

Garlic Butter Chicken

POULTRY

Yield: 4

Tender, juicy chicken bathed in a rich garlic butter sauce with a splash of wine for extra flavor!! This EASY stovetop chicken recipe is ready in 15 minutes and will become a family FAVORITE!!

Prep Time

5 minutes

Cook Time

15 minutes

Total Time

20 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 1 1/2 pounds boneless skinless chicken breasts, pounded to an even thickness (4 average-sized breasts)
- 1 to 2 teaspoons 21 Salute Seasoning or poultry seasoning
- 1 teaspoon kosher salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- 1/2 cup white wine* or chicken broth, or as necessary
- 3 tablespoons unsalted butter, or more if you want extra sauce
- 1 tablespoon garlic, finely minced; or to taste
- 2 teaspoons fresh parsley, optional for garnishing



INSTRUCTIONS

- 1 To a large skillet, add the olive oil, pounded chicken, evenly season with 21 Salute, salt, pepper, and cook over medium-high heat for 5 minutes. Do not touch, move, or disturb the chicken while it is searing. After 5 minutes, flip chicken over. It should have a medium golden color. For thicker/bigger chicken breasts, sear for 6-7 minutes.
- 2 Allow chicken to cook on the second side for about 5 minutes, or until done and cooked through. Again, do not disturb the chicken while it's searing.
- 3 Remove chicken with a slotted spatula and place it on a plate to rest.
- 4 Using caution, deglaze your skillet by adding wine (or broth) and allow the liquid to bubble up and steam violently for a few seconds.
- 5 Add the butter and allow it to melt, about 1 minute; stir continuously until melted.
- 6 Add the garlic and cook until fragrant, about 1 minutes; stir continuously.
- 7 Turn the heat off, add the chicken back into the skillet, flip it around in the garlic butter sauce, and spoon the sauce over the chicken.
- 8 Optionally garnish with parsley and serve immediately.

NOTES

Wine: I recommend white wine because I think the flavor is better than with chicken broth, and I personally believe that the alcohol burns off, and what you're left with is the flavor imparted by the wine. However, use broth if that is a better option for your lifestyle or needs.

Storage: Chicken will keep airtight in the fridge for up to 5 days and in the freezer for up to 4 months.

NUTRITION INFORMATION: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: Calories: 294 Total Fat: 21g Saturated Fat: 7g Trans Fat: 0g Unsaturated Fat: 13g Cholesterol: 63mg Sodium: 2936mg Carbohydrates: 6g Fiber: 1g Sugar: 2g Protein: 15g

Better-Than-Takeout Beef With Broccoli

BEEF

Yield: 5

This homemade beef and broccoli really is BETTER than takeout and it's definitely FASTER! This EASY Chinese restaurant copycat recipe is a family favorite!

Prep Time

10 minutes

Cook Time

10 minutes

Total Time

20 minutes

INGREDIENTS

- 1 to 1.25 pounds flank steak, sliced into thin strips, no more than 1/4-inch thick
- 1/4 cup cornstarch
- 3 tablespoons olive oil, divided
- 2 tablespoons sesame oil, divided
- 4 cloves garlic, pressed or finely minced
- 1 to 2 teaspoons ginger, or to taste (fresh or dried is okay, use less dried than you would fresh)
- 1/2 cup low-sodium soy sauce
- 1/2 cup water
- 3/4 cup dark brown sugar, packed (light may be substituted)
- 4 to 6 cups broccoli florets (dependent on preference for broccoli)
- 2 to 3 green onions, sliced into 1/4-inch long segments
- red pepper flakes, optional and to taste
- sesame seeds, optional for garnishing



