

CLEAN *EATS*

REMOVE • RESTORE • REJUVENATE



by **Jenny Nelson**

Introduction

There is absolutely nothing anywhere that says eating cleanly and for your health can't be delicious. Food is meant to be savored and every mouthful should count.

We want you to indulge in these recipes for incredible vegetarian meals, savory organic and free range meat courses, comforting beverages and amazing desserts.

Remember that when gathering your whole, unprocessed, local and in season ingredients, your body (and the planet) will thank you. Also remember that when food is eaten as close to how it's found in nature as possible, not only is it more nourishing to our bodies but it just tastes better! A peach from the supermarket in February doesn't come close to the flavor and juiciness of a peach grown by a local farmer and picked at the height of ripeness.

You and your family deserve the best food in the world and the most optimal health ever, and by offering you these recipes, it's our sincere pleasure to be able to contribute to that vision.

So get in the kitchen, get Clean, and join the revolution for your most amazing life.

This is our gift to you,

Happy Eating!

Jenny Nelson, Clean Chef

Jenny Nelson is one of Dr. Alejandro Junger's Wellness Coaches. She is a firm believer that everyone can achieve optimal health while also fully enjoying their food, and in turn, their lives.

Specializing in clean eating, which in her mind is following the seasons, eating locally and organically, Jenny believes that simple and healthy food does not have to be bland. On the contrary, food that is allowed to shine on its own is brilliantly delicious and a hundred times more flavorful than anything processed, packaged and out of season.

Jenny also believes the way we eat is directly related to the way we live, because the way we view food, how we source ingredients, how we use our hands to prepare meals, and who we share those meals with are all connected. Each one of those elements plays an enormous role in our overall health and wellness.

Believing in the very simple power each of us holds in our own hands, Jenny is a champion of the slow and local food movement. She is also in the process of writing a recipe book that will complement Dr. Junger's wildly successful book, *Clean: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself*. She is honored to be a small part of so many people's journey to amazing food and optimal health.

Table of Contents

| | |
|--|----|
| Introduction | 1 |
| Jenny Nelson, Clean Chef | 2 |
| Millet Risotto with Artichoke Hearts..... | 4 |
| Crab-Less Cakes | 6 |
| Chestnut Bisque | 8 |
| Seed Crusted Pesto Ball | 10 |
| Spiced Pepita and Pecan Pesto..... | 12 |
| Vegetable Wedges with Creamy Dill and Cashew Sauce..... | 14 |
| Three Taste Noodles..... | 16 |
| Whitefish Salad..... | 18 |
| Fish Tacos with Homemade Chips, Guacamole and Persimmon Salsa | 20 |
| Hummus Crusted Chicken with Rosemary and Lemon | 22 |
| Sweet and Sour Chicken with Mixed Greens | 24 |
| Stir Fried Chicken with Water Chestnuts, Red Cabbage and Angelino Plums..... | 26 |
| Poppy Seed Biscuits | 28 |
| Baked Kale Chips..... | 30 |
| Chocolate Walnut Scones..... | 32 |



Millet Risotto with Artichoke Hearts

Makes 4 servings

Time: 30 minutes

5

This is, hands down, one of my absolute favourite recipes, combining the creamy comfort of risotto with the soft tang of artichoke hearts, instead of butter and white rice, this is made with omega 3 rich oil and protein packed millet. This recipe is incredibly versatile (I've added just one of the many variations below) and has won over many die-hard "traditional" risotto lovers.

3 tablespoons coconut oil or olive oil

1/2 red onion, finely chopped

1 cup coarsely chopped fresh mushrooms (any kind)

1 cup millet

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1 1/2 cups artichoke hearts, make sure they're sugar and additive free if you're buying them in a can or jar

Sea salt and fresh pepper

4-6 cups french onion soup or organic vegetable broth

In a large pot over medium-high heat, heat the oil with the shallots and mushrooms, and cook, stirring frequently until softened (about 5 minutes).

Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock 1/2 cup at a time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn't quite soup but stays very moist.

Keep doing this until millet is tender and has at least doubled in size (about 20 minutes).

Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture.

Season with salt and pepper and serve warm.

Variation: Millet Risotto with Butternut Squash

Instead of the artichoke hearts, add 1 cup diced butternut squash (that's been cooked in oil until lightly browned — about 5 minutes — and add chopped shallots towards the end and sage for your herb.



