

Coconut Flour Pancakes



Makes: 3 pancakes

Total Time: 30 minutes

Ingredients

1/4 cup coconut flour

1 teaspoon baking powder

3 eggs

1/2 Tablespoon almond milk + more if needed

1 Tablespoon maple syrup*

1/2 teaspoon vanilla

non-stick spray

Toppings

maple syrup, fruit, nut butter

Direction

Mix together coconut flour and baking powder in a medium bowl. In a separate bowl, beat eggs until well blended. Add milk, maple syrup and vanilla. Add liquid ingredients to the dry ingredients and stir until lumps disappear. Let sit for 2-3 minutes so that the coconut flour absorbs some of the liquid. If the batter seems too thick you can add a bit more milk.

Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). Pour about ¼ cup of batter per pancake onto the hot skillet or griddle. Cook until bubbles come to the surface of the pancake and the edges start to look dry. Flip and cook until bottom is golden brown. Serve with toppings of choice.

<https://www.eatingbirdfood.com/coconut-flour-pancakes/#tasty-recipes-40644>

Garlic, sweet potato and chickpea soup



Makes 4 to 6

Total Time 30 minutes

Ingredients

8 big cloves garlic, peeled and sliced

1 onion, peeled and chopped

30g olive oil

350g cooked sweet potato

400g can chickpeas, drained

800ml water

1 tsp salt

2 tsp dried thyme

2 tsp ground turmeric, or 3cm piece of fresh turmeric, peeled and grated

½ tsp ground cayenne pepper

lemon juice and black pepper to finish

Directions

Put the garlic, onions and olive oil in a large saucepan with a splash of water: this creates extra steam to soften the garlic quickly. Bring to the boil then reduce the heat and cook for 5 minutes until the water has evaporated and garlic is very soft. Add the sweet potato, chickpeas, water, salt, thyme, turmeric and cayenne then bring to the boil, cooking until the sweet potato has softened further. Remove from the heat and leave to cool slightly. 3. Puree mixture in a blender until smooth. Return to the pan, adjust the consistency with extra water if needed, then heat until boiling. Divide among 4 to 6 bowls and add a drizzle of lemon juice and a couple of grinds of black pepper to each bowl.

<https://www.goodfood.com.au/recipes/garlic-sweet-potato-and-chickpea-soup-20180418-h0yxuu>

Ancho Chicken Tacos



Makes: 4 servings

Total Time: 28 minutes

Ingredients

8 Mission Soft Taco Whole Wheat Tortillas
5 Boneless, skinless chicken thighs
1 Tbsp. Cumin
1 Tbsp. Ancho Chile powder
1 ½ tsp Salt, divided
1 Tbsp. Vegetable oil
½ Large avocado, pitted and diced
1 Tbsp. Fresh lime juice
1 Tbsp. Olive oil
Finely chopped onion and Chopped Cilantro

Direction

Preheat oven to 425°F. Lightly oil a baking sheet. In a small bowl mix together cumin, Chile powder, and 1 teaspoon salt. Rub chicken with oil, then with cumin mixture, and place on baking sheet. Bake until cooked through, 15-18 minutes. Internal temperature should reach at least 170°F. While chicken cooks, in a blender or food processor combine avocado, lime juice, olive oil, ½ teaspoon salt, and 2 tablespoons water. Blend until completely smooth, adding up to 2 tablespoons more water if needed to reach a smooth, creamy consistency. In a large, dry skillet over medium, heat tortillas 1 at a time, flipping once, until heated through and pliable. Transfer to a plate and warm remaining tortillas, stacking them on top of each other. Thinly slice chicken and serve in tortillas drizzled with avocado cream and topped with onion and cilantro.

