

## **Banana Muffins**

- 1 egg
- 1 banana
- 1 Tblsp vanilla
- ½ cup almond butter
- 3 Tblsp honey
- ¼ tsp baking soda
- 8 Tblsp mini chocolate chips
- Optional; 1 scoop protein powder

Mix and bake at 400 degrees until done....13 minutes - Make in small muffin pans

## **Caprese Salad**

### **Ingredients**

- 1 pint of cherry tomatoes, sliced in half
- 2 tablespoons of olive oil
- ½ teaspoon of salt
- ¼ teaspoon of pepper
- ¼ teaspoon of chopped basil
- 1 cup of mozzarella balls
- 2 tablespoons of balsamic glaze

### **Directions**

- 1) Mix halved cherry tomatoes, olive oil, salt, pepper, basil and mozzarella balls together in a bowl.
- 2) Drizzle balsamic glaze over mixture.
- 3) Enjoy!

## **Healthy Fruit Salsa**

1 pint of strawberries

2 kiwis

1 Granny Smith apple

½ lemon

Remove the stems from the strawberries, peel the kiwis and core the apple- you can leave the skin on for color.

Dice all the fruit and add it to a large bowl- mix everything together. Add the juice from ½ the lemon and mix thoroughly. Cover the bowl and refrigerate at least 30 minutes before serving.

This can be served with the Pop Corner cinnamon chips or cinnamon pita chips.

## **Chia Pudding**

1/2 cup chia seeds

1/2 cup low fat yogurt or sour cream

2 cups milk of choice (almond, skim, whole, coconut, etc)

2 tsp vanilla extract

1/3 cup honey

\*2 cups or more of fresh fruit (typically use strawberries but any will do)

\*Can mash the fruit or slice, whichever you prefer. Feel free to add as much or as little fruit as you want.

Mix chia seeds, yogurt or sour cream, vanilla extract and honey until smooth. Slowly incorporate the milk to not form lumps.

Add chia seeds last and mix. Allow mixture to sit for at least 4 hours or overnight.

In a small cup/glass, starting with fruit, layer the fruit and pudding. Pudding should be approximately 3 tablespoons per layer. Final pudding cup/glass should be fruit, pudding, fruit, pudding, fruit. Enjoy!

## **Texas Caviar/Cowboy Salsa**

### **Mix Together:**

1 can drained black beans; 1 can drained black-eyed peas; 1 can drained whole kernel corn; 1 cup chopped green pepper; 1 cup chopped red pepper; 1 cup chopped celery; 1 cup chopped red onion

### **Marinade:**

$\frac{3}{4}$  cup oil;  $\frac{1}{2}$  cup cider vinegar;  $\frac{1}{2}$  cup sugar;  $\frac{1}{2}$  tsp salt;  $\frac{1}{4}$  tsp pepper

Boil marinade. Remove from heat and coll.

Pour over caviar and marinate for 24 hours. Drain before serving.

Serve with your favorite taco chips or crackers.

## **Brussel Sprouts with honey and Balsamic Vinegar**

- $1\frac{1}{2}$  pounds Brussels sprouts, halved, stems and ragged outer leaves removed\*
- 3 tablespoons extra virgin olive oil
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey

### **Instructions**

1. Preheat oven to 425°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.
2. Directly on the prepared baking sheet, toss the Brussels sprouts with 2 tablespoons of the oil, the salt, and the pepper. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.
3. Drizzle the remaining tablespoon of oil, the balsamic vinegar and the honey over the roasted Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.

