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Breakfast

Berries & Beans Breakfast Muffins

Breakfast will be an interesting feast with this unusual muffin delight. This moist raspberry muffin is stuffed with crunchy adzuki beans.

What you need

- 6 oz (¾ cup) / 180 ml organic soy or Greek yogurt
- ¼ cup / 60 ml organic grass-fed or vegan milk
- 1½ cups / 240 gm brown rice flour
- 1 cup / 160 gm quinoa flour
- 1 tsp. / 4½ gm baking soda
- 2 tsp. / 9 gm baking powder
- Zest of 1 orange
- 1 tsp. / 2½ gm Stevia or monkfruit powder
- ¼ tsp. / 1½ gm salt
- 1 cup / 125 gm raspberries, fresh
- ¼ cup / 60 ml avocado oil
- 1 tsp. / 5 ml vanilla extract
- 1 cup / 295 gm sweet adzuki beans

What you need to do

Preheat your oven to 375°F / 190°C. Spray 12 standard muffin baking cups or a muffin pan with non-stick cooking spray.

Mix together the rice flour, quinoa flour, baking soda, baking powder, orange zest, Stevia or monkfruit powder, and salt in a large bowl.
In a separate bowl, scoop in 2 tablespoons of the flour mixture and combine it with the raspberries. Stir the oil and vanilla extract into the yogurt. Slowly fold the yogurt mixture into the flour mixture; add in the coated raspberries. Fill the prepared muffin cups with the batter to about ¾ full.

Put a few adzuki beans atop each filled cup. Place the muffin cups on a baking sheet or place the muffin pan over the center rack of the preheated oven; bake for about 20 minutes. After baking, transfer to a wire cooling rack; let stand for 10 minutes before removing the muffins.

Makes 12 muffins.

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 20 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 muffin  
**Serves:** 12
Butternut Muffins

This is a good breakfast, snack, and vegetable treat all put together in one perfect bite. Indeed, a healthy and nutritious way to satisfy your craving for sweets.

What you need

- 1 lb. / 450 gm butternut squash, cut into cubes
- 2 omega-3 or grass-fed eggs
- ½ cup / 120 ml organic vegan or grass-fed milk
- ¼ tsp. / 1¼ ml Stevia syrup or monk fruit sweetener
- 1 Tbsp. / 15 gm butter
- 1½ cups / 240 gm brown rice flour
- ½ tsp. / 1¼ gm cinnamon
- 2 tsp. / 10 gm baking powder
- ½ tsp. / 2½ gm baking soda
- ½ tsp. / 3 gm salt

What you need to do

Preheat the oven to 350°F / 175°C. Coat a standard muffin tray with non-stick cooking spray.

In a saucepan, add the butternut squash and enough water to cover. Bring to a boil before reducing the heat to a simmer; cook for 15 minutes. Process the cooked butternut squash in a blender to make a smooth purée. Stir in the egg, milk, Stevia syrup or monk fruit sweetener, and butter; process for a few seconds more.
In a bowl, combine the flour, cinnamon, baking powder, baking soda, and salt. Stir in the butternut squash purée to incorporate with the dry ingredients. Fill the muffin cups with the batter to ¾-full.

Place the filled cups on a baking sheet over the center rack of the preheated oven. Bake for about 20 minutes. To test readiness, insert a toothpick into the sides of a cupcake – it should come out clean when done. Transfer the muffin cups to a wire rack to allow cooling before taking the muffins out of the cups.

**Comments**

- **Preparation Time:** 15 minutes
- **Cooking Time:** 20 minutes
- **Difficulty Rating:** 1
- **Serving Size:** 1 muffin
- **Serves:** 12
Lemon Cottage Cheese Muffins

This recipe is on the savory side of the palate, rather than the traditional characteristic sweetness you would expect from lemon muffins. This is a delicious wake-up goody to perk up your mornings, the perfect accompaniment to a cup of your favorite brew.

What you need

1 cup / 240 gm low-fat organic and/or grass-fed cottage cheese
1 cup / 120 gm ground skinless almonds
1 cup / 160 gm brown rice flour
1 tsp / 5 gm baking powder
½ tsp / 2½ gm dried basil
½ tsp / 2½ gm salt
1 tsp / 5 gm baking soda
¼ cup / 60 ml lemon juice
Zest from 1 lemon
¼ cup / 60 ml water

What you need to do

Preheat your oven to 400°F / 200°C degrees. Spray a mini-muffin pan with nonstick cooking spray. In a bowl, combine 1 cup of the cottage cheese with the ground almonds, flour, baking powder, baking soda, and basil. In a separate bowl, beat together the water and lemon juice with a sprinkling of salt. Combine the liquid mixture with the dry ingredients. Mix to blend well. Spoon the mixture into the mini-muffin (each should be nearly full). Place the muffin pan over the center rack of the preheated oven. Bake for about 10 minutes before placing a wedge of lemon on top of each muffin. Continue to bake for 5 minutes more. Transfer the muffin tray onto a cooling, rack and let stand for about 10 minutes before taking out the muffins to serve.
Comments

Per Serving: 1/12 Carb, 1 Protein, 0 Fat
Preparation Time: 10 minutes
Cooking Time: 15-20 minutes
Difficulty Rating: 1
Serving Size: 2 mini-muffins
Serves: 12
Currant Gluten-Free Muffins

These sweet, nutritious muffins make for a healthy breakfast.

**What you need**

- 2 cups / 290 gm currants
- ½ cup / 80 gm potato flour
- 2 cups / 320 gm brown rice flour
- 2 tsp. / 9 gm baking powder
- ½ tsp. / 1 gm cinnamon
- 1 cup / 95 gm ground almonds
- ½ cup / 225 gm butter, softened
- ¼ tsp. / 1¼ ml Stevia syrup
- 2 omega-3 or grass-fed egg yolks
- 1 tsp. / 4 gm vanilla extract
- 2 Omega-3 or grass-fed egg whites
- 1 tsp. / 2½ gm Stevia powder
- 1 cup / 240 ml organic grass-fed or vegan milk

**What you need to do**

Preheat your oven to 375°F / 190°C. Coat 12 paper muffin cups with non-stick cooking spray, and set them in a standard muffin pan.

In a large bowl, mix together the flours, baking powder, cinnamon, and ground almonds. In a small bowl, combine the butter, egg yolks, and vanilla extract. Gradually blend the butter mixture into the dry mixture, alternating with milk.

In a separate bowl, beat the egg whites until fluffy; slowly beat in the Stevia until stiff peaks form. Fold the currants into the beaten egg whites; add this mixture to the butter-flour mixture.
Fill the muffin cups with the batter. Put the muffin-baking pan over the center rack of the preheated oven and bake for 25 minutes. Transfer the baking pan onto a cooling rack and cool for 5 minutes, before taking out the muffins to completely cool before serving.

Comments

Preparation Time: 15 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: 1 muffin
Serves: 12
Tomato Broccoli Cheesy Potato Bake

This recipe is an old baked potato favorite, with tomatoes and broccoli added to further enhance the flavors. You may have this with your favorite chicken or turkey dish, or simply enjoy it as a 1-pot meal.

What you need

- 1 lb / 450 gm potatoes, thinly sliced
- ½ cups / 45 gm broccoli chopped
- 3 omega-3 or grass-fed eggs
- 1 small tomato, chopped
- 2 tsp. / 10 gm butter or olive oil
- ½ onion, chopped
- ½ cup / 120 ml organic grass-fed or vegan milk
- 1½ tsp. / 4 gm rice flour
- ½ cup / 120 ml organic and/or grass-fed cottage cheese
- ½ cup / 120 ml organic, vegan or grass-fed cheese

What you need to do

Preheat your oven to 350°F / 180°C. In a flat baking dish, arrange the potatoes in a neat layer and top them with the chopped broccoli. In a bowl, whisk the eggs and season with pepper and salt as desired. Pour onto the potato layers. Add the chopped tomatoes.

In a saucepan, melt the butter or heat the oil over medium heat. Add the onion and sauté for about 3 minutes until skin turns translucent. Stir in the milk and flour; cook for 2 minutes, then add the cheese. Stir to blend well. Turn off the heat and pour this mixture over the potato, broccoli, egg, and tomato layers. Place the baking dish in the preheated oven, cover with foil, and bake for approximately 55* minutes. Let stand for 10 minutes or so before serving.
*For less baking time, steam the potato slices for 5-10 minutes before placing them in the baking dish. Bake with the toppings for 15 minutes.

Comments

Preparation Time: 20 minutes
Cooking Time: 25-55 minutes
Difficulty Rating: 1
Serving size: 1 cup / 240 gm
Serves: 6
Poached Eggs, Spinach and Mushrooms

You can never go wrong with poached eggs for breakfast. Throw in a few extras, and you’ve got a hearty morning meal!

What you need

- 4 omega-3 or grass-fed eggs
- 4 mushrooms
- 2 Tbsp. / 30 ml olive oil
- Black pepper
- 1 bunch spinach leaves
- 2 SWG-muffin halves, toasted
- Hollandaise sauce (see recipe below)

Hollandaise Sauce

- 3 omega-3 or grass-fed egg yolks
- 2 Tbsp. / 30 ml water
- 1 Tbsp. / 15 ml freshly squeezed lemon juice
- 2 Tbsp. / 30 ml butter

What you need to do

Fill a large non-stick frying pan with water and bring to a boil. Turn down the heat to simmer. Gently break each egg into a teacup, 1 at a time and slide into the simmering water. Simmer the eggs for 2 minutes. Turn off the heat and let the eggs stand in the water for about 10 minutes. Remove the eggs from the pan with a slotted spoon and set aside.

Place the spinach in a large bowl and pour boiling water over it. Stir until wilted, and then drain thoroughly. Preheat the grill. Coat the mushrooms with olive oil and place gill-side up on an
oven tray. Sprinkle salt and freshly ground pepper, if desired. Cook the mushrooms under the grill for about 8 minutes

Make the hollandaise sauce just before serving. Place the egg yolks, water, and lemon juice in a blender, and whisk briskly. In a saucepan over medium heat, melt butter, remove from the heat and pour into the blender in a thin, steady stream.

Toast the English muffins, cut into halves, and place on a serving plate. Top each half with a helping of spinach, a roasted mushroom, and the poached egg. Pour warm Hollandaise sauce over the eggs and serve at once.

**Comments**

**Preparation Time:** 10 minutes  
**Cooking Time:** 20 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 slice, 1 egg  
**Serves:** 4
Breakfast Tacos

You don’t need to cross the border to enjoy a scrumptious breakfast taco! This healthy take on a classic is filled with savory turkey sausage patties, bell peppers, and of course, chili!

What you need

- 1 lb. / 450 gm turkey sausage patties
- 8 SWG* tostada shells
- ¼ cup / 110 gm red bell pepper, chopped
- ½ cup / 80 gm onion, chopped
- 4 oz. / 110 gm green chilis, diced
- 10 oz / 285 gm organic vegan or grass-fed cottage cheese
- ½ cup / 120 ml organic grass-fed or vegan milk
- 12 Omega-3 or grass-fed eggs

What you need to do

In a bowl, put together the crumbled turkey sausage, bell pepper, diced green chili, and onion. In another bowl, beat eggs together with the ground black pepper and cheese and milk. Heat a non-stick pan over medium heat, add the sausage mixture, and pour the egg mixture over it; cover and cook for 10-15 minutes.

For optimal flavor and texture, cook the combined mixture in a slow cooker fit with a liner, set on low, for about 5 hours.

Scoop mounds of the mixture onto tostada shells and serve garnished with salsa (½ cup / 130 gm = 1 carb serving) and organic soy or Greek yogurt (¼ cup / 180 ml = 1 protein serving), if desired.
Comments

Preparation Time: 15 minutes
Cooking Time: 5 hours
Difficulty Rating: 1
Serving Size: ½ cup / 130 gm + 1 taco shell
Serves: 8
Banana Strawberry Oats Breakfast Meal

This delicious concoction of fresh strawberries, bananas, and quick cooking oats is a fast and nourishing breakfast meal – a perfect fit for busy bodies!

What you need

1 cup / 155 gm oats, quick cooking
1 cup / 240 ml water
1 cup / 240 ml organic grass-fed or vegan milk
¼ tsp. / 6 gm table salt
1 medium banana
1 tsp. / 5 ml vanilla extract
¼ tsp. / 1¼ stevia syrup
1 cup / 165 gm strawberries, sliced

What you need to do

In a big bowl, combine the oats, salt, and milk; microwave for 5 minutes. Add Stevia syrup, banana, and vanilla. Stir well to combine. Slice some strawberries and place on top of steaming hot oatmeal.

Comments

Preparation Time: 5 minutes
Cooking Time: 5 minutes
Difficulty Rating: 1
Serving Size: 1 cup
Serves: 4
Coco Banana Pancakes

This is a dairy-free and gluten-free recipe that is both delicious and nutritious. Adapted from a favorite classic pancake recipe, pulverized oats and coconut milk make for a unique blend. What more can you ask for?

What you need

1 cup / 160 gm rice flour
2 Tbsp. / 25 gm baking powder
½ tsp. / 1 ¼ ground cinnamon
¼ tsp. / 1 ½ gm fine sea salt
1 ripe banana
¼ tsp. / ½ gm Stevia powder
1 large omega-3 or grass-fed egg
¾ cup / 180 ml coconut milk
1 Tbsp. / 15 ml coconut oil
Butter, for serving (optional)
Maple syrup, for serving (optional)
Sliced banana for garnish (optional)

What you need to do

In a small bowl, combine the oat flour with baking powder, cinnamon, and salt. In another bowl, mash the banana with the Stevia powder. Stir in the egg, coconut milk, and a tablespoon of the coconut oil. Fold in the flour mixture. Stir just to incorporate.
Heat a skillet over medium heat. Brush lightly with a small amount of coconut oil. Cook pancakes for 3-4 minutes on each side, until brown and cooked through. Top with (1 tsp. / 5 gm = 1 fat serving), sliced banana (½ = 1 carb serving), and maple syrup (1 Tbsp. / 15 ml = 1 carb serving) if desired.

**Comments**

- **Preparation Time:** 15 minutes
- **Cooking Time:** 15 minutes
- **Difficulty Rating:** 1
- **Serving Size:** 1 pancake
- **Serves:** 8
Crème Brûlée French Toast

Add zest and flair to your usual breakfast meal. This number may lure everyone to your breakfast nook and have them asking for an encore!

What you need

6 slices SWG* or gluten-free whole grain bread
1⅓ / 320 ml organic grass-fed or vegan milk
⅔ cup / 160 ml organic soy or Greek yogurt
4 omega-3 or grass-fed eggs or 1 cup egg substitute
¼ tsp. / ½ gm Stevia or monk fruit powder
¼ tsp. / ¼ gm orange zest
1 tsp. / 5 ml vanilla extract
⅛ tsp. / 1½ gm fine sea salt
Coconut sugar (optional)
Blackberries (optional)
Apples (optional)

What you need to do

In a bowl, whisk together the milk, yogurt, eggs, Stevia, orange zest, vanilla extract, and salt.

Preheat your oven at 325°F / 160°C. Line a baking sheet with parchment paper.
Lay the slices of bread on a wide tray and pour the milk mixture over slices. Let stand for thirty minutes before flipping the slices over. You can also soak the bread slices overnight in the refrigerator.

Transfer custard-soaked slices to the prepared baking sheet, and place in the preheated oven. Bake the French toast slices for 35 minutes. Turn off the heat and keep warm in the oven until ready to serve. Sprinkle a small amount of coconut sugar over the bread slices and use a blowtorch to caramelize in crème brûlée fashion.

Fresh blackberries, apple slices and a sprinkling of your favorite syrup can be served if desired (1 cup / 150 gm fruit or 1 Tbsp. / 15 ml syrup = 1 carb serving).

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 35 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 slice  
**Serves:** 6
Healthy Veggie Quiche

This recipe is a healthy vegetable quiche and a filling morning reward to get you up and going for the rest of the day.

What you need

- 2 SWG* sheets puff pastry
- 1 Tbsp. / 15 ml olive oil
- 1 cup / 70 gm mushrooms, sliced
- 1 cup / 80 gm eggplant, sliced
- 2 onions, thinly sliced
- 5 omega-3 or grass-fed eggs
- ¾ cup / 180 ml organic grass-fed or vegan milk
- 1 cup / 240 ml organic and/or grass-fed cottage cheese

What you need to do

Preheat oven to 375°F / 190°C.

Line a loose-base fluted quiche pan with puff pastry sheet. Trim the edges and prick the base with a fork. Place a sheet of baking paper over puff pastry. Fill the pie plate with dried beans. Place the pie plate in the preheated oven and bake for 10 minutes. Remove the beans and bake about 10 minutes more.

Heat the oil in a non-stick frying pan over medium-high heat. Add mushrooms and stir-fry for 5 minutes. Add the eggplants and onions and cook for 3 minutes. Remove from heat and let stand to cool a bit.
Meanwhile, whisk together the eggs and milk. Add salt and pepper if desired. Spread cooled vegetable mixture over pastry. Sprinkle with cheese and pour in the egg mixture. Reduce oven heat to 300°F / 150°C. Return the quiche to the oven. Bake for another 30 minutes. Let stand for about 10 minutes before slicing and serving.

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 70 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 slice  
**Serves:** 16
Breakfast Pizza

Pizza for breakfast? Why not! Try this breakfast pizza with scrambled egg and mushroom toppings.

What you need

1 medium SWG* pizza crust
or gluten-free pastry dough
2 Omega-3 or grass-fed eggs, beaten,
or ½ cup / 75 g chickpea flour
mixed with ½ cup / 120 ml water
2 tsp. / 10 ml olive oil
1 cup / 70 gm sliced mushrooms
½ cup / 60 gm grated raw, grass-fed,
or vegan cheese
½ cup / 125 gm tomato sauce
Salt and pepper to taste

What you need to do

Preheat oven to 375°F / 190°C.

