Week 7 Recipes

Reuben Egg Muffins

Makes 6 muffins, Serving size 2

6 large eggs

¾ cup sauerkraut, drained

7.1 oz ground beef

2 cloves garlic, mashed

1 tsp Dijon mustard

¼ tsp caraway seeds

2 Tbsp parsley

½ tsp salt

Preheat oven to 350 degrees. In a bowl, mix beef, mustard, garlic, caraway and ½ of salt. Create 12 small meatballs (2 per muffin). Place drained sauerkraut at bottom of muffin pan, ~2 Tbsp per muffin. Top with 2 meatballs. In a bowl, mix eggs, remaining salt and herbs. Pour egg mixture on top of sauerkraut and meatballs. Place in oven and cook for about 25 minutes.

Ham and Swiss Breakfast muffins

Makes 8, Serves 4

6 large eggs

3 Laughing Cow Swiss wedges

3.5 oz Canadian Bacon, diced

¼ cup salsa

3 crimini mushrooms, diced

Salt and pepper

Preheat oven to 350 degrees. Spray muffin pan with nonstick spray. Mash up cheese wedges with fork. Crack 6 eggs in bowl and mix with cheese. Add all ingredients and mix well. Pour in to muffin pan and bake for 25 minutes.

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.

Buffalo Chicken Soup (crockpot recipe)

10 servings

1 # chicken breast, cubed

32 oz chicken stock

½ cup buffalo wing sauce

4 green onions, chopped

2 medium carrots, chopped

2 ribs celery, diced

2 cloves garlic, minced

1 cup sharp cheddar, shredded

2/3 cup Parmesan cheese

¼ cup Blue cheese crumbles

In slow cooker on low heat, add chicken, stock, buffalo sauce, green onions, carrots, celery and garlic. Cover and cook 6 hours. Add cheddar, parmesan and blue cheese. Stir until cheese melted and mixed in. Cover and cook an additional hour. Add 1 oz of blue cheese to top of individual soup serving.

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.

Tuna Salad Jar

3 oz tuna

¼ cup artichoke

¼ cup snow peas

¼ cup diced yellow/red peppers

¼ cup cucumber slices

¼ cup black olives

¼ cup mozzarella cheese, shredded

2 cup chopped lettuce

1 wide mouth canning jar

Layer in a mason jar in order the ingredients are listed. The jar can be refrigerated for up to two days. When ready to eat it, simply turn it upside down onto a plate. May dress with favorite salad dressing or drizzle with lemon juice and olive oil.

Spicy Pepper Steak   
Makes 6 servings

Marinade:   
6 tablespoons soy sauce   
1/4 teaspoon pepper

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2 pounds top sirloin steak, sliced thinly across the grain   
3 tablespoons oil, divided   
1 teaspoon ginger   
1 teaspoon crushed red pepper   
2 green bell peppers, julienned   
1 red bell pepper, julienned   
1 medium onion, sliced thin, 4 ounces   
1 teaspoon granular Splenda   
1/4 teaspoon salt   
1/2 teaspoon pepper   
2 tablespoon sesame oil

Put the sliced beef in a zipper bag and add the marinade. Marinate in the refrigerator at least 30 minutes or up to 1 hour. Heat 2 tablespoons of the oil in a large nonstick skillet or wok over medium-high heat. Add the ginger and crushed red pepper. Cook and stir 5 seconds. Add the beef and marinade. Stir-fry just until the meat is no longer pink, about 1-2 minutes. Remove the beef and keep warm. Add the peppers and onions to the pan with the remaining tablespoon of oil. Cook until tender-crisp, 1-2 minutes. Return the beef to the pan; stir in the Splenda, salt, pepper and sesame oil. Quickly stir it in and toss everything together. Do not freeze.

Cauliflower rice

2 cups cauliflower

Food processor/ grater

1-2 Tbsp olive oil or coconut oil

Dash of salt and pepper

Grate cauliflower to a course texture (approximately rice size). Heat oil in skillet over medium heat. Add in cauliflower and sauté for 4-5 minutes. Season with salt and pepper.

Supreme Pizza Cauliflower Casserole

Makes 6 servings

Large Cauliflower, trim into small florets

½ cup plus 2 Tbsp parmesan cheese, grated and divided

1 Tbsp plus 1 tsp Italian seasoning, divided

3 cloves garlic, minced

3 Tbsp olive oil

Salt and pepper to taste

¾ cup mozzarella- shredded and divided

½ cup pizza sauce, divided

2oz Canadian bacon- sliced

2 oz pepperoni- sliced

1 oz green bell pepper- diced

1 oz red bell pepper- diced

1 oz onion- diced

10 black olives- sliced

Preheat oven to 400 degrees. In a large mixing bowl, combine cauliflower, ½ cup Parmesan cheese, 1 Tbsp Italian seasoning, garlic, olive oil, salt and pepper. Toss until ingredients are well combined and cauliflower is coated. Line in a single layer on baking sheet and bake on top rack 30 minutes. Transfer cauliflower back to mixing bowl. Add ¼ cup pizza sauce, ¼ cup mozzarella cheese. Toss until well combined and cauliflower is well coated. Transfer Cauliflower mixture to a casserole dish. Layer on remaining pizza sauce and mozzarella cheese. Top with Canadian bacon, pepperoni, bell peppers, onions, and olives. Sprinkle remaining 2 Tbsp parmesan cheese and 1 tsp Italian seasoning over top. Reduce oven temperature to 350 degrees and bake for 30 minutes.

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.

Spinach, Feta and Bacon Burger

Serves 4

1# ground beef

6 slices Maple bacon- cooked crisp and crumbled (regular bacon is fine)

1 cup baby Spinach- roughly chopped

¼ cup Roma tomatoes

¼ cup Parmesan cheese- shredded

¼ cup Feta cheese- crumbled

2 Tbsp minced garlic

1 tsp salt and pepper

1 ½ oz sweet onion

In large bowl, combine ground beef, bacon, tomato, parmesan and feta cheese, garlic, salt and pepper. Grate onions into meat mixture. Mix well. Form into 4 equal sized patties. In a large skillet over medium high heat, sear burgers 4-5 minutes each side or until burgers have reached desired level of doneness. Garnish with spinach.

Chicken Dijon with Mushrooms and Artichokes

Makes 4 servings

1 ½ # boneless skinless chicken breast- cut into tender sized pieces

3 Tbsp butter

½ can quartered Artichoke hearts

½ carton crimini mushrooms- halved

½ cup chicken stock

1 cup heavy cream

2 Tbsp Dijon mustard

1 Tbsp Chicken bouillon granules

1/8 tsp dried tarragon

Salt, pepper

Chopped parsley

Salt and pepper both sides of chicken breasts. Melt butter over medium high heat and sauté chicken until golden brown on both sides. Remove chicken from pan and set aside (chicken will not be all the way cooked through). Deglaze pan with chicken stock and use a rubber spatula to scrape off and mix in all bits of butter and chicken. To chicken broth, mix in bouillon granules and tarragon until dissolved. Turn to low and simmer for 5 minutes. Add heavy cream, Dijon mustard, mushrooms, artichokes and simmer for 10-15 minutes. Add chicken back to pan and simmer until chicken cooked all the way through- about 5-8 minutes. Plate chicken and cover with sauce, mushrooms and artichokes.