



HEALTHY VILLAGE

WELLNESS CENTER

Lunch & Dinner Recipes



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Anti-Inflammatory Roasted Cauliflower with Turmeric Snack

3-4 Servings / Prep time: 10 minutes / Cook time: 45 minutes

Ingredients

- 1 head of organic cauliflower
- 1 tablespoon olive oil [or coconut oil]
- 1 tablespoon turmeric
- Pinch of cumin
- Salt and pepper to taste

Directions

Preheat oven to 400 degrees Fahrenheit. Chop cauliflower head into florets.

Place cauliflower into a baking dish. Add olive oil, turmeric, cumin, and salt then mix together. Cover baking dish with foil to keep florets from drying out and roast for about 35-40 minutes. Then, remove foil and cook for another 15 minutes.

This Anti-Inflammatory Roasted Cauliflower With Turmeric recipe is bursting with flavor and nutrition. Cauliflower contains vitamins, minerals, and antioxidants that help support your heart health, fight cancer, and inflammation.

Source

Ursula Herrera



Asparagus Salmon in a Foil

2 Servings / Prep time: 20 minutes / Cook time: 20 minutes

Ingredients

- 2 salmon fillets (It is about 4 once each)
- 1 tbsp (15ml) extra-virgin olive oil
- Salt and pepper
- 1 tsp dried oregano
- 16 Asparagus spears
- 2 (40g) slices of onions
- 4 slices of lemon
- 1 tsp Fresh Parsley, chopped

Directions

Preheat oven to 400F. In a medium bowl, place the two pieces of salmon; pour 1 tbsp olive oil and sprinkle salt, pepper and dried oregano.

Cut two sheets of foil. It has to be big enough to wrap the salmon and asparagus. First place asparagus (about 8 spears) on the sheet of foil. Layer fillets over asparagus. Then top each with about 2 onion slices and 2 lemon slices.

Wrap sides of foil inward over salmon then fold on top and bottom of foil to enclose. Place foil packets in a single layer on a baking sheet. Bake in preheated oven for about 20 minutes. (if you cook more than this asparagus might be soggy)

Unwrap and using a large spatula, transfer the foil packets to plates and serve warm.

Source

<https://www.primaverakitchen.com/foil-baked-salmon-recipe/>



Baby Bok Choy, Cashews & Tofu Dish

4 Servings / Prep time: 40 minutes / Cook time: 20 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1 bottle Pulo's Pineapple Tamarind marinade
- 1 350g block tofu, cut into triangle bite-sized pieces
- 16 baby bok choy, halved
- 1/2 cup raw cashews, chopped
- 1 tbsp soy sauce
- 2 tbsp water
- green onion, sliced
- 4 cups cooked short grain rice

Directions

Marinate chopped tofu in 1/2-3/4 of a bottle of Pulo's Pineapple Tamarind marinade and refrigerate for 1 hour.

In a medium skillet, toast chopped cashews of medium heat until golden and fragrant. Do not over brown.

Add 2 tablespoons of marinade and cook until the cashews are coated but not wet, stirring frequently. Set aside In a small saucepan, combine remaining marinade (from marinating the tofu + leftover in bottle) with soy sauce and water. Bring to a boil and then reduce the heat to a low simmer.

Lightly coat grill with oil. Use a slotted spoon to drain some of the excess marinade from the tofu (the sugars from too much excess marinade will burn on the grill.) Grill the tofu until crisp and slightly charred. Brush with extra marinade for extra flavour near the end of cooking. Grill the bok choy, cut side down, until tender.

Brush bok choy with a light coat of marinade and cook for 1 more minute.

Serve grilled tofu and baby bok choy over a bed of rice. Top with simmered sauce, candied cashews, and chopped green onion.

