

*Melton*  
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# MICROWAVE RECIPES

## OMELET IN A MUG

### Ingredients

- ½ Cup great value egg makers
- 2 Tbsp fat free shredded cheddar cheese
- 2 Tbs ham diced
- 2 Tbsp green bell pepper diced

### Instructions

1. Lightly spray or grease a microwavable coffee mug.
2. Pour egg makers into the mug.
3. Mix in the ham, red bell pepper, and season with salt & pepper.
4. Microwave for 1-2 minutes.
5. Keep an eye on it just in case it overflows.
6. Serve & enjoy.



### Nutrition Per Serving

(Serves 4): Calories 130 | Carbs 4g | Fiber 0g | Protein 20g | Sugar 1g | Fat 4g | Sodium 534mg

## BLUEBERRY MUFFIN IN A MUG

### Ingredients

- 2 Tbsp. Whole-wheat flour
- 1 Tbsp. All-purpose flour
- 3 No-calorie sweetener packets (like Truvia)
- 1/4 Tsp. Baking powder
- 1/8 Tsp. Cinnamon
- 1/8 Tsp. Salt
- 2 Tbsp. Unsweetened vanilla almond milk
- 2 Tbsp. Egg whites (about 1 egg's worth) or fat-free liquid egg substitute
- 1 Tbsp. Unsweetened applesauce
- 1/2 Tsp. Vanilla extract
- 1/4 Cup blueberries (fresh or thawed from frozen and drained)

### Instructions

1. Spray a large microwave-safe mug with nonstick spray.
2. Add both types of flour, sweetener, baking powder, cinnamon, and salt. Mix well.
3. Add all remaining ingredients except blueberries. Stir until uniform.
4. Gently fold in blueberries.
5. Microwave for 2 1/2 minutes, or until set.
6. Immediately run a knife along the edges to help separate the cake from the mug.
7. Gently shake mug to release muffin, and plate, right side up.
8. Let cool completely, about 25 minutes. (This step is a must for best texture.)



### Nutrition Per Serving

(Serves 1) Calories: 148 | Fat: 1g | Sodium: 488mg | Carbs: 28g | Fiber: 3.5g | Sugar: 6.5g | Protein: 6.5g

## NUKED HEALTHY CHICKEN STIR-FRY

### Ingredients

- 1 Bag frozen steamable cauliflower rice
- 1 Bag frozen Birdeye Steamable Asian Medley veggies
- 6 Oz. frozen Tyson precooked diced chicken
- Soy sauce

### Instructions

1. Microwave bag of cauliflower rice per bag instructions.
2. Microwave mixed vegetables per bag instructions.
3. Microwave pulled chicken per bag instructions
4. Combine all ingredients in 2 serving bowls.
5. Add reduced sodium soy sauce to desired taste.



### Nutrition per Serving

(Serves 2) Calories: 280 | Fat: 7g | Sodium: 1590mg | Carbs: 21g | Fiber: 8g | Sugar: 12g | Protein: 31g

## MICROWAVE BREAKFAST BERRY CRUMBLE

### Ingredients

#### Fruit

- 1 Cup frozen blueberries
- ½ Cup frozen raspberries
- ½ Tablespoon ground flaxseed
- 2 Teaspoons sugar
- ¼ Teaspoon cinnamon

#### Crumble

- 2 Tablespoons rolled oats
- 2 Tablespoons oat flour
- 1/2 Tablespoon unsalted butter
- 1 Teaspoon brown sugar
- ¼ Teaspoon cinnamon
- Pinch of salt



### Directions

- Microwave frozen berries in a medium bowl for about 30 seconds to soften. Add the remaining fruit ingredients and toss to combine.
- In a separate bowl, combine all the crumble ingredients and using a fork or your fingers crumble the butter into the mixture until it is coarse. Sprinkle the crumble mixture over the berries.
- Microwave for about 1 minute, or until completely hot. Let cool slightly before eating.

