

10 EASY, HEALTHY RECIPES YOU CAN MAKE AT HOME





MOCK FRIED CHICKEN

INGREDIENTS

- 100g Chicken
- 1 Grissini crumbled into a fine powder
- Salt and pepper
- Seasoning of choice- like paprika/smoky paprika, poultry seasoning, Cayenne, garlic powder, herbs of choice, such as: dried thyme, oregano, poultry seasoning, dry mustard,, etc.

For baking:

- 1 tbsp. milk or 1/2 tbsp. milk and 1/2 tbsp. Parmesan cheese
- 1-2 tbsp. broth

For frying:

- Broth as needed

DIRECTIONS

- Preheat nonstick skillet to med-high or oven to 350 degrees. Salt and pepper both sides of chicken.
- Put grissini, seasonings and herbs into a bowl or on a plate. We recommend using a shallow bowl.

If baking:

- Coat chicken with milk/broth mixture, sprinkle a little cheese and then roll in grissini mixture.
- Bake for 20-30 minutes. Finish under broiler about 5 minutes. If you get a small spray bottle and fill it with chicken broth, you can spray chicken broth on your chicken as well to help it bake.

If frying:

- Just coat the chicken in grissini mixture.
- Put enough broth in bottom of a nonstick frying pan to cover slightly. Pan should be hot enough to let off some steam when you add the broth.
- Add chicken. Cook on both sides until golden and done, adding more broth as it cooks off.





CHICKEN CACCIATORE

– Makes 6 servings

INGREDIENTS

- 6 - 100g chicken breasts
- 1 tsp. freshly ground black pepper, plus more to taste
- 3 tbs. chicken broth
- 1 onion, chopped
- 1 1/2 cup chicken broth (or 3/4 cup red wine & 3/4 cup broth)
- 3 tbs. drained capers
- 1/4 cup coarsely chopped fresh basil leaves
- 2 tsp. salt, plus more to taste
- 2 grissini, crushed, for dredging
- 1 large red bell pepper, chopped
- 3 garlic cloves, finely chopped
- 1 (28-ounce) can diced tomatoes with juice
- 1 1/2 tsp. dried oregano leaves

DIRECTIONS

- Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the crushed grissini to coat lightly.
- Put grissini, seasonings and herbs into a bowl or on a plate. We recommend using a shallow bowl.
- In a large heavy sauté pan, heat the 3-tbsp. broth over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. Add more broth as it evaporates. If all the chicken does not fit in the pan, sauté it in 2 batches.
- Transfer the chicken to a plate and set aside. Add the bell pepper, onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper.
- Add the remaining broth and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano.
- Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer.
- Continue simmering over medium-low heat until the chicken is just cooked through.
- Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes.
- Spoon off any excess fat on top of the sauce then spoon the sauce over the chicken, sprinkle with basil and serve.





GARLIC GINGER BEEF

INGREDIENTS

- 100 g lean beef cut
- into bite size pieces
- 1 clove of garlic,
- minced
- 1" piece of ginger, minced or cut
into thin slices
- Onions, Cabbage, Celery,
- Green pepper—optional
- (will make it hot, so use less if you're
sensitive!

DIRECTIONS

- Place a bit of water into pan.
- Add garlic, ginger, and veggie and stir fry until
soft.
- Add beef and cook until beef is thoroughly
cooked.





CHILI

INGREDIENTS

- 1/2 lb. ground turkey or lean beef
- 1/2 onion
- 1 cup water
- 1, 15 oz. can organic tomatoes (puree 1/2 of the tomatoes)
- 1/8 - 1/4 tsp. organic chili powder

DIRECTIONS

- Saute meat and onions until done.
- Add all tomatoes, chili powder, and water.
- Simmer at least 15 minutes





MOCK HAMBURGERS

- ** All the flavors are there except for the bread!*

DIRECTIONS

- Cook and scramble 3.5 oz. ground beef, then rinse well to get rid of all the fat
- To this add: a LITTLE ketchup, a LITTLE mustard, chopped dill pickles, chopped onion, diced tomato, a little chopped lettuce, salt/pepper, garlic powder (or fresh/crushed), Braggs Liquid Aminos or Worcestershire





BEEF WITH SPICY PARSLEY TOMATO SAUCE

INGREDIENTS

- 100g Chicken
- 1 Grissini crumbled into a fine powder
- Salt and pepper
- Seasoning of choice- like paprika/smoky paprika, poultry seasoning, Cayenne, garlic powder, herbs of choice, such as: dried thyme, oregano, poultry seasoning, dry mustard,, etc.

For baking:

- 1 tbsp. milk or 1/2 tbsp. milk and 1/2 tbsp. Parmesan cheese
- 1-2 tbsp. broth

DIRECTIONS

- Season the beef with salt and pepper. Season the tomatoes with salt, pepper, and herbs de Provence.
- Place a medium, heavy roasting pan or Dutch oven over high heat. Heat the broth.
- Sear the beef over high heat on all sides. Turn off heat. Remove beef.
- Place the seasoned tomatoes into pan and place the pan in oven. Roast about 30 to 40 minutes. During last 5 minutes, put beef into pan with the tomatoes.
- Take the pan out of the oven, tent loosely with foil or cover, and let rest for 10 to 15 minutes.

To make the sauce:

- Place the parsley and garlic in a food processor and pulse until the parsley is finely chopped.
- Add the red pepper flakes, salt, red wine vinegar, and the mashed tomatoes from the beef pan until the food is pureed.
- Add the broth in a steady stream with the machine running until saucy.

