

## **Easy Baked Fish Sticks**

Recipe from: The Complete Idiot's Guide to Eating Clean

Serves: 4

1 lb. tilapia or other firm white fish	½ tsp. paprika
2 slices whole wheat bread, crusts removed	½ tsp. chili powder
¼ C stone-ground yellow cornmeal	¼ tsp. sea salt
1 tsp. garlic powder	1 tsp. olive oil
1 tsp. onion powder	2 fresh large egg whites
¼ tsp. black pepper	1 T. water
1 tsp. fresh parsley chopped or ½ tsp. dried	

1. Heat oven to 425 F. Spray a cookie sheet with cooking spray. Cut tilapia into 1-inch strips (about ½ ounce pieces) and set aside on a plate.
2. Place bread in a food processor and process on high about 10 -15 seconds until fine crumbs form. Add cornmeal, all spices and olive oil. Pulse 5-6 times (15 seconds) until thoroughly mixed. Mixture should be crumbly.
3. Pour breadcrumb mixture into a shallow bowl. In another shallow bowl beat together egg whites and water.
4. On a flat work surface, line up the fish, egg mixture, breadcrumb mixture, and cookie sheet. In several batches, place a few strips of fish in egg white mixture and coat, roll fish in breadcrumb mixture until all surfaces are covered, then place fish on a cookie sheet.
5. Bake for 12 minutes or until fish flakes with a fork.

Make extra if you are making the Mexican Fish Tortillas!

## **Mexican Fish Tortillas**

Recipe from: The Complete Idiot's Guide to Eating Clean

Serves: 2

8 cooked Easy Baked Fish Sticks

1 C packaged broccoli slaw

1 C white cabbage, shredded

½ tsp. jalapeno pepper, finely chopped (optional)

2 T. low sodium organic salsa

2 T. low fat sour cream

1 tsp. fresh cilantro, chopped

1 tsp. lime juice

2 whole wheat flour tortillas

1. Heat oven to 400 F. Wrap fish sticks in aluminum foil and bake for 10-15 minutes or until warm. You can also microwave them for 1-2 minutes.
2. In a small bowl, mix together broccoli slaw, cabbage, jalapeno (if using) salsa, sour cream, cilantro, and lime juice.
3. Warm tortillas in the microwave on high for 10-15 seconds.
4. On a flat work surface place one tortilla. In center of tortilla place 1 C slaw mixture, leaving 1 inch around the edge of the tortilla. Top with one fish stick.

(\*\* I am totally confused with why it calls for 8 fish sticks, only 2 tortillas and you only use 1 per taco.... I think we can figure it out though...)

## **Turkey Meatballs**

Recipe from: The Eat Clean Diet Cookbook

Serves: 6

1 ½ lbs. lean ground turkey (or chicken)	2 T. fresh parsley, finely chopped
½ C finely chopped onion	2T. fresh basil, finely chopped
1 egg, lightly beaten	2 cloves garlic, minced
1 C oat bran or breadcrumbs	1 tsp. sea salt
	1 tsp. black pepper

1. Preheat oven to 400 F.
2. In a large bowl place egg and breadcrumbs or oat bran. Add spices and mix well. Add remaining ingredients and mix well. Using an ice cream scoop make meatballs and place on prepared cookie sheet. Place in hot oven and bake for 20 minutes or until golden.

## Whole Wheat Pasta with Broccoli

Recipe from: The Complete Idiot's Guide to Eating Clean

Serves: 8

1 tsp. fennel seed	1 lb. whole wheat penne pasta
½ lb. ground pork	2 bunches broccoli (2 ½ - 3 lb.), cut into florets
1 medium onion, diced	1 C fresh basil, shredded
4 garlic cloves, peeled and minced	4 T. pecorino Romano or parmesan cheese
4 C low sodium chicken broth	½ tsp. salt
1 C water	¾ tsp. crushed red pepper

1. Heat a small skillet over medium high heat. Add fennel and toast, stirring constantly, for 1-2 minutes or until fragrant and lightly brown. Let cool for about 1 minute. Crush fennel seed with a mortar and pestle, the back of a metal spoon, or a coffee grinder. Set aside.
2. Spray a large straight-sided skillet with cooking spray and place over medium heat. Add pork, onion, and garlic. Cook until pork is no longer pink and onion and garlic or tender (10-15 minutes).
3. When pork is brown, add chicken broth, water, fennel and uncooked pasta. Cover and bring to a boil. Add more water if necessary. After 5 or 6 minutes, add broccoli, basil, salt, and crushed red pepper flakes. Cook for another 5-10 minutes until desired doneness of pasta and broccoli.
4. Serve in large bowls. Right before serving sprinkle each with ½ T. Romano or parmesan cheese.

\*\* I am going to just use mild Italian sausage and skip the fennel step because I already had some in my freezer and I don't want to buy fennel seeds.\*\*

## **Loaded Black Bean Burrito**

Recipe from: The Complete Idiot's Guide to Eating Clean

Serves: 4

4 (8 inch) whole wheat tortillas	4 T. low-fat sour cream
1 C cooked black or red beans drained and rinsed	4 T. Clean Tomato Avocado Corn Salsa
1 C cooked brown rice	8 T. reduced-fat Mexican cheese blend
8 T. corn, fresh cooked or thawed from frozen	Hot sauce (optional)
4 T. low-sodium salsa	

1. For easier rolling, warm tortilla in a large skillet over medium heat for about 30 seconds per side, or warm, wrapped in a damp paper towel, in microwave oven for 15-20 seconds.
2. To assemble, spread black beans down center and top half of tortilla, leave a 1 ½ in. border. Top beans with cooked brown rice, corn, salsa, sour cream and tomato avocado salsa (in that order). Sprinkle with cheese and a few drops of hot sauce (if using).
3. Fold the two sides in about 2 inches, then roll the tortilla to enclose the bean mixture. Serve immediately or wrap tightly in plastic wrap and store in refrigerator; wrap will keep for 2-3 days.

## **Clean Tomato Avocado Corn Salsa**

Serves: 5

1 garlic clove, peeled and minced	½ medium tomato, chopped
1 T. onion, finely chopped	1 tsp. olive oil
2 T. fresh cilantro, finely chopped	1 T. lime juice
½ C corn kernels (fresh cooked or thawed from frozen)	1/8 tsp. black pepper
½ small avocado, cut into ¼ in. pieces	1/8 tsp. sea salt

1. In a medium bowl, gently mix garlic, onion, cilantro, corn, avocado, tomato, olive oil, and lime juice. Sprinkle with black pepper and salt and toss together.

## **Pear Oatmeal Crisp**

Recipe from: The Complete Idiot's Guide to Eating Clean

Serves: 4

2 large pears, peeled, cored, and thinly sliced

2 T. unsalted butter, softened

2 tsp. Sucanat (this is a sweetener that I have not been able to find in stores – I will be using brown sugar)

6 T. old fashioned rolled oats

½ tsp. ground cinnamon

4 T. whole wheat pastry flour

Pinch nutmeg

2 T. all natural, unsweetened apple cider.

1. Heat the oven to 400 F. Spray 4 ceramic ramekins or one 8 x 8 pan with cooking spray. Divide sliced pears evenly among the 4 dishes or, if using cake pan, in one overlapping layer.

2. Sprinkle each ramekin with ¼ tsp. Sucanat (1 tsp. total) or brown sugar.

3. In a separate bowl mix whole wheat pastry flour, softened butter, oats, cinnamon, nutmeg, and remaining Sucanat (brown sugar) with your fingers until small crumbs form.

4. Scatter oat mixture evenly on top of each pear ramekin, and then sprinkle ½ T. apple cider over top of crumbs for each dish. Bake for 30 minutes

5. Remove from oven. Let cool for 5 minutes. Serve warm.