### Nutrition

Serves: 1, Serving size: 1 bowl

Per serving: Calories: 332 | Total fat: 10g | Saturated fat: 4g | Monounsaturated fat: 2g | Cholesterol: 15mg | Sodium: 153mg | Carbohydrate: 45g | Dietary fiber: 12g | Sugar: 25g | Protein: 7g

# AIR FRYER RECIPES

## AIR FRYER FRENCH TOAST STICKS

### Ingredients

- 1/3 Cup (about 3 large) egg whites or fat-free liquid egg substitute
- 2 Tbsp. Unsweetened vanilla almond milk
- 1 Packet natural no-calorie sweetener (like truvia)
- 3/4 Tsp. Vanilla extract
- 1/2 Tsp. Cinnamon
- Dash salt
- 2 Slices light bread
- Optional toppings: lite pancake syrup, powdered sugar, berries



### Instructions

Place chicken and root beer inside the crockpot on high for 3 hours; shred and drain liquid (not all liquid so chicken remains moist); add salt and pepper; pour on BBQ sauce and let cook for 15-20mins then enjoy!

### Nutrition per serving

(Serves 4): Calories: 341 | Carbs: 54g | Fiber: 5g | Protein: 21g | Sugar: 23g | Fat: 4g | Sodium: 1996mg

## AIR FRYER RAVIOLI

### Ingredients

- 3/4 Cup light/low-fat ricotta cheese
- 3/4 Cup shredded part-skim mozzarella cheese
- 1 Tsp. Chopped garlic
- 1/2 Tsp. Onion powder
- 1/4 Tsp. Italian seasoning
- 1/4 Tsp. Salt
- Dash ground nutmeg
- 16 Small square wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)
- 1/2 Cup marinara sauce with 3g fat or less per serving

### Instructions

1. To make the filling, in a medium bowl, thoroughly mix all ingredients except wonton wrappers and marinara sauce.
2. Lay one wonton wrapper flat on a clean, dry surface. Spoon about 1 tbsp. Filling into the center. Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the bottom left corner to meet the top right corner, forming a triangle and enclosing the filling. Press firmly on the edges to seal.
3. Repeat to make 15 more ravioli. Spray with nonstick spray.
4. Working in batches as needed, place in the air fryer cooking basket in a single layer.
5. Set air fryer to 392 degrees. Cook until golden brown, 3 - 4 minutes.
6. Place marinara sauce in a medium microwave-safe bowl. Microwave until hot, about 30 seconds.
7. Serve ravioli with sauce for dipping.

### Nutrition per serving

(Servings 4): Calories: 195 | Carbs: 21.5g | Fiber: 1.5g | Protein: 12.5g | Sugar: 4.5g | Fat: 6.5g | Sodium: 580mg



## AIR FRYER ZUCCHINI FRIES

### Ingredients

- 2 Medium zucchini
- 1 Large egg beaten
- ½ Cup almond flour or panko/italian breadcrumbs
- ½ Cup parmesan cheese grated
- 1 Teaspoon italian seasoning or seasoning of choice
- ½ Teaspoon garlic powder optional
- Pinch of salt and pepper
- Oil for spraying olive or oil of choice



### Instructions

- Cut the zucchini in half and into sticks (aka fries) about 1/2 inch thick and 3-4 inches long.
- In a shallow bowl, combine the almond flour (or bread crumbs), grated parmesan, spices and a pinch of salt and pepper. Mix to combine.
- Dredge zucchini in egg and then in the almond flour mixture and place on a plate or baking sheet. Generously spray zucchini with cooking spray.
- Working in batches, place the zucchini fries in a single layer in the air fryer. And cook for 10 minutes at 400f, or until crispy.

### Nutrition per serving

Calories: 147 kcal | Carbohydrates: 6g | Protein: 9g | Fat: 10g | Sodium: 224mg | Fiber: 2g | Sugar: 3g

## AIR FRYER KETO ONION RINGS RECIPE

### Ingredients:

- 1 Large onion (sliced into rings 1/2 inch thick)
- 3 Tbsp coconut flour
- 1/4 Tsp sea salt
- 2 Large eggs
- 2/3 Cup pork rinds (~1.8 Oz)
- 3 Tbsp blanched almond flour
- 1/2 Tsp paprika
- 1/2 Tsp garlic powder

### Instructions:

1. Arrange 3 small, shallow bowls in a line: (1) Coconut flour and sea salt, stirred together, (2) Eggs, beaten, (3) Pork rinds, almond flour, paprika, and garlic powder, stirred together.
2. Lightly grease 2 air fryer oven racks or an air fryer basket.
3. Dredge an onion ring in coconut flour. Dip it in the egg, shake off the excess, then place in the pork rind mixture.

Scoop extra pork rind mixture over it, so that it's coated on all size. Place into the air fryer rack or basket. Repeat with all the onion rings, placing them in a single layer without touching. (You may need to cook them in two batches if you don't have 2 air fryer racks.)

