



# August 2017 Recipes, Paleo

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## August 2017 Recipes, Paleo

### Week 1 Meal 1: Italian Foil Packets w/ Roasted Cauliflower & Broccoli

#### Italian Foil Packets

##### *Ingredients:*

8oz cherry tomatoes

1 shallot

2 garlic cloves

1 whole fennel

4tsp Italian seasoning\*

4T white wine \*

(OR sub veg/chicken broth)

4 salmon fillets, 4-6oz each (skinless preferred)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Preheat oven to 400 F. Lay out 4 pieces of foil and brush lightly with olive oil.
2. Halve 8oz cherry tomatoes. Dice 1 shallot and mince 2 garlic cloves. Slice 1 fennel bulb and mince fronds for ~1T.
3. Divide 1 pint sliced cherry tomatoes + 1 diced shallot + 2 minced garlic cloves + 1 sliced fennel bulb amongst the 4 pieces of foil.
4. Fold foil edges up to keep in juices and drizzle each with 1tsp lemon juice and 1T white wine/broth.
5. Option to remove skin from salmon fillets and then place one piece on top of each veggie packet.
6. Lightly brush salmon w/ olive oil & season each with 1tsp fennel fronds, ½tsp Italian seasoning, and S&P.
7. Place salmon packets on a sheet pan and bake for ~18-20 min or until opaque & flaky.

#### Roasted Cauliflower and Broccoli

##### *Ingredients:*

1 head cauliflower

1 head broccoli

1T olive oil

1tsp paprika

S&P to taste

##### *Instructions:*

1. Preheat oven to 400 F.
2. Chop broccoli and cauliflower into bite sized pieces.
3. On parchment lined sheet pan, place broccoli & cauliflower in single layer.
4. Roast for ~18-20 min, tossing halfway through.



## August 2017 Recipes, Paleo

### **Week 1 Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, Walnuts & Goat Cheese**

#### **Balsamic Chicken**

*Ingredients:*

¼c balsamic vinegar

¼c olive oil

1T Italian seasoning

S&P

4 chicken breasts, boneless, skinless, 5-7oz each

*Instructions:*

1. Marinade: In a large bowl, whisk together: balsamic vinegar, olive oil, Italian seasoning and salt.
2. Add chicken to marinade in the refrigerator for at least 30 min up to 4 hours.
3. Preheat oven to 400 F.
4. Remove chicken from marinade and place in a lightly oiled baking pan. Roast at 400 F for 30 minutes or until cooked to 165 F.

#### **Balsamic Salad Dressing**

*Ingredients:*

½c olive oil

¼c balsamic vinegar

pepper to taste

*Instructions:*

1. Whisk together dressing ingredients.

#### **Spinach Salad**

*Ingredients:*

½ large tub of spinach (reserve remaining spinach for bison wraps & breakfast scramble)

1c raspberries

1 chopped cucumber

¼c walnuts

5oz goat cheese crumbles (optional)

*Instructions:*

1. Combine all ingredients in a large bowl or container.
2. Divide salad among 4 bowls.
3. Slice balsamic roasted chicken and add 1 breast to each salad.
4. Top w/ dressing as desired



## August 2017 Recipes, Paleo

### Week 1 Meal 3: Bison & Mushroom Lettuce Wraps w/ Avocado-Tomatillo Salsa

#### Avocado-Tomatillo Salsa

*Ingredients:*

1# tomatillos  
1 jalapeño  
2 cloves garlic, peeled  
½ yellow onion, layers separated  
1-2T olive oil  
1 handful cilantro, rinsed  
1 large avocado  
Salt

*Instructions:*

1. Preheat oven to 400 F.
2. Remove husks from tomatillo & cut in half. Cut jalapeño in half, lengthwise, removing ½ to all seeds (depending on how spicy you prefer your salsa).
3. Place husked tomatillo, halved jalapeño, 1/2 onion & 2 cloves garlic on a baking pan. Drizzle w/ 1-2T of olive oil. Roast for ~30 min.
4. Place the following in a blender: roasted tomatillo, ½ yellow onion, jalapeño, garlic and 2 handfuls of cilantro.
5. Blend the above until just turning smooth.
6. Add avocado and blend until just combined. Add salt to taste.

#### Bison & Mushroom Lettuce Wraps

*Ingredients:*

1tsp olive oil  
1# ground bison  
1 red onion, sliced into thin strips  
2 portabella mushrooms, sliced into thin strips  
1T taco seasoning (3)\*  
3 large handfuls baby spinach  
½ tsp salt  
1 head bib lettuce  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc

*Instructions:*

1. Heat 1 tsp oil in large sauté pan over medium-high heat. Add 1# ground bison, onion & garlic. Cook for ~3-4 min, breaking apart meat.
2. Add portabella mushrooms & cook 8-10 min.
3. Add 1T taco seasoning & spinach, stir well & cook down for 2-4 more min (on low to med heat).
4. Season to taste w/ salt (~½ tsp). Serve in bib lettuce w/ avocado-tomatillo salsa.



