

3 Mellon Smoothie with Mint



Makes 2 servings

Total Time: 5 minutes

Ingredients

2 cups watermelon

2 cup cantaloupe melon

1/3 cup raspberries (optional)

2 cups water

1 small lime (juice only)

1/4 cup fresh mint leaves

ice cubes to serve

Instructions

Blend all the ingredients together in a powerful blender and pour into glass/ jar filled with ice cubes.

Decorate with fresh mint leaves and melon.

Enjoy!

<https://annabanana.co/melon-smoothie-mint/>

Carrot Ginger Soup



Makes: 5 cups

Total Time: 45 minutes

Ingredients:

- 1 tablespoons unsalted butter
- 1 large white onion, chopped
- 3 cups reduced-sodium vegetable broth
- 1 lb peeled baby carrots
- 1 tablespoon grated fresh ginger
- 1/4 cup reduced fat sour cream (tofu sour cream or coconut milk for dairy free)
- kosher salt and white pepper to taste
- 2 tablespoons fresh micro greens or chives, for garnish

Instructions:

In a large pot or Dutch oven, melt butter over medium heat; add onions and cook, stirring often, until onions are soft, about 5-6 minutes. Add broth, carrots, and ginger. Cover and bring to a boil. Reduce heat and simmer until carrots are soft, about 30 minutes. Add sour cream, using an immersion blender (or in batches in a regular blender), carefully blend until smooth. Bring soup back to a boil, adjust salt and pepper to your taste. Ladle into 4 bowls and garnish with a little more sour cream and fresh chives if desired. Makes 5 cups.

Read more at <https://www.skinnytaste.com/skinny-yet-creamy-carrot-ginger-soup/#dsXj9p7mEeEVhZPq.99> edited by Rita Sartin

Classic Sesame Noodles with Chicken



Makes: 4 servings

Total Time: 20 Minutes

Ingredients:

8 ounces whole-wheat spaghetti
3 tablespoons toasted (dark) sesame oil
2 scallions, chopped
1 tablespoon minced garlic
2 teaspoons minced fresh ginger
1 teaspoon brown sugar
2 tablespoons reduced-sodium soy sauce
2 tablespoons ketchup
8 ounces cooked boneless, skinless chicken breast, shredded
1 cup julienned carrots
1 cup sliced snap peas
3 tablespoons toasted sesame seeds

Instructions:

Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse, and transfer to a large bowl. Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds, remove from heat and stir in soy sauce and ketchup. Add to the noodles along with the chicken, carrots, snap peas and sesame seeds: gently toss to combine.

<http://www.eatingwell.com/recipe/254642/classic-sesame-noodles-with-chicken/>

Lemon Blueberry Muffins



Makes: 12 muffins

Total Time: 35 minutes

Ingredients

Apple Sauce

1 small apple (peeled and cored, chopped)
2 tbsp maple syrup
1/2 tsp cinnamon (optional)

Blueberry Muffins

1 1/2 cup spelt flour
1/2 cup self-rising flour
1 tbsp baking powder
1/4 tsp salt
1/2 cup almond yogurt
2/3 cup brown sugar (plus 2 tbsp)
2 tbsp rolled oats
1/3 cup cashew milk
1/3 cup vegetable oil
1 tsp vanilla extract
2 cups fresh blueberries
1/4 cup apple sauce
zest of one lemon

Instructions

Apple Sauce

Place chopped apple in a saucepan with just enough water to cover it.
Cook for about 15 min, or until very soft.
Transfer to blender, add cinnamon and maple syrup and blend until smooth.

Blueberry Muffins

Preheat oven to 170 Celsius (350 F) and line a 12 muffin tin with muffin cases and spray lightly with cooking spray.

In a large bowl, mix together flours, baking powder and salt.

In a separate bowl, mix together sugar, yogurt, oil, apple sauce, milk and vanilla.

Fold wet mixture into dry until just combined, then fold blueberries and lemon zest.

Divide batter evenly into muffin cases.

