

## Paleo Websites

<http://againstallgrain.com/>  
<http://www.thepaleomom.com/>  
<http://balancedbites.com/>  
<http://www.thespunkycoconut.com/>  
<http://nomnompaleo.com/>  
<http://www.OMGPaleo.com/>  
<http://everydaypaleo.com/>  
<http://autoimmune-paleo.com/>  
<http://purelytwins.com/>  
<http://www.paleoplan.com/recipes/>  
<http://www.elanaspantry.com/paleo-diet-recipes/>  
<http://www.paleofood.com/>  
<http://www.amazingpaleo.com/>  
<http://www.pinterest.com/nilib/recipes-paleo-autoimmune-protocol/>  
<http://www.pinterest.com/denisecripps/paleo-recipes-totally-decadent-desserts/>  
<http://paleogrubs.com/ice-cream-recipes>  
<http://www.momypotamus.com/chocolate-coconut-donuts-grain-free/>  
<http://taylormadeitpaleo.com/breakfast/>  
<http://empoweredstenance.com/paleo-breakfast-ideas/>  
<http://glutenfreeonashoestring.com/>  
<http://thischickcooks.net/2013/02/15/25-avocado-recipes-for-avocado-lovers-and-non-avocado-lovers/>

**Amazon:** free shipping over \$35

**Trader Joe's:** light coconut milk (.99), nuts, nut flours, chocolate, dried fruits

**Whole Foods**

**Earth Fare**

**Kroger:** natural foods section

**Walmart:** Golden Star Coconut milk (1.48)

**Sam's:** Medjool dates (2 lbs/8.50), Caveman bars (20/\$20)

**Big Lots:** Bob's Red Mill products

**T.J. Maxx**

**Home Goods**

**Marshall's**

## *Apple Banana Berry Baked French Toast mm!*

1/2 cup coconut flour  
8 eggs  
2 teaspoons coconut oil  
6 apples  
1/3 full fat coconut milk  
4 mashed bananas  
1 cup raspberries  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon

Preheat your oven to 350F and grease your 9x13 baking dish. Start by slicing the apples into 1/8ths. Heat up coconut oil and sauté the apples with cinnamon to taste until lightly browned and then set aside. In a bowl combine the dry ingredients (coconut flour, salt, baking soda and cinnamon). Then combine the wet ingredients in a separate bowl (eggs, mashed bananas, coconut milk and vanilla.) Now add the dry ingredients into the wet and stir until blended well. Lastly, you will finish your batter by folding in the berry goodness. Now arrange the sautéed apples in the bottom of the dish and pour the batter on top of them. Bake for 45-55 minutes until the top is golden brown. Top off this delicious breakfast with berries. Butter and maple syrup!

# Fluffy Blueberry Pancakes

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BREAKFAST

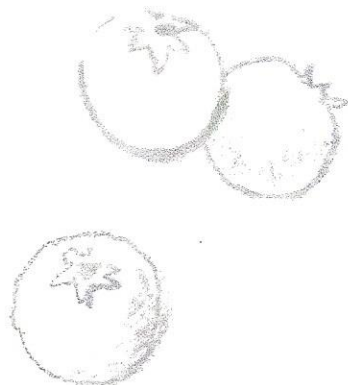
makes: 5 (3-inch/7.5-cm) pancakes | prep time: 5 minutes | cook time: 15 minutes

## Ingredients

**3 large eggs**  
**½ cup (120 ml) + 3 tablespoons almond or full-fat coconut milk**  
**1 tablespoon organic honey**  
**½ tablespoon freshly squeezed lemon juice**  
**1 teaspoon vanilla extract**  
**½ cup (60 grams) coconut flour**  
**½ cup (65 grams) tapioca flour**  
**½ teaspoon baking powder**  
**½ teaspoon baking soda**  
**pinch of fine-grain sea salt**  
**coconut oil, for greasing the skillet**  
**½ cup (75 grams) fresh blueberries**  
**Coconut Butter (page 305), for serving**  
**maple syrup, for garnish (optional)**

## Process

1. In a large bowl, whisk the eggs. Add the almond milk, honey, lemon juice, and vanilla and whisk until well blended. In a separate bowl, mix together the coconut flour and tapioca flour, then add to the wet ingredients ¼ cup (60 grams) at a time, while continuously whisking. Then mix in the baking powder, baking soda, and salt.
2. Grease a large skillet and place over medium heat. Once the skillet is hot, use a ladle to pour 3-inch (7.5-cm) pancakes into the skillet. Once holes begin to appear in the surface of a pancake, drop a small handful of blueberries onto it and flip it. The pancake should cook on each side for 3 to 4 minutes. Repeat with rest of the batter.
3. Top with coconut butter and maple syrup, if desired.



*Make & Freeze*

- 2 TBSP coconut oil
- ½ medium yellow onion, diced
- 6-8 ounces bulk breakfast sausage
- 10 eggs
- ½ tsp sea salt
- Freshly ground black pepper to taste
- ½ tsp Italian seasoning
- 1 tomato, sliced into ¼-inch pieces

*Makes 4 slices*

# Sausage, Onion & Tomato Breakfast Quiche

One of my favorite pizza combinations is sausage and onion. I can thank my sister for introducing me to that one years ago! The flavors go just as well together in a breakfast quiche. I love baking these crustless quiches because any flavor combo works, and you never miss the doughy crust. Just pick your favorite ingredients, whip up a batch or two, and then freeze for later. They're perfect for hotel room mornings or busy school mornings. Just thaw and reheat!

