

## Breakfast

# Breakfast Salad Recipe

### Ingredients

- 2 cups of mixed greens;
- 1 green onion, sliced;
- 4 cherry or pear tomatoes, chopped;
- ½ bell pepper, diced;
- 1 large egg;
- Prosciutto or bacon to taste;
- 2 tbsp. extra virgin olive oil;
- 1 tsp. balsamic vinegar;
- 1 tbsp. fresh lemon juice;
- 2 tsp. rice vinegar;
- Sea salt and freshly ground black pepper to taste;

### Preparation

1. In a small saucepan placed over a medium-high heat, bring the water to a gentle simmer and add the rice vinegar.
2. Break the egg into the water, turn off the heat, and cook for about 4 minutes.
3. In a small bowl, combine the olive oil, balsamic vinegar, lemon juice, and salt and pepper to taste.
4. Mix the greens, bell pepper, tomatoes, and prosciutto or bacon in a serving bowl.
5. Add the olive and oil balsamic vinegar to the salad.
6. Add the poached egg on top of the salad and serve.

## Scrambled Eggs with Smoked Salmon, Asparagus and Goat Cheese

Gourmet breakfast in under 15 minutes? Yes, please! Two eggs scrambled in a pat of butter contain approximately 200 calories. So, how do so many other restaurants sling together scrambles with more than 1,000 calories? Simple: excessive oil and egregious amounts of cheese. This scramble has all the makings of hearty breakfast fare - butter, cheese, protein - but with healthy fats, fresh vegetables, and a light caloric toll. Serve it with a scoop of roasted potatoes and fresh fruit.

### *Ingredients*

Serves: 1

Prep: 5 min

Cook: 8 min

Total: 13 min

- ¼ tbsp butter
- 2 stalks asparagus, woody bottoms removed, chopped into 1" pieces
- salt and black pepper to taste
- 2 eggs
- ¼ tbsp fat-free milk
- 1 tablespoon crumbled fresh goat cheese
- 1 oz smoked salmon, chopped

### *Directions*

1. Heat the butter in a large nonstick skillet or saute pan over medium heat. When the butter begins to foam, add the asparagus and cook until just tender ("crisp-tender" in kitchen parlance). Season with salt and pepper.
2. Crack the eggs into a large bowl and whisk with the milk. Season with a few pinches of salt and pepper and add to the pan with the asparagus. Turn the heat down to low and use a wooden spoon to constantly stir and scrape the eggs until they begin to form soft curds. A minute before they're done, stir in the goat cheese.
3. Remove from the heat when the eggs are still creamy and soft (remember, scrambled eggs are like meat-- they continue to cook even after you cut the heat) and fold in the smoked salmon.

### *Recipe Tips*

Spend the extra dollar or two to buy the highest quality eggs you can find. Free-range farmers' market eggs are best.

## Egg Sandwich

Fried eggs become healthier when you cook them with a brain food like olive oil; tomatoes, spinach, and an apple on the side round out the meal with important antioxidants.

### *Ingredients*

Serves: 1

- 1 egg
- 1 tsp olive oil
- 1 whole wheat English muffin
- 1 slice reduced-fat Swiss cheese
- 1 slice tomato
- 3 baby spinach leaves
- 1 sm apple
- 1. FRY 1 egg in olive oil.
- 2. FILL English muffin with cheese, tomato, spinach, and fried egg.
- 3. SERVE with apple.
- NUTRITION (per serving): 360 cal, 20 g pro, 50 g carb, 9 g fiber, 22 g sugars, 12 g fat, 4 g sat fat, 350 mg sodium

### Homemade Muesli

Adding raisins, apples, and almonds to plain oats provides a tastier and more satisfying texture, not to mention a great source of brain-boosting flavonoids and vitamin E.

#### *Ingredients*

Serves: 1

- ½ c raw oats
- 2 Tbsp raisins
- ¼ c chopped apple
- 1 Tbsp slivered almonds (or 6 almonds, chopped)
- 4 oz low-fat plain yogurt
- 2 oz fat-free milk
- ½ tsp brown sugar or honey (if desired)

#### *Directions*

1. Mix ingredients together and eat immediately

#### *Recipe Tips*

Feel free to mix it up - add in some flax seed!

## Zucchini and Eggs

### INGREDIENTS:

2 teaspoons olive oil  
1 small zucchini, sliced

1 egg, beaten  
salt and pepper to taste

### DIRECTIONS:

1. Heat a small skillet over medium heat. Pour in oil and saute zucchini until tender. Spread out zucchini in an even layer, and pour beaten egg evenly over top. Cook until egg is firm. Season with salt and pepper to taste.

## Tomato and Egg Stir Fry

### INGREDIENTS:

2 tablespoons avocado oil, or as needed  
6 eggs, beaten

4 ripe tomatoes, sliced into wedges  
2 green onions, thinly sliced

### DIRECTIONS:

1. Heat 1 tablespoon avocado oil in a wok or skillet over medium heat. Cook and stir eggs in the hot oil until mostly cooked through, about 1 minute. Transfer eggs to a plate.
2. Pour remaining 1 tablespoon avocado oil into wok; cook and stir tomatoes until liquid has mostly evaporated, about 2 minutes. Return eggs to wok and add green onions; cook and stir until eggs are fully cooked, about 30 more seconds.

## Summer Fruit Salad with a Lemon, Honey, and Mint Dressing

### INGREDIENTS:

4 cups cubed seeded watermelon  
2 cups sliced fresh strawberries  
2 large fresh peaches, cut into cubes  
2 large nectarines, cut into cubes  
1 red Anjou pear, cut into cubes  
1 cup seedless grapes, halved

fresh lemon juice  
1/4 cup minced fresh mint (chocolate mint preferred)  
1/2 lemon, zested  
1 tablespoon honey (fireweed honey preferred)

### DIRECTIONS:

1. Combine watermelon, strawberries, peaches, nectarines, pear, and grapes in a large mixing bowl.
2. Whisk lemon juice, mint, lemon zest, and honey together in a small bowl; drizzle over the fruit mixture and toss to coat.
3. Refrigerate 1 hour before serving.