Sprinkle with brown sugar and rolled oats.

Bake for 25 mins or until golden brown.

<https://annabanana.co/lemon-blueberry-muffins/>

Instant Pot Chicken Chile Verde Soup



Makes: 3 servings

Total Time: 45 minutes

Ingredients:

3 chicken breasts roughly
1 can of black beans drained and rinsed
1 can green chiles
1 can of corn kernels drained
1 onion diced
3 cloves garlic minced
2 cup salsa verde *
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon salt
4 cups chicken stock
3 tablespoons cornmeal
juice of 1 lime
yogurt
cilantro
tortilla chips
shredded cheese

Directions:

In the base of a 6 quart Instant Pot, combine all ingredients. Cook on high pressure for 10 minutes. Release pressure immediately (10 minutes natural pressure release is fine, too). Remove the chicken breasts and shred with two forks. Stir in the cornmeal and lime juice. Serve with yogurt, cilantro, tortilla chips and/or shredded cheese.

<https://sweetpeasandsaffron.com/shortcut-instant-pot-chicken-chile-verde-soup/>

Fish Florentine



Makes: 4 servings

Total Time: 20 minutes

Ingredients:

4 (5 oz) thick pieces of skinless white firm fish fillet (such as grouper, bass or halibut)
1 tablespoons extra virgin olive oil
1 tablespoon un-salted butter
1 cup red bell pepper chopped
2 cloves garlic minced
9 ounces fresh baby spinach (from two bags)
2 ounces 1/3 less fat cream cheese
¼ cup half & half cream
3 tablespoons grated Parmesan cheese
kosher salt
fresh black pepper

Directions:

In a large skillet over medium heat add 1/2 tablespoon of olive oil and 1/2 tablespoon of butter, red bell pepper and garlic and cook for about 4 minutes. Add spinach season with a pinch of salt and pepper mix until the spinach wilts down. Add cream cheese, half & half and parmesan cheese mix well until cream cheese is melted and resembles creamed spinach. Heat a separate skillet on medium high heat, add remaining oil and butter. Season fish on both sides with salt and pepper and place on the hot pan. Cook 6 minutes on first side and flip fish over and cook other side an additional 5 minutes, until cooked through and browned. Divide the spinach mixture on the bottom of each plate and top with piece of fish.

Read more at <https://www.skinnytaste.com/fish-florentine/#ubG57qkGZbVy1CwA.99>
edited by Rita Sartin

Mushroom and Kale Frittata



Makes: 8 servings

Total Time: 30 minutes

Ingredients:

400 g mixed mushrooms
100 g curly kale
1 tbsp olive oil
4 medium spring onions
75 g cottage cheese
40 g reduced-fat Cheddar
3 small garlic cloves
8 large free-range eggs
2 large beef tomatoes
1 tbsp extra-virgin olive oil
1 small handful of fresh basil leaves

Instructions:

Preheat the oven to 200C (180C fan). Slice or tear the mushrooms into a 26cm nonstick ovenproof frying pan and dry-fry on a medium heat for 5 mins or until slightly charred, then remove to a plate- you may have to work in batches. Put the kale in a bowl, drizzle over with 1/2 tbsp olive oil and add a small pinch of sea salt. Toss together, then give the leaves a scrunch with your hands. Trim and finely slice the spring onions, then tip into a separate bowl with the cottage cheese. Finely grate in the Cheddar, season with black pepper and mix well. Finely slice the garlic, add to the pan with 1/2 tbsp olive oil and cook for 2 minutes until golden. Add the mushrooms and season. Lightly beat the eggs, then pour into the pan, moving the egg around with a spatula for 1 minute before allowing it to settle. Arrange the kale over the top, pushing it into the egg a little, bomb over spoons of the cheese mixture and transfer to the oven for 10 mins, or until golden and nicely set. Slice the tomatoes and arrange on a plate. Drizzle with the extra-virgin olive oil, season to taste and top with basil leaves. Loosen the edges of the frittata with spatula, then slide onto a board. Serve in wedges with the fresh tomato salad.

