

QUICK & EASY

Summertime Recipes



THE **DANIEL PLAN**
SUMMER 2016



Recipes

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ARTICHOKE HUMMUS

THE DANIEL PLAN

INGREDIENTS:

- 1 (15-ounce) can chickpeas or garbanzo beans
- 1 cup artichoke hearts, drained and chopped
- 2 cloves fresh garlic, crushed
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 tablespoon tahini
- Ground black pepper and salt to taste

DIRECTIONS:

Combine ingredients in a food processor and pulse until smooth. Transfer to a bowl. Chill and serve with mixed veggie sticks such as celery, jicama and carrots.





AVOCADO ANGEL EGGS

CHEF MAREYA IBRAHIM

INGREDIENTS:

- 12 hard boiled eggs, peeled
- 2 ripe avocados, cut in half, pit scooped out
- 2 tablespoons fresh lemon juice
- 1 teaspoon dry mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon white pepper
- 1/2 teaspoon sea salt
- 1 tablespoon Italian flat parsley, minced
- 2 tablespoons green onions, minced
(reserve 1 teaspoon green part for garnish)
- 2 Julienned pieces of nitrate and nitrite-free prosciutto (optional)

DIRECTIONS:

1. Slice each egg in half lengthwise, taking care not to tear egg whites, and scoop egg yolks into a medium bowl.
2. Scoop avocado flesh out of skin and add to bowl with lemon juice, dry mustard, garlic powder, smoked paprika, white pepper and sea salt. Squeeze lemon juice and add salt to desired taste.
3. Place mixture in a food processor and pulse until creamy; add a few drops of water if more liquid is needed.
4. Add minced chives to mixture and spoon into halved egg whites. For a beautiful presentation, place egg and avocado mixture into a pastry bag and pipe into each half using a decorative tip. Top with prosciutto slices, green onions and a sprig of parsley. Enjoy!

CUCUMBER ROLLS

CHEF JENNY ROSS

INGREDIENTS:

- 4 nori sheets
- 3 cups quinoa
- 2 cups julienned cucumber
- 1 avocado, thinly sliced
- 1 cup shredded carrots
- 1 red bell pepper, seeded and cut into strips

DIRECTIONS:

Layer 1/4 of all ingredients onto each nori sheet. Roll tightly and cut on a diagonal. Enjoy with a hummus dipping sauce.





CAPRESE SKEWERS WITH BASIL VINAIGRETTE

CHEF SALLY CAMERON

INGREDIENTS:

- 16 cherry or large grapeseed tomatoes (multi-colored)
- 1-8 ounce container mini mozzarella balls
- 1 bunch of basil
- 3 tablespoons jarred or homemade pesto
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 16 bamboo skewers

DIRECTIONS:

1. Cut the tomatoes in half crosswise for 32 halves
2. Cut the mozzarella balls in half crosswise for 16 pieces
3. Build skewers starting with a tomato half, then basil leaves, half a cheese ball, and a final tomato half.
4. Whisk together the basil pesto, olive oil and lemon juice. If you need to thin it further, add a little more of both.
5. Place the skewers on a platter and served drizzled with vinaigrette.

WATERMELON LEMONADE

CHEF JENNY ROSS

INGREDIENTS:

- 1 cup fresh watermelon
- 4 ounces fresh lemon juice
- 2 drops of stevia

DIRECTIONS:

Combine ingredients into a blender and blend with crushed ice or serve over ice. Freeze the leftovers for a nice citrus watermelon punch in your next glass of water!





FRUIT INFUSED WATERS

THE DANIEL PLAN

INGREDIENT OPTIONS:

- Blueberries, fresh or frozen
- Mangos, fresh or frozen
- Strawberries, fresh or frozen
- Raspberries, fresh or frozen
- Pineapple, fresh or frozen
- Grapefruit
- Orange slices
- Lemon slices
- Cucumber slices
- Fresh Mint

DIRECTIONS:

Add desired fresh or frozen sliced fruit and herbs into a large pitcher of filtered water. For best flavor, leave fruit soaking for at least 4 hours or overnight. If you drink the water within the first day, you can add more filtered water and re-infuse to get a second use out of the fruits and herbs.

