

THE ULTIMATE

Clean Eating

COOKBOOK FOR BEGINNERS

1000

-Day Healthy Recipes and
4-Week Meal Plans to Help
You Living Health

Janet Douglas

Full
Color
Edition



The Ultimate Clean Eating Cookbook for Beginners

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Introduction



What is Clean Eating?

Clean eating has nothing to do with whether or not food is clean. It simply entails selecting minimally processed, whole foods that are high in nutrients. The concept is to eat foods as near to their natural condition as possible. Clean eating also includes choosing ethical and sustainable foods. The principles of eating clean urge you to eat more whole foods including fruits, vegetables, lean proteins, whole grains, and healthy fats while limiting overly processed snack meals, sweets, and other packaged foods.

8 Easy-to-Follow Guidelines to Help You Start Clean Eating and More Healthily

Consume More Fruits and Vegetables:

Fruits and vegetables are definitely healthful. They're high in fiber, vitamins, minerals, and plant chemicals, all of which assist to reduce inflammation and protect your cells from harm. In fact, a high fruit and vegetable intake has been linked to a lower risk of diseases including cancer and heart disease in several large observational studies. Fresh fruits and vegetables are great for clean eating since they may be eaten raw right after picking and washing. Organic fruits can help you go one step further with clean eating by decreasing pesticide exposure and perhaps improving your health.

Here are some simple methods to increase your intake of fruits and vegetables:

1. Include at least three different veggies in addition to greens in your salads to make them as colorful as possible.
2. Serve your favorite meals with berries, sliced apples, or orange slices.
3. Wash and cut the vegetables, then mix them with olive oil and herbs in a refrigerated container for quick access.

Limit Your Intake of Processed Foods:

Processed foods, which have been altered from their original condition, are in direct opposition to the clean eating lifestyle.

Most processed foods have lost some fiber and minerals while gaining sugar, chemicals, and other additives. Inflammation and an increased risk of heart disease have also been linked to processed meals.

Pay Attention to the Labeling:

Although clean eating emphasizes whole, fresh meals, certain packaged items, such as packaged vegetables, nuts, and meat, can be incorporated.

However, examine labels carefully to ensure that there are no preservatives, extra sugars, or harmful fats.

Many nuts, for example, are roasted in vegetable oil, which exposes them to heat damage.

Stop Consuming Refined Carbohydrates:

Refined carbohydrates are highly processed meals with minimal nutritional value that are easy to consume. Inflammation, insulin resistance, fatty liver, and obesity have all been related to refined carb intake in studies. Whole grains, on the other hand, which include more minerals and fiber, may help to decrease inflammation and improve intestinal health.

Vegetable Oils and Spreads Should Be Avoided:

Vegetable oils and margarines do not fulfill the clean eating requirements. For starters, they're made using a chemical extraction process, which means they're highly processed. Linoleic acid, an omega-6 fatty acid, is abundant in certain oils. It appears to promote inflammation in animals and isolated cells, thereby increasing your risk of weight gain and heart disease.

While artificial trans fats have been prohibited in the United States and other countries, tiny quantities may still be present in some margarines and spreads. Although all vegetable oils and spreads are discouraged in clean eating, it is vital to consume a modest quantity of good fats. Fatty fish, almonds, and avocado are just a few examples. If you can't totally eliminate vegetable oils, go for olive oil.

Avoid Added Sugar in Any Form:

If you're attempting to eat healthy, you must avoid additional sugar. Added sugar, on the other hand, is quite prevalent — and can even be present in meals that don't taste sweet, such as sauces and condiments. Fructose is abundant in both table sugar and high-fructose corn syrup. This chemical has been linked to obesity, diabetes, fatty liver, and cancer, and other health problems according to research. You may eat modest quantities of natural sugar — such as honey or maple syrup — on occasion while eating clean, depending on your health. If you have diabetes, metabolic syndrome, or other health problems, you should avoid any kinds of concentrated sugar, even those derived from natural sources. Furthermore, even natural sugar sources are nutritionally insignificant.

Consume foods in their natural, unsweetened condition for really clean eating. Learn to enjoy the rich flavors of nuts and other complete foods, as well as the sweetness of fruit.

Consume Alcohol in Moderation or Not at All:

Adding yeast to crushed grains, fruits, or vegetables and allowing the mixture to ferment produces alcohol. Moderate use of some forms of alcohol, notably wine, may be beneficial to your heart. Frequent alcohol use, on the other hand, has been linked to inflammation and has been linked to a variety of health issues, including liver illness, digestive difficulties, and extra belly fat.

Alcohol should be used in moderation or not at all if you are pursuing a clean eating diet.

Keep an Eye on Your Sodium Intake:

Similar to sugar, most of us consume considerably more salt than we need. Sodium intake should be limited to 2,300 milligrams per day, or roughly one teaspoon of salt, according to the Institute of Medicine. If you're over 50 or have high blood pressure, chronic renal disease, or diabetes, you should reduce your dose to 1,500 mg per day.

Salt is necessary for bringing out the taste of foods in clean eating recipes, but use it wisely and sparingly.

Food to Be Added in Clean Eating Diet

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.

Foods to Be Avoided

Over-processed foods, especially white flour and sugar, artificial sweeteners, sugary beverages, such as soda and juice, alcohol, foods with chemical additives like food dyes and sodium nitrite, foods with preservatives, artificial foods, such as processed cheese slices, saturated fats and trans fats.

Breakfast Recipes

Zucchini, Corn and Egg Casserole



Prep Time: 15 minutes

Cook Time: 1 hour

Serves: 8

Ingredients:

- 5 cups shredded zucchinis/summer squash (about 3 medium)
- 2 tablespoons butter
- 1 cup finely chopped onion
- a pinch of salt, plus ¼ teaspoon, divided
- 1½ cups corn kernels, fresh or frozen (thawed)
- 1¼ cups no-salt-added cottage cheese (see tips)
- 1 cup crumbled feta cheese
- ½ cup chopped red bell pepper
- ¼ cup chopped fresh dill
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon ground pepper
- 10 large eggs, lightly beaten

Preparation:

1. Preheat the oven to 350 °F . Spray a 9-inch-by-13-inch baking dish (or a 3-quart baking dish of equal size) with cooking spray.
2. Place the squash on a clean kitchen towel and squeeze out any extra liquid.
3. In a large skillet, melt butter over medium heat. Cook, stirring periodically, for 5 to 8 minutes, or until golden brown. Add the squash and a pinch of salt. Cook until very soft and dry about 4 minutes more.
4. Place the squash mixture in a large mixing basin. Stir together the corn, cottage cheese, feta, bell pepper, dill, flour, baking powder, pepper, and the remaining ¼ teaspoon of salt. Add the eggs and mix well. Pour the mixture into the baking dish that has been prepared.
5. Bake for approximately 40 minutes, or until the center is set and the sides are gently browned. Allow 10 minutes to rest before serving.

Serving Suggestion: Serve with bread.

Variation Tip: Add spices for your taste but control salt.

Nutritional Information Per Serving:

Calories 244 | Protein 17.2g | Carbohydrates 13.7g | Dietary Fiber 1.8g | Sugars 6.5g | Fat 13.8g | Sodium 428.8mg

Vegetable and Egg Scramble



Prep Time: 30 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

- 2 tablespoons olive oil
- 12 ounces baby potatoes, thinly sliced
- 4 cups thinly sliced vegetables, such as mushrooms, bell peppers, and zucchini (14 ounces)
- 3 scallions, thinly sliced, green and white parts separated
- 1 teaspoon minced fresh herbs, such as rosemary or thyme
- 6 large eggs (or 4 large eggs plus 4 egg whites), lightly beaten
- 2 cups packed leafy greens, such as baby spinach or baby kale (2 ounces)
- ½ teaspoon salt

Preparation:

1. In a large cast-iron or nonstick skillet, heat the oil over medium heat. Cover and simmer, turning occasionally, until the potatoes begin to soften, about 8 minutes.
2. Add the sliced veggies and scallion whites and simmer, uncovered, for 8 to 10 minutes, or until the vegetables are soft and lightly browned. Add the herbs and mix well. Place the veggie mixture around the pan's edge.
3. Turn the heat down to medium-low. In the center of the pan, place the eggs and scallion leaves. Cook, stirring constantly, for about 2 minutes, or until the eggs are gently scrambled.
4. Toss the eggs with the leafy leaves. Remove from the heat and whisk thoroughly to blend. Add salt and mix well.

Serving Suggestion: Serve with sweet chili sauce.

Variation Tip: Black pepper or any other spice can be added.

Nutritional Information Per Serving:

Calories 254 | Protein 12.4g | Carbohydrates 19.7g | Dietary Fiber 4.3g | Sugars 4.5g | Fat 14.2g | Sodium 415mg

Herbed Tomato Gratin



Prep Time: 15 minutes

Cook Time: 1 hour

Serves: 8

Ingredients:

- 3 tablespoons extra virgin olive oil
- 4 cups crusty whole-grain bread cubes (½-inch)
- ⅓ cup heavy cream
- ½ cup finely shredded Pecorino Romano cheese, divided
- 2 tablespoons chopped fresh marjoram, plus more for garnish
- 3 cloves garlic, minced
- 1 tablespoon sherry vinegar
- ½ teaspoon salt
- ½ teaspoon ground pepper

- 3 pounds medium heirloom tomatoes, sliced to ¼ inch thick

Preparation:

1. Preheat the oven to 400 °F . Spray a 9-inch-by-13-inch pan (or a 3-quart baking dish of equal size) with cooking spray.
2. In a large skillet, heat the oil over medium heat. Cook, tossing periodically, until the bread is golden and crispy, about 6 to 8 minutes.
3. Place the bread in a large mixing basin. Cream, ¼ cup of cheese, marjoram, garlic, vinegar, salt, and pepper are gently stirred in. Pour the mixture into the baking dish and spread it out evenly. Sprinkle the remaining ¼ cup of cheese on top of the tomatoes.
4. Bake the gratin for 40 to 45 minutes, or until golden and crispy on top. If desired, garnish with marjoram.

Serving Suggestion: Served with any chutney or yogurt.

Variation Tip: Add olive oil instead.

Nutritional Information Per Serving:

Calories 241 | Protein 8.4g | Carbohydrates 25.9g | Dietary Fiber 5.3g | Sugars 7.5g | Fat 12g | Sodium 387.6mg

Breakfast Smoothie



Prep Time: 2 minutes

Cook Time: 0 minutes

Serves: 1

Ingredients:

Smoothie:

- ½ cup frozen mango
- ½ cup frozen pineapple
- ½ frozen banana
- ⅓ cup coconut water

Toppings:

- ¼ cup chopped fresh pineapple
- 2 tablespoons pomegranate seeds
- 1 tablespoon unsweetened coconut flakes

Preparation:

1. In a blender, combine all of the smoothie ingredients and mix until smooth. You may need to add a little extra coconut water to help the blending process, depending on the power of your blender.
2. Pour the mixture into a bowl and top with the toppings.

Serving Suggestion: Sprinkle with shredded coconut.

Variation Tip: Ice cubes can be added to help thicken your smoothie.

Nutritional Information Per Serving:

Calories 240 | Protein 3.26g | Carbohydrates 53.9g | Dietary Fiber 7.8g | Sugars 4g | Fat 3.98g | Sodium 88mg

Egg-Topped Quinoa Bowl with Kale



Prep Time: 12 minutes

Cook Time: 12 minutes

Serves: 2

Ingredients:

- 1 ounce finely chopped pancetta
- 1 bunch lacinato kale, thinly sliced (about 5 ounces)
- ½ cup halved cherry tomatoes
- 1 teaspoon red wine vinegar
- ⅛ teaspoon kosher salt
- 1 cup cooked quinoa
- ⅓ cup sliced avocado
- 1 teaspoon olive oil
- 2 large eggs
- ⅛ teaspoon freshly ground black pepper
- ½ teaspoon hot sauce (optional)

Preparation:

1. Over medium heat, heat a large nonstick skillet. Add pancetta. Cook, stirring periodically, for 3 minutes or until pancetta is browned. Add the lacinato kale and cook for 2 minutes, or until the kale wilts. Remove from heat and stir in tomatoes, vinegar, and salt.
2. Divide the quinoa into two dishes and top with the kale mixture. Place avocado slices on top of the kale mixture. Return to medium heat after wiping the pan dry with a paper towel.
3. Add oil to pan and swirl to coat. Crack eggs into the pan, one at a time. Cook for 2 minutes. Cover and cook 1 minute or until whites are set. Top each bowl with 1 egg.

Serving Suggestion: Sprinkle evenly with pepper and hot sauce, if desired.

Variation Tip: Add spices of our choice.

Nutritional Information Per Serving:

Calories 340 | Protein 16g | Carbohydrates 31g | Dietary Fiber 6g | Sugars 4g | Fat 17.5g | Sodium 491mg

Fresh Herb Omelet



Prep Time: 15 minutes

Cook Time: 10 minutes

Serves: 1

Ingredients:

- 2 large eggs
- 1 tablespoon reduced-fat sour cream
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- 2 teaspoons olive oil
- $1\frac{1}{2}$ teaspoons chopped basil
- $1\frac{1}{2}$ teaspoons grated Parmesan cheese
- 1 teaspoon chopped chives

Preparation:

1. Combine the eggs, sour cream, salt, and pepper in a mixing bowl.
2. In a nonstick skillet, heat the olive oil over medium heat. Cook for 1 minute after adding the egg mixture. With a rubber spatula, lift the omelet's edges and tilt the pan to roll the uncooked egg to the bottom. Cook for 1 minute, then top with basil, Parmesan, and chives. Fold in half with a spatula around the edges.

Serving Suggestion: Serve with bread.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 259 | Protein 14g | Carbohydrates 2g | Dietary Fiber 1.2g| Sugars 1g| Fat 21.1g | Sodium 430mg

Omelet with Turmeric, Tomato, and Onions



Prep Time: 10 minutes

Cook Time: 10 minutes

Serves: 2

Ingredients:

- 4 large eggs
- 0.38 teaspoon kosher salt
- 1 tablespoon olive oil
- ¼ teaspoon brown mustard seeds
- ⅛ teaspoon turmeric
- 2 green onions, finely chopped
- ¼ cup diced plum tomato
- dash of black pepper

Preparation:

1. Combine the eggs and salt in a mixing bowl.
2. In a large cast-iron skillet, heat the oil over medium-high heat. Stir in the mustard seeds and turmeric for 30 seconds, or until the seeds burst. Cook, stirring regularly, for 30 seconds or until onions are tender. Cook, stirring often, for 1 minute or until tomato is very soft.
3. Pour the egg mixture into the pan and smooth it out evenly. Cook until the edges begin to firm up (about 2 minutes).
4. Slide the front edge of the spatula between the omelet's edge and the pan's edge.
5. Lift the omelet's edge gently, tilting the pan to enable some uncooked egg mixture to contact the pan.
6. Rep the procedure on the other side. Cook until the middle is just set (about 2 minutes).
7. Loosen omelet with a spatula, and fold in half.
8. Carefully slide omelet onto a platter. Cut omelet in half, and sprinkle with black pepper.

Serving Suggestion: Serve with bread.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 216 | Protein 13.3g | Carbohydrates 3.4g | Dietary Fiber 0.9g | Sugars 4g | Fat 16.9g | Sodium 504mg

Avocado Toast with Salsa



Prep Time: 5 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients:

- 1 teaspoon olive oil
- 4 large eggs
- 1 peeled ripe avocado, mashed
- 4 (1-ounce) slices hearty whole-grain bread, toasted
- 1 cup alfalfa sprouts
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ cup refrigerated fresh salsa

Preparation:

1. In a large nonstick skillet, heat the oil over medium heat. Swirl the oil around in the pan to coat it. Cook for 2 minutes after cracking eggs into pan. Cook for 2 more minutes, or until desired degree of doneness is reached.
2. Using a fork, spread one-fourth of an avocado over each slice of bread. Place $\frac{1}{4}$ cup of sprouts on top of mashed avocado on each slice of bread. One cooked egg on each slice of bread.
3. Season eggs with salt and black pepper to taste. Top each assembled avocado toast with 2 tablespoons of fresh salsa.

Serving Suggestion: Add spices.

Variation Tip: Skip the bread if you like.

Nutritional Information Per Serving:

Calories 304 | Protein 19g | Carbohydrates 16g | Dietary Fiber 2g | Sugars 4g | Fat 18g | Sodium 505mg

Poultry Recipes

Creamy Tuscan Chicken



Prep Time: 20 minutes

Cook Time: 10 minutes

Serves: 4

Ingredients:

- 4 chicken thighs, boneless and skinless
- 1 tablespoon coconut oil or olive oil plus additional if needed
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 small onion chopped
- 4 cloves garlic minced
- 1 tablespoon tapioca flour or arrowroot
- 1 cup chicken bone broth
- ½ cup coconut milk full fat, blended before adding if needed
- ½ tablespoon stone ground mustard
- 1½ tablespoons nutritional yeast optional
- 1 teaspoon homemade Italian seasoning blend
- ¼ teaspoon sea salt or to taste
- ⅛ teaspoon black pepper or to taste
- ⅔ cup sun dried tomatoes roughly chopped
- 1½ cups baby spinach roughly chopped

Instructions

1. Sea salt, pepper, garlic powder, and onion powder are used to season the chicken.
2. Cook the chicken thighs in a large pan with the coconut oil over medium-high heat for 5 to 7 minutes on each side or until browned and no longer pink in the middle. Remove the chicken from the pan and place it on a dish.
3. Cook the onions over medium heat, adding more oil if required, until tender, then mix in the garlic and cook for another 45 seconds.

