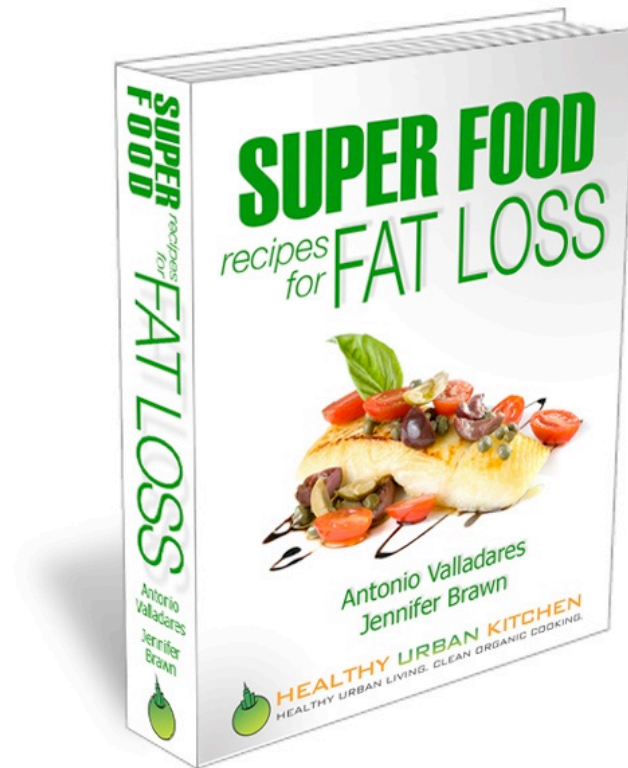




HEALTHY URBAN KITCHEN
HEALTHY URBAN LIVING. CLEAN ORGANIC COOKING.



20 new recipes from the Healthy Urban Kitchen – a simple, step-by-step system for shopping, cooking and eating the world's healthiest foods.



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Antonio Valladares, CHEK, CPT, LMT is a Nutrition & Lifestyle Coach and Exercise Specialist in New York City. After suffering serious health problems for 30 years that hospitalized him several times as a child, he discovered he was intolerant to gluten and dairy and his vegetarian diet had wreaked havoc on his body. His experience showed him that mainstream nutritional advice is nothing more than a corporate agenda that is ruining the health of Americans. Healing his body required extensive research, working with experts in functional medicine and introducing grass fed meats and raw dairy products into his diet. Now in his late 30's, Antonio is stronger, leaner and healthier than ever. A certified personal trainer since 1994, Antonio has worked exclusively with women from youth, teenagers, athletes and pre/post natal stages of life. Antonio has teamed up with world-class natural foods chef Jennifer Brawn to bring you simple, nutrient-dense, delicious, gluten-free recipes that burn fat and enhance overall health & vitality.

Jennifer Brawn is a New York City based Natural Foods Chef who graduated from Natural Gourmet Institute of Health & Culinary Arts. Jennifer is a personal chef in NYC who uses local, seasonal, organic foods and incorporates grass fed meats and raw dairy into her menus. She sees food as an integral part of maintaining natural health and to restore healing in the body. She also specializes in cooking for those with specific food sensitivities, such as gluten-free.



Super Foods and Fat Loss - two words that are overused and misunderstood.

The word 'superfood' is used extensively these days when selling supplements & products, but, according to Oxford English Dictionary, use of the word 'superfood' dates back to 1915 and was used to define a 'food considered especially nutritious or otherwise beneficial to health and well-being.'

A true 'super' food is any food that has not been altered from its original state, is organic, nutrient dense, fresh and offers greater nutritional value – and yet to be understood nutritional properties - than common foods. Super foods have been sustaining strong, healthy human cultures for thousands of years.

Organic & grass fed certifications and labels mean nothing these days, you must know how the food was grown and how it got from the farm to your table.

If we want to be healthy, energetic, lose fat and prevent disease, it behooves us to look at human cultures that are stronger, healthier, more vibrant and have less disease than modern society. Today, we have more overweight, obesity, physical dysfunction and degenerative disease than ever before. When we look at strong, healthy, disease-free human societies, we see people that ate grass fed animals, wild fish and naturally grown produce.

Despite popular opinion, this natural approach to health has worked for thousands of years, and those that adopt this simple approach to diet & lifestyle have the energy, focus, clear skin, health, vitality, longevity and lean, strong bodies to prove that it works.

I have been a fitness & nutrition coach in NYC for 15 years and have yet to see any approach work better. Natural & organic foods, grass fed meats, raw dairy and avoiding processed foods, synthetic ingredients and chemicals works every time, without fail.

The following recipes contain super foods, like grass fed beef, wild fish, raw butter, coconut oil, olive oil and fresh, organic produce.

