TWELVE RECIPES TO SATISFY HUNGER WITHOUT WRECKING YOUR DIET

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Mandarin, Quinoa & Kale Bowl
**Ingredients**

**For The Salad:**
1 cup quinoa  
5 cups kale  
1/2 cup dried cranberries  
1 cup canned mandarin orange segments (drained & pat dry)  
1/4 cup toasted sliced almonds  
1/2 cup feta cheese crumbled

**For The Dressing:**
zest of one orange  
2 large cloves garlic minced  
1/4 teaspoon fresh ground black pepper  
1/2 teaspoon salt  
1 1/2 teaspoons dijon mustard  
1 1/2 teaspoons whole grain mustard  
2 tablespoons orange juice (from the zested orange)  
2 tablespoons rice wine vinegar  
4 tablespoons olive oil

**Directions**

Prepare the quinoa as instructed on the package. When quinoa has absorbed the water, stir in the dried cranberries and remove from heat. Cover and let rest for 10 minutes. Remove the lid and cool to room temperature.  
Meanwhile, rinse and dry the kale. Remove the tough stems and massage the kale with your hands to break down the fibers, 1-2 minutes, or until very fragrant. Bunch the kale into a tight ball with one hand and slice the kale very thinly with a sharp knife. Set aside.  
In a small bowl combine the orange zest, garlic, pepper, salt, dijon, whole grain dijon, orange juice, vinegar and olive oil. Whisk until emulsified. Combine the cooled quinoa and cranberries, kale and oranges in a bowl. Toss with *a few tablespoons* of the vinaigrette, until well coated, but not soupy (you may not use all the vinaigrette in this salad, but keep it to serve with other vegetables or over chicken or fish.)  
Lightly toss the salad with the feta cheese and almonds. Serve.
Summer Strawberry Poppy Seed Salad
Ingredients

For The Dressing:
- 2 tablespoons minced onion
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons poppyseeds
- 1 1/2 tablespoons white wine vinegar
- 1/2 cup mayonnaise
- 3/4 cup buttermilk
- zest of one lemon + 2 teaspoons lemon juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

For The Salad:
- 4 cups mixed greens
- 1 carrot peeled and grated
- 1/2 cup thinly sliced cucumber
- 1 cup strawberries hulled and quartered
- 1/2 cup feta or goat cheese crumbled
- 2 tablespoons pumpkin seeds
- 2 tablespoons toasted almonds
- pea shoots or other sprouts (optional)

Directions

In a 2 cup glass measuring cup or bowl combine the onion, sugar, poppyseed, vinegar, mayonnaise, buttermilk, lemon zest and juice, salt and pepper. Whisk to combine and season to taste.

In a large bowl, toss together the greens, carrot, cucumber, strawberries, cheese, pumpkin seeds, toasted almonds and pea shoots or sprouts. Serve with dressing on the side.

Note: This makes more dressing than you'll need for this salad, but it keeps in the fridge for up to a week.
Sweet Corn and Crab Salad
Ingredients

For The Salad:
2 ears of corn on the cob shucked, silk discarded
1/2 red bell pepper seeded and finely diced
3 scallions thinly sliced on a diagonal
1/2 - 1 whole jalapeño, seeded and minced
1 pound crab meat picked over to remove any cartilage
2 Haas Avocados, halved and seed removed, peeled (in that order)

For The Dressing:
2 cloves garlic minced
1 tablespoon coarse grain dijon mustard
zest and juice of one lemon
1 teaspoon white wine or rice wine vinegar
3 tablespoons olive oil
1/4 teaspoon cracked pepper
1/2 teaspoon kosher salt
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh tarragon
1 tablespoon chopped fresh mint

Directions

Using a sharp knife or corn kernel remover, cut the kernels from both ears of corn into a large bowl. Add the bell pepper, scallions and jalapeño. Toss to combine. Add the crab and toss to combine. Make the dressing.

In a small bowl add the garlic, mustard, lemon zest and juice, vinegar, olive oil, pepper, salt and fresh herbs. Whisk until combined.

Pour dressing over the crab mixture and toss until salad is well dressed. Fill the avocado halves with crab salad. Serve.
**Ingredients**

- 1 medium onion diced
- 2 carrots peeled and cut into 1/2" pieces
- 2 stalks celery cut into 1/2" pieces
- 1 tablespoon olive oil
- 1 pound cooked ham cut into 1/2" pieces (not lunch meat)
- 1 bay leaf
- 7-8 cups chicken or vegetable stock
- 1 15-ounce can diced tomatoes with their juice
- 1 can low-sodium black beans rinsed and drained
- 1 cup fire-roasted mild chilies I used hatch chile, peeled, seeded and chopped
- 1/2 cup whole grains such as quinoa, farro, or barley.

