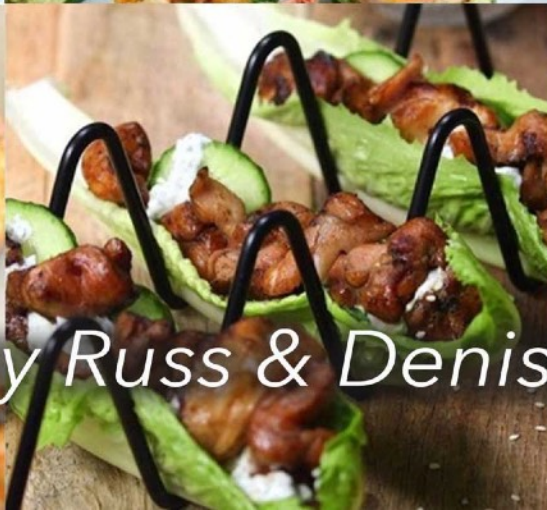




The
LEAN & GREEN
Recipe e-Book



Created by Russ & Denise McCann

LEAN & GREEN RECIPE



Grilled Chicken Power Bowls with Green Goddess Dressing

Ingredients:

- 1½ lbs. boneless, skinless chicken breasts
- ¼ tsp each (or less) salt & pepper
- 1 cup riced or cubed kabocha squash
- 1 cup riced zucchini
- 1 cup riced yellow summer squash
- 1 cup riced broccoli
- 8 cherry tomatoes, halved
- 4 radishes, sliced thin
- 1 cup shredded red cabbage
- ¼ cup hemp or pumpkin seeds

This **NEW** Lean & Green recipe, developed by



Green Goddess Dressing

- ½ cup low-fat plain Greek yogurt
- 1 cup fresh basil
- 1 clove garlic
- 4 tbsp lemon juice
- ¼ tsp each (or less) salt & pepper

Instructions:

1. Preheat grill or oven to 350°F.
2. Season chicken with salt and pepper.
3. Grill or roast chicken about 10-12 minutes until it reaches an internal temperature of 165°F. When done, remove from oven and set aside to rest, about 5 minutes. Cut into bite-sized pieces and keep warm.
4. While chicken rests, steam riced kabocha squash, zucchini, yellow summer squash, and broccoli in a covered microwave proof bowl about 5 minutes until tender.
5. For the dressing, combine all of the ingredients in a blender and puree until smooth.
6. To serve, place an equal amount of the riced veggie mixture into four individual serving bowls. Add an equal amount of cherry tomatoes, radishes, and shredded cabbage to each bowl along with a quarter of the chicken and one tablespoon of seeds. Drizzle dressing on top, and serve.

Notes:

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (vegetables)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



This **NEW** Lean & Green recipe, developed by



One Pan Shakshuka

Ingredients:

- 1 tsp canola oil
- 2 cloves garlic, minced
- 2 scallions, minced
- 1 small red bell pepper, seeds and membranes removed, chopped
- 42 oz. canned diced tomatoes (28 oz. can + 14.5 oz. can)
- 1 tsp ground cumin
- ½ tsp paprika, preferably sweet paprika
- Pinch of cayenne pepper
- 12 large eggs
- 2 oz. low-fat crumbled feta
- ¼ tsp each (or less) salt & pepper
- ½ cup chopped fresh cilantro

Instructions:

1. Heat oil in a medium nonstick or cast iron skillet to sweat garlic, scallions, and bell pepper about 2 minutes until translucent.
2. Add tomatoes and spices. Bring to a simmer and cook about 5 minutes.
3. Press the back of a tablespoon into the tomato mixture to create 12 wells. Crack an egg into each indentation, cover with a lid, and cook about 5 minutes until the egg whites are firm.
4. Uncover, remove pan from heat, and garnish with feta and cilantro. Serve hot.

Notes:

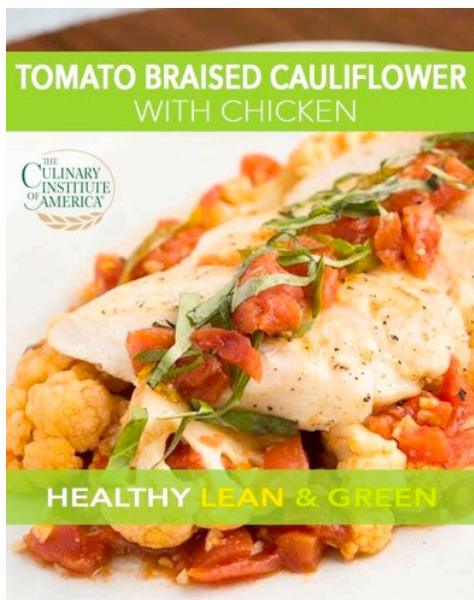
Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	3 Greens (vegetables)	3 Condiments
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350 calories, 18g fat, 20g carbohydrate, 27g protein

LEAN & GREEN RECIPE



*This Lean & Green recipe,
developed by*



Tomato Braised Cauliflower with Chicken

Ingredients:

- 3 scallions, trimmed and cut into 1-inch pieces
- 4 garlic cloves, sliced thin
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon dried oregano
- 1 ½ cups diced canned tomatoes
- 4 ½ cups cauliflower florets
- ½ teaspoon each: salt & pepper, divided
- 1 cup fresh basil, gently torn
- 1 ½ pounds boneless, skinless chicken breasts
- 1 ½ tablespoons olive oil

Instructions:

1. In a sauce pan, combine the scallions, garlic, crushed red pepper, oregano, tomatoes, and cauliflower, and add about ¼ cup of water. Bring everything to a boil, season with a ¼ teaspoon of salt and pepper, and cover the pot with a lid. Gently simmer for about 10 minutes, stirring occasionally, until cauliflower is tender. Season with remaining ¼ teaspoon salt and pepper.
2. Meanwhile, toss the chicken breast with olive oil, and roast in the oven at 450°F for about 20 minutes to an internal temperature of 165°F. Allow chicken to rest for 10 minutes.
3. Slice chicken, and serve on a bed of tomato braised cauliflower.

Notes:

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (Veggies)	2 Condiments
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1 Healthy Fat serving

Per Serving: 290 calories | 38g protein | 13g carbohydrate | 10g fat

LEAN & GREEN RECIPE



Creamy Tuscan Garlic Chicken

Ingredients:

- 1 1/2 lbs boneless skinless chicken breasts, thinly sliced
- 1 T olive oil
- 1 C low fat plain greek yogurt
- 1/2 C Chicken Broth
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- 1/4 C parmesan cheese
- 1 C spinach, chopped
- 3-6 slices sun dried tomatoes
- 1 T diced garlic or 2-3 clove

Instructions:

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center.
2. Remove chicken and set aside on a plate.
3. Add the yogurt, chicken broth, garlic powder, Italian seasoning, and parmesan cheese.
4. Whisk over medium high heat until it starts to thicken.
5. Add the spinach and sun-dried tomatoes and let it simmer until the spinach starts to wilt.
6. Add the chicken back to the pan and serve over zucchini noodles if desired.

