

+DINNER RECIPES

HEALTHY TURKEY CHILI

Ingredients:

- 1 Tbsp refined coconut oil
- 1 pound lean ground turkey (free range, hormone free)
- 1 cup chopped onion
- *optional: 1 jalapeno pepper (makes chili pretty spicy)
- 3 cloves chopped fresh garlic
- 1 teaspoon chili powder
- 1 small can Ortega chilis
- 1 Tbsp fresh oregano
- 1 teaspoon cumin seed
- 1-2 tsp salt
- 3 cups diced tomatoes, fresh or organic canned(no-salt-added variety)
- 2 C chicken or vegetable broth
- 2 cups chopped celery
- 1 cup chopped bell peppers
- 1/2 C zucchini,
- 2 C cooked kidney beans, soaked and drained (you may use canned if you don't have time to cook beans)
- 1 C cooked black beans or chickpea beans

Preparation:

1. Note: It's my preference to cook the vegetables as little as possible. As a result you will be blending them in step 4. However, if you prefer not go through the process of blending the vegetables, and prefer cooking the vegetables, you will need to sauté them as step 1. In that case, heat a teaspoon of refined coconut oil in a large skillet over medium heat for about a minute. Add bell pepper and celery for about two more minutes. Then proceed to step two.
2. In a large cast saucepan or pot, brown turkey meat in refined coconut oil over medium heat. Crumble turkey and break apart as much as possible. Add onion stirring for about 2 minutes.
3. Add garlic, jalapeno (if using), chili powder, ortega chilis, oregano, cumin seed, salt and tomatoes. Mix thoroughly until spices are well blended with meat and meat is browned (no longer pink).
4. Add broth.
5. Dish out 2 cups of chili mixture. Put about one cup of chili at a time into the blender. Add one ½ cup of chopped bell pepper, zucchini, and celery at a time and puree. Pour mixture back into the remaining chili pot. *Adding the pureed vegetables not only makes the chili tasty, but is a great way to add fiber and vitamins without overcooking.
6. Add beans. Stir thoroughly and heat through on medium low, about 5minutes.

Serve hot
8 servings

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CHILE LIME CHICKEN WITH VEGGIE KABOBS

Note: If you are serving veggie kabobs with chicken, plan ahead. The marinade for the chicken can be used to marinate the veggies as well, or a slight, lighter, variation may be used. In any case, you will want to think ahead to make enough for the second marinade if using some of the same ingredients while chopping and juicing. It will save you time. The veggies also need to marinate. Try doubling the marinade recipe.

*For vegetarians serve the veggie kabobs with no chicken and serve with a side of tofu or quinoa.

Ingredients for Chicken:

- 2 Chicken breasts (4-6oz), free range, hormone free, antibiotic free
- 2 Tbsp refined grape seed oil or olive oil
- 1 lime, juiced
- 1 Tbsp red wine vinegar
- 2 Tbsp cilantro, finely chopped
- ½ tsp paprika
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Pinch of cayenne pepper to taste
- *optional: 1 jalapeno pepper, seeded and finely chopped
- ½ tsp salt
- Pepper to taste

Preparation for Chicken:

1. In a small mixing bowl, whisk together oil, lime juice and vinegar. Add cilantro, paprika, chili powder, garlic powder, onion powder, cayenne pepper, and jalapeno (if using), salt and pepper.
2. Place chicken breast between pieces of waxed paper or plastic wrap. Pound lightly with meat mallet until chicken breasts are about ¼ inch thick.
3. Whisk marinade again before coating chicken breast with mixture.
4. Place chicken breasts in baking dish and brush remaining marinade over breasts. Cover dish and refrigerate. If possible try to marinate for at least two hours so meat will be tender and flavorful. Marinate no less than one hour and no longer than 24 hours.
5. Heat grill to medium. Cover chicken while grilling.
6. Grill chicken for 8-10 minutes, turning once. Check one piece by cutting into the center. Center should not be pink.

4 servings

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Ingredients for Veggie Kabobs:

- 1 C red, yellow, or green bell pepper (mixed) chunks
- 1 C Sweet Red onion Chunks
- 1 C mushroom caps
- 1 C zucchini chunks
- 1 C yellow squash chunks
- Optional: 1 C cherry tomatoes

Marinade Variation:

- 2 garlic cloves, minced
- 3 Tbsp olive oil
- 1 Tbsp Red wine vinegar
- 2 lemons, juiced
- 1 tsp salt
- ¼ tsp pepper
- 2 Tbsp fresh sage, chopped

Preparation:

1. Whisk all ingredients together in a small mixing bowl. This recipe calls for olive oil because coconut oil will get hard in the refrigerator. The other option is to use coconut oil and not marinate the vegetables.
2. Put vegetables in the smallest bowl that they will easily fit in.
3. Pour marinade over vegetables and toss.
4. Cover and refrigerate for minimum of 2 hours, up to 8 hours. Turn/ toss veggies at least once during marinating time.
5. Remove from refrigerator and thread vegetables onto wooden skewers. Alternate vegetables by color for attractive kabobs.
6. Grill over medium heat for 8- 10 minutes, turning occasionally. Cook a little less time for crispy veggies (healthier), or until slightly charred for more tender veggies.

Serve chicken and veggie kabobs together.

4 servings

*Consider serving with a side of guacamole.

Recipe from **"Change Your Brain, Change Your Body"** Cookbook, by Dr. Daniel Amen

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POACHED TILAPIA IN SAFFRON SAUCE

Ingredients:

- 3-4 Tbsp vegetable broth for sautéing, or 1 Tbsp coconut oil
- 3 garlic cloves
- 1 Tbsp tomato paste
- 2 ¾ Cup Vegetable broth
- 2 tsp fresh tarragon, chopped
- 1 tsp saffron
- 2 inches sliced orange peel, or large piece orange zest
- 1 Bay leaf
- 1 ½ Cup organic stewed or diced tomatoes
- ½ Cup fennel
- 1 leek (white only), sliced
- ½ Cup okra, sliced
- Real Sea salt and pepper to taste
- 4 Tilapia fillets
- 4 lemon wedges

Preparation:

1. Heat oil in large skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add tomato paste. Sauté for one minute. Deglaze skillet with 1 cup vegetable broth.
3. Add tarragon, saffron, orange zest and bay leaf. Simmer for 15 minutes.
4. Remove bay leaf and orange zest. Add tomato and vegetable broth. Bring to a boil.
5. Add leek, fennel and okra. Simmer until vegetables are tender.
6. Season fish with salt and pepper. Add fish to sauce and gently poach for 3-4 minutes each side.

Serve immediately in shallow dishes. Garnish each dish with one lemon wedge.

Suggestion: This sauce is also excellent served over barley and no fish for those who do not eat animal protein of any kind.

4 servings

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