

# 5 DECEPTIVELY HEALTHY RECIPES



Healthy food your  
whole family can  
agree on

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## Zucchini Noodles with Homemade Basil Pesto:

### *Ingredients:*

For the Zucchini Noodles:

- 3 medium zucchinis
- Salt, for sprinkling

For the Basil Pesto:

- 2 cups fresh basil leaves, packed
- 1/3 cup extra-virgin olive oil
- 1/3 cup pine nuts, lightly toasted
- 2 cloves garlic, minced
- 3 tablespoons nutritional yeast
- Salt and pepper, to taste

For Serving:

- Grilled chicken breast, sliced 6 oz.
- or 6 oz. of shrimp
- Roasted cherry tomatoes (optional)

*Instructions:*

**1. Prepare the Zucchini Noodles:**

- Wash the zucchinis thoroughly and trim off the ends.
- Use a spiralizer to create zucchini noodles. If you don't have a spiralizer, you can use a vegetable peeler to make thin ribbons.
- Place the zucchini noodles in a colander, sprinkle with salt, and let them sit for about 15-20 minutes. This helps draw out excess moisture. Afterward, rinse the noodles under cold water and pat them dry with paper towels.

**2. Make the Basil Pesto:**

- In a food processor, combine the fresh basil leaves, toasted pine nuts, minced garlic, and nutritional yeast.
- While the food processor is running, slowly drizzle in the extra-virgin olive oil to create a smooth paste.
- Season the pesto with salt and pepper to taste. Adjust the seasoning as needed.

**3. Assemble the Dish:**

- In a large mixing bowl, toss the zucchini noodles with the homemade basil pesto until the noodles are well-coated.
- Add the grilled chicken slices on top of the pesto-coated noodles. This adds protein and makes the dish more filling.
- If using, scatter the roasted cherry tomatoes around the bowl. The roasted tomatoes add a burst of sweetness and color.

**4. Serve and Enjoy:**

- Divide the zucchini noodles and toppings into serving plates.
- Garnish with additional fresh basil leaves, if desired.
- This dish can be enjoyed warm or cold. The flavors meld nicely after resting for a few minutes.

**5. Additional Notes:**

- You can customize this dish by adding other vegetables like sautéed spinach or sun-dried tomatoes.
- Feel free to adjust the quantity of ingredients based on the number of servings needed.
- Nutritional values may vary based on the specific brands and quantities of ingredients used.

This dish offers a delightful balance of textures and flavors. The zucchini noodles provide a light and refreshing base, the homemade basil pesto adds a burst of aromatic freshness, and the grilled chicken and roasted cherry tomatoes contribute protein and depth to the dish. It's a great example of a compromise between traditional pasta and a healthier alternative.

*Estimated Macros:*

Calories ~ 500 grams

Protein ~ 40 grams

Carbohydrates ~ 15 grams

Fat ~ 32 grams



### High-Protein Cauliflower Crust Pizza:

#### *Ingredients:*

#### For the Cauliflower Crust:

- 1 medium head cauliflower, florets separated
- 1 egg
- 1 cup shredded mozzarella cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste

#### For the Toppings:

- 1/2 cup tomato sauce (low-sugar)
- 1 cup shredded part-skim mozzarella cheese
- 6 oz grilled chicken breast, sliced
- Assorted vegetables (bell peppers, mushrooms, spinach, etc.)
- Fresh basil leaves, for garnish
- Red pepper flakes, for optional heat

*Instructions:*

**1. Prepare the Cauliflower Crust:**

- Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
- In a food processor, pulse the cauliflower florets until they resemble fine crumbs.
- Transfer the cauliflower crumbs to a microwave-safe bowl and microwave on high for 4-5 minutes. Let it cool slightly.
- Place the cauliflower in a clean kitchen towel and wring out as much moisture as possible.
- In a mixing bowl, combine the cauliflower, egg, shredded mozzarella, dried oregano, garlic powder, salt, and pepper.
- Mix until well combined and forms a dough-like consistency.

**2. Shape and Bake the Crust:**

- Place the cauliflower mixture onto the prepared baking sheet. Use your hands to press and shape it into a round pizza crust.
- Bake the crust in the preheated oven for 20-25 minutes, or until it's golden and holds together.

