

Bret & Chalene Johnson's

MEMORIAL DAY

★★★

RECIPES



Celebrate with family & friends with these delicious healthy recipes sure to please everyone!

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Ingredients:

1 Cucumber
3 Avocados
1 Can Mexican Style
Stewed Tomatoes
2 Tbsp Cocktail Sauce
1 Lime
Salt & Pepper



★ CADILLAC SALSA ★

Directions:

1. Drain your 1 can of tomatoes and dump into a large mixing bowl.
2. Peel 2 medium sized cucumbers and deseed them using a spoon.
3. Dice the cucumber into small cubes and add in to the large mixing bowl with the tomatoes.
4. Halve the avocados and remove the pits. Checkerboard cut the meat with a knife, while in the shell then scoop out the cubed avocado into the large mixing bowl.
5. Add the juice of 1 lime and salt and pepper to taste.
6. Lastly add 2 tablespoons of your favorite cocktail sauce.
7. Then gently toss to coat (don't mash). The longer it sits, the better it'll be.



Ingredients:

- 1 cup raw kale, torn into generous bite-size pieces
- 1/2 butternut squash, spiralized
- 1 1/4 cup, garden peas (I use frozen)
- 1 (7 ounce) packet of Miracle Noodle Angel Hair*
- 2 tsp salt, divided
- 1 1/2 Tbsp olive oil, divided
- Zest of 1 lemon
- 1 tsp red pepper chili flakes
- 1 Tbsp parmesan cheese, grated (or an almond cheese)

★ BUTTERNUT SQUASH KALE MIRACLE NOODLE SALAD ★

Directions:

1. Preheat the oven to 170°C/375°F.
2. Drizzle 1 Tbsp of olive oil over the spiralized squash on a baking tray and toss thoroughly.
3. Season with 1 tsp salt and roast for 15-18 minutes, until tender.
4. Next, place the kale in a large salad bowl, season with 1 tsp salt and massage kale until it starts to soften and wilt. When ready, add in 1/2 Tbsp olive oil and toss.
5. If your peas are frozen, place them in a strainer and run then under cool water until thawed.
6. Meanwhile, prepare Miracle Noodle as per cooking directions.
7. Add the butternut squash, peas, lemon zest, chili flakes and Miracle Noodle into the salad bowl with the kale and toss thoroughly.
8. Serve on a plate and top with cheese*, salt, and pepper to taste!

Recipe by Miracle Noodle Ambassador, Leisia Tang.

*To purchase Miracle Noodles visit www.miraclenoodle.com/chalene and use code "Chalene15" for 15% off

*Note: if you are on the Beta Diet replace the parmesan cheese with an almond based cheese or just remove the parmesan if you've found dairy to be inflammatory.



SWEET & CRUNCHY BRUSSEL SPROUTS



Ingredients:

4-5 Cups Brussel Sprouts
Olive Oil
Red Chili Pepper Flakes
Balsamic Vinegar
Garlic Salt
Salt & Pepper
1 Cup Pine Nuts



Directions:

1. Preheat oven to 350F and place foil on a cookie sheet.
2. Cut off bottoms of brussel sprouts and then cut in half and spread on cookie sheet.
3. Drizzle brussel sprouts with olive oil and season with garlic salt and cracked pepper and about 3 dashes of red chili pepper flakes.
4. Bake at 350F for about 10 to 15 minutes.
5. While the brussel sprouts are baking prepare the sauce and roasted pine nuts.
6. Heat up a small skillet to medium heat and add 1 cup of Pine Nuts and roast until they turn to a golden brown. It takes about 2 minutes.
7. Heat a small saucepan to high heat and add ½ cup of balsamic vinegar and quickly bring to a boil. Once balsamic vinegar comes to a boil turn heat off and let it sit. This will reduce and will go from ½ cup to about ¼ cup and will turn thick and the consistency of a thick syrup.
8. Add some olive oil to the bottom of a large skillet and 2 dashes of red chili pepper flakes. Warm up oil and let chili pepper flakes infuse oil a bit. Make oil warm enough so when brussel sprouts hit pan they will sizzle a bit.
9. Transfer brussel sprouts to the hot pan to sizzle. Flip brussel sprouts to brown them and make them caramelized and crisp. This will take a few minutes.
10. Once browned add balsamic reduction to pan and flip to coat.
11. Add roasted pine nuts, shake pan to incorporate into brussel sprouts.
12. Serve.



