

A top-down photograph of a rustic meal on a dark wooden surface. In the bottom right, a white bowl is filled with a vibrant red soup, topped with sliced onions, green herbs, and a slice of cheese. To the left of the bowl are several golden-brown, herb-seasoned bread slices. Above the bread are five bright red chili peppers and a whole head of garlic. A semi-transparent blue rectangle is centered over the image, containing the text 'SURE AND STEADY RECIPES' in white.

SURE AND STEADY RECIPES

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Almond Broccoli Stir-Fry

(Detox, FS, RR, SS, CC, 21)

Serves 6

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)
½ tsp sugar
⅓ cup low-sodium soy sauce
2 TBSP olive 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, sugar and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

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 over the top.

Artichokes and Green Beans

(FS, RR, SS, CC, 21)

Serves 5

6 cups fresh green beans
1 TBSP extra virgin olive oil
⅔ cup finely chopped onion
1 clove garlic
2 cups canned artichoke hearts – rinsed, drained and quartered
¼ TBSP salt
⅓ tsp black pepper
¼ parmesan cheese – shredded (omit for Detox or FS)

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 artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

Asian Chicken Lettuce Wraps

(RR, SS)

Serves 3

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

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

Asparagus and Corn Omelet

(RR, SS, CC)

Serves 4

1 TBSP extra virgin olive oil
1 bunch (6 cups) stalk asparagus
½ cup fresh corn kernels
1 TBSP fresh parsley
Salt and pepper to taste
4 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.

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.

Asparagus with Blue Cheese Sauce

(RR, SS, CC)

Serves 2

1 cup asparagus
¼ cup crumbled blue cheese
44 ml low-fat evaporated milk
Dash salt
¼ cup 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.

Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, 21)

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.

Baby Bok Choy with Garlic

(RR, SS, CC)

Serves 4

Salt and pepper to taste
2 TBSP vegetable oil/olive oil
3 cups low-sodium vegetable broth
8 cups bok choy (Chinese cabbage)
4 cloves minced garlic

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

Bean Salsa

(SS, CC)

Serves 4

1 ½ cups kidney beans
3 cups tomatoes
½ cup yellow capsicum
½ cup green capsicum
½ red capsicum
½ tsp tabasco sauce
1 ½ tsp lime juice
1 garlic clove

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

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
1 ½ cups mushrooms, stems removed
1 green capsicum, sliced into 2-inch pieces
1 red capsicum, sliced into 2-inch pieces

Marinate 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
1 ½ TBSP green chiles
½ TBSP garlic powder
230 gram 95% lean beef
1 cup low-fat cottage cheese
1¾ 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 degrees 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 capsicum
115 – 170 gram 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, capsicum; 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 Lettuce Wraps

(SS, CC)

Serves 1

4 oz. beef tenderloin
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 and cut into strips. 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.

Beef Stew

(RR, SS, CC)

Serves 8

700 gram beef stew meat, lean cut
1½ 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

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, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, capsicum, broccoli, etc.). Bring to a simmer and cook 1 hour or until vegetables are tender. Remove bay leaf and add salt and pepper.

Beef Wrap with Tomato and Avocado

(SS, CC)

Serves 1

¼ avocado
2 slices tomato
1 low-carb, high-fibre tortilla
115-170 gram 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 Mango Salsa

(SS, CC)

Serves 8

1 large yellow capsicum, 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

Black Bean, Steak and Avocado Salad

(RR, SS, CC)

Serves 1

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

Sauté red capsicum 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.

Blueberry Creamsicle Shake

(Detox, FS, RR, SS, CC, 21- phase 2 only)

Serves 1

2 scoops TLS Nutrition Shake – Vanilla
1 cup blueberries
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

Blueberry Cheesecake

(RR, SS, CC)

Serves 4

¼ cup pecans, chopped
¼ cup almonds, chopped
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 ⅔ 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.

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

Caribbean Shrimp

(Detox, FS, RR, SS, CC, 21)

Serves 4

450 grams shrimp
¼ cup freshly squeezed grapefruit juice
2 TBSP lime zest
1½ tsp 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.