4. Preheat the air fryer or air fryer oven to 400 degrees f for 2 to 3 minutes.

5. For an air fryer oven: place both racks into the air fryer oven. Bake for about 8 minutes, until the top layer is golden. Switch racks and bake for 8 more minutes, until the top layer is golden again.



For a regular air fryer: only half the onion rings will fit into the basket in a single layer. Place the basket into the air fryer. Bake for 16 minutes, until golden. Remove the onion rings, arrange the next batch of uncooked rings, and repeat.

Nutrition:

Calories: 135 | Fat: 7g | Protein: 8g | Total carbs: 8g | Net carbs: 5g | Fiber: 3g | Sugar: 2g

# INSTANT POT RECIPES

## INSTANT POT FRESH PEA FARROTTO WITH PEA SHOOTS

Ingredients

- 2 Tablespoons olive oil
- 1 Large leek, light green and white parts only, rinsed well and thinly sliced
- 2 Celery stalks, thinly sliced
- 1 1/2 Cups (304g) semi-pearled farro
- 3 Medium garlic cloves, chopped
- 2 1/2 Cups (592ml) chicken bone broth
- 1 Bay leaf
- 1 Cup fresh peas (from 1 pound of pods)
- 1/2 Cup (30g) shredded parmesan cheese
- 1/2 Teaspoon salt
- 1/4 Teaspoon freshly ground black pepper
- 2 Cups (85g) fresh pea shoots
- 2 Teaspoons lemon juice

Directions

- Put the oil in an electric pressure cooker, select sauté and adjust to normal/medium heat. When the oil is hot, add the leeks and celery and cook, stirring frequently, until the leeks are tender, 4 minutes. Add the farro and garlic and cook, stirring frequently, for 1 minute. Press cancel.
- Add the broth and bay leaf and stir to combine. Lock on the lid, select the pressure cook function and adjust to high pressure for 9 minutes. Make sure the steam valve is in the sealing position.
- When the cooking time is up, let the pressure come down naturally for 10 minutes, and then quick-release any remaining pressure. Stir in the peas and cheese. Cover and let stand 3 minutes, the cooking liquid thickens as it stands. Season with the salt and pepper.
- Toss the pea shoots with the lemon juice. Divide the farro among 4 bowls. Top with the pea shoots and serve.

Serves: 4 | serving size: 1 2/3 cups farrotto, 1/2 cup pea shoots

Nutrition (per serving): Calories: 408 | Total fat: 11g | Saturated fat: 2g | Monounsaturated fat: 5g | Cholesterol: 8mg | Sodium: 468mg | Carbohydrate: 57g | Dietary fiber: 10g | Sugar: 3g | Protein: 21g

## INSTANT POT BUTTERNUT SQUASH AND WHITE BEAN CHILI

Ingredients

- 1 1/2 Cups (280g) dry cannellini beans
- 2 Tablespoons olive oil

- 1 Medium yellow onion, chopped
- 1 Poblano chili, seeded and chopped
- 3 Medium cloves of garlic, chopped
- 1 Tablespoon ground cumin
- 2 Teaspoons ground coriander
- 2 Teaspoons mexican oregano
- 3 Cups (380g) butternut squash, cut into 1/2-inch cubes
- 2 1/2 Cups (592ml) low-sodium chicken or vegetable broth
- 1/2 Cup (75g) frozen corn
- 3/4 Teaspoon salt
- 1/2 Teaspoon black pepper
- 1/4 Cup cilantro, chopped
- 1 Lime, cut into 4 wedges

#### Directions

- The night before cooking, soak the beans. Place the beans in a large bowl and cover with 10 cups cold water; soak for 8–12 hours. Drain and rinse thoroughly.
- To make the chili, put the oil in the instant pot, select sauté and adjust to more/high heat. When the oil is hot, add the onion and poblano chilies and cook, stirring occasionally, until the onions are tender, 5 minutes. Add the garlic, cumin, coriander and oregano, and cook until fragrant, 45 seconds. Press cancel.
- Add the beans, squash, broth, corn, salt and pepper to the pot. Lock the lid, turn valve to “sealing,” select the pressure cook function and adjust to high pressure; set timer for 20 minutes.
- When cooking time is up, let the pressure naturally release for 10 minutes, then quick release the remaining pressure. Stir in the cilantro. Serve with lime wedges on the side.

