

EGG FOO YOUNG-ISH (SPINACH, EGG, HAM, & COCONUT PANCAKES)

Ingredients:

4 large eggs
1 tablespoon of minced fresh chives or a teaspoon of dried seasoning
kosher salt, to taste
1/4 cup coconut flour
1/2 teaspoon baking soda
1 cup frozen spinach, thawed and squeezed dry (you end up with about 1/3 cup of spinach) or saute some fresh
2/3 cup diced ham (or any leftover cooked meat)
1/2 teaspoon of apple cider vinegar
Freshly ground black pepper
ghee or coconut oil for frying

Directions:

In a large bowl, whisk the eggs with the chives and salt to taste. Next, stir in the coconut flour and baking soda.

Dump in the spinach, ham, and apple cider vinegar and stir everything to combine.

Heat up a tablespoon of ghee in a cast iron skillet over medium heat.

Scoop up some batter in a large disher (3 tablespoons size) and plop it in the pan...

...flatten the pancake to 1/2" with the back of a spoon.....

fry it for around 2 minutes on one side before flipping the pancake over and cooking it for about a minute more. When the pancakes are finished, place them on a wire rack to cool.

wonderful topped with guacamole or salsa.

ROGAN JOSH (LAMB STEW) - THE EASY VERSION

Ingredients:

2.5 pounds of boneless lamb shoulder, cut into 1.5 inch cubes
2 tablespoons ghee (or coconut oil)
2 onions, coarsely chopped
2 large carrots, coarsely chopped
2 heaping tablespoons of Rogan Josh seasoning (see below)
½ cup full fat coconut milk
2/3 cup water
Kosher Salt
Freshly ground black pepper

Directions:

preheat the oven to 300 F
prep the lamb, chop the veggies, and melt the ghee in a large Dutch oven over medium low heat
Once the fat melts, put in the lamb, onions, carrots, spices, salt, and pepper stir mixture constantly for 5-8 minutes until the spices are fragrant
add the water and yogurt and increase the heat to high to bring the contents to a simmer
put on the lid and place the stew in the oven for around two hours or until the lamb is very tender
remove the stew from the oven and adjust the seasoning with salt and pepper

Rogan Josh Seasoning:

1 teaspoon cardamom
1 teaspoon cloves
3/4 teaspoon ginger powder
4 tablespoons paprika
1 tablespoon + 1 teaspoon chili powder
1 tablespoon + 1 teaspoon cinnamon
2 tablespoons + 2 teaspoon cumin
2 tablespoons + 2 teaspoon coriander
1 tablespoon + 1 teaspoon salt
cayenne: 1 teaspoon for very mild, 2 teaspoons for medium, 1 tablespoon for hot-ish

The BEST Dairy Free Cauliflower Pizza Crust

Makes approx. 1 - 10 inch pizza crust

Ingredients:

1 medium sized head of cauliflower - should yield close to 3 cups once processed
1/4 teaspoon kosher salt
1/2 teaspoon dried basil (crush it even more between your fingers)
1/2 teaspoon dried oregano (crust it even more between you fingers)
1/2 teaspoon garlic powder
optional a few shakes of crushed red pepper
2 tablespoons almond meal
1 tablespoon (or more if desired) nutritional yeast (optional)
1 tablespoon olive oil
1 egg
nonstick cooking oil

Directions:

Place a pizza stone in the oven, or baking sheet. Preheat oven to 450 degrees. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil or brush the parchment with olive oil.

Wash and thoroughly dry a small head of cauliflower. Cut off the florets, Pulse in your food processor for about 30 seconds, until you get powdery snow like cauliflower, about 3 cups cauliflower "snow". Place the cauliflower in a microwave safe bowl and cover. Microwave 4 minutes. Dump cooked cauliflower onto a clean tea towel and allow to cool.

Once cauliflower is cool, wrap it up in the tea towel and wring the water out of it. You want to squeeze out as much water as possible to ensure a chewy vs. crumbly crust.

Dump cauliflower into a bowl. Add spices, almond meal, nutritional yeast and olive oil. Mix to incorporate all ingredients. Add the egg and mix again. Hands tend to work best.

Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it nice and tightly formed together. Don't make it too thick or thin either.

Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet. Bake for about 12 minutes, or until it starts to turn golden brown and the edges crisp up. You want the edges to start to be crispy brown but not too much.

