

## ***A Sample of Paleo and Paleolithic Recipes***

### **Basic Paleo Recipe Principles**

When you make Stone Age recipes with modern foods, remember you want to insure that all of the ingredients are free of (1) grains, (2) legumes including peanuts, beans, peas, soybeans, tofu, soy milk and flour, (3) dairy products, (4) salt, (5) yeast including baked goods, pickled foods, vinegar, fermented foods and fermented beverages (all contain yeast), (6) processed sugars, (7) starchy root vegetables including potatoes, yams, and sweet potatoes, and (8) excessive added fats except for permitted oils. You should try to choose the leanest cuts of domestic meats and trim away any visible fat. **Remember, the mainstays of The Paleo Diet are fresh fruits, vegetables, lean meats, and seafood.**

### **Stone Age Food Substitutions**

**Salt:** Powdered garlic, powdered onion, lemon juice, lime juice, lemon crystals, lemon pepper free of salt, cayenne pepper, chili powder, commercially available salt-free spice mixes, black pepper, cumin, turmeric, ground cloves, oregano, ground allspice, celery seeds, coriander seeds, ground cardamom seeds, or any spice or combination of spices can be used to replace salt. I do not recommend using any of the so-called "lite" salts or potassium chloride salts because chloride, like sodium, is undesirable when it comes to your health.

**Vinegar:** Substitute small amounts of vinegar with lemon or lime juice (fresh or reconstituted from fresh).

**Butter/Fat:** Replace butter, margarine, shortening, lard etc. with olive oil, flaxseed oil, walnut oil, canola oil, or avocado oil. Olive oil has a wonderful flavor and is high in the health promoting monounsaturated fats but generally has a poor omega-6 to omega-3 fat ratio (~13). The same situation exists for avocado oil, and these two oils should be frequently complemented by or blended together with other oils containing better (lower) omega-6 to omega-3 ratios such as flaxseed (0.24), canola (2.0) or walnut (5.1) oils.

**Sugars:** Concentrated sugars of any kind even natural sugars (honey, maple sugar, date sugar), really were not a staple component in most pre-agricultural diets. Sugars should be obtained primarily from fruits and vegetables and not from concentrated sources. That being said, fruit purees, flavored with lemon juice and spices (cinnamon, nutmeg, mint leaves, ginger, vanilla, and other spices), can be used in recipes to add sweetness to sauces, condiments, and desserts.

**Alcohol:** Alcoholic beverages were clearly not a component of true Stone Age diets, and should be limited to an occasional glass of wine, beer or spirits as a part of your "open meals." Wine, as long as it does not contain salt (as most cooking wines do), can be used to marinate meats and add flavor to many cooked dishes. When wine is used in this context, the amount of added alcohol and sugar is negligible – furthermore, wine contains a number of health promoting phytochemicals and antioxidants.

**Cereals:** Nut flours (almond, pecan, walnut, hazelnut, etc.) can be made in food processors or can be purchased at some health food or specialty stores and can be used to thicken sauces or to add flavor to condiments. Again, these products need to be used sparingly, as they have the potential to unbalance diet and disrupt health when they are used excessively or in combination with oils, honey, dried fruit or fruit purees.

## ***Recipes***

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### **Seafood**

#### Chez Lorraine's Baked Salmon

4 salmon steaks (about 1 ¼ pounds)

4 tablespoons lemon juice

1 teaspoon dill weed

2 tablespoons finely chopped fresh chives

Lime wedges

Place individual salmon steaks on pieces of aluminum foil large enough to wrap each steak. Pour a tablespoon of lemon juice over each steak, sprinkle with dill and seal each steak in an aluminum pouch. Put the aluminum sealed steaks in a Pyrex dish and bake at 350 F for 30 minutes or until the fish flakes easily with a fork. Serve salmon with sprinkled chives and lime wedges.

#### Grilled Cod with Cayenne Citrus Marinade

¼ cup fresh orange juice

1 ½ tablespoon lemon juice

3 tablespoons lime juice

1/8 teaspoon cayenne pepper

2 minced garlic cloves

2 tablespoons olive oil

1 lb cod filets

2 tablespoons finely chopped fresh chives

1 tablespoon finely chopped fresh thyme

Combine orange, lemon and lime juices in a bowl with cayenne pepper, garlic, olive oil and 1/3 cup of water to make the marinade. Place fish in a flat dish and pour in the marinade and then marinate the fish 15 minutes. Light your grill and add the fish – grill fish 3 to 4 minutes per side, basting often with the marinade. Serve the fish with a spoonful of marinade and sprinkle with chives and thyme.

#### Red Snapper Azteca

4 red snapper fillets (4 ounces each)

¼ cup fresh lime juice

1 tablespoon fresh lemon juice

1 teaspoon chili powder

1 plum tomato coarsely chopped

4 green onions, sliced in ½ inch sections

½ cup chopped Anaheim pepper

½ cup chopped red bell pepper

Cilantro for garnish

Place red snapper in a shallow baking dish. Combine lime juice, lemon juice and chili powder in a measuring cup. Pour over snapper. Marinate 10 minutes, turning once or twice. Sprinkle onions, tomato and peppers over snapper. Cover. Bake at 350 for 30 minutes or just until snapper flakes in center. Let stand, covered, 4 minutes before serving. Garnish with fresh cilantro.

### Toad in the Hole Almond Trout

6 fresh trout

1 cup sliced almonds

¼ cup raisins

2 tablespoons olive oil

2 shallots

½ bunch parsley

½ teaspoon pepper

¼ cup olive oil

Lemon, parsley, and seedless red grapes for garnish

Rinse and dry trout and rub body cavity with olive oil. In a bowl, mix almonds, raisins and olive oil with chopped shallots, parsley and pepper. Stuff the trout with this mixture. Put ¼ cup olive oil in a skillet and sauté each trout for about 8-10 minutes on each side until nicely browned. Serve with a garnish of lemon, parsley and seedless red grapes.

*From: Loren McHuron's Toad in the Hole Restaurant, Hollywood, CA*

### Parsley, Lemon Filet of Sole

1 pound sole fillets

¼ cup lemon juice

1 teaspoon olive oil

1 small onion, thinly sliced

1 teaspoon dried parsley flakes

Cut fish into serving-size pieces. Place in an un-greased baking dish. Drizzle with lemon juice and oil; sprinkle with pepper. Arrange onion slices over fish; sprinkle with parsley. Cover and let stand for 5 minutes. Bake at 350 F for 20 minutes or until fish flakes easily with a fork.

### Poached Halibut Steaks

2 or 3 green onions, cut into 2 inch long pieces

1 tablespoon olive oil

1 red onion, cut lengthwise into thin slices

1 carrot, cut into thin matchstick pieces

2 Halibut steaks (½ pound)

2 lemons

Heat oil in a deep skillet over medium heat. Add onion and sauté three minutes. Add carrot and cook three more minutes. Stir in green onions. Spread vegetables evenly over bottom of skillet. Lay halibut steaks on the vegetable bed in the skillet. Add a small amount of water just to cover the bottom of the skillet. Cover and cook until the fish flakes easily with a fork – about 10 minutes. Transfer the fish to a serving plate and top with vegetables and lemon juice.

