

Recipe



baked sweet potatoes
with toppings

PREP: 10 minutes

SERVES: 6

COOK TIME: 50-60 minutes

INGREDIENTS

6 sweet potatoes

various toppings to create 3 different
baked sweet potato styles:

1. 1 avocado

1 tsp Southwest Chipotle seasoning

1/8 cup black beans

1 Tbsp chopped cilantro

2. 1/4 cup sauteed spinach

2 Tbsp artichoke hearts

sprinkle of parmesan cheese shreds

3. sprinkle of sliced red onion

1/8 cup cooked quinoa

1/8 cup cucumber, skinned and diced

sprinkle of feta cheese

drizzle of tzatziki sauce

Instructions

sweet potatoes:

set the oven to 425 degrees and line a rimmed baking
sheet with parchment paper or non stick foil

scrub and pat potatoes dry.

with a fork or a sharp knife, poke several holes into sweet
potatoes and lay on baking sheet.

place into oven and set timer for 1 hour

when done, remove from oven and let cool.

slice a line down the center of the potato to open it up.

using a fork, mash the inside of the baked potato.

add desired toppings to make it a meal!

toppings:

1. diced avocado/black beans/cilantro/chipotle seasoning

2. spinach/artichoke hearts/parmesan shreds

3. red onion/cooked quinoa/cucumber/feta cheese/tzatziki

leftovers: sweet potato fries, breakfast
hash with veggies, salad with
roasted brussels sprouts

Recipe



steak fajitas

PREP: 10 minutes

SERVES: 4-5

COOK TIME: 20-30 minutes

INGREDIENTS

marinade: 1/3 cup lime juice

1/4 cup pineapple juice

2 Tbsp worcestershire sauce

3 Tbsp olive oil

1 Tbsp minced garlic

2 Tbsp cumin

2 Tbsp chili powder

1 tsp paprika

1/2 tsp red pepper flakes

pinch of s + p

1/2 cup chopped cilantro

fajitas: 2-2.5 lbs skirt or flank steak

1 Tbsp olive oil

1 large or 2 small white onions

2-3 bell peppers (red + yellow)

tortillas

toppings: salsa, shredded cheese,

cilantro, sour cream/greek yogurt,

black beans, roasted canned corn,

avocado

Instructions

marinade:

combine the ingredients for the marinade in a large bowl. coat the steak with the marinade and let it sit overnight in the fridge. remove from fridge 30 minutes before cooking.

fajitas:

drizzle olive oil on large cast iron skillet, and set to medium high heat.

cook steak for 3-5 minutes on each side.

remove from pan and allow to rest before slicing into thin stripes, against the grain.

veggies:

add in 1 Tbsp of olive oil to pan and turn heat to high. add in the onions, bell peppers, and mushrooms.

cook for a total of 3-5 minutes, or until veggies become cooked to your liking.

place steak into tortillas, top with veggies, and garnished with your choice of toppings!

leftovers: fajitas breakfast hash

toss your leftover steak and veggies into a skillet over medium high heat. Crack 1 egg per serving over the fajitas mix, and let egg cook sunny side up.

Serve with hot sauce, and your choice of toppings!

Recipe



cajun grilled salmon

PREP: 15 minutes

SERVES: 6-10

COOK TIME: 10-15 minutes

INGREDIENTS

2 lbs fresh salmon, no skin

2-3 cups of fresh pineapple, cut into 1" cubes

1 red onion, cut into 1" cubes

10-15 mini bell peppers

2 Tbsp cajun seasoning

1 tsp garlic powder

Instructions

salmon:

heat grill to medium high heat or 400 degrees.

pat salmon dry and cut into 1" cubes.

mix cajun seasoning and garlic powder in a small bowl.

season both sides of the salmon cubes with cajun blend.

gently rub the seasoning in, to make sure it sticks.

alternate the red onion, pineapple, bell peppers, and salmon on the skewer until it is full.

repeat until your skewers are done.

place kebabs on grill and cook for 3-5 minutes each side.

serve over white rice with sweet chile sauce.

leftovers: salmon tacos

we love to use salmon in tacos! place cooked/cut

salmon into small tortillas. top with cilantro dressing, avocado, shredded cabbage, and roasted canned corn.

serve with Spanish rice.

Recipe



chicken enchiladas

PREP: 15 minutes

SERVES: 8

COOK TIME: 20 minutes

INGREDIENTS

shredded chicken: 2-3 lbs boneless

skinless chicken breasts

1 cup low sodium chicken broth

1 tsp garlic powder

pinch of coarsely ground s + p

enchiladas: large tortillas

1 can black beans, drained

1 can diced olives, drained

1 can diced mild green chiles

1/2 white onion diced

1 large can enchiladas red sauce

2 cups Mexican shredded cheese

green onions

toppings: salsa, cilantro, avocado,

sour cream/greek yogurt.

*leftovers: burrito bowls
or buffalo chicken sliders*

If you have extra shredded chicken,
toss it with 1/2 cup Frank's Red Hot

Original Sauce to make buffalo chicken
sliders. Top with green onion, ranch and
bleu cheese! Burrito bowls can also be
made with the enchiladas mixture.

Just add rice, heat, and serve.

Instructions

shredded chicken:

In a crock pot, combine the ingredients, tossing to coat
the chicken. cover and cook on low for 4-6 hours.

using two forks, shred the chicken in the crock pot.

make sure the shredded chicken is fully coated with the
broth mixture. set aside.

enchiladas:

set oven to 350 degrees.

get enough shredded chicken to create 8-9 enchiladas
in your 9x13" pan. pour enough enchilada red sauce to
cover the bottom of the pan, set aside.

in a large bowl, mix shredded chicken with green chiles,
black beans, olives, and onion.

spoon 1.5 tsp of enchilada red sauce into tortilla, spread
evenly. place 2-3 Tbsp of shredded chicken mixture into
each tortilla, and top with shredded cheese.

roll tightly and place seam side down into 9x13" pan
sprinkle with remaining shredded cheese, green onion,
and black olives.

place in oven and cook for 20 minutes. Serve with your
choice of toppings!