## Prep Day:

1. Preheat your oven to 375°F.
2. In a large skillet over medium heat, melt the coconut oil. Add the onion, and sauté for 2 minutes or until softened.
3. Add the sausage to the skillet, and cook for 6-8 minutes until done, stirring occasionally to break up the pieces. Remove the skillet from the heat.
4. Grease an 8" x 8" glass baking dish. Sprinkle the sausage and onion mixture over the bottom of the dish.
5. In a medium-sized bowl, whisk together the eggs, sea salt, pepper, and Italian seasoning. Pour the egg mixture over the sausage in the baking dish.
6. Gently lay the tomato slices evenly across the top of the egg mixture. Sprinkle on a little more salt and pepper.
7. Bake for 25-30 minutes or until the quiche is lightly browned on top, the center is set, and the sides start to pull away from the pan.
8. Let cool completely on a wire rack.
9. Slice the quiche into 4 large pieces. Place a sheet of wax paper between each slice, place all the pieces in an airtight freezer container, and freeze until needed.

## Serving Day:

Thaw the quiche slices in the refrigerator overnight. To eat, simply reheat them in the microwave in 20-second increments until heated through, or place them in a baking dish, cover the dish with foil, and reheat in a 325°F oven for about 20 minutes.

# peach streusel coffee cake

prep time: 20 minutes    cooking time: 55 minutes    yield: 8 servings

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muffins, loaves,  
and morning  
cakes

Coffee cakes always remind me of my grandma. She would order one from the bakery and proudly bring it to every holiday gathering. I'm sure she would have loved my homemade rendition of the cakes she was so fond of. Infused with cinnamon, vanilla, cardamom, and ginger and topped with a coconut-pecan streusel, this coffee cake melts in your mouth.

## ingredients

### STREUSEL

- 1/3 cup raw pecan halves
- 1 tablespoon shredded, unsweetened coconut
- 1 tablespoon cold coconut oil
- 1 tablespoon blanched almond flour
- 1 tablespoon coconut crystals or honey
- 3/4 teaspoon cinnamon
- 1 large date, pitted
- Pinch sea salt

### CAKE

- 1/4 cup coconut oil, melted, plus more for greasing the pan
- 3 large yellow peaches
- 4 large eggs at room temperature
- 1/2 cup honey
- 1 teaspoon pure vanilla extract
- 2 1/4 cups blanched almond flour
- 1 teaspoon baking soda
- 3/4 teaspoon cardamom
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cinnamon
- Pinch sea salt

## method

1. Make the streusel. Place all the streusel ingredients in a small food processor. Process until finely chopped and sticky, about 30 seconds. Set aside.
2. Make the cake. Preheat the oven to 325°F. Lightly grease a 9-inch-round springform pan or 9-inch cake pan with coconut oil.
3. Peel the peaches. Thinly slice 2 peaches and set on a paper towel to absorb excess moisture. Dice the third peach and set aside.
4. Place the eggs, honey, coconut oil, and vanilla in a high-speed blender and blend for 30 seconds, until frothy and smooth.
5. Add the almond flour, baking soda, cardamom, ginger, cinnamon, and salt. Blend on low for 30 seconds. Use a spatula to scrape the sides of the container. Blend again for 30 seconds on high.
6. Gently mix in the reserved diced peaches by hand. Spoon the batter into the prepared pan. Arrange the peach slices in a circular pattern on top, slightly overlapping each slice. Sprinkle the streusel over the entire top of the cake.
7. Bake for 55 minutes, until a toothpick inserted into the middle comes out clean.
8. Let cake cool for 10 minutes. Remove the sides of the springform pan and let cool completely on a wire rack.

### tidbits:

*If using a cake pan, reduce the oven temperature to 315° and serve directly from the pan.*



PREP TIME  
20 minutes

COOKING TIME  
20 minutes

YIELD  
4 servings

### SERVE IT UP

With sliced cucumber  
or celery sticks.

NUTS

EGGS

NIGHTSHADES

FODMAPS

PREP TIME  
10 minutes

COOKING TIME  
20 minutes

YIELD  
Approximately 8 small  
pancakes or 2 servings

### SIDE NOTE

A food processor makes  
this recipe super quick  
and easy.

NUTS

EGGS

NIGHTSHADES

FODMAPS

## bacon & egg salad

Egg salad is an old favorite of mine, but commercial mayonnaise is out of the question when you're avoiding refined seed oils. This take on a classic uses Baconnaise (recipe on page 390) and gets that bacon-y taste right into the dish.

12 eggs  
1/4 cup Baconnaise  
(recipe on page 390)  
Sea salt and black pepper to taste

12 slices of bacon, chopped  
2 tablespoons fresh chives,  
chopped (optional)

Take eggs out of the refrigerator, and allow them to come to room temperature. Fill a large pot with 8 cups of water, and bring it to a boil.

