

**MOST  
RECIPIES  
DONE BY  
FOODBABE.COM**

## *Phyllis Neill's Favorite Recipes*

### **Kefir Smoothie**

#### Ingredient

1 cup unsweetened kefir

1 cup frozen unsweetened berries

1 tablespoon sugar-free fruit jam or 1  
tablespoon agave nectar

1 tablespoon flaxseed oil

#### Directions

Place all ingredients in a blender and blend until smooth. Make 1 large serving

## Yogurt Fruitshake

### Ingredients

½ cup kefir milk

½ carton (3 oz.) plain Greek low fat yogurt

1 cup frozen unsweetened berries

### Directions

Place all ingredients in a blender and blend until smooth. Makes 1 large serving

## Egg-White Veggie Frittata

### Ingredients

4 egg whites, beaten

1 Roma tomato, chopped

Fresh spinach, handful

Salt and pepper, to taste

### Directions

Coat a small frying pan with vegetable cooking spray. Add beaten egg whites. Stir in tomato and spinach. Cook on medium-low heat until egg whites are cooked through. Lift from pan with a spatula, and season lightly as desired.

Makes 2 Servings.

## **Spanish Omelet**

### **Ingredients**

1 Egg

2 Egg whites

1/8 teaspoon salt

1/8 teaspoon black pepper

1 tablespoon olive oil

¼ cup diced tomato

2 tablespoons diced onion

2 tablespoons fat-free shredded cheddar cheese

### **Directions**

In a medium bowl, whisk together egg, egg whites, salt and black pepper. Heat a frying pan over medium-high heat. Add olive oil and swirl pan to coat bottom and sides. Add beaten eggs and tilt pan to spread mixture across entire pan bottom. Cook for about 30 seconds. With a spatula, gently lift sides of omelet and tilt pan to distribute more uncooked egg to the pan's surface. Once the egg begins to set, sprinkle ¼ cup diced tomato, 2 tablespoons diced onion, and 2 tablespoons fat-free shredded cheddar cheese over one side of the omelet. Carefully, fold the other side of the omelet over the filling. Makes 1 serving

## **Greek Egg Scramble**

### **Ingredients**

4 egg whites

¾ cup chopped red onions

¼ cup diced tomato

2 Tablespoons reduced-fat feta cheese

1/8 Teaspoon salt

1/8 Teaspoon black pepper

### **Directions**

In a medium bowl, whisk together all ingredients. Pour into a small frying pan that has been coated with vegetable cooking spray. Cook over medium-low heat until eggs are cooked through. Makes 1 serving

## **Nicoise Salad**

### **Ingredients**

1 3-oz. can light tuna

Cooked green beans, chilled (1/2 cup to 1 cup)

2 Chopped scallions

1 Small tomato, sliced

Lettuce (the darker, the better)

1 Tablespoon olive oil

2 Tablespoons balsamic vinegar

### **Directions**

Place cooked green beans, scallions and tomatoes on a liberal bed of lettuce. Top with tuna. Drizzle with one tablespoon olive oil plus two tablespoons balsamic vinegar and season lightly. Makes 1 serving.

## **Super Salad**

### **Ingredients**

Lettuce, any variety

Cucumbers

Onions

Tomatoes

Any salad vegetable from the 17 day diet lists

2 Hardboiled eggs, Chopped

2 Tablespoons olive oil or flaxseed oil

4 Tablespoons balsamic vinegar

### **Directions**

Combine lettuce with salad veggies and hard-boiled eggs. Toss with 2 tablespoons of olive oil or flaxseed oil and 4 tablespoons of balsamic vinegar. Lightly season. Makes 1 serving

## **Balsamic Artichoke**

### **Ingredients**

4 fresh artichokes

¼ cup balsamic vinegar

Fat-free salad dressing

### **Directions**

Place artichokes in a large pot. Cover with water. Pour in balsamic vinegar. Cover and cook for approximately 1 hour on moderate heat, or until artichokes are tender, including the stem. Let cook. Serve with fat-free salad dressing for dipping. Makes 4 servings.

## **Spinach Salad**

### **Ingredients**

Baby spinach leaves (the taste less bitter than regular spinach leaves)

Assortment of salad veggies (onions, Cucumbers, Tomatoes, Ect...)

2 Tablespoons of reduced-fat crumbled feta cheese

1 Tablespoon olive or flaxseed oil

2 Tablespoons balsamic vinegar

### **Directions**

Place a large bed of baby spinach leaves on a plate. Top spinach leaves with salad veggies and feta cheese. Drizzle with 1 tablespoon olive or flaxseed oil mixed with 2 tablespoons balsamic vinegar. Season to taste. Makes 1 serving

## **Taco Salad**

### **Ingredients**

1 pound of lean ground turkey

1 envelope of taco seasoning

Generous bed of lettuce

1 cup chopped tomatoes

2 1/2 cup chopped onions

Salsa

1/3 cup shredded reduced-fat cheddar cheese

### **Directions**

In a saucepan, brown the ground turkey over moderate heat. Add one envelope of taco seasoning and cook according to package directions. Place generous servings of lettuce on 4 plates. Top with turkey mixture, tomatoes, onions, salsa and cheese. Makes 4 servings

## **Village Salad**

### **Ingredients**

2 Tomatoes, chopped

¼ cup chopped red onions

½ teaspoons sea salt

1 teaspoon dried oregano

1 tablespoon olive oil

2 tablespoons reduced-fat feta cheese

### **Directions**

Combine tomatoes with sea salt; let sit for 5 minutes. Then mix tomato and salt together with the rest of the ingredients. Makes 1 Serving

