

Lunch, Dinner, and Side Dish Recipes ¹

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Simple Turkey Chili

- 1 1/2 teaspoons olive oil
- 1 pound lean ground turkey
- 1 onion, chopped
- 2 cups water
- 1/2 red bell pepper chopped
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can kidney beans - drained and rinsed and mashed (optional)
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder (add more if you really like it spicy)
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper



Instructions:

-Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

-Pour water into the pot. Mix in tomatoes, kidney beans, pepper, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Low Sodium Edamame and Vegetable Soup

Ingredients:

- 2 1/2 Tbsp olive oil
- 1 1/2 cups chopped yellow onion
- 1/4 cup green onions, chopped
- 2 cups carrots, peeled and chopped
- 1 1/4 cups chopped celery
- 4 cloves garlic , minced
- 2 (14.5 oz) cans low-sodium chicken broth (You can add more broth if you wish. I prefer my veggie soups thick.)
- 2 (14.5 oz) cans diced tomatoes (undrained)
- 1/3 cup chopped fresh parsley
- 2 bay leaves (optional)
- 1 tsp oregano
- 1/2 tsp basil
- Salt and freshly ground black pepper (about a tsp each)
- 1 1/2 cups chopped frozen or fresh green beans
- 1 cup frozen Edamame
- 1 1/4 cups frozen or fresh corn
- 1 cup frozen or fresh peas
- 1/2 cup mushrooms, chopped (optional)

Instructions:

- Heat olive oil in a large pot over medium heat.
- Add onions, carrots, and celery and sauté 4 minutes then add garlic and sauté 30 seconds longer.
- Add in broth, tomatoes, parsley, green onions, mushrooms, bay leaves, oregano, basil, and season with salt and pepper to taste (for more flavor add in more dried herbs as desired).
- Bring to a boil, then add green beans and Edamame
- Reduce heat to medium-low, cover and simmer until carrots are tender, about 20 - 30 minutes, then add corn and peas and cook 5-8 minutes longer.
- Serve warm.



Pesto Pasta w/ Marinated Tomatoes, Mushrooms, and Broccoli

Romantic dinner for one!

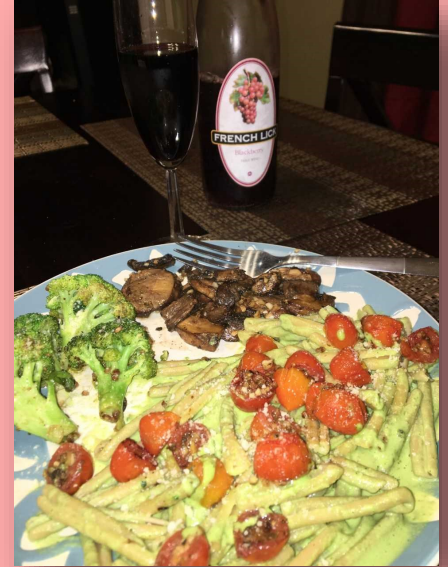
Pasta: I used chickpea pasta (I bought at Walmart).

Pesto sauce: I made this with a big handful of fresh basil, spinach, 3 tbsp pine nuts, 3-4 tbsp nutritional yeast, 3 garlic cloves, 2 tbsp olive oil, 3-4 tbsp water, 2 tbsp fresh squeezed lemon, 1/4 tsp sea salt. Blend this mixture and add more olive oil/water until it has the consistency you want.

I marinated and roasted the mushrooms, cherry tomatoes, and broccoli with olive oil, balsamic vinegar, white vinegar, minced garlic, oregano, and pepper in a skillet.

(Tip: It goes great with French Lick Winery's Blackberry wine.)

Easy to make, super delicious, and very healthy!



Veggie Pita Pizza

Pita pizzas are delicious and easy to make. Plus, this is another way you can get in your veggies.

