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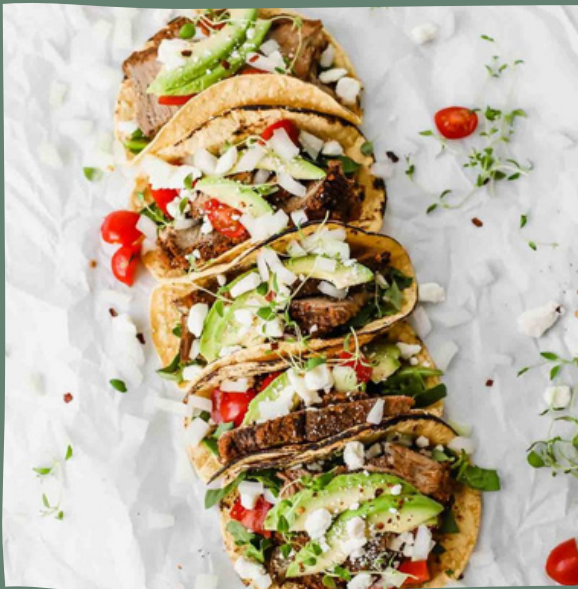
Dinner



Lemon Chicken Piccata



Bang Bang Shrimp Pasta



Mexican Barbacoa Tacos



Beef Slider with Sun-Dried Tomato Mayo
& Spicy Pickles




Kung Pao Chicken




Antipasto Salad

Shredded Chicken Bowl

Beauty Bites

 3 serving

 25 minutes

INGREDIENTS

Chicken

100z / 300g boneless skinless chicken breast, boiled,
shredded

1 1/2 tsp cumin

2 garlic cloves, minced

1 tsp hot paprika (optional)

1/2 lemon, juice of

2 tsp dried mint

1 1/2 Tbsp olive oil

Sauce

2 Tbsp almond butter

1/2 lemon, juice of

2 garlic cloves

1 tsp hot paprika

2 tbsp water

- Other
- olives
 - jalapeno
 - Vegetables
 - cauliflower florets
 - zucchini, chopped
 - green bell pepper
 - mint
 - garlic

Salad

- 1 cucumber
- 2 tomatoes
- 1 small onion



INSTRUCTIONS

1. To make the chicken, boil boneless, skinless chicken breast in water with salt until done (around 12 minutes). Then let cool off and shredded using a fork. Once the chicken is ready, it's time to add in the herbs, spices and lemon juice. Mix it all together and it's ready.
2. For the garlicky sauce: Mix tahini or almond butter with garlic, lemon juice, hot paprika. The sauce will begin to thicken and get sticky. To make it creamy again - add water 1 tbsp at a time until you reach desired consistency.
3. Prepare the roasted vegetables: chop the vegetables that you want to roast in bite-sized pieces. Heat a nonstick pan to medium, add olive oil.
4. Add the vegetables, the garlic, mint, black pepper, cumin and sprinkle some salt. Stir well, so that the vegetables are covered with the herbs and spices. Cover with a lid and cook for about 3-4 minutes.
5. Uncover, stir well, flipping some of the vegetables and let cook for 2 more minutes. Turn the heat off .
6. Prepare cucumber tomato salad: Wash the vegetables, peel the onion and chop. Put the vegetables, the greens and olives into a bowl, add salt and olive oil to taste and mix.
7. Arrange the bowls: start with the salad, then the chicken, then roasted vegetables, a jalapeno, some olives and top with the garlicky sauce.
8. Enjoy immediately or have it ready for the week.

NUTRITIONAL INFORMATION

Calories 318

Fat 17g

Protein 34g

Sugars 2g

Carbohydrates: 8g

Easy Lemon Chicken Piccata

Foodie Crush



4 servings



20 minutes

INGREDIENTS

1 lemon

1 1/2 pounds boneless, skinless chicken breasts

1 teaspoon kosher salt

1 teaspoon freshly ground black pepper

1/3 cup all-purpose flour

3 tablespoons butter, divided

2 tablespoons canola oil

1 cup chicken broth or white wine, or a combination of both

2 tablespoons capers, drained and rinsed



INSTRUCTIONS

1. Slice the lemon in half, juice one half, then cut the other half into 1/8" slices and set aside.
2. Trim any excess fat from the chicken breasts and slice in half lengthwise to make two thin cutlets. Season both sides of the chicken breasts evenly with the kosher salt and freshly ground black pepper then dredge each breast in the flour, shaking off any excess.
3. Heat 2 tablespoons butter with the canola oil in a large skillet over medium-high heat. Add 4 pieces of the chicken and cook for 2-3 minutes per side. Transfer to a platter or sheet pan and cover with foil. Continue with the remaining chicken.
4. Reduce the heat to medium and add the chicken broth or wine (or 1/2 cup of both) the lemon juice, sliced lemons, and the capers, scraping up the browned bits on the pan and cook for 2-3 minutes.
5. Stir in the remaining 1 tablespoon of butter until melted. Taste for seasoning and spoon the sauce over the chicken breasts. Serve with mashed potatoes or cauliflower, polenta, or noodles.

NUTRITIONAL INFORMATION

Calories 381

Fat 20g

Protein 37g

Carbohydrates: 11g

Chicken Caprese

Foodie Crush



4 serving



30 minutes

INGREDIENTS

2 chicken breasts , skinless and boneless

Kosher salt and freshly ground black pepper

1 tablespoon extra virgin olive oil

1 tablespoon butter

1 6 oz. jar Traditional Basil Pesto

4-6 slices fresh mozzarella or 6 ounces grated mozzarella cheese

8 cocktail or small tomatoes sliced

balsamic glaze

Fresh basil slivered



INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Use a thin, sharp knife to slice the chicken breasts in half lengthwise. Season both sides with kosher salt and freshly ground black pepper. Heat a large oven-proof skillet over medium high heat with the olive oil and butter. Once the butter has melted into the olive oil, add the chicken breasts to the pan, being careful not to crowd. Cook on each side until lightly browned and easily release from the pan, about 3-4 minutes each.
3. Slather the tops of each chicken breast with the basil pesto, about 1-2 tablespoons per chicken breast. Top each chicken breast with a slice of mozzarella and a few slices of tomato. Transfer the skillet to the oven and cook for 10-12 minutes or until the chicken reaches an internal temperature of 165° F. Remove from the oven and garnish with fresh basil and a drizzle of balsamic glaze.

NUTRITIONAL INFORMATION

Calories 232

Fat 15g

Protein 18g

Sugars 4g

Carbohydrates: 5g

Buffalo Chicken Bites with Blue Cheese Dressing

Modern Proper



10 serving



30 minutes

INGREDIENTS

2 tbsp olive oil

6 chicken breast (about 4 lbs), cut into 2" pieces

2 tsp salt

½ tsp pepper, optional

4 tbsp butter, or ghee

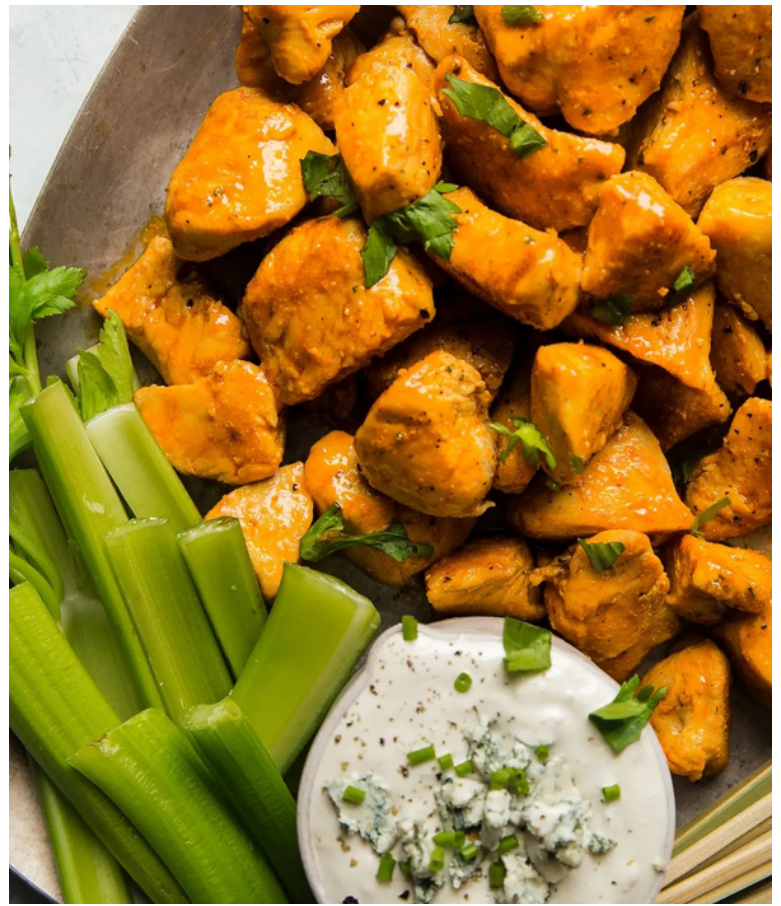
1 cup Frank's RedHot sauce

1 tsp garlic powder

1 tsp onion powder

celery

blue cheese dressing of your choice



INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat. When the olive oil is shimmering, add the chicken to the pan and sauté until the chicken is cooked through. Work in batches, if necessary, so as not to overcrowd the pan. If you want to speed this process up, use two pans at once.
2. Once all of the chicken is cooked through, put it all back in the pan over low heat. Add the butter, Frank's RedHot sauce, onion powder and garlic powder. Stir until each piece of chicken is coated in the Buffalo chicken sauce.
3. Serve with celery sticks and blue cheese dressing for dipping.

