Cauliflower Carrot Herb Mash (Whole 30)

Cauliflower Carrot Herb Mash

1 head of cauliflower, washed, and cut into florets

3 to 4 small to medium carrots, peeled and chopped

1 sweet onion, chopped

2 cloves garlic, minced

1 tablespoon fresh rosemary, minced

1 tablespoon fresh thyme, minced

2 tablespoons olive oil

salt and pepper to taste
Place cauliflower and carrots in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft (about 10 to 12 minutes, test with fork).

Heat 1 tablespoon olive oil in non-stick skillet on medium heat.

Saute onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste. Set aside.

Place steamed cauliflower and carrots into a food processor. Add the sauteed onion, garlic, herbs, and 1 tablespoon olive oil. Process until smooth. Season with more salt and pepper if needed.

Garnish with additional fresh thyme or rosemary and serve.

Spicy Fried Cauliflower (Whole 30)

Ingredients:
• 1 Cauliflower head, grated into “rice” over the coarse side of a grater.
• 1 Onion, finely chopped.
• 2-3 cloves of Garlic, minced.
• 2 tbsp chopped Parsley.
• 1 tbsp Chili Flakes.
• Salt and crushed Black Pepper.
• 3 tbsp extra virgin Olive Oil.

Instructions:
Heat the olive oil in a large frying pan.
Add onions, garlic and parsley and fry for a few minutes until the onions starts to get translucent.
Then add the riced cauliflower and let fry for another five minutes or so, stirring every once in a while so the cauliflower and onions get evenly mixed.
Towards the end, add the chili flakes (Edit: start with just a small amount, taste it and then add more if needed until you have a level of heat that you prefer! You don’t want this too hot, it should have a pleasant heat to it…) and then salt and pepper to taste.
Serve as a side dish, eat and enjoy!

Vinaigrette (Very Basic, Ina Garten’s)

Ingredients

1 teaspoon Dijon mustard
1 teaspoon minced fresh garlic
3 tablespoons champagne vinegar
Kosher salt and freshly ground black pepper
1/2 cup good olive oil
Salad greens or mesclun mix for 6 to 8 people

Directions

In a small bowl, whisk together the mustard, garlic, vinegar, 1 teaspoon salt, and 1/2 teaspoon pepper. While whisking, slowly add the olive oil until the vinaigrette is emulsified.

Place the salad greens in a medium bowl and add enough dressing to moisten. Sprinkle with a little extra salt and pepper, if desired, and serve immediately.

Roasted Peppers w/ Chicken & Califlower (Whole 30)

4 capsicums (they are ‘peppers’ for our international guests!)
500g chicken breast or mince – mince the chicken breast in a food processor
500g cauliflower – cut up finely or blitzed in a food processor
1 brown onion
2 cloves of garlic

400g chopped tomatoes
250g water
1/2 cup roughly chopped parsley
1 tablespoon smoked Spanish paprika
1 teaspoon olive oil

Wanting to make this recipe for 2? Just halve the ingredients

Preheat the oven to 200deg
Cut the tops off the capsicums and scrape out the seeds (set the empty capsicums and tops aside)
In a large/deep frypan heat the olive oil and cook the garlic and onion for 10 minutes on a low heat to caramelise the onions.
Add the chicken mince to the fry pan and brown the mince, while stirring it into the onion and garlic mix. After a few minutes add the paprika.
Once the chicken is cooked, add the cauliflower, chopped tomatoes and water. You might need a little more water – you want the liquid to just cover the chicken and cauliflower mix. Bring to the boil and simmer for 10 minutes.
The liquid will evaporate leaving you with a delicious stuffing, but first, mix through the parsley and some salt and pepper.
Stuff the capsicums as full as you can and stand up in a baking tray.
Drizzle a little olive oil over the capsicums and bake in the oven for approximately 30 minutes – but please note that this is going to depend on the size of capsicums you have.
When the skin has blistered (see photo) you will know they are ready!

Gazpacho

A zesty version of Gazpacho that allows you to get a lot of veggies in a easy to make raw, cold soup!
Ingredients

2 large ripe tomatoes, chopped
1 cucumber, seeded, peeled, chopped
1 small onion, quartered
1 sweet bell pepper, seeded
3 cups vegetable juice – like V8
1/3 cup white or red wine vinegar
several dashes hot pepper sauce
1/4 tsp salt
1/4 tsp pepper

Instructions

Place all ingredients in blender and blend until smooth.
Serve immediately

Crab Rangoon Dip



But getting back to the rangoon dip….
This is how Randi did it.

