

# Recipes 911!

Some Great Ideas Here From Ingo Logé and Fitness Forever Personal Training and Nutrition



## Spinach Stir-fry

1/2 oz. cup low-sodium chicken or vegetable stock  
1 tsp. ginger, grated  
1 large clove garlic, crushed  
1 Tbsp. soy sauce  
1 bag spinach  
1 container firm tofu, cubed  
Dash chili oil (optional)

Mix the stock, ginger, garlic, and soy sauce in a big bowl and add the tofu. Marinate for 30 minutes. Heat a wok or frying pan to medium heat. Pour in marinade and add spinach. Cook until spinach wilts, tossing gently. Add tofu and stir until warmed through. Great on top of brown rice! Makes 3 servings.

**Preparation Time:** 40 minutes

**Cooking Time:** 10 minutes

**Nutritional Information:** (per serving)

Calories: 123

Protein: 13 g

Fiber: 2 g

Carbs: 9 g

Fat Total: 4 g

Saturated Fat: 1 g

## Roasted Garlic and Rosemary Sirloin Burgers

1 whole bulb garlic  
1 lb. grass fed organic ground sirloin  
1 zucchini, ends trimmed and coarsely grated  
2 Tbsp. chopped fresh rosemary  
1/2 tsp. salt  
1/2 tsp. cracked black pepper  
4 sprouted grain hamburger buns, split  
4 tomato slices  
4 lettuce leaves  
4 red onion slices

Preheat oven to 400 degrees.

Wrap garlic in foil, place in oven and roast 45 minutes until tender. When cool enough to handle, peel away foil and squeeze cloves from papery skin. Transfer to a large bowl and add sirloin, zucchini, rosemary, salt, and cracked pepper. Mix well to combine. Shape mixture into 4 equal patties. Serves 4.

Preheat grill or broiler.

Grill or broil burgers (if broiling, use a baking sheet) 5 minutes per side for medium doneness. Arrange burgers on buns and top with tomato, lettuce, and onion.

**Nutritional Information:** (per serving)

Calories: 293

Protein: 31 g

Fiber: n/a

Carbs: 26 g

Fat Total: 7.6 g

Saturated Fat: 2.5 g

**Mexi-Cal Breakfast Tacos**

8 sprouted corn tortillas "Food for life brand"

1 14-oz. package firm tofu (crumbled)

1 small avocado, sliced into 1/2-inch slices

1 medium tomato, diced

1 small white onion, diced

2 Tbsp. crushed garlic

4 stalks green onion (trim ends and dice)

1 cup one or two of the following vegetables: mushrooms, spinach, green pepper or marinated cactus

1/2 cup cilantro

2 Tbsp. olive oil

2 tsp. lime juice

1 Tbsp. unsalted Mexican spices; one or all of the following: cumin, chili powder, chipotle seasoning, habanero seasoning, cayenne pepper

1 tsp. sesame seeds

Salt and pepper to taste

Heat a large sauté pan over medium/high heat; add olive oil, onion, garlic, and green onions. Saute until clear and caramelized, then add vegetables and saute until glazed and tender. Stir in crumbled tofu, cilantro, sesame seeds, Mexican spices, and salt and pepper to taste, and continue to saute until tofu is lightly browned. Add limejuice, mix well, and reduce heat to a simmer.

Gently heat corn tortillas either in the microwave (approx. 30 seconds), or on the stovetop (1 to 2 minutes).

Garnish four plates with diced tomato and sliced avocado. Wrap tofu mix in tortillas, and serve with salsa or hot sauce and a tall glass of lemonade or limeade. Enjoy! Serves 4.



## Breakfast Burrito

1 10-in. sprouted whole wheat flour tortilla  
3 egg whites (or 1/4 cup egg substitute) Organic Free Range  
1/2 oz. (2 Tbsp.) shredded, raw milk mozzarella cheese\*  
1/2 slice lean ham, chopped  
2 Tbsp. salsa  
Nonstick spray  
Salt and Pepper

Spray pan with nonstick vegetable spray, and add eggs. Cook for two minutes, then remove eggs from pan and spoon onto the tortilla. Sprinkle with cheese and ham. Season with salt and pepper to taste. Roll tortilla and fillings up "burrito style," wrap in a paper towel, and microwave for 10 seconds. Serve with salsa. Serves 1.

\*You can use other low-fat raw milk cheeses if you prefer. Look for cheese with 5 grams of fat or less per one-ounce serving.

**Preparation Time:** 5 minutes

**Cooking Time:** 2 minutes

**Nutritional Information:** (per serving)

Calories: 357

Protein: 21.5 g

Fiber: 5 g

Carbs: 43 g

Fat Total: 10.4 g

Saturated Fat: 3 g

## Spinach and Tomato Omelet

3 eggs (or 6 egg whites), slightly beaten  
1/4 cup cooked spinach  
6 pieces sun-dried tomatoes  
Nonstick spray  
Salt and pepper

Soak sun-dried tomatoes in hot water for 10 minutes. Drain, pat dry, cut in half, and season with salt and pepper. Spray a nonstick pan thoroughly with spray. Add spinach and tomatoes to pan and sauté gently for one minute. Remove from pan and set aside. Add eggs to hot pan and cook for one minute. Sprinkle eggs with spinach and tomatoes, season with salt and pepper, and cook until the eggs are done to your liking. Fold omelet over and turn onto the

plate for serving. Try this with warm tomato sauce or a dollop of pesto or goat cheese. Serves 1.