Serves: 6 | serving size: 1 cup/270g

Nutrition (per serving): Calories: 265 | Total fat: 6g | Saturated fat: 1g | Monounsaturated fat: 4g | Cholesterol: 0mg | Sodium: 332mg | Carbohydrate: 42g | Dietary fiber: 9g | Sugar: 4g | Protein: 14g

## EASY SLOW COOKER MINESTRONE

#### Ingredients

- 4 Cups (950ml) reduced-sodium vegetable broth
- 3 Cups (700ml) water
- 1 (28-Ounce or 720g) can diced tomatoes
- 2 (15-Ounce or 385g each) can kidney beans (use white ones)
- 2 Medium (120g) carrots, peeled and chopped
- 2 Medium (80g) celery stalks, chopped
- 1 Small (70g) white or yellow onion, chopped
- 2 Teaspoons italian seasoning
- 2 Bay leaves
- 1/2 Teaspoon salt
- 1/2 Teaspoon pepper
- 1/2 Cup (50g) uncooked pasta
- 1 Medium (200g) zucchini, chopped
- 2 Cups coarsely chopped fresh or frozen spinach, defrosted
- Garnish: parmesan cheese and basil (optional)

#### Directions

- In a slow cooker, combine broth, tomatoes, beans, carrots, celery,





onion, italian seasoning, bay leaves and 1/2 teaspoon each salt and black pepper. Cover, and cook on low for 6–8 hours or on high for 3–4 hours.

- One hour before the soup is done cooking, add pasta, zucchini and spinach. Cover, and continue to cook for an additional hour. Remove bay leaves, and season, to taste, with salt and black pepper. Ladle soup into bowls, and sprinkle parmesan cheese over the top. Garnish with basil, if desired.

Serves: 4 | serving size: 3 1/4 cups

Nutrition (per serving): Calories: 339 | Total fat: 2g | Saturated fat: 0g | Monounsaturated fat: 0g | Cholesterol: 0mg | Sodium: 945mg | Carbohydrate: 56g | Dietary fiber: 21g | Sugar: 14g | Protein: 22g

## INSTANT POT CHICKEN RAMEN

### Ingredients

- 4 Large eggs
- 2 Teaspoons safflower oil
- 1 3/4 Pounds (784g) chicken drumsticks, skin removed
- 1/2 Teaspoon salt
- 1/2 Teaspoon pepper
- 4 Green onions, thinly sliced, white and green parts separated
- 1 Tablespoon fresh ginger, finely chopped
- 2 Medium garlic cloves, chopped
- 3 Cups (720ml) reduced-sodium chicken broth
- 3 Dried shiitake mushrooms
- 2 (8-Ounce/227g) packages tofu shirataki noodles
- 2 Cups (110g) sliced bok choy
- 2 Tablespoons reduced-sodium soy sauce
- Shichimi togarashi (optional)

### Directions

- Pour 1 cup (236ml) of water in an electric pressure cooker and place a trivet in the pot. Add the eggs, lock on lid, and cook on high pressure for 3 minutes. Quick-release the pressure and transfer the eggs to a bowl with ice water. When cool enough to handle, peel the eggs. Cut the eggs in half lengthwise and set aside, cut side-up on a plate at room temperature.
- Pour out the water and dry the inner pot. Return it to the cooker, add the oil, select saute and adjust to medium heat. When the oil is hot, season the chicken with the salt and pepper add to the pot. Cook, turning once, until the chicken is lightly browned, 5 minutes. Add the white parts of the green onions, ginger and garlic and cook until fragrant, 30 seconds. Press cancel.
- Add 3 cups (720ml) water to the pot and scrape up any browned bits on the bottom of the pot. Add the broth and shiitake mushrooms. Lock the lid and cook at high pressure for 20 minutes. Quick release the steam. Remove the chicken and mushrooms from the pot. Chop the meat into large pieces and discard the bones. Slice mushroom caps and discard the stems. Set aside.
- Select sauté and adjust to high heat. Skim off any foam or fat that rises to the surface of the broth and discard. Add the noodles and bok choy and simmer until tender, 3 minutes.
- Return the chicken and mushrooms to the pot, stir and simmer until heated through, 1 minute. Add the soy sauce. Divide among 4 large soup bowls and place the egg halves on top of the noodles and sprinkle with the sliced green onion tops and shichimi togarashi, if desired.