Cauliflower Spanish “Rice”

(Detox, FS, RR, SS, CC, 21)

Serves 4

1 cauliflower head, grated to the texture of rice
2 garlic cloves, chopped
1 medium green capsicum
1 medium red capsicum
3 celery stalks
2 large carrots
3 cups low-sodium vegetable broth
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.

Cherry Tomato Salad with Green Onions and Cilantro

(Detox, FS, RR, SS, CC, 21)

Serves 6

4 cups 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 Chinese parsley 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 Chinese parsley and toss to combine.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

1 tsp unsalted butter
¼ cup sliced mushrooms
¼ cup chopped red capsicum
2 TBSP parmesan cheese
2 TBSP low-fat cheddar cheese
350 gram 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 egg mixture and cover for 1 minutes to melt cheese.

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
1½ cup canned no-added-salt diced tomatoes
½ cup low-sodium vegetable broth
½ tsp cinnamon
1½ cup chickpeas
2 TBSP fresh ginger
1½ 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.

Chickpea Chocolate Chip Cookies

(RR, SS, CC)

1 can of chickpeas
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.

Chinese Steamed Bass with Cabbage

(Detox, FS, RR, SS, CC, 21)

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 low-sodium soy sauce
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 garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce, and then pour over the garlic and oil.

Cinnamon French Toast

(SS, CC)

Serves 1

2 eggs
1 TBSP vanilla extract
2 slices high-fibre, 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 vanilla extract and cinnamon. Dip bread into egg mixture, turning once to coat. Place bread slices in the pan and cook 2 minutes, until golden brown and crisp.

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 skillet and spoon 2 TBSP of the lime mixture over each breast.

Creamy Banana Bread

Serves 20

2 ¼ 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 sugar
1 tsp vanilla extract
2 eggs
½ cup unsalted butter

Preheat oven to 350 degrees. Cream the butter and cheese together. Gradually add the sugar 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 Carrot Soup

(Detox, FS, RR, SS, CC, 21)

Serves 6

1 cup celery, chopped
Salt and pepper
1 cup vegetable stock
3 TBSP olive oil
1 ½ tsp parsley
1 cup chopped onions
3 cups 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 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, Splenda and 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.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, 21)

Serves 1

1 TBSP extra virgin olive oil
1 chicken breast
2 TBSP water
1 TBSP basil
½ 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.

Egg Salad

(RR, SS, CC)

Serves 1

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

Mix all ingredients together and serve.

Egg Breakfast Muffins with Mushrooms and Cheese

(SS, CC)

Serves 6

¼ cup whole grain flour
½ cup crumpled feta cheese
2 TBSP chopped scallions
3 TBSP water
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 and 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 and 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.

Eggnog Pudding

(RR, SS, CC)

Serves 6

2 TBSP rum extract
⅛ tsp nutmeg
1 TBSP low-fat milk
1 ¼ package vanilla instant pudding mix, sugar free without aspartame

In a medium bowl, stir together 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.

Eggplant Mixed Grill

(Detox, FS, RR, SS, CC, 21)

Serves 4

1 eggplant
¾ cup mushrooms
1 capsicum
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 capsicums 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 Spinach Sauté

(Detox, FS, RR, SS, CC, 21)

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.

Garden Vegetable Soup

(Detox FS, RR, SS, CC, 21)

Serves 2

½ cup zucchini
2 garlic cloves, sliced
½ tsp salt
⅔ 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
½ tsp oregano
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.

Grain-Free Protein Pancakes

(FS, RR, SS, CC, 21)

Serves 1

2 scoops TLS Nutrition Shake – Vanilla
⅓ cup unsweetened apple sauce
2 eggs
Cinnamon and nutmeg to taste
Coconut oil

Mix all ingredients together, except coconut oil. 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.

Green Beans with Almonds

(RR, SS, CC)

Serves 7

900 grams green beans
¼ cup sliced almonds

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

Green Pea and Bacon 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
¾ cup boiled peas, frozen

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

Grilled Jerk Chicken with Red Capsicum and Zucchini

(RR, SS, CC)

Serves 4

4 chicken thighs, boneless
1 red capsicum, quartered
3 TBSP olive oil
½ onion, finely chopped
1 ½ TBSP sugar
½ TBSP thyme
¾ tsp ground black pepper
½ tsp cinnamon
½ tsp crushed red chili
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 capsicum and zucchini for about 10 minutes, turning once.