INSTRUCTIONS

- 1 To a large zip-top bag, add the steak, cornstarch, seal, and toss to coat. Set aside while preparing the sauce.
- 2 To a medium saucepan, add 1 tablespoon olive oil, 1 tablespoon sesame oil, garlic, ginger, and heat over medium-high for about 1 minute, or just until garlic is fragrant, taking care not to scorch it.
- 3 Add the soy sauce, water, brown sugar, and stir until the sugar has dissolved. Bring to a boil and allow it to boil for about 2 to 3 minutes. Then reduce the heat to low and simmer for about 5 minutes, or until slightly thickened and reduced. While it simmers, sear the steak.
- 4 To a large skillet, add the remaining 2 tablespoons olive oil, 1 tablespoon sesame oil, and the steak. Cook over medium-high or high heat until steak is cooked through, about 5 to 7 minutes, flipping the pieces intermittently to ensure even cooking.
- 5 Add the broccoli.
- 6 Evenly drizzle in the soy sauce mixture, noting it will bubble up dramatically. Toss the beef and broccoli to coat evenly with the sauce. Simmer for about 3 to 5 minutes at medium-high, or until the broccoli is as crisp tender as desired.
- 7 **Optional** — If your sauce hasn't thickened up as much as you'd like and your broccoli is done or nearly done, and you want a sauce that clings better and isn't as thin, simply dissolve 1 tablespoon cornstarch in 1 tablespoon water (called a slurry), add it to the skillet, stir for about 1 minute, or until your sauce has thickened to your desired level. Since I used 6 cups broccoli, the natural water and juices that escaped from it thinned out my sauce, so I needed to use a slurry.
- 8 Turn off the heat, add the green onions, and stir to incorporate.
- 9 Optionally, evenly sprinkle with red pepper flakes (makes the dish taste more authentic and gives it flavor without adding much heat), optional sesame seeds, and serve immediately.

NOTES

- Adapted from [P.F. Chang's Mongolian Beef](#).
- Recipe is best warm and fresh but will keep airtight in the fridge for up to 5 days.

NUTRITION INFORMATION: YIELD: 5 SERVING SIZE: 1

Amount Per Serving: Calories: 783 Total Fat: 29g Saturated Fat: 7g Trans Fat: 0g Unsaturated Fat: 19g Cholesterol: 90mg Sodium: 1300mg Carbohydrates: 91g Fiber: 26g Sugar: 37g Protein: 53g

Asian Pork Noodle Stir Fry

Yield: 6

PORK

An EASY comfort food stir fry that's ready in 20 minutes with so many textures and flavors in every bite!! Juicy pork, tender noodles, crisp-tender veggies in a bath of sesame oil, soy sauce, ginger, and chili garlic sauce if you want to turn up the heat!!

Prep Time

15 minutes

Cook Time

15 minutes

Total Time

30 minutes

INGREDIENTS

- 8 ounces thin wheat somen noodles
- 2 tablespoons olive oil, or as needed
- 2 tablespoons toasted sesame oil
- 1 medium sweet Vidalia or yellow onion, diced small
- 1 baby bok choy, trimmed and sliced in 1 1/2-inch wide sections
- 1 pound ground pork sausage (I used regular, spicy may be substituted)
- 1 large bell pepper, sliced into thin strips (I used yellow but another color may be substituted)
- 1 1/2 cups shredded carrots (use store bought in a bag to save time)
- 1 medium broccoli crown, trimmed into bite-sized florets
- 1/4 cup reduced sodium soy sauce, or as desired
- 1 to 4 tablespoons chili garlic sauce, or as desired (start with 1/2 tablespoon if you're sensitive to heat)
- 1 to 3 teaspoons ground ginger, or as desired (start with 1 teaspoon if you're sensitive to heat)
- salt and pepper, optional and to taste (likely not necessary)
- sesame seeds, optional for garnishing