**Directions**

In a large dutch oven, heat the olive oil over medium high heat. Stir in the onions, carrots and celery and cook for 3-5 minutes, until softened.

Add the ham, bay leaf, vegetable stock tomatoes, black beans and chiles. Stir to combine, cover and bring just to a boil.

Reduce heat to an active simmer and add the grains. Cook for the recommended time on the package (quinoa is usually 15 minutes, farro is usually 20-25; brown rice is about 30).

Taste for seasoning and serve.
Apple Butternut Bisque
Ingredients

1 two-pound butternut squash peeled, seeded, chopped into 1” cubes
1 teaspoon fresh rosemary chopped
1 teaspoon fresh thyme leaves chopped
4 tablespoons olive oil, divided
3 large apples preferably Macintosh, peeled, seeded and diced
1 large onion diced
2 large carrots peeled and diced
1/2 teaspoon kosher salt
1/2 teaspoon cinnamon
1/4 teaspoon freshly grated nutmeg
6 cups vegetable or chicken broth
1/2 cup half and half
1/4 cup Calvados or other apple brandy

Directions

Preheat oven to 400 ° and line a baking sheet with parchment paper. In a large bowl, combine squash, rosemary and thyme. Drizzle 2 tablespoons olive oil over squash and toss to coat. Spread squash in a single layer on baking sheet and roast for 20 minutes. Stir squash and and rearrange into single layer. Roast an additional 15 minutes and set aside.

In a large dutch oven, heat remaining olive oil over medium high heat. Add the diced apple, onion, carrots and kosher salt. Saute until softened and onions are slightly translucent (do not brown, adjust heat lower if vegetables start to take on color). Add the cinnamon and nutmeg and cook for an additional minute or so until very fragrant. Add the roasted squash and broth. Heat just to boiling, then reduce heat to low and cover with the lid slightly askew. Simmer for 10 minutes.

Working in batches transfer the mixture to a blender and puree until smooth. If soup is too thick, add additional broth about half a cup at a time. Return the soup to the dutch oven, stir in the half and half and Calvados. Heat the soup over medium heat, stirring occasionally until it's hot, but do not boil. Taste and adjust seasoning if needed. Serve.
Healthy Vegetable Beef Soup
**Ingredients**

- 2 tablespoons olive oil divided
- 1 medium onion chopped
- 8 ounces button mushrooms sliced
- 1 1/4 pounds chuck roast cut into 1/2" dice or beef for stew
- 3 medium turnips peeled and cut into 1/2" dice
- 3 medium carrots peeled and cut into bite size pieces
- 1 15- ounce can diced tomatoes in juice
- 4-5 sprigs of fresh thyme
- 1-2 sprigs of fresh rosemary
- 2 bay leaves
- 6 cups low sodium beef broth or stock
- 4 cups chopped kale tough stems removed
- 1/2 cup farro (or substitute barley)
- salt and pepper to taste

**Directions**

In a large dutch oven or heavy soup pot, heat 1 tablespoon of the olive oil over medium high heat. Add the mushrooms and a sprinkle of salt (about 1/4 teaspoon), cook and stir until mushrooms begin to brown and give up some of their liquid. Transfer the mushrooms to a small bowl. Heat 1 tablespoon olive oil in the pot and add the beef. Sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon pepper. Cook, stirring occasionally until browned, about 5 minutes. Add the mushrooms and chopped vegetables and stir to combine. Simmer on the stove for about 5 minutes.

Meanwhile tie the thyme and rosemary together with kitchen string. Add the herbs to the pot along with the bay leaves and tomatoes. Stir in the broth and heat to boiling. Reduce heat to a simmer, cover the pot and cook for 10 minutes.

