BAKED CHICKEN

Cooking Time: 40 Minutes.

Ingredients

Split chicken breasts

Olive oil

Italian seasoning

Himalayan salt

Pepper

Cooking Instructions

Preheat oven to 350 degrees.

Split the chicken breasts keeping the bones in and the skin on. Wash chicken breasts and place on oven-safe dish.

Optional: Spray chicken breasts lightly with olive oil, italian seasoning and Himalayan salt and pepper.

Bake for 35-40 minutes or until juices run clear and the meat is white.

Pair with grilled/roasted vegetables and/or baked eggplant and/or squash fries.

ALMOND CRUSTED RAINBOW TROUT

Cooking Time: 25 Minutes. Serves 2

Ingredients

1/2 lb. of fish per person

1 1/2 fresh lemon

2 cloves of garlic

1/4 C. olive oil

Almond slivers

1/4 C. coconut oil

Salt & Pepper

Cooking Instructions

Turn broiler on low, rinse filets and pull out any bones, leaving the skin on. Pat dry and place filets in an oven-safe dish. Drizzle olive oil and squeeze the juice of 1 lemon over filets. Salt and pepper filets.

Place under broiler for 15-20 minutes. While fish is cooking, prepare topping on the stovetop.

In a sauté pan over medium heat add coconut oil, remaining lemon juice, a little olive oil, almond slivers, garlic and salt and pepper to taste. Warm thoroughly, making sure all flavors are mixed together well.

Add topping to the filets and broil for 3 additional minutes or until the almonds are golden brown. Serve hot.

EGG PUFFS

Ingredients

Eggs

Asparagus or vegetable of choice

non stick muffin pans or muffin paper

Cooking Instructions

Preheat oven to 350 degrees

Beat Eggs

Cut veggies into bite size pieces, can be used Raw or lightly steamed or Sautéed

Add veggies to eggs

Pour mixture into muffin pan filing 3/4 way

Bake 20 minutes

Great for on the go breakfast. And doesn't take long to prepare! Can be stored in Fridge or Freezer.

BUTTERNUT SQUASH FRIES

Cooking Time: 30 Minutes.

Ingredients

Butternut squash

Olive oil

Himalayan sea salt

Cooking Instructions

Preheat oven to 350 degrees.

Peel and cut butternut squash into fries or buy them pre-cut at Trader Joe's.

Arrange on baking sheet, lightly spray with olive oil and sprinkle with Himalayan sea salt.

Bake the "fries" for 30 minutes or until fully cooked; this will depend on how thickly cut the pieces are.

CHILI

Cooking Time: 3 Hours, 15 Minutes.

Ingredients

1 lb. chopped meat (turkey, buffalo, etc.)

1-12 oz. can of diced tomatoes

3 cans of kidney beans (dark & light- include juice)

1 can of black beans (include juice)

1 onion

2 peppers

1 tbs. chili powder

Himalayan sea salt and ground pepper

**Rice or Salad Greens (Lundbergh Long Grain Brown or Lotus Foods Forbidden Black/Red)*

Cooking Instructions

Cook meat of choice on stovetop and drain the fat. (can make vegetarian version by omitting meat)

Chop the onion and peppers.

Combine all ingredients, except the rice, into a large pot and simmer on low heat for 3 hours.

*If following Low Glycemic Phase I lifestyle, omit rice and replace with Salad Greens. Otherwise, cook rice in separate pot, following package instructions.

BUTTERNUT SQUASH SOUP

Modified from Dr. Ahmen's Cookbook

Ingredients

2 Tbs. Coconut oil

2/3 C Diced Carrots

1/2 C Diced Celery

1/2 C Diced Onion

1 Garlic Clove, minced

4 C Peeled & Cubed Butternut Squash

1 tsp. fresh thyme

1 Tbs. Ginger, grated

4 C Vegetable Broth

1/2 C Coconut or Almond/Cashew Creamer

Cooking Instructions

Heat oil in large soup pot over medium heat on stove.
Add Carrots, celery and onions and cook until vegetables soften - about 3 mins.
Add garlic and good until fragrant.
Add butternut squash and thyme, stir.
Add ginger and stir for about 1 minute.
Add broth and bring to a boil, then simmer for 15 minutes.
Use immersion blender or pour in small batches into food processor or blender.
Pour soup back into soup pot that has been rinsed.
Stir in creamer, add in salt and pepper.

