

Mark's Kitchen

drhyman.com

Social Gatherings - Mains

Summer is here and so are the food-filled gatherings and celebrations. It can be tempting in social settings to throw your healthy habits out the window and dive into the cheeseburgers, heavy pasta salads and sugary treats. But luckily it doesn't have to be this way. Today, I am sharing some of my favorite entree recipes to make when attending or hosting a gathering. Also, here are last week's delicious [snack and appetizer recipes](#) and some refreshing [mock-tail recipes](#). These crowd-pleasing recipes are always a hit. And the best part? After eating these dishes, your body will feel as good as the food tastes.

Quick Cauliflower Coconut Stew

Eat Fat, Get Thin Recipe

Prep Time: 35 minutes

Serves: 4

- 2 tablespoons coconut oil
- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped
- 3 ripe tomatoes, finely chopped
- 1 medium head cauliflower, stemmed and cut into bite-size florets

- 1 jalapeno, stemmed, seeded, chopped
- 1 cup chopped kale
- 2 teaspoons ginger paste
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 teaspoon turmeric powder
- 1 can full-fat, unsweetened coconut milk
- 1 teaspoon sea salt
- 2 tablespoons chopped cilantro

In a medium stock pot, heat the coconut oil for 30 seconds on medium heat. Add the cumin seeds and stir until they start to sputter. Then add the onions and cook for another minute. Add the tomatoes and stir to cook for a few more minutes until the tomatoes soften. Add the rest of the ingredients and stir together. Cover the pan and simmer for about 15 minutes, stirring every 5 minutes to keep contents from burning. Ladle the soup into 4 serving bowls and enjoy! Leftover stew can be stored in an air-tight container and saved for lunch the next day.

Nutritional analysis per serving (a quarter of the soup): Calories 204, Fat 24 g, Saturated Fat 20 g, Cholesterol 0 mg, Fiber 6 g, Protein 6 g, Carbohydrate 18 g, Sodium 588 mg

Roasted Vegetable Lasagna with Cashew Ricotta

Eat Fat, Get Thin Recipe

Prep Time: 1 hour, 25 minutes + 24 hour nut soaking time

Serves: 6

- Ingredients for ricotta “cheese”
- 2 cups raw cashews
- 1/4 cup of warm water, plus hot water for soaking
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon + 1 teaspoon fresh lemon juice
- 1 teaspoon sea salt
- Ingredients for lasagna
- 1 small eggplant, very thinly sliced lengthwise
- 1 zucchini, very thinly sliced lengthwise
- 1 yellow summer squash, very thinly sliced lengthwise
- 1 bell pepper (any color), seeded and cut into large squares
- 1/4 cup extra-virgin olive oil
- 1 teaspoon sea salt
- 2 cups Ricotta “cheese”
- 1 large omega-3 egg, beaten
- 1/2 teaspoon dried oregano
- pinch freshly ground black pepper

- 1 (15-ounce) can crushed tomatoes

Make the ricotta cheese: Soak the cashews in a bowl of hot water for at least 1 hour at room temperature or up to 24 hours in the refrigerator. After soaking, drain the cashews and place them in a food processor, along with the olive oil, lemon juice, salt and water. Process the ingredients until a smooth paste forms; you may need to add a bit more water, depending on how long you soaked the cashews.

Make the lasagna: Preheat the oven to 400°F. In a large bowl, combine the eggplant, zucchini, summer squash and bell peppers with the oil and salt and toss well to coat. Spread the vegetables in a single layer on two baking sheets, place in the oven and roast until they start to brown and caramelize around the edges, 20 to 25 minutes, rotating the sheets half-way through the cooking time. Remove the baking sheets from the oven and set them aside to cool. Lower the oven temperature to 350°F. While the vegetables are cooling, whisk together the “cheese,” egg, oregano and black pepper in a medium bowl. Spread one-fourth of the mixture in the bottom of a 9-inch square baking dish, then spoon 1/2 cup of the crushed tomatoes on top. Cover the tomatoes with a layer of one of the types of vegetables. Continue to layer the remaining “cheese,” tomatoes and vegetables until everything is used up, topping off with the tomatoes. Bake the lasagna for 30 minutes. Remove from the oven and allow it to cool for 5 minutes before serving. Store any leftover “cheese” in an airtight container in the refrigerator for up to 3 days.

