

Baked Chicken or Turkey

Prep Time 10 mins Cook Time 20 mins Total Time 30 mins

Stage: Stage 2-3, Stage 4 and Beyond

Servings: 1 Serving

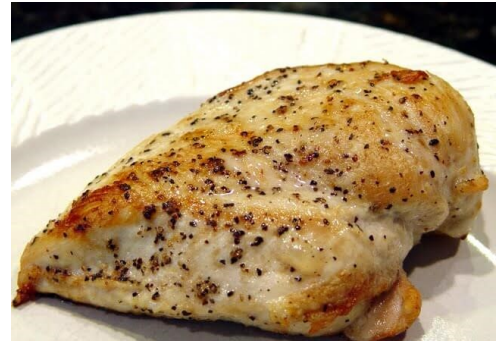
Calories: 170

Ingredients

- 3.5 oz Chicken or Turkey Breast
- ½ cup Chicken Broth or Stock no sugar added
- 1 Tbsp Onion chopped
- 1 Pinch of Sage
- 1 Pinch of Marjoram
- 1 Pinch of Thyme
- Pink Salt to taste
- Pepper to taste

Instructions

1. Preheat oven to 375 degrees
2. Mix spices together in a small bowl
3. Dip meat into broth and coat with spices
4. Transfer to baking dish
5. Add chopped onions and the rest of the broth to the bottom of the pan
6. Bake for 20 minutes or until cooked thoroughly



Deviled Eggs

Prep Time 30 mins Cook Time 10 mins Total Time 40 mins

Stage: **Stage 4 and Beyond**

Servings: 8 Serving

Calories: 92 per serving

Ingredients

- 8 large eggs
- 1/3 cup light mayonnaise (recipe below)
- 1 tablespoon Dijon mustard
- 1 teaspoon white-wine vinegar
- 1 tablespoon minced shallot
- 1/4 teaspoon hot sauce, such as Tabasco
- Coarse salt and ground pepper
- Paprika, for garnish



Instructions

1. Place eggs in a medium saucepan; add cold water to cover by 1 inch. Bring to a rolling boil. Remove pan from heat; cover and let stand 13 minutes. Drain, and run eggs under cold water to cool them.
2. Meanwhile, in a medium bowl, mix together mayonnaise, mustard, vinegar, shallot, and hot sauce.
3. Peel eggs, and halve lengthwise; remove yolks, leaving whites intact. Transfer yolks to bowl with mayonnaise mixture, and season with salt and pepper. Mash with a fork until smooth.
4. Mound yolk mixture into whites. Sprinkle with paprika just before serving or cover with plastic wrap and refrigerate up to 8 hours.

Asparagus

Prep Time 5 mins

Cook Time 5-10 mins

Total Time 10-15 mins

Stage: Stage 2-3 and Beyond

Servings: 4 Servings

Calories: approximately 6 per ounce

Ingredients

- 1 bunch asparagus spears
- ¼ tsp Pink Mineral Salt
- 3 cups of water



Instructions

1. Place water in the bottom half of a steamer pan set
2. Bring to a boil and add salt
3. Trim the dry ends off the asparagus
4. If the spears are thick, peel them lightly with a vegetable peeler
5. Place asparagus in the top half of the steamer
6. Steam for 5-10 minutes, depending on the thickness of the asparagus, or until asparagus is tender

Mayonnaise

Prep Time 5 mins

Total Time 5 mins

Stage: Stage 4 and Beyond

Servings: 20 Servings

Calories: 84

Ingredients

- 1 cup Organic Safflower Oil or mild-tasting Olive Oil divided
- 2 Tbsp Lemon Juice
- 1 tsp Ground Mustard
- 1 egg
- 1-2 Packet Sweetleaf Stevia
- 1 Dash White Pepper



Instructions

1. In a covered blender or food processor, mix ¼ cup safflower oil and remaining ingredients for several seconds until thoroughly blended
2. Remove the center of the blender or processor cover, and pour-----VERY SLOWLY-----the remaining ¾ cup of safflower oil into the mixture
3. Continue blending until well mixed and thickened

Recipe Notes

Always buy organic oil in a glass container. This extends the shelf life and prevents spoilage. **Keep refrigerated**