#### N'Orleans Broiled Catfish Fillets

1 teaspoon paprika

4 catfish fillets

½ teaspoon dried thyme

¼ teaspoon garlic powder

¼ teaspoon black pepper

¼ teaspoon oregano

1/8 teaspoon cayenne pepper

¼ cup lemon juice

Mix spices together in a shallow dish. Put lemon juice in a bowl. Dip fillets in the lemon juice and then coat lightly with seasoning mixture. Preheat broiler. Spray rack of unheated pan with nonstick spray. Put fish on rack and broil 4 inches from heat until fish flakes easily with fork (4 to 6 minutes). Turn once while broiling.

#### Barbecued Juneau Shrimp

¼ cup virgin olive oil

3 garlic gloves minced

2 tablespoons lemon juice

1/8 teaspoon of cayenne paprika

Dash of cayenne pepper to taste

Shelled shrimp with tail left on (2 ½ pounds)

Lime wedges and parsley

Mix olive oil, spices and lemon juice in a bowl. Fire up grill. Brush shrimp with mixture, place on hot grill, turn (1-2 minutes per side) at once and remove. Garnish with lime wedges and parsley.

#### Shrimp Stuffed Avocados

3 medium sized avocados

2 tablespoons lemon juice

1 ½ pound small or medium sized shrimp, cooked, shelled, deveined and chilled

Cut avocados in half; remove seed and skin. Stuff with shrimp; add lemon juice.

#### Luscious Lime Shrimp

3 Tablespoons fresh lime juice  
1 green onion, chopped  
2 tablespoons chopped fresh cilantro  
1 teaspoon minced, seeded jalapeno peppers  
1 teaspoon olive oil  
½ teaspoon minced garlic  
20 large shrimp (about 1 pound) peeled and deveined  
1 tablespoon minced red peppers  
20 cucumber slices

Stir together lime juice, green onion, cilantro, jalapeno peppers, oil and garlic in medium bowl. Toss the shrimp with two tablespoons of the dressing in another medium bowl. Cover and refrigerate shrimp for 30 minutes. Preheat broiler or grill. Broil shrimp about 3 inches from heat for 1 ½ minutes per side or until opaque. Immediately toss hot shrimp with the remaining dressing and red pepper and cool to room temperature. Arrange shrimp on cucumber slices.

#### Trout Simmered in White Wine Sauce

2 trout  
2 tablespoons of olive or canola oil  
1/3 cup minced shallots or onions  
2/3 cup minced carrots  
2/3 cup chopped fresh mushrooms  
1 cup white wine  
1 tablespoon fresh thyme  
3 tablespoons fresh parsley

Sauté the shallots, carrots, and mushrooms in oil until the shallots are soft. Add wine and seasonings. Simmer for several minutes. Add trout and cook about 6 minutes per side.

*From: Artemis Simopoulos, The Omega Plan*

#### Dill and Lime Crab

2 Large Dungeness crabs, cooked, cracked and shelled and chilled (yield ¾ to 1 pound)  
Lime juice  
Paprika  
Dried, ground dill weed  
Lime wedges  
Parsley

Boil fresh crab, prepare the meat and chill it or buy cooked crab. Drizzle meat with lime juice and sprinkle with paprika and dill. Serve with lime wedges and garnish with parsley.

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***Domestic Low Fat Meat Entrees (Beef, Pork, Chicken)***

### Stir Fried Beef with Vegetables

- 2 tablespoons canola oil
- 1 clove garlic, pressed
- 12 ounces boneless sirloin steak, trimmed of all visible fat, thinly sliced
- ¼ cup burgundy wine
- 1 yellow onion cut thinly into wedges
- 1 red pepper, seeded and cut into slender strips
- 2 celery stalks, chopped
- 4 ounces of sliced mushrooms
- 4 ounces thinly sliced carrots
- 3 tablespoons lemon juice

Sauté the beef in the oil with garlic and half of the red wine until the beef is browned. Remove from skillet. Heat the residual oil in the skillet. Sauté the onion, celery, red pepper, and carrots until the onion is tender – about 4 minutes. Add the remainder of the red wine. Add the mushrooms; stir-fry everything together for about another 3 minutes. Combine the vegetables with the meat.

### London Broil with Herbs

- London broil beef (1-1 ½ lbs.) trimmed of all visible fat and cut into four pieces
- 1 tablespoon canola oil
- 2 minced garlic cloves
- 2 teaspoons minced fresh rosemary or 1 teaspoon dried
- 2 teaspoons minced fresh basil or 1 teaspoon dried
- 2 teaspoons minced fresh thyme or 1 teaspoon dried
- Fresh ground pepper

Place meat in a shallow dish. Rub both sides with oil, garlic and herbs. Add pepper and let stand for one hour. Prepare barbeque (high heat) or preheat broiler. Cook meat two inches from heat source to desired state (four minutes per side for rare).

### Maine Pot Roast

- 3 pound lean beef roast trimmed of all visible fat
- ¼ teaspoon pepper
- 2 quartered onions
- 4 quartered carrots
- 1 celery stalk cut into eight pieces
- 1 bay leaf
- 5 cups of water
- 1 small cabbage cut into wedges

Sprinkle meat with seasonings. Place onions, carrots and celery into a crock-pot. Top with meat. Add bay leaf and water. Cover pot and cook on low for five to seven hours or until

meat is tender. Remove meat; turn on high. Add cabbage wedges, cover and cook on high 15-20 minutes or until cabbage is done.

#### Broiled Pork Tenderloin Zesty Rub

1 minced garlic clove

1 tablespoon paprika

1 tablespoon dry mustard

1 tablespoon ground coriander

1 tablespoon canola oil

1 tablespoon olive oil

1 tablespoon red wine

1 pound of very lean pork tenderloin, trimmed of all visible fat

Mix dry spices and garlic in a mortar and pestle – add in the oils and wine to make into a paste. Rub the paste onto the pork one hour before broiling. Broil pork 2 to 3 inches from heat source for about six minutes per side or until it is cooked to desired condition.

#### Grilled Pork Chops

¼ cup fresh lemon juice

2 tablespoons canola oil

3 garlic minced garlic cloves

¼ teaspoon ground thyme

¼ teaspoon black pepper

¼ teaspoon dried oregano

6 lean pork chops, one inch thick and trimmed of all visible fat

In a shallow pan blend all ingredients except the pork. Add pork chops and cover and refrigerate overnight. Grill chops over hot coals for 15-20 minutes per side or until done, while frequently basting chops with marinade.

