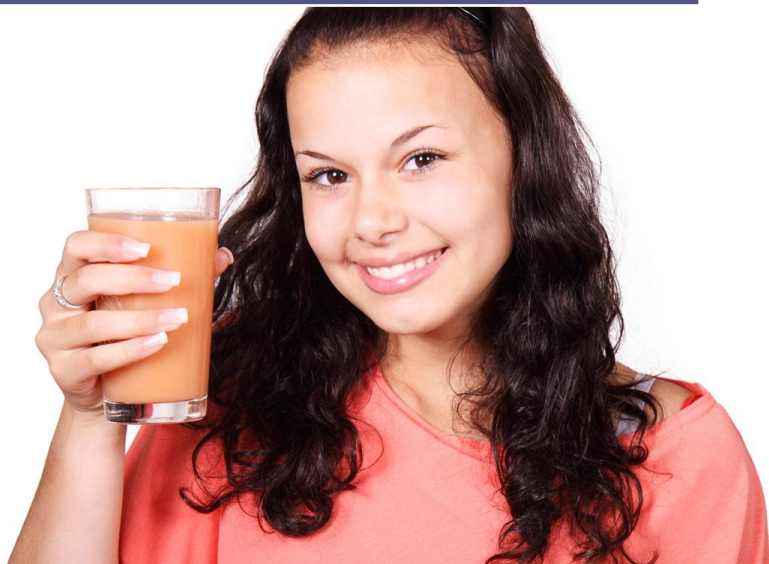


The Clear Skin Cuisine Acne Free Cookbook



What are some acne safe recipes?

What dishes can I eat if I have acne?

What are some good snacks that I can have if I have acne?

How do I clear my acne if I've tried everything else and they haven't worked?

“If You’ve Tried Everything Else and Nothing Worked, I Have the Solution To Curing You Acne...”

Ray J. Wang
How To Clear Your Acne



my **AcneCoach**
HOW TO CLEAR YOUR ACNE

Presents

**Clear Skin Cuisines
The Acne Free Cookbook**

Clear Skin Cuisines
The Acne Free Cookbook

by

RAY J. WANG

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*For My Family
Who Helped Me To Become
Who I Am Today*

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Introduction

Dear Reader,

I've been getting tons of emails about people understanding what the regimen is about and they've seen great changes in their diet just by changing a few things that I recommend. It's amazing to see some of the before and after pictures that some of you all have sent me. And I want to take the time to congratulate all of you who have made the commitment to learn, grow, and clear your skin naturally.

However, I know that you're all "hungry" for more. In fact, I've received countless emails from you all wanting to know specific things to eat or possibly to cook that are safe for acne.

And that's why I've created this "Acne Free Approved" Recipe Cookbook. I've taken the time to handpick more than 100+ different kinds of entrées, sides, desserts, drinks, and much more. When I put together this collection of recipes, I wanted to make sure that you guys had something that was worry free when it comes to your skin, easy to make and doesn't require too much cooking.

And thus, the How To Clear Your Acne's Clear Skin Cuisines | Acne Free Recipe Cookbook. This cookbook is designed with you in mind. As a guy who's not too big on spending too much time in the kitchen, there are recipes in here that range from the easy, to the even MORE easy, to the more advanced. Don't worry, if you do like spending a little time in the kitchen making something nice, there's lots here for you to do too.

I made sure, going through close to a thousand ingredients, to select foods and ingredients that are acne safe so that you won't have to worry about breakouts after. Rest assured, your next meals are officially approved by me as being "ACNE SAFE!"

So without further ado, dinner is served...

Enjoy,

A handwritten signature in black ink that reads "Ray J. Wang". The signature is written in a cursive, flowing style.

Ray J. Wang

How To Best Use This Book

I understand that those of you reading this book probably range from all ages to all different skill levels when it comes to the kitchen. So here are some quick tips for my writing style and how I see these recipes best being used.

Beginner:

You either never cooked before or you really don't like to spend much time in the kitchen, that's okay. There's a lot in this book for beginners and advanced chefs.

Pick out the recipes that have the least directions and the fewest ingredients. Work with what you're comfortable but also try a new recipe once every few days or once a week. It's good to venture a little bit out of your comfort zone every once in a while because you'll never know what kind of hidden gems you'll discover.

Try to stick with dry foods because it's harder to mess up =)

Intermediate:

You know how to cook and you're familiar with your way around the kitchen. You're no pro but you definite know more than someone who's only familiar with a fork and a knife as cooking tools.

This is a really good area to be in because you can tap into a lot of the recipes are simple yet delicious. I would really advise you try all the things that sound appetizing to you because with a little practice, you'll be on your way to having an advanced skill set in no time.

Advanced

You're a pro. You know what you're doing in the kitchen. Should you even be reading this section? Let's get cooking already!



Appetizers

Pickled Garden Vegetables

Preparation: 15 minutes

Cooking: 25-30 minutes

Serving Total: 16 servings (1 quart)

Ingredients:

- 2 cups thinly sliced zucchini
- 1 ½ cups green beans, cut crosswise into halves
- 1 ½ cups thinly sliced onions
- 1 large red pepper, thinly sliced
- Salt
- 1 cup cider vinegar
- 1 tablespoon pickling spice
- ½ cup Equal Spoonful

Directions:

1. Sprinkle zucchini, beans, onions and pepper lightly with salt; let stand 15 minutes. Rinse well.
2. Stir vegetables into boiling water to cover; cook, uncovered, 2 minutes. Drain; rinse with cold water.
3. Heat vinegar and pickling spice to boiling; boil 1 minute. Cool 15 minutes; stir in Equal® Spoonful™ and pour over vegetables in sterilized pint jars or bowl. Refrigerate up to 2 weeks.

Stuffed Celery Bites

Preparation: 15 minutes

Cooking: N/A

Serving Total: 8 servings

Ingredients:

- Nonstick cooking spray
- 2 tablespoons pine nuts
- 1 clove garlic, minced
- 8 stalks celery
- 1 (8-ounce) tub cream cheese with dried tomato or cream cheese (regular, lowfat or fat-free)
- 1/4 cup (1-ounce) shredded Italian cheese blend
- 2 tablespoons dry-roasted shelled sunflower seeds
- Celery leaves, (optional)

Directions:

1. Lightly coat a skillet with cooking spray. Add pine nuts and garlic. Cook over medium heat for 3 to 5 minutes or until nuts are golden brown, stirring frequently. Set aside.
2. Remove tops and wide base from celery. Using a vegetable peeler, remove two thin strips from the rounded side of the celery, creating a flat surface.
3. In a small bowl combine the cream cheese and shredded Italian cheese. Spread or spoon cheese mixture into celery.
4. Cut each filled stalk of celery into 2-inch pieces.
5. Sprinkle half the pieces with the pine nut mixture and half with the sunflower seeds. If desired, stuff celery up to 4 hours before serving; cover, chill, cut, and add nuts and seeds just before serving. If desired, garnish with celery leaves.

Thai Spinach Dip

Preparation: 5 minutes

Cooking: 5 minutes

Serving Total: 2 ½ cups of dip.

Ingredients:

- 1 cup chopped fresh spinach
- 1 (8-ounce) carton dairy sour cream
- 1 (8-ounce) carton plain fat-free yogurt
- 1/4 cup snipped fresh mint
- 1/4 cup finely chopped peanuts
- 1/4 cup peanut butter
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 to 2 teaspoons crushed red pepper
- Vegetable dippers (such as peeled baby carrots, zucchini slices, and/or cucumber sticks)

Directions:

1. In a medium bowl combine spinach, sour cream, and yogurt.
2. Stir in mint, peanuts, peanut butter, honey, soy sauce, and crushed red pepper.
3. Cover and chill for 2 to 24 hours.
4. Serve with vegetable dippers.

Apricot and Cinnamon Fruit Dip

Preparation: 15 minutes

Cooking: 15 minutes

Serving Total: 12 servings

Ingredients:

- 1 1/2 cups sliced apples
- 1 1/2 cups sliced bananas
- 6 peeled and chopped kiwis
- 1 1/2 cups strawberries
- 1/2 cup low fat cream cheese
- 6 packets SLENDA® No Calorie Sweetener with Fiber
- 1/4 cup apricot preserves
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 cup nonfat Greek style yogurt

Directions:

1. Prepare and set the sliced fruit aside
2. Combine all ingredients in a medium size mixing bowl and whisk until smooth.
3. Serve with apples, bananas, kiwis and strawberries.

Mexican Bean Dip

Preparation: 10 minutes

Cooking: N/A

Serving Total: 14 servings

Ingredients:

- 1 (15-ounce) can red kidney beans, rinsed and drained
- 1 medium avocado, chopped
- 2 tablespoons lemon juice
- 2 tablespoons tomato paste
- 1 red chili, finely chopped (optional)
- 2 cloves garlic, minced
- 1 tablespoon Equal® Spoonful*
- 1 green onion, sliced
- 1/4 cup chopped parsley, divided use

Directions:

1. Place kidney beans, avocado, lemon juice, tomato paste, chili, garlic and Equal® in food processor; cover. Process until well blended.
2. Stir in green onion and 3 tablespoons parsley.
3. Sprinkle with remaining parsley.



Entrées

Pesto Stuffed Mushrooms

Preparation: 15 minutes

Cooking: 5 hours

Serving Total: 14 servings

Ingredients:

- 1 cup walnuts
- 14+ button mushrooms, washed and stemmed
- 1/2 cup pine nuts
- 2 cups basil
- 1/2 cup olive oil
- 3 cloves garlic
- 1/2 teaspoon sea salt

Directions:

1. Place mushroom caps top side down on a plate
2. Blend all stuffing ingredients in a food processor until smooth.
3. Scoop a small amount of stuffing into each mushroom cap.
4. Dehydrate at 105 degrees for 5-6 hours, or until soft.
5. Served warm out of the dehydrator, these are heavenly!
6. These taste like a soft, breaded, cooked, stuffed mushroom.

Falafel Wrap with Cucumber Sauce

Preparation: 15 minutes

Cooking: 5 hours

Serving Total: N/A

Ingredients:

- Bean-less Falafel:
 - 2 cups almonds
 - 1/2 cup cilantro
 - 1/4 cup parsley
 - 4 Tablespoons lemon juice
 - 2 Tablespoons tahini
 - 1 Tablespoon olive oil
 - 1 1/2 teaspoons ground cumin
 - 1 teaspoon sea salt
 - 3/4 cup water

- Cucumber Sauce:
 - 1/2 large cucumber (about 1 1/2 cups)
 - 1/4 cup raw tahini
 - 1/4 cup fresh dill weed
 - 1/2 lemon, juiced
 - 1 Tablespoon honey
 - 1/4 teaspoon salt

Directions:

1. Bean-less Falafel:
 - a. In a food processor, blend the almonds until fine.
 - b. Add the remaining ingredients, and blend well.
 - c. Roll mixture in small balls & place on mesh dehydrator screen.
 - d. Dehydrate at 105 degrees for 4-5 hours, longer if you desire a crispy falafel.

2. Cucumber Sauce:
 - a. Blend all ingredients thoroughly in a food processor or blender. Use romaine lettuce leaves to roll up the falafel balls and drizzle with the cucumber sauce.

Marinated Broccoli

Preparation: 10 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 1 head of broccoli
- 1/4 cup of olive oil
- 1 teaspoon of nama shoyu
- 1 teaspoon of apple cider vinegar
- Dash of sea salt

Directions:

1. Chop up broccoli tops and stems.
2. Add to bowl.
3. Pour on rest of ingredients and toss to coat.
4. Let marinate for 4-6 hours.

Cauliflower with Avocado & Olives

Preparation: 15 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 2 cups small chopped cauliflower
- 1 avocado, diced
- 1/4 cup small diced red onion
- 1/4 cup chopped fresh basil
- 1/4 cup Greek sun-dried olives, pitted and chopped
- 1/4 cup finely diced red bell pepper
- 2 T. fresh lemon juice

Directions:

1. In a mixing bowl, combine all ingredients. Season to taste and serve.
2. Prepare all ingredients except avocado ahead of time and allow to sit to let flavors combine, then add avocado right before serving.

Masala Mung

Preparation: 15 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 2 cups sprouted mung beans (or lentils)
- 2-4 tablespoons freshly grated coconut
- 1 ½ tablespoons sesame oil (or combination of sesame & flaxseed oils)
- 1-2 tablespoons lemon juice
- ¼ teaspoon garam masala
- 1/8 teaspoons ground brown mustard seeds
- 1/8 teaspoons ground cumin seeds
- 1/8 teaspoons cayenne pepper (optional) dash of Nama Shoyu and/or Celtic sea salt

Directions:

1. Put all the ingredients into a bowl and mix well together.
2. Adjust flavors by adding more lemon juice, coconut or seasoning to taste.
3. Keeps for 2-3 days in refrigerator.

Cold Eggplant with Basil

Preparation: 30 minutes

Cooking: N/A

Serving Total: 3 servings

Ingredients:

- 3 large eggplants
- 1 cup chopped parsley
- 2 large thinly sliced onions
- 6 sliced tomatoes
- 2 minced garlic cloves
- 2 chopped celery hearts
- 2 teaspoons raisins
- 1 teaspoon basil
- 1 teaspoon black pepper
- 1 teaspoon chopped capers
- ½ cup olive oil
- Black pepper to taste
- Lemon wedges for garnish

Directions:

1. Prepare an oiled baking dish.
2. Slice eggplants into rounds, sprinkle with salt and let stand about forty minutes.
3. Rinse eggplant entirely and pat dry.
4. Place half the eggplant in the baking dish and sprinkle with half of the parsley.
5. Place onions, tomatoes, garlic, celery, raisins, basil, capers and black pepper on top of parsley.
6. Place remaining parsley on top of tomato mixture and cover with remaining eggplant rounds.
7. Pour olive oil evenly over eggplants and cover with foil.
8. Preheat oven to 275 degrees and bake until eggplants are cooked.
9. Let cool, then serve at room temperature with lemon wedges.
10. Refrigerate leftovers.

