One Pot Quinoa Enchilada (with Shredded Chicken)
Find all the same flavors of a decadent chicken enchilada dinner but without the guilt! This one pot quinoa enchilada recipe is Healthy, VERY easy to make and so tasty, both kids and adults love it!

Ingredients
- 2 tablespoons cooking oil
- 1 red onion finely chopped
- 2 cloves garlic minced
- 1 jalapeno finely chopped (optional – ONLY if you like it spicy!)
- 1 1/2 cup quinoa
- 1 cup low sodium chicken stock
- 10.05 ounces can black beans
- 14.5 ounces can diced tomatoes
- 10 ounces can mild enchilada sauce
- 1 avocado peeled and cored and sliced bite size
- ½ pound skinless boneless chicken cutlets or breast (Optional)
- ¼ cup cilantro chopped
- shredded cheddar cheese for topping
- lime wedges

Instructions
1. In a deep skillet or medium high heat, add grapeseed oil, onions, garlic and jalapeno and cook for 3 minutes, until onions are translucent.
2. Add chicken stock, black beans, diced tomatoes, enchilada sauce and quinoa. Stir well, bring to boil and lower heat to a simmer. Cover and cook for about 15-17 minutes, until quinoa is cooked and most of the liquid is absorbed. Turn the heat off.
3. Add avocado, cilantro and shredded chicken and mix well. Serve topped with shredded cheddar, lime and a few cilantro leaves.

For shredded chicken:
1. Bring a medium sized pot of water to boil. Turn the heat off and add chicken to the pot. Cover and leave in water for 12 minutes (until chicken is cooked through).
2. Take the chicken out of the water and let cool to room temperature (or put it in the freezer for about 7 minutes).
3. Use your fingers to shred the chicken, it’s very easy! Set aside on a plate.

Recipe Notes
Rinse quinoa (if it doesn’t say pre-rinsed on the package) vigorously to remove the bitter coating

PER SERVING *

| Calories | 320 |
| Cholesterol | <5mg |
| Sodium | 480mg |
| Potassium | 710mg |
| Protein | 12g |
| Total Carbohydrate | 45g |
| Total Fat | 12g |
| Saturated Fat | 2g |

*All of the ingredients can be placed into a slowcooker for easier cooktime. This is a great recipe to portion out and save in freezer*
One-Pot Pesto Chicken Alfredo Zucchini Noodles

These super-creamy alfredo zucchini noodles get TONS of flavor kicked up by fresh pesto and tender chicken cubes makes it an entire carb-free meal! This one-pot dinner is the comfort food your weeknight needs!

Ingredients

- 3 tablespoons butter
- 1 lb chicken, cut into 1-in cubes
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 3 tablespoons white whole wheat flour
- 1/2 cup half-and-half cream
- 1 cup milk
- 1/4 cup prepared pesto sauce
- Salt and pepper to taste
- 4 medium zucchinis, spiralized, grated, sliced, or cubed
- 1/3 cup grated Parmesan cheese

Instructions

1. In a large skillet over medium-high heat, melt butter. Add chicken, onion, and garlic to pan and saute several minutes until chicken is cooked through and onions are translucent. Stir flour into pan and slowly mix in half-and-half, milk, and pesto until smooth.
2. Bring sauce to a simmer over medium-high heat until thickened and smooth. Remove from heat and season with salt and pepper to taste. Add zucchini to skillet and gently toss noodles until coated in sauce. Sprinkle Parmesan over zucchini and return to medium heat, cover and let cook 5 minutes. Serve warm and enjoy!