## August 2017 Recipes, Paleo

### Week 1 Meal 4: Beef Kabobs w/ Zucchini & Tomatoes

#### **Kebab Marinade**

*Ingredients:*

¼ c olive oil  
¼c red wine vinegar

*Instructions:*

1. Whisk ingredients together.

#### **Spice Mix**

*Ingredients:*

2T cumin powder  
1T paprika  
1T dried oregano  
½T turmeric  
fresh ground pepper

*Instructions:*

1. Combine all ingredients and mix until combined.

#### **Beef Kabobs**

*Ingredients:*

1# grass-fed beef sirloin, cut into 1-2" cubes\*  
Spice Mix  
Kebab Marinade  
2 zucchini  
1-pint cherry tomatoes  
\*Note: 1 hour - 24 hours marinating time

*Instructions:*

1. Rub spice mix into beef cubes to taste.
2. Marinate seasoned beef for at least 1 hour, up to 24 hours.
3. Cut zucchini into ~1" bite-sized pieces.
4. Pre-heat grill. Skewer beef, zucchini & cherry tomatoes.
5. Grill kabobs for ~10-12 minutes, or until beef is just cooked through/ desired doneness, flipping halfway through cooking.
6. Note: Skewers may also be cooked on an indoor grill (like a George Foreman), but reduce time by ~3-4 minutes.



## August 2017 Recipes, Paleo

### Week 1 Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds

#### *Salad Components:*

1 bunch curly kale, stems discarded  
1-2T olive oil  
1tsp coarse sea salt  
zest of 1 orange  
zest of 1 lemon  
1 just soft avocado, diced  
1c fresh blueberries  
¼c pumpkin seeds

#### *Instructions:*

1. Roughly chop kale leaves into bite-sized pieces.
2. In a mixing bowl, combine 1 bunch chopped kale leaves with 1-2T olive oil & 1tsp coarse sea salt.
3. Using your hands massage the oil and 1tsp salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.
4. Prepare citrus vinaigrette. Toss diced avocado with the citrus vinaigrette.
5. Toss together all salad ingredients: kale, citrus zest, avocado, citrus vinaigrette, blueberries and pumpkin seeds.

#### *For Citrus Vinaigrette:*

¼ c olive oil  
juice of 1 orange  
juice of 1 lemon

#### *Instructions:*

1. Whisk together:
  - olive oil
  - orange juice
  - lemon juice



## August 2017 Recipes, Paleo

### Week 1 Breakfast: Veggie Breakfast Scramble w/ Avocado-Tomatillo Salsa

#### Avocado-Tomatillo Salsa

*Ingredients:*

1# tomatillos  
1 jalapeño  
2 cloves garlic, peeled  
½ yellow onion, layers separated  
1-2T olive oil  
1 handful cilantro, rinsed  
1 large avocado

*Instructions:*

1. Preheat oven to 400 F.
2. Remove husks from tomatillo & cut in half. Cut jalapeño in half, lengthwise, removing ½ to all seeds (depending on how spicy you prefer your salsa).
3. Place husked tomatillo, halved jalapeño, 1/2 onion & 2 cloves garlic on a baking pan. Drizzle w/ 1-2T of olive oil. Roast for ~30 min.
4. Place the following in a blender: roasted tomatillo, ½ yellow onion, jalapeño, garlic and 2 handfuls of cilantro.
5. Blend the above until just turning smooth.
6. Add avocado and blend until just combined. Add salt to taste.

#### Veggie Breakfast Scramble

*Ingredients:*

1 tsp olive oil  
8oz sliced mushrooms  
2 bell peppers, finely diced (mixed colors)  
½ yellow onion, finely diced  
2 cloves garlic, finely diced  
6 eggs (omega-3)  
2-3 large handfuls fresh baby spinach  
S&P to taste

*Instructions:*

1. Heat 1 tsp oil in large sauté pan over medium-high heat. Add sliced mushrooms, chopped bell pepper, yellow onion & garlic.
2. Cook for ~6-8 minutes, lower heat if needed. Meanwhile, crack 6 eggs into a bowl & whisk well.
3. Add baby spinach to the pan, allowing to cook down.
4. Pour eggs into pan with cooked veggies, moving around with a spatula and cooking until no longer runny, ~3-4 minutes. Season to taste w/ salt (~½ tsp) & pepper.
5. Serve w/ avocado-tomatillo salsa.



## August 2017 Recipes, Paleo

### **Week 1 Snack: Strawberries & Walnuts**

*Ingredients:*

1-2 pints strawberries

1c walnuts

*Instructions:*

1. 1 serving = 1c strawberries + ¼c walnuts

### **Week 1 Dessert: Mango & Blueberry Popsicles**

*Ingredients:*

10oz bag frozen mango chunks, thawed

1c fresh blueberries

*Instructions:*

1. Blend 10oz thawed mango chunks
2. Pour into popsicle molds, filling  $\frac{3}{4}$  full.
3. Gently add 6-8 blueberries to each popsicle pushing into popsicle.
4. Place stick in popsicle, freeze.



## August 2017 Recipes, Paleo

### Week 2 Meal 1: Cajun Turkey Burgers w/ White Sweet Potato Fries

#### Cajun Turkey Burgers

##### *Ingredients:*

- 1T olive oil
  - 1 jalapeño, finely diced, seeds & membranes removed
  - 1T finely chopped garlic
  - ¼ red onion, finely diced
  - ½ bunch green onions, white parts only, chopped
  - ¼c Cajun Blend\*
  - 1# ground turkey thigh
  - 1 heads butter lettuce, leaves separated and washed
  - 1 avocado, sliced
- \*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Preheat grill or oven to 425 F.
2. Heat olive oil in a large sauté pan, over med-high heat, add: jalapeño, garlic, red onion, green onion (white only), & Cajun seasoning. Sauté 5-7 minutes, stirring occasionally. Set aside to cool.
3. Mix ground turkey thigh with sautéed, cooled veggies/ spices. Form into 4 patties.
4. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
5. Slice 1 avocado for topping. Serve with lettuce wraps.

#### White Sweet Potato Fries

##### *Ingredients:*

- 2 large sweet potatoes (Hannah or Japanese), cut into "fries"
- 1-2T coconut oil
- 1T paprika
- S&P to taste

##### *Instructions:*

1. Preheat oven to 425 F.
2. Toss sweet potato "fries" w/ 1-2T coconut oil, 1T paprika, S&P.
3. Place sweet potato fries in preheated oven and roast for 45-55 minutes, tossing half-way through.
4. Serve with Cajun Turkey burgers.



## August 2017 Recipes, Paleo

### Week 2 Meal 2: Balsamic Roasted Pork Tenderloin w/ Zucchini Tian

#### Balsamic Marinade

*Ingredients:*

1c olive oil  
½c balsamic vinegar

*Instructions:*

1. Whisk together: olive oil and balsamic vinegar.
2. Use half of the vinaigrette to marinate the pork if eating within 24-48 hours. Save the other ½ for a future use such as salad dressing.

#### Balsamic Roasted Pork Tenderloin

*Ingredients:*

½ recipe for Balsamic Marinade  
~1-1.5# pork tenderloin\*  
\*Pork needs to marinate for 24-48 hours

*Instructions:*

1. Pre-heat oven to 400 F.
2. Remove pork from marinade and bake for 20-30 min or a temp of 145 F.

#### Zucchini Tian

*Ingredients:*

1 tsp olive oil  
¾ red onion, finely chopped  
1T garlic, finely chopped  
1 yellow summer squash, thinly slice 1 of each into 1/8" thick round (summer squash ~½-¾# ea)  
1 zucchini, thinly slice 1 of each into 1/8" thick rounds  
1T olive oil  
1 lemon, zested and juiced  
S&P  
2oz parmesan (optional)

*Instructions:*

1. Preheat oven to 400 F.
2. Heat olive oil in a large sauté pan, add red onion, garlic, cook 5-7 min or until translucent.
3. Place zucchini & summer squash coins in a large bowl and toss with the following: olive oil, zest & juice of 1 lemon, ½tsp salt & fresh ground pepper
4. In a pie pan or small dish, layer in the following order:
  - cooked red onion/ garlic
  - zucchini & summer squash coins
  - ~2T fresh grated parmesan (optional)
5. Bake Tian, uncovered, 30-35 min.



## August 2017 Recipes, Paleo

### Week 2 Meal 3: Bison Steaks w/ Baked Potatoes & Broccoli

#### Baked Potatoes

*Ingredients:*

4x baking potatoes (OR sub sweet potatoes)

*Instructions:*

1. Preheat oven to 375 F.
2. Pierce potatoes with a fork. Bake for 1-1.25hr or until soft/ cooked through.

#### Bison Steaks and Roasted Broccoli

*Ingredients:*

1-2T olive oil

4 x bison steaks ribeye, 5-8oz each

4T steak seasoning\*

1 large head broccoli, cut into bite-sized pieces

1T olive oil

S&P to taste

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Increase oven to 400 F.
2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat.
3. Coat each steak w/ ~1T steak seasoning.
4. Cook steaks 2-3 min/ side or until color develops.
5. Meanwhile, toss chopped broccoli w/ olive oil and S&P. Roast broccoli in oven for 15-20 minutes.
6. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
7. Serve with baked potato and broccoli.



## August 2017 Recipes, Paleo

### Week 2 Meal 4: Farmer's Market Tart

#### *Ingredients:*

1 bunch swiss chard  
1 red onion  
1 bunch asparagus  
3c almond flour  
5T butter or olive oil  
1 egg  
16oz sliced mushrooms  
4oz goat cheese, optional

#### *Instructions:*

1. Preheat oven to 350 F.
2. Separate swiss chard stems from chard leaves. Chop 1 red onion and the chard stems.
3. Finely chop 1 bunch asparagus.
4. Finely chop the swiss chard leaves.
5. Combine 3c almond flour + 4T butter or olive oil + 1/8tsp salt + 1 egg in a food processor and pulse until dough comes together (or use a fork to combine in a bowl).
6. Press onto bottom of 9x13" pan and bake for 10-15 min.
7. Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min.
8. Add 16 oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt.
9. Add 1 bunch finely chopped asparagus, cook 5 min. Add 1 bunch finely chopped swiss chard leaves, cook 5 min more. Add S&P to taste.
10. Top crust with cooked veggies & 4oz goat cheese crumbles (optional). Return to oven and cook ~10 min until goat cheese melts.



## August 2017 Recipes, Paleo

### Week 2 Salad: Mixed Greens, Grapes, Celery, Pecans & Cheddar

#### *Salad Components:*

5oz mixed greens

1c grapes

$\frac{3}{4}$  c finely chopped celery

$\frac{1}{2}$ c chopped pecans

4oz cheddar (optional)

#### *Instructions:*

1. In a large bowl layer salad components:

- $\frac{1}{2}$  mixed greens
- $\frac{1}{2}$ c grapes
- $\sim\frac{1}{3}$ - $\frac{1}{2}$ c chopped celery
- $\frac{1}{4}$ c chopped pecans
- 2oz chopped cheddar (optional)

Repeat layers.

#### *For Balsamic Dressing:*

1. Whisk together:

- $\frac{1}{2}$ c olive oil
- $\frac{1}{4}$ c balsamic vinegar
- S&P to taste



## August 2017 Recipes, Paleo

### Week 2 Breakfast: Purple Haze Smoothie

*Ingredients:*

2c water  
1/2c chia seeds  
1 can full fat coconut milk  
4 bananas  
4c frozen blueberries  
4c frozen cauliflower

*Instructions:*

1. Add 1c water + 1/4c chia seeds to blender and allow to "hydrate" for ~1 min (while you add other ingredients to the blender).
2. Add 1/2c full fat coconut milk + 2 bananas + 2c frozen blueberries + 2c frozen cauliflower.
3. Blend on high until smooth, adding additional water as needed.

Yields 2 servings. Repeat for additional 2 servings.

### Week 2 Snack: Celery w/ Almond Butter

*Ingredients:*

1 bunch celery, cut into sticks  
1/2 c almond butter

*Instructions:*

1. Use 2T for each portion with celery sticks.



## August 2017 Recipes, Paleo

### Week 2 Dessert: Chocolate Brownie Brittle

#### *Ingredients:*

½c almond flour  
½tsp baking powder  
¼tsp salt  
2 eggs  
3T cocoa powder  
½c honey  
¼c melted coconut oil  
1tsp vanilla  
½c chocolate chips

#### *Instructions:*

1. Preheat oven to 375 F.
2. Line a sheet tray with parchment paper.
3. In one bowl combine: ½c almond flour + ½tsp baking powder + ¼tsp salt.
4. In 2nd bowl: whisk 2 egg whites until frothy (~1 min). Add 3T cocoa powder + ½c honey + ¼c melted coconut oil + 1tsp vanilla. Add almond flour mixture to liquid mixture and whisk until smooth. Add ½c chocolate chips and stir to combine.
5. Pour onto sheet pan and spread out in pan. Bake for 15 minutes then cut into squares and bake another 5-8 minutes. Remove from oven and let cool.
6. Take parchment off tray and spread squares apart from each other. Let completely cool and place pieces into an airtight container and store at room temperature.



## August 2017 Recipes, Paleo

### Week 3 Meal 1: Pesto Salmon w/ Purple Potatoes & Asparagus

#### **Pesto**

*Ingredients:*

½c olive oil  
¼c water  
1c walnuts  
2oz parmesan (size of 1 domino)  
1 lg garlic clove (~1t)  
~1-2c fresh basil leaves  
½tsp lemon zest + ~2T juice (~2 lemons; add to taste)

*Instructions:*

1. Place the following in blender or food processor: olive oil, water, walnuts, parmesan (size of 1 domino), garlic clove, fresh basil leaves, lemon zest and lemon juice.
2. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.

#### **Pesto Salmon**

*Ingredients:*

4 salmon fillets, 4-6oz each  
4-8T pesto

*Instructions:*

1. Pre-heat oven to 425 F.
2. Spread 2-3T pesto onto each salmon fillet.
3. Place salmon on an oiled baking sheet and bake for ~20 minutes or fish is cooked and flaky.

#### **Roasted Purple Potatoes and Asparagus**

*Ingredients:*

1.5# purple potatoes  
1 bunch asparagus  
1-2T olive oil  
S&P to taste  
1oz parmesan cheese (optional)

*Instructions:*

1. Cut 1.5# purple potatoes into ½" pieces, toss w/ olive oil and S&P.
2. Place potatoes (optional: toss with 1-2T grated parmesan) on oiled baking sheet, roast ~35-40 min, remove & toss after ~20 min.
3. Remove ends from 1 bunch asparagus and discard. Toss remaining spears w/ 2tsp olive oil and S&P.
4. Place asparagus on baking sheet and roast for 10-12 minutes



## August 2017 Recipes, Paleo

### Week 3 Meal 2: Mustard Rosemary Lamb Chops w/ Summer Vegetable Ribbon Salad

#### Mustard Rosemary Lamb Chops

*Ingredients:*

- 1 bunch fresh rosemary
- 2 garlic cloves
- 2T Dijon mustard
- ½tsp salt
- ¼tsp pepper
- 4-8 lamb chops, ~¾" thick
- 4T pomegranate molasses (optional) OR sub with mustard

*Instructions:*

1. Finely chop fresh rosemary (2T) & garlic. Mix with 2T Dijon mustard + ½tsp salt and ¼tsp pepper.
2. Rub the above mix onto lamb chops.
3. Heat grill (or sauté pan) to med-high.
4. Cook lamb chops 4-5min/side for medium rare.

#### Summer Vegetable Ribbon Salad

*Ingredients:*

- ¼c pine nuts
- 1/3c olive oil
- 2T lemon juice (~2 lemons)
- ¼tsp red pepper flakes
- 2 zucchini
- 1 yellow squash
- 1 carrot
- 1 bunch basil
- 1 bunch green onions
- ~1oz parmesan cheese
- S&P to taste

*Instructions:*

1. Toast ¼c pine nuts on a sheet pan at 350 F for ~5 mins (watch closely, nuts burn easily).
2. Whisk together to make ribbon dressing: 1/3c olive oil + 2T lemon juice (~2 lemons) + ¼tsp red pepper flakes + S&P to taste.
3. Make large ribbons w/ a peeler from 2 zucchini, 1 carrot and 1 yellow squash. Place in bowl and mix veggie ribbon salad dressing.
4. Chop ½c basil and both white and green parts of green onions to make ¼c. Add to salad with toasted pine nuts. and 1/2c sliced green onions.
5. Toss to combine and top with 1/4c parmesan cheese (~1 oz), if desired.



## August 2017 Recipes, Paleo

### Week 3 Meal 3: Balsamic Marinated Chicken w/ Grilled Eggplant & Tomato Mozzarella Stacks w/ Pesto

#### **Pesto**

##### *Ingredients:*

½c olive oil  
¼c water  
1c walnuts  
2oz parmesan (size of 1 domino)  
1 lg garlic clove (~1tsp)  
~1-2c fresh basil leaves  
½tsp lemon zest + ~2T juice (~2 lemons; add to taste)

##### *Instructions:*

1. Place the following in blender or food processor: olive oil, water, walnuts, parmesan (size of 1 domino), garlic clove, fresh basil leaves, lemon zest and lemon juice .
2. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.

### **Balsamic Marinade Chicken and Grilled Eggplant & Tomato Stacks**

##### *Ingredients:*

½c olive oil  
¼ c balsamic vinegar  
S&P to taste  
4 boneless, skinless chicken breasts, 5-8oz each  
1 lg eggplant, sliced into ½" thick rounds  
4oz fresh mozzarella ball, thinly sliced (optional)  
2 beefsteak tomatoes, thinly sliced  
prepared pesto

##### *Instructions:*

1. Whisk together all ingredients.
2. Marinate chicken for a minimum of 30min up to 12 hours in the fridge.
3. Pre-heat grill to med-high heat.
4. Remove chicken from marinade and grill 5-8min/ side or cooked through to 165 F.
5. Brush or spray eggplant w/ olive oil, S&P.
6. Grill eggplant ~5min/ side.
7. Layer eggplant, mozzarella (optional), tomato & pesto



## August 2017 Recipes, Paleo

### Week 3 Meal 4: B.L.T.A. Burgers w/ Roasted Carrots & Parsnips

#### *Ingredients:*

½ package bacon  
2 beefsteak tomatoes, thinly sliced  
4 carrots, cut into 1" slices  
4 parsnips cut into 1" slices  
1-2T olive oil  
S&P to taste  
1-1½# ground bison  
1-2 avocados  
1 head romaine lettuce

#### *Instructions:*

1. Preheat oven to 375 F. Bake ½ package bacon in single layer for 20-25 min or until cooked through and just crispy.
2. Pre-heat oven to 450 F.
3. Toss carrots and parsnips w/ 1-2T olive oil. Season to taste w/ S&P
4. Place veggies in a single layer on a baking sheet.
5. Pre-heat grill or large sauté pan for burgers.
6. Roast veggies for ~30-35 minutes, removing halfway through baking and toss.
7. Season 1-1.5# ground bison with S&P. Form into 4 patties.
8. Grill (or cook in sauté pan) burgers for 4-6 min/ side or desired doneness.
9. Slice avocado for topping on burgers. Serve burgers in lettuce wraps with bacon, sliced avocado & tomato.



## August 2017 Recipes, Paleo

### **Week 3 Salad: Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Bacon & Pecans**

#### *Salad Components:*

1 cucumber  
5oz tub mixed greens  
1/c dried cherries\*  
1/2c pecans  
2 pears

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Dressing:*

1/2c olive oil  
1/4c balsamic vinegar  
S&P to taste

#### *Instructions:*

1. Cut cucumber into small, 1/4" pieces (option to peel and de-seed if preferred).
2. In a large bowl layer salad components:
  - 1/2 mixed greens
  - 1/2c chopped cucumber
  - 1/4c dried cherries
  - 1/4c pecansRepeat layers
3. Chop 1-2 pears and add to salad. Drizzle w/ balsamic vinaigrette.

#### *For Balsamic Dressing:*

1. Whisk together:
  - 1/2c olive oil
  - 1/4c balsamic vinegar
  - S&P to taste



## August 2017 Recipes, Paleo

### Week 3 Breakfast: Paleo Banana Bread Granola

#### *Ingredients:*

1½c walnuts  
1c pecans  
½c pumpkin seeds (OR sub sunflower)  
2T flax seeds, optional (OR sub hemp seeds)  
5 medjool dates, pitted  
1c large, unsweetened coconut flakes  
1T cinnamon  
½tsp salt  
1 banana  
1/3c coconut oil , melted  
1tsp vanilla

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. In a food processor add:
  - 1½c walnuts
  - 1c pecans
  - ½c pumpkin or sunflower seeds
  - 2T flax or hemp seed, optional
  - 5 medjool dates, pitted (~1/2c)
  - 1c coconut flakes
  - 1T cinnamon
  - ½tsp salt
3. Pulse until nuts and dates are chopped and resemble "oats". Remove mixture from food processor and set aside in a bowl.
4. Now add to the food processor and blend until smooth:
  - 1 banana
  - 1/3c melted coconut oil
  - 1tsp vanilla
5. Add the nut mixture (from above) back to the food processor and pulse until just combined.
6. Place mixture on large sheet pan lined with parchment paper and spread out until flat & thin (the mixture should be wet).
7. Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola.
8. Bake 5-10 more mins (watch closely - it burns easily!).
9. Remove from oven, cool, break apart as desired and store in an airtight container.
10. Yields ~5c or 10 servings.



