

Righteous Recipes from Janice Taylor, Dysfunctional Chef

OUR LADY OF WEIGHT LOSS



ANYTIME MEALS BRINGING YOU INTO THE 'LITE'

Breakfast for lunch? Lunch for dinner? Dinner for Breakfast? ... Here, Janice Taylor, your favorite Dysfunctional Chef, shares six righteous recipes: 3 more or less for breakfast and 3 more of less for lunch or dinner.

Eggplant, Apricots and Kidney Beans, Oh My

Roasted Vegetable CousCous with Garbanzo Beans

Spinach, Garbanzos and Lemons

Eggs on Muffins

Very Berry Smoothie

Fruity Quinoa



Janice Taylor, your host of The Dysfunctional Chef. For more recipes visit Janice's blog: Our Lady of Weight Loss !!!

DYSFUNCTIONAL CHEF

ANYTIME MEALS !!!

Eggplant, Apricots and Kidney Beans, Oh My

Ingredients:

- 2 T olive oil
- 3 garlic cloves, crushed
- 2 cups diced eggplant
- 2 cups chopped tomatoes
- 12 dried apricots, chopped
- dash of Tabasco
- 2 cups drained and rinsed canned kidney beans
- whole wheat penne (8 oz box)
- salt and pepper to taste
- vegetable broth (organic from the box)

Instructions:

In large skillet, sauté garlic for a minute or two, add eggplant, tomatoes, apricots, Tabasco and a 1/4 cup vegetable broth.

Season to taste with salt and pepper, then cover and simmer. If it starts to look dry, add a splash or two more of vegetable broth.

Meanwhile, in a big pot, make the penne, according to directions on the box. When done, drain water.

Pour a good amount of sauce on penne. Remember 1/2 cup of penne is about 120 calories; 1 cup is 240 ... in other words, do not eat it all!

Roasted Vegetable CousCous with Garbanzo Beans

Ingredients:

- 2 cups seeded/chopped red bell pepper
- 1 cup sliced zucchini
- 2 T olive oil
- 1 cup couscous
- 2 cups drained and rinsed can of garbanzo beans
- 2 cups drained bottle artichoke hearts, halved
- 1 cup cherry tomatoes
- salt and pepper to taste



Cast iron skillets used to be the leading source of iron in the American diet!

Instructions:

Heat the oven to 400 degrees. Put the bell peppers and zucchini in a large baking dish, season with salt and pepper, drizzle oil and toss. Roast in the hot oven for 20 minutes until tender, turning once.

Put the couscous in a bowl, season with salt and pepper, drizzle with remaining oil. Stir with a fork, then pour into 1 cup boiling water and let stand 5 minutes. When the couscous is done, add the roasted vegetables to couscous.

Janice Taylor

Life and Wellness Coach
Weight Loss Expert
Hypnotist
Author, Artist
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RECIPES from the Dysfunctional Chef

- Cook Light
- Eat Light
- go ... Into the "Lite"

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DYSFUNCTIONAL CHEF

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Spinach, Garbanzos and Lemon

Ingredients:

- 1 Tablespoon olive oil
- 3 cloves garlic, crushed
- spinach, one big bag
- one can garbanzo beans, drained and rinsed
- Salt and pepper
- vegetable broth

Instructions:

In large skillet heat olive, sauté garlic until soft. Add spinach, stir until wilted. Pour in tablespoon or two of vegetable broth (so things don't burn). Add one can garbanzo beans. Salt and pepper. Squeeze fresh lemon into the mix.

Eggs on Muffin with Spinach

Ingredients & Instructions (yes, it's that easy):

- Saute spinach saute until wilted
- Fry an egg

- Salt n' pepper to taste
- Toast an English muffin

Make a sandwich!

Very Berry Smoothie

Ingredients &

Instructions: (yes, it's that easy)

- 1/2 cup strawberries, hulled
- 1/2 cup blueberries
- 1/2 cup pitted cherries
- 1/2 cup ice cold milk
- 4 T low-fat yogurt

All ingredients in blender. Mix, pour, drink!

Fruity Quinoa

Ingredients:

- 1/4 cup quinoa
- 2/3 cup orange juice
- 1/4 cup chopped dried figs
- pinch ground cinnamon
- pinch salt
- low fat yogurt to taste



Instructions:

Place quinoa, orange juice, figs, cinnamon and salt in a saucepan.

Bring to boil, then reduce the heat and simmer 20 minutes until the liquid is absorbed. Remove the pan from the heat, let stand covered for about 10 minutes. Stir.

Put in bowl with a dollop or two of low fat yogurt.

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