

# Clear the Toxins

## Days 1 through 5

### *Veggie Stir-fry with Quinoa*

¼ C dry quinoa

2 T EVOO (extra virgin olive oil)

2 small mushroom such as baby bello, crimini, or shitake, slices

½ zucchini, sliced

2 scallions cut into 2" pieces

1 baby bok choy, sliced

1 clove garlic, minced

1 1" piece peeled, minced ginger

Sea Salt to taste

First, cook the quinoa as per instructions on the box. It helps if you add a little sea salt to the cooking water. While the quinoa is cooking, get your pan really hot for the stir-fry. Add the EVOO, and the mushrooms.

Stir for about 3 minutes, or until they start to color, before adding the zucchini and scallions.

Stir another 2 minutes before adding the bok choy, garlic and ginger.

Add sea salt to taste and let cook another minute or two until the garlic is cooked but not browned.

Top the hot quinoa with the veggies and enjoy with chopsticks!



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### *Coconut-Curry Mushroom and Spinach with Quinoa*

2 T EVOO (extra virgin olive oil)

½ small red onion sliced ½" thick

½ C sliced mushrooms of choice

½ C light coconut milk/water

2 t your favorite curry spice blend.

1 handful spinach

Sea Salt TT

First, cook the quinoa as instructed on the box. It helps if you add a little sea salt to the cooking water.

While the quinoa is cooking, heat your pan over med-high heat with the EVOO. Once it's hot, add the mushrooms and red onions together. Cook them, stirring occasionally, until they are good and browned, maybe 7 minutes.

Add the coconut milk and curry powder and reduce the heat to medium. Add the spinach and stir until it is well wilted. If you like it a little soupier, add a bit of water.

Salt to taste and pour over quinoa.

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### *Risotto-style Quinoa with Mushrooms and Truffle Oil*

2 T EVOO (extra virgin olive oil)

¼ small red onion, diced

½ C sliced mushrooms of choice

1 clove garlic, minced

½ C dry quinoa

1 ¼ C water

Sea Salt TT

Drizzle truffle oil

Sautee the onions and mushrooms together until brown. Add the garlic and cook until just before brown.

Add the quinoa and ½ C water. Cover and bring to a boil then drop to a simmer. Stir occasionally.

When the water is mostly absorbed, add the remaining water and salt. Continue to simmer until the quinoa is cooked through but is still juicy.

Drizzle with truffle oil after the quinoa has been plated.



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### *Roasted Asparagus with Mushrooms:*

1¼ # asparagus, tough stem ends trimmed away,  
½ # button mushrooms, stemmed and quartered,  
2T extra-virgin olive oil,  
sea salt & freshly ground black pepper to taste,  
2-3T balsamic vinegar.

Preheat oven to 425F.

In a non-stick baking sheet with sides, toss the asparagus and mushrooms with the oil and season with salt and pepper.

Spread the vegetables in a single layer. Roast for 10-15 minutes, or until the vegetables are tender and browned, turning once or twice.

Transfer the vegetables to a serving platter. Sprinkle with the vinegar, tossing gently to combine. Correct seasoning.

Serve warm.

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### *Cauliflower medley:*

Add any other veggies like zucchini, squash, spinach....

2 tablespoons olive oil

1 garlic clove, minced

1 teaspoon ground ginger

1 teaspoon sea salt

1 teaspoon ground cumin

1/2 teaspoon ground turmeric

1 head cauliflower, trimmed and cut into

1/4 cup water

Heat oil in wide skillet. Add garlic, ginger salt, cumin and turmeric. Cook briefly, sti Add cauliflower and any other veggies an cover tightly, reduce the heat to low and until the veggies are tender, about 10 mi

Serve immediately.



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## Days 1 through 5

### *Vegetable Kebabs:*

1 large unpeeled zucchini (about ¾#), cut into 2 inch cubes,

2 large carrots, cut into 1/2 inch slices,

3 medium yellow squash, cut crosswise into 1-inch slices,

1 large onion cut in wedges and layers separated,

about 16 whole large mushrooms,

#### **Herb marinade (recipe follows).**

Herb marinade: In a bowl combine ¾ cup olive oil;

¼ C white wine vinegar; 2 cloves garlic minced or pressed;

1 tsp each Dijon mustard, fresh oregano, Rosemary and basil, and ¼ tsp pepper.

Cook zucchini in 1 inch boiling water for 3 minutes; drain.

Cook carrots in 1 inch boiling water until crisp-tender (about 6 minutes); drain.

Place zucchini, carrots, yellow squash, onion and mushrooms in a plastic bag. Prepare herb marinade; pour over vegetables.

Seal bag and refrigerate for 2 hours or until next day.

Drain and reserve marinade from vegetables. Onto 6 sturdy metal skewers, alternately thread vegetables.

Place on a lightly greased grill 4 to 6 inches above a solid bed of low glowing coals.

