



Eating-Mostly-Clean Summertime Meal Plan & Recipes

This guide is to help you eat “mostly” clean. I don’t expect perfection from myself, nor my clients. So I have gathered some of my favorite meals and recipes here to help you plan out & eat mostly clean while you are receiving microcurrent therapy, or anytime you feel like lowering inflammation throughout your body. *These items do not have recipes as I feel they are fairly self-explanatory.

Choose your breakfast:

- Egg bite muffins
- Yogurt n protein powder with berries
- Feta n spinach scramble
- Cottage cheese with berries & granola
- Protein powder pancakes
- Chia pudding

Choose your snack:

- Cottage cheese toast with tomato & avocado*
- Hummus with veggies*
- Puttanesca chickpea-tomato salad
- Turkey lunchmeat, cheese, avocado rollups*
- Low carb pasta salad

Choose your dinner:

- Balsamic roasted salmon & roasted veggies
- Curried tomato & lentil Soup
- Chicken with peppers & artichokes
- Shrimp taco bowls
- Holy-Yum chicken & roasted veggies
- Low carb turkey & chorizo “enchiladas”
- Tuna steaks & cucumber salad
- Lamb & beef Greek meatballs
- Lemon chicken & goat cheese
- Pan seared halibut with lemon caper sauce



Sample Weekly Meal Plan

Sunday:

- 10a: Egg bite muffins
- 2p: Cottage cheese toast with tomato & avocado
- 6p: Balsamic salmon & roasted veggies

Monday:

- 10a: Yogurt n protein powder with berries
- 2p: Hummus and veggie sticks
- 6p: Curried tomato & Lentil Soup

Tuesday:

- 10a: Feta n spinach scramble
- 2p: Puttanesca Chickpea-Tomato Salad
- 6p: Chicken with peppers & artichokes

Wednesday:

- 10a: Cottage cheese with berries & granola
- 2p: Low carb pasta salad
- 6p: Shrimp taco bowls

Thursday:

- 10a: Egg bite muffins
- 2p: Turkey lunchmeat, cheese, avocado rollups
- 6p: Holy Yum Chicken & roasted veggies

Friday:

- 10a: Chia pudding
- 2p: Hummus and veggie sticks
- 6p: Tuna steaks & cucumber salad

Saturday:

- 10a: Protein powder pancakes
- 2p: Puttanesca Chickpea-Tomato Salad
- 6p: Lamb & beef Greek meatballs w/Tzatziki

Egg Bite Muffins

INGREDIENTS

- 1/2 cup baby greens, chopped (baby spinach works great)
- 1 small tomato, diced and seeded
- 4 strips bacon, cooked and crumbled
- 1/4 cup shredded cheddar cheese
- 7 large eggs
- 1/4 cup milk (if using almond use unsweetened)
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Spray muffin tin generously with nonstick spray.
3. In a medium bowl mix eggs, milk, salt, and pepper to taste.
4. To each muffin slot, add about 1 tbsp of greens, tomatoes, bacon, and a sprinkle of cheese.
5. Pour over egg mixture to each slot leaving little room at the top.
6. Bake egg bites for 20 minutes. If the top is not fully cooked return to the oven cooking in 3-minute increments. Enjoy!

Yogurt n Protein Powder w/Berries

INGREDIENTS

- 1 scoop vanilla (or any flavor) protein powder
- 1/2 c 2% greek Yogurt
- 2 Tbs milk of choice
- 1/4 cup fresh berries (raspberries, blueberries, blackberries, cherries, etc)
- 2 Tbs hemp hearts
- Sprinkle of granola

INSTRUCTIONS

Mix protein powder, milk and yogurt until smooth. Add berries and hemp hearts. I like to smash the berries a bit while mixing into the yogurt. Top with granola. Enjoy!

Feta & Spinach Scramble

INGREDIENTS

- 3 eggs
- 1 handful of fresh spinach
- 1/4 c Feta cheese
- 1 Tbs butter
- Salt & pepper

INSTRUCTIONS

Whisk your eggs in a bowl and set aside. Heat medium sauce pan over medium-low heat. Melt butter, then add spinach. Sauté briefly until it starts to wilt. Pour in eggs and season with salt and pepper. Lower heat to low. Using a spatula, continually scrape pan gently mixing eggs and spinach until eggs are almost fully cooked. Add in feta, mix briefly before moving eggs to plate. Remember, fully cooked eggs in the pan means over cooked eggs on the plate 😊 Enjoy!

Cottage Cheese with Berries and Granola

INGREDIENTS

- 3/4 c Cottage cheese
- 1/2 c Fresh berries of your choice
- 2 Tbs granola
- 1 drizzle of honey (optional)

INSTRUCTIONS

Top your cottage cheese with your washed berries, granola and honey. Enjoy!

Protein Pancakes

Ingredients

- 2 large eggs
- 2 scoops whey protein powder
- 1 tsp baking powder
- 2-4 Tbs milk or almond milk
- cooking spray, butter, or coconut oil to grease pan

Instructions

- Heat skillet to medium heat and spray with butter or coconut oil and let melt.
- While the skillet is heating up, mix eggs, protein powder, baking powder, and water in a large bowl. Let sit for 5 minutes.
- Pour batter onto the skillet using a ¼ measuring cup.
- When you can see bubbles form on the top it's ready to flip.
- Serve with fruit, sugar-free syrup, or peanut butter.

Chia Protein Pudding

Ingredients

- 2 Tbs chia seeds
- ½ c plus 2 Tbs unsweetened almond milk, *or milk of choice*
- 1 scoop protein powder , *of choice*
- 2 tsp liquid sweetener of choice such as maple syrup or honey, *(optional)*

SUGGESTED TOPPINGS

- 1 tablespoon nut or seed butter, fresh strawberries, fresh blueberries

Instructions

- To an 8-ounce wide mason jar, or other jar with tightly fitting lid, add 2 tablespoons chia seeds and one scoop of protein powder, stirring with a fork to combine.
- Add the milk and sweetener, if using. Secure the lid, then shake vigorously until all the ingredients have combined and protein powder dissolves.
- Allow to sit for 5 minutes, then shake vigorously again.
- Allow to sit an additional 5 minutes, shake vigorously, then refrigerate for at least 3 hours or up to 5 days, covered.
- Serve chilled or at room temperature, with nut butter and fresh berries if desired.

Puttanesca Chickpea-Tomato Salad

INGREDIENTS

- 1½ pounds ripe tomatoes of any size, cut into 1- or 2-bite pieces
- 3 cups cooked, rinsed chickpeas, white beans or a mix (homemade or from two 15-ounce cans)
- ½ cup coarsely chopped parsley leaves and stems
- 1½ ounces Parmesan, coarsely chopped or crumbled (about ⅓ cup)
- ¼ cup extra-virgin olive oil
- ¼ cup kalamata olives, torn in half and pitted
- 3 tablespoons drained capers
- 1 tablespoon lemon juice, plus more to taste
- 1 small garlic clove, finely grated
- Kosher salt

PREPARATION

Step 1

In a large bowl, stir together the tomatoes, chickpeas, parsley, Parmesan, olive oil, olives, capers, lemon juice and garlic. Season lightly with salt and stir once more. Let sit for 10 minutes or up to 2 hours at room temperature.

Step 2

Before serving, taste and add more salt and lemon juice until it tastes bright. The balance is largely dependent on your tomatoes. (This salad keeps for up to 2 days in the refrigerator. Bring to room temperature before serving.)