NUTRITIONAL INFORMATION

Calories 230

Fat 7g

Protein 36g

Sugars 0g

Carbohydrates: 0g

Easy Chicken Fajita Foil Packets

Foodie Crush



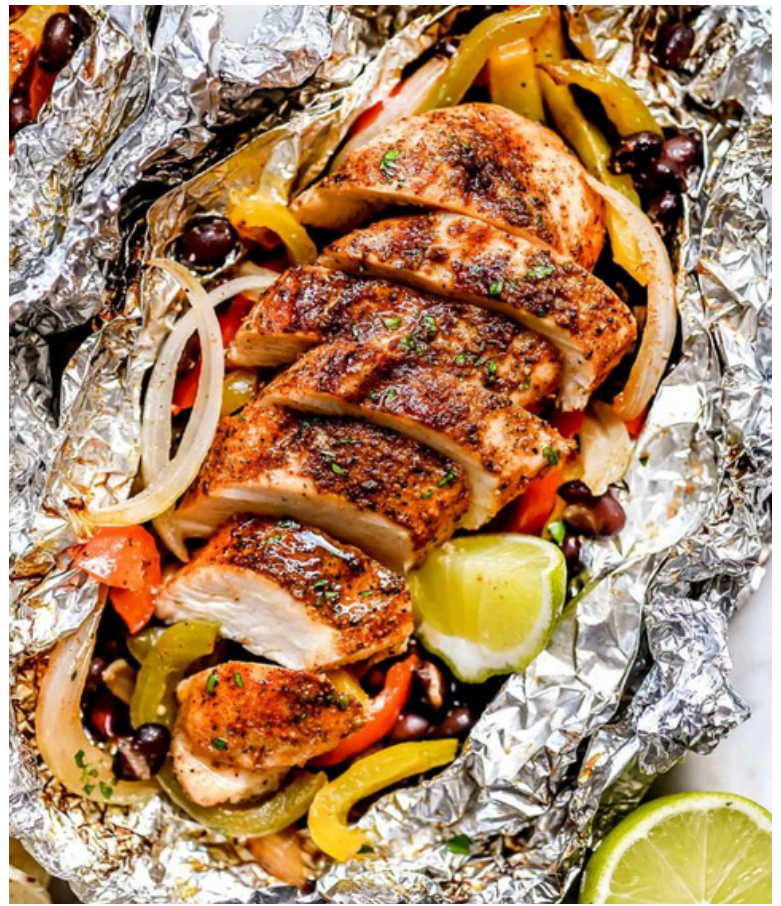
3 serving



35 minutes

INGREDIENTS

- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika , plus more for adding color to the chicken breasts before cooking if desired
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 6-ounce skinless, boneless chicken breasts
- 1 red bell pepper , seeded and sliced
- 1 yellow bell pepper , seeded and sliced
- 1 green bell pepper , seeded and sliced
- 1 white onion
- 1 15 ounce can black beans , rinsed and drained
- lime and jalapeño for garnish , if desired



INSTRUCTIONS

1. Prepare a grill to medium-high heat or set the oven temperature to 400°F.
2. In a small bowl, mix the chili powder, cumin, garlic powder, ground coriander, paprika, kosher salt and freshly ground black pepper. Sprinkle half of the seasoning on both sides of the chicken breasts and set aside.
3. In a large bowl, add the cut vegetables with the drained black beans. Toss with the remaining seasoning. Set aside.
4. Tear off a few lengths of aluminum foil in 12- to 14-inch pieces. Place 1/3 of the seasoned vegetables in the center of the foil and top with a seasoned chicken breast. Sprinkle the chicken breasts with more paprika for color, if desired.
5. Fold the two long edges toward one another, then over once or twice and crimp tightly. Fold and crimp each short end of the foil toward the middle so that the edges are tightly sealed.
6. If cooking on the grill, place the packets vegetable side down, close the lid and cook for 5 minutes, then turn to the seam side down and cook for 20 more minutes or until chicken is cooked through.
7. If cooking in the oven, place the packets chicken side down and cook for 25 minutes or until chicken is cooked through.
8. Let the packets rest for 5 minutes before serving with lime wedges and jalapeños if desired.

NUTRITIONAL INFORMATION

Calories 272

Fat 15g


Protein 10g


Sugars 3g

Carbohydrates: 17g

Sheet Pan Salmon & Asparagus with Potatoes

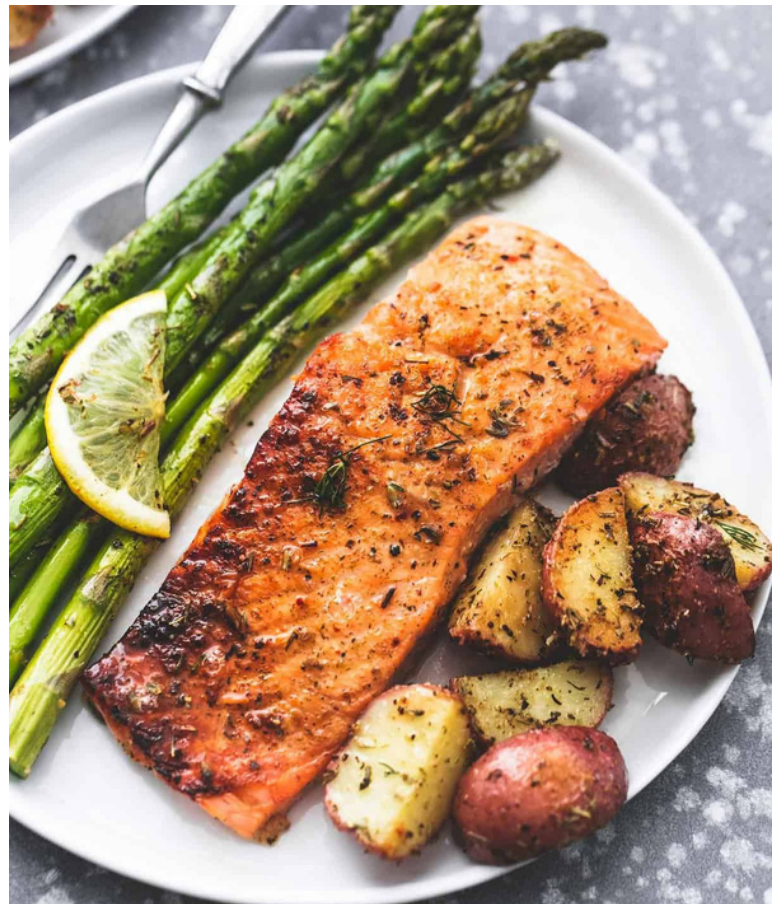
Lecremedela Crumb

 4 serving

 50 minutes

INGREDIENTS

- 4 salmon fillets
- 1 pound asparagus - ends trimmed
- 2 pounds baby red or gold potatoes - quartered
- 3 tablespoons olive oil
- salt and pepper to taste
- 2 teaspoons Italian herb blend - see note
- 1 teaspoon garlic powder
- 2 tablespoons butter - melted
- 2 tablespoons honey
- 1 teaspoon dijon mustard
- ½ teaspoon Italian herb blend
- ½ lemon - thinly sliced



INSTRUCTIONS

1. Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, dijon mustard, and 1/2 teaspoon remaining Italian herb blend. Brush onto salmon fillets.
3. Drizzle asparagus with remaining 1 tablespoon olive oil, season with salt and pepper to taste and place lemon slices between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

NUTRITIONAL INFORMATION

Calories 500

Fat 22g

Protein 41g

Sugars 13g

Carbohydrates: 54g

Spicy Fish Taco

Modern Proper



6 servings



40 minutes

INGREDIENTS

1 lb white fish (halibut or tilapia)

1/2 cup Tony's Creole Style Seafood Marinade

1 tbsp canola oil

1 cup panko

Slaw

- 1 cup mayonnaise
- 1/4 cup fresh squeezed lime juice
- 1 tbsp Tony's Original Creole Seasoning
- 2 cups shredded cabbage
- 1 jalapeno, seeded and diced
- 1/4 cup fresh cilantro, minced
- 1/4 cup green onions, minced

Toppings

- tortillas
- avocado
- lime
- cilantro
- green onions



INSTRUCTIONS

1. Cut halibut into 2-3" pieces. In a medium-sized bowl, toss fish with Tony's Creole Style Seafood Marinade. Refrigerate for 30 minutes.
2. In a small bowl combine mayo, lime and Tony's Original Creole Seasoning. Mix until smooth.
3. In a medium-sized bowl, toss together cabbage, jalapeños, cilantro, onions and 1/2 of the spicy mayo dressing. Set aside.
4. Preheat oven to 375°F
5. In a large bowl, mix together 1 tbsp Tony's Original Creole Seasoning with 1 cup of panko. Working in small batches, dip the marinated fish into the panko mixture until coated and arrange on a large rimmed baking sheet. Continue with remaining fish. Bake on center rack for 10 minutes.
6. Serve a few chunks of the fish on warm tortillas along with a pile of slaw, avocado, fresh cilantro and a drizzle of the remaining spicy mayo.

