**15 Minute Recipes**

**Spicy Thai Shrimp Salad**

4 Servings

Ingredients:

* 2 tablespoon lime juice
* 4 teaspoons fish sauce
* 1 tablespoon canola oil
* 2 teaspoons light brown sugar
* ½ teaspoon crushed red pepper
* 1 pound cooked and peeled small shrimp
* 1 cup thinly sliced red, yellow, or orange pepper.
* 1 cup seeded and thinly sliced cucumber
* ¼ cup mixed chopped fresh herbs (eg. Basil, cilantro)

Instructions

1. Whisk lime juice, fish sauce, oil, brown sugar, and crushed red pepper in a bowl.
2. Toss in the shrimp, bell pepper, cucumber and fresh herbs.
3. Add the coated ingredients into some salad lettuce and serve.

170 calories per serving.

**Sauteéd Fish Fillets**

4 Servings

Ingredients:

* 1/3 cup all-purpose flour
* ½ teaspoon salt
* ¼ teaspoon
* 1 pound of any white-fish fillet (eg. Catfish, tilapia, haddock)
* 1 tablespoon extra-virgin olive oil

Instructions

1. Combine flour, salt and pepper in a bowl.
2. Cut the fish into 4 portions
3. Dredge the fillets thoroughly with the mixture in the bowl.
4. Heat the oil in a large non-stick skillet over medium-high heat.
5. Add the fish and cook 3 to 4 minutes per side until lightly brown and just opaque in the center.

163 Calories per serving.

**Black Bean Quesadillas**

4 servings

Ingredients

* 1 can of black beans
* ½ cup of shredded Monterey Jack Cheddar cheesed
* ½ cup prepared fresh salsa
* 4 8-inch whole-wheat tortillas
* 2 teaspoons canola oil
* 1 ripe diced avocado

Instructions

1. Combine beans, cheese and ¼ cup of salsa in a bowl.
2. Spread out the tortillas and spread ½ cup of the mixture on each tortilla, then fold them in half.
3. Heat 1 tablespoon oil in a large non-stick skillet over medium heat. Add a tortilla and cook for 2 to 4 minutes on each side until golden.
4. Serve the quesadillas with avocado and the remaining salsa.

377 calories per serving.

**30 Minute Recipes**

**Veggie Sandwich**

4 servings

Ingredients

* 1 avocado mashed
* 1 cup alfalfa sprouts
* 1 small tomato, chopped
* 1 small sweet onion, chopped
* 4 tablespoons Ranch-style salad dressing
* 4 tablespoons toasted sesame seeds
* 1 cup shredded smoked Cheddar Cheese
* 4 English muffins, split and toasted

Instructions

1. Preheat oven to broil
2. Place each muffin faced up on a cooking sheet.
3. Spread each half with mashed avocados.
4. Distribute the remaining ingredients on each half of the muffin.
5. Place under broiler for roughly 5 minutes, or until cheese is melted and bubbly.

470 calories per serving

**Miso Glazed Salmon with Snap Peas**

4 Servings

Ingredients

* 4 (6-ounce) skinless salmon fillets
* ¼ cup white miso
* ¼ cup maple syrup
* ¼ cup mirin
* 1 tablespoon ginger
* 1 tablespoon sesame oil
* 1 cup sugar snap peas

Instructions

1. Preheat the oven to broil and adjust the rack to about 6 inches from the heat.
2. Whisk the miso, maple syrup, mirin, ginger and sesame oil
3. Add the salmon and toss to coat.
4. Place fillets on a cooking sheet and place in oven until the glaze is browned and shiny.
5. Leave the fillets in the oven for roughly 5-8 minutes until the salmon is firm and opaque.
6. In the meantime, steam the snap peas for about 5 minutes until crisp-tender.

