

## Side Recipes

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### Turnip Fries

*Serves 3*

Take 4 turnips, peel and slice into "pinky" size strips. Toss with 2 tsp. olive oil and add seasonings you like (I like our Redmond's onion and garlic salts and pepper). Lay out on a baking sheet and bake at 400-425 until browned. They will not "crisp up" like regular fries but rather have a consistency like McDonald's fries.

### Grilled Zucchini

*(serves 6 people)*

6 medium zucchini  
3/4 teaspoon sea salt  
1/2 teaspoon black pepper  
1/4 c. extra virgin olive oil  
2 tablespoons fresh lemon juice  
2 teaspoons coarse ground mustard  
1/4 teaspoon splenda

Prepare the grill for indirect heat cooking over medium hot temperature. Trim zucchini and halve lengthwise and toss with salt, pepper and 2 tablespoons of olive oil in a large bowl. Oil the grill rack and grill the vegetables directly over the hottest part of the coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to area of the grill with no coals underneath and grill, covered, until tender about 4 minutes more. Transfer to a platter. While the vegetables are grilling, whisk together the lemon juice, mustard, sugar and remaining 2 tablespoons of olive oil in a small bowl and pour dressing over vegetables before serving.

## **Ratatouille**

Serves 6

Are you getting tired of your "old" vegetable dishes? Ratatouille is a GREAT way to get in a lot of vegetables, your olive oil as well as some great flavor. NOTE: This has Eggplant and Tomatoes, so you can only have this once a week as both of these vegetables are on the "Occasional Vegetable list".

Ingredients:

1/4 c. olive oil  
3 bell peppers, cut into one inch squares  
2 eggplants, cut into 1/2 inch cubes  
2 zucchini, cut into 1/2 inch cubes  
4 cloves garlic, minced or crushed  
2 pounds of tomatoes, chopped  
1 tablespoon minced fresh thyme  
salt and pepper to taste  
1/4 cup chopped fresh basil.

Heat olive oil in a heavy soup pot on medium heat. Chop the bell peppers and add them to the pot, stirring well. Chop the eggplants and add to the pot, stirring well to coat the eggplant with oil. At this point, the olive oil will have soaked into the eggplant, so you will need to stir often to keep things from burning until they soften some. Chop the zucchini and stir it in once the eggplant has softened a bit. Chop the garlic and add the vegetables, stirring well. Chop the tomatoes and add them. Mince the thyme and add it along with the salt and pepper to taste, Stir well and cook for two to three minutes. Turn down the heat and cover the pot. Simmer until everything is soft and well blended, about 40 minutes. Stir in basil and remove from heat.

You could also try layering your cooked vegetables in a casserole dish and baking it in your oven. Maybe also add some cut up chicken.

## **Brussel Sprouts with a Mustard Vinaigrette**

Serves 4

NOTE: Brussel sprouts are also on the "Occasional Vegetable" list.

Ingredients:

24 brussel sprouts, ends trimmed and cleaned  
2 tablespoons white vinegar  
8 teaspoons of olive oil  
1 tablespoon Dijon mustard  
1 teaspoon splenda  
3 tablespoons minced flat leaf parsley  
salt and pepper

Prepare a vinaigrette with the vinegar, olive oil, mustard, splenda and a pinch of salt and pepper.

Cook the brussel sprouts using your favorite method (grill, boil, etc.) If you don't have a favorite method, you can boil them in salt water for about 12 minutes.

Drain the sprouts and serve them in a salad bowl. Pour the vinaigrette on top and mix to coat. Let sit for 10 minutes and serve warm.

## **Roasted Garlic Lemon Broccoli**

Serves 6

2 heads of broccoli, separated into florets  
3 teaspoons of extra virgin olive oil  
1 teaspoon Redmond's Garlic salt  
1/2 teaspoon ground pepper  
1 clove of garlic, minced  
1/2 teaspoon of lemon juice

1. Preheat oven to 400 degrees.
2. In a large bowl, toss the broccoli with the olive oil, sea salt, pepper and garlic. Spread the broccoli out evenly on a baking sheet.
3. Bake in the oven until the florets are tender enough to pierce the stems with a fork, approximately 15 to 20 minutes. Transfer to a serving plate. Squeeze lemon juice over the broccoli before serving.

## **Chili Smothered Fries**

Serves 3

Cook 3 packages of Ideal Protein Chili as directed.

