBSP ground fennel
- 1 TBSP garlic clove
- 1 tsp oregano
- 2 TBSP olive oil
- 1 onion, chopped
- 4 cups low-sodium chicken broth
- 2 cups chick peas
- 5 Italian sausages (may use chicken sausages)

Preheat oven to 400 degrees and lightly grease a roasting pan with olive oil. Place turkey sausages on pan and roast for 40 minutes, until skins are slightly hardened and brown. When sausage has cooled, cut in half lengthwise and then slice. While the sausage roasts, heat olive oil in a heavy soup pan and sauté onions about 5 minutes until softened and barely starting to color. Add oregano, fennel and garlic and sauté 2-3 minutes. Add diced tomatoes with liquid, chicken broth, tomato paste, beans and lentils. Simmer 40-60 minutes, until lentils are softened and slightly breaking apart. Add sausage to soup. Deglaze roasting pan with a cup of water, scraping off all browned bits on bottom of pan and add to soup. Simmer 30 minutes. Stir in basil and cook for 2 minutes.

Beef Lettuce Wraps

(SS, CC)

Serves 1

- 4 oz. beef tenderloin, grilled and cut into strips
- 1 cup brown rice, steamed
- 1 TBSP olive oil
- 2 cups cherry tomatoes
- 2 TBSP wasabi sauce
- 4 romaine leaves

Grill beef to your liking. Place beef strips, fresh tomatoes and steamed brown rice in a small bowl and stir in wasabi sauce and oil. Divide evenly among leaves. Roll up lettuce and secure with toothpicks.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

- 4-6 oz. no-added-salt tomato paste (or low-sugar pasta sauce)
- ¼ chopped onions
- 3 zucchini, spiralized
- 2 pounds ground beef, 95% lean
- ⅓ TBSP paprika
- 3 cloves garlic, crushed

Mix beef with onion, garlic, paprika, salt and pepper and make into 12 balls. Place meatballs under preheated broiler for 7 minutes, turning occasionally until browned and cooked through. Meanwhile, spiralize zucchini and cook in 1 TBSP olive oil on medium heat for about 5-10 minutes or until softened. Add meatballs to zucchini pasta and add tomato sauce.

Mexican Lasagna

(SS, CC)

Serves 12

- 8 oz. fat free ricotta cheese
- ¼ cup liquid egg substitute
- 1 pound lean ground beef
- 2 TBSP no-added-salt tomato paste
- ½ cup hot chili peppers
- 1 TBSP chili powder
- 10 corn tortillas
- 2 ½ cups low-fat cheddar cheese
- 1 cup canned diced tomatoes

Combine the ricotta and egg in a small bowl and stir to mix well. Put the ground beef in a large skillet over medium heat and cook until meat is no longer pink. Add tomatoes, paste, beans, chilies and chili powder and stir to mix well. Cook uncovered stirring frequently, about 10 minutes, or until thick. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half the tortillas. Spread half the meat mixture over the tortilla and dot with half the ricotta mixture; then top with cheddar cheese. Repeat, adding a layer on top. Cover with foil and bake at 250 degrees for 25 minutes. Remove foil and bake for 5 more minutes. Let sit for 10 minutes before serving.

Old-Fashioned Chili

(RR, SS, CC)

Serves 6

- 1 pound 95% lean ground beef
- 2 TBSP onion powder
- 2 TBSP ground chili powder
- ¾ cup chopped white onion
- ¼ tsp pepper
- Salt to taste
- 2 cups red kidney beans
- 2 cups no-added-salt tomato sauce

In a large skillet, brown beef (can substitute ground chicken or turkey) and add the onion and drain excess oil. In a large saucepan, combine beef, onion, sauce, kidney beans, onion powder, chili powder, salt and pepper to taste. Simmer for 45 minutes to 1 hour. Can also use a slow cooker.

Pepper Steak

(RR, SS, CC)

Serves 1

- ½ each yellow and red bell pepper
- ½ cup chopped onion
- 1 TBSP reduced-sodium soy sauce
- 5 oz. lean porterhouse beef, cut into strips

Marinate beef strips in soy sauce for 30 minutes. Heat 1 TBSP of olive in pan. Place beef strips in pan and cook until pink is gone. Add onion, peppers and cook for until tender and serve.

Pot Roast

(RR, SS, CC)

Serves 8

- 3 pounds chuck roast beef, trimmed
- ⅓ tsp white wine vinegar
- 4 cups water
- 3 beef bouillon cubes
- 1 TBSP salt
- 1 ¼ tsp pepper
- 2 TBSP olive oil
- ½ cup chopped onions

Heat oil in large pot and add beef, browning on all sides. Place in a slow cooker or large pot with lid. Add onion, pepper, salt. Combine water, vinegar and stir. Pour over beef. Add bouillon cubes. Cook low 8-10 hours or 4-6 hours on high

Reuben Meatloaf

(SS, CC)

Serves 8

- 1 cup sauerkraut
- 1 garlic clove
- 2 TBSP parsley
- 1 tsp horseradish
- ½ cup liquid egg substitute
- 2 ½ cups old fashioned oats
- ¾ oz. turkey pastrami
- 1 pound ground turkey
- 1 ¾ cups canned tomatoes
- ½ tsp caraway seeds
- 1 slice low-fat Swiss cheese, cut into slices
- 1 cup grated Swiss cheese

In a food processor, combine sauerkraut, caraway seeds and grated cheese. Combine remaining ingredients except horseradish and sliced cheese in food processor and make a paste. On wax paper, pat mixture into a rectangle (15x12"). Press sauerkraut mix into meat mixture, within 1 inch of the edge. With the aid of the wax paper, roll meat tightly, jellyroll-like, starting at short edge. Seal seams and ends. Using wax paper, place loaf seam side down in a 2-quart shallow glass dish (12x 8x2). Cover with wax paper. Cook in microwave for 15 minutes. If microwave doesn't have turn table, turn ¼ every 4 minutes. Spoon 1 tsp horseradish over loaf and cook uncovered for 3 minutes. Arrange cheese slices, cut into triangles, over the top loaf, overlapping slightly. Cook 1 minute or until cheese melts. Let stand 5 minutes.

Spice-Rubbed Flank Steak

(RR, SS, CC)

Serves 4

- ½ tsp cayenne pepper
- ½ tsp thyme
- ½ tsp cinnamon
- 1 pound flank steak
- ½ tsp garlic powder
- 1 TBSP cumin
- ½ tsp salt

Preheat broiler and coat broiler pan with cooking spray. Combine all ingredients except steak in a bowl; rub mixture over steak. Broil 6-7 minutes per side, or until cooked. Let sit 5 minutes before cutting diagonally across the grain into thick strips.

Steak Wraps

(SS, CC)

Serves 1

4 oz. sirloin steak
¼ cup Pico de Gallo
½ cherry tomatoes
½ cup shredded lettuce
1 whole wheat, high fiber tortilla

Grill steak to your liking. Place all ingredients in the tortilla, then add Pico de Gallo and wrap up. May substitute lettuce wraps for tortilla.

Stuffed Cabbage

(SS, CC)

Serves 5

4 oz. white beans
2 egg whites
1 cup vegetable broth
4 cups tomato soup
½ pound ground turkey
½ pound 95% lean ground beef
1 cup tomatoes
1 head white cabbage, partially hollowed

Mix egg whites and drained white beans into beef and turkey; season with salt and pepper. Form into meatballs. Stuff into cabbage head. Mix together tomatoes, tomato soup and vegetable broth. Pour over cabbage and meat. Sprinkle with pepper. Cover and bring to a boil. Cook at 325 degrees for 30-40 minutes, spooning juices over the cabbage and meat every 15 minutes. Allow to sit for 10 minutes before serving. Skim off any excess fat before serving.

Stuffed Peppers

(RR, SS, CC)

Serves 8

2 lbs lean ground beef
4 green bell peppers
1 onion
4 garlic cloves
9 oz. broccoli
6 oz. tomato paste
1 TBSP oregano
1 TBSP basil
4 portabella mushrooms
Salt and pepper to taste

Cut the tops of the peppers and clean out the seeds. Arrange peppers in a slow cooker, standing up and making sure they fit securely. Combine onion, garlic, mushrooms and broccoli in food processor. Combine beef, processed vegetables, seasonings and tomato paste. Stuff mixture into the peppers. Add water; cover and cook on low 8-10 hours.

Tenderloin Steak with Salsa Verde

(RR, SS, CC)

Serves 1

1 TBSP lemon juice
2 TBSP chopped parsley
1 TBSP chopped mint
¼ garlic clove
2 TBSP olive oil
¼ cup cucumber
½ tsp red wine vinegar
1 tsp Dijon mustard
¼ tsp black pepper
5 oz. beef tenderloin
1 TBSP basil
1 TBSP capers

Place mint, parsley, basil, capers and garlic in a bowl and whisk in the vinegar, lemon juice, mustard, 1 tsp olive oil and 2 TBSP cold water. Season with pepper and set aside at room temperature, covered in plastic wrap. Heat a heavy frying pan or rigged grill pan. Brush steak with 1 tsp oil and cook 2-3 minutes on each side, depending on how rare you like your steak. Set steak aside for 5 minutes before serving and serve with salsa verde.

POULTRY & PORK

Aromatic Chicken & Lentils

(SS, CC)

Serves 6

2 cups chopped leeks
2 cups cubed sweet potatoes
1 ¾ cup chopped and peeled tomatoes
½ cup tomato paste
½ c white cooking wine
1 tsp cinnamon
3 cups low-sodium chicken broth
1 ½ cup lentils
1 TBSP herbs de provence
3 boneless skinless chicken breasts, quartered

Preheat oven to 400 degrees. Coat a large skillet with non-stick cooking spray. Sauté the leeks, potatoes and herbs de provence for 5 minutes. Stir in tomatoes, wine, tomato paste, cinnamon, lentils and broth. Simmer briefly. Pour into a 13x9 casserole dish sprayed with nonstick cooking spray and completely bury the chicken pieces. Cover and bake 1 hour or until chicken is cooked and lentils are tender.

Asian Chicken Lettuce Wraps

(RR, SS)

Serves 3

2 oz. flax seed
2 cup broccoli slaw
4 TBSP Asian sesame light dressing
6 leaves romaine or Boston lettuce
1 ½ chicken breasts

Combine slaw, dressing and flax seeds in a bowl. Grill chicken, slice and then combine with the slaw. Refrigerate overnight. Place on lettuce leaves.

Baked Italian Chicken Parmigiana

(RR, SS, CC)

Serves 1

- ½ TBSP fresh parsley
- 2 TBSP parmesan cheese
- 1 chicken breast
- 2 TBSP reduced-fat Italian salad dressing (or make your own)

Place chicken in a greased baking dish. Drizzle with salad dressing. Sprinkle parmesan cheese and salt, if desired, over the chicken. Bake uncovered at 375 degrees for 20-25 minutes or until the chicken juices run clear.