<https://www.missionfoods.com/recipes/ancho-chicken-tacos/>

Strawberry Banana Baked Oatmeal



Makes: 6

Total Time: 1.10 hours

Ingredients

2 cups rolled old-fashioned oats
1/4 cup pure maple syrup
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon sea salt
2 cups almond milk
1 large egg (or 1 Tablespoon ground flaxseed)
2 Tablespoons coconut oil, melted
2 teaspoons pure vanilla extract
2 ripe bananas (1 mashed and 1 sliced)
1 1/2 cups fresh quartered strawberries (divided)
1/4 cup chocolate chips (divided)
cooking spray
additional strawberries, bananas and milk for serving

Directions

Preheat the oven to 375°F. Spray an 8-inch square baking dish with cooking spray. In a large bowl, mix together the oats, baking powder, cinnamon and salt. Add in milk, maple syrup, egg, coconut oil, vanilla and mashed banana. Stir well to combine. Gently fold in 1 cup strawberries, 1/2 of your banana slices and 1/8 cup of chocolate chips. Carefully pour oatmeal mixture into the prepared baking dish. Scatter the remaining strawberries, banana slices and chocolate chips on top. Bake for 50-60 minutes or until the middle of the bake is set (it might still be slightly wet from the strawberries but that's okay). The top/edges will be golden. Remove from the oven and let cool for a few minutes. This will allow the baked oatmeal to set a bit more. Portion and serve. Top with additional fresh strawberries, banana and a splash of milk.

<https://www.eatingbirdfood.com/strawberry-banana-baked-oatmeal/#tasty-recipes-410>

Sweet Potato Lentil Soup



Makes: 2 servings

Total Time: 40 minutes

Ingredients

4 cups vegetable broth
2 tablespoons olive oil
1 yellow onion, chopped
1 garlic clove, minced
1-2 large sweet potatoes, cubed
1 cup green lentils, dry
1 bunch kale, roughly chopped
1 teaspoons each dried oregano and cumin

Directions

In a large pot over medium heat, heat olive oil and sauté garlic and onion until soft, 3-5 minutes. Add broth, spices, lentils and sweet potatoes. Simmer until lentils are soft, 20-30 minutes. Once lentils are soft, add kale and let it wilt into the soup, 5 minutes and serve!

<https://gluten.org/wp-content/uploads/2017/01/4-Week-Gluten-Free-Meal-Plan.pdf>

Grilled Moroccan Shrimp Potato Salad Recipe



Makes: 4 servings

Total Time: 40 minutes

Ingredients

The Salad:

1 pound Little Potato Company Something Blue Creamer potatoes other varietals can be used
1 pound raw shrimp peeled & deveined (tails removed)
3 teaspoons olive oil divided
¼ teaspoon + 1/8 teaspoon kosher salt divided
¼ teaspoon + 1/8 tsp ground pepper divided
6 cups baby spinach leaves
¼ cup minced cilantro
½ cup diced red bell pepper
½ cup diced cucumber

The Dressing:

1/4 cup fresh orange juice
1 1/2 tablespoons fresh lemon juice
1 tablespoon olive oil
1 1/2 teaspoons agave nectar
¼ teaspoon kosher salt
¼ teaspoon ground pepper

Directions

The Salad: Place 4 wooden skewers in warm water for 30 minutes. Place the Creamer potatoes in a large saucepan, cover with cold water and set over high heat. Bring to a boil and cook until the potatoes are just tender when pierced with a fork, 12 to 15 minutes. (If using a different Creamer potato varietal, cooking time may need to be adjusted.) Drain the potatoes. Once cool enough to handle, cut the potatoes in half lengthwise and toss in a bowl with 2 tsp olive oil, ¼ teaspoon salt and ¼ teaspoon pepper. Preheat the grill to medium-high heat. Lightly coat the grates with oil. In a separate bowl, toss the shrimp with 1 teaspoon olive oil, 1/8 teaspoon salt and 1/8 teaspoon pepper. Remove the wooden skewers from the water and thread the shrimp onto the skewers. Grill the shrimp until just cooked through, about 2 minutes per side. Remove from the skewers. Grill the potatoes until they have golden brown grill marks, about 3 to 4 minutes per side. In a large bowl, combine the spinach, cilantro, shrimp, potatoes, red bell pepper and cucumber. Toss with the dressing. Divide the salad between 4 plates. Serve.