Crab-Less Cakes

Makes a dozen or so cakes

Time: 15-20 minutes



- 1 cup cashew pieces
- 1 cup coconut flakes (or 2 cups pulp left from making cashew milk on page)
- 1 brown rice cake, crumbled
- 1/2 cups minced celery
- 1 yellow onion, peeled and chopped
- 2 medium carrots, shredded or finely minced
- 1/4 cup parsley, chopped or 2 tablespoons dried
- 1 tablespoon cashew butter (raw and organic if you can find it, almond butter will also work)
- 1 teaspoon sea salt
- 1/2 cup gluten free flour
- 3 teaspoons paprika
- 1 small clove garlic, peeled
- 2 tablespoons dulse or nori or kelp granules or flakes
- 1 teaspoon fresh ground pepper

Preheat oven to 350

Mix all ingredients together in a food processor, blending until all large pieces are broken up and you have a sticky fairly well combined mixture.

Grease a baking sheet with 1 teaspoon of coconut oil or olive oil and form the sticky mixture into uniform patties (roughly 4 inches in diameter), then bake in the oven for 8 minutes, turn over (should be golden brown on the bottom side) and bake another 7 minutes.

Serve with organic stoneground mustard and/or raw sauerkraut.



Chestnut Bisque

Serves 4-6
Time: 30 minutes

9

- 1 15 oz can or jar of peeled and pre-roasted organic chestnuts OR about 8 oz dried chestnuts (peeled and found in the bulk section of most health food stores)
- 3 cups organic vegetable or chicken broth or stock
- 3/4 cup nut or rice milk, unsweetened
- 2 medium shallots, peeled and chopped
- 1 tablespoon coconut oil
- 1/4 cup pecans, coarsely chopped
- 3 leeks, coarse green stalks discarded, and the white ends sliced into coin sized rounds
- 1/4 teaspoon ground thyme or the leaves of a few thyme sprigs (3 or 4)
- 1/4 teaspoon ground cardamom
- A pinch of nutmeg
- Sea salt and freshly ground pepper to taste

If you are using dried chestnuts, put them in a medium pot over low heat with 3 cups of water and cook, covered, for 30-45 minutes or until tender. Save the cooking liquid to use in the soup.

In a large pot over medium-low heat cook the leeks and shallots in the coconut oil, stirring often until they are tender and browned, about 10 minutes.

Add the chestnuts (either from the jar or the recently cooked ones) and the broth or stock.

Bring to a boil and then reduce heat to low and simmer, covered, stirring every so often for about 20 minutes, then add the nut or rice milk, pecans, cardamom, nutmeg and thyme.

Remove from heat, allowing to cool a bit and either puree in batches in a blender or food processor or my preferred method is with a hand-held immersion blender right in the pot.

Season the entire soup with salt in the pot after it's smooth.

Serve warm, garnishing with a dash of freshly ground pepper in each bowl.



Seed Crusted Pesto Ball

Serves a large group, depending on serving sizes

Time: 5 minutes

11

Like a cheese ball but a thousand times better. More flavorful and so much healthier. Serve with vegetable slices and gluten free seed or nut crackers (homemade on page or Mary's Gone Crackers), or use as a pizza or pasta topping.

3 large handfuls organic spinach leaves

3/4 cup raw cashew pieces

1/2 cup nutritional yeast

1 teaspoon sea salt

1 large clove garlic, peeled and roughly chopped

2 tablespoons raw pepitas (pumpkin seeds), finely chopped

Blend in a food processor until sticky, scrape off the sides and form into a ball, then roll in the chopped pumpkin seeds.

Cover with plastic wrap if you're not serving immediately, since it will oxidize and turn brown eventually although covered with pepita seeds, no one will notice and of course it still tastes amazing.



Spiced Pepita and Pecan Pesto

Serves 6-8
Time: 6 minutes

13

3 cups basil leaves

3/4 cup pecans

2 tablespoons pumpkin seed butter (or almond butter if you can't find or make pumpkin seed butter)

2 large garlic cloves

1 1/2 teaspoon chili powder (adjust according to taste and spice preference)

1 teaspoon sea salt

1 tablespoon olive oil

1/2 cup nutritional yeast

3/4 cup water

Blend until creamy. Store in airtight container in fridge, and don't be alarmed if you see that it turns brown, it's just oxidizing, stir it up and it's green again!

Or place plastic wrap over the top when storing to prevent oxidization.



