

)(TLS WEIGHT LOSS
SOLUTION



POULTRY & PORK
RECIPES

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Aromatic Chicken & Lentils

(SS,CC)

Serves 6

2 cups chopped leeks
2 cups cubed sweet potatoes
 $1\frac{3}{4}$ cup chopped and peeled tomatoes
 $\frac{1}{2}$ cup tomato paste
 $\frac{1}{2}$ c white cooking wine
1 tsp cinnamon
3 cups low-sodium chicken broth
 $1\frac{1}{2}$ cup lentils
1 TBSP herbs de provence
3 boneless skinless chicken breasts, quartered

Preheat oven to 400 degrees. Coat a large skillet with non-stick cooking spray. Sauté the leeks, potatoes and herbs de provence for 5 minutes. Stir in tomatoes, wine, tomato paste, cinnamon, lentils and broth. Simmer briefly. Pour into a 13x9 casserole dish sprayed with nonstick cooking spray and completely bury the chicken pieces. Cover and bake 1 hour or until chicken is cooked and lentils are tender.

Asian Chicken Lettuce Wraps

(RR, SS)

Serves 3

2 oz. flax seed
2 cup broccoli slaw
4 TBSP Asian sesame light dressing
6 leaves romaine or Boston lettuce
 $1\frac{1}{2}$ chicken breasts

Combine slaw, dressing and flax seeds in a bowl. Grill chicken, slice and then combine with the slaw. Refrigerate overnight. Place on lettuce leaves.

Baked Italian Chicken Parmigiana

(RR, SS, CC)

Serves 1

$\frac{1}{2}$ TBSP fresh parsley
2 TBSP parmesan cheese
1 chicken breast
2 TBSP reduced-fat Italian salad dressing (or make your own)

Place chicken in a greased baking dish. Drizzle with salad dressing. Sprinkle parmesan cheese and salt, if desired, over the chicken. Bake uncovered at 375 degrees for 20-25 minutes or until the chicken juices run clear.

Buffalo Chicken Wrap

(RR, SS, CC)

Serves 1

1 chicken breast
Salt and pepper to taste
 $\frac{1}{4}$ cup buffalo sauce/seasoning
2 TBSP Greek yogurt (optional)
Romaine or Boston lettuce leaves

Bake chicken breast at 350 degrees until juices run clear, about 20 minutes. When cooled, shred chicken and mix with buffalo sauce/seasoning and yogurt. Serve on romaine or Boston lettuce leaves.

Baked Pork Chops with Apple Topping

(RR, SS, CC)

Serves 4

$\frac{1}{4}$ cup apple cider vinegar
4 pork chops
 $\frac{1}{4}$ cup chopped celery
1 oz. Dijon mustard
2 TBSP fresh parsley
2 TBSP extra virgin olive oil
1 dash salt and black pepper
1 yellow onion, coarsely chopped
2 granny smith apples, peeled and cored

Preheat oven to 350 degrees. Heat 1 TBSP oil in a heavy skillet on medium high heat. Season pork chops with salt and pepper and brown them on both sides, about 2 minutes per side. Transfer the pork chops to baking dish; turn the heat to medium and add the remaining olive oil to skillet. Add the onion and celery and cook until soft. Add the apple and cook 5 minutes more. Add parsley and remove from heat. Stir in just enough apple cider vinegar to moisten the mixture and season with salt and pepper. Spread the mustard on top of each chop. Divide the apple mixture (apples, celery, onions) among the chops and pat into the mustard. Bake the chops until fully cooked and apples are softened, about 20 minutes.

Basil Chicken Packets

Serves 4

2 TBSP fresh parsley
1 TBSP lemon zest
 $1\frac{1}{2}$ tsp dried basil
2 medium yellow summer squash, diced
1 medium red bell pepper, diced
1 TBSP black pepper
 $\frac{1}{4}$ tsp salt
2 chicken breasts, halved

Preheat oven to 450 degrees or grill to medium high heat. Center one chicken breast half on each side of aluminum foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and peppers, then sprinkle with black pepper. Bring up foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16-18 minutes in oven or grill 11-13 minutes.

Black Bean Turkey Chili

(SS, CC)

Serves 8

$\frac{1}{2}$ stalk green onions, chopped
 $\frac{1}{4}$ tsp fresh ginger
 $\frac{1}{4}$ tsp red hot chili pepper sauce
 $\frac{1}{2}$ cup boiled soy beans
 $1\frac{1}{2}$ pound ground turkey
 $\frac{1}{2}$ cup black beans
4 cups vegetable broth
 $\frac{1}{4}$ tbsp. minced garlic

Combine all ingredients into slow cooker. Cover and cook 4-6 hours on low. If cooking in a regular pot, bring chili to a boil over medium-high heat and then simmer for $1\frac{1}{2}$ -2 hours. Season to taste. Garnish with green onions.

Black Bean Soup

(SS, CC)

Serves 4

1 TBSP olive oil
1 cup chopped onions
1 TBSP cumin seed
½ tsp pepper
2 garlic cloves, minced
3 slices turkey bacon, chopped
2 cups black beans
2 bay leaves
2 cups chopped carrots chopped
1 cup chopped sweet potato
2 cans low sodium chicken broth

Drain the beans and rinse. Heat oil in large saucepan, add onions, garlic, bacon and cook until onion is soft and bacon is cooked. Add cumin, coriander and cook 30 seconds or until aromatic. Add carrots, potatoes, bay leaves, broth and beans. Bring to a boil, then cover and simmer over low heat for 1 hour or until beans and vegetables are soft. Remove the bay leaves from the soup. Allow to cool a little, then transfer to a food processor or blender and puree until smooth. Season to taste with black pepper.

