

*Cameron Clinic of Oriental Medicine*  
1928 South 16<sup>th</sup> Street  
Wilmington, NC 28401  
Tel: (910)342-0999  
[www.camclinic.com](http://www.camclinic.com)

## **RepairVite Recipes:**

### **Roasted Broccoli & Cauliflower**

#### **Ingredients**

1 cup Broccoli Florets  
1 cup Cauliflower Florets  
2-4 cloves Minced Garlic  
Olive Oil  
Gluten Free All Purpose Seasoning (Simply Organic brand is great)  
Sea Salt  
Black Pepper

#### **Note**

Gluten free, soy free, dairy free, egg free and nut free.

#### **Directions**

##### **Step 1**

Preheat oven to 425.

##### **Step 2**

Place florets in a medium bowl, drizzle with olive oil and toss to cover. Sprinkle with herb seasoning, sea salt, and pepper. Toss again.

##### **Step 3**

Place florets in a shallow baking dish and sprinkled with garlic.

##### **Step 4**

Place baking dish on the center rack of oven and roast for about 25 to 30 minutes, or until lightly browned. Stir occasionally to insure even browning.

### **Try mixing the RepairVite powder with:**

1. coconut milk & ice
2. frozen peaches, cherries &/or strawberries (optional: tsp of oil)
3. coconut milk ice cream

### **Savory Sauce (for veggies or meats)**

For a savory sauce, mix coconut milk and coconut oil and reduce over medium heat (add spices like Coriander for different tastes)

### **Dressing for salad**

Make dressings out of olive oil, apple cider vinegar, dry mustard, stevia and herbs. Optional: add lecithin (from health food store) to make it thick and creamy.

## **Pumpkin Seed Smoothie**

1/2 cup raw pumpkin seeds, soaked in filtered water

2 cups filtered water

1 apple, cored

2 cups frozen blueberries

2 medjool dates

Soak pumpkin seeds in water all day OR all night. Rinse, and then place into a blender with 2 cups fresh water, apple, frozen blueberries, and dates. Blend until very smooth and creamy.

## **Strawberry/Fruit -Almond Smoothie**

Planning is key when wanting to make this smoothie or a variation of it. It only takes a few minutes to get the nuts out and pour water over them. You'll want to give them about 8 to 10 hours of soaking time. In the morning be sure to drain off the soaking water and rinse well in a colander. Use any frozen or fresh fruits you have on hand here. Pears, raspberries, cherries, and blackberries make a fantastic smoothie!

1 cup raw almonds, soaked overnight

1 1/2 to 2 cups water

2 to 3 cups fresh or frozen strawberries

1 whole vanilla bean

1 tablespoon raw honey (optional)

Place the almonds and water into a high-powered blender (such as a Vita-Mix) or a blender fitted with a sharp blade. Add water and blend until very smooth, about 30 to 60 seconds. Then add the berries, vanilla bean, and honey, blend again until smooth. Serve immediately. Source: [www.NourishingMeals.com](http://www.NourishingMeals.com)

## **Trail Mix**

1 cup roasted almonds

1 cup pumpkin seeds

3/4 cup sunflower seeds

1/2 cup dried slices bananas

1 cup dried cranberries

1/2 cup dried apricots

Mix ingredients well and store in airtight container.

## **Beet, Pear, and Almond Salad with Mint Dressing**

This excellent salad is simple with complex flavors. The beets, pears, and almonds marry perfectly with the peppery, minty dressing. Serve this salad for brunch or a family dinner. I like to keep the beets, almonds, and lettuce in separate containers and serve over a few days. I cut the pears up when I am ready to serve and dress individual salads then.

3 large beets, peeled

1 1/2 cups raw almonds

2 to 3 pears, cored and diced

1 large head leaf lettuce

1 recipe Pepper-Mint Dressing

Preheat oven to 350 degrees.

Peel beets and trim the ends off. Place into a steamer basket in a medium-sized pot. Add about 2 inches of water. Cover and cook for about 20 minutes or until beets are fork tender. Drain off water and set aside to cool.

To roast the almonds place them in an 8 x 8-inch baking dish and place into preheated oven. Bake for about 15 minutes. Remove from oven and place onto a plate to cool. Chop on a cutting board with a large knife once cooled.

