



21-DAY

**VEGETARIAN
DETOX**





Spaghetti Squash with Marinara Sauce

Serves 4

2 spaghetti squash
 1 onion diced
 1 carrot, finely diced
 1 stalk celery, finely diced
 2 cloves garlic, finely diced
 3oz organic tomato paste
 1 15oz can organic tomato sauce
 1 15oz can organic diced tomatoes
 salt to taste
 freshly ground black pepper
 1/2 tsp dried parsley
 1/2 tsp dried basil
 1/2 tsp dried thyme
 1/2 tsp dried sage
 1/2 tsp dried oregano
 1 bay leaf
 1 tbsp olive oil

For the Sauce -

In a large pan, heat the oil over high heat until it starts to shimmer. Add the onions and reduce the heat to medium high, saute until the onions start to turn translucent, about 5 minutes.

Add the garlic, carrot and celery and saute for a further 5 minutes.

Add the tomato paste, tomato sauce, diced tomatoes and all of the herbs and stir well to combine. Bring to a boil then reduce the heat to a simmer, cover and let simmer for at least 1/2 hour. I like to leave the sauce for about an hour.

Once the sauce has been simmering for 1/2 hour, taste and season as necessary, you can also add some liquid, water or vegetable stock at this point if you feel the sauce is too thick.

While the sauce is simmering, prepare the Spaghetti Squash.

For the Spaghetti Squash -

Preheat the oven to 400F while you prepare the squash.

Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth on your counter to keep it steady as you cut.

Use a soup spoon to scrape out the seeds and just the stringy bits from inside the squash. The flesh is what we want to cook. The inside should look clean and fairly smooth. Discard the seeds, or save them and roast them for a snack!

Place the squash halves cut-side down in a roasting pan. Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking. The squash is done when tender and you can easily pierce a fork through the flesh all the way to the peel. The flesh will separate easily into spaghetti-like strands. Taste it for doneness, if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.

Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally, rake your fork in the same direction as the strands to make the longest "noodles."

Serve the squash immediately with the Marinara sauce.





Cauliflower Crust Pizza

Oven Temp 400° F Serves 2

4 tbsp olive or avocado oil
2 cups cooked, riced cauliflower (1 medium head)
2 eggs, beaten
1 tbsp ground chia seeds
1 tbsp coconut flour
1 tsp dried oregano
1/2 tsp dried basil
1/2 tsp crushed garlic
1/2 tsp garlic salt

Preheat oven to 400° F and line a cookie sheet with parchment paper then spread with a thin coat of olive or avocado oil.

Remove the stems and leaves from 1 medium head of cauliflower, chop the florets into chunks, then grate the cauliflower with a cheese grater or add to a food processor and pulse just until it looks like rice. Don't over process it! Then add the cauliflower to a microwave safe bowl and microwave for 6-8 minutes, stirring halfway through. If you don't like using microwaves or don't have one, you can steam the cauliflower in a pan with a little water. If the mix is too moist, put it into a cheesecloth and squeeze out the excess moisture, then let cool.

While the cauliflower mix is cooling, combine the remaining ingredients and whisk well, then stir in the cooled cauliflower mixture. Form into a loose ball and transfer the mixture to the oiled parchment paper-lined pan. Form the mixture into a flattened pizza pie shape, the thinner the more crisper the crust will be, but don't go less than 1/2 inch thick or the crust may crack and pull away from the rest of the dough. Brush with olive oil so it will brown.

Bake at 400° F for 10-15 minutes or until golden brown and firm, then carefully flip the pie, using two spatulas if you have to, and brown for another 10-15 minutes. Remove from oven, top with your favorite toppings and bake for another 10-15 minutes.

Please note some toppings are more moist than others and may need additional cooking time.

For a fun change for the kids, try using a purple cauliflower! Experiment with the consistency and try making smaller pies to use as sandwich wraps! Can you picture their little faces when they open their lunch and find a purple sandwich?!



Some sauces and toppings to try -

Spinach pesto with sundried tomatoes, garlic and olives

Roasted beet spread with sauteed mushrooms and basil leaves

Roasted curried butternut squash spread with caramelized onions and thinly sliced apple

Roasted eggplant spread (everything tastes better roasted!) with asparagus and red peppers



Zucchini Pasta Puttanesca

Serves 4

Puttanesca is a tangy, somewhat salty Italian pasta dish invented in the mid-20th century. This version isn't nearly as salty as we are omitting the anchovies to make this dish vegetarian.

