



Clean + Delicious 20 Minute Summer Recipes

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Here's a week of clean & delicious recipes that will save you time in the kitchen and feel like a five-star meal!

I get it, Summer time isn't a season you want to spend slaving over the stove or heating up the house by cooking for hours. That's why I'm sharing a few of my favorite, simple Summer recipes to keep meal time around 20 minutes or less.

Notice the serving sizes per recipe and modify to fit your family size. Be sure to adjust the spices to your families preferences and swap ingredients based on availability in your area.

Here are a few additional time saving tips:

- Buy a pre-made rotisserie chicken at the store for the *Thai-Inspired chicken salad* and the *Chicken Teriyaki Bowl*.
- Pre-make your coconut rice in the beginning of the week and use for your *Chicken Teriyaki Bowl*, *Caribbean Blackened Salmon Bowl* or even make a little extra to go with your *BBQ Steak Chimichurri Skewers*.
- Skip the step for assembling the Blackened Spice on the *Caribbean Blackened Salmon Bowls* and instead purchase one at the store premade.

Want leftovers? No problem, double the recipe and have ready-to-go dinners or premade lunches throughout the week!

Increase the 'enjoyability factor' in the kitchen by turning on your favorite tunes & pouring yourself a refreshing beverage to enjoy while you cook.

Cooking clean & delicious meals doesn't have to be time consuming or overly complicated. I hope you enjoy these Summer favorites as much as I do!

Curious about meal planning?

Setup a complimentary discovery call to learn more about my nutrition coaching and meal planning services. Text 541.610.9925 or email the address below.

Cheers to your best health,

Deanna

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Perfect Coconut Rice

6 servings

25 minutes

Ingredients

2 cups Jasmine Rice (rinsed)
13 1/2 fl ozs Full Fat Coconut Milk (1 Can)
1 cup Water
3/4 tsp Sea Salt (Course)

Directions

1

STOVE TOP: Add the rinsed rice, coconut milk, water, and salt to a pot over high heat and whisk to combine. Bring the mixture to a boil, then reduce the heat to lowest setting, whisk it again, cover, and cook for 20 minutes.

2

INSTA POT VERSION: Add the rinsed rice, coconut milk, water, and salt to the Instant Pot then secure the lid and set to cook on high pressure for 4 minutes. Once the timer goes off, let the pressure naturally release for at least 10 minutes, then manually release the remaining pressure and serve!



Caribbean Blackened Salmon Bowls

4 servings

20 minutes

Ingredients

- 2 tbsps Chili Powder
- 1 tbsp Paprika
- 1 tbsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Oregano (Dried)
- 1 tsp Dried Thyme
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 Salmon Fillet (skin-on (5-6oz filets))
- 1 tbsp Extra Virgin Olive Oil
- 4 cups Coconut Rice (may also use plain white or brown rice, quinoa, or cauliflower rice)
- 1/2 cup Cilantro
- 2 tbsps Lime Juice (about 1 lime)
- 3 tbsps Olive Oil
- 1 cup Purple Cabbage (Shredded)
- 1 Avocado (diced)
- 1 Mango (diced)

Directions

- 1 Make the coconut rice, if using. (See Recipe) Or use any rice, quinoa or cauliflower rice on hand.
- 2 Whisk together the ingredients for the blackened seasoning (chili, paprika, cumin, garlic + onion powder, dried oregano + thyme, sea salt +pepper). Season each salmon fillet with 1 tablespoon of it.
- 3 Heat 1 tablespoon olive oil in a skillet over medium heat. Once hot, place the salmon in the pan and sear for 4-5 minutes, until browned and crisp, then flip and sear an additional 3-4 minutes, until browned, and remove from the pan.
- 4 Blend all ingredients for the cilantro lime sauce until smooth (Cilantro, lime and olive oil). If the sauce is too thick, add 1-2 tablespoons of water to thin it out as needed.
- 5 To assemble place the coconut rice in a bowl, then top with the salmon, mango, avocado, and purple cabbage. Drizzle the cilantro lime sauce over top and serve!

Notes

Save Time: Purchase pre packaged already cooked coconut rice or grain of choice for the base of the bowl. Skip the blackened seasoning step and purchase pre-made blackened spice from the store.

Meal Prep: Cook the coconut rice ahead of time and use for all recipes this week that call for rice.

Fish Swap: No Salmon? Swap for shrimp, tilapia, mahi mahi, halibut or any fresh wild fish available in your area.