Nutritional analysis per serving (a sixth of the lasagna): Calories 440, Fat 34 g, Saturated Fat 6 g, Cholesterol 40 mg, Fiber 6 g, Protein 12 g, Carbohydrates 28 g, Sodium 512 mg

Steamed Salmon Fillets with Lemon Aioli

10-Day Detox / Eat Fat, Get Thin Recipe

Prep Time: 30 minutes

Serves: 4

- FOR THE MAYONNAISE: (yield 3/4 cup, 12 servings – can be stored in an air-tight container in the fridge for 4 days)
- 2 large omega-3 egg, yolks only
- 1 tablespoon fresh lemon juice
- 1 tablespoon white wine or champagne vinegar
- 1/4 teaspoon Dijon mustard
- Pinch sea salt
- Pinch white pepper
- 3/4 cup avocado oil or extra-virgin olive oil
- FOR THE STEAMING BROTH:
- 4 cups filtered water
- 1 bay leaf
- 2 cloves garlic, crushed
- 3 fresh thyme sprigs
- 1 carrot, roughly chopped
- 1 rib celery, roughly chopped
- 1/2 small onion, roughly chopped
- 1 large lemon, quartered
- FOR THE LEMON AIOLI:

- 1/2 cup organic mayonnaise (see above)
- juice and zest of 1 lemon
- 1 clove garlic, finely chopped or grated
- pinch sea salt
- pinch white pepper
- FOR THE SALMON:
- 4 (6-ounce) skinless salmon fillets
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

To make the mayonnaise: In a blender, whisk the yolks, lemon juice, vinegar, mustard, salt and pepper together in a small bowl until smooth. Place the mixture in the blender and blend on low for a few seconds. Very, very slowly, begin to add the oil, a few drops at a time. When the mayonnaise thickens, continue to add the oil in a very slow, steady stream until all of the oil is incorporated. Add more salt, pepper or lemon juice, as needed for your taste. In a wide 5- to 6-quart pot, combine all the steaming broth ingredients, squeezing the lemon quarters into the water and adding the lemon rinds to the pot. Place a steamer rack, either metal or nonstick silicone, in the pot. The broth level should just meet or be below the level of the steamer rack. Bring the broth just to a boil. Turn the heat down to low, place a lid on the pot, and simmer the broth for 15 minutes to blend the flavors. While the broth is simmering, combine all the aioli ingredients in a small bowl and stir until smooth. Set aside to serve with the salmon. Then, sprinkle the salmon fillets with the salt and pepper. Place the salmon fillets in a single layer on the steamer rack and replace the lid. Steam the salmon for 5 to 6 minutes or until the salmon reaches an internal temperature of 145°F when tested with a digital thermometer. The fillets will be a light pink-orange color. Serve the salmon warm or cool with 2 tablespoons of the lemon aioli per serving. You can make ahead and chill the salmon or store

leftovers in the refrigerator in a glass container with a tight-fitting lid. It's best enjoyed within 2 days.

Nutritional analysis per serving (1 6-ounce salmon filet with 2 tablespoons aioli): Calories 450, Fat 31 g, Saturated Fat 5 g, Cholesterol 125 mg, Fiber 0 g, Protein 38 g, Carbohydrate 2 g, Sodium 310 mg

Chile Verde Chicken

10-Day Detox / Eat Fat, Get Thin Recipe

Prep Time: 45 minutes

Serves: 4

- For the Verde Sauce:
 - 3 cups low-sodium, organic chicken broth
 - 16 small tomatillos, husked
 - 2 jalapeño peppers, seeded and halved
 - 3 garlic cloves, peeled
 - 1 large white onion, chopped
 - 1 bunch cilantro (about 3 ounces)
 - 1 teaspoon ground cumin
 - juice of 2 limes
 - sea salt and freshly ground black pepper to taste
- For the Chicken:
 - 2 tablespoons extra-virgin olive oil

- 4 (5-ounce) boneless, skinless organic chicken breasts
- sea salt and freshly ground black pepper

