

# Better Food, Better You

Here are the recipes you've grown to love-

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# Meals



## Deconstructed Egg Roll (4 servings)

### Ingredients:

- 1 1/2 tablespoons sesame oil
- 3 cloves garlic, minced
- 1/2 small onion, chopped
- 1 pound ground pork
- 1/2 teaspoon ground ginger
- salt and pepper, to taste (omit salt if using soy sauce)
- 1/2 tablespoon Sriracha (optional)
- 14 oz bag coleslaw mix (1.5 bags)
- 4 tablespoons Coconut Aminos (could sub soy sauce but, if doing so, omit salt)
- 1 tablespoon fish sauce or anchovy paste
- garnish with toasted sesame seeds and green onions

1. Over medium heat, saute garlic and onions in sesame oil until onions are translucent.
2. Add ground pork, ginger, sriracha, salt & pepper. Cook until pork is cooked through.
3. Add everything else to pan and saute until coleslaw mix is tender.
4. Garnish and enjoy!



## Buffalo Chicken Salad

(6 servings)

### Ingredients:

4 cups chicken cooked (about 1.5lb of raw chicken)

1.5 cups carrots

1.5 cups celery

¼ cup Tessemae's ranch dressing

⅛-¼ cup Franks red hot sauce

¼ cup avocado oil mayo

green onions to garnish

1. Put chicken into a food processor and grind until desired size. Remove from processor, put in a large bowl, set aside.
2. Add celery to the food processor and grind until desired size. Add to bowl of chicken.
3. Repeat with celery.
4. Add the rest of the ingredients to the bowl of chicken and veggies. Start with ⅛ cup hot sauce and add more to taste.
5. Garnish and enjoy!



## Pork Chops with Mushroom Leek Sauce

(4 Servings)

### Ingredients:

2 Tbsp Avocado Oil or oil of choice  
4 Pork Chops (about 1lb)  
1 tsp Salt  
1/2 tsp Black Pepper  
1 tsp Garlic Powder  
1 Tbsp Ghee  
1 Cup Mushrooms sliced  
3 Leeks sliced, half rounds (google how to do clean & cut a leek. seriously)  
3 Cloves Garlic minced  
1/2 Cup Chicken Broth  
1 Cup Coconut Milk full fat  
1 tsp Paprika  
2 tsp Tapioca Starch  
2 Tbsp Fresh Parsley

1. Heat large skillet over medium/high heat and add oil
2. Season pork chops liberally on both sides with salt, pepper and garlic powder
3. Brown pork chops well on both sides for about 3-5 minutes a side and then remove from pan and set aside
4. Add ghee to pan, turn the heat to medium/low and add in the sliced mushrooms. Saute for 3-5 minutes, until browned and then add in the leeks and garlic. Saute another 2 minutes
5. Add in the broth, coconut milk and paprika. Bring to a boil and then reduce sauce to a simmer. Add the pork chops back into the sauce and cover with lid. Let simmer for 10-15 minutes, until pork chops are cooked through
6. Taste the sauce for seasoning and add in more salt and pepper as needed
7. Top with fresh parsley



## Sesame Tofu/Chicken

(3-4 servings)

### Ingredients:

#### Sesame Sauce:

- 3 tbsp coconut aminos
- 2 tbsp apple cider vinegar
- 3 tbsp maple syrup
- 2 cloves grated garlic
- 2 tsp fresh ginger root, grated
- 6 tbsp water
- 1 tbsp tapioca starch or cornstarch
- 2 tbsp sesame seeds
- 1 pinch red pepper flakes (optional)

1 block of extra firm tofu OR

1 pound chicken breast

### For Tofu:

1. Remove tofu from the package and drain the water. Slice in half so that you end up with 2 thinner slices. Place on a paper towel-lined plate. Cover with another paper towel and place a heavy item on top, something with good balance. Allow the tofu to press for at least 35 minutes or overnight. (If pressing overnight make sure to transfer to the refrigerator and keep cool) (you can also microwave tofu to remove the water- worth a google)
2. Use your hands and roughly tear the tofu into bite size pieces. Transfer to a bowl and sprinkle with a tiny pinch of sea salt and two tablespoons of tapioca. Gently toss to coat well.

For Chicken:

1. Cut up chicken into bite-sized pieces.
2. Transfer to a bowl and sprinkle with a tiny pinch of sea salt and two tablespoons of tapioca. Gently toss to coat well.

