

# Classic French Onion Soup

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### Ingredients

5 tablespoons olive oil, divided

1 tablespoon butter

8 cups thinly sliced onions (about 3 pounds)

3 garlic cloves, minced

1/2 cup port wine

2 cartons (32 ounces each) beef broth

1/2 teaspoon pepper

1/4 teaspoon salt

24 slices French bread baguette (1/2 inch thick)

2 large garlic cloves, peeled and halved

3/4 cup shredded Gruyere or Swiss cheese (about 3 ounces)

## Directions

In a Dutch oven, heat 2 tablespoons oil and butter over medium heat. Add onions; cook and stir until softened, 10-13 minutes. Reduce heat to medium-low; cook, stirring occasionally, until deep golden brown, 30-40 minutes. Add minced garlic; cook 2 minutes longer.

Stir in wine. Bring to a boil; cook until liquid is reduced by half. Add broth, pepper and salt; return to a boil. Reduce heat. Simmer, covered, stirring occasionally, for 1 hour.

Meanwhile, preheat oven to 400°. Place baguette slices on a baking sheet; brush both sides with remaining oil. Bake until toasted, 3-5 minutes on each side. Rub toasts with halved garlic.

To serve, place twelve 8-oz. broiler-safe bowls or ramekins on baking sheets. Place two toasts in each. Ladle with soup; top with cheese. Broil 4 in. from heat until cheese is melted.

Find the full recipe with all the nutritional facts at:  
<https://www.tasteofhome.com/recipes/classic-french-onion-soup/>

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## Plum Dumplings

# Plum Dumplings



## Ingredients

### Potato Dough

3 large potatoes, russet (about 2 pounds)

3 cups flour, 2 cups for dough, 1 cup for dusting

2 eggs

1/4 cup butter

Salt

20-30 plums

### Breadcrumbs Coating

3/4 cup butter

1/2 cup breadcrumbs

## Directions

Place the peeled and cut potatoes into a saucepan with salted water.

Cook 15-20 min or until you can easily poke them with a fork.

When the potatoes are done, drain the water and add 1/4 cup butter, mash the potatoes with a potato masher.

Let cool.

When cool add 2 eggs and mix before you add 2 cups flour.

Now you can knead by hand, add more flour if it is too wet.

At this point put a big pot of salted water on the stove.

Roll the dough into a cylinder shape about 4-5 cm thick and cut 2-3 cm pieces.

Put plum in the middle and shape the dumplings, arrange them on a floured tray.

Put them in the boiling water one by one and stir so they don't stick to the bottom of the pot.

When they come to the surface, cook another 3-5 minutes.

In meantime melt, 3/4 butter in the large frying pan add breadcrumbs and fry for 2-3 min, make sure not to burn them.

Now take one by one dumpling and roll into butter and breadcrumb, keep them warm.

Serve with sugar and cinnamon or sour cream.

Find this recipe and picture at: [food52.com/recipes/33226-plum-dumplings](http://food52.com/recipes/33226-plum-dumplings)

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# Stuffed Tomatoes with Chicken Quinoa

## Stuffed Tomatoes with Chicken Quinoa



### INGREDIENTS

- 6 tomatoes, tops cut and seeded
- 3 cups cooked quinoa
- 7 ounces (200g) chicken breast or thighs, minced
- 1 stalk celery, finely minced (or a small bunch of parsley)
- 1 yellow onion, finely minced
- 1/2 teaspoon fennel seeds
- 1 teaspoon garlic powder (optional)
- 1/2 teaspoon chili powder
- Kosher salt and freshly ground black pepper, to taste

### DIRECTIONS

1. Preheat oven to 360°F (180°C). Prepare a baking dish.

2. Meanwhile stir fry chicken, celery, fennel seeds and onion in a skillet with few drops of vegetable oil.  
Season with salt and pepper.
3. In a large bowl, combine quinoa, chicken, fennel seeds, onion and chili powder, salt and pepper, to taste.
4. Spoon the quinoa filling into each tomato cavity. Place on the prepared baking dish, cover with the tops, and bake until the tomatoes are tender and the quinoa filling is heated through, about 25-30 minutes. Serve immediately.