## **Lettuce Wraps**

### **Ingredients**

1 baked chicken breast, diced

1 scallion, diced

½ cup chopped red grapes

2 tablespoons chopped celery

1 tablespoon olive oil

Salt and pepper to taste

2 to 3 Boston or iceberg lettuce leaves

### **Directions**

Mix together all ingredients except lettuce leaf. Refrigerate until chilled. To serve, take 1 Boston or iceberg lettuce leaf at a time, and spoon a heaping tablespoon of the chicken mixture into the center. Wrap the lettuce around the filling. Makes 1 serving

## **Spicy Yogurt Dip and Veggies**

### **Ingredients**

32 oz. Fat-free plain yogurt

Garlic powder

Onion powder

Seasoned salt

Cut-up fresh veggies

### **Directions**

Line a strainer with a coffee filter or white paper towel. Place the strainer over a bowl (this catches the liquid that will drain off the yogurt). Spoon in 32 oz. of fat-free plain yogurt in the filter-lined strainer. Cover and refrigerate for 8 hours or overnight. This process yields about 16 oz. of yogurt cheese. Season the cheese lightly with the seasonings suggested above, or add freshly chopped herbs such as parsley, rosemary or thyme. ½ cup of yogurt cheese=1 probiotic serving. Use as dip for fresh vegetables.

## **Chicken-Vegetable Soup**

### **Ingredients**

4 baked chicken breast, diced into small chunks

1 ½ cups cabbage, chopped

1 large carrot, chopped

1 cup okra, sliced

1 large onion, chopped

2 large celery stalks with leaves, chopped

1 15-oz. can crushed tomatoes

1 14-oz. can fat-free chicken broth

1 ½ teaspoons salt

¼ teaspoon pepper

### **Directions**

Place all ingredients, except chicken, in a large pan and simmer for one hour or until vegetables are soft. Add in chicken and heat thoroughly. Enjoy this soup for lunch or dinner. Makes 4 servings.

## **Marinate Vegetable Salad**

### **Ingredients**

4 cups of raw vegetables

(Green beans, cauliflower, Brussel sprouts, artichoke heart, Ect.)

Fat-free Italian dressing

### **Directions**

The night before, steam some raw vegetables (green beans, cauliflower, Brussels sprouts, artichoke heart, ect.) in at least 5 cups of water until they're tender but still crisp. Place in a glass dish and pour fat-free Italian dressing over veggies. Refrigerate overnight. Drain and serve on a bed of lettuce top with roasted red peppers (no oil) from a jar. Makes 2 to 4 servings

## **Eggplant Parmesan**

### **Ingredients**

1 large eggplant, peeled

4 egg whites

Fat-free parmesan cheese

Garlic powder, to taste

1 cup of low-carb marinara sauce

### **Directions**

Preheat oven to 400 degrees. Cut into ¼ inch slices. In a shallow dish, beat egg whites and 4 tablespoon of water until foamy. Dip eggplant slices into egg whites, then into fat-free parmesan cheese, pressing cheese into eggplant. Place eggplant on prepared baking sheet that has been sprayed with vegetable spray and sprinkle with garlic powder. Spray vegetable cooking over eggplant slices. Bake 30 minutes at 400 degrees, turning eggplant over after 20 minutes, until golden brown and cooked through. Cover with 1 cup of low- carb marinara sauce. Bake for 20 minutes, or until eggplant is piping hot and sauce is bubbly. Makes 2 large servings

## **Sesame Fish**

### **Ingredients**

1 Pound of tilapia

2 tablespoons olive oil

2 tablespoons rice vinegar

2 tablespoons lite soy sauce

1 teaspoon chopped garlic

2 tablespoons sesame seeds

### **Directions**

Spray a broiler pan with vegetable oil spray to prevent fish from sticking. Place tilapia. Whisk together olive oil, rice vinegar, soy sauce and garlic until well blended. Pour over fish. Sprinkle sesame seeds over fish. Broil at medium heat about eight inches away from heat for about 20 minutes or until fish flakes easily with a fork. Makes 4 servings.

## **Salmon Lemenato**

### Ingredients

2 Pieces wild salmon

1 Tablespoon olive oil

3 Lemons

1 Teaspoon dried oregano

3 Cloves fresh garlic, chopped

### Directions

Preheat oven to 350 degrees. Place salmon in a shallow glass dish that has been sprayed with vegetable cooking spray. Drizzle olive oil over salmon. Top with garlic. Squeeze the juice of the lemons over the salmon and sprinkle with oregano. Bake for 25 minutes. Makes 2 servings

## **Oven Barbecued Chicken**

### Ingredients

- 4 Skinless boneless chicken breasts
- ¾ Cup reduced sugar ketchup
- 2 Tablespoons Worcestershire sauce
- 1 Packet Stevia
- 1 Teaspoon chili powder

### Directions

Preheat oven to 350 degrees. Place chicken breasts in a baking pan that has been sprayed with vegetable cooking spray. Bake for 20 to 25 minutes. In the meantime, stir together ketchup, Worcestershire sauce, agave nectar and chili powder to make the barbecue sauce. Remove chicken breast from oven and coat with sauce. Return to oven and bake for 10 minutes. Makes 4 servings.

## **Turkey Black Bean Chili**

### Ingredients

1 pound lean ground turkey

1 cups black beans

1 cup chopped onion

2 cups tomato sauce

1 tablespoon chili powder

1 teaspoon Kosher salt

½ teaspoon black pepper

### Directions

In a saucepan, brown the ground turkey over moderate heat. Add the remainder of the ingredients. Simmer for 20 minutes. Makes 4 servings.