Place the eggs in the boiling water for 10 minutes. Remove the eggs, and place them in a large bowl with ice water for 10 minutes. This will keep them from turning green around the yolk.

Peel the eggs, place them in a bowl, and mash them with a potato masher or large fork. Mix in the Baconnaise, sea salt, black pepper, chopped bacon, and chopped chives.

## zucchini pancakes

Looking for a pancake recipe that's savory instead of sweet? Look no further! Make extra to reheat anytime or eat them cold the next day.

3 eggs  
1 tablespoon coconut flour  
Sea salt and black pepper to taste  
2 cups shredded zucchini (using  
a food processor with a shredd-  
ing disc is ideal, or by hand)

Coconut oil or bacon grease for  
pan frying (amount will vary)

Beat the eggs with the coconut flour, sea salt, and black pepper. Mix in the shredded zucchini until well combined.

Add about 1/8 inch of coconut oil to a large skillet over medium-low heat. Spoon the mixture into the skillet in "cakes" that are approximately 4-6 inches in diameter.

Cook until they hold together, flipping once as you would a standard pancake.

Serve warm or at room temperature.

# vanilla-almond granola

prep time: 20 minutes    soaking time: 24 hours  
dehydrating time: 24 hours    yield: 4 cups

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to start off  
your morning

A crunchy and mildly sweet cereal that you can enjoy with cold almond milk or sprinkled over fresh yogurt. It is great to have on hand to eat on the go!

## ingredients

- 1 cup raw almonds
- 1 cup raw walnuts
- ½ cup raw pecan halves
- ½ cup raw cashews
- ¼ cup raw sunflower seeds
- 1¾ teaspoons sea salt, divided
- ¾ cup melted honey or maple syrup
- 2 tablespoons coconut oil, melted
- 1½ tablespoons pure vanilla extract
- 1 tablespoon cinnamon
- ½ cup shredded, unsweetened coconut
- ½ cup raisins

## method

1. Place all the nuts and seeds in a bowl, add enough water to cover by 1 inch, and stir in 1 teaspoon of the salt. Cover and let soak for 24 hours.
2. Drain the nuts and seeds and place on a paper towel to absorb the remaining water. Transfer to a food processor and process until the nuts are the size of oats. Add the honey, coconut oil, vanilla, cinnamon, and remaining salt. Pulse until combined.
3. Pour the mixture into a bowl, add the coconut, and use a spoon to incorporate. Turn the granola out onto 3 dehydrator trays covered with parchment paper, spreading evenly into thin layers.
4. Dehydrate at 120°F for 24 hours, flipping the granola gently with a spatula once or twice. The granola may feel a little sticky and wet when warm, but will crisp up after cooling.
5. Stir in the raisins, then let cool completely on trays before serving or storing.

## tidbits:

To dehydrate in the oven, spread the granola on 3 parchment-lined baking sheets and place in a 170°F oven; use a wooden spoon to keep the oven door open a crack to let the moisture out. After 2 hours, carefully stir the granola. Dry for another hour. Turn the oven off, close the door completely, and dry for 1 more hour.

# Paleo English Muffins

## YEAST MIXTURE

- 1/3 cup warm water
- 2 tsp honey
- 2 tsp active dry yeast

## DRY INGREDIENTS

- 3/4 cup chestnut flour (or almond flour or sunflower seed flour)
- 3 TBSP coconut flour, sifted
- 1/3 cup arrowroot starch
- 1/3 cup tapioca starch
- Pinch of sea salt

## WET INGREDIENTS

- 2 eggs
- 1 TBSP olive oil
- 1 tsp apple cider vinegar
- 2 TBSP warm water (only if using chestnut flour)

*Makes 8 muffins*

## Prep Day:

1. Preheat your oven to its lowest setting (around 150°F).
2. Line a large baking sheet with parchment paper, and place 8 English muffin rings on the paper.
3. In a small bowl, mix together the water, honey, and yeast. Set the mixture aside for 5 minutes until frothy.
4. In a medium-sized bowl, combine the dry ingredients.
5. Add the yeast mixture and the wet ingredients to the dry mixture. Mix well with a hand mixer. (If using almond flour or sunflower flour, let the dough rest for a couple of minutes to thicken.) Stir before scooping.
6. Lightly spray the English muffin rings with cooking spray. You can grease them as well, but if you do, the muffins will stick a little and will need to be loosened with a knife.
7. Scoop about 1/2 cup of batter into each muffin ring (or enough to fill the ring to within 1/4-inch of the top). Smooth the tops with a spoon if needed.
8. Place the muffin tray in the oven, close the door, and turn off the oven. Let the muffins sit in the oven for 10 minutes to rise slightly.
9. Leaving the tray in the oven, set the oven temperature to 350°F. Bake the muffins for 20-22 minutes from the point you turn the oven on (not when it actually reaches 350°F) or until they are golden brown and the tops are firm, but spring back to the touch.
10. Let the muffins cool completely on wire racks. Once cool, remove from the rings. Use a fork to pierce around the entire edge of each muffin, and pull the tops and bottoms apart gently.
11. Place a small square of wax paper between each split English muffin. Place the muffins in a 1-gallon freezer bag and freeze until needed.

## Serving Day:

These muffins work great straight from the freezer with no need to thaw first. Remove them from the freezer, and use a butter knife to separate the tops from the bottoms. Toast as usual, and enjoy!



