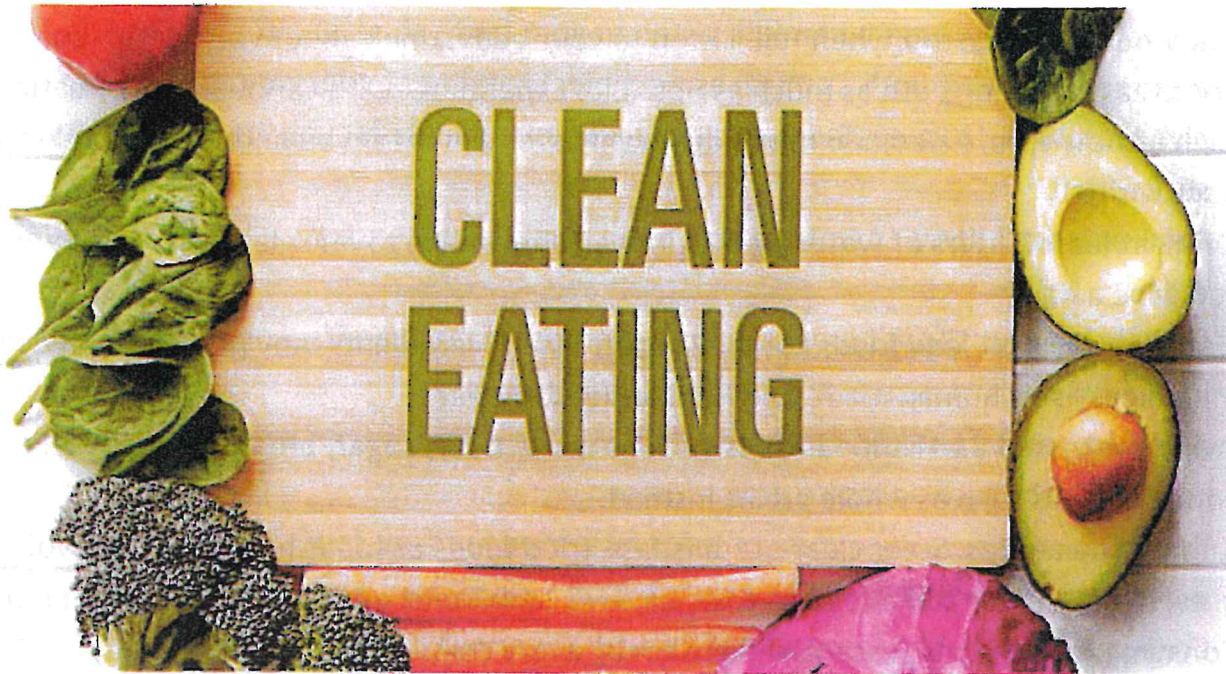


Knowledge @ Noon



Wednesday, February 19, 2020
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:
Marais des Cygnes Extension District Master Food Volunteers

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Franny Eastwood the Extension Office at 913-294-4306.

What is Clean Eating? (from cleaneating.com)

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food for a healthy life.

1. **Eat when hungry, stop when full.** Listen to your body, think about your health goals and try to eat satisfying both as much as possible. Experiment with various ways of eating- high fat/low carb, Paleo, 5-6 meals daily-whatever works for you and your lifestyle and stick with it.
2. **Drink at least 2 liters of water a day.** Limit alcohol intake to one glass of antioxidant-rich red wine a day.
3. **Get label savvy.** Clean foods contain a short list of ingredients. Any product with a long ingredient list is human made and not considered clean.
4. **Avoid processed and refined foods such as white flour, sugar, bread, and pasta.** Enjoy complex carbs such as whole grains instead.
5. **Know thy enemies.** Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservative, color additives and toxic binders, stabilizers, emulsifiers, and fat replacers.
6. **Consume healthy fats (essential fatty acids) every day.**
7. **Learn about portion sizes and work toward eating within them.** Be aware the new nutrition labels have changed.
8. **Reduce your carbon footprint.** Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.
9. **Practice mindful eating.** Never rush through a meal. Food tastes best when it is savored. Enjoy every bite.
10. **Take it to go.** Pack a cooler for work or a trip so you always have clean eats on the go.

What is Whole30? Whole 30 is a food eating plan to develop a better relationship with food. It is often used as an introduction to a Clean Eating lifestyle because you find which foods are best for you and any that cause problems. It prescribes that you avoid all grains, dairy, legumes (beans, peas, peanut butter), alcohol, junk foods, and sugars in favor of vegetables, fruits, meats, seafood, nuts, and seeds for 30 days. Do not weigh yourself or take measurements while doing this. Even if you don't plan to do the entire diet or not the entire 30 days, the recipes are still wholesome and delicious and can be enjoyed any time.

Cassey's *Blogilates* Clean Eating Grocery List

These are generally the things I buy to keep an eat-clean fridge and nutritiously stocked pantry!

