

# Metabolic Medical Centers



## December Recipes

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Metabolic Medical Centers  
WEIGHT LOSS ACCELERATED



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# Beef Canapes

**Serves 8 Time 1 hour 10 minutes**

## Ingredients

<b>1 1/2 lbs</b>	beef tenderloin
<b>2/3 C</b>	jarred roasted red peppers
<b>1 small</b>	shallot, minced
<b>1/4 tsp</b>	garlic, grated
<b>1 tbsp</b>	olive oil
<b>1 tbsp</b>	red wine vinegar
<b>1 tsp</b>	capers
<b>1/4 tsp</b>	fresh rosemary

## Cooking Instructions

1. Preheat the oven to 350 degrees F. Season the tenderloin with salt and pepper. Heat olive oil in an oven proof skillet over medium-high heat. Add the beef and brown on all sides (about 6 minutes). Transfer the skillet to the oven and roast until the internal temp reaches 125 degrees (about 30 minutes). Let it rest 15 minutes.
2. Meanwhile, mix the chopped roasted bell peppers, shallot, vinegar, capers, garlic, rosemary, salt and pepper to taste in a small bowl. Thinly slice the beef and arrange on a serving platter and top with the pepper salsa.

# Braised Southern Greens

These can be made in the slow cooker, greens can be bought already washed and chopped in the vegetable section of the grocery store. Use your favorite hearty greens (turnip, kale, mustard, collard)

**Serves 8-10 Time 6 1/2 hours on low or 3 1/2 hours on high**

## Ingredients

<b>3</b>	ham bones
<b>1 ½ lb</b>	fresh greens
<b>1 large</b>	onion (halved and sliced)
<b>1 tsp</b>	garlic
<b>1 can</b>	low-sodium chicken broth
<b>2 C</b>	water as needed
<b>1/3 C</b>	splenda
<b>1 tsp</b>	red pepper flakes
<b>1/4 tsp</b>	salt

## Cooking Instructions

1. Coarsely chop greens and set aside. Place ham bones, chicken broth and 1 cup of water into a 5-6 quart crock pot. Add onion, splenda, red pepper and salt. Top with greens.
2. Cover and cook until greens are tender. Remove ham bones and let them cool. Cut the meat off the bone and discard the skin and fat. Chop the meat and stir it back into the crock pot.

Recommend for All Programs



# Broccoli Rabe w/ Parmesan

**Serves 6 Cook Time 20 minutes**

## Ingredients

<b>1 lb</b>	broccoli rabe, cut in 2" pieces
<b>5</b>	cloves garlic, sliced thin
<b>2 Tbsp</b>	olive oil
<b>1 oz</b>	parmesan cheese, shaved
<b>2 tsp</b>	balsamic vinegar
<b>1/4 tsp</b>	red pepper flakes
<b>1/4 tsp</b>	salt

## Cooking Instructions

1. Bring 8 cups of water to a boil in a large pot. Cook broccoli rabe in boiling water for 2 minutes and drain.
2. Heat a non-stick skillet over medium heat and add oil, swirl the pan to coat. Add the red pepper and garlic to the pan and cook for 30 seconds. Drizzle the vinegar and lightly toss. Add the broccoli and top with shaved parmesan.

# Crab Stuffed Mushrooms

**Makes 24 Time 20 minutes**

## Ingredients

<b>2 cans (6 oz)</b>	lump crabmeat
<b>1 lb</b>	baby portabello mushrooms (stems removed and cleaned)
<b>1/2 C</b>	green onions
<b>1 tsp</b>	garlic, minced
<b>3 tbsp</b>	low-fat mayonnaise
<b>2 tbsp</b>	parmesan cheese
<b>2 oz</b>	low-fat monterey jack cheese
<b>1 tbsp</b>	worchestershire sauce

## Cooking Instructions

1. Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper. Place mushrooms, top sides down, on the baking sheet.
2. Combine crabmeat, onions, garlic, mayo, cheeses and worchestershire sauce into a medium bowl; mix well. Spoon the mixture evenly into the mushrooms.
3. Bake 20 minutes or until browned.

Recommend for All Programs



# Garlic Mashed Cauliflower

**Serves 4 Cook Time 20-25 Minutes**

## Ingredients

<b>1 large</b>	1 large head cauliflower, cut into 1 inch florets
<b>4</b>	garlic cloves, unpeeled
<b>1 Tbsp</b>	olive oil
<b>3 tbsp</b>	vegetable oil and yogurt spread
<b>3 tbsp</b>	plain, low-fat Greek yogurt
<b>2/3 C</b>	skim milk
<b>1/4 tsp</b>	salt

## Cooking Instructions

1. Preheat the oven to 450 degrees F. Prepare a rimmed baking sheet with tin foil coated with non-stick cooking spray. Drizzle with oil and toss to coat. Arrange them on a single layer. Place the garlic on the same baking sheet. Bake for 20-25 minutes or until cauliflower is golden brown and tender. Stir halfway through the cooking process.
2. When the garlic is cool enough to handle; peel and place into a food processor; add cauliflower, yogurt spread, greek yogurt, milk and salt; process until smooth and well blended.

Recommend for All Programs



# Herb Rubbed Pork Tenderloin

## Serves Time 40 Minutes

Trim all visible fat from the tenderloin.