Source

<https://www.ilovevegan.com/easyrecipe-print/18229-0/>



Baked Salmon & Asparagus

4 Servings / Prep time: 10 minutes / Cook time: 20 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 4 (6 oz) skinless salmon fillets
- 1 lb asparagus, tough ends trimmed
- 2 1/2 Tbsp olive oil
- 2 cloves garlic, minced
- Salt and freshly ground black pepper
- 1 lemon thinly sliced
- Fresh dill sprigs, or chopped fresh thyme, rosemary or parsley

Directions

Preheat oven to 400 degrees. Cut four sheets of aluminum foil about 14-inch long. Divide asparagus into 4 equal portions (about 8 spears per foil packet) and layer in center of each length of foil.

In a small bowl stir together oil with garlic. Drizzle 1 tsp of the oil over portion of asparagus then sprinkle with salt and pepper.

Rinse salmon and allow excess water to run off, then season bottom of each fillet with salt and pepper. Layer fillets over asparagus. Drizzle top of each salmon fillet with 1 tsp of the olive oil mixture and season top with salt and pepper to taste. Top each with about 2 sprigs dill and 2 lemon slices (if using fresh thyme or rosemary use about 3/4 tsp per each if using parsley use 1 1/2 tsp).

Wrap sides of foil inward over salmon then fold in top and bottom of foil to enclose. Place foil pouches in a single layer on a baking sheet. Bake in preheated oven until salmon is cooked through, about 25 - 30 minutes. Unwrap and serve warm.

Source

<https://www.cookingclassy.com/salmon-and-asparagus-in-foil/>



Baked Salmon with Lemon Caper Butter

2 Servings / Prep time: 10 minutes / Cook time: 25 minutes

Ingredients

- 2 (5 ounce) salmon fillets
- kosher salt and pepper
- 4 lemon slices
- non-stick spray

Lemon Caper Butter

- 3 tablespoons unsalted butter
- 2 cloves garlic, minced
- 2 tablespoons capers drained and rinsed
- 1/2 teaspoon lemon zest
- juice of 1/2 of a lemon
- kosher salt and fresh cracked pepper

Directions

Preheat oven to 450 degrees.

Line a baking sheet with aluminum foil and spray with non-stick spray.

Place salmon fillets on the prepared baking sheet. (Note: I don't like the bones so I remove them.)

Sprinkle fillets with kosher salt and fresh cracked pepper. Place 2 lemon slices on top of each fillet. Bake for 10 minutes. Remove and tent with aluminum foil for 10 more minutes. Fish will continue to cook during this time. It will flake easily when done.

While salmon is cooking, in a small saucepan, melt butter over medium heat. Once butter has melted add garlic, capers, lemon zest and lemon juice. Cook for 2 minutes. Season to taste with salt and pepper.

Remove lemon slices and discard. Gently slide a turner or serving spatula between the skin and the flesh of the fillet to remove the skin, it should separate very easily. Transfer fillet to a serving platter and spoon lemon caper butter over the top.

Source

<https://skinnymys.com/chicken-broccoli-and-asparagus-stir-fry-recipe/>



Balsamic Garlic Roasted Green Beans & Mushrooms

6 Servings / Prep time: 10 minutes / Cook time: 20 minutes

Ingredients

- 1 pound fresh green beans, trimmed and halved
- 8 ounces mushrooms, cleaned and halved
- 8-10 whole garlic cloves, halved
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper, to taste

Directions

Preheat oven to 450 degrees. Line a large rimmed baking sheet with foil and spray with non-stick cooking spray.

Spread green beans, mushrooms and garlic in an even layer on the prepared baking sheet. In a small bowl, whisk together olive oil and balsamic vinegar. Drizzle over vegetables in pan and toss to coat evenly. Season with salt and pepper, to taste.

Bake for 20-25 minutes, or until beans are tender-crisp.

