



RM[®]

Cooking

THE RED MOUNTAIN WAY

A WEEK'S WORTH OF RECIPES
Volume 1

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Day One

Green Protein Smoothie

INGREDIENTS

1 Thick & Creamy Vanilla Protein Shake*
(mixed with water)

1 cup kale

1 cup frozen strawberries

½ peeled cucumber

1 cup water or chilled green tea

Splenda® (to taste)

4-5 ice cubes

DIRECTIONS

Combine ingredients in a blender and pulse until fully combined. Add water if desired to reach a smoother consistency.

*Available for purchase at all Red Mountain locations.



Chicken Salad

INGREDIENTS

7 oz chicken

Celery

¼ cup Walden Farms Amazin' Mayo

4 tbsp Bragg's liquid aminos

2 Tbsp lemon juice

2 tsp apple cider vinegar

2 tsp organic poultry seasoning

2 Tbsp onion, minced

Salt & pepper (*to taste*)

DIRECTIONS

Chop chicken into 1 inch pieces and cook in a skillet with a little water or chicken broth. Meanwhile, finely chop celery and onion. When the chicken is done, combine with Walden Farms Amazin' Mayo, celery, onion, and spices. Chill & serve with celery sticks or atop a bed of lettuce.

Salt & Vinegar Roasted Radishes

INGREDIENTS

- 15-20 small red radishes
- 3 Tbsp apple cider vinegar
- 1 tsp salt
- ¼ tsp ground black pepper

DIRECTIONS

Prepare radishes by washing and cutting into 1½ inch chunks. In a separate bowl, combine 2 Tbsp apple cider vinegar, ½ tsp salt, and pepper. Whisk mixture until well combined, then toss with radishes. Transfer mixture to a baking sheet prepared with a little zero-calorie nonstick cooking spray, spreading the radishes in an even layer. Spray the radishes with additional cooking spray and bake at 400 degrees F for 25 minutes, then flip and cook for 20 minutes more. When done, drizzle with additional vinegar and ½ tsp salt. Garnish with parsley or chopped basil if desired.





Caramel Apple Slices

INGREDIENTS

1 green apple
Walden Farms Caramel Sauce
Walden Farms Chocolate Dip

DIRECTIONS

Wash apples and slice to desired thickness.
Over a plate, drizzle with Walden Farms Caramel
Sauce until sufficiently covered. Freeze for 15-20 mins
or until caramel is hardened, then top with Walden Farms
Chocolate dip (*if desired*) and chill once more. Enjoy cold.

Day Two



Crab Meat Omelette

INGREDIENTS

8 fresh asparagus spears

6 oz crab meat, chopped

¼ cup chopped onion

4 egg whites

1 tsp dried dill

1 tsp garlic powder

Ground black pepper to taste

½ cup diced plum tomato

DIRECTIONS

In a large saucepan, steam asparagus in approximately 1 inch of water for 4 minutes or until tender. When done, drain skillet and cut asparagus into ¼-inch pieces. Once asparagus is prepared, sauté chopped onion with crab meat, tomato, and asparagus; transfer to a separate container when done. Next, whisk together egg whites, dill, garlic powder, and pepper. When ready, spray pan with a little zero-calorie nonstick cooking spray and pour desired amount of egg mixture into pan, topping with a portion of the crab mixture. Allow to set, then fold the omelet in half and press down. Once cooked on the side touching the pan, flip omelet to cook other side. Serve hot.



Reuben Sandwich

INGREDIENTS

10 oz roast turkey, sliced

1 cup sauerkraut, drained

4 Tbsp Walden Farms Thousand Island Dressing
(or to taste)

1 red onion, sliced

1 tomato, sliced

1 pickle, sliced

Large lettuce leaves

DIRECTIONS

Shred turkey (or protein of choice) and add to a bowl. Then, add sauerkraut and Walden Farms Thousand Island dressing to meat and combine well. Transfer meat mixture to an oven safe dish and cook for 10-15 minutes at 350 degrees F. When done, remove meat from oven and allow to cool slightly. To serve, use a lettuce leaf as the sandwich ends. Top with onion, pickle and tomato



Zucchini Bruschetta

INGREDIENTS

2 zucchini, sliced into rounds

1 Tbsp red pepper, diced

1 Tbsp white onion, diced

½ Tbsp garlic, chopped finely

Herbs of choice, chopped finely

2 Tbsp lemon juice, freshly squeezed

Salt & pepper (*to taste*)

DIRECTIONS

Wash and slice zucchini, then organize into a single layer on a baking sheet prepared with a little zero-calorie nonstick cooking spray. Bake for 25 minutes at 350 degrees F or until sufficiently roasted. While zucchini is cooking, combine the chopped pepper and onion with garlic and herbs and saute; mix with a little lemon juice, salt, and pepper. Once zucchini slices are ready and have been removed from the oven, top with the vegetable & herb mixture and enjoy.