Low Carb Summer Pasta Salad

8 oz box Red Lentil Pasta, cooked al dente
4 Beefsteak (on the vine) Tomatoes, chopped
1 English Cucumber, peeled & chopped
10 oz Sugar Snap Peas, chopped
8 oz Roasted Red Peppers, chopped
4 oz Peperoncini peppers, chopped
8 oz Hard Salami, chopped
6 oz crumbled Feta cheese
1/4 Red Onion, chopped (optional)
1 Tbs Mint (or cilantro), chopped
Juice from 1/2 a Lemon
4 oz Italian Salad Dressing (I like to make my own with Good Seasons dressing mix packets, Apple Cider Vinegar, and Extra Virgin Olive Oil)
Salt & Pepper

Directions:

Chop all veggies and salami and add into a large bowl (ideally one with a lid) while pasta is boiling. Drain pasta, toss with veggies, salami, cheese, mint, lemon and dressing. Refrigerate for a few hours before serving. Salt and Pepper to taste. Enjoy!

Roasted Balsamic Salmon & Veggies

Ingredients 1x2x3x

- 2 Salmon fillets (*5 ounces each*)
- 2 Tbs + 2 tsp olive oil
- 2 cloves garlic *minced*
- 3 Tbs balsamic vinegar
- 2 tsp honey
- 2 tsp Dijon mustard
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- Chopped fresh parsley *for garnish*
- 8 oz Brussel Sprouts
- 4 oz small red potatoes
- 1/4 tsp garlic powder
- 1/8 tsp crushed red pepper (optional)
- Salt and pepper

Instructions

- Preheat oven to 375 ° F.
- Slice brussel sprouts in half, length wise
- Chop potatoes in to quarters
- Place sprouts & potatoes on foil sheet, drizzle with 2 Tbs olive oil, season with spices & salt and pepper
- Create foil packet to seal in steam from veggies.
- Roast for 30 min, inside the packet. Then remove veggies from the foil, dumping them onto the baking sheet (add a bit more oil if necessary).
- Meanwhile, in a small skillet, heat the olive oil over medium heat. Add the garlic and cook until fragrant and beginning to brown, about 2 minutes, watching carefully so that it does not burn.
- Add the balsamic vinegar, honey, mustard, salt, and pepper. Whisk and simmer until the mixture thickens; about 4 minutes.
- Raise oven temp to 400° Line a second baking sheet with aluminum foil (avoid parchment paper), then coat with non-stick cooking spray.

- Place salmon skin-side down on the prepared baking sheet. Brush liberally with the glaze.
- Place veggie baking sheet back in oven for these last 15 min to crisp up edges.
- Bake for 5 minutes and then remove from the oven.
- Baste with the glaze, then bake 5 to 10 additional minutes, until the fish flakes easily with a fork and is cooked through.
- Sprinkle with chopped parsley and serve.

Curried Tomato & Lentil Soup

Ingredients

2 Tbsp virgin coconut oil or extra-virgin olive oil

1 medium onion, finely chopped

2 garlic cloves, finely chopped

1 Tbsp ginger paste

1 Tbsp curry powder

¼ Tsp crushed red pepper flakes

¾ c red lentils

1 14.5-ounce can crushed tomatoes

½ c finely chopped cilantro, plus leaves with tender stems for serving

Salt & freshly ground pepper

1 13.5-ounce can unsweetened coconut milk, shaken well

2 large handfuls of fresh spinach

Lime wedges (for serving)

INSTRUCTIONS

Step 1

Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper. Add canned coconut milk, stir until fully incorporated. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, about 20–25 minutes. In the last 5 min of cooking add spinach. Season soup with more salt and pepper if needed.

Step 2

To serve, divide soup among bowls and top with more cilantro. Serve with lime wedges.

Chicken with Peppers & Artichokes

1 14 oz jar Artichoke Hearts
4 - 5 mini Sweet Peppers, halved & deseeded
4 Garlic cloves, chopped
1 Lemon
2 Portobello Mushroom caps
1 Tbs Italian Seasoning
1/4 tsp Crushed Red Pepper flake (optional)
2 Tbs Extra Virgin Olive Oil
1 tsp Coconut Oil
~ 1.5 lbs Chicken breasts
1/3 c White Wine
1 c Chicken Stock
1/4 c Heavy Cream
3 Tbs Parmesan Cheese
Salt & Pepper

Directions:

Drain artichoke brine into a gallon size ziplock bag, set artichokes aside/reserve for later. To artichoke brine add garlic and peppers, juice from half a lemon, Italian seasoning, 2 tsp salt, 1 tsp pepper, red pepper flake and olive oil. Dry chicken thoroughly with paper towels and then add them to the ziplock. Marinate chicken for at least 1 hour, but no more than 24 hours.