The Dressing: In a small bowl, whisk together the orange and lemon juices, olive oil, agave, salt and pepper

<https://www.cookincanuck.com/grilled-moroccan-shrimp-potato-salad-recipe/>

5 Ingredient Granola Bars



Makes: 12 bars

Total Time: 10 minutes

Ingredients

2/3 cup unsalted almond or peanut butter or your favorite nut/seed butter

1/2 cup [honey](#) can substitute with coconut nectar, 2/3 cup date paste or brown rice syrup

1 tablespoon [coconut oil](#) , optional but recommended since it helps the bars hold better together

2 cups oats I used gluten free half rolled and half quick but use what you have on hand

*2/3 cup almonds chopped (see notes)

2 Tablespoons whole almonds

1/3 cup unsweetened shredded coconut can substitute with crispy rice cereal

pinch salt and ground cinnamon optional, but helps to balance the sweetness & boosts flavor

Add-Ins (optional):

1 teaspoon pure vanilla extract, chocolate chips, dried fruit, flax seeds, chai seeds, sesame seeds and pumpkin seeds

Directions

Line an 8x8 inch pan with parchment paper and set aside. In a large pot, melt almond butter, honey and coconut oil (if using) over medium-heat until the mixture comes to a boil, stirring constantly. Lower the heat and simmer until the mixture is slightly thickened, about 2 minutes. Remove the pot. (At this point, you can add vanilla, cinnamon and salt, if using). Fold in oats, shredded coconut, and chopped almonds. reserving the whole almonds for topping. Transfer the mixture into the prepared pan while pressing down very firmly and flattening with a spatula until tight and compressed. Press the reserved whole almonds down into the bars, evenly spaced apart. Press in some chocolate chips or any other add-ins of your choice. Press down with spatula one more time so everything is nicely packed and compact. Place the pan in the freezer (or fridge) until hardened, about 1 hour. When the bars are set, use the parchment paper to lift them from the pan. Slice into even bars. Bars are softer when left out at room temperature. For best results, store bars in the refrigerator or freezer until ready to enjoy.

<https://lifemadesweeter.com/no-bake-5-ingredient-granola-bars/>

Balsamic Grilled Vegetables



Makes: 8 servings

Total Time: 25 minutes

Ingredients

The Vegetables:

- 2 red bell peppers cored, seeded & cut into quarters
- 2 medium zucchini cut into ¼-inch thick lengthwise slices
- 1 yellow squash cut into ¼-inch thick lengthwise slices
- 1 red onion peeled & cut into eighths through the core
- ½ large eggplant cut into six ¼-inch slices
- 3 tablespoons olive oil
- 1/4 teaspoon kosher salt
- 4 basil leaves thinly sliced
- 4 mint leaves thinly sliced (optional)

The Dressing:

- 1 tablespoons balsamic vinegar
- 1 tablespoons extra virgin olive oil
- ½ teaspoon agave nectar
- 1 garlic clove grated on microplane
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper

Directions

The Vegetables: Preheat heat the grill to medium-high heat. Lightly oil the grates. Spread the vegetables in a single layer on one or two baking sheets. Brush on both sides with olive oil and season with the salt. Grill the vegetables on both sides until tender (onion wedges for 10 minutes; eggplant for 6 minutes; and red bell pepper, zucchini and yellow squash for 4 to 5 minutes.) This may need to be done in two batches, depending on the size of your grill. Transfer the vegetables to a serving dish. Drizzle with the dressing. Garnish with the basil and mint.

The Dressing: In a small bowl, whisk together the balsamic vinegar, olive oil, agave nectar, garlic, salt and pepper

https://www.cookincanuck.com/wprm_print/38609

Grilled chicken salad with sun-dried tomato dressing



Makes: 4 servings

Total Time: 35 minutes

Ingredients

4 chicken cutlets (bone-in thighs)
salt, to season
1 tbsp extra virgin olive oil, plus extra for the salad
2 red onions, peeled and cut into rings
6 cups baby spinach
1 cup basil leaves
½ cup cherry tomatoes, halved
½ continental cucumber, cubed
½ cup kalamata olives
juice of 1 lemon
1 tbsp finely shredded flat-leaf parsley
1 small bunch chives, cut into 5cm lengths
shaved parmesan cheese, to serve
freshly ground black pepper, to serve

Tomato dressing

¼ cup soft sun-dried tomatoes
¼ cup extra virgin olive oil
3 cloves garlic, finely chopped
2 tbsp red wine vinegar

Directions Heat a grill pan or barbecue over medium heat. Season the chicken cutlets with salt and toss with olive oil. Grill the cutlets skin-side down for about eight minutes, then turn and grill for a further eight minutes until well browned and just cooked through. Grill the onion rings alongside the chicken until softened and lightly charred, about three minutes on each side. Set the chicken and onion rings aside to rest while you assemble the salad. Toss the spinach, basil, tomatoes, cucumber and olives together with a little olive oil and lemon juice. Combine the ingredients for the tomato dressing in a small food processor and process to a smooth consistency. Taste and adjust seasoning if necessary. Put a few tablespoons of the dressing on the base of a serving plate and place the salad on top. Add the chicken and onion rings on top of the salad leaves, top with more of the dressing, then scatter everything with the parsley, chives and shaved parmesan. Grind over plenty of black pepper and serve.