<https://annabanana.co/mushroom-and-kale-frittata/#wprm-recipe-container-10803>

White Beans & Spinach Quesadillas



Makes: 5 Servings

Total Time: 30 Minutes

Ingredients:

19 oz can of white beans navy, cannellini or white kidney beans are all fine, drained and rinsed

3 oz spinach chopped (roughly 3 cups chopped fresh spinach or 1 1/2 cups frozen spinach)

1 teaspoon ground cumin

1 teaspoon ground coriander

1/8 teaspoon salt

3/4 cup Low-fat feta cheese crumbled

1 cup Low-fat shredded cheese

5 large 12 inch tortillas

Instructions:

If spinach is frozen, thaw and press out extra moisture. In a large bowl, mash the white beans with a fork or potato masher. Stir in the spinach, cumin, coriander and salt. Stir/mash until the spinach is slightly wilted and fold in the feta cheese. Heat a large pan over medium heat. Spray with oil, then assemble quesadillas in the pan (cooking 2 at a time). Spoon out 1/2 cup of white bean/spinach filling, then sprinkle with 1/4 cup cheese. Fold the tortilla over, then press down firmly. Cook for 3 or so minutes per side, until golden and crispy. Cool completely on a wire rack, then cut in half and wrap in plastic wrap.

<https://sweetpeasandsaffron.com/smashed-white-bean-spinach-quesadillas-freezer-friendly/> edited by Rita Sartin

Cauliflower Rice Chicken Biryani



Makes: 4 servings

Total Time: 30 minutes

Ingredients:

1 pound Chicken Breasts, cut into 1 inch chunks
1/2 teaspoon kosher salt
1 teaspoons grated ginger
1 teaspoons minced garlic
1 teaspoon garam masala
3/4 teaspoon ground turmeric
1/4 teaspoons chili powder
1 tablespoon fresh lemon juice
3 teaspoons Margarine
1 large yellow onion, diced
1 to 2 hot green chili pepper, sliced
2 packages (6 cups) frozen Season's Choice Plain or Garlic Riced Cauliflower
1/4 cup chopped cilantro
lemon wedges, for serving

Directions:

Season the chicken with 1/2 teaspoon salt, ginger, garlic, 1/2 teaspoon garam masala, chili powder, 1/4 teaspoon turmeric and lemon juice. In a large skillet over high heat, add 1 teaspoon ghee. Add half of the chicken and cook until browned, and cooked through, about 5 minutes stirring halfway. Set aside and repeat with the remaining ghee and chicken. Set aside. Add 2 teaspoons ghee to the skillet, reduce heat to medium-high and add the onion, cook until they become golden about 3 to 4 minutes. Add the green chili, cauliflower rice, 1/2 teaspoon garam masala and 1/2 teaspoon turmeric. Cook, stirring until tender, about 6 minutes. Stir in chicken and garnish with cilantro. Serve with lemon wedges.

Read more at <https://www.skinnytaste.com/cauliflower-rice-chicken-biryani/#tqJsS7LKH8uH5fOd.99> edited by Rita Sartin

Rustic Banana Bread with Yogurt



Makes: 8 servings

Total Time: 1 hour 10 minutes

Ingredients:

- 1 ½ cups whole wheat flour
- ¼ cup ground almonds
- 1 tsp baking powder
- ¼ cup light brown or light muscovado sugar
- 4-5 dates (chopped)
- ¼ cup sunflower oil
- 3 medium ripe bananas (plus one extra to put on top, optional)
- ½ cup natural cashew or almond yogurt (I used Nush almond yoghurt)
- ½ cup pecans or walnuts (chopped)

Instructions:

Pre- heat the oven to 300 F. Brush an 8 in loaf tin with some oil and line with baking parchment. In a large bowl, mix together all the dry ingredients apart from chopped hazelnuts/pecans. In a separate, medium bowl, mix together mashed bananas, sunflower oil, and yoghurt and add to the flour mixture. Fold the walnuts/ pecans and pour the batter into baking tin. Top up with banana split lengthwise (optional). Bake for 50 minutes, until inserted skewer comes out clean. Cover the top with some kitchen foil if it starts to look too brown. Cool for 10- 15 minutes before removing from the tin.

<https://annabanana.co/rustic-banana-bread/#wprm-recipe-container-8983> edited by Rita Sartin

Vegan Mexican Chopped Salad



Makes: 2 servings

Total Time: 20 minutes

Ingredients:

For the vegan Mexican chopped salad:

- 2 teaspoons [olive oil](#)
- 1 ear corn husks and silk removed
- 2 bell peppers red and green
- 4 medium-sized tomatoes red and yellow
- 1/2 red onion
- 2 scallions
- 1 avocado
- 170 grams or 1 cup pre-boiled or canned black beans

For the avocado dressing:

- 1 avocado
- 80 ml or 1/2 cup water (more to adjust the consistency)
- 2 tablespoons extra [virgin olive oil](#)
- 1 tablespoon lime juice
- 1/4 teaspoon cumin
- salt and freshly ground black pepper to taste

Instructions:

GRILL YOUR CORN: Use a broiler or a [griddle pan](#). Heat a lug of olive oil over medium-high heat and grill the whole corn cob for 15 minutes, lid closed, turning every 5 minutes, until the cob has black burn marks here and there and the kernels are soft (you can check it by piercing the cob with a fork). Let it cool a bit and remove the kernels with a knife. **CHOP THE VEGGIES:** While your corn is grilling, chop the veggies. Dice red and green bell pepper, red and yellow tomatoes, red onion, scallions and avocado and arrange on two plates, creating sections (or in any other way you like). Add pre-boiled (or canned) black beans and corn kernels. **MAKE THE DRESSING:** Pit and peel avocado, add water, olive oil, lime juice, cumin, a pinch of salt and freshly ground black pepper and process with an immersion blender until smooth. Pour the dressing over the salad. Enjoy!

https://happykitchen.rocks/wprm_print/7796

Moroccan Turkey Meatballs



Makes: 4 servings

Total Time: 4 Hours

Ingredients:

For the sauce

- 1 onion, chopped
- 2 (14-ounce) cans no salt added diced tomatoes
- 1½ teaspoons sweet paprika
- 1½ teaspoons cumin
- 1 teaspoons kosher salt
- ½ teaspoons hot paprika
- ¼ teaspoons freshly ground black pepper
- ½ cup green olives, chopped

For the meatballs:

- 1 pound ground turkey
- ½ cup finely diced onion
- 2 teaspoons paprika
- 1 ½ teaspoons cumin
- ½ teaspoons cinnamon
- 1 teaspoons kosher salt
- ¼ teaspoons freshly ground black pepper
- ¼ teaspoons hot paprika
- 2 tablespoons chopped fresh parsley
- ¼ cup chopped fresh cilantro, divided
- Cooked brown rice or cauliflower rice, for serving (optional)

Directions: Place the onions in a bowl and microwave about 2 minutes to sweat them out (or you can saute on the stove). Add all sauce ingredients to the slow cooker. Stir to combine. In a large bowl, combine all meatball ingredients, leaving 2 tablespoons of cilantro for garnish. Gently form into 20 small meatballs. (Please note: Form the meatballs with gentle hands, if you pack them tight they will get tough while cooking.) Place the meatballs on top of the sauce, cover and cook low 4 to 6 hours or high 2 to 3 hours. Top with remaining 2 tablespoons of cilantro and serve over brown rice or cauliflower rice, if desired.