Braised Chicken with Thyme and Pepper

Serves 1

1/8 tsp black pepper
1 ½ TBSP salt
1 cup baby spinach
¼ cup dry white wine
½ tsp thyme dried
¼ cup white beans, drained
½ cup vegetable broth
3 cloves garlic minced
1 cup white onions
4 oz. chicken breast

Season chicken with thyme and pepper. Melt 1 TBSP butter in 12-inch nonstick skillet over medium-high heat and brown chicken turning once, 6 minutes. Remove chicken and set aside. Add remaining butter to same skillet and add onions, stirring occasionally, 6 minutes or until tender. Add garlic and cook 30 seconds. Add broth and wine and bring to boil over high heat. Reduce to low and return chicken to skillet. Simmer covered 5 minutes. Stir in beans and spinach. Simmer uncovered, stirring occasionally, 5 minutes or until chicken is thoroughly cooked.

Chicken & Pasta Primavera

(SS, CC)

Serves 4

4 cups high fiber whole grain pasta (may spiralize zucchini to make this a grain free meal)
2 cups chopped chicken breast
¼ tsp garlic powder
10 oz. package frozen veggie mix (may use fresh vegetables of your choice)
3 TBSP parmesan cheese
½ cup low fat milk
11 ounces low-sodium cream of mushroom soup

Mix soup, milk, cheese, garlic powder and vegetables in a saucepan. Heat to a boil. Cover and cook over low heat for 10 minutes or until tender-crisp. Add chicken and heat through. Serve over spaghetti (or zucchini).

Chicken and Red Lentil Stew

(SS, CC)

Serves 1

½ TBSP extra virgin olive oil
1 chicken breast, cubed
1 cup low-sodium vegetable broth
1 clove garlic, chopped
½ cup red lentils, boiled
¼ tsp dried oregano
¼ cup red bell pepper, chopped
½ TBSP dried thyme
½ cup onions, chopped
¼ cup celery, chopped

In a heavy-bottomed stockpot, heat oil over medium heat and add onion, bell pepper and celery and sauté for 2 minutes. Add garlic and chicken and sauté for 5 minutes or until chicken is fully cooked. Stir in lentils and cover with vegetable broth. Bring to a boil and then reduce heat and simmer for 40 minutes or until lentils are tender.

Chicken Breakfast Burrito

(SS, CC)

Serves 1

¼ cup chopped onions
½ cup chopped green bell pepper
Chicken breast, diced
1 low-carb, high-fiber tortilla (high fiber)
1 TBSP sour cream (optional)

Heat a small skillet over medium-high heat sprayed with cooking spray. Sauté chicken until completely cooked through. Combine pepper and onions with cooked chicken in a small bowl. Place on tortilla on dinner plate and top with chicken mixture and fold. Garnish with sour cream.

Chicken Burrito

(SS, CC)

Serves 4

1 ⅓ cup chopped broccoli
1 ⅓ cup cooked basmati rice
4 low-carb, high-fiber tortillas
1 cup low-fat shredded cheese
2 cups diced chicken

Cook chicken strips. Steam broccoli. Warm tortillas in microwave for 10 seconds. Place ½ cup chicken on the bottom of each tortilla, followed by 1/3 cup rice, then 1/3 cup broccoli. Evenly sprinkle ½ cup cheese over the broccoli. Roll into a burrito.

Chicken Chili with Veggies

(SS, CC)

Serves 8

½ cup chopped red bell pepper
3 TBSP chili powder
1 oz. no-added-salt tomato paste
1 ½ cup chopped green bell pepper
1/3 cup celery, chopped
½ cup broccoli, chopped
3¾ cup tomato sauce
1/3 cup chopped carrots
4 cups red kidney beans

Spray the bottom of a large stock pot with cooking spray. Turn heat on medium and add peppers, onions, celery, carrots, broccoli and chicken cubes. Cook until chicken is cooked on the outside (can still be pink on inside). Add tomato sauce, paste, kidney beans and chili powder. Mix thoroughly. Place a lid on the pot and allow it to cook 30-40 minutes. Taste and add more chili powder as needed.

Chicken LeRici

(RR, SS, CC)

Serves 1

1 TBSP scallions, chopped
1/3 tsp paprika
1 slice extra-lean ham
1/2 oz. low-fat sour cream
1/2 TBSP red pepper
1 cup mushrooms
1 oz. low-fat mozzarella cheese
1 chicken breast
2 TBSP extra virgin olive oil

Pat chicken dry and slit breast lengthwise, but not all the way through, to form a pocket. Put the lean ham and the cheese inside the pocket. Season with salt and pepper. Roll the chicken up with the opening to the inside. Secure with a toothpick. Sprinkle each roll generously with paprika. Heat the olive oil in a heavy frying pan and brown the chicken roll. Remove the chicken with a slotted spoon to a casserole dish. In the remaining olive oil, sauté the mushrooms and green onions for about 5 minutes on medium heat. Add light sour cream and blend well. Pour the sour cream and mushroom mixture over the chicken. Cover tightly with foil and bake at 350 degrees for 55 minutes or until done.

Chicken Noodle Soup

(SS, CC)

Serves 6

4 oz. fresh parsley
2 cloves garlic, minced
1 cup chopped onion
1/2 cup lemon juice
3 stalks celery, chopped
2 cups sliced carrots
2 oz. dry, high-fiber pasta
1/8 tsp pepper
4 tsp fresh thyme
2 oz. cold water
4 1/2 cups chicken broth
3 chicken breasts

Place chicken, water, carrots, celery, onion, garlic and thyme in a large stock pot and bring to a boil. Reduce heat and simmer 20-25 minutes. Remove chicken. Shred/pull apart the chicken. Season the broth with salt and pepper and add pasta and shredded chicken. Bring to a boil; reduce the heat and simmer until noodles are cooked. Add lemon juice and parsley and serve.