I used organic spinach, mushrooms, black olives, tomatoes, and onion along with tomato sauce, basil, and mozzarella cheese (part skim). (Tip: Lightly spread extra virgin olive oil over the pita and sprinkle garlic powder on top of that. It really gives it an extra kick!)

It only takes 8 - 10 minutes to bake one of these with your oven pre-heated at 400 degrees.

Kids love it and have fun making their own pizza, plus, it's a great way to spend quality time with your kiddos!



Chicken Guacamole Pita

Looking for simple and healthy lunch ideas?

This Chicken Guacamole Pita is delish not to mention all the amazing health benefits of avocado, tomatoes, and spinach!

- Grilled the chicken on a George Foreman Grill with olive oil, onion and garlic powder
- Fresh guacamole: One ripe avocado, juice from half a lime (fresh lime is way better than buying lime juice), 2-3 tbsp finely chopped red onions, one small tomato chopped, and seasoned with cilantro, salt, pepper, and a dash of cayenne pepper. I smashed up the avocado with my fork then mixed it all together.
- I used two pieces of pita bread and added grilled chicken pieces on the bottom then added spinach, cherry tomatoes, and the guac on top.



Avocado Tuna Salad

What's so special about this tuna salad? It's made with avocado and plain Greek yogurt dressing.

Yum!

- 1 avocado smashed
- 1 can of tuna (in water)
- 3 tbsp of plain Greek yogurt
- Onion powder and pepper to taste
- Chopped spinach leaves
- Sliced Roma tomatoes (optional)

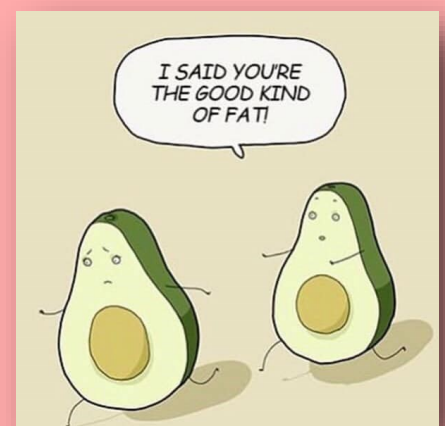


Good fat is good for you! Make sure you're including it in your diet.

Findings show that healthy fat (omega-3 fatty acids) may help to:

- Lower blood pressure
- Reduce triglycerides
- Slow the development of plaque in the arteries
- Reduce the chance of abnormal heart rhythm
- Reduce the likelihood of heart attack and stroke
- Lessen the chance of sudden cardiac death in people with heart disease

Examples of healthy fat: Avocados, fatty fish (salmon, tuna), dark chocolate (cacao nibs), nuts (walnuts, almonds), chia seeds, flaxseed, hemp seeds, extra virgin olive oil, whole eggs, coconut and coconut oil.



Chicken Avocado Salad

Ingredients:

- 2 cups of shredded grilled chicken breast
- 1 avocado
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/2 tsp pepper
- 2 tsp fresh lime juice
- 1 tsp fresh cilantro
- 2 tbsp light mayo
- 1/4 cup plain Greek yogurt

Instructions:

-Mix all ingredients together in a large bowl. Cover and refrigerate for at least 20 - 30 minutes to let all those yummy flavors blend together.

-Serve on your favorite bread, crackers, pita or on a bed of spinach.



Baked Margherita Chicken

This Baked Margherita Chicken is divine! And, simple to make. I got home late this evening and started making it after 7:00 p.m. and it hardly took any time at all.

