

Mesquite pork tenderloin

saute 1/2 cup diced carrots and celery and 2 diced med onions and 1/2 cup chopped any color sweet peppers, and 1 Tbsp minced garlic added last so it does not brown

add 1 cup whole kernel corn, 1 cup rinsed red beans, and 1/2 -1 cup rinsed black eyed peas, salt and black pepper and 1 tsp mesquite mix (I prefer McCormick) and simmer until all are tender about 5 min.

cook any combination of rice preferred, I used brn, wild, red and added 1/2 cup quinoa. Need about 3-4 cups cooked and add to vegetable mix.

about 2# of pork tenderloin which is usually 2 of them and yields very little waste, remove as much silver skin as you can. I cook them whole as some family prefer well done and others not and it works because one end is fatter and the other tapers and cooks quicker.

rub with olive oil and salt, grill on med hi on 3 sides about 3-4 min each to brn/char, then another 3-4 minutes turning at least once to complete cooking on med-lowheat

place loins in baking dish and sprinkle with mesquite, turning to coat and cover with foil to rest 5 min, meanwhile be sure rice and vegetables are hot for the bed for meat sliced into medallions to serve

tenderloin is very lean and cooks quickly, it will be dry if over cooked, can serve hot or as a cold salad

Sheila B



WATERMELON CAKE

This is best when served within a few hours of assembly, but I have left this in the fridge overnight and nothing budged, so you can prepare it ahead of time if you need to. The watermelon I used had just turned ripe, but an overly ripe watermelon will probably release more liquid and will not last as long. Don't forget to pat the watermelon dry with the paper towels before adding the coconut whipped cream to help it adhere. Enjoy!

Paleo Watermelon Cake

Prep time: 15 mins

Cook time: 5 mins

Servings: 6-8

Ingredients:

- 1 large seedless watermelon
- 2 cans [full fat coconut milk](#) (left in fridge for 6 hours or more)
- 1/2 tsp. [vanilla extract](#)
- 1 Tbsp. [raw honey](#)
- 1 cup sliced almonds or shredded coconut (optional)
- Seasonal fresh fruit (for topping)

Directions:

TO MAKE THE COCONUT WHIPPED CREAM

1. Make sure to place the can of coconut milk in the refrigerator for at least 6 hours (or overnight). This will cause the cream to separate from the milk. The cream will be at the top of the can.
2. Open the can of coconut milk and scrape out the cream into a medium sized bowl. Hint: I always open the can from the bottom and pour the milk out into a separate container before scraping out the cream. You can use the saved milk for [smoothies](#) and other recipes.
3. Add the vanilla and [raw honey](#) to the mixture. Whip the cream with a [hand mixer](#) on medium speed and work your way up to high speed until the cream is fluffy, about 5 minutes (it will not be as fluffy as dairy whipped cream). Place the bowl of whipped cream in the fridge until ready to use.

TO MAKE THE TOASTED ALMONDS OR COCONUT:

1. Place a medium sized skillet over medium-high heat and allow the pan to get hot.
2. Add the sliced almonds or shredded coconut and toss in the pan until they are toasted and turn a light brown color. Remove from pan and set aside to cool.

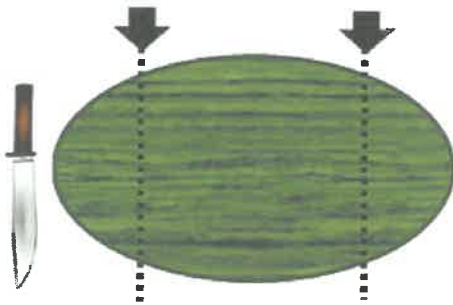
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TO ASSEMBLE

1. Remove the top and bottom from the watermelon and remove the rind from the middle section. You should be left with a cake-shaped piece of watermelon. Cut the watermelon "cake" into the number of wedges/slices you want. I recommend 6-8 slices depending on the size of the watermelon. (See below for a visual on how to cut the watermelon!). NOTE: You can leave the watermelon intact if you plan on traveling with it or do not want to cut it. Slicing a cake ahead of time just makes it much easier to dip the edges into the icing and then into anything else you want to adhere to the icing, such as the almonds or toasted coconut.
2. Pat the outside of the watermelon dry with paper towels (this is important because it will help the coconut whipped cream adhere better).
3. Dip the outside edge of each slice into the coconut whipped cream and then into the toasted almonds or coconut, and reassemble the wedges into the cake shape on a serving platter. Top with more whipped coconut cream and your favorite fresh fruit (I used blackberries, strawberries and kiwi). Serve or store in the refrigerator until ready to serve.

HOW TO CUT YOUR WATERMELON

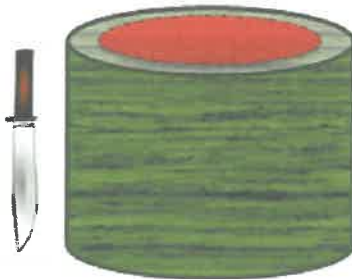
CUT HERE AND HERE



BUT NOT HERE!



TURN ON ITS SIDE AND REMOVE THE RIND



SLICE WATERMELON INTO WEDGES



PALEOCUPBOARD.COM

Orange Slices with Maple Syrup ^{L. Hoffman}

4 oranges - zested with peel cut off
3-4 T maple syrup
1/4 c almond slices
2-3 T dried cranberries or fresh pomegranate
1/2 c. plain yogurt

Reserve zest and juice from slicing oranges being sure to squeeze juice out of peel trimmings. Slice each into 4-5 slices. Arrange on platter. Sprinkle on nuts and cranberries. Drizzle on maple

syrup to serve.

Combine yogurt with 1 T, maple syrup & reserved juice & zest. Top orange slices to serve.

Optional: Drizzle 3 T, melted butter over 1/4 c. uncooked oatmeal. Heat in microwave or toast in skillet. Add 2 T fine nuts. Heat to crisp. Add 2 T. to orange slices when served.

Potatoes & Cauliflower w/ Indian Seasoning ^{K. Hoffmann}

2 medium potatoes, peel, cut in chunks

~~1/2 small~~ cauliflower, cut into small pieces

1 lg. onion, cut into large chunks

1 medium red pepper, cut into chunks

15 oz can chick peas, drained & rinsed

1-2 t. garam masala

1 t. turmeric & chile powder

1/2 t. ginger powder or 1" fresh, minced

SLP to taste

over

Saute onion in olive oil over medium heat til slightly tender. Add peppers. Cook 1-2 minutes. Stir in potatoes cooking 2-3 minutes. Add cauliflower and seasonings. Stir ^{in chick peas} to blend well. Add splash of water and cover 5-8 minutes until tender to desired taste.

Drizzle w olive oil to serve if desired.

Carrots Orangerie

Chris
Scarlett

Peel carrots. Slice them diagonally into ovals. Steam them. Toss warm carrots with Kerrygold butter to taste. "Melt" in juice-sweetened natural marmalade made without sugar (Dickinson's) to taste. Add a bit of S+P. Finish w/ freshly-ground nutmeg. Warm it all through.

FRUIT SALAD

Adapted from Eating Well

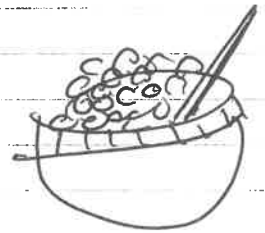
Berries

4 cups strawberries (fresh)

3 cups blueberries (fresh)

3 cups blackberries (fresh)

1 1/2 cups raspberries (fresh)



Mix in bowl

Better at room temp.

Berry Puree

1 1/2 cups raspberries

1 cup strawberries

1/3 cup orange juice

1/2 cup sugar

2 tbs lemon juice

Blend until smooth

and add to berries

Coconut Milk Chocolate Mousse



By Kayla- Radiant Life

Ingredients

1 can coconut milk, preferably organic and free from additives/emulsifiers, refrigerated

2-3 tablespoons cocoa powder

1 *tablespoon* *raw honey* (optional)

1/4 teaspoon vanilla extract

few tablespoons *sprouted nuts*, chopped(optional)

Instructions

Place coconut milk in the refrigerator for a few hours or overnight so that the cream (the fatty delicious part) hardens, separates and rises to the top. Open the can and scoop out this hardened cream, placing it in a large glass or stainless steel mixing bowl. You won't need the remaining liquid at the bottom of the can for now, but don't forget to save it for use in other recipes.

Using a hand held mixer on low speed, slowly start to whip the coconut cream (using the same techniques you would for regular dairy cream).

