

MORE!



Healthy Meals

500

CALORIES OR LESS VOL 2

More Healthy Recipes Your Taste Buds Will Actually Enjoy!





Breakfast



Chorizo breakfast hash

 SERVES **4**

- 3/4 lb** Chorizo, sliced
- 3 Lg** Russet potatoes, skins on and diced
- 1** Red bell pepper, seeded and chopped
- 1 Cup** Cherry tomatoes, halved
- 2 Tbsp** Parsley, fresh chopped



- Boil diced potatoes in salted water for about 8 minutes. Drain and allow to cool.
- In a large skillet cook the chorizo and over medium heat, drain off excess fat.
- Add the potatoes, bell peppers and tomatoes and continue to cook for 5 minutes, mixing often.
- Season with salt and pepper and garnish with fresh parsley.

SERVING SUGGESTION:

Serve with some scrambled eggs

DATA FOR 1 SERVING:

Calories	247 kcal
Total Carbohydrates	22 g
Protein	13 g
Total Fat	13 g
Saturated Fat	4 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.01 g
Trans Fat	

Cholesterol	45 mg
Sodium	667 mg
Potassium	464 mg
Dietary Fiber	2 g
Sugar	3 g
Vitamin A	22 % Daily Value
Vitamin C	88 % Daily Value
Calcium	5 % Daily Value
Iron	9 % Daily Value

Cream cheese pancakes

 SERVES **4**

- 2** Eggs
- 1 ½** Tbsp Oat flour
- 2** tsp Honey
- 1** tsp Butter, melted
- 2** tsp Lemon juice
- 8** Oz Cream cheese, softened
- ½** tsp Baking soda



- Add all ingredients to a food processor in the order listed. Blend on medium to high speed for 30 seconds or until blended well.
- Lightly grease a pre-heated (medium/low) griddle or skillet with a little oil of choice.
- Ladle the pancake batter onto griddle or pan. Cook pancakes until golden, about 3 minutes. Turn and brown other side about 2 minutes more.
- To serve with sprinkle pancakes with a little dusting of coconut sugar and garnish with lemon wedges, or with fresh berries and warm applesauce.

DATA FOR 1 SERVING:

Calories	261 kcal
Total Carbohydrates	6 g
Protein	8 g
Total Fat	23 g
Saturated Fat	14 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	7 g
Trans Fat	

Cholesterol	160 mg
Sodium	357 mg
Potassium	102 mg
Dietary Fiber	0.3 g
Sugar	2 g
Vitamin A	18 % Daily Value
Vitamin C	2 % Daily Value
Calcium	6 % Daily Value
Iron	7 % Daily Value

Medames - Egyptian Breakfast Beans

 SERVES **8**

- 2 lb** Dried fava beans, or pink beans
Lightly salted water
- 1/2** Red lentils
- 3 Tbsp** Lemon juice
- 1/4 tsp** Olive oil
- 1/2 Oz** Cumin, ground
Salt and pepper to taste
- 2 tsp** Scallions, chopped



- Rinse the dried beans and place in a large saucepan, add lightly salted water to cover.
- Bring to a boil and then reduce heat and cover.
- Simmer over low heat for 2 1/2 hours. If necessary, add more water to keep beans covered.
- Add lentils and cover, continue to simmer for 30 minutes longer or until lentils and beans are tender and mixture is thick but not soupy.
- Stir in lemon juice, olive oil, cumin, salt and freshly ground pepper.
- Serve hot, sprinkling each serving with a portion of green onions.

DATA FOR 1 SERVING:

Calories	275 kcal
Total Carbohydrates	38 g
Protein	17 g
Total Fat	7 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	5 g
Trans Fat	

Cholesterol	0 mg
Sodium	8 mg
Potassium	655 mg
Dietary Fiber	15 g
Sugar	4 g
Vitamin A	2 % Daily Value
Vitamin C	7 % Daily Value
Calcium	6 % Daily Value
Iron	23 % Daily Value

Overnight Baked Beans

 SERVES **6**

- 1** Dried navy beans
- 4 1/2** Cup Water
- 1/3** Cup Molasses
- 2** Tbsp Coconut sugar
- 1** Onion, peeled and chopped
- 1** Tbsp Dijon mustard
- 1/4** lb Pork, cut in 1" cubes
- 1/2** tsp Salt



- To begin with prep your beans by placing in large pot of boiling water over high heat. Return to boiling. Turn off heat; let stand 1 hour.
- Once done, drain the beans and combine all ingredients in to a crock pot/slow cooker.
- Cover and cook on LOW for 13-14 hours, stirring occasionally if possible.
- You will have a delicious meal of baked beans waiting for you come breakfast time.
- Either serve on its own or with a slice of rye sourdough toast.

DATA FOR 1 SERVING:

Calories	154 kcal
Total Carbohydrates	31 g
Protein	8 g
Total Fat	1 g
Saturated Fat	0.4 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	1 g
Trans Fat	

Cholesterol	12 mg
Sodium	480 mg
Potassium	538 mg
Dietary Fiber	4 g
Sugar	16 g
Vitamin A	0.04 % Daily Value
Vitamin C	2 % Daily Value
Calcium	7 % Daily Value
Iron	13 % Daily Value

Sweet Potato and Ham Hash with Baked Eggs

 SERVES **4**

- 2** Tbsp Butter
- 1** sml Onion, peeled and diced
- 1** Garlic clove, minced
- 1** med Sweet potato, diced (about 1 lb)
- 1/2** lb Ham, diced
Salt and pepper to taste
- 1/4** Cup Chicken stock
- 1** Tbsp Parsley, fresh chopped
- 6** Eggs



- 1 Preheat oven to 350F.
- 2 Heat the butter in a Dutch oven over medium heat.
- 3 Add the diced onion and garlic and saute for 2 minutes.
- 4 Add in the diced sweet potato and ham and continue to saute for 5 minutes.
- 5 Season with salt and pepper and mix through both the parsley and chicken stock.
- 6 Flatten out the skillet mixture evenly. Crack the eggs carefully on top of sweet potatoes.
- 7 Place in the oven to bake for 20 minutes or until sweet potatoes are soft and eggs are cooked to your liking.

