



THE SLOW-CARB COOKBOOK

VOLUME 1

Simple Fat-Loss Recipes for
The 4-Hour Body, from Chefs,
Readers, Foodies, and more.



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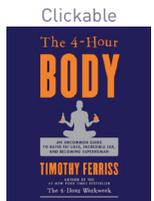
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Huey's Slow-Carb Scrambled Egg Breakfast

"A terrifically fast and simple breakfast that will keep you going until noon." —Huey Davies, www.litelifestyle.com

INGREDIENTS:

- ½ can of black beans
- 2 medium eggs
- 2 Tbsp of medium chunky salsa
- ½ Haas avocado

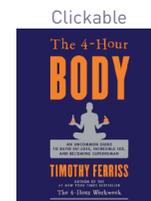
DIRECTIONS:

1. Place the black beans in a pan and set to low heat.
2. Break the two eggs in a bowl, add a splash of water, and beat them with a fork.
3. Heat a frying pan on medium heat with some vegetable oil.
4. When the pan is ready, cook the eggs until there is no liquid visible.
5. Pour the scrambled eggs and black beans onto a plate. Add the two Tbsp of salsa to the eggs, and the half of avocado. Enjoy!

ACTIVE COOKING TIME: 5 minutes

TOTAL TIME (START TO FINISH): 7 minutes

SERVINGS: 1



Eggs That Taste As Good As Bacon

“Smoked paprika adds a depth and complexity above what even chipotle peppers can offer, and the smokiness is reminiscent of — I kid you not — bacon. Needless to say, it is the perfect compliment to eggs.”

—Darya Pino, www.summertomato.com



INGREDIENTS:

1-2 Tbsp olive oil or butter
Fresh, pastured eggs
Smoked paprika
Salt and pepper

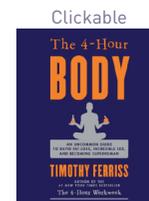
DIRECTIONS:

1. Start with high-quality eggs. Two factors have the biggest impact on egg flavor. The first is the diet of the hen that laid the egg, and the second is the egg's freshness. So, for best results, you want to find the freshest pastured eggs you can get your hands on. Pastured means the hens that lay the eggs are allowed to peck around on grass eating bugs and whatever else they find.
2. Once you have great eggs, fry them one at a time in 2 Tbsp olive oil or butter on medium-low heat and sprinkle with sea salt, course ground black pepper, and a pinch of smoked paprika.
3. Fry your eggs for just two minutes or so on each side, being careful to keep the yolk intact while turning. You really don't want to overcook eggs, which will turn them rubbery and ruin the effect. Enjoy!
4. There are a lot more details listed here <http://summertomato.com/how-to-make-eggs-taste-as-good-as-bacon/>

ACTIVE COOKING TIME: 5 minutes

TOTAL TIME (START TO FINISH): 7 minutes

SERVINGS: 1



Mini-Veggie Pancakes

“Ate them tonight with a glass of wine, and re-found my resolve! Next time I might add a small piece of low-fat feta cheese. Onwards and downwards – weight-wise, that is!” — **Adrienne**

INGREDIENTS:

¼ cabbage chopped rough
¼ onion chopped fine
1 whole egg
1 egg white, beaten
1 sundried tomato, chopped fine
¼ tsp paprika
¼ tsp mixed herbs
Salt

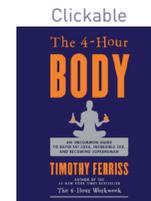
DIRECTIONS:

1. Mix all ingredients together in a bowl.
2. Heat a non-stick pan on medium to med-high heat.
3. Drop a tablespoon of mixture onto the pan, and press down lightly for a few seconds with a spatula.
4. Cook on one side, flip, and press down again until mixture is cooked through.

ACTIVE COOKING TIME: 10 minutes

TOTAL TIME (START TO FINISH): 10 minutes

SERVINGS: 4 pancakes



Omelet Muffins

Amy's muffins, made almost entirely from eggs, are little powerhouses of protein, fat, nutrients and flavor. Anything you love adding to an omelet—diced vegetables, meat, and some cheese if you're so inclined—you can add to this recipe to create your own personal omelet muffin. — **Submission from Amy Schoenherr**

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

6 eggs

¼-½ cup cooked meat, cut or crumbled
into small pieces

½ cup diced vegetables

¼ tsp salt

1/8 tsp ground pepper

1/8 cup mayonnaise

1/8 cup water

Optional: ¼ cup shredded cheese, onions,
and lightly drained salsa

DIRECTIONS:

1. Preheat oven to 350°F. Generously grease 6 muffin tins with butter or coconut oil or for easier removal line with paper baking cups. The baking cups also help the muffins hold their shape.
2. In a bowl, beat the eggs. Add meat, vegetables, salt, ground pepper, and any other ingredients and stir to combine.
3. Spoon or scoop into the muffin cups. Bake for 18–20 minutes until a knife inserted into the center of an muffin/ omelet comes out almost clean. The omelets will continue to cook for a minute or two after removed from the oven.
4. Remove the omelets from the muffin cups and serve, or cool completely and store for another day.

ACTIVE COOKING TIME: 5-10 minutes

TOTAL TIME (START TO FINISH): 30 minutes

SERVINGS: 6 egg muffin omelets

Bacon, Chicken, and Avocado Salad

Lauren Seaver had us with the first three ingredients in her salad: bacon, chicken, and avocado. What is there not to love? This is exactly the type of salad that satisfies our hunger and provides the type of protein and good fat we all need to get through the day. — **Submission from Lauren Seaver**
Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- ¼ lb bacon, or 4–5 slices, cut into ½-inch bits
- 8 boneless, skinless chicken thighs, chopped into 2 inch pieces, seasoned with salt and pepper
- 1 avocado – peeled, pitted and cut into 1-inch chunks
- 1 head romaine lettuce, chopped
- ¼ cup chopped red onion
- ½ cup chopped walnut

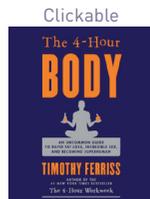
DIRECTIONS:

1. In a pan over medium heat, cook the bacon “bits” until crisp. Remove and set aside, but save the bacon grease in the pan.
2. Add the chopped and seasoned chicken thighs to the pan and sauté in the bacon grease. Cook the chicken and turn so that every side is browned. Allow it to simmer over low heat while you prepare the rest of the salad.
3. Toss the chopped romaine, avocado, chicken and bacon together. Top with red onion and walnuts. Dress with your favorite vinaigrette.

