

CLEAN

REMOVE • RESTORE • REJUVENATE

recipes

by **Jenny Nelson**

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Welcome to the Clean Program!

As one of the head Wellness Coaches, it's my great pleasure to guide you along this new journey that not only resets your body to optimal health, but also resets your eating and food preparation habits. We completely understand that any new journey can be a bit overwhelming at first, so I've put together this "roadmap" for the amazing culinary adventures of Clean eating that await you!

In our busy daily lives, spending time in the kitchen preparing nutritious meals can fall to the bottom of the priority list. But it's one of the most valuable tools for optimal health, and one of the most important gifts we can give to our friends and families, as well as to ourselves. It's important to take the time (although not a lot, since these recipes are designed to be quick and easy) to find high quality ingredients and make meals full of love and intention. You might be surprised at how much deeper the cleanse goes when you practice this! The following recipes have been created, compiled and tested by me and given the stamp of approval and deliciousness by many members of our Clean Team. (There were lots of "yums" heard from mouths full of food while we were taste testing!)

One of the reasons the Clean Program is so successful is because it creates amazing results while also being very manageable with full and busy lives. These recipes have been chosen because they are simple, quick, clean and delicious. Many can be made in large batches and kept for use throughout the week, whether part of the pre-cleanse elimination diet or the full 21 day program.

The ingredients are very easy to gather, but if you can't find one or two of them, you can usually switch it out for something else such as almonds instead of cashews, or substituting whatever vegetables you have on hand. We encourage you to find imaginative uses for seasonal and local ingredients, as shopping at your local farmer's markets or growing your own vegetables (even in small indoor containers), keeps flavors varied and saves money at the same time!

We've done the hard work for you, making sure these recipes are free of gluten, soy, dairy, sugar, tomatoes, and everything else that's excluded on our elimination diet so all you have to think about is enjoying the preparation and end result!

The guide starts with some tasty liquid meals as well as a comprehensive Mix & Match guide so you can make an endless variety of combinations. There is a homemade almond milk (or you can use any nut or seed in place of the almonds) that will work in many of the recipes, then some delicious and quick soups, and some simple lunches (or dinners if you're still on just the elimination diet). We've included vegetarian and non-vegetarian options, and most of them can be easily adapted to your meat (or non-meat) preferences.

Remember to always try and find organic and local ingredients, supporting your local farmer's markets whenever possible, since this is an investment in your community as well as your health. The ingredients you find there will be the most fresh, healthy and flavorful available and often are the least expensive as well since they haven't been shipped from across the country or around the world.

So, enjoy the recipes, have fun experimenting and check out the conversations on my.cleanprogram.com. Please feel free to share your kitchen adventures with us; we'd love to hear what you come up with! And you can always reach me jenny@cleanprogram.com or [888.497.8417 x808](tel:888.497.8417) or find me on the community site.

Welcome to the Clean Kitchen Revolution.

Warmly,

Jenny

Clean Wellness Coach

Elimination Diet

YOUR ONE DAILY MEAL

ELIMINATION DIET: This is a dietary program based on removing all the foods from our diet that are known to cause food allergies, food sensitivities, and cause disruptions in the digestive process. When we develop allergic responses to foods, our body is forced to use energy that could otherwise be used to detox and repair systems, or simply create vitality and physical strength.

The elimination diet may be a radical change for some, and everyone's body will respond differently. While most people experience profound long term health benefits, the first few days may be a little rough and are usually the hardest. Breaking less than optimal habits can be a challenge but it's worth it.

Choose your mid-day solid meal from the list of foods that are allowed, found on page 7. Combine them any way you want, using portion sizes that feel right to you. This is not

a calorie-counting program, so use common sense. We recommend leaving the table approximately 80% full.

Note: For optimal cleansing results, your one solid meal is best eaten at lunch time. If you have a social obligation, you can switch and have this meal for dinner, with your two liquid meals for breakfast and lunch. However, make sure you jump right back on track the following day, and don't make a habit of this.

Complete Elimination Diet

FOODS TO INCLUDE

Note: this is by no means a fully comprehensive list, there are thousands of foods you CAN eat. In general, if it's not on the "exclude" list, it's fine, but feel free to contact us if you have a specific question.