DATA FOR 1 SERVING:

Calories	350 kcal
Total Carbohydrates	28 g
Protein	20 g
Total Fat	17 g
Saturated Fat	7 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	7 g
Trans Fat	

Cholesterol	333 mg
Sodium	949 mg
Potassium	671 mg
Dietary Fiber	4 g
Sugar	6 g
Vitamin A	330 % Daily Value
Vitamin C	13 % Daily Value
Calcium	8 % Daily Value
Iron	13 % Daily Value



Lunch



Liquid Sunshine Soup

 SERVES **4**

- 2** Onion
- 2** tsp Coconut sugar
- 1/2-1** Cup Vegetable stock, more or less as needed
- 1** Cup Red lentils
- 1** Butternut squash (or one can pumpkin)
- 1** Cup Orange juice
- 2** Tbsp Lemon juice
- 1/2** tsp Cumin
- 1/2** tsp Ground coriander
- 1** tsp Cinnamon
- 3/4** tsp Ground ginger
- 1/2** tsp Mustard powder
- Cayenne to taste
- Salt to taste



- Roast the squash by cutting in half, removing seeds and stringy membrane, place cut side down on baking sheet, pierce skin with a fork a few times, cook at 350 for 40 minutes or until soft.
- Peel and slice the onion and caramelize in a soup pot adding the coconut sugar along with a little stock at a time until onions are caramelized to your liking.
- Rinse the lentils.
- Scoop squash flesh away from skin and puree with the orange juice.
- After onions are caramelized add all ingredients into the onion cooking pot. Simmer gently until lentils are cooked.

DATA FOR 1 SERVING:

Calories	182 kcal
Total Carbohydrates	40 g
Protein	7 g
Total Fat	0.4 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.1 g
Trans Fat	

Cholesterol	0 mg
Sodium	45 mg
Potassium	394 mg
Dietary Fiber	9 g
Sugar	9 g
Vitamin A	201 % Daily Value
Vitamin C	108 % Daily Value
Calcium	9 % Daily Value
Iron	17 % Daily Value

Lunchtime Savoury Oats

 SERVES **4**

- 1 Cup** Rolled oats
- 1 Cup** Water
- 1 Cup** Coconut milk, (or milk of choice or water)
- 4** Eggs
- 1 Tbsp** Thyme, fresh leaves
- 1/2 Cup** Spinach, leaves finely chopped
- 2 Cup** Mushrooms, sliced
- 4** Lemon wedges
- 4** Butter, for cooking
- 4** Salt and pepper to taste



- Place the oats water and milk in a saucepan over medium-low heat for 10-15 minutes. Stir frequently, until the oats are tender and the mixture is thick and creamy.
- Meanwhile heat the butter in a skillet over medium heat, add the onion and garlic and saute for 2 minutes. Add in the sliced mushrooms and fresh thyme leaves, continue to cook for another 5 minutes or until mushrooms are soft and golden brown. Remove from heat and set aside.
- Move on to poaching your eggs. Fill a large saucepan up with water about two thirds of the way, bring it to a boil. You will then need to take the water down to a simmer, you want to bubbles coming up from the bottom, it shouldn't be a rolling simmer. Add the vinegar to the water.
- Crack one egg at a time in to a small measuring cup (with a handle). Using the measuring cup, ease the cup into the water and then tip the egg out in to the water. Repeat with remaining eggs.
- Cook each egg for 4 minutes, (do not overcook you want the yolk to remain runny). Once done remove eggs one at a time with a slotted spoon. Transfer to a plate with paper towel. Carefully pat dry.
- Dived the oatmeal between 4 bowls, top with the mushrooms, poached egg and garnish with some roughly chopped spinach and thyme.
- Season with salt and pepper to taste.

DATA FOR 1 SERVING:

Calories	179 kcal
Total Carbohydrates	17 g
Protein	11 g
Total Fat	7 g
Saturated Fat	3 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2 g
Trans Fat	

Cholesterol	211 mg
Sodium	240 mg
Potassium	106 mg
Dietary Fiber	3 g
Sugar	1 g
Vitamin A	20 % Daily Value
Vitamin C	5 % Daily Value
Calcium	6 % Daily Value
Iron	23 % Daily Value

Millet Soup

 SERVES **6**

- 3 1/2 Cup** Vegetable stock
- 1/2 Cup** Millet
- 1/2 sml** Cauliflower, cut into florets
- 1 md** Carrot, coarsely chopped
- 1** Celery, stalk with leaves and sliced
- 2** Garlic cloves, minced
- 1/2 Cup** Dried rosemary
- 1/4 Cup** Freshly ground black pepper
- 2 Cup** Coconut milk, (or milk of choice)
- 1/2 Cup** Dried thyme
- 1 1/2 Cup** Mushrooms, sliced
- 3 Cup** Tamari
- 1 sml** Dried basil
- 3** Scallions, with tops finely chopped
- 2 sml** Nutritional yeast flakes



- 1 Add the stock and millet in to a large pot. Bring to a simmer over medium heat, cover, and cook for 12 minutes.
- 2 Stir in the cauliflower, carrot, celery, garlic, rosemary, thyme, basil, and pepper and return to a simmer.
- 3 Cover and cook, stirring occasionally, until the vegetables are almost tender, approximately 8 minutes.
- 4 Stir in the mushrooms and green onions, cover, and simmer until the mushrooms are tender, approximately 5 minutes.
- 5 Stir in the milk, tamari, and yeast flakes, and bring just to a simmer. Serve immediately, seasoning with a little salt and pepper if necessary.

DATA FOR 1 SERVING:

Calories	346 kcal
Total Carbohydrates	64 g
Protein	14 g
Total Fat	3 g
Saturated Fat	1 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	1 g
Trans Fat	

Cholesterol	0 mg
Sodium	652 mg
Potassium	549 mg
Dietary Fiber	11 g
Sugar	4 g
Vitamin A	68 % Daily Value
Vitamin C	35 % Daily Value
Calcium	12 % Daily Value
Iron	29 % Daily Value

Pork Fried Rice

 SERVES **4**

- 1** Egg
- 1** Tbsp Water
Salt
Oil
- 1/2** lb Lean pork, cut in thin strip
- 1/2** Cup Scallions, sliced
- 1/2** Cup Celery, sliced
- 1** Cup Bean sprouts
- 3** Cup Cooked rice, cold
- 3** Tbsp Tamari



- Combine egg, water and a pinch of salt and whisk.
- Heat wok or large skillet over medium high heat. Add 2 teaspoons of oil and pour in egg mixture. Tilt pan to coat surface.
- Cook until omelette is set and bottom is slightly golden. Turn and cool, then roll up tightly and slice crosswise into slivers. Set aside.
- Heat 3 tablespoons of oil in wok or large skillet. Add pork and 1/2 teaspoon salt. Stir-fry over high heat until browned and cooked.
- Add scallions and celery and cook until crisp-tender.
- Add rice and bean sprouts and cook until rice is heated through, stirring to mix with meat and vegetables.
- Add tamari sauce and stir to mix. and curl back. Chill in water 1 hour or overnight. Drain well before using.

DATA FOR 1 SERVING:

Calories	304 kcal
Total Carbohydrates	44 g
Protein	19 g
Total Fat	5 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2 g
Trans Fat	

Cholesterol	90 mg
Sodium	1187 mg
Potassium	340 mg
Dietary Fiber	1 g
Sugar	1 g
Vitamin A	6 % Daily Value
Vitamin C	6 % Daily Value
Calcium	4 % Daily Value
Iron	19 % Daily Value

Salmon Cakes

 MAKES **6**

- 2** Cup Canned salmon, drained (canned in water)
- 1/2** Cup Cornflakes, crushed in to crumbs
- 2** Scallions, chopped
- 1/4** Cup Celery, finely chopped
- 1/4** Cup mayonnaise
- 1** dash Worcestershire sauce
- 2** Tbsp Thyme, chopped fresh
- 1** Salt and pepper, to taste
- 1** Egg, lightly whisked



- Combine all ingredients in a bowl and stir gently to blend. Season with salt and pepper.
- Shape mixture into 6 patties, about 3/4-inch-thick. Arrange on plate.
- Heat a little olive oil in a large skillet over medium-low heat.
- Add salmon cakes and sauté until brown and cooked through, about 5 minutes per side.
- Transfer to plate and serve with a wedge of lemon and salad greens of choice

DATA FOR 1 SERVING:

Calories	199 kcal
Total Carbohydrates	22 g
Protein	13 g
Total Fat	7 g
Saturated Fat	1 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	2 g
Trans Fat	

Cholesterol	60 mg
Sodium	352 mg
Potassium	208 mg
Dietary Fiber	0.3 g
Sugar	2 g
Vitamin A	23 % Daily Value
Vitamin C	22 % Daily Value
Calcium	12 % Daily Value
Iron	41 % Daily Value

Smoked Chicken tropical salad

 SERVES **4**

Salad:

- 1/2 lb** Smoked chicken breast, sliced
- 3 Cup** Arugula
- 1 Lg** Mango, flesh cut in to strips
- 1 Lg** Avocado, sliced **1/4 Cup** Pine nuts, toasted

Dressing:

- 1 Cup** Plain yogurt **1 Tbsp** Whole grain mustard
- 2 Tbsp** Lime juice, freshly squeezed **2 tsp** Olive oil
- 1 Tbsp** Ginger, grated fresh **1/2 tsp** Ground cumin



- Combine all salad ingredients in to a large bowl and lightly toss to combine.
- Add all the dressing ingredients to a small bowl and whisk together well.
- Drizzle the preferred amount of dressing over the salad and lightly toss again.
- Serve immediately.

DATA FOR 1 SERVING:

Calories	233 kcal
Total Carbohydrates	20 g
Protein	6 g
Total Fat	16 g
Saturated Fat	2 g
Polyunsaturated Fat	4 g
Monounsaturated Fat	8 g
Trans Fat	

Cholesterol	4 mg
Sodium	106 mg
Potassium	575 mg
Dietary Fiber	5 g
Sugar	13 g
Vitamin A	17 % Daily Value
Vitamin C	39 % Daily Value
Calcium	15 % Daily Value
Iron	8 % Daily Value

Springtime Pasta Salad

 SERVES 4

Salad:

- 8 Oz Quinoa spaghetti pasta, (or buckwheat/rice or other GF variety)
- 1 1/2 Cup Broccoli, cut in to florets
- 1 Red onion, peeled and sliced
- 2 Garlic clove, minced
- 2 Cup Frozen peas, thawed
- 1/2 Cup Red bell pepper, seeded and sliced
- 1 Cup Mushrooms, sliced
- 1/2 Cup Arugula
- 1/4 Cup Parsley, chopped

Dressing:

- 2 Tbsp Apple cider vinegar
- 2 Tbsp Olive oil, extra virgin
- 2 Tbsp Lemon juice, freshly squeezed
- 1 tsp Mustard powder
- 2 Tab Fresh basil, finely chopped
- 1/2 tsp Dried oregano
- 1/2 tsp Dried thyme
- Salt and pepper to taste



- 1 Prepare spaghetti according to package directions; drain and set aside to cool.
- 2 Steam the broccoli florets until crisp and slightly tender, ensure not to overcook, just until they are bright green, approximately 4 minutes. Set aside with pasta to cool.
- 3 In a large serving bowl add the onions, garlic, peas, capsicum, mushrooms, and parsley along with the cooled pasta and broccoli.
- 4 To prepare dressing, combine vinegar, lemon juice, mustard, salt, basil, oregano, thyme, black pepper, and cayenne pepper in a glass jar, secure the lid lightly and shake well.
- 5 Pour dressing over pasta mixture and toss gently until well mixed.

DATA FOR 1 SERVING:

Calories	224 kcal
Total Carbohydrates	37 g
Protein	7 g
Total Fat	5 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3 g
Trans Fat	

Cholesterol	53 mg
Sodium	53 mg
Potassium	221 mg
Dietary Fiber	5 g
Sugar	5 g
Vitamin A	34 % Daily Value
Vitamin C	93 % Daily Value
Calcium	7 % Daily Value
Iron	14 % Daily Value



Thai Beef Salad

 SERVES 4 - 6

Salad:

- 3 Cup Mixed lettuce leaves
- 1 Cucumber, sliced
- 1 Red onion, peeled and thinly sliced
- 1 Cup Cherry tomatoes, halved
- 4 Scallions, trimmed and sliced
- 16 Fresh mint leaves
- 16 Fresh basil leaves
- 1/2 Cup Cilantro leaves
- 1 Tbsp Olive oil

Meat: 1 lb Beef rump fillet

Mrinate:

- 1/3 Cup Rice wine vinegar
- 2 Tbsp Coconut sugar
- 2 Garlic cloves, chopped
- 3 tsp Fish sauce
- 3 Oz Chinese sweet cillie paste



- 1 To cook the beef: grill the beef until med rare and set aside.
- 2 Make the marinade by combining all marinade ingredients in a small bowl.
- 3 Slice the meat paper thin and pour over the marinade and marinate for 15 minutes at room temperature.
- 4 Meanwhile add all prepared salad ingredients to large serving bowl and toss to combine, drizzling over a little olive oil.
- 5 Remove the beef strips from marinade shaking off any excess marinade. Add to the salad, tossing trough. Season with salt and pepper and serve.

