

**OCBA #LiveWell #LiveLonger**



**Recipe Book 2018**

## **Chanel Mosley: Caprese Stuffed Balsamic Chicken**

<https://cafedelites.com/caprese-stuffed-balsamic-chicken/>



### **Ingredients**

- 4 (200-gram | 7-ounce) chicken breasts
- Salt and pepper , to season
- 1 teaspoon each of dried oregano and dried basil
- 2 roma tomatoes , sliced thinly
- 1/4 cup sun dried tomato strips in oil
- 4 mozzarella cheese slices (or cheese of choice)
- 12 basil leaves , divided
- 4 cloves garlic , minced or finely chopped
- 1/3 cup balsamic vinegar
- 2 tablespoons brown sugar

### **Instructions**

1. Preheat oven to 180°C | 350°F. Cut a pocket about 3/4 quarter of the way through on the thickest side of each breast, being careful not to cut all the way.
2. Season chicken with salt, pepper, and dried herbs. Pour 1 teaspoon of sun dried tomato oil over each breast, rubbing some of the seasoning inside the pockets.
3. Fill each with 2 slices fresh tomato, 2 teaspoons sun dried tomato strips, one slice mozzarella cheese and basil leaves.
4. Seal with 3-4 toothpicks diagonally to keep the filling inside while cooking.
5. Heat 2 teaspoons of sun dried tomato oil (or olive oil) in a skillet or non stick pan over medium-high heat. Add the chicken and fry for 2 minutes on each side until golden.
6. While the chicken is cooking, mix together the garlic, balsamic vinegar and brown sugar in a small jug. Pour the mixture into the pan around the chicken; bring to a simmer while stirring occasionally, until the glaze has slightly thickened (about 2-3 minutes).
7. Transfer pan to the preheated oven and continue to cook for a further 10-15 minutes, or until the chicken is cooked through and the cheese has melted.
8. Remove toothpicks and drizzle with pan juices.

## **Heather Ostroff: Shrimp and Sausage Jambalaya**

**<https://www.weightwatchers.com/us/recipe/shrimp-and-sausage-jambalaya-1/5626a6132084d63a3401a58c>**

### **Ingredients**

- **1 Tbsp regular butter**
- **1 large uncooked onion(s), chopped**
- **1 medium green pepper(s), seeded and chopped**
- **2 rib(s), medium uncooked celery, chopped**
- **3 clove(s), medium garlic clove(s), minced**
- **6 oz uncooked turkey sausage(s), kielbasa, halved lengthwise and cut into 1/4-inch slices**
- **1 1/2 cup(s) uncooked white rice, long-grain**
- **28 oz canned tomatoes, (peeled, whole - broken up)**
- **14 1/2 oz fat free chicken broth, and reduced-sodium**
- **3/4 tsp dried thyme**
- **1/4 tsp cayenne pepper**
- **1 pound(s) uncooked shrimp, medium, peeled and deveined**

### **Instructions**

**Melt the butter in a Dutch oven over medium heat. Add the onion, bell pepper, celery, and garlic. Cook, stirring occasionally, until softened, 7–8 minutes. Add the kielbasa and cook, stirring, 3 minutes longer.**

**Add the rice and cook, stirring frequently, until lightly toasted, about 2 minutes. Add the tomatoes and their liquid, the broth, thyme, and cayenne; bring to a boil. Reduce the heat and simmer, covered, until the rice is tender, about 30 minutes.**

**Add the shrimp to the mixture and cook until just opaque in the center and all the liquid has been absorbed, 5–7 minutes longer. Yields 1 1/3 cups per serving.**

## **Annie Kwong: Healthy Peanut Butter No Bake Cookies**

<https://buildyourbite.com/healthy-peanut-butter-no-bake-cookies/>

### **Ingredients**

#### **FOR THE COOKIES**

**1 cup pure grade A maple syrup**

**1/2 cup unsweetened protein powder (I used brown rice protein powder)**

**1/3 cup unsweetened vanilla almond milk**

**1/2 cup coconut oil**

**3/4 cup creamy peanut butter**

**1 tablespoon vanilla extract**

**1/2 teaspoon sea salt**

**4 cups rolled oats**

#### **FOR THE CHOCOLATE DRIZZLE**

**1 teaspoon coconut oil**

**1 cup semi sweet dairy free chocolate chips**

**1/4 teaspoon sea salt**



### **Directions**

**In a sauce pan, whisk together protein powder and maple syrup over medium low heat until combined**

**Add coconut oil and almond milk, whisking until fully incorporated**

**Add peanut butter, salt, and vanilla extract, stirring until peanut butter melts and is combined**

**Add oats, stir, and remove from heat**

**Line baking sheets with wax paper**

**Drop batter by spoonfuls onto the sheets**

**Press tops lightly with a fork to flatten**

**Place baking sheets in fridge until cookies are set (30 minutes to 1 hour)**

**Once cookies have hardened, make the chocolate drizzle**

**Melt coconut oil over low heat, stirring in the chocolate chips and salt until the mixture is melted and drippy**

**Drizzle chocolate over tops of cookies using a spoon. Return to fridge until chocolate hardens (10 minutes or less)**

**Store cookies in freezer for a delicious fudgy texture**

## **Marissa O'Connor: Protein Pumpkin Donuts**

<https://getmacroed.com/protein-pumpkin-donuts/>

### **Ingredients**

- **6 eggs**
- **3 scoops 1st Phorm Cinnamon Cookie Batter Protein (or sub in your favorite cinnamon or vanilla protein powder) (approx. 1/2 C)**
- **6 tbsp. canned pumpkin (NOT pumpkin pie filling)**
- **1/2 C coconut flour**
- **2 tbsp. melted coconut oil**
- **1 tsp pumpkin pie spice**
- **1 tsp vanilla extract**
- **1 tsp apple cider vinegar**
- **1/2 tsp baking soda**
- **Cream Cheese Honey Pecan spread**



