

buffalo chicken and cauliflower casserole

Ingredients needed:

1 1/2 lbs chicken breast, cut into 1/2 inch cubes
1 large cauliflower, cut into florets
1/3 cup olive oil
1 1/2 tsp salt
1 tbsp pepper
2 cups shredded cheese
Ranch dressing

1 tbsp paprika
2 tbsp garlic powder
6 tbsp buffalo sauce
1 cup green onion, diced

Instructions:

1. Preheat oven to 400 degrees.
2. Mix together olive oil, buffalo sauce and spices in a bowl. Add cauliflower and stir until coated.
3. Scoop out the cauliflower and add to a 9 x 13 baking pan sprayed with cooking spray. Bake for 30-35 minutes, stirring once halfway through, until cooked and browning.
4. Meanwhile, add the cubed chicken to the bowl of sauce and spices and stir until coated. Once the cauliflower is cooked, add the chicken to the baking dish on top of the cauliflower. Top with shredded cheese and green onion.
5. Bake for an additional 15 minutes, or until the chicken is cooked through.
6. Drizzle with ranch dressing and serve with additional ranch on the side.
Enjoy!

buffalo turkey burgers

Serves: 4

Prep Time: 5 Minutes

Cooking Time: 10 Minutes

Ingredients Needed:

- 1 lb ground turkey
- 3 tablespoons buffalo sauce
- Salt & pepper, to taste
- 4 Hamburger buns
- 4 tablespoons ranch or blue cheese dressing
- Blue cheese crumbles for topping (optional)
- 4 iceberg lettuce leaves

Instructions:

1. Light a grill or heat a skillet over medium-high heat.
2. In a medium bowl, combine turkey, buffalo sauce, salt and pepper.
3. Mix well and form four patties equal in size.
4. Cook patties on grill/stove for 4-5 minutes on each side, or until desired doneness has been reached.
5. Place each burger on the bottom half of a hamburger bun, topping with Ranch or blue cheese, buffalo sauce, blue cheese crumbles (if using) and lettuce and top half of bun. Serve immediately!

chicken sausage orzo with zucchini

Ingredients needed

- 1 zucchini, sliced into round discs then quartered
- 4 chicken sausage links, sliced into round discs then quartered
- 4 oz white button mushrooms, sliced
- 3 cloves garlic, minced
- 1/2 large onion, chopped
- 1 1/2 cup orzo
- 2 cups low-sodium chicken stock or broth
- 7 oz canned diced tomatoes
- Splash of heavy cream
- Salt and pepper, to taste

Instructions:

1. In a large skillet, over medium high heat, heat 1 tbsp. of olive oil and add in the garlic.
2. Cook until fragrant, about 1 minute.
3. Add the onions and zucchini. Cook, stirring occasionally, until tender, about 4-5 minutes.
4. Add the mushrooms and sausage. Cook until mushrooms have reduced in size, about 2 minutes.
5. Add the orzo to the pot and toast it for about minute, stirring constantly.
6. Gently add the chicken stock, bring to a boil, then turn down the heat to low and cover and cook for 10 minutes, or until orzo has cooked through.
7. Stir in the diced tomatoes and add the splash of cream (about 1 tbsp).

Optional

8. The mixture should still be creamy because of the starch from the orzo. If it is still a bit runny, you can cover and let it cook for another 5 minutes.
9. Add salt and pepper to taste.

chicken sausage pasta with broccoli

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 4

Ingredients needed:

1/2 lb uncooked pasta

1 tbsp butter

1 clove minced garlic

1 broccoli bunch, **chopped**
into bite-sized pieces

Salt & pepper to taste

2 tbsp extra virgin olive oil

1 medium yellow onion, **minced**

4 links chicken sausage, **sliced**

3 oz grated parmesan cheese

Instructions:

1. Bring a large pot to a boil. Cook the pasta al dente, according to the package directions.
2. Meanwhile, heat the olive oil and butter in a large skillet over medium-heat, until the butter is melted and the oil just begins to simmer. Add the garlic and onion, and cook, stirring occasionally, until softened. About two minutes.
3. Add the chopped sausage to the skillet and cook. Stir occasionally until browned. About five minutes.
4. During the last two minutes of cooking, add the chopped broccoli to the pasta pot. Drain, reserving about 1/4 cup of pasta water.
5. Add the drained pasta, broccoli and reserved pasta water to the skillet with the sausage. Stir to combine. Add the parmesan cheese and season with salt and pepper to taste.
6. Serve warm with an extra dusting of parmesan cheese!

greek chicken rice bowls

Prep time: 5 minutes

Cook time: 20 minutes

Serves: 4

Ingredients needed:

2 lbs chicken breast (pounded thin)	1 jar artichoke hearts
1 bag frozen brown rice	1 container olives sliced in half
1 English cucumber sliced	1 container cherry tomatoes halved
1 container feta cheese	2 tbsp olive oil
2 tsp rosemary (divided)	2 tsp thyme (divided)
1 tsp oregano (divided)	Salt & pepper

Instructions:

1. Heat 2 tablespoons olive oil in a large pan on the stove. Season chicken with 1 tsp thyme, 1 tsp rosemary, $\frac{1}{2}$ tsp oregano, $\frac{1}{2}$ tsp salt and $\frac{1}{2}$ tsp pepper.
2. Once the oil is hot, place chicken in the pan. Sear chicken in olive oil for 6-7 minutes on each side until golden brown.
3. Once the chicken is cooked, remove it from the pan and set aside.
4. Add the cherry tomatoes to the hot oil that is already in the pan.
5. Steam your frozen brown rice in the microwave. Follow directions on bag.
6. Sauté the tomatoes for 5-6 minutes until soft. Add in artichoke hearts, olives and remaining spices. Stir and sauté for 3-4 minutes.
7. Add in steamed brown rice and stir to combine.
8. Remove rice mixture from the pan and add to bowls.
9. Top with sliced chicken, sliced cucumber and feta cheese. Enjoy with fresh squeezed lemon!

hawaiian bbq sheet pan dinner

Prep Time: 15 Mins Cook Time: 20 Mins
Total Time: 35 minutes Yield: 4 Servings

Ingredients needed:

1 package smoked sausage	1 zucchini (sliced)
1 red onion (peeled and sliced)	1 green pepper (chopped)
1 red pepper (chopped)	1 cup diced pineapple
1/4 cup bbq sauce	1 tablespoon soy sauce

Instructions:

1. Preheat the oven to 375 degrees. Prepare all your ingredients as instructed above such as dicing, slicing or peeling.
2. In a medium bowl, place all the ingredients and toss to coat with the Barbecue Sauce and Soy Sauce.
3. Spread the mixture onto a rimmed baking sheet and place in the oven for 30 to 35 minutes or until the vegetables begin to darken and edges become crisp.
4. Serve immediately and enjoy!

Lemon ricotta pasta

Yields: 4 Servings Prep Time: 10 Mins Total Time: 25 Mins

Ingredients needed

1 lb spaghetti	1/2 cup extra-virgin olive oil
1 cup ricotta cheese	1/2 cup Parmesan cheese
Pinch crushed red pepper	Zest & Juice from 1 lemon
Salt & Pepper	Fresh basil

Instructions:

1. In a large pot of boiling water, cook pasta according to the package directions.
2. Reserve 1 cup of pasta water, then drain. Return pasta to pot.
3. In a medium bowl, combine ricotta, oil, Parmesan, lemon juice and zest. Season with salt, pepper and a pinch of red pepper flakes.
4. Add ricotta mixture and 1/4 cup reserved pasta water to pasta and toss. Add more pasta water if the sauce is too thick.
5. Serve with basil, more Parmesan and a drizzle of olive oil.