Remove from oven. Add your toppings (cooked toppings, like shredded meat or sautéed veggies) then slide parchment with topped pizza back in the hot oven and cook for another 5 minutes until the toppings are warm. Allow it to cool.

theluckypennyblog.com

Meat loaf with Mushrooms

Ingredients:

2 lb ground beef (you may substitute with ground turkey, or pork)
1 ½ tsp sea salt
1 tsp ground black pepper
1 egg
1 medium onion, finely chopped
2 cups white button mushrooms, finely chopped
1 tsp chili pepper flakes
3 tsp fresh thyme, minced
1 tsp fresh oregano, minced
3 cloves garlic, minced
½ cup homemade ketchup
1 tbsp paleo cooking fat

Directions:

preheat your oven to 350 F.

In a medium sized skillet placed over a medium heat, melt the cooking fat, add the mushrooms and sauté for 2 to 3 minutes, or until soft.

In a large bowl, combine the meat, salt, pepper, egg, onion, mushrooms, chili pepper, thyme, oregano and garlic. Mix well, making sure to break-up the meat. Add the cooked mushrooms as well. It's very important that the mushrooms are evenly distributed to ensure the loaf bonds well.

Lightly grease loaf pan with additional cooking fat and fill it with the meat mixture. Place in the oven and cook for approximately 15 minutes.

Meanwhile, in a small bowl, combine ketchup, honey and Worcestershire sauce to make the sauce for the top of the meatloaf.

After cooking for 15 minutes, gently spread the sauce on the top of the loaf.

Continue cooking for another 40 minutes.

Homemade Ketchup

Ingredients

1. 1 can (6 ounces) tomato paste
2. 2 tbsp vinegar or lemon juice
3. 1/4 tsp dry mustard
4. 1/3 cup water
5. 1/4 tsp cinnamon
6. 1/4 tsp salt
7. 1 pinch ground cloves
8. 1 pinch ground allspice
9. 1/8 tsp cayenne pepper, optional

Preparation

1. Simply combine all the ingredients in a bowl and whisk well to combine. Refrigerate overnight to let the flavors develop and enjoy!

Pistachio Crusted Salmon

Ingredients:

1 (1-pound) wild salmon fillet, skin on and pin bones removed
Kosher salt
Freshly-ground black pepper
3 tablespoons Whole grain mustard
1 tablespoon chopped chives or scallions
½ cup shelled salted and dry roasted pistachios, crushed

Directions:

Preheat the oven to 400°F and line a baking tray with parchment paper.

Pat the fish dry with a paper towel and divide the fillet into three uniform portions.

Sprinkle salt and pepper on the skin, and lay it skin-side down on the parchment-lined baking tray.

Combine the mustard and chives in a small bowl... ..and spread one-third of the mixture evenly on each piece of fish.

Next, sprinkle the crushed nuts on top of the mustardy salmon and pat 'em down gently to make sure they stick.

Place the tray in the oven for about 10 minutes or until the salmon is cooked through to your desired doneness. If you're cooking a whole 1-pound filet, you may need to increase the baking time to 15 minutes. Take the salmon out of the oven and let the fillets rest for a few minutes. Serve with roasted vegetables and diced cherry tomatoes.

nom

Spaghetti Squash Skillet

Ingredients:

1 spaghetti squash
1 tsp extra virgin olive oil
1 lb lean ground Beef (grass fed, if possible) or lean ground Turkey
1 small yellow onion, diced
3 cloves garlic, minced
1/4 cup diced green bell pepper
1/2 cup sliced mushrooms
2 (14.5 oz) cans organic diced tomatoes, OR 3 cups FRESH diced tomatoes
1 (15 oz) can organic tomato sauce
2 Tbsp fresh parsley
2 tsp dried basil
1/2 tsp dried oregano
Sea salt and freshly ground black pepper, to taste

Directions:

For the spaghetti squash Prep:

Cut a medium spaghetti squash in half, scoop out seeds. Very lightly coat the inside with olive oil. Bake @375 degrees F, skin side up, on a flat sheet pan for about 45 minutes. Cool just a bit. Use a fork to shred "spaghetti" out of the skin. Use paper towels to soak up moisture just a bit.

For the Skillet:

Heat large skillet over medium-high heat. Once hot, crumble in meat and cook until browned, stirring occasionally. Drain fat, set cooked meat aside.

Heat olive oil in skillet, once hot and add onion and green peppers and sauté until tender, about 3 minutes, adding in garlic & mushrooms during last 30 seconds of sautéing. Pour in diced tomatoes, and sauce. Stir in fresh parsley, the basil, oregano, and season with salt and pepper to taste.

Bring just to a gentle boil then add cooked spaghetti squash noodles and cooked meat, stir and submerge noodles in liquid, then reduce heat to a simmer for 2 minutes until heated through. Garnish with fresh chopped basil and serve warm.

