

# Week 2 Meal Plan

## Day 1

- Breakfast* Akoori (Parsi Scrambled Eggs) with Shrimp
- Lunch* Borscht with Green Salad
- Snack* Guacamole with Carrot Chips (see page 388 of Your Personal Paleo Code)
- Dinner* Hungarian Goulash
- Side Dish* Boiled Yuca with Mojo

## Day 2

- Breakfast* Plantain and Sausage Mash
- Lunch* Pesto Chicken Salad Sandwich
- Snack* Taro Chips with Duck Fat
- Dinner* Paleo Hazelnut Crusted Halibut
- Side Dish* Celeriac and Rutabaga Purée

## Day 3

- Breakfast* Blueberry and Macadamia Smoothie
- Lunch* Gambas Ajillo with Pesto Salad
- Snack* Taro Chips with Duck Fat
- Dinner* Roast Chicken, Two Meals in One
- Side Dish* Creamed Collard Greens

## Day 4

- Breakfast* Blueberry and Macadamia Smoothie
- Lunch* Cream of Broccoli Soup
- Snack* Paleo Hummus with Vegetable Sticks and/or Romaine to Dip
- Dinner* Oven-Baked Tangy BBQ Pork Spare Ribs
- Side Dish* Fennel Celery Salad

## Day 5

- Breakfast* Fried Eggs over Spinach
- Lunch* Avoglemono Soup with Salad
- Snack* Paleo Hummus with Vegetable Sticks and/or Romaine to Dip
- Dinner* West African Chicken Stew
- Side Dish* Cabbage Bhaji

## Day 6

- Breakfast* Curried Celeriac and Eggs
- Lunch* Caesar Salad with Garlic-Poached Chicken
- Snack* Italian Spiced Almonds
- Dinner* Mexican Ground Beef, Kale and Sweet Potato Casserole
- Side Dish* Butternut Squash with Herbs

# Day 7

*Breakfast* Lebanese Cauliflower Omelet (Ijjit Qarnabit)

*Lunch* Cold Poached Salmon with Caper Paleo Mayonnaise and Salad

*Snack* Italian Spiced Almonds

*Dinner* Paleo Navarin of Lamb (Braised Lamb with Turnips)

*Side Dish* Sweet Potato Fries

# Week 2 Recipes

## Breakfast

### **AKOORI (PARSI SCRAMBLED EGGS) WITH SHRIMP**

This is a bold and spicy way to start off the day. Scrambled eggs taste best when they're still a bit moist, so avoid overcooking.

**Servings:** 4

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

#### **Ingredients:**

- 8 eggs
- 1 ½ cups shrimp, cooked and peeled
- ¾ teaspoon salt
- 3 tablespoons coconut milk
- 2 tablespoons lard\*
- 6 green onions, chopped
- 3 green chili peppers, seeded and chopped
- 1 teaspoon fresh ginger, grated
- ¼ teaspoon turmeric
- 3 tablespoons cilantro, chopped
- 2 tomatoes, diced
- ¼ teaspoon cumin
- cilantro leaves for garnish

\*Prepare lard on Sunday Week 1 (see page 389 in Your Personal Paleo code)

#### **Instructions:**

Beat eggs with coconut milk and salt. Set aside.

Heat lard in a sauté pan. Add green onions, chilies, and ginger, and cook at a medium heat until soft. Add turmeric, chopped cilantro, tomatoes, cumin and sauté for 2 minutes. Reduce heat to low and add the egg/shrimp mixture and using a wooden spoon gently

scrape from the bottom of the pan. Cook slowly until eggs set. While still creamy and moist, turn out the scrambled eggs onto a serving dish and garnish with a few cilantro leaves.

### **PLANTAIN AND SAUSAGE HASH**

Plantains are a good substitute for potatoes and can be cooked in many of the same ways. Always use green, hard plantains for cooking. If the plantains are ripe, their starch has been converted to sugar - the opposite of new potatoes.

**Servings:** 2

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

#### **Ingredients:**

- 1 tablespoon lard\*
- ½ pound ground sausage meat (preferably organic, no additives)
- 1 large onion, peeled, cut in half and thinly sliced
- 4 large green plantains, peeled and shredded
- 1 large garlic clove, crushed
- ½ teaspoon cumin seeds, crushed
- ½ teaspoon coriander seeds, crushed
- sea salt to taste
- black pepper
- cilantro, chopped to garnish

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

#### **Instructions:**

Heat lard in sauté pan over medium-high heat. Then add sausage and onion and cook until sausage is browned, about 10 minutes. Add shredded plantains and cook slightly. Then add garlic, cumin and coriander and cook until the plantains are soft, about 10 more minutes. Season with sea salt and pepper to taste and serve garnished with cilantro.

## **BLUEBERRY AND MACADAMIA SMOOTHIE**

You can't do any better than a smoothie for a quick, easy, and nutritious breakfast. Add this one to your regular line-up.

**Servings:** 1

**Prep time:** 5 minutes

### **Ingredients:**

- 1 cup of blueberries, fresh or frozen
- ½ cup of macadamia nuts, preferably soaked for 8 hours
- 1 cup almond milk
- ½ cup coconut milk
- 1 free-range, organic egg yolk (optional)

### **Instructions:**

Purée all ingredients in a blender until smooth. If smoothie is thicker than desired, add additional almond or coconut milk.

## **CREAM OF BROCCOLI SOUP**

Make this satisfying soup with your own homemade chicken stock (see page 390 of Your Personal Paleo Code). The coconut milk makes it extra creamy. I use bacon fat to sauté the veggies, which lends another layer of flavor.

**Servings:** 6

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

### **Ingredients:**

- 1 to 2 tablespoons traditional fat of choice
- ½ yellow onion or 2 shallots, chopped
- 2 stalks celery, chopped
- 4 to 5 cups chopped broccoli florets
- 2 cups chicken stock\*
- 1 cup coconut milk

- ¼ teaspoon white pepper (or black pepper)
- chopped parsley or chives for garnish

\*Prepare chicken stock on Monday Week 1 (see page 390 of Your Personal Paleo Code)

### **Instructions:**

Heat fat in a soup pot over medium heat. Add onion or shallots and celery and heat, stirring, until translucent. Add broccoli florets and chicken stock. Cover and cook for about 10 minutes, until broccoli is soft but not mushy. Remove from heat and allow to cool slightly.

You can use an immersion blender to purée the mixture in the soup pot; or, let cool further and carefully transfer to a food processor or blender, working in batches, and purée. Return soup to the pot, reheat if necessary, and stir in coconut milk and black pepper.

Serve garnished with chopped parsley or chives.

### **FRIED EGGS OVER SPINACH**

Italian-inspired flavors make for a perfect breakfast, snack, or satisfying meal any time of day. I like to use lard as my traditional fat of choice in this recipe. For the anchovy fillets, I recommend the Crown Prince brand, packed in olive oil and sold in glass jars, for its flavor and quality. Toast raw pine nuts before using, or see the instructions for a shortcut to give them a toasted flavor during cooking.

**Servings:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

### **Ingredients:**

- 1 tablespoon lard\*
- 1 clove garlic, peeled and minced
- 3 anchovy fillets, chopped
- 6 cups packed spinach, washed
- ¼ teaspoon nutmeg, freshly grated if possible
- 1 tablespoon pine nuts

- 2 eggs
- sea salt and fresh ground black pepper to taste

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

### **Instructions:**

Heat ½ tablespoon lard in a sauté pan over medium heat. Stir in the garlic and cook for about a minute, and then stir in anchovies. After a minute, add in the spinach and nutmeg.

Note: If you haven't toasted the pine nuts beforehand, toss them in with the garlic and anchovies right before you add the spinach and nutmeg, and they'll toast up nicely while the spinach cooks. Otherwise, add them at the very end.

Cover the pot and cook until spinach wilts, turning occasionally with tongs. Using remaining ½ tablespoon of lard, fry two eggs in a separate pan over medium heat. When spinach is ready, lift with tongs to shake out the excess liquid and divide between two plates, topping each portion with a fried egg. Sprinkle with black pepper, salt, or additional nutmeg if desired.

### **CURRIED CELERIAC AND EGGS**

What if huevos rancheros took a trip to India? They'd probably taste a lot like the spicy eggs in this recipe. If you like a milder taste, just tone down the chili powder and cayenne. These are excellent on their own, or can be served with sausage, bacon, or any leftover meat.

**Servings:** 4

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

### **Ingredients:**

- 3 tablespoons traditional fat of choice
- 1 onion, chopped
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 2 teaspoons garam masala

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne
- 1 teaspoon sea salt
- 2 pounds celeriac, peeled and cut into ½ inch cubes
- 1 ½ cups tomato purée
- 1 to 2 cups chicken stock\*
- 8 eggs
- ¼ cup chopped fresh cilantro

\*Chicken stock can be prepared on Monday Week 1 (see recipe on page 390 of Your Personal Paleo Code)

### **Instructions:**

Heat 1 tablespoon of fat in a pot over medium-low heat. Add the onion and cook for 6-8 minutes, until it begins to soften. Add the garlic and ginger, stir in well, and cook for 1 minute more. Stir in the ground spices: garam masala, cumin, chili powder, cayenne, and the salt. Add the celeriac, tomato purée, and stock.

Stir well, cover, and cook at a gentle simmer for 10 minutes or until the celeriac is tender. Stir frequently to prevent sticking at the bottom of the pan, and add additional stock if the sauce begins to dry out too much.

Meanwhile, in a large skillet, heat remaining 2 tablespoons of fat over medium heat. Fry the first 4 eggs; remove with a spatula and fry the second batch. To serve, plate up a large spoonful of celeriac and top with two eggs. Sprinkle with fresh cilantro.

### **LEBANESE CAULIFLOWER OMELET (IJJIT QARNABIT)**

A hint of cinnamon gives this simple oven-baked omelet an exotic twist.

**Servings:** 2 to 3

**Prep time:** 10 minutes

**Cooking time:** 15 to 20 minutes

### **Ingredients:**

- 5 eggs

- 1 tablespoon traditional fat of choice
- ¾ cup coconut milk
- ⅛ teaspoon cinnamon
- 2 cups raw cauliflower, grated
- ⅓ cup onion, finely chopped
- 2 green onions, finely chopped
- ½ cup parsley, chopped
- sea salt and fresh ground black pepper to taste

**Instructions:**

Preheat oven to 350 degrees. Melt fat in baking dish in the oven. Meanwhile, beat eggs and coconut milk together thoroughly. Add remaining ingredients and mix well. When fat has melted, pour egg mixture into hot dish and bake for 15-20 minutes until firm. Cut into squares and garnish with chopped parsley and green onions.

# Lunch

## **BORSCHT WITH GREEN SALAD**

This beet soup can be served hot or chilled. (Try it hot the first time, and enjoy it chilled if you have any leftover.) You can substitute parsnips or celery root in place of the carrots, if you'd like. Serve borscht with a crunchy, refreshing green salad.

Serves: 4

**Prep time:** 15 minutes

**Cooking time:** 40 minutes

### **Ingredients:**

Borscht:

- 1 tablespoon traditional fat of choice
- 1 yellow onion, chopped large
- 4 garlic cloves, peeled and smashed
- 1 bay leaf
- 4 cups beets, peeled and cubed (about 3 beets, depending on the size of beets)
- 1 ½ cups peeled carrots, coarsely chopped
- 3 cups of chicken stock\*
- juice of 1 lemon or 1 tablespoon red wine vinegar
- ½ teaspoon sea salt or to taste
- black pepper to taste
- chopped fresh chives or dill for garnish

\*Chicken stock can be prepared on Monday Week 1 (see recipe on page 390 of Your Personal Paleo Code)

Salad:

- 1 small romaine lettuce, washed and roughly chopped
- ⅓ cup shallot vinaigrette (see recipe in Basics)

### **Instructions:**

Heat the fat, onions, and garlic in the pot over medium heat for about 10 minutes, until they are softened. Add the bay leaf, beets, carrots, and stock. Stir and bring to a simmer.

Let cook at a low simmer for about 30 minutes, or until the beets are soft enough to be easily pierced with a knife. Stir in the lemon juice or red wine vinegar and salt and pepper.

