

RENEWAL

6-Week Cleanse

Recipe Book

A LIVER LOVIN' RECIPE COLLECTION



Teach Them Well

with Dr. Andrea Rosario, DC, DCANB

NIGHTSHADE FREE SALSA VERDE

WellnessTrickle.com
Shared by Kaitlin S.B.

Ingredients:

- 1 large cucumber (about 3/4 lb), peeled
- 1 yellow onion
- 1/4 teaspoon cumin
- 3/4 teaspoon salt, divided
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice (about one lime)
- 1/4 cup loosely packed fresh cilantro
- 1.5 teaspoons dried oregano
- 2 medium cloves garlic
- 1/3 cup water



Photo credit: WellnessTrickle.com

Instructions:

- Preheat oven to 450 degrees and line a baking sheet with parchment paper.
- Slice the peeled cucumber into spears and the onion into medium-sized chunks and place on a lined baking sheet.
- Top cucumbers and onions with olive oil, cumin, and 1/4 teaspoon of salt and bake on the upper middle rack for 15-20 minutes. You want the onions and cucumber to char slightly.
- Remove from the oven and let cool until you can touch, then add to the blender the remaining salt, lime juice, cilantro, oregano, garlic, and water.
- Blend until smooth, about 20-30 seconds.

CHICKEN BROCCOLI “RICE” CASSEROLE

PaleoRunningMomma.com

Shared by Christina B.

Ingredients:

- 3 Tbsp ghee or rendered bacon fat
- 1 med onion chopped
- 4 cloves garlic minced
- 2 Tbsp tapioca flour or arrowroot starch
- 1 3/4 cups chicken bone broth
- 1/2 cup coconut milk full fat
- 1 Tbsp spicy brown mustard
- 2 Tbsp nutritional yeast optional
- 1/4 sea salt or to taste
- 1/8 tsp black pepper or to taste
- 1 tsp fresh minced sage leaves
- 1 tbsp fresh minced rosemary
- 12 oz cauliflower “rice” - I purchased this already prepped to save time
- 1 lb boneless skinless chicken breasts
- 1 lb broccoli florets
- 3 Tbsp avocado oil or olive oil, divided Sea salt and pepper to taste
- 1/2 lb nitrate-free bacon sugar-free



Photo credit: PaleoRunningMomma.com

Instructions:

- Preheat your oven to 425 degrees.
- Place chicken on a baking sheet, coat with 1 1/2 Tbsp olive oil, and sprinkle with salt and pepper.
- On a separate baking sheet lined with parchment paper, arrange broccoli and toss with 1 1/2 Tbsp avocado oil plus salt and pepper.
- Roast chicken for 20-25 minutes or until cooked through. Midway through, flip the chicken and for even roasting.

Instructions continued:

- Roast broccoli for 15-20 mins or until fork tender, stirring midway through.
- Once done, lower the oven temp to 400 degrees.

While chicken and broccoli roast, cook bacon until crisp in a large skillet, drain, and make the sauce:

- Heat a medium saucepan over medium heat for the sauce and add the 3 Tbsp cooking fat.
- Add the onions, cook until translucent and fragrant, then add the garlic and continue to cook until soft, adjusting heat if necessary.
- Whisk the tapioca flour into the broth and add it to the pan, then immediately add the coconut milk, mustard, and nutritional yeast (if using) while whisking.
- Raise the heat and bring to a boil, stirring. Once boiling, lower to a simmer and continue to stir and cook for another minute until nice and thick.
- Stir in salt and pepper to taste, and add the fresh herbs. Stir in the cauliflower rice to soften, then remove from heat.
- Cut the chicken into bite-size pieces, or shred, and arrange in a casserole dish, then add the roasted broccoli and the sauce/rice mixture, and stir to evenly coat.
- Crumble the cooked bacon and sprinkle all over, then bake in the oven for about 20 minutes until heated and the cauliflower rice is soft. Serve hot and enjoy!

GINGER-CILANTRO PORK MEATBALLS

HealMeDelicious.com
Shared by Christina B.

