

Chicken & zucchini hot salad

This is a very simple hot salad featuring chicken and zucchinis, two items that go hand in hand with a lemon and garlic mayonnaise. **Serves 4 people.**



Ingredients

- 2 ½ lbs chicken breast, cut into cubes;
- 5 zucchinis, cut into cubes;
- 3 tbsp coconut oil, butter, ghee or lard;
- 1 tbsp oregano;
- 1 large onion, chopped;
- 7 tbsp homemade mayonnaise;
- Juice of 2 lemons;
- 2 cloves garlic, minced very finely;
- 1 head romaine lettuce, washed and shredded;
- Salt and pepper to taste;

Preparation

1. Heat a large pan over a medium-high heat and cook the chicken cubes until well cooked. Set aside.
2. In the same pan, with the rest of the cooking fat, add the onion and cook until soft, about 5 minutes.
3. Add the zucchini cubes and oregano and season with salt and pepper. Cook until the zucchini cubes are soft.
4. In a bowl, mix the mayonnaise, lemon juice and garlic.
5. Add the hot cooked chicken, onion and zucchini to the mayonnaise preparation and mix well.
6. Add the romaine lettuce, mix well and serve in bowls. This hot salad is delicious topped with some fresh almonds.

Sausages with parsnip mash & mushrooms

Bangers and mash is a classic English dish, but you don't have to indulge in potatoes to enjoy some delicious mash. **Sweet potatoes, or, as in this recipe, parsnip**, is also perfect. Of course, this meal is higher in carbs than most Paleo preparations, but from a natural source and in a reasonable quantity, it shouldn't be any problem. This meal is especially great as an after workout meal or when you need some quick energy for the rest of your day. **This recipe serves about 6 people.**



Ingredients

- 12 large good quality beef or pork sausages;
- 2 lb parsnip, coarsely chopped;
- 2 tsp cooking fat;
- 5 tbsp butter or ghee;
- 1 lb button mushrooms;
- 1/2 cup coconut milk or heavy cream;
- 2 tbsp chopped fresh oregano;
- Pinch of nutmeg;
- Salt and pepper to taste;

Preparation

1. Boil the parsnips for about 15 minutes, until soft.
2. Drain the water, add half the butter, the coconut milk or heavy cream, a pinch of nutmeg and salt and pepper to taste and mash well with a potato masher. You can also use a food processor for convenience. Reserve the mashed parsnips in the covered pot so they stay warm.
3. Heat a large skillet over medium heat and cook the sausages in a large skillet with the cooking fat for about 15 minutes, turning occasionally.
4. Set the sausages aside and add the mushrooms to the already hot skillet with the other half of the butter. Cook until well browned, about 5 minutes, and add the chopped oregano.
5. Serve the mashed parsnips covered with the sausages, mushrooms and all the drippings.

Canned salmon salad

Just because it comes from a can doesn't mean that you can't prepare something really delicious out of canned salmon. After all, we are fortunate enough that farmed salmon doesn't hold well to the canning process so we are blessed with an easy and cheap source of wild salmon year-round. In this recipe, I use olive oil and lemon juice, but homemade mayonnaise is also excellent.



Ingredients

- 2 cans wild salmon;
- 2 diced cucumbers, peeled or not;
- 1 onion, chopped;
- 1 large tomato, diced;
- 1 avocado, diced;
- 5-6 tbsp extra virgin olive oil;
- Juice of 2 lemons;
- 2 tbsp chopped fresh dill, optional;
- Lettuce leaves for serving;

Preparation

1. Drain the liquid from the canned salmon, place the salmon in a bowl and mash well with a fork.
2. Add the lemon juice and olive oil and mix well into the salmon.
3. Add the cucumbers, onion, tomato and avocado and mix again.
4. Add the dill, if using, season with salt and pepper and serve the cold salad over lettuce leaves.

Pork chops with apples and onions

Apples are always a good match with pork especially around the time of the year when apples are available locally and fresh. When simple pork chops served with a side of vegetables doesn't cut it anymore, this recipe will remind you of the deliciousness of savory pork and sweet apples.