<https://www.goodfood.com.au/recipes/grilled-chicken-salad-with-sundried-tomato-dressing-20190327-h1cvbx>

Chocolate Chip Baked Oatmeal Cups



Makes: 12

Total Time: 45 minutes

Ingredients

3 cups rolled oats

1/2 teaspoon cinnamon

1 teaspoon baking powder

1/2 teaspoon sea salt

1 1/2 cups milk (I like using unsweetened vanilla almond milk)

2 Tablespoons ground flaxseed

2 mashed bananas (about 1/2 cup)

1/4 cup maple syrup

2 Tablespoons peanut butter

1 teaspoon vanilla extract

1/4 cup mini chocolate chips, divided (dairy-free, if needed)

Directions

Preheat oven to 350°F and line a 12-cup muffin tin with [silicone liners](#) (affiliate link). Paper liners work too. Spray liners with non-stick spray. In a large bowl, mix rolled oats, cinnamon, baking powder and salt. In another bowl, whisk together almond milk and flaxseed. Let sit for about 5 minutes before adding remaining wet ingredients: mashed banana, maple syrup, peanut butter and vanilla. Pour wet ingredients into the large bowl with the dry ingredients. Gently stir to combine and fold in 1/8 cup of mini chocolate chips. Scoop mixture evenly into muffin tin with liners and top each cup with remaining mini chocolate chips. Bake 30-35 minutes or until the center of the cups has set and a toothpick comes out clean. Allow cups to cool before transferring to a storage container and placing them in the fridge or freezer.

<https://www.eatingbirdfood.com/chocolate-chip-baked-oatmeal-cups/>

Portobello Mushroom Quesadillas



Makes: 2 servings

Total Time: 20 minutes

Ingredients

4 Mission Organics White Corn Tortillas
1 Tbsp. canola oil
2 Tbsp. chopped onion
4 Portobello mushrooms, cleaned and sliced
¼ tsp salt
2 sprigs of fresh rosemary
¼ cup shredded part skim mozzarella, shredded
slices of Provolone cheese

Directions

Heat canola oil over medium-high heat in a non-stick skillet. Sauté onion until tender, 2 to 3 minutes. Add mushrooms and cook until tender and water has evaporated, about 5 to 6 minutes. Season with salt. Empty skillet into a bowl and set aside. Heat up the same non-stick skillet over medium-high heat. Lightly brush one side of a tortilla with canola oil and lay brushed side down into the hot skillet. Spoon sautéed mixture and spread evenly. Top with a few rosemary leaves, mozzarella cheese and a slice of provolone cheese. Place second tortilla brushed side up on top. Cook the quesadilla over medium heat for 1 to 2 minutes or until cheese has melted and quesadilla is easy to turn. Gently turn the quesadilla over and cook 2 minutes more. Cook until quesadilla is light golden brown on both sides. Repeat with remaining tortillas. Slice into quarters and serve warm.

<https://www.missionfoods.com/recipes/portobello-mushroom-quesadilla/>

Grilled Sweet Potatoes with Cilantro Vinaigrette Recipe



Makes: 6 servings

Total Time: 35 minutes

Ingredients

2 medium, unpeeled sweet potatoes
2 tablespoons olive oil
1/2 teaspoon kosher salt
1/2 teaspoon ground pepper

Cilantro vinaigrette:

2 tablespoons fresh lime juice
2 tablespoons minced cilantro
1 1/2 tablespoons extra virgin olive oil
1 garlic clove minced
1/2 teaspoon agave nectar
1/4 teaspoon kosher salt

Directions

Place the sweet potatoes in a large pot of water. Boil the potatoes until they are just cooked through, about 20 minutes. Transfer the potatoes to a cutting board and let rest until they are cool enough to handle. Preheat the grill to HIGH heat. Lightly grease the grill. When the potatoes are cool enough to handle, slice them into 1/4-inch rounds. Brush the round with the olive oil and season with salt and pepper. Place the sweet potatoes on the grill and cook about 2 1/2 minutes per side, until they have browned grill marks. Transfer the grilled potatoes to a serving platter and drizzle with the dressing. Serve.

