



CODE RED
QUICK 'N
TASTY
COOKBOOK

INTRO

Hey, thanks SO much for ordering this Quick 'N Tasty Cookbook. It's packed with 57 quick, delicious, Cristy-approved recipes for Code Red Rebels like you.

We've got recipes you'll enjoy for your first meal of the day, plus hearty meals, salads and soups, spice mixes, veggies, parfaits, and other delicious options for you to choose from.

Enjoy!

- **Cristy Code Red**



TABLE OF CONTENTS

Pumpkin Hemp Noatmeal	6
Pumpkin Spice Yogurt	6
Code Red Breakfast Sandwich	7
Super Moist Flax Muffin	8
Luanne’s Code Red Cereal	9
“Who Needs Bagels” Sandwich Thins & Cream Cheese	9
Nut Butter Waffles	10
Not So Rice Pudding	10
David’s Toasted Cinnamon “Sugar” Pecans	11
Sarah’s Favorite Meal One	12
Easy-Peasy-Whatever-Omelet	13
Egg In A Mug	14
Aria and Gabriel’s Yummy Berry Parfait	15
Angi’s Yogurt Parfait	16
No Fry Fried Chicken	16
Crockpot Verde Chicken	17
Chicken Breast With A Kick	17
Caitlin’s Chicken Verde	18
Chicken with Cream Sauce	19
Jade’s Chicken Crust Pizza	20
Mississippi Crockpot Chicken	20
Lorna’s Italian Chicken	21

Air Fried Chicken Wings	21
Air Fried Jalapeño Poppers	22
Stuffed Peppers (Or Mushrooms)	22
Jalapeños & Sausage	23
Bacon-Wrapped Asparagus	23
Sausage & Veggie Mix	24
Sausage Stir Fry	24
Chris’s “Asian Persuasion” Cauliflower Fried Rice	25-26
Code Red Beef n’ Cheese	26
Simple, Juicy Steak	27
Jade’s Burger Bites	27
Jade’s Boom Boom Shrimp	28
Simple Baked Salmon	28
Rhineland Hot “No Potato” Salad	29
Crunchy Broccoli Salad	29
Avocado Egg Salad	30
Quick Lemon Chicken or Tuna Salad	30
Code Red Taco Salad	31
Code Red Antipasto Salad	32
Meatloaf and Twice “Baked” Cauliflower Mash	33
Crispy Buffalo Cauliflower	34
Twice Baked Mashed Cauliflower	35
MVP Bowls: Meats, Veggies, & Phats	35
Mama’s Fauxtato Soup	36

Pork Taco Soup	36
Bacon & Shrimp Chowder	37
Jade’s Chili	37
Enchimalees	38
No-Cook Mix N’ Match Kid Foods	39
Deb’s Veggie Medley	40
Fried Green Tomatoes	41
Air Fry Zucchini	41
David’s Special Seasoning	42
David’s HOT Special Seasoning	42
Homemade Taco Seasoning	43
Code Red Alfredo Sauce	43
Ingredients Mentioned	44

PUMPKIN HEMP NOATMEAL

- 3 Tbsp Hemp Hearts
- 3 Tbsp Unsweetened Vanilla Almond Milk
- 1 Tbsp 100% Pumpkin Puree
- 1 tsp Chia Seeds
- 1 tsp Monk Fruit Sweetener
- 1/2 tsp Pumpkin Pie Spice

This is one of my favorite recipes to meal prep for the week!

Mix all ingredients in a small jar or other container. Cover with a lid and put in the fridge overnight (minimum of 1 hour, so the chia seeds can activate). Add more sweetener as needed. Eat cold, or warmed up in the microwave for 30 seconds. ENJOY!!

 Angi Johnson from Spanish Fork, UT

PUMPKIN SPICE YOGURT

- 1/2 c. Full fat, unsweetened Greek yogurt
- 1-2 Tbsps Heavy whipping cream
- 1Tbsp Chia seeds
- 2 Tbsp Pumpkin puree
- 1/2 tsp Pumpkin pie spice
- Stevia to taste

Mix together and refrigerate for an hour, so chia seeds can activate, then serve.

 Patti Harvey from Jerome, Idaho

CODE RED BREAKFAST SANDWICH

You don't need the drive-through when you've got this! It's SUPER easy.

Flax Bun:

- 1 Egg
- 1/4 Cup ground flaxseed meal
- 1 Teaspoon baking powder
- 1 Teaspoon Code Red Olive Oil
- 1/8 Teaspoon Redmond Real Salt

Sandwich toppings of choice. (Some mix and match suggestions - tomato slices, butter, cream cheese, bacon, eggs, deli lunch meat, avocado.)

Mix flax bun ingredients in a ramekin and microwave for 60 seconds. Cut in half. (Be careful - the ramekin and bun will be hot!) For crunchier buns, follow up by toasting.

Add sandwich ingredients and enjoy!

Alternatively, add cinnamon, pumpkin pie spice, and stevia or monk fruit to the flax bun, and top with nut butter and your favorite berries.

 **Andrea Dell** from Boise, Idaho

SUPER MOIST FLAX MUFFIN

This is my version of the flax muffin. I make it this way because it's more moist!

- 2 Eggs
- 1/4 c. Ground flaxseed meal
- 1/2 tsp Baking powder
- 1 tsp Monk fruit
- 1/4 tsp. Vanilla
- 1/8 tsp. Cinnamon
- 1 Tbsp Code Red Olive Oil or avocado oil
- 6-8 Blueberries (depending on size)

Mix ingredients into a mug and microwave for 1 minute, 30 seconds. Remove from microwave and stir vigorously to break up any bits, then microwave again for approximately 1 minute, 30 seconds.

