

Apple Pear Crisp



Makes: 6 servings

Total Time: 50 minutes

Ingredients

2 medium apples sliced
2 medium pears sliced
1/4 cup maple syrup
1 teaspoon vanilla extract
1 teaspoon Ceylon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon allspice
2 teaspoon tapioca flour or cornstarch, or flour

Topping

1 rolled oats*
1 cup oat flour
1/4 Himalayan salt
2 tablespoons maple syrup
1/4 teaspoon Ceylon cinnamon
1/3 cup walnuts roughly chopped
1/2 cup coconut oil softened

Instructions

Preheat oven to 350F (180C). Wash, core and slice apples and pears. In a large bowl (or right in your baking dish) combine apples, pears, syrup, vanilla, all the spices, and tapioca flour. Mix well and layer into a 9 x 9 baking dish. Set aside for few minutes. In another medium-size bowl, combine oats, flour, salt, syrup, and cinnamon. Add the coconut oil and using a pastry cutter, two forks, or your hands, work the coconut oil into the mixture until becomes crumbly. Toss in the walnuts and mix well. Spread oat mixture evenly over the fruit mixture. Bake for 35 – 40 minutes, until apples and pears are fork tender. Let cool 5 minutes before serving. Serve Warm

<https://www.natalieshealth.com/easy-apple-pear-crisp/>

Garlic Zoodles with Fried Chickpeas



Makes: 2 Servings

Total Time: 25 Minutes

Ingredients

For the chickpeas:

15 ounces chickpeas drained and rinsed
1 Tablespoon olive oil
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon cumin
1/2 teaspoon paprika
1/2 teaspoon sea salt

For the zoodles:

4 zucchinis medium sized
2 Tablespoons olive oil
6 cloves garlic minced
1 cup grape tomatoes
salt and pepper to taste

Instructions

Place the chickpeas in a frying pan along with the olive oil and spices. Fry over medium heat until the chickpeas are golden brown and slightly crisp on the outside. While the chickpeas cook, use your spiralizer to turn the zucchini into zoodles. Place the zoodles in a separate pan with the 2 Tablespoons olive oil and the minced garlic. Sauté over medium heat for about 5 minutes, or until tender but still bright green. Toss the tomatoes in the pan for the last minute or so of cooking. Place some zoodles in each bowl and top with fried chickpeas. Season with salt and pepper if desired.

<https://theprettybee.com/garlic-zoodles-fried-chickpeas/>

Balsamic Sheet Tray Chicken with Vegetables



Makes: 5 Servings

Total Time: 30 Minutes

Ingredients

- 5 Chicken breast-1.5 lbs
- 1 1/4 cup of your favorite brand of Balsamic Vinaigrette
- 2 tbsp honey
- 1/3 lb asparagus, trimmed
- 1/2 of a medium cauliflower broken into florets
- 1 small bunch of baby carrots

Directions

In a 2 cup measuring cup, stir together the balsamic vinaigrette and the honey. Place the Perfect Portions in a zip top resealable plastic bag. Pour 1/2 cup of the honey balsamic marinade into the bag and swish around to coat all of the chicken. Let the chicken marinate while you prepare the vegetables. Reserve the rest of the marinade for the vegetables. Preheat oven to 400 degrees F. Lightly oil a foil lined baking sheet. Remove the chicken from the marinade and place on one side of the baking sheet. Discard the bag and used marinade. Arrange the vegetables on the other side of the baking sheet and drizzle with 1/2 cup of the reserved honey balsamic marinade. Save the rest of the marinade for when the chicken and vegetables come out of the oven. Roast the chicken and vegetables for 10 minutes. Flip the chicken and turn the vegetables and then continue roasting for another 10 minutes or until chicken is done and vegetables are tender. Chicken is done when a meat thermometer inserted in the center reaches 170 degrees F. When the chicken and vegetables come out of the oven, drizzle on the remaining 1/4 cup of the honey balsamic marinade and serve!