### **Instructions**

- 1. Preheat oven to 350.**
- 2. Cream together eggs, pumpkin, coconut flour, and protein powder until well-combined. I used a spatula but you could do it in a mixer if you wanted to.**
- 3. Add all other ingredients. Don't trip out if the baking soda and vinegar react when you add them. Just stir it up.**
- 4. Grease a 6-well donut pan.**
- 5. Fill each well. (I used my hands on this because it doesn't really pour like batter...just make it work).**
- 6. Bake for 15 mins or until a toothpick inserted into the donut comes out clear.**
- 7. Top with 1 tbsp. of cream cheese spread for each donut. (or more, but adjust your macros accordingly)**

## **Tony Sos: Smokey Roast**

<https://sarahfragoso.com/smokey-roast/>

### **Ingredients**

#### **Coffee Spice Rub**

- 2 tablespoons coffee grounds**
- ½ teaspoon ground chipotle**
- 1 teaspoon unsweetened cocoa powder**
- ¼ teaspoon cinnamon**
- ½ tablespoon garlic powder**
- 1 tablespoon dried oregano**
- 1 tablespoon cumin**
- 1 teaspoon sea salt**



**Mix all spice rub ingredients together and set aside.**

#### **Roast**

- ½ tablespoon coconut oil (I tried out a new brand of coconut oil called **Kelapo** and it's very tasty, mild, and down right delicious!)**
- 2.5 lb beef chuck roast**
- 1 red onion, halved and sliced**
- ¾ cup water**

### **Instructions**

**Heat your coconut oil in a skillet over medium to medium high heat, make sure your pan is nice and hot! Take the spice rub mixture and rub the entire amount into and all over the roast – really rub it in, do not just brush it on!. Using tongs, place the roast into the hot skillet and sear for 3-4 minutes on each side. If your pan is not hot enough you will lose your spices, but if it's too hot, you will burn your roast. You want it to make a nice crust on both sides of the meat. Place your sliced onions in the bottom of a slow cooker. Once the roast has been seared, put the roast in the slow cooker on top of the onions. Add the water, cover and cook on high for 5-6 hours or on low for 7-8 hours. Serves 6.**

## **Abigail Capiro: Instant Pot Black Bean Soup**

<https://www.foodnetwork.com/recipes/food-network-kitchen/instant-pot-black-bean-soup-3649853.amp>

### **Ingredients**

**2 tablespoons vegetable oil**  
**1 medium white onion, chopped**  
**5 cloves garlic, thinly sliced**  
**4 teaspoons chili powder**  
**1 1/2 teaspoons ground cumin**  
**1 1/2 teaspoons dried oregano**  
**2 1/2 cups dry black beans, picked over and non-beans removed**  
**2 bay leaves**  
**Kosher salt and freshly grated black pepper**  
**Sliced avocado, cilantro leaves, chopped scallions, lime wedges and sour cream, for serving**

### **Directions**

**Special equipment: an Instant Pot® multi-cooker and an immersion blender**

**Set the Instant Pot® (see Cook's Note) to normal saute. Add the oil and once shimmering, but not smoking, add the onion and cook, stirring, until translucent and soft, about 5 minutes.**

**Add the garlic, chili powder, cumin and oregano and cook, stirring, until fragrant, about 1 minute. Add the beans, bay leaves and 7 cups water. Follow the manufacturer's guide for locking the lid and preparing to cook. Set to pressure cook on high for 1 hour.**

**After the pressure cook cycle is complete, follow the manufacturer's guide for quick release and wait until the quick release cycle is complete. Careful of any remaining steam, unlock and remove the lid and remove the bay leaves. Then remove 1 cup of the beans with a slotted spoon and set aside. Use an immersion blender to blend the black beans with 1 tablespoon salt until thick and creamy. Stir in the reserved whole beans and season to taste with salt and pepper. Serve with sliced avocado, cilantro leaves, chopped scallions, lime wedges and sour cream.**



## **Jennifer Morando Ordetx: Thai-Inspired Mini Meatball Lettuce**

<https://kalynskitchen.com/recipe-for-thai-inspired-turkey-mini/>

### **Dressing:**

**4 T fish sauce (I like Three Crabs Fish Sauce, if you're not that used to fish sauce you might decrease it a little)**  
**4 T rice vinegar (don't use seasoned vinegar, which contains sugar)**  
**2 tsp. Asian sesame oil**  
**1/2 tsp. red pepper flakes (more or less to taste, this was moderately spicy with this amount)**

### **Meatballs:**

**1 lb. ground turkey t)**  
**1 tsp. finely minced garlic**  
**1 T grated fresh ginger root**  
**1 T Asian sesame oil**  
**2 tsp. rice vinegar**  
**1 tsp. soy sauce (regular or low sodium)**  
**2 tsp. + 1 tsp. peanut oil or grapeseed oil (for frying meatballs)**

### **Lettuce and garnishes:**

**1 small cucumber, cut in thin slices, then sliced into matchstick pieces**  
**3/4 cup mint leaves (or use chopped cilantro if you prefer or when fresh mint isn't available)**  
**8-12 lettuce leaves (I used romaine lettuce, but you could use other types, especially butter lettuce)**



**Mix together the fish sauce, rice vinegar, sesame oil, and red pepper flakes and let the dressing flavors blend while you make and cook the meatballs.**

**Chop garlic and grate fresh ginger root, then add sesame oil, rice vinegar, and soy sauce. Put ground turkey in a bowl, then use a large spoon to mix in the seasoning mixture. (The meat mixture is very soft. If you're not rushed for time I would chill the turkey mixture for 20-30 minutes before making the meatballs, or just make small patties instead of meatballs.)**

