

POST DETOX & BEYOND ~ Breakfast Recipes

Chicken Omelet

15 min 5 min prep: Makes 2 Servings

3-4 eggs

1/4 cup diced red onions

1/4 cup mushrooms

4 ounces diced cooked chicken

1/4 cup of chopped spinach

1/4 cup chopped asparagus

1/2 cup shredded organic cheese (optional)

Butter for cooking

1. Coat a skillet with butter. On med. heat add Onions and cook until tender. Add Mushrooms, Chicken, Spinach and/c Asparagus. Next add eggs over the vegetables and reduce heat to low.
2. Last add the cheese. Cover your skillet and cook Omelet until set. Salt and Pepper to taste.
3. Fold Omelet in half and serve.

Wild Rice Frittata

35 min 10 min prep: Makes 6 Servings

1 tablespoon butter

1 small green pepper, chopped

1 small red pepper, chopped

1 medium onion, chopped

6 eggs, beaten

1/4 Cup almond or rice milk

1 cup cooked wild rice

1/2 cup shredded organic swiss cheese, (optional)

1. Melt butter in 10-inch nonstick skillet over medium heat.
2. Cook peppers and onion in butter, stirring frequently, until vegetables are crisp-tender.
3. Mix eggs, milk, wild rice and 1/2 cup of the cheese. Pour egg mixture over vegetables; reduce heat.
4. Cover and cook 15-20 minutes or until eggs are set; remove from heat.
5. Sprinkle with remaining 1/2 cup cheese. Cover and let stand 5 minutes or until cheese is melted.

Florentine Frittata

10 min 10 min prep

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry

4 large eggs

4 large egg whites

2 green onions, thinly sliced

1/4 cup crumbled feta cheese

3/4 cup shredded mozzarella cheese (3 ounces)

Sea salt

1 tablespoon butter

1 cup cherry tomatoes or grape tomatoes or seeded tomatoes

1. Preheat broiler. In large bowl, with fork, mix spinach, eggs, egg whites, green onions, feta, 1/2 cup mozzarella, and teaspoon salt until well blended.
2. In broiler-safe nonstick 10-inch skillet, heat butter over medium heat. Pour egg mixture into skillet; arrange tomatoes top, pushing some down. Cover skillet and cook frittata 5 to 6 minutes or until egg mixture is just set around edge.
3. Place skillet in broiler 5 to 6 inches from source of heat and broil frittata 4 to 5 minutes or until just set in center. Sprinkle with remaining 1/4 cup mozzarella; broil about 1 minute longer or until cheese melts.
4. To serve, loosen frittata from skillet. Leave frittata in skillet or slide onto warm platter; cut into wedges.

Main Course Recipes

Turkey Chili

20 min 15 min prep: Makes 8 Servings

- 1 large onion, peeled and quartered
- 3-4 celery ribs, cut into large pieces
- 1 (3 ounce) can green chilies
- 1-2 garlic clove, peeled
- 4 cups chicken stock
- 2-4 lbs cooked turkey
- 1 teaspoon dried lemon peel (or lemon zest)
- 1-2 teaspoon ground ginger
- 4 tablespoons chili powder
- 2 tablespoons cumin
- 2 tablespoons dried oregano
- 2 cups corn
- 2 (15 ounce) cans great northern beans, drained
- 1/3 cup arrowroot
- 1/4 cup vinegar

1. Place onions, celery, chilies, garlic in bowl of food processor. Process until everything is in small chunks. Pour veggies into soup pot with stock; bring to a boil. Turn heat to medium. Place turkey in processor and grind to chunks. Add to pot. Add lemon peel thru oregano and simmer. Place corn in processor with a little cooking liquid and process. Pour into pot; add beans. sprinkle in half of arrowroot to pot and stir until desired thickness. Add a splash of vinegar.

Spinach Cashew Stir Fry

30 min 15 min prep: Makes 4 Servings

- 2 cups chopped spinach (fresh)
- 1 1/2 cups chopped portabello mushrooms
- 1/4 cup chopped fresh basil
- 1/2 cup chopped onions
- 2 cloves garlic (crushed)
- 1/3 cup chopped raw cashews
- 2 tablespoons Bragg's amino acid or soy sauce
- 2 tablespoons butter
- salt and pepper

1. In a large frying pan, place the butter and the onions, and cook on medium heat until translucent
2. Add garlic, basil, salt and pepper Cook 2 minutes Add remaining ingredients; cook 5-10 minutes Serve with rice

Spice Rubbed Bison

15 min 5 min prep: 4 Servings

- 1 whole chipotle chile in adobo, seeded or 1 teaspoon ground dried chipotles
- 1 teaspoon black peppercorns, freshly ground
- 1/2 teaspoon allspice, ground
- 2 teaspoons red chili powder
- 2 teaspoons cumin seeds, toasted and ground
- 2 teaspoons coriander seeds, toasted and ground
- 1/4 cup paprika
- 1 tablespoon salt
- 4 (8 ounce) bison tenderloin fillets

1. Combine spices and set aside. Heat grill pan or grill to medium-high heat.
2. Place spice on a pie pan or large flat plate and dip both sides of each steak into mixture and shake off excess.
3. Place steak on grill or grill pan and lower heat if using a grill pan or the spices will burn.
4. Grill for 4-5 minutes each side. Remove from grill and let rest a couple of minutes before serving.