**3. Assemble and Bake the Pizza:**

- Remove the cauliflower crust from the oven and let it cool slightly.
- Spread the tomato sauce evenly over the crust, leaving a border around the edges.
- Sprinkle the shredded part-skim mozzarella cheese over the sauce.
- Add Grilled Chicken
  - Season the 6 oz grilled chicken breast with your choice of herbs and spices (such as garlic powder, paprika, and thyme).
  - Grill the chicken until fully cooked and then slice it into thin strips.
  - Arrange the sliced grilled chicken evenly over the pizza before adding the other toppings.
- Top with your choice of vegetables, such as sliced bell peppers, mushrooms, and spinach.
- Return the pizza to the oven and bake for an additional 10-15 minutes, or until the cheese is melted and bubbly.

**4. Toppings with Extra Protein:**

- Besides the grilled chicken, you can also include additional protein-rich toppings like turkey sausage or extra cheese if desired.

**5. Serve and Enjoy:**

- Remove the pizza from the oven and let it cool for a few minutes before slicing.
- Garnish with fresh basil leaves and red pepper flakes for an extra kick of flavor, if desired.

This cauliflower crust pizza offers a lower-carb alternative to traditional pizza while still delivering plenty of flavor and satisfaction. It's a fantastic way to compromise on your nutritional choices while enjoying a classic comfort food favorite.

*Estimated Macros per Serving (1/2 of the pizza):*

Calories ~ 500 grams

Protein ~ 40 grams

Carbohydrates ~ 28 grams

Fat ~ 25 grams



### **Turkey Lettuce Wraps:**

*Ingredients:*

For the Turkey Filling:

- 1 lb lean ground turkey
- 1 tablespoon olive oil
- 1 small onion, finely chopped

- 2 cloves garlic, minced
- 1 teaspoon ground ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon red pepper flakes (adjust to taste)
- Salt and pepper, to taste
- 1 cup water chestnuts, drained and chopped
- 1 cup bell peppers (assorted colors), finely chopped
- 1 cup shredded carrots
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon hoisin sauce
- Fresh lime juice, to taste

For Serving:

- Large lettuce leaves (such as iceberg or butter lettuce)
- Chopped scallions, for garnish
- Chopped fresh cilantro, for garnish
- Chopped peanuts or cashews, for crunch (optional)

*Instructions:*

**1. Prepare the Turkey Filling:**

- In a large skillet, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent.
- Add the minced garlic, ground turkey, ground ginger, ground cumin, ground coriander, red pepper flakes, salt, and pepper. Cook, breaking up the turkey with a spoon, until browned and cooked through.
- Stir in the chopped water chestnuts, bell peppers, and shredded carrots. Cook for a few more minutes until the vegetables are slightly softened.

**2. Add Flavor and Sauce:**

- Pour in the low-sodium soy sauce and hoisin sauce. Stir well to coat the turkey and vegetables with the sauce.
- Squeeze in fresh lime juice to brighten the flavors. Adjust the seasonings as needed.

**3. Assemble the Lettuce Wraps:**

- Carefully separate large lettuce leaves and wash them. Pat them dry with paper towels.
- Spoon a generous portion of the turkey filling onto each lettuce leaf.

**4. Garnish and Serve:**

- Sprinkle chopped scallions and fresh cilantro over the turkey filling for added freshness and color.
- If desired, add chopped peanuts or cashews for a satisfying crunch.

**5. Enjoy:**

- Serve the turkey lettuce wraps as a light and protein-packed meal. Fold the lettuce leaves around the filling, creating a wrap, and enjoy!

### **Additional Notes:**

- You can customize the level of spiciness by adjusting the amount of red pepper flakes.
- This recipe can easily be adapted to your taste preferences by adding other vegetables or herbs.

These Turkey Lettuce Wraps combine lean ground turkey with a medley of flavorful herbs and spices, creating a savory filling that's nestled in crisp lettuce leaves. This wholesome compromise allows you to savor the rich taste of traditional wraps while prioritizing health. It's a delightful way to collaborate on a nutritious meal that's both satisfying and full of flavor.

