

Clean & Lean Revolution

2013 FALL CLEANSE WEEK THREE RECIPES

TWO BEAN CHILI

SERVINGS FIVE

- 1 T olive oil
- 1 large onion, coarsely chopped
- 2.5 T garlic, minced, from jar
- 1 pound butternut squash, peeled, seeded, and cut into 1/2-inch chunks
- 2 red bell pepper, ribs and seeds removed, cut into 1-inch chunks
- 1 cup chicken or vegetable broth
- 1 tsp chipotle chili powder
- sea salt and ground pepper
- 1 can (19 oz) stewed tomatoes in juice
- 1 can (14 ounces) chickpeas, drained and rinsed
- 1 can (16 ounces) black beans, drained and rinsed
- 1/2 cup chopped cilantro
- Lime wedges, for serving

INSTRUCTIONS

In a Dutch oven or 5-quart saucepan with a lid, heat oil over medium. Add onion and garlic and cook, stirring occasionally, until tender, 5 minutes. Add squash, bell pepper, and chili powder; season with salt and pepper and cook, stirring 1 minute. Add ½ cup broth. Cover and simmer until vegetables are crisp-tender, about 7 minutes.



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TWO BEAN CHILI (continued)

Stir in tomatoes and their juice, breaking them up with a spoon; add chickpeas, black beans, 1/4 cup cilantro (or parsley), and 1/2 cup broth. Bring to a boil. Reduce to a simmer, partially cover, and cook until lightly thickened, about 20 minutes.

Season with salt and pepper. Stir in remaining cilantro (or parsley) and spoon into serving bowls. Serve with lime wedges.



SERVINGS: divide soup into five equal portions. Have one portion tonight for dinner, the second portion tomorrow at lunch and then freeze the remaining portions in single servings. You will have one frozen portion for dinner at the end of the week. You will have two servings left over to use after the 28 Day Challenge phase is complete.

CREAMY CAULIFLOWER SOUP

SERVINGS: TWO

- 2 1/2 cups low-sodium chicken or vegetable broth
- 1 medium head cauliflower, cut into florets
- 8 small cauliflower leaves (or 2 large leaves, coarsely chopped)
- sea salt and ground pepper
- ½ T garlic, minced from jar
- 1 small onion, chopped
- 2 T plus 1/4 tsp extra-virgin olive oil
- 2/3 cup coconut milk, canned, unsweetened (NOT 'light' version), shake well before opening



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CREAMY CAULIFLOWER SOUP (continued)

INSTRUCTIONS

Preheat oven to 450 degrees. In a medium pot, combine broth and cauliflower; season with salt and pepper. Bring to a boil, then reduce to a simmer. Cover and cook until cauliflower is very tender, about 20 minutes. When cauliflower is done cooking, add the coconut milk and stir for one minute.



While cauliflower is cooking, sauté garlic and onion in small frying pan over medium heat with 1 T olive oil, until onions are translucent (do not cook above medium heat; you don't want this to burn). Set aside.

Meanwhile, on a small baking sheet toss cauliflower leaves with remaining oil; season with salt and pepper. Roast until brown and tender, about 10 minutes. Serve as garnish on soup.

Working in batches, puree cauliflower until smooth (thin it with broth, if necessary).

How to buy and store cauliflower: When shopping for cauliflower, sniff -- there should be no trace of that sulfuric, overcooked-cabbage smell. Heads should be heavy and tight. Store your cauliflower in the crisper in a plastic bag for up to a week.

SUBSTITUTIONS: Replace coconut oil with cashew cream. Soak 30 cashews overnight in filtered water. Rinse well. Add ½ cup filtered water to cashews in a blender and blend until creamy. You are welcome to add more water to get it to a consistency that works with the soup (somewhat thicker liquid, but not one that holds peaks). Sift through a fine mesh strainer. Simply use this in place of the coconut milk in the recipe.

SERVINGS: have half for tonight's dinner and have the other half for dinner tomorrow.

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MOROCCAN STEAMED SALMON WITH QUINOA AND CARROTS

SERVINGS: ONE SALMON AND TWO QUINOA AND CARROTS

1/2 cup quinoa, dry rinsed

1/2 cup chicken or vegetable broth

1 carrot, medium, finely diced

1 T lemon juice, from fresh lemon

¼ T olive oil

1.5 T pesto, jarred

1/4 tsp cumin powder

1/4 tsp red chili flakes

Wild Salmon, (4-oz. fillet), skin removed

sea salt and ground black pepper

Parchment Paper

INSTRUCTIONS

Preheat oven to 400 degrees.

For this recipe you are going to dry toast your quinoa before cooking it. Rinse quinoa under cold water, tap colander to drain. In a medium high heated dry skillet, place damp quinoa. Dry toast for approximately 5 minutes. The quinoa will slightly golden and some kernels will begin to pop (they will not change shape).

In a small saucepan, bring broth and 1/4 tsp. salt to a boil. Add toasted quinoa and carrots and bring to a boil, then reduce heat and simmer, covered, for 12 minutes. Let quinoa rest, covered, for 5 minutes, then fluff with a fork.



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MOROCCAN STEAMED SALMON WITH QUINOA AND CARROTS (continued)

Parchment Paper Salmon: Cut out one 12-by-17-inch pieces of parchment. Fold your sheet of parchment in half and use scissors to round out the corners so that it is almost a circle. Open the sheet back up. (See video 'SALMON IN PARCHMENT: HOW TO COOK FISH IN PARCHMENT' in the VIDEO-PODCAST page of the member site).



