

# Breakfast Burritos



## Breakfast Burritos

### 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/>



---

# Sweet Potato Pancakes with Cinnamon Cream

## Sweet Potato Pancakes with Cinnamon Cream

### Ingredients

1 package (8 ounces) cream cheese, softened

1/4 cup packed brown sugar

1/2 teaspoon ground cinnamon

1/2 cup sour cream

### **PANCAKES:**

6 large eggs

3/4 cup all-purpose flour

1/2 teaspoon ground nutmeg

1/2 teaspoon salt

1/4 teaspoon pepper

6 cups shredded peeled sweet potatoes (about 3 large)

3 cups shredded peeled apples (about 3 large)

1/2 cup canola oil

### **Directions**

In a small bowl, beat the cream cheese, brown sugar and cinnamon until blended; beat in sour cream. Set aside.

In a large bowl, whisk the eggs, flour, nutmeg, salt and pepper. Add the sweet potatoes, apples; toss to coat.

In a large nonstick skillet, heat 2 tablespoons oil over medium heat. Working in batches, drop sweet potato mixture by 1/3 cupfuls into oil; press slightly to flatten. Fry for 2-3 minutes on each side until golden brown, using remaining oil as needed. Drain on paper towels. Serve with cinnamon topping.

Yield: 12 servings (1-1/2 cups topping).

Image and recipe taken from:

<https://www.tasteofhome.com/recipes/sweet-potato-pancakes-with-cinnamon-cream>

---

# **Cauliflower Waffles**

## **Cauliflower Waffles**

## **Ingredients**

3 cups grated cauliflower

3 cups shredded mozzarella

1/2 cup finely shredded Parmesan

3 large eggs

1/4 cup cornstarch

1 tsp. paprika

Kosher salt

Freshly ground black pepper

## **Directions**

Preheat your waffle press.

In a large bowl, mix together cauliflower, cheese, eggs, cornstarch and paprika until combined. Season with salt and pepper.

Pour 1 cup batter into a preheated waffle press, and cook for 6 minutes.

Serve alone or with the toppings of your choice such as avocado, fried egg, bacon, tomatoes, and so much more!

Image and recipe taken from:

<http://www.delish.com/cooking/recipe-ideas/recipes/a53533/cauliflower-waffles-recipe/>

---

# Cilantro Lime Shrimp with Zucchini Noodles

## Cilantro Lime Shrimp with Zucchini Noodles

### Ingredients

1 lb (450g) shrimp, shelled and deveined

2 + 1 tablespoons olive oil

4 cloves garlic, minced

1 pinch red pepper flakes (optional)

1/4 cup vegetable broth

1 teaspoon honey

Juice of 1 1/2 lime

3 medium zucchini, spiralized or cut into noodles

Salt and fresh cracked pepper to taste

1 teaspoon lime zest

2 tablespoons cilantro, chopped

## Directions

In a bowl, combine 2 tablespoons olive oil, garlic, red pepper flakes, 1 tablespoon cilantro, honey, lime juice and lime zest. Add uncooked shrimp and toss to mix well. Marinate for 15 to 20 minutes.

Heat 1 tablespoon olive oil in a pan over medium-high heat, add the drained shrimp, cook for 2 minutes, flip, and add the marinade. Cook for 1 more minute and set the shrimp aside.

In the same skillet add vegetable broth to deglaze and simmer for 2 minutes. Add the zucchini noodles and cook until just tender, about 2 minutes. Add the shrimp and adjust seasoning. Toss everything and serve immediately topped with additional cilantro, enjoy!

Image and recipe taken from:

<http://www.eatwell101.com/cilantro-lime-shrimp-with-zucchini-noodles>

---

**Barbecue  
Potatoes**

**Chicken**

**Sweet**

**Barbecue Chicken Sweet Potatoes**

## **Ingredients**

4 sweet potatoes

2 tbsp. butter, softened

4 oz. cream cheese, softened

1 tsp. chili powder

1 tsp. garlic powder

Kosher salt

Freshly ground black pepper

2 cups shredded rotisserie chicken

1/2 cup barbecue sauce

1 1/2 c. shredded Cheddar

Green onions for garnish

## **Directions**

Preheat oven to 375°. Place sweet potatoes on sheet tray and bake until soft, about 1 hour. Remove from oven and let stand until cool enough to handle.

Split potatoes and remove the flesh; transfer to a medium bowl and leave the skins on the sheet tray. Add butter, cream cheese, chili powder and garlic powder to the sweet potato flesh, then season with salt and pepper. Mash with a fork or rubber spatula until the mixture is evenly combined. Spoon the mixture back into the sweet potato skins.

In a separate medium bowl, combine chicken and barbecue sauce. Divide chicken mixture between sweet potatoes. Top with cheese and garnish with green onions.

Bake for 15 minutes, or until the cheese is melted and the sweet potato filling is heated through. Serve warm.

Image and recipe taken from: [www.delish.com](http://www.delish.com)

---

# Honey Glazed Garlic Salmon

## Honey Glazed Garlic Salmon

### Ingredients

3 tbsp. extra-virgin olive oil

4 6-oz. salmon fillets, patted dry with a paper towel

1/3 cup honey

1/4 cup soy sauce

2 tbsp. lemon juice

1 tsp. red pepper flakes

Kosher salt

Freshly ground black pepper

3 cloves garlic, minced

1 lemon, sliced into rounds

## Directions

In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.

In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper.

Cook salmon until deeply golden, about 6 minutes, then flip over and add the remaining tablespoon of oil.

Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.

Garnish with sliced lemon and serve.

Image and recipe taken from: [www.delish.com](http://www.delish.com)