

Kale & Italian Sausage Mini Calzones (Unmeasured Scoop)

Ingredients

1 [Pillsbury Whole Wheat Artisan Crust](#)

6 Tbs marinara

6 Tbs cooked sweet italian sausage (I used [Jenny-O's Sweet Italian Turkey Sausage](#) and you will have left over so save it in the fridge for a killer frittata)

6 Tbs chopped kale

6 Tbs shredded mozzarella

Dash of dried oregano and basil

Instructions

Preheat your oven to 400 degrees. Lay out your pizza dough on a greased cookie sheet and divide into six even squares. Place 1 Tbs of marinara on each dough square. Followed by 1 Tbs of sausage, kale, and mozzarella. Put a dash of dried oregano and basil on each square. Left to right – fold each mini calzone over (you may have to stretch dough and squish ingredients inside calzone as you fold dough over). Take fork and press tip of fork along edges of calzone to close them. Repeat for each calzone. Brush each calzone with a dab of olive oil (so tops with brown nicely). Bake at 400 for 13-15 minutes until tops are nicely browned. Allow calzones to rest for 5 minutes before serving. Serve with side of marinara for dipping.

White Cheddar Broccoli Mac & Cheese (Unmeasured Scoop)

Ingredients

2 boxes cooked [Annie's Organic White Cheddar Mac & Cheese](#) (Annie's is the best mac around – love it. You could use others but you would regret it!)

2c steamed broccoli florets (to steam: place in bowl with 4 Tbs water and cover with plastic wrap, microwave for 3-4 minutes)

Instructions

While your boiling your Annie's shells, place broccoli in microwave and steam. Mix broccoli in with prepared mac & cheese and enjoy. I pull out a bowl of grapes as a side and we call it a night!

Black Bean Soup (Oh She Two She)

Ingredients

4 cans black beans (3 to blend for base, 1 for hearty filling)

1 can corn, drained

2 cups chicken broth

1 lb. ground beef (or shredded chicken) – I omit this to make it cheaper!

1 cup salsa

Optional toppings: avocado, grated cheddar cheese, tomatoes, black olives, sour cream, crushed tortilla chips.

Instructions

Cook your meat, set aside. Prepare your optional toppings, set aside. Blend 3 cans of black beans with 2 cups of chicken broth in the blender. You may have to do a couple sessions, if it doesn't all fit in the blender. Pour it into a large pot. Add salsa. I do one cup, but depending on your preference, you can add more or less. This is your base. Add the fillers to the base: can of drained corn, cooked meat, and last can of black beans (drained.) Heat all together. Serve with toppings.

Turkey Lettuce Wraps (Skinny Taste)

Ingredients

1.3 lbs 99% lean ground turkey

1 tsp garlic powder

1 tsp cumin

1 tsp salt

1 tsp chili powder

1 tsp paprika

1/2 tsp oregano

1/2 small onion, minced

2 tbsp bell pepper, minced

3/4 cup water

4 oz can tomato sauce

8 large lettuce leaves from Iceberg lettuce

Instructions

Brown turkey in a large skillet. When no longer pink **add** dry seasoning and **mix** well. **Add** onion, pepper, water and tomato sauce and cover. **Simmer** on low for about 20 minutes. **Wash** and **dry** the lettuce. **Place** meat in the center of leaf and top with tomatoes, cheese and salsa or whatever you prefer. (Toppings extra points)

Creamy Avocado Pasta (Oh She Glows)

Ingredients

1 medium sized ripe Avocado, pitted

1/2 lemon, juiced + lemon zest to garnish

1-3 garlic cloves, to taste (I used 3 and it was super garlicky, but if you are not a big fan of garlic use 1 clove)

1/2 tsp kosher salt, or to taste
~1/4 cup Fresh Basil, (probably optional)
2 tbsp extra virgin olive oil
2 servings/6 oz of your choice of pasta (I use whole wheat pasta)
Freshly ground black pepper, to taste

Instructions

Bring several cups of water to a boil in a medium sized pot. Add in your pasta, reduce heat to medium, and cook until Al Dente, about 8-10 minutes. Meanwhile, make the sauce by placing the garlic cloves, lemon juice, and olive oil into a food processor. Process until smooth. Now add in the pitted avocado, basil, and salt. Process until smooth and creamy. When pasta is done cooking, drain and rinse in a strainer and place pasta into a large bowl. Pour on sauce and toss until fully combined. Garnish with lemon zest and black pepper. Serve immediately. Makes 2 servings.

Please note: This dish does not reheat well due to the avocado in the sauce. Please serve immediately.

Butternut Squash Salad w/ Ultimate Sweet Mustard Vinaigrette (Unmeasured Scoop)

Ingredients

Salad:

1/2 cup pecans, toasted and coarsely chopped
Crumbled feta cheese
6 cups winter salad greens (I used a spring mix with romaine)
1 small/medium butternut squash

Butternut squash

2 tsp olive oil
2 Tbs maple syrup (I use a sugar-free syrup, so any kind you have will do)
1 tsp cinnamon
1/4 tsp pumpkin pie spice

Vinaigrette:

1 tsp Dijon mustard
1 tsp red wine vinegar
1 tsp balsamic vinegar
1/4 c extra-virgin olive oil
1 tsp brown sugar
1 tsp honey
Kosher salt and freshly ground black pepper
+baked potatoes if you want to serve them with the salad

Instructions

Squash: Preheat oven to 425 degrees. Peel squash, slice in half lengthwise and scoop out the seeds and strings. Dice into equal sized cubes (small or large depending on your own preference of size). Line a baking sheet with tin foil and coat with cooking spray. Place butternut squash cubes in a large bowl. Add oil, maple syrup, cinnamon, and pumpkin pie spice. Toss with your hands (or a spoon) until the squash is evenly coated. Spread onto the baking sheet and cook for 35 minutes, flipping once at the 20 minute mark.

Pecans: Place pecans in pan over medium heat for 4-5minutes, watching carefully so they do not burn.

Vinaigrette: Mix all ingredients, except the olive oil, in a bowl or dish of some sort. Once everything is combined, mix in olive oil while stirring at the same time to help emulsify the dressing. Mix salad ingredients together and toss with vinaigrette.