

Cilantro-Lime Black Bean Quesadillas (Unmeasured Scoop)

Ingredients

8 Whole Wheat Quesadillas
2 c mozzarella cheese
1 can black beans drained and washed
1 lime (or 2 limes if you want a lime-ier taste!)
3/4 c chopped cilantro

Instructions

In a bowl combine your black beans, cilantro and juice from 1 lime (or 2), set aside. Lay out 2 quesadillas. Sprinkle 1/4c cheese on one quesadilla so it covers every part, sprinkle 1/4c black beans mixture on top and then another 1/4c sprinkle of mozzarella on top of the black beans. Place other quesadilla over top and place in greased pan over medium/high heat. Spray top of quesadilla with pam and when bottom has browned, flip over. Remove when other side is browned and cheese is oozing out sides. Repeat 3 times to make remaining 3 quesadillas. Serve with plain greek yogurt & fresh salsa.

Lemon Ricotta Chicken Pasta (Unmeasured Scoop)

Ingredients

16oz Italian Trottole (found this at the store and it looked fun, but use rigatoni or fusilli if you can't find Trottole)
15oz low fat ricotta cheese
1 clove minced garlic
1tsp lemon zest
Juice of 2 1/2 lemons
1/4c grated Parmesan cheese
1tsp salt
1tsp pepper
2 Tbs olive oil
3 chicken cutlets
Handful of chopped fresh cilantro (or flat leaf parsley, i just like cilantro better!)

Instructions

Fill pot with water amount that pasta directions call for and season with salt. While you are waiting for it to come to a boil, cube your chicken and season with salt and pepper. Squeeze the juice of one lemon over the cubed chicken. Grease a pan with olive oil and put over medium heat. Wait a minute or two for pan to heat and then place chicken in pan. Cook thoroughly – about 3-4 minutes on each side until chicken is white throughout. Place chicken on paper towel and set aside. When pasta water is rapidly boiling, place pasta in pot. Meanwhile, in a separate bowl, combine ricotta, juice of 1

lemon, parmesan, salt, pepper, lemon zest and garlic. Stir until ingredients are combined and set aside. Place a 1c measuring cup in your sink and when pasta is done, drain pasta water, being sure to catch 1c of the water in your measuring cup. Place this reserve water aside. Place drained pasta and chicken back in the pot and pour in ricotta mixture. Combine until all pasta covered in mixture. Pour in 1/4c reserve water to add moisture back into pasta and combine (you can add more if needed). Top with chopped cilantro and right before you serve do one last squeeze of 1/2 a lemon...trust me, it makes all the difference!

Paleo Mini Meatloaves (Paleo Spirit)

Ingredients

2 pounds ground meat – mixture of grass fed beef and/or pork and/or veal
10 ounces frozen, chopped spinach
1-2 teaspoons oil
1 medium onion, finely diced
6 ounces mushrooms, finely diced
2 carrots, grated or finely diced
4 eggs, lightly beaten
1/3 cup coconut flour (I just use regular)
2 teaspoons salt
2 teaspoons pepper
2 teaspoons onion powder
1 teaspoon garlic powder
1 teaspoon dried thyme
1/4 teaspoon grated nutmeg

Instructions

Preheat oven to **375 degrees F**. Thaw the spinach, squeeze out the excess water and set aside. Heat a pan on medium heat, add the oil and fry the onions and mushrooms until the onions are translucent and some of the liquid has cooked out of the mushrooms. Set aside to cool. Place the ground meat in a large bowl, add the spinach, carrots, mushroom/onion mixture, beaten eggs, coconut flour and all the spices. Use your hands to combine it well but do not overmix. Fill 18 regular size muffin tins to the top with the meatloaf mixture. (Greasing the tins may be a good idea if the meat you're using is fairly lean). Cook for 20-25 minutes or until internal temperature reaches 160 degrees. Allow to cool and use a knife to loosen meatloaves from sides of the pan before removing.

Skinny Sesame Chicken w/ Brown Rice

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.

Zucchini Patties (Whole Living)

Ingredients

1 15.5-oz can chickpeas, drained and rinsed
1 cup plain breadcrumbs
1 zucchini, grated
1 small red onion, grated
1 egg, lightly whisked
1 teaspoon coarse salt
1/4 cup extra-virgin olive oil
4 whole-wheat pitas, toasted
1 cup low-fat Greek yogurt
8 leaves tender lettuce (we use spinach)
1 cup fresh mint leaves (I didn't use mint)

Instructions

Mash chickpeas in a bowl until smooth. Stir in breadcrumbs, zucchini, onion, egg, and salt. Form into eight 4-by-1/2-inch patties. Saute patties in oil until golden and crisp, 2 to 3 minutes per side. Halve pitas and stuff with patties, yogurt, lettuce, and mint.

Cous Cous Vegetable Salad w/ Lemon Basil Dressing (Garden Grazer)

Ingredients

4 Grilled chicken breasts
1 box pinenut flavored cous cous
15 oz. can garbanzo beans, rinsed and drained
3 roma tomatoes
1 orange bell pepper
1 1/2 cups corn (I used frozen, thawed)
{For the dressing}
2 Tbsp. olive oil
2 Tbsp. fresh lemon juice
1 1/2 tsp. basil (or fresh if you have it)

Instructions

Cook cous cous according to directions. Grill chicken and dice. Meanwhile, in a small bowl whisk together olive oil, lemon juice, and basil. Set aside. Dice roma tomatoes and bell pepper. Then place all salad ingredients in a large bowl. Pour dressing over top and mix well to combine. Can eat immediately or chill before serving.