



MIDLAND STRONG RECIPES

#MidlandStrong

A quick word on our recommended spices: if you don't already own the spices listed in each recipe, don't feel you have to buy each one just to make your meal delicious. You can do wonders with a little sea salt & pepper, and other staples you have at home, like garlic powder. Enjoy!

Here are some tricks:

If you are starting **without** any spices, we do recommend starting with the basics:

Cayenne pepper (if you want to spice it up)

Oregano

Onion powder

Garlic powder

Black pepper

Salt

If you are starting **without** any fats/oils, start with butter!

You can also choose coconut oil or extra virgin olive oil based on your personal preference.

Same with the vinegar: Choose between apple cider vinegar or balsamic.

MIDLAND GARDEN MEDLEY

(Makes 5 dinners)

2 heads romaine lettuce

(chopped into bite size pieces)

½ red cabbage, chopped

2–3 carrots, peeled and cut into rounds or slivers

2–3 celery ribs, chopped

1 carton grape/cherry tomatoes

(Add on per day as desired)

OPTIONAL TOPPINGS: raisins, sliced almonds, pecans

Separate, rinse and dry the leaves of the lettuce. Use a salad spinner to save time. With your hands tear the lettuce into bite size pieces, or chop into bite size pieces with a knife. Put the leaves into a large bowl with a lid. Add the chopped cabbage, chopped/slivered carrots and chopped celery and toss. This salad will be used for 5 meals throughout the week. The additional ingredients can be added right before serving. A serving of salad is between 1–1½ cups.

CREAMY LEMON DRESSING

(Makes 16-1 tablespoon servings)

½ cup extra virgin olive oil

¼ cup plus 2 Tbs. lemon juice

2 Tbs. water

½ tsp. lemon peel

⅛–¼ tsp. NG Bulk dried thyme

1 clove garlic, minced

⅛ tsp. NG Bulk Real Orsa Sea Salt

1-5.46 ounce can Thai Kitchen® full-fat coconut milk

In a bowl, whisk together the oil, lemon juice, water, lemon peel, thyme, garlic and salt. Whisk in the coconut milk. Store in a jar with a tight-fitting lid and refrigerate. To serve, take out of the refrigerator at least 30 minutes before use, allow olive oil to liquify and shake to mix thoroughly.

GALVESTON CHICKEN WITH ROASTED VEGETABLES

- 3 lbs. whole chicken
- 1 lemon, juiced
- 4 garlic cloves, minced
- 1 tsp. to 1 Tbs. NG Bulk cayenne pepper
(essential for heat. Adjust according to your preference for hotness)
- 1 Tbs. NG Bulk paprika
- 1 Tbs. NG Bulk dried oregano
- ½ tsp. NG Bulk coarse black pepper
- 2 tsp. olive oil
- 1 tsp. NG Bulk Real Orsa Salt
- 1 medium yam
- 2–3 red potatoes
- 1 medium to large red beet
- 1 medium to large yellow onion

Zest the lemon before juicing. (Save the zest for salad dressing). Place the chicken on a roasting pan and pour on the lemon juice to coat. In a small bowl, combine the garlic, cayenne, paprika, oregano, pepper and oil. Mix well. Rub evenly over the surface of the chicken. Cover and let marinate at room temperature 2–3 hours, or chill overnight (return to room temperature before roasting).

Peel beet. Cut vegetables into large chunks. Place around chicken and drizzle lightly with olive oil.

Put the pan in a cold oven and set the temperature to 350 degrees. Roast until the chicken is done, about 1 ½–2 hours. To test, prick with a skewer (the juices should be clear).

SAUTÉED GREENS WITH APPLES

- 1 small yellow onion
- 1 medium Pink Lady apple
(or similar tart variety)
- 2 cloves garlic
- 2 Tbs. butter or coconut oil or olive oil
- 1 package Woodstock Farms® Organic Kale (frozen)
- 2 Tbs. apple cider vinegar
- ½ tsp NG Bulk Real Orsa Sea Salt

In a food processor, combine your onion, garlic and apple and chop. In a large pan sauté your apple and onion mixture in butter or bacon fat until the onions start to turn translucent. Add in frozen kale, cover and cook for about two minutes. Add in your vinegar and salt and stir. Cook for another minute or two.