## Deliciously Healthy Paleo Pancakes With Banana and Walnuts

### INGREDIENTS:

1 teaspoon coconut oil, or more as needed  
6 large bananas, sliced  
6 eggs  
3 tablespoons extra-virgin coconut oil

2 tablespoons vanilla extract  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 cup chopped walnuts

### DIRECTIONS:

1. Heat 1 teaspoon coconut oil on a griddle set to 325 degrees F (165 degrees C) or a skillet over medium heat.
2. Place bananas in the bowl of a stand mixer. Add eggs, 3 tablespoons coconut oil, vanilla extract, salt, and baking soda; beat until batter is smooth and fluffy.
3. Gently ladle batter, about 1/4 cup per pancake, onto the hot griddle; sprinkle with cinnamon and arrange walnuts on each pancake. Cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 4 more minutes. Repeat with remaining batter, adding more coconut oil between batches.

## Joe's Special Scramble

### INGREDIENTS:

2 tablespoons olive oil	1/2 teaspoon ground nutmeg
2 pounds ground beef	1/2 teaspoon dried oregano
2 cloves garlic, minced	1 (10 ounce) package frozen chopped spinach, thawed and drained
2 onions, chopped	6 eggs
1 (8 ounce) package sliced fresh mushrooms	salt and pepper to taste

### DIRECTIONS:

1. Heat the olive oil in a large skillet over medium-high heat. Add the ground beef, and cook, stirring to crumb until no longer pink, about 8 minutes. Pour off any excess grease, then stir in the garlic, onions, and mushrooms. Reduce heat to medium, cover, and cook until the onion has softened and turned translucent, about 5 minutes. Stir in the nutmeg, oregano, spinach, salt, and pepper and cook until the spinach is heated through.
2. Reduce heat to medium-low, and make 6 egg-sized indentations into the beef and spinach mixture. Crack the eggs into the each indentation, then cover, and continue cooking until the eggs are done to your liking, about 5 minutes more for medium.

## Paleo Pancakes with Pureed Strawberries

### INGREDIENTS:

1 1/2 cups almond meal	1/4 cup coconut milk, or more as needed
2 eggs	1 teaspoon olive oil, for frying
1/2 teaspoon vanilla extract	
1/2 teaspoon ground cinnamon	Topping
1/2 cup applesauce	1 cup strawberries
1/4 teaspoon baking powder	

### DIRECTIONS:

1. Mix together almond flour, eggs, vanilla extract, cinnamon, applesauce, baking powder, and coconut milk in a bowl.
2. Lightly oil a griddle and place over medium-high heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges of pancake are dry. Flip and cook until browned on the other side. Repeat with remaining batter.
3. Puree strawberries in a food processor until smooth. Top pancakes with pureed strawberries.

**\*6 breakfast in total**

## Breakfast Stuffed Peppers Recipe

### Ingredients

- 4 bell peppers, sliced in half, core and seeds removed
- 8 eggs, beaten

- 1 cup mushrooms, sliced
- 1 onions, diced
- 3 cups baby spinach
- 1 tomato, diced
- ½ tsp. garlic powder
- Bacon, ham, and/or sausages, pre-cooked (optional)
- 1 tbsp. [cooking fat](#)
- Sea salt and freshly ground black pepper

## Preparation

1. Preheat your oven to 375 F.
2. Melt some cooking fat in a skillet placed over a medium-heat.
3. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes.
4. Add the spinach and cook until wilted, about 1 or 2 minutes.
5. Season to taste with salt, pepper, and garlic powder.
6. Divide the vegetable mixture equally among the bell pepper halves
7. Top off each bell pepper half with some of the beaten eggs, and add the meat of your choice, if using.
8. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.

## [Lunch](#)

## Chicken Adobo (paleoleap.com)

SERVES: 4 ✂ PREP: 15 min. + 30 min. 🍲 COOK: 30 min.

### Ingredients

- 4 to 5 lbs. chicken wings
- ¼ cup apple cider vinegar
- 1/3 cups [coconut aminos](#)
- 1 cup water
- 4 cloves [garlic](#), crushed
- A 1-inch piece fresh ginger, minced
- 2 long red chilies, thinly sliced
- 2 bay leaves
- 2 tbsp. raw [honey](#) (optional)
- 1 large onion, thinly sliced
- Sea salt and freshly ground black pepper

### Preparation

1. Combine the apple cider vinegar, coconut aminos, garlic, ginger, chilies, bay leaves, honey, onion, and water in a bowl and stir well.
2. Season each the chicken wings with sea salt and freshly ground black pepper to taste.
3. Add the chicken to the vinegar mixture and marinate for 30 minutes at room temperature or longer in the refrigerator.
4. Transfer the chicken and liquid to a saucepan and bring to a boil over high heat.
5. Cover and simmer over a medium heat for 30 to 35 minutes, or until the chicken is cooked through.

6. Remove the chicken wings and set aside.
7. Simmer the sauce until reduced by half.
8. Return the chicken to the pan, stir to combine, and serve.

## Basic spinach quiche recipe

### Ingredients

- 5 large eggs;
- 1 ½ cups fresh spinach, chopped;
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- 1 clove garlic, minced;
- ½ cup coconut milk;
- ½ tsp baking powder;
- Sea salt and freshly ground black pepper to taste;

### Preparation

1. Preheat oven to 350F.
2. In a large bowl, whisk the eggs and coconut milk together. Make sure you mix things up really well, I slacked a little and the yolk ended up being quite chunky in the finished product. As you continue to whisk, start adding in all the other ingredients.
3. Now you are left with greasing a 9" pie dish and pouring everything in. Bake the quiche for about 30 minutes, or until cooked through in the center. I also like when the edges get golden brown and have a little crunch to them.
4. If you are opened to consuming some [dairy](#), it is quite popular to add some cheese into the quiche. If you choose to do so, I would recommend using a sharp cheese like cheddar or gruyere. Unfortunately, I will have to leave it to you to experiment with



portions, as I have never made it with cheese, mainly because it's already so delicious without.

## Smoked Salmon Salad in Cucumber Slices Recipe

### Ingredients

- 12 oz. smoked salmon, coarsely chopped
- ¼ cup green onions, finely chopped;
- 3 tbsp. [homemade mayonnaise](#);
- 2 tbsp. drained capers; (optional)
- 1 tbsp. fresh dill, chopped + some for garnishing;
- 1-2 English cucumbers; sliced;
- Sea salt and freshly ground black pepper;

### Preparation

1. In a bowl, combine the green onions, dill, capers, and mayonnaise.
2. Add the chopped salmon, give the mixture a good stir, and season to taste.
3. Make each cucumber slice into a small cup by scooping out the center with a small spoon, leaving the bottom intact.
4. Fill each cucumber cup with the salmon mixture.
5. Sprinkle some fresh dill, season to taste, and serve.

## Cooked Vegetable Salad Recipe

### Ingredients

- 1/3 cup light olive oil;
- 1 eggplant, sliced lengthwise;

- 2 zucchini, sliced lengthwise;
- 2 red onions, cut into wedges;
- 4 ripe tomatoes, sliced;
- 2 [garlic](#) cloves, peeled and thinly sliced;
- 5 cups baby spinach;
- Young snow pea shoots;
- Fresh mint leaves, to taste;
- Fresh flat-leaf parsley leaves, to taste;
- Sea salt and freshly ground black pepper;

### Dressing ingredients

- ¼ cup homemade [mayonnaise](#);
- 1 tbsp. extra-virgin olive oil;
- Juice of 1 lemon;
- 1 tbsp. dried mint leaves;
- Sea salt and freshly ground black pepper;

### Preparation

1. Preheat your oven to 425 F.
2. In a bowl, combine all the vegetables except for the spinach, snow peas, mint, and parsley. Pour the olive oil over them, and season with pepper to taste. Toss to coat.
3. Spread the oil-coated vegetables over a baking sheet and roast in the oven for 20 to 25 min.
4. In a bowl, combine all the ingredients for the dressing. Whisk together and season to taste.
5. Assemble the salad by tossing the cooked vegetables with the spinach, snow peas, mint, and parsley.
6. Drizzle the dressing over the salad and gently mix.

7. Serve immediately.

## Ginger Citrus Roast Chicken Recipe

### Ingredients

- About 5 tbsp coconut oil (or lard, tallow, butter);
- 3 lemons or limes (if using limes, use 4);
- 2 oranges;
- 1 whole chicken (about 4 1/2 pounds);
- 3 tbsp grated fresh ginger;
- Salt and pepper to taste.

### Preparation

1. Preheat your oven to 425 F. Grate the zest 1 orange and orange lemon and then cut them in quarter.
2. Wipe the chicken dry and place it in a roasting pan.
3. Mix 1 tbsp of the grated ginger with the citrus zest. Rub the citrus mixture in the chicken cavity with some added salt and pepper if wanted. Add the quartered lemon and orange inside the cavity.
4. Juice the remaining lemons and orange with the remaining 2 tbsp ginger and also add the melted coconut oil. Brush the chicken with the mixture.
5. Put in the oven for 15 minutes.
6. After 15 minutes, baste the chicken and reduce the heat to 375 F.
7. After another 25 minutes, baste again, turn the chicken on his breast and cook for another 25 minutes.

8. At this point, verify the doneness of the chicken by verifying if the juices run clear when you cut the thickest part of the breast. You can also verify with a meat thermometer (should be 160 F in the breast and at least 170 F in the thigh).
9. When ready, remove from oven and let the chicken rest for 15 minutes.
10. Garnish with extra citrus wedges if wanted on a bed of steamed vegetables or spinach. Use the citrus, coconut oil and ginger cooking juice as a sauce.

## Chunky Meat and Vegetable Soup Recipe

### Ingredients

- 2-1/2 lbs. ground beef;
- 1 large onion, diced;
- 2 celery stalks, diced;
- 3 garlic cloves, minced;
- 14.5 ounce can of diced tomatoes, or three large tomatoes, diced;
- 3 cups beef broth;
- 3 bell peppers, seeded and diced;
- 4 whole carrots, peeled and sliced;
- 2 sweet potatoes, cut into chunks;
- 3 tbsp. tomato paste;
- ½ tsp. ground oregano;
- 1 tsp. chili powder;
- Sea salt and freshly ground black pepper;

### Preparation

1. Brown the meat with the onion, garlic, and celery in a large saucepan placed over a medium-high heat.

2. Add the remaining ingredients to the saucepan, season to taste, and stir to combine.
3. Bring to a boil, then reduce to a simmer, cover, and cook for 15 to 20 minutes or until the sweet potatoes are soft.

## Sweet potato salad recipe

### Ingredients for the salad

- 3 medium sized sweet potatoes, cubed;
- 3 hard-boiled eggs, chopped;
- 1 green apple, chopped with skin still on;
- 5 strips of bacon, roughly chopped;

### Ingredients for the dressing

- 4 tbsp olive oil;
- 1 tbsp chives, chopped;
- 4 tbsp [paleo mayonnaise](#);
- 2 tbsp fresh lemon juice;
- 1 tbsp Dijon or [homemade mustard](#);
- Sea salt and freshly ground black pepper to taste;

### Preparation

1. In a large saucepan over a medium heat, add the sweet potatoes cubes, fill with water and bring to a boil. Cook until tender.
2. Meanwhile, in a small skillet over a medium heat, fry the bacon until crispy.

3. To hard-boil the eggs, place them in a sauce pan covered with cold water. Bring to a boil over a high heat and then reduce the heat and let simmer for 10 minutes. After the 10 minutes, drain the hot water and run some cold water over the eggs to rapidly stop them from cooking. After the eggs are cold enough to handle, you can peel them and chop them.
4. In a small bowl, combine all the dressing ingredients. Mix thoroughly.
5. In a large bowl, combine the cooked potatoes, eggs, apple and bacon. Top with the dressing.

This salad provides for a great side to complete any dish. Enjoy!

## Tomato Soup Recipe

### Ingredients

- 5 large tomatoes, roughly chopped;
- 1 large white onion, roughly chopped;
- 2 carrots, roughly chopped;
- 3 garlic cloves, minced;
- 1 tbsp. tomato paste;
- 3 cups chicken or vegetable broth;
- ¼ cup fresh basil, chopped;
- ¼ cup coconut milk;
- 2 tbsp. cooking fat;
- Sea salt and freshly ground black pepper;

## Preparation

1. Add some cooking fat to a large saucepan placed over a medium heat and cook the onion and carrot until soft, about 10 minutes.
2. Add the garlic and cook another minute or two.
3. Add the tomatoes, tomato paste, basil, and chicken broth. Season to taste with salt and pepper and stir everything together.
4. Bring to a boil; then lower the heat and let simmer, uncovered, for 30 minutes.
5. Stir in the coconut milk. Then either use an immersion blender or remove the soup to put it through a food processor until smooth.

## Spinach and Sun-Dried Tomato Pasta Recipe

### Ingredients

- 1 spaghetti squash, halved lengthwise and seeded;
- 12 dehydrated sun-dried tomatoes;
- 2 tbsp. pine nuts, roasted;
- ¼ tsp. crushed red pepper flakes;
- 1 clove **garlic**, minced;
- 1 bunch fresh spinach, torn into bite-sized pieces;
- ½ cup **chicken stock**;
- **Cooking fat**;
- **Sea salt and freshly ground black pepper**;

### Preparation

1. Preheat your oven to 350 F.

2. Place the spaghetti squash, cut side down, on a baking sheet and bake for 30 minutes in the preheated oven.
3. Bring the stock to a boil in a small saucepan, then add in the sun-dried tomatoes and let everything simmer for 15 minutes.
4. Drain the stock into a separate bowl and set aside. Coarsely chop the sun-dried tomatoes.
5. Remove the squash from oven and set aside until it's cool enough to handle.
6. Use a fork or spoon to scoop the stringy pulp from the squash; place it in a bowl and set aside.
7. Heat some cooking fat in a skillet placed over a medium heat and add the garlic and red pepper flakes to cook for 1 minute.
8. Add in the spinach, and cook until almost wilted. Pour in the reserved stock, and stir in the chopped sun-dried tomatoes.
9. Look over at the bowl of spaghetti squash. If there's any extra water, drain it out.
10. Add the squash to the skillet, mix everything well, cook for 1 or 2 more minutes, and serve warm.



### **Name : Basil spinach salad with poached eggs**

#### **Ingredients**

- 1 tablespoon of coconut oil
- ½ medium sized yellow onions, diced
- 2 medium sized tomatoes, diced
- 4 handful(s) of spinach
- 1 package(s) basil, fresh (several sprigs)
- 2 eggs
- 1~2 teaspoons of white vinegar

#### **Instructions for poached eggs**

1. Select a suitable pan for poaching. Ideal pan should be shallow and wide that is big enough to add 1.5 liters of water.
2. add 1~2 teaspoons of white vinegar into the pan and gently mix it well. This will help coagulate the eggs once it's added.
3. Crack and place the eggs separately in a ramekin or a small cup. Once the water starts to simmer, carefully add the egg into the center of the pot separately. (If you're experienced at poaching eggs, then you can add both eggs on 10-15 second intervals.)
4. Leave the eggs in for 3 minutes, then remove them once it's done on a paper towel to remove water.
5. Once it's dried, sprinkle a small pinch of salt on top and you're done!

#### ***Instructions for the salad***

1. wash and prepare vegetables
2. heat a small frying pan over medium high heat. Add coconut oil when hot
3. Add diced onions, and saute it until it's soft and translucent. Then add tomatoes and cook for another minute or two.
4. Add spinach and basil to the pan and cook for one minute
5. Place it in your favourite bowl and place the poached eggs on top of the salad.

### **Name: Kale salad with chicken**

Servings: 2

Approximate Prep Time: 15 minutes

## Ingredients & Instructions

1 bunch(es) kale, lacinato (enough for about 6 cups of chopped leaves) 2 tablespoon(s) olive oil, extra virgin 1 small lemon(s), juiced / teaspoon(s) sea salt (optional) / teaspoon(s) black pepper freshly ground 2 chicken breast(s), boneless skinless (46 oz) cooked and sliced / cup(s) sunflower seeds, toasted Wash kale and remove leaves from woody stems. Slice leaves thinly. In a large bowl, combine kale, olive oil, lemon juice, sea salt (if desired) and freshly ground black pepper. Toss to coat leaves completely. Divide kale into two bowls. Top each salad with a cooked chicken breast and sunflower seeds to serve.

## Zucchini'Ribbon'Salad'with'Sweet'Corn

The perfect salad pairing to any barbecue, showcasing the beautiful sweetness and cooling properties of zucchini and summer squash!

### INGREDIENTS

1 medium zucchini 1 medium yellow summer squash ½ cup sweet corn kernels, cooked\* ½ cup red onion, thinly sliced ¼ cup cilantro, chopped 1 tbsp extra virgin olive oil 2 tbsp white balsamic vinegar\*\* To taste sea salt and freshly cracked black pepper

### PROCEDURE

**Step 1** In a large bowl, whisk the olive oil and vinegar together. Season with salt and pepper to taste.

**Step 2** Trim the end of the zucchini and yellow squash. With a mandoline, spiralizer, or vegetable peeler shave your zucchini and summer squash into beautiful ribbons and place into the bowl containing the vinaigrette. Add the red onion, cooked corn and basil. Gently toss until the vegetables are lightly coated with the vinaigrette. Refrigerate for 1-2 hours before serving to let the flavours marry together.