The vinaigrette: In a small bowl, whisk together the lime juice, cilantro, olive oil, garlic, agave nectar and salt.

https://www.cookincanuck.com/wprm_print/41381

BLUEBERRY BAKED OATMEAL WITH LEMON AND COCONUT



Makes: 8 servings

Total Time: 45 minutes

Ingredients

2 large eggs

3 Tablespoons [coconut oil](#) melted

1/2 - 2/3 cups pure maple syrup depending on sweetness desired (can also use honey or coconut sugar)

1-1/2 teaspoons vanilla extract

zest and juice of 1/2 lemon

3 cups [rolled oats](#) use gluten free if necessary

1-1/2 cups canned coconut milk or use milk of your choice

1/3 cup shredded unsweetened coconut flakes leave out and add more oats if you are not a coconut fan

1-1/2 cups fresh or frozen blueberries

Optional Toppings:

toasted coconut chips

fresh blueberries

Directions

Preheat oven to 350 F and lightly grease a 2-quart casserole pan or 9x13 baking dish. In a large bowl, whisk together the eggs, melted coconut oil, maple syrup, vanilla extract, lemon zest and lemon juice until combined. Stir in oats and milk then shredded coconut until combined. Gently fold in half of the blueberries. Pour oatmeal mixture into prepared pan and spread evenly. Top with additional shredded coconut flakes and blueberries, if desired. Bake in preheated oven for 35-40 minutes or until top is golden and the oatmeal is set. Remove from oven and allow to cool for 5 minutes before to serving. Top with coconut chips and drizzle with additional maple syrup if desired.

<https://lifemadesweeter.com/blueberry-lemon-coconut-baked-oatmeal/>

Grilled Potatoes Recipe with Rosemary & Smoked Paprika



Makes: 6 servings

Total time: 50 minutes

Ingredients

1 pound russet potatoes cut into 1-inch pieces
1 medium onion cut into small chunks
6 garlic cloves peeled & cut into third
1 tablespoon + 1 teaspoon olive oil
1 1/2 teaspoon crushed dried rosemary
1/2 teaspoon smoked paprika
1/2 teaspoon salt
1/2 teaspoon ground pepper

Instructions

Preheat the grill to medium heat. In a large bowl, combine the potatoes, onion, garlic and olive oil. Toss to coat the vegetables. Add in the rosemary, smoked paprika, salt and pepper, and toss to coat again. Using 2 pieces of foil (each 24 inches long), form an X by overlapping the foil. Place the potato mixture in the middle of the X, arranging so that it is an even height. Wrap the pieces of foil over the potato mixture, pinching the foil to seal. Use a third piece of foil to wrap around the package. Place the foil package on the grill and cook for 20 minutes. Flip the package over and cook for an additional 15 to 20 minutes, or until the potatoes are tender and starting to brown. Be careful when opening the package to test the vegetables, as hot steam will be released. The vegetables will stay warm in the package for 10 to 15 minutes. Serve

https://www.cookincanuck.com/wprm_print/38691

Italian Vegetarian Stuffed Peppers Recipe



Makes: 6 servings

Total Time: 1 hour 5 minutes

Ingredients

1 tablespoon olive oil
½ yellow onion chopped
1 large carrot cut into ¼-inch dice
½ teaspoon kosher salt
3 cloves of garlic minced
1 teaspoon Italian seasoning
½ teaspoon red pepper flakes
3 cups canned crushed tomatoes
14 ounce can of chickpeas, drained & rinsed
1 ¼ cups cooked quinoa
1/4 cup minced flat-leaf parsley divided
3 red bell pepper cut in half lengthwise, seeds & membranes removed
1/3 cup grated part-skim mozzarella cheese
¼ cup grated Parmesan cheese

