

Table of Contents

Dinner

Beef & Pork

Beef Kofta Kebabs with Tzatziki	2
Beef Sliders with Sun-Dried Tomato Mayo & Spicy Pickles.....	3
Zucchini Noodles with Meatballs and Tomato Sauce.....,.....	4
Rosemary Dijon Pork Tenderloin with Roasted Apples & Cabbage	5
Pork Chops and Couscous with Tomato-Caper Sauce	6
Grilled Pork Tenderloin with Chimichurri.....	7

Beef Kofta Kebabs with Tzatziki

Modern Proper



4 serving



30 minutes

INGREDIENTS

2 lb ground beef
1/2 onion, grated
2 garlic cloves, minced
1 tsp ground pepper
1/2 tsp sea salt
1 tsp rosemary
1 tsp cumin
1 tsp oregano
1 tsp sumac (optional)
1/2 tsp cinnamon

For serving

- flat leaf parsley
- fresh feta
- hummus
- tzatziki
- cucumbers
- tomatoes
- red onions
- olive oil
- pita bread



INSTRUCTIONS

Grill Method

1. Heat grill to medium high heat.
2. Run the onions through a food processor fit with the grating attachment, or grate them by hand. Lay the grated onion on a paper towel and squeeze it to wring out any excess liquid.
3. Combine the ground beef, onion, garlic, pepper, salt, rosemary, cumin, oregano, sumac and cinnamon in a large mixing bowl. Mix the meat and spices together using your hands. Meat can be cooked right away, but it will taste better if it has time to sit. You can even prep the beef kofta mixture a day ahead and refrigerate it until you're ready to cook.
4. Using one hand to mold the meat and the other to hold the skewer, pack about 1/2 cup of meat around the end of each skewer.
5. Lay the meat on the preheated, oiled grill and cook until cooked through, rotating the skewers with tongs every 2-3 minutes, for a total of 8-10 mins.

Baked Method:

1. Preheat oven to 350°F.
2. Follow steps 2-4 above.
3. Arrange kofta on a lightly greased or lined baking sheet
4. Bake for 30 minutes, turning half way through.

NUTRITIONAL INFORMATION

Calories 471

Protein 41g

Sugars 1g

Carbohydrates: 3g

Beef Sliders with Sun-Dried Tomato Mayo and Spicy Pickles

Modern Proper



10 servings



45 minutes

INGREDIENTS

10 mini brioche buns
1 lb ground beef
2 garlic cloves, minced
3 oz blue cheese, crumbled
1 tbsp worcestershire
1 tbsp dijon mustard
1 tsp salt
2 tsp freshly ground pepper
3 tbs olive oil
sweet and spicy pickles (or store-bought)
arugula
toothpicks

Sun-Dried Tomato Mayo

- 1 cup mayonnaise
- 1 tbsp lemon zest
- 1 tbsp lemon juice
- 1/2 cup oil packed sun-dried tomatoes, roughly chopped
- 2 tbsp finely chopped chives
- 3 garlic cloves
- 2-3 freshly ground pepper



INSTRUCTIONS

1. To make the sun-dried tomato mayo add all of the ingredients in a small bowl and whisk until smooth. This can be made ahead and stored in the refrigerator for up to 2 weeks.
2. In a medium bowl, combining the ground beef, garlic, blue cheese, worcestershire, mustard, salt and pepper.
3. Using your hands form 10 patties 2-inches in diameter and 1/2 inch thick. Using your thumb make a small indentation in the middle of each patty.
4. Heat olive oil in a cast iron skillet over medium/high heat until just beginning to smoke. Arrange patties in the skillet so they are not crowded. (You may have to cook them in two batches.) Once the patties are brown on one side (about 3 minutes) flip them and cook on the other side for 2 more minutes. Once the patties are cooked, transfer them to a paper towel lined platter and cook the second batch.
5. Toast the buns on a baking sheet cut side up on broil for just a few minutes until golden brown. Serve sliders on the buns with spicy pickles, arugula and sun-dried tomato mayo. Use a toothpick to hold together.