Nutrition Information

Serving size: 8 oz Calories: 256 Fat: 14.2g Saturated fat: 6.9g Unsaturated fat: 7.3g Trans fat: 0g Carbohydrates: 9.3g Sugar: 4.1g Sodium: 243mg Fiber: 1.7g Protein: 23.8g Cholesterol: 73mg
ONE-POT CHICKEN AND QUINOA IN MUSTARD SAUCE

INGREDIENTS

- 8 oz. pkg. sliced white mushrooms
- 4 Tbsp. butter, divided
- 1 lb. boneless, skinless chicken thighs, cut into bite size pieces
- ½ tsp. salt
- ½ tsp. fresh black pepper
- 1 cup uncooked quinoa, rinsed
- 1¾ cup water
- 1 dry whole bay leaf
- 5 cups fresh baby spinach leaves, packed

Mustard Sauce

- 3 Tbsp. Dijon mustard
- 2 Tbsp. maple syrup
- 1 Tbsp. fresh lemon juice

Optional

- red pepper flakes
- fresh chopped cilantro

INSTRUCTIONS

1. In a 3 quart saute pan, melt 2 tablespoons of butter over medium-high heat. Add mushrooms and cook for 8-10 minutes, stirring occasionally, until browned and tender. Remove to a plate with a slotted spoon.
2. To the same pan, add remaining 2 tablespoons of butter. Add chicken, season with salt and pepper. Increase heat to high and cook until lightly browned, stirring occasionally; about 8-10 minutes.
3. Stir in quinoa, water and bay leaf; bring to a boil. Reduce heat to medium and simmer, partially covered, about 15 minutes. You want quinoa to be completely cooked and most of the liquid absorbed.
4. While the quinoa is cooking, prepare the mustard sauce by whisking together the mustard, maple syrup and lemon juice in a small bowl; set aside.
5. When quinoa is done cooking, remove the bay leaf. To the pan, add spinach and stir until slightly wilted, about 1 minute. Add cooked mushrooms, along with the mustard sauce. Stir to combine.
6. Remove from heat and serve.
7. Optional: serve with sprinkle of red pepper flakes and fresh chopped cilantro.

*When sauteing mushrooms, make sure the butter is hot, before adding the mushrooms. You should hear a sizzle. If the butter isn't hot enough, the mushrooms will start to water out and steam instead of saute. Also make sure your pan is big enough to not crowd the mushrooms. This will cause the mushrooms to water out as well. A single layer with space between the mushrooms is ideal.

580 Calories  SODIUM 480mg  FAT 34g  PROTEIN 29g  CARBS 40g  FIBER 6g
WILD BLUEBERRY BEET SMOOTHIE

This healthy Wild Blueberry Beet Smoothie is a colorful and nutritious way to start your day with an extra serving of vegetables at breakfast!

INGREDIENTS

- 1 cup frozen wild blueberries (plus additional for topping if desired)
- 1 cup unsweetened soy milk (or milk of choice)
- ½ cup frozen diced beets (use diced fresh beets if you don't have frozen)
- ¼ cup rolled oats (use gluten-free if needed)
- ¼ cup coconut cream or culinary coconut milk (substitute with yogurt if desired)
- 2 teaspoons ground cinnamon
- 1 teaspoon grated ginger

INSTRUCTIONS

1. Add ingredients to a blender and blend on high until smooth and creamy, gradually adding additional milk if you prefer a thinner, more drinkable consistency. Transfer to a glass and top with additional wild blueberries if desired. Enjoy!

Calories 330
Total Fat 18g
Saturated Fat 13g
Sodium 100mg
Potassium 630mg
Protein 10g
Total Carbohydrate 39g
Dietary Fiber 9g
Wild Rice Vegetable Chicken Risotto
Serves: 4-6

Ingredients
- 1 Tsp. extra virgin olive oil
- 1.5 cups chopped celery; leave half a cup to the side for finished dish
- ½ of a yellow onion; chopped
- 2 garlic cloves, minced
- 4 medium whole mushrooms; sliced
- ½ cup sliced green onions
- 4 medium sized boneless skinless chicken breasts
- 1.5 cups uncooked wild rice
- 1 14 oz bag frozen stir fry vegetables (or 5 cups fresh vegetables of choice)
- 2 cups low sodium vegetable broth
- 2 cups water
- Salt and Pepper to taste
- ½ cup raw pecan halves, (or another nut of choice) lightly toasted then chopped
- 1 cup mozzarella cheese, shredded