- Dairy substitutes:** hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.) and coconut milk, coconut oil/butter
- Non-gluten grains:** brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa
- Fruits and vegetables:** unsweetened fresh or frozen whole fruits, water-packed and unsweetened canned fruits, diluted fruit juices, sea vegetables (seaweeds) and raw steamed, sauteed, juiced, or roasted vegetables, avocados, olives
- Animal protein:** fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken, and turkey
- Vegetable protein:** split peas, lentils, and legumes, bee pollen, spirulina, and blue-green algae
- Nuts and seeds:** hemp seeds, sesame seeds, pumpkin seeds, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini
- Oils:** cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut
- Drinks:** filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water, yerba mate, green, white and red tea

Sweeteners: brown rice syrup, stevia, coconut nectar, yacon, whole/fresh fruit, dried fruit (in moderation)

Condiments: vinegar (especially balsamic, coconut and apple cider), all spices (except cayenne), all herbs, sea salt, black pepper, carob, raw chocolate (dairy and sugar free), cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, and turmeric, stone-ground mustard (watch for hidden sugar), miso, coconut liquid aminos, wheat-free tamari sauce and nama shoyu (fermented soy sauce), whole fruit (without sugar) jam or jelly, agar agar (as a thickening agent), baking soda, baking powder (in moderation)

FOODS TO EXCLUDE

Dairy and eggs: all, including whey and butter substitutes

Butter and mayonnaise: all, including ghee

Grains: white rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free)

Fruits and vegetables: oranges, orange juice, grapefruit, bananas, strawberries, corn, creamed vegetables, nightshades (tomatoes, peppers, eggplant, potatoes)

Animal protein: pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats and fish

Vegetable protein: soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

Nuts and seeds: peanuts and peanut butter

- Oils:** shortening, processed oils, canola oil, most salad dressings and spreads
- Drinks:** alcohol, fruit juice (unless fresh pressed), caffeinated beverages, and soft drinks
- Sweeteners:** white and brown refined sugars, honey, maple syrup, high-fructose corn syrup, agave and evaporated cane juice
- Condiments:** regular chocolate (with dairy and sugar), ketchup, relish, chutney, most jams and jellies (made with sugar), barbecue sauce, teriyaki sauce, gum, breathmints

THINGS TO WATCH FOR:

Read ingredient labels carefully

- Corn starch is often present in baking powder, beverages, and processed foods.
- Vinegar, mayonnaise, and some mustard can often come from wheat or corn.
- Breads advertised as gluten-free still might contain sugar, oats, spelt, kamut, or rye.
- Many amaranth and millet flake cereals contain oats or corn.
- Many canned tunas contain textured vegetable protein, which is from soy; look for low-salt versions, which tend to be pure tuna, with no fillers.
- Multi-grain rice cakes are not just rice. Be sure to purchase plain brown rice cakes.
- “Natural flavors” can mean it contains MSG.
- Try to avoid xanthum gum whenever possible. Guar gum is a better choice for fillers but not for those very sensitive to gums.

NOTE: You will see that we have not included serving sizes for many of these recipes. Everyone's portion size and caloric requirement will be entirely different (even changing daily for each person). With most of the recipes, it's roughly 2 servings, but as you're preparing them, if you know you'll need more, you can adjust ingredient amounts and if there are leftovers, all of these will keep well in the fridge for the next few days or can be incorporated into other recipes. Use your imagination and have fun!

Mix and Match Guide to Making Your Shakes

Use this list to create your very own shakes for your liquid meals, using any combination of base liquids, proteins, healthy fats, and other additions (superfoods, fruits, vegetables, powders, etc.). Add your scoop of Nourish and Move to any of these combinations and enjoy!

Base Ingredients:

- coconut water
- brewed herbal tea (warm, cold or room temperature)
- yerba mate
- nut milks
- seed milks
- teccino
- water

Sweeteners:

- stevia
- yacon
- fruit
- berries
- dates

Superfoods:

- green powders (Vitamineral Green)
- spirulina
- sea salt
- maca
- lucuma
- acai powder
- mangosteen (berries or powder)
- mesquite
- chlorella tablets
- bee pollen
- raw cacao

Fats and Protein:

nuts
nut milk
rice milk
hemp seeds
hemp seed milk
coconut milk
shredded coconut
coconut oil
avocado
flax oil
hemp, quinoa, amaranth or rice protein powder
(Vega, Living Harvest, Sun Warrior, Nourish or
Nourish Daily, Peaceful Planet)

Extras:

carob
cinnamon
vanilla (powder or extract)
nutmeg
ginger (minced root or powder)
handfuls of greens (kale, spinach, swiss chard,
dandelion, nettles, watercress, sprouts, etc.)
cucumbers
apples