Source

<https://letsdishrecipes.com/2015/01/balsamic-garlic-roasted-green-beans-mushrooms.html>



Broccoli Stir Fry with Chicken

4 Servings / Prep time: 15 minutes / Cook time: 30 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1 pound boneless, skinless organic chicken breasts, cut into cubes
- 2 garlic cloves, minced
- 1/2 tablespoon minced ginger (from fresh, peeled ginger root)
- 1 small bunch asparagus, woody bottoms removed
- 2 cups broccoli florets, chopped small
- 2 tablespoon tamari wheat free sauce
- 1 tablespoon honey
- 1-1/2 tablespoons sesame seeds (optional)
- 3 scallions, sliced
- 2 tablespoons olive oil, divided
- 1/4 cup vegetable or chicken stock

Directions

Heat the garlic on medium low in the olive oil just for a minute, until it is golden and fragrant, but not burnt. Add the broccoli florets and asparagus spears and the vegetable broth and cover.

Cook for about 5 minutes, to allow to steam.

Meanwhile, whisk together the tamari, honey and scallions. Remove the lid of the pot and put the vegetables in a bowl. Add the remaining olive oil, chicken, scallions, tamari sauce, ginger, and honey to the pot. Cook over medium high heat, stirring frequently, for 3- 5 minutes, until the chicken is no longer pink.

Add in the vegetables and cook for an additional 3-5 minutes. Sprinkle on the sesame seeds just prior to serving, if using.

Source

<https://skinnymys.com/chicken-broccoli-and-asparagus-stir-fry-recipe/>



Brussels Sprouts Sweet Potato Quinoa Hash

4-6 Servings / Cook time: 30 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1 cup quinoa, rinsed
- 1½ cups vegetable broth (can also use chicken broth)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ onion, minced
- 1 tablespoon fresh ginger root, diced
- 2 cups sweet potatoes, diced
- 1 cup sliced Brussels sprouts
- 2 tablespoons dried cranberries
- ¼ cup sliced almonds

Directions

Place quinoa and broth into a pot. Bring to a boil over medium heat. Cover and reduce heat to low, simmer for 15-20 minutes until all liquid is absorbed.

Meanwhile while quinoa is cooking, place olive oil, garlic, onion and ginger into large skillet. Cook over medium heat 3-4 minutes until onions are translucent. Add sweet potatoes and brussels sprouts and let cook for 10 minutes or until they soften.

Add cooked quinoa to skillet and thoroughly combine.

Remove from heat. Add cranberries and almonds and mix again.

Source

<https://laurenkellynutrition.com/sweet-potato-brussels-sprout-quinoa-bowl/>



Cajun Salmon

4 Servings / Prep time: 5 minutes / Cook time: 12 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1 salmon fillet, skin on, boneless
- 2 teaspoons cajun or creole seasonings
- 2 teaspoons black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon paprika
- pinch of cayenne pepper
- 1 lemon, zested, juiced
- 1/4 cup Italian parsley, minced
- 3 tablespoons extra virgin olive oil

Directions

Preheat oven to 475 degrees.

Mix seasoning blend together. Rinse salmon, pat dry.

Place salmon on oven proof pan, coat both sides with olive oil. Season salmon with seasoning blend, rub into salmon on both sides. Place salmon skin side down, top with lemon juice and zest. Bake at 475 for 10-12 minutes.

Remove from oven, top with parsley and serve with extra lemon.

Source

<https://www.creolecontessa.com/2015/08/31/cajun-salmon/>



Carrot Ribbons

Prep time: 10 minutes / Cook time: 3 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 3-4 large, straight carrots (to make about 2 cups of carrot ribbons)
- 1 Tbsp ghee or butter
- 1/2 tsp fresh rosemary, minced (or 1/4 tsp dried rosemary, crushed)
- 1/2 tsp fresh parsley, minced (or 1/4 tsp dried parsley flakes)
- 1/4 tsp salt

Directions

Thoroughly wash carrots. Lay one carrot flat on a counter or cutting board. Using a vegetable peeler, peel along the length of the carrot to create a ribbon. Repeat the process, rotating the carrot as necessary, until the carrot is too thin to peel. Repeat with the other carrots until you end up with about 2 heaping cups of carrot ribbons. (If you end up with extra ribbons...they make an excellent salad!)