Vegetable Wedges with Creamy Dill and Cashew Sauce

Serves 4
Time: 20 minutes

15

5 medium carrots, each cut into thick wedges (about 3 inches long and 1/2 wide)

2 large beets, cut into similar sized wedges with the tops discarded

1/8 cup fresh lemon juice

3 heaping tablespoons cashew butter

3 tablespoons extra virgin olive oil

1/4 cup water

1 teaspoon curry powder

1/4 cup fresh dill (or 2 tablespoons dried)

Sea salt and fresh black pepper

Steam the carrot and beet wedges in a steaming basket until tender (roughly 15-20 minutes depending on size and water temperature).

Drain and place in a bowl to cool.

In another bowl, mix together the lemon juice, cashew butter, olive oil, and water, with the curry powder and dill. Season with salt and black pepper.

Pour over the carrot and beet wedges and add additional fresh dill to garnish, and adjust the salt and pepper if needed.

Serve at any temperature.



Three Taste Noodles

Serves 2
Time: 10 minutes

17

Farmer's market bounty provides an amazing ready-in-five-minutes meal that everyone will love; salty, spicy, sweet, they're the perfect combination. Feel free to experiment with additions, using different olives, capers, pine nuts, different chopped vegetables and herbs, even fresh or dried mushrooms.

2 large summer squash (or you can use zucchini if you like), made into long thin strips with a vegetable peeler (if organic, there's no need to discard the skins and you can use the seeds, going right down as far as you can still get strips from it.

2 tablespoons almond butter

2 tablespoons raw coconut amino acids (or Bragg's Liquid Aminos or wheat-free tamari sauce)

1 small package anchovy fillets (packed in olive oil only, make sure there are no additives), minced

1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)

Secret ingredient that makes it so incredible: 2 teaspoons curry powder

1 tablespoon minced rosemary (fresh) or 1 teaspoon dried

3/4 cup kalamata olives, pitted (added at the end)

Optional: A pinch of sea salt to taste

Combine all ingredients together in a large bowl and serve immediately or keep in airtight container in the fridge for several days, the flavors will keep mingling together!



Whitefish Salad

Serves 2-4
Time: 30 minutes

19

If you can find smoked sea salt (especially alderwood smoked), it works best here, imparting a delicious taste reminiscent of smoked whitefish traditionally served on bagels like lox. You can add a swirl of raw and local goat cheese for an amazing creamy and even saltier taste, but it works well without it also. Serve on brown rice wraps or gluten free bread with the lettuce or over any mixed salad.

2 fillets of any whitefish (halibut, cod, sea bass, hake, durade, etc.)

1/4 cup almonds

2 shallots, peeled and diced

2 teaspoons sea salt (smoked alderwood or any smoked sea salt if you can find it works best)

1 tablespoon olive oil

A splash of almond or rice milk, just enough to give it the right consistency

1/4 cup dried cranberries, unsweetened

Two handfuls of lettuce, shredded

Steam or broil the fish until cooked through (about 10 minutes depending on heat source, check inside with a fork as it cooks).

Discard the skin and mash the fish in a bowl with the almonds, shallots, sea salt, olive oil and cranberries.

Add enough nut or rice milk to give it a chicken salad consistency.

Serve with lettuce or mixed greens, in a salad, wrap or sandwich.



Fish Tacos with Homemade Chips, Guacamole, and Persimmon Salsa

Serves 6
6-12 Brown Rice Tortillas
(1 or 2 per person, depending
how hungry you are!)

2 cups almond or rice milk
1/2 cup chopped fresh cilantro
1 tablespoon sea salt
1 tablespoon fresh lime juice
2 pounds skinless halibut or sea bass or trout, coarsely
sliced into 1" x 1" pieces

Mix all ingredients in a large bowl with the fish pieces
and toss to coat.

Cover and place in the fridge for 1-3 hours or overnight
if you plan to make it for the next day.

When ready to make them, preheat oven to 300 and
place the tortillas on a baking sheet until warm and then
loosely wrap in dishtowels to keep them soft and warm
(you can also warm them on a large pan on the stovetop
over medium low heat until just warmed).

Add 2 tablespoons olive oil to a large saucepan and
remove the fish from the soaking marinade and cook
over medium heat until just barely golden brown,
approximately 5 minutes.

Spoon into the warmed tortillas and serve with avocado
and chipotle salsa

Homemade Chips:

4 Ezekial sprouted corn tortillas
or 2 brown rice tortillas
(Food for Life)

Optional: olive oil,

Optional: sea salt

Cut the tortillas into wedges
(into quarters or eighths), brush
with optional olive oil and dust
with sea salt

Place in a single layer on two
baking sheets and toast for
5-8minutes until golden and
crispy.

