

Standard Process Purification Program Recipe Handout

Shakes

Tips for your shakes:

- Blend in a blender
- Use frozen fruit to eliminate ice for a thicker smoothie
- Freeze Bananas
- Increasing fruit will increase the sweetness, but may interfere with weight management
- Fresh or frozen fruit may be used

Original Recipe

8 oz. water

1-1 ½ cups of your favorite fruit fresh or frozen fruit or vegetables

1 Tbsp. of Flaxseed Oil/Coconut Oil

2 rounded scoops of SP Complete

Try these other tasty shake recipes!

Strawberry Twist

8oz. water	1 cup freshly juiced carrots	2 Rounded scoops of SP
1 cup strawberries	1 Tbsp. Flaxseed Oil	Complete

Citrus Berry Splash

8 oz. water	½ cup strawberries	2 rounded scoops of SP
½ cup blackberries	½ of a banana	Complete
¼ cup blueberries	Juice from 2 oranges	

Peña Colada

8 oz. water	Handful of unsweetened	2 rounded scoops of SP
1 Tbsp. coconut oil	shredded coconut	Complete
1 cup fresh pineapple		

Vegetable Breakfast

8 oz. water	1 cup sliced carrot	2 rounded scoops of SP
1 Tbsp. Flaxseed oil	1 stalk sliced celery	Complete
1 cup diced tomato	¼ of a ripe avocado	

Banana Berry Blast

8 oz. water	½ cup strawberries	2 rounded scoops of SP
½ cup blueberries	½ of a banana	Complete

Strawberry Surprise

8 oz. water	1 cup strawberries	Splash of vanilla extract
1 Tbsp. Flaxseed oil	¼ of a ripe avocado	2 rounded scoops of SP Complete

Apple Cinnamon

8 oz. water	1 Tbsp. Flaxseed oil	Dash of cinnamon
2 apples cored, but not peeled	Splash of organic vanilla extract	2 rounded scoops of SP Complete

12 oz. High Protein Smoothie

½ cup water	1 Tbsp. Flaxseed oil	2 rounded scoops of Whey
¼ of a banana	2 rounded scoops of SP	Pro Complete
¼ cup pineapple	Complete	

Dressings/Marinades/Toppings

Basic Vinaigrette Dressing

Ingredients: 4 servings, 10 minutes preparation time.

- ½ tsp. salt
- 1 tsp. oregano
- 3 Tbsp. vinegar; apple cider, red or white wine
- 1/8 tsp. pepper
- ½ cup extra virgin olive oil

Directions:

Mix in a container and refrigerate. Let it sit out a few minutes before using and shake well.

Greek Salad Dressing

Ingredients: 4 Servings, 15 minutes preparation time.

- 1 tsp. dried oregano
- 1 Tbsp. red wine vinegar
- 1/3 cup extra virgin olive oil
- 1 tsp. minced garlic
- 1 Tbsp. fresh lemon juice
- salt and pepper to taste

Directions:

Whisk together the oregano, garlic, wine vinegar, lemon juice and olive oil in a small bowl.

Season to taste with salt and pepper. Toss with salad.

Garlic and Red Wine Vinegar Salad Dressing

Ingredients: 2 servings, 10 minutes preparation time.

- 2/3 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1-2 cloves garlic, crushed
- salt and pepper to taste

Directions: Place all ingredients in shaking jar; seal. Shake well. Pour over greens.

Lemon Mint Dressing

Ingredients: 6 servings. 10 minutes preparation time.

- 2 cloves garlic, minced
- salt and pepper to taste
- 2 Tbsp. finely chopped fresh mint
- ½ cup fresh lemon juice
- ½ cup extra virgin olive oil

Directions:

Prepare the dressing in a small bowl, whisk together the garlic, lemon juice, salt, and pepper.

Slowly add the olive oil, whisking until blended. Stir in the mint. Taste for seasoning.

Spicy Salad Dressing

Ingredients: 2 servings, 10 minutes preparation time.

- $\frac{2}{3}$ cup olive oil
- 1 dash cayenne pepper
- $\frac{1}{3}$ cup vinegar
- $\frac{1}{2}$ tsp. paprika
- $\frac{1}{4}$ basil leaves, crushed
- $\frac{1}{4}$ tsp. thyme, crushed
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp. oregano, crushed
- $\frac{1}{4}$ tsp. dry mustard
- 2 Serrano peppers, minced
- 3 tsp. fresh squeezed lemon juice

Directions:

Blend all ingredients thoroughly. Season to taste with pepper, if required. Chill.

Balsamic Vinaigrette

Ingredients:

- 4 Tbsp. extra virgin olive oil
- 2 cloves garlic
- 1 tsp. dry mustard
- 3 Tbsp. white balsamic vinegar
- $\frac{1}{4}$ tsp. pepper or to taste
- 1 pinch salt

Directions:

In a small bowl, whisk together olive oil, garlic, and mustard powder and white balsamic vinegar. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.

Basil Vinaigrette

Ingredients:

- $\frac{1}{2}$ tsp. pepper
- 3 cups basil leaves
- $\frac{1}{2}$ cup extra virgin olive oil
- $\frac{1}{4}$ tsp. salt
- 3 cloves garlic, chopped
- 4 Tbsp. raw apple cider vinegar

Directions: Add all ingredients to a food processor or Magic Bullet. Process until smooth.

Citrus Vinaigrette

Ingredients:

- 1 whole grapefruit, squeezed
- 2 tsp. extra virgin olive oil
- 1 Tbsp. chopped shallot
- 1 pinch salt
- 2 Tbsp. Champagne vinegar

Directions:

Add all ingredients to a non-reactive bowl, whisk well to combine. Keep refrigerated for up to one week.

Cumin-Lime Vinaigrette

Ingredients:

- 1 tsp. organic cumin
- 2 Tbsp. fresh lime juice
- 2 Tbsp. apple cider vinegar
- 4 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh cilantro, finely chopped

Directions:

Whisk all ingredients together until well-blended. Refrigerate leftover dressing.

Orange-Balsamic Dressing

Ingredients:

- ¼ cup fresh orange juice
- ¼ cup balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 tsp. orange zest

Directions:

Mix orange juice, balsamic vinegar and oil. Grate in orange zest and mix well.

Dr. Steph's Famous Guacamole

Ingredients:

- 2 avocados
- 1 Tbsp. fresh basil
- 2 cloves of fresh garlic
- salt and pepper to taste
- 1 lime, juice of, freshly squeezed

Directions:

Mix all ingredients into a food processor and blend until smooth or dice by hand and mix.

Salsa

Ingredients: 4 servings, 15 minutes preparation time.

- 2 large diced tomatoes
- 1 Tbsp. chopped cilantro
- 2 scallions, thinly chopped
- 1 Tbsp. extra virgin olive oil
- 1 garlic clove, minced
- 2 tsp. fresh lime juice

Directions:

Combine all ingredients in a bowl and let sit for a few minutes before serving. Great as a topping on fish.

Marinara Sauce

Ingredients: 4 servings, 30 minutes preparation time.

- 2 Tbsp. olive oil
- 3 garlic cloves, minced
- 1 medium onion, finely chopped
- 1 cup fresh Italian flat leaf parsley, chopped
- ½ cup fresh basil leaves, rolled and thinly sliced
- salt and pepper to taste
- 1 28 oz. can organic crushed tomatoes (slightly drained)

Directions:

Heat pan on medium high heat, add olive oil, garlic, and onions. Stir until soft; add remaining ingredients. Stir occasionally; reduce heat to simmer for 10-15 minutes. Serve over spaghetti squash, chicken, or fish.

Recipes Approved for Entire Purification Program (Days 1-21)

Zucchini Salad

Ingredients: 2 servings, 15 minutes preparation time.

