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Breakfast



Healthy Frittata w/ Argula & Peppers



Smoked Salmon Avocado Toast



Apple Cinnamon Baked Oatmeal



Oatmeal Breakfast Bowl



Berry Spinach Protein Smoothie



Banana Pancakes

Southwestern Sweet Potato & Egg Hash

Cooking Light



1 serving



30 minutes

INGREDIENTS

3/4 cup (1/2 in.) diced peeled sweet potato

2 teaspoons water

1 1/2 teaspoons olive oil, divided

2/3 cup chopped red bell pepper

1/4 teaspoon chili powder

1/8 teaspoon kosher salt

1/8 teaspoon ground cumin

1/4 cup unsalted canned black beans, rinsed and drained

1 large egg 1 tablespoon chopped fresh cilantro

2 tablespoon of favorite hot sauce, pictured is [Green](#)

[Goddess Avocado Sauce](#) (optional)



INSTRUCTIONS

1. Place potatoes and 2 teaspoons water in a microwave-safe dish; cover with plastic wrap. Microwave at high until tender, about 4 minutes. Place potatoes on a paper towel-lined plate. Let stand 5 minutes.
2. Heat 1 teaspoon oil in a cast-iron skillet over medium-high. Add potatoes, bell pepper, chili powder, salt, and cumin; cook until potatoes are crisp, 6 to 8 minutes. Stir in black beans; transfer to a plate.
3. Reduce heat to medium. Add remaining 1/2 teaspoon oil to pan. Crack egg into pan; cook until whites are set, 3 to 4 minutes. Place egg on potato mixture. Top with Green Goddess Sauce and cilantro.

NUTRITIONAL INFORMATION

Calories 397

Fat 21g

Protein 13g

Sugars 9g

Carbohydrates 38g

Breakfast Egg Muffins: 3 ways

Cafe Delites



12 servings



35 minutes

INGREDIENTS

BASE:

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste

TOMATO SPINACH MOZZARELLA:

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese

BACON CHEDDAR:

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

GARLIC MUSHROOM PEPPER:

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, (capsicum), diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic



INSTRUCTIONS

1. Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 15-20 minutes, until set.
6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.

NUTRITIONAL INFORMATION

Calories 82

Fat 5g

Protein 6g

Carbohydrate: 1g

Fiery Protein Packed Diablo Eggs

Eat This, Not That!



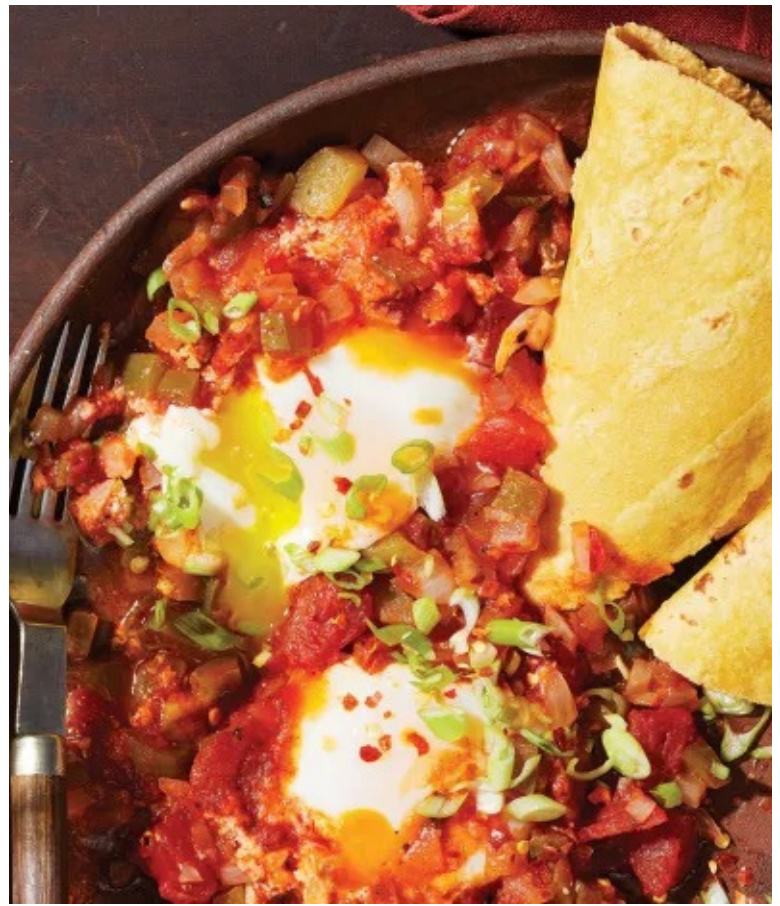
4 servings



20 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 tablespoon minced garlic
- 1 14.5-oz can no-salt-added fire-roasted diced tomatoes, undrained
- 1 8-oz can no-salt-added tomato sauce
- 1/2 tsp crushed red pepper flakes
- 8 eggs
- 2 tablespoon sliced green onions (scallions)
- 8 corn tortillas, warmed
- Salt and black pepper to taste



INSTRUCTIONS

1. In a large skillet, heat oil over medium heat. Add the chopped onion, pepper, and garlic. Cook for 3 to 4 minutes, stirring occasionally until vegetables are tender. Add tomatoes, tomato sauce, and red pepper flakes. Cook for 5 minutes, or until sauce is bubbling around edges.
2. Form a small indentation in the sauce. Break an egg into a cup and slip into sauce; repeat with remaining eggs. Cover pan and cook 3 to 5 minutes, or until egg whites are completely set and yolks start to thicken.
3. Sprinkle eggs with green onions. Serve with corn tortillas. Season with salt and pepper.

NUTRITIONAL INFORMATION

Calories 346

Fat 14g

Protein 17g

Sugars 8g

Easy Frittata With Arugula & Red Peppers

Eat This, Not That!



4 servings



20 minutes

INGREDIENTS

½ Tbsp olive oil

¼ cup bottled roasted red peppers, chopped

1 clove garlic, minced

4 cups baby arugula or baby spinach

4 thin slices prosciutto or other good ham, cut into strips

8 eggs, beaten

Salt and black pepper to taste

½ cup crumbled goat cheese



INSTRUCTIONS

1. Preheat the broiler. Heat the olive oil in a nonstick, 12" oven-safe skillet over medium-low heat.
2. Add the roasted pepper and garlic and cook for about 1 minute, until the garlic is fragrant but not browned.
3. Stir in the arugula and cook for another 2 minutes or so, until lightly wilted.
4. Add the prosciutto, then pour the eggs over the top.
5. Season the eggs with a good amount of salt and pepper, then dot with the crumbled goat cheese.
6. Cook on the stovetop for 5 to 6 minutes, until most of the egg has set.
7. Place the pan 6" under the broiler and cook for about 3 minutes, until the rest of the egg has fully set and the top of the frittata has begun to brown.
8. Cool slightly, remove from the pan, and cut into wedges.

NUTRITIONAL INFORMATION

Calories 325

Fat 21g

Egg, Spinach and Feta Breakfast Wrap

Eating Bird Food



1 serving



15 minutes

INGREDIENTS

- 1 whole grain or grain-free tortilla
- 1-2 Tablespoons hummus, any flavor will work
- 1 egg
- ¼ cup egg whites
- ⅓ cup onion, chopped
- 2 button mushrooms, sliced
- 2 cups baby spinach
- 1 Tablespoon crumbled feta
- 1 Tablespoon sun-dried tomatoes, chopped
- sea salt and fresh ground pepper, to taste
- hot sauce, for topping (optional)



INSTRUCTIONS

1. Spray skillet with cooking spray and sauté onion and mushrooms for 3-4 minutes or until fragrant. Add spinach and sauté for a few minutes longer, until spinach has wilted.
2. Add egg and egg whites to pan with veggies and cook for about 2 minutes or until eggs are cooked through. While cooking sprinkle on a little sea salt and ground pepper.
3. Warm up the tortilla and the spread on a layer of hummus. Place the egg scramble in the center of the tortilla and top with sun-dried tomatoes and feta. Sprinkle on a little more salt and pepper as well as hot sauce, if using.
4. Wrap tortilla up and serve!

NUTRITIONAL INFORMATION

Calories 304

Fat 11g

Protein 23g

Sugars 5g

Carbohydrates 25g

Lighter Classic French Toast

Love and Lemons



4 servings



22 minutes

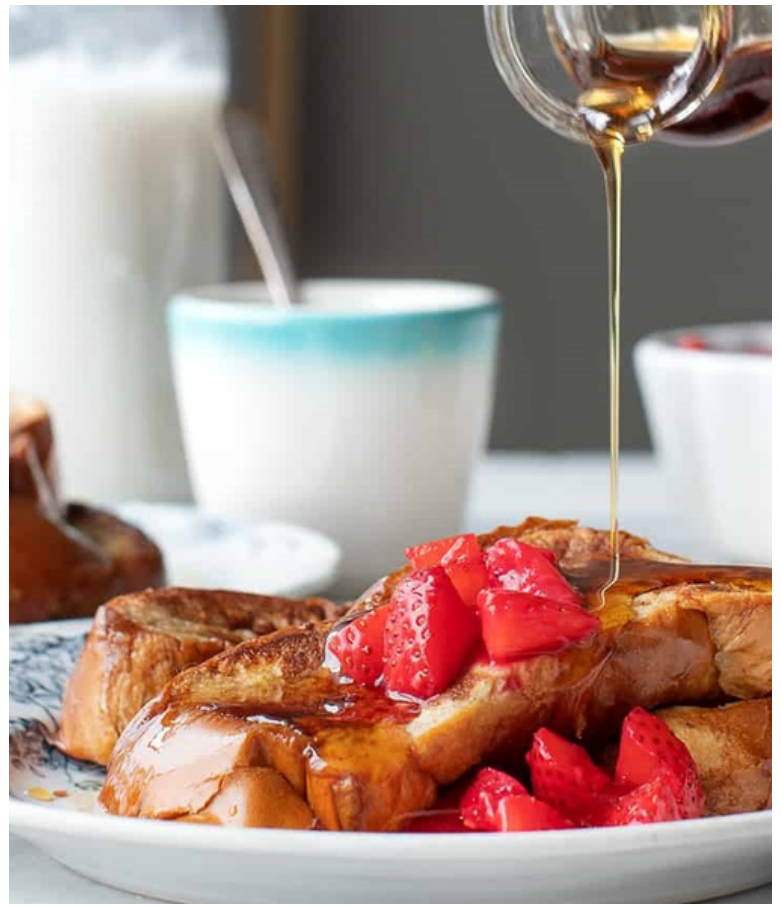
INGREDIENTS

Macerated Berries

- 2 cups diced strawberries
- ½ cup frozen raspberries, thawed, with their juices
- Pinches of cane sugar

French Toast

- 4 eggs
- 1 cup almond milk, or any milk
- 1 teaspoon cinnamon
- ¼ teaspoon cardamom
- Pinch of sea salt
- 8 1-inch slices challah bread
- Coconut oil, for brushing
- Maple syrup, for serving



INSTRUCTIONS

1. Make the macerated berries: In a medium bowl, combine the strawberries, raspberries, and a few pinches of sugar. Set aside for 10 minutes for the berries to soften. Stir before serving.
2. Make the French toast: In a large bowl, whisk together the eggs, milk, cinnamon, cardamom, and salt. Dip each slice of bread into the mixture and set the soaked bread aside on a large tray or plate.
3. Heat a non-stick skillet over medium heat and brush with coconut oil. Add the bread slices and cook until golden brown, about 2 minutes per side. Reduce the heat to low as needed to cook thoroughly without burning. Serve with maple syrup and the macerated berries

NOTES

To make dairy-free french toast, substitute challah bread for ciabatta bread

NUTRITIONAL INFORMATION

Calories 449

Fat 24g

Protein 11.6g

Sugars 19.6g

Carbohydrates 46g

Avocado Toast: 6 ways

Jessica Gavin



2 servings



20 minutes

INGREDIENTS

Simple Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon chopped parsley, optional

Caprese Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ½ cup cherry tomatoes, halved
- ½ cup mozzarella cheese balls, Ciliegine, halved
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar reduction, optional
- 1 tablespoon thinly sliced basil leaves, about 3 large leaves

Salsa Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 1 large avocado
- 1 ¼ teaspoon lime juice, divided
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ cup diced tomatoes, ¼-inch dice
- 1 tablespoon red onion, finely minced
- 2 teaspoons chopped cilantro
- 1 teaspoon minced jalapeno
- 2 tablespoons sliced radish, ⅛-inch thick

Smoked Salmon Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ cup cream cheese
- ¼ cup sliced tomatoes, ⅛-inch thick (8 slices)
- ¼ cup sliced cucumber, ⅛-inch thick (8 slices)
- 2 ounces smoked salmon, or lox
- 2 tablespoons red onion, sliced, ⅛-inch thick
- 1 tablespoon capers
- 2 teaspoons dill leaves



INGREDIENTS

Bacon and Eggs Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or French loaf, ½-inch thick pieces
- 4 slices bacon
- 1 large avocado
- ¼ teaspoon lemon juice
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 1 tablespoon olive oil
- 2 large eggs
- 1 teaspoon chopped parsley, optional

Everything Avocado Toast

- 2 slices bread, sourdough, wheat, Italian or french loaf, ½-inch thick pieces
- 1 large avocado
- ¼ cup cream cheese
- ½ teaspoon white sesame seeds
- ¼ teaspoon black sesame seeds
- ¼ teaspoon poppy seeds
- ¼ teaspoon flaky sea salt, or kosher salt
- ¼ teaspoon dried minced garlic
- ¼ teaspoon dried minced onion

Avocado Toast: 6 ways (conti.)

Jessica Gavin



2 servings



20 minutes

INSTRUCTIONS

All Recipes

1. Toast the bread

i. In a toaster, heat the bread slices until golden brown. Alternatively, place the sliced bread on a baking sheet. Set the oven rack 6-inches from the top broiling element. Broil the bread until golden brown, about 1 to 3 minutes per side, keep a close eye on the color change.

a. Scoop out both sides of the avocado flesh into a small bowl. Add lemon juice, salt, and pepper. Lightly mash the avocado with a fork, leaving some chunks(except for Everything Avocado Toast).

Simple Avocado Toast

i. Divide the mixture onto the toasted bread. Drizzle some olive oil on top, season with salt, pepper, and garnish with parsley.

Caprese Avocado Toast

i. Spread the mixture onto the toasted bread slices. Add the tomatoes and cheese on the toast. Drizzle some olive oil and balsamic vinegar reduction on top, season with salt, pepper, and garnish with basil.

Salsa Avocado Toast

i. Spread the mixture onto the toasted bread slices. In a small bowl combine the diced tomatoes, onions, cilantro, jalapeno, and 1 teaspoon lime juice. Add the radish slices and salsa on the toast. Season with salt and pepper.

Smoked Salmon Avocado Toast

i. Spread the cream cheese over the toasted bread slices. Evenly spread the avocado mixture onto the toast. Layer slices of tomato and cucumber on top. Add pieces of smoked salmon, red onions, capers, and dill leaves. Season with black pepper.

Bacon and Egg Avocado Toast

1. Cook bacon in a nonstick skillet over medium heat until crisp, about 3 to 4 minutes per side. Transfer to a plate lined with a paper towel.
2. Evenly divide the mixture onto the toast. Place 2 strips of bacon on each piece of toast.
3. Heat olive oil in the nonstick skillet over medium heat. Once hot, crack the egg in the pan, cook until the white is set, about 1 to 2 minutes. Transfer egg to the toast and repeat with the other egg. Season with black pepper.



Smoked Salmon Avocado Toast

INSTRUCTIONS

Everything Avocado Toast

1. Cut the avocado down the center and remove the pit. Scoop out both sides of the flesh and slice into 1/4-inch thick slices. Spread the cream cheese over the toasted bread slices. Layer the slices of avocado overlapping on top. In a small bowl mix together the white sesame seeds, black sesame seeds, poppy seeds, salt, garlic, and onion. Sprinkle 1/4 to 1/2 teaspoon of the seasoning mix on top of the sliced avocado.

NUTRITIONAL INFORMATION

Calories 255

Fat 18g

Protein 5g

Sugars 2g

Carbohydrates: 23g

(Simple Avocado Toast)

Baked Eggs in Toast: 4 Ways

Healthy World Cuisine



4 servings



20 minutes

INGREDIENTS

4 slices bread
4 whole eggs
2 tablespoon butter
spray oil (as needed)

Ham & Cheese

- ham chopped
- cheese grated

Feta, Salami & Spinach

- feta crumbled
- salami chopped finely
- spinach sliced thin

Parmesan, Roasted Peppers & Italian Seasoning

- parmesan cheese grated
- roasted red peppers chopped and make sure you dry these well with paper towel.
- Italian seasoning dried or fresh herbs

Parmesan, fresh chopped peppers & Green Onions

- peppers fresh chopped finely
- parmesan cheese grated
- green onions sliced thinly
- spray oil as needed



INSTRUCTIONS

1. Preheat oven to 400 degrees F (204 degrees C)
2. Line baking sheet with parchment paper. If using aluminum foil, spray with oil to prevent sticking.
3. Butter one side of the sliced bread and place on baking sheet butter side down. Repeat with all slices.
4. Cut out each bread slice using either a cookie cutter, biscuit cutter or just use a knife to cut out a square. Place your cut out bread (circles, hearts, squares, etc.) and put these on the baking sheet too with the butter side down on the sheet pan. These make delicious dipping toasts.
5. One at a time, Gently crack the eggs and place the whole egg (unbroken) into a separate small bowl. Then, gently pour the egg into the hole of each of the breads.
6. Add your favorite toppings. Here are some suggestions but have fun with your own ideas.
7. Ham and cheese, Feta, Salami & Spinach, Parmesan, Roasted Peppers & Italian Seasoning, Parmesan, Fresh chopped peppers & Green Onions
8. Light spray or spritz with olive oil spray to facilitate browning. Salt and pepper to taste.
9. Bake eggs in toast uncovered. If you like drippy eggs, cook for about 6 minutes or until the egg whites start to get less wiggly. Then, they are ready to come out of the oven. . If you like soft eggs, bake for 8 minutes. Please note that your eggs will continue to cook, EVEN after you remove them from the oven. If you like you eggs well done then cook 10 minutes or more to your desired level.
10. Serve baked eggs in toast on a plate with the extra bread toast for dipping and enjoy

NUTRITIONAL INFORMATION

Calories 127

Fat 7g

Protein 3g

Sugars 2g

Carbohydrates: 14g

(Plain Baked Egg)

Best Healthy Breakfast Tacos

Jar of Lemons



4 tacos



15 minutes

INGREDIENTS

- 4 corn tortillas
- 4 eggs
- 1 cup black beans, canned
- 1/2 avocado
- 1 cup grape tomatoes
- 1/4 cup fresh cilantro leaves



INSTRUCTIONS

1. Heat the tortillas over medium heat in a pan (to desired amount). Set aside.
2. Cook the eggs over medium heat. Once cooked, place in each tortilla.
3. Heat up the black beans and place in tortillas.
4. Slice the avocado and tomatoes. Place in tortillas.
5. Top with cilantro and enjoy!

NOTES

- Try with your favorite hot sauce for an added kick
- Try serving with homemade salsa
- You can add leftover meat

NUTRITIONAL INFORMATION

Calories 230

Fat 10.7g

Protein 11.3g

Sugars 1.9g

Carbohydrates: 24.5g

Banana Peanut Butter Breakfast

Tacos

The Culinary Tribune



2 tacos



5 minutes

INGREDIENTS

2 tortillas, warm

2 tablespoons peanut butter

1 banana, sliced

1-2 tablespoons dry cranberries

1-2 tablespoons walnuts, chopped

a sprinkle cinnamon

1-2 tablespoons maple syrup



INSTRUCTIONS

1. Spread peanut butter on warm tortillas.
2. Place banana, cranberries, walnuts on top. Sprinkle cinnamon.
3. Serve with maple syrup.

NUTRITIONAL INFORMATION

Calories 413

Fat 21g


Protein 11.9g


Sugars 27.2g

Carbohydrates: 49g

Best Savory Breakfast Tacos

Savory Experiments

 4 servings

 20 minutes

INGREDIENTS

- 4 large eggs
- 1 tablespoon milk
- 1 tablespoon butter
- ½ cup bulk breakfast sausage , cooked and crumbled
- ¼ cup queso fresco or cotija cheese , crumbled
- ¼ cup pico de gallo
- 1 fresh jalapeno , seeded and sliced
- 1 avocado , thinly slices
- Chives or scallions , for garnish
- Sea salt and freshly ground black pepper , for garnish
- 8 tortillas



INSTRUCTIONS

1. In a mixing bowl, whisk eggs and milk well. The more air you can introduce into the mix, the fluffier your scrambled eggs! You can even give them a quick spin with an immersion blender.
2. In a large skillet, heat butter over medium heat.
3. When melted, add eggs and fold towards the center (see video). Remove from heat while eggs still look wet to ensure they do not overcook.
4. Build your breakfast tacos by evenly dividing scrambled eggs amount tortillas. Top with crumbled sausage, cheese, pico de gallo, avocado and jalapeno slices. Add other additional toppings you enjoy.
5. Garnish with chives, green onions, large flaky salt and freshly ground pepper.
6. If you've tried this recipe, come back and let us know how it was in the comments or ratings

NUTRITIONAL INFORMATION

Calories 430

Fat 25g

Protein 15g

Sugars 5g

Carbohydrates: 38g

(Simple Avocado Toast)

Banana Protein Muffins

EatingWell



12 servings



35 minutes

INGREDIENTS

- 1 ½ cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup plain whole-milk Greek yogurt
- ⅓ cup creamy natural peanut butter, well stirred
- 2 large eggs
- 1 cup mashed banana (from 2 very ripe bananas)
- ½ cup packed light brown sugar
- ⅓ cup granulated sugar
- 1 teaspoon vanilla extract
- ¾ cup chopped walnuts, toasted



INSTRUCTIONS

1. Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners. Whisk flour, baking powder, cinnamon, baking soda and salt together in a medium bowl. Set aside.
2. Whisk yogurt and peanut butter together in a large bowl until smooth. Add eggs, banana, brown sugar, granulated sugar and vanilla; whisk to combine. Fold the flour mixture into the banana mixture until the flour is mostly incorporated.
3. Spoon the batter evenly into the prepared muffin cups (3 heaping tablespoons each); sprinkle evenly with walnuts. Bake until a wooden pick inserted in the centers comes out clean, 18 to 22 minutes. Remove from oven; let cool for 5 minutes. Serve warm or let cool completely, about 30 minutes.

NUTRITIONAL INFORMATION

Calories 193

Fat 6g


Protein 5g


Sugars 17g

Carbohydrates: 32g

Mom's Zucchini Bread

Allrecipes Member

 24 servings
2 loaves

 1 hr 40 mins

INGREDIENTS

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 tablespoon ground cinnamon
3 eggs
1 cup vegetable oil
2 ¼ cups white sugar
3 teaspoons vanilla extract
2 cups grated zucchini
1 cup chopped walnuts



INSTRUCTIONS

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

NUTRITIONAL INFORMATION

Calories 255

Fat 13g

Protein 3.3g

Sugars 19g

Carbohydrates: 32g

Healthy Oatmeal Breakfast Bars

Healthy Fitness Meals



12 servings



25 minutes

INGREDIENTS

- 2 bananas ripened and large; mashed
- ½ cup peanut butter or any kind of nut butter
- 1 teaspoon vanilla extract
- 1 ¾ cups quick oats
- 1 scoop chocolate protein powder or vanilla, plant-based for vegan option
- ½ cup dark chocolate chips dairy-free for vegan option
- ½ cup peanuts roasted and chopped



INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking pan with parchment paper. Set aside.
2. In a bowl, mash bananas with a fork or a potato masher until soft.
3. Stir in the remaining ingredients. Evenly spread and gently press the mixture into prepared baking pan.
4. Bake the bars for 15 minutes or until lightly golden on top.
5. Allow the oat bars to cool on a wire rack before cutting into squares.

NUTRITIONAL INFORMATION

Calories 195

Fat 10g

Protein 8g

Sugars 4g

Carbohydrates: 22g

Breakfast Blondies

Bon Appetit



16 servings



35 minutes

INGREDIENTS

- 6 Tbsp. unsalted butter, plus more for pan
- 1 cup chopped nuts, such as walnuts, hazelnuts, and/or pecans
- $\frac{3}{4}$ cup creamy unsweetened almond butter
- $\frac{1}{2}$ cup pure maple syrup
- 2 Tbsp. flaxseed meal
- 2 tsp. vanilla extract
- 1 tsp. kosher salt
- $\frac{1}{2}$ tsp. baking powder
- 3 large eggs



INSTRUCTIONS

1. Preheat oven to 350°. Line an 8x8" baking dish with a sheet of parchment paper, leaving an overhang on two sides. Grease parchment with butter.
2. Cook nuts and 6 Tbsp. butter in a medium skillet over medium heat, swirling pan often, until butter foams, then browns, 5–6 minutes. Strain through a fine-mesh sieve into a large bowl; set aside nuts. Add almond butter, maple syrup, flaxseed, vanilla, salt, and baking powder to hot brown butter and whisk until smooth. Add eggs one at a time, whisking to incorporate after each addition. Vigorously whisk batter until glossy and smooth, about 1 minute. Stir in all but about 3 Tbsp. reserved nuts. Scrape batter into prepared pan and spread in an even layer. Top with remaining nuts.
3. Bake blondies until top is puffed and lightly browned and a tester inserted into the center comes out with a few moist crumbs attached, 18–22 minutes. Let cool.
4. Remove blondies from pan using parchment overhang. Cut into squares.
5. Do Ahead: Blondies can be baked 3 days ahead. Store tightly wrapped in plastic at room temperature.

NUTRITIONAL INFORMATION

Calories 201

Fat 15.9g

Protein 5.6g

Sugars 6.8g

Carbohydrates: 9.9g

Apple Cinnamon Baked Oatmeal

Fit Foodie Finds



6 servings



40 minutes

INGREDIENTS

Wet

- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 cup maple syrup
- 3/4 cup unsweetened almond milk
- 2 tablespoons melted coconut oil

Dry

- 2 medium apples, shredded
- 2 cups rolled oats
- 1/2 cup white whole wheat flour (any kind of flour will work)
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg



INSTRUCTIONS

1. First, preheat oven to 350F then spray an 8×8-inch baking dish with nonstick cooking spray.
2. Begin by shredding 2 medium apples with the skin on. Then, place in a large bowl and add the rest of the ingredients. Mix until combined.
3. Transfer batter into baking dish and bake at 350°F for about 30 minutes or until the top begins to brown.

NUTRITIONAL INFORMATION

Calories 268

Fat 9g

Protein 7g

Sugars 14g

Carbohydrates: 41g

Breakfast Fried Cauliflower Rice

Paleo Running Momma



2 servings



20 minutes

INGREDIENTS

- 4 Slices nitrate free bacon
- 2 Tbsp cooking fat divided (you can use the rendered bacon fat)
- 8 oz riced cauliflower
- 1 bunch scallions white and green parts separated
- 1 small red bell pepper diced
- 4 oz broccoli florets cut into bite size pieces
- 2-3 teaspoons coconut aminos
- Sea salt and freshly ground black pepper to taste
- 2 large eggs Or one per person
- Everything bagel seasoning or your favorite seasoning blend



INSTRUCTIONS

1. Heat a 10" skillet over medium high heat. Add the bacon pieces and cook until crisp. Once done, remove to a paper towel lined plate and set aside. Let the skillet cool down a bit.
2. If using the rendered bacon fat for cooking, save 2 Tbsp and leave about 1 Tbsp in the skillet. If not, discard bacon fat and add 1 tablespoon of preferred fat to skillet and heat over medium.
3. Add the white part of the scallions and the bell pepper and cook until, stirring.
4. Add another tablespoon of cooking fat along with the broccoli and stir to coat. Sprinkle with salt, pepper and seasoning. If broccoli is fresh, cover the skillet for 15-30 seconds to soften broccoli slightly. If frozen, stir and cook 15-30 seconds.
5. Add the cauliflower rice, coconut aminos and salt and pepper. Stir to coat cauliflower rice with the other veggies and cook 30-45 seconds to soften.
6. Crumble in the cooked bacon, then lower the heat and create 2 grooves in the mixture for the eggs. Add a bit of fat to each groove and crack an egg in each one. Sprinkle with salt, pepper, and seasonings of choice, then cover the skillet and cook about 2 minutes for a soft yolk, or until eggs are cooked to preference.
7. Remove from heat and garnish with the green scallions. Enjoy!

NUTRITIONAL INFORMATION

Calories 312

Fat 22g

Protein 15g

Sugars 5g

Carbohydrates: 14g

Acai Bowl

Kirbie's Cravings



2 servings



10 minutes

INGREDIENTS

BOWL

- 2 packets of unsweetened frozen acai puree
 - Sambazon brand was used for nutrition estimate
- 1/2 medium banana *see note*
- 2 tbsp coconut milk *see note*
- 1/2 cup frozen fruit of your choice

OPTIONAL TOPPINGS

- fresh fruit of your choice
- granola
- shredded coconut
- sliced almonds



INSTRUCTIONS

1. In a high powered blender, blend acai, banana, milk and frozen fruit (if using). Make sure to run frozen acai packets under warm water for about 5-10 seconds and break into smaller pieces before adding to the blender. Blend until consistency is slightly thicker than a smoothie.
2. Pour into bowls and top with granola, fresh fruit, shredded coconut, sliced almonds, or whatever else you desire.