**Heat 2 tsp. peanut or grapeseed oil in a large heavy frying pan, then use a tablespoon-sized measuring cup to scoop out turkey to make meatballs (or small patties), adding each one to the hot pan as you make them. Cook the meatballs in two batches so you don't crowd the pan, cooking each batch until the outside is lightly browned and they're cooked through, about 5-7 minutes. (I added the other tsp. of oil when I cooked the second batch.)**

**While meatballs cook, wash and dry mint leaves (or chop cilantro) and cut the cucumber into thin slices, then slice into matchstick pieces. (You can also just chop the cucumber if you don't want to be that fancy.) Wash and dry lettuce leaves. (I used just the tender sweet inside leaves and saved the rest for salad.)**

**When meatballs are done, make lettuce wraps by putting 2-3 meatballs inside a piece of lettuce, drizzling on sauce, and topping with cucumber and mint or cilantro. If you make this for a dinner party, it would be fun to let guests assemble their own, and I'm betting you won't have any leftovers!**

## **Amy Guy Calandrino: Prepping Mess Free Shaker Salads**

**<https://amysapron.com/2018/01/21/prepping-mess-free-shaker-salads/>**

I work in a 1920's building where my office is located on the second floor. There's great number of creature comforts you exchange for the exposed brick vibe and convenience of being on "The Avenue." Two of those items are: no dishwasher and limited hot water due to not being able to have a full hot water heater and other appliances due to pull on our electrical set-up, which would be quite the hassle to fix. Our hot water is enough to wash the day's coffee cups, some spoons, and a couple dishes each day, but, not much more.



After toting my dirty dishes home each day and sometimes forgetting in my car (yuck), I was watching "Keeping Up with the Kardashians." Yes. I know. But, I do actually get ideas for my businesses as well as style inspiration PLUS Khloe Kardashian's healthy transformation has been a source of motivation for me.

But, what does that show have to do with dirty dishes and salads? Well, I notice over time that they are ALWAYS eating salads and I start googling and realize that I could do the same thing.

Without delay and while still watching the show, I get on Amazon to find the bowls they use. Of course, the sponsored ad for Kardashian salad bowls is for nearly \$60.00 bowls but I found these MUCH MORE ECONOMICAL [bowls](#) as well as [compote containers](#).

Prepping these salads have been a lifesaver for me. You can use whatever ingredients you'd like. However, the general rules are put the heaviest ingredients at the bottom and then your lettuce on top.

You can use whatever dressing you'd like when ready to eat the salad. One compote container of dressing will be plenty once you shake up your salad. I personally use mostly apple cider vinegar with a dash of MCT oil with seasonings for my Italian dressing, but, it's entirely up to you.

And, those around you will have "salad envy" and wonder even where you bought your salads as they look professionally made as they should. Once you come up with your go-to salad recipes, add the ingredients as a recipe in MyFitnessPal for easy logging.

# CJ BOSCO: Open Faced Avocado Burger and Turnip Fries

iPad 9:05 AM 95%

## OPEN-FACED AVOCADO BURGER AND TURNIP FRIES

(MAKES 1 SERVING)  
TOTAL TIME: 55 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: 45 MIN.

**Ingredients:**

- 2 Parchment paper
- 2 large turnips, peeled, cut into approx. 1/2 x 4-inch sticks
- 1 tsp. olive oil
- 1/4 tsp. garlic powder, *divided use*
- 1 dash sea salt (or Himalayan salt)
- 1/4 tsp. ground black pepper, *divided use*
- 1 (4-oz.) raw (or frozen) lean ground beef patty
- Nonstick cooking spray
- 1/4 whole-grain hamburger bun\*
- 1/4 medium ripe avocado, mashed
- Fresh tomato salsa (*optional*)

**Instructions:**

1. Preheat oven to 425° F.
2. Line baking sheet with parchment paper. Set aside.
3. Combine turnips and oil in a medium bowl; mix well.
4. Add 1 dash garlic powder, salt, and 1 dash pepper; toss gently to blend.
5. Spread turnips evenly on prepared baking sheet. Bake for 42 to 45 minutes, or until crispy on the outside and tender on the inside.
6. While turnips are baking, season patty with remaining 1 dash garlic powder and remaining 1 dash pepper. Set aside.
7. Heat small nonstick skillet (or nonstick grill pan), lightly coated with spray, over medium-high heat.
8. Add patty; cook for 4 to 5 minutes on each side, or until no longer pink in the middle. (Cooking a frozen patty might take longer.)
9. Top bun with avocado, patty, and salsa (if desired); serve immediately with turnip fries and enjoy!

**Tips:**

- You can substitute a turkey (or vegetarian) patty for beef patty, if you prefer.
- You can substitute 1 sandwich thin (or 1 slice whole-grain bread) for hamburger bun.

\*Remember, when purchasing pre-packaged FFCs, be sure to follow the Checklist for Buying FFCs found on page 3 of your Go-To Guide.

PRINT

share your **2023 Mindset**

26 15/33 27

## **Jordan Ostroff: Rosemary Ranch Chicken Kabobs**

<https://www.allrecipes.com/recipe/64513/rosemary-ranch-chicken-kabobs/>

### **Ingredients**

- **1/2 cup olive oil**
- **1/2 cup ranch dressing**
- **3 tablespoons Worcestershire sauce**
- **1 tablespoon minced fresh rosemary**
- **2 teaspoons salt**
  
- **1 teaspoon lemon juice**
- **1 teaspoon white vinegar**
- **1/4 teaspoon ground black pepper, or to taste**
- **1 tablespoon white sugar, or to taste (optional)**
- **5 skinless, boneless chicken breast halves - cut into 1 inch cubes**



### **Directions**

- 1. In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.**
- 2. Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.**
- 3. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.**

