

CareFirst Recipe Book

Cooking in Quarantine
2020



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Chia Berry Breakfast Bowl

Submitted by: [Mary K. Alders](#)

Ingredients:

Single Serving

6 ounces NonFat Greek Yogurt
½ cup Fresh/Frozen Berries
¼ tsp Cinnamon Powder
1-2 tsp of Honey
1-2 tsp Chia Seeds
2 Walnut Halves (can substitute with granola or omit)

Directions:

Wash Berries or allow to thaw slightly if using frozen berries
Place NonFat Greek yogurt in bowl, stir to smooth
Break walnuts into small pieces add to bowl
Add Remainder of ingredients
Stir thoroughly

Enjoy this easy superfood start to your day!



PEANUT BUTTER & BANANA OVERNIGHT OATS

Submitted by: [Christina Keech](#)

Ingredients:

- 1 medium banana
- 1/3 cup (40g) rolled oats
- 1/2 cup (120g) fat free natural yogurt / fat free Greek yogurt *
- 2 tbsp skim milk
- 2 tbsp powdered peanut butter (I used PB2)
- 1/2 tsp - 1 tbsp sugar free chocolate syrup

Directions:

1. Leaving the banana in its skin, cut it in half. Wrap the end of one of the halves with a little cling wrap and place in the fridge for the morning.
2. Peel the other half of the banana and place it in a bowl & squish till soft with a fork.
3. Add the yogurt, milk, and 1 tablespoon of the powdered peanut butter.
4. Stir till you have a smooth mixture.
5. Add the oats and mix to combine.
6. Spoon into a jar, cover and place in the fridge for at least 6 hours.
7. In the morning, mix the remaining peanut butter powder with a little water to make a smooth paste.
8. Remove the overnight oats from the fridge, top with the remains of the banana and drizzle with the peanut butter and sugar free chocolate syrup.

Fantastic Fiber Burritos

Submitted by: [Diane Beran](#)

Ingredients:

Egg whites
2 tortillas
Old Bay sauce (or whatever you like)
Pam

Directions:

Spray a ceramic bowl with Pam
Add ½ cup + 1 Tablespoon (9 tablespoons total) egg whites
Add Old Bay sauce, to taste (or nothing, or whatever you like)
Microwave this for 2 minutes and 22 seconds
Take out and cut into 4 long strips

Put a tortilla on 2 plates, microwave these for 70 seconds, flip them over

Place the egg white strips on the “end” of each tortilla and make a roll.
Cut the rolls in half.
When you eat them, fold the corner “up” so any juice stays in.

Note: you can put anything you like into these tortillas for an easy way to get daily fiber!

I also like them with:

- Ready Whip & raspberries (or any fruit or nuts)
- Peanut butter & jelly
- Turkey & cheese
- Iceberg lettuce strips/Ranch dressing/bacon bits



Gazpacho

Submitted by: [Dawn Olenski](#)

Gazpacho is a cold tomato soup. We eat it by itself, but you can serve with bread.

This recipe is more guidance than strict rules. It is a great way to eat all of those wonderful summer vegetables.

Serving Size: 2 cups

Servings: 8

Ingredients:

32oz Tomato Juice
2 Large Tomatoes
1 Large Onion
1 Medium Cucumber
2 Bell Peppers (any color)
1 Tablespoon Chives
3 Tablespoon Olive Oil
3 Tablespoon Red Wine Vinegar
1 Tablespoon Worcestershire Sauce
1 Clove Fresh Garlic

Salt/Pepper to taste

Directions:

Have Large, preferably glass or metal, bowl ready

Cut tomatoes in quarters and scoop out seeds and juice and put in bowl. Chop the remaining tomato into small pieces.

Chop onion, cucumber and bell peppers into small pieces and put in bowl.

Mince Garlic and Chives and add to bowl.

Add Tomato Juice, Olive Oil, Red Wine Vinegar, and Worcestershire Sauce.

Add Salt and Pepper to taste.

Refrigerate for 4 hours.

Variations:

I will use fresh vegetables and may replace the cucumber and bell peppers with carrots or celery, or just add the carrots or celery.

We also like to add parsley on top.

Sometimes I will add Basil.

I have replaced the Red Wine Vinegar with Balsamic Vinegar or used both.

You may also use a food processor for all the vegetables (we prefer the texture of the small vegetables).

This is a recipe to have fun within the summer.

Mom's Yellow Peas Soup

Submitted by: [Maria Luisa Quintero](#)

Ingredients:

1 lb. yellow peas

1 lb. meat for soup or shin

2 oz. cilantro

1 branch of parsley

3 garlic cloves

1 small onion

1 chicken bouillon in cube or 4 small ones (optional)

Chives (optional)

5 slices of bacon, fried and sliced in strips. Or 4 oz. cooked ham, cut in cubes.

1 carrot cut in slices

1 lb. otoi (malanga), cut in pieces.

Directions:

Boil 1.5 liters of water in a soup pot. Add the soup meat, together with the yellow peas and the bacon (or ham) for two hours. When 1.5 hours have passed, add the sliced carrots, then the rest of the vegetables. Add water if necessary, depending on how thick the soup is preferred.

