

Fish with Green Tahini Sauce

Ingredients:

Olive oil for baking dish
4 6-oz. Red snapper (skin on) or skinless cod fillets
1 medium clove garlic
½ cup tahini
¼ teaspoon ground cayenne
½ teaspoon sea salt
½ cup packed cilantro leaves
½ cup packed flat-leaf parsley leaves
2 lemons
¼-½ cup water
½ cup walnuts or ⅓ cup pine nuts for garnish (toasted)

Directions:

Preheat your oven to 450F.

Place fish onto lightly oiled baking dish.

Puree together (mini food processor, blender, bullet or submersion blender):

-Chopped garlic, tahini, cayenne, salt, cilantro, parsley, juice from ½ lemon & water as needed to a smooth sauce, easy to spread thickness

Cover the fish completely with the sauce & Roast for 6-10 minutes. Fish should be white & flaky, sauce may darken

Sprinkle with nuts & remaining lemon wedges.

Coconut Cauliflower Soup with Ginger & Turmeric

Ingredients:

2 ½-3 lbs. Cauliflower, cut into 1 ½ inch florets
2 Tablespoons olive oil
¼ teaspoon ground turmeric
½ teaspoon salt
¼ teaspoon pepper

1 Tablespoon olive oil
Yellow onion chopped
Pinch of salt
¼ teaspoon turmeric
2 minced garlic cloves
2 chopped carrots
2 chopped celery stalks
½ teaspoon salt
2 teaspoons red chilli paste
3 ½ cup broth (more as needed)
6 teaspoons grated ginger
1 13.5 oz can coconut milk
Salt
Zest & juice of one lime
Cilantro for garnish (optional)

Directions:

Preheat oven to 425 degrees.

Combine 1st 5 ingredients in a large bowl, toss to coat. Transfer to a parchment-lined rimmed baking sheet in an even layer. Bake 20-25 minutes until golden & tender.

Meanwhile, heat tablespoon olive oil over medium heat; add onion, salt, turmeric & saute 3 minutes; add garlic, carrots, celery & salt. Saute 10 minutes. Stir in chili paste. Pour in ½ cup of broth, scraping pan. Cook until liquid is reduced by half.

In a blender, pour 1 cup broth, 2 teaspoons ginger & ⅓ of the vegetables & cauliflower, blend until smooth (add more broth as needed) transfer to pot on low heat. Repeat this process 2 more times.

Add Coconut milk, salt, lime zest & juice, garnish with cilantro & serve!

Scotch Eggs

Ingredients:

1lb ground pork (or any meat you like)
1/2 tsp black pepper
1 tsp dried parsley
3/4 tsp dried Italian seasoning or Herbes de Provence
1/2 tsp garlic powder
red chili flakes (as much as you can handle!)
1/2 tsp paprika
1/2 tsp dried onion
1 tsp salt
6 Hard Boiled Eggs

Directions:

SEASON and mix the pork with all seasonings.
REMOVE shells from 5-6 Hard boiled eggs. Break apart the sausage and mold into flat patties and begin to surround each egg until fully covered.
BAKE in a preheated 350 degree oven for 15-25 minutes or until fully cooked.
ENJOY hot or cold by themselves or over a tossed salad.

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No Grain Waffles

Ingredients:

2 egg whites plus 1 whole egg

2 Tablespoons of coconut flour

2 Tablespoon milk of choice (I used unsweetened almond milk)

1/2 teaspoon baking powder

Sweetener to taste(1 packet stevia), optional

Directions:

Whip 2 of the egg whites to stiff peaks. You can either use a hand mixer, an egg beater, or a whisk if you want a workout. Once you have stiff peaks, stir in the coconut flour, milk of choice, baking powder, sweetener, and 1 whole egg. Grease or spray your waffle iron with nonstick spray and heat it up to the highest temperature. Pour in the batter (You can do it in two batches if you need to.), and cook in the waffle iron until browned, about 3-4 minutes. Pull it out, top as desired, and eat!

Hot and Sour Turkey Soup

Ingredients:

3 1/2 cups chicken broth
2 cups sliced fresh mushrooms
3 tablespoons vinegar
2 tablespoons “soy”/ coconut amino acids (optional)
1 teaspoon grated ginger root
1/2 teaspoon black pepper
1/8 teaspoon powdered stevia (optional)
1 tablespoon arrowroot
1 tablespoon cold water
2 cups shredded cooked turkey breast
2 cups sliced cabbage
1 red bell pepper, sliced into strips
3 egg whites, lightly beaten
3 tablespoons thinly sliced green onions

Directions:

- 1. In a large pot, combine the first seven ingredients (broth through stevia).**
- 2. Bring this mixture to a boil.**
- 3. Meanwhile, in a small bowl, stir together the arrowroot and cold water.**
- 4. Slowly stir this into the boiling broth mixture.**
- 5. Cook and stir until the mixture is thick and bubbly, and then cook and stir for 2 minutes more.**
- 6. Stir in the turkey, cabbage and red bell pepper.**
- 7. Pour the egg whites slowly into the soup in a steady stream while stirring two or three times to create shreds.**
- 8. Remove the soup from the heat, stir in the green onions, and serve.**

