RM®

EASY GOURMET Recipes

RM3® & RM LIFESTYLE® APPROVED RECIPES

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**Serving size dependent on individual calorie allotment as determined by a RM medical provider.*

Chicken Dishes

Cold Curried Chicken Salad

INGREDIENTS

- 3.5 oz Chicken, diced
- 1 Apple, diced
- Celery, diced *(optional)*
- ¼ Cup Water
- 2 Tbsp Lemon Juice
- 1 Tbsp Onion, finely minced
- 1 clove Garlic, crushed and minced
- Dash of Garlic Powder
- ¼ tsp Curry Powder *(or to taste)*
- Dash of Onion Powder
- Dash of Cayenne Pepper
- Dash of Cinnamon
- Dash of Turmeric
- Stevia *(to taste)*

DIRECTIONS

In a small saucepan, lightly sauté chicken in lemon juice until lightly brown. Add ¼ cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce, and chicken is well cooked. Add water as needed to create the desired consistency. Chill mixture; add chopped apple, and celery. Serve over a green salad.

Chicken Asparagus Bake

INGREDIENTS

3.5 oz Chicken, cubed

1½ cup Asparagus, chopped

½ Cup Water

1 clove Garlic, crushed and minced

2 Tbsp Onion, chopped

Dash of Paprika

Salt & Pepper *(to taste)*

DIRECTIONS

Place chicken, asparagus, liquid, and spices in a small baking dish. Bake at 375°F for 30 minutes or until chicken is fully cooked. Sprinkle with paprika.

Sweet Chipotle Chicken

INGREDIENTS

3.5 oz Chicken

Stevia *(to taste)*

¼ tsp Chipotle seasoning *(or to taste)*

⅛ tsp Nutmeg

⅛ tsp Paprika

Salt & Pepper *(to taste)*

⅛ tsp Cinnamon

½ tsp Garlic Powder

½ tsp Onion Powder

DIRECTIONS

Preheat oven to 350°F. Add chicken to a baking dish.
In a small bowl, combine all other ingredients and mix well.
Sprinkle mixture over chicken and rub into poultry.
Add a small amount of water to the bottom of the dish.
Cover with foil and bake for 25-30 minutes or until
chicken is no longer pink.

Roasted Chicken with Lemon, Orange & Ginger

INGREDIENTS

3.5 oz Chicken

2 Tbsp fresh Ginger, grated

2 cloves Garlic *(one halved, once minced)*

2 Packets of Stevia

1 Lemon, cut into quarters and zest grated

1 Orange, cut in quarters and zest grated

Salt & Pepper *(to taste)*

DIRECTIONS

Preheat the oven to 375°F. Cut the lemon into quarters and rub the outside of the chicken with one of the quarters, then discard. In a small bowl, stir together the lemon and orange zests, minced garlic, and ginger (1 tbsp). Rub this mixture evenly on the chicken. In a bowl, combine lemon and orange juices, Stevia, and remaining ginger. Add chicken to mixture and marinate in the refrigerator for 20 minutes. Place chicken in baking dish and put the remaining lemon and orange quarters and garlic cloves around the chicken.

Seafood Dishes

Lobster Salad

INGREDIENTS

3.5 oz Lobster Tail, diced

1 Tbsp Lemon Juice

Celery, Steamed Fennel or Tomatoes *(optional)*

Pinch of Tarragon

1 tsp Apple Cider Vinegar

Pinch of Green Onion, chopped

Salt & Pepper *(to taste)*

Stevia *(to taste)*

DIRECTIONS

Mix lobster, liquid ingredients, and spices together. Serve over a salad, arugula greens or with another vegetable.

Curry Shrimp

INGREDIENTS

3.5 oz Shrimp *(approx. 10-11 large shrimp)*

¼ Onion, chopped

⅛ Cup Water

½ tsp Curry Powder

¼ teaspoon Cumin

1 clove Garlic, minced

Salt & Pepper *(to taste)*

DIRECTIONS

Preheat a sauté pan over medium heat. Add onion and garlic to pan. Cook until translucent (about 5-10 min). Add shrimp, spices, and water. Mix and stir fry until cooked (about 5-8 min).

Shrimp Scampi

INGREDIENTS

3.5 oz Shrimp *(approx. 10-11 large shrimp)*

¼ Onion, chopped

1 tsp Tarragon or Adobo spice

Juice of ½ a Lemon

Grated Lemon Zest *(to taste)*

2 tsp Fresh Flat-Leaf Parsley, chopped

Salt & Pepper *(to taste)*

DIRECTIONS

Preheat a sauté pan over medium heat. Season shrimp with salt & pepper. Add onion, garlic, and spices to the pan. Cook until translucent (about 5-10 minutes). Add shrimp to pan and cook for about 3 minutes. Flip shrimp and cook for about 3 more minutes. Transfer shrimp to a bowl. Increase the heat of the skillet and add lemon juice. Boil the liquid until slightly thickened (about 30 seconds). Stir the lemon zest and parsley into the sauce. Pour the sauce over the shrimp. Season with salt and pepper to taste and toss to combine.

Tomato-Basil Baked Tilapia

INGREDIENTS

1 Tilapia Filet *(about 3.5 oz)*

1 clove Garlic, finely chopped

1 tsp Fresh Basil leaves, minced

1 tsp Fresh Oregano leaves, minced

1 tsp Onion Powder

Juice of ½ a lemon

1 Tomato, thinly sliced and chopped

Salt & Pepper *(to taste)*

DIRECTIONS

Preheat oven to 400°F. Rinse tilapia and pat dry with paper towels. Place Tilapia in baking dish and sprinkle with salt and pepper. Sprinkle with basil, oregano, onion powder, and garlic. Arrange the chopped tomato evenly over fish and squeeze 1-2 teaspoons of lemon juice over tilapia. Bake in oven until fish is fully cooked (about 15-20 minutes). Squeeze remainder of the lemon juice over the fish.

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