Microwave times will vary, depending on which size eggs you use, so keep an extra close eye out the first few times you make this.

Feel free to experiment with different quantities of sweetener, blueberries and cinnamon.

 Penny Beisch from Lihue, Hawai'i

LUANNE'S CODE RED CEREAL

- 30 grams of Hemp Hearts
- 15 grams of Sliced Almonds
- 10 grams of Chopped Walnuts
- 1/2 Tbsp Stevia
- 1/2 c. Unsweetened almond milk
- Vanilla to taste
- Cinnamon to taste
- Pinch of pink Himalayan or Redmond Read Salt
- Optional: Approved berries of your choice

Mix all the ingredients together in a jar or bowl of your choice. I like to put it in the refrigerator overnight, but you can also eat it immediately.

Don't be afraid to add different foods in this cereal for a different taste.

Always remember to add a vegetable to your meal!

 Luanne Horting from Twin Falls, Idaho

“WHO NEEDS BAGELS” SANDWICH THINS & CREAM CHEESE

- 1 Outer Aisle Sandwich Thin
- 1/2 to 1 Ounce of full-fat cream cheese
- Optional: Everything But The Bagel Seasoning

Set cream cheese out ahead of time, to soften it.

Toast sandwich thin in toaster oven or toaster, and spread it with softened cream cheese. Sprinkle with Everything But The Bagel Seasoning, and enjoy. You won't miss bagels!

 Andrea Dell from Boise, Idaho

NUT BUTTER WAFFLES

- 1 Tbsp of your favorite nut butter (e.g. almond, cashew, pecan)
- 1 Tbsp Code Red Olive Oil (or avocado oil)
- 1 Egg
- 1/4 tsp Baking powder
- Pinch of Redmond Real Salt
- Stevia to taste
- Optional: Cinnamon or pumpkin pie spice

Mix ingredients until smooth, and pour into a mini waffle maker to cook. Top with butter and sugar-free Lakanto syrup, or homemade whipped cream and berries.

 Patti Harvey from Twin Falls, Idaho

NOT SO RICE PUDDING

- 1 egg
- 80 grams of riced “steamed” cauliflower
- 1 oz “milk” – I use unsweetened, almond or coconut milk, or Nut Pods
- 2 Tbsp golden monk fruit sweetener
- 1 tsp vanilla
- Dash of cinnamon

I do NOT use frozen, pre-riced cauliflower for this. I use a fresh head of cauliflower and “rice” it with a food processor, then steam it in a microwave; specifically, I steam 260 grams of cauliflower for 5 minutes in my old 80s version microwave. Once that’s done, I whip egg, vanilla, milk and monk fruit, then add the riced cauliflower. Next, pour the mixture into a greased microwaveable container (I use a coffee mug). I microwave mine for 3 minutes in my 800 watt microwave. You may need to just the time based on your microwave’s specifications.

This “pudding” is good either hot or cold. I eat it as cereal with ½ ounce of HWC and 30 grams of berries.

 Debbie Toavs from Twin Falls, Idaho

DAVID'S TOASTED CINNAMON "SUGAR" PECANS

- 1 lb pound pecan halves
- 3/4 cup monk fruit or stevia
- 1 tablespoon cinnamon
- 1 teaspoon pink himalayan salt
- 1 large egg white
- 1 tablespoon water

Preheat oven to 250 degrees. Pour pecans in a large bowl. In a small bowl, combine egg white and water, beat to frothiness, and pour over pecans. Be sure to coat them very well.

Combine monk fruit/stevia, cinnamon and salt in a bowl. Mix well. Pour 1/4 of the mixture at a time over the pecans, tossing and coating the pecans REALLY well. It will seem like you have way too much of the sugar mixture, but just keep pouring and tossing.

Place pecans on cookie sheets lined with parchment paper and put into oven to bake. Set a timer for 15 minutes and toss/stir the pecans every 15 minutes, for a total cook time of one hour.

The coating is extremely hot, so don't touch the pecans until they have fully cooled.

 Kristin Small from Meridian, Idaho

SARAH'S FAVORITE MEAL ONE

- Italian sausage links
- Mini peppers
- Yellow/vidalia onion
- *Wholly Guacamole Cup

To pre-cook sausage links, air-fry at 400 degrees for 10 minutes, then turn sausage over and cook for 8 more minutes. Allow to cool, then slice.

Then, in a frying pan, combine onion and peppers and saute', then add in sausage.

*This goes great with a Wholly Guacamole cup or cut avocado!

 Sarah Woodbury from Fort Myers, Florida

EASY-PEASY-WHATEVER-OMELET

This omelet is a staple of mine, but it changes DAILY based on what I have in my fridge! The key is to not overthink it.