Ingredients

- 4 bone-in pork chops, with the trimmings;
- 3 tbsp lard, butter, ghee or coconut oil;
- 2 large onions, sliced;
- 4 sliced and cored apples;
- Salt and pepper to taste;

Preparation

1. Heat a large pan over a medium-high heat. Season the pork chops with salt and pepper to taste.
2. Melt 2 tbsp of the cooking fat and fry the chops, about 5 minutes on each side, until well cooked and browned.
3. Set the pork chops aside, reduce the heat to medium-low, add the other tbsp of cooking fat and add the onion and apple slices.
4. Cook for about 4 minutes, until the onions have caramelized and the apple slices are slightly soft.
5. Serve the chops with the topping of apple and onions.

Prep Time: 5 min

Cook Time: 12 min

Total Time: 17 min

Tuna and Olive Pasta Salad

Yield: Makes 4 servings (serving size: 1 1/4 cups)

Ingredients

- 8 ounces (1/2 box) whole-wheat penne pasta
- 1/4 cup store-bought pesto
- 1 (6-ounce) can oil-packed tuna, drained
- 1/4 cup pitted Kalamata olives

Preparation

1. Cook pasta according to package directions in salted water; reserve 1/4 cup pasta water. Drain pasta, run under cold water, and return to pot.
2. In a bowl, whisk together pesto and 2 tablespoons reserved pasta water; toss with pasta, tuna, olives, and 1/4 teaspoon freshly ground black pepper in pot. Chill, if desired; serve.



Grapefruit and Avocado Salad With Seared Salmon

Ingredients

- 1 large grapefruit
- 2 large bunches arugula, stems removed (10 cups)
- 1 ripe avocado, pitted and sliced
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- Cooking spray
- 3 (5-ounce) wild salmon fillets (skin on)
- 1/4 cup toasted walnuts, roughly chopped



Preparation

1. Peel and segment grapefruit with a sharp knife on a cutting board; reserve juice in a bowl. Toss grapefruit segments and juices with arugula and avocado; divide salad among 4 serving plates. In a small bowl, whisk together lemon juice, oil, and 1/4 teaspoon each salt and pepper.
2. Sprinkle remaining salt and pepper over both sides of salmon. Coat a large nonstick skillet with cooking spray; heat over medium-high heat. Add fish (skin-side down) to skillet, and cook until skin is golden and fish releases easily from pan (about 4 minutes). Using a spatula, gently flip fish and cook about 3 minutes more. Break each fillet into 4 pieces; top salads with 3 pieces fish. Drizzle salads with reserved dressing; sprinkle with walnuts.

GROUND TURKEY STUFFED PEPPERS

INGREDIENTS

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil



DIRECTIONS:

1. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
2. Preheat oven to 350 degrees
3. In a large skillet add the olive oil, garlic and onion, saute until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted.

Mediterranean Edamame Toss

Ingredients

- 1/2 cup uncooked quinoa, rinsed and drained
- 1 cup water
- 1 cup ready-to-eat fresh or frozen, thawed shelled sweet soybeans (edamame)
- 2 medium tomatoes, seeded and chopped
- 1 cup fresh arugula or spinach leaves
- 1/2 cup chopped red onion
- 2 tablespoons olive oil
- 1 teaspoon finely shredded lemon peel
- 2 tablespoons lemon juice
- 1/4 cup reduced-fat feta cheese, crumbled
- 2 tablespoons snipped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Directions

In a medium saucepan, combine quinoa and water. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or until quinoa is tender and liquid is absorbed, adding edamame the last 4 minutes of cooking.

In a large bowl, combine quinoa mixture, tomato, arugula, and onion.

In a small bowl, whisk together olive oil, lemon peel, and lemon juice. Stir in half of the cheese, the basil, salt, and pepper. Add mixture to quinoa mixture, tossing to coat. Sprinkle with remaining half of the cheese. Serve at room temperature. Makes 4 servings (1 cup each).

Meal Prep Chicken Burrito Bowls

Ingredients

Meal Prep Bowl #1 (Warming up Ingredients)

- 1 pound boneless skinless chicken breasts
- 2 tablespoons taco seasoning
- 3 tablespoons white flour
- 2 tablespoons butter (or use olive oil)
- 1 can Mexicorn (southwestern corn) (or regular corn)
- 1 can black beans
- 1 cup white (or brown) rice
- 1 large bunch fresh cilantro (separated)
- 1 and 1/2 teaspoons minced garlic (separated)
- 2 cups chicken stock or broth

Instructions

Chicken



1. Remove fat from the chicken breasts and then either pound the chicken to even, thin pieces or slice large breasts evenly in 2 halves. Salt and pepper the chicken pieces. In a bowl, stir together the taco seasoning and white flour. Generously dredge each piece of the chicken breasts in this mixture.