To get your *FREE* video course on fat loss for busy people, more recipes and cooking videos from world class chefs as well as a sneak peak into Antonio's upcoming project, visit:

www.UrbanFatLossFormula.com



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Salads, Sides & Appetizers



Green Bean Salad with Sun-Dried Tomatoes and Dijon Vinaigrette

This lightly dressed green bean salad goes great with fish and seafood dishes, as well as poultry and steak.

4 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients

- salt
- 1 pound green beans or haricot verts, stems removed
- 1 teaspoon stone ground mustard
- 1 teaspoon fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 1/4 cup sun-dried tomatoes, thinly sliced

Instructions

In a medium-sized saucepan bring about 1-quart of water to a boil with 1 teaspoon salt. Add the beans, and lower the heat to a simmer. Cook until beans are still crisp yet tender, 3-6 minutes, depending on the thickness of the bean.

Drain and rinse with cold water.

Whisk together the mustard, lemon juice, olive oil and ½ teaspoon salt in a medium bowl. Toss the green beans and sun-dried tomatoes with dressing. Taste and add more salt if necessary. Serve at room temperature.

Tips

Drain the sun-dried tomatoes, if they are in oil. If they are dry, reconstitute by placing the tomatoes in a cup of hot water for 10 minutes, then drain and slice.



Orange and Fennel Salad with Orange Vinaigrette

Blood oranges, also known as Moro Oranges, have a deep red flesh and are available from January through March in gourmet markets. If you can find them, they make this salad pop with color.

4 to 6 servings

Prep Time: 20 minutes

Cook Time: none

Ingredients

- 1/4 cup extra virgin olive oil
- 1/4 cup fresh orange juice
- 2 teaspoons white wine vinegar
- 1 teaspoon honey
- 1/2 teaspoon minced shallot
- salt
- freshly ground black pepper
- 1 small bulb fennel, cored and thinly sliced
- 1 bunch arugula, leaves torn in half
- 2 naval or blood oranges
- 1 ripe avocado

Instructions

Add the oil, orange juice, vinegar, honey and shallot along with a pinch of salt and freshly ground black pepper to a large bowl and whisk to combine. Stir in the fennel to the dressing and let sit while preparing the orange and avocado.

Supreme the oranges: Slice the ends from the orange, then run the knife down all sides of the orange just beneath the white pith. Holding the orange in one hand, carefully cut away the orange segments. Alternatively, cut the oranges into 1/4-inch rings.

Add the arugula to the fennel and dressing and toss to coat. Arrange on individual plates and top with the orange segments or rings.

Cut the avocado lengthwise around the pit, and discard the pit. Gently cut 1/4 thick slices through flesh of both halves. Run a spoon along the inside of the avocado skin, scooping out the slices. Top each salad with avocado slices.



Warm Roasted Pear and Hazelnut Salad with Champagne Honey Vinaigrette

This sweet and nutty fall salad is rounded out by the earthy, creamy accompaniment of blue cheese. This salad pairs nicely topped with sliced warm chicken breast.

4 to 6 servings

Prep Time: 15 minutes

Cook Time: 18 minutes

Ingredients

- 1/4 cup hazelnuts
- 2 unripe bosc pears
- 1/2 teaspoon extra virgin olive oil
- 1 tablespoon honey
- 2 tablespoons champagne vinegar or white wine vinegar
- 1/4 cup hazelnut or extra virgin olive oil
- salt & freshly ground black pepper
- 1 large bunch red leaf lettuce, torn into bite sized pieces
- 1/2 cup crumbled blue cheese (optional)

Instructions

Preheat the oven to 350-degrees. Spread the hazelnuts on a baking sheet and toast for 8 minutes or until the skins start to loosen. Rub the hazelnuts between a kitchen towel or paper towels to dislodge the skins. It's okay if you don't remove all of the skins. Transfer the nuts to a cutting board and chop into small pieces and set aside. Increase the oven temperature to 375-degrees. Peel the pears and slice in half lengthwise. Remove the core with a spoon or melon-baller and trim ends. Slice the 4 halves into 1/4" thick pieces. Transfer the pears to a parchment-lined baking sheet. Drizzle the pears with the 1/2 teaspoon of olive oil and toss to coat. Roast for 10 minutes, or until the pears are tender when pierced with a fork.

In a large mixing bowl, combine the honey and vinegar and whisk the hazelnut (or olive) oil in a slow stream until combined. Add a pinch of salt and a couple of twists of freshly ground black pepper and combine. Add the lettuce to the dressing and toss to coat. Arrange the lettuce on individual plates and top with the warm pear slices, toasted hazelnuts, and optional crumbled blue cheese.



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Mango, Cucumber, and Hearts of Palm Salad

Tropical flavors of this cooling salad go great with tilapia filets. This can also be served with seared sea scallops, or a piece of grilled chicken. Fresh mint can take the place of the cilantro.

6 to 8 servings

Prep Time: 15 minutes

Cook Time: none

Ingredients

- 1 mango
- 1 English cucumber
- 1 15-ounce can hearts of palm, drained and thinly sliced
- 1 jalapeño, stemmed, seeded, and minced
- 1/4 cup chopped cilantro
- 1 tablespoon fresh lime juice
- 2 teaspoons honey
- 1/4 teaspoon salt

Instructions

Peel the mango and cut away the flesh from the long, flat pit. Chop into small chunks and place in a large bowl.

Cut cucumber lengthwise and scrape out the seeds with a teaspoon. Cut the 2 halves in half lengthwise, then thinly slice across. Add to the bowl with the mango. Combine the remaining ingredients: hearts of palm, jalapeno, cilantro, lime juice, honey and salt. Stir until combined.

Taste and add a sprinkling of salt if necessary. Let sit for a few minutes to marry flavors. Serve at room temperature.



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Banana Avocado Fruit Dip

* Includes Dairy

This easy to prepare dip is naturally sweetened with banana. The surprise addition of avocado lends an extra creamy texture. Serve as a snack with sliced apples or as a breakfast spread over raisin bread.

Yields 1 1/2 cups

Prep Time: 5 minutes

Cook Time: none

Ingredients

- 1/2 ripe avocado
- 2 bananas, peeled
- 3 1/2 ounces Greek-style yogurt
- 1 tablespoon fresh lime juice

Instructions

Add all ingredients into the bowl of a food processor and process until smooth. The dip can be served immediately at room temperature.



Broccoli Rabe with Pine Nuts

Simmering the Broccoli Rabe first mellows its characteristically bitter flavor. It goes great with chicken and fish, or toss with warm cooked pasta, adding an extra drizzle of extra-virgin olive oil and freshly grated parmesan cheese.

4 to 6 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Type of Dish: Vegetables & Side Dish

Ingredients

- 2 pounds broccoli rabe, washed and heavy stems trimmed
- salt
- 2 tablespoons pine nuts
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1/4 teaspoon red pepper flakes
- 1 teaspoon fresh lemon juice

Instructions

Bring 2 quarts of water plus 2 teaspoons of salt to a boil over high heat. Add the broccoli rabe, reduce heat and simmer for 5 minutes. Drain, and when cool enough to handle, squeeze out the excess water. Chop into bite-sized pieces.

Meanwhile, toast the pine nuts. Add the pine nuts to a large skillet and place over medium heat. Stir occasionally, about 4 minutes, until pine nuts are flecked with light brown. Transfer immediately to a plate or small bowl. Wipe the skillet clean with a paper towel.

Add 1 tablespoon of olive oil to the skillet along with the garlic and red pepper flakes and return to medium heat and cook for 1 to 2 minutes, until the garlic is straw colored. Add the broccoli rabe and stir until heated through. Turn off the heat, add the lemon juice and a sprinkling of salt to taste. Stir in the pine nuts.



Brussels Sprout and Shiitake Mushroom Hash with Quinoa

This autumn dish comes together quickly for a light one dish meal, or can be served as a side dish along with chicken or fish.

4 servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients

- 1 cup quinoa, rinsed and drained
- 2 cups water
- salt
- 1 teaspoon Dijon mustard
- 1 tablespoon wheat free tamari
- 1 tablespoon brown rice syrup
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 1 pound brussel sprouts
- 1/4 pound fresh shiitake mushrooms, stems removed and discarded, caps thinly sliced

Instructions

Heat a small pot over medium flame. Add the quinoa and stir until dry and fragrant, about 5 minutes. Add the water, stirring to combine, and bring to a boil with ½ teaspoon salt. Meanwhile, lower the heat to a simmer, cover, and cook 15 minutes, until the quinoa is tender.

Whisk together the mustard, shoyu, and brown rice syrup in a small bowl and set aside.

Trim the Brussels sprout ends and cut in half lengthwise, then into thin strips. Combine the oil and garlic in a medium-sized skillet over medium heat, stirring for one minute. Add the Brussels sprouts and cook for about 4 minutes, stirring occasionally until slightly browned. Add the mushrooms, and cook for 1 minute.

Stir in the reserved mustard mixture until well combined and remove from the heat. When the quinoa is ready, remove the lid and fluff with a fork. Serve the quinoa topped with the vegetables.



Curried Coconut Sweet Potato Soup

The combination of sweet potato and coconut milk gives this soup an extra silky smooth texture, with a little added heat from the curry powder. This is perfect on a cool day.