Heat oven to 350°

Heat a cast iron skillet (or other oven safe skillet) over high heat. While skillet is heating, remove chicken and peppers from marinade and set on paper towels to drip dry. Pour marinade into sauce pot over med-high heat. When skillet is hot, add

coconut oil. Using hot pads, tilt skillet to evenly distribute oil. Place chicken top-side down and sear for a just few minuets. When chicken is browned, flip each breast. *If meat is sticking to skillet it's probably not ready to flip* Then add the sweet peppers to the skillet, tucking them in-between and around the breasts (thighs). Place skillet in center rack of oven. Bake for about 20 min, until a meat thermometer reads at least 160° in thickest part of breast.

While chicken bakes, add artichoke hearts, white wine, and chicken stock to the marinade. Heat until boiling, then reduce heat and simmer, uncovered until chicken and peppers are out of the oven. Meanwhile, use a damp paper towel to wipe top of mushroom caps, to remove any dirt. Twist off mushroom stem (if still attached) and drizzle under-side of cap with Olive Oil. Season with salt and pepper and place on dry baking sheet. Once chicken is done, pull skillet from the oven and replace it with the mushroom baking sheet. Turn oven to broil setting. Reduce heat on sauce to low and stir in heavy cream and 2 Tbs parmesan. Broil mushrooms for 5 min. Plate mushroom cap topped with chicken and peppers, then ladle sauce over chicken. Top with extra parmesan sprinkles.

Serve along with side salad (spinach, tomatoes, cucumber, parmesan cheese and a vinaigrette).

Shrimp Taco Bowls

~2 lbs raw Shrimp
1 tbs Butter
3 Garlic Cloves, smashed
1 tbs Avocado Oil + 2 tsp for drizzle
1 C Quinoa
1/2 C Roasted Salsa
1 4oz can Green Chilis
1 15oz can Black Beans, mostly drained
1.5 C Chicken Stock
2 C Shredder Cheddar Cheese
1.5 C Shredded Cabbage or coleslaw mix
3 Mini Sweet Peppers, de-seeded and thinly sliced
1/4 Red Onion, thinly sliced
1/4 C Apple Cider Vinegar
1 Lime, juiced
1 Tbs Honey
1 tsp Cumin
1 tsp Chipotle Pepper Spice
1/4 tsp Salt
1/4 tsp Ground Pepper

Topping Options:

Sliced Avocado
Sour Cream
Lime Wedges
Chopped Cilantro

INSTRUCTIONS

Remove shrimp from freezer about 30 min prior and let them defrost in a colander in the sink.

Whisk apple cider vinegar, lime juice, honey together with the spices. Then add the red onion and set aside. Heat quinoa in medium pot with salsa, green chilis, black beans, and chicken stock over medium high heat. Once stock is bubbling, turn heat to med-low and cover pot. Simmer for ~20 min, or until all of liquid is absorbed. Remove from heat, salt and pepper to taste, and then leave covered.

While quinoa is cooking, slice mini peppers and add to the red onion/vinegar mixture. Toss well and set aside. Shred cheese and chop/slice any other toppings. Then add cabbage/slaw mix to the onion and peppers, and drizzle in avocado oil. Toss well. Salt and Pepper to taste.

Heat large skillet over med-high, add avocado oil, butter, and garlic cloves, when butter is foamy add shrimp to the skillet, be sure they are all laying flat on one side. Sauté for 1-2 min each side, using a spoon to coat the shrimp with melted butter. Complete in 2 small batches if necessary, and add more butter.

Plate with quinoa/bean on the bottom, then the shredded cheese, cabbage slaw and top with shrimp and other toppings of choice. Enjoy!

