



Seasons
with Chef Binks

SPRING RECIPE WORKBOOK

{ Chef Binks }

Steven Binks is an accomplished chef and successful entrepreneur in Western New York. His flair for fine foods and passion for healthy living have brought him an eclectic audience. The list of those who have enjoyed his meals would staff an international government summit: presidents, the Governor of the Great Lakes, and the Premier of Quebec and Ontario all have appreciated Binks' culinary craftsmanship. His cooking and management skills make him one of the most well respected members of the food service industry, but he is also celebrated for his dynamic and colorful personality. Chef Binks is recognized for his weekly appearances on "Daybreak," "The Healthy Zone" and other nationally syndicated TV and radio shows.

The classically French trained chef found success at a young age: By age 19, he received his Associates Degree in Culinary Arts and continued to complete a five-year apprenticeship through the American Culinary Federation (ACF). At age 23, he opened one of the largest catering companies in upstate New York that ran for 20 years. In addition, he continued opening banquet facilities, three restaurants, and two signature catering companies—all under the umbrella of the "Chef Binks" brand. Among all his success, he considers his greatest accomplishment. The Seasons Meal System.

Chef Binks is proud to be focusing all his attention on Seasons. For the first time in his career, he is dedicated to making people happy through their food choices, and gearing his menu towards stabilizing their metabolism. Chef Binks feels a certain vibrancy in working on Seasons—exclusively designing delicious food to help individuals across America get healthy.

Chef Binks was recently inducted into the prestigious Chaîne des Rôtisseurs—an international society founded in Paris in 1950 for the recognition and appreciation of culinary excellence. Membership is by invitation only.

Chef Binks' talent and entrepreneurial spirit are the roots for his success; His passion for healthy living steers the way for the Seasons Meal System and all the lives he begins to change.

{ Introduction }

This isn't a diet; This is a way of life. And everyone deserves good food in their life.

There are plenty of good reasons why losing weight hasn't worked for you in the past. You didn't have time, you didn't feel nourished, you couldn't afford the 'health food' that was supposedly the only surefire way to get rid of that excess fat. Most options for weight loss are temporary. They require an unrealistic investment from resources you don't have. They don't work with you, so they can't be sustainable.

Seasons is different, for a lot of reasons. Firstly, we love food. You won't find a recipe for tofu-stuffed bison grass in our dinner section. Steaks are for dinner. Cream sauce is for dinner. Why have a book full of recipes that no one wants to eat?

Secondly, Seasons is a teaching tool. We aren't giving you a fish, as the saying goes. We're going to make you the best fisherman you can be, so you can lose weight, you can keep it off and stay in the best shape of your life—for your whole life. This includes learning how to manage your time, your money and your taste buds when it comes to healthy eating.

Finally, we think it's time to bridge the gap between professional chefs and foodies everywhere. Seasons is based off the idea that you use fresh vegetables that are at their peak. Do frozen peas do the job? Sure. But there's nothing quite like a fresh Brussell Sprouts in December.

What you need is a pep talk, someone to understand why you've failed in the past. Most importantly, you need a sustainable series of lif style adjustments that you can keep in your healthy-living tool box and to take with you wherever you go. No one is perfect, but we think we can get you feeling pretty darn close.

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Seasons

{ Breakfast }

Breakfast truly is the most important meal of your day. Your metabolism is most vulnerable when you wake up in the morning, and we want to give it the right start. Lean sources of protein and slow releasing carbs are the MVP's of breakfast, and this section will help you learn how to ensure a healthy and delicious start to your morning.

One of the biggest challenges in the morning is the race against the clock. We look down at our large coffee or slice of toast and convince ourselves it'll keep us full until lunch. Did we read your mind? No. We've all been there, and it isn't our fault. Demanding work schedules, taking care of kids and a hundred other things keep us from getting the right start in the morning. We're here to help. By giving you the right tools—recipes, techniques, shopping guides—this book is going to get you ready for the morning battle with the minute-hand. Most importantly, it will give you a breakfast packed with nutrients you need and flavors you love.

The change of the seasons gives us a chance to change it up in the kitchen—keeping things interesting so we stay on point with our healthy lifestyles! Try this spring inspired quiche with farm-fresh asparagus!



Asparagus & Sun-Dried Tomato Quiche

Serves: 2

Preparation Time: 1 hour

Ingredients:

- 1/3 lb. asparagus (cooked as you like—roasted, steamed, etc.)
- 1 slice turkey bacon cooked and chopped
- 1 8" whole grain wrap
- 1 1/2 - 2 cups egg substitute
- Salt & pepper
- 1/4 cup Swiss cheese (shredded)


Directions:

1. Preheat oven to 350 degrees.
2. Spray an oven safe bowl with cooking spray.
3. Slice a slit half way to the center of the tortilla. Take the slit tortilla and form a cone shape and mold to the inside of the bowl.
4. Pour in egg mixture.
5. Add asparagus, sun dried tomato, and turkey bacon into the eggs. Make sure they are mostly distributed nicely within the eggs.
6. Top off with a little salt, pepper and Swiss cheese.
7. Place in oven and bake for 20 minutes until firm. Let cool to room temperature before serving.

Tip from Binks:

Feel free to beat the eggs or egg substitute with a little bit of almond milk to lighten up the texture or fluff them up!





They're almost like bacon cups—the crust created from the lean pork loin adds good fats and excellent flavor to your everyday eggs. Not to mention, these are quick and easy, especially when you're on the go!

Pork Loin & Egg Cups

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 6 eggs
- 6 slices of cured pork loin
- 1/2 cup shredded Colby cheese
- Optional toppings: sun dried tomatoes or spinach.
- Salt & pepper


Directions:

1. Preheat oven to 350 degrees.
2. Spray 6 muffin cups with cooking spray.
3. Put a piece of pork loin in each muffin cup, making it the “crust” of the egg cup.
4. Fill each cup with one egg.
5. Sprinkle each with shredded cheese.
6. Top with some sun dried tomato and/or spinach, if you like.
7. Bake for 10-15 minutes.
8. Let cool for a few minutes before you take out the egg cups.

Tip from Binks:

Try having a “Sunday Funday” where you cook with family and prepare meals like this for the week! It is a great way to stay on track!



A close-up photograph of several mini galettes. The galette in the foreground is filled with a cooked egg, melted cheese, and sautéed spinach. The crust is golden-brown and flaky. In the background, other similar galettes are visible, some with just an egg and others with more ingredients. The lighting is warm, highlighting the textures of the food.

The layering of these flavors completely changes the dish! Try these mini galettes packed with essential vitamins and minerals from fresh spring vegetables!

Spinach & Leek Galettes

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1/2 cup sliced leek
- 1/2 cup sliced mushroom
- 1/2 cup sliced white onion
- 4 whole grain wraps
- 1/2 cup leaf spinach, chopped
- 6 eggs
- 1 tbsp. macadamia nut oil


Directions:

1. Preheat oven to 350 degrees
2. Sauté mushrooms onion and leek with macadamia oil.
3. Cut tortilla wraps in half. Then add a slit in each by slicing from the mid point to the long, flat edge of the “half wraps.”
4. Form cone shapes with each wrap and mold them to a well sprayed non-stick muffin tin.
5. Put a little bit of spinach in each tortilla cup.
6. When onion mixture has caramelized, distribute into each cup.
7. Add 1 whole egg on top of each.
8. Bake for 15 minutes (or until egg is firm).
9. Freeze when cool or serve right away!

Tip from Binks:

Make sure you wash your leeks well! Cut them open and wash in between each flap, as these vegetables grow in the ground. They need to be washed thoroughly to get out all the dirt!





Wild mushroom combined with goat cheese is a flavor combination that is out of this world. You have to try it!

Wild Mushroom & Leek Galettes

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4-6 oz. mushrooms (dried)
- Olive oil cooking spray
- 12/ cup leek (minced, white and pale green parts)
- 6 tbsps. soft goat cheese
- 2-3 cups egg substitute
- 3 whole grain tortilla wraps


Directions:

1. Preheat oven to 350 degrees.
2. Place dried mushrooms in small bowl. Pour enough hot water over to cover chanterelles; let stand until softened, about 30 minutes. Drain and chop mushrooms.
3. Spray muffin pan with non-stick cooking spray.
4. Create muffin cups with tortilla wraps: Slice each tortilla in half. Then add a slit from the center of each half-tortilla to the long straight edge. Form cone shapes and mold to the muffin cups.
5. Layer each tortilla cup with leeks, mushroom, and goat cheese. Then pour in egg substitute—just enough to cover most of the vegetable/cheese layers.
6. Pop in the oven for 15 minutes or until eggs cook.
7. Let cool and serve...or freeze for later!

Tip from Binks:

You don't have to find exotic, expensive mushrooms for this dish. Buy them dry or dehydrated at Asian markets—they are sold in bulk and much more affordable.





Energize your morning with artichokes, sun
dried tomatoes, pesto—The best part?
These delicious, fresh spring ingredients
are low in calories!

Baked Spinach & Artichoke Omelet

Serves: 4

Preparation Time: 50 minutes

Ingredients:

- Olive oil cooking spray
- 6 eggs
- 1 tbsp. pesto sauce
- 1/4 cup Asiago cheese (grated)
- 1/4 cup artichoke hearts, thinly sliced
- 1/4 cup sun-dried tomatoes, thinly sliced


Directions:

1. Preheat the oven to 375°F
2. Spray baking dish heavily (don't be shy).
3. Beat eggs with pesto. Add sun-dried tomatoes and artichokes.
4. Pour egg mixture into baking dish, sprinkle with some cheese.
5. Bake for 15-20 minutes or until eggs are cooked thoroughly.
6. Slice and serve.

Tip from Binks:

Be careful not to scrape the bottom of the dish when pouring in the eggs. You don't want to scrape off any of the cooking spray!





A little salty, a little sweet. The mix of the corned beef, sweet potato and onions caramelize together to create an excellent breakfast medley.

Corned Beef & Sweet Potato Hash with Eggs

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 lbs. cooked sweet potatoes (yams peeled cut into 1/2 inch cubes)
- 1 cup macadamia oil
- 1 cups onions (coarsely chopped)
- 6 ounces corned beef, cut into chunks
- 3-4 eggs



Directions:

1. Put macadamia nut oil in an oven safe, heavy large skillet over medium-high heat. Add onions, potatoes and corned beef. Sauté until ingredients begin to caramelize, about 10 minutes.
2. Crack 3 eggs on top. Put in a 350-degree oven for 10-15 minutes, until the eggs have cooked to your liking.
3. Season with salt and pepper.
4. Transfer to a plate or bowl and serve.

Tip from Binks:

Make sure you trim the fat of the corned beef really well! This is important to stay on track of your healthy lifestyle.

This quick, one-pan dish is an awesome time saver in the mornings!



Spinach, Chicken & Cheese Frittata

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 cups spinach, chopped
- 1 cup onion (chopped)
- 1/2 cup fresh mushrooms (sliced optional)
- 1/2 cup chicken (chopped optional)
- 1/4 cup feta cheese (crumbled)
- A sprinkle of mozzarella cheese
- A sprinkle of Asiago cheese
- 1 1/2 cups egg substitute or 3 eggs
- 1 tbsp. macadamia nut oil


Directions:

1. Preheat oven to 350F degrees
2. Cook onions in oil until opaque in a medium oven-safe skillet—maybe 5 minutes.
3. Add mushrooms and spinach, (Add more macadamia nut oil if things get too dry). Cook for about 1 minute.
4. Pour in egg substitute (or add real beaten eggs). Continue cooking as you add chicken and top off with cheeses.
5. Finish off the eggs by putting skillet in oven. Bake at 350F for approximately 3-4 minutes, or until the eggs are solid.
6. Cool on a plate, then serve.

Tip from Binks:

Don't be afraid to use the whole egg. Yes, the yolk has a little bit of saturated fat, but studies say, it's not necessarily a bad thing to have that small amount in your diet.





All our favorite spring vegetables packed into one dish! What better way to start off a beautiful sunny day?

