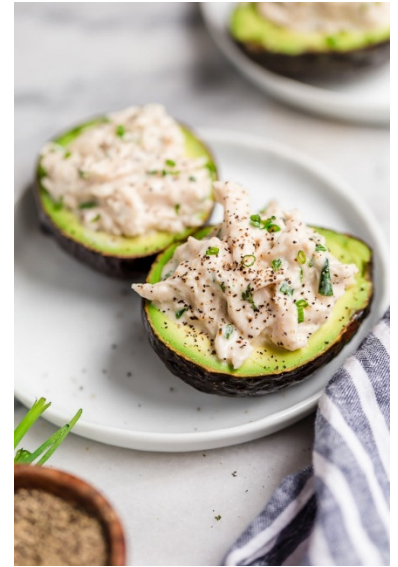


Ranch Chicken Salad

Yield: 4 servings (serving size: ½ cup)

Ingredients

- 1/2 cup 1% buttermilk
- 3 tablespoons mayonnaise
- 2 tablespoons fresh finely chopped chives
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried parsley
- 1/4 teaspoon dried basil
- fresh black pepper, to taste
- 2 cups shredded boneless chicken breast, from rotisserie chicken or leftover



Preparation

1. In a medium bowl combine the buttermilk, chives, salt, garlic powder, onion powder, parsley, basil and black pepper and mix.
2. Add the shredded chicken and mix well.

Nutritional Information: Amount per serving

- | | | |
|--------------------------|---------------------|-----------------|
| • Calories: 167 | • Cholesterol: 48mg | • Sugar: 2.5g |
| • Calories from fat: 51% | • Protein: 17.5g | • Sodium: 263mg |
| • Fat: 9.5g | • Carbohydrate: 2g | |
| • Saturated fat: 2g | • Fiber: 0.5g | |

*Adapted from
Skinnytaste.com
April 25, 2019*

Mediterranean Three Bean Quinoa Salad

Yield: 8 servings (serving size: 1/8 of recipe)

Ingredients

- For the Salad:
- 1 cup quinoa
- 2 cups water
- ½ lb. green beans trimmed, snapped into 2-inch pieces
- 1 (15 oz) can of garbanzo beans (chickpeas), drained, rinsed
- 1 (15 oz) white beans, drained and rinsed
- 1 red bell pepper seeds removed and chopped
- 1 yellow bell pepper seeds removed and chopped
- 1 cup chopped seedless cucumber
- 1 cup grape tomatoes cut in half
- ¼ cup diced red onion
- ¼ cup crumbled feta cheese
- ⅓ cup kalamata olives pitted and sliced in half
- ¼ cup chopped fresh basil

For the Dressing:

- ¼ cup olive oil
- 1 tablespoon balsamic vinegar
- 2 garlic cloves pressed
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- Kosher salt and freshly ground black pepper



*Adapted from
Two Peas & Their Pod
June 4, 2018*

Preparation

1. In a medium saucepan, bring quinoa and water to a boil. Cover, reduce heat to low, and simmer until for 15 minutes, or until quinoa is tender. Remove from heat and let stand for 5 minutes, covered. Remove lid and fluff with a fork. Transfer quinoa to a large bowl.
2. Meanwhile, blanch the green beans. Bring a large pot of salted water to a boil. Add the green beans and cook until tender crisp, about 2 minutes. Drain the green beans and place in a bowl of ice water. Drain well and pat dry.
3. Add the green beans, garbanzo beans, white beans, peppers, cucumbers, tomatoes, red onion, feta cheese, olives, and basil to the bowl with the quinoa.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, garlic, basil, oregano, salt, and pepper. Pour dressing over the salad and gently stir until salad is coated with dressing. Season with additional salt and pepper. Serve.
5. Note-if you have an Instant Pot, you can cook the quinoa in your Instant Pot. It only takes one minute.

Nutritional Information: Amount per serving

- Calories: 249
- Calories from fat: 36%
- Fat: 10g
- Saturated fat: 1g
- Cholesterol: 4mg
- Protein: 8g
- Carbohydrate: 31g
- Fiber: 5g
- Sugar: 3g
- Sodium: 151mg

Spicy Tuna Avocado Wrap

Yield: 4 servings (serving size: 1 wrap)

Ingredients

- 2 (5 oz) cans Bumble Bee® Solid White Albacore Tuna, drained
- 1 avocado
- 2 Tbsp Sriracha
- 1 Tbsp Dijon mustard
- 2 to 3 Tbsp celery, chopped
- 2 Tbsp red onion, chopped
- 2 green onions, chopped
- 1 Tbsp fresh cilantro, chopped
- Salt and pepper, to taste
- 2 heaping cups leafy green lettuce
- 1 cup matchstick carrots
- 4 (10 inch) whole wheat tortillas



Preparation

1. In a medium bowl, mash together tuna and avocado until combined. Add in the rest of the ingredients through the salt and pepper, mixing well.
2. To assemble, top each tortilla with a ½ cup leafy greens, ¼ cup matchstick carrots and divide the tuna mixture evenly among the wraps. Tightly roll up the tortilla, slice and enjoy!

Nutritional Information: Amount per serving

- Calories: 295
- Calories from fat: 29%
- Fat: 9.6g
- Saturated fat: 2g
- Protein: 18.2g
- Carbohydrate: 28.2g
- Fiber: 5.9g
- Sugar: 4g

*Adapted from
Eat Yourself Skinny
April 18, 2017*

Chunky Guacamole

Yield: 8 servings (serving size: ¼ cup)

Ingredients

- 3 ripe avocados, slightly mashed
- 2 limes, juiced
- 1 tsp. sea salt
- 2 roma tomatoes, chopped
- ½ red onion, chopped
- 1 clove garlic, minced
- ½ tsp. lime zest
- 2 jalapenos, seeded and chopped
- Pinch of cayenne pepper
- Handful of fresh cilantro, chopped

Preparation

1. In a medium bowl, mash avocados with lime juice and sea salt until just combined, but still a bit chunky.
2. Add in tomatoes, red onion, garlic, lime zest, jalapenos, cayenne and cilantro, mixing well. Enjoy!



Nutritional Information: Amount per serving

- Calories: 101
- Calories from fat: 70%
- Fat: 7.8g
- Protein: 1.6g
- Carbohydrate: 7.2g
- Fiber: 3.9g

*Adapted from
Eat Yourself Skinny
September 17, 2013*

Chocolate Peanut Butter Balls

Yield: 14 servings (serving size: 1 ball)

Ingredients

- 1 cup rolled oats (use gluten-free if sensitive to gluten)
- 1 medium banana
- 4 Tbsp powdered peanut butter (I used PB2)
- 1 Tbsp unsweetened organic cocoa powder
- 1 tsp vanilla
- 1 packet Stevia

Preparation

1. Combine all ingredients in a bowl and mix thoroughly until completely combined.
2. Then using a tablespoon, scoop out mixture and roll into a ball. Place on cookie sheet or plate and continue until all balls are made.
3. Refrigerate balls for at least an hour OR feel free to dive right in! Enjoy!



Nutritional Information: Amount per serving

- Calories: 41
- Calories from fat: 15%
- Fat: 0.7g
- Protein: 2g
- Carbohydrate: 6.7g
- Fiber: 1.3g

*Adapted from
Eat Yourself Skinny
June 13, 2013*

Champagne Vinaigrette

Yield: 12 servings (serving size: 1.5 Tbsp)

Ingredients

- ¼ cup Champagne vinegar
- 2 Tbsp agave nectar
- 1 Tbsp fresh lemon juice
- ½ tsp. organic Dijon mustard
- ½ cup olive oil
- Salt and pepper, to taste

Preparation

1. Place the vinegar, agave nectar, lemon juice, and mustard in a blender and pulse to combine. With the motor running, slowly add the oil in a steady stream and continue blending until the mixture is creamy.
2. Use immediately or refrigerate in an airtight container. Enjoy!