Veggies

Kale	Alfalfa Sprouts
Spinach	Lettuce
Broccoli	Bok Choy
Brussel sprouts	Collard Greens
Asparagus	Zucchini
Cabbage	Carrots
Green Beans	Beets

(Basically any in season veggie is good to go!)

Protein

Chicken Breast	Shrimp
Eggs	Tuna
Salmon	Lean turkey meat
Tilapia	Tempeh
(or any white fish)	Tofu
Scallops	

Grains & "Good Carbs"

Oatmeal	Black Rice
Quinoa	Wild Rice
Brown Rice	Amaranth
Buckwheat	Ezekiel Bread
Barley	Sweet Potato

Fruits

Blueberries	Mangos
Strawberries	Papaya
Raspberries	Avocados
Apples	Tomatoes
Bananas	
Lemon (great as condiment)	

Fats & Oils

Raw Almonds	Coconut Oil
Raw Sunflower Seeds	Extra Virgin Olive Oil
All Natural Peanut Butter (no sugar, no salt added)	Flax Seed
All Natural Almond Butter (no sugar, no salt added)	Chia Seed

Dairy

Nonfat or Lowfat Greek Yogurt
Almond "Milk"
Lowfat cottage cheese

Legumes

Edamame
Black Beans
Garbanzo beans (chick peas)
Lentils

Condiments + Seasonings

Salsa	Hummus
Sriracha	Raw honey
Tabasco Sauce or Tabanero Hot Sauce	Stevia
Low sodium soy sauce	Mrs. Dash
	Apple Cider Vinegar

Rules

1. Try to steam, bake, grill, or eat raw!
2. Fill the majority of your plate with veggies!
3. Eat fruit for dessert.
4. Drink at least 64 oz of water a day!

BBQ Pulled Pork

Prep Time 10 mins **Cook Time** 1 hr **Release pressure** 20 mins

Made with a delicious and clean BBQ Sauce, this BBQ Pulled Pork is so flavorful, tasty, and delicious, you won't even notice it's healthy.

Categories: Clean Eating, Dinner, Easy Weeknight Dinner, Instant Pot

Difficulty: Easy

Servings: 6 servings

Calories: 475 kcal

Author: Lacey Baier

Ingredients

For the Pulled Pork:

4 lbs pork loin, boneless or bone-in	2 t. sea salt
1 t. black pepper	1 t. onion powder
1/2 t. garlic powder	2 T. olive oil

For the BBQ Sauce:

1/2 cup low sodium chicken broth	1 clove garlic, minced
4 oz can tomato sauce	1/4 t. granulated onion
1 T. tomato paste	1 T. molasses
1 T. raw honey	1/2 T. apple cider vinegar
1/8 t. sea salt	1/8 t. ground black pepper

Instructions

Trim fat from pork roast and cut into 4 same size chunks. Add all dry ingredients to a large bowl and whisk together. Add pork chunks to rub mix and coat well. Add 2 T. olive oil to Instant Pot and set to sauté. Once it indicates hot, add the pork, but do not crowd. Sear on each side for about 2 minutes each. Remove pork and set aside on a plate. Repeat with remaining pork pieces. Once pork is seared and removed from pot, press cancel and add 1/2 cup chicken broth. Use a wooden spoon and deglaze the bottom of the pot. Make sure to scrape up all the bits. Then add remaining ingredients for the BBQ sauce. Cook until heated through. Place pork chunks directly into the liquid in the pot, spacing out as best possible. Secure lid and make sure vent is set to sealing. Pressure cook on high pressure for 60 minutes. Then let pressure release naturally for 20 minutes or until pin drops. Remove pork to a large bowl and shred with 2 forks.

Nutrition Facts

Amount Per Serving (1 cup)

Calories 475 Calories from Fat 153

% Daily Value* Fat 17g 26%, Saturated Fat 4g 20%, Cholesterol 191mg 64%, Sodium 1100mg 46%, Potassium 1286mg 37%, Carbohydrates 8g 3%, Fiber 1g 4%, Sugar 7g 8%, Protein 69g 138%, Vitamin A 120IU 2%, Vitamin C 2.1mg 3%, Calcium 24mg 2%, Iron 2.1mg 12%

* Percent Daily Values are based on a 2000 calorie diet.

Carolina Pulled Pork

Prep Time 10 mins **Cook Time** 1 hr **Release pressure** 20 mins

A little spicy, a little sweet, but most importantly delicious, this Carolina Pulled Pork is one of the best BBQ pulled pork recipe I ever tried.