For the Pasta -

2 Large zucchini, cut into 'strings'
(use the julienne setting on a mandoline, or you can use a box grater if you don't want to cut them by hand)

For the Puttanesca sauce -

1 tbsp olive oil
4 cloves garlic, finely chopped
5-6 Roma tomatoes, chopped
20 Kalamata olives, chopped
1/2 tsp red pepper flakes
3 tablespoons capers (with their brine)
salt
freshly ground black pepper
1/4 cup flat leaf parsley

Add the olive oil to a large skillet and heat over medium high until the oil starts to shimmer.

Reduce the heat to medium and add the garlic and pepper flakes and cook until the garlic just starts to brown, don't let it burn! Garlic becomes very bitter tasting when it turns too brown.

Add the olives, capers (with brine) and tomatoes to the pan and stir to ensure that nothing is stuck to the bottom of the pan.

Allow to cook through for about 5 minutes, just until the tomatoes start to break down.

Season to taste with salt and pepper. Remember Puttanesca sauce usually uses anchovies for seasoning, so feel free to go a bit heavy on the salt although it's not recommended in the detox plan.

Add the zucchini 'pasta' and allow to heat through for another 5 minutes.

Stir in the chopped parsley and serve.

Mushroom Frittata with Yam and Onion Hash Serves 2

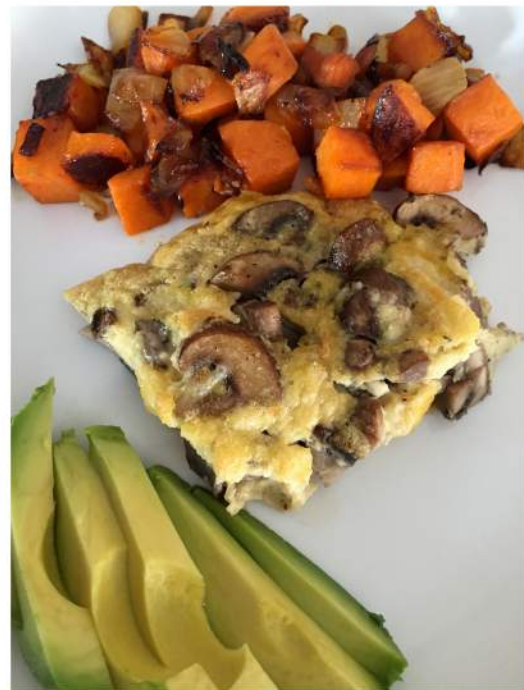
3 tbsp avocado oil
3 yams, peeled and diced
1 onion, chopped
4 cloves minced garlic
5 eggs
2 cups crimini mushrooms
1 tsp dried thyme
Salt and pepper to taste
1 avocado, sliced for garnish

Peel the yams and dice into bite sized pieces. Skin the onion and chop. Add 2 tbsp avocado oil to an electric skillet set at 350°F, or large pan and heat until oil shimmers, then add the yams, garlic, onion and seasoning. Stir well and cover to steam for 5-8 minutes, checking to make sure the garlic and onion don't burn. Once the yams are softened, remove cover and cook until the yams are browned and the onions caramelized.

Brush off any dirt from the mushrooms, cut off the hard end of the stem and discard. Chop the mushrooms into quarters. In another skillet, heat a tsp of avocado oil on medium and add the mushrooms. Season to taste and stir. Cover and let simmer, stirring occasionally. Once they release their liquid, after cooking for about 15 minutes, remove the cover and let them reabsorb their liquid. Tasty!

While the mushrooms cook, beat the eggs with seasoning and add to the pan of mushrooms once all their liquid has been absorbed. Let the eggs cook until the bottom is slightly browned, then put the pan under the broiler to cook the top. Make sure your pan is oven proof!

Serve with the yam and onion hash and sliced avocado.



Quickie Veggie Egg Muffins Makes 8

Make a batch and grab when you're on the go!



8 eggs
1 cup red bell pepper diced
1 cup diced onion
1 cup chopped broccoli
salt and pepper to taste

Preheat oven to 350° F. Line an 8 muffin tin with paper liners.

Chop pepper, onion and broccoli into small pieces. Add 1 tbsp avocado oil to a saute pan and saute the onion, pepper and broccoli with seasoning until they are lightly browned. Set aside.

