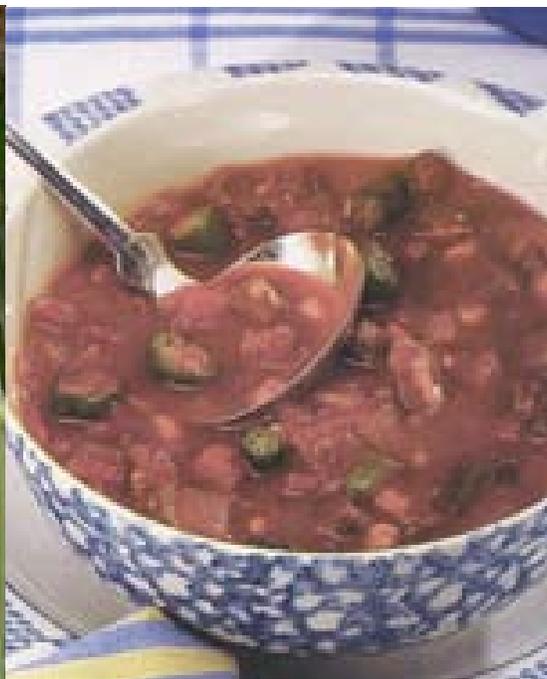


Metabolic Medical Centers



September Recipes

Back to School, Fast & Easy

- Balsamic Bruchetta Chicken
- Best Chicken
- Chicken Scallopini w/ Tomato Salad
- Chinese 5-Spice Tilapia
- Eggplant Tomato Salad
- Garlic Grilled Tomatoes
- Grilled Salmon & Zucchini w/ Red Sauce
- Lemon Garlic Shrimp
- Lemony Kale Salad
- Mustard Crusted Salmon
- Not Really Rice
- Pan Roasted Lemon Chicken
- Roasted Vegetables
- Tofu w/Tomato Mushroom Sauce
- Tomatoes w/Shrimp & Feta
- Quickest Chicken Ever



Metabolic Medical Centers
WEIGHT LOSS ACCELERATED



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at our foodies4mmc recipe blog

Balsamic Bruchetta Chicken

Serves 4 Time 15 minutes

Ingredients

4	thin chicken breasts
1/4 Cup + 2 Tbsp	balsamic vinegar
1/2 Tbsp + 1 Tbsp	olive oil
1 large + 1 medium	garlic clove, minced
to taste	Salt and pepper
	Basil, thinly sliced
	Parsley, chopped
4 medium	roma tomatoes
1 small	sweet onion
1/4 Cup	parm cheese (sprinkled lightly)

Cooking Instructions

1. Add 1/4 cup balsamic vinegar, 1/2 tablespoon olive oil, 1 large clove minced garlic, and salt and pepper to a ziplock bag. Add the chicken and shake to mix. Refrigerate until ready to use.
2. Preheat broiler.
3. Dice tomatoes and onion and mince garlic. Combine with 2 tablespoons balsamic vinegar and 1 tablespoon olive oil. Season with salt and pepper.
4. Using a countertop grill or a grill pan, grill the chicken until cooked through, about 4 minutes each side. Transfer to a baking sheet covered with tin foil. Top each piece of chicken with 1/4 cup of the tomato bruschetta and cheese. Broil for about 5 minutes or until the cheese begins to char.
5. Top with thinly sliced basil and parsley.

The Best Chicken

Serves 4 Time 30-45 minutes

Ingredients

1 lb	boneless, skinless chicken breast
1/2 C	Dijon mustard
1/4 C	Sugar-Free maple syrup (Smuckers)
1 Tbsp	red wine vinegar
to taste	salt & pepper
sprinkle	rosemary

Cooking Instructions

1. Preheat oven to 400 degrees. In a small bowl, mix together mustard, syrup, and vinegar. Place chicken breasts into 9×13 baking dish. Season with salt and pepper.
2. Pour mustard mixture over chicken.
3. Bake for 30-40 minutes or until meat thermometer reads 165 degrees. Season with rosemary.