Ingredients:

- 1 lb ground pork
- 1 tsp salt
- 3 cloves garlic, crushed
- 1 1/2 TBSP fresh ginger, grated
- 1/2 cup cilantro, finely chopped
- 1/4 cup chives, finely chopped
- 1 1/2 TBSP mint, finely chopped
- 2 TBSP coconut aminos
- 1/2 cup carrots, grated
- 2 TBSP olive oil (if cooking on the stovetop)
- 1/4 cup olive oil
- 2 TBSP coconut aminos
- 1 TBSP maple syrup
- 1 TBSP freshly squeezed lime juice
- 1/4 cup cilantro, finely chopped
- 2 TBSP mint, finely chopped



Photo credit: HealMeDelicious.com

Instructions:

- In a large bowl, combine ground pork with salt, garlic, ginger, chives, cilantro, mint, coconut aminos, and grated carrots and form into meatballs.
- Heat a large skillet with olive oil if cooking on the stovetop. Once hot, add meatballs in an even layer and cook for 3-4 minutes per side. Alternatively, preheat an air fryer to 400F. Split meatballs into two batches and cook each batch for 10-12 minutes or until internal temperature reaches 165 degrees, flipping or shaking the basket once halfway through.
- To make sauce, combine olive oil, coconut aminos, maple syrup, lime juice, mint, and cilantro in a bowl and whisk together.
- Serve warm with sauce.

Notes:

To bake them, I would do so at ~ 400F for 12-15 minutes, basting with sauce halfway through.

BEEF STROGANOFF

UnboundWellness.com

Shared by Christina B.

Ingredients:

- 1 lb sirloin steak
- 1 tsp sea salt, divided
- 1/4 tsp black pepper (omit for AIP)
- 2 tbsp arrowroot starch, divided
- 2 tbsp avocado oil
- 1/2 onion, diced
- 2 cloves garlic, minced
- 10 oz white mushrooms, sliced
- 3/4 cup beef broth
- 1/2 cup coconut cream
- 1 tbsp coconut aminos
- 2 tsp apple cider vinegar
- 1/4 tsp mustard powder (omit for AIP)
- 1 tbsp fresh parsley, chopped



Photo credit: HealMeDelicious.com

Instructions:

- Season the steak well with salt and pepper and slice into small bite-sized strips. Add to a bowl and toss with 1 Tbsp of arrowroot starch until coated.
- Heat the avocado oil over medium heat in a large pan. Sear the steak for about 2 minutes on each side to lightly brown. Set aside.
- Using the same pan (adding more oil if needed), saute the onion and garlic until the onion is translucent.
- Add the mushrooms to the pan and cook for 3-4 minutes to soften. Add 1 tbsp of arrowroot and stir into the mushroom and onion mixture.
- Pour in the broth, coconut cream, apple cider vinegar, coconut aminos, and mustard powder. Stir to combine and allow to simmer and thicken for 2-3 minutes. Salt further to taste.
- Add the steak to the pan and mix well to coat with the sauce. Simmer for another 2-3 minutes or until the steak is fully cooked.
- Top with fresh parsley and serve over mashed sweet potato or vegetable noodles.

HARVEST CHICKEN SKILLET W/ SWEET POTATOES AND BRUSSELS SPROUTS

WellPlated.com
Shared by Christina B.

Ingredients:

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts cut into 1/2-inch cubes
- 1 teaspoon kosher salt divided
- 1/2 teaspoon black pepper
- 4 slices thick-cut bacon chopped
- 3 cups Brussels sprouts trimmed and quartered (about 3/4 pound)
- 1 medium sweet potato peeled and cut into 1/2 inch cubes (about 8 ounces)
- 1 medium onion chopped
- 2 Granny Smith apples peeled, cored, and cut into 3/4-inch cubes
- 4 cloves garlic minced (about 2 teaspoons)
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried thyme
- 1 teaspoon ground cinnamon
- 1 cup reduced-sodium chicken broth divided



Photo credit: WellPlated.com

Instructions:

- Heat the olive oil in a large, nonstick, or cast iron skillet over medium-high until hot and shimmering.
- Add the chicken, 1/2 teaspoon kosher salt, and black pepper. Cook until lightly browned and cooked through - about 5 minutes. Transfer to a plate lined with paper towels.
- Reduce skillet heat to medium-low.
- Add the chopped bacon and cook until crisp and brown and the fat has rendered - about 8 minutes. With a slotted spoon, transfer the bacon to a paper towel-lined plate.

