

WEEK 3 ~ Breakfast Recipes

Breakfast Fruit & Nuts Salad

10 min 10 min prep

- 2 oranges, cut into small bits
- 1 banana, sliced
- 6 walnut halves
- 2 tablespoons dried ground coconut

1. Mix banana, oranges, and walnuts in a bowl. Sprinkle with coconut.

Fruit Salad

1¼ hours 15 min prep: Makes 6 Servings

- 2 fresh peaches, peeled and sliced (canned with juice if fresh not available)
- 1 large apple, peeled and large diced
- 1 large pear, peeled and large diced
- 1 kiwi, peeled and sliced
- 1/4 cantaloupe, cubed
- 2 cups watermelons, cubed
- 1 banana, sliced in rings
- 1 cup walnuts, rough chopped (or whole)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, fresh ground
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground ginger

1. Carefully combine all ingredients in a large bowl. Refrigerate at least one hour.

Main Course Recipes

Grilled Chicken with Cherries

40 min 20 min prep: Makes 4 Servings

- 1/2 cup chicken stock
- 1 cup fresh cherries, pitted
- 2 teaspoons balsamic vinegar
- 1 teaspoon blue agave
- 2 tablespoons butter
- 2 boneless skinless chicken breasts
- salt and pepper, to taste

1. In a small saucepan, combine chicken stock, cherries, vinegar and blue agave, and bring to a boil.
2. Reduce heat and simmer until cherries soften, about 5 to 7 minutes. While glaze is simmering, season chicken with salt and pepper, and grill until done.
3. To serve, spoon cherry glaze on plate, place chicken breast in the middle and drizzle with more glaze.

Tilapia al Ajillo (Garlic Tilapia)

20 min 5 min prep: Makes 2-4 Servings

- 1 1/2 lbs tilapia fillets
- 4 cloves garlic, thinly sliced
- 3 tablespoons butter
- salt and pepper
- lemons, for serving
- chopped parsley (to garnish)

1. Season tilapia fillets with salt and pepper. Heat butter in a skillet over medium heat.
2. Put fillets in first, and when they start to turn color a bit (after 1-2 minutes) add garlic slices.
3. Continue cooking about 4 minutes or so, then flip fillets. Saute until cooked through, and fish flakes easily with a fork— this will depend entirely on the thickness of your fillets, so you will need to watch them carefully.
4. The garlic should turn a dark golden brqwn. Serve with freshly squeezed lemon juice; garnish with chopped parsley.

Cajun Salmon

20 min 10 min prep: Makes 2 Servings

- 8 ounces salmon fillets
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons cajun spices
- 2 teaspoons oregano
- Butter, to brush the pan

1. Brush a little butter in a frying pan and preheat the pan.
2. Combine the spices for the salmon in a small bowl.
3. Turn the salmon fillets in the spices, covering all sides.
4. Place the salmon fillets (skin side under) in the hot frying pan.
5. Fry for 4 minutes before turning over and frying for another 3 minutes or until done.

Garden Tilapia

50 min 20 min prep: Makes 2-4 Servings

- 4 tilapia fillets
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon garlic powder
- 1 onion, sliced
- 4 cups spinach leaves
- 10 baby carrots
- 1/8 cup green onions, chopped
- 1/8 cup green peppers, diced
- 1 zucchini, sliced
- 1 teaspoon dried dill weed
- 1 tablespoon butter
- 1 yam, sliced in 1/4 inch slices, pre-cooked
- salt and pepper

1. Line a jelly roll pan with foil. Spray with cooking spray. Place filets on foil covered pan and sprinkle with Old Bay seasoning, and garlic powder.
2. Lay onion slices, sliced zucchini, sliced yam, spinach, baby carrots, green onions, green peppers, and any other veggies you may like, over the filets.

3. Sprinkle with dill weed. Divide the butter into quarters and place the dots randomly over the dish.
4. Cover tightly with foil. Bake at 350 degrees for approximately 30 minutes.