## Asian mushroom omelette

Ingredients:

- 8 free-range eggs
- 1 small red chilli, deseeded, finely chopped
- 6 green onions, thinly sliced

- 2 tablespoons peanut oil
- 100g button mushrooms, sliced
- 80g snow pea sprouts, trimmed
- 1 tablespoon soy sauce
- 1 1/3 cups steamed SunRice Jasmine Fragrant Rice, to serve

## Step 1

Break 4 eggs into a bowl. Add half the chilli and half the green onions. Whisk with a fork.

## Step 2

Heat a wok over medium heat. Add half the oil. Swirl to coat. Pour in egg mixture. Swirl to cover base and run 1cm up the side. Sprinkle half the mushrooms over egg mixture. Cook for 30 seconds or until base is set. Fold omelette in half. Tilt wok to allow any uncooked egg to run to edge. Cook for 30 seconds. Turn omelette over and cook for 30 seconds or until light golden (omelette should still be moist inside). Transfer to a plate. Cover to keep warm. Repeat with remaining eggs, chilli, green onions, oil and mushrooms.

## Step 3

Cut omelettes in half and place on plates. Top with snow pea sprouts. Drizzle with soy sauce. Season with salt and pepper. Serve with rice

# Vegetable Egg-Drop Soup

## Ingredients

1/2 ounce (about 5) dried shiitake mushrooms

8 ounces boned, skinned chicken breast \$

1 tablespoon cornstarch

1 tablespoon plus 2 tsp. soy sauce

3/4 teaspoon white pepper, divided

2 qts. vegetable broth or chicken broth

8 to 10 thin slices peeled fresh ginger

2 small carrots, roll-cut into 1-in. pieces

1 medium onion, diamond-cut into 1-in. pieces

1 stalk celery, V-shaped-cut into 1-in. pieces

1 slender zucchini, roll-cut into 1-in. pieces

1 large tomato, peeled\*, diamond-cut into 1-in. pieces

4 long cilantro sprigs, small sprigs pinched off and stems cut into 1-in. pieces

1/2 teaspoon kosher salt \$

1 to 2 tsp. toasted sesame oil

2 large eggs \$

## Preparation

1. Soak mushrooms in a bowl with 1 1/2 cups warm water until pliable, 20 to 25 minutes. Remove mushrooms, saving liquid. Snip out stems with scissors and discard. Slice mushrooms diagonally 1 in. wide, then diamond cut.

2. Meanwhile, lay chicken flat on a work surface and slap with the side of a Chinese chef's knife to flatten to 1/4 in. Cut into lengthwise strips about 1/2 in. wide, then diamond cut. "I use 1 portion of meat for 3 or 4 portions of vegetables," Yan notes.

3. In a bowl, combine chicken with cornstarch, 1 tbsp. soy sauce, and 1/2 tsp. white pepper. Set aside.

4. Bring broth, mushroom soaking liquid, and ginger to a boil in a large covered pot over high heat. Reduce heat to medium-high and add carrots and mushrooms. "Don't throw in everything together or it will be overcooked. In Chinese cooking, you want everything to have crunch."

5. Cook, covered, for 5 minutes, then add onion, celery, and zucchini. Cover, return to a low boil, and cook until onion is tender-crisp, 2 to 3 minutes.

6. Add chicken, tomato, cilantro stems, remaining 1/4 tsp. white pepper and 2 tsp. soy sauce, the salt, and oil to taste. Cook, covered, until chicken is cooked through, 3 minutes more.

7. Using chopsticks or a fork, whisk eggs in a bowl until whites are completely blended but not so much that they foam. "If they foam, they will float on top and be messy," Yan cautions.

8. Turn off heat under soup. Stirring it very slowly with a ladle, gradually pour in eggs. Garnish with cilantro sprigs.

\*To peel tomato, cut into wedges and slide a sharp knife between peel and flesh.

## Arugula Shrimps with Grapes

Ingredients:

DRESSING:

1/3 cup seedless green grapes \$

1 tablespoon Champagne or white wine vinegar

1 teaspoon olive oil \$

3/4 teaspoon Dijon mustard  
1/2 teaspoon minced fresh Vidalia or sweet onion (OPTIONAL)  
1/8 teaspoon salt \$  
Dash of white pepper

#### SALAD:

3/4 pound large shrimp, peeled and deveined \$  
1/2 cup diagonally cut celery \$  
5 cups trimmed arugula  
1 cup seedless red grapes, halved \$  
1 cup seedless green grapes, halved \$  
1/4 cup fresh basil leaves, thinly sliced  
2 tablespoons crumbled Gorgonzola cheese  
1 tablespoon coarsely chopped walnuts, lightly toasted

### Preparation

To prepare dressing, combine first 7 ingredients in a blender; process until smooth.

To prepare salad, bring 4 cups water to a boil in a large saucepan. Add shrimp; cook 1 minute. Add celery; cook 1 minute. Drain and rinse with cold water; pat dry.

Place shrimp mixture, arugula, grapes, and basil in a large bowl. Drizzle with dressing; toss gently to coat. Top with cheese and walnuts.

## Dinner

### Poached Wild Salmon with Seared Potatoes & Sweet Pea Purée

#### Ingredients

3 cups (750 mL) water  
1 stalk organic leek, whole  
1 small organic carrot  
2 bay leaves  
3 oz (85 g) wild salmon fillet, skinned  
1 medium organic Yukon Gold potato (do not peel), washed and cut into four 1/8-inch (2mm) thick slices

1 cup (250 mL) frozen organic peas, defrosted and steamed for 3 minutes

1 tbsp (15 mL) organic butter

Salt and pepper, to taste

### Directions

1. In a large saucepan, combine 3 cups (750 mL) water, leek, carrot and bay leaves. Bring to a slow simmer. Gently slide salmon into water and poach for 10 minutes. Remove and set aside. Reserve 2 tbsp (30 mL) of the poaching liquid.

2. In a heavy cast iron skillet or stainless steel skillet, heat oil over medium heat. Add potatoes in one layer. Sauté potatoes, flipping once, until they are deeply browned on both sides. Season each side with salt and pepper. Arrange cooked potatoes on warmed serving plate, place poached salmon on top.