Instructions
1. Pre heat oven to 350°F
2. Line a baking sheet with parchment paper. Evenly spread out pecan halves and toast for 8-10 minutes, flipping half way through. (this step can be skipped)
3. Sauté yellow onion, garlic, 1 cup of celery and mushrooms in a medium-large pan, stirring often until onion and celery is tender. (vegetables can be added without sautéing to save time)
4. In large baking dish, place chicken breasts, sautéed yellow onion, garlic, celery and mushrooms, wild rice, broth, water, frozen vegetables, salt and pepper. Stir together. Top with shredded mozzarella cheese. Bake for 60 minutes or until most of liquid is absorbed and rice is tender. Stir once half way through. Cooking times can vary so keep an eye on it so it doesn’t burn.
5. Add in ½ cup chopped celery and green onions, mixing thoroughly.
6. Chop finished pecans and add into risotto.
7. Cut chicken breasts and stir into rice and vegetable mixture as served. (chicken can be chopped prior to baking also)

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Beet & Turnip Hash with Runny Eggs

Root veggies made easy. No need to roast for 40 minutes -- these beets and turnips take less than 10 minutes to tenderize! Recipe lightly adapted from marthastewart.com

Ingredients

- 1 pound beets about 4, peeled and diced
- 1/2 pound turnips about 2, peeled and diced
- Sea salt and freshly ground black pepper
- 1 tablespoons extra-virgin olive oil
- 1 small onion diced
- 2 tablespoons chopped fresh parsley
- 4 large eggs

Instructions

1. In a high-sided skillet, cover beets and turnips with water and bring to a boil. Season with salt and cook until tender, about 7 minutes. Drain and wipe out skillet.

2. Heat oil in skillet over medium-high heat. Add boiled beets and turnips and cook until turnips begin to turn golden, about 4 minutes.

3. Reduce heat to medium, add onion, and cook, stirring, until tender, about 4 minutes. Stir in parsley.

4. Make four wells in the hash. Crack one egg into each and top with salt & pepper. Cover and cook until whites set but yolks are still runny, 3-5 minutes. Garnish with additional parsley if desired.

180 Calories

SODIUM 390mg

FAT 8g

PROTEIN 10g

CARBS 18g

FIBER 5g
Pumpkin Buckwheat Pancakes (with Spiced Apple Topping)

If you plan to eat them as a post-workout meal, I recommend preparing with soy milk for a bit of added protein. You can then pair a serving with an egg, plain yogurt, or plain soy yogurt for added protein. I recently made some no sugar added “apple-pie” filling to make it scream fall even more so, I have included that short recipe too! To make them healthiest, top with this apple compote as well as nuts or a nut butter rather than maple syrup.

Apple “Pie Filling”
Ingredients:
- 2 large apples (such as braeburn, fuji, gala)
- 2 tsp pumpkin pie spice
- 2 tsp vanilla extract
- 4 tbsp water

Directions:
- Heat a medium to large saucepan over medium, add apples and cover
- After 2-3 minutes, add pumpkin pie spice and 2 tbsp water, stir and cover
- After 2-3 more minutes, add vanilla extract, 2 tbsp water and stir
- Cover and let cook an additional 5-7 minutes on very low heat

Buckwheat Oat Pumpkin Pancakes (V, GF, DF)
Makes 8-16 Pancakes depending on size

Ingredients:
- 1 1/2 C (180 grams) buckwheat flour
- 1 C (80 grams) quick oats
- 3 tsp baking powder
- 1 tsp baking soda
- 1.5 tsp pumpkin pie spice
- 1.5 tsp cinnamon
- 1 C pumpkin puree
- 1 tsp vanilla extract
- 1 tbsp chia seeds
- 2 1/2 C almond or soy milk
- Optional toppings of choice

