



WHAT IS YOUR DIET PREFERENCE? ~ VEGETARIAN

BLACK BEAN & CHEESE ENCHILADAS

- | | |
|-----------------------------------|--|
| 1 TSP VEGETABLE OIL | 1/2 CUP ONIONS, FINELY CHOPPED |
| 1 TSP CUMIN | 15 OZ CAN BLACK BEANS, DRAINED, RINSED |
| 8—8" FLOUR TORTILLAS FOR BURRITOS | 2 CUPS SHREDDED MONTEREY JACK |
| 10 OZ CAN ENCHILADA SAUCE | 1/2 CUP SHREDDED CHEDDAR CHEESE |
| THICK & CHUNKY SALSA | |

PREHEAT OVEN TO 350 DEGREES; LIGHTLY SPRAY 2 QUART BAKING DISH WITH COOKING SPRAY. HEAT OIL IN SKILLET OVER MEDIUM HEAT; ADD ONIONS & CUMIN, COOK & STIR UNTIL ONIONS ARE TENDER, THEN STIR IN BEANS. PLACE 3 TBLS BEAN MIXTURE IN CENTER OF EACH WARMED TORTILLA; TOP EACH WITH 1/4 CUP MONTEREY JACK CHEESE. ROLL UP TIGHTLY; PLACE, SEAM SIDE DOWN, IN BAKING DISH. SPOON ENCHILADA SAUCE OVER THE TORTILLAS. SPRAY SHEET OF FOIL WITH COOKING SPRAY; COVER BAKING DISH WITH THE FOIL, SPRAYED SIDE DOWN. BAKE 30-35 MINUTES OR UNTIL THOROUGHLY HEATED; SPRINKLE WITH THE CHEDDAR CHEESE. SERVE YOUR ENCHILADAS WITH THE SALSA. MAKES 4 SERVINGS!

YOUR DIET PREFERENCE? ~ GLUTEN FREE

ASIAN CHICKEN WITH NOODLES

- | | |
|---------------------------------|--|
| 2 TBLS SESAME OIL | 4 BONELESS SKINLESS CHICKEN BREASTS, CUBED |
| 3 TBLS GLUTEN FREE TAMARI SAUCE | 1 TSP GINGER |
| 1/2 TSP GARLIC POWDER | 1 CAN VEGETABLE FRENCH ONION SOUP |
| 2 CUPS CHICKEN BROTH | 8 OZS DRIED GLUTEN FREE RICE NOODLES, BROKEN |
| 12 OZS FRESH STIR FRY VEGGIES | 1 TBLS GLUTEN FREE CORNSTARCH |
| 1/4 CUP COLD WATER | 1/2 CUP GLUTEN FREE DRY ROASTED PEANUTS |

IN DUTCH OVEN, HEAT OIL OVER MEDIUM HIGH HEAT. ADD CHICKEN; COOK & STIR 5-6 MINUTES OR UNTIL THE CHICKEN IS NO LONGER PINK IN CENTER. ADD IN 1 TBLS OF THE TAMARI SAUCE; SPRINKLE THE GINGER AND GARLIC POWDER OVER THE CHICKEN CUBES. ADD SOUP & BROTH; HEAT TO BOILING. ADD THE NOODLES AND THE STIR FRY VEGGIES (BROCCOLI, CARROTS, SNOW PEAS); COOK 4-5 MINUTES, STIRRING, UNTIL THE NOODLES ARE TENDER & VEGGIES ARE CRISP-TENDER. IN A SMALL BOWL, MIX THE CORNSTARCH & COLD WATER TOGETHER UNTIL DISSOLVED. ADD TO DUTCH OVEN; STIR TO COMBINE. HEAT TO BOILING, THEN ADD THE REMAINING 2 TBLS OF TAMARI SAUCE. SPOON INTO SHALLOW SERVING BOWLS; TOP WITH CRUSHED PEANUTS. MAKES 6 SERVINGS.

YOUR DIET PREFERENCE? ~ PALEO

EASY BACON-WRAPPED CHICKEN BREASTS

- | | | |
|----------------|---|--|
| CHICKEN | 4 CHICKEN BREASTS | 4 SLICES GLUTEN FREE BACON (NOT THICK CUT) |
| | 1 TBLS OLIVE OIL | |
| SALAD | 3 TBLS CIDER VINEGAR | 1 TBLS DIJON MUSTARD |
| | 1/4 CUP HONEY | 1/2 TSP SEA SALT FLAKES |
| | 1/4 TSP BLACK PEPPER | 3 TBLS OLIVE OIL |
| | 8 CUPS MIXED BABY GREENS (KALE, CHARD, SPINACH) | |

PLACE EACH CHICKEN BREAST BETWEEN 2 PIECES OF PLASTIC WRAP; POUND TO 1/4" THICKNESS. WRAP 1 SLICE BACON AROUND EACH CHICKEN BREAST, STARTING & ENDING ON BOTTOM OF CHICKEN (BACON SHOULD GO AROUND EACH BREAST TWICE). SECURE ENDS OF BACON ON UNDERSIDE WITH TOOTHPICK; PLACE IN BOWL. DRIZZLE WITH 1 TBLS OLIVE OIL & RUB TO COAT. HEAT SKILLET TO MEDIUM TEMPERATURE; PLACE CHICKEN, TOP SIDE DOWN, COOK UNTIL BACON BEGINS TO BROWN, 4-5 MINUTES. CAREFULLY TURN AND CONTINUE COOKING 4-6 MINUTES OR UNTIL CHICKEN IS NO LONG PINK & MEAT THERMOMETER READS 165. IN ANOTHER BOWL, MAKE THE DRESSING ~ BEAT VINEGAR, MUSTARD, HONEY, SALT & PEPPER WITH WHISK. DRIZZLE WITH 2 TBLS OLIVE OIL; STIR TO COMBINE. RESERVE 1/4 CUP DRESSING; SET ASIDE. ADD THE GREENS TO THE REMAINING DRESSING & TOSS TO COAT; DIVIDE EVENLY AMONG 4 SERVING PLATES. TRANSFER CHICKEN BREASTS TO PLATE TO COOL SLIGHTLY; REMOVE TOOTHPICKS. TOP EACH SALAD WITH 1 CHICKEN BREAST; DRIZZLE 1 TBLS DRESSING OVER EACH & SERVE IMMEDIATELY.

YOUR DIET PREFERENCE ~ LOW CARB

SPICY BEAN & CUCUMBER SALAD

- | | |
|------------------------------------|--------------------------------------|
| 2 CUPS CHOPPED, COOKED GREEN BEANS | 1 CUP FINELY CHOPPED PEELED CUCUMBER |
| 1/2 CUP FINELY CHOPPED RED ONIONS | 2 TBLS CHOPPED FRESH CILANTRO |
| 2 TBLS RED WINE VINEGAR | 2 TSPS CHOPPED FRESH GREEN CHILIES |
| 1 TSP HONEY | 1/2 TSP SALT |

MIX ALL INGREDIENTS TOGETHER; COVER & REFRIGERATE ABOUT 2 HOURS OR UNTIL CHILLED. MAKES 6 SERVINGS!