Fill a saucepan with 1 inch of water. Bring to a boil. Place carrot ribbons in a steamer basket (or metal colander) and place in the saucepan. Cover and steam for 3 minutes or until crisp-tender. Since the ribbons are so thin, it doesn't take long to steam them! If they steam for too long, you'll end up with carrot mash. If you spiralize the carrots, the steam time will increase since the noodles are thicker.

Meanwhile, in a small bowl, combine the remaining ingredients. Add steamed carrots and toss to coat. Serve immediately.

Source

<http://www.doyouevenpaleo.net/carrot-ribbons-with-rosemary-butter/>



Cauliflower Rice

4 Servings / Cook time: 40 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1 medium head of Cauliflower

Directions

Trim the leaves and remove the core of one head of cauliflower. Cut the cauliflower into florets (it doesn't have to be perfect).

Place the florets into a blender or food processor and pulse until the cauliflower is the size of grains of rice, about 5-8 times. Steam for 2-3 minutes or until tender. Or use as directed in a recipe.

Source

<http://holisticallyengineered.com/2013/10/how-to-make-cauliflower-rice.html>



Chicken & Rice One Pot

4 Servings / Prep time: 5 minutes / Cook time: 30 minutes
Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free

Ingredients

Chicken

- 4 boneless skinless chicken breasts
- 2 tablespoons olive oil
- salt and pepper to taste
- 2 teaspoons Italian seasoning

Rice

- 1 cup uncooked brown rice
- 2¼ cups organic chicken broth
- juice of 1 lemon
- 1 teaspoon Italian seasoning

Directions

Olive Oil over medium heat in a large skillet or pan (one that has a lid). Season chicken with salt and pepper to taste, and Italian seasoning.

Brown chicken in the oil for 1-2 minutes on each side. (Chicken shouldn't be cooked through at this point). Transfer chicken to a plate.

Add rice, chicken broth, lemon juice, and remaining Italian seasoning to the pan (no need to clean it first). Place chicken on top, then cover and simmer over medium-low heat for 20-25 minutes until liquid is dissolved.

Garnish with fresh parsley or cilantro if desired and lemon wedges for squeezing. Serve immediately.

Source

<https://www.lecremedelacrumb.com/one-pot-lemon-herb-chicken-rice>



Chicken Apple Sweet Potato & Brussels Sprouts Skillet

4 Servings / Prep time: 25 minutes / Cook time: 25 minutes

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 slices thick-cut bacon, chopped
- 3 cups Brussels sprouts, trimmed and quartered (about 3/4 pound)
- 1 medium sweet potato, peeled and cut into 1/2 inch cubes (about 8 ounces)
- 1 medium onion, chopped
- 2 Granny Smith apples, peeled, cored and cut into 3/4 inch cubes
- 4 cloves garlic, minced (about 2 teaspoons)
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried thyme
- 1 teaspoon ground cinnamon
- 1 cup reduced-sodium chicken broth, divided

Directions

Heat the olive oil in a large, nonstick or cast iron skillet over medium high, until hot and shimmering. Add the chicken, 1/2 teaspoon kosher salt, and black pepper. Cook until lightly browned and cooked through, about 5 minutes.

Transfer to plate lined with paper towels.

Reduce skillet heat to medium low. Add the chopped bacon and cook until crisp and brown and the fat has rendered, about 8 minutes. With a slotted spoon, transfer the bacon to a paper towel-lined plate (I simply laid another paper towel on top of the plate with the chicken, then stacked the bacon on that). Discard all but 1 1/2 tablespoons bacon fat from the pan.