FIESTA CHICKEN

Ingredients

4 filets of chicken breast

1 jar of Salsa (Natures Promise or Green Mountain are yeast free)

Shredded Cheese - Veggie Shreds, Rice or Daiya for diary free choices

1 Tbps. Walnut or Coconut Oil

Cooking Instructions

Drizzle oil into sauté pan on medium heat

Place chicken breasts into heated pan cooking for about 5-7 minutes on each side.

Once meat is thoroughly cooked, add salsa and cheese on top.

Cover and lower heat until salsa is warm and cheese has melted.

Serve Hot

Can top with diced avocado and tomatoes

Goes great with side of black and refried beans.

ZUCCHINI/BLACK BEAN PANCAKES

Ingredients

4-5 C grated zucchini

2 egg whites

1/4 C grated locatelli cheese

1 can black beans, drained and rinsed - half mashed

Optional - Dash of hot pepper sauce, cayenne or red pepper flakes

Cooking Instructions

Combine all ingredients

Heat pan/griddle on stovetop and with either walnut or coconut oil so non- stick

Drop mixture by spoonful onto griddle, browning on one side for about 2-3 mins.. Flip and brown other side

LEMON CHICKEN

Ingredients

1 Tbs Walnut or Coconut oil
2 Tbs butter
3 whole chicken breasts, fileted
3 Tbs fresh chopped parsley
Juice of 3 Lemons
Salt & Pepper to Taste

Cooking Instructions

Combine the oil and 1 Tbs of butter and melt on medium heat. When the butter foam subsides, slip in as many of the filets that will fit, loosely. Cook them briefly on both sides, less than 1 minute altogether

Transfer the filets to a warm plate, using a slotted spoon or spatula, and sprinkle with salt and pepper. Repeat until all filets are done

Add the lemon juice to the pan, and let it simmer briskly over medium heat for about 20 seconds, while scraping loose cooking residues form the bottom and sides of the pan using a wooden spoon.

Add the chopped parsley and the remaining Tbs of butter, stirring rapidly for 4 or 5 seconds, then turn the heat to low and return the filets to the pan together with any juices they may have shed in the plate.

Turn them over in the pan juices 2 or 3 times, then transfer together with the juices to a warm platter.

Garnish with thin slices of lemon and serve at once

LETTUCE WRAPS

Cooking Time: 15 Minutes. Makes 1 serving

Ingredients

Romaine heart lettuce

1 zucchini

1 yellow squash

1 onion

Hummus

Garlic

Himalayan sea salt & pepper

Olive oil

Cooking Instructions

Rinse romaine lettuce leaves and dry them. Cut up zucchini, squash and onions into lengthwise pieces. Drizzle olive oil into a pan and sauté onions with garlic, zucchini and squash until tender - not mushy.

Salt and pepper to taste.

Assemble 3-4 romaine lettuce leaves lengthwise, doubling up the leaves - these will be your wraps. Spread hummus on top of the leaves. Pour in the vegetable and garlic mixture. Roll up the lettuce to make a wrap and enjoy.

MEDITERRANEAN CHICKEN

Ingredients

4 boneless chicken breasts, thinly filleted

1 Jar cocktail artichoke hearts in water (Reese's)

1 Jar roasted peppers

I can Muir Glen Diced Tomatoes

1 package garlic herbed feta or crumbled goat cheese (For Dairy free use diaya, veggie shreds or rice cheese)

Walnut oil

Cooking Instructions

Preheat oven to 350 degrees

Place cleaned and rinsed chicken breasts in baking dish

Layer each breast with cheese of choice, roasted peppers and then 3 artichoke hearts in middle of breast.

Roll breast and use toothpick to keep closed

Drizzle with walnut oil and season with Salt, Pepper, Basil, or seasonings of choice

Top with diced tomatoes, reserving most liquid otherwise becomes too soupy.

Cover and bake for 35-40 minutes, or until chicken is thoroughly cooked.

DONATED OR SHARED RECIPES

Baked Fish

1 1⁄2 lbs. Fresh fish filet
1⁄4 cup green pepper
1⁄4 cup yellow pepper
1⁄4 cup orange pepper
3⁄4 cup ripe chopped tomato
Place fish in a baking dish.
Drizzle avocado oil or grapeseed oil lightly over filets.
Squeeze 1⁄2 lemon on filets. Add peppers and tomato on top of filets then season with salt and pepper and Italian seasoning, to any seasonings you prefer.
Bake at 350 for 25 minutes or until the fish is white and flakey.