Chicken Salad Sandwich

(SS, CC)

Serves 4

12 oz. water-packed chicken breast, drained
1/3 cup chopped celery
8 slices sprouted grain bread (such as Ezekiel bread)
4 romaine lettuce leaves
1/4 TBSP chopped onion
2 TBSP light mayonnaise
4 slices tomato
2 TBSP plain non-fat Greek yogurt

Stir in the yogurt, mayonnaise, celery, onion and chicken in a bowl. Divide mixture to four bread slices. Top with tomato, lettuce and other bread slices.

Chicken Salad Squash Boats

(RR, SS, CC)

Serves 2

2 TBSP yellow mustard
1 TBSP light mayonnaise
2 TBSP chopped scallions
1 oz. parmesan cheese
2 large summer (yellow) squash
2 chicken breasts

Cut squash in half lengthwise and scoop out seeds. Cook squash until tender, about 5 minutes at 350 degrees. Cook chicken breast and chop into cubes. Mix chicken with onions, mustard and mayonnaise. Fill center of squash with chicken salad. Add parmesan cheese, if desired. Cook filled squash for 20 minutes at 400 degrees.

Chicken Scaloppine with Porcini Mushrooms

(RR, SS, CC)

Serves 2

1/2 cup sliced porcini mushrooms
1/4 tsp red pepper flakes
1 TBSP fresh parsley
2 cups white mushrooms
2 TBSP shallots
1/2 cup white cooking wine
3 oz. fat free sour cream
1 TBSP extra virgin olive oil
1 clove minced garlic
1/2 cup chicken broth
2 chicken breasts

Place porcini dried mushrooms in a spice or grinder and process until finely ground. Slice chicken breasts in half and sprinkle with salt and pepper. Sprinkle both sides of chicken with mushroom powder and shake off excess. Place 1 tsp oil in skillet on medium-high heat. Add chicken and cook until lightly browned and done on each side. Remove chicken from heat. Add an additional tsp oil, shallots and garlic. Cook for 1 minute, stirring frequently. Add in 2 cups of white mushrooms and cook until the liquid evaporates, stirring occasionally. Stir in the wine, loosening the bottom of the pan. Add broth to the pan and simmer until the liquid is reduced to 1/4 of a cup; then stir in the sour cream until warmed, about 1 minute. Add in the chicken and heat until warmed.

Chicken Tagine with Olives

(SS, CC)

Serves 4

1 cup onions, chopped
1/4 oz. Kalamata olives
4 chicken breasts
1 TBSP extra virgin olive oil
1 cup peas
1 1/2 cup canned no-added-salt diced tomatoes
1/2 cup low-sodium vegetable broth
1/2 tsp cinnamon
1 1/2 cup chickpeas
2 TBSP fresh ginger
1 1/2 TBSP ground cumin

Heat oil in large skillet over medium-high heat. Add onion, ginger, cumin, and cinnamon. Cook, stirring frequently, about 5 minutes. Add the tomatoes, chicken broth, peas and olives; simmer 7 minutes. Add chickpeas; cook 5 minutes or until chicken is tender.

Chicken with Balsamic Vinegar

(FS, RR, SS, CC)

Serves 1

1/8 tsp thyme
1 dash salt
1 TBSP extra virgin olive oil
1/2 tsp black pepper
1/4 tbsp. butter, unsalted
1 bay leaf
1 chicken breast, evenly sliced into strips
1/6 cup vegetable broth
1/2 cup sliced mushrooms

Season the chicken with salt and pepper. Heat oil in a heavy skillet and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover tightly and cook over moderately high-heat for about 10 minutes. Turn the chicken pieces occasionally as they cook. Transfer the chicken to a warm platter with foil. Let the sauce cook uncovered over moderately high heat for about 7 minutes. Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

Chicken, Mint and Corn Soup

(SS, CC)

Serves 2

1 1/2 chicken breasts
2/3 cup snow peas
1 dash salt
1 TBSP fresh mint
2 cup low-sodium chicken stock
1/8 TBSP pepper
2 TBSP lemon zest and rind
2 cups sweet yellow corn

Put the corn in a large saucepan of boiling water and cook for 10 minutes. Remove the cobs and cut off the kernels. Set aside. Put the chicken stock and mint leaves in a large saucepan and bring to a boil. Add the chicken, and return to a simmer and poach for 10-12 minutes or until the chicken is thoroughly cooked. Just before the chicken is ready, add the corn kernels and snow pea sprouts to the hot stock. Remove the chicken; slice on the diagonal. Pour the broth and vegetables into the serving bowls and garnish with lemon rind and extra mint.

Cool and Creamy Lime Chicken

(RR, SS, CC)

Serves 4

1 TBSP dry ranch dressing mix
2 raw limes
2 TBSP fat free sour cream
4 chicken breasts

Squeeze juice of 1 lime into a nonstick skillet over medium-high heat. Add chicken and cook. While chicken is cooking, mix together the juice of the other lime, sour cream and ranch dressing mix. Once the chicken is fully cooked, remove from the skillet and spoon 2 TBSP of the lime mixture over each breast.