## **Low-Carb Primavera Delight**

### Ingredients

1 spaghetti squash

2 cups chopped fresh broccoli

1 small onion diced

2 diced garlic cloves

1 tablespoon olive oil

### Directions

Spaghetti squash is a great substitution for pasta. To prepare it, cut it in half (lengthwise). Scoop out the seeds and pulp as you would with any squash or pumpkin. Place it in a glass baking dish with about ½ inch of water, rind side up. Bake 40 to 45 minutes at 375 degrees. You can also microwave the squash for 8 to 10 minutes per half on high. Let the squash stand for a few minutes after baking or microwaving. Separate strands by running a fork through in the “from stem to stern” direction. Place strands in a separate bowl. In a medium frying pan, sauté broccoli, onion, garlic and oil until vegetables are crisp tender. Add squash and heat thoroughly. Serve on plate topped with heated marinara sauce. Makes 4 servings

## **Avocado Salad**

### **Ingredients:**

- 2 each Avocado, pitted, peeled and cut into ½” dice
- 1 each sweet onion, chopped
- 1 each green bell pepper—Chopped
- 1 each large ripe tomato
- ¼ cup chopped fresh cilantro
- 1 each lime, juiced
- 1 each garlic clove, minced
- 1 drizzle olive oil
- Kosher or Sea Salt (to taste)
- Fresh-ground black pepper (to taste)

### **Directions:**

- 1.) In a medium bowl, Combine avocados, onion, bell pepper, tomato, cilantro, lime juice, garlic and salt and pepper
- 2.) Drizzle lightly with olive oil
- 3.) Stir gently to combine ingredients
- 4.) Chill until serving

**Serving up to 6**

**Cooking times**

**Preparation time: 10 minutes**

**Total Time: 10 minutes**

### **Nutrition Facts**

**Serving Size: 1/6 of a recipe (0.1 ounces).**

**Percent daily values based on the Reference Daily Intake (RDI) for a 2000 Calories diet.**

**Nutrition information calculated from recipe ingredients. 8 of the recipe’s ingredients were not linked. These ingredients are not included in the recipe nutrition data.**

## Tarragon Chicken Salad

**Serves: 2**

**Prep time: 15 minutes**

**Cook time: None**

**You can include any fresh or dried herb such as fenugreek, dill, chives, cumin, etc., as desired to flavor the beans.**

### **Ingredients:**

8 oz. Chicken breast, cooked and diced into 1" cubes

3 c. fresh watercress bouquets, washed and separated

5 radishes, chopped

2 stalks celery, chopped

1 medium pear, diced

1/3 c. pine nuts, whole

3 tbsp. fresh tarragon, chopped, or 1 tbsp. dried tarragon

1/8 tsp. cardamom

1 tbsp. walnut oil

### **Directions:**

In a large mixing bowl, toss all ingredients together and serve.

### **Nutritional Analysis:**

**Per Serving: Calories 400, Carbohydrates 18g, fiber 5g Protein 32g, Cholesterol 68 mg, Sodium 136 mg, calcium 110 mg**

## Raw Stuffing Recipe

### Ingredients:

2 cups of pecans soaked for 2 hours, then ground coarsely

1 cup of cauliflower shredded to consistency of ice

½ cup carrots diced

¼ cup onions diced

½ cup celery diced

½ tablespoon extra-virgin olive oil (avocado oil)

½ Tablespoon dried or fresh rosemary minced

Salt and Pepper

### Directions:

Combine all ingredients into a large bowl and mix.

**4-5 Servings**

# Yummy Turkey Burger

## Ingredients:

### **Burger:**

- 1 ¼ pounds ground dark turkey meat
- 12 large oil-packed, Sulfite-free sundried tomatoes, chopped
- 2 Tablespoons finely chopped fresh basil or parsley leaves
- 1 tablespoon plus 1 teaspoon Dijon Mustard
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- Optional: 2 pinches red pepper flakes
- 1 teaspoon extra virgin olive oil

### **Avocado cream:**

- 1 ripe avocado, peeled and pitted
- ¼ cup organic mayonnaise
- 1 teaspoon fresh lemon juice
- 2 pinches sea salt

## Directions:

**Step 1:** In a medium bowl, combine the ground turkey, tomatoes, basil, mustard, salt, pepper, and red pepper flakes (if using) and mix with your hands until incorporated. Then divide the burger mixture into 4 even portions and form into rounded patties about ¾ inch thick (dampen your hands with a little water so the burger mixture doesn't stick to them). To make perfectly round burgers, use a 4-inch ring mold.

**Step 2:** Heat the oil in a nonstick frying pan over medium-low heat. When the pan is hot, add the patties and cook until a browned crust forms, 3 to 4 minutes. Turn the patties over and cover the pan. Turn the heat to low and cook the burgers another 7 to 8 minutes or until the internal temperature reads 165 degrees F on a meat thermometer.

**Step 3:** While the patties are cooking, make the avocado cream. Place the avocado, mayonnaise, lemon juice, and salt in the bowl of a food processor that is fitted with the steel blade attachment. Puree the ingredients until smooth and creamy.