NOTE: Add 1 1/2 Cup of Zucchini Noddles to make a complete Lean & Green

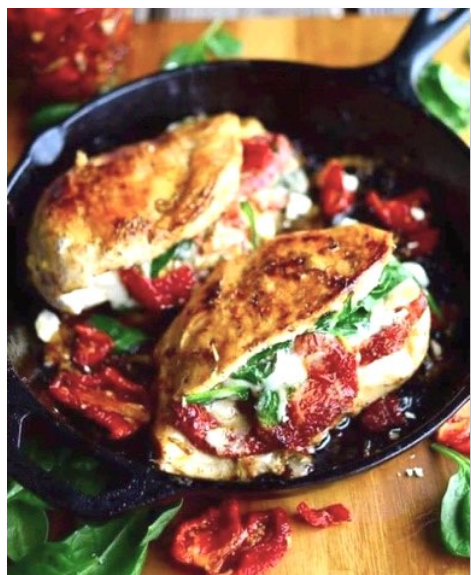
Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	0 Greens (Veggies)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Stuffed Chicken Breast

Ingredients:

- 18 ounces chicken breasts, boneless and skinless
- 1/2 cup sun-dried tomato, drained and patted dry (oil packed. Use enough to cover the chicken, cut into strips)
- 4 ounces part-skim mozzarella cheese
- 2 cups spinach
- Non-stick pan spray

Italian Dressing:

- 1 tbsp Dijon Mustard
- 1 tbsp white wine vinegar
- 1 packet Splenda or Stevia
- 2 tsp olive oil
- 1/2 tsp EACH Italian mixed herbs and red pepper flakes
- 1/4 tsp Salt
- 1/2 tsp pepper

Instructions:

1. Preheat oven to 180C/350F.
2. Whisk together the Italian Dressing ingredients in a bowl. It will be thicker than salad dressing.
3. Cut a pocket into each chicken breast, taking care not to cut all the way through.
4. Coat the chicken (inside and out) with the Italian Dressing.
5. Place chicken on work surface. Stuff with sun-dried tomato, top with cheese then finish with spinach leaves. Just stuff in as much as you can.
6. Seal with toothpicks (just stick them in on the diagonal).
7. Heat oil in an ovenproof skillet over high heat. Add chicken and cook for 1 1/2 minutes on each side, or until golden.
8. Transfer to oven and cook for 15 minutes, or until cheese is melted and bubbly and chicken is cooked through. Rest for 3 minutes before serving, drizzled with the juices in the skillet.

Notes:

1. Use whatever dried herbs you have - thyme, oregano, parsley, basil.
2. Typically, a 6oz/180g chicken breast (which is a small chicken breast) will take 25 minutes to roast at 180C/350F. This recipe takes less time to roast because a) it is started on the stove; and b) because the breast is stuffed, it cooks a bit from the inside because the stuffing is not as dense.

Makes 3 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1 Green (vegetables)	3 Condiments
1 Healthy Fat Serving		

LEAN & GREEN RECIPE



Garlic Butter Meatballs and Zoodles

Ingredients:

- 20 oz raw ground 95-97% turkey (2 1/2 Leaner Leans)
- 1/2 Cup reduced fat mozzarella cheese (1/2 Lean)
- 3/4 Teaspoon garlic powder, divided (1 1/2 Condiment)
- 1 Teaspoon dried basil (1/2 Condiment)
- 1/2 Teaspoon dried oregano (1/2 Condiment)
- 1 bouillon cube (1 Condiment)
- 1/2 Teaspoon salt (2 Condiments)
- 1/4 Teaspoon pepper (1/2 Condiment)
- 1 Cup chopped cilantro (1 Condiment)
- 4 1/2 Cups zucchini noodles (9 greens)
- 2 1/2 Tablespoons light butter, divided (2 1/2 Healthy fats)
- 1 Tablespoon lemon juice (1 1/2 Condiment)
- 1 Tablespoon Frank's hot sauce (1/2 Condiment)

Instructions:

1. In a large bowl, combine ground turkey, cheese, 1/2 tsp garlic powder, basil, oregano, bouillon cube, chopped cilantro, salt and black pepper. Mix well with your hands or fork and form medium balls. Arrange on a plate and set aside.
2. Melt 1 1/2 tablespoons butter in a large skillet over medium-low heat. Cook the meatballs for 8 – 10 minutes on all sides, until browned and cooked through. While cooking, baste the meatballs with the mix of butter and juices. Remove to a clean plate and set aside.
3. In the same skillet melt remaining 1 tablespoon butter; then add lemon juice, hot sauce, 1/4 tsp garlic powder. Add the zucchini noodles and cook for 3 or 4 minutes, stirring regularly, until zucchini is done but still crisp and juices have reduced a bit.
4. Push zucchini on one side of the skillet and add the meatballs back to the pan and reheat for a minute or two. Serve immediately. Enjoy!

Notes:

Makes 3 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (vegetables)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Chicken & Parmesan Cauliflower Rice

Ingredients:

- 4 – 6 ounces cooked skinless chicken breast
- ½ Cup reduced fat parmesan cheese
- 1 clove garlic
- ½ Teaspoon paprika
- ½ Teaspoon Italian seasoning
- 2 Tablespoons butter
- 3 Cups cauliflower rice
- ¼ Cup onion
- 2 Tablespoon vegetable stock
- ¼ Cup fresh chopped parsley

The Chicken Preparation Instructions:

1. In a shallow plate, combine parmesan cheese, paprika, and Italian seasoning. Season the chicken with salt and pepper; dredge in the parmesan mixture; shake off excess and set aside.
2. In a large skillet melt 1 tablespoons of butter over medium-high heat. Cook chicken until golden on each side and cooked through – about 3-4 minutes for each side, depending on the thickness of your chicken. Transfer to a plate.

The Cauliflower Rice Preparation Instructions:

1. In the same pan, melt 1 tablespoons of butter. Fry the garlic and onion for 1 minute until fragrant — be careful not to burn.
2. Add the riced cauliflower to the skillet and stir to mix everything together well and coat in melted butter. Cook, stirring regularly for 1 minute.
3. Stir in the 2 tablespoons vegetable stock, about half the parsley, and lemon zest. Cook for one minute to reduce juices then add the lime juice and a few sprinkles of leftover parmesan cheese, if you like.
4. Adjust seasoning as needed. Stir in the remaining parsley. Return chicken over cauliflower rice and reheat quickly. Serve with fresh cracked black pepper, red chili pepper flakes, and more parmesan. Enjoy!

