

Pork and Mango Salad

- 1 lb pork tenderloin
- 2 1/2 teaspoons olive oil, divided
- 2 garlic cloves, minced
- 1/2 teaspoon black pepper
- 1 cup pineapple juice
- 3 tablespoons lime juice
- 1/2 teaspoon cayenne pepper
- 1 dash salt
- 8 cups salad greens, torn
- 1 red bell pepper, chopped
- 1/2 red onion, sliced
- 1 mango, peeled, pitted and cut into 1/2 inch cubes
- 1/4 cup cilantro, chopped

Directions

1. Preheat oven to 425 degrees F.
2. Place pork in roasting pan, brush pork with 1/2 teaspoon olive oil. Combine garlic and pepper in a small cup and press evenly over the sides of the pork, coating evenly. Roast uncovered for 20-30 minutes or until meat temperature registers 155 degrees. Cover and allow to stand for 5-10 minutes or until meat thermometer registers 160 degrees. Thinly slice pork.
3. In a small saucepan over medium high heat cook pineapple juice uncovered for 10 minutes or until reduced to about 1/3 cup. Remove from heat and allow to cool. Stir lime juice, remaining olive oil (2 tsp), cayenne and salt into the pineapple juice.
4. Arrange salad greens in a serving platter and top with the red pepper, red onion and mango. Arrange pork slices down center of salad. Sprinkle with cilantro and drizzle with dressing.



Moroccan Sizzling Shrimp

- 1 lb jumbo shrimp, peeled and deveined
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 garlic cloves, crushed
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- lemon wedge, for garnish



Directions

1. Heat the olive oil and butter in a large frying pan. When the butter begins to sizzle, add the garlic and cook until just starting to brown.
2. Add the spices (cumin, ginger, paprika and cayenne pepper) to the pan. Cook, stirring, for a few seconds.
3. Add the shrimp. Cook shrimp for 2-3 minutes over high heat, stirring to avoid burning the spices, until all shrimp are pink.
4. Transfer shrimp to serving dishes. Pour the spicy butter mixture over each serving. Garnish with lemon wedges.
5. Serve immediately.

Iced Green Tea with Ginger and Lime

- 8 cups water
- 8 green tea bags
- 2 tbsp fresh ginger, sliced
- 1 sliced lime
- Honey, agave nectar or Stevia to taste (if desired)
- ice cubes

Directions

1. Heat water in saucepan over medium heat
2. Add green tea bags
3. Add ginger, lime, and sweetener
4. Stir, set the pan aside
5. Let cool (do not refrigerate).
6. Strain ginger from tea
7. Serve with ice, and lime slice



No Bake Mango Pie

- 2 cups raw pecans
- 1 teaspoon vanilla
- 1 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 1/2 cup pitted dates, divided
- 3 ripe mangoes, peeled, seeded and sliced



Directions

1. Combine the pecans, 1/2 teaspoon of the vanilla, cinnamon, sea salt and the dates in a food processor. Press half of the mixture into the bottom of a pie pan, set aside.
2. Place the mangoes in a large mixing bowl. Toss with the remaining vanilla.
3. Arrange the mangoes over the crust, then sprinkle with the remaining crust.
4. Keep in the fridge and eat within 2 days.

These are just a few recipes to try on your path to firing up your metabolism, but it is simple to incorporate these 3 ingredients into most of your regular meals and snacks.

Cayenne Pepper is a versatile spice that you can sprinkle onto grilled chicken, fish, or incorporate into marinades and salad dressings. You can even sprinkle it onto your eggs!

Cinnamon is great on top of fruit. Greek yogurt with some cherries, a handful of walnuts and a liberal sprinkle of cinnamon is a great treat that is even satisfying as a dessert! Cinnamon adds an interesting layer to savory dishes as well. Break out of your usual dinner routine and try an Indian or Middle Eastern dish that includes cinnamon.

Green Tea is a delicious and healthy alternative to sodas and juices. It is refreshing when served as an iced drink but of course you can also enjoy it hot. You can find many different types of flavored green tea bags in most grocery stores and adding your own fruit slices can make a festive and healthy sangria type 'mocktail!'