Week 12 Recipes

“Eat Your Greens” Omelet

2 large eggs

4 broccoli florets, chopped

¼ cup spinach leaves, snipped

2 Tbsp green onions

2 oz cream cheese

1 Tbsp olive oil

1 pinch celery salt

Whisk eggs with fork in small bowl. Heat olive oil in small skillet. Sauté veggies 1-2 minutes. Pour eggs over veggies, cover skillet and cook for about 2 minutes. Gently flip egg and veggie pancake over and cook about 1 minute longer. Slide onto plate. Spread cream cheese over ½ egg. Sprinkle lightly with celery salt and fold over cheese.

Pan Fried Tuna Patty

Serves 2

1 5oz can tuna packed in water, drained

1 large egg

½ stalk celery, chopped

2 Tbsp mayonnaise

2 Tbsp chopped walnuts

2 Tbsp chopped fresh parsley

1 Tbsp chopped fresh dill

 1 Tbsp butter

¼ cup shredded Cheddar cheese

Stir tuna, egg, celery, mayonnaise, walnuts, parsley and dill together in a bowl until evenly combined. Form mixture into two patties. Melt butter in a skillet over medium heat. Cook patties in hot butter until firm and golden, 2 to 3 minutes; flip and top each patty with cheddar cheese. Continue cooking until second side is golden brown, 2-3 minutes more.

Bacon wrapped Asparagus

½ cup Asparagus

2 slices bacon

Divide Asparagus into 2 bundles. Wrap 1 slice of bacon around each bundle. Bake in a preheated oven of 400 degrees for 20-25 minutes or until bacon is cooked.

Turkey Cobb Lettuce wrap

1 outer leaf Romaine lettuce

1 slice bacon

1 slice tomato

1 slice avocado

½ Tbsp blue cheese salad dressing

Reuben Egg Muffins

Makes 6 muffins, Serving size 2

6 large eggs

¾ cup sauerkraut, drained

7.1 oz ground beef

2 cloves garlic, mashed

1 tsp Dijon mustard

¼ tsp caraway seeds

2 Tbsp parsley

½ tsp salt

Preheat oven to 350 degrees. In a bowl, mix beef, mustard, garlic, caraway and ½ of salt. Create 12 small meatballs (2 per muffin). Place drained sauerkraut at bottom of muffin pan, ~2 Tbsp per muffin. Top with 2 meatballs. In a bowl, mix eggs, remaining salt and herbs. Pour egg mixture on top of sauerkraut and meatballs. Place in oven and cook for about 25 minutes.

Pepperoni Crisps (alternative to plain pepperoni)

Sliced pepperoni

1 tsp Cajun seasoning (optional)

Arrange pepperoni on single layer of ungreased baking sheet; sprinkle with seasoning. Bake at 375 degrees for 10 minutes. Remove from oven and pat away grease with paper towels. Return to oven and bake until crisp, 2-4 additional minutes. Drain on paper towels. Store cooled chips in airtight container.

Low Carb Cheesecake Fluff

Makes 4 ½ cup servings

8 oz cream cheese

4 oz heavy cream

4 Tbsp sour cream

4 Tbsp Torani sugar free syrup (flavor of choice- Caramel is recommended)

Combine all ingredients in your mixture and whip until it forms stiff peaks. May only serve half of serving if tight on carbs for the day!

Bacon wrapped chicken breast

Serves 2

2 4 oz Chicken breasts

1 Tbsp olive oil

¼ tsp salt and pepper

¼ tsp garlic powder

4 strips bacon

Preheat oven to 450 degrees. Line roasting pan with foil. Brush olive oil on foil and both sides of chicken. Combine seasonings. Sprinkle onto chicken. Wrap each breast with 2 strips of bacon. Place wrapped chicken breasts on foil lined pan and bake 20-30 minutes or until minimum internal temperature of 165 degrees is reached. Switch the oven to broil and broil the chicken 1-2 minutes on each side to crisp up the bacon.

Spinach, Feta and Bacon Burger

Serves 4

1# ground beef

6 slices Maple bacon- cooked crisp and crumbled (regular bacon is fine)

1 cup baby Spinach- roughly chopped

¼ cup Roma tomatoes

¼ cup Parmesan cheese- shredded

¼ cup Feta cheese- crumbled

2 Tbsp minced garlic

1 tsp salt and pepper

1 ½ oz sweet onion

In large bowl, combine ground beef, bacon, tomato, parmesan and feta cheese, garlic, salt and pepper. Grate onions into meat mixture. Mix well. Form into 4 equal sized patties. In a large skillet over medium high heat, sear burgers 4-5 minutes each side or until burgers have reached desired level of doneness. Garnish with spinach.

