



*Healthy Meals*

500

CALORIES OR LESS **VOL 1**

Healthy Recipes Your Taste  
Buds Will Actually Enjoy!





# Breakfast



# Apple Cinnamon Oatmeal

 SERVES **2**

- 1** CUP Water
- 1/4** CUP Apple juice
- 1** Green apple, cored and diced or grated
- 2/3** CUP Rolled oats
- 1/4** TSP Cinnamon



## TO SERVE, CHOOSE FROM ANY OF THE FOLLOWING:

- Coconut milk, or milk of choice (heated)
- Slices of fresh seasonal fruit
- Slivered almonds
- Crushed nuts
- Flaxseeds or hemp seeds
- Small drizzle of honey

- 1** Place water, juice and apples into a medium saucepan and bring to a boil.
- 2** Stir in the rolled oats and cinnamon and return to a boil, reduce heat and simmer until the porridge is thick.
- 3** Heat the coconut milk (or milk of choice).
- 4** Divide your porridge between two serving bowls. Serve with heated milk and your toppings of choice.

## DATA FOR 1 SERVING: FOR OATMEAL SERVED WITH COCONUT MILK

Calories	<b>186</b> kcal
Total Carbohydrates	<b>34</b> g
Protein	<b>5</b> g
Total Fat	<b>5</b> g
Saturated Fat	<b>3</b> g
Polyunsaturated Fat	<b>0.05</b> g
Monounsaturated Fat	<b>0.01</b> g
Trans Fat	

Cholesterol	<b>11</b> mg
Sodium	<b>11</b> mg
Potassium	<b>98</b> mg
Dietary Fiber	<b>5</b> g
Sugar	<b>10</b> g
Vitamin A	<b>6</b> % Daily Value
Vitamin C	<b>7</b> % Daily Value
Calcium	<b>7</b> % Daily Value
Iron	<b>21</b> % Daily Value

# Asparagus with Mushrooms and Fried Egg

 SERVES **4**

- 1 lb** Fresh asparagus
- 2 Tbsp** Butter
- 1/2 lb** Mushrooms, sliced (2 cups)
- 2 Tbsp** Scallions, sliced. Salt and pepper to taste
- 4 Tbsp** Cilantro, fresh chopped
- 4** Eggs



- Trim off tough part of asparagus stalk, about 2 to 3 inches from bottom.
- Melt the butter in a non-stick skillet over medium to high heat. Add mushrooms and cook, tossing and shaking, until mushrooms are lightly browned.
- Add asparagus and cook, stirring and tossing for about 1 minute.
- Add shallots, salt and pepper. Sprinkle with cilantro and cook for 30 seconds.
- Divide among serving plates.
- Return the pan to stove top over medium heat and slightly grease again.
- Crack the eggs in to the skillet and cook to your liking.
- Once cooked, place the egg on top of the mushrooms and asparagus seasoning with a little salt and pepper.

## DATA FOR 1 SERVING:

Calories	<b>164</b> kcal
Total Carbohydrates	<b>7</b> g
Protein	<b>11</b> g
Total Fat	<b>11</b> g
Saturated Fat	<b>5</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>3</b> g
Trans Fat	

Cholesterol	<b>227</b> mg
Sodium	<b>77</b> mg
Potassium	<b>497</b> mg
Dietary Fiber	<b>3</b> g
Sugar	<b>4</b> g
Vitamin A	<b>28</b> % Daily Value
Vitamin C	<b>15</b> % Daily Value
Calcium	<b>5</b> % Daily Value
Iron	<b>20</b> % Daily Value

# Bacon and egg breakfast cups

 MAKES **6**

- 6-8 Slices** Bacon rashers, rind removed
- 1-2 med** Tomato
- ½ Lg** Eggs
- 2 Tbsp** Chives, finely chopped  
Salt and pepper to taste



- 1 Preheat an oven to 350F.
- 2 Grease a 6 hole muffin tray\* generously with some coconut oil.
- 3 Slice the tomato in slices 1/2 " thick.
- 4 Line each hole with the rashers of bacon around the edges only, doing your best to ensure there are no gaps. Push the slices of tomatoe down in to the muffin mould inside the bacon shell, this will form a base.
- 5 Crack an egg in to the center of each hole inside the bacon on top of the tomato slice
- 6 Top with a sprinkle of chopped chives and a pinch of salt and pepper.
- 7 Bake in oven for 20-30 minutes or until the eggs are cooked though.

## RECIPE NOTE:

For best results use a silicon muffin mould, this will ensure your bacon and egg cups will pop out nicely and stay intact.

## DATA FOR 1 SERVING:

Calories	<b>256</b> kcal
Total Carbohydrates	<b>2</b> g
Protein	<b>19</b> g
Total Fat	<b>19</b> g
Saturated Fat	<b>6</b> g
Polyunsaturated Fat	<b>2</b> g
Monounsaturated Fat	<b>6</b> g
Trans Fat	

Cholesterol	<b>222</b> mg
Sodium	<b>841</b> mg
Potassium	<b>262</b> mg
Dietary Fiber	<b>0.4</b> g
Sugar	<b>1</b> g
Vitamin A	<b>12</b> % Daily Value
Vitamin C	<b>7</b> % Daily Value
Calcium	<b>3</b> % Daily Value
Iron	<b>7</b> % Daily Value

# Baked Avocados with bacon and egg

 MAKES **4**

- 2** Lg Avocado, ripe
- 4** Eggs
- 1/3** Cup Bacon, diced
- 1** Tbsp Olive oil
- 2** Tbsp Chives, fresh and finely chopped  
Salt and pepper to taste



- Preheat oven to 350F.
- Cut the avocado in half, remove and discard the seed.
- Cut the base (round side) of the avocado to make a flat edge so the avocado will stand flat. Place on a baking tray.
- Scoop out a little extra flesh if needed, so the hollow in the centre of each avocado half is big enough to hold a cracked egg.
- Drizzle over a little olive oil over each avocado half. Carefully crack each egg in to each half. Sprinkle over the diced bacon and chives. Season with a little salt and pepper.
- Bake in the oven to cook for 20 minutes, or until the eggs are cooked through to your liking.