Serve with white rice

Serves 7



Baby Artichokes with lemon butter

Submitted by: [Toby Delrahim](#)

Ingredients:

1 package of baby artichokes (usually sold in packages of 9-12)

1 tbsp of melted butter

1 tbsp of lemon juice

Directions:

Pull off any smaller dried up leaves from the outside. You can trim the stem to up to a half inch from the base of the artichoke. Trim off the pointed end of the leaves by cutting off with a knife about half an inch to make a flat area.



Get out a steaming tray and pot, put water to boil in the bottom of the pot. Arrange the artichokes with the stem upward and the flat trimmed part facing down towards the water. They cook differently if the steam can't get upward into the artichoke, so you want them all aligned in the steamer, so they cook a similar amount of time. Put a lid on the steam and place on high/medium high heat so the water starts steaming.

While that is happening, if you have a microwave, you can get a small safe dish and prepare a dipping dish for each person – a pat of butter and lemon juice in each dish. If you use a stove, we also put the little heat safe dishes on a pan and heat them up. Heat until the butter is almost totally melted, the warm sauce will melt the butter the rest of the way after removed from heat. The artichokes get bitter when overheated, so you want to take them off the heat when you are able to easily slide a fork tong into the heart of the artichoke and the leaves are still a bright green. The artichokes get bitter and darker leaf color when overheated, so you want to avoid overcooking them and do not plan to reheat them if there are leftovers, just eat them cold if eating later, or make just the number you want to consume and cook the rest of the artichokes later. If you don't have much time, you can also microwave the raw baby artichokes to steam them, but they cook very quickly and don't have as good a texture, you'd want to check them to the right doneness for your microwave.

To eat, pull the petals off one by one and dip, holding the cut side, and scrap the flesh off the leaf with your teeth. As you get further into the artichoke, you can eat several leaves, and they get a paler white color, and you may see a small thorn near the top of the leaves, don't eat the thorns, but rest is mostly good except the most fibrous parts of the leaves and the stem. The baby artichokes are much more edible than regular artichokes, you may be able to eat the bottom half of the leaf. There is not much choke or fiber in the middle of the artichoke, so you can eat nearly everything from the leaves inward to the heart.

If you do not like butter or lemon sauce, you can season them with shredded parmesan, or make your own vegan marinade or dipping sauce. If you do not want to steam them, you can also cut them in quarters and sauté in a pan until leaves are tender enough to eat.

The baby artichokes are low in calorie, you get most of the calories from the butter or other seasoning, and they cook in less than 15 minutes. I used to live near Philadelphia, and these baby artichokes were popular with the Italian American neighborhoods, you could buy them for about the same cost as 1 or 2 regular sized artichokes, but they are much more edible and less work to cook and easier to eat than regular sized artichokes.

Tzatziki

Submitted by: [Angela Moralis Esler](#)

Greek cucumber yogurt dip to be used for dipping with crackers, pita bread, and veggies; or, put on top of lamb, chicken, or pork. It's the delicious sauce you find on top of a gyro.

Serving Size: ¼ cup

Serves: 8

Ingredients:

2 C plain, non-fat Greek yogurt, strained (using cheesecloth or coffee filter to remove excess moisture)

2 cucumbers peeled, seeded, diced and drained (to remove excess moisture)

3 cloves pressed garlic

1 Tbls fresh lemon juice

1 tsp grated lemon zest

3 Tbls fresh dill or 1 Tbls dried dill

Kosher salt to taste

Extra Virgin Olive Oil (optional)*

Directions:

Combine all ingredients together (except olive oil). Refrigerate for at least 1 hour.

Drizzle with 1-2 tsp olive oil, optional.*

Serve with crackers, veggies, or meat of your choice.

If you're following WW, it's practically 0 points with olive oil!



Greek Chip Dip

Submitted by: [Lisa O'Boyle](#)

Serve with Tortilla chips or pita chips of your choice

Ingredients:

1 large avocado, diced
2 tomatoes, (roma), diced
¼ cup of red onion, diced
1 large garlic clove, diced
1 Tb. Fresh parsley, chopped
1Tb. Olive oil
½ Tb. Red wine vinegar
4 ounces feta cheese, crumbled.

Directions:

Mix avocado, tomatoes, and red onion. Set aside. Wisk garlic, parsley, olive oil and red wine vinegar. Pour over mix of avocado, tomatoes, and red onion.

Stir in Feta cheese lastly and save a little to sprinkle on top when ready to serve. (Preparation: Takes 15-20 minutes to dice, chop and mix)

Love this as a snack, appetizer, or a light lunch!

Enjoy!

