



Cooking JOURNAL

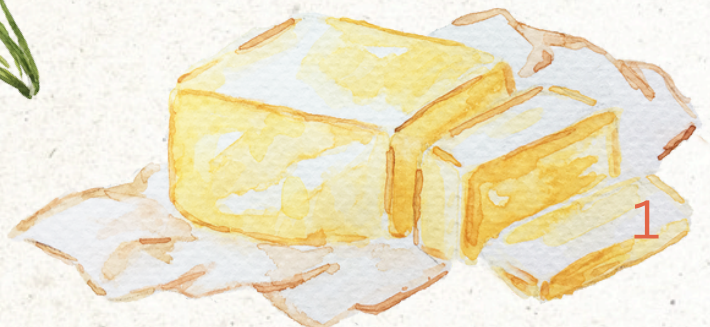


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Breakfast

RECIPES



Poached Eggs with Pesto Bulgur



Servings 4 Serving Size: 1 egg and 1/2 cup bulgur mixture

Vegetarian

Breakfast

American



INGREDIENTS

- 2/3 cup uncooked instant, or fine-grain, bulgur
- 1 1/3 cups fat-free, low-sodium vegetable broth and 2 tablespoons fat-free, low-sodium vegetable broth, divided use
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry-roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- Dash of cayenne
- 1/2 cup finely chopped yellow bell pepper OR 1/2 cup finely chopped red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

DIRECTIONS

1. **In a medium saucepan**, prepare the bulgur using the package directions, omitting the salt and substituting 1 1/3 cups broth for the water. Fluff with a fork.
2. **Meanwhile**, in a food processor or blender, process the basil, walnuts, garlic, salt, cayenne, and the remaining 2 tablespoons broth until smooth. Stir the basil mixture, bell pepper, and green onions into the bulgur.
3. **In a large skillet**, bring the water and vinegar to a boil over high heat. Reduce the heat and simmer. Break an egg into a cup and then carefully slip the egg into the simmering water. Repeat with the remaining eggs, placing them in the water so they don't touch. Simmer for 3 to 5 minutes, or until the whites are completely set and the yolks are beginning to set, but aren't hard. Using a slotted spoon, drain the eggs well and place on the bulgur mixture. Serve with the lemon wedges.

Fruity Oatmeal Yogurt Parfaits



Servings 4 Serving Size: 1 parfait



Dairy

Breakfast

Vegetarian



INGREDIENTS

- 2 cups fresh or frozen sliced hulled strawberries, thawed and patted dry if frozen
- 2 cups fresh or frozen blueberries or fresh or frozen halved blackberries, or a combination, thawed and patted dry if frozen
- 1 tablespoon plus 1 teaspoon honey
- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups fat-free, plain Greek yogurt

DIRECTIONS

1. **In a medium bowl**, gently stir together the strawberries, blueberries, honey, and cinnamon.
2. **In a medium saucepan**, bring the water and oats to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally.
3. **In each parfait glass**, layer: 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt, and 1/4 cup fruit mixture. Repeat the layers.

Skillet Ham Hash

 Servings 4



Pork

Breakfast

American

INGREDIENTS

- 2 tsp. olive oil
- 1 large green bell pepper (diced)
- 1 large red bell pepper (diced)
- 1 medium onion (diced)
- 1/2 cup uncured lower-sodium, low-fat, diced ham (about 4 ounces), all visible fat discarded
- 3 cups frozen, fat-free southern-style diced hash brown potatoes, thawed
- 1/2 tsp. salt-free Cajun or Creole seasoning blend
- 2 Tbsp. chopped, fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper

DIRECTIONS

1. **In a large nonstick skillet**, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until the onion is soft and the bell pepper is tender, stirring occasionally. Stir in the ham. Cook for 1 to 2 minutes, or until heated through, stirring occasionally.
2. **Stir** in the hash browns and seasoning blend. Cook without stirring for 4 minutes, or until the bottom is golden brown. Stir (the golden-brown pieces will be redistributed). Cook without stirring for 4 minutes, or until the bottom is golden brown and the mixture is heated through.
3. **Stir** in the parsley, salt, and pepper.

Southwestern Quinoa and Egg Breakfast Bowl



Servings 4 Serving Size 1 breakfast bowl



High in Protein

Breakfast

American

INGREDIENTS

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- Cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- Red hot-pepper sauce to taste (optional)

DIRECTIONS

1. **Cook** the quinoa according to the package directions. Remove from the heat.
2. **Spoon** the quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro.
3. **Lightly** spray a large skillet with cooking spray. Crack the eggs into the skillet. Sprinkle the salt and pepper over the eggs. Cook, uncovered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but the yolks are still runny. Using a spatula, carefully transfer one egg sunny side up into each of the bowls. Sprinkle with the hot sauce.

Whole Wheat Pancakes with Strawberries



Servings 6



Breakfast

American



INGREDIENTS

- Cooking spray
- 2/3 cup whole-wheat flour
- 1/4 cup oats
- 1 teaspoon baking powder
- 2/3 cup fat-free milk
- 1 large egg lightly beaten
- 2 teaspoons canola oil
- 3 hulled, sliced strawberries

DIRECTIONS

1. **In a large bowl**, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
2. **Add** dry ingredients all at once; stir just until dry ingredients are moistened.
3. **Coat** skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.
4. **Flip** with batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

Lunch

RECIPES





Vegan/ Vegetarian

Dinner, Entree

American

Spaghetti Squash Salad with Apples and Pecans



7 servings



30 minutes

INGREDIENTS

- 1 (3 lb.) spaghetti squash
 - 2 medium Gala apples cut into ½-inch cubes
 - ½ cup roughly chopped pecans toasted in a dry skillet
 - 2 green onions white and green parts, thinly sliced
- The Dressing**
- 1 ½ tablespoons extra virgin olive oil
 - 1 ½ tablespoon apple cider vinegar
 - 1 teaspoon agave nectar
 - ¼ teaspoon kosher salt

INSTRUCTIONS

1. Using a large, sharp knife, pierce a spaghetti squash in several places. Place the spaghetti squash in a glass baking dish and cook in the microwave on high for 10-15 minutes, turning the squash halfway through cooking. The cooking time will depend on the strength of your microwave. When pressed, the skin should be soft enough to depress slightly, but not so soft that it's collapsing.
2. Before handling, let the squash stand for 10 minutes. Cut it in half lengthwise and scrape out the seeds and fibers. Using a fork, twist out strands of the spaghetti squash flesh and place in a large bowl. Cover and chill.
3. Add pecans, apples, and green onions, and stir well.
4. Toss with the dressing. Serve.

The dressing:

- In a small bowl, whisk together olive oil, vinegar, agave nectar and salt.