NUTRITIONAL INFORMATION

Calories 358

Fat 31g

Protein 15g

Sugars 2g

Carbohydrates: 11g

Bang Bang Shrimp Pasta

Modern Proper



6 serving



25 minutes

INGREDIENTS

12 oz pasta (fettuccine or spaghetti), cooked al dente according to package directions

2 Tbsp coconut oil or butter

1 lb medium shrimp, peeled and deveined, about 30

1 cup heavy whipping cream

¾ cup Thai sweet chili sauce

1 Tbsp garlic, minced

1 Tbsp fresh ginger, minced

1-2 tsp Sriracha sauce

½ tsp salt

1 Tbsp lime juice

Crushed peanuts, optional for serving

Toasted coconut, optional for serving

Green onions, thinly sliced optional for serving



INSTRUCTIONS

1. Bring a large pot of salted water to a boil and cook pasta al dente according to the pasta package.
2. In a large skillet set over medium-heat, melt the coconut oil or butter. Add shrimp and cook about 1 to 2 minutes per side, or until just cooked through. They will turn from grey to pink. Do not over cook. Set the cooked shrimp aside onto a plate.
3. Add the whipping cream, Thai chili sauce, garlic, ginger, Sriracha and salt to the skillet and whisk until fully combined. Bring to a boil then reduce the heat to keep a heavy simmer until the sauce has thickened slightly, about 5 minutes.
4. Drain the pasta and add it to the pan with the sauce.
5. Add the shrimp to the pan and drizzle it with the lime juice. Toss it all together and serve topped with peanuts, coconut flakes and green onions.

NUTRITIONAL INFORMATION

Calories 493

Fat 18g

Protein 17g

Sugars 17g

Carbohydrates: 63g

Moroccan Salmon w/ Quinoa Salad

Feasting At Home



2 serving



20 minutes

INGREDIENTS

2 (thick) salmon filets 4- 6 ounces each

½ teaspoon cinnamon

½ teaspoon cumin

½ teaspoon salt

¾ teaspoon sugar (or brown sugar)

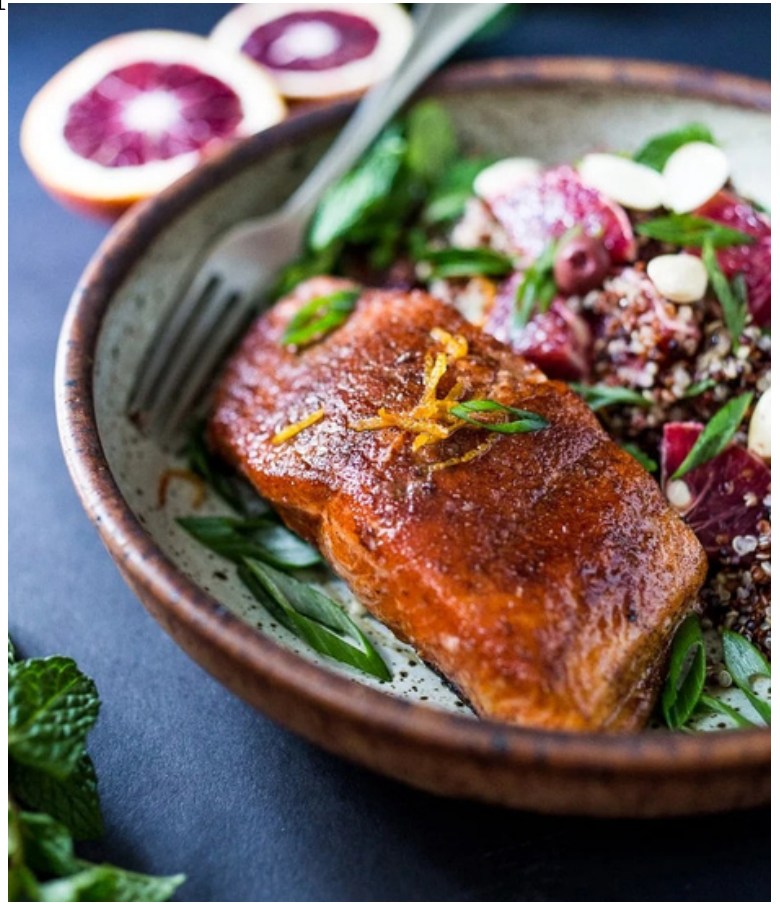
pinch cayenne or smoked paprika

1 tablespoon oil for searing

Garnish- orange zest

Salad

- 1 cup rinsed quinoa
- 1 ¾ cups water
- pinch salt
- 2 green onions, sliced diagonally
- ¼ cup thinly sliced Kalamata olives
- 3 blood oranges- divided (or regular oranges)
- ¼ cup olive oil
- 1 tablespoon red wine vinegar (optional)
- 1 teaspoon honey, maple or sugar
- cracked pepper and salt to taste
- ¼ cup toasted slivered almonds
- 12 fresh mint leaves, torn



INSTRUCTIONS

1. Preheat oven to 350F
2. Salad: Bring quinoa and water and pinch salt to a boil in a medium pot on the stove. Once boiling, cover and lower heat to low and cook 15 minutes.
 - a. In a medium bowl, add sliced green onions, sliced olives, and 2 oranges.
 - b. When quinoa is done, fluff with a fork and toss in the bowl with the oranges. Dress with 3-4 tablespoons olive oil, the zest and juice of the remaining orange and 1 teaspoon honey. Stir and taste. Add salt and pepper to taste.
 - c. Scatter with toasted slivered almonds and fresh torn mint leaves. Serve this warm, room temp or chilled.
3. In a small bowl, combine cinnamon, cumin, salt, sugar and cayenne.
4. Sprinkle over both sides of the salmon.
5. Heat oil in an oven-proof skillet (cast iron) over medium-high heat. Sear salmon on both sides 2 minutes on each side then place in the warm oven to finish for 5 minutes or to desired doneness.
6. Garnish with orange zest

NUTRITIONAL INFORMATION

Calories 297

Fat 15.3g

Protein 38.2g

Sugars 1.7g

Carbohydrates: 3.2g

(not including salad)

Baked Cod with Garlic & Lemon

Feasting At Home



4 serving



40 minutes

INGREDIENTS

- 1 1/2 lbs cod – or sub black cod, halibut, sea bass... etc.
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- 2 teaspoons fresh thyme
- zest from one lemon
- 2 tablespoons olive oil
- 1 large fennel bulb, cored and thinly sliced (or sub celery and more asparagus)
- 1 large leek, white and light green parts, thinly sliced into half moons
- 4 cloves garlic, rough chopped
- 2 tablespoons lemon zest
- 1 tablespoons fresh thyme
- 1/2 cup chicken or veggie broth/ stock, more as needed
- 1/2 cup white wine (or sub more broth and a squeeze of lemon)
- generous pinch salt and pepper
- 1 large bunch asparagus, cut into 1–2 inch pieces, tough ends removed



INSTRUCTIONS

1. Preheat oven 400F
2. Cut cod into 4 pieces and pat dry. Place in a bowl, drizzle with olive oil and sprinkle with salt and pepper, thyme and zest and toss to coat well. Set aside.
3. Heat 2 tablespoons olive oil over medium heat in an oven-proof skillet, cast iron skillet or dutch oven. Add fennel and saute 5-7 minutes, stirring, cooking until just tender. Add leeks and garlic and continue cooking, stirring until leeks are golden and tender. Add lemon zest, fresh thyme, broth and white wine. Stir in salt and pepper, simmer on medium-low heat until liquid has reduced by half, and fennel is nice and tender, about 5 minutes.
4. If fennel needs a bit longer, add another splash of broth and cover pan for a few minutes, letting it steam and get tender. Once fennel is tender, add the asparagus, give a stir and cook for 2 more minutes- until asparagus turns bright green. If the mixture seems dry, add another splash of broth- you want this slightly wet (1/4-inch liquid in the bottom of the pan).
5. Nestle in the fish in the pan, scraping out any excess marinade over the fish. Bake in the oven until fish is cooked through 10-15 minutes, depending on thickness.
6. Divide among four bowls. Top with a sprig of thyme and lemon wedge.