Dice pears and set aside. Tear lettuce into pieces and rinse and spin dry. Assemble each salad by placing lettuce on each plate. Top with beets, pears, and almonds. Drizzle dressing over each salad. Enjoy!

### **Green Apple Salad Dressing**

Here is a great salad dressing that is citrus-free and vinegar-free. The tart apple adds the needed zing to balance the oil. Those of you who are not on the elimination diet will enjoy it too. You can add as much or as little ginger as you like. If you add too much though, the dressing could become a little bitter. Enjoy!

1 green apple, cored (Granny Smith)

1/2 cup filtered water

1/3 cup extra virgin olive oil

3 to 4 cloves garlic

1 to 2-inch piece of fresh ginger, peeled

Herbamare or sea salt, to taste

Place all ingredients into a blender or Vita-Mix and blend until very smooth and creamy. Add salt to taste and blend again.

### **Pepper-Mint Dressing & Marinade**

This lemony, peppery, garlicky, minty salad dressing is fantastic (or shall I say addicting) over crisp romaine lettuce topped with toasted pine nuts, green onions, and shredded carrots.

#### **Ingredients**

1/2 cup packed fresh spearmint leaves

1/2 cup freshly squeezed lemon juice (2 lemons)

4 to 5 garlic cloves, peeled

1 small shallot (optional)

1 teaspoon whole black peppercorns

1 teaspoon sea salt

3/4 cup extra virgin olive oil

Add all ingredients except for olive oil to a blender. Blend on high until very smooth, 1 to 2 minutes. Add the olive oil, blend on low speed until just incorporated. Pour into a glass jar and store in the refrigerator until ready to use. Bring to room temp before serving.

Note: I usually only use the shallot if I am using this recipe as a marinade for fish or chicken. It isn't really necessary for a salad dressing.

Source: [www.NourishingMeals.com](http://www.NourishingMeals.com)

### **Indian Sweet & Creamy Vegetables**

2 cups of Steamed Vegetables (zucchini, summer squash, broccoli, red bell pepper, green beans, carrots, cabbage, asparagus – use one or a combination)

1 cup of Steamed or Sautéed Sweet Onions  
1 cup Unsweetened Coconut Milk  
2 tbsp Extra Virgin Olive Oil  
1 1/2 tsp Garam Marsala (a blend of mild Indian spices)  
Stevia Powder to taste  
Sea Salt to taste  
Optional – play w/ adding other spices such as curry, a dash of ground ginger or red pepper, &/or saute some crushed garlic in with the onions

Cook onions and vegetables. Some veggies cook faster than others, so cook slower ones longer, adding fast ones later. When on restricted diets, I like mine cooked soft as to imitate comfort foods like macaroni and cheese. However, remember that they will cook more in the next step.  
Place all ingredients in a large skillet over medium high heat. Stir until coconut milk is evaporated enough to be thick and yummy. Adjust stevia and salt to taste.

### **Fresh Herbed Chicken Breasts**

4 boneless chicken breasts with skin on  
2 medium cloves garlic, pressed  
1 TBS fresh squeezed lemon juice  
2 tsp chopped fresh sage  
2 tsp chopped fresh thyme  
1 tsp chopped fresh rosemary  
1/4 cup chicken broth  
salt and cracked black pepper

Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or Pyrex for this. Season chicken with a little salt and pepper. When pan is very hot (which takes about 5 minutes), put chicken in pan and return it to broiler. Turn heat to low. Don't put it too close to the heating element. It is best to put in middle of the oven, about 7 inches from the heat source. (Quick Broil) for about 15 minutes, or until done, depending on thickness of chicken.

While chicken is cooking chop herbs.

In a small skillet, add chopped herbs, lemon juice, broth, pressed garlic, salt, and pepper. Heat on medium heat for about 30 seconds.

When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken.