Beat the 8 eggs and salt and pepper in a bowl or measuring cup with a pouring lip, you'll appreciate the convenience when pouring later!

Using a spoon, divide the browned veggies evenly into the 8 paper cups. Pour the egg mixture over the veggies, making sure you have enough for each cup. Cook in the oven for 18-20 minutes or until the egg sets in the middle.

* * *

This is a very versatile recipe. You can use your favorite veggies. Just remember water dense veg like tomatoes have a tendency to make your muffins soggy. Try sun-dried tomatoes as an alternative option. You don't like broccoli? Substitute kale leaves, grab a handful, cut out the center stem, blanch and dice up.

You can really switch up the flavor if you start getting bored of plain seasoning. Experiment with spices like turmeric, which is mildly aromatic and has scents of orange or ginger and is good for inflammation. Saute with veggies. Don't get it on your clothes!

Thyme is my go to for egg dishes, it's more flavorful if it's fresh, and you only use the tiny leaves.



Sides and Snacks

Brown Rice Risotto

2 shallots
2 cloves garlic
1/2 cup brown rice (medium grain sprouted brown rice, short grain is best)
4 cups vegetable stock
1 tbsp avocado oil
Juice and zest from 1 large lemon
1 tbsp dried thyme

- ~ Heat stock in microwave for 4 minutes then transfer to a small saucepan and keep warm on stove top over medium-low heat.
- ~ Finely chop shallots and garlic.
- ~ Saute shallots in oil until translucent.
- ~ Add garlic, saute for about 1 minute.
- ~ Add rice and saute until rice starts to look translucent.
- ~ Add 1 ladle of stock, the lemon zest, lemon juice and thyme and saute until the stock is mostly absorbed.
- ~ Reduce heat to medium high.
- ~ Keep adding stock and stirring, and as stock is absorbed, add more. Don't allow to boil, just keep at a good simmer. This will take some time, so be patient! Keep stirring the risotto to break down the rice so that you get the correct texture. It should be creamy and smooth.
- ~ Check for seasoning and adjust to taste.



Roasted Pumpkin or Squash Seeds

Ingredients

A large winter squash such as pumpkin, kabocha or spaghetti squash
Neutral oil such as avocado or coconut
Salt
Optional additions ~ see recipe notes

Equipment

Baking sheet
Parchment paper
Spoon and spatula
Airtight container



Instructions

- ~ Preheat oven to 300°F.
- ~ Cut the squash according to how you are going to use it. Scoop the seeds from the cavity and place in a bowl. Pinch away most of the large chunks of squash flesh and strings, but leave some intact. They taste really good too!
- ~ Drizzle the seed mixture with avocado or olive oil, coconut oil if you prefer a slightly sweeter flavor. Use approximately 1 teaspoon for 3/4 cup of seeds. Sprinkle with salt and/or seasoning, see recipe notes below.
- ~ Place the seed mixture on a parchment lined baking tray. Spread out so they are in a single layer, though some overlapping is fine.
- ~ Roast until the seeds are just starting to brown, about 20 to 25 minutes, stirring after 10 minutes, so they toast all over.
- ~ Remove the tray from the oven and let the seeds cool on the tray. Use a spatula to scoop up the seeds and display in a favorite bowl and enjoy right away. Or keep for a few days in an airtight container.

Recipe Notes

Sweet Pumpkin Seeds ~ Omit or reduce the salt and toss with cinnamon, allspice, nutmeg or other 'sweet' spices. Toss well to coat evenly then roast the seeds on a parchment-lined baking sheet for 10 to 15 minutes then toss and cook another 10-15 min.

Hot Pumpkin Seeds ~ Toss the seeds with a little sriracha or chili flakes. A little cumin might be nice, or curry powder. Roast as with sweet seeds.

Savory Pumpkin Seeds ~ Add herbs, such as chopped rosemary, dried oregano and/or spices, such as smoked paprika, chili powder, or cumin, to the seeds before roasting. Check carefully to be sure the herbs and spices aren't browning too quickly. If so, roast at a slightly lower heat.