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1 1/2 Greens (Veggies)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Green Chile and Chicken Mock Enchilada Casserole

Ingredients:

- 2.25 pounds - chicken breast-slice lengthwise
- 1 1/2 cups - green enchilada sauce
- 2 cups - whole roasted and peeled green chili's drained, seeds remove and pat dry
- 4 oz - low fat cream cheese room temperature
- 1/2 cup - low fat plain Greek yogurt
- 1 2/3 cups - low fat mozzarella cheese, shredded

Instructions:

1. Preheat oven to 375F/190 C. Spray a 9-inch x 13-inch casserole dish with non-stick spray. (I recommend using a glass or crockery casserole dish; any size that is close to that will work.)
2. Trim visible fat and other undesirable parts from chicken breasts and cut each one in half lengthwise. Put chicken into a small shallow pan, cover with water, and simmer over low heat until the chicken is done, about 15 minutes. Drain chicken into a colander in the sink (you can rinse if there's a lot of scum.) Remove to cutting board to cool.
3. Put the enchilada sauce into a small saucepan and simmer over low heat until the sauce has thickened and reduced to 2 cups, about 20 minutes. (I'm not that good at eyeballing it, so I put it in a measuring cup to measure when I think it's getting close.) Turn off the heat and stir in the cream cheese and greek yogurt.
4. After you remove the chicken, drain the can of whole green chiles into the colander and let them drain for a few minutes. Then one at a time, use your fingers to split the chiles open and remove the seeds, piling them into two piles so you can make two equal layers in the casserole. (If chiles still seem wet, you can blot them with a paper towel, but I didn't need to do that.)
5. When the chicken is cool enough to handle, shred apart into bite-sized pieces.
6. Layer half the green chiles into the bottom of the casserole dish, arranging them so the whole surface is covered as much as you can. Over that make a layer of half the chicken, 1 1/2 cups of the sauce, and 1 cup of the grated cheese. Make another layer each of green chiles, chicken, sauce, and cheese.
7. Bake uncovered until the casserole is bubbling and cheese is melted and browning on top, about 40 minutes. Let sit about 5 minutes before cutting. Serve hot.

Makes 6 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	1 Green (Veggies)	3 Condiments
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1 Healthy Fat serving

LEAN & GREEN RECIPE



Grilled Cilantro-Lime Chicken with Avocado Salsa

Ingredients:

- 4 (9 oz) raw chicken boneless skinless chicken breast halves
- 1 Tbsp lime zest
- 1/3 cup fresh lime juice
- 4 teaspoons oil
- 2 packets Splenda or Stevia
- 1/3 cup chopped cilantro, plus more for serving
- 3 cloves garlic, minced
- 1/2 tsp Salt
- 1/2 tsp freshly ground black pepper

Salsa Ingredients:

- 3 ounces avocados (ripe but semi-firm), diced
- 1 1/2 cup Roma tomatoes, chopped
- 1/2 cup chopped green onion, rinsed under cool water to remove harsh bite
- 1 clove garlic, minced
- 1 Tbsp fresh lime juice

Instructions:

1. Place chicken on a cutting board, cover with a sheet of plastic wrap and pound thicker parts of chicken to an even thickness. Transfer chicken to a gallon size resealable plastic bag.
2. In a small mixing bowl whisk together lime zest, lime juice, olive oil, splenda, cilantro, 3 cloves minced garlic and season with 1 tsp salt and 1/2 tsp pepper. Pour marinade mixture over chicken in bag. Seal bag while pressing air out, then rub marinade over chicken. Allow to rest in refrigerator 2 - 4 hours (rotating bag to opposite side and moving chicken around halfway through if possible to ensure it's evenly marinating).
3. Preheat a grill over medium-high heat (to about 425 - 450 degrees). Brush grill grates lightly with oil then grill chicken until center registers 160 - 165 degrees on an instant read thermometer, about 4 minutes per side. Remove and let rest 5 minutes.
4. Meanwhile, in a medium mixing bowl toss together avocado, tomato, onion, garlic and lime and season with salt and pepper to taste. Spoon over chicken and sprinkle with chopped cilantro. Serve warm.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1 Green (vegetables)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Asparagus Stuffed Chicken Breast

Ingredients:

- 1 ¾ pounds boneless skinless chicken breasts
- 1 tbsp lemon zest
- 1/2 tsp salt
- ½ tsp pepper
- 6 ounces asparagus stalks, trimmed
- 4 ounces low fat provolone cheese
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 425 degrees F.
2. Cut the chicken breast in half, length-wise, leaving it intact on one side (creating a pocket to stuff). Season the inside of the chicken breast with salt and pepper and a pinch of lemon zest. Lay the provolone cheese and 3 to 4 stalks of asparagus in the center of each chicken breast and fold over, enclosing the filling.
3. Season the outside of the chicken breast with salt, pepper, garlic powder and paprika.
4. Heat a large, oven safe skillet (I use cast iron) over medium-high heat and add the 1 tbsp olive oil, swirling around to coat the bottom of the skillet. Cook the chicken top side down, for 3 to 5 minutes, until the chicken easily releases from the pan and is golden brown on top. Flip the chicken over and cook an additional 3 to 5 minutes to sear the bottom side. Carefully cover the skillet with tinfoil and place in the preheated oven. Bake for an additional 15 minutes, or until the internal temperature of the chicken reaches 155 degrees.
5. Carefully remove the skillet from the oven and let sit, covered, for about 5 minutes. The temperature of the chicken should rise to meet 160 degrees and will be super tender and juicy! Enjoy!

Notes:

If you do not have an oven safe skillet, use a regular skillet and then transfer chicken breast to a baking dish and cover with foil before placing in oven.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	½ Greens (vegetables)	2 Condiments
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1 fat serving – the cheese is a Lean protein so it adds some fat

LEAN & GREEN RECIPE



Buffalo Chicken Jalapeño Popper Casserole

Ingredients:

- 2 ½ pounds Chicken Breasts
- ¼ cup Jalapeños (De-seed if you aren't a fan of spicy)
Divided if you want to put some on top
- 10 oz. low fat Cream Cheese
- 1 Tablespoon olive oil
- 4 oz. Reduced fat Shredded Cheddar
- 2 oz. Part Skim Shredded Mozzarella Cheese
- ¼ cup Frank's Red Hot Sauce
- ¼ tsp Salt
- ½ tsp Pepper to Taste

Instructions:

1. Pre-heat oven to 400F. Season chicken breasts with salt and pepper, then lay on a cooling rack over a cookie sheet wrapped in foil. Bake chicken breasts for 40 minutes at 400F.
2. Once your timer hits 20 minutes, start on the filling. Add olive oil into a pan over medium heat. Once oil is heated, add jalapeños into the pan.
3. Once jalapeños are soft and cooked, add cream cheese, and frank's red hot to the pan. Mix together until creamy and combined.
4. Remove chicken from the oven and let cool slightly. Lay chicken into a casserole dish, then spread cream cheese mixture over it, then top with cheddar and mozzarella cheese.
5. Bake for 10-15 minutes at 400F. Broil for 3-5 minutes to finish. Optional: Top with extra jalapeños before you broil

Notes:

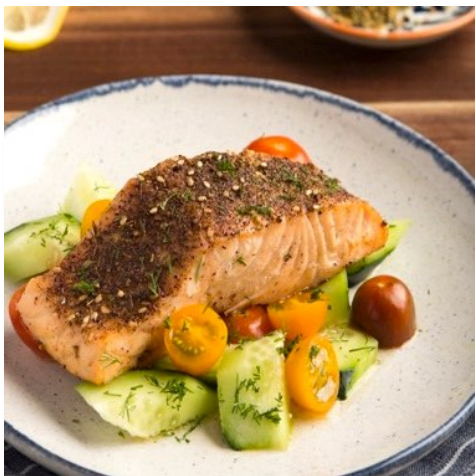
Makes 6 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1/4 Greens (vegetables)	3 Condiments
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1 fat serving – the cheese is a Lean protein so it adds some fat

LEAN & GREEN RECIPE



Middle Eastern Salmon

Ingredients:

- 4 cups sliced cucumber
- 1 pint cherry tomatoes, halved
- ¼ cup cider vinegar
- ¼ cup fresh dill, chopped
- ¼ tsp each (or less) salt & black pepper
- 1½ lbs. skinless salmon
- 1 tbsp Za'atar
- 4 lemon wedges

Instructions:

1. Pre-heat oven to 350 degrees F.
2. To make the salad, combine the first 5 ingredients in a large bowl and toss well.
3. Season the salmon on both sides with Za'atar, and place on a foil-lined baking sheet. Roast until internal temperature reaches 145 degrees F, about 12 to 15 minutes.
4. Serve roasted salmon with salad and lemon wedges.

