

# Ideal Protein Main Dishes



## PERSIAN SHISH KEBABS

(Makes 6 servings)

*2 lbs. beef tenderloin, cut into 1 x ½" cubes*  
*1/8 cup fresh lime juice*  
*1 pinch fresh ground black pepper*

*1 onion, chopped*  
*1 tbs. sea salt*

In medium bowl, combine beef cubes, onion, lime juice, sea salt, black pepper. Mix well, cover, and refrigerate overnight. Preheat grill on high heat. Thread beef on skewers, 6 to 8 pieces per skewer. Lightly oil grate, and place kebabs on grill. Cook 3 to 4 minutes per side, 12 to 16 minutes total.

## CHICKEN KEBABS

(Makes 6 servings)

*2 lbs. chicken breasts, cut into 1½" cubes*  
*2 large green bell peppers, cut into 8 wedges*  
*2 large tomatoes, cut into 8 wedges*  
*2 tbs. fresh lemon juice*  
*½ tsp. sea salt*  
*½ tsp. dried oregano*  
*1 bay leaf*

*2 large onions, peeled & cut into 8 wedges*  
*12 mushrooms, stems removed*  
*½ c extra virgin olive oil*  
*1 tbs. minced garlic*  
*½ tsp. fresh ground black pepper*  
*½ tsp. dried rosemary leaves*

In large, resealable plastic bag, combine olive oil, lemon juice, garlic, salt, pepper, oregano, rosemary, and bay leaf. Add chicken, toss until coated, refrigerate overnight. Position oven rack at top setting and preheat oven to broil. Remove chicken from marinade and thread onto skewers; reserve marinade. Thread onion and tomatoes last so they don't really cook but warm; thread green peppers and mushrooms onto separate skewers. Brush vegetables with reserved marinade. Broil skewers on broiler pan, turning frequently. Cook chicken for 15 minutes, green pepper for 7, and mushrooms for 3. Remove from oven, allow to cool. Remove skewers from ingredients, set aside, then reassemble, alternating chicken, onions, green peppers, mushrooms, and tomatoes. Place onto broiler pan, brush with marinade, and broil 5 to 7 minutes to finish cooking, turning frequently.

## LEMON-GARLIC PORK TENDERLOIN

(Makes 4 servings)

*2 (¾ lb.) pork tenderloins*  
*1 tbs. fresh lemon juice*  
*6 cloves garlic, minced*  
*½ tsp. sea salt*

*¼ c extra virgin olive oil*  
*1 tbs. grated lemon peel*  
*1 tbs. dried oregano*  
*½ tsp. fresh ground pepper*

In large, resealable plastic bag, combine olive oil, lemon juice, lemon peel, garlic, oregano, salt and pepper. Add pork, toss until coated, refrigerate for 8 hours or overnight. Drain and remove pork, discard marinade. Grill covered over medium coals for about 13 to 14 minutes on each side or until juices run clear and meat thermometer reads 160° F. Let stand for 5 minutes before slicing.

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## **SPICY GRILLED PORK TENDERLOIN** (Makes 4 servings)

*2 (¾ lb.) pork tenderloins*  
*¼ tsp. ground ginger*  
*1 tsp. sea salt*

*2 tbs. chili powder*  
*¼ tsp. dried thyme*  
*¼ tsp. fresh ground black pepper*

In small bowl, mix together chili powder, ginger, thyme, salt, and black pepper. Rub spice mix into tenderloins. Place in baking dish, cover, and refrigerate 2 to 3 hours. Preheat grill to medium high. Brush olive oil on grill, arrange pork, and cook for 30 minutes (or to desired doneness), turning to cook evenly.

## **GARLIC-HERB GRILLED PORK TENDERLOIN** (Makes 4 servings)

*2 (¾ lb.) pork tenderloins*  
*3 cloves garlic, chopped*  
*1 tbs. chopped fresh rosemary*  
*1 tsp. fresh ground black pepper*

*¼ c extra virgin olive oil*  
*1 tbs. chopped fresh thyme*  
*1 tsp. sea salt*

Cut horizontal slit in tenderloins, leaving halves attached. Rub with olive oil. Insert garlic into slit and onto fatty part. Press thyme and rosemary into slit; sprinkle with salt and pepper. Preheat grill to medium high. Brush olive oil on grill, arrange pork, and cook for 30 minutes, turning occasionally.