Mushroom & Brown Rice Kale Enchiladas in Red Sauce

Oven Temp 350° F

Serves 4

FOR SAUCE

- 3 tbs olive or avocado oil
- 1 tbs ground chia seeds**
- 1/4 cup chili powder
- 2 Ccup vegetable stock
- 2 of each, dried chilies, pasilla and California, soaked and deseeded
- 1 8 oz can tomato paste
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- salt and pepper to taste

Soak the 4 chilies in hot water until they soften, about 20 minutes. Deseed them and process with 1/4 cup of the veggie stock.

Heat oil until it is shimmering, about 2 minutes, add the chili powder, stir with a wooden spoon and cook for a minute, then pour in the veggie stock, chili blend, tomato paste, cumin and oregano, salt and pepper and stir well to combine. Bring to a simmer and cook for 15 minutes. Add the ground chia seeds and stir for another 2-5 minutes until the sauce has thickened a bit. Pour the sauce into a large, deep sided baking dish and set aside.

FOR ENCHILADAS

- 2 tbs olive or avocado oil
- 1 bunch large flat leaf Italian kale, 8-10 leaves
- 1 lb cremini (brown) mushrooms, chopped
- 1 medium onion, diced
- 1 bunch cilantro, chopped
- 1 cup cooked brown rice, in a large bowl
- 3 cloves garlic, minced
- 1 egg, beaten
- salt and pepper to taste



Add the kale to a pot of boiling water, about 2 minutes. While the leaves are softening, fill a large bowl with cold water. When the kale leaves are just soft enough to drape over a spatula, put them into the bowl of cold water to stop the cooking. Pat them dry with paper towels or a dish towel.

Heat the oil in a large frying pan and add the mushrooms and garlic, season with salt and pepper and stir occasionally until the mushrooms release their liquid, then add the diced onions and cook until the onions are transparent and the liquid has been re-absorbed. Add the mushroom mixture to the bowl of rice, add cilantro and mix thoroughly. Add the beaten egg and mix again.

Set up your enchilada rolling station, mixture to your left, kale front and center and baking dish of sauce to your right. Spoon 1-2 tbs of mixture onto one end of a kale leaf, roll and fold in the sides as you go. Place the roll in the baking tray on the bed of enchilada sauce. Repeat until you've used all your filling. Baked covered for 45 minutes, removing foil for the final 10 minutes.

** Chia seeds gel up just like gelatin so you can use them anywhere gelatin is called for. You can also use milled chia, which is also known as chia flour, in place of flour or cornstarch in any recipe. You can add the whole seeds or the milled version to smoothies, oatmeal, bread, granola or any other baked goods and desserts. Since chia is tasteless, it's versatile and easy to use anywhere, not to mention incredibly nutritious for you. If you don't like chia in a recipe, flax seeds work just as well.

Recipe adapted from Leslie Flanders Allen, Way of Life 6 Week Body Transformation Winner

JICAMA APPLE SLAW

Serves 6

Jicama*, pronounced "hee-ka-ma," is a root vegetable native to Mexico. It is a member of the morning glory family and is related to the sweet potato, but more closely resembles water chestnuts in color, texture and flavor. The soluble fiber found in jicama, inulin, is a beneficial prebiotic food that stimulates the activity of healthy bacteria growth in the digestive system.

2 navel oranges
1/4 cup fruity olive oil
1/4 cup lime juice
1/2 bunch cilantro, stems removed
2 large Granny Smith apples, cut into matchsticks (aka julienned)
1 medium jicama, peeled and julienned
2 plums, julienned
1-2 tbsp minced jalapeno
1/2 bunch mint leaves, sliced finely
Orange-infused olive oil (see recipe below)
2 avocados



Orange Infused Olive Oil

Take a zester and shave the skin from the navel oranges. Put the zest into a mason jar with 1/4 cup fruity olive oil. Secure the lid firmly and give it a good shake and set aside.

Slaw

Wash the cilantro, dry it with paper towels and chop it up discarding the stems. Mix the lime juice and cilantro in a large bowl.

Julienne the apples and toss in the lime juice mix.

Give the orange infused oil another good shake.

Using a small sharp knife peel the jicama, making sure to remove the papery brown skin and the thick flesh just underneath.

Julienne the jicama and add to the apple mixture.

Give the orange infused oil another good shake.

Julienne the plums and add to the apple jicama mixture.

Mince the jalapeno and add according to preference.

Give the orange infused oil another good shake then pour over the slaw and toss to mix well.

Wash and dry the mint in paper towels then slice finely and add to the bowl and mix everything together.