Increase skillet heat back to medium high. Add Brussels sprouts, sweet potato, onion, and remaining 1/2 teaspoon salt. Cook, stirring occasionally, until crisp-tender and the onions are beginning to look translucent, about 10 minutes.

Stir in the apples, garlic, thyme, and cinnamon. Cook 30 seconds, then pour in 1/2 cup of the broth. Bring to a boil and cook until evaporated, about 2 minutes. Add the reserved chicken and remaining 1/2 cup broth. Cook until heated through, about 2 minutes. Stir in reserved bacon and serve warm.

Store leftovers in the refrigerator for up to 3 days (the bacon will soften somewhat, but the meal is still yummy). Reheat gently in the microwave with a splash of chicken stock to keep it from drying out.

Source

<https://www.wellplated.com/chicken-apple-sweet-potato-and-brussels-sprouts-skillet/>



Chicken in Mushroom Sauce, One Pan

4 Servings / Prep time: 10 minutes / Cook time: 20 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1 lb. boneless chicken breasts
- 1 tablespoon olive oil
- Salt and pepper

Mushroom Sauce

- 2 tablespoons grass-fed butter or ghee
- 1 onion, diced
- 3 garlic cloves, minced
- 1 container cremini mushrooms
- 1 cup chicken broth
- 2 tablespoons red wine
- 2 sprigs thyme
- 1 bay leaf
- 1 teaspoon fine sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon green onions, chopped

Directions

On a plastic board, cut chicken into small pieces and season with salt and pepper. In a skillet over medium heat, add olive oil and sauté chicken for about 2-3 minutes. You don't need to cook it through. Don't forget to stir well. Set chicken aside.

Add butter, onions and minced garlic in the same skillet. Cook for 2-3 minutes.

Add in the mushrooms and sauté for more 5 minutes. Add the cooked chicken into the skillet, the chicken broth, red wine, thyme, bay leaf, salt and pepper. Stir to combine all the ingredients well.

Bring to a boil. Once it is boiling, reduce the heat and simmer it for about 8-10 minutes or until the sauce is thick. Top with green onions before serving.

Source

<https://www.primaverakitchen.com/one-pan-chicken-mushroom-sauce/>



Chicken Kabobs, Hawaiian

Cook time: 40 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- Organic BBQ Sauce to taste
- 1¾ cup pineapple juice, divided
- 4 large boneless skinless chicken breasts
- 1 cup mushrooms, halved
- 1 red bell pepper
- 1 orange bell pepper
- 1 cup diced pineapple
- 1 green bell pepper
- 1 purple onion

Directions

Pineapple Honey BBQ Sauce

Combine ¾ pineapple juice and organic BBQ sauce to taste. Set aside.

Hawaiian Skewers

Cut chicken into bite sized pieces. In a large zipper bag combine 1 cup pineapple juice and 1 pouch KC Masterpiece® BBQ Sauce & Dry Rub and chicken. Marinate 30 minutes. Preheat grill to medium high. Thread chicken and vegetables onto skewers and brush with BBQ Sauce. Grill 12-16 minutes or until cooked through

Source

<https://www.spendwithpennies.com/hawaiian-chicken-kabobs/>



Chickpea Tomato Fish Dish

4 Servings / Prep time: 10 minutes / Cook time: 20 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 8 cherry tomatoes, quartered
- 4 fresh sage leaves
- 1 (15 ounce) can chickpeas, rinsed and drained
- 1/4 cup water
- Sea Salt and Pepper to taste
- 2 flat white fish, cleaned (like sole, halibut, flounder)

Directions

Saute the onion in olive oil for about 3 minutes over medium heat in a saucepan. Add the tomatoes and sage. Saute for another 3 minutes.

Add the chickpeas and the water. Cook for 10 minutes or until they are tender. Season with salt & pepper. Turn off the heat and cover to keep warm. In the meantime, while cooking the chickpeas, cook the fish.

