



## Italian Chicken

100 grams of chicken  
handful of fresh tomatos  
basil  
oregano  
1/4 cup of onion  
1/4 cup of spinach  
fresh garlic  
salt and pepper

I cut up the chicken and put it in the pan and add tomatos only a few minutes, because the tomatos give off juice so there is no use for oil. Then I add everything else except the spinach, which I add at the very end. Cook on medium heat for about 20-25 mins.



## INGREDIENTS

- 1 tablespoon dried parsley, divided
- 1 tablespoon dried basil, divided
- 4 skinless, boneless chicken breast halves 4 cloves garlic, thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 2 tomatoes

## DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.

Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices. In a small bowl, mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper; sprinkle over the chicken. Top with tomato slices.

Bake covered in the preheated oven 25 minutes. Remove cover, and continue baking 15 minutes, or until chicken juices run clear



## Crock Pot Corned Beef and Cabbage

Corned Beef  
Onions  
garlic  
salt and pepper  
organic beef broth or cold coffee  
water  
cabbage

Add everything together and throw it in the crock pot and walk away. It's easy, leave in crock pot for 3 to 4 hours depending on how large the roast is.



## **Lemon Flounder with wilted spinach**

100 grams Flounder  
salt  
pepper  
1 tbsp lemon juice  
garlic powder  
onion powder

large handful fresh spinach  
garlic  
1 tbsp lemon juice

Put the fish in aluminum foil add the salt, pepper, lemon juice, garlic powder and onion powder. Put on top of the grill, or in the oven on 350 degrees for about 20 mins.

Put fresh spinach in a saute pan on medium heat add lemon juice and garlic and cook until the spinach is wilted. Serve with the fish.



## **Fennel Salad**

1 Bulb fennel  
1 bunch radish  
1 Cucumber  
vinegar  
Dill 1-2 tsp if fresh

Thinly slice fennel and radish. Seed and chop cucumber. Mix everything into a bowl and toss with some vinegar and some dill to taste. This salad gets better as the days go by and it marinates in the vinegar, but it is really tasty the day of as well

## **FENNEL VINAIGRETTE DRESSING**

1/2 cup green leaf fennel leaves  
1/4 cup lemon juice  
1 clove garlic, peeled  
pinch sea salt  
pinch Pepper

In a small saucepan add fennel leaves, lemon juice, crushed garlic and salt and a splash of water. Simmer over low heat for 5 minutes



bunch of asparagus stalks

3 small vine ripened tomatoes

1/4 of a red onion

6 garlic cloves

1/4 cup of balsamic vinegar

6 fresh basil leaves

pinch coarse sea salt

freshly grated black pepper

Boil vinegar to reduce by half. Set aside to cool.

Slice onion thinly, and mix in with cooled balsamic vinegar.

Steam asparagus until bright green with the garlic. Remove from heat and run cold water over stalks to stop cooking process. Cut stalks in three pieces each.

Shred basil leaves. Cut tomatoes into six pieces each.

Toss remaining ingredients with vinegar and onion mixture. Season with salt and pepper.

## Thai Chicken Salad



**Cook Time: 20 minutes**

### Ingredients:

- 2-4 boneless chicken breasts OR 4-8 chicken thighs, cut into thick strips
- a large salad-bowl amount of salad greens, or portion out enough for each person
- 1/2 cup fresh basil and/or coriander, lightly chopped
- MARINADE FOR CHICKEN:
- 6 cloves garlic, minced (or 1 Tbsp. bottled pureed garlic)
- 1 Tbsp. regular Braggs amino acids
- 2 Tbsp. lemon or lime juice
- 1 Tbsp, whole peppercorns, coarsely ground (you can use a coffee grinder) or pounded/smashed
- SALAD DRESSING:
- 2 Tbsp. Braggs amino acids
- 1 Tbsp. finely minced lemongrass
- 1 clove garlic, minced
- 2 Tbsp. freshly-squeezed lime juice
- 1/2 cup finely chopped fresh coriander
- 1 tsp. cayenne pepper
- 1/4 cup water

### Preparation:

Mix the marinade ingredients together in a cup except for the peppercorns. Slather marinade over chicken, ensuring chicken is equally covered with marinade. Then press coarsely-ground peppercorn over the chicken's surface (both sides). Allow to marinate for at least 10 to 15 minutes (or cover and place in the refrigerator for up to 24 hours).