NUTRITIONAL INFORMATION

Calories 266

Fat 11.5g

Protein 28.5g

Sugars 5.2g

Carbohydrates: 14.6g

Homemade Chicken Taquitos

Modern Proper



6 serving



30 minutes

INGREDIENTS

chicken breast, poached and shredded

1 tbsp taco seasoning**

12 corn tortillas

2 cups mozzarella, shredded

2 cups iceberg lettuce, shredded

1 cup sour cream

1 cup guacamole

1 cup pico de gallo

canola oil, for frying

tooth picks



INSTRUCTIONS

1. Wrap tortillas in a tea towel and microwave for 1 minute.
2. In a large bowl combine taco seasoning along with shredded chicken breast and mozzarella.
3. Working with one tortilla at a time, measure out $\frac{1}{3}$ of a cup filling and place down the center of the tortilla. Tightly wrap/roll the tortilla around the filling and pierce with a toothpick to hold it together. Tip: Cover prepared taquitos with a damp towel to keep the tortillas from cracking.
4. Heat 1" of canola oil over medium heat until oil is glistening. Working in small batches fry the prepared taquitos until light brown, rotating every 1-2 minutes. Transfer to a paper towel lined plate. If making a large batch, place finished taquitos on a baking sheet in a 250°F oven until ready to serve.
5. When ready to serve, top taquitos with shredded lettuce, sour cream, guacamole and pico de gallo or salsa.

NUTRITIONAL INFORMATION

Calories 445

Fat 25g

Protein 28g

Sugars 5g

Carbohydrates: 26g

Mexican Barbacoa Tacos

Jar of Lemons



6 tacos



5 hours

INGREDIENTS

1 lb chuck steak

1 cup broth

1/4 cup apple cider vinegar

1/2 cup tomato sauce

1/4 cup lime juice

2 tsp garlic powder

1 Tbsp black pepper

1 tsp dried thyme

1 Tbsp cumin powder

1/2 tsp cinnamon

pinch of salt

1/4 onion, chopped

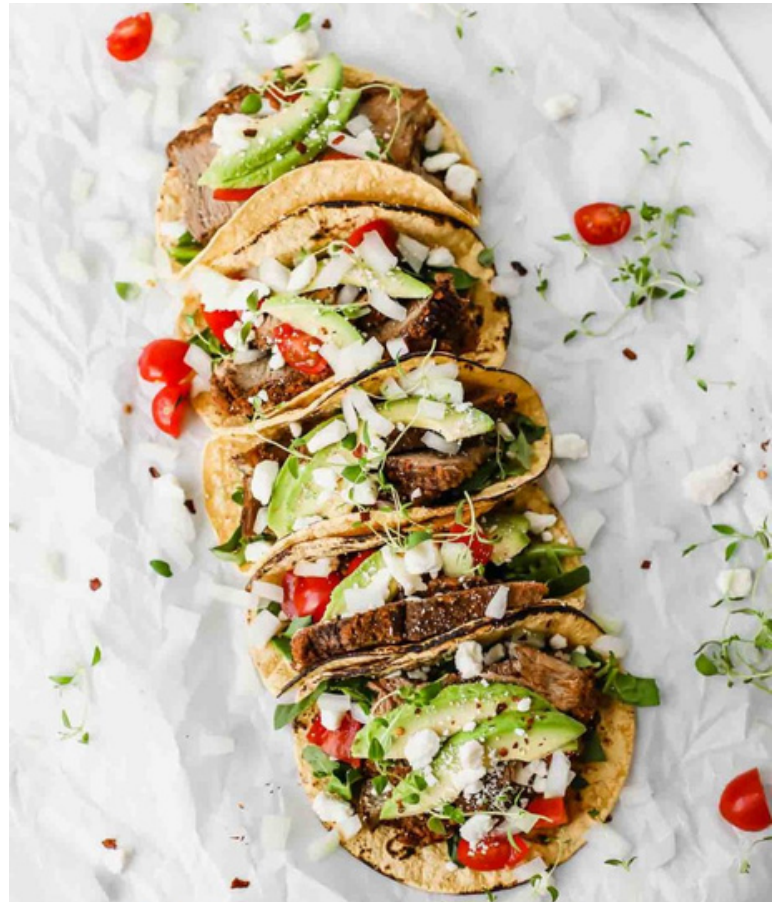
6 corn tortillas

1 cup lettuce

10 grape tomatoes, chopped

1 small avocado

1/4 cup crumbled feta



INSTRUCTIONS

1. Place the chuck steak in the slow cooker.
2. Mix the broth, vinegar, tomato sauce, lime juice, and spices together.
3. Pour the mixture over the steak.
4. Finely chop the onion and place half of the amount in the slow cooker with the steak.
5. Cook on low for 5 hours (or until fork-tender).
6. Heat the tortillas and top each one with lettuce, tomatoes, sliced avocado, the remaining onion, and crumbled feta.
7. Slice the cooked chuck steak and add to each tortilla.
8. Serve and enjoy!

NUTRITIONAL INFORMATION

Calories 301

Fat 19g

Protein 17g

Carbohydrates:15g

Baked Beef, Bean & Corn Quesadillas

Beef, It's What's For Dinner

 4 serving  40 minutes

INGREDIENTS

1 pound Ground Beef (95% lean)

Salt and pepper

1 cup prepared salsa

1/2 cup canned black beans, rinsed, drained

1/2 cup frozen corn, defrosted, drained well

8 small flour tortillas (6 to 7-inch diameter)

3/4 cup shredded reduced fat Cheddar cheese or Mexican cheese blend



INSTRUCTIONS

1. Heat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings; season with salt and pepper, as desired.
 - a. Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F
2. Stir in salsa, beans and corn; cook and stir 4 to 5 minutes or until thickened and heated through.
3. Spray baking sheet with cooking spray. Arrange 4 tortillas on baking sheet, overlapping slightly, if necessary. Sprinkle 1/2 of cheese evenly over tortillas. Spoon beef mixture evenly over cheese; top with remaining cheese and tortillas. Spray top tortillas with cooking spray.
4. Bake in 400°F oven 11 to 13 minutes or until quesadillas are lightly browned and edges are crisp. Cut into wedges to serve.

NUTRITIONAL INFORMATION

Calories 465

Fat 7g

Protein 39g

Carbohydrates: 3.3g

Healthy Low-Carb Chicken Enchiladas

Food Faith Fitness

 2 serving  30 minutes

INGREDIENTS

1 Boneless Skinless Chicken Breast, shredded (about 1 cup)
2 cups Egg Whites
1/2 tablespoon Olive Oil
1/2 small Onion, chopped (about 1/4 cup)
1/2 tablespoon Garlic, minced
1/2 cup Fire Roasted Tomatoes, blended in a food processor
3 tablespoons Salsa
1/4 teaspoon Red Chili Powder
1/8 teaspoon Cumin
1/8 teaspoon Smoked Paprika
1/8 teaspoon Crushed Red Pepper, optional
Salt and Pepper, to taste
1/4 cup Frozen Corn, if frozen, thawed
1/2 cup Reduced Fat Shredded Cheddar Cheese
3/4 cup Enchilada Sauce
For the Avocado Crema:
1/4 cup Avocado, about half a large avocado
1/4 cup Plain Greek Non Fat Yogurt
Salt and Pepper, to taste



INSTRUCTIONS

1. Bring a large pot of salted water to a boil and cook the chicken breast until it is no longer pink inside, about 15-20 minutes. Using two forks, shred the chicken and set aside to cool.
2. Preheat your oven to 400°F and spray a small baking dish (mine was 6x8) with cooking spray, set aside.
3. Spray a small, non-stick, frying pan with cooking spray and heat on high. Once hot, turn down the heat to medium/low and slowly pour 1/2 cup of liquid egg whites in, covering with a tight fitting lid. Cook until the top of the whites are just set and slightly bubbly (about 2-3 minutes). Remove the lid, carefully flip the egg whites and cook for an additional 2-3 minutes, or until the “tortilla” is cooked. Slide onto a plate and repeat with the remaining 1 1/2 cup egg whites.
4. While the egg whites are cooking, heat the 1/2 Tablespoon oil in a large pan on medium/high heat. Cook the chopped onion and garlic until soft, about 1-2 minutes. Stir in the blended tomatoes, salsa, chili powder, cumin, paprika and red pepper flakes, if using. Season to taste with salt and pepper.

To Assemble:

1. Take one egg white “tortilla” and place 2 Tablespoons of the tomato sauce in a line along the bottom portion. Top with 1 Tablespoon of the thawed corn and 1/4 cup of shredded chicken. Roll up tightly and place in the prepared baking dish, securing with a toothpick if needed. Repeat for the remaining enchiladas.
2. Pour the enchiladas sauce evenly over the dish and top with the grated cheese.
3. Bake until the cheese is melted, 8-10 minutes.
4. While the enchiladas bake, add the avocado and Greek yogurt into a small food processor, and blend until well combined. Season to taste with salt and pepper.
5. Serve the enchiladas hot with the avocado crema and cilantro.