Mediterranean Salmon

11 min 5 min prep: Makes 4 Servings

- 2 tomatoes, seeded coarsely chopped
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/2 cup nicoise olives, pitted and coarsely chopped
- 1/4 cup red onions, chopped
- 2 tablespoons capers, drained
- 3/4 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 4 (6 ounce) salmon fillets
- 1/3 cup fresh basil, loosely packed thinly sliced

1. Combine tomatoes, 2 tablespoons olive oil, red wine vinegar, olives, onion, capers, 1/2 teaspoon salt, 1/2 teaspoon pepper. Set aside. Brush both sides of the salmon with the remaining olive oil.
2. Sprinkle with remaining salt and pepper.
3. Heat a large non-stick skillet over medium-high heat. Sauté salmon 3-4 minutes per side or until cooked through.
4. Add basil to reserved tomato mixture. Serve with salmon.

Flounder Almandine

25 min 5 min prep Makes 4 Servings

- 1 lb flounder fillets
- 3 tablespoons butter
- 2 tablespoons water
- 1 tablespoon lemon juice, fresh squeezed
- 1/4 teaspoon salt
- pepper, freshly grated (to taste)
- 1/4 cup slivered almonds
- 2 tablespoons fresh parsley, minced

1. Preheat oven to 450 degrees F. Melt butter in shallow baking dish in oven
2. Remove baking dish from oven and add the water, lemon juice, salt and pepper.
3. Arrange fish in baking dish; flip to coat with butter mixture.
4. Bake in 450 degree oven 10 minutes per side, 20 minutes total, or until fish flakes easily with fork. Remove fish from pan. Stir almonds and parsley into butter mixture. Spoon mixture over fish to serve.

Side Dish Recipes

Lentil Soup

55 min

- 1 Lb lentils
- 2 Tablespoons butter
- 1/4 Cup carrots, chopped
- 1/4 Cup onions, chopped
- 1/4 Cup celery, chopped
- 1 Can diced tomatoes
- 2 Quarts organic chicken broth
- Salt, pepper, thyme, oregano ~ to taste

- 1 Saute onions, carrots, and celery in butter 6-7 minutes.
- 2 Add the remaining ingredients and cook over stove 30-45 minutes until tender

Dessert Recipes

Poached Pears with Blackberries

35 min 15 min prep

4 pears, peeled, but left whole

1/2 lemon, juice and zest of

8 7/8 ounces blackberries

1 1/3 cups water

1 Oz blue agave

1. Put the pears in a saucepan with the lemon rind and the lemon juice.
2. Tip in half the blackberries, and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides.
3. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through, leaving the seeds behind.
4. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.

Cinnamon Baked Apples

2 cooking apples

2 tablespoons raisins

1 tablespoon blue agave

1/4 teaspoon cinnamon, Ground

1 teaspoon butter

1. Core the apples and pare a 1-inch strip of skin from around the middle of each to prevent splitting.
2. Place the apples in two 10-oz custard cups. Pack the raisins into the apples.
3. Mix the blue agave and cinnamon, pour over the raisins and into the apples. Top with butter.
4. Bake at 375°F for 30 minute

Dessert Recipes

Vanilla Poached Pears

1 ¼ hours 10 min prep Makes 8 Servings

4 large pears, halved, peeled, and cored or 8 smallish pears, peeled and left whole
water, to cover

1 1/2 inches piece fresh vanilla beans

ground cinnamon

mint sprigs (to garnish)

1. Place the pears in a large saucepan and pour water in to cover the pears.
2. Add vanilla bean and bring the pears to a simmer over medium heat. Simmer until tender, being careful not to burn.
3. Allow pears to cool, then serve in the center of a dessert plate. Spoon sauce over the pears, then sprinkle with cinnamon powder and garnish with a sprig of mint.
4. Enjoy!