

# Healthy Recipes for SP Cleanse

## **Baked Eggplant**

This is one of my favorite. You won't believe how good it is because it is so simple!!!

- Eggplant- Peeled and sliced into ½' thick circles
- Olive Oil
- Herbamare (Salt and Pepper will do if you don't have Herbamare)

Brush the eggplant circles with olive oil and sprinkle with Herbamare. Put in toaster oven for 30 min at 350. Enjoy!!!

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## **Wild Rice extravaganza**

This is another fast and easy one to make. It makes a lot so you will have plenty leftover to have for lunch the next day. I use the wild rice from Traders Joe's. It comes already cooked so it cuts down on the prep time. You definitely could use raw wild rice but just know that can take over an hour to cook.

- ½ onion chopped
- 2 fresh garlic cloves minced
- 1 tomato chopped
- Fresh mushrooms sliced (I like portabellas because they are meaty)
- Butter

Sauté onion and garlic in butter until tender add in the mushrooms and tomato and cook for an additional 2 minutes. Add in wild rice, cover and let it heat through.

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## **Mock Steak and Potatoes**

Brush portabella caps with olive oil and sprinkle with Herbamare. Put in toaster oven and bake for 25 mins. Meanwhile steam cauliflower until tender. Mash with butter and Herbamare. Voila you have my version of steak and potatoes.

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## Herb Salmon

- 4 salmon fillets, about 6oz each
- 4 Tbs. fresh lemon juice
- Celtic Sea Salt ® and ground pepper
- ½ cup Dijon mustard
- 1 tsp. extra-virgin olive oil
- 3 Tbs. chopped fresh dill
- 3 Tbs. chopped fresh basil

Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan and drizzle 2 Tbs. of lemon juice over the top. Season with salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 Tbs lemon juice, oil, dill and basil. Spoon the sauce over the salmon and serve immediately.

## Fresh Spring Rolls

- 2 romaine leaves, stems removed and cut in half lengthwise or 4 raw spring roll wraps
- 12 whole basil leaves
- 12 whole spearmint leaves
- 40 bean sprouts
- ½ avocado or meat of 1 young Thai coconut cut into thins strips
- ½ lb sunflower greens

Place the romaine halves on a cutting board. Close on end of each leaf. Place 4 basil leaves, 4 spearmint leaves, 10 bean sprouts, ¼ of avocado, and ¼ of the greens. Roll up the ingredients and place a toothpick through the middle to hold it together. Place the rolls upright on a plate. Enjoy!

## Kale Chips

- 1 bunch of kale
- 1 Tbsp olive oil
- 1 tsp Celtic Sea Salt
- 1 tsp cayenne pepper

Preheat oven to 350. line a non-insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with salad spinner. Drizzle kale with olive oil and sprinkle with Celtic Sea Salt. Bake until the edges are brown but are not burnt, 10-15 minutes.

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## Raw Kale Salad

- 1 head of curly kale, shredded
- 1 cup of tomato, chopped
- ½ avocado
- 1-2 Tbs olive oil

## Primavera Vegetable

- 2 med zucchini, sliced
- 2 stalks celery, diagonally sliced
- 1 red pepper, seeded and cut into strips
- 1 yellow pepper, seeded and cut into strips
- ½ green pepper, seeded and cut into strips
- 1 ½ cup broccoli florets, fresh or frozen
- 2 Tbs olive oil
- 3-4 cloves of garlic, sliced
- ¾ cup fresh basil leaves
- 1 cup flat leaf Italian parsley
- 2 large tomatoes
- Salt and pepper to taste

Prepare all vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry for 1-2 minutes. Add zucchini, celery, and broccoli while constantly stirring just until vegetables soften approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper, and entire can of tomatoes. Cover and reduce heat to medium high for 23 minutes. Remove from heat. Serve as a side dish or on top of fish, chicken, or cooked shredded spaghetti squash.

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## Chicken Cacciatore

- ½ cup plus 2 Tbs. extra olive oil
- 2 garlic cloves, pressed
- 2 Tbs. balsamic vinegar
- 1 ½ Tbs Worcestershire sauce
- 1 tsp crushed red pepper flakes
- 3 tsp. fresh rosemary, 5 sprigs
- 4 large portabella mushroom caps, wiped clean
- 1 ½ lbs boneless, skinless chicken breasts
- Coarse black pepper
- Kosher salt
- 2 thinly sliced seeded Italian light green peppers
- 1 medium red onion, thinly sliced
- 2 large diced tomatoes
- Handful of flat-leaf parsley, chopped

Heat a grill pan or outdoor grill to high heat. You can also use a heavy bottom pan on the stove for both chicken and mushrooms. In a large bowl, combine balsamic vinegar, Worcestershire, crushed red pepper flakes, rosemary then whisk in about ½ cup extra virgin olive oil. Run the mushroom through the marinade and coat evenly. Let sit for 2-3 minutes. Season 1 side of the chicken with salt and pepper only. Season the cap of mushroom with pepper only until done grilling then add salt. Place both mushroom and chicken season side down. Place a heavy skillet on the mushroom caps to cook quickly, approx. 3-4 minutes per side until dark, tender, and well marked. While chicken and mushrooms cook, add 1 Tbs olive oil into a hot skillet and add garlic, pepper and onions to skillet and season with salt and pepper. Cook and toss frequently for approx./ 7-8 minutes. Remove from heat. Thinly slice mushrooms and chicken and arrange on platter. Cover with the sauce mixture and serve.

## Creamy Red Pepper Soup

- 1 red pepper
- 1 cup warm water
- ½ large avocado
- 5 baby carrots
- ¼ cup hemp seeds
- 1 tsp onion, chopped
- ½ tsp garlic, chopped
- 1 tsp raw honey
- ½ tsp jalapeno pepper
- ½ tsp celtic sea salt

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Blend all ingredients together for about 5-10 minutes until thick, smooth, and slightly warm.

## Vegetable Soup

- 1 cucumber
- 1 cup young coconut water
- ½ bell pepper
- ½ avocado
- 2 celery stalks
- 3 green onions
- 2 large chard leaves
- 1 tomato
- Juice from a lime
- Small combination of herbs
- Small portion of Dulse seaweed (optional)

In a blender combine the coconut water, ½ cucumber, avocado, celery, chard, one green onion, lime juice, cayenne pepper to taste and seaweed. Blend on high. Next add the bell pepper, the rest of the cucumber, 2 remaining green onion, and the herbs. Pulse until herbs are chopped up. Garnish soup with avocado tomato, green onion, fresh herbs and bell pepper.

- Juice from ½ lemon
- Celtic sea salt
- 1/8 tsp cayenne pepper

In a mixing bowl, toss all ingredients together. Mash everything together with hand to create marinated/wilted effect on kale. Serve.

## Vinaigrette Coleslaw

- 3 Tbs apple cider vinegar
- 2 Tbs stevia
- 2 Tbs olive oil
- ½ tsp celery seeds
- ¼ tsp dry mustard
- ¼ tsp sea salt
- 1/8 tsp pepper
- 3 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 cup shredded carrots
- ¼ cup thinly sliced green onions

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For vinaigrette, in a screw top jar combine vinegar, stevia, oil, celery seeds, mustard, salt and pepper. Cover; shake well. In a large bowl combine cabbages, carrots, and green onions. Pour vinaigrette over cage mixture. Toss lightly to coat. Cover and chill for 2-24 hrs.