APPLE MUSTARD BEEF BURGERS

(Mix ingredients together on Sunday and refrigerate overnight)

- 1 lb. 100% grass-fed, Crystal Rivers® Ground Beef
- 1 Pink Lady apple (or similar tart variety), cored, peeled and shredded
- ½ tsp. NG Bulk dried thyme
- ½ tsp. NG Bulk ground mustard
- ¼ tsp. NG Bulk sea salt
- ¼ tsp. NG Bulk chili powder
(or fresh ground black pepper)
- ¼ tsp. NG Bulk cinnamon
(optional, but brings out the apple)
- 1½ Tbs. Gluten-free Dijon mustard
- 2 green onions, diced
- 1 garlic clove, minced (or ⅛ tsp. garlic powder)

TOPPINGS: organic avocado, organic tomato slices
Gourmet toppings: fried or poached free-range, GMO-Free egg, naturally-raised bacon, Schultz's® Gourmet Spicy Original Hot Sauce

SERVING SUGGESTIONS:

In organic lettuce wrap or on top of Midland Garden Medley
OPTIONAL SERVING SUGGESTIONS:
burger buns (Gluten-free or wheat)

In a large bowl, mix all of the above ingredients together making sure to fully combine. Don't be afraid to get your hands in there and mix things up, too. It works great and it's better for the meat. Then form into 4–6 equal portioned burger patties.

Heat a grill pan over medium-high heat. Once hot, place burgers on grill pan and allow them to cook on one side for about 3–4 minutes. Be careful here because if you flip them too soon there is a chance they will fall apart. Be patient and work on the other half of your meal while these work their magic. Once cooked on one side flip and cook on other side until completely cooked and no longer pink in the middle.

Serve in lettuce wraps (Romaine lettuce leaves) or on top of Midland Garden Medley or on gluten-free buns. Top with fried egg, bacon or sweet pepper, mushroom and onion medley.

TEXMEX TURKEY TACOS

1 lb. Sheltons® ground turkey
 1 small onion, diced
 3 Roma tomatoes, diced
 ½ bag Woodstock Farms® Organic Tri-colored Peppers (Frozen)
 1 jalapeno, deseeded and diced
 2 cloves garlic, minced
 1½ Tbs. homemade taco seasoning or pre-made taco seasoning (Riega Organic® Taco Seasoning No.4)
 ¼ cup cilantro, finely chopped (*for garnish*)
 coconut oil (*for cooking*)
 lettuce leaves to serve as taco "shells"
 or serve over Midland Garden Medley

TOPPINGS: homemade guacamole, black beans, salsa, shredded cheese, green onions, cilantro, avocado, yogurt

OPTIONAL: corn tortillas

Saute the onions in 1 tablespoon of coconut oil until the onions turn translucent. Add in the ground turkey and sauté until the turkey is pretty much cooked. Use a spatula to stir the turkey to ensure it doesn't clump together. Pour out any excess water produced during cooking. When the turkey is almost done cooking, add in the tomatoes, peppers, jalapeno, minced garlic, and homemade taco seasoning. Cook until the tomatoes are soft. Optional: Garnish with cilantro and serve in lettuce wraps, over salad or in soft corn tortillas.

HOMEMADE TACO SEASONING

(Make on Sunday)

If you don't own the majority of these spices already, go with Riega Organic® Taco Seasoning No.4 (we won't be mad).

2 tbs. NG Bulk chili powder
 2 tsp. NG Bulk cumin
 ½ tsp. NG Bulk paprika
 2 tsp. NG Bulk dried oregano
 1 tsp. NG Bulk onion powder
 1 tsp. NG Bulk garlic powder
 2 tsp. NG Bulk salt
 1 tsp. NG Bulk black pepper
 ½ tsp. NG Bulk cayenne pepper
 ½ tsp. NG Bulk ground coriander

Combine all ingredients in a small bowl and mix until thoroughly mixed. Use 1½ Tbs. per 1 pound ground meat (or more to taste).

GARLIC ROASTED BROCCOLI

Adapted from paleogrubs.com/roasted-broccoli-recipe

1-16oz. bag Cascadian Farms® broccoli cuts (frozen)
 3 Tbs. extra virgin olive oil or organic coconut oil
 5 cloves of garlic, minced
 1 tsp. NG Bulk Real Orsa Sea Salt
 ½ tsp. NG Bulk Black pepper
 1 tsp. lemon juice

OPTIONAL: pinch of red pepper flakes

Preheat the oven to 400°F. Line 2 rimmed baking sheets with parchment paper. In a small bowl mix oil, garlic, salt, and black pepper. In a large bowl toss the broccoli with olive oil, mixture. Spread the broccoli in a single layer on the lined baking sheets. Transfer the baking sheets to the oven and roast for 20 minutes. Take the baking sheet out and use a spatula to stir the broccoli and redistribute the oil and spices. Add red pepper flakes if using. Return the baking sheet to the oven and roast for another 10 minutes, or until the broccoli develops the amount of brownness desired. After baking, squeeze lemon juice liberally over the broccoli before serving.