- 3 zucchini, thinly sliced
- 2 red apples, cut in small pieces
- Braggs Amino Acid to taste
- Cumin to taste
- 1 avocado cut in small slices

Directions: Mix all ingredients together and serve.

Mango Coconut Cucumber Salad

Ingredients: 6 servings, 10 minutes preparation time.

- ½ tsp. chili pepper, minced
- 1-2 Tbsp. lime juice
- 1-2 Tbsp. lemon juice
- 1 mango, peeled and diced
- 1 Tbsp. dried shredded coconut
- 1 cucumber, peeled, seeded, and diced
- 1 small red pepper, minced

Directions:

Mix everything in a bowl. Chill for 15-20 minutes before serving. Works very well with Brazilian, Thai, or Indian dishes.

Fresh Spinach and Avocado Salad

Ingredients: 4 servings, 30 minutes preparation time.

- 1 large avocado (remember you can only have ¼ an avocado per day)
- 1 lime, juice of
- 4 ounces cherry tomatoes
- ½ cucumbers cut into chunks
- 8 ounces fresh baby spinach leaves
- 4 scallions, sliced
- 2 ounces radishes, sliced
- Herb sprigs to garnish

Directions:

Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices. Transfer to a plate, drizzle with the lime juice, set aside. Wash and dry the spinach leaves. Put into mixing bowl. Cut the larger cherry tomatoes in half, add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes. Add avocados, add your dressing, and toss.

Tomato and Onion Salad

Ingredients: 4 servings, 20 minutes preparation time.

- 1 box plum tomatoes, wedged
- 1 red onion, thinly sliced (or chopped scallions)

Directions:

Combine with basic vinaigrette dressing, marinate at room temperature at least 15 minutes before serving.

Greek Salad

Ingredients: 4 servings, 15 minutes preparation time.

- 1 head romaine lettuce, torn into bite-size pieces
- 10 fresh mint leaves, finely chopped
- 1 cucumber, peeled, seeded, and sliced
- 15-16 kalamata olives
- 1 small red onion, thinly sliced
- 4-5 mild pepperoncini peppers, whole
- 1 red bell pepper, seeded and cut into thin strips
- 2 tomatoes cut into thin wedges
- salt and pepper to taste

Directions: Combine salad ingredients in salad bowl, add your dressing and toss.

Raspberry Salad

Ingredients: 4 servings, 20 minutes preparation time.

- 4 Tbsp. Extra virgin olive oil
- 2 Tbsp. raspberry puree
- 2 Tbsp. raspberry vinegar
- ¼ tsp. pepper
- ¼ tsp. salt
- salad greens
- 1 ½ cups of fresh raspberries

Directions:

To make the dressing, in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together. In a serving bowl, toss the salad greens and raspberries together. Pour the dressing over the salad, toss to coat.

Spinach Salad

Ingredients: 8 servings, 15 minutes preparation time.

- fresh baby spinach leaves, washed and stemmed
- 3 Tbsp. vinaigrette dressing
- 8 ounce button mushrooms, sliced
- 3 Tbsp. walnuts chopped **(Only during days 11-21)**
- ½ medium cucumber, sliced

Directions:

Spin spinach once washed, place in salad bowl. Add remaining ingredients, toss with dressing.

Strawberry Spinach Salad

Ingredients: 4 serving, 22 minutes preparation time..

- ½ cup almonds; sliced **(Only during days 11-21)**
- 1½ cups strawberries, hulled and quartered
- ½ cup cucumbers, sliced and cut in half
- ¼ cup red onion, sliced
- 1-6 ounce baby spinach

Directions:

Preheat oven to 300°F. Spread almonds in a single layer over bottom of small pan. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in pan. Meanwhile, hull strawberries into quarters. Score cucumber lengthwise, remove seeds. Slice cucumber and cut slices in half. Slice onion into thin wedges. Place spinach in large serving bowl; add strawberries, cucumber, and onion. Whisk dressing you are using and pour over salad, gently tossing to coat. Sprinkle with almonds, serve immediately.

Citrus Ginger Bok Choy Salad

Ingredients:

- Julienne cut Bok Choy
- 1 tsp. of minced Ginger
- Juice from 1 large Orange
- ¼ tsp. salt
- 3 Tbsp. Flax Oil
- 3 Tbsp. extra virgin olive oil
- ¼ tsp. garlic salt

Directions:

Place all ingredients in bowl and massage together for 1-2 minutes. Let sit for at least 1 hour.

Kale Goji Salad

Ingredients:

(Use dino kale, spinach or Swiss chard)

- Stem kale by pulling off green leaf from center (save stems for juicing)
- Take kale leaves and stack to cut. Roll the stack and cut in very fine ribbons
- 1/8 Cup Goji Berries
- 3 Tbsp. extra virgin olive oil
- Cut one apple (or sweet fruit) into sticks
- 3 Tbsp. flax oil

Directions: Massage together and let sit. (Tastes better the next day.)

Brussels Sprout and Red Cabbage Salad

Ingredients:

- 15-20 Brussels sprouts; sliced very thin
- 2 cups of Red Cabbage sliced thin
- ¼ tsp. salt
- ¼ tsp. garlic salt
- 3 Tbsp. flax oil
- 3 Tbsp. extra virgin olive oil

Directions:

Place all ingredients in bowl and massage together for 1-2 minutes. Let sit for at least 1 hour.

Kiwi Leek Apple Salad

Ingredients:

- 1 Leek cut thin
- 3 Tbsp. flax oil
- 3 Tbsp. extra virgin olive oil
- ¼ tsp. garlic salt
- 1 apple cut into thin slices
- ¼ tsp. salt
- 2 kiwi peeled and diced

Directions:

Place all ingredients in bowl and massage together for 1-2 minutes. Let sit for at least 1 hour.

Ted's Slaw

Ingredients:

- ½ head of red cabbage
- ½ head of green cabbage
- 2 mustard green leaves chopped
- ½ bunch of kale chopped fine
- 2 carrots, julienne
- 2 celery stalks finally chopped
- ½ lemon juiced
- salt and pepper to taste
- 4 oz. balsamic vinegar
- 4 oz. extra virgin olive oil
- Pesto Sauce (can be used as a dip too!)

Directions:

Puree all ingredients in a food processor or blender, adding vinegar and extra virgin olive oil a little at a time, may not need all of it. Once all is blended, toss together with the pesto sauce.

Chopped Asian Salad with Sesame Vinaigrette

Ingredients:

- 4 cups organic baby bok choy, chopped
- 1 medium red bell pepper, julienne
- 8 spears, small asparagus, blanched, halved
- 1 medium cucumber, peeled, seeded and chopped
- 1 medium carrot, julienne
- 2 Tbsp. fresh cilantro, chopped
- 1 medium spring onion, sliced thin on the bias
- 1 Tbsp. rice wine vinegar
- 1 Tbsp. organic tamari (gluten free soy sauce)
- 1 Tbsp. grated ginger
- 1 Tbsp. lemon juice
- 1 tsp. toasted sesame oil

Directions:

In a non-reactive bowl, combine the bok choy, red pepper, asparagus, cucumber, carrots, cilantro and onion. Dressing: Whisk the rice wine vinegar, tamari and ginger, lemon juice and sesame oil in a small bowl. Pour the dressing over the vegetables, tossing to coat.

Crucifer "Cleanse"

Ingredients:

- 4 Tbsp. fresh lemon juice
- 1 Tbsp. raw extra virgin coconut oil
- 8 whole Brussels sprouts, finely sliced
- 1 cup, chopped red cabbage
- 1 cup broccoli, finely chopped
- salt to taste (optional)

Directions:

Mix lemon juice and coconut oil in a small bowl. Combine sliced Brussels sprouts with chopped red cabbage. Place on serving dishes. Top with finely chopped broccoli. Drizzle with lemon / coconut oil. Sprinkle with salt, if desired.