4. Add the tapioca flour or arrowroot, then the broth and coconut milk, whisking constantly. Stir in the mustard, yeast, Italian seasoning, sea salt, and pepper to blend. Cook, stirring constantly, over medium-high heat until it thickens.

5. Allow the spinach and sun-dried tomatoes to cook until the spinach has wilted and the tomatoes have softened. Return the chicken to the skillet and cook for another 2 minutes.

Serving Suggestion: Serve over cauliflower rice, zucchini noodles, or with roasted potatoes.

Variation tip: You can add spices of your choice.

Nutritional Information Per Serving:

Calories 380 | Protein 29g | Carbohydrates 5g | Dietary Fiber 1g | Sugars 2g | Fat 28g| Sodium 250mg

Slow-Cooker Chicken



Prep Time: 20 minutes

Cook Time: 4 hours

Serves: 1

Ingredients:

- 6 celery ribs cut into 2-inch pieces
- 2 carrots, peeled and cut into 1½ inch pieces
- 1 red onion peeled and cut into 8 wedges
- 8 ounces red potatoes cut into 1-inch pieces
- 5 garlic cloves, peeled and smashed
- 4 sprigs of rosemary
- 4 sprigs of thyme
- 2 teaspoons kosher salt plus more for seasoning
- 1½ teaspoons paprika
- ½ teaspoon black pepper plus more for seasoning
- ½ teaspoon dried thyme or 1 teaspoon chopped fresh
- 4 teaspoons olive oil plus more for brushing
- 4 to 5 pounds chicken
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour

Preparation:

For Chicken:

1. Arrange celery, carrots, onion, garlic cloves, rosemary, and thyme sprigs into a 6 quart slow cooker bowl, creating a nest for the chicken.
2. Combine salt, paprika, black pepper, dried thyme, and olive oil in a small bowl to make a seasoning paste.
3. Remove the giblets and neck from the chicken. Dry the outside and inside of the chicken with paper towels.
4. Spread the seasoning paste evenly over the chicken skin. Place the chicken breast side up on the vegetables.
5. Cover and cook on the “High” setting for 4 to 5 hours, or “Low” setting for 6 to 8 hours, or until the breasts reach an internal temperature of 160 to 165°F, and thighs reach 170°F.

For Crispy Skin (OPTIONAL):

1. Carefully transfer chicken to a foil-lined baking tray with a rack on top. Brush the chicken with olive oil and broil 10-inches away from the top of the oven until the skin is browned and crisp, about 5 minutes.
2. To further brown the vegetables, transfer to a foil-lined baking tray and broil 10-inches away from the top of the oven for about 8 to 10 minutes.
3. Transfer chicken to a carving board and rest for 15 minutes before carving.
4. To serve, add vegetables to a platter and place carved chicken on top.
5. For Gravy:
6. Transfer chicken drippings to a fat separator. Heat a medium sized pan over medium heat.
7. Melt 2 tablespoons of unsalted butter in the pan and then whisk in 2 tablespoons of flour. Once a pale roux

is formed, turn the heat up to medium-high.

8. Gradually whisk in 1 cup defatted chicken drippings. Stir continuously until thickened, about 2 minutes. Add more chicken drippings for a thinner sauce. Season gravy with salt and pepper.

Serving Suggestion: Serve with tortilla.

Variation Tip: Add different spices to enhance its flavor.

Nutritional Information Per Serving:

Calories 774 | Protein 105g | Carbohydrates 21g | Dietary Fiber 3g | Sugars 4g | Fat 30g | Sodium 545mg

Chicken with Orzo Salad



Prep Time: 40 minutes

Cook Time: 40 minutes

Serves: 4

Ingredients:

- 2 skinless, boneless chicken breasts (8 ounces each), halved
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon lemon zest
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ¾ cup whole-wheat orzo
- 2 cups thinly sliced baby spinach
- 1 cup chopped cucumber
- 1 cup chopped tomato
- ¼ cup chopped red onion
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped Kalamata olives
- 2 tablespoons lemon juice
- 1 clove garlic, grated
- 2 teaspoons chopped fresh oregano

Preparation:

1. Preheat the oven to 425 ° F.
2. One tablespoon of oil, lemon zest, and ¼ teaspoon of salt and pepper on chicken. In a baking dish, combine all of the ingredients. Bake for 25 to 30 minutes, or until an instant-read thermometer inserted in the thickest portion registers 165 ° F.
3. Meanwhile, in a medium saucepan over high heat, bring a quart of water to a boil. Cook for 8 minutes after adding the orzo.
4. Cook for a further minute after adding the spinach. Rinse with cold water after draining. Drain thoroughly and place in a large mixing bowl. Cucumber, tomato, onion, feta, and olives are all good additions. To mix, stir everything together.
5. In a small dish, combine the remaining 2 tablespoons of oil, lemon juice, garlic, oregano, and the remaining ¼ teaspoon of salt and pepper. All except 1 tablespoon of the dressing should be incorporated into the orzo mixture.

Serving Suggestion: Serve with sauce and enjoy it.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 402 | Protein 32g | Carbohydrates 28.3g | Dietary Fiber 6.4g | Sugars 2.8g | Fat 7.5g | Sodium 512.7mg

Piri-Piri Chicken with Smashed Sweet Potatoes and Broccoli



Prep Time: 20 minutes

Cook Time: 55 minutes

Serves: 2

Ingredients:

- 3 large sweet potatoes (about 900g), peeled and cut into large chunks
- oil, for drizzling
- 6 to 8 chicken thighs, skin left on
- 2 red onions, cut into wedges
- 25g sachet piri-piri spice mix (or a mild version, if you like)
- 300g long-stem broccoli

Preparation:

1. Heat the oven to 180°C/160°C with on fan of oven/gas mark 4.
2. Toss the sweet potatoes in a large roasting pan with a liberal splash of oil and some salt.
3. Toss the chicken with the onions, spice mix, a drizzle of oil, and some seasoning at one end of the tin, then push the potatoes to the other.
4. Then roast for 40 minutes, stirring halfway through.
5. Toss the broccoli into the pan and set aside. drizzle with a little oil and season, then roast for 10 to 15 minutes more.
6. Take the chicken, onions, and broccoli out of the pan and set aside. Using a fork, mash the potatoes coarsely, including all of the chicken juices and spices from the pan.
7. Spread the mash on the bottom of the tin, then top with the broccoli, chicken, and onions, and serve straight from the tin in the center of the table.

Serving Suggestion: Serve with tortilla.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 662 | Protein 32g | Carbohydrates 74g | Dietary Fiber 15g | Sugars 40g | Fat 23g | Sodium 2.1g

Hummus-Crusted Chicken



Prep Time: 5 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

- $\frac{2}{3}$ cup prepared hummus
- 1 teaspoon ground cumin
- 1 teaspoon lemon zest (from 1 lemon)
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 4 (6-ounce) boneless, skinless chicken breasts
- $\frac{1}{4}$ cup toasted sesame seeds
- 2 tablespoons chopped fresh parsley
- lemon wedges for serving

Preparation:

1. Preheat the oven to 400 °F . Using foil, line a rimmed baking sheet.
2. In a small bowl, combine the hummus, cumin, lemon zest, paprika, salt, and pepper. Evenly coat both sides of the chicken breasts with the mixture. Sprinkle sesame seeds on both sides and gently press to adhere. Place on the pan that has been prepared.
3. Roast the chicken until it reaches 160 degrees on an instant-read thermometer placed in the thickest portion, about 20 minutes. Let stand for 5 minutes (the temperature will increase to 165 °F .).
4. Sprinkle with parsley and serve with lemon wedges.

Serving Suggestion: Serve with tortilla and enjoy it.

Variation Tip: Add pepperoni to give it extra flavor.

Nutritional Information Per Serving:

Calories 307 | Protein 39.4g | Carbohydrates 8.7g | Dietary Fiber 4g | Sugars 0.1g | Fat 12.5g | Sodium 386.6mg

Chicken, Avocado and Quinoa Bowls



Prep Time: 15 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

Roasted Chicken Thighs:

- 5 boneless, skinless chicken thighs (about 1.25 pounds), trimmed
- ½ teaspoon ground pepper
- ¼ teaspoon salt

Quinoa:

- 3 cups low-sodium chicken broth
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- 1½ cups quinoa

Italian Dressing:

- ¾ cup red-wine vinegar
- 5 tablespoons water
- 1½ tablespoons sugar
- 1 tablespoon Dijon mustard
- 1 large clove garlic
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1¾ cups extra-virgin olive oil

Toppings:

- 1 (15-ounce) can chickpeas, rinsed
- 1 avocado, sliced
- 6 radishes, thinly sliced
- 1 cup sprouts or shoots
- ¼ cup toasted seeds or chopped nuts

Preparation:**Cook Chicken:**

1. Preheat the oven to 425 °F .
2. Place the chicken on a baking pan and bake it. ½ teaspoon of ground pepper and ¼ teaspoon of salt, to taste.
3. Bake the chicken for 14 to 16 minutes, or until an instant-read thermometer inserted in the thickest portion registers 165°F. 4 thighs, sliced.

Prepare the Quinoa:

1. Combine broth, 1 tablespoon of oil, and ¼ teaspoon of salt in a sauce pan. Bring to a boil over high heat, then reduce to a low heat. Return to a low heat and stir in the quinoa.
2. Reduce heat to low and continue to cook for 15 to 20 minutes, or until the quinoa has absorbed all of the liquid and the grains have burst.
3. Take the pan off the heat, cover it, and set it aside for 5 minutes. (Set aside 2 cups for later.)

Make the Dressing:

1. In a blender, combine the vinegar, water, sugar, mustard, garlic, basil, oregano, salt, and pepper. Puree till smooth. Slowly drizzle in the oil and purée until the mixture is creamy. (Refrigerate 1¾ cups in a big mason jar for up to one week.)
2. build the bowls
3. 3 cups of quinoa, divided into 4 big shallow dishes. Sprinkle seeds over the chicken, chickpeas, avocado, radishes, and sprouts.
4. Drizzle ¾ cup of dressing on top.

Serving Suggestion: Serve with tortilla.

Variation Tip: Sprinkle parmesan cheese.

Nutritional Information Per Serving:

Calories 753 | Protein 34.4g | Carbohydrates 43.3g | Dietary Fiber 10.3g | Sugars 4.9g | Fat 50g | Sodium 489.8mg

Creamy Lemon Chicken



Prep Time: 30 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

- ⅓ cup all-purpose flour
- 2 large eggs, lightly beaten
- ¾ cup whole-wheat panko breadcrumbs
- ½ cup grated Parmesan cheese, divided
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 4 4-ounce chicken breast cutlets
- 3 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, minced
- 1 cup low-sodium chicken broth
- ¼ cup lemon juice
- ¼ teaspoon salt
- ½ cup half-and-half
- ¼ cup chopped fresh parsley

Preparation:

1. Preheat the oven to 400 °F .
2. Fill a small dish halfway with flour. In a separate shallow bowl, beat the eggs. In a third shallow dish, combine panko, ¼ cup of Parmesan cheese, Italian seasoning, and garlic powder. Coat each cutlet in flour one at a time, brushing off any excess flour. Toss into the egg mixture and coat well. Toss in the panko mixture and coat well. Discard any remaining flour, egg and panko mixture.
3. In a large skillet, heat 1 tablespoon of oil over medium-high heat. Cook for 1 to 2 minutes per side, turning once, until golden brown. Place on a large baking sheet to cool.
4. Reduce to medium heat and add 1 tablespoon more oil to the pan. Cook the remaining two cutlets for 1 to 2 minutes each side, turning once, until browned on both sides. Place the baking sheet on top of it. Bake the cutlets until cooked throughout, about 10 minutes.
5. Wipe out the pan in the meantime. Over medium-high heat, add the remaining 1 tablespoon oil. Cook, stirring constantly, for 30 seconds, or until garlic is aromatic. Toss with the broth, lemon juice, and salt in a pan. Bring the water to a boil.
6. In a separate bowl, whisk together the half-and-half and 1 tablespoon of flour. Add to the broth mixture and simmer, stirring constantly, for 8 to 10 minutes, or until reduced by half and thickened enough to coat the back of a spoon. Remove the pan from the heat.
7. Place the cutlets on a large serving dish. Drizzle with the remaining ¼ cup of Parmesan cheese and parsley before serving.

Serving Suggestion: Serve with lemon wedges.

Variation Tip: Sprinkle some onions to add more to its flavor.

Nutritional Information Per Serving:

Calories 378 | Protein 31.2g | Carbohydrates 15.2g | Dietary Fiber 1.4g | Sugars 2.3g | Fat 20.8g | Sodium 465.9mg

Chicken Cordon Bleu



Prep Time: 10 minutes

Cooking time: 15 minutes

Serves: 4

Ingredients:

- 4 boneless, skinless chicken breasts (1¼ to 1½ pounds), trimmed and tenders removed
- ½ teaspoon freshly ground pepper, divided
- ¼ teaspoon salt
- ⅓ cup shredded Swiss cheese
- 2 tablespoons reduced-fat cream cheese
- ¼ cup coarse dry whole-wheat breadcrumbs (see Note)
- 1 tablespoon chopped fresh parsley or thyme
- 4 teaspoons extra-virgin olive oil, divided
- ¼ cup chopped ham (about 1 ounce)

Preparation:

1. Preheat the oven to 400 °F .
2. Season the chicken with a quarter teaspoon of pepper and a pinch of salt.
3. In a mixing dish, combine the cheese and cream cheese.
4. In a separate dish, combine the remaining ¼ teaspoon of pepper, breadcrumbs, parsley (or thyme), and 2 tablespoons of oil.
5. In a large ovenproof nonstick pan, heat the remaining 2 tablespoons of oil over medium heat.
6. Cook the chicken until both sides are browned, about 2 minutes each side. Place the chicken in the center so that all of the pieces are in contact.
7. Spread the cheese mixture on top, then top with the ham and breadcrumb mixture.
8. Bake for 5 to 7 minutes, or until the chicken is no longer pink in the center and an instant-read thermometer reads 165 °F .

Serving Suggestion: Serve with tortilla if desired.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 324 | Protein 28.1g | Carbohydrates 4.3g | Dietary Fiber 0.6g | Sugars 0.6g | Fat 12.1g | Sodium 347.9mg

Sweet and Sour Chicken



Prep Time: 20 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients:

- ¼ cup no-salt-added ketchup
- ¼ cup pineapple juice
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons toasted sesame oil, divided
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 8 ounces small broccoli florets
- 2 cups chopped red bell pepper
- 1 cup diagonally sliced scallions (1-inch)
- 3 cups cooked brown rice

Preparation:

1. In a small bowl, combine ketchup, pineapple juice, soy sauce, vinegar, honey, salt, and pepper.
2. In a large skillet, heat 1 tablespoon of oil over high heat. Cook, rotating periodically, until chicken is browned on both sides with continuously stirring for 4 to 5 minutes. Place on a platter to cool.
3. Return to high heat and add the remaining 1 tablespoon of oil after wiping the pan clean. Cook, stirring occasionally, until the broccoli and bell pepper are browned, about 5 minutes.
4. Add scallions and cook for 1 minute. Return the chicken to the pan and add the ketchup mixture. Cook until the ketchup coats the chicken.

Serving Suggestion: Serve in shallow bowl over rice.

Variation Tip: Add chili sauce to enhance flavor.

Nutritional Information Per Serving:

Calories 245 | Protein 29.9g | Carbohydrates 55.7g | Dietary Fiber 6.3g | Sugars 12.9g | Fat 11.1g| Sodium 624.1mg

Asian Ginger Chicken



Prep Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients:

- 4 small skinless boneless chicken breast halves (5 ounces each)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons olive oil
- 8 ounces fresh asparagus, trimmed and cut into 1-inch pieces (2 cups)
- 2 cups packaged julienne-cut carrots
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons grated fresh ginger
- 1 ⅓ cups hot cooked brown rice
- ¼ teaspoon crushed red pepper (optional)

Preparation:

1. Season the chicken with black pepper and salt. Heat the oil in a large nonstick skillet over medium-high heat. Toss the chicken into the skillet. Reduce heat to medium-low and cook for 8 to 12 minutes, or until chicken is no longer pink and juices run clear (170°F), flipping once halfway through.
2. Meanwhile, in a big pot, place a steamer basket. Add enough water to slightly cover the bottom of the pot. Bring the water to a boil.
3. In a steamer basket, place the asparagus and carrots. Cover and turn down the heat. Steam for 5 to 7 minutes, or until crisp-tender. Place the veggies in a serving dish.

Serving Suggestion: To serve, stir the soy sauce and ginger into the vegetables and/or hot cooked brown rice. Divide rice and vegetable mixture among four dinner plates; top with chicken.

Variation Tip: If desired, sprinkle with crushed red pepper.

