

# Holiday Recipes

## MASHED 'POTATOES

1 head of fresh cauliflower

Onion powder

Garlic powder

REALSALT (Sea salt), to taste

½ - 1 packet of Ideal Protein Leek soup or Ideal Protein Chicken soup

Optional: Wasabi Powder (to taste – gives it a zing!)

Optional: 1-2 tsp. UDO's Oil or Olive Oil

Steam (preferred) or boil the cauliflower until it is very, very soft. Drain the water (if boiled). Add the seasonings (be creative) and add ½ -1 packet of any of the soup mixes (to taste). Add UDO's or Olive Oil and mash well - serve steaming hot

## SAUCE / GRAVY

Pour 6.5 oz. (200 ml) of hot (not boiling) water into a bowl. Add one packet of Ideal Protein Chicken Soup or Leek Soup and mix with a mixer or hand mixer. Serve over vegetables and/or meat.

Add more or less water depending on how thick you prefer the sauce.

## CUSTARD

2 Butterscotch IP Pudding

2 Vanilla IP Pudding

1 Egg white

Dash of Real Salt

Pumpkin Pie Spice + Nutmeg (To Taste)

Bake 20 minutes 350 Degrees / Chill

## GREEN BEAN CASSEROLE

Ingredients:

3 Packets IP Mushroom Soup

12 Oz. Veggie Broth (The water for the soup) 1 ½ teaspoon Bragg Liquid Aminos

2 Containers of sliced mushrooms ¼ teaspoon ground black pepper

½ teaspoon Real Salt (Mix of Onion & Garlic)

3-5 cloves of garlic (minced)

1-2 teaspoons Olive Oil, 8 cups cooked cut green beans, 2 Packets of ground sea salt vinegar ridges.

½ Red Onion

½ teaspoon Onion Powder

1 teaspoon Fresh or spice Dill

IP Garlic & onion soy nuts

TIP: 2 bags (16 to 20 ounces) frozen green beans, 4 packages (9 ounces each) frozen green beans or about 3 pounds fresh green beans.

Slice Onion into rings and spread minced garlic, some salt, dill with olive oil over onions. Bake in

oven for 15 minutes at 300 (just to soften them)

If using fresh green beans slightly steam for 3-5 minutes to soften.

Soup Mix - Stir the soup, veggie broth &/or water, Braggs, black pepper, beans, other spices, some mushroom slices – mix in blender.

In 3-quart casserole dish mix the green beans, mushrooms, 1 package of crushed IP garlic & onion nuts and soup mix. Then top off with the rings of slightly cooked red onions and 1 package of crushed IP garlic & onion nuts

Bake at 350°F for 30 minutes or until the bean mixture is hot and bubbling. Ready to serve. Optional – Mix before serving

### **IP SPICED CHAI TEA**

8-12 Ounces Water

1 Bengal Spice Tea Bag

1 Cinnamon Stick (Optional)

1-4 Oz. IP Ready-Made Vanilla (To Flavor)

1-2 teaspoons WF Marshmallow Dip

Heat Water in tea kettle. Pour 8-12 ounces of heated water into cup with 1 Bengal Spice tea bag and cinnamon stick – steep for 2-4 minutes or, to desired strength. Remove tea bag. Stir in IP Ready-Made Vanilla – use cinnamon stick as stirring stick. Optional – Add

### **STUFFING**

Ingredients:

2 cups of your favorite vegetables chopped up in food processor

½ cup of diced mushrooms

3 egg whites

1 tsp Poultry Seasoning

1 tsp Redmond's Real Salt and fresh ground black pepper to taste

8 – 16 oz water

1 -2 TBS Braggs

IP packets:

1 – Chicken Soup

1 – Oatmeal

Optional 1 – Garlic and Onion Soy Nuts

Optional Seasoning:

Rosemary, Basil, Thyme and/or Garlic

Prepare Oatmeal Biscuits (Page 69 – Volume 2 Ideal Protein Healthy Recipes):

Beat 1 egg white then stir the IP Oatmeal packet until mixed thoroughly. Add 2oz. water until batter is thin and spoon able – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon batter onto a non-stick baking sheet and bake at 400 for about 10 min. or until golden brown. Once biscuits are cooled tear up and let dry out an hour or two.

In a mixing bowl put dried oatmeal biscuits, seasonings, chopped veggies, mushrooms and Braggs. (if desired, add your IP soy nuts) Mix and set aside. In your blender bottle or other mixer, mix 8 oz of water with your IP Chicken Soup mix well (more water maybe needed). Add two egg whites to soup

mix. Mix well then pour over veggie/biscuit mix stir (should be a moist mixture) and then place in an olive oil sprayed casserole dish. Cook about 20 min at 350.