Cook, turning often and basting with reserved marinade for 10-15 minutes or until vegetables are tender. Sprinkle lightly with sea salt before serving.

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Days 1 through 5

## *Crispy Brussels Sprouts*

Set oven to 450. Clean sprouts. Put dry sprouts on baking sheet. Add sea salt and EVOO (extra virgin olive oil). Bake until crispy and dark.



# THIS IS EASY!

## *Crispy Broccoli and Cauliflower*

Set oven to 450. Clean broccoli and cauliflower. Place broccoli and cauliflower on cooking sheet. Add sea salt, EVOO (extra virgin olive oil), and chili powder. Cook until crispy

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## Days 1 through 5

### *Yam Fries*

1 unpeeled Yam 1 tbsp. olive oil

1 tsp. ground cumin 1 tsp. ground coriander 1/4 tsp.  
pepper Vegetable cooking spray

Scrub Yam; cut into thin (4 x 1/4 x 1/4 inch) strips.  
Combine oil and next 3 ingredients in a large bowl, stir  
well. Add Yam and toss well. Arrange in single layer on  
baking sheet coated with cooking spray.

Bake at 425 degrees for 25 minutes, turning every 15  
minutes. 2 servings

### *Risotto-style Quinoa (or Brown Rice) "Verde"*

2 T EVOO (extra virgin olive oil)

¼ small red onion, diced

½ small zucchini, sliced

2 asparagus, woody ends removed, cut

½ C dry quinoa or brown rice (use in 2nd half of program)

1 ¼ C water

1/8 C peas

2 basil leaves, torn

3 mint leaves, torn

TT Sea Salt

Sautee the onion, zucchini and asparagus lightly in the EVOO. Add the quinoa (or rice), ½ C of  
water and salt. Cover and bring to a boil then drop to a simmer stirring occasionally.

When the quinoa (or rice) has absorbed most of the water, add the rest. Add the peas, basil and  
mint for the last one minute of cooking.

The final dish should be left a bit soupy.

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### *Quinoa Breakfast Bowl \**

serves 4

1 cup of rice milk

1 cup of water

1 cup or red or yellow quinoa, rinsed

1 pint of mixed blackberries and blueberries

1/2 teaspoon of ground cinnamon (more to taste)

1. Pour the rice milk, water and quinoa (stirring to combine) in a medium pot and bring the ingredients to a boil. 2. Reduce the heat to a low simmer, cover and cook for 15 minutes, stirring occasionally, until 3/4ths of the liquid is absorbed by the grains. 3. When the quinoa is done, take the pot off of the heat and let it stand, with the cover on, for about five minutes. 4. Pour in the blackberries, sprinkle with cinnamon. 5. Scoop into bowls and serve with additional berries

### *Cold Quinoa Salad with Apples, Red Onion, Broccoli and Basil*

2 C cooked and cooled quinoa (that's 1 cup dry)

¼ apple

½ C blanched or raw broccoli

½ stalk celery, thinly sliced

2 T red onion, minced

2 T raisins

1 clove garlic, minced

3 basil leaves, torn

3 T vinegar based dressing (try Brianna's Home-style Real French Vinaigrette)

Toss all ingredients together. Let stand for an hour or more (it's better the next day).

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### *"Paella" Veggie (3 servings)*

- 1 C broccoli
- 1 C carrots
- 1 C green beans
- 1 t sweet paprika
- 1 t dried oregano
- 2 T EVOO (extra virgin olive oil)
- Kosher salt and freshly ground pepper
- ¼ red onion, diced
- 1 garlic clove, crushed
- ½ Bunch flat-leaf parsley leaves, chopped, reserve some for garnish
- 4 asparagus spears, woody ends removed, cut into 1" pieces
- 1 ½ cups quinoa

3 cups water

Generous pinch saffron threads

1/2 cup sweet peas, frozen and thawed

Special equipment: Paella pan or wide shallow skillet

Heat oil in a paella pan over medium-high heat. Make a sofrito by sautéing the onions, garlic, and parsley, broccoli, carrots, green beans and asparagus. Cook for 2 or 3 minutes on a medium heat. Fold in the rice and stir-fry to coat the grains. Pour in water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid. Add the saffron. Give the paella a good shake and let it simmer, without stirring, until the rice is al dente, for about 15 minutes. During the last 5 minutes of cooking, when the rice is filling the pan, add the peas. When the paella is cooked and the rice looks fluffy and moist, turn the heat up for 40 seconds until you can smell the rice toast at the bottom, then it's perfect.

Garnish with parsley.

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### *Mushroom Medley:*

Portabello mushroom,  
12 Shitake mushrooms,  
20-30 Crimini mushrooms,  
3 cloves garlic,  
3-4T olive oil,  
sea salt,  
quinoa or brown rice,  
2 handfuls of greens (spinach, chard, kale, collards).