## DATA FOR 1 SERVING:

Calories	<b>380</b> kcal
Total Carbohydrates	<b>9</b> g
Protein	<b>16</b> g
Total Fat	<b>32</b> g
Saturated Fat	<b>7</b> g
Polyunsaturated Fat	<b>4</b> g
Monounsaturated Fat	<b>18</b> g
Trans Fat	

Cholesterol	<b>234</b> mg
Sodium	<b>559</b> mg
Potassium	<b>674</b> mg
Dietary Fiber	<b>7</b> g
Sugar	<b>1</b> g
Vitamin A	<b>9</b> % Daily Value
Vitamin C	<b>18</b> % Daily Value
Calcium	<b>3</b> % Daily Value
Iron	<b>9</b> % Daily Value

# Breakfast Mini Egg Casseroles

 MAKES **8**

- 6** Eggs
- 2** Cup Milk, of choice
- 1** Tbsp Chives, freshly chopped
- 1** Tbsp Parsley, freshly chopped
- 1/4** tsp Salt
- 1/4** tsp Ground pepper
- 2** Cup Grated cheese
- 1** Cup Bacon, or ham diced
- 1/2** Cup Onions, peeled and finely chopped



- 1 Add the diced onion and bacon to a lightly greased skillet over medium heat and saute until lightly cooked. Drain excess fat and set aside.
- 2
- 3 Crack the eggs into a mixing bowl and whisk. Add all remaining ingredients and mix together well. Ladle into well-greased ramekins and bake in 400 degree oven approximately 20 minutes.
- 4 Serve either in ramekin or loosen with knife around edges and turn onto plate. Garnish with fresh parsley and serve with sliced avocado if you wish.

## DATA FOR 1 SERVING:

Calories	<b>280</b> kcal
Total Carbohydrates	<b>5</b> g
Protein	<b>19</b> g
Total Fat	<b>21</b> g
Saturated Fat	<b>9</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>4</b> g
Trans Fat	

Cholesterol	<b>194</b> mg
Sodium	<b>638</b> mg
Potassium	<b>227</b> mg
Dietary Fiber	<b>0.1</b> g
Sugar	<b>4</b> g
Vitamin A	<b>10</b> % Daily Value
Vitamin C	<b>2</b> % Daily Value
Calcium	<b>22</b> % Daily Value
Iron	<b>4</b> % Daily Value



**Lunch**





# Asian fish rolls

 MAKES: APPROX. 18



14 Oz Canned tuna, in spring water and drained

1/4 Cup Tamari

1 Tbsp Rice wine vinegar

1 Tsp Sesame oil

2 Garlic cloves, minced

2 Cup Alfalfa sprouts

2 Cup Romaine lettuce, shredded

1 Cup Snow peas, cut into julienne strips

18 ea 6" rice-paper wrappers

1/3 Cup Cilantro, leaves chopped

3 Tbsp Cashews, toasted and chopped

- 1 Add the drained tuna in to a glass bowl and combine with the tamari, vinegar, rice wine vinegar, sesame oil and 2 cloves of minced garlic. Mix well and set aside to marinate for 10 minutes.
- 2 Place rice-paper wrappers, 1 at a time in bowl of hot water 45 seconds. Remove and place on plate with a clean kitchen towel.
- 3 Place approximately 2 tablespoons of the marinated tuna, 1 tablespoon each of the bean sprouts, cabbage, sliced snow peas, 1 teaspoon of fresh cilantro and 1/2 teaspoon cashews in centre of each wrapper.
- 4 Fold one end of wrapper up about 1 inch over filling; fold right and left sides in over folded end. Fold remaining end down, wrapping around roll.
- 5 Continue the above steps until you have used all ingredients.
- 6 Serve with a little tamari as dipping sauce if you wish.

## DATA FOR 1 SERVING:

Calories	69	kcal
Total Carbohydrates	6	g
Protein	7	g
Total Fat	2	g
Saturated Fat	0.3	g
Polyunsaturated Fat	0.4	g
Monounsaturated Fat	1	g
Trans Fat		

Cholesterol	7	mg
Sodium	279	mg
Potassium	98	mg
Dietary Fiber	1	g
Sugar	0.5	g
Vitamin A	2	% Daily Value
Vitamin C	7	% Daily Value
Calcium	1	% Daily Value
Iron	4	% Daily Value

# Beef Satay Skewers

 SERVES **6**

- 2 lb** Beef Sirloin fillet
- ½ Cup** Tamari
- 2 Tbsp** Honey
- 2 Tbsp** Lime Juice
- 1 Tbsp** Curry Powder
- 1 tsp** Chili Powder
- 1** Onion, Minced    **2 Lg** Garlic cloves, minced



- Cut the meat into 1-inch cubes and place in a bowl or plastic bag. In a 2-cup measure, combine the soy sauce, honey, lime juice, curry and chili powders, onion and garlic.
- Blend thoroughly and pour over the meat. Marinate for 30 minutes at room temperature.
- Thread the meat on bamboo skewers, soaked in water to prevent charring, or on small metal skewers.
- Push the meat close together if some rare portions are wanted or space it slightly for well done meat.
- Grill 2 to 3 inches above hot coals until done as desired, about 8 minutes total cooking time for medium-rare.
- Serve with fresh seasonal salad.

## DATA FOR 1 SERVING:

Calories	<b>217</b> kcal
Total Carbohydrates	<b>8</b> g
Protein	<b>31</b> g
Total Fat	<b>6</b> g
Saturated Fat	<b>2</b> g
Polyunsaturated Fat	<b>0.1</b> g
Monounsaturated Fat	<b>0.1</b> g
Trans Fat	

Cholesterol	<b>49</b> mg
Sodium	<b>1378</b> mg
Potassium	<b>53</b> mg
Dietary Fiber	<b>1</b> g
Sugar	<b>5</b> g
Vitamin A	<b>3</b> % Daily Value
Vitamin C	<b>4</b> % Daily Value
Calcium	<b>5</b> % Daily Value
Iron	<b>20</b> % Daily Value

# Beef with Rice Patties

 SERVES **4**

- 1 1/2** Cup Cooked rice, (sticky rice)
- 1** Onion, finely chopped
- 2** Tbsp Pine nuts, or chop almonds
- 2** Tbsp Lemon juice
- 1** tsp Salt
- 1** tsp Cinnamon
- 1/2** tsp Cayenne pepper [optl]
- 1** lb Ground beef



- 1** In bowl, combine cooked rice, onion, pine nuts, lemon juice, salt, cinnamon and cayenne pepper; mix in ground beef.
- 2** Shape into eight 1/2-inch thick patties.
- 3** In a non-stick skillet, cook patties over medium heat, in batches if necessary and turning once, for 8 minutes or until no longer pink inside.
- 4** Serve with fresh side salad.

