

Entrees

Coconut Crust Pizza (gluten free, no grain)



Total Time: 25-30 minutes

Serves: 1 pizza crust

Ingredients:

¼ cup + 2 tbsp coconut flour

¼ C coconut oil

3 eggs

1 tsp honey

1 tsp baking powder

¼ tsp sea salt

Directions:

1. Preheat oven to 350 degrees F
2. Line a pizza sheet with parchment paper
3. Mix together the wet ingredients in one bowl and the dry ingredients in another
4. Combine the wet and dry ingredients
5. Roll batter onto parchment paper until about ½-¾ in thick
6. Bake for 20 minutes
7. Take the crust out and top with favorite ingredients.
8. Place back in oven to bake for another 2-3 minutes or just until the cheese has melted.

Source: DrAxe.com

SWEET POTATO QUICHE (Paleo-friendly) (Breakfast, Lunch, or Dinner)



Serves 6

Ingredients

1/4 tsp coconut oil or grass-fed butter

1 medium sweet potato, peeled and sliced into 1/2" rounds

6 large eggs (preferably pasture raised)

1 1/2 cups unsweetened almond milk or raw milk

2 cups fresh organic baby spinach (may use frozen spinach, thawed and moisture squeezed out by using a towel).

1 onion, minced

2-3 slices of nitrate-free bacon, cooked and crumbled

Optional: 1/2 cup grass-fed cheese, shredded

Directions

Preheat oven to 375F. Grease the bottom of a deep dish pie pan or 9"x9" baking dish with coconut oil or butter. Layer the sliced sweet potato on the bottom. Top with the spinach, onion, and bacon. Using a wire whisk, beat the eggs and milk together until combined. Pour the egg mixture over the potatoes, veggies, and bacon; sprinkle with cheese if desired. Bake the quiche for 35-45 minutes or until the eggs are set. Season with salt and pepper if desired.

Source: K. Ruiz

COCONUT CURRY CHICKEN (gluten free)



Serves: 4

Ingredients

1 Tbsp. coconut oil

3-4 large organic chicken breasts (boneless, skinless, and chopped into approximately 1" cubes)

2 tsp curry powder

1/2 tsp ground cumin

1/2 tsp gram masala

1/2 tsp Himalayan salt or sea salt

1/2 tsp ground black pepper

1/4 tsp turmeric

1 medium onion, diced

4 cloves garlic, minced

1/2 cup diced carrots

1 can coconut milk (I use Thai Kitchen's full fat coconut milk for richer texture)

1 heaping Tbsp. red curry paste (I use Thai Kitchen)

1 Tbsp. Coconut Crystals (brown sugar will do if that's all you have)

¼ cup fresh cilantro, minced

Optional: Serve with cooked Jasmine Rice, Basmati Rice, Quinoa, or Spaghetti Squash

Directions

1. In a small bowl, combine the curry powder, cumin, gram masala, salt, pepper, and turmeric. Rub spice mixture into chopped chicken and put aside while you chop the vegetables (this can be done in advance and placed in the refrigerator to marinate overnight if you wish).
2. Heat the coconut oil in a large skillet over medium-high heat. Stir in the chopped vegetables and sauté for about 2 minutes or until they start to soften.
3. Add the spiced chicken to the vegetables and continue to sauté for about 3 minutes or until the chicken is lightly browned on all sides.
4. Add the can of coconut milk (It is normal for coconut milk to separate so scrape the can of its entire contents).
5. Add the curry paste and coconut crystals. Stir the mixture well making sure that the ingredients blend together.
6. Bring the curry mixture to a low boil and then immediately lower heat and simmer, covered, for about 5-10 minutes or until the chicken is thoroughly cooked.
7. Test taste for flavor and season with additional salt and pepper if desired. Stir in half of the cilantro.
8. Garnish with additional cilantro if desired before serving.

GRILLED SALMON WITH ROSEMARY



Ingredients:

- 1 pound salmon, skin removed
- 2 teaspoons light olive oil
- 2 teaspoons lemon juice
- salt and pepper
- 2 cloves garlic, minced
- 2 teaspoons fresh rosemary (1 tsp of dried rosemary or thyme can be substituted)

Directions:

1. Cut the fish into 4 serving pieces.
2. Combine oil, lemon juice, salt and pepper, garlic and rosemary in a bowl and brush onto fish.
3. To broil, brush a broiling rack with olive oil and arrange fish on it. Broil 4 inches from heat for 5 minutes per 1/2 inch of thickness. If the fish is over 1-inch thick gently turn halfway through cooking time.

FALL OFF THE BONE ROASTED CHICKEN



Ingredients:

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| 1 3-pound organic whole chicken | 1/4 teaspoon white pepper |
| 2 teaspoons sea salt | 1/4 teaspoon garlic powder |
| 1 teaspoon paprika | 1/4 teaspoon black pepper |
| 3/4 teaspoon cayenne pepper | 1/8 teaspoon ground turmeric |
| 1/2 teaspoon onion powder | 1 large onion, peeled and quartered |
| 1/2 teaspoon thyme | |

Directions:

1. Combine all spices together in a small bowl. Rub mixture into chicken WELL, inside and out, patting into the skin and evenly distributed.
 2. Put in a large bag and refrigerate overnight. If you don't have time for this step it will still be delicious!
 3. Just before roasting, stuff the cavity with onions.
 4. Roast uncovered at 250 degrees Fahrenheit for 5 hours. Baste occasionally with pan juices until they caramelize in the pan. Chicken will turn golden brown.
- * You can easily make more than one chicken at a time to use in other recipes.

HEALING CHICKEN VEGETABLE SOUP



Ingredients:

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| 1 whole chicken, cooked and shredded | 1 small can of garbanzo beans, rinsed and drained |
| 2 32 oz boxes low sodium chicken broth | 1 tsp turmeric |
| 1 large onion, chopped | Seasonings to taste (salt, pepper, thyme) |
| 1 small bell pepper, chopped | 1 cup of frozen mixed vegetables (optional) |
| 2 carrots, sliced | |
| 2 stalks of celery, thinly sliced | |
| 3 cloves garlic, minced | |

Directions:

1. Sauté the onions, garlic, carrots, celery, and bell pepper in 1-2 tablespoons of olive oil or coconut oil on medium heat for about 3 minutes.
2. Add seasonings and garbanzo beans and sauté about 30 seconds more.
3. Add broth and bring to a simmer over low heat for about 10 minutes (do not boil).
4. Add frozen veggies and shredded chicken and let simmer a couple minutes more. Taste for seasoning and add more if needed. Serve in bowls and top with shredded parmesan cheese if desired.