Spring Vegetable Frittata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 tsp. minced garlic
- 1/4 cup peas
- 1/2 cup asparagus (sliced into 1 inch pieces)
- 1/2 cup red pepper, diced
- 1/4 cup mushroom
- 1/2 onion, diced
- 1/4 cup zucchini and/or yellow squash
- 4 slices turkey bacon (diced)
- Macadamia nut oil
- 4 eggs or 2 cups egg substitute


Directions:

1. Preheat broiler.
2. Heat a medium non-stick oven safe pan with macadamia nut oil.
3. Add all vegetables and sauté until they begin to caramelize.
4. Pour in the eggs as vegetables flavor begin to marry.
5. Reduce heat and cook eggs until almost set.
6. Place the pan under broiler until eggs are lightly browned (about 3 minutes).
7. Remove from oven and cut into wedges.

Tip from Binks:

Take the time to caramelize the vegetables. The flavor that develops is incredible! And, if you don't like one of the vegetables in the ingredients, swap it out for another!





Leeks can bring a savory bite to your eggs. Get them during peak season and you'll be hooked!

Turkey Sausage & Leek Omelette

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 8 eggs or use egg substitute
- 2 leeks (washed and chopped)
- 1 cup sliced onions (caramelized)
- 2 cups spinach (washed and chopped)
- 4/5 tbsp. chopped brazil nuts
- 2 cups ground turkey sausage


Directions:

1. In a large bowl beat eggs.
2. Spray a large ovenproof pan with non-stick spray, sauté leeks, onions and spinach for a few minutes.
3. Add turkey sausage and continue to cook.
4. Meanwhile, chop up the Brazil nuts finely. Add them to the turkey sausage mix.
5. Continue to cook and add a little more macadamia nut oil if things start to look dry.
6. When flavors marry and onions look caramelized, pour in eggs.
7. As edges cook, lift up with a spatula and tilt pan to allow egg mixture underneath to cook as well. When eggs had set, flip the omelette and cook the other side.
8. Fold or serve open faced.

Tip from Binks:

Brazil nuts not only add good flavor, they add more good fat. You'll fall in love with the crunch they add in this omelette!





Pizza for breakfast! It's a fun and fabulous way to start your day!

Mexican Breakfast Pizza

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 1/3 cups peppers
- 1 tbsp. macadamia nut oil (divided)
- 1 1/2 cup liquid eggs
- 1/3 onions (chopped)
- 4 Flatout wraps shells (whole wheat)
- 1/3 cup salsa
- 1/2 cup reduced fat shredded cheddar cheese

Directions:

1. In a nonstick skillet, sauté the onions and peppers in oil until tender.
2. Spray the Flatout wraps and place on a cookie sheet.
3. Add egg mixture to vegetables in the skillet. Cook and stir over medium heat until almost set. Remove from the heat.
4. Scoop a small spoonful of salsa onto each Flatout. Then spoon scrambled eggs over salsa.
5. Sprinkle each pizza with cheese.
6. Bake at 375 degrees F for 3-4 minutes or until cheese is melted.

Tip from Binks:

You can never add too much lean protein. This dish has a Mexican feel, but you can add whatever ingredients you want to give it different flavor and flare.



This one's all about the kids—or for the kid in all of us! Simple childhood flavors are easy on the pallet and healthy for your metabolism.



Mini Pancake Breakfast Sliders

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 12 Whole grain mini pancakes
- 1 pound low sodium ham
- 1/2 cup Neufchatel
- 2 tsp. dried cranberry
- 4 eggs

Directions:

1. Scramble eggs
2. Mix Neufchatel and dried cranberries
3. Spread Neufchatel on pancakes
4. Add egg, sliced ham and make mini sandwiches

Tip from Binks:

The Neufchatel cheese mixed with dried cranberry is a great snack item. Keep it in the fridge and use it as a spread or dip for healthy midafternoon munchies!



Use your favorite dinner flavors to make a super fun and super easy breakfast quesadilla!



Roasted Asparagus Breakfast Quesadilla

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1/3 lb. asparagus (trimmed)
- 1 tbsp. olive oil
- 1/3 cup red onion (cut crosswise into 1/4 inch thick slices and separated into rings)
- 1/4 cup mushrooms
- 4 6" whole wheat tortillas
- 1 cup mix of cheeses—Asiago, pepper jack, cheddar, parmesan, or whatever you like (shredded)


Directions:

1. Grill asparagus, mushroom and onion in the Panini press to give it a nice roast.
2. Heat oil in a medium-high heat and cook omelet shell with eggs.
3. Remove grilled vegetables from Panini press.
4. Spray tortillas with cooking spray and place on Panini press.
5. Place omelet shell on tortilla shell. Sprinkle cheese on top.
6. Quickly place roasted vegetables on top of tortilla sprinkled with cheese.
7. Sprinkle with more cheese and add another tortilla on top, sprayed with cooking spray.
8. Press in Panini press for 2-3 minutes until cheese melts.
9. Cut quesadillas into wedges and serve or freeze for later!

Tip from Binks:

Pre-make and freeze omelet shells in advance. This will save you even more time in the mornings.





A little bit of turkey, a little bit of dried cranberry—these cozy flavors are an awesome way to warm up your morning!

Turkey Sausage Panini

Serves: 2

Preparation Time: 30 minutes

Ingredients:

- 4 eggs
- 1/4 cup cream cheese
- 2T dried cranberries
- 2T raisins
- 2T sunflower seeds
- 4 bread rounds
- 1T cheddar Cheese
- 4 turkey sausage patties


Directions:

1. Make omelet shell
2. Mix cream cheese with dried cranberries and raisins
3. Spread cream cheese on bread round
4. Sprinkle sunflower seeds on bread rounds
5. Add egg and cheese and sausage
6. Grill in Panini machine if desired.

Tip from Binks:

Feel free to try other super lean proteins from dinner in this breakfast sandwich. Incorporating dinner flavors in breakfast adds a nice change to the routine!





Asparagus in your breakfast? Who would've thought! Try this delicious and nutritious treat with one of spring's finest greens!

Asparagus & Asiago Strata

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- Olive oil cooking spray
- 1/2 cup asparagus (chopped into 1 inch pieces), plus about 10 pieces of asparagus (whole).
- 1/4 cup mushrooms (or however many you want)
- 1 chicken breast sliced into strips
- 1 whole grain tortilla
- 4-5 beaten eggs or use liquid eggs
- 5 slices of tomato
- 1/4 cup Asiago cheese (shredded)
- A pinch of salt & pepper



Directions:

1. Preheat oven to 325 degrees. Spray bottom and sides of a round baking dish with cooking spray (big enough for a large tortilla wrap).
2. Place tortilla in the dish.
3. Layer chopped asparagus, mushrooms and chicken nicely on top of tortilla.
4. Pour 3/4 of eggs over top of the vegetables and chicken. Make sure to save the remaining 1/4 of the beaten eggs for later.
5. Bake for about 15-20 minutes, until eggs firm up a little bit. When you take the dish out of the oven, the eggs will not be fully cooked, but the vegetables will have risen to the top.
6. Lay the uncut asparagus in a nice spiral pattern on top of the half cooked strata. Layer with tomato slices.
7. Pour remaining eggs on top of the spiral pattern. Sprinkle with cheese.
8. Cook in the oven for 5-10 more minutes until eggs rise and set.
9. Remove from oven, let cool and enjoy!

Tip from Binks:

Make sure you spray the baking dish really well. The tortilla sticks to the bottom easily in the dish!

Broccoli rabe adds a fun spring flavor to your first meal of the day! The crunch of the green mixed with the melted cheese will definitely get you going!



Broccoli Rabe & Asiago Strata

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 3/8 tbsp. macadamia nut oil
- 1/4 garlic clove minced
- 3/4 cup broccoli rabe, coarsely chopped
- 1/2 cup spinach
- 1/2 cup red pepper
- 1 1/2 cup liquid eggs or use desired amount of regular eggs
- 1/4 cup Asiago cheese.

Directions:

1. Heat oil in a large skillet over medium heat. Sauté garlic, broccoli rabe, red pepper and spinach over medium heat.
2. Spray an oven safe baking bowl or dish with cooking spray. Line it with tortilla shells. Push them in nicely so they almost mold with the bowl or dish.
3. Add the cooked vegetable mixture in the tortilla-lined dish. Pour desired amount of liquid egg substitute on top. Sprinkle with Asiago cheese.
4. Bake in a 350 degree oven for 20-25 minutes or until eggs are cooked and top is golden brown.
5. Serve hot or warm.

Tip from Binks:

You can certainly save a little time by using roasted red pepper instead of regular red pepper, but just remember that will leach out a lot of water -so be careful!



The best part about stratas: they can be made in advance! These basic ingredients are packed with protein to jump-start your spring day!



Turkey Sausage & Spinach Strata

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1 tbsp. macadamia nut oil
- 4 ounces turkey sausage (cut into bite size pieces)
- 1/2 onion (chopped)
- 4 1/2 oz. spinach (baby)
- 1 garlic cloves (minced)
- 1/2 Italian bread (cubed Italian bread)
- 1/2 cup gruyere cheese (shredded) or whatever cheese you like
- 4-6 large eggs
- 2 low carb whole grain tortilla wraps


Directions:

1. Preheat oven to 350 degrees.
2. Heat the oil in a heavy large skillet over medium heat. Add onions and garlic and caramelize.
3. Add spinach and sauté for about 2 minutes
4. Spray baking dish and line with tortilla wraps.
5. Put sautéed mixture into the tortilla-lined dish.
6. Pour beaten eggs or egg substitute into the dish and cover meat mixture.
7. Add a little bit of breadcrumbs on top—just enough to cover and give it a nice crust.
8. Sprinkle cheese on top.
9. Spray strata with cooking spray.
10. Place in oven and bake for 20 minutes.
11. Take out of oven and let cool for 5 minutes before serving.

Tip from Binks:

Stay organized and make time to cook up this strata. Not only is it delicious, but you will have breakfast made for 3 or 4 days of the week!





Wraps are versatile and easy—you can cook just about anything you have and make it into breakfast. Try using these cured pork loin leftovers.

Cured Pork Loin and Goat Cheese Wrap with Spinach and Raisins

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1 tbsp. macadamia nut oil
- 1/2 cup turkey bacon finely diced
- 1 lb. boneless pork loin or super lean ham, sliced and diced (about a cup)
- 1 cup chopped spinach
- Raisins, to taste
- 2 tbsps honey
- 2 tbsps balsamic vinegar
- 2 tbsps dry red wine
- 1 sweet onion (minced)
- 1 tbsp fresh rosemary (chopped)
- 4 6" whole wheat wraps
- 4 eggs, scrambled or 2 cups egg substitute


Directions:

1. Heat macadamia nut oil in a skillet over medium heat.
2. Add onion, turkey bacon and ham. As that cooks, add spinach. (Add more macadamia nut oil to help cook the ham if needed).
3. Meanwhile, spread Neufchatel cheese on wraps.
4. Sprinkle no more than 10 raisins on each wrap.
5. Add eggs or egg substitute and scramble with ham and vegetables.
6. When eggs are cooked thoroughly, distribute among wraps.
7. Roll wraps and serve!

Tip from Binks:

Find a super lean ham for pork loin. It's important to keep track of fat and sodium to stay on track!





This is a nice little breakfast wrap, especially if you are looking for new flavors and textures—try this combination of meaty sun-dried tomato and melted Gouda to “fancy up” your everyday breakfast wrap!

Sun-Dried Tomato & Gouda Breakfast Wrap

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1/2 cup Neufchatel cheese (softened)
- 1/4 cup cheese (smoked gouda, shredded 1 cup)
- 1 cup turkey bacon bits, cooked
- 1/2 cup sun-dried tomatoes finely chopped (to taste)
- 1 cup spinach chopped
- 1/2 chopped onion
- 1 1/2-2 cups egg substitute
- 4 whole wheat wraps


Directions:

1. Heat a greased skillet over medium heat. Add onion, turkey bacon, sun-dried tomato and spinach and sauté until you get a nice golden brown on the onions or vegetables are soft.
2. As vegetables and turkey are cooking, spread Neufchatel cheese on wraps.
3. Add egg substitute to skillet and cook mixture thoroughly.
4. Spread egg scramble over wraps and sprinkle with Gouda cheese.
5. Roll your wraps.
6. Optional: Spray wraps with cooking spray and finish off in the Panini press
7. Serve and enjoy!