Watch them carefully to avoid
burning!

Persimmon Salsa:

2 cups very ripe persimmons,
chopped or mashed (the more
ripe and falling apart they are, the
better/sweeter they are so if they
mash rather than slice, it's fine
and the salsa will be amazing!)

1/2 red onion

Cayenne or chili powder to taste

1/4 cup mixed basil and mint
leaves

1 tablespoon flax or olive
or coconut oil

3 tablespoons fresh lime juice
(adjusting to taste)

2 teaspoons peeled and minced
fresh ginger

Mix all ingredients in a bowl until
well combined and let marinate
for a few minutes, adjusting
seasonings to taste, serving
immediately or storing in the
fridge for a few days (covered),
letting it come to room temp
before serving again.



Hummus Crusted Chicken with Rosemary and Lemon

Serves 2

23

2 boneless/skinless chicken breasts (local and free-range)
2 lemons, (1 sliced into rounds and 1 juiced)
1/2 cup hummus (you can buy it or use the quick and delicious recipe below)
4 fresh rosemary sprigs or 2 tablespoons dried
Generous drizzle of balsamic vinegar
Sea salt and freshly ground pepper

Preheat to 450

Place the chicken breasts in a small roasting pan, covering all exposed meat with the hummus (use a spoon or your hands, just make sure it's layered quite thick, about 1/4").

Scrunch each lemon half in your hand and then loosely arrange them over the chicken with the rosemary sprigs, broken into smaller pieces, so the flavor comes out more.

Generously drizzle the entire mix with lemon juice and then a quick drizzle of balsamic vinegar.

Bake until the hummus is golden brown and the meat is juicy and tender (checking with a knife to make sure it's cooked all the way through), about 30 minutes.

Finish with another quick drizzle of lemon juice and an optional pinch of sea salt and black pepper to taste.

Make the hummus in a food processor by blending the following ingredients:

1 can garbanzo beans (chickpeas), rinsed and drained
2 cloves garlic, peeled
Juice of 1 lemon
3 tablespoons tahini
1 teaspoon sea salt
1 teaspoon cumin
1 teaspoon paprika
1 tablespoon extra virgin olive oil



Sweet and Sour Chicken with Mixed Greens

Serves 2-4
Time: 30 minutes

25

1/2 cup wheat free tamari or nama shoyu or coconut aminos

1/2 cup apple cider vinegar or balsamic

1/4 cup brown rice syrup

2 large garlic cloves, peeled and minced

A knob of fresh ginger (roughly 1 1/2 inches), peeled and minced or 1 teaspoon ginger powder

2 chicken breasts, sliced into long strips about 3" long and 1/2" thick

1 teaspoon sesame seeds

Preheat oven to 475

Over low heat in a pan mix the first five ingredients until you have a smooth and thick sauce, roughly 12 minutes.

Lay chicken pieces in the sauce and cook, stirring frequently, until cooked through (about 12-15 minutes).

Add pieces to bowls of mixed greens, pour the remaining sweet and sour liquid equally over each bowl.

Sprinkle with sesame seeds and serve. This works well warm or chilled.



Stir-Fried Chicken with Water Chestnuts, Red Cabbage and Angelino Plums

I found dried Angelino plums in the bulk section at my local market and bought them without knowing what they would work in. They worked in granola and breakfast porridges, but this recipe was the absolute perfect place for them. This dish has just the right amount of sweetness and is absolutely delicious, with the soft plums, crunchy water chestnuts and flavorful chicken and cabbage. If you can't find Angelino plums, any dried plums would work, or I also made this with dried apricots and it was a close second in flavor!

4 small chicken breasts, cut into small pieces (roughly 1-2 inches)

1 teaspoon Chinese five spice powder

1 cup water chestnuts

1 cup chopped Angelino plums (or any dried plums without added sulfur or added sugar)

2 tablespoons coconut or olive oil

3 cloves of garlic, peeled and minced

1/4 cup raw coconut amino acids or wheat free tamari

1 small red cabbage, loosely chopped

Sesame seeds to garnish (black or white)

Using the bare minimum of the coconut, sesame or olive oil needed to cook without burning, stir everything together over medium-high heat in a large saucepan or a wok, until the chicken is cooked and the cabbage is tender.

Serve warm, garnished with white or black sesame seeds.



Poppy Seed Biscuits

Makes 6-10 depending on the size

Time: 12 minutes

29

The millet flour gives these biscuits a delightful cakey texture that fits perfectly into savory or sweet recipes. Feel free to add ingredients, like nutritional yeast or chopped herbs (I've used poppy seeds in this recipe), adjusting water as needed and excluding the sweetener if you're making them very savory.

- 1 cup millet flour
- 1 cup brown rice flour, plus a bit extra for dusting
- 1 tablespoon baking powder
- 1 teaspoon coarse sea salt
- 1/3 cup coconut oil
- 2 T raw honey or brown rice syrup
- 3/4-1 cup hot water
- 2 tablespoons poppy seeds

Preheat oven to 350.

In a mixing bowl combine the two flours, baking powder, and sea salt.

In a small saucepan, soften the coconut oil over medium low heat (or put in an oven safe bowl in the preheating oven) until liquid.

Pour the melted oil, sweetener, hot water and poppy seeds into dry ingredients and mix until fully combined and you have a fairly formed dough that holds together. You don't want it slightly more on the wet side because if it's too dry they'll fall apart while baking.

(If it's too dry add more hot water until it's a bit sticky)

Dust counter with a generous sprinkling of brown rice flour.

With whatever you have on hand, roll out the dough (I use a wine bottle with great results!) until the dough is 1" thick.

Grease a baking sheet with coconut oil.

Using a cookie cutter (or the rim of a jar or glass), cut biscuits and stagger them on the baking sheet, an inch or two apart.

Bake on center rack for 8-10 minutes, then turn the baking sheet and let them turn golden and crisp for another few 6-8 minutes.

Let them cool for a few minutes and serve warm. Or you can let them cool completely and store in an airtight container for up to two weeks.

They freeze wonderfully, so I often make a double or triple batch at a time.



Baked Kale Chips

Makes a medium bowl of chips, adjust quantities depending on amount of kale using

Time: 25 minutes

31

1 bunch (about 6 ounces) kale (I used the curly leaf kind, but you could use the flat Lacinato or Dinosaur as well)

1 tablespoon olive oil

2 tablespoons nutritional yeast

Sea salt, to taste

Preheat oven to 300°F.

Rinse and dry the kale, then remove the stems and tough center ribs.

Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I needed two because mine are tiny; I also lined mine with parchment for easy clean-up but there's no reason that you must).

Bake for 20 minutes, or until crisp.

Place baking sheet on a rack to cool.



Chocolate Walnut Scones

Makes 8-12, depending on size and shape you choose

Time: 20 minutes

33

These scones are absolutely perfect.

Vegan, gluten free and melt in your mouth, grin from ear to ear, moan with delight and do a little dance DELICIOUS.

The variations are endless (you can switch out the walnuts and chocolate for any other fruit or nut), they can be whipped up ridiculously fast, there are endless flavor possibilities, and they work for just about every single occasion/meal/person I can think of. So whether it's brunch, snack, trail food, accompanying an apology or a love note, travel sustenance, a farm dinner or neighborhood potluck... these are your absolutely perfect scones.

3/4 cup coconut oil + 1 teaspoon for greasing the baking sheet

1/4 cup water

1/2 dates, pitted

1 teaspoon vanilla

1/2 teaspoon baking powder

1/8 teaspoon baking soda

1 cup gluten free all purpose flour (Bob's Red Mills) + 1 tablespoon gluten free flour (for dusting)

Pinch sea salt

2 oz organic dark chocolate (preferably sugar/dairy free, like Gnosis or Green & Black or OneLuckyDuck's in Chelsea Market), coarsely chopped

1/2 cup raw, organic walnuts, coarsely chopped

Preheat oven to 350

Mix all dry ingredients in a large bowl.

In a separate bowl, mash the dates until you have a thick paste and set aside.

Warm the coconut oil until it's liquid and add to date paste with vanilla and water.

Add the wet to dry and mix until combined. Dough should hold together.

Form the dough into a round and place on a lightly floured (leftover dash of gluten free flour from above) surface and cut in half.

Roll each half into another round.

Cut one of the rounds in half and then cut each half into thirds and repeat with the second round so you have 12 wedges.

Lightly grease a baking or cookie sheet with the coconut oil and place the wedges in the oven for 16 minutes (rotating the pan after 8 minutes).

Note: You can also make rustic drop scones, by simply spooning the dough onto the sheet like giant cookies, if you prefer that to the wedge shape.

CLEAN *EATS*

REMOVE • RESTORE • REJUVENATE



cleanprogram.com

© 2011 Jenny Nelson - CleanProgram.com

Graphic Design: Enki Communications - Mélissa Caron Go-Enki.com