

JENN MARASCO

— *wellness* —

OTHER RECIPE IDEAS

Option 1- Salsa Chicken

Ingredients

- 1 lb of boneless, skinless chicken breasts
- 2 teaspoons of taco seasoning (recipe to make your own below)
- 2/3 cup of bottled salsa (sugar free)
- 1 (4oz) can of whole green chiles, drained and sliced (optional)
- 2 TB sliced olives (optional)

Directions

- preheat oven to 475
- toss chicken with seasoning in bowl
- heat skillet to medium high heat
- cook chicken for 5 mins or until brown
- arrange chicken in baking dish, top with salsa and other toppings
- bake for 8 mins

Side Options

- brown rice
- roasted peppers and onions
 - Slice peppers & onions and roast at 425 for 20 mins

Serves 4 info per 1 serving: Calories 134g, carbs 4.2g, Fat 1.7g, protein 24g, sugar 1g

Option 2- Fall Vegetable Curry

- 1/2 teaspoons olive oil
- 1 cup diced peeled sweet potato
- 1 cup small cauliflower florets
- 1/4 cup thinly sliced yellow onion
- 2 teaspoons Madras curry powder
- 1/2 cup organic vegetable broth
- 1/4 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 tablespoons chopped fresh cilantro

side options:

brown rice

spinach salad

Directions

- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium.
- Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly.
- Add broth and next 3 ingredients (through tomatoes); bring to a boil.
- Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally.
- Sprinkle with cilantro; serve immediately

*adapted from Cooking Light

Serves 4 serving size is 1 cup: Calories 231, Carbs 40.8g, Fat 3.9g, Protein 10.4g,

Option 3- Fall Brussel sprout salad

Ingredients

- 4 TB olive oil
- 2 TB lemon juice
- 1 TS Dijon mustard
- 1 TB poppy seeds
- 4 cups of brussels sprouts, finely shredded
- 2 medium apples (cored and chopped)
- shredded rotisserie chicken
- 1/8 cup pecans (chopped & toasted)
- 1/8 TS sea salt
- black pepper to taste

Directions

- In a large bowl, whisk the olive oil, lemon juice, mustard and poppy seed w salt and pepper
- Once combined add remaining ingredients and toss well

Serves 4, 1 serving is 1 cup; Calories 355, carbs 21g, fat 16.5, protein 29, sugar 11.5

Option 4- “Cream” of Mushroom Soup

Ingredients

- 2 medium avocados (peeled & pitted)
- ½ medium grapefruit (Juiced)
- 1 medium garlic clove
- 2 cups of water (boiling)
- 1 TB coconut oil
- 5 medium mushrooms (sliced)
- 1 red bell pepper (diced)
- ¼ small yellow onion (diced)
- 2 medium tomatoes (diced)
- 4 TB basil

Directions

- In a food processor, blend avocado, grapefruit juice, garlic and hot water. Set aside.
- Meanwhile, heat a medium pan with tall sides over medium-high heat. Add coconut oil.
- Saute mushrooms, sweet pepper, onion, tomato, and basil until they begin to soften
- Add avocado mixture and heat through.

*Recipe from paleoplan.com

Makes 2 servings, 1 serving is 1/2; calories 383, Carbs 31g, Fat 28g, Protein9, Sugar 11.5g

Option 5- Pork Chops with Roasted Apples & Onions

Ingredients

- 2 ½ TS coconut oil
- 1 ½ cups of frozen pearl onions, thawed
- 2 cups Gala apple (sliced)
- 2 TS thyme
- ½ salt
- ½ pepper
- 4 (6 oz) bone in center cut pork loin chops
- ½ cup fat-free, low sodium or homemade chicken broth
- ½ TS of coconut flour or almond flour

- 1 ts cider vinegar

Directions

- preheat oven to 400
- heat a large ovenproof skillet over med/high heat, add 1 ts oil
- pat dry onions and cook until browned, add apple
- bake at 400 for 10min
- stir in next three ingredients
- heat a large skillet, sprinkle pork with salt and pepper.
- Add remaining oil to pan
- Add pork to pan and cook for 3 mins on each side or until at desired temp.
- Combine flour and broth in a small bowl, whisk together then add to pork pan
- Bring to a boil, cook for 1 min
- Stir in vinegar
- Serve with apple mixture

*adapted from cooking light

Serves 4, 1 serving is 1 pork chop, 1 TB of sauce, $\frac{3}{4}$ cup of apple mixture; Calories 240, Carbs 11g, Fat 10g, Protein 24.9