

Creamy Bacon Chicken

INGREDIENTS

- 1 tbsp olive oil
- 4 boneless chicken thighs
- 2 tsp Italian seasoning mix
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz. cremini mushrooms, sliced
- 1 tbsp butter
- 1½ tbsp all-purpose flour
- 1 cup milk
- 6 sliced cooked and crumbled bacon
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 tbsp roughly chopped flat-leaf parsley

INSTRUCTIONS

1. Heat the olive oil over medium heat until it shimmers. Add the chicken skin side down, and season with Italian mix, salt and pepper.
2. Cook until the skin has browned, ~7 mins. Flip and cook until chicken registers 165 degrees, ~7-8 mins.
3. Add the mushrooms and cook until softened, ~5 mins.
4. Remove chicken from the pan, and tent to keep warm.
5. Add the butter to the pan. When the butter has melted, add the flour and stir for 1 min.
6. Pour in the milk and stir until it comes to a simmer.
7. Stir in the bacon, garlic powder and onion powder. Simmer for 5 minutes.
8. Pour over chicken and enjoy.

SERVING SIZE

Recipe makes 2 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
Recipe yields 2 servings

Creamy Brussels Sprouts

INGREDIENTS

- 16 Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- ½ tsp kosher salt
- ½ tsp black pepper
- 2 tbsp unsalted butter
- 2 tsp all-purpose flour
- ¾ cup low-fat milk
- 2 oz. parmesan cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Toss Brussels sprouts in olive oil, salt and pepper.
3. Place in a small baking dish and bake for 15 mins. Stir.
4. In a small saucepan, heat butter over medium heat. Whisk in the flour and cook for 1 min.
5. Pour in the milk and bring to a light simmer. Add the parmesan and stir well. When the sauce has thickened, pour it over the sprouts. Stir well.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

ENTREES

Ground Beef Stroganoff

INGREDIENTS

- 8 oz. pasta (ex: wheat, white, or brown rice)
- 2 tsp olive oil
- 1 lb. lean ground beef
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 small onion, thinly sliced
- 8 oz. thinly sliced cremini mushrooms
- 2 tbsp all-purpose flour
- 1 cup beef or chicken broth
- 2 tsp dried dill
- 1 tsp paprika
- ½ cup full-fat Greek yogurt
- Cooked noodles

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and reserve.
2. In a large frying pan heat the oil over medium heat.
3. Add the ground beef, and break into small pieces. Season with salt and pepper. Sauté until beef is lightly browned and cooked through.
4. Add the onion and mushrooms to the pan. Sauté until the vegetables are softened ~5-7 mins.
5. Add the flour and stir for 1 min. Pour in the broth and stir well. Bring to a light simmer. Add the dill and paprika.
6. Remove from heat and add in the yogurt. Stir well.
7. Serve with cooked noodles.

SERVING SIZE

Recipe makes 4 servings

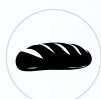
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
Recipe yields 4 servings

Meatless Mushroom Stroganoff

INGREDIENTS

- 8 oz. pasta (wheat, white, or brown rice)
- 1 tbsp unsalted butter
- 12 oz. thinly sliced cremini mushrooms
- 1 small red onion, diced
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 tbsp all-purpose flour
- 1 cup vegetable broth
- 1 tsp paprika
- 1 tsp dried dill
- ¼ cup full-fat Greek yogurt

INSTRUCTIONS

1. Cook noodles according to package directions. Drain and reserve.
2. Heat the butter in a medium frying pan over medium heat.
3. Add the mushrooms and onion to the pan. Season with salt and pepper. Cook for 5-7 mins, or until softened.
4. Add flour to the pan and stir for 1 min.
5. Pour in the broth, paprika and dill. Stir well and bring to a light simmer.
6. Remove from heat, and gently stir in yogurt.
7. Serve with cooked pasta.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE

Recipe yields 6 brownies
& 3 servings
(1 serving = 2 brownies)

Peppermint Brownies

INGREDIENTS

- 6 tbsp room temperature unsalted butter
- ½ cup dark chocolate chips
- 1 large egg + 1 egg yolk
- 1 tsp peppermint extract
- ½ cup applesauce
- ¾ cup blanched almond flour
- ½ cup cocoa powder
- 3 tbsp granulated stevia
- ½ tsp kosher salt
- 2 tsp sprinkles

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Place the butter and chocolate chips in a medium microwave-safe bowl. Cook on high heat for 30 secs.
3. Whisk in the eggs, extract and applesauce.
4. In a large bowl, whisk together the almond flour, cocoa powder, stevia and salt.
5. Whisk the wet ingredients into the dry ingredients.
6. Fit an 8x8 pan with parchment paper. Spoon the mixture into the pan and flatten with an offset spatula. Top with sprinkles.
7. Bake for 30 min, or until a toothpick inserted into the center comes out clean.
8. Let the brownies cool in the pan for 30 minutes.
9. Remove parchment, and let brownies cool completely on a metal cooling rack. Cut into 6 pieces.