

Crispy Chicken Cobb Salad

INGREDIENTS

- 1 cup panko bread crumbs
- ½ tsp salt
- ½ tsp black pepper
- 1 egg
- 4 chicken tenders
- 6 cups bibb lettuce
- ½ cup halved cherry tomatoes
- ¼ cup crumbled cooked bacon
- ¼ cup shredded cheddar cheese
- 1 hardboiled egg, finely chopped
- LG ranch dressing

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Place the panko on a large plate. Season with salt and pepper. Stir well to combine.
3. Whisk the egg in a medium bowl.
4. Dredge chicken tenders through egg, and then through panko mixture.
5. Bake the chicken for 20 minutes, or until it registers 165 degrees with a meat thermometer.
6. Slice the chicken, and place in a large bowl with the remaining ingredients. Drizzle on ranch dressing.

SERVING SIZE

*Recipe makes 2 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





Homemade Ranch Dressing

Recipe makes 1 serving; recipe can be made to make multiple servings at once

INGREDIENTS

- 1/4 cup plain, nonfat Greek yogurt
- 1/4 tsp dried parsley
- 1/4 tsp dried dill
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp pepper

INSTRUCTIONS

1. Combine and mix.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE

*Recipe makes 2 servings

Zucchini Hummus Wraps

INGREDIENTS

- 1 large zucchini, ends removed and thinly sliced
- 1 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp black pepper
- 2 tortillas
- ¼ cup hummus
- ½ cup halved cherry tomatoes
- 2 large bibb lettuce leaves
- ½ cup shredded cheddar (optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Place zucchini on a medium parchment-lined sheet. Brush with olive oil, and season with salt and pepper. Bake for 10-12 minutes, or until softened. Reserve.
3. Turn stove top burner on medium-high heat. When hot, gently place tortilla on the burner moving rapidly to create char marks. Repeat with second tortilla.
4. Divide hummus between tortillas and then divide cooked zucchini, tomatoes, lettuce, and cheese between the tortillas.

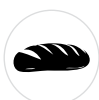
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

Stuffed Zucchini Cups

INGREDIENTS

- 1 tbsp olive oil
- 1 lb. ground turkey or lean beef
- ½ tsp salt
- ½ tsp black pepper
- 1 small green pepper, diced
- ½ cup diced onion
- 1½ cups spaghetti sauce
- 2 large zucchini, cut into 2-inch rounds
- ½ cup roughly chopped fresh mozzarella
- 1 tbsp dried parsley

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large frying pan over medium heat, warm the oil until it shimmers and add the meat. Season with salt and pepper. Break up with a slotted spoon.
3. When meat is nearly cooked through, add the green pepper and onion. Sauté for 5 minutes.
4. Pour the sauce into the meat and warm through. Reserve.
5. Hollow out most of the flesh of the zucchini with a melon baller. (Make sure to leave at least ¼ inch so mixture doesn't leak out.)
6. Stand the zucchini up on a parchment-lined baking sheet. Divide meat mixture between the zucchini, and bake for 15 minutes.
7. Divide the cheese between the zucchini, and bake for an additional 10 minutes.
8. When cheese is melted, top with parsley and serve.

SERVING SIZE

*Recipe makes 2 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
*Recipe makes 2 servings

Twice Baked Broccoli Cheddar Potatoes

INGREDIENTS

- 2 large russet potatoes
- 3 tbsp room temperature unsalted butter
- ¼ cup plain Greek yogurt
- 2 tbsp milk
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp dried dill
- ½ tsp paprika
- 1 cup cooked broccoli florets
- ¾ cup cheddar cheese

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Bake potatoes for 45 minutes, or until fork tender. Let cool slightly, and halve potatoes.
3. Scoop out the flesh of potatoes and place in a large bowl. Add butter, yogurt, milk, salt, pepper, dill, and paprika. Stir well to combine.
4. Divide mixture between the potato shells.
5. Place the potatoes on a parchment-lined baking sheet and top with broccoli and cheddar.
6. Bake for an additional 15-20 minutes, or until cheese is melted and the filling is warmed through.

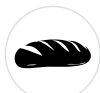
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE
*Recipe yields 5 cups and
makes 25 servings

Pumpkin Butter

INGREDIENTS

- 1 can (29 oz.) pumpkin puree
- ½ cup granulated sugar
- ¼ cup light brown sugar
- 1 cup unsweetened organic apple juice
- 1 tbsp lemon juice
- 1½ tsp ground cinnamon
- 1 tsp dried ground ginger
- 1 tsp ground nutmeg
- ½ tsp kosher salt

INSTRUCTIONS

1. Place all ingredients in a large Dutch oven over medium-high heat. Bring to a light boil and reduce heat to medium-low.
2. Simmer for 20 minutes.
3. Let come to room temperature, and refrigerate for up to 2 weeks.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras