

Breakfast Burritos



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Ingredients

6 low carb whole wheat tortillas

3 medium sweet potatoes

1- 15 oz can black beans, rinsed and drained

1/4 teaspoon cumin

1/4 teaspoon chili powder

few dashes of red pepper flakes, if desired

8 large egg whites

1 avocado, diced

1/2 cup reduced fat shredded mexican or colby jack cheese

1/3 cup red enchilada sauce

Directions

1. Cook sweet potatoes: Pierce sweet potatoes with fork a few times. Place in microwave and microwave on high for 4-6 minutes or until cooked though. This may take up to 10 minutes depending on how thick your sweet potatoes are. Alternatively you can roast them in the oven at 400 degrees for 45 minutes. Once sweet potatoes are cooked, remove the skins and place potatoes in a medium bowl.
Mash with a fork; set aside.
2. In a separate large bowl, add black beans, cumin, chili powder and red pepper flakes if desired. Stir to combine then set aside.
3. In a separate medium bowl, beat egg whites together. Spray a skillet with nonstick cooking spray and place over medium-low heat. Add in egg whites and cook. Fold every few minutes to get fluffy eggs. Once cooked, remove from heat.
4. To assemble burritos, make sure you have warm tortillas; it makes them easier to roll. You can warm them up for 10-20 seconds in the microwave before assembling. Lay out warm tortillas and evenly distribute and spread mashed sweet potato on each. Evenly distribute egg whites, diced avocado, black beans, and shredded cheese on each tortilla. Next drizzle about tablespoon of enchilada sauce in each. Season with salt and pepper, if desired. Tuck ends in, then roll up burritos. To warm up: Place on baking sheet in oven at 300 degrees for 5-10 minutes or simply microwave them for a minute or two. Serve with sour cream, greek yogurt, salsa, or hot sauce. Makes 6 burritos.

Picture and recipe retrieved
from <https://www.ambitiouskitchen.com/healthy-sweet-potato-black-bean-avocado-breakfast-burritos/>.

Caprese Zoodles



Caprese Zoodles

Ingredients

- 4 large zucchini
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 2 cups cherry tomatoes, halved
- 1 cup mozzarella balls, quartered if large
- 1/4 cup fresh basil leaves
- 2 tablespoons balsamic vinegar

Directions

Using a spiralizer, create zoodles out of zucchini.

Add zoodles to a large bowl, toss with olive oil and season with salt and pepper.

Let marinate 15 minutes. Add tomatoes, mozzarella and basil to zoodles and toss until combined.

Drizzle with balsamic and serve.

Recipe and picture retrieved

from <https://www.delish.com/cooking/recipe-ideas/recipes/a47336/caprese-zoodles-recipe/>.

Sweet and Sour Chicken



Sweet and Sour Chicken

Ingredients

- 3-4 boneless skinless chicken breasts, pounded to $\frac{1}{2}$ inch thickness and chopped into 1 inch pieces
- $\frac{1}{3}$ cup corn starch
- 2 tablespoons oil
- 1 red bell pepper, chopped
- 1 green bell pepper
- $\frac{1}{2}$ white or yellow onion, chopped

Sauce

- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup apple cider vinegar (may sub white vinegar)
- 2 tablespoons soy sauce
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion salt*
- $\frac{1}{4}$ cup ketchup
- 1 tablespoon cornstarch + 2 tablespoon cold water

Instructions

1. First prepare the sauce. Add sugar, vinegar, soy sauce, garlic powder, onion salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the 1 tablespoon corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.
2. Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat chicken. Drizzle a large pan or skillet with oil. Add coated chicken. Saute over medium heat for about 5 minutes. Add peppers and onions. Continue to saute over medium heat until chicken is browned and cooked through.
3. Add sauce to chicken and peppers. Stir to coat well. Serve warm with cooked rice if desired.

Note

*If you don't have onion salt, use garlic salt instead of garlic powder, and use onion powder instead of garlic salt.

Recipe and picture retrieved

from <https://www.lecremedelacrumb.com/healthy-sweet-sour-chicken/>

Goddess Bowls



Goddess Bowls

Ingredients

1/2 lb. asparagus, ends trimmed
2 tablespoons extra-virgin olive oil, divided
Kosher salt
Freshly ground black pepper
1 lb. boneless skinless chicken breasts
1 teaspoon garlic powder
1 teaspoon dried oregano

For the Dressing

1 cup mayonnaise
1 cup Greek yogurt
1 1/2 cup chopped basil leaves
1/2 cup chopped parsley
1/4 cup chopped chives (plus more for garnish)
1/4 cup lemon juice
2 cloves garlic, coarsely chopped

For the Bowls

4 cups cooked brown rice
1 avocado, sliced
1 cup halved cherry tomatoes

Directions

1. **Roast asparagus:** Preheat oven to 425°. On a large baking sheet, toss asparagus with 1 tablespoon oil and season with salt and pepper. Bake until the asparagus is tender, about 15 minutes.
2. **Cook chicken:** Heat remaining olive oil in a large skillet over medium heat. Season both sides of chicken with garlic powder, dried oregano, salt and pepper. Add chicken to the hot skillet and cook until golden and cooked through, about 8 minutes per side. Remove from heat and let rest for 10 minutes before slicing into strips.
3. **Make dressing:** To a food processor, add mayonnaise, yogurt, basil, parsley, chives, lemon juice, and garlic. Pulse until smooth then season with salt and pepper to taste.
4. **Assemble bowls:** Divide rice between 4 serving bowls. Top with avocado, cherry tomatoes, cooked chicken and roasted asparagus. Drizzle dressing over each bowl. Serve immediately.

Recipe and picture taken
from <https://www.delish.com/cooking/recipe-ideas/recipes/a54905/goddess-bowls-recipe/>