Ingredients:

- 2 boneless, skinless chicken breasts (I usually buy antibiotic-free chicken from Walmart.)
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 2 slices mozzarella cheese
- 1/4 - 1/2 cup pesto (I made my own pesto using fresh basil, olive oil, grated Parmesan cheese, 1 garlic clove, 1-2 tbsp pine nuts and salt and pepper)
- 1/4 cup cherry tomatoes, halved
- 1/2 tablespoon fresh lemon juice

Instructions:

1. In a bowl combine chicken, salt and pepper, olive oil, garlic powder, and Italian seasoning. Toss to combine.
2. Preheat oven to 400 degrees and bake chicken in a dish for about 20 min.
3. Toss tomatoes, lemon juice, and pesto together.
4. After 20 min., take out of the oven and turn the chicken breasts over.
5. Top each chicken breast with a slice of mozzarella cheese and about 2-3 tablespoons of the pesto and tomato mix.
6. Put back in the oven for another 10 min.

Ready to eat!



Easy Vegan Bean Burritos

The tortilla in this pic doesn't look very pretty, but it tastes delicious! I made one for dinner and saved one to take to work for lunch the next day.

I'm not considered vegan as there are several things I enjoy eating that aren't plant-based, but I still try to eat as much plant-based food as I can since it's better for your health. And, I love beans! They have a lot of fiber, protein, and fill you up longer.

- 2 whole meal tortilla wraps
- 1/2 clove garlic minced
- 1/4 tsp or a bit more chili powder
- 3/4 - 1 can black beans, drained and rinsed
- A few spinach leaves
- 1 Roma tomato sliced and diced
- 1/4 - 1/2 onion chopped
- 3/4 - 1 cup corn
- Fresh salsa
- 1 tablespoon nutritional yeast



Instructions:

-Preheat oven to 400. Wrap tortillas in some tin foil and heat them up for 5-7 min.

-In a frying pan, add garlic and a small splash of water. Cook on medium heat for one minute, then add chili powder, beans, and corn. Add some more water and cook for a few minutes, until beans are softened and moist.

-Partly mash beans with a fork or masher so you have a chunky bean paste.

-Assemble the burritos applying the bean mixture first, then add tomatoes, onion, salsa or any veggie toppings you prefer. Serve any left over beans or corn on the side.

Baked Salmon and Quinoa with Mixed Veggies

This meal is chock full of protein, healthy fat (omega 3s), fiber, antioxidants, and vitamins and minerals.

- Baked Salmon: Lemon juice, extra virgin olive oil, garlic powder, onion powder, salt and pepper. (I usually buy frozen salmon from Walmart so it's not very expensive. Suits my budget!)
- Bake the salmon on top of stove for about 5-6 minutes on each side.
- Garnish with chopped parsley.
- Quinoa: Cooked in a sauce pan with water (just follow cooking instructions on package) and season with lemon juice, basil, garlic and onion powder for flavoring. (You can also use soup broth instead of water.)
- Marinate broccoli, cherry tomatoes, and mushrooms with olive oil, balsamic vinegar, garlic, onion powder, and pepper on stove.
- Then, mix in the quinoa with the veggies.



And, voila! Healthy AND delicious . . . what more can you ask for? :)

Garlicky Parmesan Zucchini Bake

- 3-4 medium zucchini chopped into 1-inch pieces
- 1.5 tbsp olive oil
- 1.5 cups cherry tomatoes
- 3-4 fresh garlic cloves, minced
- 1/4 cup fresh Parmesan cheese, shredded
- 1.5 tsp Italian seasoning
- 1/2 tsp sea salt to taste
- 1/8 tsp black pepper
- 1/4 cup fresh parsley leaves, chopped



Instructions:

- Preheat the oven to 350 degrees
- Stir/mix all the ingredients in a bowl
- Transfer to baking dish to bake for about 25-30 min.
- Garnish with fresh parsley and enjoy!

Spicy-Sweet Roasted Sweet Potatoes

Fall is sweet potato season and here are some of the amazing benefits of this root vegetable: They are a rich source of fiber as well as contain a good array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most B vitamins, vitamin C, and the anti-oxidant beta-carotene.

Spicy-Sweet Roasted Sweet Potatoes are an easy side dish to prepare. See second photo for finished product.