Nutritional Information Per Serving:

Calories 290 | Protein 36.7g | Carbohydrates 23.9g | Dietary Fiber 4.3g | Sugars 4.4g | Fat 4.8g | Sodium 428.1mg

Shortcut Chicken Mole



Prep Time: 20 minutes

Cook Time: 20 minutes

Serves: 2

Ingredients:

- ¾ cup quick-cooking rice
- nonstick cooking spray
- 1 medium red or yellow sweet pepper, cut into bite-size pieces
- ½ of a small onion, cut into thin wedges
- 6 ounces cooked chicken, cut into bite-size strips
- 1 cup purchased salsa
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon ground cumin
- 1 fresh herb sprigs

Preparation:

1. Cook rice according to package directions; keep warm.
2. In the meantime, spray a big nonstick skillet with nonstick cooking spray that hasn't been heated.
3. Preheat the oven to 350°F. In a heated skillet, add the sweet pepper and onion. Cook for 3 to 5 minutes, stirring occasionally, or until crisp-tender.
4. In a pan, combine the chicken, salsa, chocolate powder, and cumin. Heat until well heated, stirring constantly.
5. Serve the chicken with heated rice. Garnish with fresh herb sprigs if desired.

Serving Suggestion: Serve hot.

Variation Tip: Add granulated coriander.

Nutritional Information Per Serving:

Calories 354 | Protein 29.8g | Carbohydrates 41.2g | Dietary Fiber 2.9g | Sugars 6.4g | Fat 7.3g | Sodium 356.3mg

Cilantro-Lime Chicken Bowls



Prep Time: 45 minutes

Cook Time 45 minutes

Serves: 6

Ingredients:

- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon chipotle chili powder or mild chili powder
- $\frac{1}{4}$ teaspoon ground pepper
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{1}{4}$ cup chopped fresh cilantro
- 1 medium red onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 cups cooked brown rice
- 1 medium tomato, chopped
- 1 tablespoon chopped jalapeño pepper (optional)
- 1 (15-ounce) can reduced-sodium black beans, rinsed
- $\frac{1}{2}$ cup crumbled Queso Fresco (2.5 ounces)
- 1 lime, cut into 4 wedges

Preparation:

1. In a medium bowl, toss the chicken with $\frac{1}{4}$ teaspoon of salt, chipotle powder, and pepper. In a large skillet, heat 2 tablespoons of oil over medium-high heat. Cook, turning occasionally, until the chicken is browned and cooked through, about 6 to 8 minutes. Allow the chicken to cool slightly in a clean dish. Set aside after tossing with cilantro.
2. In the meantime, add the remaining 1 tablespoon of oil to the pan. $\frac{1}{4}$ teaspoon of salt, onion, red pepper, and green pepper. Cook, stirring occasionally, for 6 to 8 minutes over medium heat, until the veggies have softened and are beginning to brown. If the veggies are becoming too black, turn down the heat.
3. In a medium bowl, combine the rice, tomato, jalapeño, if using, and the remaining $\frac{1}{4}$ teaspoon of salt.
4. Divide the black beans, chicken combination, bell pepper mixture, and rice mixture into four microwave-safe containers in equal amounts. Top each with a lime wedge and Queso Fresco. Place in the refrigerator until ready to use (up to 4 days).
5. Remove the lime wedge before reheating. Microwave each container for 1 to 2 minutes on High, or until well cooked.

Serving Suggestion: Squeeze the lime wedge over the top.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 511 | Protein 36.8g | Carbohydrates 48.7g | Dietary Fiber 8.3g | Sugars 7.7g | Fat 18.6g | Sodium 689mg

Beef and Lamb Recipes

Herbed Lamb Chops with Greek Couscous Salad



Prep Time: 5 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

- 1 cup water
- 1 tablespoon minced garlic
- 1 tablespoon finely chopped fresh parsley
- ¼ teaspoon salt
- 2½ pounds lamb loin chops, (about 8), trimmed of fat
- 2 teaspoons extra-virgin olive oil
- ½ cup whole-wheat couscous
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled and chopped
- ½ cup crumbled feta
- 3 tablespoons lemon juice
- 2 tablespoons finely chopped fresh dill

Preparation:

1. In a medium saucepan, bring water to a boil.
2. In a small bowl, combine the garlic, parsley, and salt. The garlic mixture should be pressed into both sides of the lamb chops.
3. In a large nonstick skillet, heat the oil over medium-high heat. Cook the lamb chops until done to your liking, about 5 to 6 minutes each side for medium. Keep yourself warm.
4. Stir the couscous into the boiling water in the meantime. Return to a boil, then reduce to a low heat. Remove from the fire and let aside for 5 minutes, covered, to fluff with a fork. Place in a medium mixing basin.
5. Tomatoes, cucumber, feta, lemon juice, and dill are added to the salad. To mix, stir everything together.
6. Serve the lamb chops with couscous.

Serving Suggestion: Serve with bread.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 368 | Protein 37.6g | Carbohydrates 24.3g | Dietary Fiber 4.3g | Sugars 3.3g | Fat 13.7g | Sodium 384.9mg

Freekeh Tabbouleh with Spiced Lamb Kofta



Prep Time: 10 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

- 2 cups water
- $\frac{3}{4}$ cup freekeh
- 2 tablespoons grated onion
- 2 cloves garlic, grated or minced, divided
- 1 teaspoon ground cumin
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper
- 1 cup low-fat plain Greek yogurt
- 1 pound lean ground lamb
- 3 tablespoons extra-virgin olive oil, divided
- 3 tablespoons lemon juice
- $1\frac{1}{2}$ cups diced English cucumber
- $1\frac{1}{2}$ cups chopped fresh parsley
- 1 cup halved grape tomatoes

Preparation:

1. In a medium saucepan, combine the water and freekeh; bring to a boil over high heat. Cook until the liquid is absorbed, 12 to 15 minutes for cracked freekeh and 20 to 25 minutes for entire freekeh, covered, over a low heat. Remove from heat and let aside for 5 minutes, covered. Any leftover liquid should be drained and placed aside to cool.
2. In a large mixing bowl, combine onion, half of the garlic, cumin, $\frac{1}{2}$ teaspoon of salt, and pepper. Scoop half of the mixture into a smaller dish and stir in the yoghurt until well combined; keep aside for serving. Use your hands to gently incorporate the remaining spice mixture with the lamb. Make 8 oblong patties using the lamb mixture.
3. In a large nonstick pan, heat 2 teaspoons of oil over medium-high heat. Add the patties, lower heat to medium, and cook, flipping once or twice, for 8 to 12 minutes, or until an instant-read thermometer inserted in the middle registers 165 °F .
4. In a large mixing bowl, combine the remaining 3 teaspoons of oil, lemon juice, the remaining garlic, and $\frac{1}{4}$ teaspoon of salt. Toss the cucumber, parsley, tomatoes, and chilled freekeh together carefully.
5. Serve the lamb patties with the freekeh tabbouleh and spiced yogurt.

Serving Suggestion: Serve with rice.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 508 | Protein 30.6g | Carbohydrates 33.4g | Dietary Fiber 7.8g | Sugars 5.3g | Fat 28.3g | Sodium 537.5mg

Orzo with Lamb, Olives and Feta



Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients:

- 6 ounces lean ground lamb, or ground beef
- 1½ teaspoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cinnamon
- ½ teaspoon crumbled dried rosemary, or oregano
- ¼ teaspoon crushed red pepper, (optional)
- 1 14-ounce can whole tomatoes, undrained
- 2 tablespoons chopped, pitted black olives
- salt & freshly ground black pepper, to taste
- 12 ounces orzo
- ¼ cup crumbled feta cheese

Preparation:

1. Bring a large pot of salted water to a boil.
2. Cook the lamb in a small pan over medium heat for 3 to 5 minutes, turning occasionally. Drain the liquid using a strainer over a bowl.
3. Heat the oil in a Dutch oven or large deep pan over medium heat. Cook, stirring occasionally, for 4 to 5 minutes, or until the onion is softened.
4. Cook, stirring constantly, for 1 minute more, or until the garlic, cinnamon, rosemary (or oregano), and crushed red pepper, if using, are aromatic. Combine the lamb and the vegetables.
5. Puree the tomatoes and their liquids in a food processor until smooth. Add to the meat mixture and cook for about 10 minutes, stirring occasionally, or until the sauce has thickened. Remove the pan from the heat and stir in the olives. Salt & pepper to taste.
6. Meanwhile, cook orzo according to package directions until just cooked, approximately 8 minutes. Drain the pasta and mix it with the sauce. Serve garnished with feta.

Serving Suggestion: Serve with rice.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 461 | Protein 22.7g | Carbohydrates 72.2g | Dietary Fiber 5.5g | Sugars 7.1g | Fat 9.2g | Sodium 323.6mg

Greek Lamb Meatballs



Prep Time: 10 minutes

Cook Time: 40 minutes

Serves: 6

Ingredients:

- 8 ounces mushrooms, chopped
- 1 small onion, chopped
- 1 stalk celery, sliced
- 4 cloves garlic
- 1 tablespoon extra-virgin olive oil
- ½ cup fine dry breadcrumbs
- ¼ cup toasted pine nuts
- ¼ cup crumbled feta cheese
- 1 tablespoon dried mint
- 1 tablespoon dried oregano
- zest of 1 lemon
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound lean ground lamb

Preparation:

1. Finely chop the mushrooms, onion, celery, and garlic in a food processor. Heat the oil in a large skillet over medium-high heat. Stir in the vegetable mixture and cook for 6 to 8 minutes, or until the liquid has evaporated. Allow it to cool in a large mixing bowl for 10 minutes.
2. Preheat the oven to 450 °F . Spray a large rimmed baking sheet with cooking spray and line it with foil.
3. Toss the cooled vegetables with the breadcrumbs, pine nuts, feta, mint, oregano, lemon zest, salt, and pepper in a large mixing bowl. Toss in the lamb and toss gently to combine (do not overmix). Place 30 meatballs (about 2 tablespoons each) on a baking sheet lined with parchment paper.
4. Bake the meatballs for 15 minutes, or until an instant-read thermometer inserted in the center registers 165°F.

Serving Suggestion: Serve it with bread or tortilla.

Variation Tip: Use spices to add flavor.

Nutritional Information Per Serving:

Calories 219 | Protein 16.6g | Carbohydrates 11.5g | Dietary Fiber 1.8g | Sugars 2.5g | Fat 12.1g | Sodium 360.4mg

Lamb and Eggplant Ragu



Prep Time: 5 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients:

- 8 ounces whole-wheat rigatoni, rotini or penne
- 4 ounces ground lamb or lean ground beef
- 2 cloves garlic, chopped
- ¼ teaspoon fennel seed
- 1½ cups diced eggplant
- 1 teaspoon extra-virgin olive oil
- 1 8-ounce can no-salt-added tomato sauce
- ½ cup red wine
- 1½ teaspoons chopped fresh oregano or ½ teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 teaspoon pine nuts, toasted
- ¼ cup crumbled feta, optional

Preparation:

1. A large pot of water should be brought to a boil. Cook pasta for 8 to 10 minutes, or until al dente, or according to package directions.
2. Meanwhile, brown the lamb, garlic, and fennel seed in a large nonstick skillet over medium heat, breaking up the meat with the back of a spoon, 3 to 4 minutes.
3. Cook, stirring occasionally, for about 4 minutes, until the eggplant browns. Cook, stirring occasionally, until the sauce thickens, about 3 minutes, with the tomato sauce and wine. Add oregano, salt, and pepper to taste.
4. Drain the pasta and top with the sauce, pine nuts, and feta cheese, if using.

Serving Suggestion: Serve with bread and tortilla.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 438 | Protein 21.3g | Carbohydrates 58.9g | Dietary Fiber 10.2g | Sugars 4.4g | Fat 10.6g | Sodium 345.9mg

Roast Leg of Lamb



Prep Time: 10 minutes

Cook Time: 1 hour and 30 minutes

Serves: 8

Ingredients:

- 1 4- to 5-pound bone-in leg of lamb, shank portion, trimmed of fat
- 3 cloves garlic, sliced
- 1½ teaspoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme leaves
- kosher salt & freshly ground pepper, to taste
- ¾ cup water

Preparation:

1. Preheat the oven to 350°F. In a shallow roasting pan, place a wire rack.
2. With a sharp knife, make short, deep slits all over the lamb and stuff with garlic slices. Rub the oil over the lamb and season with oregano, thyme, salt, and pepper. Transfer to the preheated pan.
3. Roast the lamb for an hour. Add water to pan and continue to roast for 15 to 20 minutes or more, or until an instant-read thermometer inserted into the center registers 135 °F for medium-rare. Transfer the lamb to a serving platter and tent with foil for 15 minutes before carving.
4. Meanwhile, skim any fat from the pan juices and transfer them to a small saucepan. Gently reheat over low heat. Carve the lamb into thin slices and serve with pan juices.

Serving Suggestion: Serve with rice or crusty bread to mop up all the juices

Variation Tip: Add spices and buttercream

Nutritional Information Per Serving:

Calories 151 | Protein 19.9g | Carbohydrates 0.5g | Dietary Fiber 0.2g | Sugars 0.4g | Fat 7.1g | Sodium 83.1mg

Mint-Pesto Rubbed Leg of Lamb



Prep Time: 10 minutes

Cook Time: 1 hour and 30 minutes

Serves: 12

Ingredients:

- ½ cup packed fresh basil leaves
- ¼ cup packed fresh mint leaves
- ¼ cup packed fresh parsley leaves
- 2 tablespoons toasted pine nuts
- 2 tablespoons grated Parmigiano-Reggiano cheese
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, peeled
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper
- 1 3½-pound boneless leg of lamb, butterflied (see Tip) and trimmed
- 5 tablespoons mint pesto

Preparation:

1. Preheat the oven to 350°F.
2. In a food processor, combine basil, mint, parsley, pine nuts, cheese, oil, garlic, ½ teaspoon of salt, and pepper. Rub the remaining ½ teaspoon of salt all over the lamb. 2 tablespoons of the pesto should be set aside; the rest should be spread over the top side of the lamb and rolled closed.
3. Tie kitchen string around the lamb five times; if you tie it too tightly, the pesto will escape. Place the lamb in a roasting pan and brush with the reserved pesto.
4. Roast the lamb for 1 hour 20 minutes, or until a thermometer inserted into the thickest part registers 140 °F for medium-rare. Transfer to a cutting board and set aside for 10 minutes to rest.
5. Carve the lamb, leaving the string in place to help hold the roast together.

Serving Suggestion: Feel free to serve with bread.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 250 | Protein 22g | Carbohydrates 0.7g | Dietary Fiber 0.3g | Sugars 0.1g | Fat 17.1g | Sodium 249.5mg

Slow-Cooker Braised Beef with Carrots and Turnips



Prep Time: 30 minutes

Cook Time: 4 hours

Serves: 4

Ingredients:

- 1 tablespoon kosher salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground pepper
- ¼ teaspoon ground cloves
- 3-3½ pounds beef chuck roast, trimmed
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 1 cup red wine
- 1 (28-ounce) can whole tomatoes, preferably San Marzano
- 5 medium carrots, cut into 1-inch pieces
- 2 medium turnips, peeled and cut into ½-inch pieces
- chopped fresh basil for garnish

Preparation:

1. In a small bowl, combine the salt, cinnamon, allspice, pepper, and cloves. Rub the mixture over the beef.
2. In a large skillet over medium heat, heat the oil. Cook until the beef is browned, 4 to 5 minutes per side. Fill a 5- to 6-quart slow cooker halfway with water.
3. To the pan, add the onion and garlic. Cook, stirring constantly, for 2 minutes.
4. Bring the wine and tomatoes (with their juice) to a boil, scraping up any browned bits and breaking up the tomatoes as you go. Combine the mixture with the carrots and turnips in the slow cooker.
5. Cook on High for 4 hours or Low for 8 hours, covered.
6. Take the beef out of the slow cooker and slice it. Serve the beef with the sauce and vegetables, garnished with basil, if desired.

Serving Suggestion: Serve with a tortilla.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 318 | Protein 34.7g | Carbohydrates 12.8g | Dietary Fiber 3.1g | Sugars 6.2g | Fat 10.7g | Sodium 538.4mg

Beef Chili



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Prep Time: 25 minutes

Cook Time: 8 hours

Serves: 10

Ingredients:

- 1 (28-ounce) can diced tomatoes, undrained
- 1 (10-ounce) can chopped tomatoes and green Chile peppers, undrained
- 2 cups vegetable juice or tomato juice
- 1 to 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crushed
- 3 cloves garlic, minced
- 1½ pounds beef or pork stew meat, cut into 1-inch cubes
- 2 cups chopped onion
- 1½ cups chopped celery
- 1 cup chopped green sweet pepper
- 2 (15-ounce) cans black beans, kidney beans/chickpeas, rinsed and drained
- ½ cup toppers such as shredded cheddar cheese, dairy sour cream, snipped fresh cilantro, and pitted ripe olives

Preparation:

1. Combine both cans of undrained tomatoes, vegetable juice, chili powder, cumin, oregano, and garlic in a 6-quart slow cooker. Combine the meat, onion, celery, and sweet pepper in a mixing bowl.
2. Cook, covered, on low heat for 8 to 10 hours or on high heat for 4 to 5 hours.
3. If you're using a low-heat setting, switch to a high-heat setting. Add the beans and mix well.
4. Cover and cook for 15 minutes more. Spoon into bowls. If desired, serve with toppers.

Serving Suggestion: Serve with bread or tortilla.

Variation Tip: You can add spices of your choice.