6 cups

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 1 tablespoon coconut oil or extra virgin olive oil
- 1 medium onion, chopped
- salt
- 2 teaspoons curry powder, preferably medium spicy
- 1 1/4 pounds sweet potatoes, peeled and cut into 1-inch pieces
- 1 14-ounce can lite coconut milk
- 2 cups chicken stock, vegetable stock, or water

Instructions

Heat the oil in a medium pot over medium-high heat. Add the onions and 1 teaspoon salt, stirring occasionally, until the onions are softened, about 5 minutes. Add the curry powder and cook for 30 seconds. Then add the sweet potato, coconut milk, and stock, stirring to combine. Bring to a boil and cover. Reduce heat to a simmer and cook for 15 minutes until sweet potatoes are tender.

Carefully transfer mixture to a blender and blend until smooth. (You may want to do this in two batches.) Return the soup to the pot.

Add additional salt to taste if necessary. Divide soup into bowls and serve hot.

Tips

As a precaution when blending hot liquids, drape a clean towel over the lid and hold the lid down. Fill the canister only up to half way.



Brown Rice with Asparagus and Peas

Enjoy this as a dairy-free grain and vegetable side dish, or add cream and parmesan at the end of cooking. This dish pairs well with seared scallops or chicken. While the rice is cooking, sauté the vegetables.

4 to 6 servings

Prep Time: 15 minutes

Cook Time: 1 hour, including 30 minutes soak time.

Ingredients

- 1 ¼ cups brown rice, soaked for 30 minutes and drained
- 2 ½ cups chicken stock
- 1 tablespoon extra virgin olive oil
- 3 garlic cloves, minced
- 1 shallot, minced
- 1 bunch asparagus, tough ends removed, stalks sliced into 1/2-inch rounds
- 1/2 cup frozen peas
- 2 teaspoons chopped fresh thyme
- 1 teaspoon salt
- 1 teaspoon fresh lemon juice
- 1/2 cup heavy cream (optional)
- 1/2 cup grated parmesan cheese (optional)

Instructions

Combine the rice and stock in a medium pot and bring to a boil. Cover, reduce heat, and simmer for about 30 minutes until almost all of the moisture is absorbed and the rice is tender.

In a large skillet with sides, combine the olive oil, garlic, and shallot, and place over medium heat. Cook for 1 minute, then add the asparagus and cook for 3 more minutes. Stir in the peas, cook for an additional minute, then remove the skillet from the heat. Stir in the thyme, salt and lemon juice.

When the rice is tender, pour it into the vegetable mixture, and stir to combine. Stir in the cream and parmesan if desired. Return to medium heat and cook, stirring, an additional minute. Taste and adjust salt if necessary. Serve hot.



Potato Snow Pea Chowder

My Grandmother has been making this soup for as long as I can remember. It is one of my very favorites, and the addition of sliced sausage elevates this already delicious soup to a hearty satisfying meal.

4 to 6 servings

Prep Time: 10-15 minutes

Cook Time: 20-30 minutes

Ingredients

- 3 tablespoons unsalted butter
- 1 large onion, diced small
- salt
- 1 3/4 pound russet potatoes, peeled and diced small
- 1/2 pound snow peas, stemmed, small ribs removed, and halved
- 3 cups milk
- freshly ground pepper
- 2 links hot Italian pork sausage (optional)

Instructions

In a large heavy-bottomed pot, heat the butter over medium heat until melted. Add the onion and 1 teaspoon of salt and cook for about 8 minutes until softened.

Add the potatoes and 3 cups of water, cover, and bring to a boil. Reduce the heat and simmer for 8 minutes, until the potatoes are tender. Add the snowpeas, giving them a stir into the potatoes, and cover again simmering for an additional 5 minutes. Turn off the heat.

Stir in the milk to heat through and add up to 1 additional teaspoon salt and freshly ground pepper to taste. Serve hot.

Tips

Optional: In a cast iron skillet or a heavy-bottomed pan, add a 1/2 teaspoon extra virgin olive oil and sausage over medium-high heat. Turn occasionally to brown, adjusting heat if necessary, about 8-10 minutes total. Transfer the cooked sausage to paper towels and allow a few minutes to cool. Slice sausage into 1/4-inch thick rounds. Stir the sausage into the soup.

If you are including sausage, use grass fed, nitrate and preservative-free variety.



Spinach Arame Sauté

Arame, a mild sea vegetable, mixed with spinach and carrots, looks attractive, tastes delicious, and packs a healthy punch. Serve with fish such as salmon or tuna. Arame can be found in health-food stores and Asian markets.