Read more at <https://www.skinnytaste.com/moroccan-meatballs/#7g20iToxsSZmu5ws.99> edited by Rita Sartin

Strawberry Cream Tarts



Makes: 6 servings

Total Time: 35 minutes

Ingredients:

4 cups fresh or frozen strawberries, sliced, divided
1 cup reduced low-fat whipped topping
1 cup low-fat vanilla yogurt
1 tsp sugar
½ tsp cinnamon
Nonstick cooking spray
6 phyllo dough pastry sheets

Directions:

Preheat oven to 350°F.

In a large bowl, combine 3 1/2 cups strawberries, whipped topping, yogurt mix well. Cover and place in refrigerator to chill. In a small bowl, combine cinnamon and remaining 1 tsp sugar. Spray a 12-cup muffin pan with nonstick cooking spray. Set aside.

On a large cutting board or work surface lay out 1 phyllo pastry sheet. Spray with nonstick cooking spray and sprinkle with a small amount of cinnamon-sugar mixture. Repeat with remaining 5 phyllo sheets, stacking them on top of each other.

With scissors, cut the stack of phyllo sheets into 12 squares. Gently press the center of each stacked square into prepared muffin cups, leaving corners standing up straight. Bake 7 to 8 minutes or until golden brown.

Carefully remove tarts from muffin pan and set aside to cool.

To serve, fill cups with strawberry mixture and top with remaining strawberries.

<https://www.merckengage.com/healthy-living/recipes/strawberry-cream-tarts> edited by Rita Sartin

Tuna-Avocado Sandwich



Makes; 2 sandwiches

Total Time: 15 minutes

Ingredients:

1/3 avocado, mashed
1/2 Tbsp lemon juice
4 oz white albacore tuna, drained
1 thick slice tomato
1 piece butter lettuce
1 slice red onion
1 slice whole-grain bread

Directions:

Combine avocado with lemon juice, and fold in tuna. Stack tomato, lettuce, onion, and avocado and tuna mixture on bread for an open-face sandwich.

<https://www.womenshealthmag.com/weight-loss/a19990069/lunches-for-weight-loss/>

Garlic and White Wine Pasta with Brussels Sprouts



Makes: 4 servings

Total Time: 30 minutes

Ingredients:

BRUSSELS SPROUTS

16 ounces Brussels Sprouts (halved)
1-2 Tbsp olive oil
1 pinch each sea salt + black pepper

SAUCE + PASTA

3 Tbsp olive oil or vegan butter
4 large cloves garlic, chopped (yields ~3 Tbsp as original recipe is written)
1/3 cup dry white wine (Pinot Grigio, Chardonnay, + Sauvignon Blanc, are best)
4 Tbsp arrowroot starch (or cornstarch)
1 3/4 cup *unsweetened plain almond milk*
4 Tbsp *nutritional yeast*
Sea salt + black pepper to taste
1/4 cup *vegan parmesan cheese* (plus more for serving)
10 ounces vegan, gluten-free pasta* (brown rice pastas are readily available - or *this penne from Bionaturae*)

Instructions:

Preheat oven to 400 degrees F (204 C) and add Brussels sprouts to a baking sheet (use more baking sheets, as needed, if increasing batch size). Drizzle with oil, and season generously with salt and pepper and toss. Arrange in a single layer and set aside. Bring a large pot of water to a boil (for cooking the pasta) and salt generously (~1 Tbsp). Set aside while preparing sauce. Heat a large rimmed skillet over medium heat. Once hot, add oil and garlic. Sauté for 3 minutes or until fragrant and very slightly golden brown, then add wine (see photo). Be careful - it may flame, but only briefly. Stir and sauté for 2-4 minutes, or until the wine has reduced by about half. Add arrowroot and whisk, then add almond milk and whisk. At this point, it will be very clumpy - this is normal. Transfer to a high speed blender and add nutritional yeast, salt + pepper, and vegan parmesan cheese. Blend on high until creamy and smooth. Taste and adjust flavor as needed, adding more vegan parmesan or nutritional yeast for cheesiness, or salt and pepper for more overall flavor. Transfer sauce back to the skillet and warm over medium-low heat until bubbly while whisking. The sauce should thicken, at which point you can lower the heat to low and simmer until pasta is cooked. If it looks too thick, thin with almond milk. If too thin, increase heat to medium to encourage thickening. Add Brussels sprouts to the oven and cook for 12-15 minutes or until slightly golden brown and tender, stirring once at the 10-minute mark to encourage cooking. Around this time, add pasta to boiling water and cook according to package instructions (mine took about 7-10 minutes, so I did that last. You want the pasta and Brussels to be done around the same time). Once cooked, drained pasta and add directly to the sauce, along with half of the Brussels sprouts and toss to combine. Season with a bit more vegan parmesan cheese (optional) for extra flavor.