Green Beans with Oil

Ingredients:
1 lb green beans chopped
1/4 cup chopped onion
5 whole garlic cloves
1⁄2 teaspoon salt
2 Teaspoons cooking oil - high heat: coconut or grapeseed.
1 cup chopped tomatoes
3 oz tomato paste
water

Preparation:
Rinse and drain green beans.
Sauté the onions with oil,
Add the green beans, garlic, and salt.
Stir and cook for 5 minutes on high medium heat until the onion is translucent brown.
Stir in remaining ingredients.
Pour enough water just to cover the beans.
Cover the pan, keep cooking for 1⁄2 hour.
Uncover until water evaporates, beans should become well cooked and about 25% of the water remaining.
Taste the beans for tenderness.
Depending on your preference you can continue to cook or spoon off extra liquid or keep it in.

Spinach and Meat

Ingredients:
2-3 Packages of Spinach
1 lb ground meat
2 Onions
3 Lemons
Salt and Pepper
1 - 2 tsp. Cooking Oil

Preparation:
Saute the onion in cooking oil. When it turns translucent, add the meat, salt, and pepper.
Cook until brown.
Add the lemon juice and cook for 8 minutes.
Add spinach and cook for another 2 minutes, or until spinach is your desired texure.
Serve hot.

Spinach and Black Eyed Beans

Ingredients:

1 cup of beans
1 package of chopped spinach.
1 Teaspoon Salt
2 Tbsp cooking oil
1 large or 2 Medium Onions
5 Garlic cloves

Preparations:
Bring beans to a boil, when almost soft, add spinach.
Add salt to taste, and pour into a colander.
Saute the onion in oil, when it turns translucent, add the beans and spinach.
Season with more salt if desired.

Cabbage Salad
Ingredients:
1 small or 1⁄2 large green or red cabbage
1⁄2 teaspoon salt
1⁄2 cup salad dressing, omitting salt
(see next recipe)

Preparations:
Core the cabbage and remove any tough outer Leaves.
Shred the cabbage leaves finely and sprinkle with salt. Rub the salt well into the leaves.
Place the salted leaves in a colander, cover with a weighted plate to extract excess moisture, and set aside for half an hour.
When the cabbage leaves are soft, squeeze them tightly to remove excess moisture and place them in a salad bowl.
Pour the dressing over the top and toss well.
Adjust salt and lemon juice to taste.

Homemade Salad Dressing:
1 cup Olive Oil or Grapeseed Oil
1 Tbs. Raw apple cider vinegar or lemon juice
Salt
Pepper
Italian Seasoning
Or any seasonings of your choice

Lemon Basil Chicken
3lbs. Broiler-fryer chicken
1 lemon
1 clove garlic, thinly sliced
1 Tbsp dried basil leaves
1⁄2 tsp. garlic powder

Heat oven to 375 degrees.

Remove excess fat from chicken; fasten neck skin to back with skewer. Fold wings across back with tips touching.

Grate 2 tsp lemon peel, reserve.
Cut lemon into halves; rub chicken with half of 1 lemon.
Place garlic, 1 tsp dried basil leaves and remaining lemon half in the cavity.
Rub chicken with reserved lemon peel; sprinkle garlic powder and remaining basil over chicken.
Place chicken, breast side up, on a rack in a shallow rectangular roasting pan.
Cover and bake for 1 hour.
Uncover and bake 30 min longer.
Yields: 4 servings.

Eggplant Parmesan

Prep Time: 30 min. Cook: 30 min.

1⁄2 cup fat-free chicken broth
1 TBS dried basil
1 TBS dried oregano
4 (8 oz) cans no-salt-added tomato sauce
1(28 oz) can no-salt-added whole tomatoes undrained and chopped
1(6 oz) can tomato paste
2 garlic cloves minced
1⁄4 cup water
1⁄4 tsp. Salt
3 large egg whites, lightly beaten
1 1⁄4 cup Italian-seasoned bread crumbs
Parmesan cheese
2 eggplants (about 1 3/4 pounds) cut crosswise into 1⁄4 inch slices.
Cooking Oil
3 cups (12 oz) fat-free mozzarella cheese

Combine first 7 ingredients in a large saucepan; bring to boil. Reduce heat, simmer, uncovered 20 min.

Preheat broiler.

Combine 1/4 cup water, salt, egg whites in a shallow bowl.

Combine breadcrumbs and Parmesan cheese.

Dip eggplant slices in egg white mixture and dredge in breadcrumb mixture.

Place half of the eggplant on a baking sheet coated with cooking oil.

Broil 5 min. on each side or until browned.

Repeat with remaining eggplant; set aside.

