

Main Dishes — Meat/Poultry

Beef Goulash with Cauliflower (serves 8)



servings: 1 protein, ½ oil, 2 cat. 1 veg. — add 2 cat. 1 veg. and 1 oil for cauliflower

recipe 268 calories, 12 g carbohydrates, 27 g protein, 12 g fat per serving

- > 2 Tbsp. (30 ml) olive oil
- > 2 large onions, sliced thin
- > 2 garlic cloves, minced
- > 1½ lb. (681 g) of very lean beef, cut into cubes
- > 3 Tbsp. (6 g) paprika
- > 4 stalks celery, sliced
- > 28-oz. (825 ml) can diced tomatoes, using liquid
- > “I Can’t Believe It’s Not Mashed Potatoes” (p. 64)

Prepare cauliflower as indicated. In a large soup pot, heat oil over medium heat. Add onion and sauté 4-5 minutes until softened. Add garlic and sauté for 1 more minute. Then add beef, paprika, celery, and tomatoes with their liquid. Simmer, covered, over very low heat for 3-4 hours, stirring occasionally. Add a little water if it gets too dry. Taste and add salt and pepper as needed. Serve with mashed cauliflower.

TIPS:

- Cauliflower recipe only serves 4. To serve 8 you will need to double the recipe or divide servings in half to garner 1 cat 1 veg. and ½ oil.

Chicken & Tarragon Patties (serves 4)



serving: 1 protein

168 calories, 2 g carbohydrates, 29 g protein, 4 g fat per serving

- > 1 lb. (454 g) ground chicken meat, formed into 4 patties
- > 1/3 cup (53 g) chopped red onion
- > 1 Tbsp. (3.7 g) fresh or dried tarragon leaves, chopped
- > 2 tsp. (10 ml) Dijon mustard
- > ¼ tsp. (1.5 g) sea salt
- > Freshly ground black pepper to taste
- > 2 eggs

Preheat oven to 350° F (180° C). In a mixing bowl, combine chicken with other ingredients. Mix thoroughly. Shape into patties and place on a greased baking dish. Bake for about 10 minutes on each side, until brown and thoroughly cooked.

Chicken Enchiladas (serves 5 at 2 small tortillas each)



servings: 1 protein, 1 oil, ½ legume, 1 grain, 2 cat. 1 veg.

373 calories, 55 g carbohydrates, 31 g protein, 8 g fat per serving

- > 1 cup (112 g) part-skim mozzarella cheese, grated, divided (**DF: omit**)
- > 2 cups (280 g) cooked, shredded chicken
- > 8-oz. (226 g) can black beans
- > ½ cup (124 g) plum tomatoes, chopped (plus extra for garnish)
- > 1/3 cup (18 g) black olives, chopped (plus extra for garnish)
- > ¼ cup (41 g) green chili peppers, chopped
- > 1/3 cup (53 g) chopped onion
- > 2 (16 oz. each [907 g total]) jars salsa—mild, medium, or hot (no added sugar)
- > 10 small (6”-7” [15.2-17.7 cm]) low-carb flour tortillas (**GF: use teff tortillas**)

Preheat oven to 350° F (180° C). Grease a 3-qt. (3 L) rectangular baking dish and spread 1 cup (226 g) of salsa into the bottom of the dish. In a large bowl, stir together ½ cup (56 g) of cheese and all the chicken, black beans, tomatoes, olives, chili peppers, and onion. Add 1 cup (226 g) of salsa and mix well. Spoon ½ cup (120 ml) of the chicken mixture down the center of each tortilla. Roll up and place, seam side down, in the baking dish. Pour remaining 2 cups (453 g) salsa over tortillas. Cover with foil and bake for 20-30 minutes in preheated oven. Remove foil and sprinkle with remaining cheese and return to oven until cheese melts, about 3 minutes. Garnish with chopped black olives and tomatoes. Serve with a mixed green salad if you desire.

Chicken Stir-Fry (serves 4)



servings: 1 protein, 3 cat. 1 veg., 1½ oil
255 calories, 14 g carbohydrates, 29 g protein, 9 g fat per serving

- > ¼ cup (10.6 g) chopped fresh basil
- > ¾ cup (180 ml) chicken broth, divided
- > 3 scallions, thinly sliced, divided
- > 2 cloves garlic
- > 1 Tbsp. (6 g) chopped fresh ginger
- > 2 Tbsp. (30 ml) olive oil, divided
- > 1 lb. (454 g) boneless, skinless chicken breasts
- > 1 small unpeeled eggplant (~12 oz. [340 g]), diced
- > 1 medium onion, chopped
- > 1 red bell pepper, cut into thin strips
- > 1 yellow bell pepper, cut into thin strips
- > 2 Tbsp. (30 ml) tamari soy sauce
(GF: use wheat-free tamari)

In a blender or food processor, combine basil, ¼ cup (120 ml) of the broth, 2 of the scallions, garlic, and ginger. Pulse until mixture is minced but not pureed. Set aside. Cut chicken breasts into 2" (5 cm) strips. Set aside. In a large skillet, heat 1 Tbsp. (15 ml) oil over medium heat. Add eggplant, onion, and both peppers. Sauté about 8-10 minutes until tender. Transfer to a bowl and keep warm. Add remaining 1 Tbsp. (15 ml) oil to pan and heat over medium heat. Add basil/mint mixture and sauté, stirring for 1 minute only. Add chicken strips and tamari sauce and sauté for about 3-4 minutes until chicken is almost cooked through. Add remaining ½ cup (120 ml) broth and bring to a boil. Return veggies to pan and stir until heated through, about 3-4 minutes. Transfer to serving dish and garnish with remaining scallion to serve.

Grilled Coconut Chicken (serves 4)



servings: 1 protein, 1 oil
182 calories, 1 g carbohydrates, 27 g protein, 7 g fat per serving

- > 1 lb. (454 g) boneless, skinless chicken breasts (2 whole breasts divided or 4 halves)
- > ½ cup (120 ml) regular canned coconut milk and ½ cup (120 ml) water OR 1 cup (240 ml) lowfat canned coconut milk
- > 3 Tbsp. (7.5 g) chopped fresh cilantro or basil
- > 2 Tbsp. (30 ml) lemon juice
- > 1/8 tsp. (0.06 g) cayenne pepper (use more if desired)
- > Sea salt and freshly ground black pepper to taste

Mix the coconut milk (or coconut milk/water blend) with the cilantro/basil, lemon juice, cayenne pepper, salt, and pepper. Pour mixture over the breasts, turning several times to coat both sides. Set chicken in a dish and refrigerate for 2-8 hours. Remove from refrigerator 30 minutes before cooking. Heat grill and add chicken. Grill for about 8 minutes on each side. Serve immediately.

Grilled Leg of Lamb (serves 4 per lb. [454 g])



serving: 1 protein
173 calories, 0 g carbohydrates, 24 g protein, 8 g fat per serving

- > 1 leg of lamb, boned and butterflied by butcher
- > 2 cups (960 ml) red wine
- > 2 tsp. (5 g) poultry seasoning
- > 1 tsp. (6 g) sea salt
- > 3 cloves garlic, cut in slivers

Mix ingredients and marinate for 12-24 hours in refrigerator. Grill over hot coals approximately 20 minutes on each side. Baste occasionally while grilling.

TIPS:

- This is a yummy replacement for steak!
- Consider topping with **Mint Sauce** (p. 28) or **Raita** (p. 29).