Country-Style Pork Ribs

Serves 6

1 oz. liquid smoke
1/4 TBSP cayenne pepper
2 1/2 pieces of pork ribs (excluding refuse. Yield from 1 pound of raw meat with refuse)
2 TBSP Worcestershire sauce
1/4 TBSP salt
1/4 TBSP garlic powder
1 cup water

Sprinkle ribs with salt, pepper, garlic, pepper. Rub the spices into the meat and the bone on both sides. Place them in a turkey roasting pan with the water and liquid smoke on the bottom. Sprinkle with Worcestershire sauce. Set the oven to 225. Cover the ribs tightly with aluminum foil and roast for 4-5 hours. The ribs should be "falling off the bone" tender. Bake for another 15-20 minutes or until dark brown.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, C)

Serves 1

1 TBSP extra virgin olive oil
1 chicken breast
2 TBSP water
1 TBSP basil
1/8 tsp fish sauce
1 TBSP dehydrated red curry sauce/paste

Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

Deviled Chicken

(Detox, FS, RR, SS, CC)

Serves 2

1/4 TBSP yellow mustard
1 garlic clove
1/4 red bell pepper
1/4 tsp red pepper flakes
1/4 medium onion
1/4 TBSP black pepper
1 TBSP parsley
1/4 cup chicken stock
1/2 TBSP paprika

Mix the paprika and mustard with salt and pepper and season chicken breasts on both sides. In a skillet over medium-high heat. Add the seasoned chicken to the skillet and brown on the first side for 3 minutes; flip and then sear the second side for 2 minutes. Remove the chicken and reserve on a plate under a foil tent. Then add the onion, garlic, bell pepper, tomato paste and red pepper flakes to the pan. Cook the vegetables for 5 minutes. Add 1 cup of broth to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 minutes more, turning the chicken a few times. Remove the chicken to a platter. To finish the sauce, turn the heat off and add the parsley. Pour the sauce over the chicken and serve immediately.

Easy Eggplant Chicken

(RR, SS, CC)

Serves 1

1 tsp unsalted butter
1 cup eggplant, cut into cubes
1 TBSP feta cheese
1 chicken breast

Slice and sauté eggplant in the butter. Add chicken, chopped and already cooked. Stir in chicken with the eggplant and sprinkle with crumbled feta cheese.

Ginger Chicken with Noodles

(SS, CC)

Serves 2

1 oz. lime juice
1 TBSP cilantro leaves
2 chicken breasts
3 garlic cloves
2 TBSP chopped scallions
4 ½ tsp grated fresh ginger
½ cup chopped carrots
2 cups mung bean noodles, uncooked
3 tsp olive oil
½ tsp lime peel, shredded

Combine scallion, ginger, garlic, 1 tsp oil and salt. Rub over chicken. Place chicken on the rack of an unheated broiler pan. Broil 4-5 inches from the heat for 12-15 minutes or until chicken is cooked through, turning once. Thinly slice diagonally and set aside. In a large saucepan, cook mung bean noodles and carrots in boiling water 3-4 minutes, or until noodles are tender. Drain. Rinse with cold water; drain again. Cut noodles to shorten length. In a separate bowl, stir lime peel, lime juice and remaining oil. Add noodle mix and cilantro; toss to coat. Top with chicken.

Green Bean Bundles

1 pound green beans
8 strips turkey bacon
1 TBSP onions, chopped
3 TBSP butter
1 TBSP white wine vinegar
1 TBSP granulated sugar
¼ TBSP salt

Cook the beans until tender crisp. Wrap about 15 beans in each bacon strip; secure with a toothpick. Place on a foil-covered baking sheet. Bake at 400 degrees for 10-15 minutes or until bacon is done. In a skillet, sauté onion in butter until tender. Add vinegar, sugar and salt; heat through. Remove bundles to a serving bowl or platter; pour sauce over and serve immediately.

Grilled Chicken Sandwich with Avocado and Salsa

(SS, CC)

Serves 1

¼ cup avocado
2 slice multi-grain bread (sprouted grains are the best)
1 chicken breast
1 TBSP fresh salsa

Grill chicken. Place chicken on 1 slice of bread. Top with avocado slices, salsa and remaining slice of bread.

Grilled Jerk Chicken with Red Pepper and Zucchini

(RR, SS, CC)

Serves 4

4 chicken thighs, boneless
1 red bell pepper, quartered
3 TBSP olive oil
1 TBSP onion powder
1 ½ TBSP sugar
½ tbsp. thyme
¾ tsp allspice
½ tsp cinnamon
½ tsp crushed red pepper
1 tsp oregano
1 zucchini, quartered

Spray grill with cooking spray. Mix basil, oregano and half the oil in a food processor. Brush on the zucchini. In a bowl, combine the rest of the ingredients and rest of the oil with the chicken. Grill chicken with pepper and zucchini for about 10 minutes, turning once.

Herb Roasted Chicken

(detox, FS, RR, SS, CC)

Serves 8

3 pounds whole chicken
1 TBSP black pepper
1 TBSP sage
1 TBSP tarragon
1 tsp parsley
1 tsp thyme
½ TBSP salt

It is best to use fresh herbs for this recipe. Preheat oven to 450 degrees. Rinse chicken; dry it well with a paper towel inside and out. With half the salt, salt the inside of the chicken. Add the pepper and herbs to the outside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in oven for 45 minutes to 1 hour until juices run clear when the chicken thigh is pierced, or until an internal thermometer reads 160 degrees. Let chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.

Jerk Chicken

(FS, RR, SS, CC)

Serves 6

2½ cups frozen or fresh veggie mix (broccoli, carrots, cauliflower)
1 scallion
2 garlic cloves
1 hot pepper (amounts to your liking)
¼ TBSP curry powder
1/8 TBSP cinnamon
¼ TBSP allspice
¼ TBSP canola oil
¼ tsp thyme
¼ cup apple cider vinegar
1/8 cup teriyaki sauce
1/8 cup fresh orange juice

In a food processor, puree onion, hot pepper, garlic and scallions. Add orange juice, teriyaki sauce, vinegar, spices and oil and process to mix. Pour mixture over chicken pieces and refrigerate for 2 hours. Grill or bake until done. Serve with steamed vegetable mix.