Nutritional Information Per Serving:

Calories 204 | Protein 22.4g | Carbohydrates 23.5g | Dietary Fiber 7.2g | Sugars 6.7g | Fat 3.9g | Sodium 562.6mg

Beef and Bean Chili



Prep Time: 30 minutes

Cook Time: 3 hours

Serves: 8

Ingredients:

- 2 tablespoons cumin seeds
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 2 teaspoons dried oregano, preferably Mexican
- ½ teaspoon cayenne pepper
- 3 teaspoons canola oil, divided
- 1 pound beef round, trimmed, cut into ½-inch chunks
- 3 onions, chopped
- 1 green bell pepper, seeded and chopped
- 6 cloves garlic, finely chopped (2 tablespoons)
- 2 jalapeño peppers, seeded and finely chopped
- 8 sun-dried tomatoes, (not packed in oil), snipped into small pieces
- 2 dried Ancho Chiles, seeds and stems removed, snipped into thin strips
- 12 ounces dark beer, such as porter or stout
- 1 28-ounce can plum tomatoes, with juices
- 1 tablespoon grated unsweetened chocolate
- 1 teaspoon sugar, or to taste
- 2 bay leaves
- 2 cups water
- 1 19-ounce can kidney beans, rinsed
- 1 19-ounce can white beans, such as Great Northern, rinsed
- 1 19-ounce can black beans, rinsed
- ¼ cup chopped fresh cilantro, (optional)
- 2 tablespoons lime juice
- salt & freshly ground pepper, to taste
- nonfat plain yogurt, chopped scallion greens and shredded sharp Cheddar cheese, for garnish

Preparation:

1. In a small dry skillet over medium heat, toast cumin seeds until aromatic, 1 to 2 minutes. Grind to a fine powder in a mortar and pestle or spice grinder. Add chili powder, paprika, oregano, and cayenne pepper to a small bowl. Set aside after stirring to combine.
2. In a large heavy pot, heat 1½ teaspoons of the oil over high heat. Add the beef, in batches if necessary, and cook until it is browned, about 3 minutes. Transfer to a plate lined with paper towels and set aside.
3. Reduce the heat to medium and stir in the remaining 1½ teaspoons of oil. Combine the onions and bell peppers in a mixing bowl. Cook, stirring constantly, for 7 to 10 minutes, or until the onions have softened and turned golden brown.
4. Stir in the garlic, jalapeño, sun-dried tomatoes, Ancho Chiles, and reserved spice mixture. Stir for about 2

minutes, or until aromatic. Bring the beer to a simmer and cook for 10 minutes, scraping up any brown bits clinging to the bottom of the pan. Add tomatoes and their juices, chocolate, sugar, bay leaves and the browned beef. Add water and bring to a simmer.

5. Cover the pot and simmer, stirring occasionally, for 1½ to 2 hours, or until the beef is very tender.

6. Cook until the chili is thick, 30 to 45 minutes more. Add the kidney beans, white beans, and black beans. Take out the bay leaves. Stir in the cilantro and lime juice, if using; season with salt and pepper to taste. Garnish with your choice of garnishes and serve.

Serving Suggestion: Serve with rice or bread.

Variation Tip: Add some sprinkles spices on the top.

Nutritional Information Per Serving:

Calories 365 | Protein 40g | Carbohydrates 27g | Dietary Fiber 7g | Sugars 7g | Fat 19g | Sodium 1235mg

Pork Recipes

Pork Tenderloin



Prep Time: 10 minutes

Cook Time: 40 minutes

Serves: 10

Ingredients:

- 2 teaspoons finely chopped fresh sage
- 1½ teaspoons minced garlic
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon kosher salt
- 1 teaspoon ground pepper
- 2 pork tenderloins (1 to 1¼ pounds each), trimmed
- 4 thin slices prosciutto
- 1 cup freshly grated Parmigiano-Reggiano cheese
- 3 teaspoons extra-virgin olive oil, divided

Preparation:

1. In a small bowl, combine the sage, garlic, rosemary, salt, and pepper. Place aside.
2. Preheat the oven to 450 °F .
3. Tenderloins should be butterflied twice so they can be flattened, stuffed, and rolled. To do so, make two long horizontal cuts, one on each side, dividing the tenderloin into thirds but not cutting all the way through.
4. On a cutting board, place one tenderloin. Holding the knife blade flat and parallel to the board, cut a lengthwise slice into the side of the tenderloin one-third of the way down from the top, stopping short of the opposite edge to keep the flaps attached. Tenderloin should be rotated 180 °F .
5. Still holding the knife parallel to the cutting board, make a lengthwise cut into the opposite side of the tenderloin, starting two-thirds of the way down from the top and being careful not to cut all the way through.
6. Open the two cuts to form a large rectangle of meat. Gently flatten the meat with the heel of your hand until it is about ½ inch thick. Rep with the second tenderloin.
7. Cover each butterflied tenderloin with 2 prosciutto slices, then top with ½ cup of Parmigiano-Reggiano cheese, leaving a 1-inch border around the prosciutto. Roll up each tenderloin so the stuffing forms a spiral pattern, then tie the roasts at 2-inch intervals with kitchen string.
8. Brush the roasts with 1½ teaspoons of oil all over, then rub with the reserved herb mixture.
9. In a large, heavy, ovenproof skillet, heat the remaining 1½ teaspoons of oil over medium-high heat. Add the roasts, bending to fit if necessary, and cook, turning frequently, for 3 to 5 minutes, or until browned on all

sides.

10. Place the pan in the oven. Roast, checking frequently, for 15 to 20 minutes, or until an instant-read thermometer inserted into the thickest part registers 145°F. Transfer the roasts to a cutting board, tent with foil and let rest for 5 minutes. To serve, remove the string and cut the pork into 1-inch-thick slices.

Serving Suggestion: Serve with tortilla.

Variation Tip: Add more spice of your choice.

Nutritional Information Per Serving:

Calories 176 | Protein 25.8g | Carbohydrates 0.6g | Dietary Fiber 0.1g | Sugars 0.9g | Fat 7.3g | Sodium 474.7mg

Prosciutto-Wrapped Pork with Roasted Apples and Fennel



Prep Time: 20 minutes

Cook Time: 1 hour and 10 minutes.

Serves: 8

Ingredients:

Brine & Pork:

- ¼ cup packed brown sugar
- ¼ cup kosher salt
- 2 cups boiling water
- 12 ice cubes
- 1 lemon, quartered
- 1 large sprig fresh rosemary
- 1 large sprig fresh sage
- 1 2-pound center-cut pork loin, trimmed

Rub:

- 2 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- zest of 1 lemon
- 1 tablespoon fennel seed, toasted and ground
- ¼ teaspoon crushed red pepper
- 4 thin slices prosciutto (2 ounces)
- 4 medium sweet apples, such as Orleans Reinette or Gala, cut into ½-inch-thick slices
- 1 large bulb fennel, cored and sliced
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

Preparation:

1. In a large, heavy, ovenproof skillet, heat the remaining 1 ½ teaspoons of oil over medium-high heat. Add the roasts, bending to fit if necessary, and cook, turning frequently, for 3 to 5 minutes, or until browned on all sides.
2. Place the pan in the oven. Roast, checking frequently, for 15 to 20 minutes, or until an instant-read thermometer inserted into the thickest part registers 145°F.
3. Put the pork loin on a cutting board to begin. Holding the knife blade parallel to the board, make a lengthwise cut into the side of the meat just above the center, stopping short of the opposite edge to keep the flap attached.
4. Turn the meat around 180 °F . Make a lengthwise cut into the side opposite the original cut, while keeping the knife parallel to the cutting board, just below the center, taking care not to cut all the way through.

5. Open the two cuts to form a large rectangle of meat. Cover with plastic wrap and pound to an even ½-inch thickness. Pour the brine over the meat in a gallon-size plastic bag that can be sealed; turn to coat. Refrigerate for at least 2 hours and up to 4 hours in a dish.
6. To make the rub: In a small bowl, combine garlic, 2 tablespoons of oil, rosemary, sage, lemon zest, and salt, ground fennel seed and crushed red pepper.
7. To roast the pork, place racks in the upper and lower thirds of the oven and preheat to 450°F.
8. Remove the meat from the brine and pat it dry thoroughly. Open the package and place it flat on a clean work surface.
9. Rub the rub all over the meat. Roll it into a cylinder from one long end. Wrap the prosciutto around the outside (it will overlap slightly) and place seam-side down on a rimmed baking sheet.
10. Toss apples and fennel with oil, salt, and pepper in a roasting pan in an even layer.
11. For 10 minutes, roast the meat on the upper rack. Then, on the bottom rack, place the apple mixture. Continue roasting, stirring the apple mixture once or twice, until an instant result is obtained. 20 to 30 minutes until an instant-read thermometer inserted into the center of the meat registers 140 °F and the apples and fennel are tender.
12. Transfer the meat to a clean cutting board and let rest for 5 minutes. Slice and serve with the apples and fennel.

Serving Suggestion: Serve sprinkled with the chopped cilantro/coriander leaves.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 262 | Protein 24.3g | Carbohydrates 17.4g | Dietary Fiber 3.7g | Sugars 11.6g | Fat 11g | Sodium 497mg

Apricot-Espresso Glazed Roast Pork Loin



Prep Time: 10 minutes

Cook Time: 1 hour

Serves: 12

Ingredients:

- 1 3-pound boneless pork loin, trimmed
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 1 cup apricot preserves
- 2 tablespoons instant espresso powder
- 2 tablespoons Dijon mustard
- 4 teaspoons Worcestershire sauce
- 2 cloves garlic, minced
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{2}$ cup reduced-sodium chicken broth

Preparation:

1. Preheat the oven to 375°F. Wrap foil around a roasting pan or rimmed baking sheet.
2. Tie kitchen string around the pork in two or three places to prevent it from flattening while roasting. Rub the pork with oil, salt, and pepper. Place the pork in the pan that has been preheated.
3. Roast the pork for 30 minutes, turning once.
4. Meanwhile, whisk together the apricot preserves, espresso powder, and mustard, Worcestershire, garlic and cloves in a small saucepan; bring to a boil over medium-high heat, stirring frequently. Cook 1 minute, stirring constantly, then remove from heat.
5. After the pork has cooked for 30 minutes, brush all over with $\frac{1}{2}$ cup of the glaze. (Leave the remaining glaze in the pan.) Continue roasting until an instant-read thermometer inserted into the middle of the meat registers 140 °F , 20 to 40 minutes more. Transfer the pork to a clean cutting board and let rest for 10 minutes.
6. Meanwhile, add broth to the remaining glaze in the pan. Bring to a simmer over medium heat. Simmer until thickened slightly, about 5 minutes. Remove the string and slice the pork. Serve with the sauce.

Serving Suggestion: Serve with tortilla.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 254 | Protein 26.1g | Carbohydrates 18.2g | Dietary Fiber 0.1g | Sugars 11.8g | Fat 8.4g | Sodium 307.7mg

Ancho-Honey Pork Tenderloin



Prep Time: 15 minutes

Cook Time: 25 minutes.

Serves: 4

Ingredients:

- ¼ cup honey
- 2 teaspoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon chili powder
- ½ teaspoon onion powder, divided
- 1 pork tenderloin (1-1 ¼ pounds), trimmed
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ½ cup quick grits
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded extra-sharp Cheddar cheese
- 2 scallions, sliced

Preparation:

1. Preheat the oven to 425°F.
2. In a small mixing bowl, combine the honey, lime juice, soy sauce, chili powder, and ¼ teaspoon of onion powder. Place aside.
3. Season the pork with salt and the remaining ¼ teaspoon of onion powder. In a large ovenproof skillet, heat the oil over medium-high heat. Cook until the pork is brown on all sides, 4 to 5 minutes.
4. Place the skillet in the oven and bake for 10 minutes. Remove from the oven and brush with the honey mixture that has been set aside.
5. Return to the oven and continue to roast for 3 to 5 minutes more, or until an instant-read thermometer inserted into the thickest part registers 145 °F . Place the pork on a clean cutting board and set aside for 5 minutes to rest.
6. Meanwhile, in a medium saucepan, bring broth and water to a boil. Stir in the grits and pepper. Reduce heat to medium-low, cover, and cook, stirring occasionally, for 5 to 7 minutes, or until thickened. Take the pan off the heat and stir in the cheese. To keep warm, cover it.
7. Slice the pork. Serve the pork with the grits, sprinkled with scallions and drizzled with any remaining glaze from the skillet.

Serving Suggestion: Serve with bread or tortilla.

Variation Tip: For extra flavor, add spices of your taste.

Nutritional Information Per Serving:

Calories 402 | Protein 32.3g | Carbohydrates 37.4g | Dietary Fiber 1.5g | Sugars 17.9g | Fat 13.8g | Sodium 685.1mg

Irish Pork Roast with Roasted Root Vegetables



Prep Time: 40 minutes

Cook Time: 1 hour and 30 minutes.

Serves: 8

Ingredients:

- 1½ pounds carrots, cut into 1-inch pieces
- 1½ pounds parsnips, peeled and cut into 1-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- 2 teaspoons fresh thyme leaves, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divide
- 2 pounds boneless pork loin roast, preferably free-range heritage pork
- 1 teaspoon honey
- 1 cup dry hard cider
- apple sauce for serving

Preparation:

1. Preheat the oven to 400°F.
2. Toss carrots and parsnips with 2 tablespoons of oil, 1 teaspoon of thyme, and ¼ teaspoon of salt and pepper in a large mixing bowl.
3. In a roasting pan, evenly distribute the ingredients. Rub the remaining 1 tablespoon of oil over the pork and season with the remaining 1 teaspoon of thyme and ½ teaspoon of salt and pepper. Place the pork on top of the vegetables, fat side up.
4. Roast, stirring occasionally, for 50 to 65 minutes, or until an instant-read thermometer inserted into the thickest part of the pork registers 145 ° F.
5. Transfer the pork to a cutting board that has been cleaned. Cover with foil and set aside for 15 minutes. Add the vegetables to a large mixing bowl and stir in the honey.
6. Place the roasting pan over two high-heat burners.
7. Cook, scraping up any browned bits, until the cider is reduced by half, 3 to 5 minutes.
8. Serve the pork with the vegetables, sauce, and chutney (or applesauce), if desired.

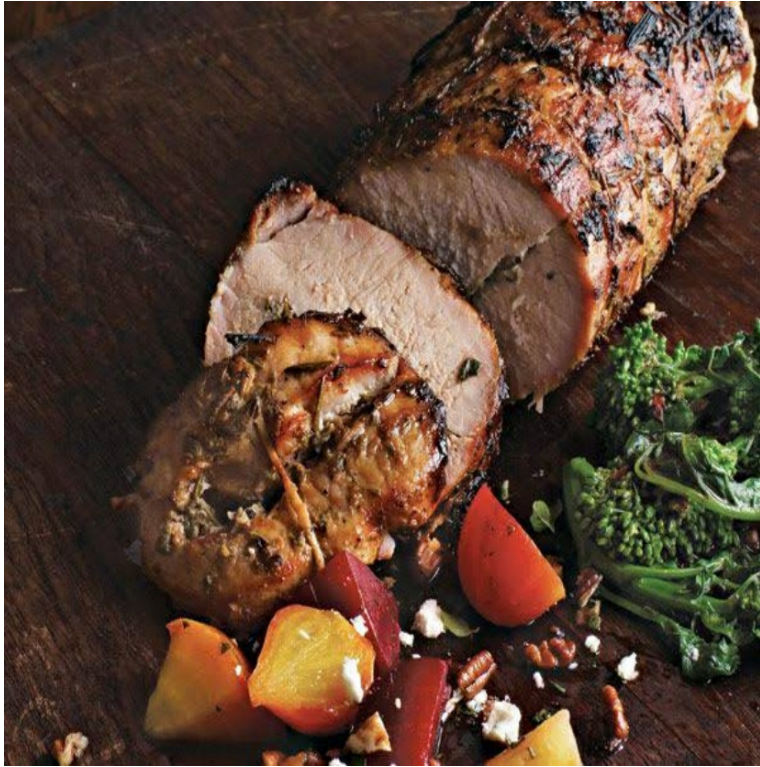
Serving Suggestion: Serve with tortilla.

Variation Tip: Use cheese and more herbs and spices.

Nutritional Information Per Serving:

Calories 272 | Protein 23.5g | Carbohydrates 22.9g | Dietary Fiber 5.8g | Sugars 9.5g | Fat 8.6g | Sodium 326.5mg

Tuscan Pork Loin



Prep Time: 15 minutes

Cook Time: 2 hours

Serves: 10

Ingredients:

- 1 3-pound pork loin, trimmed
- 1 teaspoon kosher salt
- 3 cloves garlic, crushed and peeled
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon freshly grated lemon zest
- $\frac{3}{4}$ cup dry vermouth
- 2 tablespoons white-wine vinegar

Preparation:

1. Tie kitchen string around the pork in three places to keep it from flattening while roasting.
2. In a small bowl, mash the salt and garlic together with the back of a spoon to make a paste. Combine the oil, rosemary, and lemon zest in a mixing bowl; rub the mixture into the pork. Refrigerate for 1 hour, uncovered.
3. Preheat the oven to 375°F.
4. In a roasting pan, place the pork. Roast, turning once or twice, for 40 to 50 minutes, or until a thermometer inserted into the thickest part registers 145 °F . Transfer to a cutting board and set aside for 10 minutes to rest.
5. Meanwhile, heat the vermouth and vinegar in a roasting pan over medium-high heat. Bring the sauce to a simmer and cook, scraping up any browned bits, until it is reduced by half. Remove the string and slice the roast.
6. Add any accumulated juices to the sauce and serve with the pork.