SAUTÉED SWEET PEPPER, MUSHROOM & ONION MEDLEY

1½ bags Woodstock Farms® Organic Tri-colored Peppers (Frozen)
 3 Tbs. olive oil
 1 medium onion, thinly sliced
 3 cloves garlic, finely chopped
 1 bag Woodstock Farms Organic® Mixed Mushrooms (Frozen)
 NG Bulk Salt and freshly ground black pepper
 1½ Tbs. balsamic vinegar or apple cider vinegar
 2 Tbs. fresh parsley, finely chopped

Heat the olive oil in a large pan over medium heat. Add the onion and cook, stirring frequently, until they are very soft and golden in color, 7–8 minutes. Add the garlic and cook for another minute. Add the mushrooms and continue cooking, stirring from time to time, until any moisture given off by the mushrooms has evaporated and they've turned a rich golden brown, 6–8 minutes.

Add the frozen peppers and continue cooking, stirring frequently, until the peppers are thawed and cooked. Season with salt and pepper. Add the balsamic, and cook for 2–3 minutes longer. The peppers should be sweet and very tender. Taste and adjust the seasoning as needed. Transfer the mixture to a large bowl, sprinkle with parsley and serve family style.

HOMEMADE GUACAMOLE

2 ripe avocados
1 Roma tomato diced
2 scallions/green onions, finely diced
1 clove garlic, minced
¼ tsp. NG Bulk sea salt
¼ tsp. NG Bulk black pepper
1 lime (juice)
small handful of fresh cilantro, roughly chopped
3 Tbs. Greek yogurt
½ tsp. hot sauce

OPTIONAL: ½ jalapeño, seeded & minced

In a medium bowl, use a fork to mash the avocado with garlic, lime juice, and salt. Mix in the tomato, onion, jalapeño, and cilantro until combined.

ROASTED BLACK PEPPER CABBAGE

(Makes 4 servings)

Adapted from [wellnessmama.com/5909/roasted-cabbage-slices/](https://www.wellnessmama.com/5909/roasted-cabbage-slices/)

½ head of cabbage
2 Tbs. (or more) of oil-coconut oil or olive oil
NG Bulk salt and pepper, to taste

OPTIONAL: 1 teaspoon of favorite herbs like basil, caraway seeds, dill, etc.

Preheat the oven to 400°F. Slice the cabbage starting at the top of the head so that the inner pieces form circles within the slices. Aim for ¼–½ inch slices. Oil a baking sheet with 1 tablespoon of the oil. Place the cabbage on the baking sheet and drizzle with the remaining oil. You may need to melt it if using a solid oil like coconut oil. Sprinkle with desired spices (it is even delicious with just Himalayan salt!) and place in the oven. Roast for 35–40 minutes or until tender in the middle and sides are just starting to turn golden brown. Remove and serve.

SWEET POTATO, BACON & KALE QUICHE

(Make on Sunday and Refrigerate covered)

1 medium yam, peeled and sliced into thin rounds
(rounds should be thin enough to bend easily)
5 eggs, beaten
1 package frozen kale
3 bacon slices, cooked and crumbled
½ small yellow onion, diced
1 garlic clove, minced
1 scallions/green onions, chopped
2 tsp. olive oil
1–2 Tbs. butter
NG Bulk salt and black pepper, to taste

OPTIONAL: top with salsa

Preheat oven to 400°F. Arrange yam and potato slices in a pie dish in a circular pattern to form a “crust” for the quiche. Lightly drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake 15–20 minutes. Meanwhile, melt some butter in a skillet over medium heat and add the garlic and onion. Cook until the onion and garlic are soft and fragrant, around 5 minutes. Add in frozen kale. Sauté until thawed, and set aside to cool down. When the sweet potatoes are done, lower the oven heat to 375°F. In a bowl, combine beaten eggs with the spinach mixture, bacon, and green onion. Pour over the sweet potato crust, and place in the oven. Bake 30–35 minutes, or until the eggs are set; serve warm.

GARLIC GREEN BEANS

1 package frozen green beans
2–4 Tbs. pasture-based butter
4 Cloves of garlic, minced
NG Bulk salt and pepper, to taste

OPTIONAL: sliced almonds

Place butter in skillet and bring to low heat. Sauté garlic in butter. Add green beans and toss for 2–3 minutes, until thawed. Add salt and pepper to taste. Top with sliced almonds if you choose to.

STEAMED PEAS

Place vegetable steamer in a saucepan. Add water. Add green peas. Cover with lid and bring to a boil. Steam until thawed. Add salt, pepper and butter or olive oil to taste.

BAKED APPLES

2 Honeycrisp apples (*or similar tart variety*)
2 tsp. butter
2 Tbs. maple syrup
sprinkle NG Bulk salt
sprinkle NG Bulk cinnamon
2 tsp. raisins
4 Tbs. nuts (slivered almonds, coconut flakes, pecans)

OPTIONAL: serve with vanilla ice cream

Preheat oven to 350°F. Slice the top off the apples and channel out the cores, trying to leave some flesh in the bottom of the apple. Stuff the center of the apple with nuts and raisins. Add maple syrup. Top with butter. Sprinkle with salt and cinnamon. Bake 350°F for 40 min. Cut in half to serve.

