

Cook with the Ideal Protein foods!

Chicken Chow Mein

Ingredients:

- 1-2 teaspoons olive oil
- minced garlic to taste
- 4 oz of skinless chicken breast, cubed
- 2 cups of vegetables of your choice (ex: water chestnuts, broccoli, celery, green onion, cabbage, bok choy, bean sprouts, zucchini)
- 1 packet Ideal Protein Chicken Soup
- sea salt and pepper to taste



Preparation:

Heat the olive oil and the garlic just until the garlic becomes aromatic, 30 seconds. Cook chicken in skillet. Add salt and pepper (and other seasonings you want). Steam vegetables until slightly softened and add them to the chicken. Mix the Ideal Protein Chicken Soup to desired consistency and stir it into the chicken and vegetable mixture. Enjoy!

For variation, add kelp or shirataki noodles.



Red Chili Dressing

Ingredients:

- 4 green onions (white and pale green parts only)
- ¼ cup olive oil (or less)
- 2T unseasoned rice vinegar (no carbs)
- 1t Bragg's Liquid Aminos
- ½ t Asian sesame oil
- 1 garlic clove, peeled
- ½ t minced and peeled fresh ginger
- ¼ t dried crushed red pepper



Preparation:

Puree all ingredients in blender until very smooth, 20-30 seconds. Season with salt and pepper to taste.

Grilled Pork Tenderloin with Mustard-Dill Sauce

Ingredients:

- ¼ cup white vinegar
- ¼ cup plus 1T chopped fresh dill
- 2 cups of zucchini cut into coins
- 2T mustard
- 1t Splenda or Stevia
- Pork tenderloin
- Sea salt and pepper



Preparation:

Whisk vinegar, 1T of dill, dash of salt and 1T of water in medium bowl until salt dissolves. Add zucchini, stirring occasionally to coat zucchini. Marinate 10 minutes, drain zucchini

Meanwhile, whisk remaining dill, mustard, Splenda, and ¼ c water in medium bowl. Season with salt and pepper to taste.

Spread mustard- dill sauce on pork and grill it until the internal temperature reaches 145 degrees F, turning often (about 25 minutes).

Cut loin into slices and serve with the “pickled” zucchini.

Recipe by Bon Appétit Test Kitchen, Bon Appétit, March 2011

Lemon-Chive Dressing

Ingredients:

- ¼ cup canola or olive oil
- 2T chopped fresh chives or green onions
- ½ t grated lemon rind
- 2T lemon juice
- 1T mustard
- 1 small garlic clove, minced
- ¼ t each sea salt and pepper



Preparation:

In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.

Recipe compliments of <http://www.hchc.org/idealprotein/recipes/>