NUTRITION Author: Dara Michalski

Serving: 0.75 Cups | Calories: 139.6kcal | Carbohydrates: 15.3g | Protein: 1.5g | Fat: 9.4g | Saturated Fat: 1g | Sodium: 56.5mg | Fiber: 3.5g | Sugar: 8.7g



Black Bean Sweet Potato Salad

Total Cooking Time: 40 minutes Serving : 2

INGREDIENTS

- 10 oz sweet potato 285g, roasted
- ½ cup black beans 82g (cooked bean weight)
- ¼ cup red onion approx ¼ an onion (finely diced volume)
- ½ red pepper
- ¼ cup cilantro a small handful, approx 15g coriander
- 1 tablespoon olive oil
- 2 teaspoon lime juice
- 1 teaspoon honey (or maple syrup to be fully vegan)
- ½ clove garlic crushed

DIRECTIONS

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- ½ clove garlic crushed



Vegeterian

Lunch, Dinner

American

AVOCADO AND SHRIMP SPRING ROLLS

Servings 6 Serving Size 2 rolls



Seafood

Lunch/Dinner

American

INGREDIENTS

- 1 ounce dried rice noodles
- 1 tablespoon peanut sauce
- 4 12-inch Vietnamese salad roll wrappers
- 3 ounces cooked, peeled, and deveined shrimp, tails discarded, halved crosswise
- 1 medium avocado, halved and cut into 12 slices
- 1 medium mango, peeled and cut into julienne strips
- 1 cup tightly packed red leaf lettuce, torn into bite-size pieces
- 1/4 cup tightly packed fresh basil (Thai preferred), stems discarded, torn into bite-size pieces
- 1/4 cup tightly packed fresh mint, stems discarded, torn into bite-size pieces
- 1 2.5-ounce package radish sprouts, steamed (optional)

DIRECTIONS

1. Put 2 cups of water in a small saucepan. Boil over high heat.
2. Put the rice noodles in a small, heat-resistant bowl. Pour the boiling water over the noodles. Let stand for 4 minutes, or until the noodles have softened. Drain well in a fine-mesh sieve. Transfer back to the bowl. Stir in the peanut sauce. Set aside.
3. Fill a large bowl with warm water. Working with one wrapper at a time, soak the wrapper in the water for 30 seconds, or until just pliable but not limp. Transfer the wrapper to a wooden cutting board. On the wrapper, layer one fourth of each down the center as follows: the shrimp, avocado, mango, lettuce, basil, mint, and sprouts. Top with the rice noodles. Fold the bottom of the wrapper over the filling. Fold in the ends, rolling like a burrito into a tight cylinder. Repeat with the remaining wrappers and ingredients. Transfer the rolls with the seam side down to a plate. Cover with a damp kitchen towel and refrigerate.
4. When ready to serve, using a wet knife, cut each roll into thirds. Transfer to a serving platter.

TOMATO STUFFED WITH DILL SALMON SALAD



4 Servings



1 hour

Ingredients:

- 4 large tomatoes, (3-4 inches in size), left whole
- 14.75 oz. canned, low-sodium salmon, packed in water, drained
OR 5 2.6 - oz. low-sodium pouches salmon, packed in water, drained
- 2 stalk celery, sliced crosswise into quarter-inch pieces
- 3 green onions, sliced into quarter-inch rounds OR 1/2 small red onion, about 1/2 cup, chopped
- 2 tablespoons nonfat mayonnaise
- 1/4 cup plain, low-fat yogurt
- juice of half lemon, about 2 Tablespoons
- 3/4 teaspoon dried dill
- 1 head romaine or other lettuce, separated into leaves, washed
- 1 large cucumber, peeled and cut into quarter-inch rounds

Seafood

Lunch, Dinner :

American



Instructions:

1. Cut a thin slice off the top of each tomato and scoop out the inside pulp and seeds. Chop the scooped pulp and seeds finely and put in a bowl.
2. Put drained salmon into a bowl and using a fork break up the fish into half-inch chunks.
3. Add the celery and onions and toss to combine.
4. Add the chopped tomato pulp and seeds to the salmon salad.
5. In a cup combine the mayonnaise, yogurt, lemon juice and dill.
6. Add to the salmon salad and toss to coat.
7. To assemble each serving, place 2-3 leaves of the washed and separated lettuce on plates.
8. Scoop the salmon salad into the hollowed tomatoes and place over the lettuce leaves.
9. Arrange the sliced cucumbers by the salmon salad and serve.

Cooking Tip: You can use any water-packed type of salmon as well as tuna. This salad will keep in the refrigerator for a day or two.

Tip: For a fun appetizer, consider using smaller tomatoes. You can also serve this over finely chopped green cabbage or mixed salad greens. You can also enjoy this in a sandwich or wrap. You can also add one sliced medium avocado to the sliced cucumbers around the salmon salad.

GAZPACHO

 6 Servings

 2 hour+

INGREDIENTS

- 6 small ripe tomatoes, peeled and seeded
- 2 cups low-sodium tomato juice OR 2 14.5-ounce cans no-salt-added tomatoes, undrained
- 1 medium cucumber, peeled and seeded
- 3 medium ribs of celery, chopped
- 1 medium bell pepper (red or green), finely chopped
- 1 small red onion, finely chopped
- 2 medium green onions, finely chopped
- 1/4 cup red wine vinegar
- 2 tablespoons chopped fresh parsley OR 2 teaspoons dried parsley, crumbled
- Juice from 1 medium lemon
- 1 medium garlic clove, chopped OR 1/2 teaspoon bottled minced garlic
- 1/2 teaspoon crushed red pepper flakes (optional)
- 1/4 teaspoon pepper
- 1/4 teaspoon dried Italian seasoning, crumbled



Vegetarian

Lunch, Dinner

American

DIRECTIONS

1. In a food processor or blender, process all the ingredients until combined, but slightly chunky.
2. Transfer the soup to an airtight container. Refrigerate for up to 2 hours to overnight before serving.

QUICK TIPS

Cooking Tip #1: If you don't have a food processor or blender, try to dice the vegetables as finely as possible. Then mix and mash them with a potato masher for about 2 minutes to allow the flavors to blend.

Cooking Tip #2: To peel tomatoes, place the fruit on a microwavable plate and microwave on 100% power (high) for 30 seconds. Let stand for 2 minutes. The skin will be looser and easier to remove after microwaving.

Dinner

RECIPES





Creamy Orzo with Garlic, Parmesan, and Blistered Tomatoes



4 servings



25 minutes

INGREDIENTS

5 cups cherry tomatoes (about 1.5 pounds)

2tbsp extra virgin olive oil

4 garlic cloves, minced

2 cups dry orzo

Water or Broth (3-4 cups)

1 cup Greek Yogurt

¼ cup to ½ cup grated parmesan or pecorino

Romano

1 cup chopped fresh parsley

Kosher Salt and Ground black pepper

Vegetarian

Dinner, Entree

Italian/ Mediterranean

INSTRUCTIONS

- 1. Blister the cherry tomatoes.** In a medium saucepan, heat the olive oil over medium-high heat until shimmering. Add the tomatoes (whole) and garlic and season with a big pinch of kosher salt and black pepper. Stir to combine, then cover the pan until the tomatoes are softened, about 5 to 8 minutes.
- 2. Stew the tomatoes.** Use a wooden spoon to mash the softened tomatoes. Let them cook, uncovered, until they have softened and let out a lot of juice, about 3 to 5 minutes.
- 3. Cook the orzo.** Add the orzo and cover with water or broth by about 1 inch. Add a big pinch of salt and pepper and stir to combine. Let the pasta and tomatoes cook over medium heat (uncovered), stirring occasionally to prevent it from scorching at the bottom.
- 4. Temper the yogurt.** Before the orzo has absorbed the liquid, spoon some of the warm tomato-ey broth into a large measuring cup. Add the yogurt and whisk to combine, bringing the yogurt to room temperature.
- 5. Combine.** When the pasta is tender and has absorbed most of the juice, about 10 minutes, turn the heat off. Add the warmed yogurt and stir to combine.
- 6. Finish and serve.** Stir in the cheese and fresh parsley. Taste and adjust the seasoning to your liking and serve.

NUTRITION Author: Susy Karadsheh

Calories: 369kcal Carbohydrates: 53.4g Protein: 17.1g Fat: 10g Saturated Fat: 2.2g

Polyunsaturated Fat: 1.2g Monounsaturated Fat: 5.8g Trans Fat: 0.003g

Cholesterol: 6.8mg Sodium: 151mg Potassium: 702.9mg Fiber: 3.7g Sugar: 8g

Vitamin A: 2225.4IU Vitamin C: 63.4mg Calcium: 188mg Iron: 3.1mg





Crisp Apple Salad with Apple Cider Vinaigrette



2 servings



14 minutes

INGREDIENTS

5-8 oz Fresh mixed salad greens

or arugula

2 apples peeled and sliced

1/3 cup sliced almonds

1 large shallot sliced

3 Tbsp golden raisins

1 Tbsp Olive oil for shallots and
apples

Pecorino Romano Cheese shaved
or cut into chunks

For the vinaigrette

1 ½ Tbsp Apple cider
vinegar

3 Tbsp Olive Oil

1 Tbsp Maple syrup

1 tsp Whole grain Mustard
salt and pepper

Vegetarian

Dinner, Entree

American

INSTRUCTIONS

1. Whisk the apple cider vinegar, whole grain mustard, and maple syrup together. Whisk the 3 Tbsp. olive oil, salt, and pepper until combined. Add the golden raisins to the dressing to soften them and help absorb some of the flavor.
2. Heat a medium sauté pan over medium heat and toast the almonds until slightly golden brown. Set aside.
3. In the same pan heat the remaining 1 Tbsp. olive oil. Add the sliced shallots and sauté until fragrant, about 2 minutes.
4. Add the sliced apples and warm through, about 1 minutes. You don't want to overcook the apples because they will lose their crispness.
5. In a large bowl, add the salad greens and toss with the vinaigrette. Top with the golden raisins, apples and shallots, almonds, and shaved pecorino romano cheese. Season again with salt and pepper again if needed.

NOTES Author: Bessie Bakes

Different varieties of apples you can use with this recipe

- Fuji
- Gala
- Granny Smith (green apples)
- Honeycrisp

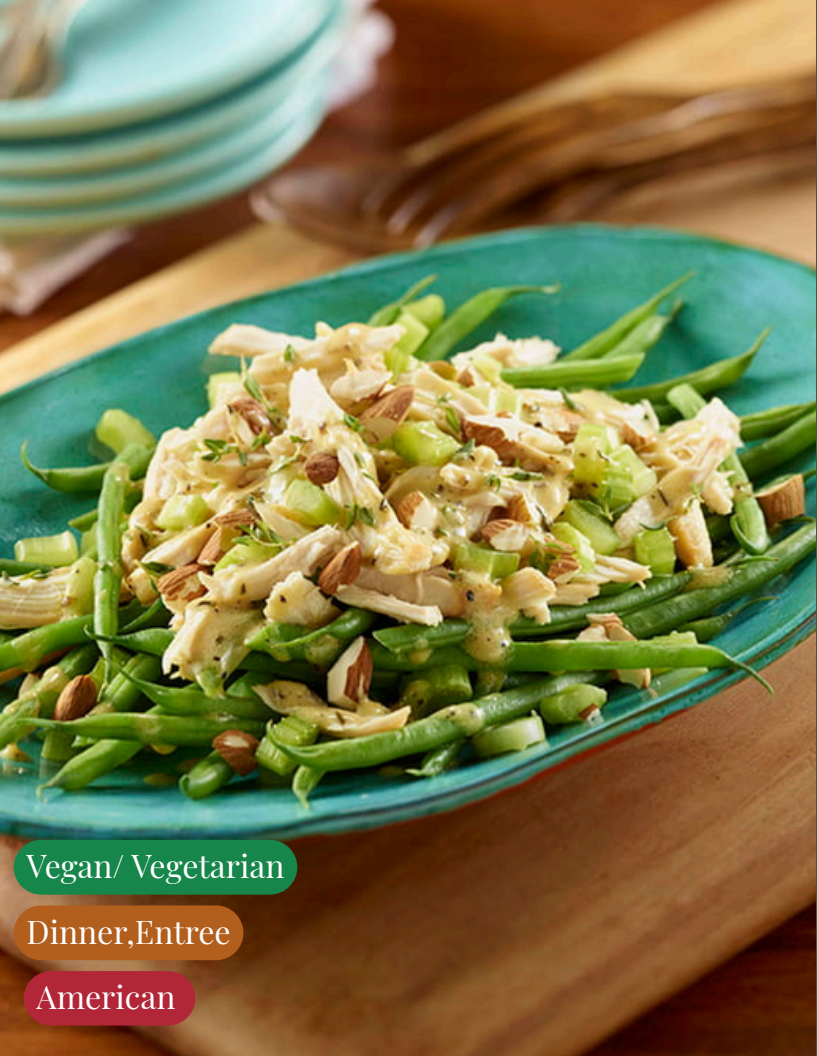
Cheese Substitutions

- Cheddar
- Goat Cheese
- Bleu Cheese
- Parmesan

Nut or seed substitutions

- Walnuts or pecans
- Pumpkin seeds





CHICKEN & GREEN BEAN SALAD



4 Servings



15 minutes

Ingredients:

- 2 cups shredded chicken breast, cooked without salt, all visible fat discarded
 - **OR** 20 ounces canned no-salt added (or lowest sodium available) chicken breast, drained and flaked
 - 1.5 lbs of fresh green beans
 - 3 medium ribs of celery, chopped
 - 3 tablespoons chopped unsalted almonds, walnuts or pecans
- For the Dressing:**
- 2 tablespoons extra-virgin olive, corn, or canola oil
 - 2 tablespoons lemon juice or vinegar
 - 1 tablespoon Dijon mustard or spicy brown mustard **OR**
 - 1 teaspoon ground mustard whisked with 2 teaspoons water
 - 1/4 teaspoon dried thyme
 - 1/4 teaspoon pepper (freshly ground preferred)

Vegan/ Vegetarian

Dinner, Entree

American

Instructions:

1. Put the salad ingredients in a large bowl
2. In a small bowl, whisk together the dressing ingredients
3. Pour the dressing over the salad, tossing to coat.