Instructions

Preheat the oven to 350 degrees F. Heat the olive oil in a large nonstick skillet set over medium heat. Add the onions and carrots. Season with ¼ teaspoon salt. Cook, stirring occasionally, until softened, about 5 minutes. Stir in the garlic, Italian seasoning and red pepper flakes. Cook for 1 minute. Add the crushed tomatoes, chickpeas and remaining ¼ teaspoon salt, bring to a boil, then simmer for 10 minutes. Remove from the heat and stir in the cooked quinoa and 3 tablespoons parsley. Place the pepper, cut side up, in a large baking dish. Divide the chickpea mixture evenly between the peppers. Pour ½ water in the bottom of the baking dish. Cover tightly with foil and cook until the peppers are tender, about 30 minutes. Sprinkle the mozzarella cheese and Parmesan cheese over each pepper. Bake, uncovered, for an additional 5 minutes. Garnish with remaining 1 tablespoon of parsley. Serve.

<https://www.cookincanuck.com/wprm>

Breakfast Burritos with Cream Cheese



Makes: 4 servings

Total Time: 20 minutes

Ingredients

4 Mission Organic Uncooked Flour Tortillas, cooked according to packaging directions; set aside, keep warm
2 Tbsp extra virgin olive oil
1 Tsp minced garlic (2 cloves)
¼ cup chopped red onion
¼ cup chopped red or orange pepper
4 eggs, beaten
¼ Tsp Kosher salt
Tsp freshly cracked pepper
2 ounces cream cheese, cut into small cubes

Directions

In medium skillet, over medium heat, heat olive oil. Add garlic, onion, and peppers. Cook, stirring frequently, until vegetables are tender (3 to 4 minutes). Add eggs, salt and pepper; continue cooking, stirring occasionally, until eggs are nearly done (3 to 4 minutes). Add cubed cream cheese; continue cooking, stirring gently, until cream cheese begins to melt (1 minute). Remove from heat. To assemble burrito: place about ¼ of egg mixture down center of one corn tortilla; roll up and serve immediately. Repeat with remaining ingredients and tortillas.

<https://www.missionfoods.com/recipes/breakfast-burritos-cream-cheese/>

Tuna Pasta Salad with Lemon Vinaigrette



Makes: 10 servings

Total Time: 10 minutes

Ingredients

12 ounces whole wheat rotini pasta
8 ounces canned tuna (in water) drained
3 stalks celery cut into 1/2-inch dice
1 1/2 cups halved grape tomatoes
1/3 cup crumbled feta cheese
2 green onions thinly sliced
2 tablespoons capers drained
1/4 cup minced flat-leaf parsley
8 leaves basil thinly sliced
Kosher salt to taste

The dressing

1/4 cup fresh lemon juice
3 tablespoons extra virgin olive oil
1 1/4 teaspoon agave nectar or honey
3/4 teaspoon dried oregano
1/2 teaspoon kosher salt

Instructions

Bring a large saucepan of water to a boil over high heat. Salt well. Cook the pasta according to package directions. Drain and rinse with cold water until cooled down. Transfer the cooled pasta to a large bowl. Add the tuna, celery, tomatoes, green onions, feta cheese, parsley, capers and basil. Stir to combine. Pour in the dressing. Stir again until completely combined. Taste and season with additional salt, if desired. Serve or refrigerate, covered, until ready to serve.

The dressing In a medium bowl, whisk together the lemon juice, olive oil, agave nectar, oregano and salt

<https://www.cookincanuck.com/tuna-pasta-salad-lemon-vinaigrette/>

Vegetarian Frittata Recipe with Butternut Squash & Mushrooms



Makes: 6 Servings

Total Time: 20 minutes

Ingredients

12 ounces butternut squash cut into 1/2-inch dice
3 teaspoons olive oil divided
8 ounces crimini mushrooms thinly sliced
2 tablespoons minced flat-leaf parsley
3/4 teaspoon crushed dried rosemary
1/2 teaspoon smoked paprika
1/4 teaspoon salt
1/4 teaspoon ground pepper
5 eggs
5 egg whites
2 tablespoons grated Parmesan cheese rennet-free version for vegetarian