NOTES

- You may use whole banana for thickness and sweetness
- You may use another milk of choice

NUTRITIONAL INFORMATION

Calories 182
Fat 7.4g
Protein 0.9g
Sugars 20.0g
Carbohydrates: 28.9g
(doesn't include fruit)

Oatmeal Breakfast Bowl

Two Peas & Their Pod



2 servings



15 minutes

INGREDIENTS

OATMEAL:

- 2 cups water
- 1 cup old-fashioned rolled oats
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 teaspoon pure vanilla extract
- 1/3 cup Unsweetened Vanilla Almond Milk
- 1 to 2 tablespoons pure maple syrup

TOPPINGS:

- Almond Butter
- Unsweetened coconut chips
- Chia seeds
- Mixed Berries



INSTRUCTIONS

1. In a small saucepan, bring the water to boil. Reduce the heat to a simmer and stir in the oats, cinnamon, and salt. Cook, stirring frequently, until the oats are thick and creamy, about 10 minutes. Turn off the heat and stir in the vanilla extract and milk. Stir in the maple syrup.
2. Divide the oatmeal into bowls and top with desired toppings. Serve warm.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Healthy Smoothie Bowl

Eating Bird Food



1 servings



5 minutes

INGREDIENTS

BOWL

- ½ frozen banana, chopped into chunks
- 1 cup frozen mixed berries
- 1 scoop (25 grams) vanilla protein powder, optional
- 2 Tablespoons – ¼ cup unsweetened non-dairy milk
- 1 teaspoon almond butter or peanut butter

TOPPINGS

- ¼ of banana, sliced
- ¼ cup fresh berries, I used strawberries and blueberries
- 1 Tablespoon granola
- 1 teaspoon almond butter or peanut butter
- 1 teaspoon chia seeds



INSTRUCTIONS

1. Blend all of the smoothie ingredients together in a high powdered blender until smooth.
2. Pour into a bowl and top with toppings.
3. Enjoy immediately.

NUTRITIONAL INFORMATION

Calories 183

Fat 5g

Protein 13g

Sugars 13g

Carbohydrates: 24g

(no toppings)

Savory Breakfast Bowl

Two Peas & Their Pod



1 serving



20 minutes

INGREDIENTS

2 teaspoons olive oil

1 small clove garlic, minced

2 cups spinach

½ cup halved cherry or grape tomatoes

¼ avocado, sliced

½ cup [Everything Bagel Potatoes](#)

1 to 2 eggs (fried, scrambled, soft boiled, whatever your preference)

Sea salt and freshly ground black pepper, to taste

Sprinkle of feta cheese or nutritional yeast, optional

Fresh herbs such as parsley, chives, or basil, if desired

Hot sauce or salsa, optional



INSTRUCTIONS

1. In a small skillet, heat the olive oil over medium heat. Add garlic; cook 30 seconds. Add spinach and tomatoes; cook, stirring often, until softened, 2 to 3 minutes.
2. Cook eggs to your desired preference, fried, scrambled, or soft boiled.
3. Combine potatoes, spinach, tomatoes, avocado, and egg in a bowl. Season with salt and black pepper, to taste. Garnish with feta cheese or nutritional yeast and herbs, if using. You can also sprinkle extra everything bagels seasoning on top. Serve warm with a few dashes of hot sauce, if desired.

NUTRITIONAL INFORMATION

Calories 272

Fat 15g

Protein 10g

Sugars 3g

Carbohydrates: 17g

Ultimate Healthy Breakfast Smoothie

CookingLight



1 serving



3 minutes

INGREDIENTS

1 medium banana (fresh or frozen)

½ cup sliced strawberries, blueberries, or chopped mangos

¼ cup 2% plain Greek yogurt

1 tablespoon almond butter

½ cup baby spinach

½ cup unsweetened almond milk

Optional: 1-2 basil leaves, 2-3 mint leaves, ½ teaspoon peeled, chopped ginger



INSTRUCTIONS

1. Place all ingredients in a blender; process until smooth

NOTES

- too thick = more almond milk
- too thin = add ice
- For Dairy Free:
 - sub plant-based yogurt

NUTRITIONAL INFORMATION

Calories 300

Fat 11g

Protein 12.5g

Sugars 22g

Carbohydrates: 40g

Pineapple Green Smoothie

Primavera Kitchen

 2 servings  5 minutes

INGREDIENTS

1/2 cup almond milk you can also use coconut water or even almond milk

1 cup baby spinach

1 medium ripe bananas peeled and frozen into chunks

3/4 cup frozen pineapple chunks

Juice of half a lemon

1 tablespoon chia seeds



INSTRUCTIONS

1. Add all the ingredients to a blender and puree for about 30 seconds.
2. Taste to adjust flavor and serve immediately.

NUTRITIONAL INFORMATION

Calories 132

Fat 3g

Protein 4g

Sugars 12g

Carbohydrates: 30g

Berry Spinach Protein Smoothie

The Lemon Bowl



1 serving



5 minutes

INGREDIENTS

1 cup mixed berries (frozen)

½ banana

½ cup Greek yogurt (0% fat)

1 scoop protein powder

½ cup water

1 tablespoon flax seed meal

1 teaspoon grated fresh ginger (optional)

1 teaspoon cinnamon

2 cups baby spinach

handful ice



INSTRUCTIONS

1. Place all ingredients in a blender and puree until smooth.

NUTRITIONAL INFORMATION

Calories 277

Fat 2.9g

Protein 24.8g

Sugars 26.5g

Carbohydrates: 44.5g

Rainbow Breakfast Smoothie

Love & Lemons



1 serving



15 minutes

INGREDIENTS

Freeze into each container:

- ½ banana

Strawberry Goji:

- big handful of strawberries, sliced
- ¼ cup dried goji berries

Peach:

- 1 peach, sliced
- handful of raspberries
- ½ tablespoon almond butter

Mango Maca:

- slices from ½ of a large mango
- 1 peach, sliced
- 1 teaspoon maca powder

Spinach & Mango

- slices from ½ of a large mango
- handful of fresh spinach
- 1-2 teaspoons matcha

Cherry Blueberry Cacao:

- ⅓ cup tart cherries
- ⅓ cup blueberries
- ½ - 1 tablespoon raw cacao powder

Blend each smoothie with:

- ½ - ¾ cup almondmilk
- a few pieces of ice



INSTRUCTIONS

1. Assemble ½ banana into each freezer container (or freezer safe baggie). Add fruits/vegetables, then place your containers into the freezer until you're ready to blend each one.
2. Blend each smoothie with a few pieces of ice and ½ cup to ¾ cup almond milk (enough almond milk to get your blender blade moving).
3. Blend in "extras" (goji berries, almond butter, maca, matcha, cacao) at the end.

NUTRITIONAL INFORMATION

Calories 170

Fat 1.6g

Protein 3.3g

Sugars 9.5g

Carbohydrates: 39g

(base)

Creamy Chocolate Breakfast Shake

Minimalist Baker



2 servings



10 minutes

INGREDIENTS

- 2 frozen ripe bananas (chopped prior to freezing)
- 1/3 cup frozen strawberries (or blueberries)
- 2-3 heaping Tbsp cocoa powder
- 2 Tbsp salted almond butter
- 1 Tbsp flaxseed meal (optional)
- 1.5-2 cups unsweetened vanilla almond milk (sub soy or coconut)
- 1 dash stevia or agave nectar (depending on sweetness of bananas)
- 1/3 cup ice
- 1 big handful big handful of spinach



INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.
2. If you prefer a more chocolatey shake, add more cocoa powder. If you prefer it sweeter, add more stevia or agave. If you prefer it thinner, add less ice OR more almond milk.

NUTRITIONAL INFORMATION

Calories 312

Fat 14g

Protein 6.2g

Sugars 27g

Carbohydrates: 48g

Buttermilk Waffle, Bacon & Egg Sandwich

Women's Day



8 servings



25 minutes

INGREDIENTS

3/4 c. all-purpose flour

1 1/2 tsp. baking powder

1 tsp. baking soda

1/4 tsp. kosher salt

10 large eggs

1 3/4 c. buttermilk

3 tbsp. unsalted butter, melted, plus more for the eggs

16 slices cooked bacon

2 c. baby spinach

Maple syrup, for serving



INSTRUCTIONS

1. Heat oven to 200 degrees F. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
2. Using an electric mixer, beat 2 egg whites (reserve the yolks) until stiff peaks form, 2 to 3 minutes; set aside.
3. In a large bowl, whisk together the 2 egg yolks, buttermilk, and butter. Add the flour mixture, stirring just until incorporated. Gently fold in the whites until no streaks remain.
4. Cook in a waffle maker according to the manufacturer's instructions until golden brown. Transfer waffles to a foil-lined baking sheet and place in the oven to keep warm.
5. Cook the remaining 8 eggs to desired doneness. Cut waffles in half and form sandwiches with the eggs, bacon, and spinach. Drizzle with maple syrup, if desired.

NUTRITIONAL INFORMATION

Calories 316

Fat 21g

Protein 17g

Sugars -

Carbohydrates: 13g

Healthy Banana Waffles

Kitchen at Hoskins

 15 servings  20 minutes

INGREDIENTS

- 3 cups old fashioned oats
- 4 large eggs
- 2 ripe bananas (medium to large), about 1 cup mashed
- 1 cup milk
- 1/2 cup almond butter (or peanut butter)
- 3 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt



INSTRUCTIONS

1. Pre heat waffle iron according to manufactures instructions.
2. In the mean time, add all ingredients into a blender and blend until smooth (it took about 2 minutes in my blender).
3. Pour about 1/3 cup batter into each waffle plate and cook according to manufactures instructions until deep golden brown. (I cooked for 5 minutes in my waffle iron - cooking it shorter than that will yield a more beautiful golden color but does not crisp up)
4. Remove waffles onto a plate and repeat with remaining batter. (The batter tends to thicken as it sits, so your last batch of waffles might be not so light as the first batch. You could stir in 2 to 4 tablespoons water or milk for the last batch, if the batter looks too thick).
5. Serve hot with maple syrup.

NUTRITIONAL INFORMATION

Calories 190

Fat 9g

Protein 8g

Sugars 3g

Carbohydrates 21g

Coconut & Honey Oat Waffles

Sugary & Buttery



8 servings



20 minutes

INGREDIENTS

1 cup oat flour

¼ cup coconut flour

¼ cup flax seed meal

¼ cup shredded coconut

¼ cup honey (a little more if you like them sweeter)

2 teaspoons baking powder

4 eggs

1.5 cups oat milk

¼ cup coconut oil



INSTRUCTIONS

1. Whisk all the wet ingredients together.
2. In a large mixing bowl, mix the dry ingredients and add the wet ingredients.
3. Stir well until well combined in a smooth batter.
4. Let sit for at least 20 mins (the coconut flour needs to sit).
5. Make waffles with your waffle maker.

NUTRITIONAL INFORMATION

Calories 235

Fat 12.6g

Protein 6.3g

Sugars 12.6g

Carbohydrates 25.8g

Lemon Ricotta Pancakes

A Couple Cooks



8-9 servings



20 minutes

INGREDIENTS

- 4 eggs
- 1 ½ cups ricotta cheese
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ¾ cup all-purpose flour
- ½ tablespoon baking powder
- ¼ teaspoon kosher salt
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon grated lemon zest



INSTRUCTIONS

1. In a medium bowl, whisk the eggs, ricotta, maple syrup and vanilla.
2. In another bowl, whisk the flour, baking powder and salt. Add it to the bowl with the wet ingredients, then add the lemon juice and lemon zest and mix until a smooth batter forms.
3. Heat a non-stick skillet or griddle over medium heat, then add a bit of butter to coat. Scoop out ¼ cup portions of batter and cook the pancakes until golden brown on one side, adjusting the heat so it doesn't brown too fast. Flip and cook until cooked through and no longer gooey at the edges (the batter will ooze out a bit at the sides; just keep cooking until it is fully cooked, adjusting the heat as necessary so it doesn't brown too fast). Place the pancakes in a stack under an overturned bowl, and cook the second batch of pancakes.
4. Serve immediately, topped with pure maple syrup

NUTRITIONAL INFORMATION

Calories 181

Fat 8.5g

Protein 9.6g

Sugars 4.6g

Carbohydrates: 15.8g

Banana Pancakes

Love & Lemons



4 servings



30 minutes

INGREDIENTS

1½ cups all-purpose flour, spooned and leveled

2 tablespoons cane sugar

2 teaspoons baking powder

½ teaspoon baking soda

Heaping 1 teaspoon cinnamon

Heaping ¼ sea salt

¼ teaspoon ground nutmeg

1 cup mashed ripe banana, about 2 medium bananas

1 large egg

⅔ cup almond milk

2 tablespoons avocado oil, plus more for brushing

1½ teaspoons vanilla extract

Maple syrup, for serving



INSTRUCTIONS

1. In a large bowl, place the flour, sugar, baking powder, baking soda, cinnamon, salt, and nutmeg, and stir to combine.
2. In a medium bowl, whisk together the mashed banana, egg, almond milk, avocado oil, and vanilla. Add the wet ingredients to the dry ingredients and mix until just combined.
3. Heat a nonstick skillet to medium-low heat and brush lightly with oil. Use a ⅓-cup scoop to pour the batter into the skillet. Cook the pancakes for 1 to 2 minutes per side, or until they're puffed, cooked through, and golden brown on both sides. Serve with maple syrup.

NOTES

- Makes 10 pancakes
- Pancakes will be dense if the flour is too packed

NUTRITIONAL INFORMATION

Calories 272

Fat 15g


Protein 10g


Sugars 3g

Carbohydrates: 17g

Whole Wheat Pancakes

Taste of Home

 10 servings
20 pancakes

 25 minutes

INGREDIENTS

- 2 cups whole wheat flour
- 1/2 cup toasted wheat germ
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs, room temperature
- 3 cups buttermilk
- 1 tablespoon canola oil



INSTRUCTIONS

1. In a large bowl, combine the flour, wheat germ, baking soda and salt. In another bowl, whisk the eggs, buttermilk and oil. Stir into dry ingredients just until blended.
2. Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until the second side is golden brown.

NUTRITIONAL INFORMATION

Calories 157

Fat 4g

Protein 9g

Sugars 4g

Carbohydrates: 20g

Lunch



Southwestern Wrap



Spinach & Strawberry Salad



DIY Instant Noodle Soup



Mediterranean Steak Bowl



Tuscan White Bean Soup



4-Ingredient Spring Pesto Pasta

Healthy Chicken Avocado Wrap

Veronika's Kitchen



8 servings



20 minutes

INGREDIENTS

2 chicken breasts, cooked and sliced

8 large burrito size tortillas

3 cups lettuce, chopped

1 large tomato, diced

1 avocado diced

1 cup sour cream

3 cups yellow sharp cheddar cheese, grated



INSTRUCTIONS

Cook the chicken

1. Rinse and pat dry chicken breasts. Season with salt and pepper on both sides. Preheat a pan on medium/high heat and add 2 tablespoons olive oil. Place the meat on the skillet and cover with a lid. Cook for about 5-7 minutes, then flip and cook for another 5 minutes. The timing will depend on the size of the chicken. Make sure that the internal temperature will reach 165-170°F.

Assemble

1. Slice cooked or grilled chicken, chop lettuce, tomatoes, and avocado, and grate sharp cheddar.
2. Put a large burrito size tortilla on a plate, layer with about ½ cup chopped lettuce, ¼ cup tomatoes, avocado, a tablespoon sour cream, few slices of grilled chicken, and top with ¼ cup grated sharp cheddar.
3. Wrap them like an envelope. Repeat the same with the rest of the ingredients.
4. Preheat a pan on medium high heat (you DON'T need to grease it with oil). Place the wraps with edges down and grill for a couple of minutes, until brown/golden color, then flip and grill on the other side.

NUTRITIONAL INFORMATION

Calories 471

Fat 27.75g

Protein 27.75g

Sugars 3.75g

Carbohydrates: 20.25g

Mediterranean Chicken Wrap

Homemade Mastery



4 servings



30 minutes

INGREDIENTS

1 1/2 lbs / 650g chicken breast, skinless, boneless

3 garlic cloves, minced

1 tsp chili flakes

1 tsp ground black pepper

1 1/2 tsp mint, dried

1/2 cup yogurt

1/2 tsp dill, dried or 1 tbs fresh

salt and pepper to taste

hummus

1 cup chopped cabbage

everyday salad

cooked broccoli

3-4 tortillas



INSTRUCTIONS

1. Chop the vegetables for the salad and prepare the salad.
2. Make the garlicky yogurt sauce: mix the yogurt with 1 garlic clove, a pinch of salt and the dill until smooth.
3. Chop the chicken in bite-sized pieces and add it to a non-stick pan with 1 Tbsp olive oil, cooking at medium-high heat. Add 2 cloves of garlic, the chili flakes, black pepper and dried mint and stir together until the chicken is coated. Cook for 8-10 minutes or until the chicken is golden brown.
4. Assemble the wraps: Fill with as much as you like...In the center of a tortilla add the chopped lettuce or cabbage, the chicken, cooked broccoli (if using), some salad, the hummus and the tzatziki. Wrap like a burrito and enjoy immediately.

NUTRITIONAL INFORMATION

Calories 488

Fat 11g

Protein 58 g

Sugars 3 g

Carbohydrates:35 g

(doesn't include fruit)

Southwestern Wraps

Jo Cooks



7 servings



20 minutes

INGREDIENTS

1 tablespoon olive oil

8 ounce chicken cooked and shredded

1 teaspoon cumin ground

1 teaspoon chili powder ground

1 teaspoon garlic powder

1 teaspoon onion powder

1 cup corn kernels frozen

1 jalapeno chopped

1 cup canned black beans drained and rinsed

1/4 cup green onions chopped

1/4 cup cilantro chopped

4 cup fresh spinach

1 cup roasted red peppers roughly chopped

1 cup sour cream low fat

1/2 cup blue cheese crumbled

- juice from 1/2 lime
- 7 Flatout flatbreads
- 1 cup Monterey Jack cheese shredded



INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat. Add the cooked chicken, cumin, chili powder, garlic powder, onion powder and stir to make sure the chicken is coated in the spices. Cook for 1 or 2 minutes until the chicken warms up.
2. Add the corn, black beans, green onions, cilantro and stir. Cook for 1 more minute until everything warms through.
3. Add the spinach and roasted red peppers to the skillet and cook for a couple more minutes until the spinach cooks down. Remove from heat.
4. In a small bowl whisk together the sour cream, blue cheese and the lime juice.
5. Spread about 2 tbsp of the sour cream/blue cheese mixture over a flatbread evenly, then add about 1/4 cup of the chicken mixture and spread evenly over the flatbread. Sprinkle with some Monterey Jack cheese then roll the flatbread to form a wrap. Cut in half and serve.

NUTRITIONAL INFORMATION

Calories 281

Fat 19g

Protein 22g

Sugars 13g

Carbohydrates 64g

Turkey Reuben Sandwich

ETNT



4 servings



5 minutes

INGREDIENTS

¼ cup ketchup

¼ cup olive oil mayonnaise

2 Tbsp relish

Few dashes Tabasco sauce

Black pepper to taste

1 lb turkey pastrami (or, failing that, regular turkey)

4 slices low-fat Swiss cheese

8 slices rye bread toasted

1 cup bottled sauerkraut



INSTRUCTIONS

1. Combine the ketchup, mayo, relish, and Tabasco in a bowl and mix. Season with a bit of black pepper. Set the dressing aside. (Note: You can always skip this step and buy a bottle of Russian or Thousand Island dressing, but it's never as good as the homemade stuff.)
2. Divide the pastrami into four portions, pile on plates, and top each with a slice of cheese. Microwave briefly, about 30 seconds each, to melt the cheese.
3. Lay out four slices of the rye bread on a cutting board. Top each with sauerkraut and then pastrami and cheese. Drizzle with the dressing. Top with the remaining slices of bread.

NUTRITIONAL INFORMATION

Calories 365

Fat 14g

Ultimate Club Sandwich with Super Mayo

ETNT

 4 servings  10 minutes

INGREDIENTS

- 2 Tbsp olive oil mayonnaise
- 1 Tbsp Dijon mustard
- 1 clove garlic, finely minced
- 1 tsp dried oregano
- 6 sandwich rolls, split and lightly toasted
- 2 cups shredded romaine
- 8 slices tomato
- 8 strips cooked bacon
- 4 oz ham in 8 slices
- 4 oz turkey in 8 slices



INSTRUCTIONS

1. In a mixing bowl, combine the mayonnaise, mustard, garlic, and oregano.
2. Spread the mayo mixture on 8 pieces of the toasted sandwich rolls.
3. Top each piece with shredded romaine, a slice of tomato, and a strip of bacon.
4. Top 4 of the pieces with ham and the other 4 with turkey.
5. Build each sandwich with a turkey half, a ham half, and top with a final piece of sandwich roll for a tri-level sandwich.

NUTRITIONAL INFORMATION

Calories 330

Fat 12g

Quickest Caprese Sandwich

ETNT



4 servings



15 minutes

INGREDIENTS

- 1 baguette, sliced in half lengthwise
- 1 clove garlic, peeled and cut in half
- 2 large heirloom tomatoes, sliced
- 4 oz fresh mozzarella, sliced
- 15–20 fresh basil leaves
- Salt and black pepper to taste
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar



INSTRUCTIONS

1. Preheat the broiler.
2. Broil the baguette, cut sides up, 6" from heat, for about 2 minutes, until the inside is lightly toasted.
3. Rub each half with a half clove of garlic; the crusty bread will release the garlic's essential oils, giving you instant garlic bread.
4. Layer the bottom half of the baguette, alternating with slices of tomato, mozzarella, and basil leaves.
5. Season evenly with salt and lots of fresh black pepper.
6. Finish with a drizzle of olive oil and vinegar, then top with the other baguette half.
7. Cut the whole package into four pieces.

NUTRITIONAL INFORMATION

Calories 300

Fat 17g

Easy BBQ Chicken Salad

Lexi's Clean Kitchen



4 servings



15 minutes

INGREDIENTS

For Cilantro Ranch Dressing:

1/2 teaspoon dried dill

1/2 teaspoon dried parsley

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon fine sea salt

1/4 teaspoon ground black pepper

1/2 cup good-quality mayonnaise or greek yogurt

1-2 tablespoons unsweetened almond milk

1 tablespoon lemon juice

1/2 cup lightly packed picked cilantro leaves (about half a bunch of cilantro)

For Salad:

1 lb. baked bbq chicken breast, or leftover shredded, grilled or rotisserie chicken (see note)

1/4 cup homemade or store-bought bbq sauce

4-6 cups lettuce of choice (we recommend romaine!)

1/2 small red onion, diced

1 cup chopped tomatoes (or halved cherry tomatoes)

1 cup thawed frozen corn kernels (or cooked corn kernels)

1 cup cooked (or rinsed canned) black beans (optional)



INSTRUCTIONS

1. Add all dressing ingredients to a blender, and blend until smooth and creamy. Taste and adjust seasoning. Set aside.
2. Dice cooked chicken into bite sized pieces. Add chicken and bbq sauce to a small bowl and mix together.
3. Assemble the salads: Divide lettuce, onion, tomatoes, corn, and black beans (if using), in a bowl. Divide the bbq chicken on top, then drizzle over 2 tablespoons of the reserved dressing. Serve immediately.

NUTRITIONAL INFORMATION

Calories 376

Fat 24g

Protein 18g

Carbohydrates: 21g

Chopped Chicken Cobb Salad

Eating Well



1 servings



5 minutes

INGREDIENTS

2 cups chopped romaine lettuce

2 tablespoons bottled blue cheese dressing, such as Bolthouse Farms Chunky Blue Cheese, divided

¼ cup chopped tomato

¼ cup chopped cucumber

¼ cup sliced white button mushrooms

3 ounces grilled or roasted chicken breast, cut into cubes or strips

½ hard-boiled egg, chopped

¼ cup no-salt-added cannellini beans, drained and rinsed



INSTRUCTIONS

1. Place lettuce in a medium bowl. Add Toss 1 Tbsp. dressing; toss to coat. Arrange tomato, cucumber, mushrooms, chicken, egg, and beans in rows atop the lettuce. Drizzle with the remaining 1 Tbsp. dressing.

NUTRITIONAL INFORMATION

Calories 410

Fat 21 g

Protein 35g

Sugars 6.5g

Carbohydrates: 17 g

Smoked Salmon Pasta Salad

EatingWell



6 servings



20 minutes

INGREDIENTS

8 ounces large shell pasta

1 cup frozen peas

½ cup canola mayonnaise

½ cup nonfat buttermilk

2 tablespoons thinly sliced chives

2 tablespoons lemon juice

1 ½ teaspoons chopped fresh tarragon

2 large garlic cloves, minced

½ teaspoon salt

½ teaspoon ground pepper

2 cups packed baby arugula

6 ounces smoked salmon, torn into 1-inch pieces



INSTRUCTIONS

1. Cook pasta according to package directions, omitting salt; add peas to the pot during the final 1 minute of cook time. Drain, rinse with cold water and drain well.
2. Whisk mayonnaise, buttermilk, chives, lemon juice, tarragon, garlic, salt and pepper in a large bowl. Add the pasta-pea mixture, arugula and smoked salmon; stir gently until well combined.

NUTRITIONAL INFORMATION

Calories 329

Fat 16g

Protein 12g

Sugars 3.2g

Carbohydrates: 34g

Spinach-Strawberry Salad

EatingWell



4 servings



15 minutes

INGREDIENTS

1 ½ tablespoons extra-virgin olive oil

1 tablespoon best-quality balsamic vinegar

2 teaspoons finely chopped shallot

¼ teaspoon salt

¼ teaspoon ground pepper

6 cups baby spinach

1 cup sliced strawberries

¼ cup crumbled feta cheese

¼ cup toasted chopped walnuts



INSTRUCTIONS

1. Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Let stand for 5 to 10 minutes to allow shallots to soften and mellow a bit.
2. Add spinach, strawberries, feta and walnuts to the bowl and toss to coat with the dressing.

NUTRITIONAL INFORMATION

Calories 158

Fat 12g

Protein 4.8g

Sugars 3.3g

Carbohydrates: 8.6g

Healthy Taco Salad

Healthy Seasonal Recipes



4 servings



30 minutes

INGREDIENTS

3 corn tortillas

1 teaspoons avocado oil

1 ¼ teaspoon coarse kosher salt, divided

1 pound ground chicken or turkey

1 diced red bell pepper

1 bunch scallions, sliced, white and green parts separated

1 tablespoon Mexican/taco seasoning *no salt added*

2 tablespoons tomato paste

½ cup water

2 hearts of romaine, chopped, washed and spun dry

1 cup shredded Monterey Jack or Pepper Jack

¼ cup chopped cilantro leaves

½ cup Apple Cider Vinegar Salad Dressing

½ cup salsa



INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Lay tortillas on cutting board. Brush oil over the tortillas. Sprinkle with ¼ teaspoon salt and cut into strips. Spread on a large rimmed baking sheet and transfer to the oven. Bake until crispy and just starting to turn golden, 12 to 15 minutes. Set aside.
3. Coat a large non-stick skillet with cooking spray and set over medium-high heat. Add chicken, red pepper and scallion whites and cook, crumbling the chicken with a wooden spoon until no longer pink, 5 to 7 minutes. Sprinkle with Mexican seasoning and the remaining 1 teaspoon salt, and stir to coat. Add in tomato paste and stir to coat. Add in water and stir until the mixture becomes saucy. Remove from the heat and stir in the scallion greens.
4. Divide romaine among 4 large pasta bowls or plates. Top with the chicken mixture and cheese. Drizzle with dressing. Top with chips, cilantro and salsa on top.

NUTRITIONAL INFORMATION

Calories 477

Fat 28g

Protein 32g

Carbohydrates: 26g

Zucchini Pasta Salad w/ Avocado Spinach Dressing

Sugar-Free Mom



2 servings



10 minutes

INGREDIENTS

1 ½ cups spiraled zucchini

½ cup shelled edamame

½ cup sliced celery

½ cup chopped red bell pepper

½ cup cherry tomatoes

Optional:

¼ cup feta cheese

2 tablespoons kalamata olives

Avocado Spinach Dressing

½ cup fresh packed spinach

½ ripe avocado

juice of 1 lemon

2 tablespoons extra virgin olive oil

2 tablespoons Greek yogurt plain, 2%

½ teaspoon salt

¼ teaspoon pepper



INSTRUCTIONS

1. Spiral or shred or thinly slice zucchini. Set aside.
2. In a high powdered blender mix dressing ingredients until smooth.
3. Pour ½ the dressing into the bottom of 2 mason jars.
4. Add celery on top of dressing.
5. Add peppers on top of celery then top with edamame or chicken.
6. Sprinkle feta cheese then add tomatoes and olives.
7. Last place ½ the spiraled zucchini into each mason jar.
8. Cover and refrigerate. Last up to 5 days.
9. Once ready to eat, shake the jar vigorously then pour onto a plate. Toss with fork if needed to mix dressing.