Instructions (Cont.):

- Discard all but 1 1/2 tablespoons bacon drippings from the pan.
- Increase skillet heat back to medium-high.
- Add Brussels sprouts, sweet potato, onion, and remaining 1/2 teaspoon salt. Cook, stirring occasionally, until crisp-tender, and the onions are beginning to look translucent - about 10 minutes.
- Stir in the apples, garlic, thyme, and cinnamon. Cook for 30 seconds, then pour in 1/2 cup of the broth.
- Bring to a boil and cook until evaporated - about 2 minutes.
- Add the reserved chicken and the remaining 1/2 cup broth. Cook until heated through, about 2 minutes. Stir in reserved bacon and serve warm.

Notes:

Refrigerate leftovers in an airtight storage container for up to 3 days. The bacon will soften a little, but it will still be yummy.

Gently rewarm leftovers in a skillet on the stovetop over medium-low heat or in the microwave, adding a splash of chicken stock to keep it from drying out.

MAPLE SAGE CARROTS

WendisAipKitchen.com

Shared by Christina B.

Ingredients:

- 4 large carrots
- 2 TBSP extra virgin olive oil
- 3 cloves garlic
- 2 TBSP chopped fresh sage
- 2 TBSP pure maple syrup
- 1/2 tsp sea salt, or to taste



Photo credit: WendisAipKitchen.com

Instructions:

- Start a large saucepan of water to boil
- Peel carrots and cut them diagonally into 1/2" slice.
- Add carrots to water. Boil until crisp tender, about 5 minutes.
- Drain carrots, and set them aside. Return the empty saucepan to the burner, and turn it to medium-high.
- Add olive oil, garlic, and sage to the pan. Sauté for 2 minutes.
- Return the carrots to the pan. Add syrup and salt to the pan. Sauté for 1 minute. Taste for salt, then serve!

PUMPKIN PIE DONUT HOLES

UnboundWellness.com

Shared by Kaitlin S.B.

Ingredients:

- 1/3 cup tigernut flour
- 1/4 cup coconut flour
- 1/4 cup tapioca starch
- 1/4 cup palm shortening
- 1/4 cup pumpkin puree
- 1/4 cup maple syrup
- 1 tbsp gelatin
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/8 tsp salt

Glaze:

- 2 tbsp coconut butter, melted
- 1 tsp coconut sugar



Photo credit: UnboundWellness.com

Instructions:

- Preheat the oven to 350 F and line a baking sheet with parchment paper.
- Sift together the flours and set aside in a separate bowl.
- Cream together the palm shortening and maple syrup until thoroughly combined.
- Combine the palm shortening, maple syrup, and flours and stir.
- Add in the pumpkin, dry gelatin, cinnamon, salt, and baking soda and mix to combine.
- Roll the dough into donut holes (you'll have 6-7) and place evenly on the parchment paper.
- Bake for 15 minutes or until baked through and lightly golden brown.
- Remove from the oven and transfer to a cooling rack to lightly cool.
- Combine the ingredients for a glaze in a bowl and spoon over the donut holes.

ROASTED COCONUT CHIPS

Shared by Dr. Rosario

Ingredients:

- Raw coconut chips or pieces.
- Flavorings or Seasonings such as salt, cinnamon, coconut sugar, or maple syrup.



Photo credit: Dr. Rosario

Instructions:

- Place a sheet of parchment paper on a baking sheet.
- Spread coconut chips in a single layer onto parchment.
- Broil on low on the bottom rack for ~4min.
- Sprinkle with flavor.

Notes:

Watch closely. Coconut chips will burn fast once they start browning.

