

# RECIPES

## ASPARAGUS WITH SESAME SEEDS

2 1/2 lbs. asparagus  
2 tbsp. extra virgin olive oil  
2 tbsp shallots, minced  
2 tbsp sesame seeds, lightly toasted  
juice of 1 lemon

Place oil and asparagus in a glass baking dish and toss so that asparagus is completely coated with oil. Bake at 400<sup>1</sup>/<sub>2</sub> for about 8 minutes, shaking the dish every two minutes or so. Sprinkle on the shallots and sesame seeds and bake, with one or two shakes, for 1 minute more. Transfer to heated serving bowl and squeeze on lemon juice. Season to taste.

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## YELLOW SQUASH SUPREME

4 large yellow squash  
3 tbsp extra virgin olive oil  
3/4 cup grated Parmesan cheese  
1 tbsp cracked pepper

Wash squash, remove ends and slice lengthwise at 1/4-inch intervals. Brush cookie sheet with olive oil and arrange the slices in one layer. Brush top side with olive oil and broil under broiler until slices become lightly browned. Turn over, brush again with olive oil and sprinkle on cheese and plenty of cracked pepper. Just before serving, place under broiler for a few minutes or until golden. Serves 4.

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## MEDITERRANEAN SQUASH

6 total zucchini and yellow squash, cut lengthwise in thin slices  
1 container fresh basil, shredded  
4-6 fresh Roma tomatoes, sliced thin  
Trader Joe's shredded Mediterranean cheese blend  
Feta cheese

Lightly steam squash, brush with olive oil and grill on barbecue.

Layer in pan, squash, basil, Feta and Mediterranean cheese blend, Roma tomatoes 2-3 times, end with an extra cheese topping. Bake in oven at 350<sup>1</sup>/<sub>2</sub> covered for 20 minutes or until heated through.

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## SPINACH AND CHEESE STUFFED MUSHROOMS

Serves 6, each serving 10 grams protein, 3 grams carbohydrates

1 bunch spinach equal to about 1 cup cooked spinach, well drained and chopped, or 8 oz. pkg of frozen spinach, thawed, drained and chopped.  
12 large stuffing mushrooms  
1 tbsp extra virgin olive oil  
2 tbsp minced scallions  
1 minced garlic clove  
1 cup whole ricotta or whole cottage cheese  
1/4 cup grated Parmesan cheese  
2 tbsp slivered fresh basil, or 1 tsp dried basil  
freshly ground black pepper to taste  
2 tbsp grated Parmesan cheese  
Paprika, for garnish

Preheat oven to 325°. Wash spinach well, removing stems. With water still clinging to leaves place in medium saucepan with a tight fitting lid. Turn heat to medium-high and steam until leaves are wilted, about 2-3 minutes. Drain in a colander, pressing out all liquid with the back of a wooden spoon. Chop fine and set aside.

Wipe mushrooms clean with a damp cloth. Remove stems and chop fine. Set caps aside. In a skillet, saute scallions, garlic and chopped mushroom stems in olive oil until softened, about 5 minutes. Remove from heat and put into a large bowl along with drained spinach, ricotta or cottage cheese, Parmesan cheese, basil and black pepper. Mix well with a wooden spoon. Taste, and adjust seasonings.

Using your fingers, lightly oil tops of mushroom caps. Mound each mushroom cavity with about 1 tbsp of filling. Arrange mushrooms, cavity-side up, on a greased rack with a tinfoil-lined baking sheet underneath. Sprinkle with Parmesan cheese and paprika. Bake until thoroughly heated, about 15-20 minutes. Serve hot.

## ORANGE SPICED BRUSSELS SPROUTS

3 orange spice herb tea bags  
1/2 lb. organic Brussels sprouts, washed  
& trimmed  
1/2 tsp salt  
1/4 tsp white pepper  
2 tbsps lightly toasted pine nuts

In a medium pot with a tight-fitting lid, bring two cups of water to a rolling boil. Add tea bags, remove from heat and let steep for three minutes. Remove tea bags from water and discard. Place a vegetable steamer in pot, place Brussels sprouts in steamer, cover and bring water to a full boil. Reduce heat and simmer, covered, until sprouts are tender (5 to 7 minutes). Season with salt and pepper, sprinkle with pine nuts, and serve hot. Serves 4.