4 to 6 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 cup arame, loosely packed
- 1 teaspoon toasted sesame oil
- 2 teaspoons mirin
- 2 teaspoons wheat free tamari
- 1 teaspoon extra virgin olive oil
- 3 garlic cloves, minced
- 1 carrot, peeled, and thinly sliced on the diagonal
- 2 bunches spinach, stemmed and washed

Instructions

Cover arame with water and soak for 10 minutes. Drain and set aside.

Combine the toasted sesame oil, mirin, and tamari in a small bowl and set aside.

Combine the olive oil and garlic in a large pot and warm over medium-high heat.

Cook the garlic for 1 minute, then add the carrot and cook for another 3 minutes, stirring occasionally. Add the spinach to the pot, stir to combine, and cook, covered, for 3 minutes, until the spinach is slightly wilted. Remove the lid and add the sauce mixture and arame. Stirring to combine, and cook for an additional minute.

Serve warm or at room temperature.



Stuffed Peppers

These Mexican spiced stuffed peppers are great for lunch or dinner and make delicious leftovers. This is also a great way to use any previously cooked chicken breast. Serve alone or serve on top of cooked rice. 4 to 6 servings

Prep Time: 20 minutes / Cook Time: 35 minutes

Ingredients

- 1/2 pound boneless, skinless chicken breast
- 4 large red bell peppers, halved lengthwise, seeds and white membranes removed
- extra virgin olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 medium zucchini, diced
- 1 bunch spinach, washed, stemmed, and torn into bite-sized pieces, or 6 ounces baby spinach
- 1/2 cup fresh or frozen corn kernels
- 1 15-ounce can black beans, drained and rinsed
- 1 tablespoon chili powder
- salt
- 1 cup shredded pepper jack cheese (optional)

Instructions

Preheat the oven to 400-degrees. Slice the chicken lengthwise into thin strips. Heat 1 teaspoon of olive oil in a non-stick skillet and cook until the chicken is cooked through, about 3 minutes per side. Shred the chicken when it is cool enough to handle and set aside. Arrange the peppers cut-side down on a parchment-lined baking sheet. Rub the peppers on both sides with oil. Bake for about 15 minute until tender yet still holding their shape. Flip the peppers cut-side up.

Meanwhile, heat 1 tablespoon olive oil in a large skillet with sides over medium-high heat. Add the onions and garlic, and cook for 2 minutes. Stir in the zucchini and cook for an additional 2 minutes. Add the cleaned spinach (in batches if necessary) and sauté until wilted. Stir in the shredded chicken, corn, black beans, chili powder, and 1 teaspoon salt, and cook for an additional minute. Turn off the heat and stir in the cheese and additional salt to taste. Using a measuring cup, scoop the mixture into the halved peppers. Place the peppers on a parchment-covered baking sheet and bake for 10 minutes.

Optional - Top peppers with cheese and continue to bake until the cheese is melted. Serve hot.



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Turnip Rutabaga Puree

This simple, golden colored vegetable puree is without the addition of fat or dairy, as these hearty root vegetables stand up just fine on their own. Serve alongside roasted meats or poultry, or baked fish.

4 to 6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 1 pound rutabaga, peeled and cut into 1-inch pieces
- 1 pound turnips, peeled and cut into 1-inch pieces
- salt
- freshly ground black pepper

Instructions

Combine the rutabaga, turnips, and ½ teaspoon salt in a medium pot and pour in enough water to cover.

Cover and bring to a boil, then lower heat and reduce to a simmer. Cook for 15 minutes, until the vegetables are tender.

Drain the vegetables in a colander, shaking to get rid of all the water.

Transfer the vegetables to a food processor along with a ½ teaspoon of salt and process until smooth. Return the puree to a pot and cook over medium-high heat until the puree thickens more and excess water is evaporated, about 5 minutes.



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Eggs



Country-Style Over Easy Eggs with Tomatoes and Dill

Golden flecks of garlic and shallots stud these over-easy eggs. It's my favorite breakfast to cook for myself, especially mid-summer when tomatoes are at their peak. The recipe scales up easily.

2 servings

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- extra virgin olive oil or butter
- 3 garlic cloves, minced, divided
- 1 cup cherry or grape tomatoes, halved
- salt
- 1 handful fresh dill, chopped
- 1/2 medium shallot, minced
- 2 eggs
- freshly ground black pepper

Instructions

Warm about 2 teaspoons olive oil or butter into a small skillet; add 2/3 of the garlic, and saute for 30 seconds. Add the tomatoes and a sprinkling of salt, and stir until the tomatoes begin to release a bit of their color into the oil, about 1 minute. Stir in the dill and continue to cook for about 20 seconds longer. Remove from the heat.