**Step 4:** Serve the burgers, each with a quarter of the avocado cream on top. ENJOY!

Nutritional analysis per serving:

Nutritional analysis per serving (1 burger with avocado cream): calories 460, Fat 38 g, Saturated fat 8 g , Cholesterol 135 mg, Fiber 4 g, Protein 26 g, Carbohydrate 26 g, Sodium 470 mg

## Sweet Potato Casserole

**Serves: 10-12 people**

### **Ingredients:**

2 lbs. sweet potatoes, 5-6 medium sweet potatoes

2/3 Cup stevia

½ coconut sugar

¼ cup coconut milk

2 eggs

1 sticks unsalted butter, melted

1 ½ tsp. ground cinnamon

1 tsp. pure vanilla extract

½ tsp. kosher salt

### **For Topping:**

1 cup pecans, chopped

1 cup gluten free flour

2/3 cup coconut sugar

1 stick unsalted butter, cubed

1 tsp. ground cinnamon

1/8 teaspoon salt

### **Directions:**

- 1.) Preheat oven to 350 degrees
- 2.) Butter a 9 by 13 baking dish
- 3.) Place sweet potatoes in a large pot of water and boil until tender. Allow to cool and remove skin. Dice into 1-1 ½ inch cubes.
- 4.) In a large bowl, mix or mash potatoes and add sugars, evaporated milk, eggs, butter, cinnamon, vanilla and salt. Mix well and pour into baking dish.
- 5.) In a medium-sized bowl, combine all "Topping" ingredients. Mix well to make sure everything is incorporated. Spread topping evenly on top of sweet potato mixture.

- 6.) Place in oven and bake for 25-30 minutes, or until the top is golden brown and crispy. Optional: place under broiler for 30 seconds until top is bubbling. Allow 10 minutes to cool and serve hot.

## **Kale Cranberry Walnut Salad**

### **With Mint Orange Vinaigrette**

**Serves: 4**

#### **Ingredients:**

2 Bunches Kale, stems removed, rinsed and patted dry

½ cup cranberries, dried

1 cup lemon, juiced

1 cup walnuts, chopped

Sea salt as desired

Black pepper as desired

#### **Directions:**

1. Carefully, chop kale into pieces or place in a food processor and process kale into small piece.
2. Add chopped kale, cranberries, lemon juice, walnut, salt and pepper into a large mixing bowl and stir.

#### **Mint Orange Vinaigrette**

#### **Ingredients:**

2 orange, juiced

2 tablespoons apple cider vinegar

¼ cup extra virgin olive oil

8 fresh mint leaves, finely chopped

Sea salt as desired

Black pepper as desired

#### **Directions:**

1. Place all ingredients into a small mixing bowl and stir vigorously
2. Serve with Kale Cranberry Walnut Salad

## **Stir-Fried Chicken and Broccoli with Cashews**

**Seves:4**

**Prep time: 30 minutes (plus 30 minutes marinating)**

**Cook time: 12 minutes**

**A classic combination of chicken and broccoli, somewhat spicy from the red chili paste.**

**Preserve the beautiful green color of the broccoli by first blanching it, as described below, and then stir-frying.**

### **Ingredients:**

1 ¼ lb. boneless, skinless chicken breast, cut into ¼" – thick strips

6 tbsp. low-sodium, wheat-free tamari

2 tbsp. rice wine vinegar

1 tbsp. dark sesame oil

1 tsp. honey

1 tsp. Thai Kitchen red chili paste

1 medium head broccoli, cut into florets

½ c. raw, unsalted cashews, roughly chopped

2 tsp. arrowroot

3 tbsp. light sesame oil

1 tsp. minced garlic

2 tsp. minced ginger

½ c. sliced scallion

2 c. steamed brown rice

### **Directions**

Place the strips of chicken breast in a large bowl.

In a small, combine the tamari, rice wine vinegar, honey, dark sesame oil, and red chili paste. Pour over the chicken. Cover and refrigerate for 30 minutes or up to 2 hours.

Meanwhile, bring a large pot of salted water to a boil. Drop in the broccoli and cook for 1 minute. Drain and then place in a bowl of ice water to stop the cooking.

Drain the broccoli and pat dry with paper towels. Set aside.

Toast the cashews in a small skillet over medium-low heat for 4 to 5 minutes, turning frequently, until lightly colored. When toasted, remove the nuts to a place to cool.

Pour the excess marinade off the chicken into a small bowl. Stir the arrowroot into the excess marinade and set aside.

Heat the light sesame oil in a large skillet or wok over high heat. Add chicken and cook, stirring quickly and constantly, for 2 minutes. Transfer to a plate.

Add the garlic and ginger and cook, stirring quickly and constantly, for 30 seconds. Add the broccoli and chicken and cook, stirring quickly and constantly, for about 2 minutes or until the chicken is cooked through. Add the scallions and the reserved marinade. Cook for about 1 minute, until thickened. Add the toasted cashews, and stir to combine and heat through.

Transfer to a platter and serve with the steamed brown rice.

#### **Nutritional Analysis:**

**Per serving: Calories 523, Fat 25 g, Sat. 4.3g, Cholesterol 82 mg, Fiber 6 g, Protein 42 g, Carbohydrates 34.5 g, Sodium 1,066 mg**

## Coconut dal with Steamed Broccoli and Brown Rice

Serves : 6

Prep time: 10 minutes

Cook time: 30 minutes

This recipe can easily be doubled and frozen for later use a convenient lunch or dinner.

### Ingredients:

- 2 c. yellow split peas
- 1 14-oz. can light unsweetened coconut milk
- 4 c. low-sodium organic vegetable broth
- 1 small yellow onion, Sliced
- 3 cloves garlic, pressed
- 1 tbsp. grated fresh ginger
- 2 tsp. ground turmeric
- 1 tsp. sea salt
- 4 tbsp. chopped fresh cilantro
- 1 medium bunch broccoli, trimmed and steamed
- 1 ½ c. raw steamed brown rice

### Directions

Rinse the split peas. In a large saucepan, place the split peas, coconut milk, vegetable broth, onion, garlic, ginger, turmeric, and salt. Simmer over medium heat until peas are soft, approximately 30 minutes. Sprinkle cilantro on top.

Serve with steamed broccoli and brown rice.