BECKY'S MORNING SHAKE

8 oz. of water

3 - 4 oz. of nut or hemp seed or rice milk (unsweetened)

½ of an avocado

2 teaspoons organic almond butter

a pinch of sea salt

1 scoop Nourish

1 scoop Move

OR your own protein powder and fiber addition (flax meal is the most commonly used one, or chia seeds work as well)

optional: sweetener to taste (stevia, brown rice syrup)

optional: 1 tablespoon carob or raw cacao powder

1. Blend all ingredients until smooth.

BERRY PROTEIN SHAKE

1 cup nut/rice/hempseed milk of your choice (either homemade with ½ cup nuts and 1 ½ - 2 cups water, or unsweetened from the health food store)

1 cup fresh or frozen blueberries

1 cup fresh or frozen raspberries

½ cup fresh or frozen blackberries (optional)

3 pitted dates

1 teaspoon vanilla

if using the Clean Kit, add 1 scoop each of the Nourish (any flavor) and Move. Otherwise, add 1 tablespoon flax meal powder or 2 oz. aloe juice

1. Blend all ingredients until smooth.

FAVORITE GREEN SHAKE

3 cups spinach
1 cup frozen blueberries (or raspberries, blackberries, mangoes, papaya, etc.)
1 tablespoon flax oil
1 tablespoon maca powder
1 tablespoon spirulina AND/OR 1 scoop Clean Greens
1 cup almond milk 2 dates or a few drops of stevia to taste

1. Blend until creamy.

MANGO CARDAMOM BLAST

2 ripe mangoes, peeled and cut into pieces
1 cup coconut water
2 tablespoons dried and shredded coconut flakes
zest and juice of 1 lime
½ teaspoon cardamom powder
handful of ice cubes (optional)
garnish with lime zest and freshly ground black pepper
optional: add 1 scoop Nourish (any flavor) and 1 scoop Move OR 1 tablespoon aloe juice/gel or flax meal

1. Blend it up.

PURPLE HAZE SHAKE

1 scoop Nourish
1 scoop Move OR 2 scoops protein powder of your choice (gluten, dairy, soy and sugar free)
6 oz. blueberries (or blackberries) fresh or frozen
water (just enough to blend – it's best thick and creamy)

1. Put all ingredients in the blender and mix until smooth

HOMEMADE ALMOND MILK

(Makes 3 servings):

½ cup almonds, skins removed and soaked overnight
3 cups water
1 tablespoon honey or drops of stevia to taste
pinch of salt
1 teaspoon flax oil

1. Place the nuts, water, sweetener, salt, and oil in a blender and blend until smooth.
2. If it's still chunky, either continue to blend or strain the liquid through cheesecloth, then serve.

RAW GREEN PEA SOUP

10 oz. fresh or frozen raw peas
1 medium avocado
1 cup filtered water
2 tablespoons lime juice
pinch of sea salt
½ teaspoon cayenne powder (optional)

1. In a high-powered blender, puree all ingredients.
2. To serve, drizzle with olive oil and sprinkle on some fresh black pepper.

CARROT-GINGER SOUP

1 medium onion, diced
3 cups carrots, diced
½" knob of ginger
6 cups of filtered water
fresh parsley or dill to garnish
sea salt to taste

1. Place vegetables in a medium saucepan, and add ginger and water. Bring to a boil.
2. Lower heat, and let simmer until vegetables are soft, about 15 minutes.
3. Place all ingredients in a blender and blend until creamy. While soup is still in the blender, add salt to taste. You can also add more ginger at this point.
4. Pour blended soup back in saucepan, reheat, and serve.

CHILLED CUCUMBER SOUP WITH DILL

3 cucumbers, peeled and seeded
1 lemon, peeled
½ cup cashews
4 cups pure water
¼ cup fresh dill or ⅛ cup dried dill
1 teaspoon sea salt
2 tablespoons olive oil

1. Blend everything except fresh or dried dill together in a high-speed blender for 3 minutes or until smooth.
2. Add dill and blend for 15 seconds.
3. Serve chilled.

Use sun-dried sea salt or pink Himalayan salt if possible.

DELICIOUS GUACAMOLE

This is a quick and easy 10 minute recipe that will impress houseguests and is all-natural and healthy for your skin. Just chop and mash up all the ingredients in a bowl, then throw a couple of sprigs of cilantro on top for presentation.

