

## Five Nights of Healthful Meals – Dessert Included

**Night 1:** The JUCIEST Buttermilk Baked Lemon Chicken with Capers, Warm Quinoa Salad with Sundried Tomatoes, Feta and Basil, Jam Dot Cookies

### The JUCIEST Buttermilk Baked Lemon Chicken with Tomato and Capers

#### Ingredients:

- 4 Boneless, Skinless Chicken Breasts, pounded to 1/2-3/4 inch thickness\*
- 1 Cup Buttermilk
- 1/2 Cup All Purpose unbleached flour
- 3 Roma Tomatoes, chopped
- 3 Tablespoons Capers
- 1 Sliced Lemon

\*Pounding chicken has so many benefits for the weekday cook. It not only tenderizes the chicken, but creates a nice, consistent cooking surface so the chicken cooks evenly and in about half the time.

#### Procedure:

1. Marinate the chicken in buttermilk for 2 hours or overnight
2. Remove the chicken from the marinade and wipe off the excess.
3. Heat a large skillet over medium heat with olive oil or butter.
4. Dredge chicken in seasoned flour and fry until golden brown, about five minutes per side.
5. Transfer to a baking dish and top with chopped tomatoes, capers and lemon slices.
6. Bake at 350 degrees for 25-30 minutes.
7. Serve hot and juicy!

### Warm Quinoa Salad with Feta, Sundried Tomatoes and Basil

Yield: 4 Servings

#### Ingredients:

- 1 Cup Quinoa, thoroughly rinsed
- 1 1/2 Cups Chicken or Vegetable Broth
- 3 Tablespoons Extra Virgin Olive Oil
- 1/4 Cup Crumbled Feta Cheese
- 1/4 Cup Julienned Sundried Tomatoes Packed in Oil
- 3 Tablespoons fresh basil, chopped

#### Procedure:

1. Bring stock to a boil over high heat.
2. In the meantime, prepare the Quinoa: rinse and drain the quinoa three times to remove bitter taste.
3. Heat a second heavy bottom saucepan over medium heat.
4. Add the quinoa and toast until lightly browned and fragrant, about 5 minutes.
5. Add the boiling stock stirring constantly to avoid spattering.

6. Cover and cook for 15-20 minutes until liquid is absorbed and grains are tender and fluffy.
7. Add feta, sundried tomatoes, basil and olive oil to the quinoa.
8. Fluff with a fork to combine.
9. Enjoy!

This dish is also delicious cold on top of mixed greens or added to chicken salad.

### **Jam Dot Cookies**

Yield: 1 ½ Dozen Cookies

#### **Ingredients:**

- 1 Cup Whole Wheat Pastry Flour
- 1 Cup Rolled Oats
- 1 Cup Almonds
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ Cup Maple Syrup
- ½ Cup Grapeseed, Sunflower or Coconut Oil
- 1 teaspoon Vanilla Extract

1. In a food processor fitted with a metal blade, grind up almonds and oats into fine flour.
2. Add the whole wheat pastry flour, cinnamon and nutmeg. Pulse to combine.
3. Next add the maple syrup, oil and vanilla and pulse to combine.
4. Remove the blade.
5. Using your hands, roll the cookie dough into balls. Place them on parchment paper and make an indent in the center of each cookie ball with your thumb.
6. Fill thumb prints with jam. Resist the temptation to overfill or they will overflow!
7. Bake at 325 degrees for 20-25 minutes or until cookies are firm.
8. Remove from oven and cool on racks.
9. Enjoy!

**Night 2:** Home-style Bison Meatloaf, Roasted Broccoli with Hazelnuts, Buttermilk Mashed Potatoes with Arugula, 4-Ingredient Almond Cake

**Homestyle Bison Meatloaf**

Bison is nutrient-packed delicious, lean meat. It has no gamey flavor and you should not be afraid to try it! If this is your first time cooking with it a meatloaf is a perfect place to start!

Good Bison should be a deep red color. If it is brown, it has oxidized, don't use it.