<http://cleanfoodcrush.com/>

Creamy Lemon Chicken Piccata

Ingredients:

4 Chicken Breasts, boneless, skinless
sea salt and pepper to taste
1/4 cup Almond or Coconut flour
2 Tbsp Coconut, or Olive oil
1/2 cup Chicken Broth
2 Lemons
1/2 cup coconut cream
1/4 cup capers
Chopped parsley, as garnish

Directions:

Heat oil in a large skillet over medium high heat.

(If the chicken breasts are very thick, pound them to be thinner, and evenly sized) Salt and pepper each side of the chicken breasts and dredge in the flour, pressing lightly to coat. Place the chicken breasts in the hot skillet. Cook for 3-4 minutes on each side, or until it is cooked. Remove chicken from the skillet and set aside.

Turn the heat to medium low. Add broth, juice from both lemons, cream, and capers. Bring the sauce to a boil and return to medium low heat. Let the sauce gently bubble for about 3-4 minutes.

Spoon the sauce over cooked chicken. Sprinkle with fresh chopped parsley.

<http://cleanfoodcrush.com/>

Slow Cooker Balsamic Turkey

Ingredients:

4 portabella mushroom caps, diced
2 cups grape tomatoes
2 cups diced onions
1/4 cup organic chicken broth
1/3 cup balsamic vinegar
1 tablespoon spicy brown mustard
1 two-pound boneless turkey breast
1 teaspoon dried Italian seasoning
1/2 teaspoon garlic powder
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
1/4 teaspoon red pepper flakes (optional)

Directions:

Place mushrooms, tomatoes, onions and chicken broth at the bottom of the slow cooker. Mix balsamic vinegar and mustard until well combined. Pour over vegetables in the slow cooker.

Rub turkey with Italian seasoning, garlic powder, salt, pepper and red pepper flakes (if applicable). Place turkey on top of vegetables. Cover and cook for 4 hours on High OR 6 to 7 hours on Low.

To serve, slice turkey breast and top with vegetables and balsamic sauce.

Baked Tuna Cakes with Jicama Slaw

Ingredients:

1-12 ounce can solid white Albacore tuna, packed in water
1 cup diced celery (about 3 stalks, diced small)
½ jalapeño pepper, diced small (optional)
1 cup chopped fresh cilantro
1 teaspoon chili powder
1 teaspoon cumin
1 tablespoon prepared horseradish
1 tablespoon dill relish (no sugar added)
Juice of 1 large lime
1 teaspoon coconut “soy sauce” (optional)
1 tablespoon yellow mustard
1 tablespoon whole grain Dijon mustard
2 egg whites, beaten

For the Jicama Slaw

½ large jicama, shredded (makes about 1 cup)
1 cup shredded red cabbage
½ cup chopped cilantro
2 scallions, sliced
2 tablespoons lime juice
½ teaspoon cumin
¼ teaspoon sea salt (or to taste)

Directions:

In a large bowl, combine tuna, celery, jalapeño, cilantro, chili powder, and cumin. Mix well. Add horseradish, relish, lime, “soy sauce”, yellow and whole grain mustard and beaten egg white. Mix well until all the ingredients are well combined. Refrigerate for 15 minutes.

Preheat oven to 375F. Line a baking sheet with parchment paper.

Using your hands, form 4 cakes with the tuna mixture. Place them on a baking sheet and bake for 20 minutes.

In the meantime, prepare the slaw. Combine all the ingredients in a large bowl and toss well. Refrigerate until ready to use.

Crab Avocado Salad

Ingredients:

1 1/2 tablespoons extra-virgin olive oil
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 pound lump crabmeat, drained and shell pieces removed
1/2 cup finely chopped green onions
1 diced peeled avocado
8 red leaf lettuce leaves

Directions:

Combine first 4 ingredients, stirring well with a whisk.

Place crabmeat, onions, and avocado in a medium bowl. Add lemon juice mixture; toss gently to coat. Serve over lettuce leaves.

Roast Cauliflower with Turmeric

Ingredients:

1 head of organic cauliflower
1 tablespoon olive oil [or coconut oil]
1 tablespoon turmeric
Pinch of cumin
Salt and pepper to taste

Directions:

Preheat oven to 400 degrees Fahrenheit.

Chop cauliflower head into florets. Place cauliflower into a baking dish. Add olive oil, turmeric, cumin, and salt then mix together.

Cover baking dish with foil to keep florets from drying out and roast for about 35-40 minutes. Then, remove foil and cook for another 15 minutes.