Emeril's Braised Collard Greens

Preparation: 15 minutes

Cooking: 10 minutes

Serving Total: 2 servings

Ingredients:

- 2 tablespoons olive oil
- 1/2 teaspoon crushed red pepper
- 1 1/2 tablespoons thinly sliced garlic
- 2 bunches lacinata kale, Swiss chard, or collards greens, cut into 1-inch pieces
- 1 cup vegetable stock
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper

Directions:

1. In a large skillet over medium heat, add the olive oil.
2. After 10-15 seconds, add the crushed red pepper, garlic and cook until fragrant, 30 to 45 seconds.
3. Add the greens, in batches, stirring between additions until the greens wilt slightly.
4. Cook, stirring, for 2 minutes.
5. Add the stock, salt and cayenne and cover, continuing to cook until greens are just tender, 4 to 5 minutes longer.

Snowdrop's Sesame Chicken

Preparation: 30 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 'Chicken'
- 2 cups walnuts soaked 4-6 hrs or overnite
- 2 cups sunflower seeds soaked 4-6 hrs or overnite
- 1 cups sunflower seeds, soaked 4-6 hrs or overnite and then dehydrated
- 1 cups sundried tomatoes soaked 4-6 hrs or overnite in:
- 1 cups orange juice
- 1 onion
- 2 cloves garlic
- ¼ yellow pepper (or red)
- 10 fresh sage leaves or 1 tablespoon dried herb
- 1 teaspoon cumin
- ½ t turmeric
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon dark miso
- 1 tablespoon braggs or soy sauce
- 1 tablespoon liquid lecithin* (to be stirred into batter by hand at the end)
- Sesame seeds (to sprinkle on top of the nuggets)

Directions:

1. Food processor the tomatoes in their liquid and blend until a paste.
2. Add onion & garlic, blend.
3. Add herbs spices blend.
4. Add nuts, process till smooth (I did it in 2 batches).
5. Put into a bowl & stir in the lecithin.
6. With a coffee grinder, powder the dehydrated sunflower seeds.

7. Stir into batter till blended.
8. Spoon onto teflex sheets (I used 3 trays) by the tablespoon.
9. Dehydrate 6-8 hr at 105-115 degrees.
10. Flip half way thru drying time.
11. Make sweet & sour sauce (see below).
12. Dip your chicken nuggets into the sauce and sprinkle with sesame seeds and continue to dehydrate another 4-6 hrs.

Curried Squash, Cauliflower and Leeks

Preparation: 30 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 1 winter squash
- 1/2 head of cauliflower
- 1 leek
- 2 tablespoons of olive oil
- 1 tablespoon of agave nectar
- 2 teaspoons of curry powder
- Half lemon
- One clove of garlic
- Dash of sea salt

Directions:

1. Cut open squash.
2. Remove the seeds, cut into cubes and place into bowl.
3. Rip off the pieces of the cauliflower and add to the bowl.
4. Cut up leeks and add.
5. Toss by hand to mix up the veggies.
6. Pour on olive oil, agave and squeeze of lemon.
7. Chop up garlic and add.
8. Sprinkle sea salt and curry powder.
9. Toss to combine and let marinate for 3-4 hours.

Optional:

Put on teflex dehydrator sheet and in dehydrator for 3-4 hours at 110 degrees.

Vegetable Teriyaki

Preparation: 30 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- Marinade:
 - 2 tablespoons Nama Shoyu (or tamari)
 - 2 tablespoons honey
 - 2 teaspoons olive oil
 - 2 cloves garlic, minced
 - 1 " piece of ginger root, grated
 - 2 tablespoons lemon juice (or you could use part apple cider vinegar too)
 - 1/4 cup orange juice
- Vegetables:
 - Broccoli florets and chopped stems
 - Green onion or leek.
 - Baby Bok Choy sliced (the taste is much milder than mature Bok Choi)
 - Red Pepper sliced
 - Celery, sliced diagonally
 - Mushrooms, sliced

Directions:

1. Toss veggies with the marinade in a bowl.
2. Then pop it, covered, in the dehydrator for a couple of hours.
3. Alternatively, you can skip the D; just marinate the veggies for a little longer.
4. Serve with rice of choice and top with a few cashews.

Cauliflower Steaks

Preparation: 25 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 2 cauliflower heads
- 2 tablespoons agave nectar
- 1/2 cup olive oil, cold pressed
- 1/4 cup nama shoyu

Directions:

1. Slice cauliflower into 1/2 inch slices and place in glass pan.
2. Blend together agave, olive oil, and nama shoyu.
3. Pour marinade over cauliflower steaks. (you will have some cauliflower that breaks off...just marinate that, too), flip to coat.
4. Marinate for at least an hour. (I always do this in the refrigerator)
5. Dehydrate on screens for 1/2 hour at 140, then reduce heat to 115 and finish dehydrating for 4-5 hours.
6. At least 6 hours before you want to eat, marinating the cauliflower.

Green Thai Coconut Curry

Preparation: 30 minutes

Cooking: 30 minutes

Serving Total: 4 servings

Ingredients:

- ½ cup fresh young thai coconut meat
- 1½ tablespoons curry paste
- ¼ cup almonds
- 1¼ cup water
- 1 tablespoon sweetener
- 1 basil leaf
- 1 tablespoons cilantro
- 2 tablespoons red bell pepper to garnish (optional), diced
- 3 jalapenos, seeds removed
- 3 tablespoons lemongrass
- 1 cup cilantro
- 1 lime, peeled
- 1 teaspoon ginger
- 1 dash salt

Directions:

1. Chop the young coconut and reserve the water. Do not use the coconut water in the curry, as it has strong flavor. Instead, drink the water or use it in a smoothie.
2. To make the curry paste, blend the jalapenos, lemongrass, 1 cup of cilantro, lime, ginger, and salt. Set aside in a bowl. Use only 1 Tablespoon of the curry paste in the soup.
3. Blend almonds and 1 cup water and strain through a nut milk bag. Pour the almond milk in the blender. Add coconut meat, 1 tablespoon honey, and 1 tablespoon curry paste.
4. Taste the mixture, and add more ingredients if desired. Blend well. Add the basil and cilantro and pulse two or three times. Serve slightly warm (the high speed blender will warm the dish if you run it for a minute). Garnish with bell pepper and cilantro if desired.

Chicken Waterzoi

Preparation: 20 min

Cooking: 1 hour

Servings: 4 servings

Ingredients:

- 4 chicken pieces
- 2 young leeks
- 4 carrots (to avoid if you are on a anti-candida diet)
- 2 sticks celery cut into rings
- 2 onion chopped finely
- 1 turnip
- 1 bay leaf
- 2 cloves garlic
- Salt and pepper
- Olive oil
- 1 vegetable broth
- Water (500 ml to 1L)
- 1 glass of lemon juice

Directions:

1. In a large saucepan, brown the onions and half of the other vegetables gently in two spoons of olive oil.
2. Add chicken pieces to this first vegetable layer.
3. Add remaining vegetables, salt and pepper. Don't mix.
4. Then, mix chicken broth to water and add to the preparation.
5. Cook uncovered for 45 minutes.
6. Arrange chicken on warm serving plate and pour over the sauce with its vegetables.
7. If you want thicker sauce, you could add a little bit of cream mixed with two egg yolks... but doing this, you also add more fat to this recipe.

Artichokes in Tomato Sauce

Preparation: 30 minutes

Cooking: 30 minutes

Serving Total: 8 servings

Ingredients:

- 8 Medium Artichokes
- 1 Medium Onion
- Salt & Pepper
- 2 Garlic Cloves, Minced
- 3 Tablespoons Olive Oil
- 1 (28 oz) Can Chopped Tomatoes
- 1/2 Cup Fresh Parsley, Chopped

Directions:

1. Clean the artichokes by removing the tough outer leaves and stem, ensuring a flat bottom to enable them to sit upright in a pot.
2. Cut off about 1/3 from the top, and remove the prickly choke from inside.
3. Place the cleaned artichoke immediately in a bowl of water with a little lemon juice to prevent discoloration.
4. Cut the artichokes into wedges and leave in the lemon water until ready to use.
5. Sauté the onion and garlic in the oil until translucent.
6. Add the tomatoes, and simmer for about 10 minutes.
7. Drain the artichokes and add these to the tomato sauce.
8. Season with salt and pepper, and cook for about 45 minutes or until the artichokes are fork tender.
9. If the sauce becomes too thick, add a little water as needed. Serve warm or at room temperature with the fresh parsley sprinkled on top.

Zucchini and Kelp Noodles

Preparation: 30 minutes

Cooking: N/A

Serving Total: 3 servings (3 cups worth)

Ingredients:

- Marinated Veggies:
- Mushrooms, sliced
- Baby bok choy, sliced
- Red and yellow bell pepper, cubed
- Snow peas, sliced diagonally
- Green onions, sliced
- Mung bean sprouts, rinsed and drained
- Satay Sauce:
 - 1 1/4 cup fresh coconut milk
 - 1/4 cup + 2 tablespoons raw almond butter
 - 1/4 cup raw tahini
 - 3 garlic cloves
 - 3 tablespoons tamari or Nama Shoyu
 - 2 tablespoons cold pressed olive oil or raw sesame oil
 - 2 tablespoons lime juice
 - 1 tablespoon agave
 - 3 teaspoons Satay spice mix (I used Penzeys' Saté Seasoning)
 - 1 1/2 teaspoons cumin
 - 3/4 teaspoon coriander
 - 1/2 teaspoon chili powder (or more, if you like it spicy!)
 - 1/2 teaspoon sea salt
- Noodles:
 - A mixture of zucchini noodles done on my favorite spiral slicer and kelp noodles that I had soaked for a few hours.

Directions:**Marinated Veggies:**

1. Toss veggies in a marinade made of equal part cold pressed olive oil and tamari or Nama Shoyu, and half of that amount of roasted sesame oil (not raw but gives the dish a delightful authentic Asian flavor). For example, I used 2 tablespoon oil, 2 tablespoon tamari and 1 1/2 teaspoons roasted sesame oil.
2. Sit for at least one hour to allow the flavors to blend and for the veggies to get a 'cooked' texture.
3. Drain excess liquid before serving.

Note: You can add the bean sprouts just in the last 15 minutes or so to retain some crunchiness.

Satay Sauce:

1. To make coconut milk, blend 1/2 cup young coconut meat with 3/4 cup water until smooth and creamy.
2. Blend all ingredients until smooth in high power blender.

Noodles:

1. kelp noodles in a little Satay Sauce and let sit for 30 minutes to soften them up.
2. Just before serving, mix zucchini noodles with kelp noodles.

Note: If you wish a warm dish, place the Marinated Veggies and noodles tossed in some Satay Sauce (in separate bowls) in the dehydrator for one hour at 110.

Assembly:

To serve, place some noodles on a plate, top with marinated veggies and extra Satay Sauce.

Brazil-Broccoli Mash and Miso Gravy

Preparation: 30 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- Brazil-Broccoli Mash:
- 1 clove garlic
- 1 pinch ground black pepper
- 1 teaspoon sea salt (I used way less!)
- 1 cup raw Brazil nuts
- 2 cup broccoli, chopped
- Miso Gravy:
 - 1/4 cups miso
 - 1 tablespoon apple cider vinegar
 - 1 clove garlic
 - 1/2 orange, peeled and seeded
 - 1/3 cup extra virgin olive oil
 - 2 tablespoon pitted dates

Directions:

1. Brazil-Broccoli Mash:
 - a. Process the garlic, pepper, and salt into tiny pieces. Add 2 Brazil nuts and process into a powder. Empty this powder into a
 - b. bowl and set aside.
 - c. Next, process broccoli while slowly adding the Brazil nut powder back in.
2. Miso Gravy:
 - a. Blend all ingredients until smooth.

Shredded Brussels Sprouts & Hazelnut Pesto w/ Fresh Tomatoes

Preparation: 45 minutes

Cooking: N/A

Serving Total: 4-5 servings

Ingredients:

- 10 brussels sprouts, thinly shredded
- 8 Campari tomatoes, thinly sliced
- 1 fresh squeezed lemon, half the juice for shredded sprouts; half for pesto
- 1 cup hazelnuts
- 1 1/2 cup fresh parsley or basil, or a mix of both, firmly packed
- 1 cup cold pressed extra virgin olive oil
- 1 large clove garlic
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon fresh cracked pepper

Directions:

1. Prepare the brussels sprouts:
 - a. Remove any yellow or damaged outer leaves and rinse.
 - b. Use the stem end to hold each brussels sprout by hand and shred using a mandoline, or thinly slice each sprout with a knife, or use a food processor to shred.
 - c. Place shredded sprouts in a bowl and toss with half of the fresh squeezed lemon juice and season with sea salt to taste; set aside.
2. Make the hazelnut pesto:
 - a. Place all ingredients in food processor or blender; blend until the pesto mixture is thick and creamy.
3. Prepare Campari tomatoes:
 - a. Thinly slice
4. Garnish:
 - a. chopped tomatoes and chiffonade fresh basil.

5. Assemble and Plate:

- a. Add the hazelnut pest to the bowl of shredded brussels sprouts; coat and mix well.
- b. Take a ring mold and line in inside wall all the way around with slices of tomatoes, then place the ring mold on server plate.
- c. Carefully fill in the center of the ring mold with the shredded brussels sprouts and hazelnut pesto mixture just to the top of the mold.
- d. Cover the top with slices of tomatoes.
- e. Repeat steps for each ring mold. When ready to serve carefully lift the ring mold.
- f. Garnish the plate with chopped tomatoes, chiffonade basil, and a light sprinkle of sea salt and pepper

Mock Salmon Pate

Preparation: 15 minutes

Cooking: N/A

Serving Total: 1 serving

Ingredients:

- A delicious pink pate with a hint of salmon flavor!
- 2 cups walnuts
- 2 stalks celery
- 1 large red bell pepper
- 1 large scallion
- ½ -1 teaspoon sea salt

Directions:

1. Combine all ingredients in a food processor and blend until smooth.
2. This can be served on a plate as is, over a salad, rolled up in a green leaf, or spread on crackers.

Holiday Raw Thyme Bread Rolls

Preparation: 45 minutes

Cooking: N/A

Serving Total: 6-8 servings

Ingredients:

- 2-3 medium-large onions, peeled and cut into smaller pieces
- 3 cups sunflower seeds or walnuts (black walnuts if you can get them)
- 3/4 cup chia seed
- 1 tablespoon sea salt
- 1 clove garlic
- 1/4 cup cold-pressed olive oil
- 1/4 cup fresh thyme or dried cut and sifted thyme
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon maca powder
- 1 teaspoon spirulina powder

Directions:

1. Feed onions through the top of a food processor with the shredder blade (single cut shredder blade, NOT the small holes grater blade). Place in large bowl.
2. Blend onions, sunflower seeds or walnuts, chia seed, salt and garlic in a food processor (now with “S” metal blade) into a meal consistency, then add olive oil and fresh thyme
3. Blend again until dough-like, then add to the bowl of onion shreds and sprinkle in lemon juicer, maca, and spirulina
4. Mix and mash with your bare clean hands and shape into bread roll shapes of your choice and place on dehydrator trays.
5. Dehydrate 6 hours, then turn rolls over and dehydrate another 4-12 hours. Dehydrate longer if you want crispy rolls, shorter if you want extra moist rolls.
6. Serve warm from the dehydrator. Topped with avocado, a nutty stuffing and sprouts.

Pecan Sunchoke Sandwich

Preparation: 45 minutes

Cooking: 15 minutes

Serving Total: 6-8 servings

Ingredients:

- 1 ripe avocado
- 1 1/2 tablespoons freshly squeezed lemon juice
- 1/4 teaspoon salt
- Dash cayenne
- 1/4 to 1/2 cup (60 to 120 ml) organic canola oil

- 2 cups (480 ml) coarsely shredded sunchoke
- 1/2 cup (120 ml) raw or toasted pecans, coarsely chopped or coarsely ground
- 1/4 red bell pepper, finely diced
- Salt and freshly ground pepper to taste

- 6 to 8 slices bread
- 12 to 16 large basil leaves
- 3 ripe tomatoes, sliced
- 3 to 4 butter lettuce leaves

Directions:

1. To make the avocado sauce, wash the avocado, cut it in half, scoop out the flesh, and place it in the blender.
2. Add the lemon juice, salt, and cayenne and blend briefly.
3. With the machine running, slowly add the canola oil, using just enough to create a thick, creamy sauce.
4. Stop the machine occasionally to scrape down the sides of the blender jar and stir the mixture.
5. To make the sunchoke filling, combine the sunchoke, pecans, and red bell pepper in a medium bowl.
6. Add enough of the avocado sauce to moisten and hold the mixture together.

7. Season with salt and pepper if needed.
8. Spread a thin coating of the avocado sauce over one side of each of the bread slices.
9. Spread the sunchoke mixture over half the bread slices and top with the basil leaves, tomato slices, and lettuce.
10. Place the remaining bread slices over the filling and cut the sandwiches in half..

Coconut 'rice' Wrappers

Preparation: 30 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- Coconut 'rice' Wrappers:
 - 1 Cup Young Coconut Meat
 - 1/2 Cup Coconut Water
 - 1/4 Cup Flax Meal (Optional)
 - Pinch of Salt
- Filling:
 - Butter Lettuce
 - Cucumber, thinly sliced
 - Scallions, thinly sliced lengthwise
 - Bean Sprouts
 - Star Fruit, thinly sliced
 - Basil
 - Cilantro
 - Mint Leave
- Nuoc Cham (spicy citrus dipping sauce):
 - Lime, Juiced
 - 1 1/2 Tablespoon Nama Shoyu
 - 3 Tablespoons Water
 - 1 Serrano Chili, minced
 - 1-2 Cloves Garlic, minced
 - 2 Teaspoons Agave
 - 1/4 Teaspoon Salt

Directions:

For the Coconut 'rice' Wrappers:

1. In a Vita Mix or high speed blender, blend everything until completely smooth.
2. Now comes the tricky bit.

3. You should be able to make four wrappers on each teflex lined tray of your dehydrator, unless you want to make one huge wrapper on each tray- it's your choice.
4. Pour out 2-4 tablespoons of the coconut custard and spread out thin with a spoon or spreader/spatula.
5. Dehydrate at 105- 110 degrees until completely dry, 6-12 hours.
6. When they are done, you will be able to peel them off of the teflex sheet.

For the Filling:

1. There are no rules here. You can put whatever you want in the wrappers.
2. Fill the coconut wrappers with the veggies. If you are using the coconut wrappers, be warned that they will get soggy quite quickly.
3. It's best to roll them as you are eating them. If you are using the lettuce as your wrapper, it won't be an issue.

For the Nuoc Cham (spicy citrus dipping sauce):

1. Whisk all the ingredients together. This is your dipping sauce.

Raw Eggplant Tacos

Preparation: 15 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 1 eggplant
- sea salt
- 1 c soaked walnuts
- 1/2 c chopped celery
- 1/4 c minced white onion
- 1/2 c chopped zucchini
- 1/4 c H₂O
- 2 cloves garlic
- 3 T shoyu
- 1 teaspoon chili pwd
- 1/2 teaspoon ground cumin
- 1/2 teaspoon minced fresh oregano

Directions:

1. Peel eggplant.
2. Slice into very thin rounds.
3. Dehydrate 105 degrees or in a hot sunny window to soften.
4. Just a few minutes to an hour.
5. Blend other ingredients in food processor until creamy.
6. Stuff filling into eggplant slices and fold each one in half to make tacos.
7. Dehydrate 2-12 hours, as desired.

Salmon apple Carpaccio

Preparation: 15 min

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 500 g salmon fillet (thin slices)
- 1 apple (slices)
- 2 lemon juice
- 8 tablespoons extra virgin olive oil
- 2 tablespoons shallots (chopped)
- 1 tablespoon fresh dill and basil (chopped)
- 1 clove garlic (minced)
- Salt and pepper
- Capers

Directions:

1. Slice salmon as thinly as possible and arrange salmon in a large serving plate.
2. Arrange apple slices around the salmon.
3. In a bowl, prepare the dressing: lemon juice, olive oil, garlic, shallots, salt and pepper, and herbs.
4. Sprinkle on the salmon slices and let marinate for 20 minutes.
5. Add capers if you want to.

Zesty Greek Pita Pizza

Preparation: 30 minutes

Cooking: 10 minutes

Serving Total: 4 servings

Ingredients:

- 1/2 6 inch round pita, cut lengthwise maintaining a 6 inch round
- 3/4 cup fresh spinach
- 1/2 medium roma tomato, sliced
- 1 thin slice red onion
- 1/8 cup shredded Parmesan cheese
- 3/4 oz feta cheese, crumbled
- 1/4 teaspoon crushed basil

Directions:

1. Spray pita half with cooking spray.
2. Top with spinach, tomato, onion, and cheeses.
3. Sprinkle with crushed basil. Spray all ingredients with cooking
4. spray.
5. Bake in a toaster oven for 8–9 minutes, or until feta is softened, and slightly golden.

Mint zucchini terrine

Preparation: 20 minutes

Cooking: 40 minutes

Serving Total: 4 servings

Ingredients:

- 6 eggs
- 8 zucchini
- 250 g soya creme
- 2 teaspoon olive oil
- A bunch of fresh mint, parsley, and chervil
- Tomato sauce
- 1/4 cup olive oil
- 6 tomatoes (chopped)
- 3 onions (minced)
- 2 green bell peppers (minced)
- 4 cloves garlic (minced)
- salt and pepper

Directions:

1. Cut zucchini into thin slices.
2. Heat olive oil in a sauce pan. Add zucchini and cook for a few minutes. Don't cook too long to avoid mash zucchini. If your zucchini is overly large, it will have more water. Drain zucchini of its water before proceeding with the rest of the recipe.
3. Mix herbs, creme, eggs, salt and pepper.
4. Put zucchini in a baking dish and add the mix. Cook in a bain marie for 40 minutes (375F).
5. In a large saucepan, prepare tomato sauce. Heat oil over medium heat; add tomatoes, onions, green bell peppers, garlic, salt and pepper to taste. Mix ingredients, cover and simmer for 30 minutes. Put the tomato sauce in the fridge.
6. Serve the terrine with fresh tomato sauce.

Broccoli Omelet Provencale

Preparation: 30 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- Nonstick cooking spray
- 12 large eggs
- 1/4 cup water
- 1/2 teaspoon garlic salt
- 1/8 teaspoon freshly ground black pepper
- 3 cups packaged shredded broccoli (broccoli slaw mix)
- 2 tablespoons snipped fresh oregano or basil
- 1 (10-ounce) container refrigerated plum tomato pasta sauce, heated

Directions:

1. Lightly coat a 15 x 10 x 1-inch baking pan with cooking spray; set aside. For omelet, in a medium bowl beat together eggs, water, garlic salt, and pepper with a fork until combined but not frothy.
2. Place the prepared baking pan on an oven rack. Carefully pour egg mixture into the pan. Bake in a 400°F (205°C) oven about 7 minutes or until egg mixture is set but is still glossy and moist.
3. Meanwhile, for filling, place a steamer basket in a medium saucepan. Add water to just below bottom of steamer basket. Bring to boiling. Add the shredded broccoli to steamer basket. Cover and steam for 2 to 3 minutes or until heated through. Drain well. Stir in oregano.
4. To serve, cut the omelet into six 5-inch squares. Divide the filling among omelets, spooning over half of each square. Fold the other omelet half over the filled half, forming a triangle or rectangle. Spoon the warm pasta sauce over omelets.

Baked Chicken Breasts Supreme

Preparation: 30 minutes

Cooking: 45 minutes

Serving Total: 8 servings

Ingredients:

- 1 1/2 cups plain yogurt or sour cream
- 1/4 cup lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/2 teaspoon Hungarian sweet paprika
- 1 garlic clove, minced
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon freshly ground pepper
- 8 boneless, skinless chicken breast halves
- 2 cups fine dry bread crumbs

Directions:

1. In a large bowl, combine first 8 ingredients.
2. Place chicken in mixture and turn to coat. cover and marinate overnight in the refrigerator.
3. Remove chicken from marinade; coat each piece with crumbs.
4. Arrange on a lightly greased shallow baking pan.
5. Bake, uncovered, at 350°F (175°C) for 45 minutes or until juices run clear.

Baked Salmon with Orange-Ginger Sauce

Preparation: 20 minutes

Cooking: 30 minutes

Serving Total: 2 servings

Ingredients:

- 2 1/2 inch piece fresh ginger root
- 1 cup fresh orange juice
- 1/4 cup SPLENDA® No Calorie Sweetener, Granulated
- 2 tablespoons fat-free half and half
- 1/4 teaspoon cornstarch
- 1/4 teaspoon salt (optional)
- 2 tablespoons unsalted butter, softened
- 2 cups frozen stir fry vegetable blend
- 2 (4 ounce) salmon fillets

Directions:

1. Preheat oven to 450°F (230°C).
2. Make sauce. Peel ginger root and slice into 10 slices. Pour orange juice into a small saucepan.
3. Add SPLENDA® Granulated Sweetener and ginger root. Bring to a rolling boil over medium high heat.
4. Boil 10-12 minutes or until orange juice has reduced to approximately 2 tablespoons.
5. Remove sauce from heat.
6. Remove ginger slices using a fork and discard. Set sauce aside.
7. Mix together the half and half, cornstarch and salt. Set aside.
8. Whisk the softened butter, one tablespoon at a time, into the 2 tablespoons of orange juice. Stir until melted.
9. Add half and half mixture. Stir well.
10. Place saucepan back on heat. Heat over medium- high heat until boiling.
11. Remove sauce from heat and mix in a blender 15-20 seconds or until smooth and lighter in color. Set aside.
12. Prepare salmon.

13. Place vegetables in an 8x8 inch-baking pan. Place salmon fillets on top of the vegetables.
14. Bake in preheated oven 10 to 15 minutes or until cooked through, but still tender.
15. Place vegetables and salmon on serving plates.
16. Pour sauce over salmon. Serve immediately.

Barbecued Chicken

Preparation: 30 minutes

Cooking: N/A

Serving Total: 8 servings

Ingredients:

- Barbecue Sauce
 - 3 cups reduced-sugar ketchup
 - 1/4 cup SLENDA® Brown Sugar Blend
 - 1/3 cup cider vinegar
 - 3 tablespoons prepared yellow mustard
 - 3 tablespoons Worcestershire sauce
 - 2 tablespoons molasses
 - 1 tablespoon paprika
 - 1 1/2 teaspoons salt
 - 1 1/2 teaspoons garlic powder
 - 3/4 teaspoon onion powder
 - 3/4 teaspoon ground black pepper
 - 2 teaspoons liquid smoke
- Chicken:
 - 1/4 cup SLENDA® Sugar Blend
 - 1/2 teaspoon kosher salt
 - 1 cup hot tap water
 - 3 cups cold water
 - 1 pound boneless, skinless chicken breasts
 - 1 pound boneless, skinless chicken thighs
 - 1/2 teaspoon ground black pepper

Directions:

1. For Barbecue Sauce: Combine all ingredients for barbecue sauce in a medium saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer 20 minutes, or until slightly thickened. (Top with a splatter guard during cooking.)
2. Use immediately or cool, cover, and refrigerate for up to 1 month.

3. For Chicken: Combine SPLENDA® Sugar Blend, salt, and hot water in 1-gallon zipper-lock bag and shake to dissolve SPLENDA® and salt. Add cold water and chicken. Press air out of bag, seal, and refrigerate 1 1/2 to 2 hours.
4. Remove chicken from brine and discard brine. Refrigerate chicken until half an hour before you want to grill it (up to 1 day). Pat chicken dry with paper towels and sprinkle all over with pepper. Let rest at room temperature for 20 minutes.
5. Heat grill to medium-high. Brush grill grate and coat with oil.
6. Put chicken on grill, cover, and cook 5 to 7 minutes on one side. Flip chicken and brush with barbecue sauce. Cook another 5 to 7 minutes, or until chicken is no longer pink and juices run clear (about 170°F / 80°C) on an instant-read thermometer).
7. Coat chicken with 1 1/2 cups Sweet and Smoky Barbecue Sauce.

Broccoli Omelet Provencale

Preparation: 20 minutes

Cooking: 15 minutes

Serving Total: 6 servings

Ingredients:

- Nonstick cooking spray
- 12 large eggs
- 1/4 cup water
- 1/2 teaspoon garlic salt
- 1/8 teaspoon freshly ground black pepper
- 3 cups packaged shredded broccoli (broccoli slaw mix)
- 2 tablespoons snipped fresh oregano or basil
- 1 (10-ounce) container refrigerated plum tomato pasta sauce, heated

Directions:

1. Lightly coat a 15 x 10 x 1-inch baking pan with cooking spray; set aside. For omelet, in a medium bowl beat together eggs, water, garlic salt, and pepper with a fork until combined but not frothy.
2. Place the prepared baking pan on an oven rack. Carefully pour egg mixture into the pan. Bake in a 400°F (205°C) oven about 7 minutes or until egg mixture is set but is still glossy and moist.
3. Meanwhile, for filling, place a steamer basket in a medium saucepan. Add water to just below bottom of steamer basket. Bring to boiling.
4. Add the shredded broccoli to steamer basket. Cover and steam for 2 to 3 minutes or until heated through. Drain well. Stir in oregano.
5. To serve, cut the omelet into six 5-inch squares. Divide the filling among omelets, spooning over half of each square.
6. Fold the other omelet half over the filled half, forming a triangle or rectangle. Spoon the warm pasta sauce over omelets.

Chicken with Orange and Lemon Sauce

Preparation: 30 minutes

Cooking: N/A

Serving Total: 12 servings

Ingredients:

- 12 skinless, boneless chicken breast halves
- 2 eggs
- 1 cup milk
- 2 cups all-purpose flour
- salt and pepper to taste
- 1 cup bread crumbs
- 1 cup sliced almonds (optional)
- 1 tablespoon butter
- 1 cup SPLENDA® No Calorie Sweetener, Granulated
- 1/4 teaspoon salt
- 2 tablespoons cornstarch
- 1 tablespoon all-purpose flour
- 1 1/4 cups orange juice
- 1/4 cup lemon juice
- 1/2 cup water
- 1 tablespoon butter
- 1 tablespoon grated orange zest
- 1 tablespoon grated lemon zest

Directions:

1. Preheat oven to 400°F (205°C).
2. In a small bowl beat together eggs and milk. Add 2 cups flour, salt and pepper.
3. Beat all together until smooth.
4. In a shallow dish or plate mix together the breadcrumbs and almonds.
5. Dip chicken in egg batter, then in breadcrumb mixture.
6. In a large skillet melt 1 tablespoon butter/margarine and sauté coated chicken in skillet 8 to 10 minutes.

7. Place chicken in a lightly greased 9x13 inch baking dish and bake uncovered in the preheated oven for 20 minutes.
8. To Make Sauce: Meanwhile, in a medium saucepan mix together the SPLENDA® Granulated Sweetener, 1/4 teaspoon salt, cornstarch, and 1 tablespoon flour.
9. Then stir in the orange juice, lemon juice, and 1/2 cup water.
10. Mix all together and cook over low heat, stirring constantly, until the mixture boils. Let boil for 3 minutes, then remove from heat.
11. Add 1 tablespoon of butter/margarine, the orange rind and the lemon rind to the orange sauce and stir together.
12. Remove chicken from oven and pour orange sauce over warm chicken or put in a gravy boat for people to pour themselves. Enjoy!

Chili Vegetarian-Style

Preparation: 15 minutes

Cooking: 30 minutes

Serving Total: 16 servings

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 jalapeno pepper, seeds removed, fine chopped
- 1/2 cup chopped onion
- 1 1/3 cups red & yellow peppers, chopped
- 6 teaspoons chili powder
- 1 1/2 teaspoons paprika
- 1/4 teaspoon garlic powder
- 3/4 teaspoon ground (cayenne) red pepper
- 1/3 cup SPLENDA® Granular
- 3 tablespoons cider vinegar
- 1 (28-ounce) can crushed tomatoes with thick tomato puree
- 2 (15-ounce) can black beans (Do Not Drain!)
- 2 (15-ounce) cans dark red kidney beans (Do Not Drain!)
- 1 (15-ounce) can cannellini beans (Do Not Drain!)
- 1 (10-ounce) box Corn kernels, frozen
- Salt to taste (optional)

Directions:

1. In a large, non stick, stock pot heat olive oil. Sauté jalapeno, onions, and red & yellow peppers over medium heat until onions are translucent (5 to 8 minutes).
2. Add the remaining ingredients and slowly bring to a boil. Cover pot and simmer on low heat for 20 minutes. Serve hot.

Chunky Pumpkin Chili

Preparation: 15 minutes

Cooking: 60 minutes

Serving Total: 8 servings

Ingredients:

- 2 pounds ground beef
- 1 large onion, diced
- 1 green bell pepper, diced
- 2 (15 ounce) cans kidney beans, drained
- 1 (46 fluid ounce) can tomato juice
- 1 (28 ounce) can peeled and diced tomatoes with juice
- 1/2 cup canned pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1 tablespoon chili powder
- 1/4 tablespoon SLENDA® No Calorie Sweetener, Granulated

Directions:

1. In a large pot over medium heat, cook beef until brown; drain.
2. Stir in onion and bell pepper and cook 5 minutes.
3. Stir in beans, tomato juice, diced tomatoes and pumpkin puree.
4. Season with pumpkin pie spice, chili powder and SLENDA® Granulated Sweetener.
5. Simmer 1 hour.

Citrus Glaze Chicken with Almonds

Preparation: 30 minutes

Cooking: 30 minutes

Serving Total: 4 servings

Ingredients:

- 4 (4 ounce) boneless, skinless chicken breasts
- 3 tablespoons orange juice concentrate, thawed
- 2 tablespoons fresh lemon juice
- 1/2 cup chicken broth
- 3 tablespoons SLENDA® No Calorie Sweetener, Granulated
- 1 1/2 teaspoons cornstarch
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 1/4 cup almond slices, toasted

Directions:

1. Preheat oven to 425°F (220°C). Place chicken breasts on an ungreased baking sheet. Brush with one tablespoon of orange juice concentrate (reserve remaining concentrate for sauce).
2. Bake in oven 15 to 20 minutes or until cooked through.
3. Place remaining orange juice concentrate, lemon juice and chicken broth in a small saucepan.
4. Blend together SLENDA® Granulated Sweetener and cornstarch in a small bowl.
5. Stir cornstarch mixture into broth. Heat over medium-high heat and simmer 8 to 10 minutes or until the sauce starts to thicken slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley.
6. Pour sauce over chicken breasts. Sprinkle almonds over breasts and serve.

Curried Turkey and Apple Salad

Preparation: 15 minutes

Cooking: 30 minutes

Serving Total: 4 servings

Ingredients:

- 1 tablespoon canola oil
- 1 tablespoon curry powder
- 1/4 cup diced onion
- 2 tablespoons fresh lemon juice
- 2 tablespoons SLENDA® No Calorie Sweetener, Granulated
- 1/4 teaspoon salt (optional)
- 1/4 cup low-fat mayonnaise
- 2 stalks celery, thinly sliced
- 1 medium apple, cut into chunks
- 1 pound roasted turkey breast, chopped into bite size chunks
- 1/3 cup chopped dried apricots

Directions:

1. Place oil, curry powder and onion in a small saucepan. Heat on medium high heat.
2. Simmer 1 to 2 minutes or until onions are tender.
3. Add lemon juice, SLENDA® Granulated Sweetener and salt.
4. Simmer over medium heat approx. 1 minute or until sauce begins to thicken.
5. Remove from heat and cool.
6. Add mayonnaise to cooled sauce.
7. Stir well.
8. Place prepared salad ingredients in a large bowl.
9. Toss with dressing until evenly coated.
10. Serve on salad greens.
11. Garnish with a sprinkling of chopped apricots.

Dillicious Salmon Sauté

Preparation: 15 minutes

Cooking: 15 minutes

Serving Total: 6 servings

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 pounds salmon fillets, cut into 6 pieces
- 1/4 cup lemon juice
- 2 tablespoons Equal® Spoonful*
- 2 tablespoons Dijon mustard
- 1 tablespoon stick butter or margarine
- 1 tablespoon capers
- 1 clove garlic, minced
- 2 tablespoons chopped fresh dill or 1 tablespoon dried dillweed

Directions:

1. Heat olive oil in large non-stick skillet over medium heat. Add salmon and cook 5 minutes, turning once.
2. Reduce heat to medium-low; cover. Cook 6 to 8 minutes or until salmon flakes easily with a fork.
3. Remove salmon from skillet to serving plate; keep warm.
4. Add lemon juice, Equal®, mustard, butter, capers and garlic to skillet. Cook over medium heat 3 to 4 minutes, stirring frequently.
5. To serve, spoon sauce over salmon.
6. Sprinkle with dill.

Greek Chicken and Chickpea Salad with Tomato Vinaigrette

Preparation: 30 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- Vinaigrette:
 - 1/4 cup lemon juice
 - 2 tablespoons white balsamic vinegar
 - 1 clove garlic, crushed
 - 3/4 teaspoon Greek seasoning
 - 1/4 cup tomato juice
 - 1/4 teaspoon salt (optional)
 - 1/4 cup olive oil
- Salad:
 - 1 cup canned chickpeas, rinsed and drained
 - 2 cups chopped cooked chicken breast
 - 1/2 cup chopped fresh flat-leaf parsley
 - 1/2 cup shredded carrots
 - 1/3 cup sliced radishes
 - 1/3 cup thinly sliced scallions
 - 1/3 cup grape or cherry tomatoes, halved
 - 1/4 cup pitted kalamata (or other) olives
 - 1/4 cup crumbled feta cheese
 - 3 tablespoons chopped pistachios
 - 3 cups spring mix

Directions:

1. To Make the Vinaigrette: Whisk together the lemon juice, vinegar, garlic, Greek seasoning, tomato juice, and salt, if using, until well blended. Whisk in the oil until emulsified. Set aside.
2. To Make the Salad: Lightly mash the chickpeas in a medium bowl with a fork.

3. Add the chicken, parsley, carrots, radishes, scallions, tomatoes, olives, cheese, and pistachios. Drizzle with half of the vinaigrette and toss to coat well.
4. Place the spring mix on a serving plate. Top with the chickpea mixture. Pass the remaining dressing for diners to use as desired.

Lime Broiled Catfish

Preparation: 15 minutes

Cooking: 10 minutes

Serving Total: 2 servings

Ingredients:

- 1 tablespoon margarine
- 2 tablespoons fresh lime juice
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon garlic powder
- 2 catfish fillets (6-ounces each)

Directions:

1. Melt margarine in a saucepan.
2. Stir in lime juice, pepper and garlic powder; mix well.
3. Remove from the heat and set aside.
4. Place fillets in a shallow baking dish.
5. Brush each generously with lime sauce.
6. Broil for 5 to 8 minutes or until fish flakes easily with a fork.
7. Transfer to a warm serving dish; spoon pan juices over each fillet.

Oriental Chicken and Spinach Salad

Preparation: 20 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- Dressing:
 - 1/4 cup vegetable oil
 - 3 tablespoons rice vinegar
 - 1 1/2 tablespoons Equal® Spoonful*
 - 1 tablespoon light soy sauce
 - 1 teaspoon dark sesame oil
 - 3/4 teaspoon grated ginger root
- Salad:
 - 1 (6-ounce) bag baby spinach leaves
 - 2 cups cooked cubed chicken breast
 - 1 (11-ounce) can mandarin oranges, drained
 - 1/2 cup sliced water chestnuts
 - 1/4 cup thinly sliced green onions
 - 1/4 cup toasted slivered almond

Directions:

1. For Dressing, whisk all ingredients until combined. Refrigerate, covered, 1 hour to allow flavors to blend.
2. For Salad, gently toss all ingredients in large salad bowl. Add dressing and toss to combine.

Winter stir fry

Preparation: 30 min

Cooking: 15 min

Serving Total: 4 servings

Ingredients:

- Broccoli (1) - cut into 1 1/2" pieces
- Baby bok choy (2) - cut in small pieces
- Carrots (2) - cut in thin layers
- Large onions (2) - sliced
- Red or yellow bell pepper (1 each) - cut into 1 1/2" pieces
- Snow peas - 1/2 cup
- Garlic (2 cloves) - minced
- Tamari sauce or light soy sauce
- Olive oil - 1/4 cup
- Water - 1 cup

Directions:

1. In a large pan, add water and bring to a boil.
2. Add vegetables (except bok choy).
3. Cover and cook about 7 minutes.
4. Drain and put back in the pan. Add bok choy.
5. Mix garlic, tamari and oil and add to vegetables.
6. Cook (low heat) for 5 minutes.

Eggplant & zucchini marinade

Preparation: 30 minutes

Cooking: 20 minutes

Serving Total: 4 servings

Ingredients:

- Eggplant (2)
- Zucchini (2)
- Cloves of garlic (2)
- Olive oil (15 ml)
- Shallot (1)
- Herbes de provence, salt, cayenne pepper

Directions:

1. Cut the eggplant into large slices (1 cm min) and then either boil the eggplant slices in water for about 10 minutes or cook in a slow cooker or a pressure cooker for 20 minutes. Drain well.
2. Prepare the marinade: mix olive oil, salt, pepper, minced garlic, and herbes de provence.
3. In a large bowl, place the eggplant and zucchini in layers and add the marinade in between each layers.
4. Let it marinate in your fridge a minimum of 12 hours.

Veggie burger

Preparation: 30 minutes

Cooking: 15 minutes

Serving Total: 2-3 servings

Ingredients:

- 1 cup beans like garbanzos (cooked and drained)
- 2 cups mushrooms (chopped and fresh)
- 1 medium onion (chopped)
- 1 clove garlic (minced)
- 2 eggs
- Salt, cayenne pepper
- Fresh cilantro
- 1/4 cup Wheat germ (optional)

Directions:

1. Warm a pan, add the olive oil and sauté the onion for about 4 minutes, until tender. Add mushrooms and Garlic and cook for about 5 minutes. Mix , set aside, and cut in very small pieces if necessary.
2. Mash beans in a medium size bowl with fork. Add the rest of ingredients (apart from wheat germ). Mix all together and let stand a few minutes.
3. Form into burgers and roll in wheat germ. Cook with a little bit of olive oil, 3 minutes on each side. You are ready to serve your mushroom veggie burgers!

Grilled Salmon with Pineapple Cilantro Sauce

Preparation: 20 minutes

Cooking: 15 minutes

Serving Total: 6 servings

Ingredients:

- 1 tablespoon cornstarch
- 2 tablespoons cilantro, minced
- 1 teaspoon jalapeno pepper, minced
- 2 cloves garlic, minced
- 2 tablespoons lime juice
- 1 large can chunk pineapple in unsweetened pineapple juice
- 2 tablespoons water
- 2 tablespoons artificial sweetener
- Freshly ground pepper, to taste
- 20 ounces of fresh salmon filets

Directions:

1. Drain pineapple, reserving 3/4 cup juice.
2. Put pineapple, pineapple juice, lime juice, garlic, and jalapeno pepper in medium saucepan. Bring to a boil.
3. Reduce heat and simmer uncovered for five minutes.
4. Stir in cilantro and heat to boiling.
5. Mix cornstarch and cold water, and stir into boiling mixture.
6. Boil, stirring constantly, until mixture becomes thick and translucent.
7. Remove from heat and cool two to three minutes.
8. Stir in sweetener and season to taste with pepper.
9. Fish can be grilled about 10 minutes per side or broiled in the oven. Serve warm sauce over grilled fish.



Soup

Celery/Cauliflower Soup

Preparation: 15 minutes

Cooking: 15-30 minutes

Serving Total: 2-3 servings

Ingredients:

- 1 onion peeled and chopped
- 1 whole head of celery, trimmed & chopped
- (save some celery leaves for garnish)
- 1 head cauliflower, trimmed and chopped
- 1 tablespoon Olive or Udo Oil
- 1-2 quarts vegetable stock
- ½-1 quarts almond milk
- salt, pepper to taste
- use seasonings of choice to taste

Directions:

1. Steam-fry the onion in a little water in a large soup pan for about 5 minutes without browning.
2. Pulse-chop the celery and cauliflower in the food processor until finely chopped.
3. Add the celery and cauliflower mix to the pan and warm until tender.
4. Add the vegetable stock, almond milk and simmer for about 15-30 minutes, or you can leave this raw and not cook at all.
5. Puree the soup mixture in a blender or food processor until smooth texture is achieved.
6. Season with salt and other seasonings of choice. Serve warm or cold.

Parsley Soup

Preparation: 15 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 1 bunch parsley
- 5 medium tomatoes
- 3 stalks celery
- juice of 3 lemons
- 1 tablespoon of honey
- 1/2 cup of ground nuts
- 2 or 3 chinese water chestnuts
- 1 teaspoon marjoram
- 1/2 teaspoon thyme

Directions:

1. Blend in a blender the parsley, tomatoes and celery and then strain them.
2. Then add lemon juice, honey, ground nuts, herbs and peeled, chopped water chestnuts.
3. Stir well and serve.
4. Hot pepper may be added if preferred.

Alkaline Vegetable Broth

Preparation: 15 minutes

Cooking: 30 minutes

Serving Total: 2-3 servings

Ingredients:

- 2 cups spinach
- 2 cups broccoli heads
- 2 quarts distilled water
- 3 cups celery stalk
- 2 cups red-skinned organic potato peels, 1/2 inch thick
- 1 small zucchini

Directions:

1. Chop all the vegetables into very fine pieces.
2. Place them in the water and bring to a boil with the lid on.
3. Lower the heat and simmer for 20 to 30 minutes.
4. Strain and drink the broth.

Carrot ginger soup

Preparation: 15 minutes

Cooking: 45 minutes

Serving Total: 4servings

Ingredients:

- 1/2 butternut squash (medium)
- 2 tablespoons vegetable oil (like olive oil)
- 1 onion (diced)
- 1 pound carrots (peeled and diced)
- 2 cloves garlic (crushed)
- 1 fresh ginger (peeled and sliced)
- 3 cups water and 1 cup orange juice
- salt, pepper, ground cinnamon

Directions:

1. Heat the oven 375 F.
2. Scoop seeds out of the butternut squash half. Place squash, cut sides up, in baking dish and cover with foil; bake 45 minutes or until softened.
3. Heat olive oil in a large saucepan (low heat).
4. Add onion and garlic, and cook until onion is translucent.
5. Pour in the water, and add squash (diced), carrots and ginger. Bring to a boil, and cook for about 20 minutes, or until carrots and ginger are tender.
6. Puree the mixture in the blender.
7. Add boiling water if necessary. Return soup to the pan, and add orange juice. Heat and add salt, pepper and cinnamon.

Zucchini Summer Soup

Preparation: 30 minutes

Cooking: 20 minutes

Serving Total: 4 servings

Ingredients:

- 700 g zucchini (diced, not peeled) - organic if possible
- 3 onions (minced)
- 1 lemon juice
- 2 egg yolks
- 1 vegetable broth
- 9 tablespoon olive oil
- Fresh coriander, mint & chives
- Salt & Pepper

Directions:

1. Dissolve vegetable broth in 3/4L of hot water.
2. In a medium-sized cooking pot, add 2 tablespoon of olive oil; add onion and sauté until translucent. Add diced zucchini, salt and pepper.
3. Add broth to the onion and zucchini mixture and bring to boil. Reduce heat and simmer covered about 20 minutes.
4. In a bowl, mix the lemon juice with the egg yolks and the rest of olive oil.
5. When the soup is cooked, puree in food processor or blender and add the egg mixture without stopping mixing.
6. Adjust seasonings to taste, cover with food wrap and let it chill in the fridge for several hours.
7. Serve the zucchini summer soup chilled and garnished with mint, coriander, and chives.
8. It is best to prepare the zucchini summer soup the day before.

Cozy Day Beef Stew

Preparation: 25 minutes

Cooking: N/A

Serving Total: 8 servings

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 large cloves garlic, minced
- 1 large carrot, chopped
- 12 ounces fresh mushrooms, sliced
- 2 pounds extra-lean top round beef
- 2 tablespoons flour
- 2 teaspoons Italian seasoning
- 1 28-ounce can stewed tomatoes (no salt added)
- 2 cups low-sodium beef broth
- 1/2 cup red wine
- 1 10-ounce bag frozen peas

Directions:

1. Heat oil in a large non-stick pot over medium-low heat. Add onion, garlic, carrot, and mushrooms. Stir often until vegetables are tender and most of the liquid is absorbed.
2. Trim all fat from beef and cut into 1-inch cubes.
3. Roll the cubes in flour and Italian seasoning. Add cubes to pot and brown on all sides (about six minutes).
4. Add stewed tomatoes, beef broth, and wine. Stir, partially cover, and simmer until beef is tender (about one hour).
5. Stir in peas and cook, covered, until peas are tender (about five minutes).
6. Serve hot.

Zucchini Basil Soup

Preparation: 15 minutes

Cooking: 30 minutes

Serving Total: 10 servings

Ingredients:

- 2 pounds zucchini, trimmed and cut crosswise into thirds
- 3/4 cup chopped onion
- 2 garlic cloves, chopped
- 1/4 cup olive oil
- 4 cups water, divided
- 1/3 cup packed basil leaves

Directions:

1. Julienne skin (only) from half of zucchini with slicer; toss with 1/2 teaspoon salt and drain in a sieve until wilted, at least 20 minutes.
2. Coarsely chop remaining zucchini.
3. Cook onion and garlic in oil in a 3- to 4-quarts heavy saucepan over medium-low heat, stirring occasionally, until softened, about 5 minutes.
4. Add chopped zucchini and 1 teaspoon salt and cook, stirring occasionally, 5 minutes.
5. Add 3 cups water and simmer, partially covered, until tender, about 15 minutes.
6. Purée soup with basil in 2 batches in a blender (use caution when blending hot liquids), or use an immersion blender.
7. Bring remaining cup water to a boil in a small saucepan and blanch julienned zucchini 1 minute.
8. Drain in a sieve set over a bowl (use liquid to thin soup if necessary).
9. Season soup with salt and pepper. Serve in shallow bowls with julienned zucchini mounded on top.

Creamy Gazpacho Soup

Preparation: 20 minutes

Cooking: 30 minutes

Serving Total: 12 servings

Ingredients:

- 1 medium cucumber, peeled and chopped
- 1 medium red onion, chopped
- 2 cloves garlic, chopped
- 2 large fresh tomatoes, chopped
- 1 cup tomato juice
- 2 tablespoons tomato paste
- 1 cup chicken stock
- 2 cups plain low-fat yogurt
- Pinch of cayenne pepper
- 3 tablespoons chopped scallions
- 3 tablespoons seeded and finely chopped red bell pepper

Directions:

1. Put cucumber, onion, garlic, and tomatoes in a food processor. Process to a smooth puree.
2. Pour mixture into a large bowl. Stir in tomato juice, tomato paste, chicken stock, yogurt, and cayenne. Blend well.
3. Chill for at least six hours.
4. Stir well before serving.
5. Ladle into soup cups or mugs.
6. Garnish with small mounds of scallion and red pepper.

Spicy Green Lime Cilantro Soup

Preparation: 30 minutes

Cooking: 30 minutes

Serving Total: 10 servings

Ingredients:

- 2 -3 large handfuls of Spinach
- 1 large handful of Cilantro
- Juice of 1-2 Young Coconuts
- Meat of 1 Young Coconut
- Juice of 1 1/2 limes
- 1/4-1/2 cup Living olive oil
- Dash of Nama Shoyu
- 1/2 teaspoon . of mellow white miso
- 1 Poblano Pepper
- 1/2 jalapeño or habenero depending on how hot you like it!
- 1 medium to large size dried Ancho Chile with seeds (stem removed)
- 1-2 cloves of garlic

Directions:

1. Blend in Vita-Mix or blender until smooth.
2. Taste and adjust to meet your needs.
3. The key ingredients are lime and Ancho Chiles. If it doesn't taste right add more of those ingredients.
4. Add 1/2 Avocado for a thicker Soup.

Savory Chicken Chowder

Preparation: 30 minutes

Cooking: 30 minutes

Serving Total: 8 servings

Ingredients:

- 2 and 1/2 cups fat-free chicken broth
- 1 and 1/4 cups carrots, chopped
- 1 and 1/4 cups celery, chopped
- 1 and 1/4 cups turnips, diced
- 3/4 cup onion, chopped
- 2 16-ounce cans diced tomatoes with juice (no salt added)
- 1/4 teaspoon dried thyme leaves
- 1/4 teaspoon dried rosemary leaves
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 2 cups chicken, diced

Directions:

1. Preheat oven to 350 degrees F.
2. Pour 1/2 cup of chicken broth into large baking pan. Cut chicken into bite-size pieces and put into the baking pan with broth. Bake at 350 degrees F for 15 minutes.
3. Put cut-up vegetables and remaining chicken broth into a large saucepan. Cover and boil gently on the stovetop until vegetables are tender (about 10 minutes).
4. Add tomatoes and chicken to cooked vegetables.
5. Cover and simmer for 10 minutes to blend flavors. (If desired, add more broth.)



Salad

Crab salad on endive petals

Preparation: 10 minutes

Cooking: N/A

Serving Total: 5 servings

Ingredients:

- 1lb cooked crab meat
- 2 tablespoons plain yoghurt
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 5 heads Belgium endive (trimmed and separated into spears)
- Chopped fresh chives

Directions:

1. Cut crab meat into chunks.
2. In a bowl, mix all the ingredients and add crab meat.
3. Spoon the crabmeat atop the endive spears.
4. Garnish with fresh chives and serve.

Fennel salad

Preparation: 10 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 1 fennel bulb, chopped finely
- 2 tablespoon extra virgin olive oil
- 2 tablespoon fresh lemon juice
- 1 Garlic clove
- Parsley or cilantro

Directions:

1. Cut and mix all the ingredients together

Paris Mushroom Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 600 gram white button mushroom, also called Paris Mushroom, trimmed, cleaned and thinly sliced
- 2 peeled and sliced shallots
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh coriander
- 1 garlic clove, crushed
- Salt, freshly ground black pepper
- Optional: 1 tablespoon white wine. Be careful with white wine as it tends to be inflammatory for some people. 1 tablespoon is a very small amount though.
- 1 tablespoon mustard "a l'ancienne"
- 3 tablespoon cider vinegar
- 10 tablespoon olive oil

Directions:

2. Put the sliced mushrooms in a salad bowl.
3. In another small bowl, prepare the salad dressing: blend salt, pepper, wine, vinegar, and whisk the ingredients together. Add mustard, and olive oil (little by little) and keep on whisking until smooth.
4. Add herbs, shallots, and garlic.
5. Add the oil mixture to the salad bowl and toss until all the ingredients are coated.
6. Leave aside in the fridge 1/2 hour before serving.
7. Serve in another dish for a nicely presented appetizer.

Warm Goat Cheese and Honey Salad

Preparation: 10 minutes

Cooking: 15 minutes

Serving Total: 4 servings

Ingredients:

- Goat cheese - 8 slices
- Lettuce
- Whole wheat bread - 8 slices
- Honey - About 8 teaspoons
- Salt and pepper
- Olive Oil - About 8 teaspoons
- Herbes de provence

Directions:

1. Wash, dry and tear the lettuce and place on a plate.
2. Season with balsamic dressing, pepper and salt.
3. Slice the bread and put one table spoon of honey on each slice of bread.
4. Place the goats cheese on top, add olive oil and herbes de provence.
5. Place in a hot oven until the cheese starts to go brown.
6. Place the toasted bread on top of the lettuce and serve immediately.

Crispy Turkey Cobb Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 1 servings

Ingredients:

- 1 ounce turkey breast, chopped
- 3 thin slices of cucumber
- 1 radish
- 2 cherry tomatoes
- 2 cups crisp salad greens
- 1 ounce skim milk Swiss cheese

Directions:

1. Mix the ingredients.
2. When ready to serve, drizzle the fat-free dressing of your choice over the salad.
3. Nutritional Information

Texas Taco Salad

Preparation: 25 minutes

Cooking: 30 minutes

Serving Total: 4 servings

Ingredients:

- 1/4 cup grated Parmesan cheese
- 12 cherry tomatoes, halved
- 4 cups shredded lettuce
- 1 tablespoon water
- 1/2 teaspoon dried crushed basil
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon vinegar
- 1 teaspoon dry mustard
- 1 8-ounce can tomato sauce (no salt added)
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 1 pound lean ground beef
- 4 8-inch tortillas

Directions:

1. Preheat oven to 350 degrees F.
2. Cook beef, onion, and 1/4 cup of green pepper in a non-stick skillet until beef is brown. Drain off grease.
3. Add next seven ingredients. Bring to boil; reduce heat. Simmer 15 minutes.
4. Warm foil-wrapped tortillas in a 350 degree oven for 10 minutes.
5. Spoon beef mixture into tortillas. Top with lettuce, tomatoes, and Parmesan cheese.
6. Nutritional Information

Broccoli and Bacon Salad

Preparation: 30 minutes

Cooking: N/A

Serving Total: 8 servings

Ingredients:

- 1 large head broccoli
- 1 small red onion, halved and thinly sliced
- 1/2 cup raisins
- 1/3 cup chopped pecans or sunflower seeds
- 3/4 cup light salad dressing or mayonnaise
- 1/2 cup Equal® Spoonful*
- 2 tablespoons fat-free milk
- 2 tablespoons white vinegar
- Salt and pepper to taste
- 4 slices bacon, cooked crisp and crumbled

Directions:

1. Clean, trim, and chop broccoli into a large bowl.
2. Add onion, raisins and pecans.
3. Blend salad dressing, Equal®, milk and vinegar until smooth.
4. Pour dressing over salad.
5. Add salt and pepper to taste.
6. Refrigerate, covered, overnight.
7. Top with bacon bits before serving.

Cool-as-a-Cucumber Chicken Salad

Preparation: 30 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 2 cups cubed cantaloupe and/or honeydew melon
- 1 cup finely chopped cucumber
- 1 cup finely chopped zucchini
- 1/4 cup thinly sliced green onions
- 1/3 cup lime juice
- 2 tablespoons salad oil
- 2 tablespoons water
- 2 tablespoons snipped fresh cilantro or mint
- 1 tablespoon granulated sugar
- 1/8 teaspoon ground white pepper
- 4 cups shredded leaf lettuce
- 2 cups shredded cooked chicken (10 ounces)

Directions:

1. In a large bowl, toss together the cantaloupe, cucumber, zucchini, and green onions.
2. For dressing, in a screw-top jar, combine lime juice, oil, water, cilantro, sugar, and white pepper.
3. Cover and shake well.
4. Drizzle 1/2 cup of the dressing over the melon mixture.
5. Toss lightly to coat.
6. Divide shredded lettuce among four dinner plates.
7. Top with the melon mixture.
8. Arrange chicken around edges of plates.
9. Drizzle remaining dressing over chicken.

Cucumber and Onion Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- 2 1/2 cups thinly sliced unpeeled cucumbers
- 1/2 cup thinly sliced onions
- 1/3 cup SPLENDA® No Calorie Sweetener, Granulated
- 1/3 cup white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions:

1. Place cucumbers and onions in a non-metallic, medium bowl.
2. Combine remaining ingredients in a small mixing bowl. Stir well.
3. Pour over cucumbers and onions.
4. Cover and refrigerate for at least two hours.
5. Stir occasionally.

Curried Ham Salad

Preparation: 30 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 1/2 cup raisins
- 1/2 cup plain nonfat yogurt
- 1 tablespoon milk
- 1/2 to 1 teaspoon curry powder
- 2 packets Equal® sweetener or 3/4 teaspoon Equal® for Recipes
- 1/4 teaspoon paprika
- 2 cups cubed fully cooked ham or chicken
- 1 medium apple, cored and chopped
- 1 medium banana, halved lengthwise and sliced
- 1 (11-ounce) can mandarin orange sections, chilled and drained
- Boston or Bibb lettuce leaves
- Toasted coconut (optional)

Directions:

1. Pour boiling water over raisins to cover; let stand 5 minutes. Drain.
2. In a small bowl stir together yogurt, milk, curry powder, Equal® sweetener, and paprika; set aside.
3. In a large bowl combine ham or chicken, apple and raisins. Add dressing; toss to coat. Cover and chill for 2 to 24 hours.
4. Before serving, stir in banana and mandarin oranges. Serve on lettuce leaves. Sprinkle with toasted coconut, if desired.

Eggstra Easy Taco Salad

Preparation: 30 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 4 hard-cooked eggs
- 4 cups torn salad greens
- 1/4 cup chopped onion
- 4 teaspoons taco seasoning mix
- 4 slices bacon, crisp-cooked, drained, and crumbled
- 2 medium tomatoes, chopped
- 1/4 cup sliced pitted ripe olives, optional
- 1/2 cup bottled reduced-fat talian salad dressing
- 1 cup (4 ounces) shredded reduced-fat Cheddar cheese
- 1/2 to 1 cup (1 to 2 ounces) tortilla or corn chips
- Parsley sprigs, optional

Directions:

1. Wedge one of the hard-cooked eggs and reserve 4 wedges for garnish. Chop remaining eggs.
2. On 4 individual salad plates or in 8x8x2-inch baking dish or 1 1/2-quart serving dish, layer salad greens, onion, chopped eggs, seasoning, bacon, tomatoes, and olives, if desired. Cover and chill several hours or overnight.
3. To serve, top with dressing and cheese. Garnish with tortilla chips, reserved egg wedges, and parsley, if desired.

Granny Smith Apple Salad with Tamari Pecans and Blue Cheese

Preparation: 35 minutes

Cooking: 20 minutes

Serving Total: 6 servings

Ingredients:

- Tamari Pecans:
 - 1 tablespoon tamari sauce
 - 1 egg white, lightly beaten
 - 1/4 cup SLENDA® No Calorie Sweetener, Granulated
 - 1 pinch cayenne pepper to taste
 - 1 pinch salt to taste
 - 1 cup pecan halves
- Salad:
 - 6 cups mixed bitter salad greens (e.g. baby mustard, lovage, arugula, dandelion, and mizuna)
 - 1/4 cup dried currants or chopped raisins
 - 1/4 teaspoon salt
 - 1/8 teaspoon freshly ground pepper
 - 1/4 cup crumbled chilled blue cheese
- Dressing:
 - 2 tablespoons pear or cider vinegar
 - 2 tablespoons SLENDA® No Calorie Sweetener, Granulated
 - 2 tablespoons extra-virgin lemon oil or unflavored extra-virgin olive oil
 - 1 Granny Smith apple, cored and thinly sliced

Directions:

1. Preheat oven to 350°F (175°C).
2. Stir together the tamari, egg white and SLENDA® Granulated Sweetener in a small mixing bowl.
3. Season with cayenne pepper and salt to taste. Add pecans and toss.
4. Let stand 20 minutes, and then drain mixture.
5. Place pecans on a wire rack set on a baking sheet. Bake 10 to 15 minutes, or until pecans are dry and toasted.

6. Remove from the oven and cool completely. Roughly chop pecans and set aside.
7. Toss salad ingredients. Sprinkle with tamari pecans. Set aside.
8. Combine the vinegar and SLENDA® Granulated Sweetener in a small bowl; gradually whisk in the oil.
9. Drizzle dressing over salad and toss gently. Divide salad among six plates and top with apple slices.

Oriental Chicken and Spinach Salad

Preparation: 25 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- Dressing:
 - 1/4 cup vegetable oil
 - 3 tablespoons rice vinegar
 - 1 1/2 tablespoons Equal® Spoonful*
 - 1 tablespoon light soy sauce
 - 1 teaspoon dark sesame oil
 - 3/4 teaspoon grated ginger root
- Salad:
 - 1 (6-ounce) bag baby spinach leaves
 - 2 cups cooked cubed chicken breast
 - 1 (11-ounce) can mandarin oranges, drained
 - 1/2 cup sliced water chestnuts
 - 1/4 cup thinly sliced green onions
 - 1/4 cup toasted slivered almond

Directions:

1. For Dressing, whisk all ingredients until combined. Refrigerate, covered, 1 hour to allow flavors to blend.
2. For Salad, gently toss all ingredients in large salad bowl. Add dressing and toss to combine.

Oriental Garden Toss

Preparation: 30 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- 1/3 cup thinly sliced green onions
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons water
- 1 1/2 teaspoons roasted sesame oil
- 1 teaspoon Equal® for Recipes or 3 packets Equal® sweetener or 2 tablespoons Equal® Spoonful™
- 1/4 teaspoon garlic powder
- 1/8 teaspoon crushed red pepper flakes
- 1 (3-ounce) package low-fat ramen noodle soup
- 2 cups fresh pea pods, halved crosswise
- 1 cup fresh bean sprouts
- 1 cup sliced fresh mushrooms
- 1 (8 3/4-ounce) can baby corn, drained and halved crosswise
- 1 red bell pepper, cut into bite-size strips
- 3 cups shredded Chinese cabbage
- 1/3 cup chopped lightly salted cashews (optional)

Directions:

1. Combine green onions, soy sauce, water, sesame oil, Equal®, garlic powder and red pepper flakes in screw-top jar; set aside.
2. Break up ramen noodles (discard seasoning packet); combine with pea pods in large bowl. Pour boiling water over mixture to cover. Let stand 1 minute; drain.
3. Combine noodles, pea pods, bean sprouts, mushrooms, baby corn and bell pepper in large bowl. Shake dressing and add to noodle mixture; toss to coat. Cover and chill 2 to 24 hours. Just before serving, add shredded cabbage; toss to combine. Sprinkle with cashews, if desired.

Marinated Vegetable Salad

Preparation: 25 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- 2 medium tomatoes or 4 Roma tomatoes
- 1 medium green sweet pepper
- 1 small zucchini or yellow summer squash, thinly sliced (1 1/4 cups)
- 1/4 cup thinly sliced red onion
- 2 tablespoons snipped fresh parsley
- 2 tablespoons olive oil
- 2 tablespoons balsamic or wine vinegar
- 2 tablespoons water
- 1 tablespoon snipped fresh thyme or basil or 1 teaspoon dried thyme or basil, crushed
- 1 clove garlic, minced

Directions:

1. Cut tomatoes into wedges. Cut sweet pepper into small squares. Combine tomatoes, sweet pepper, zucchini, onion, and parsley; set aside.
2. For dressing, in a screw-top jar, combine oil, vinegar, water, thyme, and garlic. Cover; shake well. Pour over vegetable mixture. Toss lightly to coat.
3. Let mixture stand at room temperature 30 to 60 minutes, stirring occasionally. (Or, refrigerate, covered, for at least 4 hours or up to 24 hours, stirring once or twice. Let stand at room temperature about 30 minutes before serving.) Serve with a slotted spoon.

Seafood Salad with Ginger-Cream Dressing

Preparation: 25 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- 8 cups torn spinach leaves or mixed salad greens
- 1 pound fresh or frozen scallops, cooked and chilled
- 8 ounces fresh or frozen peeled and deveined shrimp, cooked and chilled
- 1 large peach or nectarine or 2 apricots, pitted and sliced
- 1 large mango or small papaya, seeded, peeled, and sliced
- Ginger-Cream Dressing (see recipe below)
- 2 tablespoons cashew halves or sliced almonds, toasted (optional)

Directions:

1. In a large bowl combine the spinach, scallops, shrimp, peach slices, and mango slices. Pour the Ginger-Cream Dressing over scallop mixture; toss gently to coat.
2. To serve, divide the scallop mixture among six dinner plates. If desired, sprinkle with cashews.
3. **Make-Ahead Tip:** Prepare the Ginger-Cream Dressing as directed. Cover and chill for up to 3 days.
4. **Ginger-Cream Dressing:** In a small bowl stir together 1/2 cup fat-free dairy sour cream, 2 tablespoons finely chopped crystallized ginger, 1 tablespoon sherry vinegar, 1/2 teaspoon finely shredded orange peel, and dash ground red pepper. Stir in enough orange juice (about 2 tablespoons) to make a dressing of desired consistency. Season to taste with salt. Makes about 2/3 cup.

Shrimp and Celery Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 1/2 cup reduced-fat sour cream
- 1/4 cup mayonnaise
- 2 tablespoons fresh lime juice
- 1 tablespoon grated lime zest
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon salt
- 1 1/2 pounds peeled, deveined, and cooked medium fresh or frozen shrimp (thaw if frozen)
- 4 large celery stalks, thinly sliced
- 1 large cucumber, peeled, seeded, and thinly sliced

Directions:

1. Whisk together sour cream, mayonnaise, lime juice, lime zest, curry powder, and salt in a large bowl.
2. Add shrimp, celery, and cucumber; toss gently to coat.
3. Refrigerate until ready to serve.

Three Bean Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- 1/4 cup red wine vinegar
- 3 tablespoons Equal® Spoonful*
- 1 tablespoon olive oil
- 3/4 teaspoon Italian seasoning
- 1 small clove garlic, minced
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 (14 1/2-ounce) can cut green beans, drained
- 1 (15-ounce) can garbanzo beans, rinsed and drained
- 1 (15-ounce) can dark red kidney beans, rinsed and drained
- 1/4 cup sliced green onions

Directions:

1. Combine vinegar, Equal®, olive oil and seasonings; mix well. Stir in remaining ingredients.
2. Refrigerate, covered, several hours or overnight, stirring occasionally.

Wilted Spinach Salad

Preparation: 25 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 8 cups lightly packed spinach leaves, torn into bite-size pieces
- 3 small red potatoes, unpeeled, cooked, sliced
- 1/2 cup sliced mushrooms
- 2 slices bacon
- 1/4 cup finely chopped red onion
- 1/2 teaspoon cornstarch
- 1/4 cup apple juice
- 2 tablespoons cider vinegar
- 1/2 teaspoon Equal® for Recipes or 2 packets Equal® sweetener or 1 1/2 tablespoons Equal® Spoonful™
- 1 to 2 hard-cooked eggs, chopped or quartered
- Salt and pepper, to taste

Directions:

1. Combine spinach, potatoes, and mushrooms in salad bowl. Cook bacon until crisp in small skillet; drain well, crumble and reserve. Discard all but 1 tablespoon bacon fat in skillet; cook onion in fat until tender, 2 to 3 minutes.
2. Mix cornstarch, apple juice and vinegar; add to skillet and heat to boiling. Boil, stirring constantly, until slightly thickened, about 1 minute. Remove from heat. Stir in Equal®.
3. Pour hot dressing over spinach mixture and toss; add hard-cooked egg and reserved bacon and toss. Season to taste with salt and pepper.

Tips: Packaged salad spinach is prewashed and ready to use. Mushrooms can be easily sliced with an egg slicer.

Fennel Delights

Preparation: 15 minutes

Cooking: N/A

Serving Total: 4 servings

Ingredients:

- 3 cups of fennel, thinly sliced
- 1/4 cup chopped parsley
- 1 yellow pepper, diced
- 1 celery rib, diced
- 1/2 avocado, diced
- 2 tablespoon olive oil
- 6-8 sundried tomatoes, soaked and chopped

Directions:

1. Soak the sundried tomatoes in advance for at least one hour. Mix all of the ingredients and be prepared for something delicious!

Sprout Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 1 servings

Ingredients:

- 1 cup any sprouts you have on hand (alfalfa, lentil, sunflower, or other)
- 1 cucumber, diced
- 2-3 scallions, chopped
- 3 tablespoon lemon juice
- 2 tablespoon tahini
- 1 clove garlic
- Pinch cayenne

Directions:

1. Put the salad ingredients in a serving bowl. In a small bowl mix the lemon juice, tahini, and garlic minced with the salt.
2. Add pinch of cayenne.
3. Whisk together well.
4. Pour dressing over salad and toss to blend flavors

Armenian Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 2 servings

Ingredients:

- 1 large cucumber, diced
- 1 cup celery, chopped
- 1/2 cup radishes, finely diced
- 1/2 cup Kalamata olives or Greek, black olives
- 1/2 cup walnuts, soaked overnight (or at least 2 hours)
- 1 tablespoon olive and flaxseed oil, combined
- 1 tablespoon lemon juice

Directions:

1. Soak the pitted olives in distilled water overnight to get rid of most of the salt. Next day – drain, rinse and chop the olives. (Desalted olives can be stored in the refrigerator for up to 3 weeks.)
2. Drain, rinse and chop the walnuts also.
3. Combine all the ingredients in a salad bowl and toss.

Arugula Salad

Preparation: 20 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 1 bag Earthbound Farm Baby Arugula Salad
- 1/2 teaspoon Dijon mustard
- 1/8 cup Champagne or white wine vinegar
- 1/2 teaspoon Sugar
- 1/4 cup Walnut oil
- 1/4 cup Canola oil
- 2 Tablespoon Extra virgin olive oil
- Salt and pepper to taste
- 1 Ripe Pear-peeled and sliced
- 1/4 cup Toasted walnut halves or pieces (RAW)
- 1/2 Stilton or Gorgonzola cheese- crumbled (or not)

Directions:

1. Place the arugula in a large bowl and refrigerate.
2. Combine the mustard, vinegar, sugar and oils in a jar and shake vigorously to mix. Taste and add salt and pepper as required.
3. When ready to serve the salad, shake the dressing thoroughly to combine as it will separate as it sits. Add about 1/3 cup of dressing to the arugula and toss well. Add more dressing if required.
4. Divide the greens between 4 plates and arrange the pear slices, nuts and cheese attractively atop the arugula.
5. Serve immediately.

Greek Salad

Preparation: 20 minutes

Cooking: N/A

Serving Total: 1-2 servings

Ingredients:

- 1/2 cucumber diced
- 1/4 red bell pepper diced
- 1/4 orange pepper diced
- 1/4 yellow pepper diced
- 1/4 green pepper diced
- 1 cup cherry tomatoes
- 2 fresh lemons squeezed
- 2 Tablespoons olive oil
- 1 teaspoon oregano

Directions:

1. Wash and dice all vegetables into a large bowl.
2. Combine lemon juice, olive oil, and oregano and pour over salad.

Zucchini Surprise

Preparation: 15 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 3 shredded zucchini
- 2 red apples cut in small pieces
- 1 avocado cut in small slices
- cumin to taste
- Braggs to taste

Directions:

1. Mix all ingredients together and serve.

Fig, Walnuts and Spinach Salad

Preparation: 20 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- ½ medium onion, sliced thin
- 2 tablespoons white wine or apple cider vinegar
- 1 cup hot water
- 8 dried figs, sliced
- 2 tablespoons walnuts
- 2 bunches arugula, (about 8 cups)
- 2 tablespoons balsamic vinegar
- ½ teaspoons honey
- 2 tablespoons extra virgin olive oil
- salt and cracked black pepper to taste

Directions:

1. Marinate sliced onion in vinegar and hot water while preparing rest of ingredients.
2. Rinse and dry arugula. If you have a salad spinner that is best, otherwise, dry with paper towels. This will avoid dressing getting diluted.
3. Whisk together balsamic vinegar, honey, salt and pepper, drizzling olive a little at a time at the end. Toss with rest of ingredients and serve.

Zucchini Salad

Preparation: 30 minutes

Cooking: N/A

Serving Total: 6 servings

Ingredients:

- 1 pound zucchini, unpeeled
- 1 medium sweet onion, sliced thinly
- 1 medium orange bell pepper, sliced
- 1/2 cup cider vinegar
- 1/3 cup water
- 1 tablespoon vegetable oil
- 1/2 cup Equal® Spoonful*
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried marjoram or tarragon, crushed (optional)
- 12 cups salad greens
- 6 arugula leaves, snipped
- 3 tablespoons pine nuts (optional)

Directions:

1. Cut zucchini into 1/8-inch slices. Combine onion and bell pepper; set aside.
2. Whisk together vinegar, water, oil, Equal®, salt, pepper and marjoram. Toss dressing and vegetables to combine. Refrigerate, covered, overnight to allow flavors to blend.
3. Spoon vegetables over salad greens using a slotted spoon. Top with bits of arugula and sprinkle with pine nuts.

Fresh Minted Garbanzo Salad

Preparation: 20 minutes

Cooking: N/A

Serving Total: 6-8 servings

Ingredients

- 1 pound fresh green garbanzo beans
- 2 medium fresh tomatoes, diced
- 2 cucumbers, peeled, seeds removed and diced
- ½ medium onion, finely chopped
- 2 medium cloves garlic, minced
- 3 tablespoons fresh lemon juice
- 2 ½ tablespoons fresh mint, chopped
- 2 tablespoons extra virgin olive oil
- salt and cracked black pepper to taste
- 1 medium head romaine lettuce

Directions:

1. Simmer fresh garbanzo beans in boiling water 10-15 minutes.
2. While beans simmer, chop tomatoes, cucumber, onion, garlic, and mint.
3. When beans are cooked, drain, rinse under cold water.
4. Add all chopped ingredients, oil, lemon juice, salt and pepper.
5. Toss to blend flavors and chill at least 15 minutes.
6. Serve on bed of romaine. Serve with sourdough baguettes.

Spinach Strawberry Salad

Preparation: 20 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- 2 bunches spinach, rinsed and torn into bite-size pieces
- 4 cups sliced strawberries
- 1/2 c of sliced pecans
- 1/2 cup cold-pressed olive oil
- 1/4 cup raw apple cider vinegar
- 1/2 cup raw honey(that might be too sweet so try w/less)
- 1/4 teaspoon paprika
- 2 tablespoons raw sesame seeds
- 1 tablespoon poppy seeds

Directions:

1. In a large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, raw vinegar, raw honey, paprika, raw sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.



Sides

Sunflower Pate

Preparation: 30 minutes

Cooking: N/A

Serving Total: 8 servings

Ingredients:

- 3 cups sunflower seeds, soaked 8-12 hours. Sprouted for 2-4 hours
- 1 cup fresh squeezed lemon juice
- 1/2 cup chopped scallions
- 1/4-1/2 cup raw tahini
- 1/4 cup liquid amino's, or 2 tablespoons nama shoyu, or pinch of sea salt with add'l water, or none at all
- 2-4 slices red onion, cut in chunks
- 4-6 tablespoons coarsely chopped parsley
- 2-3 medium cloves garlic, coarsley chopped
- 1/2 teaspoon cayenne pepper (or more to taste)

Directions:

1. Soak sunflower seeds 8-12 hours, drain, allow to sprout for 3-4 hours (leave
2. out on counter) then thoroughly rinse and drain removing as many of the
3. thin inner husks that float to the top as possible. In a food processor,
4. process the sunflower seeds, lemon juice, scallions, tahini, liquid
5. amino's, onion, parsley, garlic and cayenne until the mixture is a
6. smooth paste.

Mushroom, Tomato, Basil Frittata

Preparation: 20 minutes

Cooking: N/A

Serving Total: 2-3 servings

Ingredients:

- ½ medium onion, minced
- 2 tablespoons chicken broth
- 3 medium cloves garlic, pressed
- 1 cup thinly sliced crimini mushrooms
- ½ medium tomato, seeds removed, and diced
- 3 large eggs
- 3 tablespoons chopped fresh basil
- salt and black pepper to taste

Directions:

1. Heat 1 tablespoons broth in a 10-inch stainless steel skillet. Healthy Sauté onion over medium low heat 3 minutes, stirring frequently.
2. Add garlic, mushrooms and continue to sauté for another 2 minutes.
3. Add 1 tablespoons broth, tomato, salt, pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning.
4. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.

Green Stir Fry with Mushroom & Red Onion

Preparation: 15 minutes

Cooking: N/A

Serving Total: 1 servings

Ingredients:

- 1 Bunch Swiss chard or preferred bunch of greens (collard, mustard, etc.)
- 1 Cup Sliced Mushrooms
- 1 Medium Red Onion, sliced
- 2 tablespoons oil(your choice)
- Braggs Amino Acid to taste
- 2 cloves Garlic, sliced, chopped or crushed
- Salt and pepper to taste

Directions:

1. Heat oil in a frying pan, Add garlic and onions, sauté.
2. Add Mushrooms and chopped Greens.
3. Cook down for about 5 minutes.
4. Add Braggs, salt and pepper and serve

Cucumber & Radish Side Salad

Preparation: 15 minutes

Cooking: N/A

Serving Total: 1-4 servings

Ingredients

- Equal amounts of cucumber & red radish or mooli (daikon) finely shredded
- Finger of shredded fresh ginger
- Squeeze of lemon
- Dash of Tamari (or Aminos)
- Toasted Sesame Oil

Directions:

1. Combine and serve as a side dish as an accompaniment to any meal, or enjoy a bigger portion on its own!

Pesto Recipe with Basil & Pine Nuts

Preparation: 10 minutes

Cooking: 2 minutes

Serving Total: 1-2 servings

Ingredients

- 2 cups fresh basil leaves (packed)
- 4 garlic cloves (finely minced)
- 40 g pine nuts
- 1/2 cup Extra Virgin Olive oil
- Salt & pepper

Directions

1. Chop basil leaves in small batches in food processor or blender.
2. Add garlic, salt, pepper, and about half of the pine nuts. Blend again.
3. In a dry pan, brown half of pine nuts and add them in the blender.
4. Blend while slowly adding about the olive oil until it forms a thick smooth paste.
5. Add more olive oil if you see pesto sauce is too dry.
6. Pesto keeps in refrigerator about one week. You can also freeze it in a well sealed glass jar for a few months.

Grilled Ginger Tofu

Preparation: 10 minutes

Cooking: 10 minutes

Serving Total: 4 servings

Ingredients:

- 1 lb. extra-firm tofu cut into 1/2 inch slices
- 1 tablespoon minced fresh ginger
- 1/2 tablespoon minced fresh garlic
- 1/2 tablespoon curcumin
- 1 tablespoon sesame oil
- Soy sauce or tamari

Directions:

1. Drain the tofu before cutting it into slices. Wrap it in paper towels and squeeze it gently.
2. Heat sesame oil in a wok or a sauce pan over medium heat. Stir in ginger, garlic, and curcumin for about 1 minute.
3. Add tofu and grill the pieces until they are browned. This should take about 5 minutes. Add soya sauce (or tamari) and grill them on the other side for 5 minutes.
4. Serve immediately.

Cool & Crunchy Vegetable Medley

Preparation: 15 minutes

Cooking: N/A

Serving Total: 13 servings

Ingredients:

- 2 cups cauliflower, broken into florets
- 1 1/2 cups broccoli, broken into florets
- 1/2 green pepper, sliced
- 1/2 cup onions, sliced
- 1 cup mushrooms, sliced
- 1/4 cup carrots, sliced
- 1/4 cup celery, sliced
- 1 cucumber, sliced
- 1/2 cup fat-free Italian salad dressing

Directions:

1. Mix together all ingredients.
2. Chill and serve.



Snacks

Raw Granola

Preparation: 45 minutes

Cooking: N/A

Serving Total: 10 servings

Ingredients

- Dry Ingredients:
 - 1/2 cup sunflower seeds, soaked, drained and dried
 - 3 cups of almonds, walnuts or pecans or a mix of all to equal 3 cups, soaked, drained and dried
 - 2/3 cup buckwheat groats, soaked and sprouted then air dried a bit on the counter
 - 1/2 cup unsweetened coconut
- Binding Ingredients:
 - 1/3 cup plus 1 tablespoons Agave Nectar
 - 3 tablespoons coconut oil warmed to liquid in warm water or in the sun
 - 1 teaspoon natural vanilla extract (Frontier)
 - 1/4 teaspoon natural almond extract (Frontier)
 - 3/4 teaspoon sea salt
 - 1 teaspoon cinnamon

Directions:

1. Pulse the sunflower seeds, and almonds, walnuts or pecans 10 times in food processor fitted with the "s" blade.
2. Add the buckwheat groats, coconut, and all of the binding ingredients then pulse just until it comes together.
3. If you like it chunkier, pulse the dry ingredients then transfer to a bowl and stir in the binding ingredients.
4. Spread in a thin layer on a Teflex sheet that has been placed on a mesh screen in your dehydrator.
5. Dehydrate at 105-110 for about 6 hours then transfer to the mesh screen until crispy, about 4 more hours or so.

Bean Trio with Citrus Cumin Dressing

Preparation: 30 minutes

Cooking: N/A

Serving Total: 14 servings

Ingredients:

- 1 (19-ounce) can black beans, drained and rinsed
- 1 (19-ounce) can dark red kidney beans, drained and rinsed
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1/2 cup frozen corn kernels, thawed
- 1/3 cup red onion, small chop
- 1/2 cup celery hearts, small chop
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons plus 2 teaspoons SLENDA® Granular
- 4 tablespoons lemon juice, fresh
- 3 tablespoons orange juice
- 2 tablespoons lime juice
- 2 tablespoons olive oil, extra virgin
- 1 teaspoon salt
- 1/4 teaspoon ground cumin

Directions:

1. In large bowl mix together drained and rinsed beans, corn kernels, chopped onion, celery, and parsley.
2. In medium bowl whisk together SLENDA® Granular, lemon, lime, and orange juices, olive oil, salt, and cumin. Pour over bean mixture and toss.
3. Refrigerate for two hours before serving. Toss and serve.

Hot Five Layer Dip

Preparation: 30 minutes

Cooking: N/A

Serving Total: 12 servings

Ingredients:

- 1 8-ounce package fat-free cream cheese
- 1 16-ounce can fat-free refried beans
- 1 pound lean ground beef, browned
- 1 16-ounce jar salsa
- 1 8-ounce package two-percent shredded cheddar cheese

Directions:

1. Spread the cream cheese on the bottom of a 9 x 13 pan.
2. Spread the refried beans to form the next layer.
3. Sprinkle the ground beef to form the third layer.
4. Pour the salsa over the ground beef to form the fourth layer.
5. Sprinkle the cheese on top.

Mojo Roja Salsa

Preparation: 25 minutes

Cooking: N/A

Serving Total: 8 servings

Ingredients:

- 6 garlic cloves
- 1/2 cup chopped fresh cilantro
- 1 cup fresh orange juice
- 1/2 cup fresh lime juice (about 4 limes)
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper
- 2 medium red bell peppers, seeded and diced
- 1 medium tomato
- 1 cup cubed Italian bread, including crust
- 1 teaspoon sweet paprika
- 1/4 teaspoon cayenne pepper

Directions:

1. Place garlic, cilantro, orange juice, lime juice, oil, cumin, oregano, and black pepper in blender and puree.
2. Add bell pepper, tomato, bread cubes, paprika, & cayenne pepper.
3. Blend until mixture is a loose, very finely chopped sauce.
4. Use to accompany grilled seafood, chicken, or steak.

Green Bean Crisps

Preparation: 10 minutes

Cooking: 30 minutes

Serving Total: 4 servings

Ingredients:

- 4 cups green beans
- salt
- olive oil cooking spray

Directions:

1. Just prepare the green beans by snapping off the ends, then rinse and dry.
2. Spray baking sheet.
3. Spread a single layer on sheet and spray beans.
4. Dust salt over top. (as much or as little as you want)
5. Pop in the oven preheated at 400 for 30 minutes, stirring every 10 until crispy.

Healthy Zucchini Tart Without Crust

Preparation: 25 minutes

Cooking: 40 minutes

Serving Total: 4 servings

Ingredients:

- 600 g zucchini
- 3 eggs
- 10 cl soy cream
- 80 g semolina
- Salt, pepper, herbs de Provence, basil.

Directions:

1. Cut zucchini into slices or cubes, fry in a nonstick pan, seasoning well and adding a little water if needed (10-15 minutes).
2. Preheat oven to 180 ° C.
3. Cook the semolina in the volume of salt water required. Then mix with the zucchini.
4. In a bowl, beat eggs and cream. Add salt, pepper and herbs de Provence, basil and other spices to taste. Combine zucchini-couscous.
5. Pour the mixture into a greased baking pan and cook 30-40 minutes until top is golden brown.
6. Served cold or hot.

Taro Chips Recipe

Preparation: 30 minutes

Cooking: 15 minutes

Serving Total: 3-4 servings

Special equipment: You will need a pastry brush to make these chips.

Ingredients:

- Olive oil
- 8 ounces taro root (from about 1/2 medium taro)
- Kosher salt
- Freshly ground black pepper
- White Bean and Edamame Hummus for serving (optional)

Directions:

1. Heat the oven to 400°F and arrange the racks to divide the oven into thirds. Using a pastry brush, coat 2 baking sheets with a thin layer of olive oil; set aside.
2. Peel the taro root and slice it into very thin rounds (1/16 inch thick). Place the slices in a single layer on the prepared baking sheets—the slices can be touching but should not overlap.
3. Brush the top of each round with a very thin layer of oil and season with salt and pepper.
4. Bake for 12 minutes. Rotate the pans between racks and bake until the edges of the taro chips curl up slightly and are just starting to turn golden brown, about 3 minutes more.
5. Place the baking sheets on wire racks, immediately season the chips with salt, and let the chips cool until crisp, about 3 minutes.
6. Using your hands, carefully transfer the chips to a serving dish and serve with White Bean and Edamame Hummus, if using. Store in an airtight container for up to 5 days.



Drinks

Strawberry Punch

Preparation: 5 minutes

Cooking: N/A

Serving Total: 16 servings



Ingredients:

- 1 package pre-sweetened, sugar-free Strawberry Kool-Aid®
- 32 ounces diet ginger ale
- 32 ounces pineapple juice

Directions:

1. Mix Kool-Aid® with 1/2 gallon water.
2. Add pineapple juice and ginger ale.
3. Refrigerate for 24 hours for best taste.
4. Freeze a portion as ice cubes or an ice ring if desired. Garnish with lemon or limes if desired.

Limey Citrus Punch

Preparation: 5 minutes

Cooking: N/A

Serving Total: 12 servings



Ingredients:

- 1 6-ounce can frozen limeade
- 4 cups water
- 1/2 cup lemon juice
- 7 cups chilled club soda
- 1 cup fresh pineapple

Directions:

1. Puree fresh pineapple in food processor or chop finely by hand.
2. Mix all ingredients and chill for one hour.
3. Serve chilled.

Chai Tea

Preparation: 5 minutes

Cooking: N/A

Serving Total: 1 serving

Ingredients:

- 1/2 cup hot strongly brewed Constant Comment tea (tea with orange and sweet spices)
- 1/2 cup very warm 2% or nonfat milk*
- 1 tablespoon Equal® Spoonful**
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground cloves

Directions:

1. Combine all ingredients in beverage mug until blended. Serve immediately.

* Note: To warm milk in a microwave, place in glass container and heat on HIGH 30 to 40 seconds.

Citrus Mint Tea

Preparation: 10 minutes

Cooking: 10 minutes

Serving Total: 1 servings

Ingredients:

- 2 cups boiling water
- 5 regular-size tea bags
- 1/2 cup loosely packed fresh mint leaves
- 1 cup SPLENDA® No Calorie Sweetener, Granulated
- 6 cups water
- 1/3 cup fresh lemon juice
- 1 cup fresh orange juice
- Garnish: lemon slices, orange slices, fresh mint sprigs

Directions:

2. Pour boiling water over tea bags and mint leaves; cover and steep 5 minutes. Remove tea bags and mint, squeezing gently.
3. Stir in SPLENDA® Granulated Sweetener and remaining ingredients. Serve over ice.
4. Garnish with lemon slices, orange slices and fresh mint sprigs.

Gingery Lemonade

Preparation: 5 minutes

Cooking: 80 minutes

Serving Total: 20 servings

Ingredients:

- 1 1/2 cups SLENDA® No Calorie Sweetener, Granulated
- 4 quarts water
- 14 slices fresh ginger root
- 4 cups fresh lemon juice
- 2 lemons, sliced

Directions:

1. In an 8-quart saucepan combine SLENDA® Granulated Sweetener, water, and ginger root. Heat to boiling, stirring occasionally. Remove from heat.
2. Stir in lemon juice. Cool 15 minutes. Refrigerate lemonade at least 1 hour, or until chilled.
3. Serve over ice, and garnish with lemon slices.

Lemon-Lime Slush

Preparation: 10 minutes

Cooking: N/A

Serving Total: 2 servings

Ingredients:

- 2 limes (whole thing, minus skin)
- 2 lemons (whole thing, minus skin)
- 1/8 c raw honey
- ice and pure water

Directions:

1. Use blender to mix all ingredients until desired consistency is reached.
2. Add more ice for thicker slush, add more water for thinner slush, add more honey for more sweet/less tart taste.

Healing Smoothie

Preparation: 10 minutes

Cooking: N/A

Serving Total: 1 servings

Ingredients:

- 1 firm kiwi fruit, peeled
- 1/4 cantaloupe, with skin
- 1 ripe banana

Directions:

1. Push kiwi fruit and cantaloupe through the hopper.
2. Place juice and banana in a blender or food processor and blend until smooth.
3. Pour into a tall glass, drink immediately and enjoy!!

Ginger Grape Juice

Preparation: 10 minutes

Cooking: N/A

Serving Total: 1 servings

Ingredients:

- 2 cups red grapes
- 2 inch fresh ginger, peeled
- 1 meyer lemon, peeled
- 4 oz water to dilute

Directions:

1. Juice together

Very Alkaline Drink

Preparation: 5 minutes

Cooking: N/A

Serving Total: 1 servings

Ingredients:

- A glass of Alkaline water
- 1 bag Green tea
- 1 teaspoon Chlorophyll
- 1 slice Lemon

Directions:

1. A glass of Alkaline water, 1 bag of Green Tea, 1 teaspoon of Chlorophyll, 1 slice of lemon.

The Next Step in Clearing Your Acne

The solution to curing your acne is to not focus on improving your health in the commonly accepted way. Now, what I'm NOT saying is to not work out, not eat healthy, and not wash your skin. That is NOT what I'm saying. However, what I am saying is that what we believe now to be "taking care" of our bodies needs to be tweaked a little bit, especially if you have acne. And that "tweak" that you're looking for is exactly what How To Clear Your Acne is about.

What every acne sufferer must learn, especially the ones that are really fit and health conscious yet still can't figure out why they still have acne, is that there is a DIFFERENT KIND OF TAKING CARE OF YOUR BODY ROUTINE for us. Our bodies are different than the "average" person who eats whatever they want and just gains weight. Sometimes our bodies, which

you've probably already noticed, doesn't even gain weight. Sometimes, when we neglect our bodies, we just end up breaking out instead. And it sucks.

It doesn't make any sense that we're working out, getting a good sweat, going to a sauna, washing our face, and then doing a facial mask yet we STILL breakout. WHY?!

So whatever you do, don't just keep working out and trying to eat "healthy" thinking that something's going to change and that your acne is suddenly going to start clearing up if you just try harder.

I know this doesn't work. Because that's what I used to do. I would just redouble my efforts thinking that I wasn't trying hard enough. But that's not the answer and it's not going to cure your acne.

You need to stop and think. Reformulate a new plan. Really try and understand what's going on. Figure out the WHY.

It's questions just like these that I racked my brain for years! I've been in your shoes before and it's hard to really know what works and what doesn't. It just seems like there are so many acne products out there, it's hard

to really find out with ones are telling the truth and which ones are lying. I've bought a lot of them too, Clearasil, Murad, ProActiv, those are just to name a few that I've tried. I used to have use a lot of acne products such as aloe vera, Benzoyl peroxide, face creams, masks, etc... But these days, I barely even wash my face once a day sometimes, and I'm still clear. I'm proof that clearing your acne the healthy and natural way works. And it's permanent too, I still have clear skin and I have no problems maintaining acne free, clear skin.

And I finally figured out the perfect routine and way to care for our bodies and our skin if you have acne. The true causes of acne are really dirty blood and an overwhelmed system. And I talk a lot about these two causes in my website and more in detail about how to deal with them in my products.

For anybody reading this article, if you're serious about clearing your acne for good, the logical next step for you would be to learn about your body. It doesn't matter if you choose me or someone else, I would highly recommend you to start learning about how to clear your acne from the inside instead of concentrating on the outside. Make sure you know that outside acne

treatments are only short term, and that you really want to focus on clearing acne from the inside out.

I don't hold back in this book, I'm telling you all of my experience, my stories, what I went through, what I learned, how I cleared my acne, and I'm teaching you exactly as if I were standing right next to you coaching you through the way. I WISH that I had something like this when I had acne. It would've saved me so much TIME, MONEY, and ENERGY.

I, and thousands of other people, have spent years of our lives suffering from acne. And I mean REALLY SUFFERING from having acne. And it's just a handful of us that finally found the secret to be able to free ourselves from those dark days when we hated the reflections of ourselves in the mirror.

There are those people out there that look at their old pictures and remember the days when they *USED TO HAVE* acne.

Some of them now have moved on with their lives and forgotten about the nights that they were ashamed of meeting new people because of their acne.

The question I have for you is...

WILL YOU BE THAT GUY?

Or are you going to just be another one of the dozens and hundreds and thousands of guys that just stand and wait... or hopes that whatever you're doing now will somehow magically start working?

If you want to know all the steps, top to bottom and front to back for how to clear your acne once in for all, then I have a hint for you ...

Go to HowToClearYourAcne.com, where you can find Regimen Starter Kits, Vitamin Packages, and my eBook “How To Make Sure You Stay Acne Free,” which can you can download and be reading in just a few minutes...

To continue your journey in clearing your acne, please visit:

Recipe Reference Websites

Please note that the recipes were not created by me. There's no way I could have the time to test and perfect each one of these recipes! Though they were handpicked and inspected by me as being "acne safe," each of these recipes were created by someone else. So I wanted to take the time to give the following websites credit:

www.CooksRecipes.com

www.AcidAlkalineDiet.com

www.ammeddirect.com

recipes.sparkpeople.com

Websites by Ray

www.HowToClearYourAcne.com

www.MyAcneCoach.com

www.AcneConsultants.com

Products by Ray

www.AcneCD.com

www.TheAcneDVD.com

For more information about Ray's websites, products, or to contact for consultation appointment:

Email: Ray@HowToClearYourAcne.com