Categories: Clean Eating, Easy Weeknight Dinner, Instant Pot

Difficulty: Easy

Servings: 6 servings

Calories: 472 kcal

Author: Lacey Baier

Ingredients

4 lbs pork loin boneless or bone-in	2 t. onion powder
1 1/2 t. paprika	1 t. garlic powder
1 t. chili powder	2 t. sea salt
1 t. ground black pepper	1/2 t. cayenne powder
1/2 t. dry mustard	1/2 t. cumin
2 T. coconut sugar	2 T. olive oil
1 cups low sodium chicken broth	2 T. apple cider vinegar
2 T. white vinegar	

Instructions

Trim fat from pork roast and cut into 4 same size chunks. Add all dry ingredients to a large bowl and whisk together. Add pork chunks to rub mix and coat well. Add 2 T. olive oil to Instant Pot and set to sauté. Once it indicates hot, add the pork, but do not crowd. Sear on each side for about 2 minutes each. Remove pork and set aside on a plate. Repeat with remaining pork pieces. Once pork is seared and removed from pot, press cancel and add 1/2 cup chicken broth. Use a wooden spoon and deglaze the bottom of the pot. Make sure to scrape up all the bits. Then add remaining chicken broth and vinegars. Place pork chunks directly into the liquid in the pot, spacing out as best possible. Secure lid and make sure vent is set to sealing. Pressure cook on high pressure for 60 minutes. Then let pressure release naturally for 20 minutes or until pin drops. Remove pork to a large bowl and shred with 2 forks.

Nutrition Facts

Carolina Pulled Pork

Amount Per Serving (1 cup)

Calories 472Calories, from Fat 153

% Daily Value* Fat 17g 26%, Saturated Fat 5g 25%, Cholesterol 191mg 64%, Sodium 953mg 40%, Potassium 1201mg 34%, Carbohydrates 6g 2%, Fiber 1g 4%, Sugar 3g 3%, Protein 69g 138%, Vitamin A 480IU 10%, Vitamin C 0.2mg 0%, Calcium 18mg 2%, Iron 2.1mg 12%

* Percent Daily Values are based on a 2000 calorie diet

Dark Chocolate Mint Chia Pudding

Prep Time 5 mins Cook Time 3 hrs Serves: 1

Chocolate and mint combine for all the goodness imaginable with this dark chocolate mint chia pudding recipe.

Ingredients

1/4 c. chia seeds	1 T. pure maple syrup
1/8 t. peppermint extract	1/2 T. cocoa powder
3/4 c. unsweetened almond milk	

Instructions

Combine the chia seeds, pure maple syrup, peppermint extract, dark cocoa powder, and unsweetened almond milk in a sealable container or mason jar. Stir to combine, then seal. Place in the fridge for at least 3-4 hours, preferably overnight.

The chia pudding is ready to eat when you take it out of the fridge - just give it a stir and you're set.

Will last in fridge for up to 4-5 days.

Nutrition Facts

Dark Chocolate Mint Chia Pudding

Amount Per Serving (1 g)

Calories 318 Calories from Fat 154

% Daily Value* Fat 17.1g 26%, Saturated Fat 1.8g 9%, Sodium 138.5mg 6%, Carbohydrates 36.2g 12%

Fiber 19.6g 78%, Sugar 12.1g 13%, Protein 9.5g 19%

* Percent Daily Values are based on a 2000 calorie diet.

Healthy Banana Chocolate Chip Muffins

Prep Time 10 mins Cook Time 25 mins Servings: 12

These healthy Banana Chocolate Chip Muffins are the PERFECT solution to your ripe bananas and don't use any refined flours OR sugar or oil!

Ingredients

5 ripe bananas	1 egg, beaten*
1 t. vanilla extract	1 1/2 c. spelt flour (can also use whole wheat pastry flour)
1/2 t. ground cinnamon	1 t. baking soda
1/8 t. sea salt	1 c. 70% cacao dark chocolate morsels
1/2 T. Coconut oil, for greasing muffin tin	

Instructions

Preheat oven to 350 degrees F and grease muffin tin with coconut oil. In a medium mixing bowl, mash the bananas using a fork or potato masher. Add the egg and vanilla and stir to combine. Set aside. In a separate mixing bowl, combine the spelt flour, cinnamon, baking soda, and sea salt. Mix well. Add the dry ingredients to the wet ingredients and stir to combine. Do not over mix. Fold in the chocolate morsels. Pour the mix into the prepared muffin pan, approximately 2/3 of the way full. Bake for 20-25 minutes, or until a toothpick inserted comes out clean and tops are golden brown.

Remove and let cool on cooling rack.

Recipe Notes

* To make these muffins vegan, all you need to replace is the one egg with a flax egg. Just add one tablespoon ground flaxseed meal (I use this brand) with 3 tablespoons of water. Mix together with a spoon, and let sit for 5-10 minutes to set up and thicken. Then, add to the recipe as you would an egg.