DATA FOR 1 SERVING:

Calories **297** kcal
Total Carbohydrates **21** g
Protein **22** g
Total Fat **14** g
Saturated Fat **5** g
Polyunsaturated Fat **1** g
Monounsaturated Fat **6** g
Trans Fat **0** g

Cholesterol **62** mg
Sodium **757** mg
Potassium **443** mg
Dietary Fiber **1** g
Sugar **17** g
Vitamin A **11** % Daily Value
Vitamin C **14** % Daily Value
Calcium **4** % Daily Value
Iron **11** % Daily Value



Thai fish cakes with cucumber salad

 SERVES **6**

Fish cakes:

- 2 lb** Minced fish
- 1 tsp** Salt
- 1/2 Cup** Red curry paste
- 1** Egg
- 1 Tbsp** Fish sauce
- 1 Cup** Green beans, finely chopped
- 2 Cup** Basil leaves, finely chopped
- Olive oil**, for cooking

Salad:

- 1 Cup** Cucumber, cut in fourths & sliced
- 3** Scallion, sliced thinly
- 1** Red hot chilli pepper, sliced
- 1 Tbsp** Coconut sugar
- 1 Tbsp** Rice wine vinegar
- 1 tsp** Salt
- 1/2 Cup** Hot water



Fish cakes:

- 1** In food processor mix to a paste the fish, salt, curry paste, egg and fish sauce. Fold in green bean and basil
- 2** Form paste into balls with hand and flatten each piece into 2 inch circles.
- 3** Heat oil in a non-stick skillet over medium heat. Fry fish until light golden in color on both sides and cooked through, turning once.
- 4** Remove from pan and drain on paper towel.
- 5** Serve with cucumber salad.

Salad:

- 1 In a serving bowl, arrange cucumber, scallions and chilli in layers.
- 2 Mix sugar, vinegar and salt. Add hot water; stir until sugar dissolves. Pour over the cucumber mixture.

DATA FOR 1 SERVING:

Calories	283 kcal	Cholesterol	179 mg
Total Carbohydrates	15 g	Sodium	2244 mg
Protein	45 g	Potassium	1049 mg
Total Fat	3 g	Dietary Fiber	4 g
Saturated Fat	1 g	Sugar	6 g
Polyunsaturated Fat	1 g	Vitamin A	14 % Daily Value
Monounsaturated Fat	1 g	Vitamin C	37 % Daily Value
Trans Fat		Calcium	6 % Daily Value
		Iron	10 % Daily Value



Zucchini and Pesto “Pasta”

 SERVES **4**

- 2-3 Lg** Zucchini
- 4-6** Radishes
- 1 sml** Red onion, peeled and thinly sliced
- ½ Cup** Feta, cubed
- 1 Cup** Pesto

For Pesto:

- 1 Cup** Basil leaves, packed tight
- 1 ½ Cup** Spinach leaves, packed tight
- 1/4 Cup** Pine nuts
- 1 Small** Garlic clove, peeled and crushed
- 1/3 Cup** Parmesan cheese
- 1/4 Cup** Extra virgin olive oil, + a little if needed
- 1 tsp** Apple Cider Vinegar
- Salt and pepper to taste



- 1** Make zucchinis using either a mandolin, vegetable peeler or spiralizer.
- 2** Add the zucchinis to a large non – stick skillet with a little olive oil and sauté for 1-2 minutes over medium heat. Do not overcook, you just want to lightly cook so they are a little tender. Remove from heat and add to a large bowl.
- 3** Make the pesto by placing all the pesto ingredients in a food processor and pulse a couple of times until desired consistency. You can leave slightly chunky or blend a little longer for a smooth and creamy sauce.
- 4** Pour the pesto over the zucchini ribbons and toss through until pesto is well incorporated.
- 5** Add in the sliced radishes, onion and feta, toss through to combine and season with a little salt and pepper.
- 6** Serve immediately, enjoy!

DATA FOR 1 SERVING:

Calories **324** kcal
Total Carbohydrates **11** g
Protein **9** g
Total Fat **29** g
Saturated Fat **7** g
Polyunsaturated Fat **5** g
Monounsaturated Fat **15** g
Trans Fat **0** g

Cholesterol **22** mg
Sodium **340** mg
Potassium **646** mg
Dietary Fiber **3** g
Sugar **5** g
Vitamin A **48** % Daily Value
Vitamin C **58** % Daily Value
Calcium **22** % Daily Value
Iron **11** % Daily Value





Dinner



Lamb Shish Kebab

 MAKES **4** - **6**

- 1.5 lb** Lamb shoulder, cut into 1 1/2 inch cubes
- 2** Red bell peppers
- 2** Yellow onions
- 1/3 Cup** Olive oil
- 1/2 tsp** Oregano, dried
- 2** Garlic cloves, crushed
- 1 Tbsp** Mint, fresh chopped
- 1 Tbsp** Tamari



- 1 Cut the red bell peppers first in halves and then in thirds the long way. Remove the seeds and cut each piece across in to squares.
- 2 Peel the yellow onions and cut in half across the middle. Cut each piece in quarters. Peel the layers apart so you have peices about the same size as the red pepper squares.
- 3 Place the red peppers and onions in a large mixing bowl along with the lamb. Make a sauce of the olive oil, oregano, mint, garlic and tamari. Mix well, and pour over the meat and vegetables. Mix well again and let sit for 3 hours.
- 4 Arrange on skewers in this order: onion, meat, red pepper, meat, onion, meat, red pepper, meat. End with an onion.
- 5 On a grill or hot plate cook until lightly browned on all sides, approximately 15 minutes, ensure you don't overcook.
- 6 Serve with mixed lettuce greens and tomatoes cut in to wedges or side of your choice.