For the Dressing:

1. Add mustard, olive oil, lemon juice, thyme and pepper to a small bowl.
2. Use a fork or whisk to combine

Notes :

Cooking Tip: To easily chop or crush nuts, put the nuts in a sealed plastic bag and gently roll over them with a rolling pin. Or you can put the sealed bag underneath the back of a small skillet and press firmly.

Keep it Healthy: Don't have any nuts on hand? Unsalted seeds, such as hulled pumpkin or sunflower, can be used instead.

Tip: One half of a store-bought rotisserie chicken will yield about 2 cups shredded chicken, which is the amount needed for this recipe.

Tip: No celery in the fridge? No worries. Substitute 3 medium chopped carrots, 1 medium chopped cucumber, and 1 1/2 cups shredded cabbage.



CRUNCHY CHICKEN WITH OVEN-ROASTED BROCCOLI



4 Servings



1 hour

Ingredients:

For the Crunchy Chicken:

- whole chicken
- NOTE: you can save time by using boneless, skinless chicken breast halves but using the whole chicken and quartering and skinning yourself can save some money. But be sure you don't mind eating off of bones if you use the whole chicken.
- 2 tablespoon Dijon mustard
- 2 cup whole-grain cereal flakes (crushed)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the Oven-Roasted Broccoli:

- 1 pound fresh broccoli crowns (rinsed, trimmed)
- 1 1/2 teaspoon minced garlic
- OR
- 2 teaspoon jarred, minced garlic
- 2 teaspoon low-sodium soy sauce
- 1/4 teaspoon black pepper
- 1 teaspoon extra virgin olive oil
- 3 Tbsp chopped, unsalted, uncoiled nuts (almonds, pecans or walnuts suggested – whatever is on sale will work)

Chicken

Lunch, Dinner

American

Instructions:

For the Crunchy Chicken:

1. Heat oven to 400 degrees F. Rinse chicken and pat dry. Remove giblets and neck and discard. Quarter chicken and remove and discard skin.
2. In a medium bowl, toss the chicken and mustard to coat. [If you're using chicken breasts, just rinse and pat dry.]
3. In a large bowl, mix the crushed cereal, and 1/4 teaspoon each salt and pepper. Coat the chicken with the cereal mixture and bake on a baking sheet until golden and cooked through, 45 to 50 minutes.

For the Oven-Roasted Broccoli:

1. Heat oven to 400 degrees F (or can use same oven as chicken). Rinse broccoli, trim stalks into 1/8 inch-thick chunks and cut florets into bit sized pieces. Place in a mixing bowl and toss with soy sauce, oil, pepper, and garlic.
2. Sprinkle the chopped nuts evenly in to a 9x13 inch casserole dish. Place in the oven 3-4 minutes until lightly toasted. Remove from oven and toss in to broccoli mixture.
3. Transfer broccoli mixture to casserole dish and roast 10-12 minutes until broccoli is tender. Serve warm.



CURRY STUFFED BELL PEPPERS



4 Servings



1 hour

Ingredients:

- 4 medium bell peppers (any color) tops cut away, seeds and white membrane removed
- 1 Tbsp. extra virgin olive oil
- 1 small onion (diced)
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini (diced)
- 1 tsp. curry powder
- 1 tsp. no-calorie sweetener, granulated, 1/2 packet
- 1/2 tsp. cloves
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa (cooked to package instructions)
- 1/4 cup chopped, fresh cilantro

Instructions:

1. Preheat oven to 375.
2. In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.
3. Add turkey and brown - breaking up clumps and stirring until cooked through (it will turn greyish white).
4. Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more. Remove from heat.
5. Stir in chicken broth, quinoa, and cilantro until well mixed. Spoon 1/4 of mixture in to each bell pepper. Place peppers in an 8x8 baking dish, standing up. Add enough water to cover the bottom of the baking dish about 1/8 inch deep.
6. Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.



Chicken/ Turkey

Lunch, Dinner ;

American



Soups and Salads

RECIPES





HOMESTYLE CHICKEN NOODLE SOUP



Servings: 6 Serving Size: 2 cups

Ingredients:

- 2 teaspoons olive oil
- 3 medium carrots (thinly sliced)
- 2 medium ribs of **celery**, leaves discarded, thinly sliced
- 1 small onion (diced)
- 4 cups fat-free, low-sodium chicken broth
- 1 1/2 pounds boneless, skinless **chicken breasts**, all visible fat discarded, cut into bite-size pieces.
- 3 cups water
- 3 tablespoons fresh Italian (flat-leaf) **parsley**, minced.
- 1/2 teaspoon dried thyme (crumbled)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper ((coarsely ground preferred))
- 6 ounces dried **no-yolk noodles**

Instructions:

1. Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
2. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
3. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

Chicken/ Turkey

Soup/ Salad

American

GINGER PUMPKIN SOUP

Servings 4 Serving Size 1 1/2 cups

Ingredients

- 1 1/2 teaspoons canola oil OR 1 1/2 teaspoons corn oil
- 1 medium onion, finely minced
- 3/4 tablespoon minced peeled gingerroot OR 1/2 teaspoon ground ginger
- 2 medium garlic cloves, minced OR 1 teaspoon bottled minced garlic
- 1/2 teaspoon dried thyme, crumbled
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pepper (freshly ground preferred)
- 1/8 teaspoon salt
- 1 tablespoon all-purpose flour
- 1 14.5-ounce can fat-free, low-sodium vegetable broth
- 1 cup water
- 2 15-ounce cans solid-pack pumpkin (not pie filling)
- 1 cup fat-free milk
- 1/4 cup fat-free sour cream (optional)
- 2 tablespoons chopped chives (optional)



Contains Dairy

Soup/Salad

American

Directions

1. In a large heavy pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring occasionally.
2. Stir in the ginger, garlic, thyme, cinnamon, pepper, and salt. Cook for 1 minute, stirring constantly. Stir in the flour. Pour in the broth and water. Using a spatula, scrape the bottom of the pot to dislodge any browned bits. Stir in the pumpkin. Bring the mixture to a boil. Reduce the heat to low and simmer for 10 minutes.
3. Stir in the milk. Remove from the heat. Ladle the soup into bowls.
4. Garnish with the sour cream and chives.