Cook quinoa or brown rice. Lightly steam the greens in the water clinging to them after washing. Slice or dice mushrooms. Sauté mushrooms and garlic in olive oil on high heat 5 minutes. Reduce heat, cover. When mushrooms are reduced add a few capfuls of olive oil for taste. Toss in greens, cover. Mix with quinoa or rice, season with sea salt and serve.

### *Fennel, Apple and Red Onion Salad*

1 fennel bulb, sliced, a few fronds reserved  
¼ small red onion, thinly sliced  
1 small apple, cored/sectioned.  
1 T EVOO  
2 t red wine vinegar  
1 handful watercress

Toss all ingredients together except watercress and let stand. Toss the watercress in a bit of EVOO and salt. Place the fennel mixture on the bed of watercress. Garnish with reserved fennel fronds and a couple turns from your black pepper mill.

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### *Lemon-Herb Quinoa:*

- 1 ½T extra-virgin olive oil,
- 2T finely chopped onion,
- 1C quinoa,
- 2C vegetable broth (low sodium),
- 2T fresh lemon juice,
- 1/2 tsp freshly grated lemon peel,
- 1/4 tsp thyme leaves,
- sea salt & freshly ground black pepper, to taste,
- 2T finely chopped fresh basil, flat-leaf parsley, mint or combo.

In a medium saucepan, heat the oil over medium heat. Add the onion and cook, stirring until translucent, about 3 minutes. Add the quinoa and increase the heat; cook, stirring, for 1 minute. Add the broth, lemon juice, lemon peel, thyme, salt & pepper. Bring to a boil over high heat. Reduce the heat to low, cover and simmer until the liquids have been absorbed and the quinoa is fluffy, 17-20 minutes. Add and stir in the fresh herbs. Let stand, uncovered, for 1 minute. fluff with a fork and serve at once.

THESE ARE  
VEGETABLES?

# Clear the Toxins

## Days 1 through 5

### *Zucchini and Apple Salad:*

3/4 C olive oil,  
1T fresh lemon juice,  
2T white wine vinegar,  
1 tsp basil,  
about 3/4 tsp sea salt, ¼ tsp pepper,  
3 med red or golden delicious apples,  
½ med red onion, thinly sliced lengthwise,  
1# zucchini, thinly sliced.

In a large salad bowl, combine oil, lemon juice, vinegar, basil, sea salt and pepper. Core and dice unpeeled apples and add to dressing, coating well with dressing. Add onion and zucchini. Stir lightly. Cover and chill. Just before serving, mix salad until well combined. Correct seasoning.

### *Fresh Vegetable Basil Soup:*

3T olive oil,  
1 med red onion, 1 celery stalk, 1 carrot, all sliced,  
4C veg stock,  
3T torn fresh basil,  
½ head cauliflower, broken into flowerets,  
2 zucchini sliced ¼" thick,  
½ # fresh green peas shelled (or frozen),  
sea salt and pepper to taste.

In a 5 quart pan heat oil on medium. Add onion, celery and carrot; cook, stirring occasionally, until vegetables are soft but not brown. Add stock and basil to pan. Bring to boil then cover and simmer for 10 min. Add zucchini and simmer for 5 minutes. Add cauliflower, simmer for another 5 min until all vegetables are tender. Correct seasoning

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### *Carrot Ginger Soup*

- 2 T EVOO(extra virgin olive oil)
- ½ red onion, diced
- 3 carrots, chopped
- 1 2" piece ginger, peeled, minced
- 1 clove garlic, minced
- 3 C water or homemade vegetable stock
- 1 T chopped chives
- TT sea salt

Sweat the onion and carrots together in EVOO over med-high heat. Add the ginger and garlic and continue to sweat. Add the water or stock and sea salt, cover and cook until carrots are very soft. Puree in a blender until very smooth. Pour into bowls and sprinkle with chives.

### *Spicy Mango Cucumber Salsa*

- 1 Mango, diced
- 1 Cucumber, seeded and diced
- ¼ Red Onion, thinly sliced
- 2 T Cilantro, chopped
- 1 T White Wine Vinegar

Combine all ingredients in a bowl and let stand 1 hour. Serve as an accompaniment to grilled fish or chicken.

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### *Kale Chips*

1 bunch kale

1 tablespoon olive oil

1 teaspoon sea salt

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner.

Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

### *Beet and Apple Salad*

1/2 pound uncooked beets peeled and grated

1/2 pound Granny Smith apples peeled and grated

1/4 pound celery root, peeled and grated

1 scallions, diced

2 ounces sherry vinegar

5 ounces olive oil

1 bunches picked watercress

Sea Salt and pepper

Mix beets, apples, celery root and scallions together. Season with sea salt and pepper and set aside. Wisk olive oil into vinegar, slowly. Pour mixture over beets cover tightly and refrigerate for 3 hours. Remove from refrigerator, toss in watercress and serve

*Live well! Enjoy!*

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