

PALEO-STYLE RECIPES

Vegetable Lasagna

2 pounds grass fed burger (pre-cooked)
4 Tbps sliced fresh basil
2 cloves of garlic: minced
1 28 oz can diced tomatoes
3 c chopped spinach
5 Tbsp diced sun dried tomatoes
3-4 medium to large zucchini or summer squash cut into ribbons
3 Tbsp almond meal
3 Tbps grated parmesan cheese

8x13 inch pan lightly coated with oil (olive oil or coconut oil)

Pre heat oven to 325 degrees. Spread a thin layer of olive oil or coconut oil in the bottom of the pan. Spread $\frac{3}{4}$ c of tomatoes across the bottom of the pan and layer with ground beef, garlic, spinach and sun dried tomatoes. Cover with slices of zucchini or summer squash and repeat layer. Cover again with squash and sprinkle almond meal and cheese over the top and bake for 20-30 min, or until tender.

Stuffed Acorn Squash

2 medium acorn squash: cooked in microwave or baked
1 pound ground beef cooked
4 kale leaves sliced thin and gently steamed or sautéed in oil
 $\frac{1}{2}$ c kalamata olives
1 medium red pepper chopped
2 tsp fresh thyme
2 Tbsp almond meal
Salt and pepper to taste

Pre-cook the squash, cut in half. Place in baking dish. Mix burger, wilted kale, olives, peppers and thyme. Add salt and pepper as desired. Stuff the squash with the mixture and sprinkle almond meal over top. Bake for 20 minutes in 325 degree oven.

Grilled Pork Chops with baked Spiced Sweet Potato and Apple

3-4 pork chops
1 honey crisp apple or other sweet apple chopped
1 large garnet or jewel sweet potato chopped into 1 inch squares

2-3 tsp cinnamon
1/3 cup organic raisins
2 tsp lemon zest
3 Tbsp maple syrup
1 Tbsp olive oil

Preheat the oven to 350 degrees. Combine apple, sweet potato, cinnamon, raisins, lemon zest in a bowl. Add olive oil and toss to coat. Then add maple syrup and toss again. Place mixture in a large baking dish and bake until tender. (Usually 45 min to an hour). Potatoes should be tender when pierced with a fork. (You can bake extra to keep on hand for a quick sweet bite when the urge hits.)

Salt and pepper the pork chops and grill them.

Great comfort food dinner, especially when served with a side of spinach sautéed with garlic.

Mama Furman's "Spaghetti" with Meat Sauce

1 lb of ground beef
1 lb of hot or sweet Italian sausage links
1 spaghetti squash (2lbs or larger)
2 green peppers diced
1 small vadalina onion diced
3 garlic cloves diced
1 large can of diced tomatoes
2 large cans of tomato sauce
2 T tomato paste
1 ½ T McCormick Italian Seasoning
S&P to taste

Take your 3 cans of diced tomatoes and tomato sauce, open them up and pour them into a sauce pan. Add 1 ½ T of McCormick seasoning. Let simmer over a very low heat. In a separate sauté pan add your 1 lb of ground beef, diced green peppers, diced onion, and diced garlic. Cook the ground beef until it is done. Drain fat from pan then add mixture to the tomato sauce. In a separate pan steam sausage links in 2 inches of water, until cooked thoroughly. Drain water from pan then sear links until they are browned on the outside. Once brown remove them from the pan and cut each link into ¼ inch slices. Add sausage to the tomato sauce and simmer for 10-15 minutes.



Spaghetti Squash:

Cut squash in half and remove the seeds. Place squash flat side down in a pyrex dish with 1 inch of water. Place dish in microwave for 10 minutes or until squash is tender. Then scrape squash out of skin with a fork. Squash will come out in long strands just like spaghetti!

Place spaghetti on plate and spoon meat sauce over it! Delish!

Serves about 4 people