### **Nutritional Analysis:**

**Per 1cup Dal and ½ cup rice: Calories 42, Fat 7 g, Sat. 5.3g, Cholesterol 0 mg, Fiber 20g, Carbohydrates 54g, Sodium 461 mg.**

**Per 1cup broccoli: Calories 60, Fat 0g, Sat. 0g, Cholesterol 0mg, Fiber 6g, Carbohydrates 12g, Sodium 32mg**

## **Crabmeat Salad with Avocado and Mango**

**Serves: 8**

**Prep time: 25 minutes**

**Cook time: none**

**An extra-virgin olive oil- and lime- based dressing stands in for the oft-used mayonnaise in this pretty, colorful salad with a great combination of taste and texture.**

### **Ingredients:**

1 lb. lump crabmeat, picked over to remove any shells

¼ c. minced scallion

¼ c. diced fennel

¼ c. finely diced red bell pepper

¼ c. minced cilantro

1 tsp. minced jalapeno pepper

1 tsp. lime zest

5 tbsp. extra-virgin olive oil

4 tbsp. fresh lime juice

1/2 tsp. sea salt

½ tsp. freshly ground black pepper

2 avocados, halved, pitted, peeled, and each half cut into 8 thin slices

1 c. diced mango

2 tbsp. snipped chives

### **Directions:**

Flake the crabmeat into a bowl. Gently fold in the scallions, fennel, red pepper, cilantro, jalapeno pepper, and lime zest.

Combine 4 tablespoons of the extra-virgin olive oil, 3 tablespoons of the lime juice, and the salt and pepper. Pour over the crab and gently mix.

Combine the remaining 1 tablespoon extra-virgin olive oil and 1 tablespoon lime juice with a pinch of salt. Fan 4 avocado slices on each plate. Drizzle with the extra-virgin olive oil and lime juice mixture. Place the crab salad at the base of the avocado on the plate. Place 2 tablespoons of the mango on one side of the crab.

Sprinkle with the chives.

**Nutritional Analysis:**

**Per serving: Calories 228, Fat 17g, Sat. 2.3g, Cholesterol 57 mg, Fiber 4g, Protein 13g, Carbohydrates 9g, Sodium 284 mg**

## **Butternut Squash Soup**

**Serves: 6**

### **Ingredients:**

1 large butternut squash or 4 cups cubed

2 tablespoons coconut oil

3 carrots, diced

2 celery stalks, diced

1 onion, diced

½ teaspoon chopped fresh thyme

1 tablespoon chopped fresh sage

4 cups low-sodium organic chicken broth or vegetable broth

1 cup coconut milk

½ teaspoon sea salt

½ teaspoon pepper

### **Direction:**

1. Preheat the oven to 400 degrees.
2. Cut the butternut squash in half and place face down on a baking sheet. Bake for 35-45 minutes, or until fork tender. When done, scrape out the inside and set aside
3. Heat the oil in a large soup pot over medium heat.
4. Add carrots, celery and onion and cook until the vegetable have begun to soften and the onion turns translucent, 3 to 4 minutes.
5. Stir in butternut squash, thyme, sage, chicken broth, coconut milk salt and pepper.
6. Bring to a boil, reduce heat and simmer until the flavors have combined, about 15-20 minutes.
7. Use an immersion blender to puree the soup. Alternatively, let the soup cool slightly and carefully puree in batches in an upright blender.

## Vegan Cornbread

**Serves: 10-12**

### Ingredients:

2 cups unsweetened almond milk

2 teaspoons apple cider vinegar

2 cups yellow corn meal

1 cup spelt flour

1/3 cup melted coconut oil

2 teaspoons maple syrup

½ sea salt

2 teaspoons baking powder (aluminum free)

### Directions:

1. Preheat oven to 350 degrees, line a large 9 by 13 baking dish with parchment paper or coat bottom of pan
2. In a bowl, whisk together the almond milk and vinegar
3. Meanwhile, mix all dry ingredients in a large bowl.
4. Add melted coconut oil and maple syrup to almond milk and stir rapidly for 2 minutes until a foam and bubbles start to develop
5. Slowly combine dry and wet ingredients together and until mixed in large bowl.
6. Pour batter into baking dish and bake for 30-35 minutes.

## **Roasted Brussel Sprouts**

**Serves: 4-6**

### **Ingredients:**

8 cups Brussel sprouts cut stems off and slice in half

2 large garlic bulbs, broken into garlic cloves and peeled

2 tablespoons coconut oil (or extra virgin olive oil)

1 lemon, juiced

¼ teaspoon red pepper flakes

¼-1/2 teaspoon sea salt

Black pepper, as desired

### **Directions:**

1. Preheat oven to 400 degrees.
2. Toss the Brussel sprouts and garlic cloves with the coconut oil(or olive oil)
3. Put parchment paper over large baking sheet and place Brussel sprouts on top
4. Roast for about 20 minutes and stir, then toast for another 15 minutes or until golden brown on the edges.
5. Place the lemon juice, salt and pepper and red pepper flakes in a bowl and mix to combine. Toss with the Brussel sprouts upon taking them out of the oven. Serve warm.

## Slow Cooker Skinny Stuffed Peppers

**Serves: 6**

### Ingredients:

½ head cauliflower, roughly chopped  
½ onion, roughly chopped  
1 medium carrot, peeled and roughly chopped  
1 pound ground turkey  
2 tablespoons dried oregano  
2 teaspoons dried dill  
Juice of ½ lemon  
6 small to medium red or yellow bell peppers  
1 28-ounce can chunky tomato sauce or diced tomatoes  
2 tablespoons tomato paste

### Directions:

In a food processor, place cauliflower, onion and carrots, and pulse to medium-fine. Place into a bowl and mix with ground turkey, oregano, dill and lemon juice;

Season with salt and pepper. Set aside.