<https://minimalistbaker.com/vegan-garlic-alfredo-pasta/>

Mushroom and Vegetable Scramble



Makes: 4 servings

Total Time: 15 minutes

Ingredients:

2 tsp olive oil

8 green onions, diced

1 cup diced red bell pepper

2 cups egg substitute

½ cup shredded, reduced fat mild cheddar cheese

Instructions:

Spray a large skillet with nonstick cooking spray. Place the skillet over medium-high heat and add olive oil. When hot, add onions, pepper, and mushrooms. Sauté for 2 to 3 minutes or until mushrooms are tender. Add egg substitute and stir mixture continuously for 2 to 3 minutes or until cooked. Remove from heat and top with cheese.

<https://www.merckengage.com/healthy-living/recipes/mushroom-and-vegetable-scramble>

Simple Green Salad with Lemon Vinaigrette



Makes: 4 salads

Total Time: 10 minutes

Ingredients:

DRESSING

3-4 Tbsp lemon juice

1/4 cup good quality olive oil (or extra virgin)

1 tsp maple syrup

1 pinch each salt and black pepper

3 Tbsp minced shallot (*optional*)

SALAD

5 oz organic mixed greens

1/4 cup baby tomatoes

1/4 cup thinly sliced shallot or red onion

1/2 cup shredded carrots

1/4 cup pomegranate arils or dried fruit (*optional*)

1 pinch each salt and pepper

2 Tbsp toasted pepitas or sunflower seeds

Instructions:

First prepare dressing by adding all ingredients to a mixing bowl (or small blender) and whisking (or blending) to fully combine. Taste and adjust flavor as needed, adding more maple syrup for sweetness, lemon for acidity, or salt or pepper to taste. Set aside. Prepare salad by adding greens to a serving bowl or platter and topping with baby tomatoes, shallot or onion, carrots, pomegranate arils or dried fruit (optional), a pinch of salt and pepper, and toasted pepitas or sunflower seeds. Add dressing to the salad and toss to coat, or serve on the side. Best when fresh. Store salad separate from dressing if keeping for later use. Will keep in the refrigerator up to 2-3 days. Store dressing in the refrigerator 3-4 days. The oil can harden when cold, so let set out for a few minutes to warm and shake well to reincorporate before serving leftovers.

<https://minimalistbaker.com/simple-green-salad-with-lemon-vinaigrette/>

Slow Cooker Chickpea Sweet Potato Stew



Makes: 6 servings

Total Time: 4.15 hours

Ingredients:

1 medium yellow onion, chopped
2 15 oz cans garbanzo beans, drained
1 pound sweet potatoes, peeled and chopped
1 tablespoon garlic, minced
1/4 teaspoon Kosher salt
1/4 teaspoon coarse ground black pepper
1 teaspoon ground ginger
1 1/2 teaspoons ground cumin
1 teaspoon ground coriander
1/4 teaspoon ground cinnamon
4 cups vegetable broth, fat free low Sodium
4 cups fresh baby spinach

Directions:

Place the onions in a microwave safe dish and microwave 2 to 3 minutes. Add all the ingredients to your slow cooker except the spinach. Cook on low for 6-7 hours or on high for 3-4 hours. Add in the spinach leaves and stir. Cook an additional 15 minutes on high.