**Ingredients:**

- 1 lb Ground Bison Meat
- 3 Tablespoons Extra Virgin Olive Oil
- 1 Onion, small diced
- 1 Carrot, shredded
- 1 Zucchini, shredded
- 2-3 Cloves Garlic, minced
- ¼ Cup Salsa (choose your favorite)
- 2 Eggs
- ¼ Cup Breadcrumbs
- ½ Cup Grated Sharp Cheddar Cheese
- ¼ cup fresh cilantro or parsley

1. Preheat oven to 375 degrees. Spray a loaf pan with non-stick cooking spray or lightly coat with oil.
2. Heat a large sauté pan over medium heat. Add 1 tablespoon of olive oil and heat until shimmering. Add onion and sauté until translucent, about five minutes, Add the zucchini and shredded carrot and sauté another 5 minutes. Add garlic and sauté another two minutes.
3. In a medium bowl combine ground bison with cooked vegetables, 2 tablespoons olive oil, salt, pepper, salsa, eggs, breadcrumbs, cheese and fresh cilantro or parsley. Mix gently to combine; ingredients should easily come together in a ball. If they don't add a bit more breadcrumbs.
4. Mound the mixture into the prepared loaf pan (if you don't have a loaf pan simply form the mixture into a loaf shape and place on any ovenproof pan or dish).
5. Bake for 45 minutes. Serve as is or with additional salsa or Tabasco to taste.

**Buttermilk Mashed Potatoes with Arugula**

Yield: 4-6 Servings

**Ingredients:**

- 1 lb Yukon Gold Potatoes – scrubbed clean, skins on
- 1 Sack Arugula
- 1-2 cloves grated fresh garlic
- ½ cup buttermilk
- 1-2 teaspoons salt – add to taste

1. Cut potatoes into quarters for faster cooking. Add potatoes to a large pot of cold water. Bring to a boil and cook until tender, about 10-20 minutes.
2. Drain potatoes and put back into the pot.
3. Grate in fresh garlic and mash to combine.
4. Add buttermilk and salt and continue to mash to desired consistency.
5. Add chopped arugula and fold into to combine, the heat of the potatoes will wilt the arugula.

### **Roasted Broccoli with Hazelnuts**

Yield: 4 Servings

#### **Ingredients:**

3-4 Large Head Broccoli cut into long florettes  
¼ cup Extra Virgin Olive Oil  
1 Tablespoon Garlic Powder  
¼ teaspoon cayenne pepper (optional)  
1 teaspoon salt – to taste  
Pepper – to taste  
½ cup hazelnuts, chopped

#### **Procedure:**

1. Preheat the oven to 425 degrees.
2. Cut broccoli into long florettes.
3. Spread broccoli onto a large sheet or roasted pan. Toss with olive oil, garlic powder, cayenne, salt and pepper.
4. Place in oven and roast for 15-20 minutes, shaking occasionally for even cooking.
5. In the meantime, chop up hazelnuts into a rough chop.
6. Roast hazelnuts in oven for 3-5 minutes – until golden brown. Let cool while broccoli finishes roasting.
7. Remove broccoli from oven and sprinkle hazelnuts.
8. Serve and enjoy!

### **4-Ingredient Almond Cake**

Yield: 1 6-inch cake

#### **Ingredients:**

1 ½ Cups Blanched Almonds  
3 Eggs  
½ Cup Maple Syrup  
1 teaspoon almond extract

1. Preheat oven to 350 degrees.
2. In a food processor fitted with a metal blade, grind almonds into a very, very fine flour.
3. Add the eggs, maple syrup and almond extract and pulse to combine.

4. Pour mixture into a 6-inch cake pan (you can use an 8-inch pan but the cake will be a bit thinner).
5. Bake at 350 for 15 minutes or until top is spongy, but firm.
6. Cool completely.
7. This cake can be served as-is or drizzled with amaretto liquor and chocolate sauce!  
It is also wonderful topped with sweetened whipped cream and fresh strawberries.