Recommend for all programs



Chicken Scallopini with Tomato Salad

Serves 4 Cook Time 20 minutes

Scallopini is found in the meat section of the grocery store. It is a very lean piece of meat, usually veal, that has been pounded very thin. If chicken scallopini is not found in your grocery store, ask the butcher to pound boneless, skinless chicken breasts very thin.

Ingredients

2 medium	tomatoes (1 red and 1 yellow), cored and roughly chopped (about 1 1/2 cups)
1 clove	garlic, peeled and smashed
1	scallion (white and green parts), thinly sliced
3 Tbsp	extra-virgin olive oil, plus additional for brushing
2 tsp	red wine vinegar
2 tsp	kosher salt, plus additional for seasoning
	Freshly ground black pepper
1/3 C	torn fresh basil
3 Tbsp	roughly chopped fresh tarragon
3 Tbsp	roughly chopped fresh flat-leaf parsley
4 (6 oz.)	chicken scallopini, about 6 ounces each

Cooking Instructions

1. Prepare an outdoor grill with a hot fire.
2. Toss the tomatoes, garlic, scallion, the 3 tablespoons olive oil, vinegar, the 2 teaspoons salt, and black pepper to taste in a medium bowl. Add all the herbs to the bowl but don't toss.
3. Brush the chicken lightly with olive oil and season with salt and black pepper to taste. Grill the chicken, turning once, until cooked through, about 2 minutes per side. Stir the herbs into the tomatoes. Put a chicken on each plate, spoon some herb-tomato salad on top (watch out for the smashed garlic-you might want to remove it), and serve.

Recommend for All Programs

Chinese Five-Spice Tilapia

Serves 4 Time 10 Minutes

Five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. Look for it in the spice section at the market or with other Asian ingredients.

Ingredients

1 lb	tilapia fillets
1 tsp	Chinese five-spice powder
1/4 C	reduced-sodium soy sauce
3 Tbsp	Splenda brown sugar
1 Tbsp	canola oil
3	scallions, thinly sliced

Cooking Instructions

1. Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes. Reduce heat to medium, turn the fish over, stir the soy mixture and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more. Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

Recommend for All Programs



Eggplant Tomato Salad

Serves 6 Chill Time 1 hour

Ingredients

1	green bell pepper
1	red bell pepper
7	tomatoes
1	eggplant
4 cloves	crushed garlic
1/2 C	extra virgin olive oil
2 Tbsp	tomato paste
1/2 tsp	teaspoon salt
1/2 tsp	ground black pepper
1/2 tsp	cayenne pepper

Cooking Instructions

1. Roast peppers under oven broiler until skin turns evenly black. Slice in half and remove the seeds. Immediately place in a plastic bag and let cool.
2. Prepare the tomatoes by cutting an X on the bottom of each and boil in water for 1 minute, plunge into a cold water bath and let cool.
3. Cut the eggplant into small strips and saute in oil until eggplant begins to brown. About 6 to 8 minutes. Once the eggplant is soft, add garlic.
4. Rinse the peppers under cold water and remove the burnt skin (just the ash). Cut into small strips and add to eggplant. Peel cooled tomatoes, chop and add to eggplant mixture.
5. Add tomato paste, salt, pepper and cayenne. Bring to a boil, reduce heat and simmer for 30 minutes.

Recommend for All Programs

Garlic Grilled Tomatoes

Serves 4 Time 15 Minutes

Ingredients

2 Tbsp	fresh thyme leaves, chopped
5 cloves	garlic, minced
3 Tbsp	olive oil
1/2 tsp	fresh basil, chopped
1/2 tsp	fresh oregano, chopped
1/2 tsp	fresh paprika
1/2 tsp	salt
1/2 tsp	pepper
4 large	tomatoes
1/4 C	Parmigiano-Reggiano

Cooking Instructions

1. Cut tomatoes in half crosswise, season with the seasoning mixture. Heat the oil to medium in a small frying pan. Add garlic and cook until golden brown and pour into a bowl. Oil and preheat grill to high heat.
2. Place the tomatoes cut side down on grill for 3-5 minutes. Turn over, top with the garlic mixture and continue to cook for another 3 minutes. Remove and top with thyme, seasonings and parmigiano-reggiano.

