

Meal Ideas and Recipes

Salads

Beet and Orange Salad with Citrus Vinaigrette

- 1 Tbsp. lemon juice
- 2 tsp. balsamic vinegar
- ½ tsp. salt
- Freshly ground black pepper
- 1 Tbsp. extra-virgin olive oil
- 4 medium beets, stems trimmed to 1 inch
- 1 large navel orange
- 8 large Boston lettuce leaves
- 1-2 Tbsp. diced red onion
- ¼ cup orange juice

Arrange beets in one layer in steamer. Cover tightly and set pot over high heat. When water boils, reduce heat and simmer beets 45 minutes. Transfer beets to plate and let cool just enough to handle. Cut tops and root tip off beets. With your fingers, pull and slide off beet skin. Cut each beet crosswise into 6 slices. Grate 2 teaspoons zest from orange and set aside. Cut off top and bottom of orange. Setting orange on one of its cut sides on your work surface, slice off peel in strips, letting knife follow the curve of the fruit. Cut orange crosswise into 8 slices.

To assemble, line 4 salad plates with lettuce. On each plate, arrange 6 beet slices and 2 orange slices on top of lettuce. Sprinkle each with one-fourth of onions.

For dressing: In a small bowl, whisk together orange and lemon juices, vinegar, salt and pepper until salt dissolves. Whisk in oil and add zest. Spoon dressing over the salad. Serve immediately.

Green Bean Salad

- 2 ¼ cup of green beans, cut in 2-inch pieces
- 2 ½ tsp. fresh lemon juice
- ½ tsp. fresh mint, minced
- 2 tsp. olive oil
- ½ tsp. dried dill

- 1 cup of celery, sliced diagonally in ¼-inch pieces
- Sea salt
- Freshly ground pepper
- 2 tsp. fresh parsley, chopped
- 1 ripe tomato, cut in wedges

Steam-cook green beans until crisp-tender. Run them under cold water to stop the cooking process; set aside. Combine lemon juice and mint; reserve. In a large skillet heat olive oil and stir-cook dill for 20 seconds. Add green beans, celery, and salt and pepper to taste; sauté for 2 minutes. Transfer vegetables to a bowl, stir in the lemon/mint mixture and parsley; refrigerate. Before serving, garnish with tomato wedges.

Salad Accents

Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add zing to your greens.

Garlic Flax Oil Dressing

- 2 cloves of organic garlic
- ⅛ tsp. Celtic Sea Salt®
- Juice from half of a freshly squeezed lemon
- ⅓ cup flax oil

Mash garlic cloves with Celtic Sea Salt®. Squeeze lemon juice into the mixture. Taste—if needed, add more salt, garlic, or juice. Add flax oil. Mix all ingredients together and pour over salad.

Apple Cider Vinaigrette

- 3 Tbs. organic apple cider vinegar
- ½ cup extra-virgin olive oil
- ¼ tsp. Celtic Sea Salt®
- 1 tsp. oregano
- ⅛ tsp. freshly ground pepper

Mix all ingredients together and refrigerate in a sealed container. Let dressing sit out for a few minutes before using.

Vinaigrette Dressing

- $\frac{2}{3}$ cup olive or flax oil
- 1 Tbs. Dijon mustard
- $\frac{1}{4}$ cup balsamic vinegar or lemon juice
- 1 clove garlic, minced
- $\frac{1}{4}$ cup water
- Herbs to taste

Seasonings

The Standard Process Purification and Post-Purification Programs were designed so you are able to taste food in its natural state. If you choose to incorporate seasonings, use only fresh organic herbs and spices.

Soups

Creamy Red Pepper Soup

- 1 red pepper
- 1 cup warm water
- $\frac{1}{2}$ large avocado
- 5 baby carrots
- $\frac{1}{4}$ cup hemp seeds
- 1 tsp. onion, chopped
- $\frac{1}{2}$ tsp. garlic, chopped
- 1 tsp. raw honey
- $\frac{1}{2}$ tsp. jalapeño pepper
- $\frac{1}{2}$ tsp. Celtic Sea Salt[®]

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

Vegetable Soup

- 1 cucumber
- 1 young coconut water
- $\frac{1}{2}$ bell pepper
- $\frac{1}{2}$ avocado
- 2 celery ribs

- 3 green onions
- 2 large chard leaves (or 4 small)
- Juice from 1 lime
- Small combination of herbs
(suggestions include cilantro, mint, and rosemary)
- Small portion of Dulse seaweed (optional)

In a blender combine the coconut water, 1/2 cucumber, avocado, celery, chard leaves, one green onion, lime juice, cayenne pepper, and seaweed. Blend on high. Next add the bell pepper, the rest of the cucumber, two remaining green onions, and the herbs. Pulse until herbs are chopped up. Garnish the soup with avocado, tomato, green onion, fresh herbs, and bell pepper.

