

### **Zadie's Seasoned Vegetables— Low Fat and Sodium**

- 1 bag of frozen vegetables of choice
- 2 Tablespoons **Zadie's Lemon Pepper Seasoning**

Cut one end of the vegetable bag off. Sprinkle **Zadie's Lemon Pepper Seasoning** in the bag. Hold end closed and shake to mix seasoning well. Microwave per package directions.

### **Zadie's Lemon Pepper Chicken & Pasta— Low Fat and Sodium**

- 1 Tablespoon Unsalted Butter or Margarine
- 1 Tablespoon Virgin Olive Oil
- 3 Tablespoon **Zadie's Lemon Pepper Seasoning**
- 1/2 Cup Diced each Red, Yellow or Green Bell Pepper
- 8 ounces Sliced Fresh Mushrooms
- 4 Skinless, Boneless Chicken Breasts
- Non-Stick Cooking Spray
- 6 ounces Cooked Pasta of Choice

Spray a skillet with non-stick cooking spray. Sauté chicken to desired doneness. Remove chicken from skillet and set aside. Add oil and butter to skillet with remaining drippings. Heat only until melted. Add **Zadie's Lemon Pepper Seasoning**, mix well. Add peppers and mushrooms, and simmer for approximately 5 minutes over a low heat, stirring often. Add pasta and heat an additional 3-4 minutes, stirring often. Place chicken back into pasta mix and serve

### **Zadie's Lemon Pepper Dressing— Low Fat and Sodium**

- 2 Tablespoons Apple Cider Vinegar
- 1 Tablespoon Extra Virgin Olive Oil
- 1 teaspoon Honey
- 2 Tablespoons **Zadie's Lemon Pepper Seasoning**
- 1 Tablespoon Water

Mix all ingredients together in a small bowl. Pour dressing over cooked or uncooked vegetables or use a marinade.