## DATA FOR 1 SERVING:

Calories	<b>388</b> kcal
Total Carbohydrates	<b>25</b> g
Protein	<b>24</b> g
Total Fat	<b>21</b> g
Saturated Fat	<b>7</b> g
Polyunsaturated Fat	<b>2</b> g
Monounsaturated Fat	<b>9</b> g
Trans Fat	<b>1</b>

Cholesterol	<b>77</b> mg
Sodium	<b>829</b> mg
Potassium	<b>435</b> mg
Dietary Fiber	<b>1</b> g
Sugar	<b>1</b> g
Vitamin A	<b>1</b> % Daily Value
Vitamin C	<b>9</b> % Daily Value
Calcium	<b>4</b> % Daily Value
Iron	<b>21</b> % Daily Value

# Chicken and Couscous Salad Delight



 SERVES **4**

- 1/2 Cup** Couscous
- 2 Cup** Cooked chicken, chopped
- 3/4 Cup** Radishes, chopped Halved seedless grapes
- 1/2 Cup** Celery, thinly sliced
- 1/4 Cup** Walnuts, chopped
- 1/4 Cup** Parsley, chopped
- 3/4 Cup** Mayonnaise
- 1 Tbsp** Water
- 1 lb** Lemon juice, freshly squeezed
- 1 tsp** Curry powder (optional)

- 1 Prepare the couscous to packet directions. Once done, fluff with a fork and set aside to cool.
- 2 Combine the couscous, chicken, radishes, celery, walnuts and parsley, toss to combine.
- 3 In a separate bowl mix together the mayonnaise, lemon juice, water and curry powder if using. Pour over couscous mixture, tossing lightly. Cover and chill.
- 4 Serve in on lettuce leaves, if desired or as is on its own.

## DATA FOR 1 SERVING:

Calories **343** kcal  
Total Carbohydrates **17** g  
Protein **23** g  
Total Fat **20** g  
Saturated Fat **3** g  
Polyunsaturated Fat **11** g  
Monounsaturated Fat **5** g  
Trans Fat **1**

Cholesterol **67** mg  
Sodium **419** mg  
Potassium **279** mg  
Dietary Fiber **1** g  
Sugar **4** g  
Vitamin A **7** % Daily Value  
Vitamin C **12** % Daily Value  
Calcium **3** % Daily Value  
Iron **6** % Daily Value

# Chicken and pear salad

 SERVES **4**

## Dressing:

- 1/3 Cup** Apricot preserves
- 1/2 Cup** Yogurt
- 2 Tbsp** Lemon juice
- 1 Tbsp** Chives, chopped (or parsley)
- 1 tsp** Dijon mustard    **1/2 tsp** Salt
- 1/2 tsp** Lemon zest    **1/8 tsp** Pepper



## Salad:

- 1 lb** Cooked chicken, breast chopped
- 2 Cup** Romaine lettuce, leaves torn    **2** Celery, stalks thinly sliced
- 2** Pear, with skin on cut into thin slices    **1/4 Cup** Raisins

- To make salad dressing, combine preserves, yogurt, lemon juice, chives, mustard, lemon zest, salt and pepper in a blender and blitz for 10 – 20 seconds until smooth.
- Add all salad ingredients to a large serving bowl and toss with salad dressing.

## DATA FOR 1 SERVING:

Calories	<b>319</b> kcal
Total Carbohydrates	<b>35</b> g
Protein	<b>36</b> g
Total Fat	<b>4</b> g
Saturated Fat	<b>1</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>1</b> g
Trans Fat	

Cholesterol	<b>89</b> mg
Sodium	<b>365</b> mg
Potassium	<b>549</b> mg
Dietary Fiber	<b>3</b> g
Sugar	<b>25</b> g
Vitamin A	<b>7</b> % Daily Value
Vitamin C	<b>15</b> % Daily Value
Calcium	<b>10</b> % Daily Value
Iron	<b>8</b> % Daily Value

# Curried Meatballs

 SERVES **6**

## For meatballs:

- 1 ½ lb** Ground beef
- ½ Cup** Bread crumbs, gluten free
- 1/3 Cup** Almonds, (chopped fine)
- 1** Eggs
- 12 Oz** Can water chestnuts, drained and chopped fine
- 2 Tbsp** Tamari
- 2 Tbsp** Garlic cloves, minced Tapioca flour

## For the sauce:

- 1 Tbsp** Ground beef
- ¼ Cup** Bread crumbs, gluten free
- ½ tsp** Almonds, (chopped fine)
- 2 Tbsp** Eggs
- 2 Tbsp** Can water chestnuts, drained and chopped fine
- 3 Tbsp** Tamari
- 1 tsp** Garlic cloves, minced Tapioca flour
- 6 Oz** Garlic cloves, minced Tapioca flour



## For meatballs:

- 1** Mix all ingredients together, except the the tapioca flour. Form into 1" diameter balls.
- 2** Roll each ball in to a little tapioca flour and and refrigerate for several hours (or overnight).
- 3** When ready to use heat a little oil in a large non stick skillet over medium heat. Add the meatballs and fry until well done, tossing them in the pan as they cook.

## For sauce:

- 4 Dissolve the tapioca flour in water, whisk together ensuring no lumps.
- 5 Mix all ingredients, except the pineapple, in a sauce pan.
- 6 Add enough pineapple juice to preferred taste.
- 7 Bring to a boil, stirring constantly, for 2 – 3 minutes.
- 8 Add the pineapple chunks and pour over cooked meatballs

### SERVING SUGGESTION:

Serve with a little steamed brown rice and choice of fresh salad ingredients or steamed seasonal vegetables.



### DATA FOR 1 SERVING:

Calories	349 kcal
Total Carbohydrates	16 g
Protein	26 g
Total Fat	20 g
Saturated Fat	7 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	9 g
Trans Fat	1 g

Cholesterol	112 mg
Sodium	956 mg
Potassium	395 mg
Dietary Fiber	2 g
Sugar	9 g
Vitamin A	1 % Daily Value
Vitamin C	5 % Daily Value
Calcium	5 % Daily Value
Iron	22 % Daily Value

# Egg Curry

 SERVES **4**

- 8** Hardboiled eggs, peeled
- ¼ Cup** Slivered almonds, toasted
- 2 Tbsp** Ghee
- 1** Onion, peeled and diced
- ½ Cup** Celery, chopped fine
- 1 ½ Tbsp** Arrowroot flour, or tapioca flour
- 1 tsp** Salt
- 2 tsp** Curry powder, adjust to taste
- 1 Cup** Vegetable stock
- 2 Cup** Coconut milk
- 2 Tbsp** Cilantro, chopped (plus more for garnish)



- Heat the ghee in a large skillet over medium heat. Sauté the onion and celery until golden.
- Stir in arrowroot, salt, and curry powder and sauté again until fragrant, about 30 seconds.
- Stir in both the milk and stock slowly.
- Allow to simmer for 10 – 15 minutes so flavours combine.
- Add in the whole hardboiled eggs (peeled) and cilantro, heat to boil.
- Divide among serving bowls and sprinkle over slivered almonds and garnish with a little cilantro.

## DATA FOR 1 SERVING:

Calories	<b>289</b> kcal
Total Carbohydrates	<b>11</b> g
Protein	<b>15</b> g
Total Fat	<b>22</b> g
Saturated Fat	<b>10</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>4</b> g
Trans Fat	

Cholesterol	<b>355</b> mg
Sodium	<b>686</b> mg
Potassium	<b>341</b> mg
Dietary Fiber	<b>2</b> g
Sugar	<b>3</b> g
Vitamin A	<b>27</b> % Daily Value
Vitamin C	<b>5</b> % Daily Value
Calcium	<b>14</b> % Daily Value
Iron	<b>20</b> % Daily Value



# Green Lentil Rissoles with Vegan Yogurt Sauce

 SERVES **6** MAKES 12



## Rissoles:

- 8 Oz** Green lentils
- 1 Pint** Hot water
- 2 Oz** Olive oil
- 1** Onion, finely chopped
- 1** Carrot, finely chopped
- 1** Green bell pepper, diced
- 2** Garlic cloves, crushed
- 1/4 tsp** Cayenne
- 1/2 tsp** Curry powder
- 1/2 tsp** Ground coriander
- 2 tsp** Tomato paste Salt & pepper, to taste
- 1/2 tsp** Cumin
- 1 tbsp** Parsley, chopped

## Coating:

- 2 Oz** Spelt flour
- 2 Oz** Breadcrumbs, gluten free
- 2 Oz** Oats, blitzed to resemble a crumb

## Yogurt sauce:

- 1/2 pt** Coconut yogurt, plain
- 1 Tbsp** Chives
- 1/4 Tbsp** Cumin
- 2 Tbsp** Parsley, chopped
- 2** Garlic clove, crushed
- Lemon juice, to taste
- Salt & pepper, to taste

## RISSOLES:

- 1 Combine lentils & water in a pot, bring to a boil. Reduce heat & simmer for approximately 45 minutes, or until the lentils are tender. Add more water if necessary.
- 2 Heat the olive oil in a skillet over medium heat, add the onion & cook for a 2 minutes.
- 3 Add the carrot & pepper & cook until tender, approximately 10 minutes.
- 4 Add the spices, tomato paste, salt & pepper. Mix together well & stir in the lentils. Add the parsley. Allow to cool until it is cool enough to handle.
- 5 Divide the mixture into 12 portions & shape into patties. Coat them in flour, dip in some oil & coat in the breadcrumbs & oats.
- 6 Shallow fry in hot oil until the patties are golden brown on both sides. Drain well & serve with the sauce and your choice of fresh seasonal salad.

## SAUCE:

- 1 Combine all ingredients together & chill.



### DATA FOR 1 SERVING:

Calories	318	kcal
Total Carbohydrates	48	g
Protein	15	g
Total Fat	12	g
Saturated Fat	3	g
Polyunsaturated Fat	1	g
Monounsaturated Fat	7	g
Trans Fat		

Cholesterol		mg
Sodium	119	mg
Potassium	182	mg
Dietary Fiber	16	g
Sugar	7	g
Vitamin A	60	% Daily Value
Vitamin C	67	% Daily Value
Calcium	8	% Daily Value
Iron	31	% Daily Value

## Green Lentil Salad



1 Cup Lentils, French green

6 Parsley, fresh sprigs

1 Bay leaf

1 pn Thyme, dried

2 Tbsp White wine vinegar

2 Scallions, sliced

1 tsp Dry mustard powder  
Salt, to taste  
Pepper, to taste

1/3 Cup Walnut oil, or substitute light olive oil

3 Tbsp Parsley, fresh chopped

1/3 Cup Arugula leaves

1/4 Cup Bean sprouts, such as mung bean, alfalfa etc.

1/3 Cup Sunflower seeds, roasted

1/4 Cup Crushed peanuts, roasted

1 Sml Chilli, thinly sliced

4 Eggs, cooked to your liking

1 Rinse and/or soak the lentils as required.

2 Place the lentils, bay leaf, thyme, parsley sprigs and lentils in a saucepan. Cover with boiling water and simmer for 20 - 30 minutes or until the lentils are tender. Be careful not to overcook, you want them to hold their shape.

3 In a salad bowl whisk the wine vinegar, shallots, dry mustard, salt and pepper together. Add the oil in a thin stream while continuing to whisk.

4 In to the bowl add the cooked and drained lentils and gently toss with the dressing.

5 Add in the chopped fresh parsley, rocket, sprouts, sunflower seeds, roasted peanuts, and sliced chilli.

6 Adjust seasonings to preference.

7 Serve warm topped with a poached egg cooked to your liking

**DATA FOR 1 SERVING:**

Calories **409** kcal  
Total Carbohydrates **23** g  
Protein **19** g  
Total Fat **32** g  
Saturated Fat **4** g  
Polyunsaturated Fat **17** g  
Monounsaturated Fat **9** g  
Trans Fat

Cholesterol **211** mg  
Sodium **102** mg  
Potassium **160** mg  
Dietary Fiber **11** g  
Sugar **2** g  
Vitamin A **10** % Daily Value  
Vitamin C **12** % Daily Value  
Calcium **5** % Daily Value  
Iron **24** % Daily Value



# Hot and Spicy Chicken Burrito Bowl

 SERVES **4** - **6**

Chicken:

- 1 ½ lb** Chicken breast, skinless, boneless and diced
- 1** Onion, peeled and diced
- 1 Tbsp** Chili powder
- 1 tsp** Curry powder
- 1 tsp** Ground cumin
- 1** Garlic clove, minced  
Salt and pepper to taste
- 1 tsp** Lemon peel finely grated
- ½ Cup** Water
- 2 Tbsp** Olive oil, (plus a little extra for cooking)



## BURRITO BOWL, YOU CHOICE OF FILLINGS:

- Cooked rice
- Kidney beans
- Cooked corn kernals
- Fresh salsa
- Shredded lettuce
- Fresh cilantro leaves
- Lemon/lime wedge
- Avocado slices
- Sliced onion or scallions

- 1** In glass or stainless steel bowl combine all ingredients except the olive oil Mix thoroughly to spread spices over chicken, refrigerate for 1 hour.
- 2** After refrigeration add in the olive oil, and stir until chicken is well coated with oil.
- 3** Heat a little oil in a non-stick skillet, and add mixture, frying on medium heat.
- 4** Cover until water has separated from chicken, and is boiling. Leave uncovered, on low heat, to simmer until almost all water has evaporated. Total cook time is less than ten minutes, do not overcook.
- 5** Serve the hot and spicy chicken with your choice of burrito bowl fillings. Enjoy!