NUTRITIONAL INFORMATION

Calories 298

Fat 23g

Protein 11.5g

Sugars 9.2g

Carbohydrates: 20.7g

DIY Instant Noodle

The Kitchn



1 serving



10 minutes

INGREDIENTS

1 to 3 teaspoons flavor base — soup stock paste, miso paste, curry paste

1 to 3 teaspoons flavoring extras, optional — chili-garlic sauce

1/4 to 1/2 cup filler ingredients

- frozen corn, frozen carrots, frozen peas, diced tofu, leftover cooked meat, dried or thinly sliced mushrooms, thinly sliced spinach or other hearty greens, kimchi

3/4 to 1 cup noodles

- cooked udon, cooked yakisoba or ramen, cooked soba noodles, cooked spaghetti or fettuccine, cooked rice noodles,

1/4 to 1/2 cup fresh ingredients — fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon



INSTRUCTIONS

1. Place flavor base and flavor extras in the bottom of the cup: If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.
2. Top with filler ingredients: Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.
3. Add the noodles: Pack the noodles down so they're fairly compact. It's fine if they stick together — they will un-stick once you add the water.
4. Finish with the fresh ingredients: If you'd like to keep these from getting mixed into the hot soup, pack these into a baggie that can be removed just before you add the water.
5. Seal and refrigerate: Place the lid on the container and refrigerate for up to a week. Use a dry-erase marker or masking tape label to write the contents of each jar so you can easily grab whichever combo of ingredients you want that day. (It's best to keep the jars refrigerated until you're ready to eat)
6. Top with hot water
7. Cover and steep:
 - a. Place the lid back over the container.
 - b. Let the soup steep for 2 to 3 minutes, stir thoroughly
 - c. Eat right away!

NUTRITIONAL INFORMATION

Calories 79

Fat 1.3g

Protein 3.7g

Sugars 2.1g

Carbohydrates: 15.2g

Chicken Salad with Japanese Hibachi Dressing

EatingWell



4 servings



30 minutes

INGREDIENTS

½ cup mayonnaise

3 tablespoons rice vinegar

2 tablespoons reduced-sodium tamari or soy sauce

2 tablespoons toasted sesame oil

1 teaspoon minced garlic

1 teaspoon grated fresh ginger

3 cups shredded cooked chicken

1 cup chopped red bell pepper

3 cups thinly sliced red cabbage

1 cup shredded carrot

4 cups packed chopped kale

4 tablespoons lightly salted pepitas



INSTRUCTIONS

1. Whisk mayonnaise, vinegar, tamari (or soy sauce), oil, garlic and ginger in a small bowl.
2. Divide the dressing among 4 quart-size mason jars. Add layers of chicken, bell pepper, cabbage, carrot and kale.
3. To serve, shake the salad until evenly coated with dressing. Top with pepitas.

NUTRITIONAL INFORMATION

Calories 500

Fat 35g

Protein 36g

Sugars 5.4g

Carbohydrates: 11.8g

Deconstructed Sushi In a Jar

The Fork Bite



3 servings



15 minutes

INGREDIENTS

- 1 lb cooked shrimp (or drained crab meat, tuna)
- 1 cup cucumber, *diced/spiraled*
- 1 cup red cabbage, *sliced*
- 1 cup mango, *cut in thinly strips*
- 1 cup matchstick carrot
- 1 seaweed salad (optional)
- 1 sheet Seaweeds/Nori (cut into thin strips)

For Sushi Rice:

- 2 cups cooked sushi rice (or sticky rice)
- 2 tbsp rice wine vinegar
- 2 tbsp sugar

Sushi Base Sauce:

- 1/8 cup rice vinegar
- 1/4 cup soy sauce
- 2 tbsp brown sugar (or honey)
- 1 tbsp onions (diced)
- 1 tbsp garlic minced

For Garnish:

- sesame seeds



INSTRUCTIONS

1. Cook the sticky rice according to package directions. Once cooked, add the rice vinegar and sugar.
2. Once cooked, add sugar and rice vinegar. Mix well and set aside.
3. Arrange the ingredients and layer in this particular order: 2 tbsp of Sushi Base sauce, Shrimp (or drained crab meat), cucumber, seaweed salad, cabbage, carrots, mango sticky rice, nori (seaweed) strips and sesame seeds.
4. Store the jar in the fridge for up to 3 days. Just dump into a bowl when ready to eat.

NUTRITIONAL INFORMATION

Calories 450

Fat 3g

Protein 38g

Sugars 28g

Carbohydrates: 64g

Mexican Quinoa & Chicken Salad

ETNT



4 servings



20 minutes

INGREDIENTS

- 8 oz skinless, boneless chicken breast, cooked and shredded
- 3 Tbsp refrigerated salsa
- 2 cups cooked quinoa
- 1 cup chopped tomato
- 3/4 cup canned no-salt-added black beans, rinsed and drained
- 3/4 cup frozen roasted corn, thawed
- 1 small red onion, thinly sliced (1/2 cup)
- 1 avocado, halved, seeded, peeled, and chopped
- 2 Tbsp lime juice
- 2 Tbsp olive oil
- 1 clove garlic, minced
- 2 Tbsp snipped fresh cilantro
- 1/2 tsp salt
- 1/4 tsp black pepper



INSTRUCTIONS

1. In a small bowl, combine chicken and salsa.
2. Divide quinoa among four pint jars. Layer with tomato, black beans, corn, chicken mixture, onion, and avocado, pressing ingredients down as you fill, if necessary.
3. In another small bowl, combine lime juice, oil, garlic, cilantro, salt, and pepper. Whisk until smooth. Spoon dressing over layers in jars. Cover and chill up to 3 days. Shake jars before serving.

NUTRITIONAL INFORMATION

Calories 413

Fat 19g

Protein 21g

Sugars 5g

Build Your Own Nourish Bowl

maple + mango



varies



10 minutes

INGREDIENTS

BASE:

- Leafy Greens (e.g. spinach, kale, arugula, mixed baby greens, romaine, leaf lettuce, swiss chard, sprouts, microgreens, etc.)

TOP WITH:

- Veggies: raw, roasted or grilled (e.g. carrots, cucumber, cabbage, zucchini, beets, mushrooms, peppers, radish, broccoli, cauliflower, snap peas, green beans, asparagus, etc.)
- Protein (e.g. nuts, seeds, beans, lentils, quinoa, tempeh, tofu, eggs, fish, quality meat*, etc.)
- Whole Food Carbs (e.g. sweet potatoes, quinoa, rice, corn, squash, whole grains, wild rice, beans, peas, etc.)
- Healthy Fats (e.g. avocado, nuts, seeds, olives, olive oil, tahini, salmon, etc.)

ADD-ONS:

- Options include: homemade or quality store-bought dressings or sauces, fermented veggies like sauerkraut or kimchi, nuts, seeds, hemp hearts, salsa, hummus, fruit, cheese, guacamole, pesto, nutritional yeast, fresh lemon juice, herbs, spices, seasonings, etc.



INSTRUCTIONS

1. Base of Leafy Greens:

- a. Start off by placing a couple handfuls of leafy greens in your bowl.

2. Top with Veggies + Protein + Carbs + Healthy Fats:

- a. Add a variety of nutrient dense veggies, protein, carbs and healthy fats. You can sprinkle them on top or arrange them in neat little piles or stripes.

3. Finish It Off With Add-Ons:

- a. Drizzle, scatter or scoop on some delicious add-ons to bring it all together.

California Roll Sushi Bowl

Simply Homecooked



4 servings



25 minutes

INGREDIENTS

1 1/2 cups dry Sushi Rice

2 cups water

1/4 cup seasoned rice vinegar Marukan

1/4 cup Japanese mayonnaise

2 teaspoons sriracha

8 oz imitation crab chopped into small pieces

1/2 cup diced English cucumber

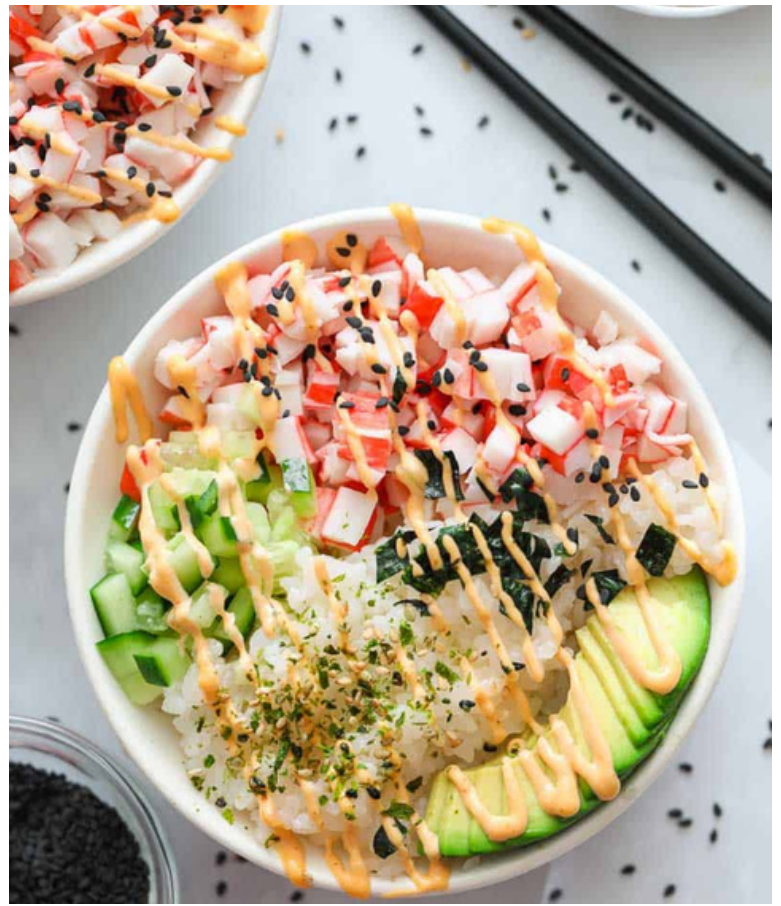
1-2 nori sheets chopped or crumbled into small pieces

1 large avocado peeled and sliced

Black and toasted sesame seeds for garnish

1/4 cup low-sodium soy sauce for serving

Nori Furikake



INSTRUCTIONS

1. Start off by rinsing 1 1/2 cups of sushi rice in a mesh sifter. Once the rice is well rinsed, add it to your rice cooker along with 2 cups of water. Then turn on the rice cooker.
2. Once the rice is cooked transfer it to a rimmed baking sheet.
3. Then pour 1/4 cup seasoned rice vinegar over the rice and fold it in. You want to use a rice paddle to do this. Make sure be gentle with the rice and not mash it up. Then let the rice cool completely.
4. Then make your spicy Mayo by combining 1/4 cup Japanese mayonnaise with 2 teaspoons sriracha.
5. Now chop cup 8 ounces of leg style imitation crab meat and 1/2 cup of English cucumber. You can also break up a few pieces of Nori (dried seaweed).
6. Now add the cooled sushi rice to a bowl, along with the chopped crab, cucumber, and sliced avocado. Then drizzle on the spicy mayonnaise, and top with chopped nori, sesame seeds, and furikake.

NUTRITIONAL INFORMATION

Calories 402

Fat 18g

Protein 10g

Sugars 3g

Carbohydrates: 73g

Healthy Chicken Fajita Rice Bowl

Yellow Bliss Road



4 servings



25 minutes

INGREDIENTS

1 pound chicken breast tenderloins

2 cups cooked rice white or brown rice, Mexican rice, Cilantro rice

1 poblano pepper sliced thin

1 red pepper sliced thin

1 small onion sliced thin

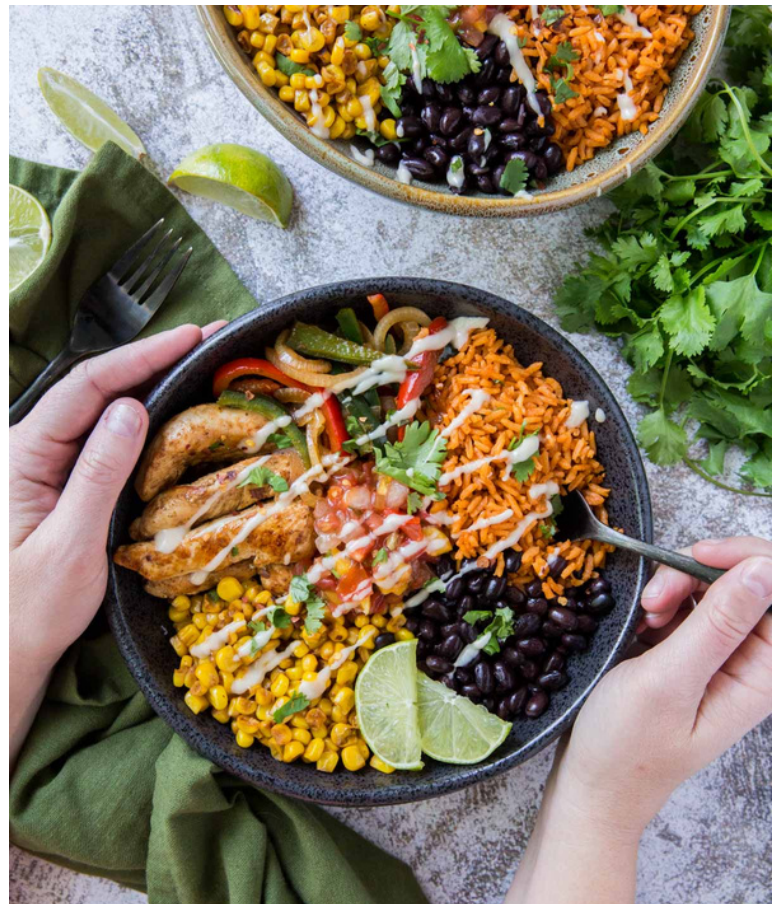
15 ounce canned black beans drained and rinsed

15 ounce canned corn drained

1 tablespoon fajita seasoning

1 tablespoon oil

Optional ingredients: shredded cheese, sour cream, avocado, salsa, limes



INSTRUCTIONS

1. Preheat a large skillet to medium high heat and add oil. Season chicken, onions, and peppers with half of the fajita seasoning.
2. When skillet is hot, add the chicken, peppers, and onions. Cook 3-4 minutes per side, or until chicken is cooked through. Transfer chicken and vegetables to a plate and cover with foil to keep warm.
3. To the same skillet, add corn and black beans with the remaining fajita seasoning. Cook, stirring frequently, until warmed through.
4. Assembly:
 - a. Fill bowls with rice, then top with chicken, onions, peppers, corn, and black beans. Add additional toppings as desired, like sour cream, salsa, avocado and a squeeze of lime.

NUTRITIONAL INFORMATION

Calories 466

Fat 9g

Protein 36g

Sugars 3g

Carbohydrates: 60g

Mediterranean Steak Bowl

The Real Food Dietitians



4 servings



45 minutes

INGREDIENTS

For the Bowls:

- 1 lb. flank steak (may substitute NY strip or sirloin steak)
- 1 pint (10 ounces) grape or cherry tomatoes
- ½ medium red onion, peeled and cut into 1-inch pieces
- 1 head romaine lettuce, chopped (~10-12 cups)
- 1 large cucumber, chopped
- ⅓ cup pitted kalamata olives, sliced
- 1 cup garlic hummus (or store-bought hummus of choice)
- ½ cup crumbled feta cheese
- Skewers for veggies
- 2 tsp. oil of choice (such as avocado oil or olive oil)
- Lemon wedges and/or torn fresh mint leaves for garnish (optional)

For the Herbed-Yogurt Dressing:

- 1 cup plain yogurt
- 1 Tbsp. olive oil or avocado oil
- Juice of ½ lemon
- 1 large clove garlic, finely minced
- ½ tsp. dried oregano
- ½ tsp. dried dill
- ½ tsp. salt
- 2 tsp. chopped fresh mint (or ½ tsp. dried mint)



INSTRUCTIONS

To make the dressing:

1. Combine all dressing ingredients in a small bowl and whisk to combine. Store in the fridge until ready to use, up to 5 days.

To make the bowls:

1. Preheat grill to high heat (about 450 F).
2. Pat the steak dry with paper towels and sprinkle both sides with salt and pepper.
3. Thread cherry tomatoes and quartered onions onto skewers, brush with the oil, and sprinkle with salt and pepper.

1. When the grill is hot, place flank steak and tomato and onion skewers on the grill. Grill veggies, turning occasionally, for 5-8 minutes or until onions are softened and tomatoes start to blister.
2. Grill the steak for 4-5 minutes, then flip and grill an additional 4-5 minutes for medium-rare (6-7 minutes per side for medium) or until an instant-read thermometer reads 140°F for medium-rare or 150°F for medium.
3. Remove steak to a plate and cover loosely with another plate, or oil and allow steak to rest for 10 minutes before slicing thinly against the grain.
4. While the steak rests, divide the chopped romaine between 4 plates or shallow bowls. Top with sliced steak, grilled vegetables, hummus, chopped cucumbers, olives, and feta cheese.
5. Drizzle with Herbed-Yogurt Dressing and garnish with lemon wedges and/or torn fresh mint leaves.

NUTRITIONAL INFORMATION

Calories 500

Fat 28g

Protein 37g

Sugars 11g

Carbohydrates: 28g

Italian Chicken Meal Prep Bowl

A Savory Feast



5 servings



45 minutes

INGREDIENTS

2 tablespoons olive oil

1 small onion, diced

1 pint grape (or cherry) tomatoes

1 tablespoon minced garlic

2 cups fresh spinach leaves

1 cup shredded parmesan cheese

For the marinade:

- 1/4 cup olive oil
- 1 teaspoon each of basil, oregano and garlic powder
- 1/2 teaspoon each of salt and pepper
- 1 1/2 pounds boneless chicken breasts, cut into cubes



INSTRUCTIONS

1. After the chicken is marinated, heat the 2 tablespoons of olive oil in a large skillet over medium high heat. Brown the chicken on all sides.
2. Add in the onions and tomatoes and stir, then cover and cook for 3-5 minutes or until the onions are beginning to get tender and translucent.
3. Add in the minced garlic and spinach and stir. Cover and cook for 3-5 minutes or until the spinach is wilted and the chicken is cooked throughly.
4. Let cool and then divide into 5 containers and top each serving with shredded parmesan cheese. Refrigerate until needed and serve cold or warmed up.

For the marinade:

1. Combine the olive oil, basil, oregano, garlic powder, salt and pepper in a gallon ziploc bag and shake to combine.
2. Add the chicken to the bag and seal. Marinate for at least 15 minutes or up to 24 hours (put it in the refrigerator if marinating for longer than 15 minutes)

NUTRITIONAL INFORMATION

Calories 461

Fat 26g

Protein 51g

Sugars 1g

Carbohydrates: 6g

Tortellini Soup with Italian Sausage & Kales

Modern Proper

 6 servings  35 minutes

INGREDIENTS

1 lb mild italian sausage, ground

1 onion, minced

6 garlic cloves, minced

1 quart chicken stock

1 (14 oz can)crushed tomatoes

2 tbsp tomato paste

1 tsp salt

1 bunch kale, stems removed

1 (10 oz) bag tortellini, fresh (not dried)

1 cup heavy cream

parmesan cheese (optional)

¼ tsp red pepper flakes (optional)



INSTRUCTIONS

1. Heat a large soup pot over medium-high heat.
2. Add the sausage, onions and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. (Drain off any excessive fat.)
3. Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated.
4. Bring to a boil, season with salt then simmer for 15 minutes.
5. Add the kale, tortellini and heavy cream.
6. Simmer for 3-5 minutes until the kale is wilted and the pasta is tender.
7. Serve with parmesan cheese and red pepper flakes if desired.

NUTRITIONAL INFORMATION

Calories 368

Fat 22g

Protein 19g

Sugars 5g

Carbohydrates: 24g

Easy Chicken Noodle Soup

Modern Proper

 6 servings  15 minutes

INGREDIENTS

- 1 tbsp olive oil or butter
- 1 small yellow onion, chopped about 3/4 cup
- 2 ribs of celery, 1/2-inch chopped
- 1-2 large carrots, peeled, 1/2-inch sliced about 1 1/2 cups
- 4 cloves garlic, minced
- 2 bay leaves
- 8 cups chicken stock
- 2-3 cups cooked shredded chicken (from rotisserie)
- 8 oz egg noodles
- 1 tbsp minced, flat leaf parsley
- 1 tsp sea salt
- 1/4 tsp fresh cracked black pepper to taste



INSTRUCTIONS

1. In a large (6 quart) soup pot or dutch oven, heat the butter or olive oil over medium heat. When the oil is glistening, add the onion, celery and carrots and cook, stirring often, until the onions are translucent, about 5 minutes. Add garlic and cook for 1 minute longer.
2. Add the chicken stock and bay leaves. Bring to a boil over high heat. Reduce heat to medium and cook until the vegetables are nearly tender, about 10 minutes longer.
3. Add the chicken, egg noodles, parsley, salt and pepper. Bring to heavy simmer. Place a lid on the pot to keep the liquid from evaporating. Maintain a low boil/heavy simmer until the noodles are tender and the chicken is warmed through, about 10 minutes longer.

NUTRITIONAL INFORMATION

Calories 253

Fat 6g

Protein 35g

Sugars 2g

Carbohydrates: 11g

Taco Soup

Modern Proper



6 servings



45 minutes

INGREDIENTS

- 1 lb ground beef
- 1 onion, diced
- 1 4 oz can green chilies, mild
- 2 cups chicken stock
- 1 28 oz can diced tomatoes
- 2 tbsp taco seasoning
- 2 14 oz cans black beans, drained
- 1 cup frozen corn
- 1 green bell pepper, diced
- 1 red bell pepper, diced

Toppings

- cheese
- sour cream
- cilantro
- green onions
- avocado



INSTRUCTIONS

1. In a large soup pot, brown the beef along with the onions. Add remaining ingredients and simmer 30 minutes.
2. Serve with warm with cheese, sour cream and/or fresh cilantro.

NUTRITIONAL INFORMATION

Calories 355

Fat 9g

Protein 28g

Sugars 10g

Carbohydrates: 43g

Tuscan White Bean Soup

Eat with Clarity



6 servings



30 minutes

INGREDIENTS

- 3 15 ounce cans cannellini beans drained and rinsed
- 1 yellow onion finely chopped
- 4 cloves garlic minced
- 2 tbsp olive oil
- 2 large carrots peeled and chopped
- 1 stalk celery diced
- 1/3 cup white wine I used pinot grigio
- 2 cups chopped kale stems removed, finely chopped
- 2 1/2 – 4 cups vegetable or chicken broth see notes
- 1 tbsp tomato paste
- 1 tsp salt or to taste
- 1/4 tsp black pepper or to taste
- 1/4 tsp red pepper flakes omit if you don't like spice
- 1/4 tsp Italian seasoning
- 2 bay leaves
- 1 tsp dried thyme
- 1/2 tsp dried oregano



INSTRUCTIONS

1. Saute the finely chopped onion in a large pot or dutch oven with the oil.
2. Once it starts to brown slightly, add in the garlic, celery and carrot. Saute an additional 10 or so minutes to let the veggies soften and brown slightly. The browning helps add lots of flavor!
3. Add in the white wine and saute until most of the liquid has evaporated, about 5-7 minutes.
4. Add in all remaining ingredients except for the kale (see notes about the amount of broth since there is a range, but I recommend starting with 2 1/2 cups), and stir well.
5. Bring to a boil, then cover and reduce heat to low. Let simmer for 15 minutes.
6. Discard the bay leaves, then transfer about 2 1/2 – 3 cups worth of the soup to a blender. Blend until smooth.
7. Transfer back to the pot and stir well to combine. If it's too thick, add in more broth until it reaches your desired consistency.
8. Add in the chopped kale and let simmer for a few minutes to allow the kale to wilt. Taste and adjust flavors as desired. I usually add a bit more salt and pepper and a squeeze of lemon juice.
9. Serve warm as is or with a hearty bread on the side. Enjoy!

NUTRITIONAL INFORMATION

Calories 221

Fat 5g

Protein 15g

Sugars 1g

Carbohydrates: 25g

French Onion-Style Beef Vegetable Soup

Cleaning Eat Mag

 4 servings  40 minutes

INGREDIENTS

- 1 tbsp olive oil
- 4 stalks celery, thinly sliced
- 2 leeks (white and light green parts), halved lengthwise and thinly sliced
- 1 lb cremini mushrooms, sliced
- 3 tbsp dry red wine
- 1 tsp unsalted tomato paste
- 4 cups low-sodium chicken broth, divided
- 1 tsp potato or arrowroot starch
- Leftover steak (from Red Wine Steak), cut into bitesize pieces
- Leftover caramelized vegetables (from Red Wine Steak)
- 1/2 tsp each sea salt and ground black pepper
- 1 clove garlic, minced
- 1/3 cup grated Parmesan cheese
- 4 tsp organic unsalted butter, softened
- 4 oz whole-grain baguette, sliced into 16 rounds



INSTRUCTIONS

1. In a large saucepan on medium, heat oil. Add celery and leeks and cook, stirring occasionally, until softened, about 5 minutes. Add mushrooms and cook, stirring occasionally, until beginning to brown and no liquid remains, 15 to 20 minutes.
2. Stir in wine and tomato paste; cook for 1 minute. Add 3 cups broth; bring to a boil. Reduce heat to low and cook for 10 minutes. In a small bowl, whisk remaining 1 cup broth with starch; stir into soup. Stir in steak, vegetables, salt and pepper. Bring to a boil; reduce to a simmer and cook until thickened, 1 minute.
3. Meanwhile, preheat oven to 400°F. In a separate small bowl, combine garlic, cheese and butter. Arrange baguette slices on a parchment-lined baking sheet; spread garlic mixture over tops. Bake until golden, about 10 minutes.
4. Divide soup among bowls; top with baguette.

NUTRITIONAL INFORMATION

Calories 354

Fat 16g


Protein 20g


Sugars 8.5g

Carbohydrates: 38g

Turkey Paninis with Sun-Dried Tomatoes

Clean Eating Mag

 4 servings

 20 minutes

INGREDIENTS

- 1 whole-wheat baguette, cut crosswise in fourths
- 12 sun-dried tomatoes (packed in olive oil), patted dry and halved
- 2 oz part-skim mozzarella cheese, thinly sliced
- 6 1-oz slices reduced-sodium fresh deli turkey
- 1 1/2 cups arugula leaves



INSTRUCTIONS

1. Split open baguette sections and layer each bottom half with 6 pieces tomato, 1/2 oz cheese, 1 1/2 slices turkey and top half of bread. Toast sandwich on a countertop grill or panini press on medium heat, lid down, until lightly browned, about 6 minutes. If using stovetop method, toast about 3 minutes per side, or until lightly browned.
2. As soon as paninis are done toasting, open each and add 1/3 cup arugula. Slice each panini on the diagonal and serve immediately.

NUTRITIONAL INFORMATION

Calories 260

Fat 6g

Protein 16g

Sugars 4g

Carbohydrates: 34g

BBQ Chicken Sandwich

EatingWell



1 serving



10 minutes

INGREDIENTS

½ cup shredded cooked chicken

¼ cup shredded carrots

2 tablespoons barbecue sauce

2 teaspoons light ranch dressing

1 small whole-wheat sandwich bun

1 leaf romaine lettuce



INSTRUCTIONS

1. Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.

NUTRITIONAL INFORMATION

Calories 334

Fat 7.5g

Protein 26g

Sugar: 17.1g

Carbohydrates: 41.3g

Zucchini Pizza Bites

Laura Fuentes



2 servings



10 minutes

INGREDIENTS

1 large zucchini, sliced diagonally into ¼-inch thick rounds

¼ cup marinara sauce

½ cup shredded Mozzarella cheese

¼ cup mini pepperonis

2 tablespoons sliced black olives



INSTRUCTIONS

1. Preheat the oven to broil. Line a large baking sheet with parchment paper.
2. Place the zucchini slices onto the lined baking sheet in an even layer.
3. Spread the marinara sauce over the top of each slice. Top with cheese, pepperoni, and black olives.
4. Broil for 2 to 3 minutes or until the cheese is melted.

NUTRITIONAL INFORMATION

Calories 151

Fat 9.7g

Protein 11.6g

Sugars 1.9g

Carbohydrates: 4.6g

4-Ingredient Spring Pesto Pasta

The Seasoned Mom



4 servings



15 minutes

INGREDIENTS

2 cups (4 ounces) uncooked wagon wheel pasta (can substitute with other small pasta)

½ cup frozen peas thawed

⅓ cup prepared pesto sauce (or more or less pesto sauce, to taste)

1 cup diced cooked chicken (such as leftover chicken or rotisserie chicken)



INSTRUCTIONS

1. Boil pasta according to package instructions. Stir in peas, pesto, and chicken until completely combined. Serve immediately

NUTRITIONAL INFORMATION

Calories 248

Fat 9g

Protein 13g

Sugars 2g

Carbohydrates: 26g

Veggie Quesadilla

Picky Eater Blog

 4 servings  30 minutes

INGREDIENTS

4 Sprouted Wheat Tortillas(1 per quesadilla)

1 cup Mexican shredded cheese blend(1/4 cup per quesadilla)

1 cup Refried or whole black beans(1/4 cup per quesadilla)

1 tsp Taco Seasoning(more to taste)

3 roma tomatoes, diced

1/2 red onion, diced

1/2 cup corn

1 red/orange/yellow bell pepper, diced

8 tbsp Salsa (2 tbsp per quesadilla)

4 tbsp Guacamole (1 tbsp per quesadilla)



INSTRUCTIONS

1. Heat beans over the stove on medium heat. Add taco seasoning to taste and stir until combined
2. Heat a large pan over medium to medium-low heat, spray with olive oil cooking spray. Add tortilla to pan.
3. Assemble quesadillas: One layer of beans, one layer of cheese (1/8 cup), a layer of onions corn, & peppers, and another layer of cheese (remaining 1/8 cup).
4. Grill the quesadillas in the pan until both sides are browned and crispy and the cheese has melted. About 1-2 minutes on each side. Top with diced tomatoes, 1 Tbsp guac and 2 Tbsp salsa.