**Night Three:** Chicken Coconut Soup, 30-Minute Brown Rice, Thai Stir Fried Vegetables, Rum Roasted Pineapple with Stirred Coconut Custard and Candied Ginger

### **World's Greatest Tomka (Chicken Coconut) Soup**

Serves 6 – 8

#### Ingredients:

4 Cups Chicken Stock  
4 Slices fresh ginger  
4 kefir lime leaves\* OR grated zest of 1 lime  
1 stalk lemongrass cut into 2 pieces and crushed. OR 1 teaspoon lemon zest  
2 cans coconut milk  
¼ cup fresh lime juice  
2 Tablespoons fish sauce  
1 Tablespoon red chili paste  
2 Tablespoons maple syrup or brown sugar  
1 cup shitake mushrooms, sliced  
1 package chicken tenders, or 2 – 3 chicken breasts - cut into bite sized pieces (you could also use left over cooked chicken and put in 3 minutes before serving)

#### Procedure:

1. In a large saucepan, combine stock, chicken pieces, ginger, lemongrass and lime leaves or zest. Place over medium-high heat and bring to a boil.
2. Reduce heat to a simmer and simmer for 10 minutes.
3. Add the coconut milk, stir to combine and bring back up to a simmer.
4. Add the lime juice, fish sauce, maple syrup or brown sugar and chili paste. Mix well and simmer another 10 minutes.
5. Add mushrooms and simmer another 10 minutes or until chicken is cooked through.
6. Remove ginger pieces, lime leaves and lemongrass stalk and serve hot!

### **Thai Stir Fried Vegetables**

#### Ingredients:

1 Tablespoon Sesame, Grapeseed or Coconut Oil  
1-3 Cloves Garlic  
1 Tablespoon Grated or Finely Minced Fresh Ginger  
1 Head Broccoli, cut into florettes  
3 Carrots, thinly sliced on the diagonal  
1 Package Shitake Mushrooms, stemmed and sliced  
Bunch of green onions, cut into 1 inch rounds  
6 Fresh Basil Leaves, roughly chopped

#### Stir Fry Sauce:

2 Tablespoons Sesame, Grapeseed or Coconut Oil  
2 Tablespoons Fish Sauce (if you don't have fish sauce use soy sauce)

- 1 Tablespoon Thai Red Chile Paste (if you can't find it, use a plum or oyster sauce)
- 1 Tablespoon Fresh Lime Juice
- 1 Tablespoon Brown Sugar

Procedure:

1. Heat two tablespoons oil in wok or heavy bottom sauté pan on medium-high heat.
2. Add garlic and ginger and sauté 20-30 seconds – don't let the garlic burn. Add broccoli and carrots and stir-fry for two minutes. Add shitakes and green onions and stir fry for another two minutes
3. Add the sauce quickly, stirring to prevent spattering, and stir fry for 30 seconds. Add the basil leaves and cover for another 30 seconds.
4. Uncover and serve hot!

### **30-Minute Steamed Brown Rice – master the technique**

Yield 4 servings

Ingredients:

- 1 Cup Long Grain Brown Rice (texmatti or basmati)
- 1 ½ Cups Water or Chicken/Beef/Vegetable Broth

Procedure:

1. Place 1 ½ cups of water or broth in a saucepan over medium heat and bring to a boil.
2. While the stock is heating, rinse rice well in a strainer until running water.
3. Heat a second heavy bottom saucepan over medium heat.
4. Add the rice to the saucepan and toast until it smells like popcorn.
5. Add the boiling water or stock to the toasted rice, stirring to prevent splattering.
6. Reduce heat to a simmer and cover.
7. Simmer rice for 25-30 minutes until liquid is absorbed and rice is tender.
8. Fluff with a fork and serve hot.

\*If you are sensitive to grains, you may try soaking your rice overnight to reduce the amount of phytic acid. If you soak your grains you can still follow this recipe but the rice will cook about 10 minutes faster.