## DATA FOR 1 SERVING:

Calories	<b>154</b> kcal
Total Carbohydrates	<b>3</b> g
Protein	<b>21</b> g
Total Fat	<b>7</b> g
Saturated Fat	<b>2</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>5</b> g
Trans Fat	

Cholesterol	<b>71</b> mg
Sodium	<b>217</b> mg
Potassium	<b>57</b> mg
Dietary Fiber	<b>1</b> g
Sugar	<b>1</b> g
Vitamin A	<b>8</b> % Daily Value
Vitamin C	<b>4</b> % Daily Value
Calcium	<b>1</b> % Daily Value
Iron	<b>2</b> % Daily Value



# Dinner



# Asian Beef and Vegetable Noodles

 SERVES **4**

- 1 lb** Beef strips
- 8 Oz** Soba noodles
- 1 Tbsp** Toasted Sesame Oil
- 1 Cup** Mushrooms, sliced
- 1** Onion, peeled and sliced
- 1** Carrot, peeled and julienne
- 1** Red bell pepper, seeded and sliced
- 2 Cup** Bok choy, roughly chopped
- 3 Tbsp** Cilantro, chopped
- 3 Tbsp** Tamari
- 2 Tbsp** Ginger, peeled and minced
- 2 Tbsp** Sesame seeds



- Prepare noodles according to packet directions. Rinse, drain and mix with 1 tablespoon toasted sesame oil. Set aside.
- Prepare all your vegetables and set aside, separately.
- Heat oil in a wok over medium – high heat, add the beef strips and stir fry until lightly browned (approx. 5-7 minutes)
- Add the onion, carrots, mushrooms, and capsicum, stir fry for 3 minutes.
- Mix in the bok choy and cilantro, tamari, ginger and sesame seeds. Toss through the cooked noodles and continue to stir fry until noodles are reheated through and are hot.
- Serve immediately and garnish with a little fresh cilantro and sesame seeds.

## DATA FOR 1 SERVING:

Calories	<b>432</b> kcal
Total Carbohydrates	<b>55</b> g
Protein	<b>30</b> g
Total Fat	<b>11</b> g
Saturated Fat	<b>2</b> g
Polyunsaturated Fat	<b>2</b> g
Monounsaturated Fat	<b>2</b> g
Trans Fat	

Cholesterol	<b>54</b> mg
Sodium	<b>1810</b> mg
Potassium	<b>366</b> mg
Dietary Fiber	<b>5</b> g
Sugar	<b>4</b> g
Vitamin A	<b>142</b> % Daily Value
Vitamin C	<b>114</b> % Daily Value
Calcium	<b>8</b> % Daily Value
Iron	<b>18</b> % Daily Value

# Beef Koftas

 SERVES **6**

- 2 lb** Ground beef
- 2 Tbsp** Coconut cream
- 2 tsp** Ginger, finely grated
- 2** Chillis, seeded and chopped fine
- 3** Garlic cloves, minced **1 ½ tsp** Garam masala
- 1 ½ tsp** Ground coriander **1 ¼ tsp** Ground cumin. Salt to taste



- To make kofta, place beef, cream, ginger, chillies, garlic, ground coriander, garam masala, cumin, and salt to taste in a bowl and mix well to combine.
- Take spoonfuls of mixture and, using wet hands, mold the mixture around a skewer into oval shapes. Repeat with remaining mixture.
- Grill or BBQ the koftas on both sides.
- Serve with your choice of fresh side salad or steamed vegetables.

## SERVING SUGGESTION:

These koftas are paired well with a yogurt sauce and tomato and cucumber salad.

## DATA FOR 1 SERVING:

Calories	<b>338</b> kcal	Cholesterol	<b>103</b> mg
Total Carbohydrates	<b>1</b> g	Sodium	<b>102</b> mg
Protein	<b>28</b> g	Potassium	<b>461</b> mg
Total Fat	<b>24</b> g	Dietary Fiber	<b>0.1</b> g
Saturated Fat	<b>10</b> g	Sugar	<b>0.1</b> g
Polyunsaturated Fat	<b>1</b> g	Vitamin A	<b>0.3</b> % Daily Value
Monounsaturated Fat	<b>10</b> g	Vitamin C	<b>3</b> % Daily Value
Trans Fat	<b>1</b> g	Calcium	<b>3</b> % Daily Value
		Iron	<b>21</b> % Daily Value



# Butternut squash and mushroom pasta

 SERVES **4**

- 1 ½ lb** Butternut squash, cooked
- 3 Tbsp** Vegetable stock
- 1** Onion, chopped
- 2** Garlic cloves, minced
- 1 ½ Cup** Mushrooms, sliced
- ½ Cup** Vegetable stock
- ½ Cup** Low-fat milk
- ½ Cup** Cheese, shredded
- ½ tsp** salt
- ¼ tsp** Pepper
- 1 Tbsp** Sun-dried tomatoes, chopped
- 12 Oz** Quinoa pasta, cooked al dente
- 2 Tbsp** Basil, chopped



- 1 Cut squash in half and place cut side down on a greased roasting tray and bake until soft, rotating once.
- 2 When cool, scoop out flesh and mash with a fork.
- 3 In frying pan, sauté onion, garlic and mushrooms in few tablespoons of stock until translucent.
- 4 Add cooked squash, broth, milk and cheese.
- 5 Stir until cheese melts and mixture thickens somewhat.
- 6 Season with salt and pepper, turn off heat and stir in sun-dried tomatoes.
- 7 Pour sauce over cooked pasta and sprinkle with basil.

## DATA FOR 1 SERVING:

Calories	<b>488</b> kcal
Total Carbohydrates	<b>97</b> g
Protein	<b>14</b> g
Total Fat	<b>7</b> g
Saturated Fat	<b>3</b> g
Polyunsaturated Fat	<b>0.3</b> g
Monounsaturated Fat	<b>2</b> g
Trans Fat	

Cholesterol	<b>17</b> mg
Sodium	<b>564</b> mg
Potassium	<b>373</b> mg
Dietary Fiber	<b>10</b> g
Sugar	<b>7</b> g
Vitamin A	<b>282</b> % Daily Value
Vitamin C	<b>70</b> % Daily Value
Calcium	<b>26</b> % Daily Value
Iron	<b>25</b> % Daily Value

# Char-Broiled Shrimp

 SERVES **8**

- 3 lb** Shrimp, large and fresh; peeled and deveined with tails intact
- 1 Cup** Olive oil
- 1/3 Cup** Parsley, chopped
- 2 Tbsp** Lemon juice, freshly squeezed
- 2** Garlic cloves, minced
- 1 tsp** Salt



- Combine all ingredients except the prawns in a large glass baking dish; stir well.
- Add the shrimp, stirring gently; cover and marinate in refrigerator for at least 8 hours, stirring occasionally.
- Remove shrimp from marinade, using a slotted spoon, reserve the marinade.
- Place shrimp on water soaked skewers; grill over medium hot coals 3 to 4 minutes on each side, basting frequently with the reserved marinade. Ensure you do not overcook.
- Serve immediately with a fresh summery salad.