NUTRITIONAL INFORMATION

Calories 380

Fat 13g

Protein 18.6g

Sugars 1.5g

Carbohydrates: 46.8g

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)

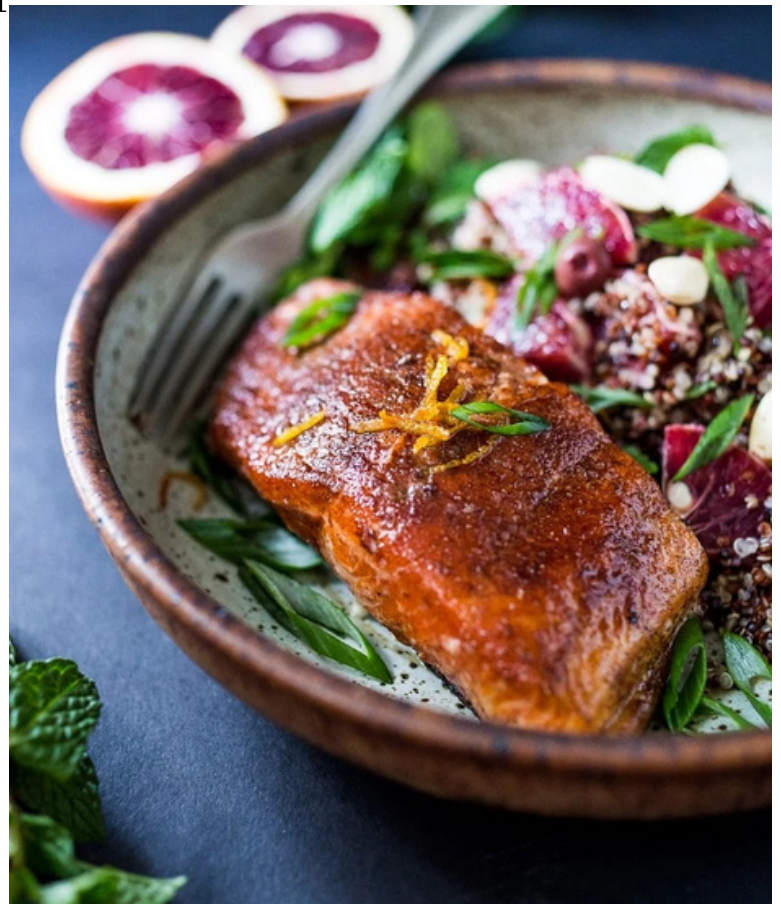
pinch cayenne or smoked paprika

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

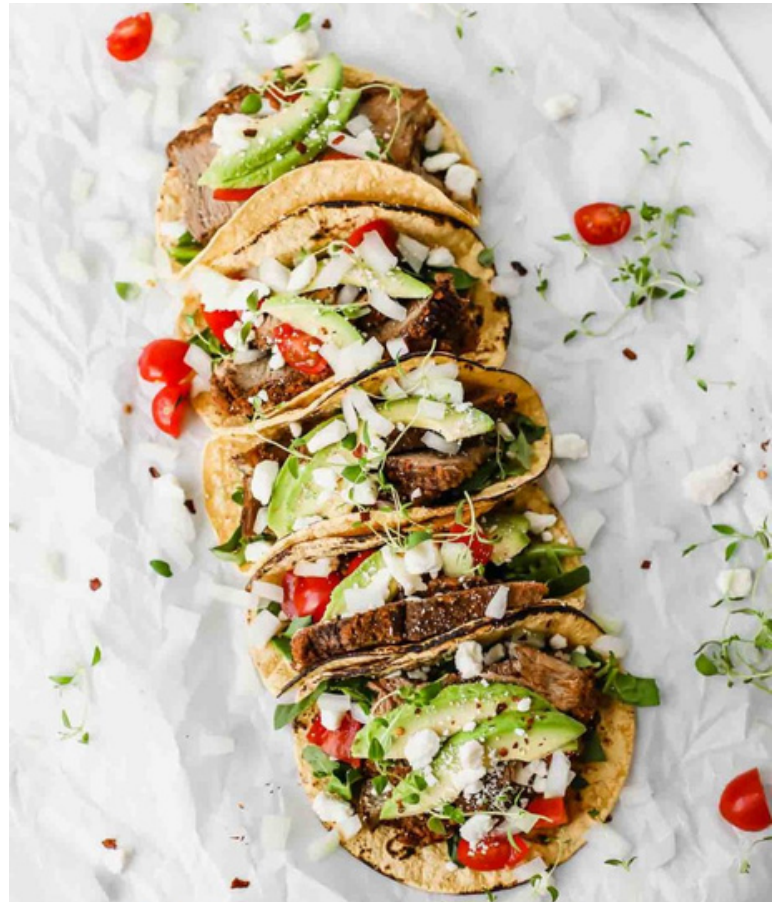
6 corn tortillas

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

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

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

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

One Sheet Pan



Sheet Pan Breakfast Sandwich



Sheet Pan Shakshuka



Sheet Pan Garlic Ginger Chicken &
Broccoli



Shrimp With Cherry Tomatoes & Asparagus



Mini Italian-Style Meatloaf



Ratatouille Sheet Pan Dinner with
Sausage

Sheet Pan Shakshuka

Pete and Gerry's



4 servings



30 minutes

INGREDIENTS

1 tablespoon canola oil or olive oil

1/2 large onion, sliced

1 yellow bell pepper, diced

1 green bell pepper, diced

1 tablespoon minced garlic

2 teaspoons ground paprika

1 teaspoon ground cumin

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

One 28-ounce can diced tomatoes

6 ounces tomato paste

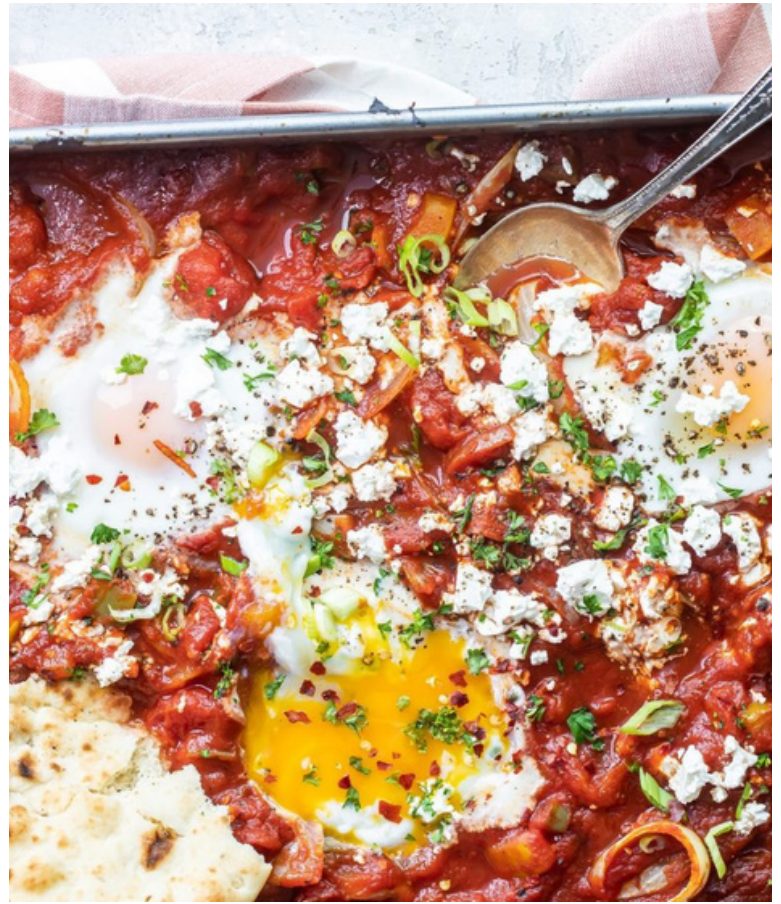
1 cup chicken or vegetable stock

3-4 Eggs

1/2 cup crumbled feta cheese

Fresh chopped parsley, for garnish

Pita bread, for serving (optional)



INSTRUCTIONS

1. Preheat oven to 400F. Heat oil in a medium-sized skillet over low heat. Add the diced onion and sauté, stirring occasionally, until it starts to soften. Add both diced peppers, garlic, paprika, cumin, salt, and pepper, and stir well while cooking for 2 additional minutes.
2. Transfer sautéed ingredients to a deep 9" x 13" pan. Pour tomatoes (undrained) into the pan, followed by the tomato paste and stock. Use a spoon or spatula to mix well, then bake for 20 minutes, or until the sauce begins to bubble.
3. After 20 minutes, remove the pan from the oven and make a shallow well in the tomato sauce for each egg to sit in. Crack the eggs into their respective wells and place the pan back in the oven for 10 more minutes, or until the egg yolks begin to cloud over with the egg whites. The yolks should remain soft and runny.
4. Once the eggs are done, remove the pan from the oven and garnish with the crumbled feta and chopped parsley. Serve immediately by scooping each egg into a bowl along with plenty of sauce. Serve with warm pita bread if desired.

NUTRITIONAL INFORMATION

Calories 320

Fat 14g

Protein 16g

Sugars 17g

Carbohydrates: 37g

Brussels Sprouts & Sweet Potato Sheet Pan Hash

Walder Wellness

 4 servings  45 minutes

INGREDIENTS

- 1.5 lbs brussels sprouts
- 1 large parsnip
- 1 large sweet potato
- 2 Tbsp olive oil
- 8 eggs
- ¼ cup blue cheese, crumbled
- ¼ cup fresh parsley, chopped
- 2 Tbsp fresh thyme, chopped
- Salt + pepper, to taste



INSTRUCTIONS

1. Preheat oven to 400F, with sheet pan (large baking sheet) inside.
2. Halve brussels sprouts and chop parsnip and sweet potato into small, 1-inch chunks. Place ingredients in a large mixing bowl and toss with olive oil, salt, and pepper.
3. Remove the hot sheet pan from oven and spread vegetables on top in an even layer. Return to the oven for 30 minutes, tossing halfway. The veggies are lightly browned and tender when done.
4. While the vegetables cook, poach all eggs and set aside on a paper towel.
5. Remove hash from oven and top with poached eggs. Sprinkle with fresh herbs, crumbled blue cheese, salt and pepper. Serve immediately (include 2 eggs per serving).

NUTRITIONAL INFORMATION

Calories 347

Fat 19g

Protein 20g

Sugars 8.2g

Carbohydrates: 30g

Sheet Pan Breakfast Sandwiches

Inquiring Chef



4 servings



30 minutes

INGREDIENTS

4 English Muffins

2 Tablespoons Butter, softened

4 large Eggs

4 slices Cheese

Salt and Black Pepper

8 slices Cooked Bacon

Other toppings like arugula, spinach, hot sauce, etc.



INSTRUCTIONS

1. Preheat oven to 400°F.
2. Line a sheet pan with parchment paper or foil
3. Slice open English muffins and spread them out in a single layer on the sheet pan. Spread the tops halves of the English muffins with butter (leave the bottom halves plain).
4. Using your fingers or a spoon, pull most of the bread out of the center of the bottom halves of the English muffins, forming a “nest” for the eggs.
5. Transfer the sheet pan to the oven and bake the English muffins until golden brown, 6 to 8 minutes.
6. Remove the pan from the oven. Crack an egg into each of the “nests” you made in the bottoms of the English muffins. Add cheese to the top halves of the English Muffins.
7. Return the pan to the oven and continue baking until the egg whites are firm and yolks are cooked to your liking, 7 to 10 minutes.
8. Season the eggs with some salt and pepper.
9. Add bacon and other toppings and then combine the top and bottom halves of the English muffins. Enjoy!

NUTRITIONAL INFORMATION

Calories 395

Fat 21g

Protein 23g

Sugars 1g

Carbohydrates: 28g

Sheet Pan Pancakes

Dinner then Dessert



8 servings



25 minutes

INGREDIENTS

3 cups flour

2 tablespoons baking powder

2 tablespoons sugar

1/2 teaspoon salt

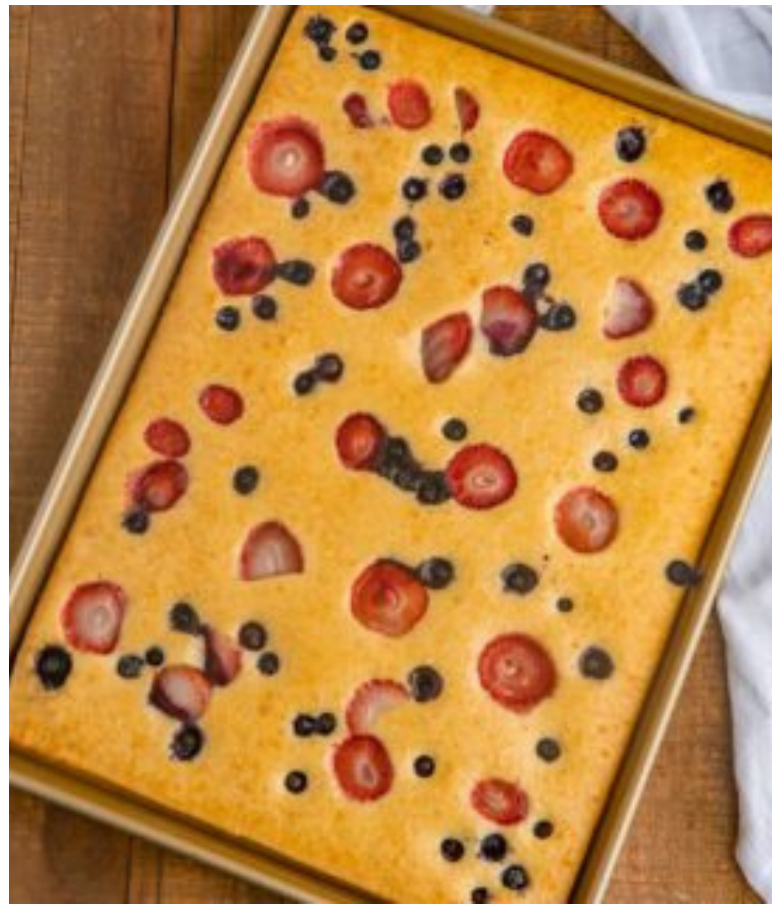
2 1/2 cups milk

2 large eggs

8 tablespoons unsalted butter, melted

1 cup strawberries, sliced

1 cup blueberries



INSTRUCTIONS

1. Pre-heat the oven to 425 degrees.
2. Add the dry ingredients and whisk together, then add the wet and combine fully.
3. Spray a half-size baking sheet with baking spray and pour the pancake batter onto the pan, spreading evenly.
4. Put the strawberries and blueberries evenly over the batter and bake for 15 minutes until golden brown.

NUTRITIONAL INFORMATION

Calories 454

Fat 9g

Protein 13g

Sugars 10g

Carbohydrates: 80g

Sheet Pan Omelet

Melissa's Southern Style Kitchen

 12 servings  25 minutes

INGREDIENTS

- 1 tablespoon salted butter melted
- ½ lb bacon cooked and crumbled or sliced
- 1 cup packed baby spinach, roughly chopped
- ½ cup red bell pepper diced
- 3 medium green onions chopped
- 1 cup shredded sharp cheddar cheese divided use (or a mix of your favorite cheese)
- 12 large eggs
- ½ cup light cream or whole milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon granulated garlic
- ½ teaspoon onion powder
- few dashes hot sauce optional



INSTRUCTIONS

1. Preheat oven to 350°F. Liberally spray a 15 x 10 x 1 inch jelly roll pan with cooking spray. Pour melted butter onto pan using a pastry brush to coat all sides.
2. Arrange bacon, spinach, green onions and bell pepper on pan. Sprinkle with ½ cup cheese.
3. In a medium size bowl, whisk together eggs, cream, salt, pepper, garlic and onion powder. Add a few dashes of hot sauce, if using. Pour evenly into pan. Sprinkle top with reserved cheese.
4. Place into oven and bake for 20 minutes. Check and gently shake pan to see if eggs are set. If not, bake for 5 more minutes and check again. You may broil for a few minutes at the end to brown the top, if desired.
5. Cut into 12 even square and serve on biscuits, as an egg sandwich on toast or bagels with your favorite breakfast sides.
6. Store chilled in an air tight container for up to 5 days. Reheat for 12-15 seconds in the microwave.

NUTRITIONAL INFORMATION

Calories 207

Fat 17g

Protein 12g


Sugars 1g


Carbohydrates: 2g

Sheet Pan Garlic Ginger Chicken

& Broccoli

Pinch of Yum

 2 servings

 20 minutes

INGREDIENTS

Garlic Ginger Sauce

- 3/4 cup low sodium soy sauce
- 1/2 cup water
- 1/4 cup white vinegar
- 1/4 cup oil
- a 2-inch knob of fresh ginger (peeled)
- 4 cloves garlic
- 4 medjool dates (you can also use 1/4 cup honey or sugar)

Chicken & Broccoli

- 1 pound boneless skinless chicken breasts or thighs, cut into strips
- 1 head broccoli, cut into florets (about 5 cups)
- 1 red pepper, cut into strips
- sesame oil, sesame seeds, and/or green onions for topping



INSTRUCTIONS

1. Prep Sauce: Preheat the oven to 425 degrees. Blend all sauce ingredients together until smooth.
2. Sheet Pan Action: Place chicken, broccoli, and red pepper on a sheet pan. Pour about 1/2 cup sauce over top of the chicken and just a few tablespoons over the veggies. Bake for 10-15 minutes.
3. Finish It Fancy: While the broccoli and chicken are roasting, simmer another 1/2 cup or so of sauce in a small saucepan over medium low heat until it's thickened. Drizzle it over the finished chicken and broccoli. Finish with sesame oil, sesame seeds, or scallions. Voila! Happy bowls and meal prep lunches.

NUTRITIONAL INFORMATION

Calories 409

Fat 17.7g

Protein 34.1g

Sugars 20g

Carbohydrates: 32g

Sheet Pan Loaded Cauliflower

This Mom's Menu



8 servings



40 minutes

INGREDIENTS

2 Heads of Cauliflower Cut into florets

2 tablespoon Olive Oil

1 ½ -2 teaspoon Season Salt

1 ½ cups Cheddar Cheese Shredded

½ lb Bacon Fried and Crumbled

3 Green Onions Sliced

Sour Cream for serving (optional)



INSTRUCTIONS

1. Preheat the oven to 425 ° F and line a baking sheet with aluminum foil and spray with non-stick spray.
2. Cut the cauliflower into medium florets and place in a large bowl. Add the olive oil and season salt. Toss to coat.
3. Transfer the cauliflower florets to the prepared baking sheet and bake in the preheated oven for 20-25 minutes or until the cauliflower is tender and the edges are beginning to brown.
4. Remove from the cauliflower from the oven, but leave the oven on. Sprinkle the shredded cheese and cooked, crumbled bacon over the cauliflower and return the pan to the oven for 5 minutes or until the cheese is melted and beginning to brown.
5. Remove from the oven and top with the sliced green onions.
6. Serve the cauliflower topped with sour cream if desired.

NUTRITIONAL INFORMATION

Calories 272

Fat 22g

Protein 12g

Sugars 3g

Carbohydrates: 8g

Greek Sheet Pan Chicken Dinner

All Nutritious



4 servings



35 minutes

INGREDIENTS

1 lb chicken breasts (diced)

1 red pepper (diced)

1 green pepper (diced)

1 yellow pepper (diced)

1 zucchini (sliced)

1 red onion (sliced)

2 tbsp olive oil

2 tbsp fresh lemon juice

6 cloves garlic (minced)

1 tbsp dried oregano

1 tbsp dried parsley

1/2 tsp salt

1/4 tsp black pepper

1/4 cup feta cheese (crumbled)



INSTRUCTIONS

1. Preheat the oven to 400F.
2. Add the chicken and veggies into a large sheet pan. Top them up with olive oil, lemon juice, garlic, oregano, dried parsley, salt, and black pepper.
3. Toss all the ingredients to combine well and bake in the oven for 20 minutes until the chicken is fully cooked.
4. Remove from the oven and top up with crumbled feta cheese before serving.

NUTRITIONAL INFORMATION

Calories 284

Fat 12g

Protein 29g

Sugars 3.4g

Carbohydrates:15g

Shrimp with Cherry Tomatoes &

Asparagus

Eating Bird Food

 4 servings  25 minutes

INGREDIENTS

450 g uncooked extra-large shrimp (26-39) peeled and deveined

3 tablespoons extra virgin olive oil divided
salt and black pepper

4 cups asparagus cut in half

3 cups cherry tomatoes cut in half



INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, place the shrimp with 1 tablespoon of olive oil, salt, and pepper. Toss everything together, and set aside.
3. On a baking sheet lined with aluminum foil or parchment paper, place the asparagus and cherry tomatoes on the sides of the sheet pan, leaving the center open for the shrimp.
4. Drizzle the veggies with the remaining 2 tablespoons of olive oil, and sprinkle with salt and pepper. Spread out in an even layer, and roast for 10 minutes.
5. Remove the sheet pan from the oven, and place the shrimp in the center of the sheet pan in an even layer. Roast for 8 minutes.
6. MEAL PREPPING: Place an even amount of shrimp, asparagus, and cherry tomatoes into 4 different glass containers. Cover with the lid, and place in the fridge for up 4 days. Heat in the microwave for about 1½-2 minutes. The time depends on the power of your microwave.

NUTRITIONAL INFORMATION

Calories 213

Fat 12g

Protein 20g

Sugars 7g

Carbohydrates: 12g

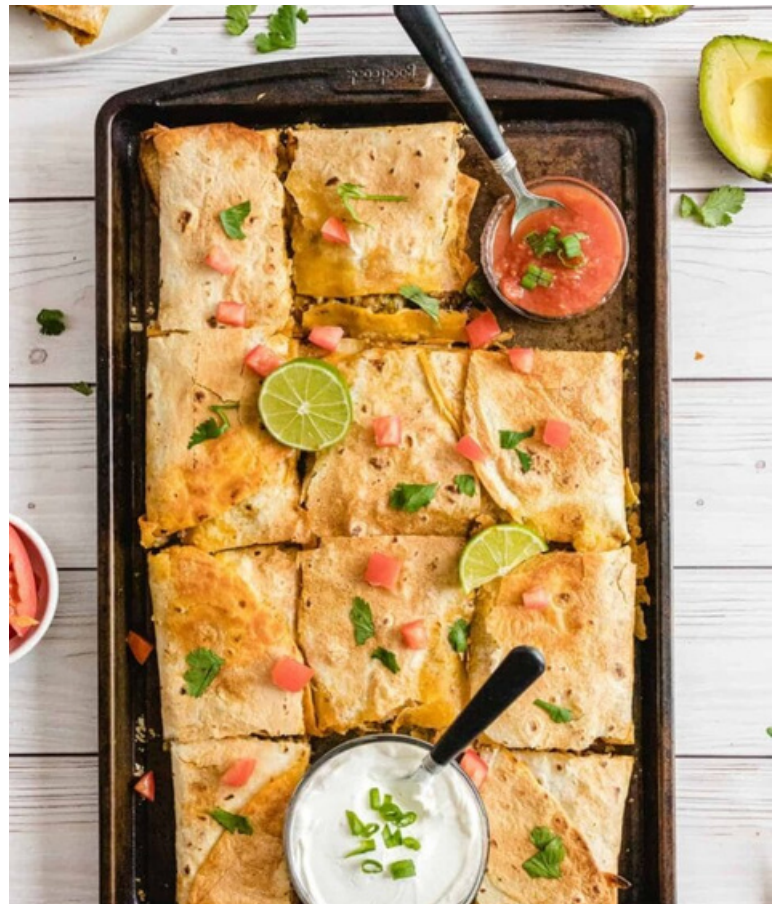
Sheet Pan Quesadillas

Princess Pinky Girl

 12 servings  45 minutes

INGREDIENTS

- 8 flour tortillas large burrito size
- 1 lb ground beef
- 1 15-oz can black beans drained and rinsed
- 1 2.25-oz can sliced black olives drained and rinse
- 3 cups Colby and Monterey Jack cheese fancy shredded
- ½ cup salsa
- 1 bell pepper seeded and diced
- 1 small yellow onion diced
- 2 green onions sliced thin
- 1 ½ tablespoons olive oil
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons cumin
- 1 ½ teaspoons smoked paprika
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- Sour cream to top quesadillas optional



INSTRUCTIONS

1. Preheat oven to 425*
2. Spray one 18×13 sheet pan with nonstick cooking spray
3. In a large skillet, over medium heat, add olive oil, bell peppers and yellow onion. Cook for 5 minutes. Stirring often to ensure evenly cooked vegetables.
4. Add ground beef and minced garlic to the bell peppers and onions. Cook until completely browned.
5. Remove from the heat and drain the excess fat.
6. Return the meat mixture to the skillet. Add chili powder, cumin, paprika, kosher salt, black pepper, black beans, black olives and salsa. Stir well after adding each ingredient.
7. Place 6 of the flour tortillas around the edges of the lightly sprayed sheet pan. Make sure the tortillas overlap and are hanging halfway over the edge of the pan, leaving a gap in the center.
8. Place 1 tortilla over the bottom center gap of the sheet pan.
9. Evenly spread the meat mixture over the tortillas.
10. Sprinkle cheese on top of meat, then top with sliced green onions.
11. Place the final tortilla over the top center of the mixture.
12. Starting at either side of the sheet pan, carefully but tightly begin folding the tortillas towards the middle.
13. When all sides are folded, place the 2nd sheet pan on top of the folded tortillas. This is to ensure edges do not come apart during baking.
14. Bake for 20 minutes.
15. Remove pans from the oven. Remove the top sheet pan, and cook for an additional 5 minutes.
16. Remove from the oven and allow the quesadilla to slightly cool before cutting into servings.
17. Serve with sour cream, if desired

NUTRITIONAL INFORMATION

Calories 271

Fat 16g

Protein 18g

Sugars 2g

Carbohydrates: 14g

Healthy Sheet Pan Sausage & Veggies

The Cooking Jar



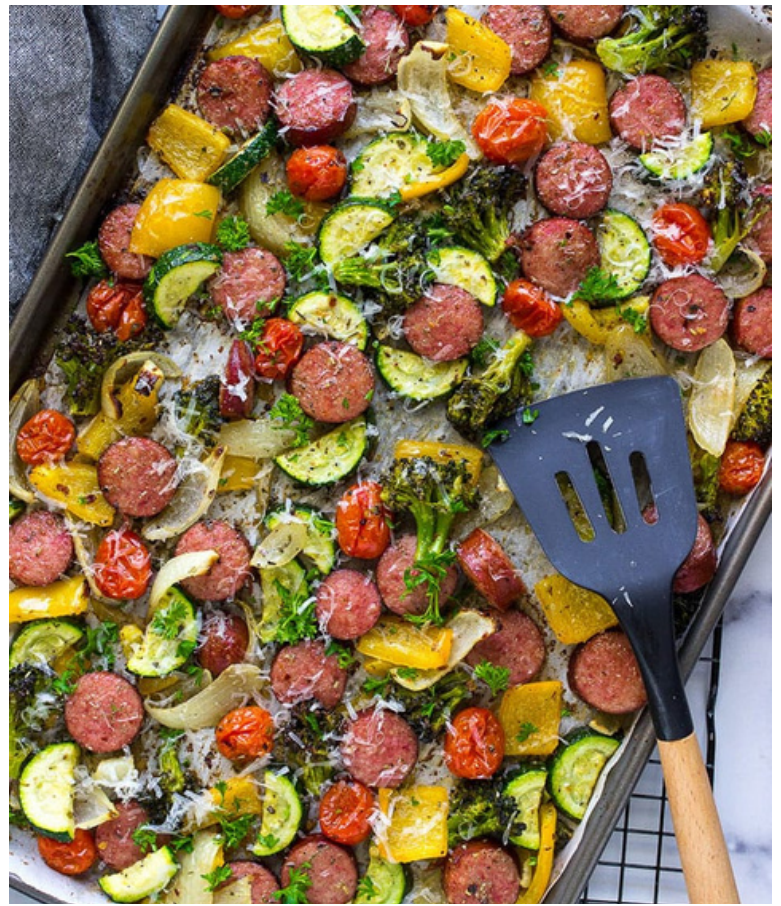
4 servings



40 minutes

INGREDIENTS

- 1 (12-14 oz.) sausage/kielbasa, sliced into 1/2" rounds
- 1 yellow/red/green bell pepper, chopped or 6 mini sweet bell peppers
- 1 medium yellow onion, chopped
- 1 zucchini, cut into half moons
- 1 cup cherry/grape tomatoes
- 2 cups broccoli
- 3 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1 teaspoon red pepper flakes (optional for heat)
- Toppings:**
 - Grated fresh Parmesan cheese (optional)
 - Fresh parsley, chopped (optional)



INSTRUCTIONS

1. Line a baking sheet with aluminum foil or parchment paper.
2. Add the sausage, bell pepper, onions, zucchini, tomatoes and broccoli to a large mixing bowl. Drizzle with olive oil and add the remaining ingredients. Toss to mix everything thoroughly.
3. Move everything to the prepared sheet pan and spread it all out evenly in a flat layer.
4. Bake at 400°F for 30 minutes, tossing halfway through for even cooking.
5. Dish and serve hot sprinkled with optional toppings.
6. Enjoy!