PROTEIN FRUIT & VEGGIE BISTRO BOX

Submitted by: [Christina Keech](#)

Ingredients

- 1 packet of Hidden Valley Greek Yogurt Dips Mix
- 1 1/2 cups of plain fat free greek yogurt
- 4 hardboiled eggs
- Chicken breast from rotisserie chicken skin removed
- 1 pint grape tomatoes rinsed and patted dry
- baby carrots rinsed and patted dry
- apples rinsed, patted dry, sliced and lightly brushed with lemon juice
- fresh grapes rinsed and patted dry
- salt and freshly ground pepper

Directions:

1. In a small bowl, combine Hidden Valley Greek Yogurts Dips mix and fat free greek yogurt.
2. Fill portion cups with ranch dip, cover with portion cup lids and set aside. You will have leftover ranch dip.
3. Assemble bistro box as pictured.
4. Sprinkle chicken and hardball eggs with a pinch of kosher salt and freshly ground pepper.
5. Keep refrigerated and store up to three days.

Quick and Easy Ground Turkey Enchiladas

Submitted by: [Deirdre Perkins](#)

Ingredients:

1 Tablespoon Extra Virgin Olive Oil (EVOO)
1 lb. Ground Turkey
1 packet or 1/4 cup Taco Seasoning*
1 yellow onion, chopped
6-8 corn tortilla shells
1 16 oz. can refried beans*
1 10 oz. can enchilada sauce
½ cup shredded cheese*

Directions:

1. Preheat oven to 375 degrees. Spray a 13X9 baking dish.
2. Take EVOO and heat in medium skillet.
3. Prepare ground turkey and onion according to taco seasoning mix instructions.
4. After turkey is done, set aside and heat refried beans (can add garlic powder to beans to taste).
5. On each shell spread on one side a thin layer of beans.
6. Then add 2-3 tablespoons of seasoned ground turkey down the center of the shell.
7. Fold each side toward center and place shell seam side down in 13X9 baking dish.
8. Pour enchilada sauce over rolled shells in the dish.
9. Sprinkle cheese over the shells and place in oven.
10. Bake for 20 – 25 minutes.

*Note: Use low fat or reduced fat and reduced sodium taco seasoning, refried beans, and shredded cheese.

For saucier enchiladas, use 19 oz can of enchilada sauce.

Flour tortillas can be used, but not recommended as it will produce a much softer texture shell.

Depending on the size shells used, there may be leftover meat to use for tacos or burritos!

Chicken Sausage Quinoa Bowl with Roasted Chickpeas

Submitted by: [Jamie Lang](#)

Ingredients:

1 cup Quinoa (trader joe's tricolor is preferred – so good!)

1 pack pre-cooked Chicken sausage cut into 1" rounds (trader joe's sweet Italian, spicy Italian, garlic herb, or any kind will do!)

2 cans garbanzo beans aka chickpeas (drained and rinsed)

1 tablespoon olive oil

*if you like spice – ½ teaspoon ground cumin, ½ teaspoon chili powder, ¼ teaspoon cayenne pepper, ¼ teaspoon salt

*if you do not like spice – ¼ teaspoon salt, pinch of pepper if you prefer

Directions:

Drain and rinse your garbanzo beans and toss with the olive oil and spices

Line a baking sheet with parchment paper and roast the spice coated chickpeas for 30 min at 400 degrees

When the chickpeas are about halfway done, cook your quinoa per directions (for the trader joe's tricolor - add 1 cup quinoa to 2 cups water and bring to a boil then reduce the heat and simmer for about 15 min)

When your chickpeas and/or quinoa have about 10 min left, add some oil to a non-stick pan and brown your chicken sausage for 8-10 min (based on preference of crisp)

Extras:

The recipe brings enough flavor on its own, but if you have a palate for spice like us you can drizzle with siracha. You could also add chopped cilantro or a little crumbled feta and a milder dressing (such as a store bought or homemade yogurt dill) if you don't prefer a kick but want something extra.

Honestly, you can add whatever you are in the mood for to the bowl 🍽️ (sometimes I do kalamata olives or baked sweet potato)

Summer Garden Chicken

Submitted by: **Michelle Chau**

This is my favorite recipe that I like to make in the summer, especially if you are wondering what to do with all of your tomatoes and basil from your garden. I like to think of it as a fresher and lighter version of Chicken Parmigiana. Great for date night or a family meal. I like to serve it with asparagus or a nice garden salad and a crusty fresh bread to sop up the juices.

Serves 4

Ingredients:

2 large chicken breasts cut lengthwise
2 tablespoons olive oil
1 large tomato, thinly sliced (I prefer a large plumb tomato)
4 tablespoons of basil pesto (store bought is fine)
2 slices of fresh mozzarella cheese, halved
1 cup of whole cherry tomatoes
Chiffonade a handful of fresh basil
1 freshly sliced pepperoncini (optional)
Salt, Pepper & Garlic Powder to taste

Directions:

1. Preheat oven to 425° F. Pound the 4 sliced breasts in a Ziplock until they are about 1/8" in thickness. Season both sides with salt, garlic powder and pepper.
2. Spoon 1 tablespoon of pesto in the center of each cutlet and spread evenly to each end. Place 2 slices of tomato and 2 slices of fresh mozzarella on each end of the cutlet. Roll the chicken up tightly and seal the ends with a toothpick.
3. Preheat a large oven-safe skillet over medium-high heat with the 2 tablespoons of olive oil. Add chicken and sear for 4 minutes per side.
4. Add the cherry tomatoes and fresh pepperoncini (optional) and bake for 12-15 minutes. The chicken should be a nice golden brown, cherry tomatoes are blistered, and the mozzarella is gooey.
5. Top with fresh basil