Serving Suggestion: Serve with tortilla.

Variation Tip: Use different spices.

Nutritional Information Per Serving:

Calories 182 | Protein 20.6g | Carbohydrates 0.6g | Dietary Fiber 0.1g | Sugars 0.2g | Fat 8.3g | Sodium 149.4mg

Seafood Recipes

Salmon Caesar Salad



Prep Time: 20 minutes

Cook Time: 5 minutes

Serves: 4

Ingredients:

- 1½ tablespoons extra-virgin olive oil
- 4 (5-ounce) skinless salmon fillets
- 1 teaspoon ground pepper, divided
- ⅛ teaspoon salt plus ½ teaspoon, divided
- ½ cup buttermilk
- ¼ cup nonfat plain Greek yogurt
- ¼ cup grated Parmigiano-Reggiano cheese
- 2 tablespoons lemon juice
- 1½ teaspoons Worcestershire sauce
- 1 teaspoon grated garlic
- ½ teaspoon Dijon mustard
- 5 cups chopped romaine lettuce
- 3 cups chopped radicchio
- 3 tablespoons thinly sliced fresh basil, plus more for garnishment
- 1½ tablespoons chopped fresh tarragon

Preparation:

1. In a large nonstick skillet, heat the oil over medium-high heat until it simmers.
2. ½ teaspoon of pepper and ⅛ teaspoon of salt should be sprinkled over the salmon. Cook until the salmon is golden brown and flakes easily with a fork, 3 to 4 minutes per side. Place on a plate and cut into large chunks.
3. In a large mixing bowl, combine the buttermilk, yoghurt, cheese, lemon juice, Worcestershire sauce, garlic, mustard, and the remaining ½ teaspoon of pepper and salt.
4. In a small bowl, set aside ¼ cup of the dressing. Toss the lettuce, radicchio, basil, and tarragon in a large mixing bowl to coat.
5. Place the salad on a serving platter and top with the salmon.
6. Serve with the reserved ¼ cup of dressing on top.

Serving Suggestion: Serve with sprinkles of spices.

Variation Tip: Add vegetables of your choice.

Nutritional Information Per Serving:

Calories 291 | Protein 34.8g | Carbohydrates 7.8g | Dietary Fiber 1.3g | Sugars 4.3g | Fat 12.8g | Sodium 575.3mg

Creamy Salmon



Prep Time: 15 minutes

Cook Time: 15 minutes.

Serves: 4

Ingredients:

- ½ cup nonfat plain Greek yogurt
- ½ cup diced celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 (5-ounce) cans salmon, drained, flaked, skin and bones removed
- 2 avocados
- chopped chives for garnish

Preparation:

1. In a medium mixing bowl, combine yoghurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper. Mix in the salmon thoroughly.
2. Cut avocados in half lengthwise and remove the pits. Fill a small bowl with about 1 tablespoon flesh from each avocado half. With a fork, mash the scooped-out avocado flesh and stir it into the salmon mixture.
3. Fill each avocado half with about ¼ cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

Serving Suggestion: Serve with bread or tortilla.

Variation Tip: Use seasoning and sauce of your choice.

Nutritional Information Per Serving:

Calories 293 | Protein 22.5g | Carbohydrates 10.5g | Dietary Fiber 7g | Sugars 1.8g | Fat 19.6g | Sodium 399.8mg

Shrimp-and-Grits-Stuffed Peppers



Prep Time: 30 minutes

Cook Time: 35 minutes.

Serves: 4

Ingredients:

- 1½ cups water
- 1 cup low-sodium chicken broth
- ¾ cup quick grits (not instant)
- ½ teaspoon ground pepper, divided
- ¾ cup shredded extra-sharp Cheddar cheese
- ½ teaspoon hot sauce, such as Tabasco
- 4 large bell peppers
- 1 pound peeled and deveined large shrimp, chopped
- 1 bunch scallions, trimmed and sliced
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon salt

Preparation:

1. Preheat the oven to 350°F.
2. In a large saucepan over medium-high heat, bring water and broth to a boil. whisked in Grits and ¼ teaspoon of pepper. Reduce heat to medium-low; cover and cook, stirring occasionally, for 5 to 7 minutes, or until thickened. Remove from the heat and add the cheese and hot sauce. To keep warm, cover with a blanket.
3. Remove the stem ends of the bell peppers and scoop out the seeds. Bake the peppers for 5 minutes on one end of a large rimmed baking sheet.
4. Meanwhile, in a medium mixing bowl, combine the shrimp, scallions, oil, garlic powder, salt, and the remaining ¼ teaspoon of pepper. Spread in an even layer on the empty side of the baking sheet. Bake for 10 minutes, stirring once, until the peppers are softened and the shrimp is just cooked through. Take the dish out of the oven.
5. Stir the shrimp mixture into the grits, then divide it evenly among the four bell peppers. Bake for another 10 minutes, or until the mixture is hot.

Serving Suggestion: Serve with tortilla.

Variation Tip: Use more spices of your choice.

Nutritional Information Per Serving:

Calories 406 | Protein 33.3g | Carbohydrates 40g | Dietary Fiber 5.3g | Sugars 7.5g | Fat 12.7g | Sodium 453.7mg

Greek Roasted Fish with Vegetables



Prep Time: 35 minutes

Cook Time: 50 minutes.

Serves: 4

Ingredients:

- 1 pound fingerling potatoes, halved lengthwise
- 2 tablespoons olive oil
- 5 garlic cloves, coarsely chopped
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 5- to 6-ounce fresh or frozen skinless salmon fillets
- 2 medium sweet peppers, cut into rings
- 2 cups cherry tomatoes
- 1½ cups chopped fresh parsley (1 bunch)
- ¼ cup pitted Kalamata olives, halved
- ¼ cup finely snipped fresh oregano or 1 tablespoon dried oregano, crushed
- 1 lemon

Preparation:

1. Preheat the oven to 425°F. In a large mixing bowl, combine the potatoes. Drizzle with 1 tablespoon of oil and season with ⅛ teaspoon of salt and black pepper; toss to coat. Cover with foil and place in a 15-inch-by-10-inch baking pan for 30 minutes in the oven
2. Meanwhile, thaw any frozen salmon. In the same bowl, combine the sweet peppers, tomatoes, parsley, olives, oregano, and ⅛ teaspoon of salt and black pepper.
3. Drizzle with the remaining 1 tablespoon oil and toss to coat.
4. Rinse and pat dry the salmon. Finish with the remaining ¼ teaspoon of salt and black pepper. Serve the sweet pepper mixture over the potatoes, followed by the salmon. Cook, uncovered, for 10 minutes more, or until the salmon flakes. Squeeze juice from lemon over salmon and vegetables.
5. Sprinkle with zest.

Serving Suggestion: Serve with tortilla or rice.

Variation Tip: Use more herbs and spices of your choice.

Nutritional Information Per Serving:

Calories 422 | Protein 32.9g | Carbohydrates 31.5g | Dietary Fiber 5.7g | Sugars 6.6g | Fat 18.6g | Sodium 593mg

Roasted Salmon with White Bean Ragout



Prep Time: 30 minutes

Cook Time: 20 minutes.

Serves: 8

Ingredients:

- 2 tablespoons olive oil, divided
- $\frac{3}{4}$ cup chopped onion
- $\frac{3}{4}$ cup chopped red bell pepper
- 3 tablespoons tomato paste
- 1 teaspoon salt, divided
- $\frac{3}{4}$ teaspoon ground pepper, divided, plus more for sprinkling
- 2 cups coarsely chopped chard
- 2 (15-ounce) cans no-salt-added cannellini beans (white kidney beans), rinsed and drained
- $\frac{1}{2}$ cup reduced-sodium chicken broth or vegetable broth
- 8 (4-ounce) fresh or frozen skinless salmon fillets, thawed
- 2 cups halved cherry tomatoes
- 8 teaspoons grated Pecorino Romano cheese

Preparation:

1. In a large nonstick skillet over medium heat, heat 1 tablespoon of the oil. Add onion and bell pepper into it and stir occasionally until tender. Cook and stir for 5 minutes after adding tomato paste, $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{4}$ teaspoon of ground pepper.
2. Stir in the chard. Cook, stirring constantly, for 1 minute, or until the chard is wilted. Cool after adding the beans and broth. Refrigerate for up to 3 days, covered.
3. Preheat the broiler before serving. Coat a baking sheet with foil and cooking spray.
4. Rinse and pat dry the fish. The thickness of the fish should be measured. Place on the baking sheet that has been prepared.
5. Brush the remaining 1 tablespoon of oil over the top and season with the remaining $\frac{1}{2}$ teaspoon of salt and $\frac{1}{2}$ teaspoon of ground pepper. Broil the fish 4 inches from the heat for 4 to 6 minutes per $\frac{1}{2}$ -inch thickness, or until flaky (if the fish is 1 inch or more thick, turn once).
6. Meanwhile, in a large nonstick skillet over medium heat, cook the bean mixture for 5 minutes, or until heated through, stirring occasionally. Thin with up to $\frac{1}{2}$ cup of water if necessary to achieve the desired consistency. Toss in the tomatoes.
7. Arrange the fish on top of the bean and vegetable mixture.
8. Sprinkle with cheese and freshly ground pepper to taste.

Serving Suggestion: Serve with rice.

Variation Tip: Use sliced tomatoes.

Nutritional Information Per Serving:

Calories 299 | Protein 28.9g| Carbohydrates 18.4g | Dietary Fiber 5.3g | Sugars 3.4g | Fat 12g | Sodium 500.8mg

Salmon with Asparagus and Mushrooms



Prep Time: 45 minutes

Cook Time: 45 minutes.

Serves: 4

Ingredients:

- 4 fresh or frozen skinless salmon fillets, about 1-inch-thick (about 1 pound total)
- kosher salt
- freshly ground pepper
- 2 tablespoons olive oil
- 2 cups sliced assorted fresh mushrooms (such as button, cremini, and/or stemmed shiitake)
- 1 cup chopped onion
- 6 cloves garlic, minced (1 tablespoon minced)
- 1 tablespoon chopped fresh thyme
- 1 cup dry white wine
- 1 cup clam juice, fish stock, chicken stock, or chicken broth
- 2 cups (1½-inch) pieces asparagus
- 1 cup cherry tomatoes, halved
- 1 tablespoon chopped fresh Italian parsley
- 1 teaspoon lemon juice
- 1 teaspoon fresh thyme sprigs

Preparation:

1. If the fish is frozen, thaw it first.
2. Rinse the fish and pat it dry with paper towels. Fish fillets' thickness should be measured. Season the fish with salt and pepper and set it aside.
3. In a large skillet over medium heat, heat 1 tablespoon of the olive oil. Add mushrooms into it and cook for 5 minutes, or until the mushrooms are golden brown. Then add onion, garlic and thyme. Cook the mushrooms with the onion, garlic, and thyme for 2 minutes while stirring occasionally. Then pour wine in, bring it to a boil, and turn off the heat.
4. Cook, uncovered, for about 15 minutes, or until the liquid has been reduced to ¼ cup.
5. Pour in the clam juice. Return to a boil and turn down the heat. Simmer, uncovered, for another 15 minutes, or until the liquid is reduced to ¾ cup.
6. Toss in the asparagus. Cook for 3 minutes, or until the asparagus is crisp-tender.
7. Combine the tomatoes, parsley, and lemon juice in a mixing bowl. Season with salt and pepper to taste. Place on a serving platter.
8. Heat the remaining olive oil in the same skillet over medium heat. Cook, turning once, for 4 to 6 minutes per ½-inch thickness of salmon, or until salmon flakes easily when tested with a fork.
9. Serve the salmon with the vegetable mixture. Garnish with fresh thyme if desired.

Serving Suggestion: Serve with sauce.

Variation Tip: Sprinkle coriander.

Nutritional Information Per Serving:

Calories 372 | Protein 30.8g | Carbohydrates 13g | Dietary Fiber 3.3g | Sugars 5.6g | Fat 19.5g | Sodium 624.3mg

Sizzling Salmon and Asparagus



Prep Time: 15 minutes

Cook Time: 35 minutes.

Serves: 4

Ingredients:

- 1 pound fresh or frozen salmon fillets with skin
- 2 tablespoons snipped fresh Italian (flat leaf) parsley
- 2 teaspoons finely shredded lemon peel
- ¼ teaspoon coarsely ground black pepper
- 1 pound fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1 teaspoon olive oil
- ⅛ teaspoon salt
- 1 clove garlic, minced
- 1 Lemon wedges

Preparation:

1. If the fish is frozen, thaw it first.
2. Line a large shallow roasting pan with foil and place in a cold oven; preheat oven to 450°F.
3. Meanwhile, combine the parsley, lemon peel, and pepper in a small bowl. Half of the parsley mixture should be set aside.
4. Cut the salmon into four pieces. The remaining half of the mixture should be rubbed over the skinless tops of the salmon portions.
5. Combine the asparagus, olive oil, and salt in a medium mixing bowl. Remove the roasting pan from the oven. Place the fish portions in the pan, skin side down.
6. Arrange the asparagus in a single layer around the fish in the pan. Return the pan to the oven. Cook for 14 to 16 minutes, or until the fish flakes easily with a fork and the asparagus is crisp-tender.
7. To the reserved parsley mixture, add the minced garlic. Serve cooked fish with asparagus and lemon wedges.

Serving Suggestion: Serve hot with lemon wedges.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 273 | Protein 25.9g | Carbohydrates 6.5g | Dietary Fiber 3.2g | Sugars 2.5g | Fat 16.4g | Sodium 143.6mg

Grilled Red Snapper



Prep Time: 15 minutes

Cook Time: 15 minutes

Serves:4

Ingredients:

- 1 tablespoon smoked paprika
- 1 teaspoon ground pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon cayenne pepper
- 4 (5-ounce) boneless, skinless red snapper fillets
- 1 tablespoon extra-virgin olive oil
- Lemon wedges

Preparation:

1. Preheat the grill to medium-high heat (400 to 450 °F).
2. In a small bowl, combine paprika, pepper, onion powder, garlic powder, oregano, thyme, salt, and cayenne.
3. Brush the fish with oil all over, then sprinkle the seasoning evenly over both sides, pressing to adhere.
4. Grease the grill rack. Grill the fish until it flakes easily and a thermometer inserted into the thickest part registers 145 °F .
5. Serve with lemon wedges.

Serving Suggestion: Serve with tortilla.

Variation Tip: Add coconut oil on it

Nutritional Information Per Serving:

Calories 185 | Protein 29.6g | Carbohydrates 2.8g | Dietary Fiber 1.2g | Sugars 0.3g | Fat 5.6g | Sodium 383.9mg

Grilled Snapper with Red Pepper Sauce



Prep Time: 25 minutes

Cook time: 35 minutes

Serving: 4

Ingredients:

- 4 4 to 6-ounce fresh or frozen skinless red snapper fillets
- 1 tablespoon olive oil
- 1 large red sweet pepper, seeded and chopped
- 2 medium tomatoes, peeled, seeded, and chopped
- 2 tablespoons white wine vinegar
- ¼ teaspoon salt
- Dash cayenne pepper
- 1 tablespoon olive oil
- 1 tablespoon fresh snipped basil or oregano or ½ teaspoon dried basil or oregano, crushed
- 3 Red/yellow cherry tomatoes
- 1 leaf Fresh basil or oregano sprigs

Preparation:

1. If the fish is frozen, thaw it first. Clean the fish by rinsing it and patting it dry with paper towels. Fish thickness should be measured.
2. Add 1 tablespoon of oil in a small skillet, heated over medium heat for 3 to 5 minutes, or until sweet pepper is tender, stirring occasionally.
3. Combine tomatoes, 1 tablespoon vinegar, salt, and cayenne pepper in a mixing bowl. Cook for about 5 minutes, or until the tomatoes soften, stirring occasionally.
4. Blend or process the mixture in a blender or food processor. Blend or process until smooth, covered. Return the sauce to the skillet and keep it warm over low heat.
5. Brush the snapper fillets with the remaining 1 tablespoon of vinegar, 1 tablespoon of oil, and snipped or dried basil in a small bowl.
6. Place the fish on a lightly greased rack of an uncovered grill over medium coals. If so desired, cover grill grate with greased foil before adding fish. Grill for 4 to 6 minutes per ½-inch thickness of fish or until fish flakes easily when tested with a fork, turning once halfway through grilling.
7. Serve fish with red pepper sauce. If desired, garnish with cherry tomatoes and fresh basil sprigs.

Serving Suggestion: Serve it with a tortilla or bread and coriander on it.

Variation Tip: Use spices of your choice.

Nutritional Information Per Serving:

Calories 194 | Protein 25.6g | Carbohydrates 4.3g | Dietary Fiber 1.4g | Sugars 2.9g | Fat 8.4g | Sodium 222.8mg

Grilled Lemon-Pepper Salmon in Foil



Prep Time: 15 minutes

Cook Time: 25 minutes

Serves: 4

Ingredients:

- 4 (6-ounce) skin-on salmon fillets
- 2 tablespoons unsalted butter
- 1 teaspoon lemon pepper
- ½ teaspoon salt
- 8 thin slices lemon (from 1 lemon)
- 4 sprigs flat-leaf parsley

Preparation:

1. Preheat the grill to medium-high heat (400 to 450 °F).
2. Coat 4 (12-inch) foil squares in a single layer with cooking spray on a work surface.
3. In the center of each, place 1 salmon fillet, skin side down. 1½ teaspoons of butter, ¼ teaspoon of lemon pepper, ½ teaspoon of salt, 2 lemon slices, and 1 parsley sprig on top of each fillet.
4. Crimp the sides of each foil packet together to tightly seal.
5. Place the packets on the grill; cover and grill until the fish flakes easily with a fork, 8 to 10 minutes.