INSTRUCTIONS

- 1 To a medium pot, bring water to a boil over high heat, cook the noodles according to package directions (likely 90 to 120 seconds), drain, rinse; set aside. While you're waiting for the water to boil and the noodles to cook, move on to the next steps.
- 2 To a large, high-sided skillet, add the oils, onion, boy choy, and saute over medium-high heat for about 5 minutes, or until vegetables are beginning to soften; stir frequently.
- 3 Add the pork, bell pepper, carrots, and cook over medium high heat for about 5 to 7 minutes, or until pork is cooked through and all vegetables are tender. Crumble pork as it cooks and stir frequently to ensure even cooking. At any point in cooking add additional olive oil if necessary.
- 4 Add the broccoli and stir to combine.
- 5 Add the cooked noodles, soy sauce, chili garlic sauce, ginger, and stir to combine. Turn the heat to low and allow the food to simmer for about 3 to 4 minutes, or until broccoli is as crisp tender as desired. Stir thoroughly to ensure food is coated evenly with sauces.
- 6 Taste the dish and if desired add salt or pepper (I did not need either), extra soy sauce, or chili garlic sauce for additional spiciness.
- 7 Optionally garnish with sesame seeds and serve immediately.

NOTES

1. In order to make this a 20- to 30-minute meal from start to finish, you need to multitask and chop/slice things while other things are already cooking and going, i.e. when the onions are sautéing with the boy choy, slice the bell pepper and chop the broccoli, etc. It's a great way to practice your knife skills and get faster at chopping.

2. **Storage:** Recipe will keep airtight in the fridge for up to 5 days or in the freezer for up to 4 months.

NUTRITION INFORMATION: YIELD: 6 SERVING SIZE: 1

Amount Per Serving: Calories: 563 Total Fat: 33g Saturated Fat: 8g Trans Fat: 0g Unsaturated Fat: 23g Cholesterol: 65mg Sodium: 1278mg Carbohydrates: 45g Fiber: 8g Sugar: 5g Protein: 25g

10-Minute Lemon Butter Shrimp and Broccoli

SEAFOOD

Yield: 4

10-Minute Lemon Butter Shrimp and Broccoli - An EASY and healthy meal that's ready in no time, made on ONE sheet pan, and full of FLAVOR!! Perfect for quick lunches and busy weeknights!!

Prep Time

5 minutes

Cook Time

8 minutes

Total Time

13 minutes

INGREDIENTS

- 2 large heads broccoli, trimmed into bite-sized florets
- 4 tablespoons olive oil, divided
- 1 teaspoon kosher salt, plus more to taste if desired
- 1 teaspoon freshly ground black pepper, plus more to taste if desired
- 1 pound raw shrimp, cleaned, deveined, shells removed (I used U12 shrimp, i.e. 12 per 1 pound)
- 1/4 cup unsalted butter, melted
- 1/4 cup freshly squeezed lemon juice



INSTRUCTIONS

- 1 Preheat oven to HIGH broiler setting and place the top oven rack about 4 inches below the broiler. NOTE - All broilers run very differently and suggested broiling times are estimates for what worked in my oven. Watch you food, and not the clock, very closely to make sure it neither burns when you're least expecting it nor is underdone (although much less likely to happen).
- 2 Line a half-sheet pan with aluminum foil for easier cleanup, add the broccoli, evenly drizzle with 2 tablespoons olive oil, 1 teaspoon salt, 1 teaspoon pepper, toss with your hands to combine, place sheet pan under the broiler, and broil for about 5 minutes, or until florets are turning lightly browned and dried out looking on the tips of the florets.
- 3 Remove pan from the oven, flip and toss the broccoli, add the shrimp, evenly drizzle the shrimp with the remaining 2 teaspoons olive oil, and return pan to the broiler for about 2 to 3 minutes, or until shrimp are cooked through. NOTE - My pan was so hot after I broiled the broccoli for 5 minutes in step 2 that upon placing the shrimp on the pan, they started turning pink and cooking on contact. Shrimp cook very quickly and even my large U12 shrimp cooked in less than 3 minutes. There is no need to flip them. Remove pan from the oven and set aside.
- 4 Melt the butter in a small microwave-safe bowl, add the lemon juice, stir to combine, and evenly drizzle over the shrimp and broccoli, as desired (I used it all). Taste and check for seasoning balance and add more salt and/or pepper, as desired, and serve immediately. Recipe will keep airtight in the fridge for up to 3 days.

NUTRITION INFORMATION: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: Calories: 414 Total Fat: 27g Saturated Fat: 10g Trans Fat: 0g Unsaturated Fat: 16g Cholesterol: 205mg Sodium: 1376mg Carbohydrates: 21g Fiber: 5g Sugar: 2g Protein: 24g

Vegetarian Burrito Bowl Salad

VEGETARIAN

Yield: 2

Your favorite burrito ingredients minus the meat and extra carbs to keep things HEALTHIER!! Ready in 10 minutes and keeps you satisfied but not stuffed! Great EASY lunch, dinner, or meal prep recipe!!

Prep Time

10 minutes

Total Time

10 minutes

INGREDIENTS

SALAD

- 2 cups cooked rice (I used brown rice; one 8.8-ounce bag precooked ready rice saves time; use your favorite rice)
- one 15-ounce can black beans, drained and rinsed (I used no-salt added)
- 3 cups lettuce
- 2 Roma tomatoes, diced small
- 2/3 cup corn (I used canned that I drained and rinsed, frozen or fresh is ok)
- 1/4 cup fresh cilantro, finely minced



AVOCADO CREMA

- 1 medium ripe Hass avocado, peeled and pitted
- 1/4 cup sour cream (or vegan sour cream)
- 2 tablespoons lime juice (from about medium 1 lime)
- pinch salt, to taste
- water, if necessary
- cilantro, optional for garnishing

INSTRUCTIONS

- 1 **Salad** - Divide all the ingredients between two medium/large bowls.
- 2 **Avocado Crema** - To the canister of a food processor or blender (mini food processors work great here), add all ingredients except water and blend until smooth and creamy. If mixture is thick, add water 1 tablespoon at a time until desired consistency is reached.
- 3 Drizzle avocado crema over salad and serve immediately.

NOTES

Undressed salads will keep airtight in the fridge for up to 4 days. Extra crema will keep airtight for up to 4 days, noting it may oxidize as time passes.

Avocado crema from [Mexican Stuffed Sweet Potatoes](#).

NUTRITION INFORMATION: YIELD: 2 SERVING SIZE: 1

Amount Per Serving: Calories: 730 Total Fat: 19g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 11g Cholesterol: 17mg Sodium: 812mg Carbohydrates: 118g Fiber: 27g Sugar: 7g Protein: 28g

Creamy Vegan Corn and Red Pepper Blender Soup

VEGAN

Yield: about 5 cups

This vegan, gluten-free soup with no added sodium is creamy, filling, hearty, and satisfying. The red pepper, coconut oil, and spices used really elevate traditional cream of corn soup. This soup is made in a blender and ready in 5 minutes. In the summer or warmer months, consider serving it chilled, like gazpacho. The recipe is highly adaptable based on what you have on hand and enjoy. Read the blog post for suggestions on other vegetables to include such as squash or pumpkin, as well as alternate spices and oils.

Prep Time

3 minutes

Cook Time

2 minutes

Total Time

5 minutes

INGREDIENTS

- 16-ounce bag frozen sweet corn, thawed to room temp (or fresh corn if you have it), divided
- half of 1 large red bell pepper, deseeded
- 1/4 cup nutritional yeast
- 1 heaping tablespoon coconut oil
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper, or to taste
- half of 1 small red onion, peeled; optional
- 1 to 2 cloves garlic, peeled; optional
- about 1 cup water (or use coconut water, milk, almond/soy/nut milk, cream)
- salt and pepper, optional to taste

INSTRUCTIONS

- 1 To the canister of a high speed blender, add three-quarters of the bag of corn (about 3 cups, just eyeball it), all the remaining ingredients, about 1/2 cup water, and blend. Based on how thick soup is, and personal taste preference, add more water until desired consistency is reached.
- 2 After desired consistency is reached, stir in remaining corn by hand to preserve texture.
- 3 Optionally, add salt and pepper to taste. I didn't.
- 4 Soup may have gotten warm in your blender canister. If not, and you prefer it warmer, transfer to a microwave-safe bowl and heat until warm, about 1 minute. Alternatively, soup can be heated gently on the stovetop. In warmer months, soup can be served chilled, like gazpacho. Soup will keep airtight in the refrigerator for up to 5 days or in the freezer for up to 4 months.