Below are some of our favorite fruit water combinations. Mix and match to find what you like best!

- Orange Citrus Blueberry
- Mango Pineapple
- Raspberry Grapefruit
- Pineapple Mint
- Fruity Fourth of July: Strawberries, blueberries and jicama
Tip: Use a star shaped cookie cutter to cut jicama into decorative white stars.

DR. HYMAN'S SUNDRIED TOMATO TURKEY BURGERS

THE DANIEL PLAN

INGREDIENTS:

- 3 tablespoons sun-dried tomatoes
- 1 teaspoon extra-virgin olive oil
- 1 pound organic ground turkey meat
- 1 tablespoon balsamic vinegar
- 2-3 tablespoons fresh basil, chopped
- 1 tablespoon garlic, minced
- 1 1/2 teaspoons Dijon mustard
- Pinch of salt
- Pinch of black pepper

DIRECTIONS:

1. Cover the sun-dried tomatoes in warm water and soak until soft. This will take about 10 minutes, depending on how soft your tomatoes are to start with.
2. Drain and chop tomatoes into small pieces.
3. Combine with the remaining ingredients and form into 4 patties.
4. Grill, pan-sear or bake in the oven at 375 until done; about 8 minutes.
5. Serve over a large salad or with whole grain buns and desired fixings.





COCONUT-LIME SHRIMP SKEWERS

THE DANIEL PLAN COOKBOOK

INGREDIENTS:

- 2 (15-ounce) cans coconut milk
- 1/2 cup lime juice (5-6 limes)
- 4 tablespoons wheat-free tamari or soy sauce
- 3 tablespoons toasted sesame oil
- 2 tablespoons ginger puree/paste
- 3 large garlic cloves, minced
- 1/8 teaspoon crushed red pepper (or liquid hot sauce)
- 1 1/4 - 1 1/2 pounds large raw shrimp, peeled and deveined
- Kosher or sea salt
- Black pepper

DIRECTIONS:

1. Whisk together the coconut milk, lime juice, soy sauce, sesame oil, ginger, garlic, and red pepper flakes. Place half of the marinade in a bowl, dish or sealable plastic bag and the other half in a small sauce pan.
2. Add shrimp to the bowl with the marinade. Marinate shrimp at room temperature for 20-30 minutes. If using bamboo skewers, soak in water while shrimp are marinating.
3. Bring the marinade in the sauce pan to boil, then turn to low and simmer for a few minutes until thickened. Sauce will turn a golden color and reduce in volume.
4. Drain the marinade from the shrimp. Discard the marinade. Skewer shrimp on metal or bamboo skewers between the tail and to end. Sprinkle with salt and pepper. Place shrimp on a hot grill. Cook just a few minutes, until then turn pink on each side. Timing will depend on the size of your shrimp. Serve with the sauce.

GRILLED FLANK STEAK MEXICAN STYLE

CHEF SALLY CAMERON

INGREDIENTS:

- 1/2 cup packed cilantro leaves
- 1/3 cup chopped shallot
- 1/3 cup lime juice (about 4 limes)
- 1/3 cup olive oil (or avocado oil)
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 3 large garlic cloves, chopped fine
- 1/2 large jalapeño, seeded and chopped fine
- 1 1/4 - 1 1/2 pounds flank steak, trimmed of extra fat
- Sea salt & ground black pepper

DIRECTIONS:

1. Make marinade by combining cilantro leaves through jalapeño in a food processor or blender. Puree until smooth. You may need to scrape down sides and puree again for complete smoothness.
2. Place steak in a heavy ziplock bag. Cover steak on both sides with approximately 1/3 cup of the marinade and squeeze out air. Reserve the rest of the clean marinade for your sauce. Marinate flank steak, refrigerated, for 2-3 hours or overnight for best flavor.
3. When ready to grill, remove steak from the refrigerator and allow to stand approximately 45-60 minutes to get the chill off. Pre-heat grill over high heat. Clean grill grate with wire brush then brush with oil. When grill is hot, drain marinade off of steak. Sprinkle both side with salt and pepper. Grill flank steak approximately 5-7 minutes per side. Flank steak is best done medium rare, to about 125°. Too done and it might be tough.
4. When done, allow steak to rest for a few minutes before slicing to insure moist meat. Slice cross-grain into thin strips. Serve with clean marinade as sauce on the side or drizzled over the top.