## **Stephanie Gomez Alvarez: Enchilada Wonton Cupcakes**

<http://www.emilybites.com/2013/01/enchilada-cupcak>



### **Enchilada “Cupcakes”**

**YIELD: 8 CUPCAKES**

#### **INGREDIENTS:**

- **2 cups cooked boneless, skinless chicken breast, diced small or shredded**
- **½ cup enchilada sauce**
- **2 scallions, sliced (plus more for garnish, if desired)**
- **\*optional\* 1 tablespoon diced green chilies, drained**
- **16 wonton wrappers (typically found in the produce section)**
- **4 oz 50% reduced fat Pepper Jack cheese, shredded (I used Cabot brand)**

#### **DIRECTIONS:**

- 1. Pre-heat the oven to 375. Lightly mist 8 cups in a muffin tin with cooking spray and set aside.**
- 2. In a medium bowl, combine the chicken, enchilada sauce, scallions and chilies if using. Stir to combine until fully mixed.**
- 3. Push a wonton wrapper into the bottom of each of the eight sprayed cups in the muffin tin. Using about half of the chicken mixture, spoon evenly into the wonton wrappers. Sprinkle about half the cheese evenly over the top of each cup. Press another wonton wrapper on top and repeat the layering steps with the remaining ingredients.**
- 4. Bake for 18-20 minutes until golden brown. Let cool 5 minutes before removing from muffin tin.**

## Heather McDonald Kolinsky: Weeknight Enchiladas

<https://www.budgetbytes.com/weeknight-enchiladas/>

### INGREDIENTS

#### SAUCE

- 2 Tbsp vegetable or canola oil **\$0.08**
- 2 Tbsp chili powder\* **\$0.30**
- 2 Tbsp flour **\$0.02**
- 2 cups water **\$0.00**
- 3 oz. tomato paste **\$0.33**
- ½ tsp cumin **\$0.05**
- ½ tsp garlic powder **\$0.05**
- ¼ tsp cayenne pepper **\$0.02**
- ¾ tsp salt **\$0.03**

#### ENCHILADAS

- 16 small corn tortillas **\$0.93**
- 4 cups refried beans **\$1.60**
- 8 oz. Pepper Jack, shredded (2 cups) **\$2.29**
- 1/2 large avocado, sliced thin **\$0.75**
- 1/4 bunch cilantro (or green onions), roughly chopped **\$0.25**

#### INSTRUCTIONS

1. Begin by making the sauce. In a small sauce pot, combine the chili powder, flour, and oil. Heat over a medium flame, while stirring, for one to two minutes to toast the spices and flour. Whisk in the water, tomato paste, cumin, garlic powder, and cayenne pepper. Allow the mixture to come to a simmer, at which point it will thicken. Once thick enough to coat a spoon, taste and add salt as needed (1/2 to 3/4 tsp). Set the sauce aside. ([step by step photos here](#))
2. Toast the tortillas in a dry skillet over medium flame until they are just flecked with brown on each side. The tortillas should be slightly more firm, but still pliable enough to roll. Stack the tortillas on a clean plate as they come out of the skillet.
3. Prepare a casserole dish by coating with non-stick spray, then spread a layer of enchilada sauce over the bottom (1/2 to 1 cup). Preheat the oven to 350 degrees.
4. Add about 1/4 cup of refried beans to each tortilla, plus a small pinch of shredded cheese. Roll the tortilla tightly around the beans and cheese, then place seam side down in the casserole dish. Continue until all of the tortillas are filled. Pour another 1/2 to 1 cup enchilada sauce over the rolled enchiladas in the dish, leaving some of the edges exposed so they can become brown and crispy. Top with the remaining shredded cheese.
5. Bake the casserole in the oven for 25-30 minutes or until the sauce is thick and bubbly around the edges and the center is heated through. Top with thin slices of avocado and chopped cilantro leaves (or sliced green onions).



## **Liz McCausland: Instapot Guilt Free Chocolate Cake**

<https://instantloss.com/2017/05/23/instant-pot-guilt-free-chocolate-cake/>

### **For The Cake**

**8oz Cooked Black Beans, rinsed and drained (I make mine in the Instant Pot)**

**3 Eggs**

**1/2 tbsp Pure Vanilla Extract**

**1/4 tsp Salt**

**3 tbsp Extra Virgin Coconut Oil**

**1/4 cup Raw Unfiltered Honey**

**3 tbsp Cacao Powder**

**1/2 tsp Baking Powder**

**1/4 tsp Baking Soda**

### **For The Glaze**

**1/4 cup Dairy Free Chocolate Chips**

**1 tbsp Extra Virgin Coconut Oil**



### **Instructions**

**Place all of the ingredients for the cake in a high powered blender or a food processor and process until everything is one smooth consistency.**

**Grease your stainless steel cake pan. Add the batter to your pan and place the lid on top.**

**Add 1 cup of water to your Instant Pot. Set your cake pan inside of the pot on top of the trivet. Using the display panel program your pot using the MANUAL setting, +/- 45 minutes.**

**When the time is up quickly release the pressure. While you wait make the glaze by microwaving the coconut oil and dairy free chocolate chips for 45 seconds. Stir.**

**Wait 5 minutes for the cake to cool, then transfer to a plate and pour glaze over the top. Enjoy!**

## **Elizabeth Collins Plummer: Moosewood's Gypsy Soup**

<http://foodfitnessfreshair.com/2015/10/18/moosewoods-gypsy-soup/>

### **Ingredients**

- **-3-4 Tbsp. olive oil**
- **-2 cups chopped onion**
- **-2 cloves crushed garlic**
- **-2 cups chopped, peeled sweet potatoes or winter squash (I like to do a cup of each)**
- **-1/2 cup chopped celery**
- **-1 cup chopped, fresh tomatoes (or substitute 1 can of tomatoes)**
- **-3/4 cup chopped sweet bell pepper**
- **-1 1/2 cups cooked chickpeas**
- **-3 cups stock or water**
- **-2 tsp. paprika**
- **-1 tsp. turmeric**
- **-1 tsp. basil**
- **-1 tsp. salt**
- **-Dash of cinnamon**
- **-Dash of cayenne**
- **-1 bay leaf**
- **-1 Tbs. tamari**