Place salmon fillet on one side of the parchment paper. Season with salt and pepper and drizzle freshly squeeze orange juice over the top. Fold parchment over ingredients; make overlapping pleats to seal. Bake on a baking sheet for 11 minutes for medium

*Make sure your oven is preheated before placing the fish in the oven. Let stand five minutes before opening packet. This method is near full proof! If you cook your fish longer it will be overcooked. When cooking salmon in parchment paper, the fish will retain a bright pink color. You will know that it is done when it flakes easily.

Pesto Sauce: combine pesto with lemon juice, cumin, and chili flakes in a small bowl and mix.

SUBSTITUTIONS: halibut for salmon.

Replace salmon with ½ cup white beans. You will not use parchment paper or the oven. Prepare Quinoa and Carrot per recipe and prepare the Pesto Sauce, per recipe. While the quinoa is cooking, sauté ½ cup white beans in ¼ T olive oil (simply heat these). To serve, plate half the Quinoa and Carrot recipe, top with the half cup of beans, heated, and top this all the pesto sauce as garnish.

Replace 1 oz pumpkin seeds with ¾ oz pine nuts (roast these to enhance flavor) OR shy oz of toasted slivered almonds

SERVINGS: Divide the Quinoa and Carrots into two servings. Have one serving tonight with the whole salmon fillet and all the pesto sauce as garnish.

Save the other serving of Quinoa and Carrots to have with Monday's dinner. You will pair this on Monday with the Roasted Asparagus and Egg (recipe).

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CAULIFLOWER "RICE" STIR-FRY

SERVINGS: TWO

- 2 cups cauliflower florets
- 2.5 T coconut or extra-virgin olive oil
- 1 sliced red onion, divided
- 2 T garlic, minced from jar
- sea salt
- ¼ cup chicken or vegetable broth
- ½ cup white beans, from can, rinsed
- 1 T minced fresh ginger
- 1 thinly sliced small red chili
- 2 cups broccoli florets
- 1 large carrot, julienned
- 1 red bell pepper, stemmed and seeded, julienned
- Juice of 1/2 lemon
- 1 oz shelled pumpkin seeds ("pepita")
- 2 T fresh cilantro leaves

INSTRUCTIONS

Pulse cauliflower florets in a food processor until finely chopped.

Heat 1 T oil in a large skillet over medium heat. Add 1/2 sliced red onion and 1 T minced garlic and cook, stirring, until tender, about 6 minutes. Add cauliflower and season with coarse salt. Stir in



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CAULIFLOWER "RICE" STIR-FRY (continued)

broth and steam, covered, until broth has evaporated and cauliflower is tender, about 6 minutes. Transfer to a bowl and cover.

Wipe pan and heat 1.25 T oil over medium-high heat. Add 1/2 sliced red onion and cook, stirring, until tender, about 5 minutes. Add 1 T minced garlic, ginger, and chili and cook 1 minute. Add broccoli florets, carrot, and bell pepper and white beans and cook, stirring gently, until tender, about 5 minutes. Season with salt. Remove from heat and add lemon juice.

SERVINGS: This makes two servings. Have one serving for dinner tonight and have the other serving for lunch tomorrow. For each serving, top half cauliflower with half vegetables and sprinkle with ½ oz of pumpkin seeds and 1 T cilantro.



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MUESLI CEREAL

SERVINGS ONE

1/3 cup gluten free oats

1/4 cup mixed dried fruit, coarsely chopped

5 walnuts, chopped

2/3 cup unsweetened almond milk

INSTRUCTIONS

Soak oats, dried fruit and walnuts in 2/3 cup water in the refrigerator overnight. In the morning, drain water. To serve, add almond milk. You can heat this in the microwave, but you do not need to – eat this raw.

***SUBSTITUTIONS:** Replace any nut or seeds for any nut or seed

Replace almond milk with 50 calories of coconut yogurt, plain





ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

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2013 FALL CLEANSE WEEK THREE RECIPES

ROASTED ASPARAGUS AND EGGS

SERVINGS: ONE

7 medium asparagus spears, tough ends removed

1.5 T olive oil

sea salt

3 T aged balsamic vinegar (should be sweet and thick)

1 large pastured egg

1 oz shaved parmesan (optional, sprinkle nutritional yeast)

INSTRUCTIONS

Preheat oven to 400 degrees. On a baking sheet with a rim, toss asparagus with oil. Season with salt. Bake until asparagus is lightly browned and tender, 15 to 18 minutes (timing will vary depending upon thickness of asparagus).

Poach Egg: In a large saucepan, heat water. The goal is that the water is hot and is NOT simmering or boiling (no bubbles rising to the top). If you are using a pastured egg, you do not need to add a teaspoon of vinegar. If you are NOT using pastured eggs, add 1 teaspoon of vinegar (any white or clear vinegar will do, do not use balsamic) to the water (this helps the whites coagulate). Crack egg into the pot. Set the timer for four minutes. Remove promptly at the four minute mark with a slotted spoon. The egg whites should be firm and the yolks runny.

SUBSTITUTIONS: ¼ cup white beans for egg. You can sauté the beans in a little oil, or add them to the end of the asparagus roast (they will need 5 minutes to reheat in the oven at 400 degrees) – simply sprinkle them over the asparagus near the end of the roasting time.

SERVING: On Saturday you made two servings of Quinoa and Carrot and set one serving aside. Reheat the reserved serving of Quinoa and Carrot and serve it alongside this dish. To serve, place cooked asparagus on the plate, drizzle with aged balsamic, place poached egg on top and garnish with parmesan or nutritional yeast.