Chicken Hearts and Gizzards

Submitted by: [Toby Delrahim](#)

Ingredients:

1 packet of approx. 12 oz of chicken gizzards and hearts
Butter
Salt
Pepper
Powdered garlic

Directions:

The trick to this is buying fresh gizzards and hearts if you can find them, because these need to be trimmed, easier to trim if not frozen. There are some very chewy bits on this cut, we usually spend a few minutes on a package of gizzards trimming the meat from the chewiest pieces and discarding those. If you like the chewy parts, leave more of that on, but you may need to cook those parts a little more. The hearts are easy, those are much softer, just cut those in half. We do buy the frozen gizzards sometimes too, those it helps to let it thaw a little before trimming and be careful with the knife, hands can also get very cold holding the pieces while trimming, and will cook longer for cold gizzards, final result tastes the same.

Heat up some butter in a frying pan on medium heat, and tilt it when it starts to melt to coat the cooking surface. Add the trimmed gizzards and hearts, turning them periodically to brown. Add the seasoning to taste, and rotate again to ensure the meat is browning evenly. For me, I like to cook these until they get some nice browning on the edges. The powdered garlic seems to improve the texture more than using fresh garlic, adds a bit of coating and binds with the butter better. This is an easy gluten free meal if you use gluten free spices. Add more butter to the pan if it starts to get dry and the meat needs more time to cook. Can also use avocado oil instead of butter for cooking.

We serve this with some steamed or sautéed veggies, such as fresh asparagus. Good nutrients and very inexpensive, can usually get a package for a few dollars, makes 2-3 servings depending how much you like gizzards. The groceries around here seem to include a much higher percentage of gizzards than hearts, so after you trim it, you end up with about 2/3rd the amount of meat as was in the package, if you get more hearts you would have a larger yielding serving. Hope you enjoy!



Chicken Liver

Submitted by: [Toby Delrahim](#)

Ingredients:

Pint of chicken liver
Butter
Pepper
Salt
Optional powdered garlic

Directions:

Want to try an easy chicken liver recipe? Good source of nutrients and quick recipe. We get one of those pints of fresh chicken livers from the grocery store or local butcher. Trim the pieces into an average bite size or just slightly larger, so the people will not need to do a lot of cutting later and it will get a good texture on the outside. Heat up a frying pan with a few pats of butter on medium, and after the butter has melted, tilt it to coat the bottom of the cooking surface. Add the chicken liver, no more than one layer on the pan, you don't want them stacked. As they release any steam, you want to let that cook off and brown the liver. Add salt, pepper, and powdered garlic to taste, we tend to put a bit more on than you'd think, give it a few dashes, and then after the liver is turned, can add some more seasoning. When the pan starts getting dry, you can add another pat or two of butter, and keep cooking until the sides of the liver are all browned. If you are avoiding butter, you can also do this with avocado oil.

We serve this with a steamed or sautéed veggie like broccoli. If you have room in the pan, you can cook the veggies in the same seasoning and butter, next to the meat, cooks much quicker than the liver. Good to eat this periodically for the vitamins, but don't buy it all! I've been having difficulty finding any chicken liver since the beginning of the pandemic. You can cook the liver that comes with your roasting birds this way, and also the gizzards and hearts, the gizzards need more time til they are done. The liver is also good served with saltine crackers or with flat bread.



Korean BBQ Rice Bowl

Submitted by: [Emily Blizzard](#)

Serves 4

Ingredients:

- 1 cup dry rice (short grain preferred, but any will do)
- 1 lb ground beef, pork, or turkey
- ½ cup Korean BBQ sauce (available premade at Asian supermarkets, or make your own)
- 2 jalapenos, sliced into ¼ inch rounds
- 2 carrots, peeled and sliced into matchsticks
- 1 cucumber, diced
- 1 avocado, sliced
- 4 oz lettuce

Optional garnishes:

- 1 lime, quartered
- 1 sliced green onion
- Sesame seeds

Instructions:

- Cook rice according to package instructions and set aside.
- While the rice is cooking, cook the meat in a frying pan over medium heat.
- Once the meat is cooked, add Korean BBQ sauce to the pan, stir, and cook until the sauce is glazed in and on the meat- about 3 minutes.
- Plate the bowls with a base of rice, covered by the meat and sliced vegetables. Place each ingredient separately for a nice look. Garnish with sesame seeds, green onion, and lime wedge, if desired.