DATA FOR 1 SERVING:

Calories	462 kcal
Total Carbohydrates	6 g
Protein	26 g
Total Fat	37 g
Saturated Fat	11 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	20 g
Trans Fat	

Cholesterol	104 mg
Sodium	373 mg
Potassium	335 mg
Dietary Fiber	1 g
Sugar	1 g
Vitamin A	44 % Daily Value
Vitamin C	124 % Daily Value
Calcium	3 % Daily Value
Iron	15 % Daily Value

Layered Vegetable Casserole

 SERVES **6**

Ingredients

- 6** Potatoes, sliced
- 1** Onion, sliced
- 2** Carrots, sliced
- 1** Bell pepper, green, sliced
- 1 Cup** Corn, frozen or fresh
- 1 Cup** Peas, frozen or fresh
- 1** Zucchini, sliced
- 2 Cup** Cheese, shredded

Optional Vegetables

- 1-2 Cup** Mushrooms
- 1-2 Cup** Green beans
- 1-2 Cup** Broccoli

Sauce

- 2 1/2 Cup** Tomato puree
- 1/4 Cup** Tamari
- 1 Cup** Ground thyme
- 1 Cup** Mustard powder
- 1 Cup** Dried basil leaves
- 2 Cup** Chili powder
- 1/2 Cup** Cinnamon
- 1/8 Cup** Ground sage
- 2 Cup** Parsley, fresh chopped



- 1** Preheat oven to 350F
- 2** Layer vegetables in a large casserole dish in order given.

- 3 Mix together ingredients for sauce and pour over vegetables, sprinkle cheese over top.
- 4 Cover the dish loosely with foil.
- 5 Bake in preheated oven for 1 hour or until vegetables are soft.
- 6 Uncover and continue to cook for a further 15 minutes, or until the top is golden brown and sauce bubbles around the edges.

DATA FOR 1 SERVING:

Calories	405 kcal	Cholesterol	35 mg
Total Carbohydrates	59 g	Sodium	1023 mg
Protein	19 g	Potassium	1743 mg
Total Fat	12 g	Dietary Fiber	11 g
Saturated Fat	7 g	Sugar	14 g
Polyunsaturated Fat	1 g	Vitamin A	127 % Daily Value
Monounsaturated Fat	3 g	Vitamin C	185 % Daily Value
Trans Fat		Calcium	35 % Daily Value
		Iron	27 % Daily Value



Marinated Chicken Breasts

 SERVES **2**

- 2** Chicken breast, halves skinless boneless
- 1** Garlic clove, minced
- 1/2** tsp Dried basil
- 1/4** tsp Dried thyme
- 1/4** tsp Pepper
- 1/4** Cup Orange juice, freshly squeezed
- 1/4** Cup White wine vinegar
- 1/4** tsp Salt



- 1 Sprinkle chicken on both sides with garlic, basil, thyme and pepper.
- 2 Arrange chicken in shallow bowl.
- 3 Mix together vinegar and orange juice and pour over chicken. Cover and refrigerate for at least 2 hours.
- 4 Place chicken on a broiler pan. Set temperature control at Broil 500F. Arrange oven rack so chicken is about 4 inches from heat. Broil, turning, about 6 minutes per side or until fork can be inserted in chicken with ease.
- 5 Sprinkle with salt, cut in to slices and serve with either side salad with fresh greens or freshly steamed seasonal vegetables.

DATA FOR 1 SERVING:

Calories	200 kcal
Total Carbohydrates	4 g
Protein	36 g
Total Fat	5 g
Saturated Fat	2 g
Polyunsaturated Fat	0.03 g
Monounsaturated Fat	3 g
Trans Fat	

Cholesterol	125 mg
Sodium	597 mg
Potassium	81 mg
Dietary Fiber	0.3 g
Sugar	3 g
Vitamin A	2 % Daily Value
Vitamin C	27 % Daily Value
Calcium	2 % Daily Value
Iron	3 % Daily Value

Porcupine meatballs

 SERVES **4**

- 1 lb** Ground beef
- 1/2 Cup** Rice
- 1/2 Cup** Water
- 1/4 Cup** Onion, peeled and finely chopped
- 1 tsp** Salt
- 1/2 tsp** Celery salt
- 1/8 tsp** Garlic powder
- 1/8 tsp** Pepper
- 15 Oz** Tomato puree
- 1 Cup** Beef stock
- 2 tsp** Worcestershire sauce
- 1 sml** Red bell pepper, seeded and chopped
- 1 sm** Yellow bell pepper, seeded and chopped
- 1 med** Zucchini, cut in to chunks



- Mix the meat, rice, 1/2 cup of water, the onion and the seasonings. Shape the mixture by tablespoons into 1 1/2-inch balls.
- Place the meatballs in an ungreased baking dish, 8x8x2 inches.
- Mix the remaining ingredients except the bell peppers and zucchini and pour over the meatballs.
- Cover and bake in a 350 degree F. oven for about 45 minutes.
- Uncover the tray and mix through the bell peppers and zucchini. Leave uncovered and bake 20 minutes longer.
- Serve immediately.

DATA FOR 1 SERVING:

Calories	331 kcal
Total Carbohydrates	20 g
Protein	24 g
Total Fat	18 g
Saturated Fat	7 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	8 g
Trans Fat	1

Cholesterol	77 mg
Sodium	912 mg
Potassium	1014 mg
Dietary Fiber	3 g
Sugar	8 g
Vitamin A	33 % Daily Value
Vitamin C	136 % Daily Value
Calcium	5 % Daily Value
Iron	27 % Daily Value

Pork Cashew Stir Fry

 SERVES **4**

- 2** Tbsp Olive oil
- 1** lb Pork tenderloin
- 2** Tbsp Tamari
- 1 ½** Cup Broccoli, cut in to florets
- 1** Red bell pepper, seeded and diced
- 1/2** Cup Cashews, roasted unsalted
- 1** Tbsp Coconut sugar
- 1** Tbsp Tapioca flour
- 3** Tbsp Water
Salt to taste



- Heat oil in a wok or heavy skillet over high heat.
- Cut pork tenderloin into 1/2-inch strips and add to wok. Stir fry for 3 to 4 minutes, or until lightly browned.
- Add tamari and stir fry for 1 more minute.
- Add broccoli, red peppers and cashews; stir fry 3 to 4 minutes.
- Sprinkle with coconut sugar and stir until dissolved, about 1 minute.
- Dissolve tapioca in water and add to wok. Stir and cook until sauce thickens. Season with salt to taste.
- Serve immediately with either cauliflower rice or steamed rice.

