



Evening Recipes

The following recipes were created by Joe Blanchard, CEC, CCA. They are the testimonial to his own journey to optimal health, which began over 200 pounds ago!

Day 1: Broiled Cod (Scrod) with Lemon Pepper

Makes two portions

Ingredients:

12 ounces cod (or similar white fish)

½ lemon

1 tsp. black pepper

Instructions:

1. Turn broiler to high. Cover broiler pan with foil and spray with nonstick cooking spray.
2. Cut scrod into two pieces.
3. Squeeze lemon juice over fish.
4. Sprinkle with fresh-ground black pepper.
5. Place fish on broiler pan and place under broiler for 5-6 minutes or until fish is white and flaky throughout. (Do not overcook or fish will become dry.)

Day 2: Grilled Herbed Chicken Breast

Makes two portions

Ingredients:

10 ounces boneless/skinless chicken breast

Mixture of black pepper, garlic powder, basil, and oregano (½ tsp. each)

Instructions:

1. Preheat grill or saute pan.
2. Divide chicken into two pieces and sprinkle top and bottom with herbs.
3. Place chicken top-side down on heated grill/pan. Cook for 3-4 minutes and turn. Cook for an additional 3-4 minutes or until cooked through. (Internal temperature should be 165 degrees.)
4. Remove from grill/pan and serve.





Day 3: Roasted Pork Tenderloin

Makes two portions

Ingredients:

10-12 ounces pork tenderloin
½ tsp. pepper
½ tsp. garlic powder
1 tsp. tarragon
pinch salt

Instructions:

1. Preheat oven to 350 degrees.
2. Season pork with herbs.
3. Place pork in roasting pan in preheated oven.
4. Roast for 10-12 minutes or until internal temperature reaches 155 degrees.
5. Remove from oven and let rest for 5 minutes. Slice on a bias and serve.

Day 4: Montreal Grill Beef

Makes two portions

Ingredients:

10-12 ounces lean beef (e.g., sirloin, flank steak)
1½ tbsp. Montreal seasoning mix

Instructions:

1. Preheat grill.
2. Rub meat top and bottom with Montreal seasoning mix and let sit for ten minutes at room temperature.
3. Place beef on grill and cook for 4-6 minutes. Turn over and cook for 3-4 minutes more or until desired doneness.
4. Remove from grill and let rest for 5 minutes. Slice and serve.





Day 5: Herbed Poached Salmon

Makes two portions

Ingredients:

- 12 ounces fresh salmon
- 1 quart poaching liquid (1 quart water, ½ cup lemon juice, 1 tsp. black pepper)
- 1 bunch fresh dill, chopped
- ½ tsp. ginger powder

Instructions:

1. Place the poaching liquid with the dill and ginger in a pan large enough to hold the salmon. There should be enough liquid to cover the salmon.
2. Heat poaching liquid until tiny bubbles start to form (around 180 degrees).
3. Place salmon in pan and poach for 6-8 minutes or until salmon is cooked through. Salmon should be firm and slightly flaky.
4. Remove salmon from pan and drain excess liquid from fish. Place on a heated plate and serve.

Day 6: Sauteed Chicken with Lemon and Capers

Makes two portions

Ingredients:

- Two 6-ounce boneless/skinless chicken breasts
- Juice from ½ lemon
- 2 tbsp. capers
- ½ tsp. black pepper
- 2 pinches salt

Instructions:

1. Preheat saute pan.
2. Season chicken with salt and pepper.
3. Spray pan with nonstick cooking spray.
4. Place chicken top-side down and cook for 3 minutes. Turn over and cook for 2 minutes more.
5. Add lemon juice and capers. Cook for 2-3 minutes or until cooked through.
6. Place chicken on plate and pour pan drippings over each portion.





Day 7: Grilled Chinese Five-Spice Beef

Makes two portions

Ingredients:

10 ounces sirloin or London broil
3 tbsp. Chinese five-spice powder

Instructions:

1. Rub beef top and bottom with season and let sit for 5-8 minutes.
2. Heat grill or saute pan until hot. (If using statue pan, spray with nonstick cooking spray.)
3. Place beef on grill and cook for 3 minutes. Turn over and cook an additional 3-5 minutes or until desired doneness.
4. Remove beef from heat and let rest for 5 minutes.
5. Slice thin and divide into two portions.

Day 8: Marinated Turkey Cutlets

Makes two portions

Ingredients:

12 ounces uncooked turkey breast
¼ cup white wine
3 tbsp. lemon juice
1 tbsp. minced garlic
1 tsp. chopped fresh rosemary
1 tsp. chopped fresh sage
½ tsp. salt
½ tsp. pepper

Instructions:

1. Combine all ingredients except for turkey and mix well.
2. Cut turkey breast into two pieces.
3. Place turkey in pan and pour marinade over top. Cover with plastic wrap and refrigerate overnight.
4. Preheat grill.
5. Place turkey breast on grill and cook for 5-6 minutes. Turn over and cook for 4-5 minutes more or until cooked through. (Internal temperature should be 160 degrees.)
6. Remove from grill and let rest for 5 minutes. Plate and serve.