3. In a blender, add peas, butter and 2 tbsp (30 mL) hot poaching liquid. Purée until smooth. Add a pinch of salt and pepper; pulse.

4. Pour 2 tbsp (30 mL) of the pea purée atop the salmon and potatoes. In a small serving bowl, pour remaining pea purée. Serve.

### **Cumin crusted fish**

Prep time: 5 min | Cook time: 8 min | Servings: 4

Sautéing is a quick and healthy way to prepare this tasty dinner.

Recipe and photo provided by CanolaInfo.org ©

1/2 - 1 tbsp (7 - 15 mL) ground cumin

1/4 tsp (1 mL) thyme

1 tsp (5 mL) paprika

1/2 tsp (2 mL) lemon pepper

1 lb (500g) white fish fillets (walleye, halibut, cod...)

1/2 tbsp (7 mL) canola oil

2 tbsp (25 mL) chopped parsley

lemon or lime wedges

Directions

1. In a small bowl, mix together cumin, thyme, paprika and lemon pepper. Rub spice mixture on both sides of fillets.
2. In a large skillet over medium heat, heat canola oil. Add fish fillets and cook until browned on both sides and fish is opaque in the centre, about 4 minutes per side.
3. Sprinkle with parsley and serve immediately with lemon or lime wedges.

Posted: March 2012

per serving (4 oz /125 g)

Calories: 130

Protein: 22 g

Total Fat: 3.5 g

Saturated Fat: 0 g

Cholesterol: 100 mg

Carbohydrates: 1 g

Fibre: 1 g

Sugars: 0 g

Sodium: 100 mg

Potassium: 465 mg

## **Cranberry Orange Kamut Muffins**

### Ingredients

1 1/2 cup kamut flour

2 tablespoons baking powder

1 teaspoon sea salt

1 cup dried cranberries

2 teaspoons orange zest

1/2 cup vegetable oil

1/2 cup honey

2 large eggs, lightly beaten

3/4 cup buttermilk

### Directions

Preheat oven to 350 degrees F, liberally oil muffin tin for 12 muffins

In a large bowl, mix together dry ingredients and cranberries.

Add oil, honey, eggs and buttermilk.

Stir until just moistened.

Pour into well-oiled muffin tins.

Bake at 350 degrees F for 15 - 20 minutes or until toothpick comes out clean



## **Chicken Stir-Fry with Broccoli**

### Ingredients

2 teaspoon chopped garlic

2 tablespoon peanut oil

2 tablespoons chopped ginger

4 large skinless, boneless chicken breasts, sliced thinly (about 4-5 ounces each)

2 cups broccoli florets cut into small pieces

1/2 cup water chestnuts

2 cups thinly sliced mushrooms

Freshly ground black pepper

1/2 cup low-sodium soy sauce

### Directions

Heat a large skillet or wok over medium-high heat

Add the garlic, peanut oil and ginger, stir quickly for 30 seconds

Raise the heat to high. Add chicken and stir-fry for 2-3 minutes

Add the broccoli, and then water chestnuts, and mushrooms and stir after each

Season with black pepper

Add the soy sauce and cook until the vegetables are tender, about 2 minutes.

## **Blackberry Buckle**

1/2 cup shortening

1 cup sugar, divided

1 egg, beaten

2 1/2 cup all-purpose flour, divided

2 1/2 teaspoon baking powder

1/2 teaspoon salt

2 cups fresh or frozen blackberries

2 teaspoon lemon juice

1/2 teaspoon ground cinnamon

1/4 cup cold butter

1. In a large mixing bowl, cream the shortening and 1/2 cup sugar until light and
2. Add the egg and mix well
3. Combine 2 cups flour, baking powder and salt; add to the creamed mixture alternately with the milk, beating well after each addition
4. Spread into a greased 9-inch square baking dish
5. Toss the blackberries with lemon juice; and sprinkle over batter
6. In a small bowl, combine the cinnamon and remaining sugar and flour; cut in the butter until mixture resembles coarse crumbs. Sprinkle over berries.
7. Bake, uncovered, at 350 F for 45-50 minutes or until a toothpick inserted near

the center comes out clean.

8. Refrigerate leftovers.

## **COCONUT CHICKEN**

### Ingredients

1	pound(s)	chicken breast(s), boneless, skinless
1/4	cup(s)	almond flour
1/4	cup(s)	coconut, unsweetened shredded
1/8	teaspoon(s)	sea salt
1	large	egg(s)
2	tablespoons	coconut oil

### Instructions

1. Mix almond flour, shredded coconut and sea salt together in a bowl.
2. Beat egg in separate bowl.
3. Dip chicken breast in egg and roll in dry mixture.
4. Heat a frying pan over medium heat and add coconut oil when hot.
5. Pan fry chicken until fully cooked. If the crust starts to brown and your chicken isn't fully cooked yet (this will depend on the size of the chicken breast), take it out of the pan and place it in the oven on a baking sheet at 350 F for 5-10 minutes covered with foil.

## **Apple Chicken**

## Ingredients

2	chicken breast(s), boneless skinless (4-6 oz)
1/4	teaspoon(s) sea salt, (optional)
1/8	teaspoon(s) black pepper, freshly ground
2	tablespoon(s) coconut oil
1	large apple(s)
1/2	teaspoon(s) cinnamon, or allspice

## Instructions

1. Dice chicken breasts. Season with sea salt and freshly ground black pepper. Set aside.
2. Heat a medium saute pan over medium-high heat. Add coconut oil when hot.
3. Add diced chicken and cook until slightly pink (about 150 F).
4. Grate apple into pan.
5. Add cinnamon or allspice.
6. Continue to cook until chicken is done and apple is tender.