Preheat oven 350.

Spread 1⁄2 of tomato mixture in a 13x9 x 9 baking dish coated with cooking oil. Arrange 1⁄2 eggplant over tomato mixture, top with 1⁄2 mozzarella cheese.

Repeat layers.

Bake 350 degrees for 30 min. or until bubbly.

Let stand for 5 min.

Yields 8 servings.

Fish & Vegetable Packets

4 lean fish filets (4 oz each)
1pkg (16 oz) frozen broccoli, cauliflower and carrots (or your preferred choice)
1 tsp dried dill weed
½ tsp salt
¼ tsp pepper
4 TBS fat-free chicken or vegetable broth.
Heat oven to 450 degrees.
Cut individual squares of aluminum foil with a sheet of parchment paper on top.
Place each fish filet on paper.
Fold up the sides of foil to create a 'tray'
Top each filet with ¼ of the vegetables, sprinkle with dill weed, salt and pepper.
Pour 1TBS broth over vegetables.
Bring up sides of foil to make a tent, fold top edges over to seal.
Place packets on an ungreased cookie sheet.
Bake until veggies are crisp-tender and fish flakes easily with fork (about 40 minutes)
Yields: 4 servings

OATMEAL PANCAKES

Makes12 small pancakes

INGREDIENTS
2 % cups old-fashioned oatmeal. dry
6 egg whites, stiffly beaten
1 cup nonfat vanilla flavored soy milk 1 tbsp. safflower oil
1 tsp. baking powder
1 tsp.best quality vanilla extract
1 tsp. grated lemon zest
1 tsp. cinnamon
1⁄2 cup unsweetened applesauce

DIRECTIONS
Process all ingredients in a blender or food processor until fairly smooth. Sparingly coat a griddle or frying pan with coconut oil or grapeseed oil. Make sure the griddle is hot. Using a half-cup measure ladle batter onto a hot surface and cook until firm (flipping on both sides). Top with unsweetened applesauce before serving.

NUTRIENT BREAKDOWN - per pancake Calories 66.5
Protein 4 g
Fat 2 g
Carbs 9 g

*Note: the protein content is dependent upon the milk choice used. Soy milk has a higher protein content than Cashew milk.

Italian-Style Spaghetti Squash

Ingredients:

2 pounds spaghetti squash, halved lengthwise and seeded
2 tablespoons olive oil
1 medium red onion, thinly sliced
1 zucchini (8 ounces), cut into ½" diced
4 medium tomatoes, diced
¼ teaspoon salt
¼ teaspoon coarsely ground pepper
½ cup reduced-fat grated Parmesan cheese (optional)
1 small lemon, sliced

Preparation:

Place the squash halves, cut sides down, in a glass baking dish.
Add ¼ cup water and cover with plastic wrap. Microwave on high for 8-10 minutes until tender; cool slightly.
Meanwhile, in a large skillet, heat 1 tablespoon of the oil.
Add the onion and cook over medium-high heat for 3 minutes until the onion is translucent. Add the zucchini and cook for 4-5 minutes until the zucchini begins to brown. Add the tomatoes, salt, and pepper. Reduce the heat; simmer gently for 10 minutes. Using a fork, scrape the squash strands into a bowl. Toss with the remaining tablespoon of oil. Mound the squash in the center of 4 pasta bowls and spoon the vegetable mixture around the squash. Drizzle with more oil, if desired, and garnish with Parmesan cheese, if using. Add the lemon slices.

Salsa Chicken

8 cups finely shredded romaine lettuce
3 tablespoons chili powder
1 teaspoon ground cumin
1 pound boneless, skinless chicken breast, cut into 1" pieces
2 large egg whites
2 tablespoons cooking oil
8. ounces chunky tomato salsa
½ cup fat-free sour cream
Cilantro sprigs (optional)

Divide the lettuce among 4 individual plates, cover and set aside. In a large bowl, combine the chili powder and cumin. Add the chicken, turning to coat. Lift the chicken from the bowl, shaking off the excess coating.
Dip the chicken into the egg whites, then coat again with the remaining dry mixture.
Heat the oil in a wide frying pan or wok over medium heat. When the oil is hot, add the chicken and stir-fry gently until no longer pink in the center. Cut to test (5-7 minutes). Remove the chicken from the pan and keep warm. Pour the salsa into the pan; reduce the heat to medium and cook, stirring, until the salsa is heated through and slightly thickened. Arrange the chicken over the lettuce; top with the salsa and sour cream cilantro.