Air Fryer Method:

Place the tofu/chicken in air fryer and air fry at 400 for 10-12 minutes for tofu or 12-15 minutes for chicken, until browned and cooked through.

Oven Baked Method:

Arrange tofu/chicken on a parchment lined baking sheet preferably without touching each other. Bake at 400 for 25 to 30 minutes until golden around the edges and cooked through.

While Cooking Chicken/Tofu, Make the Sesame Sauce:

In a small bowl whisk together all the sauce ingredients until combined. Transfer to a sauce pan and bring to a simmer. Cook for about a minute or until the sauce has thickened.

Transfer the cooked tofu/chicken into the sesame sauce and toss to coat well all over.



## Sun Dried Tomato Basil Chicken Thighs (6-8 Servings)

### Ingredients:

1/4 cup Tapioca Starch  
1 Tbsp Salt  
1 tsp Freshly Ground Pepper  
8 Chicken thighs (~2lb)  
1 Tbsp ghee  
3/4 cup Sliced Sun-dried Tomatoes  
1 Tbsp Garlic (minced)  
1 tsp Italian Seasoning (oregano, thyme, parsley)  
13.5 oz can Unsweetened Coconut Milk  
1/4 cup almond milk (or any non-dairy milk)  
1-2 tsp tapioca starch to thicken, if needed  
Basil (shredded, to top)

1. Mix together the potato or tapioca starch, salt, and pepper in a medium-sized bowl. Toss the chicken thighs in the mixture until fully coated.
2. Heat ghee in a large frying pan or cast iron skillet. Add the chicken, four pieces at a time if needed, and brown on each side. When the chicken is all browned, add remaining ingredients. Simmer 10-15 minutes or until chicken is fully cooked.
3. Add tapioca starch as needed to thicken the sauce.
4. Top with basil and serve.



## Bang Bang Shrimp

(4 servings)

### Ingredients:

1 pound shrimp peeled and deveined  
1 egg whisked well  
1/2 cup coconut or cassava flour  
1/4 teaspoon salt  
pepper to taste  
sliced green onions green part only, for garnish, optional

### Bang Bang Sauce:

1/4 cup + 2 Tbsp. Whole30 mayonnaise  
2 1/2 tsp. sriracha  
3 Tbsp. ketchup  
3 tsp. coconut aminos  
1 garlic clove minced

1. Stir together all sauce ingredients and set aside.
2. Whisk together coconut flour, salt, and pepper in a wide bowl. Dip shrimp in eggs then dredge in flour. Shake off excess and place on a baking sheet or plate. Repeat with all shrimp.
3. Air fry for about 6 minutes per batch. In a large bowl, toss shrimp with half of the sauce. Add more sauce to taste and toss. Serve with remaining sauce. Top with sliced green onions.





## Salmon Cakes

(5 servings)

### Ingredients:

#### Salmon Cakes:

2 1/4 cups (about 12 oz. frozen) cooked salmon, flaked  
1/4 cup mashed or pureed sweet potato  
4 green onions, chopped  
1 tablespoon fresh parsley, chopped  
1 tablespoon dijon mustard  
1 tablespoon lemon juice  
3 tablespoons capers, liquid drained  
1 egg, beaten  
3/4 teaspoon sea salt  
1/2 teaspoon ground black pepper  
Lemon wedges for serving

#### Lemon Herb Aioli (this makes enough for a double batch of salmon cakes):

1 egg  
3 tablespoon fresh lemon juice  
1/2 teaspoon dijon mustard  
1 cup olive oil  
2 large clove garlic, omit for low FODMAP  
2 tablespoons fresh parsley, chopped  
2 teaspoon fresh dill, chopped

1. Preheat the oven to 350°
2. In a large mixing bowl, add all of the salmon cake ingredients. Mix everything together with a fork until combined.
3. Form mini patties, about 3 inches in diameter, and place on the baking tray. Bake for 25-30 minutes or until firm and browned on the sides. Make sure to flip the patties over in the oven halfway through cook time.

### Lemon Herb Aioli

While the salmon cakes are baking make the aioli. The easiest way to make this is with an immersion blender. Add all ingredients except parsley & dill to a tall cup or jar. Blend. Add the parsley, and dill and mix in by hand. Taste and season with salt if needed. Transfer the aioli to a small bowl and serve with the salmon cakes. Store leftovers in an airtight container in the fridge for up to a week.