**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes

**Nutritional Information:** (per serving)

Calories: 331

Protein: 25 g

Fiber: 3 g

Carbs: 10 g

Fat Total: 13.5 g

Saturated Fat: 6 g



### **Power Yogurt Breakfast**

1 cup plain, low-fat yogurt  
3 Tbsp. sprouted Ezekiel cereal  
3 strawberries, sliced  
½ organic banana, sliced  
1 tsp. toasted coconut shreds  
1 scoop egg white protein Jay Robb

Add Sprouted Cereal to yogurt and stir to combine well. Top with strawberry and banana slices, then sprinkle with coconut, stir in protein powder for a delicious garnish and added texture. If you have a craving for extra sweetness, add half a teaspoon of raw uncooked honey. Serves 1.

**Nutritional Information:** (per serving)

Calories: 396

Protein: 25 g

Fiber: 10 g

Carbs: 61 g

Fat Total: 5 g

Saturated Fat: 2 g

### **Chicken Scramble**

6 egg whites  
3 oz. cooked chicken breast, diced  
3 Tbsp. fat-free Parmesan cheese, grated  
1-1/2 tsp. fresh basil, chopped

Coat a nonstick skillet with cooking spray and place over medium heat. Lightly beat the egg whites with a fork and add to the pan. Stir constantly until halfway set, then add the

diced chicken and cook through. Add salt and pepper to taste, garnish with fresh basil, and serve. Serves 1.

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Nutritional Information:** (per serving)

Calories: 320

Protein: 49 g

Cholesterol: 78 g

Carbs: 16 g

Fat Total: 6 g

Sodium: 678 mg

### Spinach Salmon Burger

1 lb. salmon fillet, skinned

3 cups raw spinach, coarsely chopped

3 scallions, minced

1 Tbsp. fresh ginger, grated

1/4 tsp. salt

1/4 tsp. pepper

1 large egg white

1 Tbsp. soy sauce

2 Tbsp. pickled ginger

Vegetable oil for brushing pan

Cut the salmon into 1/4-inch dice, then stir together with the spinach, scallions, ginger, salt, and pepper in a large bowl until well combined. In a small bowl, beat together the egg white and soy sauce and stir into the salmon mixture. Form the salmon mixture into 4 patties 1/2 inch thick. Heat a 12-inch nonstick skillet over medium heat until hot and lightly brush with oil. Cook patties, carefully turning once, until golden brown and cooked through, 6 to 7 minutes total. Serve each burger topped with 1 1/2 teaspoons pickled ginger. Serves 4.

**Preparation Time:** 15 minutes

**Cooking Time:** 6-7 minutes

**Nutritional Information:** (per serving)

Calories: 91

Protein: 25 g

Fiber: 2 g

Carbs: 5 g

Fat Total: 7 g

Saturated Fat: 2 g

### BBQ Chicken Salad

2 tsp. garlic cloves, minced

1/2 tsp. sea salt

1/2 tsp. black pepper

2 Tbsp. red wine

1 Tbsp. lemon juice

1 cup extra virgin olive oil (organic)

1 tsp. Worcestershire sauce

1 tsp. dried leaves of thyme, basil, sage, oregano, rosemary each

1 red bell pepper

1 yellow bell pepper

1 green bell pepper

2 red onions

1 large zucchini

4 4-oz. boneless chicken breasts (Free Range)

In a mixing bowl, blend the garlic, salt, pepper, wine, lemon juice, oil, Worcestershire sauce, and seasonings. Slice onions and zucchini in large slices, and cut the peppers into quarters. Place the vegetables in a shallow pan and pour 1/2 of the marinade over it. Pour the remaining marinade over the chicken. Let both sit for 2 hours.

Grill the chicken over medium coals for 5 minutes; turn over and grill an additional 5 minutes. Grill vegetables for 6 minutes while chicken cooks. Serves 4.

**Nutritional Information:** (per serving)

Calories: 350  
Protein: n/a  
Fiber: n/a  
Carbs: n/a  
Fat Total: n/a  
Saturated Fat: n/a



**Grilled Dijon Chicken**

- 2 skinless chicken breasts (thawed)
- 1 clove garlic, finely chopped
- 1/4 cup Dijon mustard
- 2 Tbsp. chopped fresh herbs (parsley, thyme, etc.)
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. olive oil

Preheat grill (or broiler). Blend all ingredients together and spread liberally over chicken breasts. Place chicken on grill (or broiler pan) and grill (broil) for five to ten minutes on each side. Serves 2.