INGREDIENTS:

For filling:

- 1/3c veggies (broccoli, asparagus, cauliflower, bell peppers, whatever you have on hand)
- 1/4c meat of your choice (diced steak, ground beef, shredded chicken, breakfast sausage, etc.)
- 1 1/2 Tbsp cream cheese, diced/separated

For outer part:

- 2 eggs
- 1/2 Tbsp mayonnaise

DIRECTIONS:

1. Combine eggs and mayonnaise and beat until frothy. For extra fluffiness, use an immersion blender!
2. Cook up meat, and sauté veggies. Once thoroughly cooked, remove from pan and set aside.
3. Put egg mixture into a medium sized pan and cover. Cook until about three-quarters of the way done. The inside and bottom of the egg mixture will be done, and the top should be only slightly runny.
4. Sprinkle your pieces of cream cheese across the entirety of the egg.
5. Add toppings to the center of the egg, in a straight line, stretching from top to bottom. Cover pan and allow to steam for about 30 seconds.
6. Close omelet easily (less mess) by folding the right side over the center, then repeating with the left side. This is much less messy than trying to fold it in half!
7. *optional* Garnish with mustard! (This may or may not be my favorite topping!)

 Leisha Pielak from Vandenberg AFB, California

EGG IN A MUG

- 1 Mug
- 1 Egg
- 1 Tbsp Bacon crumbles
- 1 Tbsp Heavy cream
- Dash of salt & pepper

Scramble ingredients in the mug. Cook in microwave on high for 1 minute, until the egg is completely cooked. ENJOY! And don't be afraid to add whatever ingredients and seasonings you like to personalize to your tastes.

 Jade Gallagher from Fairfax, VT

ARIA AND GABRIEL'S YUMMY BERRY PARFAIT

INGREDIENTS:

- 1/4c fresh berries of your choice. Can be split into 2 different kinds of berries!
- 1c Fage 5% PLAIN Greek yogurt
- 2 Tbsp hemp hearts
- Monk fruit to taste
- Optional: 1-2 Tbsp heavy whipping cream, whipped up into stiff peaks, and sweetened to taste with monk fruit

DIRECTIONS & ASSEMBLY:

1. Cut berries into small pieces (if using large berries). Set aside.
2. Mix monk fruit and Greek yogurt. Set aside.
3. Pull out your favorite glass cup (so you can see your beautiful parfait layers).
4. Start layering! Yogurt, hemp hearts, berries, repeat!
5. Top with whipped cream, if desired.
6. Thank the Code Red kids responsible for this deliciousness.

 Leisha Pielak from Vandenberg AFB, California

ANGI'S YOGURT PARFAIT

- 110 grams Fage 5% Plain Greek Yogurt (Or other plain full-fat Greek yogurt)
- 42 grams Frozen strawberries (or frozen blueberries)
- 6 grams Chia seeds
- 1 tsp Hemp seeds
- 7 grams Chopped pecans
- Stevia powdered extract to taste (or monk fruit)

Mix the yogurt and stevia together first. Add all the ingredients and mix again. Add more sweetener if needed. ENJOY!

 Angi Johnson from Spanish Fork, UT

NO FRY FRIED CHICKEN

Ingredients:

- Chicken thighs (however many you want to make)
- Cooking spray
- Johnny's Seasoning Salt

Directions:

Spray broiler pan with cooking spray. Lay out chicken thighs, skin side down on the broiler pan. Spray chicken thighs with cooking spray and season with Johnny's Seasoning Salt to taste. Broil on the lowest rack setting in the oven for 35 minutes.

Turn chicken thighs over, so the skin side is up, spray with cooking spray and season with Johnny's Seasoning Salt to taste. Return them to the oven and broil for an additional 15 minutes. Skin will be crispy and tasty! You may also use a cut up chicken, if you prefer.

 Abbie Acuff from Lewiston, Idaho

CROCKPOT VERDE CHICKEN

- 3 pounds chicken breasts (a pork roast can be substituted)
- 1 large can verde sauce (green enchilada sauce). Make sure it has no sugar added.
- 1 large onion
- 1 can Italian diced tomatoes
- Salt, pepper, garlic, rosemary, poultry seasoning
- 1 bag cauliflower rice

Topping:

- Sour cream
- Cilantro

Slice onion and place in the bottom of the crockpot. Arrange chicken on top of the onion. Pour verde sauce and tomatoes over chicken. Add spices.

Cook in crockpot on low for 8 hours, or high for 4 hours.

When you're ready to eat, cook cauliflower rice per directions on the bag, or until tender. Then cut or shred chicken and serve over cauliflower rice. Top with cilantro and sour cream.

 Charlene DeSalme from Clarkston, WA

CHICKEN BREAST WITH A KICK

- Boneless skinless chicken breast (your choice of quantity).
- Season generously with salt, pepper, and coarse (granulated) garlic.
- Sprinkle a little paprika or cayenne pepper, depending on your mood, for a little kick.

This chicken is excellent grilled. But, you could also bake at 400 degrees for about 30-40 minutes, or until done.

It's also excellent served cold, which works great for me. I bring it in a Bento Box, along with raw veggies and ranch dip.

 Penny Beisch from Lihue, Hawai'i

CAITLIN'S CHICKEN VERDE

Ingredients:

- 1-2 lbs of chicken
- 1/2 onion
- 2 Tbsp Olive Oil
- 1 tsp Cumin
- 2 tsp Chili Powder
- Salt and pepper to taste
- 1 Tbsp Chopped Garlic or garlic powder
- 1 tsp Oregano
- 8 oz. cream cheese
- 1 jar of salsa verde

Cook chicken and onions in a large pan with the olive oil. Season with cumin, chili powder, garlic, oregano, salt and pepper.

Once cooked, remove from pan and set aside.

Melt cream cheese in the same pan. Once melted, add the salsa and cooked chicken. Mix well and serve over riced cauliflower or any other veggie you like.