Lamb with Spiced Flageolet Beans

(SS, CC)

Serves 2

1/8 tsp each of cumin seed, coriander, chili powder
1/2 TBSP minced garlic
3 cups flageolet beans
2 oz. lamb breast
1/4 TBSP fresh mint
1/2 tsp lemon juice
1/2 cup sour cream
1 garlic clove

Mix chili, coriander, cumin and 1/4 TBSP olive oil. Add the lamb, coat with mixture and let it sit for 10 minutes. Heat 1/4 TBSP oil in skillet then add garlic and onions until softened. Add the lamb and marinade to skillet and fry to your liking, or for about 2-3 minutes. Add flageolet beans, mint, lemon juice and sour cream and simmer until warmed through (about 1 minute).

Lemon Basil Chicken

(Detox, FS, RR, SS, CC)

Serves 4

1/2 tsp garlic powder
1 TBSP basil leaves
1 lemon
1 garlic cloves
3 pounds whole chicken

Preheat oven to 375 degrees. Remove excess fat from chicken; fasten neck skin to back with skewer. Fold wings across back with tips touching. Grate 2 tsp lemon peel, reserve. Cut lemon into halves; rub chicken with half of lemon. Place garlic, basil and remaining lemon in cavity. Rub chicken with reserved lemon peel; sprinkle garlic powder and remaining basil over chicken. Place chicken, breast side up, on rack in roasting pan. Cover and bake 1 hour. Uncover and bake 30 minutes longer.

Lemon Chicken

(RR, SS, CC)

Serves 4

4 chicken breasts
1/2 tsp lemon pepper
1 1/2 TBSP lemon zest
1 1/2 TBSP dill weed
1/2 cup sour cream (light or fat free)

Preheat oven to 425 degrees. Combine sour cream, dill, lemon pepper and lemon zest in a small bowl (may use plain Greek yogurt instead of sour cream). Spray a casserole dish with cooking spray. Spread 1/4 of the lemon dill sauce on bottom. Arrange chicken breasts on top of sauce in a single layer. Pour remaining sauce over chicken. Spread evenly. Bake uncovered for 30-35 minutes until chicken is tender and no longer pink.

Lemon-Caper Chicken

(RR, SS, CC)

Serves 4

1 TBSP lemon juice
2 TBSP capers
1 TBSP olive oil
1/8 tsp pepper
2 TBSP butter
2/3 cup vegetable broth
2 chicken breast filets

Season chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add the chicken; cook for 5 minutes or until underside is browned. Turn; cook other side for 5 minutes. Remove from pan and keep warm. Add broth and lemon juice to the pan; boil for 5 minutes, until syrupy. Remove from heat and mix in the capers and butter; spoon over chicken.

Milk-Braised Pork Chops

(SS, CC)

Serves 4

4 pork chops (exclude refuse)
2 tsp vegetable oil
2 TBSP butter
1/2 tsp Penzey seasoning*
1/2 TBSP salt
1 tsp pepper
2 cups whole wheat flour
1 1/2 cups 1% low-fat milk

Trim all fat from pork chops. Use meat mallet or something heavy to pound pork chops slightly until they are even thickness, about 1 inch thick. Combine flour, salt, pepper and pork chop seasoning in a shallow bowl. One at a time, lightly dredge pork chops in the mixture, shaking off any extra. Whisk 1/2 cup milk into the flour left in the bowl. Heat oil and melt butter in heavy frying pan big enough to hold pork chops. Add pork and brown well, about 3 minutes per side. Pour out most of the pan drippings, add 1/2 cup milk/flour mix, reduce heat to low and simmer, covered, for 30 minutes, stirring occasionally. Turn pork chops over and add remaining 1 cup milk, whisking to combine if needed. Cover for 30 minutes more, stirring occasionally. Uncover skillet and if there is a lot of liquid, cook a few minutes until reduced to about 1 cup. Serve hot, spooning milk gravy over the pork.

*Seasoning is salt, hickory, garlic, pepper and ginger if you prefer to make your own.

Mini Chicken Tostadas

(SS, CC)

2 TBSP reduced-fat sour cream
1 oz. cheddar cheese
1/2 TBSP salt
1/2 oz. juice of a lime
1 tsp olive oil
8 oz. cooked chicken breast
1/4 jalapeno peppers, sliced
1/2 of a red onion, sliced
6 tortillas
1/2 red bell pepper, thinly sliced

Preheat oven to 425 degrees. Mist a warm cast iron skillet with cooking spray. Add the onion, bell peppers and jalapeno. Cook over high heat, stirring occasionally, until vegetables are lightly charred, about 3 minutes. Finely shred chicken and then remove pan that vegetables are cooking in from heat and stir in the chicken, lime juice, oil, and salt. Spray 1 side of each tortilla with cooking spray and stack oiled sides up. Cut into quarters and nestle each tortilla triangle, oiled side down, into a muffin cup. Bake until edges are crisp, about 7 minutes. Sprinkle with cheddar. Place a spoonful of the filling into each tortilla. Dollop with sour cream and salsa.

Moroccan-Style Chicken with Vegetables

(detox, FS, RR, SS, CC)

Serves 2

2 chicken breasts
1 1/2 tsp cumin
1/2 tsp cinnamon
1/2 TBSP salt
1/2 tsp pepper
12 1/2 oz. can diced tomatoes
Zucchini, cut into 2" slices

Preheat oven to 450 degrees. Center chicken breasts on aluminum foil. Combine spices, then sprinkle half of the mix over the chicken. Combine the remaining spice mix with the tomatoes and spoon next to the chicken. Arrange zucchini slices over the chicken and tomatoes. Bring up foil sides and double fold top and ends to seal the packets leaving some room for heat circulation. Bake 20-22 minutes.

Moroccan Tomato, Chickpeas and Chicken Salad

(SS, CC)

Serves 4

4 boneless skinless chicken breasts
3 TBSP lemon juice
1 TBSP lemon zest
1/3 TBSP cumin
1/2 cup red onion, sliced
1 TBSP olive oil
1/2 TBSP paprika
2 cups chickpeas
2 cups cherry tomatoes

Bake or grill chicken and cut into cubes. Drain and rinse the chickpeas. Place in a pot with oil, spices, lemon zest and onion and stir over heat for 2-3 minutes, until mixture sizzles and smells aromatic. Remove from heat and cool for 5-10 minutes. Mix in lemon juice and place in a large bowl with bite-sized chicken and tomatoes. Toss and combine.

Mushroom & Swiss Turkey Burgers

(RR, SS, CC)

Serves 4

1/2 cup onions
1/8 tsp red pepper flakes
2 garlic cloves
2 TBSP basil
1/2 ginger root, chopped
1/4 cup onion
1 cup sliced mushrooms
1/8 salt
4 slices low-fat Swiss cheese
1 pound ground turkey

Mix all ingredients except mushrooms and onions; shape into patties. Preheat skillet over medium heat, lightly sauté mushrooms and onions. Push vegetables to edge of skillet, add patties in the center. Cook over medium heat for 7 minutes. Flip, cook for an additional 5 minutes until golden brown and no longer pink in the center. Just before removing patties from skillet, place thin slices of cheese on top. When melted, pile mushrooms and onions on top.

Nutty Chicken Curry

(RR, SS, CC)

Serves 4

1 hot chili pepper
1 tsp finely chopped ginger
1 garlic clove
2 tsp parsley
1 tsp sunflower oil
4 boneless chicken breasts
5 TBSP smooth peanut butter
2/3 cup chicken stock
7 oz. plain Greek yogurt

Place 3/4 of the chili pepper in a food processor with the ginger, garlic, and most of the parsley. Puree into a rough paste, adding a splash of water if needed. Heat oil in a frying pan and brown the chicken for 1 minute. Heat oil in a frying pan and brown the chicken for 1 minute. Stir in the paste for another minute, and then add the peanut butter, stock, and yogurt. When the sauce is gently bubbling, cook for an additional 10 minutes until the chicken is just cooked through and the sauce has thickened. Stir in most of the remaining parsley and scatter the rest on top with the remaining chili pepper.

Open-Faced Grilled Chicken Breast Sandwich

(SS, CC)

Serves 1

1 lettuce leaf
1 TBSP balsamic vinegar
1/2 tsp yellow mustard
2 tomato slices
1 onion slice
1/4 cup avocado
1 slice whole 9-grain bread
1 chicken breast
1/2 tsp mayonnaise
1/2 tsp plain Greek yogurt

Grill chicken until it is done. Place on bread and add tomato, lettuce, avocado and onion. Mix wet ingredients together and pour on top.

Pork Lo Mein with Peanut Sauce

(SS, CC)

Serves 4

8 oz. pork tenderloin
3 TBSP shallots
1/2 cup peanut butter, creamy
2 garlic cloves, minced
1 tsp fresh ginger
1 cup beef stock
1/2 green bell pepper, sliced
1 cup broccoli
1 celery stalk, chopped
1/4 pounds mushrooms, sliced
3 1/2 oz. whole wheat pasta
2 tsp sesame oil
1-2 TBSP soy sauce
1/4 cup walnuts
cornstarch

Prepare pasta according to directions. Heat olive oil over medium-high heat in a skillet. Add shallots and stir fry for 2 minutes. Add garlic and ginger and cook for another 2 minutes. Remove them from pan. Add sesame oil and the pork and stir fry 3-5 minutes, until nicely browned. Transfer pork to a plate. Add broccoli, celery, mushrooms and pepper to skillet and stir fry for 5 minutes. Return pork, onions, garlic and ginger to pan, adding beef stock with them and bring to a boil. Cover, reduce heat and let simmer for 5 minutes. Whisk the soy sauce and peanut butter in a bowl and stir the combination to the skillet adding the walnuts. Add cornstarch until thickened. Drain pasta and add to skillet. Toss to combine.

Pork Tenderloin with Caraway Sauerkraut

(RR, SS, CC)

Serves 2

1/4 cup chicken broth
1/2 cup red onions, sliced
1 TBSP caraway seeds
1/8 tsp black pepper
1 TBSP olive oil
1 cup sauerkraut, drained
10 oz. pork tenderloin
1/8 tsp salt
2 TBSP flour
1/8 tsp pepper

Heat oil in frying pan over medium heat. Sprinkle the pork tenderloin with salt, pepper and flour. Sauté the pork over medium heat for 4 minutes. Turn the pork and add onions. Continue to sauté until the pork is lightly browned on both sides and the onions have softened. Add the chicken broth, sauerkraut and caraway seeds. Cover and simmer for 25 minutes. Pork should be pink when complete.

Raspberry Chicken Salad

(RR, SS, CC)

Serves 3

3 boneless chicken breasts
2 packets Splenda
1 TBSP red wine vinegar
½ cup cherry tomatoes
¼ cup onions, chopped
1 cup plain Greek Yogurt
1 cup raspberries
4 cups romaine lettuce, shredded
1/3 cup celery

Combine raspberries, yogurt, vinegar and Splenda. Toss all remaining ingredients together and serve with dressing.

Red Beans, Barley and Sausage Stew

(detox, FS, RR, SS, CC)

4½s cup chicken broth
2 bay leaves
½ tsp garlic powder
1 tsp thyme
8 oz. pork sausage, sliced
1 cup red kidney beans
1 cup pearled barley
1 cup water

Rinse and drain beans (or soak fresh beans the night before in water). Put all ingredients in a large slow cooker, stir, cover and cook on low for 8 hours.

