

A top-down view of a wooden cutting board. On the left, a large chef's knife with a black handle is partially visible. On the right, a whole roasted chicken with golden-brown, crispy skin is shown. Above the chicken, there are piles of red and yellow spices and some fresh green herbs. In the center, a white rectangular box contains the text "COOKING WITH LEAN MEATS".

COOKING

WITH
LEAN MEATS



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SALSA FRESCA CHICKEN

Directions:

1. Preheat the oven to 375° F.
2. Lay the chicken flat in a large baking dish and sprinkle evenly with the cumin, garlic, salt and pepper.
3. Cover chicken with the pico then top with cheese.
4. Bake on middle rack for 35-45 minutes or until the chicken is cooked through (internal temp of 165° F. Garnish with chopped cilantro, and serve hot with your favorite side dish.

NOTES:

- You can cut the chicken in half, chunks, or use chicken tenderloins in lieu of full chicken breasts to make serving easier. Cooking time may be reduced.
- Leftovers can be placed in an airtight container in the refrigerator for up to 3 days or in the freezer for up to a month.

Ingredients:

- 2 pounds boneless, skinless chicken breasts
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 2 cups fresh pico de gallo
- 1 cup monterey jack cheese
- Fresh cilantro, chopped



TOMATO SPINACH CHICKEN SPAGHETTI

Directions:

1. Add chopped sun-dried tomatoes and 2 tablespoons of olive oil, drained from sun-dried tomatoes, to a large skillet, on medium-low heat. Add chopped chicken, red pepper flakes, and salt over all of the ingredients in the skillet, and cook on medium heat until chicken is cooked through and no longer pink, about 5 minutes.
2. Add chopped tomatoes, chopped fresh basil leaves, fresh spinach, and chopped garlic to the skillet with chicken, cook on medium heat about 3- 5 minutes until spinach wilts just a little, and tomatoes release some of their juices. Remove from heat. Taste, and add more salt to taste, if needed. Cover with lid and keep off heat.
3. Cook pasta according to package instructions, until al dente. Drain, and add cooked and drained pasta to the skillet with the chicken and vegetables. Reheat on low heat, mix everything well, add more seasonings (salt and pepper), if desired. Remove from heat.
4. At this point, when the pasta and vegetables are off heat, you can add more high quality olive oil, which is really tasty. Or you can add more olive oil from the jar from the sun-dried tomatoes.

Ingredients:

- 1/4 cup sun-dried tomatoes chopped
- 2 tablespoons olive oil drained from sun-dried tomatoes
- 1/2 lb chicken boneless and skinless, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon salt
- 4 roma tomatoes chopped
- 1/4 cup fresh basil leaves chopped
- 8 oz spinach fresh
- 3 garlic cloves chopped
- 8 oz spaghetti pasta
- 3 tablespoons olive oil





TURKEY STUFFED PEPPERS



Ingredients:

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil

Directions:

1. Preheat oven to 350 degrees. Prepare your rice and set aside. You will need two cups of cooked rice.
2. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
3. In a large skillet add the olive oil, garlic and onion, saute until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted.

BAKED TURKEY MEATBALLS

Ingredients:

- 2 tablespoons olive oil
- 1 large onion (finely chopped)
- 2 cloves garlic (minced)
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon dried thyme leaves
- 1/2 teaspoon dried oregano
- 1/4 – 1/2 teaspoon crushed red pepper flakes
- 16 oz frozen chopped spinach (defrosted, drained, and squeezed to remove excess water)
- 2 tablespoons Worcestershire sauce
- 1/3 cup chicken broth
- 2 1/2 lbs lean ground turkey
- 3/4 cup bread crumbs
- 2 large eggs

Directions:

1. Preheat oven to 400 degrees F. Prepare a large baking sheet by spraying with cooking spray.
2. In a frying pan on medium heat, heat olive oil until hot. Then add onion, garlic, salt, pepper, thyme, oregano, and red pepper flakes. Sauté until onion is tender (about 5-6 minutes total time).
3. Add spinach to pan and combine with onion mixture. Add Worcestershire sauce and chicken broth and mix well to combine. Cook until most of the liquid has cooked out (evaporated).
4. In a large bowl, combine the turkey, bread crumbs, and egg. Add cooled onion/spinach mixture to the meat.
5. With your hands, create meatballs that are about 1 – 1 1/2 inches in diameter and place them on the baking sheet. Leave a little bit of space between each meatball. When you are done shaping your meatballs, you will probably have about 40-42 meatballs from this recipe. Bake until your meatballs are cooked through with an internal temperature of 160 degrees F – which was about 20 minutes for my oven. Remove from oven and serve as desired. [Check out more here.](#)





AVOCADO CHICKEN SALAD

Ingredients:

- 1/2 lb (225g) chicken breast boneless, skinless
- 1 tablespoon olive oil extra virgin
- Salt and fresh cracked black pepper, to taste
- 1/4 teaspoon smoked paprika
- 1/8 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground cumin
- 1/8 teaspoon chili powder
- 1/8 teaspoon oregano
- Juice of 1/2 lime
- 1 English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 medium red onion, thinly sliced
- Cilantro or parsley
- 1 medium avocado pitted

Directions:

1. Combine all chicken seasonings and 1 tablespoon of olive oil into a mixing bowl (or Ziploc bag). Add the chicken breast and toss to coat.
2. In the meantime, heat a nonstick griddle pan over medium heat brushed with 1 tablespoon of olive oil.
3. Once the grill pan is heated, add chicken breast and cook on each side approximately 3-4 minutes. Cooking time will depend on the thickness of chicken breast. Remove from the pan to a plate and allow to cool.
4. Once the chicken breast has cooled, cut into small cubes. Combine in a large bowl with the ingredients for the salad (cucumber, tomatoes, red onion, corn, and avocado).
5. Drizzle the lime juice dressing over the top and toss well to combine. Serve immediately or keep a few hours in the refrigerator. For more, [go here.](#)

LIME JUICE DRESSING

- 3 tablespoons lime juice
- 2 tablespoons olive oil extra virgin
- 1/4 teaspoon salt and fresh cracked black pepper, to taste
- Crushed red pepper flakes, optional





CHICKEN TOSTADAS

Ingredients:

- Tostada shells
- Guacamole (key here is to use good avocados – good avocados equal good guacamole. It's all about the taste of the avocados).
- Refried beans blended with tomatoes + green chilis and spices.
- Rotisserie chicken
- Lettuce
- Cheese
- Pico de gallo
- Sour cream

Directions:

1. Using a fork mash avocado with lime juice and 1/8 tsp garlic powder to a slightly chunky texture. Season with salt and pepper to taste.
2. In a small saucepan mix together refried beans, drained canned tomatoes, chili powder, cumin and remaining 1/8 tsp garlic powder.
3. Season with salt and pepper to taste and cook over medium-low heat, stirring frequently until heated through.
4. To assemble tostadas, layer each tostada shell with guacamole (avocado mixture), bean mixture, lettuce, chicken, cheese, pico de gallo and sour cream. Serve immediately. For more, [go here](#).



BUFFALO CHICKEN SWEET POTATOES

Directions:

1. Preheat oven to 400F/200C. Line a large baking sheet with aluminum foil, place sweet potatoes on it and bake for 30 minutes.
2. Place chicken breasts in a large pot, cover with water and cook on medium-high heat for 30 minutes. Drain and transfer breasts on a cutting board or a plate. When cool enough to handle, shred using two forks.
3. In another large pot over medium heat, combine hot sauce, vinegar, Worcestershire sauce, garlic powder. Add butter and whisk.
4. When butter is incorporated, stir in cornstarch dissolved in 1 tbsp water. Whisk until sauce thickens, about 30 seconds. Turn off the heat and add shredded chicken. Mix thoroughly to cover chicken with sauce.
5. Take the sweet potatoes out of the oven, cut them in half lengthwise and stuff them with shredded buffalo chicken.
6. Drizzle one tablespoon of blue cheese sauce on each sweet potato. Top with fresh herbs if using. Serve immediately.