Ingredients:

- 3 large sweet potatoes, peeled and cut into 1/2-inch pieces
 - 3 tbsp. extra virgin olive oil
 - 1 tbsp. packed light brown sugar
 - 3/4 tsp sea salt
 - 1/2 tsp chili powder
 - 1/2 tsp paprika
 - 1/2 tsp onion powder
 - 1/2 tsp cayenne pepper
 - 1/4 tsp black pepper
1. Preheat oven to 425 degrees
 2. Place the sweet potato chunks into a large mixing bowl. Drizzle with the olive oil, then sprinkle the brown sugar, paprika, black pepper, sea salt, onion powder, garlic powder, paprika, cumin, and cayenne pepper ovetop. Toss until the potatoes are evenly coated with the seasoning. Spread onto a baking sheet.
 3. Bake in preheated oven for 15 minutes, then turn the potatoes over with a spatula, and continue baking until the sweet potatoes are golden and tender, 10 to 15 minutes more.

Parmesan Asparagus

Made these as a side dish to some pasta last night.

Asparagus is a good source of fiber, folate, potassium, and vitamins A, C, E and K.

Parmesan Asparagus:

-Cut off the tough ends, used extra virgin olive oil and a 1/4 cup shredded Parmesan cheese, sprinkled salt, 1/4 tsp garlic powder to taste.

-Set oven to 400 degrees and roasted for about 12 minutes or so.



Such a simple and yummy side dish!

Sweet Potato Fries

There are so many ways to prepare this nutritious root vegetable and tonight it was Sweet Potato Fries along with burgers and baked beans. Mmm . . .

Ingredients:

- Peel about 2-lbs of sweet potatoes
- Then cut them about 2-3 inches long and 1/4- to 1/2-inch wide
- 2 tbsp extra virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper



Instructions:

- Heat oven to 400
- Pour the olive oil over the potato sticks in a bowl and mix them together with your hands.
- Mix all the spices together in a small bowl then pour them over the potatoes and toss them around with your hands or large spoon (but more fun with your hands).
- Spread the potatoes out on a cookie sheet. Bake until brown and crisp. Usually about 15 min. then flip them and do about 10-15 min. on the other side.
- Serve hot

Brussel Sprouts

Brussel Sprouts, one of the long-forgotten vegetables. They look like mini cabbages and make an excellent side dish to any meal.

Brussel sprouts have some amazing health benefits. They are high in vitamin K (blood clotting and bone health), vitamin C (antioxidant), fiber (digestive health, weight loss, blood sugar control), omega 3 fatty acids (lower triglycerides, slow cognitive decline, decrease inflammation), as well as many other nutrients.

I made these roasted Brussel sprouts on the stove with extra virgin olive oil, balsamic vinegar, chopped garlic cloves, chopped onion, and salt and pepper.



Shrimp Teriyaki Stir Fry

いただきます or bon appetite!

Shrimp Teriyaki Stir Fry for dinner—Brown rice is higher in calories but all the health benefits make up for it.

My daughter gave it a thumbs up so it must be good!

- Cooked shrimp (about 20 medium)
- Brown Rice (1 1/2 cups)
- Water chestnuts
- Carrots (fresh and chopped)
- Broccoli (fresh and chopped)
- Edamame (frozen)
- Mushrooms (fresh and chopped)
- Walnut oil
- Teriyaki sauce (in moderation)
- Cooked rice in sauce pan
- Cooked all other ingredients in frying pan with walnut oil and teriyaki sauce
- Added the rice and cooked everything together



Whole grain, fiber, protein, veggies, lots of nutrients, and deliciousness!

Healthy Chicken Salad

This lunch is called “getting creative with the foods I have around the house.” And, I must say, it turned out pretty darn good!