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## ROAST CHICKEN WITH ROSEMARY-GARLIC PASTE

### Rosemary-Garlic Paste

1 lrg bulb Roasted Garlic, peeled  
2 tsp extra virgin olive oil  
1 tbsps balsamic vinegar  
2 tsp fresh lemon juice  
2 tsp chopped fresh rosemary  
salt & freshly ground black pepper

1 (3 lb) split broiler chicken,  
visible fat removed  
salt & freshly ground black pepper  
1 tsp extra virgin olive oil  
1 cup chicken broth

1. To make the rosemary-garlic paste, combine roasted garlic cloves, oil, vinegar and lemon juice in a food processor or blender and puree until smooth. Transfer to a small bowl. Stir in the rosemary and season to taste with salt & pepper. Set aside. (This flavoring paste can be made in advance and refrigerated for up to 1 week or frozen for up to 6 months)
2. Loosen the chicken skin by slipping your hand under it, creating a space between it and the meat. Using a small spatula or your fingers, spread two-thirds of the paste under the skin. Turn the chicken halves over. Season the undersides generously with salt and pepper and spread on the remaining paste. (The chicken can be prepared up to this point, then refrigerated for up to 24 hours before roasting)
3. Preheat the oven to 400°. Season the chicken skin well with salt and pepper. Place the chicken skin side down on a rack in a roasting pan. Roast for 30 minutes. Turn and brush skin with 1 tsp olive oil. Return to the oven and roast for 30-45 minutes, or until the chicken is cooked through and the juices run clear. Transfer the chicken to a platter.
4. Remove the rack from the pan and add the broth to the drippings. Stir, scraping up the brown bits. Transfer to a measuring cup along with any collected juices and degrease.
5. To serve, remove the skin from the chicken and discard. Cut the chicken into serving size pieces. Serve immediately with the pan juices poured over the chicken.

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## ROASTED GARLIC

1 large bulb garlic  
1/4 tsp extra virgin olive oil

1. Leaving the garlic bulb intact, remove the loose papery outer skin. With a small paring knife slice off the top 1/4 of each clove to expose it. (If you try to do this with a chef's knife, you will cut off too much of some cloves and miss others entirely.)
2. Place the bulb cut side up in the base of a terra-cotta roaster and drizzle the exposed cloves with the oil. Season with salt and pepper if desired. Cover with the dome and place in cold oven. If you don't have a terra-cotta roaster, place the bulbs on a 10-inch square of aluminum foil, drizzle the oil on the garlic, fold the foil to make a closed packet, and set in a baking dish. Turn oven to 300°, roast for 30 minutes, remove cover or open foil and roast for an additional 45 minutes. Slip cloves out of skins while still warm.

## SAN FRANCISCO JOE'S SPECIAL

(Scrambled eggs, ground meat and spinach)

1 tbsp olive oil  
1 bunch fresh spinach equal to about  
1 cup cooked spinach, well drained &  
chopped or 8 oz. pkg frozen spinach  
thawed, drained and chopped  
1 box fresh sliced mushrooms  
1 lb. ground chicken or turkey breast  
1 tbsp pure-pressed olive oil  
1/2 cup chopped onion  
1 minced garlic clove  
1/4 tsp dried oregano  
freshly ground black pepper to taste  
4 eggs

Wash spinach well, removing stems. With water still clinging to leaves, place in a medium saucepan with a tight-fitting lid. Turn heat to medium-high and steam until leaves are wilted, about 2-3 minutes. Drain in a colander, pressing out all liquid with the back of a wooden spoon. Chop coarsely and set aside.

In a medium skillet, cook meat over medium heat until browned, breaking apart lumps with a wooden spoon. Remove meat from pan, drain fat and set aside.

In a large nonstick skillet, heat olive oil over medium-high heat. Add onion, mushrooms, garlic, oregano and black pepper and saute until softened, about 5 minutes. Add spinach and meat and stir until spinach is heated through.

In a small bowl, using a fork, beat eggs and pour over meat mixture. Gently move egg/meat mixture with a wooden spoon until cooked to your liking. Taste and adjust seasonings. Serve Immediately.

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## BREAKFAST PARFAIT

1/4 cup lowfat cottage cheese  
1/4 cup lowfat or whole plain yogurt (mixed with a sprinkle of Xylitol if needed)  
1 tbsp flax meal  
1 tbsp raw sliced almonds  
2 tbsp berries w/juice (organic, frozen & defrosted)  
Layer cottage cheese, flax meal, yogurt, berries and almonds.