<http://theheartysoul.com/>

Turmeric Smoothie

Ingredients:

1 cup hemp or coconut milk
1/2 cup frozen pineapple or mango chunks
1 fresh banana
1 tablespoon coconut oil
1/2 teaspoon turmeric (can be increased to 1 tsp)
1/2 teaspoon cinnamon
1/2 teaspoon ginger
1 teaspoon chia seeds
1 teaspoon maca (optional)

Directions:

Process these ingredients in a blender until smooth and enjoy the multiple benefits of turmeric.

curejoy.com

“Sandwich Ideas”

Portabella Sandwich Stack

- 4 Portabella Caps
- 2 tablespoons Coconut Oil
- 1 boneless, skinless chicken cutlet, cooked (and cut into two pieces)
- 2 slices of tomato
- 1/2 cup fresh spinach leaves
- 2 slices cooked turkey bacon, or bacon of choice
- 3 tablespoons guacamole

Scoop out the gills and stem gently from the underside of the mushrooms. Heat coconut oil in a skillet and cook mushrooms for about 3-5 minutes on each side or until the mushrooms turn golden brown on the top and become tender. Fill & Enjoy!

Alternatives to Bread for a “Sandwich”

*Bell Pepper: Use two halves of any color

*Lettuce...large Butter lettuce leaves work well, great for Burgers when out to eat

*Cucumbers:

1-Peel the cucumbers (optional), Remove a thin slice lengthwise from the sides, to prevent from rolling, If the cucumber is too large to comfortably bite into it, cut a slice out from the middle and reserve to make another sandwich with it. Scoop the seeds out of the outer two pieces & fill with meat/sandwich fillings

2-Take 1 lengthwise slice of peel off of the cucumber and discard. Continue peeling thin lengthwise slices of cucumber, avoiding the seeded middle. Arrange the cucumber slices side-by-side on a flexible cutting board or parchment paper. Layer meat slices evenly on top. Add vegetables in a thin line across the cucumbers. Lift the edge of the board/paper to fold the roll onto itself. Roll tightly. Insert a toothpick through the center of each cucumber slice. Slice between each cucumber slice.

Mayo: ****All ingredients should be at room temperature****

- 1 large egg yolk
- 1/4 teaspoon salt
- 1/4 teaspoon Dijon mustard
- 1 1/2 teaspoon lemon juice
- 1 teaspoon white vinegar
- 3/4 cup macadamia nut oil or avocado oil

Whisk all the ingredients except the oil in a large bowl, until the yolk thickens and the color brightens (~ 30 seconds). Add 1/4 cup of oil in a slow steady stream whisking vigorously (~1 minute). Slowly add the 2nd 1/4 cup of oil the same as the first (~30 seconds). Add the last 1/4 cup of oil all at once and whisk it to emulsify the mayo completely.

Eggplant Dip/Spread (Baba Ganoush)

Ingredients: Makes 10 servings

2 to 3 medium eggplants (about 3 pounds total)

2 to 3 tablespoons olive oil

1/3 cup tahini

2 cloves garlic, peeled and crushed

Juice of 2 lemons (about 1/2 cup)

Kosher salt and freshly ground black pepper

Directions:

- 1. Preheat the oven to 450°F. Rub the outside of the eggplants with olive oil and place them in a roasting pan. Roast the eggplant until the skin has charred and the interior is tender, 15 to 20 minutes. Let cool.**
- 2. Peel and seed the cooled eggplant, roughly chop the flesh, and then transfer it to the bowl of a food processor.**
- 3. Into the processor bowl add the tahini, garlic, lemon juice, some salt and pepper to taste, and a few teaspoons of cold water. Process the mixture to a coarse paste, adding a bit more water as needed to allow the mixture to blend.**
- 4. Adjust the seasoning with salt and pepper to taste and serve.**

Almond Coconut Veggie Dip

Ingredients:

½ cup full fat organic coconut milk from the can
½ cup raw almond butter (the ingredients should just say "almonds")
3-5 sprigs fresh cilantro
Juice of 1 lime
1 tsp garlic powder
1 tsp fresh ginger, grated
Salt and pepper to taste
Crushed red pepper flakes (optional)

Directions:

Throw the cilantro into a food processor first to get it chopped up. Add the rest of the ingredients and pulse until smooth.

Transfer to a dish and scrape the sides of your food processor with a rubber spatula. Taste, and add spices (salt, pepper, red pepper, etc.) as necessary.

Serve with chopped fresh veggies. Cucumbers, organic red and orange peppers, and organic carrots work well.

