Week 2 Recipes

Scrambled Egg

Whisk 1 large egg with 1 Tbsp heavy cream. Mix in 1 oz cheddar cheese. Pour into skillet (sprayed with nonstick cooking spray) and spread mixture evenly across the skillet. Stir vigorously with a rubber spatula until a semi-solid mass begins to form. Lift the pan and move it around until the excess liquid pours off into the pan. Using your spatula, move it around the edge of the egg mixture to help shape into a round and loosen the edge. Let the omelet sit in the pan for about 10 seconds without touching. Shake the pan to loosen from the pan. Lift up the far edge of the pan and using your spatula, fold over 1/3 of the omelet.

Salmon Patties

1 can 14.75 oz pink salmon

1 large egg

2 Tbsp olive oil

2 tsp garlic powder (or fresh)

1 tsp lemon juice

Mix all ingredients together and form into patty. Place patty in heated skillet (may use melted butter, oil or nonstick cooking spray). Brown on both sides. Serve immediately.

Turkey meatloaf

1 # Lean ground turkey (93% lean)

½ red bell pepper, chopped

½ large onion, chopped

½ 6 oz can tomato paste + 1 Tbsp

1 large egg + 1 egg white

2 Tbsp grated parmesan cheese

3 cloves garlic

Preheat oven to 350 degrees. Combine all ingredients and place in to greased loaf pan. Bake at 350 degrees for 45 minutes or until internal temperature is 165 degrees.

Baked Meatballs

1 # ground beef

1 # bulk Italian Sausage

2 tsp dry minced onion

½ tsp garlic powder

½ cup parmesan cheese

2 eggs

½ tsp salt

¼ tsp pepper

Bake at 375 degrees for 15 to 20 minutes. Rinse any egg and cheese that has leaked out before serving.

Zucchini Noodles

1-2 Zucchini

1 Tbsp Olive oil

Water

Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Turn zucchini over and continue 'peeling' until all the zucchini is in long strips; discard seeds. Slice the zucchini into thinner strips resembling spaghetti. Heat olive oil in a skillet over medium heat; cook and stir zucchini in the hot oil for 1 minute. Add water and cook until zucchini is softened, 5 to 7 minutes. Season with salt and pepper.

Cauliflower rice

2 cups cauliflower

Food processor/ grater

1-2 Tbsp olive oil or coconut oil

Dash of salt and pepper

Grate cauliflower to a course texture (approximately rice size). Heat oil in skillet over medium heat. Add in cauliflower and sauté for 4-5 minutes. Season with salt and pepper.

Swiss chard and Ricotta pie

Makes 12 muffins

1 Tbsp olive oil

½ cup onion, chopped

1 clove garlic, minced

8 cups swiss chard

2 cups ricotta cheese (whole milk)

3 eggs

1 cup shredded mozzarella

¼ cup shredded parmesan

1/8 tsp nutmeg

1 # mild sausage

Dash of salt and pepper

Preheat oven to 350 degrees. Combine all ingredients and mix until blended. Divide evenly among 12 muffin tins. Bake for 30-35 minutes.

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.

Bacon Cheddar cauliflower chowder

Serves 8

8 slices bacon

1 tsp onion powder

1 celery stalk, chopped

2 garlic cloves, minced

4 cups shredded cauliflower

9 oz water

2 Tbsp Almond flour

2 cups chicken broth

1 cup heavy cream

3-4 dashes hot sauce

2 ½ cups cheddar cheese

2 green onions

1. Whisk together flour and 1/4 cup chicken broth in a small bowl then set aside.
2. Saute bacon in a large soup pot over medium heat until crisp. Using a slotted spoon, transfer bacon to a paper towel-lined plate then remove all but 1 Tablespoon drippings from the pot. Add chopped onion (if using,) celery, and garlic to the pot then season with salt and pepper and saute until vegetables are tender, about 4-5 minutes.
3. Add cauliflower and onion powder (if using) to the pot then stir to combine. Add 2 tbsp. water then place a lid on top and steam cauliflower until tender, stirring a couple times, about 5-7 minutes. Add remaining chicken broth, heavy cream and remaining water, then turn up heat and bring to a boil.
4. Slowly whisk in flour/chicken broth mixture while stirring, then turn down heat and simmer for 3-4 minutes, or until chowder has thickened. Turn off heat then stir in 2 cups cheddar cheese until smooth, then stir in half the cooked bacon. Taste and adjust salt, pepper, and/or hot sauce if necessary. Serve topped with remaining shredded cheese, cooked bacon, and green onions, if desired.

Tuna Salad Jar

3 oz tuna

¼ cup artichoke

¼ cup snow peas

¼ cup diced yellow/red peppers

¼ cup cucumber slices

¼ cup black olives

¼ cup mozzarella cheese, shredded

2 cup chopped lettuce

1 wide mouth canning jar

Layer in a mason jar in order the ingredients are listed. The jar can be refrigerated for up to two days. When ready to eat it, simply turn it upside down onto a plate. May dress with favorite salad dressing or drizzle with lemon juice and olive oil.

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.