Week 9 Recipes

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.

Microwave Egg, Sausage and Tomato Breakfast Bowl

2 eggs, beaten

2 Tbsp heavy cream

1 fully cooked sausage patty, chopped

1 Tbsp finely shredded cheddar cheese

2 Tbsp chopped tomato

2 basil leaves, thinly sliced

Beat egg and milk in 2 cup cereal bowl until blended. Add sausage. Microwave on high 45 seconds. Push cooked edges toward center. Microwave until egg is almost set, about 45-60 seconds longer. Top with cheese, tomato and basil. Serve immediately.

Mock Caprese Salad

Serves 2

1 cup Cottage cheese

2 tomatoes

1 Tbsp fresh basil

½ tsp salt

Dash pepper

1 Tbsp balsamic vinegar (optional)

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.

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.

Avocado Tuna Salad

5 oz tuna

¼ cup Avocado

¼ cup minced celery

1 Tbsp minced onion

½ Tbsp olive oil

1 tsp lemon juice

1 Tbsp cilantro

Dash salt and pepper

Mix ingredients together and serve on 1 cup of green leaf lettuce.

Cheesy Cauliflower Mash

Serves 4

2 cups chopped cauliflower

2 cloves garlic

1 Tbsp bay leaf

Water to cover

½ cup shredded cheddar cheese

2 Tbsp butter, unsalted

2 Tbsp sour cream

Salt and pepper to taste

Place cauliflower, garlic, bay leaf in a pot. Pour in enough water to cover. Bring to a boil and cook cauliflower until tender, about 20 minutes. Drain and discard bay leaf. Transfer cauliflower and garlic to a blender; add cheddar cheese, butter, sour cream. Blend until desired consistency. Season with salt and pepper.

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 Kale Frittata

Serves 4-6

8 eggs

1 cup grape tomatoes

½ onion, chopped

3 slices bacon

¼ cup Kale or swiss chard

¼ cup heavy cream

¼ tsp salt

Dash of pepper

¼ cup shredded Mozzarella

Combine all ingredients. Bake in preheated oven at 400 degrees for 10 minutes.

Beef Stew

Makes 16 servings

2# Beef chuck for stew

3 Tbsp Olive oil

2 cups beef broth

12 slices bacon

2.5 cups crushed tomatoes

½ cup green bell peppers

½ cup mushrooms

2 medium stalks celery

1 large carrot

1 small onion

4 cloves garlic

¼ cup tomato paste

6 tsp Worcestershire sauce

2 tsp salt

1.5 tsp pepper

1 tsp garlic powder

1 tsp onion powder

1 tsp dried oregano

Heat slow cooker on low setting. In a large skillet over medium heat, sear the beef in olive oil, browning on both sides. Transfer to slow cooker. Add beef stock and remaining ingredients to slow cooker and cook on low 6-8 hours.

Zucchini Chips

½ Medium Zucchini

Dash of Salt and pepper

½ Tbsp Olive Oil

½ Tbsp Grated Parmesan Cheese

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

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.

Shrimp Fried Cauliflower Rice

Serves 2

1 Tbsp olive oil

1 cup white onion- chopped

2 cloves garlic- minced

8 oz shrimp, peeled and deveined

1 medium carrot, chopped

½ cup peas

¼ cup red pepper- chopped

2 cups cooked cauliflower rice

2 eggs, beaten

Canadian Bacon, Cheddar and Tomato Stacks

2 slices Canadian Bacon

½ small Tomato

¼ cup shredded Cheddar

Heat Canadian Bacon in skillet sprayed with nonstick cooking spray. Sauté tomato slices in skillet on both sides before stacking on top of Canadian Bacon. Add shredded cheese on top of stacks and cook until cheese melted.

Broccoli Cheese Soup

Serves 6

2 Tbsp butter, unsalted

1.5 cups heavy cream

2.5 cups water

3 cans chicken broth

¾ tsp salt

½ tsp dry mustard

¼ tsp cayenne pepper

16 oz frozen chopped broccoli

½ cup red bell pepper

8 oz shredded cheddar cheese

2 Tbsp chopped chives

Melt butter in saucepan over medium heat. Cook and stir 30 seconds or until bubbly. Add cream, water, broth, salt, mustard and cayenne. Bring to a simmer over high heat stirring frequently. Add broccoli and red pepper. Return to a boil. Reduce to low; simmer uncovered 5 minutes. Add cheese. Stir over low heat just until cheese melts.

Italian Meatball Zoodle Soup

Makes 12 1 cup servings

32 oz beef stock

1 medium zucchini, spiraled

2 ribs celery, chopped

1 small onion, diced

1 carrot, chopped

1 medium tomato, diced

1.5 tsp garlic powder

1.5# ground beef

½ cup parmesan cheese

6 cloves garlic, minced

1 egg

4 Tbsp parsley

1.5 tsp salt

1.5 tsp onion powder

1 tsp Italian seasoning

1 tsp dried oregano

½ tsp black pepper

Heat slow cooker on low setting. Add beef stock, zucchini, celery, onion, carrot, tomato and garlic powder. Cover. In a large mixing bowl, combine ground beef, Parmesan, garlic, egg, parsley, salt, onion powder, oregano, Italian seasoning and pepper. Mix until all ingredients are well blended. Form into approximately 30 meatballs. Heat olive oil in a large skillet over medium-high heat. Once the pan is hot, add meatballs and brown on all sides. No need to worry about cooking them all the way through as they will be going into the slow cooker. Add meatballs to slow cooker and cover, cooking for 6 hours.

Spinach Salad with Dijon Vinaigrette

2 cups raw spinach

1 crimini mushroom, sliced

2 slices onion

1 oz Goat cheese crumbles

1 tsp minced garlic

1 Tbsp red wine vinegar

1 Tbsp Dijon Vinaigrette

1 Tbsp Olive oil