Nutritional Information: Amount per serving

- Calories: 93
- Calories from fat: 87%
- Fat: 9g
- Protein: 0g
- Carbohydrate: 3.4g
- Fiber: 0.2g

*Adapted from
Eat Yourself Skinny
September 2, 2012*

My Favorite Veggie Frittata

Yield: 6 servings (serving size: 1 slice)

Ingredients

- Tbsp olive oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- ½ zucchini, shredded
- ½ cup broccoli florets
- ¼ cup sun dried tomatoes, chopped
- 6 eggs
- 2 Tbsp almond milk
- ¼ cup Parmesan cheese
- 1 tsp. dried oregano
- ¼ tsp. red pepper flakes
- ½ tsp. pepper
- Pinch of sea salt



Preparation

1. Preheat oven to 375 degrees.
2. In a large skillet on medium heat, drizzle olive oil and saute onion and garlic for about 4 minutes until tender and fragrant. Add in bell peppers, zucchini, broccoli and sun dried tomatoes, cooking an additional 2 minutes. Set aside.
3. In a large bowl, whisk together eggs, milk, Parmesan cheese, oregano, red pepper flakes, salt and pepper. Continue whisking until nice and foamy.
4. Pour egg mixture over top of the veggies in the skillet until evenly coated and cook on medium heat until bottom is set, about 5 to 6 minutes.
5. Transfer skillet to oven and continue to cook until edges are slightly brown, about 10 to 15 minutes. You'll know it's done when a knife inserted comes out clean, enjoy!

Nutritional Information: Amount per serving

- Calories: 130
- Calories from fat: 56%
- Fat: 8.1g
- Protein: 8.2g
- Carbohydrate: 5.4g
- Fiber: 1.1g
- Sugar 1.4g

*Adapted from
Eat Yourself Skinny
January 14, 2016*

Lemony Chickpea Salad

Yield: 4 servings (serving size: ½ cup)

Ingredients

- 1 Tbsp fresh parsley, chopped
- 1 Tbsp fresh lemon juice
- 1 Tbsp extra-virgin olive oil
- ⅛ tsp. crushed red pepper
- 1 small garlic clove, minced
- 1 (15 oz.) can chickpeas, rinsed and drained

Preparation

1. In a medium bowl, whisk together olive oil, lemon juice, crushed red pepper, garlic and parsley. Toss in chickpeas, cover and allow them to marinate for about 30 minutes at room temperature. Serve and enjoy!



Nutritional Information: Amount per serving

- Calories: 117
- Calories from fat: 32%
- Fat: 4.2g
- Protein: 3.6g
- Carbohydrate: 16.7g
- Fiber: 3.2g

*Adapted from
Eat Yourself Skinny
April 30, 2012*

Mexican Street Corn Salad

Yield: 8 servings (serving size: 1/8 of recipe)

Ingredients

- 1 tablespoon olive oil
- 20 ounces frozen corn, thawed, or 4 cups fresh corn cut from the cob
- 1 small onion, finely diced
- 1 clove garlic, minced or put through a garlic press
- ½ teaspoon chili powder
- 1 small jalapeño, seeded and diced
- 3 ounces Cotija or feta cheese, finely crumbled
- 3 tablespoons mayonnaise
- ½ cup fresh cilantro leaves, finely chopped
- 2 tablespoons fresh lime juice
- Salt and freshly ground black pepper



*Gluten-Free Living
August 2018*

Preparation

1. Heat oil in a large skillet or wok over high heat until shimmering. Add corn kernels, cook without moving until dark brown, about 3 minutes. Stir, and repeat until brown on second side, about 3 minutes longer. Continue cooking, stirring frequently, until well browned all over, about 10 minutes total. **Note:** For a smoky flavor, cook the corn until lightly charred in a skillet or wok. The high temperature needed to brown the corn exceeds the limits for most nonstick cookware. If you only own nonstick, heat the corn but don't cook until dark brown.
2. Add onion. Cook until soft, about 1 minute. Add garlic and chili powder. Stir to combine. Cook for an additional minute.
3. Transfer to a large bowl. Allow corn to cool.
4. Add jalapeño, cheese, mayonnaise, cilantro and lime juice. Stir to combine. Adjust salt and pepper to taste.