You can serve without puréeing if preferred. Or, use an immersion blender to purée the soup, or even just to purée halfway for a different texture. Garnish with fresh herbs.

Toss the romaine with vinaigrette and divide into two servings.

### **PESTO CHICKEN SALAD SANDWICH**

Add pesto to chicken salad to punch up the flavor. Use portobello mushroom caps in place of bread slices for a sandwich that's anything but ordinary. You can make the pesto and poach the chicken in advance. When you're ready to eat, all you need to do is prepare the mushroom caps.

Serves: 3

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

#### **Ingredients:**

For the pesto (makes ½ cup):

- 3 tablespoons pine nuts
- 1 packed cup fresh basil leaves
- ¼ cup olive oil
- generous pinch sea salt

For the sandwich

- 2 6-ounce chicken breasts
- 1 tablespoon sea salt
- traditional fat of choice (1 tablespoon per mushroom cap)
- 6 Portobello mushroom caps
- 2 stalks celery, chopped
- 1 tablespoon minced shallot or red onion

- 1/4 cup Paleo mayonnaise (see recipe on page 391 of Your Personal Paleo Code)
- Optional tomato slices, romaine lettuce, or other sandwich toppings

### **Instructions:**

Make the pesto: Combine pine nuts and basil leaves in a food processor or blender and pulse until well-combined. With the machine still running, pour in olive oil until mixture is smooth. Season to taste. You can also make pesto by hand, using a mortar and pestle to grind the pine nuts and basil, and then whisk in the olive oil.

Poach the chicken breasts: Place in a pan with 1 tablespoon salt and enough water to cover them completely. Over high heat, bring water to a boil, then reduce to a simmer, cover, and cook steadily for about 15 minutes.. Remove the breasts to a plate and let cool, patting them dry. When they are completely cool, use two forks to shred the meat. Set aside. (This step can be done in advance.)

Prepare the mushroom caps: Heat a skillet over medium heat with 1 tablespoon fat per mushroom cap. Depending on the size of the skillet, the mushrooms may need to be done in batches. When the pan is hot, add the mushroom to the pan, top side up. Cook for 5 minutes. Flip with tongs and cook for 5 minutes, top side down. Remove from pan and allow the mushrooms to cool and drain on paper towels top side up, as they will be a bit soggy at first. Set aside until ready to assemble sandwiches.

To make the pesto chicken salad, place the celery, shallot, 1/2 cup of pesto, and 1/4 cup of Paleo mayonnaise in a mixing bowl. Add the shredded chicken and combine thoroughly.

Assemble the sandwiches by placing a Portobello mushroom cap top side down, topped with a generous serving of pesto chicken salad. Add lettuce and tomato or any other sliced vegetables, and top with the second mushroom cap. Press firmly together and serve.

### **GAMBAS AJILLO WITH PESTO SALAD**

Gambas Ajillo, a Spanish tapas classic, becomes a complete lunch when accompanied by a salad with pesto dressing. A great flavorful combo! Shrimp and garlic cook very quickly in a hot pan, so the cooking time on this dish is minimal.

**Servings:** 2

**Prep time:** 15 minutes

**Cooking time:** 5 minutes

**Ingredients:**

Pesto Salad:

- 1 head lettuce of choice, washed
- 1 cup fresh basil leaves
- 3 tablespoons pine nuts
- 1 clove garlic, peeled and crushed
- ½ cup olive oil
- 3 tablespoons freshly squeezed lemon juice (about 1 to 1 ½ lemon)
- pinch of sea salt and pepper

Gambas Ajillo:

- 2 tablespoons olive oil or traditional fat of choice
- ⅛ teaspoon spicy red chili flakes (more, less, or omit to taste)
- 1 to 2 cloves garlic, thinly sliced
- ½ pounds of prawns, fresh or thawed (I use 15 large 26/30 shrimp)
- ½ lemon
- Spanish paprika
- 2 to 3 tablespoons fresh chopped parsley

**Instructions:**

For the salad, wash and dry lettuce. Place pesto dressing ingredients in a blender and blend until smooth. Set aside.

Heat the oil or fat in a skillet to medium heat. Add the chili flakes and allow them to flavor the oil for one minute. Add the garlic and then place the shrimp in a single layer in the pan. Cook the shrimp for 3 minutes total (1 to 2 minutes per side). Halfway through, use tongs to flip shrimp and stir around garlic. When shrimp has turned pink, remove them from the skillet to a plate, and drizzle with the garlic and chili-flavored oil.

To garnish, squeeze ½ lemon over the shrimp. Sprinkle paprika and then parsley over the top.

While the shrimp is cooking, add salad dressing and lettuce to a mixing bowl and toss. Arrange shrimp and salad on 2 plates and serve.

## **SIRLOIN STEAK & FAJITA SPICED BELL PEPPERS**

This dish is a lively, spicy way to present a steak. Add some color by using an assortment of bell peppers—red, yellow and green.

**Servings:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

### **Ingredients:**

Fajita Spiced Bell Peppers:

- 3 bell peppers, assorted colors if possible, seeded and stems removed
- 1 ½ tablespoon traditional fat of choice
- ⅛ teaspoon sea salt
- ½ teaspoon paprika
- ¼ teaspoon ground cumin
- ⅛ teaspoon cayenne
- ⅛ teaspoon chili powder

Sirloin steak:

- 2 8-ounce sirloin steaks
- 1 tablespoon lard\*
- sea salt
- black pepper

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

### **Instructions:**

Season steaks with salt and pepper on both sides and let rest about 40 minutes before cooking.

Slice the bell peppers into long ¼ inch-thick slices. Heat the fat in a skillet over medium heat. Add the bell pepper strips and all spices: sea salt, paprika, cumin, cayenne, and chili powder. Cook over medium heat, stirring about once a minute or more if necessary for even cooking. Cook until peppers have softened, about 12 minutes. Remove to a plate and keep warm.

Melt the lard in a skillet and cook steaks at a high heat (don't let the lard smoke) 8 minutes on each side, or according to your preference. Serve the steaks topped with the Fajita Spiced Bell Peppers.