<https://www.perdue.com/recipes/balsamic-sheet-tray-chicken-with-vegetables/4696/>

Lemon Smoothie



Makes: 1 serving

Total Time: 10 minutes

Ingredients

1/2 cup Greek Yogurt
1 cup almond milk
2 tablespoon lemon juice juice from 2 lemons
1 teaspoon lemon zest zest from 2 lemons
1/2 teaspoon turmeric powder
1/2 teaspoon vanilla
2 tablespoon hemp seeds
1 tablespoon maple syrup or honey (to taste)
Pinch of pepper (to activate turmeric)

Directions

Add all the ingredients into your blender and process until smooth. Add ice cubes if you like more refreshing smoothie. Pour in a glass and add toppings: bee pollen, Goji berries. Drink immediately or save in glass bottle and refrigerate up to two days.

<https://www.natalieshealth.com/lemon-smoothie/#wprm-recipe-container-9347> **edited by Rita Sartin**

Individual Vegan Pot Pies



Makes: 5 Servings

Total Time: 1 Hour 10 Minutes

Ingredients

For the crust:

- 1 1/2 cups gluten free flour
- 1/2 teaspoon salt
- 1/2 cup vegan buttery spread chopped in small pieces
- 3-5 Tablespoons water

For the filling:

- 1 small onion chopped
- 2 Tablespoons vegan buttery spread
- 3 stalks celery chopped
- 1 cup carrots shredded
- 2 cups mushrooms sliced
- 1 1/2 cups Yukon Gold potatoes diced
- 2 1/2 cups vegetable broth
- 3/4 cup full fat coconut milk
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 2/3 cup frozen corn kernels
- 2/3 cup frozen peas
- 1 Tablespoon melted vegan buttery spread

Directions

Make the crust: Place the gluten free flour blend, salt, and vegan butter spread in a bowl and use a pastry cutter to mix together until it looks like coarse crumbs. Add the water a little at a time until the dough comes together. Pat the dough into a disc and wrap with plastic wrap. Place in the refrigerator while you make the rest of the recipe. Place the onion, celery, carrots, and vegan buttery spread in a pot and cook over medium heat until softened, about 10-12 minutes. Add the mushrooms, potatoes, and vegetable broth. Bring to a boil, then reduce heat to medium high. Cook until the potatoes are tender, about 10 minutes. Reduce the heat to medium. Add the full fat coconut milk, garlic powder, onion powder, salt, pepper, and paprika. Stir to combine. Add the corn kernels and peas and cook until heated through, about 5 minutes. Reduce heat to low. Place the disc of dough on a well floured surface. Roll out until about 1/4 inch thick. Use a knife to cut out circles to go on the top of pot pies. Place **8 ounce ramekins** on a rimmed baking sheet. Place some of the scraps of dough into the bottom of the ramekin (Just a little dough will do! And it doesn't have to look perfect because no one will see it). Pour the vegetable filling into each ramekin. Place a dough circle on top of each pie, and cut a few slits in the center of the crust. Brush the top crust with some melted vegan buttery spread. Bake at 375 for 30 minutes, or until lightly golden.

