

# Recipe Release #34

- · Reeses Peanut Butter Cookies
- · Candied Bacon
- Candied Bacon BLTs with Spicy Mayo
- Candied Mashed Sweet Potatoes
- Miso Cod
- Miso Sesame Couscous
- · Steak Tacos with Chimichurri Sauce
- Teriyaki Salmon Jerky

### Reese's Peanutbutter Cookies

#### **INGREDIENTS**

- 1 CUP UNSALTED BUTTER AT ROOM TEMP
- ¾ CUP WHITE SUGAR
- 1 CUP BROWN SUGAR
- 1 CUP PEANUT BUTTER
- 2 EGGS
- 2.5 CUPS FLOUR
- 2 TSP BAKING SODA
- ½ TSP SALT
- ½ CUP REESES PEANUT BUTTER COOKIES
- ½ CUP CHOPPED REESES CUPS
- 1/2 CUP MINI CHOC CHIPS
- CELTIC SEA SALT

- PREHEAT OVEN TO 350 DEGREEES
- ADD BUTTER AND SUGAR TO MIXING BOWL AND MIX UNTIL CREAMY.
- ADD PEANUT BUTTER AND EGGS AND MIX UNTIL COMBINED.
- ADD THE FLOUR, BAKING SODA, AND SALT AND MIX ON LOW JUST UNTIL COMBINED AN NO FLOUR STEAKS.
- ADD REESES BITS AND CHOCOLATE CHIPS AND MIX IN. RESERVE SOME OF THE REESES BITS AND CHOC CHIPS FOR TOPPING.
- LINE A BAKING SHEET WITH PARCHMENT PAPER AND BAKE COOKIES FOR ABOUT 9-12 MINUTES.
- REMOVE FROM THE OVEN AND PRESS BITS OF REESES AND CHOC CHIPS ON TOP OF COOKIES.
- SPRINKLE WITH SEA SALT.
- CONTINUE LETTING THEM COOL FOR A FEW MINUTES (IF YOU CAN)



## Candied Bacon

#### **INGREDIENTS**

- 1 PACK THICK CUT BACON
- 1/2 CUP BROWN SUGAR
- 1 TSP BLACK PEPPER
- 1 TSP CRUSHED RED PEPPER FLAKES

- PREHEAT OVEN TO 400 DEGREES
- LAY BACON DOWN FLAT ACROSS A PARCHMENT LINED BAKING SHEET.
- MIX TOGETHER THE BROWN SUGAR, CRUSHED RED PEPPER FLAKES AND PEPPER.
- SPRINKLE WITH HALF OF BROWN SUGAR MIXTURE ACROSS THE BACON, FLIP IT OVER AND COAT THE OTHER SIDE.
- BAKE FOR 20-30 MINUTES UNTIL THE BACON IS CRISPY. FLIPPING HALF WAY.
- IF THEY AREN'T CRISPY ENOUGH, BROIL FOR A COUPLE OF MINUTES.



# Candied Bacon BLT with avocado and Spciy Mayo

#### **INGREDIENTS**

- 4 CIABATTA BUNS
- BROWN SUGAR OR MAPLE SIRYP
- 1 AVOCADO
- 16 SLICES CANDIED BACON FROM PREVIOUS RECIPE
- 1 ONION, SLICED
- LETTUCE
- 1 LARGE SLICING TOMATO
- 4 TB SPICY MAYO

- MAKE CANDIED BACON FROM PREVIOUS RECIPE
- TOAST CIABATTA BUNS
- SLICE ONIONS AND ADD TO A PAN AND CARMELIZE WITH A LITTLE BROWN SUGAR OR MAPLE SYRUP
- SLICE AVOCDO
- SLICE TOMATO
- ASSMEBLE BY SPREADING 1/4 AVOCADO ON EACH OF THE TOASTED CIABATTA BUNS. LETTUCE, TOMATO, 4 SLICES CANDIED BACON, TOP WITH CARMELIZED ONIONS AND SPREAD A LAYER OF SPICY MAYO ON THE OTHER SIDE OF THE BUN.
- SLICE IN HALF AND ENJOY!



## Candied Mashed Sweet Potatoes

#### **INGREDIENTS**

- 4 LARGE SWEET POTATOES PEELED AND SLICED.
- ½ CUP BROWN SUGAR
- 4 TBSP BUTTER
- 1 TSP CINNAMON
- 1 TSP VANILLA EXTRACT
- 1 TBSP HONEY

- PREHEAT OVEN TO 400 DEGREES
- PEEL AND SLICE SWEET POTATOES
- ADD TO A BUTTER, BROWN SUGAR, VANILLA EXTRACT, AND CINNAMON
- COVER WITH FOIL AND BAKE FOR 30-40 MINUTES UNTIL SOFT AND FORK TENDER.
- MASH.
- TOP WITH A DRIZZLE OF HONEY.