 Caitlin Madison from Hermiston, Oregon

CHICKEN WITH CREAM SAUCE

- 6-8 Chicken thighs
- 1 Tbsp Butter
- 1 Bar of cream cheese
- 3 tsp Minced garlic
- 1 c. Heavy cream
- 1/3 c. Chicken broth
- 1 tsp Basil
- 1 tsp Parsley
- 1 tsp Oregano
- 1 tsp Rosemary
- 1 tsp Red Pepper
- Dash of salt & pepper
- 2 c. Spinach
- 1/2 c. Sun-dried tomatoes

Place chicken on the bottom of crockpot. Heat cream cheese & butter in microwave mixing bowl for 1 minute, 15 seconds, until cream cheese is softened. Stir in remaining ingredients to cream.

Pour mixture over chicken thighs. Cook on low for 6-8 hours or high for 3-4 hours. Remove chicken thighs and spoon sauce on top to serve.

 Jade Gallagher from Fairfax, VT

JADE'S CHICKEN CRUST PIZZA

- 1 c. shredded chicken
- 1 egg
- 1 Tbsp nutritional yeast
- 1 tsp parsley
- 1 tsp oregano
- 1 tsp basil
- 1 tsp salt

Mix all ingredients together. Spread into a flat circle on parchment paper. Bake 8-10 minutes at 400 degrees. Top with pizza toppings. Bake 8-10 more minutes at 400 degrees until sides are browned and veggies are cooked.

 Jade Gallagher from Fairfax, VT

MISSISSIPPI CROCKPOT CHICKEN

- 3 to 4 pounds chicken breast (whole chicken works too)
- 1 packet of Ranch Dressing Mix
- 1 packet of Au Ju Gravy Mix
- 1 stick of butter
- 4 to 5 whole Pepperoncini Peppers

Place chicken in crockpot, then place Ranch and Au Ju mix on top. Cut up butter and put on top of mix. Place 4 to 5 whole Pepperoncini Peppers on top. Cook on low for 6 hours. (Cook for 8 hours if chicken is frozen.) Enjoy!

 Lisa Spencer Clardy from West Point, MS

LORNA'S ITALIAN CHICKEN

- 4 chicken breasts
- 1 pkg. Italian Dressing Mix Dry
- 1/2 c. Olive oil
- 1 Red pepper
- 1 Yellow pepper
- 1 Avocado
- 1 can Sliced Olives
- 1 lb Mushrooms

Cut the chicken breast in half lengthwise and put in a bowl. Pour olive oil and Italian mix over them and mix. Let sit and marinate for 2 hours or more.

When you are ready to make your meal, pour the chicken into a frying pan and brown, then turn down the heat, cover, and let simmer for 30 minutes.

While the chicken is simmering, dice up your veggies and place in separate bowls.

To serve: Place the chicken on the plate and cover with any veggies you like. If you are making this for one, adjust accordingly, or plan on leftovers to enjoy later!

 Lorna Loveland from Nampa, Idaho

AIR FRIED CHICKEN WINGS

- 1 lb chicken wings and drumsticks
- Redmond Real Salt's sea salt

Preheat air fryer to 350 degrees. Season chicken on all sides with salt. Put wings in a single layer in the air fryer. Cook 25 minutes, flipping wings in the last 10 minutes.

After time is up, increase temperature to 400 degrees and cook for an additional 5 minutes, or until desired crispness. Enjoy!

 Angi Johnson from Spanish Fork, UT

AIR FRIED JALAPEÑO POPPERS

- 2 fresh jalapeños
- 1 oz. cream cheese
- 2 slices raw bacon

Slice jalapeños in half lengthwise and remove seeds. Spoon cream cheese into each slice. Cut raw bacon in half and wrap 1 piece around each jalapeño half.

Place poppers in your air fryer and set to 370 degrees for 14 minutes. (You may need longer if bacon is thicker.) Enjoy!

 Angi Johnson from Spanish Fork, UT

STUFFED PEPPERS (OR MUSHROOMS)

- Cream cheese (however much you like)
- Real bacon pieces
- Green onions, chopped
- Jalapeño peppers or sweet mini peppers
- OR, mushrooms instead of peppers

Mix cream cheese, bacon pieces, and green onions to taste. (Microwaving the cream cheese for about 30 seconds will make it easier to mix.)

When stuffing peppers, cut top off, de-seed, and cut in half.

When stuffing mushrooms, pull out the stem and use the top of the mushroom.

Use a fork to stuff either mushrooms or jalapeños or mini sweet peppers with cream cheese mixture. Bake in oven at 350 degrees for 20 minutes.

 Sarah Woodbury from Fort Myers, Florida

JALAPEÑOS & SAUSAGE

- 10 Jalapeño peppers, fresh
- 2 oz. Cream cheese
- 1 lb. Ground sausage

To prepare the jalapeños, wear gloves! Cut the top off and slice in half, then remove the seeds and veins. You will sliver the peppers lengthwise in small slivers.

Place peppers on a cookie sheet with parchment paper and place in oven at 375 degrees for 25 minutes. While they are cooking, brown the sausage and break up into small pieces. Remove the sausage from pan. Then add 1 tablespoon of bacon grease, put the jalapeños in the pan, and cook for 5 minutes.

Remove jalapeños from heat, mix all ingredients together, stir, and serve.

You can also freeze this for more meals later. Portion out and it's a great grab and go for the office.