SWEET POTATO CHICKEN POPPERS

UnboundWellness.com

Shared by Dr. Rosario

Ingredients:

- 1 lb ground chicken, uncooked
- 2 cups uncooked sweet potato, finely grated
- 2 Tbsp coconut oil + 1 tsp for greasing the baking sheet
- 2 Tbsp coconut flour
- 2-3 sprigs green onion, chopped fine
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp sea salt
- 1/2 tsp black pepper (omit for AIP)
- **Optional:** 1 tsp paprika or chili powder (omit for AIP)



Photo credit: UnboundWellness.com

Instructions:

- Preheat the oven to 400 F and line a baking sheet with parchment paper lightly greased with oil.
- Combine all of the ingredients in a large mixing bowl and thoroughly mix.
- Begin rolling the mixture into small, slightly flattened poppers about 1 inch in diameter (about 20-25 poppers), and place them on the baking sheet.
- Bake for 25-28 minutes, flipping halfway through. Crisp further in a pan or place under the broiler, if desired, for 1-2 minutes to crisp further.
- Remove from the oven when thoroughly cooked through.
- Allow to cool and serve with your favorite sauce.

MAGIC “CHILI”

AutoimmuneWellness.com

Shared by Dr. Rosario

Ingredients:

- 1 tablespoon solid cooking fat (coconut oil, lard, tallow, duck fat)
- 1 large onion, chopped
- 4 cloves garlic, minced
- 4 cups bone broth
- 2 parsnips, chopped into 1½-inch pieces (about 2 cups)
- 3 carrots, chopped into 1½-inch pieces (about 2 cups)
- 1 large beet, grated (about 2 cups)
- 2 tablespoons fresh oregano, minced
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ⅛ teaspoon cinnamon
- 2 pounds grass-fed ground beef
- Parsley sprigs for garnish



Photo credit: AutoimmuneWellness.com

Instructions:

- Heat the solid cooking fat in a heavy-bottomed pot on medium-high heat.
- When the fat has melted and the pan is hot, add the onions, and cook, stirring 7 minutes or until the onions are translucent.
- Add the garlic and cook another 3 minutes.
- Add the bone broth, parsnips, carrots, grated beet, and all of the spices except for the parsley.
- Bring to a boil, turn the heat down to a simmer, and cook, covered, for 20 minutes.
- Meanwhile, brown the ground beef in a skillet over medium-high heat, being sure to stir it occasionally so that it is browned evenly.
- Add the ground beef to the vegetables and simmer, covered, for another 15 minutes.
- Serve garnished with fresh parsley.

MONGOLIAN BEEF MEATBALLS

UnboundWellness.com

Shared by Dr. Rosario

Ingredients:

- 1 lb ground beef
- 1/2 tsp sea salt
- 1/4 tsp black pepper (omit for AIP)
- 2 tsp garlic powder
- 2 tsp onion powder
- 1/2 cup coconut aminos
- 1/4 cup water
- 2 tsp apple cider vinegar
- 2 tsp coconut sugar (omit for whole30)
- 1/2 tsp sea salt
- 1/4 tsp black pepper (omit for AIP)
- 2 tsp arrowroot starch
- 2 tbsp avocado oil
- 4 cloves garlic, minced
- 1 thumb ginger, minced



Photo credit: UnboundWellness.com

Topping

- 2-3 tbsp green onion, chopped
- 2 tsp sesame seeds (omit for AIP)

Instructions:

- Preheat oven to 400 F and line a large baking sheet with parchment paper.
- Combine the ground beef with seasonings and mix well. Roll the meatballs into small cocktail meatballs and place them on the baking sheet.
- Bake in the preheated oven for 25 minutes or until the internal temperature reads 165 F. Set aside.
- Combine the coconut aminos, water, vinegar, coconut sugar, salt pepper, and arrowroot starch in a bowl. Whisk well and set aside.
- Using a large, deep skillet, heat the avocado oil over medium heat. Add the garlic and ginger to the skillet and cook for 3-4 minutes or until fragrant.
- Pour the sauce mixture into the pan and stir well to combine. Allow to simmer on medium-low heat for 2-3 minutes to allow the sauce to thicken.
- Add the meatballs to the sauce and stir to coat. Serve topped with green onion and sesame seeds.