This meal would be delicious with any protein you have or any more veggies that you'd like!

mexican skillet with turkey & sweet potato

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4

Ingredients needed:

1 teaspoon olive oil	1 can diced tomatoes
Ground turkey	1 cup cherry tomatoes
½ cup diced yellow onion	Shredded cheese
1 taco seasoning packet	1 can black beans (rinsed)
1 sweet potato*par- cooked	1 can diced green chiles

*see note on par-cooking

Instructions:

1. In a large skillet pan, heat olive oil over medium-high heat.
2. When skillet is hot, add the ground turkey and spread it into an even layer.
3. Sprinkle half of the taco seasoning on top.
4. Cook the turkey for about 3 minutes and then add the diced onion.
5. Continue to cook until the onion has softened, and the turkey is cooked through.
6. Lower the heat and add the remaining taco seasoning, diced tomatoes, sweet potato, cherry tomatoes, black beans and green chiles.
7. Stir together and cook until the mixture is heated through, approximately 3 minutes.
8. Top with shredded cheese and cover with lid or a piece of tin foil until the cheese has melted.
9. Enjoy with diced avocado, salsa or sour cream!

**To par-cook a sweet potato, cut it in half lengthwise and place it in a shallow microwave safe dish or bowl cut side down. Pour ¼ cup of water in the dish, cover with a piece of plastic wrap and poke a couple of holes into the top of the plastic wrap. Microwave for 3-5 minutes depending on the size or until the sweet potato is tender, but not fully cooked. **

mexican stuffed peppers

Prep time: 10 mins

Cook time: 20 mins

Serves: 6

Ingredients needed:

1-pound ground chicken
1 can black beans
1 yellow onion- diced
1 bag frozen brown rice
1 bag shredded cheese

1 can diced tomatoes
3 bell peppers- cut in half
1 packet of taco seasoning
Minced garlic

Instructions:

1. Preheat oven to 350 degrees.
2. Cut peppers in half (long way) and empty out the inside. Place the peppers hollow side-up on a greased baking pan and bake for 15 mins.
3. In a frying pan over medium heat, add chicken, diced onion, minced garlic and cook for 10 mins.
4. Add the taco seasoning and $\frac{3}{4}$ cup of water to the pan. Bring to a boil and then reduce heat to medium-low.
5. Steam the frozen brown rice, following the instructions on the bag.
6. Add the black beans, diced tomatoes and steamed rice to the frying pan. Simmer for 5 minutes.
7. Scoop the taco filling inside each of the baked peppers. Top with cheese. Bake in the oven until the cheese is melted.
8. Enjoy with sour cream or salsa!

pizzadilla

Ingredients needed:

2 Medium flour tortillas	1/2 cup grated parmesan
1/3 cup pizza sauce	1/4 teaspoon Italian seasoning
1 tbsp olive oil	2 cloves garlic, minced
1 cup shredded mozzarella	Any desired toppings

Instructions:

1. Heat broiler. In a large oven-safe skillet, heat oil over medium heat.
2. Add one tortilla to skillet and spread half pizza sauce on top. Scatter garlic on top and sprinkle with half mozzarella, parmesan, any desired toppings, and Italian seasoning.
3. Top with second tortilla and cook until cheese is melty, and tortilla is golden.
4. When ready to flip, cover skillet with a large plate and invert skillet to transfer quesadilla onto plate, then slide quesadilla back into skillet, cooked-side up.
5. Top with remaining pizza sauce, mozzarella, parmesan, toppings and Italian seasoning.
6. Place skillet under broiler and broil until cheese is melty and toppings are crispy, about 2 minutes.

primavera stuffed chicken

Ingredients needed

- 1 zucchini, halved lengthwise and thinly sliced into half-moons
- 2-3 medium tomatoes, halved and thinly sliced into half-moons
- 1 yellow bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1 tsp. Italian seasoning
- 1 c. shredded mozzarella
- 1/2 red onion, thinly sliced
- 2 tbsp. extra-virgin olive oil
- Salt & Pepper
- 3-4 boneless chicken breasts

Instructions:

1. Preheat oven to 400°.
2. Make slits in each chicken breast, being careful not to cut through completely, and stuff with zucchini, tomatoes, bell peppers, and red onion.
3. Drizzle with oil and season with Italian seasoning, salt, and pepper. Sprinkle with mozzarella.
4. Bake until chicken is cooked through and no longer pink inside, 25 minutes.
5. Serve with cauliflower & sweet potato rice or jasmine rice! Cook according to package instructions.

pumpkin cheesecake balls

Prep time: 1 hour

Chill time: 1 hour

Ingredients needed:

Cheesecake Mixture:

1 - 8 oz. pack cream cheese (softened)	1/2 cup pumpkin puree
1 1/2 tsp pumpkin pie spice	1 cup crushed graham crackers
2 tbsp. flour	6 tbsp. powdered sugar

White Chocolate Shell:

7 oz white chocolate chips	2 tbsp. coconut oil
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Instructions:

1. Combine all ingredients for the pumpkin spice cheesecake. Refrigerate for at least 1 hour.
2. Shape into 1"-2" (1 tbsp. sized) balls, place on wax paper, cover and pop in the freezer for 20-30 minutes.
3. Combine white chocolate chips and coconut oil in a microwave safe bowl. Microwave in 30 second increments until fully melted.
4. Dip each ball into the melted white chocolate and place back on wax paper. Refrigerate for 20 minutes to set fully.
5. Sprinkle with leftover crushed graham crackers!

spaghetti squash taco bake

Ingredients Needed:

1 large spaghetti squash	1 TBSP olive oil
1-pound ground meat turkey, beef, or chicken	1 Taco seasoning packet
1 cup grape tomatoes halved	1 cup sweet corn kernels
1 can black beans, rinsed and drained	Shredded cheese
1/2 cup yellow onion chopped	Fresh cilantro (optional)

Instructions:

See second page for spaghetti squash cooking instructions

1. While the squash is cooking, brown your ground meat in a large skillet over medium heat until it is fully cooked.
2. Once cooked, drain any grease out and add the taco seasoning, tomatoes, corn, and onion and cook for 2-3 minutes or until the veggies have softened slightly.
3. Once the squash is cooked and cooled slightly for handling, use a fork and with a scooping action, scoop out the inside of each squash half. The result will be noodle-like strands of squash.
4. Transfer the spaghetti squash to the skillet with everything else.
5. Stir all together and then transfer to a 9 x 13 baking dish.
6. Top with cheese and chopped cilantro. Bake for 10 more minutes or until the cheese has melted. Enjoy!

spaghetti squash

Oven Instructions:

1. Heat the oven to 375 degrees.
2. Prep the spaghetti squash. Using a sharp knife, lop off the top or bottom of the squash so that it will stand flat and secure on your cutting board.
3. Slice the squash in half lengthwise.
4. Using a spoon, scoop out the seeds.
5. Brush the inside of each half with olive oil and sprinkle with salt and black pepper.
6. Place the squash cut side down on a baking sheet. Cook for 40 minutes or until you can easily pierce the squash with a fork.
7. Let cool for about 15 minutes, or until squash is cool enough to handle. With a fork, scrape out the spaghetti-like strands and prepare as desired.

Microwave Instructions:

1. Prep the spaghetti squash. Using a sharp knife, lop off the top or bottom of the squash so that it will stand flat and secure on your cutting board.
2. Slice the squash in half lengthwise.
3. Using a spoon, scoop out the seeds.
4. Place the squash cut side down in a microwave safe dish. Fill with about 1 inch of water.
5. Microwave on high for about 12 minutes, or until you can easily pierce the squash with a fork. Cooking time depends on the size of the squash and individual microwaves, so if you have a smaller squash and a microwave that cooks fast, check a little earlier. And if you are cooking a larger squash and have a lower-power microwave, it may take a little longer.
6. Let cool for about 15 minutes, or until squash is cool enough to handle. With a fork, scrape out the spaghetti-like strands and prepare as desired.

spinach roll ups

Ingredients needed:

1 – 8 oz. pack cream cheese – softened
8 oz. shredded Monterey jack cheese
1/4 tsp. garlic powder
1 – 10 oz. pack frozen spinach – thawed and drained
1 box puff pastry sheets (2 sheets)