NUTRITIONAL INFORMATION

Calories 183

Fat 5g

Protein 13g

Sugars 13g

Carbohydrates: 24g
(no toppings)

Authentic Mexican Fried Empanadas

My Latina Table



12 servings



45 minutes

INGREDIENTS

For the Masa

- 1 Lb Prepared Corn Masa
- 1 Cup All Purpose Flour
- 1 Tsp Salt
- 1/2 Cup Water
- 2 Cups Oil For frying

For the Ground Beef Filling

- 1 Lb Ground Beef
- 1/4 Onion Finely Chopped
- 1/4 bunch Cilantro Finely Chopped
- 1 Tomato Finely Chopped
- 1 Tsp Salt
- 1 Tsp Cumin
- 1/2 Tsp Pepper
- 1 Tsp Garlic Powder
- 1/2 Tsp Lemon Pepper
- 1 Tsp Paprika

For Cheese Filled Empanadas

- 2 Cups Queso de Oaxaca or other melting cheese



INSTRUCTIONS

1. Add the prepared masa to a large bowl and then add the flour, salt, and a little bit of the water.
2. Stir, adding more water until you reach the desired consistency. It should be thick enough that it doesn't break up when you make a tortilla, but thin enough that it won't take too long to cook through.
3. Form balls with about 1/4 cup of masa and flatten the tortilla using a tortilla press with plastic wrap on the top and bottom. Add the filling (ground beef or cheese) and fold over using the plastic wrap to assist and seal the edges with your fingers or a fork.
4. Heat oil to about 350-365 degrees fahrenheit in a pot or a frying pan and add the empanadas 1 or 2 at a time. You will fry the empanadas for approximately 3-5 minutes each until golden brown.
5. Serve with lettuce, pico de gallo, salsa, and crema.

For the Ground Beef

1. Heat the ground beef and add the rest of the ingredients. Cook until cooked through, adjusting seasonings to taste.

NUTRITIONAL INFORMATION

Calories 418

Fat 20g

Protein 20g

Sugars 1g

Carbohydrates 39g

Pork Chimichangas with Salsa Verde

My Latina Table



6 servings



25 minutes

INGREDIENTS

6 Large Flour Tortillas Burrito Size

1 pound Smoked Pork or other shredded pork

1 cup Cheddar Cheese

1/2 cup cooked rice

1 cup Salsa Verde

Canola Oil for frying

1 tbsp olive oil

guacamole

lettuce

sour cream



INSTRUCTIONS

1. Start by adding the olive oil to a frying pan and then add the smoked pork and the salsa verde. Stir well and let cook for about 5 minutes over medium heat.
2. Place one tortilla on a flat surface and add 1/6 of the smoked pork, the rice, and the cheese and fold like a burrito. You can make sure it stays together by sticking it with a toothpick.
3. Fry in hot oil for 1-2 minutes or until it is browned on all sides.
4. Remove excess oil and serve with guacamole, sour cream, and lettuce

NUTRITIONAL INFORMATION

Calories 304

Fat 21g

Protein 7g

Sugars 4g

Carbohydrates 22g

Beef Kofta Kebabs with Tzatziki

Modern Proper



4 serving



30 minutes

INGREDIENTS

2 lb ground beef
1/2 onion, grated
2 garlic cloves, minced
1 tsp ground pepper
1/2 tsp sea salt
1 tsp rosemary
1 tsp cumin
1 tsp oregano
1 tsp sumac (optional)
1/2 tsp cinnamon

For serving

- flat leaf parsley
- fresh feta
- hummus
- tzatziki
- cucumbers
- tomatoes
- red onions
- olive oil
- pita bread



INSTRUCTIONS

Grill Method

1. Heat grill to medium high heat.
2. Run the onions through a food processor fit with the grating attachment, or grate them by hand. Lay the grated onion on a paper towel and squeeze it to wring out any excess liquid.
3. Combine the ground beef, onion, garlic, pepper, salt, rosemary, cumin, oregano, sumac and cinnamon in a large mixing bowl. Mix the meat and spices together using your hands. Meat can be cooked right away, but it will taste better if it has time to sit. You can even prep the beef kofta mixture a day ahead and refrigerate it until you're ready to cook.
4. Using one hand to mold the meat and the other to hold the skewer, pack about 1/2 cup of meat around the end of each skewer.
5. Lay the meat on the preheated, oiled grill and cook until cooked through, rotating the skewers with tongs every 2-3 minutes, for a total of 8-10 mins.

Baked Method:

1. Preheat oven to 350°F.
2. Follow steps 2-4 above.
3. Arrange kofta on a lightly greased or lined baking sheet
4. Bake for 30 minutes, turning half way through.

NUTRITIONAL INFORMATION

Calories 471

Protein 41g

Sugars 1g

Carbohydrates: 3g

Beef Sliders with Sun-Dried Tomato Mayo and Spicy Pickles

Modern Proper



10 servings



45 minutes

INGREDIENTS

10 mini brioche buns
1 lb ground beef
2 garlic cloves, minced
3 oz blue cheese, crumbled
1 tbsp worcestershire
1 tbsp dijon mustard
1 tsp salt
2 tsp freshly ground pepper
3 tbs olive oil
sweet and spicy pickles (or store-bought)
arugula
toothpicks

Sun-Dried Tomato Mayo

- 1 cup mayonnaise
- 1 tbsp lemon zest
- 1 tbsp lemon juice
- 1/2 cup oil packed sun-dried tomatoes, roughly chopped
- 2 tbsp finely chopped chives
- 3 garlic cloves
- 2-3 freshly ground pepper



INSTRUCTIONS

1. To make the sun-dried tomato mayo add all of the ingredients in a small bowl and whisk until smooth. This can be made ahead and stored in the refrigerator for up to 2 weeks.
2. In a medium bowl, combining the ground beef, garlic, blue cheese, worcestershire, mustard, salt and pepper.
3. Using your hands form 10 patties 2-inches in diameter and 1/2 inch thick. Using your thumb make a small indentation in the middle of each patty.
4. Heat olive oil in a cast iron skillet over medium/high heat until just beginning to smoke. Arrange patties in the skillet so they are not crowded. (You may have to cook them in two batches.) Once the patties are brown on one side (about 3 minutes) flip them and cook on the other side for 2 more minutes. Once the patties are cooked, transfer them to a paper towel lined platter and cook the second batch.
5. Toast the buns on a baking sheet cut side up on broil for just a few minutes until golden brown. Serve sliders on the buns with spicy pickles, arugula and sun-dried tomato mayo. Use a toothpick to hold together.

NUTRITIONAL INFORMATION

Calories 407

Fat 31g

Protein 14g

Sugars 5g

Carbohydrates: 16g

Zucchini Noodles with Meatballs & Tomato Sauce

Life Made Sweeter



6 serving



40 minutes

INGREDIENTS

olive oil, for frying

FOR THE MEATBALLS:

- 3/4 pounds ground beef chuck
- 1/2 pound ground turkey
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- salt and pepper to taste
- 1 large egg lightly beaten
- 1/4 onion minced
- 2 garlic cloves minced
- 2 Tablespoons almond flour
- 1 Tablespoon chopped fresh parsley

FOR THE TOMATO SAUCE

- 1 medium onion finely chopped
- 2 carrots peeled and diced
- 3 cloves garlic finely chopped
- Salt and pepper to taste
- 3 tablespoon tomato paste
- 1 (14 ounce) can diced tomatoes (Italian or fire-roasted)
- 1 (28-ounce) can crushed tomatoes
- 1 cup low sodium beef broth
- 1 teaspoon dried oregano
- 1 bay leaf
- 3/4 teaspoon dried basil
- 5-6 medium zucchini about 2 1/4 pounds total, spiralized into noodles using a spiralizer or vegetable peeler
- chopped parsley for serving
- grated Parmesan cheese for serving

FOR THE TOMATO SAUCE:

1. Discard oil and wipe down the same skillet. Heat 2 teaspoons olive oil on medium-high heat. Add onions, carrots, and garlic and cook until softened and fragrant. Season with salt and pepper. Add tomato paste and cook for 30 seconds. Add the tomatoes, broth, oregano and bay leaf. Bring to a boil and simmer gently until sauce thickens about 20 minutes. Stir in basil and adjust seasonings as needed. Add the cooked meatballs and simmer, until heated through.

TO MAKE THE ZUCCHINI NOODLES:

1. Spiralize zucchini using a spiralizer or vegetable peeler into noodles. At this point, you can divide into bowls if serving raw.
2. To cook zoodles, lightly oil a pan over medium-high heat. Add zucchini and saute for 1-2 minutes or slightly softened but still tender. Do not overcook.

TO ASSEMBLE:

1. Transfer to bowls and spoon sauce and meatballs over zucchini noodles. Sprinkle with freshly chopped parsley and Parmesan cheese, if desired.



INSTRUCTIONS

FOR THE MEATBALLS:

1. Combine the ground beef, turkey, cheese, Italian seasoning, salt, pepper, onion and garlic together. Stir in egg, almond flour and parsley until just combined. Do not overmix.
2. Using your hands, form into round 1.5" meatballs.

TO COOK ON THE STOVE:

1. Heat 2-3 tablespoons oil in a large 12" skillet on medium heat. Add the meatballs in a single layer and cook for 8-10 minutes, browning on all sides. Transfer to paper-lined plate and repeat, if necessary with remaining meatballs.

