



Ingredients

- 1 LB. GROUND TURKEY BREAST (CAN SUBSTITUTE WITH GROUND CHICKEN, GROUND BEEF, OR GROUND PORK)
- 1 SWEET ONION, DICED
- 1 TABLESPOON SESAME OIL
- 1 TABLESPOON RICE VINEGAR
- 2 TEASPOONS MINCED FRESH GARLIC
- 1 TEASPOON GROUND GINGER
- ¼ CUP LESS SODIUM SOY SAUCE
- 1 (16 OUNCE) BAG COLESLAW MIX
- ½ CUP GRATED OR “MATCHSTICK” CARROTS
- 2 GREEN ONIONS, THINLY SLICED
- SALT AND PEPPER, TO TASTE

Directions

1. HEAT A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD GROUND MEAT AND COOK, STIRRING, UNTIL NO LONGER PINK. DRAIN; RETURN MEAT TO SKILLET.
2. ADD DICED ONION, SESAME OIL, AND RICE VINEGAR TO THE SKILLET. COOK, STIRRING, FOR A FEW MORE MINUTES (UNTIL ONION IS TENDER).
3. ADD GARLIC, GINGER, SOY SAUCE, HOISIN SAUCE (OPTIONAL), COLESLAW MIX, AND CARROTS TO THE SKILLET. COOK, STIRRING, FOR ABOUT 5-7 MORE MINUTES, OR UNTIL CABBAGE IS WILTED.
4. REMOVE SKILLET FROM THE HEAT. STIR IN GREEN ONIONS AND SEASON WITH SALT AND PEPPER, TO TASTE.
5. IF YOU LIKE SPICE YOU CAN ALSO ADD SIRACHA OR HOT SAUCE ON TOP. ENJOY!

Additional Notes

SOMETIMES YOU CAN PURCHASE COLESLAW MIX WITH MATCHSTICK CARROTS ALREADY IN IT. IF YOU ARE HAVING PROBLEMS FINDING ANY OF THE INGREDIENTS LISTED ABOVE YOU CAN SUBSTITUTE ALMOST ALL OF THEM. HOWEVER, WE DO RECOMMEND USING THE SESAME OIL BECAUSE THAT IS THE STAPLE TO MAKING THIS ASIAN DISH DELICIOUS AND AUTHENTIC!

Eggroll Bowl



Nutrition Facts

SERVING SIZE: 1.5 CUPS

205 CALORIES

12G CARBS

5G FAT

30G PROTEIN



Ingredients

- 5 OZ CHICKEN
- 1 TSP CHILI POWDER
- 2 TBS LIME JUICE
- 1/2 TSP CUMIN
- 1/2 TSP GARLIC POWDER
- 1/2 TSP SALT
- 1/4 TSP BLACK PEPPER
- 1 CUP CAULIFLOWER RICE
- 1/4 CUP CORN
- 1/4 CUP BLACK BEANS
- 1/2 TBS CILANTRO
- 1/2 TBS GREEN ONION
- 1 QUARTER LIME WEDGE

Directions

1. PREHEAT OVEN TO 400 DEGREES.
2. SPRAY SHEET PAN WITH COOKING SPRAY. SEASON CHICKEN WITH CHILI POWDER, CUMIN, GARLIC POWDER, SALT, PEPPER, AND LIME JUICE. BAKE FOR 7-10 MINUTES OR UNTIL CHICKEN REACHES 165 DEGREES. ONCE COOL, DICE INTO BITE SIZE PIECES.
3. WHILE THE CHICKEN IS BAKING, PREPARE THE CAULIFLOWER RICE BY HEATING A PAN WITH OLIVE OIL. ONCE THE RICE IS GOLDEN BROWN IT IS DONE.
4. DRAIN AND RINSE CORN AND BLACK BEANS. DICE GREEN ONIONS AND SLICE LIME WEDGES. SET ASIDE.
5. MIX CAULIFLOWER RICE, CORN, BLACK BEANS, AND CHICKEN TOGETHER, SPRINKLE ADDITIONAL SEASONING ON TOP IF ANY LEFT. TOP WITH GREEN ONION, CILANTRO AND LIME WEDGES. ENJOY!