2 avocados
1 jicama
half an onion
1 clove garlic, grated
lemon/lime juice
fresh cilantro
coriander (optional)
sea salt

SPINACH AND DULSE SOUP

1 zucchini, cut in half-inch cubes
1 stalk celery
1 scallion
1 tablespoon extra virgin olive oil
¼ cup dulse flakes
¼ avocado
2 cups spinach leaves, washed
4 cups pure water

1. Blend together in a high-speed blender for 3 minutes or until smooth.
2. Season with sea salt to taste.
3. Serve with garnish of dulse and a drizzle of olive oil.

Dulse is a sea vegetable; look for it in the ethnic foods aisle of your supermarket or in a health food store.

LEMON MISO TAHINI DRESSING

(2 servings)

3 tablespoons sesame tahini
1 tablespoon lemon juice
2 tablespoons miso

1. Mix all ingredients either by hand or in a blender. Please remember that the measurements are suggestions. It's best to season to your taste.

GREEN LENTIL HUMMUS

3 cups vegetable or organic chicken stock/broth
1 cup green lentils
1 bay leaf
3 garlic cloves, chopped
½ cup tahini
juice of one lemon
½ teaspoon cumin
½ teaspoon paprika
sea salt to taste
vegetable and apple slices for dipping

1. In a medium saucepan, combine chicken stock, green lentils, and bay leaf, bring to a boil and then cover and simmer until lentils are tender, roughly 40 minutes and then boil uncovered until most liquid is gone, take out the bay leaf and let cool a bit.
2. Transfer to food processor and blend with garlic, tahini, lemon juice until smooth, adding sea salt and other spices (cumin and paprika) to taste.
3. Serve warm or at room temp with the vegetables or you can make and store in the fridge to use as needed and throughout the week.

MANGO AVOCADO SALAD

This refreshing salad combines a very nice sweet taste that will be the perfect snack or light lunch option for warmer days.

- 2 ripe mangoes, peeled, pitted, and chopped
- 1 large avocado, peeled, pitted, and chopped
- 1 tablespoon lime juice
- 2 teaspoons olive oil
- 1 tablespoon cilantro leaves
- 1 tablespoon black sesame seeds

1. After you have the mangoes and avocados chopped and pitted, simply mix all the ingredients together in a bowl and serve.

Note that you will want to eat this dish fairly soon after it's made as it won't stay fresh for an extended period of time.

APPLE CUCUMBER SALAD

- 1 apple, cored and diced
- 1 small cucumber, peeled and chopped with seeds removed
- ½ small red onion, diced
- 1 tablespoon apple cider vinegar
- sea salt

1. In a bowl, toss all ingredients together and serve.

CAULIFLOWER RICE

If you're trying to reduce the overall carbohydrate content in your diet, this is a very nice option that will satisfy those cravings. Note that you can add additional herbs or spices if desired to suit your natural taste preferences and what you're serving it with.

1 large sized cauliflower
3 tablespoons of nutritional yeast flakes
2 teaspoons of apple cider vinegar
2 teaspoons extra virgin olive oil
salt to taste

1. Begin by grating the cauliflower with a cheese grater that contains large holes until you get small grain-like pieces.
2. Mix this with the nutritional yeast flakes and then stir in the apple cider vinegar and olive oil along with salt.
3. Serve.

TURMERIC ROASTED CAULIFLOWER

Turmeric, white peppercorns and coriander seeds are good for respiratory and circulatory systems, kumquat warms chest and eases coughs, so enjoy this delicious and healing vegetable.

1 teaspoon coriander seeds
½ teaspoon white peppercorns
¼ cup olive oil
1 tablespoon minced garlic
2 teaspoons turmeric (ground)
one head of cauliflower, cored and broken into small florets
sea salt
1 medium shallot, sliced and separated into rings
4 kumquats, seeded and chopped
¼ cup chopped cilantro

1. Preheat oven to 400 °F.
2. In a small skillet toast coriander seeds, and peppercorns over mid to high heat until fragrant, about 30 seconds.
3. Put in a spice grinder when cool and grind to a powder, and put in a small bowl, stir in olive oil, garlic, turmeric.
4. On a large baking sheet, drizzle the cauliflower with olive oil and toss to coat, season with salt and roast for 25 minutes until tender and put in a serving bowl, add shallot rings, kumquats, and cilantro and toss well, serve hot or warm.