DATA FOR 1 SERVING:

Calories	285 kcal
Total Carbohydrates	21 g
Protein	8 g
Total Fat	21 g
Saturated Fat	3 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	13 g
Trans Fat	

Cholesterol	0 mg
Sodium	400 mg
Potassium	305 mg
Dietary Fiber	2 g
Sugar	6 g
Vitamin A	33 % Daily Value
Vitamin C	127 % Daily Value
Calcium	3 % Daily Value
Iron	16 % Daily Value

Quick and Easy Beef Pho

 SERVES **6**

- 8** Cup Beef stock
- 2** Cup Water
- 1** Onion, halved
- 2** Oz Ginger, unpeeled, fresh
- 1** Garlic clove
- 4** Star anise
- 1** Cinnamon, stick
- 1/3** Cup Fish sauce
- 1** Cup Beef sirloin, sliced paper thin* see note
- 12** Cup Rice stick noodles
- Pepper to taste

Optional Vegetables

- 2** Scallion, thinly sliced
- 1** Tbsp Cilantro, chopped
- 2** Onions, sliced paper-thin
- 2** Cup Bean sprouts, fresh
- 2** Chile peppers, sliced
- 1/4** Cup Hot chili sauce
- 1** Lime, cut into wedges

- Soak the rice sticks in warm water for 30 minutes.
- Meanwhile add the stock with 2 cups of water in a large pot with the ginger, onion, garlic, star anise, cinnamon, and fish sauce. Bring to a boil and then reduce heat to low. Cover and simmer for 20 minutes.
- Strain and discard all the solids. Return the stock to the pan and bring to a rolling boil.
- Drain the noodles, and divide the noodles among 4 large soup bowls.
- Top the noodles with the sliced meat.
- Ladle the boiling broth directly over the meat in each bowl (the broth will cook the raw beef instantly).



- 6 Top each bowl with some bean sprouts, sliced scallions, cilantro, sliced onions, sliced chili peppers, a drizzle of hot sauce and lime wedge.
- 7 Enjoy immediately!

RECIPE NOTE:

In order to cut the beef into paper-thin slices, freeze the pieces of meat for 30 minutes before slicing.

DATA FOR 1 SERVING:

Calories	370 kcal
Total Carbohydrates	84 g
Protein	7 g
Total Fat	0.5 g
Saturated Fat	0.2 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.1 g
Trans Fat	

Cholesterol	 mg
Sodium	2900 mg
Potassium	195 mg
Dietary Fiber	4 g
Sugar	5 g
Vitamin A	4 % Daily Value
Vitamin C	37 % Daily Value
Calcium	3 % Daily Value
Iron	10 % Daily Value



Quick and Easy Crock Pot Beef “Tacos”

 SERVES **6**

Beef Filling:

- 1 ½ lb** Chuck steak
- 1** Onion, sliced
- 1** Green pepper, sliced
- 1** Red pepper, sliced
- 1** Jalapeno, sliced, remove seeds
- 1** **Tbsp** Cilantro
- 1** Garlic clove, minced
- 1** **tsp** Chili powder
- 1** **tsp** Cumin
- 1** **tsp** Coriander
- ¼** **tsp** Salt
- 8** **tsp** Tomatoes, chopped

“Tacos”:

- 8** Eggs
- 2** **Tbsp** Tapioca flour
- 1/3** **Cup** Ground flaxseeds
- ¼** **tsp** Salt



-  Sour cream
-  Diced tomatoes
-  Shredded lettuce or spinach
-  Fresh cilantro
-  Salsa
-  Sliced avocado
-  Grated cheese

- 1 Cut flank steak into 6 portions.
- 2 Combine all meat along with all remaining beef filling ingredients in to a crockpot/slow cooker.
- 3 Cover and cook on low 8-10 hours or high for 4-5 hours.
- 4 Just before serving, make your tortillas and prepare your choice of toppings.
- 5 Remove meat from crockpot and shred. Return to crockpot and stir. To serve spread on tortillas top with toppings and roll up tortilla.
- 6 Add all the taco ingredients to a blender, blend until well combined and no lumps (20 seconds or so).
- 7 Heat a non stick skillet over medium to low heat and grease with a little coconut oil.
- 8 Pour roughly a 1/3 cup of in to the center of the pan and cook like you would a pancake. Cook on one side for 2 minutes, flipping over to turn on the other side for another 1 – 2 minutes. Remove from pan, set aside and keep warm.
- 9 Continue until all the batter has been used and you have a stack of flexible “tacos”.
- 10 Remove the chunks of meat from the crockpot and shred. Return to crockpot and stir through.
- 11 To serve spread the beef on tortillas top with toppings and fold.

DATA FOR 1 SERVING:

Calories	475 kcal
Total Carbohydrates	13 g
Protein	28 g
Total Fat	34 g
Saturated Fat	12 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	13 g
Trans Fat	

Cholesterol	332 mg
Sodium	322 mg
Potassium	533 mg
Dietary Fiber	3 g
Sugar	4 g
Vitamin A	28 % Daily Value
Vitamin C	91 % Daily Value
Calcium	7 % Daily Value
Iron	22 % Daily Value



Spiced sausage pilaf

 SERVES **6**

- 2** Tbsp Olive oil
- 1** Onion, chopped
- 2** lb Sausage, of choice (beef/pork/chicken) cut in to pieces
- 1 ½** Cup Long grain rice
- 1** Carrots, peeled and julienned
- 1/2** Cup Celery, finely sliced
- 1** Cumin
- 1/2** Cup Turmeric
- 1** Tbsp Chicken broth
- 3** Tbsp Fresh parsley, finely chopped
- Salt and pepper to taste



- Heat the olive oil in a large non-stick skillet over medium heat. Add the onion and sausage and cook; mix to brown evenly.
- Stir in the rice, carrots, carrots, cumin, turmeric. Stir fry for 1 minute.
- Add remaining ingredients and heat to boiling. Lower heat and cover; simmer 20 minutes until liquid has been absorbed.
- Remove from heat and let stand 5 minutes then fluff with fork.