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## YOGURT SMOOTHIE WITH COTTAGE CHEESE AND STRAWBERRIES

Makes 1 smoothie, 12 grams protein, 13 grams carbohydrate

1/2 cup lowfat plain yogurt  
1/4 cup lowfat cottage cheese  
4 strawberries, sliced  
2 crushed ice cubes  
2 tbsp flax meal

Combine all ingredients in a blender.  
Blend on high until smooth and creamy.

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## SALMON POACHED WITH GREEN TEA AND GINGER

1 lb. salmon fillets  
2 tbsp tamari  
2 tbsp lemon juice  
1/4 tsp black pepper  
2 tbsp freshly grated organic ginger  
3 green tea bags  
1/4 cup sliced shitake mushrooms  
2 garlic cloves  
1/4 cup sliced scallions

Wash salmon fillets, pat dry, and place in shallow dish. In a small bowl combine tamari, lemon juice, black pepper and ginger. Pour over fish and set aside. In a medium pan bring 2 cups water to a full boil. Add tea bags, remove from heat and steep for 3 minutes. Remove tea bags and discard. Bring tea to a full boil and add shitake mushrooms, garlic and scallions. Cook for 3 minutes. Add salmon and marinade, cover and reduce heat to a simmer. Poach for 7 to 10 minutes, depending upon the thickness of fillets. During the last two minutes of cooking, remove cover and let sauce reduce slightly.

Serves 4.

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# **CHEESECAKE!**

## **CRUST**

3/4 cup crushed low-fat graham crackers  
3/4 cup ground almonds  
1 tsp cinnamon  
1 tbsp butter

In food processor grind almonds (still slightly chunky - not into fine meal), add all the other ingredients and process together. Pat this mixture in the bottom of a 10" springform pan. Bake at 400 degrees for about 15 minutes. Watch for burning! Allow to cool completely.

## **FILLING**

2 - 8oz Neufchatel cheese (low-fat cream cheese)  
3 - 8oz cream cheese  
1/2 cup + 2 tbsp Xylitol  
3 eggs  
1/8 cup milk  
2 tsp vanilla extract

In a mixer, blend Neufchatel, cream cheese and Xylitol until creamy, add eggs one at a time (blending well after each addition), add the milk and vanilla and blend thoroughly. Should be light and creamy, add more skim milk if too thick. Spread over cooled crust and bake in 350 degree oven for 20 minutes, then lower temperature to 300 degrees and bake for an additional 25-30 minutes. Cool, refrigerate overnight.

SERVES 16

## **OPTIONS:**

### **LEMON-BLUEBERRY CHEESECAKE**

Delete the skim milk and add the zest and juice of 1 lemon. Hand fold in 1/2-1 cup of well-drained berries just before pouring into pan. Bake as above.

### **PUMPKIN CHEESECAKE**

Delete the skim milk and vanilla, add 1 cup canned pumpkin and 1 tsp pumpkin pie spice. Bake as above.

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## **XYLITOL ICE CREAM**

Designs for Health Xylitol may be substituted 1:1 for sugar in any ice cream recipe you may have. Especially easy to use is the Cuisinart Ice Cream Maker (for about \$50). Recipes are easy and delicious. Trader Joe's is a great source for heavy cream, organic vanilla and almond extract, unsweetened shredded coconut and coconut milk.

### **Additions to Basic Vanilla recipe:**

Chocolate Chip – add 1/2 cup mini chocolate chips after processing.  
Berry – gently mix in berries after processing.

## **XYLITOL COCONUT ICE CREAM**

1 cup Coconut milk (no-sugar added, usually marked "Lite")  
3/4 cup Xylitol  
2 cups heavy cream  
1 tsp almond extract  
1 cup unsweetened shredded coconut  
(unsweetened coconut is very dry, reconstitute in some coconut milk to soften for a few hours before mixing in)

Whisk coconut milk and Xylitol together until smooth. Add heavy cream and almond extract, whisk and add to ice cream maker (following manufacturer's directions). When done stir in the coconut and enjoy!

## **BERRY "PIE"**

Heat frozen berries, stir in vanilla PaleoMeal and top with Kashi Go Lean Cereal and chopped walnuts!