Read more at <https://www.skinnytaste.com/chickpea-sweet-potato-stew/#FsvQJ34wirUoqGsG.99>

Vegan French Crepes



Makes: 6 crepes

Total Time: 1 hr 25 minutes

Ingredients:

For the crepes:

200 ml almond milk (or any other non- dairy milk of choice)

40 ml water

4 tbsp vegetable oil (or melted vegan spread)

125 g all- purpose flour

1/4 tsp salt

2- 3 tbsp sparkling mineral water

For vanilla cashew cream:

130 g cashew nuts (soaked for about 3-4 hours or overnight)

45 ml coconut oil (melted)

3 tbsp maple syrup

1 tsp vanilla bean paste

1 tbsp lemon juice

2-3 tbsp almond milk (or any other dairy- free milk)

Instructions:

To make crepes:

Place all the ingredients apart from sparkling water into a medium bowl and using an electric mixer, whisk them all together until you have a smooth batter. Add sparkling water and mix again. Place your crepe batter in the fridge for at least an hour. Lightly grease a medium frying pan and heat the pan until hot. Pour about 4 tablespoons of batter into the pan and swirl it around to ensure even coverage. Fry on each side for about couple of minutes, until golden.

To make cashew cream:

Add all the ingredients into a high powered blender and pulse until you have a creamy, smooth texture. Keep adding some almond milk (a little at the time) if texture feels too thick, until you have the desired consistency. Spread some cashew cream on the surface of your crepe, fold and enjoy!

<https://annabanana.co/vegan-french-crepes/#wprm-recipe-container-9910>

Fiesta Salad



Makes: 4 servings

Total Time: 30 minutes

Ingredients:

- 4 oz ground turkey (93% lean)
- 1 1/2 tsp Simply Organic Southwest Taco seasoning
- 3 cups shredded romaine lettuce
- 1/4 cup black beans
- 1/2 cup diced tomatoes
- 1/4 cup yellow corn
- 1 Tbsp cotija cheese
- 5 blue-corn tortilla chips, crumbled

Directions:

Brown turkey in a pan on the stove top, and stir in taco seasoning.
Toss turkey with remaining ingredients.

<https://www.womenshealthmag.com/weight-loss/a19990069/lunches-for-weight-loss/edited>
by Rita Sartin

Loaded Potato Bowl with Chicken & Broccoli



Makes 4 servings

Total Time: 45 minutes

Ingredients:

1-pound Yukon Gold potatoes (about 3 medium), cubed
2 cups cauliflower florets
2 medium cloves garlic, peeled and halved
½ cup reduced-fat milk, warmed
2 tablespoons butter, melted
¾ teaspoon salt, divided
¾ teaspoon ground pepper, divided
4 cups broccoli florets
2 tablespoons extra-virgin olive oil, divided
¾ teaspoon garlic powder, divided
4 chicken drumsticks, skin removed
¼ cup shredded extra-sharp Cheddar cheese
¼ cup low-fat sour cream
2 tablespoons snipped chives

Directions:

Pre- heat oven to 425 degrees. Bring 1 to 2 inches of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cauliflower and garlic: cover, reduce heat to medium and steam until all the vegetables are tender, about 20 minutes. Drain and return the vegetables to the pan. Mash to desired consistency. Add milk, butter and ¼ teaspoon each salt and pepper and stir to combine. Cover to keep warm. Meanwhile, toss broccoli, 1 tablespoon oil, ¼ teaspoon each garlic powder into a large bowl. Spread on one side of a large rimmed baking sheet. Toss the drumsticks in the bowl with the remaining 1 tablespoon oil, ½ teaspoon garlic powder and ¼ teaspoon each salt and pepper. Place on the empty side of the pan. Roast, stirring once, until the chicken is cooked through, 25 to 30 minutes. To serve, divide the mashed vegetables amount 4 bowls. Top with the chicken and broccoli, cheese and chives.

<http://www.eatingwell.com/recipe/270117/loaded-potato-bowl-with-chicken-broccoli/> edited by Rita Sartin