Recipe and picture retrieved  
from <https://www.eatwell101.com/chicken-quinoa-stuffed-tomatoes-recipe>.

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## **One Pan Lemon Parmesan Chicken and Asparagus**



# Lemon Parmesan Chicken and Asparagus

## Ingredients

- 1 and 1/2 pounds boneless skinless chicken breasts or tenders
- 1/3 cup flour
- 1 cup panko
- 1 cup parmesan cheese separated
- 1 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 3-4 lemons
- 1 tablespoon minced garlic
- 8 tablespoons melted butter separated, unsalted
- 1 tablespoon lemon pepper seasoning
- 1 pound asparagus
- 3 tablespoons olive oil
- 3 tablespoons honey
- Optional: fresh parsley, 1 lemon for topping

## Instructions

1. Preheat the oven to 400 degrees F. Line a large sheet

pan with parchment paper and set aside.

2. Grab three bowls. Add the flour to one bowl.
3. Combine panko, 1/2 cup freshly grated parmesan cheese, dried parsley, garlic powder, about 1/2 teaspoon each of salt (I use seasoned salt) and pepper. Stir.
4. In the final bowl, add 1-2 teaspoons lemon zest, 4-5 tablespoons lemon juice (depending on lemon flavor intensity desired), minced garlic, and 5 tablespoons melted butter. Stir. Remove 4 tablespoons of this mixture and set aside.
5. Slice chicken breasts to the size of tenders (about 1 and 1/4th inch strips) or use chicken tenders.
6. Coat in flour, heavily dredge in garlic lemon mixture, and then coat in the Parmesan panko mixture.
7. Place on prepared sheet pan. Use any remaining Parmesan panko mixture and sprinkle over tenders. Sprinkle lemon pepper seasoning over the tenders (I use Mrs. Dash lemon pepper)
8. Bake in preheated oven for 10 minutes and remove.
9. Flip the tenders to the other side.
10. Place the asparagus next to the tenders and drizzle the reserved lemon butter sauce. Sprinkle remaining 1/2 cup Parmesan cheese over the asparagus and toss with tongs.
11. If desired place lemon slices over the chicken (optional)
12. Return to the oven and bake for another 10-12 minutes or until the internal temperature of the chicken has reached 165 degrees F.
13. Meanwhile, whisk remaining 3 tablespoons melted butter, 3 tablespoons lemon juice, 1-2 teaspoons lemon zest, 3 tablespoons olive oil, and 3 tablespoons honey in a small bowl. Add some pepper and parsley if desired.
14. Remove from the oven and top with the honey lemon mixture and fresh parsley if desired and enjoy immediately.
15. Do not top chicken breasts with the honey lemon mixture unless eating immediately and aren't planning on having



leftovers since it will make it soggy.

Picture and recipe retrieved from:

<https://www.chelseasmessyapron.com/one-pan-lemon-parmesan-chicken-and-asparagus-video/>

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# **Grilled Chicken Salad with Cabbage and Raspberry Balsamic Dressing**

## **Grilled Chicken Salad with Cabbage and Raspberry Balsamic Dressing**



### **Salad:**

1 green cabbage, halved lengthwise and thinly sliced crosswise

2 (9 oz) boneless, skinless chicken breasts

1 1/2 – 2 cups matchstick carrots, or 2 medium carrots cut into matchsticks

1 red bell pepper, cut into small cubes

2 handfuls of croutons (optional for paleo)