# world-famous sandwich bread

prep time: 20 minutes    cooking time: 50 minutes    yield: 1 loaf

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muffins, loaves,  
and morning  
cakes

*This is the bread that took my blog global. It is my most viewed and shared recipe of all time and has never received a negative comment, except about the cleanup! You can toast it to accompany eggs in the morning, send an almond butter and jam sandwich to school with your kids, or grill it Panini-style.*

## ingredients

- Coconut oil for greasing pan
- 4 large eggs, separated
- 1 cup smooth, raw, unsweetened cashew butter
- 1 tablespoon honey
- 2½ teaspoons apple cider vinegar
- ¼ cup almond milk
- ¼ cup coconut flour
- 1 teaspoon baking soda
- ½ teaspoon sea salt

## method

1. Preheat the oven to 300°F. Place a small heatproof dish of water on the bottom rack while the oven heats.
2. Line the bottom of an 8½-by-4½-inch loaf pan with parchment paper, then grease the sides of the pan with a very thin coating of coconut oil.
3. Place the egg whites in the bowl of a stand mixer and beat until soft peaks form, or use a hand mixer.
4. Beat the egg yolks and cashew butter in a separate bowl until combined, then mix in the honey, vinegar, and milk.
5. Sift the coconut flour, baking soda, and salt into the cashew butter mixture. Beat until combined.
6. Add 2 tablespoons of the whipped egg whites to the cashew butter mixture and beat until smooth. Add the remaining egg whites and beat on low until just combined. Do not over mix.
7. Pour the batter into the prepared loaf pan, then immediately put it into the oven.
8. Bake for 45 to 50 minutes, until the top is golden brown and a toothpick inserted into the center comes out clean.
9. Remove from the oven, then let cool for 15 to 20 minutes. Use a knife to free the sides from the loaf pan, then flip the pan upside down to release the loaf onto a cooling rack. Cool right side up for an hour before serving.

## tidbits:

- *The steam from the dish of water helps the loaf rise and keeps it a nice white color.*
- *While beating the egg whites separately is not required, it helps the loaf rise to almost twice the size as adding the eggs whole.*
- *Use homemade cashew butter made from unsalted raw cashews or purchase raw, unsweetened cashew butter in a jar.*

# Paleo Pizza Crust

Makes one 9-inch crust

Dairy Free • Fish Free

## Yeast Mixture

¼ cup (60 mL) warm water

2 tsp raw honey

2 tsp active dry yeast

## Dry Ingredients

¾ cup (90 g) almond flour

3 TBSP coconut flour, sifted

⅔ cup (80 g) arrowroot  
starch

Pinch sea salt

## Wet Ingredients

1 egg

2 tsp olive oil

1 tsp raw apple cider vinegar

I've tried the half-dozen or so Paleo pizza crust recipes floating around the Web, but all I could taste was almonds. But with the delicate balance of almond flour and coconut flour in this recipe, you won't feel like you just ate a handful of nuts instead of pizza. Plus, the yeast really gives it the authentic flavor of the real thing. So the next time you're tempted to head to the nearest pizza parlor, try this and satisfy your craving without falling off the Paleo wagon!

1. Preheat the oven to 425°F.
2. Place the yeast ingredients in a small bowl and mix. Let sit about 4-5 minutes to activate and become foamy.
3. Meanwhile, place the dry ingredients in a medium bowl and whisk to combine.
4. Add the yeast and the wet ingredients to the dry ingredients. Mix well with a hand mixer.
5. Scoop mixture onto a parchment-lined baking sheet, using a rubber spatula to spread evenly in a circle.
6. Bake 9-10 minutes. Remove from the oven, carefully flip crust over with a spatula, top with sauce and your favorite toppings, then bake 5-10 minutes more, or until toppings are hot. Slice and enjoy!



## PORK MEDALLIONS WITH CIDER PAN SAUCE

PREP TIME: 15 MINUTES | TOTAL TIME: 25 MINUTES

Makes 4 servings

This pork dish is substantial enough to serve at holidays or to make an extra-special evening meal. The reduced apple juice and apple cider vinegar, along with thyme and butter, provide a rich dimension to the meaty flavors of the pork tenderloin. Don't trim the fat off your tenderloin, by the way, for added flavor.

Optionally, serve this dish with Buttered Cabbage (page 123).

½ cup almond meal/flour

¼ teaspoon sea salt

¼ teaspoon dried thyme

1½ pounds pork tenderloin, cut into  
¼" slices

2 tablespoons extra-virgin olive oil

2 tablespoons butter, divided

1 shallot, minced

1 cup apple juice (no sugar added)

2 tablespoons apple cider vinegar

On a plate, combine the flour, salt, and thyme. Dredge each pork medallion in the flour mixture to coat lightly and shake off excess.

In a large skillet over medium-high heat, heat the oil. Cook the pork for 3 minutes, turning once, or until golden brown. Transfer to a plate and loosely cover with foil to keep warm.