TO COOK IN THE OVEN:

1. Preheat oven to 415 F. Place the meatballs on a large baking sheet lined with parchment paper, in a single row. Bake for 15-20 minutes, or until cooked through.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Rosemary Dijon Pork Tenderloin

with Roasted Apples & Cabbage

Clean Eating Mag



4 serving



55 minutes

INGREDIENTS

- 2 small apples (preferably, Fuji, or Honeycrisp), diced
- 3 packed cups thinly sliced purple cabbage
- 2 tbsp + 1 tsp apple cider vinegar, divided
- 2 tbsp olive oil, divided
- 6 sprigs + 1 tbsp finely chopped fresh rosemary, divided
- 1/4 tsp sea salt, divided + additional to taste
- 3/4 tsp ground black pepper, divided + additional to taste
- 1 lb pork tenderloin, silver skin removed
- 1 cup roughly chopped fresh flat-leaf parsley
- 1/4 cup toasted roughly chopped unsalted pecans
- 1 large shallot, finely chopped
- 1 cup unsweetened apple cider
- 1/2 cup low-sodium chicken broth
- 3 tbsp unsalted organic butter, cut into pieces
- 2 tsp Dijon mustard



INSTRUCTIONS

1. Place a rack in center of oven and preheat to 350°F. In a large bowl, toss apples, cabbage, 1 tbsp each vinegar and olive oil, 2 sprigs rosemary and 1/4 tsp each salt and pepper; set aside.
2. Pat tenderloin dry and rub with 1 tbsp finely chopped rosemary, 1 tsp salt and 1/2 tsp pepper. In a large ovenproof skillet on medium, heat 2 tsp oil. Add tenderloin; cook 2 minutes, until browned. Turn the pork by one-quarter and sear 2 more minutes. Turn once more by one-quarter and sear 2 minutes. Turn off heat and transfer pork to a plate. Add cabbage mixture to skillet (reserve bowl) and place tenderloin on top, unseared portion facing down.
3. Roast tenderloin and cabbage mixture until pork registers 145°F in center on an instant-read thermometer, about 20 minutes. Place tenderloin on a cutting board and cover loosely with foil. Let rest 15 minutes.
4. Meanwhile, scrape cabbage mixture into reserved bowl; toss with parsley, pecans and 1 tsp vinegar. Taste and season with additional salt and pepper. Loosely cover bowl with foil and set aside.
5. Make pan sauce: In same skillet on medium-high, heat 1 tsp oil; add shallot and cook, stirring, for 1 minute. Add apple cider, broth and 4 rosemary sprigs. Cook -until mixture reduces to 1/2 cup. Remove from heat and discard rosemary. Stir in butter, mustard and remaining 1 tbsp vinegar. Season to taste with additional salt and pepper. Slice pork and serve with sauce and cabbage.

NUTRITIONAL INFORMATION

Calories 431

Fat 25g

Protein 26g

Sugars 18g

Carbohydrates: 26g

Pork Chops and Couscous with Tomato-Caper Sauce

Two Peas & Their Pod

 4 serving  20 minutes

INGREDIENTS

- 2 tablespoons olive oil
- ½ teaspoon ground turmeric
- 1 ¾ cups unsalted chicken stock, divided
- 1 cup uncooked whole-wheat Israeli couscous
- 1 teaspoon freshly ground black pepper, divided
- ¾ teaspoon kosher salt, divided
- 2 tablespoons chopped fresh flat-leaf parsley
- 5 teaspoons unsalted butter
- 4 (4-oz.) boneless, center-cut pork chops
- ¼ cup sliced shallots
- 2 garlic cloves, minced
- 2 thyme sprigs
- ¾ cup chopped ripe tomatoes
- ¼ cup dry white wine
- 2 ½ tablespoons drained capers



INSTRUCTIONS

1. Heat oil and turmeric in a medium saucepan over medium-high for 2 minutes or until turmeric begins to bubble. Add 1 ½ cups stock, couscous, ½ teaspoon pepper, and ¼ teaspoon salt; bring to a boil. Reduce heat; cover and simmer 10 minutes. Stir in parsley.
2. Melt butter in a large skillet over medium-high. Sprinkle pork with remaining ½ teaspoon pepper and remaining ½ teaspoon salt. Add pork, shallots, garlic, and thyme to pan; cook 4 minutes. Turn pork; add tomatoes, wine, and capers. Cook 2 minutes. Place pork on a plate.
3. Add remaining ¼ cup stock to pan; cook 1 minute. Discard thyme sprigs. Serve sauce with pork and couscous.

NUTRITIONAL INFORMATION

Calories 455

Fat 18.3g

Protein 31g

Carbohydrates: 42g

Grilled Pork Tenderloin with Chimichurri

Modern Proper

 10 serving  30 minutes

INGREDIENTS

2.5 lbs pork tenderloin, fat trimmed

1 Tbsp brown sugar

1 Tbsp kosher salt

1 Tbsp paprika

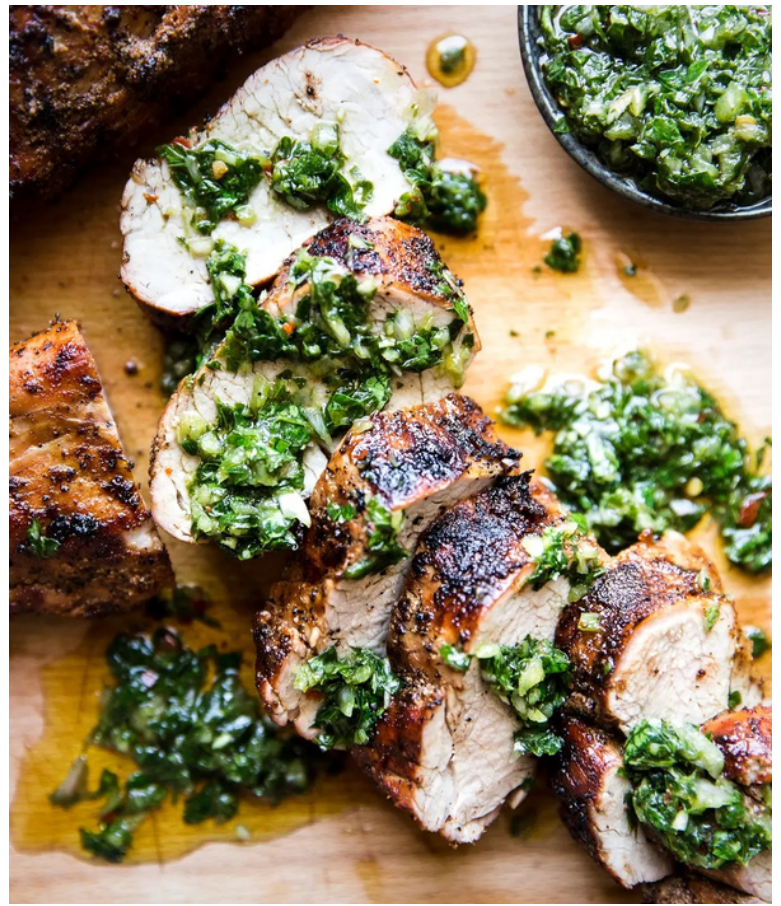
2 tsp freshly cracked black pepper

1 Tbsp garlic powder

vegetable oil (olive, grapeseed, avocado)

1 cup homemade chimichurri sauce

- small shallot cut into wedges
- 3/4 cup flat-leaf parsley, stems removed
- 1 tbs fresh oregano, stems removed
- 2 garlic cloves
- 1 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 3/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar, plus more to taste



INSTRUCTIONS

Chimichurri Sauce

1. In a small food processor pulse the shallot, parsley, oregano, garlic cloves, kosher salt and pepper until combined, but still able to see the ingredients clearly (slightly chunky).
2. In a small bowl add the red wine vinegar, olive oil and the red pepper flakes to the parsley mixture. Stir until combined.
3. This will store in refrigerator for up to two weeks.

Pork Tenderloin

1. In a bowl whisk together the brown sugar, salt, paprika, pepper and garlic powder.
2. Rub the tenderloin with the seasoning until evenly coated.
3. Preheat oven to 400°F. With the rack in the middle.
4. In a large oven proof or cast iron skillet heat 1-2 tablespoons oil over medium heat. Add the tenderloin to the pan and cook until it is evenly browned on all sides (5-6 minutes).
5. Place the pan in the preheated oven and bake for 15 more minutes, flipping the meat once halfway through. Bake until the internal temperature reads 145° F.
6. Transfer the pork to a cutting board and let it rest for at least three minutes.
7. Slice and serve.

