

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/>

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>.

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/>

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>