

Recipes for Week 2

To Prep for this week

Make Breakfast Egg Cups

Roast Vegetables

Make Tuna Patties

Cook Chicken Breasts

Chop Onions

Chop Garlic

Make a great vinaigrette

Tuna Patties

8 ounces tuna, canned in water
 1 head garlic minced
 1 tsp basil
 1 tsp oregano
 2 eggs, beaten
 1 shredded carrot
 1/4 c thinly sliced green onion.

Drain tuna well, stir in garlic, spices eggs, carrot and green onion. Season with salt and pepper. Mix well. Using your hands scoop small balls and smoosh into patties. Cook on a nonstick pan until light brown and the patty is cooked through. (It dries out a lil.)
 Makes 4 patties, 2 for Dinner, 2 for lunches

Roasted Vegetables

3 medium tomatoes diced
 2 medium zucchini, diced
 2 medium yellow squash, diced
 1 small yellow onion, chopped
 1 red bell pepper, diced
 1 green bell pepper diced
 1 tbs olive oil
 1 tsp cumin
 1 tsp chili powder
 2 cloves garlic, minced.
 1 can cooked black beans.

Combine all vegetables in a big bowl. Spray with olive oil spray, or toss with 1 tbs of olive oil. Toss with garlic, spices, salt and pepper. Roast on a sheet pan in a 400 degree oven for 20 minutes, stirring half way through. Stir in black beans, and bake for 5 more minutes. **Divide in half, serve for tacos and salad in menu**

Greek Meatballs

2lb ground turkey
 2 egg beaten
 1.5 tbs dried oregano
 1.5 tbs garlic powder
 1.5 tbs onion powder
 1 tbs lemon rind, no pith
 1 pinch red pepper flakes
 1/2 tsp cinnamon

Mix spices together. Mix turkey, egg and spices together, mixing well with clean hands. Form 16 small balls. Bake on a cookie sheet at 350 degrees for 20 minutes or until cooked

BBQ Seasoning

1/4 cup paprika
 1 tbs pepper
 1 tbs garlic powder
 1 tbs onion powder
 1 tbs chili powder
 2 tbs brown sugar

Mix all spices together. Use a tbs at a time

BBQ Chicken

1 lb Chicken breast
 2 tbs BBQ Seasoning

Chop chicken into bite size pieces. Toss with bbq seasoning, Spread on a cookie sheet covered with foil Bake at 350 for 20 minutes or until chicken is cooked through.

Breakfast Quinoa

1 Cup rinsed Quinoa
 2 "Milk", Water, or tea
 2 tbs brown sugar
 1 chopped orange

Cook quinoa in milk, water or spiced tea for by bringing to a boil then cooking for 15 minutes. Add 2 tbs brown sugar and orange. Serve with more milk or a drizzle of yogurt

Buffalo Chicken Chili

- 1 tbls olive oil
- 2 lbs ground chicken
- 2 chopped carrots.
- 2 chopped celery ribs
- 1 large onion, chopped
- 5 cloves garlic, chopped
- 5 tablespoons chili powder
- 2 tbls Cumin
- 1 tbls paprika
- salt and pepper to taste
- 1/2 c Franks hot sauce
- 2 (15 ounce) cans tomato sauce
- 1 (15 ounce) can crushed tomatoes
- 2 (15 ounce) can white beans

Brown ground chicken in a large pot until no longer pink. Set aside. Add oil, and saute chopped vegetables. saute until onions are starting to color. Add garlic and seasonings, then add hot sauce, tomato sauce, tomatoes, and beans. Simmer over medium-low heat about 1 hour. Makes 6-10 1 cup Servings.

Orange Chicken

- 1 lb. boneless, skinless chicken
- Sauce**
- 1/2 cup water
- 1/2 cup fresh squeezed orange juice
- Zest of 1 large orange
- 3 Tbsp. soy sauce
- 1/2 tsp. ground ginger
- Dash red pepper flakes
- 2 Tbsp. arrowroot flour

To make the sauce, combine all ingredients in a medium size saucepan and stir to combine. Place over medium high heat and bring just to a boil, stirring frequently. Allow sauce to thicken and then remove from heat and set aside.

Chop the chicken in bite size pieces, saute in a non-stick pan with a little water, cooking until done and a little browned Toss chicken with the sauce and serve

Breakfast Egg Cups

- 1 yellow onion chopped
- 1 red bell pepper, diced
- 1 green bell pepper diced
- 1 lb lean ham
- 3 handful baby spinach
- 12 eggs
- 1.5 cup milk
- Salt
- Pepper

Saute vegetables in a non-stick pan until soft, add ham, then spinach to wilt down. Let cool for 5 minutes. Then rub a muffin tin with a little olive oil, or olive oil spray. Fill 12 muffin spots with vegetable and ham mix. Beat eggs and milk together, season then pour into muffin tins.

Cauliflower Fried Rice

- Cauliflower rice
- 1 carrot , shredded
- 1 clove garlic minced
- 1/4 onion minced fine.
- Soy sauce (to taste)
- Saute garlic, carrot and onion until the carrot is soft. Add cauliflower and cook a few minutes bringing the flavors together. Season with soy sauce

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