Mix tomato paste with chunky tomato sauce and set aside.

Cut about half an inch off the top bell pepper, reserving the tops. Remove the ribs and seeds then stuff peppers with the turkey-veggie mix and place in the slow cooker.

Top each pepper with reserved tops and pour tomato mixture over the top of all the peppers. Cook for 8 hours on low or 4 hours on high.

## 12 Tomatoes

### **Side Dish Recipe: Roasted Root Vegetable Medley**

Roasted root vegetables are an excellent source of nutrients and a great way to utilize these veggies in a tasty way, since they're generally not given as much attention as other, non-root compatriots. This vibrant dish-made even more so if you decide to include better- requires little effort, apart from the prep work, and tastes great paired with anything! Plus, it's really filling, so if you have a main course that's on a lighter side and you want to beef it up a little, this recipe is perfect!

**Serves: 8**

#### **Ingredients:**

8-12 carrots, peeled and cut into quarters

2 potatoes, cubed

1-2 large parsnips, peeled

1 head garlic, separated into cloves and unpeeled

1 butternut squash, peeled, seeded, and cubed

2 shallots, diced

1 celery root, chopped

2-3 sprigs rosemary, de-stemmed

Extra-virgin olive oil

Salt and freshly ground pepper, to taste

#### **Directions:**

1. Preheat oven to 400 degrees and line a baking sheet with aluminum foil.
2. Place all vegetables in a large bowl and pour in olive oil.
3. Season generously with salt, pepper and rosemary, and toss to make sure everything is coated.
4. Spread vegetables out onto baking sheet in an even layer and place in oven.
5. Bake for 40-50 minutes, or until vegetables are cooked through and starting to crisp. Stir once halfway through cooking.
6. Remove vegetables from oven and serve hot.

## Spiced Cinnamon-Apple Bread

(Makes 1 (9 by 5) Loaf)

### Ingredients:

- 2 cups all-purpose gluten free flour
- 2 cups apples, small-medium dice (granny smiths, approx. 2 medium apples)
- 3 eggs, room temperature
- ¾ peanut oil
- 1/3 cup stevia
- ½ coconut sugar
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons baking powder
- ½ teaspoon ground allspice
- ½ teaspoon fine salt
- 1 teaspoon vanilla extra

### Directions:

1. Preheat oven to 350 degrees and butter a 9 by 5 in loaf pan
2. Mix or sift flour, cinnamon, allspice, baking powder, baking soda and salt in a large bowl
3. In a small bowl, mix the eggs, oil, sugars and vanilla until everything is combined. Add egg mixture to the dry ingredients and incorporate well. Don't overmix. Fold in the apples so they're completely covered and mixed in, and place batter in loaf pan.
4. In a medium bowl, combine "Topping" ingredients and blend together. Sprinkle evenly over batter.
5. Bake until loaf is golden brown and toothpick inserted in center comes out clean, around 45-55 minutes.
6. Remove to cooling rack and let cool. Run knife along the edge of baking dish to lose the loaf. Transfer to serving plate and enjoy.

## **Oven Roasted Cabbage Wedges**

**Prep Time: 15 minutes**

**Cook time: 45 minutes**

### **Ingredients:**

1 head green cabbage

¼ cup olive oil

1 ½ tsp. garlic salt

1 tsp. onion powder

1 tsp. fennel seeds

¼ tsp. black pepper

(2 Tbs. peace and love)

### **Directions:**

1. Preheat oven to 400 degrees line a rimmed baking sheet with aluminum foil or parchment paper.
2. Cut cabbage in 1" slices from top to bottom. (stem being the bottom)
3. Lines slice in a single layer on baking sheet. Brush each wedge with a generous coating of olive oil.
4. In a small bowl, combine garlic salt, onion powder, fennel seeds, and black pepper. Sprinkle seasoning over each wedge.
5. Bake for 45 minutes on middle rack-flipping half way through.

## **Good Season Avocado Oil Salad Dressing By Phyllis Neill**

**1 package of good season's Italian dressing mix**

**¼ cup rice vinegar**

**3 table spoons water**

**½ avocado oil**

**MIX IN THAT ORDER-SHAKE WELL**

**GOOD!**

## **5 Bean Hotdish**

**Serves:10-12**

### **Ingredients:**

½ pound bacon

1 (15oz.) can butter beans, rinsed and drained

1 (15oz.) can lima beans, rinsed and drained

1 (15oz.) can red kidney beans, rinsed and drained

1 (15oz) can navy beans, rinsed and drained

1 medium white onion, diced

¾ cup brown sugar

½ cup cider vinegar

½ teaspoon garlic powder

¼ teaspoon salt

### **Directions:**

1. Preheat oven to 350 degrees.
2. Cook bacon in a medium pan over medium-high heat. Once crispy, set aside on a paper towel-lined plate.
3. Add diced onion to bacon fat, season with salt and garlic powder, and cook until soft and translucent.
4. In a large roasting pot, combine beans, brown sugar, cider vinegar and bacon (crumbled into pieces). Stir well
5. Cover and bake for 80-90 minutes. Stir again and bake uncovered for 30-40 minutes.
6. Stir well and serve hot.