NUTRITIONAL INFORMATION

Calories 476

Fat 40g

Protein 21g

Sugar 2g

Carbohydrates: 8g

(includes chimichurri)

Sweet & Sour Pork Bowl

My Foodbook



4 serving



30 minutes

INGREDIENTS

2 teaspoons cornflour

Salt and pepper

500 g lean pork fillet, thinly sliced

225 g can pineapple pieces in juice, drained and reserve

2 tablespoons Tomato Sauce

1 tablespoon white vinegar

1 tablespoon salt-reduced soy sauce

1 tablespoon olive oil

1 large red onion, sliced

2 large carrots, peeled, halved, thinly sliced diagonally

1 large red capsicum, cut into strips

200 g snow peas, trimmed, halved

4 cups steamed brown rice, to serve

Fresh coriander, to serve



INSTRUCTIONS

1. Place corn flour on a large plate and season with salt and pepper.
Add pork and toss to evenly coat
2. Combine the drained pineapple juice, Celebrate Health Tomato Sauce, vinegar and soy sauce in a small bowl. Set aside
3. Heat half the oil in a large wok or non-stick frying pan over high heat. Stir-fry pork, in 2 batches, for 2-3 minutes or until golden.
Transfer to a plate
4. Heat remaining oil in same wok. Stir-fry onion and carrot for 2 minutes. Add capsicum and snow peas and stir-fry for 1-2 minutes or until vegetables are almost tender. Return pork to wok along with pineapple pieces and reserved sauce mixture. Stir-fry for 1-2 minutes or until hot
5. Serve with steamed rice, sprinkled with fresh coriander

NUTRITIONAL INFORMATION

Calories 426

Fat 7.6g

Protein 36.9g

Sugars 17.8g

Carbohydrates: 47.9g

Kung Pao Chicken

Modern Proper

 6 servings  30 minutes

INGREDIENTS

2 lbs boneless skinless chicken breast, thinly sliced
1/4 cup low sodium soy sauce (or tamari)
2 tbsp cornstarch
3 tbsp sesame oil
1 red bell pepper, cubed
1 green bell pepper, cubed
1 bunch green onions, white and green parts, cut 3" pieces
1/2 cup cashews (or peanuts)
10 dried red chili peppers, cut in half to release their heat
6 garlic cloves, minced
1 tbsp fresh ginger, minced or grated
cooked rice for serving, optional

Kung Pao Sauce

- 1/4 cup low sodium soy sauce (or tamari)
- 1/3 cup rice vinegar (or sherry vinegar)
- 2 tbsp sugar



INSTRUCTIONS

1. Make the Kung Pao sauce: combine 1/4 cup of soy sauce, rice or sherry vinegar and sugar in a bowl. Stir to combine and set aside.
2. Combine the remaining 1/4 cup of soy sauce or (tamari) with cornstarch in a large bowl and whisk until the mixture is smooth and uniform. Toss chicken breast pieces in the soy sauce-cornstarch mixture to coat and set aside.
3. In a large skillet, heat the sesame oil over high heat. Working in batches so as not to overcrowd the pan, stir-fry the chicken pieces until lightly browned and cooked through—about 3-4 minutes total. Remove the chicken from the pan and set it aside.
4. Once all of the chicken is cooked, use the same skillet to finish the dish. Heat one tablespoon of sesame oil over medium heat. When the pan is hot, stir-fry the bell peppers for about four minutes, until they begin to soften. Add the green onions, cashews, ginger, garlic, and dried chili peppers. Stir-fry the vegetables for 2 minutes before adding the Kung Pao sauce and the cooked chicken breast. Bring the pan to a simmer, and cook until the sauce has thickened— about 2 minutes. Serve over white or brown rice. Enjoy!

NUTRITIONAL INFORMATION

Calories 405
Fat 16g
Protein 39g
Sugars 9g
Carbohydrates: 18g

Pork & Vegetable San Choy Bow

Whole Food Bellies



4 serving



25 minutes

INGREDIENTS

- 3 tablespoon olive oil
- 3 tablespoon soy sauce
- 3 tablespoon oyster sauce
- 1 tablespoon ginger powder
- 3 tablespoon sesame oil
- 2 cloves garlic minced
- 1 lb pork mince aim for pasture raised and organic
- 1 large grated carrot
- 1 large grated zucchini
- 10 Crimini mushrooms chopped finely
- 1 celery stalk chopped finely
- 2 spring onions chopped finely
- leaves Lettuce alternative: raw carrot and zucchini noodles
- Toasted sesame seeds and chopped spring onions to serve



INSTRUCTIONS

1. Whisk together olive oil, soy sauce, oyster sauce and ginger powder in a jug.
2. Heat sesame oil in a wok until very hot and add garlic followed by the pork mince. Using a whisk, stir fry and 'mash' the pork until half-browned.
3. Add the spring onions and half of the oil mixture and continue mashing until all pork granules are the size of green peas, or smaller.
4. Add chopped mushrooms, carrot, zucchini, celery and the rest of the oil mixture.
5. Stir fry for 5 minutes.
6. Serve in trimmed lettuce leaves and top with toasted sesame seeds and spring onions.
7. As an alternative serve prepared pork mixture on raw carrot and zucchini noodles with a sprinkle of toasted sesame seeds and spring onions.
8. Enjoy.

NUTRITIONAL INFORMATION

Calories 277

Fat 20.7g


Protein 16.5g


Sugars 2.5g

Carbohydrates: 6.7g

Shanghai-Style Noodles with Beef, Snow Peas & Broccoli

Clean Eating Mag

 1 serving

 5 minutes

INGREDIENTS

8 oz whole-wheat spaghetti

5 crowns broccoli, florets only

1 orange, zested and juiced

2 tbsp reduced-sodium soy sauce

1/4 tsp red pepper flakes, plus additional for garnish

1 tbsp ground ginger

1 tsp olive oil

3/4 lb beef sirloin strips, cut into 1/2-inch-thick, 2-inch-long pieces

4 cloves garlic, chopped

1/2 lb snow peas, rinsed well and trimmed



INSTRUCTIONS

1. Fill a large pot halfway with water and bring to a boil. Add spaghetti, reduce heat to medium-high and simmer for 5 minutes, stirring occasionally to prevent noodles from sticking. Add broccoli and cook for 5 more minutes. Drain and transfer to a large bowl. Cover loosely to keep warm and set aside.
2. Meanwhile, in a small bowl, whisk orange zest and juice, soy sauce, pepper flakes and ginger; set aside.
3. In a large nonstick skillet, heat oil on medium. Add beef and cook, turning occasionally, for 2 minutes. Add garlic and sauté, stirring occasionally, for 2 minutes. Add peas and orange juice mixture and stir to coat. Sauté for 3 minutes, until beef is cooked through.
4. Add beef mixture to spaghetti mixture and toss to combine. Divide among serving plates. If desired, garnish with additional pepper flakes.

NUTRITIONAL INFORMATION

Calories 379

Fat 8g

Protein 26g

Sugars 6g

Carbohydrates: 52g

Easiest Egg Fried Rice

Healthy Nibbles



4 serving



20 minutes

INGREDIENTS

4 large eggs

3 tablespoons peanut, vegetable, or olive oil, divided

1 cup diced onion, about 1 small onion

1 1/2 to 2 cups diced mixed vegetables, such as bell pepper, carrots, zucchini, etc.

1/2 cup sliced scallions, white and green parts divided

pinch of salt

4 cups cooked overnight jasmine rice,

2 1/2 tablespoons soy sauce, use tamari if gluten free

1/2 teaspoon five-spice powder

dash of ground white pepper, optional

1 to 2 teaspoons toasted sesame oil



INSTRUCTIONS

1. Crack the eggs into a small bowl and beat them together.
2. Heat a skillet with 1 tablespoon of the oil over medium-high heat. Once the pan is hot, add the beaten eggs and scramble them for about a minute. Transfer the eggs to a dish and turn off the heat.
3. Drizzle the remaining 2 tablespoons of oil into a wok over high heat. Add the onions and cook them for about 1 to 2 minutes, stirring constantly. Add the mixed vegetables and white parts of the scallions and cook for 2 minutes. Season the vegetables with a pinch of salt.
4. Add the cooked rice into the pan or wok and cook for several minutes, until the rice is heated through. If there are large clumps of rice, break them apart with the back of your spatula.
5. Add the soy sauce, five-spice powder, dash of white pepper (if using) and sesame oil and stir to distribute the seasonings. Add the scrambled eggs and stir to mix again. Garnish with remaining sliced scallions. Serve immediately.