## Spaghetti Squash and Meatballs

(about 8 servings of 6 meatballs each)

### Ingredients:

#### Meatballs:

- 1 lb Ground pork
- 1 lb Ground beef
- 1/2 cup Spinach (chopped)
- 1/4 cup Parsley (chopped) (I use 1/8 cup parsley, 1/8 cup basil)
- 1 large Egg
- 1 large Egg white
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Paprika
- 1 tsp Italian seasoning
- 1/2 tsp Sea salt
- 1/2 tsp Crushed red pepper flakes

#### Sauce:

- 14.5 ounces Fire-Roasted Tomatoes
- 14.5 ounces Tomato Sauce
- 6oz Tomato Paste
- 1/2 Onion
- 4 tsp Italian Seasoning
- 6 clove Garlic
- 1/4 tsp Black Pepper

8 cups cooked spaghetti squash

Basil to garnish

1. Preheat oven to 400 degrees.
2. In a large bowl, combine all the meatball ingredients. Use your hands to mix well, until thoroughly combined.
3. Roll into tablespoon-sized balls and place on parchment-lined baking sheet.

4. Bake for 10 minutes or until golden-brown and cooked through.
5. Add all the sauce ingredients to a large pot, stir to combine, and bring to a boil.
6. Reduce heat to medium-low. Add cooked meatballs, cover, and simmer for about 15 minutes.
7. Serve over pasta or spaghetti squash and garnish with fresh basil.



## Fried Chicken Meatballs

(about 6 servings of 6 meatballs)

### Ingredients:

#### Meatballs:

1.5 pounds ground chicken  
3/4 teaspoon salt  
1/2 teaspoon ground black pepper  
2 tablespoons extra-virgin  
olive oil or ghee

#### Coating:

3 tablespoons tapioca starch  
1/2 teaspoon salt  
1/2 teaspoon paprika  
1/4 teaspoon ground black pepper  
1/4 teaspoon rubbed sage  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
pinch ground cayenne pepper  
pinch ground cloves

1. Preheat the oven to 425° and line a baking sheet with parchment paper.
2. Season the chicken. Place the ground chicken, salt, and pepper in a large mixing bowl; mix well.
3. Make the coating. In a shallow bowl, use a fork to combine the tapioca starch, salt, paprika, black pepper, sage, onion powder, garlic powder, cayenne pepper, and cloves.
4. Make the meatballs. Moisten your hands with cold water, then measure rounded tablespoons of ground chicken and roll the chicken into balls. Roll each ball in the seasoned tapioca starch. Set the chicken balls aside on the baking sheet until you're ready to fry them.
5. Fry the balls. Place 1 tablespoon oil in a large, nonstick skillet over medium-high heat. Place half of the meatballs in a single layer in the pan, leaving some wiggle room around them. Cook until they're browned on all sides, 4–5 minutes total.

6. Transfer the balls to the baking sheet. Add 1–2 teaspoons oil to the pan and brown the remaining meatballs and transfer them to the baking sheet. Bake for 10 minutes or until meatballs are cooked through.



## Spaghetti Squash Pad Thai

(2 servings)

Ingredients:

Marinade:

- 1 Tbsp ACV (apple cider vinegar)
- 1 Tbsp EVOO (extra virgin olive oil)
- 4 Tbsp coconut aminos

Sauce:

- ½ tsp Crushed Red Chili Pepper Flakes
- ¼ tsp Ground Ginger
- ½ tsp Rice Vinegar
- 2 tbsp Lime juice
- ¼ cup Cashew Milk (or any non-dairy milk)
- ¼ cup Peanut Butter
- 3-4 tsp Coconut Aminos

- ½ tbs Coconut oil
- 2 Eggs
- 1.5 tsp Coconut Aminos
- 2 cups Spaghetti Squash, Cooked
- ½ lb chicken breast (marinated in aminos, evoo, acv)
- Green onions to garnish

1. Marinate Chicken breast in coconut aminos, evoo, and acv.
2. Cook Spaghetti Squash. (One method is to cut spaghetti squash in half, scrape out seeds, and place on baking sheet in a 400° oven for about 45 minutes) (you can also microwave a spaghetti squash or cook it in a crock pot)
3. Make the sauce. Put all the ingredients and 1 tbs of the coconut aminos in the bowl of a food processor and whirl until well blended. Taste and add more coconut aminos as needed.
4. Add coconut oil to a large frying pan over medium-high heat. Fry chicken 10 minutes or until cooked through.

