

CLEANKITCHEN

COOKING DEMO

BUFFALO BURGER SALAD • CK RANCH DRESSING KUNG PAO WITH RICE • KELLAR'S CHICKEN SALAD

GROCERY LIST

Fresh

2.5 pounds ground *(burgers/kung pao)*
1 pound chicken breast *(chicken salad)*
1 medium onion *(burgers/kung pao)*
1 bundle green onions *(kung pao/chicken salad)*
red grapes *(chicken salad)*
walnuts *(kung pao/chicken salad)*
Greek Yogurt *(chicken salad/ck ranch)*
1 zucchini *(Kung Pao)*
1 bell pepper *(Kung Pao)*
rice *(Kung Pao)*
1 egg *(burgers/kung pao)*
celery bundle *(chicken salad/burger salad)*

Pantry

Chicken stock or bone broth *(rice/kung pao)*
Franks Hot sauce *(burgers/kung pao)*
Garlic powder *(all)*
onion powder *(chicken)*
kosher salt *(all)*
Ranch seasoning *I use Flavorgod Ranch find on Amazon or flavorgod.com*
Rice Vinegar or white wine *(Kung Pao)*
Olive oil
red pepper flakes *(kung pao)*
black pepper *(kung pao)*
Arrowroot flour or cornstarch *(kung pao/burgers)*

Extra to complete the meals:

Bag of spinach
Grape tomatoes
low fat Blue cheese
low fat cottage cheese

EQUIPMENT

Kyocera Ceramic Knife
Mini Food Processor - *mincing onion*
food processor or blender - *ck ranch mixing*
2 saute pans - *one for burgers, one for kung pao*
1 sauce pot for rice
2 Large mixing bowls - *burgers/chicken salad*
Crock pot

Crock pot liners
1 cooking spoon
1 spatula
kitchen tongs
2 tupperware lids
1 cutting board
garbage bowl
tin foil
crock pot liner

KELLAR'S CHICKEN SALAD

Fresh

2 chicken breast (crock pot chicken recipe) or rotisserie chicken shredded
1/4 cup green onion chopped
1 cup chopped grapes
1/3 cup chopped walnuts
3/4-1 cup non-fat plain greek yogurt

Pantry

1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp kosher salt

Directions:

Mix and enjoy!

BUFFALO CHICKEN BURGER

Fresh

1.25 lb ground turkey or chicken
1 large egg
1/4 cup minced onion (or half small onion)

Pantry

2 tsp arrowroot flour or cornstarch (optional)
1 tbs dry ranch mix
1 tbs hot sauce, plus more for basting
salt to taste (optional if needed)

Directions:

1: Preheat pan on stove top, with 1 tbs of oil, on medium-high heat. Pre heat oven to 375 degrees.
2: Mix all ingredients for patties together.
3: Divide into 4 burger patties.
Optional Step: I patted a little arrowroot flour on the outside of the patties before adding them to the pan. This helped create a little crust on the outside, but this is optional and definitely not a deal breaker.
4: Add patties to pan and brown each side, couple of minutes.

5: Then place them on a baking sheet and baste the top of burgers with about 1 tps hot sauce.

6: Finish in oven about 5 minutes or until juices run clear. Main thing here is the hot sauce will set on the burger.

Build your Buffalo Chicken Burger Salad

Buffalo Chicken Burger patty
red onion slices
spinach or romaine
chopped celery or cucumbers
tomatoes

CK Ranch Dressing

1/2 cup non fat plain greek yogurt
1/2 low fat cottage cheese
1 tbs ranch seasoning powder
1 tbs distilled white vinegar
*salt to taste if needed
*unsweetened almond milk to dilute consistency

Combine all ingredients in a food processor or blender. Mix well. Add almond milk or skim milk until reach desired consistency. For dressing about 1/4 cup will do.

CK KUNG PAO

Fresh

1 pound meat: ground chicken, ground turkey, chicken breast, steak or shrimp.
1 zucchini chopped
1 bell pepper sliced or chopped (red or green)
1/2 onion chopped
green onions (optional-for garnishing)

Pantry

1 tbs olive oil
1/4 tsp garlic powder
salt and pepper to taste
1/4 cup sliced almonds or walnuts
1/4 cup+ chicken stock (if needed to cook veggies)

Sauce mixture

3 tbs soy sauce
2 tbs rice vinegar (found on Asian food aisle)
1 tbs hot sauce
1 tsp sesame seed oil

1/2 tsp red pepper flakes
1/2 tsp garlic powder
1/8 +/- tsp liquid stevia (by taste, you can always add more later)
2 tsp of arrowroot powder or cornstarch

Directions

1: In a pan, brown the meat in olive oil over medium heat. Season with garlic powder, salt and pepper. Keep in mind the sauce will have salt in it as well.
2: While meat is cooking, prepare the sauce by mixing all the ingredients together. Mix well, otherwise the arrowroot flour will be clumpy.
3: Chop all veggies and add to the pan. Add chicken stock to the pan to help soften the veggies adding a little at a time and as needed. Cook until veggies soften.
4: Add chopped nuts to the pan. Reduce heat to low-medium, and pour Kung Pao sauce on top and stir. Once the sauce hits the heat it will start to thicken. Stir for one minute, remove and serve. Serve as lettuce wraps or paired with cooked quinoa or rice.

FALL 2017 CLEAN KITCHEN 12 WEEK CHALLENGE
AUGUST 20 - NOVEMBER 18, 2017