<https://theprettybee.com/individual-vegan-pot-pies/>

Gluten Free Vegan Green Bean Casserole



Makes: 6 Servings

Total Time: 1 hour 10 minutes

Ingredients

For the Onions

oil for frying - sunflower oil or organic canola oil work well

1 large sweet onion

non-dairy milk

about 1 cup gluten free flour blend

1 teaspoon salt

For the Sauce and Green Beans

3 Tablespoons vegan buttery spread

3 cloves garlic minced

8 large white mushrooms for about 1 cup finely chopped

1 cup vegetable broth or chicken broth

1 cup non-dairy milk of your choice

2 Tablespoons gluten free flour blend

1 teaspoon salt

1/2 teaspoon pepper

32 ounces frozen cut green beans

Directions

Peel and slice the onion very thin - the thinner the slices, the easier they will be to fry. Separate the onion into rings and place in a bowl and pour non-dairy milk over the top. Let sit for about five minutes. Place the gluten free flour blend and salt into a bowl and whisk together. Pour oil in a [large skillet](#) - the oil should be about an inch deep. Heat the oil over medium high heat until it reaches 375 degrees, or until it sizzles when you sprinkle a bit of flour in the pan. Take some of the onions and dredge them in the flour, then place in the hot oil. Depending on the size of your skillet, you may be able to do this in two batches. Don't overcrowd the skillet, it will just take longer to fry them. Be patient, it may take a while to get them all golden and crisp. Once the onion rings are golden brown, remove them from the pan and let them drain on paper towel lined plates. Repeat until all the onion rings are fried. Preheat the oven to 375 degrees. Put the mushrooms in a food processor and pulse until they are finely chopped. Place the mushrooms in a large pot. Add the minced garlic and vegan buttery spread and cook over medium heat for about 6 minutes. Once the mushrooms are cooked down, and the broth, milk, gluten free flour, salt, and pepper. Raise the heat to a simmer, and let it cook for a few minutes to thicken. Add the green beans, and cook until they are heated through, about 7 minutes. Stir often. Pour the green bean mixture into a casserole dish. Top with the french fried onions. Bake at 375 degrees for 15 minutes.

<https://theprettybee.com/gluten-free-and-vegan-green-bean-casserole/#wprm-recipe-container-15719>

French Toast Vanilla Muffins



Makes: 12 muffins

Total Time: 30 minutes

Ingredients

5 large eggs or egg substitute
6-8 thick slices of whole wheat toast bread
1/2 cup Almond Milk
2 teaspoons vanilla extract
Pinch of salt
Coconut oil for greasing muffin pan
Honey or syrup for drizzling
Fresh fruits blueberries, strawberries, banana...

Instructions

Preheat the oven to 350°F (180°C). Grease a muffin pan with olive oil. In a large bowl, whisk together eggs, milk, salt and vanilla extract. Slice toast bread into small cubes. Add the sliced bread to the mixture and whisk together until the bread absorbs the mixture. Divide the bread among the muffin cups. Bake for 20 - 25 minutes until slightly crisped on top and browned. Allow the cups to cool for 5 minutes in the muffin pan then scoop each one out and serve topped with honey or syrup and fresh fruit.

<https://www.natalieshealth.com/french-toast-vanilla-muffins/> **edited by Rita Sartin**

Watermelon Radish Salad



Makes: 4 Servings

Total Time: 10 minutes

Ingredients

watermelon radish
golden beets
chives
feta
arugula
heirloom tomatoes
mixed greens
olive oil
balsamic vinegar

Directions

Using a mandolin, with the safety guard on, thinly slice the golden beets and watermelon radish. Chop the chives, slice the tomatoes, and set aside. In a large bowl, mix together arugula and the mixed greens. We chose to make a super simple dressing with just olive oil and balsamic vinegar. After plating the salad, crumble some feta cheese on top.

<https://www.brit.co/watermelon-radish-salad-recipe/>

5 Ingredient Lemon Chicken with Asparagus



Makes: 4 Servings

Total Time: 20 minutes

Ingredients

1 lb. boneless skinless chicken breasts
1/4 cup flour
1/2 teaspoon salt, pepper to taste
2 tablespoons butter
1 teaspoon lemon pepper seasoning
1–2 cups chopped asparagus
2 lemons, sliced
2 tablespoons honey + 2 tablespoons butter (optional)
parsley for topping (optional)

Directions

Chicken: Cover the chicken breasts with plastic wrap and pound until each piece is about a 3/4 of an inch thick. (NOTE: If your chicken breasts are really thick, you can just cut them in half horizontally to make thinner pieces rather than pounding. Works like a charm.) Place the flour and salt and pepper in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan. When the chicken is golden brown and cooked through, transfer to a plate.

Asparagus and Lemons: Add the chopped asparagus to the pan. Sauté for a few minutes until bright green and tender crisp. Remove from the pan and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side without stirring so that they caramelize and pick up the browned bits left in the pan from the chicken and butter. (NOTE: adding a tiny pat of butter in with the lemons also helps prevent sticking and promote browning.) Remove the lemons from the pan and set aside. **Assembly:** Layer all the ingredients back into the skillet – asparagus, chicken, and lemon slices on top.