## Miso Cod

#### **INGREDIENTS**

- COD (4 SERVINGS)
- 2 TBSP MISO PASTE
- 2 CUPS WATER
- SALT
- PEPPER
- PAPRIKA

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- MIX MISO PASTE WITH WATER AND WHISK UNTIL SMOOTH.
- RINSE COD UNDER COOL WATER.
- PAT COD DRY AND SEASON WITH SALT, PEPPER, AND PAPRIKA.
- MARINATE COD FOR 2 DAYS AS A MINIMUM! DON'T SKIP THIS STEP.
- AFTER COD HAS MARINATED IN MISO FOR 2 DAYS, PREHEAT OVEN TO BROIL
- BROIL COD FOR 8 MINUTES OR SO UNTIL COD FLAKES EASILY WITH A FORK, KEEPING AN EYE ON IT. IT MAY TAKE LESS OR MORE, DEPENDING ON COD SIZE AND THICKNESS AND OVEN.



## Miso Sesame Cous Cous

#### **INGREDIENTS**

- 2 CUPS ISRAELI COUSCOUS
- 2 TBSP MISO PASTE
- ½ CUP WATER
- 1 TBSP SESAME OIL
- 2 TBSP TOASTED SESAME SEEDS
- 2 CUPS CHOPPED SPINACH
- 2-3 GRATED CARROTS

#### **DIRECTIONS:**

- COOK ISRAELI COUS COUS
- MIX TOGETHER 2 TBSP MISO PASTE AND WATER AND 1 TBSP SESAME OIL.
- MIX TOGETHER COUSCOUS, MISO MIXTURE, TOASTED SESAME SEEDS, CHOPPED SPINACH, AND GRATED CARROTS.

SUGGESTION: SERVE WITH MISO COD FROM PREVIOUS RECIPE.



## Steak Tacos with Chimichurri Sauce

#### **INGREDIENTS**

#### **CHIMICHURRI:**

- 1 BUNCH CILANTRO
- 1 BUNCH PARSLEY
- ½ CUP AVOCADO OIL
- 1 DICED RED PEPPER
- 3-4 CLOVES MINCED GARLIC
- SALT
- PEPPER
- ½ LEMON, JUICED
- 4 SLICED LAUGHING COW CHEESE
- 12 STREET TACOS
- 2 LBS STEAK
- COJITA CHEESE
- RED ONION, SLICED
- CHERRY TOMATOES, SLICED IN HALF
- JALAPENO SLICES
- SRIRACHA
- LIME WEDGE

#### **DIRECTIONS:**

#### MAKE THE CHIMICHURRI:

- FINELY CHOP ALL HERBS.
- MIX IN AVOCADO OIL, DICED PEPPER, MINCED GARLIC, SALT, PEPPER, AND LEMON JUICE.
- HEAT A CAST IRON SKILLET ON HIGH COATED WITH AVOCADO OIL
- HEAT EACH SIDE FOR 5 MINS FOR MEDIUM RARE.
- LET REST 5 MINS. WHILE RESTING, TOAST THE STREET TORTILLAS ON EACH SIDE BY SPRAYING WITH A LITTLE COOKING SPRAY AND ADD TO A HOT PAN.

#### **ASSEMBLE TACOS:**

TORTILLA, LAUGHING COW CHEESE, STEAK, CHIMICHURRI, RED ONION SLICES, TOMATO SLICES, JALAPENO SLICES, SRIRACHA, AND SERVE WITH A LIME WEDGE.



# Teriyaki Salmon Jerky

#### **INGREDIENTS**

- 2 LBS SALMON, SLICED THINLY
- 1 BOTTLE TERIYAKI SAUCE
- 1 TBSP CRUSHED RED PEPPER
- 1 TBSP SESAME SEEDS

- REMOVE SKIN FROM SALMON AND SLICE THINLY.
- MARINATE WITH A BOTTLE OF TERIYAKI SAUCE FOR 1-2 DAYS.
- LAY SALMON ACROSS A DEHYRDATRO.
   TOP WITH CRUSHED RED PEPPER AND SESAME SEEDS
- DEHYRDATE FOR 5-6 HOURS UNTIL SALMON IS DONE.



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# See you Next Week!

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Most recipes have a holistic approach with health in mind, but there are even a few splurge meals included from time to time! Follow along on social media to see what I am making before it hits the recipe release! Download my cook eBooks and Fitness PDF's too!

Feel free to tag me when you make the recipes! I love to see your creations! XOXO,

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