DATA FOR 1 SERVING:

Calories	436 kcal
Total Carbohydrates	42 g
Protein	12 g
Total Fat	24 g
Saturated Fat	9 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	12 g
Trans Fat	

Cholesterol	41 mg
Sodium	1088 mg
Potassium	351 mg
Dietary Fiber	2 g
Sugar	4 g
Vitamin A	106 % Daily Value
Vitamin C	16 % Daily Value
Calcium	6 % Daily Value
Iron	17 % Daily Value

Spinach Pie

 SERVES **4**



1/2 Cup Scallions, chopped

1 Tbsp Butter

10 Oz Frozen spinach, (chopped) thawed and drained

1 Cup Cottage cheese

1 Cup Milk, of choice

1/2 Cup Almond meal

1 Tbsp Tapioca flour

1/4 tsp Pepper

3 Eggs

3 Tbsp Parmesan cheese, grated

1 tsp Lemon juice, freshly squeezed

1/4 tsp Nutmeg

- 1** Preheat oven to 350F.
- 2** Heat the butter in a large skillet over medium heat. Add in the onions and saute for 2-3 minutes until soft. Mix in the spinach.
- 3** Grease a casserole dish and layer with spinach and cottage cheese.
- 4** Put the last 7 ingredients in a blender and mix well.
- 5** Pour over casserole and bake at 350F for 35 minutes, or until knife comes out clean.
- 6** Serve with a fresh side salad of choice.

DATA FOR 1 SERVING:

Calories **278** kcal
Total Carbohydrates **12** g
Protein **19** g
Total Fat **18** g
Saturated Fat **7** g
Polyunsaturated Fat **1** g
Monounsaturated Fat **4** g
Trans Fat **0** g

Cholesterol **182** mg
Sodium **351** mg
Potassium **446** mg
Dietary Fiber **4** g
Sugar **5** g
Vitamin A **174** % Daily Value
Vitamin C **30** % Daily Value
Calcium **29** % Daily Value
Iron **15** % Daily Value

Turkey Meatball Soup

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

- 2** Slices (sml/med) Sourdough bread
- 1/2** Cup Coconut milk
- 1** lb Ground turkey
- 1/2** tsp Salt
- 1/2** tsp Pepper
- 2** Tbsp Olive oil
- 4** Cup Chicken broth
- 4** Garlic cloves
- 1/2** Cup Pearl barley
- 1** med Onion, peeled and chopped
- 2** Carrots, peeled and sliced
- 2** Celery stalks, sliced
- 1/2** Cup Corn kernels
- 3** Tbsp Parsley, fresh chopped
- 1** tsp Allspice
- 1** tsp Garlic powder



- 1 Place bread and milk in bowl, soak bread until it absorbs all the milk and becomes soggy.
- 2 Add the ground turkey, salt and pepper and mix well.
- 3 Form into small to medium size balls.
- 4 Heat a little oil in a large stock pot over medium heat, brown the meat balls on all sides. Drain the oil.
- 5 Add all remaining ingredients and simmer uncovered for 1 hour.
- 6 Adjust seasonings and serve.

DATA FOR 1 SERVING:

Calories	339	kcal	Cholesterol	76	mg
Total Carbohydrates	26	g	Sodium	1092	mg
Protein	25	g	Potassium	432	mg
Total Fat	16	g	Dietary Fiber	4	g
Saturated Fat	4	g	Sugar	3	g
Polyunsaturated Fat	3	g	Vitamin A	88	% Daily Value
Monounsaturated Fat	7	g	Vitamin C	9	% Daily Value
Trans Fat			Calcium	5	% Daily Value
			Iron	13	% Daily Value



Turnip, Carrot, and Split Pea Soup

 SERVES **4**

- 3/4** Cup Dried split peas
- 2** Tbsp Olive oil
- 1** Onion, peeled and chopped
- 1** Cup Carrots, chopped
- 1** Cup Carrots, peeled and julienned
- 3** Cup Celery, finely sliced



- 1 Wash peas and soak them overnight in cold water, or in hot water for one hour.
- 2 Drain them and set aside.
- 3 Heat the olive oil in a saucepan and sauté the onion until light brown.
- 4 Add the carrots and turnip and continue cooking 5 mins.
- 5 Add the peas and vegetable stock, and stir well. Cover the pan, bring to a boil. Reduce heat and simmer for 1 – 1 1/2 hours until the peas are really tender.
- 6 Stir occasionally, and add water (or more stock) if necessary.
- 7 Season to taste.

DATA FOR 1 SERVING:

Calories	237 kcal
Total Carbohydrates	33 g
Protein	10 g
Total Fat	8 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	5 g
Trans Fat	

Cholesterol	0 mg
Sodium	229 mg
Potassium	610 mg
Dietary Fiber	11 g
Sugar	8 g
Vitamin A	93 % Daily Value
Vitamin C	21 % Daily Value
Calcium	6 % Daily Value
Iron	10 % Daily Value

Stir-Fried Tofu

 SERVES **4**

- 1 lb** Firm tofu
- 3** Serrano chilies
- 4** Scallions
- 1/4 Cup** Oyster sauce
- 2 Tbsp** Fish sauce
- 1/2 Cup** Water
- 3 Tbsp** Olive oil
- 1 Tbsp** Sesame oil
- 2 Cup** Bok choy, chopped
- 1** Zucchini, chopped
- 1/4 tsp** Ground white pepper
- 4 Tbsp** Crushed peanuts



- Press tofu between paper towels, for about 30 minutes, to remove excess water. Cut into 1/2 inch cubes.
- Remove the stems from chilies, and slice lengthwise into thin strips and add to tofu.
- Diagonally slice the scallions into pieces about 1 inch long and 1/4 inch thick, chopped the zucchini and bok choy and set aside.
- Mix the oyster sauce, fish sauce, and water, set aside.
- Heat a wok, adding the oil and swirl over the surface of the pan.
- Stir-fry the garlic until it is light golden.
- Add the tofu, chilies, and zucchini. Stir-fry over moderate heat until the zucchini is tender, about 2 minutes.
- Add the oyster sauce mixture along with bok choy and scallions. Stir over high heat until all the ingredients are heated through and the mixture is boiling.
- Put the mixture in a serving bowl and sprinkle with pepper and crushed peanuts.
- Serve immediately with a little steamed rice and a wedge of lemon.