Serves 4

### **15-Minute Sautéed Chicken Breasts with Mustard & Tarragon**

#### **Ingredients**

1 medium onion cut in half and sliced medium thick  
5 medium cloves garlic, pressed  
2 boneless, skinless chicken breasts, cut into 1-inch pieces  
3 TBS Dijon mustard  
1 TBS + 1/2 cup chicken broth  
2 tsp honey  
1 TBS chopped fresh tarragon (or 1 tsp dried tarragon)  
2 TBS chopped fresh parsley (or 2 tsp dried parsley)  
salt and white pepper to taste

**Slice** onion and press garlic and let sit for 5-10 minutes to bring out their hidden health benefits.

**Heat** 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium heat for 2 minutes. While onions are sautéing, cut chicken into pieces. Add chicken pieces and continue to sauté for another 3 minutes, stirring frequently to seal chicken on all sides. Add garlic and continue to sauté for another minute.  
**Add** mustard, 1/2 cup broth, and honey. Mix thoroughly and simmer uncovered for about 7-8 minutes on medium-high heat stirring occasionally to cook chicken evenly. This will also reduce sauce.  
While chicken is cooking, chop herbs and add at end with salt and pepper to taste.

### **Seasoned Turkey Sausage**

1 lb of ground turkey ( make sure you do not use breast only)  
1/2 tsp of nutmeg  
1/4th to 1 tsp of thyme  
1 tsp of salt  
1/2 to 1 tsp of sage  
1/8 tsp of cayenne pepper  
1/4th of a gala apple shredded  
Mix thoroughly an shape into 12 patties. Fry in a ungreased skillet or bake 350 degrees for 10 to 15 minutes

### **Spicy Pumpkin Seeds**

Preheat oven to 350.  
Toss together 3 cups of raw pumpkin seeds , 2 tablespoons of coconut oil, 1 tablespoon of chili powder , 1 tablespoon of sea salt, 1 teaspoon of cayenne pepper  
Spread on baking sheet and bake for 10 minutes.  
Let cool and store in an airtight container.

### **Pan Fried Apples with Cinnamon**

Cut 4 tart apples into 1/4th inch slices  
Put 2 tablesspoons of coconut oil in a pan.  
Once hot add apple slices with 3 tsp. of cinnamon and 1/8th tea. of stevia.  
Serve and enjoy

### **RepairVite Chocolate Pudding**

1 avacado  
1 banana  
3 T of cocoa powder  
2 T of coconut oil  
a squeeze of fresh lime  
2 T of cocnut milk  
Blend them all together in the blender and it comes out as a rich chocholate pudding

### **RepairVite Sugar Cookies**

Half a medium-sized butternut squash  
5-7 baby carrots  
Half a ripe banana  
1/2 cup unsweetened coconut milk  
1 1/2 tsp baking powder  
1 tsp baking soda Dash of salt  
1 1/2 tsp xanthan gum  
1 cup coconut flour  
3-5 tbsp soy-free Earth Balance “buttery spread”  
1/3 cup xylitol granules

Slice the squash (peel it first, if you can) and lightly cover slices and baby carrots with coconut oil. Cook both in oven at 375 for about 30 minutes (or until soft).

In Vitamix (or other blender), puree the carrots, squash, banana, and coconut milk until completely smooth. (I let mine cool to room temperature before pureeing)

Add coconut flour, baking powder, baking soda, salt, and xanthan gum to a large bowl and mix well.

Combine the squash mixture with the flour mixture and blend (it will be a little bit dry).

Add the Earth Balance and xylitol and mix with your hands. (try not to eat all of the dough before you get it on the pan)

Form into balls and flatten to 1/4-1/2 inch in depth. Bake in oven at 375 for 5-7 minutes, or until golden brown around the edges.

## Lunch/Dinner Recipes

### Cinnamon Chicken Recipe

Serves 3-4

#### Ingredients

1 3lbs chicken, cut into 8 pieces (breasts, drumsticks, thighs and wings)

½ tsp sea salt;

½ tsp black pepper;

2/3 tsp cinnamon;

2 cloves garlic, minced;

½ tsp paprika;

1 onion, sliced;

1 cup water or chicken stock;

#### Preparation

1. Preheat your oven to 400 F.

2. In a small bowl, combine the salt, pepper, garlic and cinnamon. Rub the chicken pieces with this mixture and allow it to sit for about 30 minutes at room temperature.

3. Place the chicken pieces in a large roasting pan, sprinkle the meat all over with the paprika and add the onion slices to the pan.

4. Cook for 35 minutes and then reduce the heat to 350 F.

5. Stir in a cup of water to the roasting pan and continue cooking for another 50 minutes.

6. Serve and use the juices from the pan as a sauce.

Serve this dish with a simple side of roasted root vegetables or a salad for a very satisfying Paleo meal.

