

### **Asian Ginger Salmon**

2 Tbsp. bragg's amino acid

2 Tbsp. water

2 Tbsp. chopped fresh ginger root

1 lb. salmon

Olive oil for sautéing

Spike salt-free seasoning

Pinch of cayenne pepper

Season salmon with spike and cayenne. Heat oil and sauté salmon 3 minutes per side. Preheat oven at 375 degrees. Before placing the salmon in the oven, pour sauce of bragg's, water, and ginger over salmon. In the same pan, bake salmon for 5 minutes.

### **Chicken stuffed with Herbs and Yogurt**

2 boneless, skinless chicken breasts

2 Tbsp. fresh tarragon or 2 tsp. dried

2 green onions

2 Tbsp. non-fat organic plain yogurt

2 cup cooked brown rice

Slit breast horizontally. Mix rice, yogurt, and herbs together. Stuff chicken and bake.

### **Spicy Green Beans**

½ cup water

1 clove garlic studded with 3 whole cloves (the herb)

½ onion

1 bay leaf

1 small tomato, peeled and diced

1 lb. fresh green beans

2 tsp. apple cider vinegar

½ tsp. salt or herbamare

¼ tsp. cinnamon

Bring water, stuffed garlic, onion, bay leaf, tomato, and beans to boil. Cover and simmer 20 minutes. Remove garlic and bay leaf and stir in vinegar, salt, cinnamon. Cook uncovered for 2-3 minutes.