5. Remove chicken from the frying pan and set aside. Add eggs to frying pan and scramble with 1.5 tsp coconut aminos.
6. Once eggs are cooked, add cooked spaghetti squash and  $\frac{1}{2}$  sauce to the pan. Stir fry the spaghetti squash with the scrambled eggs and sunshine sauce. Cook until moisture from the spaghetti squash has evaporated. Add more sauce to taste.
7. Top with chicken and green onions.





## Chicken Piccata

(4 Servings)

### Ingredients:

- 1 pound skinless boneless chicken cutlets (or thinly sliced chicken breast)
- 1/2 teaspoon salt plus more to taste
- 1/2 teaspoon ground black pepper plus more to taste
- 1/3 cup cassava flour
- 1 Tbsp coconut oil
- 3 garlic cloves minced
- 2 Tbsp capers drained plus more for serving
- 1 cup low-sodium chicken broth
- 2 Tbsp fresh lemon juice or 1 lemon juiced
- 1 Tbsp chopped fresh parsley for garnish

1. Season the chicken cutlets on both sides with the salt and pepper
2. Pour the cassava flour in a wide bowl. Lightly dredge each individual cutlet in the flour until evenly coated, then shake off any excess.
3. Heat the oil in a large skillet over medium-high heat. Carefully add the cutlets and cook until golden brown on both sides, about 2-3 minutes per side. The chicken does not need to be completely cooked through, just golden brown.
4. Reduce the heat to low. Stir in the garlic, capers, chicken broth, and lemon juice. Increase the heat to a simmer. Nestle the chicken into the sauce and cook, uncovered and stirring occasionally, until the sauce has thickened and the chicken is cooked through, about 15 minutes. Taste and adjust the seasoning with salt and pepper, if desired. Garnish with the parsley and serve.



## Greek Meatballs with Tzatziki sauce

(makes 6 servings of 6 meatballs)

### Ingredients:

#### Meatballs:

1 cup mushrooms  
2 cloves garlic  
1/4 cup fresh parsley  
6-8 fresh mint leaves  
1 lb ground lamb  
1 lb ground pork  
1/2 cup cassava flour  
1 tsp dried oregano  
1/2 tsp sea salt  
1/2 tsp ground pepper

#### Sauce:

1/2 English cucumber, peeled and roughly chopped  
1 cup unflavored coconut yogurt (or sub 1/2 cup full fat coconut milk and 1/2 cup mayo)  
2 cloves garlic, peeled  
1/2 cup fresh dill  
1 tbsp lemon juice (about 1/2 lemon)  
1/2 tsp salt  
1/4 tsp pepper

1. Preheat oven to 400 degrees.
2. Place the mushrooms, garlic, parsley and mint leaves in a food processor. Pulse until everything is finely chopped. Don't overprocess as it will turn to mush.
3. Place ground lamb and pork in a large bowl. Add in the chopped veggies, cassava flour, oregano, salt and pepper. Mix everything with your hands until ingredients are incorporated.

4. Form the mixture into meatballs and place them on a baking sheet. Bake for 10-12 minutes or until cooked through.
5. While the meatballs are cooking, prepare the sauce. Peel and cube the cucumber and squeeze the chunks to get rid of any excess liquid (this will help to prevent the sauce from getting too watery).
6. Rinse out your food processor and dry. Place the cucumber and all other sauce ingredients into the food processor. Process into a smooth consistency. Place in a jar or container and refrigerate until served.



## Chicken Pot Pie Soup

(4 Servings)

### Ingredients:

- 1 tbsp ghee or olive oil
- 4 cloves minced garlic
- 1/2 large onion diced
- 3 stalks celery diced
- 3 carrots peeled and diced
- 1.5 lbs chicken breasts, cubed
- 1 large potato (or 2 small - should be about 2 cups diced) peeled and cut into 1 inch cubes
- 1 cup green beans
- 4 cups chicken broth
- 1.5 tsp dried sage
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp nutmeg
- 2 tsp sea salt, plus more to taste
- 1/2 tsp black pepper

### Cashew Cream:

- 1 cup raw unsalted cashews
- 1/2 cup water

1. Add cashews to a bowl and cover with boiling water. Let them soak while you chop your veggies and prep the soup.
2. Heat oil in a large stock pot over medium heat.
3. Add in the onions, carrots, celery, and garlic. Saute for 3-4 minutes until fragrant and beginning to soften.
4. Add in remaining soup ingredients (except cashew cream). Stir. Cover and bring to a boil, then reduce heat to medium. Cook for 25-30 minutes until vegetables have softened and chicken is cooked through.