Serves: 4 | serving size: 1 1/2 cups

Nutrition (per serving): Calories: 360 | Total fat: 14g | Saturated fat: 2g | Monounsaturated fat: 0g | Cholesterol: 170mg | Sodium: 612mg | Carbohydrate: 11g | Dietary fiber: 3g | Sugar: 1g | Protein: 50g





# CROCKPOT RECIPES

## BBQ CHICKEN

### Ingredients

- 4 chicken breasts
- 1/2 bottle or can of root beer (full sugar not diet) – you can use coke or dr. Pepper if you prefer
- 18 oz. Bottle of bbq sauce
- 1/4 tsp salt
- 1/4 tsp pepper

### Instructions

Place chicken and root beer inside the crockpot on high for 3 hours; shred and drain liquid (not all liquid so chicken remains moist); add salt and pepper; pour on bbq sauce and let cook for 15-20mins then enjoy!

### Nutrition per serving

(Serves 4): Calories: 341 | Carbs: 54g | Fiber: 5g | Protein: 21g | Sugar: 23g | Fat: 4g | Sodium: 1996mg

## RANCH MUSHROOMS

### Ingredients

- 1 pound of mushrooms (whole)
- ½ cup of i can't believe it's not butter (melted)
- 1 envelope of ranch salad dressing mix

### Instructions

Clean the mushrooms and leave them whole in crockpot; mix then drizzle melted butter and ranch pack over mushrooms; cook on low for 3 to 4 hours stirring once after the first hour. Time to eat!

### Nutrition per serving

(Serves 4): Calories: 169 | Carbs: 54g | Fiber: 5g | Protein: 21g | Sugar: 23g | Fat: 16g | Sodium: 499mg



## CROCKPOT TURKEY BREAST

### Ingredients

- 1 turkey breast (bone in) about 6 pounds
- 1 packet of dry onion mix
- 3 tbs of i can't believe it's not butter (melted)

### Instructions

Coat the inside of the crockpot with non-stick spray; place turkey inside along with onion mix and butter (on top); cook for about 6-7 hours or until it reaches 175 degrees then enjoy!

### Nutrition per serving

(Serves 6): Calories: 630 | Carbs: 2g | Fiber: 0g | Protein: 67g | Sugar: <1g | Fat: 13g | Sodium: 187mg

## CHICKEN BLACK BEAN CHILI

### Ingredients

- 1.5lbs of raw chicken cut into one-inch pieces

- 2 – 14.5oz cans of diced tomatoes
- 4 oz can green chiles
- 15.5 oz can black beans, rinsed
- 11 oz can of sweet corn
- 1 envelope onion soup mix
- 1 tbsp chili powder
- ¼ cup fresh cilantro (optional topping)

#### Instructions

Combine all ingredients in crock pot, cover and cook on low for 6-8 hours or on high for 3-4 hours. Serve with desired toppings such as cilantro, cheese, sour cream, tortillas, etc.

#### Nutrition per serving

(Serves 4): Calories: 520 | Carbs: 44g | Fiber: 11g | Protein: 64g | Sugar: 8g | Fat: 2.5g | Sodium: 1750mg

## RANCH PORK CHOPS

#### Ingredients

- 4-4oz pork chops
- hidden valley ranch packet
- 2 cans of 98% fat free cream of chicken

#### Instructions

Combine all the ingredients into a crockpot; mix well; cook on low for 4-6 hours then enjoy!

#### Nutrition per serving

(Serves 4): Calories: 248 | Carbs: 12g | Fiber: 0g | Protein: 23g | Sugar: 1g | Fat: 13g | Sodium: 1245mg

## CHEDDAR CREAM OF MUSHROOM CHICKEN

#### Ingredients

- 1 can of family size reduced sodium cream of mushroom soup
- 1/2 can of french's cheddar french fried onions
- 2 boneless chicken breasts

#### Instructions

Place chicken breasts evenly apart in the bottom of a crockpot; pour can of mushroom soup over the chicken; cook for several hours (check chicken temp); last 30 mins of cooking add cheddar french fried onions on top; allow to cook until finished and serve!