SALMON PATTIES

EatBeautiful.net
Shared by Dr. Rosario

Ingredients:

- 1 tall (large 14-ounce) can wild salmon, bones included
- ½ cup carrot, grated, or parsnips
- ¼ tiger nut butter for AIP, OR ⅓ cup compliant mayo or aioli
- ¼ cup pumpkin, canned, or smashed cooked parsnips
- ¼ cup avocado oil for frying
- 2 teaspoons gelatin
- 1 teaspoon dried dill or basil: use dill with tahini and basil with tiger nut butter; your choice for Mayo version
- ½ teaspoon sea salt



Photo credit: EatBeautiful.net

Instructions:

- Drain water from canned salmon and place fish in mixing bowl. Add remaining ingredients, except the frying oil.
- Using a fork, smash and thoroughly mix ingredients.

Bake Patties:

- Preheat oven to 350°. and line a cookie sheet with parchment paper.
- Using a scoop or 2 spoons, measure out 1 or 2-ounce mounds.
- With three wetted fingers*, press each mound into a flat patty.
- Bake until browned slightly all over, and especially around the edges, about 20 minutes.

Fry Patties:

- Add avocado oil to a large skillet and heat over medium-high heat until fully melted, about 30 seconds.
- Add mounds of salmon, and press down slightly to flatten each one, using the back of your spatula.

Instructions (Cont.):

- Cook for 5 to 8 minutes on the first side until crispy and golden brown. Reduce heat during this time, as needed, to medium or low to prevent burning or smoking.
- Flip patties using some care.
- Cook 5 to 8 additional minutes on second side and serve.

Notes:

Refrigerate leftovers in an airtight storage container.

Patties are more fragile when fried, but using an offset metal spatula and the small patty size makes it quite doable.

CHICKEN OR TURKEY MUFFINS

GoHealthyWithBea.com

Shared by Dr. Rosario

Ingredients:

- 1 cup tightly packed orange sweet potato or pumpkin purée
- 1.5 cups leftover roasted chicken or turkey
- 1 cup + $\frac{1}{3}$ cup tiger nut flour (may use almond flour if not on AIP or allergic)
- $\frac{1}{4}$ cup + 1 Tbsp arrowroot (see notes for substitutions)
- 1 Tbsp apple cider vinegar or lemon juice
- 4 Tbsp extra virgin olive oil
- 4 Tbsp fresh tarragon (or 1.5 Tablespoon dried)
- 1 pinch of sea salt



Photo credit: GoHealthyWithBea.com

Instructions:

- Preheat oven to 360° F.
- In a small blender, combine the sweet potato or pumpkin puree, apple cider vinegar, and olive oil. Blend until well combined.
- Cut the chicken or turkey into small pieces, and chop the tarragon.
- In a large bowl, combine the tiger nut flour, arrowroot, baking soda, and pinch of salt. Stir.
- Add the sweet potato purée to the dry ingredients and mix until well combined. Then add the chicken/turkey and tarragon to the bowl and mix all the ingredients together.
- Line or lightly oil a muffin pan (or rectangular 4" x 8" bread pan for a loaf). Fill each muffin cup with dough (you should get about 8 muffins).
- Bake for about 25 minutes for the muffins (about 35 minutes for the loaf). To ensure they are cooked, insert a thin-bladed knife into the center of a muffin. The knife should come out clean. And voilà! Wait for them to cool before removing them from the pan.

Notes:

Once cooled, store the muffins in the refrigerator for up to 2 days. They also freeze well.

May be eaten hot or cold.

If you're not cassava intolerant, you can use tapioca flour instead of arrowroot. Both are AIP and paleo-compliant.

