Week 1 Recipes

Scrambled Egg

Whisk 1 large egg with 1 Tbsp heavy cream. Mix in 1 oz cheddar cheese. Pour into skillet (sprayed with nonstick cooking s pray) and spread mixture evenly across the skillet. Stir vigorously with a rubber spatula until a semi-solid mass begins to form. Lift the pan and move it around until the excess liquid pours off into the pan. Using your spatula, move it around the edge of the egg mixture to help shape into a round and loosen the edge. Let the omelet sit in the pan for about 10 seconds without touching. Shake the pan to loosen from the pan. Lift up the far edge of the pan and using your spatula, fold over 1/3 of the omelet.

Broccoli Florets in garlic butter

½ cup Broccoli Florets

½ Tbsp butter, unsalted

½ tsp garlic powder

Place broccoli in a saucepan with about an inch of water. Cover and cook for 5-6 minutes or until you can pierce it with a fork. Melt butter in microwave. Mix melted butter and garlic together and coat broccoli.

Fried Onion Burger

3 oz 80/20 ground beef

1 tsp oil

1 Tbsp butter, unsalted

2 slices onion, 1/8” thick

Salt and pepper

Melt butter in skillet. Mix all ingredients together except onions. Form mixture into patty and cook until no longer pink. Top burger with onion slices.

Kale Salad

1/3 cup pine nuts or slivered almonds

¼ cup balsamic vinegar

3 Tbsp olive oil

1 Tbsp seasoned rice vinegar

1 Tbsp honey (6-9 drops liquid stevia may be used)

1 tsp salt

¼ cup grated Parmesan cheese

1# Kale, raw

Heat a small skilled on medium high heat. Spread the pine nuts in an even layer on the bottom of the pan, cook, stirring occasionally, until lightly browned. Then remove to a bowl to allow to cool.  Hint when toasting nuts: do not take your eyes off of them! Nuts can go from browned to burned very quickly. Use a sharp knife to cut out the tough midrib of each kale leaf, and discard or compost. Slice the leaves crosswise into thin, 1/4 inch wide, slices.  The easiest way to do this is to work with a small bunch of leaves at a time, stack the leaves and roll them into a loose cigar shape. Then using a sharp knife, work from one end of the "cigar" to the other, slicing a 1/4 inch off from the end.  Place the kale slices into a large bowl. In a smaller bowl, whisk together the balsamic vinegar, olive oil, rice vinegar, honey, salt, and pepper.   A half hour to an hour before serving, toss the kale together with the toasted pine nuts, the dried cranberries, and the dressing, allowing the kale to marinate a bit.  Right before serving, stir in the grated Parmesan cheese. Serves 6-8.

Stuffed Peppers on Lettuce leaf

3 oz 80/20 ground beef

1 oz cheddar cheese, shredded

1 Tbsp chopped onions

2 tsp tomato paste

4 Tbsp tomato sauce

1 bell pepper, hollowed out with top removed

1 head romaine lettuce

½ packet of Splenda

Place washed peppers upright in microwave safe container. Pour water over bottom of pepper and cook in microwave for 2 minutes on high. Drain water and let stand while preparing filling. Cook ground beef and onions until no longer pink. Drain meat, then add tomato paste and Splenda. Stuff mixture inside pepper. Top with tomato sauce and cheese. Cook covered in microwave 10 minutes, or until tender. Serve on Romaine lettuce leaf.

Bacon, Tomato and Avocado Omelet

¼ Raw Avocado

¼ cup Monterey Jack cheese

2 large eggs

2 slices bacon, cooked and crumbled

½ Tbsp butter

2 Tbsp Pace Cilantro Chunky Salsa

½ fl oz tap water

In medium bowl, whisk eggs with water and season with salt and pepper.  Prepare bacon, cook thoroughly, crumble and set aside. Melt half the butter in a small nonstick skillet over medium-high heat. When foam subsides, add the egg mixture. Tilt pan to coat bottom and cook 1 minute, until almost set. Sprinkle half the omelet with half the crumbled bacon, avocado and cheese and cook 1 minute. Fold empty half of omelet over filling and slide omelet onto a plate. Serve with salsa.

Sauteed Portabella Mushrooms

½ Tbsp Olive oil

½ cup sliced mushrooms

½-1tsp garlic powder

Apricot glazed Beef Brisket

2 lb Beef Brisket (Whole, Lean Only)

1 tsp Salt

1 tsp Paprika

1/2 tsp Black Pepper

1 1/2 tbsps Sugar Free Apricot Preserves

Heat oven to 475F.  Season brisket with salt, paprika and pepper. Place brisket fat side down in a Dutch oven. Cook 15 minutes. Turn brisket fat side up and add 1/2 cup water.  Cover tightly.  Reduce oven temperature to 375°F.  Cook 3 to 4 hours, until brisket is fork tender. Heat broiler. Remove brisket from Dutch oven and place on a broiler pan. Spread jam over brisket. Broil 6 from heat source 5 minutes, until jam is lightly browned in spots. Cover brisket with foil and allow to rest 15 minutes before serving.  Remove surface fat with a spoon and serve with degreased cooking juices.

Spinach salad with goat cheese

2 cups raw spinach

½ Tbsp olive oil

2 Tbsp chopped onion

1 tsp fresh garlic minced (or garlic powder may be subbed)

Pinch of nutmeg

Zest of 1 lemon

½ tsp salt and pepper

2 oz goat cheese

Combine all ingredients except spinach and goat cheese and mix well. Toss spinach leaves in mix. Top with goat cheese.

Kale chips

1 head of kale

2 Tbsp Olive oil

Sea salt for sprinkling

Preheat the oven to 275 degrees F. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food. Serves 4.  
  
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