## **Zucchini Mushroom Pasta Recipe**

### **Ingredients**

- 1 spaghetti squash, halved lengthwise and seeded;
- 1 pound cremini mushrooms, sliced;
- 2 zucchini, chopped;
- 2 shallots, sliced thinly;
- 2 cloves [garlic](#), minced;
- 2 sprigs thyme;
- ¼ cup coconut milk;
- 3 tbsp. olive oil;
- [Cooking fat](#);

- Sea salt and freshly ground black pepper;

## Preparation

1. Preheat your oven to 350 F.
2. Lightly oil the spaghetti squash with 1 tbsp. of olive oil and season to taste.
3. Place the squash, cut side down, on a baking sheet and bake 30 minutes, or until the flesh is soft.
4. Remove the squash from the oven and set aside until cool enough to be easily handled.
5. Use a large fork or spoon to scoop the stringy flesh from the squash and place it in a medium bowl.
6. Melt some cooking fat in a skillet placed over a medium-high heat.
7. Add the garlic, thyme, and shallots, and cook until soft and fragrant, about 3 to 4 minutes.
8. Add the zucchinis, and the mushrooms and cook until soft but still al dente.
9. Add the coconut milk. Stir well and remove from the heat.
10. Add the spaghetti to the skillet. Mix everything well, drizzle with the remaining olive oil, adjust the seasoning, and serve warm.

## Mushroom salad recipe

### Ingredients

- ½ cup hazelnuts;
- 2 tbsp shallots, finely chopped;
- 3 tbsp rice vinegar;
- 9 tbsp extra-virgin olive oil;
- 2 pounds mushrooms (I used Portabello), sliced thickly;
- 2 tbsp butter or [clarified butter](#);

- 6 oz fresh greens (arugula or baby spinach are two great options);
- 1 tsp fresh thyme;
- ¼ cup shallots, finely chopped;
- Sea salt and freshly ground black pepper to taste;

## Preparation

1. Preheat your oven to 375F. This step is only necessary if your hazelnuts still have the skin membrane on them. Spread the hazelnuts out on a baking sheet and roast them in the oven for about 8 minutes. You will know they are ready, as the skin will have already started to rise off the nut. Allow them to completely cool and then roll them through your hands so that the skin falls apart. Set aside.
2. As the hazelnuts are roasting, you'll have time to prepare the marinade/vinaigrette. In a small bowl, combine the 2 tbsp of shallots, vinegar and a dash of sea salt. Whisk the mixture together and set aside for 5 minutes. This will allow the shallots to absorb the vinegar. Once the 5 minutes has elapsed, you can go ahead and whisk in 7 tbsp of the olive oil. Set aside for later use.
3. In a large skillet over a medium-high heat, melt the butter or clarified butter and add the remaining 2 tbsp olive oil. Throw in the mushrooms and sprinkle with the thyme and some salt and pepper to taste. The cooking time will very depending on what type of mushrooms you decided to go with. For the Portabellos, they need anywhere from 8 to 10 minutes, just until they have begun to turn golden and have shrunk in size quite a bit. At this point, you can add the remaining 1/4 cup shallots in with the mushrooms and continue cooking for another few minutes, until the shallots are soft.
4. Fill a large plate or bowl with the fresh greens. Transfer the mushrooms from the skillet on top of the greens. Pour over the vinaigrette and top with the hazelnuts (you may prefer to crush the hazelnuts). Eat and enjoy every last bite!

# Cabbage-Wrapped Salmon Recipe

## Ingredients

- 4, 5 oz. salmon steaks, skinless
- 6 cabbage leaves, sliced in half with the central vein removed
- 1 onion, chopped
- 2 bell peppers, diced
- Coconut oil
- Sea salt and freshly ground black pepper

## Preparation

1. Preheat your oven to 350 F.
2. Blanch the cabbage leaves for 2 minutes in a large pot of boiling water. Cool in cold water and pat dry.
3. Season the salmon with sea salt and black pepper to taste. Wrap each salmon steak with 3 cabbage leaf halves.
4. Melt some coconut oil in an ovenproof skillet and cook the bell pepper and onion for about 4 minutes.
5. Place the wrapped salmon on top of the pepper and onion mixture, and place in the oven to bake for 10 to 12 minutes.

# Nectarine & onion pork chops recipe

## Ingredients

- 6 pork chops, bone-in;
- 3 nectarines, quartered;
- 1 large onion, quartered;
- 2 tsp Dijon or [homemade mustard](#);

- 1 1/2 tbsp lemon juice;
- 1/4 cup fresh mint, coarsely chopped;
- 2 tbsp **cooking fat** + extra for rubbing the chops, melted;
- Sea salt and freshly ground black pepper to taste;

## Preparation

1. Combine the nectarine and onion quarters in a bowl along with the 2 tbsp cooking fat and season the mixture to taste with sea salt and freshly ground black pepper.
2. Heat a skillet over medium heat, add the nectarine and onion mixture and cook, stirring frequently, until the nectarine quarters have softened, about 8 minutes.
3. Set the cooked mixture aside to cool in a bowl. Wipe the skillet clean to cook the pork chops.
4. Rub some additional cooking fat over the pork chops on both sides and season them to taste with salt and pepper. Reheat the skillet to medium heat.
5. Add the chops to the hot skillet and cook for about 3 minutes per side, until well cooked.
6. While the pork chops are cooking, cut the cooked nectarine and onion quarters into 1/4-inch thick slices. Add the slices back to the bowl with their juices.
7. Add the lemon juice, mustard and chopped mint to the nectarine and onion preparation and season to taste with salt and pepper.
8. **Serve the cooked pork chops topped with a generous portion of the nectarine and onion preparation.**

## Balsamic Steak Rolls Recipe

### Ingredients

- 1 1/2 – 2 lb. skirt steak, sliced into thin strips;
- 1 carrot, matchstick cut;



- 1 bell pepper, matchstick cut;
- ½ zucchini, matchstick cut;
- 5 green onions, matchstick cut;
- 2 cloves of garlic, minced;
- ½ tsp. dried oregano;
- ½ tsp. dried basil;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

### Ingredients for the balsamic glaze sauce

- 1 tbsp. [ghee](#);
- 2 tbsp. shallots, finely chopped;
- ¼ cup balsamic [vinegar](#);
- 1 tbsp. [honey](#);
- ¼ cup [beef stock](#);
- Sea salt and freshly ground black pepper;

### Preparation

1. Season the steak slices with sea salt and freshly ground pepper to taste and set aside.
2. Melt the ghee in a skillet placed over a medium heat.
3. Add the shallots and cook until soft, about 3 minutes.
4. Add the balsamic vinegar, honey, beef stock, and season again with salt and pepper to taste.
5. Bring to a boil, lower the heat, and simmer until the liquid is reduced by half. Transfer to a bowl.