ACTIVE COOKING TIME: 20-30 minutes

TOTAL TIME (START TO FINISH): 20-30 minutes

SERVINGS: 4



Bacon, Egg, Avocado, and Tomato Salad

You've probably heard of BLTs and BLTAs, but have you heard of BEATs? Bacon, Egg, Avocado and Tomato salad is a favorite around here for breakfast, lunch, or dinner. Vanessa makes her version with a generous squirt of lemon that heightens the flavor and also cuts through the richness, lightening and brightening the salad. — [Submission from Vanessa Query](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 1 ripe avocado, chopped into chunks
- 2 hard boiled eggs, chopped into chunks
- 1 medium-sized tomato, chopped into chunks
- Juice from one lemon wedge
- 2-4 cooked pieces of bacon, crumbled (optional)
- Salt and pepper to taste

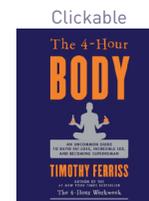
DIRECTIONS:

1. Mix all ingredients together, stirring not too much, but just enough to make some of the avocado and egg into mush.

ACTIVE COOKING TIME: 5-10 minutes

TOTAL TIME (START TO FINISH): 5-10 minutes

SERVINGS: 1



Cauliflower and Kale Salad

“This is one of my favorite salad recipes, combining the zing of fresh lemon juice and garlic with the crunchy texture of raw cauliflower and kale.” —Jaden Hair, www.steamykitchen.com



INGREDIENTS:

3 large kale leaves
½ head cauliflower
1 cup cherry tomatoes, halved
1 stalk, green onion, finely chopped
1 sprig fresh parsley, minced
2 Tbsp freshly squeezed lemon juice
1 garlic clove, finely minced
½ tsp kosher/sea salt (¼ tsp table salt)
Freshly ground black pepper
2 Tbsp extra virgin olive oil

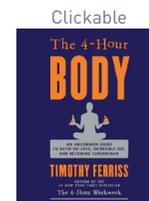
DIRECTIONS:

1. Tear the soft leaf of the kale away from the center stalk that runs throughout the length of the kale. Discard the tough stalk. Using a chef’s knife, finely chop the kale leaves. Rock back and forth with your knife over the leaves, like you are mincing. Add to a large bowl, along with the cherry tomatoes, green onion, and parsley.
2. Grate the cauliflower using the large holes of a box grater. Add to the bowl and mix.
3. In a small bowl, whisk together the lemon juice, garlic, salt, pepper and the olive oil. Pour dressing into the bigger bowl and toss gently. Taste and season with additional salt if needed.

ACTIVE COOKING TIME: 15 minutes

TOTAL TIME (START TO FINISH): 15 minutes

SERVINGS: 4-6



Creamy Chicken Tortilla Soup

“I make a batch of this every week. Just ladle out a portion for lunch or a snack. This keeps me from foraging through the pantry when I come home really hungry.” —**Judy Hoehn**

INGREDIENTS:

2 cans of chicken broth
1 can of refried beans
2 cans of Rotel tomatoes
½ can of black beans
1 can of Mexican or southwest corn
(drained) (optional)
1 rotisserie chicken chopped up, skin
removed

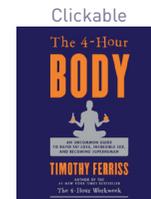
DIRECTIONS:

1. Whisk chicken broth with refried beans.
2. Add rest of ingredients and stir together.
3. Heat thoroughly on stove, or heat a serving in the microwave.

ACTIVE COOKING TIME: 10 minutes

TOTAL TIME (START TO FINISH): 10 minutes

SERVINGS: 6-8 .



Curried Salmon Salad

For busy college students like Amy McMillin, easy-to-prepare meals that make the most out of a limited food budget are a necessity. “I like to make salads with fewer ingredients using unique combinations,” Amy told us.

— Submission from Amy McMillin

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 1 4–6 oz salmon fillet (for anyone on a tight budget, consider using canned salmon instead)
- ½ tsp coriander
- ½ tsp cumin
- ¼ tsp garam masala
- ½-1 Tbsp coconut oil (for cooking fresh salmon)
- 2 cups romaine lettuce, shredded
- ½ avocado, cut into chunks
- 2 Tbsp sliced or slivered almonds
- 2–3 Tbsp chopped green onions

COCONUT MILK DRESSING:

- 2–3 Tbsp coconut milk (or more, depending on how much dressing you like in your salad)
- ½ tsp turmeric
- ¼ tsp cinnamon
- Dash of cayenne pepper
- Optional: ½ tsp of coconut flour to thicken dressing

DIRECTIONS:

1. Season salmon with coriander, cumin and garam masala then pan-fry the fillet in coconut oil.
2. Flake salmon into small pieces and mix with other ingredients.

TO MAKE DRESSING:

1. Whisk dressing ingredients together and drizzle over salad.

ACTIVE COOKING TIME: 10-20 minutes

TOTAL TIME (START TO FINISH): 10-20 minutes

SERVINGS: 1

Italian Sausage Meatballs with Fresh Herbs

“Mmm” is likely to be the first thing out of your mouth when you take a bite, thanks to a flavorful combination of ground beef (or bison) and sweet Italian sausage. You can also do what Shalon does and keep your freezer well-stocked; whenever hunger hits, defrost a few for a convenient protein-packed snack. — [Submission from Shalon](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 1 lb ground beef (or bison)
- 1 lb sweet Italian sausage
- 2 cloves garlic, minced
- 1 sprig fresh rosemary, minced
- 3 sprigs fresh thyme, minced
- 1 long sprig fresh oregano, minced
- ¼ cup roughly chopped flat leaf parsley
- ½ small yellow onion, roughly chopped
- ½ cup almond meal
- 2 eggs, whisked
- 1 tsp red pepper flakes
- Black pepper
- ¼ cup cream (optional)
- ½ cup finely shredded parmesan (optional)
- ¼ cup bacon fat

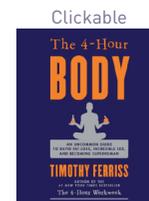
DIRECTIONS:

1. Remove the Italian sausage from its casing. Mix all of the ingredients, except bacon fat, together until well combined. With lightly oiled hands, roll the meatballs into the desired size.
2. To cook, heat bacon fat in a saute pan over medium to medium-high heat. Once hot, add the meatballs. Fry 5–7 minutes, until bottom is browned.
3. Turn meatballs to opposite side and fry until that side is nicely browned, another 5–7 minutes. Cut one open to determine if it is fully cooked on the inside. If not quite done, turn heat to low and cover pan for a few more minutes or put meatballs in a warm oven while you fry another batch.