## DATA FOR 1 SERVING:

Calories	<b>377</b> kcal
Total Carbohydrates	<b>2</b> g
Protein	<b>47</b> g
Total Fat	<b>20</b> g
Saturated Fat	<b>3</b> g
Polyunsaturated Fat	<b>3</b> g
Monounsaturated Fat	<b>12</b> g
Trans Fat	

Cholesterol	<b>340</b> mg
Sodium	<b>1152</b> mg
Potassium	<b>313</b> mg
Dietary Fiber	<b>0.03</b> g
Sugar	<b>0.1</b> g
Vitamin A	<b>1</b> % Daily Value
Vitamin C	<b>3</b> % Daily Value
Calcium	<b>0.02</b> % Daily Value
Iron	<b>34</b> % Daily Value

# Charcoal-cooked Squid

 SERVES **4** - **6**

**1** **lb** Whole Squid

**2** **Cup** Fish sauce

**1** **Tbsp** Tamari

## Sauce:

**3** Garlic cloves, minced

**1** **Tbsp** Cilantro, leaves chopped

**1** **Tbsp** Onion, peeled and diced

**3** **Tbsp** Lime juice, freshly squeezed

**3** **Tbsp** Fish sauce

**1** **Tbsp** Coconut sugar



- 1** Cut open the squid and remove the entrails, leaving the tentacles intact. Remove the skin.
- 2** Place on a rack and charcoal-broil for 2 minutes on each side.
- 3** Brush with the combined fish sauce and tamari during broiling to add color and more flavor.
- 4** Mix together the sauce ingredients and pour into a bowl.
- 5** Slice the cooked squid and serve with the dipping sauce and fresh salad of choice.

## DATA FOR 1 SERVING:

Calories	<b>89</b> kcal
Total Carbohydrates	<b>7</b> g
Protein	<b>13</b> g
Total Fat	<b>1</b> g
Saturated Fat	<b>0.3</b> g
Polyunsaturated Fat	<b>0.4</b> g
Monounsaturated Fat	<b>0.1</b> g
Trans Fat	

Cholesterol	<b>177</b> mg
Sodium	<b>1114</b> mg
Potassium	<b>241</b> mg
Dietary Fiber	<b>0.1</b> g
Sugar	<b>3</b> g
Vitamin A	<b>1</b> % Daily Value
Vitamin C	<b>11</b> % Daily Value
Calcium	<b>3</b> % Daily Value
Iron	<b>4</b> % Daily Value

# Chicken Soup with Greens and Mushrooms

 SERVES 6

6 Chicken thigh fillets, skinless and boneless

7 Cup Chicken stock

1 Cup Dry white wine

2 inch piece Ginger, fresh, peeled and cut in to thin rounds

4 Garlic cloves, peeled

1 Cup Scallions, sliced

1/2 Cup Rice

1/2 lb Oyster mushrooms, or mushrooms of choice  
Olive oil

1/2 lb Spinach, fresh leaves  
Salt and pepper to taste



- 1 Add the chicken, chicken stock, wine, ginger, garlic and scallions to a large pot and bring to a simmer.
- 2 Simmer for 20-25 minutes or until chicken is just cooked through, skimming off any scum and fat that rises to the surface.
- 3 Do not boil or stock will become cloudy.
- 4 Remove chicken from the pot and shred the meat into long slivers and set aside.
- 5 Strain stock carefully and discard ginger, and scallions.
- 6 Return the stock back to the pot along with the rice, cover and simmer for 20 – 30 minutes or until the rice is tender.
- 7 Slice the mushrooms and quickly sauté in drops of olive oil until lightly browned, approximately 2 minutes. Add in the spinach and continue to sauté until the spinach has just wilted.
- 8 Add the mushrooms and spinach along with the shredded chicken to the pot with stock, and rice.
- 9 Correct seasoning with salt and pepper and serve at once with a little parmesan cheese if you wish.

**DATA FOR 1 SERVING:**

Calories **265** kcal  
Total Carbohydrates **11** g  
Protein **32** g  
Total Fat **7** g  
Saturated Fat **2** g  
Polyunsaturated Fat **0.3** g  
Monounsaturated Fat **1** g  
Trans Fat **0** g

Cholesterol **120** mg  
Sodium **1110** mg  
Potassium **459** mg  
Dietary Fiber **2** g  
Sugar **1** g  
Vitamin A **74** % Daily Value  
Vitamin C **19** % Daily Value  
Calcium **8** % Daily Value  
Iron **19** % Daily Value



# Chicken Zucchini “Pasta”

 SERVES **4**

- 1 lb** Chicken breast, boneless skinless diced or sliced
- 4** Garlic cloves, minced
- 1** Onion, peeled and diced
- ½ Cup** Chicken stock
- 1 ½ Cup** Tomato puree
- 2 Tbsp** Tomato paste
- 1 Tbsp** Balsamic vinegar
- 2 tsp** Dried mixed herbs
- 2 Tbsp** Basil, thinly sliced
- 2 Tbsp** Parsley, finely chopped
- 1** Red bell pepper, julienne
- 1 Cup** Cherry tomatoes, halved
- 2-3** Zucchini, spiralized
- Olive oil for cooking
- Salt and pepper to taste



- Heat a little olive oil in a large non-stick skillet over medium heat. Sauté the onion and garlic for 2 – 3 minutes, or until soft.
- Add the diced chicken breast, continue to sauté for a further 5 minutes or until chicken is no longer pink.
- Add the chicken stock, tomato puree, tomato paste, dried herbs, balsamic vinegar and salt and pepper. Bring to a boil and then reduce heat and allow to simmer for 20 – 30 minutes, or until the sauce has reduced a little.
- Mix in the fresh herbs, bell pepper and cherry tomatoes, continue to simmer for another 5 minutes.
- Divide the spiralized zucchini between 4 bowls and spoon over the hot chicken in sauce. Toss through and allow the heat of the chicken and sauce mixture cook the zucchini slightly.
- Season with a little salt and pepper, garnish with some fresh herbs and enjoy!

**DATA FOR 1 SERVING:**

Calories **195** kcal  
Total Carbohydrates **22** g  
Protein **25** g  
Total Fat **3** g  
Saturated Fat **1** g  
Polyunsaturated Fat **0.3** g  
Monounsaturated Fat **2** g  
Trans Fat **0** g

Cholesterol **71** mg  
Sodium **356** mg  
Potassium **963** mg  
Dietary Fiber **5** g  
Sugar **10** g  
Vitamin A **56** % Daily Value  
Vitamin C **150** % Daily Value  
Calcium **5** % Daily Value  
Iron **16** % Daily Value



# Chinese-Style Beef

 SERVES **4**

**1 ¼ lb** Beef sirloin, trimmed of fat

**1/2 ts** Ground ginger

**1 ts** Coconut sugar

**3 Tbsp** Tamari

**2 tsp** Tapioca flour

**1 Tbsp** Olive oil

**¾ Cup** Water

**1 lb** Broccoli, trimmed and cut into 1-inch pieces  
Steamed rice to serve



- 1 With a sharp knife, cut the steak diagonally across the grain into thin slices.
- 2 In a medium bowl, mix together the ginger, sugar, soy sauce, and tapioca. Add the meat strips and toss to mix well. Let stand for 5 to 10 minutes.
- 3 In a medium to large skillet, heat the oil over high heat until hot.
- 4 Add the meat mixture. Cook, stirring, over high heat, until the meat loses its redness, approximately 5 minutes. Remove and set aside on a plate.
- 5 Add the water and broccoli to the skillet and heat to boiling. Reduce the heat to medium-low, cover, and simmer for 4 to 5 minutes, or until the broccoli is just tender (don't overcook).
- 6 Return the meat to the skillet and heat to boiling, stirring often. Reduce the heat and simmer, stirring, for 1 minute.
- 7 Serve immediately over a little steamed rice. Season with salt and pepper if you wish.

