

# Quaran Lean Recipes

## Breakfast

### Protein Balls

Preparation:

- 1 c natural peanut butter (or almond butter)
- 1/2 - 1/3 c quick rolled oats
- 1/2 c skim milk powder (or use protein powder from bulk store)
- 1/4 c sesame seeds (or flax seeds)
- 1/4 c sunflower seeds or other nuts (chopped i.e. almonds)
- 1/4 c honey (or molasses or a combination)

Mixture should not be too moist but should be sticky and hold together so you can form into balls. Roll balls on sesame seeds...no cooking required! You can put any combination of nuts into the mixture and you can roll them in different things i.e. chocolate powder.



# Lunch

## Cauliflower Soup

*(Makes approximately 12 servings)*

### **Ingredients:**

- 4 cups leeks, sliced
- 2 large shallots
- 2 heads cauliflower
- 6 cups low sodium chicken broth
- 2 cups unsweetened almond milk
- 2 Tbsp. onion powder
- 2 Tbsp. garlic powder
- 2 Tbsp. parsley
- 1 Tbsp. olive oil
- Salt and pepper to taste

### **Directions:**

Sauté the shallots and leeks in a large soup pan with the oil.  
Add all other ingredients and cook until cauliflower is tender.  
Using a hand blender, blend until smooth.



# Dinner

## BULGUR-STUFFED SWEET PEPPERS

**These take a little bit of time to make, but they are sooooo worth it! I used Cremini mushrooms because I find them to be much more flavorful than white mushrooms. I also omitted the onion because we don't love onions ... or more accurately, they don't love us ☺**

½ cup	bulgur
4	small sweet red peppers
4 cups	mushrooms (12oz)
2 TBSP	extra-virgin olive oil
1	onion, chopped
2	cloves garlic, minced
1 TBSP	finely chopped fresh sage
¾ tsp	each salt and pepper
½ cup	shredded Asiago cheese
¼ cup mins)	toasted slivered almonds (toast raw almonds in 350 ° oven for 10-12
¼ cup	chopped fresh Italian parsley
2 TBSP	lemon juice, freshly-squeezed
2	plum tomatoes, seeded and diced

In large bowl, pour 1 1/3 cups boiling water over bulgur; cover and let stand for 15 minutes. Drain and press out moisture; return to dry bowl.

Meanwhile, slice tops off red peppers leaving 2-inch high sides; core and scrape out seeds. Dice tops and set aside.

In food processor or by hand, finely chop mushrooms. In large nonstick skillet, heat half of the oil over medium-high heat; fry diced peppers, mushrooms, onion, garlic, sage and ½ tsp each of the salt and pepper until liquid is evaporated, about 10 minutes. Add to bulgur along with cheese, toasted almonds and parsley; toss to combine.

Spoon bulgur mixture into peppers, mounding if necessary. Place peppers, stuffed side up, in a 8-inch square glass baking dish. Drizzle with lemon juice and remaining oil; top with tomatoes. Sprinkle with remaining salt and pepper.

Cover with foil; bake in 350 ° oven until peppers are almost tender about 1 hour. Uncover and bake until tips are crusty, about 30 minutes.

Please email me at  
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for a My Blueprint Personal  
Nutrition Program. At the  
moment I can only take on  
8 more clients. Please RSVP  
ME and I will Help!