Kielbasa with Peppers and Onions

Submitted by: [Toby Delrahim](#)

Ingredients:

1 of those u-shaped kielbasa sausage packages
1 medium bell pepper
1 small yellow onion
Red pepper flakes

Directions:

We get the u-shaped kielbasa sausage packages, they are already textured like they are cooked, not totally rare. If you get a rare sausage, you just need to cook it longer. The first step is to slice the cooked sausage into bite size discs. You are going to be browning them in a frying pan, can be the width of a pinkie finger or whatever size you want to eat, some folks like them thinner. If you get a polish kielbasa, the meat will release juices in the pan as it cooks on medium heat, you don't need to add any oil etc. If you get a very lean sausage, you may need to add an oil that works for medium heat, such as avocado oil. Once you have flipped all the sausage pieces at least once to brown both sides, add red pepper flakes to taste, this gives it a kick of spice.

While cooking the meat, you can peel and slice the onion into strips and core and slice the bell pepper into strips. Once you no longer need to brown the meat further, you can add all the veggies, and stir into the pan, so they pick up the flavor from the meat, and the veggies are mostly touching the cooking surface of the pan and the meat more on top of the veggies and to the sides. Stir periodically until the veggies are done to the level of firmness you like and have mixed with the meat to get flavoring. I like my veggies still a little firm, just a few minutes cooking and stirring with the lid off. If you put the lid on the pan, you'll get more moist veggies and it will steam everything a little, I avoid that although some people like the more doneness of veggies you get with the lid on. You can also add the onions sooner, before the meat has finished browning if you want the onions to be more done and for them to cook together longer.

We serve this dish with a side salad or by itself as a one-dish meal. You can also heat up a flat bread and spread the sausage and veggies on top to make a sandwich. Inexpensive and easy meal, and the sausage lasts for months in the refrigerator, so you can buy it and make whenever you want, no need to worry about defrosting anything or making it soon after buying. Onions can last for a month in the pantry, and a bell pepper can also last weeks in the fridge, so easy to have all the ingredients on standby for an easy night with a quick meal. Cooks in about 15 minutes or less, this makes 2-4 servings depending if you serve with something. You can add more peppers and onions to stretch it farther. We've also made this with fancier sausages, some of those didn't stick together as well for cutting before cooking, you may want to brown them first, then slice them, then return to the pan to finish the recipe, but the dish seems to do best with the popular and store brand inexpensive kielbasas. Most of the meats were already seasoned enough to not need any salt or pepper added, if you use farmer's market links you can add more seasoning while cooking. Enjoy!



Veggie No-Noodle Lasagna

Submitted by: [Toby Delrahim](#)

Ingredients:

½ package of frozen spinach (optional)
1 medium sized jar of unsweetened marinara sauce
2-3 cups of frozen Italian meatballs or sausage (optional)
4-6 slices of provolone cheese
Fresh cabbage, sliced (about 2-3 cups)
Italian seasoning (to taste)
Grated parmesan (optional to taste)

Directions:

Get a baking dish, and alternate layers of fresh shredded cabbage (in coarse pieces a 1-3 inches long), pieces of shredded frozen spinach, frozen Italian meatballs, and the marinara sauce. Sprinkle in some Italian seasoning or oregano as you like, may already have some of this in the meatballs and marinara, so just add to your taste. Lay the provolone slices along the top, and you can add some in the middle if you like extra cheese while you were assembling the layers. Add the rest of the medium sized jar of marinara sauce, to taste. Bake at 350 for about 30 minutes, you want to cook until the meatballs are hot all the way to the center of the dish and some of the liquid from the marinara has cooked off. Let stand a few minutes before cutting with a knife. Sprinkle grated parmesan or more Italian seasoning on top.



We've made this with and without the meatballs, both tasted excellent. Use cabbage in this recipe for best texture. We've also done this with zucchini noodles and those released a lot more liquid into the dish and didn't hold their texture as well, much better with cabbage. The frozen spinach is optional, but the difference between the spinach and the cabbage makes a nice texture together and most people don't even realize how much spinach is added. If you try to use fresh spinach, I think it adds more liquid too – you'd want to precook it down a little before adding to the recipe. We buy the already sliced provolone and already made Italian meatballs from Costco, and you can freeze the cheese, lasts a long time and ready to use whenever you want to make this recipe. The only fresh ingredient is the cabbage, which also lasts for weeks in the fridge, so you can make this whenever you want. If you don't have Italian meatballs, this also works great with a cut up kielbasa instead of meatballs, adjust the oregano upward if adding sausage instead.

For us, this makes 4-6 servings, and reheats great, tastes even better the next day, heat in a frying pan so you don't burn the cheese on reheating. Has lots of veggies in it, so doesn't need a side dish, easy one dish meal.