Buffalo Chicken Wrap

(RR, SS, CC)

Serves 1

- 1 chicken breast
- Salt and pepper to taste
- ¼ cup buffalo sauce/seasoning
- 2 TBSP Greek yogurt (optional)
- Romaine or Boston lettuce leaves

Bake chicken breast at 350 degrees until juices run clear, about 20 minutes. When cooled, shred chicken and mix with buffalo sauce/seasoning and yogurt. Serve on romaine or Boston lettuce leaves.

Baked Pork Chops with Apple Topping

(RR, SS, CC)

Serves 4

- ¼ cup apple cider vinegar
- 4 pork chops
- ¼ cup chopped celery
- 1 oz. Dijon mustard
- 2 TBSP fresh parsley
- 2 TBSP extra virgin olive oil
- 1 dash salt and black pepper
- 1 yellow onion, coarsely chopped
- 2 granny smith apples, peeled and cored

Preheat oven to 350 degrees. Heat 1 TBSP oil in a heavy skillet on medium high heat. Season pork chops with salt and pepper and brown them on both sides, about 2 minutes per side. Transfer the pork chops to baking dish; turn the heat to medium and add the remaining olive oil to skillet. Add the onion and celery and cook until soft. Add the apple and cook 5 minutes more. Add parsley and remove from heat. Stir in just enough apple cider vinegar to moisten the mixture and season with salt and pepper. Spread the mustard on top of each chop. Divide the apple mixture (apples, celery, onions) among the chops and pat into the mustard. Bake the chops until fully cooked and apples are softened, about 20 minutes.

Basil Chicken Packets

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

Serves 4

- 2 TBSP fresh parsley
- 1 TBSP lemon zest
- 1 ½ tsp dried basil
- 2 medium yellow summer squash, diced
- 1 medium red bell pepper, diced
- 1 TBSP black pepper
- ¼ tsp salt
- 2 chicken breasts, halved

Preheat oven to 450 degrees or grill to medium high heat. Center one chicken breast half on each side of aluminum foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and peppers, then sprinkle with black pepper. Bring up foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16-18 minutes in oven or grill 11-13 minutes.

Black Bean Turkey Chili

(SS, CC)

Serves 8

- ½ stalk green onions, chopped
- ¼ tsp fresh ginger
- ¼ tsp red hot chili pepper sauce
- ½ cup boiled soy beans
- 1 ½ pound ground turkey
- ½ cup black beans
- 4 cups vegetable broth
- ¼ TBSP. minced garlic

Combine all ingredients info slow cooker. Cover and cook 4-6 hours on low. If cooking in a regular pot, bring chili to a boil over medium-high heat and then simmer for 1 ½-2 hours. Season to taste. Garnish with green onions.

Black Bean Soup

(SS, CC)

Serves 4

- 1 TBSP olive oil
- 1 cup chopped onions
- 1 TBSP cumin seed
- ½ tsp pepper
- 2 garlic cloves, minced
- 3 slices turkey bacon, chopped
- 2 cups black beans
- 2 bay leaves
- 2 cups chopped carrots chopped
- 1 cup chopped sweet potato
- 2 cans low sodium chicken broth

Drain the beans and rinse. Heat oil in large saucepan, add onions, garlic, bacon and cook until onion is soft and bacon is cooked. Add cumin, coriander and cook 30 seconds or until aromatic. Add carrots, potatoes, bay leaves, broth and beans. Bring to a boil, then cover and simmer over low heat for 1 hour or until beans and vegetables are soft. Remove the bay leaves from the soup. Allow to cool a little, then transfer to a food processor or blender and puree until smooth. Season to taste with black pepper.

Braised Chicken with Thyme and Pepper

(SS, CC)

Serves 1

⅓ tsp black pepper
1 ½ TBSP salt
1 cup baby spinach
¼ cup dry white wine
½ tsp thyme dried
¼ cup white beans, drained
½ cup vegetable broth
3 cloves garlic minced
1 cup white onions
4 oz. chicken breast

Season chicken with thyme and pepper. Melt 1 TBSP butter in 12-inch nonstick skillet over medium-high heat and brown chicken turning once, 6 minutes. Remove chicken and set aside. Add remaining butter to same skillet and add onions, stirring occasionally, 6 minutes or until tender. Add garlic and cook 30 seconds. Add broth and wine and bring to boil over high heat. Reduce to low and return chicken to skillet. Simmer covered 5 minutes. Stir in beans and spinach. Simmer uncovered, stirring occasionally, 5 minutes or until chicken is thoroughly cooked.

Chicken & Pasta Primavera

(SS, CC)

Serves 4

4 cups high fiber whole grain pasta (may spiralize zucchini to make this a grain free meal)
2 cups chopped chicken breast
¼ tsp garlic powder
10 oz. package frozen veggie mix (may use fresh vegetables of your choice)
3 TBSP parmesan cheese
½ cup low fat milk
11 ounces low-sodium cream of mushroom soup

Mix soup, milk, cheese, garlic powder and vegetables in a saucepan. Heat to a boil. Cover and cook over low heat for 10 minutes or until tender-crisp. Add chicken and heat through. Serve over spaghetti (or zucchini).

Chicken and Red Lentil Stew

(SS, CC)

Serves 1

½ TBSP extra virgin olive oil
1 chicken breast, cubed
1 cup low-sodium vegetable broth
1 clove garlic, chopped
½ cup red lentils, boiled
¼ tsp dried oregano
¼ cup red bell pepper, chopped
½ TBSP dried thyme
½ cup onions, chopped
¼ cup celery, chopped

In a heavy-bottomed stockpot, heat oil over medium heat and add onion, bell pepper and celery and sauté for 2 minutes. Add garlic and chicken and sauté for 5 minutes or until chicken is fully cooked. Stir in lentils and cover with vegetable broth. Bring to a boil and then reduce heat and simmer for 40 minutes or until lentils are tender.

Chicken Breakfast Burrito

(SS, CC)

Serves 1

¼ cup chopped onions
½ cup chopped green bell pepper
Chicken breast, diced
1 low-carb, high-fiber tortilla (high fiber)
1 TBSP sour cream (optional)

Heat a small skillet over medium-high heat sprayed with cooking spray. Sauté chicken until completely cooked through. Combine pepper and onions with cooked chicken in a small bowl. Place on tortilla on dinner plate and top with chicken mixture and fold. Garnish with sour cream.

Chicken Burrito

(SS, CC)

Serves 4

1 ⅓ cup chopped broccoli
1 ⅓ cup cooked basmati rice
4 low-carb, high-fiber tortillas
1 cup low-fat shredded cheese
2 cups diced chicken

Cook chicken strips. Steam broccoli. Warm tortillas in microwave for 10 seconds. Place ½ cup chicken on the bottom of each tortilla, followed by ⅓ cup rice, then ⅓ cup broccoli. Evenly sprinkle ½ cup cheese over the broccoli. Roll into a burrito.

Chicken Chili with Veggies

(SS, CC)

Serves 8

½ cup chopped red bell pepper
3 TBSP chili powder
1 oz. no-added-salt tomato paste
1 ½ cup chopped green bell pepper
⅓ cup celery, chopped
½ cup broccoli, chopped
3 ¾ cup tomato sauce
⅓ cup chopped carrots
4 cups red kidney beans

Spray the bottom of a large stock pot with cooking spray. Turn heat on medium and add peppers, onions, celery, carrots, broccoli and chicken cubes. Cook until chicken is cooked on the outside (can still be pink on inside). Add tomato sauce, paste, kidney beans and chili powder. Mix thoroughly. Place a lid on the pot and allow it to cook 30-40 minutes. Taste and add more chili powder as needed.

Chicken LeRici

(RR, SS, CC)

Serves 1

1 TBSP scallions, chopped
⅓ tsp paprika
1 slice extra-lean ham
½ oz. low-fat sour cream
½ TBSP red pepper
1 cup mushrooms
1 oz. low-fat mozzarella cheese
1 chicken breast
2 TBSP extra virgin olive oil

Pat chicken dry and slit breast lengthwise, but not all the way through, to form a pocket. Put the lean ham and the cheese inside the pocket. Season with salt and pepper. Roll the chicken up with the opening to the inside. Secure with a toothpick. Sprinkle each roll generously with paprika. Heat the olive oil in a heavy frying pan and brown the chicken roll. Remove the chicken with a slotted spoon to a casserole dish. In the remaining olive oil, sauté the mushrooms and green onions for about 5 minutes on medium heat. Add light sour cream and blend well. Pour the sour cream and mushroom mixture over the chicken. Cover tightly with foil and bake at 350 degrees for 55 minutes or until done.

Chicken Noodle Soup

(SS, CC)

Serves 6

4 oz. fresh parsley
2 cloves garlic, minced
1 cup chopped onion
½ cup lemon juice
3 stalks celery, chopped
2 cups sliced carrots
2 oz. dry, high-fiber pasta
⅓ tsp pepper
4 tsp fresh thyme
2 oz. cold water
4 ½ cups chicken broth
3 chicken breasts

Place chicken, water, carrots, celery, onion, garlic and thyme in a large stock pot and bring to a boil. Reduce heat and simmer 20-25 minutes. Remove chicken. Shred/pull apart the chicken. Season the broth with salt and pepper and add pasta and shredded chicken. Bring to a boil; reduce the heat and simmer until noodles are cooked. Add lemon juice and parsley and serve.

Chicken Salad Sandwich

(SS, CC)

Serves 4

12 oz. water-packed chicken breast, drained
⅓ cup chopped celery
8 slices sprouted grain bread (such as Ezekiel bread)
4 romaine lettuce leaves
¼ TBSP chopped onion
2 TBSP light mayonnaise
4 slices tomato
2 TBSP plain non-fat Greek yogurt

Stir in the yogurt, mayonnaise, celery, onion and chicken in a bowl. Divide mixture to four bread slices. Top with tomato, lettuce and other bread slices.

Chicken Salad Squash Boats

(RR, SS, CC)

Serves 2

2 TBSP yellow mustard
1 TBSP light mayonnaise
2 TBSP chopped scallions
1 oz. parmesan cheese
2 large summer (yellow) squash
2 chicken breasts

Cut squash in half lengthwise and scoop out seeds. Cook squash until tender; about 5 minutes at 350 degrees. Cook chicken breast and chop into cubes. Mix chicken with onions, mustard and mayonnaise. Fill center of squash with chicken salad. Add parmesan cheese, if desired. Cook filled squash for 20 minutes at 400 degrees.

