

Turkey Chili

1 lb of ground turkey
1 fresh jalapeño pepper chopped fine
½ cup of diced onion
2 cans of diced tomatoes (I use the one with onion garlic – do NOT drain)
1 16 oz. can of mushrooms, drained
2 cans of light red kidney beans, drained
2 packets of McCormick Chili mix
1 tbs. of oil

Brown the turkey, jalapeno, onion and one pack of chili mix in oil. I sometimes add a little water because the turkey does not have a lot of fat in it. When browned, add the mushrooms, tomatoes kidney beans and the last packet of chili mix. Simmer for about 20 minutes. Top with cheddar cheese and sour cream. Enjoy!

Tabetha Leazott

My favorite go to (healthy) cookie substitute when craving something sweet!

Healthy Chocolate Chip Oatmeal Cookies

Ingredients:

- 2 Large old bananas
- 1 cup of quick oats
- Handful of chocolate chips and/or unsweetened coconut flakes (if desired)

Directions:

Preheat the oven to 350 degrees. Mash bananas with a fork, add in oats and chocolate chips/unsweetened coconut flakes until all ingredients are mixed. Scoop out a teaspoon of mixture and place on a greased baking sheet. Bake for 15 minutes. Super easy... and delicious!

Rachel Baird

Pumpkin Alfredo “Squashta” □

Ingredients

- 1 spaghetti squash
- 1/2 (15 oz.) can pumpkin
- 2 cloves garlic
- ½ small onion
- 2 Tbsp. plain yogurt or low-fat ricotta cheese
- 1/4 cup almond milk or plain old milk
- 2 Tbsp. basil
- Pinch of nutmeg
- 1 tsp. cinnamon
- Black pepper and salt to taste
- Toasted squash seeds (optional)

Directions

1. Preheat oven to 325. Cut squash in half and scoop out strings and seeds. Place halves in glass baking dish with small amount of water and bake for about 25 minutes. Let cool. (Optional: Toast seeds from squash to use as garnish.)
2. Use fork to shred “spaghetti” □ ribbons from cooked squash; set aside.
3. Combine pumpkin, garlic, onion, yogurt, almond milk, basil, nutmeg, cinnamon and pepper in food processor or blender; process until smooth.
4. Place squash noodles in large pan; pour sauce over noodles. Warm over medium heat.
5. Sprinkle toasted squash seeds and/or parmesan cheese over pasta dish.

Leslie Ferrante

Chicken Lettuce Wraps (just like PF Chang's!)

Ingredients:

1 tablespoon olive oil
1 pound ground chicken
2 cloves garlic, minced
1 onion, diced
¼ cup hoisin sauce
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon freshly grated ginger
1 teaspoon Sriracha, or more, to taste
1 (8oz) can whole water chestnuts, drained and diced
2 green onions, thinly sliced
Kosher salt and pepper, to taste
1 head butter lettuce

Instructions:

Heat olive oil in a saucepan over medium-high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.

Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger, and Sriracha until onions have become translucent, about 1-2 minutes. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.

To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

April Carlett

Spicy Chicken Breasts

2 ½ tbsp. paprika 1 tbsp. dried thyme
2 tbsp. garlic powder 1 tbsp. cayenne pepper
1 tbsp. salt 1 tbsp. black pepper
1 tbsp. onion powder (4) skinless, boneless chicken breast halves

Directions:

1. In medium bowl, mix together all the dry ingredients. Place all this seasoning mixture into an airtight container EXCEPT for (3) tablespoons (I set this aside & store for future use).
2. Rub the 3 tbsp. of seasoning on both sides of the chicken breasts.
3. Place on grill, and cook for 6-8 minutes on each side, until juices run clear.

Cindy Wetherby

Shrimp Jambalaya

1 tsp. olive oil 2 oz turkey kielbasa, halved lengthwise and sliced (about ½ cup)
½ cup minced onion ½ cup diced green pepper
½ cup uncooked long-grain brown rice
1/8 tsp salt 1/8 tsp dried thyme
1/8 tsp. black pepper 1/ 8 tsp ground red pepper
1 cup water 1 (10.5 oz.) can low salt chicken broth
1(14.5 oz) can diced tomatoes, undrained
½ pound shrimp, peeled 1 TBSP. chopped fresh parsley
1/8 tsp hot sauce

***I usually double for my whole family and use cayenne pepper or a special spicy pepper blend I have, but you get the idea.**

Heat oil in a medium sauce pan over medium heat. Add kielbasa, onion, and pepper; sauté` 5 minutes or until vegetables are tender. Add rice; sauté` 2 minutes. Add salt, thyme, pepper red pepper; sauté` 1 minute.

Add water, broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender.

Stir in shrimp and hot sauce; cover and cook 5 minutes or until shrimp are done. Remove from heat; stir in parsley

Jackie La Plant

Roasted Veggies. You can choose your favorite medley of veggies.

brussel sprouts

sweet onion

mushroom

red pepper

Cut to keep somewhat large but manageable sizes. In a bowl, drizzle with extra virgin olive oil, rosemary, parsley or herbs of your choice & toss to coat.

Place in a 13x9 baking dish, cook at 425 for 15 to 20 min, tossing after about 10.

This recipe is easy to enlarge, I don't usually measure my veggies, just enough to fill the dish.

Kathy Marlin

Turkey Burgers:

1 lb. ground turkey

1 small zucchini- grated

Worcestershire sauce

1 egg

Salt and pepper

*I add some bread crumbs so it isn't soupy

Mix everything together and make into patties. On a tray lined with aluminum foil, put under the broiler for about 5-8 minutes.

Top with Wegmans Red Pepper Humus and some avocado slices!

If you make more they are great for a quick grab for lunch or on the go!

Jacki Mader

Turkey Posole

Original recipe makes 8 servings

3 tablespoons olive oil
2 yellow onions, cubed
2 fresh poblano chile peppers, seeded and cut into 1/2 inch strips
2 cloves garlic, minced
2 quarts turkey broth
4 cups cubed cooked turkey
1 (4 ounce) can chopped green chile peppers
2 (15 ounce) cans cannellini beans, drained and rinsed
2 (15 ounce) cans white hominy, drained
1 tablespoon chili powder
2 tablespoons ground cumin
2 tablespoons dried oregano
water
salt and pepper to taste

1. In a large Dutch oven, heat oil over medium heat. Cook onions and poblano chiles in oil until soft. Stir in garlic, and cook for one or two minutes. Season with chile powder, cumin, and oregano.
2. Stir in turkey broth, cooked turkey, canned green chile peppers, cannellini beans, and hominy. Stir in water if more liquid is needed to just cover everything in the pot. Season to taste with salt and pepper. Bring to a boil, then reduce heat to low, and cover. Simmer, stirring occasionally, for about an hour to blend flavors.

Marissa Nicholson
