

RECIPES DAYS 11-21

Chicken Cacciatore

Ingredients:

- ½ cup plus 2 tablespoons extra virgin olive oil
- 2 garlic cloves, pressed
- 2 tablespoons Balsamic vinegar
- 1 teaspoon crushed red pepper flakes
- 3 teaspoon fresh rosemary, 5 sprigs stripped and leaves chopped
- 4 large portabella mushroom caps, wiped clean
- 1 ½ pounds – 4 boneless, skinless breasts
- Coarse black pepper
- Kosher salt
- 2 thinly sliced and seeded Italian light green peppers - cubanelle
- 1 medium red onion, thinly sliced
- 1 28-oz. can fire roasted diced or crushed tomatoes – (lightly drained)
- Handful flat-leaf (Italian) parsley, chopped
- Worcestershire

Directions:

1. Heat a grill pan or outdoor grill to high heat. You can also use a heavy bottom pan on the stove for both the chicken and mushrooms.
2. In a large bowl, combine balsamic vinegar, Worcestershire, crushed red pepper flakes and rosemary. Then whisk in about ½ cup extra virgin olive oil.
3. Run the mushrooms through the marinade and transfer to a plate to reserve.
4. Add chicken to the remaining marinade and coat evenly. Let sit for 2-3 minutes.
5. Season one side of the chicken with salt and pepper.
6. Season the cap of mushroom with pepper only until done grilling, then add salt.
7. Place both mushrooms and chicken season side down.
8. Place a heavy skillet on the mushroom caps to cook quickly, approximately 3-4 minutes per side until dark, tender and well-marked.
9. While chicken and mushrooms cook, add 1 tablespoon olive oil into a hot skillet.
10. Add garlic, pepper and onions to skillet and season with salt and pepper.
11. Cook and toss frequently for approximately 7-8 minutes.
12. Add tomatoes and parsley and heat through, approximately 1 minute.
13. Remove from heat.
14. Thinly slice mushrooms and chicken and arrange on platter.
15. Cover with the sauce mixture and serve.

Fish Creole

Ingredients:

- 1 tablespoon organic extra virgin olive oil
- 1/3 cup celery, thinly sliced
- 1 medium onion, chopped
- ¼ cup green pepper, chopped
- 1 garlic clove, minced
- 1 bay leaf
- 2 ½ tablespoon fresh parsley or 2 ½ teaspoon dried parsley
- ¼ teaspoon chopped rosemary
- 1 28 oz. can fire roasted diced tomatoes with liquid (or regular)
- 1 ½ pounds fish fillet (tilapia, sole, etc. try to find wild versus farm raised)
- 2 cups cooked short grain brown rice (once reintroducing whole grains)

(Fish Creole Continued)

Directions:

1. In a large saucepan, heat oil and lightly sauté the onion, celery, pepper and garlic until soft.
2. Add parsley, bay leaf, rosemary and tomatoes.
3. Leave uncovered and simmer for about 25 minutes.
4. Add the fish fillets, which have been cut into small pieces.
5. Simmer till cooked through – approximately 10-12 minutes.
6. Remove the bay leaf and serve alone or with brown rice if directed by physician.

Chicken Piccata

Ingredients:

- 4 Boneless, skinless chicken breast halves
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 garlic cloves, pressed
- 1 cup cherry tomatoes
- ½ cup Pacific free range chicken broth
- ½ teaspoon lemon peel
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 tablespoon arrowroot

Directions:

1. Light oil broiler pan with small amount of olive oil.
2. Preheat broiler.
3. Season both sides of chicken with thyme, pepper and 1/8 teaspoon salt.
4. Place chicken on broiler pan about 2"-3" from the heat for 5 minutes per side or until 160 degrees at thickest part.
5. Remove from broiler and keep warm.
6. Heat a large skillet lightly oiled over medium heat.
7. Add garlic and stir constantly for 30 seconds.
8. Add tomatoes and remaining 1/8 teaspoon salt and cook for 3 minutes.
9. Place tomatoes on platter with chicken.
10. Combine arrowroot and broth in a cup.
11. Stir until dissolved.
12. In the same skillet, whisk together the arrowroot mixture, lemon peel and lemon juice and bring to a boil over high heat while stirring constantly.
13. Cook for one minute or until sauce is slightly thickened.
14. Add butter and any juice collected on platter and boil while stirring constantly.
15. Cook until butter is just melted and sauce thickens.
16. Pour over the chicken and serve.

Stir-Fried Tomatoes and Eggplant

Ingredients:

- Stir-Fried Tomatoes and Eggplant
- 1 tablespoon Organic Extra Virgin Olive Oil
- 1 medium sized eggplant, peeled and diced
- 1 medium onion, diced
- 1 celery stalk thinly sliced
- 1 28 oz. can of Organic diced tomatoes with juice
- 2 tablespoons Organic Red wine or Balsamic vinegar
- 2 finely sliced basil leaves or ¼ tsp. dried basil
- 2 teaspoons dried oregano
- Salt and pepper to taste.

Directions:

1. In a wok, heat the olive oil and stir fry the eggplant, celery and onion for 8-10 minutes.
2. Add remaining ingredients, cover and simmer for 20-25 minutes while stirring occasionally.
3. Serve immediately.

Stir Fried Chicken

Ingredients:

- 2 full boneless, skinless chicken breast, sliced into strips
- 1 tablespoons grated fresh ginger
- 2 garlic cloves, minced
- 3 teaspoons sesame oil to coat the pan
- 1 medium onion, sliced or diced
- 2-3 cups any combination of chopped veggies – bok choy, celery, slightly defrosted pkg. organic broccoli florets or fresh, Napa cabbage, etc.
- 1 cup sliced mushrooms – preferably shiitake
- 1 red bell pepper, cut into strips
- 2 cups cooked short grain brown rice (optional)

Directions:

1. Heat oil in wok over high heat.
2. Once heated, add garlic, ginger and chicken (if using).
3. Stir constantly until lightly brown or chicken cooked through.
4. Add all vegetables and cook for 3-4 minutes – maintain crispness.

Oriental Lettuce Wraps

Ingredients:

- Fresh bean sprouts
- Lettuce of your choice (preferably leaf lettuce)
- Carrots
- Celery
- Broccoli stalks
- Mushrooms
- Any additional variety of vegetables that you like

Directions:

1. Dice small or grate all ingredients
2. Toss with a 1 tsp. of approved salad dressing.
3. Add fresh bean sprouts and toss.
4. Spoon vegetables into fresh, washed lettuce leaves of your choice preferably leaf lettuce.
5. Roll cabbage roll style and enjoy

Garlic Salmon Fillets

Ingredients:

- Salmon fillets, skinned
- 1/3 cup extra virgin olive oil
- 2 garlic cloves, minced or pressed

Directions:

1. Combine olive oil and garlic.
2. Add salmon fillets and marinate for 5 to 10 minutes.
3. Broil or sauté to desired doneness.

Roasted Chicken with Herbs

So easy and so fast. Serve with a vegetable or salad.

Calories: 337; Total Fat: 23g; Protein: 29g; Carbohydrate: 1g

Ingredients:

- 3 pounds broiler chicken, uncooked
- 1 tablespoon fresh sage (or dried)
- 3 cloves garlic, minced
- 1/2 teaspoon sea salt
- 1 tablespoon fresh thyme leaves (or dried)
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon fresh rosemary leaves (or dried)

Directions:

1. Preheat oven to 350°F (175°C).
2. If using fresh herbs, remove leaves with stems and chop.
3. Combine minced garlic, thyme, rosemary, sage, salt and pepper in a small bowl.
4. Wash chicken under cold water, trim excess fat and pat dry with paper towels.
5. Starting at the neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
6. Rub herb mixture under loosened skin.
7. Place chicken in a shallow roasting pan coated with olive oil.
8. Bake for about one hour.
9. Cover loosely with cloth and let stand for 5–10 minutes before carving.
10. Discard skin, carve and serve with a vegetable or salad.

Fantastic Halibut

Absolutely delicious! Start to marinate the fish at least two hours before you plan to serve it.

Calories: 227; Total Fat: 7g; Protein: 36g; Carbohydrate: 3g

Ingredients:

- 3 cloves garlic, minced
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 1/4 cup fresh lime juice
- 1 1/4 cup basil, fresh, chopped
- 1 1/2 lbs. halibut fillets or steaks
- 1 teaspoon sea salt

Directions:

1. Combine all ingredients except for fish in a shallow dish large enough to hold the halibut.
2. Place fish in the dish and marinate for at least two hours, turning once or twice.
3. Remove fish from marinade and broil or grill for about 5 minutes on each side (10 minutes total per inch of thickness).

(Fantastic Halibut Continued)

4. Transfer fish to a serving dish.
5. Heat remaining marinade then pour over fish.
6. Serve while hot.

Grilled Eggplant Slices

These eggplant slices will melt in your mouth.

Calories: 87; Fat: 7g; Carbohydrate: 7g; Protein: 1g

Ingredients:

- 1 large eggplant (about 1 1/4 pounds)
- 2 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 3 tablespoons balsamic vinegar
- Freshly grated black pepper

Directions:

1. Preheat a gas grill to high.
2. Slice eggplant 1/3" to 1/2" thick.
3. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt and pepper.
4. Brush both sides of the eggplant slices with the mixture.
5. Place eggplant on the preheated grill.
6. If you wish to have nice grill lines, turn only once on each side.
7. Grill eggplant slices 10 to 14 minutes.

Blackened Ahi Tuna

Tip: Make sure you buy the freshest possible sashimi grade tuna, and serve it rare or medium rare for the best flavor.

Sear the fish in a cast-iron skillet, so that it is cooked on the outside, but still pink on the inside.

Calories: 507; Fat: 23g; % fat calories: 41%; Carbohydrate: 15g; Protein: 62g

Ingredients:

- 4 7-oz center cut ahi tuna filets
- 1/2 teaspoon fresh ginger root
- 1/2 oz. each, sea salt & garlic powder
- 1/2 teaspoon fresh garlic, paprika, onion powder
- 1/4 cup white wine vinegar
- 1/4 oz. each, black pepper, white pepper
- 1 dash fresh lime juice
- 1/8 oz. each, cayenne pepper, thyme, oregano
- 3/4 cup olive oil
- 3 tablespoon wasabi
- 3 fluid ounces water

Directions:

1. Preheat cast iron skillet.
2. Rub filets with Cajun Blackening Spice.
3. Sear both sides (no butter or oil needed) until rare or medium/rare.
4. Paint plate with Wasabi Vinegar.
5. Cut filet into 2 triangular pieces; overlap.

To make Cajun Blackening Spice: Combine salt, garlic powder, paprika, onion powder, black, white and cayenne pepper, thyme and oregano. Mix well.

To make Wasabi Vinaigrette: Combine wasabi with water and put in blender. Add grated ginger, garlic, white wine vinegar and lime juice into the blender and drizzle in oil while on high speed. Adjust seasoning with salt and pepper.