Holy-Yum Chicken & Roasted Asparagus

2 lbs boneless skinless chicken thighs

1/2 c Dijon mustard

1/4 c Maple Syrup

1 Tbsp apple cider vinegar

Salt n Pepper

1 Tbsp corn starch

1-2 bunches of asparagus spears

2 Tbs olive oil

Salt & Pepper

Mix all sauce ingredients (except corn starch) in bowl. Dredge thighs in sauce, then place in 8x8 baking dish (double lined with aluminum foil). Top thighs with remaining sauce. Bake uncovered at 450 for 40 min. Meanwhile prepare asparagus by rinsing and then cutting off the woody ends. Place in a single layer on a sheet pan, drizzle with olive oil and season with salt & pepper. Once chicken reaches an internal temp of 165° remove from oven, plate thighs. Place asparagus into the oven, and roast for about 5-8 min. Then take the chicken baking dish to stove top. Over very low heat, gently whisk (so as not to tear foil) the corn starch into remaining sauce until it has thickened. Top thighs & asparagus with sauce. Enjoy

Low Carb Turkey & Chorizo Enchilada Casserol

Ingredients

1 lg spaghetti squash
1 lb Ground Turkey
9 oz Soy Chorizo sausage
1 15oz can Hatch organic enchilada sauce
2 cup shredded colby jack cheese
1 yellow onion
4 cloves garlic
1 tbs cumin
1 tbs garlic powder
3 tbs Avocado Oil
Salt & Pepper
**1/2 cup Lentils

Directions

Preheat oven to 425 (400 for non convection) Cut Spaghetti Squash in half, length-wise. A cleaver and rubber mallet make that job easy 😊 Scrape out seeds, and then rub a Tbs oil all over inside of each half. Season with salt and pepper. Place cut side down on large baking sheet you have sprayed with non-stick cooking oil. Bake for 25-35 min, until a sharp knife will pierce flesh with just a bit of resistance. You are not looking for soft or mushy! Take out of oven to rest.

Next chop the onion and then place in large sauce pan with 1 Tbs avocado oil over medium-high heat. Season the onion with salt and pepper. Then mince garlic cloves and add them to the onion. Add cumin and garlic powder and incorporate into onions. Once onions are translucent and spices are fragrant, add enchilada sauce. Lower heat

and simmer sauce until thickened/reduced. Meanwhile brown ground turkey and chorizo in a sauté pan with a Tbs of oil. While meats are browning, use a fork to break up and scrape all squash out of the skin into a large mixing bowl. Brown meats until almost fully cooked, then remove from heat and add meats to the bowl with the squash. Add the thickened enchilada sauce and 1c shredded cheese -mix well.

******Sometimes you'll end up with a lot more moisture than usual depending upon the spaghetti squash and/or how much you reduced the sauce 🙄 If my mix is fairly liquid I will add about a 1/2 c of dry lentils to the mixture at this point.

Spray a 9x13 glass baking dish with non-stick oil. Evenly spread mixture into the baking dish and cover with aluminum foil.

Bake at 350 for another 15-20 minutes (30 if you added the lentils), until sides are bubbly (and lentils are soft). Remove foil, cover top with remaining cheese and put under the broiler for a minute or so to melt the cheese.

Top with your favorites like sour cream, and/ or avocado slices. Serve along with small side salad (Butter lettuce, spinach, cucumber, tomatoes, corn kernels, shredded cheddar cheese and spicy ranch dressing).

Seared Ahi Tuna & Cucumber Salad

Ingredients

- 3 Tbs soy sauce
- 2 Tbs sesame oil
- 1 Tbs cracked black pepper
- 1 Tbs sunflower oil
- ~1 lbs yellowfin tuna steak

For the salad

- 3 cucumbers, peeled, halved, deseeded and cut into ribbons or spiralised
- 8 radishes, trimmed and finely sliced
- 1 small piece ginger, peeled and cut into thin matchsticks
- 2 tbsp sushi ginger (pickled), finely chopped (optional)
- 2 sheets nori, cut into strips
- 3 tbsp mirin
- 2 limes, juiced
- 1 large bunch cilantro, chopped
- 1 red chili, deseeded and chopped
- 1 Tbs coriander seeds, toasted and lightly crushed, for garnish

For the dressing

- 4 Tbs Greek yogurt
- 1 tsp soy sauce
- 1 tsp wasabi, or to taste
- 1 lime, juiced

INSTRUCTIONS

• STEP 1

Whisk the soy sauce, sesame oil and pepper together in a shallow dish. Heat the sunflower oil in a non-stick frying pan. Sear the steaks on both sides until cooked to your liking. Transfer to the dish with the marinade, then chill for 1 hr. Turn the steaks, then continue to chill until ready to assemble.