## DATA FOR 1 SERVING:

Calories	<b>406</b> kcal
Total Carbohydrates	<b>38</b> g
Protein	<b>38</b> g
Total Fat	<b>11</b> g
Saturated Fat	<b>3</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>5</b> g
Trans Fat	

Cholesterol	<b>60</b> mg
Sodium	<b>1046</b> mg
Potassium	<b>895</b> mg
Dietary Fiber	<b>3</b> g
Sugar	<b>3</b> g
Vitamin A	<b>15</b> % Daily Value
Vitamin C	<b>169</b> % Daily Value
Calcium	<b>10</b> % Daily Value
Iron	<b>27</b> % Daily Value



# Eggplant Parmigiana

 SERVES **6**

- 2 sm/med** Eggplants; unpeeled cut into 1/4-in rounds
- 2** Eggs, lightly beaten
- 1 ts** Oats, blitzed to a crumb
- 1/2 Tbsp** Almond meal
- 1 tsp** Tapioca flour
- 1/2 Tbsp** Salt
- 1/8 Cup** Pepper
- 1** Garlic clove, peeled and halved
- 1/3 tsp** Olive oil
- 20 Tbsp** Tomatoes, canned
- 1/3 Cup** Tomato paste
- 2 Cup** Basil, finely chopped
- 1 tsp** Salt
- 1/8 Tbsp** Pepper
- 1 Cup** Grated Parmesan cheese
- 1/2 Cup** Feta cheese, crumbled



- 1** Combine the blitzed oats, almond meal, salt and pepper and tapioca flour in to a bowl.
- 2** Dip the eggplant slices in whisked eggs, then in the almond meal/oat blend. Refrigerate for 20 minutes.
- 3** Meanwhile in a large saucepan, saute the garlic in 2 tablespoons of oil for 1-2 minutes. Add tomatoes, tomato paste, basil, salt and pepper.
- 4** Cover and simmer 30 minutes.
- 5** Preheat oven to 350F. Brown the eggplants in some oil in a large skillet. Drain on paper towels.
- 6** Put a thin layer of tomato sauce into a baking dish and layer eggplant, sauce, Parmesan and feta, alternately.
- 7** End with some parmesan and feta on top.
- 8** Bake, uncovered, for 30 minutes. Serve with fresh garden salad or steamed greens.

**DATA FOR 1 SERVING:**

Calories **463** kcal  
Total Carbohydrates **30** g  
Protein **20** g  
Total Fat **31** g  
Saturated Fat **9** g  
Polyunsaturated Fat **3** g  
Monounsaturated Fat **14** g  
Trans Fat

Cholesterol **95** mg  
Sodium **851** mg  
Potassium **802** mg  
Dietary Fiber **9** g  
Sugar **8** g  
Vitamin A **24** % Daily Value  
Vitamin C **31** % Daily Value  
Calcium **42** % Daily Value  
Iron **14** % Daily Value



# Fish Soup



SERVES **4**

- 1 ½ lb** Fish, firm white flesh
- 1 Lg** Onion, peeled and chopped
- 1** Garlic clove
- 1 ½ Tbsp** Butter
- 2** Potatoes, peeled and cubed
- 1** Carrot, peeled chopped
- 2 Cup** Fish stock
- 3 Cup** Water
- 1** Bay leaf
- 1 tsp** Dried thyme
- 1/2 ts** Dried marjoram
- 2 Cup** Parsley, fresh chopped
- Salt and pepper to taste



- Cut fish into chunks of equal size.
- Sauté onions and garlic in heated butter in a large kettle until tender.
- Add potatoes, stock, water, bay leaves, thyme marjoram, parsley, salt and pepper. Bring to a boil. Add prepared fish and lower heat to moderate.
- Cook, covered, about 25 minutes, until fish potatoes and carrot are tender. Remove and discard bay leaves.
- Ladle in bowls to serve and season with salt and pepper to taste.

## DATA FOR 1 SERVING:

Calories	<b>297</b> kcal
Total Carbohydrates	<b>21</b> g
Protein	<b>35</b> g
Total Fat	<b>7</b> g
Saturated Fat	<b>3</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>2</b> g
Trans Fat	

Cholesterol	<b>109</b> mg
Sodium	<b>380</b> mg
Potassium	<b>1304</b> mg
Dietary Fiber	<b>4</b> g
Sugar	<b>3</b> g
Vitamin A	<b>89</b> % Daily Value
Vitamin C	<b>41</b> % Daily Value
Calcium	<b>3</b> % Daily Value
Iron	<b>6</b> % Daily Value

# Gingery Maple Chicken Drumsticks

 SERVES **6**

- 2 ½ lb** Chicken drumsticks
- ¼ Cup** Tapioca flour, (a little more or less as required)
- 2 Tbsp** Olive oil, (or a little more if required)
- 1/3 Cup** Maple syrup
- 2 Tbsp** Apple cider vinegar      **2 tsp** Ground ginger
- 1 ½ tsp** Vanilla extract              **2** Garlic cloves, minced
- 2 Tbsp** Tamari                              **1/2 tsp** Pepper, freshly cracked



- 1** In large bowl, combine the chicken and tapioca flour, toss to coat well, shaking off excess flour.
- 2** In large skillet, heat 2 tablespoons of the oil over medium-high heat. Cook chicken in batches, about 5 minutes, turning frequently and adding more oil as needed, until golden.
- 3** Arrange chicken in single layer in 11 X 7" baking dish.
- 4** In small bowl, whisk together all remaining ingredients and pour evenly over chicken.
- 5** Bake, uncovered, in 325F degree oven for 30 minutes. Turn the chicken over; bake for 45 minutes or until the glaze has thickened.
- 5** Serve with seasonal steamed vegetables of choice.

