
Great Tasting Recipes

Posted by skinhealer - 2007/09/12 01:15

It can be difficult to find things that taste great when you are trying to eat healthy and detox. Besides loving skincare, I love to cook. When I did my last detox I was starting to get bored eating the same thing every day, so I created some recipes using the detox nutrition guidelines. Each of these recipes are free from wheat, dairy, soy, peanuts, and shellfish, which are a few of the foods that cause inflammation in the body. Please enjoy these, and feel free to add any of your favorite detox recipes too.

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Stuffed Tomatoes

Posted by skinhealer - 2007/09/12 01:52

This is a great treat for lunch or snack.

15-20 Roma Tomatoes cut in half and seeded
1 c Chopped roasted chicken breast
1/2 c Rosemary Quinoa (see recipe)
1/4 c Pesto (see recipe)

Mix together chicken, quinoa, and pesto. Stuff tomatoes with mixture and stand on baking sheet. (you may need to cut a bit off the end of the tomatoes to get them to stand up). Bake in oven at 350 for 30 minutes.

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Lemon Rosemary Quinoa

Posted by skinhealer - 2007/09/12 02:10

Quinoa (pronounced keen-wah) is a whole grain that is wheat and gluten free, and tastes great. It can be found at most health food stores like Wild Oats, or Trader Joes. You can even use this recipe to flavor Brown Rice.

1 c Organic Quinoa
2 c Organic Chicken Broth
1tsp Fresh organic Rosemary
1 tb Liquid Omega Fatty Acids 3,6,9
1/2tsp Salt
2 cloves Garlic
1/4 c Red onion, chopped
Rind from half of a lemon

Place Quinoa, garlic, and red onion in saucepan and sautee with 1 tb Liquid Omega Fatty Acids until onions are softened. Add chicken broth, rosemary, salt, and lemon rind and bring to a boil. Reduce to simmer, cover, and cook until all liquid is absorbed. (About 10-15 minutes)

RICE COOKER DIRECTIONS:

Quinoa can be prepared in a rice cooker, exactly like rice. You can sautee the Quinoa, onion and garlic, or you can save time by all ingredients to the cooker at once.

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Pesto

Posted by skinhealer - 2007/09/12 02:22

This recipe can be used with Brown Rice penne pasta or to add flavor to stuffed tomatoes. For best results, use organic produce wherever possible.

2 c Fresh Basil leaves
4 cloves Fresh Garlic
1/4 c Olive Oil
salt and pepper to taste

Combine ingredients and pulse in food processor or blender until basil and garlic are finely minced.

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