**If Using the Oven:** Place chicken on a broiling pan (or grill with a pan underneath to catch the drippings). **If you don't have a grill pan:** simply lay chicken flat in the bottom of a small roasting pan (metal, not glass), or on a baking sheet covered with tin foil (turn up the sides

of the foil so juices won't spill).

Place chicken under grill, allowing it to cook 5 minutes each side, then turning. Continue grilling and turning until cooked (chicken will be lightly charred around the edges). Use the leftover marinade to baste chicken the first time you turn it.

**If Using the BBQ:** Simply barbecue the chicken until nicely cooked (no longer red or pink inside). Use leftover marinade to baste chicken when you turn it the first time.

While chicken is cooking, prepare the salad greens and dressing. To make the dressing: place water and lemongrass in a sauce pan and bring to a boil. Boil for 1 minute (this will soften the lemongrass and bring out the flavor). Remove from heat.

Add the rest of the dressing ingredients and mix well.

When chicken is done cooking, remove from oven. .

Toss the salad with the dressing. Portion out the salad among individual plates, and top with strips of the grilled chicken. Sprinkle with fresh basil , and serve immediately while chicken is still warm.



## **Cabbage and Beef Casserole**

### **Ingredients:**

- 1 1/2 Pounds ground beef
- 1 Medium onion---chopped
- 1 Small Head cabbage
- 2 Cans diced tomatoes...15-oz. size each...
- 1 Can tomato sauce..
- 8-oz. size or 1 can tomato soup
- 1 Teaspoon cinnamon
- Salt and pepper to taste

### **Preparation:**

Brown ground beef with onion; transfer to Crockpot. Slice cabbage into small wedges; place on ground beef. Mix tomatoes, sauces and seasonings; pour over all. Cover and cook on low 8-10 hours.



## Grilled Shrimp

### INGREDIENTS

- 1/2 teaspoon garlic powder
- 1/4 tablespoon ground black pepper
- 1/2 teaspoon of sea salt
- 1 tablespoon Braggs amino acids
- 1 pound large shrimp, peeled and deveined with tails attached
- 2 tablespoons lemon juice
- 1/4 t Cayenne (red) pepper optional
- skewers

### DIRECTIONS

1. In a large bowl, mix together garlic powder, black pepper, salt Braggs amino acids, lemon juice, cayenne, and add shrimp, and toss to coat. Cover, and marinate in the refrigerator for 15 mins.
2. Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Grill shrimp for 2 to 3 minutes per side, or until opaque.



## Grilled BBQ Chicken

### INGREDIENTS

- Liquid smoke or paprika powder

- One small can of sugar free tomato past (6oz)
- 1 onion, finely chopped
- 2 cloves crushed garlic
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Apple cider vinegar
- 1/2 cup water
- salt and pepper to taste
- stevia to taste
- 10 chicken breasts

## **DIRECTIONS**

1. Heat liquid smoke in a medium saucepan over medium heat. Add the onion and garlic and saute for 5 to 10 minutes, or until onion is tender. Then add the tomato paste, Worcestershire sauce, vinegar, stevia and water. Mix together well and season with salt and pepper to taste. Reduce heat to low, cover and simmer for 20 minutes. Set aside, covered, and let cool.
2. Place chicken in a shallow, nonporous dish and pour sauce over chicken, reserving some sauce in a separate container for basting. Cover chicken and marinate in the refrigerator for at least one hour, or overnight. Cover reserved sauce, if any, and keep in the refrigerator.
3. Preheat an outdoor grill for medium high heat.
4. Grill chicken over medium high heat for 8 to 12 minutes per side, basting occasionally with the sauce, if any, until internal temperature reaches 180 degrees F (80 degrees C



## **Tilapia**

### **INGREDIENTS**

- 1 tablespoon paprika
- 2 teaspoons dry mustard
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin

- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 6 (4 ounce) fillets tilapia

## **DIRECTIONS**

1. In a small bowl, mix together paprika, dry mustard, cayenne pepper, cumin, black pepper, white pepper, thyme and salt; set aside. Heat a heavy cast iron pan on high heat until extremely hot, about 10 minutes.
2. Sprinkle both sides of fillets with spice mixture, and gently pat mixture onto fish.
3. Place fillets into hot pan without crowding. Cook until fish has a charred appearance, about 2 minutes.