Easy Shrimp Tacos + Cilantro Citrus Sauce

4 servings

20 minutes

Ingredients

1 1/2 lbs Shrimp (Jumbo or prawns peeled and de-veined)
1 tbsp Butter (or coconut oil)
2 tbsps Lime Juice
2 tsps Chili Powder
1 tsp Garlic Powder
1 tsp Cumin
1 tsp Oregano
3/4 tsp Sea Salt
1/2 tsp Pepper
2/3 cup Grass Fed Greek Yogurt
2 tbsps Orange Juice
1 tbsp Lime Juice
1/4 cup Cilantro (packed + chopped)
1 Garlic
8 Corn Tortillas (warmed)
1/4 cup Purple Cabbage (Shredded for garnish)
1 Avocado (Sliced for garnish)
3 ozs Cotija (Crumbled for garnish (optional))

Directions

- 1 In a medium-sized bowl, whisk together the lime juice, chili powder, garlic powder, cumin, oregano, salt, and pepper, then add the shrimp and toss to coat.
- 2 Heat the butter over medium heat. Once hot, add the shrimp, working in 2 batches if needed, and cook for 2-3 minutes, until browned, then flip and cook an additional 1-2 minutes, until the shrimp turn white and begin to curl in on themselves, then remove from heat.
- 3 To make the sauce, add all ingredients to a blender and blend until smooth: Yogurt, lime and Orange juice, fresh cilantro and garlic.
- 4 To serve, spoon the shrimp into corn tortillas, then top with the shredded cabbage, avocado slices, and cotija cheese. Spoon the sauce over top and serve!

Notes

Dairy Free: Replace the Greek yogurt with mayo, and omit the cheese

Low Carb : Serve bowl-style over cauliflower rice.

Low FODMAP: Omit the garlic powder, garlic clove, and follow the dairy-free modifications above.

Side Dish: Serve with Fresh or Grilled Pineapple!



BBQ Steak Skewers with Chimichurri + Corn

4 servings

20 minutes

Ingredients

- 1 1/4 cups Cilantro (stems removed)
- 1 1/4 cups Parsley (stems removed)
- 1 Garlic (clove)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Sea Salt (to taste, divided)
- 1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)
- 3 cups Red Onion (chopped)
- 4 ears Corn On The Cob (Grilled or cooking in boiling water)
- 8 Barbecue Skewers

Directions

- 1 If using wood skewers soak in water for 10-15 minutes. Preheat grill or oven and start boiling a large pot of water for the corn.
- 2 In a food processor, chopper or blender, combine the cilantro, parsley, garlic, apple cider vinegar, oil, and salt until your desired consistency is reached. Add more oil or water, if needed.
- 3 Pierce the steak and red onion onto the barbecue skewers. Season with salt.
- 4 BBQ corn- Shuck corn and coat in butter rotate on the grill for about 10 minutes. To boil corn- shuck and place in boiling pot of water for 7-10 minutes.
- 5 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Scoop the chimichurri sauce over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one 13.5-inch (34 cm) skewer.

Additional Toppings: Serve with grilled corn on the cob, brown rice, quinoa, or a salad.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Grill: Preheat oven to 450 and bake skewers about 5-7 minutes each side. Grill on the stove over medium-high heat in butter or oil about 4 minutes each side. Let meat rest off of the heat before serving.



One Pot Creamy Chicken Piccata Skillet

4 servings

20 minutes

Ingredients

1 1/2 ozs Chicken Breast (about 1/2-inch thick-Thinly Sliced)
1 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Butter (Or olive oil)
3 Garlic Clove (minced)
1 1/2 cups Chicken Broth
1/2 cup White Cooking Wine (may replace with chicken broth)
1/4 cup Lemon Juice
1/4 cup Capers
1/2 cup Grass Fed Greek Yogurt (Whole milk or full fat coconut milk from the can (dairy free))
2 cups Baby Spinach (chopped)
1/2 cup Shredded Parmesan Cheese (for garnish)
1 bunch Parsley (Chopped for garnish)
12 ozs Brown Rice Pasta Shells (optional, or pasta of choice)