Notes:

Makes 4 servings

LEAN & GREEN Nutrient Breakdown Per serving

1 Lean Protein	3 Greens (vegetables)	3 Condiments
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Per Serving: 360 calories | 36g protein | 6g carbohydrate | 21g fat

Healthy Looks good on you!!!

LEAN & GREEN RECIPE



Chicken Paprikash Over Cauliflower Rice

Ingredients:

- 4 cup raw red bell pepper, rough chopped
- 8 cup riced cauliflower (or zoodles)
- 2 tsp salt
- 8 tsp paprika
- 1 cup sour cream
- 2 cup chicken bouillon broth
- 4 pound boneless chicken breast

Instructions:

1. Cut chicken breast into tender-shaped pieces and cook on medium-high heat until cooked through. In a separate pot over medium heat, add two cups of reduced-sodium chicken bouillon, sour cream, paprika, and salt, and stir until smooth. Add red peppers (chopped into about 1" square pieces) and chicken and cook for about 45-60 minutes.
2. Serve 1/8 of the chicken paprikash over 2 cups of cauliflower rice or zoodles.

Notes:

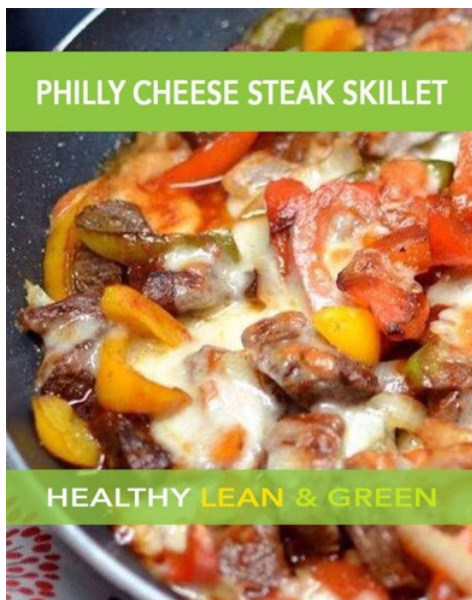
Makes 8 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (vegetables)	3 Condiments
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1 healthy fat serving

LEAN & GREEN RECIPE



Philly Steak Cheese Skillet

Ingredients:

- 1 ½ pounds of beef steak
- ½ cup scallions
- 1 cup red pepper
- 1 cup green pepper
- 1 cup orange/yellow pepper
- 1 garlic cloves
- 2 teaspoons ginger
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce
- 3 teaspoons sriracha
- 3 tablespoons reduced sugar ketchup
- 1 ½ cups low fat provolone cheese

Instructions:

1. Spray skillet, keeping the heat high enough brown steak. Remove from skillet, cover and keep warm.
2. Add onions. Cook on high until lightly browned on edges. Remove from pan and place over beef, cover and keep warm. Add a little beef broth or water if necessary.
3. Add peppers. Cook on high until lightly browned on edges. Remove from pan and place over onions, cover and keep warm.
4. Preheat oven to 400 degrees.
5. Add garlic and cook for 30 seconds. Add ginger, soy sauce, Worcestershire sauce, sriracha, and ketchup. Simmer 5 minutes.
6. Add steak, onions, and peppers back to the skillet. Top with cheese. Place in oven for 5 minutes turn oven to broil and cook for an additional 2-3 minutes or until cheese is melted and lightly browned.

Notes:

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (vegetables)	3 Condiments
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1 healthy fat serving

LEAN & GREEN RECIPE



Loaded Cauliflower "Mash" Bake

Ingredients:

- 4 slices Jennie-O Extra Lean Turkey bacon
- 6 cups cauliflower florets
- 3 cloves crushed garlic
- 1/3 cup 1% buttermilk
- 1 tbsp whipped butter
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 tbsp minced fresh chives, divided
- 1/4 cup shredded reduced fat cheddar cheese

Instructions:

1. Cook the turkey bacon in a skillet until crisp; set aside on a paper towel then crumble.
2. Fill a large pot with water, bring to a boil and add cauliflower and garlic. Boil until the cauliflower is soft, about 15-20 minutes. Drain, and return to the pot.
3. Preheat the oven to 350°F.
4. Add the buttermilk, butter, salt and pepper to the cauliflower and purée with a hand blender. If you don't own a hand blender, a regular blender would work fine as well. Mix in 1 tbsp of the chives and transfer to 4 individual casseroles (3/4 cups each) or one 8 x 8 casserole dish and top with cheddar and crumbled bacon. Bake in the oven until the cheese melts, about 5 minutes then top with remaining chives.

Notes:

In order to make this a complete Lean & Green Meal, you will need to add 5-7 oz of Lean Protein. For a complete list of Healthy Protein options, feel free to reach out to us!

Makes 5 servings

LEAN & GREEN Nutrients Breakdown Per serving

3/4 ounce protein	3 Greens (vegetables)	3 Condiments
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1/4 healthy fat serving

LEAN & GREEN RECIPE



Cajun Shrimp, Sausage, and Vegetable Skillet

Ingredients:

- 28 ounces cooked shrimp
- 12 ounces Jennie-O turkey sausage
- 3 Cups zucchini
- 3 Cups yellow squash
- 1 Cup asparagus
- 2 Cups red bell pepper
- ¼ Teaspoon salt
- ½ Teaspoon pepper
- 2 Tablespoons olive oil
- 2 Tablespoon Cajun seasoning

Instructions:

1. In a large bowl add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper and salt and pepper. Add olive oil and cajun seasoning and toss until coated.
2. Add to a large skillet and turn to medium high. Cook for about 5-7 minutes until the shrimp is pink and the vegetables are tender.
3. Garnish with fresh parsley if desired and serve immediately.

Notes:

Makes 6 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leanest protein	3 Greens (vegetables)	2 1/3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Fish Taco with Romaine Lettuce Boats for Shells

Quick and easy fish tacos for dinner!