- Grilled boneless, skinless chicken breast
- 2-3 tbsp plain nonfat Greek yogurt
- 1 tbsp light mayo
- 1 flax, oat bran and whole wheat pita (You can leave this off if you wish.)
- Chopped walnuts
- Pomegranate arils
- Dash of pepper, onion powder and cilantro to taste
- Handful of spinach



Garlic Pork Chops, Mashed Sweet Potatoes, and Roasted Broccoli

Delicious, healthy, and easy peasy!
(Tip: A little red wine goes nicely with this.)

Garlic Roasted Pork Chops

- 1 tbsp olive oil
- 1 tsp sea salt
- Ground black pepper
- 2 boneless center-cut pork chops
- 3-4 cloves garlic, peeled and whole



Instructions

1. Heat the oven to 400 degrees.
2. In an oven-safe skillet, heat the olive oil over high heat.
3. Season the pork chops with the salt and pepper.
4. Once the oil is hot, add the pork chops to the skillet and sear for 2-3 minutes, until golden-brown.
5. Flip the chops over, toss in the garlic cloves, and place the pan in the hot oven.
6. Roast the chops for 2-4 minutes.
7. Then, carefully flip the chops and the garlic over and roast for another 2-4 minutes, or until they are done.

Mashed Sweet Potatoes

- Cut up one large sweet potato and boil in pan of water
- Drain water and place sweet potatoes in a bowl then mash them
- Add pure maple syrup, cinnamon, and coconut sugar (just enough to give it the flavor you want)
- Mix everything together cooked through.

Roasted Broccoli

- Put olive oil in skillet with broccoli then sprinkle broccoli with balsamic vinegar, sea salt, pepper and onion powder
- Cook until ready to eat

Pina Colada Shrimp Tacos

- 10 - 15 medium shrimp
- 1/3 cup yellow and orange pepper, chopped
- 1/4 cup cherry tomatoes, chopped
- 1 tbsp green onion, chopped
- 1/4 cup fresh pineapple, chopped
- 1/4 cup fresh parsley, chopped
- Put a little extra virgin olive oil in skillet and place everything in skillet to cook. Sprinkle salt and pepper on top. Cook on medium heat for 5 -10 min.
- Heat two tortillas in the oven while you prepare the pina colada sauce
- I used about 1/4 cup of plain Greek yogurt and mixed in fresh chopped pineapple and shredded coconut (or you can use coconut Greek yogurt with chopped pineapple).
- I put some spinach on each tortilla then placed everything from the skillet on the bed of spinach and immediately added shredded Mexican cheese on top so it would melt.
- Then, I added the pina colada sauce on top of that.



Baked Italian Chicken with Sweet Baby Carrots

- Bake 2 boneless, skinless chicken breast in an 8 x 8 oven dish
- Sprinkle Italian seasoning on top, then add low fat shredded mozzarella cheese, sliced cherry tomatoes, and mushrooms. Then, sprinkle more Italian seasoning on top of that.
- Preheat oven to 425 degrees and bake for about 25 minutes (or until the chicken is cooked through with no pink).
- Cook fresh baby carrots in sauce pan on stove in about 1-inch of water. Add some Promise light vegetable oil spread, coconut sugar or light brown sugar, and a dash of salt and pepper. Bring to boil then cook on medium heat for 7 - 8 minutes or until softened.



Sweet & Spicy Salmon

with Roasted Marinated Brussels Sprouts

and Crispy Sweet Potato Rounds

The perfect dinner on a Saturday night that didn't take much time at all!

1. Salmon

- Two 4-6 oz salmon fillets
- One 8 x 8 pan with some extra virgin olive oil
- Mix together honey, chili powder, Promise light vegetable oil spread, and salt and pepper in a bowl.
- Place salmon in dish on stove and spread your concoction on each side of the fillet. Cook on each side for about 4-5 min on medium heat (or until cooked thru with no pink)



2. Brussels Sprouts

- Place them in frying pan with extra virgin olive oil, balsamic vinegar, and salt and pepper. Cook on low to medium heat until softened.