Stir in the kale and farro and simmer for 10-15 minutes more. Season to taste with additional salt and pepper. Serve.
Ingredients

1 cup cooked quinoa, cooled
1 cup diced onion
1 medium zucchini shredded
2 cloves garlic minced
2 tablespoons olive oil divided
1 pound ground turkey or ground turkey breast
2 tablespoons pickled jalapeno chopped
6 large vegetables for stuffing portobello mushroom caps, bell pepper halves -- I used 4 mushroom caps and split 1 bell pepper
1/2 cup grated cheese such as cheddar or Monterey Jack

For the taco seasoning:
3/4 teaspoon cumin
3/4 teaspoon chili powder
3/4 teaspoon smoked paprika
pinch of crushed red pepper
3/4 teaspoon oregano
1 teaspoon kosher salt
1/2 teaspoon black pepper

Optional Garnish:
grated cheese such as cheddar or Monterey Jack
sliced green onions
fresh cilantro leaves
prepared salsa

Directions

Preheat oven to 375°. Line a rimmed sheet pan with parchment paper.
In a large skillet over medium high heat add one tablespoon olive oil.
When the oil is hot, add the onion, zucchini and garlic and cook until softened, 3-5 minutes. Transfer to a small bowl.
Add the remaining tablespoon olive oil to the pan and add the turkey, breaking it up and stirring until browned. Add the taco seasoning and cook for one additional minute. Remove the turkey from heat and add the sautéed vegetables back to the pan. Add the cooked quinoa and pickled jalapeños and stir to combine.

Stuff the portobello caps and bell peppers generously with turkey stuffing. Place the stuffed vegetables on the baking sheet. Cover lightly with tin foil and bake for 20 minutes. Divide cheese among the stuffed vegetables and bake for 8-10 minutes longer. Remove from oven and transfer to a serving platter. Serve topped with garnishes.

Recipe Notes
Mushroom caps will hold a lot of moisture and may leak onto your baking sheet. If they seem to be very wet, pick the mushroom caps up with both hands and gently tilt it so that the excess liquid can escape. Transfer to a serving platter.
Dry Rubbed Pork Tenderloin
**Ingredients**

3/4 teaspoon whole coriander seed  
1 1/4 teaspoon whole fennel seed  
1/2 teaspoon red pepper flakes  
1 1/2 tablespoons fresh rosemary minced  
3 cloves garlic minced  
1 1/2 teaspoons kosher salt  
3/4 teaspoon freshly ground black pepper  
1 tablespoon olive oil  
1 1- lb pork tenderloin

**Directions**

With a mortar and pestle or in a spice grinder, combine coriander, fennel and red pepper flakes. Use the pestle to crack and grind the spices in the mortar, until the spices are crushed and fragrant.  
In a small bowl, add the rosemary, garlic, salt, pepper and crushed spices. Stir to combine.  
Place the pork on a baking sheet. With your hands, rub the olive oil over the pork. Sprinkle spice mixture over the pork and rub it in with your hands. There should be enough spice to liberally cover the entire tenderloin.  
Cover loosely with plastic wrap and refrigerate at least one hour or up to 8 hours.  
Heat your grill to a medium high heat (about 425-450 degrees). Grill pork, turning occasionally, 12-13 minutes for medium or until desired doneness is achieved.  

**Recipe Notes**

To roast pork in an oven, preheat oven to 425 degrees. Place pork on a baking sheet and roast for 18-20 minutes, until desired doneness is achieved.
Fresh Snapper w/ Bright Herb Sauce
**Ingredients**

**For Herb Sauce**
- ½ cup fresh cilantro
- ½ cup fresh flat leaf parsley
- ¼ cup fresh basil leaf
- 2 cloves garlic
- ½ cup good olive oil
- 1 lemon juiced
- salt and pepper
- favorite hot sauce to taste (optional)

**For Fish**
- 4- six ounce filets of fresh skin-on snapper
- salt and pepper to taste
- 2 tablespoons olive or canola oil

**Directions**

**For Herb Sauce**
In a food processor, add all of the ingredients for the sauce except salt, pepper and hot sauce and puree until velvety.
Taste and adjust seasoning with salt, pepper and hot sauce.
If the sauce is too thick, slowly add more olive oil, 1-2 tablespoons at a time.
Serve the sauce at room temperature. The sauce stays well in the refrigerator for up to a week.

**For The Fish:**
Pat the fish dry with paper towels and season just prior to adding it to the pan.
Heat a cast iron or other heavy skillet over medium high heat. Add the oil to the skillet and when it's just smoking add the fish, skin side down. Cook for 2-3 minutes and give the pan a shake, The fish should release from the pan and you can easily flip it. Cook for one additional minute and remove from heat. Transfer to serving plate, Lightly drizzle the fish with herb sauce.
Curried Cauliflower “Rice” Pilaf
Ingredients

1/2 head cauliflower
1 small onion chopped
3 tablespoons olive oil divided
1/4 teaspoon turmeric
1/2 teaspoon curry powder
1/2 teaspoon kosher salt
1/4 cup vegetable broth or water
1/3 cup golden raisins
2 tablespoons toasted sliced almonds
2 tablespoons freshly chopped cilantro

Special Equipment
Food processor with a shredder attachment or box grater

Directions

Cut the cauliflower into florets and transfer them into the grater tube of your food processor or use the large holes on a box grater to shred the florets. Set aside.