Chopped Mediterranean Salad

Ingredients:

- 8 ounce spinach, chopped
- 2 medium scallions, chopped
- 2 medium tomatoes, seeded and chopped
- 1 medium green pepper, seeded and chopped
- 1 medium cucumber, peeled, seeded and chopped
- 2 Tbsp. fresh mint, chopped
- 1 ½ Tbsp. fresh, flat leaf parsley, chopped
- 1 Tbsp. fresh lemon juice

Directions:

Add spinach, scallions, tomatoes, pepper, cucumber, mint and parsley to a nonreactive bowl. Drizzle with lemon juice to taste and stir well to combine.

Veggie Soup

Ingredients:

- 1 Tbsp. coconut oil
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 2 cloves garlic, crushed
- 4 cup organic, low sodium vegetable broth
- 2 whole bay leaves
- 2 Tbsp. parsley, chopped
- 2 tsp. pepper
- 1 tsp. dry thyme
- 2 cups chopped broccoli
- 1 ½ cup slices carrots

Directions:

In a soup pot, heat oil over medium heat. Add onion and cook until translucent. Add red bell pepper, garlic, broth, bay leaves, parsley, pepper and thyme. Stir well. Add broccoli and carrots. Simmer over medium heat for 20 minutes, so that vegetables are crisp tender.

Slow Cooker Butternut Squash Soup

Ingredients :

- 2 cups leeks, sliced
- 4 cups vegetable broth
- 1 cup spring water
- ½ tsp. salt
- ¼ tsp. red pepper flakes
- 1 medium butternut squash, peeled, seeded and diced
- 2 small apples, peeled, cored and dice

Directions:

Add all ingredients to slow cooker. Cover; cook on Low for 6-6 ½ hours or 3-4 on High. Puree soup in food processor. Cook on High for an additional 30 min.

Spicy Red Lentil Curry

Ingredients:

- 2 cups red lentils
- 1 Tbsp. extra virgin avocado oil
- 1 large onion, diced
- 1 Tbsp. Thai Kitchen Red Curry Paste
- 1 Tbsp. curry powder
- 1 tsp. turmeric, ground
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. salt
- 1 tsp. garlic, minced
- 1 tsp. ginger root, minced
- 1 16-oz can organic tomato puree

Directions:

Rinse the lentils in cold water until the water runs clear. Add the lentils to a large pot with filtered/purified water to cover. Bring to a boil and simmer covered until lentils tender (about 15 minutes). Meanwhile, add oil to a large, safe, non-stick skillet over medium heat. Add the onions and sauté until fragrant, about 5 minutes. Combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic and ginger in a mixing bowl. Mix well. Add the curry mixture to the onions and cook over a medium-high heat, stirring constantly, for 1 to 2 minutes. Stir in the tomato puree and reduce heat to low. When the lentils are tender, drain. Mix the curry base into the lentils.

Coconut Lemongrass Soup

Ingredients:

- 2 cups coconut milk
- 2 cups spring water
- 2 Tbsp. fresh lemongrass
- 2 cloves garlic, minced
- 1 whole jalapeño pepper, sliced
- 1 medium sweet red pepper, sliced
- 1 cup sliced carrots
- 1 medium zucchini squash, sliced
- 4 Tbsp. fresh lime juice

Directions:

In a large pot, combine all ingredients and let simmer over medium heat for about 30 minutes.

Lentil and Mushroom Soup

Ingredients:

- 2 Tbsp. low sodium vegetable broth
- 2 cups chopped onion
- 2 cloves garlic, minced
- 6 cups spring water
- 2 cups lentils, rinsed
- 2 cups carrots, diced
- 2 cups sliced mushrooms
- 1 cup celery, diced
- 1 whole bay leaf
- 1 tsp. rosemary
- ½ tsp. red pepper (optional)
- 1 cup chopped, seeded plum tomatoes
- 1 Tbsp. red wine vinegar
- ½ cup parsley

Directions:

Heat 2 tablespoons of broth in saucepan; add onions, sauté 10 minutes. Add garlic, stir. Add water, lentils, carrots, mushrooms, celery, bay leaf, rosemary, crushed red pepper (optional), and boil. Reduce heat to medium. Simmer 30 minutes. Discard bay leaf, add tomatoes and vinegar, simmer 5 minutes. Sprinkle with parsley and serve.

Tomato-Curry Lentil Stew

Ingredients:

- 1 cup dry lentils
- 2 cups water
- ¼ cup chopped onion
- 10 ounces stewed tomatoes
- 4 stalks celery, chopped, with leaves
- ½ tsp. curry powder
- 6 cloves garlic, minced
- salt and pepper to taste

Directions:

Combine lentils and water, bring to a boil. Lower heat to simmer; add onion, tomatoes and celery. Cover and let simmer 45 minutes. Check every 15 minutes to stir, and add water if necessary. Add spices last 15 minutes to taste. Taste and re-spice if necessary before serving.

Jamaican Lentil Stew with Coconut

Ingredients:

- 1 inch piece gingerroot, grated
- 2 garlic cloves, pressed
- 2 Tbsp. coconut oil
- 1 medium onion, minced
- 2 tsp. ground coriander
- 1-2 tsp. ground cumin (adjust according to taste)
- 1 (13 ounce) can coconut milk
- 1 liter vegetable stock
- 4 ounces split red lentils, washed and drained
- 1 small sweet potato
- 1 (15 ounce) can organic pumpkin puree
- pepper, to taste

Directions:

Make a thick paste by mashing ginger and garlic together using a pestle and mortar or a mash in a bowl and the heel of a wooden spoon. Heat coconut oil over medium heat in a large saucepan; add the onion and sauté until transparent. Add the garlic ginger paste and sauté another 2 minutes until fragrant; lower heat and stir constantly to avoid burning the paste. Add the spices and sauté for a minute more. Stir in the coconut milk, stock, lentils, sweet potato and pumpkin puree. Simmer over medium - low heat for 40 - 50 minutes or until sweet potato is soft and almost melting into the stew. Be sure to stir occasionally. Before serving, adjust seasoning with pepper.

NOTE: The stew has a creamy texture and is thick with lentils, sweet potato and pumpkin that melt into a delectable base. If you prefer a lighter soup then add more stock to thin the base, or try adding more coconut milk for a very savory and unique taste.

Garlicky Greens

Ingredients:

- 1 cup organic, low sodium vegetable broth*
- 1 Tbsp. extra virgin olive oil
- ½ cup chopped scallions
- ¾ cup sliced leek, white part only
- 1 Tbsp. minced garlic
- 3 cups chopped kale
- 1 cup chopped broccoli rabe
- 3 cups, chopped collard greens
- ¼ tsp. pepper or to taste

Directions:

Heat 1 tablespoon broth and oil in a large, heavy skillet over medium-high heat. Add scallions, leek and garlic. Sauté until leeks are limp, about 4 minutes. Add kale, broccoli rabe and collards, stirring until wilted. Add remaining broth and simmer, stirring occasionally, until greens are tender, about 15 minutes. Drizzle with extra virgin olive oil and season with pepper.

*May use organic chicken broth days 11-21.

Curried Cauliflower

Ingredients:

- 2 Tbsp. lemon juice
- 2 tsp. curry powder
- 3 tsp. extra virgin olive oil
- 1 head cauliflower, quartered

Directions:

Preheat oven to 350°F. Whisk lemon juice, curry and oil. Add cauliflower to a glass baking dish. Drizzle the dressing over cauliflower. Cover and roast 20-25 minutes.