2. Warm a large, non-stick (12-inch) skillet to medium high heat. Add in the butter. Once the butter is melted, add the chicken to a single layer in the skillet. Cook for 3 minutes on one side and then flip to the other side and cook for another 4-6 minutes or until chicken is cooked through (Registers 165 degrees F with a meat thermometer.) Set aside to allow to cool.

Rice, Beans, & Corn

1. While the chicken is cooking, prep the rice: combine the rice, chicken stock or broth, and 1/2 teaspoon minced garlic in a pot over high heat. As soon as the mixture begins to boil, reduce the heat, and cover with a lid until the rice is cooked through.
2. Once the rice is cooked through, tender, and no liquid remains, stir in 3 tablespoons (1 large) lime juice and 3 tablespoons packed & finely chopped cilantro. Season to taste with salt and pepper.
3. Put together: chop or slice the cooked and cooled chicken and place on one side of 4-5 meal prepping containers (or tupperware). Add a row of drained Mexicorn. Add a row of drained and rinsed black beans. Place the cilantro-lime rice next. Cover these containers and place in the fridge until ready to enjoy.

Cold Ingredients (Salad and Dressing)

1. Chiffonade the lettuce and then coarsely chop to get small and thin pieces of lettuce. Separate the lettuce evenly into 4-5 meal prep containers (or tupperware). Cut 2 limes into wedges and add 1-2 wedges on top of the lettuce.
2. Place a large scoop of the pico de gallo next to the lettuce. Add one of the guacamole snack packs next to that (I don't open these up besides for the pictures in this post so they stay fresh). Add in a scoop of sour cream.
3. For the dressing: Zest and juice the last remaining lime. Add the juice and zest to the blender along with the prepared ranch seasoning mix, remaining 1 teaspoon minced garlic, chopped tomatillo, and 1/3 of 1 bunch of cilantro (Just cut off the large stems, but the rest is fine). Add 1/2 a jalapeno (a full one for more kick, remove seeds) and the mayo.
4. Add some seasoned salt and pepper to taste (I use 1/4 teaspoon of salt and 1/8 teaspoon pepper). Blend until completely smooth. Taste and adjust to personal preference (more lime, more garlic, salt/pepper). Whisk or blend in 1/2 cup of the sour cream. Place this dressing in a small separate tupperware or pour it into a section of each of the containers.
5. Cover these containers and place in the fridge until ready to enjoy.
6. When ready to enjoy, heat one of the warm containers in the microwave for 1-2 minutes and then toss everything together with one of the cool containers and enjoy immediately.

Recipe Notes

*Guacamole snack packs and pre-made pico de gallo can be found by refrigerated dressings (in produce section) in the grocery store

Meal Prep Bowl #2 (Cold Ingredients)

- 2 large heads or hearts of Romaine lettuce
- 4 limes (separated)
- 1 package (with 4-5, 2.0 ounces each) store-bought snack pack chunky guacamole*
- 1 container (10 ounces) store-bought pico de gallo*
- 1 container (8 ounces) low-fat sour cream (separated - you'll need 1/2 cup for the dressing)
- Salt and Pepper
- 2 tablespoons prepared ranch seasoning mix (dry)
- 1 tomatillo
- 1/2 of 1 full jalapeno (seeds removed)
- 1/2 cup regular mayo

Super quick vegan black bean burgers. Ready in 15-20 minutes, these are packed with protein and fresh veggies, perfect for a late summer picnic or just a quick dinner!

INGREDIENTS

- 1 can Black Beans
- 1 Red Onion
- 1 Yellow Bell Pepper
- 1 Clove Garlic
- 1/4 cup (25g) Dry Breadcrumbs
- 1 teaspoon Chilli Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Ground Cumin
- 1 teaspoon Smoked Paprika
- 1 tablespoon Corn Starch mixed with 1 Tablespoon of Water
- 1 tablespoon Barbecue Sauce
- 1 tablespoon Sriracha or any other hot sauce you like



