

WEEK 5

RECIPES

BREAKFAST

Smoked Salmon Breakfast Sandwich

4 open face sandwiches

16 ounces smoked salmon, flaked
4 slices sprouted grain bread,
toasted

1 cup arugula

2 radishes, sliced thin

Coarse sea salt

Chive cream cheese

½ cup cream cheese

4 tablespoons fresh chives, minced

Fresh ground black pepper to taste

Sweet Potato Pancakes

12 silver dollar pancakes

1 cup mashed sweet potato

3 eggs

1 tablespoon grass-fed butter

1 teaspoon ground cinnamon

½ teaspoon ground ginger

- In a small bowl combine cream cheese with chives and pepper.
- Smear toast with cream cheese and top with arugula, radishes and smoked salmon.

- In a medium bowl whisk together the sweet potato and eggs until smooth. Add seasonings.
- In a large pan or skillet heat butter over medium-low heat.
- Spoon the batter onto the skillet and cook for 3-5 minutes.
- Flip each cake and cook for an additional 3-5 minutes, until cooked through and lightly golden on the outside.
- Enjoy with maple syrup or nut butter of your choice.

LUNCH

Warm Spring Salad with Poached Eggs

serves 4

8 slices bacon, cooked
8 ounces spinach
1 cup fresh peas
8 stalks of asparagus, chopped
2 tablespoons chives, chopped
2 teaspoons apple cider vinegar
Juice from 1 lemon
2 garlic cloves, crushed
4 tablespoons feta cheese, crumbled
4 eggs, poached
Salt and pepper to taste

Chili with Sprouted Millet

serves 4

kidney beans, sprouted
2 teaspoons chili powder
½ teaspoon cumin
½ teaspoon paprika
½ teaspoon coriander
1 can crushed tomatoes
3 teaspoons sea salt, divided
1 yellow onion, diced
3 medium carrots, diced
1 red bell pepper, diced
2 medium zucchinis, diced
3 fresh, large tomatoes
6 cloves of garlic, minced
6 cups chicken stock, divided
2 cups millet, sprouted

- In a small bowl, whisk together vinegar, lemon juice, garlic, salt and pepper and set aside.
- In a medium pot boil 1 inch of water. Using a steamer basket, lower asparagus into pot and steam until tender, about 5 minutes.
- In a large bowl, combine spinach, peas, feta and chives. Toss with the dressing and divide among serving plates
- Top salad with slices of bacon and egg.

- In a pressure cooker, combine kidney beans, chili powder, cumin, paprika, coriander, crushed tomatoes, onions 2 teaspoons salt and 1 quart of chicken stock. Bring to pressure and maintain at pressure for 6 minutes.
- In a medium pot combine millet, 2 cups of chicken stock and 1 teaspoon salt. Cook for about 12 minutes.
- Release pressure and add carrots, bell pepper, zucchini, and tomatoes, cook until carrots are tender, about 5 minutes.
- Add garlic.
- Serve chili topped with millet.

DINNER

Sirloin with Tamari Ginger Broth

serves 4

bunch radishes, chopped into eighths
Radish greens, coarsely chopped
3 tablespoons tamari
3 tablespoons oyster sauce
2 inch knob of ginger, grated and peeled
Freshly ground pepper
1 pound sirloin steak (about 1 1/2 inches thick)
1 tablespoon grass-fed butter
2 tablespoons unseasoned rice vinegar
3 cups broth
2 small sweet potatoes, peeled and cut into 1/4-inch-thick rounds
1 bunch scallions, white and green parts separated, cut into 1/2 -inch pieces
Toasted sesame oil, for drizzling

- Mix tamari with 2 tablespoons oyster sauce, 2 teaspoons ginger and 1/2 teaspoon pepper in a bowl, then spread over the steak.
- In a large grill pan or skillet, melt the butter then cook the steak about 5 minutes per side for medium rare. Transfer to a cutting board and let rest 5 minutes, then thinly slice.
- Meanwhile, bring the remaining, 1 tablespoon oyster sauce and 3 teaspoons ginger, the vinegar and broth to a simmer in a saucepan.
- Add the sweet potatoes, radish wedges and scallion whites and cook, covered, stirring occasionally, until just tender, about 10 minutes.
- Add the radish and scallion greens and cook until crisp-tender, about 5 minutes. Divide the vegetables, broth and steak among shallow bowls.
- Drizzle with sesame oil.

DINNER

Cocnut Braised Chicken

serves 4

1 tablespoon coconut oil
4 chicken thighs and legs
kosher salt
freshly ground black pepper
1 can coconut milk
1 medium spaghetti squash
2 large cups kale, roughly chopped

- Cook the squash. Cut the squash in half, lengthwise and remove seeds. Place face down on a lightly greased baking sheet and roast until tender, about 35 minutes in a 350 degree oven.
- Season chicken with salt and pepper.
- In a large pan heat coconut oil and cook chicken until both sides are crisp and browned, about 4 minutes per side.
- Add the coconut milk to the pan and cover. Allow to simmer until chicken is cooked through, about 25 minutes.
- Add kale to the pan until leaves are wilted, about 3 minutes.
- Using a fork, scrape the flesh from the squash shell and divide among individual plate topped with chicken.