Rub the fish with a little bit of salt & pepper. Brown both sides of the fish in another saucepan with extra virgin olive oil, over medium to high heat. When fish is cooked, transfer it to a plate with paper towels to absorb the excess oil.

To serve, transfer the chickpeas to the serving plate. Put the fish on top the pour the sauce on top of the fish. Drizzle with extra-virgin olive oil.

Source

<https://skinnymys.com/quick-fish-with-chickpeas-tomatoes-and-sage/>



Grilled Brussels Sprouts, Balsamic Reduction

4 Servings

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 1-lb. Brussels sprouts
- 1 tablespoon olive oil
- salt & pepper to taste
- 1 batch balsamic reduction

Directions

Bring a large pot of water to a boil. Blanch the Brussels sprouts for 3-4 minutes, and then remove them to a colander and rinse under cold water.

Trim the stems off the sprouts, if necessary, remove any loose leaves, and pat dry. Toss the blanched Brussels sprouts with olive oil, salt and pepper. Thread the sprouts on skewers, 3-4 per skewer depending on the size. Or you can also just place them directly on the grill if they're large enough.

Grill the brussels sprouts for about 4-5 minutes on each side, until cooked through and nicely charred on all sides. Note that the skewers do get hot, so handle them with tongs when turning.

While the sprouts are cooking, prepare the balsamic reduction. Remove the cooked brussels sprouts skewers to a platter and drizzle with the balsamic reduction.

Alternatively, you can serve the balsamic on the side or remove the sprouts from the skewers and toss them in it.

Source

<https://unsophisticcook.com/grilled-brussels-sprouts/>



Grilled Cauliflower

4 Servings

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 2 heads cauliflower
- 1/2 cup extra virgin olive oil
- 2 tsp. minced onion
- 1 tsp. garlic powder
- 2 tsp. paprika
- 1 lemon juiced

Directions

Prepare basting oil: mix olive oil, minced onion, garlic powder, paprika and lemon juice in a bowl and whisk together. Set aside. Rinse head of cauliflower and remove leaves. Cut off any existing stalk so cauliflower sits flat on cutting board when turned upright.

With a large sharp knife, slice head of cauliflower right down the middle. Cut into 1 inch steaks and lay on baking tray. Note: each slice will not be usable as a steak – the “steaks” will be cut from the center of the head where the core unites all the florets. Place the larger florets that fall away in a large plastic sealable bag. Set aside. Using a basting brush coat both sides of “steaks” with basting oil.

Pour remaining oil over florets in plastic bag, seal and shake until coated. Grill “steaks” and florets on medium heat for 5-7 minutes/side. Keep an eye on them so they don't burn.

Remove from grill and serve immediately.



Grilled Corn on the Cob

4 Servings / Prep time: 5 minutes / Cook time: 20 minutes

Dairy Free, Wheat Free, Egg Free, Corn Free, Grain Free, Diabetic Friendly, Heart Friendly

Ingredients

- 4 ears of corn
- 2 tablespoons virgin coconut oil
- smoked paprika, to taste
- 1 lime, cut into wedges
- handful of fresh cilantro, chopped
- sea salt, to taste
- freshly-ground black pepper, to taste

Directions

Heat grill over high until hot. If you want a bit of a char on the corn, pull back a few of the husks on each ear of corn. Place the corn directly on the grill, cover, and grill for 15 to 20 minutes or until the husks are charred on all sides, rotating occasionally.

Remove and let cool until they can safely be handled. Remove the husks and silk from each ear of corn. You can either discard the husks completely or fold them back to use as handles.

Use a pastry brush or your hands to spread the coconut oil over each ear of corn. Place the corn on a serving platter, sprinkle with the smoked paprika, spritz with the fresh lime juice, sprinkle with cilantro, and season with sea salt and black pepper. Serve.