## **FISH IN FOIL** (Makes 4 servings)

*4 rainbow trout fillets (or any white fish)*  
*2 fresh jalapeno peppers, sliced*  
*1 tbs. chopped garlic*  
*2 tsp. fresh ground black pepper*

*2 tbs. extra virgin olive oil*  
*2 lemons, sliced*  
*1 tbs. sea salt*

Preheat oven to 400° F. Rinse fish and pat dry. Rub with olive oil; season with salt and pepper. Place each fillet on large sheet of foil. Top with garlic and jalapeno slices, squeeze juice from ends of lemons over fish. Arrange lemon slices on fillets. Carefully seal edges of foil to form packets. Place on baking sheet and bake for 15 to 20 minutes. (Fish is done when it flakes easily with a fork.)

## **SPICY CHIPOTLE GRILLED SHRIMP** (Makes 6 servings)

*2 lbs. uncooked medium shrimp, peeled & deveined*  
*2 chipotle peppers, chopped*  
*1 tbs. extra virgin olive oil*  
*1 tsp. chopped fresh cilantro (optional)*  
*½ tsp. fresh ground black pepper*  
*¼ tsp. cayenne pepper*

*3 cloves garlic, minced*  
*1 lemon, juiced*  
*1 tbs. paprika*  
*1 tsp. sea salt*  
*½ tsp. crushed red pepper flakes*  
*8 wedges lemon for garnish*

In medium bowl, combine garlic, chipotle peppers, lemon juice, olive oil, and spices. Add shrimp, coat thoroughly. Refrigerate for 30 minutes. Preheat grill to medium-high; brush with olive oil. Remove shrimp from marinade, thread on skewers about 5 per skewer, and grill until shrimp turn pink and opaque in center, about 2 minutes per side. Transfer to serving dish and garnish with lemon.

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## ASIAN STIR FRY

*7 oz. chicken, beef, pork, shrimp, or scallops*  
*½ c broccoli, chopped*  
*1 tbs. tamari or low sodium soy sauce*  
*Splenda or stevia to taste*

*1 c bok choy, chopped*  
*½ c mushrooms, sliced*  
*1 tbs. water*  
*Cayenne pepper to taste*

Spray sauté pan with Pam or olive oil spray. Add chicken, beef, pork, shrimp or scallops. Sauté until cooked through. Add broccoli and bok choy, stir until tender crisp. Add mushrooms, cook until tender. Add remaining ingredients, heat through, and serve over shredded romaine lettuce or ½ package Miracle Noodles.

## PRETEND BUFFALO WINGS & CELERY

*7 oz. chicken breast, cut into "wing" size pieces*  
*¼ c Walden Farms Spicy Barbeque Sauce*  
*Walden Farms Blue Cheese Dressing*

*2 stalks celery, cut into sticks*  
*1 head butter head lettuce, cut in half*  
*Cooking bag*

Rinse chicken, pat dry, and add to cooking bag. Brush liberally with barbeque sauce. Bake at 350° for 20 to 30 minutes until cooked through. Place lettuce on chilled plate, top with chicken and celery, serve with dressing for dipping sauce.

## ANGIE'S MEATLOAF

*7 oz. 97% lean ground beef*  
*½ c green onion, sliced*  
*1 egg white*  
*Sea salt & fresh ground pepper to taste*

*1 c mushrooms, sliced*  
*½ cup spinach, roughly chopped*  
*Walden Farms Barbeque sauce*

Spray pan with Pam or olive oil spray. Sauté mushrooms and green onion until tender. Remove from heat and add spinach. In a bowl, combine ground beef, egg white, veggies, salt and pepper to taste. Form into small meatloaf, brush with barbeque sauce. Bake at 350° for 30 minutes. Brush with additional barbeque sauce while baking if desired.

## HALIBUT WITH PICANTE SAUCE

*7 oz. halibut steak (or any firm white fish)*  
*1 small radish, finely chopped*  
*½ grilled yellow pepper, finely chopped*  
*1 tbs. fresh lemon juice*

*½ cucumber, seeded & finely chopped*  
*1 tomato, seeded & finely chopped*  
*1 tbs. finely chopped red onion (optional)*  
*2 dashes hot sauce*

Combine cucumber, radish, tomato, yellow pepper, onion, lemon juice, hot sauce, and salt. Place fish on baking sheet sprayed with Pam or olive oil spray. Top with remaining ingredients and roast at 375°, about 10 minutes.