**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Nutritional Information:** (per serving)

Calories: 314  
Protein: 38 g  
Fiber: 4 g  
Carbs: 6 g  
Fat Total: 15 g  
Saturated Fat: 2 g

## Turkey and Wild Rice

1-1/2 cup olive oil  
2 minced garlic cloves  
1-1/2 cup mixture of long-grain brown rice and wild rice  
3 cups sliced mushrooms (your choice)  
1 Tbsp. low-sodium soy sauce  
3 cups turkey stock (or other stock or water if you are short)  
1 cup cooked turkey pieces (free Range)  
1/2 cup chopped, fresh broccoli  
Black pepper to taste  
2 Tbsp. minced, fresh parsley, for garnish

Heat oil over medium-high heat in a saucepan with a tight-fitting lid. Add garlic and rice and sauté about 3 minutes. Add mushrooms, soy sauce, and black pepper and sauté for 3 minutes, continually stirring. Add stock or water and bring to a boil. Cover tightly, reduce to low, and simmer 40 minutes. Add broccoli and turkey pieces, stir, and simmer 5 minutes. Turn off heat and leave for 10 minutes.

Taste and add seasonings (more garlic, or pepper, or dash of cayenne). Sprinkle with fresh parsley.



## Roasted Green Beans: The Super Side!

3 lbs. thin green beans, trimmed  
1 clove garlic, minced  
1-1/2 Tbsp. olive oil

Heat oven to 375 degrees. Place garlic and oil on a baking sheet. Toss beans to coat in pan and place in oven for approximately 30 minutes. Shake pan occasionally.

**Preparation Time:** 5 minutes

**Cooking Time:** 30 minutes

**Nutritional Information:** (per serving)

Calories: 605  
Protein: 25 g  
Fiber: 46 g  
Carbs: 98 g  
Fat Total: 22 g  
Saturated Fat: 3 g



### **Seared Ahi Tuna**

6 oz. Ahi tuna

2 tsp. Asian 5-spice seasoning

1 tsp. grill seasoning

Cooking spray

Spray a grill pan or outdoor grill with cooking spray and preheat on high heat. Coat the tuna with combined seasonings. Sear tuna two minutes on each side, then remove from heat.

Serving suggestion: Slice tuna on an angle and serve over mixed greens that are dressed simply with extra virgin olive oil and lemon juice.

**Preparation Time:** 5 minutes

**Cooking Time:** 4 minutes

**Nutritional Information:** (per serving)

Calories: 260

Protein: 7 g

Fiber: 0 g

Carbs: 1 g

Fat Total: 7 g

Saturated Fat: 1.5 g

### **Black Bean Veggie Tostadas**

4 large sprouted grain tortillas (at least 8 in. in diameter)

Nonstick cooking spray or olive oil in mister

1 plus 2 Tbsp./tsp. extra-virgin olive oil

4 medium garlic cloves, minced

2 15-ounce cans black beans, drained and rinsed

1/2 cup vegetable broth

2 Tbsp. minced fresh cilantro leaves

Salt and ground black pepper

4 cups finely shredded leaf lettuce

2 medium ripe tomatoes, cored and diced

- 1-1/2 tsp. lime juice
- 1 medium ripe avocado

Preheat oven to 400 degrees. Lightly spray both sides of tortillas with cooking spray or oil. Place tortillas in single layer on two large baking sheets. Bake until golden and lightly colored, about 8 minutes. Remove from oven and set aside until needed.

Meanwhile, heat 2 tsp. oil in large nonstick skillet. Add garlic and sauté over medium heat until golden, about 1 minute. Add beans and cook, stirring often, until heated through, about 2 minutes. Add broth and cilantro. Use potato masher to work beans into thick, chunky purée. Season with salt and pepper to taste. Remove skillet from heat, cover, and set aside.

Place lettuce and tomatoes in small bowl. Drizzle lime juice and remaining 1 Tbsp. oil over salad. Sprinkle with salt and pepper to taste and toss gently. Set salad aside.

With a sharp knife, cut avocado in half lengthwise. Twist halves apart, remove and discard pit, then use rubber spatula to scoop flesh from skins. Cut peeled avocado into long, thin strips.

To serve, place one tortilla on each serving plate. Spread some warm mashed beans over each tortilla. Layer several slices of avocado over each tortilla and then spoon some salad on top.