Source

<https://www.blissfulbasil.com/grilled-cilantro-lime-paprika-corn-on-the-cob/>



Low-Carb Sesame Chicken and Broccoli Sheet Pan Meal

4 Servings / Prep time: 10 minutes / Cook time: 20 minutes

Ingredients

- 3 large boneless, skinless chicken breasts, cut into 1 inch pieces
- 2 lb. broccoli crowns, trimmed and cut into bite-sized pieces
- 1 T peanut oil
- black sesame seeds for garnish (optional; regular sesame seeds are also fine)

Marinade / Glaze:

- 1/3 cup soy sauce (gluten-free if needed gluten-free Tamari)
- 1 T unseasoned rice vinegar (don't use seasoned vinegar which contains sugar)
- 1 T + 1 tsp. Asian Sesame Oil
- 1 T granulated Stevia sweetener (or other sweetener of your choice)
- 1 T agave nectar or maple syrup
- 1/2 tsp. garlic powder

Directions

Trim chicken breasts removing any fat and undesirable parts and cut the chicken into pieces about 1 inch square. Mix together the soy sauce, rice vinegar, sesame oil, granulated Stevia or other sweetener, agave or other sweetener, and garlic powder to make the marinade/glaze. Put chicken pieces in a Ziploc bag or plastic container with a snap-tight lid and add the marinade, reserving 1/4 cup marinade to glaze the chicken and broccoli with after it's cooked.

Let chicken marinate in the fridge at least 4-5 hours, or all day while you're at work will be fine. When you're ready to cook, drain the chicken in a colander placed in the sink.

Cover baking sheet with foil (or spray the heated pan later with non-stick spray if you're not using foil.) Put the baking sheet into the oven and preheat to 425F/220C.

When the oven has come to temperature, put chicken pieces on the hot baking sheet, spray with non-stick spray if you didn't use foil, and put it back into the oven, and cook 8 minutes.

While the chicken cooks, trim the broccoli, cut into same-size florets, and put broccoli into a bowl and toss with the peanut oil. After 8 minutes, remove baking sheet and tuck the broccoli pieces among the pieces of chicken on the baking sheet. Put it back into the oven and cook 12-14 minutes more, or until chicken and broccoli is done to your liking.

Brush the hot chicken and broccoli with the reserved glaze, and garnish with black sesame seed (or sesame seeds) if desired. Serve hot.



Rainbow Spring Rolls

Ingredients

- red pepper
- green pepper
- red cabbage
- carrot peeled and finely grated
- rice noodles
- extra virgin olive oil
- turmeric
- 1 clove garlic
- salt
- black pepper
- 8 spring roll wrappers

Option: Add cooked Chicken or Turkey for extra protein

Directions

Prepare the vegetables by washing them thoroughly and then cutting them into small pieces. Finely slice the bell peppers and the red cabbage. Use the grating blade to finely grate the peeled carrot. Prepare the vegetables by washing them thoroughly and then cutting them into small pieces.

Boil some water and add in the rice noodles, soaking for as long as instructed on the package of your particular noodles. Meanwhile, heat some extra virgin olive oil or coconut oil in a frying pan and add in a finely minced garlic clove. Once you have finished soaking the noodles, drain them and throw them into the pan with the oil and garlic. Add a bit of turmeric, salt, and pepper, and sauté all of the ingredients together for a minute or two. Once you have prepared all of the colored ingredients, separate them into bowls to make it easier to put the spring rolls together.

Dampen a clean cotton cloth and spread it out on your counter. Take a spring roll wrapper and dip it into a pan full of water for around 5 seconds. Shake off the excess water and place the wrapper onto the prepared cloth. Start placing the ingredients onto the wrapper. I begin on the left side with the red peppers followed by the orange carrots, the rice noodles that has been seasoned with turmeric, the green peppers, and then ending with some red cabbage on the left side. Try to keep the ingredients in the center of the wrapper, leaving at least around an inch free on either side (and top and bottom).

Fold both the top and bottom of the wrapper over the ingredients, and then carefully proceed to roll up the spring roll starting from one side and pushing the ingredients into the center as you finish rolling it up. The spring roll should seal itself when you finish wrapping the clean edge over your roll.

Continue forming rolls with the remaining ingredients and serve immediately or store in the fridge for later. Serve with the dipping sauce of your choice or mix soy sauce with a bit of lime juice and honey.



Slow Cooker Sweet Chili Chicken

12 Servings / Prep time: 10 minutes / Cook time: 3 hours

Ingredients

- 4 large chicken breasts
- 1/2 cup sweet chili sauce
- 1 cup chicken stock
- 1/4 teaspoon salt
- 1/4 cup Tamari-Wheat Free Soy sauce
- 1/4 cup water
- 2 tablespoons cornstarch
- Cilantro for garnish

Directions

Stir together the sweet chili sauce, chicken stock, salt and soy sauce in the base of a slow cooker. Add the chicken and cook on low for 2-3 hours.

After 3 hours, stir together the water & cornstarch. Add to the slow cooker and stir. Turn the slow cooker to high and cook for 20-30 minutes until slightly thickened (keep an eye on it so it doesn't burn).

Pull the chicken out of the slow cooker and shred using two forks. Pour as much sauce as you'd like over the shredded chicken (I used just over half), and stir to coat. Garnish with cilantro.

Notes: If you are using full sodium soy sauce, omit the salt, or taste and add if necessary before serving. This recipe makes 6 cups of shredded chicken.

Source

<https://sweetpeasandsaffron.com/slow-cooker-sweet-chili-chicken-3-ways/#wprm-recipe-container-18772>



Slow Cooker or Instant Pot Chicken with Peppers and Onions

8 Servings / Cook time: 7 minutes

Ingredients

- 2.5 lbs. boneless, skinless chicken breasts or thighs
- 1 Tablespoon olive oil
- 2 red bell peppers seeded and sliced
- 1 sweet onion sliced
- 3 cloves garlic, peeled and smashed
- 8 ounces sliced mushrooms
- 2 teaspoons Italian seasoning
- 2 Tablespoons tomato paste
- 8 ounces tomato sauce
- ½ teaspoon crushed red pepper add more for a spicy dish or omit entirely for a mild dish
- Salt and pepper
- Garnish: 1/2 cup chopped fresh basil or fresh parsley

Directions

Season chicken with 3/4 t. salt on both sides. Set aside. Press "sear" or "sauté" on the pressure cooker. Add oil to the pot. When the oil is shimmering, add peppers, onions, mushrooms, and 1/2 teaspoon salt. Sauté until soft (about 3-5 minutes). Stir in garlic, tomato paste, and Italian seasoning. Cook for 30 more seconds. Turn off sear function. Add chicken and tomato sauce. Stir. Close the top properly and select "Poultry" or "Manual" setting. Set the time to 7 minutes for fresh chicken breasts (if using large chicken breasts, cut them in half), or 10 minutes for thighs.

When done, release the steam and remove the lid right away to prevent overcooking. Stir in chopped fresh basil or parsley, season with crushed red pepper, and add salt and pepper, to taste. Use a slotted spoon to serve chicken and vegetables over rice, zucchini noodles, or cauliflower rice, if desired. The sauce is thinner than a typical marinara, so I like to use a slotted spoon when serving.

Alternative slow cooker method:

If you have time to sear the chicken in a hot skillet for a few minutes per side before placing it in the slow cooker, I think that gives the meat great flavor. If you don't have time to brown the chicken first, that's okay too! Place all ingredients in a slow cooker and stir to combine. Cover and cook on "LOW" setting for 3-4 hours, or until chicken is cooked through. Season with salt and pepper, to taste. Serve chicken, vegetables, and sauce with a slotted spoon over rice, zucchini noodles, or cauliflower rice, if desired. Garnish with fresh herbs just before serving.