1/2 cup cilantro leaves, chopped

3 chopped spring onions, green and white parts

1 teaspoon poppy seeds, toasted

### **Dressing:**

1/4 cup balsamic vinegar

1/4 cup olive oil

1/4 cup chopped spring onions, green and white parts

A handful of raspberries

### **Marinade:**

1/4 cup low-sodium soy sauce  
2 tablespoons finely minced ginger  
3 tablespoons olive oil  
Juice of one lime  
2 tablespoons Worcestershire sauce  
1 tablespoon toasted sesame oil  
1 teaspoon Sriracha  
2 – 3 cloves garlic, minced  
1 tablespoon honey

## **DIRECTIONS**

### **For the marinade:**

1. In a mixing bowl, whisk together soy sauce, ginger, olive oil, lime juice, Worcestershire sauce, sesame oil, Sriracha, minced garlic and honey.
2. Add chicken breasts to a large resealable bag and add 3 to 4 tablespoons of the marinade mixture, reserving the remaining. Seal the bag and rub the marinade over chicken, then transfer chicken to your refrigerator and let rest at least 30 minutes, or up to 1 day.

### **For the dressing:**

1. Add balsamic vinegar, olive oil, raspberries to a blender and pulse to emulsify the vinaigrette. Add 1/4 cup chopped green onions and whisk to combine. Set aside in the refrigerator.

### **For the salad:**

1. Heat a grill or grill pan over the stove top over medium-high heat. Brush grill lightly with canola or vegetable oil, then place marinated chicken on the grill and cook, about 4 minutes per side, or until chicken has cooked through.

2. Transfer to a cutting board and allow to rest for 10 minutes. Then, cut chicken breasts crosswise into 1/4-inch strips.

### To assemble the salad:

1. In a large bowl toss together cabbage, chicken, carrots, spring onions, bell pepper croutons and cilantro with enough raspberry dressing to coat the salad. Add chicken strips, drizzle with additional raspberry vinaigrette and sprinkle with poppy seeds.

**Notes:** The chicken is flavorful but not very spicy without a good drizzle of the marinade glaze. Reduce the remaining of the marinade in a saucepan. You can then customize the heat of the chicken by adding more or less glaze at the end of grilling.

Picture and recipe retrieved  
from <https://www.eatwell101.com/grilled-chicken-salad-recipe>.

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# Beef Quesadillas with Queso Blanco Sauce



# Beef Quesadillas with Queso Blanco Sauce

## Ingredients:

3 c. Monterey Jack cheese  
4 1/2 oz. green chilies  
1/4 c. heavy cream  
5 tsp. cumin  
kosher salt  
Freshly ground pepper  
3 cloves garlic, minced  
1 lb. ground beef  
1 tbsp. chili powder  
8 large flour tortillas  
extra-virgin olive oil  
1/2 c. fresh cilantro, chopped  
1 large tomato, chopped  
1/2 c. sour cream

## Directions:

1. In a small pot, add 1 cup Monterey jack cheese, half of

the green chilies, heavy cream, 1 tsp. cumin, 1 tsp. salt, 1/2 tsp. pepper and 3 cloves garlic. Heat over low heat till cheese is melted and well blended, about 10 minutes. Keep stirring to prevent bottom from burning.

Keep on low until ready to serve.

2. Meanwhile, in a large skillet, brown beef for 5 minutes over medium-high heat. Drain oil and add 1 tbsp. salt and the remaining cumin, chili, garlic, green chilies and cheese.
3. In a large skillet, preheat over medium-low heat. Drizzle olive oil and place 1 flour tortilla and fill with 1/4 of meat mixture. There will be enough for four large quesadillas. Place another tortilla on top. Cook for 1 to 2 minutes till light golden brown and cook on other side. If the quesadilla is browning too quickly, turn down to low heat. Repeat steps for the remaining quesadillas.
4. Cut each quesadilla into 4 pieces and top with warm queso sauce. Garnish with cilantro, tomato and sour cream.

**Recipe and image taken**

**from: <https://www.delish.com/cooking/recipe-ideas/recipes/a45429/beef-quesadillas-with-queso-blanco-sauce-recipe/>**

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## **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/>.



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# 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/>.**

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## **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/>**

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# 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/>