### **CRANBERRY RELISH**

FYI - Cranberries are technically not Phase 1 approved but tis the season and can be used for that special holiday "Day".

Ingredients:

1 cup water

1 cup fresh whole cranberries

4 celery sticks chopped

½ cup chives chopped

½ cup chopped zucchini

6 mint leafs

1 tsp Orange zest

1 IP Raspberry Jello packet

3 tsp Walden Farms Raspberry Jelly

1 tsp Xylitol

Boil the cranberries in the 1 cup of water for about 5 min. Pour the water off into a cup should be about 5 oz. of liquid and still warm. Put the IP Raspberry Jelly Packet into it and mix well. Pour into a bowl and put in the ice box to setup.

Chop together cranberries, celery, chives, zucchini, mint leafs and orange zest chop in a food processor or by hand. Mix in with Xylitol and Walden Farms Raspberry Jelly into the Jelly mix cooling in the ice box add the cranberries and the vegetables and mix together.

Let cool in bowl and then serve with celery sticks or flax seed crackers.

### **DEVEILED EGGS**

Hard Boiled Eggs – Cut in Half

Mix the yolks with Walden Farms – Mayo, Redmond's Onion Salt and Mustard (To Taste). Mix and spoon back into the egg halves.

Optional – Garnish with a sprinkle of Paprika



### Sweet Fauxtato Pie

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Ingredients:

2 cups Rutabaga

+2 Eggs + 2 Egg Whites

1/2 packet Knox Gelatin <--adds 12 calories, all from 3g protein (collagen)

2-4 tbsps Sweetener (Splenda/Stevia/WF Pancake Syrup/etc)

1/2 tsp Vanilla Extract

Optional: 1/2 cup unsweetened Almond Milk <--adds 15 calories, 1g fat/.5g carb/.5g protein

Directions:

1. Wrap Rutabaga in aluminum foil and bake in the oven at 375 degrees ~1.5 hours.
2. In mixing bowl, add Egg Whites only and sprinkle in Gelatin, allow to dissolve ~1 minute.
3. In blender/food processor, add cooked, peeled Rutabaga and optional Almond Milk (or water) - puree until VERY smooth ~2 minutes - allow to cool slightly.
4. In mixing bowl - add Rutabaga puree, Sweetener, Pumpkin Pie Spice, Vanilla, and Eggs to the Egg Whites & Gelatin - mix ingredients thoroughly. Taste and adjust Sweetener accordingly.
5. Pour mixture into ramekin and bake at 350 degrees for ~45 minutes, until custard is set (doesn't 'jiggle in the middle' when you shake it).
6. Remove from oven, allow to cool - additional chilling will help it set, in the fridge/freezer ~30 minutes.

\*This was awesome - it turned into a great custard, dessert.

+The new Phase 1 Sheet dated 6/12/2012 now lists 4 Eggs + 2 Egg Whites as an appropriate 8oz protein replacement, so adjust accordingly: <http://www.idealtoigo.com/Library/Fase%201%20-%20ITG.pdf> \*This counts as your daily protein + 2c veggies

\*Several methods to cook rutabaga, choose your favorite/most convenient: slow cooker, peeled/cubed/baked in the oven, peeled/cubed/boiled until tender, etc. Baking in the oven wrapped in foil ~1.5 hours @ 350 degrees or in the slow cooker will result in 'sweeter' rutabaga.

\*Make sure your rutabaga puree is cooled slightly before adding to Eggs to prevent 'pre-cooking' (turning out egg chunks)

\* Look for canned rutabaga also, just found some at Krogers

### **Left Over Turkey Soup (great for all phases)**

#### Ingredients

- 2 quarts low sodium chicken broth
- 1 turkey carcass, all meat removed
- 1 onion, halved, plus 1 onion, minced (phase 4 only)
- 1 carrot, halved lengthwise, plus 1 carrot, minced (phase 4 only)
- 1 whole stalk celery, plus 1 more stalk, minced
- 2 bay leaves
- 2 garlic cloves, smashed
- 2 tablespoons olive oil
- 3 cups leftover cooked Thanksgiving side vegetables (Brussels sprouts, turnip, green beans)
- 1 tablespoon chopped fresh sage leaves

#### Directions

Put chicken broth, turkey, onion halves, carrot halves, one celery stalk, and one bay leaf in a large stock pot. Bring to a boil, then simmer about 1 1/2 hours. Finely dice the remaining onion, carrot and celery and reserve.

Dice the turkey meat. Make sure meat pieces are no larger than the size of a soup spoon. (If

preparing soup the next day, be sure to store leftover turkey meat in an airtight container before placing it in the refrigerator, top with one or two ladles full of broth to keep meat moist.)