Meringue Cookies

INGREDIENTS

6 egg whites (*from fresh eggs*)

1 tsp lemon juice

½ serving of 1 RM Vanilla Protein Drink

6 Tbsp Swerve® Confectioners Sugar

DIRECTIONS

Whip the egg whites with a small amount of lemon juice in a metal or glass bowl until stiff peaks are formed. Then, beat in Swerve® Confectioners Sugar for approximately 15 seconds. Next, transfer the mixture into a piping bag (*or plastic bag with the edge snipped off*) and pipe out 1-inch wide dollops onto a baking sheet lined with parchment paper. When ready, bake cookies at 210 degrees F for 45 minutes, then turn off the oven and allow the cookies to cool completely before removing.

Day Three



Chocolate Peanut Butter Protein Shake

INGREDIENTS

1 Thick & Rich Chocolate Protein Shake*
(mixed with water)

Torani® Sugar-Free Peanut Butter Syrup
(to taste)

4-5 Ice Cubes

DIRECTIONS

Combine ingredients in a blender and pulse until fully combined. Add water if desired to reach a smoother consistency.

**Available for purchase at all Red Mountain locations.*



Apricot Glazed Salmon

INGREDIENTS

(2) 6-oz salmon filets

2 tsp Walden Farms Balsamic Vinegar

¼ cup Walden Farms Apricot Fruit Spread

⅓ tsp garlic powder

½ tsp sea salt

DIRECTIONS

Preheat oven to 400 degrees F. Mix vinegar, preserves, garlic powder and sea salt in a small bowl to make glaze. Brush glaze over salmon and bake for 15 minutes. Serve hot.



Garlic Collard Greens

INGREDIENTS

1 large onion, chopped

2 cloves garlic, minced

3 cups chicken or vegetable broth

16 oz collard greens, cut into 2-in segments

Salt & pepper (*to taste*)

Red pepper flakes (*to taste*)

DIRECTIONS

Place a large pan over medium-high heat & spray with a little zero-calorie nonstick cooking spray. Add garlic to pan and cook until fragrant. When ready, add collard greens and sauté until they start to wilt. Then, pour in chicken broth, seasoning with salt, pepper and red pepper flakes as desired. Reduce heat to low, cover, and simmer until greens are tender. Serve hot.



Healthy "Sour Patch Kids"

INGREDIENTS

3 cups fresh blueberries

1 package sugar-free watermelon JELL-O®

1 package sugar-free lemon JELL-O®

DIRECTIONS

Rinse blueberries and pat until mostly dry.

Then, mix JELL-O® flavors in a small bowl and pour about ¼ of the mixture onto a plate. Add a few blueberries at a time to the plate of JELL-O® mix and roll around until completely coated. Then, transfer to a bowl. Once all blueberries have been coated, place your bowl of JELL-O® covered blueberries into the refrigerator for at least one hour. Serve cold.

Day Four



Protein Crepes

INGREDIENTS

½ cup egg whites

1 Serving of Rich & Creamy Vanilla Shake*

Cinnamon (*to taste*)

DIRECTIONS

In a bowl, combine egg whites and protein powder. Whisk until protein powder is dissolved, adding water to thin the batter if needed. Scoop ⅓ – ½ of the mixture into a heated skillet, rotating pan around so the batter spreads thin. Cook until the bottom is lightly browned, then flip it over to cook through. Remove from heat & top with fruit, Walden Farms Syrup or Fruit Spread, or other approved items for added flavor.