Directions:
- Mix together all of the dry ingredients (except chia seeds) in a medium bowl.
- In another bowl, mix all of the wet ingredients plus the chia seeds together. Add to the dry and whisk until you have a smooth consistency (do not over mix though!)
- Pour a slightly heaping 1/4 – 1/2 cup at a time onto a cast iron or non stick pan over low-medium heat (closer to medium on my gas stove). You should know your own pans well enough to determine whether or not they need a very quick spray of cooking spray*. Add toppings right after pouring batter into pan.
- As with any pancake recipe, one you start to see bubbles form on top, flip the pancake.
- As soon as pancake(s) are flipped, cover the pan and turn off heat. The cooking process should be complete within one minute
- Top with apple compote and enjoy!
Chipotle Picante Meatloaf with Cilantro

Ingredients

- 2/3 cup chipotle salsa (or 2/3 cup medium salsa with 1-1/2 teaspoons ground chipotle pepper mixed in)
- 1/4 cup refrigerated or frozen egg product, thawed
- 1/2 10 - ounce package frozen cooked brown rice, thawed (about 1-1/2 cups)
- 2 tablespoons ground flax seed meal
- 3/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- 1 pound extra-lean ground beef

Directions

1. Preheat oven to 350 degrees F. Coat a foil-lined baking pan with cooking spray.
2. In a large mixing bowl combine 1/3 cup salsa, the egg product, rice, cilantro, and salt; add ground beef and mix well.
3. Shape into an oval loaf (about 8 inch long by 5 inches wide).
4. Place in prepared pan. Bake, uncovered, for 40 to 45 minutes or until an instant read thermometer registers 160 degrees F.
5. Spoon remaining 1/3 cup salsa atop meatloaf. Let stand 10 minutes before slicing. Makes 4 (about 7 ounces each)

Servings Per Recipe: 4
PER SERVING: 256 cal., 8 g total fat (3 g sat. fat), 70 mg chol., 470 mg sodium, 15 g carb. (2 g fiber, 2 g sugars), 28 g pro.
Freezer Friendly Breakfast Tacos

Just choose a larger tortilla to completely wrap your freezer burrito and you're good to go.
Course: Breakfast  
Cuisine: American, Mexican  
Servings: 12 tacos or burritos

Ingredients
- 1 tablespoon canola oil
- 2 cups shredded yukon gold potatoes or frozen hashbrowns
- 2 cups vegetables of choice ie: onions, mushrooms, zucchini, bell peppers
- 1 dozen whole eggs
- 1 cup milk
- 1 teaspoon garlic salt
- 1 teaspoon pepper
- 12 white or whole wheat flour tortillas 10" for burritos, 6" for tacos
- 1/2 cup cheddar cheese shredded

Instructions
1. Add canola oil to large sautee pan, sautee dried stredded potatoes until crispy. About 10 minutes.  
   While potatoes are cooking chop vegetables, then mix together eggs, milk, salt and pepper. Set aside.
2. Add chopped vegetables to potatoes. Cook for about 4 minutes, until slightly softened.
3. Once vegetables are softened, pour egg mixture over vegetable mixture. Fold mixture over until cooked thoroughly, or until eggs are solid and there's little-no liquid left in pan. Check for salt and pepper flavor preference.
4. Top with cheddar cheese. Fill twelve 6" tortillas with mixture.
5. To make FREEZER BURRITOS: Evenly distribute egg/potato mixture into middle of 12 burrito sized tortillas. A 10" or larger tortilla is important to keep all filling inside tortilla! To wrap tortilla (thank you to Qdoba for teaching me proper burrito rolling in high school!)- spoon filling into middle of the burrito. (if it's slightly dry, microwave tortilla for about 10-15 seconds so it doesn't tear).
   1. Fold one side over filling, then push toward folded side. This tightens the burrito and increases remaining room to fold over other sides.
   2. Next, fold in the two sides of the tortilla, it starts to look like a purse or envelope, again push sides in so filling is snug.
   3. Finally, roll covered filling toward remaining side until it's all rolled up... like a burrito. Wrap in tin foil, then place in a plastic bag and freeze until needed.
6. Microwave burrito on high for 60 seconds when ready to eat. Add favorite toppings, and enjoy!