 Lorna Loveland from Nampa, Idaho

BACON-WRAPPED ASPARAGUS

- Thin bacon slices
- Asparagus spears

Wrap a piece of bacon around your asparagus (if thin, you can bundle several asparagus spears together). Place in the air fryer at 370 for 10 minutes and cook until you achieve desired crispiness. Remember to check and turn them! Then serve sprinkled with nutritional yeast.

 Michele Knight from Meridian, Idaho

SAUSAGE & VEGGIE MIX

- 1 pound Conecuh sausage
- 2 squash
- 2 zucchini
- Orange, red, and green bell peppers
- Roman tomatoes
- 1 tsp Olive oil or avocado oil
- Everything But the Bagel Seasoning (to taste)

Cut up sausage and vegetables and place in a large bowl. Add oil and seasoning and toss ingredients together. Put in oven at 375 degrees for 40 minutes. You can add any vegetables or seasonings that you like!

 Lisa Spencer Clardy from West Point, MS

SAUSAGE STIR FRY

- 1 small zucchini
- 1 small yellow squash
- 1 medium onion
- 1 tomato
- 1/2 red bell pepper
- 1 bag of cauliflower rice
- 1 pound of ground sausage
- Salt, pepper, garlic, rosemary
- Cream cheese for the topping

Chop veggies into bite-sized pieces and place in a skillet with 1/2 cup of water. Let steam until veggies begin to get tender. Add sausage and spices. Cook until sausage is done, then simmer an additional 5 minutes. Cook cauliflower rice per directions on bag, or until tender. Serve sausage and veggie mixture over cooked cauliflower rice. Top with desired amount of cream cheese and mix in.

 Charlene DeSalme from Clarkston, WA

CHRIS'S "ASIAN PERSUASION"

CAULIFLOWER FRIED RICE

In my house fried rice is the dish we make with leftovers. You can throw just about everything in there. Before the veggies go bad, or you can't think of what to do with that rotisserie chicken, make some Cauliflower Fried Rice!

Prep time: 25 mins

Ingredients:

- 1 bag (single serving or for the family) Cauliflower Rice
- 1Tbsp of your favorite oil (Code Red Olive Oil, Avocado, Coconut) OR Butter
- 1-2 Tbsp Braggs Liquid Aminos
- 1 tsp (or to taste) sesame seeds
- 2 Eggs
- Garlic
- Favorite protein (Chicken, beef, shrimp, pork, etc.)
- Lemon
- Green onion
- Sweet white onion
- Carrots
- Celery
- Feel free to add more of your favorite veggies

Preparation:

1. Cut protein into bite-sized pieces
2. Chop all veggies (thin to win)
3. Cut lemon into wedges
4. A pan works fine, but a wok is better. In your pan or wok:
5. In the oil/butter, saute´ garlic until almost brown. Add your protein(s) of choice.
6. Once the protein is cooked add veggies (except the green onion) and cook until they're soft.
7. Next, add the 2 eggs directly into the pan and scramble/mix the protein and veggies.
8. While the eggs are still uncooked, add the cauliflower rice.

9. Using a big spatula, mix/fold the protein, cauliflower rice, eggs, and veggies together. Then add the liquid aminos and stir again.
10. When the batch is brown from the liquid aminos, the veggies are soft, and the protein cooked, your meal is ready!

Serve:

On top of the dish, sprinkle the green onion and sesame seeds, and squeeze lemon juice on top. Eat with chopsticks (if you dare).

Need some more kick? Add your favorite hot sauce; or even better, add some chili peppers while cooking up your veggies.

 Chris McAllister from Spokane, WA

CODE RED BEEF N' CHEESE

- 1 pound ground beef
- 4 cups sliced zucchini
- 1 cup sliced onions
- 1 Tbsp minced garlic
- 8 oz cream cheese

Cook up ground beef. Then add zucchini, onions, and garlic. Cook until vegetables are cooked. Stir in cream cheese, then serve.

This recipe makes up to 4 servings.

 Laurie Hopper from Conrad, MT

SIMPLE, JUICY STEAK

- Steak of your choice
- Salt and pepper
- 1 Tbsp butter
- 1 Tbsp garlic
- Sprig of rosemary

Generously salt and pepper a raw steak, then let your steak rest (sit out on the counter) about an hour before cooking.

Pain fry in butter and garlic. Add the sprig of rosemary at end and baste the steak. Yum!

 Penny Beisch from Lihue, Hawai'i

JADE'S BURGER BITES

- 1 lb Ground meat
- 1 Egg
- 2 tsp Burger seasoning of your choice (I use Montreal Steak)
- Butter

Preheat oven to 375 degrees. Mix thawed meat, egg, and seasoning together. Press down 1 tsp. of your meat mixture in each muffin slot. Add a small piece of butter to each slot. Add another teaspoon of ground meat and press down. Add final teaspoon of meat. Make sure everything is pressed down firmly. It's ok if your meatballs mound up a bit because they don't expand.

Bake 12-15 minutes at 375 degrees. Let meatballs sit for a few minutes before removing and enjoying.

These are great served with toothpicks and dipped in sugar free ketchup.

 Jade Gallagher from Fairfax, VT

JADE'S BOOM BOOM SHRIMP

- 1 lb Shrimp
- Pork rind breading or crushed pork rinds

Boom Boom Sauce:

- 1/2 cup Mayo
- 1 Tbsp Chili paste
- 1 Tbsp Sriracha
- 1 tsp Monk Fruit

Preheat oven to 450 degrees. Coat peeled shrimp with crushed pork rinds. Place coated shrimp on metal cooling rack. Bake 10 minutes until shrimp are cooked completely.