Ingredients:

- 7 medium sweet potatoes
- 30 oz chicken breast 800 g, skinless boneless
- 7 tbsp Blue Cheese dressing or Ranch dressing
- cilantro or parsley optional - to serve

Buffalo sauce:

- 2/3 cup Frank's Red Hot Original Sauce
- 1 1/2 tbsp white vinegar
- 1/2 tsp Worcestershire sauce
- 1/2 tsp garlic powder
- 4 tbsp unsalted butter
- 1 tsp cornstarch + 1 tbsp water



BAKED PESTO CHICKEN

Ingredients:

- 4 chicken breast (preferably organic)
- 6 tbsp pesto
- black pepper
- pinch of salt
- 1/4 cup grated Parmesan

Directions:

1. Preheat oven to 390 Fahrenheit degrees.
2. Prepare the pesto.
3. Place chicken breast in a baking tray that is lightly sprayed with cooking oil.
4. Season with black pepper and a pinch of salt if you like.
5. Top chicken breasts with pesto and grated Parmesan.
6. Bake for 20 to 30 minutes depending on the size of the chicken breasts. It is well done when the inner temperature is 165 Fahrenheit degrees.





THAI CHICKEN LETTUCE WRAPS

Directions:

1. Add olive oil to a large skillet and heat until oil is very hot. Add ground chicken and cook until no longer pink and starts to brown, break it up with a wooden spoon as necessary. Should take about 3 minutes.
2. Add red curry paste, ginger, garlic, peppers, coleslaw mix, and stir-fry for another 3 minutes. Add hoisin sauce and green onions, and toss. Remove from heat then add basil and toss. Transfer cooked chicken to a bowl.
3. Serve by placing spoonfuls of chicken into pieces of lettuce, fold lettuce over like small tacos, and eat.

Ingredients:

- 1 lb ground chicken
- 1 tbsp olive oil
- 2 tbsp red curry paste
- 1 tbsp ginger minced
- 4 cloves garlic minced
- 1 red bell pepper sliced thinly
- 4 green onions chopped
- 1 cup cabbage shredded or coleslaw mix
- 1/4 cup hoisin sauce
- 1/4 tsp salt or to taste
- 1/4 tsp pepper or to taste
- 5 leaves basil chopped
- 1/2 head iceberg lettuce cut in half



CHICKEN AVOCADO WRAP



Ingredients:

- 4 burrito sized tortillas (corn tortillas for gluten-free), warmed
- 1 pound cooked chicken, sliced or shredded
- 1 large avocado, diced
- 1 cup Monterey Jack cheese, shredded
- 1/4 cup salsa verde
- 1/4 cup sour cream or greek yogurt
- 2 tablespoons cilantro, chopped

Directions:

1. Assemble the burritos, optionally toast, and enjoy!

Option: Use taco lime grilled chicken, cilantro lime grilled chicken or tequila lime grilled chicken instead of plain chicken.



SALMON BURGERS

Ingredients:

- 1 lb salmon fillet (skin removed)
- 1 cup fresh breadcrumbs
- 1/4 cup chopped cilantro
- 1 egg
- 1/4 cup mayonnaise
- 1 tbsp lemon juice
- 1 tsp mustard
- salt, pepper
- olive oil for greasing the pan or grill

Directions:

1. Chop the salmon fillet into small pieces (about 1/4 inch) and transfer it into a medium mixing bowl.
2. Gently stir in the rest of the ingredients. Let the mixture rest for 5-10 minutes.
3. Heat a little oil in a large non-stick grill pan over medium heat. Divide the salmon mixture into 6 and form neat patties. Fry/grill the patties until browned on both sides and just cooked through; about 4 minutes on each side.

GARLIC HONEY LIME SHRIMP

Ingredients:

- 1 lb shelled and deveined shrimp
- 1 tablespoon olive oil
- 1 tablespoon melted unsalted butter
- 4 cloves garlic minced
- 3 tablespoons honey
- 1 1/2 tablespoons lime juice
- 1/4 teaspoon salt
- 3 dashes cayenne pepper
- Chopped parsley

Directions:

1. Rinse the shrimp with cold water. Drained and set aside.
2. Heat up a skillet (cast-iron preferred), add the olive oil and butter. Add the garlic and saute until they turn slightly brown, stir in the shrimp. Stir and cook the shrimp a few times before adding the honey, lime juice, salt and cayenne pepper. Cook the shrimp until the honey lime sauce thickens. Garnish with chopped parsley and serve immediately.