Serving Suggestion: Serve it with home-cooked tortillas.

Variation Tip: Add cinnamon and enjoy it.

Nutritional Information Per Serving:

Calories 256 | Protein 34g | Carbohydrates 1.3g | Dietary Fiber 0.5g | Sugars 0.5g | Fat 12g | Sodium 165.2mg

Cedar Plank Grilled Salmon



Prep Time: 20 minutes

Cook Time: 1 hour 20 minutes

Serves: 1

Ingredients:

- 1 16x18-inch untreated cedar plank
- 1 (2 to 2 ½-pound) fresh or frozen salmon fillet, about 1 inch thick
- 1 teaspoon snipped fresh chives
- 1 teaspoon snipped fresh thyme
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 medium lemon, thinly sliced

Preparation:

1. Before using, soak the plank in enough water to cover it for at least 1 hour. If the fish is frozen, thaw it first. Rinse the fish and pat it dry with paper towels.
2. Place the fish fillet on the soaked plank, skin side down. Season with chives, thyme, salt, and pepper to taste.
3. Place lemon slices down the center of the salmon.
4. Place the salmon on the cedar plank on the grill rack directly over medium coals on a charcoal grill.
5. Cover and grill for 20 to 25 minutes or just until salmon begins to flake when tested with a fork.

Serving Suggestion: Serve with rice.

Variation Tip: Add more spices of your choice.

Nutritional Information Per Serving:

Calories 239 | Protein 23.3g | Carbohydrates 1.5g | Dietary Fiber 0.7g | Sugars 0.3g | Fat 15.3g | Sodium 140mg

Ancho-Maple Barbecue Plank-Smoked Salmon



Prep Time: 45 minutes

Cook Time: 1 hour 30 minutes

Serves: 10

Ingredients:

- 1 Plank
- 1 2½-pound fresh or frozen Alaskan salmon fillet (with skin), about 1-inch thick
- 2 teaspoons olive oil
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- ¼ cup no-salt-added tomato sauce
- ¼ cup reduced-sugar ketchup
- ¼ cup pure maple syrup
- 2 tablespoons no-salt-added tomato paste
- 1 tablespoon cider vinegar
- 2 teaspoons reduced-sodium Worcestershire sauce
- 2 teaspoons yellow mustard
- 1 teaspoon ground Ancho Chile pepper
- ¾ teaspoon salt
- ¼ teaspoon black pepper

Preparation:

1. Soak the plank in enough water to cover for at least 1 hour before grilling. Put a weight on the plank to keep it submerged during the soak. Drain thoroughly before using.
2. If using frozen salmon, thaw it first. Rinse the fish and pat it dry with paper towels. Place aside.
3. Meanwhile, heat the oil in a small saucepan over medium heat for the sauce. Cook for 5 minutes, or until the onion and garlic are tender.
4. Combine tomato sauce, ketchup, maple syrup, tomato paste, cider vinegar, Worcestershire sauce, mustard, ground Ancho Chile pepper, salt, and black pepper in a mixing bowl. Bring to a boil, then turn off the heat. Cook, uncovered, for 5 minutes. Allow to cool.
5. ½ cup of the sauce should be spread on the flesh side of the salmon. Refrigerate for 30 minutes, covered. Chill the remaining sauce until ready to serve.
6. For a gas or charcoal grill, place the plank directly on the rack of an uncovered grill over medium heat for 3 to 5 minutes, or until the plank starts to crackle and smoke. Place salmon on grill plank, skin side down, tucking under thin edges to fit. Cover and cook for 18 to 22 minutes, or until the fish flakes when tested with a fork.
7. With the remaining sauce, serve.

Serving Suggestion: Serve with coriander or spices sprinkled on it.

Variation Tip: Add vegetarian sauce if you want.

Nutritional Information Per Serving:

Calories 202 | Protein 22.8g | Carbohydrates 8.1g | Dietary Fiber 0.6g | Sugars 7g | Fat 8.1g | Sodium 317.7mg

Soups and Salads Recipes

Chicken and Kale Soup



Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 6

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1½ cups chopped yellow onion
- 1 tablespoon minced garlic
- 1 (15-ounce) can no-salt-added great northern beans, rinsed
- 12 ounces boneless, skinless chicken breast or chicken tenders
- 2 medium Yukon Gold potatoes, peeled and diced (½-inch)
- 6 cups unsalted chicken broth
- 3 thyme sprigs
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper
- 3 cups chopped kale or 1 10-ounce package frozen chopped kale

Preparation:

1. In a large heavy pot, heat the oil over medium heat. Add onions and stir occasionally, until the onion is softened, about 5 minutes. Then add garlic and stir constantly, until garlic is fragrant, about 1 minutes.
2. Add the beans, chicken, potatoes, broth, thyme, salt, and pepper in above vegetables pot. Bring to a boil over medium-high heat, then reduce to a low flame. Simmer, covered, until the potatoes are tender for about 18 minutes.
3. Then add kale and stir frequently, over medium heat until the kale is wilted and tender, about 2 minutes.
4. Transfer the chicken to a plate and shred it into bite-size pieces with two forks. Before serving, remove the thyme sprigs. Serve immediately.

Serving Suggestion: Serve hot.

Variation Tip: Add any spices for serving.

Nutritional Information Per Serving:

Calories 271 | Protein 25.8g | Carbohydrates 30.4g | Dietary Fiber 7g | Sugars 4.5g | Fat 5.1g | Sodium 531mg

Spring Green Soup with Chicken



Prep Time: 35 minutes

Cook Time: 40 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 pound chicken tenders
- 2 medium leeks, white and light green parts only, thinly sliced
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon ground pepper, plus more for serving
- 1 bunch asparagus, cut into 1-inch pieces
- 1 (5-ounce) package baby spinach
- 1 cup packed fresh parsley leaves
- $\frac{1}{4}$ cup grated Parmesan cheese, plus more for serving

Preparation:

1. In a large pot, heat the oil over medium-high heat. Cook, flipping once, until the chicken is browned and cooked through, about 6 minutes in total. Place on a plate.
2. To the pot, add the leeks, onion, and celery. Reduce heat to medium and cook, stirring occasionally and scraping up any browned bits, for 6 to 8 minutes, or until very tender. Cook for 1 minute after adding the garlic.
3. Add asparagus and spinach, cook until the asparagus is tender, about 5 minutes more.
4. Shred the chicken into bite-size pieces and add to the soup. Stir in parsley and Parmesan.

Serving Suggestion: Serve the soup topped with more pepper and Parmesan, if desired.

Variation Tip: Add spices of your choice.

Nutritional Information Per Serving:

Calories 314 | Protein 37.9g | Carbohydrates 20.1g | Dietary Fiber 5.1g | Sugars 5g | Fat 11.5g | Sodium 741.5mg

Kale and Avocado Salad with Blueberries and Edamame



Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 6 cups stemmed and coarsely chopped curly kale
- 1 avocado, diced
- 1 cup blueberries
- 1 cup halved yellow cherry tomatoes
- 1 cup cooked shelled edamame
- ¼ cup sliced almonds, toasted
- ½ cup crumbled goat cheese (2 ounces)
- ¼ cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon minced chives
- 1½ teaspoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon salt

Preparation:

1. In a large mixing bowl, massage the kale leaves with your hands to soften them. Optional ingredients include avocado, blueberries, tomatoes, edamame, almonds, and goat cheese.
2. Combine the oil, lemon juice, chives, honey, mustard, and salt in a small bowl or jar with a tight-fitting lid. Thoroughly shake or whisk.
3. To combine, toss the salad with the vinaigrette.

Serving Suggestion: Serve with any sauce if desired.

Variation Tip: Add lemon.

Nutritional Information Per Serving:

Calories 368 | Protein 10g | Carbohydrates 21g | Dietary Fiber 8g | Sugars 9g | Fat 29g | Sodium 674mg

Hand-Wilted Kale Salad



Prep Time: 25 minutes

Cook Time: 25 minutes

Serves: 6

Ingredients:

- 6 cups fresh kale leaves, coarsely torn (about 5 ounces)
- ¼ cup lemon juice
- ¼ teaspoon salt
- 1 medium shallot, very thinly sliced
- 3 tablespoons olive oil or walnut oil
- 1 clove garlic, minced
- ¼ cup chopped walnuts, toasted

Preparation:

1. In a large mixing bowl, combine the kale with lemon juice and season with salt to taste. Massage the kale with clean hands for 3 to 4 minutes, or until the leaves are lightly wilted, making sure to massage all of the kale evenly. Set aside the shallots.
2. Combine the oil, garlic, and shallot in a small bowl. Drizzle the dressing over the kale mixture and toss to coat. Distribute salad among six serving plates and top with walnuts.

Serving Suggestion: Serve with main.

Variation Tip: Add more vegetables if you want.

Nutritional Information Per Serving:

Calories 107 | Protein 2g | Carbohydrates 4g | Dietary Fiber 1g | Sugars 1g | Fat 10g | Sodium 108mg

Kale, Carrot and Apple Salad



Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 12

Ingredients:

Cider Vinaigrette:

- 1 small shallot, chopped
- ¼ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider
- 1½ tablespoons whole-grain mustard
- 2 teaspoons pure maple syrup
- ½ teaspoon salt
- ground pepper to taste

Salad:

- 10 cups coarsely chopped lacinato kale (1-2 large bunches)
- 2 sweet-tart apples, such as Golden Russet or Jonagold, cut into matchsticks
- 3 cups matchstick-cut carrots
- 1 cup matchstick-cut radishes
- ¾ cup flat-leaf parsley leaves, coarsely chopped

Preparation:

1. To make the vinaigrette: In a blender or mini food processor, combine shallot, vinegar, oil, cider, mustard, maple syrup, salt, and pepper until smooth and creamy.
2. In a large mixing bowl, combine the kale, apples, carrots, radishes, and parsley.
3. Drizzle the dressing over the salad and toss to coat.

Serving Suggestion: Serve with any dish.

Variation Tip: Add spices.

Nutritional Information Per Serving:

Calories 75 | Protein 1g | Carbohydrates 9.1g | Dietary Fiber 2g | Sugars 5.6g | Fat 4g | Sodium 159.1mg

Green Machine Salad



Prep Time: 20 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

- 1 medium Granny Smith apple
- 2 tablespoons lemon juice
- 4 cups chopped kale
- 4 cups shredded green cabbage
- 4 scallions, chopped

Preparation:

1. Cut the apple into long, thin strands or strips with a spiral vegetable slicer or a vegetable peeler.
2. In a large mixing bowl, combine the apple and lemon juice. Toss in the kale, cabbage, and scallions to coat.
3. In an airtight container, layer the salad between paper towels.

Serving Suggestion: Serve it with bread.

Variation Tip: You can add spices.

Nutritional Information Per Serving:

Calories 59 | Protein 2.3g | Carbohydrates 13.5g | Dietary Fiber 4.2g | Sugars 7.4g | Fat 0.4g | Sodium 23.2mg

Creamed Kale



Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 6

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 cup sliced leek, white and light green parts only
- 12 cups chopped kale or collards (about 1 large bunch)
- 2 cloves garlic, minced
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{4}$ to $\frac{3}{4}$ cup water, as needed
- 2 tablespoons all-purpose flour
- $1\frac{1}{2}$ cups reduced-fat milk
- a pinch of nutmeg (optional)

Preparation:

1. In a large pot, heat the oil over medium heat. Cook, stirring frequently, until the leek begins to soften, 1 to 2 minutes.
2. Cook, stirring frequently, until the greens are very soft, 10 to 20 minutes, adding $\frac{1}{4}$ cup of water at a time if they begin to stick.
3. Cook, stirring constantly, for 30 seconds after adding the flour.
4. Stir in the milk and nutmeg; cook, stirring constantly, until just starting to boil and thicken, 1 to 2 minutes.

Serving Suggestion: Serve hot.

Variation Tip: Add spice.

Nutritional Information Per Serving:

Calories 109 | Protein 4g | Carbohydrates 10.3g | Dietary Fiber 1.6g | Sugars 4.3g | Fat 6.3g | Sodium 184.4mg

Pumpkin and Black Bean Soup



Prep Time: 20 minutes

Cook Time: 30 minutes

Serves: 6

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 ½ cups chopped red onion
- 1 ½ cups chopped poblano peppers
- 2 tablespoons minced garlic
- 2 tablespoons red curry paste
- ½ teaspoon ground coriander
- 3 cups reduced-sodium vegetable broth
- 2 (15 ounce) cans unsalted black beans, rinsed
- 1 (15 ounce) can unsalted diced tomatoes
- 1 cup unseasoned canned pumpkin
- ½ teaspoon salt
- 1 (13.5 ounce) can light coconut milk (well shaken), divided
- 2 tablespoons lime juice
- ½ cup fresh cilantro leaves
- 6 tablespoons roasted unsalted pepitas

Preparation:

1. In a large pot, heat the oil over medium-high heat. Add onions and poblano peppers and cook until the onion and poblanos begin to brown and blister, for about 6 minutes. Then add garlic, curry paste and coriander are fragrant, for about 1 minutes.
2. Combine the broth, black beans, tomatoes, pumpkin, and salt in above pot. Bring the water to a boil over medium-high heat.
3. Reduce the heat to medium to keep the mixture simmering. Simmer for 10 minutes, or until slightly thickened. Add coconut milk into it. Return to a low heat and cook for 3 minutes. Add lime juice and then divide the soup among 6 bowls and top with 1 tablespoon of coconut milk.
4. Garnish with cilantro and pepitas if desired.

Serving Suggestion: Serve hot.

Variation tip: Add spices more to enhance the flavor.

Nutritional Information Per Serving:

Calories 178 | Protein 4g | Carbohydrates 21g | Dietary fiber 6g | Sugars 8g | Fat 9g | Sodium 426mg

Snacks and Sides Recipes

Green Juice



Prep Time: 10 minutes

Cook Time: 0 minutes

Serves: 2

Ingredients:

- ½ cup fresh parsley
- 3 cups spinach
- ½ lemon, peeled
- 2 medium pears, cut into eighths
- 6 large stalks celery, trimmed
- ice cubes (optional)

Preparation:

1. Process parsley, spinach, lemon, pears, and celery through a juicer in this order, following the manufacturer's instructions.
2. Fill two glasses with ice, if desired, and pour in the juice. Serve right away.

Serving Suggestion: Serve.

Variation Tip: Add spices and enjoy it.

Nutritional Information Per Serving:

Calories 91 | Protein 1g | Carbohydrates 20g | Dietary Fiber 1g | Sugars 15g | Fat 1g | Sodium 192mg

Carrot Cake Energy Bites



Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 22

Ingredients:

- 1 cup pitted dates
- ½ cup old-fashioned rolled oats
- ¼ cup chopped pecans
- ¼ cup chia seeds
- 2 medium carrots (about 4 ounces total), finely chopped
- 1 teaspoon vanilla extract
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- ¼ teaspoon salt
- a pinch of ground pepper

Preparation:

1. Combine dates, oats, pecans, and chia seeds in a food processor; pulse until well combined and chopped.
2. Add carrots, vanilla, cinnamon, ginger, turmeric, salt, and pepper; process until all ingredients are well chopped and a paste begins to form.
3. Roll the mixture into balls using a scant 1 tablespoon each.

Serving Suggestion: Serve with tea.

Variation Tip: Add dried fruits and nuts on the cake.

Nutritional Information Per Serving:

Calories 48 | Protein 0.9g | Carbohydrates 8.2g | Dietary Fiber 1.6g | Sugars 5.1g | Fat 1.7g | Sodium 30.4mg

Ginger-Beet Juice



Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 medium orange, peeled and quartered
- 3 kale leaves
- 1 medium apple, cut into wedges
- 1 medium carrot, peeled
- 1 large beet, peeled and cut into wedges
- 1 1-inch piece peeled fresh ginger
- ice cubes (optional)

Preparation:

1. Working in this order, juice orange, kale, apple, carrot, beet, and ginger in a juicer according to package directions.
2. Fill two glasses with ice, if desired, and pour in the juice. Serve right away.

Serving Suggestion: serve chilled.

Variation Tip: Add more ice.

Nutritional Information Per Serving:

Calories 100 | Protein 2g | Carbohydrates 21g | Dietary Fiber 1g | Sugars 14g | Fat 1g | Sodium 94mg

Mermaid Smoothie Bowl



Prep Time: 5 minutes

Cooking time: 0 minutes

Serves: 2

Ingredients:

- 2 frozen bananas, peeled
- 2 kiwis, peeled
- 1 cup fresh pineapple chunks
- 1 cup unsweetened almond milk
- 2 teaspoons blue spirulina powder
- ½ cup fresh blueberries
- ½ small Fuji apple, thinly sliced and cut into 1-inch flower shapes

Preparation:

1. In a blender, combine bananas, kiwis, pineapple, almond milk, and spirulina. Blend on high for 2 minutes, or until smooth.
2. Divide the smoothie evenly between two bowls. Serve with blueberries and apples on top.