INSTRUCTIONS

1. Grab your food processor and add in 1 can of black beans, 1 roughly chopped red onion, 1 roughly chopped yellow bell pepper and 1 clove of garlic. Pulse a few times until everything is broken down but still chunky.
2. Transfer the mixture to a large bowl and add in 1 tablespoon of BBQ sauce, 1 tablespoon of sriracha (or any kind of hot sauce), 1 teaspoon of chilli powder, 1 teaspoon of onion powder, 1 teaspoon of cumin, 1 teaspoon of smoked paprika and 1/4 cup breadcrumbs. Mix everything together. Separately, mix 1 tablespoon of cornstarch with 1 tablespoon of water until completely dissolved, and add this to the burger mix, giving one final mix.
3. Shape the mixture into 6-8 patties and shallow fry for 2-3 minutes on each side, or until golden brown. Assemble in a burger bun and top with whatever salad items you like.

Slow Cooker Beef & Sweet Potato Stew

Ingredients

- 3 pounds | 1 1/2 kg beef stew meat (I use trimmed chuck steak), diced into 1 inch cubes
- 1/3 cup all-purpose flour
- 1 onion , chopped
- 4 garlic cloves , crushed (or 1 tablespoon minced garlic)
- 1 large sweet potato , peeled and diced into 2-inch pieces (roughly 3 cups diced)
- 300 g | 10 ounces baby potatoes , halved
- 2 large carrots , sliced
- 1 red pepper , deseeded and diced
- 1-1/2 cups beef broth
- 14 ounces | 410 grams can diced tomatoes
- 1 beef bouillon cube , crushed
- 1/2-1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon mild paprika
- 2 bay leaves
- 4 tablespoons fresh chopped parsley , to serve

Instructions

1. Place the meat and flour into a 6qt (6 liter) slow cooker bowl. Stir to coat meat and add in the rest of the ingredients (except for the bay leaves and parsley). Stir all ingredients together and place bay leaves on top.
2. Cover, and cook on low heat setting for 8-10 hours, or high heat setting for 4 to 6 hours.
3. Taste test before serving, and add extra salt or pepper if needed. Garnish with parsley,
4. Serve over white rice or mashed potatoes.

Kale Detox Salad w/ Pesto

Total Time 1 hour

Ingredients

Carrot Top Pesto

- Tops of 1 Bunch Carrots
- 1/4 Cup Extra Virgin Olive Oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- Juice from 1/2 a Lemon

Roasted Veg

- 1 Lb Fingerling Potatoes cut into rounds
- 3-4 Large Purple Carrots cut into rounds
- 1 15 oz Can Chickpeas drained and rinsed
- A Generous Drizzle of Olive Oil
- 1 Tsp Salt
- 1 Tsp Pepper
- 1 Tsp Dried Parsley
- 1 Tsp Dried Basil
- 1/2 Tsp Garlic Powder
- Few Sprinkles of Dried Thyme

The Rest of the Salad

- A Few Handfuls Lacinato Kale Sliced Thin
- 1 Cup Cooked Brown Rice
- Sliced Jalapeño if desired
- Sesame Seeds if desired

Instructions

1. Preheat oven to 425 degrees F.
2. Prep vegetables - wash and dry carrots and potatoes. Cut both into rounds (disks), about 1/4 inch thick.
3. In a bowl, combine chopped potatoes, carrots, and chickpeas. Add in olive oil and spices, and mix well until everything is evenly coated.
4. On a baking sheet lined with parchment paper, bake vegetables + chickpeas for 45-50 minutes. When they're done cooking, remove from oven and let cool.
5. While vegetables are cooking, make pesto - combine all ingredients into a food processor and process on high until a slightly smooth pesto is formed.
6. In a bowl, mix thinly sliced lacinato kale and pesto until kale is evenly covered. Then, add in roasted vegetables + chickpeas and brown rice. Mix well until everything is evenly combined.
7. Serve in bowls and top with sesame seeds.
8. Enjoy!

Recipe Notes

If you can't find lacinato (Tuscan) kale, any other hardy green will do - like chard, regular kale, or collard greens.



CHEESY PULLED PORK, BLACK BEAN AND AVOCADO QUESADILLAS

Totally delicious cheesy quesadillas with juicy slow-cooker pulled pork, black beans and avocado.