## **Haylie's Breakfast Burritos**

\*\*Makes 10-15 burritos

Time: 2 hours

### Ingredients:

- 8 to 12 Carb balance tortillas (taco or burrito size)
- 1-1.5 lb ground sausage, bacon, or ham
- 12 large eggs
- 1 onion
- 1 red or green pepper
- 1 jalapeno
- 12-16 oz potato of some sort - hashbrowns, breakfast potatoes, tater tot, or Oles
- nacho cheese
- shredded cheese

### Directions:

Cook and ground up the sausage with onions and peppers. Make sure to drain grease. Cook and season the eggs. Cook the potatoes as directed. Then time to start assembling the burritos. Make sure all ingredients are cooled down or the burritos will get soggy when you freeze them. Layer nacho cheese on the bottom of the burrito, then add the potato, sausage, eggs, and onions/peppers. Top it with shredded cheese. Then roll up your burrito and make sure to tuck all the ends in. Spray the pan beforehand. Lay folded side down on the pan and grill till golden brown and flip to other side and grill till golden brown. Let burritos cool down on a plate or in the fridge. Wrap all burritos in tinfoil or cling wrap. Place all in a freezer bag and freeze. They can stay in the freezer for a few months. When ready to cook, wrap burrito in a paper towel and microwave on high for 3 minutes.

\*\*To make sure burritos don't get soggy, don't add any sauce till after microwaving.

\*\*I always double the recipe so the burritos last longer.

## **Zucchini Boats-Taco**

### **Ingredients**

2 zucchini, halved lengthwise  
1 medium yellow onion  
2 cloves garlic  
1 lb ground beef or turkey  
Taco seasoning  
1 cup fire roasted tomatoes with juice  
½ cup black bean, drained and rinsed  
½ cup corn  
Lime juice  
½ cup shredded cheese  
Cilantro(optional)  
Lime juice(optional)

### **Instructions**

1. Preheat oven to 375 F. line baking tray with parchment paper
2. Scoop out the inside seeds/flesh of zucchinis, leaving about ¼ inch rim to make the “boat.” Reserve flesh for later
3. Place zucchinis cut side up on baking tray and spray or rub with cooking oil. Season with salt and pepper. Bake until they begin to soften, about 12-15 minutes.
4. While zucchinis soften, sauté onion with olive oil for about 3 minutes. Add in garlic until fragrant.
5. Add ground beef or turkey and brown.
6. Season with taco seasoning. Add in tomatoes, bean, corn, zucchini flesh and lime juice(if wanted). Simmer about 5-7 minutes.
7. Spoon taco mixture into “boats” and top with cheese.
8. Bake until cheese is melted and zucchinis are tender, about 10 minutes.
9. Top with your favorite taco toppings!

\*\*There are many ways to make zucchini boats, just change up the filling with what you want! Buffalo chicken, pizza, chicken alfredo....the possibilities are endless!

## **Honey Garlic Chicken with Mac & Cheese**

### **Honey Garlic Chicken:**

2 lbs chicken breast

1.5 tsp salt

1 tsp black pepper

1 tsp chili flakes

1.5 tsp garlic powder

1.5 tsp onion powder

1.5 tsp regular or smoked paprika

~2 tsp olive oil

1-2 tablespoons butter

2 tsp minced garlic

2 oz honey

Cut chicken into cubes and place into a bowl.

Season with salt, black pepper, chili flakes, garlic powder, onion powder, and regular or smoked paprika... to taste/preference.

Drizzle olive oil over chicken and mix until the color changes.

To a hot pan, add minced garlic and butter. Cook until fragrant and slightly browned. Add chicken and cook through. Once cooked, drizzle honey over the chicken and mix.

Remove chicken from the pan.

### **Mac & Cheese:**

8 oz pasta of choice (whole-grain for healthy option, chickpea-based for extra protein)

4 tsp minced garlic

8 oz light cream cheese

1.5 cups skim/low fat milk

1.5 tsp salt

1 tsp black pepper

1.5 tsp regular or smoked paprika

0.5 tsp nutmeg

4 oz low fat cheddar cheese

Add minced garlic with extra butter (if needed) to the same pan after the chicken is done. Cook until slightly brown. Add light cream cheese and skim milk. Stir until mixed.

Add salt, black pepper, nutmeg, and regular or smoked paprika... to taste/preference.

Add low fat cheddar cheese and mix until the cheese melts.

Separately, bring a pot of water to boil and add pasta of choice.