Wilted Spinach

Ingredients:

- ¼ cup spring water
- 1 clove garlic, finely chopped
- 4 cups baby spinach
- 2 tsp. extra virgin olive oil

Directions:

Add spring water to a large, deep pan. Heat over medium high heat. Add garlic and stir. Add spinach and cover. Remove pan from heat and let stand covered 1 minute. Stir spinach, drizzle with olive oil (if desired) and serve.

Wilted Chard

Ingredients:

- ¼ cup spring water
- 4 cups Swiss chard
- 2 tsp. extra virgin olive oil
- 2 Tbsp. lemon juice

Directions:

Add spring water to a large, deep pan. Heat over medium high heat. Add chard and cover. Remove pan from heat and let stand covered 1 minute. Stir chard, drizzle with olive oil and lemon juice and serve.

Roasted Butternut Squash

Ingredients:

- 1 medium butternut squash
- 1 tsp. coconut oil

Directions:

Preheat oven to 350°F. Carefully slice butternut squash in half and scoop out seeds. Grease a cookie sheet with coconut oil. Place squash flesh side down on the cookie sheet and bake 45 minutes. Allow to cool slightly, then slice and serve.

Roasted Asparagus

Ingredients:

- 4 cups fresh asparagus
- 2 Tbsp. balsamic vinegar
- ½ tsp. salt
- 1 Tbsp. extra virgin olive oil
- ½ tsp. pepper

Directions:

Preheat oven to 350 F. Trim asparagus to remove woody stem, cut on diagonal into 2 inch pieces. Put asparagus in large zip seal bag, pour in olive oil, vinegar, and season with salt and pepper. Shake bag to coat asparagus with mixture. Pour into ceramic or glass baking dish. Cook asparagus 20-30 minutes, removing from oven when asparagus are slightly crisp and firm.

Roasted Brussels Sprout

Ingredients:

- 2 tsp. coconut oil
- 4 cups Brussels sprouts
- 2 Tbsp. extra virgin olive oil

Directions

Preheat oven to 450°F with rack in upper third. Grease 17-by 12-inch pan or cookie sheet with coconut oil. Wash sprouts. Slice Brussels sprouts in half lengthwise. Arrange Brussels sprouts, cut sides down on baking sheet. Roast, without turning, until outer leaves are tender and brown, about 40 to 45 minutes. Place in a serving dish, add olive oil and toss to coat.

Sautéed Collards

Ingredients:

- ½ cup vegetable broth*
- 3 cloves garlic, finely chopped
- 6 cups, chopped collards

Directions:

Add broth and garlic to a large skillet. Heat over medium high. Add collards and sauté 5-7 minutes until bright green and crisp tender.

*May use organic chicken broth days 11-21.

Sautéed Broccoli

Ingredients:

- ½ cup chicken or vegetable broth*
- 2 cloves garlic, chopped
- ½ tsp. salt
- 4 cups, chopped broccoli

Directions:

Place a sauté pan over medium-high heat. Add broth. Add garlic and cook until translucent, about 2 minutes. Turn heat to medium; add broccoli, sprinkle with salt, and cook until bright green and crisp-tender, about 5 minutes. *May use organic chicken broth days 11-21.

Sautéed Bok Choy

Ingredients:

- 1/3 cup chicken or vegetable broth*
- 1 head Bok choy
- 1 Tbsp. tamari (gluten-free soy sauce) or Bragg's Amino Acid
- 2 cloves garlic, chopped
- 1 Tbsp. toasted sesame oil

Directions:

Heat sauté pan or wok over high heat. Add broth and garlic, stir-fry until pale golden, 5 to 10 seconds. Add bok choy and stir-fry until leaves wilt, about 2 minutes. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 2 to 4 minutes. Drizzle with sesame oil and tamari or Bragg's Amino Acid, and then transfer to a serving dish.

*May use organic chicken broth days 11-21.

Simple Veggie Stir Fry

Ingredients:

- 1 tsp. sesame oil
- 1 cup sliced onion
- 1 Tbsp. organic tamari or Bragg's Amino Acid
- 1 cup sliced carrots
- 4 cups chopped green cabbage

Directions:

Preheat a large skillet or wok over medium-high heat. Add oil to coat the pan. Add the carrots and the onions, cooking 1 minute. Then add the cabbage and tamari or Bragg's Amino Acid. Stir to coat all vegetables with tamari, and cook until crisp-tender, about 2 minutes.

Asparagus & Red Bell Pepper Sauté

Ingredients:

- ¼ cup chicken or vegetable broth *
- 4 cups fresh baby asparagus ends trimmed
- 1 medium red bell pepper, sliced

Directions:

In a safe sauté pan, heat broth over medium high heat. Add asparagus in a thin layer, top with sliced peppers, stir to coat. Cover and cook 5-7 minutes or until asparagus is crisp-tender and bright green.

*May use organic chicken broth days 11-21.

Sautéed Broccoli Rabe

Ingredients:

- ½ tsp. salt
- 1 pound broccoli rabe
- 1 Tbsp. extra virgin olive oil
- 2 whole shallots, thinly sliced
- 1 tsp. pepper

Directions:

Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Fill a medium saucepan with heavily salted water and bring to a boil over high heat. Blanch broccoli rabe until stalks are just tender, about 2 minutes. Drain broccoli rabe and place in the ice water bath. When cool, remove from the ice bath, shaking off excess water. Slice on the bias into 2-inch pieces, pat dry with paper towels, and set aside. Place a large frying pan over medium-high heat and add oil. Once oil shimmers, add shallots and cook until golden, about 3 minutes; season with salt and freshly ground black pepper. Add broccoli rabe and cook, stirring occasionally, until heated through, about 5 minutes.

Roasted Curried Cauliflower

Ingredients:

- 4 cups cauliflower florets
- 1 medium onion, peeled and coarsely chopped
- ½ tsp. coriander seed
- ¼ tsp. cumin seed
- 1 Tbsp. coconut oil
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. curry powder
- 1 tsp. paprika
- ¼ tsp. salt
- ¼ tsp. pepper (to taste)

Directions:

Preheat oven to 450°F. Place cauliflower florets in large roasting pan, add onions. Stir coriander seeds and cumin seeds in small skillet over medium heat until fragrant, about 2 minutes. Crush coarsely in mortar with pestle. Place seeds in medium bowl. Whisk in oil, vinegar, curry powder, paprika, and salt. Pour dressing over vegetables; toss to coat. Spread vegetables in single layer. Sprinkle with pepper. Roast vegetables until tender, stirring occasionally, about 20 minutes.

Baked Sweet Potato Wedges

Ingredients:

- 2 medium sweet potatoes, quartered
- ½ Tbsp. extra virgin olive oil
- 1/2 tsp. salt

Directions:

Preheat oven to 450°F. Toss sweet potato wedges with oil in a medium bowl. Sprinkle with salt. For oven cooking, place wedges on a cookie sheet. Bake 30 minutes.

Braised Leeks

Ingredients:

- 8 whole leeks, trimmed, sliced lengthwise
- 2 Tbsp. butter
- ¼ cup chicken or vegetable broth*
- 1 tsp. lemon zest
- salt and pepper to taste

Directions:

Add leeks to a shallow dish with cold water. Let soak 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat. Remove leeks from the water and add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper.

*May use organic chicken broth days 11-21.

Caribbean-Style Sweet Potatoes

Ingredients: Serves: 4

- 2 medium sweet potatoes
- 1 tsp. ground nutmeg
- 4 tsp. coconut oil
- ½ tsp. cayenne pepper

Directions:

Preheat oven to 350°F. Wash sweet potatoes and prick with fork. Bake 45 minutes or until tender. Remove from oven, slice in half and mash inside. Whisk nutmeg, coconut oil and cayenne pepper. Drizzle over sweet potatoes and serve.