## Ingredients

<b>1 (1½) lb</b>	pork tenderloin
<b>1</b>	shallot, minced
<b>1</b>	garlic clove, minced
<b>1 ½ tbsp</b>	olive oil
<b>1/2 C</b>	low-sodium chicken broth
<b>1 tbsp</b>	dijon mustard
<b>1 ½ tsp</b>	italian seasoning
<b>1/4 tsp</b>	black pepper
<b>1/4 tsp</b>	oregano

## Cooking Instructions

1. Preheat the oven to 425 degrees F. Line a baking dish with foil.
2. Combine Italian seasoning and pepper in a small bowl; mix well and rub evenly over the pork.
3. Heat 1 tbsp oil in a large skillet over medium-high heat. Brown pork on all sides, about 10 minutes. Place on the prepared baking sheet. Bake 25-30 minutes or until internal temperature reaches 140 degrees F. Transfer to a cutting board. Tent with foil and let it stand for 5 minutes.
4. Meanwhile, heat the remaining oil in the same skillet and add the shallot and garlic. Cook for about 1 minute. Stir in the broth, mustard and a pinch of salt. Let this simmer for 2 minutes.
5. Slice the pork, serve with the mustard sauce and garnish with fresh oregano.

Recommend for All Programs



# Mini Pumpkin Pie Tarts

**Serves 60 (Serving Size 2 tarts) Time 1 hour**

## Ingredients

<b>2 oz</b>	light cream cheese
<b>1/4 Cup</b>	Splenda
<b>1/2 C</b>	canned pure pumpkin
<b>3/4 C plus 1/3 C</b>	fat-free whipped topping
<b>60</b>	mini phyllo shells
<b>60</b>	pecan halves
<b>1 tsp</b>	vanilla
<b>3/4 tsp</b>	apple pie spice

## Cooking Instructions

1. Place cream cheese in a medium microwavable bowl, cover and microwave on high for 15 seconds or until softened.
2. Beat cream cheese, splenda, 3/4 C whipped topping, vanilla and apple pie spice in a large bowl until well blended.
3. Spoon 1 1/2 tsp pumpkin mixture into each phyllo shell. Top with 1/2 tsp whipped topping and 1 pecan half. Cover and refrigerate for at least 1 hour to set.

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# Mustard & Herb Roasted Turkey

**Serves 17 Time 2 hours 30 minutes**

## Ingredients

<b>1 (6-7) lb</b>	bone-in turkey breast
<b>1/4 C</b>	spicy brown mustard
<b>1/4 C</b>	fresh parsley, chopped
<b>2 tbsp</b>	fresh thyme, chopped
<b>2 tbsp</b>	fresh sage, chopped
<b>2</b>	cloves garlic, minced
<b>1/2 tsp</b>	black pepper
<b>1/4 tsp</b>	salt

## Cooking Instructions

1. Preheat oven to 450 degrees F. Combine mustard, parsley, thyme, sage, garlic, salt and pepper in a medium bowl; mix well.
2. Loosen the skin from the turkey breast and rub the mustard mixture under the skin, distributing the mixture evenly over the breast. Place turkey on the rack in a shallow roasting pan.
3. Place the turkey in the oven and reduce oven temperature to 325 degrees F. Roast for 2-2½ hours or until it reaches an internal temperature of 165 degrees F.
4. Transfer the turkey to a cutting board and tent it with foil; let it stand at least 10 minutes before slicing. Remove the skin before serving.

Recommend for All Programs



# Rack of Lamb

**Serves 8 Time 1 Hour (plus overnight marinating)**

## Ingredients

<b>2 (8-bone)</b>	8-bone racks of lamb, chine bone removed, frenched
<b>1/4 C</b>	canola oil
<b>2 zest</b>	lemons
<b>1/4 C</b>	kosher salt
<b>2 tbsp</b>	fresh rosemary
<b>pinch</b>	of splenda

## Cooking Instructions

1. Mix together the lemon zest, rosemary salt and splenda in a small bowl. Season the racks on all sides with this mixture, cover and put it in the refrigerator overnight.
2. Preheat oven to 300 degrees.
3. Put a large saute pan over medium heat and add the oil. Put one of the racks in the pan fat side down and sear both sides until brown 3-5 minutes each side. Repeat with the other rack. Place both racks on a rimmed baking sheet.
4. Put the baking sheet with both racks in the oven and roast until the meat registers 120-125 degrees (20-25 minutes). Let it rest for 5 minutes before serving.

Recommend for All programs



# Roasted Red Pepper & Broccoli Soup

**Serves 4 Time 1 hour 30 minutes**

## Ingredients

1 ½ C	broccoli florets
2	garlic cloves, minced
3	red bell peppers
1	celery stalk
1	large leek (white and light green parts chopped)
2 tbsp	olive oil
1 oz	parmesan cheese, grated
2 tbsp	tomato paste
1 q	low-sodium chicken broth
1 cup	basil, chopped fine
1 tbsp	fresh thyme, chopped
1/4 tsp	kosher salt

## Cooking Instructions

1. Roast bell peppers (see hint), roughly chop and set aside.
2. Heat olive oil in a medium pot over medium heat. Add broccoli, garlic, celery, leek and 1/2 tsp salt. Cook until vegetables are soft (about 7 minutes). Stir in the thyme, basil and roasted peppers. Push the vegetables over to one side of the pot and add the tomato paste to the other side and cook for 2 minutes, then stir in the vegetables increase the heat to high; add the chicken broth and 2 cups of water and simmer until soft (about 30 minutes).
3. Sprinkle with parmesan cheese and kosher salt to serve.

Recommend for All Programs