WILD-CAUGHT BAKED COD WITH BACON HERB BUTTER

1 lb. cod (*cut into 4-4 ounce pieces*)
or four portions of cod
1 Tbs. olive oil
1 tsp. lemon juice
pinch of NG Bulk cayenne pepper
NG Bulk salt and pepper, to taste
4 Tbs. butter
1 cooked piece of bacon, finely minced
2 Tbs. NG Bulk parsley
1 tsp. NG Bulk dried basil
pinch of NG Bulk garlic powder
pinch of NG Bulk salt

Preheat oven to 375°F. Place cod on a rimmed baking sheet lined with parchment paper. Sprinkle with a bit of olive oil and lemon juice then cover with cayenne pepper and salt and pepper. Put in oven to bake for 15–20 minutes, until fish is flaky. While the fish bakes, (cook bacon if needed) mix together butter, bacon, parsley, basil, garlic powder and salt and pepper in a small bowl, using a spoon until well combined. Once fish is done, top with butter. Serve over Butternut Squash Risotto.

CAULIFLOWER RICE

1 medium head of cauliflower
Boiled water
Extra virgin olive oil
NG Bulk sea salt and pepper, to taste
OPTIONAL HERBAL ADDITIONS: dried basil, sage, thyme

Thoroughly clean the head of cauliflower and pat dry. Cut into florets and discard thick stalks. In a food processor pulse until you achieve small granules that resemble rice. Or using a box grater, grate the florets into rice like granules. Pour the riced cauliflower into a large bowl, then pour over enough boiled water to cover. Allow to sit for 4 minutes or until softened, then drain. Try to make sure nearly all of the liquid has drained off. Add a bit of oil to a pan and sauté the drained cauliflower for a few minutes. Gently mix in some ground black pepper and sea salt, and optional herbs.

GARLIC SAUTÉED BROCCOLI AND RED CABBAGE

1-16 oz bag Cascadia Farms® frozen broccoli
½ red cabbage, chopped
2 clove minced garlic
2 Tbs. butter

Heat butter over medium heat in a skillet. Added minced garlic and sauté until soft. Add red cabbage and sauté until almost done. Add Broccoli and sauté until thawed and warm.

ZUCCHINI NOODLES

6 small or 3 large organic zucchini
2 or more Tbs. butter
1 clove garlic, minced

Begin by cutting off the ends of the zucchinis and washing them. Using a vegetable peeler, peel one section at a time for 4 ribbons, then rotate and continue. Continue to rotate and peel until you hit the core of seeds, then stop. In a pan over medium-low heat add 1 tablespoon butter and allow to melt. Add and sauté minced garlic. Dump in your ribbons (you may need to do this in batches depending on how many ribbons you have and the size of your pan. Just don't over crowd it). Stir constantly with a spoon and allow the ribbons to cook through and wilt a little. Since they are so thin it should only take 1–2 minutes, you don't want them overcooked. Put in serving bowl.

SLOW COOKER BEEF STEW

(Makes 4–6 servings)

- 1 lbs beef or buffalo stew meat
- 4–6 carrots
- 2 turnips
- 1 small butternut squash, peeled, deseeded,
and cubed
- 1 small onion
- 4–6 celery sticks
- 2 cloves of garlic, minced
- 1-16 oz chicken broth
- 2 tsp. of salt
- ½ tsp. NG Bulk black pepper
- 1 tsp. NG Bulk garlic powder
- 1 tsp. NG Bulk onion powder
- 2 tsp. NG Bulk paprika

Pour the broth into the bottom of the slow cooker. Place the meat into the broth in the slow cooker. Season the meat in the slow cooker with salt, pepper, garlic powder, onion powder, minced garlic and paprika. Chop up the vegetables into rough 1-inch cubes and place on top of the meat in the slow cooker. Place the lid on the slow cooker and cook on the low temperature setting for 8 hours. Serve over zucchini noodles.

DREAMING OF SPRING SALAD

- 2 tomatoes, cut into small wedges
- 1 avocado, sliced
- 1 large carrot, peeled and cut into thin sticks
- 1 cucumber, peeled and cut into rounds
- dried basil to sprinkle to taste over the top
- extra virgin olive oil
- balsamic vinegar
- NG Bulk salt and pepper, to taste
- OPTIONAL:* red pepper flakes

Arrange on plate. Season with salt, black pepper and basil, drizzle with olive oil and balsamic. Top with red pepper flakes if using.