TUNA NIÇOISE IN LETTUCE CUPS



Servings: 8 Serving Size: 2 lettuce cups

Ingredients:

- 2 tablespoons chopped red onion
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard (lowest sodium available)
- 1 teaspoon olive oil (extra virgin preferred)
- 1/4 teaspoon dried dillweed, crumbled
- 1/4 teaspoon sugar
- 1/8 teaspoon pepper
- 1 5-ounce can very low sodium chunk light tuna, packed in water, drained, and flaked
- 16 large Bibb lettuce leaves (about 2 heads)
- 2 tablespoons chopped black olives
- Whites of 2 large hard-boiled eggs, chopped
- 4 cherry tomatoes, sliced

Instructions:

1. In a small bowl, whisk together the onion, vinegar, mustard, oil, dillweed, sugar, and pepper. Stir in the tuna. Spoon 1 tablespoon of the tuna mixture onto each lettuce leaf. Top, in order, with the olives, egg whites, and tomatoes.
2. To eat as a wrap, fold the left and right sides of the lettuce leaf toward the center. Starting from the unfolded side closest to you, roll the wrap towards the remaining unfolded side to enclose the filling.

Quick Tips

Cooking Tip: To hard-boil the eggs, place them in a small saucepan. Cover with cold water by 1 to 2 inches. Bring to a full boil. Remove from the heat. Let the pan stand, covered, for 15 minutes. Tap the egg and/or roll it on a flat surface to crack the shell. Peel the eggs under cool running water to easily release the white from the shell.

Tuna

Soup/ Salad

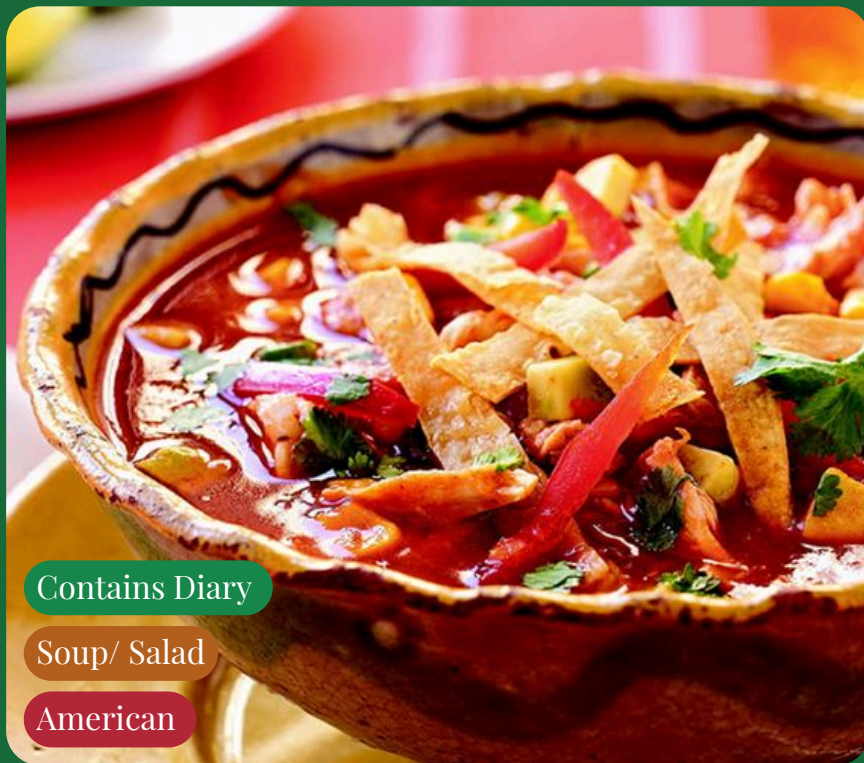
American

CHICKEN TORTILLA SOUP

Servings 4 Serving Size 1 1/2 cups

Ingredients

- 1 pound boneless, skinless chicken breasts (all visible fat discarded, cut into 1/2-inch cubes)
- 2 cups frozen whole kernel corn (thawed)
- 2 cups fat-free, no-salt-added chicken broth
- 14.5 ounces canned, no-salt-added, diced tomatoes (undrained)
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves (minced)
- 1/4 teaspoon salt
- 2 6- inch corn tortillas (cut into 1/4-inch-wide strips, plus)
- 1 6- inch corn tortilla (torn into pieces)
- 2 to 4 tablespoon snipped, fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper (cut into matchstick-size strips)



Contains Dairy

Soup/ Salad

American

Directions

1. In a 3-4 1/2-quart round or oval slow cooker, stir together the chicken, corn, broth, tomatoes with liquid, onion, sugar, ancho powder, garlic, and salt. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours.
2. Meanwhile, preheat the oven to 350 degrees F.
3. Arrange the tortilla strips in a single layer on a baking sheet. Bake for 8 to 10 minutes, or until crisp. Transfer the baking sheet to a cooling rack. Let the strips stand for about 15 minutes, or until cool. Transfer to an airtight container and set aside.
4. When the soup is ready, transfer 1 cup to a food processor or blender. Stir in the tortilla pieces. Let the mixture stand for 1 minute so the tortilla pieces soften. Process until smooth. Stir the mixture into the soup. Stir in the cilantro.
5. Ladle the soup into bowls. Sprinkle with the avocado, bell pepper, and reserved baked tortilla strips.

EDAMAME AND PENNE SALAD WITH FETA

 Servings: 4

- 4 ounces dried, whole-grain penne pasta
- 2 cup frozen, drained, rinsed edamame (green soybeans) shelled
- 1/2 of a 15 oz. canned, no salt added, drained, rinsed black beans
- 1/2 chopped green onion
- 2 fresh parsley (snipped)
- 1 Tbsp. grated lemon zest
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil, extra virgin
- clove minced, fresh garlic
- 1 1/2-2 tsp. finely chopped, fresh rosemary (or 1/2 teaspoon dried rosemary, crushed)
- 1/4 tsp. salt
- 3 oz. low-fat, crumbled feta cheese

Instructions:

1. Prepare the pasta using the package directions, omitting the salt and oil. Drain in a colander. Run the pasta under cold water for about 20 seconds to stop the cooking process. Drain well in a colander.
2. Meanwhile, in a medium bowl, stir together the remaining ingredients except the feta. Using a rubber scraper, fold the pasta and feta into the mixture.

Quick Tips

If you make this salad to enjoy the next day or have leftovers, squeeze lemon wedges over it just before serving to “brighten” the flavors.



Contain Diary

Soup/ Salad

American

Healthy Snacks

RECIPES



A close-up photograph of a frozen yogurt bark. The white yogurt base is broken into irregular pieces, revealing a variety of toppings: fresh strawberries, blueberries, raspberries, and finely chopped almonds. The background is a light grey surface.