VEGETARIAN NORI ROLLS WITH NUT "RICE"

1 cup soaked sunflower seeds
1 cup walnuts, soaked in pure water for 2 hours
¼ red onion
chopped fresh herbs
1 packet of nori wraps
1 carrot, cut into very thin strips
1 cucumber, peeled, seeded, and cut into thin strips
½ avocado, cut into strips
¼ red cabbage, finely shredded
sprouts
wheat-free tamari
wasabi
fresh ginger
1 tablespoon apple cider vinegar
1 tablespoon water

1. To make the "rice," place the sunflower seeds, walnuts, onion, and herbs in a food processor. Process for 2 minutes, or until nut mixture has the consistency of rice. Set aside.
2. Thinly slice the ginger and marinate in vinegar and water.
3. Take a sheet of nori and spread one-fourth of the rice mixture onto it.
4. Lay carrot, cucumber, red cabbage, avocado, and sprouts over it.
5. Roll the nori up tightly, using a sushi mat if you have one.
6. Cut the roll into about six pieces, using a sharp knife.
7. Repeat for three more nori sheets.
8. Serve wraps on a platter with ginger, wasabi, and wheat-free tamari

STUFFED MUSHROOM CAPS

Easy recipe to create your own delicious and healthy version to serve at your next meal or party.

- ¼ cup pine nuts
- 3 cloves minced garlic
- ⅓ cup fresh basil, chopped
- 1 tablespoon lime or lemon juice
- 1 cup chopped jicama
- ¼ cup diced cucumber
- 2 tablespoons sesame seeds
- 10 - 12 large mushrooms

1. Place all the ingredients except for the tomatoes into a food processor and chop until well mixed.
2. Remove any built-up mixture from the sides of the blender and repeat the process until a very fine mixture has formed. Next add in the jicama and pulse a couple of times lightly to chop it up and distribute into the mixture. Scoop this into the top of the mushrooms with stems removed and then place on a baking sheet and put in the oven at 350 °F for 10 or so minutes until cooked through and soft.

PERFECT BROWN RICE (A CLEAN KITCHEN STAPLE)

2 $\frac{3}{4}$ cup water

1 cup rice

1. Bring to a boil and then reduce to a simmer and cover. Cooks in 35 minutes.

KITCHARI

(4 - 6 servings)

4 tablespoons olive or coconut oil

$\frac{1}{4}$ teaspoon ground asafetida (hing)

1 teaspoon whole cumin seeds

1 small onion, peeled and sliced

1-inch piece fresh ginger, peeled and finely chopped

2 black cardamom pods

2 cloves garlic

$\frac{1}{4}$ teaspoon garam masala

$\frac{1}{2}$ teaspoon turmeric

1 cup split mung beans

$\frac{1}{2}$ cup long-grain brown rice

salt to taste

about 5 cups water

1. Heat oil in a large heavy-bottom saucepan casserole over medium heat. Add asafetida and cumin seeds.
2. As soon as you smell the fragrance of the cumin seeds, add the onion and ginger. Stir-fry until onion begins to turn transparent.
3. Add cardamom pods, garlic, garam masala, and turmeric. Stir and fry for 1 minute.
4. Add the mung beans and rice. Sauté for about a minute or two.
5. Add salt and water, and bring to a boil.
6. Cover, turn heat to low, and cook for 30 minutes, stirring now and then to prevent sticking.
7. Uncover and check to ensure that the rice and mung beans are thoroughly cooked, and serve.

QUINOA SALAD WITH ROASTED VEGETABLES

1 cup quinoa
2 cups water
1 medium zucchini, chopped
1 medium carrot, chopped
1 small red onion, chopped
enough oil to lightly cover
sea salt to taste
juice of one fresh lemon

1. Roast chopped vegetables in the oven at 300°F until tender and set aside.
2. Cook the quinoa until fluffy and water is absorbed.
3. Toss together and serve warm or at room temperature with the lemon juice to taste.

ROASTED PARSNIPS

5 pounds parsnips, scrubbed, dried and quartered into long wedges (like rough-cut thick french fries)
3 - 4 Tablespoons olive oil
1 - 2 Tablespoons sea salt
fresh ground pepper

1. Preheat oven to 375 °F.
2. In a baking pan or sheet, toss the wedges with enough olive oil to coat, sea salt and a dash (or several depending on your taste preference!) freshly ground pepper.
3. Roast for 45 minutes until tender and golden brown, and a bit crispy on the edges.