Red Cabbage with Orange

Ingredients: 6 servings, 1½ hours preparation time.

- 1 small onion, peeled and chopped
- Juice of 2 oranges, strained
- Grated rind of 2 oranges
- 1 clove garlic, peeled and chopped
- 1 tsp. salt
- 3 Tbsp. red wine vinegar
- 1 medium red cabbage, shredded
- 4 Tbsp. butter

Directions:

Combine onion, orange juice, orange rind, garlic, salt, and vinegar. Pour over the cabbage and toss well. Marinate overnight, tossing occasionally. Melt butter in a large saucepan or frying pan. Add cabbage mixture and bring to a simmer. Reduce heat, cover and cook gently for about 1 hour, uncovered, until cabbage is tender and liquid has evaporated.

Lacinato (Kale)

Ingredients: 4 servings, 12 minutes preparation time.

- 1 bunch lacinato (This is a flatter, milder flavored, darker green leaf than curly Kale.)
- 1 cup chicken or vegetable broth*
- Butter to taste

Directions:

Cut the lacinato into strips, width-wise. Steam in broth for 3 minutes. Serve immediately.

*May use organic chicken broth days 11-21.

Sautéed Spinach with Garlic

Ingredients: 4 servings. 20 minutes preparation time.

- 2 Tbsp. Olive oil
- 4 cloves garlic, thinly sliced lengthwise
- 2 lbs. fresh spinach, washed and leaves damp
- salt and pepper to taste

Directions:

In a large sauté pan heat olive oil over medium heat. Add garlic, and cook until golden brown, 2 to 3 minutes. Using a slotted spoon, transfer garlic to paper towels; reserve. Discard oil. Place some olive oil in pan, and heat over medium heat. Coarsely chop spinach and stalks. Working in batches, add damp spinach to the pan. Cover and cook until spinach just begins to wilt, 4 to 5 minutes. Transfer the cooked spinach to a metal bowl, and cook remaining spinach. Season with salt and pepper. Sprinkle reserved garlic over spinach, and serve warm.

Mashed “Potatoes”

Ingredients: 6 servings, 35 minutes preparation time.

- 1 head cauliflower
- 3 ounces rice milk
- 2 garlic cloves, minced
- ½ tsp. salt
- ¼ tsp. pepper
- Paprika to taste

Directions:

Preheat oven to 350°F. Cut cauliflower into florets or even size. Drop into boiling salted water and cook for about 15 minutes. Put rice milk in blender, add cooked cauliflower and garlic, blend until creamy. Add salt and pepper to taste. Pour into one quart greased casserole dish. Top with a light sprinkle of paprika and bake for about 20 minutes or until bubbly and hot.

Swiss Chard

Ingredients: 4 servings, 6 minutes preparation time.

- 1 bunch Swiss chard
- ½ cup water

Directions:

Wash leaves thoroughly. Cut width-wise into strips. Bring water to boil and steam for 3 minutes. (This has a very mild, almost spinach-like, taste).

Steamed Beets

Ingredients: 6 to 8 servings, 25 minutes preparation time.

- 1 bunch beets
- 1 inch water

Directions:

Wash beets thoroughly and cut the leaves off, leaving about 2 to 3 inches of the stems. Leave the root on to avoid excess loss of nutrients. Place beets in a steamer and fill water just too where it touches the beets. Steam for approximately 20 minutes for a medium to small beet. More time is required for larger beets. Test with fork for tenderness. Raw beets can be grated on a salad; they are very sweet. Use the beet leaves as salad greens.

Peppers and Onions

Ingredients: 4 servings, 1 hour preparation time.

- 2 medium onions, peeled and thinly sliced
- 2 red peppers, seeded and sliced into strips
- 2 Tbsp. butter
- 2 Tbsp. extra virgin olive oil
- ½ tsp. dried fine herbs
- 2 cloves garlic, peeled and crushed
- ½ cup finely shredded basil leaves
- salt and pepper to taste

Directions:

Sauté onions and peppers gently in butter and olive oil for about 45 minutes until soft. Add herbs, crushed garlic, and basil, cook another few minutes, stirring constantly. The consistency should be like marmalade. Season to taste.

Sweet Potato Dollars

Ingredients: 4 servings, 1 hour preparation time.

- 3-4 sweet potatoes
- 3 Tbsp. melted butter
- 3 Tbsp. extra virgin olive oil
- salt to taste

Directions

Preheat oven to 350°F. Peel potatoes and slice crosswise at ¼-inch intervals into “dollars.” Brush two cookie sheets with mixture of butter and oil. Arrange the dollars in one layer and brush with the remaining butter and oil. Season lightly with salt. Bake about 45 minutes.

Glazed Turnips

Ingredients: 6 servings, 20 minutes preparation time.

- 2 lbs. turnips, peeled and quartered
- 4 Tbsp. butter
- 1 cup of vegetable stock
- 1 Tbsp. parsley finely minced

Directions:

Plunge turnips into boiling salted water for 3 to 5 minutes. Drain and pat dry. Sauté in butter until lightly browned. Add stock and boil down until turnips are coated with liquid has almost completely evaporated. Sprinkle with parsley and serve.

Sautéed Asparagus with Garlic

Ingredients: 4 servings, 10 minutes preparation time.

- 1 small bunch asparagus
- 2 Tbsp. extra virgin olive oil
- 2 garlic cloves, minced
- Water for blanching

Directions:

Rinse and cut bottoms off stalks. Blanch in boiling water for 2 minutes. Heat olive oil in pan and add garlic and asparagus. Heat on medium until garlic is golden brown. Serve immediately.

Sautéed Zucchini and Red Pepper

Ingredients: 4 servings, 15 minutes preparation time.

- 2 zucchini, medium, sliced into 1 inch strips
- 1 garlic clove, minced
- 1 tsp. dried oregano or sweet basil
- 2 sweet red peppers, sliced into 1 inch strips
- salt and pepper to taste
- 1 Tbsp. extra virgin olive oil

Directions:

Sauté zucchini in olive oil for 5 minutes over medium-high heat, just until lightly browned. Add garlic and continue sautéing for 30 seconds. Add peppers and sauté an additional 4 minutes. Add basil, salt and pepper and serve.

Broccoli with Garlic

Ingredients: 4 servings, 10 minutes preparation time.

- 1 head broccoli, cut into florets
- 1 Tb. Extra virgin olive oil
- 2 garlic cloves, minced

Directions:

Steam broccoli florets for 2 minutes in large pan over salted boiling water. Drain. Heat oil in pan, add broccoli florets and garlic. Cook until garlic is golden brown.

Spaghetti Squash

Ingredients: 4 servings, 35 min. preparation time.

- 1 large spaghetti squash
- salt and pepper to taste

Directions:

Preheat oven to 350°F. Cut spaghetti squash length-wise in half. Place on baking sheet and bake 25 to 30 minutes, or until tender. Remove from oven and shred the squash with a fork. Serve with Primavera vegetables or Marinara sauce.

Primavera Vegetables

Ingredients: 4 servings, 35 minutes preparation time.

- 2 Tbsp. extra virgin olive oil
- 4 garlic cloves, sliced
- 2 zucchini, medium, sliced
- 2 celery stalks, diagonally sliced
- 1½ cups broccoli florets, fresh or frozen
- 1 red pepper, seeded and cut into strips
- 1 yellow pepper, seeded and cut into strips
- ½ green pepper, seeded and cut into thin strips
- ¾ cup fresh basil leaves or 3 Tbsp. dried
- 1 cup flat leaf Italian parsley, chopped
- salt and pepper to taste
- 1 15 oz. can organic diced tomatoes

Directions:

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring, just until vegetables soften, approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper and entire can of tomatoes. Cover and reduce heat to medium high for 2 to 3 minutes. Remove from heat and sprinkle with Parmesan cheese. Serve on top of fish, chicken, or cooked and shredded spaghetti squash.