Frozen Yogurt Bark

Serving: 8

INGREDIENTS

- 1 1/2 cups fat-free, plain Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted almonds
- 1/2 cup finely chopped mango
- 1/2 cup blueberries
- 1/4 cup blackberries or raspberries, chopped if large

INSTRUCTIONS

1. In a medium bowl, whisk together the yogurt and honey until combined.
2. Line a 13 x 9 x 2-inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.
3. Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the yogurt mixture.
4. Sprinkle the mango, blueberries, and raspberries over all. Using your fingertips, gently press the fruit into the yogurt mixture.
5. Cover the dish with plastic wrap or aluminum foil. Freeze overnight.
6. At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (or you may need to hit it lightly on the surface of the cutting board). It's best to eat the bark immediately. It begins to melt 15 minutes after being removed from the freezer.



Contains Dairy

Healthy Snack

American

GREEN TEA BERRY BANANA SMOOTHIE

Servings 4 **Serving Size** 1 1/2 cups per serving



INGREDIENTS

- 3 cups water
- 8 single serving bags green tea
- 16 ounces frozen mixed berries (about 3 cups)
- 2 medium bananas (peeled, cut in half, frozen)
- 1 cup fat-free, plain Greek yogurt
- 2 teaspoons fresh, grated, peeled gingerroot (optional)
- 2 teaspoons vanilla extract (optional)
- 2 teaspoons chia seeds (optional) OR 2 teaspoons flax seeds (optional)

DIRECTIONS

1. Add the water to a small saucepan. Bring the water to a boil over high heat. Remove the pan from the heat. Add the tea bags. (Be sure the tea bags are submerged.) Let steep for 4 minutes. Discard the tea bags. Let the tea mixture cool for 30 minutes. Pour into a water pitcher. Refrigerate for 2 hours, or until chilled.
2. In a food processor or blender, process the tea, berries, bananas, yogurt, gingerroot and vanilla until smooth. Pour into four glasses. Sprinkle with the chia seeds.

QUICK TIPS

To make a single serving: In a food processor or blender, process 3/4 cup tea, 3/4 cup berries, 1/2 banana, 1/4 cup yogurt, 1/2 teaspoon gingerroot and 1/2 teaspoon vanilla. Sprinkle with 1/2 teaspoon chia seeds.

Sweet & Spicy Edamame

Servings 4 Serving Size 1/2 cup

INGREDIENTS

- 2 cups water
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 10 drops clear-flavored liquid stevia sweetener
- 2 cups frozen, shelled edamame (green soybeans) OR 4 1/2 cups frozen edamame pods
- 1 tablespoon soy sauce (lowest sodium available)
- 2 teaspoons Sriracha hot sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon grated, peeled gingerroot
- 1 medium garlic clove (minced)
- 1/8 teaspoon black pepper
- 1 tablespoon plus 1 teaspoon sesame seeds
- 1 tablespoon plain rice vinegar

INSTRUCTIONS

1. Put the water, stevia sweetener, and liquid stevia sweetener in a medium saucepan. Stir together. Bring to a boil over high heat, stirring occasionally. Stir in the edamame. Cook for 3 to 5 minutes, or until tender, stirring occasionally. Drain the edamame in a colander, discarding the water mixture. Set aside.
2. In the same saucepan, heat the soy sauce, rice vinegar, Sriracha, sesame oil, gingerroot, garlic, and pepper over low heat for 1 to 2 minutes, stirring occasionally. Add the edamame, tossing to coat.
3. Sprinkle the sesame seeds over the edamame.



Healthy Snack

APPLES WITH ALMOND-APRICOT SAUCE

Servings 4 **Serving Size** 1/2 apple, 1 tablespoon sauce



INGREDIENTS

- Cooking spray
- 2 tablespoons water
- 2 large apples (about 8 ounces each), halved and cored
- 1/4 cup chopped almonds
- 2 tablespoons chopped dried apricots
- 2 tablespoons firmly packed dark brown sugar
- 1/4 teaspoon ground ginger OR 1/4 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 tablespoon plus 1 teaspoon light tub margarine

DIRECTIONS

1. Lightly spray the slow cooker with cooking spray. Pour in the water. Add the apple halves with the cut side up.
2. In a small bowl, stir together the remaining ingredients except the margarine. Spoon onto each apple half. Top each with 1 teaspoon margarine. Cook, covered, on low for 2 to 2 1/2 hours or on high for 1 hour to 1 hour 15 minutes, or until just tender. Be careful not to overcook; the apples will continue to cook while cooling.
3. Carefully transfer the apples to plates, leaving the sauce in the slow cooker. Stir the sauce. Spoon over the apples. Let cool completely, about 30 minutes. The sauce will thicken slightly while cooling.

Caramel Toffee Fruit Kebabs

Servings 8 Serving Size 1 kebab

INGREDIENTS

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 5 drops English toffee-flavored liquid stevia sweetener
- 5 squeezes caramel-flavored liquid stevia sweetener
- 1 small apple, such as Granny Smith, Honeycrisp, Gala, or Fuji, cored and cut into 16 (3/4-inch) pieces
- 1 small pear, such as Red Anjou, Bartlett, or Bosc, cored and cut into 16 (3/4-inch) pieces
- 16 red or green grapes
- 1 small orange, peeled, separated into segments, and cut into 16 pieces
- 1/2 cup slivered almonds (dry-roasted, coarsely chopped)

INSTRUCTIONS

1. In a small bowl, stir together the yogurt, stevia sweetener, and both flavors of the liquid stevia sweetener.
2. Using eight 6-inch wooden skewers, thread each with a 2 pieces of apple, 2 pieces of pear, 2 grapes, and 2 orange segments in whatever order you wish.
3. With a pastry brush or spoon, coat each kebab with 2 tablespoons of the yogurt mixture. Sprinkle or roll each with 1 tablespoon nuts.