Add cocoa, honey and vanilla extract and gradual work to a higher speed until ingredients are well combined and you have incorporated enough air for desired texture.

Top with your favorite variety of chopped nuts, if desired for a bit of added crunch, or a handful of fresh berries and serve immediately.

Mousse will also keep well in the refrigerator for several days.

7 June 2017

<http://blog.radiantlifecatalog.com/bid/71521/Simple-Coconut-Milk-Chocolate-Mousse-dairy-free-paleo-friendly>

Scalloped Potatoes - Healthy (with or without ham)

The new American Heart Association Cookbook, pg 461 (modified)

Submitted by Carl Ruetz

Serves: 6

2 lbs	Potatoes, baking, peeled and sliced 1/8" thick	
	Cooking spray	
2 Tbls	Vegetable oil	
1	Onion, large, chopped finely	
2 cloves	Garlic, minced	
1/4 cup	Flour	
2 1/4 cups	Milk, low-fat	
3 Tbls	Parsley, fresh, chopped finely (or 1 Tbls dried)	
1/8 tsp & 1/8 tsp	Salt (divided)	
1/4 tsp & 1/4 tsp	Pepper, (white preferred) (divided)	

2 Tbls	Shredded or grated Romano or Parmesan Cheese	Combine
2 Tbls	Bread Crumbs, dried (Panko preferred)	

1. Preheat oven to **325°**. Lightly spray 8" square glass baking dish with **cooking spray**.
2. In medium sauce pan, heat **oil** over medium-high heat and sauté **onion** until softened. Add **garlic** and sauté for 30 seconds more.
3. Whisk in **flour** and cook for 1 minute. Whisk in **milk** and whisk constantly for 3 to 4 minutes until sauce is thickened. Whisk in **1/8 tsp salt**, **1/4 tsp pepper**, and **parsley**. Remove from heat.
4. Arrange **potatoes** in baking dish. Sprinkle with remaining **1/8 tsp salt** and **1/4 tsp pepper**. Pour sauce over **potatoes**. Sprinkle with **combined cheese & bread crumbs**. Spray topping with **cooking spray**. Bake for 1 hour and 30-45 minutes.

Variation: Add low-sodium baked ham slices or cubes to potato arrangement.

Per serving (w/o ham): calories 198; total fat 2.0 g; sat fat 0.5 g; poly 0.5 g; mono 1.0 g; chol 3 g; sodium 194 mg; carbs 39 g; fiber 3 g; sugars 8 g; protein 7 g;

Zesty Broccoli

1 bunch Broccoli cut into bite size pieces

1T and 2t Olive Oil

2T Panko bread crumbs

5 garlic cloves, sliced

1/3 c. white wine

Zest of ½ lemon

Salt

1. Cook broccoli in salted water for 3 minutes, then drain and pat dry.
2. Heat 2t oil and add panko crumbs and cook til lightly toasted.
3. Heat 1T oil and add garlic and cook about 3 minutes. Stir in wine and broccoli and add salt to taste. Cook about 5 minutes til wine evaporates.
4. Transfer broccoli to platter and sprinkle with panko and lemon zest.

Recipe submitted by

Sharla Cook

Tomato, Cucumber & Feta Salad

Prep time

15 mins

Total time

15 mins

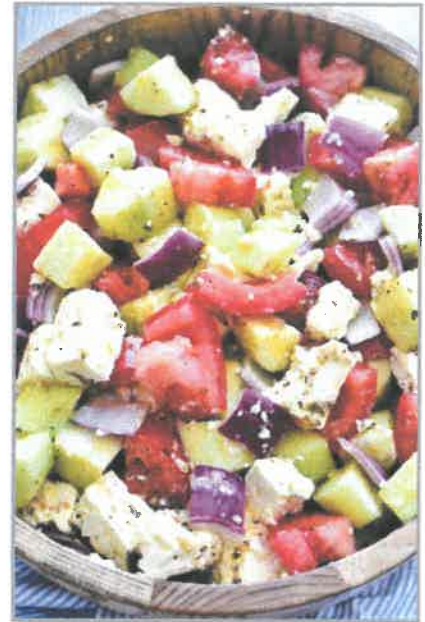
This Tomato, Cucumber & Feta Salad is fresh, flavorful, and SO delicious! It comes together quickly with just a handful of ingredients and is one of our favorite go-to salads for summer!

