

Avocado Enchiladas

(adapted from Muscle & Fitness)

Serves 3 - 2 enchiladas each

*Notes-I omit the hot sauce completely as they have quite a kick to them without it. The onions are not necessary all so don't feel like you have to have them! I always season my chicken with Fajita Chicken Seasonings, cube it and cook it on the stovetop in a non stick pan.

Ingredients:

- 6 Low-carb tortillas (La Tortilla Factory)
- 8 oz chicken breast, cooked and cubed
- 1 avocado, pitted and mashed
- 1/2 cup white onion, chopped and grilled
- 1/4 cup salsa
- 1/4 tsp garlic, minced
- 2 tsp hot sauce
- 1 tbsp ground cumin
- 1/4 cup nonfat Greek yogurt
- 1 cup enchilada sauce, mild

Directions:

1. Preheat the oven to 350 degrees.
2. Bake or boil plain chicken breast. Set aside.
3. Coat an 8"x8" or 9x9" pan with cooking spray.
4. Pour a small amount of enchilada sauce on the bottom of the pan so the enchiladas don't stick. Set aside.
5. Core avocado and scoop out flesh. Mash with fork.
6. Heat a small frying pan over medium. Coat with cooking spray. Chop white onion and grill until transparent.
7. In a medium-sized bowl combine avocado, Greek yogurt, minced garlic, cumin, hot sauce, and salsa. Add pepper and sea salt if desired.
8. Layer each tortilla with a rationed portion of avocado mixture, cubed chicken, and grilled white onion. Roll up and place side by side in the baking dish.
9. Drizzle remaining enchilada sauce over top, and then bake for up to 20 minutes.
10. Remove from oven and serve!

Nutrition Facts (per serving): 338 calories, 16.1g total fat, 1.67g saturated fat, 35.27g carbs, 3.51g sugars, 31.42g protein

Sweet & Sour Chicken

(adapted from The Biggest Loser)

Serves 3-4

*Notes, I say 3-4 because it depends upon WHO you're feeding. If you're making this for a family of 2 adults and 2 teens, it's not enough. If you're a family of 3, you'll be okay with this recipe. I always pair this with brown rice (just use the boil in bag kind for sake of convenience) or even quinoa. Make sure to adjust your nutrition information accordingly if adding rice. You can also add in frozen peas or any veggie you'd like.

Ingredients:

- 1 tbsp cornstarch
- 1 tsp garlic powder
- 1/4 tsp salt
- Ground black pepper, to taste
- 1 lb. trimmed boneless, skinless chicken breasts, cut into bite-size cubes
- 1 tbsp toasted sesame oil
- 1 cup 1/2" wide strips onion (about 1" long)
- 1 cup 1/2" wide strips green bell pepper (about 1" long)
- 2 tbsp freshly minced garlic
- 1/4 cup bottled sweet and sour sauce

DIRECTIONS:

1. In a large bowl, combine the cornstarch, garlic powder, salt and black pepper; mix well. Add in the chicken and toss until chicken pieces are thoroughly coated.
2. Place a large nonstick skillet or nonstick wok over high heat. When hot, add 1 teaspoon sesame oil, onions, bell peppers, and garlic. Cook, stirring, until the garlic softens and the vegetables are crisp-tender, 2 to 4 minutes. Be careful not to overcook or the garlic may burn. Transfer the vegetables to a large bowl and cover to keep warm.
3. Return the pan to high heat and add another teaspoon sesame oil and half the chicken in a single layer. Cook until the pieces are lightly browned on the bottom. Flip the pieces and continue cooking until chicken is no longer pink and juices run clear, 4 to 6 minutes. Add the cooked chicken to the bowl with the vegetables. Return the pan to high heat, add the remaining oil, and cook the remaining chicken.
4. Return the vegetables and chicken to the pan to reheat if necessary. Transfer to a medium size serving bowl, add the sweet and sour sauce (and rice, if using) and mix until well combined. Divide equally among 4 serving bowls and serve.

Nutrition Facts:

Calories: 223, Fat 5g, Cholesterol 66 mg, Sodium 282mg, Carbohydrates 16g, Fiber 1g, Protein 27g

BBQ-Bacon Meatloaf

(another Biggest Loser Favorite)

Serves 4

*Notes, this one is plenty for a family of four. I usually pair it with steamed broccoli or asparagus.