Ground Beef and Chopped Cabbage

Submitted by: [Angela L Caudle](#)

Ingredients:

2 tablespoons of olive oil
1 ½ lbs of ground beef (or other options)
1 teaspoon garlic powder
½ teaspoon red pepper flakes
Salt & pepper (to desired taste)
Small head of cabbage, chopped finely
1 14 oz can of diced tomatoes
1 can tomato sauce

Directions:

Use a 6-quart Dutch oven to brown the meat of choice (medium heat)
Once this is browned, drain off excess oil
Add meat back into the pan
Add the seasonings (Garlic powder, red pepper flakes and salt & pepper)
Stir in the chopped cabbage
Add canned diced tomatoes and tomato sauce
Reduce heat to low for remaining cooking time which should be about 25 minutes

If dish appears a little dry, you can add 3-4 ounces of water when seasonings are added

For a healthier version you can also substitute the ground beef with ground turkey or chicken

Better than Takeout Spicy Basil Chicken Stir-Fry

Submitted by: [Kristin Compton](#)

Serves 4

Ingredients:

1 lb boneless, skinless chicken breast cut into thin stripes
3 large tricolor bell peppers, julienned
3 TBSP, minced or grated
2 TBSP fresh ginger, minced
2 TBSP sesame oil
1/3 c soy sauce
1 TBSP rice wine vinegar (you could also use red wine vinegar)
1 TBSP sriracha sauce (you can use less if you like it less spicy)
1 c basil leaves
1 tsp kosher Salt and black pepper
4 c cooked basmati or jasmine rice



Directions:

1. In a glass bowl combine the chicken, 2 TBSP garlic, 1 TBSP ginger and 1 TBSP sesame oil. Cover and place in the fridge for one hour and up to 24 hours.
2. In a small bowl add soy sauce, rice wine vinegar, sriracha and remaining garlic and ginger. Set aside. This can be made several hours added and stored in the fridge.
3. In a large non-stick skillet place 1 TBSP sesame oil over medium high heat. Season the chicken with salt and pepper and cook for 5-6 minutes.
4. Add the bell peppers and sauté for 2-3 minutes. The vegetables should still be crispy.
5. Add the soy sauce mixture and cook for an additional 1-2 minutes until the sauce has reduced and thickened.
6. Stir in most of the basil. Reserve a few leaves for garnish.
7. Add 1 c rice to each bowl and top with chicken mixture and basil garnish.

Chicken Chips

Submitted by: [Jennifer Hill](#)

Ingredients:

Tortilla chips (the bigger the better)
Canned fat free refried beans (heated about 30 seconds in the microwave)
Shredded chicken (can use canned or a rotisserie chicken leftover)
Shredded cheddar

Directions:

Oven temp 350 degrees
About 1 TBS of refried beans smeared on a tortilla chip / top with shredded chicken and shredded cheese

Cook about 10 min in the oven and top with taco type toppings / shredded lettuce / sour cream / tomatoes

Flat Belly Dirty Mash

Submitted by: **Raj Pillai**

Serving Size: 4 servings

Ingredients:

1. 2 cups cauliflower rice (or one frozen package)
2. 1 pack ground beef (you can choose any meat here like ground lamb, veggie crumbles)
3. 2 cups of broccoli florets
4. ½ cup chopped onions
5. Olive oil
6. Salt
7. Pepper
8. Garlic powder
9. Paprika

Directions:

1. In a pot add one cup of cauliflower rice with 2 cups of water
2. Add a pinch of salt and garlic powder
3. Add chopped onions
4. Add broccoli florets
5. Bring water to a boil and cover pan in low heat for 20 min
6. In another pan add the lean ground meat, add salt, pepper, paprika, garlic powder
7. Mix meat with your hands to get an even consistency
8. In a medium heat pan cook the meat with olive oil
9. Check cauliflower/broccoli is cooked, make sure water is gone.
10. Mash the broccoli florets into small pieces for an easier eat and creamier texture
11. Add mash to the meat and mix well
12. ENJOY



Shrimp Scampi over Cauliflower Risotto

Submitted by: [Monica Choi Asbury](#)

Ingredients:

2 tsp coconut oil
1-pound peeled shrimp
2 to 3 cloves of garlic chopped
1/3 cup white wine
1 lemon (zest and juice of half)
2 Tbsp butter
1 bag of frozen steamable riced cauliflower
1 Tbsp cream cheese
Salt and pepper
-optional garnishes: grated parmesan cheese, diced tomatoes, chopped parsley

Directions:

1. Heat skillet on high and coconut oil to pan.
2. Lightly season shrimp with salt and pepper and add to hot oil. Sear about 1-2 minutes on each side until shrimp is opaque.
3. Lower heat to medium and add garlic. Stir around vigorously so garlic doesn't burn until aromatic.
4. Add zest of 1 lemon, juice of ½ lemon, and wine to deglaze pan and let reduce down for a minute
5. Add butter and turn heat off. The butter will melt in the pan as you set it aside.
6. Steam cauliflower rice according to directions from package
7. Add cauliflower to a separate pan and heat on medium heat. Add a pinch of salt and pepper
8. Add cream cheese and stir until melted. Turn off heat.
9. Stir shrimp and sauce so butter is incorporated nicely
10. Plate cauliflower risotto and spoon shrimp and sauce over risotto. Garnish optionally

BUFFALO SHRIMP LETTUCE WRAPS

Submitted by: [Carole Covelly](#)

Ingredients:

1 tablespoon extra-virgin olive oil
1 pound peeled and deveined large shrimp, chopped
2 garlic cloves, minced
1/3 cup hot sauce, such as Frank's
1 head romaine or butter lettuce, leaves separated, for serving (12 leaves)
1/4 cup red onion, finely chopped
1 rib celery, sliced thin
1/2 cup light blue cheese or ranch dressing, homemade or jarred

Directions:

1. In a large skillet over medium heat, heat oil. Add shrimp and garlic. Cook, flipping halfway, until pink and opaque on both sides, about 2 minutes per side. Turn off heat and add the hot sauce, tossing to coat.
2. Assemble wraps: Add 1/4 cup of shrimp to the center of a romaine leaf, then top with dressing and red onion.