### **Rum roasted pineapple with candied ginger and poured coconut custard**

Ingredients:

- 1 Whole Pineapple, cored and cut into large chunks
- 2 Tablespoons Dark Rum
- 1 Tablespoon Sucanat, Maple Syrup or Brown Sugar

Custard:

- 3 Egg Yolks
- 1 Can Coconut Milk
- 3 Tablespoons Maple Syrup, Sucanot or Brown Sugar
- 1 teaspoon vanilla extract

## Candied Ginger (to garnish)

### Procedure:

1. Preheat oven to 400 degrees. Place pineapple pieces on a rimmed baking sheet.
2. Stir together rum, sugar or maple syrup in a small bowl. Brush rum mixture onto pineapple.
3. Roast the pineapple until liquid has evaporated and pineapple has caramelized, about 20-25 minutes.
4. While the pineapple is roasting make the custard:
5. In a double boiler combine coconut milk, egg yolks, and sugar or maple syrup. Stir constantly until mixture is well combined and thickened, about 7-10 minutes. Remove from heat and add vanilla.
6. Scoop roasted pineapple into bowls and pour coconut custard overtop. Garnish with candied ginger and serve warm.

**Day 4:** Weeknight Bean and Cheese Burritos, Traditional Chilean Salad with Avocado,  
Lime Mousse

**Weeknight bean and cheese burritos**

**Serves 3-4**

Ingredients:

- 8 Sprouted Grain Tortillas
- 1 Can Organic Refried Beans
- 2 Cups Grated Cheddar Cheese
- 1 Jar Chunky Salsa
- 1 bunch green onions, thinly sliced
- ¼ cup pickled jalapeños (optional)
- ¼ cup chopped cilantro

Procedure:

1. Preheat oven to 375 degrees
2. On a tortilla, spread 3 tablespoons beans, cheese, 1 tablespoon salsa, a sprinkling of scallion, 1-2 jalapeños and a sprinkling of cilantro. Roll into a burrito and place in baking dish (Pyrex). Repeat with remaining tortillas.
3. Cover burritos in salsa and sprinkle with remaining cilantro and cheese.
4. Cover with foil and bake for 30 minutes. Remove foil and bake another 5 minutes.
5. Serve hot with sour cream and guacamole.

**Traditional Chilean Salad with Avocado**

Serves 4

**Ingredients:**

- 1 Small onion (or half of a large onion), finely sliced
- 8 Campari or Roma Tomatoes (4 large tomatoes), large dice
- 2 Haas Avocados, large dice
- Juice of 1 lemon
- A healthy drizzle of Extra Virgin Olive Oil
- Salt and Pepper to Taste
- Small handful of chopped cilantro or parsley (optional)

**Procedure:**

1. Mix the vegetables together in a medium serving bowl.
2. Add lemon juice, olive oil, salt and pepper and toss lightly.
3. Garnish with chopped cilantro or parsley, serve and savor!

Tip: If you're not a big fan of raw onion, add the lemon juice & salt to the sliced onion FIRST and let it sit for 5 to 10 minutes. The acidity of the lemon will mellow the flavor of the onion.

**Lime Mousse**

Yield: 6 Servings

(Recipe from *Nourishing Traditions* cookbook by Sally Fallon)

Ingredients:

6 Egg Yolks

½ Cup Honey (use a light honey like tupelo, orange blossom or clover)

Grated zest of 2 limes

Juice of 2 limes

6 Egg Whites, at room temperature

Pinch of salt

½ cup heavy cream

Procedure:

1. Place egg yolks, honey, lime zest and lime juice on top of a double boiler over simmering water.
2. Whisk constantly for about 10 minutes or until mixture thickens into lime curd.
3. Remove from heat and chill in refrigerator for about ½ hour.
4. Whip cream until soft peaks form.
5. In a separate clean bowl beat egg whites with sea salt until hard peaks form and the mixture is glossy.
6. Gently fold the cooled lemon curd into the cream and then the egg whites into the cream mixture.
7. Spoon into individual parfait glasses and chill 2-4 hours before serving.