Contains Dairy

Healthy Snack

American

Dessert

RECIPES



Peach Mango Italian Ice with Vanilla Frozen Yogurt

Servings: 8 **Serving Size:** ¼ cup Italian ice and ¼ cup frozen yogurt

Italian Ice Ingredients

- 1 cup diced fresh or frozen (no-sugar-added) mango
- 1 cup diced fresh or frozen (no-sugar-added) peaches
- ½ teaspoon stevia sweetener (Organic or Natural) or 1 packet stevia sweetener (Organic or Natural)
- 2 squeezes peach mango-flavored stevia water enhancer
- 1/2 cup water
- 1 teaspoon fresh lemon juice

Frozen Yogurt Ingredients

- 1 cup fat-free plain Greek yogurt
- 2 small bananas (10 ounces), sliced
- 1 tablespoon fresh lemon juice
- 1 teaspoon stevia sweetener (Organic or Natural) or 2 packets stevia sweetener (Organic or Natural)
- 5 drops vanilla crème-flavored stevia sweetener

Topping Ingredients

- 1 medium peach, peeled and sliced into 8 slices
- 1 medium mango, peeled and sliced into 8 slices
- 8 fresh mint sprigs



Directions

1. In a food processor, process the Italian ice ingredients for 30 to 40 seconds, or until smooth. Pour the mixture into a medium bowl. Freeze, covered with plastic wrap, for 2 hours. Using a fork, scrape all the ice to create an icy-granular texture. Recover with plastic wrap. Re-freeze for 1 to 1 1/2 hours. Rinse the food processor.
2. In the food processor, process the frozen yogurt ingredients for 30 to 40 seconds, or until smooth. Pour the mixture into a medium bowl. Freeze, covered with plastic wrap, for at least 2 hours.
3. To serve, scoop ¼ cup of the frozen yogurt into 8 small bowls. (If the yogurt is frozen for 4 hours or more, it may be too hard to scoop. If it is, let the yogurt sit at room temperature for 10 to 15 minutes before scooping into bowls.)
4. Using a fork, scrape the Italian ice to create an icy-granular texture. (If the Italian ice is frozen for more than 2½ hours, it may be too hard to scrape. If it is, let the ice sit at room temperature for 10 to 15 minutes before scraping with a fork.) Scoop ¼ cup of the Italian ice on top of each scoop of yogurt.
5. Garnish each bowl with a peach slice, mango slice, and mint sprig.

Chocolate Nut Cookie in a Mug

Servings: 8 **Serving Size:** ¼ cup Italian ice and ¼ cup frozen yogurt



Contains Nuts

Dessert

American



Ingredients

- 1 tablespoon trans-fat-free tub margarine
- 10 drops chocolate-flavored liquid stevia sweetener
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon all-purpose flour
- 1 tablespoon egg white
- 1 tablespoon chopped walnuts
OR 1 tablespoon chopped pecans

Directions

1. Put the margarine in a small microwaveable mug, ramekin, or custard cup. Microwave on 100 percent power (high) for 10 seconds, or just until the margarine is melted. Stir in the liquid stevia sweetener and the cocoa powder. Gradually stir in the flour until well blended. Stir in the egg white and nuts until well blended.
2. Microwave on 100 percent power (high) for 45 seconds, or until a wooden toothpick inserted in the center comes out clean.
3. Let cool for 5 minutes.

Mixed Berry Ice Pops

Servings: 8 **Serving Size:** ¼ cup Italian ice and ¼ cup frozen yogurt



Contains Dairy

Dessert

American

Ingredients

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 5 drops unflavored liquid stevia sweetener
- 1 squeeze strawberry kiwi stevia water enhancer
- 1 1/2 cups frozen, mixed berries

Directions

1. In a medium bowl, stir together the yogurt, stevia sweetener, liquid stevia sweetener, and stevia water enhancer. Gently fold in the berries.
2. Spoon the mixture into four ice pops molds. Secure the tops on the ice pop molds. Freeze for 4 hours, or until the ice pops are frozen solid.
3. If you don't have ice pops molds, you can substitute four 6- to 8-ounce plastic or paper cups. Pour the mixture into the cups. Cut four 3- to 4-inch pieces of aluminum foil. Using one piece of foil for each cup, securely cover the top and sides of the cup. Poke a ice pop stick into each cup through the middle of the foil. (The foil will help the stick stay in place while freezing.)
4. To serve, dip the ice pop mold or plastic or paper cup quickly into warm water to help loosen the ice pop.

Peach Bread Pudding with Bourbon Sauce

Servings 8 Serving Size 1/2 cup pudding and 1/4 cup sauce



Contains Dairy

Dessert

American



Bread Pudding Ingredients

- Cooking spray
- 2 tablespoons light tub margarine (softened)
- 8 1/2-inch slices baguette-style French bread (preferably day old)
- 1/2 teaspoon ground cinnamon
- 3 medium fresh peaches, peeled and sliced OR 20 ounces frozen unsweetened sliced peaches, thawed
- 2 tablespoons dried unsweetened cherries or blueberries or raisins (optional)
- 2 large eggs
- 1 cup fat-free milk
- 1/4 to 1/3 cup sugar (depending on the sweetness of the peaches)

Sauce Ingredients

- 1 cup fat-free milk
- 1/2 0.8-ounce package fat-free, sugar-free vanilla cook-and-serve pudding mix (about 4 1/2 tablespoons)
- 1 tablespoon bourbon or rum or 1/4 teaspoon rum extract

Directions

1. Preheat the oven to 350°F. Lightly spray eight 6-ounce ovenproof glass custard cups or porcelain ramekins. Set the custard cups on a large baking sheet.
2. Spread a thin layer of margarine on one side of each bread slice. Sprinkle with the cinnamon. Cut the bread into 1/2-inch cubes. Put the cubes in the custard cups. Top with the peaches. Sprinkle with the dried fruit.
3. In a medium bowl, whisk together the eggs, 1 cup milk and sugar. Pour over the fruit in the custard cups. Put the baking sheet in the oven.
4. Bake for 30 to 35 minutes, or until the center of the pudding is set.
5. About 10 minutes before the pudding is done, make the sauce. Put the remaining 1 cup milk and pudding mix in a medium saucepan. Whisk together for 30 to 60 seconds, or until well blended. Bring to a boil over medium-high heat, whisking occasionally.
6. Reduce the heat to medium low. Whisk in the bourbon. Cook for 1 to 2 minutes, or until almost the desired consistency. (The sauce will thicken more as it stands.) Keep the sauce warm over low heat until the pudding is done.
7. Spoon the sauce over the pudding.

Snickerdoodles

Servings 24 Serving Size 1 cookie



Contains Dairy

Dessert

American



Ingredients

- 1 cup trans-fat-free tub margarine
- 1/4 cup stevia sugar blend plus 1 tablespoon stevia sugar blend, divided use
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1 1/2 teaspoons ground cinnamon

Directions

1. Preheat the oven to 400°F.
2. In a large bowl, using an electric mixer on medium speed, beat the margarine, 1/4 cup stevia sugar blend, egg, and vanilla until smooth.
3. In a medium bowl, stir together the flour, baking powder, and salt.
4. Using the electric mixer on medium speed, gradually beat the flour mixture into the stevia sugar blend mixture just until moistened but no flour is visible.
5. In a small bowl, stir together the remaining 1 tablespoon stevia sugar blend and the cinnamon.
6. Using your hands, shape the dough into 1 1/4-inch balls to make 24 cookies. Gently roll in the stevia sugar blend cinnamon mixture, coating lightly. Place about 2 inches apart on a large baking sheet or two small baking sheets. With the palm of your hand or a fork, lightly flatten each ball.
7. Bake for 8 to 10 minutes, or until the bottoms are browned.