### **AVOGLEMONO SOUP WITH SALAD**

Avoglemono is a traditional Greek soup that uses eggs to thicken chicken broth. This recipe, adapted from Cook's Illustrated, replaces the traditional white rice with "riced" zucchini. Rather than grate the lemon zest, remove zest in long strips with a vegetable peeler. (The strips will be removed from the soup before serving.)

**Servings:** 8

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

#### **Ingredients:**

Avoglemono Soup:

- 8 cups chicken stock\*
- strips of lemon zest (removed with vegetable peeler) from 2 lemons
- 2 whole cloves
- 2 eggs plus 2 egg yolks, at room temperature if possible
- juice from 2 lemons
- 1 zucchini, chopped small or riced with a grater
- 1 teaspoon sea salt
- thinly sliced scallions for garnish

The salad:

- 2 heads of romaine, washed and torn into large pieces
- 1 cup shallot vinaigrette (see recipe on page 392 in Your Personal Paleo Code)

\*Chicken stock can be prepared on Tuesday Week 2 (see recipe on page 390 in Your Personal Paleo Code)

**Instructions:**

Bring chicken stock to a simmer in a large stock pot. Add lemon zest strips, cloves, and a pinch of salt. Allow to simmer for 10 minutes. Remove the lemon zest and cloves from the pot.

Tempering will be used to gradually raise the temperature of the eggs so that they don't cook too quickly and become scrambled eggs. To temper the eggs, first beat them lightly with the lemon juice. Include both the whole eggs plus the two egg yolks. Then, slowly whisk in  $\frac{3}{4}$  cup of the hot broth. Doing so gradually will result in a very smooth texture. Add the egg and broth mixture back to the soup pot.

Add zucchini and reduce heat to very low. Stir the soup constantly for about 5 minutes, not allowing soup to reach the heat of a simmer or boil. Remove from heat and serve warm with garnish of scallions. This soup does not reheat well, so serve immediately (and don't plan for leftovers).

Toss romaine with vinaigrette in a large bowl and serve on the side.

**CAESAR SALAD WITH GARLIC-POACHED CHICKEN**

A great Paleo Caesar salad maintains all the original ingredients except the parmesan and croutons: the garlic, egg, lemon juice, anchovies, and romaine lettuce remain delicious elements of the dish, and extra vegetables can be added for even more flavor and crunch.

**Servings:** 2**Prep time:** 10 minutes**Cooking time:** 20 minutes**Ingredients:**

Garlic Poached Chicken:

- 2 6 ounce boneless, skinless chicken fillets
- 4 garlic cloves, peeled and crushed
- 1 heaping teaspoon sea salt
- 1 tablespoon dried oregano

## Caesar Salad:

- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon minced anchovy fillets
- ½ cup extra virgin olive oil
- 3 garlic cloves, pressed through a garlic press or minced
- sea salt and freshly ground black pepper to taste
- romaine lettuce, washed and torn into bite-sized pieces
- zest of one lemon

### Instructions:

Place chicken, garlic, salt, and oregano in a pot, fill with enough water to cover the chicken. Over high heat, bring water to a boil, then reduce to a simmer, cover, and cook steadily for about 15 minutes. Remove the chicken, let cool and thinly slice lengthwise. Place the romaine leaves in a large bowl or platter. Put egg yolks, lemon juice, mustard, and minced anchovy in a mixing bowl and whisk until combined.

Using the same emulsification process that is used to make mayonnaise, very slowly add the olive oil while whisking constantly. Add oil slowly and in a thin stream, whisking for a long time until consistency becomes thicker like that of mayonnaise. Use more olive oil if necessary. (You can experiment with this process with a food processor or blender as well, which would save some time.) Mix in the minced or pressed garlic, and whisk further to combine. Season with salt and pepper.

Pour dressing over the romaine, add lemon zest and toss to combine. Arrange the chicken slices on top and serve.

### **COLD POACHED SALMON WITH CAPER PALEO MAYONNAISE AND SALAD**

Salmon lends itself to poaching quite well as it holds together and remains firm, especially if it's wild-caught. Poach the fillets with the skin on (descaled, of course); the skin can easily be removed after poaching. Note: It's very important to cook this dish in a non-reactive pan, such as stainless steel, because the vinegar in this recipe will react with metals like aluminum, giving your food a metallic taste.

**Servings:** 2

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

**Ingredients:**

For the Poached Salmon:

- 2 6-ounce skin-on salmon fillets, preferably wild-caught
- 1 carrot, peeled and chopped into small pieces
- 1 small onion, peeled and cut into quarters
- 2 whole cloves
- 1 small fresh bay leaf
- 1 small sprig fresh thyme
- 1 tablespoon sea salt
- 4 whole black peppercorns
- 3 tablespoons apple cider vinegar
- 6 cups water

Caper Paleo Mayonnaise:

- 1 ½ cups Paleo mayonnaise\*
- 4 tablespoons capers, well drained
- 1 teaspoon shallot, very finely minced

\*(see recipe on page 391 of Your Personal Paleo Code)

Salad:

- Mixed greens (micro greens work best in this recipe), washed and dried, the more colorful the better

**Instructions:**

The Poached Salmon:

Place all ingredients except for salmon in a non-reactive pan . Simmer for 30 minutes and strain cooking liquid through a sieve. Return the liquid to the pot and add the salmon skin side down. Poach for 10 minutes. Remove salmon and let cool. Remove skin. The cooking liquid can be kept and used as a very light fish stock.

The Caper Paleo Mayonnaise:

Mix together the Paleo mayonnaise, capers (add more for a stronger taste), and minced shallots until thoroughly combined.

Arrange the salmon, mayonnaise, mixed greens salad on two plates, and serve.

# Dinner

## HUNGARIAN GOULASH

In its traditional form, goulash is a wonderful stew in which beef chuck and onions are browned in lard and cooked with paprika and stock. Other ingredients, such as garlic, potatoes, tomatoes and bell peppers, and spices are often added to the basic recipe. Originally goulash dates back several centuries before the arrival of tomatoes in Europe from the Americas, so they are not traditionally necessary, but are commonly found in today's versions of goulash.