BANANA BREAD

GoHealthyWithBea.com

Shared by Dr. Rosario

Ingredients:

- 1 cup mashed ripe banana (about 2 large bananas)
- 1 cup + $\frac{1}{3}$ cup tiger nut flour (may use almond flour if not on AIP or allergic)
- $\frac{1}{4}$ cup + 1 Tbsp arrowroot (see notes for substitutions)
- $\frac{1}{2}$ cup maple syrup (see notes to reduce quantity)
- 1Tbsp apple cider vinegar or lemon juice
- 1 tsp baking soda



Photo credit: GoHealthyWithBea.comt

Instructions:

- Preheat oven to 360° F
- Mash bananas in a large bowl with a fork. Add the maple syrup and lemon juice (or ACV) and mix until well combined. You can also use a blender to make sure you get a very homogenous mix.
- In a separate bowl, combine all the dry ingredients (flour, arrowroot, and baking soda). Stir.
- Add the wet ingredients to the dry ingredients and mix with a spoon until well combined.
- Line or lightly oil a rectangular 4" x 8" bread pan and pour in batter.
- Bake for about 35 minutes for a loaf (or about 25 minutes for muffins). Insert a knife into the center of the banana bread to check for doneness. The knife should come out clean.
- Allow banana bread to cool before removing from the baking pan.

WINTER SMOOTHIE

Shared by Malea B.

Ingredients:

- ¼ cup water
- 1 pitted date
- 1 medium peeled banana
- ¼ tsp ground cinnamon
- ⅛ or less tsp ground cloves
- ¼ or less tsp ground ginger
- 2 tsp tigernut butter or AIP compliant peanut butter replacement**
- 1 tsp molasses***
- 2-3 ice cubes
- ¾ cup milk of choice****



Photo credit: Malea B.

Instructions:

- It is important to add the ingredients IN ORDER as listed below. If you add out of order, you may find that a few settle to the bottom or stick to the sides of the blender. If this happens, with the blender off, you can use a spatula to try to scrape the sides and/or bottom:
- Tear or cut the date in half and place in a small bowl or mug. Boil water and pour over the date.
- Allow to sit for 10 to 20 minutes. Drain and add the softened date to the blender.
- Add 1 medium peeled banana.
- Add cinnamon, cloves, and ginger.
- Add tigernut or compliant seed butter substitute on top of the banana. Try to avoid dropping into the bottom or against the sides.
- Add molasses. Again, try to avoid dropping into the bottom or against the sides.
- Add ice cubes.

Instructions (Cont.):

- Add milk of choice to the 1 cup mark on the blender pitcher/bowl. You may have more than necessary or may need to add slightly more if you measured out $\frac{3}{4}$ cups ahead of time. DO NOT add the milk first. If you prefer a thicker smoothie, reduce the amount next time.
- Pulse 5 to 10 times to chop up the date and ice. The number will depend on your blender and your tolerance for chips of ice or bits of date. Pulse more for a smoother result.
- Blend on high for 20 seconds or longer for a smoother consistency or if your blender isn't powerful. Continue to blend longer if not smooth enough for your preference.
- Pour into one cup for a meal replacement or two for a snack to share. Enjoy!

Notes:

Molasses will stick to the measuring spoon. Spray your measuring spoon with dietarily appropriate cooking spray before adding molasses to remove with ease.

Double or triple the recipe and pour the excess into popsicle molds for a sweet treat! Freeze according to your mold instructions.

SUNRISE/SUNSET SMOOTHIE

Shared by Malea B.

Ingredients:

- 1 medium banana, peeled and cut in half
- ½ cup frozen peach slices
- ¼ cup frozen pineapple chunks
- ¼ cup frozen mango chunks
- 1 x 3.5oz frozen dragon fruit packet
- ½ cup water
- 2 Tbsp water



Photo credit: Malea B.

Instructions:

- You will use the blender twice in this smoothie. You do not need to clean it in between.
- First, add half of the banana and the peach slices, pineapple, mango, and ½ cup of cold water to the blender. Blend until smooth.
- Pour into your cup. Use a spatula to scoop out as much as possible. A little remaining residue is fine.
- Second, add the other half of the banana, the dragon fruit, and 2 Tbsp of water. Blend until smooth.
- Pour into the cup on top of the orange-yellow smoothie from the first blend.
- To create the effect of the pink mixing into the orange-yellow, use a chopstick, knife, or straw in an up-and-down motion along the edges of the cup. Do not stir, as that will risk mixing it all together and not having the pretty two-tone effect. Drink up!