In the same skillet, melt 1 tablespoon of the butter. Cook the shallot, stirring constantly, for 1 minute, or until it begins to soften. Add the apple juice and vinegar and cook for 2 minutes, stirring to loosen any brown bits on the bottom of the skillet. Reduce the heat to medium-low and simmer for 5 minutes, or until the sauce has reduced by half. Stir in the remaining 1 tablespoon butter until melted.

Return the pork to the skillet, along with any accumulated juices, and heat for 1 minute, or until heated through.

PER SERVING: 421 calories, 39 g protein, 13 g carbohydrates, 24 g total fat, 6 g saturated fat, 2 g fiber, 247 mg sodium

Wheat Belly - 30 min. recipes

# Twice-Baked Stuffed Butternut Squash

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PORK  
DISHES

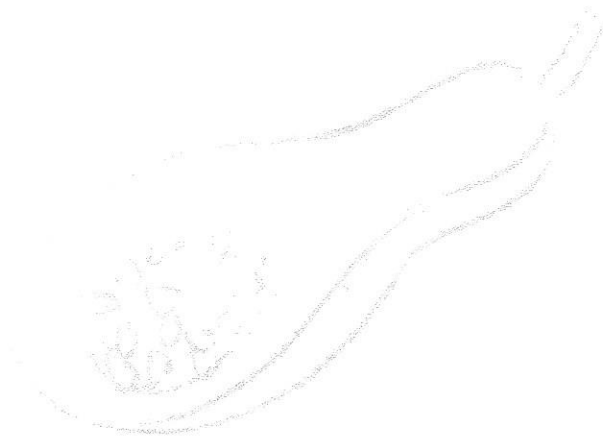
serves: 4 | prep time: 10 minutes | cook time: 50 minutes

## Ingredients

1 butternut squash (about 2 pounds/910 grams), cut in half lengthwise  
1 tablespoon coconut oil  
½ small yellow onion, diced  
1 apple, cored and diced  
1 pound (455 grams) ground pork  
2 teaspoons dried parsley  
⅛ teaspoon ground cinnamon  
1 teaspoon coarse sea salt  
½ teaspoon freshly ground black pepper  
1 tablespoon blanched almond flour

## Process

1. Preheat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment paper.
2. Place the butternut squash cut side down on the prepared baking sheet. Place in the oven and bake for 30 minutes, or until the squash is soft to the touch. Remove from the oven and let the squash cool. Turn the oven down to 350°F (175°C).
3. While the butternut squash cools, heat the coconut oil in a large sauté pan over medium heat. Add the diced onion and apple and sauté until the onion is translucent. Add the ground pork, parsley, cinnamon, salt, and pepper. Cook, breaking apart the meat with a spatula, until no pink remains, about 10 minutes.
4. Remove and discard the seeds from the butternut squash, then scoop out the flesh and place in a bowl, leaving behind ¼ inch (6 mm) of flesh to keep from tearing the skin. Mash the squash with a fork and place it in the pan with the ground pork. Mix until well combined.
5. Place the hollowed-out squash halves in a large baking dish. Fill with the pork mixture and sprinkle the almond flour on top. Bake for 10 minutes. Serve immediately.



# Ginger Salmon

*It's hard to believe now, but I wasn't always a fan of salmon. Shhhhh... don't tell anyone! Everyone knows healthy people eat salmon, right? But, sadly, I just never loved its flavor. And then one day, determined to eat this amazingly heart-healthy fish, I created this sauce to help me along. And you know what? I love salmon now! Try this easy Ginger Salmon for anyone in your family who's a bit fish-phobic and I'll bet they'll be cleaning their plates in no time!*

## Sauce:

- 3 Tbsp GF tamari soy sauce (can substitute coconut aminos)
- 2 tsp grated fresh ginger
- 1 Tbsp lemon juice
- 2 Tbsp raw organic honey
- ½ tsp granulated onion
- ~ Freshly ground pepper to taste
- 2 Tbsp olive oil

## Salmon:

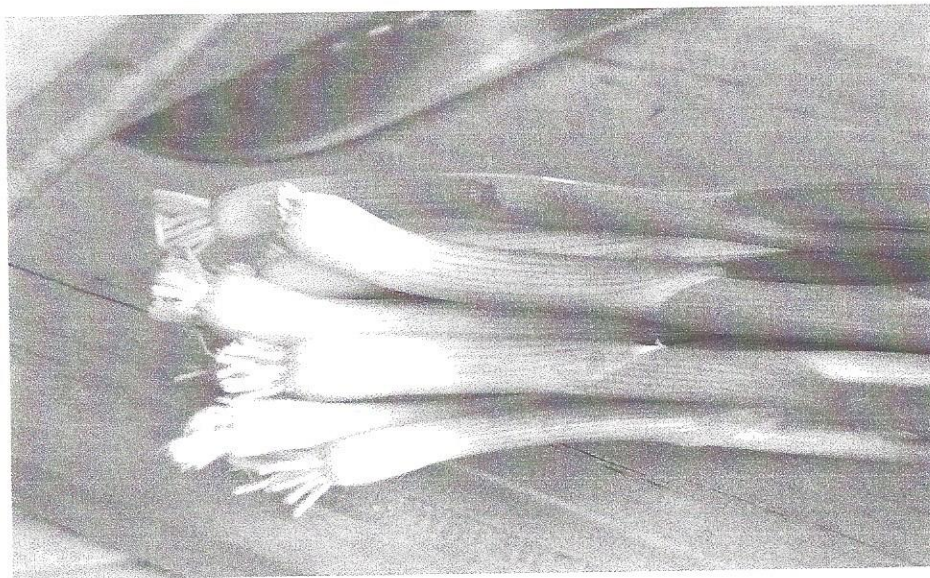
- 4 boneless skinless wild salmon fillets

## Toppings:

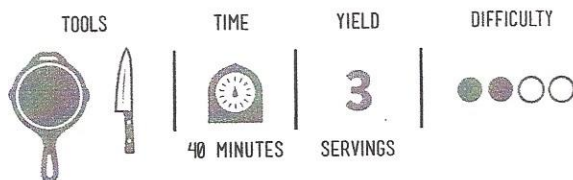
- ~ Chopped green onion
- ~ Sesame seeds

1. Whisk together soy sauce, ginger, lemon juice, honey, granulated onion, a little freshly ground pepper, and olive oil. Set aside.
2. Heat a large nonstick skillet over med-high heat. Spray with cooking spray or use a small amount of your favorite oil in the pan. Add salmon fillets. Cook for about 1 minute.
3. Turn salmon fillets. Reduce heat to medium-low, cover and cook for 3 minutes.
4. Pour sauce over salmon, into pan. Simmer, uncovered, for about 2 minutes, or until salmon is cooked through and flakes with a fork. If sauce starts thickening too much, reduce heat to low.
5. To serve, place salmon on plates and spoon some of the sauce on top. Garnish with chopped green onions and/or sesame seeds.

Serves 4



## SHRIMP AND GREEN BEAN STIR-FRY



2 tablespoons solid cooking fat  
½ onion, halved and thinly sliced  
4 cloves garlic, minced  
2-inch piece ginger, peeled  
and minced  
2 pounds green beans, stems  
removed, halved  
1 cup thinly sliced crimini  
mushrooms  
2 tablespoons coconut aminos  
1 teaspoon honey  
1 pound shrimp, peeled, with tails  
left on  
¼ teaspoon sea salt  
Fresh parsley, minced,  
for garnish

1 Heat the cooking fat in a wok or large skillet on medium-high heat. When the fat has melted and the pan is hot, add the onion and cook for five minutes, stirring. Add the garlic and ginger and cook, stirring for another couple of minutes. Add the green beans and cook for 10 minutes (toss and turn them so they cook evenly).

2 Add the mushrooms, coconut aminos, and honey and cook for a few minutes. Add the shrimp and salt and cook until the shrimp is pink throughout, 3 to 4 minutes. Garnish with the parsley and serve immediately.

**Storage:** Keeps for a couple of days in the refrigerator.

**Serving Suggestions:** Cauliflower "Fried Rice" (p.200), Curried Cauliflower (p.187), Carrot Ginger Soup (p.162)

# Spaghetti Squash Chicken Fritters

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CHICKEN  
DISHES

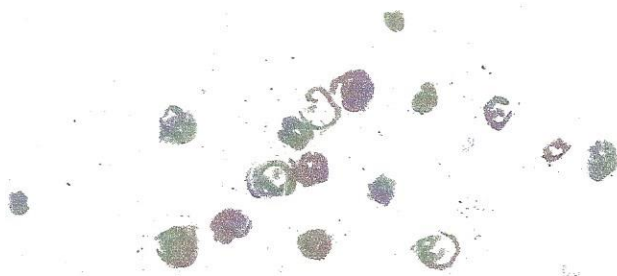
makes: 8 fritters | prep time: 30 minutes | cook time: 20 minutes

## Ingredients

- 1 small spaghetti squash (about 2 pounds/910 grams)
- 2 cups (200 grams) finely chopped, leftover Lemon Rosemary Roasted Chicken (page 193)
- ½ cup (60 grams) finely chopped yellow onion
- 1 cup (100 grams) blanched almond flour
- 2 large eggs
- ½ teaspoon garlic powder
- pinch of coarse sea salt
- pinch of freshly ground black pepper
- 2 to 3 tablespoons bacon fat or coconut oil

## Process

1. Preheat the oven to 400°F (205°C).
2. Cut the spaghetti squash in half lengthwise and place it cut side down on a rimmed baking sheet. Bake for 25 to 30 minutes, or until soft to the touch. Remove from the oven and let rest until cool enough to handle, then use a spoon to scoop out and discard the seeds. Use a fork to remove the spaghetti squash strands. Measure out 2 cups (280 grams) of the strands and place them in a large bowl.
3. To the squash, add the chicken, onion, almond flour, eggs, garlic powder, salt, and pepper. Mix well and form 8 patties, similar in shape to burger patties.
4. Heat 1 tablespoon of the bacon fat in a large sauté pan over medium heat. Add 2 to 3 patties to the pan and cook on both sides for a total of 4 to 5 minutes. Do not crowd the pan. Repeat with the rest of the patties, adding more oil to the pan as needed, until all the patties have been cooked.



*Low  
& Slow*

# Jerk Chicken Legs

## CHICKEN

- 3 pounds chicken legs

## RUB INGREDIENTS

- 1 tsp allspice
- ½ tsp cinnamon
- ¼ tsp thyme
- ¼ tsp nutmeg
- 1 tsp granulated onion
- ¾ tsp granulated garlic
- 1 tsp sea salt
- ½ tsp freshly ground black pepper
- ½ tsp smoked paprika
- Pinch of cayenne
- 1 TBSP coconut sugar

## SAUCE INGREDIENTS

- 1½ cups chicken broth
- 1 TBSP red wine vinegar
- 2 TBSP lime juice
- 1 TBSP tomato paste
- 2 cloves garlic, minced
- ¼ cup diced red onion
- 1 tsp red chili flakes

## GARNISH

- Chopped green onions

*Serves 4*

The beautiful blend of spices in jerk seasoning is unique but perfectly balanced. You can vary the amount of each spice, however, to get the flavor that works for you. My family enjoys this version, mostly because I use only a pinch of cayenne so that the spice doesn't overpower their delicate palates. You can also control the heat by adding more or less cayenne and red pepper flakes. What's your spice threshold?

1. Place the chicken legs in a slow cooker.
2. In a small bowl, combine the rub ingredients.
3. Sprinkle the rub over the chicken legs. Using your hands, rub the seasoning over each leg. Then be sure to wash your hands with soap!
4. In a medium-sized bowl, combine the sauce ingredients.
5. Pour the sauce around the edges of the chicken legs in the slow cooker.
6. Cook the chicken on low for 5 hours or on high for 3 hours.
7. Serve the chicken with a few chopped green onions sprinkled on top.



# Salisbury Steak with Mushroom Gravy

Makes 4 servings

Dairy Free • Egg Free • Fish Free • Nut Free

## Steaks

- 1½ lbs (680 g) ground beef  
(US Wellness Meats)
- ½ medium yellow onion,  
finely chopped
- 1 clove garlic, minced
- 2 tsp granulated onion
- ½ tsp chopped fresh  
rosemary
- 1 tsp paprika
- 1 tsp fennel seed
- 1 tsp sea salt
- Freshly ground black pepper  
to taste
- 2 TBSP coconut oil

## Gravy

- 8 oz (230 g) white  
mushrooms, chopped
- Sea salt and freshly ground  
black pepper to taste
- 2 cups (475 mL) beef broth
- ½ cup (120 mL) coconut milk  
(full-fat or light)
- 1 TBSP coconut flour, sifted
- 1 TBSP arrowroot starch  
mixed with a tiny bit of cold  
water to make a slurry

TV dinners have nothing on this delicious, hearty, and satisfying Salisbury steak! Well, except excessive sodium, and sugar, and preservatives, and trans-fats, and things I can't pronounce. Trust me, both your body and your taste buds will be better off with this version.

1. Place all the steak ingredients, except the coconut oil, in a medium bowl and mix gently to combine.
2. Form 4 large oval patties, about 1-inch thick.
3. Heat the coconut oil in a large nonstick skillet over medium-high heat and add the patties.
4. Cook until browned and caramelized, about 6 minutes per side.
5. Remove the patties to a platter and keep warm by tenting with foil.
6. Make the gravy. Add the mushrooms to the pan. Season with salt and pepper and cook until tender, about 5 minutes.
7. Add the beef broth and coconut milk to pan.
8. Add the coconut flour and stir. Bring to a boil.
9. Add the arrowroot slurry and stir until thick, about 1 minute. Remove gravy from heat.
10. Serve Salisbury steaks with mushroom gravy ladled over the top!

# Slow-Cooker BBQ Beef

Makes 4 to 6 servings

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## Beef

3-5 lbs (1,350-2,250 g) beef  
chuck roast (US Wellness  
Meats)

## Sauce

1 15-oz (420 g) can tomato  
sauce

1 6-oz (168 g) can tomato  
paste

3 TBSP raw honey

2 TBSP raw apple cider  
vinegar

2 tsp sea salt

½ medium yellow onion,  
diced

3 garlic cloves, minced

1 tsp paprika

½ tsp smoked paprika

1 TBSP coconut aminos

1 tsp Liquid Smoke (see  
"Resources")

1 tsp oregano

⅛ tsp cayenne

Freshly ground black pepper  
to taste

## Add Ons

Shredded lettuce

Red onion, diced

Chopped dill pickles (see  
"Resources")

Nothing goes together quite like a grass-fed beef roast, a slow cooker, and homemade barbecue sauce! I like to take shortcuts in the kitchen, so I don't usually brown the roast before placing it in the slow cooker, but feel free to add that step if it goes against your culinary sensibility to do otherwise. I won't be offended—I promise!

1. Place the roast in a large slow cooker.
2. Place all the sauce ingredients in a medium bowl and stir well to combine. Pour the sauce over the roast. Cover and cook on low 6-8 hours or until meat falls apart easily.
3. Shred beef in the pot using two forks. Serve over cooked spaghetti squash and top with diced red onions and chopped pickles!

*Make  
& Freeze*

#### ROULADE

- 2 pounds flank steak
- Sea salt to taste
- Freshly ground black pepper to taste
- 4 strips bacon, cooked but not crispy, chopped
- 2 cups loosely packed spinach leaves, chopped
- 1/3 cup chopped sundried tomatoes
- 1 cup chopped white button mushrooms (7 or 8 whole mushrooms)
- Butcher's twine

#### FOR SERVING DAY

- 5 cloves garlic, minced
- 2 TBSP coconut oil

*Serves 4*

# Garlic Topped Flank Steak Roulade

This elegant yet simple recipe was featured on the US Wellness Meats website when I was lucky enough to have been selected as one of their featured chefs, which means that this steak is sort of a celebrity. You can make this star-studded meal anytime if you make it ahead. And while this tasty flank steak looks challenging, the steps are quite simple—and it will have your guests thinking that you're a culinary rock star!

#### Prep Day:

1. Pound the flank steak with a meat mallet to an even 1/8-inch-thickness. Doing so will give you more surface area to work with when rolling the steak.
2. Lay the steak out flat, and season both sides with sea salt and pepper. Layer chopped bacon, spinach, sundried tomatoes, and mushrooms evenly over the steak.
3. Roll the steak tightly into a log (roulade), and tie it in 3 places with butcher's twine.
4. Wrap the steak in plastic wrap, seal it in a freezer bag, and freeze until needed.

#### Serving Day:

1. Thaw the roulade in the refrigerator overnight.
2. When ready to cook, preheat your oven to 425°F.
3. In a large, oven-proof skillet over medium-high heat, melt the coconut oil.
4. Place the roulade in the skillet, and sear the steak until brown on all sides, 2-3 minutes total.
5. Remove the skillet from the heat, and sprinkle the minced garlic all over the roulade.
6. Place the skillet in the hot oven for 10-15 minutes or until the meat is cooked but still pink in the center.
7. Remove the skillet from the oven, and let the meat rest for 10 minutes.
8. Remove the twine, slice the roulade into pinwheels, and serve.

*Make & Freeze*

#### BEEF INGREDIENTS

- 2 TBSP coconut oil
- 1/3 cup chopped yellow onion
- 1 1/2 pounds ground beef
- 2 cloves garlic, minced
- Sea salt to taste
- Freshly ground black pepper to taste

#### SAUCE INGREDIENTS

- 1 TBSP coconut oil
- 8 ounces white button mushrooms, sliced
- 1 cup chicken broth
- Sea salt to taste
- Freshly ground black pepper to taste
- 1 TBSP arrowroot starch
- 3/4 cup coconut milk

#### ADD-INS

- 1 pound frozen green beans
- 1 cup pearl onions (outer skins removed)

#### FOR SERVING DAY

- 3 TBSP coconut oil
- 3 large shallots, thinly sliced

*Serves 4*

# Creamy Beef & Green Bean Casserole with Pearl Onions

This casserole brings back memories not only of Thanksgiving green bean casserole, but also of a lovely little dish that my mom used to make called Tater Tot Casserole. Remember it? I know that many of you do! It had tater tots, canned mushroom soup, and ground beef and was the only way my mom could get me to eat green beans! I was not a veggie lover as a kid. I was an “earth-toned eater,” my parents used to say. Since then, I’ve gotten over my veggie-phobia and created this gussied-up version of the classic with the addition of pearl onions and fried shallots, making it a modern-day comfort food. The crispy shallots really make this dish, so be sure to cook plenty!

## Prep Day:

1. In a large skillet over medium heat, melt 2 TBSP coconut oil.
2. Add the onion, and sauté until softened, about 3 minutes.
3. Add the ground beef, garlic, sea salt, and pepper. Brown the beef, stirring occasionally, for 6 minutes.
4. Transfer the beef mixture to a large bowl, and set it aside.
5. To make the sauce, add 1 TBSP coconut oil to the same skillet.
6. Add the mushrooms, and cook them until they are browned and the liquid has evaporated, about 8 minutes, stirring occasionally.
7. Turn up the heat to medium-high, and slowly whisk in the chicken broth, making sure to scrape the delectable brown bits off the bottom of the pan.
8. Add sea salt and pepper, and bring the mixture to a simmer for 1 minute.
9. In a small bowl, whisk the arrowroot starch into the coconut milk. Slowly add this mixture to the simmering broth, whisking as you pour it in.
10. Bring the liquid just to a simmer, and remove the pan from the heat.
11. In the large bowl with the beef, add the sauce, green beans, and pearl onions. Stir to combine.
12. Place the entire mixture in a 2-quart casserole dish, cover it, and refrigerate it to let it cool completely.
13. Once cooled, seal the dish with a lid or plastic wrap. If using plastic wrap, also cover it with foil, and freeze until needed.

## Serving Day:

1. Thaw the casserole in the refrigerator overnight.
2. When ready to cook, preheat your oven to 350°F.
3. Remove the plastic lid or wrap and foil, and re-cover the dish with a fresh piece of foil. Bake for 45-55 minutes or until bubbly.
4. Meanwhile, in a large skillet, heat 3 TBSP coconut oil over medium heat.
5. Add the shallots to the skillet, stirring to coat them in the oil. Cook without stirring until they start to turn golden brown, about 3-4 minutes.
6. Stir the shallots, and continue to cook, stirring occasionally, until all the pieces are golden brown. Transfer the shallots to a paper towel-lined plate, and sprinkle them with sea salt.
7. Spread the crispy shallots evenly over the top of the casserole, and serve.