ACTIVE COOKING TIME: 10-15 minutes

TOTAL TIME (START TO FINISH): 20-30 minutes

SERVINGS: 20 large or 30 medium meatballs



Lamb's Lettuce and Spinach Salad

Lamb's Lettuce (or mâche, or field greens, or Rapunzel...) is unique not only for its delicate rosette shape, but also for its buttery texture. It's usually served in salads, but can also be thrown into soup or wilted slightly in a quick sauté with oil. — **Submission from Richard Freund**
Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

1-2 cups Lamb's Lettuce
1-2 cups raw spinach
½-1 cup grated red cabbage
½ lb wild salmon fillet
Olive oil

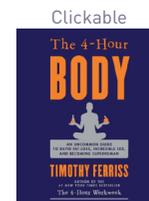
DIRECTIONS:

1. Although the salmon can be cooked any way you like, poaching is a quick and easy method. Preheat the oven to 350°F. Place the salmon in a baking pan with just enough water to cover the bottom of the pan. Cover with foil and bake until done, approx. 10 minutes for a ½ lb fillet.
2. Mix together the greens, top with salmon, and drizzle olive oil on top.

ACTIVE COOKING TIME: 5-10 minutes

TOTAL TIME (START TO FINISH): 15-20 minutes

SERVINGS: 1



Leon's Lentils

“One bag of lentils can last me almost a week, and really helps with keeping me full.” – **Shrinking Leon**

INGREDIENTS:

2 Tbsp of Olive Oil
2 tsp of chopped garlic
2 cans of beef broth
Rosemary
1 bag of Italian lentils

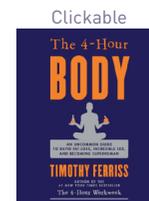
DIRECTIONS:

1. Pour 2 Tbsp of olive oil into a saucepan, along with 2 tsp of chopped garlic. Sauté the garlic for a minute or two.
2. Pour two cans of beef broth in the saucepan, and let everything boil for about 5 minutes.
3. Sprinkle a bit of rosemary and Italian seasoning into the broth.
4. Add 1 cup of water.
5. Rinse the lentils (no need to soak them like other dry beans) and pour them into the broth. Cook the lentils at a medium heat for about 20-30 minutes until they are soft.

ACTIVE COOKING TIME: 5-10 minutes

TOTAL TIME (START TO FINISH): 35 minutes

SERVINGS: 1 bag of lentils



Simple Spinach Salad with Grilled Steak and Raspberry Vinaigrette



Steak is the protein of choice for this salad, because as Reni says, “We ALWAYS have leftover steak.” Yet another simple but genius reminder: the best protein for a salad is often whatever is leftover from dinner the night before. So go ahead, throw chicken or salmon or any other leftover protein into this salad. The raspberry vinaigrette, although bold, is surprisingly versatile and will pair well with just about anything. — [Submission from Reni Westmoreland](#)
Recipe courtesy of [Mark's Daily Apple](#)

INGREDIENTS:

3 cups baby spinach
 A few slices red onion
 Small handful walnuts
 Small handful pecans
 4 oz grilled steak or other protein

RASPBERRY VINAIGRETTE:

¼–½ cup raspberry vinegar
 ½ cup olive oil
 1 Tbsp Dijon mustard
 1 tsp minced garlic
 ½ tsp salt
 ½ tsp pepper

DIRECTIONS:

1. Put spinach in a bowl and mix with nuts and onions.

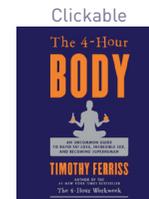
TO MAKE DRESSING:

1. Mix together dressing ingredients. Add dressing to taste. Lay thinly sliced steak on top, either cold or warmed up. Enjoy!

ACTIVE COOKING TIME: 5-10 minutes

TOTAL TIME (START TO FINISH): 5-10 minutes

SERVINGS: 1



Thai-Inspired Salad of Awesome

Tara's Thai-inspired dressing has all those delicious salty, sour, spicy flavors inherent in Thai cuisine. A key ingredient is fish sauce, and while that might not sound appealing, fish sauce is one of those secret ingredients that heightens flavor in a good way. We topped the salad with chopped, grilled chicken breast for protein, although thin slices of steak (or maybe shrimp) would be delicious, too. And, as Tara says, "some grated coconut on top of the salad would not be amiss." — [Submission from Tara Gravenstine](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 1 bunch spinach, roughly chopped
- 2 cups loosely packed fresh mung bean sprouts (optional)
- 1 cup snow peas, julienned (i.e. cut into matchsticks)
- 1 small can bamboo shoots (or water chestnuts), julienned
- 1 red bell pepper, julienned
- 1 bunch scallions, julienned or chopped
- ½ cup chopped cilantro
- ½ cup chopped basil
- ⅓ cup chopped mint

1 avocado, diced

2 medium tomatoes, diced

THAI-INSPIRED DRESSING:

- Juice and zest of 2 limes
- ½ cup olive oil
- 2 tsp fish sauce
- 1 tsp soy or tamari sauce
- 2 tsp finely minced garlic
- 2 tsp ginger juice* (or grated ginger root)

ACTIVE COOKING TIME: 10-15 minutes

TOTAL TIME (START TO FINISH):

10-15 minutes

SERVINGS: 4-6

DIRECTIONS:

1. Chop, julienne, and mix ingredients together. Drizzle with Thai-inspired dressing.

TO MAKE DRESSING:

1. Combine all ingredients in a bowl and mix.
2. *Ginger juice can be made by chopping up ginger and squishing it in a mortar and pestle, or in a bowl with a spoon.

Zesty Lemon-Lime Seafood Salad with Homemade Salsa

Michelle admits this is her favorite salad not only because it's a flavorful protein boost, but also because she loves making people at work jealous with her salad creations. "It encourages them to make salads for lunch themselves," she explains, "instead of hitting the truly frightening cafeteria." Luckily, Michelle's recipe serves four, so you just might have enough to share with those jealous co-workers... — **Submission from Michelle DeLorenzo**
Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

½ lb cooked lump crabmeat (or lobster meat)
 ½ lb cooked shrimp
 ½ lb cooked sea scallops
 1 Tbsp of chopped fresh tarragon
 2 Tbsp of lemon juice
 ½ tsp red pepper flakes
 Tabasco sauce, to taste
 Salt to taste
 2 avocados
 Your favorite greens

DIRECTIONS:

1. In a medium bowl, combine seafood, tarragon, lemon juice, red pepper flakes and Tabasco sauce and place in the refrigerator for 20 minutes to chill.
2. To make salsa: Combine all the salsa ingredients. For a chunky salsa, stir the ingredients in a bowl. For a smooth salsa, blend in the blender. Letting the salsa sit for a while helps the flavors blend.
3. Cut the avocados in half, remove the pits, and gently scoop the meat out of the shells, keeping the shape intact. Slice each avocado half into thin slices.