NUTRITIONAL INFORMATION

Calories 336

Fat 26g

Protein 14g

Sugars 3g

Carbohydrates: 15.5g

Mini Italian-Style Meatloaf Sheet Pan

Modern Proper

 6 servings  60 minutes

INGREDIENTS

1 pound ground beef, 80/20
1/2 pound ground pork
3/4 cup bread crumbs
2 large eggs, beaten
3/4 cup whole milk
2 tsp sea salt
1 tsp Italian seasoning
1/4 tsp ground black pepper
1 tsp garlic powder
1 tsp onion powder
1/4 cup ketchup
2 Tbsp Brown sugar
2 tsp Worcestershire sauce
1 tsp water
1/2-3/4 lb broccoli, florets
1/2-3/4 lb baby potatoes, halved
2 Tbsp extra virgin olive oil



INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Grease a large rimmed baking sheet, set aside.
3. In a large bowl mix together the ground beef, pork and breadcrumbs until fully combined.
4. In a medium-sized bowl, whisk the eggs together with the milk, 1 1/4 teaspoon salt, Italian seasoning, pepper, garlic powder, and onion powder.
5. Stir the whisked egg mixture, and 3 tablespoons ketchup into the meat, until fully combined. Use a stand mixer for this step if you have one.
6. In a small bowl mix together the remaining 1 tablespoon ketchup, brown sugar, Worcestershire sauce and water until fully combined.
7. Place the broccoli and potatoes on the baking sheet and drizzle with olive oil and remaining 3/4 teaspoon salt. Toss to coat evenly and spread it all out on the baking sheet. Divide the meat into 6 pieces and create an oval about 4" by 3". Nestle them between the broccoli and potatoes.
8. Using a pastry brush, brush the brown sugar sauce over the tops of the meatloaves.
9. Bake in the oven for 30 minutes until the internal temperature of the meatloaf registers 160°F with an instant read thermometer.

NUTRITIONAL INFORMATION

Calories 414

Fat 14g

Protein 40g

Sugars 9g

Carbohydrates: 30g

Sheet Pan Pizza

A Family Feast



8 servings



1 hour

INGREDIENTS

Dough

½ pound sweet Italian sausage, removed from casings

2 tablespoons cream cheese

1 cup almond flour

¼ cup coconut flour

1 ½ cups shredded mozzarella cheese

¼ cup freshly grated Parmesan cheese

2 whole large eggs

Toppings

1 tablespoon olive oil

1 medium onion, sliced

1 medium Bell pepper sliced, (any bell pepper, green, red, yellow or orange)

8 ounces baby spinach

2 tablespoons fresh garlic passed through a garlic press

½ cup pizza sauce (leave out the sugar)

½ cup shredded sharp cheddar cheese

2 cups shredded mozzarella cheese



INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. In a medium bowl mix uncooked sausage meat, cream cheese, almond flour, coconut flour, 1 ½ cups mozzarella cheese, Parmesan cheese and eggs.
3. Spray a quarter sheet pan (13×9-inch) with kitchen pan spray.
4. Press the mixture into the pan making an even edge all the way around.
5. Bake 12 minutes, turning pan half way through baking.
6. While crust is baking, in a medium skillet with the olive oil over medium heat, saute onions and peppers for ten minutes until slightly soft. Add spinach and cook one minute to wilt.
7. Add garlic and remove from heat.
8. When crust comes out of oven, spread pizza sauce on bottom, top with cooked vegetables from pan, sprinkle on cheddar and mozzarella and bake for about 25 minutes, or until browned and melty. Place under the broiler for a minute if you desire it to be more browned.
9. Cut into eight portions and serve.

NUTRITIONAL INFORMATION

Calories 359

Fat 16.6g

Protein 29.1g

Sugars 5g

Carbohydrates: 13.1g

Sheet Pan Ginger Soy Glazed Salmon

Eat Yourself Skinny



4 servings



15 minutes

INGREDIENTS

4 (6 oz) Alaska salmon fillets, fresh or frozen, thawed

1 lb. fresh green beans

2 cups carrots, cut into 2-inch pieces

1 Tbsp olive oil

Salt and pepper, to taste

Ginger soy glaze:

- 1/4 cup reduced-sodium soy sauce
- 2 Tbsp sweet chili sauce
- 1 Tbsp honey
- 1 Tbsp grated ginger
- 2 cloves garlic, minced
- 1 Tbsp chopped green onions



INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Place salmon (skin side down), green beans and carrots in a single layer on a prepared baking sheet. Drizzle green beans and carrots with olive oil and sprinkle with a little salt and pepper.
3. In a small bowl, whisk together soy sauce, sweet chili sauce, honey, ginger, garlic and green onions. Spoon sauce over salmon fillets and bake in the oven for 8 to 10 minutes. Turn the broiler on and cook for an additional 2 to 3 minutes, until edges of salmon are crisp.
4. Serve immediately and enjoy!

NUTRITIONAL INFORMATION

Calories 392

Fat 11.3g

Protein 47.2g

Sugars 15.4g

Carbohydrates: 24.9g

Ratatouille Sheet Pan Dinner With Sausage

Modern Proper



6 servings



55 minutes

INGREDIENTS

1 (20 oz) package mild Italian sausage (turkey, chicken,

pork or vegan sausage substitute links)

½ onion, sliced

1 small zucchini, sliced ½" sliced

1 small yellow squash, ½" sliced

1 small eggplant, ½" sliced

1 pint cherry or grape tomatoes

4 garlic cloves, thinly sliced

½ cup olive oil

1 tsp salt

1 tbsp fresh basil, packed, minced

1 tbsp fresh thyme, packed, minced

creamy polenta, for serving, optional



INSTRUCTIONS

1. Heat oven to 400°F.
2. Place the onion, zucchini, yellow squash, eggplant, tomatoes and garlic on a rimmed baking sheet. Drizzle with ½ cup olive oil, sprinkle with salt and fresh thyme. Toss until evenly coated.
3. Nestle the sausages into the veggies. Bake for 40 minutes until the vegetables are very tender and the sausage is browned.
4. Sprinkle with fresh basil.

NUTRITIONAL INFORMATION

Calories 360

Fat 30g

Protein 17g

Sugars 7g

Carbohydrates: 12g

Slow Cooker



Slow Cooker Breakfast Omelet



Slow Cooker Overnight Oats



Slow Cooker Buffalo Chicken Salad



Slow Cooker Pulled Turkey Tenderloin Sandwich



Tex-Mex Slow Cooker Creamy Chicken



Slow Cooker Fire Roasted Shrimp Tacos

CrockPot Breakfast Casserole

Spend With Pennies



8 servings



1hr 20 mins

INGREDIENTS

1 bag Frozen Hash Brown Potatoes 32 ounces

1 pound bacon, sausage or ham cooked & crumbled or diced

3 green onions sliced

8 ounces sharp cheddar cheese shredded

½ red bell pepper diced

½ green bell pepper diced

12 eggs

1 cup milk

salt and pepper to taste

1 teaspoon dry mustard



INSTRUCTIONS

1. If using bacon or sausage, cook and crumble.
2. Grease a 6qt slow cooker. Place half of the hash browns, meat, onions, cheese and peppers. Repeat layers ending with cheese,
3. Whisk eggs, milk, dry mustard and salt & pepper in a medium bowl. Pour egg mixture over the remaining ingredients.
4. Cook on low for 7-8 hours or high for 2 ½ – 3 hours.

NUTRITIONAL INFORMATION

Calories 466

Fat 38g

Protein 23g

Sugars 2g

Carbohydrates: 5g

Overnight Slow Cooker Steel Cut Oats with Banana

Well Plated

 6 servings  8hrs 10 mins

INGREDIENTS

1.5 cups steel cut oats do not substitute quick cooking, instant, or rolled oats, gluten free if needed

4 cups water

2 cups milk any kind

2 large mashed ripe bananas plus additional banana slices for serving

3 tablespoons ground flaxseed meal

2 teaspoons pure vanilla extract

1 1/2 teaspoons ground cinnamon

1/2 teaspoon freshly grated nutmeg

1/2 teaspoon kosher salt

For serving: chopped toasted walnuts raisins, chocolate chips, maple syrup, peanut butter, or any other mix-ins you enjoy with banana bread



INSTRUCTIONS

1. Place all of the ingredients except the toppings in the bottom of a 4-to-6-quart slow cooker and stir to combine: Steel cut oats, water, milk, mashed bananas, flaxseed meal, vanilla, cinnamon, nutmeg, and salt.
2. Cover and cook on low for 7-8 hours (overnight) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

NUTRITIONAL INFORMATION

Calories 190

Fat 5g

Protein 7g

Sugars 1g

Carbohydrates: 28g

Slow Cooker French Toast Casserole

Flour On My Fingers

 12 servings  3 hours

INGREDIENTS

24 ounces sandwich bread

1 cup chopped pecans

8 large eggs

2 cups whole milk

1/4 cup maple syrup

1 tablespoon vanilla extract

1 teaspoon salt

1 1/2 teaspoons cinnamon

1/4 teaspoon ground nutmeg

Topping:

- 4 tablespoons salted butter sliced
- 1/2 cup light brown sugar
- 1 teaspoon cinnamon



INSTRUCTIONS

1. Grease your slow cooker with cooking spray beforehand.
2. Cube the bread into small 1-inch cubes, and layer it with the pecans in your slow cooker.
3. In a medium mixing bowl, whisk together the eggs, milk, real maple syrup, vanilla extract, salt, cinnamon, and nutmeg.
4. Pour the egg mixture over the bread and pecans in the Crock Pot, and give it all a gentle toss. Make sure all the bread is good and soaked.
5. Mix the sliced butter, brown sugar, and cinnamon together in a small mixing bowl.
6. Crumble the cinnamon brown sugar topping over the entire casserole. It's a really moist mixture, so it's more like clumps of cinnamon brown sugar.
7. Place the lid on your slow cooker, and cook on high for 2 to 2 1/2 hours... Or you can cook it on low for 3 to 4 hours.
8. To make sure it's done, I use a meat thermometer to check the internal temperature and make sure it's up to the proper temp for eggs.
9. You can slice it and serve it with powdered sugar and/or maple syrup. Keep the rest of your casserole warm, using the "Keep Warm" setting on your slow cooker, if applicable.

NUTRITIONAL INFORMATION

Calories 371

Fat 17g

Protein 11g

Sugars 17g

Carbohydrates: 44g

Slow Cooker Peach Crisp

Crunchy Creamy Sweet



6 servings



3 hrs 15 mins

INGREDIENTS

2 lbs peaches 5 medium (I used firmer ones - see post)

1 teaspoon pure vanilla extract

1 Tablespoon lemon juice

3 Tablespoons packed light brown sugar

Topping:

- 1 cup rolled oats (old fashioned not quick-cooking)
- 3/4 cup all-purpose flour
- 3/4 cup packed light brown sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon allspice optional but recommended
- 4 Tablespoons unsalted butter 1/2 stick



INSTRUCTIONS

1. Butter 5 to 7 quart slow cooker or spray with non-stick cooking spray.
2. Cut each peach in half, remove pit and slice into 1/2" thick slices.
3. In a large mixing bowl, toss peach slices with vanilla, lemon juice and brown sugar.
4. Arrange on the bottom of slow cooker.
5. In the same mixing bowl, stir together oats, flour, brown sugar, baking powder, baking soda, salt, cinnamon and allspice. Add butter and cut in with a fork or pastry cutter until the mixture comes together and resembles pea size clumps.
6. Sprinkle topping over peach slices.
7. Cover slow cooker and cook on HIGH setting for 3 hours. Remove lid, turn off slow cooker and let the crisp cool.
8. Serve warm with whipped cream or vanilla ice cream

NUTRITIONAL INFORMATION

Calories 364

Fat 9

Protein 4g

Sugars 45g

Carbohydrates: 69g

Slow Cooker Veggie Omelette

Diethood



8 servings



2 hrs 10 mins

INGREDIENTS

8 large eggs

1/2 cup milk or Half & Half

1/4 cup grated parmesan cheese

salt, to taste

fresh ground pepper, to taste

1/2 tablespoon dried Italian Seasoning

1/2 teaspoon garlic powder, or to taste

1/2 teaspoon chili powder, or to taste

1 cup broccoli florets

1 small red bell pepper, diced

1 small yellow onion, finely chopped

2 cloves garlic, minced

FOR GARNISH

- 1 cup shredded cheddar cheese
- cooked diced red peppers or diced tomatoes, optional
- finely diced onions, optional
- chopped fresh parsley, optional



INSTRUCTIONS

1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. In a large mixing bowl combine eggs, milk, parmesan, salt, black pepper, Italian Seasoning, garlic powder and chili powder; using a whisk, beat the egg mixture until thoroughly combined.
3. Add broccoli florets, diced peppers, chopped onions, and garlic to the insert of your slow cooker; stir in the prepared egg-mixture.
4. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes for doneness. Omelette is done when eggs are set. You can also cook it on LOW for 3 to 3.5 hours.
5. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
6. Turn off the slow cooker.
7. Optional: Garnish with chopped peppers, tomatoes, chopped onions and fresh parsley.
8. Cut the omelette into 8 pieces and serve.

NUTRITIONAL INFORMATION

Calories 166

Fat 11g

Protein 12g

Sugars 2g

Carbohydrates: 5g

Slow Cooker White Chicken Chili

WellPlated



6 servings



5hrs 15 mins

INGREDIENTS

1 1/4 pounds boneless skinless chicken breasts (about 2 to 3 breasts)

4 cups low-sodium chicken stock (see notes if you prefer a thicker chili) (32 ounces)

2 (15-ounce) cans reduced-sodium white beans

2 (4.5-ounce) cans diced green chiles

3 cloves garlic minced

1 small yellow onion (or 1/2 large) finely diced

2 teaspoons ground cumin

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1/4 cup chopped fresh cilantro

Fresh lime wedges

For serving diced jalapeno, diced avocado, nonfat sour cream or plain Greek yogurt, shredded cheese, crushed tortilla chips



INSTRUCTIONS

1. Place chicken in the bottom of a 6-quart or larger slow cooker.
2. Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.
3. With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (If you don't have an immersion blender, you can instead transfer a few ladlefuls of the chili to a food processor or blender and pulse roughly, then return back into the chili.)
4. Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.

NUTRITIONAL INFORMATION

Calories 314

Fat 4g

Protein 34g

Sugars 1g

Carbohydrates: 36g

Slow-Cooker Buffalo Chicken Salad

Taste of Home



6 servings



2 hrs 30mins

INGREDIENTS

1-1/2 pounds boneless skinless chicken breast halves

3/4 cup Buffalo wing sauce

3 tablespoons butter

1 envelope ranch salad dressing mix

1 package (10 ounces) hearts of romaine salad mix

1 cup julienned carrot

1 medium ripe avocado, peeled and cubed

1/2 cup crumbled blue cheese

1/2 cup blue cheese salad dressing



INSTRUCTIONS

1. Place chicken in a 1-1/2- or 3-qt. slow cooker. Top with wing sauce, butter and ranch dressing mix. Cook, covered, on low until thermometer inserted in chicken reads 165°, 2-1/2 to 3 hours.
2. Remove chicken; shred with 2 forks. Reserve 1/3 cup cooking juices; discard remaining juices. Return chicken and reserved juices to slow cooker; heat through.
3. Place romaine salad mix in a serving dish. Top with shredded chicken, carrots, avocado and blue cheese; drizzle with blue cheese dressing. Serve immediately.

NUTRITIONAL INFORMATION

Calories 385

Fat 26g

Protein 28g

Sugars 2g

Carbohydrates: 12g

Slow Cooker Pulled Turkey Tenderloin Sandwich

Taste of Home



5 servings



6 hours

INGREDIENTS

1 package (20 ounces) turkey breast tenderloins

2 cups water

1/2 cup sweet pickle juice

1 envelope onion soup mix

2 tablespoons canned diced jalapeno peppers

1/2 cup fat-free plain Greek yogurt

1 tablespoon yellow mustard

1/8 teaspoon pepper

5 kaiser rolls, split

Optional: Prepared coleslaw, sliced jalapeno peppers and sweet pickles



INSTRUCTIONS

1. Place turkey in a 3-qt. slow cooker. In a small bowl, combine the water, pickle juice, soup mix and jalapeno peppers; pour over turkey. Cover and cook on low for 6-8 hours or until meat is tender. Remove turkey and shred with 2 forks. Transfer to a small bowl.
2. Strain cooking juices, reserving 1/2 cup juices. In another small bowl, combine the yogurt, mustard, pepper and reserved cooking juices. Pour over turkey; toss to coat. Serve on rolls and, if desired, with optional toppings.

NUTRITIONAL INFORMATION

Calories 339

Fat 4g

Protein 36g

Sugars 7g

Carbohydrates: 40g

Slow Cooker Red Pepper Chicken

Taste of Home

 4 servings  6 hours

INGREDIENTS

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (14-1/2 ounces) Mexican stewed tomatoes, undrained
- 1 jar (12 ounces) roasted sweet red peppers, drained and cut into strips
- 1 large onion, chopped
- Pepper to taste
- Hot cooked rice



INSTRUCTIONS

1. Place the chicken in a 3-qt. slow cooker. In a bowl, combine the beans, tomatoes, red peppers, onion and pepper. Pour over the chicken. Cover and cook on low until chicken is tender, about 6 hours. Serve with rice.

NUTRITIONAL INFORMATION

Calories 288

Fat 3g

Protein 30g

Sugars 8g

Carbohydrates: 28g

Beef & Rice Stuffed Cabbage Rolls

Taste of Home



6 servings



6 hours

INGREDIENTS

12 cabbage leaves

1 cup cooked brown rice

1/4 cup finely chopped onion

1 large egg, lightly beaten

1/4 cup fat-free milk

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound lean ground beef (90% lean)

sauce:

1 can (8 ounces) tomato sauce

1 tablespoon brown sugar

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce



INSTRUCTIONS

1. In batches, cook cabbage in boiling water 3-5 minutes or until crisp-tender. Drain; cool slightly. Trim the thick vein from the bottom of each cabbage leaf, making a V-shaped cut.
2. In a large bowl, combine rice, onion, egg, milk, salt and pepper. Add beef; mix lightly but thoroughly. Place about 1/4 cup beef mixture on each cabbage leaf. Pull together cut edges of leaf to overlap; fold over filling. Fold in sides and roll up.
3. Place 6 rolls in a 4- or 5-qt. slow cooker, seam side down. In a bowl, mix sauce ingredients; pour half of the sauce over cabbage rolls. Top with remaining rolls and sauce. Cook, covered, on low 6-8 hours or until a thermometer inserted in beef reads 160° and cabbage is tender.

NUTRITIONAL INFORMATION

Calories 204

Fat 7g

Protein 18g

Sugars 5g

Carbohydrates: 16g

Slow Cooker BBQ Dinner

ETNT



6 servings



5 hours

INGREDIENTS

For the pork

2½ to 3 lb boneless pork shoulder

1 tsp chili powder

1 tsp ground cumin

½ tsp salt

¼ tsp chipotle chile powder or cayenne

½ cup beef bone broth or water

3 Tbsp cider vinegar

For the slaw (4 cups)

½ cup keto mayonnaise

2 Tbsp heavy cream

2 Tbsp lemon juice

1 Tbsp erythritol

1 Tbsp white vinegar

1 jalapeño pepper, seeded and minced

1 tsp celery seeds

salt and pepper

4 cups coleslaw mix or shredded cabbage



INSTRUCTIONS

1. Trim excess fat from meat. Cut it up, if necessary, to fit in a 3½-quart or 4-quart slow cooker. Season with chili powder, cumin, salt, and chipotle chile powder. Pour broth and vinegar over meat. Cover and cook on low-heat setting 8 to 10 hours, or on high-heat setting for 4 to 5 hours. Remove meat from the cooker and shred it using two forks.
2. While the meat is cooking, make the slaw. In a medium bowl, whisk together mayo, heavy cream, lemon juice, erythritol, and vinegar. Add jalapeño, celery seeds, and salt and pepper to taste, and stir. Add coleslaw and toss until coated evenly. Cover and refrigerate at least 1 hour or up to 3 days.
3. Serve by dividing pork among six bowls and topping with slaw.
4. You can freeze the meat for up to 3 months. Let cool, drizzle with a little cooking liquid, and transfer into a freezer container. Thaw overnight in the refrigerator before reheating.

NUTRITIONAL INFORMATION

Calories 385

Fat 22g

Protein 40g



Sugars 2g

Carbohydrates: 6g

Rich & Hearty Slow Cooker

Beef Ragu

ETNT

 4-6 servings  7 hours

INGREDIENTS

- 1 lb. beef chuck
- 1 28 oz. can crushed tomatoes
- 1 6 oz. can tomato paste
- 1 cup carrots, peeled and diced
- 1 cup celery stalks, diced
- 2 garlic cloves, minced
- 1 medium onion, diced
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup of beef stock (or red wine)
- 1 bag/box of pappardelle pasta
- Shaved parmesan



INSTRUCTIONS

1. Season the beef with salt and pepper.
2. Add in seasoned beef, crushed tomatoes, tomato paste, carrots, celery, garlic cloves, onion, and Italian seasoning into a slow cooker.
3. Pour in the beef stock (or if you have some leftover red wine, use that).
4. Cook on low for 6 hours (8 hours max). If you cook for longer, the beef will get mushy, so be careful!
5. Right before serving, cook the pappardelle pasta in boiling water that has been lightly salted. Cook time varies based on packaging instructions.
6. Take the beef out and shred it with two forks. Place back in the sauce.
7. Serve beef ragu on prepared pappardelle pasta with shaved parmesan cheese.

NUTRITIONAL INFORMATION

Calories 375

Fat 6g

Protein 27g

Sugars 6.6g

Carbohydrates: 52g

Tex-Mex Slow Cooker Creamy Chicken

My Latina Table



8 servings



4 hrs 15 mins

INGREDIENTS

3 Chicken Breasts

1 Can Organic Black Beans Drained

1 Can Organic Yellow Corn Drained

1 Can Organic Diced Tomatoes Drained

1 Package Cream Cheese 8 oz

2 Cups Organic Chicken Bone Broth

1/2 Yellow Onion Diced

3 Cloves Garlic Minced

1 Tbsp Butter

1 Red Pepper Diced

1 Tbsp Paprika

1 Tbsp Pure Ground Black Pepper

1 Tbsp Garlic Powder

1 Tbsp Ground Cumin

1 Tsp Salt



INSTRUCTIONS

1. Add the butter to a small frying pan over medium heat with the onion, red pepper, and garlic and sauté.
2. Add everything to the slow cooker, starting with the chicken (including the onion, pepper, and garlic from the first step) and cook on high for 4 hours.
3. After 4 hours, shred the chicken and mix everything together.
4. Serve with rice or in a bowl.

NUTRITIONAL INFORMATION

Calories 302

Fat 11g

Protein 28g

Sugars 6g

Carbohydrates: 25g

Perfect Slow Cooker Ratatouille

WholeFood Bellies



4 servings



3 hrs 15 mins

INGREDIENTS

- 2 large russet potatoes
- 1 medium sweet potato
- 2 red bell peppers
- 1 red onion
- 1 large green zucchini
- 1 large yellow squash
- 3 cups marinara (for a homemade version see notes)
- 5 cloves garlic, minced
- ½ cup parmigiano regiano
- ½ cup basil leaves, chiffonaded
- salt and pepper, to taste



INSTRUCTIONS

1. Slice the potatoes, sweet potato, red bell peppers, and red onion into thin rounds (about ⅛ inch). Slice the zucchini and squash into slightly thicker rounds (about ½ inch).
2. Pour one cup of the pasta sauce into the bottom of your slow cooker, then overlap the veggies in a circular pattern around the edges (i.e. potato, followed by sweet potato, followed by zucchini, bell peppers and onion, and repeat) until you've used them all.
3. After each row add a dash of salt, pepper, and a bit of the minced garlic. Then layer more veg on top.
4. Pour the rest of the sauce on top and set the slow cooker on high for 3 hours.
5. To serve, garnish with some fresh basil and parmigiana region. Leftovers will keep for about 3 days in the fridge.

NUTRITIONAL INFORMATION

Calories 329

Fat 6.1g

Protein 11.8g

Sugars 18.4g

Carbohydrates: 59.9g

Crock Pot Fire Roasted Tomato Shrimp Tacos

Cotter Crunch



5 servings



2 hours 5 mins

INGREDIENTS

- 1 lb medium shrimp, peeled and tails off (fresh or frozen then thawed) (see notes below for fresh shrimp)
- 1 tbsp olive oil (or avocado oil)
- 1/2 cup chopped onion
- 14.5 oz can fire roasted stewed tomatoes (diced work best)
- 1/2 cup chunky salsa
- 1 bell pepper, chopped (about 1/2 to 2/3 cup)
- dash of sea salt and black pepper
- 1/2 tsp cumin
- 1/2 tsp chili powder or ancho chili powder
- 1/4 tsp paprika or cayenne pepper
- 1 tsp minced garlic
- 3-4 tbsp chopped cilantro (2 -3 tbsp for plating)
- Optional toppings – extra chopped green onion, sour cream, avocado, jalapeno pepper, etc.
- Tortillas to serve (gluten free corn, paleo tortillas or gluten free flour tortillas)



INSTRUCTIONS

1. First make sure your shrimp are peeled and tails off. If you are using frozen shrimp, quickly thaw in water for 10 minutes, then peel.
2. Layer your raw shrimp at the bottom of pot. Drizzle with 1 tbsp olive oil. Then mix in your chopped onion.
3. Drain your canned fire roasted tomatoes and then pour it over the shrimp. Stir together.
4. Add your bell pepper and the rest of your ingredients, including your seasonings and cilantro. Stir all together.
5. Place slow cooker (crock pot) low for 2-3 hrs. Or high for 90 minutes to 2 hours.
6. Check on shrimp around 1 hour of cooking on high. If they look almost done, place on medium for another 30 minutes to hour. They should be seasoned nicely and pink, similar to that of steamed shrimp.
7. Serve with gluten free corn or paleo tortillas, chopped cabbage/salad, rice, or avocado!
8. Top with extra cilantro and jalapeno and gluten free flour tortillas

NUTRITIONAL INFORMATION

Calories 115

Fat 2.55g

Protein 14g

Sugars 2.5g

Carbohydrates: 5g

Air Fryer



Air Fryer Potato Pancakes



Air-Fried Breakfast Bombs



Air Fryer Chicken Wings



Air Fryer Buffalo Chicken
Zucchini Skins



Air Fryer Turkey Eggplant Parmesan



Air Fryer Kale Chips

Air Fryer French Toast

Feel Good Foodie



4 servings



10 minutes

INGREDIENTS

3 large eggs

½ cup milk

1 teaspoon vanilla extract

½ teaspoon cinnamon

Pinch salt

8 slices brioche bread



INSTRUCTIONS

1. Preheat the air fryer 375°F and line the air fryer with parchment paper if needed.
2. In a large shallow bowl, whisk together the eggs, milk, vanilla, cinnamon and a pinch of salt.
3. Dip each piece of bread into the egg mixture and then flip it over to coat both sides. Place the french toast sticks in the air fryer and repeat with as many pieces as will fit in the air fryer at once, about 8-12 pieces.
4. Cook for 5-6 minutes, or until the french toast is golden brown and puffed.
5. Serve the french toast sticks warm with maple syrup and powdered sugar, if desired

NUTRITIONAL INFORMATION

Calories 374

Fat 10g

Protein 15g

Sugars 4g

Carbohydrates: 53g

Air Fryer Sweet Potato & Bacon Hash

Rachel Cooks



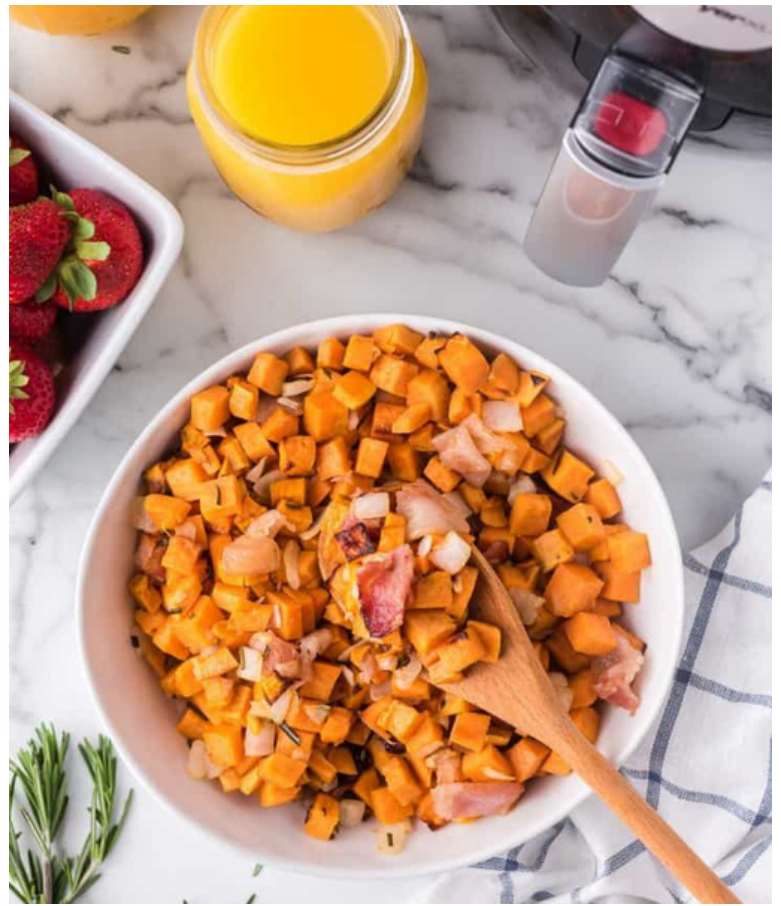
4 servings



20 minutes

INGREDIENTS

- 4 strips of bacon, diced
- 2 tablespoon dark brown sugar
- 2 sweet potatoes, cut into 1/2-inch cubes (approximately 3 cups)
- 1/2 cup diced yellow onion
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried rosemary)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarse ground black pepper



INSTRUCTIONS

1. Preheat air fryer to 400°F.
2. In a small bowl, sprinkle diced bacon with brown sugar, mix to coat, and set aside.
3. In a larger mixing bowl, combine diced sweet potatoes, onion, olive oil, rosemary, salt, and pepper. Stir until potatoes are well coated.
4. Add mixture to preheated air fryer and cook for 8 minutes.
5. Open basket, stir mixture, and add brown sugar-coated bacon to the hash (just sprinkle it on top). Return to the air fryer and cook for 6 minutes.
6. Stir again and cook for an additional 6 to 7 minutes, or until the potatoes are lightly crispy on the outside and soft on the inside, and the bacon is crispy and cooked all the way through.

