

Skinny Sesame Chicken (Unmeasured Scoop)

Ingredients

1 lb chicken (cut into cubes) (If you have a Kroger, I love [Simple Truth's](#) chicken cutlets)
2 Tbs sesame seed oil
1 clove minced garlic
1/4 c low-sodium soy sauce
1/4-1/2 c maple syrup (depends on how sweet you want to make it, I go for the 1/2 c)
1/2 tsp ground ginger
2 c chopped and steamed broccoli heads
2 Tbs sesame seeds
4 c cooked brown rice

Instructions

Heat sesame oil and garlic in large skillet over medium high heat. Add chicken cubes and cook approximately 4 minutes on each side until chicken is cooked through. While chicken is cooking, work on cooking your rice and steaming the broccoli. Remove chicken from pan and set aside. Place skillet back on burner and add soy sauce, maple syrup and ginger and bring to a boil, stirring constantly so mixture does not burn. Reduce mixture for 3-4 minutes over medium high heat until it thickens a bit (continue stirring while it is reducing). Remove from heat and place chicken, broccoli and sesame seeds back in skillet covering with soy/maple syrup mixture. Serve over brown rice and spoon extra sauce over chicken/broccoli/rice before serving.

Spinach Pasta Bake (Saving Money Living Life)

Ingredients

8 oz uncooked rigatoni
1 T olive oil
1 c chopped onion
1 (10 oz) pack frozen spinach, thawed
3 c cubed, cooked chicken breasts
1 (14 oz) can Italian-style diced tomatoes, undrained
1 (8 oz) container Philadelphia chive & onion cream cheese
1/2 t salt, 1/2 t pepper
1 1/2 c shredded mozzarella cheese

Instructions

Prepare rigatoni according to pkg directions. Spread oil on bottom of 11x7 in baking dish; add onion in a single layer. Bake at 375 for 15 minutes or just until tender. Transfer onion to large bowl, set aside. Drain chopped spinach well, pressing between paper towels. Stir in rigatoni, spinach, chicken, & next 4 ingredients into onion

in bowl. Spoon mixture into dish & sprinkle evenly with shredded mozzarella cheese. Bake covered at 375 for 30 minutes; uncover & bake 15 more minutes or until bubbly.

Kale & Orzo Minestrone (Unmeasured Scoop)

2 Tbs olive oil
2 c chopped kale
2 c chopped celery
2 c chopped carrots
2 tsp minced garlic
1 1/2 c diced sweet onion
1/2 tsp salt
1/4 tsp pepper
2 small bay leaves
1 tsp ground thyme
22 ounces (1 1/2 cans) diced tomatoes
6 c chicken broth
1 15 oz can northern beans (drained and washed)
1 c uncooked orzo pasta

Begin cooking orzo pasta according to directions. While orzo is cooking, place dutch oven or large pot over medium heat and pour in olive oil. Place carrots, celery, onion and garlic in pot. Cook for 6-8 minutes. Pour in chopped kale, thyme and salt and pepper. Cook down for additional 5 minutes. Pour in chicken broth, canned tomatoes and bay leaves and bring up to boil to cook vegetables through. Bring back down to a simmer for 30 minutes. Place on warm and stir in beans and orzo. Remove bay leaves. Taste before serving and add salt and pepper if needed. Serve in bowls with freshly shaven parmesan and crusty bread!

Breakfast for Dinner (Unmeasured Scoop)

Ingredients

Should be enough for 4 people to have 2 burritos

1 package whole wheat tortillas (usually comes with 8-10 tortillas)
10 eggs
1 red bell pepper
1/2 c favorite shredded cheese
salsa
avocado sliced
2-3 russet potatoes diced
3 Tbs olive oil
fresh fruit to serve on side

Instructions

Preheat oven to 400 and dice russet potatoes. Place on baking sheet and season with 2 Tbs olive oil, salt and pepper. Bake for 20-25 minutes until tender. Saute red pepper in 1 Tbs olive oil in skillet over medium/high heat add in whipped eggs and scramble over medium heat until done. Throw in shredded cheese. Place eggs in whole wheat tortillas and top with diced avocado and salsa. Also serve with fresh fruit.

Mini Spinach & Cheese Pizzas (Martha Stewart)

Ingredients

4 mini whole-wheat pitas (3 inches each), split
1/2 cup part-skim ricotta [cheese](#)
1/2 teaspoon dried oregano
1 [garlic](#) clove, pushed through a garlic press
Coarse salt and ground pepper
1 package (10 ounces) frozen chopped [spinach](#), thawed and squeezed dry
1/2 pint bocconcini (about 20 balls), halved (I use shredded mozzarella instead)

Instructions

Heat broiler, with rack set 4 inches from heat. Line a large baking sheet with aluminum foil; arrange pita halves on sheet, cut side up. In a small bowl, combine ricotta, oregano, and garlic; season with salt and pepper. Dividing evenly, spread ricotta mixture on pitas, and top with [spinach](#) and bocconcini or shredded mozzarella. Season with salt and pepper. Broil until [cheese](#) is melted and starts to brown, 4 to 6 minutes, rotating sheet from front to back halfway through baking. Serve immediately.

Easy Taco Skillet (Unmeasured Scoop)

Ingredients

2 c cooked whole grain elbow macaroni (I love [Barilla Plus!](#))
1 14.5 oz can diced tomatoes
1 8oz can tomato sauce
1 chopped red bell pepper
3/4 c frozen corn
1 15 oz can black beans (drained)
1 15oz can dark kidney beans (drained)
1 tsp ground cumin
1/2 tsp chili powder (or more if you like the heat)
1 tsp garlic powder
1/2 tsp paprika
1/2 tsp oregano
1/4 tsp salt
1/2c chopped fresh cilantro

Instructions

While your pasta is cooking, combine diced tomatoes, tomato sauce, bell pepper and spices in skillet over medium heat until it comes to a slight boil. Reduce heat to simmer. Add frozen corn and drained beans and place on low heat. Once pasta is cooked, drain and transfer 2c to skillet. Mix all ingredients together in skillet until combined. Serve up in bowl with fresh cilantro, cheese, plain Greek yogurt, etc.