WARM WINTER VEGETABLE SALAD

1 red onion

1 butternut squash, sliced in half or in sections for easy roasting and peeling after it's cooked

1 carrot, cut into pieces

1 parsnip cut into pieces

1 celery root, peeled and cut into pieces

1 large beet, cut into pieces

enough olive or coconut or flax oil to coat and sea salt to taste

¼ cup raw walnuts

1 teaspoon apple cider vinegar

juice of one lemon

1 teaspoon mustard powder or organic stoneground mustard with no sugar or additives and preferably made with apple cider vinegar (there's a kind that health food stores carry that fits all this criteria)

1 handful parsley leaves

1. Preheat oven to 425 °F and toss the vegetables with the oil and sea salt and roast until tender (roughly 45 minutes)
2. Spread walnuts in a skillet and toast until golden then coarsely chop.
3. Whisk the vinegar and lemon juice and mustard in a large bowl with extra olive or flax oil and season with sea salt and pepper if you like- toss with vegetables and walnuts and serve warm or at room temp.

The dressing can be made in advance and kept in the fridge to use in this recipe as well as salads throughout the week.

ROASTED DELICATA AND QUINOA

Quinoa is a complete protein and cooks really quickly. Squash is a good source of beta carotene, iron and vitamins A and C.

2 delicata squash, halved and seeded
1 tablespoon extra virgin olive oil
salt and ground pepper
½ cup quinoa
1 tablespoon raisins (optional)
1 tablespoon apple cider vinegar
1 apple, finely diced
1 shallot, minced
1 garlic clove, minced
chopped mint, parsley or other herbs of your choice
2 cups arugula (or any other dark green, like spinach or chard or kale)
2 cups water

1. Roast the delicata in the oven at 350 °F or 400 °F until tender and sweet.
2. Cook the quinoa until water is absorbed and fluffy and toss with vinegar, apples, shallots, garlic and herbs, mix with lightly steamed arugula (or other greens) and serve on top of the squash halves.

ROASTED VEGETABLES COATED IN OLIVE TAPENADE

2 pounds vegetables, rutabaga, carrots, beets, parsnips, turnips, radishes

1 red or yellow onion,

1 peeled and chopped jicama

2 tablespoons extra virgin olive oil

½ cup pitted kalamata olives (sun dried if possible, but definitely make sure there are no additives)

1. Preheat oven to 400° F, spread vegetable pieces on a large baking sheet and coat with oil.
2. Bake for 45 minutes or until crispy and tender.
3. Puree the olives in a blender or food processor and spread over the vegetables until they're well covered and serve hot or at room temperature, these also keep well for later servings.

CREAMY WINTER GREENS

Non-dairy milk and cashews combine to create a creamy sauce for kale or your favorite leafy greens.

- ½ cup organic vegetable broth
- 1 red onion, finely chopped
- 1 cup unsweetened rice milk or any other nut/seed milk
- ¼ cup raw cashews
- 2 tablespoons nutritional yeast (optional)
- 1 teaspoon onion powder
- 1 teaspoon mellow white miso
- pinch of freshly grated nutmeg
- 4 cups chopped kale or other dark, leafy green

Directions

1. Heat broth in a large skillet over medium heat. Add onion and cook until softened, 5 to 7 minutes. Transfer to a blender or food processor, add non-dairy milk, cashews, nutritional yeast, onion powder, miso, nutmeg and blend until smooth.
2. Transfer blended mixture back to skillet and bring to a simmer over medium heat. Stir in kale and keep simmering, tossing often until kale is just tender, about 5 minutes.

SPICY STIR-FRIED CARROTS

For 2 or more servings

- 4 - 5 large carrots
- 2 tablespoons grated (fresh) ginger
- 1 teaspoon cumin powder
- ½ teaspoon cinnamon powder
- 4 garlic cloves, peeled and chopped
- Olive or coconut oil

1. Scrub the carrots (use organic!) and slice into rounds, remembering that the thinner they are, the faster they cook.
2. Heat a splash of oil in the bottom of a cast iron skillet or saucepan (or a wok) and when it gets hot, add the ginger and garlic, stirring until the garlic is turning slightly golden, then add the carrots and cumin and cinnamon, possibly adding a splash of water to make sure there's enough liquid so the carrots are evenly coated with the spices and not sticking to the pan.
3. Stir as you cook over medium heat until they're as tender as you like them.