**Nutritional Information:** (per serving)

- Calories: 500
- Protein: 23 g
- Fiber: n/a
- Carbs: 75 g
- Fat Total: 16 g
- Saturated Fat: n/a



**Mango Chicken Skewers**

- 1 tsp. lime rind, grated
- 1/4 cup lime juice
- 2 Tbsp. vegetable oil
- 3 cloves garlic, minced
- 2 tsp. chili powder
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper
- 3 boneless, skinless chicken breasts
- 2 tsp. honey
- 2 mangoes
- 1 sweet red pepper
- 1 small red or sweet onion, cut into 1-inch chunk

In small bowl, whisk together lime rind and juice, oil, garlic, chili powder, salt, and cayenne pepper. Cut chicken into 1-inch cubes and place in separate bowl. Pour half of the marinade over top and toss to coat; let stand for 20 minutes. Stir honey into remaining marinade and set aside. (Better yet, cover and refrigerate separately for up to 4 hours.) Meanwhile, cut off mango flesh from each side of pit. Cut in a grid pattern of 3/4-inch squares in flesh of each side down to (but not through) skin. Gently push skin to turn inside out; cut off flesh. Chop any flesh left on pit. Core, seed and cut red pepper into 3/4-inch pieces. Onto each of 8 skewers, alternately thread mango, pepper, onion, and chicken pieces. Brush with half of the reserved honey marinade. Discard marinade used for chicken. Place kabobs on a lightly-greased grill over medium-high heat; close lid and grill, turning and basting chicken once with remaining honey marinade until fruit is softened and chicken is no longer pink inside, about 8 minutes. Makes 4 servings.

**Preparation Time:** 40 minutes

**Cooking Time:** 8 minutes

**Nutritional Information:** (per serving)

Calories: 255

Protein: 14 g

Fiber: 4 g

Carbs: 35 g

Fat Total: 8 g

Saturated Fat: 1 g



### **Papaya-Mango Fish**

1 large papaya, skin and seeds removed, finely chopped

1 large mango, skin and seeds removed, finely chopped

1 limes, juiced

5 green onion stalks, finely chopped

5 red pepper, chopped

4-5 sprigs fresh cilantro, chopped

Hot red pepper flakes or powder to taste

4 fish fillets of any type (cod, tuna, etc.)

Mix all ingredients, except fish, in a bowl for papaya-mango salsa. Place the fish side by side on a large piece of heavy-duty foil and pour the mango salsa on top. Pull up sides of foil and close, leaving a small opening at the top. Grill or broil until done, approximately 8 minutes.

Open foil carefully (steam will come out). If the meat separates easily, the fish is done; if not, close back up and continue cooking until done. Serves 4.

**Preparation Time:** 15 minutes

**Cooking Time:** 8-10 minutes

**Nutritional Information:** (per serving)

Calories: 128

Protein: 23 g

Fiber: 5 g

Carbs: 24 g

Fat Total: 1 g

Saturated Fat: 0 g

### Organic Rainbow Salsa

- 1 large organic tomato
- 1 green, red, or yellow bell pepper
- 1 mango
- 1 avocado
- 1 sweet red onion
- 1 heaping Tbsp. well-chopped, fresh cilantro
- 2 Tbsp. lime juice

Dice everything up and mix!



### Ginger Soy Flank Steak

- 2 Tbsp. fresh ginger, minced
- 1 Tbsp. garlic, minced
- 1 Tbsp. red chili flakes
- Lime juice from one lime
- 1 Tbsp. torbinado brown sugar
- 4 Tbsp. low sodium organic soy sauce
- 1 Tbsp.
- 1 (1-1/2 pound) grass fed flank steak or tenderized round steak

Beef isn't the best, but it's not necessarily bad either. In moderation, it can be a great source of protein. This steak has loads of extra flavor, without much fat and just a little sugar added.

So splurge on some steak once in a while. Just make sure to keep your portion size small, and add some vegetables and brown rice on the side.

In a small bowl, combine ginger, garlic, chili flakes, lime juice, brown sugar, soy sauce, and sesame seed oil. Pour mixture over steak and let marinate for 1 hour. Either grill, broil, or pan fry steak over high heat to medium rare or until the internal temperature reaches desired temperature on your meat thermometer (see below). NOTE: This steak is best cooked rare to medium rare.

Rare – 120°F

Medium Rare – 125°F

Medium – 130°F

Remove from heat and let steak rest 5 minutes before slicing. With a sharp knife, slice steak thinly against (diagonal) the grain. Place on a platter or individual dinner plates. Makes 6 servings.

**Preparation Time:** 1 hour 10 minutes

**Nutritional Information:** (per serving)

Calories: 254

Protein: 33 g

Fiber: 0 g

Carbs: 5 g

Fat Total: 11 g Saturated Fat: 4 g

## Steak Salad

Nonstick cooking spray

2 lbs. Yukon gold or red bliss potatoes, cut into bite-size pieces

1-1/2 cup olive oil, divided

2 Tbsp. minced fresh rosemary, or 1 tablespoon dried

Salt and freshly ground black pepper to taste

1 lb. grass fed flank steak

12 cups chopped romaine hearts

12 plum tomatoes, diced

3 tsp. finely grated Parmesan cheese

Preheat oven to 375 F. Coat a baking sheet with nonstick cooking spray.

Combine potatoes, 1 teaspoon olive oil, and rosemary in a medium bowl. Season with salt and pepper; toss to combine. Scatter on baking sheet. Roast for 50 minutes or until potatoes are golden. Season steak on both sides with salt and pepper. Heat remaining 1/2 teaspoon olive oil in a medium nonstick skillet over medium-high heat. Cook steak in oil for 8 minutes on each side, or until cooked as desired. Then, transfer steak to a cutting board.