Notes:

Measurements are approximate -- a little more or a little less should not make a significant difference.

While you can buy frozen dragon fruit chunks, frozen prepared packs are easy, pre-portioned, and will result in the brilliant pink color in the top half of the smoothie.

MUSTARD MARINATED CHICKEN

Shared by Malea B.

Ingredients:

- 2 large chicken breasts, boneless and skinless (or 4 small chicken breasts or 8 chicken tenders)
- 2 Tbsp balsamic vinegar
- 1 Tbsp extra virgin olive oil
- 4 Tbsp dijon mustard
- 2 tsp lemon juice
- ½ tsp oregano
- ½ tsp ground sage
- ½ tsp ground thyme
- pinch of salt
- 1 Tbsp minced garlic
- 12 oz bag frozen cauliflower rice



Photo credit: Malea B.

Instructions:

- Add all ingredients EXCEPT for chicken, garlic, and cauliflower rice to a large container or large zip-top bag and mix thoroughly. Add chicken, seal the bag, or add a lid to your container, and refrigerate for 30 minutes to overnight.
- When ready to cook, heat your pan and add a splash of cooking oil. Place the marinated chicken in the pan and cook on medium-high 10-15 minutes on each side or until cooked through. Pour in the marinade and minced garlic and stir to coat chicken.
- While the chicken and marinade are cooking, cook the cauliflower rice according to package directions.
- While cauliflower rice is cooking, frequently stir chicken and marinade, being sure to scrape the bottom of the pan. Cook until the marinade begins to thicken if you want a thicker sauce or just until it's heated through for a more soup-like consistency.
- Serve chicken, cut into strips and with a spoonful or two of the marinade sauce, over cauliflower rice. Add a nice salad or side vegetable or two for a rounded out meal.

Notes:

Cook time for the chicken is an estimate only and may vary. Be sure your chicken is cooked fully.

You could try plain mustard, but this will alter the flavor considerably.

Be sure to wait to add the minced garlic, as adding it too soon may result in burning the garlic, which will ruin the flavors of the dish. You could try using powdered or dry ground garlic instead, but you may need to adjust the amount. If using powdered or dry ground garlic, you may add it to the marinade in the first step.

For a thinner sauce, add broth, a few tablespoons at a time, just before you finish cooking.

NUT-FREE DAIRY-FREE BASIL PESTO

Shared by Malea B.

Ingredients:

- 2 cups basil leaves (only green leaves, stems removed)**
- ½ cup sunflower seeds
- 2 tablespoons minced garlic
- 2 tablespoons nutritional yeast
- 6 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon lemon juice



Photo credit: Malea B.

Instructions:

- Remove the stems from the basil and pack into the measuring cup. Add two cups of leaves to the food processor or blender bowl.
- Add sunflower seeds.
- Pulse ten times if you are using a food processor or 20 times for a blender. With the machine off, scrape down the sides with a spatula.
- Add garlic and nutritional yeast. Pulse another 10 times with a food processor or 20 times with a blender. Scrape the sides again.
- With the food processor or blender running at low speed, very slowly pour the olive oil in and continue to run for about 10 to 20 seconds or until it appears well mixed with minimal pieces of visible sunflower seeds.
- Add salt, pepper, and lemon, and blend a few more seconds.

Notes:

A food processor will result in a smoother consistency. If you use a blender, double the number of pulses and blending time.

Notes (Cont.):

You can substitute some or all of the basil with fresh spinach, however, the more spinach you add, the more the flavor will be altered and muted.

You might be able to substitute pumpkin seeds. You can also omit this ingredient, but it will result in a more water, less robust final result.

You can leave out the lemon, but it really brightens the flavor.

Storing Fresh Pesto:

Basil oxidizes when in contact with air. In the first few days, it will still be edible, but the flavor may not be as fresh and bright. Pesto is best stored with a piece of wax paper, parchment, or plastic wrap pushed down on the surface so that there is minimal direct contact with air and then with a lid to close the storage container. It freezes well.