Roasted Sweet Potatoes

Ingredients: 4 servings, 45 minutes preparation time.

- 4-5 medium sweet potatoes, peeled and cut into large pieces
- 1 ½ Tbsp. extra virgin olive oil
- 2 sweet onions cut into one-inch pieces
- ¾ tsp. garlic pepper
- ½ tsp. salt

Directions:

Preheat oven to 425°F. In a large bowl combine all ingredients and toss thoroughly. Spread onto 9 x 13" baking dish and bake for 30 to 35 minutes or until tender.

Coleslaw

Ingredients: 4 servings, 25 minutes preparation time.

- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 1 lemon juiced
- 1 tsp. salt
- 1 carrot shredded
- 1 garlic clove minced
- ¼ cup onion finely chopped
- 1 tsp. paprika
- 1/3 cup extra virgin olive oil
- 3 Tbsp. raw apple cider vinegar

Directions:

Mix all ingredients together in a large bowl and serve.

Taboulleh

Ingredients: 4 servings, 15 min. preparation time.

- 2 cups curly parsley, chopped
- 2 cups flat leaf Italian parsley, chopped
- $\frac{3}{4}$ cup finely chopped cucumber
- $\frac{3}{4}$ cup finely chopped tomatoes
- $\frac{1}{2}$ cup finely chopped celery
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. extra virgin olive oil
- 1 tsp. salt
- Pinch of pepper

Directions:

Combine the parsley, cucumber, tomatoes and celery in a medium bowl. Mix lemon juice, olive oil, salt, and pepper in a cup and toss over salad to mix well. Preferably, use a food processor to mix all ingredients into a finely chopped mixture.

Tomato Cups

Ingredients: 12 cups, 15 minutes preparation time.

- 6 medium tomatoes
- 1 clove garlic, minced
- $\frac{1}{2}$ small cucumber
- 2 stalks celery, thinly sliced
- 1 Tbsp. extra virgin olive oil
- $\frac{1}{2}$ medium red onion or 2 scallions, chopped
- salt to taste
- $\frac{1}{2}$ cup fresh parsley
- 1 Tbsp. fresh mint (optional)

Directions:

Cut tomatoes in half and scoop out centers. Add tomato pulp to the other ingredients and finely chop everything. Mix well and fill tomato halves.

Green Beans with Onions

Ingredients: 6 servings, 25 minutes preparation time.

- 1 $\frac{1}{2}$ lbs. green beans, French cut
- 4 Tbsp. butter
- $\frac{1}{2}$ cup dehydrated onions

Directions:

Cut each end from the bean with a knife, being careful to remove any strings. Break or cut the beans sideways to fit into your food processor. Fit the processor with the regular slicing blade and place the beans in sideways. When processed the result will be beautifully French-cut beans. Please beans in a vegetable steamer and steam for about 8 minutes until they have turned bright green and are just tender. Melt butter in a frying pan; add onions and sauté, stirring, until lightly browned. Toss with beans and serve immediately.

Sweet Potato Fries

Ingredients: 4 servings.

- 2 yams, cut into sticks
- 2 Tbsp. extra virgin olive oil
- Cinnamon
- salt to taste

Directions:

Preheat oven to 400°F. In a mixing bowl, toss yams with EVOO and coat with cinnamon. Salt to taste. Bake 35-40 min.

Lettuce Wraps

Ingredients:

- Carrots
- Celery
- Broccoli
- Mushrooms
- Any other preferred vegetable
- 1 tsp. oyster sauce / tamari sauce
- Fresh bean sprouts
- Head of lettuce

Directions:

Dice vegetables into small pieces (or grate them), and toss with oyster sauce. Add in fresh bean sprouts and toss together. Spoon vegetables into large lettuce leaves and roll into a wrap.

Greek Lettuce Wraps

Ingredients:

- Tomatoes
- Onions
- Cucumbers
- Extra virgin olive oil
- Lemon juice
- Minced garlic
- Basil (or any other herb you prefer)

Directions:

Dice vegetables into small pieces (or grate them), and toss with olive oil and lemon juice. Add in fresh herbs, toss together. Spoon vegetables into large lettuce leaves and roll into a wrap.

Stuffed Collard Greens

Ingredients:

The Wrap: Broad leaf collard greens boiled in salted water for 3 minutes, then cooled

The Stuffing for the wraps:

- ½ head green cabbage chopped
- 8 Brussels sprouts finely chopped
- 5 stalks asparagus chopped
- ½ cup cooked quinoa
- Lightly stir fry in extra virgin olive oil until wilted
- 1 small sweet potato finely diced

Directions:

Preheat oven to 350°F. Mix all stuffing ingredients together, except the sweet potato. Place large Tbsp. of stuffing into the center of a collard green and wrap. Place the wraps into a glass baking dish. Top the wraps with the left over stuffing and a few thinly sliced sweet potatoes. Bake 40 minutes.

Lentil Salad

Ingredients:

- 1 (19 ounce) can lentils, well rinsed
- ½ cup finely chopped red onion
- 2 Tbsp. finely chopped fresh cilantro
- 1 Tbsp. chopped fresh basil
- ¼ tsp. pepper
- 3 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil

Directions:

Drain and rinse lentils. Add next 5 ingredients. In small bowl add vinegar and olive oil whisk. Pour over other ingredients.

Spiced Lentils and Cantaloupe

Ingredients:

- ½ cup lentils
- ½ ripe cantaloupe, diced into very small chunks
- ¼ cup minced red pepper
- 1 scallion, minced (including green part)
- 1 Tbsp. fresh parsley, minced
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. extra-virgin olive oil
- salt, to taste
- Organic cayenne pepper, to taste

Directions:

Rinse lentils well. Cook over medium heat, with enough water to cover by at least an inch, until boiling. Then reduce heat to a simmer, and continue to cook until lentils are tender, about 25-30 minutes. Drain lentils and let cool. Combine all ingredients in a medium sized bowl, mix very gently to combine. Serve at room temperature.

Green Lentil Salad (Azifa)

Ingredients:

- 1 cup green lentil, soaked overnight (8 oz.)
- 2 tomatoes, peeled and chopped
- 1 red onion, finely chopped
- 1 green chili pepper, seeded and chopped
- 4 Tbsp. fresh lemon juice
- 5 Tbsp. extra virgin olive oil
- ½ tsp. mustard
- salt and pepper, to taste

Directions:

Place the lentils in a saucepan, cover with water and bring to a boil. Simmer for 45 minutes until soft, drain, then turn into a bowl and mash lightly with a potato masher. Add the remaining ingredients and mix well. Adjust seasonings to taste.

Stewed Lentils & Tomatoes

Ingredients:

- 1 $\frac{1}{3}$ tsp. extra virgin olive oil
- 1 $\frac{1}{3}$ cups large diced yellow onions (2 onions)
- 1 $\frac{1}{3}$ cups large diced carrots (3-4 carrots)
- 2 garlic cloves, minced (about 1 Tbsp.)
- $\frac{2}{3}$ (28 ounce) can plum tomatoes
- $\frac{2}{3}$ cup French green lentil (7 ounces)
- 1 $\frac{1}{3}$ cups vegetable stock (or chicken stock) *
- 1 $\frac{1}{3}$ tsp. mild curry powder
- 1 $\frac{1}{3}$ tsp. fresh thyme leaves, chopped
- 1 $\frac{1}{3}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 2 tsp. red wine vinegar

Directions:

Heat the oil in a large saucepan. Add the onions and carrots and cook over medium low heat for 8-10 minutes, until the onions start to brown. Stir occasionally with a wooden spoon. Add the garlic and cook 1 more minute. Be careful not to burn the garlic. Meanwhile, place the canned tomatoes, including the juice, in the bowl of a food processor and pulse several times until the tomatoes are coarsely chopped. Rinse and pick over the lentils to make sure there are no stones. Add the tomatoes, lentils, stock, curry powder, thyme, salt, and pepper to the pan. Raise the heat to bring to a boil, and then lower heat and simmer covered for about 40 minutes, until the lentils are tender. Check occasionally to be sure the liquid is still simmering. Remove from the heat and allow the lentils to sit covered for another 10 minutes. Add the vinegar. Season to taste and serve hot. Enjoy!

*May use organic chicken broth days 11-21.

Pondicherry Lentils

Ingredients

- 2 cups lentils
- 8 cups water
- 1 $\frac{1}{2}$ lemons, juice of
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. balsamic vinegar
- 1 Fuji apple, cored, diced
- 1 yellow bell pepper, large, diced
- 1 jalapeno pepper, diced (remove seeds and veins if you like it less hot)
- 1 cup flat leaf parsley, leaves, chopped
- 1 tsp. salt
- 1 Tbsp. sesame oil
- 1 Tbsp. gingerroot, fresh, minced
- $\frac{1}{4}$ cup unsweetened coconut, shredded

Directions

Pick lentils over for any small stones; rinse and soak 2 hours in tepid water; drain. Place lentils and water in a large saucepan; heat to a boil. Reduce heat to low; cover and cook until lentils are tender, but still firm, 20-25 minutes. Rinse the lentils with cold water; drain. Mix together the lentils, lemon juice, olive oil, vinegar, apple, bell pepper, jalapeno, parsley, and salt in a large bowl; chill until serving time. Just before serving, heat the sesame oil in a skillet over medium-high heat. Add the ginger and coconut; cook, stirring occasionally, until golden, 3-5 minutes. Sprinkle ginger and coconut over the lentils.

Recipes Approved for Days 11-21

(Note: recipes from days 1-10 can also be eaten days 11-21)

Hearty Chicken Stew

Ingredients:

- | | | |
|-------------------------------------|---------------------------------|-------------------------------|
| • 3 -8oz. breast(s) organic chicken | • ¾ tsp. salt | • ½ cup celery finely chopped |
| • 4 Tbsp. spring water | • ¼ tsp. pepper | • 1 medium carrots, chopped |
| • 1 clove garlic, minced | • 1 ½ medium tomatoes, chopped | • 1 whole bay leaves |
| • ½ medium onion, chopped | • ½ tsp. fresh parsley, chopped | |

Directions:

Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes. Add celery, carrots, and bay leaves. Continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

Slow Cooker White Chicken Stew

Ingredients:

- | | | |
|---------------------------------|--|---------------------------|
| • ½ tsp. ground cumin | • 4 -8oz. breast organic cooked chicken, cubed | • 2 medium onions chopped |
| • ½ tsp. salt | • 6 cloves garlic minced | • 3 cups chicken broth |
| • 4 medium red peppers, chopped | • 1 tsp. oregano | |

Directions:

Combine all ingredients in slow cooker. Cover; cook on Low 8-10 hours or High 4-5 hours.

Asian Rotisserie Chicken Salad

Ingredients:

- | | | |
|---|---|---|
| • 2 cups fresh cilantro leaves and soft stems | • ½ tsp. pepper | • 1 tsp. red bell pepper, thinly sliced |
| • ¼ cup fresh lime juice (from 2 limes) | • 2 ½ pounds rotisserie chicken, meat only | • 1 medium scallions, thinly sliced |
| • ¼ cup extra virgin olive oil | • ¼ head, medium red cabbage, cored and thinly sliced | • 1 head romaine lettuce, torn into bite-size piece |
| • ½ tsp. salt | | |

Directions:

Make dressing: In a blender, combine cilantro, lime juice, and oil; season with salt and pepper. Blend until smooth.

In a large bowl, combine chicken, cabbage, bell pepper, and scallions; season with salt and pepper to taste. In another large bowl, toss lettuce with ½ cup dressing. Divide among four bowls, and top with chicken mixture. Drizzle all with remaining dressing.

Baked Citrus-Herb Salmon

Ingredients:

- 2 ½ pounds wild salmon fillet
- 1 tsp. salt
- ½ tsp. pepper
- 1 Tbsp. grated organic lemon rind
- ½ Tbsp. grated orange rind
- 5 tsp. chopped fresh chives
- 2 thyme sprigs
- 1 tsp. fresh oregano, chopped
- 2 Tbsp tarragon sprigs
- 1 whole lemon, sliced into 10 slices

Directions:

Preheat oven to 450°F. Line a shallow roasting pan with foil; coat foil with cooking spray. Sprinkle salmon with salt and pepper. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs. Place fish on prepared pan. Cover with foil; seal. Bake for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature.

Pan Roasted Wild Salmon with Olives

Ingredients:

- 1 Tbsp. butter (salted)
- 24 ounces wild Alaskan salmon
- ¼ tsp. salt
- ½ tsp. pepper
- 16 small kalamata olives
- 2 Tbsp. fresh basil leaves, thinly sliced

Directions:

Preheat oven to 400°F. Add butter to a medium oven-proof sauté pan and heat over medium high heat. Rinse salmon, pat dry and sprinkle with salt and pepper to taste. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn. Add the olives to the pan around the fish and stir gently, cooking 2 more minutes. Flip the fish. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well). Remove from oven, top with fresh basil and serve.

Horseradish Crusted Salmon

Ingredients:

- 1 tsp. salt
- ½ tsp. pepper
- 1 whole shallot, minced
- 2 Tbsp. fresh dill, chopped
- 8 Tbsp. horseradish
- 2 Tbsp. extra virgin olive oil
- 36 ounces wild salmon fillets

Directions:

Heat oven to 450°F and position rack 8 to 12 inches from heat. Mix ½ teaspoon salt, ¼ teaspoon pepper, shallot, dill, horseradish, and 2 tablespoons olive oil. Rub bottom and sides of a 12-by-17-inch pan with olive oil. Place salmon on pan, spacing fillets 2 inches apart. Sprinkle salmon with remaining ½ teaspoon salt and ¼ teaspoon pepper. Pat mixture onto top of each fillet. Bake until just cooked through, 5 to 6 minutes. Turn heat to broil, and cook until tops are a rich golden brown, 1 to 2 minutes. Serve immediately.

Pan Roasted Wild Salmon with Grape Tomatoes and Wilted Spinach

Ingredients:

- 1 Tbsp. salted butter
- 24 ounces wild Alaskan salmon
- ½ tsp. pepper
- ¼ tsp. salt
- 20 whole grape tomatoes (preferably organic)
- 10 ounce fresh spinach

Directions:

Preheat oven to 400°F. Add butter to a medium oven-proof sauté pan and heat over medium high heat. Rinse salmon, pat dry and sprinkle with salt and pepper to taste. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn. Add the grape tomatoes to the pan around the fish and stir gently, cooking 2 more minutes. Flip the fish. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well). During the last minute of cooking, place the fresh spinach leaves over the salmon and allow wilting. Remove from oven, layer spinach on plates and top with salmon and tomatoes.