Heat 1 teaspoon oil in frying pan. Add the eggs or chickpea batter and scramble for about 2 minutes. Remove from the pan and set aside. Heat the second teaspoon of oil in the pan, add the mushrooms, and stir-fry for about 4 minutes. Return the scrambled eggs or chickpea mixture to the pan and turn off the heat. Place pizza crust or pastry dough on a pizza pan, place in the preheated oven, and and bake for 10 minutes. Spread the tomato sauce over the entire surface, up to ½ inch / 1¼ cm from the edges. Top with egg/chickpea and mushroom mixture. Sprinkle with the cheese, salt, and pepper, and bake for 10 more minutes.
Comments

Preparation Time: 15 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: 1 slice
Serves: 8
Sweet Potato Kale Frittata

Frittata is an Italian omelette, and like a regular omelette, you can make it with your choice of ingredients. This simple sweet potato-kale-goat cheese combination makes an elegant square meal.

What you need

- 2 cups / 135 gm fresh kale
- 1 onion, sliced
- 2 tsp. / 10 ml olive oil
- 6 omega-3 or grass-fed eggs
- 4 omega-3 or grass-fed egg whites
- ¼ tsp. / 1¼ gm salt
- ⅛ tsp. / ⅓ gm ground black pepper
- 1 oz. / 30 gm goat cheese
- 1 cup / 35 gm sweet potatoes, diced

What you need to do

Preheat your oven to 350°F / 175°C on the broiler setting.

In a steamer or adapted saucepan with water up to the holes, steam the sweet potatoes until soft, about 10-15 minutes.

In an ovenproof non-stick skillet, add the oil followed by the kale and onions, and stir over medium heat for about 5 minutes, until onion skin becomes translucent. Turn off the heat and set aside.
In a bowl, combine and whisk the eggs with the egg whites, salt, and pepper. Add the sweet potatoes to the kale mixture in the skillet, and pour the egg mixture over all of the vegetables. Return to low heat. Cook for about 3 minutes. Lift the edges to allow the uncooked portion to seep through and cook evenly. Sprinkle the crumbled goat cheese on top. Place the skillet in the broiler and cook for 2 minutes. Cut into wedges to serve.

Comments

Preparation Time: 15 minutes
Cooking Time: 25 minutes
Difficulty Rating: 1
Serving Size: 1 slice
Serves: 12
Potato Hash Brown Crisps

A classic favorite, this recipe is easy to make and easy to love.

What you need

4 Tbsp. / 60 ml olive oil
1 lb. / 450 g potatoes, grated
Salt and pepper, to taste

What you need to do

Using paper towels, absorb moisture from the grated potatoes. Divide into 8 equal portions. In a large frying pan, heat 2 tablespoons oil on medium-high heat. Place each portion of grated potatoes in the pan. Sprinkle some pepper and salt to taste. Every few minutes, lift up the edge of the mini hash cakes to check for doneness; when the bottom is well-browned, lift out of the pan, add another 2 Tbsp. / 30 ml oil to the pan, flip the mini hash cakes, return to the pan, and continue cooking on the second side until also well-browned.

* You can also fry the entire potato amount in one large cake, to be sliced when serving.

Comments

Preparation Time: 5 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: 1 mini hash cake or 1/8 large hash cake
Serves: 8
Quinoa Pudding

Quinoa is an age-old food originally cultivated in the South American Andes by the ancient Incas. They referred to quinoa as the “mother grain” and regarded it as sacred. Over the years, numerous recipes have been developed by some of the most creative chefs all over the world. The recipe here is a bit unusual for breakfast, but makes a very tasty day opener.

What you need

- 6 cups / 1440 ml water
- 1 cup / 170 gm quinoa, uncooked
- 3 large Omega-3 or grass-fed eggs
- 1 cup / 240 gm organic grass-fed or vegan milk
- 1 tsp. / 5 ml vanilla extract
- 1 tsp. / 2 gm Stevia powder
- 1 Tbsp. / 7½ gm SWG* bread crumbs
- ½ tsp. / 750 gm salt
- ¼ cup / 35 gm dried currants
- ¼ cup / 25 gm slivered almonds
- ⅛ tsp. / 300 gm cinnamon

Optional garnish: caramelized onions

What you need to do

Wash quinoa in a sieve under cold running water, rubbing the grain with your palms; drain well. Transfer the drained quinoa to a pot with 6 cups of water, and bring to rolling boil; reduce heat after 10 minutes. Cook uncovered for about 15 minutes until grains turn translucent. Drain in a colander.
Preheat your oven to 350°F / 180°C. Coat a metal baking pan with non-stick cooking spray.

In a large bowl, beat the eggs together with the vanilla, milk, Stevia, and salt. Add in the quinoa, breadcrumbs, currants and nuts; pour into prepared baking pan.

Sprinkle the cinnamon on top of mixture. Place the baking pan over the center rack of the preheated oven. Bake for about forty minutes. Top with caramelized onions (¼ cup = 1 carb), if desired.

Comments

Preparation Time: 15 minutes
Cooking Time: 1 hour
Difficulty Rating: 1
Serving Size: ¼ cup
Serves: 8
Cheesy Mushroom Deep Dish Quiche

This recipe is a merry mix of cheeses, turkey sausage, and spices.

What you need

Crust
1 cup / 160 gm SWG* or quinoa flour
½ tsp. / 3 gm salt or salt substitute
¼ cup / 60 ml olive oil
¼ cup / 60 ml cold water

Filling
4 oz. / 120 ml organic and/or grass-fed cottage cheese
⅓ cup / 80 ml organic grass-fed or vegan milk
4 large omega-3 or grass-fed eggs
or 1 cup organic and/or vegan low-cholesterol egg substitute
⅛ cup / 60 ml organic, vegan or grass-fed cheese
3 cups / 720 ml goat cheese
½ cup / 120 ml organic soy or Greek yogurt
2 cups / 140 gm sliced mushrooms
1 Tbsp. / 15 ml olive oil
2 turkey sausages, remove casing, crumble and cook

What you need to do

Preheat your oven to 375°F / 190°C. Coat a 9-inch / 23cm baking dish with non-stick cooking spray.
In a large bowl, mix together flour and salt. In a small bowl, whisk together oil and water with to thicken. Pour into flour-salt combination, and mix with fork. Press dough into prepared dish.

In a blender, process the cottage cheese and eggs until smooth. Stir in the milk and raw cheese. Place 2 cups of goat cheese at the bottom of the dough in the baking dish, followed by the egg mixture. Bake for 25-30 minutes.

Spread the yogurt over the baked cheese and egg mixture. Place the crumbled sausages and mushrooms on top, and cover with the last cup of goat cheese. Change the oven setting to broil, and broil the quiche until bubbly and browned. Let stand for 5 minutes before slicing to serve.

**Comments**

- **Preparation Time:** 15 minutes
- **Cooking Time:** 40 minutes
- **Difficulty Rating:** 1
- **Serving Size:** 1 slice
- **Serves:** 12
Squash Omelette

Just pack it all in...set, flip and serve!

**What you need**

- ½ cup / 55 gm zucchini thinly slice
- ½ cup / 65gm squash thinly sliced
- ½ cup / 35gm mushrooms, sliced
- 2 Tbsp. / 30 ml water
- 4 large Omega-3 or grass-fed eggs
- ¼ cup / 60 ml water
- 4 tsp. / 5 gm organic, vegan or grass-fed cheese
- 1 tsp. / 5 gm butter

**What you need to do**

Place the zucchini, squash, mushrooms, and water in small saucepan, over medium heat. Cook, covered, for about 5 minutes. Take the cover off and simmer until all liquid evaporates. Cover to keep warm and set aside to cool for 10 minutes.

In a big bowl, whisk together the eggs, the cheese, and water until well blended. Over high heat, in a non-stick skillet, melt a teaspoon of butter; pour in ½ cup / 120 ml of egg mix. Stir in half of the vegetable mixture. Tilt the pan and move mixture to cook evenly. When it starts to set, fill in half of the set aside vegetable mix. Transfer the omelette to a plate and cook the remaining mixtures.
Comments

Preparation Time: 15 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: ¼ omelet
Serves: 4
Oat Pancakes

Two breakfast favorites come together in harmony with fresh fruits and your favorite syrup. Yummilicious!

What you need

- 3 cups / 720 ml organic grass-fed or vegan milk
- 2 cups / 310 gm oats, uncooked
- 3 omega-3 or grass-fed eggs, well beaten
- ½ cup / 160 gm quinoa flour
- Dash of salt
- 1½ tsp. / 7½ gm baking powder
- 1 Tbsp. / 15 ml canola oil
- 1 cup / 150 gm sliced bananas
- 1 cup / 165 gm sliced strawberries
- 1 tsp. / 5 ml Stevia syrup
- Your choice of syrup (optional)
- Butter (optional)

What you need to do

Sprinkle the Stevia syrup on the sliced bananas and strawberries, and let steep.

In a large bowl, stir the milk into the oats; steep the oats in milk for 12 hours. When the oats are soft, mix in the eggs with the quinoa flour, oil, salt, and baking powder. Heat a griddle, brushed lightly with oil, over medium-high heat. Pour half a cup of batter on the center of the griddle. Cook until air bubbles appear. Flip the pancake and cook for about a minute more.

Serve with steeped bananas and strawberries. Top with butter (1 tsp. / 5 gm = 1 fat serving) and/or syrup (1 Tbsp. / 15 ml = 1 carb serving), if desired.
Asparagus & Goat Cheese Breakfast Cup

Fresh asparagus teams up creamy goat cheese and healthy walnuts in this decadent breakfast soufflé.

What you need

2 Tbsp. / 30 gm raw butter or olive oil
½ cup / 60 gm walnuts
1 cup / 135 gm asparagus, chopped
1 cup / 160 gm green peas, cooked
1 cup / 240 ml organic grass-fed or vegan milk
2 Tbsp. / 20 gm rice flour
3 omega-3 or grass-fed eggs, separated
½ cup / 60 gm goat cheese
Salt and pepper to taste

What you need to do

Preheat your oven to 375°F / 190°C.

Brush a small amount of melted butter or olive oil over six ramekin dishes. Sprinkle chopped walnuts in the ramekins, and place them on a baking sheet.

Place the peas and asparagus stems in a blender and pulse beat to a paste consistency. Melt the remaining butter or heat oil in a saucepan over medium heat. Make a roux by stirring in the flour. Stir in the milk and whisk briskly; cook for about 10 minutes until you obtain a thick consistency. Stir in the goat cheese and the pea and asparagus paste. Mix well to blend. Add salt and pepper, if desired.
Stir the egg yolks into the asparagus sauce. Place the egg whites in metal bowl, and beat until fluffy and stiff. Stir a spoonful of egg white into the sauce mix; fold the sauce mix into the egg whites.

Portion out the mixture into the greased ramekins and bake for about 20 minutes in the preheated oven. Serve immediately.

You can make soufflés 3 days in advance; freeze them wrapped in foil. Uncover and bake straight from the freezer.

Comments

Preparation Time: 20 minutes
Cooking Time: 35 minutes
Difficulty Rating: 1
Serving Size: 1 cup
Serves: 6
Broccoli Mushroom Melts

Broccoli florets and sliced mushrooms sautéed in garlic and oil make a good sandwich pair.

What you need

6 slices SWG*bread
2 cups / 180 gm broccoli florets
2 Tbsp. / 30 ml olive oil
½ lb. / 225 gm sliced mushrooms
4 cloves garlic, finely chopped
2 cups / 230 gm grated organic, vegan or grass-fed cheese
½ cup / 135 gm black black pitted olives, sliced
Salt and pepper to taste

What you need to do

In a saucepot, heat the oil; add the garlic and stir-fry over medium heat for about 2 minutes. Add the mushrooms and broccoli florets and cook for 10 minutes until vegetables are crisp-tender. Stir in the olives; add salt and pepper, if desired.

Preheat your broiler to 400°F / 200°C. Sprinkle grated cheese on top of the SWG bread slices. Place a mound of the vegetable mixture on top. Place the bread slices in the preheated broiler, and cook for about 10 minutes. Serve immediately.
Comments

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Difficulty Rating: 1
Serving Size: 1 slice
Serves: 6
Grains

Wild Rice Mardi Gras

Enjoy this simple, yet very festive meal with a potpourri of colorful and flavorful ingredients. The celery root lends a mild flavor and combines well with wild rice, other vegetables, and beans to complete a hearty dish.

What you need

- 1 cup / 160 gm wild rice, uncooked
- 1 oz. / 30 gm butter
- 1 cup / 156 gm celery root, chopped
- 1 cup / 90 gm + ¼ cup / 22 gm leeks, chopped
- 1 cup / 75 gm potatoes, diced
- 1 celery rib / 40 gm, diced
- ½ cup / 60 gm carrots (1 medium), diced
- ½ cup / 170 gm garbanzo beans, cooked or canned
- ½ cup / 120 gm organic soy or Greek yogurt
- 6 cups / 1440 ml vegetable stock
- Sea salt and pepper to taste

What you need to do

In a large pan, cook the wild rice with enough water to cover; bring to a boil and then simmer covered for 30 minutes until tender. Meanwhile, in a soup pot, melt the butter or heat the oil, and stir in the vegetables (save for the leeks) and dash of salt. Cook over high heat for 5 minutes, then add the vegetable stock. Bring to a rolling boil, then reduce heat; simmer for approximately 20 minutes. Stir in the wild rice and yogurt; simmer for about 10 minutes more. Garnish with the remaining chopped leeks and serve immediately.
Comments

- **Preparation Time:** 20 minutes
- **Cooking Time:** 45 minutes
- **Difficulty Rating:** 1
- **Serving size:** 1 cup
- **Serves:** 10
Nuts, Brown Rice, and Greens

Traditional Mediterranean tabouleh is made with tomatoes and bulgur, but enterprising chefs have revolutionized the trend to fusion cuisine. If you have a passion for food and cooking, you can come up with a different version as soon as you read through this. So roll up your sleeves now and start concocting!

What you need

- 2 cups / 180 gm collard greens, sliced into strips
- 3 scallions, sliced into strips
- 4 cups / 800 gm brown rice, cooked
- 2 Tbsp. / 10 gm sliced lemon grass in water
- ½ cup / 60 gm walnuts
- 2 Tbsp. / 30 ml rice vinegar
- 1 Tbsp. / 15 ml olive oil
- ½ tsp. / 1¼ gm black pepper
- 1 tsp. / 6 gm salt

What you need to do

Preheat oven to 400°F / 200°C. Clean and trim scallions. Cut off white parts of scallion and chop finely.

In saucepan, bring ½ cup / 120 ml of lightly salted water to a rolling boil. Add the collard greens; cover and simmer for 3 minutes. Add the scallion greens on top. Put the cover back and steam for 3 minutes more. Remove the greens from the pan and transfer to a colander. Rinse under cold running water and drain well.
Toast almonds in your preheated oven for about 4 minutes. Cool before chopping coarsely. In a bowl, combine the cooked brown rice and the greens. Stir in half of the roasted walnuts.

In a small bowl, combine the rice vinegar, olive oil, salt and pepper by briskly whisking the mixture. Sprinkle over brown rice salad and toss gently. Sprinkle with remaining roasted walnuts and serve. Enjoy this salad side dish with your favorite kebab.

**Comments**

- **Preparation Time:** 20 minutes
- **Cooking Time:** 15 minutes
- **Difficulty Rating:** 1
- **Serving size:** 1 cup
- **Serves:** 4
Wild Rice Nut-and-Fruit Toss

This fruity, nutty, and flavor-packed wild rice salad makes a great side dish for any meal.

What you need

- 5 cups / 1200 ml water
- 2 cups / 400 gm uncooked wild rice
- 2 cups / 330 gm dried mangoes, chopped
- ½ cup / 55 gm roasted pecan nuts, chopped
- ½ cup / 65 gm roasted macadamia nuts, chopped
- 2 cups / 330 gm dried cherries, chopped
- ½ cup / 120 ml olive oil
- ¼ cup / 60 ml lemon juice
- ½ tsp. / 2½ ml Stevia syrup
- 1½ tsp. / 9 gm salt
- 1 fresh mango, cubed for toppings
- Whole pine nuts for toppings

What you need to do

Wash the uncooked wild rice 3 times before putting in a saucepan with 5 cups of water. Place the pan over high heat and bring water to a rolling boil. Reduce the heat; cook, covered, for 25 minutes or less, just until rice is tender. Remove cooked rice from the pan, and put in a large bowl; let stand to cool completely.

Place the chopped dried mangoes in a separate bowl; soak in boiling water 5 minutes before draining. Combine the pecans, macadamia nuts, cherries, and mangoes with the rice; stir to blend well. Whisk together the lemon juice, oil, Stevia syrup, and salt in a small bowl before pouring over the rice mixture; mix well to blend thoroughly. Chill the wild rice salad in the
refrigerator for at least 30 minutes before serving. To serve, put mango cubes on top with some pine nuts and alfalfa sprigs. This salad is a great side to your favorite grilled delight.

**Comments**

**Preparation Time:** 10 minutes  
**Cooking Time:** 25 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 cup  
**Serves:** 10
Chockfull O’ Granola

Healthy fresh apple, berries, dried fruits, oats, seeds, and nuts, with a hint of natural sweetness in this breakfast recipe together save 29 grams of carbohydrates per serving compared to most ready-made blends.