### **Instructions**

- 1. In a large saucepan saute onions, garlic, celery, and sweet potatoes in olive oil for about five minutes. Add seasonings except tamari, and the stock or water. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or so until all the vegetables are as tender as you like them.**
- 2. Check salt. Add tamari if it could use a little more. Serve alongside cornbread or a crusty harvest bread.**

## **Karen Persis: Low Carb and Keto Butter Chicken**

<https://www.gnom-gnom.com/low-carb-keto-butter-chicken/>



### **Ingredients**

#### **For the chicken marinade:**

- 1 cup plain full-fat Greek-style yogurt
- 1 tablespoon lemon juice
- 1 tablespoon garam masala
- 2 teaspoons ground turmeric
- 1 teaspoon ground cumin
- kosher salt to taste
- 900 g boneless chicken skinless chicken, diced into bite-sized pieces\*

#### **For the butter sauce:**

- 60 g butter or ghee
- 1 tablespoon vegetable oil such as avocado
- 1 medium onion peeled and diced
- 3 cloves garlic ran through a press
- 1 tablespoon freshly grated ginger
- 2 teaspoons cumin seeds optional
- 1/4 teaspoon ground cinnamon
- 1/2 14-ounce can diced tomatoes or 2 medium-sized tomatoes diced
- 1 jalapeno pepper seeded and diced
- kosher salt to taste
- 1/2 cup chicken stock
- 1/2-1 cup heavy cream to taste
- 2 tablespoons almond flour

#### **To serve:**

- 1/2 bunch cilantro leaves roughly chopped
- keto naan (i.e. our grain free tortillas!) brushed with garlic-infused ghee
- cauliflower rice

#### **Instructions**

1. Mix in a bowl yogurt, lemon juice, garam masala, turmeric, cumin, and season with salt to taste. Stir in chicken pieces. If possible, cover and refrigerate for a couple of hours (or up to a day).
2. Melt butter with oil in a large pan over medium heat until bubbly. Add in onion and cook, stirring often, until translucent. Add in garlic, ginger, cumin seeds and cinnamon. Continue to cook until onions are browned, stirring frequently.
3. Add in tomatoes, chili and season with salt. Cook until the tomatoes are fully cooked and the chili soft, about 10 minutes.
4. Add in the chicken with the yogurt marinade into the pan and cook for 5 minutes. Pour in stock and bring the mixture to a boil, lower the heat and simmer for 15 minutes.\*
5. Stir in cream and almond flour and continue to simmer for 10-15 minutes until chicken is fully cooked. Season to taste.
6. Serve right away over a bed of cauliflower rice and garnished with cilantro leaves.

## **Tina Leger: One Pan Salmon and Veggie Dinner**

**<https://www.facebook.com/buzzfeedtasty/videos/vb.1614251518827491/1705700183015957/?type=2&theater>**

**Here's what you will need:**

**Aluminum foil**

**Nonstick vegetable oil cooking spray**

**2 pounds New potatoes (small red and yellow)**

**2 tablespoons olive oil**

**4 tablespoons lemon juice**

**4 cloves minced garlic**

**2 tablespoons fresh thyme**

**salt and pepper to taste**

**2 tablespoons honey**

**2 teaspoons chopped ginger**

**2 salmon fillets**

**1 bunch of asparagus, about 1 pound**



**Directions:**

**Preheat the oven to 400°F/200°C.**

**Cover a sheet pan with aluminum foil and spray with nonstick cooking spray. Spread out your potatoes on the pan and drizzle with 1 Tbsp. olive oil and 1 Tbsp. lemon juice. Season with salt and pepper and sprinkle 1 clove minced garlic and 1/2 Tbsp. thyme over the potatoes. Bake for 15 minutes, flip, then bake for another 10 minutes.**

**In the meantime, create your salmon glaze. Combine 2 Tbsp. lemon juice, 2 Tbsp. honey, 2 Tbsp. lemon juice, 2 tsp ginger, 2 cloves minced garlic, and 1 Tbsp. thyme. Set aside.**

**Take the potatoes out of the oven and push them to the top or side of your pan. (Don't cramp them — Make sure to still space them out a bit.) Place your salmon fillets on the pan. Season both sides with salt and pepper and brush on the glaze onto both sides. Place your asparagus on the pan and top with 1 Tbsp. olive oil, 1 Tbsp. lemon juice, salt and pepper, 1 clove minced garlic, and 1/2 Tbsp. thyme. Bake for 8-10 minutes. (The salmon should flake easily with a fork when it's ready.)**

**Enjoy!**

**Katy McGinnis: Banana Bread Overnight Oats**



# BANANA BREAD OVERNIGHT OATS

## INGREDIENTS

---

*1/2 mashed ripe banana*  
*1/2 c rolled or steel cut oats*  
*1/2 c milk of choice*  
*2 tbsp chopped pecans or walnuts*  
*1 tsp vanilla extract*  
*1/2 tsp cinnamon*  
*1 tbsp ground flax*  
*2 tsp 100% pure maple syrup*  
*dash of sea salt*

## **Jen Smith Thomas: Creamless Cream of Asparagus Soup**

<https://www.skinnytaste.com/cream-of-asparagus-soup-2/>

### **INGREDIENTS:**

- **2 lbs asparagus (2 bunches), tough ends snapped off**
- **1 tbsp unsalted butter**
- **1 medium onion, chopped**
- **6 cups reduced sodium chicken broth**
- **2 tbsp low fat sour cream**
- **kosher salt and fresh pepper, to taste**