DATA FOR 1 SERVING:

Calories **342** kcal
Total Carbohydrates **14** g
Protein **17** g
Total Fat **27** g
Saturated Fat **4** g
Polyunsaturated Fat **5** g
Monounsaturated Fat **13** g
Trans Fat

Cholesterol mg
Sodium **1530** mg
Potassium **368** mg
Dietary Fiber **4** g
Sugar **6** g
Vitamin A **36** % Daily Value
Vitamin C **44** % Daily Value
Calcium **20** % Daily Value
Iron **18** % Daily Value



Two-Bean Stew

 SERVES **6**



- 1** Can kidney beans, (18-oz)
- 1** Can cannellini beans, (18-oz)
- 2** **Cup** Vegetable broth
- 2** **med** Potatoes, scrubbed and chopped
- 2** **med** Carrots, peeled and chopped
- 2** **med** Onions, chopped
- 3** Celery stalks, chopped
- 1** **Lg** Turnip, chopped
- 2** **tsp** Tamari
- 2** Bay leaves
- 2** **tsp** Thyme, leaves
- 2** **tsp** Marjoram
- 2** **Cup** Garlic powder
- 1** **med** Tomato
- 2** **med** Tapioca flour
- ½** **med** Water
- ½** **med** Parsley, finely chopped
Salt and pepper to taste

- 1** In large Dutch oven or heavy saucepan, place drained liquid from beans. Set beans aside.
- 2** Add stock, cover and bring to boil.
- 3** Add vegetables, tamari and herbs.
- 4** Cover, bring to boil, reduce heat and simmer for about 8 minutes, or until veggies are still a little crunchy.
- 5** Add beans and tomatoes to cooked veggies. Cover, and bring to boil. Combine tapioca flour and water in jar with tight fitting lid. Shake well, then slowly add mixture to hot stew, stirring while it thickens slightly.
- 6** Add parsley, reduce heat, and simmer for 3 to 4 minutes. Adjust seasonings to taste.

DATA FOR 1 SERVING:

Calories **292** kcal
Total Carbohydrates **57** g
Protein **12** g
Total Fat **3** g
Saturated Fat **0.5** g
Polyunsaturated Fat **1** g
Monounsaturated Fat **1** g
Trans Fat

Cholesterol mg
Sodium **823** mg
Potassium **1227** mg
Dietary Fiber **13** g
Sugar **8** g
Vitamin A **87** % Daily Value
Vitamin C **61** % Daily Value
Calcium **10** % Daily Value
Iron **22** % Daily Value



Vegetable Paella

 SERVES **4**

- 3 Tbsp** Olive oil
- 1** Onion, diced
- 1 1/4 Cup** Rice, short grain white rice uncooked
- 2 lb** Tempeh, cut into 1" cubes
- 2 Cup** Vegetable stock
- 2 tsp** Saffron, powdered
- 3 Tbsp** Tarragon. Salt and pepper, to taste
- 1 Cup** Peas
- 2 Cup** Corn
- 2** Celery, stalks sliced
- 2 Cup** Green olives, drained
- 2 Cup** Pimientos, diced
- 2 Cup** Parsley, finely chopped



- Heat the oil in a large, deep pan. Add the onion, rice and tempeh, stir until the rice and onion is coated and begins to turn opaque and tempeh a little golden.
- Add the saffron, stock, tarragon and salt and pepper to taste. Mix well, then bring to a boil.
- Mix again, to distribute the saffron coloring.
- Arrange the vegetables and olives attractively on top of the rice. Bring to a boil.
- Cover with a lid or foil and simmer for 45 minutes. Sprinkle with parsley and serve straight from the pan.

DATA FOR 1 SERVING:

Calories	382 kcal
Total Carbohydrates	41 g
Protein	16 g
Total Fat	18 g
Saturated Fat	3 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	12 g
Trans Fat	

Cholesterol	0 mg
Sodium	563 mg
Potassium	585 mg
Dietary Fiber	9 g
Sugar	6 g
Vitamin A	31 % Daily Value
Vitamin C	74 % Daily Value
Calcium	10 % Daily Value
Iron	16 % Daily Value

Wild Mushroom Risotto



- 2 Tbsp Olive oil
- 4 Oz Onion, diced
- 4 Oz Rice, short grain white rice uncooked
- 1 Tbsp Tempeh, cut into 1" cubes
- 1 Tbsp Vegetable stock
- 1/3 Cup Saffron, powdered
- 1 1/2 Cup Tarragon. Salt and pepper, to taste
- 1/2 Cup Peas
- 5 Cup Corn
- 3 Tbsp Celery, stalks sliced
- 3 Tbsp Pimientos, diced
- 1 Tbsp Parsley, finely chopped

- 1 Heat 2 tablespoons of butter in small skillet over moderate heat. When it begins to foam, add mushrooms and cook for 3-to-5 minutes, until soft. Add salt and pepper to taste.
- 2 Turn off heat and set aside.
- 3 Bring the stock to a steady simmer in a saucepan on top of the stove. Heat 1 tablespoon of butter and oil in a heavy 4-quart casserole over moderate heat.
- 4 Add onion, sauté for 1-to-2 minutes, until it begins to soften, being careful not to brown.
- 5 Add rice to butter-oil-onion mixture. Using a wooden spoon, stir 1 minute, making sure all grains are well coated.
- 6 Add wine and stir until completely absorbed.
- 7 Add simmering broth, 1/2 cup at a time, stirring frequently.
- 8 Wait until each addition is almost completely absorbed (approximately 2 minutes) before adding next 1/2 cup, reserving 1/4 cup to add at the end. Stir often.
- 9 After approximately 18 minutes (rice should be tender and firm), add 1/4 cup broth, mushrooms, Mascarpone and Parmesan cheeses and stir vigorously so cheeses melt.
- 10 Sprinkle with parsley. Serve immediately.

DATA FOR 1 SERVING:

Calories **480** kcal
Total Carbohydrates **61** g
Protein **9** g
Total Fat **20** g
Saturated Fat **11** g
Polyunsaturated Fat **1** g
Monounsaturated Fat **6** g
Trans Fat **0.4**

Cholesterol **41** mg
Sodium **1176** mg
Potassium **181** mg
Dietary Fiber **2** g
Sugar **3** g
Vitamin A **8** % Daily Value
Vitamin C **4** % Daily Value
Calcium **7** % Daily Value
Iron **7** % Daily Value