NUTRITIONAL INFORMATION

Calories 199

Fat 11g

Protein 5g

Sugars 10g

Carbohydrates: 20g

Air Fryer Ham & Egg Pockets

Taste of Home



2 servings



25 minutes

INGREDIENTS

- 1 large egg
- 2 teaspoons 2% milk
- 2 teaspoons butter
- 1 ounce thinly sliced deli ham, chopped
- 2 tablespoons shredded cheddar cheese
- 1 tube (4 ounces) refrigerated crescent rolls



INSTRUCTIONS

1. Preheat air fryer to 300°. In a small bowl, combine egg and milk. In a small skillet, heat butter until hot. Add egg mixture; cook and stir over medium heat until eggs are completely set. Remove from the heat. Fold in ham and cheese.
2. Separate crescent dough into 2 rectangles. Seal perforations; spoon half the filling down the center of each rectangle. Fold dough over filling; pinch to seal. Place in a single layer on greased tray in air-fryer basket. Cook until golden brown, 8-10 minutes.

NUTRITIONAL INFORMATION

Calories 326

Fat 20g

Protein 12g

Sugars 6g

Carbohydrates: 25g

Air Fryer Potato Pancakes

Temecula Blog



6 servings



20 minutes

INGREDIENTS

2 c mashed potatoes

1 c cheddar cheese

2 green onions diced

1 egg

1/2 c all purpose flour

1 pinch salt and pepper to taste



INSTRUCTIONS

1. In a bowl mix all ingredients together. Preheat air fryer to 380 degrees F for 5 minutes. Lay a small piece of non stick aluminum foil in your air fryer basket, or spray foil with olive oil spray.
2. Make patties that use about 1/4 c. of your mixture. Lay on foil without overlapping patties.
3. Cook for 8 minutes, then flip patties over and cook an additional 5-8 minutes or until the outsides are as crispy as you'd like.
4. Top with sour cream, salt and pepper and diced chives.

NUTRITIONAL INFORMATION

Calories 196

Fat 7g

Protein 8g

Sugars 1g

Carbohydrates: 25g

Air-Fried Breakfast Bombs

Two Peas & Their Pod

 2 servings  25 minutes

INGREDIENTS

- 3 center-cut bacon slices
- 3 large eggs, lightly beaten
- 1 ounce 1/3-less-fat cream cheese, softened
- 1 tablespoon chopped fresh chives
- 4 ounces fresh prepared whole-wheat pizza dough
- Cooking spray



INSTRUCTIONS

1. Cook bacon in a medium skillet over medium until very crisp, about 10 minutes. Remove bacon from pan; crumble. Add eggs to bacon drippings in pan; cook, stirring often, until almost set but still loose, about 1 minute. Transfer eggs to a bowl; stir in cream cheese, chives, and crumbled bacon.
2. Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 5-inch circle. Place one-fourth of egg mixture in center of each dough circle. Brush outside edge of dough with water; wrap dough around egg mixture to form a purse, pinching together dough at the seams.
3. Place dough purses in single layer in air fryer basket; coat well with cooking spray. Cook at 350°F until golden brown, 5 to 6 minutes, checking after 4 minutes.

NUTRITIONAL INFORMATION

Calories 305

Fat 15g

Protein 19g

Sugars 1g

Carbohydrates: 26g

Air Fryer Chicken Wings

Feel Good Foodie



2 servings



23 minutes

INGREDIENTS

Nonstick cooking spray for air fryer basket

1 pound chicken wings split into flats and drumettes

1 tablespoon olive oil

½ teaspoon paprika

½ teaspoon garlic powder

Salt and pepper to taste

Chopped parsley for serving

Ranch dressing for serving



INSTRUCTIONS

1. Preheat the air fryer to 380°F. When heated, spray the basket with cooking spray.
2. Pat the chicken wings dry. Then transfer them to a large bowl. Toss the wings with olive oil, paprika and garlic powder; then season with salt and pepper.
3. Place the chicken wings in the air fryer so they are not touching. Cook for 10 minutes, then increase the temperature to 400°F, and cook until crisp and golden, about 6-8 more minutes.
4. Garnish the chicken wings with parsley, and serve with ranch dressing on the side, if desired

NUTRITIONAL INFORMATION

Calories 433

Fat 36g

Protein 23g

Sugars 1g

Carbohydrates: 3g

Air Fryer Falafel

Skinny Taste



4 servings



2 hrs 24mins

INGREDIENTS

- 1 (15.5 ounce can) chickpeas, rinsed and drained
- 1 small yellow onion, quartered
- 3 cloves garlic, roughly chopped
- 1/3 cup roughly chopped parsley
- 1/3 cup roughly chopped cilantro
- 1/3 cup chopped scallions
- 1 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/8 teaspoon crushed red pepper flakes
- 1 teaspoon baking powder
- 4 tablespoons all purpose flour, plus more for dusting
- olive oil spray

Optional for serving:

- hummus, sliced tomatoes, sliced cucumber, thinly sliced red onion, pita, tahini, etc



INSTRUCTIONS

1. Dry the chickpeas on paper towels.
2. Place the onions and garlic in the bowl of a food processor fitted with a steel blade. Add the parsley, scallions, cilantro, cumin, salt, and red pepper flakes.
3. Process until blended 30 to 60 seconds, then add the chickpeas and pulse 2 to 3 times until just blended, but not pureed.
4. Sprinkle in the baking powder and the flour, scrape the sides of the bowl down with a spatula and pulse 2 to 3 times.
5. Transfer to a bowl and refrigerate, covered, 2 to 3 hours.
6. Form the falafel mixture into 12 balls, if it's too sticky add some flour to your hands and your work surface.
7. Preheat the air fryer 350F.
8. Spray the falafel with oil. Cook 14 minutes, in batches until golden brown, turning halfway.

NUTRITIONAL INFORMATION

Calories 134

Fat 2g

Protein 6g

Sugars 1g

Carbohydrates: 24g

Air Fryer Chick-Fil-A Crispy Chicken Sandwich

Mealthy



4 servings



20 minutes

INGREDIENTS

2 boneless, skinless chicken breasts, halved and pounded

1/2 cup pickle juice

1/2 cup milk

2 eggs

1 cup all purpose flour

1 tablespoon powdered sugar

1 teaspoon paprika

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon garlic powder

cooking oil spray

4 hamburger buns, toasted

8 pickle slices



INSTRUCTIONS

1. Place chicken in a large bowl and pour in pickle juice. Cover and refrigerate for 30 minutes.
2. Preheat air fryer to 340°F (170°C).
3. Whisk milk and eggs together in a bowl until well combined.
4. Mix flour, powdered sugar, paprika, salt, pepper, and garlic powder together in a separate bowl.
5. Remove chicken from pickle juice and discard pickle juice.
6. Coat chicken in egg mixture and then dip into flour mixture, ensuring chicken is completely coated. Shake off excess flour.
7. Spray air fryer basket or rack (depending on model) with cooking oil.
8. Place chicken side-by-side inside air fryer basket or rack, working in batches if needed, and lightly mist chicken with cooking spray oil.
9. Cook chicken in the air fryer for 6 minutes. Flip chicken, lightly mist with additional cooking oil spray, and cook for 6 minutes more.
10. Increase temperature of air fryer to 400°F (200°C) degrees and continue cooking until chicken is no longer pink in the center and is crispy on the outside, about 4 minutes more on each side.
11. Carefully remove chicken from air fryer and serve on toasted buns with 2 pickle slices on each sandwich.

NUTRITIONAL INFORMATION

Calories 495

Fat 14g

Protein 36g

Sugars 13g

Carbohydrates: 58.8g

Air Fryer Buffalo Chicken Zucchini Skins

Eating Bird Food



8 servings



25 minutes

INGREDIENTS

2 large zucchini, about 9 ounces each

olive oil spray

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon paprika

Buffalo Chicken Stuffing:

- 7 ounce shredded skinless chicken breasts, from rotisserie chicken or make in slow cooker
- 1 ounces 1/3 less fat cream cheese, softened
- 1/4 cup Franks hot sauce, plus more for drizzling on top
- 4 teaspoons crumbled blue cheese or gorgonzola
- 1/4 cup light Blue Cheese or Ranch Dressing
- 2 tablespoons chopped scallions



INSTRUCTIONS

1. Combine the cream cheese and hot sauce together in a medium bowl until smooth. Add the chicken.
2. Cut zucchini in half lengthwise; then cut in half to give you 8 pieces. Scoop out the pulp on each piece, leaving a 1/4-inch shell on all sides (save pulp for another use).
3. Place zucchini skins on a work surface. Spray both sides with olive oil then season both sides with salt, then cut side with garlic powder and paprika.
4. Cook 350F in batches for 8 minutes, until tender-crisp. Place 3-4 tablespoons buffalo chicken inside each skin and top with 1/2 teaspoon cheese, dividing equally. Cook until cheese is melted, about 2 minutes longer. Serve right away each drizzled with 1/2 tablespoon blue cheese dressing topped with scallions for garnish. Serve hot.

NUTRITIONAL INFORMATION

Calories 80

Fat 3g

Protein 9.5g

Sugars 2g

Carbohydrates: 3.5g

Easy Air Fryer Turkey Meatballs

A Peachy Plate



24 servings



20 minutes

INGREDIENTS

1 pound 93/7 ground turkey meat (93% turkey, 7% fat)

½ cup panko crumbs

¼ cup freshly grated parmesan

1 egg

½ tablespoon tamari or soy sauce

½ teaspoon salt

¼ teaspoon ground pepper

½ teaspoon oregano

½ teaspoon dried basil

½ teaspoon garlic powder



INSTRUCTIONS

1. Preheat air fryer at 400 degrees Fahrenheit
2. In a bowl, combine all ingredients and mix well.
3. Form meatballs into 1 inch round balls.
4. Add meatballs to the basket in a single layer, about ½ inches apart.
5. Air Fry for 8 to 9 minutes.

NUTRITIONAL INFORMATION

Calories 62

Fat 3g

Protein 7g

Sugars 1g

Carbohydrates: 2g

Air Fryer Cajun Shrimp Dinner

Skinny Taste



4 servings



30 minutes

INGREDIENTS

1 tablespoon Cajun or Creole seasoning

24 (1 pound) cleaned and peeled extra jumbo shrimp

6 ounces fully cooked Turkey/Chicken Andouille sausage or kielbasa, sliced

1 medium zucchini, 8 ounces, sliced into 1/4-inch thick half moons

1 medium yellow squash, 8 ounces, sliced into 1/4-inch thick half moons

1 large red bell pepper, seeded and cut into thin 1-inch pieces

1/4 teaspoon kosher salt

2 tablespoons olive oil



INSTRUCTIONS

1. In a large bowl, combine the Cajun seasoning and shrimp, toss to coat.
2. Add the sausage, zucchini, squash, bell peppers, and salt and toss with the oil.
3. Preheat the air fryer 400F.
4. In 2 batches (for smaller baskets), transfer the shrimp and vegetables to the air fryer basket and cook 8 minutes, shaking the basket 2 to 3 times.
5. Set aside, repeat with remaining shrimp and veggies.
6. Once both batches are cooked, return the first batch to the air fryer and cook 1 minute.

NUTRITIONAL INFORMATION

Calories 284

Fat 14g

Protein 31g

Sugars 3g

Carbohydrates: 8g

Air Fryer Taquitos

Spend with Pennies



8 servings



30 minutes

INGREDIENTS

2 cups cooked chicken or pork or beef, shredded

1 tablespoon taco seasoning

4 ounces cream cheese

1 tablespoon jalapenos finely diced

1 green onion sliced, green and whites divided

1 cup Tex Mex cheese shredded

8 corn tortillas 6 inches each

cooking spray



INSTRUCTIONS

1. Combine chicken, taco seasoning and 3 tablespoons water.
Simmer 5 minutes or until water is evaporated.
2. Add cream cheese, jalapenos, and the whites of the green onion.
Cook until melted and creamy.
3. Place tortillas on a plate, top with a damp paper towel and
microwave 40 seconds or until warm.
4. Divide filling over tortillas and top with 2 tablespoons cheese.
Roll tightly and secure with a toothpick.
5. Preheat air fryer to 400°F.
6. Spray taquitos with cooking spray or brush with oil. Place in a
single layer and cook about 6-8 minutes or until crisp.
7. Cool 2 minutes before serving. Garnish with remaining green
onions and toppings as desired.

NUTRITIONAL INFORMATION

Calories 217

Fat 11 g

Protein 17g

Sugars 1g

Carbohydrates: 13g

Air Fryer Honey Garlic Salmon

The Cooking Jar



2 servings



15 minutes

INGREDIENTS

2 salmon fillets (5–8 oz. each)

2 tablespoons honey

1 1/2 tablespoons low sodium soy sauce

1/4 teaspoon garlic powder/1 teaspoon fresh garlic,
minced

Optional Garnishes:

- Black/white sesame seeds
- Green onions, sliced



INSTRUCTIONS

1. Combine honey, soy sauce and garlic powder and stir to mix.
Divide the sauce in half.
2. Marinate the salmon fillet with half the sauce in the fridge for 30 minutes.
3. Preheat the air fryer to 400°F and place the salmon fillets in the air fryer. Baste the remaining marinade onto the salmon fillets.
4. Air fry for 7-8 minutes, depending on the thickness of the salmon.
5. Dish and serve hot drizzled with the other half of the sauce

NUTRITIONAL INFORMATION

Calories 255

Fat 6.3g

Protein 30.1g

Sugars 17.9g

Carbohydrates: 19.2g

Air Fryer Eggplant Parmesan

Pinch Me Good



10 servings



20 minutes

INGREDIENTS

- 1 medium eggplant
- 2 cups Italian breadcrumbs
- 1/4 cup shredded parmesan cheese + more for topping
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 large eggs
- 1 cup tomato sauce
- 1 cup shredded mozzarella cheese
- Freshly chopped basil (optional for topping)



INSTRUCTIONS

1. Slice the ends off of the eggplant using a sharp knife, about 1/4 inch from the stem. Then slice the eggplant into 1/2 -inch thick rounds and place the eggplant onto a small baking sheet or plate. Pro tip: you can also place the sliced eggplant onto a paper towel to let it dry a bit after slicing it if it looks wet.
2. Make the breadcrumb mixture – Combine the breadcrumbs + parmesan cheese + garlic powder + dried parsley + salt & pepper into a medium-size mixing bowl and mix to combine into a breadcrumb mixture.
3. Preheat the air-fryer to 390 degrees (this usually takes 5 minutes). While the air-fryer is preheating you can dredge the eggplant.
4. Setup a dredging station: crack the eggs into a medium size bowl, season with salt & pepper and whisk well to combine. Then setup the breadcrumb mixture + the egg mixture+the sliced eggplant next to each other and dredge each piece of eggplant in the egg, then the breadcrumb mixture, pressing the breadcrumbs into the eggplant as you dredge them. Then place the breaded eggplant slices back onto the baking sheet. Continue until you have breaded all of the eggplant.
5. Once the air-fryer is preheated, spray the basket with olive oil cooking spray and place the eggplant pieces into the air-fryer, spray each with cooking spray. Close the basket and cook for 8 minutes, flipping each piece over and spraying the other side with cooking spray halfway through the cooking time.
6. Once they are done and super crispy, top each with some of the tomato sauce, then some shredded mozzarella cheese. Close the air-fryer and cook for 2-3 more minutes to melt the cheese.
7. Remove, top with freshly chopped basil and enjoy.

NUTRITIONAL INFORMATION

Calories 178

Fat 4.1g

Protein 12.1g

Sugars 3.8g

Carbohydrates: 23g

Air Fryer Turkey Stuffed Peppers

Eating Well



3 servings



30 minutes

INGREDIENTS

3 medium red bell peppers

1 tablespoon olive oil

12 ounces ground turkey

½ cup cooked brown rice

¼ cup panko breadcrumbs

¾ cup low-sodium marinara sauce

3 tablespoons finely chopped flat-leaf parsley

¼ teaspoon ground pepper

¼ cup grated Parmesan cheese (1 oz.)

¼ cup shredded part-skim mozzarella cheese (1 oz.)



INSTRUCTIONS

1. Coat the basket of an air fryer with cooking spray. Cut tops off peppers and reserve. Seed the peppers and set aside.
2. Heat oil in a large skillet over medium-high heat. Add turkey; cook, stirring occasionally, until browned, about 4 minutes. Stir in rice and panko; cook, stirring occasionally, until warmed through, about 1 minute. Remove from heat and stir in marinara, parsley, pepper and Parmesan. Divide the mixture evenly among the prepared peppers.
3. Place the peppers in the prepared air-fryer basket. Nestle the pepper tops in the bottom of the basket. Cook at 350 degrees F until the peppers are tender, about 8 minutes. Top with mozzarella; cook until the cheese is melted, about 2 minutes more.

NUTRITIONAL INFORMATION

Calories 407

Fat 20.6g

Protein 29.3

Sugars 7.3g

Carbohydrates: 25.6g

Air Fryer Parmesan Dill Fried Pickle Chips

The Creative Bite

 4 servings  30 minutes

INGREDIENTS

32 oz. jar whole large dill pickles

2 eggs

2/3 c. panko bread crumbs

1/3 c. grated Parmesan

1/4 tsp. dried dill weed



INSTRUCTIONS

1. Slice the large pickles diagonally into 1/4" thick slices. Place between layers of paper towels and pat dry.
2. In a shallow bowl, beat the eggs until smooth. In a resealable bag, add the Panko bread crumbs, Parmesan and dill weed and shake until well combined.
3. In batches of 4-5 pieces, dip the pickle slices into the egg mixture, being sure to remove any excess egg and then toss in the Panko mixture.
4. Add half of the coated pickle chips into the Airfryer and bake for 8-10 minutes on the highest temperature. Remove from the Airfryer and add the remaining pickle chips and bake for 8-10 minutes. Serve immediately with zesty ranch for dipping.

NUTRITIONAL INFORMATION

Calories 143

Fat 6g

Protein 8g

Sugars 2g

Carbohydrates: 15g

Air Fryer Sweet Potato Fries

The Gracious Pantry



2 servings



20 minutes

INGREDIENTS

2 small sweet potatoes (peeled - Approximately 2 cups when cut)

2 tbsp. olive oil

½ tsp. garlic powder

¼ tsp. salt



INSTRUCTIONS

1. Cut your potatoes into fries. I like to make mine thin with a 1/4 inch cut, but you can cut them any thickness you like.
2. Place them in a food-safe plastic bag with the remaining ingredients and toss to coat the fries.
3. Pour the fries into the basket of your air fryer, making sure to level them as much as possible.
4. Cook to your air fryers directions. On mine, I cooked at 350 F. for about 7 minutes.
5. If your fries are thicker, you'll want to stir them at the 7 minute mark and then put them in for another 7 minutes.
6. Repeat until your fries are fully cooked to your liking.
7. If desired, sprinkle with a little extra salt when serving.

NUTRITIONAL INFORMATION

Calories 249

Fat 14g

Protein 2g

Sugars 5g

Carbohydrates: 27g

Air Fryer Spicy Kale Chips

Healthy Substitute



4 servings



20 minutes

INGREDIENTS

½ pound kale, washed and dried

1 tsp homemade or store-bought Cajun seasoning

2 tbsp olive oil



INSTRUCTIONS

1. Remove and discard the hard rib from the center of each leaf.
2. Tear the leaves into small bite size pieces.
3. In a bowl place the kale, olive oil and Cajun seasoning and toss to coat.
4. Preheat the air fryer to 200°F for 5 minutes.
5. Add the kale into the air fryer.
6. Cook for 15-20 minutes or until leaves are crisp.
7. Cool completely before serving.

NUTRITIONAL INFORMATION

Calories 88

Fat 7.5g

Protein 2.4g

Sugars 1.3g

Carbohydrates: 5g

Air Fryer Garlic Butter Hassel

The Recipe Critic



4 servings



20 minutes

INGREDIENTS

4-5 small size russet potatoes

salt and pepper to taste

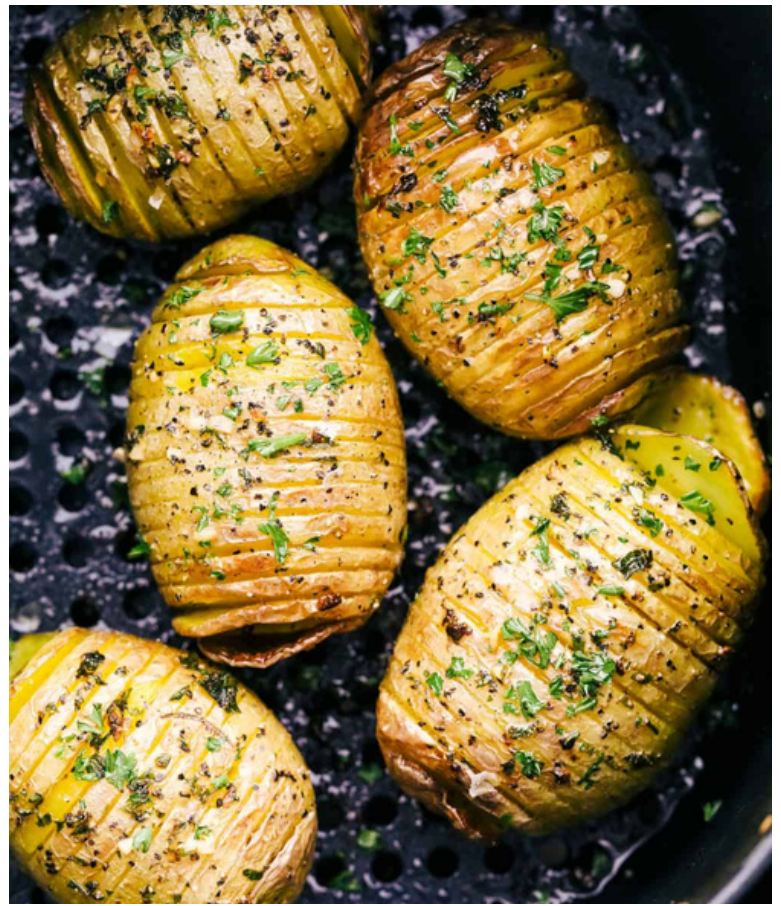
1/2 cup butter melted

1 teaspoon fresh parsley finely chopped

1 teaspoon fresh thyme finely chopped

1 teaspoon fresh rosemary finely chopped

3 cloves garlic minced



INSTRUCTIONS

1. Wash and scrub the potatoes. Slice the potatoes thinly leaving a half an inch base at the bottom.
2. Salt and pepper the potatoes.
3. In a small bowl combine melted butter, parsley, thyme, rosemary and garlic.
4. Place the potatoes in the bottom of your air fryer basket. Brush the garlic herb butter along the tops of the potatoes.
- 5.
6. Cook at 360 degrees for 15-20 minutes or until tender.

NUTRITIONAL INFORMATION

Calories 384

Fat 23g

Protein 4g

Sugars 1g

Carbohydrates: 31g

Air Fryer Garlic-Rosemary Brussel Sprouts

Taste of Home



4 servings



30 minutes

INGREDIENTS

3 tablespoons olive oil

2 garlic cloves, minced

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound Brussels sprouts, trimmed and halved

1/2 cup panko bread crumbs

1-1/2 teaspoons minced fresh rosemary



INSTRUCTIONS

1. Preheat air fryer to 350°. Place first 4 ingredients in a small microwave-safe bowl; microwave on high 30 seconds.
2. Toss Brussels sprouts with 2 tablespoons oil mixture. Place Brussels sprouts on tray in air-fryer basket; cook 4-5 minutes. Stir sprouts. Cook until sprouts are lightly browned and near desired tenderness, about 8 minutes longer, stirring halfway through cooking time.
3. Toss bread crumbs with rosemary and remaining oil mixture; sprinkle over sprouts. Continue cooking until crumbs are browned and sprouts are tender, 3-5 minutes. Serve immediately.

NUTRITIONAL INFORMATION

Calories 164

Fat 11g

Protein 5g

Sugars 3g

Carbohydrates: 15g

Plant Based



Southwest Tofu Scramble



Spicy Buffalo Chickpea Wrap



Green Goddess Humus Sandwich



Balsamic Portobello Burgers with Caramelized Onions & Garlic Aioli



Rainbow Vegetable Edamame Bowls with Teriyaki Sauce



Mexican Street Corn Salad with Chipotle Crema

Vegetarian Black Bean Omelet

ETNT



4 servings



15 minutes

INGREDIENTS

1 can (14-16oz) black beans, drained

Juice of 1 lime

¼ tsp cumin

Hot sauce

8 eggs

Salt and black pepper to taste

½ cup feta cheese, plus more for serving

Pico de Gallo or bottled salsa

Sliced avocado (optional)



INSTRUCTIONS

1. Pulse the black beans, lime juice, cumin, and a few shakes of hot sauce in a food processor until it has the consistency of refried beans, adding a bit of water to help if necessary.
2. Coat a small nonstick pan with nonstick cooking spray or a bit of butter or olive oil and heat over medium heat.
3. Crack two eggs into a bowl and beat with a bit of salt and pepper.
4. Add the eggs to the pan, then use a spatula to stir and then lift the cooked egg on the bottom to allow raw egg to slide under.
5. When the eggs have all but set, spoon a quarter of the black bean mixture and 2 tablespoons feta down the middle of the omelet.
6. Use the spatula to fold over a third of the egg to cover the mixture in the center, then carefully slide the omelet onto a plate, using the spatula flip it over at the last second to form one fully rolled omelet.
7. Repeat with the remaining ingredients to make four omelets. Garnish with pico de gallo, avocado slices if you like, and bit more crumbled feta.

NUTRITIONAL INFORMATION

Calories 330

Fat 8g

Zucchini Mini Muffins

EatingWell



12 servings



1 hour

INGREDIENTS

- ¾ cup all-purpose flour
- ¾ cup white whole-wheat flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- ¾ cup sugar
- ¼ cup canola oil or unsalted butter, melted
- 1 ½ teaspoons vanilla extract
- 2 cups shredded and coarsely chopped zucchini
- ½ cup mini chocolate chips



INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat a 24-cup mini muffin tin with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a large bowl. Whisk eggs, sugar, oil (or butter) and vanilla in a medium bowl. Stir in zucchini and chocolate chips. Add the wet ingredients to the flour mixture and stir until just combined. Transfer the batter to the prepared muffin tin. Bake until a toothpick inserted into the center of a muffin comes out clean, about 10 minutes. Let cool in the pan for 5 minutes, then turn out onto a rack to cool completely.

NUTRITIONAL INFORMATION

Calories 196

Fat 7.8g

Protein 3.4g

Sugars 17.1g

Carbohydrates: 29.6g

Overnight Oats

Modern Proper

 3 servings  12 hrs

INGREDIENTS

Peaches & Cream

- 3/4 cup rolled oats
- 1 cup coconut milk
- 1 tbsp vanilla protein powder
- 1/2 cup fresh peaches cubed, plus extra for topping
- pinch of salt

Creamy Coconut Berry

- 3/4 cup oats
- 3/4 cup coconut milk
- 1/4 cup shredded coconut
- 1 tsp vanilla extract
- 2 tbsp berry jam
- pinch of sea salt
- 1/4 cup fresh berries for topping



INSTRUCTIONS

1. Simply combine all ingredients in an airtight jar. Tighten the lid and shake until combined. Place in the refrigerator overnight and enjoy in the morning topped with fresh fruits and/or nuts!

NUTRITIONAL INFORMATION

Calories 270

Fat 8g

Protein 7g

Sugars 7g

Carbohydrates: 40g

Southwest Tofu Scramble

Minimalist Baker



2 servings



30 minutes

INGREDIENTS

8 ounces extra-firm tofu

1-2 Tbsp olive oil

1/4 red onion (thinly sliced)

1/2 red pepper (thinly sliced)

2 cups kale (loosely chopped)

SAUCE

- 1/2 tsp sea salt (reduce amount for less salty sauce)
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- Water (to thin)
- 1/4 tsp turmeric (optional)

FOR SERVING (optional)

- Salsa
- Cilantro
- Hot Sauce
- Breakfast potatoes, toast, and/or fruit



INSTRUCTIONS

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.
4. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Serve immediately with the breakfast potatoes, toast, or fruit. I like to add more flavor with salsa, hot sauce, and/or fresh cilantro. Alternatively, freeze for up to 1 month and reheat on the stovetop or in the microwave.

