

RECIPES

Rosemary Pork Chops with Apple

Cook 2 pork chops in 2 tsp coconut oil with 1 tbsp dried rosemary, crushed. Transfer to a plate. Add 1 tsp coconut oil to pan and 1 apple, sliced; sauté 5 minutes, until soft. Stir in ½ tsp grated ginger.

Cheesy Portobello Mushroom

Remove stem and gills from 1 portobello mushroom. Fill cavity with 3 tbsp marinara sauce and 1 slice mozzarella. Bake at 400°F for 15 minutes.

Quick Frittata

Heat oven to 350°F. Whisk 8 eggs, ½ cup milk, 1 cup halved grape tomatoes, ½ cup sliced basil, 3 tbsp grated Parmesan and ¼ tsp pepper. Pour into a 9-inch pie plate misted with cooking spray. Bake for 25 minutes. Cut into 4 pieces.

Buckwheat Pancakes

Combine 1 cup buckwheat flour, 2 tsp baking powder and ¼ tsp salt. Add 1 egg, 1 banana, mashed, ¾ cup milk and 1 tsp vanilla; mix well. Heat 2 tsp coconut oil on a griddle. Add ¼ cup batter per pancake (for 8 pancakes total) and cook for 2 to 3 minutes per side, until golden brown.

Pesto Spaghetti Squash with Shrimp

In a food processor, purée 2 cups fresh basil, zest and juice of 1 lemon, 2 tbsp each grated Parmesan and EVOO and 1 clove garlic; pour over 2 cups cooked spaghetti squash, with 1 cup roasted halved grape tomatoes and 8 oz grilled shrimp.