<https://pinchofyum.com/5-ingredient-lemon-chicken-asparagus>

Chicken Breakfast Burrito



Makes: 4 Servings

Total Time: 25 Minutes

Ingredients

2 PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breast, All Natural (1.5 lbs.)

1 cup pancake baking mix

9 large eggs

1 cup milk

1 tbsp. vegetable oil

1/2 cup chopped onion

1/2 cup chopped green pepper

1/4 tsp. salt

1/8 tsp. black pepper

1/4 cup sharp cheddar cheese, shredded

Hot Sauce for serving

Directions

In a bowl, whisk together the pancake mix, 1 egg and milk until smooth. Batter should be thin. Heat a large non-stick pan over medium-low heat. Spray with cooking spray and add about ¼ cup of batter. Swirl the batter into a large circle. Cook the pancake until the top bubbles, the bottom is set and the edges start to curl. Flip the pancake and cook a few seconds more. Turn out onto a plate and repeat until all of the batter is gone. Keep warm until ready to use. In the same non-stick skillet, heat the vegetable oil over medium heat. Add the chicken, season with 1/4 teaspoon salt and 1/8 teaspoon black pepper. Sauté 4 to 5 minutes on each side until done. Chicken is done when a meat thermometer inserted in the center reaches 170°F. Transfer chicken breasts to a plate. When cool enough to handle, chop into 1-inch pieces. Add the onion and green pepper. Cook for another 3 to 4 minutes. Return the chopped chicken and heat through, 1 to 2 minutes more. In a bowl, whisk together the remaining 8 eggs, salt and black pepper. Pour the egg mixture over the chicken. Cook over low heat, stirring occasionally, until eggs are cooked through. To serve, place a pancake on a plate. Divide the chicken mixture over the 4 pancakes. Sprinkle with shredded cheddar cheese and wrap them up. Serve with hot sauce if desired.

<https://www.perdue.com/recipes/chicken-and-chorizo-breakfast-burrito/2515/> edited by Rita Sartin

Greek 7 Layer Dip



Makes: 6 servings

Total Time: 15 minutes

Ingredients

2 cups hummus (I like [garlic](#) or roasted red pepper)

2 cups plain nonfat Greek yogurt

2 tsp chopped fresh dill (or 1 tsp dried)

juice of 1 lemon

1-pint grape tomatoes, quartered

1 cucumber, diced (about 1 cup)

1/2 cup black or Kalamata olives, pitted and sliced

1/2 cup crumbled feta cheese

1/4 cup chopped fresh parsley

Whole grain pita bread, for dipping

Directions

Spread hummus in the bottom of a 13X9" or similar sized serving dish. In a small bowl, stir together yogurt, lemon juice, and dill. Spread yogurt mixture evenly over hummus. Layer tomatoes, cucumbers, olives, feta, and parsley over yogurt mixture. Refrigerate until ready to serve. Just before serving, toast pita bread. Heat oven to 350° F. Place pitas on a baking sheet and heat for 5-10 minutes, or until warmed through. If you prefer your pitas crispier, heat at 400° F. for 5-10 minutes. Remove pitas from oven and slice into wedges. Serve alongside dip.

<https://livelytable.com/healthy-greek-7-layer-dip/>

Steamed Cod with Ginger Scallion Sauce



Makes: 1 Serving

Total Time: 35 Minutes

Ingredients

1/3 cup water

frozen white fish fillet (we used wild cod from Trader Joe's)

salt

rice, for serving (optional)