BUTTERNUT SQUASH AND APPLE BAKE

- 1 large butternut squash, peeled and sliced into half rounds (sizes do not have to be exact but should be roughly similar in thickness for even baking)
- 4 medium sized apples, sliced into rounds
- 4 teaspoons coconut butter
- 2 teaspoons brown rice syrup
- 1 teaspoon cinnamon

1. Preheat oven to 350 °F.
2. In a large baking dish, layer the squash (1 - 2 layers high).
3. Cover with the apples.
4. Crumble the coconut butter (if solid) or drizzle (if melted) over the top evenly.
5. Drizzle the 2 teaspoons brown rice syrup evenly over the top and add the cinnamon also in an even layer.
6. Cover with foil and bake for 1 hour.

CLEAN SALMON SALADE NIÇOISE

- 2 cups green beans
- 1 salmon fillet, broiled
- 3 tablespoons capers
- ¼ cup green olives (well rinsed)
- 1 tablespoon dijon mustard (organic and sugar free)
- 1 lemon
- 1 garlic clove, finely chopped
- 2 giant handfuls of mixed organic greens per serving (this recipe makes two servings)
- 3 anchovies per serving (garnished on top)

1. Bring a pot of salted water to a boil, add the green beans and cook until bright green and tender, do not overcook.
2. Plunge into a bowl of cold water and drain.
3. Combine green beans in a bowl with capers, chopped garlic, mixed organic greens and pieces of salmon fillet.
4. Lightly toss with the mustard and freshly squeezed lemon juice.

SALTY/SPICY/SWEET NOODLES

Farmer's market bounty provides an amazing ready-in-five-minutes meal that everyone will love. Feel free to experiment with additions, using olives, capers, pine nuts, different chopped vegetables and herbs, even fresh or dried mushrooms. (Serves 2)

2 large summer squash (zucchini or yellow), made into long thin strips with a vegetable peeler (if organic, there's no need to discard the skins and you can use the seeds, going right down as far as you can still get strips from it)

2 tablespoons almond butter

2 tablespoons raw coconut amino acids (or wheat-free tamari sauce)

1 small package anchovy fillets (packed in olive oil only, make sure there are no additives), minced

1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)

secret ingredient that makes it so incredible: 2 teaspoons curry powder

1 tablespoon minced rosemary (fresh) or 1 teaspoon dried

optional: A pinch of sea salt to taste

1. Combine all ingredients together in a large bowl and serve immediately or keep in airtight container in the fridge for several days, the flavors will keep mingling together!

GRILLED CHICKEN AND GARLIC MASHED TURNIPS

(4 servings)

3 lbs. of chickens (breasts, legs, or thighs)
2 tablespoons chopped fresh basil
¼ cup fresh lemon juice
2 tablespoons olive oil
3 cups diced turnip
2 cloves garlic, minced
3 teaspoons olive oil
salt

1. Combine chicken, basil, lemon juice and olive oil in a large bowl and toss together.
2. Refrigerate and let marinate 2 hours.
3. The marinated chicken may also be baked for about 50 to 60 minutes at 425 °F, or until cooked through.
4. Cook turnip cubes and garlic cloves in boiling water 15 minutes or until soft. Mash turnips or (can use food processor), then add olive oil and salt.

PESTO BAKED SALMON

1. Place the salmon fillets skin side down on to a piece of foil on a baking tray. Spoon over 2 tablespoons of pesto (recipe below) onto each salmon fillet and close over the foil to make a “container”. Roast in the oven for 30 - 45 minutes.

PESTO

2 cups fresh basil

1 cup cashews

½ cup sunflower seeds

½ cup nutritional yeast

2 cloves garlic, peeled and chopped

2 tablespoons olive oil, to drizzle in slowly as it's processing

1 teaspoon sea salt

½ cup water (to thin, add slowly only as needed)

1. Blend all ingredients in a high speed blender or food processor adding the olive oil and water just enough to thin to desired consistency. Place 1 salmon fillet for each person. Store in an airtight container in the fridge and note that it will thicken as it sits.

WARM SALMON AND ASPARAGUS SALAD WITH PESTO

2 (5 oz.) portions of wild salmon
2 tablespoons fresh pesto
1 bunch asparagus, woody ends trimmed off
4 cups mesclun greens or arugula
extra virgin olive oil
lemon

FOR THE PESTO:

2 bunches fresh basil, washed and leaves pulled from the hard stalks
¼ cup pine nuts
½ cup extra virgin olive oil
1 clove garlic
sea salt for seasoning

1. To make the pesto, place basil, pine nuts, and garlic in a food processor and process on medium.
2. Drizzle in the olive oil while the motor is running.
3. Season with salt.
4. If it is too thick, add a small amount of pure water (¼ cup at most).
5. Set aside in a bowl.
6. Turn grill on high. If you don't have a grill, use your oven's broiler.
7. Brush each piece of salmon with olive oil and season with salt and pepper.
8. Do the same with the asparagus.
9. Grill the asparagus first, for 2 minutes on each side. Set aside.
10. Grill the salmon for 3 minutes on each side.
11. Prepare the salad. Place the greens in a bowl, toss with olive oil, salt, and lemon juice.
12. Place on two plates.
13. Arrange the asparagus nicely on one side and the salmon on the other.
14. Drizzle 1 tablespoon of pesto over the top of each piece of salmon.
15. Serve while the salmon is still warm.