Ingredients:

- 20 oz raw tilapia ~ should yield 14 oz cooked (2 Leanest)
- 3/4 tsp salt (3 Condiments)
- 1/4 tsp ground black pepper (1/2 Condiment)
- 1/2 tsp ground cumin (1/2 Condiment)
- 1/2 tsp chili powder (1 Condiment)

Toppings:

- 2 tsp lime juice (1 Condiment)
- 4 tbsp approved dressing of choice ~ I like Hidden Valley Light Fiesta Salsa Ranch (2 Healthy Fats)
 - or 3 oz avocado (2 Healthy Fats)
 - or you can use 4 tbsp sour cream (2 Healthy Fats)

Instructions:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper. Sprinkle salt, pepper, cumin and chili powder on both sides of tilapia. Bake for 20 to 25 min or until done.
2. Take 7 oz of cooked fish per serving and use lettuce boats to hold the fish. Drizzle each portion with 1 tsp lime juice and 2 tbsp of dressing. Then add your choice of 1.5 oz avocado or 2 tbsp sour cream per serving.

Notes:

Recipe Provided by <http://www.sandyskitchenadventures.com>

Makes 2 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leanest protein	1 Green	3 Condiments
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2 Healthy Fat Serving

LEAN & GREEN RECIPE



Meatball Lasagna

Ingredients:

- 12 turkey meatballs
- 1/2 cup part skim ricotta cheese
- 1/2 cup 2% Mozzarella Cheese
- 2 cups/180 g (cooked weight) yellow squash or zucchini or spaghetti squash
- 1 cup Italian diced tomatoes (less than 5 g of carbs per 1/2 cup)
- 1/2 tsp garlic salt
- 1/2 tsp dried basil
- 4 tsp grated parmesan cheese

Instructions:

1. Preheat oven to 350 degrees.
2. Layer zucchini or squash slices along the bottom of a medium sized casserole dish. Spread ricotta cheese over the squash. Sprinkle garlic salt and basil over the ricotta cheese and squash slices. Combine diced tomatoes with meatball pieces in a small bowl. Pour over ricotta cheese. Sprinkle mozzarella over meatballs and then top with grated parmesan cheese. Bake for 25 minutes or until cheese is melted.
3. There will be some water or liquid from the squash or ricotta. This is normal. I just drain it from the casserole dish by tipping the dish slightly to the side while making sure the lasagna doesn't pour it as well. Enjoy!

Notes:

Healthy Looks good on you!!

Makes 2 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (vegetables)	2 Condiments
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LEAN & GREEN RECIPE



Chicken Pesto Bake

Ingredients:

- 16 ounces boneless, skinless chicken breast
- ¼ tsp salt
- ¼ tsp pepper
- 4 teaspoons pesto
- 1 cup tomato
- ½ cup part-skim mozzarella

Instructions:

1. Wash chicken and dry with a paper towel. Slice chicken breast horizontally to create 4 thinner cutlets. Season lightly with salt and fresh pepper.
2. Preheat the oven to 400° F. Line baking sheet with foil or parchment if desired for easy clean-up.
3. Place the chicken on prepared baking sheet. Spread about 1 teaspoon of pesto over each piece of chicken.
4. Bake for 15 minutes or until chicken is no longer pink in center. Remove from oven; top with tomatoes, mozzarella and parmesan cheese. Bake for an additional 3 to 5 minutes or until cheese is melted.
5. To Grill: Grill chicken over medium flame on both sides until cooked through in the center. Lower flame, top chicken with tomatoes and cheese, and close grill until cheese melts.

Skinny Basil Pesto

Ingredients:

- 1 cup basil
- 1 clove garlic
- 1/4 cup grated parmesan
- Salt & pepper to taste
- 2 1/2 tbsp olive oil

Directions: In a food processor pulse basil, garlic, parmesan cheese, salt and pepper until smooth. Slowly add the olive oil while pulsing. Store in a sealed container and refrigerate until ready to use or you can freeze this in ziplocks bags to use at a later date. Makes 5 tablespoons.

Makes 2 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1 Green (vegetables)	3/4 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Shrimp Cucumber Bites

Ingredients:

- 2 Teaspoon olive oil
- 1 Tablespoons creole seasoning
- 21 ounces cooked shrimp
- 2 Cups cucumber

Avocado Spread Ingredients:

- 6 ounces avocado
- ½ Cup green onions
- 2 Tablespoons fresh cilantro
- 2 Teaspoon lemon juice
- ¼ Teaspoon salt
- ½ Teaspoon cayenne

Instructions:

1. Toss the shrimp in the oil and the seasoning and cook in a preheated (medium-high heat) heavy bottomed pan/skillet until slightly blackened, about 2-3 minutes per side.
2. Assemble the bites with cucumber slices, topped with avocado sauce and shrimp.
3. FOR THE AVOCADO SAUCE: Mix everything and enjoy!

Notes:

Makes 5 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leanest protein	1 2/3 Greens (Veggies)	3 Condiments
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2 Healthy Fat serving

LEAN & GREEN RECIPE



Mexican Cauliflower Rice Skillet

Ingredients:

- 1 1/4 lbs or 20 oz ground turkey 95 to 97% Lean
- 1/2 red pepper, diced
- 2 tbsp taco seasoning (low sodium)
- 1 cup diced tomatoes
- 12 ounces cauliflower rice (fresh or frozen)
- 1/2 cup unsalted chicken broth
- 1 1/2 cups shredded **low fat** Cheddar cheese or Mexican Blend
- 3.75 oz avocado, cubed

Instructions:

1. In a large skillet over medium heat, brown the ground beef until almost cooked through (just a little pink).
2. Add peppers and continue to cook until no longer pink. Stir in the taco seasoning.
3. Add the tomatoes and cauliflower rice and stir to combine. Stir in the broth and bring to a simmer. Reduce the heat to medium low and cook until the cauliflower rice begins to soften (8 to 10 minutes for frozen).
4. Sprinkle the skillet with the cheese and cover. Let cook until the cheese is melted, 3 or 4 minutes. Remove from heat and serve.
5. Top with avocado. Enjoy!

Notes:

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	2 Greens (Veggies)	3 Condiments
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2 1/2 Healthy Fat serving

LEAN & GREEN RECIPE



Cauliflower Cheddar Biscuits

Ingredients:

- 1 head cauliflower, leaves removed and cut into florets
- 1/2 head broccoli, cut into florets
- 1 ½ cup low fat cheddar cheese, grated
- 1 ½ cup 2 % greek yogurt
- 4 eggs & 8 egg whites
- 3 tablespoons water
- 3/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- ½ teaspoon of freshly ground pepper, to taste

Instructions:

1. Preheat oven to 400° F lightly grease 1-2 (mini) muffin tin(s) with non-stick spray.
2. Working in batches, place cauliflower and broccoli florets in food processor and pulse until it resembles grains of rice.
3. Place grated vegetables in a large, microwaveable dish, along with 3 tablespoons water, cover with a damp paper towel and microwave for 5 minutes, or until cauliflower is tender.
4. Carefully remove steamed cauliflower and transfer to a clean kitchen towel. Wrap up the cauliflower and wring out all excess moisture into the sink.
5. Repeat until all liquid has been drained.
6. Transfer cauliflower and broccoli to a large bowl and mix in cheddar cheese, Greek yogurt and eggs, then season with salt, onion and garlic powder, and pepper.
7. In a separate bowl, beat egg whites until stiff peaks form, then gradually fold egg whites into cauliflower mixture. Don't over mix.
8. Spoon batter into muffin tins, then place muffin tins in oven and bake for 25-30 minutes, or until tops are golden brown.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (Veggies)	2 Condiments
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LEAN & GREEN RECIPE