1 tablespoon peanut oil

1-inch knob of ginger, peeled with a spoon then chopped into matchsticks

1 handful scallion, cut in 2-inch pieces then chopped in half length-wise

splash of Mister Jiu's Ginger Scallion Wok Sauce

splash of low-sodium soy sauce

Directions

Place water inside the metal bowl insert of the Instant Pot. Add the trivet, and place fish in the center. Sprinkle a little bit of salt on top of the fish. Close and seal the lid of the Instant Pot, and set to pressure cook for 3 minutes on high pressure. Make sure your vent is sealed. Once the cooking time is complete, quickly release the steam from the vent, then carefully open the lid and lift the trivet out of the Instant Pot. Transfer fish onto a plate using a spatula. Pour the residual fish broth in the bottom of the metal bowl into a liquid measuring cup and reserve it. Return the bowl to the Instant Pot, and turn on the sauté function. Add peanut oil followed by ginger. Sauté for 1 to 2 minutes, then add scallion. Cook until it has wilted, about 1 to 2 minutes. If at any point, the mixture begins to stick to the bottom of the pot, use a splash of the reserved fish broth. We ended up using all of our liquid. Turn off the Instant Pot, and remove the bowl from the Instant Pot. Add a splash of the Mister Jiu's Ginger Scallion Wok Sauce and a splash or two of soy sauce. You want to do this off the heat so the soy sauce doesn't burn and turn bitter. Spoon the scallions and ginger over the fish, and drizzle the sauce on top. Serve immediately.

<https://www.brit.co/brandon-jew-williams-sonoma-mister-jiu/> **edited by Rita Sartin**

Ginger Banana Smoothie



Makes: 1 serving

Total Time: 10 minutes

Ingredients

1 ripe banana

1/2 teaspoon freshly grated ginger

1 cup organic soy milk or almond milk

1/2 cup coconut probiotic yogurt

1 tablespoon hemp seeds

2 teaspoons baobab powder optional

1/2 teaspoon vanilla

Ice cubes

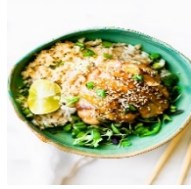
Toppings: hemp seeds, Goji berries, bee pollen

Directions

Add all the ingredients into your blender and process until smooth. Pour in glass and add toppings. Drink immediately.

<https://www.natalieshealth.com/spicy-ginger-banana-smoothie/>

Healthy Paleo Chicken Teriyaki



Makes: 4 Servings

Total Time: 38 Minutes

Ingredients

FOR THE CHICKEN TERIYAKI

Cooking oil spray (avocado, coconut, or ghee)
4 boneless chicken thighs, skin on (about 1 1/2 pounds)
Sea salt
1/3 cup I Heart Umami Teriyaki Sauce (see recipe below)
Toasted white sesame seeds (optional)
Chopped scallions (optional)

FOR THE I HEART UMAMI TERIYAKI SAUCE

1/4 cup apple juice
3 1/2 tablespoons coconut aminos
2 tablespoons cider vinegar
1 teaspoon grated fresh ginger
1 teaspoon grated fresh garlic
1 to 1 1/2 teaspoons arrowroot flour

Directions

MAKE THE TERIYAKI SAUCE

Combine all the ingredients in a small saucepan, mixing until there are no lumps. Gently warm over medium-low heat, stirring frequently with a wooden spoon until slightly thickened, 1 to 2 minutes. Store in an airtight glass container in the refrigerator for up to 2 weeks.

MAKE THE CHICKEN TERIYAKI

Preheat the oven to 425°F. Line a sheet pan with parchment paper and place a baking rack on top. Lightly spray the rack with oil. Pat the chicken dry. Lightly season with a bit of sea salt on all sides. Place the chicken thighs, skin side up, on the prepared rack. Bake for 20 minutes, or until the skin becomes light golden brown and the meat is completely cooked through (165°F on a meat thermometer). Remove the chicken from the oven and brush with the teriyaki sauce. Change the oven setting to high broil. Place the chicken back in the oven and broil for 3 minutes to give the skin a nice golden color. (If you use skinless chicken, broil for only 1 to 2 minutes.) Wait for 5 minutes before slicing the chicken into bite-sized pieces. If desired, sprinkle with toasted sesame seeds and chopped scallions.