**Servings:** 6

**Prep time:** 10 minutes

**Cooking time:** About two hours, largely unattended

### Ingredients:

- 3 pounds chuck meat, trimmed of external fat and cut into 1 to 1 ½" cubes
- 3 tablespoons lard\*
- 3 yellow onions, chopped
- 6 cloves garlic, minced
- 5 tablespoons Hungarian sweet paprika
- 1 ½ teaspoon caraway seeds
- 2 tablespoons tomato paste
- 3 cups beef bone broth/stock\*\*
- one bay leaf
- 2 red bell peppers, stemmed, seeded and chopped
- sea salt and ground pepper
- fresh chopped parsley for garnish

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

\*\* (see recipe on page 388 of Your Personal Paleo Code)

### Instructions:

Heat 2 tablespoons lard in large, heavy stockpot or Dutch oven over medium heat. When oil is hot, add the beef and cook, stirring to brown all sides, until cubes are well-browned, about 10 minutes. Remove beef to a bowl or plate and set aside. Do not clean pot.

Add 1 tablespoon of lard to the pot. When lard has melted, add the onions and a pinch of salt. Cook the onions, stirring until softened (just over 5 minutes should do), and scraping the bottom of the pan to incorporate any browned bits of beef. Stir in the garlic. Add the paprika, caraway seeds, tomato paste, and broth. Stir well and continue to scrape browned bits from bottom of the pan. Add the beef back into the pot along with bay leaf.

Bring stew to a low simmer and stir meat so that it is covered with the liquid. Cook for 1 hour and 20 minutes. Add red bell pepper, stir and cook for an additional 40 minutes. Remove pot from heat and let rest for 10 minutes. Discard bay leaf. Season to taste with salt and pepper. Serve garnished with parsley.

### **PALEO HAZELNUT CRUSTED HALIBUT**

Baking fish (or chicken) with mayonnaise works incredibly well. The mayonnaise keeps the fish wonderfully tender, and the egg yolks in the mayonnaise act as a binding agent for the chopped hazelnuts, creating a nice crust.

**Servings:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

#### **Ingredients:**

- 1 tablespoon traditional fat of choice
- sea salt to taste (remember that the mayonnaise already has salt in it)
- white pepper
- 2 8-ounce halibut fillets
- 1 cup Paleo mayonnaise\*
- 1 ½ cups hazelnuts, very finely chopped
- juice of 1 lemon
- fresh chives, chopped to garnish
- 1 large cucumber, very thinly sliced

\*(see recipe on page 391 of Your Personal Paleo Code)

#### **Instructions:**

Preheat oven to 375 degrees. Grease an oven-proof glass baking dish with the fat. Salt and pepper the fillets and thoroughly coat with mayonnaise. Roll the fillets in the hazelnuts and place in baking dish. Bake for 15 minutes or until the fish flakes easily with a fork. Keep a close eye while baking as the hazelnuts can burn easily. If necessary drop the temperature to 350 degrees.

Remove the fillets to two plates, squeeze the lemon juice over them, and garnish with snipped chives. Arrange the sliced cucumber on the side.

### **ROAST CHICKEN, TWO MEALS IN ONE**

This recipe has a dual purpose: the first, a roast chicken with vegetable stuffing, rich in aroma and taste; the second, all the makings for an excellent stock, ready to go. Use a meat thermometer to check the temperature of the chicken since it is stuffed.

**Servings:** 4 for the roast chicken and stuffing; approx. 1 quart for the stock

**Prep time:** 15 minutes

**Cooking time:** the chicken 2 hours, the stock 45 minutes

#### **Ingredients:**

- 1 large roasting chicken, pastured, at least 4 pounds

For the stuffing:

- 2 yellow onions, cut into quarters
- 2 medium sized carrots, peeled and chopped into small pieces
- 2 celery stalks with leaves, chopped
- 1 small bunch fresh parsley
- 3 sprigs of fresh thyme
- 2 fresh bay leaves (3 if using dried)
- 2 cloves (optional)
- ½ teaspoon black pepper
- 3 tablespoons lard\*, melted

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

## **Instructions:**

The Roast Chicken:

Preheat oven to 350 degrees. Rub the inside (cavity) of the chicken with 1 ½ teaspoons salt. Mix all stuffing ingredients together and stuff the chicken. Place in roasting pan, pour over the melted lard, sprinkle with 1 teaspoon salt, and roast for 20 minutes. Remove from oven, cover the top of the chicken (breasts) with aluminum foil, and return to oven. Roast 20 minutes per pound, plus 15 additional minutes for the stuffing. The internal temperature of the chicken should be 165°degrees at its thickest part, when done.

Remove chicken from oven, carve and reserve stuffing for the stock. The chicken can be used for salads, soups, served cold with mayonnaise on the side, and in fact any dishes that call for pre-cooked chicken.

The Stock:

Add 1 cup of water to the roasting pan and heat over stove-top to dilute the roasting juices and deglaze the pan, scraping the bottom as it comes to a boil. Mix this with all the stuffing, bones (chopped) and scraps. Place in a pot, pour over enough water to cover, and simmer for 45 minutes. Taste for salt, strain and that's it. You have a rich chicken stock ready for later use.

## **OVEN-BAKED TANGY BBQ PORK SPARE RIBS**

We've substituted the ketchup you usually find in barbecue sauce for tomato paste (look for organic varieties in glass jars, instead of canned). You'll avoid the sugar, corn syrup, and other additives you find in most ketchup-based sauces, and the real tomato taste can't be beat. These take a few hours to cook (largely unattended), so get them going on a weekend and enjoy the aroma as they bake.