Ingredients:

3 to 4 Chicken Breasts*
Avocado Oil
2-4 Limes
1 Small Can of Organic Sweet Corn
1 Can of Vegetarian Organic Beans
1 Small Jar or Tub of your favorite Salsa
Taco Seasoning (we use Flavor God)
Lettuce Cups for Wraps

★ CHICKEN LETTUCE WRAP TACOS ★

Directions:

1. Cook chicken, let cool and shred.
2. In a medium saucepan add a little oil and heat to medium.
3. Add chicken and season to preferred taste with taco seasoning.
4. Warm the chicken up for a few minutes.
5. Cut lime into quarters and squeeze onto the chicken depending on how much lime you prefer.
6. Open up can of black beans, strain water, do not rinse beans. Add to chicken mixture.
7. Open up can of sweet corn, strain and add to chicken mixture.
8. Add salsa to chicken mixture and let simmer.
9. Spoon chicken, bean, corn, salsa mixture onto Lettuce Wraps.
10. Garnish with remaining quartered limes and Enjoy.

*We suggest **ButcherBox** for all of your meat needs! They offer grass fed meat delivered directly to your door. Guaranteed 100% grass fed and grass finished. Free of antibiotics, hormones, and GMOs.

www.butcherbox.com/chalenejohnson



★ PROTEIN STYLE TURKEY BURGERS ★

Ingredients:

- 2 pounds of 99% fat free ground turkey
- Olive oil
- Red chilli pepper flakes
- 1 cup of diced mushrooms
- 1 can of diced green jalapeno chili's (no seeds)
- Flavor God (Everything Spicy)
- Garlic Salt
- ¼ cup Heavy Whipping Cream (optional)
- ½ can of Organic Black Beans
- Gluten Free bread crumbs (or whatever bread crumbs you want to use)
- 1 Whole Egg
- Avocado
- Coconut spray
- Lettuce Cups

★ PROTEIN STYLE ★ TURKEY BURGERS

Directions:

1. Add olive oil to medium sauce pan. Bring heat up to medium heat. Add in 2 shakes of red chili pepper flakes to pan. Sauté and soften up the mushrooms. It will take 2 to 3 minutes.
 2. Get a medium sized mixing bowl and add ground turkey to bottom of the bowl. Season with Flavor God and garlic salt (about 4 sprinkles).
 3. Open up black beans, strain the liquid (don't rinse) and add ½ the can to mixing bowl.
 4. Add sautéed mushrooms and diced jalapeno pepper to bowl.
 5. Mix cooked mushroom and diced jalapeno to seasoned turkey (use a spoon b/c the mushrooms will be hot).
 6. Crack and scramble one egg (or 1 egg white but the yolk is really what helps bind the patties together). Mix together.
 7. Optional--if you want to make your burgers more moist add ¼ cup whipping cream to mixture. We don't do this but it's up to you.
 8. Sprinkle a little bit of bread crumbs to mixture. Don't add it all at one time, go little by little to get to a consistency of cookie dough. Just keep adding a little at a time until you get correct consistency to make patties.
 9. Form 3 patties.
 10. Cook the patties either on the grill or stovetop. If cooking on stovetop add a little oil to pan first. Turn on oven to 350 degrees.
- IMPORTANT TIP:** Don't cook turkey patties all the way through on grill or stovetop. You will finish cooking the patties in the oven which makes them so moist. Just sear them. It will take a couple minutes on each side.
11. Get a cookie sheet out. Lay 1 sheet of tinfoil on the bottom and you will put your medium rare patties on the cookie sheet and cover them tight with another sheet of tinfoil.
 12. Cook the patties in the oven for 10 minutes.
 13. Serve with lettuce cups to make it protein style and whatever condiments you prefer.

★ FLANK STEAK WITH SWEET POTATO HASH ★

Ingredients for Flank Steak:

Flank Steak*
2 to 4 Limes
Salt & Pepper

Directions for Flank Steak:

1. Preheat BBQ to medium heat (about 320F, 325F)
2. Rinse flank steak under some cool water, and then pat excess water dry.
3. Salt and pepper to your liking on both sides and squeeze a ¼ of lime on tops.
4. Put the steak on the BBQ.
5. Cut a lime into 4 quarters and squeeze ¼ lime right over the top of the flank steak.
6. Close the grill and let cook for about 3 1/2 minutes, then flip steak.
7. Squeeze ¼ lime on the other side.
8. Grill on other side for 3-4 more minutes or to your family's preference.
9. Let steak rest for a few minutes! Don't cut right into it.
10. After a few minutes of resting cut the flank steak across the grain. If you do it the other way, into the grain, it's going to be tough, because there's not a lot of fat on flank steak.
11. Serve steak with sweet potato hash and asparagus.