- **STEP 2**

Tip all the veg into a large serving bowl with both types of ginger and the nori. Drizzle over the mirin and lime juice, then add the coriander and chilli. Toss and rest for 20 mins.

- **STEP 3**

Make the dressing by whisking everything together. To serve, slice the tuna and arrange over the salad, then sprinkle over the coriander seeds and drizzle over the dressing.

Lamb & Beef Greek Meatballs

INGREDIENTS

Greek Meatballs

- ½ lb. ground beef
- ½ lb. ground lamb or pork
- ¼ c Panko breadcrumbs
- 2 Tbs chopped fresh flat-leaf Italian parsley
- 3 Tbs grated onion
- 2 cloves garlic, minced
- Zest of 1 lemon
- 1 egg
- 1 tsp oregano
- ½t tsp ground coriander
- ½ tsp cumin
- ½t tsp coarse kosher salt
- ¼ tsp freshly cracked black pepper
- 2 oz crumbled feta cheese

For Serving

- Brown rice
- Sliced Roma tomatoes or grape tomatoes
- Sliced cucumbers
- Sliced & marinated red onion (2 Tbs ACV + 1 Tbs honey)
- Tzatziki sauce

INSTRUCTIONS

Preparation

- Preheat oven to 425°F. Line a baking sheet with foil or parchment paper and spray with cooking spray.
- Slice the red onion and marinate in a slurry of apple cider vinegar, honey, salt, pepper, and 1/4 tsps of each dried herb used in the meatballs.

- Combine all meatball ingredients in a large mixing bowl. Use your hands to gently mix everything together until the meat is uniformly combined with the other ingredients.
- Use a small cookie scoop to portion out the meatballs or divide the mixture into 4 equal parts. From there, divide each portion of the meatball mixture into 5 meatballs so you end up with 20 equal-sized meatballs. Roll each meatball between your hands to shape it and then arrange them on the prepared baking sheet.
- Bake in the preheated oven from 10-14 minutes, until they are nicely brown and cooked through.

Serve

Place a few slices of tomato, cucumbers and some red onions on top of 1/2 c steamed brown rice, then top with 4 or 5 meatballs. Add a couple dollops of tzatziki sauce and enjoy.

Lemon Chicken w/Goat Cheese

INGREDIENTS

- 4 boneless skinless chicken breasts, that have been pounded to even thickness and brined in saltwater (*see easy instructions below)
- 4 cloves garlic, peeled and minced
- 3 Tbs melted butter
- 2 Tbs freshly-squeezed lemon juice
- 1 tsp fresh thyme leaves
- 1 tsp Kosher salt
- 1/2 tsp freshly-cracked black pepper
- Soft goat cheese
- 12 oz Brussel sprouts, cut in half length-wise
- optional garnishes: fresh lemon slices, extra fresh thyme sprigs

INSTRUCTIONS

1. Heat oven to 450°F.
2. To brine your chicken breasts, simply fill a large bowl with 1 quart of warm water and 1/4 cup kosher salt. Stir to combine until most of the salt is absorbed. Add the chicken breasts and let them sit in the mixture to brine for 15 minutes. (Or you can also cover the bowl and refrigerate for up to 6 hours.)
3. In a medium bowl, whisk together the garlic, melted butter, lemon juice, and thyme until combined. Set aside.
4. Use aluminium foil to make a packet large enough for all brussle sprouts. Drizzle veggies with olive oil and season generously with salt pepper, and garlic powder & smoked paprika. Seal foil packet by folding edges and bake for 30 min on a baking sheet.
5. Meanwhile, remove the chicken breasts from the brine, rinse them with cold water, then pat them dry with some paper towels. Then pour the melted butter mixture into a large baking dish, and place the chicken breasts on top of it in an even layer. Use a pastry brush to brush the butter mixture all over the chicken breasts until they are completely coated on both sides. Then sprinkle each chicken breast evenly with a generous pinch of salt and pepper.