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SALSA:

1 medium onion, chopped

2 ½ cups coarsely chopped roasted tomatoes**

2 garlic cloves, finely chopped

¼ cup coarsely chopped cilantro

2 Tbsp lime juice

1 tsp olive oil

Salt to taste

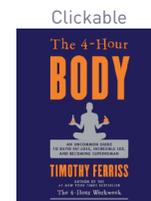
To spice it up, add hot sauce or finely chopped jalapeno to taste

4. Place your greens of choice in four bowls and top with ¼ of the seafood mixture, ¼ of the salsa, and fan the avocado slices on top.
5. **The salsa can be made with raw tomatoes, but if you'd like to roast them for more flavor, start by preheating the oven to 375-400°F. Slice each tomato in half and drizzle with olive oil. Roast for at least 1 hour, until tomatoes are soft. Longer roasting evaporates some of the moisture and intensifies the flavor.

ACTIVE COOKING TIME: 15-20 minutes

TOTAL TIME (START TO FINISH): 15-20 minutes

SERVINGS: 4



Aromatic Whole Grilled Chicken

As reader Rich Freund pointed out when submitting the following recipe, meals like whole roasted chicken are just as good, if not better, when cooked on a grill. The trick lies in a culinary technique with an extremely technical term: spatchcocking (we swear we did not make that term up). Spatchcocking involves slicing the bird down the backside to remove the backbone before cooking. This makes a chicken more flexible so you can flatten the bird out, insuring that all parts cook evenly. — **Submission from Rich Freund**

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 1 whole chicken
- 1 Tbsp salt
- 1 Tbsp ground pepper (try a mix of white and black)
- 1-2 Tbsp smoked sweet paprika (or just sweet paprika if you can't find the smoked variety)
- 1 Tbsp chili powder
- 1 Tbsp garlic powder or dried minced garlic
- 1 tsp turmeric

DIRECTIONS:

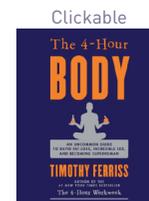
1. Get the grill started first, so it comes up to at least 325°F before you put the bird on.
2. Mix the dry ingredients together and set the rub aside.
3. Set the chicken breast-side down and remove anything that's inside the cavity.
4. Using a sharp knife or kitchen shears, cut down each side of the backbone to remove it. The backbone runs right down the middle of the chicken.
5. When the backbone is removed, the chicken will fold open. Rub the bird with olive oil then rub the spice mix generously all over the bird.
6. Cook the chicken with the grill lid on, checking and turning the bird every 15 minutes. Watch out for flare-ups and try to avoid letting the chicken come in direct contact with flames. Cook until an internal temperature of at least 165°F is reached.

ACTIVE COOKING TIME: 10-15 minutes

TOTAL TIME (START TO FINISH): 30-45 minutes

SERVINGS: 4-6

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Baked Fish in Parchment

“This is one of the healthiest ways to prepare fish. The bonus is that the recipe is a one-dish meal (well, okay, one-pouch meal).” [Recipe adapted from Cooking Know How cookbook by Bruce Weinstein and Mark Scarbrough.] —Jaden Hair, www.steamykitchen.com



INGREDIENTS:

Two 16-inch parchment paper sheets (or tin foil)
 2 rosemary sprigs (or cilantro or parsley or thyme)
 1 5-6 oz. skinless fish fillet
 ½ cup diced zucchini
 3 cherry tomatoes, halved
 2 small artichoke hearts (canned) quartered
 1 Tbsp dry white wine
 Salt and pepper
 Squeeze of fresh lemon juice

DIRECTIONS:

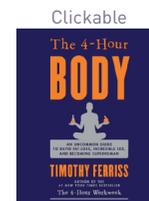
1. Preheat your oven to 450°F. Lay one parchment paper over another, long side of the paper horizontal. Lay herb sprigs in middle of the parchment. Season fish on both sides with salt and pepper. Lay fish on top of the herb sprigs. Spoon the zucchini, tomatoes, and artichoke hearts over the fish. Season the vegetables with a pinch more of salt and pepper. Pour the white wine over everything.
2. Seal the packet closed by rolling and crimping the long sides together over the fish and vegetables [Note: A step-by-step video on how to fold the parchment pouch is available here: <http://steamykitchen.com/7458-baked-fish-parchment-recipe.html>]. Then roll and crimp the ends closed so no steam can escape. Place on baking sheet.
3. Bake for 10-15 minutes, until the fish is cooked through. Timing depends on thickness of fish: 10 minutes for ½-inch fillet, or 15 minutes for 1-inch fillet. If you are cooking more than one packet, add another minute to cooking time for each additional packet. Just before serving, carefully open the packet (hot steam!), and add a squeeze of lemon juice over everything.

ACTIVE COOKING TIME: 15 minutes

TOTAL TIME (START TO FINISH): 20 minutes

SERVINGS: 2

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Cajun Blackened Chicken Livers with Lemon and Garlic

Nicola Aylin's easy and richly flavorful recipe combines an array of spices with chicken liver and fresh greens doused in lemon, garlic and butter. Laying the liver on a bed of salad greens lightens up the dish and makes Cajun Blackened Chicken Livers with Lemon and Garlic the perfect summer lunch or dinner. — [Submission from Nicola Aylin](#)
Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

1 lb chicken livers

CAJUN DRESSING:

1 Tbsp sweet paprika

1 tsp cayenne pepper

1 tsp garlic powder

1 tsp onion powder

3/4 tsp black pepper

3/4 tsp white pepper (optional)

1/2 tsp dried thyme

1/2 tsp dried oregano

1/2 tsp salt

2 Tbsp butter or olive oil

6 cups spinach leaves, lettuce leaves, or
 half a head iceberg lettuce (shredded)

1 Tbsp butter or olive oil

Juice of one lemon

1 clove of garlic, crushed

DIRECTIONS:

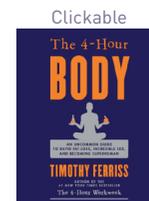
1. Trim chicken livers, discarding connective tissue and separating larger livers into two lobes.
2. To make Cajun seasoning, mix together paprika, cayenne, garlic and onion powders, black and white peppers, thyme, oregano and salt.
3. Add livers to the seasoning mixture and toss to coat, then brush livers with either melted butter or olive oil.
4. Choose one of the two cooking methods below:
 - a) Preheat broiler to highest setting. Place liver on a rimmed baking sheet and on top rack in oven, broil under high heat. Turn once, until blackened on outside and centre of thickest part is pink, about 8 minutes. Or...
 - b) Place chicken livers in a cast iron pan pre-heated to medium and cook on both sides, about 2–3 mins per side.
5. Place hot chicken livers on lettuce or spinach.
6. Combine butter or olive oil, lemon juice, and 1 clove of crushed garlic in a hot pan until garlic is very lightly browned, then drizzle over livers and greens as a warm dressing.