## **Daniel Plan Slow Cooker White Chicken Chili**

Prep time: 20 minutes

Cook time: 3 hr. 30 mins (mostly unattended)

### **Ingredients:**

1.5 pound organic boneless skinless chicken breast, cut into bite-size pieces

1 ½ teaspoons dried oregano

1 teaspoon ground cumin

½ teaspoon salt

¼ teaspoon black pepper

2 tablespoons olive oil

1 small onion, chopped

1 can diced green chili's

1 can diced tomatoes

½ organic green bell pepper, chopped

1 tablespoon chopped jalapeno pepper, fresh

4 garlic cloves, minced

2 cans organic (15 ounces each) white kidney or cannellini beans, rinsed and drained

2 ½ cups organic chicken broth

1 cup frozen organic corn (optional)

Fresh Cilantro and Hass Avocado for garnish

### **Directions:**

1. Dust chicken with oregano, cumin, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chicken and cook until chicken is browned all over, 4 to 5 minutes, stirring now and then. Add onion, bell pepper and jalapeno pepper, and corn, and cook until onion is soft, 4 minutes. Add garlic and cook 1 minute. Transfer to a 4-quart slow cooker.
2. Puree 1 can of beans with 1 cup of broth in a small food processor or with a stick blender until relatively smooth. Add to slow cooker along with remaining beans and broth. Add tomatoes and green chilies. Stir. Cover and cook on low for 3 to 3 ½ hours.

3. Stir before serving. Garnish with fresh cilantro and avocado. Optional-gluten free corn tortilla strips.

# **Stuffed Acorn Squash**

Serves 4-6

## **Ingredients**

2 acorn squash

1 cup walnuts, roughly chopped

1 cup fresh cranberries

1/3 cup brown sugar

¼ cup freshly squeezed orange juice

4 tablespoons butter

Honey, optional

## **Directions**

1. Preheat oven to 375 degrees
2. Cut each squash in half (make halves as even as possible) and scrape out seeds.
3. Place squash cut side up in 1-2 baking dish(es).
4. In a large bowl, combine walnuts, cranberries, brown sugar, orange juice and a drizzle of honey, and toss together. Make sure everything is evenly coated.
5. Divide mixture into 4 parts and stuff into hollow center of squash
6. Top each half with 1 tablespoon butter
7. Cover baking dish(es) loosely with aluminum foil and transfer to oven
8. Bake for 60-90 minutes, or until squash is fork tender
9. Remove from oven and serve immediately

## **Heartland-Style Smothered Steak**

Prep time: 25 minutes

Total Cook Time: 7 hr. 25 mins

Serves: 8

### **Ingredients:**

2lb boneless beef round steak, cut into 8 pieces

1/3 cup all-purpose flour

1 teaspoon salt

¾ teaspoon pepper

2 tablespoons vegetable oil

1 cup chopped onion

3 medium carrots, chopped (1 ½ cups)

2 medium stalks celery, sliced (1 cup)

1 cup Progresso beef flavored broth

1 can (15oz) tomato sauce

1 teaspoon dried minced garlic

### **Directions:**

1. In 1-gallon resalable food-storage plastic bag, place beef, flour, salt and pepper; seal bag. Shake to coat beef evenly.
2. In 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Add half of the beef; cook 4 to 5 minutes, turning once, until browned on all sides. Repeat with remaining oil and beef.
3. Spray 3 1/2-to 4-quart slow cooker with cooking spray. In cooker, place onion, carrots and celery; place beef on top. In medium bowl, mix broth, wine, tomato sauce and garlic. Pour over beef.
4. Cover; cook on low heat setting 7 to 9 hours.

### **Nutrition Information:**

Serving size: 1 serving Calories 290 (Calories from Fat 70), % Daily Value Total Fat 8g 8% (Saturated fat 2g, 2% Trans Fat 0%), Cholesterol 85mg 85%; Sodium 750mg 750%; Total

Carbohydrate 14g 14% (Dietary Fiber 2g 2% Sugars 6g 6%), Protein 35g 35%; % Daily Value:  
Vitamin A 80%; Vitamin C 6%; Calcium 4%; Iron 25%.

EXCHANGES:0 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 low-fat; 0 milk;1  
Vegetable; 0 Very Lean Meat; 0 Lean Meat; 2 ½ High-Fat Meat; 0 Fat;

Carbohydrate Choice 1

\*Percent Daily Values are based on a 2,000 calorie diet.

## **Quinoa and Mushroom-Stuffed Butternut Squash**

**(Serves 6-8)**

### **Ingredients:**

4lbs. butternut squash; 2 regular-sized squashes

2 cup quinoa

1 cup chanterelle mushrooms, sliced

½ cup white onion, chopped

½ cup parmesan

3 tablespoons olive oil, separated

2 cloves garlic, minced

Water

Salt and pepper, to taste

### **Directions:**

1. Preheat oven to 450 degrees.
2. Cut squash in half, take the seeds out and place, cut side up, in two 11 by 7 baking dishes. Season with salt, pepper and olive oil (one tablespoon per squash), and add ¼ inch of water to baking dishes.
3. Cover baking dishes with foil and bake for around 40 minutes, or until tender when pierced with a fork.
4. Reduce oven temperature to 375 degrees
5. In a small pot, bring 4 cups water to a boil and then add quinoa. Reduce to a simmer and let cook for 15-20 minutes, or until quinoa has absorbed all water. Remove from heat.
6. In a pan, heat remaining olive oil and sauté mushrooms and onions on medium heat. Add in garlic after a few minutes. Cook until fragrant and onions are translucent.
7. After squash as cooled, scoop out the inside, leaving about a ¼ inch of flesh
8. In a large bowl, combine quinoa, butternut squash, mushrooms, onions and garlic, and parmesan cheese. Mix well and season with salt and pepper.
9. Spoon mixture back into the hollow butternut squash and return them to the oven to back for 20-25 minutes, or until top is golden.

