

## Chicken Sausage and Vegetable Skillet

Prep Time: 10min | Total: 20min

Course: Dinner, Main

Cuisine: American

Servings: 2

Source: Jamie O'Boyle RD, LDN

### Ingredients:

- 1 package chicken sausage (Amylu), sliced in half lengthwise
- 2 white onions, sliced thinly
- 3-4 cloves of garlic, minced
- 6 cups kale, stems removed and roughly chopped
- 1 can diced tomatoes
- 1 jar roasted red peppers, sliced
- 1 tsp garlic powder
- 2 TBSP olive oil
- 1 pouch – Seeds of Change 90 second quinoa

### Instructions:

1. Heat two large skillets on medium heat. In one skillet, place 2 tsp. olive oil and move oil around in pan until covered. Place chicken sausage in skillet and cook per package instructions.
2. In second skillet, place 2 tsp. olive oil and move around in pan until covered. Place garlic and onions in pan, sauté 2-3 minutes until translucent. Then put kale in skillet, toss with onions and garlic. Add in 2 tsp. olive oil. Place lid on top and cook for 1 minute, stirring and then cooking for another few minutes until wilted. Once kale is wilted, add in can of tomatoes and roasted red peppers, and 1 tsp garlic powder stirring until all flavors are mixed.
3. Microwave quinoa as directed – 90 seconds.
4. Portion out  $\frac{1}{4}$  c. quinoa in each bowl with  $\frac{1}{4}$  of the skillet and 1 chicken sausage.
5. Enjoy!

## One Skillet Taco Cauliflower Rice

Prep Time: 5 min | Total: 30min

Course: Dinner, Main

Cuisine: Mexican

Servings: 4

Source: Skinny Taste

### Ingredients:

- 1 lb 93% lean ground turkey
- 1 1/4 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1/2 tsp dried oregano
- 1/2 small onion, minced
- 2 tbsp bell pepper, minced
- 3/4 cup water
- 4 oz canned tomato sauce, 1/2 can
- 4 cups uncooked riced cauliflower
- For the toppings:
- 4 ounces avocado, 1 small
- chopped cilantro
- 1 cup chopped lettuce
- 1/4 cup jarred salsa
- lime wedges

### Instructions:

1. Over high heat, brown the turkey in a large skillet breaking it into smaller pieces as it cooks, about 5 minutes.
2. When no longer pink add 1 teaspoon salt and the dry seasoning and mix well.
3. Add the onion, pepper, water and tomato sauce and cover.
4. Simmer on low for about 15 minutes.
5. Remove the cover and add the cauliflower, add 1/4 teaspoon salt and cook until tender, about 8 minutes.
6. Transfer to a plate and serve with avocado, lettuce, salsa and lime.

## Egg Roll in a Bowl

Prep Time: 10 min | Total: 30min

Course: Dinner, Main

Cuisine: Asian

Servings: 4-5

Source: Real Food RDs

### Ingredients:

- 1 lb. ground chicken
- 1–2 tsp. avocado or coconut oil
- 8 green onions, sliced; white/light green and green parts separated
- 3 tsp. grated fresh ginger (may sub 1 tsp. ground ginger)
- 5 cloves garlic, minced
- 2 12-ounce bags Mann's Broccoli Cole Slaw (*May substitute broccoli slaw or bagged cole slaw mix of choice*)
- ½ cup coconut aminos, plus more for serving
- 3 Tbsp. toasted sesame oil
- 2 Tbsp. rice vinegar
- ½ tsp. Chinese 5-spice powder
- *Optional: Sesame seeds and/or fresh cilantro*

### Instructions:

1. In a bowl, combine coconut aminos, sesame oil, rice vinegar and Chinese 5-spice powder. Whisk to combine then set aside.
2. Place a large skillet over medium heat. When pan is hot add the oil and white/light green parts of onions only. Stir fry for 3-4 minutes or until onions start to soften.
3. Add garlic and ginger and stir fry an additional 1 minute.
4. Add ground chicken (or turkey). Use a spoon or spatula to break meat up into small pieces. Continue cooking 7-8 minutes, stirring occasionally, until meat is cooked through and no longer pink.
5. Increase heat to medium-high. Add broccoli cole slaw and sauce (from step 1). Stir fry 6-7 minutes or until slaw is crisp tender or to your liking.
6. Stir in reserved sliced green onion tops. Remove from heat and garnish with sesame seeds and/or cilantro.
7. Serve with additional coconut aminos or hot sauce, if desired.