NUTRITIONAL INFORMATION

Calories 425

Fat 16.7g

Protein 13.4g

Sugars 1.7g

Carbohydrates: 55.6g

Saucy Skillet Pad Thai with Chicken

Clean Eating Mag

 6 serving  40 minutes

INGREDIENTS

- 8 oz brown rice noodles (pad Thai style)
- 1/2 cup fresh lime juice
- 1/3 cup reduced-sodium soy sauce or tamari
- 1/4 cup coconut sugar
- 2–3 tbsp sambal oelek
- 2 tbsp fish sauce
- 1 tbsp safflower oil, divided
- 12 oz boneless, skinless chicken breast, cut into bite-size pieces
- 1 clove garlic, minced
- 1 red bell pepper, thinly sliced and cut into 1-inch-long strips
- 2 large eggs, beaten
- 1/4 cup thinly sliced green onions
- 1/4 cup coarsely chopped fresh cilantro
- 2 tbsp chopped raw unsalted peanuts



INSTRUCTIONS

1. Place noodles in a large heatproof bowl; pour in enough boiling water to cover. Let stand, stirring occasionally, until very tender, 10 to 15 minutes. Drain and set aside.
2. Meanwhile, in a small bowl, stir together lime juice, soy sauce, coconut sugar, sambal oelek and fish sauce. Set aside.
3. In a large deep skillet, heat 2 tsp oil on medium. Add chicken and cook, stirring often, until browned, 4 to 7 minutes. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add bell pepper and cook, stirring often, until softened and chicken is no longer pink inside, 2 to 3 minutes. Scrape mixture into a bowl.
4. Add remaining 1 tsp oil to skillet and heat on medium-low. Add eggs and cook, stirring occasionally with a fork to break up curds, until eggs begin to set, 3 to 4 minutes. Add to bowl with chicken mixture. Add soy sauce mixture to skillet and bring to a simmer.
5. Add noodles and toss to coat. Cook, using tongs to flip noodles and ensure even heating, until well coated with sauce and completely softened, 3 to 4 minutes. Add green onions; return chicken mixture to skillet and toss to combine. Divide among plates; garnish with cilantro and peanuts.

NUTRITIONAL INFORMATION

Calories 329

Fat 8g

Protein 21g

Sugars 12g

Carbohydrates 46g

Italian Baked Chicken Meatballs

Modern Proper



8 serving



45 minutes

INGREDIENTS

- 2 lbs ripe roma tomatoes, cut in half
- 2 tbsp fresh thyme leaves
- 3 tsp salt, divided
- ½ cup olive oil, divided
- 2 lbs ground chicken
- 2 large eggs, beaten
- 1 tbsp dried fennel seed (optional)
- 1 cup parmesan cheese, finely grated
- 4 garlic cloves, minced
- 1 cup bread crumbs
- 1 bunch fresh basil, optional
- cooked pasta, for serving, optional



INSTRUCTIONS

1. Preheat oven to 450°F.
2. In a large bowl toss together tomato halves along with fresh thyme, 1 tsp of salt and 1/4 cup olive oil. Arrange tomatoes on a large baking sheet cut side up.
3. In the same bowl, use your hands to combine the ground chicken, remaining salt, eggs, fennel, parmesan cheese, garlic and bread crumbs.
4. Using your hands form uniform meatballs about 2 tbsp each. Arrange the meatballs on the same baking sheet between tomato halves.
5. Roast meatballs and tomatoes on center rack for about 30 minutes or until tomatoes begin to soften and are slightly browned. Turn heat up to 500°F and brush meatballs with olive oil. Cook for another 5 minutes.
6. Once tomatoes and meatballs are roasted toss them together with cooked spaghetti, ¼ cup of olive oil, fresh basil and freshly grated parmesan cheese.

NUTRITIONAL INFORMATION

Calories 387

Fat 28g

Protein 25g

Sugars 2g

Carbohydrates: 12g

Skinny Spinach Lasagna

Pinch of Yum



12 servings



1 hr 25 mins

INGREDIENTS

2 tablespoons butter

1 tablespoon minced garlic

2 teaspoons minced fresh thyme

6 ounces fresh spinach

2 lbs. ricotta cheese (I used 1 lb. whole milk and 1 lb. nonfat)

1 egg

1/2 teaspoon salt

1/4 teaspoon nutmeg

a squeeze of lemon juice (optional, to taste)

12 no-boil lasagna noodles

1 24 ounce jar of spaghetti or marinara sauce

2 cups shredded mozzarella cheese



INSTRUCTIONS

1. Melt the butter in a large skillet over medium heat. Add the garlic and thyme; saute for 2-3 minutes. Add the spinach; saute until just barely wilted, about 2 minutes. Remove from heat.
2. In a large bowl, combine the ricotta, egg, salt, nutmeg, and a squeeze of lemon juice. Add the spinach and stir to combine. Transfer some of the mixture to a food processor and pulse a few times to break up some of the spinach pieces (totally optional, but makes for a really nice texture).
3. Preheat the oven to 375 degrees. Spread a little bit of tomato sauce in the bottom of a 9x13 pan. Layer with 3 lasagna noodles, 1/3 of the spinach mixture, 1/4 of the tomato sauce, and 1/4 of the cheese. Repeat and pour 1/2 cup water over the two layers. Repeat once more, ending with noodles, sauce, and cheese. Pour 1/2 cup water over the whole thing again and cover tightly with oiled foil.
4. Bake for 30-40 minutes; when the liquid is bubbling and the noodles have softened, remove the foil and bake uncovered for 10 more minutes. Let stand for 10-15 minutes before serving so that the lasagna noodles can soak up all the extra moisture.

NUTRITIONAL INFORMATION

Calories 326

Fat 17.6g

Protein 17.4g

Sugars 3.8g

Carbohydrates: 24.4g

Antipasto Salad

Modern Proper



6 servings



15 minutes

INGREDIENTS

Creamy Parmesan Lemon Dressing

- 1/2 cup mayonnaise
- 2 tablespoons lemon juice, plus more as needed
- 1 tablespoon extra-virgin olive oil
- 1/3 cup freshly grated Parmesan cheese
- 2 garlic cloves, minced or grated
- 1 teaspoon Dijon mustard
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Kosher salt
- freshly cracked black pepper

Salad

- 1 large head of romaine lettuce, chopped
- 1 (12-ounce) jar artichoke hearts, drained and quartered
- 8 ounces small fresh mozzarella cheese balls, cut in half
- 1 (6-ounce) jar roasted red peppers, drained and chopped
- 4 ounces salami and/or pepperoni, cut into thin strips
- 3/4 cup mixed olives, halved and pitted
- 1/2 cup pepperoncini peppers, thinly sliced
- 1/4 small red onion, thinly sliced
- 15 fresh basil leaves, ribboned, for serving



INSTRUCTIONS

1. Make the dressing. In a small bowl, combine the mayonnaise, lemon juice, olive oil, Parmesan, garlic, mustard, Italian seasoning, garlic powder, and onion powder. Season with salt and pepper. Whisk together to combine well. Taste and adjust seasonings as desired.
2. Make the salad. In a large serving bowl, combine the romaine, olives, salami, red peppers, mozzarella, artichoke hearts, pepperoncinis and red onion. Toss to mix.
3. Drizzle the desired amount of dressing over the salad and toss to coat. Garnish with basil and serve.

NUTRITIONAL INFORMATION

Calories 379

Fat 30g

Protein 15g

Sugars 4g

Carbohydrates: 13g

Sausage & Arugula Pita Pizza

Clean Eating Mag



4 serving



15 minutes

INGREDIENTS

- 4 whole-grain pitas (about 7-inch diameter)
- 3/4 cup unsalted tomato sauce
- 1 cup whole-milk ricotta cheese
- 2 oz grated mozzarella cheese
- 2 all-natural Italian-style cooked chicken sausages, thinly sliced
- 2 cups baby arugula leaves



INSTRUCTIONS

1. Arrange a rack in center of oven, about 8 inches away from top heat source, and preheat broiler to high. (TIME-SAVING TIP: Turn on the broiler before doing any other prep so that it's ready when you are.) On each pita, spread 3 tbsp tomato sauce all the way to the edges. Top evenly with dollops of ricotta, mozzarella, sausage and arugula.
2. Place pita pizzas on a large rimmed baking sheet and broil until sausage is heated through and mozzarella is lightly browned, 5 to 7 minutes, reversing position of baking sheet about halfway through.

NUTRITIONAL INFORMATION

Calories 291

Fat 17g

Protein 24.5g

Sugars 2.5g

Carbohydrates: 19g

Hearty Italian Meatball Soup

Two Peas & Their Pod



4 servings



20 minutes

INGREDIENTS

1 lb ground beef

2 medium eggs or 1 extra-large egg

¼ cup bread crumbs

½ cup finely grated Parmesan cheese

Salt and ground black pepper to taste

½ Tbsp olive oil

1 onion, chopped

2 carrots, peeled and chopped

2 ribs celery, chopped

8 cups low-sodium chicken stock

1 head escarole, chopped into bite-size pieces

¾ cup small pasta, like orzo, pastina, or spaghetti broken into ½-inch pieces



INSTRUCTIONS

1. Combine the beef with the eggs, bread crumbs, cheese, and good-size pinches of salt and pepper in a mixing bowl.
2. Being careful not to overwork the mixture, lightly form it into meatballs roughly ¾-inch in diameter, a bit smaller than a golf ball.
3. Heat the olive oil in a large pot over medium-high heat.
4. Add the onion, carrots, and celery and sauté until the vegetables have softened, about 5 minutes.
5. Add the stock and the escarole and bring the soup to a simmer.
6. Turn the heat down to low and add the meatballs and pasta.
7. Simmer for another 8 to 10 minutes, until the meatballs are cooked through and the pasta is al dente.
8. Taste and adjust the seasoning with salt and pepper.
9. Serve the soup with extra cheese on top.

NUTRITIONAL INFORMATION

Calories 333

Fat 14g