#### Nutrition per serving

(Serves 2): Calories: 533 | Carbs: 42g | Fiber: 10g | Protein: 21g | Sugar: 23g | Fat: 28g | Sodium: 1996mg



## CREAMY ITALIAN CHICKEN

### Ingredients

- 1.5lbs of chicken breast (cubed)
- 1 8oz. Bar of fat free cream cheese
- 1 can of healthy request cream of chicken soup
- 1 tsp canned minced garlic
- 1 packet of zesty italian salad dressing mix
- optional garnish

### Instructions

Place all 5 ingredients in crockpot; cover and cook for about 4 hours on high and 7 hours on low (periodically stirring); once complete you can serve on bread, rice or noodles!

### Nutrition per serving

(Serves 4): calories 421 carbs 10g fiber 0g protein 63g sugar 4g fat 6g sodium 736mg

## CROCKPOT SESAME CHICKEN

### Ingredients

- 1 Lb. Chicken breast
- 1/4 Cup honey
- 1/4 Cup soy sauce (or tamari)
- 1/4 Cup organic ketchup
- 2 Teaspoons minced garlic
- 1 Tablespoon sriracha
- 1/2 Medium onion, minced
- 1 Tablespoon cornstarch
- 1 Tablespoon sesame seeds

### Instructions

1. First, mix honey, soy sauce, ketchup, minced garlic, and sriracha together.
2. Then, place chicken and onion into a large crock pot and pour on sauce.
3. Turn crockpot to high and let cook for 1.5-2 Hours. Or, alternatively, cook on low for 6-8.
4. At 1.5 Hours, check the chicken breasts to see if they are fully cooked (not pink in the middle). Once they are cooked, take chicken breast out and shred them using two forks.
5. Before placing shredded chicken back into crockpot, add 1 tablespoons of cornstarch to the sauce and whisk until it dissolves. Place shredded chicken back into the pot, add sesame seeds, mix with sauce, and let cook for an additional 30 minutes on high.
6. Serve with cauliflower rice, steamed broccoli, and more sesame seeds.



### Nutrition per serving

(Serves 4): Calories: 236 | Carbs: 27g | Fiber: 1g | Protein: 26g | Sugar: 1g | Fat: 3g | Sodium: 1245mg

## TRACY'S TURKEY CHILI

### Ingredients

- 4 Cans ranch style beans
- 1 Can diced tomatoes
- 1 Can rotel

- 1 Packet chili seasoning mix
- 1 Pound ground turkey

#### Instructions

1. Brown ground turkey on a skillet and add to crockpot.
2. Add all other ingredients to crockpot.
3. Cook 30 minutes and serve.

#### Nutrition per serving

(Serves 4): calories 236 carbs 27g fiber 1g protein 26g sugar 1g fat 3g sodium 1245mg

## SLOW COOKER BACON, EGG & HASH BROWN CASSEROLE

#### Ingredients

- 20-Ounce (563g) bag frozen, shredded hash browns (like trader joe's)
- 8 Slices thick-cut bacon, cooked and coarsely chopped
- 8 Ounces (230g) shredded cheddar cheese
- 6 Green onions, sliced thin
- 12 Eggs
- 1/2 (120 Ml) cup milk
- 1/2 Teaspoon salt
- 1/4 Teaspoon pepper
- Cooking oil (to lightly coat slow cooker)

#### Directions

- Lightly grease your slow cooker with cooking oil. Layer half of the hash browns into the bottom and top with half the bacon, half the cheese, and one-third of the green onions. Set aside some bacon and green onion for garnish and then repeat with a second layer of hash brown, bacon, cheese and onion.
- In a large bowl, whisk together eggs, milk, salt, and pepper and slowly pour over top. Cook until eggs are set, approximately 2–3 hours on high, or 4–5 hours on low. Sprinkle remaining bacon and onions on top and serve immediately, with or without hot sauce.



Serves: 8 | serving size: approx. 6 Ounces (approx. 1 Cup)

Nutrition (per serving): Calories: 342 | Total fat: 22g | Saturated fat: 10g | Monounsaturated fat: 8g | Cholesterol: 357mg | Sodium: 648mg | Carbohydrate: 14g | Dietary | Fiber: 2g | Sugar: 2g | Protein 21g

## SLOW COOKER TURKEY CHILI

#### Ingredients

- 1.3 Pounds 99% lean ground turkey
- 1 Teaspoon oil
- 1 Medium onion, minced
- 1 Medium red bell pepper, diced fine
- 1 Garlic clove, minced
- 1 1/2 Cups frozen corn kernels
- 10 Oz can mild diced tomatoes
- 8 Oz small can plain tomato sauce
- 1/4 Cup low sodium chicken broth