Nutrition Facts

Healthy Banana Chocolate Chip Muffins

Amount Per Serving (1 g)

Calories 193 Calories from Fat 48

% Daily Value* Fat 5.3g 8%, Saturated Fat 2.8g 14%, Cholesterol 15.5mg 5%, Sodium 308.4mg 13%,
Carbohydrates 35.7g 12%, Fiber 4.5g 18%, Sugar 15.3g 17%, Protein 4.8g 10%

* Percent Daily Values are based on a 2000 calorie diet.

Healthy Sweet Potato Casserole

Prep Time 25 mins **Cook Time** 20 mins Serves 12

This Healthy Sweet Potato Casserole uses fresh sweet potatoes, is naturally sweet, dense, and crunchy. Say hello to your new favorite Thanksgiving side that just so happens to be super easy, Clean-Eating, Paleo, and Gluten-Free!

Ingredients

For the casserole:

6 medium sweet potatoes	1/3 c. coconut sugar
2 eggs	1/2 c. melted and cooled coconut oil
1 1/2 t. ground cinnamon	1 1/2 t. pure vanilla extract
1/2 t. sea salt	

For the topping:

1 c. raw pecans chopped	1/2 c. coconut sugar
3/4 c. almond meal can also use whole wheat pastry flour or buckwheat flour	
1/4 c. melted and cooled coconut oil	1 t. ground cinnamon

Instructions

Preheat oven to 450 degrees. Grease a 13-inch by 9-inch casserole dish with coconut oil.

Boil or steam sweet potatoes until tender. Once tender, allow to cool and then remove and discard skin.

Dice cooked sweet potatoes into 1 1/2-inch chunks. In a large mixing bowl, combine the diced sweet potatoes, 1/3 c. coconut sugar, eggs, 1/2 c. melted coconut oil, 1 1/2 t. cinnamon, vanilla extract, and kosher salt.

If they have not already done so from mixing, lightly mash about 2/3 of the sweet potatoes so that only about 1/3 of them are still in cubed form. In a separate bowl, combine the ingredients for the topping (pecans, 1/2 c. coconut sugar, almond meal, 1/4 c. coconut oil, and remaining 1 t. cinnamon).

Mix well to incorporate all the almond meal into the mixture.

Spread the sweet potato mixture into the casserole dish.

Cover with the coconut sugar and pecan topping. There should be enough topping to pretty much cover the entire casserole.

Bake for 20 minutes, or until the topping begins to turn golden brown. Let cool for 5-10 minutes. Serve hot.

Nutrition Facts

Healthy Sweet Potato Casserole

Amount Per Serving (0.75 cup)

Calories 203 Calories, from Fat 153

% Daily Value* Fat 17g 26%, Saturated Fat 9g 45%, Cholesterol 27mg 9%, Sodium 156mg 7%, Potassium 263mg 8%, Carbohydrates 18g 6%, Fiber 4g 16%, Sugar 8g 9%, Protein 4g 8%, Vitamin A 9266IU 185%, Vitamin C 2mg 2%, Calcium 48mg 5%, Iron 1mg 6%,

* Percent Daily Values are based on a 2000 calorie diet.

Shredded Chicken Enchiladas

Prep Time 15 mins Cook Time 25 mins Servings: 6

Ingredients

For The Shredded Chicken Enchiladas:

2 cloves garlic, minced
1/2 t. sea salt, to coat the chicken
2 large boneless skinless chicken breasts
1/2 c. Monterrey jack cheese, shredded, divided
12 6-inch corn tortillas (or cassava flour tortillas)

2 c. enchilada sauce (see recipe)
1/4 t. ground black pepper, to coat the chicken
1/2 c. cheddar cheese, shredded, divided
1/2 c. fresh cilantro, roughly chopped, divided
optional: Greek yogurt for garnish, more cilantro

For The Homemade Enchilada Sauce:

3 T. olive oil
3 large tomatoes on the vine, diced
1 t. ground cumin
1/2 t. dried oregano
1/2 t. black pepper
1 1/2 c. low sodium chicken broth

3 cloves garlic, minced
1 T. chili powder
1/2 t. onion powder
1 t. sea salt
2 T. tomato paste

Instructions

To Make the Homemade Enchilada Sauce:

In a large skillet, heat olive oil over medium-high heat. Add in the fresh tomatoes and garlic, and stir to combine. Cook for 4-6 minutes, until the tomatoes become softened. Stir in the remaining ingredients (tomato paste, low sodium chicken broth, chili powder, onion powder, cumin, oregano, sea salt, and black pepper) into the skillet, and continue to cook over medium-high heat for 5 minutes until slightly thickened. Transfer to a blender or food processor and blend until smooth.