Add 1/4 cup water to skillet and stir over low heat for 1 1/2 minutes, scraping up any brown bits that have stuck to bottom of the pan. Set aside.

Cut steak on a diagonal into thin slices. Keep warm.

Combine dressing ingredients in a food processor and pulse until smooth. Add skillet juices and pulse to combine.

Place romaine in a large salad bowl. Add tomatoes, potatoes and dressing; toss to combine. Portion salad among 6 large plates. Top with an equal amount of steak and Parmesan cheese. Makes 6 servings.



### **Tasty Turkey Meatloaf**

2 lbs. extra-lean turkey, ground  
3 eggs, slightly beaten  
1 medium onion, chopped  
2 stalks celery, chopped  
1 medium bell pepper, chopped  
1 cup old fashioned oats  
1 can tomatoes, diced  
1 large jar marinara sauce  
1 Tbsp. sea salt  
1/2 tsp. pepper

Mix together all ingredients except for 1/2 jar of marinara sauce. Place in a large cast iron skillet or two loaf pans and cook at 350°F for 45 minutes then spread remaining marinara sauce on top and cook an additional 15 to 20 minutes. Makes 10 servings.

#### **Nutritional Information:** (per serving)

Calories: 279  
Protein: 26 g  
Fiber: 4 g  
Carbs: 24 g  
Fat Total: 9 g  
Saturated Fat: 3 g

### **Chef Salad**

3 oz. fat-free turkey breast, chopped  
3 oz. ham, extra lean, chopped  
1-1/2 oz. fat-free mozzarella cheese, chopped  
1/2 Roma tomato, chopped  
2 cups romaine lettuce, chopped  
1/4 cup hearts of palm, chopped  
1 oz. avocado, diced  
2 Tbsp. Extra Virgin Olive Oil

Toss ingredients together in a bowl and drizzle with dressing. Serves 1.

**Preparation Time:** 10 minutes

**Nutritional Information:** (per serving)

Calories: 323

Protein: 50 g

Cholesterol: 86 mg

Carbs: 14 g

Fat Total: 8 g

Fiber: 2 g

### Ranch Style Vegetables

1 cup cauliflower, broken into pieces

2 cups broccoli, broken into pieces

1 cup sliced carrots

1 cup sliced celery

1 cup chopped onion

1 tsp. dried dill weed

1 tsp. lemon juice

2 Tbsp. non-fat or reduced-fat ranch- style dressing

Combine all vegetables and dill weed in a bowl with a lid. Cover and shake. Combine dressing and lemon juice in a small bowl. Pour dressing/lemon juice over vegetables. Cover and shake. Serves 4.

**Preparation Time:** 5 minutes

**Nutritional Information:** (per serving)

Calories: 49

Protein: n/a

Fiber: n/a

Carbs: n/a

Fat Total: 2 g

Saturated Fat: n/a

### Grilled Veggie Pita

Tzatziki (yogurt sauce)

1/4 cucumber

1/4 cup low-fat yogurt

1/2 clove garlic

Sandwichbold>

1 whole grain pita (7-inch)

1-1/2 oz. feta cheese

1/3 bell pepper

1/3 carrot

1/4 medium onion

Olive oil

Seasoning of your choice

Chop the cucumber into small pieces, mince the garlic, and combine with the yogurt to make tzatziki. Marinate for at least an hour (or better still, overnight). Slice the pepper, carrot, and onion in thin strips and place them on the grill. Spray lightly with olive oil and

seasoning. Grill for 9 minutes, or to your liking. During the last minute or so of grilling, warm up your pita. Spread the tzatziki on the pita, then pile on the grilled veggies, and top with crumbled feta. Serves 1.

### **Dulce's Basting Syrup**

2 cups apple cider  
1/2 cup Grade B or C maple syrup  
1/2 cup extra virgin olive oil  
1 bunch minced fresh thyme  
1 bunch minced fresh sage  
1 bunch minced fresh oregano  
1 bunch minced fresh basil  
2 small cloves garlic, finely chopped  
2 Tbsp. coarsely ground pepper  
2 Tbsp. coarse salt  
1 Tbsp. fresh lemon juice  
2-1/2 tsp. grated lemon zest  
1 whole gingerroot, cut in small chunks for a garlic press  
Salt and ground black pepper to taste

(Note: Syrup can be made up to two days in advance.)

Boil apple cider and maple syrup in a heavy saucepan over medium-high heat until reduced to 1/2 cup (about 20 minutes). Remove from heat and mix in the rest of the ingredients (squeeze the ginger chunks through the garlic press and add to the mixture). Whisk till well incorporated. Add salt and ground black pepper to taste. Cover and refrigerate.

### **Mediterranean Shrimp Kebabs**

6 shrimp (1 oz. each)  
1/8 red onion, cubed  
1/2 zucchini, cut in 1-inch-thick-slices  
1/4 yellow pepper, seeded and cubed  
4 white mushrooms  
1/4 cup fresh lemon juice  
1 Tbsp. olive oil  
1 tsp. oregano  
2 metal or wooden skewers

Assemble kebabs by alternating vegetables with three shrimp per skewer. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade. Brush marinade over kebabs

and place on grill for 7 to 10 minutes. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque. Serves 1 (yields 2 kebabs).