ACTIVE COOKING TIME: 15-20

TOTAL TIME (START TO FINISH): 15-20

SERVINGS: 2-3

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Chicken and Spinach Dhansak

— Lloyd

INGREDIENTS:

1 lb chicken breast
6 Tbsp vegetable oil
1 large onion (sliced into fine wedges)
½ tsp salt
1 tsp of chili powder
2 green chilies, finely chopped
1.5 tsp of garam masala
2 cups lentils
2 fresh garlic cloves, minced
Pinch of ground fenugreek
2 Tbsp of lemon juice
Handful of finely chopped coriander

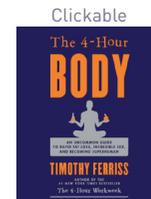
DIRECTIONS:

1. Wash the chicken and slice it into small pieces.
2. Heat the vegetable oil in a large, deep frying pan, and add the onions. Keeping a low heat, wait 5 minutes for the onions to start melting.
3. After 5 minutes, increase the heat to a medium level and wait for the onions to become slightly golden in color.
4. Add the salt, chili powder, turmeric, chopped green chilies, and garam masala. Stir all of them into the onions. Continue cooking for 5 minutes, stirring frequently.
5. Add the lentils.
6. Increase the heat again, and add the chicken breast along with the fenugreek and garlic. Stir for 5 minutes.
7. Add 2 cups of water.
8. Put in the lemon juice and half of the coriander. Bring to a boil for 5 minutes, then reduce heat.
9. Cook the curry for 15 minutes.
10. Skim off any excess oil and sprinkle in the remaining coriander.

ACTIVE COOKING TIME: 10-15 minutes

TOTAL TIME (START TO FINISH): 35-40 minutes

SERVINGS: 1-2



Garlic Pulled Pork

Search through a few cookbooks or food blogs for a pulled pork recipe and you'll find that everyone has a slightly different approach. We like the approach Pat "Allbeef Patty" Levine submitted because it's straightforward, fool-proof, and still has tons of flavor. — [Submission from Pat Levine](#)
Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

1 pork shoulder cut (butt or picnic), weighing 3–4 lbs
 1–2 Tbsp kosher salt
 ½ tsp cumin
 1 tsp of black pepper
 1–2 Tbsp of granulated garlic or garlic powder
 Optional: 6 fresh garlic cloves, peeled
 Juice of one lime
 1 onion
 1 bay leaf

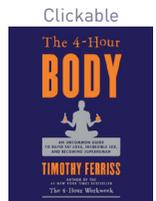
ACTIVE COOKING TIME: 10-15 minutes

TOTAL TIME (START TO FINISH): 4 to 5 hours (30 minutes for marinade)

SERVINGS: 6-8

DIRECTIONS:

1. Mix together salt, cumin, black pepper and granulated garlic. Juice the lime over the seasonings and rub the mixture all over the pork. If you love garlic as much as Pat does, you might want to use fresh garlic, too.
2. Optional: use a knife to slice six thin cuts in the pork and push each clove securely inside each cut. You don't want the fresh garlic to fall out and touch the cooking vessel or it will burn and affect the flavor of the meat.
3. The meat should marinate out of refrigeration for a half hour before you put it in the oven. This ensures that it will cook evenly throughout. If you want to let the meat marinate in the rub longer than this, put it in the fridge for an hour or even overnight.
4. When you're ready to cook, preheat the oven to 250°F. Place the roast in a pan with one sliced onion and a bay leaf. Cover and roast for three to four hours, or until the middle of the roast reads about 190° and falls apart easily when pulled with a fork.
5. Let the roast rest for twenty minutes or so, then uncover. You'll notice a lot of liquid at the bottom. Use it as a sauce for the meat, which you will now viciously attack with two forks. It'll fall apart pretty readily, and you'll get the idea of the shredding method after a couple of pulls. Enjoy!



Healthy Baked Chicken

“Healthy eating can be delicious. Here is one of my favorite ways to prepare chicken that will have your whole family asking for more!” —Isabel De Los Rios

INGREDIENTS:

- 1-2 Tbsp unrefined, organic coconut oil
- 1 tsp organic minced garlic
- 1 tsp Celtic sea salt
- 3-4 lb whole chicken
- 1 whole lemon
- 1 whole red onion

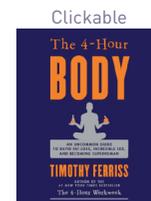
DIRECTIONS:

1. Mix the coconut oil, garlic, and sea salt in a bowl.
2. Preheat the oven to 375°F . Rinse the whole chicken and transfer it to an oven safe pan. Coat the chicken with the coconut oil mix.
3. Cut the lemon into 4 slices. Put the lemon slices under the chicken, and spread apart around the chicken.
4. Cut the red onion into 4 parts, and put it in the chicken cavity.
5. Put the chicken in the oven at 375°F and cook for 90 minutes.

ACTIVE COOKING TIME: Less than 10 minutes.