What you need

1 cup / 155 gm rolled oats, uncooked
1 Tbsp. / 7½ gm raw sunflower seeds
¼ cup / 35 gm raisins
2 Tbsp. / 9 gm chopped dates
2 Tbsp. / 20 gm dried apricots, chopped
2 Tbsp. / 14 gm hazelnuts, chopped
2 Tbsp. / 13½ gm slivered almonds
3 Tbsp. / 50 gm cashew, ground
3 Tbsp. / 25 gm toasted sunflower seeds
1½ tsp. / 3 gm Stevia powdered extract
1 cup / 240 ml Organic, grass-fed or vegan milk
1 cup / 240 ml organic soy or Greek yogurt
½ cup / 60 gm fresh raspberries
½ cup / 75 gm fresh blueberries
½ cup / 80 gm fresh cherries
1 medium apple peeled, cored, and grated

What you need to do

You can combine all the dry ingredients ahead of time and store in airtight container until ready to serve. Combine the granola mixture with yogurt, milk, fresh berries, and grated apple when ready to serve.
Comments

Preparation Time: 20 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 8
Black Rice Vegetables Combo

Black rice is really purple in color, and only darkens when cooked. It is high in nutritional value, as it is rich in fiber and iron. The nutty flavor in this recipe combines with garlic, mint, and lemon to produce a savory pilaf. Vegetables, nuts, and yogurt make this a single-dish meal.

What you need

1 cup / 200 gm black wild rice, uncooked
1 Tbsp. / 15 ml lemon juice
2 cups / 480 ml water
2 Tbsp. / 30 gm butter
1 onion medium, thinly sliced
1 Tbsp. / 9 gm garlic, minced
½ cup / 70 gm cashews, chopped
2 Tbsp. / 30 ml olive oil
1 cup / 120 gm cucumber, diced
1 cup / 180 gm tomatoes, seeded and cut into squares
1 cup / 115 gm radishes, diced
2 Tbsp. / 12 gm mint leaves, chopped
½ cup / 120 ml organic soy or Greek yogurt
1 tsp. / 5 ml fresh lemon juice
A drizzle of olive oil
½ tsp. / 1 gm lemon zest
1 drop of Stevia syrup
2 Tbsp. / 30 ml water
A pinch of salt
What you need to do

Soak the rice in water for at least 30 minutes before cooking. Discard soaking water and add rice to pan with 2 cups of water and a tablespoon of lemon juice, cover and cook on low-medium heat. The best cooking time is 30-45 minutes.

Meanwhile, in a small saucepan, melt the butter or heat the oil over medium heat for a few seconds. Stir in the sliced onion, and sauté until skin is translucent; then add the garlic and chopped cashew nuts. Stir to blend well and cook for a few seconds more. Remove from the heat and combine this mixture with the cooked black rice.

In a mixing bowl, combine the yogurt, lemon zest, lemon juice, Stevia syrup, olive oil and salt. Whisk briskly and add a tablespoon or 2 of water to obtain a thin consistency to the sauce.

In a medium saucepan, cook the vegetables in a drizzle of olive oil, and sprinkle with a pinch of salt. Cook, for 3-4 minutes, stirring occasionally. You may wish to serve à la carte, or combine the cooked vegetables and yogurt sauce with the cooked rice upon serving.

Comments

Preparation Time: 15 minutes
Cooking Time: 60 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 10
Brown Rice Pasta and Broccoli Medley

Who doesn’t love Italian? Try this simple broccoli and brown rice pasta medley. Cottage cheese adds a “twist”!

What you need

- 1 lb. / 450 gm brown rice pasta
- 1 cup / 240 ml Organic and/or grass-fed cottage cheese
- 1 lb. / 450 gm broccoli
- ½ cup / 65 gm carrots, julienned
- 2 Tbsp. / 30 ml olive oil
- 2 garlic cloves, minced
- ¼ tsp. / 1½ gm red pepper flakes
- Salt to taste

What you need to do

Place a steaming device in a stockpot, add water to the base of the device, and bring to a rolling boil. Trim the bottom stems of the broccoli and slice them into half-inch thick pieces. Cut the broccoli head into florets. Place the broccoli florets and stems in the steamer. Add the carrot strips. Cook for 5-10 minutes until the vegetables are tender but still crisp. Transfer the cooked vegetables to a bowl containing ice water. Soak for 3 minutes before draining.

In a large non-stick skillet, heat the oil over medium heat; add the garlic and sauté for a few seconds. Stir in the red pepper flakes and the vegetables. Stir well to combine and season with salt. Remove the steamer from the stockpot, and bring the water back to a rolling boil; add the brown rice pasta. Cook for about 10 minutes.
Stir in ½ cup of the pasta water into the bowl of vegetables. Drain the pasta and toss in with the vegetable mixture; stir in the cheese and toss to combine well. Serve immediately.

**Comments**

- **Preparation Time:** 15 minutes
- **Cooking Time:** 30 minutes
- **Difficulty Rating:** 1
- **Serving size:** ½ cup
- **Serves:** 12
Brown Rice Crockpot Fiesta Dish

With a crockpot, you can never go wrong with any brown rice dish. The added benefit is that you get to have extra time for exercise while you forget about what you’re cooking. With this Spanish-inspired brown rice dish, you can plug in your crockpot and enjoy your workout.

What you need

- 2 Tbsp. / 30 ml olive oil
- 6 cloves garlic, finely chopped
- 1 onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 cup / 200 gm brown rice, uncooked
- 3 cups / 720 ml water
- 4 stalks celery, diced
- ½ cup / 100 gm black beans
- ½ cup / 75 gm peanuts
- 1 Tbsp. / 8 gm chili powder
- 1 cup / 180 gm tomatoes, seeded and diced
- Salt and Pepper to taste
- Chopped leaves of celery to garnish

What you need to do

In a skillet, heat the oil over medium high heat. Sauté the garlic, onions, celery, and bell peppers; stir after each addition, and cook for about 5 minutes. Transfer the sautéed mixture to a crockpot. Add all the remaining ingredients, set the crockpot to high, and cook for 4 hours. Turn down the setting to low, and cook for the next 3 hours, stirring periodically. Just before serving, season with salt and pepper, if desired.
### Comments

- **Preparation Time:** 15 minutes
- **Cooking Time:** 7 hours
- **Difficulty Rating:** 1
- **Serving Size:** ½ cup
- **Serves:** 12
Quinoa Carrot Patties

Quinoa has a colorful family of varieties, ranging from pink to red to brown and black. It is an ancient food cultivated in the South American Andes. It is rich in protein – providing a complete protein – and can be cooked in a 1001 ways. This recipe is one sure quick way to enjoy quinoa.

**What you need**

- 4 Tbsp. / 60 ml olive oil, plus more for frying
- ½ cup / 85 gm quinoa, rinsed
- 1 garlic clove, minced
- 1 cup / 240 ml water
- ¼ tsp. + ¼ tsp. / 1¼ gm + 1¼ gm salt
- 1 onion, diced
- 1 cup / 130 gm carrots, grated
- ¼ tsp. / ⅛ gm coriander
- 1 tsp. / 2½ gm black pepper
- 2 Omega-3 or grass-fed eggs
- ½ cup / 25 gm sprouted whole grain (SWG) breadcrumbs
- ½ cup / 120 ml organic and/or grass-fed cottage cheese
- 2 Tbsp. / 8 gm fresh parsley, chopped
- 1 Tbsp. / 2½ gm fresh basil, chopped

**What you need to do**

In a small saucepan over high heat, boil the quinoa in the water. Add ¼ tsp. / 1¼ gm salt. Stir, and then reduce the heat to low; cover and cook for 20 minutes. Turn off the heat after the quinoa has absorbed all the liquid.
In a skillet over high heat, sauté the garlic and onions in half of the olive oil, for about 3 minutes. Stir in the grated carrots, coriander, ¼ tsp. / 1¼ gm of salt, and black pepper; cook for 3 minutes more before removing from heat.

Whisk the eggs, in a mixing bowl; add the breadcrumbs, cottage cheese, parsley, and basil. Stir in the quinoa and carrots. Mix well to combine. Form the mixture into round patties.

In a large frying pan, heat the remaining of the olive oil. Fry the patties in batches, for 3 minutes on each side. Drain the fried patties on paper towels. You may wish to serve them with your favourite salad.

**Comments**

- **Preparation Time:** 15 minutes
- **Cooking Time:** 30 minutes
- **Difficulty Rating:** 1
- **Serving Size:** 1 patty
- **Serves:** 8
Quinoa Wakame Stuffed Peppers

The various ways to stuff peppers allow you to make a complete meal any time of the day. With quinoa, wakame seaweed, and cucumbers, this version of stuffed peppers is way off the traditional, but features a very good alternative to starchy filling.

What you need

- 1½ cups / 360 ml hot water
- 8 cups / 2 liter water
- 1 tsp. / 6 gm salt
- 4 large yellow peppers
- 1 cup / 150 gm cherry tomatoes
- 5 cups / 1200 ml chicken broth
- 1 cup / 170 gm quinoa
- 1 Tbsp. / 15 ml lemon juice
- 3 Tbsp. / 45 ml olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 1 cup / 120 gm cucumber, diced
- ½ cup / 8 gm fresh cilantro
- 4 Tbsp. / 20 gm dried wakame seaweed
- Salt and pepper to taste

What you need to do

Rehydrate the wakame seaweed in the hot water. Slice the peppers in half; remove the membranes and seeds. In a stock pot, bring regular water to a boil over high heat; add the capsicums and the cherry tomatoes along with the salt; reduce the heat and simmer for 3 minutes. Transfer the capsicums onto paper towels to drain. Slice the tomatoes in halves.
Over high heat, bring the chicken broth to boil in a saucepan. Stir in the quinoa, reduce the heat, and simmer for about 20 minutes, occasionally stirring. Transfer the quinoa to a colander to drain. Set aside to cool.

Combine the olive oil, lemon juice, and garlic in a small bowl. In a separate bowl, mix the cooled quinoa with the onion, cilantro, wakame, cucumber, and cherry tomatoes. If desired, season with salt and pepper. Add the olive oil dressing, and toss well to combine. Portion this mixture into each yellow pepper half and serve.

Comments

Preparation Time: 15 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: ¼ pepper
Serves: 8
Moroccan Hot Lentil Soup

The zing in this soup is what makes it appealing. If you choose not to make the Moroccan hot paste, just add a bit of red pepper flakes for more heat.

What you need

**Soup**
- 2 cups / 385 gm lentils
- 1 Tbsp. / 15 ml olive oil
- 4 cups / 960 ml water
- 1 tsp. / 2½ gm paprika
- 4 garlic cloves, minced
- 2 tsp. / 4 gm ground ginger
- ½ cup / 75 gm organic raisins
- 2 cups / 270 gm tomatoes, chopped
- 2 carrots, chopped
- 1 large onion, chopped
- 1 cup / 100 gm celery ribs, chopped

**Moroccan Hot Paste**
- 1 oz. / 30 gm dried hot chilis soaked in hot water
- 1 Tbsp. / 15 ml olive oil
- 1 fat clove of garlic, peeled
- ½ tsp. / 1 gm ground cumin
- Pinch of sea salt
- 1 cup / 16 gm cilantro, chopped
What you need to do

Layer all the soup ingredients in your crockpot and turn the setting to low; cook for 7 hours. You can taste and adjust or add more seasoning while cooking. Optional spices can also be added, such as turmeric, cumin, and cinnamon. Serve topped with a spoonful of Moroccan hot paste, if desired, or just a sprinkling of red pepper flakes for that extra zing.

To make the Moroccan hot paste, process all the ingredients in a food processor or blender until a smooth paste is obtained. Transfer to a glass container with a small amount of olive oil poured on top. Put a tight lid and keep in the refrigerator until ready to use. You can use the chilled paste up for up to one month.

Comments

Per Serving: 1 Carb, Protein, 1½ Fat
Preparation Time: 15 minutes
Cooking Time: 7 hours
Difficulty Rating: 1
Serving Size: 1 cup
Serves: 12
Black Bean SWG* Burrito Pockets

This is a delectable meatless meal for busy bodies. This old Mexican favorite goes well with yogurt or cottage cheese for a less creamy concoction and best stuffed in SWG* burrito pockets.

What you need

1 Tbsp. / 15 ml olive oil
1 cup / 160 gm onion, chopped
2 tsp. / 5½ gm garlic, minced
1 cup / 240 ml Organic and/or grass-fed cottage cheese
1 cup / 195 gm brown rice, cooked
2 cups / 345 gm black beans, cooked
1 cup / 160 gm tomatoes, chopped
Salt and pepper to taste
½ tsp. / 2 gm cumin
1 tsp. / 3 gm chili powder
¼ cup / 4 gm cilantro, chopped
8 small or 4 medium SWG burrito tortilla pockets
Boiled potatoes to serve (optional—every ½ cup / 80 gm = 1 carb)

What you need to do

Heat olive oil in a large saucepan over medium heat. Stir in the onion and sauté for about a minute before adding the garlic. Continue to sauté for a minute more, then adding the cottage cheese and brown rice. Add in the black beans and tomatoes; season with salt and pepper to taste, and stir in the cumin, chili powder, and cilantro. Turn the heat off and let stand for about

* Sprouted whole grain
10 minutes before scooping portions to fill your burrito tortilla pockets. Wrap each and serve with boiled potatoes, if desired.

**Comments**

**Per Serving:** 1 Carb, ½ Protein, ¼ Fat

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Difficulty Rating:** 1

**Serving size:** 1 small or ½ medium wrap

**Serves:** 8
Pinto Mango Salad Craze

This is a perfect pinto bean and mango salad for barbecue parties. With good flavors and the freshness of fruits and vegetables, the gang would surely ask for seconds (so be prepared and make two batches!). You can store this salad in the refrigerator, as it is best served when chilled.

What you need

- 2 cloves garlic
- 3 Tbsp. / 45 ml lime juice
- 2 tsp. / 12 gm sea salt
- ¼ tsp. / ¾ gm chili powder
- ¼ cup / 60 ml olive oil
- 2 cups / 340 gm pinto beans, cooked
- 1 orange bell pepper, seeded and diced
- ¼ cup / 30 gm onion, chopped
- 1 cup / 165 gm ripe mango, sliced
- 1 cup / 150 gm cherry tomatoes, diced
- ¼ cup / 4 gm chopped fresh cilantro, leaves and stems
- Sea salt
- Freshly ground black pepper

What you need to do

For the dressing, smash the garlic cloves, with use of a mortar and pestle; sprinkle some salt and continue mashing to make a coarse paste. In a small bowl, combine the garlic paste with lime juice and chili powder. Slowly stir in the olive oil in a steady stream. Set aside.
In a separate bowl, combine the beans, bell pepper, and onion. Pour the salad dressing in and toss to coat well. Carefully fold in the mangoes, tomatoes, and cilantro. Add salt and pepper, to taste, and serve with your favourite dish.

Comments

Per Serving: 1 Carb, 0 Protein, 1½ Fat
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 8
Lima Bean Bake

The natural taste of the pepper adds just the right amount of sweetness to these baked lima beans. You can add tomatoes when baking if you wish to add more flavors.

What you need

1 cup / 155 gm lima beans
4 cups / 960 ml water
1 onion, quartered
1 bay leaf
1 sprig thyme
4 garlic cloves, chopped
Salt to taste
2 Tbsp. / 30 ml extra virgin olive oil
1 green bell pepper, diced
2 Tbsp. / 11½ gm fresh mint, chopped
1 medium tomato, chopped (optional)

What you need to do

Rinse the beans and add to a medium stockpot. Add the water, onion, bay leaf, thyme, and half of the garlic, and. Bring to a rolling boil. Lower the heat and simmer for 60 minutes. Add a dash of salt to taste, and continue to cook for another 40 minutes until the beans are thoroughly tender but still intact. Remove from the heat. Discard the bay leaf, and thyme sprigs. Drain the beans and onion in a colander and set aside.

Preheat the oven to 375°F / 190°C. In a large skillet, heat a tablespoon of the olive oil, on medium heat; add the bell pepper. Cook for 5 minutes. Stir in the remaining garlic, and continue to stir; for about 30 seconds more. Add the chopped mint and salt to taste (and tomatoes, if desired), and stir for approximately 1 minute. Add the beans and onions, and transfer the mixture to a baking dish. Place in preheated oven, and bake for 1 hour. If the beans start to dry out, add ½ cup / 120 ml of water. You may wish to make this dish in advance and keep in the refrigerator for up to 5 days.
Comments

Per Serving: ⅔ Carb, 0 Protein, 1 Fat
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 6
Coconut Stewed Garbanzo and Kale

A cup of coconut milk and chili’s lend flavorful zest to this wonderful stew. You may wish to add more herbs and spices and serve with quinoa, or as topping over steamed brown rice. Either way, experience the terrific taste and enjoy your meal!

What you need

- 2 Tbsp. / 30 ml organic coconut oil
- 1 onion, peeled and chopped
- 5 cloves garlic, peeled and minced
- 2 tsp. / 4 gm peeled and minced ginger
- 1 hot red chili, chopped
- 1 cup / 240 ml coconut milk
- 2 cups / 330 gm garbanzos, cooked
- ½ cup / 120 ml water
- ½ tsp. / 1 gm stevia powder
- 1 bunch kale, torn into bite-size pieces
- 1 sprig cilantro, chopped
- Juice of 1 lime
- Red chili flakes

What you need to do

In a skillet over medium heat, warm the coconut oil. Stir in the chopped onion and cook for a couple of minutes. Reduce the heat, add the garlic, ginger, and chopped chili; cook for a minute more. Stir in the garbanzo beans, coconut milk, water, and Stevia. Stir and mix to blend well; reduce the heat to low and simmer for 30 minutes. Add more water, if needed. Stir in the kale and continue cooking for 5 minutes more before turning the heat off. Serve the bean stew with a generous squeeze of fresh lime juice and red chili flakes on top as a stand-alone dish or over cooked quinoa or brown rice.
Comments

Per Serving: 3½ Carb, 0 Protein, 2 Fat
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 8
Classic Cuban Black Bean Stew

The best beans stews are simmered for hours, but it’s okay cheat once in a while and take some shortcuts (though you still need to pre-cook the beans for some time, you can do this in advance). This classic stew is great on its own, or served with brown rice or tortillas.