TURKEY BASIL MEATLOAF



NOTE:
*The key is to
use FRESH
basil*

Ingredients:

- 1 pound ground turkey
- ¼ cup almond flour
- 2 tablespoons tomato paste
- 3 tablespoons chopped fresh basil
- 1 egg
- 1 teaspoon garlic powder
- 1 teaspoon salt
- Topping:
- 2 tablespoons tomato paste
- ¼ cup chopped tomatoes
- 1 tablespoon apple cider vinegar
- 1 tablespoon chopped basil
- Pinch of salt

Directions:

1. Preheat oven to 400 degrees. In a bowl combine turkey, almond flour, 2 tablespoons tomato paste, 3 tablespoons chopped basil, egg, garlic powder and 1 teaspoon salt. Mix until evenly combined. Ball up all of the meat mixture and place on a foil lined baking sheet, then form it into a loaf shape, about 8 inches x 4 inches in shape.
2. In a small bowl combine 2 tablespoons tomato paste, chopped tomatoes, apple cider vinegar, 1 tablespoon chopped basil and pinch of salt. Spoon this mixture over the meatloaf and spread evenly over the top. Bake for 30 minutes.



ORANGE CHICKEN

Directions:

1. Pour 1 to 2 inches of canola oil in a small deep fryer or heavy bottomed pot and heat to 375 degrees F.
2. In a large bowl combine the sesame oil, egg, 3 tbsp soy sauce and 1/3 cup corn starch until a thin batter forms. Toss in the chicken pieces and let sit for a few minutes while the oil heats up. Fry the chicken in batches and drain on a paper towel lined plate.
3. Combine the orange zest, orange juice, 3 tbsp soy sauce, 3 tbsp water, 1/3 cup sugar, 1/3 cup rice wine vinegar (or dry sherry), 1/3 cup chicken broth and 2 tbsp corn starch in a bowl.
4. Once chicken is finished cooking, heat 1 tsp canola oil in a large wok or skillet over medium high heat. Toss in the ginger and garlic and stir until about 30 seconds. Pour in the sauce and cook over medium heat until thickened, stirring occasionally.
5. Once thickened (about 3 to 4 minutes) add the chicken to the wok and stir to coat with sauce. Garnish with sliced green onions and orange slices.

Ingredients:

- Canola Oil for frying
- 2 tsp sesame oil
- 1 egg
- 1/3 cup corn starch
- 3 tbsp soy sauce
- 2 lbs. boneless skinless chicken thighs, cut into bite sized pieces
- 1 1/2 tsp fresh orange zest
- 2 tbsp fresh orange juice
- 3 tbsp soy sauce
- 3 tbsp water
- 1/3 cup sugar
- 1/3 cup rice wine vinegar (or dry sherry)
- 1/3 cup chicken broth
- 2 tbsp corn starch
- 1 tsp canola oil
- 1 1/2 tsp minced ginger
- 3 cloves garlic, finely minced
- sliced green onions
- orange slices



LEMON CHICKEN

Ingredients:

- 3-4 chicken breasts (I used three particularly large ones)
- 3 cups broccoli florets
- 1 cup Vital Proteins Organic Collagen Chicken Bone Broth (2 scoops + 1 cup water mixed well)
- 1/4 cup fresh lemon juice (about 1/2 small lemon)
- 1 tablespoon olive oil
- 1/2 tablespoon minced garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Parsley and lemon slices to garnish

Directions:

1. Heat oil in a large skillet over medium heat. Season the chicken breasts with chili powder, onion powder, salt and pepper on both sides and add to the skillet
2. Squeeze 1/2 lemon over chicken or dump in the juice, cooking for 5 minutes on each side
3. Add in broccoli, garlic, and chicken broth into the skillet. Let cook for an additional 10 minutes, stirring broccoli occasionally and flip chicken breasts one more time until chicken is cooked completely and broccoli is fork tender
4. Top with chopped parsley and another squeeze of lemon or lemon slices



THANK YOU
for cooking with us!

Come back soon for more recipes