## August 2017 Recipes, Paleo

### **Week 3 Snack: Plums**

*Ingredients:*

8 plums

*Instructions:*

1. Enjoy!



## August 2017 Recipes, Paleo

### Week 3 Dessert: Peach Cobbler

#### *Ingredients:*

1/2c grass-fed butter (OR sub with coconut oil)  
1c medjool dates  
1c pecans  
1c almond flour  
1/2c unsweetened coconut flakes  
1T cinnamon  
1tsp ground ginger  
1/2tsp salt  
2# peaches

#### *Instructions:*

1. Pre-heat oven to 375 F.
  2. Place in food processor or blender:
    - 1/2c (1 stick) butter\*\* or coconut oil
    - 1c dates (pits removed)
    - 1c pecans
    - 1c almond flour
    - 1/2c unsweetened coconut flakes
    - 1T cinnamon
    - 1tsp ground ginger
    - 1/2tsp salt
  3. Pulse until combined and it begins to form a ball.
  4. Place diced peaches in a small baking dish (~9x9" pan) and cover w/ cobbler (does not need to cover completely).
  5. Bake for ~30 minutes or filling is warmed and bubbly and topping is beginning to brown.
- \*\* Note: if using blender & butter, cut butter into quarters before pulsing.



## August 2017 Recipes, Paleo

### Week 4 Meal 1: Brined Pork Chops w/ Sautéed Cabbage & Apples

\*\*Note: Pork is best when marinated for 12-48 hours (less time is ok).

#### **Brined Pork Chops**

##### *Ingredients:*

1T juniper berries (optional)  
1T whole peppercorns  
1 garlic clove  
2 bay leaves  
4 thin-cut bone-in pork chops

##### *Instructions:*

1. Bring 4-6c water to a boil.
2. Whisk in:
  - 1T sea salt
  - 1T juniper berries
  - 1T whole black peppercorns
  - 1 "smashed" garlic clove
  - 2 bay leaves
  - Cool in fridge for ~30 minutes.
3. Place pork in brine for 12-48 hours.
4. Pre-heat oven to 400 F.
5. Remove chops from brine and pat dry.
6. Heat 1-2tsp oil in sauté pan and cook until brown on both sides (3-4min/side).
7. Transfer to oven and bake for ~16-18 minutes or cooked to 145 F.
8. Option: skip browning and bake for 30 minutes at 400 F.

#### **Sautéed Cabbage & Apples**

##### *Ingredients:*

1tsp butter (or coconut oil)  
2-3 apples  
1 head purple cabbage (pre-chopped if available)  
S&P to taste  
1tsp apple cider vinegar (optional)

##### *Instructions:*

1. Heat 1tsp butter (or coconut oil) over med heat and place 2-3 chopped apples and 1 head cabbage, chopped, in pan. Season with S&P.
2. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
3. Cover and cook over medium heat for ~30-40 minutes, stirring occasionally.
4. Remove lid during final 5-10 minutes of cooking.



## August 2017 Recipes, Paleo

### Week 4 Meal 2: Cilantro-Citrus Shrimp w/ Cauliflower Rice & Cucumber Slices

#### Shrimp Marinade

*Ingredients:*

2 limes, zested and juiced  
1 lemon, zested and juiced  
1 orange, zested and juiced  
1 lg handful cilantro  
½c olive oil  
½c water  
2tsp salt  
2 cloves garlic, peeled

*Instructions:*

1. Blend the following until smooth: zest and juice of 2 limes, zest and juice of 1 orange, zest and juice of 1 lemon, cilantro, olive oil, water, salt, and garlic.

#### Cauliflower Rice:

*Ingredients:*

1 head cauliflower, core, leaves, & dark spots removed

*Instructions:*

1. Coarsely chop cauliflower. Make sure it is completely dry.
2. Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture. Careful not to go too far or it will be mushy.

#### Cilantro-Citrus Shrimp

*Ingredients:*

1-1.5# shrimp peeled, deveined, tail removed  
shrimp marinade  
1 yellow onion, chopped  
2T coconut oil  
1 cucumber, sliced

*Instructions:*

1. If using frozen shrimp, remove from freezer and place in the refrigerator the night before or first thing in the morning. Place shrimp in marinade for at least 30 minutes (up to 2 hours) prior to cooking.
2. Pre-heat oven to 400 F.
3. Heat ½ chopped onion & ½ cauliflower rice in lg sauté pan w/ 2T coconut oil over med-high heat for 6-8 min.
4. Bake shrimp for ~10 minutes or until just pink/ cooked through. Serve with cucumber slices



## August 2017 Recipes, Paleo

### Week 4 Meal 3: Summer "Pasta" w/ Chicken Sausage

#### Zucchini Noodles:

##### *Ingredients:*

2-4 zucchini  
2 pint cherry tomatoes  
16oz sliced mushrooms  
1-2T olive oil  
S&P to taste  
1# raw Italian chicken sausage  
1/4c olive oil  
1 garlic clove  
large handful fresh basil  
juice of 1 lemon (~2T)  
S&P  
1/4c sliced olives  
4oz feta cheese (optional)  
1/2c pine nuts

##### *Instructions:*

1. Preheat oven to 425 F.
2. From 2-4 zucchini, use spiralizer or mandolin to make "spaghetti-like" zoodles (can also cut by hand).
3. Toss 2 pints cherry tomatoes, 16oz tubs sliced mushrooms + 1-2T olive oil + S&P.
4. In single layer on 1-2 sheet pans, roast vegetables for 20-25 minutes (or ~30min at 375 F)
5. Remove sausage from casing & sauté 8-12 min, breaking apart, until cooked through.
6. For the lemon basil sauce, in a blender, blend:
  - 1/4c olive oil
  - 1 garlic clove
  - large handful fresh basil
  - juice of 1 lemon (~2T)
  - S&P
7. Toss roasted veggies w/ Lemon Basil Sauce + Chicken Sausage + 1/4c sliced olives + 4oz feta cheese + 1/2c pine nuts.
8. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
9. Add veggie & chicken mixture and sauté until heated through, 5-6 minutes



## August 2017 Recipes, Paleo

### Week 4 Meal 4: Chicken & Veggie Stir Fry w/ Cauliflower Rice

#### Stir Fry Sauce

*Ingredients:*

¼c coconut aminos  
¼c rice vinegar  
1T toasted sesame oil

*Instructions:*

1. Combine: ¼c coconut aminos + ¼c rice vinegar + 1T toasted sesame oil

#### Cauliflower Rice

*Ingredients:*

1 head cauliflower, core, leaves, & dark spots removed

*Instructions:*

1. Coarsely chop cauliflower. Make sure it is completely dry.
2. Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture. Careful not to go too far or it will be mushy.