Take 4 turnips, peel and slice into "pinky" size strips. Toss with 2 tsp. olive oil and add seasonings you like (I like our Redmond's onion and garlic salts and pepper). Lay out on broiler sheet and bake at 400-425 until browned. They will not "crisp up" like regular fries but rather have a consistency like McDonald's fries.

Pour your chili over your turnips fries and enjoy!

## **Cauliflower "Popcorn"**

1 head of cauliflower, cut into small florets (1 1/2 cup precooked would be your serving)  
2-3 teaspoons of olive oil  
Sea Salt

Heat oven to 400 degrees. Roast, stirring once until golden brown. Weirdly addictive!!!  
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It may be good with a dash of curry powder too.

## **Roasted Turmeric Cauliflower and Broccoli**

Serves 2

1 1/2 cup broccoli florets  
1 1/2 cup cauliflower pieces  
3-4 tsp. grape seed oil  
Turmeric (to taste)  
Salt and pepper (to taste)

Take broccoli and cauliflower and toss in a bowl with turmeric, salt and pepper. Roast in oven at 474 for 10-15 minutes, turning once half way through cooking.

## **Seasoned Turnip Fries**

Yet, one more way to make turnip fries!! Great replacement for potatoes!

3 pounds turnips  
1 tablespoon grape seed oil  
1/2 package of crushed up Ideal Protein Southwest cheese puffs (crushed very fine)  
1 teaspoon garlic salt  
1 teaspoon paprika  
1 teaspoon onion powder

### **Directions**

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil and lightly grease.
2. Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the grape seed oil to coat. Place the crushed up Ideal Protein Southwest Cheese puffs, garlic salt, paprika, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
3. Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

## **Zucchini with Tomatoes**

2 medium zucchini, cut in to quarter rounds  
3/4 tsp salt  
4 tsp butter flavored grape seed oil (divided)  
2 medium tomatoes, chopped  
1-2 cloves garlic, minced  
1/2 tsp thyme  
1/2 tsp pepper

Mix cut zucchini with salt and let stand for one hour. Rinse and pat dry. Warm 2 tsp of butter flavored grape seed oil in a skillet and saute zucchini until golden. Remove and set aside. Take the other 2 tsp of grape seed oil and put in pan. Add tomatoes and raise heat and cook for a few minutes until liquid is absorbed. Add zucchini, garlic, thyme and pepper. Saute 1 more minute.

## **Summer Vegetable Saute**

Serves 4

- 1 Tbsp. Wildtree Roasted Garlic grapeseed oil
- 1 zucchini, thinly sliced
- 1 red bell pepper, sliced
- 1 cup whole mushrooms
- 1 1/2 Tbsp Wildtree Rancher Steak Rub

In a large skillet, heat garlic oil over medium-high heat. Add the vegetables and sprinkle with steak rub. Saute for 5 minutes or until vegetables are tender.

## **Turnips on the Grill**

Chunk up 1 1/2 cups of turnips.

Place chunked turnips in middle of foil.

Drizzle with olive oil.

Sprinkle with salt, garlic powder, onion salt and any spices you like.

Fold up foil to make it a pocket, don't seal it tight or they get mushy.

Throw on the grill for 20 to 30 minutes.

Tastes just like mashed potatoes!

## **Roasted Broccoli**

Serves 4

- 1 head of broccoli
- 2 tablespoons of Wildtree Natural Grapeseed Oil
- 1 tablespoon Wildtree Lemon Pepper Blend

Preheat oven to 450 degrees. Cut broccoli into small florets. In a medium bowl, mix together the Grapeseed Oil and Lemon Pepper Blend until combined. Add in the broccoli florets and toss to coat. Place the broccoli on a baking sheet on the bottom rack of the oven. Roast for 6-8 minutes or until the broccoli has softened and has lightly browned. Let stand for 5 minutes before serving.

## **Summer Vegetable Saute**

- 1 tablespoon Wildtree Roasted Garlic Grapeseed oil
- 1 zucchini, thinly sliced
- 1 red bell pepper, sliced
- 1 1/2 tablespoons Wildtree Rancher Steak Rub

In a large skillet, heat garlic oil over medium-high heat. Add the vegetables and sprinkle with steak rub. Saute for 5 minutes or until vegetables are tender.

## **Rutabaga Fries**

2 Rutabagas

2 tsp Wildtree Garlic Grapeseed Oil

1/2 tsp Wildtree Homefries Seasoning

Slice rutabagas in a food processor, toss with Grapeseed oil and homefries seasoning. Bake @ 425 for 12-20 min. Cook until they start to brown, turn over once or twice.