

Ken's Cucumber Salad

2 seedless **cucumbers** thinly sliced
2 medium **tomatoes** seeded and cubed
1 small bunch sliced **scallions**
Add **rice wine vinegar** to taste

Kristin T.'s Portobello Mushrooms

8 lg. Portobello **mushrooms** cleaned w/ damp towel de-stem. Place in baking dish. Then mix:
3T. EVOO 3T. **balsamic vinegar** 2 t. **rosemary** (or any herb you wish preferably fresh) w/ **sea salt** and **pepper**
Brush over mushrooms. Bake 350 F for 30 minutes.

Melinda's Meatballs and Gravy

Combine: 2 lbs. **ground beef** 1 lb. **ground veal**
1 lb. **ground turkey** w/ 3t. minced **garlic** ½ t. **oregano**
1T. **parsley** 1 small **onion**. Mix w/ hands. Roll into balls. Brown in skillet w/ olive oil. Transfer to crock pot.

Saute`: 1 lb **ground beef** w/ 1 small **onion** and 6 cloves of **garlic**
Add: 2 cans Pomodoro Pelati brand **peeled tomatoes** (squished w/ hands) Add: 1 can tomato puree.
Simmer 5 hours add to meatballs.

Jen-Jen's Tomato Basil Soup

Saute` 1 small diced **onion** w/ 2 cloves minced **garlic** in olive oil until onions have softened.

Add and sauté 1 medium diced **carrot** 2 ribs sliced **celery**. Pour in 400g can **diced tomatoes** and 1 c. **vegetable stock** .

Simmer until tender (10-15 minutes).

Add ½ c. fresh chopped **basil**

Add salt and pepper to taste. Cool. Puree w/ food processor or blender.

Mom's Broccoli Soup

Saute` 1 small chopped **onion** w/ 4 slices high quality **bacon** season w/ salt, pepper and red **pepper flakes**. Add 2 cloves minced **garlic** (don't scorch).

Stir in 2 c. high quality **chicken stock** and 2 **bay leaves**. Chop and add 3 lg. heads of broccoli.

Simmer for @ 15-20 minutes. Transfer to food processor or blender. Add stock if too thick.

Eileen's Chicken Marbella Paleo Style

3 pounds **chicken tenders** that have been soaked in salt water for a few hours then rinsed and patted dry
Season w/ sea salt & pepper. Place in lg. bowl.

Add:

1c. pitted **prunes** 1 c. **green olives**

½ c. **capers** 4 **bay leaves** 1T. **thyme**

1 medium **head garlic** peeled and minced ½ c. **red wine vinegar** 2 c. high quality **chicken stock**

Cover. Marinate 24 hours in fridge. Stirring occasionally.

Bake in a lg. shallow baking dish 350F @ 40 minutes.

Baste occasionally. Can be serve hot or cold.

C.C.'s Bacon & Deviled Egg Salad (no mayo)

Hard boil **6 eggs**. Chill. Peel. Slice in half horizontally.
Salt & pepper whites – set aside.

Remove yolks, mash. Whisk 1 ½ t. **Dijon mustard**, 1 ½ t. **white vinegar**, sea salt, black pepper to taste and 1 T. olive oil.

Crisp 3 oz. chopped **bacon**, drain on paper towel. Add ½ the bacon to yolk mixture. Stuff egg whites.

Arrange on a bed of **arugula** or watercress that has been dressed with 2 T. **chives**, oil and vinegar, salt and pepper. Garnish w/ **cherry tomatoes** ,bacon & **chives**

Pappas' Pulled Pork

The Rub:

Mix 1 teaspoon each:

whole **cumin seed** or ground cumin

whole **fennel seed**

whole **coriander**

Grind in food processor until powdery

Add 1 Tablespoon each:

Chili powder garlic powder smoked paprika

Whiz until it smells like BBQ potato chips!

