



## CAPRESE AVOCADO SALAD

### INGREDIENTS:

- 1/2 cup balsamic vinegar
- 2 tbsp brown sugar, packed
- 1 tbsp olive oil
- 2 boneless, skinless thin-sliced chicken breasts
- Kosher salt and freshly ground pepper, to taste
- 6 cups chopped romaine lettuce
- 6 oz ovaline fresh mozzarella
- 1 cup cherry tomatoes, halved
- 1 avocado, halved and diced
- 1/4 cup basil leaves, chiffonade

### DIRECTIONS:

1. To make the balsamic reduction, add balsamic vinegar and brown sugar to a small saucepan over medium heat. Bring to a slight boil and reduce by half, about 6-8 minutes; set aside and let cool.
2. Heat olive oil in a medium skillet over medium high heat.
3. Season chicken breasts with salt and pepper.. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.
4. Place romaine lettuce in a large bowl; top with chicken, mozzarella, tomatoes, avocado and basil. Pour balsamic on top and gently toss to combine.
5. Serve immediately.



## CHICKEN & ASPARAGUS LEMON STIR FRY

### INGREDIENTS:

- 1/2 tbsp olive oil
- 2 chicken breasts sliced
- 1 tsp salt
- 1/2 tsp pepper
- 1 tbsp garlic, minced
- 4 oz asparagus
- 1/2 lemon zested
- 3 tbsp soy sauce
- Lemon, zested to garnish
- Rice to serve

### DIRECTIONS:

1. Season the chicken with the salt and pepper and fry with the olive oil. After a few minutes, add the garlic.
2. After a few minutes, then add asparagus, lemon zest and juice.
3. Stir again, before mixing in the soy sauce.
4. Serve with rice and sprinkle with lemon zest on to. Enjoy!



## ZUCCHINI PASTA W/ POACHED EGGS & CHERRY TOMATO BASIL SAUCE

### INGREDIENTS:

- 1/2 pint heirloom or regular cherry tomatoes
- 1/3 cup oil-packed sun-dried tomatoes
- 1 cup fresh basil, chopped plus more for serving
- 1 clove garlic, minced or grated
- Juice of 1 lemon
- Pinch of crushed red pepper flakes
- 4 medium sized zucchinis
- 1/4-1/2 lb. angel hair pasta (or more zucchini)
- 1/3 cup kalamata olives, chopped
- 4 tbsp olive oil
- Kosher salt and pepper
- 4 poached eggs
- 4 oz freshly grated parmesan cheese
- 2 tbsp toasted pine nuts

### DIRECTIONS:

1. Bring a large pot of salted water to a boil.
2. Meanwhile, finely chop/mince 1 pint of cherry tomatoes and add them to a bowl. Add the sun-dried tomatoes (do not drain all the oil), basil, garlic, lemon juice and crushed red pepper flakes. Season with salt and pepper to your liking. Set aside and allow to sit at least 10 minutes.
3. Once the water is boiling, boil the pasta according to package directions. Drain.
4. Meanwhile using a spiralizer\*, spiralize the zucchini and add it to large bowl. Toss in the hot pasta and allow it to slightly cook the zucchini noodles. Add the kalamata olives, olive oil and a pinch of salt and pepper. Toss well.
5. Divide the pasta among 4 plates or bowls. Top each portion with tomato sauce and 1 poached egg. Sprinkle with parmesan and toasted pine nuts. Break the poached egg and toss the pasta allowing it to create a sauce. Add more parmesan and basil. EAT.

### RECIPE NOTES

1. \*If you do not have a spiralizer just thinly slice the zucchini into matchsticks.
2. The pasta can be eaten warm or cold, but I find it best if the pasta is a little warm as it helps the egg to create a sauce for the pasta.
3. This can also be served as a pasta salad. Maybe use hard boil eggs.