TOTAL TIME (START TO FINISH): 1 hour and 40 minutes

SERVINGS: 4-8



Mediterranean Stuffed Pork Loin

A pork loin is a fine cut of meat, tender and easy to cook, but because it's the leanest cut of pork it also tends to be the least flavorful. This is where Jade steps in with a perfect solution: stuffing. Breadcrumbs are nowhere to be found in his rich and flavorful filling that evokes the best of Mediterranean cooking. — [Submission from Jade Kendall](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

1–2 lbs pork tenderloin
 1 red pepper, finely chopped
 1–2 garlic cloves, finely chopped
 6 oz spinach
 ¼ cup chopped almonds
 Pitted kalamata olives
 Olive oil or butter for sautéing
 Optional: ¼ cup crumbled Feta cheese

ACTIVE COOKING TIME: 15-20 minutes

TOTAL TIME (START TO FINISH): 1 to
 1½ hours

SERVINGS: 3-6

DIRECTIONS:

1. Drizzle some olive oil or butter in a frying pan over medium heat. Add red peppers and garlic to the pan. After a few minutes add the spinach and cook until it wilts. Remove from heat.
2. Butterfly cut the pork tenderloin (cut vertically down the middle until almost through, but not quite through the pork). Place saran-wrap over the butterflied pork and pound it as flat as you can without breaking through the pork (use a meat tenderizing hammer for best results).
3. Once the pork is thin, add the ingredients from the pan on top of the pork, spreading it all over. Add the almonds, and optional feta cheese and olives.
4. Gently roll the pork into a tube/roll. If you are using a smaller pork loin, or were not able to pound it very thinly, you may just be folding the loin over rather than rolling it. In this case, securing the loin with toothpicks or kitchen twine will be necessary.
5. Drizzle the pork with olive oil and butter and bake at 375°F for about 40–60 minutes (depending on the size of the pork roll). When the pork is cooked to your liking, let it cool slightly and then slice.

Pork Tenderloin with Cilantro Pesto

While the flavor mostly comes from the cilantro and ginger, the almond butter and coconut milk add just the right amount of creaminess. — [Submission from Susan Rosenberg](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 2 lbs of pork tenderloin
- 4 Tbsp olive oil
- 2 tsp sesame oil
- 2 Tbsp rice wine vinegar
- 2 cloves of garlic, chopped
- 1 inch fresh ginger, peeled and chopped

CILANTRO PESTO

- 1 bunch of cilantro, leaves only
- 2 large garlic cloves
- 1-inch piece of ginger, peeled and sliced thin
- 1 Tbsp fish sauce
- ¼ cup olive oil (or less, to taste)
- 1 tsp sesame oil (or more, to taste)
- ¼ cup almond butter
- 1 tsp honey (optional)
- ½-1 cup coconut milk
- Sea salt to taste

DIRECTIONS:

1. Slice the tenderloin into rounds of 1-inch thickness. Mix oils and vinegar, add garlic and ginger. Marinate the pork slices in a non-reactive glass container for at least 2 hours or overnight, turning at intervals to marinate both sides of the slices.
2. To cook the pork, heat some coconut oil, lard, or olive oil in a large skillet over medium-high heat. Quickly sear the slices, turning once, until just cooked through. Do not crowd the pan, cook in batches as needed so they sear and don't steam. Keep each batch warm in a warm oven or covered in foil wrap.

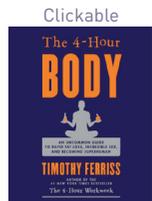
TO MAKE PESTO: Blend sauce ingredients in blender or food processor until smooth, adding coconut milk until preferred consistency is reached.

TO SERVE: Put a few slices of pork on a plate with a little bit of pesto on each slice, or serve pesto on the side. (A little pesto goes a long way, flavor-wise.) Serve with cooked greens with sesame seeds and sliced red peppers for a nice color combo.

ACTIVE COOKING TIME: 30-45 minutes

TOTAL TIME (START TO FINISH): Minimum 2 ½ hours (2 hours for marinade)

SERVINGS: 8



Shepherd's Pie

Alone, ground meat and frozen vegetables may not seem like anything special, but when combined with the cauliflower puree in Shepherd's Pie, the result is the type of home-cooked meal all of us wish was waiting for us at the end of a long day. — **Submission from Cherie Randall**

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

- 1 head cauliflower
- 4 Tbsp butter
- 1–3 Tbsp cream (optional)
- Salt & pepper taste
- 3 Tbsp olive oil
- 1 medium onion, chopped
- 1 cup frozen organic peas & carrots, thawed
- ¾ cup frozen organic green beans, thawed
- 1 lb ground grass-fed beef or bison
- 1 Tbsp coconut flour or almond flour
- ¾ cup beef stock or broth
- 1 Tbsp chopped fresh thyme or 1 tsp dried
- 1 Tbsp chopped fresh rosemary or 1 tsp dried

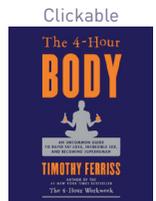
DIRECTIONS:

1. Preheat oven to 400°F. Break the cauliflower into chunky pieces and steam until just tender. Put in the food processor with 2 Tbsp butter and process until smooth. Add salt & pepper to taste. Optional: Add cream 1 Tbsp at a time until smooth but still fairly thick. Set aside.
2. Heat oil in a skillet over medium-low heat. Add onion and sauté several minutes until soft. Add beef and cook for about 5 minutes, stirring to break up the meat so it browns evenly. Add peas, carrots and green beans and cook another five minutes.
3. Stir in the coconut flour. Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes. Add salt and pepper to taste. Remove from skillet and put into a 9-inch pie pan. Spread the cauliflower over the top.
4. Scatter 2 Tbsp of butter cut into small pieces on top of the cauliflower. Bake 30–35 minutes.

ACTIVE COOKING TIME: 20-30 minutes

TOTAL TIME (START TO FINISH): 45-60 minutes

SERVINGS: 8 slices



Shrimp, Sausage, and Summer Squash Casserole

We were amazed by the way a few simple ingredients baked up into such a rich and satisfying dish. But what made us really happy was discovering a new, inventive way to cook up summer's seemingly endless bounty of squash. — [Submission from Rachel Virden](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

4–5 lbs yellow crookneck squash (or zucchini), sliced
 1 onion, finely chopped
 6 slices bacon, chopped into pieces
 ½ lb Italian sausage (spicy or regular)
 1 lb raw shrimp (peeled/deveined/tails off), chopped into bite-sized pieces
 2 eggs
 Butter, if needed for sautéing
 Optional seasonings: salt, pepper, Cajun seasoning or hot sauce

ACTIVE COOKING TIME: 20-30 minutes

TOTAL TIME (START TO FINISH):

50-60 minutes

SERVINGS: 6 to 8

DIRECTIONS:

1. Preheat oven to 350°F.
2. Cook the bacon and sausage together in a large soup pot or other deep pot. When fat begins to render, add the onion.
3. Sauté until bacon is slightly crispy, sausage is crumbled and cooked, and onion is soft. Add the sliced squash (it may be easiest to add it in several batches) and stir to coat with meat and rendered fat.
4. Turn the heat to high. If the sausage and bacon have not rendered enough fat to cook the squash, then add some butter to the pot. The squash is done once it is slightly browned and there is no liquid sitting in the pot. By this time, the squash will have reduced by about half.
5. Season with your choice of salt, pepper, Cajun seasoning and/or hot sauce.
6. Remove the pot from the stove and let it cool slightly.
7. Beat the eggs in a small bowl and pour over the squash mixture. Add the raw shrimp. Stir to combine all ingredients then pour into a casserole dish.
8. Bake until hot and bubbly, approximately 30 minutes. Enjoy!

