

Recipe for: Cabbage Roll Casserole

Ingredients:

2 lbs ground beef or turkey
1 large onion, chopped
3 garlic cloves
2 15oz cans tomato sauce, divided
1 tsp dried thyme
½ tsp each dill and rubbed sage
¼ tsp each salt, pepper and cayenne pepper
2 cups cooked rice
1 medium head cabbage, shredded

Preparation:

In large skillet, cook meat, onion and garlic over medium heat. Drain.

Stir in one can tomato sauce and seasonings. Bring to a boil. Reduce heat, cover and simmer 5 minutes.

Stir in rice, heat through. Remove from heat. Layer 1/3 of cabbage in greased 9x13 baking dish. Top with half of the meat mixture. Repeat layers.

Top with remaining cabbage. Pour remaining tomato sauce on top.

Cover and bake at 375 degrees for 45 min.

Uncover, and bake 10 minutes. Let stand 5 minutes before serving.

Recipe for: Ginger Skirt-Steak OR Chicken Wrap

Ingredients:

1 (8 oz.) skirt steak or 2 (4 oz.) chicken breasts
1 avocado, halved and sliced
½ cup shredded carrot
2 Romaine lettuce leaves (or lettuce of your choosing)
1 Tbsp. fresh ginger, grated
1 whole orange, zested and juiced
1 tsp. fresh thyme, chopped
Olive oil
2 (10 in.) Ezekiel or Gluten-Free wraps

Preparation:

Marinate steak or chicken in ginger, orange, and thyme for up to 2 hours, grill and cut into ¼ inch slices to serve.

To assemble the wraps, lay the warmed tortilla out and fill with lettuce, shredded carrot, steak or chicken, and avocado. Roll tightly.

Alternative: Instead of tortillas, substitute Napa cabbage leaves. Blanch the leaves in boiling water for 10 seconds and immediately place in ice-cold water.

Once cooled, drain on paper towels. You may need two or more leaves overlapped to attain the equivalent size of tortilla.

Assemble as described above.

Recipe for: Mexican Rice

Ingredients:

1 bag brown rice
1 lb. ground beef or ground turkey
 $\frac{3}{4}$ jar of pasta sauce (organic and low-sugar if possible)
 $\frac{1}{2}$ onion, chopped
4 cloves garlic, minced
*Crushed red pepper
*Oregano
*Basil
(* all to taste)

Preparation:

Place beef or turkey in a skillet and brown with onions and garlic on medium heat.

Meanwhile, in a separate pan, prepare rice as directed.

When meat is done, add sauce, seasoning, and cooked rice.

Stir until blended.

Recipe for: Stir-Fry Veggies

Ingredients:

1 bunch asparagus, chopped
1 crown broccoli, chopped
1 red pepper, diced
1 zucchini, halved and sliced
1 yellow squash, halved and sliced
1 onion, diced
Olive oil
Garlic, minced
Salt and pepper

Preparation:

In a large frying pan or wok, heat olive oil and garlic.

Add cut up vegetables and stir-fry.

This is a great way to prepare veggies that can be added to any dish.

* Add chicken or beef and serve over brown rice or a salad for a complete meal.

Recipe for: Taco Filled Peppers

Ingredients:

1 lb. ground beef or ground turkey
Taco Seasoning to taste (crushed red pepper,
oregano, basil)
1 8 Oz can kidney beans, rinsed and drained
1 cup of salsa
4 medium green peppers
1 medium tomato, chopped
½ cup shredded cheese
½ cup of non-fat plain yogurt (optional)

Preparation:

Place beef or turkey in a skillet and brown with onions and garlic on medium heat.

Meanwhile, in a separate pan, prepare rice as directed.

When meat is done, add sauce, seasoning, and cooked rice.

Stir until blended.

Recipe for: Ultimate Philly Cheese steak (SPECIAL OCCASION)

Ingredients:

Kobe beef tenderloin, sliced ¼ inch thick
Caramelized onions
Mascarpone Cheese
Lobster tails, sliced ¼ inch thick
Black truffle oil
Baguettes, sliced in half lengthwise (gluten free)

Preparation:

Caramelize the onions ahead of time (can be warmed in microwave)

Toast baguettes under broiler

Sauté lobster in butter

Sear tenderloin in a lightly oiled skillet

To assemble:

Spread mascarpone on top and bottom of baguette.

Place tenderloin on half of baguette.

Cover with onions.

Drizzle with truffle oil.

Top with lobster.

Cover with other half of baguette and slice to size.

Recipe for: Quick Pigs in a Blanket

Ingredients:

1 sm. head of cabbage
1 lb. ground turkey or beef
½ cup chopped onion
½ cup brown rice, uncooked
Sauce:
1 can (16 oz.) tomato sauce
½ tsp. sea salt or Real Salt
¼ tsp. black pepper
¼ tsp. nutmeg
¼ cup lemon juice
½ tsp. Worcestershire sauce
1 ½ cups water

Preparation:

Chop cabbage into medium pieces and spread in bottom of greased 13x9x2 baking dish.

Brown meat and onion in a large skillet, breaking up the meat with a spoon as it cooks. Stir in rice, salt and pepper. Spoon mixture over cabbage.

In a small saucepan, heat tomato sauce ingredients and water to boiling. Pour over all ingredients. Cover casserole and bake for 90 minutes at 350°. Fluff lightly with a fork before serving.