

Baked Mustard Chicken (Unmeasured Scoop)

Ingredients

4 chicken cutlets (using cutlets allows these to crisp up nicely and cook faster, if you live near a Kroger check out their [Simple Truth Chicken Cutlets](#))

1/2c Dijon mustard

1 clove chopped garlic

2/3c panko breadcrumbs

1/4c grated parmesan cheese

1Tbs parsley

1 Tbs ground thyme

1Tbs oregano

salt

pepper

Instructions

Spray baking pan with pam. Season your chicken cutlets with salt and pepper. Prepare two plates. The first, mix mustard and garlic together. The second, mix the panko, parmesan, parsley, oregano and thyme. Dip one cutlet at a time in the mustard mixture, coating both sides. Then dip cutlet in panko mixture covering both sides. Place cutlet on pan. Repeat for rest of cutlets. Place cutlets in refrigerator for at least an hour before placing in oven. Preheat oven to 450 degrees. Bake chicken for 20-25 minutes until cooked thoroughly.

Tortellini Soup (Gimme Some Oven – original recipe calls for chicken but I omit to save money)

Ingredients

4 carrots, cut into bite-size pieces

6 cups low-sodium chicken broth

8 ounces cheese tortellini (fresh or frozen)

kosher salt and freshly-ground black pepper

2 Tbsp. chopped fresh flat-leaf parsley

1/2 tsp. ground rosemary (or 2 tsp. chopped fresh rosemary)

Instructions

In a large saucepan, simmer the carrots in the broth until tender, 10 to 12 minutes. Add the tortellini and simmer until tender, 2 to 4 minutes. Cook, stirring occasionally, until heated through, 1 to 2 minutes more; season salt, pepper and rosemary, then sprinkle with the parsley. Serve warm.

Zucchini & Sweet Potato Frittata (Paleo Diet Lifestyle)

Ingredients

2 tbsp butter ([Ghee](#)) or coconut oil;

8 eggs;

1 large sweet potato, peeled and cut in slices;

2 sliced zucchinis;

1 sliced red bell pepper;

2 tbsp fresh parsley;

Salt and pepper to taste.

Instructions

Heat a pan over a medium-low heat; Add the oil and sweet potato slices and cook until soft, about 8 minutes; Add the zucchini and red bell pepper slices and cook for another 4 minutes; While it cooks, whisk the eggs in a bowl, making sure to incorporate a lot of air in the mixture; Season the egg mixture with salt and pepper and add to the cooking veggies; Cook on low heat until just set, about 10 minutes; Finish the frittata until golden under a heated broiler. Cut the finished frittata into wedges and serve with fresh parsley.

Turkey Paninis

deli turkey
½ pound deli Swiss
whole grain bread
spinach
jam/preserves (I like strawberry)

Crock-Pot Chicken Fajitas (Food, Family & Finds)

Ingredients

1 package of whole wheat tortillas
¼ cup butter
2 cups green bell pepper, sliced
2 cups sweet onion, sliced
3-4 chicken breasts, boneless/skinless
1 packet of dry fajita seasoning
½ cup salsa
toppings: sour cream, salsa

Instructions

Turn the slow cooker on low. Add butter, then peppers, onion and chicken breasts. Sprinkle seasoning over the chicken. Add salsa. Cover and cook on low for 4-6 hours. Use a fork to shred the chicken and serve with whole wheat tortillas, sour cream and salsa.

Caprese Lasagna Roll-Ups (My Honeys Place)

Ingredients

8 lasagna noodles, uncooked
14 oz freshly shredded, low-moisture part skim Mozzarella cheese, divided
¾ cup Ricotta cheese
1 large egg white
1/3 cup freshly, finely shredded Parmesan cheese (about 1 1/4 oz)
freshly ground black pepper
3 - 4 medium Roma tomatoes, thinly sliced (about 1/6 inch thick slices)
1/4 cup chopped fresh basil, plus more for garnish (I just use dried)
1 cup marinara

Instructions

Preheat oven to 350 degrees. Cook pasta according to directions listed on package to al dente.

Drain pasta (DO NOT rinse with water) and align lasagna noodles in a single layer on a large sheet of parchment or wax paper. For filling, in a large mixing bowl, whisk together ricotta cheese and egg white until well blended. Stir in Parmesan cheese. Mix in 12 oz. of the Mozzarella cheese and season with black pepper to taste (I wouldn't recommend seasoning with salt just because the cheeses already have plenty of salt). Place 1/4 cup of the cheese mixture over each lasagna noodle and spread into an even layer, going from one end of the lasagna to the other. Align 4 thin tomato slices over cheese mixture then sprinkle fresh basil over top. Snugly roll lasagna noodles to opposite end. Spread about 1/4 cup pasta sauce in the bottom of an 11 x 7 inch baking dish. Align lasagna roll ups, seam side down in dish. Top each roll up with about 2 Tbsp of the pasta sauce (covering edges of pasta so they don't dry out while baking). Sprinkle top with remaining 2 oz. shredded Mozzarella. Bake in preheated oven 30 minutes. Remove from oven, plate pasta and garnish with plenty of basil ribbons. Serve warm.