



POULTRY AND PORK
RECIPES

TABLE OF CONTENTS

- | | | | |
|---|---|---|---|
| 3 | Asian Chicken Lettuce Wraps | 4 | Open-Faced Grilled Chicken Breast Sandwich |
| | Chicken Tagine with Olives | | Pork Lo Mein with Peanut Sauce |
| | Cool and Creamy Lime Chicken | | Sautéed Chicken with Zucchini, Tomatoes and Pine Nuts |
| | Dea-Seau Chicken Thai Basil | | Sonoma Chicken |
| | Grilled Jerk Chicken with Red Pepper and Zucchini | | Spiced Pork Loin |
| | Lemon-Caper Chicken | | Thai Chicken Stir Fry |



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

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.

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.

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
⅛ 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.

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.

Lemon-Caper Chicken

(RR, SS, CC)

Serves 4

1 TBSP lemon juice
2 TBSP capers
1 TBSP olive oil
⅛ tsp pepper
2 TBSP butter
¾ 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.

Open-Faced Grilled Pork 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 pork filet
½ tsp mayonnaise
½ 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.

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.

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.

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.

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 all other ingredients. Bring to a boil and cover. Cook 3–5 minutes.