What you need

- 1 Tbsp. / 15 ml olive oil
- 1 onion, peeled and chopped
- 1 clove garlic, minced
- 1 red bell pepper, diced
- 2 cups / 200 gm black beans, cooked
- 1 cup / 145 gm corn kernels
- 1½ cups / 360 ml vegetable broth
- 1 Tbsp. / 15 ml cider vinegar
- ½ tsp. / 1 gm dried oregano
- Coarse salt and ground pepper

What you need to do

Heat the oil in a skillet. Add onions and sauté for about a minute until the skins turns translucent. Stir in the garlic, bell pepper, and corn. Continue cooking, stirring occasionally, for about 5 minutes more. Stir in the broth, vinegar, oregano, and black beans. Increase the heat, mash the beans with the back of your ladle, stir, and continue to cook for about 8 minutes more. You can season with salt and pepper, if desired.
Comments

Per Serving: 1 Carb, 0 Protein, ½ Fat
Preparation Time: 10 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 8
White Bean Lemon Kale Soup

The contrast is not just in the color. Let your taste buds savor the sweet and sour flavors with the combination of sweet white beans, tomato, and lemon.

What you need

2 Tbsp. / 30 ml olive oil
4 garlic cloves, chopped
½ cup / 65 gm carrots, diced
1 large onion, chopped
Sea salt and black pepper to taste
1 tomato, diced
2 cups / 360 gm white beans, cooked
1 tsp. rosemary leaves
4 cups / 1 liter water
3 cups / 200 gm kale leaves torn
1 Tbsp. / 15 ml fresh lemon juice

What you need to do

In a large pot over medium-high heat, add the oil; stir in the garlic and sauté for a few seconds before adding the carrots and onion; stir in between each addition. You can season with pepper and salt, if desired. Add the tomato and cook for about 4 minutes. Stir in the beans with 4 cups water. Raise the heat up and bring to a rolling boil. Lower the heat, add the kale, cover and cook for 15 minutes more. Stir in the lemon juice before serving.
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Ginger Root Bean and Walnuts

You may know green beans as ‘snap beans,’ ‘French beans,’ ‘string beans,’ ‘runner beans,’ or ‘Baguio beans’. As varied as the name may be, the same applies to the many ways you can cook them. You can steam, boil, stir-fry, or bake green beans, and; season and accent them in whatever way you desire. This recipe is a twist on a popular classic.

What you need

1 Tbsp. / 15 ml coconut oil  
1 tsp. / 6 gm salt  
1 tsp. / 2 gm ginger root, grated  
1 clove garlic, finely minced  
¼ cup / 90 gm walnuts, sliced in halves  
2 cups / 200 gm green beans, trimmed  
2 tsp. / 10 ml lemon or lime juice  
1 Tbsp. / 15 ml olive oil

What you need to

Preheat your oven to 245°F / 120°C.  
Spread the coconut oil on a baking tray and place in the oven to heat. Remove the hot baking tray from oven and add the salt, garlic, ginger, and walnuts. Mix well to coat. Place in the preheated oven and bake for about 20 minutes with occasional stirring. Take out the baking tray and place the walnuts on paper towels to; drain, and let stand to cool. Steam the green beans in a saucepan with a small amount of water until crisp-tender. Drain on a colander and transfer to a serving bowl; add the lemon or lime juice, olive oil, and walnuts, and mix well.
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Black Eyed Peas Spinach Stew

Not all delicious meals take a lot of effort to create – this recipe is a perfect example. A simple meal that is nutritious, and easy to prepare, is the perfect choice for a hot summer day.

What you need

- 1 Tbsp. / 15 ml olive oil
- 1 medium onion, chopped
- 1 cup / 240 ml vegetable broth
- 8 oz. / 225 gm fresh spinach
- 2 cups / 320 gm black-eyed peas, cooked
- Salt and black pepper, to taste
- Cayenne pepper, to taste

What you need to do

In a large skillet, heat the olive oil and add the onions; sauté until the skins turns translucent. Add a cup of broth and bring to a gentle boil; stir in the black-eyed peas and the spinach; stir for a couple of minutes until the spinach darkens. Turn off the heat and transfer to individual serving bowls. Sprinkle with a dash of salt and cayenne pepper, if desired.

Comments

- Per Serving: 2¼ Carb, 0 Protein, ¾ Fat
- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Difficulty Rating: 1
- Serving Size: ¼ cup
- Serves: 8
Spinach Fava Beans Crostini

Nutty fresh fava beans and warm crumbles of goat cheese combined with spinach on a slice of SWG* baguette completes a healthy Sunday brunch.

**What you need**

- 1 cup / 125 gm fava beans, shelled
- ¼ cup / 60 ml + 1 Tbsp / 15 ml. olive oil
- 8 oz. / 225 gm baby spinach, blanched (approx. 1½ cups)
- 3 Tbsp. / 7 gm goat cheese
- ¼ tsp. / 1¼ ml lemon zest, grated
- ½ tsp. / 2½ ml fresh lemon juice
- 1 SWG baguette (approx. 1 lb. / 450 gm)
- 1 garlic clove, sliced
- Mint leaves (approx. 16 pcs)

**What you need to do**

Preheat your oven to 355°F / 180°C. In a stockpot, add the fava beans and enough water to cover. Boil for 5 minutes until fava beans are tender. Drain on a colander before transferring to a bowl of ice water. Peel off the skins of the fava. Place the peeled fava beans in a blender and pulse beat to process. Transfer 1-half of the processed mixture into a bowl. Stir in ¼ cup / 60 ml oil, ½ cup / 75 gm blanched spinach, goat cheese, and lemon juice and zest; add ½ tsp. / 3 gm of salt and ⅛ tsp. / 1 gm black pepper to the favas mixture in the processor; process to a smooth purée. Combine the fava bean mixtures; chop the last cup of spinach and add it to the mixture.

Cut the SWG baguette into sixteen diagonal slices. Place the slices on a baking sheet. Brush the olive oil over the bread slices. Place in the center rack of the preheated oven and bake for 8 minutes, until crisp and pale golden. To serve, spoon the fava bean mixture onto the toasted SWG baguette slices, drizzle with the remaining olive oil, and garnish top with mint leaves.
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Broccoli-Pumpkin Pasta Quinoa

Combine the goodness of broccoli and the sweet taste of pumpkin, and you almost have the perfect recipe for pasta lovers.

What you need

- 2 cups / 230 gm pumpkin, diced
- 8¾ oz / 250 gm quinoa noodles, uncooked
- 1 Tbsp. / 15 ml olive oil
- ¾ cup / 120 ml water
- 1 head broccoli, cut into florets
- 3 garlic cloves, crushed
- 1 cup / 240 ml organic grass-fed or vegan milk
- 1 bell pepper, cut into strips
- ½ cup organic and/or grass-fed cottage cheese, crumbled

What you need to do

Preheat oven to 350°F / 175°C. Line a baking sheet with parchment paper. In a bowl, combine diced pumpkin with a small amount of olive oil; coat the pumpkin evenly. Scatter the diced pumpkin over the parchment paper-lined baking sheet. Place in the preheated oven and bake for about 20 minutes until softened. Remove from the oven and set aside.

Cook your quinoa pasta per package instructions. Put the water in a pan and set over medium heat bringing the water to a rolling simmer. Add in the broccoli florets, cover, and cook for 5 minutes. Stir in the crushed garlic and sauté for a couple of minutes. Stir in the milk; bring to a simmering boil once more, and let simmer for 3 minutes. Stir in the baked pumpkin. Add in the
crumbled cottage cheese and give it a final stir. Pour the mixture over individual plate servings of the cooked quinoa pasta noodles, and serve immediately.

**Comments**

**Per Serving:** 2 Carb, ½ Protein, ½ Fat

**Preparation Time:** 10 minutes

**Cooking Time:** 35 minutes

**Difficulty Rating:** 1

**Serving Size:** 1 cup

**Serves:** 8
Apples, Almonds, and Greens Toss

Apples, almonds and lettuce combined with thin slices of raw cheese make this main course salad a great treat for a light, healthy lunch.

**What you need**

- ¼ cup / 60 ml apple cider vinegar, divided
- 1 cup / 240 ml apple cider
- 1 onion, minced
- ¼ cup / 60 ml extra virgin olive oil
- 1 green bell pepper, diced
- ⅛ tsp. / 1 gm Stevia powdered extract
- Sea salt to taste
- 2 green apples, cored and sliced in thick wedges
- ¼ cup / 30 gm whole almonds, toasted
- 3 ribs celery, sliced thinly
- 1 bunch lettuce, torn
- 2 oz. / 60 gm organic, vegan or grass-fed cheese, sliced

**What you need to do**

Heat apple cider combined with 2 Tbs / 30 ml apple cider vinegar in small saucepan. Bring to a rolling boil and let boil until liquid is reduced to a syrup consistency. Remove from heat and let stand to cool.

In the same pan, pour the remaining apple cider vinegar; add in the onions, olive oil, green bell pepper, Stevia extract, salt, and bell pepper. Whisk to combine well until Stevia dissolves. Remove from heat and transfer to a bowl together with the apples, almonds, celery, and lettuce. Trickle in the reduced cider mixture over the salad. Assemble the salad on plates by alternately layering the salad ingredients with slices of cheese, ending with a few pieces of cheese on top.
Comments

Per Serving: ½ Carb, 1 Protein, 2 Fat
Preparation Time: 15 minutes
Cooking Time: 10 minutes
Difficulty Rating: 1
Serving Size: 1 cup
Serves: 8
Cheesy Spinach-Brown Rice Layer Bake

This lasagna recipe uses wide quinoa noodles as substitute to the traditional wheat flour pasta. Spinach and lots of raw cheese – and a crunchy surprise between layers – are what make this dish a standout.

What you need

- ¼ cup / 60 ml organic grass-fed or vegan milk
- 1 cup / 240 ml organic and/or grass-fed organic cottage cheese
- 5 plump tomatoes, parboiled, peeled, and chopped
- 7 pcs brown rice wide lasagna pasta, cooked
- 1 lb. / 450 gm baby spinach, torn, sprigs removed, and blanched
- 2½ cups / 600 ml Organic, vegan or grass-fed cheese, hard
- ½ cup / 60 gm sliced almonds

What you need to do

Preheat your oven to 375°F / 190°C.

In a small bowl, combine the milk, tomatoes, and cottage cheese. In a casserole dish, spread a layer of this mixture (reserving a small amount), followed by a layer of lasagna noodles, then blanched spinach, half of the chopped almonds sprinkled on the spinach, and a final layer of hard cheese with the remainder of the tomato mixture, topped with the remaining chopped almonds. Put the casserole dish inside the preheated oven, and bake for 30 minutes. Remove from oven and set aside for 10 minutes to cool. To serve, cut into eight or more squares.
Comments

Per Serving: 2¼ Carb, 1½ Protein, 0 Fat
Preparation Time: 15 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: 4 oz / 113 gm
Serves: 8
Pizza Pesto al Greco

The secret to making this great-tasting treat great-for-you is in using SWG* wraps instead of traditional pizza dough, and choosing healthy toppings. The spinach pesto brings a whole new twist to enjoying this dish with a crunchy crust.

What you need

- SWG* wraps, 4-8 small or large
- 2 Tbsp. / 30 ml olive oil
- 1 bunch spinach
- 2 Tbsp. / 30 ml organic and/or grass-fed cottage cheese or softened (soaked overnight) pine nuts
- 2 cloves garlic, grated
- Salt to taste

Toppings:

- ½ lb. / 225 gm chicken breast, grilled and sliced thinly
- 20 olives, pitted and halved
- 20 cherry tomatoes, halved
- 4 artichoke hearts, sliced
- ¼ cup / 60 gm vegan, grass-fed or organic yellow cheese, crumbled

What you need to do

Preheat the oven to 400°F / 200°C

Lightly coat both sides of the SWG* wraps with a small amount of olive oil using a pastry brush. Arrange the wraps on baking trays and set aside.

Meanwhile, prepare your pesto by combining the remaining olive oil with the spinach, cottage cheese, and garlic in a blender or food processor. Pulse beat to process for 2 minutes, adding 2
tablespoons of water as needed. Sprinkle in a dash of salt, or adjust the amount to suit your taste.

Place the baking sheet in the preheated oven and for approximately 5 minutes, or until wraps are slightly toasted. Remove from heat, and evenly spread the prepared pesto sauce over the toasted wraps; arrange your toppings with equal distribution of all the remaining ingredients. Return to the oven and bake for 3 minutes more or until crust turns crispy.

**Comments**

**Per Serving:** 2 Carb, 1 Protein, 1½ Fat  
**Preparation Time:** 7 minutes  
**Cooking Time:** 10 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 small or ½ medium  
**Serves:** 8
Sweet Potato Turkey Nuts Toss

Combined with cucumber and yogurt dressing, this warm salad is a hearty side dish – perfect for a lovely meal. Lightly roasting (broiling) the walnuts in this recipe doubles the nutty flavor without adding fat.

What you need

- 2 sweet potatoes
- 1 medium onion, sliced thinly
- 1 cup / 100 gm green beans cut to 2 inches / 5 cm long
- 1 bunch lettuce, torn
- 3 oz. / 90 gm turkey sausage, diced
- 1 cup / 240 ml plain yogurt
- 1 Tbsp. / 8½ gm chopped olives
- ½ cup / 66 gm cucumber, chopped
- ½ cup / 60 gm walnuts, coarsely chopped

What you need to do

In a small saucepan, boil the sweet potatoes. Cook for approximately 15 minutes until tender. Remove from pan, peel off the skin, and cut into bite size cubes. Cook the green beans in the microwave for 2 minutes.

In a large bowl, combine the sweet potatoes with the green beans, onions, and turkey sausage. In a smaller bowl; combine the yogurt with cucumber and olives to make the salad dressing. Add the lettuce to the salad mixture just before serving. Pour some dressing, sprinkle the walnuts and serve.
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Spinach & Mushroom Goat Cheese Tarts

Indulge in little tarts for a brilliant first course. These mushroom and spinach tartlets are perfect for your elegant dinner parties.

What you need

- 2 sheets quinoa puff pastry dough
- ½ cup / 60 gm goat feta cheese
- ½ cup / 120 ml cottage cheese
- 1 egg
- 2 Tbsp. / 30 gm raw butter or olive oil
- 1 cup / 70 gm button mushrooms
- 1 cup / 90 gm shiitake mushrooms
- 1 onion
- 1 cup / 30 gm spinach
- Zest of 1 lemon, finely grated
- Juice of 1 lemon
- 4 cloves garlic, crushed
- Salt & pepper, to taste

What you need to do

Preheat your oven to 375°F / 190°C.

On a floured surface, roll out the pastry dough, and cut 4 circles of about 6 inch / 15 cm in diameter each. Press the dough circles onto mini pie baking tins. Place in the refrigerator to chill until ready to use.
In a bowl, combine the feta cheese and cottage cheese with the egg. Add some salt and pepper, and whisk together to blend well. Set aside. Melt a tablespoon of butter or heat a tablespoon of olive oil in a skillet over medium heat. Stir in the onions and sauté until skin turns translucent. Remove from heat and transfer onto a paper towel to drain off excess oil before adding to the cheese mixture.

In the same skillet, melt the remaining butter or heat the oil over medium heat. Add the mushrooms; cover and cook until all liquid has evaporated, for about 10 minutes. Fold in the spinach; season with salt and pepper if desired. Return the cover and cook until the spinach is wilted, for about 5 minutes more. Drain any excess liquid. Combine this mushroom spinach mixture with the cheese batter mix.

Take out your pie tart shells from the fridge refrigerator. Scoop portions of the mushroom mixture into the shells. Place the pie tins on a baking sheet over the center rack of the preheated oven. Bake for about 15 minutes. Set out on a cooling rack for 10 minutes before removing the tarts from the tins and serving.

**Comments**

- **Preparation Time:** 15 minutes
- **Cooking Time:** 30 minutes
- **Difficulty Rating:** 2
- **Serving size:** 1 tart
- **Serves:** 8
Beans and Greens SWG Enchiladas

Enjoy rolling up SWG* wraps with a filling combination of black beans, collard greens, and corn kernels.

What you need

- 2 Tbsp. / 30 gm olive oil
- 2 tsp. / 10 gm ground cumin
- ¼ cup / 30 gm rice flour
- 2 Tbsp. / 15 gm cornstarch diluted in 2 Tbsp. / 30 ml water
- 2 cups / 480 ml water
- Salt (or substitute)
- And ground pepper to taste
- 3 cups / 720 gm cottage cheese
- 8 oz. / 240 gm black beans, cooked
- 6 cups / 8 oz. / 230 gm collard greens, fresh
- 8 oz. / 240 gm corn kernels
- 3 Tbsp. /18 gm scallions/green spring onions, chopped
- 16 small or 8 medium SWG wraps
- Lemon balm leaves and onion slices to garnish

What you need to do

In a saucepan, heat the oil over medium heat. Add half of the cumin with the rice flour and diluted cornstarch; whisk and simmer for a couple of minutes. Stir in the water and bring to a rolling boil. Return the heat to low, and simmer the mixture until a thick consistency is

* Sprouted whole grain
obtained, for about 8 minutes. Season with salt and pepper, and set aside until ready to use. In a large bowl, combine the beans with 2 cups of cheese, and add in the collard greens, corn, scallions, and remaining cumin. You can season this filling with additional salt and pepper, if desired.

Preheat oven to 400°F / 200°C. Coat 2 8-inch / 20 cm baking dishes with non-stick cooking spray. Stack the SWG wraps and cover them with damp paper towels, then microwave on high for a minute. Top each SWG wrap with ⅓ cup of filling; roll them up tightly and arrange in the greased baking dishes in a neat row. Sprinkle tops of enchiladas with remaining cup of cheese, with a scoop of the sauce mixture. Place the baking dish in the preheated oven and bake for 20 minutes. Let stand to cool for 10 minutes before serving. Top with thinly sliced onions and lemon balm leaves.

**Comments**

**Preparation Time:** 30 minutes  
**Cooking Time:** 30 minutes  
**Difficulty Rating:** 2  
**Serving Size:** 1 small or ½ medium wrap  
**Serves:** 16
Tomato-Stewed Okra and Carrots

For many healthy food fanatics, okra is one of the many all-time favorite comfort foods. The crunchy skin texture and the gooey inner lining melting in your mouth make for a happy meal on a cold and gloomy day.