Add 2 teaspoons more olive oil, the remaining garlic and shallots and a sprinkling of salt into a medium non-stick skillet over medium high heat. Cook, stirring occasionally, until the shallots and garlic begin to turn straw colored, about 3 minutes. Carefully crack eggs (keeping yolk intact) into the skillet, sprinkle with salt and black pepper and cook until edges are well cooked, about 4 minutes. Using a spatula, flip the eggs, and cook for an additional 10 to 15 seconds. Slide the eggs and any remaining garlic and shallots onto the plate along with the tomatoes.

Add additional salt and black pepper to taste.



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Breakfast of Champions

4 cups of green beans
4 ounces of bacon
4 eggs
Sea salt
Cracked pepper

Fry bacon in a frying pan. When the bacon is almost done, push to side of pan and add eggs to pan. Scramble together while in pan, when eggs are almost done, mix the bacon into the eggs.

While cooking bacon & eggs, steam the green beans to desired consistency, but keep them crisp, don't let them get soggy.

Pour left over bacon fat over green beans. Add sea salt and pepper to taste.



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Seafood



Maple Ginger Glazed Salmon

Serve Maple Ginger Glazed Salmon with brown rice and sautéed greens for a quick, elegant weeknight meal.

4 to 6 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Type of Dish: Main Course - Fish & Seafood

Ingredients

- 2 pounds salmon filets
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon salt
- 2 teaspoons fresh lemon juice
- 1 1/2 tablespoons fresh ginger, peeled and grated
- 1/4 cup maple syrup
- 1 tablespoon plus 1 teaspoon wheat free tamari
- 1 tablespoon dijon mustard
- 1/2 cup fresh orange juice

Instructions

Preheat the oven to 400 degrees. Place the salmon onto parchment-lined baking sheet and score salmon down to the skin into portions without cutting through the skin. This will make serving and portioning the baked salmon easier, along with leaving the salmon skin behind on the parchment. Rub the olive oil on the salmon and sprinkle with salt and lemon juice. Bake the salmon for about 8-10 minutes until tender, depending on the thickness on the fish.

While the salmon is baking, prepare the glaze. Combine the ginger, maple syrup, tamari, mustard, and orange juice in a small sauce pan. Bring to a rapid boil and stir occasionally, scraping up the ginger bits from the bottom, until thick and very bubbly, about 5 minutes.

Divide the salmon among plates and spoon warm glaze over each piece.



Spicy Tilapia Filets

These tilapia filets, which are dredged in a lightly spiced flour mixture and pan fried, have a nice golden-orange color. Serve a fruity salsa along side as a cool accompaniment.

4 filets

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- 4 tilapia filets
- salt
- 1/2 cup brown rice flour
- 1/2 teaspoon cayenne
- 2 teaspoons paprika
- 1-2 tablespoons coconut or extra virgin olive oil or butter

Instructions

Sprinkle both sides of the tilapia filets with salt. Combine the flour, cayenne, paprika, and 1/4 teaspoon salt on a large plate.

Heat the oil or butter in a large skillet over medium-high heat. Dredge one tilapia filet at a time until both sides are coated with the flour mixture. Shake off the excess, and add the filets to the skillet. If the oil begins to smoke, lower the heat to medium. Cook the filets for 4 minutes on each side, until firm. Serve hot.

Tips

If the skillet is not large enough to cook all 4 filets at once, cook the fish in 2 batches, carefully wiping out the skillet with a paper towel and adding more oil or butter in between.



Seared Sea Scallops with Pineapple Salsa

The combinations of sweet and savory flavors are abundant in this dish. If you prefer a hotter salsa, mince the Serrano chile with the seeds. This dish tastes delicious served over basmati rice.

4 to 6 servings

Prep Time: 20 minutes

Cook Time: 8 minutes

Ingredients

- 1 1/2 pounds sea scallops
- 1 tablespoon extra virgin olive oil or butter
- salt
- freshly ground black pepper
- Pineapple Salsa:
 - 1 serrano chile, seeded and minced
 - 4 cups fresh pineapple, small dice
 - 1 medium red bell pepper, small diced
 - 1/2 cup minced red onion
 - 1/2 teaspoon ground allspice
 - 1 tablespoon fresh lime juice
 - 1/4 cup chopped cilantro

Instructions

Remove the tough muscle attached to the side of each sea scallop if necessary. Thoroughly pat sea scallops dry with a paper towel and season scallops with salt and fresh ground black pepper. Heat the oil in a large non-stick pan over medium-high heat, turning to coat the bottom. When oil is hot but not smoking, one by one, gently place sea scallops in the pan spacing them apart so all the scallops can fit. Sear scallops about 8 minutes total until just firm, turning once with tongs half way through.