Day 9: Sirloin and Vegetable Kabobs

Makes two portions

Ingredients:

14 ounces top sirloin steak, cut into 1½ inch cubes

½ green pepper, cubed

½ red pepper, cubed

8 button mushrooms

8 cherry tomatoes

Marinade (combines 1 tsp. dry mustard, ½ tsp. pepper, ¼ cup balsamic vinegar, 1 tsp. garlic powder, 1 tsp. lemon juice, ½ tbsp. chopped parsley, ¼ cup water)

Instructions:

1. Place meat in pan and cover with marinade mix. Refrigerate overnight.
2. Soak wooden skewers in water for 30 minutes.
3. Remove meat from marinade. Place sirloin, green pepper, mushroom, cherry tomato, and red peppers on skewers, alternating items.
4. Preheat grill.
5. Place skewers on grill and cook for 3-4 minutes. Turn and continue cooking until meat reaches desired doneness.
6. Remove from grill and serve.

Day 10: Grilled Sea Bass with Tomato Salsa

Makes two portions

Ingredients:

14 ounces sea bass

1 tsp. olive oil

For Salsa

4 ounces diced cucumber

4 ounces diced tomato

¼ cup chopped green onion

⅛ cup lime juice

1 tsp. minced garlic

½ tsp. cumin powder

¼ cup chopped cilantro

Instructions:

1. Combine salsa ingredients and let sit for at least two hours.
2. Preheat grill.
3. Cut sea bass into two pieces.
4. Brush fish with oil and place on grill.
5. Cook for 2 minutes. Turn over and cook for 2-3 minutes more or until cooked through.
6. Remove from grill and serve with 3 tbsp. salsa per portion.





Day 11: Sauteed Chicken with Basil and Lemon

Makes two portions

Ingredients:

12 ounces boneless/skinless chicken breast
1 tsp. black pepper
Pinch of salt
3 tbsp. lemon juice
8 sliced basil leaves or 2 tsp. dry basil

Instructions:

1. Divide chicken into two pieces.
2. Sprinkle salt and pepper over each portion of chicken.
3. Heat saute pan.
4. Place chicken in pan and cook for 3-4 minutes. Turn over and cook an additional 3-4 minutes.
5. Add lemon juice and basil to chicken and cook for 2 minutes more or until chicken is cooked through.
6. Remove chicken from pan, place on a plate, and pour pan drippings over chicken.

Day 12: Seared Sea Scallops

Makes two portions

Ingredients:

12 ounces sea scallops
Fresh ground black pepper to taste
Lemon or lime juice

Instructions:

1. Preheat grill.
2. Grind black pepper over scallops.
3. Place scallops onto hot grill and cook for 2-3 minutes. Turn over and cook for 1-2 minutes more. (Do not overcook or scallops will become tough.) Scallops will be opaque when cooked.
4. Remove from grill and place on plate. Squeeze lemon or lime juice over scallops.





Day 13: Sauteed Ginger Beef

Makes two portions

Ingredients:

12 ounces beef sirloin or top round
¾ cup water
½ cup rice vinegar
2 tbsp. minced fresh ginger
1 tbsp. minced garlic
¼ cup sliced green onion
1 tsp. Olive oil

Instructions:

1. Cut beef into quarter-inch strips.
2. Combine water, vinegar, ginger, and garlic.
3. Cover beef with marinade and let sit for 10 minutes.
4. Heat saute pan and add oil.
5. When pan is hot, remove beef from marinade and drain excess liquid.
6. Place beef in pan and cook for 3-4 minutes. (Do not overcook or beef will become tough.)
7. Remove beef from pan and set aside. Add marinade to pan and cook until liquid is reduced by half.
8. Pour liquid over beef as desired and sprinkle with green onions.

Day 14: Balsamic Glazed Chicken with Rosemary

Makes two portions

Ingredients:

Two 6-ounce boneless/skinless chicken breasts
2 tbsp. diced onion
1 tbsp. minced garlic
½ cup balsamic vinegar
½ cup water
1 tsp. Olive oil
1 sprig fresh rosemary, chopped fine
¼ tsp. black pepper

Instructions:

1. Combine onion, garlic, vinegar, pepper, water, oil, and rosemary in a bowl.
2. Add chicken and marinate for 2-3 hours or overnight.
3. Remove chicken from marinade and pat dry.
4. Heat grill or set broiler to high and cook chicken for 4-5 minutes. Turn and cook for 3-4 minutes more or until cooked through.
5. Remove from heat and serve.

