

+MEXICAN RECIPES

BRAIN FIT FAJITA SALAD

By Tana Amen

Ingredients:

- 2 free-range, hormone-free, boneless, skinless chicken breasts (4-6 ounces), cut into thin strips
- 1 tablespoon olive oil
- 1 tablespoon coconut oil
- 1 lime, juiced
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 tablespoon fresh oregano, chopped
- 1 onion, cut into wedges
- 1 red bell pepper, cut into thin strips
- 1 can diced green chilies (4 ounces)
- 3 tomatoes, cut into wedges
- 1 avocado, sliced
- 2 tablespoons cilantro
- Romaine lettuce leaves, chopped
- Salt and pepper (to taste)

Preparation:

Rinse chicken and cut off excess fat. In a large bowl combine olive oil, lime juice, garlic, cumin, oregano, salt, and pepper. Add chicken to the bowl and marinate for 1-24 hours. In a non-stick skillet heat coconut oil over medium-high heat. Add onion and sauté for 2 minutes. Drain chicken, add to the skillet, and cook for 3-4 minutes. Add red pepper and chilies. Cook for an additional 3 minutes or until chicken is cooked through. Serve over lettuce leaves and top with tomatoes, avocado, and cilantro.

Nutritional Analysis

4 Servings, 313 Calories, 15g Carbohydrates, 5g Saturated Fat, 161mg Sodium, 30g Protein, 16g Fat, 68mg Cholesterol, 6g Fiber

For more great recipes from Tana, go to <http://store.amenclinics.com/cds/get-healthy-with-the-brain-doctor-s-wife-a-cookbook-and-coaching-guide-to-be-thinner-smarter-and-happier-cd-rom>

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BRAIN FIT FAJITAS

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Ingredients:

- 4 tablespoons coconut oil
- 1 tablespoon ground cumin
- ½ teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon Real Salt
- ¼ teaspoon pepper
- 2 garlic cloves, minced
- ½ small eggplant, peeled and diced
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 red bell pepper, thinly sliced
- 1 yellow onion, diced
- ½ cup cilantro, chopped
- 3 cups shredded lettuce or cabbage
- 1 cup black or pinto beans
- 2 ripe avocados, pitted, peeled and mashed (guacamole style)
- 2 vine-ripened tomatoes, cut into wedges
- 6 Ezekiel sprouted grain tortillas

Salsa Ingredients:

- 1 small onion, cut into quarters
- 2 garlic cloves, cut in half
- ¼ cup cilantro 1 lime, juiced
- ½-1 jalapeno, roughly chopped, remove seeds unless you like it really hot!
- 1 28-ounce can whole tomatoes
- 1 teaspoon cayenne pepper
- 1 teaspoon Real Salt

Salsa Preparation:

Prepare food processor. Place onion and garlic in food processor and pulse several times until onion has a coarsely chopped, but not over processed appearance. Add cilantro, jalapeno, lime juice, tomatoes, and hot cayenne pepper. Process until salsa is desired consistency but not mushy. Add salt and pepper to taste.

Preparation:

Preheat oven to 400 degrees F. Lightly oil two cookie sheets. In a small bowl mix together oil (may need to be melted), cumin, paprika, chili powder, salt, pepper, and garlic. Place eggplant, zucchini, squash, bell pepper, and onion on cookie sheets and lightly brush with oil mixture. Place in oven and roast for 20-25 minutes or until eggplant is tender. Be sure to turn vegetables at least once. Meanwhile heat tortillas and make salsa. Heat tortillas by wrapping in foil and placing in warm oven for 5-8 minutes. Do not overheat or they will crack and fall apart. Heat beans and place in serving bowl. Arrange vegetables separately on a serving platter and serve hot. Place avocado, tomatoes, and cabbage on a serving tray. Serve warm vegetables, cold vegetables, salsa, and beans together.



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Nutritional Analysis

6 Servings, 405 Calories, 48g Carbohydrates, 10g Saturated Fat, 888mg Sodium, 12g Protein, 22g Fat, 0mg Cholesterol, 6g Fiber

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BRAINY BREAKFAST BURRITO

By Tana Amen

Ingredients:

- 1 whole egg
- 1 egg white
- 1 teaspoon coconut butter or raw organic butter
- 1 leek, cut in half moons (white part only)
- 1 garlic clove, minced
- ¼ cup red bell pepper, chopped
- ¼ cup crimini mushrooms, sliced
- ¼ cup broccoli, chopped
- ¼ avocado, sliced
- 1 tablespoon salsa
- Romaine/iceberg lettuce leaves or 1 Ezekiel sprouted grain tortilla

Preparation:

In a small bowl whisk egg and egg white. In a medium non-stick skillet heat butter over medium heat add the leek and garlic, and sauté for 1 minute. Add bell peppers, mushrooms, and broccoli, and cook for 2-3 minutes. Add eggs, and stir until cooked through. Double up romaine leaves and spread with salsa as desired. Top with avocado. Wrap egg mixture in romaine lettuce leaves. If using tortillas, warm in the microwave for 20 seconds. Spread each tortilla with 1 tablespoon of salsa, divide egg mixture, and top with sliced avocado. Roll up and serve immediately.