Almond Crusted Baked Cod Recipe

Ingredients:

2 large eggs
1/3 cup blanched almond flour
1/8 teaspoon coarse ground black pepper
1/2 teaspoon garlic powder
1/4 teaspoon dried dill
1/8 teaspoon turmeric
1 green bell pepper
1 1/2 lbs Pacific cod
sea salt, to taste
fresh chives, minced

Directions:

- 1. Preheat the oven to 350°F.**
- 2. Whisk 2 eggs in a bowl and set aside.**
- 3. Combine almond flour, black pepper, garlic powder, dried dill and turmeric in a new bowl, large enough to allow your cod pieces to fit.**
- 4. Chop the end off the green pepper, remove seeds and slice. Place sliced peppers on a parchment paper lined rimmed baking sheet.**
- 5. If cod is not pre-cut, chop into 4-5 pieces (around 4x3-inches in size).**
- 6. Dip a piece of cod in the egg, flip and coat on both sides. Let egg drops drip off and transfer to the almond flour mixture, press down, flip and coat both sides with the mixture. Place seasoned cod on the top of a slice of green pepper and season with a pinch of sea salt. Repeat for each piece of cod.**
- 7. Transfer baking sheet to the oven and bake for 15 minutes.**
- 8. Plate and serve garnished with fresh minced chives.**

Prosciutto Pesto Chicken Roulade

with Roasted Cauliflower

Ingredients:

6 chicken breasts, tenders removed (about 2 pounds)
3 ounces prosciutto, about 6 thin slices
¼ cup Pesto Sauce (make your own without Parmesan Cheese!)

For Cauliflower:

2 tablespoons melted ghee or olive oil, divided
1 head cauliflower, trimmed into florets
1 leek, white and light green part only
2 teaspoons fresh lemon juice
¼ teaspoon sea salt fresh pepper

Directions:

- 1. Preheat oven to 400 degrees F.**
- 2. Place each chicken breast between two pieces of plastic wrap. Use a meat tenderizer or rolling pin to pound them out to a ¼ inch thickness.**
- 3. Remove plastic wrap and spread 1 tablespoon of pesto down the center of each breast, lengthwise. Top with a slice of prosciutto. Leave a small border empty around the chicken.**
- 4. Starting with the smallest end, roll the chicken up tightly lengthwise, tucking in ends.**
- 5. Thinly slice the leek and toss it with the cauliflower florets in 1 tablespoon of melted butter, lemon juice, and salt and pepper. Spread mixture into a large baking dish. Roast for 12 minutes.**

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Orange Chicken

Ingredients:

- 1.5 lbs boneless skinless chicken breasts/tenders, diced into 1-inch pieces
- 1 Tbsp extra virgin olive or avocado oil, divided
- 2 lb asparagus, end portions trimmed and remainder diced into 1 1/2-inch pieces
- 1 small yellow onion, sliced into thin strips
- 8 oz button mushrooms, sliced
- 1 Tbsp peeled and finely grated fresh ginger
- 4 cloves garlic, minced
- 1/2 cup low-sodium chicken broth
- Juice of 2 fresh oranges
- 2 Tbsp raw honey (omit during Detox)
- 2 Tbsp cornstarch
- Sea salt and freshly ground black pepper

Directions:

1. In a 12-inch non-stick wok or large saute pan, heat 1/2 oil over moderately high heat. Once oil is hot, add diced chicken and season lightly with salt and pepper. Sauté until cooked through, tossing occasionally, about 5-6 minutes.
2. Place chicken on a large plate and set aside. Return wok, reduce to medium-high heat, add remaining oil.
3. Once oil is hot, add asparagus, yellow onion and mushrooms, and sauté until tender-crisp, about 4 – 5 minutes, adding in garlic and ginger during the last 1 minute of sautéing.
4. Meanwhile, in a mixing bowl whisk together chicken broth, orange juice, (honey) and cornstarch until well blended.
5. Pour chicken broth mixture into skillet with veggies, season with salt and pepper to taste, and bring mixture to a light boil, stirring constantly. Allow mixture to gently boil, stirring constantly, until thickened, about 1 minute.

Cauliflower/Chia Pizza Crust

Ingredients:

- 1 Large head of Organic Cauliflower
- 3/4 cup of ground almonds
- 1 1/2 Tbsp Dried Oregano
- Sea salt and pepper to taste
- 1/4 cup chia seeds
- 3/4 cup water

Directions:

1. Preheat your oven to 400F.
2. Mix your chia seeds in with the 3/4 cup of water and place in your fridge 20 minutes before intended use
2. Chop the cauliflower, and place in a blender or food processor and blend until it is a fine rice-like texture.
3. Measure out around 3 cups and place into a large bowl, add in the ground almonds, oregano, salt, and pepper. Make a hole in the center and add in the Chia goop.
4. Combine the ingredients by hand and, and shape everything together into a ball. It should be loose and sticky not like a traditional dough.
5. Put the ball onto a baking tray and form into a flat crust with your hands. Make a ridge around the outside, and bake for 25 minutes or until golden brown.
6. Add your favorite tomato base, and toppings bake an additional 5-10 minutes and enjoy your healthy meal!