Italian Vinaigrette Dressing

1 cup olive oil

¾ cup Red wine vinegar

1 clove garlic, minced

1 small shallot- finely chopped

2 Tbsp Dijon mustard

2 Tbsp dried onion flakes

1 ½ tsp garlic salt

1 ½ tsp Italian seasoning

Bacon, Tomato and Avocado Omelet

¼ Raw Avocado

¼ cup Monterey Jack cheese

2 large eggs

2 slices bacon, cooked and crumbled

½ Tbsp butter

2 Tbsp Pace Cilantro Chunky Salsa

½ fl oz tap water

In medium bowl, whisk eggs with water and season with salt and pepper.  Prepare bacon, cook thoroughly, crumble and set aside. Melt half the butter in a small nonstick skillet over medium-high heat. When foam subsides, add the egg mixture. Tilt pan to coat bottom and cook 1 minute, until almost set. Sprinkle half the omelet with half the crumbled bacon, avocado and cheese and cook 1 minute. Fold empty half of omelet over filling and slide omelet onto a plate. Serve with salsa.

Creamy Cheesy Scrambled Eggs with Basil

2 eggs

1.5 Tbsp sour cream

¼ cup mozzarella cheese

1 tsp butter

1.5 Tbsp basil

Whisk egg and sour cream in bowl until creamy and smooth. Mix in cheese. Season with salt and pepper. Melt butter in skillet over medium heat. Pour in egg mixture stirring constantly until egg reaches desired consistency. Mix in basil during final minutes of cooking.

Kale chips

1 head of kale

2 Tbsp Olive oil

Sea salt for sprinkling

Preheat the oven to 275 degrees F. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food. Serves 4.

Chicken Dijon with Mushrooms and Artichokes

Makes 4 servings

1 ½ # boneless skinless chicken breast- cut into tender sized pieces

3 Tbsp butter

½ can quartered Artichoke hearts

½ carton crimini mushrooms- halved

½ cup chicken stock

1 cup heavy cream

2 Tbsp Dijon mustard

1 Tbsp Chicken bouillon granules

1/8 tsp dried tarragon

Salt, pepper

Chopped parsley

Salt and pepper both sides of chicken breasts. Melt butter over medium high heat and sauté chicken until golden brown on both sides. Remove chicken from pan and set aside (chicken will not be all the way cooked through). Deglaze pan with chicken stock and use a rubber spatula to scrape off and mix in all bits of butter and chicken. To chicken broth, mix in bouillon granules and tarragon until dissolved. Turn to low and simmer for 5 minutes. Add heavy cream, Dijon mustard, mushrooms, artichokes and simmer for 10-15 minutes. Add chicken back to pan and simmer until chicken cooked all the way through- about 5-8 minutes. Plate chicken and cover with sauce, mushrooms and artichokes.

Buffalo Chicken Egg muffins

Makes 8 Serves 4

8 large eggs

6 oz chicken, cooked and chopped

¼ cup Blue cheese, crumbled

3 Tbsp Buffalo wing sauce

2 green onions chopped

1 rib of celery, chopped

1 clove of garlic, chopped

Sea salt and pepper

Preheat oven to 350 degrees. In a large bowl, whisk eggs with fork. Add chicken, blue cheese, buffalo wing sauce, green onions, celery, garlic and salt and pepper. Mix well. Pour into muffin tin. Bake for 20 minutes.

Stuffed Mexican Pie

Serves 6

2# ground turkey 85/15 cooked and drained

½ cup chopped onion

¼ cup chopped green pepper

2 tsp chili powder

8 oz shredded cheese

8 oz canned tomato sauce

½ tsp garlic powder

½ cup plus 1 Tbsp sour cream

1 egg white, beaten stiff

Place meat, onion, pepper, tomato sauce, garlic and chili powder in skillet. Simmer 8-10 minutes. Spray 8x8 pan with nonstick cooking spray. Put meat mixture in pan. Beat together cheese, sour cream and egg white and put on top of meat mixture. Bake at 375 degrees 25-30 minutes.