What you need

1 Tbsp. / 15 ml olive oil
4 cloves garlic, minced
1 onion, chopped
3 cups / 540 gm tomatoes, chopped
1 lb. / 450 gm fresh okra, cut in half crosswise
1 cup / 130 gm carrots, sliced
4 cups / 960 ml water
1 tsp. / 1½ gm dried basil
½ tsp. / 1¼ gm ground pepper
½ tsp. / 2 gm dried oregano
¼ tsp. / 1½ sea salt

What you need to do

In a large skillet, heat the olive oil over medium high heat. Stir in the garlic, onion, and tomatoes. Cover with a heavy lid; cook for 5 minutes before adding in the okra, carrots, water, salt, and spices. Reduce the heat to medium-low, cover the pot, and simmer for about 25 minutes. Serve with your favorite quinoa or rice pilaf (½ cup / 100 gm cooked = 1 carb serving).
**Comments**

- **Preparation Time:** 20 minutes
- **Cooking Time:** 30 minutes
- **Difficulty Rating:** 2
- **Serving Size:** 1 cup
- **Serves:** 8
Mushrooms Greens and Rice

This variation of marinated rice and vegetables is a real quick fix if you’re craving nutty flavors blended with lemony taste.

What you need

- ¼ cup / 60 ml walnut oil
- ¼ cup / 60 ml flaxseed oil
- ¼ cup / 60 ml wine vinegar
- Juice of ½ lemon
- Ground black pepper to taste
- 1 tsp. / 2 gm allspice
- 3 cups / 720 ml of water
- 1 cup / 200 gm brown rice
- 2 cups / 140 gm mushrooms
- 1 cup / 180 gm tomatoes, quartered
- 3 Tbsp. / 12 gm minced fresh parsley
- 2 cups / 180 gm collard greens
- ¼ cup / 30 gm finely chopped walnuts

What you need to do

In a small bowl, prepare the marinade by combining the walnut oil, flaxseed oil, wine vinegar, lemon juice, pepper, and allspice. Whisk briskly to blend well. Set aside.

In a stockpot over high heat, add the water and salt and bring to a rolling boil. Stir in the rice and bring back to boil. Lower heat, cover, and simmer for about 45 minutes, until water is absorbed. When done, allow to cool at room temperature before adding ¼ cup of the prepared marinade.
Heat a non-stick skillet and add the mushrooms. Cover and cook them over medium heat for about 10 minutes, until just wilted. Stir in the tomatoes, parsley, collard greens, walnuts, and ¼ cup of the nut oils vinaigrette. Add salt and pepper. Continue to cook for a couple of minutes more. Turn off the heat, cover, and marinate for at least 2 hours before serving with the marinated rice.

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 60 minutes  
**Difficulty Rating:** 1  
**Serving size:** ¼ cup  
**Serves:** 16
Poultry

Almond Chicken Apricot Delight

Serve this delectable chicken marinated in a spicy yogurt sauce with your favorite steamed vegetables and SWG* bread. Apricots and almond toppings complement the natural goodness.

What you need

- ¼ cup / 24 gm ginger root, chopped
- ½ cup / 50 gm celery, chopped
- ¼ tsp. / ¾ gm chili flakes
- 2 cups / 480 ml plain yogurt
- ½ tsp. / 2½ ml Stevia syrup
- 4 chicken breasts, deboned
- 1 Tbsp. / 6 gm almonds, sliced
- 1 Tbsp. / 8 gm dried apricot, chopped
- Steamed vegetables and toasted SWG bread to serve

What you need to do

In a blender or food processor, combine ginger, celery, chili, and Stevia with yogurt. Pulse beat on low to a smooth consistency. Reserve half a cup of the processed mixture, and marinate the chicken in the remaining sauce. Refrigerate for 24 hours.

Preheat the oven to 350°F / 175°C.

Take the marinated chicken out from the refrigerator; discard excess marinade. Over high heat in a non-stick pan, sear the chicken pieces for 2 minutes on each side. Transfer to a baking sheet and place in the preheated oven; bake for 20 minutes to finish cooking. Arrange the

* Sprouted whole grain
cooked chicken in 4 individual serving plates; spoon the reserved marinade over the top of each piece. Sprinkle the almonds and apricots over the tops and finish off with a sprig of celery. Serve with SWG bread and your favorite steamed vegetables (1 slice bread or 1 cup / 180 gm vegetables = 1 carb serving).

**Comments**

**Preparation Time:** 1 hour 20 minutes  
**Cooking Time:** 30 minutes  
**Difficulty Rating:** 1  
**Serving Size:** ½ breast  
**Serves:** 8
Cashew Chicken Wraps

Carrots, celery, cabbage, and chicken with a sprinkling of cashew nuts make up a scrumptious filling for SWG® wraps. These chicken cashew wraps are a sure hit with the family.

What you need

- ¼ cup / 30 gm cashew halves
- 2 tsp. / 10 ml avocado oil
- 1 clove garlic, minced
- 1 tsp. / 2 gm ginger root, minced
- 2 celery stalks, julienned
- 1 red chili pepper, seeded, finely chopped
- 12 oz. / 340 gm chicken breasts cut into strips
- 2 carrots, julienned
- Zest of 1 lemon, grated
- 1 cup / 100 gm cabbage, shredded
- 8 SWG wraps

What you need to do

In a large skillet over high heat, stir fry the cashews for a few minutes. Transfer to a plate and set aside. In the same skillet, add the oil and garlic, ginger, celery, and chili pepper, stirring between each addition. Add the chicken and continue to stir-fry for another 3 minutes. Stir in the carrot and cook for 2 minutes more. Add the lemon zest and cabbage, and stir to finish cooking. Turn off the heat and stir in cashews; blend well. Portion the mixture into SWG wraps and roll each wrap. Serve immediately with your favourite seasoning.
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Shiitake Chicken Ensemble

No fuss, no frills. The simplest recipe is the best. Savor the natural flavors with this stir-fry shiitake and chicken fillet ensemble.

What you need

- 2 cups / 290 gm shiitake mushrooms, sliced
- 2 Tbsp. / 30 ml olive oil
- 2 onions cut in wedges
- 2 cloves garlic, minced
- 1 ginger root, minced
- 8 oz. / 225 gm chicken breast, cut into bite-size pieces
- 2 cups / 480 ml water
- 1 tsp. / 6 gm Salt

What you need to do

Heat the olive oil in a wide, deep wok over high heat; add the onions, garlic, and minced ginger; until the onions become golden and translucent. Stir in the mushrooms and salt; stir-fry for about 10 minutes. Add the water and bring to a boil. Stir in the chicken pieces, a few at a time, stirring in between each addition; reduce the heat, cover, and simmer for 20 minutes. Serve piping hot in individual serving plates, alongside a bowl of steamed rice.

Comments

- Preparation Time: 15 minutes
- Cooking Time: 30 minutes
- Difficulty Rating: 1
- Serving Size: ½ cup
- Serves: 8
Chicken Quinoa Pot Pie

This chicken potpie recipe is a heart-warming mixture of mashed potato and boiled chicken, topped with quinoa puff pastry. It is a perfect dinner treat after a busy day.

What you need

- 1 Tbsp. / 15 ml olive oil
- 1 leek stalk, sliced
- 1 onion, sliced
- 1 red bell pepper, cut into squares
- 1 carrot, diced
- 3 tsp. / 9 gm quinoa flour
- 2 cups / 480 ml water
- 1 lb. / 450 gm chicken breast, boiled, deboned and cubed
- ½ cup / 30 gm peas
- ½ cup / 75 gm corn
- 4 cups / 840 gm potato, mashed
- 1½ sheets quinoa puff pastry

What you need to do

Preheat the oven to 375°F / 190°C.

In a pan over medium-low heat, cook leek and onion in olive oil for 10 minutes until soft and translucent. Add the red bell pepper and diced carrot, and cook for 5 minutes more. Turn the heat down to low, add the flour, and simmer for a couple of minutes while stirring constantly. Add the water and continue stirring constantly until a thick consistency is obtained. Stir in the chicken, peas, and corn; cover and simmer for a few minutes more.
Turn off the heat and transfer the mixture to a deep baking dish. Fill to the top with mashed potato. Roll out your quinoa puff pastry sheet over the top, crimping the edges to the rim of the baking dish. Coat the top of the pastry with milk, using a pastry brush; this gives the pie a shiny gloss. Place the pot pie in the preheated oven and bake for 20 minutes until the pastry turns golden brown.

**Comments**

- **Preparation Time:** 20 minutes
- **Cooking Time:** 40 minutes
- **Difficulty Rating:** 2
- **Serving Size:** ¼ pie (1 cup)
- **Serves:** 8
Chicken Soup for the Gods

Let the aromatic flavours of the orient bring delight with oriental brown rice pasta and the nutritious chicken meat in this very simple dish.

What you need

4 cups / 960 ml chicken stock
1 clove garlic, minced
2 tsp. / 4 gm ginger root, minced
Dash of salt
2 Tbsp. / 30 ml avocado oil
1¼ cup / 250 gm brown rice pasta, cooked
1 Chicken breast (8 oz / 240g), boiled, drained and cut into bite sized pieces
1 egg, slightly beaten
1 red chili
2 stalks spring onions, minced

What you need to do

In large stockpot, bring the chicken stock to a rolling boil. Stir in the garlic and ginger; add salt, avocado oil and the brown rice pasta; lower the heat and let simmer for about 5 minutes. Stir in the chicken, spring onions and chili. Turn the heat off and stir in the beaten egg, whisking briskly for 20 seconds. To serve, scoop a ladle or 2 into serving bowls, and sprinkle with chili and spring onions. Serve immediately.
Comments

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: 1 cup
Serves: 8
Chicken and Black Beans Quesadilla

A classic favorite – with a healthy twist! Cottage cheese in this recipe substitutes for higher fat yellow cheese and sour cream.

What you need

- 4 SWG* Tortillas
- ¼ cup / 60 ml organic and/or grass-fed cottage cheese
- 1 cup / 9 oz / 270 gm skinless chicken, roasted, cubed
- 1 onion, chopped
- ¼ cup / 50 gm black beans, cooked

What you need to do

Preheat your grill. Chop the onions and cut the chicken into cubes. Place 2 tortillas on the preheated grill and spread a quarter of the cheese on each tortilla; top with chicken, onions, and black beans. Cover with the remaining 2 tortilla. Grill for about 5 minutes. When ready to serve, cut into quarters. You may wish to serve the quesadillas with your favorite salsa.

Comments

- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Difficulty Rating: 1
- Serving Size: 1 slice
- Serves: 8
Crayfish Rice Chicken Roast

For those days when you only have a little bit of time and patience to cook, this southern-inspired 3-in-1 recipe will surprise you with its easy decadence. It combines protein, vegetables, and high-quality carbohydrates for a quick, healthy, and delicious meal.

What you need

- 2 Tbsp. / 30 ml olive oil
- 1 tsp. / 1½ gm dried basil leaves
- 1 bay leaf
- 2 leek stalks, finely chopped
- 1 sweet red pepper, chopped
- 1 onion, chopped
- 4 sprigs fresh thyme
- 2 cloves garlic, chopped
- 6 cups / 1½ litters water
- 2 cups / 360 gm tomatoes, chopped
- 3½ lb. / 1485 gm whole chicken
- 2 cups / 400 gm brown rice
- ½ cup / 2½ oz / 70 gm crayfish meat (from approximately 5 shelled crayfish)
- ½ cup / 180 gm kidney beans, cooked
- Parsley sprigs for garnish

What you need to do

Preheat the oven to 350°F / 175°C. Put the bay leaf, leeks, pepper, onion, thyme, garlic, tomatoes, and water in a large roasting pan. Rub the chicken with a mixture of 1 tablespoon of olive oil and dried basil leaves; put the chicken in the roasting pan; cover and place in the preheated oven; bake for about 45 minutes. Remove from oven and let stand for 5 minutes before gently lifting the chicken out; set aside.
Add the brown rice, carrots, crayfish, and kidney beans to the roasting pan and mix well to combine. Place the chicken on top of the rice mixture; drizzle some olive oil over the chicken, and; return the roasting pan to the oven. Bake, uncovered, for 20 minutes more until the rice and beans are tender; remove the chicken from the roasting pan, and transfer the rice mixture to a serving platter. Place the chicken on the serving platter alongside the rice mixture, and garnish with parsley sprigs to serve.

Comments

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Difficulty Rating:** 1

**Serving Size:** ½ cup / 100 gm rice, 4 oz./ 110 gm chicken+fish

**Serves:** 16
Chicken Broccoli Water Chestnut Stir-Fry

This recipe is quick-and-easy when you’re in a crunch for lunch. Stir-frying dishes always bring out the rich flavours in all ingredients.

What you need

- 2 Tbsp. / 30 ml olive oil
- 2 small stalks celery, sliced
- 1 onion, sliced
- 1 cup / 90 gm broccoli, chopped
- 1 cup / 145 gm water chestnuts, sliced
- 3 cups / 12 oz / 360 gm skinless chicken thigh fillet, sliced (approximately 3 thighs)
- 1 tsp. / 6 gm salt
- Dash of pepper
- ½ cup / 60 gm almond, slivers
- 1 tsp. / 3 gm cornstarch dissolved in 1 tsp. / 5 ml water
- 3 Tbsp. / 45 ml Water

What you need to do

On a frying pan over medium high heat, heat a tablespoon of olive oil. Add the onions and stir fry until skin turns translucent. Stir in the celery and add the chicken fillet; continue to stir fry for about 10 minutes. Remove from the pan and transfer to a plate. Set aside.

In the same pan, add another tablespoon of olive oil. Stir in the broccoli, water chestnuts, and about 3 Tbsp. / 45 ml of water; stir fry for about 3 minutes over high heat.
Return the chicken fillet to the pan; add salt and pepper and stir fry for about 5 minutes more. Stir in the almonds; cover and simmer for about 5 minutes. Pour in the dissolved corn starch and stir until glaze coats the chicken and vegetables.

Comments

Preparation Time: 15 minutes
Cooking Time: 20 minutes
Difficulty Rating: 1
Serving Size: 1 cup
Serves: 6
Smokin’ Hot Turkey Rutabaga Stew

When you like it hot, go for a ladle of fire. Nothing beats this smokin’ hot turkey stew with nutritious rutabaga and carrots.

What you need

- 3 Tbsp. / 45 ml olive oil
- 2 onions, chopped
- 1 red bell pepper, chopped
- 2 jalapeno peppers, chopped
- 6 tomatoes, chopped
- 5 garlic cloves, minced
- 2.2 lb. / 990 gm turkey breast, cut to bite size
- 4 cups / 960 ml water
- 1 cup / 130 gm carrots cut to cubes
- 1 cup / 140 gm rutabaga, cut to cubes
- ½ cup / 70 gm black pitted olives
- 2 Tbsp. / 16 gm chili powder
- 1 tsp. / 3 gm red pepper flakes
- 3 Tbsp. / 45 ml hot sauce

What you need to do

In a large Dutch oven, heat the olive oil over high heat; add the onions and sauté until skin turns translucent. Add the peppers, tomatoes, and garlic; continue to sauté for a minute more. Add the chicken pieces a handful at a time, and stir after each addition; lower the heat and simmer, covered, for 5 minutes. Stir in the carrots, rutabaga, chili powder, red pepper flakes, hot sauce, and water. Turn up the heat and bring back to a boil; let boil for a couple of minutes before reducing the heat. Uncover and simmer for about 20 minutes more.
Comments

Preparation Time: 15 minutes
Cooking Time: 35 minutes
Difficulty Rating: 1
Serving Size: 1 cup / 240 ml
Serves: 12
Turkey in Wine and Yogurt

This recipe makes a warm stew for cold weather. Turkey breast in white wine and yogurt, together with mushrooms, vegetables, and potatoes, make for a healthy, square meal.

What you need

- 2 lb. / 900 gm turkey breast
- 1 lb. / 450 gm potatoes cut to quarters
- 1 lb. / 450 gm mushrooms, sliced
- 1 stalk celery cut into 2-inch sticks
- 1 onion, sliced
- 2 cloves garlic
- 4 whole cloves
- 2 bay leaves
- 6 saffron threads
- 1 cup / 240 ml white wine
- 4 Tbsp. / 60 gm olive oil
- 1 cup / 240 ml organic soy or Greek yogurt
- Salt to taste
- 2 Tbsp. / 12 gm ground almonds
- 2 Tbsp. / 8 gm chopped parsley
- Fresh rosemary leaves to garnish

What you need to do

Brown the turkey in 2 tablespoons olive oil in a frying pan over high heat. Remove from pan and set aside. Add the garlic and onions to the pan and sauté for about 2 minutes. Return the turkey to the pan and add the cloves, bay leaf, and saffron; continue cooking for 5 minutes more. Stir in the wine, remaining oil, celery, and yogurt. Simmer uncovered for 20 minutes.
Add the potatoes and mushrooms and reduce to medium heat; continue cooking, turning the turkey slices as often as needed, for about 15 minutes. Add the ground almonds and parsley, and season with salt to taste; cook for another 5 minutes before turning the heat off.

To serve, place the potatoes in individual serving plates, top with a slice of turkey, spoon the sauce over the combination, and sprinkle rosemary leaves as an elegant finish.

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 50 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 slice and ½ cup  
**Serves:** 16
Halibut Patties

Halibut gives this recipe a succulent flavour. It is easy to cook and an excellent source of protein and omega-3 fatty acids. You can substitute with any fish that you favour.

What you need

1½ lbs. / 675 gm fish fillets
1 omega-3 or grass-fed egg
2 cloves garlic, minced
1 stalk leek, minced
1 red chili, remove seeds and mince
2 Tbsp. / 30 ml coconut oil

What you need to do

Process the fish fillets and egg in a food processor to obtain a smooth paste. Transfer the mixture to a bowl, and mix in the minced garlic, leeks, and chili. Form the mixture into 18 patties. Set a frying pan over medium heat; add a small amount of the oil and pan-fry the patties for 3 minutes on each side. Drain on paper towels. Serve with your favorite sauce (1 Tbsp. / 15 ml = 1 fat serving) and steamed rice (½ cup / 100 gm cooked = 1 carb serving).