## BBQ Ranch Chicken Veggie Skillet

Prep Time: 20 min | Total: 50min

Course: Dinner, Main

Cuisine: American

Servings: 5

Source: Real Food RDs

### Ingredients:

- 1 lb. organic ground chicken
- 1 Tbsp. coconut oil or cooking fat of choice
- 1 large (~16 oz.) sweet potato sweet, cubed 1/2 inch
- 2 cups (~10 oz.) Brussels sprouts, halved or quartered
- 1 medium zucchini, sliced into half moons
- 2 cups (~8 oz.) baby bella mushrooms, sliced
- 1 yellow onion, diced
- 4–6 cloves garlic, minced (may sub 1–2 tsp. garlic powder)
- 1/3 cup Tessemae's Matty BBQ Sauce
- 1/2 cup Tessemae's Ranch of choice
- 1/4 cup golden raisins or raisin (*optional*)
- Optional toppings: avocado, cilantro, lime, thinly sliced green onion, shredded cheese (not Whole30 or dairy-free) and/or crushed blue corn chips (not Whole30).

### Instructions:

1. In a small bowl, combine the BBQ Sauce and Ranch and set aside.
2. In a large 12-inch skillet over medium heat, brown the turkey. Once browned, remove turkey from pan and set aside.
3. Next add 1 tbsp. cooking fat to pan. Add cubed sweet potatoes and sauté for 10 minutes tossing every once in a while.
4. Next, add the Brussel sprouts and sauté for another 5 or so minutes. (*Cooking time will really depend on heat, pan and your stove.*)
5. Then add the remaining veggies, zucchini, mushrooms, onion, and garlic and sauté for another 8-10 minutes or until all veggies are soft and tender.
6. Lastly add the browned turkey, BBQ Ranch sauce and optional golden raisin and stir to combine. Let cook for 3-4 minutes longer or until nice and hot.
7. Serve with optional toppings.

## Creamy Buffalo Chicken Casserole

Prep Time: 20 min | Total: 45min

Course: Dinner, Main

Cuisine: American

Servings: 8

Source: Real Food RDs

### Ingredients:

- 1¼–1½ lbs. chicken breast, cooked and shredded (~3 heaping cups cooked shredded)
- 1 Tbsp. cooking fat of choice
- 3 cups cauliflower rice, fresh (such as Taylor Farms, Eat Smart, Cece's Veggie Co., or Earthbound)
- 2 medium carrots, diced
- 1 small red pepper, diced
- 1 medium yellow onion, diced
- 1½ tsp. garlic powder (or 3–4 garlic cloves, minced)
- 1 tsp. dried parsley
- Dash of salt and pepper
- ¾ cup Tessemae's Buffalo Sauce
- ⅓ cup mayo
- 2 whole eggs
- For the top: Tessemae's Ranch, hot sauce or additional buffalo sauce, sliced green onion and black pepper

### Instructions:

1. Preheat oven to 375°F. Grease a 3-4 qt. casserole dish (9 x 13 also works) and set aside.
2. In a large pan over medium-high heat, add oil. Once oil is hot, add the cauliflower rice, carrots, red pepper, yellow onion, garlic powder, dried parsley, and a dash of salt and pepper. Sauté, stirring occasionally, until onions are translucent and veggies are partially cooked through – about 10-12 minutes. Adjust heat as necessary. Transfer to the casserole dish.
3. While veggies are sautéing, in a bowl, combine the buffalo sauce, mayo and eggs.
4. In the casserole dish, mix together the veggies, chicken and sauce. Spread out evenly.
5. Bake uncovered for 20-25 minutes or until center is set.

### One Pan Recipes

6. Remove from oven and drizzle with ranch, hot sauce or additional buffalo sauce, sliced green onion and black pepper. Serve hot.

## Naked Fish Tacos

Prep Time: 5 min | Total: 25min

Course: Dinner, Main

Cuisine: American

Servings: 2

Source: Taste of Home

### Ingredients:

- 1 cup coleslaw mix
- 1/4 cup chopped fresh cilantro
- 1 green onion, sliced
- 1 teaspoon chopped seeded jalapeno pepper
- 4 teaspoons canola oil, divided
- 2 teaspoons lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 2 tilapia fillets (6 ounces each)
- 1/2 medium ripe avocado, peeled and sliced

### Instructions:

1. Place first four ingredients in a bowl; toss with 2 teaspoons oil, lime juice, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Refrigerate until serving.
2. Pat fillets dry with paper towels; sprinkle with the remaining salt and pepper. In a large nonstick skillet, heat remaining oil over medium-high heat; cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side. Top with slaw and avocado.

Pair with 1/2 c. or more of cauliflower/broccoli rice to add another non-starchy vegetable serving OR 1/2 c. quinoa/brown rice for a starch serving