

ASAP Friendly Recipes

Chicken Taco Wraps

Ingredients:

100 grams ground chicken breast
1/4 cup chicken broth
about a fourth cup chopped onion
1-2 cloves garlic crushed and minced
1/2 teaspoon oregano
1/8 to 1/4 teaspoon cumin
handful of fresh cilantro chopped
Cayenne pepper to taste
salt and pepper
2 -4 large lettuce leaves

Directions:

In a small pan brown the onions and garlic. Don't use grease just dry, it will sorta brown the bottom of the pan just keep stirring. Then add chicken broth this will de-glaze your pan, great flavor. Add the raw chicken and brown it also. Add your spices. Use the lettuce leaves for wrap. This is a Meat and 1/4 Veggie - add more side salad to complete your Veggie portion.

Chili

Ingredients:

100 grams lean Veal, ground beef, buffalo or chicken
(cook with 1-2 tsp Malt Vinegar for a good flavor)
1 tsp sugar free tomato paste
handful ripe tomatoes (2 large Roma tomatoes)
1 large onion, chopped
1 clove garlic, minced
1/8 tsp chili powder
cayenne pepper to taste
1/8 tsp cumin
1/8 tsp thyme
1/8 tsp basil
1/2 tsp fat-free cocoa powder (optional)

sea salt/black pepper to taste

water or broth for desired consistency, too much will thin it out and make it more like soup, add the liquid slowly

Directions:

Brown meat, Drain fat from meat. Add the onions and garlic.

Add tomatoes, tomato paste and remaining seasonings

Simmer until onions are to desired tenderness.

Top with ONE crushed grissini bread stick or melba toast

Grissini Breadsticks

Grissini are very satisfying to make. Be sure that your dough is loose enough to allow you to pull it into long sticks by hand. Do not overbake them.

Serves: 6

Ingredients:

125g semolina flour

50ml extra virgin olive oil

18g fresh yeast, dissolved in 100ml lukewarm water

Fine and coarse sea salt

200ml lukewarm water

Directions:

1 Mix the flour and semolina with the oil, the yeast mixture and 1 tsp of fine sea salt. Slowly add the remaining water to make a soft dough. Knead for 5-10 minutes, until stretchy and soft. Add more flour if the dough is sticky.

2 Shape into six oblongs and leave to rise on an oiled tray in a warm place for one hour.

3 Preheat the oven to 180C/gas 4. Cut dough oblongs into pieces 1.5cm thick and stretch with your hands to form long breadsticks.

4 Place the grissini on flat trays lined with baking parchment and sprinkled with a little coarse sea salt. Bake in the oven for about 30 minutes, until light brown and completely dry.

BBQ Sauce

Ingredients:

3oz tomato paste
1/4 cup apple cider vinegar
3 Tbsp lemon juice
1 Tbsp hot sauce
1 Tbsp minced onion
3 cloves crushed garlic
1/4 tsp chili powder
1/2 tsp Worcestershire sauce
1/2 tsp garlic powder
1/2 tsp onion powder
1 tsp crushed parsley
Liquid smoke to taste (optional)
cayenne, salt and pepper to taste
Stevia, or choc stevia to taste
Water for desired consistency

Directions:

Bring to slow boil and then simmer for 5 mins
(This is good for grilling, baking, or add 1 Tbsp to Citrus Dressing for a tomato dressing.)

Orange Ginger Dressing

Ingredients:

1/2 -1 cup white wine or champagne vinegar
2 tbsp minced or grated ginger
1 tbsp garlic
juice of one orange

Directions:

Put all into a mason jar and let sit for at least 8 hours before use so that the flavors can meld.
Sometimes, I slice off 2 thin slices of the orange.
Cut in half to put into the jar as well and then juice the rest.

Strawberry White Balsamic Vinaigrette

Ingredients:

Puree 2-3 large strawberries

1/2 cup white balsamic vinegar (or any other white vinegar-like white wine or champagne)

1/2 tablespoon minced garlic

1 packet stevia

Directions:

Put all ingredients together and shake vigorously. I like this dressing on spinach and cucumbers. But it is delicious on anything.