Nutritional Information: Amount per serving

- Calories: 170
- Calories from fat: 48%
- Fat: 9g
- Cholesterol: 15mg
- Protein: 5g
- Carbohydrate: 19g
- Fiber: 2g
- Sugar: 1g
- Sodium: 190mg

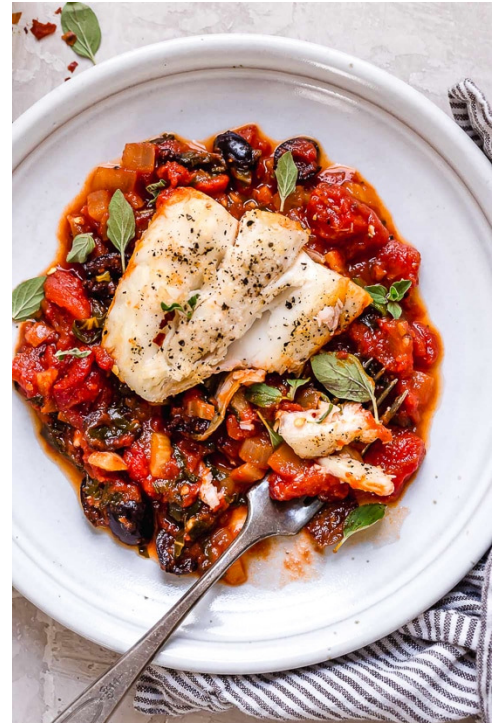
Mediterranean Sea Bass

Yield: 4 servings (serving size: 1 fillet)

Ingredients

For the sauce:

- 1 tablespoons extra virgin olive oil
- 1 cup chopped yellow onion
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes, or to taste
- 1/2 cup chopped fennel
- One 28 ounce can whole peeled tomatoes, with their juices
- 3/4 cup fresh basil leaves, very thinly sliced
- 1/2 cup dry white wine
- 1/4 cup pitted Kalamata olives, halved
- Kosher salt
- Freshly ground pepper



For the fish:

- Four 4-6 ounce skinless Chilean sea bass fillets (or other sustainable firm white-fleshed fish fillets such as halibut, cod or striped bass)
- Organic olive oil cooking spray
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon extra-virgin olive oil

Preparation

1. Set the racks in the middle and upper thirds of the oven and preheat the oven to 425 F

For the sauce:

1. In a large skillet over medium heat, heat the olive oil until shimmering. Add the onion, garlic and red pepper flakes and cook until golden, stirring occasionally, about 5 minutes.
2. Add the fennel and cook until the vegetables are soft and translucent, an additional 3 to 5 minutes.
3. Reduce the heat to medium and add the tomatoes with their juices. Using the back of a wooden spoon, smash the tomatoes and cook for 5 minutes.
4. Add the basil, wine, olives, 1 teaspoon salt, and 1/8 teaspoon black pepper.
5. Reduce to low and simmer for 15 minutes, or until the sauce is slightly thickened, while you prepare the fish.

For the fish:

1. Pat the fillets dry, lightly spray them with cooking spray, and season with salt and pepper.
2. In a heavy ovenproof skillet over high heat, heat the olive oil until shimmering. Add the fillets, rounded-side down, and cook for 2 minutes.
3. Carefully flip the fillets with a metal spatula and place the skillet in the oven. Bake until the fish is no longer translucent, 8 to 10 minutes.
4. Switch the oven to broil and place the skillet on the upper rack. Broil until the tops of the fillets are golden brown, 2 to 4 minutes.
5. Arrange the fillets on individual plates, spoon on the sauce, and serve.

Nutritional Information: Amount per serving

- Calories: 362
- Calories from fat: 31%
- Fat: 12.5g
- Saturated fat: 2g
- Cholesterol: 90mg
- Protein: 42.5g
- Carbohydrate: 13.5g
- Fiber: 3g
- Sugar: 7.5g
- Sodium: 489mg

*Adapted from
Skinnytaste
May 9, 2019*

Basil-Parmesan Salmon

Yield: 1 piece of salmon

Ingredients

- olive oil spray
- 4 about 5 ounce each salmon fillets, skin removed
- 1/2 lemon
- 1/4 teaspoon Kosher salt
- freshly ground black pepper
- 3 tablespoons mayonnaise, I like Sir Kensington
- 6 fresh basil leaves, minced, plus more for garnish
- 3 tablespoons grated Parmesan or Romano cheese

Preparation

1. Preheat the oven to 425F. Spritz a sheet pan with olive oil.
2. Season the salmon with lemon juice, salt and pepper.
3. Mix the mayonnaise with basil and 2 tablespoons Parmesan cheese in a small bowl.
4. Spread completely over the top of salmon. Sprinkle remaining Parmesan cheese on top.
5. Bake 10 to 12 minutes, depending on thickness of the salmon.