Roasted Chicken with Olives, Feta and Sun-dried Tomatoes

(RR, SS, CC)

Serves 4

¼ cup crumbled feta
1 tsp oregano
3 tsp olive oil
4 chicken breasts
½ cup sun-dried tomatoes
2 oz. Kalamata olives

Preheat oven to 375 degrees. Spread the oil over the bottom of a shallow roasting pan. Place the chicken in the pan and season the top of each piece with oregano, salt and black pepper to taste. Top chicken with olives, feta and tomatoes. Bake 20-25 minutes, until chicken is cooked through.

Roasted Chicken with Sweet Potatoes and Veggies

(SS, CC)

Serves 6

Pepper, to taste
3 pounds whole chicken
2 TBSP unsalted butter
1 TBSP thyme
1 ½ cups green beans
1 ½ cup sweet potatoes
1 cup chopped celery
1 cup chopped onion
1 dash sea salt
1 ½ cup carrot slices

Preheat oven to 375 degrees. Place chicken in roasting pan and sprinkle with salt and pepper. Arrange carrots, potatoes, and green beans around chicken and vegetables. Bake uncovered for 30 minutes.

Roasted Turkey

(RR, SS, CC)

Serves 8

2 garlic cloves
2 cups low-sodium chicken broth
3 bay leaves, crumbled
2 cups celery, chopped
1 cup lemon juice
1 ½ tsp thyme
½ tsp pepper
6 TBSP unsalted butter
1 onion, quartered
1 cup orange juice, fresh squeezed

Submerge turkey in water, breast side down for 1-2 days. Preheat oven to 325 degrees. Rinse turkey under cold water and dry inside and out. In a bowl, mix butter, salt, pepper and thyme. Stir in the juice of 1 orange and 1 lemon. Rub turkey with the seasoned butter inside and out. Fill the turkey with the onion, celery, bay leaves and whole garlic cloves. Tie up turkey according to directions. Roast turkey for 45 minutes. Spoon broth over turkey and let roast for 1 hour, repeating the basting every 20 minutes. Cook until thickest part of meat is 165 degrees and juices run clear. Remove the turkey from the oven and let rest for 20-30 minutes. Remove vegetables from inside and discard.

Sautéed Balsamic Chicken with Couscous and Vegetables

(SS, CC)

Serves 1

½ cup sliced red bell pepper
2/3 TBSP olive oil
½ cup onions, chopped
½ cup zucchini chopped
½ cup cooked couscous
½ TBSP balsamic vinegar
1 chicken breast

Chop chicken into bite-sized pieces. Chop vegetables. Cook couscous according to instructions. In a sauté pan, cook chicken thoroughly with the 2/3 of the olive oil and vinegar. Make sure chicken is fully cooked. In a separate pan, sauté vegetables with remaining oil. Layer the couscous and vegetables and top with the chicken.

Sautéed Chicken with Zucchini, Tomatoes, and Pine Nuts

(RR, SS, CC)

Serves 1

Dash black pepper
1 TBSP balsamic vinegar
1 TBSP water
1 TBSP olive oil
1 tomato, sliced
1 TBSP pine nuts
1 chicken breast
1 cup zucchini, sliced
1 tsp reduced sodium soy sauce

Sauté chicken breast in 1 tsp oil in a skillet. When partially cooked, add soy sauce and water and cook until done. Arrange zucchini and tomato slices on a plate. Sprinkle with vinegar and 1 tsp oil. Top with chicken. Sprinkle with pine nuts and salt and pepper to taste.

Sonoma Chicken

(FS, RR, SS, CC)

Serves 4

1 1/2 cup mushrooms
1/4 tsp pepper
4 TBSP olive oil
1/2 tsp garlic powder
1 tsp rosemary
1 onion, sliced
4 chicken breasts
1/2 cup tomatoes
1 1/4 cup chicken broth

Cut chicken into slices and pound until less than 1/2 thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a skillet with oil over medium-high heat. Add the chicken and cook 2-3 minutes on each side or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to skillet. Cover and cook for a few minutes. Add more broth if skillet becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes until about 1/4 of liquid remains. Sprinkle parsley over and serve.

Southwest Easy-Oven Chicken

(SS, CC)

Serves 6

2 garlic cloves
3/4 cup salsa
1 oz. black beans
1 cup chicken broth
1 pounds chicken breast

Preheat oven to 350 degrees. In a 13x9 baking pan, combine the broth, beans, salsa, and garlic. Add the chicken (cut into bite-sized pieces) and baste with some of the liquid. Bake, stirring once, until chicken is cooked through and the liquid is reduced, about 45 minutes.

Spiced Pork Loin

(RR, SS, CC)

Serves 6

1 cup chicken broth
1 tomato, diced
2 pieces pork tenderloin (yield from 1 pound with refuse)
6 garlic cloves
1 tsp ginger
1 TBSP peppercorns
1 TBSP mustard
3 TBSP oil and vinegar mixture
2 cups white onion, chopped
1/2 oz. cinnamon
1/2 TBSP of both cardamom and coriander

Heat ground red pepper, cumin, mustard, coriander, cardamom, cinnamon and black peppercorns in a skillet for 3 minutes. Put spices in food processor and add onions, ginger, garlic, and vinegar and process until blended. Combine pork pieces and spices making sure pork is covered. Refrigerate for 30 minutes. Heat a saucepan with cooking spray over medium heat. Add pork mixture and cook until browned (may do separately so you don't overcook the pork). Add broth to pan after removing pork and scrape to loosen up residue. Add pork back in and stir in salt and tomatoes. Bring to a boil and cook until pork is tender.