Apply rub to 4-6 lbs of **pork** shoulder, loin or roast
(bone in or not). Place in crock pot w/1 lg. diced **onion**
2 shredded **carrots** 1 can (14.5 oz) **diced tomatoes**

Cook 5-6 hrs. on high or 8-10 hrs, on low.

Using 2 forks shred the pork. Serve piping hot.

Kimberly's Salmon Patties

Drain 2 cans (14-15 oz each) wild caught **salmon** in a medium bowl. Flake w/ a fork. Add:

2 beaten **eggs** ¼ c minced onions or **scallions**
2T. fresh **parsley** 1T. **mustard** ½ t. sea salt
½ t. ground black pepper ¼ c. **coconut flour**(more if needed)

Form 3 inch patties. Fry 5-7 minutes each side in high **quality cooking fat** (ghee, palm oil or non-hydrogenated lard). Drain Serve w/ lemon caper sauce...

Mimi's Lemon Caper Sauce

Whisk together:

½ c. homemade or high quality **mayonnaise** (no sugar or soy) Whole Foods sells Lemonnaise – excellent
2-3 T lemon juice w/ zest from **lemon** (enhances flavor)
1 T. **capers** (if lg. chop a bit) **mustard** to taste
Store in glass container – lasts one week in fridge.

Plentus & Ditty's' Chocolate Mousse

Mix in food processor or blender:

2 smashed ripe **avocados**

2 smashed ripe **bananas**

½ c. **coconut milk**

8 T. **cocoa powder**

½ t. **vanilla**

Place in glass rectangular dish. Chill several hours.

Layer w/ 2 **bananas** sliced then sprinkle 2 c. chopped **walnuts**.

Kimberly's Version of Grok Rocks

Melt in a double boiler:

500 grams high quality **dark chocolate** (at least 60-70% cocoa solids - 97% cocoa (unsweetened available at Whole Foods) was used for the party)

Dip in melted chocolate:

Dried **apricots** or any other dried fruit

Place on waxed paper. Chill.

Place mixed **dried berries and nuts** in small muffin tins drizzle the melted chocolate over until they set. Chill.

Jaime's Paleo Banana Bread

Combine in mixing bowl:

4 c. **almond flour** 2c. **coconut flour**
1 c. **dark chocolate chips** 1 t. sea salt 2 t. **baking soda**
1 t. **baking powder** (aluminum free)

In a separate bowl mix:

$\frac{1}{4}$ c. **honey** $\frac{1}{2}$ c coconut oil 2T. **vanilla**
6 high quality **eggs** 2 $\frac{1}{2}$ c. mashed **bananas** (@5)

Combine wet and dry ingredients with a spoon.

Bake in 2 loaf pans about 40 minutes @350. If using a bundt pan 350F for 45-50 minutes. If using 24 count small muffin tin about 25 minutes

Donkey's Spicy Pecan Encrusted Tilapia

Preheat oven to 375F

Coat baking sheet w/ coconut oil.

6 filets of any **mild fish** – tilapia works well- pat dry

Combine:

1/3 c. ground **pecans** (coarse) salt & pepper

1/4 t. **each of cumin, cayenne, paprika, garlic powder,**
curry, a pinch of **tumeric** for color – use less spices for a
milder flavor...more for more intense flavors

1 beaten **egg** in separate bowl for every six filets - dip
filet into egg then pecan spice mixture

Bake 375F 15-20 minutes...will be opaque and flaky

Melanie's Roasted Brussel Chips

Peel **Brussel sprout** leaves down to the core (toss that part). Toss w/ olive oil.

Place single leaves on baking sheet on a cookie sheet. Sprinkle with salt & pepper.

Bake 350F @ 5 minutes

(Keep a close eye on them taking them out as they turn brown and crispy.)

This is more of a snack than a side dish.

Jen Fugo's Crack-a-Mole

2 **avocados** 1 **lime** squeezed 1T. minced cilantro

1 t. **garlic powder** 1t. sea salt ½ t. **white pepper**

1 t. **cumin** ½ t. **chili powder**

Mash and mix. Serve w/ carrots or cucumbers or tomatoes.