Zucchini Spinach Manicotti

Ingredients:

- 2 large zucchini
- 1 ½ cups part-skim ricotta
- 1 egg
- 1 cup frozen spinach, thawed and patted dry
- 1 ½ cups reduced-fat, shredded mozzarella, divided
- ¼ cup Parmesan, grated
- 1/8 tsp salt
- 1 pinch nutmeg
- 1 cup low-sugar tomato sauce

Instructions:

1. Preheat oven to 375 °F.
2. Using a mandoline slicer, slice zucchini lengthwise into 1/8-inch thick slices; set aside.
3. In a medium-sized bowl, combine ricotta, egg, spinach, ½ cup mozzarella, Parmesan, salt, and nutmeg.
4. Layer three slices of zucchini parallel to each other, and slightly overlapping one another.
5. Place a large spoonful of ricotta mixture on one end of the zucchini slices, and roll up the zucchini.
6. Place the stuffed zucchini next to each other into a lightly greased 9×9-inch baking dish.
7. Pour tomato sauce over top of the zucchini, and then sprinkle with remaining mozzarella cheese.
8. Bake for 25 minutes.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	3 Greens (Veggies)	1 Condiments
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330 calories | 30g protein | 17g carbohydrate | 17g fat

LEAN & GREEN RECIPE



Avocado Lime Shrimp

Ingredients:

- 14 ounces jumbo cooked shrimp, peeled, deveined and chopped
- 1 1/2 cup tomato, diced
- 4 1/2 ounces avocado, diced
- 1/4 cup jalapeño, seeds removed, diced fine
- 1/4 cup chopped green onion
- 2 tablespoons lime juice
- 1 tsp olive oil
- 1 tbsp chopped cilantro
- 1/8 teaspoon salt
- 1/4 teaspoon fresh pepper to taste

Instructions:

1. In a small bowl combine green onion, lime juice, olive oil, pinch of salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion.
2. In a large bowl combine chopped shrimp, avocado, tomato, and jalapeño. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.

Makes 2 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	2 Greens (Veggies)	2 Condiments
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2 Healthy Fat Servings

LEAN & GREEN RECIPE



Broccoli Beef Bowl

Ingredients:

- 5.25-oz lean ground hamburger
- 1-oz reduced fat shredded cheddar cheese
- 1¼ cup broccoli, cut into bite sized pieces
- ¼ cup Rotel tomatoes (Diced Tomatoes with few Green Chilis)
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon salt, divided
- Pinch of red pepper flakes
- 2 tablespoons low sodium chicken stock

Instructions:

1. Put your broccoli in a bowl with your chicken stock and cover with plastic wrap. Put in the microwave for 4 minutes, or until tender and cooked.
2. In a large skillet brown your hamburger and drain the grease, if needed, when it's done.
3. Add your Rotel tomatoes, garlic powder, onion powder, salt, and red pepper flakes and stir well.
4. When your broccoli is finished cooking then add it to your skillet and toss with the hamburger mixture.
5. Add everything to a bowl and top with your shredded cheddar cheese.
6. Enjoy!

Makes 1 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	3 Greens (Veggies)	3 Condiments
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LEAN & GREEN RECIPE



Mediterranean Chicken Salad

Ingredients:

For Chicken:

- 1 $\frac{3}{4}$ lbs. boneless, skinless chicken breast
- 1 $\frac{1}{2}$ tbsp butter, melted
- $\frac{1}{4}$ tsp each (or less) salt & pepper

For Mediterranean Salad:

- 6 cups romaine lettuce, torn or roughly chopped
- 1 cup sliced cucumber
- 1 pint cherry tomatoes, halved
- 10 pitted Kalamata olives
- $\frac{1}{3}$ cup reduced-fat feta cheese
- 1 small lemon, juiced (about 2 tbsp lemon juice)
- $\frac{1}{4}$ tsp each (or less) salt & pepper

Instructions:

1. Pre-heat grill or oven to 350 degrees F.
2. Season chicken with butter, salt, and black pepper.
3. Grill or roast chicken until it reaches an internal temperature of 165 degrees F, about 25 minutes.
4. Once chicken breasts are cooked, remove and set aside to rest (about 5 minutes) before slicing.
5. Meanwhile, combine all of the salad ingredients and toss well.
6. Serve chicken with Mediterranean salad.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (Veggies)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Zucchini Pasta Italian Salad

Ingredients:

- 6 small zucchini, spiralized (total weight 1 3/4 pounds)
- 1 pint organic cherry tomatoes
- 1 green bell pepper, chopped
- 1 orange bell pepper, chopped
- 1/4 cup green olives
- 12 oz. hearts of palm, drained
- Fresh chopped parsley as garnish

Homemade Italian Dressing:

- 1/2 cup apple cider vinegar
- 1/4 cup extra virgin olive oil
- 1/2 Tbsp garlic powder
- 1/2 Tbsp onion powder
- 1/2 Tbsp Italian herbs
- 1/2 tsp dijon mustard, no sugar added
- 1/2 tsp dried basil
- 1/4 tsp ground black pepper
- 1/4 tsp. sea salt

Instructions:

1. Combine all of the Ingredients in a large bowl
2. Add the salad dressing and toss the salad

Note:

For a complete Lean and Green Meal, add 5-7 Oz of Lean Protein

Makes 7 servings

LEAN & GREEN Nutrients Breakdown Per serving

Lean Protein (Added)	3 Greens (Veggies)	3 Condiments
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2 Healthy Fat Servings

LEAN & GREEN RECIPE



Broiled Greek Burger with Lettuce Wraps

Ingredients:

- 1 ¼ lbs. 90% lean ground beef
- 1 tsp salt, divided
- ½ tsp black pepper, divided
- 2 tsp crushed garlic, divided
- 1 scallion, trimmed and minced
- 1 tbsp capers, minced
- 3 oz. low-fat crumbled feta
- 1 ½ English cucumbers (about 1 ¼ lbs.)
- ½ cup low-fat plain Greek yogurt
- 8 large lettuce leaves

Instructions:

1. Combine the beef with half of the salt, pepper, and crushed garlic. Add the scallions and capers and mix well.
2. Carefully fold in the crumbled feta, and shape the beef mixture into 8 even-sized patties; set aside.
3. To make the tzatziki, grate the cucumber into a colander and combine with the remaining salt. Allow cucumber to drain in the colander for about 10 minutes. With a kitchen towel, squeeze excess moisture from the cucumbers and place in a bowl.
4. Broil the beef patties on high for about 5 minutes to an internal temperature of about 165 degrees F, flipping once to achieve even cooking and browning.
5. Serve burgers on a large lettuce leaf with tzatziki.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	2 Greens (Veggies)	3 Condiments
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Per Serving: 330 calories | 35g protein | 7g carbohydrate | 17g fat