**Available for purchase at all Red Mountain locations.*



Slow Cooker Pulled Pork

INGREDIENTS

- 1 Pork tenderloin
- Walden Farms BBQ Sauce
- Juice of 1 orange
- Chili powder (*to taste*)

DIRECTIONS

Cut the tenderloin in half & place in a 3-quart slow cooker along with Walden Farms BBQ Sauce, juice of 1 orange & chili powder to taste. Cover and cook on low for 4-5 hours or until meat is tender. After 4-5 hours, remove meat and shred with two forks. Return to slow cooker to heat through. Serve in between lettuce leaves with approved toppings (*if desired*).



Cauliflower "Potato" Salad

INGREDIENTS

- 1 head cauliflower
- 3 scallions, chopped
- ¼ cup celery, diced
- 3 Tbsp Walden Farms
Amazin' Mayo
- ½ Tbsp mustard
- Dill (*to taste*)
- Salt & pepper (*to taste*)

DIRECTIONS

Quarter & steam cauliflower for about 15 minutes or until tender. When done, remove from heat and rinse in cold water for several minutes. Once sufficiently cooled, set cauliflower on paper towels to drain. Next, chop the cauliflower into small, bite-sized pieces and place in a bowl with the chopped scallions and celery; gently toss. Separately, combine the mayo, mustard, salt and pepper; fold together gently with a spatula until well combined. Add mayonnaise mixture to the bowl with the cauliflower and toss to coat. Cover and chill for at least an hour before serving. If desired, garnish with dill.

Shaved Ice

INGREDIENTS

- 1 cup boiling water
- 2 cups zero-calorie soda, such as Zevia® (*any flavor*)
- 1 4-serving box of Sugar-Free Jell-O® (*any flavor*)

DIRECTIONS

Whisk together the boiling water and gelatin mix until dissolved. Then, pour gelatin mixture into a square cake pan, also stirring in soda. Freeze mixture for 4 hours or overnight. Serve quickly when ready, using an ice cream scoop to portion.



Day Five



Vanilla “Tapioca” Pudding

INGREDIENTS

- 1 package Miracle Rice
- 1 RM Vanilla Protein Drink*
- 6 strawberries, diced
- Cinnamon (*to taste*)

DIRECTIONS

Prepare the Miracle Rice as directed on the package; be sure to cook on a hot pan for at least 5 minutes to reduce the amount of water. When Miracle Rice is ready, combine with 1 serving of protein powder and 8 oz water. Stir to combine, then add in the diced strawberries and a sprinkling of cinnamon to finish. Cover bowl with tin foil or transfer to an airtight container and refrigerate at least 4 hours to thicken mixture. Once ready, serve cold.

**Available for purchase at all Red Mountain locations.*



Cajun Shrimp & Vegetable Skillet

INGREDIENTS

8 oz large shrimp, peeled and deveined

1 cup zucchini, sliced

1 cup medium yellow squash, sliced

1 cup red bell peppers, chopped into chunks

1 cup asparagus, sliced into thirds

4 Tbsp Cajun seasoning

DIRECTIONS

In a large bowl, combine the shrimp and chopped vegetable and toss with Cajun seasoning. Then, grease a skillet using a little zero-calorie nonstick cooking spray. Once heated to medium-high heat, cook shrimp & vegetables for about 5-7 minutes until the shrimp is pink and the vegetables are tender. When done, remove from heat & garnish with fresh parsley & a little lime juice.

Grilled Lebanese Salad

INGREDIENTS

- 8 plum tomatoes
- 8 oz whole mushrooms
- 2 medium red onions
- 2 medium green peppers
- ½ tsp garlic salt
- 1 medium cucumber, peeled, seeded and sliced
- ½ cup fresh basil leaves, thinly sliced
- 3 Tbsp Walden Farms Balsamic Vinaigrette
- 2 radishes, sliced thin

DIRECTIONS

Chop vegetables & add to a large bowl. Sprinkle with garlic salt and toss to coat. When sufficiently coated, transfer vegetables to a grill wok or basket. Then, grill for 8-12 minutes, stirring frequently. Once tender, remove the vegetables from the heat and add the cucumber and basil. Drizzle with vinaigrette and gently toss to coat. Add an approved protein if desired.





Simple Caramel Lollipops

INGREDIENTS

Walden Farms Caramel Dip

Lollipop sticks (as needed)

DIRECTIONS

Prepare a baking sheet by lining with parchment paper. Carefully, use a spoon to measure out your desired diameter of caramel. Place lollipop stick in the center of the caramel circle. Freeze & enjoy when hardened.

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