Chicken Scaloppine with Porcini Mushrooms

(RR, SS, CC)

Serves 2

½ cup sliced porcini mushrooms
¼ tsp red pepper flakes
1 TBSP fresh parsley
2 cups white mushrooms
2 TBSP shallots
½ cup white cooking wine
3 oz. fat free sour cream
1 TBSP extra virgin olive oil
1 clove minced garlic
½ cup chicken broth
2 chicken breasts

Place porcini dried mushrooms in a spice or grinder and process until finely ground. Slice chicken breasts in half and sprinkle with salt and pepper. Sprinkle both sides of chicken with mushroom powder and shake off excess. Place 1 tsp oil in skillet on medium-high heat. Add chicken and cook until lightly browned and done on each side. Remove chicken from heat. Add an additional tsp oil, shallots and garlic. Cook for 1 minute, stirring frequently. Add in 2 cups of white mushrooms and cook until the liquid evaporates, stirring occasionally. Stir in the wine, loosening the bottom of the pan. Add broth to the pan and simmer until the liquid is reduced to ¼ of a cup; then stir in the sour cream until warmed, about 1 minute. Add in the chicken and heat until warmed.

Chicken Tagine with Olives

(SS, CC)

Serves 4

1 cup onions, chopped
¼ oz. Kalamata olives
4 chicken breasts
1 TBSP extra virgin olive oil
1 cup peas
1 ½ cup canned no-added-salt diced tomatoes
½ cup low-sodium vegetable broth
½ tsp cinnamon
1 ½ cup chickpeas
2 TBSP fresh ginger
1 ½ TBSP ground cumin

Heat oil in large skillet over medium-high heat. Add onion, ginger, cumin, and cinnamon. Cook, stirring frequently, about 5 minutes. Add the tomatoes, chicken broth, peas and olives; simmer 7 minutes. Add chickpeas; cook 5 minutes or until chicken is tender.

Chicken with Balsamic Vinegar

(FS, RR, SS, CC, P2)

Serves 1

⅓ tsp thyme
1 dash salt
1 TBSP extra virgin olive oil
½ tsp black pepper
¼ TBSP butter, unsalted
1 bay leaf
1 chicken breast, evenly sliced into strips
⅓ cup vegetable broth
½ cup sliced mushrooms

Season the chicken with salt and pepper. Heat oil in a heavy skillet and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover tightly and cook over moderately high-heat for about 10 minutes. Turn the chicken pieces occasionally as they cook. Transfer the chicken to a warm platter with foil. Let the sauce cook uncovered over moderately high heat for about 7 minutes. Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

Chicken, Mint and Corn Soup

(SS, CC)

Serves 2

1 ½ chicken breasts
⅔ cup snow peas
1 dash salt
1 TBSP fresh mint
2 cup low-sodium chicken stock
⅓ TBSP pepper
2 TBSP lemon zest and rind
2 cups sweet yellow corn

Put the corn in a large saucepan of boiling water and cook for 10 minutes. Remove the cobs and cut off the kernels. Set aside. Put the chicken stock and mint leaves in a large saucepan and bring to a boil. Add the chicken, and return to a simmer and poach for 10-12 minutes or until the chicken is thoroughly cooked. Just before the chicken is ready, add the corn kernels and snow pea sprouts to the hot stock. Remove the chicken; slice on the diagonal. Pour the broth and vegetables into the serving bowls and garnish with lemon rind and extra mint.

Cool and Creamy Lime Chicken

(RR, SS, CC)

Serves 4

1 TBSP dry ranch dressing mix
2 raw limes
2 TBSP fat free sour cream
4 chicken breasts

Squeeze juice of 1 lime into a nonstick skillet over medium-high heat. Add chicken and cook. While chicken is cooking, mix together the juice of the other lime, sour cream and ranch dressing mix. Once the chicken is fully cooked, remove from the skillet and spoon 2 TBSP of the lime mixture over each breast.

Country-Style Pork Ribs

(RR, SS, CC)

Serves 6

1 oz. liquid smoke
¼ TBSP cayenne pepper
2 ½ pieces of pork ribs (excluding refuse. Yield from 1 pound of raw meat with refuse)
2 TBSP Worcestershire sauce
¼ TBSP salt
¼ TBSP garlic powder
1 cup water

Sprinkle ribs with salt, pepper, garlic, pepper. Rub the spices into the meat and the bone on both sides. Place them in a turkey roasting pan with the water and liquid smoke on the bottom. Sprinkle with Worcestershire sauce. Set the oven to 225. Cover the ribs tightly with aluminum foil and roast for 4-5 hours. The ribs should be “falling off the bone” tender. Bake for another 15-20 minutes or until dark brown.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, P2)

Serves 1

1 TBSP extra virgin olive oil
1 chicken breast
2 TBSP water
1 TBSP basil
⅓ tsp fish sauce
1 TBSP dehydrated red curry sauce/paste

Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

Deviled Chicken

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

Serves 2

¼ TBSP yellow mustard
1 garlic clove
¼ red bell pepper
¼ tsp red pepper flakes
¼ medium onion
¼ TBSP black pepper
1 TBSP parsley
¼ cup chicken stock
½ TBSP paprika

Mix the paprika and mustard with salt and pepper and season chicken breasts on both sides. In a skillet over medium-high heat. Add the seasoned chicken to the skillet and brown on the first side for 3 minutes; flip and then sear the second side for 2 minutes. Remove the chicken and reserve on a plate under a foil tent. Then add the onion, garlic, bell pepper, tomato paste and red pepper flakes to the pan. Cook the vegetables for 5 minutes. Add 1 cup of broth to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 minutes more, turning the chicken a few times. Remove the chicken to a platter. To finish the sauce, turn the heat off and add the parsley. Pour the sauce over the chicken and serve immediately.

Easy Eggplant Chicken

(RR, SS, CC)

Serves 1

1 tsp unsalted butter
1 cup eggplant, cut into cubes
1 TBSP feta cheese
1 chicken breast

Slice and sauté eggplant in the butter. Add chicken, chopped and already cooked. Stir in chicken with the eggplant and sprinkle with crumbled feta cheese.

Ginger Chicken with Noodles

(SS, CC)

Serves 2

1 oz. lime juice
1 TBSP cilantro leaves
2 chicken breasts
3 garlic cloves
2 TBSP chopped scallions
4 ½ tsp grated fresh ginger
½ cup chopped carrots
2 cups mung bean noodles, uncooked
3 tsp olive oil
½ tsp lime peel, shredded

Combine scallion, ginger, garlic, 1 tsp oil and salt. Rub over chicken. Place chicken on the rack of an unheated broiler pan. Broil 4-5 inches from the heat for 12-15 minutes or until chicken is cooked through, turning once. Thinly slice diagonally and set aside. In a large saucepan, cook mung bean noodles and carrots in boiling water 3-4 minutes, or until noodles are tender. Drain. Rinse with cold water; drain again. Cut noodles to shorten length. In a separate bowl, stir lime peel, lime juice and remaining oil. Add noodle mix and cilantro; toss to coat. Top with chicken.

Green Bean Bundles

(RR, SS, CC)

Serves 4

1 pound green beans
8 strips turkey bacon
1 TBSP onions, chopped
3 TBSP butter
1 TBSP white wine vinegar
1 TBSP granulated sugar
¼ TBSP salt

Cook the beans until tender crisp. Wrap about 15 beans in each bacon strip; secure with a toothpick. Place on a foil-covered baking sheet. Bake at 400 degrees for 10-15 minutes or until bacon is done. In a skillet, sauté onion in butter until tender. Add vinegar, sugar and salt; heat through. Remove bundles to a serving bowl or platter; pour sauce over and serve immediately.

Grilled Chicken Sandwich with Avocado and Salsa

(SS, CC)

Serves 1

¼ cup avocado
2 slice multi-grain bread (sprouted grains are the best)
1 chicken breast
1 TBSP fresh salsa

Grill chicken. Place chicken on 1 slice of bread. Top with avocado slices, salsa and remaining slice of bread.

Grilled Jerk Chicken with Red Pepper and Zucchini

(RR, SS, CC)

Serves 4

4 chicken thighs, boneless
1 red bell pepper, quartered
3 TBSP olive oil
1 TBSP onion powder
1 ½ TBSP sugar
½ TBSP thyme
¾ tsp allspice
½ tsp cinnamon
½ tsp crushed red pepper
1 tsp oregano
1 zucchini, quartered
1 ½ TBSP basil

Spray grill with cooking spray. Mix basil, oregano and half the oil in a food processor. Brush on the zucchini. In a bowl, combine the rest of the ingredients and rest of the oil with the chicken. Grill chicken with pepper and zucchini for about 10 minutes, turning once.

Herb-Roasted Chicken

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

Serves 8

3 pounds whole chicken
1 TBSP black pepper
1 TBSP sage
1 TBSP tarragon
1 tsp parsley
1 tsp thyme
½ TBSP salt

It is best to use fresh herbs for this recipe. Preheat oven to 450 degrees. Rinse chicken; dry it well with a paper towel inside and out. With half the salt, salt the inside of the chicken. Add the pepper and herbs to the outside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in oven for 45 minutes to 1 hour until juices run clear when the chicken thigh is pierced, or until an internal thermometer reads 160 degrees. Let chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.

Jerk Chicken

(FS, RR, SS, CC, P2)

Serves 6

2 ½ cups frozen or fresh veggie mix (broccoli, carrots, cauliflower)
1 scallion
2 garlic cloves
1 hot pepper (amounts to your liking)
¼ TBSP curry powder
⅛ TBSP cinnamon
¼ TBSP allspice
¼ TBSP canola oil
¼ tsp thyme
¼ cup apple cider vinegar
⅓ cup teriyaki sauce
⅓ cup fresh orange juice

In a food processor, puree onion, hot pepper, garlic and scallions. Add orange juice, teriyaki sauce, vinegar, spices and oil and process to mix. Pour mixture over chicken pieces and refrigerate for 2 hours. Grill or bake until done. Serve with steamed vegetable mix.

Lamb with Spiced Flageolet Beans

(SS, CC)

Serves 2

⅓ tsp each of cumin seed, coriander, chili powder
½ TBSP minced garlic
3 cups flageolet beans
2 oz. lamb breast
¼ TBSP fresh mint
½ tsp lemon juice
½ cup sour cream
1 garlic clove

Mix chili, coriander, cumin and ¼ TBSP olive oil. Add the lamb, coat with mixture and let it sit for 10 minutes. Heat ¼ TBSP oil in skillet then add garlic and onions until softened. Add the lamb and marinade to skillet and fry to your liking, or for about 2-3 minutes. Add flageolet beans, mint, lemon juice and sour cream and simmer until warmed through (about 1 minute).

Lemon Basil Chicken

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

Serves 4

½ tsp garlic powder
1 TBSP basil leaves
1 lemon
1 garlic cloves
3 pounds whole chicken

Preheat oven to 375 degrees. Remove excess fat from chicken; fasten neck skin to back with skewer. Fold wings across back with tips touching. Grate 2 tsp lemon peel, reserve. Cut lemon into halves; rub chicken with half of lemon. Place garlic, basil and remaining lemon in cavity. Rub chicken with reserved lemon peel; sprinkle garlic powder and remaining basil over chicken. Place chicken, breast side up, on rack in roasting pan. Cover and bake 1 hour. Uncover and bake 30 minutes longer.