Simple Poached Salmon

Ingredients:

- 36 ounces wild salmon fillets
- 1 Tbsp. butter
- ½ tsp. salt
- ½ tsp. pepper
- 1 whole shallot, minced
- 1 whole lemon, sliced into wedges

Directions:

Preheat oven to 425°F. Coat a 9-inch glass pie pan or an 8-inch glass baking dish with cooking spray. Place salmon, skin-side (or skinned-side) down, in the prepared pan. Spread butter over top. Season with salt and pepper, then sprinkle with shallots. Cover with foil and bake until opaque in the center and starting to flake, 15 to 25 minutes, depending on thickness. When the salmon is ready, transfer to dinner plates. Spoon any liquid remaining in the pan over the salmon and serve with lemon wedges.

Baked Pacific Halibut with Spinach and Cherry Tomatoes

Ingredients:

- 4 Tbsp. extra virgin olive oil
- 4 Tbsp. fresh lemon juice
- ½ tsp. salt
- ½ tsp. pepper
- 16 ounces halibut fillet
- 2 cloves garlic, minced
- 8 cups baby spinach
- 2 cups cherry tomatoes, halved

Directions:

Preheat oven to 425°F. Whisk 1 tablespoon oil and lemon juice in bowl. Season dressing with salt and pepper. Place halibut on a baking sheet, drizzle with some of dressing. Bake until just opaque in center, about 12 minutes. Add 1 tablespoon oil and garlic to saucepan. Sauté over medium heat 1 minute. Add spinach and tomatoes and stir to coat. Remove from heat. Cover and let stand 1 minute to wilt spinach. Top halibut with spinach, tomatoes and remaining dressing.

Cod with Lime and Coconut

Ingredients:

- 1 ½ pounds skinless black cod fillet
- ½ tsp. salt
- 4 tsp. fresh lime juice, divided
- 1 Tbsp. expeller pressed coconut oil
- 1 ½ cups chopped leek (white/pale green only)
- 2 cloves garlic cloves minced
- ½ cup canned unsweetened coconut milk
- 1 tsp. grated lime peel
- ¼ cup chopped fresh cilantro

Directions:

Preheat oven to 350°F. Sprinkle fish with salt and pepper, if desired. Place in 11x7x2-inch glass baking dish. Drizzle with 1 ½ teaspoons lime juice. Heat oil in large skillet over medium heat. Add leek and garlic; sauté 7 minutes. Add coconut milk and remaining lime juice; simmer until thick, about 4 minutes. Stir in lime peel. Spoon sauce over fish, bake until fish is just opaque in center, about 20 minutes. Transfer to platter. Whisk juices in baking dish. Spoon over fish and top with cilantro.

Chicken Provencal

Ingredients:

- 2 -8oz. breast organic chicken, trimmed
- salt and pepper to taste (optional)
- 1 Tbsp. extra virgin olive oil
- 3 cloves garlic, finely chopped
- 1 28-oz can(s) diced tomatoes with juice
- 16 small Kalamata olives
- 2 Tbsp. capers, drained

Directions:

Preheat oven to 350°F. Season chicken breasts with salt and pepper. In a medium skillet that has a lid, add olive oil and heat over medium-high heat. Don't let oil smoke. Add chicken breasts, seasoned side down into pan with olive oil. Cook 3 minutes on each side. Turn heat to low. Add garlic cloves and stir to heat through. Pour in the tomatoes, olives and capers. Transfer pan to oven and cook until chicken is no longer pink in the center and juices run clear (about 25 minutes).

Skillet Chicken Paillaird

Ingredients:

- 2 cloves garlic, crushed
- 2 tsp. lime zest
- 4 Tbsp. lime juice
- 1 tsp. chili powder
- ¼ tsp. crushed red-pepper flakes
- ½ tsp. salt
- 1 tsp. pepper
- 2 -8oz. breast chicken, split and pounded to 1/4" thick

Directions:

Marinate, in a small bowl, combine garlic, zest, juice, chili powder, and red-pepper flakes. Place the chicken in a large resealable plastic bag, add the marinade. Seal the bag, toss to coat the chicken. Refrigerate, chill 10 to 15 minutes, or up to 24 hours. Heat skillet on medium heat; carefully place chicken on hot skillet. Cook about 5 minutes; discard bag and excess marinade. Turn chicken over, and continue cooking 4 to 5 minutes more. Season with salt and pepper.

Herb Chicken Paillards with Artichoke-Tomato Salsa

Ingredients

- 24 ounces organic pasture-raised chicken breast cutlets
- 2 ½ Tbsp. extra virgin olive oil
- 1 whole lemon, juiced
- 3 cloves garlic, minced
- salt and pepper to taste
- 1 medium tomato, chopped
- ½ cup artichoke hearts, quartered
- 8 small kalamata olives, halved
- 2 Tbsp. fresh basil
- 2 tsp. dried oregano

Directions:

First, prepare the chicken. Add cutlets to a large zip-top bag or marinating dish with 2 Tbsp. olive oil, lemon juice, 2 cloves minced garlic, salt and pepper. Marinate in the refrigerator for 15 minutes. Meanwhile, prepare salsa. In a non-reactive bowl combine tomatoes, artichokes, olives, basil and remaining oil and garlic. Set aside. Preheat grill. Grill cutlets 2-3 minutes per side. Serve chicken with salsa.

Mediterranean Chicken with Artichokes, Grape Tomatoes & Kalamata Olives

Ingredients

- 2 -8oz. breast organic, pasture-raised chicken
- ½ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. extra virgin olive oil
- 16 cherry tomatoes, whole
- 1 6.5 oz. jar artichoke hearts in liquid (separate artichokes from liquid)
- 16 small Kalamata olives
- Water, filtered or spring

Directions:

Preheat oven to 350°F. Sprinkle chicken breasts with salt and pepper. In a medium skillet that has a lid, add olive oil and heat over medium-high heat. Don't let oil smoke. Add chicken breasts, seasoned side down into pan with olive oil. Add whole grape tomatoes to the pan in the oil around the chicken. Let chicken and tomatoes sear 2 minutes. Pour artichoke juice all over the chicken and tomatoes (this helps to tenderize the meat and makes flipping the breasts easier). Flip the chicken, should be a light golden brown. Pour the artichoke hearts and olives over the chicken. Add water to just barely cover chicken to keep moist. Put the lid on the chicken and place in the preheated oven. Bake covered for 45 minutes. Remove from oven; divide chicken, vegetables and sauce among plates. Serve.

Spicy Jerk Chicken

Ingredients:

- 1 whole organic, free range chicken, cut in half, lengthwise
- ½ cup lime juice
- 3 Tbsp. Frontier Jamaican Jerk seasoning blend

Directions:

Place chicken in a large freezer bag or roasting pan. Pour lime juice over the chicken. Add the jerk seasoning, coating well. Seal the bag or cover the chicken in the pan with plastic wrap. Refrigerate overnight. Remove chicken from the marinade bag or pan. Put the remaining marinade into a small saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Set aside to use as a basting sauce for the chicken. Reserve some of the “safe” marinade (boiling 10 minutes kills bacteria) if desired. Preheat oven to 350°F. Place chicken in a rimmed baking pan, skin side up. Roast until cooked through, about 45 minutes. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165-170°F for the breast and 180-185°F for the thigh.

Quick Chicken

Ingredients

- | | | |
|--|---------------------------------|-----------------------------|
| • 1 Tbsp. butter | • 1 ½ cup chopped green peppers | • 1 Tbsp. fresh basil |
| • 4 -8oz. breast chicken, cut into 1-inch strips | • ½ cup celery chopped | • 1 Tbsp. fresh parsley |
| • 1 cup chopped tomatoes | • ¼ cup chopped sweet onion | • ¼ tsp. crushed red pepper |
| • 1 can low sodium chili sauce | • 2 cloves garlic minced | • ¼ tsp. salt |

Directions:

Grease a deep skillet with butter. Preheat pan over medium high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked brown rice, if desired.