Recommend for All Programs



Grilled Salmon & Zucchini with Red Pepper Sauce

Serves 4 Time 15 Minutes

Ingredients

1/3 C	*almonds, sliced and toasted
1/4 C	jarred roasted red peppers, chopped
1/4 C	grape tomatoes, halved
1 small clove	garlic
1 Tbsp	extra-virgin olive oil
1 Tbsp	red-wine vinegar OR sherry vinegar
1 tsp	smoked paprika
1/2 tsp	fresh ground pepper, divided
1 1/4 lb	wild caught salmon, skinned and cut crosswise into 4 portions
2 medium	zucchini OR summer squash, halved lengthwise
1 Tbsp	fresh parsley, chopped
cooking spray	

Cooking Instructions

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through (4-6 minutes per side) and the squash is soft and browned, about (3 minutes per side).
4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

***Daily serving size of nuts is 3 Tablespoons.**

Recommend for All programs



Lemon-Garlic Shrimp

Serves 12 Time 20 Minutes

Excellent for a party, “bring a dish” event or busy weekday dinner.

Ingredients

3 Tbsp	garlic, minced
2 Tbsp	extra virgin olive oil
1/4 C	fresh lemon juice
1/4 C	fresh parsley, minced
1/2 tsp	kosher salt
1/2 tsp	fresh ground pepper
1 1/4 lbs	pre cooked shrimp
1 Tbsp	capers

Cooking Instructions

1. Peel, clean and devein shrimp. If fresh shrimp is not available, frozen will work just fine. Frozen cooked shrimp is also available if you are pressed for time, just allow time for them to thaw.
2. Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.
3. Cover and refrigerate for up to 2 hours. Serve over Bibb or Boston lettuce.

Recommend for All Programs



Metabolic Medical Centers

Lemony Kale Salad

Serves 6 (1 Cup)

Ingredients

1 Tbsp	fresh lemon juice
1 Tbsp	olive oil
1/2 tsp	Splenda
1/2 tsp	fresh ground pepper
1/4 tsp	kosher salt
4 C	kale leaves, washed and torn
2 C	Swiss chard leaves, washed and torn
4 tsp	unsalted pumpkin seeds
1/4 C	green onions, sliced
1 oz.	shaved pecorino romano

Directions

1. In a small bowl mix the lemon juice, oil, Splenda, salt and pepper and set aside.
2. In a large bowl, mix the kale and chard leaves and top with seeds and onions, pour dressing over the top and mix. Top with cheese.

Mustard Crusted Salmon

Serves 4 Cook Time 20 minutes

Eat more fish for a better night's sleep. Most fish—and especially salmon, halibut and tuna—boast vitamin B6, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness).

Ingredients

1 1/4 lb	center-cut salmon fillets, cut into 4 portions
1/4 tsp	salt, or to taste
	Freshly ground pepper, to taste
1/4 C	reduced-fat sour cream
2 Tbsp	stone-ground mustard
2 tsp	lemon juice
	Lemon wedges

Cooking Instructions

1. Preheat broiler. Line a broiler pan or baking sheet with foil, then coat it with cooking spray
2. Place salmon pieces, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon.
3. Broil the salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. Serve with lemon wedges.

Recommend for All Programs



Not Really Rice

Serves 4-6 Time 25 minutes

Ingredients

4 Tbsp	olive oil
1 head	cauliflower, trimmed and coarsely chopped
2 tsp	sea salt
1 medium	onion, diced
1 Cup	celery, finely diced

Cooking Instructions

1. In a large skillet heat olive oil over medium heat. Add onion and saute for 10 minutes.
2. Add celery and saute another 5 minutes. Meanwhile, place cauliflower in a food processor and process until it's the texture of rice.
3. Add cauliflower to the skillet, cover and cook for about 10 minutes until it's soft, then add salt.

