

ROASTED CAULIFLOWER

Olive oil (seasoned olive oil works great)

Sea salt to taste

Garlic (about 5 cloves)

Zest of 1 lemon

Cut your cauliflower into grape-sized pieces.

Heat the olive oil and salt in a skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated. Wait until it gets a bit brown on the bottom, and then toss with a spatula. Brown a bit more and continue to sauté until they are deeply golden, about 6 minutes. In the last 30 seconds, stir in the garlic. Remove from heat and stir in seasonings (chives, basil, and rosemary, whichever you like). Add lemon zest and sea salt. Serve immediately.

Yield: Measure your cauliflower to determine serving size

IDEAL CAPONATA

2 ¼ teaspoons sea salt

1 pound eggplant, cut into ½ inch cubes

1-14.5 ounce can of diced tomatoes, undrained

2 tablespoons white vinegar

1 tablespoon capers, drained

¾ teaspoon dried basil

1/8 teaspoon pepper

1 tablespoon olive oil

1 cup chopped onion

½ cup chopped celery

1 garlic clove, minced

Sprinkle 2 teaspoons salt over eggplant; stir well. Place eggplant in colander, and let stand 1 hour. Rinse well; drain.

Combine tomato, ¼ teaspoon. salt, & next 6 ingredients in a medium bowl; stir well & set aside. Heat 1-1/2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add eggplant and cook, stirring occasionally, 13 minutes or until tender. Transfer to a plate. Add 1-1/2 teaspoons olive oil to pan, and place over medium heat. Add onion & celery; cook, stirring occasionally, 4 minutes or until lightly browned. Add garlic; cook 1 minute. Add cooked eggplant and tomato mixture to pan; stir well. Cook 3 minutes or until thoroughly heated. Serve at room temperature.

Tastes great in a salad, as a relish, or as a dip with celery sticks!

Yield: 16 servings

Per serving: 26 calories, 0.6g protein, 0.9g fat, 4.3g carb, 1.3g fiber.

CAULIFLOWER WITH WALDEN FARMS TOPPING

2 cups cauliflower

Walden Farms dressing of your choice, to taste

Steam cauliflower. Drain well. Place in dish for toaster oven. Preheat at 325. Dribble Walden Farms Honey Dijon or Creamy Bacon over cauliflower. Follow serving size on WF label. Place in toaster oven & heat for a few minutes being careful not to burn top. Experiment with dressing of your choice.

Yield: 1 serving

TURNIP CHIPS

2 cups of thinly sliced turnips

Olive oil or spray

Sea salt and spices, to taste

Peel the turnip and slice thinly preferably with a mandolin. Lightly toss or spray with olive oil & season with sea salt & your choice of spices, coriander & thyme work nicely. Lay out in single layer on baking pan lined with foil. Bake for approximately 15 minutes at 400 or until crisp.

You may also try some sort of spicy rub like smoked paprika or something spicy. Get creative with your spices! Turnips are listed as one of the “select vegetables” on the Ideal Protein list.

Yield: 1 serving

CAULIFLOWER ROUX¹

1 head of cauliflower (cut greens off)

Kitchen Bouquet²

Steam Cauliflower. When tender, put in blender with about ½ cup of water from steaming. Puree in blender, and add Kitchen Bouquet for color. Makes approx 4 cups roux

Yield: Measure your cauliflower to determine serving size

¹ Pronounced RUE. **Roux** is the French word for "brown," and brown describes a *roux* in color. A *roux* is a base for gravies, soups, etouffee, gumbo and many other Cajun and French dishes. It serves as a thickener, binder and flavoring. Cajun cooking wouldn't taste right without the *roux*.

² **Kitchen Bouquet** is a browning and seasoning sauce. It can be used as a gravy base.

CREAMED CABBAGE

FOR ALL STAGES ON THE IDEAL DIET PROTOCOL

2 large handfuls of shredded red cabbage
Olive oil or Pam (drizzle over garlic to sauté)
1 clove of garlic, finely chopped
1 envelope of Ideal protein leek soup
2/3 cups water

Sauté garlic until lightly golden. Add shredded red cabbage, enough for two generous servings. Cover and cook over medium heat until the cabbage is tender and has deepened in color. Remove from heat. Mix 1 envelope of Ideal Protein Leek soup with 2/3 cup of water. Dissolve completely until smooth. Warm it up on the stove or in your microwave (no more than 50% power). Stir into the cabbage and serve at once, warm. This is a great way to “cream” any of the veggies from the list of recommended vegetables. It would also be great with leeks.

Yield: 2 generous servings

CREAMY & DELICIOUS SPINACH SOUP

FOR ALL STAGES ON THE IDEAL DIET PROTOCOL

1 bag of baby spinach, cleaned
Sea salt
Garlic powder, to taste
Onion powder, to taste
1 tablespoon of dried dill weed, optional
½ to 1 packet of Ideal Protein Leek soup or Ideal Protein Chicken soup

Bring 3 cups of sea salted water to boil then turn off the heat. Immediately immerse the baby spinach in the water till completely wilted. Quickly drain the water from spinach and rinse under cold water to preserve the spinach’s bright green color then squeeze all the excess water. Make your Ideal Protein soup as you would usually by adding hot water minus 2 ounces of water. Pour half or more of the hot soup mixture into a blender and add 1/2 of the cooked spinach. Add the seasonings. Blend well till smooth and creamy. Transfer the remaining spinach to a large soup bowl and cover with the warm spinach cream. Enjoy!