Meanwhile, add all the ingredients for Pineapple Salsa in a medium bowl and stir to combine. Add a pinch of salt. Taste and add more if necessary. Serve at room temperature with the seared scallops.



Seared Tuna Steak with White Beans, Arugula, and Cherry Tomatoes

The combination of white beans, arugula, and tomato are a flavorful accompaniment to the lightly seared tuna steaks. While the tuna is searing, prepare the beans and vegetables.

4 servings

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 4 6-ounce tuna steaks, 1-inch thick
- salt & freshly ground black pepper
- extra virgin olive oil
- 4 garlic cloves, minced
- 2 15-ounce cans cannellini beans, drained and rinsed
- 2 bunches arugula, washed and heavy stems removed
- 1 pint cherry or grape tomatoes, halved
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh lemon juice

Instructions

Season the tuna steaks with a sprinkling of salt and freshly ground black pepper. Heat 1 tablespoon oil in a large sauté pan with sides over medium-high heat. Add the tuna steaks and cook 3-4 minutes on each side, until the fish has a golden brown crust. Remove from the pan and transfer to a plate.

Add an additional 1 tablespoon of oil to the heated pan and cook the garlic for 30 seconds. Add the beans, ½ cup of water, and ½ teaspoon of salt. Mash the beans slightly with the back of the spatula, and cook about 2 minutes. Add the arugula in batches, stirring into the beans until bright green and wilted, about 3 minutes. Add the tomatoes and cook an additional minute. Turn off the heat and stir in the rosemary, thyme, lemon juice, and a sprinkling of freshly ground pepper.

Taste and add additional salt if necessary. Portion the white bean mixture onto plates and top with the tuna steaks.



Pan Fried Trout Filets with Pecan Shallot Topping

The nutty topping makes the trout very satisfying. Serve it with simply dressed green beans and you have an easy, elegant warm weather meal.

4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 4 tablespoons butter or coconut oil, divided
- 2 medium shallots, minced
- 2/3 cup pecans, chopped
- 1/4 cup parsley, finely chopped
- 2 teaspoons fresh lemon juice
- salt
- freshly ground pepper
- 4 trout fillets
- 1/2 lemon, cut in quarter wedges, seeds removed

Instructions

Heat 2 tablespoons of the butter or oil in a non-stick skillet over medium heat. Add the shallots, and cook for 1 minute. Add the pecans and cook for 3 to 4 minutes. Stir in the parsley, lemon juice, and 1/2 teaspoon salt and freshly ground pepper to taste. Transfer mixture to a small bowl. Carefully wipe skillet clean with a paper towel.

Pat the trout dry with paper towels and season both sides with salt and black pepper. Heat 1 tablespoon of butter in the non-stick skillet over medium-high heat. If the pan is not large enough to cook all 4 fillets at once, cook in 2 batches, adding additional butter if necessary. Add trout fillets, skin side down to the pan and top with the pecan shallot mixture. Cook the trout undisturbed for 8-10 minutes, depending on the thickness of the fillets. Cover the pan for the last few minutes of cooking to assure that the top of the fillets are cooked through. Transfer the trout to individual plates and top with any accumulated pan juices and an additional sprinkling of salt. Serve each fillet with a lemon wedge.



HEALTHY URBAN KITCHEN
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Poultry



Turkey Cutlets with Ginger Peach Chutney

Turkey cutlets are quick to cook and are delicious with fruit chutneys. This ginger peach version also goes well with chicken, pork, and fish such as tilapia.

4 servings

Prep Time: 15 minutes / Cook Time: 15 minutes

Ingredients

- 2 pounds fresh peaches
- 1 tablespoon butter or coconut oil
- 1 large shallot, halved lengthwise and thinly sliced
- 2 teaspoons finely grated ginger
- 1-2 tablespoons maple sugar
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh mint, plus a few sprigs for garnish
- salt
- 1 pound turkey breast, cutlets or turkey tenderloins
- freshly ground black pepper
- extra virgin olive oil

Instructions

Bring 2-quarts of water to a boil in a medium pot over high heat. Poke each peach with the tines of a fork a few times and carefully add to the boiling water. Blanch the peaches for 2-3 minutes and drain. Plunge the peaches into a bowl of cold water to cool them. Slide the skins off of the peaches and discard them. Cut the flesh away from the pit and roughly chop, reserving any juices, and set aside. In a medium skillet, heat the butter or oil over medium high heat until melted. Add the shallots and sauté 3-4 minutes until they begin to brown slightly. Add the ginger and sauté 30 seconds more. Stir in the peaches and any remaining juices along with the sugar and cook for 1-2 minutes until fruit begins to slightly break down and the sugar has dissolved. Turn off the heat and stir in the lime juice, mint, and pinch of salt.