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 lb 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.

Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, 2I)

Serves 1

- 1 TBSP balsamic vinegar
- 2 TBSP 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, and then sprinkle with remaining basil.

Grilled Tuna with Salsa

(Detox, FS, RR, SS, CC, 2I)

Serves 1

- 30 grams raw tuna
- 1 cup snow peas
- 2 TBSP 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 centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

Grilled Vegetables

(Detox, FS, RR, SS, CC, 2I)

(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.

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
- 1/8 cup pecans
- 1/2 cup 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-safe dish and stuff them with fruits and nuts. Pour 2 TBSP rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 380 degrees for 45 minutes or until apples are soft.

Lemon-Caper Chicken

(RR, SS, CC)

Serves 4

- 1 TBSP lemon juice
- 2 TBSP capers
- 1 TBSP olive oil
- 1/8 tsp pepper
- 2 TBSP butter
- 2/3 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 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.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

- 4-6 oz. no-added-salt tomato paste (or low-sugar pasta sauce)
- 1/4 chopped onions
- 3 zucchini, spiralised
- 2 lbs 95% lean ground beef
- 1/8 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, spiralise 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.

Mushroom and Spinach Egg Bake

(FS, RR, SS, CC)

Serves 6

- 4 cups 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.

Mushroom Spread

(RR, SS, CC)

Serves 8

- 1/8 cup fat-free cream cheese
- 1/2 TBSP shallots
- 1/2 TBSP black pepper
- 2 cups parsley
- 2 oz. dry sherry
- 2 TBSP olive oil
- Zucchini, sliced 1" lengthwise
- 3 1/2 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.

Oat Pancakes or Waffles

(SS, CC)
Serves 8

- 1/2 cup old-fashioned oats
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 cup low-fat buttermilk
- 1 1/4 cup whole grain flour
- 2 eggs, beaten
- 1/4 cup butter, unsalted
- 1/2 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 to desired crispness.

Open-Faced Grilled Pork Sandwich

(SS, CC)
Serves 1

- 1 lettuce leaf
- 1 TBSP balsamic vinegar
- 1/2 tsp yellow mustard
- 2 tomato slices
- 1 onion slice
- 1/4 cup avocado
- 1 slice whole 9-grain bread
- 1 pork filet
- 1/2 tsp mayonnaise
- 1/2 tsp plain Greek yogurt

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

Open-Faced Tuna Sandwich

(SS, CC)
Serves 1

- 1 slice multi-9 grain bread
- 1/2 cup alfalfa sprout
- 1 tomato, sliced
- 1/2 TBSP plain Greek yogurt
- 1/2 TBSP light mayonnaise
- 1/2 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.

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 in water, drained
- 3 cups watercress, chopped
- 4 cups cherry tomatoes
- 1/4 tsp pepper

Cook pasta according to directions. Place cheese in a large bowl; top with watercress. Before draining pasta, take 1/4 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.

Capsicum Steak

(RR, SS, CC)
Serves 1

- 1/2 each yellow and red capsicum
- 1/2 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, capsicums and cook for until tender and serve.

Capsicum Tart

(SS, CC)
Serves 8

- 3 cups brown sugar
- 3 TBSP balsamic vinegar
- 1 TBSP thyme
- 7 TBSP olive oil
- 5 TBSP water
- 1/2 TBSP salt
- 1/2 cup slivered almonds
- 1 1/4 cup whole grain flour
- 1 red onion, sliced
- 1/2 cup red capsicum, sliced
- 1 yellow capsicum, 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 capsicums and onions on a baking dish and drizzle with vinegar, thyme and 2 TBSP oil. Roast until capsicums 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 capsicums 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.

Pork Lo Mein with Peanut Sauce

(SS, CC)

Serves 4

240 grams pork tenderloin
3 TBSP shallots
½ cup peanut butter, creamy
2 garlic cloves, minced
1 tsp fresh ginger
1 cup beef stock
½ green capsicum, sliced
1 cup broccoli
1 celery stalk, chopped
½ cup mushrooms, sliced
100 grams 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 capsicum 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.

Protein Pancakes

(SS, CC)

Serves 1

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.