Turkey Casserole

INGREDIENTS:

- 1 large yellow squash
- 1 lb of ground turkey
- 1 Tbsp Worcester and soy sauce (low sodium)
- Garlic (for taste)
- 1 square Pyrex pan
- Salt, pepper
- 2 cans pinto, navy, or black beans (pick your favorite)
- 3 cups broccoli
- ¼ cup of feta or goat cheese (optional)

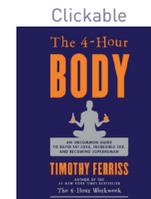
DIRECTIONS:

1. Slice up the yellow squash into thin strips, cutting sideways (Hint: cutting sideways = bigger circumference).
2. Fry up the turkey in the Worcester and soy sauce, until the turkey is brown (or just slightly pink) in the middle. Add in the garlic near the end, to prevent it from burning.
3. Line the bottom of the casserole dish with the squash slices, sprinkle with salt, pepper, and any other spices (rosemary, dill, cumin, are all good).
4. Spread turkey on top of slices; top off with beans, then broccoli. Spread evenly.
5. Sprinkle the cheese all across the top.
6. Cover with aluminum foil. Bake at 300°F for 1 hour, then check.

ACTIVE COOKING TIME: 15 minutes

TOTAL TIME (START TO FINISH): 1 hour, 15 minutes

SERVINGS: 3-6



Taco Rollups

"I really like meals I can make ahead so that I don't have to THINK about what I'm going to eat. This is a great "make-ahead" meal. If you like Tex-Mex, then you will love this because you stick to the plan and still feel like you are eating something yummy that you would normally eat (minus the sour cream and cheese)..."

—Anonymous

INGREDIENTS:

- 3 lbs ground turkey
- 2 packets of taco seasoning
- 2 cans of black beans (pinto, refried, or whatever beans you like)
- 1-2 cans of whole kernel corn (yellow or white)
- Several lettuce leaves
- Guacamole, salsa (optional)

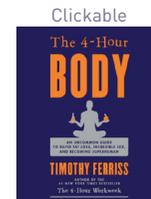
DIRECTIONS:

1. Brown ground turkey, add taco seasoning, and stir for a few minutes.
2. Add black beans (drained) and corn (drained).
3. Mix it all together and VOILA!
4. Roll it up in a lettuce leaf and eat like a taco, or eat it on top of the lettuce like a salad.

ACTIVE COOKING TIME: Less than 10 minutes

TOTAL TIME (START TO FINISH): 15 minutes

SERVINGS: 6-10



White Chicken Chili

—Anonymous

INGREDIENTS:

1 Tbsp olive oil
2 med onions (chopped)
4 cloves garlic (minced)
2 4-oz cans chopped green chilies
4 cups cooked chicken (chopped up)
2 tsp ground cumin
1.5 tsp dried oregano (crumbled)
¼ tsp cayenne or crushed red pepper
3 16-oz cans, Great Northern beans
(drained and rinsed)
6 cups chicken broth
Salt, pepper

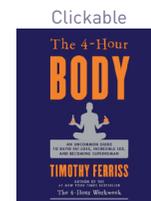
DIRECTIONS:

1. Heat oil in large heavy pot to medium/high.
2. Add onions. Sauté until translucent (about 10 minutes).
3. Add garlic, chilies, chicken, cumin, oregano, and hot pepper. Sauté for 2 minutes.
4. Add beans and chicken broth.
5. Bring to a boil, reduce heat, and simmer for 2 hours or longer.
6. Add salt and pepper to taste.

ACTIVE COOKING TIME: 15 minutes

TOTAL TIME (START TO FINISH): 2 hours, 15 minutes

SERVINGS: 4-8



Crockpot Chuck Roast

“So easy! Just open up three cans of soup and pour it over a chuck or rump roast. Set Crockpot on low and enjoy a really tender, flavorful roast for dinner.” —**Judy Hoehn**

INGREDIENTS:

- 1 chuck or rump roast
- 1 can beef broth
- 1 can French onion soup
- 1 can beef consommé

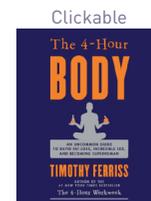
DIRECTIONS:

1. Put roast in Crockpot, and turn heat to low.
2. Pour the three cans over the roast.
3. Cook on low for about 8 hours.
4. That's it!

ACTIVE COOKING TIME: 5 minutes

TOTAL TIME (START TO FINISH): 8 hours

SERVINGS: Depends on size of roast.



Crockpot Pork-Stuffed Peppers

Katerina sometimes uses ground beef or a combination of ground meats. We can also imagine using diced tomatoes instead of paste and bold spices for those with a more adventurous palate. Left as is, however, this recipe will greet you at the end of the day with its comforting aroma, and provide a meal that the whole family will love. — [Submission from Katerina Shchylkunova](#)

Recipe courtesy of [Mark's Daily Apple](#)



INGREDIENTS:

2 lbs ground pork (or a combination of pork and beef)
 4 large green peppers
 1 large onion
 2 carrots
 4 cloves of garlic
 ½ head of cauliflower
 6 ounce can of tomato paste
 1 Tbsp dry oregano
 1 Tbsp dry or fresh tarragon
 Salt and pepper to taste

DIRECTIONS:

1. Cut the tops of the peppers and clean the seeds out. Arrange peppers in the Crock-Pot standing up and make sure they fit securely.
2. Grate onion, carrots, garlic and cauliflower in the food processor. You can also just chop them into small pieces with a knife if you don't have a food processor.
3. In a big bowl, combine ground pork, shredded vegetables, seasonings, and tomato paste. Add salt and pepper to taste.
4. Stuff the peppers with the mixture and arrange leftover meat between the peppers.
5. Add half a cup of water, cover, and cook on low for 8–10 hours. If you don't have a slow-cooker, the dish can be cooked in the oven, covered, for 1–2 hours.