One by one, place the turkey cutlets on a cutting board and cover the cutlet with plastic wrap. With a mallet, pound the cutlets to about ¼-inch thickness. Sprinkle both sides of the turkey with salt and freshly ground pepper. Heat a tablespoon of olive oil in a large sauté pan, over medium high heat. Cook the turkey cutlets in batches undisturbed until the edges are cooked and turn white and the turkey is cooked through, about 3 minutes on both sides. Divide the cutlets onto plates and spoon chutney over the top. Garnish with a sprig of fresh mint.



Garlic Chicken and Vegetables Stir Fry

4 Servings

Ingredients

- 2 tablespoons coconut oil
- 6 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1 bunch green onions, chopped
- 1 teaspoon salt
- 1 pound boneless skinless chicken breasts, cut into strips
- 2 onions, thinly sliced
- 1 cup sliced cabbage
- 1 red bell pepper, thinly sliced
- 2 cups sugar snap peas
- 1 cup chicken broth
- 2 tablespoons wheat-free tamari
- 2 tablespoons honey
- 2 tablespoons cornstarch

Instructions

Heat coconut oil in a wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger root, green onions and salt. Stir fry until onion becomes translucent, about 2 minutes. Add chicken and stir until opaque, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add sweet onions, cabbage, bell pepper, peas and 1/2 cup of the broth/water and cover.

In a small bowl, mix the remaining 1/2 cup broth/water, tamari, honey and cornstarch. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce. Serve immediately, over hot rice if desired.



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Beef



Southwest Beef Chili

The heat in this chili comes from both chili powder and chipotle sauce. Chipotle sauce can be found in the ethnic section of your grocery store. Depending on the heat of your chili powder, add more or less to taste. Serve over rice for a hearty, cool weather meal.

Serves 6

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 large onion, diced
- 4 garlic cloves, minced
- 2 pounds lean ground beef
- 1 tablespoon ground cumin
- 1-2 tablespoons chili powder
- 1 large red bell pepper, diced
- 1-2 tablespoons chipotle sauce or chipotle chiles in adobo, minced
- 28 oz can diced tomatoes in juice, preferably fire-roasted
- 1 1/2 cups beef stock
- 14.5 oz can kidney beans, drained and rinsed
- 1 cup corn kernels
- 1 teaspoon salt
- 1/2 cup chopped cilantro

Instructions:

In a large pot, heat the olive oil over medium-high heat. Add onion and saute without browning until softened, about 6 minutes.

Stir in the garlic and add the ground beef. Continue to stir, breaking up the meat until the meat is no longer pink, about 8 minutes. Add the cumin and chili powder to the meat mixture and stir until combined.

Add the pepper, chipotle sauce, diced tomatoes with juice, and beef stock to the pot and stir to combine. Simmer partially covered for 20 minutes, stirring occasionally.

Stir in the kidney beans, corn, and salt cooking for an additional 2-3 minutes until heated through.

Remove from heat and stir in the cilantro. Taste and adjust seasonings as necessary. Serve hot.



Spiced Chopped Beef with Herb Vinaigrette

This flavorful dish pairs well served over steamed rice or rice noodles.

Serves 4

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 1 tablespoon extra virgin olive oil plus additional for brushing skillet
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 pounds chopped sirloin or steak cubes

- 1 tablespoon balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh basil
- salt
- black pepper

Instructions:

In a medium bowl, mix together the first five ingredients until combined. While the steak is marinating, prepare the vinaigrette by combining the balsamic vinegar, olive oil, parsley, and basil.

Heat a large skillet over medium high heat. Brush skillet with a small amount of olive oil. In an even layer, add the marinated steak to the pan. Sear steak undisturbed for 2-3 minutes. Turn steak cubes with tongs to the other side and repeat until nicely browned and medium rare. Remove steak immediately from heat and place on plates. Spoon herb vinaigrette over top of steak.

Season with black pepper and additional salt to taste, if necessary.

Avocado and Beef Bean Burrito

2 cups shredded romaine lettuce
2 tablespoons yellow chopped onion
1/2 medium avocado, peeled pitted and chopped
2 tablespoons chopped cilantro
4 tablespoons organic chunky tomato salsa
1/2 cup organic refried beans
2 sprouted corn tortillas
1 lb of grass-fed ground beef

Cook beef in a skillet until desired wellness. Remember, the less cooking the better. Mix the lettuce, onion, avocado, cilantro, and salsa in a medium bowl until the vegetables are evenly coated. Smear half of beans on each tortilla, fill with cooked beef and mixed vegetable mixture and wrap burrito style. May be warmed in the oven before serving.

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