Crab Rangoon Dip

2 cans crab meat (the same size as a regular tuna can), (drained)
16 oz. cream cheese, soft
1/2 c. sour cream
4 green onions, chopped fine
1 1/2 tsp. Worcestershire sauce
1 TBS powdered sugar
1/2 tsp. garlic powder
1/2 tsp. lemon juice
6-12 drops of hot sauce (depending on your preferred spice temp)

Preheat oven to 350 degrees F.

Add the chopped onions with the crab meat. Place the soft cream cheese in med size bowl. Add all ingredients to the cream cheese. Stir until well mixed. Pour into (I used a round cake pan) a pan and bake for 30 minutes. Serve hot with chips. You could probably place this in a crock pot after it's baked to take to get-togethers and parties.

Sweet and Spicy Shrimp with Rice Noodles (Cooking Light Recipe)

1 tablespoon rice vinegar
2 1/2 teaspoons honey
1 tablespoon sambal oelek (ground fresh chile paste, such as Huy Fong)
1 tablespoon lower-sodium soy sauce
12 ounces peeled and deveined medium shrimp
4 ounces uncooked flat rice noodles (pad thai noodles)
1 tablespoon peanut oil
2 tablespoons chopped unsalted cashews

1 tablespoon thinly sliced garlic
2 teaspoons chopped peeled fresh ginger
1 green Thai chile, halved
12 sweet mini peppers, halved
3/4 cup matchstick-cut carrot
1/4 teaspoon salt
3/4 cup snow peas, trimmed
3/4 cup fresh bean sprouts

Preparation

1. Combine first 4 ingredients in a medium bowl, stirring well with a whisk. Add shrimp to vinegar mixture; toss to coat. Cover and refrigerate 30 minutes.

2. Cook noodles according to package directions, omitting salt and fat; drain. Rinse with cold water; drain.

3. Heat a large skillet or wok over medium-high heat. Add oil

to pan; swirl to coat. Add cashews, garlic, ginger, and chile to pan; stir-fry 1 minute or until garlic begins to brown. Remove cashew mixture from pan with a slotted spoon, and set aside.

4. Increase heat to high. Add sweet peppers, carrot, and salt to pan; stir-fry 2 minutes. Add shrimp mixture (do not drain); stir-fry 2 minutes. Stir in noodles and peas; cook 1 minute, tossing to coat. Return cashew mixture to pan. Add bean sprouts; cook 1 minute or until thoroughly heated, tossing frequently.

Alicia’s Negative Calorie Soup Recipe

Alicia’s Negative Calorie Soup Recipe

1 head green cabbage, cut into 1 inch pieces
1 medium onion, peeled and diced
4 large carrots, peeled and sliced
4 stalks celery, sliced
4 turnips, peeled and cut into cubes
2 zucchini, peeled and cut into cubes
2 cans green beans
32 ounces beef stock or chicken stock, or 16 ounces tomato juice and 16 ounces water

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Negative Calorie Foods List

* Apples
* Asparagus
* Beets
* Blueberries
* Broccoli
* Cantaloupes
* Carrot
* Cauliflower
* Celery stalk
* Celery root
* Cranberries
* Cucumbers
* Eggplant
* Endives
* Garden cress
* Garlic
* Grapefruit
* Green beans
* Green cabbage
* Ice water
* Lamb’s lettuce

* Lemons

* Lettuce

* Onions

* Papayas

* Pineapples

* Prunes

* Radishes

* Raspberries

* Spinach

* Strawberries

* Tangerines

* Tomatoes

* Turnips

* Zucchini

Spicy Southwestern Skillet

You could also add a can of corn to this recipe or melt some cheese on top. And if you don’t eat it all, the leftovers are great for lunch the next day.

SPICY SOUTHWESTERN SKILLET

4 tbsp olive oil
1 large onion, chopped

1 large red or green pepper, diced
2 chicken breasts, cut into 1″ cubes
1 15-oz can black beans, drained
1 can diced tomatoes with jalapeno peppers
1 tbsp garlic powder
1/2 tbsp cumin
1 tsp black pepper
1 cup uncooked macaroni or other small pasta

In a large skillet, heat 2 tbsp olive oil over medium heat. Add the onions and saute for 2-3 minutes. Add the red or green pepper and saute for another 2-3 minutes. Remove vegetables to a medium bowl.

Heat the other 2 tbsp olive oil over medium heat. Add the chicken and saute, stirring constantly, for about 4-5 minutes, or until all traces of pink have left the meat.

Add the vegetables back to the skillet. Add the drained black beans, the tomatoes with their juice, and the spices. Turn the heat up to high and bring mixture to a boil. When boiling, turn the heat to medium-low, cover, and cook for 10-15 minutes.

Meanwhile, cook pasta according to package directions; drain. When skillet cooking is complete, uncover and add pasta and mix to coat pasta with sauce. Remove from heat and serve.