

Zucchini Noodles, with Garlic, and Parmesan

Ingredients

- 2 medium Zucchini
- 2 tbsp Olive Oil
- 3 cloves Garlic, minced
- $\frac{3}{4}$ cup Parmesan Cheese
- Kosher or Sea salt to taste
- Black pepper, to taste

Directions

1. Cut zucchini into spirals or noodle strands using the vegetable spiralizer (or purchase them precut in the grocery store)
2. Heat a large pan on medium heat. Add the olive oil, then the garlic. Cook until the garlic is fragrant and translucent. Don't let the garlic burn
3. Add the zucchini noodles and cook until tender, about 3-5 minutes. (Zucchini cooks fast so taste a strand as you cook and decide how firm or "al-dente" you want the zucchini. Don't overcook the zucchini noodles or else they'll become mushy
4. Remove the pan from the heat, add parmesan cheese and season with salt and pepper to taste.

Cauliflower Fried Rice Recipe

Ingredients

- 1 Medium head Cauliflower, washed
- 1 tbsp Olive Oil
- 2 Egg Whites
- 1 Large Egg
- Pinch of salt
- Cooking spray
- ½ small Onion, diced finely
- ½ cup frozen Peas and Carrots
- 2 Garlic Cloves, minced
- 5 Scallions, diced, whites and greens separated
- 3 Tbsp Reduced Sodium Soy Sauce, or more to taste

Directions

1. Preheat the oven to 425°F. Cut the cauliflower into florets. In 2 batches, break up the florets into a food processor and pulse until the mixture resembles couscous, 10-12 seconds
2. Spread the cauliflower out on a foil lined lightly oiled baking sheet and roast, stirring halfway through, until the cauliflower begins to soften and is golden in spots, approximately 15 minutes. Allow to cool 10 minutes and transfer to a bowl
3. Combine the whole egg, and egg whites in a small bowl and beat with a fork. Season with salt
4. Heat a large sauté pan or wok over medium heat and spray with oil
5. Add the eggs and cook, turning a few times until set; set aside
6. Add the oil and sauté the onions, scallion whites, peas and carrots and garlic for about 3 to 4 minutes, or until soft.
7. Turn the heat to medium high and add the cauliflower “rice” to the sauté pan along with the soy sauce. Mix cover and cook approximately 1-2 minutes, until the cauliflower is slightly crispy on the outside but tender on the inside.
8. Add the egg then remove from heat and mix in scallion greens.

Baked Turkey Quinoa Meatballs

Ingredients

- 1lb Ground Chicken
- 2/3 cup cooked Quinoa (Make sure Quinoa has been thoroughly rinsed before cooking)
- 3 Garlic cloves, minced
- 1 Egg
- ¼ cup Red Onion, diced
- ½ tsp Black Pepper
- ¼ cup Parsley, chopped
- ¼ tsp Basil, dried
- ¼ tsp Oregano, dried

Directions

1. Preheat oven to 350°F
2. Line a baking sheet with parchment or cooking spray
3. In a large bowl add ground chicken, quinoa, red onion, garlic, parsley, basil, oregano, egg, salt and pepper. Mix well to combine
4. Roll into 1 to 1 ½ inch balls and add to prepared baking sheet, spacing evenly
5. Bake for around 20-30 minutes, depending on the size of the meatballs, until they are firm and cooked throughout
6. Serve by tossing in tomato sauce, or with the sauce ladled over top