White Fish

(cooked in parchment paper)

Submitted by: [Veronica Coleman](#)

Ingredients:

½ cup red onion, cut into thin matchsticks

1 zucchini, cut into matchstick

1 carrots, cut into matchstick

1 teaspoon garlic, minced

1 teaspoon olive oil

4 (6 oz.) halibut fillets, or other white fish

sea salt and black pepper

1 lemon, thinly sliced into half moons

8 sprigs fresh thyme

¼ cup white wine

Directions:

Preheat the oven to 375 degrees F.

2. In a large bowl toss the thinly sliced onion, zucchini and carrot with the olive oil and minced garlic.

3. Cut four 12-by-16-inch pieces of parchment paper and fold each in half. Open the parchment paper and arrange each fillet in the center of the top half of each parchment. Generously season with salt and pepper. Top each fillet with one quarter of the veggies, 2 slices of lemon, two sprigs of thyme and 1 Tablespoon of white wine.

4. Fold the bottom half of the parchment paper over the fish. Start folding and crimping the parchment paper ends together from one end all the way around the fish to the other end, creating a sealed envelope. Fold the end under the fish. The fish and veggies should be fully encased, with no breaks in the parchment paper for steam to escape – we need that steam as part of the cooking process! Place the packets on a pan.

5. Bake the fish packets for 12 to 18 minutes and remove from the oven. Serve the packets on plates, tearing them open just before serving. Enjoy!

FYI you like it can be served over brown rice

Parmesan Garlic Spaghetti

Submitted by: [Shawn Smith](#)

Ingredients:

8-ounces of whole wheat spaghetti (half of a one-pound box of the spaghetti of your choice can be utilized instead).
3 tablespoons butter (margarine can be substituted and utilized instead of butter)
3 to 5 tablespoons of extra virgin olive oil (evoo) **start with 3 tablespoons of evoo and add more as necessary**
3 cloves garlic, minced
1 teaspoon crushed red pepper flakes
½ cup grated Parmesan cheese
1 to 1 ½ tablespoons (a splash) of white wine (PLEASE → only use wine that you would actually consume if you drink wine!)
Kosher salt and ground pepper to taste
2 tablespoons of freshly chopped parsley leaves

Directions:

1. In a large pot of salted, boiling water, cook pasta according to package instructions; drain well (save 3 to 4 ounces of pasta water right before draining and set aside).
2. In a medium saucepan, combine butter/margarine, evoo, garlic and red pepper flakes over medium heat until all the butter/margarine have melted. Cook whisking constantly until the foam subsides and the butter/margarine begin to appear “golden brown” (it takes about 4-5 minutes and if any foam forms, please skim off and discard).
3. If white wine is being used, please add at this time and whisk in with butter/margarine, evoo, garlic and red pepper flakes and stir for an extra minute or two before adding pasta and Parmesan cheese).
4. Remove from heat. Stir in pasta and Parmesan cheese until well combined, about 2-minutes, season with salt and pepper to taste.
5. If the sauce seems too thick and/or pasta seems dry, please add 1-tablespoon of the reserved pasta water at a time and mix thoroughly before adding any additional tablespoons of reserved pasta water.
6. Serve immediately and garnish with parsley (if desired).
7. Enjoy!

Summer Cavatelli with Corn, Tomatoes and Zucchini

Submitted by: [Carole Covelly](#)

Ingredients:

1-pound cavatelli or rotini pasta
3 teaspoons olive oil
2 ears corn, kernels cut from the cob
1-pint cherry tomatoes, quartered
1 1/2 cups diced zucchini
2 cloves garlic, sliced
3/4 cup marinara sauce
6 tablespoons grated Romano or Parmesan cheese, plus more for serving
2 tablespoons fresh basil, for garnish

Directions:

1. Bring a large pot of salted water to a boil.
2. In a large skillet over medium heat, add 2 teaspoons of the olive oil and garlic, and cook until golden and fragrant, about 1 minute.
3. Add the tomatoes and 1/4 teaspoon salt and cook 3 minutes, until the tomatoes soften.
4. Add the corn and zucchini and cook until tender crisp, 2 to 3 minutes.
5. Add the marinara, season with salt and pepper and cook until heated through, about 1 minute.
6. Meanwhile, cook the cavatelli according to package directions, reserving some of the water before draining, then toss with the marinara and vegetables.
7. Add the grated cheese, remaining teaspoon olive oil, 1/4 teaspoon salt and black pepper to taste and cook 1 minute, adding some of the reserved pasta water as needed.
8. Serve right away with fresh basil and additional grated cheese if desired.