NUTRITION INFORMATION: YIELD: 5 SERVING SIZE: 1

Amount Per Serving: Calories: 104 Total Fat: 2g Saturated Fat: 0g Trans Fat: 0g Unsaturated Fat: 1g Cholesterol: 0mg Sodium: 64mg Carbohydrates: 23g Fiber: 3g Sugar: 6g Protein: 4g

Roasted Sweet Potato and Chickpea Buddha Bowl

Yield: 4

GLUTEN-FREE

These bowls are fast, EASY, naturally vegan and gluten-free! If you need a HEALTHY recipe that tastes like comfort food, this is it!!

Prep Time	Cook Time	Total Time
10 minutes	30 minutes	40 minutes

INGREDIENTS

BUDDHA BOWL

- 1 large/extra-large sweet potato, peeled and diced small
- one 15-ounce can low-sodium chickpeas, drained, rinsed, and patted dry
- about 1 1/2 cups broccoli florets
- 1 small/medium red onion, peeled and sliced into small chunks
- 2 to 3 tablespoons olive oil
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons coriander
- 1 teaspoon turmeric
- 1 teaspoon kosher salt, or to taste
- 3/4 teaspoon freshly ground black pepper, or to taste
- minced garlic, optional and to taste
- about 4 cups kale, divided (4 big handfuls, or more if desired)

LEMON TAHINI DRESSING

- heaping 1/4 cup tahini
- 2 to 3 tablespoons lemon juice
- 2 tablespoons honey (use agave or maple syrup to keep vegan)
- 1 tablespoon apple cider vinegar
- 1 teaspoon kosher salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- garlic, optional and to taste
- about 2 to 4 tablespoons water, or as needed to thin to desired consistency

INSTRUCTIONS

BUDDHA BOWL:

- 1 Preheat oven to 425F convection bake (if you don't have a convection oven, 425F regular is fine, noting your roasting time could be a bit longer) and line a baking sheet with aluminum foil for easier cleanup.
- 2 Add the sweet potato, chickpeas, broccoli, and red onion. Evenly drizzle with olive oil, then sprinkle with cumin, coriander, turmeric, salt, pepper, and optional garlic.
- 3 Roast for about 25 to 30 minutes, or until sweet potatoes are tender. Toss once midway through roasted to ensure even cooking. While veggies roast, make the dressing.

LEMON TAHINI DRESSING:

- 1 To a medium bowl, add all ingredients (add the water 1 tablespoon at a time), and whisk to combine. Taste dressing to check for seasoning balance; add more salt, pepper, lemon juice, honey, etc. if desired.
- 2 Add about 1 cup of kale to each bowl, evenly divide the roasted veggies and chickpeas between the bowls, and drizzle with dressing, to taste.



Breakfast Ideas	Lunch Ideas	Snack Ideas
Cereal	Cold Cut Sandwich	Pita Chips and Hummus
Instant Oatmeal	<ul style="list-style-type: none"> • Ham • Turkey • Salami • Capicola • Pepperoni • Roast Beef • Bologna • Pastrami • Cheese 	Chips and Salsa
Instant Breakfast Sandwiches		Trail Mix
Instant Acai Bowl		Nuts
Yoplait (Instant Mix of Yogurt, Granola, Fruit)		<ul style="list-style-type: none"> • Cashews • Almonds • Pistachios
Breakfast Bars	Can of soup	Dried Fruit
	Bagged Salad	Granola Bars
	Instant Acai Bowl	
	Leftovers (3)	