Lemon Chicken

(RR, SS, CC)

Serves 4

4 chicken breasts
½ tsp lemon pepper
1 ½ TBSP lemon zest
1 ½ TBSP dill weed
½ cup sour cream (light or fat free)

Preheat oven to 425 degrees. Combine sour cream, dill, lemon pepper and lemon zest in a small bowl (may use plain Greek yogurt instead of sour cream). Spray a casserole dish with cooking spray. Spread ¼ of the lemon dill sauce on bottom. Arrange chicken breasts on top of sauce in a single layer. Pour remaining sauce over chicken. Spread evenly. Bake uncovered for 30-35 minutes until chicken is tender and no longer pink.

Lemon-Caper Chicken

(RR, SS, CC)

Serves 4

1 TBSP lemon juice
2 TBSP capers
1 TBSP olive oil
⅓ tsp pepper
2 TBSP butter
⅔ cup vegetable broth
2 chicken breast filets

Season chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add the chicken; cook for 5 minutes or until underside is browned. Turn; cook other side for 5 minutes. Remove from pan and keep warm. Add broth and lemon juice to the pan; boil for 5 minutes, until syrupy. Remove from heat and mix in the capers and butter; spoon over chicken.

Milk-Braised Pork Chops

(SS, CC)

Serves 4

4 pork chops (exclude refuse)
2 tsp vegetable oil
2 TBSP butter
½ tsp Penzey seasoning*
½ TBSP salt
1 tsp pepper
2 cups whole wheat flour
1 ½ cups 1% low-fat milk

Trim all fat from pork chops. Use meat mallet or something heavy to pound pork chops slightly until they are even thickness, about 1 inch thick. Combine flour, salt, pepper and pork chop seasoning in a shallow bowl. One at a time, lightly dredge pork chops in the mixture, shaking off any extra. Whisk ½ cup milk into the flour left in the bowl. Heat oil and melt butter in heavy frying pan big enough to hold pork chops. Add pork and brown well, about 3 minutes per side. Pour out most of the pan drippings, add ½ cup milk/flour mix, reduce heat to low and simmer, covered, for 30 minutes, stirring occasionally. Turn pork chops over and add remaining 1 cup milk, whisking to combine if needed. Cover for 30 minutes more, stirring occasionally. Uncover skillet and if there is a lot of liquid, cook a few minutes until reduced to about 1 cup. Serve hot, spooning milk gravy over the pork.

*Seasoning is salt, hickory, garlic, pepper and ginger if you prefer to make your own.

Mini Chicken Tostadas

(SS, CC)

Serves 6

2 TBSP reduced-fat sour cream
1 oz. cheddar cheese
½ TBSP salt
½ oz. juice of a lime
1 tsp olive oil
8 oz. cooked chicken breast
¼ jalapeno peppers, sliced
½ of a red onion, sliced
6 tortillas
½ red bell pepper, thinly sliced

Preheat oven to 425 degrees. Mist a warm cast iron skillet with cooking spray. Add the onion, bell peppers and jalapeno. Cook over high heat, stirring occasionally, until vegetables are lightly charred, about 3 minutes. Finely shred chicken and then remove pan that vegetables are cooking in from heat and stir in the chicken, lime juice, oil, and salt. Spray 1 side of each tortilla with cooking spray and stack oiled sides up. Cut into quarters and nestle each tortilla triangle, oiled side down, into a muffin cup. Bake until edges are crisp, about 7 minutes. Sprinkle with cheddar. Place a spoonful of the filling into each tortilla. Dollop with sour cream and salsa.

Moroccan-Style Chicken with Vegetables

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

Serves 2

2 chicken breasts
1 ½ tsp cumin
½ tsp cinnamon
½ TBSP salt
½ tsp pepper
12 ½ oz. can diced tomatoes
Zucchini, cut into 2" slices

Preheat oven to 450 degrees. Center chicken breasts on aluminum foil. Combine spices, then sprinkle half of the mix over the chicken. Combine the remaining spice mix with the tomatoes and spoon next to the chicken. Arrange zucchini slices over the chicken and tomatoes. Bring up foil sides and double fold top and ends to seal the packets leaving some room for heat circulation. Bake 20-22 minutes.

Moroccan Tomato, Chickpeas and Chicken Salad

(SS, CC)

Serves 4

4 boneless skinless chicken breasts
3 TBSP lemon juice
1 TBSP lemon zest
½ TBSP cumin
½ cup red onion, sliced
1 TBSP olive oil
½ TBSP paprika
2 cups chickpeas
2 cups cherry tomatoes

Bake or grill chicken and cut into cubes. Drain and rinse the chickpeas. Place in a pot with oil, spices, lemon zest and onion and stir over heat for 2-3 minutes, until mixture sizzles and smells aromatic. Remove from heat and cool for 5-10 minutes. Mix in lemon juice and place in a large bowl with bite-sized chicken and tomatoes. Toss and combine.

Mushroom & Swiss Turkey Burgers

(RR, SS, CC)

Serves 4

½ cup onions
⅔ tsp red pepper flakes
2 garlic cloves
2 TBSP basil
½ ginger root, chopped
¼ cup onion
1 cup sliced mushrooms
⅔ salt
4 slices low-fat Swiss cheese
1 pound ground turkey

Mix all ingredients except mushrooms and onions; shape into patties. Preheat skillet over medium heat, lightly sauté mushrooms and onions. Push vegetables to edge of skillet, add patties in the center. Cook over medium heat for 7 minutes. Flip, cook for an additional 5 minutes until golden brown and no longer pink in the center. Just before removing patties from skillet, place thin slices of cheese on top. When melted, pile mushrooms and onions on top.

Nutty Chicken Curry

(RR, SS, CC)

Serves 4

1 hot chili pepper
1 tsp finely chopped ginger
1 garlic clove
2 tsp parsley
1 tsp sunflower oil
4 boneless chicken breasts
5 TBSP smooth peanut butter
⅔ cup chicken stock
7 oz. plain Greek yogurt

Place ¾ of the chili pepper in a food processor with the ginger, garlic, and most of the parsley. Puree into a rough paste, adding a splash of water if needed. Heat oil in a frying pan and brown the chicken for 1 minute. Heat oil in a frying pan and brown the chicken for 1 minute. Stir in the paste for another minute, and then add the peanut butter, stock, and yogurt. When the sauce is gently bubbling, cook for an additional 10 minutes until the chicken is just cooked through and the sauce has thickened. Stir in most of the remaining parsley and scatter the rest on top with the remaining chili pepper.

Open-Faced Grilled Chicken Breast Sandwich

(SS, CC)

Serves 1

1 lettuce leaf
1 TBSP balsamic vinegar
½ tsp yellow mustard
2 tomato slices
1 onion slice
¼ cup avocado
1 slice whole 9-grain bread
1 chicken breast
½ tsp mayonnaise
½ tsp plain Greek yogurt

Grill chicken until it is done. Place on bread and add tomato, lettuce, avocado and onion. Mix wet ingredients together and pour on top.

Pork Lo Mein with Peanut Sauce

(SS, CC)

Serves 4

8 oz. pork tenderloin
3 TBSP shallots
½ cup peanut butter, creamy
2 garlic cloves, minced
1 tsp fresh ginger
1 cup beef stock
½ green bell pepper, sliced
1 cup broccoli
1 celery stalk, chopped
¼ pounds mushrooms, sliced
3 ½ oz. whole wheat pasta
2 tsp sesame oil
1-2 TBSP soy sauce
¼ cup walnuts
cornstarch

Prepare pasta according to directions. Heat olive oil over medium-high heat in a skillet. Add shallots and stir fry for 2 minutes. Add garlic and ginger and cook for another 2 minutes. Remove them from pan. Add sesame oil and the pork and stir fry 3-5 minutes, until nicely browned. Transfer pork to a plate. Add broccoli, celery, mushrooms and pepper to skillet and stir fry for 5 minutes. Return pork, onions, garlic and ginger to pan, adding beef stock with them and bring to a boil. Cover, reduce heat and let simmer for 5 minutes. Whisk the soy sauce and peanut butter in a bowl and stir the combination to the skillet adding the walnuts. Add cornstarch until thickened. Drain pasta and add to skillet. Toss to combine.

Pork Tenderloin with Caraway Sauerkraut

(RR, SS, CC)

Serves 2

¼ cup chicken broth
½ cup red onions, sliced
1 TBSP caraway seeds
⅛ tsp black pepper
1 TBSP olive oil
1 cup sauerkraut, drained
10 oz. pork tenderloin
⅛ tsp salt
2 TBSP flour
⅛ tsp pepper

Heat oil in frying pan over medium heat. Sprinkle the pork tenderloin with salt, pepper and flour. Sauté the pork over medium heat for 4 minutes. Turn the pork and add onions. Continue to sauté until the pork is lightly browned on both sides and the onions have softened. Add the chicken broth, sauerkraut and caraway seeds. Cover and simmer for 25 minutes. Pork should be pink when complete.

Raspberry Chicken Salad

(RR, SS, CC)

Serves 3

3 boneless chicken breasts
2 packets Splenda
1 TBSP red wine vinegar
½ cup cherry tomatoes
¼ cup onions, chopped
1 cup plain Greek Yogurt
1 cup raspberries
4 cups romaine lettuce, shredded
⅓ cup celery

Combine raspberries, yogurt, vinegar and Splenda. Toss all remaining ingredients together and serve with dressing.

Red Beans, Barley and Sausage Stew

(SS, CC)

Serves 3

4 ½s cup chicken broth
2 bay leaves
½ tsp garlic powder
1 tsp thyme
8 oz. pork sausage, sliced
1 cup red kidney beans
1 cup pearled barley
1 cup water

Rinse and drain beans (or soak fresh beans the night before in water). Put all ingredients in a large slow cooker, stir, cover and cook on low for 8 hours.

Roasted Chicken with Olives, Feta and Sun-dried Tomatoes

(RR, SS, CC)

Serves 4

¼ cup crumbled feta
1 tsp oregano
3 tsp olive oil
4 chicken breasts
½ cup sun-dried tomatoes
2 oz. Kalamata olives

Preheat oven to 375 degrees. Spread the oil over the bottom of a shallow roasting pan. Place the chicken in the pan and season the top of each piece with oregano, salt and black pepper to taste. Top chicken with olives, feta and tomatoes. Bake 20-25 minutes, until chicken is cooked through.

Roasted Chicken with Sweet Potatoes and Veggies

(SS, CC)

Serves 6

Pepper, to taste
3 pounds whole chicken
2 TBSP unsalted butter
1 TBSP thyme
1 ½ cups green beans
1 ½ cup sweet potatoes
1 cup chopped celery
1 cup chopped onion
1 dash sea salt
1 ½ cup carrot slices

Preheat oven to 375 degrees. Place chicken in roasting pan and sprinkle with salt and pepper. Arrange carrots, potatoes, and green beans around chicken and vegetables. Bake uncovered for 30 minutes.