Mix together sauce ingredients and pour into a resealable large bowl. Add cooked shrimp to sauce and cover bowl with lid. Shake so that all sides of the shrimp are coated with sauce.

Using tongs, remove shrimp from bowl to serve. Allow to set for a few minutes, so sauce can completely soak into breading. Enjoy!

 Jade Gallagher from Fairfax, VT

SIMPLE BAKED SALMON

- 1 Filet of salmon
- Code Red Olive Oil
- Redmond Real Salt or Redmond Seasoning Salt

Rub salmon with Code Red Olive Oil and sprinkle with Real Salt or Seasoning Salt. Bake in oven at 350 degrees until fish is flaky (about 20 minutes).

 Patti Harvey from Jerome, Idaho

RHINELAND HOT “NO POTATO” SALAD

- 3/4 pound bacon, fried and diced
- 1/2 cup chopped onion
- 1/3 cup chopped green pepper
- 6 cups cooked chopped cauliflower (you can use one 16 oz bag of thawed frozen cauliflower in place of fresh cauliflower)
- 1 tsp salt
- 1/4 cup mustard
- 1/8 cup stevia
- 3/4 cup mayonnaise

Preheat oven to 325 degrees. Cook bacon, onion, and green pepper until bacon is crisp. Add mixture to the remaining ingredients. Toss lightly. Put in oven-safe baking pan. Cook in oven at 325 degrees for approximately 45 minutes. Makes about 8-10 servings.

 Laurie Hopper from Conrad, MT

CRUNCHY BROCCOLI SALAD

- Broccoli
- Onion
- Real bacon pieces
- Sunflower seeds

Chop and mix ingredients to preferred amounts and taste.

For vinaigrette dressing, combine:

- 2 parts Mayo
- 1 part Vinegar
- 1 part Stevia or Monkfruit (I find that Stevia blends and dissolves better)
- For a single serving, I use 2 Tbsp mayo, 1 Tbsp vinegar, and 1 Tbsp Stevia.

 Sarah Woodbury from Fort Myers, Florida

AVOCADO EGG SALAD

This one's great for picnics, potlucks, and family gatherings!

- 5 hard-boiled eggs
- 5 slices bacon, cooked and chopped
- 1 avocado
- 5 tablespoons of mayo
- 1/2 teaspoon of garlic powder
- 1/4 cup chopped green onions
- 1 teaspoon lemon juice
- Salt and pepper to taste

Add whole hard-boiled eggs to a bowl. Pour in green onions, mayo, lemon juice, garlic powder, and salt and pepper. Mash together with a fork or potato masher.

Slice avocado in half, spoon it into the bowl, and mash together with other ingredients. Add chopped bacon and stir.

 Andrea Dell from Boise, Idaho

QUICK LEMON CHICKEN OR TUNA SALAD

I love adding lemon juice to chicken and tuna salads. It really brightens them up!

- Chicken or tuna
- Mayo
- Lemon juice
- Salt/pepper to taste
- Can also add chopped onion, celery, and even olives

Mix ingredients in desired quantities and enjoy!

 Penny Beisch from Lihue, Hawai'i

CODE RED TACO SALAD

- 1 pound pan-cooked ground beef
- 16 oz Cauliflower rice

Seasoned with:

- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp powdered chicken bouillon
- 1/4 tsp garlic powder
- Sour cream
- Avocado
- Shredded lettuce or other greens
- Salsa

Cook the pound of ground beef.

Then, steam the cauliflower rice and add it to a pan with the spices until mixed and partially browned.

To a plate, add greens, seasoned cauliflower rice, ground beef, avocado (or guacamole), sour cream and salsa.

 Lisa Cain from Fruitland, Idaho

CODE RED ANTIPASTO SALAD

- 4 cans artichoke hearts, quartered (and drained)
- 1/2 of an 8.5 oz jar of sundried tomatoes with herbs, julienne cut
- 1/2 of a 12 oz jar of roasted red peppers, deli sliced
- 3-4 slices of Genoa salami, sliced thick (approx. 1/4 inches thick per slice)
- 5-6 slices of deli pepperoni sliced thick (approx. 1/4 inches thick per slice)
- Fresh basil to taste, sliced thin
- Fresh parsley to taste, sliced thin
- Salt to taste
- Optional: Red pepper flakes to taste

Optional ingredients:

- Black olives, drained
- Cucumbers, diced
- Avocado, sliced (add fresh so they don't brown)
- Preferred deli meats
- Lettuce (add fresh so it doesn't wilt)
- Cream cheese dollop (add fresh)
- Fresh tomatoes (instead of sun dried)
- Italian seasoning (in lieu of fresh herbs)

Slice the pepperoni and salami into bite sized pieces. Add all ingredients into a large bowl. Make sure to add oil from tomatoes for flavor; however, do not add water from roasted red peppers. Mix and refrigerate.

 Jenn Z. from Florida

MEATLOAF AND TWICE “BAKED” CAULIFLOWER MASH

Meatloaf:

- 2 lbs ground beef
- 1 cup pork rind panko
- 2 eggs
- 1/2 cup chopped onion
- 1/2 cup sugar free BBQ sauce
- 2 teaspoon garlic powder
- 2 teaspoon parsley
- 1 teaspoon pepper
- 1 teaspoon salt

Topping sauce:

- 1/4 cup sugar free BBQ Sauce
- 2 tablespoons yellow mustard
- 1 tablespoon monk fruit

Mix all ingredients together well. I separate the mixture into equal size loaf pans and place in the Instant Pot for 25 minutes, quick release; OR bake on 375 for 25 minutes in mini loaf pans. Temperature in the center should be 160 degrees.