6. Then feel free to add in a few extra lemon slices to the mix to look pretty when it all bakes up. (Although disclaimer — I don't recommend eating these or laying them directly on top of the chicken breasts, since they get a little bitter the longer they cook.)
7. Remove baking sheet with packet of veggies from oven, open packet and pour veggies out onto the baking sheet. Add a little more olive oil if they are too dry and toss. Place back in the oven for an additional 15 min.
8. Bake chicken for 5 minutes. Then remove the pan from the oven and brush the chicken again thoroughly with the butter mixture. Bake again for 5 minutes, remove and brush. Bake again for 5-8* minutes, or until the chicken is cooked through and no longer pink. (So the chicken will bake for 15-18 minutes *total*. If you use a cooking thermometer to measure the temperature thickest part of the breast, it should be between 160-170°F. The FDA recommends 170°F.)
9. **Or, if you want the chicken to be a little bit browned and crispier on top, you can turn the broiler on high for the final 3-5 minutes and broil the chicken until it is cooked through and extra browned on top. Keep a close eye on the chicken so that it does not overcook and/or burn.*
10. Once the chicken is cooked, remove the pan from the oven and brush the chicken thoroughly with the butter mixture once more. Loosely cover the pan with aluminum foil, and let the chicken rest for at least 5-10 minutes. Remove veggies from oven and Serve immediately. Garnish veggies and chicken with goat cheese and extra lemon slices and thyme sprigs if desired.

Pan Seared Halibut with Lemon Caper Sauce

INGREDIENTS

- 1 pound fresh halibut, skinned* and cut into two equal portions
- 4 tablespoons butter, divided\
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt
- Few grinds black pepper
- 3–4 slices lemon (we used Meyer lemons but regular lemon will do)
- 2 teaspoon fresh garlic, finely chopped
- 1/4 cup white wine such as Chardonnay
- 2 tablespoons lemon juice
- 2 tablespoon capers drained
- 2 tablespoons fresh flat leaf parsley chopped

INSTRUCTIONS

Salt the top of the fish with just a small sprinkle of kosher or sea salt.

Place two tablespoons of butter and the olive oil in a medium to large skillet or sauté pan and heat over medium heat.

Swirl the butter and oil around and once it starts to slightly brown, add the fish top side down. Sprinkle the side facing up with the rest of the salt and the pepper. Cook for five minutes then using one or two long fish spatulas, gently flip over being careful not to splash hot fat.

Add the lemon slices to the pan as the fish cooks and cook the fish about 3-5 more minutes. Poke the fish to test for doneness or insert a small knife in the side of the

center to see if the fish flakes. You want to stop the cooking just before it fully cooks so a little undercooked in the center is fine. It will continue to cook outside of the pan.

Using one or two fish turners, remove the fish filets to a platter along with the cooked lemon slices.

Pour off all but two tablespoons of the fat left in the pan. Best to pour it all into a bowl, let the burned bits sink to the bottom then skim off a few tablespoons of the fat at the top and place back into the pan.

Keep the heat at medium and add the garlic and cook one minute. Add the wine and cook to evaporate. Then add the lemon juice, capers and parsley. Cook for a minute then remove from heat and stir in the remaining 2 tablespoons of butter and stir to make the sauce.

Put the fish back into the pan along with any liquid from the platter, bring heat back to medium and use a spoon to spoon the sauce over the top and cook for 30 seconds then remove to a platter and serve. (I know this seems like a lot of work but at about \$23.00 per pound – more if you live away from the ocean – the extra time invested to get this special dish perfect is worth it.)