**Turkey Skillet**

4 Servings

Ingredients

* ¼ cup orange juice (or pineapple juice)
* 1lb. turkey cutlets, sliced
* ½ teaspoon fine chili peppers
* ½ teaspoon finely sliced ground cumin
* ½ teaspoon finely sliced ground coriander
* 1/2 large orange sliced with peel on
* 1 tablespoon pine nuts
* 1 tablespoon olive oil
* ¼ cup raisins
* 1 tablespoon honey

Instructions

1. Blend together orange juice and honey.
2. Toss turkey slices in sliced chili peppers, ground cumin, and ground coriander in a bowl.
3. Heat oil in a large frying pan, over medium-high heat.
4. Add the mixture of the bowl in the pan and stir for roughly 2 to 3 minutes.
5. Add the orange slices, raisins, pine nuts, honey-juice mixture, and salt for taste.
6. Stir often until the pan juice thickens for roughly 3 minutes.
7. Remove pan from heat and garnish with chopped fresh mint, if desired and serve.

308 Calories per serving.

**60 Minutes**

**Turkey Veggie Meatloaf Cups**

10 servings

Ingredients

* 2 cups of chopped zucchini
* 1 ½ cups of chopped onions
* 1 red bell pepper chopped
* 1 pound extra lean ground turkey meat
* ½ cup uncooked couscous
* 1 egg
* 1 tablespoon Dijon mustard
* ½ cup BBQ sauce
* 2 tablespoon Worcestershire sauce

Instructions

1. Preheat oven to 400 degrees F.
2. Chop the zucchini, onions and bell pepper as finely as you can, or blend them in a food processor.
3. Place the vegetables, turkey, egg, couscous, Worcestershire, and the Dijon mustard in a bowl and mix evenly.
4. Spray 20 muffin cups with cooking spray and fill each cup about ¾ full with the mixture.
5. Add a tablespoon of BBQ sauce on top of each cup.
6. Bake in the oven for roughly 25 minutes until the juices run clear.
7. Let them sit for 5 minutes before serving.

119 Calories per serving.

**Chicken and Red Wine Sauce**

12 Servings

Ingredients

* 1 tablespoon olive oil
* 1 tablespoon minced garlic 3 pound skinless, boneless chicken breasts
* 1 tablespoon paprika
* 1 cup brown sugar
* 1 cup red wine
* Salt and pepper

Instructions

1. Heat oil in a large skillet over medium heat.
2. Cook the garlic in the oil until it becomes tender.
3. Place the chicken on the skillet and cook for about 10 minutes on each side, until it is no longer pink and the juices run clear.
4. Drain the oil from the skillet.
5. Sprinkle the chicken with paprika and brown sugar.
6. Pour some red wine around the chicken and let it simmer while covering the skillet for roughly 20 minutes.
7. Lightly baste the chicken with wine sauce while cooking.
8. Add some salt and pepper for taste and serve.

214 Calories

**Spinach Stuffed Chicken**

10 Servings

Ingredients

* 2 ½ cups of spinach
* 1 cup shredded Swiss Cheese
* ¾ cup ricotta cheese
* 1/3 cup grated parmesan cheese
* 3 tablespoon finely chopped onions
* 1 clove minced garlic
* ¼ tablespoon salt
* ¼ tablespoon pepper
* ¼ tablespoon ground nutmeg
* 6 boneless chicken breast halves
* 2 tablespoon olive or vegetable oil
* 1 tablespoon paprika
* ½ tablespoon dried oregano
* ½ tablespoon dried thyme

Instructions

1. Preheat the oven to 350 degrees F.
2. Combine and mix the spinach, swiss cheese, ricotta cheese, parmesan cheese, onions, garlic, salt, pepper, and ground nutmeg in a bowl.
3. Stuff ½ cup of the mixture into each chicken breast.
4. Place the stuffed chicken on a greased baking pan.
5. Mix the oil, paprika, oregano, and thyme in a bowl and brush the mixture over the chicken.
6. Sprinkle some more paprika on top if desired.
7. Bake in the oven for 1 to 1 ½ hours, or until juices run clear.