NUTRITIONAL INFORMATION

Calories 212

Fat 15.1g

Protein 16.4g

Sugars 3.3g

Carbohydrates: 7.1g

1-Bowl Chocolate Chip Banana Bread Waffles

Minimalist Baker



3 servings



30 minutes

INGREDIENTS

- 1 Tbsp flaxseed meal (to make flax egg)
- 2 ½ Tbsp water (to make flax egg)
- 2 medium-size ripe bananas
- 2 ½ tsp baking powder
- 1 ½ Tbsp neutral oil (such as avocado oil or melted vegan butter)
- 1 cup dairy-free milk
- ¼ tsp sea salt
- ¼ cup rolled oats (gluten-free when necessary)
- 1 cup gluten-free flour blend (or sub spelt or unbleached all-purpose // plus more as needed)
- ¼ cup dairy-free dark or semisweet chocolate chips



INSTRUCTIONS

1. To prepare flax egg, combine flaxseed meal and water in a medium (to large) mixing bowl, stir, and allow to sit for a few minutes to thicken.
2. Once thickened, add peeled bananas and baking powder to the flax egg and mash well with a fork until only small chunks remain. Add in oil and whisk to combine. Then add dairy-free milk and stir to combine.
3. Next add salt and oats and stir again. Then add gluten-free flour and stir until just combined. Finally, add in chocolate chips and stir once more.
4. The batter should be cake-like in texture — slightly thick but pourable (not runny). When you dip a mixing spoon into it, it should leave soft peaks. If too thin, add more gluten-free flour and stir. If too thick, thin with a little dairy-free milk and stir. (We usually add a bit of gluten-free flour at this point.)
5. Let batter rest 5 minutes while preheating waffle iron. Once iron is ready, spray with cooking spray or lightly brush with oil (not necessary if your waffle iron is non-stick like ours).
6. Add 1 scant cup of batter to the waffle iron (adjust based on size of waffle iron) and cook according to manufacturer instructions (ours took about 5 minutes to cook through and get a slight crisp on the outside).
7. Remove from waffle iron with a fork and set aside on a cooling rack or serving plate. You can place in a 200-degree F (93 C) oven to keep warm while continuing to cook the rest of the batter. Be sure not to stack the waffles to prevent them from getting soggy.
8. To serve, we suggest topping with a few more chocolate chips, vegan butter or nut butter, and/or maple syrup (optional).
9. Cool leftovers before storing. Will keep in the refrigerator up to 3 days, but are best stored in a single layer in the freezer (in a freezer-safe storage bag or container) up to 1 month. Reheat in a hot oven or toaster oven (~350 F / 176 C) until crisp and warm.

NUTRITIONAL INFORMATION

Calories 454

Fat 17.7g


Protein 6.6g


Sugars 16.6g

Carbohydrates: 75.2g

Orecchiette Pasta with Broccoli Sauce

Feasting At Home

 4 servings

 30 minutes

INGREDIENTS

12 ounces broccoli florets- cut or broken into very small florets about equal size

8 ounces short pasta

3 tablespoons olive oil

1 fat shallot, diced

6 garlic cloves- rough chopped

generous pinch chili flakes

generous pinch salt and pepper, more to taste

1 teaspoon miso paste (or sub 1-2 mashed anchovies)

2 cups veggie broth or chicken broth

1-2 teaspoons lemon zest

Garnish: grated parmesan or pecorino cheese, lemon zest, truffle oil, fresh basil ribbons, toasted pine nuts, toasted bread crumbs, truffle oil or kalamata olives- all optional.



INSTRUCTIONS

1. Steam small broccoli florets until very tender (easily pierced with a fork) and set aside.
2. Cook the pasta in 8 cups water with 1 tablespoon salt (measure), Save a cup of hot pasta water when you drain.
3. In a large pan, saute the shallot and garlic and chili flakes in the olive oil, over medium heat until fragrant and golden, about 3 minutes. Stir in the miso paste (or anchovy), then add steamed broccoli, salt, pepper and the broth.
4. Bring to a gentle simmer and start breaking apart the broccoli with a metal spatula into tiny pieces. As it cooks it will get easier to break apart. You want the broccoli to basically melt down into a "sauce". Continue simmering gently on low heat until half of the liquid evaporates and it becomes the consistency of a thick sauce, about 10-15 minutes.
5. If it seems watery and separated, just keep cooking it down. It won't be smooth- but just broken down and very very tender.
6. Add the pasta. Toss well. Add more hot pasta water to keep it "saucy." Add the lemon zest.
7. Taste for salt, adjust, adding more along with pepper, chili flakes. If you want more richness add another splash of olive oil (or pat of butter- my husband loves this). Stir in some optional pecorino.
8. Divide among pasta bowls and top with any of the garnishes you like. Grated Parmesan or pecorino adds depth, basil ribbons add flavor, and a drizzle of truffle oil elevates. Enjoy!

NUTRITIONAL INFORMATION

Calories 351

Fat 12.7g

Protein 15.6g

Sugars 3.2g

Carbohydrates: 49.2g

Spicy Buffalo Chickpea Wraps

Minimalist Baker



4 servings



30 minutes

INGREDIENTS

Dressing & Salad

- 1/3 cup hummus (or store-bought)
- 1 1/2 – 2 Tbsp maple syrup (plus more to taste)
- 1 small lemon, juiced
- 1-2 Tbsp hot water (to thin)
- 1 head romaine lettuce

Buffalo Chickpeas

- 1 15-ounce can chickpeas (rinsed, drained and dried on a towel)
- 1 Tbsp coconut oil (or sub grape seed or olive oil)
- 4 Tbsp hot sauce
- 1/4 tsp garlic powder
- 1 pinch sea salt

For serving

- 3-4 vegan-friendly flour tortillas, pita, or flatbread
- 1/4 cup red onion, diced (optional)
- 1/4 cup baby tomato, diced (optional)
- 1/4 ripe avocado, thinly sliced (optional)



INSTRUCTIONS

1. Make dressing by adding hummus, maple syrup, and lemon juice to a mixing bowl and whisking to combine. Add hot water until thick but pourable.
2. Taste and adjust flavor as needed, then add romaine lettuce or kale, and toss. Set aside.
3. To make chickpeas, add drained, towel-dried chickpeas to a separate mixing bowl. Add coconut oil, 3 Tbsp hot sauce, garlic powder, and a pinch of salt – toss to combine/coat.
4. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture.
5. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce. Stir to combine. Set aside.
6. To assemble, top each wrap with a generous portion of the dressed romaine salad, and top with 1/4 cup buffalo chickpeas and a sprinkle of diced tomatoes, avocado, and/or onion (optional).
7. Serve immediately. Store leftovers separately in the refrigerator up to 3 days, though best when fresh. You can enjoy the buffalo chickpeas cold, room temperature or heated up.

NUTRITIONAL INFORMATION

Calories 254

Fat 6.7g

Protein 9.1g

Sugars 5.6g

Carbohydrates: 39.4g

Green Goddess Hummus Sandwich

Taste AU

 4 servings  15 minutes

INGREDIENTS

200g Hummus Dip of choice
1/2 tsp finely grated lemon rind
2 tbsp finely chopped chives
2 tbsp finely chopped basil
8 slices Multigrain Sandwich Loaf
4 lettuce leaves
12 g fresh mozzarella, thickly sliced
8 Perino tomatoes, sliced
1 cup (40g) alfalfa sprouts
2 pickled onions, thinly sliced
2 cucumbers, peeled into ribbons



INSTRUCTIONS

1. Combine the hummus, lemon rind, chive and basil in a bowl. Season.
2. Place bread on a clean work surface. Spread with hummus mixture. Top 4 slices of bread with lettuce, mozzarella or bocconcini, tomato, sprouts, onion and cucumber. Season. Top with remaining bread, hummus-side down. Cut in half.

NUTRITIONAL INFORMATION

Calories 415

Fat 20g

Protein 18g

Sugars 7g

Carbohydrates: 36g

Spicy Quinoa Taco Bowl

One ingredient Chef



4 servings



25 minutes

INGREDIENTS

1 1/2 cup uncooked white quinoa

1 avocado

1 cup cherry tomatoes

2 cups black beans

2 cups corn

1/3 cup cilantro

3 green onions

4 small corn tortillas

1/4 cup lime juice

1 teaspoon chili powder

1/2 teaspoon cayenne pepper

1/2 teaspoon cumin

1/2 teaspoon coriander

1/2 teaspoon paprika

1/2 teaspoon salt



INSTRUCTIONS

1. Cook the quinoa. In a large pot, combine 1 part quinoa with 2 parts water. Bring to a boil, turn down the heat, and then allow to simmer until all the water is absorbed (about 20 minutes).
2. Meanwhile, prepare the tortilla strips. You *can* just throw chopped corn tortillas into the bowl, but I find them much better after being toasted. To do this, cut 3-4 corn tortillas into small pieces, and toss in a 375° oven for 8-10 minutes until they just turn slightly crispy.
3. While those things are cooking along nicely, prepare all the fresh ingredients. Dice the avocado. Halve the cherry tomatoes. Slice the green onions. Chop the cilantro. Prepare the corn (frozen works well). Drain the can of beans.
4. Prepare the lime taco seasoning. Basically, this simple taco sauce will coat the quinoa and boost the flavors of this bowl off the charts. To make, combine the juice of about 2 limes (if you run out of limes, feel free to top off with water) along with the listed spices in small bowl and whisk until incorporated.
5. Toss everything together. When the quinoa is perfectly fluffy, remove from the heat, transfer to a large mixing bowl, and gently drizzle in this lime taco seasoning. Then add all other ingredients (including those tortilla pieces) and toss until evenly mixed.

NUTRITIONAL INFORMATION

Calories 480

Fat 10g

Protein 22g

Sugars 4.3g

Carbohydrates: 80g

Vegetarian Chili

Modern Proper



10 servings



15 minutes

INGREDIENTS

2 tbsp olive oil
1 large yellow onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
2 sweet potatoes, peeled and diced into 1-inch pieces, roughly 4 cups
4 garlic cloves, finely diced (roughly 1 1/2 tbsp)
1(15 oz) can black beans, drained, rinsed
1(15 oz) can kidney beans, drained, rinsed
1(15 oz) can pinto beans, drained, rinsed
1(28 oz) can diced tomatoes
1(20 oz) can red enchilada sauce
1/3 cup chili powder
2 ts pcumin
2 bay leaves
2 tsp salt
cilantro
green onions
avocado



INSTRUCTIONS

1. Heat the oil in a large dutch oven or or soup pot. Sauté onions, bell peppers, sweet potatoes until the onions begin to soften, about 4-5 minutes. Add garlic and saute for 2 minutes longer.
2. Add the beans, tomatoes, enchilada sauce, chili powder, cumin, bay leaves and salt, stir to combine. Cover with just enough water to cover beans. (About 1-2 cups.)
3. Bring to a boil. Reduce to a simmer and cook uncovered for 1 hour, stirring often to make sure nothing sticks to the bottom.
4. Serve topped with cilantro, green onions and avocado.

NUTRITIONAL INFORMATION

Calories 228

Fat 5g

Protein 10g

Sugars 8g

Carbohydrates: 38g

Sweet Potato Tacos

Modern Proper



6 servings



25 minutes

INGREDIENTS

2 cups sweet potatoes, peeled and cut into 1/2-inch cubes

from 2 sweet medium potatoes

1 Tbsp extra virgin olive oil

1 Tbsp taco seasoning

1 (15 oz) can black beans, drained and rinsed

3 cups quick slaw (recipe below)

6-8 (6 or 8-inch) corn tortillas, warmed

2 oz goat cheese crumbled, optional

queso

guacamole or avocado slices

Quick Slaw

- 2 cups finely shredded, red cabbage
- 2 Tbsp lime, juiced from 1 lime
- 1/2 tsp kosher salt
- 1/3 cup roughly chopped cilantro



INSTRUCTIONS

1. Preheat oven to 375° F.
2. Spread the sweet potatoes out on a rimmed baking sheet. Drizzle with olive oil and taco seasoning, toss until combined. Cook potatoes on center rack until tender, about 25 minutes. While the potatoes are still warm, toss them with the black beans.
3. Meanwhile, in a medium sized bowl, mix all ingredients for the quick slaw.
4. To serve place a scoop of the sweet potato mixture into a warmed tortilla shell. Top with quick slaw, crumbled goat cheese, a scoop of guacamole and a drizzle of vegan queso.

NUTRITIONAL INFORMATION

Calories 494

Fat 12.5g

Protein 21.6g

Sugars 3.3g

Carbohydrates: 75g

Buffalo Cauliflower Wings (Air Fryer)

Tececula Blog

 6 servings  25 minutes

INGREDIENTS

- 1 head cauliflower
- 6 tbsp hot sauce
- 2 tbsp butter melted
- 3/4 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1 tsp salt or more at the end
- 1 c Panko bread crumbs



INSTRUCTIONS

1. Rinse head. Cut end of cauliflower head off and cut into small to medium sized florets. (the smaller the pcs. the faster they will cook and become tender). Lay on paper towels and wrap up to remove as much water off outside as possible.
2. In a small bowl melt the butter and hot sauce together, stir.
3. Put florets into another bowl and pour hot sauce butter over the top. Toss to coat every piece.
4. Preheat air fryer to 380 degrees F. for 5 minutes.
5. Sprinkle seasonings on top of florets, then sprinkle on Panko bread crumbs and toss so they're nicely coated. If you want a thicker coating put Panko on a plate and dip butter coated florets one by one into bread crumbs.
6. Pour 1/2 of mixture into air fryer basket and spread out so they're not overlapping.
7. Close drawer and cook for 6 – 10 minutes. Timing will depend on how thick your pieces are and how tender you want them to be.
8. Open and test with a fork. If you want them browner and/or more tender then close and add another minute or two until they're how you want them.
9. Remove and enjoy, and then add second half of your batch and cook for the same time as your first batch.

NUTRITIONAL INFORMATION

Calories 100

Fat 5g

Protein 3 g

Sugars 3 g

Carbohydrates: 13g

Cauliflower Gnocchi with Kale-Cashew Pesto

Modern Proper

 4 servings  15 minutes

INGREDIENTS

1 package Trader Joe's Cauliflower Gnocchi

2 tbsp olive oil

1/2 cup Trader Joe's Vegan Kale, Cashew & Basil Pesto

2 cups Organic baby kale

1/2 cup walnuts



INSTRUCTIONS

1. In a large skillet, heat the olive oil over medium-high heat. Add in the frozen cauliflower gnocchi and allow to cook until gnocchi begins to brown. Add in kale along with walnuts and continue cooking until kale has wilted, about 3 minutes. Lastly, stir in pesto and serve warm..

NUTRITIONAL INFORMATION

Calories 282

Fat 23g

Protein 4g

Sugars 1g

Carbohydrates: 18

Rainbow Vegetable Edamame Bowl with Teriyaki Sauce

Minimalist Baker



4 servings



1 hour

INGREDIENTS

Rice

- 1 cup uncooked brown rice (we used short-grain basmati)
- 2 cups water

Veggies

- 2 Tbsp toasted sesame oil, DIVIDED
- 8 oz. mushrooms, sliced (we used baby bella // 8 ounces yield ~3 1/2 cups sliced)
- 1/4 tsp each sea salt and black pepper
- 3 cups chopped stir-fry veggies of choice
- 4 stalks green onion, thinly sliced
- 1 (12-oz.) bag frozen shelled edamame
- 1/3 cup store-bought teriyaki sauce
- 2 large carrots, grated
- 5 tsp rice vinegar, DIVIDED

For serving (optional)

- Sliced avocado
- Sesame seeds



INSTRUCTIONS

1. **RICE:** In a medium saucepan, combine the rice and water and bring to a boil over medium-high heat. Once boiling, reduce the heat to low, cover, and cook for 30-45 minutes, or until the water is absorbed and the grains are tender.
2. **VEGGIES:** While the rice cooks, add half the sesame oil (1 Tbsp (15 ml) // adjust amount if altering number of servings) and all of the mushrooms to a large rimmed skillet and turn to medium heat. Sprinkle with salt and pepper and toss to coat. Cook the mushrooms for 10-15 minutes, stirring occasionally, or until reduced in size, lightly browned, and most of the moisture has cooked off. Transfer the mushrooms to a small bowl and set aside.
3. To the now empty skillet, add the remaining sesame oil (1 Tbsp (15 ml) // adjust amount if altering number of servings) with your stir-fry veggies and about 2/3 of the green onions. Cook for 3-4 minutes on medium heat, or until the vegetables are bright and begin to soften. Turn the heat to medium-low and add the frozen, shelled edamame. Toss to combine, then add the teriyaki sauce and cover. Steam for 6-8 minutes, stirring occasionally, until the edamame is softened and warmed through.
4. While your veggies steam, combine the shredded carrots, remaining green onion, and 3 tsp of rice vinegar in a small mixing bowl. Toss gently and set aside.
5. Check on the rice, fluff it with a fork, add the remaining 2 tsp of rice vinegar, mix well, and cover.
6. Stir the mushrooms into the cooked veggies to warm them. To assemble the bowls, divide the rice between serving bowls and top with edamame stir-fry mix and carrot slaw. Optionally, garnish with more teriyaki sauce and green onion. Sliced avocado and sesame seeds are also delicious! Enjoy!
7. Best when fresh. Leftovers will keep stored in the refrigerator for 3-4 days. Not freezer friendly.

NUTRITIONAL INFORMATION

Calories 379

Fat 12.3g

Protein 15.7g

Sugars 10.9g

Carbohydrates: 55.6g

Balsamic Portobello Burgers with Caramelized Onions & Garlic Aioli

Minimalist Baker



4 servings



1 hr 25 mins

INGREDIENTS

Garlic Aioli

- 1 head garlic (to roast)
- 3/4 cup raw cashews
- 2 cloves garlic, minced
- 1 Tbsp avocado or olive oil
- 1/3 cup water
- Salt + pepper (to taste)

Burgers

- 4 medium-large portobello mushrooms
- 3 Tbsp avocado or olive oil
- 1/4 cup balsamic vinegar
- 1 Tbsp Italian seasoning
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)
- 1 healthy pinch each salt and black pepper

Caramelized Onions

- 1 Tbsp avocado or olive oil
- 1 medium white or yellow onion, peeled + sliced into 1/4-inch rings

For Serving

- 4 whole wheat hamburger buns (ensure vegan-friendly as needed // sub lettuce wraps or GF buns for gluten-free)
- 2 ripe tomatoes, sliced (optional // organic when possible)
- Lettuce or greens of choice (optional)



INSTRUCTIONS

1. Preheat oven to 400 degrees F (204 C) and cut off the very top of a head of garlic. Drizzle with a little oil, sprinkle with sea salt, and loosely wrap in foil. Set directly on an oven rack and bake for 1 hour.
2. In the meantime, place cashews in a bowl and cover with just boiling water. Let sit uncovered for 1 hour. Then drain and rinse thoroughly.
3. While cashews are soaking, use a damp washcloth or paper towel to clean the mushrooms by wiping away any dirt and removing the stems. Place stem side up on a rimmed baking sheet or 9x13-inch baking dish.
4. To a small mixing bowl, add avocado oil, balsamic vinegar, Italian seasoning, minced garlic, salt, and pepper. Whisk to combine, then pour over the mushrooms and use a pastry brush to distribute the marinade. Flip the mushrooms over and brush the other side, then flip back over to stem-side-up position. Set aside, uncovered at room temperature, to marinate.
5. Add your drained, soaked cashews to a small blender. Take your roasted head of garlic and press out the softened garlic by squeezing from the base up until all of the garlic is extracted.
6. To the blender also add fresh garlic, avocado oil, water, and a pinch each salt and pepper. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust seasonings as needed. Transfer to a serving dish and set aside.
7. Caramelize onions, heat a large skillet over medium heat. Once hot, add 1-2 Tbsp avocado oil, the sliced onion, and a pinch of salt. Sauté, stirring frequently, until light golden brown and very soft. Remove from skillet and set aside.
8. Return the skillet to the stovetop. Once hot, add portobello mushrooms and sauté for about 3-6 minutes on each side, or until the mushrooms are deep golden brown on the edges and softened/reduced in size. While cooking, brush with any leftover marinade for extra flavor.

9. At this time, prepare any serving items, such as browning hamburger buns on the skillet (or grill), slicing tomato, or chopping greens.
10. To serve, add a generous spoonful of garlic aioli to each bun and top with aioli, then tomato, lettuce (or greens), mushrooms, onions, and more aioli on top of the bun.
11. Enjoy immediately. Store leftover mushrooms separately in the refrigerator up to 2-3 days, though best when fresh. Aioli will keep in the refrigerator for 7-10 days.

NUTRITIONAL INFORMATION

Calories 465

Fat 29.6g

Protein 13.2g

Sugars 9.1g

Carbohydrates: 40.6g

Orange Cardamom No Bake Energy Bites

Minimalist Baker



16 servings



15 minutes

INGREDIENTS

1 cup (packed) pitted dates

1/2 cup raw unsalted cashews

1/2 cup shredded unsweetened coconut

1 pinch sea salt

3/4 – 1 1/2 tsp ground cardamom

1/2 tsp (packed) orange zest

TOPPING optional

- 1 tsp (packed) orange zest
- 3 Tbsp desiccated coconut
- 1 Tbsp coconut sugar



INSTRUCTIONS

1. To a food processor add pitted dates, cashews, coconut, sea salt, cardamom, and orange zest. Note: If you don't have a food processor you can try using a blender, but dates can be tough for blenders due to their sticky nature, so use a low speed if possible and pulse rather than blending.
2. Pulse until the mixture is broken down and crumbly — we like to stop before it becomes completely dough-like so that the bites maintain some texture. It should stick together when pressed between two fingers; if still dry and crumbly, continue processing until it is sticky enough to form into a ball. Taste and adjust as needed, adding more cardamom, orange zest, or salt to taste.
3. If using the coconut coating, prepare that at this time. In a small bowl, combine the orange zest, desiccated coconut, and coconut sugar. Now it's time to roll the balls!
4. Scoop out 1-Tbsp amounts and roll into balls. As the original recipe is written, ~16 balls. If using the coating, roll the balls in the coating until generously covered.
5. Enjoy immediately or store leftovers covered in the refrigerator up to 1 week, or in the freezer up to 1 month. We enjoy these right out of the fridge or after sitting at room temperature for 5-10 minutes.

NUTRITIONAL INFORMATION

Calories 76

Fat 3.6g

Protein 1.1g

Sugars 8.7g

Carbohydrates: 11.4g

Lemon & Herb White Bean Dip

Minimalist Baker



5 servings



10 minutes

INGREDIENTS

1 (15-oz) can white beans (drained and rinsed)

1/4 cup tahini

1-2 tsp lemon zest

3-4 Tbsp lemon juice

1/2 tsp sea salt

4 cloves garlic, pressed or minced

1 Tbsp extra virgin olive oil

1/4 cup chopped fresh dill, loosely packed

FOR SERVING optional

- Pita bread or chips (or crackers // gluten-free as needed)
- Fresh or roasted veggies (e.g. carrots, radish, cucumber, beets)



INSTRUCTIONS

1. To a food processor (or high-speed blender) add drained, rinsed white beans along with tahini, lemon zest and lemon juice (starting with lesser amounts of both), salt, garlic, and olive oil (reserve herbs for later).
2. Blend until creamy, scraping down sides as needed — about 1 minute. If you prefer more texture, blend for less time. If you prefer silky smooth dip, blend for longer.
3. Add chopped dill (or other herbs) and pulse again to combine.
4. Taste and adjust flavor as needed, adding more garlic for zing, lemon zest or juice for brightness or acidity, salt to taste, olive oil for creaminess / floral notes, dill for more herbal notes, or tahini for nuttiness. We like pretty bold flavors, so we added the additional lemon zest and juice and a pinch more salt.
5. Enjoy immediately, or refrigerate to chill, which allows the dip to thicken. Option to garnish with additional drizzle of olive oil, lemon zest, and fresh dill for serving. Serve with pita bread or chips, flatbread, crackers, or vegetables of choice.
6. Leftovers keep covered in the refrigerator for up to 4-5 days. Not freezer friendly.

NUTRITIONAL INFORMATION

Calories 192

Fat 13.2g

Protein 6.9g

Sugars 1.1g

Carbohydrates: 13.8g

Mexican Street Corn Salad with Chipotle Crema

Modern Proper



6 servings



25 minutes

INGREDIENTS

6 ears corn of corn, about 4 cups

1/4 cup finely diced radishes

1/2 bunch green onions, roughly chopped

1 Tbsp lime juice, from 1 lime

1/2 tsp sea salt

1/4 tsp freshly cracked black pepper

1/3 cup chipotle mayo

1/4 cup roughly chopped cilantro leaves

1/4 cup crumbled cotija cheese

1/4 tsp chipotle chili powder (or regular chili powder)



INSTRUCTIONS

1. To make this salad with Boiled Corn: Bring a large pot of water to a boil over high heat. Husk the corn, completely removing silky hairs. Boil the corn cobs for 8 minutes before removing them from the water, set aside to cool. Once the corn has cooled completely, use a sharp knife to remove the kernels from the corn.
2. To make this salad with Frozen Corn: In a large skillet, set over high, heat 1 tablespoon of vegetable oil over high heat. Add 4 cups of frozen corn and spread them out into a single layer. Allow the corn to cook over high heat until it begins to char. Stir corn and cook for another 2 minutes. Remove the pan from the heat and allow the corn to cool completely before using in the salad.
3. Assemble of Salad: In a medium sized bowl combine the corn kernels with the radishes, green onions, lime juice, salt and pepper. Toss the corn mixture with chipotle crema until completely coated. Add a little more if desired. Sprinkle the salad with cilantro, cotija and chipotle powder.

NUTRITIONAL INFORMATION

Calories 129

Fat 15g

Protein 2g

Sugars 5g

Carbohydrates: 19g

Quick Refrigerator Pickles

Minimalist Baker



8 servings



1 hr 50 mins

INGREDIENTS

CUCUMBERS

- 1 medium cucumber, sliced into wedges
- 1 tsp coriander seed
- 1 tsp mustard seed
- 1 handful fresh dill sprigs

BRINE

- 1 ½ cups white distilled vinegar
- 1 tsp organic cane sugar
- 2 tsp sea salt



INSTRUCTIONS

1. Add cucumber slices to a large mason jar or glass container along with coriander seed, mustard seed, and dill. Set aside.
2. To a small saucepan add distilled white vinegar, sugar, and salt. Bring to a simmer over medium heat and stir to fully dissolve salt and sugar. Taste and adjust flavor as needed, adding more salt or sugar to taste.
3. Let the brine cool in the refrigerator for at least 30 minutes to 1 hour. Once cooled, pour the brine over the cucumbers until your glass container is full. Ensure the cucumbers are fully submerged. If needed, add more vinegar or a little water to cover.
4. Seal well and shake to combine. Then refrigerate for at least 1 hour. The flavors will deepen and intensify the longer it marinates. Best flavor is achieved after 24 hours.
5. Will keep in the refrigerator for 2-3 weeks (sometimes longer). Not freezer friendly.

NUTRITIONAL INFORMATION

Calories 8

Fat 0.2g

Protein 0.3g

Sugars 1g

Carbohydrates: 1.7g

Baked Plantain Chips & Garlicky Guacamole

Minimalist Baker



6 servings



30 minutes

INGREDIENTS

Chips

- 2 medium unripe (green, starting to turn yellow) plantains (peeled)
- 2 Tbsp melted coconut or avocado oil
- 1/2 tsp sea salt
- 1/2 tsp lime zest (optional)

Guacamole

- 2 medium ripe avocados
- 2 cloves garlic (minced)
- 1/2 cup finely diced red onion
- 2 Tbsp lime juice
- 1/4 cup minced cilantro (optional // plus more for garnish)
- 1/4 tsp sea salt plus more to taste



INSTRUCTIONS

1. Preheat oven to 375 degrees F (190 C) and line 2 baking sheets with parchment paper (as original recipe is written // use fewer or more baking sheets if altering batch size).
2. Thinly slice plantains with a mandolin for best results. They should be not quite paper thin but close.
3. Add to a mixing bowl and drizzle with oil and salt. Gently toss with a spoon to combine. Then arrange in a single layer on the baking sheets, making sure none are overlapping or they won't crisp up.
4. Bake for 18-25 minutes or until crispy and slightly golden brown, being careful not to burn. Rotate pans at the halfway point to ensure even baking.
5. Once out of the oven, sprinkle with a bit more salt and lime zest (optional) and toss. Let cool.
6. While chips are baking, prepare guacamole by adding all ingredients to a small mixing bowl, mashing with a fork, then stirring to combine. Taste and adjust flavor as needed, adding more lime for acidity, salt for saltiness, or garlic for bite/zing. Transfer to serving dish.
7. Serve guacamole with chips and enjoy. Store leftover guacamole covered in the refrigerator up to 3 days, placing plastic wrap or parchment paper on the surface (in addition to a lid) to help from browning. Plantain chips are best the same day. But store completely cooled leftovers at room temperature up to 3 days in a sealed container.