Recipe Notes
Important note about homemade hashbrowns. After shredding/grating potatoes, immerse in a cold water bath, then pat dry to remove remaining water. This helps remove some of the starch from the potatoes. Who really wants to eat gooey sticky potatoes? You can also top with your favorite salsa, avocado, or ketchup if you'd like! (add when eating if making freezer burritos)

370 Calories  
FAT 14g  
CARBS 44g  
SODIUM 570mg  
PROTEIN 16g  
FIBER 4g
Beet and Goat Cheese Salad

**INGREDIENTS**

- 1 tablespoon shallot, finely chopped
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh orange juice
- 1 tablespoon olive oil
- Coarse salt and ground pepper
- 1 can (15 ounces) whole beets, drained and sliced into 1/2-inch wedges or 3 medium roasted beets, peeled and cut into 1/2-inch wedges
- 1/2 cup toasted walnuts, finely chopped
- 6 ounces soft goat cheese, room temperature
- 10 ounces greens

**DIRECTIONS**

1. In a small bowl, whisk together shallot, vinegar, orange juice, and oil; season with salt and pepper. Place beets in a small bowl. Pour 1/3 of the dressing over beets; toss to coat.

2. Place walnuts in a shallow dish. With your hands, form goat cheese into 12 equal balls. Roll balls in walnuts, turning to coat completely, then flatten into discs.

3. Place greens in a large bowl. Drizzle greens with remaining dressing, and toss to combine. Divide among plates, and top each serving with some of the sliced beets and 3 goat-cheese discs.

**COOK’S NOTES**

Toasting brings out the flavor of nuts. Scatter walnuts on a baking sheet; toast in a 350-degree oven, tossing once, until golden brown and fragrant, about 10 minutes.
Asparagus and Edamame Salad

Ingredients

- 1 bunch asparagus, cut into 2-inch pieces
- 8 cups green leaf lettuce leaves, torn
- 1 cup sliced radishes
- 1 fennel bulb, thinly sliced
- 1 cup frozen shelled edamame, thawed
- 1/4 cup fresh mint leaves, torn
- 1 hard-boiled egg, chopped
- 1/4 cup fresh lemon juice
- 1/2 cup extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon granulated sugar

Directions

1. Bring medium saucepan of salted water to a boil.
2. Add asparagus and cook 1 minute or until crisp tender.
3. Immediately plunge in ice water; drain completely.
4. In large bowl, toss together lettuce leaves, asparagus, radishes, fennel, edamame, mint and egg.
5. In small bowl, whisk together lemon juice, olive oil, salt and sugar.
6. Drizzle desired amount over salad and toss.

Nutritional Information (Per Serving) Makes 8 servings
Calories: 180
Protein: 4 g
Sodium: 160 mg
Cholesterol: 20 mg
Fat: 16 g
Saturated Fat: 2.5 g
Dietary Fiber: 2 g
Sugars: 1 g
Carbohydrates: 6 g
Teriyaki Salmon

Ingredients

- 5 medium salmon fillets
- ¼ tb tamari sauce
- ¼ tb Honey
- 12 tb rice vinegar
- ¼ tb sesame oil
- ¼ tb sesame seeds
- ¼ ts ground ginger
- ¼ ts ground garlic
- 2 Walnuts, chopped

Directions

1. Mix all ingredients except salmon
2. Place salmon in storage bag, pour mixture in and seal
3. Let salmon sit in marinade for at least 1 hour
4. Place salmon on non-stick baking dish and bake at 400° until cooked thoroughly