<https://www.cottercrunch.com/healthy-paleo-chicken-teriyaki/#tasty-recipes-50148>

Roasted Red Pepper Cheesy Vegan Quesadillas



Makes: 4 Servings

Total Time: 30 Minutes

Ingredients

- 1 red pepper
- 1 Tablespoon olive oil
- 1 large sweet onion
- 2 Tablespoons vegan buttery spread
- 4 vegan gluten free wraps or any wrap that suits your dietary needs
- 1 1/3 cups refried beans
- 4 slices vegan cheese I used Daiya slices

Directions

Make the roasted red peppers: Preheat the oven to 450 degrees. Line a cookie sheet with parchment paper. Core the pepper and slice it in half, removing any seeds. Place the two halves cut side down on the baking sheet. (I love roasted red peppers, so I usually make more than one - you can roast a few at a time if you wish). Bake at 450 degrees until the skin is wrinkled and browned. Place the peppers in a glass bowl and cover with a plate, allowing to cool for 30 minutes. Once the peppers are cool, peel the skins off using your fingers. Discard the skins. Slice the peppers into thin strips.

Make the caramelized onions: While the peppers are cooling, you can caramelize the onion. Peel the onion and slice very thin, then place in a pan over medium heat. Cook, stirring often, until golden brown and soft, about 25 minutes.

Make the quesadillas: Heat some vegan buttery spread in a frying pan over medium heat. Add a wrap to the pan and spread some refried beans on half. Add some sliced roasted red peppers, caramelized onions, and a slice of vegan cheese. Fold the quesadilla in half. Let it cook to golden brown on one side before flipping. Once it is golden brown and crisp on both sides, remove from the pan and place on a plate. Repeat steps 2 and 3 with the remaining ingredients. Slice each quesadilla in half before serving.

<https://theprettybee.com/cheesy-vegan-quesadillas/#wprm-recipe-container-21910>

Energizing Coconut Matcha Green Tea Oatmeal



Makes: 4 Servings

Total Time: 15 Minutes

Ingredients

1 cup coconut milk (regular, light, or unsweetened)

2 tea bags of matcha green tea or regular green tea bags

1 tsp matcha powder (see instructions if you don't have the powder)

1 1/2 cups gluten free rolled oats

1/4 cup coconut sugar or raw sugar

1/2 tbsp extra virgin coconut oil or naturally refined coconut oil

Pinch of Cinnamon

Pinch of Sea salt

Optional Mix in- 1/4 c unsweetened shredded coconut flakes or shavings

1 tbsp maple syrup or honey for non vegans.

Optional Topping – nuts, oats, coconut flakes, or sliced banana

Directions

First heat your milk on stove or in a microwave safe dish. You want the milk to come to a low boil or simmer if on stovetop. Equivalent to about 70-90 seconds on medium high power if in microwave. Place tea bags in milk and let them steep for 3 minutes. Remove tea bags after 5 minutes or so. Whisk in your matcha powder. If you don't have matcha powder, just use the matcha tea bags. Next prepare your oats according to directions, leave out 1/3 cup of the recommended water so that the oats are thicker. Cooking on the stovetop or microwave works. (See notes for how to cook oats on stove tops). When oats are halfway through cooking. Pour in 2/3 c green tea latte, reserving 1/3 cup for pouring on top once cooked. Finish cooking oats until they are creamy but still thick. Not runny. Once cooked, remove from heat and stir in your coconut sugar, dash of salt, cinnamon, and coconut oil. Mix all together. Mix in optional coconut shavings if desired. This makes about 4 cups. Spoon into bowls and pour additional matcha latte on top of each bowl. Drizzle honey or maple syrup. Add toppings of choice.

<https://www.cottercrunch.com/coconut-matcha-green-tea-oatmeal/>

Strawberry Spinach Salad with Granola Croutons



Makes: 2 Servings

Total Time: 10 minutes

Ingredients

4–5 cups spinach leaves

1 cup diced or sliced radish (or other spring/summer vegetable of choice)

1 cup strawberries, sliced

1/2 cup blueberries

1/2 c gluten free or grain free granola bars or granola to be broken into large pieces for granola croutons. Plain, honey, or berry flavor. (See notes)

1/2–1 avocado (sliced)

sprouts or microgreens

1 ounce almond slivers, optional

Dressing of choice – example: strawberry vinaigrette, olive oil/vinegar, poppy seed, etc.