#### Walnut Crusted Chicken

*Ingredients:*

½ yellow onion, chopped  
cauliflower rice  
1T coconut oil  
1 # boneless, skinless chicken breast  
garlic  
ginger  
1 head broccoli, chopped into 2-3" pieces  
4 portabella mushrooms, thinly slice

*Instructions:*

1. Heat 2T coconut oil in a large sauté pan, add remaining chopped onion & cauliflower rice and cook 6-8 minutes. Season w/ S&P.
2. Add 1T coconut oil to a sauté pan over med-high heat. Add chicken, garlic, ginger & onions. Sauté 3-4 minutes. Add broccoli & mushrooms, sauté for 6-8 minutes.
3. Add sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over cauliflower rice.



## August 2017 Recipes, Paleo

### Week 4 Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio

#### *Salad Components:*

1 watermelon  
1 red onion  
5oz tub arugula  
1 bunch fresh mint  
1/4c chopped pistachios  
4oz feta crumbles, optional

#### *Dressing:*

1/2c olive oil  
1/4c balsamic vinegar  
S&P to taste

#### *Instructions:*

1. Cut 1c watermelon into small 1/2" cubes.
2. Thinly slice 1 red onion.
3. In a large bowl layer salad components:
  - 1/2 tub arugula
  - 1T sliced red onion
  - Small handful mint leaves (gently tear into small pieces)
  - 1/2c cubed watermelon
  - 1/4c chopped pistachios
  - 2-3oz feta crumbles (optional)Repeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - 1/2c olive oil
  - 1/4c balsamic vinegar

S&P to taste



## August 2017 Recipes, Paleo

### Week 4 Breakfast: Ponana Breakfast Cookies

#### *Ingredients:*

1 medium sweet potato  
1T chia seeds  
1 medium banana  
2 eggs (OR sub ¼c almond butter for egg-free)  
½tsp cinnamon  
2T dark chocolate chips, optional

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Wrap 1 medium sweet potato in foil and bake for 1- 1/2 hours or until knife inserts easily. Cool. Peel and mash (for ~¾c)
3. In a small bowl, "hydrate" 1T chia seeds in 1T water for ~1-2 minutes.
4. In a large bowl, mix together: ¾c mashed banana (~1 medium) + ¾c mashed sweet potato + 2 eggs (note: for egg free, replace w/ ¼c almond butter) + ½tsp cinnamon + hydrated chia seeds (do not drain). Optional: gently fold in 2T dark chocolate chips.
5. Drop by 1/8c (or 2T) scoop on cookie sheet and bake at 350 F for ~10 min. Yields ~16 cookies



## August 2017 Recipes, Paleo

### Week 4 Snack: Figgy Energy Bites

*Ingredients:*

1c dried figs

1c medjool dates

½c dried cranberries\*

½c almond butter\*

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. In blender or food processor add: 1c dried figs (no stems) + 1c medjool dates (pitted) + ½c dried cranberries. Pulse until combined.
2. Stir in ½c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~24.

Note: you can later transfer frozen bites into a container or baggy and freeze.

### Week 4 Dessert: Watermelon

*Ingredients:*

1 x watermelon

*Instructions:*

1. Cut watermelon into wedges for dessert.



## August 2017 Recipes, Paleo

### Week 5 Meal 1: Smoky Paprika Chicken & Herb Roasted Trio Fall Veggies

#### Smoky Paprika Chicken

*Ingredients:*

- 1/4c olive oil
- 2T smoked paprika
- 1tsp salt
- 4 bon-in, skinless chicken leg quarters (OR breasts if preferred)

*Instructions:*

1. Pre-heat oven to 425 F.
2. For chicken marinade, whisk together:
  - 1/4c olive oil
  - 2T smoked paprika
  - 1tsp salt
3. Marinate chicken, covering completely.
4. Remove chicken and place in baking pan. Roast for ~35-40 minutes or until cooked through (165F).

#### Herb Roasted Trio Fall Veggies

*Ingredients:*

- 1# bag carrots
  - 2 x parsnips
  - 1 x bulb of fennel
  - 1T olive oil
  - 1T Italian seasoning\*
  - 1tsp salt
- \*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Pre-heat oven to 425 F.
2. Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Option: cut remaining carrots for snacking
3. Cut white bulb of fennel into 1" slices, discard greens.
4. Toss together with 1T olive oil, 1T Italian seasoning & 1tsp salt.
5. Place vegetables in a single layer on a baking sheet.
6. Roast for ~35-40 minutes.