Comments

Preparation Time: 20 minutes
Cooking Time: 5 minutes
Difficulty Rating: 1
Serving Size: 2 oz. / 57 gm patty
Serves: 12
Mahi Mahi Broccoli Frittata

This versatile dish can be served for breakfast, lunch, or dinner. You can even serve it in the pan, straight to your dining table.

What you need

- 2 cups / 180 gm broccoli florets
- 6 omega-3 or grass-fed eggs
- 1 medium onion
- 1 Tbsp. / 15 ml flax seed oil
- 2 tsp. / 10 gm butter
- 15 oz. / 425 gm mahi mahi, boiled and flaked
- 1 cup / 165 gm corn kernels
- 2 Tbsp. / 30 ml cottage cheese
- Salt and pepper, to taste

What you need to do

In a pot of lightly salted boiling water, blanch the broccoli for 5 minutes or until almost tender. Drain on a sieve and set aside. In a bowl, lightly whisk the eggs and add in the onion; season with freshly ground black pepper, if desired. In a large, heavy skillet, heat the flax seed oil and raw butter; stir in the egg mixture. Lay the flaked mahi mahi, broccoli, and corn over the egg. Stir well to evenly distribute the added ingredients. Cook for 4 minutes more until the sides turn golden and the top is almost set.

Preheat the oven to 375°F / 190°C. Remove the skillet from the stove top and sprinkle the crumbled cottage cheese on top. Place the skillet in the preheated oven and bake for 5 minutes until the cheese is lightly browned. Serve with fresh tomato salad and crusty SWG* bread.
### Comments

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Perfect Trout Grill

Brighten up your grilled trout with vegetables like plum tomatoes and crunchy asparagus salad, and finish off with a generous sprinkling of fresh lime juice.

What you need

1 bunch asparagus, trimmed
1 Tbsp. / 15 ml
plus 1 tsp. / 5 ml extra-virgin olive oil
½ cup / 60 gm almonds, roasted and chopped
1 Tbsp. / 7 gm onion, minced
1 lb. / 450 gm plum tomatoes cut into wedges
2 Tbsp. / 30 ml fresh lime juice + extra to taste
¼ tsp. / 1½ gm salt
¼ tsp. / ½ gm pepper
8 slices trout fillets, about 2 oz. / 55 gm each

What you need to do

Blanch the asparagus in a large skillet with boiling salted water. Cover and cook for 5 minutes. Allow cooling before cutting into thirds; in a salad bowl combine the asparagus with the olive oil, almonds, onion, tomatoes, lime juice, salt, and pepper. Cover and chill in the refrigerator.

Preheat your broiler or grill. Season the fish steaks with salt and pepper, if desired. Brush with a small amount of olive oil. Grill over medium-high heat, 5 minutes on each side. Sprinkle the grilled trout with lime juice and serve with asparagus tomato salad and steamed brown rice (½ cup cooked = 1 carb serving).
**Comments**

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Chili Tuna Grill on Beans Spinach Toss

There is no doubt that the most healthful foods can be the easiest to prepare. Try this light grilled tuna, accented with a refreshing bean-and-spinach salad.

What you need

- ¼ cup / 60 ml olive oil
- 1 tsp. / 3 gm chili flakes
- 8 slices tuna fillets, 2 oz. / 55 gm each
- ½ cup / 120 ml plain organic soy or Greek yogurt
- Juice of 2 limes
- 1 cup / 180 gm kidney beans, cooked
- 1 bunch spinach
- 1 medium red bell pepper, chopped finely
- Salt and black pepper to taste

What you need to do

In a large bowl, combine olive oil and chili flakes. Add the tuna fillets, and turn to coat each piece. Marinate for approximately 10 minutes. In a separate bowl, mix together the lime juice and yogurt. Blanch the spinach in boiling water for 5 minutes. Add the blanched spinach to the yogurt mixture along with the cooked beans and red bell pepper. Toss to combine well. Chill in the refrigerator until ready to serve.

Grill the tuna for 3 minutes on each side. When ready to serve, take out your chilled salad and season with salt and pepper to taste. Spoon portions onto serving plates. Place a fillet on each salad mound and serve immediately.
Comments

Preparation Time: 20 minutes
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: 1 tuna fillets
Serves: 8
Savory Salmon Steak

This tasty poached salmon steak makes a light dinner feel like a feast.

What you need

1½ / 360 ml cups water
2 cups / 480 ml organic grass-fed or vegan milk
1 medium onion, thinly sliced
1 celery stalk with leaves, coarsely chopped
2 Tbsp. / 30 ml lemon juice
1 carrot, chopped
1 chili pepper, seeded and minced
8 salmon steaks, 2 oz. / 55 gm each
½ cup / 60 gm radish, chopped
1 cup / 240 ml plain organic soy or Greek yogurt
Salt, pepper, and herbs to taste
Leek and daikon radish for garnish

What you need to do

In a large non-stick frying pan, combine the water with the milk, lemon juice, onion, and celery; reserve a few celery leaves for garnish. Set the pan over high heat and bring to a rolling boil. Add the carrot and chili pepper. Cover with a heavy lid. Reduce the heat to medium; simmer for approximately 10 minutes. Gently lay the salmon steaks over the mixture and bring back to a rolling boil. Lower the heat, replace the cover, and continue cooking for 10 minutes more.

In a bowl, mix together the radish with the yogurt. Season to taste with salt, pepper, and herbs such as dill weed, garlic, and thyme. Remove the salmon steaks from the pan and transfer to a paper-lined platter to drain. Serve the salmon steaks in individual serving plates with the radish.
sauce poured over the tops. Garnish with celery leaves, sliced leek, and shaved daikon. Serve immediately.

**Comments**

**Preparation Time:** 10 minutes  
**Cooking Time:** 20 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 slices salmon  
**Serves:** 8
Ginger-Lemon Snapper Fillet

This is a tasty, healthy dish providing good quality protein in generous amounts. It makes for a very quick and easy meal, good-to-go with your favorite steamed vegetables.

What you need

**Fish**

1 Tbsp. / 15 ml olive oil  
1 lb. / 450 gm snapper fillet  
3 lemons, thinly sliced  
2 tsp. / 10 gm butter, broken into small pieces  
1 Tbsp. / 6 gm ginger root, sliced in strips  
1 Tbsp. / 15 ml water  
Salt to taste  
Freshly ground black pepper

**Sauce**

4 tsp. / 20 gm butter or olive oil  
Pinch of salt  
1 Tbsp. / 15 ml water  
1 small bell pepper, diced  
2 Tbsp. / 30 ml lemon juice

What you need to do

Preheat your oven to 375°F / 190°C.

Brush the snapper fillets with olive oil. If desired, add a dash of salt. Place a small piece of parchment paper on top of a large sheet of foil, and lay the fillet on the parchment paper.
Arrange the sliced ginger root over of the fillets; optional herbs may be added as desired. Sprinkle the butter pieces over the fillets. Top the fillets with sliced lemon and pour the remaining olive oil and water. Gather the edges of the foil to fold over and envelop the fillet. Crimp the edges to seal. Transfer the wrapped snapper fillet to a baking tray before placing at the middle rack of your preheated oven. Bake for about 12 minutes. Steam your favorite vegetables (1 cup / 95 gm = 1 carb serving).

*Lemon Sauce:*

In a saucepot over low heat, melt the butter or heat the olive oil. Add the lemon juice and diced bell pepper and simmer for a minute. Pour over the baked snapper fillets and steamed vegetables.

**Comments**

**Preparation Time:** 10 minutes  
**Cooking Time:** 20 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 2 oz. / 55 gm snapper  
**Serves:** 8
Truly Simply Tuna

A bright and colorful medley of bell peppers, onions, tomatoes, and olives lend a flavorful twist to a simple tuna steak.

What you need

1 Tbsp. / 15 ml olive oil, divided
1 small red onion, sliced
2 cloves garlic, minced
1 red bell pepper, chopped
1 yellow bell pepper, chopped
2 tomatoes, chopped
¼ cup / 60 ml water
2 Tbsp. / 30 ml dry red wine
2 Tbsp. / 3 gm black olives
Salt to taste
4 slices tuna steak, 2 oz. / 55 gm each
Chopped green / spring onions (scallions) for garnish

What you need to do

Preheat the oven to 375°F / 190°C.

In a large saucepan, heat 2 teaspoons / 10 ml oil over medium heat. Stir in the red onions, garlic, and peppers; sauté for 2-3 minutes until softened. Stir in the tomatoes, wine, and water, and bring to a rolling boil. Cook uncovered over medium-high heat for about 10 minutes, stirring constantly until a thick consistency is attained. Add the olives; season with salt.

Brush the remaining teaspoon of olive oil on both sides of the steaks and season lightly with salt. Heat an ovenproof skillet over high heat. Sear the steaks for 2 minutes per side. Put the
pan in the preheated oven and bake for a little over 10 minutes. Transfer the tuna to individual plates and spoon the tomato mix on top. Garnish with chopped green onions.

Comments

Preparation Time: 10 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: 2 oz. / 55 gm
Serves: 4
Salmon Sweet Potato Stew

This recipe is adapted from a traditional Brazilian fish stew. It combines the rich flavors of coconut milk, tomato, peppers, and cilantro.

What you need

- 1½ lbs. / 675 gm salmon fillets
- 1 cup / 16 gm cilantro, chopped
- 28 oz. / 800 gm whole tomatoes, blanched
- 2 cloves garlic, cut in half
- 1 onion, chopped
- 1 tsp. / 6 gm sea salt
- 1 chili pepper, chopped
- 1 Tbsp. / 15 ml olive oil
- ¼ cup / 50 gm brown rice vinegar
- 1 Tbsp. / 15 ml coconut oil
- 1 zucchini, chopped
- 1 sweet potato, diced
- 1 bell pepper, chopped
- About a cup / 240 ml of water
- ½ cup / 45 gm chopped green leeks for garnish
- ¾ cup / 180 ml coconut milk

What you need to do

Place salmon in a large bowl. In a food processor, blend the cilantro, tomatoes, garlic, onion, salt, chili pepper, brown rice vinegar, and oil. Pour over the salmon. Marinate for at least 30 minutes before cooking.
In a large frying pan over medium heat, add a tablespoon of coconut oil and heat. Stir in the sweet potato and pan-fry for 1 minute. Add ½ cup / 120 ml of water, as needed. Add bell peppers and zucchini; continue cooking until tender, for a little over 7 minutes; add another ½ cup / 120 ml of water, if needed. Stir in the coconut milk, and bring to a rolling boil before reducing the heat to simmer for 3 minutes.

Add the fish with the marinade; simmer for 10 minutes more. Turn off the heat and stir in the green leeks. Serve over steamed brown rice or quinoa, if desired (½ cup / 100 gm = 1 carb serving).

Comments

Preparation Time: 20+30 minutes
Cooking Time: 25 minutes
Difficulty Rating: 1
Serving size: ¾ cup
Serves: 12
Butterfly Fish Bake

“Butterflied” means boned and opened. This recipe is prepared in foil to concentrate the classic flavors and capture the savory juice that moistens the fish as it bakes.

What you need

1 lb. / 450 gm trout, boned
2 tsp. / 10 ml olive oil
8 fresh dill sprigs
2 lemons, 1 cut in wedges, the other sliced
Salt and pepper, to taste
Chopped fresh parsley for garnish

What you need to do

Preheat your oven to 400°F / 200°C.

Brush olive oil over dull side of 4 pieces of foil, each approximately 12 inches / 30 cm long. Cut the trout into quarters, and open each to a flat “butterfly” shape. Place a 4 oz / 115 gm trout section in the middle of each piece of foil, and season with salt and pepper to taste. Place 2 dill sprigs with 2 slices of lemon over the center of each butterflied fish, and drizzle ½ teaspoon / 2.5 ml of olive oil. Gather the sides of the foil and loosely seal.

Place the wrapped trout on a baking tray over the middle rack of the preheated oven; bake for 10 minutes. Check for doneness by opening 1 packet; when the fish can be easily flaked with a fork, it is ready.

Carefully remove the fish from the foil; transfer to a plate, and pour the drippings over the fish. Sprinkle with chopped fresh parsley. Serve with lemon wedges, if desired.
## Comments

**Preparation Time:** 10 minutes  
**Cooking Time:** 15 minutes  
**Difficulty Rating:** 1  
**Serving size:** 2 oz / 55 gm fillet  
**Serves:** 8
Steamed Prawns

This is an authentic prawn recipe served in Chinese restaurants. The fruity, nutty sweetness of wolfberries (goji berries) accents the rice wine flavor of the classic marinade, and adds a whole dimension of healthy.

What you need

12 large prawns
1 Tbsp. / 9 gm wolfberry/goji berry
1 garlic clove, crushed
⅛ tsp. / ¼ gm Stevia powder
1 Tbsp. / 15 ml rice wine
Salt to taste
4 Tbsp. / 60 ml water
Juliened blanched bell pepper for garnish

What you need to do

Clean the prawns well, slit the back, and devein. Combine all the ingredients in a bowl. Let the prawns sit in the combined mixture for at least 15 minutes.

Heat water in a wok. Add the marinated prawns, cover, and steam for approximately 10 minutes. Transfer to a serving plate and serve hot with your favorite flavored rice (½ cup / 100 gm cooked = 1 carb serving).
Comments

Preparation Time: 15+15 minutes
Cooking Time: 10 minutes
Difficulty Rating: 1
Serving Size: 3 pieces
Serves: 4
Seafood Symphony Stew

Like in music, this medley of seafood has lilting tunes that will intrigue your discriminating taste. There are mussels and shrimp, crab and cod, clams and scallops, with a finale of classical seasonings. So dive deep!

**What you need**

½ cup / 120 ml butter or olive oil  
2 garlic cloves, minced  
2 onions, chopped  
1 bunch parsley, chopped  
2 lbs. / 900 gm tomatoes, chopped finely  
5 cups / 1200 ml water  
2 pcs bay leaves  
1 Tbsp. / 4½ gm dried basil  
½ tsp. / 1 gm dried oregano  
½ tsp. / ¾ gm dried thyme  
½ cups / 120 ml white wine  
½ lb. / 225 gm bay scallops  
½ lb. / 225 gm shrimp  
12 clams, still in shells  
12 mussels, still in sells  
½ cup / 67½ gm crab meat  
½ lb. / 225 gm cod fillets, cubed

**What you need to do**

Over medium heat, melt butter or heat oil in a soup pot. Stir in the garlic, parsley, and onions. Cook on low heat for 5-10 minutes. Add tomatoes to the pot and continue to simmer for...
another 10 minutes; add water, along with the basil, bay leaves, oregano, thyme, and wine. Stir well and simmer, covered, for at least 10 minutes, until the liquid becomes a homogeneous red color. Add in the scallops, shrimp, mussels, clams, crab meat, and fish, and bring to a rolling boil. Lower the heat; simmer for seven minutes more until the clams and mussels open up. Ladle into individual serving bowls; serve with warm SWG* bread (1 slice = 1 carb serving).

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 45 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 cup  
**Serves:** 12

* Sprouted whole grain
Slow-Roasted Salmon

Slow-cooking salmon will reward you with a very moist and soft steak, as it retains its bright color. If you have the time and patience, it is worth the wait.

What you need

1 lb. / 450 gm salmon filet, quartered
2 tsp. / 10 ml olive oil
Salt and pepper to taste
Your favourite seasonings
(i.e., dill, garlic, lemon zest, thyme)
⅛ tsp. / ⅔ ml Stevia syrup
1 tsp. / 5 ml chili sauce

What you need to do

Preheat your oven to 250°F / 120°C.

Grease a baking dish, large enough to hold the fish pieces in a single layer. Lightly coat the salmon meat with olive oil, salt, Stevia, chili sauce, pepper, and other seasonings. Place in the prepared baking dish and roast for about 30 minutes. Cut salmon to serving-sized pieces. Serve the fish with rice (½ cup / 100 gm cooked = 1 carb serving) and a salad of greens (1 cup greens / 240 gm = 1 carb serving; 1 Tbsp. dressing / 15 ml = 1 fat serving).

Comments

Preparation Time: 10 minutes
Cooking Time: 30 minutes
Difficulty Rating: 1
Serving Size: 1 slice
Serves: 5
Blackened Fish Sandwich

Fire it up! Blackened seafood has long been a traditional New Orleans crowd-pleaser, as it is now with today’s lovers of good, down-to-earth food. For this recipe, use fillets of firm fish like catfish, salmon, or snapper.

What you need

- 4 fish fillets, 4 oz. / 110 gm each
- 2 Tbsp. / 60 gm melted butter or olive oil
- 1 tsp. / 3 gm garlic powder
- 1 tsp. / 2½ gm onion powder
- ½ tsp. / 0.7 gm dried thyme
- ½ tsp. / 1 gm cayenne pepper
- ½ tsp. / 1½ gm ground black pepper
- 1 tsp. / 2½ gm paprika
- ½ tsp. / 3 gm salt
- 4 SWG* sandwich buns
- 4 Tbsp. / 60 ml organic soy or Greek yogurt
- Sliced tomato
- Shredded lettuce

What you need to do

Coat fish fillets with melted butter or olive oil. In a small bowl, combine all seasonings and dust the mixture onto the fillets. Heat the remaining oil in a skillet over high heat. Gently lay the fillets onto the very hot skillet, cover, and cook for about 2-5 minutes on each side (depending on thickness) until the fish flakes easily with a fork and the surface is dark brown and crust-like. Spread some yogurt on the SWG buns, and add a slice of tomato and mound of shredded lettuce. Top with the blackened fish and munch away!
Comments

Preparation Time: 10 minutes
Cooking Time: 5-10 minutes
Difficulty Rating: 1
Serving Size: ½ sandwich
Serves: 8
Shrimp and Vegetable Stir-Fry

The easiest way of cooking fresh shrimp and vegetables is stir-frying. Here is a refreshing recipe that goes well with a serving of quinoa or steamed brown rice.

