

January 2020_7-Day Menu

Five Ingredient Pancakes



Makes 6 pancakes

Total time: 15 minutes

Ingredients

1/2 cup **whole wheat flour**

1 tbsp. organic cane sugar (brown sugar works well)

1/2 tsp. baking powder

3/4 cup unsweetened almond milk

1/2 tsp. vanilla

Preparation

Heat a nonstick skillet over medium heat or slightly below.

Place all dry ingredients into mixing bowl and whisk to combine.

Add wet ingredients and whisk until batter is smooth. The batter should be a little runnier than what you are used to so play around with the consistency just a bit. It's what makes these pancakes cook, brown, and taste so good.

Pour 1/4 cup of the batter into the center of the pan. Cook until bubbles appear and begin to break, usually about a minute. Flip pancake and cook for another 30-45 seconds.

Keep going until you run out of batter. Enjoy!

Vegan

By: <https://shaneandsimple.com/five-ingredient-easy-vegan-pancakes/>

Black Bean Nacho Soup



Makes 2 servings

Total Time: 10 minutes

Ingredients

- 1 (18 ounce) carton low-sodium black bean soup
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon lime juice
- 1/2 cup halved grape tomatoes
- 1/2 cup shredded cabbage or slaw mix
- 2 tablespoons crumbled cotija cheese or Mexican-style shredded cheese
- 1/2 medium avocado, diced
- 2 ounces baked tortilla chips

Preparation

Pour soup into a small saucepan and stir in paprika. Heat according to package directions. Stir in lime juice. Divide the soup between 2 bowls and top with tomatoes, cabbage (or slaw), cheese and avocado. Serve with tortilla chips.

By: <http://www.eatingwell.com/recipe/269841/loaded-black-bean-nacho-soup/>

Salmon with Green Peppercorn Sauce



Makes 4 servings

Total Time: 15 minutes

Ingredients

1 1/4 pounds wild salmon fillet, skinned and cut into 4 portions

1/4 teaspoon plus a pinch of salt, divided

2 teaspoons canola oil

¼ cup lemon juice

4 teaspoons unsalted butter, cut into small pieces

1 teaspoon green peppercorns in vinegar, rinsed and crushed

Preparation

Sprinkle salmon pieces with 1/4 teaspoon salt. Heat oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total. Divide among 4 plates. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce. Top each portion of fish with sauce (about 2 teaspoons each).

By: <http://www.eatingwell.com/recipe/250543/seared-salmon-with-green-peppercorn-sauce/?printview>

Bran Cereal with Bananas & Blueberries



Makes 1 serving

Total Time: 5 minutes

Ingredients

3/4 – 1 cup of your favorite Bran cereal

1/2 cup Blueberries

1 cup Almond Milk

1/2 Banana, optional

Preparation

Mix all ingredients in bowl and enjoy!

Pesto Pasta Salad



Makes 4-6 servings

Total time: 15 minutes

Ingredients

- 1 pound (dry) whole wheat pasta
- 1 (12-ounce) jar roasted red peppers, drained and roughly chopped
- 1 (6-ounce) jar basil pesto (about 3/4 cup)
- 1 ball fresh mozzarella cheese, diced
- 3 handfuls fresh arugula

Preparation

Cook pasta in a large stockpot of generously-salted boiling water al dente, according to package instructions. Drain pasta and rinse under cold water for about 20-30 seconds until no longer hot.

In a large serving bowl, toss pasta with the remaining ingredients until combined. Serve immediately, or refrigerate in a sealed container for up to 3 days.

By: <https://www.gimmesomeoven.com/5-ingredient-pasta-salad/>

Tostadas



Makes 2 tostadas

Total time: 10 minutes

Ingredients

2 corn tortillas
½ cup canned black beans, rinsed
2 tablespoons shredded Cheddar cheese
2 teaspoons freshly squeezed lime juice
2 teaspoons extra-virgin olive oil
2 cups mixed salad greens
¼ avocado, mashed
2 tablespoons pico de gallo or salsa

Preparation

Line a toaster-oven pan with foil and arrange tortillas on it. Top the tortillas with beans and cheese. Toast until the cheese is melted and the tortillas are starting to brown along the edges, 7 to 8 minutes.

Meanwhile, place greens in an individual salad bowl. Drizzle lime juice and oil over the greens.

Remove the tostadas from the toaster oven and top with avocado and pico de gallo (or salsa). Serve hot with the dressed greens.

By: <http://www.eatingwell.com/recipe/260716/toaster-oven-tostadas/>

Pomegranate-Pistachio Greek Yogurt Parfait



Makes 1 serving

Total time: 5 minutes

Ingredients

1 cup plain, 2% Greek yogurt

½ teaspoon vanilla extract (optional)

Seeds of ½ pomegranate

40 raw pistachios, roughly chopped

Preparation

Stir together the yogurt and vanilla extract in a small bowl. Layer the yogurt with the pomegranate seeds and pistachios in a bowl, and serve.

By: https://www.buzzfeed.com/christinebyrne/2016-clean-eating-day-4?utm_term=.haOAw1mP8#.khJZJYqw8

Spicy Plum Salmon



Makes 6 servings

Total time: 35 minutes

Ingredients

5 medium plums, divided
1/2 cup water
2 tablespoons ketchup
1 chipotle pepper in adobo sauce, finely chopped
1 tablespoon sugar
1 tablespoon olive oil
6 salmon fillets (6 ounces each)
3/4 teaspoon salt

Directions

Coarsely chop 2 plums; place in a small saucepan. Add water; bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until plums are softened and liquid is almost evaporated. Cool slightly. Transfer to a food processor; add ketchup, chipotle, sugar and oil. Process until pureed. Reserve 3/4 cup sauce for serving.

Sprinkle salmon with salt; place on a greased grill rack, skin side up. Grill, covered, over medium heat until fish just begins to flake easily with a fork, about 10 minutes. Brush with remaining sauce during last 3 minutes. Slice remaining plums. Serve salmon with plum slices and reserved sauce.

By: <https://www.tasteofhome.com/recipes/spicy-plum-salmon/>

Lemon Chicken & Potatoes with Kale



Makes 4 servings

Total time: 30 minutes

Ingredients

3 tablespoons extra-virgin olive oil, divided
1 pound boneless, skinless chicken thighs, trimmed
 $\frac{1}{2}$ teaspoon salt, divided
 $\frac{1}{2}$ teaspoon ground pepper, divided
1 pound baby Yukon Gold potatoes, halved lengthwise
 $\frac{1}{2}$ cup low-sodium chicken broth
1 large lemon, sliced and seeds removed
4 cloves garlic, minced
1 tablespoon chopped fresh tarragon
6 cups baby kale

Preparation

Preheat oven to 400 degrees F. Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Sprinkle chicken with $\frac{1}{4}$ teaspoon each salt and pepper. Cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a plate. Add the remaining 2 tablespoons oil, potatoes and the remaining $\frac{1}{4}$ teaspoon each salt and pepper to the pan. Cook the potatoes, cut-side down, until browned, about 3 minutes. Stir in broth, lemon, garlic and tarragon. Return the chicken to the pan. Transfer the pan to the oven. Roast until the chicken is cooked through and the potatoes are tender, about 15 minutes. Stir kale into the mixture and roast until it has wilted, 3 to 4 minutes.

By: <http://www.eatingwell.com/recipe/272467/skillet-lemon-chicken-potatoes-with-kale/>

Oatmeal Banana Bread



Makes 4 servings

Total time: 30 minutes

Ingredients

3 medium ripe bananas
2 cups old-fashioned rolled oats
2 large eggs
 $\frac{1}{4}$ cup pure maple syrup
1 teaspoon baking soda

Preparation

Preheat oven to 350°F. Lightly grease 9x5-inch loaf pan with non-stick cooking spray and set aside. Add all ingredients to a blender and blend until smooth and well combined. Pour batter into prepared loaf pan. (Garnish the top of the batter with thinly sliced banana, if desired) Bake for 30-35 minutes or until a toothpick inserted in the center comes out clean. Let loaf cool completely in loaf pan. Store bread in an airtight container in the refrigerator.