## **Mexican Tilapia**

## **INGREDIENTS**

- 4 (4 ounce) fillets tilapia
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 lime, juiced
- 4 tablespoons minced fresh cilantro
- 1 lime, thinly sliced

## **DIRECTIONS**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Center each fillet on a foil square. Spoon a generous amount of diced tomatoes with juices over fish. Sprinkle with lime juice and cilantro. Position 2 slices of lime on top of each fillet. Close and seal foil packets, and place on a baking tray.
3. Bake in preheated oven for approximately 20 minutes, or until fish flakes easily with a fork.

## Shrimp Ceviche



### INGREDIENTS

- 2 pounds large shrimp - peeled, deveined and chopped
- 3/4 cup fresh lime juice
- 3/4 cup fresh lemon juice
- 5 roma (plum) tomatoes, diced
- 1 red onion, chopped
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped fresh parsley
- 1 tablespoon Worcestershire sauce
- 1 teaspoon hot pepper sauce
- salt and pepper to taste

### DIRECTIONS

1. Place the shrimp, lemon and lime juice into a large bowl, and stir to coat. Let stand for about 5 minutes, or until shrimp are opaque. The lime juice will cook them. Mix in the tomatoes, onion, cilantro and parsley until coated with lime juice; cover and refrigerate for 1 hour.
2. Remove from the refrigerator, and mix in the Worcestershire sauce, hot sauce, salt and pepper. We have our own hot sauce recipe, but you can use whatever hot sauce you like, or leave it out and let people add their own when serving.
3. Serve in glass tumblers. Set out extra Worcestershire sauce, lime wedges and hot sauce for people to individualize their dish.

## Delicious Grilled Hamburgers



## **INGREDIENTS**

- 1 pound lean ground beef
- 1 tablespoon Worcestershire sauce
- 1 tablespoon liquid smoke flavoring
- 1 teaspoon garlic powder
- seasoned salt to taste

## **DIRECTIONS**

1. Preheat a grill for high heat.
2. In a medium bowl, lightly mix together the ground beef, Worcestershire sauce, liquid smoke and garlic powder. Form into 3 patties, handling the meat minimally. Season with seasoned salt.
3. Place the patties on the grill grate, and cook for about 5 minutes per side, until well done.

## **Rib Eye Steaks with a Ginger Marinade**



## **INGREDIENTS**

- 1/2 cup Braggs amino acids
- 6 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1 teaspoon mustard powder
- 1/4 teaspoon hot pepper sauce

- 4 (10 ounce) beef rib eye steaks

## **DIRECTIONS**

1. In a medium size mixing bowl, combine Braggs amino acids, garlic, ginger root, mustard powder, and Tabasco sauce; mix well to blend.
2. Prepare steaks by scoring any fatty outside areas on steak with a knife, (this prevents the steaks from curling when barbecuing). Place steaks in a casserole dish, and pour marinade over. Using a fork, punch holes in steaks so that the marinade penetrates into the steaks. Turn steaks over, and repeat punching holes.
3. Cover with clear wrap or foil, and let marinate in the refrigerator for at least 1 hour or longer. You can also refrigerate and marinate overnight.
4. Prepare and preheat barbecue to high heat. Place steaks directly on grill and sear one side for about 15 seconds. Turn steaks over and cook for about 5 minutes, then turn over and cook for another 5 minutes for medium-rare, depending on thickness. Test for doneness by cutting into the middle of the steak.

## **Flavorful Beef Brisket**



## **INGREDIENTS**

- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground mustard
- 1 (5 pound) fresh beef brisket
- 2 cups water
- 1/2 cup Worcestershire sauce
- 2 teaspoons liquid smoke (optional)
- 1 teaspoon chili powder

## **DIRECTIONS**

1. Combine the ginger and mustard; rub over brisket. Place on a rack in a shallow roasting pan. Bake, uncovered, at 325 degrees F for 2 hours.