Roasted Turkey

(RR, SS, CC)

Serves 8

2 garlic cloves
2 cups low-sodium chicken broth
3 bay leaves, crumbled
2 cups celery, chopped
1 cup lemon juice
1 ½ tsp thyme
½ tsp pepper
6 TBSP unsalted butter
1 onion, quartered
1 cup orange juice, fresh squeezed

Submerge turkey in water, breast side down for 1-2 days. Preheat oven to 325 degrees. Rinse turkey under cold water and dry inside and out. In a bowl, mix butter, salt, pepper and thyme. Stir in the juice of 1 orange and 1 lemon. Rub turkey with the seasoned butter inside and out. Fill the turkey with the onion, celery, bay leaves and whole garlic cloves. Tie up turkey according to directions. Roast turkey for 45 minutes. Spoon broth over turkey and let roast for 1 hour, repeating the basting every 20 minutes. Cook until thickest part of meat is 165 degrees and juices run clear. Remove the turkey from the oven and let rest for 20-30 minutes. Remove vegetables from inside and discard.

Sautéed Balsamic Chicken with Couscous and Vegetables

(SS, CC)

Serves 1

½ cup sliced red bell pepper
⅔ TBSP olive oil
½ cup onions, chopped
½ cup zucchini chopped
½ cup cooked couscous
½ TBSP balsamic vinegar
1 chicken breast

Chop chicken into bite-sized pieces. Chop vegetables. Cook couscous according to instructions. In a sauté pan, cook chicken thoroughly with the ⅓ of the olive oil and vinegar. Make sure chicken is fully cooked. In a separate pan, sauté vegetables with remaining oil. Layer the couscous and vegetables and top with the chicken.

Sautéed Chicken with Zucchini, Tomatoes, and Pine Nuts

(RR, SS, CC)

Serves 1

- Dash black pepper
- 1 TBSP balsamic vinegar
- 1 TBSP water
- 1 TBSP olive oil
- 1 tomato, sliced
- 1 TBSP pine nuts
- 1 chicken breast
- 1 cup zucchini, sliced
- 1 tsp reduced sodium soy sauce

Sauté chicken breast in 1 tsp oil in a skillet. When partially cooked, add soy sauce and water and cook until done. Arrange zucchini and tomato slices on a plate. Sprinkle with vinegar and 1 tsp oil. Top with chicken. Sprinkle with pine nuts and salt and pepper to taste.

Sonoma Chicken

(FS, RR, SS, CC, P2)

Serves 4

- 1 ½ cup mushrooms
- ¼ tsp pepper
- 4 TBSP olive oil
- ½ tsp garlic powder
- 1 tsp rosemary
- 1 onion, sliced
- 4 chicken breasts
- ½ cup tomatoes
- 1 ¼ cup chicken broth

Cut chicken into slices and pound until less than ½ thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a skillet with oil over medium-high heat. Add the chicken and cook 2-3 minutes on each side or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to skillet. Cover and cook for a few minutes. Add more broth if skillet becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes until about ¼ of liquid remains. Sprinkle parsley over and serve.

Southwest Easy-Oven Chicken

(SS, CC)

Serves 6

- 2 garlic cloves
- ¾ cup salsa
- 1 oz. black beans
- 1 cup chicken broth
- 1 pounds chicken breast

Preheat oven to 350 degrees. In a 13x9 baking pan, combine the broth, beans, salsa, and garlic. Add the chicken (cut into bite-sized pieces) and baste with some of the liquid. Bake, stirring once, until chicken is cooked through and the liquid is reduced, about 45 minutes.

Spiced Pork Loin

(RR, SS, CC)

Serves 6

- 1 cup chicken broth
- 1 tomato, diced
- 2 pieces pork tenderloin (yield from 1 pound with refuse)
- 6 garlic cloves
- 1 tsp ginger
- 1 TBSP peppercorns
- 1 TBSP mustard
- 3 TBSP oil and vinegar mixture
- 2 cups white onion, chopped
- ½ oz. cinnamon
- ½ TBSP of both cardamom and coriander

Heat ground red pepper, cumin, mustard, coriander, cardamom, cinnamon and black peppercorns in a skillet for 3 minutes. Put spices in food processor and add onions, ginger, garlic, and vinegar and process until blended. Combine pork pieces and spices making sure pork is covered. Refrigerate for 30 minutes. Heat a saucepan with cooking spray over medium heat. Add pork mixture and cook until browned (may do separately so you don't overcook the pork). Add broth to pan after removing pork and scrape to loosen up residue. Add pork back in and stir in salt and tomatoes. Bring to a boil and cook until pork is tender.

Spicy Hoisin-Glazed Turkey Meatballs

(SS, CC)

Serves 6

- ½ cup hoisin sauce
- Dash black pepper
- ¼ tsp garlic powder
- ½ tsp soy sauce
- ¾ tsp sesame oil
- ½ tsp flax meal
- ¼ cup orange juice
- 1 ½ oz. seasoned Italian breadcrumbs
- ½ pound turkey, ground
- ¼ red onion, chopped
- ¼ tsp hot sauce

Preheat oven to 425 degrees. Line 2 rimmed baking sheets with foil and spray with cooking spray. In a bowl, combine onion with turkey, egg white, bread crumbs, sesame oil, soy sauce and garlic powder. Season with black pepper and stir until combined. Scoop out rounded teaspoons of turkey mixture, roll into ¾ inch meatballs and place on prepared baking sheets. Whisk together hoisin sauce and hot sauce in a bowl. Spoon ¼ tsp of the glaze over each meatball. Place baking sheets in oven and bake until meatballs are cooked through, about 6-7 minutes. Remove from oven. Preheat broiler and broil meatballs. Watch carefully until glaze is sizzling, for about 1-2 minutes. Drizzle orange juice over meatballs and transfer to platter.

Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

- ½ cup tangerines
- 4 lettuce leaves
- 1 kiwi
- 2 chicken breasts
- ½ tsp tangerine zest
- 1 TBSP sour cream
- 1 TBSP mayonnaise
- 2 TBSP cashews

Combine mayonnaise, sour cream, tangerine and peel zest in a small bowl. Add grilled chicken, kiwi, celery; toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves and top with cashews.

Squash Bacon Medley

(RR, SS, CC)

Serves 4

1 summer squash and 1 zucchini halved and sliced
4 strips bacon
¾ cup onions, chopped
2 TBSP brown sugar
½ TBSP salt
½ tsp basil
½ tsp oregano
½ tsp chili powder
½ tsp garlic powder
1 cup tomatoes, chopped

Place 1 inch water in a saucepan. Add vegetables. Bring to a boil and cook 4-5 minutes. Drain and set aside. In a skillet, cook bacon over medium heat until crisp. Remove to paper towels. Drain and reserve 1 TBSP of drippings. In the dripping, sauté onion until tender. Add vegetables, sugar and seasonings. Stir in tomatoes. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 10 minutes. Sprinkle with bacon.

Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

½ cup tangerines
4 lettuce leaves
1 kiwi
2 chicken breasts
½ tsp tangerine zest
1 TBSP sour cream
1 TBSP mayonnaise
2 TBSP cashews

Combine mayonnaise, sour cream, tangerine and peel zest in a small bowl. Add grilled chicken, kiwi, celery; toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves and top with cashews.

Tabbouleh Salad with Chicken

(SS, CC)

Serves 1

¼ dry bulgur
⅛ cup lemon juice
½ tsp olive oil
1 chicken breast
¼ medium diced tomatoes
2 ½ TBSP parsley
1 ½ chopped mint
¼ cup sliced cucumbers

Place the bulgur in a bowl and pour over boiling water and let stand for 30 minutes or until the grains swell and soften. Drain the bulgur and press to remove excess moisture. Place salad in a bowl. Add the tomatoes, cucumbers, parsley and mint and toss. Place lemon juice, oil and pepper in a jar and shake well. Pour over salad and toss well. Serve with sliced cooked chicken breast.

Thai Chicken Stir Fry

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

Serves 6

1 cup cauliflower
2 cups broccoli
½ tsp garlic powder
½ tsp ginger
1 cup carrot slices
½ TBSP ground cardamom
½ tsp chili powder
1 oz. curry powder
2 TBSP olive oil
4 chicken breasts
1 TBSP soy sauce

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half the chicken (chopped in cubes), and cook for 3 minutes. Remove and repeat with remaining chicken. Return all chicken to pan and all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

Turkey Chili Burgers

(RR, SS, CC)

Serves 4

½ cup red bell pepper, chopped
1 TBSP hot chili pepper sauce
2 TBSP Worcestershire sauce
2 tsp grill seasoning
2 TBSP cumin seed
1 medium onion, chopped
2 garlic cloves
2 cup diced tomatoes
¼ cup low fat cheese
¼ TBSP chili powder

Combine chili powder, cumin and grill seasoning in a bowl and divide in half. Add a quarter of a pound of the ground turkey to hot oil and break up as you brown and add ½ of the spice mixture above and half an onion. When onions are translucent, add Worcestershire sauce and tomatoes. To prepare burgers: Use the remaining ground turkey and the other half of the seasoning mix and onion. Add red pepper and 2 cloves of garlic, hot sauce and cheese. Mix all together and form 4 patties and grill until cooked. Serve the burger with the chili on top.

Turkey Meatloaf

(RR, SS, CC)

Serves 8

½ cup red onions, chopped
1 TBSP basil, ground
½ cup liquid egg substitute
½ cup yellow bell pepper
1 TBSP oregano
2 tsp garlic powder
1 TBSP fresh salsa
2 pounds ground turkey; lean
½ cup no added salt tomato sauce
½ cup parmesan cheese

Mix all ingredients except for cheese and tomato sauce together and form into a pan. Cover and top with sauce and cheese and bake at 350 degrees for 45 minutes.

Turkey Sausage Patties

(RR, SS, CC)

Serves 6

¾ tsp basil
1 tsp coriander
½ tsp cumin
½ tsp garlic powder
½ tsp oregano
1 tsp paprika
½ tsp pepper (red or cayenne)
1 pound lean ground turkey
½ cup chicken broth

Combine turkey and dry spices in a bowl. Add broth and mix then let stand for 15 minutes. Form turkey into 9 patties (¾" thick). Cook patties in a skillet over medium-high heat, about 8 minutes on each side.

Turkey Tortilla Soup

(RR, SS, CC)

Serves 4

4 fresh cilantro sprigs
1 lime, wedged
2 turkey breasts (bone and skin removed)
2 cups chicken broth
2 tortillas
¾ cup fresh salsa
1 zucchini, diced
1 TBSP fat free sour cream

In saucepan, combine salsa and broth and bring to a boil. Stir in turkey breast (cubed) and zucchini and heat through. Bake tortillas until crisp and break into medium pieces. Serve soup with broken tortillas, lime wedges and cilantro and sour cream on top.