What you need

- 4 tsp. / 20 ml olive oil
- 2 lbs. / 900 gm asparagus, cut to bite-sized pieces
- 1 cup / 70 gm mushrooms, sliced
- ½ tsp. / 3 gm salt
- 2 tsp. / 4 gm lemon zest, grated
- 5 garlic cloves, minced
- 1 lbs. / 450 gm shrimps, shelled and deveined
- 1 cup / 240 ml water
- 1 tsp. / 3 gm rice flour, dissolved in 1 tsp. water

What you need to do

Heat 2 tsp. / 10 ml olive oil in a wok. Stir in the asparagus, mushrooms, ¼ teaspoon of salt, and the lemon zest; cook for 6 minutes. Remove the vegetables and transfer to a warm plate. Stir in the last teaspoons of oil along with the garlic; stir-fry for a few seconds. Stir in the shrimps and cook for a couple of minutes over high heat. Stir in the dissolved rice flour and salt. Continue cooking until you obtain a thick consistency. Turn off heat and return vegetables to the wok. Give it a good stir, transfer to a serving dish, and serve immediately over quinoa or brown rice (½ cup cooked = 1 carb serving).
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Tilapia Grill

When in doubt about your culinary skills, go fish and grill! This recipe combines the rustic touch of a barbecue with the gentle flavor of tilapia and classic seasonings. Great taste has never been easier!

What you need

- ⅓ cup / 80 ml olive oil
- 1 clove garlic, minced
- 1 tsp. / 5 ml fresh lemon juice
- 1 Tbsp / 15 gm fresh lemon zest
- Leaves from ½ bunch fresh basil (or 1 tsp. / 1½ gm dried basil)
- ½ tsp. / 3 gm salt or substitute
- 1 tsp. / 2½ gm ground black pepper
- 2-4 tilapia fillets, about ¼-½ lb. / 110-225 gm each

What you need to do

In a bowl, combine ¼ cup / 60 ml of the olive oil with the garlic, lemon juice, basil, parsley, salt, and pepper; pour into a plastic bag that can be sealed. Place the tilapia fillets in the bag, and toss to coat evenly with the marinade. Seal the bag and place it in the refrigerator to chill for at least an hour.

Preheat your grill to no more than 300°F / 150°C (to avoid unhealthy blackening). Brush the remaining olive oil on the grate. Remove the tilapia from the marinade bag place on the grill; strain the solids (garlic, lemon zest, and basil), and place evenly on the fillets. Cook for 4-5 minutes each side, or until easily flaked with a fork. You can serve the grilled tilapia with steamed brown rice or similar grains, grilled potatoes (½ cup / 100-120 gm cooked = 1 carb serving) or any of your favourite side dishes.
Comments

Preparation Time: 15 minutes + 1 hour
Cooking Time: 15 minutes
Difficulty Rating: 1
Serving Size: ¼ fillet (2 oz. / 55 gm)
Serves: 8
Lentil Celery Potato Soup

Healthful eating is a hearty comfort lunch meal with this low fat vegetable-bean soup recipe.

What you need

1 Tbsp. / 15 ml olive oil
1 onion, finely chopped
2 cloves garlic, crushed
1 stalk celery, chopped, leaves set aside
2 cups / 200 gm potatoes, diced
6 cups / 1440 ml water
2 tomatoes, chopped
2 cups / 385 gm lentil beans, cooked

What you need to do

In a large saucepan over medium heat, cook the garlic, chopped celery stalk, and onion in olive oil for about 3 minutes until slightly softened. Add the diced potatoes and cook while tossing for about a minute. Stir in the tomatoes, cover, and simmer for 3 minutes more. Add the water and bring to a rolling boil. Lower the heat and simmer uncovered, for about 15 minutes. Stir in the cooked lentil beans and continue cooking for another 5 minutes. Add the celery leaves; turn off the heat and cover. Let stand for 5 minutes before serving.
Comments

Preparation Time: 15 minutes
Cooking Time: 25 minutes
Difficulty Rating: 1
Serving Size: ½ cup
Serves: 8
Butternut Mung Bean Soup

Over the holidays, it is normal to indulge in all the foods you love to eat. This soup is a perfect detoxifying agent for all those sinful delights you have devoured.

What you need

- 1 cup / 210 gm mung beans
- 2 cups / 280 gm butternut squash, diced
- 2 cups / 180 gm collard greens, chopped
- 1 onion, diced
- 1 Tbsp. / 15 ml coconut oil
- 1 Tbsp. / 9 gm minced garlic
- 1 Tbsp. / 6 gm ginger root, minced
- 1 tsp. / 3 gm hot chili pepper, minced
- 6 cups / 1440 ml water
- Sea salt to taste

What you need to do

In a colander, rinse the mung beans under cold running water. Drain well and set aside. In a large pot, heat the coconut oil over medium heat. Add the garlic and sauté for a few seconds; add the onion and ginger followed by the chili pepper, stirring after each addition.

Pour in the water and turn the heat up to high. Boil for about 5 minutes. Stir in the mung beans; reduce the heat and simmer for approximately 20 minutes before adding the diced squash. Bring the heat up to medium high and cook for 10 minutes more or until the squash turns tender. Stir in the collard greens, cover the pot with a heavy lid and turn the heat off. If desired, add a dash of salt and other seasoning, just before serving.
### Comments

- **Preparation Time:** 15 minutes
- **Cooking Time:** 40 minutes
- **Difficulty Rating:** 1
- **Serving Size:** ½ cup
- **Serves:** 12
Creamy Sweet Potato Carrot Soup

Once in a while, you crave comfort food that is healthy and filling. Try this creamy carrot and sweet potato soup for a change. Your family is surely to love it!

What you need

3 Tbsp. / 45 gm olive oil
3 Tbsp. / 45 gm clarified butter or olive oil
2 garlic cloves, minced
6 cups / 800 gm sweet potatoes cut into cubes
1 cup / 130 gm carrots, coarsely chopped
8 cups water
1 cup / 240 gm organic soy or Greek yogurt
¼ tsp. / 1 ml Stevia syrup
Sea salt and freshly ground pepper, to taste

What you need to do

In a large soup pot, heat the oil (and butter, if desired) over medium heat. Stir in garlic and sauté for about 2 minutes. Stir in sweet potatoes and carrots; cook for 5 minutes while stirring occasionally. Add the water, turn the heat up to high, and bring the water to a rolling boil. After 5 minutes of boiling, lower the heat and continue to cook, for approximately 30 minutes.

Turn off the heat and let stand to cool for about 10 minutes. Purée the mixture in a blender or food processor; take care to transfer and process the mixture in batches. Return the puréed mixture to the soup pot, and stir in yogurt and Stevia syrup. Set to medium heat and simmer for about 5 minutes until just heated through. You can add more yogurt or water as needed to obtain the desired consistency. Serve hot with a dash of salt and pepper to taste, if desired.
Comments

Preparation Time: 15 minutes
Cooking Time: 45 minutes
Difficulty Rating: 1
Serving Size: 1 cups
Serves: 16
Soup Lemak Laksa

This is a chicken noodle coconut soup inspired by authentic Thai cuisine. This delicious concoction is so easy to make. For the best flavours, use organic chicken, brown rice pasta, and coconut milk, along with fresh vegetables.

**What you need**

- 8 oz. / 225 gm chicken breasts, boiled and shredded
- 8 cups / 1920 ml chicken broth
- 1 Tbsp. / 6 gm ginger root, sliced
- 4 pcs kaffir lime leaves
- ½ tsp. / 3 gm salt
- 1 cup / 130 gm carrots, julienned
- 1 red bell pepper, sliced into rings
- 1 cup / 240 ml coconut milk
- 2 cups / 400 gm brown rice pasta, cooked
- 1 chili pepper, minced
- Juice of 1 lime
- Mint and cilantro leaves for garnish

**What you need to do**

Put the chicken broth in a stockpot over the stovetop on high; add the ginger, kaffir lime leaves, and salt, and bring to a rolling boil. Turn the heat off after 5 minutes, and let stand for about 10 minutes before removing the ginger and lime leaves.

Turn on the stove to medium-high; add the carrots, bell pepper, and coconut milk. Continue cooking for 5 minutes more. Add the shredded chicken and cook for a few minutes more. Add the cooked brown rice pasta and the chili peppers; turn up the heat to high, and cook for 5 minutes more.
To serve, place the solid cooked ingredients into individual bowls using a slotted spoon, and top with mint and cilantro leaves. Sprinkle a small amount of lime juice over the mixture before pouring in a ladle or 2 of the steaming hot soup.

**Comments**

**Preparation Time:** 15 minutes  
**Cooking Time:** 25 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 cup  
**Serves:** 16
Gluten-free Mini Cakes

Baking gluten-free means following a standard rule of proportions, such as one part flour to one part butter, and so on. But this rule need not hamper your creativity in producing treats that will suit your personal dietary needs.

**What you need**

- ½ cup / 120 ml raw milk, divided
- 6 oz. / 170 gm egg whites, room temperature
- 2 tsp. / 10 ml pure vanilla extract
- 2 oz. / 55 gm brown rice flour
- 2 oz. / 55 gm coconut flour
- 2 oz. / 55 gm potato flour
- 1 Tbsp. / 15 gm baking powder
- 1 tsp. / 2 gm Stevia powder
- ½ tsp. / 3 gm fine sea salt
- 6 oz. raw / 170 gm butter, cut into cubes

**What you need to do**

Preheat your oven to 350°F / 175°C. Lightly coat muffin pans with butter, using a pastry brush.

In a bowl, combine ¼ cup / 60 ml of raw milk with egg whites and vanilla. Mix well and set aside. In the bowl of your electric mixer, combine the flours with the baking powder, Stevia and salt; beat over low speed with the paddle attachment for about 30 seconds. Add the raw butter cubes and the remaining quarter cup of raw milk. Continue mixing on low speed to incorporate well. Increase speed to medium, and beat for 2 minutes more. Add the egg mixture in 3
batches; beat on medium speed for 25 seconds after every addition. Portion out the batter into the butter-coated muffin pan, and bake for 25 minutes. Transfer the cupcakes onto wire racks to allow cooling completely. Frost the cupcakes to your fancy.

**Comments**

Per Serving: ¼ Carb, ¼ Protein, 2¼ Fat

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Difficulty Rating: 2

Serving size: 1 cupcake

Serves: 16
Blueberries on Panna Cotta

This panna cotta recipe is sweet naturally, with Stevia powder and syrup concentrate. Molded or unmolded, you are sure to enjoy this creamy dessert complimented with blueberry compote.

What you need

- 2 cups / 480 organic grass-fed or vegan milk
- 3 tsp. / 6 gm powdered gelatin, unflavored
- 1 tsp. / 2 gm Stevia powder or monk fruit sweetener
- ½ lemon, juiced, with peel sliced into strips
- ½ orange, peel sliced into strips
- ½ pc vanilla bean, split
- 6 oz. / 170 gm organic soy or Greek yogurt
- 1 lb. / 450 gm fresh blueberries
- 1½ tsp. / 3 gm Stevia or monk fruit concentrate
- 7 tsp. / 35 ml fresh lemon juice

What you need to do

Sprinkle gelatin over ½ cup / 120 ml of milk; stir with a fork, then let stand to soften for about 5 minutes. In a small saucepan, heat the remaining milk, Stevia, peels, and vanilla bean; simmer for 5 minutes. Discard the vanilla bean and peels before stirring in the gelatin-milk mixture. Let stand to cool slightly, and then add in the yogurt. Place the pan in ice water until the mixture is thickened. Pour into individual custard cups or glass molds; chill for at least 2 hours in the refrigerator.

Put the berries in a medium saucepan and simmer over low heat, stirring occasionally. Mix the Stevia and lemon juice into the berries. Cook for about thirty minutes, until a thick consistency
is obtained. Let cool before putting in a container with a tight lid and refrigerating. When ready to serve, scoop a spoonful of blueberry compote over the panna cotta.

Comments

Per Serving: 1¾ Carb, ¾ Protein, 0 Fat
Preparation Time: 10 minutes
Cooking Time: 10 minutes
Difficulty Rating: 2
Serving size: 1 cup
Serves: 4
Berry Bublanina

Bublanina is an Eastern European (Czech) fruit-topped cake that is perfect for dessert. You can use any favorite fruit to go with the gluten-free batter.

What you need

- 4 eggs, separated
- 1 tsp. / 2 gm Stevia powder
- 1 cup / 160 gm brown rice flour
- ½ tsp. / 2½ ml lemon juice
- ½ tsp. / 1 gm grated lemon peel
- ½ tsp. / 2½ gm xanthan gum
- ½ tsp. / 2½ gm cinnamon
- SWG* bread crumbs
- 1 lb. / 450 gm blueberries or cherries

What you need to do

Preheat your oven to 325°F / 160°C. Coat a baking pan with nonstick cooking spray followed by a sprinkling of SWG breadcrumbs.

In a mixing bowl of an electric mixer, beat the egg whites until soft peaks form. Add the Stevia; continue to beat until whites are stiff and glossy. Fold in the egg yolks, one at a time, then stir in flour. Blend in the cinnamon, lemon juice, grated lemon peel, and xanthan gum.

Pour in and spread the batter evenly in the baking pan. Dust the blueberries with a small amount of rice flour. Arrange the blueberries on top of the batter. Place the baking pan in the preheated oven and bake for about 35 minutes. You can serve this delicious cake warm or chilled.
Skillet Fudge Brownies

Chewy + thick + fudgy = the best brownies you will ever make. Bake in a skillet and enjoy this no fuss delicious recipe!

What you need

½ cup / 120 gm butter, cubed
8 oz. / 240 gm bittersweet chocolate, chopped (or chips)
1 Tbsp. / 6 gm Stevia or monk fruit powder
or ½ cup / 100 g xylitol, coconut sugar, or organic whole cane sugar
or a mixture, to taste
3 omega-3 or grass-fed eggs
½ cup / 120 gm Greek yogurt
1 tsp. / 5 ml pure vanilla extract
1 cup / 120 gm almond flour

What you need to do

Preheat oven to 325°F / 160°C.
Over low heat, melt chocolate and butter in the skillet, stirring occasionally. Remove pan from heat and add sweetener; stir to combine well. Add the eggs, 1 at a time, stirring after each addition. Stir in the yogurt and vanilla, and gradually add almond flour; stir until well- incorporated. Place skillet in preheated oven. Bake for 30 minutes. Allow to cool a bit before serving.
Comments

Per Serving: 1 Carb, ¾ Protein, 3 Fats
Preparation Time: 10 minutes
Cooking Time: 30 minutes
Difficulty Rating: 2
Serving size: 1/16
Serves: 16
Rhubarb Strawberry Tart

Rhubarb and strawberry make a classic duo, like cookies and cream and pie à la mode. Not too sweet, not too mushy...just the way you want to enjoy simple food – with great taste!

What you need

**Tart Crust**
- 1 large omega-3 or grass-fed egg yolk
- 1 Tbsp. / 15 ml organic soy or Greek yogurt
- ½ tsp. / 2½ gm vanilla extract
- 1¾ cups / 200 gm rice flour
- ½ tsp. / 1 gm Stevia powder
- ¼ tsp. / 3 gm table salt
- 8 Tbsp. / 120 gm butter cut into cubes

**Filling**
- 2 cups / 245 gm sliced rhubarb
- 2 cups / 330 gm sliced strawberries
- Juice from 1 lemon
- 3 Tbsp. / 30 gm rice flour diluted in 3 Tbsp. / 45 ml water
- ¼ tsp. / 1¼ Stevia syrup

What you need to do

**Tart Crust:** In a bowl, combine yogurt, egg yolk, and vanilla extract, and set aside. Place flour, Stevia, and salt in a food processor. Add the butter; pulse in 1-second intervals for about 15 seconds, until a coarse meal forms. Pour in the egg mixture in and process for about 25 seconds. Remove and form the dough in a disk shape. Wrap in plastic chill in the refrigerator for at least 2 hours.
**Filling:** Combine the diluted rice flour and Stevia syrup in a small bowl and set aside. Combine the rhubarb, strawberries, and lemon juice in a saucepan. Cook over medium-high heat, occasionally stirring, for about 5 minutes. Stir in the rice flour mixture and bring to a rolling boil. Reduce the heat to medium-low and stir until a pudding-like consistency is obtained. Remove from heat and set aside to cool.

Spray the bottom and sides of a tart or pie-baking pan with non-stick cooking spray. Remove the dough from the refrigerator, unwrap, and place on a lightly floured sheet of parchment paper. Cover with another sheet of parchment paper. With a rolling pin, flatten the disk by rolling from the center to the sides. Remove the flattened dough from the parchment paper, lightly sprinkle with flour, and lay over a pan. Place in the freezer for 30 minutes.

Preheat your oven to 375°F / 190°C. Remove the tart pan from the freezer. Cover with aluminum foil and place the pan on a baking sheet over the center rack of your preheated oven. Bake for about 30 minutes. Remove the foil. Fill the tart with the rhubarb-strawberry mixture and bake for 5-7 minutes more.

Serve with ice cream if desired (½ cup / 120 ml low-fat = 1 carb serving, ½ cup / 120 ml regular = 1 fat serving).

**Comments**

**Per Serving:** ½ Carb, Trace Protein, 2 Fat
**Preparation Time:** 20 minutes
**Cooking Time:** 40 minutes
**Difficulty Rating:** 2
**Serving Size:** 1 slice
**Serves:** 12
Banana Brown Butter Bread

Of all the quick breads, banana bread reigns supreme. It is the definitely the queen of quick breads. This gluten-free version satiates your cravings for delicious home-baked goodies.