To Make the Shredded Chicken Enchiladas:

Preheat the oven to 400 degrees F and add the minced garlic to the enchilada sauce in a deep skillet and heat to a boiling over medium-high heat. Sprinkle sea salt and ground black pepper over the chicken breasts and then nestle the chicken breasts into the sauce. Reduce the heat to low, cover and cook until the chicken is cooked through, about 15-20 minutes. Remove the chicken from the sauce, set aside and let both the chicken and the sauce cool. Using two forks, shred the chicken breasts by holding one fork steady and slowly scraping the other fork, prongs faced backwards, away from the other fork. Transfer the shredded chicken to a large bowl. Add half the enchilada sauce from the pan with the chicken, half the Monterrey jack and half the cheddar cheeses and the 1/2 cup of cilantro to the shredded chicken. Stir to combine. Wrap the corn tortillas in a damp cloth or paper towel and microwave on high for 15-20 seconds until pliable and warm. Grease a 9-inch x 13-inch casserole dish with olive oil. Spoon about 1/3 cup of the chicken mixture along the center of a tortilla. Gently, but firmly, roll the tortilla around the filling and place into the baking dish, seam-side down. Repeat with remaining tortillas.

Pour the remaining sauce over the enchiladas and sprinkle remaining cheese over the sauce. Sprinkle with fresh cilantro.

Place casserole dish in the oven, uncovered, for 8-10 minutes or until the tortillas begin to turn golden and cheese is melted.

Shredded Chicken Enchiladas

Amount Per Serving (2 enchiladas)

Calories 443Calories, from Fat 114

% Daily Value* Fat 12.7g 20%, Saturated Fat 1.8g 9%, Cholesterol 8.4mg 3%, Sodium 582.8mg 24%, Carbohydrates 82.1g 27%, Fiber 7.9g 32%, Sugar 3.9g 4%, Protein 14.9g 30%,

* Percent Daily Values are based on a 2000 calorie diet.

Instant Pot Pulled Pork

This Instant Pot Pulled Pork makes tender, juicy, and mild-flavored pulled pork that is perfect in any recipe that requires pulled pork including tacos, burritos, and sandwiches.

Categories Clean Eating, Easy Dinner, Instant Pot, Weeknight Dinner
Difficulty Easy

Prep Time 10 minutes
Cook Time 1 hour
Release pressure 20 minutes
Total Time 20 minutes

Servings 6 servings
Calories 453 kcal
Author Lacey Baier

Ingredients

- 4 lbs pork loin, boneless or bone-in
- 2 tsp sea salt
- 1 tsp black pepper
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 2 tbs olive oil
- 1 1/2 cups low sodium chicken broth

Instructions

1. Trim fat from pork roast and cut into 4 same size chunks.
2. Add all dry ingredients to a [large bowl](#) and whisk together. Add pork chunks to rub mix and coat well.
3. Add 2 tbs olive oil to [Instant Pot](#) and set to sauté. Once it indicates hot, add the pork, but do not crowd.
4. Sear on each side for about 3-5 minutes each, until golden brown. Remove pork and set aside on a plate. Repeat with remaining pork pieces, as needed.
5. Once pork is seared and removed from pot, press cancel and add 1/2 cup chicken broth. Use a wooden spoon and deglaze the bottom of the pot. Make sure to scrape up all the bits. Then add remaining chicken broth.
6. Place pork chunks directly into the liquid in the pot, spacing out as best possible. Secure lid and make sure vent is set to sealing. Pressure cook/manual on high pressure for 60 minutes. Then let pressure release naturally for 20 minutes or until pin drops.
7. Remove pork to a large bowl and shred with 2 forks.

Nutrition Facts

Instant Pot Pulled Pork
Amount Per Serving (1 cup)
Calories 453Calories from Fat 153

% Daily Value*

Fat 17g26%

Saturated Fat 5g25%

Cholesterol 191mg64%

Sodium 942mg39%

Potassium 1182mg34%

Carbohydrates 1g0%

Fiber 1g4%

Sugar 1g1%

Protein 69g138%

Calcium 17mg2%

Iron 1.8mg10%

* Percent Daily Values are based on a 2000 calorie diet.

Carnitas Pulled Pork

Prep Time 10 mins **Cook Time** 1 hr 10 mins **Release pressure** 20 mins

For Mexican dishes with tons of flavor and an amazing taste, make Carnitas Pulled Pork. It's juicy, delicious, and the flavors are out-of-this-world good!

Categories: Clean Eating, Easy Weeknight Dinner, High-Protein, Instant Pot

Difficulty: Easy

Servings: 6 servings

Calories: 463 kcal

Author: Lacey Baier

Ingredients

4 lbs pork loin boneless or bone-in	2 t. sea salt
1 t. black pepper	1 t. onion powder
1/2 t. garlic powder	1 T. coconut sugar
1/2 cup orange juice	1 c. chicken broth
2 T. olive oil	

For broiling:

2 T. chopped cilantro	2. T. lime juice
1/2 t. sea salt	

Instructions

Trim fat from pork roast and cut into 4 same size chunks. Add all dry ingredients to a large bowl and whisk together. Add pork chunks to rub mix and coat well. Add 2 T. olive oil to Instant Pot and set to sauté. Once it indicates hot, add the pork, but do not crowd. Sear on each side for about 2 minutes each. Remove pork and set aside on a plate. Repeat with remaining pork pieces. Once pork is seared and removed from pot, press cancel and add 1/2 cup chicken broth. Use a wooden spoon and deglaze the bottom of the pot. Make sure to scrape up all the bits. Then add remaining chicken broth and orange juice. Place pork chunks directly into the liquid in the pot, spacing out as best possible. Secure lid and make sure vent is set to sealing. Pressure cook on high pressure for 60 minutes. Then let pressure release naturally for 20 minutes or until pin drops. Remove pork to a large bowl and shred with 2 forks. Place meat on a rimmed baking sheet lined with parchment paper and squeeze lime juice over the top of the meat. Sprinkle with salt. Place under the broiler until meat is crisp on the edges, about 5 minutes, stirring occasionally. Top meat with cilantro.

Nutrition Facts

Carnitas Pulled Pork

Amount Per Serving (1 cup) Calories 463Calories, from Fat 153

% Daily Value*

Fat 17g 26%, Saturated Fat 4g 20%, Cholesterol 191mg 64%, Sodium 1266mg 53%, Potassium 1204mg 34%
Carbohydrates 5g 2%, Fiber 1g 4%, Sugar 3g 3%, Protein 68g 136%, Vitamin A 50IU 1%, Vitamin C 14.6mg 18%, Calcium 20m g 2%, Iron 1.8mg 10%

* Percent Daily Values are based on a 2000 calorie diet.

Baked Zucchini Fries

Prep Time 15 mins Cook Time 25 mins Serves 4

These tasty baked zucchini fries are a fun and healthy way to eat your veggies. Enjoy them as a healthy alternative to French fries!

Ingredients

1/2 c. almond meal	1/2 c. garbanzo flour (AKA chickpea flour)
1/2 c. grated parmesan cheese	1/2 t. dried basil
1/2 t. dried oregano	1/2 t. dried thyme
1/2 t. sea salt	1/4 t. ground black pepper
4 medium zucchini, evenly sized	2 large eggs, beaten
2 T. fresh parsley, chopped	
clean ranch dip, optional	

Instructions

Preheat your oven to 425 degrees F. Layer a rimmed baking sheet with parchment paper, followed by a cooling rack and then brush a little olive oil over the rack. This will keep the fries from sticking. Set aside. In a large bowl, combine almond meal, garbanzo flour, parmesan cheese, dried basil, dried oregano, dried thyme, sea salt, and ground black pepper. Set aside. In a separate bowl, beat the eggs, and then set aside. To cut the zucchini into fries, it's best to use smaller, evenly sized zucchini so they resemble fries and also so they cook evenly. Slice off both ends and then slice the entire zucchini in half lengthwise. Then slice each half lengthwise to create flat planks. Slice these into long fries and then set aside. Dip the zucchini slices into the egg mixture, coating well, and then allow any excess to drip off. Dredge next into the garbanzo flour mixture, and toss to coat evenly. Place the coated zucchini slices onto prepared baking sheet and then place into the oven and bake for 25-30 minutes, or until golden brown and crispy.

To serve: top with finely chopped parsley and dip into super yummy clean ranch dressing dip.

Nutrition Facts

Baked Zucchini Fries

Amount Per Serving (15 fries)

Calories 224, Calories from Fat 109

% Daily Value*

Fat 12.1g 19%, Saturated Fat 2.9g 15%, Cholesterol 91.2mg 30%, Sodium 472.7mg 20%, Carbohydrates 17.2g 6%, Fiber 2.9g 12%, Sugar 3.3g 4%, Protein 12.9g 26%

* Percent Daily Values are based on a 2000 calorie diet.

Cilantro Lime Chicken

Prep Time 2 hrs Cook Time 12 mins Serves 4

This easy Cilantro Lime Chicken recipe is quick to make and has tons of flavor. Perfect chicken marinade for grilling, baking, or sautéing and freezes well, too.

Ingredients

4 boneless skinless chicken breasts	2 limes approx. 4 T. juice, juiced
1 t. ground cumin	1/2 t. sea salt
1/2 t. ground black pepper	1/8 t. cayenne pepper
1/2 c. chopped fresh cilantro*	1 T. olive oil

Instructions

In a large mixing bowl or large sealable, Ziploc™ bag, combine the chicken breasts, freshly squeezed lime juice, ground cumin, sea salt, ground black pepper, cayenne, and fresh cilantro. Toss to combine and coat the chicken well. Cover with plastic wrap (or close Ziploc bag tightly) and place in the fridge for at least 30 minutes, preferably 2-3 hours, to allow the marinade to work. Heat a skillet over medium-high heat with the olive oil. Remove the chicken from the fridge and place in the hot oil. Cook the chicken until well-browned on both sides and cooked through, about 4-6 minutes per side, or until the chicken reaches 165 degrees F internal temperature. Allow to rest for 5 minute before slicing and serving.