### Roast beef with thyme, garlic and red wine recipe

Serves 4-5

#### Ingredients

1 4lbs top sirloin roast;

½ cup Coconut or Olive Oil;

3 cloves garlic, minced; 3 sprigs fresh thyme;

¾ cup red wine;

Sea salt and freshly ground black pepper to taste;

#### Preparation

1. Preheat your oven to 350 F.

2. In a large skillet over high heat, melt 1 tbsp of the cooking fat. Sear the roast on all sides for just a few moments, or until the sides are a beautiful golden brown.

3. Place the roast in a large roasting dish, along with the cooking fat used to sear it. Scatter generous knobs of the cooking fat on top of the roast, followed by the Worcestershire sauce, if using, and red wine. Sprinkle the garlic over the meat and season to taste with salt and pepper. Top with the thyme sprigs.
4. Allow to cook for 50-60 minutes, or until the meat is cooked, but still slightly pink in the middle. You can baste the meat with the cooking juices from time to time during the cooking process to ensure that the meat stays really moist.
5. Remove the roast from the oven and set aside for about 10 minutes before serving, allowing the meat to relax before carving it.
6. Remove the thyme springs from the pan and use the rendered liquid in the pan as a sauce for the roast.

## **Spicy Drumsticks**

Serves 3

### **Ingredients**

- 3 tbsp coconut oil, or Olive Oil
- 3 cloves garlic, minced;
- 2 tsp chilli powder;
- 1 tsp garlic powder;
- Sea salt and freshly ground black pepper to taste;
- 10 chicken drumsticks;

### **Preparation**

1. Preheat your oven to 375 F.
2. In a large bowl, combine the garlic, chilli powder, garlic powder, salt and pepper as well as the cooking fat. Dump in the chicken and mix well to ensure all the meat is evenly coated with the seasonings.
3. Place the chicken drumsticks on a large baking sheet with space in between each to prevent overlap. Cook for about 1 hour, until the chicken is well cooked, turning the pieces once during the cooking process.

## **Roasted Acorn Squash**

Serves 4, as a side

### **Ingredients**

- 2 acorn/pepper squash;
- 3 tbsp Olive or coconut oil;
- 2 onions, thinly sliced;
- 3 cloves garlic, minced;
- 1 tsp ground coriander seed;
- ½ tsp nutmeg;
- Sea salt and freshly ground black pepper to taste;

### **Preparation**

1. Preheat your oven to 375 F.
  2. Cut each squash in half, but leave the seeds in. Place cut end up on a baking sheet and roast them for about 50 minutes to an hour, long enough so that the flesh is fork tender. Remove once cooked and let cool for several minutes.
  3. Meanwhile, in a medium skillet over a medium heat, saute the onions in the cooking fat. Cook for close to 10 minutes, until the onions are translucent and begin to be golden brown.
  4. Add the garlic to the skillet, followed by the coriander, nutmeg, salt and pepper. Continue to cook for about 2 minutes.
  5. Remove the seeds from the squash and discard. Spoon out the tender flesh and discard the skin. Roughly mash up the squash and add it to the skillet. Mix well. Only leave on heat long enough to blend flavors.
- Serve alongside a tender roast or steak. Enjoy!

## **Grilled peaches with Prosciutto and basil recipe**

Serves 4, as a side or snack

### **Ingredients**

3 ripe peaches, halved and pitted;  
6-8 slices good quality prosciutto;  
1 cup balsamic vinegar;  
1 tbsp honey, optional;  
8-10 basil leaves;  
2 tbsp coconut oil or Olive Oil melted;  
Sea salt and freshly ground black pepper to taste;

#### **Preparation**

1. In a small saucepan over a medium-high heat, bring the vinegar to a simmer and let simmer for a few minutes. When it begins to thicken, add the honey, if using, and season to taste with salt and pepper. Once the liquid takes on the form of a thick syrup, remove from the heat and allow to cool.
2. Fire up the grill to a medium heat. While waiting for the grill to heat up, brush some of the coconut oil or clarified butter over the open side of each peach. Place them on grill face down and allow to cook until golden brown. Cook on the other side for only a minute.
3. Place the peaches face up on a large flat dish. Drizzle them with the balsamic vinegar syrup and then stuff the area where the pit was with prosciutto. Top with a basil leaf and serve.