NUTRITIONAL INFORMATION

Calories 261

Fat 18.3g

Protein 2.3g

Sugars 10g

Carbohydrates: 26.8g

Gluten Free



Easy Gluten-Free Pancakes



Chorizo Breakfast Skillet



Mediterranean Chickpea Salad



Simple Salmon Bowl



Picadillo



Easy Seed Crackers with
Everything Bagel Seasoning

Portobello Eggs

Healthy Recipes



2 servings



30 minutes

INGREDIENTS

4 large portobello mushrooms

Olive oil spray

½ teaspoon Diamond Crystal kosher salt divided

½ teaspoon black pepper, divided

½ teaspoon garlic powder

4 medium eggs

2 tablespoons grated Parmesan cheese

4 tablespoons chopped parsley for garnish



INSTRUCTIONS

1. Preheat broiler, setting the temperature to high. Set an oven rack in the middle of the oven. Line a rimmed broiler-safe baking sheet with foil.
2. Wipe the mushrooms clean with a damp paper towel. Gently twist off or the stem of each mushroom. Holding each mushroom in one hand, use a spoon to gently scrape out the gills.
3. Spray the mushroom caps with olive oil cooking spray on both sides. Sprinkle with ¼ teaspoon kosher salt, ⅛ teaspoon pepper, and ¼ teaspoon garlic powder. Broil 5 minutes on each side, or until just tender.
4. Remove the mushrooms from the oven. Drain any liquids. Switch oven from broil to bake, setting the temperature to 400 degrees F.
5. Break an egg into each mushroom. Sprinkle with the cheese. Bake 15 minutes, until the egg whites are cooked.
6. Sprinkle the eggs with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Garnish with parsley and serve.

NUTRITIONAL INFORMATION

Calories 258

Fat 16g

Protein 19.7g

Sugars 4g

Carbohydrates: 11g

Almond Flour Blueberry Muffin Bread

Ambitious Kitchen



12 servings



1 hour

INGREDIENTS

1 cup unsweetened applesauce

3 eggs

3 tablespoons pure maple syrup (or sub honey)

1/2 teaspoon almond extract

2 1/2 cups packed fine blanched almond flour

1/2 cup flaxseed meal

1 teaspoon baking soda

1/4 teaspoon salt

1 cup fresh or frozen blueberries

Optional: 1 tablespoon poppy seeds

Optional: 1 tablespoon lemon zest



INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Line an 8 1/2 x 4 1/2 inch loaf pan with parchment paper. Spray the pan with nonstick cooking spray to prevent sticking.
2. In a large bowl, whisk together the applesauce, eggs, pure maple syrup and almond extract until well combined. Add in the almond flour, flaxseed meal, baking soda and salt. Use a wooden spoon to combine. Fold in the blueberries.
3. Pour batter into prepared loaf pan, smoothing the top with a spatula. Bake for 45 minutes-1 hour or until the tester comes out clean in the middle of the bread. Cool bread for 10 minutes in the pan, then remove and transfer to a wire rack to finish cooling completely. Once cool, cut into 12 slices.
Top with butter and enjoy!

NUTRITIONAL INFORMATION

Calories 216

Fat 15.7g

Protein 8.6g

Sugars 7.3g

Carbohydrates: 15.1g

Triple Berries & Cream Baked Oatmeal

Ambitious Kitchen



6 servings



50 minutes

INGREDIENTS

Wet ingredients:

- 2 eggs
- ¼ cup pure maple syrup
- 1 (15 ounce) can light coconut milk*
- 1 tablespoon vanilla extract
- ¼ teaspoon almond extract

Dry ingredients:

- 2 cups old fashioned rolled oats, gluten free if desired
- ¼ cup unsweetened shredded coconut
- 1 teaspoon baking powder
- ¼ teaspoon salt

Mix-ins:

- ¾ cup hulled and halved strawberries (or sub diced strawberries)
- ¾ cup blueberries
- ½ cup raspberries (or sub blackberries)

Optional:

- ¼ cup sliced raw almonds (not slivered)
- ¼ cup unsweetened shredded coconut



INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Grease a 9x9 inch pan with oil or nonstick cooking spray and set aside.
2. In a large bowl, whisk together the eggs, pure maple syrup, coconut milk and vanilla and almond extract.
3. Add the dry ingredients to the bowl with the wet ingredients: oats, shredded coconut, baking powder and salt. Mix until combined, then stir in half of the mixed berries.
4. Pour mixture into the prepared pan and smooth top. Sprinkle the remaining half of the berries on top. Sprinkle the top with sliced almonds and shredded coconut, if using. Bake for 35-45 minutes or until the edges are slightly golden brown and the center is set. Remove from the oven, allow to cool for 10 minutes, then cut into 6 slices and serve.

NUTRITIONAL INFORMATION

Calories 244

Fat 9.4g

Protein 5.9g

Sugars 14g

Carbohydrates: 33.4g

Easy Gluten Free Pancakes

Laura Fuentes



10 servings



15 minutes

INGREDIENTS

1 ¼ to 1 ½ cups of gluten-free all-purpose flour

3 teaspoons baking powder

½ teaspoon salt

1 Tablespoon sugar

1 ¼ cups milk

1 egg

3 Tablespoons butter, melted (optional)



INSTRUCTIONS

1. In a large bowl, sift together the flour, baking powder, salt, and sugar.
2. Make a well in the middle and pour in the milk, egg and melted butter; mix with a fork or whisk until smooth.
3. Heat a non-stick griddle or large pan over medium-high heat. Pour or scoop ¼ cup of batter for each pancake. Wait until bubbles form to flip. Brown on the other side and serve with butter and blueberry syrup.

NUTRITIONAL INFORMATION

Calories 208

Fat 6.9g

Protein 6.1g

Sugars 4.8g

Carbohydrates: 31.3g

Chorizo Breakfast Skillet

Avocado Pesto



2 servings



20 minutes

INGREDIENTS

2 teaspoons extra virgin olive oil

1/2 small onion halved and thinly sliced

6 slices chorizo cold cuts quartered

1/2 cup cherry tomatoes halved

3 sun-dried tomatoes chopped

4 eggs

handful fresh basil slivered



INSTRUCTIONS

1. Heat oil over medium heat in a pan.
2. Add onion and cook for a couple mins.
3. Add chorizo, in single layer, cook for a couple minutes.
4. Add cherry tomatoes, in single layer, cut side down. Cook for a couple minutes.
5. Add sun-dried tomatoes and mix everything together.
6. Create four mini craters in the four corners of the pan and crack four eggs, one into each hole.
7. Add salt/pepper to taste. Cook until eggs are set (use spatula to crack the yolks if you prefer a non runny yolk).
8. Remove from heat. Serve sprinkled with fresh basil.

NUTRITIONAL INFORMATION

Calories 200

Fat 13g

Protein 2g

Sugars 3g

Carbohydrates: 6g

Mediterranean Chickpea Salad

Downshiftology



8 servings



10 minutes

INGREDIENTS

2 15-ounce cans chickpeas, drained and rinsed

1 large cucumber, diced

1 red bell pepper, diced

2 cups cherry tomatoes, halved

1/4 cup red onion, diced

4 oz feta cheese, crumbled

1/4 cup finely chopped parsley

lemon vinaigrette, as much or as little as you'd like

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey, or maple syrup
- 1 garlic cloves, minced
- salt and pepper, to taste



INSTRUCTIONS

1. Vinaigrette: Add all of the ingredients to a small bowl and whisk together.
2. Add all of the ingredients to a mixing bowl.
3. Pour the lemon vinaigrette over the salad and give it a gentle stir.
4. Transfer the salad to a large bowl and serve.

NUTRITIONAL INFORMATION

Calories 300

Fat 14g

Protein 12g

Sugars 8g

Carbohydrates: 34g

Quinoa Deli Salad

Eating Well



1 serving



10 minutes

INGREDIENTS

3 cups coarsely chopped Bibb, Boston, or butterhead lettuce

¼ cup thinly sliced red bell pepper

2 tablespoons red-wine vinaigrette, divided

¼ cup cooked quinoa

½ cup canned low-sodium chickpeas, rinsed

¼ cup drained canned artichoke hearts, quartered

1 slice low-sodium deli ham, diced (1 oz.)

2 tablespoons shredded low-moisture, part-skim mozzarella cheese (1/2 oz.)



INSTRUCTIONS

1. Toss lettuce and pepper with 1 Tbsp. plus 1 tsp. vinaigrette and place on a 9-inch plate.
2. Toss quinoa and chickpeas with the remaining 2 tsp. vinaigrette and place on top of the lettuce and pepper. Top with artichokes, ham, and mozzarella.

NUTRITIONAL INFORMATION

Calories 404

Fat 20.6g


Protein 17.9g


Sugars 7.3g

Carbohydrates: 38.7g

Black Bean & Plantain Arepa Sandwich

Minimalist Baker

 6 servings

 30 minutes

INGREDIENTS

Arepas

- 6 large arepas (or you could sub corn tortillas)

Plantains

- 2 large ripe and spotty plantains, peeled
- 1 Tbsp oil

Black beans

- 1 15-ounce can black beans, slightly drained
- 1/2 tsp ground cumin
- 1 Pinch sea salt

Guacamole

- 2 ripe avocados
- 2-3 Tbsp lime juice
- 1/4 tsp sea salt (plus more to taste)
- 1/4 cup diced onion
- 2 Tbsp chopped cilantro

For serving (optional)

- Cabbage
- Cilantro
- Habanero Hot Sauce (or other hot sauce)



INSTRUCTIONS

1. If you haven't already prepared your arepas, which take about 30 minutes (not included in prep time), do that now.
2. Preheat oven to 400 degrees F (209 C). Peel your plantains and slice on a diagonal into 1/2-inch pieces. Then add to a parchment-lined baking sheet and toss with oil. Arrange into an even layer and bake for about 15-20 minutes or until golden brown and caramelized. Toss near the 10-minute point to ensure even baking.
3. In the meantime, add (slightly drained) black beans to a small saucepan and heat over medium heat until bubbly and hot. Season with cumin and salt and stir to combine. Then turn heat off and set aside (cover to keep warm).
4. Lastly, prepare guacamole by mashing avocado in a small mixing bowl and adding lime, salt, onion, and cilantro. Stir to combine, and taste and adjust flavor as needed. Add more salt for saltiness, lime for acidity, or onion for crunch. Set aside.
5. You're ready to serve. Slice your hot arepas in half (or cut a "pita pocket" and stuff). Add guacamole, beans, plantains, and any other desired toppings, such as Habanero Hot Sauce, cabbage, or cilantro!
6. Best when fresh. Store leftovers (separate from each other) in the refrigerator up to 3 days.

NUTRITIONAL INFORMATION

Calories 459

Fat 12g

Protein 9g

Sugars 9.8g

Carbohydrates: 81.1g

Hibachi Steak Lettuce Wraps

Unbound Wellness



4 servings



20 minutes

INGREDIENTS

For the mustard sauce

- 1/2 cup paleo mayo
- 2 tbsp coconut aminos
- 1 tbsp ground mustard (dried)
- 1 tbsp honey
- 1 tsp garlic powder

For the steak lettuce cups

- 1 lb sirloin steak
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp avocado oil
- 1 tbsp ghee, divided
- 1 tsp garlic powder
- 2 tbsp coconut aminos
- 2 tsp lemon juice
- 4 butter lettuce leaves
- 1 cup steamed rice (sub cooked cauliflower rice for AIP/paleo/whole30)
- 1/3 cup shredded carrot
- 1 tbsp green onion, chopped



INSTRUCTIONS

1. Stir all of the ingredients for the mustard sauce until well combined. Set aside in the fridge.
2. Cut the steak into bite-sized pieces, removing any gristle, and season with salt and pepper.
3. Using a large deep pan, heat the avocado oil over medium-high heat. Once the oil is hot, add the steak and cook for 3-5 minutes or until the outside has browned. The internal temperature should be 145 F for medium-rare or 160 F for medium. Add the garlic powder, coconut aminos, ghee, and lemon juice and stir to coat. Set aside.
4. Assemble the lettuce cups by using one lettuce cup then adding rice, shredded carrot, steak, green onion, and mustard sauce if desired. Repeat for all of the lettuce cups. Serve with extra sauce on the side.

NUTRITIONAL INFORMATION

Calories 408

Fat 20.2g

Protein 27.5g

Carbohydrates: 27.9g

Simple Salmon Bowl

A Couple Cooks



4 servings



30 minutes

INGREDIENTS

1 cup dry rice of any type (or couscous for a quicker meal)

1 cup of Tahini Dressing

- ½ cup tahini
- 2 tablespoons white wine vinegar
- 1 tablespoon maple syrup, honey or sugar
- 1 tablespoon olive oil
- ¼ teaspoon garlic powder
- ½ teaspoon kosher salt
- 5 tablespoons warm water

1 pound wild caught salmon fillets, skin on*

Olive oil

kosher salt and fresh ground pepper

1 1/2 pounds fresh broccoli, stem on (about 3 large heads or 6 heaping cups florets)

1 teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon dry mustard powder (optional)



INSTRUCTIONS

Tahini Dressing

1. Whisk together all ingredients, adding additional warm water if necessary to get it to come to a light and creamy consistency (this varies based on the texture of the tahini brand). Store up to 1 month refrigerated; bring to room temperature before serving (add a splash of water if it needs thinning out).

Bowl

1. Make the rice :Rinse the rice in cold water in a strainer for 15 to 20 seconds, then shake it dry. Place the rice in a pot with the water and bring it to a boil. Once boiling, cover the pot and simmer for 13 to 15 minutes, until the water is completely absorbed . Remove from the heat. Cover and rest for 10 minutes
2. Broil the salmon: Preheat the broiler to high. Place a large sheet of aluminum foil on a baking sheet and brush it with olive oil. Pat each piece of salmon dry and place it on the foil skin side down. Brush salmon with a bit of olive oil and sprinkle with ½ teaspoon salt and fresh ground pepper. Broil 4 to 5 minutes for very thin salmon or 7 to 10 minutes for 1-inch thick salmon, until it's just tender and pink at the center (the internal temperature should be between 125 to 130 degrees Fahrenheit in the center).
3. Meanwhile, make the broccoli: Chop the broccoli into medium sized florets. In small bowl, mix together ¼ cup water with the garlic powder, onion powder and mustard powder. Add 3 tablespoons olive oil to a large skillet and heat it on medium high heat. Add broccoli and ½ teaspoon salt. Cook 2 to 3 minutes until starting to brown, stirring occasionally. Reduce heat to medium, and add the water and spices. Cook an additional 4 to 5 minutes until fork tender, stirring occasionally. Taste and add additional salt and black pepper as necessary. Serve immediately.

NUTRITIONAL INFORMATION

Calories 363

Fat 13.6g

Protein 32g

Sugars 4.8g

Carbohydrates: 30.3g

P.F. Chang's Lettuce Wraps

The Girl on Bloor



4 servings



30 minutes

INGREDIENTS

- 1 tbsp sesame oil
- 1 lb shiitake mushrooms, *finely chopped*
- 1 lb ground chicken
- 1 pinch salt
- 1 yellow onion, diced
- 4 cloves garlic minced
- 1 tbsp freshly minced ginger (or 1 tsp dried)
- 2 tbsp tamari
- 2 tsp sriracha (optional)
- 1 (227mL) can water chestnuts, *finely chopped*
- 1/2 cup matchstick carrots
- 4 green onions, sliced
- 1 head romaine or Boston leaf lettuce



INSTRUCTIONS

1. Heat sesame oil in a large frying pan over med-high heat. Add mushrooms and cook for 4-5 minutes until juices start to release, then add chicken, season with a pinch of salt, and break up with a slotted spoon, cooking for 2 minutes until lightly browned.
2. Add onions, garlic, ginger, soy sauce, sriracha, water chestnuts and carrots, mixing all together and sauteing until chicken is fully cooked, about 8-10 minutes. Remove from heat and stir in green onions.
3. Add chicken mixture to lettuce leaves then serve and enjoy!

NUTRITIONAL INFORMATION

Calories 366

Fat 20g

Protein 31g

Sugars 6g

Carbohydrates: 15g

Coconut Curry Zoodle Ramen

Modern Proper



4 servings



20 minutes

INGREDIENTS

- 1 tbsp red curry paste
- 2 tbsp yellow curry powder
- 1 tbsp sesame oil
- 1 tbsp garlic, minced
- 1 tbsp fresh ginger, minced
- 4 cups vegetable Stock
- 2 cans full-fat coconut milk
- 1 bunch green onions, thinly sliced, divided
- 8 oz mushrooms sliced (crimini or shiitake)
- 2 limes, juiced
- 1 bell pepper, thinly sliced
- 1 tsp salt
- 6 cups zoodles (about 3 medium zucchini)
- 2 cups red cabbage shredded
- sesame seeds, optional



INSTRUCTIONS

1. In a medium sized pot set over medium heat, whisk the red curry paste, yellow curry powder, sesame oil, garlic and ginger until fragrant, about 2 minutes.
2. Add the stock, coconut milk, white and light green parts of green onion (reserve the dark green parts for garnish), mushrooms, lime juice, bell pepper and salt. Bring to a boil. Boil for 2 minutes.
3. Add the zucchini noodles and stir until noodles are incorporated. **
4. Divide the ramen into 4 bowls, garnish with remaining green onion tops, red cabbage and sesame seeds.

NUTRITIONAL INFORMATION

Calories 320

Fat 22g

Protein 11g

Sugars 9g

Carbohydrates: 24g

One Pan Chicken & Rice

DownShiftology



5 serving



1 hr 5 mins

INGREDIENTS

CHICKEN

- 5 chicken thighs, skin-on and bone-in
- 2 tablespoons olive oil

MARINADE

- 2 lemons, juiced and zested
- 2 teaspoons Dijon Mustard
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tablespoon olive oil

RICE

- 1 yellow onion, diced
- 2 cups baby spinach, lightly packed and roughly chopped
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 cup long grain white rice
- 2 cups chicken stock
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- chopped parsley, for garnish
- lemon zest or slices, for garnish



INSTRUCTIONS

1. **Marinade:** Add all of the marinade ingredients to a bowl and stir together.
2. Place chicken thighs in a glass dish, pour marinade over the chicken, and turn each piece to coat. Cover dish and marinate chicken in the fridge for at least 30 minutes and up to overnight.
3. **Cook the Chicken & Rice:** Preheat your oven to 350 degrees F. In a large ovenproof skillet, heat 2 tablespoons olive oil on medium-high heat. Add chicken thighs skin-side down and cook until skin is golden brown, about 5 minutes. Reserve the leftover marinade as you'll add that back in later.
4. Flip the chicken and cook another 5 minutes. Remove chicken thighs from skillet and set aside.
5. Use your tongs to scrape and remove any browned bits, and bunch up a couple of paper towels to soak up some fat from the pan, but not all. Reserve a little bit of grease to cook the onions.
6. Add the diced onions and stir for 1-2 minutes, or until they start to become translucent.
7. Add the chopped spinach, garlic, oregano, salt, pepper, and reserved marinade. Stir for another 30 seconds or until the spinach starts to wilt.
8. Add the rice to the skillet, and stir well to coat the rice with the oil.
9. Pour the chicken stock into the skillet and stir well. Bring this to a simmer on the stove.
10. Arrange chicken thighs on top of the rice, then cover the skillet and place in the preheated oven. Bake for 35 minutes. Remove the lid, return the skillet to the oven, and bake until chicken is cooked through and rice is tender, about 10 minutes more.
11. Let the chicken and rice rest for 5 to 10 minutes. The rice will look really dark as the spinach and onions rise to the surface. Just fluff the rice up with a fork to mix everything back together before serving.
12. Top with chopped parsley and grilled lemon slices or fresh lemon zest.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Picadillo

Modern Proper



6 servings



1 hr 15 mins

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 lb ground beef, 80/20
- 1 small yellow onion, diced
- 4 garlic cloves, roughly chopped
- 1 bell pepper, cored and finely chopped
- 1 large carrot, grated
- 1 tsp sea salt
- 2 tsp chili powder
- 1 tsp dried oregano
- 2 tsp cumin
- 1/2 tsp cinnamon
- 2 tbsp tomato paste
- 2 cups chicken stock
- 1 large russet potato, peeled and 1/2 inch diced
- cooked rice for serving
- warm tortillas for serving
- fresh cilantro for serving
- jalapeño peppers slices for serving



INSTRUCTIONS

1. Heat olive oil In a large skillet set over medium high heat, cook the beef with the onions, garlic, bell pepper and carrots until meat is browned, about 8 minutes.
2. Add in the salt, chili powder, oregano, cumin, cinnamon and tomato paste mix for 30 seconds until incorporated.
3. Add in the chicken stock and potatoes, mix to combine. Turn the heat up to high and bring to a simmer. Reduce the heat to medium-low and cook until potatoes are tender and the mixture has completely thickened, about 20 minutes.
4. Serve with cooked rice or warmed tortillas, fresh cilantro and peppers if you want extra heat.

NUTRITIONAL INFORMATION

Calories 236

Fat 7g

Protein 25g

Sugars 3g

Carbohydrates: 16g

Cauliflower Pizza Crust

Downshiftology



4 servings



40 minutes

INGREDIENTS

Cauliflower Pizza Crust

- 1.5 pounds cauliflower, florets
- 1/2 cup shredded cheese, or 1/3 cup soft cheese
- 1 egg, beaten
- 1 teaspoon Italian seasoning
- salt and pepper, to taste

Pesto Chicken Pizza

- 1/3 cup pesto sauce
- 1/2 cup Shredded chicken
- 3/4 cup mozzarella cheese, shredded
- 2 cups (packed) baby spinach
- 2 garlic cloves, minced

Margherita Pizza

- 1/3 cup marinara sauce
- 4 oz mozzarella ball, sliced
- fresh basil leaves
- red pepper flakes (optional)



INSTRUCTIONS

1. Preheat your oven to 400 degrees Fahrenheit. Remove the cauliflower florets from the stem or use frozen and thawed cauliflower florets. Grate them using a food processor or box grater.
2. Add the cauliflower rice to a microwave safe bowl, cover, and microwave for 4-5 minutes to soften. Alternatively, you could saute the cauliflower rice in a pan on medium heat on the stove for 8-10 minutes. Then let it cool to the touch.
3. Transfer the cauliflower rice into a nut milk bag or thin kitchen towel. Drain the cauliflower by squeezing it until all the excess moisture is out. Squeeze as hard as you can!
4. Place the drained cauliflower rice in a large mixing bowl. Add the cheese, egg and seasonings. Use your hands to mix everything together to form the pizza dough.
5. On a parchment lined baking sheet, press the dough down into an even circle. The diameter should be around 9 inches. If you have a pizza stone, that's even better and will produce a crispier crust.
6. Bake for 25 minutes, or until slightly golden, then remove from oven. You could also bake for 20 minutes and flip the crust over, then bake an additional 5-10 minutes for an even crispier crust.
7. Add the toppings and bake for an additional 10 minutes.

NUTRITIONAL INFORMATION

Calories 177

Fat 11g

Protein 13g

Sugars 4g

Carbohydrates: 10g

No Bake Energy Bites

A Couple Cooks



20 servings



15 minutes

INGREDIENTS

2 ½ cups Old Fashioned rolled oats

⅓ cup cocoa powder

¼ cup mini chocolate chips

¼ cup unsweetened shredded coconut

½ cup creamy peanut butter (no sugar added, or sunflower butter or tahini for nut free)

½ cup honey (or agave syrup for vegan)

¼ teaspoon kosher salt

¼ teaspoon cinnamon



INSTRUCTIONS

1. Mix all ingredients together in a bowl, starting with 2 ¼ cups rolled oats. If the dough feels fairly stiff move to the next step; otherwise add the additional ¼ cup if the dough feels fairly sticky. Freeze the bowl for 5 minutes to allow the dough to firm up even more: it should feel stiff and rollable at this point. If not, you can mix in a handful more oats — or if it's too crumbly, add a hint more peanut butter and honey.
2. Roll the dough into 20 small balls, pressing the dough together with your hands. A 1 1/2-inch cookie scoop is helpful to make uniform balls. Store refrigerated to firm up the texture even more, but you can eat immediately. Refrigerate for up to 2 weeks.

NUTRITIONAL INFORMATION

Calories 114

Fat 4.2g

Protein 3.1g

Sugars 8.1g

Carbohydrates: 16.7g

Crispy Quinoa Sweet Potato Fritters

Minimalist Baker

 11 servings  30 minutes

INGREDIENTS

Quinoa

- 2 cups cooked + cooled quinoa

Veggies

- 2 cups shredded sweet potato (no need to peel)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- 1/2 cup diced red or white onion
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (we prefer spinach)

Fritters

- 3 medium eggs, whisked
- 1/2 tsp sea salt, plus more to taste
- 1 tsp curry powder (optional)
- 1/2 cup gluten-free flour blend

For Serving, optional

- Sauce (such as coconut yogurt, hummus, or garlic dill sauce)
- Fresh herbs (mint, cilantro, parsley)



INSTRUCTIONS

1. If you do not already have cooked quinoa, prepare it at this time. 2/3 cup uncooked quinoa will yield ~2 cups cooked.
2. Shred sweet potato using either the coarse side of a box grater or the grater attachment of a food processor.
3. Heat a large pot or rimmed skillet over medium heat. Once hot, add oil, onion, sweet potato, garlic, salt, and pepper. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Add chopped greens and stir to slightly wilt. Set aside.
4. Add eggs to a medium mixing bowl and whisk until well combined. Set aside.
5. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and curry powder (optional) and stir. Then add eggs and stir. Lastly, add gluten-free flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more gluten-free flour as needed if too wet to handle.
6. Form into thin 1/4-inch-thick patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet (we prefer cast iron).
7. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown ~ 4 minutes on each side.
8. Serve hot with garnishes of choice, such as lemon juice, dairy-free yogurt, hummus, garlic dill sauce, or fresh herbs (all optional). Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw before reheating.

NUTRITIONAL INFORMATION

Calories 154

Fat 4.6g

Protein 4.6g

Sugars 2.8g

Carbohydrates: 23.8g

Apple Chips

Downshiftology



4 servings



2 hrs 30 mins

INGREDIENTS

3 large apples , such as Gala, Fuji, or Honeycrisp

1 teaspoon ground cinnamon



INSTRUCTIONS

1. Preheat oven to 200 degrees Fahrenheit (90 Celsius).
2. Line two large baking sheets with parchment paper or a silicone baking mat.
3. Wash and thinly slice the apples using a mandoline to about 1/8-inch thick. Remove the seeds from each slice.
4. Spread the apple slices closely in one layer onto the baking sheets. Sprinkle with cinnamon on both sides.
5. Bake the apples for 1 hour. Flip the apples over and bake for 1 more hour.
6. Turn the oven off and let the apples cool in the oven for about 30 minutes before taking out. If the apples are not crunchy, continue baking them in 15 minute increments.
7. Remove the apples from the baking sheet and enjoy, or store immediately in an airtight container.

NUTRITIONAL INFORMATION

Calories 88

Fat 1g

Protein 1g

Sugars 17g

Carbohydrates: 24g

Easy Seed Crackers with Everything Bagel Seasoning

Minimalist Baker



35 servings



1 hr 5 mins

INGREDIENTS

- 2 Tbsp ground flax seeds (flaxseed meal)
- 2 Tbsp brown rice flour
- 1/2 tsp sea salt
- 1/3 cup sunflower seeds
- 1/3 cup pepitas (pumpkin seeds)
- 1/4 cup hemp seeds
- 1 Tbsp chia seeds
- 1 cup boiling water
- 1-2 Tbsp Everything Bagel Seasoning (store-bought)



INSTRUCTIONS

1. Preheat the oven to 350 F (176 C) and line a standard-size (13×18-inch) baking sheet with parchment paper.
2. In a medium mixing bowl, whisk together the ground flax seeds, brown rice flour, and salt until well combined. Add the sunflower seeds, pepitas, hemp seeds, and chia seeds and toss to combine.
3. Pour the boiling water over the seed mixture and stir until there are no dry spots. Cover with a kitchen towel and let sit for 15 minutes until the seeds have absorbed the water and the mixture is thick and sticky.
4. Transfer the mixture to the prepared baking sheet and, using a rubber spatula, spread into as thin and even a layer as possible. On a standard-size baking sheet (13×18-inch), it should go all the way to the edges. Be sure that the middle isn't too thick and the edges aren't too thin, and try to avoid any gaps or holes. Then, sprinkle the Everything Bagel Seasoning over the top.
5. Bake your crackers for 35-45 minutes, or until they have become toasty in color and are dry and hard to the touch. If it feels soft in the middle, let it bake for a couple more minutes, but not past 50 minutes, or you'll have burnt crackers!
6. Let crackers cool completely on the baking sheet, then carefully break your large cracker into whatever size pieces you prefer. Enjoy right away or store in an airtight container at room temperature for up to 1-2 weeks.

NUTRITIONAL INFORMATION

Calories 26

Fat 2g

Protein 1.2g

Sugars 0g

Carbohydrates: 1.2g

Elote (Mexican Street Corn)

Modern Proper



4 servings



25 minutes

INGREDIENTS

4 ears corn

1/3 cup chipotle mayonnaise

1/4 cup cotija cheese

1/4 cup fresh cilantro, minced

1 tbsp chipotle chili powder (or regular chili powder)

1 lime, quartered



INSTRUCTIONS

1. Preheat grill to medium high. Prepare corn by removing husk and silk. Set corn directly on hot grill and allow to cook, rotating often, until slightly charred on all sides.
2. While still warm use the back of a spoon or a pastry brush to spread the chipotle mayo all over each corn. Sprinkle with cotija cheese, fresh cilantro and chipotle powder. Serve with a lime wedge. Enjoy!

NUTRITIONAL INFORMATION

Calories 134

Fat 19g

Protein 2g

Sugars 4g

Carbohydrates: 17g