SEAFOOD DISHES

Baked Fish Stew

(SS,CC)

Serves 4

4 servings of cod filets
5 chopped carrots
3 medium sweet potatoes, cubed
2 TBSP Lemon juice
2 tsp dried basil
Salt and pepper to taste

Preheat oven to 375 degrees and spray 9x13 dish with cooking spray. Place fish in baking dish and sprinkle with lemon juice. Add carrots, potatoes and onions between the filets then season with salt, pepper and basil. Cover and bake for 1 hour.

Teriyaki Salmon

(FS, RR, SS, CC, P2)

Serves 1

¼ tsp lemon juice
¼ TBSP teriyaki sauce
¼ tsp soy sauce
¼ garlic cloves
6 oz. salmon filet

Mix all ingredients in a bowl and marinate salmon filet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20-25 minutes at 350 degrees.

Bean Salad with Tuna

(SS, CC)

Serves 2

⅓ cup chickpeas, rinsed if from a can
¼ cup kidney beans, rinsed if from can)
½ cup cherry tomatoes
8 baby carrots
½ cup tuna fish, light canned in water
1 TBSP extra virgin olive oil
Dash of pepper
¼ red onions, finely chopped
⅔ cup green beans

Rinse and drain beans and measure out appropriate amounts. Cook green beans in lightly salted boiling water for 3 minutes, then drain and refresh under running cold water. Mix together all ingredients (except tuna, carrots and tomatoes) with oil, salt and pepper and serve in bowl. Top with tuna, baby carrots and tomatoes.

Broiled Sole with Warm Eggplant Salad

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

Serves 1

½ TBSP extra virgin olive oil
¼ TBSP balsamic vinegar
Sole filet
½ TBSP capers
¼ red onion sliced fine
1 medium tomato
1 TBSP parsley
¼ eggplant, peeled and cubed

Preheat oven to 350 degrees. Place sole in oven and cook until it is tender and flaky. Heat oil in nonstick skillet. Add the eggplant and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley, vinegar and stir to combine. Let cool 10 minutes before serving. Top over broiled fish.

Caribbean Shrimp

(Detox, FS, RR, SS, CC)

Serves 4

1 pound shrimp
¼ cup freshly squeezed grapefruit juice
1 oz. lime zest
¼ oz. lime juice
1 garlic clove
¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – broil, bake, or sauté.

Cashew-Coconut Shrimp Stir-Fry

(RR, SS, CC)

Serves 1

6 medium shrimp
⅓ cup light coconut milk
1 oz. peanut oil
1 TBSP chopped cashew nuts
2 cloves garlic, minced
2 cups vegetables of your choice
¼ tsp reduced-sodium soy sauce

Sauté garlic in peanut oil over medium heat for 1 minute. Add vegetables and cook 5 minutes. Add shrimp and coconut milk. Sauté 5 minutes. Top with cashews and light soy sauce.

Chinese Steamed Bass with Cabbage

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

Serves 2

2 striped bass filets
1 hot chili pepper – chopped
1 tsp grated fresh ginger
½ head cabbage
2 garlic cloves-minced
2 TBSP soy sauce low sodium
2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce the pour over the garlic & oil.

Cod in Parsley Sauce

(FS, RR, SS, CC, P2)

Serves 1

1 TBSP unsalted butter
1 cup chopped carrots
1 cup chopped kale
1 cup chopped broccoli
2 TBSP white wine
1 cod fillet
1 TBSP parsley, chopped

Melt 1 TBSP butter in a saucepan with 2 TBSP white wine. Poach the cod in the pan with a TBSP of parsley until fish flakes easily. Season with salt and pepper. Serve with steamed carrots, broccoli and kale.

Dilled Alaskan Cod

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

Serves 4

4 cod fillets
1 lemon, sliced
Salt and pepper
1 zucchini, cut into strips
1 yellow squash, cut into strips
1 onion
½ tsp mustard (dried spice)
1 tsp dill weed

Preheat oven to 450 degrees. Evenly distribute lemon on aluminum foil. Place cod on lemon slices and sprinkle with salt and pepper. Top with zucchini, squash and onion, then sprinkle on dill weed and dried mustard. Bring up foil (may need to do each fillet in its own foil) and double fold into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15-18 minutes.

Easy Shrimp Stir-Fry

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

Serves 4

2 tsp Bragg's Amino Acids (or low-sodium soy sauce)
1 pound shrimp
1 TBSP olive oil
4 cups vegetables of your choice

Drizzle 1 TBSP oil in a skillet and cook shrimp, seasoning shrimp with salt and pepper, if desired. Add vegetables. Lower heat and cover pan until vegetables are heated through. Add Amino acids (or soy sauce) and enjoy!

Easy Tilapia and Vegetable Packets

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

Serves 4

½ tsp black pepper
1 tsp dill weed
4 TBSP chicken broth
1 cup broccoli
1 cup cauliflower
1 cup carrots, chopped
¼ tsp salt
4 tilapia filets

Heat oven to 450 degrees. Place each fillet on a 12-inch square of aluminum foil. Top each fillet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour ¼ of the broth over vegetables. Bring sides of foil to make a tent, fold top edges over to seal. Repeat for remaining fillets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes)

Fish Veracruz

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

Serves 4

2 cloves garlic, chopped
2 cup orange juice
1 TBSP onions
4 fish fillets (white fish)
¼ cup stuffed green olives, chopped pimiento
1 TBSP olive oil
1 oz. canned tomatoes with jalapeno

Preheat oven to 450 degrees. Coat baking dish with nonstick spray. Heat the oil in a large skillet over medium high heat. Add onion and garlic and cook 4 minutes, or until softened. Add the tomatoes, olives, and juice and cook 5 minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10-12 minutes or until fish is no longer translucent.

Ginger Shrimp Stir Fry

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

Serves 4

1 white onion, cut in wedges
¾ cup celery, chopped
½ cup baby carrot
½ cup snow peas
½ cup cauliflower
½ cup mushrooms
½ cup water chestnuts
2 ½ cup shrimp
2 tsp ginger, grated fresh
2 TBSP
2 TBSP olive oil low sodium soy sauce

In a large wok, heat oil on medium heat and stir-fry the onions, celery, carrots and ginger for 5-7 minutes. Add snow peas, cauliflower, broccoli and sauté 3-4 minutes. Add mushroom, water chestnuts and shrimp for 3-5 minutes. Add soy sauce and seasoning, and continue to cook until vegetables are heated through.

Grilled Halibut with Mango Citrus Slaw

(RR, SS, CC)

Serves 6

- 1 l mandarin oranges
- 4 tsp extra virgin olive oil
- ¼ oz. salt and pepper
- 4TBSP light mayonnaise (may substitute with plain Greek yogurt)
- 3 cups mango slices
- 10 ounces coleslaw mix
- 6 halibut fillets

In a large bowl, combine the coleslaw mix, mango and mandarin oranges with mayonnaise. Toss gently to combine. Season with salt and black pepper and set aside. Set a grill pan over medium-high heat. Brush both sides of the halibut fillets with the oil and season to taste with salt and pepper. Add fish to pan and cook 3 minutes per side, or until golden brown. Serve halibut on top of the slaw.

Grilled Salmon with Spinach and Tomato Stack

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

Serves 1

- 1 TBSP balsamic vinegar
- 2TBSP basil, divided
- 1 tsp extra virgin olive oil
- 1 salmon fillet
- 1 cup spinach
- 1 tomato, sliced

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and the tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put the spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, then sprinkle with remaining basil.

Grilled Tuna with Salsa

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

Serves 1

- 1 oz. raw tuna
- 1 cup snow peas
- 2TBSP fresh salsa
- 1 tsp olive oil

Lightly brush a grill pan, grill rack, or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), turning after 4-6 minutes. Tuna should maintain a little pink in the center, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

Jazz Salad

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

Serves 2

- 8 jumbo olives
- 6 shrimp
- 1 TBSP olive oil
- 1 cup cherry tomatoes
- ⅓ cup carrots, chopped
- ⅓ cup cucumber, sliced
- 2 lettuce leaves
- 2TBSP balsamic vinegar
- 2 oz. crab

Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab and shrimp and toss in oil and vinegar dressing.

Hoisin-Glazed Scallops with Grilled Zucchini

(RR, SS, CC)

Serves 4

- 5 TBSP hoisin sauce
- 2 medium zucchini, halved lengthwise
- 5 tsp extra virgin olive oil
- Dash black pepper
- 16 large scallops
- 1 medium lime

Rinse the scallops and pat dry with a paper towel; season to taste with salt and pepper. Heat 3 tsp of the oil in a skillet over medium heat. Add scallops and cook 1-2 minutes per side or until golden brown. Brush tops and sides of scallops with the hoisin sauce and drizzle the lime juice over them. Cook 1-2 minutes more or until scallops are opaque and cooked through. Using a slotted spoon, remove scallops from pan and transfer to a serving plate. Simmer remaining liquid 1-2 minutes, until it reduces and develops the consistency of thick syrup; set aside. Set a grill pan over medium-high heat. Brush both sides of the zucchini halves with remaining oil and season to taste with salt and pepper. Grill zucchini for 2-3 minutes per side until golden brown and tender. Spoon reduced liquid over scallops and serve with zucchini.

Jazz Salad

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

Serves 2

- 8 jumbo olives
- 6 shrimp
- 1 TBSP olive oil
- 1 cup cherry tomatoes
- ⅓ cup carrots, chopped
- ⅓ cup cucumber, sliced
- 2 lettuce leaves
- 2TBSP balsamic vinegar
- 2 oz. crab

Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab and shrimp and toss in oil and vinegar dressing.

Open-Faced Tuna Sandwich

(SS, CC)

Serves 1

- 1 slice multi-9 grain bread
- ½ cup alfalfa sprout
- 1 tomato, sliced
- ½ TBSP Plain Greek Yogurt
- ½ TBSP light mayonnaise
- ½ lemon
- 1 can tuna fish in water, drained

Mix lemon juice, mayonnaise, yogurt and tuna together. Place on top of bread. Top with tomato and sprouts.

Parmesan Shrimp and Veggies

(RR, SS, CC)
Serves 4

- 1 TBSP canola oil
- 2 garlic cloves, minced
- 2 cups broccoli
- 1 summer squash
- 6 scallions, sliced
- 1 pound shrimp
- 3 TBSP white wine
- 1 TBSP fresh basil
- 1 TBSP lemon juice
- ¼ cup grated parmesan cheese

In skillet heat oil over medium-high heat, then add garlic and cook for 1 minute. Add onions and cook for 2 more minutes. Add shrimp and sauté 2-3 minutes, or until shrimp is almost cooked. Add wine, lemon juice and basil and cook until shrimp is pink (about 1 minute). Sprinkle cheese evenly over the shrimp and vegetables.