### **DIRECTIONS:**

- 1. Melt butter over low heat in a large pot. Add onion and sauté until soft, about 2-minutes.**
- 2. Cut the asparagus in half and add to the pot along with chicken broth and black pepper, to taste. Bring to a boil, cover and cook low about 20 minutes or until asparagus is very tender.**
- 3. Remove from heat, add sour cream and using your hand held blender, puree until smooth (or in two batches in a large blender).**



## **Cesery Bullard: Chicken Fajita Soup**

**<https://peaceloveandlowcarb.com/chicken-fajita-soup-low-carb-paleo-gluten-free>**

### **INGREDIENTS**

**1 ½ lbs chicken breast**  
**32 oz chicken stock**  
**14.5 oz can diced tomatoes**  
**1 medium yellow bell pepper, diced**  
**1 medium orange bell pepper, diced**  
**1 medium onion, diced**  
**6 oz mushrooms, thinly sliced**  
**4 large cloves garlic, minced**  
**4 tbsp Taco Seasoning (get recipe here)**  
**2 tbsp fresh cilantro, chopped**  
**2 tsp sea salt, more to taste**



### **INSTRUCTIONS**

**Heat slow cooker on low setting.**

**Add all ingredients to slow cooker, cover and cook on low for 6 hours.**

**Using two forks, shred the chicken breasts. They should come apart very easily. Cover and cook 1 additional hour.**

**Carol Shannin: Southwestern Pie**

## Southwestern Pie

Makes 4 servings

- 1 1/2 cups frozen corn (thawed)
- 8 green onions, sliced
- 15 ounces low-sodium pinto beans, rinsed
- 1/3 cup shredded low-fat cheddar
- 1/2 cup each: low-fat baking mix (such as Bisquick), whole milk and chunky salsa

2 eggs  
Salsa for garnish

1. Heat oven to 400F. Coat 9-inch pie plate with cooking spray. Layer corn, onions and beans in plate. Top with cheese.
2. Combine baking mix, milk, 1/2 cup salsa and the eggs. Pour into plate. Bake 35-40 minutes or until knife inserted in center comes out clean. Cool 5 minutes.
3. Slice into wedges and garnish with extra salsa.

Per serving: 278 cal, 15 g pro, 6 g fat, 2.7 g sat fat,  
44 g carb, 102 mg chol, 593 mg sod, 9 g fib

## Jill Davis Simon: Harvest Salad

- kale (chopped super fine)
- diced apples
- cooked, diced, sweet potatoes
- wild rice
- goat cheese
- chopped almonds
- shredded chicken
- balsamic vinaigrette



## Penelope Perez-Kelly: Turkey Picadillo

<https://www.weightwatchers.com/us/recipe/turkey-picadillo-1/569f7ab81619867c12d991d9>



### Ingredients

- 1 Tbsp olive oil
- 1 medium uncooked onion(s), finely chopped
- 1 item(s), medium uncooked bell pepper(s), red variety, finely chopped
- 1 item(s), medium uncooked bell pepper(s), green variety, finely chopped
- 1 medium raw Cubanelle pepper, finely chopped
- 4 clove(s), medium garlic clove(s), minced
- 1 pound(s) uncooked 93%

lean ground turkey

- 14 1/2 oz canned diced tomatoes
- 1 leaf/leaves bay leaf
- 2 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp table salt
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cloves
- 8 item(s) pimiento stuffed olives, manzanilla variety, sliced
- 1/4 cup(s) raisins, black
- 2 Tbsp white vinegar

### Instructions

Heat oil in a large nonstick sauté pan over medium heat. When oil starts to shimmer, add onion and peppers; cook, stirring occasionally, until vegetables are softened, 4-5 minutes. Add garlic; cook until fragrant, about 30 seconds.

Add turkey; cook, breaking up meat with the back of a spoon, until no longer pink, 5-6 minutes. Stir in tomatoes, bay leaf, oregano, cumin, salt, cinnamon and cloves; cover, reduce heat to low and simmer 15 minutes.

Add olives and raisins; cook, covered, until mixture thickens slightly and raisins are plump, 5-10 minutes. Remove and discard bay leaf; stir in vinegar and serve.

## Shelia Sullivan: Tuna Treasure

Serves 6

#

1 lb. fresh tuna cubes

¼ cup coconut aminos

3 chopped green onions

6 avocados

1 Tbsp. toasted sesame oil

Juice of 1 lemon OR 1 lemon for squeezing

2 Tbsp. toasted sesame seeds

1 - 2 Tbsp. macadamia nuts, finely chopped

#

1. Marinate tuna cubes in a mixture of coconut aminos, sesame oil and green onions. Refrigerate 2 hours.

2. Just before serving, cut avocado in half, remove pit, and cut 2 or 3 lines vertically. Then do the same horizontally, cutting through the avocado flesh, but not the skin. Squeeze a little lemon juice on top of avocado to prevent browning.

3. Remove tuna from refrigerator and sprinkle with half the sesame seeds and half the crushed macadamia nuts. Fill the avocado with the tuna mixture, then top with remaining sesame seeds and macadamia nuts.

Note: I double the recipe to have leftover tuna poke for the next day.



## Heather Meglino: Fresh Corn Tomato Salad

### Ingredients

- 3 tablespoons white wine vinegar
- 
- Kosher salt and freshly ground black pepper
  - 1/4 cup extra-virgin olive oil
  - 6 ears fresh corn
  - 2 cups red or orange grape tomatoes, halved
  - 8 ounces fresh mozzarella, cut into small cubes
  - 1 bunch scallions (white and green), thinly sliced
  - 1 1/2 cups fresh basil leaves

### Directions

Whisk together the vinegar, 2 teaspoons salt and some pepper in a small bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.