- 1 Teaspoon cumin
- 1/2 Teaspoon chili powder
- 1/2 Teaspoon paprika
- 1/2 Teaspoon kosher salt
- Optional garnishes
- Diced avocado
- 2% Greek yogurt
- Shredded cheese
- Baked tortilla chips

#### Directions

- Heat a large skillet over medium-high heat, add the turkey, season with salt and cook, breaking up with a spoon until turkey browns and is no longer pink; place into the slow cooker.
- Add the oil to the skillet and sauté the onion, garlic and bell pepper over medium heat for about 4 to 5 minutes.
- Spoon over turkey into the slow cooker and stir in corn and tomatoes, tomato sauce, cumin, chili powder, paprika and salt, mix until well blended. Pour chicken broth into the crock pot and add the bay leaf.
- Cover and cook on high 4 hours or low 6 hours. Serve with desired toppings.

#### Nutrition information

Serves: 5 | serving size: 1 cup

Per serving: Calories: 222 | Total fat: 3g | Saturated fat: 0g | Monounsaturated fat: 1g | Cholesterol: 74mg | Sodium: 719mg | Total carbohydrates: 20g | Dietary fiber: 3g | Sugars: 7g | Protein: 32g

## SLOW COOKER SWEET POTATO CURRY

#### Ingredients

- 1 Medium (110 grams) onion, coarsely chopped
- 1 Medium (120 grams) red bell pepper, coarsely chopped
- 2 Large (1 1/2 pounds or 680 grams) sweet potatoes, peeled and cubed
- 3 Garlic cloves, chopped
- 1 Tablespoon chopped fresh ginger
- 1 1/2 Cups (350 grams) vegetable broth
- 1 Tablespoon mild or hot curry powder
- 1/2 Teaspoon salt
- 1/4 Cup (5 grams) fresh basil, chopped
- 1/2 Teaspoon grated lime zest
- 1 1/2 Tablespoons fresh lime juice
- 3 Cups (560 grams) hot cooked jasmine or basmati rice (certified gluten-free if necessary)
- 4 Tablespoons low-fat greek yogurt (certified gluten-free if necessary)
- 4 Basil leaves or sprigs (optional)

#### Directions

- Combine onion, bell pepper, sweet potatoes, garlic, and ginger in a 4-quart slow cooker.
- Combine broth, curry powder, and salt; stir into slow cooker mixture. Cover, and cook on high for 4 hours or low for 8 hours. Stir in basil, zest, and lime juice.
- Serve 1 1/4 curry over 3/4 cup hot cooked rice. Dollop each serving with 1 tablespoon yogurt and garnish with basil.

Serves: 4 | serving size: 1 1/4 cups curry with 3/4 cup rice (includes 1 teaspoon yogurt)

Nutrition (per serving): Calories: 273 | Total fat: 1g | Saturated fat: 0g | Monounsaturated fat: 0g |

Cholesterol: 1mg | Sodium: 545mg | Carbohydrate: 60g | Dietary fiber: 6g | Sugar: 10g | Protein: 7g

## SLOW COOKER CHICKEN TORTILLA SOUP

### Ingredients

- 1 Pound boneless, skinless chicken breast
- 4 Cups low-sodium chicken broth
- 1 15-Ounce can black beans, drained
- 1 15-Ounce jar low-sodium salsa
- 1/2 Avocado, diced
- 12 Tortilla chips, crumbled

### Directions

Place the chicken, broth, black beans and salsa in a slow cooker. Cook on low for 8 hours or high for 4 hours. Remove chicken and shred, then return to soup. Spoon soup into bowls, topping with avocado and tortilla chips.

Serves: 4 | serving size: 1/4 recipe

Per serving: Calories: 344 | Total fat: 12g | Saturated fat: 1g | Monounsaturated fat: 3g | Cholesterol: 55mg | Sodium: 259mg | Carbohydrate: 35g | Dietary fiber: 9g | Sugar: 5g | Protein: 33g



## SLOW COOKER ITALIAN TURKEY MEATBALLS

### Ingredients

#### For the meatballs

- 1 Medium zucchini (7 ounces), shredded
- 1 1/4 Pounds 93/7 lean ground turkey
- 1/4 Cup seasoned whole-wheat bread crumbs
- 1/4 Cup grated pecorino romano
- 1/4 Cup chopped fresh parsley
- 1 Large clove garlic, crushed
- 1 Large egg, beaten
- 1 Teaspoon kosher salt
- Ground black pepper, to taste