By: <https://tasty.co/article/christinebyrne/five-ingredient-healthy-breakfast>

Sweet Potato Black Bean Chili



Makes 6 servings

Total time: 55 minutes

Ingredients

CHILI

- 1 medium yellow or white onion (diced // coconut or olive oil)
- 3 medium sweet potatoes, chopped into bite sized pieces, yields ~4 cups)
- 1 16-ounce jar salsa (chunky is best)
- 1 15-ounce can black beans (with salt // if unsalted, add more salt // slightly drained)
- 2 cups vegetable stock
- 2 cups water

OPTIONAL SPICES:

- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp chipotle powder
- 1-2 tsp hot sauce

Preparation

In a large pot over medium heat, cook onions in 1 Tbsp oil and season with a healthy pinch each salt and pepper. Stir until translucent and soft. Add sweet potato and any desired optional spices. Cook for 3 minutes. Then add salsa, water, and vegetable stock. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the soup is thickened. This soup is at its best when prepared the night before or allowed to rest for a few hours so the flavor marries with the vegetables and beans. Serve with fresh cilantro, onion, avocado, and/or lime juice. Chips make an excellent spoon.

By: <https://minimalistbaker.com/5-ingredient-sweet-potato-black-bean-chili/>

Curried Chicken Legs with Carrots, Rice and Lime



Makes 4 servings

Total Time: 35 - 45 minutes

Ingredients

4 whole chicken legs (drumsticks and thighs), about 3 pounds total

1 tablespoon curry powder

2 pounds carrots, cut into 2-inch lengths, halved lengthwise if thick

1 cup brown or white basmati rice

2 limes, zest slivered and juice squeezed

Preparation

Preheat oven to 475 degrees. Place chicken in the center of a large rimmed baking sheet; season with curry powder, salt, and pepper. Scatter carrots around chicken. Roast, occasionally brushing chicken and tossing carrots with pan drippings, until chicken is cooked through, and an instant-read thermometer inserted in the thickest part of thigh (avoiding bone) registers 165 degrees, 35 to 45 minutes.

Meanwhile, in a small saucepan with a lid, bring 2 cups water to a boil; season with salt and pepper. Add rice; return to a boil. Stir, and reduce heat to low. Cover, and simmer 18 to 20 minutes. Remove from heat, and scatter lime zest over rice. Cover pan, and let steam 5 to 10 minutes. Transfer chicken to a plate. Sprinkle lime juice over carrots (still on hot baking sheet); toss, scraping up and incorporating any browned bits. Fluff rice gently with a fork; serve with chicken and carrots.

By: <https://tasty.co/article/christinebyrne/healthy-and-only-five-ingredients>

Banana Sushi



Makes 1 serving

Total time: 5 minutes

Ingredients

1 medium banana

1 tablespoon nut butter (any kind will work!)

optional toppings: chopped nuts, chia seeds, shredded coconut

Preparation

Peel banana and then spread on 1 tablespoon of nut butter.

Sprinkle on optional toppings and press them lightly into the nut butter to ensure they will stick. Using a sharp knife, evenly slice banana into “sushi” pieces. Enjoy right away or transfer onto a baking and freeze for later.

By: <https://tasty.co/article/christinebyrne/five-ingredient-healthy-breakfast>

Kale and Brussel Sprout Salad



Makes 6 servings

Total time: 15 minutes

Ingredients

- 1 small bunch kale (about 8 ounces), stemmed and thinly sliced (about 6 cups)
- 1/2 pound fresh Brussels sprouts, thinly sliced (about 3 cups)
- 1/2 cup pistachios, coarsely chopped
- 1/2 cup honey mustard salad dressing
- 1/4 cup shredded Parmesan cheese

Preparation

Toss all ingredients together. Enjoy!

By: <https://www.tasteofhome.com/recipes/shredded-kale-and-brussels-sprouts-salad/>

Stuffed White Sweet Potato



Makes 2 servings

Total time: 1 hour, 2 minutes

Ingredients

2 White Sweet Potatoes
1 Breast of chicken
salt and pepper
2 cups steamed or roasted broccoli
1/2 Cup Low Fat Mozzarella Cheese shredded
BBQ sauce for drizzle* optional *

Preparation

Preheat the oven to 400 degrees. Pierce the sweet potatoes 2 or 3 times with a sharp knife, place on a baking sheet and bake for 45 minutes to an hour or until tender when poked through with a fork. Meanwhile, season both sides of the chicken and grill in a pan or on an outdoor grill for 5-6 minutes each side. Remove to a plate and tent with foil for 5 minutes before shredding. Remove the sweet potatoes from the oven and carefully slice the top in a straight line, press each end toward the center to push open.