#### Green Chile Pork Stew

24 green chilies, fresh or canned

2 tablespoons canola oil

2 pounds of lean pork loin, trimmed of all visible fat

2 large yellow onions, finely chopped

3 minced garlic cloves

3 cups stewed fresh tomatoes

1 six-ounce can of salt free tomato paste

2 cups of water

½ teaspoon cumin

If chilies are fresh, parch and peel them, and remove the ribs, seeds and tops. In a large stew pot, heat canola oil and add pork cubes and sauté until lightly brown. Add onions and

garlic and brown. Cut chilies into one inch slices and add to the pork and onions. Add remaining ingredients and cook about one hour until the stew is thickened. Adjust the seasonings to your pleasure.

#### Chicken Breasts with Red Pepper Sauce

2 medium tomatoes, peeled, seeded and chopped  
1 small onion, chopped  
1 medium red bell pepper, chopped  
1 tablespoon fresh parsley, chopped  
1 tablespoon fresh basil, chopped  
¼ teaspoon dried thyme  
1/8 teaspoon cayenne pepper  
¼ teaspoon fresh ground pepper  
4 skinless, boneless breast halves, pounded to ¼ inch thickness  
2 tablespoons canola oil  
½ cup white wine

Combine vegetables and spices in a medium saucepan. Bring to a boil, reduce heat, and simmer 20 minutes. Transfer to a food processor or blender, and puree until smooth. Pour into a small saucepan and keep warm over very low heat. In a large fry pan, heat oil. Add chicken breasts; cook three minutes a side until chicken turns white. Add wine; reduce heat and simmer for 10 minutes. Spoon red pepper sauce on plate and arrange chicken on top.

#### Poached Chicken Lunkowski

four boneless, skinless chicken breast halves  
2 tablespoons canola oil  
1 cup sliced scallions  
2 garlic cloves, crushed  
1/8 teaspoon cayenne pepper  
1 bay leaf  
½ teaspoon ground cloves  
4 medium tomatoes, peeled, seeded, chopped  
1/8 teaspoon ground saffron (optional)  
1/8 teaspoon ground pepper  
1 tablespoon red wine

In a large frying pan, heat oil over medium heat. Add scallions and cook until lightly browned (about three minutes). Add garlic and cayenne pepper; cook one minute. Add tomatoes, red wine, bay leaf, cloves, saffron and pepper. Bring to a boil; reduce heat and simmer uncovered for 15 minutes. Place chicken on top of sauce; cover and simmer for 15-20 minutes until chicken is tender and opaque.

#### Barbequed Spicy Honey Chicken

3 tablespoons honey  
2 tablespoons fresh lemon juice  
1 tablespoon fresh orange juice  
2 scallions, finely chopped  
1 teaspoon finely chopped fresh tarragon  
1 teaspoon finely chopped fresh thyme  
1 teaspoon finely chopped fresh sage  
1 teaspoon fennel seeds, toasted and crushed  
Freshly ground black pepper to taste

4 boneless, skinless, chicken breast halves (about 1 pound)

In a large bowl combine honey, lemon and orange juices, herbs, scallions, pepper and fennel seeds. Put the chicken in the bowl and marinate for 1-2 hours. Fire up the barbeque and grill the chicken, turning constantly while basting with the marinade until the breasts are cooked.

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### ***Organ Meat Entrees***

#### Beefheart

1 Beefheart  
¼ cup fresh ground pepper  
4 large yellow onions, sliced as thinly as possible  
2 garlic cloves very finely diced

Preheat oven to 250 F. Mix the garlic and pepper together. Using a sharp knife, cut down into the heart about one inch. Carefully cut in a spiral towards the center keeping the cuts one inch apart. Lay the heart out in one long strip. Spread the pepper/garlic mix evenly over the meat. It will be a very thin layer and does not have to coat the entire heart. The idea is to not have any clumps of the mix. Evenly layer the thinly sliced onion on the heart. Roll the heart back together, jelly roll fashion. Secure with twine. Put heart into a shallow pan and put into the oven. Using a meat thermometer to determine internal temperature, cook until: 1) rare: red center, 110 F, 2) medium rare: still red center, 120 F, 3) Medium: 135 F, 4) Medium well: a little pink in the center, 145 F, 5) Well Done: no pink at all, 160 F.

When internal temperature reaches desired level, remove meat from oven and cover lightly with foil. The heat in the center will continue to rise for another five degrees F. Times will be determined by the size of the heart.

#### Luigi's Basque Tongue Stew

1 Beef tongue (3 ½ pounds)  
2 chopped carrots  
½ bunch parsley  
2 bay leaves  
10 black peppercorns  
1 medium yellow onion, peeled and quartered  
1 recipe tomato sauce (below)

In a 6-quart pot, place tongue, onion, carrots, parsley, bay leaves, and peppercorns. Add just enough water to cover. Simmer, covered for 2 ½ hours. Remove tongue, cool, peel, and slice ¼ inch thick crosswise sections. Add the tongue to the prepared tomato sauce. Simmer, covered for one hour. Then uncover and simmer gently for 1 ½ hours, stirring occasionally.

#### Appetizing Tomato Sauce

¼ cup canola oil  
8 minced garlic cloves  
2 cups diced, yellow onions  
1½ cups cored, seeded and diced green bell peppers  
3 cups ripe tomatoes  
1 four-ounce can of whole green chilies, pureed  
¼ cup chopped parsley  
5 cups beef stock (no salt added)  
Black pepper to taste

In a 6-quart saucepan sauté the garlic, onion and green pepper in the oil until tender. Add the tomatoes, pureed chilies, and parsley and simmer until very tender. Add beef stock. Cover and simmer one hour. Uncover and simmer one more hour to reduce and thicken the sauce. Stir and pepper to taste

#### Sautéed Rocky Mountain Chicken Livers

1 pound of chicken livers  
¼ cup burgundy wine  
1 medium yellow onion, diced  
2 minced garlic cloves  
1 Anaheim pepper, diced  
1 tablespoon olive oil  
1 tablespoon canola oil

Sauté the onions, garlic and green peppers in the oil mixture with ½ of the red wine. Then add in the livers and remaining wine and sauté the livers until they are firm and brown.

*From: Michael Hugh Small, The Painter's Van*

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#### **Game Meat Entrees**

##### Rabbit Roasted with Herbs

2 tablespoons canola oil  
1 rabbit (about 2 ½ pound, cut into 6-8 pieces)  
Fresh ground black pepper  
1 medium yellow onion, halved lengthwise and slivered  
1 large, minced garlic clove  
2/3 cup chicken or vegetable broth, salt free

1 teaspoon fresh rosemary or ½ teaspoon dried

2 tablespoons flat leafed parsley, chopped

Preheat the oven to 350 F. Place the oil in a large, heavy skillet over medium-high heat. Brown the rabbit pieces in batches until golden, about 5 to 7 minutes per side, sprinkling with pepper. Place the browned rabbit into a shallow baking pan. Add the onion to the skillet and cook over low heat for 7 to 10 minutes to soften. Add the garlic and cook two minutes more, stirring. Add broth and raise the heat; bring to a boil, scraping up the browned bits on the bottom of the skillet. Reduce the heat; add the rosemary and cook sauce for two minutes longer. Pour the sauce over the rabbit and bake for 45 minutes. To serve, place the rabbit pieces on a serving platter and pour all the remaining pan juices over the top of the rabbit pieces. Sprinkle with chopped parsley and serve immediately. Serves four.