Make the Verde Sauce: Heat the broth in a medium pot over high heat. Once it boils, reduce the heat to medium-low and add the tomatillos, jalapeños and garlic cloves. Cook at a brisk simmer until the vegetables are soft, 5 to 6 minutes. Transfer the contents of the pot to a blender. Start to blend on low speed. While the blender is running, add the onion, cilantro, cumin, lime juice, salt and pepper through the feeder. Continue to blend until smooth, about 2 minutes. Set aside. Make the Chicken: Heat the oil in a large sauté pan over medium-high heat. Season the chicken breasts generously with the salt and black pepper and add them to the hot pan. Cook until the chicken is browned, about 3 minutes per side. Reduce the heat to low and add the blended verde sauce. Cover the pan and simmer until the chicken is very tender, 20 to 25 minutes. Transfer the chicken to a platter and using two forks, shred the meat. Return the chicken to the pan and toss with the sauce and serve immediately.

Note: Any leftover chicken can be refrigerated for up to 3 days in an air-tight container.

Nutritional analysis per serving (1 5-ounce breast with a quarter of the sauce): Calories 272, Fat 11 g, Saturated Fat 2 g, Cholesterol 73 mg, Fiber 3 g, Protein 30 g, Carbohydrate 12 g, Sodium 188 mg

Taco Salad

10-Day Detox / Eat Fat, Get Thin Recipe

Prep Time: 40 minutes

Serves: 4

- 1 tablespoon coconut oil

- 1 pound grass-fed ground beef
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon chipotle powder
- 1 teaspoon dried oregano
- 1 teaspoon sea salt, divided
- 1 avocado, pitted, peeled, and cut into large chunks
- 2 tablespoons extra-virgin olive oil
- 1/4 cup fresh cilantro leaves
- 1 garlic clove
- juice from 1 lime
- 1/4 teaspoon cayenne pepper
- 7 to 8 cups mesclun
- 2 cups shredded red cabbage
- 2 carrots, scrubbed and shredded
- 1 large tomato, cut into large chunks

In a large skillet, warm the coconut oil over medium-high heat until shimmering. Add the beef and cook, stirring frequently and breaking it into pieces with a wooden spoon, for 2 minutes. Add the cumin, coriander, chipotle powder, oregano and 1/2 teaspoon of the salt and continue to cook, stirring occasionally, until the beef is cooked through, about 4 minutes. Meanwhile, combine the avocado, olive oil, cilantro, garlic, lime juice, cayenne, the remaining 1/2 teaspoon salt, and 1/4 cup filtered water in a blender and blend on high speed until smooth, about 45 seconds. Transfer the dressing to a small serving bowl. In a large bowl, combine the

mesclun, cabbage, carrots, and tomato and toss to combine. Divide the vegetables among 4 plates and top with the beef mixture. Serve, passing the dressing on the side.

Nutritional analysis per serving (a quarter of the taco salad): Calories 500, Fat 31 g, Saturated Fat 11 g, Cholesterol 70 mg, Fiber 17 g, Protein 28 g, Carbohydrates 37 g, Sodium 713 mg

Chicken Kabobs and Cilantro Chutney

10-Day Detox / Eat Fat, Get Thin Recipe

Prep Time: 30 minutes, plus 2 hours of refrigeration time

Serves: 6

- For the chutney:
- 1 large bunch of cilantro, finely chopped, stems included
- 1 jalapeno pepper, stemmed and seeded
- 1 teaspoon sea salt
- 1 teaspoon cumin seeds
- juice of half a lemon
- 6 cashews
- 3 to 4 tablespoons filtered water
- For the kebabs:
- 2 pounds ground chicken
- 2 medium onions, finely chopped
- ¼ cup chopped cilantro

- 2 tablespoons ginger paste or minced ginger
- 1 tablespoon chili paste (optional)
- 3 tablespoons ground cumin powder
- 2 tablespoons ground coriander powder
- 2 teaspoons paprika or cayenne powder
- Sea salt to taste
- ¼ cup extra-virgin olive oil
- Juice of one half lemon, for garnish

Start by making the chutney. Add all of the chutney ingredients to a food processor and process until you get a smooth creamy consistency. Scoop into a bowl and place in the fridge. Now make the kebabs. Add the ground chicken, onions, cilantro, ginger paste and chili paste to a large bowl and mix to combine. Season the mixture with the remaining spices. Cover the bowl and refrigerate the mixture for 2 hours. Mold ¾ cup of the ground chicken mixture around each skewer with your hands. Make sure each kebab is even in thickness. Refrigerate until ready to use. Preheat grill to high heat. Once the grill is hot, brush the grill grates with the oil and, place the kebabs on the grill. Cook for 10 to 12 minutes, or until well done, turning as needed to brown evenly. Place the kebabs on each plate and drizzle with fresh lemon juice and cilantro chutney or use the chutney as a dip.