Mix topping sauce ingredients together and add to top of meatloaf. Place in oven and broil for 5 minutes.

 Kristin Small from Meridian, Idaho

CRISPY BUFFALO CAULIFLOWER

- Head of cauliflower (washed and cut)
- Finely crushed 5 oz bag of pork rinds

Whisk together:

- 3 Eggs
- 1 Tablespoon HWC
- 1 Teaspoon Pepper
- 1 Teaspoon Himalayan Salt

Sauce - Mix together:

- Frank's Red Hot Sauce (or use Frank's Wing Sauce)
- Melted Butter

Dip cauliflower in egg mixture, then roll in crushed pork rinds. Only use some of the pork rinds at a time to do the rolling. If you put them all in a bowl they will get a little soggy and not stick as well.

Place cauliflower on cookie sheet lined with parchment paper and bake on 375 for 25 minutes. Roll in hot sauce mixture. Dip in ranch.

 Kristin Small from Meridian, Idaho

TWICE BAKED MASHED CAULIFLOWER

- 4 - 10 oz (16 cups) steamer bags of cauliflower - heated, puréed and well drained
- 2 Tbsp butter
- 1/3 cup heavy whipping cream
- 1/2 cup sour cream
- 4 oz cream cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- 1.5 teaspoons onion powder

Bake at 375 for 20 minutes. Top with chives, bacon bits, and more butter to melt.

Fun tip: Put your pork rinds into a Ninja bullet and pulse them a few times to make super easy and perfect pork rind panko!

 Kristin Small from Meridian, Idaho

MVP BOWLS: MEATS, VEGGIES, & PHATS

Combine a protein, veggie, and fat into a bowl. Here are some examples.

- Proteins: Shrimp, steak, ground turkey, beef, chicken, fish, sausage
- Veggies: Cauliflower rice, broccoli, mushrooms, avocados, peppers
- Fats: Butter, full-fat sour cream, heavy whipping cream, ghee, avocado, olive oil, cream cheese, ranch
- Example Bowl Combos:
 - Shrimp, cauliflower rice, broccoli, butter
 - Shrimp, cauliflower rice, avocado
 - Ground turkey, cauliflower rice, sour cream
 - Ground beef, cauliflower rice, ranch dressing

 Michele Knight from Meridian, Idaho

MAMA'S FAUXTATO SOUP

- 30 grams diced onion
- 80 grams smoked ham
- 120 grams Turnips cubed
- 3 Tbsp heavy whipping cream
- 2 Tbsp cream cheese – room temperature
- 10 grams butter
- 1 cup chicken broth

Place butter, onion and turnips in sauté pan and sauté until onions are translucent. Then add ham and brown. Add 1 cup chicken broth and let simmer until turnips are soft. In a blender, add whipping cream and cream cheese and blend just until smooth. When turnips are soft add the “cream mixture” to the soup and let thicken. Salt and pepper to taste!

 Debbie Toavs from Twin Falls, Idaho

PORK TACO SOUP

- 2 lbs ground pork (cooked)
- 2 cans Rotel
- 2 blocks cream cheese
- 4 Tbsp taco seasoning
- 4 cups chicken broth

Place ingredients in a crock pot. Cook on LOW for 6-8 hours. Mix ingredients prior to serving. Top with sprinkles of nutritional yeast.

 Jade Gallagher from Fairfax, VT

BACON & SHRIMP CHOWDER

- 1 cup Onions
- 1 Tbsp Butter
- 3 cups Chicken Broth
- 1.5 cups Heavy Cream
- 1 lb Shrimp (deveined and tail-off)
- 9 oz Bacon
- 1 tsp. Salt
- 1 tsp. Pepper
- 1 tsp. Paprika

In large pot, sauté onions in butter. Once sautéed, add remaining ingredients to pot. Cook on medium heat until liquid thickens a little. Simmer on low until ready to serve.

For thicker chowder, add in 1/2-1 cup sour cream.

 Jade Gallagher from Fairfax, VT

JADE'S CHILI

- 2 lbs Ground Beef (Cooked)
- 1 lb Kielbasa
- 2 cans Rotel
- 1 - 8 oz. can Tomato Sauce
- 1/4 cup Chili Powder
- 2 Tbsp Cumin
- 1 Tbsp Oregano
- 2 tsp Salt
- 1 tsp Pepper

Combine all ingredients in crock pot. Cook on low for 4-6 hours. Serve topped with sour cream and avocado, and pork rinds to scoop.

 Jade Gallagher from Fairfax, VT

ENCHIMALEES

STEP ONE:

- Crockpot
- Pork Roast or Shoulder Roast
- Liquid Smoke

Use a knife to poke several holes in roast on all sides. Then pour a small amount of liquid smoke over it, turning the roast to get it on all sides. Cook in crockpot until you can shred it with a fork. Shred the meat and set aside. (Time to cook depends on how big your roast is.) If you don't use all the meat it freezes really well.