Tip from Binks:

Whenever possible, make things in advance. It will save you time and keep you on track! If you do make this in advance, skip the Neufchatel cheese because it doesn't freeze well.





Red onion and sun-dried tomato really compliment the flavors of the grilled chicken. Using dinner left overs in this breakfast adds extra protein to keep you feeling full until lunch!

Sun-Dried Tomato & Spinach Breakfast Burrito

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 cup diced grilled chicken
- 2 slices turkey bacon (diced)
- 1 cup egg substitute (lightly beaten)
- Salt & pepper to taste
- 4 6" whole-wheat tortillas (8 inch)
- 1 cup shredded cheddar cheese
- 1/4 cup diced red onion (thinly sliced)
- 1 cup sun-dried tomatoes, chopped
- 2 cups baby spinach, chopped
- 1/2 tsp. Cajun seasoning
- Salsa (optional)


Directions:

1. In a skillet, sauté onion, sun dried tomatoes, bacon and spinach over medium heat.
2. Add chicken and Cajun seasoning on top with salt and pepper to taste. Cook mixture until warm.
3. Add egg substitute and scramble until the eggs are completely set.
4. Spoon about 1/4 cup of egg mixture down the center of each tortilla; Spoon salsa over eggs if desired. Fold bottom and sides of tortilla over filling.
5. Spray rolled up tortilla with cooking spray. Put on hot Panini press until toasted.

Tip from Binks:

Plump up your sun dried tomatoes: do it quickly by soaking them in warm water or slowly over night in the fridge with cold water.





The term egg roll is used very loosely for this recipe. Think of it more as a quick and easy roll-up when you're on the go! We're going to add some spinach and sausage and pack in a little punch!

Turkey Sausage & Spinach Breakfast Egg Rolls

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- About 4 eggs
- 1 cup spinach chopped
- 1 cup crumbled turkey sausage
- 4 egg whole wheat wraps
- 1/2 cup reduced fat Monterey jack cheese
- 2 tbsp. Asiago cheese
- Non-fat cooking spray
- Salt, pepper and garlic seasoning to taste

Directions:

1. On the stove, heat a large skillet greased with cooking spray to medium high.
2. Whisk together eggs in a bowl and add to skillet.
3. Make omelet shell: When edges of eggs have cooked, flip and cook thoroughly on the other side
4. Assemble the egg rolls: on each wrapper, place egg omelet on top. Add turkey sausage, spinach and a pinch of shredded jack cheese and Asiago cheese. Add salt, pepper and/or garlic seasoning to taste. Fold and roll into a burrito or egg roll shape.
5. Spray the top of the egg rolls with cooking spray and place on the Panini press for two minutes until starting to crisp.

Tip from Binks:

Make omelet shells plain and freeze them between parchment paper to use for later. A great time savor for a busy day!





Seasons


{ Lunch }

So we've taken care of a protein-packed breakfast, now it's on to your mid-day meal. Typically, we go for huge three-course meals, giant sandwiches and enough soup for six people. But in order to change how we think about lunch, we have to remember the modifications we've made to our breakfast menu.

Remember that slice of toast? Or maybe it's a toaster pastry, a muffin or Danish. Regardless, that was keeping you full for about an hour and a half (if you're lucky). By the time we get to lunch, your blood sugar is so low you may actually possess the ability to eat a large member of the livestock family.

But that's not going to happen because we've given breakfast a makeover. You're full of lean protein and slow releasing carbs, and when lunch rolls around, you've barely noticed the time. You're full and focused on getting through your day.

Lunch means sustaining the healthy start you've given yourself in the morning. Grilled chicken, roast turkey and other lean cuts of meat are going to satisfy your appetite, while delicious flavor combinations and perfect side dish recipes take care of your cravings.

A close-up photograph of a burrito, cut in half, showing the filling. The filling consists of shredded chicken and a coleslaw made with purple cabbage. The burrito is wrapped in a light-colored, slightly textured tortilla. The background is a warm, orange-brown color.

Coleslaw is best in the spring when purple cabbage is fresh! Here's a great way to incorporate a healthy coleslaw into our mid-day meal!

Cajun Chicken Wraps with Norwegian-Style Coleslaw

Serves: 4

Preparation Time: 30 minutes, overnight refrigeration

Ingredients:

- 1/4 cup olive oil mayonnaise
- 1/3 tsp. Italian seasoning
- 1/3 tsp. Cajun seasoning
- 1/3 tsp. Dry mustard (be careful, a little bit goes a long way. It's very hot)
- 1/3 tsp. celery seed
- 1 tsp. white vinegar
- 1 tsp. Truvia
- 1/3 head cabbage
- 1 lb. cooked chicken breast, shredded

Directions:

1. Mix first 7 ingredients together to make dressing for coleslaw.
2. Add dressing to cabbage. Toss.
3. Fold chicken into coleslaw mix.
4. Spread chicken/coleslaw mix onto wrap.
5. Serve and enjoy!

Tip from Binks:

If you have the time, refrigerate coleslaw for 24 hours to get ultimate flavor.



Springtime can be tricky for our diets as we transition from winter—some of us may still be craving those heavier flavors. This recipe does a great job of using fresh spring ingredients without sacrificing sustenance!



Chicken & Hummus Wrap with Green Bean Side Salad

Serves: 4

Preparation Time: 45 minutes

Ingredients:

Wrap:

- 2 6" whole wheat wraps
- 8 tbsps. hummus
- 1-2 cups grilled chicken breast
- 1 cups baby spinach

Wrap:


- Coarse salt and ground pepper
- 1 pound green beans, trimmed
- 1/3 cup chopped scallions
- 1/3 cup red onion, sliced
- 1/3 cup red pepper, diced
- 2 tbsp. olive oil
- 2 tablespoons fresh lemon juice (from 1 lemon)

Directions:

1. Combine salad ingredients.
2. Spread hummus over wrap, place chicken and veggies along center of wrap and fold.

Tip from Binks:
The darker green the vegetable, the more nutritionally dense.





Radishes are so much fun to work with.
A little spicy, very crunchy and perfect
for salads.

Spicy Spring Pork with Lentils & Radish Side Salad

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1 cup cooked pork loin, shredded
- 1/2 cup red onion
- 3/4 cup radish, chopped
- 1 tsp. thyme
- 1 tsp. paprika
- 1/8 tsp. dried mustard
- 4 tomatoes, chopped
- 2 leaves spring onions, chopped
- Salt
- 1/2 tsp. Truvia
- 1 tsp. sriracha
- 1 tbsp. olive oil

Directions:

1. Combine ingredients.
2. Distribute on a whole-wheat wrap and serve.

Tip from Binks:
These ingredients are spicy, so adjust as you need and omit the ones you don't like.



Tarragon is an unusual flavor but lends itself very well with quinoa! Incorporate this awesome grain into your diet with this light springtime recipe.



Turkey Swiss Wrap with Roasted Quinoa & Cucumber Salad

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 cup red quinoa
- 2 cups spinach
- 1 cup shredded roasted turkey
- 1 cup shelled pistachios, toasted and roughly chopped
- 1-2 baby cucumber, diced
- 1 slice of Swiss cheese julienned
- 1 tablespoon Sherry vinegar

Dressing:

- 1/2 cup olive oil
- 1-2 tsp. white vinegar
- 1 tsp. tarragon
- Salt and Pepper

Directions:

1. Pour quinoa, salt and water into a pot with a fitted lid and bring to a boil. Reduce heat to a gentle simmer and cover. Cook until water is absorbed, 15-20 minutes. Fluff with a fork.
2. Whisk together dressing ingredients.
3. Layer turkey on top of a bed of spinach. Lay cucumber, tomato, cheese and quinoa next to the spinach and turkey. Drizzle with dressing and garnish with pistachios.

Tip from Binks:
Separating the flavors in a salad is a nice approach to this dish.



Here's a number one go-to meal! Stuffed peppers are hearty and healthy if you make them the right way!



Chicken & Brown Rice Stuffed Peppers

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 2 large green or red bell peppers
- 1 cups cooked brown rice
- 1-2 cups cooked cubed chicken
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/2 cup chopped red pepper
- 1 teaspoon Cajun seasoning, or to your taste
- 2 tbsp. BBQ sauce
- 1-2 tbsp. shredded cheese of your choice

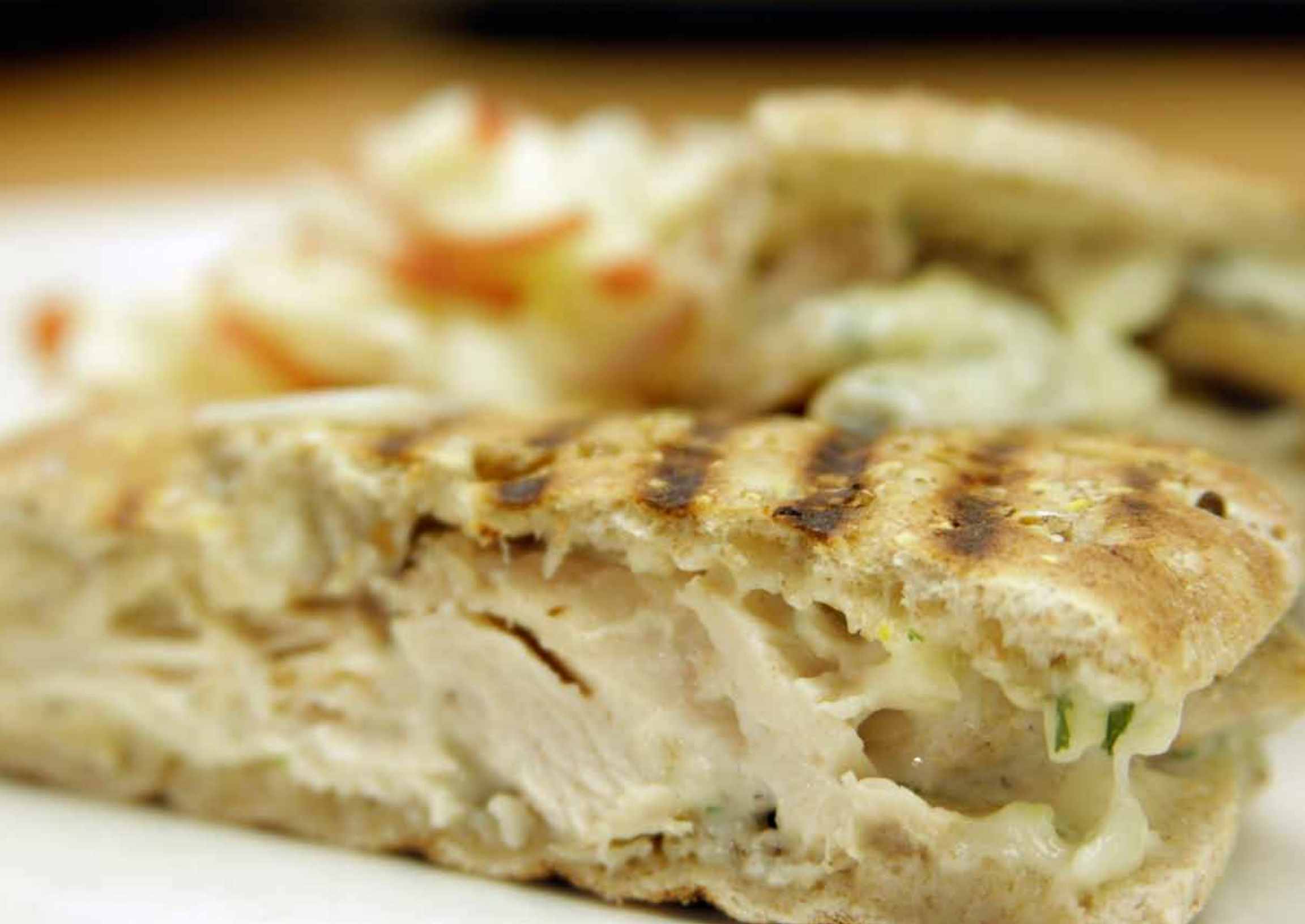
Directions:

1. Cut tops off peppers; remove seeds and membranes.
2. In a non-stick skillet, heat macadamia nut oil. Sauté onions, peppers and celery.
3. Add rice and chicken. Finish cooking the ingredients with Cajun seasoning.
4. Remove from heat and transfer to a mixing bowl. Add BBQ sauce and cheese. Mix ingredients with rice.
5. Stuff the peppers and finish off in the microwave—1-2 minutes!
6. Serve warm and enjoy!

