

Stuffed Chicken Breast

4 boneless, skinless chicken breast

Olive oil

1 t minced garlic

Fresh baby spinach

Sundried tomatoes

Feta cheese

Pound out the chicken breast until it's about ¼ inch thick. Spread minced garlic over one side of the chicken breast and top with desired amount of spinach, sundried tomatoes, and feta cheese. Roll the chicken tightly, tucking in toppings as you go. Secure with toothpicks and brush with olive oil. Bake covered at 400° for about 15 minutes, then finish baking uncovered until done (about 15 more minutes).

Almond Crusted Chicken Breast

4 Boneless, skinless chicken breasts

½ c mayonnaise

¼ c grated Parmesan cheese

¼ c chopped almonds

Mix together the mayonnaise and cheese and spread over the chicken breasts. Sprinkle the almonds over the chicken breasts, pressing lightly to create a crust. Bake at 425 until done (for about 20 minutes).

Hamburger Steak

1 lb ground chuck or ground round

½ of a small onion, cut into strips

½ of a small green pepper, cut into strips

½ cup sliced mushrooms

1-2 T butter

1 tsp minced garlic

Pat out ground beef in ¼ lb patties and grill. Meanwhile, sauté' peppers, onions, and mushrooms in a pan with the butter and garlic. Top the beef patties with the sautéed vegetables and serve.

Spaghetti

1 lb. ground meat

1 medium spaghetti squash

1 medium size. jar spaghetti sauce

1 small can of sliced mushrooms (if desired)

Cut squash in half lengthwise and remove the seeds and stringy middle. Place face down in a pan with about ¼ in of water in the bottom. Bake at 375 for about 30 minutes (until soft when pressing on the outside). Meanwhile, brown the ground meat and drain. Combine sauce, meat and mushrooms in a pan and simmer on medium low. Using a fork, scrape out the flesh from the cooked squash (it will come out in curly strings like spaghetti). Top with meat sauce.

Fajita Chop-Chop Salad

Steak:

1 T olive oil

1 t chili powder

¼ t cumin

¼ t salt

¼ t black pepper

2 (8-ounce) skirt steaks

Salad:

1 large head Romaine lettuce, finely shredded

1 medium red pepper, chopped

1 c canned black beans, rinsed and drained

¾ c shredded Monterey Jack cheese

Tortilla strips or chips (p.)

Dressing:

½ c salsa

¼ c plain Greek yogurt

Salt and pepper to taste

In a larger bowl, combine the olive oil, chili powder, cumin, salt and pepper. Add the steaks and toss well to coat. Marinate the steaks in the refrigerator for one hour. In another large bowl, toss all the ingredients for the salad except for the chips and strips. Refrigerate the mixture until ready to use.

Grill steaks until desired doneness. Let the meat rest for 5 minutes and then slice into ½ inch thick strips.

Whisk together the dressing ingredients. Add ¼ c to the salad bowl and toss the salad. To serve, fill each bowl with salad, then top with several strips of steak and tortillas. Serve the remaining dressing on the side. Serves 4.

Stuffed Mushrooms

24 large fresh mushrooms

4 oz. cream cheese

4oz. shredded mozzarella cheese

8 bacon strips, cooked and crumbled

4 green onions, chopped

¼ c chopped oil-packed sun-dried tomatoes

3 T minced fresh parsley

1 T olive oil

Remove stems from mushrooms and set caps aside – discard stems. In a small bowl, combine the cheeses, bacon, onions, sun-dried tomatoes, and parsley. Fill each mushroom cap with about 1T of filling. Place on a greased baking sheet. Drizzle with oil and bake uncovered at 425 for 8-10 minutes or until mushrooms are tender.

Garlic Mashed Cauliflower

1 medium head cauliflower

1 T cream cheese, softened (may substitute plain Greek yogurt)

¼ c grated Parmesan cheese

½ t minced garlic

1/8 t chicken bullion (may substitute ½ t salt)

1/8 t freshly ground black pepper

2 T butter

Chives (optional)

Bacon bits (optional)

Steam cauliflower until soft. In a blender or food processor, puree the hot cauliflower with all ingredients. Top with chives and bacon bits, if desired.

Crock-pot Roast

1-3 lb chuck roast

1 medium onion, chopped

1-15 oz. can low sodium beef broth

2 T low sodium beef bullion

2 T dry Ranch dressing mix

1 ½ T dry Italian dressing mix

Sear the chuck roast in about 2 T oil, browning on all sides. Place in a crock-pot. Mix together the bullion and dressing mixes and spread evenly over the roast. Add the chopped onions and broth. Cook on low for 8-10 hours or high for 4-5 hours.