NUTRITIONAL INFORMATION

Calories 407

Fat 31g

Protein 14g

Sugars 5g

Carbohydrates: 16g

Zucchini Noodles with Meatballs & Tomato Sauce

Life Made Sweeter



6 serving



40 minutes

INGREDIENTS

olive oil, for frying

FOR THE MEATBALLS:

- 3/4 pounds ground beef chuck
- 1/2 pound ground turkey
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- salt and pepper to taste
- 1 large egg lightly beaten
- 1/4 onion minced
- 2 garlic cloves minced
- 2 Tablespoons almond flour
- 1 Tablespoon chopped fresh parsley

FOR THE TOMATO SAUCE

- 1 medium onion finely chopped
- 2 carrots peeled and diced
- 3 cloves garlic finely chopped
- Salt and pepper to taste
- 3 tablespoon tomato paste
- 1 (14 ounce) can diced tomatoes (Italian or fire-roasted)
- 1 (28-ounce) can crushed tomatoes
- 1 cup low sodium beef broth
- 1 teaspoon dried oregano
- 1 bay leaf
- 3/4 teaspoon dried basil
- 5-6 medium zucchini about 2 1/4 pounds total, spiralized into noodles using a spiralizer or vegetable peeler
- chopped parsley for serving
- grated Parmesan cheese for serving

FOR THE TOMATO SAUCE:

1. Discard oil and wipe down the same skillet. Heat 2 teaspoons olive oil on medium-high heat. Add onions, carrots, and garlic and cook until softened and fragrant. Season with salt and pepper. Add tomato paste and cook for 30 seconds. Add the tomatoes, broth, oregano and bay leaf. Bring to a boil and simmer gently until sauce thickens about 20 minutes. Stir in basil and adjust seasonings as needed. Add the cooked meatballs and simmer, until heated through.

TO MAKE THE ZUCCHINI NOODLES:

1. Spiralize zucchini using a spiralizer or vegetable peeler into noodles. At this point, you can divide into bowls if serving raw.
2. To cook zoodles, lightly oil a pan over medium-high heat. Add zucchini and saute for 1-2 minutes or slightly softened but still tender. Do not overcook.

TO ASSEMBLE:

1. Transfer to bowls and spoon sauce and meatballs over zucchini noodles. Sprinkle with freshly chopped parsley and Parmesan cheese, if desired.



INSTRUCTIONS

FOR THE MEATBALLS:

1. Combine the ground beef, turkey, cheese, Italian seasoning, salt, pepper, onion and garlic together. Stir in egg, almond flour and parsley until just combined. Do not overmix.
2. Using your hands, form into round 1.5" meatballs.

TO COOK ON THE STOVE:

1. Heat 2-3 tablespoons oil in a large 12" skillet on medium heat. Add the meatballs in a single layer and cook for 8-10 minutes, browning on all sides. Transfer to paper-lined plate and repeat, if necessary with remaining meatballs.

TO COOK IN THE OVEN:

1. Preheat oven to 415 F. Place the meatballs on a large baking sheet lined with parchment paper, in a single row. Bake for 15-20 minutes, or until cooked through.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Rosemary Dijon Pork Tenderloin

with Roasted Apples & Cabbage

Clean Eating Mag



4 serving



55 minutes

INGREDIENTS

- 2 small apples (preferably, Fuji, or Honeycrisp), diced
- 3 packed cups thinly sliced purple cabbage
- 2 tbsp + 1 tsp apple cider vinegar, divided
- 2 tbsp olive oil, divided
- 6 sprigs + 1 tbsp finely chopped fresh rosemary, divided
- 1/4 tsp sea salt, divided + additional to taste
- 3/4 tsp ground black pepper, divided + additional to taste
- 1 lb pork tenderloin, silver skin removed
- 1 cup roughly chopped fresh flat-leaf parsley
- 1/4 cup toasted roughly chopped unsalted pecans
- 1 large shallot, finely chopped
- 1 cup unsweetened apple cider
- 1/2 cup low-sodium chicken broth
- 3 tbsp unsalted organic butter, cut into pieces
- 2 tsp Dijon mustard