Tip from Binks:

The spicier the food, the more water you'll drink. Keep drinking that water to stay hydrated and on track!





Grilled Chicken Sandwiches on Whole Grain Round Bread

Serves: 4

Preparation Time: 1 hour


Ingredients:

- 1/2 cup sage leaves (lightly packed fresh, 2 large bunches)
- 1/2 cup pine nuts (4 ounces)
- 1/6 cup parsley leaves
- 23 garlic clove
- 12 cup olive oil (3 tablespoons)
- 4 tbsps freshly grated parmesan cheese
- 4 boneless skinless chicken breast halves
- 4 slices whole grain round bread
- olive oil mayonnaise
- 2 fuji apples (halved cored thinly sliced)

Directions:

1. Blend sage leaves, pine nuts, parsley, and garlic in processor until mixture is finely chopped.
2. With machine running, add 3/4 cup oil and blend until thick paste forms. Mix in cheese. Transfer to small bowl; season with salt and pepper. (Can be made 1 day ahead. Press plastic wrap onto surface of pesto and refrigerate. Bring to room temperature before using.)
3. Place each chicken breast between sheets of waxed paper. Using rolling pin or meat mallet, pound each to 1/2-inch thickness. Brush chicken with 3 tablespoons oil; sprinkle with salt and pepper. Let chicken stand 30 minutes.
4. Prepare barbecue (medium heat). Grill chicken until firm to touch and cooked through, about 5 minutes per side. Transfer chicken to platter. Grill round bread slices until just beginning to brown, about 1 minute per side.
5. Arrange bread on work surface. Spread each with mayonnaise. Top each with overlapping layer of sliced apple, then 1 chicken breast.
6. Drizzle each chicken breast with pesto. Spread pesto on cut side of bread tops. Place tops on chicken, pesto side down. Cut sandwiches in half on diagonal. Transfer sandwiches to plates and serve.



A close-up photograph of a dish featuring sliced sausage, green onions, and white beans. The sausage is cut into thick, reddish-brown slices. The green onions are cut into small, bright green rings. The white beans are whole and scattered throughout the dish. The background is slightly blurred, showing more of the same ingredients.

A creative and fun way to use meatloaf leftovers! You'll be surprised how well the chunks of meat pair well with barley.

Meatloaf and Barley Stew

Serves: 4

Preparation Time: 2 hours

Ingredients:


- 1/3 cup onions (chopped)
- 1/3 cup chopped celery
- 1/3 cup chopped green pepper
- 1 clove cloves garlic (chopped)
- 2/3 lb leftover meatloaf
- 2 2/3 cups water
- 1 1/3 T beef base
- 1/3 cup cannellini beans (chopped)
- 1/4 cup barley (regular coked)
- 1/2 tsp Cajun seasoning
- 1/7 ozs crushed tomatoes (and juice)

Directions:

1. In soup pot, sauté vegetables until they become translucent.
2. Add Cajun seasoning to the barley and mix.
3. Add barley, beans, beef base, tomatoes, left over meatloaf and water. Cook for 20 minutes. Simmer.
4. Ladle into bowls and serve.

Tip from Binks:
Tomatoes are a fruit. They will increase your blood sugar so watch the amount you consume!



A close-up photograph of a sandwich. The sandwich is filled with layers of sliced corned beef, sauerkraut, and melted cheese. The corned beef is a reddish-pink color, and the sauerkraut is a pale yellowish-white. The melted cheese is a bright yellow. The sandwich is served on a golden-brown crusty roll. The background is blurred, showing more of the sandwich.

Lunch can be tricky because it is right in the middle of the busiest part of the day. Here's a healthy take on corned beef— and what better time of the year than spring to enjoy this festive meat!

Reuben Pizza

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 whole grain flat bread shell
- 2 tbsp. thousand island dressing
- 1 cup Swiss cheese (shredded)
- 3 oz. corned beef (deli sliced, cut into strips)
- 1/2 cup sauerkraut, rinsed, drained and squeezed dry
- 1/4 tsp. caraway seed
- 1/8 cup dill pickles (chopped, optional)


Directions:

1. Spread the salad dressing over the crust. Arrange corned beef on top of salad dressing, layer with sauerkraut, Swiss cheese and caraway seed.
2. Bake in 350-degree oven for 5-10 minutes until cheese is melted. Sprinkle with chopped pickle. Let stand for 5 minutes before slicing.
3. Serve and enjoy!

Tip from Binks:

Try making your own Thousand Island dressing with olive oil mayonnaise, a small amount of ketchup and a dash of sweet relish.





Dense in flavor, yet light in feeling.
Try this super easy chili!

White Bean & Chicken Chili

Serves: 4

Preparation Time: 40 minutes

Ingredients:

- 1 tbsp. macadamia nut oil
- 1/2 cup onion (chopped)
- 1/2 cup celery
- 1/2 cup red pepper
- 1/4 cup sun dried tomato
- 1 clove minced garlic
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1/2 tsp. Cajun seasoning to taste
- 1/2 lb. cooked chicken (diced, meat)
- 1 cup white beans
- Pinch salt
- Pinch black pepper
- 1 tsp. low sodium chicken base


Directions:

1. Heat oil, and cook celery, onion, red pepper, and sun dried tomatoes until flavors develop and vegetables begin to get soft.
2. Add garlic and stir in with the vegetables.
3. Add cumin, dark chili powder and Cajun seasoning. Sauté everything together.
4. Add water, beans, chicken breast and chicken base. Give it a good stir and bring it back to a boil.
5. When chili is cooked, taste and adjust seasoning as needed.
6. Serve and enjoy!

Tip from Binks:

Store bought Cajun seasoning is loaded with salt. If you're not making your own, be careful of the amount you add into your



A close-up photograph of a sandwich, likely a roast beef sandwich, showing layers of meat, melted cheese, and onions. The sandwich is cut in half, and the filling is visible. The bread is golden brown. The image is slightly blurred, focusing on the texture of the ingredients.

Spice up that left over roast beef from last night's dinner!

Beef & Mozzarella Cheese Panini

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 2 whole wheat pita wraps
- 2 cloves garlic minced
- 6 ounces roast beef, sliced and fat removed
- 1 cup red onion, sliced
- 1 roma tomato diced
- 3 tbsp. mozzarella cheese

Directions:

1. Spray pita with olive oil cooking spray. Place on warm Panini grill to warm up for 2 minutes.
2. Build the Panini by layering roast beef, onion, tomato, roasted garlic and a touch of mozzarella cheese on top of wrap.
3. Place in 350-degree oven form 3 minutes.
4. Enjoy your open faced Panini!

Tip from Binks:
Make sure you remove the white fat from your roast beef before incorporating in your meals!



Easy, fun, great flavors. That's what this Philly cheese steak style wrap is all about!



Philly Cheese Steak Style Chicken Wraps

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 lb boneless, skinless chicken breasts, grilled and shredded
- 1 cup yellow or white onion, sliced
- 1 cup red pepper, sliced
- 1 cup fresh, sliced mushrooms
- 2 6" whole wheat pita wraps
- Mayonnaise
- 2-3 tbsp. shredded mozzarella cheese
- 2 tbsp. roasted garlic salt, mashed with olive oil to make a spread
- Macadamia nut oil

Directions:

1. Spray pita wrap with olive oil cooking spray. Sear it off in a pan or a Panini grill.
2. Heat the macadamia nut oil in a frying pan. Sauté onions and peppers until caramelized. Add the mushroom and cook for a few more minutes.
3. Spread roasted garlic onto the pita wraps.
4. Transfer vegetables onto wraps. Add shredded chicken on top. Sprinkle with mozzarella cheese.
5. Bake in 350-degree oven for 3-4 minutes until cheese is melted.
6. Serve open faced and enjoy!

Tip from Binks:

You won't have to add salt if you take the time to sauté the vegetables in high heat and allowing them to naturally caramelize!



Here's a few savory flavors to lighten up your spring day lunch! The touch of apple compliments the sunflower seeds and chicken quite well!



Grilled Chicken Sandwich with Apple & Sunflower Seeds

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 cups olive oil mayo
- 1 tbsp. sunflower seed
- 1 tbsp. Parmesan cheese
- Pinch Parsley
- Pinch Black pepper
- Pinch salt
- 4 cooked grilled chicken breast
- 4 whole grain bread rounds
- 1 apple


Directions:

1. Mix first 6 ingredients.
2. Make sandwich with chicken breast and mayo mix and grill in Panini grill or pan.
3. Dice apple as garnish and serve.

Tip from Binks:

Boneless skinless chicken breast—don't buy two, buy 20. Marinate it in your favorite (healthy) salad dressing and grill them up ahead of time. Freeze them so you always have them on hand.



A close-up photograph of a Panini sandwich. The sandwich is filled with layers of meat, melted cheese, sliced onions, tomato slices, and fresh basil leaves. The bread is golden brown and slightly charred. The background is blurred, showing more of the sandwich and some green herbs.

No matter which way you slice this, it's going to come out nice. Enjoy this warm and filling Panini as your mid-day meal!

Roast Beef & Spinach Panini with Sun-Dried Tomato

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 whole wheat pita round
- 4 oz. roast beef thinly sliced
- 1/2 cup red onion
- 4 tsps. sun-dried tomatoes
- 2/3 cup red pepper
- 1/3 cup cheddar cheese
- 1 cup chopped spinach


Directions:

1. Spray pita with olive oil cooking spray. Heat up in Panini grill or pan for a minute.
2. When warm, take out the pita and begin to build your sandwich with nice layers of roast beef, red onion, red pepper, sun dried tomatoes, cheese, a pinch of salt and a touch of pepper.
3. Place in 350-degree oven for 4-5 minutes.
4. Add chopped spinach on top.
5. Cut into quarters and serve.

Tip from Binks:

Just because it says "100% whole grains" doesn't mean it is. There will usually be a star on the product, and on the back it will read, "100% of the USDA recommended daily value"—which means it's not fully made with whole grains.





Remoulade is the showcase ingredient in this dish. We make our remoulade with ingredients you probably already have at home—it's easy and healthy too!

Turkey and Gouda Panini with Remoulade Mayonnaise

Serves: 4

Preparation Time: 45 minutes

Ingredients:

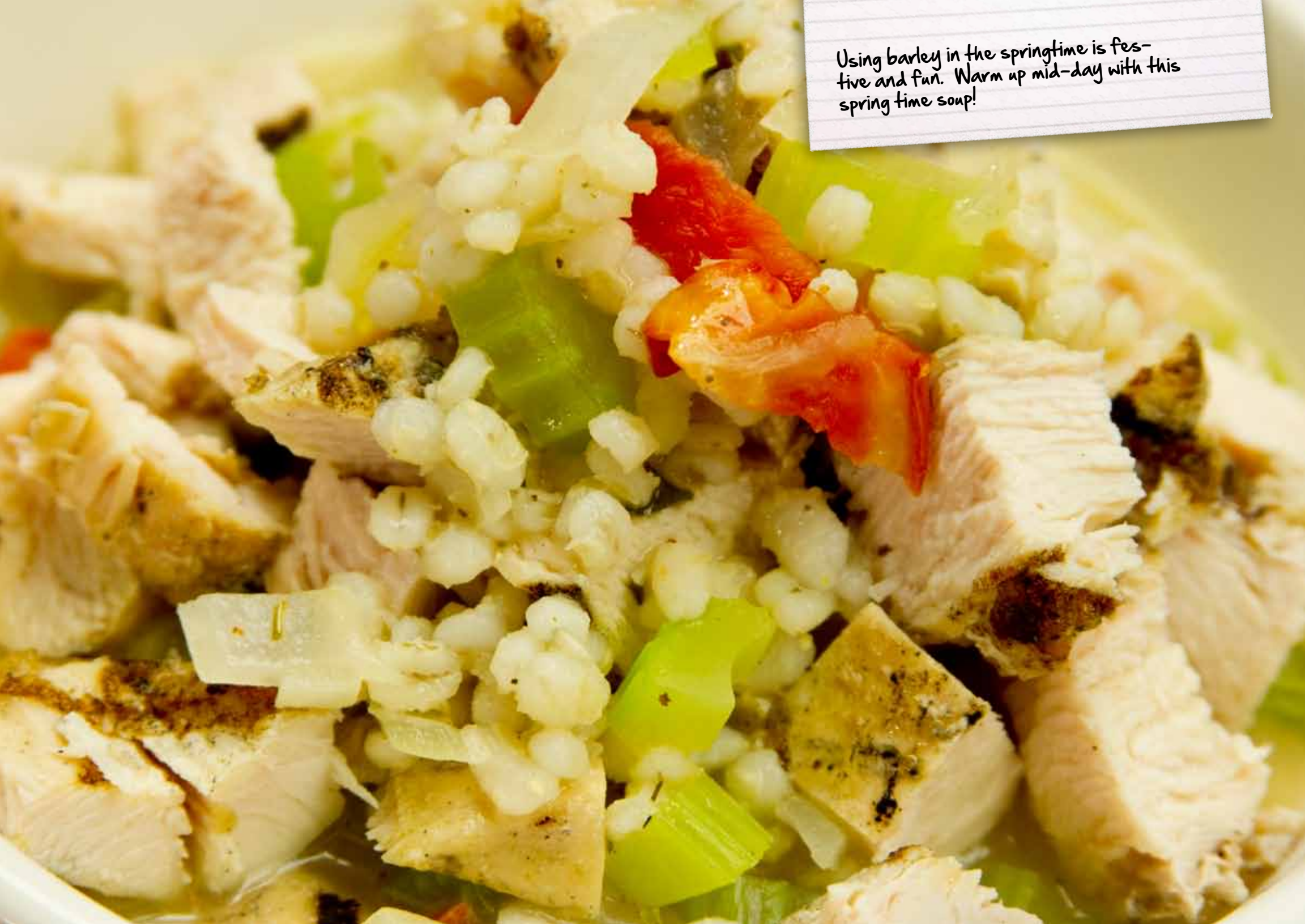
- 3/4 cup mayonnaise
- A pinch of sweet relish
- 1/2 tsp. Cajun seasoning (or to taste)
- 1/2 lb. turkey breast sliced or diced
- 1/2 tbsp. capers
- 1 tsp. dried parsley
- A touch of cayenne pepper
- 2 tbsp. gouda cheese crumbled
- Whole wheat pita rounds

Directions:

1. Mix first 3 ingredients to make remoulade. base
2. Place 3 spoonfuls of remoulade base in a mixing bowl. Add capers, parsley and cayenne pepper. Mix together and stir in gouda.
3. Spray pita rounds with olive oil cooking spray.
4. Heat skillet. Place one pita in skillet and spread with remoulade mixture. Layer turkey slices. Repeat with more remoulade and top with the other pita round.
5. Grill the bottom half of the Panini until mixture is warm and melted. About 2 minutes, then flip over.
6. Cut in half and serve.

Tip from Binks:
Feel free to use other lean meat instead of turkey!





Using barley in the springtime is festive and fun. Warm up mid-day with this spring time soup!

Chicken & Barley Soup

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 1 lb. cooked chicken cut up
- 8 cups water
- 1 tsp. parsley
- 1/2 cup sun dried tomatoes
- 1-1/2 cups chopped carrots
- 1 cup chopped celery
- 2 cloves garlic minced
- 1/2 cup medium pearl barley
- 1/2 cup chopped onion
- 1 teaspoon chicken bouillon granules (chicken base, mixed)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon rubbed sage

Directions:

1. In a large stockpot, boil water.
2. Add sun dried tomatoes and parsley and let plump up for a few minutes.
3. Meanwhile in a skillet sauté onions, garlic and celery in macadamia nut oil over medium heat—just for a few minutes.
4. Place vegetables and barley in stockpot.
5. Soup will start to thicken on it's own. Add chicken base and sage and stir into soup.
6. Bring to a boil. Reduce heat; cover and simmer for 1/2 hour or until vegetables and barley are tender. Add more water if needed.
7. When soup is done simmering, ladle in bowls and serve with diced chicken on top.

Tip from Binks:

Barley is a great alternative side dish instead of pasta, rice or potatoes. Try it next to your main dish at dinner!



A light spring soup packed with protein!



Cream of Leek Soup

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1-2 large leeks, sliced, white and tender green parts
- 1/2 cup white onion
- 2 garlic cloves minced
- 6 cups water
- 2 tbsp. chicken base or chicken bouillon
- 1 tsp. lemon juice
- 1 chicken breast, cut into cubes

Directions:

1. In a hot skillet, add leeks, white onion and garlic. Add macadamia nut oil and sauté until flavors begin to come together.
2. When onions and leek have softened, add to a large heavy saucepan.
3. Add water and bring to a boil. Add chicken flavor and let soup simmer for 10 minutes.
4. When soup is finished simmering, add chicken and lemon juice.
5. Ladle into bowls and serve!

Tip from Binks:

Have roasted or grilled chicken breast ready on hand by making them up in bulk and freezing them individually. It will save you lots of time and keep you on track!



Lentils have a beautiful aroma that translates well into soups. The arugula adds a nice bite in this vegetable based delight!



Lentil & Arugula Soup

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4 cups water
- 1 T unsalted vegetable base
- 1-1/2 cups lentils
- 1 bunch Arugula
- 1 squeeze lemon juice
- Salt and pepper to taste

Directions:

1. Bring water to boil and add lentils. Boil for 35-40 minutes until lentils are cooked and soft.
2. Add vegetable stock to the soup.
3. Use immersion blender to puree just until smooth. Start off on low before you pick up the speed.
4. Add arugula in at end to finish, and a squeeze of lemon juice if you'd like.

Tip from Binks:

An immersion blender is a great tool to have in the kitchen. Changing up the texture is important so you don't feel like you're getting stuck eating the same things over and over again!



Sweet potatoes are great to maintain the metabolism. Try it in this soup—the sweet flavor compliments well with cinnamon, ginger and nutmeg.



Sweet Potato Soup

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 1/2 cups chicken stock (or chicken base)
- 1 tablespoon truvia
- 1 1/2 cups sweet potatoes, cut into chunks
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup almond milk
- Salt and pepper to taste

Directions:

1. In a heavy saucepot, over medium heat, add 6 cups of water. Bring to a boil and cook the sweet potatoes for a good half hour.
2. Add chicken base and give it a good stir.
3. Simmer and stir in spices.
4. Gently blend the soup with an immersion blender. Add almond milk and continue to stir with immersion blender.
5. Season with salt and pepper, ladle into warm soup bowls and serve. Or freeze for later.

Tip from Binks:

If you're in a rush, cut the sweet potato into smaller chunks. It will cook faster in the soup!



Sweet and spicy! It's another one dish wonder!
Try this delicious and nutritious pork wrap!



Pulled Pork Wrap

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 tsp. macadamia nut oil
- 2 cups shredded pork loin, fat removed
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 1 banana pepper
- 1 tsp. Cajun seasoning
- 1 tsp. sweet smoked paprika
- 1 tsp. cayenne pepper (or to taste)
- 1/4 cup water
- 2 small tomatoes
- 1/4 cup dried cranberries
- 4 6" whole wheat wraps

Directions:

1. Preheat oven to 450F.
2. Heat macadamia nut oil in a cast iron skillet. Add onions and cook. As onions begin to become translucent, add garlic and continue to sauté. Add hot pepper into the pan with stem removed.
3. Meanwhile, remove the saturated fat from the pork loin. Cut it open so it's flat in shape. Rub with Cajun seasoning.
4. Push pork into the onion garlic mixture. Then brown the meat and continue to cook a few minutes.
5. Add water into the pan. Then add tomatoes and dried cranberries.
6. Cover with aluminum foil and put in the oven for 1 hour.
7. Be very careful when removing from the oven.
8. Use a fork to shred the meat.
9. Serve mixture on a sandwich or as a taco, topped with shredded cabbage, chopped tomatoes, sliced avocado, alfalfa sprouts and pickled red onions.

Tip from Binks:

You can still have pulled pork.
Just choose the right cut of meat
and remove the saturated fat!



A super easy and affordable recipe to use up those roasted chicken and turkey leftovers!



Pulled Turkey & Bean Salsa Wrap

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 cup left over roasted chicken and/or turkey—shredded fat removed.
- 1 cup Arugula
- 1/2 cup white beans
- 1 cup Celery
- 1 cup Salsa
- 1/4 cup Cheddar cheese
- Whole grain wraps


Directions:

Mix above ingredients and serve in wraps or serve as a cold salad.

Tip from Binks:

That \$5 roasted chicken from the supermarket goes a long way! Have it for dinner one night, use left overs in a salad, or try it in this wrap!



A close-up photograph of a beef stew. The dish features chunks of tender beef, vibrant green peas, sliced red onions, and a piece of golden-brown, crispy fried bread. The ingredients are arranged in a way that highlights their textures and colors. A white, lined paper note is placed in the upper right corner of the image.

We're stewing the ingredients together to really bring the flavors out! Try this new twist on beef!

Venezuelan Pulled Beef Wrap

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 4 tbsps. macadamia nut oil
- 1 1/2 carrots (chopped)
- 1 1/2 stalks chopped celery
- 1 onion (chopped)
- 1 lb. beef tenderloin cut into chunks
- 1 cup brown rice
- 2 small tomatoes
- 1/2 red bell peppers (chopped and/or pre-roasted)
- 1 bay leaf
- A pinch of black pepper
- 3/4 cup salsa
- 1/2 cup black beans
- 4 6" whole wheat wraps

Directions:

1. In a large casserole (that has a tight fitting lid) or large pot, heat 3 tablespoons oil over medium-high heat. Add the carrots, celery, and 1 onion and fry for a few minutes until softened; add 2 tablespoons more oil to the pan, if needed, and add the meat.
2. After meat cooks for a few minutes, add tomatoes, bell pepper, bay leaf, black pepper, and salsa and give it a good stir. Let it cook down for 45 minutes.
3. Remove bay leaf.
4. Give the mixture another good stir, and add rice and beans. Cook for 10 more minutes, until rice absorbs extra liquid.
5. Serve in a tortilla wrap, or any way you desire!

Tip from Binks:

This mixture is versatile. Eat the rice/meat/vegetable mixture alone, serve it as quesadillas, put it on top of a green salad or make a wrap out of it! Of course, you can freeze too.





Seasons

{ Snacks }

Think about your body's fuel tank around 2:30 p.m. You're feeling tired, you have a few hours before dinner, and your blood sugar is crying for attention. Let's skip the coffee cake or doughnuts that are staring you down from the break room, and go for an expertly designed combination of whole grains and lean protein that will fill you up (and avoid the crash) in a way those tempting office predators can't.

Refuel and energize yourself, keeping your metabolism stable while you work hard. These recipes include flavors you love with nutrition your body needs.

Keep up that engine—maintain your metabolism by having healthy snacks on hand. Here's one that bursts with spring flavor.



Artichoke Dip

Serves: 4

Preparation Time: 35 minutes

Ingredients:

- 1 oz. artichoke hearts (marinated, drained and quartered)
- 1/3 cup olive oil mayonnaise
- 2 tbsp. grated parmesan cheese
- 1 oz. Neufchatel cream cheese (softened)
- 1/4 tsp. garlic powder
- Black pepper and crush red pepper to taste


Directions:

1. In a food processor, combine artichoke hearts, mayonnaise, Parmesan, cream cheese and spices. Pulse a few times.
2. Serve and enjoy!

Tip from Binks:

Keep eating, don't skip meals. Every 2-3 hours you should be having a small, healthy snack in between meal times. This will maintain your metabolism!





Chicken "hummus" is a different take on your traditional dip—it's packed with protein and a great way to use up those leftovers!

Chicken Hummus

Serves: 4

Preparation Time: 15 minutes

Ingredients:


- 1 cup garbanzo beans (drained)
- 1 cup chicken breast, cooked
- 2 grilled hot peppers
- 1/2 cup cooked spinach
- 1/4 tsp. salt
- 1/2 tsp. dried garlic
- Black pepper to taste
- 1/4 cup olive oil

Directions:

1. In a food processor, grind chicken and beans until they are about the same consistency.
2. Add peppers, spinach, garlic, salt and pepper. Put the lid back on and turn on food processor. Gently pour in a stream of olive oil as your blend. Process until smooth.