(If you are concerned about raw egg whites, use pasteurized egg whites.)

**Day 5:** Quick Turkey Bolognese, Brown Rice Spaghetti, Balsamic Braised Kale, Italian Ricotta Strudel

### **Quick Turkey Bolognese**

#### Ingredients:

3 Tablespoons Extra Virgin Olive Oil  
1 lb Ground Turkey or Chicken (you can use your favorite ground meat – they all taste great in this recipe)  
1 large yellow onion, small dice  
1 large carrot, grated  
3 big cloves of garlic, chopped  
1 teaspoon red pepper flakes  
1 tablespoon dried oregano  
½ cup dry red wine  
1 jar of your favorite marinara sauce  
1 bunch fresh basil, chopped

#### Procedure:

1. In a large sauté pan, heat olive oil until shimmering. Add onion and sauté until translucent; add carrot, garlic and spices. Add ground meat and brown.
2. Deglaze the pan with red wine and cook until mostly evaporated.
3. Add a jar of your favorite pasta sauce and stir to combine (if the sauce is too thick you can add a bit more wine to thin it out).
4. Simmer, uncovered, for 20-30 minutes.
5. While the sauce is simmering cook the pasta according to package instructions. Always test the pasta about 3-5 minutes before the package says it's done, some cook faster than others.
6. Stir the fresh basil into the pasta sauce right before serving.
7. Ladle sauce on top of the spaghetti and garnish with parmesan cheese – enjoy!

### **Balsamic Braised Kale with Garlic**

#### Ingredients:

1 Bunch Kale  
3 Tablespoons Extra Virgin Olive Oil  
3 Cloves Garlic, Minced  
¼ Cup Balsamic Vinegar  
Salt and Pepper to Taste

#### Procedure:

1. To prepare the kale wash thoroughly. Next, remove the stems; you can do this by cutting them off or gripping the kale at its base and stripping the greens off the stem with your thumb and index finger.
2. Pile the leaves together in a stack and roll into a cigar-shape.
3. Using a sharp knife, finely shred the kale into long pieces.
4. Heat a large skillet or dutch oven over medium-high heat.

5. Add the olive oil and garlic and cook for 1 minute
6. Add the kale and sauté with garlic and oil until bright green – about 3 minutes.
7. Reduce heat to medium.
8. Add balsamic vinegar and stir to combine.
9. Cover and cook, stirring occasionally for 5 minutes.
10. Add salt and pepper to taste.
11. Serve hot.

### **Italian Ricotta Strudel**

**Servings: 4**

#### Ingredients:

- 7 Sheets Phyllo – thawed
- 2-3 Tablespoons melted butter
- 1 8oz container Whole Milk Ricotta Cheese
- Zest of 1 Lemon or half of 1 orange
- 3 Tablespoons Honey
- ¼ Cup Currants, Dried Cranberries or Dried Blueberries
- 1 Egg – beaten

#### Procedure:

1. Preheat oven to 375 degrees.
2. In a medium bowl, mix together the ricotta, lemon zest, honey and dried currants, cranberries or blueberries. Set aside and let the flavors marry while you prepare the phyllo.
3. Prepare the phyllo: open the package and lay the phyllo out on a dry surface. With both hands remove one sheet of the dough, brush with melted butter and place a second sheet directly on top. Repeat the process until all seven sheets are used up. Refrigerate the rest.
4. Spoon the ricotta mixture into the center of the phyllo and spread evenly. Do not spread it completely to the sides or it will ooze out. Roll the entire thing up like a burrito.
5. Beat the egg until just combined and add a splash of water.
6. Brush the phyllo with additional melted butter, then brush with egg wash.
7. Bake at 375 degrees for 20-30 minutes or until pastry is golden brown and flaky.
8. Cool for 15 minutes and cut the strudel into desired serving slices, serve with an additional drizzle of honey if desired.