Grill Tip: For perfect grill marks, use the 10:00 and 2:00 trick. When you lay the meat on the grill, point one end towards 10:00 on the clock. When first set of grill marks are set, move that point to 2:00. When grill marks are set, flip the steak and finish grilling.





BALSAMIC AND DIJON GRILLED WILD SALMON

CHEF MAREYA IBRAHIM

INGREDIENTS:

- 1 pound wild salmon
- 1/4 cup balsamic vinegar
- 2 tablespoons dijon mustard
- 2 tablespoons gluten free soy sauce or tamari
- 1 tablespoon fresh thyme

DIRECTIONS:

1. Whisk together balsamic vinegar, dijon mustard and soy sauce. Pour over wild-caught salmon and marinate for at least 1 hour up to overnight.
2. Heat an outdoor grill or oven to 350° and cook salmon until flesh is translucent; about 10-12 minutes. Top salmon with fresh thyme while it cooks.

LEMON PESTO PASTA

CHEF JENNY ROSS

INGREDIENTS:

- 1 zucchini
- 3-4 tablespoons of jarred or homemade pesto
- Pinch of sea salt, to taste
- Juice of 1/2 lemon
- 1-2 tablespoons chopped Kalamata olives

DIRECTIONS:

1. Using a Mandolin or Spiralizer, julienne 1 zucchini into “noodles”.
2. Toss with pesto and lemon juice and top with Kalamata olives.

TIP: This pasta works well with red bell peppers, tomatoes or any of your favorite fruits and vegetables in the refrigerator for up to 3 days.





SUPER GREENS WATERMELON SALAD

THE DANIEL PLAN

INGREDIENTS:

- 2 cups arugula
- 2 cups kale, chopped
- 2 cups spinach
- 1 cup watermelon, diced
- 1 tablespoon unsalted sunflower seeds
- 2-3 tablespoons crumbled Feta cheese (optional)

ANTIOXIDANT SALAD DRESSING

THE DANIEL PLAN

INGREDIENTS:

- 1/4 cup raw unfiltered apple cider vinegar
- 2 tablespoons extra-virgin olive oil, grape seed or coconut oil
- 1 clove garlic, crushed
- 2 tablespoons lemon juice, plus 1 teaspoon grated zest
- 1 teaspoon ground flax seed
- 1 teaspoon dry mustard
- 1/2 teaspoon oregano
- Ground pepper and salt to taste

DIRECTIONS:

1. Chop kale to bitesized pieces. *(Tip: Stack kale leaves into a pile. Roll the leaves together. Run a sharp knife through roll of kale to create thin to medium strips.)*
2. Chop watermelon into cubes. Mix arugula, spinach and kale together. Add watermelon cubes to salad.
3. Whisk salad dressing ingredients together. Drizzle salad with 2 tablespoons of homemade dressing.
4. Top with toasted sunflower seeds and crumbled feta cheese.

