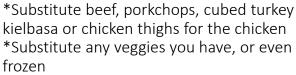


The Sheet Pan Meal

4 chicken breasts
2 sweet potatoes, or russet, cubed
1 red onion, chopped
1-2 crowns of broccoli, cut
~1T EVOO
Salt / pepper
garlic powder



*Pro tip. Do not put salmon or fish with veggies, they tend to release water when you cook them.

*Flavor Option: You can also substitute the EVOO for the following. Toss with either chicken or the turkey kielbasa. Use russet potatoes with this sauce vs sweet.

4 t olive oil 1 T balsamic vinegar 2 tsp Dijon mustard 3/4 t. kosher salt 1/4 tsp black pepper 1/4 t. red pepper flakes

- Pre-heat oven to 400.
- Cut veggies while oven heats up. Cut everything and put in a large bowl. Add EVOO and toss the veggies.
- Cover the sheet pan with parchment paper to save time on clean up.
- Add veggies to pan and raw meat.
- Season with salt, pepper and garlic powder
- Bake for 20-25 minutes and check for doneness



3 Sheet Pan Salmon Recipe Options

Dijon Balsamic Salman

4 Salmon filets
~1-2 t.Minced garlic
~1t Dijon mustard per filet
Balsamic vinegar
Salt / Pepper

Spread Dijon mustard over the filets. Sprinkle with minced garlic and cover generously with balsamic vinegar. Season with salt/pepper.



4 Salmon filets Lemon juice to cover each filet ~1/2 t. Chili powder per filet Salt / Pepper

Drizzle lemon juice over filets. Sprinkle with chili powder(this does NOT make them hot & spicy). Season with salt/pepper.

Asian Salmon

4 Salmon filets Ginger paste ~1" per filet Soy Sauce

Spread ginger paste over filets. ~ a 1" strip on each. Generously splash soy sauce over each.

- Pre-heat over to 400.
- Cover sheet pan with foil and parchment for easy clean up. Add salmon and toppings
- On a second sheet pan add veggies, or serve a salad and a rice bag
- Bake for 12-15 minutes depending on how done you like your salmon.



BBQ Pulled Pork in the Crockpot

2 Pork Tenderloins2 T Minced garlic1 diced onion1 bottle of Stubbs Original BBQ SauceSalt / Pepper



- Place pork on bottom of crockpot.
- Add onion and garlic
- Use entire bottle of BBQ sauce
- Cook on high for 7+ hours
- Shred pork and put back into the crockpot.
- Serve with buns, a salad or a side of your choice

Santa Fe Chicken

1 1/2 lbs chicken breast
1 can diced tomatoes with mild green chilies
15 oz can black beans
8 oz frozen corn or 1 can, drained
1/4 cup chopped fresh cilantro
14.4 oz can fat free chicken broth
1 onion, chopped
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp cayenne pepper (to taste)



• Everything in the crockpot

salt to taste

- Cook on low for 8-10 hours or on high for 6 hours
- Remove chicken, shred it and return to crockpot.
- Serve over rice, on tortillas or on its own.
- Garnish with sour cream or plain Greek yogurt, green onions or with salsa verde or avocado salsa.

White Chicken Chili

2lbs chicken breast

1 onion, diced

½-1 jalapeño, seeded and minced. Optional

2 t. minced garlic

1 t. cumin

½ t. oregano

½ t. garlic powder

2 cans green chilis

1 c. salsa verde

2 cans cannelloni beans, drained/rinsed



- Everything in the crockpot
- Cook on low for 8-10 hours or on high for 6 hours
- Shred chicken and return to crockpot
- Garnish with toppings of your choice: lime juice, sour cream or plain Greek yogurt, green onions, shredded cheese or tortilla strips

Potato Soup

(2) 20 oz. bags* Simply Potatoes
~30 oz. organic chicken broth (1 box)
(2) 10-3/4 oz. cans 98% fat free cream of chicken soup or cream of mushroom soup 1 chopped onion
1/2 tsp. pepper
(1) 8 oz. package 1/3 less fat cream cheese 1/4 c. bacon bits



- Put potatoes through pepper in the crockpot
- Cook on high for 4-5 hours
- Add cream cheese. Whisk in.
- Cook additional 30 minutes to heat through.
- Serve with bacon bits or green onions.