*Tip from Binks:
Try making this with turkey or
any lean source of protein!*





No matter the season, the traditional flavor of hummus is a must-have snack! Add a touch of spring by mixing with Roquefort cheese and arugula!

Roquefort and Arugula Hummus

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 1 can garbanzo beans (drained)
- 2 -3 cloves of garlic
- 1/4 cup Roquefort cheese (crumbled)
- 1 tbsp. tahini
- 1 A touch of salt
- Black pepper to taste
- 2 oz. arugula, chopped
- 1 1/2 tbsps. lemon juice
- 1/4 cup olive oil


Directions:

1. In a food processor, pulse beans and garlic a few times until they are about the same consistency.
2. Add salt, pepper, garlic, cheese, arugula, tahini and lemon juice. Put the lid back on. Gently pour in a stream of olive oil as your blend. Process until smooth or your desired consistency.

Tip from Binks:

The secrets to a great hummus are a good quality olive oil and tahini. If you don't like tahini, leave it out.





These snacks are super easy to make in advance, and make it super easy to stay on track. This Greek-infused spread calls on the flavors of comfort food...without the extra calories!

Spinach Feta Spread

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 1/3 cup Neufchatel cream cheese (softened)
- 1/2 cup feta cheese
- 1/2 tsp. granulated garlic
- 1/3 cup spinach (fresh)
- A pinch of black pepper

Directions:

1. Process garlic, cream cheese, feta and fresh spinach
2. Pulse.
3. Fold with spatula and smooth out the dip.
4. Serve or chill in fridge.

Tip from Binks:

Neufchatel cheese has 1/3 the fat of cream cheese—in general, softer cheeses are less fattening than harder cheese.






Seasons

{ Dinner }

Our dining culture dictates dinner as the largest meal, full of heavy carbs and huge portions. This is the meal that benefits the most from the lessons in this book. What we're proposing might shock you, but here it goes: You can eat everything you love, just by making those dishes with better ingredients. Do you like steak? How about pasta? Flip through this section, you'll be surprised to see all your old favorites.

Portion control is easy when you aren't suffering from hunger pains. Staying full during the day will keep you from mindlessly shoveling leftovers in your mouth in front of the open fridge. It's that easy. Right ingredients and the right amounts of food will help you lose weight, drop body fat and get in shape.



As we move into the warmer seasons, it's easier to incorporate more salads into our diets. Try this juicy beef tenderloin on top of arugula!

Beef Tenderloin with Arugula & Caramelized Onion Salad

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 tablespoons macadamia nut oil
- 3/4 cup onions thinly sliced
- 1 garlic clove minced
- 2 tablespoons balsamic vinegar
- 1 cup arugula
- 1 lb. left over beef tenderloin, cut into strips.
- 1 pinch lemon pepper
- Goat cheese to taste

Directions:

1. Add desired seasonings to tenderloin and cook on grill for about 5 minutes or until preferred doneness.
2. Heat oil in heavy large skillet over medium-high heat. Add onions. Sauté until golden. At the half way point during the caramelization process, add your garlic and continue to sauté.
3. Add balsamic vinegar to the skillet. Let liquid cook down and simmer.
4. Add a handful of arugula and continue to sauté.
5. Add a little more macadamia nut oil (1 tsp.) so vegetables don't get too dry.
6. Kill the heat. Add a pinch of lemon-pepper to brighten the flavor.
7. Arrange mixed greens in a mixing bowl. Drizzle vegetable-balsamic-oil mixture on top. Toss so the oil cooks the greens a little.
8. Arrange wilted greens on a plate. Top with beef tenderloin and a few crumbles of goat cheese.

Tip from Binks:
You can pick any type of greens, but choose the darker ones as they are more nutrient dense!



Flatiron is a lean meat. Served with porcini mushroom sauce, this is a delightful dinner for any spring night.



Blackened Flatiron with Porcini Mushroom Sauce

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 2 tbsp. macadamia nut oil
- 1 1/2 lbs. flatiron steak
- 2 tbsps. blackening seasoning (Use low sodium -Check the label)
- 1 bunch asparagus tips
- 1 tsp. garlic
- 1/2 cup porcini mushrooms (reserve the water (broth) if you hydrated dried mushrooms in bowl of water)


Directions:

1. Coat grill rack with cooking spray; preheat grill or cast iron pan.
2. Season both sides of steaks with blackening seasoning.
3. Place steak on grill or cast iron pan (wash hands).
4. Finish in the oven for 15 minutes at 375 degrees.
5. In skillet with oil, cook mushrooms garlic and asparagus with salt over moderately high heat, stirring occasionally, until liquid from mushrooms is evaporated, about 5 minutes. Add a little bit of the mushroom broth and bring to a boil.
6. Slice meat into strips, arrange desired amount on a plate. Top with sautéed mushrooms, asparagus and garlic.

Tip from Binks:

Make sure you are in a well-ventilated kitchen, as the rub on the meat will create a ton of smoke when you blacken it.





Steak doesn't have to be off the menu in your new lifestyle. It's all about picking the right cut of meat and preparing it healthy. Here's one for you to try.

Grilled Sirloin with Arugula & Balsamic Dressing

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 2 tbsp. balsamic vinegar
- 3 tbsp. macadamia nut oil
- Salt and pepper to taste
- Juice from 1 lemon
- 1 lb. sirloin steak
- 4 cups baby arugula
- 1/2 cup cherry tomatoes, sliced
- Asiago cheese to taste


Directions:

1. Heat the gas grill to medium high.
2. Brush steak with macadamia nut oil
3. Sprinkle steak with a pinch of salt and pepper.
4. Let come to room temperature (about 30 minutes).
5. In a skillet, sauté garlic in macadamia nut oil over medium heat.
6. Add balsamic vinegar and let simmer. Add tomatoes and cook until they are warmed up. Remove from heat.
7. Transfer the steaks onto the grill.
8. Grill the steak on both sides for about 5 minutes for medium rare.
9. Set it onto a plate, cover tightly with aluminum foil and let it rest for 10 minutes.
10. Slice the steak into 1/2 inch slices.
11. Arrange steak on plate and top with arugula & tomato-balsamic reduction.
12. Sprinkle with the cheese and serve immediately.

Tip from Binks:

Adding the vinegar into the hot oil can create a flame. Make sure your vent is on when cooking.





It's time to glove-up for this spicy goodness! The extra prep to make these steak-stuffed peppers will be worth it when they hit your mouth!

Steak-Stuffed Peppers with Pinto Beans

Serves: 4

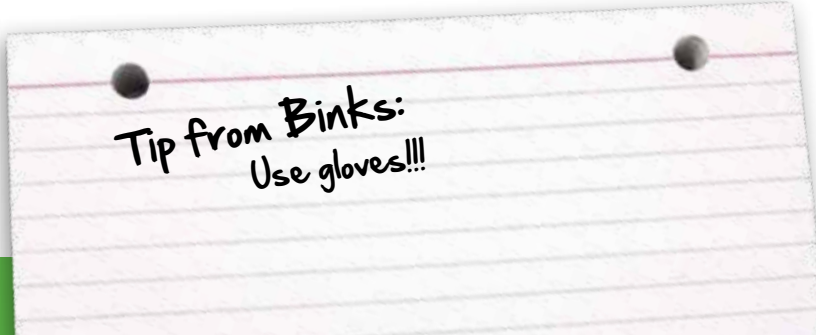
Preparation Time: 45 minutes

Ingredients:

- 2 Poblano peppers (halved and seeded)
- 1 cup sliced steak
- 2 oz. shredded cheese
- 1/4 cup red bell pepper (diced)
- 1/4 cup onion (chopped)
- 1/4 cup pinto beans (black, drained and rinsed)
- 1 tbsp. BBQ sauce—check the sugar content or make your own!
- A pinch of Cajun seasoning
- 1/2 cup pre-cooked rice

Directions:

1. Preheat broiler. Place peppers (skin side up) on a baking sheet coated with cooking spray. Broil 15 minutes or until blackened. Flip and grill other side.
2. Meanwhile, in a large bowl, mix onion, beans, sweet pepper, steak strips, rice, a pinch of cheese and BBQ sauce. Add a pinch of Cajun seasoning if you would like. Mix ingredients together.
3. When peppers are cooked, remove from grill (be careful they are hot!)
4. Cut off the stems of each pepper. Remove seeds by putting a slit in the peppers, opening them up and sliding the seeds out with a spoon. If you want your peppers overwhelming spicy, leave the seeds in.
5. Spray a baking dish with olive oil cooking spray. Lay the peppers in the dish. Spoon mixture evenly among peppers and top with more cheese.
6. Bake for 10-15 minutes or until cheese is melted.



Tip from Binks:
Use gloves!!!



It's that time of year when asparagus is at its peak! Pair it with a strip steak for an awesome well-rounded meal!



Strip Steak with Asparagus & Roquefort Cream Sauce

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 3 tbsp. macadamia nut oil
- 1 strip steak
- 1 cup almond milk
- Cajun Seasoning
- 2 garlic cloves (minced)
- 2 tbsp. gorgonzola cheese
- 2 tbsp. parmesan cheese
- Fresh asparagus, 12 stalks


Directions:

1. Preheat grill. Season steak by rubbing with macadamia nut oil and Cajun seasoning. Add steak to skillet and cook until desired doneness. Grill asparagus simultaneously.
2. Heat oil in heavy large skillet over medium-high heat. Add milk, garlic and a pinch of Cajun seasoning. Stir and bring to a boil. At the last minute, add gorgonzola and grated parmesan cheese. Let simmer and whisk until cheese is melted and sauce is smooth. Add more almond milk if it's too thick. When you reach a nice sauce consistency, remove from heat.
3. Transfer steak and asparagus to platter. Drizzle with cheese sauce.
4. Serve and enjoy.

Tip from Binks:

Almond milk is a great alternative to milk. It gives recipes a creamy texture when needed, or fluffs things up when whisked with eggs.





Stuffed chicken is an easy and inexpensive way to end up with a nutritious and complete meal! Give this Greek infused dish a try!

Artichoke & Feta Stuffed Chicken

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 4 boneless skinless chicken breast halves (thin pieces)
- Salt and pepper to taste
- 1 cup of 100% whole grain bread cut into squares
- 1/2 cup chicken stock
- 1/2 cup crumbled sheep's milk feta cheese
- 2 tablespoons minced fresh chives, divided use
- 1-1/2 teaspoons minced fresh dill, divided use
- 1/2 tsp. Lemon pepper
- 1 egg
- 1 (14-ounce) can artichoke hearts, rinsed, well drained and chopped 1-1/2 teaspoons grated lemon zest, divided use
- 1 garlic clove minced for sauce, optional garlic clove minced for stuffing
- 2 tablespoons macadamia nut oil
- 1/2 cup chicken broth for stuffing, 1/2 cup for sauce
- 1 teaspoon arrowroot
- 2 tablespoons fresh lemon juice


Directions:

1. In a bowl, combine bread, feta cheese, chicken stock, dill, chives, lemon pepper, and egg. If you would like, add a small clove of garlic (minced). Use hands to mix ingredients together. (Use gloves).
2. Stuff 1/4 cup of filling onto each piece of chicken and fold edges around the stuffing to seal. Place in baking dish.
3. Spray chicken with olive oil cooking spray and set in the oven for 25 minutes at 375 degrees.
4. When chicken is done, pull out of oven and set aside.
5. Heat oil in a large skillet over medium high heat. Add garlic and artichoke hearts. Sauté for a few seconds and add chicken stock, dill and chives.
6. Stir arrowroot into lemon juice and add to sauce. Bring to a boil, stirring constantly to thicken.
7. Place chicken on a plate, spoon sauce on top.
8. Serve and enjoy!

Tip from Binks:

Eat one of these, freeze 10! If you know you like this dish, make multiple so you can always have them ready to go.





A healthy take on chicken Francaise!