#### For the sauce

- 1 Teaspoon olive oil
- 4 Cloves garlic, smashed slightly
- 1 (28-Ounce) can crushed tomatoes
- 2 Tablespoons grated pecorino romano
- 1 Bay leaf
- Black pepper, to taste
- 1 Tablespoon chopped fresh basil

### Directions

- For the meatballs: using paper towels, squeeze all the excess water from the zucchini. Put the zucchini in a large bowl, and add the turkey, bread crumbs, romano, parsley, garlic, egg, salt and pepper to taste. Mix well. Gently form 24 meatballs (about 1 1/4 ounces each). Set aside.
- For the sauce: in a small skillet, heat the olive oil over medium heat. Add the garlic, and cook, stirring often,



until golden brown, about 1 1/2 minutes. Transfer to a 6-quart slow cooker and add the tomatoes, romano, bay leaf and pepper to taste.

- Slowly drop the meatballs into the sauce so they are all in a single layer at the bottom of the slow cooker.
- Cover and cook on low for 4–5 hours, until meatballs are tender and cooked through. To serve, discard the bay leaf and garnish with basil.

#### Nutrition information

Serves: 6 | serving size: 4 meatballs + 2/3 cup sauce

Per serving: Calories: 235 | Total fat: 11g | Saturated fat: 4g | Monounsaturated fat: 1g | Cholesterol: 104mg | Sodium: 471mg | Carbohydrate: 10g | Dietary fiber: 3g | Sugar: 5g | Protein: 22g

## SLOW COOKER BRAISED OXTAIL AND CARROTS

### Ingredients

- 4 Pounds (1.8kg) oxtails
- 1 Teaspoon pepper
- 1/2 Teaspoon salt
- 1 Tablespoon olive oil
- 3 Tablespoons no salt-added tomato paste
- 1/2 Cup (118ml) dry red wine
- 1 1/2 Cups (355ml) low-sodium beef broth
- 1 Teaspoon granulated garlic or garlic powder
- 2 Bay leaves
- 1 (2-Inch/5cm) sprig rosemary
- 1 Large yellow onion, chopped
- 3 Large carrots (475g), cut into 1/2-inch (1.3 Cm) thick coins
- 2 Celery stalks, sliced
- Large parsnip, chopped
- 2 Tablespoons cornstarch

### Directions

- Season the oxtails with pepper and salt. Heat the oil in a large non-stick pan over medium-high heat. When the oil is hot, add the oxtails to the pan. Cook, turning occasionally, until browned all over, about 10 minutes. Add to the slow cooker.
- Pour off the fat in the pan. Return the pan to medium-high heat and add the tomato paste. Cook, stirring constantly, until it begins to brown, 1 minute. Add the wine and simmer for 1 minute, scraping up the brown bits on the bottom of the pan. Add the broth, granulated garlic, rosemary and bay leaves and stir to combine.
- Pour the wine mixture over the oxtails in the slow cooker. Nestle the vegetables around the oxtail. Cover and cook on low in a large (6.5qt/6l) slow cooker for 8–9 hours.
- Transfer the oxtails and vegetables to a large serving bowl with a slotted spoon. Discard the bay leaves and rosemary sprig. Cover meat and vegetables with foil. Set aside.
- Pour the cooking liquid into a gravy separator and let stand for a few minutes so the fat rises; discard the fat. Pour the defatted cooking liquid into a small saucepan. (Alternatively, pour the cooking liquid into a large mea-



suring cup and spoon the fat off the top and discard.) Bring the cooking liquid to a boil over medium-high heat and simmer for 4 minutes.

- In a small bowl, combine the cornstarch with 2 tablespoons water and stir to combine. Add to the cooking liquid and simmer until thickened, about 2 minutes. Season sauce with additional pepper, if desired. Pour the sauce over the oxtails and vegetables and serve.

Serves: 6 | serving size: 2 medium oxtails, 2/3 cup (156g) vegetables, 1/3 cup (79ml) sauce)

Nutrition (per serving): Calories: 326 | Total fat: 15g | Saturated fat: 6g | Monounsaturated fat: 2g |

Cholesterol: 66mg | Sodium: 390mg | Carbohydrate: 15g | Dietary fiber: 3g | Sugar: 7g | Protein: 30g