LEAN & GREEN RECIPE



Lasagna Stuffed Chicken

Ingredients:

- 1 lb chicken breasts
- 1 cup part skim ricotta cheese
- 1/4 cup egg beaters
- 1 teaspoons oregano
- 2 teaspoon basil
- 1/4 tsp garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons reduced fat Parmesan cheese, grated
- 1 cup reduced fat shredded mozzarella, divided
- 1 cup Rao's marinara sauce

Instructions:

1. Butterfly chicken breasts and place into a lightly greased baking dish.
2. In a small mixing bowl, stir together ricotta cheese, egg beaters, 1/2 tsp oregano, 1 tsp basil, garlic powder, salt, black pepper and 1/2 cup mozzarella cheese.
3. Spoon about 1/4 cup of sauce onto one half of each chicken breast. Spread ricotta mixture on top of the sauce and fold chicken breasts over to close.
4. Drizzle remaining marinara sauce over chicken. Top with 1/2 cup mozzarella cheese. Sprinkle with remaining 1/2 tsp oregano and 1 tsp basil.
5. Bake in a 400 degree oven for 25-30 minutes, until chicken reaches an internal temperature of 165 degrees F.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	1 Greens (Veggies)	2 Condiments
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LEAN & GREEN RECIPE



Chicken Avocado Burgers

Ingredients:

- 36oz. (raw weight) ground chicken breast
- 6oz. avocado
- ¼ cup diced onion
- 1 tsp mustard powder
- ½ tsp chili powder
- 1 tsp garlic powder
- ¼ tsp salt
- ½ tsp paprika
- ¼ tsp cumin
- ½ cup shredded zucchini

Instructions:

1. In a mixing bowl, combine all ingredients except the avocado.
2. Once the spices are thoroughly mixed into the chicken gently stir in the avocado.
3. Form the mixture into 4 patties using your hands.
4. Grill over medium high heat for about 5-7 minutes on each side. Make sure the burgers reach a temperature of 165° F

Notes: To make it a complete lean and green, top the burger with a slice of tomato and wrap with Butter Leaf or Iceberg Lettuce

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1/4 Greens (Veggies)	3 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Balsamic Tomato Chicken Salad

Ingredients:

- 12 ounces cooked chicken breast meat, shredded
- 15 ounces cooked chicken dark meat, shredded
- 1/4 cup chopped green onions
- 1 cup chopped fresh cilantro
- 1 red pepper sliced into thin strips
- 1 yellow pepper sliced into thin strips
- 1 large tomato seeded and diced
- 2 tablespoons toasted sesame seeds

For The Dressing – 2 teaspoons count as one fat

- 1/2 cup balsamic vinegar
- 2 packets Stevia or other sugar substitute
- 1/2 teaspoon ground cumin
- Salt and cracked black pepper
- 3/4 cup extra virgin olive oil

Instructions:

1. Put the shredded chicken in a large bowl making sure the pieces aren't too large.
2. Add the green onions, cilantro, red peppers, yellow peppers and tomato.
3. In a blender combine the balsamic vinegar, Splenda, cumin, salt and pepper.
4. Blend on high speed and slowly add the olive oil until it starts to thicken slightly.
5. Add about half of the dressing to the chicken and toss well.
6. Add more dressing if you prefer.
7. Taste and season with more salt and black pepper if desired.
8. Transfer to a large serving bowl and sprinkle with the toasted sesame seeds. Serve at once.

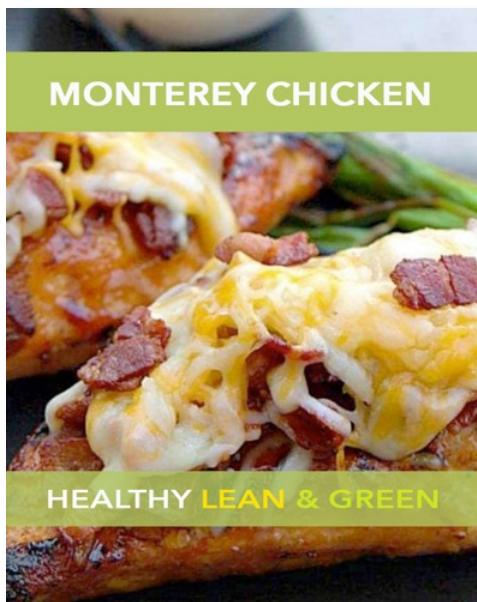
Makes 5 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	1 1/4 Greens (Veggies)	1 1/2 Condiments
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1 Healthy Fat for each 2 Teaspoons of Dressing

LEAN & GREEN RECIPE



Monterey Chicken

Ingredients:

- 18 ounce chicken breasts, boneless skinless (raw)
- ¼ cup mozzarella cheese
- ¼ cup Monterey/cheddar blend cheese
- 4 slices Jennie-O Extra Lean turkey bacon
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ cup sugar free BBQ sauce

Instructions:

1. Before we start grilling, cut turkey bacon in medium dice and cook it in a skillet over medium low heat until crispy. Set aside.
2. Season chicken breasts with salt, pepper, and the dried spices.
3. Heat grill over high heat for at least 5 minutes. Grease grates, place chicken on grill over medium heat. Let cook until almost done.
4. When chicken has an internal temperature of 150 degrees, baste with BBQ sauce on both sides and continue cooking until it reaches an internal temperature of 165 degrees. (Don't baste the chicken as soon as it hits the grill or else the BBQ sauce will burn.)
5. When chicken is cooked through, place half of the turkey bacon on top of each piece. Mix the cheeses together and spread evenly over each piece.
6. Close the cover on the grill and let the cheese melt, this will only take a couple minutes.
7. Serve and enjoy!

Note: In order to make a complete Lean and Green meal, you will need to add three servings (1 1/2 cup combined) of non-starchy vegetables from the vegetable list and one Healthy Fat.

Makes 3 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	0 Greens (Veggies)	2 Condiments
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0 Healthy Fat Serving

LEAN & GREEN RECIPE



Slow Cooker Chicken Enchilada Soup

Ingredients:

- 41 ounces (2.56 lbs) boneless skinless chicken breasts - raw
- 2 cups fat-free, low sodium chicken broth
- 1 -10 oz. can red enchilada sauce
- 1 (14 ounce) can fire-roasted diced tomatoes, with juice
- 1 (4 ounce) can diced green chilies
- 1 ¾ cups Rotel
- 1 clove garlic, minced
- 1 cup green spring onion, peeled and diced
- 1 tsp ground cumin
- ½ tsp salt
- 6 ounces low fat cheddar cheese

Instructions:

1. Add all ingredients in the slow cooker. Cook on low for 6-8 hours or high for 3-4 hours.
2. You can also throw this in a stock pot for 20 minutes but would need to grill or bake the chicken first.
3. Garnish with 1 ounce of cheese per serving.