Nutritional Information: Amount per serving

- | | | |
|--------------------------|-----------------------|-------------------|
| • Calories: 289 | • Cholesterol: 92.5mg | • Sugar: 0g |
| • Calories from fat: 58% | • Protein: 30g | • Sodium: 265.5mg |
| • Fat: 18.5g | • Carbohydrate: 1.5g | |
| • Saturated fat: 3g | • Fiber: 0.5g | |

*Adapted from
Skinnytaste.com
May 14, 2019*

Chickpea Salad with Cucumbers and Tomatoes

Yield: 1 generous cup

Ingredients

- 2 1/4 cups diced cucumbers, partially peeled
- 1 cup diced, seeded tomato
- 1/4 cup diced red onion
- 2 tablespoons fresh lemon juice
- 1/2 tablespoon minced fresh parsley
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt and pepper, to taste
- 15 ounce can chickpeas, rinsed and drained

Preparation

1. Combine all the ingredients together and toss well.

*Variations

- You can modify this recipe with grape or cherry tomatoes, or use a combination.
- Adding bell peppers, Kalamata olives and feta cheese will give this salad a Greek inspired twist.
- Add diced avocado for some healthy fats and creaminess. If making this for a party, add it just before serving.
- Don't like chickpeas? Swap them out for white canned beans

Nutritional Information: Amount per serving

- | | | |
|--------------------------|---------------------|-----------------|
| • Calories: 182 | • Cholesterol: 29mg | • Sugar: 2g |
| • Calories from fat: 25% | • Protein: 6g | • Sodium: 464mg |
| • Fat: 5g | • Carbohydrate: 29g | |
| • Saturated fat: 0.5g | • Fiber: 6g | |



*Adapted from
Skinnytaste.com
June 10, 2019*

Campfire Dinner Meatloaf Foil Packets

Yield: 1 packet

Ingredients

For the Vegetables:

- 2 cups fresh corn kernels, from 2 medium ears
- 1 small red bell pepper, diced (3/4 cup)
- 3/4 cup frozen shelled edamame, thawed (or lima beans)
- 1 large shallot, diced (1/4 cup)
- 1 tablespoon olive oil
- 3/4 teaspoon kosher salt
- fresh black pepper, to taste

Turkey Meatloaf:

- 1 pound 93% ground turkey
- 1/3 cup quick cooking oatmeal*
- 6 tablespoons Kansas City Style BBQ Sauce, divided, plus more optional for serving
- 1/4 cup minced onion
- 1 large egg
- 1 teaspoon dried marjoram
- 3/4 teaspoon kosher salt



*Adapted from
Skinnytaste.com
June 18, 2019*

Preparation

1. Preheat the grill to high heat, covered. Place 4 large (10 x 18-inch pieces of heavy-duty aluminum foil on a flat surface.
2. Place the vegetables in a medium bowl and mix well with olive oil, 3/4 teaspoon salt and black pepper, divide between 4 pieces of foil and place in the center of each.
3. In a medium bowl combine ground turkey, oatmeal, 3 tablespoons ketchup, onion, egg, 3/4 teaspoon salt and marjoram, mix well. Divide mixture into 4 equal portions. Shape each portion into a 4 x 2½ -inch free-form loaf. Transfer to the foil over the veggies. Brush the remaining 3 tablespoon BBQ sauce over the top of the loaves.
4. Bring up the long sides of the foil, so the ends meet over the food. Double fold the ends, leaving room for heat to circulate inside. Double fold the two short ends to seal the packet tight, so no steam escapes.
5. Grill covered on direct heat over the flames for 10 minutes. Move to indirect heat (away from the open flame until the meatloaf is cooked through in the center, about 20 to 25 minutes. Use gloves or tongs to remove and carefully open.

Oven Directions

1. To bake in the oven, preheat oven to 425F and cook about 25 to 30 minutes

Nutritional Information: Amount per serving

- Calories: 397
- Protein: 30g
- Sugar: 15g
- Calories from fat: 37%
- Carbohydrate: 35g
- Sodium: 724mg
- Fat: 16.5g
- Fiber: 4g
- Saturated fat: 3.5g