## August 2017 Recipes, Paleo

### Week 5 Meal 2: Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes

#### Bruschetta Salsa Topped Cod

##### *Ingredients:*

2 large tomatoes (~2c)  
1 bunch basil  
2oz sliced Kalamata olives  
2 cloves garlic  
¼c olive oil  
1T balsamic vinegar  
1tsp dried oregano  
S&P, to taste  
4 cod fillets, 4-6oz ea

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Chop 2 lg tomatoes (for ~2c) + basil (for ~1/4c) + 2oz Kalamata olives. Mince 2 garlic cloves. Set aside in a bowl.
3. Whisk together:
  - ¼c olive oil
  - 1T balsamic vinegar
  - 1tsp dried oregano
  - S&P, to taste
4. Pour over chopped tomatoes and stir to combine
5. Line a sheet pan with parchment paper and lightly brush with olive oil.
6. Place cod fillets on sheet pan and sprinkle with S&P. 3. Top each fillet with ½c bruschetta salsa and bake for ~15-18 minutes or until fish is opaque and flaky.

#### Swiss Chard & Shiitakes

##### *Ingredients:*

2 bunches Swiss chard  
8oz shiitake mushrooms  
2 cloves garlic  
2tsp olive oil  
S&P

##### *Instructions:*

1. Remove stems from 2 bunches Swiss chard, discard.
2. Finely chop remaining leaves + 8oz shiitake mushrooms + 2 cloves garlic.
3. Heat lg sauté pan w/ 1-2tsp olive oil. Add chard, garlic & mushrooms. Cook 8-10 mins until tender, stirring often. Season w/ S&P.



## August 2017 Recipes, Paleo

### Week 5 Meal 3: Pizza Soup

#### *Ingredients:*

1 garlic clove  
1 red onion  
2 green bell peppers  
4oz pepperoni\*  
8oz sliced mushrooms  
1T dried basil  
1T dried oregano  
4c beef broth\*  
28oz can diced tomatoes  
2.25oz sliced black olives, drained  
S&P to taste  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Finely chop garlic, red onion, green bell pepper, pepperoni.
2. In a large soup pot, heat 1tsp olive oil over med-high heat and add garlic, red onion, green bell pepper, & 8oz sliced mushrooms.
3. Add 1T dried basil & 1T dried oregano.
4. Saute for 8-10 minutes.
5. Add beef broth, 2c water, chopped pepperonis, diced tomatoes & sliced black olives.
6. Bring to a low boil and then lower to a simmer.
7. Cook ~30 minutes.
8. Add liquid as needed.
9. Season with S&P as needed.



## August 2017 Recipes, Paleo

### Week 5 Meal 4: Bison Burgers w/ Avocado & Paprika Roasted Cauliflower

#### **Black Bean Burgers**

##### *Ingredients:*

1 head cauliflower, Cut into 1-2" bite-sized pieces  
1T olive oil  
1T smoked paprika  
1tsp salt  
1.25 # ground bison  
1T chili powder  
1/8t salt  
4 avocados

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Pre-heat oven to 450 F.
2. Toss cauliflower w/ olive oil, smoked paprika and salt.
3. Mix ground bison with chili powder and 1/8t salt and form into 4 patties.
4. Place burgers on a well-oiled baking sheet; place cauliflower in a single layer on a baking sheet.
5. Roast both for ~30-35 minutes, removing cauliflower halfway through baking and tossing.
6. Top burgers w/ avocado slices.

\*Note: burgers can also be cooked by sautéing in a pan for 3-4 min/side over med-high heat or grilling.



## August 2017 Recipes, Paleo

### Week 5 Salad: Italian Side Salad

#### *Salad Components:*

1 x cucumber  
1x carrot  
5oz tub mixed greens  
1 pint cherry tomatoes  
1/4c sliced almonds

#### *Dressing:*

1/2c olive oil  
1/4c red wine vinegar  
1T Italian Seasoning\*  
S&P to taste

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Dice 1 cucumber into 1c bite-sized pieces. Option: save any remaining for snacking.
2. Cut 1 carrot into small pieces (or grate)
3. In a large bowl layer salad components:
  - 1/2 tub salad greens
  - 1/2c chopped cucumber
  - 1/2 chopped/grated carrot
  - 1/2 pint cherry tomatoes
  - 1/8 sliced almondsRepeat layers

#### *For Italian Dressing:*

1. Whisk together:
  - 1/2c olive oil
  - 1/4c red wine vinegar
  - 1T Italian Seasoning
  - S&P



## August 2017 Recipes, Paleo

### Week 5 Breakfast: Paleo Banana Pancakes

*Ingredients:*

*Ingredients:*

4 ripe bananas

4 eggs, omega-3

4T almond butter\* (optional)

1/2T cinnamon

4T maple syrup (optional)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Pre-heat oven to 400 F.
2. Place the following in a blender and blend until smooth:
  - Bananas
  - Eggs
  - Almond butter
  - Cinnamon
3. Cook on pancake griddle or sauté pan on medium, 2-3 minutes/side.
4. Optional: spread with any remaining almond butter & drizzle with maple syrup.

### Week 5 Snack: Apples w/ Pecan Butter

*Ingredients:*

4 apples

1/2c pecan butter\*

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Slice apple w/ apple slicer or knife.
2. Use a tablespoon to scoop out pecan butter.
3. 1 serving = 1 apple + 1T pecan butter



## August 2017 Recipes, Paleo

### **Week 5 Dessert: Cranberry-Walnut Dark Chocolate Drops**

*Ingredients:*

1c dark chocolate chips or discs (70%+ preferred)

1/2T cinnamon

1c walnuts

1/4c cranberries, dried

*Instructions:*

1. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
2. Remove chocolate from heat and stir in 1/2T cinnamon, 1c walnuts & 1/4c dried cranberries.
3. Use a tablespoon and drop onto parchment or foil.
4. Allow to cool in refrigerator. Can store in freezer.