Recipe Notes

If you happen to not care for cilantro, you could easily replace with Italian parsley.

Nutrition Facts

Cilantro Lime Chicken

Amount Per Serving (1 g)

Calories 302, Calories from Fat 68

% Daily Value*

Fat 7.5g 12%, Saturated Fat 1.5g 8%, Cholesterol 172.3mg 57%, Sodium 400.9mg 17%,
Carbohydrates 2.1g 1%, Fiber 0.7g 3%, Sugar 0.3g 0%, Protein 53.5g 107%

* Percent Daily Values are based on a 2000

For 5 more healthy chicken marinades (Honey Mustard, Honey Garlic, Lemon Pepper, Chipotle, Fajita) go to the website www.asweetpeachef.com

Jerk Chicken Marinade

Prep Time 5 mins

This easy jerk chicken marinade is Caribbean-inspired and full of spice and flavor.

Ingredients

1 t. dried thyme	1/2 t. ground allspice
1 1/2 T. coconut sugar	1/2 t. sea salt
1/2 t. ground black pepper	1 1/2 t. garlic powder
1/4 t. ground cinnamon	1/4 t. cayenne
2 T. olive oil	2 T. lime juice
2 chicken breasts	

Instructions

Add the thyme, allspice, coconut sugar, sea salt, black pepper, garlic powder, cinnamon, cayenne, olive oil, and freshly squeezed lime juice in a mixing bowl. Stir to combine. Add the chicken to a 1 quart freezer-safe sealable bag, followed by the jerk spice marinade. Press the air out of the bag and seal tightly, making sure to press the marinade around the chicken to coat. Place in the fridge to marinate at least 30 minutes, up to overnight.

Recipe Notes

Recipe makes enough marinade for 2 boneless, skinless chicken breasts (approx. 1/2 pound). For 1 pound (approx. 4 breasts), you can double the recipe.

Nutrition facts are for marinade only and do not include chicken breast.

Nutrition Facts

Jerk Chicken Marinade

Amount Per Serving (2 T.)

Calories 85, Calories from Fat 61

% Daily Value*

Fat 6.8g 10%, Saturated Fat 1g 5%, Sodium 39mg 2%, Carbohydrates 6.8g 2%, Fiber 0.5g 2%, Sugar 4.7g 5%, Protein 0.3g 1%

* Percent Daily Values are based on a 2000 calorie diet.

BUFFALO CHICKEN TWICE BAKED POTATOES Serves 8

4 Russet potatoes

1 T. avocado oil

Ranch Dressing

½ c avocado oil or mayonnaise

1 T. lemon juice

1 ½ t dried dill

½ t garlic powder

1/8 t. ground black pepper

2 T. plain unsweetened almond milk

2 t. dried parsley

½ t. coconut aminos

¼ t. onion powder

Filling

3 T. ghee, divided

¾ c hot sauce

1 lb. boneless, skinless chicken thighs, cut into 1 inch cubes

2 ribs celery, thinly sliced

1 green onion, thinly sliced

Preheat oven to 350° F. Rub potatoes with oil and prick all over with a fork. Place on a baking sheet and roast until very tender, about 1- 1 ½ hours depending on size of potatoes.

Prepare dressing: Whisk all ingredients together in a medium sized bowl. If too thick, thin with a little water (1t. at a time). Dressing can be made up to 2 days in advance if kept refrigerated.

Prepare filling: Warm 1/3 of the ghee in a large skillet over medium heat. Add chicken to skillet, season with salt and pepper and cook, stirring occasionally, until golden and cooked through, 8-10 minutes. Using a slotted spoon, transfer chicken to a cutting board; finely chop. Return to skillet, reduce heat to medium low and add hot sauce and remaining ghee; stir until well combined. Remove from heat. Slice potatoes in half lengthwise.

Scoop flesh into a large bowl, leaving enough flesh inside potato skins so they hold their shape. Mash potato flesh with a fork. Add chicken and sauce from skillet and mix to combined well with potato flesh. Taste and season with salt and pepper, if needed. Scoop mixture back into skins. Bake until heated through, about 15-20 minutes. Drizzle potatoes with ranch dressing.

Nutrition per serving (1/2 potato) Calories: 317, Total fat 20 g, Sat fat 5 g, Mono fat 12 g, Polyunsat fat 5 g, Carbs 20 g, Fiber 3 g, Sugars 2 g, Protein 14 g, Sodium 982 mg, Cholesterol 81 mg

QUICK BBQ CHICKEN PITA PIZZAS 4 Servings

Clean BBQ Sauce

1 T. olive oil	2 cloves garlic, minced
1 8 oz. can no-salt tomato sauce	2 T. tomato paste
2 T. molasses	2 T. raw honey
1 T. apple cider vinegar	½ t. granulated onion
¼ t. sea salt	¼ t. ground black pepper

Heat olive oil in a saucepan over medium-high heat. Add garlic and cook for 1 minute, until fragrant. Add remainder of ingredients; stir and cook 6-8 minutes until sauce starts to thicken. Remove from heat and set aside.