1/4 yellow onion – diced
1 tbsp. water
1 egg

Instructions:

1. Preheat the oven to 400 degrees.
2. Combine the egg and water and beat until well mixed.
3. Combine softened cream cheese, shredded cheese, garlic powder and onion in a bowl and mix well.
4. Add spinach to the mixture and stir.
5. Unroll puff pastry sheets and brush both with egg and water mixture.
6. Spread cheese and spinach mixture over one side of the puff pastry.
7. Roll up the puff pastry and slice
8. Place rolls on a baking sheet.
9. Bake at 400 degrees for 20 minutes or until the puff pastry is golden brown.

street corn pasta salad

Serves: 6 - 8

Prep Time: 10 Minutes

Cooking Time: 5 - 6 Minutes

Ingredients Needed:

1 bag Trader Joe's Pasta

1 bag Trader Joe's Mexican-Style Roasted Corn with Cotija Cheese

1 can Trader Joe's Black beans, drained

Juice of 2 Limes

1/2 tablespoon Extra Virgin Olive Oil

Cilantro, chopped, for garnish

Instructions:

1. Bring a large pot of salted water to a boil. Add pasta to pot, return to boil and cook for 5-6 minutes, until al dente.
2. Drain pasta and rinse with cold water to stop cooking.
3. Transfer pasta to a large bowl and toss with olive oil to keep from sticking; set aside.
4. While pasta boils, microwave corn according to package directions.
5. Add corn, cheese packet, black beans and lime juice to pasta, tossing gently to combine.
6. Salt and pepper to taste, garnish with cilantro and enjoy.

sweet potato and black bean tacos

Ingredients needed:

1 cup black beans (rinsed and drained)	6 tortillas
1 cup sweet potato puree*	Olive oil
1 cup shredded cheese	Ground turkey, chicken or beef
Taco seasoning packet	

Avocado Salsa:

1 avocado, diced	1 clove garlic, minced
1 tomato, diced	1 tbsp chopped cilantro
1/4 cup chopped red onion	Juice of 1 lime
Salt, to taste	

Instructions:

1. Pre-heat oven to 450 degrees. Line a large baking sheet with parchment paper and brush lightly with olive oil.
2. In a large skillet, over medium high heat, cook your meat. When cooked through, drain and add the taco seasoning packet according to instructions.
3. Spread about 1 tablespoon of sweet potato puree on half of the tortilla and top with one spoonful of black beans and a sprinkle of cheese.
4. If using meat, add a spoonful of the cooked meat to the tortilla.
5. Fold tortilla over and repeat with the remaining ingredients.
6. Brush the top of each tortilla with a small amount of olive oil and bake for about 10 minutes, flipping once.
7. While the tacos are baking, make the avocado salsa. Add all of the ingredients to a medium sized bowl and mix until combined.
8. Let tacos cool for a few minutes before eating and enjoy topped with avocado salsa!

** To make your sweet potato puree, cook the steam sweet potato according to instructions. When cooked, peel the sweet potato and mash in a bowl. **

turkey sausage, kale and white bean soup

Ingredients needed:

- 1.25 lb turkey sausage or veggie sausage
- 1 bunch kale – rinsed, leaves removed from ribs, chopped
- 1 cup Cannellini beans – drained and rinsed
- 1 clove garlic, minced
- 2 cups water
- 1 pinch red pepper flakes
- 2 tsp olive oil
- salt & pepper to taste
- 4 cups chicken or veggie stock

Instructions:

1. Heat oil over medium-high heat in a medium sized pot.
2. Add sausage meat, breaking it up into large chunks with spatula or wooden spoon. If necessary, remove meat from casings.
3. When the sausage is completely cooked, add garlic and sauté for 2-3 minutes.
4. Add the water, stock, beans and red pepper flakes (if using) and stir thoroughly.
5. Simmer on low for 10 minutes, covered.
6. Add the kale and allow to simmer for another 10 minutes, covered. Adjust salt and pepper to taste.
7. Enjoy!