INGREDIENTS

- For the pulled pork
 - 900g | 2lbs boneless pork shoulder
 - 240ml | 1 cup beer (can replace with stock)
 - 2 tbsp tomato paste
 - 3 large garlic cloves, peeled and sliced
 - 2 onions, peeled and roughly chopped
 - 2 tbsp dark brown sugar
 - 2 bay leaves
 - 2 tbsp soy sauce
 - 1 tsp ancho chilli powder
 - 1 chicken stock cube, crumbled
 - salt and [freshly](#) ground pepper
 - a little vegetable oil to sear the pork
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- 1 tbsp cornflour (cornstarch) to thicken the sauce

For the quesadillas

- 5-6 medium tortillas (folded over they make 10-12 quesadillas)
- 200g | 14oz (more if needed) Cathedral Mature cheddar, finely grated
- 100g | 3.5oz black beans (from a can) rinsed and drained
- 1 large ripe avocado, cubed and mixed with 1tsp lime juice
- fresh coriander (cilantro) to garnish (optional)

METHOD

1. Season the pork with salt and black pepper. Heat a splash of vegetable oil in a large frying pan. Sear the pork on all sides for several minutes and set aside.
2. Put all the ingredients apart from the pork in the slow cooker and mix together. Add the pork and cook on low for 8 hours.
3. Transfer the pork to a platter and cover loosely with foil. Let it rest for 15 minutes and then shred with a fork, discarding any fat.
4. Strain the liquid from the slow cooker into a small saucepan. Mix the cornflour with a splash of cold water and add to the pan. Bring to the boil and then simmer for 20 minutes or until the liquid is reduced. Check the seasoning and then mix with the pulled pork. Keep the pork fairly dry though if there's lots of sauce otherwise the quesadillas can become a bit soggy!
5. Heat a large non-stick frying pan and reduce heat to medium-low. Add a tortilla to the pan and immediately cover the entire surface with grated cheese. As soon as the cheese starts to melt, add the pulled pork, a sprinkling of black beans and few cubes avocado to one side of the tortilla.
6. Fold the tortilla over to encase the fillings and lightly press down with a spatula. Transfer to a plate and leave to cool slightly before cutting in half - this will make it easier to slice.
7. Repeat until you have used up all the tortillas and fillings.

NOTES

Although the pork specified here is quite a large piece there's usually a lot of fat so you will end up with maybe half the weight in pulled pork.

Depending on how generous you are with the fillings, you may end up with more quesadillas than specified above.

You can use refried beans instead of black beans and shredded rotisserie chicken instead of the pulled pork if you prefer.



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Honey Mustard Chicken & Potatoes (ONE PAN)

Honey Mustard Chicken & Potatoes is all made in one pan! Juicy, succulent chicken pieces are cooked in the best

Ingredients

- 4-5 chicken thighs , bone in, skin on or off
- Salt and pepper , to season
- 1-1/2 tablespoons garlic powder
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1/4 cup honey
- 3 tablespoons wholegrain mustard
- 2 tablespoons smooth Dijon mustard
- 2 tablespoons water
- 1 pound | 500g baby red potatoes , quartered
- 8 ounces | 250 grams green beans , halved (OPTIONAL)
- 1-2 sprigs rosemary (OPTIONAL)



Instructions

1. Preheat oven to 200°C | 400°F. Generously season chicken thighs with salt, pepper and garlic powder.
2. Heat olive oil in a large, oven-proof non stick pan (or a well-seasoned cast iron skillet) over medium-high heat. Sear chicken thighs for 3 minutes each side, until the skin becomes golden and crisp. Leave 2 tablespoons of chicken juices in the pan for added flavour, and drain any excess.
3. Fry the garlic in the same pan around the chicken for 1 minute until fragrant. Add the honey, both mustards, and water to the pan, mixing well, and combine all around the chicken.
4. Add in the potatoes; mix them through the sauce. Season with salt and pepper, to your tastes. Allow the honey mustard sauce to simmer for two minutes, then transfer to the hot oven and bake for 40-45 minutes, or until the chicken is completely cooked through to the bone and no longer pink in the middle.
5. OPTIONAL: Remove from the oven after 30 minutes; add in the green beans (mixing them through the sauce), and return to the oven to bake for a further 15 minutes, or until the chicken is completely cooked through and no longer pink in the middle, and the potatoes are fork tender.