ACTIVE COOKING TIME: 15-20 minutes

TOTAL TIME (START TO FINISH): 8-10 hours in crockpot (or 1-2 hours in oven)

SERVINGS: 4 stuffed peppers

Crockpot Turkey Chili

“Here is my take on the Turkey Chili recipe. It tastes FANTASTIC... There is a little prep work, but once you make it the first time, it’s no sweat after that.” —Matt

INGREDIENTS:

4 15-oz. cans of chili beans (2 black, 2 pinto)
1 can green chilies (diced or whole)
2 15-oz. petite diced tomatoes
1 zucchini (sliced)
Handful of mini carrots
Handful of spinach
½ butternut squash
½ acorn squash
1 lb ground turkey
4 Tbsp chili powder
1 Tbsp cumin
2 Tbsp Tabasco
2 Tbsp sea Salt
2 Tbsp pepper

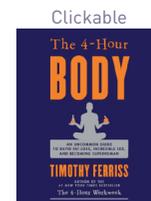
DIRECTIONS:

1. Put all ingredients into a Crockpot for 12 hours. Taste at 8 hours for salt and/or chili powder.
2. Enjoy!

ACTIVE COOKING TIME: 5-10 minutes

TOTAL TIME (START TO FINISH): 12 hours

SERVINGS: 4-8



Better-Than-Pasta Substitute: Summer Squash Noodles

“Shaved zucchini makes a quick, delicious and low carb pasta substitute. All you need is some summer squash, a vegetable peeler and a bowl (optional).” —Darya Pino, www.summertomato.com



INGREDIENTS:

2 cloves of garlic
 1 14 oz. can diced tomatoes
 1 medium fresh tomato
 ~10 leaves fresh basil
 Extra virgin olive oil
 2-4 summer squash such as zucchini
 Salt and pepper

ACTIVE COOKING TIME: 20 minutes

TOTAL TIME (START TO FINISH):

20 minutes

SERVINGS: 2

DIRECTIONS:

1. Run your garlic through a garlic press and place into a small bowl or cup. Add 1 Tbsp of warm water to the garlic, stir, and set aside.
2. Drain your tomatoes and reserve the liquid. Dice your fresh tomato into half-inch cubes.
3. Chop your basil. Leaves such as mint and basil are easiest to cut if you chiffonade them (i.e. slice into long strips) by stacking the leaves on top of each other and rolling them lengthwise like a cigarette. From there they are easy to cut into thin strips.
4. In a pan, heat 2 Tbsp of olive oil and add the garlic. Cook until fragrant but not brown (about 1 minute). Add the canned tomatoes and simmer until sauce starts to thicken (about 8 minutes).
5. While the sauce is simmering, peel squash (as demonstrated in this video: <http://summertomato.com/better-than-pasta-substitutes-summer-squash-noodle-recipe>). Sauté the squash ribbons in olive oil on medium heat. Sprinkle with salt and sauté for no more than 2 minutes. Do not allow them to brown or soften. Noodles should be brightly colored and al dente (i.e. firm, but not hard). Remove from pan and set aside.
6. When sauce starts to thicken, add fresh tomatoes and basil. Add some reserved tomato liquid if it becomes too thick to work with. Cook sauce another 3 minutes or so and salt to taste.
7. Toss the sauce with squash noodles and serve immediately.

Middle Eastern Stuffed Zucchini Boats

“Zucchini boats are fun to eat and this recipe will make 4 main dish or 8 side dish. I’ve used healthy ground chicken, but you can use any type of ground meat that you prefer.” —[Jaden Hair](#), www.steamykitchen.com



INGREDIENTS:

- 4 medium zucchini (about 6 ounces each)
- 1 Tbsp olive oil
- 1 red or yellow bell pepper, seeded and chopped
- ½ medium-size onion, chopped
- 2 cloves garlic, finely minced
- 1 pound ground chicken
- ¼ cup golden raisins
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp ground cinnamon
- 2 Tbsp pine nuts

DIRECTIONS:

1. Cut zucchini in half lengthwise. Using a small spoon, carefully scoop out flesh and seeds, leaving a ¼-inch-thick shell around edges. Discard flesh and seeds.
2. Place half of the zucchini, cut-side down, in an 11 x 7 x 2-inch glass baking dish. Add ½ cup of water and cover with plastic wrap, venting one corner. Microwave 4 minutes. Place cooked zucchini in a large baking dish. Repeat with remaining zucchini.
3. Meanwhile, heat oven to 400°F. In a large nonstick skillet, heat oil over medium heat. Add bell pepper, onion and garlic; cook 5 minutes, stirring occasionally. Crumble in chicken. Stir in raisins, salt, pepper and cinnamon. Cook 5 minutes, stirring occasionally. Turn off heat.
4. Fill each zucchini half with about ⅓ cup stuffing, then sprinkle the pine nuts over the tops. Bake at 400°F for 10 minutes or until the zucchini is cooked through.

ACTIVE COOKING TIME: 30 minutes

TOTAL TIME (START TO FINISH): 40 minutes

SERVINGS: 4-8

Roasted Curried Cauliflower To Die For

“For some reason, roasting cauliflower completely transforms it from a vegetable people don’t like into something they just can’t get enough of. The coolest part of all is that anyone (like ANYONE) can make this. The trick is to use a very hot oven, around 450-500° F .” —Darya Pino,

www.summertomato.com



INGREDIENTS:

1 large cauliflower (or several small ones), ~2 lbs
Curry powder
Olive oil
Kosher or sea salt

ACTIVE COOKING TIME: 45 minutes

TOTAL TIME (START TO FINISH):

45 minutes

SERVINGS: 4

DIRECTIONS:

1. Preheat oven to 500° F.
2. Break cauliflower into medium-small florets and place into large bowl or baking pan. Be sure the pieces are as evenly sized as possible, or they will cook unevenly. The smaller you make the pieces, the quicker they will cook and the more caramelized they will become (which I consider a good thing).
3. Drizzle cauliflower pieces generously with olive oil and season well with salt and curry powder.
4. Distribute evenly in a single layer at the bottom of a baking pan. If necessary, use a second baking pan to be sure the pieces aren't too crowded.
5. Cover the pans with foil and place into the oven.
6. Roast, covered for 10-15 minutes. The cauliflower should be slightly soft and start looking translucent. If not replace foil and cook another 5 minutes.
7. When the cauliflower has finished steaming, remove the foil and toss with tongs.
8. Continue to roast, stirring every 8-10 minutes until the tips of the cauliflower begin to brown and become crisp. Do this for approximately 30-35 minutes.
9. Adjust salt to taste (you will probably need another sprinkle) and serve.

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Want to submit your recipe? Click [here](#).