Pizza

½ t. sea salt	¼ t. ground black pepper
¼ t. paprika	1/8 t. garlic powder
1 large boneless, skinless chicken breast	1 T. olive oil
4 whole wheat pita breads	3 oz. sliced mozzarella
¼ red onion, thinly sliced	¼ c. chopped fresh cilantro, optional

Combine salt, pepper, paprika, and garlic powder and mix well. Season chicken liberally with the mix. Heat olive oil over medium-high heat in a large skillet. Add chicken breast and cook 4-6 minutes per side until cooked through and brown on both sides. Remove from heat and slice into small, bite sized pieces. Set aside.

Lay out pita breads on parchment lined baking sheet(s). Heat oven to 350° F. Spread 2 T. of the BBQ sauce on each of the pitas, leaving about ¼ inch around edge of crust. Remaining BBQ sauce may be refrigerated for up to 5 days.

Arrange chicken, mozzarella, and then onion over the BBQ sauce on each pita.

Bake each pita 6-8 minutes until edges of crust become golden brown and cheese melts. Remove from oven and slice into quarters. Top with cilantro if desired.

Pizzas can be stored in refrigerator for up to 4 days and reheated in microwave or oven.

Southern Green Beans Serves 6

Prep Time 10 minutes Cook Time 40 minutes

Ingredients

4 nitrate-free bacon slices, diced	1 medium yellow onion, diced
2 cloves garlic, minced	1/4 t. cayenne pepper
ground black pepper to taste	sea salt, to taste
1 1/2 lbs fresh green beans, de-stemmed and sliced into 1 1/2-in. pieces	
3 c. low sodium chicken broth, plus more as needed	

Instructions

In a deep stock pot or large skillet, cook the bacon over medium-high heat until crispy. Remove bacon and set aside. Reserve drippings and keep heating over medium-high heat. Add the onion and cook until tender, about 5-6 minutes, stirring occasionally. Add the garlic, cayenne, and black pepper, and cook for an additional minute. Add the green beans and cooked bacon and stir to combine. Add enough chicken stock to just cover the green beans. Bring to a boil, then reduce to simmer and cook, covered, 40-50 minutes, depending on preferred level of tenderness. Check flavor again and season to taste as needed. The longer you cook them, the more tender they'll be. Remove from heat and serve hot.

Nutrition Facts Amount Per Serving (1 cup) *A Sweet Pea Chef*

Calories 124, Calories from Fat 54

% Daily Value*

Fat 6g, 9%, Saturated Fat 2g, 10%, Cholesterol 9mg, 3%, Sodium 140mg, 6%, Potassium 396mg, 11%.

Carbohydrates 11g, 4%, Fiber 3g, 12%, Sugar 4g, 4%, Protein 6g, 12%, Vitamin A 815IU, 16%,

Vitamin C 15.5mg, 19%, Calcium 53mg, 5%, Iron 1.5mg, 8%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Pineapple Pizza

Pizza Crust

1 C very warm water - 110 degrees

1 T sugar

1 T olive oil

1 envelope instant yeast

2 3/4 C whole wheat flour

1/4 C parmesan cheese

1 tsp sea salt

Pizza Sauce

1 can tomato paste

1 1/2 tomato paste can water

1/4 tsp crushed basil

1/4 tsp crushed oregano

1/2 clove garlic

1 tsp brown sugar

1/4 tsp salt

1/8 tsp pepper

Heat in sauce pan for 10 minutes

Toppings

Olive oil

1 large chicken breast

1/2 tsp salt

1/4 tsp paprika

1/8 tsp garlic powder

1 can crushed pineapple

Shredded mozzarella cheese

For crust: whisk water, sugar, oil and yeast in a bowl. Allow yeast to proof 5 minutes. Mix in flour, parmesan cheese and salt. Quickly knead a few times. Put dough on a floured surface and roll thin. Place on a pizza stone or other baking sheet. If not using nonstick, spray pan with cooking spray. Brush dough with olive oil.

For chicken: to make rub mix salt, paprika and garlic powder in a small dish. Coat chicken breasts with rub. Cook 4 to 6 minutes per side in olive oil on medium high heat. Cook until brown on both sides and cooked through. Remove from heat and slice into small bite sized pieces. Set aside.

Assemble pizza: Brush the rolled out dough with olive oil. Spoon on the Pizza Sauce and spread evenly. Arrange chicken and then crushed pineapple and then mozzarella cheese.

Bake in a 350 degree oven for 20 to 25 minutes. Serves 6