Shrimp in fruity salsa recipe

Serves 4

## **Shrimp and marinade**

#### **Ingredients**

2 tbsp coconut oil or olive oil  
2 tbsp fresh lime juice;  
2 tsp lime zest;  
1 tsp ground cumin;  
2 tbsp ground coriander;  
20-24 large shrimp, peeled and deveined;  
2 cloves garlic, minced;

#### **Fruit salsa ingredients**

½ red bell pepper, chopped;  
½ mango, cubed;  
¾ cup pineapple, cubed;  
3 tbsp ground cumin;  
2 green onions, chopped;  
1 tsp lime zest;  
1 tbsp lime juice;  
Sea salt and freshly ground black pepper to taste;

#### **Preparation**

1. In a medium sized bowl, combine all the ingredients that make up the marinade. Toss in the shrimp and make sure all of the shrimp is evenly coated. Allow it to sit for approximately 15 minutes.
  2. In a separate large bowl, combine the lime juice, lime zest and cumin. Once thoroughly mixed, add the green onions, pineapple, mango and bell pepper. Mix until the seasoning is evenly distributed.
  3. Heat up a large skillet over a medium-high heat. Add the cooking fat and coat the pan. Place the shrimp in (you may have to cook in separate batches). Allow the shrimp to cook on each side for approximately 4 minutes total, until just cooked. Try not to overcook them as they easily become rubbery.
  4. Once the shrimp is all cooked, add it to the fruit salsa and combine well. Season with salt and pepper to taste.
- This is a very filling salad, so do not feel as though another dish is necessary to complete the meal. However, it would still side nicely with a simple steak.

## **Spicy scallop salad recipe**

Serves 4

### **Ingredients**

2 tsp cayenne pepper;  
2 tsp freshly ground black pepper;  
1 tsp sea salt;  
1 lb small sea or bay scallops;  
3 tbsp lemon juice (about 1.5 lemons);  
Pinch of cayenne pepper;  
1 tsp Dijon or homemade mustard;  
1 clove garlic, minced;  
1/2 cup olive oil;  
2 big handfuls of mixed greens;  
1 red bell pepper, seeded and cut into strips;  
1 avocado, cubed;  
Sea salt and freshly ground black pepper to taste;  
3 tbsp coconut or olive oil

### **Preparation**

1. Get your chopping done first and save the scallops for last to ensure they are still warm upon serving.
2. Combine mixed greens, peppers and avocado in a large bowl and set aside.
3. In a small bowl, prepare the vinaigrette by whisking together the lemon juice, mayonnaise, mustard, cayenne and salt and pepper to taste. Once combined, slowly mix in the olive oil.
4. In a bowl large enough to hold the scallops, mix the cayenne, salt and pepper.
5. Rinse the scallops and lightly pat dry.
6. Add the scallops to the mixture prepared in step 4 and ensure that they are evenly coated.
7. Over medium heat, heat a skillet and melt the cooking fat in preparation for searing the scallops. Your skillet must be hot prior to adding the scallops; however, do not allow the cooking fat to burn.
8. Place the scallops in the pan and cook for about two minutes per side, until they are opaque white and just cooked through.
9. Add the scallops to the bowl of mixed greens and veggies, and add the dressing over top. Serve while the scallops are still warm.

## **Green chicken masala recipe**

Serves 4

### **Ingredients**

2 lbs skinless, boneless chicken thighs, cut into 1-inch pieces;  
1 cup full-fat coconut milk;  
1 onion, finely chopped;  
1/4 cup lemon juice;  
1/2 cup water or chicken stock;  
4 garlic cloves, minced;  
2 cups fresh cilantro leaves;  
1 cup fresh mint leaves;  
1 jalapeño pepper, chopped coarsely;  
1 1/2 tsp turmeric;  
1/2 tsp cinnamon;  
1/2 tsp ground cardamom;  
1/8 tsp ground cloves;  
3 tbsp coconut or olive oil  
Sea salt and freshly ground black pepper to taste;

### **Preparation**

1. Heat a large skillet over a medium heat and add the onion with the cooking fat. Cook, stirring occasionally, for about 5 minutes, until the onion starts to soften.
2. Add the chicken thighs as well as the turmeric to the skillet and continue cooking, still while stirring occasionally, for about 7 minutes.
3. Meanwhile, place the lemon juice, water or stock, cilantro, mint, jalapeño and garlic in a blender or food processor and process to obtain a smooth puree.
4. After the chicken has cooked for about 7 minutes, add the cloves, cardamom and cinnamon. Cook for another minute.
5. Pour in the coconut milk, season to taste with sea salt and freshly ground black pepper and add the herb puree.
6. Bring to a simmer and let simmer for about 15 minutes, until the chicken is well cooked and tender.