From Eat, Lift, and Be Happy

Sweet Potato/Yam Ideas

Baked Sweet Potato Chips

Ingredients:

1 to 2 medium sweet potatoes
3 to 4 tablespoons olive oil
Sea Salt to taste

Directions:

Preheat oven to 375 degrees.

Using a mandolin, slice sweet potatoes into even slices. YNot too thin.

Place sweet potato slices into a large bowl and toss with olive oil. Season with sea salt

Place slices on a baking sheet and bake 30 to 40 minutes, flipping the potatoes halfway through baking to make sure both sides are cooked. Towards the last 10 minutes of baking you will need to watch the chips to make sure they don't brown/burn.

Remove from oven and allow chips to cool on a wire rack

multiplydelicious.com

Sweet Potato Fries

Ingredients:

2 large garnet yams
2 tablespoons of coconut oil, melted (I just nuke it in the microwave for ~30 seconds)
Kosher salt & Freshly ground pepper
Smoked parika (or your favorite seasoning – cinnamon works well, too!)

Directions:

preheat the oven to 375 F on convection bake (or 400 F in a non-convection oven).

peel the yams and cut them into even matchsticks. Then, place them on a foil-lined baking tray (line with parchment paper for a crisper exterior)...

toss the yams with the coconut oil, salt, pepper, and smoked paprika.

Bake for about 30 minutes, flipping the fries halfway through.

When they are tender in the middle and browned on the edges, enjoy!

Sweet Potato Hash

Ingredients: (serves 2)

1 large garnet yam (yam and sweet potato interchangeably)
1 big pinch of kosher salt & Several turns of freshly ground black pepper
A few shakes of garlic powder
A couple of dashes of onion powder
A sprinkle of dried herbs
2 tablespoons fat of choice
Aleppo pepper (optional)
top with a couple of fried eggs for breakfast or mix in some cooked meat for supper

More Breakfast Ideas

Pancakes

Ingredients:

2 eggs
1 banana (ripe)
Cinnamon to taste
1 Tablespoon Ground Flax (optional)
Coconut Oil for pan

Directions:

Mash ripe banana well, whisk in eggs & remaining ingredients
or use an Immersion blender to combine all
Warm oil in a nonstick or cast iron pan to medium, Cook silver dollar size pancakes ~30
seconds to a minute on each side (may take longer, just until golden & easy to flip.

Serve with Applesauce, Almond butter, Berries or all 3!

Quick Bake Biscuit for One

Ingredients:

1 egg
1 Tb almond meal/flour
1 Tb ground flax
1/2 tsp baking powder
1 tsp cinnamon
splash of flavorless oil (grape seed or Coconut)

Directions:

Mix/whisk all ingredients together in a small bowl or ramekin (6 ozs) and microwave for 1
min and 20 seconds. It will puff up, then settle when you take it out. Tip it out of the bowl
and slice. Top with berries or fruit spread on it.

Savory version:

add savory spices (your choice: garlic, thyme, rosemary, onion, etc.), pinch of salt,
1/2 tsp cinnamon...top with avocado

Banana Nut Muffins

Ingredients:

1 ¾ Cup Almond Flour
¼ tsp sea Salt
1 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
½ cup unsweetened applesauce
3 very ripe bananas, mashed
3 eggs
2 Tbsp coconut oil, melted
½ cup chopped pecans

Directions:

Preheat oven to 375 F

Mix together the almond flour, sea salt, baking soda, baking powder & cinnamon. Set aside.

In another bowl combine mashed bananas, applesauce, eggs and the coconut oil. Mix well.

Combine the dry and wet ingredients and mix until well blended

Stir in pecans

grease a muffin tin pan with coconut oil

fill muffins ¾ full

Bake for 20-25 minutes or until a toothpick inserted comes out clean.

Chia Seed Breakfast Bowl

Yield 2 servings

Ingredients:

4 tbsp chia seeds

1 – 1.25 cups almond milk

2 small bananas, chopped small

two pinches of cinnamon

Directions:

Mash bananas in a medium-sized bowl. Stir in chia seeds. Whisk in the almond milk and cinnamon until combined. Place in fridge overnight to thicken.

In the morning, place your desired amount of chia pudding into a bowl. (Note: at this point, you can blend your chia pudding if a smooth texture is desired). You can add more almond milk if you want to thin it out in the morning. Or, if it's too thin, add more chia seeds to thicken it up.

Sprinkle top with a pinch of cinnamon, hemp seeds, chopped nuts or berries.

Store leftovers in the fridge for 1-2 days.

ohsheglows.com/2013/02/18/chia-seed-breakfast-bowl/#ixzz3azcLyigF