



Week Five

Paleo Recipes

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Rosemary and Mustard Breakfast Sausages

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 teaspoon chopped fresh rosemary
- 1 14-ounce package breakfast sausages, casings removed
- 2 teaspoons whole grain mustard
- Fresh rosemary sprigs

Directions

1. Heat oil in small skillet over medium-high heat.
2. Add onion and chopped rosemary; sauté until golden, about 10 minutes. Transfer to medium bowl.
3. Add sausage, mustard, and generous amount of freshly ground black pepper. Mix gently.
4. Form into twelve 2-inch-diameter patties. Arrange sausages on heavy baking sheet. (Can be made 1 day ahead; chill.)
5. Set rack at lowest position in oven and preheat to 500°F.
6. Bake sausages until just cooked through, about 6 minutes. (If sausages have not browned, broil 2 minutes.)
7. Transfer sausages to paper towels to drain, then arrange on platter.
8. Garnish with rosemary sprigs and serve.

BREAKFAST

Spinach Salad with Crab Meat

Ingredients

- 2 large bunches fresh spinach leaves, washed and dried
- 1 Walla Walla, Vidalia, or Maui sweet onion, sliced small
- 2 large tomatoes, sliced thin
- 2 hardboiled omega 3-enriched eggs, sliced thin
- 1/2 pound cooked, shredded crabmeat

Spinach Salad Dressing

- 3 tablespoons dry mustard
- 1 clove garlic, minced
- 1 tablespoon black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 cup burgundy wine
- 1 cup fresh tomatoes, pureed
- 2 cups flaxseed oil
- 1 cup lemon juice

Directions

1. Mix all dressing ingredients in blender. Pour into a cruet and shake well before each use.
2. Tear spinach leaves into small pieces and mix with onions, tomatoes, and crabmeat.
3. Just before serving, toss with spinach salad dressing, and top with egg slices.

LUNCH

Chicken Parmesan

Ingredients

- 4 chicken breasts, boneless, skinless
- 2 cups blanched almond flour
- 2 eggs, whisked
- 6 tablespoons salted butter
- 2 (7 ounce) bottles Bionaturae Organic Tomato Paste
- 2 cups water
- 1 teaspoon herbes de provence
- 6 cloves garlic, sliced
- 16 ounces mozzarella cheese

Directions

1. Cut chicken breasts in half; pat dry
2. Dip cutlets in egg, let excess run off then coat with almond flour
3. Melt butter over medium heat; sauté chicken cutlets until deep golden brown on both sides
4. Remove chicken and drain on paper towel
5. Make tomato sauce, combining tomato paste, water, herbes de provence, and garlic in a pan; simmer for 15 minutes
6. Place 1/2 cup tomato sauce on bottom of 7x11 inch baking dish
7. Spread cutlets out in a single layer, cover with remaining tomato sauce, top with mozzarella
8. Bake at 400° for 10 minutes
9. Serve

DINNER