## **Sweet potato and sausage soup recipe**

Serves 5-6

### **Ingredients**

- 1 3/4 lbs sweet potatoes, peeled and roughly chopped;
- 1/2 lb of your favorite spicy chicken sausage, casing removed;
- 2 large carrots, roughly chopped;
- 2 celery stalks, roughly chopped;
- 2 cloves garlic, minced;
- 1 1/2 tsp curry powder;
- 1 red chili, sliced finely;
- 2 onions, roughly chopped
- 7 cups low salt chicken stock; (MSG Free)
- 1 bunch fresh parsley, chopped, for garnishing;
- Cooking fat;
- Sea salt and freshly ground black pepper to taste;

### **Preparation**

1. Heat a large skillet over a medium-high heat with some cooking fat.
2. Add the sweet potatoes, sausage meat, carrots, celery, garlic, onions and curry powder. Combine well.
3. Cook, stirring occasionally, for about 8 minutes, until the carrots and sweet potatoes are slightly soft.
4. While the vegetables are cooking, pour the chicken stock in a pot and bring to a boil.
5. Add the cooked vegetables to the hot stock, bring back to a simmer and simmer for about 10 minutes, until the sweet potato cubes are cooked through.
6. Season to taste with sea salt and freshly ground black pepper, pour everything in a blender or food processor and process until smooth.
7. Serve, garnished with the red chili slices and chopped parsley.

## **Spicy chicken with herb sauce recipe**

Serves 4

### **Ingredients**

- 4 boneless chicken breasts;
- 2 tbsp smoked paprika;
- 2 tsp ground cumin;
- 2 tsp ground mustard;
- 2 tsp ground fennel seeds;
- 1 tsp freshly ground black pepper;
- 2 tsp sea salt;
- Coconut or olive oil

### **Herb sauce**

- 1 cup extra-virgin olive oil;
- 2 cups fresh mint leaves;

1 cup fresh flat-leaf parsley leaves;  
6 garlic cloves, roughly chopped;  
2 tbsp homemade or Dijon mustard;  
1 green chili, seeded and chopped, optional;  
Sea salt and freshly ground black pepper to taste;

#### **Preparation**

1. To prepare the sauce, place the mint, parsley, garlic and chili, if using, in the bowl of a food processor and process to chop roughly.
2. Add the mustard, season to taste with salt and pepper and process again to combine.
3. Now slowly drizzle the olive oil in while the food processor is in function to create an emulsion.
4. For the spice rub, combine the paprika, cumin, mustard powder, fennel, salt and pepper in a bowl.
5. Rub the chicken breasts all over with your chosen cooking fat and also rub them with the spice mixture.
6. Heat a frying pan over a medium heat and fry the chicken breasts in some additional cooking fat for about 5 minutes per side, until well cooked.
7. Serve the spicy chicken topped with the fresh herb sauce.

### **Baked salmon with asparagus & roasted beets**

Beets and asparagus are two vegetables that go wonderfully well with salmon and that tend to be forgotten in our day to day meals. This simple dish can of course be prepared with any fresh fish and vegetables.

This recipe serves 4 people.

#### **Ingredients**

4 fresh "wild caught" salmon fillets;  
4 tbsp olive or coconut oil;  
4 tsp chopped dill;  
16 sprigs of fresh asparagus, hard base removed;  
4 medium red beets, cut in cubes;  
Salt and pepper to taste;

#### **Preparation**

1. Preheat your oven to 500 F.
2. Line four large pieces of foil and place a salmon fillet on a bed of beet cubes and 4 asparagus. Do that for the 4 fillets.
3. Add 1 tbsp of butter and 1 tsp dill on top of each fillet and close the foil to form a little pocket.
4. Bake in hot oven for about 10 minutes for each inch of thickness of the fish.
5. Make sure to check on the fish so it doesn't get overcooked.
6. Serve topped with some more of your favorite fresh herbs. More dill is perfect, but cilantro is also really good.