What you need

¾ cup / 85 g almond flour
¾ cup / 85 g brown rice flour
2 Tbsp. / 20 gm ground flax meal
¾ cup / 35 g quinoa flour
1 tsp. / 5 g baking powder
1 tsp. / 2 g stevia powder
1 tsp. / 2½ g ground cinnamon
4 ripe bananas
2 omega-3 or grass-fed eggs
½ cup / 120 ml almond milk
½ cup / 120 g butter, melted
1 tsp. / 5 ml vanilla extract
¾ cup glaze (6 Tbsp. / 90 ml light cream, ¼ tsp. / 1¼ g Stevia syrup, dash of cinnamon)

What you need to do

Preheat your oven to 355°F / 180°C. Spray a loaf-baking pan with non-stick cooking spray.

Combine the flours and whisk together with the Stevia, cinnamon, and baking powder in a bowl. In a blender, combine the bananas with the eggs, almond milk, melted butter, and vanilla, and pulse beat to process. Transfer banana-egg mixture to the flour mixture. Transfer the batter to the prepared loaf pan. Place the pan over the center rack of your preheated oven, and bake for about 55 minutes.
In a small bowl, combine the glaze ingredients and whisk briskly until obtaining the desired consistency. Add a small amount of water if you like a thinner consistency. Drizzle over completely cooled banana bread. Glaze the bread when still hot. Let stand for a few minutes to let the bread cool down a bit before slicing.

**Comments**

**Per Serving:** ¼ Carb, ¾ Protein, 2¼ Fat

**Preparation Time:** 15 minutes

**Cooking Time:** 55 minutes

**Difficulty Rating:** 1

**Serving size:** 1 slice

**Serves:** 12
Fresh Nuts-n’-Berries Pie

A small slice of this nutritious no-bake treat is just perfect. Fresh and crisp to the last crumb!

What you need

1 cup / 145 gm raw almonds
1 cup / 150 gm dried figs
3 Tbsp. / 45 gm raw coconut butter
¼ tsp. / 1¼ ml Stevia syrup
1 cup / 165 gm sliced strawberries
1 cup / 145 gm blackberries
½ cup / 75 gm cherries
1 Tbsp. / 15 gm apricot butter

What you need to do

Make a piecrust by soaking the dried figs and almonds in water overnight in individual bowls. Remove the almonds and figs from the water (do not discard the water) and combine in a food processor to process until well mashed. Moisten the mixture by adding a small amount of soaking water. Pat the mixture in a deep-dish pie pan. Place the crust in the freezer for about 3 hours.

In a bowl, combine the coconut butter with the Stevia syrup. Spread this mixture over the frozen almond-fig crust. In a large bowl, toss the strawberries, cherries, and blackberries in apricot butter, and spoon the mixture over the butter-syrup layer. Refrigerate for at least 3 hours before slicing to serve.
Comments

Per Serving: 1½ Carb, ¾ Protein, ¼ Fat
Preparation Time: 15 minutes
Cooking Time: 55 minutes
Difficulty Rating: 1
Serving Size: 1 slice
Serves: 8
Butternut Squash Clafouti Dessert

Butternut squash is a very versatile vegetable that you can use for delights from soups to smoothies to this simple traditional French dessert called “clafouti”. It is like a pancake with a sweet custard-like taste and texture.

What you need

⅔ cup / 160 gm butternut squash or pumpkin puree*
5 omega-3 or grass-fed eggs
1 cup / 240 ml organic grass-fed or vegan milk
½ tsp. / 1 gm stevia powder
1 tsp. / 5 ml vanilla extract
Pinch of sea salt
½ cup / 80 gm almond flour
4 Tbsp. / 30 gm toasted hazelnuts, chopped

What you need to do

Preheat your oven to 350°F / 175°C. *To make the squash purée in this recipe, seed the squash, cut to large slices, and bake on a cookie sheet in your preheated oven for about 1 hour. Scoop the flesh out, discard the skins. Place in a colander lined with paper towel and refrigerate overnight.

Place the chilled, drained pumpkin flesh in a blender and process to purée; transfer to colander with a new set of paper towels to drain again. If you have no time to do this, you can just buy a can of ready-made squash or pumpkin purée.

Preheat your oven to 425°F / 220°C. Brush a pie plate or skillet with a small amount of butter.
In a blender or food processor, place pumpkin purée, eggs, milk, Stevia, vanilla, salt, chopped nuts, and flour, and blend well until smooth. Pour the batter into a bowl through a fine-mesh sieve to remove stringy pumpkin solids. Let stand at room temperature for about 30 minutes.

Transfer the batter to the prepared skillet or pie plate; place in the preheated oven, and bake for about 15 minutes. Lower the heat to 375°F / 190°C and continue baking for another 12 minutes. Serve warm or chilled; sprinkle top with powdered sugar, if desired.

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Strawberry Swirl Cheesecake

Who can resist sweet temptations? A tiny slice of this great strawberry and cream cheese combination is a sinful taste of heaven – without the sin!

What you need

1¼ cups / 56½ gm SWG* or gluten-free whole-grain crackers, crushed to crumbs
½ tsp. / 1 gm Stevia or monk fruit powder
20 oz. / 580 gm strawberries
⅓ cup / 75 gm raw or organic/ grass-fed butter
1 Tbsp. / 10 gm whole grain rice flour
24 oz. / 680 gm cream cheese
14 oz. / 420 ml organic grass-fed or vegan milk
6 omega-3 or grass-fed eggs
¼ cup / 60 ml lemon Juice
½ tsp. / ⅔ ml Stevia syrup

What you need to do

In a bowl, mix together the butter, Stevia, and cracker crumbs to blend well. Press the mixture on the bottom of a 9-inch / 23cm spring form pan. Place in the refrigerator and chill for at least 30 minutes.

In a food processor, mix together the rice flour and strawberries; process to obtain a smooth consistency. Transfer to a saucepan and bring to a rolling boil, constantly stirring for 2 minutes.
Remove from heat and reserve ⅓ cup strawberry sauce; let stand to cool. Place the remaining sauce in a container and chill in the refrigerator until ready to serve.

Preheat your oven to 300°F / 150°C.

With an electric mixer, whisk the cream cheese until fluffy and light. Stir in the milk with the lemon juice, and mix well. Stir in the eggs with the Stevia syrup; continue beating on low speed for 4 minutes. Transfer half of this beaten mixture to the chilled piecrust. Drop half the reserved strawberry mixture over the cream cheese layer ½ teaspoon at a time. Spoon the remaining beaten mixture over the strawberry sauce. Again, ½ teaspoon at a time, spoon in the remaining sauce. Cut through the top layer in a swirling motion with a knife tip point.

Place the springform pan in the preheated oven and bake for about 50 minutes, until the mixture is set. Transfer to a wire rack to cool for 10 minutes before gently running a knife along the inner sides of the pan to loosen the cheesecake; allow to completely cool for the next 60 minutes before placing in the refrigerator to chill overnight. To serve, remove pan mold, and pour the reserved strawberry sauce on top or serve on the side if desired.

**Comments**

**Per Serving:** ¾ Carb, ¾ Protein, 5⅓ Fat  
**Preparation Time:** 20 minutes  
**Cooking Time:** 50 minutes  
**Difficulty Rating:** 1  
**Serving Size:** 1 slice  
**Serves:** 12
Pumpkin Choco Chip Muffin Cookies

These gluten-free muffin cookies are extremely moist and dense, with the seasonal flavour of pumpkin. You may choose not to add the chocolate chips, to save some fat. Either way, these decadent delights will leave you feeling like you indulged much more than you did!

What you need

- 3 cups / 360 gm almond flour
- 1 tsp. / 4½ gm baking soda
- ½ tsp. / 3 gm fine sea salt
- 2 tsp. / 5 gm ground cinnamon
- 4 Tbsp. / 60 gm butter, melted
- 3 omega-3 or grass-fed eggs
- ⅛ tsp. / ⅔ ml Stevia syrup
- or monk fruit sweetener or ½ cup xylitol or coconut sugar
- ½ cup / 120 gm pumpkin puree
- 1 cup / 120 gm dark gluten-free chocolate chips

What you need to do

Preheat the oven 350°F / 190°C. Lightly coat 2 baking sheets with nonstick cooking spray.

In a large bowl, combine the almond flour, baking soda, salt, and cinnamon. In a blender, mix melted butter, Stevia syrup, eggs, and pumpkin purée until very smooth. Stir this butter-pumpkin mixture into the flour mixture. Mix well to combine, then fold in the chocolate chips.

Scoop individual tablespoons of batter onto the prepared baking sheets, setting each mound at least 2 inches / 5 cm apart. Place the filled baking sheets in the preheated oven, and bake for about 20 minutes. Transfer the cookies onto wire racks to cool.
Comments

Per Serving: ½ Carb, 2 Protein, 2 Fat
Preparation Time: 10 minutes
Cooking Time: 20 minutes
Difficulty Rating: 1
Serving Size: 1 cookie
Serves: 12
Gluten-freelicious! Coffee Almond Cookies

Serve these delicious gluten-free treats to your kids and their friends, and they’re sure to start a fan club for you in appreciation!

What you need

2 cups / 240 gm almonds
1 Tbsp. / 3 gm espresso powder
½ tsp. / 1 gm stevia powder
½ tsp. / 3 gm sea salt
4 large omega-3 or grass-fed egg whites
1½ tsp. / 7½ ml vanilla extract
½ tsp. / 1¼ gm ground cinnamon

What you need to do

Preheat your oven to 325°F / 160°C. Line baking trays with wax paper.

Process the almonds, coffee, salt, and Stevia in a food processor to obtain a fine consistency. Transfer the processed mixture to a mixing bowl. In a separate bowl, beat the egg whites until stiff with your electric mixer. Fold the almond mixture into the egg whites. Add the cinnamon and vanilla, and stir just until blended. Spoon mounds of the batter onto the cookie sheets. Bake for 25 minutes until golden brown. Transfer the baked cookies onto wire racks to cool.
Comments

Per Serving: 0 Carb, 1 Protein, 1 Fat
Preparation Time: 15 minutes
Cooking Time: 25 minutes
Difficulty Rating: 1
Serving Size: 1 cookie
Serves: 12
Nuts about Sweet Potato Pudding

This makes a great holiday dessert. You can serve it plain or with a little whipped cream, crème fraîche, or vanilla ice cream on top or on the side.

What you need

- 2 sweet potatoes, large
- 3 cups / 720 ml organic grass-fed or vegan milk
- ½ cup / 60 gm cornmeal
- 2 Tbsp. / 30 gm raw butter
- ½ tsp. / 1 gm Stevia
- ¼ tsp. / 1¼ ml Stevia syrup
- 1½ tsp. / 5 gm cinnamon
- ½ tsp. / 1 gm ground ginger
- ½ tsp. / 1 gm nutmeg
- ½ tsp. / 3 gm sea salt
- 3 omega-3 or grass-fed eggs
- ½ cup / 120 ml organic soy or Greek yogurt
- ½ cup / 60 gm walnuts

What you need to do

Preheat your oven to 400°F / 200°C. Pierce the sweet potatoes all over with a fork, then wrap them in foil. Bake in your oven for an 1½ hours. Remove from the oven and let stand to allow cooling completely. Unwrap and slice the baked potatoes in half, return the pieces to the oven. Reduce the temperature to 275°F / 135°C, and bake for about 10 minutes more. Scoop the flesh out; combine with milk and process in a blender until smooth.
Transfer the blended mixture into a heavy pan over medium heat. Stir in the cornmeal; bring to a simmering boil, while whisking briskly. Lower the heat to medium-low; continue to cook for 10 minutes more to obtain a thick consistency. Turn off the heat and stir in the butter, Stevia, salt, and spices. Mix to blend well. Let stand to cool.

Beat the eggs in a small bowl; add ½ cup cornmeal mixture and beat again. Pour this mixture into the rest of the batter, and beat together well. Stir in the yogurt, then pour the batter into a greased baking dish; sprinkle the top with walnuts. Bake at 270°F / 130°C for 2 hours.

Serve warm. Top with ice cream or whipped cream if desired (½ cup / 120 ml ice cream or 2 Tbsp. / 30 ml cream = 1 fat serving).

Comments

Per Serving: 1 Carb, 1 Protein, ¾ Fat
Preparation Time: 25 minutes
Cooking Time: 3 hours
Difficulty Rating: 1
Serving Size: 1 slice
Serves: 8
Simple Lemon Pie

If you have leftover lemon curd from a previous baking kitchen test project, use it now in this fabulous recipe. The open secret to making this simple but luxuriously decadent lemon pie is the cookie crust. And of course, gluten-free cookies can be used.

What you need

- 9 pcs shortbread lemon cookies
- 2 Tbsp. / 30 gm butter
- 1 tsp. / 2 gm Stevia powder
- 1 whole lemon
- 2 lemons, juiced
- 5 omega-3 or grass-fed eggs
- 6 Tbsp. / 90 gm butter, melted
- 2 cups / 480 ml lemon curd

What you need to do

Preheat your oven to 355°F / 180°C. Spray the bottom and sides of a deep pie plate with nonstick cooking spray.

Process the cookies in a food processor to obtain a very fine texture. Stir in the butter; pulse beat for a few seconds. Place in a bowl and stir to blend well; press to mold the processed cookies onto the pie plate.

Clean the blender; add the Stevia, whole lemon, lemon juice, and eggs, and pulse beat to blend. Add in the butter and pulse beat for a few more seconds. Transfer the lemon filling to the pie shell. Place the pie plate in the middle rack of your preheated oven. Bake for 40 minutes until filling sets in.
Remove from oven and let stand to allow to cool for a few minutes. Spread the lemon curd over the top of the filling. Place in the refrigerator and chill for at least 30 minutes. To serve, garnish with whipped cream (2 Tablespoons / 30 ml = 1 fat serving) and sliced lemons, if desired.

**Comments**

**Per Serving:** 3 Carb, ½ Protein, 3 Fat

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Difficulty Rating:** 2

**Serving Size:** ⅛ slice

**Serves:** 8
Strawberry Shortcake

This traditional and classic dessert is typically associated with sugar and fat. What with rich ingredients like cake topped with sugary glaze and whipped cream? Discover a much healthier version with this recipe.

What you need

**Topping**

- 1 tsp. / 2 gm Stevia powder
- 1 Tbsp. / 10 gm rice flour
- 1 cup / 240 ml fresh-squeezed orange juice
- ¼ tsp. / 1¼ ml almond extract
- 1½ cups / 250 gm fresh strawberries, sliced
- 6 slices quinoa sponge bread loaf (recipe below)

**Quinoa Sponge Bread Loaf**

- 1 cup / 160 gm quinoa flour
- 1 tsp. / 5 gm baking powder
- 1 tsp. / 2 gm Stevia powder
- 2 omega-3 or grass-fed eggs
- ½ cup / 120 ml raw milk
- 1 tsp. / 5 ml almond extract

What you need to do

**Topping:**

Combine the Stevia powder and rice flour in a small saucepan. Stir in orange juice and bring to a simmering boil; cook with occasional stirring until mixture turns bubbly and thick in consistency. Turn off the heat; stir in the almond extract. Let stand to cool completely. Combine
strawberries with the orange juice mixture in a big bowl and gently toss to blend. Cover the bowl and chill in the refrigerator for at least 30 minutes. To serve, spoon the chilled orange-strawberry mix over each quinoa bread slice. Top with whipped cream (2 tablespoons / 30 ml = 1 fat serving) and additional slices of strawberries for garnish, if desired.

**Loaf:**
Preheat your oven to 355°F / 180°C. Sift the quinoa flour with the baking powder. In a saucepan, bring the raw milk to a simmering boil; remove from heat and set aside. With an electric mixer, beat the eggs with the Stevia until thick and foamy. Add the almond extract, reduce the speed, and add the hot raw milk; beat in flour mixture. Pour the mixture into a small loaf pan and place in the middle rack of the preheated oven; bake for 40 minutes. Allow to cool completely before slicing.

**Comments**

- **Per Serving:** 1 Carb, ½ Protein, 0 Fat
- **Preparation Time:** 25 minutes
- **Cooking Time:** 1 hour
- **Difficulty Rating:** 2
- **Serving Size:** 1 slice, ½ cup sauce
- **Serves:** 6
Cream Cheese Cocoa Fudge Cake

This is a classic favourite you can never go without, even on those tough number-conscious days. This little indulgence won’t hurt.

What you need

2 Tbsp. / 30 gm xylitol + ¼ tsp. / 1 gm monk fruit sweetener
¼ cup / 60 gm plus 2 Tbsp. / 30 gm butter
1 large omega-3 or grass-fed egg
1 large omega-3 or grass-fed egg white
1 Tbsp. / 15 ml vanilla extract
½ cup / 80 gm quinoa
or other whole grain flour
¼ cup / 22 gm unsweetened cocoa

Cream Cheese Mixture

8 oz. / 225 gm cream cheese, softened
¼ cup / 60 gm xylitol + ½ tsp / 2 gm monk fruit sweetener
3 Tbsp. / 45 ml ml organic grass-fed or vegan milk

What you need to do

If using whole grain flour other than quinoa, skip this initial step. Lightly toast the quinoa flour by spreading it out evenly over a cookie sheet and placing under the broiler for several minutes, stirring each minute to ensure even toasting. Remove from the oven when most of the flour is light golden brown. Set aside to cool.

Preheat oven to 350°F / 175°C. Coat an 8-inch square baking pan with nonstick cooking spray.
Cream the butter, xylitol, and monk fruit with an electric mixer until fluffy and light. Add egg, egg white, and vanilla extract. Stir in the flour and cocoa, beating well after each addition. Pour the batter into the prepared baking pan.

Beat cream cheese, xylitol, and monk fruit in the mixer at high speed to obtain a smooth consistency. Add the milk and beat well. Pour the cream cheese mixture over the cocoa-butter mixture. Using the tip of a knife, make a swirling motion to create a marbled effect.

Place the baking pan in the preheated oven and bake for about 30 minutes. Remove from the oven and transfer the baking pan onto a cooling rack.