### Roast Pheasant with Fruit and Nut Stuffing

1 pheasant (2-3 pounds)

Fresh ground pepper

Garlic powder

Olive oil

1 ½ cups freshly squeezed orange juice

½ cup raisins

3 cloves

½ cup dried and coarsely chopped apricots (non-sulfured)

½ teaspoon grated orange peel

1 cup chopped pecans

Preheat oven to 350 F. Wash and dry the pheasant and brush with olive oil inside and out. Sprinkle inside and out with pepper and garlic powder. In a saucepan combine the orange juice, raisins and cloves. Bring to a boil, reduce the heat and simmer five minutes. Strain the mixture, discarding the cloves and reserving the orange juice and raisins. In a mixing bowl combine the raisins, apricots, ginger, orange peel and the nuts. Mix well and use the mixture to stuff the pheasant. Place the pheasant breast up on a rack in a roasting pan, and roast until tender, about 30 minutes per pound, brushing frequently with the remaining orange juice. Place the pheasant on a serving platter and trickle the liquid from the roasting pan over the pheasant.

### Barbequed Venison Steaks with Herbs

4 venison steaks (4 ounces each)

2 tablespoons chopped rosemary

2 tablespoons chopped garlic

2 tablespoons chopped thyme

1/8 cup olive oil

1/8 cup olive oil

Fresh ground pepper to taste

Make a marinade by combining the oils and herbs in a mixing bowl. Marinate the venison for four hours in a refrigerator, covered. Remove the steaks from the marinade and shake off

excess oil. Place the steaks on the grill and season with pepper and frequently brush with marinade. Cook the meat for about 2-4 minutes per side until it is done to the desired state.

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## ***Dried Meats (Jerky)***

### Simple Beef Jerky

2 pounds lean beef, trimmed of all visible fat, cut into 1 inch wide, 1/8 inch thick

Place beef strips on the racks of a home food dryer (available at any large discount store) and dry the meat until it is tough and chewy (usually overnight). Or dry in your oven on ungreased cookie sheets. Set oven at lowest baking temperature and keep the door propped open. The temperature should not exceed 140-150 F. The drying time is dependent upon your oven and may take from 4-12 hours. Take out when meat is tough and chewy

### Spicy Beef Jerky

2 pounds lean beef, trimmed of all visible fat, cut into 1 inch wide, 1/8 inch thick (Almost any meat can be dried -- try lean pork, venison, buffalo, even poultry and fish)

Chili powder

Cumin

Garlic powder

Onion powder

Dry Mustard

Cayenne pepper

Lemon pepper

Turmeric

Coarse ground black pepper

Curry powder

White pepper

Mix any and all combinations of the spices listed above in a medium sized bowl to make a dry rub. Let your personal tastes and imagination guide you. Our favorite is cumin, garlic powder, coarse ground black pepper, turmeric and cayenne pepper mixed in equal parts. Dip each meat strip in the bowl of spices. Lightly coat and then marinate for at least 30 minutes – its better if you have time to marinate the meat overnight in a covered bowl in the refrigerator.

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## ***Vegetable Dishes***

### Sautéed Kale

1 pound fresh kale trimmed and chopped

1 large garlic clove, crushed

1 tablespoon olive oil

2 tablespoons walnuts, lightly toasted

2 tablespoons lemon juice

Cook the kale in a large pot of boiling water until tender (about 10 minutes); drain well. Coat a large skillet with oil. Sauté garlic over medium heat until just golden, about three minutes. Add kale to skillet. Stir in the olive oil, sauté until heated through (about five minutes). Stir in

pine nuts, remove skillet from heat. Sprinkle kale mixture with lemon juice. Transfer to a shallow serving dish and serve immediately.

#### Sautéed Broccoli ala Madrid

1 teaspoon extra virgin olive oil

2 or 3 garlic cloves, minced

1 onion, diced

4 or 5 button mushrooms, thinly sliced

1 or 2 tomatoes, diced

1 head broccoli, cut into small flowerets, withy stems peeled and thinly sliced

Bring a large pot of water to boil over high heat. Add broccoli and cook until bright green but not completely tender, about three minutes. Plunge into cold water to stop the cooking process and preserve the bright color. Heat oil in a skillet over medium heat. Add garlic, onion and cook, stirring for two to three minutes. Remove cover and stir in broccoli. Simmer uncovered for two to three minutes.

#### Grilled Polish Vegetables

1 small cabbage, cored

2 tablespoons olive oil

½-1 teaspoon onion powder (optional)

1/8-¼ teaspoon black ground pepper

4 medium carrots cut into 1-inch pieces

2 celery ribs cut into 1- inch pieces

1 small onion cut into wedges

½ pound whole fresh mushrooms

1 small green pepper cut into pieces

Cut cabbage into 6 wedges; spread oil on cut sides. Place cabbage on a piece of heavy-duty foil, about 24 inches by 18 inches. Sprinkle with onion powder, if desired and pepper. Arrange remaining vegetables around cabbage. Seal the foil tightly. Grill, covered, over medium-hot heat for 30 minutes or until vegetables are tender, turning occasionally.

#### Honey Dill Carrots

Baby carrots

Honey

Dill

Steam baby carrots, then drizzle with just a bit of honey (don't overdo the honey, it doesn't take much). Add dill

#### Mongolian Spicy Cauliflower

1 head cauliflower, about 1 ¼ pounds

2 small bunches of scallions

- 2 teaspoons black mustard seeds
- 2 teaspoons cumin seeds
- 1 teaspoon fennel seeds
- ½ teaspoon turmeric
- 1/3 cup warm water (105 F)
- ¼ cup olive oil
- 1/3 cup chopped fresh coriander or 8 fresh curry leaves

Separate and cut the cauliflower into 1-inch florets. Peel the cauliflower stem and cut into thin slices. Set aside. Trim the scallions and chop them, including the entire green part. Set aside. Measure out the spices and place them, as well as the water, right next to the stove. Heat the oil in a wok or a sauté pan over high heat. When the oil is hot, add the mustard, cumin, and fennel. When the seeds stop sputtering, add the turmeric and immediately add the cauliflower. Stir fry the cauliflower until it's evenly coated with spice-infused oil. Add the scallions and water; mix and cover with a lid. Cook over medium heat and toss a couple times until the cauliflower is soft, about 10 minutes. Uncover, fold in the coriander, and continue stir-frying until excess moisture evaporates and the cauliflower looks glazed, about 5 minutes.