*We suggest **ButcherBox** for all of your meat needs! They offer grass fed meat delivered directly to your door. Guaranteed 100% grass fed and grass finished. Free of antibiotics, hormones, and GMOs.

www.butcherbox.com/chalenejohnson



★ FLANK STEAK WITH SWEET POTATO HASH ★



Ingredients for Sweet Potato Hash:

Microwaveable pre-wrapped sweet potatoes
Olive oil
Red chilli flakes
Garlic or garlic salt seasoning
Flavor God Everything Spicy

Directions for Sweet Potato Hash:

1. Microwave potatoes 1 minute less than directed on packaging.
2. Peel and cut sweet potatoes into cubes.
3. Heat olive oil and 2 dashes of red pepper flakes in a medium skillet.
4. Add in your sweet potatoes, sprinkle with Flavor God Everything Spicy.
5. Then add 5 or 6 cracks of the garlic salt.
6. Let potatoes sizzle and start to caramelize, then flip them and let the other sides caramelize.

★ DARK CHOCOLATE CRANBERRY TRUFFLES ★



Ingredients:

1 Cup of Vanilla Cake Batter Coconut Butter*
¼ Cup of Dried Cranberries
¼ Cup of Coconut Flour
½ Cup of Dark Chocolate Chips
1 Tbsp Butter

Directions:

1. Place a sheet of Parchment Paper on a tray that can easily fit flat in the freezer.
2. Mix Coconut Butter, Coconut Flour and cranberries and create little balls (about 1 inch diameter) and place on top of the parchment paper.
3. Freeze for 15 minutes.
4. While the coconut butter balls are in the freezer, melt the chocolate chips and butter in a small saucepan and stir occasionally.
5. Take the coconut butter balls out of the freezer and place them on the counter near the melted chocolate.
6. Carefully dip each coconut butter ball into the melted chocolate until it's completely covered and place back on the parchment paper. Note: if the chocolate is too thin and not covering the ball completely, add more chocolate. If it's too thick and not liquid enough, add a little butter.
7. Once all of the balls are covered in chocolate, place in the freezer until time to serve!

Recipe by: Nicole Velez

*To Purchase the Vanilla Cake Batter Coconut Butter visit www.nikkiscoconutbutter.com/chalene
Use Coupon Code "Chalene" at time of checkout for 10% off!



★ FRESH RASPBERRY WATERMELON COCKTAIL ★

Ingredients:

6-8 cups cut up watermelon (will depend on large you cut your watermelon, need 2 cups juice after pureeing)
6 ounces tequila
1 bottle Raspberry Watermelon Sparkling Water
Liquid Stevia
2 Limes, cut into wedges
Garnish: Raspberries and mint

Directions:

1. Add the watermelon to a blender (if using cut up watermelon). Puree until smooth. Put puree through a fine mesh strainer to catch the pulp.
2. In 4 cocktail glasses, add ice. Add 1 1/2 ounces of tequila, 4 ounces watermelon puree, juice of one lime wedge, a drop or two of stevia and top with 2 ounces sparkling water.
3. Stir, garnish and enjoy.

WHERE TO FIND SOME OF THE INGREDIENTS & SPECIAL DISCOUNT COUPONS



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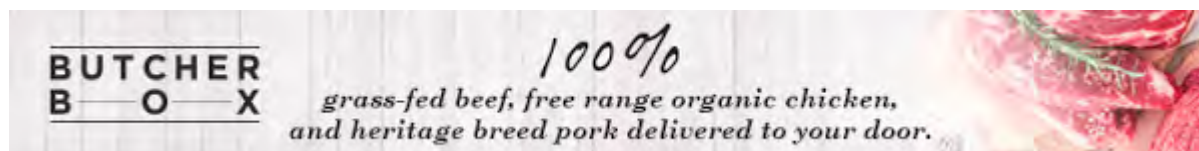
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