Author: Cathy Trochelman

Serves: 10-12

Ingredients

- 3 large cucumbers, peeled and chopped (about 4 cups)
- 5-6 Roma tomatoes, chopped (about 4 cups)
- 1 large red onion, chopped
- 8 oz. feta cheese, cut into squares
- ½ c. olive oil
- ¼ c. red wine vinegar
- ½ Tbsp. dried oregano
- ½ Tbsp. minced garlic (3 cloves)
- ½ tsp. dijon mustard
- ¼ tsp. salt
- ¼ tsp. pepper



Instructions

1. Combine cucumbers, tomatoes, onion, and feta in a large salad bowl.
2. Prepare dressing by combining all ingredients and shaking well.
3. Pour dressing over salad and stir to combine.

Recipe by Lemon Tree Dwelling at <http://www.lemontreedwelling.com/2016/05/tomato-cucumber-feta-salad.html>

Lauren Kuhr

Marinated Mozzarella & Tomato Appetizers (Taste of Home)

Prep: 15 min. + marinating Bake: 5 min. Makes: 16 servings

Ingredients:

½ cup Italian salad dressing
2 Tbsp. minced fresh basil
2 Tbsp. minced fresh chives
½ tsp. coarsely ground pepper
2 cartons (8 oz. each) miniature fresh mozzarella cheese balls, drained
2 cups cherry tomatoes
12 slices French bread baguette (1/2 in. thick), cut into quarters
2 tsp. olive oil
1/8 tsp. salt

Directions:

1. Preheat oven to 450 degrees. Combine salad dressing, basil, chives and pepper. Add cheese balls and tomatoes; toss to coat. Refrigerate, covered, at least 3 hours to let flavors blend.
2. Toss baguette pieces with oil and salt; arrange on a baking sheet. Bake until toasted, 4-5 minutes. Cool completely. Just before serving, add toasted bread to cheese mixture; toss to combine. If desired, thread tomatoes, cheese and bread on skewers for serving.

Morning Glory Muffins

1 cup flour
¾ cup whole wheat flour
1 ½ tsp. cinnamon
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
¾ cup brown sugar
¾ cup chopped pecans or walnuts
¾ cup raisins

Combine dry ingredients.

2 eggs, whisk with fork
¾ cup milk
¾ cup shredded carrots
½ cup shredded apple
½ cup unsweetened shredded coconut
½ cup melted coconut oil

Combine wet ingredients.

Fold dry ingredients into wet ingredients. Do not over mix. Divide batter into 12 muffin tins lined with paper liners. Bake at 350° for 20-22 minutes, or until toothpick comes out clean.

Peggy

Chai Chai



Moroccan Chickpea & Vegetable Tagine with Herb Dressing and FAGE Total® Greek Yogurt

Flavorful spices and a burst of delicious vegetables

INGREDIENTS

- 1 cup FAGE Total Greek Yogurt
- 1/4 cup sunflower oil
- 1/2 large onion, peeled and thinly sliced
- 2 large garlic cloves, peeled and finely chopped
- 1 tsp paprika
- 1 tsp each of ground cumin, cinnamon and turmeric
- 1/4 tsp cayenne pepper, or to taste
- 1 3/4 cup chickpeas
- 1 3/4 cup chopped tomatoes
- 1 1/4 cups vegetable stock
- 1/2 cup zucchini, diced
- 1/4 cup baby corn
- 1/4 cup sugar snaps or
- 1/4 cup baby carrots
- 4 tsp chopped fresh parsley and coriander
- Salt & pepper to taste

*cilantro is
greek coriander
coriander is
cilantro*

SHOPPING LIST

INSTRUCTIONS

1. Heat half of oil in a pan. Add onion, garlic, and spices. Fry over a low to medium heat for five minutes until golden.

2. Add chickpeas, tomatoes & Stock. Cook for 20 minutes.

3. Stir fry vegetables in separate frying pan or wok with remaining oil, then add to chickpea mixture.

~~then add to the chickpea mixture.~~

4. Bring to the boil, cover and simmer for a further 20 minutes.
5. To finish, add half the yogurt, adjust seasoning to taste and serve.
6. For the herb yogurt dressing, mix the remaining yogurt, chopped parsley and coriander together.

Additional Notes: Don't boil the Tagine after adding the yogurt or it may split. Serve with couscous and a crisp salad.

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