### **Olive, garlic & lemon chicken recipe**

*Serves 4*

#### **Ingredients**

1/4 cup coconut or olive oil  
1/2 lb black olives (kalamata), cut in half;  
8 chicken thighs, with bones and skin;  
3 cups onions, sliced thin;  
30 cloves garlic, minced and smashed almost to a paste;  
1/2 cup lemon juice;  
2 extra lemons, thickly sliced (remove seeds with the tip of a knife);  
1 1/2 cups chicken stock;  
A bunch of picked thyme leaves;  
Sea salt and freshly ground black pepper to taste;

#### **Technique**

1. Preheat your oven to 350 F.
2. Melt the first 1/4 cup fat in a large and hot pan and brown the chicken pieces on all sides. It will take about 6 minutes total. Set the chicken aside.
3. Cook the onions until soft, about 3 minutes, and make sure to scrape all the delicious chicken bits off the pan while doing so.
4. Add the garlic and cook for about a minute, until fragrant. You can season with salt and pepper at this point.
5. Add the chicken stock, thyme and lemon juice and return the chicken thighs to the pan, skin side up.
6. Bring to a simmer and put the pan, covered, in the hot oven for about 20 minutes.
7. Remove the lid, add the halved olives as well as the lemon slices and bake for another 15 to 20 minutes uncovered.
8. Serve the chicken with the olive, garlic and lemon sauce as well as with some of the lemon slices.

## **Grilled trout with parsley, dill and lemon**

### **Ingredients**

Two 3/4 lb whole trout (scaled, gutted and cleaned); (don't stress about the size, medium is a good gage)  
 Olive or coconut oil;  
 1 bunch fresh flat leaves parsley;  
 1 bunch fresh dill;  
 Zest of one lemon;  
 2 lemons, one sliced and the other halved;  
 Salt and pepper to taste;

### **Technique**

1. Preheat your broiler.
2. Slash the sides of your fishes about 8 times each side with a knife so the butter or oil can make its way in.
3. Rub the trout with butter and season with salt and pepper.
4. Stuff the cavity with the chopped parsley, dill and lemon slices.
5. Put the fish on a baking rack on a pan for the dripping.
6. Sprinkle the lemon zest on top of the fish and add generous knobs of butter on the fish to form a wonderful golden crust.
7. You can place the lemon halves on the baking tray too.
8. Grill at about 6 inches of the heat source for about 6 minutes on each side.
9. Et voilà! Squeeze the roasted lemons on the fish before serving and you've got yourself a wonderful dinner.

## **Ginger Citrus Roast Chicken**

### **Ingredients**

About 5 tbsp coconut or olive oil  
 3 lemons or limes (if using limes, use 4);  
 2 oranges;  
 1 whole chicken (about 4 1/2 pounds);  
 3 tbsp grated fresh ginger;  
 Salt and pepper to taste.

### **Technique**

1. Preheat your oven to 425 F. Grate the zest 1 orange and orange lemon and then cut them in quarter.
2. Wipe the chicken dry and place it in a roasting pan.
3. Mix 1 tbsp of the grated ginger with the citrus zest. Rub the citrus mixture in the chicken cavity with some added salt and pepper if wanted. Add the quartered lemon and orange inside the cavity.
4. Juice the remaining lemons and orange with the remaining 2 tbsp ginger and also add the melted coconut oil. Brush the chicken with the mixture.
5. Put in the oven for 15 minutes.
6. After 15 minutes, baste the chicken and reduce the heat to 375 F.
7. After another 25 minutes, baste again, turn the chicken on his breast and cook for another 25 minutes.

8. At this point, verify the doneness of the chicken by verifying if the juices run clear when you cut the thickest part of the breast. You can also verify with a meat thermometer (should be 160 F in the breast and at least 170 F in the thigh).
9. When ready, remove from oven and let the chicken rest for 15 minutes.
10. Garnish with extra citrus wedges if wanted on a bed of steamed vegetables or spinach. Use the citrus, coconut oil and ginger cooking juice as a sauce.