Serving Suggestion: Serve it cooled.

Variation Tip: Add nuts.

Nutritional Information Per Serving:

Calories 251 | Protein 4.8g | Carbohydrates 59.5g | Dietary Fiber 8.7g | Sugars 36.4g | Fat 2.5g | Sodium 115.8mg

Tomato-Vegetable Juice



Prep Time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1 cup chopped hearts of romaine
- ¼ cup chopped fresh chives
- 2 large tomatoes, cut into wedges
- ¼ fresh jalapeño, stemmed and seeded
- 1 large red bell pepper, cut into eighths
- 2 large stalks celery, trimmed
- 1 medium carrot, peeled
- 1 cube Ice cubes, optional

Preparation:

1. Process lettuce, chives, tomatoes, jalapeño, bell pepper, celery, and carrot through a juicer in this order, following the manufacturer's instructions.
2. Fill two glasses with ice, if desired, and pour in the juice. Serve right away.

Serving Suggestion: Serve chilled.

Variation Tip: Add sugar and salt according to your taste.

Nutritional Information Per Serving:

Calories 46 | Protein 1g | Carbohydrates 9g | Dietary Fiber 2g | Sugars 7g | Fat 0g | Sodium 82mg

Microwave Popcorn



Prep Time: 5 minutes

Cook time: 5 minutes

Serves: 1

Ingredients:

1½ tablespoons popcorn kernels

Preparation:

1. Add popcorn kernels to a brown paper bag and fold the top of the bag over three times.
2. Microwave until the popping stops, 1 to 1½ minutes.

Serving Suggestion: Serve hot.

Variation Tip: Add caramel according to your taste.

Nutritional Information Per Serving:

Calories 83 | Protein 3g | Carbohydrates 19.5g | Dietary Fiber 5.3g | Sugars 0.6mg | Fat 0.8g | Sodium 200mg

Savory Date and Pistachio Bites



Prep Time: 10minutes

Cooking time: 0 minutes

Serves: 32

Ingredients:

- 2 cups pitted whole dates
- 1 cup raw unsalted shelled pistachios
- 1 cup golden raisins
- 1 teaspoon ground fennel seeds
- ¼ teaspoon ground pepper

Preparation:

1. In a food processor, combine dates, pistachios, raisins, fennel, and pepper.
2. Process until the mixture is finely chopped. Form into 32 balls, each about 1 tablespoon in size.

Serving Suggestion: Serve cooled.

Variation Tip: You can add sugar and salt according to your taste.

Nutritional Information Per Serving:

Calories 68 | Protein 1.1g | Carbohydrates 13.4g | Dietary Fiber 1.4g | Sugars 10.7g | Fat 1.8g | Sodium 0.8mg

Crunchy Roasted Chickpeas



Prep Time: 5 minutes

Cooking time: 35 minutes

Serves: 4

Ingredients:

- 1 (15-ounce) can no-salt-added chickpeas, rinsed
- nonstick cooking spray
- ¼ teaspoon sea salt

Preparation:

1. Preheat oven to 425°F.
2. Pat chickpeas dry with paper towels; place on a large rimmed baking sheet. Coat with cooking spray and sprinkle with salt. Bake until crunchy, 30 to 45 minutes.

Serving Suggestion: Serve hot or cooled.

Variation Tip: You can salt according to your taste.

Nutritional Information Per Serving:

Calories 100 | Protein 6g | Carbohydrates 17g | Dietary Fiber 5g | Sugars 3g | Fat 1.5g | Sodium 170mg

Vegetarian Recipes

Zucchini Lasagna Rolls



Prep Time: 45 minutes

Cook time: 1 hour 15 minutes

Serves: 6

Ingredients:

- 3 large zucchinis, trimmed (about 4 pounds)
- 4 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt plus a pinch, divided
- 2 cups crushed tomatoes
- 1 teaspoon Italian seasoning
- 4 teaspoons minced garlic, divided
- ¼ teaspoon crushed red pepper
- 2½ cups part-skim ricotta cheese
- ¼ cup grated Parmesan cheese
- ½ teaspoon ground pepper
- ¼ cup chopped almonds

Preparation:

1. Preheat oven to 425°F with racks in the middle and upper thirds. 2 rimmed baking sheets, sprayed with cooking spray.
2. Each zucchini should be sliced lengthwise into ¼- to ⅛-inch-thick strips. Any small or misshapen pieces should be discarded. You should have approximately 24 strips. Brush 3 tablespoons of oil over the strips and season with ¼ teaspoon of salt. Place on the preheated baking sheets. Roast until softened, 20 to 25 minutes. Set aside to cool slightly.
3. Reduce the oven temperature to 350°F.
4. In a large mixing bowl, combine tomatoes, Italian seasoning, 2 teaspoons of garlic, and crushed red pepper. Fill a 9-by-13-inch baking dish halfway with the mixture.
5. In a medium mixing bowl, combine ricotta, Parmesan, pepper, and 1 teaspoon of garlic.
6. When the zucchini is cool enough to handle, spoon a heaping tablespoon of the ricotta mixture onto each slice.
7. Roll up the slices and place them seam-side down in the baking dish. Bake for 25 to 30 minutes, or until hot.
8. Meanwhile, in a mini food processor, combine the almonds, the remaining 1 teaspoon of garlic, and the remaining pinch of salt. Process until the mixture is the consistency of coarse meal.
9. In a medium skillet, heat the remaining 1 tablespoon oil over medium heat. Add the almond mixture and cook, stirring frequently, until lightly browned and fragrant, 1 to 2 minutes.
10. Serve the lasagna rolls topped with the almond mixture.

Serving Suggestion: Serve hot.

Variation Tip: For topping, you can add coriander.

Nutritional Information Per Serving:

Calories 324 | Protein 17.1g | Carbohydrates 18.6g | Dietary Fiber 3.7g | Sugars 7.8g | Fat 21.5g | Sodium 447.3mg

Veggie and Hummus Sandwich



Prep Time: 10 minutes

Cook Time: 10 minutes

Serves:1

Ingredients:

- 2 slices whole-grain bread
- 3 tablespoons hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens
- ¼ medium red bell pepper, sliced
- ¼ cup sliced cucumber
- ¼ cup shredded carrot

Preparation:

1. Spread hummus on one slice of bread and avocado on the other.
2. Add greens, bell pepper, cucumber, and carrot to the sandwich.
3. Cut in half and serve.

Serving Suggestion: Serve refrigerated.

Variation Tip: You can add salt according to your taste.

Nutritional Information Per Serving:

Calories 324 | Protein 12.8g | Carbohydrates 39.7g | Dietary Fiber 12.1g | Sugars 6.8g | Fat 14.3g| Sodium 407mg

Whole-Wheat Veggie Wrap



Prep Time: 10 minutes

Cook time: 10 minutes

Serves: 1

Ingredient

- 1 8-inch whole-wheat tortilla
- 2 tablespoons hummus
- ¼ avocado, mashed
- 1 cup sliced fresh vegetables of your choice
- 2 tablespoons shredded sharp Cheddar cheese

Preparation:

1. Lay tortilla on work surface.
2. Spread hummus and avocado on the tortilla.
3. Add veggies and Cheddar and roll up.

Serving Suggestion: Cut in half before serving.

Variation Tip: Garnished spices and coriander, if desired.

Nutritional Information Per Serving:

Calories 345 | Protein 11.4g | Carbohydrates 38g | Dietary Fiber 7.8g | Sugars 5.1g | Fat 17.2g | Sodium 556.3mg

Broccoli Casserole



Prep Time: 40 minutes

Cook time: 1 hour

Serves: 12

Ingredients:

- 2 slices whole-wheat sandwich bread
- 2 pounds broccoli florets
- 3 tablespoons butter, divided
- 2 tablespoons extra-virgin olive oil
- 2 cups diced onion
- 4 cloves garlic, minced
- $\frac{1}{3}$ cup all-purpose flour
- $3\frac{1}{2}$ cups low-sodium chicken broth
- 6 ounces reduced-fat cream cheese
- 2 teaspoons Worcestershire sauce
- $\frac{3}{4}$ teaspoon ground pepper
- $\frac{1}{2}$ teaspoon salt
- 2 cups shredded cheese, divided

Preparation:

1. Preheat the oven to 300°F. Cooking spray a 9-inch-by-13-inch baking dish.
2. Tear the bread into small pieces and pulse in a food processor until coarse crumbs form. Spread the breadcrumbs on a baking sheet and bake for 10 minutes, or until dry and crispy.
3. Meanwhile, in a large pot fitted with a steamer basket, bring 1 to 2 inches of water to a boil.
4. Steam 4 to 6 minutes, or until broccoli is just tender. Chop coarsely and evenly distribute in the prepared baking dish.
5. Raise the oven temperature to 350°F.
6. In a large saucepan over medium-high heat, melt 1 tablespoon butter and add the oil. Cook, stirring frequently, until the onion and garlic are soft and translucent, 3 to 5 minutes. Cook for 1 minute after sprinkling flour over the vegetables. While stirring, slowly pour in chicken broth.
7. Cook, stirring occasionally, for 3 minutes, or until thickened. Cook, stirring constantly, until the cream cheese, Worcestershire sauce, pepper, and salt are smooth, about 2 minutes. Take the pan off the heat and stir in $1\frac{1}{2}$ cups of the cheese. Pour the cheese sauce over the broccoli and toss to coat.
8. Melt the remaining 2 tablespoons butter in a small saucepan.
9. In a medium mixing bowl, combine the melted butter and the breadcrumbs. Distribute evenly on top of the broccoli mixture. Finish with the remaining $\frac{1}{2}$ cup of cheese.

10. Bake for 25 to 30 minutes, or until the cheese is melted and the sauce is bubbling around the edges.

Serving Suggestion: Serve hot.

Variation Tip: You can add salt according to your taste.

Nutritional Information Per Serving:

Calories 225 | Protein 10.9g | Carbohydrates 13.1g | Dietary Fiber 3.2g| Sugars 2.1g| Fat 15.1g | Sodium 330.9mg

Cauliflower, Romanesco and Broccoli Gratin



Prep Time: 15 minutes

Cook Time: 45 minutes

Serves: 12

Ingredients:

- 14 cups bite-size florets from 2 to 3 heads broccoli, cauliflower and/or Romanesco
- 2 cups low-fat milk
- 1½ teaspoons Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons water
- ¾ cup shredded extra-sharp white Cheddar cheese
- ¾ cup shredded cheese
- ¼ cup snipped fresh chives
- ¾ cup crushed cheese-flavored crackers
- 2 teaspoons extra-virgin olive oil

Preparation:

1. A large pot of water should be brought to a boil. Cook, stirring frequently, for 1 minute after adding the florets. Drain in a colander and rinse with cold water until cool. Drain thoroughly. Spread out on a baking sheet or a kitchen towel and pat dry with a clean towel to absorb any excess water.
2. Preheat the oven to 375°F. Cooking spray a 9-by-13-inch (or similar-size shallow ovenproof dish).
3. In a large pot, combine the milk, mustard, garlic powder, and salt; bring to a simmer over medium-high heat.
4. In a small bowl, combine cornstarch and water; whisk into the simmering milk. Bring the mixture to a boil, whisking constantly, over high heat. Reduce the heat to maintain a simmer and cook for 2 minutes, whisking constantly. Whisk in the Cheddar, Gruyere, and chives until smooth. Take the pan off the heat.
5. Pour in the florets and gently stir to coat with the cheese sauce. Place in the prepared baking dish.
6. In a small bowl, combine the crackers and oil and sprinkle over the vegetables.
7. Bake for 25 to 30 minutes, or until the cheese sauce is bubbling and the florets are beginning to brown on top.

Serving Suggestion: Serve warm.

Variation Tip: Refrigerate florets for up to one day.

Nutritional Information Per Serving:

Calories 218 | Protein 9.5g | Carbohydrates 21.4g | Dietary Fiber 3.1g | Sugars 4.7g | Fat 11g | Sodium 449.2mg

Root Vegetable Gratin



Prep Time: 15 minutes

Cook Time: 1 hour

Serves: 8

Ingredients:

- 3 pounds assorted root vegetables, peeled and cut into 1/8-inch-thick slices
- 3 tablespoons extra-virgin olive oil, divided
- 1 cup thinly sliced shallots
- 1 1/3 cups low-fat milk, divided
- 3 tablespoons all-purpose flour
- 1 1/2 cups finely shredded cheese, divided
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 cup fresh whole-wheat breadcrumbs

Preparation:

1. Preheat the oven to 400°F. Cooking spray a 9-by-13-inch baking dish.
2. When using parsnips, cut them in quarters lengthwise and remove the woody core before slicing into 1/8-inch thick slices. Cook vegetables in a large pot of boiling water for 5 minutes, or until just tender. Drain.
3. In a medium saucepan over medium heat, heat 2 tablespoons of oil.
4. In a small bowl, whisk together the flour and the remaining 1/3 cup of milk to make a smooth paste; stir into the hot milk and cook, whisking constantly, until the sauce bubbles and thickens, 1 to 2 minutes. Take the pan off the heat. Add 3/4 cup of cheese, thyme, salt, and pepper to taste.
5. In a mixing bowl, combine the breadcrumbs, the remaining 3/4 cup of cheese, and 1 tablespoon of oil.
6. Layer the vegetable slices in the prepared baking dish. Pour the cheese sauce over the top and top with the breadcrumb mixture.
7. Bake the gratin until it is bubbling and the top is golden, 30 to 40 minutes.

Serving Suggestion: Let cool for 10 minutes before serving.

Variation Tip: Add salt according to your taste.

Nutritional Information Per Serving:

Calories 285 | Protein 11.8g | Carbohydrates 32.6g | Dietary Fiber 6.3g | Sugars 11.9g | Fat 12.8g | Sodium 427mg

Baked Falafel Sandwiches



Prep time: 40 minutes

Cook time: 30 minutes

Serves: 4

Ingredients:

- cooking spray
- 1 (15-ounce) can no-salt-added chickpeas, rinsed
- ½ cup chopped fresh flat-leaf parsley
- ½ cup chopped fresh cilantro
- ½ cup grated red onion, plus 1 cup thinly sliced, divided
- ¼ cup panko breadcrumbs
- 1 tablespoon tahini
- 1 teaspoon grated lemon zest
- 2 tablespoons lemon juice, divided
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 large clove garlic, grated
- 1 cup thinly sliced English cucumber
- 1½ tablespoons extra-virgin olive oil
- 4 (10-inch) whole-wheat wraps
- 2 cups loosely packed arugula
- 1 large tomato, cut into 8 slices
- 1 recipe Tahini Sauce with Lemon & Garlic

Preparation:

1. Preheat the oven to 350°F. Coat a baking sheet with foil and cooking spray.
2. In a food processor, pulse chickpeas, parsley, cilantro, grated onion, panko, tahini, lemon zest, 1 tablespoon lemon juice, cumin, salt, and garlic until a coarse meal forms, 10 to 12 pulses, scraping down the sides as needed. Form the mixture into four (½-inch-thick) patties (each about ½ cup).
3. Place the patties on the baking sheet that has been prepared; spray the tops with cooking spray. 10 minutes in the oven cooking spray the tops of the patties after flipping them. Continue baking for 10 to 12 minutes, or until golden brown.
4. In a medium mixing bowl, combine the sliced onion, cucumber, oil, and the remaining 1 tablespoon of lemon juice. Allow to stand at room temperature for about 20 minutes, stirring occasionally.
5. Meanwhile, place the wraps directly on the oven racks and bake for 1 minute, or until just warmed through.
6. Toss the arugula into the cucumber mixture. Place the warmed wraps on a work surface and top with the arugula mixture, falafel halves, tomato slices, and tahini sauce in an even layer.
7. Fold 1 side of the wrap over the center and roll up burrito-style, working with 1 wrap at a time.
8. Wrap the bottom half with foil to hold the wrap together.

Serving Suggestion: Serve hot.

Variation Tip: Add spices according to your taste

Nutritional Information Per Serving:

Calories 517 | Protein 15.7g | Carbohydrates 64.6g | Dietary Fiber 10.9g | Sugars 6.3g | Fat 23.9g| Sodium 450mg

Tomato and Basil Finger Sandwiches



Prep time: 5 minutes

Cook time: 0 minutes

Serves: 4

Ingredients:

- 4 slices whole-wheat bread
- 8 teaspoons reduced-fat mayonnaise, divided
- 4 thick slices tomato
- 4 teaspoons sliced fresh basil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon freshly ground pepper

Preparation:

1. Cut bread into rounds slightly larger than your tomato--a biscuit cutter works well.
2. Spread each slice with 2 teaspoons mayonnaise.
3. Top with tomatoes, basil, salt and pepper.

Serving Suggestion: Serve with tea.

Variation Tip: Add spices according to your taste.