Directions

Wash and prepare your produce. Place spinach, strawberries, cut vegetables, and berries in one large bowl. Toss. Place granola bars in ziploc bag and smash into clusters. Sprinkle with sea salt. You may also use store bought or homemade granola, like my [grain free granola, to make granola croutons](#). Simply toss with a bit of sea salt and save the bigger clusters for the “crouton” topping. Next add a few tbsp of slivered almonds on top, along with microgreens and avocado. Top with granola croutons. Drizzle with favorite dressing. Sea salt and pepper to taste. Divide into smaller bowls to serve or serve family style.

<https://www.cottercrunch.com/strawberry-spinach-salad-with-granola-cROUTONS/#tasty-recipes-49542>

BBQ Baked Salmon and Zucchini



Makes: 3-4 Servings

Total Time: 30 Minutes

Ingredients

For the BBQ Baked Salmon:

10–12 ounces of salmon fillet (around three to four 3–4 ounces fillets)

1/2 cup gluten free BBQ sauce (unsweetened or low sugar)

1/2 to 1 tbsp honey (adjust to your liking)

1 tbsp Apple Cider Vinegar

1/4 tsp black pepper

1 tsp minced Garlic (around 2 large cloves)

kosher salt to taste (a pinch or so)

For plating or meal prep:

1 cup uncooked Quinoa (to be cooked) or 3 cups Cauliflower Rice for Paleo option. You may also use leftover cooked quinoa or grain of choice.

2 c water or broth for cooking quinoa

pinch of sea salt

1 tbsp olive oil

2 medium zucchini (spiralized) – See instructions for prep

1 small bunch cilantro, chopped

Lemon or Lime wedges

1 ounce pumpkin seeds

1 Avocado, sliced

Kosher Salt and Pepper to taste

Directions

For the baked salmon- preheat oven 400F. Line a baking sheet with foil. Set aside.

In a small bowl, Mix BBQ sauce and remaining ingredients/spices. Spread 2 tbsp on each 4-6 ounce fillet or ¼ cup on over 10-12 oz of salmon Bake 10-12 minutes. Broil 1-2 minutes until BBQ sauce browns on edge of salmon. be sure not to overcook so check at 8 minutes first . Add pinch of salt over salmon after cooked. Cut or break up salmon with fork.

For the **bowl/meal prep**: Cook quinoa according to instructions (on stove or rice maker) with 2 cup broth or water and oil mixed in. Cook until fluffy. Set aside. You can also use leftover cooked quinoa or gluten free grain to save on time. Julienne slice or spiralize your zucchini. PREP TIP → Sprinkle with sea salt and let zoodles sit in a colander to drain extra water. Remove and press the noodles dry with a towel to remove excess water.

Next prepare Each Bowl/Meal prep: Place 1/3 c Quinoa cooked (for paleo option, use cauliflower rice) onto each plate or bowl. Place 3 ounces BBQ baked salmon on top. Scoop 1 cup of zucchini noodles to go next to the salmon followed by a sprinkle of pumpkin seeds. Cilantro, splash of lemon or lime wedge juice, and avocado slices to garnish. Sea salt and pepper to taste. Feel free to brush extra BBQ sauce on top

<https://www.cottercrunch.com/honey-bbq-baked-salmon-bowls/#tasty-recipes-42960>

Lemon Cardamom Pancakes



Makes: 4 servings

Total Time: 20 minutes

Ingredients

For pancakes (makes 6):

2 eggs
1 cup whole grain flour
1 cup almond milk
1 teaspoon baking soda
1/2 teaspoon cardamom powder
1/4 teaspoon salt
1 tablespoon pure maple syrup
1 teaspoon lemon zest
1 tablespoon lemon juice
Coconut oil or cooking spray for coating the pan

For cream cheese filling:

1 cup cream cheese
1 tablespoon pure maple syrup
A pinch of lemon zest

Instructions

In a large bowl, beat the eggs. Add milk, maple syrup, lemon zest and lemon juice. Mix until well combined. Add flour, baking soda, cardamom and salt. Mix to combine, then set aside. Heat a griddle or pancake pan over medium heat. Coat with cooking spray or coconut oil. For each pancake, drop 1/4 cup of batter into the pan. Cook 1-2 minutes, until bubbles appear on the surface of pancakes. Flip carefully and cook another 1-2 minutes. Transfer to a plate and cover to keep warm. Make sure to coat the pan before every pancake or batch of pancakes to prevent sticking. Make cream cheese filling: Place all ingredients in a bowl. Mix well until smooth. Place one pancake, browned-sides down, on a plate. Spread cream cheese filling over the pancake. Place another pancake, browned-sides down, on top of the first pancake. Repeat with the rest of pancakes and spread. Serve immediately with fresh fruits. Drizzle with maple syrup if desired.

<https://www.natalieshealth.com/lemon-cardamom-pancakes/#wprm-recipe-container-7561>

Grilled Mojo Chicken with Pineapple Salsa



Makes: 6 Servings

Total Time: 2.33 hours

Ingredients

1 pkg. 1.5 lbs chicken
1 1/4 tsp. GOYA® adobo seasoning
8 rings fresh pineapple, sliced 1/2 inch thick
1 cup tomato, chopped
1/4 cup red onion, finely chopped
3 tbsp. fresh cilantro, finely chopped
2 tbsp. jalapeño pepper, finely chopped (optional)
1 tbsp. extra virgin olive oil
1 tbsp. lime juice, about 1/2 of a lime
1/4 tsp. salt

Directions

Heat a grill or grill pan to medium-high heat. Remove chicken from the marinade, letting excess drip off. Season with GOYA® adobo seasoning and grill 3 to 5 minutes on each side. Chicken is done when it feels firm to the touch and a meat thermometer inserted in the center reaches 170°F. Remove the chicken from the grill and let rest for 2 to 3 minutes before serving. Grill the pineapple rings until charred, about 4 minutes on each side. Transfer pineapple rings to a cutting board and chop into chunks. In a medium bowl combine the pineapple, tomato, onion, cilantro, jalapeño, olive oil, lime juice and salt until well combined. Top Grilled Mojo Chicken with Pineapple Salsa and serve

<https://www.perdue.com/recipes/grilled-mojo-chicken-with-pineapple-salsa/23/>

Lemon Flank Steak Skewers



Makes: 12-16 Servings

Total time: 20 Minutes

Ingredients

4 (2-pound) flank steaks
2/3 cup olive oil
4 teaspoons lemon zest
1/2 cup fresh lemon juice
2 teaspoons salt
1/2 teaspoon dried crushed red pepper
50 (12-inch) wooden skewers
Lemon Dipping Sauce (recipe follows)
lemon wedges garnish:

Lemon Dipping Sauce

2 (16-ounce) containers reduced-fat sour cream
2 tablespoons refrigerated horseradish
2 teaspoons lemon zest
6 tablespoons fresh lemon juice
1 teaspoon salt
garnish: lemon zest

Directions

Lemon Dipping Sauce: Combine first 5 ingredients; cover and chill at least 1 hour. Garnish, if desired.

Cut steaks diagonally into 1/4-inch slices. Combine olive oil and next 4 ingredients in a shallow dish or zip-top plastic freezer bag; add steak. Cover or seal, and chill 8 hours, turning occasionally. Soak wooden skewers in water 30 minutes. Preheat grill to 350° to 400° (medium-high) heat. Remove steak from marinade, discarding marinade. Thread each steak slice onto 1 skewer. Grill beef, covered with grill lid, 4 to 5 minutes on each side or to desired degree of doneness. Serve with Lemon Dipping Sauce. Garnish, if desired.

Read more at <https://www.kingsford.com/recipe/lemon-flank-steak-skewers/#VEUCx0FM1YAWuUkx.99>