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**Nutritional Information:** (per serving)

Calories: 349

Protein: 38 g

Fiber: 0 g

Carbs: 14 g

Fat Total: 14 g

Saturated Fat: 2 g

### Spicy Cottage Cheese

2 cups low-fat cottage cheese

1/3 cup garbanzo beans (chickpeas), drained and rinsed

Red chili powder

Chat masala powder\*

A few stalks Afresh chives

Spoon the cottage cheese into a bowl, mixing in a teaspoon of water if needed. Sprinkle the rinsed garbanzo beans on top. Also sprinkle a pinch each of the chili powder and chat masala powder. Snip the chives into the bowl. Mix and enjoy!

- Chat masala powder is an Indian spice blend with dry mango powder, cumin powder, and several other ingredients— available at any Indian grocery store.



### Pupusas Revueltas

1 lb. ground chicken breast

1 Tbsp. olive oil

1/2 lb. raw milk mozzarella cheese, grated

1/2 small onion, finely diced

1 clove garlic, minced

1 medium green pepper, seeded and minced

1 small tomato, finely chopped

1/2 tsp. salt

5 cups instant organic corn flour

6 cups water

In a nonstick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough. When the chicken mixture has cooled, mix in the cheese. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2-inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2-inch thick. In a very hot iron skillet, cook the pupusas on each side until golden brown. Serve hot. Makes 12 servings.

**Preparation Time:** 40 minutes

**Cooking Time:** 20 minutes

**Nutritional Information:** (per serving)

Calories: 278

Protein: 18 g

Fiber: 5 g

Carbs: 38 g

Fat Total: 6 g

Saturated Fat: 2 g



### **Asian Beef Salad**

2 oz. lean sirloin steak, grilled or broiled

1/4 cup cilantro leaves (or mint, if you prefer)

1/4 cup red pepper, sliced fine

1/4 cup carrot, shredded

1 cup baby greens

1 scallion, sliced on an angle

1/2 cup low-sodium soy sauce

1 Tbsp. extra-virgin olive oil

1/4 lime

Optional seasonings: Grated ginger root, minced lemon grass, sesame oil, chili oil, fresh ground pepper, rice wine vinegar (use sparingly)

Before grilling or broiling, thinly slice steak against the grain. Gently toss all ingredients into a bowl. Squeeze a bit of lime over salad, then drizzle with olive oil and soy sauce. Gently toss to coat. Season to taste with any of the optional seasonings. Serves 1.

**Preparation Time:** 10 minutes

**Cooking Time:** 5-10 minutes

**Nutritional Information:** (per serving)

Calories: 252

Protein: 14 g

Fiber: 14 g

Carbs: 13 g

Fat Total: 17 g

Saturated Fat: 3 g

### Southwestern Salad

- 2 cups cooked brown rice or other whole grain
- 1 15-oz. black beans, drained and rinsed
- 2 cups frozen whole-kernel corn, thawed
- 1 red bell pepper, chopped
- 1 small onion, chopped
- 1/4 cup white wine vinegar, or to taste
- 1/4 cup chopped fresh cilantro leaves
- 1 jalapeno chili, minced, or cayenne pepper to taste
- 1 tsp. mild chili powder

Combine all ingredients in a serving bowl. For best flavor, cover and refrigerate for at least 1 hour before serving to allow flavors to blend. Makes 6-8 servings.

**Nutritional Information:** (per serving)

Calories: 162

Protein: n/a

Fiber: 6 g

Carbs: n/a

Fat Total: 1 g

Saturated Fat: n/a

### Dreamy Avocado Dressing

- 1 ripe avocado, cubed
- 1/2 cup plain, nonfat yogurt
- 1 garlic clove
- 1 Tbsp. red onion, minced
- 1 Tbsp. lemon juice
- 2 Tbsp. fresh parsley, finely chopped

Combine all ingredients in a blender. Blend until smooth. For a thicker texture, add more yogurt—makes a great dip! Makes 4 servings.

**Preparation Time:** 10 minutes

**Nutritional Information:** (per serving)

Calories: 127

Protein: 3 g  
Fiber: 4 g  
Carbs: 16 g  
Fat Total: 7 g  
Saturated Fat: 1 g

### **Creamy Lemon Caesar Salad Dressing**

1 8-ounce container nonfat plain yogurt  
1/4 cup reduced-fat mayonnaise (Buy Veginaise)  
3 tablespoons fresh lemon juice  
2 cloves garlic, minced  
2 anchovies, or 1 to 2 teaspoons anchovy paste  
1 teaspoon Worcestershire sauce  
1 teaspoon Dijon mustard  
Salt and freshly ground black pepper to taste

Combine dressing ingredients in a food processor and pulse until smooth.

