



SERVING SIZE
*Recipe makes 4 servings
(1 serving = 2 tacos)

Buffalo Cauliflower Tacos

INGREDIENTS

- 2 cups frozen cauliflower
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp chili powder
- ½ tsp black pepper
- ¾ cup buffalo sauce, divided
- 8 fajita-sized flour tortillas
- 2 cups shredded chard or lettuce
- 1½ cups halved cherry tomatoes
- LG homemade ranch dressing to taste

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Fit a large sheet pan with parchment.
3. Toss cauliflower with olive oil, garlic powder, chili powder, black pepper, and ¼ cup buffalo sauce in a medium bowl.
4. Roast for 10 minutes, flip, and bake for an additional 5-7 more minutes. When cooked through, toss cauliflower with remaining buffalo sauce in a medium bowl.
5. Divide cauliflower between tortillas, and top with chard, tomatoes, and ranch.

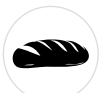
FOOD PLATE SECTIONS FULFILLED



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 4 servings

Creamy Garlic Chicken + Broccoli

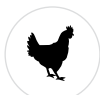
INGREDIENTS

- 8 oz. pasta
- 2 tbsp ghee
- 1½ lbs. chicken tenders
- ½ tsp ground sea salt
- ½ tsp black pepper
- 3 cloves garlic, minced
- 2 tbsp all-purpose flour
- 1 cup chicken broth
- 3 cups frozen broccoli florets
- 2/3 cup full-fat Greek yogurt

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and reserve.
2. In a large frying pan, heat ghee over medium heat. Add chicken tenders, and season with salt and pepper. Cook for 5 minutes and flip. Cook for an additional 4-5 minutes, or until chicken is cooked through. Remove chicken from the pan, and roughly chop on a cutting board. Place chicken back in the pan.
3. Add garlic to the pan, and sauté for 1 minute.
4. Add flour to the pan, and stir for 1 minute.
5. Stir in chicken broth and stir well to get up all the browned bits. Add the broccoli to the pan, and cook for 5 minutes, or until bright green and warmed through.
6. Reduce heat to medium-low. Gently stir in yogurt, and cook until warmed through, approximately 2 minutes. Stir cooked pasta into the pan and warm through.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

SIDES

Zucchini Pizza Bites

INGREDIENTS

- 1 large zucchini cut into $\frac{3}{4}$ -inch rounds
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp ground sea salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ cup spaghetti sauce
- 8 cherry tomatoes
- $\frac{1}{4}$ cup mozzarella

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, toss the zucchini with the oil, salt, and pepper.
3. Place zucchini on grill and cook for 5 minutes. Remove zucchini from grill, and place on a plate.
4. Divide sauce between slices. Top with tomatoes and mozzarella. Gently place back on the grill, and cover with the grill lid.
5. Cook for 5-7 minutes, or until cheese is melted.

NOTE: you can cook the zucchini in a 375-degree oven, using the same cooking time as for the grill

SERVING SIZE

*Recipe makes 8 bites and 2 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



Taco Alfredo

INGREDIENTS

- 8 oz. pasta
- 1 tbsp olive oil
- 1½ lbs. chicken tenders
- 2 tsp chili powder
- 2 tsp cumin powder
- 1 tsp dried parsley
- ½ tsp kosher salt
- ½ tsp black pepper
- ½ tsp paprika
- 1/8 tsp cayenne
- 1 tbsp all-purpose flour
- 1 cup chicken broth
- ½ cup full-fat Greek yogurt

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and reserve.
2. In a large frying pan, heat oil over medium heat. Add chicken tenders and season with chili powder, cumin, parsley, salt, pepper, paprika, and cayenne. Cook for 5 minutes and flip. Cook for an additional 4-5 minutes, or until chicken is cooked through. Remove chicken from the pan, and roughly chop on a cutting board. Return to pan.
3. Add flour to the pan and stir for 1 minute. Stir in chicken broth and stir well to get up all the browned bits.
4. Reduce heat to medium-low. Gently stir in yogurt and cook until warmed through, approximately 2 minutes. Stir cooked pasta into the pan, and warm through.

SERVING SIZE

*Recipe makes 4 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
*Recipe makes 6 servings

Fajita Butternut Squash and Chicken Crockpot Soup

INGREDIENTS

- 1½ lbs. boneless chicken breasts
- 1 cup quinoa, rinsed
- 4 cups butternut squash, cut into 1-inch pieces
- 1 can (15 oz.) black beans
- 1 can (15 oz.) corn
- 1 can (14.5 oz.) diced tomatoes
- 5 cups chicken broth
- 1 garlic clove, diced
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika
- 1/8 tsp cayenne

INSTRUCTIONS

1. Place the chicken, quinoa, squash, black beans, corn, tomatoes, broth, garlic, chili powder, cumin, paprika, and cayenne into a 5-quart slow cooker.
2. Cook on high for 4 hours. Gently remove chicken from slow cooker, and shred with 2 forks.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras