



CULTURAL FOODIE

Bundle



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Cultural Foodie: 20 Asian Fusion Dinners

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1. Tofu and Chard Hot Pot

Serves 6

Vegetarian

Prep time: 10 minutes

Cook time: 20 minutes

1 tablespoon peanut oil
3 cloves garlic, minced
1 medium jalapeno pepper, de-seeded and finely chopped
2 tablespoons minced gingerroot
2 cups sliced white button mushrooms
2 teaspoons brown sugar
4 cups low sodium vegetable broth, or use homemade
3 tablespoons low sodium soy sauce
1 pound extra-firm tofu, drained and cubed
4 cups thinly sliced Swiss chard
Sea salt and freshly ground black pepper, to taste
8 ounces whole wheat Spaghetti pasta, cooked according to package directions
1/3 cup chopped cilantro

Heat the peanut oil in a Dutch oven over medium heat. Add garlic, gingerroot and jalapeno; cook for 3 minutes. Add mushrooms; cook for 3 to 4 minutes. Stir in sugar, broth and soy sauce; bring mixture to a boil then add tofu, chard, salt and pepper. Cover and simmer for 10 minutes. Add cooked pasta and chopped cilantro. Ladle into bowls and serve.

***Paleo Option:** Change out peanut oil for coconut. Change out brown sugar and soy sauce for coconut aminos. Change out tofu for chicken thighs and pasta for zucchini noodles.

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2. Mongolian Beef

Serves 6

Beef

Prep Time: 15 minutes

Cook Time: 45 minutes

1/2 cup olive oil, divided
2 pounds beef flank steak, cut diagonally into thin strips
1 medium sweet onion, sliced thin
3 scallions, sliced thin on bias (diagonally)
1 cup shredded carrots
2 teaspoons grated gingerroot
4 cloves garlic, minced
1 1/2 cups water
1/2 cup low sodium coco aminos
5 tablespoons brown sugar
1 tablespoon crushed red pepper flakes
1/2 cup cornstarch

Heat 2 tablespoons of oil in a large skillet over medium heat until hot. Add onion, scallions and carrots; cook until half way done then remove from pan and set aside.

In a small bowl, whisk together gingerroot, garlic, water, coco aminos, brown sugar and crushed red pepper flakes until sugar has dissolved; set aside.

Place cornstarch in a shallow bowl; add steak strips and dredge, shaking off excess.

In the same skillet, heat the remaining olive oil over medium-high heat until hot. Add steak strips and brown for 3 minutes per side; remove from skillet and set aside. Now whisk in coco aminos mixture to the pan along with beef strips and veggies; reduce heat and simmer for 20 minutes or until meat and veggies are cooked to your liking.

***Paleo Option:** Change out the brown sugar for honey and the cornstarch for arrowroot powder.

3. Citrus Cilantro Pork Chops

Serves 6

Pork

Prep Time: 2 hours or overnight marinating

Cook time: 1 hour

6 (5- to 6-oz.) pork chops
3/4 cup orange juice
3 limes, juiced
2 tablespoons white wine vinegar
1 1/2 teaspoons Dijon mustard
4 tablespoons chopped cilantro
1 teaspoon dried oregano
4 tablespoons olive oil, divided
1 tablespoon sea salt
1/2 tablespoon freshly ground black pepper

Place pork chops in a large zipper-topped plastic bag. In a medium bowl, combine next 6 ingredients (orange juice through oregano) along with 3 tablespoons of olive oil). Reserve half of this mixture and set aside. Pour remaining mixture over pork chops. Seal the bag and turn to coat chops with marinade; refrigerate overnight or for at least 2 hours.

Preheat oven to 300 degrees. Heat remaining olive oil in a large skillet over medium-high heat. Add pork chops and cook for 3 minutes per side or until a brown crust forms; transfer to a baking dish. Pour reserved marinade over pork chops and bake for 30 to 45 minutes, or until cooked through (depending on thickness). Allow pork chops to rest for 10 minutes before serving.

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4. Slow Cooked Sweet and Sour Chicken

Serves 6
Crock Cooker

Prep Time: 10 minutes
Cook Time: 4 hours

1 medium sweet onion, chopped
2 pounds boneless skinless chicken thighs, cubed
4 cloves garlic, minced
1/4 cup ketchup
4 tablespoons red wine vinegar
2 teaspoons Dijon mustard
3 tablespoons low sodium coco-aminos
3 tablespoons brown sugar
1 1/2 cups water
Sea salt and freshly ground black pepper, to taste

Preheat slow cooker to HIGH. Place onions and chicken in slow cooker. In a small bowl, whisk together remaining ingredients (garlic through black pepper); pour mixture over onions and chicken. Cover and cook on HIGH for 4 hours.

***Paleo Option:** Change out the brown sugar for honey.

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5. Hot Garlic Chicken

Serves 4

Chicken

Prep time: 10 minutes (plus 4 hours or overnight marinating)

Cook time: 20 minutes

4 boneless skinless chicken breast halves

1/3 cup coco-aminos

3 tablespoons olive oil

4 cloves garlic, pressed

3 teaspoons chili paste

1 teaspoon sea salt

Place chicken in a large zipper-topped plastic bag. In a small bowl, whisk together remaining ingredients (coco-aminos through salt) until well blended; pour mixture over chicken. Seal the bag and turn to coat chicken until fully saturated; refrigerate overnight or for at least 4 hours.

At time of cooking, heat a large skillet over medium-high heat; remove chicken from marinade and add to skillet; sear for 4 to 6 minutes per side or until cooked through.

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6. Chili Garlic Lamb

Serves 4

Lamb

Prep time: 10 minutes

Cook time: 20 minutes

2 tablespoons grass fed butter, melted
1 tablespoon chili oil
4 cloves garlic, pressed
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 teaspoon crushed red pepper flakes
1 teaspoon cayenne pepper
1/2 teaspoon chili powder
8 lamb chops

Preheat grill to MEDIUM-HIGH. In a small bowl, combine first 8 ingredients (butter through chili powder); spread mixture on all sides of lamb chops then grill for 5 to 8 minutes per side or until desired level of doneness is achieved.

***Paleo Option:** Change out butter for ghee.

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7. Grilled Pork Tenderloin with Orange Ginger Sauce

Serves 4

Prep time: 10 minutes

Cook time: 45 minutes

Ingredients:

1 (3-pound) pork tenderloin

1 tablespoon olive oil

Sea salt and freshly ground black pepper to taste

1/2 cup coconut aminos

1/2 cup orange juice

2 tablespoons lime juice

1 tablespoons mustard

1 tablespoon grated ginger

1 clove garlic, minced

2 tablespoons chopped scallions

Directions:

Rub pork with olive oil and salt and pepper. Heat grill to medium heat and place pork on grill and cook for 45 minutes, until it is white in the center.

In a medium bowl combine the remaining ingredients (coconut aminos through scallions) and season with sea salt and freshly ground black pepper.

Slice pork, drizzle with sauce and serve.

8. Chicken Stir Fry

Serves 4

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

1/4 cup low sodium chicken broth
1 pounds boneless chicken breasts, cut into strips or chunks
1 cup asparagus, cut into 2 inch pieces
1 cup chopped broccoli
2 cups sliced mushrooms
1 medium carrot, peeled and sliced
1 teaspoon ground ginger
1/4 teaspoon cayenne pepper
1 teaspoon olive oil
1 egg
Sea salt and freshly ground pepper, to taste

In a large skillet or wok, heat the chicken broth over medium-high heat. Cut the chicken into strips or chunks and add to the pan. Cook for 6 to 8 minutes.

Add the vegetables, ginger and cayenne pepper. Cook for another 4 to 5 minutes, stirring constantly, until tender.

Heat olive oil in a small skillet, over medium high heat. Scramble the egg in the olive oil and then thoroughly mix into stir-fry.

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9. Orange Chicken

Serves 6

Crock cooker

Prep time: 20 minutes

Cook time: 8 hours

Ingredients:

3 tablespoons olive oil

12 boneless, skinless chicken thighs

3 large oranges zested and juiced

1/4 cup honey

1/3 cup low sodium chicken broth

3 tablespoons low sodium soy sauce

2 tablespoons sesame oil

3 cloves garlic, minced

1 tablespoons freshly grated ginger

Red pepper flakes to taste

Sea salt and freshly ground pepper

Description

Heat olive oil in a medium skillet over medium heat; sauté chicken thighs for 5 to 7 minutes until browned.

In a large crock cooker add chicken, and remaining ingredients (orange zest and juice through pepper) stir well and cook on low for 8 hours.

***Paleo Option:** Change out soy sauce for coconut aminos. Change out sesame oil for coconut oil.

10. Wasabi Honey Chicken Salad

Serves 4

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients:

2 tablespoons coconut oil
1 pound boneless skinless chicken breasts, chopped
1 tablespoon chili powder
1 tablespoon cumin
Sea salt and freshly ground black pepper to taste
1 cup low sodium chicken broth
4 cups chopper romaine lettuce
1 large bell pepper, sliced
1 (6.5-ounce) can black olives
2 large avocados, peeled, pitted and diced
2 tablespoons honey
2 teaspoons wasabi paste
1 teaspoon lemon juice
1/4 cup coconut milk
1 tablespoon olive oil

Directions:

Heat coconut oil in a large frying pan over medium heat. Add the chicken. Cook for 5 minutes on both sides, until chicken is browned.

Add the next 4 ingredients (chili powder through chicken broth) and turn heat down to low. Simmer for 10 minutes, until most of the liquid has evaporated out of the pan.

When chicken has cooled, transfer to a large bowl and add the next 5 ingredients (lettuce through avocados).

In a small bowl, mix the remaining ingredients (lime juice through olive oil) add sea salt and freshly ground black pepper to taste. Pour sauce over the taco salad. Toss salad and serve.

11. Garlic Lemon Beef Stir Fry

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

4 tablespoons coconut oil, divided
2 large cloves garlic, minced
2 small shallots, minced
Sea salt and freshly ground black pepper to taste
1 pound lean ground beef
2 cups broccoli florets
1/2 pound chopped mushrooms
1/4 cup low sodium beef broth
3 tablespoons coconut aminos
1 teaspoon dried thyme
2 tablespoons lemon juice

Directions:

Heat coconut oil in a large skillet over medium heat. Add the garlic, shallots, salt and pepper and beef.

Cook for 10 to 12 minutes, stirring regularly, until beef is brown and cooked through. Transfer beef mixture into a large bowl.

Heat the remaining coconut oil in the skillet over high heat. Add the remaining ingredients (broccoli through lemon juice) and season with salt and pepper.

Cook for 10 minutes, until vegetables are tender. Then add the beef and stir. Serve warm.

12. Sweet Mango Pork

Serves 4

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients:

2 tablespoons olive oil, divided

1 ½ pounds lean pork loin, cubed

1 tablespoon cumin

1 ½ teaspoons freshly ground pepper

1 ½ teaspoons sea salt

1 cup frozen mango chunks

3 cloves garlic, minced

1 medium green onion

½ cup green bell pepper, seeded and cut into halved strips

Directions:

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.

Season the pork cubes with salt and pepper; sprinkle on cumin. Brown the pork cubes for about 4 to 6 minutes per side. Turn heat down to medium.

Heat remaining tablespoon of olive oil in a large skillet over medium-high heat. Sauté mango and vegetables for 5 minutes, stirring frequently.

Transfer the vegetables and fruit to the skillet with the pork cubes and stir until well mixed and cook altogether for another 5 to 7 minutes.

13. Shrimp with Honeydew Peanut Sauce

Serves 4

Prep time: 15 minutes

Cook time: 10 minutes

Ingredients:

1 tablespoon unsalted butter

1 pound uncooked shrimp, unpeeled

Sea salt and freshly ground pepper, to taste

3 tablespoons honey

3 tablespoons mayonnaise

1 tablespoon lemon juice

½ cup olive oil

½ cup peanuts

Honeydew melon, cut into balls

Directions:

Heat butter in a large skillet over medium heat, pan fry the shrimp in shells, adding salt and pepper, until pink on each side.

In a small bowl, combine the next 4 ingredients (honey through oil). Stir in peanuts.

Devein and shell shrimp. Return shrimp to pan and add honey mixture. Heat over low heat until sauce is warm.

Add melon balls and heat until melon is warm, but not mushy.

***Paleo Option:** Change out butter for ghee. Make sure the mayo is Paleo friendly. Change out the peanuts for almonds.

14. Asparagus and Red Pepper Steak Stir-Fry

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

2 tablespoons olive oil

1/2 pound asparagus, trimmed

1/2 small onion, chopped

1 large clove garlic, minced

1 pound beef flank steak, thinly sliced across the grain (diagonally)

1 large red bell pepper, de-seeded, de-ribbed and sliced lengthwise

3 tablespoons coconut aminos

1 teaspoon grated gingerroot

1 teaspoon crushed red pepper flakes

Sea salt and freshly ground black pepper, to taste

Heat the oil in a large skillet over medium heat until hot. Add next 5 ingredients (asparagus through bell pepper); stir-fry for 10 minutes or until steak strips have almost reached desired level of doneness and vegetables are slightly tender.

Add remaining ingredients (coconut aminos through salt and pepper). Reduce skillet heat to low; simmer for 10 minutes or until steak strips have reached desired level of doneness and vegetables are tender-crisp. Serve warm.

15. Honey Jalapeno Shrimp Kabobs

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

- 1 pound large shrimp, peeled and deveined
- 1 cup orange juice
- 1 medium jalapeno, sliced
- 1 medium onion, cut into wedges
- 1 large red bell pepper, de-seeded, de-ribbed and sliced
- 1 large zucchini, chopped
- 1 large clove garlic, minced
- 1 tablespoon raw honey
- Sea salt and freshly ground black pepper, to taste
- 1 tablespoon chopped cilantro
- Sea salt and freshly ground black pepper, to taste
- Metal or bamboo skewers

Preheat grill to MEDIUM.

In a large bowl, toss together first 9 ingredients (shrimp through honey). Alternately thread shrimp and vegetables onto skewers; grill for 10 minutes per side or until shrimp are opaque and vegetables are tender-crisp. Sprinkle kabobs with chopped cilantro.

16. Grilled Ginger Turkey Tenderloin

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

- 4 medium turkey breast tenderloins
- 2 small cloves garlic, peeled
- 1 small shallot, peeled
- 2 tablespoons lime juice
- 1 tablespoon grated gingerroot
- 1/4 cup coconut aminos
- 1/4 cup olive oil
- 1 teaspoon raw honey
- Sea salt and freshly ground black pepper, to taste
- 4 cups steamed broccoli

Place tenderloins in a large zipper-topped plastic bag. Place next 8 ingredients (garlic through salt and pepper) in a blender; process until smooth then pour mixture over turkey tenderloins. Seal bag and turn several times to coat tenderloins. Refrigerate for 2 hours.

Remove turkey tenderloins from refrigerator. Preheat grill to MEDIUM. Grill turkey for 10 minutes per side or until juices run clear.

Meanwhile, steam broccoli till tender-crisp; serve with thinly sliced tenderloins.

17. Spicy Turkey and Green Bean Stir-Fry

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

- 1 tablespoon olive oil
- 1 pound ground turkey
- 1 large clove garlic, minced
- 1/2 cup chopped onion
- 1 large jalapeno, chopped
- 1 (14.5-ounce) can fire-roasted tomatoes
- 1 tablespoon chili powder
- 1 tablespoon raw honey
- Sea salt and freshly ground black pepper, to taste
- 2 cups chopped green beans

Heat the olive oil in a large skillet with a tight-fitting lid over medium heat until hot. Add next 8 ingredients (ground turkey through salt and pepper); blend well. Reduce heat to low and cook for 10 minutes or until ground turkey has browned. Add green beans; cover and cook for 5 minutes or until green beans are tender-crisp.

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18.Asian Short Ribs

Serves 4

Crock Cooker

Prep time: 10 minutes

Cook time: 4 to 10 hours

3 pounds beef short ribs
2 large carrots, chopped
1/2 jalapeno, chopped
1 small red bell pepper, de-seeded, de-ribbed and chopped
1/2 small onion, chopped
1/4 cup coconut aminos
1 teaspoon sesame oil
1 tablespoon sesame seeds
1/4 cup rice vinegar
1 tablespoon grated gingerroot
Sea salt and freshly ground black pepper, to taste
1 large clove garlic, minced

Place first 5 ingredients (beef short ribs through onion) in a large crock cooker.

In a medium bowl, whisk together remaining ingredients (coconut aminos through garlic); pour mixture over short ribs and vegetables in the slow cooker.

Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours, or until meat is falling off the bones and vegetables are tender.

***Paleo Option:** Change out the sesame oil for coconut oil. Omit the sesame seeds. Change out the rice vinegar for red wine vinegar.

19. Pork Medallions

Serves 4

Prep time: 10 minutes

Cook time: 8 minutes

1 pound pork tenderloin
1 tablespoon olive oil
1 cup sliced mushrooms
2 tablespoons chopped onion
3 tablespoons chopped fresh rosemary
1/4 teaspoon celery salt
1 medium clove garlic, minced
1/4 teaspoon freshly ground black pepper
1 tablespoon sherry (or apple juice)
Sea salt and freshly ground black pepper, to taste

Cut tenderloin crosswise into 8 slices then press each slice into a 1-inch thick medallion.

Heat the olive oil in a large heavy skillet with a tight-fitting lid over medium-high heat until hot. Add pork medallions and brown for 1 minute per side; transfer to a serving plate and keep warm.

To the pork drippings in the same skillet, add next 6 ingredients (mushrooms through black pepper). Cook and stir over low heat for 2 minutes. Add sherry (or juice) and blend well. Return pork medallions to the skillet then spoon mushroom mixture over the top; salt and pepper to taste.

Cover and simmer for 3 to 4 minutes or until pork is no longer pink in the center.

20.Chicken with Crunchy Vegetables

Serves 4

Prep time: 10 minutes

Cook time: 6 minutes

3/4 pound boneless skinless chicken breast meat, cut into 1-inch pieces

1/4 cup low sodium teriyaki sauce, divided

1 teaspoon dark sesame oil

1 cup diagonally sliced celery

3/4 cup thinly sliced carrot

1 clove garlic, pressed

1 cup coarsely shredded red cabbage

1 (8-ounce) can sliced water chestnuts, drained

Sea salt and freshly ground black pepper, to taste

In a large bowl, toss together chicken and 1 tablespoon of teriyaki sauce; set aside to stand for 10 minutes.

Heat the sesame oil in a large skillet over medium-high heat. Add celery, carrot and garlic; stir-fry for 1 minute. Stir in cabbage and water chestnuts; remove from skillet and keep warm.

To the same skillet, add marinated chicken; stir-fry 3 minutes. Add remaining teriyaki sauce; stir-fry for 1 minute. Return cabbage mixture to the skillet; stir-fry for 1 minute or until heated through. Season with salt and pepper to taste.

***Paleo Option:** Change out the teriyaki sauce for coconut aminos and the sesame oil for coconut oil.



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- 17. Chicken Zucchini Scampi with Arugula**
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- 19. Chicken with Chickpea Tabbouleh**
- 20. Grilled Eggplant Hummus and Pitas**

Cultural Foodie: 20 Italian-Mediterranean Dinners

1. Italian Sausages with Potatoes and Peppers

Serves 6

Crock Cooker

Prep time: 10 minutes

Cook time: 6-8 hours

6 links lean Italian sausage

1 large green bell pepper, de-seeded, de-ribbed and thickly sliced

1 large red bell pepper, de-seeded, de-ribbed and thickly sliced

1 large onion, thickly sliced

2 large russet potatoes, peeled and diced

3 cloves garlic, minced

1/4 cup chopped fresh oregano

Sea salt and freshly ground black pepper, to taste

1/4 cup white wine

1/4 cup balsamic vinegar

Place all ingredients in a slow cooker; toss to combine thoroughly. Cover and cook on LOW for 6 to 8 hours.

***Paleo Option:** Change out the potatoes for sweet potatoes. Change out the white wine for low sodium chicken broth.

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2. Chicken Chasseur

Serves 6

Chicken

Prep time: 15 minutes

Cook time: 30 minutes

6 (6-oz.) boneless skinless chicken breast halves
1/3 cup flour
2 tablespoons olive oil
1/4 cup Madeira wine
2 cloves garlic, minced
1 large shallot, peeled and minced
8 ounces white button mushrooms, sliced
2 medium tomatoes, diced
1/4 cup low sodium chicken broth, or use homemade
1/4 cup half and half
Sea salt and freshly ground black pepper, to taste
1 (13-oz.) package whole wheat Angel Hair pasta, cooked according to package directions
1/4 cup chopped flat leaf parsley

Dredge chicken in flour, shaking off excess. Heat the olive oil in a large skillet over medium-high heat. Add chicken; brown for 4 to 5 minutes per side then remove from skillet and set aside. To the same skillet, add Madeira and whisk up all of the browned bits from the bottom of the pan. Add garlic and shallot; cook for 3 minutes or until softened. Add mushrooms; cook for 5 minutes or until their liquid has been released and evaporated. Add tomatoes and chicken broth; simmer for 10 minutes or until mixture has thickened slightly. Add half and half, salt and pepper; stir to combine and cook for 3 minutes or until heated through. Add cooked pasta; toss to combine then garnish with chopped parsley.

***Paleo Option:** Change out the flour for almond meal. Change out the wine for low sodium chicken broth. Change out the half and half for coconut milk. Change out the pasta for spaghetti squash.

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3. Falafel Burgers

Serves 6

Vegetarian

Prep time: 20 minutes

Cook time: 15 minutes

2 (15-oz.) cans garbanzo beans, drained and rinsed
1 small white onion, minced, divided
4 cloves roughly chopped garlic,
3 sprigs fresh parsley
3 sprigs fresh cilantro
1 egg, beaten
1 lemon, juiced
3 teaspoons ground cumin
2 teaspoons ground coriander
1 cup panko bread crumbs, or regular dry bread crumbs
1 1/2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1/2 teaspoon baking soda
3 tablespoons water
1/4 cup olive oil
4 ounces plain Greek yogurt
1/2 cucumber, peeled, seeded, diced small
1 tablespoon lemon juice
1 clove garlic, minced
1/2 teaspoon sea salt
2 teaspoons chopped fresh dill
6 burger buns, split and lightly toasted
Lettuce leaves
Tomatoes, sliced

In a food processor, combine first 14 ingredients (beans through water); pulse until smooth. If dry, add a little more water. Form bean mixture into 6 patties.

Heat the olive oil in a large skillet over medium heat until hot. Add patties and cook for 3 minutes per side; remove from skillet to a plate lined with paper towels.

Prepare tzatziki sauce: In a medium bowl, combine reserved minced onion along with the yogurt, cucumber, lemon juice, garlic, salt and dill; set aside.

Serve patties on burger buns with lettuce, tomato, and tzatziki sauce.

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***Paleo Option:** Change out the garbanzo beans for chopped cauliflower. Change out the bread crumbs for almond meal. Change out Greek yogurt for coconut yogurt.

4. Shrimp Penne with Gorgonzola Alfredo Sauce

Serves 6

Seafood

Prep time: 10 minutes

Cook time: 15 minutes

- 1 1/2 pounds large shrimp, peeled and deveined
- 1 tablespoon Old Bay seasoning
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 1 medium red bell pepper, sliced thin
- 1 medium red onion, sliced thin
- 2 cloves garlic, minced
- 1 lemon, juiced and zested
- 1 (15-oz.) jar Alfredo sauce
- 1/2 cup low fat milk
- 1 ounce Gorgonzola cheese, or use blue cheese
- 1 pound Penne pasta, cooked

Sprinkle shrimp with Old Bay seasoning, salt and pepper.

Heat the olive oil in a large skillet over medium heat. Add the bell pepper, onion and garlic; cook until onions are almost translucent. Add shrimp and cook until light pink and almost done; drain off any excess oil.

Reduce skillet heat to low; stir in Alfredo sauce and milk then simmer until well blended and shrimp are fully cooked. Whisk in cheese until melted then season with salt and pepper to taste. Add cooked pasta; toss and serve.

***Paleo Option:** Change out Alfredo sauce and milk for canned coconut milk with 1 tablespoon arrowroot powder. Omit the cheese and then change out the Penne for zucchini noodles.

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5. Pulled Chicken Pesto Sliders

Serves 6

Chicken

Prep Time: 35 minutes

Cook Time: 45 minutes

2 pounds boneless skinless chicken breast meat
Sea salt and freshly ground black pepper, to taste
1/2 cup cider vinegar
2 tablespoons Italian seasoning
3 tablespoons Dijon mustard
2 teaspoons onion powder
2 teaspoons garlic powder
1 1/2 cups olive oil, divided
1 medium red onion, sliced into thin rings
1 tablespoon sugar
12 slider buns, split and lightly toasted
1 cup prepared pesto
6 slices Mozzarella cheese, at room temperature

Preheat oven to 350 degrees. Sprinkle chicken with salt and pepper then place in a large zipper-topped plastic bag. In a small bowl, whisk together next 5 ingredients (vinegar through garlic powder) along with 1 cup of olive oil until well blended; pour mixture over chicken; seal bag and refrigerate for at least 30 minutes.

At time of cooking, place marinated chicken in a large baking dish; bake for 20 to 25 minutes or until chicken is cooked through. Remove chicken from oven; allow it to rest for 10 minutes then shred with 2 forks. Meanwhile, place onion rings on a baking sheet; drizzle with remaining 1/2 cup of oil, season with sugar, salt and pepper then bake for 20 minutes or until onions have caramelized. Build each slider equally with shredded chicken, caramelized onions, pesto and cheese.

***Paleo Option:** Change out sugar for honey. Use lettuce wraps in place of the buns and make sure the pesto is Paleo friendly. Omit cheese.

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6. Greek Steak Pitas

Serves 6

Beef

Prep Time: 30 minutes

Cook Time: 20 minutes

2 pounds beef flank steak, cut diagonally into strips
1/4 cup low sodium coco-aminos
2 tablespoons water
2 limes, juiced
2 tablespoons honey
2 teaspoons Montreal steak seasoning
1 teaspoon ground cumin
1/2 teaspoon cayenne pepper
4 cloves garlic, minced
1/2 cup olive oil, divided
2 cups shredded Romaine lettuce
3 Roma tomatoes, diced
1/2 cup crumbled Feta cheese
Sea salt and freshly ground black pepper, to taste
6 large pita breads, halved

Place beef strips in a large zipper-topped plastic bag. In a small bowl, whisk together next 8 ingredients (coco-aminos through garlic) along with **all but** 2 tablespoons of olive oil; pour mixture over beef strips, seal bag and turn to coat. Refrigerate for at least 30 minutes.

Heat remaining olive oil in a large skillet over medium heat; add steak strips and sauté until desired level of doneness is achieved. In a large bowl, toss together lettuce, tomatoes, Feta cheese, salt and pepper. Fill pita bread halves with steak strips and lettuce mixture.

***Paleo Option:** Omit the cheese and use lettuce or Paleo friendly wraps in place of the pita.

7. Spinach Pork Roulades

Serves 6

Pork

Prep Time: 15 minutes

Cook Time: 45 minutes

2 1/2 pounds pork tenderloin, cut evenly into 6 cutlets
2 tablespoons sea salt
1 tablespoon freshly ground black pepper
2 teaspoons paprika
2 teaspoons cayenne pepper
2 teaspoons garlic powder
3 tablespoons olive oil
1 shallot, minced
1 pound frozen spinach, thawed and squeezed dry
1 lemon, juiced
2 teaspoons ground (dry) mustard
1/2 cup Ricotta cheese
12 wooden toothpicks

Preheat oven to 375 degrees. Pound pork cutlets between sheets of plastic wrap till flattened. In a small bowl or cup, combine seasonings (salt, black pepper, paprika, cayenne pepper and garlic powder); sprinkle mixture over both sides of pork cutlets.

Heat the oil in a sauté pan over low-medium heat; add shallot and sweat until translucent. Add spinach, lemon juice, mustard, salt and black pepper; sauté for 5 minutes then drain off any excess liquid and set mixture aside to cool for 10 minutes.

Blend Ricotta cheese into spinach mixture then place an even portion on each cutlet; roll up and secure with 2 toothpicks. Bake cutlets, seam sides down, for 30 minutes or until pork is cooked through.

***Paleo Option:** Omit the cheese.

8. Mahi Mahi Picatta

Serves 6

Fish

Prep Time: 15 minutes

Cook Time: 15 minutes

6 large mahi mahi fillets
Sea salt and freshly ground black pepper, to taste
2 teaspoons paprika
1 teaspoon cayenne pepper
1/4 cup flour
1/4 cup olive oil
3 tablespoons unsalted butter
2 cloves garlic, minced
2 1/2 tablespoons capers
1/4 cup white wine
2 lemons, juiced
3 tablespoons chopped parsley

Season fish with salt, black pepper, paprika and cayenne pepper then sprinkle with flour, shaking off excess. Heat the olive oil in a large skillet over medium heat. Add fish to the skillet; cook for 2 minutes per side or until fillets flake easily when tested with a fork. Remove from pan and keep warm. In the same skillet, melt the butter and scrape up all of the browned bits from the bottom of the pan. Add garlic and capers; sauté for 1 1/2 minutes. Add wine then reduce heat and simmer until wine is slightly reduced. Stir in lemon juice and parsley. Serve sauce over fish.

***Paleo Option:** Change out the flour for almond flour. Change out the butter for ghee. Change out the wine for low sodium chicken broth.

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9. Grecian Kabobs

Serves 4

Lamb

Prep time: 10 minutes (plus four hours or overnight marinating)

Cook time: 20 minutes

Kabobs:

8 lamb chops, cubed

4 Roma tomatoes, cut into thirds

1 cup pitted green olives

1 (14-oz.) can artichoke hearts, drained

Bamboo skewers

Marinade:

1/3 cup red wine

4 cloves garlic, peeled

1 shallot, peeled and chopped

3 tablespoons cider vinegar

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

1/2 teaspoon ground cumin

1/2 teaspoon dried oregano

1/2 teaspoon paprika

Place lamb cubes in a large zipper-topped plastic bag. Prepare marinade: In a blender or food processor, place marinade ingredients; blend until smooth then pour mixture over lamb cubes. Seal the bag and turn to coat; refrigerate overnight or for at least 4 hours.

At time of cooking, preheat grill to MEDIUM-HIGH. Alternately thread lamb cubes, tomatoes, olives and artichoke hearts onto prepared skewers; grill kabobs for 5 to 8 minutes per side or until cooked to desired level of doneness.

***Paleo Option:** Change out the wine for low sodium beef broth.

10. Balsamic Chicken Marsala

Serves 4

Chicken

Prep time: 10 minutes

Cook time: 50 to 70 minutes

Sauce:

2 tablespoons grass fed butter

2 shallots, chopped

3 cloves garlic, pressed

8 to 10 white button mushrooms, sliced

1/2 cup low sodium chicken broth, or use homemade

1/2 cup Marsala wine

1/4 cup canned, unsweetened coconut milk

2 tablespoons balsamic vinegar

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

1/2 teaspoon ground white pepper

1/2 teaspoon dried rosemary

Chicken:

4 skinless boneless chicken breast halves

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

1 teaspoon garlic powder

2 tablespoons grass fed butter

Prepare sauce: Melt the butter in a large saucepan with a tight-fitting lid over medium-high heat. Add shallots, garlic and mushrooms; sauté (stirring regularly) for 3 minutes. Reduce heat to medium; stir in remaining ingredients (broth through rosemary) and cook for 2 minutes. Reduce heat to medium-low, cover and simmer for 10 minutes.

Meanwhile, season chicken evenly with salt, pepper and garlic powder. Melt the butter in a large skillet over medium-high heat; add chicken and cook for 5 to 7 minutes per side or until juices run clear. Serve chicken topped with Marsala sauce.

***Paleo Option:** Change out the butter for ghee. Change out the wine for low sodium chicken broth.

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11. Grilled Fish and Vegetables with Basil-Lime Vinaigrette

Serves 4

Fish

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

2 medium onions, cut into 1-inch thick slices
4 tablespoons olive oil, divided
Sea salt and freshly ground black pepper to taste
3 large tomatoes
3 large avocados, peeled and sliced
2/3 cup chopped basil
1 cup lime juice
4 (6-ounce) firm fresh white fish filets
3 cups spinach

Directions:

Heat grill to high heat. In a large bowl mix the onions and 1 tablespoon olive oil.

Place onions on the grill and cook for 4 minutes on each side, until both sides are lightly charred.

In a large bowl, add the onion, 2 tablespoons olive oil, salt and pepper, tomatoes, avocados, basil and lime juice. Toss vegetables and set aside.

Rub fish with 1 tablespoon olive oil and salt and pepper. Place on hot grill and cook for 5 minutes on each side, until fish flakes easily with a fork. Serve fish warm with the vegetables.

12. Rosemary Pork Chops with Caramelized Onions

Serves 4

Prep time: 10 minutes

Cook time: 4 hours

Ingredients:

1 large onion, sliced

4 boneless pork chops

1/2 cup low sodium vegetable broth

Sea salt and freshly ground black pepper to taste

2 large sprigs rosemary, chopped

1 tablespoon sesame oil

Directions:

Layer the onions on the bottom of a large crock cooker. Place the pork on top of the onions.

In a small bowl, mix the remaining ingredients and pour the sauce over the onions and pork.

Cover and cook on HIGH for 4 hours, until pork is very tender and cooked all the way through. Serve with onions.

***Paleo Option:** Change out the sesame oil for coconut oil

13. Herb-buttered Seared Scallops

Serves 4

Prep time: 10 minutes

Cook time: 8 minutes

Ingredients:

For the scallops:

1 1/4 pounds sea scallops (approximately 16 scallops)

1 tablespoon unsalted butter

1 tablespoon olive oil

Sea salt and freshly ground pepper, to taste

For the sauce:

3 tablespoons unsalted butter

2 tablespoons minced shallots

1/4 cup dry vermouth or dry white wine (or 1/4 cup low sodium chicken broth)

2 tablespoons diced parsley

2 tablespoons diced chives

1/4 teaspoon finely grated lemon zest

Sea salt and freshly ground pepper, to taste

2-3 lemon wedges for serving

Remove the small side muscle from the scallop (Some scallops are sold with the muscle already removed.) Rinse with cold water and pat dry with paper towels. Evenly season both sides with salt and pepper.

Heat butter and oil in a large non-stick skillet over medium-high heat for 1 to 2 minutes or until quite hot. Gently add the scallops in a single layer and not touching each other. Sear on each side for 2 to 3 minutes until a golden crust is formed.

Take the skillet off the heat and transfer the scallops to a plate; keep warm. Let the skillet cool a minute before making sauce.

Return the skillet to medium heat. Add 1/2 tablespoon of the butter and the shallots and sauté until softened, 1 to 2 minutes. Add the vermouth or wine and simmer until reduced by one half, another 1 to 2 minutes. Add the herbs and lemon zest.

Reduce the heat to low and add the remaining butter. Whisk constantly until the butter is melted. Return the scallops to the skillet and using tongs, gently roll them in the sauce to warm them through. Serve immediately with lemon wedges on the side.

***Paleo Option:** Change out the butter for ghee.

14. Mediterranean Chicken Tacos with Lettuce Shells

Serves 4
with less carbs!

Prep time: 20 minutes
Cook time: 8 minutes

Ingredients:

12 ounces boneless chicken breasts, cut into 1 inch strips, 4 inches long
2 teaspoons Mediterranean spices (or mix 1/2 teaspoon dried thyme leaves, 1/2 teaspoon onion powder, 1/2 teaspoon Greek oregano, 1/2 teaspoon granulated lemon peel together)
1/4 cup balsamic vinaigrette
4 Romaine lettuce leaves, shredded
1 tablespoon chopped red onion
1/4 cup red-wine vinaigrette
12 butter lettuce leaves
2 large tomatoes, chopped
1 1/2 ounce crumbled feta cheese
12 Kalamata olives, pitted and chopped
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
Sea salt and freshly ground pepper, to taste

Tzatziki Sauce(Cucumber Yogurt Dip):

1 (8 ounce) container plain yogurt
1 cucumber, peeled, seeded and diced
1 tablespoon olive oil
1/4 lemon, juiced
1 1/2 teaspoons chopped fresh dill
1 1/2 cloves garlic, peeled

Preheat a grill pan over high heat. Season chicken with 2 teaspoons Mediterranean spices (or mix 1/2 teaspoon dried thyme leaves, 1/2 teaspoon onion powder, 1/2 teaspoon Greek oregano, 1/2 teaspoon granulated lemon peel together). Grill, basting with balsamic vinaigrette, for 2 minutes per side. Season with remaining Mediterranean spices and remove from the grill. Set aside.

How to make Tzatziki Sauce:

In a food processor or blender, combine the ingredients (yogurt, cucumber, olive oil, lemon juice, fresh dill and garlic) to make tzatziki. Process until well-blended. Transfer to a separate dish and chill while preparing other items.

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In a medium bowl, place shredded romaine lettuce and red onions. Drizzle with red-wine vinaigrette and toss to combine. Divide mixture evenly between Butter lettuce leaves and drizzle each with 1 teaspoon of Tzatziki sauce.

Top each taco with one piece of chicken and garnish with tomatoes, feta cheese, and olives. Season with basil and oregano.

***Paleo Option:** Omit the cheese. Change out the Greek yogurt for coconut yogurt.

15. Slow Cooker Lamb Shanks

Serves 4

Prep time: 10 minutes

Cook time: 8 to 10 hours on low; 4 to 6 hours on high

Ingredients:

- 1 medium onion, thinly sliced
- 4 lamb shanks
- 1-2 cloves garlic, split
- Sea salt and freshly ground pepper, to taste
- 1/4 teaspoon dried thyme
- 1/8 teaspoon dried oregano
- 1 teaspoon crushed mint leaves
- 2 tablespoons lemon juice
- 1/2 cup low sodium chicken broth
- 2 medium zucchini, thickly sliced
- 2 large tomatoes, peeled and chopped
- 1/4 cup Parmesan cheese

Place sliced onions in slow cooker. Rub lamb shanks with garlic and salt and pepper to taste. Add to slow cooker.

In a small bowl, combine the next 5 ingredients (thyme through chicken broth). Pour on top of lamb shanks.

Cover, and cook on low for 8 to 10 hours or on high for 4 to 6 hours.

For the last 2 hours, add the zucchini and tomatoes. For the last 15 minutes, sprinkle with Parmesan cheese.

***Paleo Option:** Omit the cheese.

16. Grilled Vegetables with Arugula Pesto

Serves 6

Vegetarian

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

2 cups arugula

1/3 cup olive oil

1/4 cup almond meal

1/3 cup freshly grated Parmigiano-Reggiano cheese

1 garlic clove, minced

1 tablespoon freshly grated lemon zest

Sea salt and freshly ground pepper to taste

1 large zucchini, cut into 1" rounds

1 large yellow squash, cut into 1" rounds

1 large eggplant, cut into 1" rounds

6 plum tomatoes, halved

1 large red bell pepper, seeded and cut into 1" strips

1 large yellow bell pepper, seeded and cut into 1" strips

Description

Preheat outdoor grill to medium high.

In a food processor or blender, add arugula, olive oil, almond meal, Parmigiano-Reggiano cheese, garlic, lemon zest, and sea salt and freshly ground pepper.

Grill zucchini, squash, eggplant, and tomatoes, red and yellow bell peppers for 5 to 7 minutes per side until browned.

Serve grilled vegetables with arugula pesto.

***Paleo Option:** Omit the cheese.

17. Chicken Zucchini Scampi with Arugula

Serves 4

Prep time: 15 minutes

Cook time: 15 minutes

Ingredients:

2 tablespoons olive oil

4 large garlic cloves, minced

1 tablespoon thinly sliced green onion (white part only)

1 lemon, juiced

14 ounces boneless, skinless chicken breast, cut into large, thin, bite-size pieces

2 large zucchini, julienned or cut into lengthwise thin strips

1 teaspoon unsalted butter

1 bunch fresh arugula, torn into large pieces

1/3 cup thinly sliced green onion (green part only)

Sea salt and freshly ground pepper, to taste

Directions:

In a large skillet, heat the oil over medium-high heat. Add the garlic, white part of green onion and lemon juice, stirring to combine.

Add chicken pieces and cook for 3 minutes on each side or until the meat is white and the juice runs clear.

Meanwhile, stir-fry zucchini in a skillet coated with olive oil over medium high heat until slightly limp and toss with butter.

Stir the arugula and green onion into the chicken. Toss the chicken mixture with the zucchini noodles, and season with salt and pepper. Serve hot on a large platter.

***Paleo Option:** Change out the butter for ghee.

18. Rosemary Flank Steak

Serves 4

Prep time: 10 minutes (plus 4 hours or overnight marinating)

Cook time: 8 minutes

Ingredients:

1/2 cup extra virgin olive oil

4 garlic cloves, peeled and crushed with the side of a knife

3 tablespoons red wine (or beef broth)

1 tablespoon red wine vinegar

1 ½ teaspoons freshly ground pepper

Sea salt, to taste

1 1/2 pound flank steak

2 sprigs fresh rosemary

1 large, zipper topped plastic bag

Sea salt and freshly ground pepper, to taste

1 tablespoon olive oil

Directions:

In a small bowl, combine the first 6 ingredients (oil through salt).

Place the flank steaks and rosemary in a large, zipper topped plastic bag and pour the marinade over it making sure the entire steak is covered.

Seal and place in refrigerator to marinate for at least 4 hours or overnight, turning the bag several times.

When ready to cook, remove steak from refrigerator and marinade. Season both sides with salt and pepper.

Heat the olive oil in a large skillet over high heat.

Add the steak and let it cook, undisturbed for 4 minutes. Using tongs, turn the steak and let cook another 4 minutes.

For medium rare, the meat thermometer should register 135° or be slightly firm to the touch.

Let rest for 5 minutes before cutting into thin slices, being sure to cut against the grain.

19. Chicken with Chickpea Tabbouleh

Serves 6

Prep time: 15 minutes

Cook time: 20 minutes

2 (15-ounce) can chickpeas, drained and rinsed and chopped
2 lemons juiced and zested
4 tablespoons olive oil
3/4 cup chopped fresh mint
3/4 cup chopped fresh parsley
1 1/2 cups cherry tomatoes, halved
Sea salt and freshly ground pepper
6 boneless skinless chicken breast halves

Description

Preheat outdoor grill to medium high.

In a medium bowl, add first 7 ingredients (chickpeas through salt and pepper) to make tabbouleh.

Grill chicken for 8 minutes per side until browned and fork tender. Cut into slices and serve with tabbouleh.

***Paleo Option:** Change out the chickpeas for chopped cauliflower.

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20. Grilled Eggplant Hummus and Pitas

Serves 6

Vegetarian

Prep time: 15 minutes

Cook time: 10 minutes

2 large eggplants, cut into 1" slices
2 (15 ounce cans) cannellini beans, drained and rinsed
3 garlic cloves, minced
1 lemon juiced and zested
Sea salt and freshly ground pepper to taste
1 cup whole Greek yogurt
1 medium cucumber, peeled, seeded and diced
1 cup halved cherry tomatoes
6 whole wheat pitas, sliced in half

Description

Preheat outdoor grill to medium high.

Grill eggplant for 5 to 7 minutes per side until browned.

Dice grilled eggplant and place in a food processor with the beans, 2 garlic cloves, lemon juice (save 1 teaspoon for yogurt sauce) and sea salt and pepper. Blend 1 minute until smooth.

In a small bowl, add yogurt, cucumber, 1 garlic clove, 1 teaspoon lemon juice, and sea salt and freshly ground pepper.

Spread the eggplant mixture on a pita, top with tomatoes, and yogurt sauce.

***Paleo Option:** Change out the beans for chopped zucchini. Change out the Greek yogurt for coconut yogurt. Use lettuce wraps in place of the pitas.