We recommend using this recipe with the Steak Salad. Add skillet juices to the dressing, and pulse in the food processor to combine. Makes 6 servings



### **Herb-Spiced Tuna Steaks**

2 12-oz. fresh tuna steaks (one-inch thick)  
1/4 cup fresh flat-leaf parsley leaves  
2 Tbsp. rosemary leaves  
Salt and pepper to taste  
2-3 tsp. Lemon zest (about 1 lemon)  
2 cloves crushed garlic  
1 Tbsp. olive oil

Preheat grill, grill pan, or skillet. Rinse tuna and pat dry. On a cutting board, pile rosemary, garlic, salt, pepper, parsley, and lemon zest together and mince until combined. Drizzle tuna steaks with oil, and rub herb mix into both sides of the fish. Let rest five minutes.

Grill two minutes on each side for rare or five minutes for well-done. Serves 4.

**Preparation Time:** 15 minutes

**Cooking Time:** 2-5 minutes

**Nutritional Information:** (per serving)

Calories: 223

Protein: 32 g

Fiber: 0 g

Carbs: 1 g

Fat Total: 9 g

Saturated Fat: 2 g



### **Aloha Salad**

2 Tbsp. mustard

2/3 cup pineapple juice

3 Tbsp. low-sodium soy sauce

2 Tbsp. red wine vinegar

1 Tbsp. honey

1-1/2 lb. chicken tenders

2 bags mesclun or spring greens

3 mandarin oranges, sliced

2 tomatoes, sliced

3 fresh Anaheim peppers, sliced in rings

1 small onion, sliced in rings

1/2 cup almond slices, toasted

1/4 cup sesame seeds, toasted

Doing the hula is a great way to work your body and have fun at the same time. When you're done, throw on a lei and try this high-protein, fiber-rich salad. You'll feel the ocean breeze on you in no time!

In saucepan, stir mustard and pineapple juice until blended. Add soy sauce, vinegar, and honey; place over high heat and bring to a boil. Place chicken in a bowl and pour warm sauce over it; cover and refrigerate at least 1 hour. Remove chicken from marinade. Place marinade

in small saucepan and boil 3 minutes. Place chicken on prepared grill (or broiler rack) about 6 inches from heat. Cook, turning and basting with boiled marinade, about 6 minutes or until fork can be inserted in chicken with ease.

To assemble the salad, arrange lettuce on a plate; then add oranges, tomatoes, pepper rings and onion. Sprinkle with almonds and sesame seeds. Top with chicken tenders and spoon remaining marinade over all. Makes 6 servings.

**Preparation Time:** 1 hour, 20 minutes

**Cooking Time:** 15 minutes

**Nutritional Information:** (per serving)

Calories: 292

Protein: 32 g

Fiber: 4 g

Carbs: 22 g

Fat Total: 9 g

Saturated Fat: 1 g

### **Crispy Oven-Baked Chicken**

8 6-8 oz. boneless, free range skinless chicken breasts

2 cups plain bread crumbs

1-2 Tbsp. vegetable oil ( sunflower) or walnut

3 Tbsp. hot pepper sauce

1 Tbsp. Worcestershire sauce

1 tsp. freshly ground black pepper

1 tsp. sea salt (optional)

In a large bowl, whisk together hot sauce, Worcestershire sauce, pepper, and salt (if using). Add the chicken and marinate in the refrigerator for 2–12 hours.

Preheat oven to 425 degrees. Remove chicken from marinade, add bread crumbs to the marinade, and mix well. Coat chicken thoroughly with mixture.

Spread oil over the bottom of a shallow 9"x13" baking dish. Arrange chicken in the dish and bake for 15–20 minutes. Turn chicken over; reduce heat to 325 degrees and cook for an additional 15–20 minutes or until juices run clear when pierced with a fork. Makes 8 5-oz. servings.

**Preparation Time:** 10 minutes, plus marinade time

**Cooking Time:** 30–45 minutes/cooking\_time>

**Nutritional Information:** (per serving)

Calories: 282

Protein: 30 g

Fiber: 1 g  
Carbs: 20 g  
Fat Total: 8 g  
Saturated Fat: 2 g

## Turkey Burgers

1 lb. turkey breast, ground  
1/4 cup sourdough bread crumbs  
1/2 cup low-fat buttermilk  
2 Tbsp. green onions, minced  
2 Tbsp. parsley, chopped  
1 tsp. Dijon mustard  
1 dash Worcestershire sauce  
Black pepper, to taste

Preheat the grill or broiler. Combine all ingredients and divide mixture into patties. Grill until cooked through, 7 to 10 minutes per side. Serves 3.