To Serve: Slice the beef into thin strips and place on a service platter. Drizzle a little sauce over the meat. Serve the remaining sauce in a small bowl alongside.





VEAL PICCATA

This recipe breaks from tradition in that the veal is not dredged in flour prior to cooking. Chicken breasts that have been thinly pounded would also work well for this recipe.

INGREDIENTS

- 100g veal scallops
- 1/4 cup canned low-salt chicken broth
- Juice of 1 lemon

DIRECTIONS

- Season veal with salt and pepper.
- In a non-stick pan, add veal and cook until tender, about 30 seconds per side. Transfer veal to platter and keep warm
- Add half the broth to de-glaze pan. Add garlic to skillet and saute 30 seconds. Boil until broth is reduced to glaze, about 2 minutes.
- Stir in remaining broth,, lemon juice, and capers. Simmer until mixture is reduced to 1/4 cup, about 2 minutes.
- Pour over veal. Garnish with parsley.
- Serve with wilted cabbage, wilted beet greens, or sauteed fennel bulbs. (Or rely with any non-starchy vegetable)





SHRIMP OR LOBSTER FRA DIAVOLO

Makes about 4 servings

INGREDIENTS

- 1 lb. large shrimp, peeled and deveined, or lobster
- 1 tsp. dried crushed red pepper flakes
- 1 (14 1/2-ounce) can diced tomatoes
- 3 garlic cloves, chopped
- 3 tablespoon chopped fresh Italian parsley leaves
- 1 tsp. salt, plus additional as needed
- 1 medium onion, sliced
- 1 cup & 3 tbsp. chicken broth (or dry white wine)
- 1/4 tsp. dried oregano leaves
- 3 tablespoon chopped fresh basil leaves

DIRECTIONS

- Toss the shrimp in a medium bowl with 1 teaspoon of salt and red pepper flakes.
- Heat the 3 tbs. broth in a heavy large skillet over medium-high heat. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1-2 minutes.
- Transfer the shrimp to a large plate; set aside.
- Add the onion to the same skillet, adding 1 to 2 tsp. of olive oil to the pan, if necessary, and sauté until translucent, about 5 minutes. Add the tomatoes with their juices, remaining broth, garlic, and oregano.
- Simmer until the sauce thickens slightly, about 10 minutes.
- Return the shrimp and any accumulated juices to the tomato mixture; toss to coat and cook for about a minute so the flavors meld together. Stir in the parsley and basil.
- Season with more salt to taste and serve.





HALIBUT TACOS

WITH STRAWBERRY- CUCUMBER SALSA

INGREDIENTS

- 100g halibut fillet
- 1 tbs. broth- fish, chicken or veggie
- 1/4 tsp. sea salt
- * Preheat grill
- 2 tbs. fresh lime juice/lemon juice
- 1 clove garlic, minced
- 1/4 tsp. black pepper

Strawberry-Cucumber Salsa:

- Peeled and chopped fresh strawberry
- 2/3 cup chopped red onion/ shallot/ green onion
- Optional 2 tbs. fresh lime juice/lemon juice
- 1 jalapeño pepper, seeded and minced
- Cilantro sprigs, for garnish
- 1 cup peeled, seeded, and chopped cucumber
- 1 tbs. chopped fresh cilantro
- 1/2 tsp. sea salt
- Cabbage

DIRECTIONS

- Combine lime juice, broth, garlic, salt, and pepper in shallow glass baking dish or zip-top bag.
- Add fish, skin side up. Marinate in refrigerator for at least 30 minutes but no longer than 3 hours.
- Toss all salsa ingredients together in a medium bowl.
- Remove fish from marinade and grill over medium-high heat for about 10 minutes, turning once, until opaque throughout.
- Slice fish into large pieces. Fill each cabbage leaf with fish and salsa. Garnish with additional cilantro, if desired.





MEATBALLS

*** Serve with fat and sugar free spaghetti sauce.*

INGREDIENTS

- 2 lbs. extra lean ground beef (organic/grass fed is best)
- 1 small onion, diced
- 2-3 tsp. ground sage
- 1 egg
- 1 pkg. onion soup mix (or favorite seasoning)
- 1/4 cup finely crushed bread crumbs

DIRECTIONS

- Mix all together.
- Weigh entire mass on digital scale. Divide that weight into 9 equal portions.
- You can make about 8 small meatballs out of each portion and bake, then freeze in baggies or just freeze each portion for cooking later.



SALAD DRESSINGS & SAUCES



CUCUMBER SALAD DRESSING

INGREDIENTS

- 1 English cucumber
- Juice of one lemon
- 1/2 teaspoon dry mustard
- 1/2 teaspoon cumin
- 2-4 tablespoons apple cider vinegar
- 1 packet stevia
- Cilantro to taste

DIRECTIONS

- Put in blender and puree enjoy on veggies or salads.

BALSAMIC VINAIGRETTE

INGREDIENTS

- 1/3 cup organic balsamic vinegar
- 1/4 cup organic apple cider vinegar
- 1 tbsp. of water
- 2 tsp. of prepared mustard
- 2 tbsp. of lemon juice (original recipe calls for orange juice)

DIRECTIONS

- Mix all ingredients together.

CUCUMBER SALSA

**Good with ground turkey lettuce wraps*

INGREDIENTS

- 1 med. seeded cucumber, diced
- 1/4 c chopped cilantro
- 2-4 tablespoons apple cider vinegar
- 1 packet stevia
- Cilantro to taste

DIRECTIONS

- Mix all together and serve with ground turkey/chicken/beef in a lettuce leaf. This recipe makes enough for 2 meals.