

Meat & Poultry

Apple Rosemary Cornish Game Hens

Ingredients:

1-1 3/4 pound Cornish game hen, halved lengthwise
2-3 apples, peeled and diced
1 cup cranberries (fresh or frozen)
1/2 cup apple juice or cider
1/2 cup maple syrup
2 twigs fresh rosemary, left whole
2 tsp curry
sea salt and freshly cracked pepper

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yield: 2 servings

Directions:

1. Preheat oven to 400 degrees.
2. To create sauce, combine the apples, cranberries, maple syrup, apple juice, curry and rosemary twigs in a saucepan over medium-high heat. Stir frequently, blending all ingredients and bring to a boil.
3. Decrease the heat to low, cover the saucepan and simmer, stirring frequently, until the apple pieces are very soft and berries have broken open and released their juices. This will take about 8-10 minutes.
4. To prepare the hen: Rinse the halves and pat dry with paper towels. Sprinkle with salt and pepper.
5. Place the hen with rosemary twigs underneath, skin side up, on a foil covered baking sheet.
6. Cover each hen half with sauce, coating generously.
5. Roast the hen halves until golden and their juices run clear, about 25 minutes.
6. Add juice from roasting to the sauce and bring to a boil once again, then reduce and simmer for about 3 minutes, allowing it to thicken.
7. Transfer hen to plates. Serve with sauce and use rosemary twigs as a garnish.

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Spicy Leek Meatballs

Ingredients:

1 pound lean ground turkey or ground beef
1 1/2 cups minced leeks (white and light green part only, about one bunch)
2 fresh chili peppers, minced
1 tbsp fresh ginger, minced
2 tbsp flour (wheat or quinoa)
2 tbsp sesame oil
salt and pepper to taste

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Place all ingredients in a large mixing bowl. Knead well by hand until the ingredients are thoroughly combined, but do not over-mix.
2. Divide the mixture into 10-12 equal portions, about 1/4 cup each. Roll each portion into a ball.
3. Heat the cooking oil in a large non-stick pan over medium-high heat. Add meatballs and pan-fry, covered, turning occasionally, until browned on all sides and cooked through, about 10 minutes.
4. Drain on a paper towel.

Variations:

Serve over a bed of simple steamed greens. The meatballs freeze very well. A few can be taken out of the freezer and popped into a soup for a quick dinner option.

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Easy Pork Chops

Ingredients:

2 pork chops
1 apple, peeled, cored and sliced
2/3 cup apple juice or cider
1 tbsp ghee (clarified butter) or plain butter
2 tbsp plain yogurt
freshly ground pepper

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 2 servings

Directions:

1. Heat ghee in a frying pan over medium-high heat. Add pork chops, placing the apple slices around the edges.
2. Cook the pork for about 1-2 minutes on each side to brown.
3. Pour in apple juice, add ground pepper to taste and lower the heat. Cover and simmer until cooked, about 10 minutes. Stir in yogurt and bring back to simmer.
4. Serve with additional apples, rice and/or veggies, using the sauce for flavor.

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Beef and Arugula Stir-Fry

Ingredients:

1/2 pound sirloin, cut into 2"x1/8" strips
1-2 bunches arugula, well washed
2 red bell peppers, cut into very thin strips
1 clove garlic, minced
1 tbsp fresh ginger, minced
2 tbsp tamari or soy sauce
2 tbsp rice or cider vinegar
1/4 cup water

Prep Time: 10 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Directions:

1. Stir-fry the beef in a pan with 2 teaspoons of oil over medium-high heat for about 2 minutes or until browned.
2. With tongs or a fork, remove beef, allowing excess oil to drip off, set aside.
3. With remaining oil, stir-fry ginger and garlic for a few minutes, then add the bell pepper. Cook for 2-3 minutes.
4. In a serving bowl mix together the fresh arugula and the bell pepper mixture.
5. In a small bowl combine kuzu, tamari, vinegar, and 1/4 cup of water. Place in a skillet and cook on medium heat until sauce starts to thicken. Return the beef to the skillet and cook for 1 minute, just to warm up the beef.
5. Add the beef to the serving bowl with the arugula and bell peppers. Mix and serve warm.

Variations:

Try other types of greens such as dandelion, watercress, mustard greens or broccoli rabe.

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Lemon Pepper Chicken

Ingredients:

4 organic boneless chicken breasts
2 lemons, juiced and zested
4 tbsp extra-virgin olive oil
coarse black pepper and coarse sea salt

Prep Time: 10 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Directions:

1. Coat chicken in coarse black pepper and season lightly with salt.
2. Combine lemon zest and juice with extra-virgin olive oil.
3. Place sauté pan over medium-high heat, fill the pan until 1/4 inch deep with marinade.
4. Cook chicken breasts 6-7 minutes on each side, adding marinade as needed to keep the chicken lightly covered while cooking. Make sure the chicken is cooked all the way through.
5. Transfer to a serving platter and brush with the reserved marinade.

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