## Savory Stuffed Winter Squash

### Ingredients:

- 3-6 baked winter squash (such as acorn or carnival)
- 2 tbsp. Nutiva Organic Milled Chia Seed
- 2+1/3 cups water
- 1 cup kasha
- ½ tsp. Sea salt
- 2 tbsp. Nutiva organic red palm oil
- 2 cups shiitake mushroom (fresh: stem removed and caps sliced)
- 1 cup leeks (coarsely chopped: can be substituted with onions)
- 1 cup celery (sliced)
- 1 cup red bell pepper (coarsely chopped)
- 1 tbsp. Thyme (fresh leaves: can be substituted with 1 1/ 2 dried thyme)
- 2 tsp. sage (fresh, coarsely chopped; can be substituted with 1 tsp dried sage)
- ¼ cup Nutiva Organic Hempseed

### Directions:

1. Place the milled chia seeds in a small bowl with 1/3 cup water; set aside and boil 2 cups water in a tea kettle.
2. Heat and melt the red palm oil in a 9-inch heavy skillet. Add mushrooms, leeks, celery, red bell peppers, kasha, chia mixture, and sea salt, and sauté mixing occasionally for 5 minutes, or until the ingredients are fragrant, and well mixed. Turn off the heat.
3. Add the boiling water, and bring the ingredients to a boil over high heat. Reduce the heat to medium low and simmer covered for 10 minutes, or until the water is absorbed. Add and stir in the thyme and sage. Taste and adjust the seasonings, if desired
4. Let cool briefly, and serve stuffed into baked winter squashes such as acorn or carnival, garnished with hemp seeds.

**Prep time : 10 minutes**

**Cook Time: 25 minutes**

**Ready in 35 minutes**

**Serves 4-6**

## Lasagna Style Spaghetti Squash

### Ingredients:

1 spaghetti squash

1lb Italian sausage or any choice of meat

2 cups of your favorite pasta sauce

2 tablespoons fresh basil

½ cup ricotta cheese

½ cup shredded mozzarella cheese (plus extra for topping)

Olive oil or coconut oil

Salt & pepper

### Directions

Preheat oven to 400 degrees. Wash spaghetti squash, cut off stem and slice squash lengthwise. Scoop out the seeds and gunk (save the seeds and roast them) brush with oil, season with salt and pepper, and place in baking dish (9 by 13 works well) with a little water in the bottom of the dish- as the squash cooks, you can add more water if it dried up. Roast for 45-60 minutes, depending on squash size, or until inside is soft and easily "fluffs" with a fork. It will look like very tiny spaghetti noodles. Hence the name, cool huh?

While squash is roasting, brown Italian sausage in large skillet over medium heat. Remove sausage from the pan drain and set aside. Add the sausage back into the sauce.

In a bowl, combine the ricotta, mozzarella, and fresh basil, set aside.

When squash is tender, remove from oven and using a fork, scoop, fluff, flake, scrape, whatever you'd like to call it, to get the inside of the squash to look like spaghetti noodles. You don't have to get at ALL of the squash, you can scoop more later when you get to the bottom after its been filled and you're enjoying it for dinner.

Now we FILL THEM! Start with a scoop of the red sauce, followed by a layer of the cheese mixture, (you can add extra mozzarella on each layer too!) and repeat the layers until you've over filled your squash, ending with a layer of red sauce and then topping them with mozzarella. Totally over fill these suckers.

TURN THE OVEN TO BROIL AND PUT THEM BACK INTO BROWN UP THE CHEESY TOP.

## **Hearty Side Dish: Mushrooms. Onion and Sage Stuffing**

**Serves: 6-8**

### **Ingredients:**

10-12 cups dried bread crumbs

6 tablespoons unsalted butter; additional 2 tablespoons, melted

4 cups mushrooms, quartered

1 pound yellow onions, diced

4 large stalks celery. Diced

3 large cloves garlic, minced

¼ cup finely chopped fresh sage leaves

Leaves from 2 stalks thyme

2 large eggs, beaten

2 ½ cups chicken or vegetable stock

1 teaspoon poultry seasoning

1 teaspoon salt

Freshly ground black pepper

### **Directions:**

1. Preheat oven to 375 degrees and butter a 9 by 13 baking dish.
2. Rinse, pat dry and quarter the mushrooms. Heat the butter in a large pan and add mushrooms, onions, celery, and garlic and cook until they are soft, stirring frequently
3. Add sage and thyme to the vegetables and cook for 3 minutes, then take off heat
4. Beat the eggs with the chicken stock and season with salt and pepper and poultry seasoning.
5. In a large bowl, combine the breadcrumbs and egg mixture. Then add in the cooked vegetables and herbs.
6. Pour into baking dish and drizzle with melted butter.
7. Cover and bake for 30 minutes. Uncover and bake for another 15-20 minutes or until top is browned. Some burned pieces are fine
8. Let cool for 10 minutes before serving.

## **Food Babe's raw Stuffing Courtesy of Ami @ Home Healthy Market**

**Prep time: 30 mins**

**Total time: 30 minutes**

**Serves: 15-20**

### **Ingredients:**

8 cups of pecans soaked for 2 hours, then ground coarsely

4 cups cauliflower shredded to consistency of rice

2 cups carrot diced

1 cup onions diced

2 cups celery diced

2 tbsp. extra virgin olive oil

1 tsp. truffle oil

2 tbsp. dried or fresh rosemary minced

Salt & black pepper to taste

### **Directions:**

Combine all ingredients into a large bowl and mix

NOTES:

Makes approximately 15-20 servings and stays fresh in an air tight container for up to 3 days. warm in a dehydrator or serve at room temperature.