Directions

- 1 Season the chicken breast with salt and pepper on both sides. If your chicken breast is on the thicker side (more than 1/2 inch thick), slice them in half lengthwise before seasoning.
- 2 Heat the butter or olive oil in a large skillet over medium heat. Once hot, add the chicken and sear for 4-5 minutes, until browned, then flip and cook for an additional 3-4 minutes, until browned and fully cooked through. Remove the chicken from the skillet and set aside.
- 3 Optional- Cook pasta according to directions.
- 4 Add the minced garlic to the skillet and cook for 1 minute, until fragrant.
- 5 Pour 1/2 cup of the chicken broth and white wine into the skillet and increase the heat to medium-high. Let simmer for 3-4 minutes, until slightly reduced and alcohol smell is evaporated, then stir in the lemon juice, capers, and spinach. Cook for 2-3 minutes, until wilted, then turn off the heat.
- 6 Whisk together the yogurt and remaining cup of chicken broth until smooth, then stir into the spinach mixture.
- 7 Add the chicken back to the skillet, garnish with parsley and parmesan cheese, and serve alongside pasta of choice!

Notes

Low Carb: Sub more veggies for pasta or serve over cauliflower rice.

Dairy Free: Substitute full-fat coconut milk for the yogurt and omit the parmesan cheese.

Creamier : If you'd like your sauce to be on the thicker side, you can use 3/4-1 cup of Greek yogurt here



Chicken Teriyaki Bowl

4 servings

20 minutes

Ingredients

8 fl ozs Coconut Aminos
1/2 tsp Ground Ginger (or 1 tbsls diced fresh ginger)
1/2 tsp Garlic Powder
1 tbsp Rice Vinegar
2 tsps Sesame Oil
1/2 tsp Fish Sauce
3 cups Shredded Chicken (from a rotisserie chicken or about 1 1/2 pounds boneless, skinless chicken breast or thighs)
1 1/2 cups Coconut Rice (may also use brown rice or cauliflower rice)
2 heads Broccoli (or about 1 pound broccoli florets)
Sesame Seeds (for garnish)
Cilantro (optional, for garnish)

Directions

- 1 Cook the rice according to coconut rice recipe or use package instructions for alternate rice.
- 2 For the sauce, add all the coconut aminos to a large skillet over medium heat. Simmer for about 10 minutes, or until it thickens to coat the back of a spoon. Then, remove from heat and whisk in the ginger, garlic, vinegar, sesame oil, and fish sauce.
- 3 Steam broccoli Stovetop Method: Place the broccoli florets into a medium-sized pot with 1/4 cup water. Place the lid on and let simmer for 10 minutes, until the florets are bright green and easily pierced with a fork. Drain the water from the broccoli and set aside.
- 4 Assemble the bowls: toss the chicken with the teriyaki sauce, then spoon the rice into each bowl, top with the teriyaki chicken and broccoli, then garnish with cilantro and sesame seeds and serve!

Notes

Save Time: Use a store bought rotisserie chicken to save time and prepare the coconut rice ahead of time.

Spice it up: Add crushed red peppers to the sauce for an extra kick!

Low Carb: Swap the white rice for cauliflower rice.



Thai-Inspired Chopped Chicken Salad

3 servings

15 minutes

Ingredients

- 1 1/2 cups Green Cabbage (Shredded)
- 1 1/2 cups Purple Cabbage (Shredded)
- 1 Carrots (Shredded)
- 1 Red Bell Pepper (diced)
- 1/2 Cucumber (Diced)
- 2 cups Shredded Chicken (Shredded Rotisserie Chicken or 1/2 lb chicken breast)
- 1/2 cup Cilantro (Roughly Chopped)
- 1/4 cup Raw Peanuts (Crushed nuts for garnish)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Coconut Aminos
- 2 tbsps Water (Hot water is better for mixing)
- 1 tbsp Lime Juice
- 2 tsps Honey
- 1 tsp Sesame Oil
- Red Pepper Flakes (to taste)

Directions

- 1 For the peanut dressing: blend all ingredients until smooth. (peanut butter, coconut aminos, water, lime juice, honey, sesame oil, red pepper flakes.)
- 2 For the salad, add all ingredients but crushed peanuts to a large bowl and toss to combine, then drizzle the peanut dressing over top and toss again. Top with crushed peanuts and serve. *If you are planning to eat later, leave the dressing on the side and pour it over when you are ready to eat so that the cabbage doesn't get soggy. This will last for 4-5 days in the refrigerator.

Notes

Meal Prep: Lasts in the fridge for 4-5 days, store dressing separately and dress prior to eating.

Save Time: Purchase a rotisserie chicken and shred for protein.