



# Father's Day Recipe's

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Grilled Turkey London Broil: Turkey London Broil is a skinless, boneless turkey breast. When marinated it takes on the flavor of the marinade and is quite juicy. Turkey breast is quite lean. It's best to buy organic pasture raised turkey. The turkey will be lean, and flavorful due to the healthy environment, fresh air, water and pasture that are part of their daily routine. Pasturing allows them to live and eat grass, clover like they were intended to without pesticides and hormones or antibiotics.

Benefits of Turkey London broil



If baking pre-heat the oven to 350 F or pre-heat the grill

- 1 ½-2 lbs turkey breast half "Turkey London Broil"
- ¼ cup balsamic vinegar
- ¼ cup orange juice
- ¼ cup olive oil
- ¼ cup low sodium tamari (wheat free soy sauce)
- 2 teaspoons fresh minced ginger

2 garlic cloves, Crushed

Place turkey breast in either a shallow baking dish or a gallon size plastic bag. In a small bowl or glass measuring cup add marinade ingredients and whisk together. Save ¼ cup of the marinade. Pour the remainder of the marinade into either a baking dish or plastic bag. Add turkey and marinade in the refrigerator 30 minutes to overnight turning occasionally. The longer it's marinated the stronger the flavor

Remove turkey from marinade, discard marinade.

To allow for cooking evenly, turn over the turkey breast and open up the flap of the breast. Turn back over and lay flat.

Grill or bake turkey, allow for 15 minutes a pound and turn the breast about every 10 minutes for even cooking.

Test with a thermometer. The thickest part of the breast should read 165 F

Place turkey on a platter and cover it loosely with foil for about 10 minutes before carving Cover.

Carve thinly on an angle.

## Citrus Slaw



**Citrus Slaw:** Cabbage is a cruciferous vegetable high in phytonutrients with a good source of sulfur, iodine, vitamin E and vitamin C; Napa cabbage decreases inflammation and is high in vitamin A, folate, vitamin B6 and manganese. Calcium content is higher in the outer leaves.

To make Cole slaw quicker you can purchase pre-shredded cabbage and carrots. This is a refreshing quick salad for the warmer months.

1 large Napa or green cabbage shredded  
½ head red cabbage finely shredded  
2 carrots or 1 sweet potato peeled and shredded

**Dressing:**

¼ cup Orange juice

¼ cup Olive oil

1 Lime juiced

1 Tablespoon Cilantro chopped or parsley

1/4 teaspoon sea salt

1/8- 1/4 teaspoon honey (optional)

**Directions**

Place shredded cabbage and carrots in a large bowl.

In a measuring bowl whisk together dressing ingredients and pour over slaw.

Refrigerate vegetable slaw for 15 minutes for flavors to blend.

Toss before serving

Serves 14

Nutrition Facts: ½ cup

Calories: 72 calories

Total Fat: 4 grams

Sodium: 71 mg

Dietary Fiber: 3 grams

Sugar: 5 grams

Protein 1.7 grams

**Chard Salad with grated carrot and beet:**

Swiss chard comes in a very large bunch. In this recipe only the leaves are used.

The stems can be sautéed with garlic and oil and a sprinkle of lemon juice and salt.

The benefits of Swiss Chard is that it's available year round and has a bitter sweet flavor. It's high in vitamins A, C, E and K. High in magnesium, potassium, manganese, iron and



fiber.

### Recipe: Chard salad with grated carrot and beet

#### Ingredients:

6 cup Swiss Chard, raw  
 1/2 cup grated Carrots, raw  
 1/2 cup Beets, raw  
 1/3 cup Olive Oil  
 3 tbsp Vinegar, cider  
 1/4 teaspoon Honey

#### Cooking Directions:

Strip stems from chard.  
 Wash Chard  
 Chop Chard leaves. Save stems for another dish.  
 Peel and grate carrots.  
 Peel and grate beets.  
 Wisk together olive oil, apple cider vinegar, honey and salt. Pour over greens, carrot and beets. Toss together and marinade at room temperature for at least an hour.

