

DETOX RECIPES

TABLE OF CONTENTS

APPETIZERS

3	Artichokes & Green Beans Detox Salad Dressing Orange Anise Vinaigrette Spicy Lime Marinade Easy Spinach and Onion Egg Bake Mushroom and Spinach Egg Bake Zucchini Hash Browns	8	Almond Broccoli Stir-Fry Artichokes and Green Beans Broccoli Marinara Balsamic Kale Beet and Arugula Salad with Dried Cranberries Carrot Salad with Cilantro and Lemon Cauliflower Soup
POULTRY & PORK		9	Cauliflower Spanish 'Rice' Cherry Tomato Salad with Green Onions and Cilantro Chilled Tomato Soup with Avocado and Basil Classic Gazpacho Cold Tomato and Basil Soup Creamy Carrot Soup
4	Chicken with Balsamic Vinegar Hot and Sour Soup Deviled Chicken Herb Roasted Chicken Lemon Basil Chicken Moroccan-Style Chicken with Vegetables	10	Creole Okra and Tomatoes Cucumber Salad with Basil Cucumber, Tomato and Mint Salad Curried Tofu Scramble with Roasted Peppers and Peas Detox Spicy Gazpacho Eggplant Casserole
5	Thai Chicken Stir Fry Broiled Sole with Warm Eggplant Salad Tomato & Garlic Green Beans Tomatoes with Shallots and Fresh Basil Wilted Arugula and Portabella Mushrooms	11	Eggplant Mixed Grill Eggplant Spinach Sauté Fennel and Radicchio Salad with Balsamic Vinaigrette Garden Vegetable Packet Fresh Summer Vegetable Ratatouille Garden Vegetable Soup Garlic Kale
SEAFOOD DISHES		12	Golden Carrot Soup Grilled Vegetables Grilled Italian Vegetables Japanese Vegetable Salad Mediterranean Summer Tomatoes Mushrooms and Peppers Nopalito Salad with Pickled Jalapenos Oven Roasted Asparagus
6	Chinese Steamed Bass with Cabbage Dilled Alaskan Cod Easy Shrimp Stir-fry Easy Tilapia and Vegetable Packets Fish Veracruz Ginger Shrimp Stir-fry Grilled Salmon with Spinach and Tomato Stack Grilled Tuna with Salsa	13	Quick and Easy Gazpacho Roasted Garlic Lemon Broccoli Sautéed Zucchini Snack Salad Spicy Grilled Vegetable Skewer Spicy Roasted Kale Tomato Basil Soup Vegetable Soup
7	Jazz Salad Quick Broiled Salmon with Ginger Mint Salsa Salmon and Herb Spaghetti Shrimp Salad Tuscan Cod Zesty Red Snapper with Mushrooms	14	Zucchini Tomato Vegetable Packet

VEGETARIAN & VEGETABLE SIDE DISHES

APPETIZERS

Artichokes & Green Beans

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

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.

Detox Salad Dressing

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

Serves 1

⅓ tsp paprika
½ cup water
⅓ TBSP pepper
⅓ tsp onion powder
⅓ tsp garlic powder
⅓ tsp oregano
⅓ tsp basil
½ tsp white wine vinegar
1 oz Dijon mustard

Mix all together

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.

Spicy Lime Marinade

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

Serves 2

¼ cup fresh lime juice
2 TBSP olive oil
2 tsp chili powder
1 tsp garlic powder
½ tsp cumin
½ TBSP salt

Whisk together lime juice, oil, chili powder, garlic, cumin salt and pepper.

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
1-10 oz. frozen spinach, chopped
1 onion, chopped

Defrost spinach according to directions. Spray a glass 9 x 11 baking dish with cooking spray. Add all ingredients. Bake 350 for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1-2 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. Makes 6 servings. Can refrigerate and re-heat in the microwave.

Zucchini Hash Browns

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

Serves 1

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 spoonful's, into the hot skillet. After browning on one side, spray with cooking spray and flip brown the other side.

POULTRY & PORK

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 summer squash (yellow)
1 medium red bell pepper
1 TBSP pepper
¼ tsp salt
2 chicken breasts, halved

Preheat oven to 450 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 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 11-13 minutes grill.

Chicken with Balsamic Vinegar

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

Serves 1

⅓ tsp thyme
1 dash salt
1 TBSP extra virgin olive oil
½ tsp black pepper
1 bay leaf
1 chicken breast
⅓ cup vegetable broth
½ cup mushrooms, sliced.