#### Italian Brussels Sprouts

- 12-15 fresh chestnuts
- 1 teaspoon extra virgin olive oil
- 2 cloves garlic, minced
- 2 pounds of Brussels sprouts, trimmed
- Juice and grated zest of 1 lemon
- 2 cups vegetable broth or vegetable stock (no added salt)

Make a slit in the flat side of each chestnut. Cook in boiling water over high heat for 15 minutes. Drain the chestnuts, wrap in a towel to keep them warm, and set aside 10 minutes. Peel off both the hard outer shell and the inner papery layer. Set chestnuts aside. Heat oil in a deep skillet over medium heat. Add garlic and cook 1-2 minutes. Add sprouts and cook, stirring to combine. Add chestnuts and broth, cover and simmer over low heat until sprouts are just tender, 10-12 minutes. Simmer 3-4 minutes. Remove from heat and drain well if any liquid remains. Stir in lemon juice and zest and transfer to a serving bowl, serve warm.

#### Zesty Marinated Mushrooms

- 2 pounds of fresh mushrooms
- ½ cup lemon juice
- 1 cup olive oil
- 3 medium onions, thinly sliced
- ¼ teaspoon ground black pepper
- 1 teaspoon dry mustard
- 1 teaspoon thyme
- ½ teaspoon oregano

1 tablespoon basil

2 teaspoons honey

Combine all ingredients and cook for 5-10 minutes over medium heat. Cool. Cover and refrigerate overnight.

#### Marinated Corsican Tomatoes

5 large ripe tomatoes

¼ cup olive oil

1 ½ tablespoon lemon juice

½ clove garlic, minced

½ teaspoon oregano

1/8 teaspoon ground black pepper

Peel tomatoes and cut into thick slices. Combine remaining ingredients and pour over tomatoes. Chill thoroughly, stirring once or twice. Garnish with parsley.

#### Chopped Jamaican Zucchini

1 medium zucchini squash, chopped

¼ red onion, chopped

½ red pepper, chopped

½ to 1 jalapeno pepper, chopped (to taste)

¼ cup chopped cilantro (or more, to taste)

1 small clove garlic, minced

Pinch of ground coriander seed

Dash lemon juice

Toss all ingredients together; adjust seasonings as desired.

#### Zucchini with Tomatoes, Apples & Onions

1 ½ pound small zucchini, thinly sliced

2 tablespoons olive oil

2 tablespoons canola oil

1 medium onion, chopped

2 apples, chopped

2 fresh tomatoes, peeled and chopped

2 tablespoons fresh chopped parsley

Fresh ground black pepper to taste

Set a small pan of water to boil. Drop the zucchini slices into the boiling water for 30 seconds. Remove immediately and drain. Heat the oil in a fry pan and sauté the onion until it is transparent. Add the apples and stir well to coat. Add the tomatoes and the blanched zucchini. Stir well, and then add the parsley. Season this mixture, and leave it to cook, covered over a gentle heat for 5-10 minutes, until the zucchini is soft. Serve hot.

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## **Salads**

### Colorado Spinach Salad

- 1 small bunch fresh spinach
- 12 dandelion leaves
- ½ cup pink sorrel leaves, loosely packed
- 1 apple, cored and cut into bite sized pieces
- ½ cup walnut halves

You may substitute appropriate fresh greens for the dandelion and sorrel leaves. Wash and de-stem spinach. Coarsely chop dandelion leaves, and tear spinach, then toss dandelion, sorrel and spinach together in a stainless steel bowl. Put aside in refrigerator to drain and cool. When drained, pour off excess water and add apple and pecans. Toss with dressing (see next section) and serve.

### Spinach Salad ala Cordani

- ½ pound pork tenderloin sliced and chopped into fine pieces
- 1 tablespoon olive oil
- 1 tablespoon canola oil
- 1 pound of fresh spinach, washed, drained and torn into desired piece size
- 1 can sliced water chestnuts (no salt added)
- 1 pound fresh mushrooms, sliced thinly
- 4 hard boiled eggs, sliced

Sauté the pork tenderloin pieces in the oil mixture until lightly browned. Drain spinach well and put into a large bowl and mix well with the water chestnuts and mushrooms. Top the salad with slice hardboiled eggs and pork tenderloin pieces. Allow diners to add their own dressing (see next section for dressing recipes).

*From: The Recipes of Joseph Campbell Cordani.*

### Watercress and Walnut Salad

- ¼ cup olive oil
- 1 pound watercress, finely chopped
- 1 large garlic clove
- ½ cup cooked and finely diced chicken pieces
- ¼ cup walnuts, finely chopped
- ¼ cup hazelnuts, finely chopped
- ½ teaspoon pepper

In a heavy 12-inch skillet, heat the olive oil. Cut the garlic in half lengthwise and add it to the oil. Cook for two minutes, stirring constantly. Remove the garlic and discard. Add all the nuts and cook for 5 to 6 minutes or until they are browned. Add the chicken and pepper. Cook 2 to 3 minutes. Dry watercress before you add it to the oil. Working fast, toss the watercress into the mixture in the pan; making sure it is well coated and barely heated through. If left too long it loses some of its crispness. Serve immediately.

### Salsa Salad

1 bunch cilantro

5-6 Roma tomatoes

1 small yellow or red onion

1 small chili pepper

2 ripe avocados

Handful of whole dulse leaf

Chop cilantro, dice tomatoes, dice onion, and finely dice chili pepper, dice avocado. After dicing each ingredient add them to a large bowl. Tear whole dulse leaf into bite size pieces, and add to the bowl. When finished -- toss.

### Honey Apple Coleslaw

2 cups packaged coleslaw mix

1 unpeeled tart apple, chopped

½ cup chopped celery

½ cup chopped green pepper

¼ cup flaxseed oil

2 tablespoons lemon juice

2 tablespoons honey

1 teaspoon celery seed

In a bowl combine the coleslaw mix, apple, celery and green peppers. In a small bowl, whisk remaining ingredients. Pour over coleslaw and toss to coat.

### Luigi Spallanzani's Mushroom Salad

2 tablespoons fresh lemon juice

1 ½ tablespoons flaxseed oil

1 ½ tablespoons olive oil

1 minced garlic clove

2 tablespoons minced fresh parsley

1 teaspoon chopped fresh oregano or ¼ teaspoon dry

¼ teaspoon ground black pepper

1 pound fresh mushrooms, very thinly sliced

Combine everything but mushrooms in a medium bowl, beat with a fork to blend. Then add the mushrooms, toss to coat with dressing and serve immediately.

### Lascaux Chicken Waldorf Salad

2 cups of cooked diced chicken

1 large tart apple, cored and diced

1 cup chopped celery  
½ cup chopped walnuts  
¼ cup homemade mayonnaise (see recipe in next section)  
2 teaspoons lime juice  
2 teaspoons honey  
Black pepper

In a medium size bowl, combine chicken, apple, celery and walnuts. In a small bowl, combine mayonnaise, lime juice and honey; stir to blend well. Season to taste with pepper. Spoon dressing over chicken salad and toss to coat.

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### ***Condiments, Dips, Salsas, Salad Dressings, Marinades***

#### Omega-3 Mayonnaise

1 whole egg  
1 tablespoon lemon juice  
¼ teaspoon dry mustard  
½ cup olive oil  
½ cup flaxseed oil

Put egg, lemon juice and mustard in blender and blend for 3-5 seconds. Continue blending and slowly add oils. Blend until the mayonnaise is thick. Scrape mayonnaise into a snap lock plastic container and refrigerate. The Mayonnaise should keep for 5-7 days.

#### Ray's Catsup

3 ½ pounds tomatoes (washed and sliced)  
2 medium onions (sliced)  
1/8 clove garlic  
½ bay leaf  
½ red pepper  
¼ cup unsweetened fruit juice (white grape, pear, or apple)  
1 teaspoon whole allspice  
1 teaspoon whole cloves  
1 teaspoon whole mace  
1 teaspoon celery seeds  
1 teaspoon black peppercorns  
½ inch cinnamon stick  
½ cup lemon juice  
Pinch of cayenne pepper

Boil tomatoes, onion, garlic, bay leaf and red pepper until soft. Add fruit juice. Mix spices (allspice, cloves, mace, celery seed, peppercorns and cinnamon) and put them into a small cloth spice bag. Add spice bag to mixture, boiling quickly, and stirring frequently until it reduces to half the quantity. Take out the spice bag. Add lemon juice and cayenne pepper.

Continue boiling for 10 more minutes. Bottle catsup in clean jars with  $\frac{3}{4}$  inch of space above for expansion. Seal and freeze immediately. Always refrigerate container that is currently in use.

*From: Neanderthin: A Caveman's Guide to Nutrition by Ray Audette*

#### Guacamole ala Sacramento

3 ripe avocados

1 teaspoon fresh squeezed lemon juice

1 teaspoon coarse ground black pepper

1 teaspoon garlic powder

1 finely diced, de-stemmed, de-seeded jalapeno pepper

Mash avocados together with a fork or potato masher until smooth and then stir in all other ingredients until well mixed.

#### Fresh Cilantro Salsa

2 garlic cloves

1 large yellow onion, quartered

1 green bell pepper, quartered and seeded

3 jalapeno peppers

6 tomatoes, peeled, seeded and chopped

1 cup fresh cilantro

Freshly ground pepper to taste

Place the garlic in a food processor bowl and process until minced. Add the onion and pepper and process with on/off pulses until they are barely chopped. Add tomatoes and cilantro and process until combined but slightly chunky. Add pepper. Refrigerate until ready to use.

#### Peach Salsa

1 cup peeled and finely chopped peaches

$\frac{1}{4}$  cup chopped red onions

$\frac{1}{4}$  cup chopped yellow or green peppers

1 tablespoon lime juice

2 teaspoons fresh cilantro

$\frac{1}{2}$  teaspoon honey

Cayenne pepper to taste

In a medium bowl, stir everything together. Cover and chill for up to 6 hours.

#### Colorado Spinach Salad Dressing

1 tablespoon honey

$\frac{1}{3}$  cup lemon juice

Fresh ground pepper to taste  
1 teaspoon minced fresh tarragon  
1/3 cup olive oil  
1/3 cup flaxseed oil

Dissolve honey in lemon juice; add pepper and tarragon and stir. Pour this mixture into a cruet, add the oils and shake vigorously to blend.

#### Honey Mustard Dressing

1/2 cup spring water  
1/4 cup olive oil  
1/4 cup flaxseed oil  
1 teaspoon mustard powder  
1 pinch white pepper  
1/8 teaspoon garlic powder  
2 tablespoons honey

Mix all ingredients together in a cruet and thoroughly shake before using.

#### Paprika, Basil Dressing

2 stalks celery and leaves, very finely chopped  
2 small green onions and tops, very finely chopped  
1 teaspoon paprika  
1/4 teaspoon dried basil  
1/8 teaspoon marjoram or rosemary  
1/2 cup olive oil  
1/2 cup flaxseed oil  
2/3 cup lemon juice

Put all ingredients into a tightly covered jar and shake vigorously until well blended. Allow to stand in refrigerator until flavors are blended.

#### Ranch Dressing

1 cup "Omega-3 Mayonnaise" from recipe above  
1 cup coconut milk  
1 teaspoon dried dill  
1/2 teaspoon garlic powder  
Pepper to taste

Mix all ingredients together. It is better if refrigerated for one hour before serving but this step is not necessary. It should be noted that this dressing tastes just like regular dressing, with no coconut taste at all. It is also great as a dip for raw veggies.

### Tartar Sauce

1 cup "Omega-3 Mayonnaise" from recipe above

¼ cup finely chopped onion

1 tablespoon lemon juice

½ teaspoon dried dill

Mix ingredients together. The flavor is best after chilling for an hour before serving.

### Omega-3 Russian Salad Dressing

1 cup fresh tomatoes

½ cup olive, canola or flaxseed oil

½ cup lemon juice

1 tablespoon honey

1 teaspoon paprika

1 small green onion or 1 teaspoon onion powder

1 teaspoon horseradish powder (optional)

1 garlic clove (optional)

Put everything into a blender and blend until smooth.

### Omega-3 Tomato Dressing

1/3 cup tomato puree

½ cup olive oil, canola oil or flaxseed oil

1/3 cup lemon juice

1 clove garlic

1 onion, chopped

1 tablespoon honey

Put everything into a blender and blend until smooth.

### Blueberry Barbeque Sauce

1 teaspoon olive oil

1 teaspoon canola oil

¼ cup minced onion

1 tablespoon minced fresh jalapeno chile, seeded

¼ cup "Ray's Catsup" (recipe from above)

1 tablespoon honey

¼ teaspoon dry mustard

Dash cayenne pepper

2 cups fresh or frozen blueberries

Fresh ground pepper

Heat the oil in a non-reactive saucepan. Add the onion and jalapeno and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the catsup, honey, mustard and cayenne and bring to a simmer. Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes. Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season with pepper. Serve at room temperature.

#### Tangy Oldowan Chicken Marinade

½ cup lime juice

¼ cup olive oil

3 garlic cloves, minced

1 jalapeno pepper, cut in 1/8 inch slices (do not remove seeds)

¼ cup chopped fresh cilantro

Dash white pepper

Combine all ingredients. Pour over one pound skinless/boneless chicken breast halves. Marinate at least 2 hours. Remove chicken from marinade and either grill or broil. Brush with remaining marinade during cooking.

#### Tijuana 1922 Marinade

¼ cup whole allspice

3 jalapeno peppers, seeded and chopped

10 green onions, chopped

½ cup chopped onion

4 garlic cloves, chopped

4 bay leaves, crushed

1 three inch piece ginger, peeled and chopped

1/3 cup fresh thyme

1 teaspoon freshly ground nutmeg

1 teaspoon freshly ground cinnamon

1 tablespoon freshly ground black pepper

¼ cup olive oil, canola oil or flaxseed oil

¼ cup lime juice

Roast the allspice in a dry skillet until they are aromatic, about two minutes. Remove and crush them to a powder in a mortar or spice mill. Add the powder and the remaining ingredients to a food processor and blend to make a paste or sauce. Remove and store in a jar in the refrigerator; it will keep for a month or more.

#### Kona Local Marinade

1/3 cup coconut milk

2 tablespoons lime juice

1 tablespoon raw honey

2 tablespoons fresh ginger root, finely grated

Combine ingredients and marinate steak, chicken, fish or pork before barbequing. Baste with marinade during barbequing.

#### Mojo Grilled Shrimp Marinade

¼ teaspoon dry mustard

Juice of 1 lime or lemon

¼ cup olive, canola oil

½ teaspoon honey

Pepper

Dash cayenne pepper

Mix all ingredients together. Marinate shrimp for several hours.

#### Shallot, Steak Marinade

1/3 cup mince shallots

½ cup olive oil or canola oil

3 tablespoons fresh thyme

¼ teaspoon white pepper

3 tablespoons freshly squeezed lemon juice

Mix the marinade ingredients in a non-reactive pan. Score the meat, and place it in the pan and turn in the marinade. Marinate for at least two hours at room temperature or up to 24 hours refrigerated. If refrigerated, turn the steak in the marinade occasionally. Remove the steaks from the marinade (retain marinade) and grill to taste. Bring the remaining marinade to a boil in a non-reactive saucepan and remove from heat. Carve the meat in thin diagonal slices across the grain (this makes for a tender cut) and arrange the slices on a warm platter. Pour the carving juices and the marinade over the meat. Garnish with parsley sprigs or watercress.

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### **Soups**

#### Gazpacho

4 ripe tomatoes, quartered

1 small onion, coarsely chopped

1 peeled garlic clove

½ cup water

2 tablespoons lemon juice

Pepper to taste

Cayenne (optional)

1 sprig fresh parsley

4 ice cubes

1 medium cucumber, peeled and coarsely chopped

Blend all ingredients in a blender or food processor, until vegetables are small but not pureed.

### Zucchini Parsley Soup

¼ cup diced onion

1 cup thinly sliced carrots

1 cup thinly sliced zucchini

2 teaspoons chopped fresh parsley

¼ teaspoon thyme

1/8 teaspoon pepper

2 cups water

In a 1 ½ quart saucepan, cook onion until translucent; add all other ingredients except water. Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes. Add water and bring to a boil. Reduce heat to medium and cook until vegetables are soft, about 20 minutes. Remove from heat and let cool slightly. Remove ½ cup soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth. Combine pureed and reserved mixtures in saucepan and cook, stirring constantly until hot. Makes two servings.

### Spicy Cauliflower Celery Soup

1 large head of cauliflower

2-3 celery stalks

1 carrot

2 cloves garlic

1-2 onions

1-2 teaspoons ground cumin

½ teaspoon pepper

Parsley springs

¼ teaspoon sage

Chop head of cauliflower (save a handful of tiny flowerets for a raw garnish) and put in soup pot. Chop and add: celery, carrots, garlic and onions. Add spices. Barely cover with water, bring to boil and simmer until veggies are tender. Blend the contents of the pot and adjust seasonings to taste. Add a little hot water if the soup is too thick. Serve garnished with raw flowerets.

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### ***Fruit Dishes and Desserts***

#### Otie's Apple Breakfast

1 large apple (any type), chopped into bite sized pieces

1 medium carrot, grated

Handful of raisins

Cinnamon

Mix the apple, carrot and raisins in a bowl, sprinkle cinnamon over the top.

### Carrot Ambrosia Salad

1 pound shredded carrots

20 ounces fresh pineapple

8 ounces coconut milk

$\frac{3}{4}$  cup flaked coconut

$\frac{3}{4}$  cup raisins

2 tablespoon honey

Combine all ingredients, tossing well. Cover and chill.

### Fresh Cinnamon Applesauce

6 apples

$\frac{1}{4}$  cup honey

2-3 tablespoons fresh lemon juice

Mix honey and lemon juice. Core and slice apples. Mix with honey and blenderize just until smooth. Sprinkle with cinnamon and serve

### Banana Pear Ambrosia

1 ripe avocado

1 pear

1 banana

1 tablespoon honey

Pineapple or lemon juice

Blender all ingredients until smooth. Serve in sherbet glasses.

### Baked Walnut-Cinnamon Apples

4 Apples

1 cup raisins

$\frac{1}{4}$  teaspoon cinnamon

$\frac{1}{2}$  teaspoon vanilla

$\frac{1}{2}$  cup water

$\frac{1}{4}$  cup walnuts

Heat oven to 375 F. Core and piece apples with a fork in several places around the center, to prevent them from bursting. Mix raisins, nuts, cinnamon and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass-baking dish and pour water into pan. Cover with foil and bake about 30 minutes or until tender.

### Peach Almond Delight

3 fresh peaches

4 ounces slivered almonds

1 teaspoon vanilla  
2 tablespoon diced Medjool dates  
Cinnamon

Wash the peaches and cut each one into 8 sections. Mix with the almonds and dates and drizzle with vanilla and sprinkle cinnamon on top.

#### Cantaloupe Stuffed with Blackberries and Pecans

1 half cantaloupe  
½ cup blackberries  
¼ cup chopped pecans  
1 tablespoon honey  
Mint or Spearmint leaves

Cut cantaloupe in half (serrated) and scoop out seeds. Fill cavity with blackberries and pecans. Spoon honey over top. Garnish with mint or spearmint leaves.

#### Raspberry Casaba Treat

½ cup fresh raspberries  
½ cup fresh casaba melon chunks (bite-size)  
¼ cup chopped hazelnuts  
1 tablespoon honey

Combine raspberries, casaba melon and hazelnuts in a medium serving dish and ladle honey over top.

#### Strawberry/Blueberry Horizon

1 cup fresh strawberries  
1 cup fresh blueberries  
½ tangerine, sectioned  
1 tablespoon fresh squeezed orange juice  
1 teaspoon vanilla  
Ground nutmeg  
Fresh mint

Mix strawberries, blueberries, tangerine sections in a bowl. Drip with orange juice and vanilla, and sprinkle with nutmeg. Serve chilled and garnished with mint.

Above was taken from [www.thepaleodiet.com](http://www.thepaleodiet.com)

#### **Salmon Steaks in Curry Sauce**

200g salmon steak  
2 tsp curry powder

1 tsp turmeric

½ tsp pepper

1 cup chicken stock (Salt free)

Place salmon in shallow baking dish covered with curry powder, turmeric, pepper and chicken stock.

Cover in foil and bake for 20-30mins.

Serve with steamed Asian greens and 1 cup pumpkin cubes baked.

### **Tuna and Egg Salad**

1 can or tuna in brine

1 boiled egg

½ red onion chopped

1 cup celery chopped

1 cup lettuce, shredded

1 tablespoon of flaxseed oil

1 tablespoon of lemon juice

1 teaspoon paprika

½ tsp freshly ground pepper

### **Beef and Spinach Scramble**

1 tablespoon of olive oil

200g lean ground beef

1/2 clove of garlic

½ tsp black pepper

½ tsp basil

1 cup fresh spinach, washed and steamed

1 egg

Heat oil in a pan. Add beef garlic, pepper and basil. Cook on low heat until meat is browned. Turn up the

heat and add spinach and egg stirring until well cooked.