## GRILLED BUFFALO CHICKEN LETTUCE WRAPS

### INGREDIENTS:

- ▣ 3 large chicken breasts, cut into 1/2" cubes
- ▣ 3/4 cup Frank's Red Hot Sauce
- ▣ 15-20 butter lettuce cups
- ▣ 3/4 cup halved cherry tomatoes
- ▣ 1 avocado, diced
- ▣ 1/4 cup sliced green onions
- ▣ 1/2 cup ranch dressing

### DIRECTIONS:

1. Add cubed chicken and 1/2 cup Frank's to bowl. Cover and place in fridge for 30 min.
2. Preheat grill to 400 degrees.
3. Place grill basket directly on grill. Add marinated chicken to grill basket and grill for 8-10 min, stirring throughout. (if you don't own a grill basket, use kabob stick)
4. Remove from grill and place chicken in a bowl, toss with 1/4 cup of buffalo sauce.
5. Assemble lettuce cups: place lettuce cups, 2-3 cubes of chicken, 2-3 diced tomatoes, 2-3 diced avocados, a pinch of green onions, and a drizzle of ranch dressing.



## GRILLED CHICKEN W/ SPINACH AND MOZZARELLA

### INGREDIENTS:

- ▣ 3 large chicken breasts sliced in half lengthwise (6 cutlets)
- ▣ Salt and pepper to taste
- ▣ 1 tsp olive oil
- ▣ 3 cloves garlic, crushed
- ▣ 10 oz frozen spinach, drained
- ▣ 3 oz shredded part skim mozzarella
- ▣ 1/2 cup roasted red pepper, sliced in strips (set in water)
- ▣ Olive oil spray

### DIRECTIONS:

1. Preheat oven to 400°. Season chicken with salt and pepper. Lightly spray grill with oil (I used my George Forman). Cook chicken until no pink, careful not to overcook.
2. Meanwhile, heat a sauté pan on medium heat. Add oil and garlic, sauté a few seconds, add spinach, salt and pepper. Cook a few minutes until heated through.
3. When chicken is done, lay on a baking sheet lined with foil or parchment for easy clean-up. Divide spinach evenly and place on top of chicken. Top each with half oz mozzarella, then slices of roasted pepper and bake until melted, about 6-8 minutes.



## OH MY GOSH, SPAGHETTI SQUASH

### INGREDIENTS:

- 1 spaghetti squash
- 1 bunch kale
- 1 1/2 cups cooked chickpeas (or 1 can)
- 3 cloves garlic
- Olive oil
- Sea salt
- Pinch crushed chilies
- 3/4 cup toasted hazelnuts
- Pecorino Romano (hard sheep's milk cheese)

### DIRECTIONS:

1. Preheat oven to 400°F.
2. Prepare the spaghetti squash by cutting it in half lengthwise, removing the seeds, rubbing the inside of each half with a drizzle of olive oil, then seasoning with salt and pepper. Place face down on a lined baking tray and place in the oven - cook for about 45 minutes.
3. While the squash is baking, prepare the rest of the filling. Wash kale well and remove the tough center rib of each leaf. Roughly chop kale into small pieces.
4. Heat oil, ghee, or butter in a frying pan, then add minced garlic, crushed chilies to taste, and a pinch of sea salt. Cook 2 minutes until fragrant, then add chopped kale and cook until the leaves are bright green and just starting to lose structure. Throw in the chickpeas and cook just to warm. Remove from heat.
5. Remove squash from the oven when it is cooked through. Using a fork, scrape out the insides, which will pull away from the shell in strands, like spaghetti!
6. Place all strands in a bowl, and toss with the kale and chickpea mixture. At this point you can either serve it from the bowl, or mix it everything together and place back in one half of the empty squash shells for a beautiful presentation.
7. Sprinkle with chopped toasted hazelnuts and shaved Pecorino Romano. Enjoy!





## SHAWARMA CHICKEN BOWLS W/ LEMON VINAIGRETTE

### INGREDIENTS

- 1 lb organic chicken breast, cut into 3-inch strips
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 3/4 tsp fine grain sea salt
- 3 garlic cloves, minced
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1/4 tsp ground coriander

### SALAD

- 6 cups spring greens
- 1 cup cherry tomatoes, halved
- 2 handfuls torn fresh basil leaves
- 1 avocado, sliced

### VINAIGRETTE

- 2 large handfuls fresh basil leaves
- 1 clove garlic, smashed
- 1/2 tsp fine grain sea salt
- 2 tbsp fresh lemon juice
- 5 tbsp olive oil