Seasonings, Marinades, Sauces

RECIPES



HOMEMADE TACO SEASONING

Servings: 1 Calories: 200 kcal

"This homemade taco seasoning recipe is a tasty combination of spices that are blended together to make a flavorful, all-natural seasoning. So easy to mix up and without MSG or additives. You'll never want store-bought again!" - Dani Spies

Ingredients:

- 2 tbsp. chili powder
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. cayenne pepper
- 1 tsp. oregano
- 1 tsp. paprika
- 1 tbsp. ground cumin.
- Salt and pepper to taste
- 1/2 tsp. cocoa powder

Instructions:

Combine all ingredients in a small bowl. Store in an airtight container for up to 3 months.

Nutrition:

Carbohydrates: 35g | Protein: 9g | Fat: 9g
| Saturated Fat: 1g | Sodium: 520mg |
Potassium: 1112mg | Fiber: 18g | Sugar: 4g |
Vitamin A: 11975IU | Vitamin C: 2.1mg |
Calcium: 325mg | Iron: 18.4mg

Non-Diary

Seasonings

Mexican



CLEAN EATING PESTO

Total Time: 10min Servings: 8 Calories: 236kcal



Contains Dairy

Sauces

American



Ingredients

- 2 cups packed basil leaves
- 2 FAT cloves of garlic if they're not fat, I'd use 3
- 2 tbsp of toasted pine nuts
- 2 tbsp of extra virgin olive oil*
- 1/4 cup of chicken broth
- 3 tbsp of Parmesan cheese**
- Big fat pinch of salt

Instructions

1. Pulse garlic in food processor until finely minced. Add pine nuts and pulse again.
2. Add basil and pulse until finely chopped (you may want to do this in batches).
3. With processor running, slowly add the olive oil and chicken broth, you're looking for a nice creamy consistency. Stir in the cheese and season with some salt...enjoy!
4. *Recipes tend to change just a little every time you make them. Add oil and broth slowly... you may need a little more or a little less.
5. **If you plan to freeze you're pesto, hold off on adding the cheese (it doesn't do so well in the freezer). Simply add it in whenever you are ready to use you're pesto.
6. Makes about a cup.

HOMEMADE BBQ SAUCE

Servings 0.25 cup Calories: 53Kcal

“Homemade BBQ Sauce is so easy to make and is much more healthy than the sugary store-bought barbecue sauce. This recipe is the perfect blend of sweet, spicy, and smoky and it’s delicious on chicken, pork, pizzas, or whatever your heart desires.” -Dani Spies



Non-Dairy

Sauces

American

Ingredients

- 1 (15 ounce) can tomato sauce
- 1/4 cup tomato paste
- 1/2 cup apple cider vinegar
- 1/4 cup honey
- 1/4 cup molasses
- 3 tbsp. Worcestershire sauce
- 1 tsp. chipotle powder
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 pinch cayenne pepper add more or less depending on how much kick you like
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper

Directions

Whisk all ingredients together in a medium saucepan. Bring to a low boil, then reduce heat to medium low and simmer (uncovered) for 20 minutes, or until the sauce has slightly thickened. Sauce can be stored in an airtight container or jar in the fridge for a couple of weeks or frozen for up to about three months.

Nutrition Facts

Serving: 0.25cup | Calories: 53kcal | Carbohydrates: 13g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 269mg | Potassium: 178mg | Fiber: 1g | Sugar: 11g | Vitamin A: 319IU | Vitamin C: 3mg | Calcium: 17mg | Iron: 1mg

BEST MARINADE FOR SALMON RECIPES

Servings 0.25 cup Calories: 53Kcal



Diary Free

Healthy Marinadas



Ingredients

- 1 lb [ButcherBox Salmon](#) (about 4 salmon filets)

Lemon Rosemary

- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 teaspoon fresh rosemary minced
- 2 tablespoons lemon juice
- 1/2 tablespoon lemon zest

Spicy Asian

- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 1 tablespoon [coconut aminos](#)
- 1/2 tablespoon [sriracha](#)

Chili Lime

- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1 tablespoon lime juice
- 1/2 tablespoon lime zest

Mustard Garlic

- 2 tablespoon olive oil
- 1 tablespoon [whole grain mustard](#)
- 1 teaspoon garlic powder
- 1/4 teaspoon salt

Instructions

In separate bowls, whisk together marinades. Pour into individual ziploc bags. Place 1 large piece of salmon (about 4-6oz salmon) with each marinade. Carefully try to squeeze out air from the bag. Marinate for at least 30 minutes. Do not marinate for more than 2 hours.

In the Oven:

1. Allow the salmon a minimum of 30 minutes to marinate. Do not marinate for more than 2 hours.
2. Preheat oven to 400 + prepare a lined baking sheet. Lay salmon pieces on the sheet side by side. Bake for 15-20 minutes until salmon flakes easily.
3. Eat immediately, or allow salmon to cool for 5 minutes + store in containers with veggies/side for meal prepping

On the grill:

1. Preheat grill to 375. Lay salmon in baking dish and pour marinade over it. Allow salmon to marinate for at least 30 minutes. Do not marinate for more than 2 hours.
2. Lay salmon on grilling mat or wrap in a piece of aluminum foil. Cook for 15 minutes. Do not flip! You can test to see if the salmon is done by seeing if it flakes with a fork.
3. Eat immediately, or allow salmon to cool for 5 minutes + store in containers with veggies/side for meal prepping

If freezing:

1. Transfer the individual bags to the freezer.
2. Lay flat in freezer. To defrost, remove from freezer 24 hours in advance + place in refrigerator.
3. Allow to defrost + cook per directions above

BEET SALAD DRESSING

Servings: 8 Serving Size: 2 lettuce cups

Ingredients:

- 1 cup chopped raw beets, about 1 large beet
- 1/2 yellow onion, chopped
- 2 tbsp honey
- 1 clove garlic, crushed
- 2 tbsp apple cider vinegar
- 1/2 cup plain Greek yogurt

Instructions:

1. Place all of the ingredients into your food processor and puree until the mixture is smooth.
2. Makes about 1 cup.

Notes:

Store this creamy beet dressing in an airtight container in the refrigerator for up to 5 days.

If the dressing appears too thick for your liking when you take it out of the fridge, simply stir in a bit of water.

Nutrition Facts

Serving: 1serving | Calories: 23kcal |
Carbohydrates: 5g | Protein: 1g | Fat: 1g |
Saturated Fat: 1g | Trans Fat: 1g |
Cholesterol: 1mg | Sodium: 12mg |
Potassium: 60mg | Fiber: 1g | Sugar: 4g |
Vitamin A: 4IU | Vitamin C: 1mg | Calcium:
13mg | Iron: 1mg

Contains Dairy
Salad Dressing
American