3. Sweet Potatoes

- Cut one sweet potato into round slices.
- Sprinkle with olive oil, paprika, cumin, and salt and pepper.
- Cook on tray in stove for about 10 min. Then flip them over and cook another 10 min.

Healthy, nutritious, and delicious!!

Heart-Shaped Pita Pizzas

Make your kiddos feel extra special by making these heart-shaped pizzas together for Valentine's Day!

- Flax Whole-Bran/Whole Wheat Pitas
- Cut into shape of a heart
- Spread some extra virgin olive oil on one side of each pita then sprinkle garlic powder on top
- Spread marinara sauce all over one side of the pita
- Sprinkle light shredded mozzarella cheese on top of sauce
- Add your toppings
- Preheat oven to 425 and bake 3 pizzas for 20-25 min. or until the crust looks done.

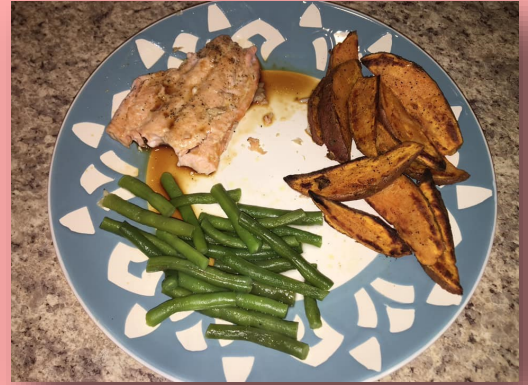


Pictured here: 1. Veggie: Chopped spinach, cherry tomatoes, mushrooms, and onion. 2. Hawaiian: Slices of natural smoked uncured ham and fresh cut pineapple (or you can use canned pineapple in 100% juice) 3. Extra Cheesy: Extra light mozzarella and shredded cheddar cheese

Teriyaki Salmon w/ Green Beans and Seasoned Potato Wedges

Here's a simple and healthy dinner idea:

- Teriyaki-glazed grilled salmon (or chicken): Grilled on a George Foreman Grill with extra virgin olive oil, sprinkled with fresh lemon juice and a dash of sea salt and pepper. Then, spread on a little low-sodium teriyaki sauce.
- Cooked fresh cut green beans in olive oil, salt and pepper and a little bit of light Promise vegetable oil spread in water in a sauce pan.
- Baked some sweet potato wedges seasoned with paprika, cumin, and pepper. (One small potato baked on 425 for about 20 minutes. Flip them over half-way through.



Savored every bite!

Waldorf Chicken Salad

When packing your lunch to take with you to work or school, it can become challenging sometimes to find more variety when eating healthy. This is where meal planning comes in handy, but I'll admit there are times I don't always get to do this so that's where creativity comes into play.

I try to go with what I have around the house. I always try to have chicken breast, spinach, fruit, and plain Greek yogurt on hand since I use them in a variety of recipes. So, today I threw together this Waldorf Chicken Salad.

- I used one grilled boneless, skinless chicken breast, chopped.
- 1 Gala Apple, chopped
- Chopped walnuts
- I was out of grapes so I used yellow raisins since I had some.
- I used one tbsp of light mayo and about a 1/4 cup plain nonfat Greek yogurt. (Mayo is optional.)
- Sprinkled salt, pepper and basil then served it on a bed of spinach.



It tasted AmAZInG! Don't be afraid to experiment with what you have around the house. Have a love affair with healthy food and feed your body well!

Italian Chicken w/ Garlic Parmesean Asparagus

Italian Baked Chicken with Garlic Parmesan Asparagus - Perfect dinner for one or two people and simple to make.