Cook pasta until halfway done. Add pasta to the sauce and allow the pasta to absorb some of the liquid until soft. Add uncooked pasta to sauce if it is too runny.

Portion out chicken and mac & cheese, and enjoy!

## **Salmon with Tomato & Spinach Cream Sauce**

2-4 salmon fillets, remove skin

Salt and black pepper

1 lemon (halved)

2 cloves of garlic, minced

1 shallot, minced

1 cup cherry tomatoes, sliced in half

4-6 oz spinach

1 - 2 cup half & half cream (can split into half skim milk and half & half for less calories)

1/4 - 1/2 cup parmesan cheese, shredded

Season salmon to taste/preference with salt and pepper (both sides).

Using half a lemon, squeeze juice over fillets.

Add 2 tablespoons butter to a hot pan and fry fish for about 4 minutes on medium heat. Flip and fry for another 2 minutes, or until cooked. Add more butter or oil if needed.

Remove salmon from pan and set aside.

Add garlic and shallot to the pan with extra butter (if needed). Cook until fragrant. Add tomatoes and cook briefly. Add spinach and cook until wilted and reduced in size.

Add cream/milk (start with 0.5 cup and add more if needed) and parmesan cheese. Season sauce with extra salt and black pepper to taste.

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Slice remaining half of lemon (approximately 4 slices depending on size) and place into sauce. Allow to cook until it is simmering for about 3 minutes on medium heat and the spinach has stopped reducing in size.

Add salmon back in to pan, baste with sauce, and cook for another 2-3 minutes. Remove lemon slices once cooking is finished.

### **White rice (optional):**

Add 0.5 tablespoons butter and 1 cup white rice to a pot, sauté for 2-3 minutes until rice is slightly roasted and fragrant. Add 0.5 tsp salt.

Add 1.5 cups hot water to rice and bring to a boil. Lower heat and simmer for 10-20 minutes or until rice is cooked.

\*Can also cook any rice according to package instructions

Serve with salmon and enjoy!

### **Strawberry Mango Salsa – Chelsey**

- 2 cups fresh strawberries
- 1 cup ripe mango (roughly 2 large mango)
- 1 avocado
- 1 jalapeno, seeded and finely diced
- 2 tablespoons red onion, finely diced
- 2 tablespoons cilantro, diced
- 1 small lime, juiced
- 1/4 teaspoon salt, plus more to taste

Chop and mix! Best served same day, but can store in airtight container for up to 3 days.

Serve with dipping chips or add to salads, fish tacos, or grilled chicken and fish.

## **Apricot Slush**

- 1 (48 oz) can apricot nectar
- 1 (48 oz) can pineapple juice
- 1 (12 oz) can frozen orange juice
- 1 (12 oz) can frozen lemonade
- 1 pint rum, optional

Mix all ingredients together. Place in freezer. To serve fill glass  $\frac{3}{4}$  full with slush, add squirt or 7-up to fill.

## **Bacon Wrapped Water Chestnuts**

- 1 pk Bacon
- 2 cans Whole Water Chestnuts

Cut bacon strips into 1/3. Wrap bacon around water chestnuts and secure with a toothpick. Bake on cookie sheet at 400<sup>o</sup> until bacon is crisp.

Mix in crock pot:

- |                               |                 |
|-------------------------------|-----------------|
| 1 C Ketchup                   | 1 C Brown Sugar |
| 1-2 Tbsp Worcestershire Sauce | 2 Tbsp Water    |

Place baked bacon wrapped water chestnuts in crockpot with sauce. Let cook on high for 1 hour.

## **Baked Sweet Potato Chips**

Preheat oven to 400 degrees. Cut sweet potatoes with mandolin. Place in small bowl and drizzle in olive oil, or coat in olive oil cooking spray. Sprinkle with salt, pepper, and garlic powder (optional). Place in single layer on cooking sheets. Bake, flipping once, until centers are soft and edges are crisp, 22 to 25 minutes. Can also use paprika, garlic salt, etc.