

PALEO COOKING WORKSHOP RECIPES

Sausage scramble

Ingredients

½ onion, diced or minced
1 pound sausage
1 bag baby spinach, zucchini, or other green vegetable of your choice
Eggs as desired

Directions

Sauté onions in skillet until softened. Add sausage and cook through until no longer pink. Add baby spinach one handful at a time and stir until wilted and mixed well with the sausage. If desired, you can crack eggs into the scramble or top with an over easy egg.

Kale chips

Ingredients

2 bunches kale, despined, rinsed and dried
Olive oil
Salt and pepper
Lemon juice

Directions

Preheat oven to 350 degrees. Line baking sheet with aluminum foil. Break kale into bite sized pieces and place in single layer on foil. Drizzle oil over leaves, coating lightly. You may need to use your fingers to spread out oil. Lightly drizzle lemon juice over leaves and season with salt and pepper. Bake 12 minutes or until edges start turning brown.

Jicama apple slaw

Ingredients

.5 lb jicama
1 apple
2 stalks green onion
1 red pepper
¼ bunch of cilantro, chopped
Juice of 1 lime
1 tsp coriander

Directions

Peel and thinly slice jicama. Core and thinly slice apple. Thinly slice green onion, cut on a bias (slanted). Thinly slice red pepper. Mix all ingredients

and toss to distribute. You may want to use a small amount of a natural sweetener if your limes are not ripe enough and slightly bitter.

Chicken fajita salad

Ingredients

1 Tbsp olive oil
¾ cup sliced onions
1 lb skinless chicken breast
½ tsp cumin
2 tsp oregano
1 cup chopped bell pepper
Red leaf lettuce
1-2 tomatoes
1 avocado

Rosemary crusted turkey tenderloin

Ingredients

2 turkey tenderloins
1 tbsp melted ghee
Salt and pepper for seasoning
2 cloves garlic, minced
A few sprigs of fresh rosemary
A few sprigs of fresh thyme

Directions

Clean, rinse, and pat turkey until dry. Place turkey in a mixing bowl. Finely chop garlic, thyme and rosemary. Season the chicken with salt and pepper. Place rosemary, thyme, ghee and garlic in bowl. Toss and rub turkey until seasonings are distributed. Brown outside of turkey in a non-stick pan over medium-high heat. Place on sheet pan and roast at 425 degrees for 12 minutes or until firm.

Roasted banana crunch

Ingredients

1 banana
1 tbsp slivered almonds

Directions

Toast almonds until slightly browned in dry non-stick skillet over medium heat. Slice bananas in half lengthwise and place on roasting pan. Roast at 350 degrees for 12 minutes. Top bananas with almonds and serve.