**Servings:** 2 to 4

**Prep time:** 30 minutes

**Cooking time:** 3 to 3 ½ hours

### **Ingredients:**

- 2 to 3 pounds pork spare ribs
- sea salt and pepper
- 2 tablespoons lard or traditional fat of choice
- 1 cup finely minced onion (1 small onion or half a large onion)

- 1 rib celery, finely minced, about ½ cup or a bit more
- 6 cloves garlic, peeled, smashed and minced (or pressed)
- 7-ounce jar of tomato paste, about ¾ cup
- ⅓ cup apple cider vinegar
- 2 tablespoons lemon juice, freshly squeezed
- 1 teaspoon ground cumin
- ½ teaspoon ground mustard
- ¼ teaspoon chili powder
- ¼ teaspoon paprika (smoked paprika if you have it)
- ¼ teaspoon sea salt

### **Instructions:**

Preheat the oven to 275 degrees. Bring the spare ribs to room temperature. Lay the ribs in a baking tray, bone side down, and season the pork with salt and pepper. For the first round of cooking, put the ribs in the oven and bake them for 1 hour while making the barbecue sauce. Heat lard or fat of choice in a medium-to-large-sized saucepan over medium-low heat. Add the onions and cook for about 5 minutes. Add the celery and cook for 5 additional minutes. Both the onions and celery should be softened. Add the garlic and allow to cook for 1 minute before adding the next ingredients. Stir in the tomato paste, vinegar, lemon juice, cumin, ground mustard, chili powder, paprika, and salt. Let the mixture simmer for 10 minutes but stir it frequently during this time. (Note: If it thickens too much for your liking, you can thin out with about ¼ cup of stock/bone broth.)

When the ribs have baked for one hour, remove them from the oven, cover them thoroughly and evenly with half the barbecue sauce, and return to the oven for one more hour. When the second hour of cooking time is complete, remove the tray and baste the ribs with the remaining half of the barbecue sauce. Return the ribs to the oven and bake for 1 additional hour. Serve when ribs are tender, after about 3 to 3 ½ hours total cooking time.

\*Note: Save leftover bones for stock! They can be mixed with beef bones for beef stock, put in with chicken stock, or can be made into pork stock with other pork bones.

## **WEST AFRICAN CHICKEN STEW**

In this stew, you brown the chicken and then stew it on the bone. You can serve with the bones, but this gets messy, so before serving I prefer to remove the meat from the pot, shred it, and return it (boneless) to the stew. Why stew with the bones at all? Because they add a ton of flavor—and nutrients—to the stew.

**Servings:** 6 to 8

**Prep time:** 15 minutes

**Cooking time:** 1 ½ hours

### **Ingredients:**

- 4 uncooked chicken legs with thighs attached, or 4 equivalent sized chicken pieces
- 2 tablespoons traditional fat of choice
- 1 large or 2 small yellow onions, chopped
- 1 teaspoon fresh ginger, peeled and minced
- 3 large or 6 small garlic cloves, crushed and minced
- 1 pound red bell peppers (3 small/medium sized or 2 large), seeded and chopped into bite-sized chunks
- 1 pound sweet potatoes, peeled and cut in 1 inch chunks
- 2 ½ cups chicken stock\*
- 2 cups crushed tomatoes
- ½ cup almond butter
- ½ teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- ½ teaspoon sea salt
- optional: one minced fresh chili or ½ teaspoon chili powder if you want heat in the final dish 2 tablespoons cilantro, roughly chopped

Chicken stock can be prepared on Monday Week 1 (see recipe on page 390 of Your Personal Paleo Code)

### **Instructions:**

Salt the chicken pieces well. Heat the fat in a large soup pot set over medium-high heat and brown the chicken; you may need to do this in batches so that you don't crowd the

pot. Set the chicken pieces aside as they brown. Sauté the onions in same fat for 3-4 minutes, stirring often and scraping any browned bits off the bottom of the pot. Add the ginger and garlic and sauté another 1-2 minutes, then add the bell peppers and sweet potatoes. Add the chicken, chicken stock, crushed tomatoes, almond butter, coriander, cinnamon, cumin and stir well to combine. Bring to a simmer and taste for salt, adding more if needed.

Cover the pot and simmer gently for 90 minutes (check after 1 hour), or until the chicken meat easily falls off the bone and the sweet potatoes are tender. (At this point you can remove the chicken pieces, let them cool slightly, and remove the meat from the bone; discard the skin or chop it and return to the pot, along with the shredded chicken meat.) Adjust the seasonings for salt; then add as much black pepper as you think you can stand - the stew should be peppery. You can also add the optional chili or chili powder at this stage. Stir in the cilantro and serve.

### **MEXICAN STYLE GROUND BEEF, KALE AND SWEET POTATO CASSEROLE**

This casserole features a pleasing combination of spices, but they won't overwhelm the flavors of the kale and sweet potato. It can be prepared in advance and freezes well. To reheat, cover with aluminum foil and place in a 350 degree oven for about 30 minutes. All three cooking phases of this recipe call for some salt, but go easy to avoid over-salting—you can always add more salt later when the dish is finished.

**Servings:** 4

**Prep time:** 15 minutes

**Cooking time:** 1 hour

#### **Ingredients:**

For the beef:

- 2 tablespoons lard\* + 1 tablespoon, melted
- 1 ½ pounds ground beef
- 1 large onion, finely chopped
- 3 garlic cloves, peeled, roughly chopped
- 13.5 ounce can plum tomatoes, drained and chopped
- 3 tablespoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander

- 1 teaspoon chili flakes
- 1 ½ teaspoon sea salt
- ½ teaspoon black pepper
- 3 tablespoons almond slivers (optional)

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

For the sweet potatoes:

- 1 ½ pounds sweet potatoes, peeled and chopped into large pieces
- sea salt to taste

For the kale:

- 1 cup coconut milk
- 2 pounds kale, washed and roughly chopped
- sea salt to taste
- black pepper

Note: All three stages in this recipe include salt. You can always add more salt later.

### **Instructions:**

Preheat the oven to 350 degrees. Grease a baking dish with 1 tablespoon of melted lard and set aside.

The Ground Beef:

Heat two tablespoons of lard in a sauté pan over medium heat. Add ground beef and onions, and cook until browned. Add all other ingredients (except almond slivers). Continue to cook until most of the liquid in the mixture has been reduced (about 15 minutes). Remove mixture from pan and set aside.

The Sweet Potatoes:

While the beef is cooking, place chopped sweet potatoes in a pot with enough water to cover and cook until soft (about 10 minutes). Drain and mash. Add salt to taste.

The Kale:

Add coconut milk to the sauté pan that the ground beef was cooked in and bring to a boil. Add kale, salt, and pepper, and cook for 2 minutes.

Assemble the casserole in the greased baking dish by making three layers. Layer the bottom of the dish with the sweet potato mash, then the kale, and finally the beef mixture. Sprinkle the top with almond slivers (if using). Bake for 30 minutes.

