Recipes

Low Carb Options (after the holidays)

Zucchini Pizza

3-4 large zucchini cut in half carve out middle looks like boat ; )

homemade tomato sauce

sauté the following in coconut oil:

sliced mushrooms, onions, spinach, garlic, middle section of zucchini, red pepper

place tomato sauce in middle section of cut out zucchini

place sautéed veggies on top of tomato sauce

bake in oven at 370degrees until zucchini cooked

(can top with nutritional yeast, or cashew cheese, and choice of sautéed meat)

Cauliflower/millet mash (can substitute millet for quinoa or amaranth)

2 cups steamed organic cauliflower

1/2 cup cooked millet/quinoa (soaked overnight then cook than cook as per protocol)

combine in food processor, add bit of almond milk (or regular milk), garlic, turmeric, cumin or spice of choice...

top with nutritional yeast for cheesy flavour

eat like mashed potatoes

Yum!!

Baked Jicama Fries with Sriracha Lie Yogurt Dip

1 med jicama (cut into matchsticks make sure not too thick)

1 tbsp coconut oil or grapeseed oil

1/2 tsp garlic powder

1/2 tsp chili powder (optional)

preheat oven 400 degrees F

in medium sized bowl toss jicama, oil and spices (add any other spice you like…I like cumin)

spread single layer on large baking sheet

bake 30min turing halfway through, or until jicama becomes crispy and edges are golden brown

Sriracha Lime Yogurt dip

1 cup plain 0% greek yogurt

1 clove minced garlic

1 tbsp freshly squeezed lime juice

1-2 tsp sriracha sauce (or to taste)

combine ingredients in small bowl adding more sriracha or lime to taste

\*\*Jicama is a light brown tuber and also known as “Mexican potato” or “yam been”

-they are high in Vit C, antioxidants and fibre

-can be eaten raw in salads, or mix it in with home made salsa

-dip them in hummus

-can be cooked in soups, stews, stir fries or saute with onions and garlic to make hash browns