You may use prepared pesto as long as it doesn't contain any additives.

ROAST CHICKEN WITH BALSAMIC VINEGAR, GARLIC, AND ROSEMARY WILD RICE PILAF

Cook chicken breasts with skin on for flavor, then remove skin before eating.

2 chicken breasts
2 cloves garlic, sliced thinly lengthwise
1 ½ cups balsamic vinegar
2 tablespoons minced rosemary
2 tablespoons extra virgin olive oil
1 teaspoon sea salt
2 cups cooked wild rice, made with a vegetable stock
2 scallions, thinly sliced
¼ cup cilantro, chopped
¼ cup fresh mint, chopped
¼ cup sunflower seeds, soaked for 2 hours

1. Heat oven to 425 °F.
2. In a small saucepan reduce the balsamic vinegar by simmering and stirring occasionally until it becomes the consistency of a syrup.
3. Add the garlic and rosemary and simmer for 2 minutes more. Set aside.
4. Brush the chicken breasts with olive oil and salt.
5. Place on a baking tray and roast in oven for 10 minutes.
6. Brush with generous amounts of balsamic mixture.
7. Turn the oven down to 375 °F and roast for a further 10 minutes.
8. Brush again with balsamic mixture and cook 2 minutes more.
9. Remove from oven and let cool slightly, and remove the skins.
10. To make the pilaf, place chicken, rice, scallions, cilantro, mint, and sunflower seeds in a bowl.
11. Mix together and season with salt and pepper.

GLUTEN FREE CRACKERS

1 cup gluten free flour (chestnut, coconut, brown rice, buckwheat, millet, etc.)

½ teaspoon celtic sea salt (or any coarse, REAL non table salt)

2 tablespoons coconut oil (or olive oil or any other clean oil)

1. Preheat oven to 400 °F.
2. Dust 2 baking sheets with gluten free flour or use a baking stone.
3. Mix ingredients together by hand or in food processor until combined.
4. Add ¼ cup water and continue to mix until it holds together but isn't sticky, adjusting water as needed.
5. Roll out dough until ¼ thick or even thinner, adding flour as needed.
6. Score lightly with a sharp knife if you want to break them into rectangles or squares later on and using a spatula peel up to transfer crackers on the prepared sheet or stone.
7. Bake until lightly browned- roughly 10 minutes.
8. Cool on a rack and serve warm or keep at room temperature in an airtight container for a few days.
9. Add any herbs, spices, nuts or seeds for delicious variations. Nutritional yeast and dill are one of my favourites for a cheesy taste! **Adapted from Mark Bittman's recipe in *How to Cook Everything Vegetarian***

GLUTEN FREE AMAZINGLY EASY & VERSATILE BISCUITS

2 cups gluten free flour (rice, chickpea, coconut, chestnut, etc.) plus more for dusting

1 tablespoon baking powder

1 teaspoon coarse sea salt plus more for sprinkling

1/3 cup coconut oil, plus more for brushing

3/4 cup hot water

1. Preheat oven to 375 °F. In a medium bowl mix flour, baking powder, and salt.
2. Pour the melted oil and hot water into dry ingredients and mix until fully combined and it's a well-formed dough.
3. If it's dry, add more hot water until sticky.
4. Dust counter with flour.
5. Pat gently until the dough is 1 inch thick, using a cookie cutter (or even the rim of a jar or glass) cut biscuits and arrange on baking sheet that's been greased with coconut oil or lined with parchment paper.
6. Spread 1 inch apart so they can spread a bit. Brush with oil and sprinkle with salt (optional but so yummy!)
7. Bake on center rack for 8 minutes, rotate 180 °F after 4 minutes. Finished biscuits will be golden and flaky on top.
8. Let stand on the sheet for 5 minutes, store in plastic wrap at room temperature for up to 2 days, and they freeze really well. I make huge batches and then just pop them in the oven or toaster as needed.

CLEAN

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recipes

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