Five Ways to Use Pesto:

1. On the pasta of your choice: Take a tablespoon or two of your pasta water and mix it into the pesto before draining the pasta. This will help to thin the pesto and will help it to cling to the pasta. Drain your pasta and then mix in the pesto and serve warm.
2. As a dip: Dip your favorite chips into pesto for an alternative to salsa.
3. As a salad garnish: Add a spoonful to a salad and mix well instead of using salad dressing.
4. Top a baked sweet potato: It sounds odd, but pesto on top of a baked sweet potato is a delicious flavor combination.
5. As a roasted root vegetable seasoning: Roast your root vegetables with just oil, salt, and pepper. About 10 minutes before they are done, mix equal parts pesto and olive oil, stir into your vegetables, and mix thoroughly. finish roasting and serve. Err on the side of less cooking time after adding the pesto as it is easy to overcook it in this manner.

NUT-FREE DAIRY-FREE BASIL PESTO

Shared by Malea B.

Ingredients:

- 3 slices bacon
- ¼ cup diced shallot or red onion
- 16oz bag of frozen peas*
- Salt and pepper to taste



Photo credit: Malea B.

Instructions:

- Cut the bacon into small ¼ inch pieces. Fry the bacon pieces for about 5 minutes over medium-high heat or until they appear done. Stir occasionally to loosen any pieces that are sticking and to ensure all pieces cook through.
- While bacon is cooking, peel and dice your shallot or red onion.
- When the bacon is cooked through, add your shallot or onion and saute, stirring frequently, until it starts to glisten and soften.
- Open the bag of frozen peas and pour them in. Stir and mix together with the bacon and shallots or onions. As the peas thaw and warm, moisture will form on the bottom of the pan.
- Use the edge of your cooking spoon to scrape up the bacon drippings that may have stuck to the bottom of the pan. Continue to stir slowly to ensure all of the peas are thawed and cooking.
- Cook until peas are heated through.
- Add a dash of salt and pepper to taste and serve.

Notes (Cont.):

Frozen green beans work well if you don't have or don't like peas.

If using kitchen scissors, be sure they are clean first. Fold a slice of bacon in half and cut up the center to have two very thin, long strips. Then, start at the end and cut off $\frac{1}{4}$ inch pieces directly into your skillet. Repeat with the other two slices. If using a knife, just chop the bacon into $\frac{1}{4}$ pieces on a cutting board. Be sure to wash your hands and scissors thoroughly after this step.

This recipe is forgiving. $\frac{1}{4}$ cup is a suggestion. It is delicious with more or slightly less. Yellow or white onion may be substituted, but this will alter the flavor a bit.

TURKEY APPLE BREAKFAST HASH

FedAndFulfilled.com
Shared by Christina B.

Ingredients:

- 1 lb ground turkey
- 1 Tbsp coconut oil
- ½ tsp dried thyme
- ½ tsp cinnamon
- 1 Tbsp coconut oil
- 1 onion
- 1 large or 2 small zucchini
- ½ cup shredded carrots
- 2 cups cubed frozen butternut squash (or sweet potato)
- 1 large apple, peeled, cored, and chopped
- 2 cups spinach or greens of choice
- 1 tsp cinnamon
- ¾ tsp powdered ginger
- ½ tsp garlic powder
- ½ tsp turmeric
- ½t sp dried thyme
- sea salt, to taste



Photo credit: Christina B.

Instructions:

- Heat 1 Tbsp of coconut oil in a skillet over medium/high heat.
- Add ground turkey and cook until browned.
- Season with cinnamon, thyme, and a pinch of sea salt. Move to plate.
- Drop remaining coconut oil into the same skillet and sauté onion for 2-3 minutes, until softened.
- Add in zucchini, carrots, apple, and frozen squash. Cook for 4-5 minutes or until veggies have softened.
- Add in spinach and stir until wilted.
- Stir in cooked turkey, seasonings, and salt, and turn off the heat.
- Enjoy this hash fresh from the skillet, or let it cool and refrigerate to eat throughout the week.