- Boneless, skinless chicken breast
- Mozzarella Cheese
- Roma tomato
- Chopped spinach
- Extra virgin olive oil
- Italian seasoning
- Garlic seasoning



Instructions:

1. Bake the chicken on the stove top. Sprinkle with olive oil and seasonings.
2. When it's almost cooked through add the cheese, spinach, and sliced tomato on top to cook.
3. While the chicken is cooking, bake the asparagus in the oven on a cookie sheet. Spray on olive oil and sprinkle on shredded Parmesan cheese and garlic. Bake in oven on 425 degrees for about 15 min. or so. Use the extra tomato slices as a side dish.

Black Bean Veggie Burger

Black bean veggie burger with spinach, onions, tomato, and mushrooms on top. If you like things spicy, then you will like this recipe.

(The burger mixture goes great on tacos, too!)

Here are the deets:

This recipe makes 6 thick patties.

Ingredients:

- 1 tablespoon ground flax + 3 tablespoons water (or 1 egg)
- 2 cans black beans, divided, drained and rinsed
- 1/4 cup diced red onion
- 1 canned chipotle pepper in adobo sauce, plus 2-3 teaspoons adobo sauce
- 2 minced garlic cloves
- 2 teaspoons cumin
- 1 teaspoon salt
- 2 tablespoons tomato sauce (or salsa)
- 1/2 cup Panko breadcrumbs
- 1/2 cup corn (fresh or frozen and defrosted)
- avocado for topping
- Cooking spray or olive oil, or canola oil for frying patties



Instructions:

-In a small bowl, mix together the ground flax and water. Let sit for five minutes.

-Add one can of beans, onion, chipotle pepper, adobo sauce, garlic, cumin and salt to a food processor and pulse until mixture resembles chunky black bean dip.

-Transfer the mixture in the food processor to a large bowl and stir in the remaining black beans, tomato sauce, breadcrumbs, flax and corn. Stir well until everything is combined.

-Heat a little olive oil in a skillet on medium high heat. Form black bean mixture into patties and fry for about 8-12 minutes per side, until crispy and golden brown. -The amount of cooking time will depend on your preference for crispiness on the outside of the burger.

-Serve patties on buns or in a salad or tortilla and topped with any favorite burger toppings, such as guacamole or avocado slices, lettuce, sliced red onion, salsa, ketchup, or mustard.

Roasted Italian Vegetable Medley

Ingredients:

- 2 small zucchini, cut into coins and then sliced in half
- 2 small yellow squash, cut into coins and then sliced in half
- 12 oz cherry tomatoes (or any small tomato), sliced into halves
- 1 orange pepper, sliced
- 2 tbsp extra virgin olive oil
- 2 tsp Italian seasoning
- Salt, pepper, and onion powder to taste
- 1/3 cup Parmesan cheese (or more to taste)



Instructions:

Step 1

Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper or aluminum foil (optional: Just makes for easier clean up)

Step 2

In a large bowl toss the zucchini, squash, orange pepper and tomatoes with the olive oil, Italian seasoning, and salt and pepper.

Step 3

Pour onto the baking dish and spread into an even layer.

Step 4

Roast for 15 minutes, sprinkle parmesan evenly on top, then roast for an additional 10 minutes.

Black Bean Veggie Quesadilla

Ingredients

- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 handfuls of spinach chopped or you can chop up two zucchini
- 2 tablespoons olive oil
- 2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne
- Salt and pepper to taste
- 1 can black beans, drained and rinsed
- Shredded Mexican cheese to taste
- 8-12 small flour tortillas or 4-6 large flour tortillas



Instructions

Step 1

Preheat the oven to 400 degrees. In a large bowl combine the bell pepper, red onion, and spinach or zucchini and toss with the olive oil, chili powder, garlic powder, cayenne, salt and pepper. Spread veggie mixture onto a baking tray and cook for 15 - 20 minutes.

Step 2

In a small bowl, mash the black beans slightly with a fork and season with salt and pepper to taste.

Step 3

Spread a portion of the beans onto one of the tortillas and top with the cooked veggie mixture and Mexican cheese. Top with a second tortilla (see tip). Repeat until all the tortillas are filled.