#### Recipe Facts

Serves: 6.0  
 Preparation Time: 10 minute(s)  
 Cooking Time: 60 minute(s)

#### Nutrition Facts

Serving Size: 1 serving (76g)

#### Amount Per Serving

Calories: 124 Fat Calories: 106.5

#### % Daily Value\*

<b>Total Fat</b> 12.1g	19%
<b>Saturated Fat</b> 1.7g	8%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 92.5mg	4%
<b>Total Carbohydrate</b> 3.6g	1%
<b>Dietary Fiber</b> 1.2g	5%
<b>Sugars</b> 1.9g	
<b>Protein</b> 0.9g	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

### Pasta with Broccoli and an Alfredo white northern bean sauce

Broccoli is a powerhouse cruciferous vegetable that most children enjoy! Broccoli has anti-inflammatory properties. Broccoli is very high in vitamin C, K and A. It is also high in folate, dietary fiber, manganese, tryptophan, potassium and B vitamins. This pasta dish is served with a northern bean dairy free alfredo sauce which adds protein to this dish which could make it a complete meal for some. I used Andean Dreams Quinoa pasta which is gluten and corn free. A 2 oz serving of the pasta

has 207 calories, 6 grams of protein and 3 grams of fiber. Quinoa is a complete protein rich in vitamins and minerals. The kids love this dish and don't notice the different type of pasta.

## **Pasta with broccoli in an Alfredo Great Northern Bean Sauce**



### **Ingredients:**

4 Tablespoons Extra Virgin Olive Oil  
2 garlic cloves (chopped or pressed)  
1 head of Broccoli (peel and cut stems and cut broccoli into flowerets)  
1 lemon juiced (3 Tablespoons lemon juice)  
 $\frac{3}{4}$  cup low sodium organic vegetable broth  
 $\frac{1}{2}$  teaspoon oregano  
 $\frac{1}{4}$  teaspoon sea salt  
1- 15 ounce can of Great Northern Beans (preferably Eden Organic which is in a BPA free can)  
Black pepper to taste  
1 package of Quinoa Spaghetti (I used Andean Dreams Gluten Free Spaghetti)

### **Preparation:**

In a food processor or blender add beans, garlic, lemon juice, oregano, sea salt and puree until smooth.

Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve  $\frac{1}{2}$  cup pasta cooking water, then drain pasta in a colander.

While pasta is cooking In a large skillet over medium heat, warm olive oil and add garlic and sauté for about 1 minute add broccoli and sauté for about 2- 3 minutes.

Add pasta and  $\frac{1}{4}$  cup reserved cooking water to broccoli continues cooking for another 3 minutes add more water if necessary.

Add pureed bean mixture and cook over moderate heat, tossing, until combined well.



## Strawberries with Balsamic vinegar a simply delicious combination

### Serves 4

50 Calories

2 grams of fiber

10 Grams of sugar

### Ingredients:

16 ounces fresh strawberries washed, hulled and cut in half

2 Tablespoons balsamic vinegar

1 Tablespoon honey

Place balsamic vinegar and honey in a bowl stir together. Place strawberries in the bowl stir gently to combine. Cover, and sit at room temperature for about an hour but not more than 3-4 hours max.

Its strawberry season enjoy some local or organic strawberries. Strawberries are on the top of the Environmental Working Group's Dirty Dozen list <http://www.foodnews.org/walletguide.php>



Strawberries are very high in anti-oxidants and fiber. If buying Conventional strawberries to remove pesticides it's great to make a veggie wash for soft-skinned fruits and vegetables. Fill a bowl with equal parts of white wine vinegar and water. Spray the solution onto fruits and veggies fill a spray bottle with equal parts white vinegar and water. Spray the solution onto fruits and veggies, scrub with a brush and rinse.