Yield: 1-2 servings

IDEAL MASHED ‘POTATOES’:

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

1 head of fresh cauliflower
Onion powder
Garlic powder

Sea salt, to taste

1/2 to 1 packet of Ideal Protein Leek soup or Ideal Protein Chicken soup

Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and choice of any of the soup mixes. Mash well and serve steaming hot.

Yield: 2-3 servings depending on size of cauliflower

SMASHED ZUCCHINI PASTE

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

2 tablespoons olive oil

1 clove of garlic, finely chopped

1 small dried red chili, crumbled

3-4 small zucchini, unevenly sliced to add texture

sea salt and ground black pepper to taste

1/4 cup of fresh mint, chopped

juice of 1 lemon

Put 1/2 (1 tablespoon) the olive oil in a non stick pan and fry your garlic and chilies for a couple of minutes. Throw in the zucchini and stir them around to coat. Turn the heat down slightly and put a lid on the pan. Give the pan a shake and stir every 5 minutes for 35 minutes. This will prevent the zucchini from sticking and the lid will ensure that there is moisture in the pan. When the zucchini is really soft with some chunky pieces and the rest almost pulped, remove from the heat and taste. Season accordingly. At this point add the rest of the olive oil to loosen. Add your chopped mint and lemon juice.

This is really good stuffed inside an Ideal Protein Plain Crepe, or you can cook the leek and/or asparagus soup by pan frying it flat in a nonstick pan, then baking it in the oven. Delicious!

Yield: 2 – 4 servings

VEGETARIAN FLORETS

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

1/2 cup of leeks sliced in thin circles

1/2 cup (125 ml) broccoli florets

1/2 cup (125 ml) cauliflower florets

1 small onion, chopped

1 Ideal Protein Leek Soup

Sauté the leeks 2 to 3 minutes in a drizzle of olive oil over medium heat in a non-stick pan. Add the broccoli and cauliflower florets and continue to sauté 3 to 5 minutes. Mix the leek soup into a

1/2 cup of water, room temperature. Dissolve any lumps before adding to the vegetables. Simmer for 2 minutes and serve.

Yield: 1 serving

VEGGIE VARIATION

*3/4-inch slices of zucchini, fennel bulb, Portobello mushrooms
Whole white button mushrooms or 2" squares of green pepper
1 tablespoon cider vinegar
2 teaspoons of Splenda, Stevia, or Xylitol
1 teaspoon Chef Paul Prudhomme's Vegetable Magic³
1-1/2 teaspoons olive or grape seed oil
1/4 teaspoon natural sea salt
1/2 teaspoon Louisiana Hot Sauce⁴
1 large 1-gallon zipper seal bag*

Place all of the spice ingredients into the zipper seal disposable bag and mix with your hands by massaging the outside of the zipper seal bag. Add your veggies and massage the spice mix into and all over the slices and let sit in the bag. Fire up the BBQ on medium to medium-high so that veggies will get good grill marks when they are placed on the grill. Great to add to hot and cold salads.

ZUCCHINI PANCAKES

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

*1 packet Ideal Protein Maple Oatmeal
2-3 egg whites
2 small zucchinis – shredded
Salt and pepper to taste
Onion/garlic (optional)*

Put all ingredients in a large shaker.
Pour into a small skillet coated with Pam and cook like pancakes. Pretty tasty!

Yield: 1-2 servings

ROSEMARY-ROASTED VEGETABLE MEDLEY

2 large medium-ripe tomatoes, each cut into 8 wedges

³ Vegetable Magic is a Cajun seasoning created by famous Cajun chef Paul Prudhomme. It's used for steamed, stir-fried, microwaved, sautéed, fresh, frozen, or canned vegetables as well as potato and casserole dishes.

⁴ **Louisiana Hot Sauce** is a hot sauce instrumental in Cajun cooking.

1 medium zucchini, cut into ¼ inch thick rounds
1 cup sliced mushrooms
1 medium red onion, cut in half and thinly sliced
¼ cup extra virgin olive oil
Sea Salt & Freshly ground black pepper to taste
2 tablespoons chopped fresh rosemary

Preheat the oven to 400°F. Toss all ingredients together. Spread vegetables on a roasting pan and cook 20 minutes or until the onions are tender when pierced with a fork.

Yield: 2 servings

VEGGIE OMELET

FOR ALL STAGES OF THE IDEAL DIET PROTOCOL

Use your veggies of choice in the allowed combined amount of 2 cups. First take some celery, scallions, broccoli, and sauté in a non stick pan until they are at the desired consistency and when almost done, add some fresh mushrooms. Add some tomato but don't cook the tomato too long. When this mixture is done, add some garlic powder, onion powder. Add some raw onions and put it aside for now. Add hot water (10 ounces) to a blender and add the Ideal Protein Fine Herbs & Cheese Omelet packet. Add garlic powder (1 tablespoon), onion powder (2 tablespoons), minced onions (3 tablespoons), and baking powder (1 big teaspoon), 1 packet of Splenda and blend for a minute. Take some spray olive oil and spray a little on a non stick pan and cook it uncovered on medium heat on one side and then flip it over and cook it on the other side and wow, you'll have made a huge omelet. Take the veggies and put them on top of the omelet. Fold it over and enjoy a huge and delicious tasting veggie omelet.

Yield: 1 serving