Fill with shredded chicken, broccoli and top with cheese. Turn the oven to broil and place the sweet potatoes back on the baking sheet and in the oven for 1-2 minutes or until cheese is melted. Serve immediately drizzling a little BBQ sauce if desired.

By: <https://ohsweetbasil.com/stuffed-white-sweet-potato/#recipe>

Turkey and Tomato Breakfast Skillet



Makes 1 serving

Total time: 17 minutes

Ingredients

3/4-1 lb. organic ground turkey (or grass-fed beef)
1 cup salsa of choice
6 organic eggs

Preparation

Heat skillet with oil over medium heat, and place turkey into it. Cook until turkey browns and no pink remains. Add in salsa and mix to combine, let cook together for 2-3 minutes. Crack in eggs and cover skillet for 7 minutes or until egg whites are opaque.

By: <https://lexiscleankitchen.com/3-ingredient-breakfast-skillet/>

Jicama Citrus Salad



Makes 10 servings

Total time: 15 minutes

Ingredients

8 tangerines, peeled, quartered and sliced
1 pound medium jicama, peeled and cubed
2 shallots, thinly sliced
2 tablespoons lemon or lime juice
1/4 cup chopped fresh cilantro
1/2 teaspoon salt
1/2 teaspoon pepper

Preparations

Combine all ingredients; refrigerate until serving.

By: <https://www.tasteofhome.com/recipes/jicama-citrus-salad/>

Tomato & Artichoke Chicken



Makes 2 servings

Total time: 32 minutes

Ingredients

1 lb chicken thighs

1 8 oz jar artichoke hearts

1 cup cherry tomatoes

2 tbsp butter

2 cloves garlic

Preparation

Preheat oven to 375. Add all ingredients except garlic to the pan. Cook for 30 minutes, or until chicken is cooked through. Add garlic at the end so it doesn't burn.

By: <https://ancestral-nutrition.com/tomato-artichoke-chicken/>

Fruity Waffle Parfait



Makes 4 serving

Total time: 10 minutes

Ingredients

4 frozen low-fat multigrain waffles
1/2 cup almond butter or creamy peanut butter
2 cups strawberry yogurt
2 large bananas, sliced
2 cups sliced fresh strawberries
Toasted chopped almonds, optional
Maple syrup, optional

Preparation

Toast waffles according to package directions. Spread each waffle with 2 tablespoons almond butter. Cut waffles into bite-sized pieces.

Layer half of the yogurt, bananas, strawberries and waffle pieces into four parfait glasses. Repeat layers. If desired, top with toasted almonds and maple syrup. Serve immediately.

By: <https://www.tasteofhome.com/recipes/fruity-waffle-parfaits/>

Asparagus Nicoise Salad



Makes 4 servings

Total time: 20 minutes

Ingredients

- 1 pound small red potatoes (about 10), halved
- 1 pound fresh asparagus, trimmed and halved crosswise
- 3 pouches (2-1/2 ounces each) albacore white tuna in water
- 1/2 cup pitted Greek olives, halved, optional
- 1/2 cup zesty Italian salad dressing

Directions

Place potatoes in a large saucepan; add water to cover by 2 in. Bring to a boil. Reduce heat; cook, uncovered, until tender, 10-12 minutes, adding asparagus during the last 2-4 minutes of cooking. Drain potatoes and asparagus; immediately drop into ice water.

To serve, drain potatoes and asparagus; pat dry and divide among 4 plates. Add tuna and, if desired, olives. Drizzle with dressing.

By: <https://www.tasteofhome.com/recipes/asparagus-nicoise-salad/>

Tilapia with Roasted Corn



Makes 4 servings

Total time: 20 minutes

Ingredients

1/4 cup mayonnaise
1–2 teaspoons chili powder
1/4 teaspoon salt
4 tilapia loins or filets (or other mild white fish)
1 1/2 cups fresh or frozen corn (thawed if using frozen)
lime wedges, for serving

Preparation

Preheat the broiler to high. In a small bowl, combine the mayonnaise, chili powder and salt. Spread a thin layer of the sauce over the bottom of a 2 quart baking dish. Place the fish on top, then spread the remaining sauce evenly over the top of the fish. Top the fish with the corn. Cook the fish until the corn is slightly charred and the fish is cooked through, about 10 minutes. Serve with the lime wedges.

By: <https://www.tasteandtellblog.com/tilapia-with-roasted-corn/>