Nutritional analysis (1 kebab and a sixth of the chutney): Calories 383, Fat 27 g, Saturated Fat 6 g, Fiber 1 g, Protein 29 g, Carbohydrate 7 g, Sodium 482 mg

Greek Chicken Thighs with Artichokes and Olives

10-Day Detox / Eat Fat, Get Thin Recipe

Prep Time: 35 minutes

Serves: 4

- 8 bone-in, skin-on chicken thighs (about 2 1/2 pounds)
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon granulated garlic
- 1 medium onion
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 3 large garlic cloves, finely chopped
- 1 can (15 ounces) water-packed artichoke hearts, drained
- 4 ounces mixed, pitted Greek olives
- 1 1/2 cups low-sodium chicken broth
- 2 tablespoons fresh chopped oregano leaves (or 2 teaspoons dried oregano)
- 1 large lemon, sliced into thin rounds (preferably Meyer lemon)
- 2 tablespoons filtered water
- 1 tablespoon arrowroot starch

Trim any excess fat from the chicken thighs. Season the chicken with the salt, pepper, and granulated garlic. Cut the onion in half through the root end. Peel, then lay the onion flat on a cutting board and slice crosswise into thin half-moons. Heat 1 1/2 tablespoons of the oil in a heavy, covered pan (3- to 4-quart braiser or sauté pan with a lid) over medium heat. When the oil shimmers, add the chicken, skin side down. Cook until the skin is crisp

and golden brown, 7 to 9 minutes. Remove the chicken thighs from the pan to a plate or rimmed baking sheet and set aside. To the same pan, add the onions and cook until softened, 3 to 4 minutes. Then add the chopped garlic and cook 1 minute more. Add the artichoke hearts, olives, broth, remaining olive oil, and oregano. Add the chicken thighs back into the pan and top the chicken with the lemon slices. Bring the mixture to a strong simmer, put the lid on, and reduce the heat to medium-low. Simmer over low heat for 12 to 13 minutes or until the thighs reach an internal temperature of 165°F when measured with a digital thermometer. To serve, place the chicken thighs in shallow bowls and pour the vegetables and sauce over the top. If you prefer thicker gravy, whisk together 1 tablespoon arrowroot starch and 1 tablespoon cold water in a small bowl until smooth. Remove the chicken thighs from the pan and stir the arrowroot mixture into the juices and stir. Cook for 1 to 2 minutes, until the juices thicken into gravy.

Nutritional analysis per serving (2 thighs and a quarter of the vegetables and sauce): Calories 450, Fat 25 g, Saturated Fat 4 g, Cholesterol 160 mg, Fiber 4 g, Protein 39 g, Carbohydrate 24 g, Sodium 690 mg

Butcher Box Grass-Fed Burgers with Avocado Cream

10-Day Detox / Eat Fat, Get Thin Recipe

Prep Time: 20 minutes

Serves: 4

- For the burgers:
- 4 - 1/3 pound [Butcher Box grass-fed burgers](#)
- 1 teaspoon extra-virgin olive oil
- For the avocado cream:
- 1 ripe avocado, peeled and pitted

- 1/4 cup organic mayonnaise
- 1 teaspoon fresh lemon juice
- 2 pinches sea salt

Heat the oil in a nonstick frying pan over medium-low heat. When the oil shimmers, add the patties and cook until a browned crust forms, 3 to 4 minutes. Turn the patties over and cover the pan. Turn the heat to low and cook the burgers another 7 to 8 minutes or until the internal temperature reads 155°F on a meat thermometer. While the patties are cooking make the avocado cream. Place the avocado, mayonnaise, lemon juice, and salt in the bowl of a food processor that is fitted with the steel blade attachment. Puree the ingredients until smooth and creamy. Serve the burgers, each with a quarter of the avocado cream on top. Enjoy!

Nutritional analysis per serving (1 burger and a quarter of the avocado cream): Calories 582, Fat 38 g, Protein 38 g, Carbohydrate 25 g, Sodium 1249 mg