Pasta with White Clam Sauce

(SS, CC)
Serves 4

- 10 oz. fresh or canned baby clams
- ½ oz. parsley
- ⅛ tsp red pepper flakes
- 4 cloves garlic, sliced
- 1 tsp basil leaves
- 2 TBSP olive oil
- 1 TBSP lemon juice
- 4 TBSP low-fat parmesan cheese
- 2 cups whole wheat linguine
- 8 oz. clam juice

Cook pasta according to directions. Heat oil in a saucepan. Add the garlic and basil and cook, stirring frequently, for 1 minute. Add the clam juice and red pepper flakes; bring to a boil. Reduce heat. Add the clams and lemon juice; simmer 5 minutes. Toss the sauce with linguine and parsley. Ladle into plates, top each serving with parmesan cheese and serve.

Pasta with Clams and Marinara

(SS, CC)
Serves 4

- ½ cup dry white wine
- ¼ pinch red pepper flakes
- ¼ cup fresh parsley
- 1 cup white onions, chopped
- 2 cups no-salt-added tomato juice
- 2 TBSP olive oil
- 3 cloves garlic
- 3 cups canned diced tomatoes
- 2 cups elbow pasta, whole wheat
- ¼ tsp salt
- 1 pound fresh clams or quahogs (with shell)

Heat garlic and onion in oil in a large pot. Cook until onions are tender. Add tomato juice, dry white wine, salt, crushed red pepper, littleneck clams (scrubbed and cleaned), and undrained diced tomatoes. Bring to a boil. Cover and simmer until clam shells open, about 10 minutes. Remove clams and discard any that are unopened. Add parsley to the pan and cook until the liquid is reduced to about 4 cups. Cook pasta according to package. Serve with clams and sauce over pasta.

Pasta with Tuna, Watercress, Cherry Tomatoes and Feta

(SS, CC)
Serves 4

- 1 oz. fat free feta cheese
- 8 oz. whole wheat pasta
- 1 can tuna fish, drained
- 3 cups watercress, chopped
- 4 cups cherry tomatoes
- ¼ tsp pepper

Cook pasta according to directions. Place cheese in a large bowl; top with watercress. Before draining pasta, take ¼ cup of the water and pour it over the watercress. Place tomatoes in a colander. Drain pasta over the tomatoes for a quick blanch. Toss with watercress and cheese. Sprinkle tuna with pepper and serve together.

Quick-Broiled Salmon with Ginger-Mint Salsa

(Detox, FS, RR, SS, CC, P1, P2)
Serves 2

- ½ cup scallions, chopped
- ½ tsp black pepper
- ½ oz. lime juice
- 2 TBSP fresh mint, chopped
- 1 tsp grated ginger
- ¼ tsp salt
- 2 salmon filets
- 2 tsp lemon juice

Preheat broiler on oven to high and heat an oven-safe skillet in for 10 minutes. The pan should be 5-7” from the heat source. Rub salmon with 2 tsp fresh lemon juice and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler and cook about 5-7 minutes, depending on thickness. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and scallion. Spoon over salmon. Garnish with 1 tsp olive oil.

Roasted Fennel and Orange Tilapia

(RR, SS, CC)
Serves 4

- 4 tilapia filets
- 2 tsp agave nectar
- 8 chopped scallions
- 1 cup red bell pepper, sliced
- 1 ½ tsp ground ginger
- ½ tsp white wine vinegar
- 1 tsp orange zest
- 1 ¼ cup orange juice
- 2 oranges, sliced
- 4 cups fennel
- ⅓ tsp pepper

Preheat oven to 450 degrees and coat roasting pan with cooking spray. To prepare the vegetables, combine fennel, pepper, scallions and olive oil in a pan. Season with salt and pepper and toss well. Place orange slices over vegetables and roast for 10 minutes. To prepare fish, combine the agave, orange zest, orange juice and vinegar in a bowl and stir until agave dissolves. Sprinkle fillets with ginger, salt and pepper and arrange on top of oranges in roasting pan. Drizzle agave mix over the filets. Roast for 18 minutes or until fish flakes.

Roasted Stuffed Striped Bass

(SS, CC)

Serves 1

- ¼ TBSP pepper
- 1 TBSP unsalted butter
- 2 TBSP parsley
- 1 cup chopped celery
- 1 striped bass fillet
- ⅓ cup slices water chestnuts
- Salt, to taste
- 2 TBSP panko bread crumbs

Place everything but fish in a food processor and pulse until well crumbled. Set oven to 350 and place fish on baking sheet. Spread stuffing on fish. Bake 12-15 minutes or until stuffing is well browned.

Salmon and Herb Spaghetti

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

Serves 2

- 3 zucchini
- ⅓ cup olive oil
- 7 grape tomatoes
- 3 garlic cloves, minced
- ⅓ cup white wine
- 2 salmon filets
- 1 TBSP basil
- 2 TBSP olive oil
- 1 ½ TBSP oregano

Spiralize zucchini and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with zucchini pasta.

Scallops with Pasta

(SS, CC)

Serves 1

- ½ cup cucumber
- 1 cup romaine lettuce
- 2 oz. whole wheat pasta spirals
- 1 TBSP olive oil
- 4-6 oz. scallops
- ½ red bell pepper, sliced
- ¼ medium lemon, juiced
- ½ cup tomatoes, sliced

Cook pasta as directions indicate. Pan sear scallops in lemon juice and oil. Serve with pasta on a bed of lettuce leaves, cucumber, pepper and tomato slices.

Shrimp Salad

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

Serves 1

- ½ soy sauce
- 2 tsp balsamic vinegar
- 1 TBSP olive oil
- ⅓ cup tomatoes
- 10 basil leaves
- 3 oz. shrimp, cooked

Combine basil and tomato. Whisk oil, vinegar and soy sauce in a cup. Season with salt and pepper. Dress the basil mixture and add cooked shrimp.

Sesame-Crusted Salmon with Spinach

(SS, CC)

Serves 4

- 16 oz. spinach
- 4 oz. salmon
- 1 TBSP olive oil
- 2 cups whole wheat flour
- 2 TBSP sesame seeds
- ½ tsp salt

Place sesame seeds in a cold, dry skillet; toast over medium heat, stirring constantly, until they become aromatic and lightly colored. Combine half the seeds with the flour and salt on a plate. Dredge the salmon in the mixture. Heat oil in a large skillet over medium-high heat; add fish and cook until browned, about 5 minutes per side. Remove and keep warm. Add spinach to skillet and cook, tossing constantly until wilted; mix in remaining sesame seeds.

Shrimp and Macaroni Salad

(SS, CC)

Serves 5

- ½ TBSP celery seed
- Salt and pepper to taste
- 1 cup elbow macaroni, whole wheat
- 2 oz. cooked shrimp
- ⅔ cup light mayonnaise
- 1 cup celery, chopped
- ¼ cup chopped scallion

Rinse and drain shrimp; reserving the water used to rinse the shrimp. Dry shrimp with a paper towel. Cook macaroni as directed. Place shrimp, celery and scallions in a bowl with a cover. Shake to mix together. Dressing: mix mayonnaise, 1 tsp shrimp water and celery seed. When macaroni is cool, mix together and serve chilled.

Shrimp and Vegetable Pasta

(SS, CC)

Serves 1

- ½ cup cauliflower
- ½ cup broccoli
- 1 TBSP olive oil
- ¼ tsp unsalted butter
- 6 medium shrimp
- 1 dash salt
- 2 oz. whole wheat elbow pasta

Fill saucepan with water then add salt and olive oil. Heat until boiling, then add pasta and cook according to package directions; drain. In a covered saucepan, lightly steam broccoli and cauliflower. At the same time, heat the butter in a small pan, then sauté shrimp. Toss together.

Smoked Salmon Mousse

(RR, SS, CC)

Serves 6

Black pepper
1 ½ tsp chives
1 mini multi grain bagel (optional)
Fresh cut vegetables of your choice
1 oz. smoked salmon
1 TBSP light mayonnaise
3 TBSP sour cream
2 TBSP low-fat cream cheese

Slice bagel into 4 thin quarters. Toast. In a food processor, add all ingredients. Spread the mixture on bagel chips or fresh vegetables.

Thai Coconut Shrimp Soup

(RR, SS, CC)

Serves 4

2 oz. lime juice
12 shrimp
1 cup reduced-fat coconut milk
½ cup chopped scallions
1 cup sliced mushrooms
1 cup snap peas
1 cup red bell pepper, diced
1 TBSP chili sauce
1 TBSP ginger
2 cups rice (cooked)
3 TBSP fish sauce
2 tsp chili sauce
4 cups chicken broth

In a large pot, bring the chicken broth, fish sauce and chili sauce to a boil. Add rice and cook for 5 minutes. Add the milk, mushrooms, peppers and peas; reduce heat and simmer for 2 minutes. Add shrimp and simmer for about 2-3 minutes, until shrimp is cooked through. Top with scallions.

Thai Spiced Calamari

(FS RR, SS, CC, P2)

Serves 4

2 TBSP Asian chili sauce
1 oz. lime juice
2 peaches, halved
10 oz. calamari, cut into 3 cm pieces
1 TBSP soy sauce
1 tsp ginger
8 arugula leaves

Combine sauces, lime juice and ginger and whisk with a fork. Add calamari and toss to coat; cover and refrigerate for 30 minutes. Remove calamari and pour marinade into a saucepan. Bring the pan to boil over high heat, then reduce to medium and let simmer for 3 minutes. Preheat grill on medium-heat and spray with cooking oil. Cook half of the calamari for 1 minute, turn and cook for another minute or until tender. Remove and cook rest of the calamari. Remove the remaining calamari and cook the peach halves for 2 minutes then cut into cubes. Divide arugula and top with calamari and peaches.

Tilapia Imperial

(RR, SS, CC)

Serves 1

6 oz. tilapia
¼ tsp old bay seasoning
2 tsp lemon juice
2 tsp Dijon
1 cup non-fat yogurt
2 cups green beans

Line a mesh strainer with a coffee filter and place over a bowl; spoon yogurt into the bowl. Place plastic wrap over and refrigerate for at least 1 hour, or overnight. Discard liquid. Sprinkle fish with lemon juice and place onto a foil-lined broiling pan. Mix yogurt, seasoning, 1 tsp lemon juice and mustard together. Spoon on fish. Broil under medium heat for 5-10 minutes or until fish is cooked. Serve with green beans that are steamed.

Tortilla-Crusted Tilapia

(SS, CC)

Serves 1

6 oz. fresh tilapia
1 oz. lime zest
1 TBSP tequila
Cooking spray
1 TBSP olive oil
1 TBSP chili powder
1 oz. lime juice
½ cup plain white tortilla chips

Place chips in a bag and crush. Place crushed chips on a smooth surface. Sprinkle both sides of tilapia with lime juice, tequila and oil and let sit for 20 minutes. Dust tilapia with chili powder and press tilapia into chips. Coat both sides of fish. Spray pan with cooking spray and cook until crushed tortilla chips are browned and fish is cooked. May also bake in oven.

