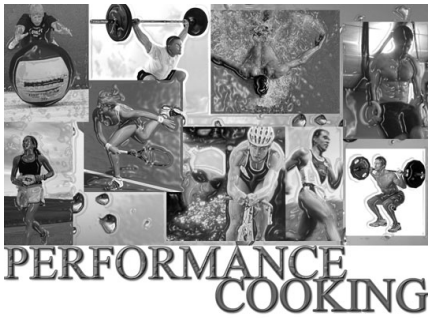


spinach-dijon stuffed pork loin

1 pork loin, about 1-1.3 lbs
½ cup drained, frozen spinach
½ onion, sliced thin
1 T. coarse grain Dijon mustard
1 tsp olive oil
salt and pepper

2 T. Grade B maple syrup
1 cup spiced apple cider

Preheat Oven to 350 degrees

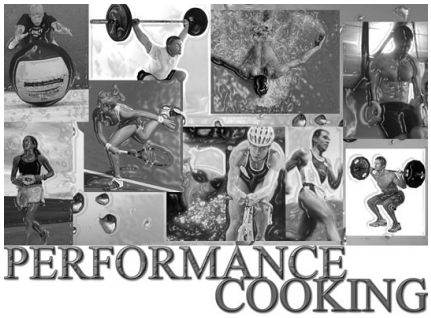
Place pork, fat side down, on work surface with 1 short end facing you. Using long thin sharp knife and starting 1/2 inch above underside of roast, cut 1/2 inch in along right side. Continue cutting 1/2 inch above underside, unrolling roast like carpet.

Pat out flat on cutting board and salt and pepper the surface.

Set that aside and begin cooking the onions. Set them in a small sauté pan over medium heat along with the olive oil. Stir occasionally until the onions begin to caramelize, about 4-5 minutes.

Then in a small mixing bowl, add the drained spinach, mustard and onions. Stir to mix well. Evenly spread this mixture over the surface of the pork loin, leaving about ½ inch edge around the meat. Roll up the meat beginning with one long end. Then tie the loin together with a few pieces of bakers twine. Place, seam side down in a glass baking dish, and cook in the oven for about 35-40 minutes, or until a knife cut into the meat shows no more pink.

While the pork is baking, place the syrup and the cider in a small saucepan and let simmer over medium heat until reduced to about ¼ cup. Pour the reduced mixture over the top of the pork loin when it has about 10 minutes left to bake. If you have extra, serve it along with the meat.



bacon wrapped filet mignon with cream-mushroom sauce

8 pieces of bacon
2lb of filet mignon (in 4 pieces if you can)
salt and pepper

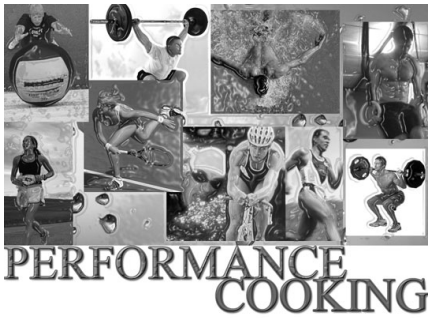
½ cup chopped mushrooms
½ onion, sliced thin
1 tsp olive oil
1 cup whipping cream

In a large skillet, cook the bacon until barely cooked, but not browned. You don't want it to get crispy. Drain on a paper towel. Cool.

When the bacon as cooled, salt and pepper the filet mignon. Then wrap each piece of meat with 2 pieces of bacon. Secure the ends of the bacon with toothpicks. Continue with all the meat and bacon. If you don't have the appropriate number of steaks to bacon, just divide it as you see fit.

In a medium saucepan, add the olive oil and onions. Cook for 2 minutes and add in the mushrooms. Cook another 2-3 minutes until it is all softened and moisture is beginning to release from the 'shrooms. Then add in the whipping cream and reduce the heat to low, allowing the cream to simmer lightly. Continue cooking for about 5 minutes. Salt and pepper the sauce to taste.

While the whipping cream is simmering, heat a large skillet over medium heat, and add the steaks to the pan once it's hot. Let cook 2-3 minutes before flipping. Then continue to cook another 3-4 minutes on the other side. Cook longer depending on the thickness of your steaks or if you like it well done. Remove steaks from the pan and let sit about 5 minutes before digging in. Serve with the cream sauce on the side.

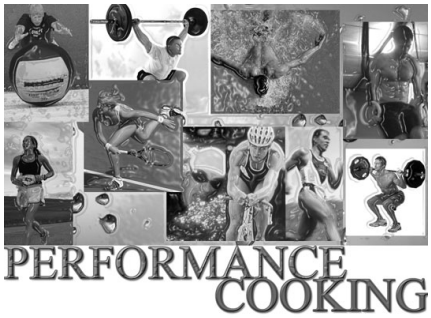


mashed parsnips and sweet potatoes

4 parsnips, peeled and cut into 1-inch pieces
3 medium sweet potatoes (the white ones), peeled and cut into 1-inch cube
3-4 T. clarified butter
½ tsp sage
salt and pepper

In a large soup pot, add the parsnips and sweet potatoes. Cover with water and bring to a boil over high heat. Once it's boiling, lower the heat to medium –high and continue to cook until the veggies are soft, about 7-10 minutes. Drain in a colander and return to the soup pot.

Add in the clarified butter and mash the veggies together with a potato masher. Sprinkle in about ½ tsp sage or more to taste. Salt and pepper to taste.



baked apples

5 apples of your choosing (I like Pink Lady)
About 10 medjool dates
4 T. cream of coconut (unsweetened)
½ cup unsweetened flaked coconut
1 tsp cinnamon
nutmeg
cloves
honey/agave
½ cup chopped walnuts or pecans

Preheat oven to 350 degrees.

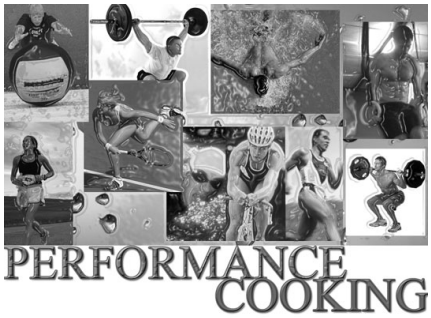
Core the apples and peel a strip from around the middle of each apple.

Remove the pits from the dates and chop them into small pieces. Mash them together with a fork in a small mixing bowl. Once mashed, add the cream of coconut, flaked coconut, cinnamon, and a few shakes of the nutmeg and cloves. Mix well. If the mixture is too thick, add a little agave or honey, 1tsp at a time. Mix in half of the chopped nuts.

Fill the apples with the date/coconut mixture and top with the leftover chopped nuts.

Place the apples in a glass baking dish greased with a little coconut oil. Bake in the oven for 25 minutes. Then cover with tin foil and continue to bake another 25-30 minutes.

Remove from the oven and let cool about 10-15 minutes before diving into one. Serve with coconut milk ice cream!!



sautéed mixed greens with onions and figs

16oz bag of mixed greens
1 large onion, sliced thin
1 T. coconut oil
4 figs, fresh or dried, cut into 4 pieces each
salt and pepper

In a large sauté pan, add the coconut oil and the onion. Cook, stirring occasionally until the onion is dark and caramelized, about 10-12 minutes. Then add the mixed greens and the figs. Pour in a splash of water, cover and cook until the greens are soft, about 10 minutes. Stir well and add salt and pepper to taste.