### **PALEO NAVARIN OF LAMB (BRAISED LAMB WITH TURNIPS)**

The French word navarin comes from navet, which is a turnip. Though meat often takes center stage in hearty recipes like this one, here the humble turnip is as much of a star as the lamb shoulder. This Paleo version excludes the traditional green peas.

**Servings:** 4

**Prep time:** 15 minutes

**Cooking time:** 1 ½ hours

#### **Ingredients:**

- 2 tablespoons lard, melted\*
- 2 ½ pounds lamb shoulder, boned and cut into large cubes
- 2 pounds medium turnips, peeled and cut in half
- 4 cups to 1 quart beef bone broth/stock\*
- 2 medium carrots, peeled and cut into 4 pieces each
- 1 large onion, peeled and cut into 8 pieces
- 2 garlic cloves, peeled and chopped
- 1 bay leaf
- 1 tablespoon fresh thyme
- 2 teaspoons sea salt to taste
- ½ teaspoon black pepper, ground
- pinch of cinnamon (optional)
- parsley, roughly chopped to garnish

\*(see recipe for lard on page 389 and recipe for stock on page 388 in Your Personal Paleo Code)

**Instructions:**

Melt the lard in a heavy-bottomed pot or Dutch oven, add lamb and cook at a medium-high heat until well browned. Add bacon and continue to cook 10 minutes, scraping bottom of pan to prevent sticking. Add remaining ingredients (except parsley), with enough beef stock to cover. Stir well and scrape bottom of pan to incorporate any browned bits of bacon and lamb.

Simmer, covered, at a low heat for 45 minutes to an hour. Remove lid and continue to cook for 15 minutes. Serve garnished with parsley.

# Side Dishes

## **BOILED YUCA WITH MOJO**

Yuca, also known as cassava, is a pre-Columbian staple of the Caribbean, and today in Cuba this recipe is traditionally served on the holiday of Nochebuena (Christmas Eve) along with roast pig. To peel yuca, cut off one end to create a flat, round base. Then stand it up on the base on a cutting board for stability and peel. Some Cuban cooks like to “shock” the yuca during the cooking process by adding cold water to the pot, bringing the yuca back to a gentle boil again, for better flavor.

**Servings:** 4

**Prep time:** 10 minutes

**Cooking time:** 1 ½ hours

### **Ingredients:**

- 3 pounds yuca
- 4 medium cloves of garlic, peeled and put through a garlic press, or crushed with the salt in a mortar and pestle
- ½ teaspoon sea salt
- ½ teaspoon ground cumin
- 3 tablespoons freshly squeezed orange juice (about one half orange)
- 3 tablespoons freshly squeezed lime juice (about one lime)
- ⅓ cup olive oil or lard
- optional: chopped parsley, oregano, or cilantro for garnish

### **Instructions:**

Peel the yuca and cut in half. The yuca should be firm and white inside; if not, cut out the center part as if you were coring a cabbage. Then cut into 2 inch chunks. Place the yuca in a large pot with enough water to cover it by a few inches. Bring to a gently rolling boil. Gently boil the yuca for 50 to 60 minutes until it is cooked through. Drain and place in a serving dish.

While yuca is boiling, make the mojo, or garlic sour sauce. Mix the garlic, salt, cumin, orange juice, and lime juice in a small mixing bowl. If using olive oil, add to the bowl and set aside. If using lard, mix all the ingredients minus the lard in the small bowl. In a small saucepan, heat the lard over low heat.

While yuca is still hot, pour the olive oil mojo over the top. If using lard, place the garlic and seasonings mixture on top of the yuca, and then pour the warmed lard over the top. Serve hot. Garnish with a freshly chopped herb sprinkled on top if you'd like.

### **CELERIAC AND RUTABAGA PURÉE**

This is a quick preparation that highlights the delicious flavor of these two root vegetables. The rutabaga adds a yellow color and the celeriac, often old as celery root, has a hint of zesty celery flavor.

**Servings:** 4

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

#### **Ingredients:**

- 1 celery root (celeriac)
- 1 rutabaga
- sea salt and freshly ground pepper
- 3 tablespoons traditional fat of choice
- 1 cup coconut milk

#### **Instructions:**

Peel both celery root and rutabaga: use a chef's knife to peel and just cut away the outer ¼ inch or so of both root vegetables. Rinse each well after peeling. Cut both into 1 1-inch cubes. Place cubes in a pot and add enough water to cover. Add salt and bring to a boil. Reduce to a simmer. Cook for about 20 minutes, until easily pierced with a fork and very tender. Drain the vegetables.

In a saucepan, gently heat the fat and coconut milk until melted. Transfer root vegetables to a bowl, add the sauce, and mash well with a potato masher. This will give a lumpy consistency. For a very smooth texture, transfer to a blender or food processor and purée as desired. Season with salt and pepper and serve.

## CREAMED COLLARD GREENS

Because of its creamy consistency this dish is best served with simple roasted meats or chicken. With the addition of 1 quart of stock it can also be used as a quick soup.

**Servings:** 2

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

### Ingredients:

- 1 tablespoon lard\*, melted
- 1 pound collard greens, washed and cut into large pieces
- 1 cup coconut milk
- 1 tablespoon coconut aminos
- pinch of nutmeg
- sea salt and freshly ground pepper to taste
- Hazelnuts, roasted and chopped (optional) for garnish

\*Prepare lard on Sunday Week 1 (see recipe on page 389 of Your Personal Paleo Code)

### Instructions:

Melt lard in the sauté pan and add all ingredients except optional hazelnuts. Cook at medium-high heat for 10 minutes or until most of the liquid has been reduced. Adjust for salt. Garnish with chopped hazelnuts (if using).

## FENNEL AND CELERY SALAD

A crunchy green side that brings freshness to the table.

**Servings:** 4

Equipment: mixing bowl

**Prep time:** 10 minutes

### Ingredients:

- 1 fennel bulb
- 6 celery ribs, sliced on an angle

- ½ cup fresh parsley, chopped
- ¼ cup good quality olive oil
- 2 tablespoons freshly squeezed lemon juice
- sea salt and freshly ground pepper to taste

**Instructions:**

Core the fennel and cut it into quarters, then very thinly slice. Toss the fennel, celery, and parsley in a mixing bowl. Whisk together olive oil, lemon, salt and pepper for a dressing and toss with fennel celery mixture. If you'd like to experiment with texture, try sprinkling with a pinch of fennel seed and/or celery seed before serving.