MAC & CHEESE

THE DANIEL PLAN COOKBOOK

INGREDIENTS:

- 12 ounces brown rice elbow pasta
- 1 teaspoon kosher or sea salt
- 4 tablespoons grated Parmesan cheese
- 4 tablespoons gluten-free bread crumbs
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil
- 2 cups small cauliflower florets
- 1/2 cup cottage cheese
- 2 3/4 cups milk
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1/4 teaspoon black pepper
- 2 tablespoons all-purpose gluten free flour
- 1 generous tablespoon Dijon mustard
- 4 ounces shredded extra sharp cheddar cheese
- 2 ounces grated Parmesan cheese

DIRECTIONS:

1. Fill a large pot 3/4 full with water. Bring to a boil and add 1/2 teaspoon of the salt. Cook pasta according to package directions. Drain well and toss with 1 teaspoon of the olive oil to prevent sticking.
2. While pasta is cooking, lightly oil a 9x13 baking dish.
3. Combine Parmesan, bread crumbs, and remaining 1 teaspoon of oil. Toss with a fork to combine.
4. Pre-heat oven to 350.
5. Steam cauliflower for 12-15 minutes until very soft. Drain and place in the bowl of a food processor. Puree cauliflower with cottage cheese and only 1/2 cup milk until smooth.
6. Heat 1 tablespoon olive oil in a sauté pan over medium-low heat. Add onion, and cook until soft but not browned, about 7-8 minutes. Add garlic and cook 1 minute. Add the remaining 1/2 teaspoon of the salt and 1/4 teaspoon pepper.
7. Add 1 more tablespoon olive oil and flour. Cook flour and onion mixture for 2-3 minutes until thickened. Add the remaining milk and stir or whisk until smooth and thickened. Add the mustard and cheeses. Continue to stir or whisk until cheese is melted and sauce is smooth. Add the cauliflower puree to the pan, and stir to combine.
8. Combine cooked pasta and sauce in a large bowl and stir to coat well. Pour into baking dish. Evenly sprinkle the crumb topping over the top of the pasta. Bake uncovered for approximately 30 minutes or until the top has a golden crust. Allow to stand a few minutes, then serve.





RED, WHITE AND BLUEBERRY SUMMER SALAD

CHEF MAREYA IBRAHIM

INGREDIENTS:

- 2 pounds strawberries
- 12 ounce blueberries
- 2 large jicama
- 1 red onion
- 1 bundle fresh mint
- 1 bundle fresh cilantro
- 1/2 cup fresh squeezed lime juice
- Salt, to taste

DIRECTIONS:

1. Chop strawberries and jicama into small, bite-sized cubes and place into a large mixing bowl.
2. Chop fresh mint, cilantro and red onion, then add to strawberry and jicama mixture. Lastly, add in blueberries.
3. Squeeze lime juice and add salt to desired taste.
4. Mix lightly together and serve or refrigerate until ready to serve.

GRILLED CORN & QUINOA SALAD WITH FRESH HERBS

CHEF SALLY CAMERON

INGREDIENTS:

- 2 cups cooked quinoa
- 1 cup grilled corn kernels
- 1/3 cup pine nuts
- 2-3 tablespoons finely chopped fresh herbs
(Such as mint, chives and oregano)
- 2 tablespoons olive oil
- 1-2 tablespoons lemon juice
- Salt and pepper to taste

DIRECTIONS:

Add cooked quinoa, corn, nuts, and herbs to a medium bowl and mix gently. Whisk olive oil and lemon juice together and toss with the quinoa and corn. Add salt and pepper. Taste and adjust to your preference.





CHOCOLATE & WALNUT DIPPED FROZEN BANANA POPS

THE DANIEL PLAN

INGREDIENTS:

- 8 ounces of 70% or higher dark chocolate, broken into pieces
- 2 bananas, cut in half
- 2 tablespoons crushed walnuts (or nuts of your choice)
- 4 wooden skewers or popsicle sticks

DIRECTIONS:

1. Melt chocolate in a double broiler or microwave. If using a microwave, be careful not to “cook” the chocolate; microwave it for 20 seconds at a time until soft and gooey. Let chocolate sit for about 5 minutes to cool slightly.
2. Place crushed walnuts on a plate.
3. Thread banana onto skewer or popsicle stick.
4. Dip half of banana into melted chocolate and roll carefully into crushed walnuts.
5. Repeat until all banana pieces are dipped.
6. Place dipped bananas onto a tray lined with wax paper, and freeze for at least 4 hours, preferably over night.

