



IG: @Steph_The_Shinking_Chef



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Flip This Dish

Chocolate Baked Oatmeal

prep time

5 minutes

cook time

20-25 min.

yield

4 portions

ingredients:

- 1 1/3 cup rolled oats
 - 1 cup milk
 - 3 Tbsp. cocoa powder
 - 1 small ripe banana
 - 1 large egg
 - 2 Tbsp. maple syrup
 - 1/2 tsp. vanilla extract
 - 1 tsp. baking powder
 - 2 scoops chocolate protein powder
 - Pinch of salt
 - 1/4 cup sugar free chocolate chips (for topping)
- Optional:*
- 4 squares of chocolate
 - Berries for topping

here's how:

- 1 Preheat the oven to 350°. Spray 4 (1 cup) glass baking dishes with pan spray. Put all ingredients (except chocolate chips) in a blender and blend for 1 minutes.
- 2 Fill each baking dish 1/3 full with mixture and then place a chocolate square in the center of each dish. Divide remaining mixture evenly among the baking dishes, until about 3/4 full. Top each dish with 1 Tbsp. chocolate chips.
- 3 Bake for 20-25 minutes or until the mixture has completely set. Enjoy immediately or refrigerate for up to 5 days.
- 4 If eating after refrigeration, microwave for 20-30 seconds, or until warm. Top with berries or other toppings, if desired.

helpful notes:

- I like Fairlife milk for extra protein.
- I'm using a Pro Care Health Chocolate Calcium Supplement for the center.
- Use any sweetener you like in place of maple syrup.
- Greek Yogurt is another optional topping for more protein.
- **Macros using my ingredients, including chocolate & berries:**
390 calories, 25g protein, 50g carbs, 13g fat

Chicken Enchiladas

prep time

15 min.

cook time

20-25 min.

yield

8 enchiladas (2 per serving)

ingredients:

- 8 oz. rotisserie chicken, shredded
- 1/2 cup onion, diced
- 3/4 cup low fat Mexican cheese, shredded
- 1/4 cup cilantro, chopped
- 1 cup enchilada sauce
- 8 ea. snack size La Banderita carb counter tortillas

here's how:

- 1 Preheat oven to 350°. Spray a 9x9 baking dish with pan spray.
- 2 In a large bowl mix rotisserie chicken with 1/2 of the diced onions, 1/2 of the cheese and 1/2 of the cilantro.
- 3 Pour 1/2 of the enchilada sauce out in the bottom of the baking dish. Lay out 8 tortillas and divide chicken mixture evenly amongst each. Spread the chicken out across the center of each tortilla. Roll each tortilla up and place in the sauced baking dish, seam side down.
- 4 Repeat rolling with the remaining tortillas and place them snugly together, seam side down, in the sauced pan. Top with remaining sauce, onions and cheese, then bake for 20-25 minutes until the cheese has melted and the sauce is bubbly. Garnish with remaining cilantro.

helpful notes:

- You can use smaller tortillas and serve 3-4 per serving or larger tortillas and serve 1 per serving. Note that your macros will change when altering ingredients.
- **Macros per serving using my ingredients:**
273 calories, 29g protein, 15g carbs, 11g fat

Chicken & Broccoli Fettuccini (Cottage Cheese) Alfredo

prep time

10 minutes

cook time

20 minutes

yield

4 portions

ingredients:

- 2 Tbsp. butter
- 2 Tbsp. chopped garlic
- 1 cup whole milk cottage cheese
- 1/4 cup Parmesan cheese
- 1/2 tsp. sea salt (divided)
- 1/4 tsp. black pepper
- 3 cups Carb Nada fettuccini
- 8 oz. grilled chicken strips, hot
- 12 broccoli florets, steamed
- splash of milk (as needed)

here's how:

- 1 Melt butter in a sauté pan over medium heat. Add garlic and sauté until golden, about 2 minutes. Be careful not to burn the garlic or it will be bitter. Set the pan aside and allow it to cool to room temp. Meanwhile, bring a large pot of water to a boil and add 1/4 tsp. salt. Once boiling, cook pasta according to package directions. Reserve about 1/2 cup of pasta water before draining.
- 2 Add cottage cheese, parmesan cheese, sauteed garlic, pepper and remaining salt to a high speed blender and blend on high for 2-3 minutes.
- 3 After draining pasta, return it to the same pot. Add blended Alfredo sauce, chicken, broccoli and about 1/4 cup of pasta water to the pasta and gently heat on low, stirring constantly, until the sauce is warmed and most of the liquid has been absorbed, about 2-3 minutes.
- 4 **For meal prep:** Skip step 3. Evenly divide cooked pasta, blended Alfredo sauce, chicken and broccoli in meal prep containers. Cover and store in refrigerator. To reheat, add a splash of milk to the container and reheat on low heat in the microwave for 2-3 minutes, stirring every 45 seconds to avoid curdling.

helpful notes:

- DO NOT skip the 2-3 minute blend time. This will help prevent the mixture from separating.
- The key to avoid curdling is to heat the sauce slowly with low heat.
- Freshly grated Parmesan cheese blends best in this dish.
- Topping suggestions: Extra Parmesan cheese, crushed red pepper, squeeze of fresh lemon.

- **Macros per serving using my ingredients:**
306 calories, 31g protein, 19g carbs, 13g fat