Serving size approximately 1 1/2 cups

Notes: *Recipe from Foodi Queen*

Makes 6 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (Veggies)	3 Condiments
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1 Healthy Fat Servings

LEAN & GREEN RECIPE



Avocado Chicken Salad

Ingredients:

- 10 oz finely diced chicken, about 2 cups but weigh for accuracy
- 1/2 cup 2% Plain Greek yogurt
- 3 oz chopped avocado
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tbsp + 1 tsp lime juice
- 1/4 cup fresh cilantro, chopped

Instructions:

1. Combine all ingredients in a medium bowl. Refrigerate until ready to serve. Divide into 2 servings.
2. To make this a complete Lean and Green Meal, add 1 1/2 cups of Non-Starchy Vegetables per serving

Notes:

- Great as an appetizer for social gatherings - Healthy and Delicious
- Use mini peppers, celery, cucumbers slices, lettuce wraps, or other veggies instead of crackers, chips, or bread

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	0 Greens (Veggies)	2 1/2 Condiments
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1 Healthy Fat serving

LEAN & GREEN RECIPE



Ricotta and Bacon Stuffed Mini Peppers

Ingredients:

- 1 pound assorted mini peppers, about 18 mini peppers*
- 2/3 cup part skim ricotta cheese
- 1/3 cup reduced fat mozzarella cheese, shredded
- 4 slices turkey bacon
- 1 egg, beaten
- 1/4 cup freshly grated parmesan cheese
- 2 tbsp fresh basil chopped
- 2 tbsp fresh parsley, chopped
- 1/4 tsp salt ~optional
- 1/8 tsp black pepper

Instructions:

1. Preheat oven to 350 degrees.
2. Cook turkey bacon and chop into very small pieces. Set aside.
3. Cut peppers in half lengthwise, removing seeds and ribs. Place on a baking sheet and set aside.
4. In a medium bowl, combine ricotta, mozzarella cheese, turkey bacon, egg, parmesan cheese, basil, parsley, salt and pepper.
5. Fill peppers with the cheese mixture.
6. Bake for 18 to 20 min or until ricotta is set and cheese is melted.

Notes:

Recipe from ***Sandy's Kitchen Adventures***

- These ricotta bacon stuffed mini peppers make a colorful delicious appetizer to serve at your next gathering! Perfect for serving during a football game or at your next get together!

Makes 2 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	3 Greens (Veggies)	3 Condiments
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0 Healthy Fat serving

LEAN & GREEN RECIPE



Italian Zucchini Meatballs

Ingredients:

- For the Meatballs
- 14 oz 93% lean ground beef (2 Leans)
- 16 oz Jennie-O sweet Italian turkey sausage, casings removed* (2 Leans)
- 1 cup reduced fat mozzarella cheese (1 Lean)
- 6 tbsp reduced fat parmesan cheese (3 Condiments)
- 1 cup shredded zucchini (2 Greens)
- 3/4 tsp salt (3 Condiments)
- 2 tsp onion powder (4 Condiments)
- 2 tsp fresh minced garlic (2 Condiments)
- 1 tsp Italian seasoning (2 Condiments)
- 1 egg (1/3 Lean)

For the Topping:

- 1 cup approved marinara sauce** (4 Greens)
- 2/3 cup reduced fat mozzarella cheese (2/3 Lean)
- 1/4 cup fresh basil, chopped (1/4 Condiment)

Instructions:

1. Preheat oven to 400 degrees.
2. Lightly spray a baking sheet with cooking spray or use a non-stick silicone mat with the baking sheet.
3. Shred zucchini and squeeze out excess moisture from zucchini using a clean dish cloth or cheesecloth.
4. Combine all the ingredients for the meatballs in a large bowl.
5. Use a small cookie scoop and scoop out small meatballs and place them on the prepared cookie sheet.
6. Bake for about 20 to 25 min or until cooked thoroughly. Drain the grease.
7. Top with marinara sauce and 2/3 cup cheese.
8. Bake for an additional 5 to 10 min or until cheese has melted.
9. Garnish with fresh basil.

Recipe Notes: * You can substitute 14 oz of Jennie-O bulk turkey sausage instead of 16 oz Jennie-O sweet Italian turkey sausage or 93% lean ground beef.

Some approved marinara sauces:

Rao's marinara sauce, Prego no sugar added traditional sauce, Hunt's garlic and herb pasta sauce, Trader Joe's marinara sauce, Organico Bello

Makes 6 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	1 Green (vegetables)	2 1/2 Condiments
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LEAN & GREEN RECIPE



Chicken Zucchini Poppers

Ingredients:

- 18.2 oz raw ground chicken breast~Yields 12 oz cooked
- 1/2 cups (9.95 oz) grated zucchini (leave peel on)
- 1/2 cup (1.76 oz) green onions, sliced
- 1/4 cup cilantro, minced
- 1 clove garlic, minced
- 3/4 tsp salt
- 1/2 tsp pepper
- 1 tsp olive oil (

Instructions:

1. Mix ground chicken and remaining ingredients in large mixing bowl.
2. Grab a frying pan or skillet and grease with olive oil. From the bowl spoon out 8-10 nugget sized pieces onto the skillet.
3. Over medium heat cook the chicken poppers for five minutes on each side.
4. You can eat plain or serve with your favorite dip or sauce..

Makes 2 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (Veggies)	2 1/2 Condiments
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1 Healthy Fat Serving

LEAN & GREEN RECIPE



Easy BBQ Meatballs

Ingredients:

- 5 Trader Joes Turkey Meatballs OR
- 6 Jennie-O Homestyle Turkey Meatballs OR
- 10 Butterball Italian Style Turkey Meatballs
- 1/4 cup Guy's Smokey Garlic BBQ Sauce
- 1 tsp low sodium soy sauce

Instructions:

1. Bake meatballs according to package. Trader Joes is 20 minutes at 350 degrees.
2. Combine BBQ sauce and soy sauce in a small bowl and pour over meatballs.
3. See, that was Easy - Enjoy!

Makes 1 serving

LEAN & GREEN Nutrients Breakdown Per serving

1 Lean protein	0 Green (vegetables)	2 1/2 Condiments
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LEAN & GREEN RECIPE



Mini Pepper Nachos

Ingredients:

- 1/4 Cup chopped jalapeño pepper
- Cooking spray
- 12 Ounces can low-sodium chicken breast (in water), drained
- 6 Ounces avocado, mashed
- 1/2 Cup plain, low-fat Greek yogurt
- 2 Cups shredded, low-fat cheddar cheese, divided
- 1 Teaspoon chili powder
- 24 mini bell peppers, halved with stem, seeds, and membranes removed
- 1/4 Cup chopped scallions

Instructions:

1. Sauté the diced jalapeño in a lightly greased skillet until tender.
2. Mix the jalapeño, chicken, avocado, yogurt, one cup of cheese, and chili powder in a medium bowl.
3. Arrange the mini bell peppers in a single layer in a large casserole dish. Fill with chicken mixture, sprinkle with remaining cheese, and broil until cheese has melted, about 2 to 4 minutes.
4. Garnish with scallions and serve with salsa, if desired.

Makes 4 servings

LEAN & GREEN Nutrients Breakdown Per serving

1 Leaner protein	3 Greens (Veggies)	1 Condiments
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1 Healthy Fat serving