Crockpot Chicken Paprikash

4 c. sliced mushrooms (purchase sliced)

1 onion, chopped

2 t. minced garlic

1 red pepper, diced

1-2 T paprika

salt/pepper

1 c. chicken broth

2 lbs boneless chicken breasts

½ c. flour

1 c. sour cream or plain Greek yogurt



- Mushrooms through chicken in crockpot on high for 5-6 hours.
- Mix the flour with the sour cream /yogurt (so it doesn't curdle).
- Stir into crockpot and heat for ~10 minutes
- Serve alone, over rice or egg noodles

Roasted Lemon Rosemary Chicken

Whole Chicken
1 lemon
1 package rosemary sprigs
Minced garlic
EVOO
Salt/pepper
~1t.Sage



- Pre-heat oven to 400
- Remove giblets and rinse out cavity of bird.
- Rub chicken with EVOO, salt and sage
- Stuff chicken with minced garlic, whole rosemary sprigs and lemon halves
- Cook for 15 minutes, then without opening oven, turn heat down to 350.
- Cook 20 minutes per pound, or until internal temperature of 165.
- Cover with foil and let juices redistribute for 10 minutes. Don't skip this part!

^{*}You can add quartered potatoes and baby carrots to this for a complete meal.

Crockpot Beef Tenderloin

~2lbs beef tenderloin
Tall can mushrooms, drained
~2 t. minced Garlic
1 Chopped onion
1 Pkg Lipton Onion soup mix
~1 c. Red wine optional
~1 c Water if no wine is used
2 cubed potatoes
½ bag baby carrots



- Everything but veggies in crockpot.
- Cook on low 8-10 hours, or on high for 6 hours

Crockpot Italian Beef Sandwiches

2 chuck roasts, trimmed well 2 pkgs Lipton French onion soup mix 2 t. minced garlic ~2c beef broth Giardiniera



- Put everything in the crockpot on low for 8+ hours.
- Shred the beef and return to crockpot.
- Serve with French bread or buns and giardiniera.
- Add a fresh or bag salad kit.

Crockpot Chicken Corn Chowder

~1T EVOO
2 lbs chicken breast
1 onion, chopped
2 celery, chopped
2 t. minced garlic
1 box chicken broth
2 potatoes, chopped
1 can corn, drained
1 t. dried thyme
salt/pepper

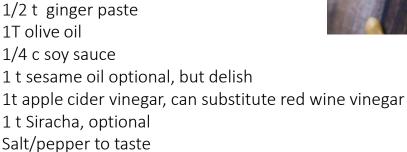


- Put everything in the crockpot on low for 7-8 hours.
- I also love this thicker, so I put 3 c. in a blender until smooth, and then return to crockpot and stir in.

Turkey Slaw

1 onion, diced **EVOO** 1 lb ground turkey 2 t. minced garlic 1 bag coleslaw 1 bag broccoli slaw





- Sauté onion in FVOO
- Brown 1 lb of ground turkey in onion and add minced garlic.
- Add coleslaw and broccoli slaw and sauté
- While that is cooking, mix sauce
- Toss both together.
- Serve with few chopped peanuts, optional

Greek Burger

1 lb ground turkey or hamburger
1 egg white
3T feta cheese is a nice touch
1 t minced garlic
~1/2 c fresh spinach chopped (or frozen)
Package of tzatziki
Tomato slices
Red onion slices



- Mix burger through spinach in a bowl and form burgers.
- Sauté or grill
- Serve with tzatziki, tomato slices and onion

No-Cook Chicken Bowls

Rotisserie or cooked chicken, chopped 1-2 avocados, diced or guacamole Cherry tomatoes, halved Green onions, chopped 1 package goat cheese 1 rice bag Salt /pepper



- Chop veggies and chicken
- Cook rice bag in microwave
- Combine all but rice in a bowl
- Place rice at bottom of individual bowls
- Top with chicken, veggies and goat cheese
- Optional, serve with sour cream / plain Greek yogurt

Quiche

1 pkg deep dish pie crusts
6 eggs
½ diced onion
1 crown broccoli
Deli ham, chopped
2 c. 2% milk (can use almond milk, but add a splash ½ & ½)
½ pkg shredded cheese
Paprika



- Preheat the oven to 425
- Chop onion, broccoli and ham and put in the pie crust
- Beat eggs in a bowl and add milk (I use almond with the ½ and ½ because we are not milk lovers here and I never have it in the kitchen)
- Sprinkle with cheese
- Sprinkle with paprika
- Bake at 425 for 15 minutes
- Lower oven temperature to 350 and bake for 30 more minutes

*You can add any kind of veggies, remove the crust, cheese or the meat. Quiche is very easy to make. I always make two because the pie crust pkg. comes with two and they freeze well.