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. 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 closely and cook over moderately high, heat for about 10 minutes. Turn the 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. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

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
⅓ 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.

Deviled Chicken

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

Serves 2

¼ TBSP yellow mustard.
2 chicken breasts
1 garlic clove, minced
¼ red bell pepper
¼ oz. 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.

Herb-Roasted Chicken

(Detox, FS, RR, SS, CC, PI, 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. 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's thigh is pierced, or until an internal thermometer reads 160F. Let chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.

Lemon Basil Chicken

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

Serves 4

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

Preheat oven to 375. 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.

Moroccan-Style Chicken with Vegetables

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

Serves 2

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

Preheat oven to 450. Center chicken breasts on aluminum foil. Combine spices then sprinkle ½ the mix over the chicken. Combine the rest with the tomatoes and spoon next to the chicken. Arrange zucchini strips 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.

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.

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 fillet
- ½ TBSP capers
- ¼ red onion, sliced finely
- 1 medium tomato
- 1 TBSP parsley
- ¼ eggplant, peeled and cubed

Preheat oven to 350. Place sole in oven and cook until it is tender and flakey. 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.

Tomato & Garlic Green Beans

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

SEAFOOD DISHES

Caribbean Shrimp

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

- 1 pound shrimp
- ¼ cup fresh 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.

Chinese Steamed Bass with Cabbage

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

Serves 2

2 striped bass fillets
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 and oil.

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. 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 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) over 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 fillets

Heat oven to 450. Place each fillet on a 12 inch square 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. 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
1 cup broccoli
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 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 Salmon with Spinach and Tomato Stack

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

Serves 1

1 TBSP balsamic vinegar
2 TBSP basil
1 tsp extra virgin olive oil
1 salmon fillet
1 up 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 ½ the basil leaves. 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 leaves.

Grilled Tuna with Salsa

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

Serves 1

1 oz. 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 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
½ cup carrots, chopped
½ cucumber, sliced
2 lettuce leaves
2 TBSP balsamic vinegar
2oz crab

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

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 fillets
2 tsp lemon juice

Preheat broiler on oven to high and place all 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 a tsp olive oil.

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 fillets
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.

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

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.

Tuscan Cod

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

Serves 2

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

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.

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 mushrooms
¼ tsp salt

Heat oven to 400. 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, PI, 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, ginger and cook 1-2 minutes or until stevia is dissolved. Sprinkle with lemon juice and almonds.

Artichokes and Green Beans

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

Serves 5

1 ¼ pounds fresh green beans
1 TBSP extra virgin olive oil
⅔ cup onion, finely chopped
1 clove garlic
1-14 oz. can artichoke hearts, rinsed, drained and quartered
¼ TBSP salt
⅓ tsp 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 the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through. Before serving sprinkle with cheese.

Broccoli Marinara

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

Serves 4

2 cloves garlic, chopped
2 TBSP extra virgin olive oil
2 cups broccoli, chopped
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 ½. 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.

Balsamic Kale

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

Beet and Arugula Salad with Dried Cranberries

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

Serves 4

¼ cup dried cranberries
2 TBSP extra virgin olive oil
2 TBSP balsamic vinegar
½ tsp stevia
⅓ tsp salt
⅓ 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.

Carrot Salad with Cilantro and Lemon

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

Serves 2

1 large carrot
2 scallions
2 TBSP cilantro
1 TBSP lemon juice
⅓ 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, PI, P2)

Serves 6

⅓ TBSP nutmeg
½ oz. 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, 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.

Cauliflower Spanish ‘Rice’

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

Serves 4

1 head cauliflower
2 cloves garlic, chopped
1 green bell pepper, chopped
4 celery stalks, chopped
3 small zucchini, chopped
2 TBSP extra virgin olive oil
5 oz. no added salt tomato paste
3 tsp ground cumin
½ cup vegetable stock

Using a food processor, pulse cauliflower until it is small enough to look like pieces of rice. Heat oil in a large sauté pan and sauté all vegetables together until heated through. Add stock and lower heat stirring often. When cauliflower starts to soften, add tomato paste and spices and cook over low heat until it reaches the texture of cooked rice.

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
⅛ tsp salt
2 TBSP freshly squeezed lime juice
2 TBSP apple cider vinegar
¼ cup fresh cilantro leaves

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

Chilled Tomato Soup with Avocado and Basil

(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.

Classic Gazpacho

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

Serves 2

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

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.