Additional Notes

If you have enough time, marinate your chicken in the spices and lime juice for at least 30 minutes before baking in the oven. This will keep your chicken from getting dry and will be full of flavor! If you do not want to use pre-made cauliflower rice, you can buy fresh cauliflower and grate it with a box grater or use a food processor.

Chili Lime Chicken



Nutrition Facts

**SERVING SIZE: 5 OZ
CHICKEN 1.5 CUPS OF
RICE MIXTURE**

**320 CALORIES
17G CARBS
6G FAT
36G PROTEIN**



Ingredients

- 1 DOZEN EGGS
- 3/4 CUP CUBED HAM
- 1 CUP OF SPINACH
- 3/4 CUP OF CHEESE
- 1/4 CUP OF DICED BELL PEPPER
- 2 CLOVES OF GARLIC
- SALT
- OLIVE OIL/NON-STICK SPRAY

Directions

1. CRACK ALL 12 EGGS IN A LARGE BOWL AND WHISK TOGETHER UNTIL COMBINED. SEASON WITH SALT AND PEPPER. SET ASIDE.
2. MINCE 2 CLOVES OF GARLIC , DICE HAM AND BELL PEPPER.
3. IN A LARGE SKILLET, SPRAY NON-STICK SPRAY OR A DRIZZLE OF OLIVE OIL. ADD SPINACH AND GARLIC. COVERING THE SPINACH WILL SPEED UP THE COOKING PROCESS, ONCE THE SPINACH HAS REDUCED IN SIZE, IT IS DONE.
4. SPRAY MUFFIN TIN WITH NON STICK SPRAY OR RUB OLIVE OIL IN EACH MUFFIN HOLE.
5. DUMP EGGS INTO EASILY POURABLE CONTAINER SUCH AS A MEASURING CUP.
6. FILL EACH MUFFIN ABOUT 1/3 FULL. ADD IN YOUR CHEESE, HAM, COOKED SPINACH, AND BELL PEPPER. (I LIKE TO SAVE SOME CHEESE TO PUT ON TOP)
7. IN AN OVEN THAT HAS BEEN PRE-HEATED FOR 350, POP THE MUFFINS IN FOR 20-25 MINUTES OR UNTIL THE CENTER IS FIRM.
8. LET CUPS COOL BEFORE POPPING OUT OF THE MUFFIN TIN.

Additional Notes

IF YOU WOULD PREFER A VEGETARIAN OPTION, YOU COULD NIX THE HAM. FOR FLUFFIER EGGS YOU CAN ALSO ADD MILK WHEN WHISKING THE EGGS ALL TOGETHER. YOU CAN MAKE AS MANY OR AS LITTLE OF THESE CUPS AT A TIME. A GOOD RULE OF THUMB IS 1 EGG= 1 EGG CUP. THESE CUPS WILL STAY GOOD IN YOUR FRIDGE FOR 4-5 DAYS. I KEEP THEM IN A ZIP LOCK BAG IN THE FREEZER. IF YOU ARE KEEPING YOURS IN THE FRIDGE, TO RE-HEAT JUST POP THEM IN THE MICROWAVE FOR 30 SECONDS. IF YOU ARE FREEZING THEM, TO RE-HEAT MICROWAVE THEM FOR 1 MINUTE AND 30 SECONDS WITH A PAPER TOWL ON THE BOTTOM TO SOAK UP ANY REMAINING MOISTURE.

Egg Muffin Cups



Nutrition Facts

**SERVING SIZE: 1
EGG CUP**

**84 CALORIES
1G CARB
5G FAT
8G PROTEIN**