

# Egg & Veggie Dinner Muffins

## Ingredients

- 5 large eggs
- 1¼ cups frozen chopped kale or spinach, thawed and squeezed dry
- 2 green onions, trimmed, sliced into rounds, and chopped
- ½ cup shredded reduced-fat cheddar cheese
- ½ teaspoon dried oregano
- 2 tablespoons shredded parmesan cheese

## Directions

- Preheat the oven to 350°F. Lightly oil or coat a 6-cup muffin pan with nonstick cooking spray and set aside.
- Crack the eggs into a large bowl. Whisk until combined.
- Stir in the kale, green onion, Cheddar cheese, and oregano until well combined.
- Use a ⅓ measuring cup to divide the mixture evenly into the prepared muffin cups. Top evenly with the Parmesan cheese.
- Bake until the eggs are set, about 18 minutes. Cool slightly, remove, and serve.



# Grilled Veggie Skewers

## Ingredients

- 1 red bell pepper
- 1 yellow bell pepper
- 1 medium zucchini
- 1 sweet onion
- 2 tablespoons extra virgin olive oil
- 1 tablespoon aged balsamic vinegar
- ¼ tsp sea salt
- Fresh cracked pepper to taste
- Red chili flake (optional)

## Directions

- Preheat grill to 400 ° or grill pan on medium-high.
- Chop bell peppers, zucchini, and sweet onion into similar sized pieces. Thread the vegetables onto metal or pre-soaked bamboo skewers.
- In small bowl, combine olive oil, balsamic vinegar, sea salt and fresh pepper and whisk until blended.
- Brush balsamic mixture onto veggie skewers to coat.
- When the grill or grill pan is hot, add the skewers. Cook, rotating them every few minutes, until slightly charred about 10 minutes.
- Transfer to a serving platter. Sprinkle with a pinch of sea salt or red chili flakes to serve.



# One Pot Enchilada Rice

## Ingredients

- 8-ounces pasta
- 4-5 cups broccoli florets, cooked and cooled
- Zest and juice of ½ medium lemon
- ¼ cup fresh basil leaves
- ¼ cup fresh Parmesan cheese
- ¼ cup nuts (pine, walnuts, almonds, pepitas)
- 3-4 cloves garlic, peeled
- ½ teaspoon coarse salt
- ¼ teaspoon ground black pepper
- ½ cup pine nuts (optional)
- ¼ cup chopped fresh herbs (basil, parsley)

## Directions

- Bring a medium pot of salted water to a boil. Add pasta and cook according to package directions. Let pasta cool.
- Place cooked broccoli, lemon zest and juice, basil leaves, parmesan cheese, nuts, garlic, salt and black pepper in the bowl of a food processor.
- Process on low while drizzling olive oil in through the vegetable shoot until desired consistency is reached, scraping the sides of the bowl as needed.
- Taste and adjust seasoning, if necessary. Place in the refrigerator until ready to use (while pasta cools or if making ahead).
- Toss broccoli pesto with cooked pasta until thoroughly combined and transfer to a serving bowl. Top with pine nuts (if using) and fresh herbs. Serve.



# Quinoa Salad with Corn and Peas

## Ingredients

- 1 cup uncooked quinoa
- 2 cups water
- 1 can (15 oz.) corn drained
- 1 can (15 oz.) sweet peas, drained
- 1/2 cup diced red onion
- 2 large tomatoes, seeded and diced
- 4 oz. fresh mozzarella, diced
- 1/8 cup chopped fresh parsley
- 1 Tbsp lemon juice
- 2 Tbsp olive oil

## Directions

- Add quinoa and water to medium pot and bring it to a boil.
- Cover, then reduce heat to simmer and cook 15 minutes.
- Remove from heat and let sit covered for 5 minutes.
- Place into large bowl and fluff with fork. Let cool.
- Add corn, peas, onions, tomato, cheese, parsley, lime juice and olive oil.
- Gently toss mixture until combined.



# Pineapple Jerk Chicken

## Ingredients

- 1 cup long-grain rice
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon Jamaican jerk blend seasoning
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 1 (20-ounce) can pineapple chunks, drained
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (4.5-ounce) can chopped green chilies
- ½ cup jerk marinade

## Directions

- Prepare rice as label directs.
- Meanwhile, sprinkle chicken with jerk seasoning. In 12-inch skillet over medium-high heat, in hot oil, cook chicken pieces until browned on all sides, about 5 minutes.
- With slotted spoon, remove chicken to plate.
- In drippings remaining in skillet over medium heat, cook onion, about 5 minutes.
- Add chicken pieces, pineapple chunks, black beans, green chilies and jerk marinade.
- Over high heat, heat to boiling; reduce heat to low. Cover and simmer 10 minutes until chicken is tender, stirring occasionally.
- Serve jerk chicken mixture over rice.

