

Appetizers/Garnishes Recipes

Asparagus Guacamole

Looking for a healthy, good tasting salsa or guacamole replacement? Look no further. Try this with the BBQ ridges or the salt & vinegar ridges. It is also a great meat and vegetable dip. Would be wonderful with marinated, chicken or beef skewers. Delightful, with a zing.

12 spears cooked asparagus chopped
1 can chopped green chilies
1/2 can jalapenos
1/2 C. onion (sweet)
dash nutmeg
1-2 cloves garlic
2 tsp olive oil
1/2 lemon squeezed
salt & pepper to taste

Blend or puree to desired consistency

Ideal Protein Pizza

Preheat oven to 400 degrees

For the crust: Use one packet of the Ideal Protein Crepe Mixture. Mix as normal. Use non-stick cooking spray in a non-stick small omelette pan. Pour crepe mixture in. Cover. When it looks ready to turn, spray some nonstick cooking spray on your spatula and flip. Cook the crepe until it is done.

Toppings Ideas:

5 ounces of a lean meat (such as lean hamburger, lean ham, etc). (you would then just count this as your dinner and your snack since you are using a product and your lean meat).

You could add chipotle seasoning to make a taco pizza.

Vegetables: saute 2 cups of approved vegetables in grapeseed oil (such as green peppers, mushrooms and garlic).

You could also use salsa (count towards your occasional vegetables) and/or the asparagus guacamole.

Place your crepe on a baking sheet and add the Walden Farms Marinara sauce to the crepe and add your meat and vegetables. Cook for about 10 minutes.

Crispy Kale Snacks

Makes 4 servings (serving size: 1/4 of kale snacks). You would count this towards your select vegetable consumption for the day.

1 (8 1/2 ounce) bunch kale
olive oil flavored cooking spray
1/2 teaspoon no salt added lemon pepper seasoning
1/2 teaspoon sea salt

1. Preheat stove to 350.
2. Remove and discard stems from the kale and tear leaves into large pieces.
3. Wash kale and spin dry and drain.
4. Arrange kale on a large baking sheet coated with cooking spray; coat kale with cooking spray.
5. Place pan on bottom oven rack and immediately reduce oven temperature to 300. Bake for 20 minutes or until kale is crisp and dark green. Do not overcook or the leaves will turn brown.
6. Transfer kale to a large plate lined with paper towels. Sprinkle with lemon pepper and salt.

Crackers

1 packet of Ideal Protein plain crepe mix

1. Mix plain crepe mix with water so it is thick and spread on a cookie sheet.
2. Add sea salt, garlic and other herbs and seasonings (dill weed, pepper, etc) on crackers.
3. Bake at 350 until brown and crisp.

Eggplant Dip

Serves 2

1 medium eggplant (peeled and chopped)
1/2 poblano pepper
1 lemon (juiced)
1 tsp. sea salt (you can add more if you wish)
1 Tbsp. fresh oregano or 1 tsp dried oregano
2 Tbsp. olive oil
2 Tbsp. parsley
1/2 tsp. cumin powder
2 garlic cloves (minced)

1. In a large pan over medium heat, add 1 tbsp. of olive oil.
2. Add Eggplant and saute until starting to soften through (about 10 minutes).
3. Turn heat up to medium high. Add poblano pepper and garlic. Saute an additional 3 minutes.
4. Turn off the heat and let cool slightly.
5. Transfer to a food processor with remaining ingredients and pulse will until desired consistency is achieved.

Trisha's Bell Pepper Salsa

1 1/2 cups of quartered bell peppers (multiple colors are a great way to get a variety of antioxidants at one time)
Add fresh chopped jalapeno if desired
1/4 cup chopped red onion
1/4 cup loosely packed cilantro leaves
Splash of lime juice
Splash of cider vinegar
2 tsp olive or grape seed oil
1/2 tsp. cayenne pepper
1 tsp of garlic powder
Sea salt and pepper to taste.

Sear quartered peppers by broiling on high in the oven or by placing in a hot skillet until the skin is browned and the flesh of the pepper is soft. Chop peppers into 1/4 inch diced size. Combine with the rest of the ingredients and let stand for at least 30 minutes prior to serving. This would be wonderful in salads, chicken or would be a great condiment for grilled fish tacos wrapped in a lettuce leaf.

Mary's Tomatillo Salsa

8 servings

1 28 oz. can of tomatillos (Drained)

1 medium onion

1 handful of cilantro (to taste)

Juice of 1 lemon

Juice of 2 limes

3 cloves of garlic (or to taste)

2 Tbsp white vinegar

1 tsp. cumin

2 - 3 tsp. sea salt (to taste)

1 tsp pepper

2-3 jalapeno chopped (or to taste)

Mix all of the above together and refrigerate.

Spinach Stuffed Mushrooms

Serves 8

1 cup steamed spinach

8 large whole fresh white button mushrooms

1 bunch of green onions, finely chopped

3 tsp butter flavored grape seed oil

1/4 tsp. nutmeg

salt and pepper to taste

Spray baking pan with Pam. Preheat oven to 350. Place chopped spinach and rinse in strainer and press out water. Wash mushrooms and chop stems and set aside caps. Saute mushrooms and green onions in the 3 tsp of grape seed oil. Add spinach and cook for 1 minute. Mix well until all moisture is evaporated. Add nutmeg, salt and pepper. Fill caps with spinach mix. Place in baking dish sprayed with Pam. Add 1/4 c. water and bake for 20 minutes.

Stuffed Chili Peppers

1 Ideal Protein portion

2 cups of celery, green peppers and mushrooms chopped coarsely or finely, as you prefer

1 Ideal Protein Vegetable Chili packet

Sea Salt

Seasonings of your choice

1 large fresh green pepper

Drizzle a little grapeseed oil in a stir fry pan. Add chunks of celery, green pepper and mushrooms and stir fry until "al dente". Season with sea salt and your favorite seasonings.

Meanwhile, cook the vegetable chili as directed on packet. When both are cooked to perfection, mix them together. Cut the top off of a green pepper, clean out and stuff it with the mixture. Put the bell pepper in oven at 350 and bake for about 25 min.

Egg & Mushroom Cups

1/2 cup egg whites

1 whole egg

1 3/4 cup mushrooms

1/4 cup green onions

1/4 tsp sea salt

1 tsp of Grapeseed Oil

dash of black pepper

Mrs. Dash (ex. Garlic and Herb salt - MSG Free)

Heat oven to 350

Chop mushrooms and green onions and add to a pan with the Grapeseed oil. Cook covered on low until soft. Remove lid, turn up heat and cook until the water evaporates.

In a mixing bowl, combine egg whites and egg and beat. Add sea salt, pepper, and Mrs. Dash. Then add the cooked mushrooms and green onions to this mixture.

Spray a small muffin pan with a light spray of olive oil. Pour egg mixture into the muffin pan filling each cup about half way (should make about 5-6). Place muffin pan in oven and bake for about 30 min., or until egg is slightly browned on top and a toothpick comes out clean from the center.