Veggie Pesto Pasta

Submitted by: [Katie Tana](#)

1 Box of whole wheat pasta (or preferred pasta, or make your own)
1 whole zucchini, quartered
1 head of broccoli, chopped into fine pieces (the smaller the pieces, the more my kids ate)
6 baby bella mushrooms, diced
1 container of grape tomatoes, sliced lengthwise
½ jar of pepperoncini (banana peppers) as desired
1 tbsp EVOO
1 tbsp jarred pesto sauce
1 tbsp heavy cream
1 bottle of dry white wine (maybe half a cup for cooking)

1. Turn one burner of stove on to medium high, bring salted water to a boil for the pasta.
2. In a saucepan, add ½ tbsp of butter, drizzle extra virgin olive oil.
3. Sautee mushrooms first, for 5 minutes.
4. Add broccoli and tomatoes, pesto; white wine let simmer for another 10 minutes.
5. Add pepperoncini (as desired), splash of heavy cream.
6. Drain cooked pasta, reserve ½ cup of pasta water to add to the sauce
7. Add pasta to the saucepan and toss, or plate pasta and spoon sauce on top

Notes: The sauce should look like seasoned gravy. The green from the pesto and the red juice from the tomatoes make this sauce look brown. But it's very tasty and my kids devoured it. Hope your family likes it as much as we did!

Turkey Burger Cooked Pasta

Submitted by: [Christina Keech](#)

Ingredients:

- 1 box wheat rigatoni, ziti or penne pasta
- 1 Tablespoon unsalted butter
- 1 pound ground turkey
- 1/2 cup onion, chopped (add more, if you prefer)
- 1 cup baby spinach
- 1–24 ounce jar tomato garlic basil spaghetti sauce or your favorite spaghetti sauce
- 1 Tablespoon garlic, minced
- 2 Tablespoons basil, chopped
- 8 ounces shredded mozzarella

Directions:

1. Preheat oven to 375°F.
2. Cook pasta according to the directions on the box and drain. Coat in 1 tablespoon butter while it's still hot and set aside.
3. While the pasta is cooking, heat a drizzle of oil in a large pan. Crumble the ground turkey into the pan and cook on medium heat until it's no longer pink. Salt and pepper to taste.
4. Add onion and garlic, cook for 3 minutes.
5. Turn heat down to low. Add the sauce and basil, spinach, and cover. Cook until spinach is wilted.
6. In a 9×13 glass baking dish (sprayed generously with cooking spray), pour in half the pasta, then all your sauce and meat mix. Stir to mix, and then add the rest of the pasta and stir some more.
7. Once you feel like it's all adequately combined, top with cheese, cover with foil, and pop it in the oven for 15 minutes on the top rack. For the last 5 minutes, uncover to brown the cheese on top.
8. Remove carefully, grab a serving spoon and dish it out. Enjoy

Rainbow Pizza

Submitted by: **Katie Tana**

Ingredients:

- Store-bought flatbread
- Jarred Pesto
- Diced tomatoes
- Shredded carrots
- Yellow bell peppers
- Zucchini
- Sliced radishes
- Block of mozzarella cheese, shredded. ½ cup maybe.

Directions:

- Broil flatbread top side down in the oven for 5 minutes
- Slice, dice, and shred your veggies (as desired)
- Take out of the oven (be careful, use a spatula) and spread jarred pesto over the top.
- Spread vegetables over the sauce
- Sprinkle flatbread with shredded mozzarella
- Place flatbread under the broiler for no more than 7 minutes
- Take out of the oven (again, be careful), slice into 8 squares, and enjoy!



Low-Carb Peanut Butter Cookies

Submitted by: [Alison Parker](#)

Yield: 12 cookies; Prep time: 5 mins; Cook time: 15 mins

Ingredients:

- 12 low carb chocolate peanut butter cups (Lily's or ChocZero brand work best in either white, milk or dark chocolate)
- 1 cup peanut butter
- ½ cup monkfruit sweetener or other erythritol sweetener
- 1 tsp vanilla extract
- 1 egg

Directions:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients except the peanut butter cups in a large bowl and mix well.
3. Roll out 1-inch size cookies and place them in a greased cupcake pan. Press down slightly to flatten.
4. Bake 15 minutes. Remove and let cool a few minutes.
5. Press 1 peanut butter cup into the top of each cookie and let cool 5-10 minutes. Remove from pan and refrigerate for 30 minutes to an hour to fully cool the chocolate.
6. Store in an airtight container at room temperature.

Seven cup sweet

Submitted by: [Keerti, Sunkara](#)

Yields 20-25 servings

Ingredients:

Basan/chickpeas flour - 1 1/3 cups

Sugar - 2 1/3 cup

Coconut-1 1/3 cups

Butter- 1 cup

Milk- 1 cup

Directions:

Mix all ingredients in a wide-open pan.

Now turn on Stove to medium heat and place the pan on heat.

Keep mixing till the ghee (Melted butter) separates and the mixture is coming off the pan easily and neatly.

Pour the mixture in a pre-greased Shallow pan.

Make sure you pour the mixture between ¾ inch height to 1 inch.

Mark cuts about 1inch by 1inch and let it cool completely.

Cut into pieces and serve.