## DATA FOR 1 SERVING:

Calories	<b>354</b> kcal
Total Carbohydrates	<b>15</b> g
Protein	<b>36</b> g
Total Fat	<b>16</b> g
Saturated Fat	<b>4</b> g
Polyunsaturated Fat	<b>3</b> g
Monounsaturated Fat	<b>8</b> g
Trans Fat	

Cholesterol	<b>194</b> mg
Sodium	<b>459</b> mg
Potassium	<b>49</b> mg
Dietary Fiber	<b>0.1</b> g
Sugar	<b>8</b> g
Vitamin A	% Daily Value
Vitamin C	<b>1</b> % Daily Value
Calcium	<b>1</b> % Daily Value
Iron	<b>6</b> % Daily Value

# Goulash

 **SERVES** 4 - 6

2 **lb** Beef chuck, or round steak cut in cubes

2 **Tbsp** Olive oil

1 **Cup** Onion, diced

1 **Garlic clove**, minced

1 **Cup** Tomato puree

½ **Tbsp** Coconut sugar

1/2 **tsp** Dry mustard

2 **tsp** Salt

2 **Tbsp** Worcestershire sauce

2 **Tbsp** Tapioca flour

2 **tsp** Paprika  
Pepper to taste

1 ½ **Cup** Water

1/4 **Cup** Cold water



- 1 Heat the olive oil in a large non-stick skillet over medium to high heat. Sauté and cook the cubed beef, onion and garlic until beef is browned.
- 2 Combine and mix the tomato puree, coconut sugar, salt, paprika, pepper, dry mustard and Worcestershire sauce in a bowl. Add this to the skillet with the meat along with the water.
- 3 Reduce the heat and cover. Allow to simmer for 2 to 2 1/2 hours or until meat is tender.
- 4 Mix the tapioca flour and 1/4 cup cold water to make a runny paste. Stir into meat mixture. Heat to boiling, stirring constantly and boil for 1 minute to allow sauce to thicken.
- 5 Serve over your choice of steamed rice or cauliflower rice.

## DATA FOR 1 SERVING:

Calories **313** kcal  
Total Carbohydrates **14** g  
Protein **32** g  
Total Fat **13** g  
Saturated Fat **3** g  
Polyunsaturated Fat **1** g  
Monounsaturated Fat **3** g  
Trans Fat

Cholesterol **88** mg  
Sodium **794** mg  
Potassium **295** mg  
Dietary Fiber **2** g  
Sugar **5** g  
Vitamin A **12** % Daily Value  
Vitamin C **13** % Daily Value  
Calcium **2** % Daily Value  
Iron **28** % Daily Value

# Grilled Salmon



SERVES 4

- 4 Salmon fillets, (4 to 6-oz)
- 3 Tbsp Lemon juice
- 2 Tbsp White wine
- 4 Tbsp Olive oil
- 3 Tbsp Capers
- 1/4 Tbsp Dry mustard



## TO SERVE:

- Season vegetables of choice
- Salt and pepper to taste
- Lemon wedge

- To prepare salmon, rinse with cold water. Pat dry with paper towels, and set aside. Combine lemon juice, white wine, olive oil, capers and 1/4 teaspoon mustard. Season to taste with salt. Pour over, cover and refrigerate for 30 minutes turning once. Reserve some marinade.
- Heat a large skillet over medium heat and lightly grease. Cook salmon over starting with skin side down, for 5 – 10 minutes or until the skin is crispy. Turnover and continue to cook for a further 5 minutes or until fish flakes easily with a fork. Baste occasionally with reserved marinade.
- Serve with fresh seasonal steamed vegetables of choice and season with a little salt and pepper.

## DATA FOR 1 SERVING:

Calories	251 kcal
Total Carbohydrates	1 g
Protein	22 g
Total Fat	17 g
Saturated Fat	3 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	10 g
Trans Fat	

Cholesterol	76 mg
Sodium	443 mg
Potassium	20 mg
Dietary Fiber	0.3 g
Sugar	0.3 g
Vitamin A	10 % Daily Value
Vitamin C	8 % Daily Value
Calcium	4 % Daily Value
Iron	7 % Daily Value

# Grilled Tuna Steak with Lemon-Caper Butter

 **SERVES** **6**

- 8** Tbsp Butter, softened
- 3** Tbsp Lemon juice, freshly squeezed
- 1/2** tsp Lemon peel, grated
- 2** tsp Dijon mustard
- 2** tsp Capers, drained
- 6** Tuna steaks, (6 oz), 3/4 inch thick

**2** Tab Olive oil  
Sesame seeds to garnish



- Mix together butter, 2 tbsp lemon juice, lemon zest, mustard, and capers. Set aside.
- Heat a hot plate or grill to medium high heat (preferably over coals) and grease well.
- Brush tuna steaks with oil. Drizzle remaining 1 tbsp of lemon juice over the fish.
- Place steaks on oiled grill. Grill, turning once, until firm and opaque at center, about 10 to 12 minutes in total.
- Remove from heat, sprinkle over sesame seeds and top each steak with 1 tbsp lemon-caper butter.
- Serve with sautéed greens or choice of fresh seasonal salad.

## DATA FOR 1 SERVING:

Calories	<b>328</b> kcal
Total Carbohydrates	<b>5</b> g
Protein	<b>25</b> g
Total Fat	<b>22</b> g
Saturated Fat	<b>11</b> g
Polyunsaturated Fat	<b>1</b> g
Monounsaturated Fat	<b>8</b> g
Trans Fat	

Cholesterol	<b>102</b> mg
Sodium	<b>110</b> mg
Potassium	<b>14</b> mg
Dietary Fiber	<b>0.2</b> g
Sugar	<b>0.2</b> g
Vitamin A	<b>10</b> % Daily Value
Vitamin C	<b>4</b> % Daily Value
Calcium	<b>0.4</b> % Daily Value
Iron	<b>2</b> % Daily Value

# Hot Borscht

 SERVES **4**

- 4** Cup Vegetable stock
- 3** Lg Beets
- 1** Carrot, peeled
- 2** Celery, stalks
- 2** Onions, peeled
- 1** sml/med Sweet potato
- 1** Cup Cabbage, coarsely shredded
- 1** Cup Tomato pulp
- 1** Garlic clove, split and impaled on a toothpick



- 1** Peel beets and shred coarsely.
- 2** Chop carrots, onions, celery and sweet potato.
- 3** Add the stock to a stock pot and bring to a boil. Add beets, carrots, onions, celery and sweet potato.
- 4** Reduce the heat and simmer covered 20 minutes.
- 5** Add cabbage, tomato, and garlic on toothpick. Simmer for another 15 minutes until cabbage is tender.
- 6** Remove garlic and serve hot.

## DATA FOR 1 SERVING:

Calories	<b>163</b> kcal
Total Carbohydrates	<b>37</b> g
Protein	<b>4</b> g
Total Fat	<b>0.5</b> g
Saturated Fat	<b>0.1</b> g
Polyunsaturated Fat	<b>0.2</b> g
Monounsaturated Fat	<b>0.1</b> g
Trans Fat	

Cholesterol	<b>0</b> mg
Sodium	<b>391</b> mg
Potassium	<b>1054</b> mg
Dietary Fiber	<b>7</b> g
Sugar	<b>17</b> g
Vitamin A	<b>246</b> % Daily Value
Vitamin C	<b>41</b> % Daily Value
Calcium	<b>9</b> % Daily Value
Iron	<b>13</b> % Daily Value