Shear off the corn kernels with a sharp knife over a bowl (you should have about 4 cups). Toss in the tomatoes, mozzarella and scallions. Pour the vinaigrette over the salad and toss to coat. Cover and let stand for at least 15 minutes and up to 2 hours. Before serving, tear the basil over the salad and stir.



# Alena Baker: Sweet Potato Spiral Bowl with Teriyaki Steak

<http://www.publix.com/aprons-recipes/sweet-potato-spiral-bowl-with-teriyaki-steak>

## Ingredients

1/2 cup teriyaki marinade, divided  
8 oz grilling steak (such as ribeye, top sirloin, or New York strip)  
Large zip-top bag  
1/2 seedless cucumber  
1/2 fresh mango  
1/4 cup fresh cilantro leaves  
1 lime, cut into wedges  
2 tablespoons sesame oil  
1 lb fresh sweet potato spirals  
1/2 cup matchstick carrots  
1/2 cup presliced green onions



## Steps

1. Preheat grill. Place 1/4 cup marinade and steak in zip-top bag; knead to coat and marinate 10 minutes (or overnight). Cut cucumber and mango into bite-size cubes (1/2 cup each); remove cilantro leaves from stem. Cut lime into wedges.
2. Remove steak from bag (discard marinade). Grill 2–3 minutes on each side until grill-marked and steak is 125°F (for medium rare; warm red center), 130°F (for medium; warm pink center), or up to 170°F (for well done). Transfer steak to cutting board; let stand 5–10 minutes before slicing. Temperature will rise 5–10°F during this time.
3. Preheat large, nonstick sauté pan on medium-high 2–3 minutes. Add oil and sweet potato spirals; cook and stir 4–6 minutes or until tender. Stir in remaining 1/4 cup marinade. Slice steak into thin strips.
4. Mound spirals in center of serving bowls. Arrange the following in small piles around spirals: steak, cucumber, mango, carrots, and onions. Top with cilantro and serve with lime wedge.

## **Jessica Hew's Crawfish Salad**

**If you know what I eat, this is probably one of the healthiest things I ever eat - not fried, no butter, no roux, and no cream! Crawfish Salad: Toss a container of cherry tomatoes halved, an avocado diced, 1/3 lb crawfish tails (boiled in Zatarain's Crab Boil and peeled), 1/2 small red onion finely diced, small bunch of basil chopped, 3 T EVOO, and fresh lime juice, chili sauce, 5 Spice, and coarse ground salt all to taste.**

**Notes: (1) You can use shrimp or crab instead of crawfish, but make sure it is cooked in Zatarain's Crab Boil! (2) Certain Publix stores around Orlando sell Zatarain's Crab Boil; found in the spice aisle.**

## **Richard Dellinger's Vegan Taco Bowls**

**Cook can of chickpeas with taco seasoning like you would cook hamburger.**

**Serve over rice in a bowl with avocado, salsa, black beans and Daiya vegan cheese.**

**Nick Shannin** Doing burgers on the grill? Forget the fries, grill some olive-oil coated asparagus instead. #Yum Lightly coat the asparagus spears with olive oil. Season lightly with Kosher salt. Grill over high heat for 2 to 3 minutes, laying em across the grate so you get the cool grill marks - and so they don't fall in!

**Adam McGinnis** College chicken recipe:

1. Frozen chicken strips from Publix.
2. Place on George Forman.
3. Take a shower because your going out tonight.
4. Take off George Forman.
5. Season with whatever is laying around.
6. Eat with whatever sauce packets you have and enjoy

## Christina Miner: GRAIN SALAD

### INGREDIENTS

- **2 cups semi-pearled faro or spelt**
- **Kosher salt**
- **1/3 cup pine nuts**
- **3 medium Persian cucumbers, peeled, cut into 3/4" pieces**
- **3 medium tomatoes, thinly sliced**
- **1 pint Sun Gold and/or cherry tomatoes, halved crosswise**
- **1 small red onion, very thinly sliced**
- **Juice of 1 lemon (or more)**
- **1/3 cup extra-virgin olive oil**
- **2 Tbsp. red wine vinegar**
- **Freshly ground black pepper**
- **2 cups torn basil leaves**
- 
- **Preheat oven to 350°. Cook faro in a large Dutch oven or other heavy pot over medium heat, stirring often, until golden brown and toasted (it should start to smell like popcorn and some grains may pop), about 4 minutes. Remove pot from heat and pour in cold water to cover grains by 1"; throw in a healthy handful of salt. Set pot over medium-high heat and bring water to a boil. Reduce heat and simmer, skimming foam occasionally from surface, until grains are tender but still have some bite, 25–35 minutes. Drain and transfer faro to a large bowl.**
- **Meanwhile, toast pine nuts on a rimmed baking sheet, tossing once, until golden brown, about 5 minutes. Let cool.**
- **Add pine nuts, cucumbers, both kinds of tomatoes, red onion, lemon juice, oil, and vinegar to bowl with faro and toss everything together to combine. Taste and season with salt, pepper, and more lemon juice, if desired.**
- **Top salad with basil just before serving.**

# SNACKS

**Jordan Ostroff** Frozen banana, a handful of frozen berries, 8oz of almond milk, a scoop of peanut butter protein powder and a scoop of PB2 (low fat peanut powder) - makes an excellent pb and j style smoothie.

**Jeanette Dejuras Bigney** !Avocado 🥑! Here are a few quick suggestions:

1. Cut in half, score, sprinkle salt & pepper, eat it right out of the skin. If you have it consider a sprinkle/drizzle of chives, garlic powder, lemon juice, red pepper..

2. Avocado Smoothie Recipe: Start with 1/2 cup of milk or alternative milk, add the avocado and blend. Add more milk, if needed, ice and sweetener (stevia, agave, or your preference). Drink right away.