Recommend for all programs



Pan Roasted Lemon Chicken

Serves 4 Time 1 hour 15 minutes

Ingredients

6 Tbsp	olive oil
2 large	lemons. 1 thinly sliced, 1 juiced
4 cloves	garlic, minced
1 tsp	kosher salt
1/2 tsp	fresh cracked pepper
3/4 lb	green beans, trimmed
1/2 C	onion, chopped
4	chicken breasts, bone-in no skin

Cooking Instructions

1. Preheat oven to 450°F. Coat a large baking dish with 1 tablespoon of the olive oil. Arrange the lemon slices in a single layer in the bottom of the dish or skillet.
2. In a large bowl, combine the remaining oil, lemon juice, garlic, salt, and pepper; add the green beans and toss to coat. Using tongs, remove the green beans and arrange them on top of the lemon slices. Using a slotted spoon or tongs, arrange the green beans along the inside edge of the dish. Place the chicken in the same bowl with the olive-oil mixture and coat thoroughly. Place the chicken, meat-side up, in the dish or skillet. Pour any of the remaining olive-oil mixture over the chicken.
3. Roast for 50 minutes. Place a chicken breast on each of 4 serving plates; divide the green beans. Serve warm.

Recommend for all programs



Roasted Vegetables

Serves 6-8 Time 50 minutes

Ingredients

2 medium	red onion sliced thinly
1 medium	head of cauliflower (approx. 2 ½ lbs)
1 small	butternut squash or (2 lbs) yellow squash peeled, seeded, and cut into 1 inch dice
1 lb	brussel sprouts, halved
2 tsp	Extra virgin olive oil
10 leaves	Sage leaves
5 sprigs	thyme
6 sprigs	2 inch pieces of rosemary
	Kosher salt
	Black pepper

Cooking Instructions

1. Toss vegetables with olive oil and salt and pepper.
2. Preheat oven to 425 degrees. Spread veggies in 2 large rimmed baking sheets and roast for 30 minutes until beginning to brown, tossing periodically. Lower temp to 350 degrees and roast another 20 minutes. Scrape into bowl and serve hot or at room temperature.

Tofu w/ Tomato-Mushroom Sauce

Serves 4 Time 25 Minutes

Ingredients

14 oz	extra-firm tofu, preferably water-packed
2 tsp	extra-virgin olive oil
2 medium	tomatoes, coarsely chopped
1 1/2 C (4 oz)	sliced mushrooms
2 Tbsp	prepared pesto (available in the vegetable section of the grocery store)
2 Tbsp	crumbled feta cheese

Cooking Instructions

1. Drain and rinse tofu; pat dry. Slice the block crosswise into eight 1/2-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.
2. Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more.
3. Add tomatoes and mushrooms and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more. Remove from the heat and stir in pesto and feta.

Recommend for All programs



Tomatoes with Shrimp & Feta

Serves 6 Time 40 minutes

Ingredients

5 large	tomatoes, cut into eighths
3 Tbsp	olive oil
2 Tbsp	minced garlic
	kosher salt and black pepper
1 1/2 lbs	medium shrimp, peeled and deveined
1/2 Cup	chopped fresh parsley
3 Tbsp	fat free Feta, crumbled
2 Tbsp	lemon juice

Cooking Instructions

1. Heat oven to 450° F. Place the tomatoes in a large baking dish and spoon the olive oil and garlic over them.
2. Sprinkle with $\frac{3}{4}$ teaspoon each salt and pepper and toss. Roast on top rack of oven for 20 minutes.
3. Remove baking dish from oven and stir in the shrimp, parsley, and lemon juice. Sprinkle with the Feta.
4. Return the dish to oven until the shrimp are cooked through, 10 to 15 minutes.

Recommend for all programs



Quickest Ever Chicken

Serves 4 Time 40 minutes

Ingredients

2 lbs	boneless, skinless chicken pieces
1 (26 oz.) jar	Cipriani's Classic Italian pasta sauce
1 Tbsp	olive oil
1 tsp	dried oregano
1 tsp	dried basil
1 tsp	garlic powder
to taste	salt and pepper

Cooking Instructions

1. Heat oil in a large sauce pan. Add chicken pieces, sprinkle with oregano, basil, garlic powder, salt and pepper.
2. Cook on medium until the chicken is browned on each side (3-4 minutes per side). Add pasta sauce to the pan and let it come to a boil.
3. Reduce heat, cover and let simmer for about 30 minutes. Add more basil, oregano, garlic, salt, pepper and paprika (optional) if desired.

Recommend for all programs