**CABBAGE BHAJI**

This cabbage side dish contains mustard seeds cooked in a tempering oil, to allow their flavor to literally pop into the dish.

**Servings:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

**Ingredients:**

- 2 tablespoons coconut oil, or other traditional fat of choice
- 1 medium head savoy cabbage about 1 ½ pounds, coarsely chopped
- 1 ½ teaspoons black mustard seeds
- ¼ teaspoons turmeric
- ¼ teaspoons red chili flakes
- chopped cilantro for garnish

**Instructions:**

Heat the 2 tablespoons oil or fat of choice over medium heat. First, create what is called a tarka or tempering oil in Indian cooking, which means to add whole (or ground) spices to hot oil to allow their flavor to burst through. In this case, add the whole black mustard seeds, and stir for one minute, until they splutter. It is important when using the tempering oil technique not to let the spices burn.

Remove from heat and stir in the turmeric and red chili flakes, reduce heat to medium low and stir in cabbage. Add 1 tablespoon or more of water to the pan to prevent the cabbage from sticking to the bottom. Cover and allow cabbage to steam until cooked, for about 10 minutes, stirring occasionally. Add another tablespoon or so of water halfway through cooking time, if necessary. Garnish with cilantro and serve.

## **BUTTERNUT SQUASH WITH HERBS**

This simple and delicious side dish will make you think “Thanksgiving,” but enjoy it whenever butternut squash is in season. I like to prepare this with melted lard as my traditional fat of choice.

**Servings:** 6

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

### **Ingredients:**

- 1 medium to large butternut squash (about 6 cups), peeled, seeded and cut into cubes
- ¼ cup traditional fat of choice
- cloves from one head of garlic, peeled but left whole
- sea salt to taste (start with about 1 teaspoon)
- ½ cup fresh herb of choice, such as rosemary or thyme (or 2 tablespoons dried, if fresh is not available)

### **Instructions:**

Preheat oven to 350. Toss the squash and peeled garlic cloves with the fat, coating everything well. Place in a lightly-greased baking dish, spread in an even layer, and roast for 30 minutes, stirring halfway through. Remove from oven and add salt and herbs, lightly stirring to mix.

Return baking dish to oven and cook for an additional 10 to 15 minutes, until squash is cooked through and garlic is roasted. Stir, serve and enjoy!

## **SWEET POTATO FRIES**

Sweet, salty, and spicy, these are great alongside your favorite entrée or on their own for a snack. For a traditional fat of choice, coconut oil or melted lard work best.

**Servings:** 4

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

### **Ingredients:**

- 3 medium sweet potatoes, washed and optionally peeled
- 3 tablespoons traditional fat of choice (see above)
- 1 ½ teaspoon paprika
- 1 ½ teaspoon ground cumin
- optional ¼ teaspoon cayenne, only if you like spicy fries
- 1 tablespoon (15 ml) sea salt or to taste

### **Instructions:**

Preheat oven to 425 degrees. Cut the sweet potatoes in half crosswise and then in half again lengthwise. Cut these chunks into thick or thin wedges, about a ½-inch thick. They should be uniform in size for even baking. Add the wedges, oil or melted fat, and spices to a mixing bowl and toss until the sweet potatoes are evenly coated. Transfer to a lightly-greased baking dish and bake for 30 minutes. After the first 15 minutes, flip the wedges and continue to cook. When done, salt to taste.

# Snacks

## TARO CHIPS WITH DUCK FAT

Like our Kale Chips, this snack should be as crisp as possible. The best way to achieve this is by placing the raw chips on an oven rack. Slice the taro as thinly as possible, using a mandoline slicer if you have one.

**Servings:** enough for two days of snacks

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

### Ingredients:

- 2 pounds taro, very thinly sliced
- ½ cup duck fat, melted
- sea salt and freshly ground pepper to taste

### Instructions:

Preheat oven to 400 degrees. In a large mixing bowl add melted duck fat to taro slices and coat well. Season with salt and pepper. Arrange slices on oven rack, or better yet, on a cooling rack, the type used for cooling cookies and cakes (make sure that the cooling rack is oven-proof). Bake for 15 minutes, or until crisp and golden brown. This may have to be done in several batches. Remove from oven and allow to cool on the rack.

## PALEO HUMMUS DIP WITH VEGETABLE STICKS

Zucchini is used in place of the traditional chick peas in our Paleo version of hummus, for a bean-free version of this classic dip.

**Servings:** enough snacks for two days

**Prep time:** 15 minutes

### Ingredients:

- 2 medium zucchini, chopped

- ¾ cup tahini
- ¼ cup olive oil, plus extra for garnish
- juice of one lemon
- 2 medium/large cloves of garlic
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 2 teaspoon minced fresh parsley leaves for garnish
- 1 teaspoon paprika (optional)

**Instructions:**

Place all ingredients in a blender or food processor with the zucchini chunks on the bottom. Blend until smooth. Serve "hummus" in a bowl, top with parsley, drizzled olive oil and paprika, if using. Serve with sliced vegetables and/or green lettuce leaves.

**ITALIAN SPICED ALMONDS**

Feel free to substitute other nuts or combinations of nuts for this recipe.

**Servings:** enough snacks for two, for two days

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

**Ingredients:**

- 1 cup raw unsalted almonds
- 1 teaspoon olive oil or other fat of choice
- 1 teaspoon fresh rosemary leaves, minced
- 1 teaspoon minced or pressed garlic (about 2 medium sized cloves of garlic)
- ½ teaspoon onion powder
- 1 teaspoon sea salt

**Instructions:**

Preheat oven to 250 degrees. Place the almonds in a bowl and mix with the 2 teaspoons oil. In a smaller bowl, mix the rosemary, garlic, onion powder, Italian seasoning, and salt. Coat the almonds with the spice mixture and toss to coat evenly. Spread almonds in a single layer on a baking sheet and cook for 20 minutes.