

PALEO CHICKEN NUGGETS

1 pound ground chicken

1 egg yolk

1 teaspoon onion powder

¼ teaspoon garlic powder

¼ cup + ½ cup almond flour

½ cup unsweetened shredded coconut

½ cup coconut oil

Salt & Pepper

Instructions:

Preheat oven to 375 degrees.

In a bowl combine ¼ cup almond flour, ½ cup coconut and salt & pepper. Mix to combine.

In a separate bowl, combine the ground chicken, ½ cup almond flour, onion powder, garlic powder, egg yolk and salt & pepper. Mix well until everything is incorporated.

In a sauté pan, melt coconut oil on medium heat. Take about 2 tablespoons worth of the chicken mixture and roll into a ball and then coat with the coconut and almond mixture. Repeat with the remaining chicken. You should make about 15 to 18 chicken nugget/balls.

In small batches place nuggets into heated coconut oil and cook on each side for about 3 to 4 minutes. Transfer balls to a parchment lined bake pan and place in oven for 4 to 5 minutes to allow the chicken to cook through. Repeat with the remaining chicken nuggets.

(Recipe from www.multiplydelicious.com)

PURPLE CABBAGE

Chop one head of purple cabbage into bit sized pieces. In large saute pan, heat 2 T coconut oil until melted. Add purple cabbage and saute until slightly tender. Add salt to taste, and 1 can of full fat coconut milk. Heat through and serve.

FAUX-TATOES

Lightly steam cauliflower. In high powered blender or food processor, add steamed cauliflower, butter, salt and 1 T full fat coconut milk. Whiz until smooth and serve!

EGGPLANT PIZZA

1 Large Eggplant, cut into 1 inch slices

1 c. gluten free seasoned bread crumbs

3/4 c. egg whites

1 c. marinara, spaghetti or pizza sauce** (recipe below)

1 c. organic shredded mozzarella cheese

Any additional toppings

Instructions:

Preheat oven to 350 degrees. Press each slice of eggplant with paper towel to remove excess moisture. Dip in egg whites and bread crumbs (each in separate bowls). Place on baking sheet. Drizzle with small amount of olive oil. Bake 10 minutes or until crisp on one side. Flip, drizzle with more olive oil (if desired) and bake an additional 5-8 minutes.

Top each slice with tomato sauce, toppings of choice and cheese. Bake additional 5 - 8 minutes until cheese is melted.

SPAGHETTI SAUCE

1 28 oz can crushed tomatoes

1 6 oz can tomato paste

1 tsp basil

1 tsp oregano

3/4 tsp garlic powder

salt to taste

Heat in sauce pan on stove to incorporate spices. Serve,

QUINOA

1 c. quinoa

1 1/2 c. cold water

salt, if desired

In large saucepan, bring the quinoa and water to a boil. Cover and reduce heat and boil approximately 15 minutes, or until all of the water is evaporated. Fluff with fork. Can be used in place of rice in any side dish

QUINOA SIDE DISH

1 onion, finely chopped

1 clove garlic, finely chopped

3 bell peppers, any color, chopped

Chopped mushrooms, if desired

Coconut oil

Saute the vegetables in coconut oil. When vegetables are to desired doneness, add cooked quinoa and spaghetti sauce. Heat through and serve. This mixture is delicious as is, in stuffed peppers, or on large portobello mushrooms :) Be creative! :)