**Cj Hubbard Bosco** I made this last night. 5 minutes peanut butter lava cake with no carbs...what?!? If anyone wants a pack of Shakeology to try it, let me know. I also have a killer Shakeology recipe that make it taste just like a Wendy's frosty.<http://www.fromforkstofitness.com/21-day-fix-double.../>

**Amy Guy Calandrino** To me, this is much like strawberry Yoo-hoo and I travel with this. It's often a breakfast or a snack. Good macros and easy to shake up. It's even more amazing with pb2 and a banana when you're home but if you just have water and a shaker bottle...it's not too shabby. Lean Body for Her.

**Jamie Billotte Moses** Carrots and celery with hummus. Nothing better!

**Chanel Mosley** A piece of Ezekiel bread with the Trader Joe's Everything But the Bagel seasoning. Makes me feel like I'm eating an everything bagel but without all the carbs and calories! I put this seasoning on everything- so good!

**Chanel Mosley** Also- plain Greek yogurt with crushed pineapple and a couple drops of coconut extract. Voila- Pina colada!

**Karen Persis:** For me, as I indicated in our emails — red, orange, or yellow bell peppers sliced up. \$1 each at Clemons Produce. All the Vit C you need for the day, plus plenty of B Vitamins, Fiber, and some Mag. And yes, that's Elsa smiling

at you from the bag. My son only wants the Olaf bags so I get the Elsa and Anna bags. Serve the peppers chilled, but not Frozen. 🥵.

**Brock Hankins** A handful of almonds are great to grab on the go!

**Heather Ostroff** I bake a lot of cookies, so I make them smaller to be a healthier snack 🥳🥳🥳.

But for a healthier cookie, I like to make pumpkin cookies the reduce the amount of butter, eggs and sugar!

**Jessica K. Hew** String Cheese; because it is CHEESE.

**Richard Dellinger** Pita chips with hummus or toasted naan with cashew butter.

**Barbara Eagan** Peanut M&Ms for the protein

**Mark Luczak** Good Karma Smoothie from Powerhouse Cafe (Mango, strawberries, bananas & peanut butter)

**Annie Kwong** Raw cashews unsalted

**Jill Davis Simon** These are so good (if you like avocados). I used to have to go to Whole Foods for them, but Publix recently started selling them. (So Fruitty Yummy Avocado )

**Abigail Capiro** Apples with peanut butte

**Luis Calderon** 3-minute Keto cheese biscuits in a mug 4 net carbs <https://www.ketoconnect.net/low-carb-biscuits/>

**Eric DuBois** Fruit (apple, navel orange, strawberries, blueberries or raspberries) or celery. I know boring but healthy!

**Courtney Richardson-Jones** Fruit

**Tina Leger** My favorite snacks are fruit, celery and peanut butter, and home made trail mix. I have been making trail mix at home with planters plain mixed

nuts, plain almonds, sesame seeds, golden raisins, and craisins - based on what I feel like.

**Liz Foshee McCausland** I love fruit. Any kind but for a hardy snack I do apples and almond butter. A go to when I want ice cream is frozen banana and peanut butter bites.

**Jen Smith Thomas** <https://www.skinnytaste.com/roasted-pumpkin-seeds/> I love pumpkin seeds. I like to add curry powder, garlic powder, dry ranch, or Penzey's Sandwich Sprinkle. Whatever your mood! just a little pam, some seasoning, and yum. Healthy nibbles.

**Justin Meyer** Fresh popcorn. 1/4 cup of kernels (you can buy them in the grocery store), and a tiny bit of oil. Throw it all in a very large but microwave-safe bowl with something to cover it. Don't cover it all the way though, because you want steam to be able to escape. Turn the microwave on for 7 minutes, and then pop until there are more than a few seconds between kernels popping. Don't overcook it or you'll get burnt popcorn and nobody wants that. After it's popped, you can salt it to taste OR you can toss it with a little bit of olive oil and garlic powder. If you want some heat, toss it with chili powder, or even ground up chiles. Skip the butter. Never buy pre-popped popcorn, or those bags of popcorn again

**Nick Shannin** Who doesn't like a great date? Bonus: Loads of potassium and fiber - just keep the number of dates reasonable!

**Marissa O'Connor** Paleovalley beef stick and string cheese from Lake Meadow Naturals does the trick for me!

**Charity Joy Tonelli** Snap peas with hummus, deli rollups, kind bars, greek yogurt with berries, roasted chickpeas (also can be sub'd for croutons)

**Stephanie Alcalde** Welch's Fruit Snacks

**Heather Meglino** I am obsessed with these! Perfect on the go snack and who doesn't love cheese?! (Sargento Balanced Breaks)

**Kimberly Homer** Ok, I did not realize my pictures were posting - whoops- but I was trying to say INSTANT OATMEAL PACKETS. I keep them in my desk drawer so I can always have a healthy breakfast no matter how busy I am. A few almonds or walnuts, a piece of fruit and you are done! Trader Joes and Publix both have great choices. I keep a drawer of healthy snack stuff in my office all the time. Nuts, oatmeal packets, healthy bars, etc.

**Tony Sos** Brazilian nuts!

**Nancy Jordahl** Fruit- any kind

**Daniel Whitehouse** Picky Bars! I'm not endorsed by them, but I eat enough that I should be (wink, wink). Many of their bars are vegan, with small amounts of honey in some others. 200 calories per bar, and they are real food.

**Tina Leger** Sliced mango is a great snack!!

**Alena Baker** Skinny Dipped Almonds These are amazingly delicious! Can find them at target 😊  
© (skin)

**Melody Lynch** Almonds and walnuts

**Adam Mcginnis** One small bag of turkey jerky

**William Umansky** Whole Milk Yogurt. Two table spoons  
One teaspoon honey  
Baked granola or fruit