Tuna Lettuce Cups

(RR, SS, CC)

Serves 2

1 TBSP light mayonnaise
¼ cup celery, chopped
½ tsp dill weed
1 oz. Dijon mustard
1 cup solid tuna in water
¼ cup dill pickle relish
¼ cup sliced tomatoes
Lettuce leaves

Mix all ingredients together and serve on lettuce leaves.

Tuna Salad

(RR, SS, CC)

Serves 1

6 oz. tuna fish in water
1 TBSP onion powder
1 inner lettuce leaf
1 TBSP garlic powder
½ cup chopped red bell pepper
1 TBSP fat-free mayonnaise
Salt and lemon pepper to taste

Combine all ingredients and serve on a lettuce leaf.

Tuscan Cod

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

Serves 2

1 tsp olive oil
1 tsp cumin
2 cod fillets
1 diced red bell pepper
½ cup onions
½ - 1 tsp crushed red pepper flakes
1 cup cherry tomatoes, diced
½ clove minced garlic

Heat oil in skillet over medium-high heat. Add onion, bell pepper, garlic and sauté for 2 minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for 5 minutes. Add fish, spooning sauce over it. Cover and cook 10 minutes until fish flakes easily.

Wasabi-Ginger Tuna Steak

(RR, SS, CC)

Serves 4

2 cups wasabi paste
½ tsp ground ginger
1 cup marmalade, ginger flavor
2 TBSP soy sauce
4 tuna filets

Spoon 1 TBSP of soy sauce over tuna filets and let them sit for 5 minutes (or longer). Combine remaining TBSP of soy sauce, ginger marmalade, ground ginger and wasabi paste in a bowl and whisk. Heat a grill pan and spray with cooking spray. Add fish and cook for 2 minutes on each side. Spoon marmalade over the fish. Cook 1 minute more for medium rare or until desired level.

Zesty Red Snapper with Mushrooms

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

Serves 4

2 TBSP lemon juice
4 snapper fillets
⅓ tsp red pepper flakes
⅓ tsp pepper
½ tsp oregano
½ tsp tarragon
½ tsp paprika
1 cup sliced mushrooms
¼ tsp salt

Heat oven to 400 degrees. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat, about 2 minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15-20 minutes.

VEGETARIAN & VEGETABLE SIDE DISHES

Almond Broccoli Stir-Fry

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

Serves 4

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.

Artichokes & Green Beans

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

Serves 5

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.

Asian Noodles with Edamame

(SS, CC)

Serves 3

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
6oz plain udon noodles

Make dressing by combining 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.

Asian-Style Zucchini

(RR, SS, CC)

Serves 2

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.

Asparagus and Red Pepper with Balsamic Vinegar

(RR, SS, CC)

Serves 2

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.

Asparagus with Garlic and Onions

(RR, SS, CC)

Serves 2

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.

Broccoli Marinara

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

Serves 4

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.

Baby Bok Choy with Garlic

(RR, SS, CC)

Serves 4

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.

Baked Cheese, Spinach, and Bean Burritos

(SS, CC)

Serves 4

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.

Baked Spaghetti Squash

(SS, CC)

Serves 5

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.

Balsamic Barley Salad with Pepper, Corn, Zucchini and Mushrooms

(SS, CC)

Serves 6

¾ cup pearly 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.

Balsamic Kale

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

Serves 4

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.

Bean Salsa

(SS, CC)

Serves 4

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.

Beet & Arugula Salad with Dried Cranberries

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

Serves 4

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.

Spiced-Up Black Beans

(SS, CC)

Serves 2

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.

Brilliant Sautéed Broccoli

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

Serves 6

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.

Cauliflower Spanish “Rice”

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

Serves 4

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.

Broccoli with Garlic Butter and Cashews

(RR, SS, CC)

Serves 5

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.

Brown-Butter Brussels Sprouts

(RR, SS, CC)

Serves 6

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.

Browned Butter Vegetables with Almonds

(RR, SS, CC)

Serves 6

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.

Butternut Squash and White Bean Soup

(SS, CC)

Serves 4

1 cup chopped onion
1 ⅞ 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.

Cabbage Soup

(RR, SS)

Serves 3

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.

Carrot Salad with Cilantro and Lemon

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

Serves 2

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.

Cauliflower Soup

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

Serves 6

⅓ 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.

Cheddar Scallion Cornbread

(SS, C)

Serves 15

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 butter milk, 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.

Cheesy Eggplant Parmesan

(RR, SS, CC)

Serves 8

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.

Cherry Tomato Salad with Green Onions and Cilantro

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

Serves 6

1 pound cherry tomatoes
6 scallions
2 tsp chili powder
2 tsp dried oregano
½ tsp crushed garlic
⅓ 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.

Chilled Tomato Soup with Avocado & Basil

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

Serves 4

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.

Classic Gazpacho

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

Serves 6

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.

Cold Spicy Noodles with Grilled Tofu

(SS, CC)

Serves 8

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
⅓ 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.

Cold Tomato and Basil Soup

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

Serves 4

8 cherry tomatoes
⅓ 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.

Countryside Vegetarian Chili

(RR, SS, CC)

Serves 8

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.

Cranberry-Apple Stuffing

(SS, CC)

Serves 12

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.

Creamy Broccoli Soup

(RR, SS, CC)

Serves 4

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.

Creamy Carrot Soup

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

Serves 6

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.

Creamy Cheesy Cauliflower Soup

(RR, SS, CC)

Serves 4

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.

Creamy Zucchini with Basil

(RR, SS, CC)

Serves 6

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.

Creole Okra and Tomatoes

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

Serves 4

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.

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
⅓ 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, PI, 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.

Fennel and Radicchio Salad with Balsamic Vinaigrette

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

Serves 1

2 TBSP extra virgin olive oil
⅓ tsp salt
¼-½ cup balsamic vinaigrette
1 ½ 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

⅓ 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.

Fresh Summer Vegetable Ratatouille

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

Serves 8

½ tsp basil
½ 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 ½ 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 ½ 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.

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
½ TBSP salt
⅓ 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

½ cup zucchini
2 garlic cloves, sliced
½ tsp salt
⅓ cup carrots, strips
½ cup onions, chopped
1 ½ cup cabbage, chopped
1 TBSP no-added-salt tomato paste
½ 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.

Golden Carrot Soup

(Detox, FS, RR, SS, CC, PI, 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.

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.

Garlic Kale

(Detox, FS, RR, SS, CC, PI, 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.

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.

Grilled Vegetables

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

(Servings based on amount of vegetables)

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.

Grilled Italian Vegetables

(Detox, FS, RR, SS, CC, PI, 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.

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.

Hearty Bean Soup

(SS, CC)

Serves 8

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.

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
⅓ 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.

Lemon Roasted Asparagus with Parmesan

(RR, SS, CC)

Serves 6

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.

Japanese Vegetable Salad

(Detox, FS, RR, SS, CC, PI, 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.

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.

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.

Mashed Cauliflower

(RR, SS, CC)

Serves 4

- 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.

Mediterranean Summer Tomatoes

(Detox, FS, RR, SS, CC, PI, 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.

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

Serves 4
(Detox, FS, RR, SS, CC, P1, P2)

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.

Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)
Serves 1

2 TBSP soy sauce (or Bragg's Liquid Amino Acids)
1 TBSP olive oil
1 tsp honey
½ tsp dark sesame oil
⅛ tsp ground ginger
⅛ 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

2 ⅓ 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.

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.

Oven-Roasted Asparagus

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

Pea Salad

(RR, SS, CC)
Serves 2

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

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.

Portabella Mushroom Burgers

(RR, SS, CC)

Serves 2

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.

Portabella Taco with Pico de Gallo

(SS, CC)

Serves 1

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.

Quick and Easy Gazpacho

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

Serves 4

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.

Roasted Broccoli with Soy Sauce and Sesame Seeds

(RR, SS, CC)

Serves 4

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.

Roasted Garlic Lemon Broccoli

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

Serves 6

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.

Sautéed Parmesan Vegetables

(RR, SS, CC)

Serves 1

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.

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
⅓ 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.

Sautéed Zucchini

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

Serves 2

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.

Scalloped Yams

(SS, CC)

Serves 8

⅓ tsp black pepper
¼ cup grated parmesan cheese
3 yams, cubed
3 garlic cloves, minced
1 tsp bay leaf, crumbled
⅓ 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.

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.

Snack Salad

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

Serves 3

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.

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.

Spicy Grilled Vegetable Skewer

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

Serves 6

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.

Spicy Moroccan Chickpea and Lentil Soup

(SS, CC)

Serves 6

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.

Spicy Roasted Kale

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

Serves 4

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.

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.

Spinach Lasagna

(SS, CC)

Serves 12

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.

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.

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.

Stir-Fry Veggie Platter

(RR, SS, CC)

Serves 2

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.

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.

Summer Salad

(SS, CC)

Serves 6

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.

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.

Sweet Potato Casserole

(SS, CC)

Serves 12

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.

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.

Tomato Basil Soup

(Detox, FS, RR, SS, CC, PI, 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.

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.

Tuscan Vegetable Skillet

(SS, CC)

Serves 2

½ cup chopped red bell pepper
1 ¼ cup chopped zucchini
⅞ 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.

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.

Vegan Chili

(SS, CC)

Serves 8

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.

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.

Vegan Gazpacho with Chipotle

(FS, RR, SS, CC, P2)

Serves 2

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

Mix together and serve.

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.

Vegetable Pizza

(RR, SS, CC)

Serves 4

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.

Vegetable Burrito

(SS, CC)

Serves 1

⅓ tsp pepper
½ garlic cloves, minced
¼ cup diced red bell pepper
⅓ 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.

Warm Grapefruit and Quinoa Salad

(SS, CC)

Serves 4

⅓ tsp pepper
3 cups grapefruit, with juice (about 3 grapefruits)
¼ cup sunflower seeds
½ tsp white wine vinegar
½ cup chopped red onion
4 cups baby spinach
¼ 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 ⅓ 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 ¾ 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 ¼ of the quinoa and grapefruit sections and toss gently. Sprinkle sunflower seeds and feta over the top. Drizzle with remaining dressing and serve.

Zucchini Boats

(SS, CC)

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

2 oz. fat free ricotta cheese
2 large zucchini
¼ 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.

Zucchini Mexicali

(FS, RR, SS, CC, P2)

Serves 10

¼ cup vegetable oil
1 zucchini, thinly sliced
1 onion, chopped
1 carrot, shredded
¾ cup celery
½ cup julienned green pepper
½ tsp salt
¼ basil
⅓ 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.

Zucchini Tomato Vegetable Packet

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

Serves 4

1 onion, sliced
1 tomato, cut into chunks
1 TBSP olive oil
¾ tsp lemon pepper
½ tsp oregano
¼ 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.