INGREDIENTS

- 1 c chopped red onion
- 4 slices low sodium turkey bacon, chopped
- 2/3 c old fashioned oats
- 1/2 c milk (I use unsweetened almond or cashew)
- 1 lb extra lean ground chicken breast
- 2 large egg whites, lightly beaten
- 1 clove fresh garlic, minced
- 1 tsp Worcestershire sauce
- 1/8 tsp salt
- 1/3 c BBQ sauce (7g carbs or less per 2 Tbs)

DIRECTIONS

1. Preheat oven to 350. Lightly spray a loaf pan with cooking spray.
2. Place a medium nonstick skillet over medium-high heat. Lightly mist with cooking spray and add onion and bacon. Cook 6-8 minutes, while stirring. Onion should be tender and just barely starting to brown. Bacon should be crisp. Remove pan from heat and allow mixture to cool.
3. Combine the oats and milk in a mixing bowl. Let the mixture stand for 3 minutes so the oats begin to soften. Add the cooled onion and bacon mixture, the chicken, egg, garlic, Worcestershire sauce, and salt. With clean hands, mix the ingredients until well combined.
4. Transfer the mixture to the prepared pan and spread so the top is flat. Spread the BBQ sauce evenly over the top. Bake for 35-40 minutes, or until the chicken is no longer pink. Let loaf sit for 10 minutes before cutting into 8 slices.

Nutrition Facts: 258 calories, 3g fat, 35g protein, 20g carbs, 2g fiber, 529 mg sodium. 76 mg cholesterol

Shrimp Tacos w/Corn Salsa

(adapted from Cooking Light)

Serves 4 (2 tacos each)

Ingredients:

- 1 cup fresh corn kernels (about 2 ears)
- 1 teaspoon olive oil
- 2 tablespoons chopped green onions
- 2 tablespoons chopped fresh cilantro
- 3 tablespoons fresh lime juice, divided
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 diced peeled avocado
- Cooking spray
- 1 pound medium shrimp, peeled and deveined
- 2 teaspoons honey
- 1/4 cup sour cream
- 8 (6-inch) corn tortillas

Preparation

1. Preheat the broiler to high.
2. Combine corn and oil in a small bowl; toss gently to coat. Arrange corn in an even layer on a jelly-roll pan; broil 6 minutes or until lightly browned. Combine corn, onions, cilantro, 1 tablespoon juice, salt, pepper, and avocado in a medium bowl; toss gently.
3. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Combine shrimp, 1 tablespoon juice, and honey in a medium bowl; toss to coat. Add shrimp to pan; cook 2 minutes on each side or until done.
4. Combine sour cream and remaining 1 tablespoon juice in a small bowl.
5. Warm tortillas according to package directions. Place 2 tortillas on each of 4 plates. Top each tortilla with about 1/4 cup corn mixture, about 4 shrimp, and 1 1/2 teaspoons sour cream mixture.

Nutrition Facts Per serving: 318 Calories, 12.9g fat, 20g protein, 35.2g carbs

Flank Steak w/Sweet Potatoes & Steamed Broccoli

Serves 4 Adults

Ingredients

- 1 lb flank steak
- 1 large head broccoli
- 4 small sweet potatoes
- Real Butter and Thyme
- Nature's Seasoning or Salt and Pepper
- Garlic Salt

Preparation

- Season steak to your liking and grill OR slice and cook in a non stick pan, stove top.
- Wash, chop and season broccoli with Nature's Seasoning & Garlic Salt, steam until desired degree of doneness is achieved
- While steak is cooking, cook sweet potatoes in the microwave, turning every few minutes until done (do not pierce with a fork as you would a regular potato).
- Melt a small amount of butter in the microwave and add in Thyme. I can't give exact measurements as I don't know the size of your sweet potato but I can tell you that more than 1 T of butter is WAY too much! You aren't trying to drown the potato. I would guesstimate about 1 tsp of thyme per person would be sufficient. After mixing, pour onto your sliced sweet potato and stir/mash in.

Serve 3 oz steak, 1 cup of broccoli and 1 sweet potato

Nutrition Facts: 3 oz flank steak is roughly 160 calories, 1 cup of broccoli is about 30 calories and the sweet potato will vary based on weight.