BLUEBERRY FROZEN POPS

CHEF JENNY ROSS

INGREDIENTS:

- 2 bananas
- 2 cups frozen blueberries
- 1 cup cashews
- 2 tablespoons raw honey
- 1 cup water

DIRECTIONS:

Put aside 1/2 cup blueberries. Blend the rest of the ingredients with 1 cup of water until rich and creamy. Drop a few fresh blueberries into your favorite popsicle molds. Fill each mold with the blended mixture. Freeze and enjoy after 4-6 hours!





FRESH STRAWBERRIES WITH HONEY VANILLA DIP

THE DANIEL PLAN

INGREDIENTS:

- 1-16 ounce container of plain greek yogurt
- 2-3 teaspoons of real vanilla extract
- 2-3 teaspoons of honey
- Fresh strawberries, washed, stems left on

DIRECTIONS:

Add the greek yogurt, vanilla and honey to a small bowl and whisk together until smooth and creamy. Serve with fresh strawberries as a dip.

AMERICAN FLAG FRUIT SKEWERS

CHEF MAREYA IBRAHIM

INGREDIENTS:

- 1 pound strawberries
- 6 ounce blueberries
- 3 bananas
- 12 wood skewers

DIRECTIONS:

1. Wash strawberries and blueberries. Set blueberries aside for later use.
2. Remove stems off of the strawberries, cut each in half and then cut off the tips to create 1/2"-3/4" slices. Set aside.
3. Slice the bananas to about 1/2"-3/4" thickness. Set aside.
4. Start skewering the blueberries on the first stick. Skewer about 5-6 blueberries then alternate between banana slices and strawberry slices until you reach the end of the skewer. Repeat for 4 skewers.
5. Next, skewer only the bananas and strawberries, alternating the fruit. Repeat for 4 skewers.
6. Lastly, skewer 5-6 blueberries onto an end of a skewer. Repeat for 4 skewers.
7. Place your skewers onto a platter to create an american flag pattern. Use the skewers with only blueberries to fill in the gaps in the star section of the design.
8. Keep refrigerated until ready to serve.





A Special Thanks

TO OUR DANIEL PLAN SIGNATURE CHEFS...

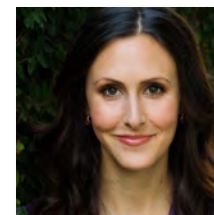


SALLY CAMERON

Sally Cameron is a professional chef, author, recipe developer, educator, certified health coach, and one of the contributors to The Daniel Plan Cookbook. Sally's mission is to educate, empower and encourage people to create great tasting meals at home using healthy ingredients and easy techniques. Sally is the publisher of the popular food blog, [A Food Centric Life](#). She holds a culinary degree from The Art Institute and health coaching certification from The Institute for Integrative Nutrition.

JENNY ROSS

Jenny Ross is the internationally recognized chef, author, educator, and force behind [Living Foods](#), including the raw food restaurant 118 Degrees, Be Well Kitchen, the popular Raw Basics detox meal programs, and nationwide grocery product line 118 Degrees. She has been an early pioneer of the raw movement, coaching clients about the healing power of living foods, while motivating them to adopt a more vibrant, healthy lifestyle. She has a degree in holistic nutrition and certificates as a health and life coach. Jenny was one of the contributing chefs of *The Daniel Plan Cookbook*.



MAREYA IBRAHIM

Mareya Ibrahim is best known as "The Fit Foodie". She is an award-winning entrepreneur, television chef, author, and one of The Daniel Plan signature chefs. She is also the CEO and founder of Grow Green Industries, Inc. and cocreator of [Eat Cleaner](#), the premier lifestyle destination for fit food information. Her book *The Clean Eating Handbook* is touted as the "go-to" guide for anyone looking to eat cleaner and get leaner. She is a featured chef on ABC's Emmy-nominated cooking show *Recipe Rehab*, eHow.com, Livestrong, and the food expert for San Diego's Channel 6 News.

For more healthy recipe ideas, check out
[The Daniel Plan Book](#) & [The Daniel Plan Cookbook](#).