Cold Tomato and Basil Soup

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

Serves 4

8 cups cherry tomatoes
⅓ cup parsley, chopped
2 TBSP vinegar
¼ tsp salt

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

Creamy Carrot Soup

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

Serves 6

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

Creole Okra and Tomatoes

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

Serves 4

1 TBSP extra virgin olive oil
1 yellow onion, chopped
4 cups okra, sliced
2 cup plum tomatoes, chopped
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 Basil

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

Serves 4

3 large cucumbers
½ sliced red onions
1 TBSP basil fresh, chopped
1 TBSP fresh parsley, chopped
1 TBSP extra virgin olive oil
2 ½ tsp Dijon mustard
¼ tsp 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, PI, P2)

Serves 4

2 cups cucumber, sliced
½-1 tsp stevia extract or powder
2 medium plum tomatoes
½ cup scallions, chopped
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 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
14oz firm, pressed and crumbled 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. *Freezing tofu will make it crumble better

Detox Spicy Gazpacho

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

Serves 2

4 cups tomatoes
1 cup both green and red bell pepper, chopped
¾ cup celery, chopped
1 cucumber
⅓ cup white onion, chopped
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

Blend 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 red onions, chopped
2 whole eggplants, peeled and sliced thin

Put 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 at 375.

Eggplant Mixed Grill

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

Serves 4

2 TBSP olive oil
2 TBSP parsley
1 eggplant
¾ cup mushrooms
1 bell pepper
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 Spinach Sauté

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

Serves 6

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

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

Fennel and Radicchio Salad with Balsamic Vinaigrette

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

Serves 1

2 TBSP extra virgin olive oil
½ tsp salt
¼-½ cup balsamic vinaigrette
1 ½ cups fennel bulbs (cored and thinly sliced)
Radicchio (red chicory) 2 cups, torn and loosely packed

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

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
½ tsp pepper

Preheat oven to 450. 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.

Fresh Summer Vegetable Ratatouille

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

Serves 8

½ tsp bails
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 20 minutes. Add chopped tomatoes and parsley and cook another 10-15 minutes. Stir occasionally. Remove bay leaf and adjust seasoning.

Garden Vegetable Soup

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

Serves 2

½ cup zucchini
2 garlic cloves, sliced
½ tsp salt
¾ 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 oregano
4 cups vegetable broth

In a large saucepan, prayed 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.

Garlic Kale

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

Serves 2

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

Remove leaves from the stem and tear into bite sized pieces, discarding the stems. In a large pot, heat oil in 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.

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 (may use 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.

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.

Grilled Italian Vegetables

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

Serves 6

2 red bell pepper, cut into strips
1 sliced zucchini thinly sliced
1 red onion, thinly sliced
8 small mushrooms
3 plum tomatoes cut into ½"
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 13 x 9 x 2 baking pan then remove foil and place it on a cookie sheet. Place vegetables in the "foil pan". Combine all ingredients and drizzle over vegetables. Grill 25-20 minutes.

Japanese Vegetable Salad

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

Serves 1

1 TBSP red wine vinegar
¼ cup white radishes, sliced
¼ cup red radishes
¼ cup cucumber sliced and seeded
1 cup water
Salt to taste
¼ cup strips carrots, 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.

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.

Mushrooms and Peppers

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

Serves 4

Red bell pepper, 1 cup chopped
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.

Nopalito Salad with Pickled Jalapenos

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

Serves 4

1 pickled jalapeno
¼ cup red onions, minced
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, PI, P2)

Serves 4

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

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

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
½ 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 Garlic Lemon Broccoli

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

Serves 6

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

Preheat oven to 400. 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.

Sautéed Zucchini

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

Serves 2

1 TBSP olive oil
½ medium red onion, sliced
4 large zucchini
2 ½ cup 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 zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.

Snack Salad

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

Serves 3

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

Combine all ingredients. Stir.

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 Roasted Kale

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

Serves 4

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

Preheat oven to 400. 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.

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 ½ tsp dried basil
1 cups tomatoes
½ tsp salt
¼ tsp pepper
2 cloves 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. Cook in refrigerator. Adjust seasoning. To serve: put cucumbers in bowls, ladle in soup and garnish with chopped basil.

Vegetable Soup

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

Zucchini Tomato Vegetable Packet

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

Serves 4

1 onion, sliced
1 tomato, cut into chunks
1 TBSP olive oil
 $\frac{3}{4}$ tsp lemon pepper
 $\frac{1}{2}$ tsp oregano
 $\frac{1}{4}$ tsp salt
2 large zucchini

Preheat oven to 450. 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.