**Preparation Time:** 20 minutes

**Cooking Time:** 14-20 minutes

**Nutritional Information:** (per serving)

Calories: 219

Protein: 30 g

Fiber: < 1 g

Carbs: 8 g

Fat Total: 15 g

Saturated Fat: 2 g



## Healthy Vegetable Soup

1 28-oz. can diced tomatoes  
1 medium zucchini, quartered, and cut into 1-in. pieces  
1 medium onion, chopped  
1 15-oz. can garbanzo beans, drained  
3 cloves garlic, peeled, and roughly chopped

1 sprig fresh rosemary leaves, chopped  
1 tsp. ground cumin 2 Tbsp. olive oil

In a medium pot, sauté garlic and onion in olive oil over medium heat for three minutes. Add zucchini, salt, and pepper, and sauté for five more minutes. Add tomatoes, beans, rosemary, and cumin. Cook till bubbly; reduce heat to a simmer for 10 minutes, then serve. Serves 4.

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Nutritional Information:** (per serving)

Calories: 256

Protein: 8 g

Fiber: 9 g

Carbs: 40 g

Fat Total: 9 g

Saturated Fat: 1 g



### **Crock-Pot Orange Chicken**

*Recommended by Carrie Wiatt*

4 boneless, skinless chicken breasts  
4 large oranges (2 chopped, 2 juiced)  
2 large sweet potatoes (cut in 1/8's)  
2 large celery stocks (cut into one-inch pieces)  
4 large carrots (cut into two-inch pieces)  
1 red onion (sliced)  
2 large sprigs of rosemary  
Salt and pepper to taste  
1/2 cup water

Layer ingredients, starting with carrots, sweet potato, celery, onion, then chicken. Squeeze two large oranges over entire dish and sprinkle remaining chopped orange pieces, water, and

sprigs of rosemary on top. Cook on high for one hour, then turn down to low and cook six to eight hours more (depending on Crock-Pot). When done, pour liquid from Crock-Pot into bowl and serve as orange gravy. Serves 4.

**Preparation Time:** 20 minutes

**Cooking Time:** 7-9 hours

**Nutritional Information:** (per serving)

Calories: 542

Protein: 58 g

Fiber: 10 g

Carbs: 56 g

Fat Total: 10 g

Saturated Fat: 3 g

### Lemon-Garlic Chicken

1/4 cup fresh lemon juice

2 Tbsp. molasses

2 tsp. Worcestershire sauce

4 2 cloves lbs. chopped garlic

skinless chicken thighs

1/4 tsp. salt

1/4 tsp. black pepper

Parsley sprigs

Lemon wedges

Combine first four ingredients in a nonreactive dish and add chicken. Cover and marinate in refrigerator one hour, turning occasionally. Preheat oven to 425 degrees. Remove chicken from dish, reserving marinade, and arrange in a shallow roasting pan coated with cooking spray. Pour reserved marinade over chicken; sprinkle with salt and pepper. Bake at 425 degrees for 20 minutes, basting occasionally with marinade. Bake without basting for 20 minutes more or until chicken is done. Serve with lemon wedges and garnish with parsley, if desired. Serves 3.

**Preparation Time:** 1-1.5 hrs

**Cooking Time:** 40 minutes

**Nutritional Information:** (per serving)

Calories: 256

Protein: 34 g

Cholesterol: 143 g

Carbs: 13 g

Fat Total: 7 g

Sodium: 365 mg



## Corn Chowder

- 1 Tbsp. olive oil
- 2 Tbsp. finely diced celery
- 2 Tbsp. finely diced onion
- 2 Tbsp. finely diced green pepper
- 1 10-oz. package frozen organic whole kernel corn
- 1 cup peeled organic raw potatoes, diced into 1/2-inch blocks
- 2 Tbsp. chopped fresh parsley
- 1 cup water
- 1/4 cup salt
- Black pepper, to taste
- 1/4 tsp. paprika
- 2 Tbsp. flour (organic whole wheat preferred)
- 2 cups raw low fat milk

Heat oil in medium saucepan. Add celery, onion, and green pepper and sauté for 2 minutes. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil. Reduce heat to medium and cover. Simmer for about 10 minutes or until potatoes are tender. Place 1/2 cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously. Gradually add the flour and water mixture to cooked vegetables and add remaining milk. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley. Serves 4.

**Preparation Time:** 5 minutes

**Cooking Time:** 25 minutes

**Nutritional Information:** (per serving)

Calories: 186

Sodium: 205 mg

Cholesterol: 5 mg

Carbs: n/a

Fat Total: 5 g

Saturated Fat: 1g

## **Tilapia with Mango Salsa**

4 tilapia filets

2 cup organic brown rice, cooked

### **Mango Salsa**

1/4 cup red bell pepper, diced

1/4 cup green or red onion, diced

1 tsp. fresh cilantro, minced

1 tsp. crushed chili flakes

2 tsp. rice wine vinegar

Combine salsa ingredients together in a medium-sized bowl and mix well. Place in refrigerator for at least 30 minutes. (The salsa will last in the refrigerator for 2 days.) Lightly brush three to four tilapia filets with olive oil. Bake at 375 degrees for 15 minutes, or until flaky. Spoon one-half to one cup of cooked rice on a plate. Top with cooked filet and top filet with salsa. Recipe serves 3-4.

Okay that is it for now.... If you have anything you would like to add send it in to us!