Nutritional Analysis

1 Serving, 311 Calories, 25g Carbohydrates, 3g Saturated Fat, 218mg Sodium, 16g Protein, 19g Fat, 213mg Cholesterol, 16g Fiber

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ENERGIZING CHIPOTLE ENCHILADAS

By Tana Amen

Ingredients:

- 4 sprouted grain or rice tortillas
- $\frac{3}{4}$ cup quinoa
- 1 teaspoon cumin
- 12 ounces fresh spinach
- $\frac{3}{4}$ cup soy or nut cheese, grated (prefer nut cheese)

Chipotle Sauce Ingredients:

- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 onion, diced
- 1 14.5-ounce can diced tomatoes
- $\frac{1}{2}$ cup vegetable broth
- $\frac{1}{2}$ chipotle pepper in adobo sauce
- 2 tablespoons fresh oregano, chopped

Fresh Salsa Ingredients:

- 4 medium tomatoes, diced
- 1 avocado, peeled, pitted, and diced
- 1 shallot, diced
- 2 green onions, chopped
- $\frac{1}{2}$ jalapeno pepper, seeded and minced
- 1 garlic clove, minced
- 1 cup fresh cilantro, chopped
- 1 lime, juiced
- 1 tablespoon olive oil
- Salt and pepper to taste

Preparation for Salsa:

In a large bowl combine chopped tomatoes, avocado, shallots, green onions, jalapeno pepper, garlic, cilantro, lime juice, and olive oil. Season with salt and pepper, then refrigerate.

Preparation for Quinoa & Chipotle Sauce:

Cook quinoa according to directions on package with 1 teaspoon of cumin. Meanwhile, heat coconut oil in medium saucepan over medium heat. Add onions and garlic, and sauté for 5 minutes. Stir in tomatoes, vegetable broth, chipotle pepper, and oregano. Simmer for 8-10 minutes. Transfer sauce to a blender and purée. Transfer chipotle sauce back to a saucepan and set aside.

Preparation for Enchiladas:

Preheat oven to 350 degrees F. Steam spinach for 2 minutes or until wilted. Squeeze out the water. Dip tortillas into chipotle sauce (one at the time), turning to coat. Fill tortillas with $\frac{1}{4}$ quinoa and spinach. Use 1 tablespoon of cheese for enchilada filling. Roll up and transfer to a casserole pan. Top enchiladas with remaining sauce and sprinkle with remainder soy or nut cheese. Bake for 15-20 minutes. Serve with fresh salsa.



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Nutritional Analysis

6 Servings, 137 Calories, 33g Carbohydrates, 2g Saturated Fat, 241mg Sodium, 9g Protein, 11g Fat, 0mg Cholesterol, 10g Fiber

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SCRUMPTIOUS SOUTHWESTERN TACOS

By Tana Amen

Ingredients:

- 1 head romaine lettuce, leaves whole
- 2 teaspoons refined coconut oil
- 2 cloves garlic, minced
- 1 tablespoon shallot, minced
- 2 Boca burgers (or other vegetarian- style burger patties)
- ½ cup roasted or raw red bell pepper, diced
- 1 cup jicama, diced
- ½ cup tomatillo, diced
- ½ cup, diced vine-ripened tomatoes
- 1 tablespoon cilantro, chopped
- 1 ripe avocado, peeled and diced
- ¼ teaspoon Real Salt
- ¼ cup sunflower seeds
- 1 cup fresh salsa (fresh salsa can be made or bought fresh at your local health food store)
- *Optional: ½ teaspoon jalapeno, minced (with seeds makes salad spicier; removing seeds makes it milder)

Preparation:

In advance, use whole, large romaine leaves to line a large platter, set aside. Heat oil in large skillet over medium heat. Add garlic, shallots, and jalapeno if desired. Sauté for about 1 minute. Add Boca burgers and break apart into crumbles with spatula or spoon. Stir and sauté until burgers are lightly browned, about 2 minutes. Sprinkle mixture with taco seasoning if desired, and add a tablespoon or two of water if necessary, but not too much water. You may not need the taco seasoning depending on the flavor of Boca burger you choose. Many of them are already flavored. Add red bell peppers, jicama, tomatillo, and tomatoes. Stir until lightly warmed. Take off heat. Stir in cilantro and salt. Dish salad mix into the lettuce shells. Top with avocado and sprinkle with sunflower seeds. Use fresh salsa as a dressing.

Nutritional Analysis

4 Servings, 218 Calories, 18g Carbohydrates, 3g Saturated Fat, 537mg Sodium, 11g Protein, 1g Fat, 0mg Cholesterol, 9g Fiber

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