

Nancy's Wok Seared Chicken Tenders and Asparagus

Serves 4

4 tsp. of Wildtree Jalapeno Grape seed oil (or plain, butter or garlic flavored)
6 cups of fresh asparagus (ends trimmed and cut in 1 inch pieces)
1 cup red bell pepper, cut into thin strips
1 cup green bell pepper, cut into thin strips
2 pounds chicken tenders, cut into bite sized pieces
2 Tbsp. fresh minced ginger
1 tsp. crushed garlic
1 teaspoon chili paste (Sambal Oelek is 0-0-0)

Heat oil in a wok or large skillet over high heat. Add asparagus, cook, stirring for 2 minutes. Add chicken and peppers, stirring for 4 minutes. Stir in ginger, garlic and chili paste; cook, stirring until chicken is juicy and just cooked through. Serve immediately.

*You can also add two packages of Miracle Noodles at the end of cooking. Enjoy!

Pork Carnita Salad

Serves 4

2 pound pork loin, cut into strips
1 Tablespoon Wildtree Grape seed oil (or plain)
Salt and Pepper to taste
2 tsp. garlic powder
1 tsp. onion powder
1 tsp. cumin
4 cups of romaine lettuce, chopped
Taco Bell Mild Taco Sauce

In a large skillet, brown your pork loin strips in your grape seed oil. Season with salt and pepper. Transfer to a crock pot and add spices. Cook on low for 5 hours. Serve over Romaine lettuce with Taco Sauce.

Salmon with Dill-Mustard Glaze

*(adapted from a Cooking Light recipe)

2-3 Tbsp. chopped fresh dill
2 tsp. Wildtree Butter flavored grape seed oil
2 Tbsp.. Dijon mustard
1 tsp. grated lemon rind
2 Tbsp. fresh lemon juice
1/4 tsp. Redmond sea salt
1/4 tsp. ground pepper
2 garlic cloves, minced
1 (1.5-2.0 pound) salmon fillet, skinned and cut crosswise into 16 pieces

Prepare grill. Combine fresh dill, grape seed oil, mustard, rind, juice, salt, pepper and garlic in a bowl, stirring with a whisk. Add salmon pieces tossing gently to coat. Thread salmon onto each of the 4 (8inch) skewers. Place salmon on grill rack and grill for 3 minutes on each side or until fish flakes easily when tested with a fork.

Nancy Allen's Crockpot Curried Chicken - serves 2

1 lb boneless/skinless chicken breast, cut into bite sized pieces
2 teaspoons coconut extract
1 1/2 cups chicken stock
1 cup onion, cut into thin slices
1 Tablespoon curry powder, make sure its 0-0-0
1 Tablespoon tumeric
1-2 teaspoons fresh ginger, minced or grated
2 teaspoons crushed garlic
1 cup red bell pepper, cut into thin strips
1/2 teaspoon sea salt
Dash of cayenne pepper (more if you want it hotter)
Freshly ground black pepper to taste

Place everything in a crockpot and cook on high for 2-3 hours or on low for 4-6 hours. Stir occasionally to break up meat (it will want to stick together). Serve over cauliflower rice or add other veggies in and eat as is. If you want to take the extra step, cook sauce down after it is cooked, for sauce. Enjoy!

Neils tapioca pudding!! It's awesome!!

1. Rinse the miracle rice and blanch for one minute in boiling water.
2. Mix 2 vanilla pudding packets into 10 ounces of water in a mixing bowl.
3. Add 4 drops of vanilla stevia drops, 1 stevia packet and a pinch of salt. Mix well.
4. Stir in "rice".
5. Chill for a couple of hours.