2. Let stand for 20 minutes. Thinly slice meat across the grain. Place in a foil-lined 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the water, ketchup, Worcestershire sauce, Liquid Smoke if desired and chili powder; pour over meat. Cover tightly with foil; bake 3 hours longer or until tender. Serve on buns if desired.

## Beef Fajitas



## INGREDIENTS

- 1/4 cup lemon juice
- 3 garlic cloves, minced
- 1 1/2 teaspoons grated lemon peel
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 3/4 pound beef flank steak, cut into thin strips
- 3 green onions, thinly sliced
- Organic Salsa

## DIRECTIONS

1. In a bowl, combine the oil, lemon juice, garlic, lemon peel, chili powder and pepper. Place half in a resealable plastic bag; cover and refrigerate remaining marinade. Add meat to bag. Seal and turn to coat; refrigerate for 4-8 hours.
2. Drain and discard marinade. In a skillet, heat reserved marinade. Add meat and green onions. Cook and stir until meat reaches desired doneness. Top with salsa if desired.



## Lemonade

### Ingredients

**Serves:** 4

- Juice of 3 - 4 lemons (300 - 360 ml)
- Purified water to make 1 litre

1/3 to 1/2 teaspoon stevia extract powder (to taste)

### Preparation

Juice lemons and strain. If some or all of the pulp is desired then use it. Place in 1 litre glass container and fill with water. Add Stevia extract powder to taste.

Chill in refrigerator.

Stays fresh and pleasant tasting for several days.



### [Strawberry Lemonade Ice Pops](#)

## INGREDIENTS

- 3 or 4 lemons
- 3 cups cold water
- 1 (16 ounce) package frozen sliced strawberries
- stevia to taste

## DIRECTIONS

In a large pitcher, stir together the lemons and water. Place strawberries into the container of a blender, and puree until smooth add stevia. Pour in some of the lemonade if necessary to facilitate blending. Pour into molds, and freeze until firm, about 4 hours.



## Coffee Smoother

### **INGREDIENTS**

- 1 cup coffee
- 2 tbs half and half
- 1 tablespoon cinnamon
- 1/4 cup ice cubes

### **DIRECTIONS**

Place the coffee, half and half and cinnamon and ice cubes in the bowl of a blender; puree until smooth.



## Chai Tea

1 cup of water  
1/4 tsp Cinnamon  
1/4 tsp Cardamom  
Pinch Ginger

Pinch Nutmeg

Pinch Cloves

2 tsp Milk

2 Black tea bags

1 to 2 packets of stevia, or to taste, you can also you vanilla flavored stevia

Put in a pot on the stove to a boil and serve it hot or chilled over ice.



## **Baked Grapefruit**

Grapefruit

Cinnamon to taste

Stevia to taste

Put in oven on broil for 5 minutes or until golden brown.



## **Ginger Ale**

Ingredients:

3 1/2 cups water

3/4 cup peeled and chopped ginger root  
2 tbsp vanilla  
1 tbsp lemon extract  
1/4 tsp stevia powder  
Carbonated or sparkling water

#### Instructions:

Rapidly boil ginger root in water for 10 minutes.  
Strain and place liquid in a jar.  
Stir in vanilla, lemon and stevia.  
Cool and store in the refrigerator



### Veal Chops With Spinach And Tomatoes

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- 4 veal chops
- 1 pound spinach, washed, cleaned
- 6 tomatoes, cut in halves
- Seasonings to taste

#### Instructions

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1. Put veal chops, butter, tomatoes and seasonings in a roasting pan.
2. Cook in moderate oven for about 30 minutes.
3. While the chops are cooking, boil the spinach in salted water for 15 minutes.
4. Drain off water.
5. Put the spinach In the roasting pan with the chops.

6. Let cook together for about 5 minutes.
7. Then serve.



### **Simple Sirloin Steak**

Massage each steak with garlic.

Season with salt and pepper and any other seasonings that you like.

Grill over open flame to medium-rare.

Allow to rest then enjoy as you see fit.