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
⅔ 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, 21)

Serves 2

3 zucchini
⅔ cup olive oil
7 grape tomatoes
3 garlic cloves, minced
⅔ cup white wine
2 salmon filets
1 TBSP basil
2 TBSP olive oil
1½ TBSP oregano

Spiralise 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.

Sautéed Chicken with Zucchini, Tomatoes and Pine Nuts

(RR, SS, CC)

Serves 1

Dash black pepper and salt
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.

Shrimp and Macaroni Salad

(SS, C)

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.

Sonoma Chicken

(Detox, FS, RR, SS, CC, 21)

Serves 4

1½ cup mushrooms
¼ tsp pepper
4 TBSP olive oil
2 garlic cloves, minced
1 tsp rosemary
1 onion, sliced
4 chicken breasts
½ cup tomatoes
1¼ 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 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.

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 black peppercorns
1 TBSP mustard
3 TBSP oil and vinegar mixture
2 cups white onion, chopped
½ oz. cinnamon
½ TBSP coriander
½ TBSP cardamom
1 TBSP red pepper
1 TBSP cumin

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 Avocado Yogurt Dip

(RR, SS, CC)

Serves 8

¾ cup plain Greek yogurt
½ TBSP salt
1 TBSP cumin
2 TBSP red onions
2 TBSP lime juice
1 cup diced jalapeno pepper
3 avocados, diced
1 garlic clove, chopped
3 TBSP parsley

Combine all ingredients in a bowl and serve.

Spicy Edamame-Parsley Dip

(RR, SS, CC)

Serves 12

¼ TBSP black pepper
1 cup low-fat sour cream
1 cup parsley leaves
1 red capsicum, chopped
3 TBSP light mayonnaise
3 scallions
¼ cup 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.

Stuffed Cabbage

(SS, CC)

Serves 5

4 oz. white beans
2 egg whites
1 cup vegetable broth
4 cups tomato soup
½ lb ground turkey
½ lb 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. 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.

Sugar Free and Gluten Free Almond Cookies

(SS, CC)

Serves 15

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

Teriyaki Salmon

(FS, RR, SS, CC, 21)

Serves 1

¼ tsp lemon juice
¼ TBSP teriyaki sauce
¼ tsp soy sauce
¼ garlic cloves
1 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.

Thai Chicken Stir Fry

(Detox, FS, RR, SS, CC, 21)

Serves 6

1 cup cauliflower
2 cups broccoli
2 garlic cloves, minced
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 add all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

Tomato and Garlic Green Beans

(Detox, FS, RR, SS, CC, 21)

Serves 4

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

Rinse and drain green beans. Fry onion 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, 21)

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, top with basil and shallots and serve.

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.

Tuna Salad

(RR, SS, CC)

Serves 1

¾ cup tuna fish in water
1 inner lettuce leaf
½ cup chopped red capsicum
1 TBSP fat-free mayonnaise
Salt and lemon pepper to taste

Combine all ingredients and serve on a lettuce leaf.

Vegan Vegetable Curry

(RR, SS, CC)

Serves 6

2 TBSP curry powder
1 cup zucchini, chopped
1 cup onion, chopped
5 cups cauliflower, chopped
2 cups green beans
1 cup lady fingers, sliced
1 ½ cup yams
1 ½ cup low-sugar tomato sauce
6 cups low-fat 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.

Wasabi-Ginger Tuna Steak

(RR, SS, CC)

Serves 4

2 cups wasabi paste
½ tsp ground ginger
1 cup marmalade, ginger flavour
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.

Wilted Arugula and Portabella Mushrooms

(Detox, FS, RR, SS, CC, 21)

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 vegetable broth
4 cups salad rocket leaves
⅛ tsp black pepper
¼ cup dry sherry

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 salad rocket leaves 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

Zucchini Bread

(RR, SS, CC)

Serves 8

2 cups of gluten-free flour
1 tsp garlic, chopped
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 allspice
½ tsp nutmeg
½ tsp cinnamon
½ tsp baking soda
½ tsp allspice

Preheat oven to 350 degrees and coat a 9x5 pan with cooking spray. In a large bowl, combine flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, and then add 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.

Zucchini Hash Browns

(Detox, FS, RR, SS, CC, 21)

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