6. In the same skillet, add some cooking fat and cook the garlic for 1 or 2 minutes; then add all the remaining vegetables and cook until soft but still a little crunchy, about 3 to 4 minutes.
7. Season with oregano, basil, sea salt and pepper, and transfer to a bowl.
8. Arrange a small pile of vegetables in the center of each slice of beef. Tightly roll the meat around the filling, and secure with a toothpick.
9. Return the beef rolls to the skillet, and cook over a medium-high heat on all sides until the meat is cooked through.
10. Remove the toothpicks, spoon some of the balsamic sauce over the rolls, and serve.

## Oven Chicken Fajita Bake Recipe

### Ingredients

- 3-4 boneless skinless chicken breasts;
- 1-2 tbsp. taco seasoning (recipe below);
- 2 bell peppers, deseeded and thinly sliced;
- 1 red onion, peeled and thinly sliced;

### Ingredients for the taco seasoning

- 1 tbsp. chili powder;
- 1 tsp. paprika
- ¼ tsp. garlic powder;
- ¼ tsp. onion powder;
- ¼ tsp. crushed red pepper flakes;
- ¼ tsp. dried oregano;
- 1½ tsp. ground cumin;
- Sea salt and freshly ground black pepper;

### Preparation

1. In a bowl, combine all the ingredients for the taco seasoning.
2. Preheat your oven to 375 F.
3. Place the chicken breasts in a baking dish.
4. Sprinkle the taco seasoning over the chicken.
5. Place in the oven and cook for 20 minutes.
6. Remove the chicken from the oven and lay the onion and bell pepper on top.
7. Return the dish to the oven and cook for another 15 to 20 minutes.
8. Serve with guacamole or your favorite salsa.

## Greek-Style Chicken Recipe

### Ingredients

- 4 skinless, boneless chicken breast halves;
- 1 cup extra-virgin olive oil;
- The juice from 1 lemon;
- 2 garlic cloves, minced;
- ½ tbsp. dried oregano;
- ¼ tsp. paprika;
- 1 or 2 lemons, sliced;
- Sea salt and freshly ground black pepper;

### Preparation

1. In a bowl, combine the olive oil, garlic, paprika, lemon juice, oregano, and season with salt and pepper to taste.
2. Place the chicken in a marinating container (glass or plastic; no metal), and cover with marinade.
3. Cover and refrigerate for at least one hour or overnight.
4. Preheat your oven to 400 F.
5. Place the chicken in a roasting pan, and cover each piece with a slice of lemon.
6. Place in the oven and bake for 30 to 40 minutes.

## Pineapple Pork Chops Recipe

### Ingredients

- 4 big pork chops;

- 4 big slices of fresh pineapple, cut into 1-inch chunks;

### Ingredients for the marinade

- ½ cup coconut aminos;
- ¼ cup raw **honey**; (optional)
- 2 tbsp. apple cider vinegar;
- 1 tbsp. minced ginger;
- ½ cup fresh pineapple juice;
- ¼ cup water;
- 2 tbsp. minced garlic;

### Preparation

1. In a small bowl, whisk the marinade ingredients together.
2. Place the pork chops and marinade in a marinating container and refrigerate for at least 3 hours.
3. Remove the pork chops from marinade but do not discard the marinade.
4. Pour the remaining marinade into a saucepan. Bring to a boil, then reduce to a simmer and cook for about 4 minutes.
5. Preheat your grill to a medium-high heat.
6. Cook the pork chops on the preheated grill, about 5 minutes per side, brushing with the marinade the whole time.
7. Add the pineapple chunks to the grill and cook for 3 to 4 minutes, flipping them halfway through.
8. Serve the pork chops with the cooked pineapple on top.

## Simple Sausage Casserole Recipe

### Ingredients

- 4 to 6 sausages
- 1 pint grape tomatoes
- 2 to 3 sweet potatoes
- 2 large bell peppers, chopped
- 1 large red onion, chopped
- 2 **garlic** cloves, minced
- A few sprigs of fresh thyme
- **Sea salt and freshly ground black pepper**

## Preparation

1. Preheat your oven to 400°F.
2. Combine the grape tomatoes, sweet potatoes, bell peppers, red onion, and minced garlic in a large baking dish.
3. Brown the sausages on all sides in a skillet placed over high heat, about 1 to 2 minutes per side.
4. Place the sausages on top of the vegetables, toss in the thyme, and season everything to taste.
5. **Place in the oven and bake for 40 to 45 minutes.**

## Butternut Squash Lasagna Recipe

### Ingredients

- 1.5 lbs. ground beef;
- 1 large butternut squash, peeled and cut into thin slices;
- 4 cups tomato sauce;
- 4 oz. tomato paste;
- 1 onion, minced;

- 3 garlic cloves, minced;
- 1 tsp. dried basil;
- 1 tsp. dried oregano;
- **Cooking fat;**
- **Sea salt and freshly ground black pepper;**

## **Preparation**

1. Preheat your oven to 400 F.
2. Melt some cooking fat and sauté the onion and the garlic until softened, about 5 minutes, in a skillet or a saucepan placed over medium-high heat.
3. Add the beef and cook until browned, about 6 minutes.
4. Add the tomato sauce, tomato paste, basil, oregano, and season with salt and pepper to taste. Turn heat down to low and let simmer for about 10 minutes.
5. To prepare the lasagna: alternate layers of butternut squash slices with layers of the meat sauce in a baking dish. Keep making layers until you've used all of the ingredients.
6. Bake for about 25 minutes (or until the squash is soft) in the preheated oven.