Before straining broth, remove large bones and carcass with tongs. Strain the broth through a sieve, covered with wet cheese cloth. Discard the solids. Transfer broth to a bowl set in a bath of ice water, which will cool the broth quickly and help keep it fresher longer. This can be done the night before and stored in the refrigerator until the next day.

In a large soup pot, heat garlic cloves in the olive oil. Allow to brown slightly and add minced carrots, celery, and onion. Sweat over medium-low heat until softened, about seven or eight minutes.

Dice the leftover vegetables (here Brussels sprouts, Turnip and green beans). Add the chopped sage to the soup pot along with the turkey broth and the remaining bay leaf. Bring to a simmer. When simmering, add Brussels sprouts, green beans and diced turkey meat to the soup. Bring it back up to a simmer. Finally, add the turnip to the center, and gently push them down. Turn the heat off and cover. Allow to sit and steam for five to seven minutes.

Let simmer for five more minutes and serve.

**PUMPKIN-FREE PUMPKIN PIE (IP Butterscotch Pudding)**: Enjoy the delicious taste of Pumpkin Pie in either a thick pudding or a creamy iced frappacino. Perfect for the holidays...or any day! The Butterscotch & spices really do taste like you are cheating with the real thing.

Ingredients:

1 packet IP Butterscotch Pudding  
16 oz (2 cups) cold water for drink / 8 oz (1 cup) cold water for pudding  
1 packet Truvia, Splenda or other sweetener  
1/2 tsp Pumpkin Pie Spice  
Ice (if making drink)

Directions:

1. In a blender, add water, butterscotch pudding, spices and sweetener.
2. Blend.
3. If making a drink, add 3-4 ice cubes.
4. Pour into cup or glass and sprinkle a little more pumpkin pie spice on top.

NOTE: Torani & Da Vinci both make sugar-free pumpkin syrups

### **Oven Roasted Vegetables- with Maple Dressing (Phases 1-4)**

1 medium zucchini, sliced  
1 medium red pepper, diced  
1 pound fresh asparagus, cut into pieces  
1 red onion, sliced  
Fresh mushrooms  
3 Tablespoons olive oil  
Salt and pepper, Mrs. Dash, or other seasonings

Heat oven to 450 degrees. Place all ingredients in a bowl with a lid; toss to coat. Place vegetables in a large roasting pan in a single layer. Bake for 30 minutes, stirring occasionally until veggies are lightly browned and tender.

2 cup servings:

170 calories  
5 grams protein  
15 grams carbohydrates

### **Maple Dressing-(Phases 1-4)**

1/2 cup soy sauce  
1/2 cup cider vinegar  
1/2 cup Ideal Protein maple syrup  
2 Tablespoons Splenda or Stevia  
2 Tablespoons Dijon mustard  
1 small clove garlic  
1/2 teaspoon ginger, finely chopped  
salt and fresh ground pepper, to taste  
1/2 cup canola or olive oil

In a blender, mix all ingredients together. Slowly drizzle in the oil, blending constantly, until thickened. Adjust the seasonings to taste. Serve maple vinaigrette at room temperature.

### **Oatmeal Cookies-(Phases 1-4)**

1 Ideal Protein oatmeal packet  
1 Ideal Protein butterscotch or chocolate pudding packet  
1/8 cup rolled oats  
1/4 teaspoon sea salt  
1 teaspoon Splenda or Stevia  
a sprinkle of cinnamon, to taste  
1 teaspoon baking powder  
1 egg white  
1 teaspoon vanilla  
just enough water to get a cookie dough texture

Combine dry ingredients, then add the last 3 liquid ingredients to reach a cookie dough texture. Spray cookie sheet lightly with Pam olive oil spray and place 10 cookies on sheet. Bake at 325 degrees Fahrenheit for 5-10 minutes or until desired degree of moisture. Test center of cookie with toothpick to see if baked.

### **Pumpkin Spice Latte**

8- 12 oz hot water  
1 bag Black tea  
1 IP Vanilla Premix drink  
¼ tsp Pumpkin Pies Spice, or to taste  
1 cinnamon stick  
Cinnamon or nutmeg for garnish

Steep tea bag, pumpkin spice and cinnamon stick in hot water to desired strength, usually 2-6 minutes.

Remove tea bag. Stir in IP Premix Vanilla. Garnish with a dusting of cinnamon or nutmeg.

### **Pumpkin Ginger Dressing-(Phases 1-4)**

2 Tablespoons rice or cider vinegar  
1 Tablespoon grated gingerroot  
1/3 cup olive oil  
1 Tablespoon soy sauce  
1/4 teaspoon each Splenda or Stevia, salt and pepper  
1/4 teaspoon pumpkin spice mix

Mix vinegar with ginger and let stand for 2 minutes. Strain into bowl, press to extract liquid. Whisk in oil, soy sauce, Splenda, salt, pepper, and pumpkin spice.