*Estimated Macros per Serving (2 lettuce wraps):*

- Calories ~ 300-350 grams
- Protein ~ 35-40g grams
- Carbohydrates ~ 15-20 grams
- Fat ~ 12-15 grams



### **Sweet Potato Fries with Protein-Packed Dip:**

*Ingredients:*

For the Sweet Potato Fries:

- 2 large sweet potatoes, washed and cut into fries
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste

For the Protein-Packed Dip:

- 1 cup Greek yogurt (plain, non-fat)
- 2 tablespoons tahini
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon minced garlic
- 1/2 teaspoon ground cumin
- Salt and pepper, to taste

For the Optional Protein Topping:

- 1 cup cooked and diced grilled chicken breast

*Instructions:*

**1. Prepare the Sweet Potato Fries:**

- Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- In a large bowl, toss the sweet potato fries with olive oil, paprika, garlic powder, salt, and pepper until evenly coated.
- Spread the fries in a single layer on the prepared baking sheet. Avoid overcrowding for crispy results.
- Bake in the preheated oven for about 20-25 minutes, flipping halfway through, or until the fries are golden and crispy.

**2. Make the Protein-Packed Dip:**

- In a bowl, whisk together the Greek yogurt, tahini, nutritional yeast, lemon juice, minced garlic, ground cumin, salt, and pepper until smooth and well combined.
- Taste and adjust seasonings as needed.

**3. Assemble and Serve:**

- Arrange the sweet potato fries on a serving platter.
- If using, sprinkle the diced grilled chicken breast over the fries to add extra protein.
- Serve the protein-packed dip alongside the sweet potato fries for dipping.

**4. Enjoy:**

- Dip the sweet potato fries (and optional chicken) into the protein-packed dip for a delicious and satisfying meal with over 40 grams of protein.

**Additional Notes:**

- You can customize the dip by adding chopped fresh herbs like parsley or dill for extra flavor.

Indulge in the deliciousness of Sweet Potato Fries without compromising on health. These oven-baked fries are paired with a creamy, protein-packed dip that adds a satisfying twist to a classic treat. By combining sweet and savory, you and your partner can enjoy the comforting flavors of fries while embracing a more balanced and nutritious option.

*Estimated Macros per Serving (1 serving of sweet potato fries with dip and optional chicken):*

- Calories ~ 500-550 kcal
- Protein ~ 40-45g
- Carbohydrates ~ 40-45g
- Fat ~ 20-25g



### **Greek Yogurt Parfait with Berries and Nuts:**

*Ingredients:*

For the Parfait Layers:

- 1 cup Greek yogurt (plain, non-fat)
- 1 tablespoon honey or maple syrup (optional)
- 1 teaspoon vanilla extract
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup granola (low-sugar or nut-based)

For the Protein Boost:

- 1 scoop whey protein powder (vanilla flavor)
- 1/4 cup unsweetened almond milk (or milk of your choice)

For the Topping:

- 2 tablespoons chopped nuts (such as almonds, walnuts, or pistachios)

*Instructions:*

**1. Prepare the Protein Boost:**

- In a shaker bottle or small container, mix the whey protein powder with unsweetened almond milk (or milk of your choice). Shake or stir well until the protein powder is fully dissolved.

**2. Create the Parfait Layers:**

- In a bowl, mix Greek yogurt with honey (if using) and vanilla extract. This will be your creamy yogurt base.
- In a glass or serving jar, start by layering a spoonful of the creamy yogurt mixture.
- Add a layer of mixed berries on top of the yogurt.
- Drizzle a bit of the protein boost mixture over the berries.
- Sprinkle a layer of granola over the protein mixture.

**3. Repeat the Layers:**

- Create additional layers by repeating the steps: yogurt, berries, protein boost, and granola.
- Finish with a dollop of yogurt on top.

**4. Add the Nut Topping:**

- Sprinkle chopped nuts over the top of the parfait for added texture, flavor, and protein.

**5. Enjoy:**

- Dig into your high-protein Greek yogurt parfait with berries and nuts. Stir the layers together for a delightful mix of flavors and textures.

**Additional Notes:**

- Adjust the sweetness to your preference by adding more or less honey/maple syrup.
- You can also use different types of nuts or seeds for the topping, depending on your taste and dietary preferences.

Experience the joy of dessert with this Greek Yogurt Parfait, layered with a mix of vibrant berries and crunchy nuts. By adding a boost of whey protein, you're enhancing the nutritional profile without sacrificing taste. This parfait captures the essence of a delightful treat while making room for health-conscious choices. It's a harmonious way to relish in both indulgence and wellness.

*Estimated Macros per Serving (1 parfait):*

- Calories ~ 350-400 kcal
- Protein ~ 35-40g
- Carbohydrates ~ 35-40g
- Fat ~ 10-15g