Nutritional Information Per Serving:

Calories 85 | Protein 3.1g | Carbohydrates 12.7g | Dietary Fiber 1.6g | Sugars 2.1g | Fat 2.7g | Sodium 324.4mg

Smashed Lemon-Garlic Zucchini with Parmesan



Prep time: 10 minutes

Cook time: 15 minutes

Serves: 6

Ingredients:

- 2 medium zucchini (14 ounces), trimmed and cut into ½-inch rounds
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- zest of 1 large lemon
- 1 large clove garlic, grated
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon chopped fresh basil

Preparation:

1. Place the oven rack 6 inches from the broiler. Preheat the oven to 400°F.
2. Cut an X in the top of each zucchini round, about halfway through. Arrange the rounds on a large rimmed baking sheet in a single layer.
3. Drizzle with oil and season with salt and pepper to taste. Bake on the upper rack for 10 to 12 minutes, or until just tender. Remove the rounds from the oven and flatten them with the bottom of a mason jar or a sturdy glass. Turn broiler to High.
4. Meanwhile, combine lemon zest, garlic, Parmesan and basil in a small bowl.
5. Sprinkle the mixture over the smashed zucchini. Broil until lightly browned and the cheese is melted, about 2 minutes.

Serving Suggestion: Serve hot.

Variation Tip: Add spices according to your taste.

Nutritional Information Per Serving:

Calories 43 | Protein 2g | Carbohydrates 3g | Dietary Fiber 1g | Sugars 2g | Fat 3g | Sodium 148mg

Blueberry-Lemon Ricotta Pound Cake



Prep time: 20 minutes

Cook time: 1 hour

Serves: 8

Ingredients:

- $\frac{3}{4}$ cup granulated sugar
- 5 tablespoons unsalted butter, at room temperature
- 3 large eggs, at room temperature
- $\frac{3}{4}$ cup part-skim ricotta cheese
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice plus 1 teaspoon, divided
- 1 teaspoon vanilla extract
- $1\frac{1}{2}$ cups white whole-wheat flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 cups fresh blueberries
- 2 tablespoons packed confectioners' sugar

Preparation:

1. Preheat the oven to 350°F. Line the bottom of a 9-inch-by-5-inch loaf pan with parchment paper and spray with cooking spray.
2. In a large mixing bowl, cream together the sugar and butter with an electric mixer on medium-high speed until creamy. One at a time, beat in the eggs until fully incorporated. Reduce the mixer speed to medium-low and mix in the ricotta, lemon zest, 2 tablespoons of lemon juice, and vanilla extract until just combined.
3. Sprinkle flour on top, then evenly distribute baking powder and salt. Beat until almost combined on low speed with an electric mixer. Fold the blueberries into the batter gently. Transfer to the pan that has been preheated.
4. Bake the cake for 1 hour, or until the edges begin to brown and a tester inserted into the center comes out clean. Allow to cool for 20 minutes in the pan on a wire rack.
5. Run a knife around the edge of the cake to loosen it, then invert it onto the rack. Turn it right-side up with care. Allow to cool completely.
6. Clean the bowl, then whisk in the confectioners' sugar and the remaining 1 teaspoon lemon juice until smooth. Brush the cake with the glaze.

Serving Suggestion: Serve with tea.

Variation Tip: Add sugar according to your taste

Nutritional Information Per Serving:

Calories 303 | Protein 8.4g | Carbohydrates 44.9g | Dietary Fiber 3.3g | Sugars 24.8g | Fat 11g | Sodium 318.6mg

Pineapple Nice Cream



Prep time: 5 minutes

Cook time: 5 minutes

Serves: 6

Ingredients:

- 3 medium tart apples, peeled and diced
- 1 cup 3 tablespoons sugar
- 1 teaspoon ground cinnamon
- $\frac{2}{3}$ cup margarine, soften
- 4 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- $\frac{1}{8}$ teaspoon salt

Preparation:

1. In a food processor, combine pineapple, mango, and lemon (or lime) juice until smooth and creamy. (If you're using frozen mango, you might need to add up to $\frac{1}{4}$ cup of water.)
2. Freeze it for about 2 to 4 hours then serve.

Serving Suggestion: Serve with brownie or cookie.

Variation Tip: Add sugar according to your taste

Nutritional Information Per Serving:

Calories 55 | Protein 0.6g | Carbohydrates 14.2g | Dietary Fiber 1.5g | Sugars 11.2g | Fat 0.2g | Sodium 1.1mg

Pumpkin Pie Nice Cream



Prep time: 5 minutes

Cook time: 0 minutes

Serves: 8

Ingredients:

- 4 ripe medium bananas, peeled, halved and frozen
- 1 (15-ounce) can unseasoned pumpkin puree, chilled
- 1¼ teaspoons pumpkin pie spice
- 2 tablespoons pure maple syrup, plus more for garnish
- toasted chopped pecans for garnish

Preparation:

1. In a food processor, combine the bananas, pumpkin, pumpkin pie spice, and maple syrup (if using) and process until smooth.
2. Drizzle with more maple syrup and, if desired, garnish with pecans.

Serving Suggestion: Serve chilled.

Variation Tip: Add sugar according to your taste

Nutritional Information Per Serving:

Calories 72 | Protein 1.2g | Carbohydrates 18g | Dietary Fiber 3.1g | Sugars 9g | Fat 0.4g | Sodium 3.4mg

Banana Split Tarts



Prep time: 5 minutes

Cook time: 0 minutes

Serves: 1

Ingredients:

- 3 thin slices banana
- 1 medium strawberry, cut into thirds
- 3 baked miniature phyllo dough shells
- 1½ teaspoons sugar-free chocolate-flavor syrup

Preparation:

1. Place a banana slice and strawberry slice in each phyllo dough shell.
2. Drizzle each with ½ teaspoon chocolate syrup.

Serving Suggestion: Serve as a snack.

Variation Tip: Add chocolate syrup according to your taste.

Nutritional Information Per Serving:

Calories 67 | Protein 0.2g | Carbohydrates 9.9g | Dietary Fiber 0.4g | Sugars 1.5g | Fat 3.1g | Sodium 50.2mg

Cranberry-Hazelnut Tart



Prep Time: 30 minutes

Cook Time: 50 minutes

Serves: 24

Ingredients:

Tart Dough:

- $\frac{2}{3}$ cup quick-cooking rolled oats
- $\frac{1}{2}$ cup whole-wheat flour
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ (8-ounce) package reduced-fat cream cheese (Neufchâtel), softened
- $\frac{1}{4}$ cup butter, softened
- $\frac{1}{4}$ cup packed brown sugar
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt

Cranberry-Hazelnut Filling:)

- $\frac{1}{3}$ cup packed brown sugar
- 2 teaspoons cornstarch
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 $\frac{1}{4}$ cups fresh cranberries
- $\frac{2}{3}$ cup water
- $\frac{1}{4}$ cup hazelnuts, toasted and chopped

Preparation:

1. Preheat the oven to 350°F. Make the Tart Dough: Set aside oats, whole wheat flour, and all-purpose flour in a small mixing bowl.
2. In a large mixing bowl, combine cream cheese and butter; beat for 30 seconds with an electric mixer on medium to high speed. Mix in the brown sugar, baking soda, cinnamon, and salt until well combined. With the

mixer, incorporate as much of the oat mixture as possible.

3. Divide the dough evenly among 24 1¾-inch muffin cups. Dough should be pressed on the

4. To make the Cranberry Filling, follow these steps: Combine the brown sugar, cornstarch, and cinnamon in a small saucepan. Combine the cranberries and water in a mixing bowl. Cook, stirring constantly, over medium heat until thickened and bubbly. Add half of the hazelnuts and mix well. Filling should be spooned evenly into muffin cups lined with dough.

5. Lastly, top with the remaining hazelnuts.

6. Bake for 15 to 20 minutes, or until the crust edges are golden. Cool for 5 minutes in muffin cups. Remove tarts from muffin cups and place on a wire rack to cool.

Serving Suggestion: Serve with tea.

Variation Tip: Add sugar according to your taste

Nutritional Information Per Serving:

Calories 83 | Protein 1g | Carbohydrates 11g | Dietary Fiber 1g | Sugars 2.5g | Fat 4g | Sodium 60mg

Brownie Raspberry Tart



Prep time: 25 minutes

Cook time: 35 minutes

Serves: 10

Ingredients:

- nonstick cooking spray
- ½ cup granulated sugar or sugar substitute blend equivalent to ½ cup granulated sugar
- 3 tablespoons canola oil
- 2 egg whites
- ⅔ cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ¼ teaspoon salt
- ¼ cup water
- ½ cup soft light cream cheese (in a tub)
- 3 tablespoons powdered sugar
- 1 tablespoon light chocolate-flavor syrup
- ¼ cup sliced almonds, toasted
- 1 to 1½ cups fresh red raspberries

Preparation:

1. Preheat the oven to 350°F for the brownie crust. Set aside a 12-inch pizza pan sprayed with cooking spray.
2. Combine the granulated sugar and oil in a medium mixing bowl. Mix on medium speed with an electric mixer until well combined. One at a time, add egg whites, beating well after each addition.
3. In a small mixing bowl, combine the flour, cocoa powder, and salt. Combine the flour mixture and the water in a mixing bowl. Beat just until combined. Spread in the prepared pan. Bake for 10 minutes. Cool completely in pan on a wire rack.
4. Just before serving, combine cream cheese, powdered sugar, and chocolate flavor syrup in a large mixing bowl. Spread the mixture evenly over the brownie crust. Sprinkle with almonds.

Serving Suggestion: Top with raspberries.

Variation Tip: Add sugar according to your taste.

Nutritional Information Per Serving:

Calories 175 | Protein 4.2g | Carbohydrates 24.6g | Dietary Fiber 2.6g | Sugars 14.3g | Fat 7.9g | Sodium 132.6mg

Cinnamon Icebox Cookies



Prep time: 45 minutes

Cook time: 2 hours

Serves: 80

Ingredients:

- 2 cups all-purpose flour
- 1 cup white whole-wheat flour
- 1¼ teaspoons baking powder
- ¼ teaspoon salt
- 1 cup unsalted butter (2 sticks), softened, divided
- ½ cup granulated sugar
- 2 large eggs, divided
- 2 teaspoons vanilla extract, divided
- ½ cup packed dark brown sugar
- 1 tablespoon ground cinnamon
- 1 cup finely chopped pecans

Preparation:

1. In a medium mixing bowl, combine all-purpose flour, whole wheat flour, baking powder, and salt.
2. In a large mixing bowl, beat ½ cup of butter and granulated sugar with an electric mixer on high speed until light and fluffy. 1 egg and 1 teaspoon of vanilla extract using an electric mixer, blend until smooth. On low speed, gradually add 1½ cups of the flour mixture, mixing just until combined.
3. Form the dough into a 10-inch log on a sheet of plastic wrap. Wrap in plastic wrap and place in the refrigerator.
4. Wipe the mixing bowl clean. On high speed, cream together the remaining ½ cup of butter and brown sugar until light and fluffy. Mix in the remaining egg and 1 teaspoon of vanilla extract. Using an electric mixer, blend until smooth. On low speed, gradually add the remaining flour mixture and cinnamon, mixing just until combined.
5. After the dough has chilled, cut each log in half lengthwise. Roll 1 piece of vanilla dough and 1 piece of cinnamon dough into a long rope about 1½ inch thick. Place the ropes next to each other, gently pressing the two doughs together. Fold in half, then twist once or twice before rolling into another 1½ inch thick log.
6. Place the pecans on a clean surface and roll the log in them, gently pressing to adhere. Place in the freezer after rewrapping in plastic wrap. Rep with the rest of the dough and pecans. Freeze for 1 hour, or until the dough is firm.
7. Preheat oven to 350°F with racks in the upper and lower thirds. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
8. Working with one log of dough at a time, unwrap and cut into ¼-inch-thick rounds, turning the dough after each slice and shaping the cookies as needed to keep their shape. Bake for 10 to 12 minutes, or until lightly browned. Allow the cookies to cool completely on a wire rack.

Serving Suggestion: Serve cooled.

Variation Tip: Add sugar according to your taste.

Nutritional Information Per Serving:

Calories 59 | Protein 1g| Carbohydrates 6g | Dietary Fiber 3g| Sugars 3g | Fat 3g|

Sodium 250mg

4 Weeks Meal Plans

Week 1

DAYS	BREAKFAST	SNACK	LUNCH	DINNER
Day 1	Zucchini, Corn and Egg Casserole	Chicken and Kale Soup	Creamy Tuscan Chicken	Salmon Caesar Salad
Day 2	Vegetable and Egg Scramble	Spring Green Soup with Chicken	Slow-Cooker Chicken	Creamy Salmon
Day 3	Herbed Tomato Gratin	Kale and Avocado Salad with Blueberries and Edamame	Chicken with Orzo Salad	Shrimp-and-Grits-Stuffed Peppers
Day 4	Breakfast Smoothie	Hand-Wilted Kale Salad	Piri-Piri Chicken with Smashed Sweet Potatoes and Broccoli	Greek Roasted Fish with Vegetables
Day 5	Egg-Topped Quinoa Bowl with Kale	Kale, Carrot and Apple Salad	Hummus-Crusted Chicken	Roasted Salmon with White Bean Ragout
Day 6	Fresh Herb Omelet	Green Machine Salad	Chicken, Avocado and Quinoa Bowls	Salmon with Asparagus and Mushrooms
Day 7	Omelet with Turmeric, Tomato, and Onions	Creamed Kale	Creamy Lemon Chicken	Sizzling Salmon and Asparagus

Week 2

DAYS	BREAKFAST	SNACK	LUNCH	DINNER
Day 1	Avocado Toast with Salsa	Pumpkin and Black Bean Soup	Chicken Cordon Bleu	Grilled Red Snapper
Day 2	Zucchini Lasagna Rolls	Green Juice	Sweet and Sour Chicken	Grilled Snapper with Red Pepper Sauce
Day 3	Veggie and Hummus Sandwich	Carrot Cake Energy Bites	Asian Ginger Chicken	Grilled Lemon-Pepper Salmon in Foil
Day 4	Whole-Wheat Veggies Wrap	Ginger-Beet Juice	Shortcut Chicken Mole	Grilled Lemon-Pepper Salmon in Foil
Day 5	Broccoli Casserole	Mermaid Smoothie Bowl	Cilantro-Lime Chicken Bowls	Cedar Plank Grilled Salmon
Day 6	Cauliflower, Romanesco and Broccoli Gratin	Tomato-Vegetable Juice	Herbed Lamb Chops with Greek Couscous Salad	Ancho-Maple Barbecue Plank-Smoked Salmon
Day 7	Root Vegetable Gratin	Microwave Popcorn	Freekeh Tabbouleh with Spiced Lamb Kofta	Creamy Tuscan Chicken

Week 3

DAYS	BREAKFAST	SNACK	LUNCH	DINNER
Day 1	Baked Falafel Sandwiches	Savory Date and Pistachio Bites	Orzo with Lamb, Olives and Feta	Creamy Tuscan chicken
Day 2	Tomato and Basil Finger Sandwiches	Crunchy Roasted Chickpeas	Greek Lamb Meatballs	Slow-Cooker Chicken
Day 3	Smashed Lemon-Garlic Zucchini with Parmesan	Chicken and Kale Soup	Lamb and Eggplant Ragu	Chicken with Orzo Salad
Day 4	Zucchini, Corn and Egg Casserole	Spring Green Soup with Chicken	Roast Leg of Lamb	Salmon Caesar Salad
Day 5	Vegetable and Egg Scramble	Kale and Avocado Salad with Blueberries and Edamame	Mint-Pesto Rubbed Leg of Lamb	Creamy Salmon
Day 6	Herbed Tomato Gratin	Hand-Wilted Kale Salad	Slow-Cooker Braised Beef with Carrots and Turnips	Shrimp-and-Grits-Stuffed Peppers
Day 7	Breakfast Smoothie	Kale, Carrot and Apple Salad	Beef Chili	Greek Roasted Fish with Vegetables

Week 4

DAYS	BREAKFAST	SNACK	LUNCH	DINNER
Day 1	Egg-Topped Quinoa Bowl with Kale	Pumpkin and Black Bean Soup	Beef and Bean Chili	Piri-Piri Chicken with Smashed Sweet Potatoes and Broccoli
Day 2	Fresh Herb Omelet	Green Juice	Pork Tenderloin	Hummus-Crusted Chicken
Day 3	Omelet with Turmeric, Tomato, and Onions	Carrot Cake Energy Bites	Prosciutto-Wrapped Pork with Roasted Apples and Fennel	Chicken, Avocado and Quinoa Bowls
Day 4	Baked Falafel Sandwiches	Ginger-Beet Juice	Apricot-Espresso Glazed Roast Pork Loin	Creamy Lemon Chicken
Day 5	Tomato and Basil Finger Sandwiches	Mermaid Smoothie Bowl	Ancho-Honey Pork Tenderloin	Greek Roasted Fish with Vegetables
Day 6	Smashed Lemon-Garlic Zucchini with Parmesan	Tomato-Vegetable Juice	Irish Pork Roast with Roasted Root Vegetables	Roasted Salmon with White Bean Ragout
Day 7	Zucchini, Corn and Egg Casserole	Microwave Popcorn	Tuscan Pork Loin	Salmon with Asparagus and Mushrooms

Conclusion



It's simple to eat healthy. It's all about eating well (healthy fats, fruits, and veggies) and avoiding metabolic (diabetes), autoimmune (cancer), and cardiovascular illnesses. It also has to do with feeling less fatigued. Fresh, healthy, and minimally processed meals are the focus of clean eating. This method of eating can help you enjoy the natural tastes of foods while also improving your health. Furthermore, it promotes ecologically friendly agriculture and food practices. Because of their preservatives and lack of nutrients, processed foods are incompatible with clean eating ideals. Vegetables and fruits should be included in a healthy diet. These entire foods are easy to prepare and have several health advantages.

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