Garlic and Lemon Pepper Sweet Potatoes

- Garlic powder
- Lemon pepper seasoning (or lemon juice and pepper)
- Nonstick spray oil
- Sweet potatoes

Directions

1. Slice sweet potatoes in half lengthwise
2. Place on baking sheet sprayed with non-stick spray oil
3. Spray potatoes lightly over the top with non-stick oil
4. Sprinkle tops of potatoes with Salt, powdered garlic, and lemon pepper seasoning to taste
5. Bake at 400° until potatoes are soft and tops are browned
Balsamic Chicken

Ingredients
- 4 small skinless, boneless chicken breast halves (1 to 1-1/4 pounds total)
- 1 tablespoon paprika
- 1 tablespoon olive oil
- 1/2 teaspoon snipped fresh rosemary
- 2 cloves garlic, minced
- 1/4 teaspoon ground black pepper
- Nonstick cooking spray
- 1/4 cup dry red wine or water
- 3 tablespoons balsamic vinegar
- Fresh rosemary sprigs (optional)

Directions
1. If desired, place each chicken breast half between two pieces of plastic wrap and pound with the flat side of a meat mallet to a rectangle 1/4 to 1/2 inch thick.
2. In a small bowl, combine paprika, oil, rosemary, garlic, and pepper; mix well until it becomes a paste. Rub both sides of each chicken breast half with paste mixture. Line 13x9x2-inch baking pan with foil or coat with nonstick cooking spray. Place coated chicken in prepared pan; cover and refrigerate for 2 to 6 hours.
3. Preheat oven to 450 degrees F. Drizzle chicken with wine. Bake for 10 to 12 minutes or until an instant-read meat thermometer inserted in the thickest portion of the chicken registers 170 degrees F and the juices run clear, turning once halfway through baking. (If chicken has been pounded, bake about 6 minutes or until chicken is no longer pink and juices run clear, turning once halfway through baking.)
4. Remove from oven. Immediately drizzle vinegar onto chicken in the baking pan. Transfer chicken to serving plates. Stir the liquid in the baking pan and drizzle over chicken. If desired, garnish with fresh rosemary. Makes 4 chicken breast halves.

Nutrition Facts Per Serving:
Servings Per Recipe: 4
PER SERVING: 181 cal., 5 g total fat (1 g sat. fat), 66 mg chol., 62 mg sodium, 3 g carb. (1 g fiber), 27 g pro.
Quick Breakfast Pizza

**Ingredients**

- Nonstick cooking spray
- 4 slices turkey pepperoni (0.25 ounce total), quartered
- 2 tablespoons diced green sweet pepper
- 2 tablespoons presliced mushrooms
- 2 egg whites
- 1 tablespoon milk
- 1 deli flat 7-grain thin roll, split
- 2 teaspoons pizza sauce
- 1 slice mozzarella cheese, cut diagonally into quarters
- 4 slices Roma tomato (optional)

**Directions**

1. Coat a small nonstick saucepan with cooking spray; heat over medium heat. Sprinkle pepperoni, sweet pepper, and mushrooms into saucepan; cook for 2 minutes.
2. In a small bowl, whisk together egg whites and milk; pour over pepperoni mixture in saucepan. Cook until egg white mixture begins to set. Using a spatula, fold the partially cooked egg white mixture over; cook about 2 minutes more or until it is cooked through.
3. Meanwhile, toast the deli flat halves. Place cut sides down. While still warm, spread each half with 1 teaspoon of the pizza sauce; place two of the cheese quarters on each half.
4. Spoon half of the egg mixture over each of the prepared deli flat halves. If desired, top with tomato.

**Nutrition Facts Per Serving:**

Servings Per Recipe: 1
PER SERVING: 218 cal., 6 g total fat (3 g sat. fat), 23 mg chol., 563 mg sodium, 23 g carb. (6 g fiber, 5 g sugars), 21 g pro.