Recipes

Recipe #1

NO FRY FRIED RI CE



TERIYAKI SAUCE

-1 small clove garlic, crushed
-1 small nob ginger, finely grated
-1 tablespoon low-sodium Tamari
-¼ cup coconut sugar
-½ cup water
-1 tablespoon cornstarch plus 1 tablespoon water

UNFRIED RICE

-1 cup frozen or fresh corn
-2 carrots, diced
-3 green onions, chopped
-4 mushrooms, sliced
-(1) 8-ounce can chopped pineapple, or fresh if available
-2 cups baby spinach
-1 red chile, seeded and diced
-½ cup chopped cilantro
-1 small head broccoli, diced
-2 cups uncooked brown jasmine rice

Instructions:

1) Give your rice a good wash and then cook it according to package directions or in a rice cooker.
2) Heat a tablespoon of water over medium-high heat in a nonstick frying pan or wok, until the water begins to simmer. Add the carrots, broccoli, and green onions and cook until the onions are translucent, about 5 minutes.
3) Add the mushrooms, corn, pineapple, spinach, chile, and cilantro. Mix together and turn down to medium heat. Add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.
4) To prepare the sauce, place the garlic, ginger, tamari, and coconut sugar in a small saucepan. Stir and let it cook for a minute or until the sugar dissolves. Add the ½ cup water.
5) Mix the cornstarch and water together in a small bowl. Add the cornstarch mixture to the sauce, stir well, and let it cook and thicken for a further 2 minutes.
6) Once the rice is cooked, throw it in the pan with the cooked veggies, pour your delicious sauce on top and mix it all through! Serve immediately

Recipe & Photo Courtesy of : forksandknives.com

Recipes

HEALTHY RECIPES WITH: FIVE OR LESS INGREDIENTS !

Recipe #2

Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard



INGREDIENTS:

-1 cup fresh blackberries or raspberries, finely chopped
-1½ tablespoons whole-grain mustard
-2 teaspoons honey
-1 pound chicken tenders, cut in half crosswise
½ teaspoon salt¼ teaspoon freshly ground pepper
-3 tablespoons cornmeal1 tablespoon extra-virgin olive oil

INSTRUCTIONS:

1) Mash blackberries (or raspberries), mustard and honey in a small bowl until it looks like a chunky sauce.

2) Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).

3) Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones). Serve the chick- en nuggets with the berry mustard.

Recipe & Photo Courtesy of : eatwell.com

Recipes

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Recipe #3

Ground Turkey BBQ Stuffed Biscuits



INGREDIENTS:

- 1 lb. lean ground turkey
- ½ - 1 cup BBQ sauce (depending on how much BBQ sauce you like!)
- ¼ tsp. garlic powder
- ¾ cup grated cheddar cheese
- 1 (12-oz) can Buttermilk biscuits (Grands Junior)

INSTRUCTIONS:

1) Preheat oven to 400 degrees F.
2) Brown ground turkey in skillet. Add BBQ sauce and garlic powder. Set aside.
3) Separate biscuits and place in muffin tins, pressing dough up sides to edge of cups.
4) Fill dough with cooked turkey mixture.
5) Sprinkle with cheese. Bake 8-10 minutes or until golden brown. Serve and enjoy!!

Recipe & Photo Courtesy of: yummyhealthyeasy.com

Recipes

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Recipe #4

Naked Chicken & Eggplant Parm



INGREDIENTS:

-1 large eggplant (about 20 oz.), ends removed

-Four 5-oz. boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness

-1 cup canned crushed tomatoes

-1 cup shredded part-skim mozzarella cheese

-1/4 cup grated Parmesan cheese

-Seasonings: garlic powder, onion powder, salt, Italian seasoning

INSTRUCTIONS:

1) Preheat oven to 400 degrees. Spray 2 baking sheets and an 8" X 8" baking pan with nonstick spray.

2) Cut eggplant lengthwise into 1/2-inch slices. Sprinkle with 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. salt, and lay on one of the baking sheets.

3) Lay chicken cutlets on the other baking sheet, and sprinkle with 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and 1/4 tsp. salt.

4) Bake eggplant and chicken for 20 minutes.

5) Meanwhile, to make the sauce, combine these ingredients in a medium bowl: tomatoes, 1 1/2 tsp. Italian seasoning, and 1/2 tsp. each garlic powder and onion powder. Mix well.

6) Remove chicken from oven.

7) Flip eggplant, and bake until lightly browned and mostly softened, about 12 minutes. Remove sheet, but leave oven on.

8) Evenly layer the following ingredients in the baking pan: 1/4th of the sauce, half of the eggplant slices, another 1/4th of the sauce, 1/2 cup mozzarella cheese, 2 tbsp. Parm, and another 1/4th of the sauce. Evenly top with cooked chicken.

9) Continue layering with remaining eggplant slices, sauce, 1/2 cup mozzarella cheese, and 2 tbsp. Parm.

10) Cover pan with foil, and bake for 30 minutes, or until hot and bubbly.

11) Uncover and bake until cheese has completely melted and lightly browned, about 5 minutes.

Let cool for 10 minutes before slicing.

Recipe & Photo Courtesy of: www.hungry-girl.com