INSTRUCTIONS

1. Place a rack in center of oven and preheat to 350°F. In a large bowl, toss apples, cabbage, 1 tbsp each vinegar and olive oil, 2 sprigs rosemary and 1/4 tsp each salt and pepper; set aside.
2. Pat tenderloin dry and rub with 1 tbsp finely chopped rosemary, 1 tsp salt and 1/2 tsp pepper. In a large ovenproof skillet on medium, heat 2 tsp oil. Add tenderloin; cook 2 minutes, until browned. Turn the pork by one-quarter and sear 2 more minutes. Turn once more by one-quarter and sear 2 minutes. Turn off heat and transfer pork to a plate. Add cabbage mixture to skillet (reserve bowl) and place tenderloin on top, unseared portion facing down.
3. Roast tenderloin and cabbage mixture until pork registers 145°F in center on an instant-read thermometer, about 20 minutes. Place tenderloin on a cutting board and cover loosely with foil. Let rest 15 minutes.
4. Meanwhile, scrape cabbage mixture into reserved bowl; toss with parsley, pecans and 1 tsp vinegar. Taste and season with additional salt and pepper. Loosely cover bowl with foil and set aside.
5. Make pan sauce: In same skillet on medium-high, heat 1 tsp oil; add shallot and cook, stirring, for 1 minute. Add apple cider, broth and 4 rosemary sprigs. Cook -until mixture reduces to 1/2 cup. Remove from heat and discard rosemary. Stir in butter, mustard and remaining 1 tbsp vinegar. Season to taste with additional salt and pepper. Slice pork and serve with sauce and cabbage.

NUTRITIONAL INFORMATION

Calories 431

Fat 25g

Protein 26g

Sugars 18g

Carbohydrates: 26g

Pork Chops and Couscous with Tomato-Caper Sauce

Two Peas & Their Pod

 4 serving  20 minutes

INGREDIENTS

- 2 tablespoons olive oil
- ½ teaspoon ground turmeric
- 1 ¾ cups unsalted chicken stock, divided
- 1 cup uncooked whole-wheat Israeli couscous
- 1 teaspoon freshly ground black pepper, divided
- ¾ teaspoon kosher salt, divided
- 2 tablespoons chopped fresh flat-leaf parsley
- 5 teaspoons unsalted butter
- 4 (4-oz.) boneless, center-cut pork chops
- ¼ cup sliced shallots
- 2 garlic cloves, minced
- 2 thyme sprigs
- ¾ cup chopped ripe tomatoes
- ¼ cup dry white wine
- 2 ½ tablespoons drained capers



INSTRUCTIONS

1. Heat oil and turmeric in a medium saucepan over medium-high for 2 minutes or until turmeric begins to bubble. Add 1 ½ cups stock, couscous, ½ teaspoon pepper, and ¼ teaspoon salt; bring to a boil. Reduce heat; cover and simmer 10 minutes. Stir in parsley.
2. Melt butter in a large skillet over medium-high. Sprinkle pork with remaining ½ teaspoon pepper and remaining ½ teaspoon salt. Add pork, shallots, garlic, and thyme to pan; cook 4 minutes. Turn pork; add tomatoes, wine, and capers. Cook 2 minutes. Place pork on a plate.
3. Add remaining ¼ cup stock to pan; cook 1 minute. Discard thyme sprigs. Serve sauce with pork and couscous.