Spicy Hoisin-Glazed Turkey Meatballs

Serves 6

1/2 cup hoisin sauce
Dash black pepper
1/4 tsp garlic powder
1/2 tsp soy sauce
3/4 tsp sesame oil
1/2 tsp flax meal
1/4 cup orange juice
1 1/2 oz. seasoned Italian breadcrumbs
1/2 pound turkey, ground
1/4 red onion, chopped
1/4 tsp hot sauce

Preheat oven to 425 degrees. Line 2 rimmed baking sheets with foil and spray with cooking spray. In a bowl, combine onion with turkey, egg white, bread crumbs, sesame oil, soy sauce and garlic powder. Season with black pepper and stir until combined. Scoop out rounded teaspoons of turkey mixture, roll into 3/4 inch meatballs and place on prepared baking sheets. Whisk together hoisin sauce and hot sauce in a bowl. Spoon 1/4 tsp of the glaze over each meatball. Place baking sheets in oven and bake until meatballs are cooked through, about 6-7 minutes. Remove from oven. Preheat broiler and broil meatballs. Watch carefully until glaze is sizzling, for about 1-2 minutes. Drizzle orange juice over meatballs and transfer to platter.

Squash Bacon Medley

(RR, SS, CC)

Serves 4

1 summer squash and 1 zucchini halved and sliced
4 strips bacon
3/4 cup onions, chopped
2 TBSP brown sugar
1/2 TBSP salt
1/2 tsp basil
1/2 tsp oregano
1/2 tsp chili powder
1/2 tsp garlic powder
1 cup tomatoes, chopped

Place 1 inch water in a saucepan. Add vegetables. Bring to a boil and cook 4-5 minutes. Drain and set aside. In a skillet, cook bacon over medium heat until crisp. Remove to paper towels. Drain and reserve 1 TBSP of drippings. In the dripping, sauté onion until tender. Add vegetables, sugar and seasonings. Stir in tomatoes. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 10 minutes. Sprinkle with bacon.

Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

1/3 cup tangerines
4 lettuce leaves
1 kiwi
2 chicken breasts
1/2 tsp tangerine zest
1 TBSP sour cream
1 TBSP mayonnaise
2 TBSP cashews

Combine mayonnaise, sour cream, tangerine and peel zest in a small bowl. Add grilled chicken, kiwi, celery; toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves and top with cashews.

Tabbouleh Salad with Chicken

(SS, CC)

Serves 1

1/4 dry bulgur
1/8 cup lemon juice
1/2 tsp olive oil
1 chicken breast
1/4 medium diced tomatoes
2 1/2 TBSP parsley
1 1/2 chopped mint
1/4 cup sliced cucumbers

Place the bulgur in a bowl and pour over boiling water and let stand for 30 minutes or until the grains swell and soften. Drain the bulgur and press to remove excess moisture. Place salad in a bowl. Add the tomatoes, cucumbers, parsley and mint and toss. Place lemon juice, oil and pepper in a jar and shake well. Pour over salad and toss well. Serve with sliced cooked chicken breast.

Thai Chicken Stir Fry

(detox, FS, RR, SS, CC)

Serves 6

1 cup cauliflower
2 cups broccoli
1/2 tsp garlic powder
1/2 tsp ginger
1 cup carrot slices
1/2 TBSP ground cardamom
1/2 tsp chili powder
1 oz. curry powder
2 TBSP olive oil
4 chicken breasts
1 TBSP soy sauce

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half the chicken (chopped in cubes), and cook for 3 minutes. Remove and repeat with remaining chicken. Return all chicken to pan and all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

Turkey Chili Burgers

(RR, SS, CC)

Serves 4

1/2 cup red bell pepper, chopped
1 TBSP hot chili pepper sauce
2 TBSP Worcestershire sauce
2 tsp grill seasoning
2 TBSP cumin seed
1 medium onion, chopped
2 garlic cloves
2 cup diced tomatoes
1/4 cup low fat cheese
1/4 TBSP chili powder

Combine chili powder, cumin and grill seasoning in a bowl and divide in half. Add a quarter of a pound of the ground turkey to hot oil and break up as you brown and add 1/2 of the spice mixture above and half an onion. When onions are translucent, add Worcestershire sauce and tomatoes. To prepare burgers: Use the remaining ground turkey and the other half of the seasoning mix and onion. Add red pepper and 2 cloves of garlic, hot sauce and cheese. Mix all together and form 4 patties and grill until cooked. Serve the burger with the chili on top.

Turkey Meatloaf

(RR, SS, CC)

Serves 8

1/2 cup red onions, chopped
1 TBSP basil, ground
1/2 cup liquid egg substitute
1/2 cup yellow bell pepper
1 TBSP oregano
2 tsp garlic powder
1 TBSP fresh salsa
2 pounds ground turkey; lean
1/2 cup no added salt tomato sauce
1/2 cup parmesan cheese

Mix all ingredients except for cheese and tomato sauce together and form into a pan. Cover and top with sauce and cheese and bake at 350 degrees for 45 minutes.

Turkey Sausage Patties

(RR, SS, CC)

Serves 6

3/4 tsp basil
1 tsp coriander
1/2 tsp cumin
1/2 tsp garlic powder
1/2 tsp oregano
1 tsp paprika
1/2 tsp pepper (red or cayenne)
1 pound lean ground turkey
1/2 cup chicken broth

Combine turkey and dry spices in a bowl. Add broth and mix then let stand for 15 minutes. Form turkey into 9 patties (3/4" thick). Cook patties in a skillet over medium-high heat, about 8 minutes on each side.

Turkey Tortilla Soup

Serves 4

4 fresh cilantro sprigs
1 lime, wedged
2 turkey breasts (bone and skin removed)
2 cups chicken broth
2 tortillas
3/4 cup fresh salsa
1 zucchini, diced
1 TBSP fat free sour cream

In saucepan, combine salsa and broth and bring to a boil. Stir in turkey breast (cubed) and zucchini and heat through. Bake tortillas until crisp and break into medium pieces. Serve soup with broken tortillas, lime wedges and cilantro and sour cream on top.