



Dinner Recipes

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Asian-style Flank Steak

- 1-1 1/4 lb top sirloin steak
- 1/2 cup low sodium, organic beef broth
- 2 tablespoons low sodium soy sauce
- 1 tablespoon minced fresh ginger
- 1 teaspoon cornstarch
- 2 teaspoons organic butter
- 2 teaspoons extra-virgin organic olive oil
- 1-2 teaspoon sesame oil (toasted)
- 2-3 green onions, thinly sliced or cut lengthwise into slivers

Directions

- Cut steak into 4 equal portions.
- Place each piece between 2 pieces of plastic wrap.
- With a heavy, flat-sided mallet, pound meat firmly but gently all over to a thickness of 1/3 to 1/2 inch.
- In a small bowl, stir together broth, soy sauce, ginger, and cornstarch.
- Set aside.
- Melt butter in oil in a wide nonstick frying pan over medium-high heat.
- When butter sizzles, add steak.
- Cook, turning once, until steak is well browned on both sides and still pink in center; cut to test (2 to 3 minutes).
- Transfer to a platter and keep warm.
- Stir broth mixture, then add to pan, increase heat to high, and bring to a boil, stirring.
- Then continue to boil and stir until slightly thickened (1 to 2 minutes).
- Pour sauce over steak; drizzle with sesame oil to taste, then sprinkle with green onions

Asparagus with Walnuts and Vinaigrette - Side Dish

- 1 pound fresh asparagus, trimmed
- 1/4 small onion, very finely chopped
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 packet sugar substitute
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup olive oil
- 1 pinch salt
- freshly ground black pepper
- 4 cups spring salad mix (mesclun)
- 1/4 cup toasted walnuts, or almonds

Directions:

- Steam asparagus until crisp-tender.
- Drain, and pat dry with paper towels. Set aside.
- Combine shallot, vinegar, mustard and sugar substitute, salt and pepper in a mixing bowl. Gradually whisk in oil.
- Divide lettuce on 4 plates; arrange asparagus on top and drizzle with vinaigrette.
- Sprinkle with walnuts.

Black Bean Chili

Makes 6 servings

- 1 tbsp olive oil
- 1 ½ lb (600g) Extra Lean Ground Turkey (try to get ground turkey **breast**)
- 1 cup coarsely chopped onion
- 1 red bell pepper, cut into 1/4-inch cubes
- 2 cloves garlic, minced
- 2 jalapeno peppers, seeded and minced (optional)
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon dried marjoram leaves
- 1/4 teaspoon crushed red pepper flakes (optional)

1/4 teaspoon ground cinnamon
2 (16-ounce) cans low-sodium whole tomatoes, drained and coarsely chopped
1 (16-ounce) can black beans, drained and rinsed (use “Eden Organic” brand)
8 ounce tomato sauce (low sodium, preferably organic)
1/4 cup fresh cilantro, chopped
4 tablespoons shredded mozzarella cheese

Directions:

In a large stockpot, combine oil, turkey, onion, red pepper, garlic, jalapeño peppers (optional), chili powder, cumin, coriander, oregano, marjoram, red pepper flakes (optional) and cinnamon.

Cook mixture over medium-high heat, stirring occasionally, until turkey is no longer pink. Stir in tomatoes and bring to a boil. Reduce heat and simmer uncovered for 5 minutes. Stir in beans and cilantro. Continue cooking for an additional 5 minutes. Serve topped with cheese.

Low Carb Pizza

Serves 8-10

4 ounces cream cheese, softened
4 eggs
1/3 cup heavy cream
1/4 cup grated parmesan cheese
1 teaspoon chives
1/2 teaspoon italian seasoning or pizza seasoning
1/2 teaspoon wet garlic or 1/4 teaspoon garlic powder
1/2 cup pizza sauce or tomato sauce (please find one with the least amount of ingredients & only ingredients that you can pronounce)
3 cups mozzarella cheese
pizza toppings, of choice (example: salami, Canadian back bacon, fresh veggies, chicken chunks, shrimp)

Directions:

- Preheat oven to 375.
- Beat together cream cheese and eggs until smooth.
- Add cream, parmesan, garlic and Italian seasoning.
- Spray 9X13 pan with cooking spray or oil.
- Place 2 cups mozzarella cheese in bottom of pan.
- Pour egg mixture over cheese.
- Bake for 30 minutes.
- Remove from oven and spread sauce over baked mixture.
- Add toppings of choice.
- Cover with remaining mozzarella cheese.
- Bake until bubbly and brown.
- Let stand for 5 minutes.

Marinated Rosemary Chicken

Serves: 4

1/2 c lemon juice

1/8 c good olive oil

2 tbsp fresh rosemary

4 skinless, boneless chicken breasts

1 lemon, sliced

Directions:

- In a large re-sealable bag mix first 3 ingredients together & place chicken inside
- Seal bag & shake to coat
- Marinate overnight, or for at least 8 hours, in the refrigerator
- Preheat grill on high, or oven to 375 degrees
- Lightly oil the grill, or if using oven tin foil a cookie sheet & spray lightly with cooking spray
- Grill about 8 min per side, or until juices run clear. Bake in oven for 30 min
- Serve with a sliced lemon on top

**** make night before or in the AM before you leave for work***