Add the broth (or water) to a small bowl and heat for 30-45 seconds in the microwave. Add the raisins to the broth and set aside to plump.

In a large skillet, heat 1 1/2 tablespoons of olive oil over medium heat. Add the onions and cook about 2 minutes. Stir in the turmeric, curry powder and salt.

Add the cauliflower rice and remaining olive oil and stir until well coated. Turn the heat down to a medium low and cover tightly with a lid. Cook for 7-10 minutes, stirring every minute or so to prevent browning or sticking. Remove from heat.

Drain the raisins and add them into the cauliflower mixture. Sprinkle on the toasted almonds and cilantro and serve.
Stuffed Italian Zucchini Boats
Ingredients

4 smallish zucchini - about 4"-5" long
2 cloves garlic
1 cup roughly chopped onions
1/2 cup finely minced canadian bacon or ham
1/2 teaspoon fennel seed
pinch of red pepper flakes
1/4 teaspoon black pepper
1/4 teaspoon salt
4 tablespoons olive oil divided
1/2 cup finely chopped tomato
1 slice bread I used a dense piece of whole wheat
2 tablespoons chopped parsley
2 tablespoons basil chiffonade + extra for serving
1/4 cup shredded part-skim mozzarella + extra for sprinkling
sprinkle of parmesan cheese (optional)

Directions

Preheat the oven to 375°. Spray a baking sheet with cooking spray and set aside.

Slice the zucchini lengthwise down the middle. Use a melon-baller to carefully scoop the flesh out of the zucchini, leaving a "hollow boat" and transfer the flesh to a mini prep food chopper. Pulse several times until the zucchini flesh is finely chopped. Transfer to a bowl.

Add the onions to the food processor and pulse until they are about the size consistency of the zucchini. Transfer to the same bowl as zucchini and add the minced canadian bacon.

Crush the fennel seed either by using a mortar and pestle or a spice grinder. Add crushed fennel to the zucchini mixture, along with red pepper flakes, black pepper and salt.
Heat a skillet over medium high heat, add the olive oil. When the oil is hot, stir in the zucchini mixture and cook down until it's given up most of it's liquid, about 5-6 minutes. Add the chopped tomato and cook a few minutes more. Remove from heat and set aside.

Tear the bread into small chunks and add them to the food processor along with the parsley. Pulse 3-5 times until coarsely chopped and transfer to the zucchini mixture. Add the mozzarella and basil, stir to combine.

Lightly coat the interior of each zucchini half with a little olive oil. Spoon filling liberally into each zucchini and arrange on a baking sheet. Take a look at the tray and if you see a zucchini leaning in a particular direction -- instead of sitting straight up, prop the zucchini against one of the sides of the sheet pan to hold it erect and prevent it from spilling over in the oven. If most of your zucchini are persnickety - find a shallow casserole dish that will fit them snugly against one another and prevent them from toppling.

Drizzle with remaining olive oil and sprinkle with a little mozzarella and parmesan. Bake for 20-25 minutes or until golden. Sprinkle with fresh basil and serve.
MASHED CAULIFLOWER WITH ROASTED GARLIC
**Ingredients**

1 head cauliflower separated into florets  
1 head garlic  
1 teaspoon olive oil  
2 teaspoons fresh thyme chopped  
1/4-1/2 teaspoon kosher salt or to taste  
1/4 teaspoon freshly ground black pepper

**Directions**

Preheat oven to 400 °.

Slice about 1/4" from the head of garlic and drizzle olive oil over the exposed cloves. Wrap garlic in aluminum foil and roast for 40-50 minutes, until soft. Remove from oven and cool until you can handle it.

Meanwhile, set a vegetable steamer into a pot or saucepan with a lid. Add an inch of water to the pot and fill the steamer basket with the cauliflower florets. Cover the pot and bring the water to a boil. Cook cauliflower until very tender (so that when you pierce it with a knife it goes in and comes out easily without catching), about 10 minutes.

Transfer cauliflower to a food processor. Squeeze the individual cloves of roasted garlic into the cauliflower. Add the thyme and secure the lid on the food processor. Pulse the cauliflower mixture until there are no lumps, stopping to scrape the sides if necessary. Process until it's smooth like mashed potatoes. This may take a few minutes.

Season with salt and pepper to taste. Serve.