NUTRITIONAL INFORMATION

Calories 455

Fat 18.3g

Protein 31g

Carbohydrates: 42g

Grilled Pork Tenderloin with Chimichurri

Modern Proper

 10 serving  30 minutes

INGREDIENTS

2.5 lbs pork tenderloin, fat trimmed

1 Tbsp brown sugar

1 Tbsp kosher salt

1 Tbsp paprika

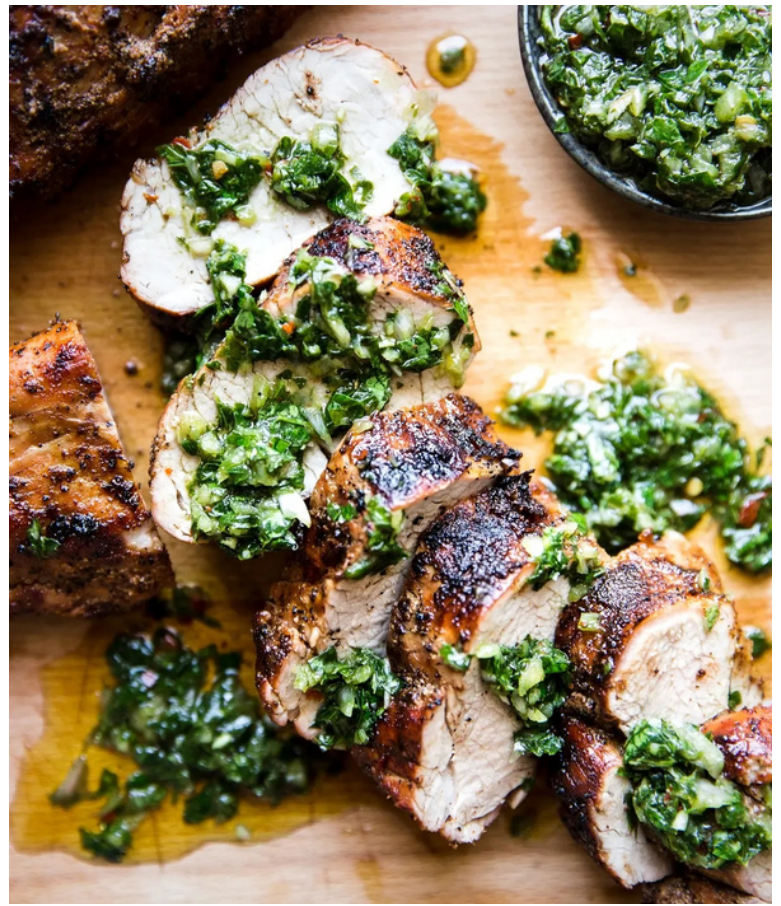
2 tsp freshly cracked black pepper

1 Tbsp garlic powder

vegetable oil (olive, grapeseed, avocado)

1 cup homemade chimichurri sauce

- small shallot cut into wedges
- 3/4 cup flat-leaf parsley, stems removed
- 1 tbs fresh oregano, stems removed
- 2 garlic cloves
- 1 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 3/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar, plus more to taste



INSTRUCTIONS

Chimichurri Sauce

1. In a small food processor pulse the shallot, parsley, oregano, garlic cloves, kosher salt and pepper until combined, but still able to see the ingredients clearly (slightly chunky).
2. In a small bowl add the red wine vinegar, olive oil and the red pepper flakes to the parsley mixture. Stir until combined.
3. This will store in refrigerator for up to two weeks.

Pork Tenderloin

1. In a bowl whisk together the brown sugar, salt, paprika, pepper and garlic powder.
2. Rub the tenderloin with the seasoning until evenly coated.
3. Preheat oven to 400°F. With the rack in the middle.
4. In a large oven proof or cast iron skillet heat 1-2 tablespoons oil over medium heat. Add the tenderloin to the pan and cook until it is evenly browned on all sides (5-6 minutes).
5. Place the pan in the preheated oven and bake for 15 more minutes, flipping the meat once halfway through. Bake until the internal temperature reads 145° F.
6. Transfer the pork to a cutting board and let it rest for at least three minutes.
7. Slice and serve.

NUTRITIONAL INFORMATION

Calories 476

Fat 40g

Protein 21g

Sugar 2g

Carbohydrates: 8g

(includes chimichurri)