Ketchup - no sugar

Ingredients:

3 ounces tomato paste

3 tablespoons apple cider vinegar

1 tablespoon lemon juice

1/4 teaspoon celery salt

1/2 teaspoon paprika

1/4 teaspoon mustard powder

Pinch of nutmeg and clove

Pinch of black pepper

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

Stevia to taste

Directions:

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Strawberry Omelet Crepe

Ingredients:

4 egg whites
1 egg yolk
vanilla flavored stevia
1 serving of strawberries

Directions:

Beat four egg whites to a stiff peak then add 1 of the egg yolks and vanilla flavored stevia and blended again to a stiff peak.

Chop 1 serving of strawberries until fine, but not runny!

Smooth the whipped egg into a dry non stick skillet, sprinkle the strawberries evenly over the surface. Cover with a dome lid and cook on medium heat.

Crepe will rise under the lid and then will collapse after a few minutes. When the crepe has fallen, remove from heat but leave covered to build up condensation. The condensation will help to release the omelet from the pan. Use a spatula to gently role the crepe into a large burrito. Serve hot or cold.

Citrus Dressing

Ingredients:

1/4 C. apple cider vinegar
1 C. Water
1 T. Lemon Juice
15 drops of Stevia
10 drops of Apricot Nectar Stevia or Valencia Orange
1/4 tsp. Chinese Five Spice, or Italian seasoning
1/4 tsp. Garlic Salt
Add 2 tsp tomato paste for a tomato/citrus dressing.

Directions:

Add all ingredients together in a air tight container and shake to mix.

Chinese Chicken/Celery Stir-fry

Ingredients:

100 grams previously cooked and finely chopped chicken breast
4 large celery stalks finely chopped
2 Tbsp onion finely chopped
2 cloves crushed garlic
1/4 cup water or broth
1 Tbsp Bragg's Liquid Aminos Flavoring
1/8 tsp coriander
1/8 tsp ground ginger
1/8 tsp ground cloves
salt to taste
stevia to taste (optional)

Directions:

Place all ingredients except chicken in a large skillet and cover to cook celery.
When celery is partially cooked, add:
100 grams previously cooked and finely chopped chicken breast
Cook long enough to allow chicken to soak up seasonings.
Serve hot or cold
(Experiment with finely chopped shrimp!)

Curry Cabbage with Beef

Ingredients:

100 grams of lean ground beef
1/4 to 1/3 head of shredded cabbage (depending on size)
1/16 tsp. coriander
1/8 tsp. curry
1/16 tsp. ground ginger
stevia and other seasonings to taste (like Bragg's Amino flavoring)

Directions:

Cook beef in a deep skillet, drain the fat. Add a small amount of malt vinegar (or water), garlic, salt and pepper. When beef is browned, add cabbage and rest of seasonings. Add 1/8 cup water and cover skillet. Simmer until cabbage is cooked and flavors have melded, or leave uncovered for a crisper cabbage.

Spinach/Meat & Egg Scramble

Ingredients:

50 grams of raw meat (beef, steak, chicken, shrimp, or a mixture of different meats equaling 50 grams)

good handful of fresh spinach or 1/3 package of frozen spinach

1 whole egg and 1 egg white

preferred spices

Directions:

Cook 50 grams of raw meat (beef, steak, chicken, shrimp) in a skillet and season with.

Remove meat from pan and place a good handful of fresh spinach (or 1/3 package of frozen spinach) in same skillet to cook.

(Remove extra moisture from pan ~ paper towels pressed in pan can pick up extra liquid, or drain)

Add meat back into skillet with spinach.

Wisk 1 whole egg and 1 egg white in a bowl and add to skillet. Scramble and fold into meat and spinach mixture.

Cook mixture and serve hot or cold! Hot sauce is great on this!

Old Bay Seasoning Mix

This seasoning is great as a rub on meats or as a seasoning for soups or other dishes. Add all ingredients together and shake vigorously to mix well.

1 Tbsp Bay leaves, ground

2 1/2 tsp celery salt

1 1/2 tsp dry mustard

1 tsp black pepper

1/2 tsp white pepper

1/2 tsp nutmeg

1/2 tsp cloves

1/2 tsp ginger

1/4 tsp allspice

1 tsp paprika

1/4 tsp red pepper flakes

1/4 tsp cardamon