Place the salad onto a serving plate and then add a little more shredded mint leaves as garnish.

Serve with sliced avocado.

*More about Jicama

When purchasing jicama, choose one that is firm and heavy for its size. Jicama that is soft or shriveled or very large is likely to be tough and woody. Whole, uncut jicama can be kept in a cool dark place for up to two weeks or up to three weeks in the refrigerator. If you do not use all of the jicama, peel it, and store pieces tightly wrapped in the refrigerator crisper, where they will keep for up to one week. Enjoy jicama sliced and baked, julienned in salad, chopped in stir-fries and soups, and mixed with other veggies and fruits to emphasize its sweetness or starchy texture. A favorite Mexican recipe is chilled jicama slices sprinkled with chili powder, salt and lime juice.



Try getting the kids on board with jicama, and make jicama tater tots! Preheat oven to 325°F
Note: Make sure to use a silicone pan for this recipe, it will be worth the cost and these tots will be so popular with the kids you'll be making them over and over! You can use a 12 count silicone muffin pan or try a 24 count for mini-tots. In a large bowl combine 3 1/2 cups shredded jicama, squeezed dry in a towel 1st, 2 beaten eggs, 1 tbsp ground chia seeds, 2 tbsp olive oil, 3 minced green onions, 1 tsp sea salt and 1/2 tsp pepper. Spoon into silicone muffin pan and gently pack down with the back of a spoon or spatula. Bake 12 count pan for 50-60 minutes and 24 count mini's for 30-40 minutes. Let them rest for 5 minutes then run a spatula around the edge of each cup to free the edges. Pop out onto their tops so they are bottoms up and enjoy!



Let There Be Dessert!

Fudgy Date Cookies Makes 18-24

3 ripe bananas, pureed until smooth
8 medjool dates, pureed until smooth
1/2 cup good quality cocoa powder
1/2 cup almond butter, well stirred
Handful of coarse sea salt for garnish
Fresh grated coconut, for garnish

- ~ Preheat oven to 350°F.
- ~ Puree the bananas to make 1 1/2 cups of puree. Try to pick ripe but firm bananas so the puree isn't runny.
- ~ In a large bowl mix the bananas, dates, almond butter and cocoa powder with a fork or food processor until smooth.
- ~ Scoop heaped tablespoons onto parchment paper lined cookie sheets.
- ~ Sprinkle with sea salt or grated coconut or both.
- ~ Bake for 8-15 minutes until cookies are no longer shiny. They will spread out on their own, so don't use a fork to flatten.
- ~ Let cookies cool on baking sheets for 5 minutes then transfer to wire cookie racks to finish cooling.
- ~ Store at room temp for up to 5 days.



Strawberry Mango Coconut Ice Cream

Serves 2-4

2 cans full fat unsweetened coconut milk
seeds from 1 vanilla bean
10 strawberries (or frozen blueberries or fruit of your choice)
2 ripe mangoes

Shake cans of coconut well before opening since the contents separate if the cans have been sitting long.

Line a large rimmed cookie sheet with parchment paper, making sure the paper rises above the rim of the cookie sheet. Pour both cans of coconut milk onto the parchment paper and freeze for several hours or over night until hard.

Slice open the vanilla bean pod lengthways, fold open and use a spoon to scrape out all the seeds. Set aside.

Take the cookie sheet with the frozen coconut out of the freezer and break apart half of the block by lifting the parchment paper by a corner, gripping the edge of the block and smacking the center with a heavy object, like a rolling pin or hammer, I advise against using your hand, I did and it hurt. Add to your food processor.

Quickly break up the other half before it melts and store in the freezer in a ziplog freezer bag for future use.

Add the strawberries and mango or other fruit, as long as it's only 1 1/2 cup of fruit, otherwise it gets soupy and we want ice cream not soup cream! If the fruit you choose has a high water content, freeze it the night before.

Process until smooth, always making sure to stop and scrap the mix from the sides of the processor, to combine it all.

Add the vanilla bean seeds and process until you have the consistency of ice cream you want.

Don't worry if the mix starts to look like bread crumbs, just keep processing and when the coconut milk starts to warm the mix will smooth out.

Serve and eat right away or freeze any left overs. My left over bowl of ice cream was rock hard the next evening, so next time I will pour into ice pop containers so it is easier to eat!