Lentil Soup

- 1 onion, chopped
- ¼ cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 tsp. dried oregano
- 1 bay leaf
- 1 tsp. dried basil
- 1 (14.5-ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- ½ cup spinach, rinsed
and thinly sliced
- 2 Tbs. vinegar
- Celtic Sea Salt[®] and ground black pepper to taste

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with Celtic Sea Salt[®] and pepper, and more vinegar if desired.

Entrees

Herb Salmon

- 4 salmon fillets, about 6 oz. 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 tablespoons 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 Tbsp. 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 thin strips (divided into 4)
- ½ lb. sunflower greens

Place the romaine halves (or spring rolls) on a cutting board. Close one end of each leaf. Place 4 basil leaves, 4 spearmint leaves, 10 bean sprouts, 1/4 of the reserved avocado, and 1/4 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!

Primavera Vegetables

- 2 medium 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 thin strips
- 1 ½ cup broccoli florets, fresh or frozen
- 2 Tbs. olive oil
- 3-4 garlic cloves, sliced
- ¾ cup fresh basil leaves or 3Tbs. dried
- 1 cup flat leaf Italian parsley, slightly chopped
- 1 (15 oz.) can fire roasted or regular crushed or diced tomatoes
- Salt and pepper to taste
- Parmesan cheese (sprinkle sparingly if recommended)

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 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 2-3 minutes.

Remove from heat and sprinkle with parmesan cheese. Serve as a side dish or top on fish, chicken, or cooked and shredded spaghetti squash.

Garlic Shrimp

- 12 garlic cloves, cracked away from skins
- 2 Tbs. extra-virgin olive oil—spread around pan
- 2 Tbs. butter, cut into small pieces
- ¾ tsp. crushed red pepper flakes
- 1 ½ pounds jumbo shrimp, peeled, and deveined
- 1 tsp. sea salt
- Black pepper

In food processor, finely chop the garlic. Add oil and butter then garlic and crushed pepper to a heated skillet over medium heat. Season shrimp with salt and toss to coat. Add shrimp to the pan and cook stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately.

Chicken Cacciatore

- ½ cup plus 2 Tbsp. extra virgin 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 stripped and leaves chopped
- 4 large portabella mushroom caps, wiped clean
- 1 ½ pounds 4 boneless, skinless breasts
- Coarse black pepper
- Kosher salt
- 2 thinly sliced and seeded Italian light green peppers-cubanelle
- 1 medium red onion, thinly sliced
- 1 28-oz. can fire roasted diced or crushed tomatoes – (lightly drained)
- Handful flat-leaf (Italian) 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 mushrooms through the marinade and transfer to plate to reserve. Add chicken to remaining marinade and coat evenly. Let sit for 2 - 3 minutes. Season 1 side of the chicken with salt and pepper. Season the cap of mushroom with pepper only until done grilling then add salt. Place both mushrooms and chicken season side down. Place a heavy skillet on the mushroom caps to cook quickly, approximately 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. Add garlic, pepper and onions to skillet and season with salt and pepper. Cook and toss frequently for approximately 7-8 minutes. Add tomatoes and parsley and heat through, approximately 1 minute. Remove from heat.

Thinly slice mushrooms and chicken and arrange on platter. Cover with the sauce mixture and serve.

Dips and Snacks

Asparagus Fries

- Asparagus, however much you like
- 1 Tbs. olive oil per lb. of asparagus
- Celtic Sea Salt®

Cut off woody end of asparagus. Line a pan with foil and preheat broiler. Lay out the asparagus in a line on the lined pan and sprinkle with olive oil first, then Celtic Sea Salt®. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

Salsa Fresca

- 2 cups ripe tomatoes, chopped
- 1 cup Vidalia onions, chopped
- 1 cup green bell pepper, chopped
- 2 Tbs. fresh lime juice
- 1 jalapeno, finely diced
- 1 tsp. Celtic Sea Salt®
- Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, lime juice, jalapeno, and salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid; gently mix in the cilantro and Celtic Sea Salt® to taste.

Heirloom Cherry Tomato Salsa

- 6 cups heirloom cherry tomatoes, sliced into halves
- 1 ½ cups finely diced celery (save the celery hearts for garnish)
- 1 small bunch parsley (about 2 cups)
leaves only, roughly chopped, plus additional sprigs for garnish
- 3 jalapeños, seeded and finely minced
- 4 to 5 scallions
the white part and 1 inch of green, sliced very thin
- 1 Tbs. red-wine vinegar

- 1 Tbs. extra-virgin olive oil
- 1 tsp. Celtic Sea Salt®

Place all the ingredients in a bowl and toss until evenly mixed.

Kale Chips

- 1 bunch kale
- 1 Tbs. olive oil
- 1 tsp. 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 a salad spinner. Drizzle kale with olive oil and sprinkle with Celtic Sea Salt®. Bake until the edges brown but are not burnt, 10 to 15 minutes.