Directions

Preheat the broiler. Bring a medium saucepan of water to a boil. Add the butternut squash and cook until just tender, 4 to 5 minutes. Drain. In a medium bowl, whisk together the eggs and egg whites. Heat 1 teaspoon of olive oil in a [10-inch ovenproof nonstick skillet](#) set over medium-high heat. Add the butternut squash and cook, stirring occasionally, until it is starting to brown, 4 to 5 minutes. Transfer to a bowl. Add the remaining 2 teaspoons of olive oil to the skillet and add the mushrooms. Cook until tender, about 4 minutes. Turn the heat to medium. Return the butternut squash to the skillet with the mushrooms, and stir in the parsley, rosemary, paprika, salt and pepper. Pour the eggs into the skillet. Cook until the eggs are set around the edges and are starting to set on top, about 5 minutes. Sprinkle the Parmesan cheese on top and place the skillet under the broiler. Cook until the eggs are set and the cheese is starting to brown, 3 to 4 minutes. Cut into 6 wedges. Serve.

<https://www.cookincanuck.com/vegetarian-frittata-butternut-squash/>

Healthy Breakfast Casserole



Makes: 6 servings

Total Time: 1 hour

Ingredients

10 eggs, beaten

1 cup [Almond Breeze](#) Unsweetened Original Almond milk

1–2 cups fresh broccoli, chopped into bite-size florets

1/2 cup cottage cheese

1/2 cup feta cheese

1/3 cup onion, chopped

1/4 cup chopped parsley

2 cloves garlic, minced

1/2 teaspoon sea salt

1/2 teaspoon ground pepper

6 slices of gluten-free bread, chopped into cubes*

Directions

Combine all ingredients except bread in a large bowl. Toss to combine. Add bread cubes into a lightly greased 9×13 rectangular baking dish. Pour the egg mixture over the bread cubes. Cover, and refrigerate at least 1-2 hours or overnight. Remove the casserole from the refrigerator 30 minutes before baking. Preheat oven to 350°. Bake about 50 minutes, or until the middle of the casserole is no longer jiggly and a knife inserted in the center comes out clean. Let cool 5 minutes before serving

<https://www.eatingbirdfood.com/healthy-breakfast-casserole/#tasty-recipes-34061>

Buffalo Chicken Salad



Makes: 4 Servings

Total Time: 10 minutes

Ingredients

1 cup coarsely crushed Mission Thin & Crispy Tortilla Chips
2 cups shredded rotisserie chicken
¼ cup buffalo hot sauce
8 cups chopped Romaine lettuce leaves
1 cup chopped tomato 1 cup cilantro leaves
1 avocado, chopped
½ cup shredded low fat cheddar cheese
½ cup chunky low fat blue cheese dressing

Directions

In medium bowl combine shredded rotisserie chicken and buffalo hot sauce; set aside. In large bowl combine remaining ingredients. Add sauce coated chicken to lettuce mixture; gently toss to combine. Serve immediately.

<https://www.missionfoods.com/recipes/buffalo-chicken-salad/> **modified by Rita Sartin**

Ground Turkey Stir-Fry with Greens Beans & Kale



Makes: 4 servings

Total Time: 20 minutes

Ingredients

- 1 pound extra lean ground turkey
- 1 teaspoon canola oil
- 1 teaspoon sesame oil
- 1/2 pound green beans trimmed & cut into 1-inch pieces
- 1 red bell pepper cut into 1/2-inch pieces
- 3 garlic cloves minced
- 1 tablespoon minced fresh ginger
- 2 1/2 cups chopped kale & cabbage mixture*

The Sauce:

- 4 tablespoon low sodium soy sauce
- 1 teaspoon agave nectar or honey
- 2 teaspoons hoisin sauce

Directions

Heat a large nonstick skillet over medium-high heat. Lightly cook with cooking spray, then add the ground turkey. Cook, breaking up the turkey with a wooden spoon, until cooked through. Transfer to a bowl. Heat the canola oil and sesame oil in the skillet. Add the green beans and cook, stirring occasionally, for 2 minutes. Add the red bell pepper and cook for 1 additional minute. Add the garlic and ginger, and cook for 30 seconds. Stir in the cooked ground turkey, kale/cabbage and the sauce. Cook, stirring, until heated, about 1 minute. Serve.

The Sauce: Whisk together the soy sauce, water, agave nectar (or honey) and hoisin sauce.

<https://www.cookincanuck.com/ground-turkey-stir-fry-greens-beans-kale/>