STEP TWO:

- Deli sliced turkey or chicken (not too thin you will have to roll it)
- Olives (Sliced or whole to slice)
- 2 cans El Pato Tomato Sauce with Jalapeños (if you like it warm) OR
- 2 cans Tomato Sauce (if you like it mild)
- 1 pkg dry enchilada mix

Mix your chosen tomato sauce with the dry enchilada mix. Grease a 9x11" baking pan and put 1/2 a cup of sauce in the bottom and spread. Lay out your deli meat and place 1/3 cup of shredded pork on each slice. Put sliced olives on top of pork. Add 1 teaspoon of sauce on top of olives and roll up.

Place in the baking dish right next to each other. Put the rest of the olives on top of the rolled up Enchimalees, then pour the remaining sauce over the top. Bake uncovered at 350 degrees for 30 minutes. Serve over shredded lettuce with sour cream on top.

You can get 10 in a pan, but this recipe is easy to make as large or small as you need.

 Lorna Loveland from Nampa, Idaho

NO-COOK MIX N' MATCH KID FOODS

For the days when you don't want to cook, or need quick, easy, kid-approved foods for trips or your kids' lunches. Remember, some of these are for kids, not for adults in weight loss mode!

- Salami
- Pepperoni
- Beef Sticks
- Hard-Boiled Eggs
- Deli Lunch Meat
- Pickles
- Baby Carrots w/Ranch Dip
- Cherry or Grape Tomatoes w/Ranch Dip
- Cheese
- Guacamole Cups
- Pork Rinds (great for dipping in guacamole or ranch dressing)
- "Flackers" (flax crackers - great for dipping in guacamole or ranch dressing)
- Olives
- Berries
- Nuts
- Nut Butter

 Andrea Dell from Boise, Idaho

DEB'S VEGGIE MEDLEY

Ingredients:

- 1 chayote squash, cored and sliced in small bite-sized chunks
- 1 medium zucchini, sliced
- 1 cup grape tomatoes
- 1 small onion, chopped
- 3 large carrots, sliced
- 1 cup banana nut squash, cubed
- 1-2 Tbsp oil of your choice (I like extra virgin olive oil)
- 3/4 cup sour cream

Sauté veggies in oil until tender, approximately 15-20 minutes. (I like to use my electric skillet). Place veggies in a 9 x12" pan and add sour cream.

Variations:

- Add cooked ground sausage, hamburger or ham for a complete meal.
- Instead of sour cream, try cream cheese.
- This works with any veggies you like. Be creative.

 Deb Bashaw

FRIED GREEN TOMATOES

- 2 green tomatoes (sliced)
- 1 egg (beaten)
- 1/2 cup crushed pork rinds (place on plate)
- Olive oil or avocado oil

Dip sliced tomatoes in egg. Next, roll in pork rinds, then fry in oil until crisp. Season with salt and pepper. You could also use an air fryer!

This recipe also works great with chicken. Just swap out the green tomatoes for your favorite cuts of chicken.

 Lisa Spencer Clardy from West Point, MS

AIR FRY ZUCCHINI

Two styles to enjoy:

- Almond & Hemp Heart zucchini OR
- Pork Rind Panko Zucchini

Use a Ninja Bullet to make your “breading” of choice (pork rinds or almonds and hemp heart) in seconds.

Then, drizzle olive oil over zucchini slices or sticks. Toss in mixture of choice. Layer in air fryer and cook at 370 for 15 minutes. Toss midway. Enjoy!

 Michele Knight from Meridian, Idaho

DAVID'S SPECIAL SEASONING

- 3 Tbsp Onion Powder
- 2 Tbsp Garlic Powder
- 1 Tbsp Chili Powder
- 1 Tbsp Paprika
- 1/2 Tbsp Black Pepper
- 1 Tbsp Himalayan Salt
- 1 Tbsp Celery Salt
- 1/4 Tbsp Ground Red Pepper

🍴 Kristin Small from Meridian, Idaho

DAVID'S HOT SPECIAL SEASONING

- 3 Tbsp Onion Powder
- 2 Tbsp Garlic Powder
- 1 Tbsp Chili Powder
- 1 Tbsp Paprika
- 2 Tbsp Black Pepper
- 2 Tbsp Himalayan Salt
- 1 Tbsp Celery Salt
- 2 Tbsp Ground Red Pepper

🍴 Kristin Small from Meridian, Idaho

HOMEMADE TACO SEASONING

- 1/2 cup chili powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp crushed red pepper flakes
- 2 tsp dried oregano
- 1 Tbsp paprika
- 1/3 cup cumin
- 3 Tbsp salt
- 3 Tbsp black pepper

 Jade Gallagher from Fairfax, VT

CODE RED ALFREDO SAUCE

- 1.5 cups Heavy whipping cream
- 1 Tbsp Minced garlic
- 1 Tbsp Lemon juice
- 3/4 tsp Salt
- 1/4 tsp Pepper

Sauté minced garlic on medium heat for 1 minute. Add heavy whipping cream and bring to a simmer. Stir in lemon juice, salt and pepper, and bring to a simmer. If sauce is too runny, add a touch more lemon juice.

Remove from heat and enjoy over steamed veggies.

 Kristin Small from Meridian, Idaho

INGREDIENTS MENTIONED

Code Red Olive Oil
www.CodeRedOliveOil.com

Redmond Real Salt
www.CodeRedLifestyle.com/RealSalt

Promo code, CodeRed15, for 15% off your order

Outer Aisle Sandwich Thins
www.CodeRedLifestyle.com/OuterAisle

Promo code, codered, for 10% off your order

Nut Pods
www.NutPods.com

Promo code, codered, for 15% off your order