



**SERVING SIZE**  
Recipe makes 4 servings

## Eggroll in a Bowl

### INGREDIENTS

- 1 tbsp olive oil
- 4 cups shredded cabbage
- 1 large white onion, diced
- 1 large carrot, grated
- ½ tsp salt
- ½ tsp black pepper
- 1 (2lb.) rotisserie chicken, shredded or roughly chopped\*
- 1 ½ tbsp sesame oil
- 1 tbsp tamari
- 1 ½ tsp grated fresh ginger
- ½ cup chicken broth
- Scallion greens, for garnish

### INSTRUCTIONS

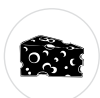
1. In a large frying pan heat the olive oil over medium heat. Add the cabbage, onion, and carrot. Season with salt and pepper. Sauté until the cabbage is wilted and the onion is cooked through, about 7 minutes.
2. Add the chicken, sesame oil, tamari, ginger, and broth to the pan. Cook until the broth is absorbed, about 5 minutes.

**Note:** You could also use 1 ½ lbs. ground beef or turkey, and cook until browned and cooked through, and then add the vegetables and seasonings for a different flavor!

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



## Portabello Fajitas

### INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 tbsp cumin
- 1 tsp oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp kosher salt
- 3 large portobello mushrooms, cleaned and cut into strips
- 2 large green bell peppers, sliced
- 1 large red onion, sliced
- 1 tbsp lime juice
- 6 flour tortillas

### INSTRUCTIONS

1. Heat olive oil in a large frying pan with the chili powder, cumin, oregano, onion powder, garlic powder, and salt.
2. Stir for 1 minute.
3. Add the mushrooms, bell pepper, onion, and lime juice to the pan. Sauté until the vegetables are softened, 5-7 minutes.
4. Divide mixture between flour tortillas.

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

## Lemony Shrimp Scampi

### INGREDIENTS

- 4 oz. angel hair pasta
- ½ tsp kosher salt
- 2 tbsp unsalted butter, or ghee
- 12 cooked frozen shrimp, defrosted to package directions
- 1 small garlic clove, roughly chopped
- 2 tbsp lemon juice
- ½ tsp ground sea salt
- ½ tsp black pepper
- ½ cup chicken broth
- Parmesan cheese, to taste

### INSTRUCTIONS

1. Bring a large pot of water to a boil with kosher salt. Cook pasta to package directions, and drain.
2. Melt ghee in a large frying pan over medium heat. Add the shrimp, and cook until warmed through. Add the garlic clove, and stir for 1 minute. Season with sea salt and pepper.
3. Add lemon juice, and chicken broth. Bring to a simmer, and add the pasta to the pan.
4. Toss well in the sauce, and divide between two plates. Toss with desired amount of parmesan.

### SERVING SIZE

Recipe makes 2 servings

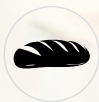
### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



## Butternut Squash Fritters

### INGREDIENTS

- 5 cups shredded butternut squash
- 2/3 cup flour
- 2 large eggs, beaten
- 2 tsp dried parsley
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried chives
- 3 tbsp olive oil

### INSTRUCTIONS

1. In a large bowl combine the squash, flour, eggs, parsley, onion powder, garlic powder, and dried chives together.
2. In a large, non-stick frying pan heat the oil over medium heat until it shimmers.
3. Drop the mixture into the oil using a 1/3 measuring cup, and lightly flatten with the back of the cup. Repeat until you have 3-4 fritters, taking care not to overcrowd the pan. Cook the fritters for 5 minutes, flip and cook for an additional 3 minutes.
4. Drain on a paper towel lined plate.
5. Repeat with remaining batter.

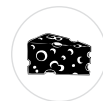
### SERVING SIZE

Recipe makes ~ 8 fritters and ~3 servings

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



# Pumpkin Blossom Cookies

## INGREDIENTS

- $\frac{3}{4}$  cup wheat flour
- $\frac{1}{4}$  cup oat flour (blended oatmeal)
- 1 tsp cornstarch
- 1 tsp cinnamon
- $\frac{3}{4}$  tsp baking powder
- $\frac{1}{4}$  tsp ground nutmeg
- $\frac{1}{2}$  tsp kosher salt
- $\frac{3}{4}$  cup pumpkin puree
- 1 tbsp unsalted butter
- 1 tsp vanilla extract
- 12 chocolate kisses

## INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. In a large bowl whisk together the wheat flour, oat flour, cinnamon, nutmeg, and salt. Add in the puree, butter, and vanilla. Stir well to combine.
3. Refrigerate for 30 minutes to let dough firm up.
4. Drop 1  $\frac{1}{2}$  teaspoons of the mixture onto a cookie sheet. Flatten slightly. Repeat with the rest of the dough, leaving 1  $\frac{1}{2}$ -inches in between cookies.
5. Bake for 13 minutes, and place kisses in the middle of the hot cookies. Let cool on a cooling rack.

## SERVING SIZE

Recipe makes 12 cookies and 3 servings

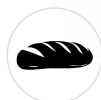
## FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

