

Recipes for Grocery Shopping Challenge

Ground Turkey Two ways:

1. Cook ground 2 lbs ground turkey in skillet.
2. Sauté ¼ chopped onion in ½ T olive oil in a skillet over medium-high heat, add ground turkey breaking it apart with a spatula or spoon.
3. Set ½ portion in separate bowl to the side.

To prepare first recipe

Italian Turkey Casserole

In skillet combine to the remaining half of ground turkey on low heat:

½ c chopped Zucchini

½ c chopped Peppers

¼ c tomatoes

2 Tbsp. Tomato paste

4-8 oz. vegetable or chicken broth

Cook pasta (16 oz. Brown rice, wheat or quinoa pasta fusilli) uncovered for 7-10 minutes or until al dente. Do not overcook

In 9x9 baking pan add cooked pasta. Layered with ground turkey mix. Sprinkle 1-cup mozzarella cheese and bake 375 degrees for 15 minutes

Mexican Layer Bowl

With remaining cooked ground turkey:

1. Place cooked turkey to skillet. Over low heat add ½ tsp. cumin, ½ tsp. Chili powder, pinch of salt and pepper and mix over low heat.
2. Cook 1-cup dry quinoa (rinsed) into 2 cups of boiled water. Cook for 15-20 minutes or until water is absorbed.
*Use one cup cooked quinoa for Mexican Quinoa Turkey Bowl recipe. Use remainder cooked quinoa for Kale Quinoa recipe.
3. Place 1-can black beans in a saucepan and cook on medium heat for 5 minutes.

4. Chop 2 tomatoes, 1-bunch of cilantro and slice avocado

Layer Mexican Quinoa Turkey Bowl

Makes 4 servings.

Prepare each bowl:

1/3-cup cook quinoa

1/3-cup black beans

2 Tbsp. chopped tomatoes

1 Tbsp. Cilantro

Sliced avocado

Optional salsa on top

Kale Chicken Roasted Sweet Potato Salad

1. Preheat oven to 450 degrees.

2. Cut 1 cup broccoli from the stalk, cut 3 sweet potato into even sized cubes and place in large bowl

3. Drizzle with olive oil. Just enough to lightly coat.

4. Toss to distribute the oil.

5. Place broccoli and sweet potatoes on a baking sheet in a single layer.

6. Sprinkle with minced garlic salt and pepper

7. Baked for 12-14 minutes or until sweet potatoes are tender and broccoli is lightly browned on the tips.

*Save broccoli and ½ portion of sweet potatoes for later Baked Chicken Sweet Potato and Broccoli recipe.

8. Place chicken breasts into a saucepan and pour in enough water to cover. Place over medium heat, bring to a boil, and simmer until chicken meat is no longer pink.

9. Transfer chicken breasts to a bowl, allow to cool, remove skin and shred the chicken meat with 2 forks.

Prepare Kale Chicken Roasted Sweet Potato Mason Jar Salad:

Makes 4 servings

Prepare each mason jar:

Homemade vinaigrette (2 T stone mustard, 2 T balsamic vinegar, 1 T maple syrup)

¼ cooked quinoa

½ c roasted sweet potato

½ c shredded chicken

1 Tbsp feta cheese

1 Tbsp walnuts

1-cup kale leaves (destemed)

Shake up and place on plate when ready to eat.

Baked Lemon Chicken with Roasted Sweet Potato and Broccoli

1. Preheat oven to 375 degrees.
2. Sauté 2- chicken breast with skin in ½ T olive oil in a skillet over medium-high heat. Add a pinch of salt and pepper. Sauté for 2-3 minutes and flip and cook for 2-3 minutes on other side.
3. Place chicken on a sheet pan and squeeze 2 Tbsp. lemon juice and 2 tsp. dried thyme over chicken. Slice lemon and place on top of chicken.
4. Place chicken in the oven and bake for 40-60 minutes

Veggies and Black Bean Dip

Makes 4 servings

1. Place 1 can drained and rinse black beans in blender.

Add 2 garlic cloves, 2 T olive oil, 2 T lemon juice, 1 ½ T White wine vinegar, ½ tsp cumin, salt and pepper.

Blend until smooth

2. Cut up veggies peppers, peel and cut carrots & tomatoes with 2 T Black Bean Dip

Green Goddess Smoothie – from *No Excuses! 50 Healthy Ways to ROCK Breakfast!* URockGril.com

Makes 2 servings

1-cup of unsweetened rice milk or almond milk, 1 cup spinach, 1 cup kale,
1/2 cup frozen pineapple chunks, 1/2 cup frozen mango (optional), 1 small
apple, juice of 1/2 lime
1 scoop protein powder (optional)

Directions:

1. Place everything except ice into a blender and blend until smooth. Add the ice cubes, a few at a time, until desired consistency is reached.