Step 4

Cook on medium-high heat for 2 - 3 minutes per side in an oiled pan or until the outside is crispy.

TIP: Smaller tortillas make for easier flipping if you're using 2 tortillas to make 1 quesadilla. If you're using full size tortillas I recommend folding them in half and only using 1 tortilla per quesadilla.

Broccoli Bok Choy Chicken Stir Fry

Ingredients

- Large pan or a wok
- 1 tablespoon Olive Oil
- 3-4 cloves of fresh minced garlic
- A 'thumb' size of fresh ginger root, peeled and minced
- 1 small red onion, chopped
- 2lbs of chicken breast chopped into bite-sized 'Chick-fil-a' shaped shapes with fat cut off
- One bunch of fresh bok choy finely chopped (cut off hard white part on bottom)
- 1 Head of fresh broccoli, finely chopped
- Bragg's liquid aminos
- Cooked rice of choice on the side
- Fresh squeezed lime to taste



Instructions

- Heat 1 tablespoon of olive oil on medium and then quickly add garlic
- Once garlic is barely golden brown, add ginger root and stir together
- Quickly add chicken and brown all the way through, adding in the red onion when chicken is about halfway done
- Stir in broccoli
- Quickly add bok choy and stir in until combined
- Shake a modest layer of liquid aminos over the mixture, then cover
- Keep an eye on it and uncover and remove from burner once broccoli is cooked to desired softness (don't overcook!)
- Serve over rice and squeeze lime over top (the lime makes it!)

Stuffed Bell Peppers

Ingredients:

- 4 – 6 bell peppers (color of choice, or a variety of colors)
- 2lbs of 99% fat free ground turkey
- 1 can of corn
- 1 can of black beans
- 1 season packet of Hidden Valley Spicy Ranch (found in salad dressing aisle) or other seasoning of choice, especially if you are watching your sodium intake
- Cooking spray (olive / avocado / canola)
- Shredded cheese is optional (Mexican blend works well)



Instructions:

- Preheat oven to 420 degrees
- Prepare a foiled and sprayed baking sheet
 - Rinse peppers, halve them long ways and remove seeds (try to keep a 'bowl shape intact)
 - Place open side down (dome shape) on baking sheet and spray with more oil on top
- Rinse black beans (make sure to get all the bubbles off) and corn, mix together and set aside
- Once oven is preheated, put peppers in for pre-roasting for 12 minutes
- While peppers are pre-roasting, heat a sprayed pan on medium and brown / crumble to turkey meat – no draining necessary
- Once browned, stir in the corn and black beans
- Add the entire season packet or other low sodium seasoning and combine
- Once peppers are done pre-roasting, remove and prepare to stuff
- Transfer peppers to a sprayed casserole dish to keep them standing up (flip them now face up / bowl shape)
- Optional - sprinkle a thin layer of cheese into the bottoms of the peppers, then spoon in the filling mixture until pepper is completely stuffed and full
- Optional - top off with a thin layer of cheese again
- Put them back in the oven for 10 – 12 more minutes!
- Remove and cool!

Taco Salad

Ingredients:

- Greens of choice: romaine, spinach, spring mix, etc.
- 1lb lean ground beef or ground turkey
- Low sodium taco season packet
- Small red onion
- 2 bell peppers, color of choice
- low-fat shredded Mexican cheese (optional)
- Salsa
- Optional toppings: lite sour cream or plain yogurt, diced avocado, chopped cilantro, black beans, corn, crushed tortilla chips, hot sauce to taste



Instructions:

- Chop greens and other optional veggie toppings and set aside
- Brown and drain ground beef and then add taco seasoning according to directions.
- Slice red onion and bell peppers into fajita shapes and stir fry in olive oil on medium heat until cooked through
- Build your salad by layering the following: BIG handful of greens layer greens, taco meat, cheese, salsa and other toppings