5. While it's simmering, make your cashew cream. Drain the cashews and add them to a blender along with 1/2 cup of water. Blend on high for 1 minute or until very thick and creamy.
6. Use a fork to shred the chicken right in the pot. Add your cashew cream and stir.
7. Serve with fresh chopped parsley. Enjoy!

# Desserts



## Acorn Squash Custard

(6- ½ cup servings)

### Ingredients:

2 cups cooked acorn squash (about 2 small squashes)

¾ cup of coconut milk

Pinch of salt

1 packet of unflavored gelatin (1/4oz)

2 tsp Tapioca starch

1/8 cup of boiling water

½ tsp cinnamon

½ tsp ginger

1/2 cup of maple syrup

1. Cut the squash in half and remove the seeds
2. Place your squash at 450 degrees, in a baking pan with a small amount of water and bake until tender (approx. 30-40 mins)
3. Scrape out the flesh of the squash and add it to your food processor. Blend until smooth.
4. Add in the rest of your ingredients except the gelatin and water and blend.
5. Pour your puree into a saucepan and bring to simmer, stirring often. Simmer for 10 mins.
6. Pour 1/8 cup of boiling water into a bowl, sprinkle 1 packet of gelatin over the hot water and let dissolve completely. Strain out any clumps if needed.
7. Pour the hot mixture into the food processor again along with the gelatin mixture. Blend for 30 seconds.
8. Slowly pour into ramekins and refrigerate until cool or overnight.



## No Bake Mini Peanut Butter Pies

(makes 12 mini pies)

Ingredients:

For the crust:

- 1 cup salted roasted peanuts
- 1/2 cup pitted dates (about 16 regular-sized dates)
- 1/2 teaspoon vanilla extract

For the filling:

- 1 1/2 cups natural peanut butter
- 3 ripe medium bananas
- 1/2 cup full-fat canned coconut milk
- 1 1/2 teaspoons vanilla extract
- 1/4 cup maple syrup
- salt to taste

1. Line a muffin pan with 12 muffin liners.
2. Using a food processor, grind the peanuts and dates until finely ground. Add the vanilla and pulse a few times. The mixture should clump together when pinched. If it doesn't, add in a little more vanilla or water until the mixture holds together well.
3. Divide the crust mixture between the liners, using about 1 rounded tablespoon per liner. Use the bottom of a shot glass to firmly press the crust down over the bottom of the liners.
4. Wipe out the food processor and then add all the filling ingredients. Process until uniform.
5. Divide the mixture between the crusts, using about 1/4 cup of filling per muffin liner. Place the pan in the freezer.
6. Freeze for at least 4 hours or until frozen.
7. Before eating, defrost the pies at room temperature for 10-20 minutes. Don't defrost too long or they'll be very mushy.



## Chocolate Chip Banana Bread

(makes 1 loaf)

### Ingredients:

4 medium ripe bananas, mashed  
1 tablespoon maple syrup  
1 teaspoon vanilla extract  
4 tablespoons almond butter  
2 eggs, room temperature  
½ cup cassava flour  
½ teaspoon baking soda  
½ teaspoon baking powder  
¼ teaspoon fine grain sea salt  
½ cup dark chocolate chips, plus more to drizzle

### Directions:

1. Preheat oven to 350 degrees.
2. Grease a 8x4-inch loaf pan. Set aside.
3. In a large bowl combine mashed bananas, maple syrup, vanilla, and almond butter. Mix until smooth.
4. Add eggs, one at a time until fully combined.
5. Mix in coconut flour, baking soda, baking powder, and salt, until just combined. Do not overmix.
6. Gently fold in the chocolate chips.
7. Pour batter into the prepared baking pan and with the help of a spatula gently smooth the top. Bake for about 25 to 30 minutes, or until a toothpick inserted in the middle comes out clean.
8. Remove from the oven and let cool on a wire rack.
9. Carefully remove the loaf from the pan. Melt and drizzle the remaining dark chocolate on top. Enjoy!