

Whole Wheat Spinach White Pizza (Unmeasured Scoop)

Ingredients

1 [Pillsbury Whole Grain Artisan Crust](#) (you can make your own whole wheat dough but this makes it uber easy to throw together on a week night and it bakes up nicely – no gooeyness in the middle)
2 minced cloves garlic
3 Tbs olive oil
1c shredded mozzarella
1 1/2 c spinach leaves
8-10 Tbs of low fat ricotta
1 Tbs dried basil
1 Tbs dried oregano

Instructions

Preheat oven to 400. Place crust on pam-sprayed pan. Bake crust (no toppings yet!) for 8 min. Remove from oven. Combine olive oil and garlic – brush over crust until evenly distributed. Place spinach leaves evenly over olive oil. Sprinkle mozzarella over spinach leaves. Dollop ricotta cheese evenly over mozzarella. You don't need to spread the ricotta just leave the dollops as is and they will soften and spread a little while baking. Sprinkle with dried basil and oregano. Bake for additional 10 minutes until cheese are melted.

Fast Fish Tacos (Recipe Girl)

Ingredients

1 pound boneless & skinless tilapia fillets, cut into 2-inch pieces, rinsed & patted dry
olive oil, salt and pepper
3/4 cup sour cream
3/4 cup + 2 Tablespoons fresh salsa
12 corn or flour tortillas, warmed
1 1/2 cups shredded cabbage
Optional garnishes: cheese, cilantro, lime, avocado

Instructions

Heat broiler, with rack in highest position. Place fish on rimmed baking sheet; drizzle with olive oil & season with salt and pepper. Broil until fish is lightly browned on top, 5-10 minutes, until flesh is opaque throughout. Meanwhile in a small bowl, mix sour cream with 2 Tablespoons fresh salsa. Divide fish evenly among tortillas and top with shredded cabbage, sour cream and fresh salsa.

Farmer's Skillet (Iowa Girl Eats)

Ingredients

1-3/4 cups chicken broth
1 cup quinoa, rinsed and drained
1 Tablespoon extra virgin olive oil
2 cloves garlic, minced
1 small zucchini, quartered and sliced (or half a large one)
2 ears sweet corn, kernels cut off the cob (about 1 1/2 cups)
2 green onions
salt & pepper
1 vine-ripened tomato, chopped
1/2 cup feta
2 Tablespoons chopped basil
For the Honey Lemon Vinaigrette:
1 Tablespoon lemon zest
2 Tablespoons lemon juice
1 1/2 Tablespoons honey
1 garlic clove, microplaned or finely minced
1/2 teaspoon salt
1/4 teaspoon pepper

Instructions

Bring chicken broth to a boil in a saucepan. Add rinsed quinoa and place a lid on top, turn the heat down to medium-low, then cook until the broth is absorbed and quinoa is tender, about 25 minutes. Fluff the cooked quinoa with a fork and let cool slightly. Meanwhile, combine all ingredients for the Honey Lemon Vinaigrette in a jar or bowl, then shake or whisk to combine and set aside. Heat oil in a large skillet over medium-high heat. Add garlic and sauté until golden brown, about 30 seconds. Add zucchini, sweet corn, and green onions, season with salt and pepper, then sauté until barely tender, about 4 minutes. Add cooked quinoa and half the Honey Lemon Vinaigrette, then stir and cook for 1 more minute.*Add remaining vinaigrette, tomatoes, feta cheese, and basil to the skillet. Stir well, taste, and add more salt and pepper if necessary. Let cool 10 minutes before serving.

Crock Pot Latin Chicken (Unmeasured Scoop)

Ingredients

3 pounds of chicken breast
2 tsp ground cumin
salt and pepper
1 tsp smoked paprika
1/2 tsp all spice

2 c chicken broth
1 c salsa
3 tsp minced garlic
2 can (15 oz) black beans (drained & rinsed)
1 pound peeled and cubed sweet potatoes
1 pound cubed (not peeled) purple potatoes (if you can't find these just use sweet potatoes)
chopped fresh cilantro
2 limes

Instructions

Season both sides of chicken breasts with cumin, salt and pepper. Place skillet over medium high heat and once heated place chicken breasts in to sear. Cook both sides about 2-3 minutes. Place potatoes and black beans in bottom of crock pot with chicken breasts on top. In same skillet combine garlic, salsa, chicken broth, paprika and allspice. Pour over top of chicken (make sure liquid covers chicken slightly so it doesn't dry out – if not, add more broth & salsa) and cook on low heat for 8 hours or high heat for 4 hours. Divide chicken among 5 pasta bowls and spoon potatoes and black beans and broth over chicken. Garnish with fresh cilantro and lime wedges.

Easy Schmeezy Stuffed Shells (Unmeasured Scoop)

Ingredients

1 12 oz box of jumbo pasta shells
2 c Italian blend shredded cheese
1 24 oz jar of pasta sauce
1 egg (lightly beaten)
2 c chopped spinach
15 oz skim ricotta
1/2 c grated parmesan cheese
1/2 Tbs dried oregano
1/2 Tbs dried basil
dash of salt/cracked pepper

Instructions

Preheat oven to 375. Grease 9x13 glass pan. Cook shells according to box directions. Meanwhile, in a small bowl, combine ricotta, 1 c Italian cheese, parmesan, egg, oregano, basil and salt and pepper. Drain pasta when done cooking and run cool water over shells to stop the cooking process. Pour 3/4 c pasta sauce in bottom of glass pan. Spoon ricotta mixture into shells and place in glass pan. Pour remaining pasta sauce over top and sprinkle with 1 c Italian cheese. Cover with foil and bake for 35 minutes. Remove foil and bake for additional 10 minutes. Allow to sit for 10 minutes before serving.

Breakfast for Dinner (Unmeasured Scoop)

Ingredients

Whole Wheat Pancake Mix

Fresh fruit

Scrambled Eggs

Instructions

Whip up as many pancakes as will feed your fam, scramble eggs (I usually whip up 8 for our family of 4) and serve with fresh fruit!