Serve with large garden salad.

### **Stuffed Zucchini – serves 4**

1 tablespoon olive oil

1 red onion, chopped

2 cloves garlic, minced

800g lean ground beef

1 tsp pepper

1 tsp cumin

6 medium tomatoes, diced

½ cup sliced black olives soaked to remove any salt

2 large zucchinis cut in half lengthwise

1 tablespoon flaxseed oil

Heat oil and sauté onion and garlic until browned. Add ground beef, pepper and cumin. Cook on low heat

and stir until meat is browned. Spoon meat, onion and garlic into a bowl and mix with tomatoes and olives.

Scrape seeds from zucchini halves to form a cavity and then rub with flaxseed oil. Fill cavity with meat

mixture and bake in a covered dish with flaxseed oil and a little water for 25-30 minutes

### **Nut milk**

1 cup nuts (eg almonds, walnuts, pecans or macadamia)

2 cups water

1 banana  
½ tablespoon raw honey  
Blend and mix all ingredients together

### **Carrot and Apple salad**

200g carrot, grated  
150g Pineapple pieces  
½ cup raisins  
¼ cup ground walnuts  
½ cup fresh orange juice  
Serve with 200g white fish grilled.

### **Salmon Sashimi and seaweed salad**

150g salmon sashimi  
250 seaweed salad

### **Veal – serves 4**

¼ cup walnut oil  
600g veal cut into cubes  
1 red onion, sliced  
½ cup orange juice  
2 cloves of garlic, minced  
1 tsp pepper  
Heat oil in saucepan and sauté veal until brown. Add onion, garlic and pepper. Pour in orange juice Cover and simmer for 30 minutes  
Serve with large greek salad (no feta, soak black olives to drain salt)

### **Scrambled Basil Eggs topped with Salsa**

2 eggs  
1 tsp dried basil  
Crack eggs into small bowl, add basil and mix thoroughly with a fork. Scramble eggs in a nonstick frypan.  
Remove eggs when cooked and top with Salsa

### **Salsa**

2 garlic cloves  
1 large yellow onion  
3 jalpeno peppers  
6 tomatoes, peeled, seeded and chopped  
1 tsp ground cumin  
Freshly ground pepper to taste  
Mince garlic, onions and peppers in a blender. Add tomatoes and continue blending until all ingredients are mixed but slightly chunky. Add cumin and pepper.

### **Chicken Vegetable Soup**

6 cup water  
1 whole chicken, diced  
1 yellow onion, diced  
1 bay leaf  
1 tsp black pepper  
6 fresh tomatoes, diced  
2 small zucchini, sliced thin

3 carrots, diced

In a large pot, combine water, chicken, garlic, onion, bay leaf and pepper. Bring to a boil. Reduce heat, cover and simmer for 2 hours. Remove and discard bay leaf. Add remaining ingredients and bring to boil.

Reduce heat and cover. Simmer for 20 minutes until vegetables are tender

### **Waldorf Salad**

2 cup dice, unpeeled red apples

2 tablespoon lemon juice mixed with 2 tablespoon flaxseed oil

1 cup thinly sliced celery

½ cup chopped walnuts

½ cup raisins

2 cup iceberg lettuce leaves, chopped

Toss together first five ingredients. Serve on top of lettuce bed. Serves two.

### **Almond Chicken Salad**

1 cup cooked, diced chicken breast meat

1 cup romaine lettuce, chopped

1 cup butter leaf lettuce, shredded

½ cup chopped red cabbage

½ cup sliced almonds

½ cp chopped medjool dates

2 tablespoons flaxseed oil

2 tablespoons orange juice

Combine all ingredients except liquids in a large serving bowl. Toss with flaxseed oil and freshly squeezed

orange juice. Serves two.

### **Ratatouille**

2 large onions, chopped

2 cloves garlic, minced

4 tablespoons olive oil

2 green capsicum, seeded and cut into strips

1 diced eggplant

4 large tomatoes, skinned and wedged

3 tablespoons fresh parsley, chopped

½ tsp oregano

¼ tsp pepper

Saute onions and garlic in olive oil until tender. Add remaining ingredients and bring to a boil.

Reduce heat,

cover and let simmer until vegetables are tender (30- 45 minutes). Serves 6.

Served with 200g grilled chicken breast

### **Pork Chops**

4 tomatoes, quartered

1½ cup eggplant, peeled and diced

2 cup zucchini

1 cup mushrooms, halved

1 clove garlic, minced

1 bay leaf

¼ tsp thyme

½ tsp basil

¼ tsp chopped parsley

½ tsp pepper  
1 tablespoon  
4 lean pork chops

Combine all ingredients except oil and pork chops. Grease a baking dish with oil. Then layer the vegetable

and spice mixture on bottom and place pork chops on top. Cover and bake for 1hr. Serves 4

Serve with ½ cup mashed pumpkin and carrot.

### **Strawberry- Blueberry Treat**

1 cup fresh strawberries  
1 cup fresh blueberries  
½ tangerine, sectioned  
1 tablespoon freshly squeezed orange juice  
1 tsp natural vanilla extract  
Ground nutmeg  
Fresh mint

Mix the fruit into a bowl. Drip with orange juice and vanilla and sprinkle with nutmeg. Serve chilled and

garnished with mint. Serves 3

### **Treat – Baked Walnut-Cinnamon Apples**

4 apples  
1 cup raisins  
¼ cup walnuts  
½ tsp cinnamon  
½ tsp natural vanilla extract  
½ cup water

Heat oven. Core and pierce apples with a fork in several places around the center, to bursting.

Mix raisins,

nuts, cinnamon and vanilla in small bowl. Fill center of each apple with mixture. Place in baking dish and

pour water into pan. Cover with foil and bake for 30 minutes. Serves four

The above was taken from: [http://media.sbs.com.au/food/images/site\\_21\\_rand\\_301540134\\_Paleodietrecipes.pdf](http://media.sbs.com.au/food/images/site_21_rand_301540134_Paleodietrecipes.pdf)

This will make enough for 2 people. We also added a side of scrambled eggs with sweet bell pepper sausage and pepper.

2 whole eggs  
1/2 cup almond meal  
1/2 cup coconut milk  
1 apple, cored and chunked (can sub with ½ cup non-sweetened applesauce)  
2 tsp cinnamon  
1 tsp vanilla extract  
1/2 pint fresh blueberries  
coconut oil for cooking

Combine all ingredients, except blueberries, into a blender or food processor and blend until smooth. Pour into a bowl and add blueberries. Heat a large pan on medium heat; add coconut oil and cook small pancakes 2-3 minutes on each side (these are hard to flip, so when they are ready, jab the spatula underneath fast)

From: <http://crossfitphoenix.typepad.com/nutrition/2009/05/paleo-pancakes.html>