## **Butternut squash soup recipe**

Preparation time : 50 minutes, active preparation: 20 minutes

### **Ingredients**

- 1 or 2 butternut squashes (1 is good for about 3 good portions);
- 1 or 2 cans of coconut milk, depending on the number of squashes you prepare. (you'll find it in most grocery stores and at your health food store, look for organic without any other ingredient except maybe guar gum);
- Sea salt and freshly ground black pepper to taste;
- Any fresh out dried herb you've got laying around;

### **Preparation**

1. Preheat your oven to 350 F.
2. Cut your squash lengthwise and remove the seeds. You can get rid of the seeds or keep them and roast them for a snack latter.
3. Place the halves, cut side down, on a baking sheet and place in the oven for about 45 minutes. It might take longer, but I suggest you check on them after 45 minutes. Verify that the flesh is fork tender and it's ready.
4. Now either wait for the squash to cool down a bit so it's easier to handle or put on some gloves. Scoop out the cooked flesh in a sauce pan and add about 3/4 of a can of coconut milk per squash.
5. Start mashing the squash with a potato masher on a low heat. Note that you can also place the flesh and coconut milk in a blender and blend the mixture. I prefer the version in the pan, less work than washing a blender.
6. Once everything is mashed up, adjust the consistency by adding some coconut milk if needed. Season with salt and pepper to taste. If you want to go fancy, grate a bit of fresh nutmeg . You can also add some grated fresh ginger or garlic for a nice spin on the taste.
7. Serve and enjoy! Garnish with fresh herbs on top if you have any. For added style, you can drizzle additional coconut milk in a spiral on the served bowls to create a white swirl.

## **Cabbage & apple stir-fry**

This stir-fry is a little bit different in that it features prominently the cabbage and also makes use of stir-fried apple. This is a great example of a sweeter stir-fry, which is also mixed with fresh and crunchy almonds. The apple cider vinegar bring a nice and tangy touch to it and add to the apple undertone of the dish. Eat it as a meal or serve as a side dish to your main course.

### **Ingredients**

- Fat for cooking (olive or coconut oil is best here);
- 1.5 lb cabbage (a mix of red and green is ideal);
- 1 large apple;
- 1 thinly sliced onion;
- 1 finely chopped red chilli;
- 1 tbsp chopped thyme;
- 1 tbsp apple cider vinegar;
- 2/3 cup chopped almonds;

### **Technique**

Chop the cabbage finely and dry with a towel. Core and slice the apple. Stir-fry the apple for a minute in clarified butter or coconut oil until it just barely starts to soften. Remove the apple from the wok and set aside. Reheat the wok and stir-fry the onion for another minute with a little bit more cooking fat. Add the cabbage and stir-fry for another 3 minutes. Return the apple slices, add the thyme and cider vinegar and cover to steam for a minute. Add the almonds and stir well. Serve and enjoy!

# Salads

## Raspberry and Spinach Salad recipe

Serves 4

### Ingredients

3 tbsps olive oil;  
2 tbsps raspberry vinegar;  
1/4 cup fresh raspberries, crushed to a puree;  
8 cups baby spinach;  
2 cups fresh raspberries;  
4 tbsps walnuts, crushed;(omit)  
½ red onion, finely chopped;  
3 kiwis, peeled and sliced;  
Sea salt and freshly ground black pepper to taste

### Preparation

1. In a small bowl, combine all the ingredients for the vinaigrette: olive oil, vinegar and crushed raspberries. Combine well. Season to taste with salt and pepper.
2. In a large salad bowl, combine the remaining ingredients: spinach, raspberry, walnuts, kiwis and onion.
3. Drizzle with the dressing, toss well and serve.

## Relishes and Sauces

### Cucumber Relish

3 medium cucumbers  
½ medium onion  
¼ cup lemon juice  
3/8 tsp crushed stevia leaf powder  
¼ tsp dried dill weed

Slice cucumbers in half length wise, scoop out seeds. Grind in food processor along with onion until very fine, drain. Stir in lemon juice, stevia and dried dill weed. Chill overnight.

Makes 4 cups

### Cucumber Raita

1 cucumber, peeled and seeded  
2 cups plain, unsweetened (coconut) yogurt  
1 teaspoon chili powder  
Salt

Remove seeds from cucumber and grate. Sprinkle with salt and place in a strainer over a bowl and let stand 10 minutes to drain. Rinse off salt and squeeze out any additional moisture by pressing cucumber with bottom of glass. Mix cucumber into yogurt and stir in chili powder. Chill before serving.