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## **TORTILLA TREAT**

Roll up light whipped cream cheese or ricotta cheese, chopped apples, almond or peanut butter and cinnamon in low carb tortilla

## **GARLIC DIJON VINAIGRETTE**

3 tablespoons balsamic vinegar  
2 minced garlic cloves  
1 tablespoon Dijon mustard  
1 tbsp slivered fresh basil, or 1 tsp dried basil  
3/4 cup pure-pressed extra virgin olive oil  
Freshly ground black pepper, to taste

Whisk together, or put in jar with tight-fitting lid and shake to blend. Store airtight in fridge for 2 weeks.

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## **SUMMER CITRUS VINAIGRETTE**

1 cup water  
1/4 cup lime juice  
1/2 cup orange juice  
1/4 cup rice wine vinegar  
3 tbsp soy sauce  
1 clove garlic, minced  
1/4 tsp red pepper flakes  
1 tbsp fresh mint or fresh basil  
1 tbsp fresh tarragon  
2 tbsp red bell pepper, chopped fine  
1 tsp grated fresh ginger  
Sea salt & pepper to taste

Whisk together, or put in jar with tight-fitting lid and shake to blend. Store airtight in fridge for 2 weeks.

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## **SPINACH PESTO SOUP**

Saute:

2 tbsp olive oil  
2 bunches green onion  
1 small onion - diced  
salt & pepper

Add:

1 big bunch cleaned spinach  
1/2 cup stock

Cook for 2 minutes, then blend in small batches in blender adding 1 cup pesto and lemon juice to taste.

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## **CLASSIC EGG SALAD**

Makes 4 servings • Each serving: 16 grams protein • trace carbohydrate

6 hard-boiled eggs + 4 egg whites  
1 tbsp Dijon mustard  
1/2 cup Mayonnaise  
1 tbsp capers, rinsed & drained (optional)  
1 tbsp minced fresh parsley  
1/2 tsp dried dill  
Freshly ground black pepper, to taste  
Dash cayenne papper

## YOGURT-APPLE SNACK

1 cup plain yogurt

1 apple - core and chop into small chunks

unsweetened vanilla extract

cinnamon powder

Stir together yogurt and apple chunks and add in a tsp or more (to taste) of cinnamon and vanilla

*Vanilla is naturally sweet and raises the feel-good brain chemical serotonin and can help stop sugar cravings.*

*Cinnamon is also naturally sweet and helps balance blood sugar.*

*The apple adds some crunch and fiber, and acts as a natural hunger suppressor.*

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## EASY MARINATED CHICKEN FOR 2 WITH SAUTÉED VEGETABLE MEDLEY

Extra Virgin Olive Oil and Olive Oil Mister

Italian Herb Seasoning Mix (like Mrs. Dash)

One bottle Light Italian Dressing

2 boneless, skinless chicken breasts

asparagus – 1 lb with bottoms trimmed & cut in half

1 red pepper - julienned

3 yellow crook neck squash - cut into slices

fat- free, low sodium chicken broth

Marinate the chicken in the Italian Dressing in the refrigerator for 4-8 hours. Broil.

Lightly steam asparagus and squash – do not cook completely. Do these in separate pots as they have different steaming times.

Put all of the veggies in a flat sauté pan and spray lightly with olive oil using mister. Sauté over med high heat, adding a little chicken broth if sticking. Sprinkle with Italian seasoning. Turn down to low and cover for last few minutes until they are cooked to your preference.

Serve a cup or more of veggies with the chicken breast. Add a green salad with olive oil vinaigrette if desired.

\*Make a double recipe and take the leftover chicken and veggies - chop them up and add them to the chicken broth to make a great healthy soup for the next evening's dinner. Make an extra chicken breast to have with a salad for lunch the next

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## LEGUMES

### Black Beans

- Mix black beans, mexican seasoning and green chiles as a side dish
- Add sauteed onions, peppers and chicken and serve in a low carb tortilla
- Puree 1 can of black beans and 1 can of chicken broth, add another can of black beans (don't puree), green chiles and onions for soup

### Garbanzo Beans

- Cook brown rice in chicken broth instead of water, add 1 tbsp pesto, 1/2 cup garbanzo beans to 2 cups rice, mix in 1/4 cup pine nuts. Serve as a side dish
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## LOW ROASTED NUTS

Soak raw nuts in water and sea salt overnight. Drain, sprinkle with cinnamon and roast at 250° for 4 hours.

### “GRANOLA”

Mix 1/2 cup of low roasted nuts and 2 cups Kashi Go Lean cereal.