Simple lemon chicken & asparagus foil packs Total time 30 mins

Ingredients

- 4 boneless skinless chicken breasts pounded to even thickness, OR 6-8 boneless skinless chicken thighs (see note)
- 1 large bundle of asparagus spears (about 1 pound)
- 1 lemons, divided
- 1 teaspoon minced garlic
- 3 tablespoons butter, melted
- 1½ teaspoons Italian seasoning
- salt and pepper to taste



Instructions

1. Lay four 12x12 inch squares of foil out on a flat surface. Place one chicken breasts (or 1-2 thighs) in the middle of each piece of foil.
2. Trim the flat end of the asparagus at 1-2 inches from the end and discard. Cut the remaining spears in half and divided them between the foil packs.
3. Thinly slice one of the lemons and divide the slices between the foil packs, tucking the slices in, around, and between the chicken and asparagus.
4. Stir together butter, garlic, juice of the remaining lemon, and Italian seasoning. Brush over chicken and asparagus.
5. Sprinkle with salt and pepper to taste.
6. Fold the foil over the chicken and asparagus to close off the pack, pinch the ends together so the pack stays closed.
7. Grill over medium-high heat for 7-9 minutes on each side OR bake at 400 for 15-20 minutes or until chicken is cooked through and asparagus is tender. Serve immediately.

Notes Chicken thighs tend to be smaller than most chicken breasts so if you are going to use thighs, use 1-2 depending on the size of the thigh - for smaller, you'll probably want two in a single foil pack, if they are larger you could get away with using one in a foil pack. Just remember each pack is for one person so you want as much chicken as will fill that person!

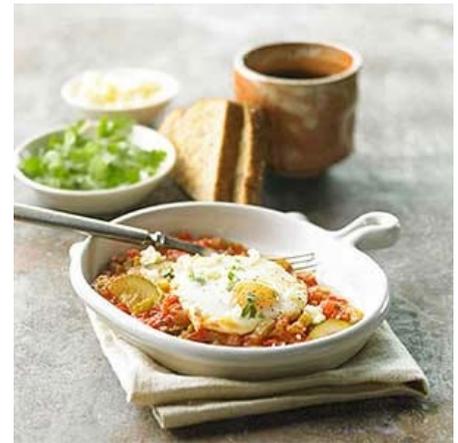
Spanish Eggs

Ingredients

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1 small fresh Anaheim chile pepper, seeded and chopped (tip, page xx)
- 1 clove garlic, minced
- 4 large tomatoes, chopped
- 1 small zucchini, halved lengthwise and thinly sliced
- 1 teaspoon dried savory or cilantro, crushed
- 1/2 teaspoon salt
- 4 eggs
- Crumbled queso fresco
- Snipped fresh cilantro
- Corn tortillas, warmed (optional)
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Directions

1. In a large skillet heat oil over medium heat. Add onion, Anaheim pepper, and garlic; cook 5 minutes or until tender, stirring occasionally. Add tomatoes, zucchini, savory, and salt; cook 5 minutes more or until tomatoes release their liquid and zucchini is tender, stirring occasionally.
2. Break an egg into a cup and slip egg into the tomato mixture. Repeat with the remaining three eggs, allowing each egg an equal amount of space in the tomato mixture. Simmer, covered, 3 to 5 minutes or until whites are completely set and yolks begin to thicken but are not hard. Remove from heat.
3. Sprinkle with queso fresco and fresh cilantro. If desired, serve with corn tortillas.



Curried Chicken with Cabbage, Apple, and Onion

Ingredients

- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves (1 to 1-1/4 pounds total)
- 2 teaspoons olive oil
- 2 teaspoons butter
- 1 medium onion, sliced and separated into rings
- 3 cups shredded cabbage
- 2 red-skin cooking apples (such as Rome or Jonathan), cored and thinly sliced
- 1/2 cup apple juice

Directions

1. In a small bowl, combine 1/2 teaspoon of the curry powder, the salt, and pepper. Sprinkle spice mixture evenly over chicken; rub in with your fingers.
2. In a large nonstick skillet, heat oil over medium-high heat. Add chicken. Cook for 8 to 12 minutes or until no longer pink (170 degrees F), turning once. Transfer chicken to a platter. Cover with foil to keep warm.
3. Melt butter in the hot skillet. Add onion. Cook about 5 minutes or until onions are tender, stirring occasionally. Stir in cabbage, apple, and apple juice. Sprinkle with the remaining 1/2 teaspoon curry powder. Cook for 3 to 4 minutes or just until apples and vegetables are tender, stirring occasionally.
4. To serve, divide chicken and cabbage mixture among four dinner plates.