### DIRECTIONS:

1. In a bowl whisk olive oil, lemon juice, garlic, salt, curry powder, cumin and coriander until combined.
2. In a shallow sealable container or in a large Ziploc bag, combine chicken strips and marinade.
3. Cover or seal and marinate in the refrigerator for at least 20 minutes (marinate overnight for fullest flavor.)
4. When you're ready to make the meal, heat a large nonstick skillet over medium-high heat.
5. Add a tiny bit of olive oil, add the chicken and cook until golden brown and cooked through, about 6 to 8 minutes turning regularly, until juices run clear.
6. In the meantime make the vinaigrette. In a food processor (or small blender), process the basil, garlic, salt, and lemon juice until smooth. With the motor running, slowly add the oil. Blend until combined. Set aside.
7. To make the salads, add the greens in a large bowl and toss them with a sprinkle of salt and pepper. Add the chicken on top along with the tomatoes, basil, and avocado.
8. Drizzle the bowl with the basil-lemon vinaigrette. Serve!



## SOUTHWESTERN TURKEY QUINOA STUFFED PEPPERS

### INGREDIENTS:

- 2 tbsp olive oil
- 1 red onion, diced
- 3 garlic cloves
- 1 large chipotle pepper, minced (from can in adobe sauce)
- 1 lb. ground lean turkey
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 15 oz. Muir Glen diced fire roasted tomatoes
- 3/4 cup black beans, drained and rinsed
- 3/4 cup frozen corn
- 1/4 cup fresh cilantro, diced
- 1/2 cup dried quinoa
- 7 large bell peppers, tops cut off, seeds removed (assorted colors)
- 3/4 cup shredded colby jack cheese
- Optional garnish: sliced green onions, diced cilantro, sliced avocado

### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small saucepan add 1 cup of water. Bring to a boil and add quinoa. Cover. Bring to a boil and then reduce to simmer for 10-13 minutes until water is evaporated. Fluff with a fork and set aside.
3. Heat a large saute pan to medium high heat. Add olive oil and diced onions.
4. Saute onions until translucent, about 2-3 minutes.
5. Add garlic and chipotle peppers to onion mixture, saute for 1 minute.
6. Add in ground turkey, cook until no longer pink. Approximately 5-7 minutes.
7. Next, add in smoked paprika, cumin, salt, ground pepper, fire roasted tomatoes, black beans, corn, and fresh cilantro. Cook until liquid is evaporated, about 4-5 minutes. Stirring occasionally.
8. Add turkey mixture to a bowl with quinoa and toss to mix.
9. Place peppers in a 13×9 baking dish open side up. Stuff with turkey quinoa mixture. Bake for 40 minutes.
10. Remove from oven and top each pepper with 1 tablespoon of shredded cheese.
11. Place back in oven and cook until cheese is melted, another minute.
12. Serve! Top with fresh cilantro, green onions, and avocado.



## SKINNY SHRIMP SCAMPI OVER LOW CARB ZOODLES

### INGREDIENTS:

- 2 large zucchini, cut into noodles (3 cups of zoodles)
- 2 tbsp reduced-fat butter or Smart Balance Light
- 2 tsp garlic, minced
- 1/8 tsp crushed red pepper flakes (optional)
- 12 large shrimp, shelled and deveined (about 1/2 lb)
- 2 1/2 tbsp white wine or reduced-sodium chicken broth
- 1 1/2 tbsp freshly lemon juice
- 2 tsp Parmesan cheese, grated

### DIRECTIONS:

1. Prepare zoodles. Place zoodles in a microwave-safe bowl and cook in microwave for about 2 minutes, until softened.
2. In the meantime, in a large nonstick pan, heat butter over medium-low heat. Add garlic and crushed red pepper flakes and cook for 1 minute, stirring constantly.
3. Add shrimp to pan and cook, stirring often, until they are cooked throughout and pink on all sides, about 2 minutes. Season shrimp with a little salt and pepper. Using a slotted spoon, transfer them to a bowl, leaving any liquid in the pan.
4. Increase heat to medium. To the same pan, add white wine and lemon juice. Using a wooden spoon or rubber spatula, scrape any brown bits from the bottom of the pan, cooking the wine and lemon juice for 2 minutes. Add the softened zucchini noodles and cooked shrimp. Toss to combine and heat about 30 seconds.
5. Divide the zoodles among 2 plates and spread out over plate. Top each with 6 shrimp. Sprinkle each serving with 1 teaspoon Parmesan cheese. Serve immediately.  
Makes 2 servings. Each serving is 6 shrimp and 1/2 the zoodles.