Chicken Francaise

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 4 large skinless boneless chicken breast halves
- Macadamia nut oil
- 1 cup whole wheat flour
- 3 large eggs
- 1/2 water
- 1/2 cup low-sodium chicken broth
- 3 tablespoons fresh lemon juice plus 1 whole lemon, thinly sliced
- 1 tbsp. granulated garlic
- 1 tbsp. parmesan cheese


For Sauce:

- Macadamia nut oil
- 1 tbsp. minced garlic
- 1/2 cup low-sodium chicken broth
- 2 tbsp. dried parsley
- 1 tsp. lemon pepper
- 1/2 tsp. butter

Directions:

1. Make batter by combining eggs, parsley, garlic, lemon juice, and water. Whisk. Continue whisking flour into the batter. Let the flour absorb the liquid and thicken before you whisk in Parmesan cheese.
2. Heat oil in a 12-inch heavy skillet over moderate heat. While the oil is heating, prepare flour in a shallow dish.
3. Then, take chicken, dredge in the flour, shaking off excess. Then dredge in the batter and cook in the skillet. Don't overcrowd the pan.
4. Turn over chicken once, until golden brown and just cooked through, about 4 minutes total. Transfer to a plate lined with paper towels and keep warm, loosely covered with foil. Fry remaining chicken in same manner.
5. When all the chicken is cooked, place in an oven safe dish. Bake in 300-degree oven.
6. To make the sauce, heat more macadamia nut oil in a skillet and sauté garlic. Add chicken stock, lemon juice, lemon pepper and parsley. Boil uncovered, add butter and stir occasionally until liquid is reduced a little.
7. Take chicken out of the oven; serve on a plate with lemon butter sauce.
8. Spoon sauce over chicken and top with lemon slices.





This protein packed goodness has phenomenal textures—who knew the combination of quinoa with chicken could be a party in your mouth!

Quinoa- Stuffed Chicken with Sun-Dried Tomato

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 4 chicken breasts, slits cut into them and opened for stuffing
- 1 cup, washed well and dry sautéed in pan until golden brown, and then cooked.
- cup carrots diced
- cup celery diced
- cup onion diced
- cup finely chopped onion
- 1 cup sun-dried tomato, chopped
- 1tbsp. feta cheese
- 1 tbsp. Parmesan cheese
- 1 large egg
- 1/2 cup hot water


Directions:

1. Preheat oven to 350 degrees.
2. Rinse chicken thoroughly, and pat dry.
3. In a skillet heat macadamia nut oil, sauté carrot, celery and onion.
4. Add quinoa, artichoke hearts and sun-dried tomatoes and continue to cook.
5. Remove from heat and transfer to a mixing bowl. Mix in cheese and egg.
6. Stuff each chicken breast with quinoa-vegetable mixture.
8. Seal in the stuffing by enclosing the chicken around it as much as you can. Place in sprayed baking dish. Top each piece with remaining stuffing.
9. Bake for 30-45 minutes, until the chicken reaches 165 degrees.
11. Serve and enjoy!

Tip from Binks:

Quinoa is a slow releasing carb packed with protein. It's a great substitute for rice or potatoes.





Another one dish wonder! The sweetness from the carrots bring out the best in the leeks. This is one your family won't be able to pass up!

Roast Chicken with Caramelized Leeks

Serves: 2

Preparation Time: 1 hour 30 minutes

Ingredients:

- 4 leeks
- 2 tbsps. macadamia nut oil
- 2 tbsp. carrots diced
- 1 tbsp. olive oil butter
- Kosher salt (taste)
- 1 chicken breast, skin on and bone in


Tip from Binks:

Quinoa is a slow releasing carb packed with protein. It's a great substitute for rice or potatoes.

Directions:

1. Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with foil, and spray with cooking spray.
2. Trim away the root end, tough outer leaves, and dark green tops of the leeks. Cut the leeks lengthwise into quarters, then crosswise into thirds.
3. Place in a large, oven safe skillet over medium heat, and cook leeks with carrot in oil until they have started to soften, about 5 minutes. As they caramelize, add butter. Continue to sauté. Be careful not to burn the leeks—add more macadamia nut oil if it gets too dry.
4. Place chicken into the pan and press into the vegetable mixture. Continue to cook and get as much of the vegetables on top of the chicken. This will create the flavor.
5. Optional: Every few minutes, spoon a little bit of the juices on top of the chicken.
6. Place chicken in 300 degree oven for 45 minutes -1 hour. Make sure the thickest part of the meat is at 165 degrees when finished.
7. Remove from oven and let cool 5 minutes. Place on a dish and serve.





White fish has a mild flavor that isn't overpowering if you're not a fish person. The nice thing is they are flexible—you can easily add great ingredients to the fish to create fun and nutritious meals. This one incorporates nice traditional flavors from the spring season!

Artichoke & Sun-Dried Tomato Stuffed Whitefish

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 cup brown rice, cooked
- 2 tbsp. lemon juice
- 1/2 cup sundried tomato, chopped
- 1 tsp. Asiago cheese
- 1/2 cup artichokes, chopped
- 1/2 cup grated parmesan cheese
- 4 whitefish fillets
- 1 tablespoon macadamia nut oil


Directions:

1. In a small bowl, combine brown rice, sun dried tomatoes, cheese, artichoke hearts and lemon juice.
2. Cut slits in the fish to create pockets for the stuffing. You can also make open-faced stuffed fish but cutting slits and opening up the fish.
3. Spoon brown rice mixture into each fillet. Roll up and place seam side down in baking dish coated with nonstick cooking spray (if you are not serving open faced.)
4. Pour remaining oil mixture over roll-ups.
5. Bake, uncovered, at 350 degrees F for 25 minutes or until fish flakes easily with a fork.

Tip from Binks:

Cod, perch and haddock are all great white fishes to incorporate in your diet. Try any of them and pick your favorite to buy in bulk!





Here's a fun way to stuff whitefish—try it with crabmeat! Add celery for a little crunch, and lemon juice to brighten up the flavors. This is a great combination you won't want to miss out on!

Crabmeat-Stuffed Whitefish

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 celery rib, finely chopped
- 1/4 cup onion, finely chopped
- 1 (4 1/2 ounce) can crabmeat, drained & flaked
- 1 egg
- 1/2 cup dry whole wheat breadcrumbs
- 1 tablespoon lemon juice
- 1 tsp. Asiago cheese
- 1 tsp. Parmesan cheese
- Cajun seasoning to taste
- Paprika to taste
- 4 whitefish fillets


Directions:

1. Preheat the oven to 400°F; coat a 9x13-inch baking dish w/ non-stick cooking spray.
2. In a bowl, combine crabmeat, egg, celery, onion, lemon juice, Cajun seasoning and breadcrumbs.
3. Slice a slit and open up the fish. Place in a baking dish.
4. Spoon the stuffing on top of the opened filets. Top with a little more Parmesan cheese.
5. Bake for 20 -25 minutes, or until fish flakes easily with a fork. The inside of the fish should be 165 degrees.
6. Serve and enjoy!

Tip from Binks:

Got extra stuffing? Roll it up into a stuffing ball and freeze them. You can use it to stuff chicken, turkey or whatever you want—the possibilities are endless!





Salmon, salmon, salmon! Loaded with heart healthy fats and protein, this dish is lightened up with the flavors of an apricot-balsamic glaze.

Grilled Salmon with Apricot-Balsamic Reduction

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 tsp. macadamia nut oil
- 2 tbsp. garlic
- 1/2 cup onion diced
- 1/3 cup Balsamic Vinegar
- 1/2 cup Dried Apricots, Diced
- 1 tbsp. Sage, Fresh and Chopped
- Salt and Pepper
- 4 salmon steaks


Directions:

1. Preheat grill.
2. Heat skillet over medium heat. Add macadamia nut oil to skillet. Add garlic, onion and cook for 1 minute. Add balsamic vinegar and cook until reduced by half the volume. Add apricots and sage. Cook for an additional 2-3 minutes.
3. While sauce is reducing, spray salmon with olive oil spray and place on the grill.
4. Grill Salmon 3-4 minutes each side. Grill until it flakes with fork.
5. Serve sauce over grilled salmon steaks.

Tip from Binks:

Although very expensive, wild caught salmon is higher in good fats. Use your discretion when grocery shopping. Farm raised works too; it is usually not as fishy in flavor.





If you're in the mood for scallops, this is a scrumptious way to prepare them. Lemon-pepper adds a nice crust to the scallops that are seared off in the pan. Perfection.

Lemon-Pepper Scallops with Grilled Leeks

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 3 cups macadamia nut oil
- 1/4 cup lemon-pepper seasoning
- 3 cloves minced garlic
- 1 1/3 lbs. sea scallops
- 1 1/3 tbsps. fresh lemon juice
- 1/s cup onion (coarsely chopped)
- 1 bunch leeks (outer tough leaves removed cleaned)




Directions:

1. Preheat grill.
2. Heat oil in a large skillet over medium-high heat.
3. Dab one side of the scallops in the lemon-pepper seasoning so there is a nice crust.
4. Add scallops to the pan or skillet, crust side down. Sear for a minute or until there is a nice dark crust. Flip and sear the other side. Cook until firm and opaque, or to your liking.
5. Meanwhile, spray leeks with cooking spray. Place on grill and cook.
6. When scallops are finished, remove from heat.
7. In the same skillet, add garlic, onion, lemon juice and macadamia nut oil to the left over caramelized lemon-pepper seasoning. Bring sauce to a simmer.
8. Present scallops on platter with grilled leeks. Spoon sauce on top.
9. Serve and enjoy!

Tip from Binks:

Add asparagus to this meal to incorporate more spring vegetables! They pair very nicely with the scallops.



Sunflower and flax seeds add an amazing crust. The nutty flavor combinations are showcased well when combined with white fish!

Sunflower Crusted Steelhead

Serves: 4

Preparation Time: 30 min

Ingredients:

- 3 tablespoons unsalted sunflower seed kernels
- 2 (6-ounce) steelhead fillets (about 1/2 inch thick)
- Cooking spray
- Pinch of Italian breadcrumbs
- Pinch of flax seeds
- Lemon slices (optional)


Directions:

1. Preheat oven to 375 degrees.
2. Heat pan for cooking fish.
3. Put sunflower seeds on top of fish and press them into the meat. Smoosh them in. Sprinkle on a pinch of breadcrumbs and flax seeds.
4. Spray fish with olive oil cooking spray.
5. Roast in oven for 15 minutes. About half way through, when it starts to brown, turn down to 300 degrees.
6. Serve and enjoy!

Tip from Binks:

Flax seeds are high in omega-3 fatty acids. Use them beyond this recipe—in your salads at lunch or sprinkled into yogurt.





This is a way to enjoy a nice, juicy piece of meat (bone-in) without compromising your healthy goals.

French-Trimmed Pork Chops with Apricot Glaze

Serves: 4

Preparation Time: 30 min

Ingredients:

- 1/3 cup apricot preserves
- 1/2 teaspoon ground ginger
- 1/2 tsp. Cajun seasoning
- 4 French Cut pork chops, 1/2 inch thick (saturated fat removed)


Directions:

1. Prepare the pork chops, cleaning off the bone.
2. Mix the apricot preserves, ground ginger and Cajun seasoning together in a small bowl.
3. Spoon a scoop of the apricot mixture onto pork chop and rub into the meat on all sides. Spoon more mixture on meat if necessary.
4. Place pork chops on grill and cook both sides. If pork begins to dry out, rub in more apricot mixture.
5. Cook until meat thermometer reads 135-140 degrees.
6. Serve and enjoy!

Tip from Binks:

Don't forget your vegetables. Any dark green vegetable will pair well with these juicy pork chops!





A super lean source of protein with a spicy edge! Heat up a spring night with this jerk pork tenderloin!

Jerk Pork Tenderloin with Cajun Cream Sauce

Serves: 4

Preparation Time: 45 minutes, 3+ hours marinate

Ingredients:

- 2 cups coarsely chopped green onions
- 1/2 cup coarsely chopped onion
- 2 tablespoons white vinegar
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 2 teaspoons kosher salt
- 2 teaspoons fresh thyme
- 2 teaspoons Truvia
- 2 teaspoons chopped peeled fresh ginger
- 1 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cinnamon
- 2 garlic cloves, minced
- 1 to 4 Scotch bonnet or habanero peppers, seeded and chopped
- 1 (1 1/2-pound) pork tenderloin, trimmed

Directions:


1. Place first 15 ingredients in a blender or food processor, and process until smooth. OR use a Jamaican jerk seasoning and mix with some olive oil.
2. Combine pork and green onion mixture in a dish or large zip-top plastic bag. Cover or seal; marinate in refrigerator 3 to 24 hours. Remove pork from dish or bag; discard remaining marinade.
3. Prepare grill.
4. Place pork on grill rack coated with cooking spray; grill 8 minutes on each side or until meat thermometer registers 160° (slightly pink).

Sauce:

1. In a skillet heat oil over medium heat. Sauté garlic, celery, pepper and onion.
2. Add almond milk and simmer for about 4 minutes to reduce. Add salt and pepper to taste.
3. Blend flour.
4. Spoon on top of pork slices and serve.

Ingredients for Sauce:

- 2 cups almond milk
- 1 tablespoon whole wheat flour
- 1/4 cup red pepper
- 2 garlic cloves minced
- 1/4 cup celery
- 1/4 cup onion diced
- Dash freshly ground black pepper
- 1 Salt, to taste

A close-up photograph of several salmon steaks. The steaks are topped with a thick, orange-brown chutney sauce. Several dark, wrinkled raisins are scattered on top of the chutney. The salmon has a pinkish-orange hue and a slightly textured surface. The background is blurred, showing more of the same dish.

Add some sweet spice to your life! Chutneys are a wonderful flavor of dried fruits that are cooked down and rendered. This home made chutney does not have the insane amount of sugar as the store bought ones.

Pork Medallions with Chutney

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 1/2 cup apple juice or apple cider
- 1/4 cup raisins
- 1/4 cup dried apricots
- 1/4 cup snipped dried figs
- 2 tablespoons Truvia
- 1/2 cup water
- 1/4 apple juice
- Ground black pepper
- Olive oil cooking spray



Directions:

1. **For chutney:** In a heavy small saucepan, stir together apple cider vinegar, dried apricots, Truvia, dried raisins and water. Bring to boiling; reduce heat. Simmer, uncovered, for 1 hour or until chutney reaches desired consistency, stirring occasionally. Add water as needed and extra Truvia to taste. Add apple juice if needed. Set aside.
2. Meanwhile, trim fat from pork. Cut pork crosswise into pieces about 1 inch thick. Season with black pepper.
3. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium-high heat. Cook pork in hot skillet for 3 to 4 minutes or until pork is slightly pink in center and juices run clear, turning once halfway through cooking time. Serve hot.
4. Serve pork with chutney spooned on top. Enjoy!

Tip from Binks:

A little bit of chutney goes a long way. Freeze extra chutney so you always have it on hand—you won't have to spend an hour the next time to make the sauce.



Roast Pork Stuffed with Apricot

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 1 lb. boneless pork loin roast
- 1 cup whole wheat bread crumbs
- 1 tsp. Cajun seasoning (or to taste)
- 1 egg
- 4-5 apricots julienned
- 2 tbsp. Swiss cheese shredded
- 1 tbsp. water

Directions:


1. Preheat grill (if you want to grill the meat before you put bake it). Preheat oven to 375°F.
2. Put on gloves. Prepare the pork by ripping, trimming and/or filleting off the saturated fat. If it's a thick piece, filet it open so you have a nice flat piece of meat to work with.
3. In a mixing bowl combine whole wheat bread crumbs, egg, Cajun seasoning, apricots, water and Swiss cheese with your hands.
4. Spread mixture evenly on top of the pork loin. Roll it up (like a jelly roll). Add a little Cajun seasoning on top of the pork if desired, and place it on the grill, seam side down.
5. Discard the gloves.
6. When you get some grill marks on the pork, place in a baking dish sprayed with olive oil cooking spray. Bake in the oven for 45 minutes until the meat is cooked thoroughly.
7. Slice meat and serve.

****You do not have to grill before roasting in the oven.*

Tip from Binks:

Get a box of gloves for your kitchen. Your hands are your most important tool in the kitchen, so protect them!





Affordable, lean protein. What more could we ask for? Try this Italian infused pork loin to change up your dinner menu!

Spinach & Sun-Dried Tomato Stuffed Pork

Serves: 4

Preparation Time: 30 min

Ingredients:

- 1 lb. pork loin
- 1 cup whole grain bread crumbs
- 2 tbsp. chicken stock
- 1/4 cup sun dried tomatoes
- 1/4 teaspoon dried thyme
- 1 egg
- 1 garlic clove minced
- 2 tbsp. goat cheese
- 1 cup chopped spinach
- Salt and pepper for seasoning

Directions:

1. Preheat oven to 375 degrees.
2. For the stuffing, combine breadcrumbs, chicken stock, sun dried tomatoes, thyme, egg, garlic, goat cheese and spinach.
3. Make a few simple cuts in the pork so you can lay it out and have a nice flat piece of meat to work with.
4. Distribute stuffing in the middle of the pork and fold edges over.
5. Place in a baking dish coated with non-stick cooking spray. Season the top with salt and pepper if desired.
6. Bake for 45 minutes, until internal temperature is 145 degrees.
7. Cut into slices and serve!

Tip from Binks:

You can keep some of the fat on the meat when cooking. It will add flavor to your meal. Just make sure to remove the saturated fat before you serve and eat!



{ARUGULA}



{ASPARAGUS}



{ENDIVES}



{LEEKS}



{ONIONS}



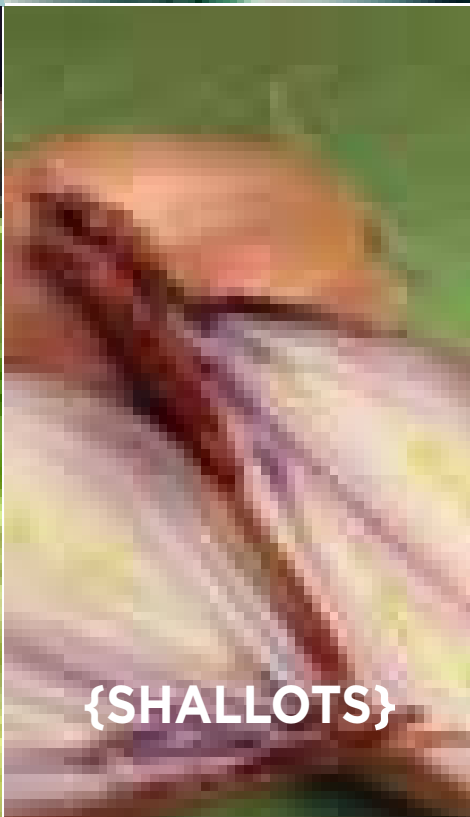
{PARSLEY}



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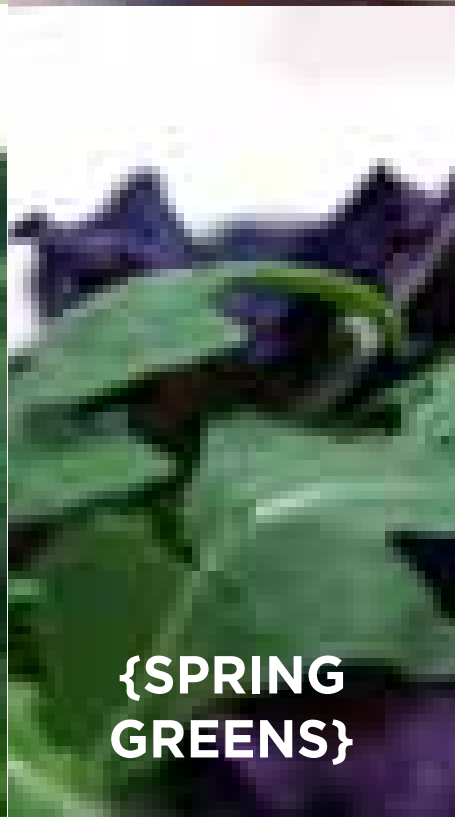
{SHALLOTS}



{SPINACH}



{SPRING GREENS}



{ Vegetable Index }

Arugula: A Perhaps a little bitter, but definitely a misunderstood vegetable. Super healthy, packed with vitamins and comes with a little bit of a bite. In a salad, you can mix it with caramelized shallots with balsamic dressing. You can also sauté it like spinach. Pair it with stronger cheese, mushrooms, chicken or pork. Give it a try!

Asparagus: Simple elegance. Boil, steam or grill—it cooks fast. Just remember to shock it by putting it in an ice bath after you boil it. A little bit of olive oil, salt and pepper takes it to another level. Remember, less is always better with asparagus. This spring vegetable goes with anything and carries right through summer time.

Endives: Bitter greens with a pronounced flavor. To prepare, we recommend a thorough cleaning. Plunge it up and down in your sink (filled with water) to get the dirt off. Tear off the leafy part from the big stems. Cut the leaves thin and sauté, or it goes great in soups! Compliments beef very well too.

Leeks: A relative of the onion, this spring vegetable has strong flavors but are so delectable in taste. Traditionally, only the white and pale green parts are used in cooking. It is essential to clean the leeks in between the layers—cut open the leeks and peel back each layer to get out the dirt and grime. After that, slice, sauté and enjoy with chicken or lighter pork dishes!

Onions: A utility vegetable. A staple for our dishes. Infinitely diverse. The whiter ones are sweeter. Red onions are great raw in salads. Slicing against the grain releases less acid. When caramelizing, cut with the grain. You might shed a few tears from the acid, but it will be well worth it to take your dishes to the next level!

Parsley: Flat leaf or curly, it is a wonderful ingredient that packs in a ton of flavor. It's great on top of fish with some lemon, bringing a nice spring freshness. It is also delicious in hummus and various dips. This herb is always around and pretty inexpensive, so it is nice to have on hand to brighten up dishes, add flavor and also works as a garnish.

Romaine: A favorite for salads and contains lots of nutrients. Tearing the romaine instead of chopping will prevent leaves from browning as fast. Please wash the romaine well to get rid of the dirt and hidden little bugs. If you want to cook it, add it to soups or sauté it.

Shallots: A mix between a garlic and an onion. It tastes amazing. Sauté it and put it in a salad, caramelize it and put it on top of a piece of meat, add it into soups or even into a salad dressing. Give these little gems a try!

Spinach: If Popeye eats it, it's got to be good for you. Vitamin packed and requires virtually no time to prepare. Feel free to remove the stems and give it a good wash. Tear it up and add it to a fresh salad, steam it, sauté it with garlic or add it to a soup. Pairs very well with meats but hearty enough to act as a stand-alone vegetable.

Spring Greens: Delicious for salads. These delicate leaves mix well with a little arugula or frisee. The radicchio in the mix may be a little bitter, but the rest of the leaves are pretty mild. These are great as our palates start to lighten up. Think balsamic or lemon based vinaigrettes with a little Gorgonzola, feta or a touch of fruit. The possibilities are endless, especially in spring!



Seasons

Chef Binks

I remember being a young kid and looking in the fridge one day after school. My mom was passionate about cooking, and a very talented woman who managed to feed her family something remarkable for dinner every night. We always had unique and delicious food stacked in our fridge; an array of colors, textures and smells waiting for whoever opened its heavy doors.

What I remember most about that particular day, however, wasn't my usual fascination with this assortment of food. I glanced down at a diet soda can belonging to my father, reading its label and doing a double take, blinking and reading again.

'Contains ingredients known to cause cancer in rats in California'.

I was stunned, how could this company that had promised my overweight father a weight-loss solution, put ingredients in their drinks that caused cancer? And more importantly, how desperate was he to lose weight that he would take that risk?

I lost my father at a young age, and as I got older, I heard more and more about the struggles of other people to lose weight and drop body fat. This is when I decided it was my responsibility to use the knowledge I gained as a classically trained French chef and the experience I had in nutrition to help stop this epidemic.

My love of food, and appreciation for subtleties in recipes is made very clear in this book. I don't believe in making mediocre meals, life is too short not to enjoy your food! I also have a wife and three boys, so I fully understand the need for speed when it comes to serving dinner, and the unlikely chance of getting a delicate soufflé to rise when it's football season.

I'm not perfect, I have cheat days. What I do, I do because I want my boys to grow up with a father who's happy and healthy. Seasons is for everyone, because everyone deserves a long and healthy life.

Enjoy in good health!

Chef Binks





Seasons

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